

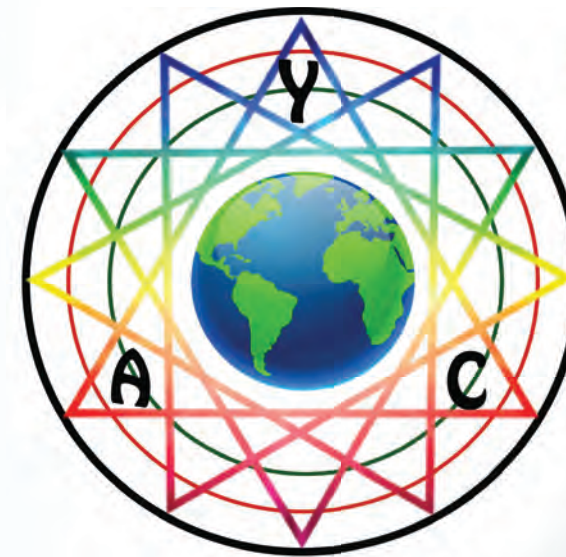
Ansari Youth Club

Yearbook
2011-2015



Ansari Youth Club

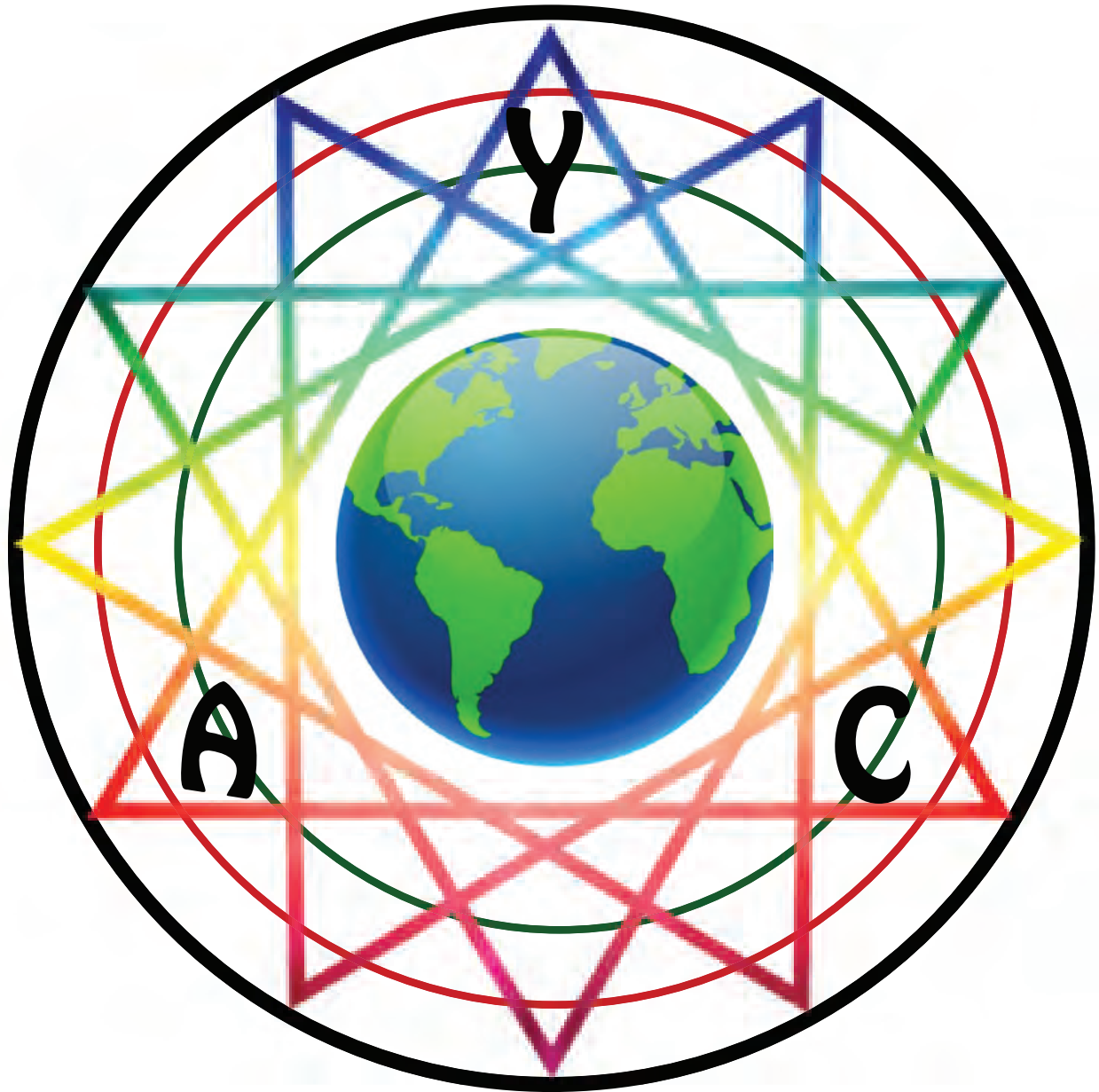
Yearbook
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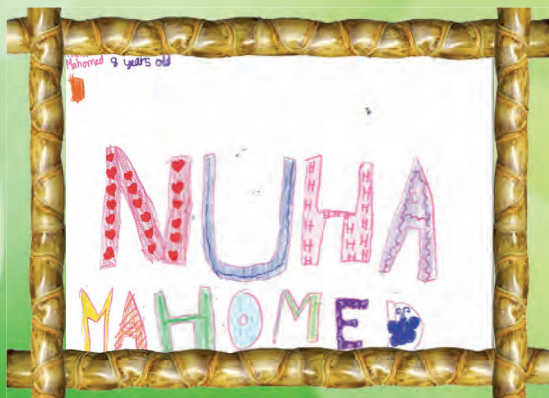
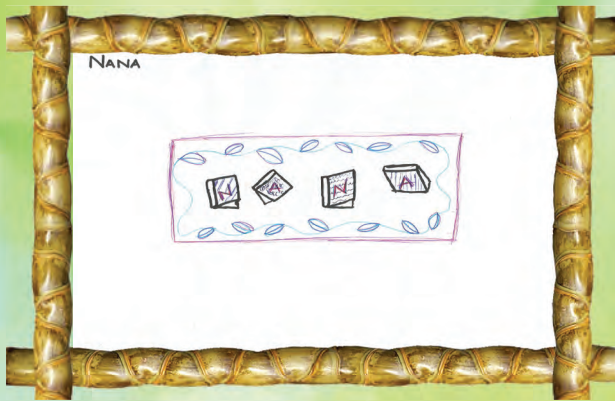


