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*100 Years Celebrations Committee Chairlady*

A journey of hundred years to be celebrated in the year 2025 would not have taken off without a head start from our elder the Late Ismail Sheikh widely known as "Chacha". It is a great achievement for our community which has approximately 250 members at present locally. Alhamdulillah!

I take this opportunity to extend my warm welcome to all our visitors from the diaspora who have been engaging with us since the inception of our preparation for the celebrations!

In this souvenir you will be taken through a series of journeys of our pioneers and founders. Their journeys have been shared and highlighted by their loved ones and this is appreciated. These journeys will remain in our history and be retained as a legacy of Kokni Muslim Association, Nairobi-Kenya. This way we will commemorate them throughout our future celebrations.

My special appreciation goes to Brother Arshad Dalvi our liaison who engaged all our members in the diaspora to participate and contribute towards our celebrations.

You will also be enlightened on various other messages/articles that our members have contributed in this souvenir. I wish to thank each and everyone for their time and dedication. Be blessed.

**“ We are blessed to have you all as part and parcel of our journey of 100 years. Asante Sana! ”**

It is with great humility that I take this opportunity to thank all our donors and sponsors who have shared their advertisements with all their best wishes to commemorate our celebrations! We are blessed to have you all as part and parcel of our journey. Asante Sana!

I would like to take this opportunity to thank each and every member of the KMA, Nairobi-Kenya for being in the wagon of this journey and without whom we would not have achieved the same. Alhamdulillah.

It goes without saying that the support and guidance from our elders, KMA Trustees and the Managing Committee, has been a pillar for our success. To the Editorial Team your collaboration and efforts with our designers/printers to produce this memorable souvenir is much commendable and appreciated! Wishing you all a memorable celebration!

*RKhan*

**Rafia H Khan**

**100**  
ANNIVERSARY  
CELEBRATION



*Left to Right: Wasim Al-haddad, Sahil Hawa, Aadil Khambige, Rafia Khan, Sannah Charfare, Hanif Khan, Abraar Khambige*

**K**okni Muslim Association, Nairobi, Kenya proudly marks its historic **100th Anniversary** in the year 2025. As a community, we are truly blessed to celebrate this momentous occasion—thanks to the vision, dedication, and efforts of our pioneers, forefathers, and founders of KMA, Nairobi.

The history of this incredible journey is captured in this souvenir by our elder, the late Sheikh Ismail, affectionately known as “**Chacha**.” He diligently traced the birth of the Association and initiated the 100-year celebrations. Sadly, he passed away on 30th July 2024.

**May Allah Almighty grant him a place in Jannat-ul-Firdous. Ameen.**

We also take this opportunity to commemorate all our pioneers, founders, and forefathers through a series of heartfelt articles shared by their loved ones. We hope this will inspire our Gen Z to set their own goals and targets, and take the Association forward towards its bi-centennial celebrations, **In Sha Allah**.

Members from both near and far have contributed articles that we believe will enrich awareness and share valuable knowledge for the benefit of our entire community. Our children have also contributed through art, poetry, and games. Delicious recipes featured will surely whet your appetite and make your mouth water! We extend our sincere gratitude to all our well-wishers and various corporates who have supported us through their messages, advertisements, and contributions—boosting our celebrations.

**Asante Sana!**

To the entire “**100 Years Celebration Team**”, who have tirelessly worked over the past year to make this milestone a grand success—thank you and may you all be abundantly blessed. To our esteemed members from the diaspora: thank you for your support and warm wishes.

To those who planned to join us here in Nairobi, Kenya, for this joyous occasion: **Karibu Sana—you are most welcome!** Special thanks to our designers and printers, Spire Printers, for producing this historic souvenir in collaboration with our editorial team.

Heartiest congratulations to the **Kokni Muslim Association** on achieving this remarkable milestone!



*The Editorial Team*

# PRE EVENTS JOURNEY TOWARDS GRAND 100 YEARS CELEBRATIONS AUGUST 2025

## Unveiling of 100 years celebrations logo



## 100 years celebrations Committee meeting in progress...



KMA Centenary Secretariat Team in full gear eagerly awaiting your arrival



# UNION LOGISTICS



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*Aalia Abdul Kadir Hawa*

I am deeply honoured and humbled to serve as the first chairlady of the Kokni Muslim Association. I would like to express my gratitude to all those who entrusted me with this responsibility; and I am excited to embark on this journey that is directed at positive transformation both with, and for, all the members of our community.

Our community, like any other, is purposed to be the centre of our belonging. Together, I believe we have the power to shape its future by overcoming challenges, seizing opportunities and creating a brighter and more inclusive as well as prosperous future for all. We all have a unique role to play in achieving this. All our voices matter.

As we mark an iconic 100 years of our existence, we must attribute and accord a deep appreciation of our founders, past chairmen and dedicated members, who helped shape the beginnings of our community, allowing it to grow into what we have today. We have been endowed with a beautiful cultural heritage that has been preserved in its history and shines through each one of us in different ways.

Community enhancement has and will continue to be the core of all efforts made towards our magnitudinous growth that we enjoy today in the having of our own masjid, twenty-four residential flats and soon to be completed social hall.

‘Our strength will always lie in being and staying together such that even if one of us were to fall, there will always be another to lift the fallen back up’. These are the wise words of my late father that will guide my task in the continued enhancement of community growth and the fostering of unity onto the next 100 years, In shaa Allah!

**“JITHEN KOKNI, TITHEN  
BARKAT ANI MOHABBAT!”**

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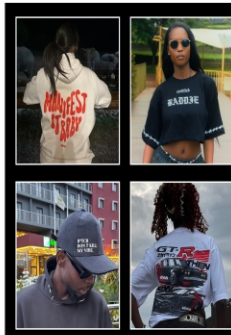
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# PRE EVENTS JOURNEY TOWARDS GRAND 100 YEARS CELEBRATIONS AUGUST 2025

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# A Warm Welcome from the Trustees



*Sayed Hassan*

On behalf of my fellow trustees, it is a great privilege to extend this heartfelt Welcome as we gather to celebrate our Centenary.

As we prepare for this milestone, we have taken time to reflect on our rich history, delving into our archives to appreciate how far we have come as a Community. This journey of remembrance has strengthened our belief that by honouring our past and embracing the present, we can confidently shape our future—an ethos perfectly captured in our Motto: "HONORING OUR PAST AND SHAPING OUR FUTURE."

From modest beginnings with a small library on Latema Road, our Community has flourished. Today, we proudly stand on the foundation of 24 apartments, a Social Hall in progress, and a fully functioning Masjid on a two-acre plot in South C, Nairobi, Kenya, Alhamdulillah.

Despite the challenges posed by the Mass Exodus of our community members to the UK and other parts of the world in the 1960s, 1970s and 1980s, our association has remained resilient, growing stronger with each passing decade. Through unity and perseverance, we continue to build a thriving Community, ensuring its legacy endures for generations to come.

This Centenary Celebrations shall be a novel way to celebrate our achievements' and also plan for the future.

As trustees, we continue to involve and integrate our Youthful Generation into positions of importance within the Managing Committee, so they are able to face the coming challenges, and ensure our continuation for another 100 years, In sha Allah.

We welcome you to join and celebrate this Momentous occasion with us! & Pray to Allah (SWT) to keep us united forever, Ameen.

**Jazzak Allah Kheir,  
Sayed Hassan Alhadad,  
Chairman, Trustees.**

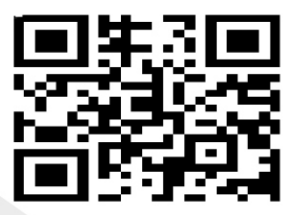




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# Our Journey: 100 Years Strong



*Hanif Sangrar*

The celebration of our 100th founding anniversary this year will mark a milestone that inevitably pegs the reminiscence of our journey as an Association, being one that is vividly coloured with an immense appreciation of all the efforts made by the past Chairmen as well as by members of the community who have voluntarily devoted, committed and selflessly served in order to ensure the professional management of our Association, all while bearing the prospects of its brighter future in mind.

It all started with a dozen or so Kokni Muslims, who had moved from the Kenyan Coast to the City of Nairobi around the time of the First World War. They then formed a body in 1925 and named it as the “Kokni Muslim Jamaat”. One of the very limited objectives of the Jamaat was to maintain a small library comprising of mainly Urdu books.

In 1936, the Jamaat was then renamed as the “Kokni Muslim Community and Free Library”.

All along, the founding members of the community had but one vision, to have their own community building which would house, among other things, a bigger lending library and a large public reading hall. This was achieved in January 1951 with the prestigious opening ceremony of the community building at the corner of Lagos and Latema roads in the city center.

The Kokni Muslim Community and Free Library closed its doors to the public as from 1st January 1963 and changed its name to “Kokni Muslim Association” in 1964. The community building was then converted into a commercial premises and in the years, which followed, it underwent a complete transformation to also house a small hall for use by the Kokni members. It was finally sold in 2003 to pave way for the ongoing ambitious project in the city’s South C area – the “Kokni Muslim Community Centre” (KMCC).

Alhamdulillah, today the KMCC houses 3 blocks of residential flats, each block containing eight, 3-bedroomed spacious flats, a fully functional masjid, and a large social hall which is still under construction.

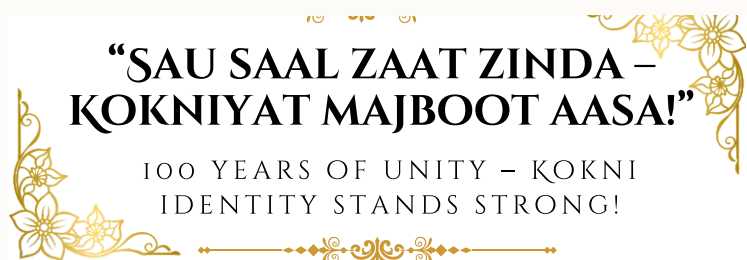
It has been my privilege and honour to have initiated the construction of the third phase of our project during my term of office as Chairman (2021 – 2025) and I wish to thank my Managing Committee members, the Trustees, and all members of our community who came forward and gave both their moral and financial support. A special thank you goes to the Kokni Muslim Jamaat, Mombasa who also assisted us financially in the true spirit of brotherhood.

I wish to conclude by honouring our past leaders, and by encouraging our present Managing Committee to strive harder. I would also like to thank the Centenary Celebrations Committee for their hard work and commitment in making this celebration a reality.

We all look forward to a successful and enjoyable celebration.

Thank you.

**Hanif Sangrar**  
**Chairman 2005 - 2007**  
**Chairman 2021 - April 2025**



# Our Past & Present ChairPersons

1964–1965

**Dr. Abdul Hamid Parkar (Late)**

Foundational leadership in a newly independent Kenya.

1969–1971

**Mr. Mahmood Khan Pathan (Late)**

Early consolidator of community programs.

1972–1973

**Mr. Ibrahim Khalfe (Late)**

Ushered in a modern approach to community affairs.

1975–1977

**Mr. Abdul Shakoor Samnakay**

Focused on social upliftment.

1979–1981

**Mr. Mohamed Ali Parkar (Late)**

Champion of youth involvement.

1983–1985

**Mr. Abdul Shakoor Samnakay**

Second tenure deepened community roots.

1987–1989

**Mr. Dawood Khan (Late)**

Led with calm strength.

1991–1993

**Mr. Sheikh Ismail (Late)**

A rare third term, symbolizing deep trust.

1995–1997

**Mr. Abdul Rauf Khan (Late)**

Guided during a time of expansion.

1999–2001

**Mr. Abdul Rauf Sangrar**

Strengthened organizational integrity.

2003–2005

**Mr. Habib-Ur-Rehman Parkar**

Focused on spiritual harmony.

1965–1969

**Justice Abdul Rauf Samnakay (Late)**

Guided with legal wisdom and continuity over two terms.

1971–1972

**Mr. Sheikh Ismail (Late)**

Brief but impactful leadership.

1973–1975

**Mr. Mahmood Khan Pathan (Late)**

Returned for a second term with renewed vigor.

1977–1979

**Mr. Ibrahim Khalfe (Late)**

Re-elected to reinforce development.

1981–1983

**Mr. Sheikh Ismail (Late)**

Served again, highlighting trust in legacy leadership.

1985–1987

**Mr. Sharfuddin A. Paarkar (Late)**

Known for administrative reform.

1989–1991

**Mr. Abdalla Mukadam (Sahir Shiwee) (Late)**

Renowned for poetic leadership.

1993–1995

**Mr. Mohamed Ali Parkar (Late)**

His return marked a visionary push.

1997–1999

**Mr. Mohamed Shaffi Bagdadi**

Ushered a modern face of KMA.

2001–2003

**Mr. Inayat Jamadar**

Energized youth and service.

2005–2007

**Mr. Hanif Sangrar**

First term marked by outreach and transparency.

# Our Past & Present ChairPersons cont.

2007–2009

**Mr. Bhaudin Khares**

Known for community cohesiveness.

2011–2013

**Mr. Hanif Khan**

Fostered unity and resilience.

2015–2017

**Mr. Hussein Mukadam**

Emphasized education and heritage.

2019–2021

**Mr. AbdulWahab Mukaddam**

Led with a focus on inclusivity.

2025–Present

**Ms. Alia Hawa**

First Chairlady in KMA history – a landmark chapter begins.

2009–2011

**Mr. Omar Khambiye**

Modernized administration.

2013–2015

**Mr. Bhaudin Khares**

Returned to continue growth.

2017–2019

**Mr. Sayed Hassan Al Haddad**

Advocate of cultural preservation.

2021–2025

**Mr. Hanif Sangrar**

Second term, focused on future-readiness.



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## Kokni Muslim Association (Nairobi) – a Historical Perspective



*Late Sheikh Ismail (Tisekar), Former Chairman and Trustee*

Kokan is a hilly terrain on the west coast of the State of Maharashtra, India. One of the six regions which constitute Maharashtra is Kokan, the others being Nasik, Pune, Aurangabad, Amravati and Nagpur. Out of a total of 36 districts in the State, seven districts, namely Mumbai, Mumbai suburbs, Raigarh, Ratnagiri, Sindhudurg and Thane and Palghar form Kokan, where lie the roots of the local Kokni Muslim Community.

Unlike the other local Indian communities who were indentured from India in thousands by the British colonizers towards the end of the 19th century, to build the Kenya-Uganda Railway, the pioneering Kokni Muslims are believed to have arrived in Kenya well before the turn of the century. Prior to that, however, a large number of Kokni Muslims had already settled in other parts of Africa, particularly South Africa.



State Map of Maharashtra

The dozen or so Kokni Muslims, who had moved from the Coast to Nairobi around the First World War, formed a body in 1925 and named it Kokni Muslim Jamaat. One of the very limited objectives of the Jamaat was to maintain a small library comprising mainly Urdu books. The library, housed in a rented room, was believed to be the first of its kind in East Africa. In 1936, the Jamaat was renamed as the Kokni Muslim Community and Free Library. As the overwhelming majority of the community then residing in Nairobi (estimated to be about one hundred), were working-class “married bachelors”, it was decided to venture into business by establishing the Kokni Muslim Community Share Company Ltd. in 1937.

Unfortunately, the scheme was short-lived, for it fizzled out with the advent of World War II. The number of Kokni Muslims gradually grew as family members, who had hitherto been left behind in India, started joining their breadwinners in Kenya. The “up and coming” members of the community felt a need to form a sporting body and thus in 1949 they formed the Kokni Muslim Club which wound up in 1999. During the 1950’s there was a sudden influx in Kokni Muslim immigration and by the end of the decade the community’s population had risen to its highest level – some four hundred families.

### **Kokni Muslim Hall at the corner of Lagos and Latema roads**

All along the founding members of the community had but one vision – to have their own community building which would house, among other things, a bigger lending library and a large public reading hall. The pursuit of this vision goaded them to toil day and night, and their hard work finally bore fruit when the opening ceremony of the prestigious building, at the corner of Lagos and Latema roads, was performed in January 1951.

Kokni Muslim Hall soon became a household name as public meetings, poetic symposia, open table-tennis tournaments, weddings and religious gatherings, etc., were held in the Hall absolutely free of charge. However, the community was financially ill prepared for such generous public services, as there was insufficient provision for a regular source of income to cater for its needs.

## Kokni Muslim Association (Nairobi) – a Historical Perspective cont.

The rental income derived from a dilapidated residential house in Eastleigh was far from adequate. The writing was on the wall and it was the younger generation that was quick to see and accept the inevitable. Within twelve years of the opening of the community building, the Kokni Muslim Community and Free Library closed its doors to the public as from 1st January 1963. Another significant event that took a big toll on our manpower and resources was the infamous exodus of the 1960's, following Kenya's Independence in December, 1963.



Kokni Muslim Hall at the corner of Lagos and Latema roads

On a brighter note, this marked the beginning of a new era. The Kokni Muslim Community and Free Library changed its name to "Kokni Muslim Association" in 1964. The community building was converted into commercial premises and in the years, which followed, it underwent a complete transformation. It was finally sold in 2003 to pave way for the ongoing ambitious project in the city's South C area.

Also noteworthy is the fact that for nearly fifty years there existed a parallel, sister organization called Kokni Muslim Union.



This group of Kokni Muslims also invested into property, with the highlight being a 12-acre parcel of land in Namanga. On 2 acres of the Namanga property, a Mosque and Madrassa are being run, which are managed by an independent, non-Kokni board of governors. With the blessings of Allah the two bodies merged, at a historical meeting held on 28th April, 2002, a move which made our numbers and our assets stronger. The sale of the Ngara property, an asset of the former Union, contributed towards the development of the South C plot.

Al-hamdu-lillah, the first phase of the South C project, consisting of one block of eight, three-bedroom residential apartments, one flat each for the Imam and the caretaker, and a masjid was completed in 2004. A couple of years later this was followed by the second phase comprising a second block of eight, three-bedroom residential apartments. The completion of the remaining phase(s) will prove, partly, to be a fulfillment of the community's long cherished dream – partly because...

***"Sitaron se aage jahan aur bhi hain"***

**Late Sheikh Ismail (Tisekar), Former Chairman and Trustee**



**"KOKNI LOG KAM BOLTA,  
KAAM ZYADA KARTA!"**

KOKNI FOLKS SPEAK LESS, WORK  
MORE!

