

Insight Bulletin

For People Who Want to Know

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FREE COPY

Muslims in the SADC Region Advance Islam in Southern Africa



Conference participants.

The Muslim population of Africa has been urged to write their own history. On September 18, 2022, Chairman of Awqaf South Africa Zeinoul Abedien Cajee made this statement at the Third International Congress on Islamic Civilization in Southern Africa.

The conference was held at Islamia Islamic College in Cape Town, South Africa, from September 16 to 18, 2022. The Organization of the Islamic Conference (OIC), IRCICA, the Research Centre for Islamic History, Art, and Culture, Awqaf South Africa, and the University of the Western Cape hosted the third jointly organized

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High Time The Nation Concentrates on Stress Management



Suicide is an underrated means of death that has always been ignored by the country in general.

But the act has claimed a lot of lives, which could have been saved if proper measures had been taken to aid stress management.

Most suicide cases come as a result of failure to overcome stress. Usually stress develops following the unsettling effects of change, the feeling that an outside force is challenging or threatening a person, and the feeling that you have lost personal control. Life events such as marriage, changing jobs, financial crisis, divorce, or the death of a relative or friend are the most common causes of stress.

However, youths have been hit hard by the act following their failure to handle

the financial crisis that they face. Most youths have high expectations for how they will live their lives after they finish school. But life does the opposite, especially in the most developing countries like Malawi.

It is pitiful that as a nation we do not consider stress to be a mental health issue that can be treated in any of our hospitals or other medical facilities. No matter where you are or what you are doing, stress is a part of life. Stress cannot be avoided, but it can be controlled so that it does not control you. Changes in our lives such as going to college, getting married, having financial issues, or being sick are frequent sources of stress.

In addition to suicide, stress can cause hypertension. It is also a fatal illness that has taken many lives.

The good news is that the harmful effects of stress can be minimized, such as depression or hypertension.

People need to be trained in setting priorities that are best for their wellbeing. One has to set priorities that will help him reduce stress. Always make decisions on what is really important to get done and what you can manage while setting others on a waiting list. This ensures that you are focusing on your top priorities and are not stressed by attempting to do everything that gives you pressure and happiness.

Too many expectations can destroy one's hopes; examine expectations. Try

to set realistic goals—those that can be worked on. It's good to push individuals to achieve, but make sure expectations are realistic. Be satisfied with doing the best that can be done. Allow people the liberty to make mistakes, and remember that mistakes can be a good teacher. Most people do not know how to handle criticism. When criticized for their actions, they do not know how to handle the situation and end up committing suicide.

Acceptance of change is key; people who were well off before do not know how to cope when the tables turn. The denial for a life change becomes enormous.

It is high time the Ministry of Health and other stakeholder groups instilled awareness of how one can interpret and react to circumstances when they fail to be overcome. This awareness will help people to develop coping techniques for managing stress.

Projects need to be developed to help people understand that sharing their problems can ease their stress.

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<<FROM PAGE 1

Muslims in the SADC region advance Islam in Southern Africa

with assistance from Islamia College and others.

The Turkish Ambassador in South Africa Aysegul Kandas, Executive Mayor Geordin Hill-Lewis, and other well-known South Africans attended the conference.

The conference's goal, according to Zeinoul Abedien Cajee, was to bring together a variety of researchers to examine the research that has been done in particular areas of interest to Muslim communities in Southern Africa, or more specifically the SADC region.

"A book describing the many research methods conducted is the conference's output. It is also a way of saying that we are capable of acting independently without adopting a colonial attitude. Writing down one's thoughts and observations about oneself is a necessary step in the decolonization endeavor," he stated.

Several women and young people presented their papers at the meeting.



Cajee Chairman.

according to Cajee. He said that the presence of women at the conference was evidence of the conference's organizers' patriotism and commitment to advancing women.

The conference's goal, according to Professor Muhammad Haron, was to examine topics like the spread of Islam in Southern Africa, the relationship between trade and Islam, language and Islamic literature, Islamic education, and intellectual development, colonialism and democracy, coexistence of cultures, arts and crafts, architecture, and archaeology, future perspectives, Muslim media, influential figures etc

There were 12 panel talks and 3 unique panels, according to Professor Haron. In the first unique Arabic roundtable discussion about the Arabic language, experts from Yemen and Libya took part. Imam Abdullah Haron was the subject of the third celebration.