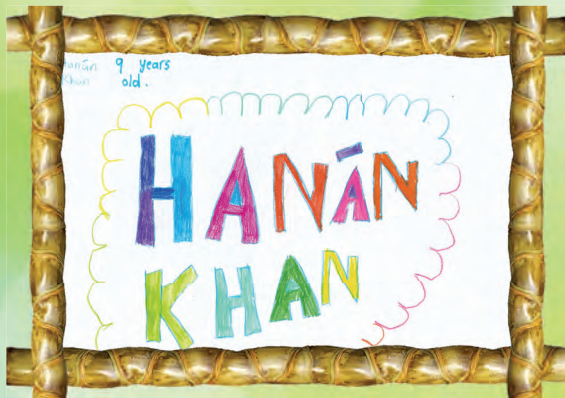
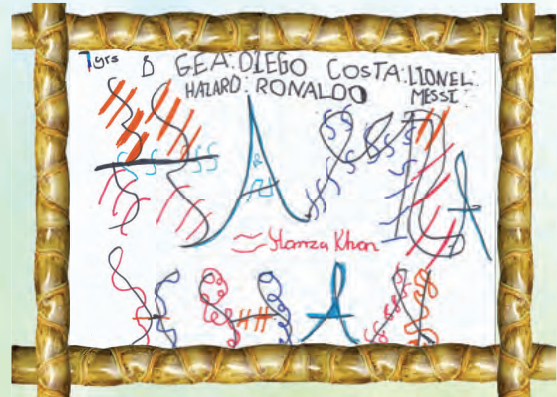
In January 2011, the Grand Shaykh of the Ansari Qadiri Rifai Sufi Order, Murshid Shaykh Taner Ansari, together with his wife Shaykha Muzeyyen Ansari initiated the establishment of the Ansari Youth Club (AYC) in Durban, South Africa. Shaykh Nishaat Siddiqi was tasked with the responsibility to organize the youth. At the first meeting, with Shaykh Taner present, Nazeemah Soomar was elected as Chairperson.