## لشیخ اسماعیل (تیسکر) نیروبی (کینیا)

دیار غیر میں بسے ہوئے کوکنی مسلمانوں کی تاریخ کا ایک ورق

پچھلی صدی کی چھٹی دہائی کی ابتداء میں براعظم افریقہ میں آزادی کی لہر کچھ اس تیزی سے چلی کہ دیکھتے ہی دیکھتے یکے بعد دیگرے بیسوں ممالک نے غلامی کی زنجیروں کو توڑا اور اپنے سابق سرمرجی حکمرانوں سے چھٹکارا حاصل کیا۔ ان دنوں مشرقی افریقہ کے ممالک کینیا، یوگانڈا اور ٹانزانیہ (جس میں اب رنجیبار بھی شامل ہے) میں ابتدائی کثرت سے آباد تھے۔ چونکہ یہ لوگ کچھ ستر اسی سالوں سے ان ملکوں میں بسے تھے اس لئے انہوں نے افریقہ میں اپنے قدم خوب جمائے تھے۔ شب و روز محنت اور مشقت کر کے زندگی کے ہر شعبہ میں ترقی کی منزلیں طے کئے جا رہے تھے۔ ۵۹ اپنے آبائی وطن ہندوستان کو تقریباً بھول چکے تھے۔ کہا جاتا ہے کہ کوکنی مسلمان انیسویں صدی سے افریقہ میں بسے ہیں۔

مندرجہ بالا ممالک پر برطانیہ سرکار حکومت کرتی تھی اس لئے ہندوستانیوں کو یہ حق حاصل تھا کہ اگر وہ چاہتے تو اپنی برطانوی شہریت اختیار رکھتے یا مشرقی افریقہ کے مندرجہ بالا جن ممالک میں قیام پذیر تھے۔ وہاں کی شہریت اختیار کرتے۔ اول الذکر صورت میں وہ جمع اہل و عیال برطانیہ منقل ہو سکتے تھے۔ بھلا ایسا سنہری موقع وہ ہاتھ سے کیوں جانے دیتے؟ لہذا ہزاروں کی تعداد میں کوکنی مسلمان مشرقی افریقہ سے کوچ کر کے انگلستان جا بسے۔ یہ ۱۹۶۴ء سے ۱۹۷۳ء تک کا ذکر ہے۔ اس وقت برطانیہ میں آباد کوکنی مسلمانوں میں سابق مشرقی افریقیوں کی بھاری اکثریت ہے۔ گذشتہ پینتیس ۳۵ سالوں میں لاقم الحروف کل تین مرتبہ برطانیہ کی سیر کر کے آیا اور ہر بار وہ خوش گوار تاثر لے کر واپس لوٹا کہ میرے وہ بھائی اور بہنیں جو آزادی کے بعد بتدریج اس سرزمین پر آباد ہوئے ہیں ماشاء اللہ نہ صرف مالی اعتبار سے خوشحال ہیں بلکہ ہر لحاظ سے ترقی پذیر ہیں۔ جن بچوں کو ان کی مائیں اپنی گود میں اٹھا کر لگی تھیں وہ اور ان کی اولاد بڑے ہو کر اور خوب بڑھ لکھ کر اپنی دنیوی اور دینی ذمہ داریوں کو بہ حق و خوبی نبھا رہے ہیں۔

یہ حیثیت قوم جگہ بہ جگہ ان کی بدولت مساجد آباد ہیں۔ انہوں نے شہر بہ شہر جماعتیں قائم کی ہیں۔ جن کے زیر اہتمام بچوں کے لئے دینی تعلیم اور کھیل کود کا بندوبست کیا جاتا ہے۔ وقتاً فوقتاً کھیلوں کے انٹرنیشنل مقابلوں کا انعقاد ہوتا ہے۔ برونگھم کی کوکنی مسلم ایسوسی ایشن اسقدر سرگرم عمل ہے کہ ۲۰۱۹ء میں انہوں نے گولڈن جوبلی بڑی دھوم دھام سے منائی۔ الحمد للہ -

اللہ تعالیٰ کی مرضی سے اس سال نیروبی کی کوکنی مسلم ایسوسی ایشن کا جشن  
صدی نہایت تندرک و احتشام سے منارہی ہے۔

دشت تو دشت دریا بھی نہ چھوڑے ہم نے  
مگر ظلمات میں دوڑا دئے گھوڑے ہم نے  
اقبال

آخری دُعا قوم کے ایک بزرگ کی جانب سے

نیروبی کی کوکنی مسلم ایسوسی ایشن کے صد سالہ کے مبارک جلسہ پر دل کی گہرائی سے  
نظمی ہوئی علامہ اقبال کی دعا:

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جگر کا خون دے دے کر یہ بوٹے میں نے پالے ہیں

شیخ اسماعیل

یکم اگست ۲۰۲۴

## “SADAQAH, MADRASA, ANI MASJID – KOKNI JAMAAT KA PEHCHAAN!”

CHARITY, RELIGIOUS SCHOOLS, AND MOSQUES –  
IDENTITY OF THE KOKNI PEOPLE!

## Message on behalf of Kokni Muslim Jamaat, Dar es Salaam



*Mohamed-Aslam Barde*

A hundred years of unwavering faith, devotion, and service to humanity is a remarkable testament to the enduring spirit and commitment of your community.

On behalf of the members of the Management Committee and Board of Trustees of Kokni Muslim Jamaat, Dar es salaam, as well as, all Kokni's of Dar es salaam and on my personal behalf wish the Chairman and the esteemed members of Kokni Muslim Association, Nairobi on this memorable and momentous occasion, our warmest congratulations! This is expressed with immense joy and reverence as it is the community's centennial celebration.

Over the past century, Kokni Muslim Association, Nairobi, has been a beacon of hope, love, and compassion, touching the lives of countless individuals and inspiring

generations to walk the path of righteousness. Your community's legacy is built on the foundations of strong values, unwavering dedication, and a deep-rooted sense of belonging.

As you reflect on the journey that has brought you to this milestone, we honor the sacrifices, the triumphs, and the countless moments of joy and sorrow that have shaped your community's history.

We celebrate the tireless efforts of your leaders, mentors, and members who have worked selflessly to nurture a sense of unity, purpose, and spiritual growth.

As Kokni Muslim Association, Nairobi, embarks on its next chapter, we offer our heartfelt prayers and best wishes for continued growth, prosperity, and spiritual fulfillment. May your community remain a source of inspiration, guidance, and comfort to all who seek solace, wisdom, and peace.

May the values of love, compassion, and service that have defined your community's journey continue to illuminate the path for future generations. We pray that your centennial celebration marks the beginning of a new era of hope, renewal, and deeper connection with one another and with the divine.

Once again, congratulations on this remarkable achievement. We are honored to share in your joy and look forward to witnessing the continued impact of Kokni Muslim Association, Nairobi in the years to come.

With deepest respect and admiration.

**Mohamed-Aslam Barde**  
**Chairman, KOKNI MUSLIM JAMAAT, Dar es salaam**

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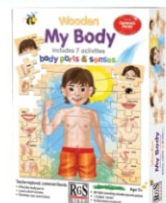
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## Honouring 100 Years of Dedication and Unity



*Hanif Parkar*

As we mark a century of our vibrant and resilient community, we pause to reflect on the remarkable journey that has thus far brought us together. A century is not just a measure of time—it's a tapestry of lives, stories, dreams, and the enduring spirit of togetherness.

From humble beginnings, our community has grown in leaps and strides, Alhamdulillah, continuously it grows—brick by brick, heart by heart—fuelled by the dedication of countless volunteers.

The sacrifices made by our forefathers, often quiet and unseen, have built the foundation upon which we now proudly stand today. Each effort, no matter how small, played an integral part in reaching this milestone.

There are many parallels between our past and present—each generation contributing to a shared vision. What began, for many, with the Kokni Muslims, Mombasa as a gateway has become a stepping stone for future generations, nurturing identity, service, and belonging.

This centenary is not just a celebration of history—it's a testament to our collective resilience, unity, and unwavering commitment to our past generations. It reminds us that when people come together with a purpose and heart, they create something that transcends time. As we look ahead, may we carry forward the spirit that brought us here—uplifting each other, honouring our roots, and continuing to build a community that inspires, includes, and endures.

Here's to the next hundred years, grounded in gratitude, and driven by hope.

Heartfelt congratulations to Kokni Muslim Association, Nairobi on your centenary celebration!

**Hanif Parkar**  
**Chairman**  
**Kokni Muslim Jamat Mombasa**



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***Congratulates***

***THE KOKNI MUSLIM ASSOCIATION  
ON THEIR***

***100 YEARS OF SERVICE TO THE  
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# A Century of Brotherhood & Compassion



Dr. Imran B Khares, MD MMMED CH, Medical Subcommittee Chairperson

Asaalam Walaikum, Greetings and warm wishes from the Pride of Africa, Kenya.

I welcome you all in earnest brotherhood and friendship as we celebrate an event like no other, a centennial celebration to mark the years of establishment of our Kokni Muslim Association, Nairobi-Kenya.

As I write this message, it takes me back to memory lane to the earliest days of what our community really meant. Growing up gave us a sense of belonging as we watched all our grandparents and parents play an active role in our community.

There was laughter, moments of activities, sorrow, play, competitions, treasure hunts and even a burst of joy as these events

culminated in “swaad” mouthwatering culinary treasures. Of course, followed by some tantalizing dessert. I thank Allah almighty for bestowing such beautiful memories to us and pray that the sense of community does not fall short of the love and brotherhood that it once portrayed.

I take this opportunity on behalf of all our members to commend the medical fraternity within the community. I would also like to congratulate all the Youth members who are now in the medical field and rendering their services to the community. Further to this we wish all the best to all those who are currently pursuing their studies in various medical fields.

Any sort of contribution to the community and the nation as a whole from all our members in the medical field goes well with our spirit of brotherhood, humility and compassion for others. As we call it, “ours is a calling”. We continue to strive in that spirit to make a change in lives of others.

A tribute to all the Late members in the medical field who served the community during the 100 years. May Allah almighty grant them all the highest place in Janatul-Firdaus.

Ameen.



We pay tribute to many amongst us who are deceased but played a big role in our 75<sup>th</sup> Celebrations. [From Left to Right]

Late Dr. Dawood Herwitker, Qari Hussein, Dr. Ahmed Parkar, Dr. Nishat Samnakay, Late Dr. A.H.T. Parkar Bhaudin Khares, Dr. Saeed Samnakay, Dr. Rafique Parkar, Inayat Jamadar



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# Honoring Our Pioneers

## Obituary of Sheikh Ismail Hassan



*Late Sheikh Ismail (Tisekar), Former Chairman and Trustee*

With a heavy heart, I write this obituary for Mr. Sheikh Ismail Hassan, a remarkable man whose legacy will be cherished forever. Approximately five years ago, Uncle sent me a WhatsApp message saying, "When I pass away, do not forget to write an obituary for me." He repeated this request frequently until his passing, underscoring the importance he placed on this moment.

Mr. Sheikh Ismail Hassan sadly passed away on 30th July 2024 in Nairobi, Kenya, and was laid to rest on the same day.

Born in 1931 in a small village (Tise) near Bombay, India, Uncle immigrated to Kenya in 1948. He continued his studies at what was then known as Government Indian High School (later Duke of Gloucester and

now Jamhuri High School), where he earned his Senior Cambridge School Certificate and Matriculation from the University of London. He embarked on a career with East African Posts & Telecommunications, retiring as the Head of its Investigation Department after 25 years.

Throughout the 1960s, Uncle also worked as a freelance sports correspondent for the East African Standard, covering cricket, football, hockey, tennis, badminton, and table tennis. He served as the East Africa representative for SPORTIME, a monthly magazine published in Lahore, Pakistan. For nearly four years in the 1960s, he submitted a weekly script in Urdu to Voice of Kenya for their sports program "KHEL KE MAIDAN SE" (کھیل کے میدان سے). He was also the East Africa correspondent for Naqshe Kokan for over 25 years and later with AKSE Kokan.

Despite his busy schedule, Uncle's love for Sir Ali Muslim Club and his dedication to serving the Kokni Muslim Community and Free Library never wavered. His lifelong ambition was to become a published Urdu writer, a dream he realized with the launch of his first book, a collection of short stories titled Dhalta Sooraj in 1987. Another collection of short stories, Namakdaan, followed in 2006.

Uncle served as the Hon. Secretary of the East African Pensioners' Association since 1993. In his heydays, he also held the position of Hon. Publicity Officer for the Kenya Badminton Association, Kenya Table Tennis Association, and Kenya Muslim Sports Association. In recognition of his honorary services to the Kokni Muslim community, where he served as Chairman for three separate terms, he was

## Obituary of Sheikh Ismail Hassan cont.

presented with the Lifetime Achievement Award in 2016.

Uncle was a kind, unique individual—a mentor and fatherly figure to me and many within the Kokni Community in Kenya and worldwide. He was always there to offer advice and provide help to hundreds of families for decades. I often referred to him as a living “encyclopedia” due to his extensive knowledge about the history of Koknis and many other subjects. He will be dearly missed, especially when the Kokni Muslim Association, Nairobi, Kenya celebrates its Centenary in August 2025.

Uncle was truly a “one off”, with a wealth of knowledge, kind, caring and always willing to help the community in every way possible. He did this purely on a voluntary basis for over 50+ years.

In 2001, Uncle wrote an article for the Kokni Muslim Association ( “KMA”) on the occasion of KMA’s Platinum Jubilee celebrations. It was titled " PRESERVE YOUR PAST AND BUILD YOUR FUTURE THEREON".

One paragraph stands out;

*" It is imperative for every individual, family and community to preserve and document their past history, no matter how tedious the task. The exercise may entail retrieving the keepsakes from neglected heaps of files, old trunks and dusty shelves. Remember, without such records you will have nothing to pass on to your progeny "*

So as we celebrate the Centenary of Kokni Muslim Association, let us learn from Uncle’s legacy and continue to build our Kokni Community worldwide for generations to come.

May Almighty Allah grant him the highest abode in Jannat. Ameen.

May Almighty Allah also give Sabr to his five children, Shafique, Anjum, Arif, Shakil, and especially Naseem. Ameen.

**Arshad Dalvi, Luton, England**

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## The Late Justice Abdul Rauf Samnakay



My grandfather, the late Justice Abdul Rauf Samnakay, was born in Pabra village in the Raigad District of Maharashtra, India, on May 13th, 1926, to Mohamed Ismail Samnakay and Aisha Samnakay. He attended Janjira Murud High School in Murud, Maharashtra, India. In 1946, the family emigrated to Kenya. However, his desire for education and thirst for knowledge led him to travel to England to pursue further studies. There, he first completed a Bachelor of Arts (B.A.) Hons. degree in Urdu at the University of Oxford, and further went on to complete a Bachelor of Laws (LL.B.) degree, also at the University of Oxford. While in England, he was admitted to the Honourable Society of Lincoln's Inn in 1950. After completing his studies, he rejoined his family in Eastleigh, Nairobi, Kenya, where he married Fatima Herwitker.

He began his distinguished legal career in private practice. During this period, he was actively involved in Kenya's independence struggle to free itself from

its colonial power, Britain. Over time, he transitioned into the judiciary, starting with an appointment to the post of Magistrate. His career progressed with appointments to Senior Resident Magistrate, Chief Magistrate, Chairman of the Rent Tribunal of Kenya, Registrar of the High Court of Kenya, and ultimately, as a Judge of the High Court of Kenya, in that order. During this period he served in various towns and cities within Kenya, including Nairobi, Kisumu, Meru, Kericho, Mombasa, and Kakamega.

My grandfather was very involved with matters that concerned the broader community within Kenya and he actively worked with charities to develop and assist local communities. He served as the Chairman of the Lions Club of Kakamega. He was also very passionate about advocating for the interests of the general Muslim Community in Kenya, including Kokni Muslims. He was instrumental with the support of others who worked with the Supreme Council of Kenya Muslims (SUPKEM) in successfully advocating for Eid-ul-Fitr to become a national holiday in Kenya, and for Eid-ul-Adha to become a holiday for Muslims in Kenya. He served for two terms as the chairman of the Kokni Muslim Association of Nairobi, from 1965 to 1966 and from 1967 to 1969. He advised and assisted the Kokni Muslim Association, Nairobi on various legal matters that pertained to the community. He played a key advisory role regarding tenancy matters of the Kokni Muslim Association's Latema Road property. He was also very involved in the furthering and encouraging of sports within the Kokni youth, particularly cricket and indeed he would typically attend all the Kokni team's cricket games whenever he could.



*Fatima Herwitker and the late Justice Abdul Rauf Samnakay*

## The Late Justice Abdul Rauf Samnakay cont.

Beyond his professional and community achievements, my grandfather had a deep passion for the arts and languages such as Farsi and Urdu and would read and quote Urdu poetry often. He also attended and actively participated in Urdu "Mushaira" programmes. My grandfather was a loving and devoted husband, father, brother, uncle, father-in-law and grandfather. He touched the lives of

everyone who knew him, inspiring countless people with his wisdom, kindness, and unwavering dedication to justice and equality. His legacy lives on in the hearts of those he inspired and especially his family that he cherished.

Congratulations to Kokni Muslim Association, Nairobi on the 100 years celebrations in August, 2025!

**Dr. Rameez Samnakay (Dallas, USA)**



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## A History of the Parkar family's connections with KMA

Our grandfather, **Bhauddin Kamalludin Parkar**, and his cousins, **Badrudin** and **Mohammed Hussian Parkar**, came to Kenya in the late 1890s. They were fish and egg merchants. Our grandfather was a businessman as well as a social worker. When they migrated to Kenya, there were only a handful of Kokni people during that time in Nairobi.



He was one of the founding members of the Kokni Muslim Association (KMA). He was also well known within the South Asian community in Nairobi. He was part of the committee that built the Jamia Masjid in Nairobi.

Our dear father, **Sheikh Mohammed Parkar**, came to Kenya in 1920 at the age of 5. He went to school in Nairobi - the Duke of Gloucester School which later changed its name after independence to the Jamhuri High School.



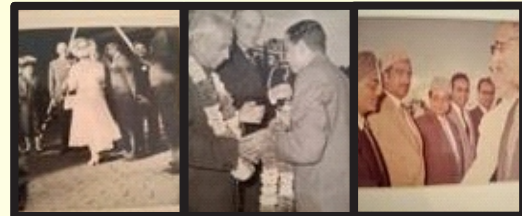
He was the first Kokni to matriculate from the University of London based in Nairobi. As he could read and write in English, Urdu, and Marathi, he helped a large number of members of the Kokni community with completing forms and documents, such as passport and visa applications to bring families and close relations to Kenya.

Through his close connections with the embassies of India and Pakistan, he was able to assist numerous families to migrate to Kenya.