"The role of the media in the Muslim community was also stressed by the Conference. The use of our own Islamic media to promote and alter the way of thinking in our Muslim communities is another topic discussed. These platforms, in one way or another, document Muslim communities' history. They document more Muslim-related issues. It is essential to assess these specific platforms as a tool to advance, transform, change, and have an impact on local thinking," he explained.

Ustaz Jafar Beya, a speaker from the



Malawi Representatives

Congo, claimed that these conferences serve as a wake-up call to several issues and initiatives carried out by Muslim communities.

"An effective strategy to protect and expand Islam is to bring together individuals from diverse origins and educational levels. We can produce more accurate data and a reliable religious history," he added.

Sellina Siffat Gada from Insight Bulletin and Prof. Alfred Matiki from the International College of Business and Management (ICBM) both came from Malawi and presented papers during the congress, discussing media-related and social-cultural topics, respectively.

IT IS ESSENTIAL TO ASSESS THESE SPECIFIC PLATFORMS AS A TOOL TO ADVANCE, TRANSFORM, CHANGE, AND HAVE AN IMPACT ON LOCAL THINKING

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Principal Shehadeh with Students at Huwwara Boys secondary school

ISRAELI SETTLERS

Attack Palestinians in Nablus Amid Army Siege

SETTLERS HAVE CARRIED OUT INCREASED ATTACKS IN NABLUS OVER PAST MONTH, INJURING DOZENS OF PALESTINIANS AMID HEIGHTENED TENSIONS IN THE OCCUPIED WEST BANK.

Nablus, occupied West Bank
 – On the morning of October 4, dozens of Israeli settlers raided the Huwwara Secondary Boys School, south of Nablus city in the occupied West Bank, beating staff members and students and smashing cars and class windows before retreating. School principal Abdulhameed Shehadeh said the sense of safety and security he

tried to ensure for his 350 students was shattered in the wake of the violent attack, during which one of the settlers pulled out a gun and pointed it at the teachers and students.

“I fear for the lives of my students,” the 53-year-old principal, who confronted the settlers during the attack, told Al Jazeera.

Two students, a 16 and a 17-year-old, were

treated in hospital for cuts and injuries from rocks, while others suffered tear gas inhalation when the Israeli army fired tear gas bombs into the school field following the attack.

Sitting in his office at the school, with scabs from the rocks still visible on his wrist, Shehadeh said the settlers “were throwing rocks at me, at the cars, at everything. It was raining rocks. I was hit

on my arms, legs, and chest.”

GROWING TENSIONS

The assault on the high school came as part of a sharp increase in coordinated and armed settler attacks, under Israeli army protection, during the past month in the town of Huwwara and other parts of Nablus, where organized Palestinian armed resistance against Israeli occupation has intensified in recent months.

Dozens of Palestinians have been injured and their properties destroyed in settler attacks in Huwwara on September 19 and 28, as well as October 4, and for three days in a row last week.

More than 400 Palestinian properties were damaged in more than 500 attacks this year until October 10, according to United Nations monitoring. Two Palestinians were killed, including a teenager, in those attacks.

While settler violence is a daily reality for millions of Palestinians in the occupied West Bank and East Jerusalem, the recent spike has come against the backdrop of several factors: More organized Palestinian armed operations against Israeli soldiers and settlers in Nablus and other cities, as well as nearing Israeli elections, and the arrival of the annual olive harvest season – the last two are consistently accompanied with more violence against Palestinians.

Most recently, on October 11, an Israeli soldier was killed in a Palestinian drive-by shooting operation near the settlement of Shavei Shomron, northwest of Nablus. The attack was claimed by the recently formed Lion’s Den armed group based in the Old City, and the man who carried it out remains on the run.

Since the attack, Israeli forces have imposed a continuing blockade on the area around Nablus, restricting the movement of about 420,000 Palestinians, including patients, elderly people and children, who must wait for hours before being able to cross.



Principal Huwwara

Days prior, a four-day siege was imposed on 130,000 Palestinians in the Shuafat refugee camp in occupied East Jerusalem in search of the alleged suspect in a similar shooting that led to the killing of one Israeli soldier.