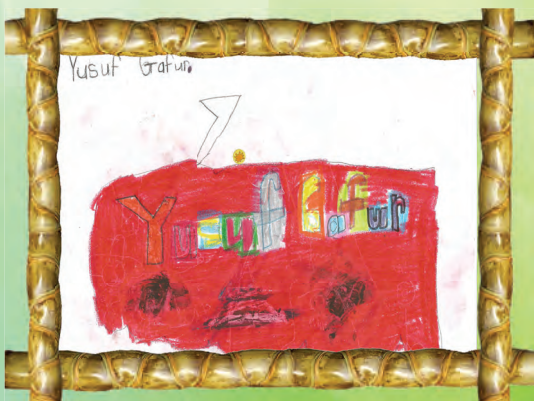
This yearbook documents the five years since AYC was initiated in 2011. We would like to take you on a journey through these pages and hope that you will enjoy it as much as we have.



Ansari Youth Club







Murshid Shaykh Taner
‡
Shaykha Muzeyyen Ansari



When I saw what we have done to the World as a legacy to future generations, I did not like the picture, we have not done a good job.

It came to my heart that young people should make the World how they want it to be for themselves. They have to cross gender , religions , tribal boundaries as such, and create a happy life for themselves living in peace and cooperation.

Maybe I can give you some light on what you have to pay attention to create your World. I found out that peace is better than violence . Love is more fulfilling than hate. Positivity is better motivation than negativity. Love brings people together while hate takes them apart. Happiness is contentment of your heart, I found it in the doing zikir of Allah. Living in truth is relief from trying to live up to your lies. Helping others will save you from selfishness. Greed is tiring , while generosity makes your life happy. Respecting the creation elevates you to higher levels. Unity is better than being alone. Unity doesn't mean we don't have differences. Focus on the goal and don't give up. Oceans, land, nature and sunshine is your life support system, keep them clean. Enjoy life but do not hurt anything. Being considerate is better than being selfish.

Success depends on planning and execution. And execution depends on deadlines and follow up. And everything depends on your connection and teamwork.
May the Creator of All make you successful in creating your world.

Shaykh Nishaat Ahmed Siddiqi



Bismillah er Rahman er Rahim

We are reminded through the laws of history that the youth are the backbone of every nation. The nation's vibrancy and relevance, rests on the young shoulders of its youth. And, raising these youth with certain values, and a value system, is the foundation on which the structure of a nation is built. It is with this in mind, that we express our heartfelt gratitude to our spiritual mentor and teacher, Murshid Shaykh Taner Ansari and his wife Shaykha Muzeyyen Ansari, for the inspiration that they have provided and, for helping establish AYC.