He was an active social worker and was well connected not only within the Kokni community, but also the wider South Asian communities. He was affectionately called SM, Mia Khot, or Bhaimiya. He held several roles in the KMA, including being elected as president several times. He was instrumental in the purchase of the Latema Road property for KMA as a place for social purposes. Our house in Cross Road was a focal point for Koknis who would always visit. It was known by the Koknis as "the plaat".

In addition to holding positions in KMA he was also the president of the Indian Society of Kenya, and the General Secretary for the Jamia Masjid. During his retirement years, his role was to be the administration manager. He managed the Jamia Masjid until his passing away in October 1990.

He was a member of a number of welcoming committees for dignitaries visiting Nairobi, such as the Queen Mother in 1959, the first President of India, Dr Rajendra Prasad, in 1953, and Aga Khan in the mid-60s. He was instrumental in increasing the profile of the Kokni community through his activities as part of the wider South Asian community in Kenya.



Our close relationship with KMA was continued by our dear brother-in-law, Mohammed Ali Wazir Parkar, who grew up in Kisumu. Mohammed Ali started his career as a police officer in the Kenyan Police Force, rising to the rank of a CID officer.

He left the police force to focus his attention on the family's transport business, Nairobi Bus Union, providing bus services to and from Nairobi to Kisumu, including cities and towns on that route. He later started a successful haulage company called Commercial Transporters, moving goods and equipment to and from the port of Mombasa to the inland towns and farms, as well as to Uganda.

As CEO of the Nairobi Bus Union, he moved the offices to the KMA Latema Road property. He was an active member of KMA and was elected president several times. He was instrumental in the decision to sell the Latema Road building and invest that money in the development of the Kokni Muslim complex (KMCC), which also includes Bukhari mosque. Throughout his life he was a generous donor to KMA.

**Faiz Ahmed and Abdul Rauf Parkar-Luton, England**



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# YOUTH TREASURE HUNT



## QURBANI 2025



## Late Tahira Rauf Samnakay: A Life of Dedication and Kindness



Tahira Rauf Samnakay was born on June 4, 1957, in Nairobi, Kenya, to the Late Abdul Rauf Samnakay and Fatima Herwitker.

From a young age, she espoused the values of compassion, kindness, and dedication that she was known for all her life. Her early years were spent traveling across Kenya as her family relocated often due to the late Justice Abdul Rauf Samnakay's judicial appointments.

Her talents were evident from a young age. She was selected for the Kenya national table-tennis team, highlighting her athletic abilities. However, she chose to focus on her family and responsibilities, putting her promising sports career aside to get married. Despite this, she remained active in sports, playing tennis and table-tennis for leisure. Tahira also had a passion for music, and was adept at playing the flute.

She built a successful career in banking, where her intelligence, responsibility, and dedication earned her the respect of her colleagues and clients alike. She was known for her dependability and selflessness, qualities that made her an invaluable asset in her professional life.

Beyond her career, she was deeply involved in the Kokni Muslim Association (KMA), where she played an active role in organizing and participating in ladies' events, such as cooking and community gatherings. Her contributions to the KMA helped strengthen her bonds within the Kokni Muslim community in Nairobi, and her efforts were appreciated.

As a daughter, mother, and sister, she was the heart of her family. She was a devoted daughter to her parents, caring for them with deep love and respect. As a mother, she was nurturing and instilling the same values of responsibility, dependability, and selflessness that she exemplified every day. Her siblings, too, looked up to her as a guiding light, a sister whose kindness and support were unwavering.

A woman of great talents and accomplishments with a truly beautiful soul. Her selflessness was a hallmark of her personality.

She passed away on 13th July, 2000 and her life is a testament to the power of love, service and dedication whose legacy continues to inspire all those who know her.

**Dr. Neeshat Khan (San Jose, USA).**

“AMKAM FAKHR AASA – AMI  
KOKNI AASA!”

WE ARE PROUD – WE ARE KOKNI!

# Down Memory Lane

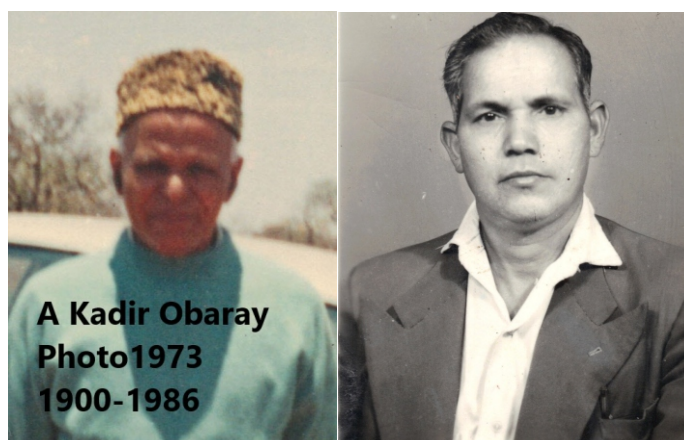


My parents, Mr Abdul Kadir Obaray (Ubare, spelt in some documents) (1900 to 1986) and Mrs Sharifa Bibi (Maiden name Faki (1913 to 2007). Both came to Kenya from a village in India called Purar, in 1940's/1950's.

My father owned spices and Ice cream factories (Virani Brothers Ltd.) later in life in partnership with Shah families. I believe he visited Mauritius during the fund raising of the "Kokni Library" in Nairobi, before I was born. He also helped people in need and assisted in bringing my uncle (Mother's brother) known as Fakha Mamu (Fakhi Hassan) and others from India to Kenya. Fakha Mamu migrated to UK and worked hard towards establishing a first "Kokni" mosque in West Hendon, London.

My mother was well known not only by the Kokni community but others such as Panjabis, Shia, Memons, Urdu speaking, Muslim Gujaratis, Somalis and others as she contributed by teaching the Quran from home at no cost and was a very social person.

After my father's death, my mum migrated to London and stayed with my brother, M. Shafi Obaray, a "Fellow chartered accountant" running his own practice. My eldest brother, Abdul Majid played an active role in the Kokni Sports Club in Kenya. Halfway through my secondary education in Kenya (Eastleigh Secondary School), I immigrated to London, UK for further studies. All my family now resides in the UK.



Amongst many Kokni families, my parents and indeed we siblings were well associated with Parkar, Mukadam, Darogay, Sayed, Khan, Samnakay, Khamkar, Khanchay families.

Wishing Kokni Muslim Association, Nairobi, Kenya all the best for the Centenary Celebrations and Congratulations.

**Aslam Obaray**

**"BIRYANI, BARFI ANI BAWAJI  
– ASLI KOKNI MAJLIS!"**

BIRYANI, SWEETS AND ELDERS – A  
TRUE KOKNI GATHERING!

## Kenyan Experience



**Mukhtar Khalfey - London**

As Salaam Alia Kum Wa Rahmatullahu Wa Barakatuhu,

It is a great honour to be asked to reflect on our earlier years in Kenya before we immigrated to the UK in 1974.

The contents of this article are based entirely on my memories.

Our grandfather Osman Amin Khalfey immigrated from Latvan, India around 1920. My grandfather was on his way to join the rest of the family in South Africa. The ship developed a fault at Mombasa, so the passengers were asked to come off board while the repairs were taking place. As this was going to take a while, the group decided to visit Nairobi where they finally resided. Our father Mohamed joined him later.

In the later years, there was an inflow of our community migrating from India. As the community was growing, they decided to build a centre which was called 'The Library'. Restriction in planning did not allow it to be called a Community Centre. The only way they managed to take it forward was to make it into an Educational Centre. My parents Nikah ceremony took place at the library.

This venue was regularly used for community functions. Although my memory is vague relating to the Kokni Muslim Association, Nairobi, I do remember that it held an annual function for the whole community which was well attended.

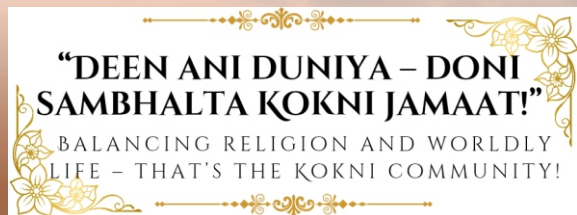
The Committee members were, just to name a few Marhum Baba Khan, Ayub Khan, Marhum Sheikh Ismail, Marhum Ibrahim Khalfe. These members certainly fulfilled its objectives of getting the rest of the members together and extending warm association with each other. It is a time we will always remember fondly.

My three brothers (Marhum Iqbal, Akhtar and Shawkat) and I grew up in a new house built by my grandfather and father in Nairobi South 'C'. We went to Kongoni Primary, Highway and UpperHill Secondary schools.

Akhtar and I actively participated in playing cricket for The Kokni Muslim Cricket Club which we both thoroughly enjoyed. I was also the Secretary of the club for a couple of years. In one year, Akhtar was awarded a cricket bat by Karibu Timber Industries for being the first player to score a century. KMSC printed a booklet to commemorate 25 years of the existence of the Club. This also generated a lot of funds. This concluded with a grand finale at Muslim Girls school.

I know, I may not have done full justice to appreciate all the individuals who contributed towards the success of the community through their hard work, as we immigrated to the UK as mentioned earlier.

We extend our best wishes on the celebrations of 100 years of Kokni Muslim Association, Nairobi.






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Pizza Corner-  
Congratulations on the 100 years milestone,  
and best wishes for the festivities

## 100 years celebrations of Kokni Muslim Association, Nairobi



**Ayub Khan Pathan**  
Birmingham, UK

It is a matter of great honour and pride to send the warmest felicitations to Kokni Muslim Association, Nairobi on behalf of my late Brother Mahmood Khan Pathan and my late nephews Dawood Khan and Rauf Khan.

The Khans - cum - Pathans were among the early Kokni Muslim pioneers who immigrated from India to Kenya in search of greener pasture. My father, Abdul Kadir Khan Pathan, founding member of the then Kokni Muslim Jamaat, first came to Nairobi in 1912. My late mother and late brother Mahmood Khan followed suit, but returned to India in 1936 in order to continue my brother's education. Meanwhile I was born in 1937 and then my mother, late brother and I came back to Kenya in 1946 just before the partition of India in 1947.

Very few Kokni families were then settled in Nairobi, most of them as " married bachelors" who had left their families behind in India.

The families were re-united later in the 1950's. Generally, the Koknis were semi-literate people and therefore worked as unskilled artisans with East African Railways and Harbours, garages, workshops, printers etc.

My Late brother, Mahmood Khan, was enterprising, ambitious and a social worker who served in an English firm called Car & General until he retired in 1990's as General Manager. He emigrated to the U.K. where he passed away on 25th December, 2023 at the ripe age of 96.

He was the driving force in the extended Pathan family. He educated his nephews, Dawood Khan and Rauf Khan who later prospered as highly successful timber industrialists. Both brothers have served as Chairmen of the Kokni Muslim Association, Nairobi, Kenya. They succumbed to Cardiac arrest rather early in their lives.

In my youth, football was my passion. I had the honour of representing Asian X1 vs European X1 and was the only Kokni player to attain those heights. Following Kenya's independence, I immigrated to the U.K. during the Asian exodus of 1960's - 1970's. Now living happily in Birmingham where I have served my community through the local K.M.A. to the best of my ability.

On this auspicious occasion of Nairobi's Kokni Muslim Association's centenary celebration, I extend my warmest felicitations.

**“EK SAU SAAL, EK VASIYAT –  
DEEN, TEHZEEB, ANI  
WAFADARI!”**

100 YEARS, ONE LEGACY – FAITH, CULTURE, AND  
LOYALTY!

*Best wishes to*  
**KOKNI MUSLIM ASSOCIATION**

*for their*

**CENTENARY ANNIVERSARY**

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# YOUTH EMPOWERMENT IN OUR COMMUNITY

## What is Youth Empowerment?

Youth empowerment is the process of involving the youth and the young population in the decision-making of a community. As a realization that the youth has a voice that a community should listen to; it also presents an avenue through which they can make their voices heard and recognize the power that they have.

Youth empowerment is characterized by efforts that help them be involved, whether in their education, community programs, and support services. We can also show youth empowerment by enhancing and strengthening their capabilities and role in the youth sector. There is this innate power within them that is capable of making this world a much better place, and through youth empowerment, we recognize this power and strengthen it more. We ignite the flame of their power towards the development of our society through youth empowerment.

## Why is Youth Empowerment Important?

Empowering the youth is important because we need to give them the push they need in order to take control of their future. We need to equip them with the right tools in order to make better decisions for their future. Another reason is that this will help them cultivate their skills and discover their potential that will be beneficial to their personal and professional development. If they were able to unleash their best qualities, they have better chances of a better future.

## Benefits of Youth Empowerment .

Access to Positive Role Models

They become our future leaders with good mindset having positive attitude towards the growth and carrying the community legacy to yet another level of success

Skill Development

Reduction in crime rate

Self -Efficacy

Improved Education Standard



# Musab ibn Umair:

## The Pioneering Companion of the Prophet Muhammad



### Early Life

Musab ibn Umair (ra) was born into a wealthy family in Mecca, around 596 CE. His upbringing was marked by luxury, and he enjoyed a privileged lifestyle filled with fine clothes, food, and social status. He was known for his striking appearance and charm, which made him popular among his peers. However, despite his wealthy background, Musab(ra) had a deep yearning for meaning and truth.

### Embrace of Islam

Musab's(ra) life took a transformative turn when he encountered the teachings of Islam. He was one of the early converts to the religion, embracing it around 617 CE. His decision to follow the Prophet Muhammad(saw) came with significant personal sacrifices; he faced ostracism from his family and friends, who disapproved of his new beliefs. Nonetheless, Musab(ra) remained steadfast in his faith.

### Role in the Early Muslim Community

Musab(ra) played a crucial role in the early Muslim community in Mecca. His charisma and eloquence made him an effective communicator of the Islamic message. He was among those who participated in the first pledge of Aqabah in 620 CE, where he represented the Muslims of Mecca and helped strengthen ties with the tribes of Yathrib (later known as Medina).

### The Journey to Medina

Following the hijra (migration) to Medina in 622 CE, Musab(ra) was appointed by the Prophet Muhammad (saw) as the first ambassador of Islam to the city.

His mission was to teach the new converts about the religion and to spread the message of Islam. He worked tirelessly, engaging with the local tribes, facilitating the conversion of many to Islam, and fostering a sense of community among the Muslims in Medina.

### Contributions to the Islamic Community

Musab's(ra) efforts in Medina were instrumental in establishing a strong Muslim community. He taught the Quran, led prayers, and helped mediate disputes. His dedication earned him the title of "the Prophet's ambassador." He was also one of the first to implement Islamic teachings and practices, helping to solidify the foundation of the new Islamic society.

### The Battle of Uhud

Musab's (ra) bravery and commitment to Islam were evident during the Battle of Uhud in 625 CE. He fought valiantly to defend the Prophet and the Muslim community against the Quraysh of Mecca. During the battle, Musab(ra) carried the banner of Islam. Tragically, he was martyred, and his death marked a profound loss for the Muslim community. The Prophet Muhammad (saw) is reported to have been deeply affected by Musab's(ra) sacrifice, recognizing him as a beloved companion.

### Legacy

Musab ibn Umair's (ra) legacy is one of unwavering faith, sacrifice, and dedication to the cause of Islam. His life story serves as an inspiring example for Muslims around the world. He is remembered not only for his contributions during the formative years of the Islamic community but also for his profound impact on the spread of Islam.

Musab's (ra) journey from luxury to a life of simplicity and commitment to faith resonates with many, highlighting the transformative power of belief and the importance of community. His story continues to inspire generations, symbolizing the spirit of sacrifice and the pursuit of a higher purpose in life.

### Shahin Kausar Abraar

## MY JOURNEY WITH KOKNI COMMUNITY IN NAIROBI-KENYA



### **Hanif Khan- KMA, Nairobi, Trustee**

I am a third generation Kenyan Kokni born in the late fifties and brought up in Nairobi-Kenya.

I went to Eastleigh Primary School where I finished my Primary education and later joined Highway Secondary School in Nairobi South B where I finished my 'A' levels before proceeding for further education at various finance Institutions of learning in Nairobi.

Although at my birth, our family was living in "Khan Bahadur Building" located on River Road, we subsequently moved to reside in Eastleigh in 1962. Living and growing up in Eastleigh during the years of 60's and early 70's was an experience I cannot forget. There were very few cars, especially among the community, although I remember my father's Fiat 500, Sunbeam Rapier and Datsun 1600.

We walked to and from school. Only the main roads were tarmacked, and we walked on cotton soil tracks leading to schools which would flood and get muddy during raining season. This made it difficult to reach school clean and dry, despite wearing raincoats and gum-boots. We were a creative generation of survivors without TVs and relied on large radios for entertainment and news and mostly made our own toys. Later, there were black and white TVs in houses that could afford to buy them.

Early Kokni families who lived in Eastleigh and with whom I interacted with, were Hawa's, Kazi's, Nathekers (Of famous Qawal brothers), Khares (my uncles from my grandmother's side), Sayeds (Edroos, Kadiri, Alhadad, Naziri), Rhogey's, Faki's, Janjirkers, Ukaye's, Mukadams (family of the Late Hussein Mukadam of English Press), Khambiye (family of the Late Hassan Khambiye Of Nation Newspapers), Baghdadi's (Hassan Mia Baghdadi, father of Shaffi and Mauzam Baghdadi), Charfarey's, Chougley's, Dalvi's, and Khalfe's among others. One notable Kokni elder was the Late Abdul Karim Bodlaji, a professional cook at Ismailia Hotel, who was known more for his "sehra" recitals at most weddings.

Most of the families emigrated to the UK at various times, especially during the 1967 Exodus and early 1970's. The other families and legends of my time were categorized into Kokni volunteer cooks, teachers, sportsmen, and largely community leaders.

Kokni teachers of recognition were the Late Mr. Ahmed Ruknudin Parkar (Master Parkar) a teacher/Headmaster at Juja Road Primary School, the Late Mr. Kamaludin D. Parkar (KD teacher at Eastleigh Secondary School) and the Late Abdul Rashid Parkar (Teacher at Jumhuri High School). Master Parkar and KD Parkar were among other Asian origin authors of many books that were implemented in schools at that time. Master Parkar's family migrated to the UK in the late 1970's. The other two personalities in the education sector, I remember, were the Late S.M. Parkar, a community elder and administrator and the other, my tutor Mr. Abdul Latif Kapde, in 1970, now based in Birmingham, who came from a humble background and currently runs his own education institute.

The Kokni volunteer cooks who cooked voluntarily without pay or fee for weddings were "Elder Faka Mamu", Sheikh Mohamed Khares and Abdalla Parkar (Javanji) and a few other helping hands.