Tensions on the ground had been boiling up in the occupied West Bank since last year, with increasing shootings at Israeli military checkpoints and soldiers. During the past month alone, three Israeli soldiers have been killed in separate attacks.

Meanwhile, Israel has been intensifying raids, killings and arrests of Palestinians in Jenin and Nablus since March when it launched a military operation it calls “Breaking the Wave” in an attempt to crush the phenomenon of growing armed resistance, which now appears to be spreading to Jerusalem.

Series of attacks

In a series of settler rallies between late September and October, dozens of settlers closed off entrances to Nablus causing severe traffic jams, launched attacks on Palestinians, and demanded that the Israeli government order a military crackdown in the occupied West Bank.

Many of the attacks, which included the use of live ammunition, rock-throwing, beating and smashing with pipes and

other damaging objects, have taken place under the protection or in coordination with the Israeli army.

“There is an evident great increase in the attacks, which have become more organised, and the settlers more audacious. What’s happening is very dangerous,” Ghassan Daghlās, who monitors settlers in the northern occupied West Bank for the Palestinian Authority (PA), told Al Jazeera.

“The settlers also exploit the checkpoints. Cars are forced to stop at them. You find that the settlers suddenly come, smash the windows and pepper spray and assault the people inside,” Daghlās said.

“They are carrying out attacks with a goal – including emptying the streets from Palestinians, and carrying out attacks in order to demand from the army to enforce an iron hand on the Palestinian people,” he continued.

Wajeeh Odeh, a member of the Huwwara local council, said another factor is Israeli elections, which are set to take place in November, and which “never happen without violence against Palestinians”.

“This is known along Israel’s history, that whoever kills the most Palestinians will win in elections, because this state is criminal,” he told Al Jazeera in Huwarra.

MALAWI TOURISM COUNCIL TO LOBBY FOR REOPENING OF LAKESIDE MEETINGS

By: Lovemore Katanda

The Malawi Tourism Council (MTC) said it is discussing with the government through the Office of the President and Cabinet (OPC) to reconsider lifting the ban that was imposed by government suspending all lakeside meetings.

Recently, the OPC, through the Chief Secretary Coleen Zamba announced the suspension of all lakeside public events as one of the austerity measures to address the economic challenges the country is currently facing.

Zamba said government was wasting huge sums of public resources on the lakeside meetings; hence the suspension of lakeshore resort meetings.

Speaking in an interview during this year's commemoration of World Tourism Day on September 27, 2022, in Blantyre, Malawi Tourism Council Executive Director Innocent Kaliati said the ban has negatively affected the tourism industry in Malawi since most customers who patronize the industry come from government departments.

"At the beginning, government was not supposed to take anything from us because we were already feeling the pain emanating from COVID-19. So, we are currently discussing with government as our major customer through OPC to review the ban, and we hope that we will all reach an amicable solution," he said.

Kaliati, however, could not be drawn to disclose how much in total the tourism sector has so far lost during the suspension period.

Meanwhile, Kaliati said, the council is encouraging its members and other



Innocent Kaliati, Malawi Tourism Council

stakeholders to start cultivating interest in packaging tourism products in a bid to revamp the sector.

He added that many tourism entities now have a sigh of relief from COVID-19's devastating effects, hence the need to explore strategies to restore hope of survival economically.

On the other hand, Kaliati has also implored Malawi's citizenry to incorporate Malawi's culture when selling Lake Malawi outside the country.

"We have owned Lake Malawi for so long. Now, it is time to begin selling our lake differently to other countries, and we believe culture could be the best product to be incorporated," explained Kaliati.

Kaliati further described the National Eco-Tourism Policy, which was recently launched by government through the Ministry of Tourism, as the best tool that

will help in providing guidance on how to do tourism in Malawi.

Speaking on the same World Tourism Day event, the regional tourism officer for the south, Kennedy Jana, said government through the Ministry of Tourism has arranged various innovative initiatives aimed at promoting and reviving tourism industry in the country.

"We are aware that tourism has suffered a lot for the past two years due to the COVID-19 pandemic, but the good news is that government is doing a lot to get things moving. Among others, we are raising awareness on tourism products. We are also encouraging Malawians to buy locally produced products so as to empower indigenous businesses," explained Jana.

Malawi joined the rest of the world in commemorating World Tourism Day, with a street carnival in Blantyre under the theme: *Rethinking tourism*.

