

Duas for various health issues

1. Headache

La Yussada'oona a'nha wa la yunzifoon

"Wherefrom they get neither any aching of the head, nor any intoxication." (Surah 56 verse:19)

2. Toothache

**Walahu ma sakana fil layli wan-nahari wa huwas samee'ul 'aleem
Huwallathee an sha-akum waja'ala lakummus-sam'a wal
absaara wal af-idah, qaleelam ma tashkuroon.**

And to him belongs whatsoever exists in the night and in the day, and He is the All-Hearing and All-Knowing (Surah 6 verse: 13) it is He who has created You, and endowed you with hearing, and seeing and hearts. Little thanks you give. (Surah 67:23)

3. Earaches or infections

**Wa-itha quri-al quraanu fastami'oolahu wa ansitoo la'allakum
tur'hamoon**

So when the Quraan is recited, listen to it and be silent so that you may receive Mercy (Surah 7 Verse 204)

4. Stomach pains

**Wallaahu akhrajakum min-butooni ummahaatikum
laa fiha ghaw-lu wa la hum a'nha yunzifoon**

And Allah has brought you out from the wombs of your mothers. (Surah 16 verse 78)
Neither will they have any kind of pain, nor will they suffer intoxication therefrom (Surah 37 verse 47)

5. Bladder problems

Waja'alna minal maa-ee kulla shay-in hay-ye. Afala yu'minooon

And We have made from water every living thing. Will they not then believe? (Surah 21 verse 30)

6. For blood pressure

**Wal kaathimeenal ghaytha wal'afeena anin-naas, Wallahu
Yuhibbul Muhsineen**

...who repress anger, and who pardon men; verily Allah Loves the good-doers. (Surah 3 Verse 134)

#313CHALLENGE

The Battle of Badr
The most decisive battle
between Truth & falsehood.

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The **Battle of Badr** took place on the **17th of Ramadan. 313** ill-equipped **Sahaba** sacrificing their lives for Islam. If they did not win, we might not have been here today.

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WORDSEARCH 9/29

Find the names of these 10 Sahaba [RA] who took part in the Battle of Badr. WhatsApp your completed Wordsearch to 072 991 3154

Complete all 29 Wordsearch puzzles* to stand a chance to **win a Samsung Galaxy S22!**

Difficulty level: Easy

K	H	A	L	L	A	D	J	M	N	F	Q	U	T
A	Z	K	M	Z	Z	W	D	L	P	T	Z	P	H
M	V	H	X	E	R	K	O	T	V	E	Z	D	A
N	H	A	R	I	T	H	A	H	N	H	D	H	L
J	N	R	W	M	D	U	H	E	J	H	M	J	A
H	L	I	B	E	F	B	Z	Q	J	I	E	U	B
D	E	J	T	M	L	A	O	F	A	S	E	B	A
K	W	A	E	O	K	I	X	B	B	H	A	A	H
V	H	M	W	L	J	B	X	T	B	A	O	Y	J
Y	U	E	T	H	A	Q	F	I	A	M	W	R	K
O	Y	X	K	Q	H	A	F	L	R	E	G	I	J
G	E	C	N	Q	X	L	P	F	X	Q	E	N	T
A	H	F	J	G	H	A	L	Y	W	K	E	T	V
I	U	U	V	P	J	W	I	A	L	A	R	A	L

NAMES:

1. **Jabbar** Ibn Sakhr [RA]
2. **Kharija** Ibn Humayr [RA]
3. Khawwat ibn **Jubayr** [RA]
4. **Khubaib** ibn Isaf [RA]
5. **Khallad** ibn Amr [RA]
6. **Harithah** ibn an-Nu'man [RA]
7. Khabbab ibn **al-Aral** [RA]
8. **Thaqfi** ibn Amr [RA]
9. Rujaylah ibn **Tha'labah** [RA]
10. Harith ibn **Hisham** [RA]

RULES:

- Words may appear diagonally, vertically, horizontally **and backwards.**
- **Only the bold part** of a name appears in the crossword.

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