## MY JOURNEY WITH KOKNI COMMUNITY IN NAIROBI-KENYA cont.

The hard-working ladies' volunteers consisted mainly of my mother, Mrs. Salima Khan and Late Mrs. Latifa Khalfe (wife of past Chairman Late Ibrahim Khalfe), who would take other willing ladies to cook for about 200-250 members during Community functions without asking for anything in return.

I remember my late father bringing home about 40 to 50 live "Kinyeji" (road runner) chicken for me to slaughter which were cleaned and cut at home, ready to be cooked by the ladies. Special tribute to Late Mohamed Kassam Mathey for serving the community under this team. Now all that has changed, as we have to dig into our pockets to pay for outside catering at all functions.

My youth days were spent either studying or at the Kokni Muslim Club, playing table tennis or cricket at Woodley or Sir Yusuafali grounds which we hired as "home grounds". The first indoor junior table tennis competition in which I participated was in 1967 with only four participants, namely Mushtaq Mukadam, Hanif Samnakay, my elder brother, Shakil Khan and myself as the youngest participant.

I wish to acknowledge the founding fathers of the Club, my late father Mahmood Khan, all the elders including Late Sheikh Ismail,

Late Osman Khalfe and others to promote some sporting activities for the youth and mentored them to take responsibilities in the community affairs.

The Kokni Club was a grooming platform for future leaders of the community through which Kokni Muslim Association, Nairobi would pick abled youth to join them as Officer Bearers.

I started my journey with the Kokni Muslim Association, Nairobi in 1977 where I was a Secretary of Kokni Muslim Association, Nairobi taking over from Shamsudin Dalvi the outgoing Secretary. I have gone through the complete cycle of holding various Office Bearer posts in the Managing Committee before and after my short residency in Mombasa. During my short span from 1985 to 1994 in Mombasa, I served as a secretary and later as Treasurer of the Kokni Muslim Jamaat, Mombasa. Members of mention and who were main pillars in Mombasa were Late Bhaudin T. Parkar, Late Abdalla Dawre, Late Sayed Hussein Naziri and not forgetting long serving treasurer Mr. Shabbir Khambiye who is still serving the community.

I wish to acknowledge some elders, most of whom have passed away, that have mentored me at various stages of my life as a youth and later on in life as well.

**“TADREES, TARBIYAT ANI  
TEHZEEB – KOKNI LOG KA  
WARSO!”**

EDUCATION, DISCIPLINE AND CULTURE  
– THE KOKNI HERITAGE!

## MY JOURNEY WITH KOKNI COMMUNITY IN NAIROBI-KENYA cont.

To start with Late Dr. Abdul Hamid Parkar (1st Chairman of KMA), Late Sayed Khairudin Kadir (my foster Chacha adopted as a son by my grandparents and an active member of the Association), Late Justice Abdul Rauf Samnakay (my Father In Law and a past Chairman), my Late father Mahmood Khan Pathan who also was a past Chairman a couple of times, Late Hussein Mukadam (of English Press), Late Sherfudin Parkar (SA), Late Abdalla Mukadam aka "Shivi Saab"(a selfless person always available for any assistance especially during weddings) and not forgetting our longest resident legend, "encyclopedia" (known for his wide knowledge and wisdom) the Late Sheikh Ismail who passed away on 30th July, 2024 while still engaging himself in the Centenary celebration preparations. I also wish to appreciate another selfless person in the Late Mohamed Dalvi (Luton, UK) who not only encouraged us to play various sports but as a Sports Secretary of Kokni Muslim Club, Nairobi, ensured that he also picked the youth along with the cricket kit and take all of them to respective grounds in his small VW Beetle. What a dedication to serve the community with meagre resources. An example of a role model for all, especially the youth.

I also wish to acknowledge Late Abdul Kadir Hawa, past Chairman of Kokni Muslim Union, Nairobi. I had an opportunity to work with him for the two years during my tenure as Chairman of KMA, Nairobi 2011-2013.

Our co-operation was in streamlining KMU records after a lapse of about ten years. This was an arduous task which was successfully completed and has benefited KMU.

During my tenure as Chairperson of the KMA, Nairobi, one of the major projects the team embarked on was to have our own borehole at our KMCC premises. With aid from many "Sadaqa Jariah" contributions and from well-wishers, the project was successfully completed and is now in operation. This has solved the water problems for the Masjid and residents at KMCC who are charged a fee for water usage from the borehole. This generates an income for the Masjid maintenance.

Our forefathers were very hardworking, selfless and dedicated people who had the community affairs at heart. My appeal to all especially the youth is to exemplify our forefathers. Become an asset for the community through your contribution in the form of personal service or finance. Let us take our community to a higher level!

I take this opportunity to pray for all our noble departed souls for a place in "Janat-ul-Firdous". Ameen. All these legends need to be appreciated, recognized and remembered.

**"KOKNI NO TENSION – SAB KA SOLUTION!"**

NO TENSION WITH KOKNIS – WE FIND A SOLUTION FOR EVERYTHING!

## Finished and On-going Developments



# Islamic Moral Stories for Kids

## Tales of Faith and Kindness

Author: Horeya Elhadidy



### The Man and the Dog

"Once upon a time, there was a man, who was walking in the desert. The sun was blazing, and it was cruelly hot. The man was so exhausted from walking for a long time; as he was searching desperately for some water. He felt like his throat was as hot and dry as the desert around him.

Finally, he found a deep well of water, from which he satisfied his thirst. He felt his throat stop itching, and his body came to life with energy. He was hopeful again and started to move again.

Suddenly, he came across a dog that was gasping in desperation of thirst. The man felt so much pity for the little dog; as he could relate to his suffering. But how can he get him to drink water from the deep well?

He kept thinking until he reached a solution. He took off his shoe, filled it with water, and brought it to the poor dog's mouth. The dog drank to his heart's content.

Later, when the man died, Allah decided to have mercy on him, and accept him in heaven; for his deed of compassion towards the little dog was proof of the purity of his heart."

### The Kindness of Abu Bakr

*(May Allah be pleased with him)*



Once upon a time in the city of Makkah, there lived a man named Abu Bakr. He was a close companion and a dear friend of Prophet Muhammad (peace be upon him). Abu Bakr was known for his kindness, generosity, and compassion.

One day, Abu Bakr was walking through the busy market when he saw a poor old woman struggling to carry a heavy load of groceries. Her face was tired, and her

## Islamic Moral Stories for Kids cont.

hands trembled under the weight of the bags. Without hesitation, Abu Bakr rushed to her aid.

He greeted her with a warm smile and said, "Peace be upon you, dear sister. Let me help you with these heavy bags." Abu Bakr took some of the bags from her hands and carried them with a cheerful heart.

As they walked together, Abu Bakr learned that the old woman was a widow who lived alone. She had no family to support her, and life had become difficult for her. Abu Bakr felt a deep sense of empathy and compassion for her.

Instead of just helping her with the groceries, Abu Bakr decided to make a positive change in her life. He asked her about her needs and discovered that her house was in need of repair. The roof leaked, and the walls were crumbling.

Abu Bakr, with his big heart, immediately took the responsibility to fix her house. He gathered a group of skilled workers and provided all the necessary materials. They worked tirelessly until the old woman's house was transformed into a comfortable and secure home.

When the old woman saw the changes, tears of gratitude filled her eyes. She thanked Abu Bakr and prayed for his well-being. Abu Bakr, in his humility, attributed the kindness to the teachings of Islam and the compassionate example set by Prophet Muhammad (peace be upon him).

This story teaches us the importance of kindness, compassion, and going the extra mile to help those in need. Abu Bakr's actions reflect the true spirit of Islam and

the beautiful character of the Prophet and his companions.



## The Orphan & Uthman ibn Affan's Compassion



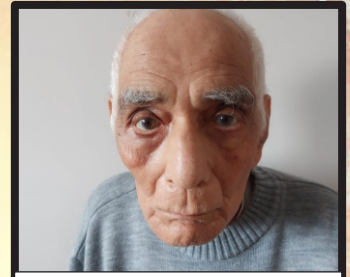
Once in the bustling city of Madinah, there lived a young orphan named Abdullah. His parents had passed away, leaving him with no one to care for him. Despite his difficult circumstances, Abdullah was known for his cheerful spirit and warm heart.



**KOKNI MUSLIM ASSOCIATION  
MEMBERS, FOUNDERS, ELDERS & CHAIRMEN**



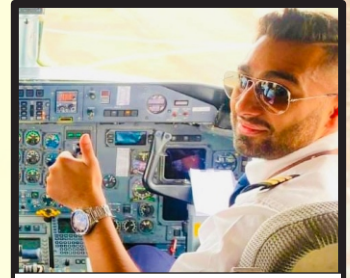
**Mamu Fakhi Hassan**



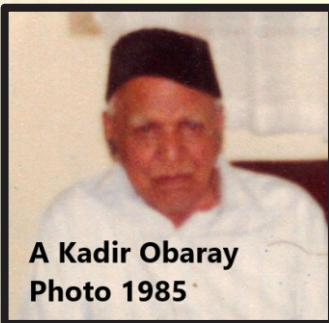
**Sayed Nazir**



**Gulam Hussein Ibrahim Fakhi**



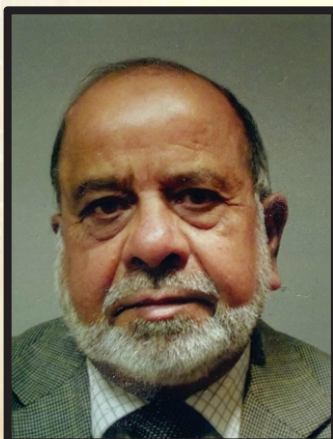
**Captain Rameez Shabir Fakhi**



**A Kadir Obaray  
Photo 1985**



**Captain Shabir Ahmed Fakhi**



**Abdul Lateef Palekar (Palee)**



**Shafi Obaray**



# WHY YOU SHOULD BOYCOTT ISRAEL PRODUCTS



**Safaah Asif Khambiye**

## I STAND WITH PALESTINE. DO YOU?

**A**ssalam-Alaikum Warahmatullahi Wabarakatuh. My name is Safaah Asif. I am fourteen years old, and I stand with Palestine. I want to share with you all the importance of boycotting products from Israel. This is the least we can do in our efforts to support our Muslim brothers and sisters in Palestine. I am sure all our social media platforms are flooded with horrific scenes of the brutal murders of the people in Palestine. The bodies of decapitated children and massacred women are forever etched in my young mind. It breaks my heart. It angers me.

### Why boycott the products from Israel?

Many people ask me this question. Many have even laughed at my choice for boycotting.. Today, I will tell you why I choose to boycott. I believe that we all have a responsibility towards our brothers and sisters in Palestine. I also believe that the growing boycott will (as it already has) weakened the oppressor's acts of genocide in Gaza by leaving a significant economic impact on Israel. The more we boycott, the stronger this becomes.

The rampant killing of women and children on such large scales, the destruction of property, the deprivation of basic human needs and starvation leading to severe malnutrition and death are all used as weapons of war against our very own muslim brothers and sisters in Palestine. Our beloved Prophet (SAW) said, 'when one part of the body feels pain, the whole body feels pain' narrated in Sahih Al-Bukhari & Sahih Muslim. These hadiths emphasize the solidarity of the believer, as one builds on mutual kindness, compassion and sympathy.

I will take part and continue to stand firm on my decision to boycott the products from Israel like people from all over the world who have also taken it upon themselves to stand in solidarity with the people of Palestine. I call upon each one of you to do the same for the sake of the elderly, sick, weak, martyrs, children, mothers and fathers of the people of Palestine.

So, the next time you crave that cold bottle of Coke, remember the bloodshed of the Palestinian at large as this product purchases fuel for Israel. No thirst can be quenched by drinking blood! If you need to take a break, do not reach for that Kit-Kat! It also fuels the oppression of the people of Palestine. Believe it, your one small change is a monumental blow to the oppressors. We are all duty bound in Islam, to stand in solidarity with our fellow muslims.

I chose to write about this topic because I believe that if we all boycott products from Israel, we will all have contributed in the smallest of way to help the situation of the Palestinian people. Make the right choice. There are many alternatives, Alhamdulillah.

**“TADREES, TARBİYAT ANI  
TEHZĒEB – KOKNI LOG KA  
WARSO!”**

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– THE KOKNI HERITAGE!

# SCREENS



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INTERACTIVE SCREEN



OUTDOOR SCREEN

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LARGE  
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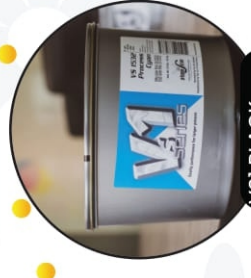


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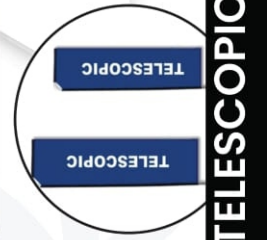
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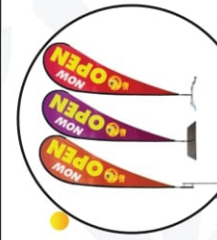
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# Honouring our Torch-Bearers

## Abdul Kadir Hawa



*ABDUL KADIR HAWA*

Until his demise on the 7th of May 2021, my father—the Late Abdul Kadir Hawa remained an active member of the Kokni Muslim Association. He devoted his time and service to the growth and improvement of the community, with his main aim being to empower the members through education while remaining firm on the principles of Islam. He was known to be vocal and candid, a trait that was not quite appreciated, yet his views were always resounding in the aftermath of it all.

With a vocabulary so vast in both the Urdu and English dialects, (among 12 others!) he was commonly perceived as the community's 'dictionary'!. Abdul Kadir Hawa was not one to shy away from airing his views, holding people to account and charting probable ways forward in advancement of community progress.

In his younger daughter, the advocate in him continues to live upon his teachings; and in his elder daughter, his passion for justice and enforcing rights continues to beam. We vividly remember his closing remarks in almost all of his fora's, with his unforgettable saying, 'forgive me if I may have offended anyone, but I must call a spade, a spade'.

As I grew up, I watched my father spread the Kokni presence in almost all of his active pursuits. He believed in the Kokni community and held a deep appreciation for our heritage. He selflessly attended court in the pursuit of the Namanga property that was owned by the Kokni's. His struggle earned the community the compensation by way of funds from the grabbing case, that is continued to be enjoyed by the community today.



A pioneer in achieving first place in Cambridge World exams, my father's wisdom extended far beyond his formal education. Rising magnanimously in ranks himself from an engineer to a pilot, to a sales and area manager for Kenya Airways Africa and Middle East, aviation was at his core.

A man of the world he not only flew himself, but gave wings to others. His dedication to education was not limited to formal schooling and serving on multiple school boards. He believed in holistic development, encouraging young people to pursue knowledge while maintaining strong cultural roots. This was his vision for the youth of our community, and all his efforts were aimed at its achievement.

He lived by the hadith reported by Anas ibn Malik, that the Messenger of Allah, peace and blessings be upon him, said, "Seeking knowledge is an obligation upon every Muslim." This was a hadith my father echoed every day of his life. Constantly pursuing knowledge himself, and encouraging others to do so as well.

Abdul Kadir Hawa possessed a remarkable ability to connect with people from all walks of life, treating everyone with the same level of respect regardless of their social standing. His home was always open to those seeking advice, assistance, a meal, accommodation, or simply a thoughtful conversation.

Many today still recall how he would listen intently to their problems before offering measured, practical solutions that balanced Islamic principles with modern realities. Despite facing numerous challenges throughout his personal life, my father maintained an unwavering optimism and resilience that inspired all who knew him. He taught us that difficulty was not something to be feared but an opportunity to demonstrate character and faith. *اللَّهُ مِنْ وَشَرِّ خَيْرِ الْقَدَرِ وَ*

“And from God are [both] good and evil with respect to the decree [or destiny]” is what he would always reiterate. Today, these few golden words carry us, his children, through the chapters of life. Always remembering to be grounded, balanced, righteous, just.



Our commitment and passion to service continue to guide our lives today. In his daughters, Aalia and Raabia, a service to community through social and environmental justice; and in his sons, Abubakr and Abutalib, a service to biodiversity through frontline conservation action, data analysis, and an immersion in the Quran.

Abdul Kadir Hawa’s legacy lives on not only in his immediate family but in the countless lives he touched and the community he helped strengthen.

Though we miss his physical presence deeply, his spirit continues to inspire us to uphold his vision of a united, educated, prosperous and principled Kokni community.

### Raabia Abdul Kadir Hawa



**Managing-Committee\_2025**

**Sitting Left to right:  
Office Bearers**

- Maleehah H Al-Haddad- Assistant Treasurer
- Asad Abdulwahab: Assistant Secretary
- Aalia Abdul Kadir Hawa: Chairlady
- Saqib Osman Khambiye: Vice Chairman
- Muzzamil Khambiye: Treasurer
- Nazma Mukri: Secretary

**Standing Left to right:  
Committe Members**

- Ayaz Bhigba
- Abdul Wahab Alimiya Mukadam
- Shazma Mukri
- Rafia Khan
- Hanif Sangrar
- Hassan Abdul Gafur Khambiye
- Dr. Imran B Khares



**Managing-Committee\_2009**



**Managing-Committee\_2021-2023**

# Think Like a Programmer: Fun Logic Puzzles to Challenge Your Mind



Though movies and TV shows depict the complexity of computer code with line after line of indecipherable commands, the fundamental logic behind even the most obscure software remains the same. Here are a few mind puzzles to get you thinking like a programmer—can you “crack the code?” Enjoy!

## Sadaf Amna Sarwari

Master of Science in Computer Science | West Virginia University, 2024/  
Bachelor of Science in Computer Science | West Virginia University, 2020

### The Password Puzzle

You are trying to access a secret vault, and to get the password, you must follow a series of clues. The password is a three-letter code, where each letter is either "A" or "B."

Here are the rules:

The first letter is "A", or the second letter is "B," but not both.

If the second letter is "B," then the third letter is also "B."

The first letter is not "B."

Question: What is the correct three-letter password to access the vault?

Answer:

From Rule 3, we know the first letter must be "A."

From Rule 1, since the first letter is "A," the second letter must not be "B."

Therefore, the second letter must be "A."

From Rule 2, the second letter is not "B," so Rule 2 doesn't apply.

Thus, the password is "AAA."

### The Light Bulbs

There are three light bulbs in a row, and each can either be on or off. You're given the following conditions:

Bulb 1 is on if Bulb 2 is off.

Bulb 3 is off if Bulb 2 is on.