GOVERNMENT PLEDGES TO ENGAGE YOUTHS IN AGRICULTURE



*Dr. Felix Longwe, National Program
Coordinator Trade.*

By Lovemore Katanda

Government has said it is working towards seeking incentives that will help attract youths to engage themselves in agriculture to boost the country's sustainable economic growth.

According to former Minister of Agriculture Robin Lowe, who was speaking at the official launch of this year's National Agriculture Fair at Trade Fair Grounds in Blantyre, the government has noticed that the youth, who make up the majority of the country's population, lack the passion to engage in agriculture on a long-term basis. He claimed that the situation is negatively affecting the country's economic development.

Lowe disclosed that his Ministry is working towards revamping the agriculture sector, among others, through the introduction of farm mechanization, which he said will enable farmers in the country to move from subsistence to commercial farming.

"We are giving matching grants to farmers so that our farmers should be

able to buy modern farm machinery such as tractors, and we hope youths too will be attracted by that," said Lowe.

He also added that our elders are aging. Youths must inherit the land from their parents.

The Ministry also urged farmers to form cooperatives so as to benefit from the newly introduced farming program, Mega Farming.

"Indeed, we have received a lot of complaints from small-holder farmers about their failure to compete with big farmers, but government is optimistic that through the formation of cooperatives, farmers will even manage to tap into credit facilities," explained Lowe.

In his remarks, Malawi Confederation of Chambers of Commerce and Industry (MCCCI) president Lakani Katandula expressed worry that the introduction of modern technologies is not creating job opportunities for the youths. He has therefore urged farmers in the country to set up industries to create jobs for the younger generation.

Speaking in a separate interview, National Program Coordinator for Trade Program Felix Longwe urged farmers to form partnerships with different agriculture players so as to enhance agriculture productivity, thereby adding value to their products.

"Our farmers ought to form partnerships with other players for them to venture into lucrative farming systems, and we believe these agriculture fairs are such platforms," said Longwe.

The three-day 18th National Agriculture Fair was held under the theme **"Enhancing Productivity for Industrialization,"** and over 60 companies participated.

During the exhibition, the MCCCI awarded exhibitors for their outstanding performances in different categories. The National Smallholder Farmers Association of Malawi (Nasfam) has been named the best farmer group, Seed Co has been awarded the best input supplier, the Ministry of Agriculture has been named the best service provider, and Illovo Sugar has been named the best agricultural processor.



kwelepeteta addressing the women

MUSLIMS URGED TO OFFER PRAYERS FOR THE NATION

By: **kassim Kajosolo**

A call has been made asking QMAM Women, a women's wing of the Qadria Muslim Association of Malawi (QMAM), to pray for the country, which is sailing through several challenges.

The remarks were made by Grace Kwelepeteta, a Member of Parliament for Zomba Malosa, at the beginning of a three-day conference of QMAM Women held at M'gona Masjid at Malosa in Zomba.

The legislator said the nation is going through serious challenges; hence people should pray to God to seek divine intervention.

"Let's ask God for help if we are having problems. We should pray to God for answers to the problems the country is currently experiencing," said Kwelepeteta.

"Malawi is one of the countries renowned as God fearing nation," said Kwelepeteta.

She praised Muslims for their perseverance in prayer and urged them to pray fervently and express to God the issues that their families, communities, and the nation are facing.

"Muslims indeed pray five times a day, as evidenced by the fact that we observe them doing so. To ensure that we get the Almighty's mercy, I would want to implore them to pray fervently and to render their

grievances to Allah," lamented Kwelepeteta..

She also urged the ladies to foster a spirit of generosity towards the less fortunate.

"Due to inadequate rains and other natural disasters, the majority of the nation's regions had low crop yield this year. This implies that there is food shortage for others. I thus implore those who own something to share what little they possess with those who have nothing, she said.

Kwelepeteta expressed her gratitude to the women's organization for organizing the event, calling it a means of uniting the community and creating love for one another.

"DUE TO INADEQUATE RAINS AND OTHER NATURAL DISASTERS, THE MAJORITY OF THE NATION'S REGIONS HAD LOW CROP YIELD THIS YEAR. THIS IMPLIES THAT THERE IS FOOD SHORTAGE FOR OTHERS."