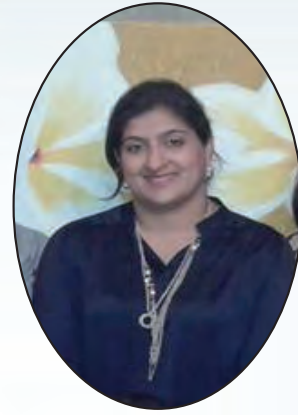
As individuals, we cannot operate, nor live, in a vacuum. We all belong to a family, a larger group and, as such, we have to interact with each other with love, spreading peace and promoting togetherness if we want a future of prosperity and goodwill. The period of youth is the time of learning, of preparation, of exploring and, not forgetting, having fun. My involvement with the youth of AYC, through the years, have brought all of this, and so much more, back into my life enriching it beyond all expectations. I am eternally grateful to my Teacher, and the youth of AYC, for this blessed opportunity. A humble word of thanks to the first chairperson of AYC, Nazeemah Soomar Adam, for her dedicated commitment over the first 5 years. Hopefully this will be the foundation for many more years of AYC growth, inshallah.

To the youth currently at the helm of AYC, I share these insightful words of Hazrath Ali, the cousin and son-in-law of Prophet Muhammad, PBUH, to his sons, to always; "accept good advice and freshen your mind with it." You have been entrusted with a great responsibility, which will, I'm sure, bring you much joy and happiness in the years to come. I salute you for the mature manner in which you have accepted this remarkable challenge. Thank you!

I leave you with the inspirational words of Mevlana Jelaluddin Rumi;

Try and be a sheet of paper with nothing on it.
Be a spot of ground where nothing is growing,
where something might be planted,
a seed, possibly, from the Absolute.

Nazeemah Soomar Adam



Bismillahi Ar Rahman Ar Rahim

Thanks and praise to Allah, for guidance to the truth. I would like to thank our spiritual mentor, Murshid Shaykh Taner Ansari and wife Shaykha Muzeyyen for their constant love and support, and their representative in Durban, Shaykh Nishaat Siddiqi

As AYC Chairperson from inception until its 5th anniversary, I am humbled by the privilege afforded to me. It has been a remarkable journey of growth and harmony, by any standards.

Having a background in very real problems encountered in society today, I could not have appreciated more, the burst of positive energy, and an opportunity to make a difference. Alhamdulillah, Allah's hand was always over us as a group, tangibly so.

I interacted with AYC, and observed them grow. Some were scarcely able to interact, while others were just happy to be away from mayhem, finding love and laughter. From very early Sunday mornings, to forcing out an activity report, the memories are indeed a casket full of treasure. Getting dirty while planting seedlings, bearing the sun while cleaning beaches, falling over in a cricket match, and plenty of birthday cake!

AYC members and their families have taught me many lessons: Tenacity, love, commitment. Most indelible though, is that we can make a difference, starting with just one small sincere committed step, and Allah will furnish the way to further His course of light prevailing over darkness.

Everyone involved are deserving of sincerest thanks. My amazing and on-the-ball team of committee members, the parents of these amazing young people for believing in the cause, and sharing your homes, your time and your food with us!. A special mention has to be made of Mr Nanda Soobben of the Centre for Fine Art, Animation and Design, for offering us your presence, your venue and your Brazilian coffee! Natalie Gorven for her commitment to clean our beaches, and for always accommodating us. Susan Ramsunder of TAFTA, Mrs Farhana Patel of William Clark Home for vulnerable children, and Mr Farook Khan for his sharing his home, his memories and his great writing skills with our youth.

My prayer is only for love and prosperity to envelope AYC, as it ventures forth to new horizons, bringing much joy to many hearts.

Nazeemah Soomar Adam

Thameez Ahmad Bodhanya



Salaam/Peace

The Ansari Youth Club (AYC), established a mere 5 years ago, a toddler still learning how to walk, yet, at times it feels like we've always been here; running, taking bigger strides with every event, project and action.

What you hold in your hand is one of our greatest undertakings so far.

AYC is a platform for the youth to come together, learn, live, explore, experience and gain new life skills whilst having fun and enjoying themselves holistically in this world.

AYC, without discriminating against race, creed, faith or gender, provides a platform for the voice of the youth to be heard, cultivating great leaders in the process.