At least one bulb must be on.

Question: Which bulbs are on?

Answer:

From the conditions, Bulb 1 must be on, Bulb 2 must be off, and Bulb 3 must also be on.

### The Bridge Crossing Problem

Four people need to cross a bridge at night. They have one flashlight, and a maximum of two people can cross at a time. Each person walks at a different speed:

Person A takes 1 minute to cross,

Person B takes 2 minutes,

Person C takes 5 minutes,

Person D takes 10 minutes.

When two people cross together, they must walk at the slower person's pace. How can all four cross the bridge in 17 minutes or less?

Solution:

First, Person A and Person B cross (2 minutes).

Person A returns with the flashlight (1 minute).

Person C and Person D cross (10 minutes).

Person B returns with the flashlight (2 minutes).

Finally, Person A and Person B cross again (2 minutes).

Total time:  $2 + 1 + 10 + 2 + 2 = 17$  minutes.

### The Three Switches

You are in a room with three switches, each connected to a light bulb in the next room. You cannot see into the next room from where you are. You can flip the switches however many times you want, but you can only check the lights once. How can you determine which switch controls which light?

Solution:

Flip the first switch on and leave it on for a few minutes.

Turn the first switch off and immediately flip the second switch on.

Walk into the next room:

The light that's still on is controlled by the second switch.

The light that is off but warm is controlled by the first switch.

The light that is off and cold is controlled by the third switch.

### The Colorful Hats

Three friends are wearing hats—each one is either red or blue. They can't see their own hats but can see each other's. The rules are:

At least one person is wearing a red hat.

If any person sees two blue hats, they immediately know their hat must be red.

After looking at each other, none of the friends say anything.

Question: What are the colors of their hats?

Answer:

Since none of them can conclude their hat color, they must each see at least one red hat, which means all three are wearing red hats.

## Poem on tree

I am a tree  
with a dark green crown  
and the strong trunk  
above the ground.  
Butterflies fly around  
me and a bird sitting  
on a log next to me.

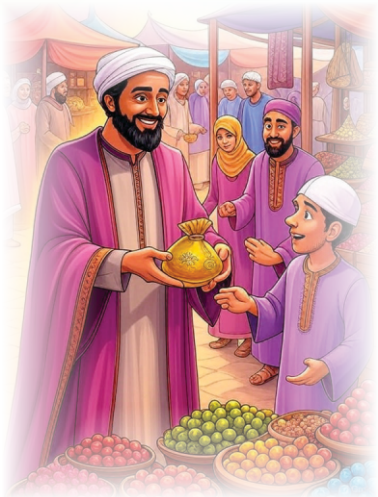
By: Amaya Khan.



# Islamic Moral Stories for Kids cont.

## The Encounter with Uthman ibn Affan

(May Allah be pleased with him)



One day, while playing in the streets of Madinah, Abdullah caught the attention of Uthman ibn Affan, one of the closest companions of Prophet Muhammad (peace be upon him). Uthman was known for his kindness and generosity, and he was deeply moved by the sight of the orphaned boy.

Uthman approached Abdullah with a gentle smile and said, "Peace be upon you, young one. What is your name, and where are your parents?" Abdullah, with a hint of sadness in his eyes, explained his situation and how he had lost his parents.

Touched by compassion, Uthman took Abdullah under his wing. He not only became a guardian to the orphan but also treated him as if he were his own son. Uthman provided Abdullah with food, clothing, and a loving home. He ensured that the young boy received an education, teaching him valuable lessons from the Quran and the traditions of Prophet Muhammad (peace be upon him).

## The Garden of Happiness

Uthman also owned a beautiful garden in Madinah, known for its lush greenery and fragrant flowers. He would often take Abdullah to the garden, where the young boy found solace and happiness amid the natural beauty.

In the garden, Uthman taught Abdullah about the importance of gratitude, compassion, and caring for those less fortunate. He shared stories of the Prophet's love for orphans and emphasized the significance of kindness in Islam.

As the years passed, Abdullah grew into a responsible and kind-hearted young man under Uthman's guidance. Uthman's compassion had not only transformed Abdullah's life but had also instilled in him the values of generosity and empathy.

## The Legacy of Compassion

When Uthman ibn Affan passed away, Abdullah continued his guardian's legacy of compassion. He dedicated his life to helping other orphans and those in need, spreading love and kindness throughout the community.

This heartwarming story illustrates the profound impact of compassion and care, showcasing the beautiful relationship between Uthman ibn Affan and the

# Islamic Moral Stories for Kids cont.

orphan Abdullah. It serves as a reminder of the importance of looking after the vulnerable in society and living by the noble principles of Islam.

## The Honest Merchant: Abdur Rahman ibn Awf's Integrity



In the vibrant market of Madinah, there lived a man named Abdur Rahman ibn Awf, a companion of Prophet Muhammad (peace be upon him). Abdur Rahman was renowned not only for his success as a merchant but, more importantly, for his unwavering honesty and integrity.

## The Lost Goods

One day, as Abdur Rahman was conducting his business, he discovered a pouch containing a considerable amount of gold coins left behind by a forgetful customer. The honest merchant immediately picked up the pouch and, instead of keeping it for himself, set out to find the rightful owner.

Abdur Rahman inquired among the people in the market, describing the lost item in detail. Eventually, he identified the

distressed owner, a fellow merchant who had unknowingly dropped the pouch while attending to his goods. The man was astonished and deeply grateful when Abdur Rahman handed him back the lost pouch.

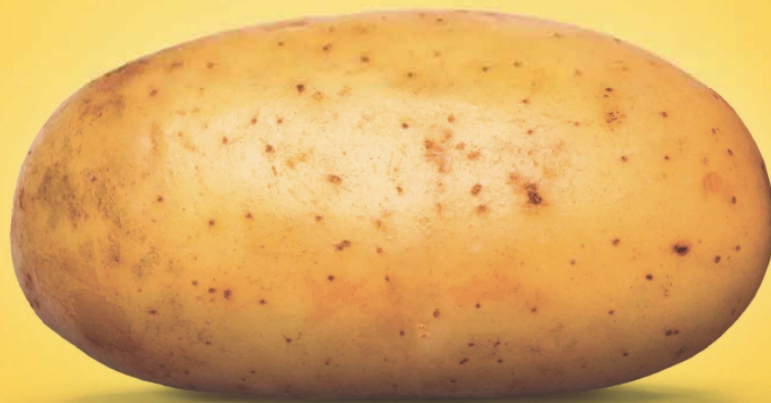
## Prophet Muhammad's Appreciation

Word of Abdur Rahman's honesty reached Prophet Muhammad (peace be upon him). Impressed by his integrity, the Prophet praised Abdur Rahman's actions, saying, "May Allah bless your business and your family." This acknowledgment from the Prophet was a source of immense joy and honor for Abdur Rahman.

## The Generosity of Abdur Rahman



Inspired by the teachings of Islam and motivated by his success, Abdur Rahman embraced a lifestyle of generosity. He became known for his acts of charity and kindness, helping those in need and supporting various community initiatives.



**EVERY WARU HAS ITS DAY.**  
BE IT GRILLED, STEWED, BOILED, MASHED OR ROASTED

**BUT FOR US, ALWAYS FRIED.**



# Islamic Moral Stories for Kids cont.

## The Legacy of Honesty

Abdur Rahman 's story is a shining example of the importance of honesty and integrity in both business and personal conduct. His commitment to truthfulness not only earned him the respect of his peers but also the commendation of Prophet Muhammad (peace be upon him).

This tale teaches us the lasting impact of ethical behavior, emphasizing that true success is not just about financial prosperity but also about maintaining a principled and honest character. Abdur Rahman ibn Awfs legacy continues to inspire generations, reminding us of the noble values upheld by the companions of Prophet Muhammad (peace be upon him).

## Omar Ibn Al-Khatib and the Messenger of Kesra



Through one of the best Islamic stories for kids; the story of Omar Ibn Al-Khatib and the Messenger of Kesra, your kid will be introduced to concepts such as responsibility.

"One day, the messenger of Kesra reached the land of the Muslims, and he was

looking for their ruler and leader, Omar Ibn Al-Khatib. So, he went around asking people where he could find Omar.

People started to point out the direction to him, and as he walked around the city, he couldn't help but think about the kind of palace in which Omar lives. He thought that Omar probably lived in a glamorous palace, where all imaginable luxuries were within the palm of his hands.

He imagined him to be surrounded by nobles who try so hard to befriend him, servants and maids who run up and down serving him, and tons upon tons of guards, whose job is to make sure he is safe and sound.

He imagined him dressed in the finest silks and velvet, and the richest garments ever, with jewellery as accessories decorating and completing his luxurious, and expensive appearance.

He arrived at a man who was asleep under a tree. The man was dressed in simple and humble clothing, and nothing about him gave a glimpse of power, or wealth. Kesra's messenger asked him where Omar was. The man sat up, and told him that he was Omar.

Kesra's messenger was astonished, and couldn't believe it. Only then did he understand the difference in the definition of ruling a country between the rulers of his country, who thought it was an honor, and a joyful power, and Omar, who understood how grave the responsibility was, which is why he deprived himself of all the luxuries of life."



“Harnai Beach, Murud My painting is my imagination of how I see a Kokan fishing village. My memories of the ladies in the traditional attire, fishing, fixing nets and selling fish are very nostalgic and close to my heart.

I am immensely proud of my Kokni heritage, and this is just a small part exhibiting my Kokni identity. My art piece was greatly inspired by Harnai fish market. Harnai fish market, which is actually on the beach, has been a must visit for us on our trips to Dapoli, Zamga, Visapur when in India.

It is interesting to see how fishermen sell their catch, and you get to see a variety of fish in one go. The fish auction takes place twice a day, morning, and evening. The fish market is huge and the fish on sale is the freshest possible, having just been offloaded from the boats.”

Sadia Kassam.

## Past & Present Trustees





Qais Al-Haddad

Why did the banana go to the Doctor? Because he wasn't peeling very well.

What kind of room doesn't have windows or a door? A mushroom.



Joke Time!

Why can't you trust stairs? Because they're always up to something!

2 fish in a tank, one says to the other, do you know how to drive this thing?

Where do fish keep their money? In the riverbank.

# Islamic Moral Stories for Kids cont.

## Anas Ibn Malik and the Prophet's Iftar

The story of Anas Ibn Malik and the Prophet's Iftar is one of the short Islamic stories with morals for kids. In this story, your child will get the chance to learn about considering other people's feelings, and appreciating their loving efforts, without taking them for granted or treating them as rights.

"Anas Ibn Malik was one of the prophet's (PBUH) companions, and he would watch him closely enough to know of all his habits, among which was his habit of breaking his fast with some dates and a sip of milk.

One day, the prophet was fasting, and Anas knew that. So, Anas had prepared the prophet's (PBUH) dates and milk and waited for him to show up at sunset, and break his fast, yet the prophet (PBUH) didn't show up. Anas grew concerned, but comforted himself by thinking that the prophet (PBUH) must have been offered an Iftar elsewhere.

Later that day, when the prophet showed up with another of their companions, Anas asked their friend whether or not the prophet had broken his fast, and the

answer was no; he was busy with many tasks, and didn't have anything to eat or drink.

Anas grew restless; for he had no food in his house to offer the prophet (PBUH), and didn't know what to do. The prophet noticed his anxiety, and thought that Anas is a generous person; so, he must be anxious because he has nothing to offer the prophet (PBUH).

The prophet told them that he didn't feel any thirst or hunger at all, and eased up the mood of the house, trying to lift the spirit of his dear friend; Anas."



Kapa Oil Refineries Limited is happy to celebrate 100 years of the Kokni Muslim Association in Nairobi. Congratulations on this major milestone.



# Practical Living

## Title: Guiding Your Future

### Writing a Will in Kenya



#### Mina Samnakay

A Will is a legal document by which a person makes a declaration showing his/her wishes on how the person's belongings and properties ought to be distributed or given upon death.

Death is a certainty and a person must be prepared to leave his worldly goods and properties upon such an occurrence. However, it is reassuring that the law provides a legal mechanism whereby a person's worldly goods and properties can be passed on to the next generation, be it children, spouses, parents, siblings or even friends and charitable institutions.

A Will can be oral or in a written form. It goes without saying that a written Will

would be the best way to pass on one's assets as the surviving members of a deceased person will be best guided on how the deceased's assets are to be distributed, to whom and in what proportions or shares. Of course, the existence of a written Will helps in avoiding family disputes that may arise upon death of a person.

To make a valid Will it must follow the correct format and meet certain legal requirements. You may find it difficult to write a Will as it can be complicated. Leaving a valid Will upon death is a must to ensure that your wishes are guaranteed and respected once your time is up. Making a Will allows you to control what happens to your assets after you die rather than leaving it for others to determine. If you do not leave a Will to direct how your estate may be distributed and to whom, the law of Intestacy will come into operation.

A person who makes a Will is known as a Testator. If you do not have a Will, your estate will follow the law of Intestacy which happens when a person dies without making a valid Will. As a testator, you need to make a declaration that the Will you have made is your last Will. This simply means that it is the latest Will which invalidates the one you may have made previously. So if you made a Will on 21st December 2020 and another one on 21st December 2023, the one made on 21st December 2023 will prevail.

A will provides a clear-cut path on who will take charge of the process of distribution of the estate upon death. This person is the Executor or the Trustee. The gift or property left to the surviving family members is a BEQUEST. Bequests (gifts) can be money, land, shares or items and

## Writing a Will in Kenya cont.

can be given to individuals, trusts or charitable organizations or even temples and mosques.

Considerable thought must be given when writing a Will. You must dedicate time to decide the terms of your Will so that it will be fair and equitable amongst your spouse and children. Things to consider are as follows:-

(a) Who do you trust to be your Executor when you are gone and who do you trust will be responsible for carrying out your wishes faithfully and respectfully?

(b) What assets do you have and how do you want to give them and to whom?

(c) Do you have any debts?

(d) Who will pay your hospital bills and funeral expenses?

(e) Do you want to make donations to any charities?

(f) Particular amounts of money you may want to give to any persons who are family members or even non-relatives.

The provisions in the Will must be set out clearly to avoid ambiguity or doubt and future legal challenges. A Will must be properly executed and witnessed, otherwise it will be invalid.

It is important to visualize the consequences of not having a Will. Death is certain but unpredictable so do not put off the task of writing a Will to a future, indefinite date that may never come.

By not leaving behind a Will upon death you may risk the following:-

(a) Your assets may fall into wrong hands and against your wishes.

(b) May cause discontent and mayhem within your family due to disputes which may lead to litigation for years.

(c) It is crucial to appoint a guardian for your minor children and safeguard their interests rather than leave them at the mercy of people you may not trust.

Once a person dies, his/her Will has to follow the court process called Probate which simply means that the Will has to be proven to be the true Will of the deceased. Once the Court approves that the Will is genuine and meets the validity requirements under the Law, the Court process requires the Executor of the Will to confirm that the estate will be distributed as per the terms of the Will. On a precautionary note, it is advisable to seek legal and professional advice from a lawyer when you consider making a Will. Since a Will is a legal document, drafting a Will correctly is essential. Also consider updating your Will periodically as your circumstances change.

It is crucial to be specific when making bequests and gifts to beneficiaries. It is also necessary to confirm with a person before you appoint him/her an Executor or Trustee so that he/she is willing to take on the responsibility of being your Executor as it is a burden-some task that needs time and commitment. Once a Will is made keep it in a safe place but in a place where it can be found when needed. Finally, you

## Writing a Will in Kenya cont.

may find the following sample of an imaginary Will helpful.

THIS IS THE LAST WILL AND TESTAMENT of me .....of Post Office Box Number ..... Nairobi in the Republic of Kenya.

I REVOKE all former Wills and other testamentary dispositions heretofore made by me and declare this to be my last Will and Testament.

I appoint my sons ..... of Post Office Box Number .....and ----- of Post Office Box Number ----- (hereinafter called "my Trustees") to be the Executors and Trustees of this my Will.

I declare that the expression "my trustees" used throughout this WILL shall include (where the context so permits) the trustees for the time being whether original or substituted.

I DEVISE AND BEQUEATH all my estate both movable and immovable of whatever kind and wherever situated unto my Trustees UPON TRUST to sell call in and convert the same into money with power to postpone the sale calling in and conversion thereof so long as my Trustees in their absolute discretion shall think fit without being liable for loss.

MY Trustees shall hold the net proceeds of the said sale and conversion and my ready money upon the following trusts:-

to pay my funeral and testamentary expenses;

to pay my just debts; and

to pay death and estate duties and other expenses payable on my death.

I GIVE DEVISE AND BEQUEATH all the remainder of my estate both movable and immovable of whatever kind and wherever situate unto my said sons absolutely and

beneficially and without any sort of trust or obligation if they shall survive me for the period of thirty (30) days.

I GIVE DEVISE AND BEQUEATH all the remainder of my estate both movable and immovable of whatever kind and wherever situated unto my said sons .....and ..... in equal shares absolutely.

IN WITNESS whereof I have hereunto set my hand this ..... day of ..... Two thousand and twenty-four.

SIGNED by the above-named ..... the Testator as and for his Last Will and Testament in the presence of us both being present at the same time who at his request in his presence and in the presence of each other have hereunto subscribed our names as witnesses:-

1..... Witness

2..... Witness

)

)

)

)

)

)

)

)

) -----

) (Testator)

)

)

Well, I hope you are now ready for the project known as "Writing my Will".