The QMAM Chairperson for the Zomba Chapter Assab Wiles Binali thanked Kwelepeta for attending the event. She bemoaned the tendency of backbiting among them calling it immoral as it prevents people's advancement.

"During my tenure of office, I want to make sure that women are getting together and teaching one another about Islam and other important issues concerning them and their respective communities," said Binali.

"I do not want backbiting among us as that would impede progress and development of the Deen and our society," he declared.

Binali outlined more activities the association has planned to undertake which will economically, socially and religiously uplift the lives of people, especially women.

"As an association, we would like to have more gatherings like this one for both men and women during which we could raise funds to help our fellow Muslim women to start and grow their businesses, as well as establishing adult Madrassas so



Kwelepeta dancing with the women.

that parents will understand the need of sending their children to Madrassah."

Vera Ibu Awali, secretary for the organization at M'gona Masjid, said they organized the gathering to teach one another about Islam.

Awali expressed satisfaction saying the event was fruitful and that participants have benefited from the activity which will eventually be of help to one another in their respective communities.

"We came together so that each one of us

should either learn from or teach a friend.

We believe that this meeting has helped all of us as we have known the greatness of Allah, what Allah wants us to do, and those things that we should not do," said Awali.

The event, themed **"Strengthening Islam, Knowledge, and the Greatness of Allah,"** drew attendees from Zomba, Machinga, and Mangochi.



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FLAMES RECEIVE A NEW BUS

By: Twaha Chimuka

The Malawi National Football Team, the Flames, has been given a new bus from the team's official sponsor, FDH Bank.

In January of this year, when the Flames were taking part in the African Cup of Nations in Cameroun, the sponsor's FDH informed the team that they were going to buy a new bus for the team to replace the old Higer bus the Flames were using.

FDH Bank Plc, Malawi, the Flames' official sponsor, handed over a custom-made, state-of-the-art coach to the Football Association of Malawi at a ceremony held at FDH Bank's head office in Blantyre.

Speaking during the handover ceremony, FDH Financial Holdings CEO William Mpinganjira said that as sponsors, they were delighted to fulfill their promise and pledged further support to the flames.

"We are delighted to have achieved this dream. We promised the players that we were going to buy them a new bus after realizing that they had been using one bus for a while and that needed to change. We're also assuring the Football Association (FA) that this relationship is not ending here, we're here for a long period of time, and we will continue supporting the Flames and the FA in different forms, be it competitions or the national team sponsorship, and let it be known here that this bus has been purchased using money separate from the sponsorship

money we agreed," said Mpinganjira

The bus has cost the bank 190 million Kwacha.

On making adjustments to the 360 million Kwacha, 3-year contract the bank signed with the Football Association last year, Mpinganjira said the company is open for discussions.

"We do understand that the currency has been devalued and that the economy of the country is not the same, but we are going to see how to work this out with the Association as the duty to develop football in this country is not for FAM only; we will engage them and will sort this out," he explained.

In his remarks, Football Association of Malawi (FAM) President Walter Nyamilandu said he was very happy to see the team getting a new bus, describing it as a morale booster.

"For a long time we have been using the old bus, but now our sponsors have blessed us with this state-of-the-art bus, and we are short of words. The only thing we can say as FAM is thank FDH, and let us assure you that this will boost the performance of the team as now they will be able to travel to and from a match with comfort, which will keep them ready for the match. And let me take this opportunity to thank the government for allowing the MRA to waive all the duties that would have made it hard for this coach to come here, and also let me ask other companies to come in

and sponsor sports in the country as one way of giving back to the communities that support your businesses," said Nyamilandu.

Nyamilandu also announced that the Beach Soccer National Team, which is taking part at the Beach Soccer African Cup of Nations in Mozambique, will use the coach when going to the tournament.

Speaking on behalf of the players, flames standing with captain Stanley Sanudi said the players will show their appreciation to the sponsors by improving their performance on the pitch, getting results, and possibly qualifying for the next edition of the Africa Cup of Nations.

Also present at the event were FDH Bank Managing Director Noel Mkulichi, FAM General Secretary Alfred Gunda, Malawi National Council for Sports Acting Executive Secretary Shepherd Boma and Mayor of the City of Blantyre Councillor Wild Ndipo and Flames.



Nyamilandu humbly kneelling down to show his appreciation.



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