Our goal is to create Peace, fostered by Unity and nurtured by Love. We refuse to repeat the mistakes of those who came before us. Our Youth are catalysts for positive change in this world.

This yearbook aims to give a snapshot of our projects, members and volunteers throughout the years, showcasing our youth and their achievements as they've grown from strength to strength, helping to cultivate this message in their own way.

I'm glad to say it lives up to these expectations and more.

Thameez Ahmad Bodhanya
Chairman of AYC (Ansari Youth Club)
15-02-2016

AYC KZN

NPO – 118 917

the mission statement.

Mission Statement

“AYC is guided by Sufi Principles to implement a culture which includes a balanced lifestyle, unity, tolerance and love amongst diverse youth globally”

Aims and Objectives

1. To provide a forum for the youth to develop a social responsibility towards individuals, communities and society as a whole
2. To provide a social context for the youth to come together and build unity amongst all members and relationships in the community
3. To develop leadership qualities among the youth
4. To educate the youth on environmental issues, personal growth and current affairs
5. To develop a universal consciousness amongst the youth (religious tolerance, race, gender, and equality)
6. To initiate self-directed programs that comes from the youth.
7. To plan and execute seminars to inform and enable discourse on the above issues
8. Using media effectively for youth and social developments
9. Recruitment and retention of core team members who display a commitment to the above aims and objectives

Ya Wadud Ya Salaam Ya Jami Ya Nafi
Love Peace Togetherness for Goodness

Meet the Durban AYCers

We have asked the AYCers big and small questions about themselves. Get to know all our members over the past five years on these pages. Also look out for friendly faces on the events pages.

Name: Fatimah Zahra Khan

Age: 14

Hobbies: photography, baking, swimming and anything else fun

What I have learnt: everything is more fun doing it with people you love



Name: Aneesa Jeewa

Age: 13

Hobbies: art and any sport

What I have learnt: about creativity

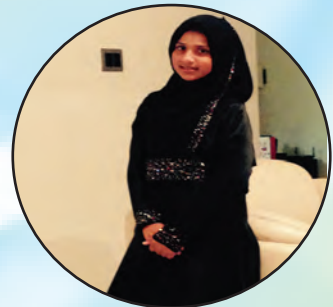


Name: Sameeha Bux

Age: 11

Hobbies: swimming and using any form of technology

What I have learnt: how to socialise with people from all sources of life



Name: Laeeqa Bux

Age: 15

Hobbies: swimming and reading

What I have learnt: with the right group of people anything can be accomplished



Name: Maryam Adam

Age: 15

Hobbies: sports, reading, eating and sleeping

What I have learnt: everyone can enjoy life, love peace and togetherness



Name: Muhammad Yusuf Adam

Age: 19

Hobbies: swimming, gyming, soccer

What I have learnt: respect and caring



Name: Zaheer Jacob Adam

Age: 22

Hobbies: reading and sport

What I have learnt: the youth have a huge responsibility to create a better tomorrow



Name: Khadeeja Rajub

Age: 14

Hobbies: guitar, soccer, eating, baking

What I have learnt: acceptance



Name: Noorjehaan Khan

Age: 14

Hobbies: cooking, baking, swimming and listening to music

What I have learnt: Learnt about working together



Name: Zeenat Ebrahim

Age: 19

Hobbies: reading, spending time with friends and family, quite fond of political discussion, coffee, tea and sleeping

What I have learnt: I've found that I quite enjoy learning about different religions



Name: Nana Mlambo

Age: 20

Hobbies: reading, writing, swimming, photography, and gardening.

What I have learnt: with AYC I have learnt more about spirit and meditation



Name: Maryam Bodhanya

Age: 24

Hobbies: reading, enjoying nature and painting

What I have learnt: all of us are connected



Name: Thameez Bodhanya

Age: 21

Hobbies: creating

What I have learnt: Don't be prejudiced



Name: Yaaseen Bodhanya

Age: 19

Hobbies: Reading books, playing video games, anything to do with technology, soccer occasionally, and sleeping

What I have learnt: Learnt a lot about other religions recently



Name: Y. Hazmatally Goolam Hossen

Age: 26

Hobbies: Cycling.