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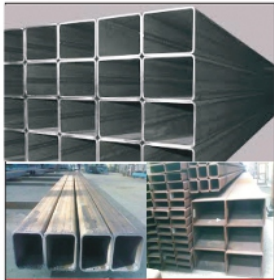




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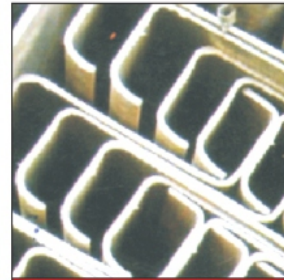
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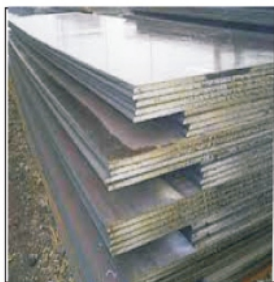
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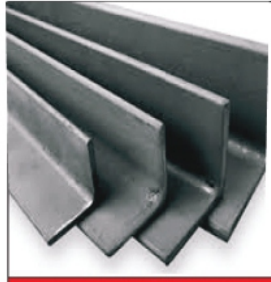
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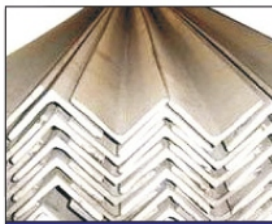


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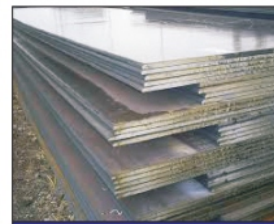
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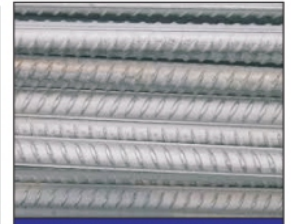
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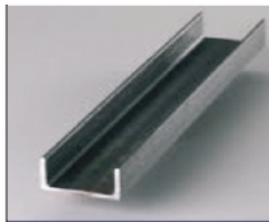
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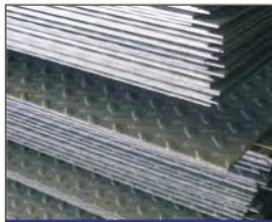
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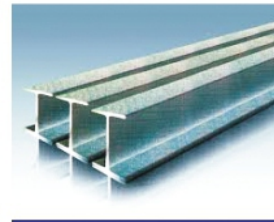
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## Factors to Consider When Choosing a Career Path



**Rafia H Khan (AIHRM)**

### Job Availability

When choosing a job or career path, you should research and stay informed on in-demand job roles. And jobs that could potentially replace you in the long term due to the advancements in technology. It can be exhausting to get jobs that have a limited life span and would not grant you any job satisfaction. It seems although the job market continues to displace more workers for machines and tech, there are still jobs for skilled workers. Research job openings in your desired career field before making your decisions.

### Interest and passion

Some questions to ask when planning on choosing a career path are; what do I enjoy doing? What job can I do and be happy even without getting paid? What are my interests? A lot of people are not happy with their careers and jobs. Hence, it is important to identify your interest and passion and align them with your career. Only then would you achieve your job satisfaction.

### Your Soft Skills

When you go for an interview, many employers may ask what your skills are. These are the intangible skills that define your personal brand like empathy, time efficiency, people management skills, and team player. These soft skills will help you secure a job and grow throughout your career. If you are also skilled in handling people of different age groups, you may do well in the healthcare sector or education. You need to identify your skills and plan your career path accordingly.

### Talent and strength

Your talents are those actions that come naturally to you but not to most people. It will help you to succeed if you are in a field that needs your talent. Everyone has one or two talents and it is vital you understand what yours are before choosing your career path. Your strengths can also be termed as your skills and good skills enhance your career path.

### Level of education

Your level or degree of education could play an important role in advancing your career path. Even if you got employed without a degree, you may still need to get more education to improve your competitive advantage. Some jobs require you to obtain some form of degree while others may just need you to learn on the job with training. Either way, you need some forms of higher education to advance.

### Attitude to work

People react differently in the same work environment. Your attitude to work is crucial when choosing a career path. If you have a positive approach to work and can work in a stressful environment, you can opt for a more challenging and fulfilling career. If you cannot cope with stress, maybe due to your family or

## Factors to Consider When Choosing a Career Path cont.

personality, it is better to choose a career path that is less stressful yet fulfilling to you.

### Salary structure

This should not be the centre of your decision in choosing a career path. But it is also important when you consider the amount of money you spend to obtain your degree in the university. You can do a research on the salary structure in your desired career to have an idea. If student loans funded your education, you need a well-paying job to pay back your loan.

### Job experience

Your relevant job experience can help to get your dream job in your desired career. Many big companies and organizations tend to employ individuals with some level of experience. You can acquire experience in your desired career by volunteering, undergoing internships, or participating in some other jobs which might not pay you for your services but at the end of the day, you are able to get the level of experience which is required for you to get your dream job.

### Course availability

Since all institutions may not offer the same course or teach in the same way, you have to confirm if your desired career is taught in your preferred institution. Most times, people have to change their preferred careers due to unavailability of courses in the accepted institution of study. It becomes paramount to check for such courses or for other related courses before applying to any institution.

### Course relevance

A lot of careers and jobs are becoming less important and being replaced by new technologies. Hence, when choosing your career, you have to consider course relevance in the job market. For example the ATM machines are replacing some

bank jobs, and manufacturing machines are replacing some factory jobs. A relevant career today might become obsolete tomorrow. So do well to choose a career with long-term relevance.

### Your personality

This plays a very vital role in who you are. Your personality tells people about how you think, feel, or act. When choosing a career path, consider your personality.

### Market availability

You want to choose a career path that is favourable in the job market. Are there more job openings and is it for the long term? Learn all you need to know about your career path in the job market.

### Your lifestyle in relation to your career

Change is constant. You are likely to change as your progress through life and gain new perspectives. Your lifestyle may also be affected when making these decisions. When choosing a career, it is important you choose a career that you would enjoy as you grow older. For example, if you don't like to work out and follow a strict diet plan, you may not find jobs that require you to stay fit. Your career path should impact your lifestyle. Both must always align to give you a fulfilling life.

### Achieving your long-term goals

It is important to align your dreams and aspirations with your career. We all have dreams and long-term goals. It may be job satisfaction, financial freedom, or fame. Your career paths should fit into your goals and dreams. Generally, your job should give you the satisfaction you need. It is not all about the monetary value but for you to do your job and be happy with yourself as well.

### Availability of funds

You need to check your financial status when opting for a course to study unless you are being funded through a scholarship or other forms of grants, it would not be wise to choose a course that would create holes in your pockets. For example, if you want to study medicine, you are required to purchase a lot of textbooks and materials. These medical books are quite expensive. If you cannot afford the expense of medical school, you may struggle to get through. Alternatively, you can choose a less expensive course in the medical field like biochemistry or microbiology.

You don't have to switch your career, especially if you find it fulfilling and getting job satisfaction. Staying for a long time in one career path has its advantages. You tend to become an expert in your chosen field. It also allows you to grow and become more successful.

### SUDOKU

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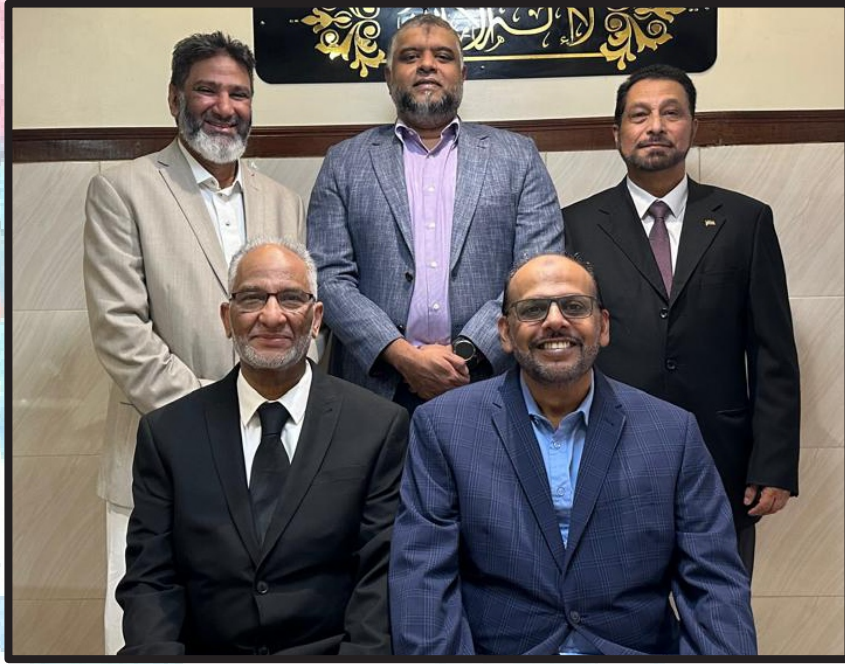


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# Dental Talk



**Dr. Neeshat S. Khan, DDS (U.O.P. San Francisco), Private Practice, San Jose, CA**

Why is it important to take care of your teeth?

Your “Pearly Whites” or “Diamonds,” as I call them, are very important for your overall health. It is not just “your smile” that is important; it has to be a healthy smile that reflects a healthy body.

Unlike sharks that regenerate teeth for a lifetime, humans have only two sets – baby teeth and adult teeth. This means we have to be super diligent with our diet and home care for a lifetime. Having a healthy mouth with healthy teeth and gums allows us to have a better quality of life because we can chew better, digest our food better, have better breath, and the BEST SMILE!

A tooth has a crown (what you see in the mouth) that has two layers: enamel and dentin, and a root or roots that anchor the tooth in the bone. The gums are usually pink in color when healthy and hug the neck of the tooth like a cuff. The two main dental problems are gum disease and tooth decay.

Gum disease is an infection that affects the tissues and bone that support the tooth.

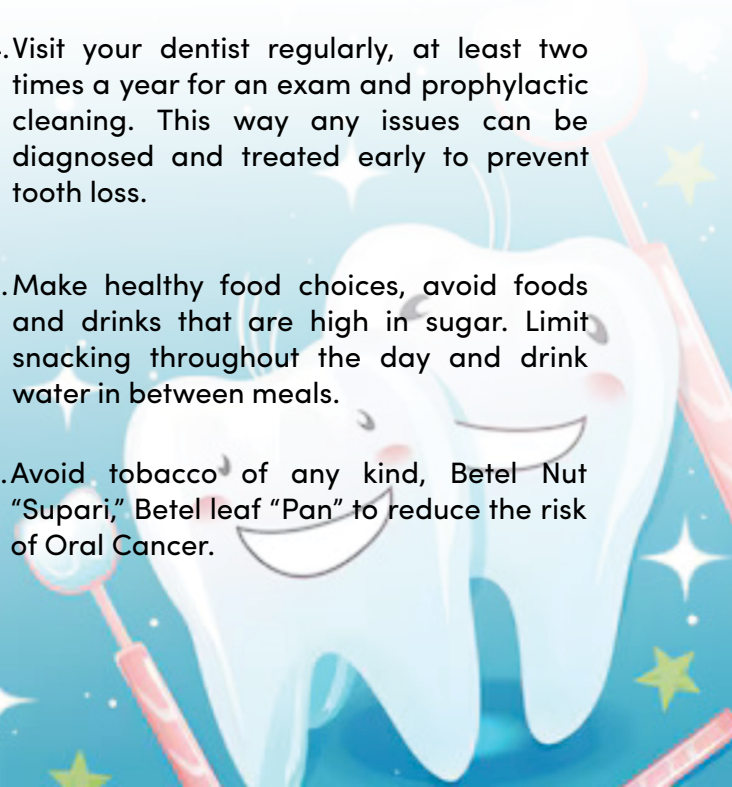
The gums get inflamed and appear red or darker in color and eventually leads to bone and tooth loss, if untreated.

Tooth decay is an infection that destroys the enamel and dentin. It results in cavities or “holes” in the teeth. This can cause sensitivity, pain, and sometimes no symptoms at all. You can also lose your teeth if tooth decay is left untreated.

The third condition that can affect the mouth is Oral Cancer. Oral Cancer can occur anywhere in the mouth: lips, cheeks, tongue, gums, and bone. The main culprit is tobacco of any kind. Culturally for us, Betel Nut “Supari” and Betel leaf “Pan” are big contributors. We need to consciously make an effort to cut down on these habits.

## What can we do to keep a healthy smile?

1. Brush your teeth twice a day – 1 minute per arch.
2. Floss after brushing.
3. Use a dental mouth rinse 2-3 times a week or more.
4. Visit your dentist regularly, at least two times a year for an exam and prophylactic cleaning. This way any issues can be diagnosed and treated early to prevent tooth loss.
5. Make healthy food choices, avoid foods and drinks that are high in sugar. Limit snacking throughout the day and drink water in between meals.
6. Avoid tobacco of any kind, Betel Nut “Supari,” Betel leaf “Pan” to reduce the risk of Oral Cancer.



## Dental Talk cont.

See your Medical doctor for an annual checkup. Underlying conditions like Diabetes can affect your gum and teeth health; these conditions should be identified and managed in a timely fashion.

Oral health contributes immensely to your overall health and vice versa, so take care of your smile, because a healthy mouth means a healthy body!

Knock knock. Who's there ? Atish Atish who? Bless you!



Joke Time!

Why was 6 afraid of 7? Because 7, 8 (ate) 9

I think I've been made upside down! My feet smell and my nose runs.

What do you call a camel with no humps ? Humphrey

What did one eye say to the other eye? Between you and me, something smells

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# Dangers of Vaping (E-Cigarettes) and an Islamic Perspective



**Dr. Azhar Abdul Gafur Khambiye, Chief Pharmacist, Tudor Sub County Hospital**

## OVERVIEW

Vaping is the act of using an electronic device, called a vape or e-cigarette, to inhale a vaporized liquid. When you use the device, it heats up the liquid and turns it into a vapor that you can breathe in, similar to smoking but without burning tobacco. Many people vape as an alternative to smoking cigarettes. Vaping, once promoted as a safer alternative to smoking, has become increasingly popular among young people. However, mounting evidence shows that it poses significant risks to youth health.

## HOW VAPING WORKS

The mechanism of vaping involves the process by which a vape or e-cigarette turns a liquid into vapor for inhalation. Here's how it works:

**Battery Activation:** Vaping devices have a battery that powers the device. When the user inhales or presses a button (depending on the model), the battery

sends power to a heating element called a coil.

**Heating the Vape juice/E-Liquid:** The coil is usually made of metal and is surrounded by a wick (often made of cotton) soaked in e-liquid. The battery heats the coil, which, in turn, heats the e-liquid absorbed in the wick.

**Vaporization:** As the e-liquid heats up, it turns into a vapor. The main components of the e-liquid (usually a mix of propylene glycol (PG), vegetable glycerin (VG), flavorings, and often nicotine) are aerosolized, forming the vapor.

**Inhalation:** The user then inhales the vapor through the mouthpiece of the vape device. The vapor enters the lungs, delivering nicotine (if present) and other chemicals into the bloodstream.

**Exhalation:** After inhalation, the user exhales the vapor, which looks like smoke but is actually a cloud of fine liquid particles. Unlike traditional cigarette smoke, this vapor typically dissipates more quickly.

## CONTENTS OF A VAPING POD

It's not just harmless water vapor. The "e-juice" that fills the cartridges usually contains nicotine (which is extracted from tobacco), propylene glycol, Glycerin, flavorings and other chemicals. While they may not produce the tar and carbon monoxide of traditional cigarettes, many vaping products include toxic substances that can cause long-term damage to the lungs and other organs.

## OTHER POTENTIAL CARCINOGENIC CONTENTS

Vapes can be carcinogenic (cancer-causing), although they may not be as directly harmful as traditional cigarettes. Here's why:

## Dangers of Vaping (E- Cigarettes) and an Islamic Perspective cont.

**Harmful Chemicals:** Vaping liquids (also known as e-liquids) often contain harmful chemicals such as formaldehyde, acetaldehyde, and acrolein. These chemicals can form when the Vape liquid is heated, and some of them are known carcinogens. For example, formaldehyde is a substance linked to cancer in humans and is a by-product of propylene glycol and glycerol combustion.

**Nicotine:** While nicotine itself is not a carcinogen, it can encourage cancer growth by damaging DNA and interfering with the body's ability to repair damaged cells.

**Flavoring Chemicals:** Certain flavoring agents used in e-liquids, like diacetyl, have been linked to lung disease and potentially harmful conditions, though more research is needed to establish their carcinogenicity.

**Heavy Metals:** Studies have found that some vapes release toxic metals like lead, nickel, and cadmium from the device itself. Long-term exposure to these metals can increase the risk of developing cancer.

### HOW DANGEROUS CAN IT GET

While vaping is often seen as a safer alternative to smoking, it still poses several health risks for adults.

**Nicotine Addiction:** Many vaping products contain nicotine, a highly addictive substance. Nicotine can raise blood pressure and increase heart rate, potentially leading to heart problems over time. Adults who use vaping to quit smoking may find themselves just switching addictions, rather than overcoming it.

**Lung Damage:** Vaping can lead to lung damage. Some vaping liquids contain harmful chemicals such as diacetyl, which is linked to lung disease. Cases of e-cigarette or vaping product use-associated lung injury (EVALI) have also

been reported in adults, with symptoms including difficulty breathing, chest pain, and even severe lung failure.

**Heart Disease:** Vaping can increase the risk of heart disease. Studies show that the chemicals in vaping products can cause inflammation and oxidative stress in the body, both of which contribute to heart problems.

**Toxic Chemicals:** Inhaling vapor from e-cigarettes means inhaling potentially toxic substances like heavy metals (e.g., lead) and volatile organic compounds. These can have long-term effects on organs and overall health.

**Respiratory Issues:** Many users report respiratory problems such as coughing, wheezing, and shortness of breath. Long-term vaping may lead to chronic respiratory issues similar to smoking.

**Unknown Long-Term Effects:** Since vaping is relatively new, the long-term effects are still unknown. However, early studies suggest that prolonged exposure to the chemicals in e-cigarettes could lead to serious health issues over time.

### ISLAMIC PERSPECTIVE

#### Relevance from the Qur'an:

*"And do not throw [yourselves] with your [own] hands into destruction" (Surah Al-Baqarah, 2:195).*

*"And do not kill yourselves [or one another]. Indeed, Allah is to you ever Merciful" (Surah An-Nisa, 4:29).*

**Principle:** One of the core principles in Islam is to avoid anything harmful to one's health. The Qur'an emphasizes the preservation of life, and harming oneself is prohibited.

## Dangers of Vaping (E- Cigarettes) and an Islamic Perspective cont.

### Relevance from Hadith:

The Prophet (PBUH) said: "Allah dislikes for you...wasting wealth." (Sahih al-Bukhari 2408)

**Explanation:** Spending excessive amounts of money on vaping products, which are not essential and potentially harmful, can be seen as a form of wastefulness (israf), which Islam prohibits.

The Prophet (PBUH) said: "Leave that which makes you doubt for that which does not make you doubt." (Sunan al-Tirmidhi 2518)

**Explanation:** Since the long-term health effects of vaping are still uncertain, this Hadith encourages believers to avoid anything doubtful. Many scholars use this principle to argue that vaping should be avoided due to its potential risks and uncertainties.

Here are some key reasons why vaping may be considered haram:

Harm to health

Addiction

Wastage of wealth

Imitating harmful behavior/ Imitating the kuffar

Uncertainty about the long-term effects

Nicotine is a highly addictive substance, and its inclusion in many vaping products serves as another argument against its use among scholars. In Islam, addiction and reliance on harmful substances are explicitly discouraged, as they can result in a loss of self-control and hinder one's spiritual responsibilities.

### TAKE AWAY FACT

Vaping is more addictive than cigarettes, and individuals often find themselves vaping continuously in their homes, cars or even workplace, unaware that they've

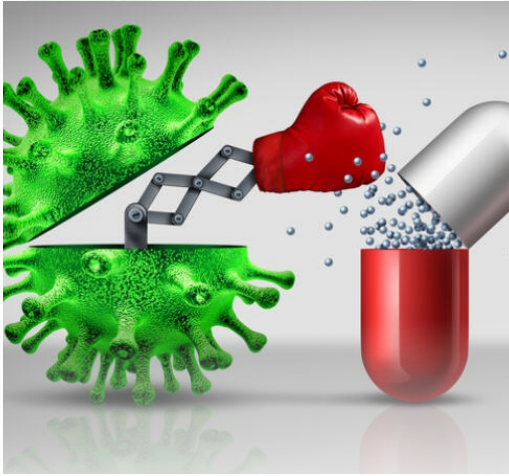
inhaled 70 times the amount of nicotine found in a single cigarette.

### CONCLUSION

While vaping is a modern phenomenon, Based on the principles from the Qur'an and Hadith about avoiding harm to health, addiction, wastefulness, and behaviors with uncertain consequences, many scholars view vaping as haram due to health risks and the presence of addictive substances like nicotine, although recognized as significantly less harmful than smoking. However, the potential dangers associated with vaping still lead to its classification as haram. And while there may be differing opinions, the predominant view leans toward avoidance due to the potential harm and lack of clear benefits.



## The Growing Threat of Antibiotic Resistance



**Dr. Azhar Abdul Gafur Khambiye**

### INTRODUCTION

Antibiotic resistance is one of the most urgent threats to global health today. Once hailed as miracle drugs, antibiotics are now losing their effectiveness as bacteria evolve ways to evade them. This phenomenon not only threatens our ability to treat common infections but also complicates life-saving medical procedures that depend on antibiotics to prevent infections.

### WHAT IS ANTIBIOTIC RESISTANCE

Antibiotic resistance occurs when bacteria change so that antibiotic medicines can't kill them or stop their growth. As a result, bacterial infections become extremely difficult to treat. Antibiotic resistance is a type of antimicrobial resistance. Fungi, parasites and viruses can also develop drug resistance. Your body doesn't develop antibiotic resistance – bacteria do. When antibiotic resistance happens, fewer antibiotics are effective against a particular bacterium. Other antibiotics often help, but it's important to have as

many treatment options available as possible. It's also important to begin effective treatment as quickly as possible for serious infections. If it takes longer for providers to find a medication that will treat an antibiotic-resistant infection, the outcome can be more serious.

### WHY IS THIS DANGEROUS / A GLOBAL CONCERN

Antibiotic resistance is dangerous because it reduces treatment options for people who are sick. It may also delay effective treatment. Without effective antibiotics, infections that were once easily treatable, like pneumonia or urinary tract infections, can become deadly and would now require more expensive antibiotics to treat the same common infection. Surgeries, cancer treatments, and organ transplants—routinely performed with the help of antibiotics to prevent infections—become far riskier without these medications. As a result, you may face:

Increased risk of severe, extended illness or death.

Severe medication side effects.

Longer hospital stays.

More medical appointments.

Increased medical costs.

### HOW DOES ANTIBIOTIC RESISTANCE DEVELOP

Bacteria naturally become resistant to medications over time. But certain factors can speed up the process, including:

Overprescribing antibiotics for non-bacterial illnesses like colds and the flu.

Incomplete treatment courses, allowing surviving bacteria to develop resistance.

## The Growing Threat of Antibiotic Resistance cont.

Use of antibiotics in agriculture to promote growth in animals.

Spontaneous resistance. Sometimes, the genetic makeup (DNA) of a bacterium changes or mutates on its own. The antibiotic doesn't recognize this newly changed bacterium and can't target it the way it should. Or, the change helps the bacteria fight off the medicine's effects.

Transmitted resistance. You can pass a contagious drug-resistant bacterial infection to someone else. That person now has an infection that won't respond to an antibiotic. Usually, there's a treatment that will work. But as time passes, the resistant bacteria may be harder to treat.

### HOW CAN WE COMBAT ANTIBIOTIC RESISTANCE

Fighting antibiotic resistance requires a global effort, but there are steps that individuals and governments can take:

Use antibiotics responsibly: Only take antibiotics when prescribed by a healthcare professional, and always finish the full course, even if you feel better.

Prevent infections: Regular handwashing, vaccinations, and good hygiene can reduce the need for antibiotics.

Limit antibiotic use in agriculture: Reducing the use of antibiotics in livestock and promoting alternatives can help slow the spread of resistant bacteria.

### CONCLUSION

Antibiotic resistance is a serious threat that could undo decades of medical progress. But by using antibiotics wisely and taking

steps to prevent infections, we can help slow the spread of resistance. It's up to all of us to be part of the solution, ensuring that future generations can continue to benefit from these life-saving drugs.

### TAKE AWAY NOTE:

When you get sick, one of the first things you might wonder is what kind of medicine you can take to feel better. Thankfully, antibiotics are still powerful tools in the fight against many bacterial infections.

They'll improve your symptoms and lower the risk of serious complications. But as time goes on, more bacteria are developing resistance to medicines that have worked for years.

This situation can be scary, but learning more about antibiotic resistance can help you protect yourself and those you love. Talk to your pharmacist and healthcare provider about ways to stay healthy. They can provide advice tailored to your unique medical needs.



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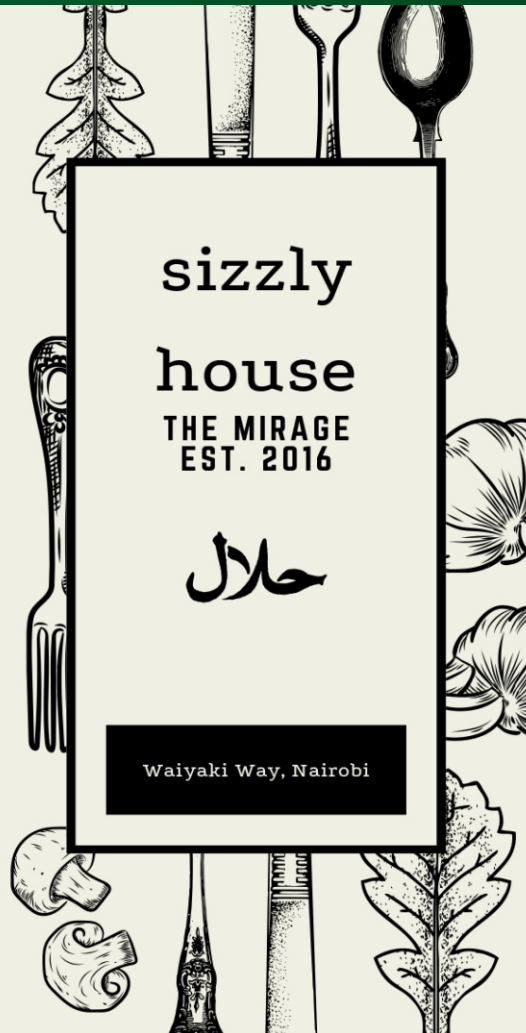
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# Mind and Soul

## Reflections on Mental Health Status of the Modern Generation



**Mr. Saeed R. Samnakay MBChb, FRCS, RCPS (Glas), FRCS (Eng), Consultant Urological Surgeon, Dept. of Surgery, Aga Khan University Hospital, Nairobi**

As I entered the 45th year of my surgical practice, it became evident to me that at some point in time, I would be older in age compared to some of my patients. Despite the knowledge of this fact, I was not ready for this actual transition. If truth be told, in my specialty as a urologist, my patients are majority males who have hit the age of over half a century! Most of my patients have specific urinary and sexual dysfunctional ailments but surprisingly, and more often than not, there are now other added metabolic concerns like diabetes, hypertension, abnormal cholesterol levels and obesity, which further aggravate the urological complaints.

For a decade or so, a new realization of an unusual trend has come to the fore. Currently, a much younger cohort of patients between the ages of 25-40 are

seeking a urological opinion for symptoms normally experienced by 60 year olds and over. Though these patients are part of a wide cross-section of society, they are predominantly well-educated professionals and entrepreneurs. This younger and diverse group of patients suffer not only from urological issues but also reveal an added and less obvious element which lies in the domain of mental health such as stress, anxiety, mental fatigue and even depression.

It is highly concerning to me that these young and vibrant section of the population who are in the prime of their most productive stage in life are spending substantive amount of time in the medical doctors' clinics. Therefore, I have found it crucial to retrace their behavioral, social and work-related life-style patterns. To my amazement, clinical examination and investigations like blood and urine tests were normal in most cases but what stood out was STRESS as a common denominator which was camouflaged under the presenting urological symptoms of frequency of urination, hesitancy and poor stream amongst others or sexual dysfunction like erectile dysfunction or ejaculatory problems.

What then is the cause of this undue STRESS in this younger generation? From my observation and perspective, I have realized that the modern generation is under constant self-induced pressure to perform at their peak at all times in all spheres of their life be it work, social or family life. This undue stress stems from the overuse of social media and technology resulting in mental overload from continuous connectivity, availability and exposure to real time updates on multiple platforms simultaneously.

## Reflections on Mental Health Status of the Modern Generation cont.

Unfortunately, this is now a global phenomenon and Kenya is no exception. Whilst technology has undoubtedly brought significant benefits to mankind like ease of communication, access to unlimited information and efficiency in service delivery, it has inversely taken its toll on mental health stability resulting in a detrimental effect on physical health too.

To mitigate this growing epidemic amongst our youth, I propose a simple mantra which may sound rudimentary but if followed judiciously could yield positive results:

Switch off that phone!

Take charge of your life and be selective with your time

Re-establish real relationships with family and friends

Revisit your hobbies

Rekindle your spirituality

As we celebrate 100 years of the Kokni Muslim Community in Nairobi, let us take stock of our lives and those of our children who are our future and ensure that whilst we race towards modernization, we do not leave our mental health behind.

“AMI CHA NAAV AIKLYA,  
LOG BISMILLAH KARTO!”

WHEN THEY HEAR OUR NAME,  
PEOPLE SAY BISMILLAH!

## Secretariat & 100 Years Celebrations Committee



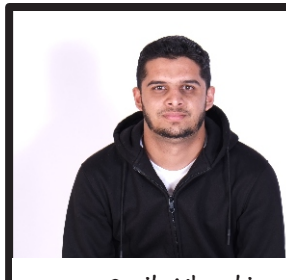
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## Community Reflections Voices of Our Legacy

### Celebrating 100 Years of Women's Impact



#### Mumtaz Sarang

As we celebrate the centenary of the Kokni Muslim Association (KMA) in Nairobi, I reflect on the incredible contributions of women to our community over the past 100 years. From the early days of migration to the bustling present, Kokni women have been the backbone of our families, traditions, and progress.

In the 1920s, when our forefathers arrived in Nairobi from the Konkan region, women faced immense challenges—new lands, new languages, and the task of preserving our culture. They adapted, nurtured families, and kept our Kokni identity alive through language, food, and faith. My own grandmother was one such pioneer, raising children while supporting community efforts with quiet strength.

Over the decades, women's roles evolved. By the 1950s, as the KMA grew, women organized gatherings, cooked for events,

and supported the library's upkeep. My mother often spoke of how women rallied to fundraise for the community building on Latema Road, opened in 1951—a testament to their dedication.

Today, Kokni women are leaders—doctors, educators, entrepreneurs—shaping Nairobi and beyond. I've witnessed this firsthand as a member of the KMA Women's Committee, where we've launched initiatives like health camps and youth mentorship programs. Our daughters now inherit a legacy of resilience and ambition.

A special tribute goes to Sheikh Ismail Chacha, whose encouragement empowered women to step forward in community service. His vision lives on in every Kokni woman who contributes today.

As we mark this milestone, let's honor these unsung heroines—past and present—who've woven the fabric of our community with love, sacrifice, and strength. Here's to 100 more years of women's impact!



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## Women Empowerment

Women empowerment has become the buzzword today with women working alongside men in all spheres. They profess an independent outlook, whether they are living inside their home or working outside. They are increasingly gaining control over their lives and making their own decisions with regard to their education, career, profession and lifestyle.

With steady increase in the number of working women, they have gained financial independence, which has given them confidence to lead their own lives and build their own identity. They are successfully taking up diverse professions to prove that they are second to none in any respect.

But while doing so, women also take care to strike a balance between their commitment to their profession as well as their home and family. They are playing multiple roles of a mother, daughter, sister, wife and a working professional with remarkable harmony and ease. With equal opportunities to work, they are functioning with a spirit of team-work to render all possible co-operation to their male counterparts in meeting the deadlines and targets set in their respective professions.

Women empowerment is not limited to urban, working women but women in even remote towns and villages are now increasingly making their voices heard loud and clear in society!



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# Women Empowerment

## Nisaa Hawa- Cardiff, Wales

Defining ourselves seems straightforward, yet reality disagrees. Going abroad is a mix of all sorts of boundaries; geopolitical, political, cultural and otherwise. It is our individual experiences, sculpted into something more. The barriers exist for those crossing these borders to adapt to a new direction. It questions them as to who they are while disregarding the stoic process that shaped them into who they had to be.

When you travel outside of your country sometimes the simple life is forgotten. After; "Rooh Afza Sherbhat", it's my mother's "gulaab jamun", the grandparents who used to correct us, the teasing of our siblings, and the sense of community that we all may have forgotten. What about that voice that was calling out to us? Our sudden trip abroad feels like a blur; we can't even remember where the time went.

The allure of exploring a foreign land is undeniable. It offers the opportunity to break free from old fears and embrace new possibilities. Work ethics and safety concerns vary drastically from time to time and oftentimes are better abroad. Yet, amidst the excitement, there are some misunderstandings and apprehension.

Suddenly, all habits are questioned, presenting an opportunity for a transformative change. That's a process we don't expect or sometimes, we think we don't need it.

A set of new experiences, rules and challenges different from what we are accustomed to, start appearing. Simple acts such as safety for women when walking down a street without expecting many problems, purchasing affordable items from a pound shop, engaging with different cultures and leading at a global university are thoughts that are consistently on our mind leading us to believe that we are incapable of achieving the same.

Sometimes you find great friends abroad, and other times you miss the easy friendships you once had at school in your earlier days. The memories of home can feel both distant and achingly close and one who also becomes ingrained into their new home-and-away.

Despite the disparities, there is an unshakable sense of community rooted in our Kenyan heritage.

While there is a community in the UK, and they are not far away from you if you need them, the warmth of our community in Nairobi is unparalleled; never found again, offering a sense of belonging no matter how long you've been away, which is deeply cherished.

The security of familiarity becomes your battle for identity. It becomes a choice to fight to preserve. Without family, no one is there to pat you on your head for your achievements. The cold weather depresses, and pleads for hot summers. No matter your age, around others, you miss the community. There's a belief you can adapt and not miss your home, but then again you learn to cook, and now you're the only one trying to cook five-star homely meals for yourself while remembering the times you spent with close family.

A fear of the unknown. That was a fundamental part of our ancestors who came before us who navigated their struggles and potential environmental threats. From a psychological viewpoint, today the fear of the unknown is the anxiety and uncertainty it brings.

It affects one's sense of self more because you are no longer in control of your familiar environment.

Your identity, costumes, culture, and accent are challenged every day; then what is left?

A cocoon phase and finding yourself preserving your values and beliefs. It makes the likelihood of doing self-reflections higher, due to exposure to different cultural values and norms. It increases your self-concept clarity about who you really are while your strengths and abilities grow.

It's not necessary to fit in. But, down the line, somewhere, we all have to adapt. Be it around your home, or away from home, your workplace, new people, new communities etc.. The list is endless and inevitable.

"Follow your dreams" can be a difficult phrase to live by, as there can be lots of circumstances, choices, and other things that may hinder it. "Follow your heart" and focus your mind, sounds like a workable plan, and pave values and goals so you feel better about living a life, whether you are destined to be there or here. Maybe, drink that "Rooh Afza Sherbhat" you wanted, who knows if it will taste the same again!

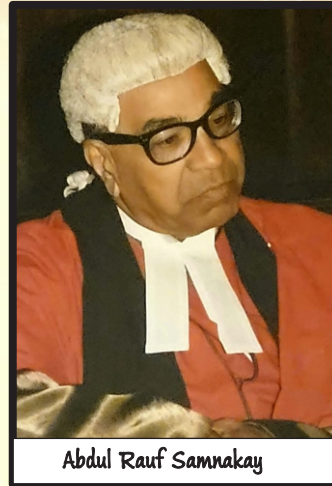
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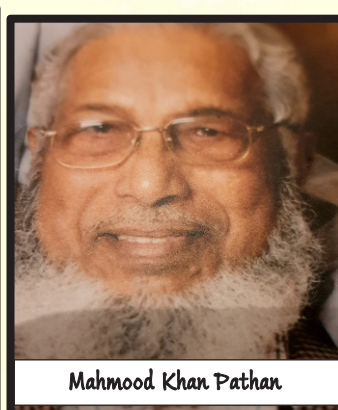
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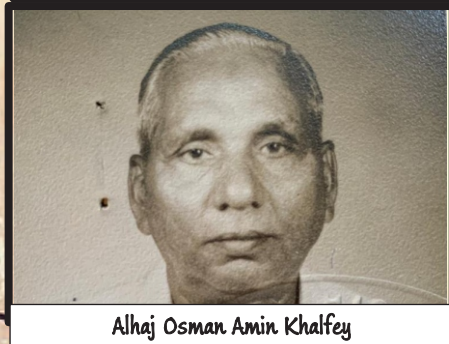
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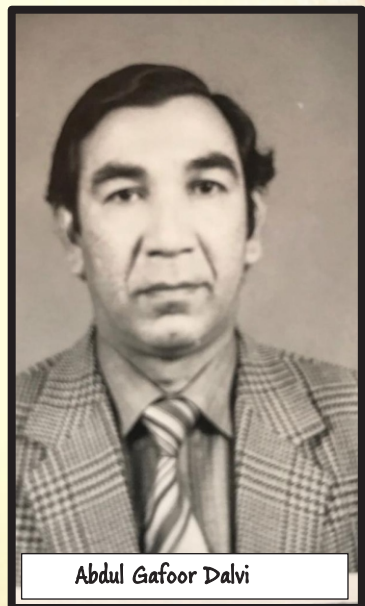
Mohamed Osman Khalfey receiving long service award from Nation Media Group.



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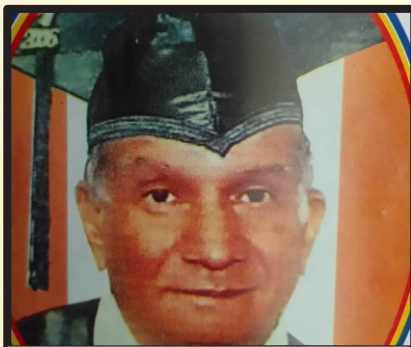
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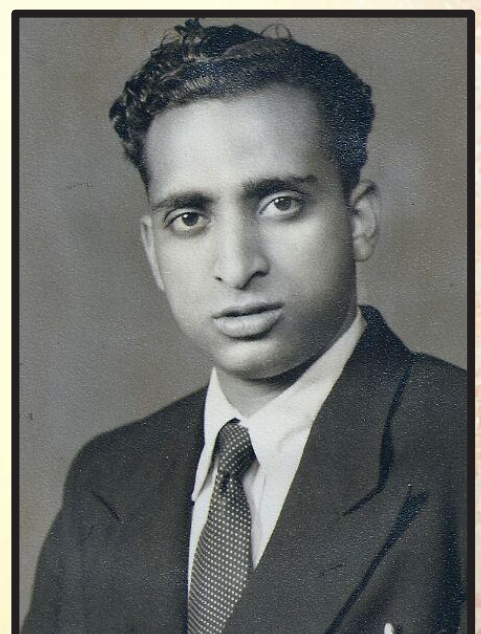
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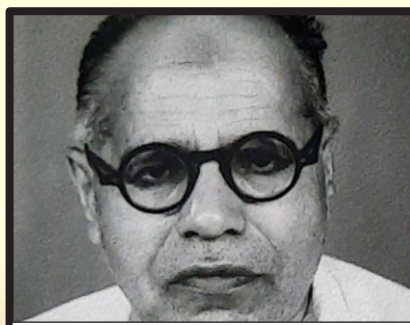
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Dr. Dawood Herwitker



Mohamed Ismail Samnakay

# The Life of a Father



**Aadil Fazal Khambiye**

The life of a father is filled with diverse experiences, emotions, and responsibilities that evolve over time. From the moment he learns he will become a parent, his life begins to change in countless ways. Here's an overview of the journey of fatherhood:

## 1. The Anticipation (Before Birth):

- **Excitement and Nervousness:** Expecting fathers often feel a mix of emotions—joy at the thought of becoming a dad, anxiety about the new responsibilities, and a desire to provide.
- **Preparations:** Fathers begin to prepare for the baby's arrival by setting up the nursery, attending doctor's appointments, and supporting the mother through pregnancy.
- **Learning:** They start educating themselves about fatherhood, baby care, and parenting styles.

## 2. Early Fatherhood (Infancy):

- **Bonding and Care:** This phase involves sleepless nights, diaper changes, and soothing cries. Fathers are hands-on, building a strong bond with their newborns through feeding, rocking, and cuddling.
- **Learning Patience:** Managing a new routine, supporting the mother, and adapting to the demands of a newborn can be overwhelming but also rewarding.
- **Emotional Growth:** The sight of a baby's first smile or hearing a giggle can bring immense joy, helping a father grow emotionally and deepen his sense of purpose.

## 3. Toddler to Early Childhood:

- **Play and Exploration:** Fathers often become playmates, guiding their children's early explorations and celebrating milestones like their first steps and first words.
- **Teaching and Guiding:** At this stage, fathers teach basic skills, instill values, and encourage curiosity.

- **Balancing:** They juggle between being a protector, nurturer, and disciplinarian, establishing boundaries while showing affection.

## 4. School Years:

- **Support and Involvement:** Fathers become actively involved in their children's school life, attending events, helping with homework, and nurturing their talents and interests.
- **Role Model:** Fathers serve as role models, shaping a child's understanding of perseverance, respect, and empathy through their actions and words.
- **Developing Independence:** During these years, they guide their children to be more independent, encouraging them to take on new challenges and build self-confidence.

## 5. Adolescence:

- **Navigating Changes:** This is often one of the most challenging periods for a father. As children go through physical, emotional, and psychological changes, fathers need to adapt.
- **Being a Mentor:** Fathers shift from being the main authority figure to a mentor and confidant, supporting their teens through the ups and downs of teenage life.
- **Encouraging Independence:** They focus on preparing their children for adulthood, teaching responsibility, decision-making, and resilience.

## 6. Adulthood and Beyond:

- **Pride and Letting Go:** As children grow into adults, fathers experience a sense of pride seeing them carve out their own paths. They learn to let go, offering support and advice when needed.
- **Friendship and Wisdom:** The father-child relationship often evolves into a friendship, marked by mutual respect and understanding.
- **Grand fatherhood:** Becoming a grandfather brings new joy and responsibilities, creating another opportunity to influence and nurture the next generation.

## 7. Lifelong Impact:

- A father's presence, words, and actions have a profound impact on his children's lives. He shapes their views on love, security, values, and relationships.
- Through all the phases—good times and challenging ones—a father's role is to provide stability, encouragement, and unconditional love.

The life of a father is ultimately a journey of growth, sacrifice, joy, and love, as he helps mold the lives of his children while also shaping his own identity and purpose.

## MOTHER NATURE

Mother Nature, we thank you so dear,  
For all the wonders that bring us cheer.  
Your gentle rains and warm sunny rays,  
Bring life to our world in endless ways.

Your mountains tall and valleys wide,  
Your oceans deep and forests inside,  
Your creatures great and small and bright,  
Inspire our hearts with pure delight.

We thank you for the air we breathe,  
For every flower that blooms beneath,  
For every tree that stands so tall,  
And every bird that sings its call.

We thank you for the stars up high,  
For the moon that glows in the evening sky,  
For the sunsets that paint the west,  
And the morning dew that brings us rest.

We thank you, Mother Nature, for all,  
For being our home, for standing tall,  
For giving us life and all its charms,  
And for filling our hearts with love and arms.

*QAISAH WASIM SUBEDAR*



## BEST RIDDLES FOR YOU

1) **Riddle:** The more you take, the more you leave behind.  
"What am I?"

2) **Riddle:** What has a head, a tail, is brown, and has no legs?

3) **Riddle:** Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

4) **Riddle:** What room do ghosts avoid?

5) **Riddle:** What belongs to you but is used more by others?

6) **Riddle:** I make two people out of one. What am I?

7) **Riddle:** I am white when I am dirty, and black when I am clean. What am I?

**Answer 1:** You take footsteps and leave footprints.

**Answer 2:** A Penny.

**Answer 3:** Yesterday, Today, and Tomorrow.

**Answer 4:** The living room.

**Answer 5:** Your name.

**Answer 6:** A mirror.

**Answer 7:** A blackboard.

*HAMZA WASIM SUBEDAR*





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# Playful Jokes & Tasty Facts

## Funny Jokes

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A woman gets on a bus with her baby. The bus driver says: "Ugh, that's the ugliest baby I've ever seen!" The woman walks to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!" The man says: "You go up there and tell him off. Go on, I'll hold your monkey for you."

I said to the Gym instructor "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can't make Tuesdays."

Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one – and let the other one off.

Doc, I can't stop singing the 'Green Green Grass of Home'. He said: "That sounds like Tom Jones syndrome." "Is it common?" I asked. "It's not unusual" he replied.

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."

I was having dinner with Garry Kasparov (world chess champion) and there was a check tablecloth. It took him two hours to pass me the salt.



# Moorgi Lagan

## Ingredients :

3-4 chicken fillets cubed

Braise pan with no oil, add 3/4 tsp turmeric, salt to taste and 1tsp garlic and ginger paste.

Braise till dry and chicken is cooked.

1 tin Cream Style sweet corn

Half cup white flour sifted

Half cup gram flour sifted

Red and green chillies to taste

1 tsp dhana jeera or half tsp dhania

half jeera

4 eggs

half cup oil

quarter cup milk

2 tsp baking powder

1 tsp Salt

Fresh coriander cut into small pieces



## Directions :

- Mix all ingredients together except eggs, milk and oil. Add chicken. Whisk eggs then add milk and oil and whisk till bubbly. Add to mixture and mix.

- Pour into a large greased pyrex dish. Sprinkle with sesame seeds. Bake at 180 deg for 25 to 30 mins.



## Indian Food Facts

---

**Which Indian state is famous for its seafood dishes?** Kerala

**Which Indian city is known for its street food, including the popular dish pani puri?** Mumbai

**Which Indian bread is typically stuffed with a spiced potato filling?** Aloo paratha

**What type of food is Kulfi?** Indian ice cream

**Which Indian sweet dish is made from milk, sugar, and nuts?** Gulab jamun

**Which Indian spice is known as the "king of spices"?** Saffron

**Which Indian dish is made with a mixture of yogurt, spices, and vegetables?** Raita

**What is the name of the popular Indian lentil soup?** Dal makhani

**What is the name of the popular Indian flatbread made from whole wheat flour?** Naan

**Which Indian dish is made with a mixture of chickpeas, tomatoes, and spices?** Chana masala

**Which Indian dish is made with a mixture of lamb, yogurt, and spices?** Rogan josh

## Sooji with Eggs



### Ingredients:

- 1/2 cup ghee or just over 125 g butter or margarine. Whichever you prefer.
- 1/2 cup Tasty Wheat or semolina
- 1 cinnamon stick
- Sugar as you prefer. Most people go for 1/2 cup
- 1/4 tsp fine cardamom powder
- Few strands saffron
- 2 cups milk
- 2 eggs
- Few drops yellow colouring
- Almonds and desiccated coconut
- Nestle cream optional

### Directions:

1. In a thick based pot, melt your ghee or butter or margarine and stir in your semolina and cinnamon stick slowly on low heat.
2. While this is browning under a watchful eye, whisk your milk, eggs and yellow colouring and set aside.
3. You will know when your semolina or tasty wheat is ready when the colour changes to a pinky hue and gives off a nutty fragrance.
4. At this point add in your sugar and cardamom powder and stir well. Carefully add in the milky egg mixture and stir to mix everything so there's no lumps. Add in your saffron strands at this point.
5. This sooji can be left to steam on a low flame covered on the stove or left to finish off in the oven.
6. Once the liquid has soaked into the sooji, you can stir in some desiccated coconut and decorate with almonds and Nestle cream.

Option: Add your desiccated coconut with the milk and egg mixture and let them cook together.

## Sooji with Cream

### Ingredients:

- 500g butter or margarine.
- 500g semolina
- 2 cup sugar
- 2 cups water
- 2 cups milk
- 2 eggs
- 3 cinnamon sticks
- 3 cardamom pods
- 1 tsp cardamom powder
- pinch of saffron
- 1 tin Nestle dessert cream



### Directions:

- Melt butter on low heat with cinnamon sticks and cardamom pods.
- Add semolina and braise while stirring continuously until pinkish in colour.
- Beat eggs together with milk and water. Add to semolina and stir while ensuring that no lumps form.
- Add sugar, saffron and cardamom powder. Allow to steam until all the liquid has soaked in and the mixture is slightly drier.
- Add the nestle cream, stir through and serve.

Which Indian dish is made with a mixture of chicken, tomatoes, and spices?

Butter chicken

Which Indian dish is made with a mixture of vegetables, spices, and yogurt?

Aloo tikki

## WORD SEARCH



Aizaz Wasim Subedar

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 JAVANESE CAT KORAT CAT MAINE COON CAT MUNCHKIN CAT  
 NEBELUNG CAT OCICAT PERSIAN SOMALI CAT  
 PETERBALD CAT RAGDOLL CAT SIBERIAN CAT YORKCHOCOLATE CAT  
 THAI CAT TURKISHVAN CAT By Naveer

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Muhammed Ahadith Wudu Fardh Sunnah Umrah Hajj Al  
 lah Akhlaq Sawm Salah Kindness Medina Makkah Eid  
 Ramadan Quran Prophet Islam Fasting Zakat Fajr Isha  
 Magrib Zuhr Prayer Muslim



Hussein - Charfare

# Twisted Korean Donuts



With cinnamon and sugar

🕒 TOTAL TIME: 3 HOURS • PREP TIME: 2 HOURS 45 MINUTES • COOK TIME: 15 MINUTES  
MAKES 10-12 PIECES

## INGREDIENTS

3 cups flour  
1 cup milk  
2 tbsp butter  
1 egg  
5 tbsp sugar  
2¼tsp tsp dry yeast  
½ tsp salt  
½ tsp cinnamon powder  
oil for frying

## NOTES

Traditionally the donuts are coated into the cinnamon sugar coating but one can coat them in chocolate as preferred.

## STEPS

1. Melt the butter in the microwave or pan.
  2. Add milk, 2tbs sugar, salt and the melted butter. Mix well.
  3. Beat an egg into the mixture then add the yeast letting it sit for about 5 minutes.
  4. Add the flour, knead well and cover with plastic wrap. Let the dough sit and for 1 1/2 hours.
  5. After the dough has risen, deflate it and let it sit again for another hour.
  6. Shape the donuts into the twisted form and allow them to rise.
  7. Fry the donuts in pre heated oil over medium heat till golden brown.
  8. Mix the remaining 3 tbs of sugar with the cinnamon making a mixture.
  9. Coat the donuts while still hot with the cinnamon sugar mixture.
- Serve and enjoy while hot.

CREDITS TO: MAANGCHI AND TWO PLAID APRONS

SANAH CHARFARE

# Chocolate Biscuit Cake Recipe

## INGREDIENTS:

800g Digestive Biscuits  
1 cup (100g) Mixed Nuts (Walnuts, Hazelnuts etc.)

## For the Chocolate Syrup:

1 cup (200g) Sugar (or to taste)  
½ cup (60g) Cocoa Powder (unsweetened)  
1 cup (250ml) Water  
150g Butter  
1 tsp Vanilla Extract

## For the Chocolate Ganache:

½ cup (120g) Whipping Cream  
120g Dark Chocolate (chopped)

## INSTRUCTIONS:

1. Break the biscuits into a large bowl.
2. Toast the mixed nuts in a pan for 5 minutes, stirring frequently. Add to the bowl with the biscuits.
3. Prepare the Chocolate Syrup:
4. In a pan, add sugar and cocoa powder. Gradually add water while stirring to combine.
5. Add butter and place the pan over medium heat. Boil for about 7-8 minutes, stirring constantly.
6. Remove from heat, add vanilla extract, and let it cool for 10 minutes.
7. Pour the syrup over the biscuits and mix well to coat them evenly.
8. Transfer the mixture into a greased 9-inch diameter baking pan or a 9x9-inch square dish lined with parchment paper. Press well to ensure it's evenly distributed.
9. Cover and refrigerate for 30 minutes to 1 hour.
10. Prepare the Ganache:
11. Heat the cream until it just begins to boil. Remove from heat and pour over the chopped chocolate. Let it sit for 1 minute, then stir until smooth.
12. Pour the ganache over the refrigerated cake, spreading it to cover the entire surface.
13. Refrigerate for 4-6 hours or overnight before serving.
14. Decorate the edge of the cake with nuts if desired.

Enjoy!

 Recipe by: The Late Sayed Mazharali Al-Haddad

Mazhar was a passionate cook and beloved member of his community, known for his exceptional culinary skills and dedication to sharing his love for food. His kitchen was always filled with the aroma of delicious dishes, and he took great pride in crafting recipes that brought joy to family and friends. Mazhar's creativity in the kitchen was matched by his generosity, as he often shared his recipes with others, ensuring that his love for cooking would continue to inspire future generations. His legacy lives on through the many meals enjoyed by those who were fortunate enough to taste his creations. May Allah grant him the highest rank in Jannah, Ameen.



# SANDAN

## Ingredients

- 2 ½ kg rice
- 3 big coconuts
- Sugar as required

## Directions

### Preparation of Rice Flour Rawa

1. Take two and half kg rice, wash thoroughly and dry them for 4 hours
2. Finally make Rice Flour Rawa as you grind coarsely
3. Now, separate two types of Rice Flour Rawa by passing through sieves, one thick grade Rice Flour Rawa (1750 grams) using bigger opening sieve and the other finely ground Rice Flour Rawa (250 grams) using thin sieve. (The remnants, approx. 250 grams do not have to be used for the recipe)

### Preparation of Coconut Milk

1. Three big coconuts and grate them
2. Now transfer the grated coconuts in a grinding jar
3. Add water just enough to cover the coconut
4. Mix them in a grinding jar
5. Now separate milk by passing the coconut and water mixture through a sieve. The coconut solids have to be hand-pressed to collect more quantity and thicker milk
6. The coconut solids collected above the sieve have to be mixed again with water and passed through the sieve. The milk now separated will be thinner
7. Keep the two types of milk thick and thin one in two separate bowls

## Notes

Take the Sandan pieces out with the help of spoon. Sandan is sometimes also called as Sannas. This is special to Koknis for many occasions. It is delicious with meat/chicken gravies. The sweetness imparted by sugar or jaggery makes it a dessert that is fancied by adults and children.

### Preparation of Sandan Batter

1. Add the thin milk into a vessel to heat. Keep the flame low.
2. Add the finely ground Rice Flour Rawa and continue stirring while the heat is on
3. Add half a teaspoon of salt to balance the taste
4. Keep stirring and ensure there are no lumps. This will take at least 10 minutes.
5. As the water leaves, the mixture becomes thicker. Let this mixture cool for sometime. Transfer the Rice Flour Rawa mixture in a bigger vessel
6. Now, add the thicker coconut milk in the Rice Flour Rawa mixture. Keep adding some thick Rice Flour Rawa and thick coconut milk and keep mixing with hand to maintain a solid consistency. The total mixture should not be too solid or too liquid. The remaining milk can be used for some other recipe
7. Now, cover the vessel with a lid and leave it as it is for overnight for fermentation
8. The batter is ready to be made into Sandan



### Steaming of Sandan

1. Take a vessel and add the required amount of batter into a separate vessel
2. Add sugar in the batter as per taste. Keep checking the amount of sugar needed
3. Now, take small bowls to contain the prepared batter; color may also be added to the batter
4. Take an Idli vessel or steaming cooker
5. Fill the base with water and cover the steamer lid
6. Let the batter cook for at least 20 minutes
7. The Sandan is ready to be served

# Acknowledgements



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This centennial milestone is a testament to the strength of your roots, the beauty of your heritage, and the generations who have nurtured this community with pride and purpose.

*May the next hundred years be just as vibrant and inspiring.*

On behalf of  
*Late Osman Abdulgafur Khambiye  
& Family*

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