What I have learnt: be responsible for who you are



Name: Halima Vahed

Age: 19

Hobbies: Reading books, watching series, eating, sleeping and exercise

What I have learnt: Since joining AYC, I've learnt how to work with and teach the young ones, I've become better at public speaking, but more importantly, AYC has taught me to have compassion for all human beings, and also to be more aware and considerate of our environment, to take care of the people and planet alike.

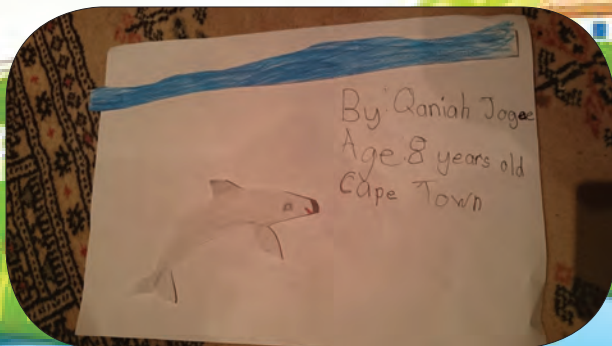
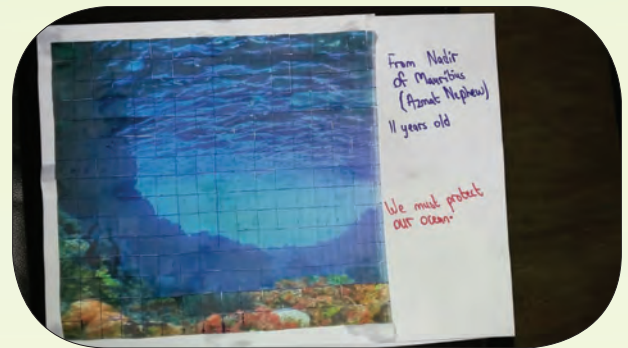
I've learnt a lot from AYC, and I have the feeling I'm going to be learning a lot more.



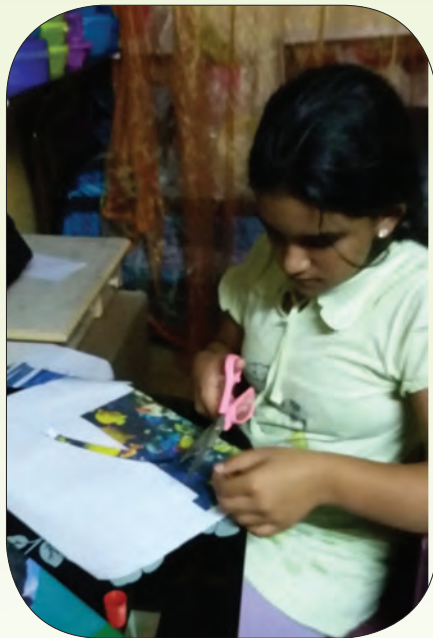
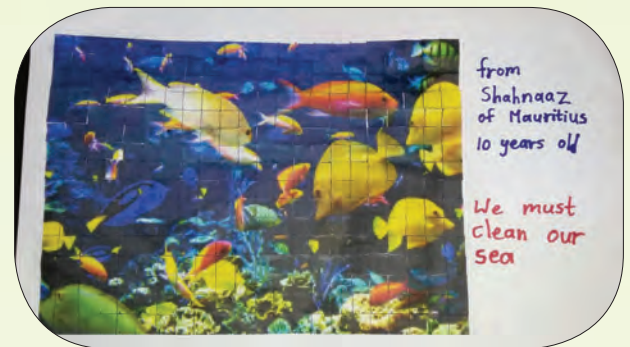
Little Aye Art Gallery



Little Aye Art Gallery



Little Aye Art Gallery



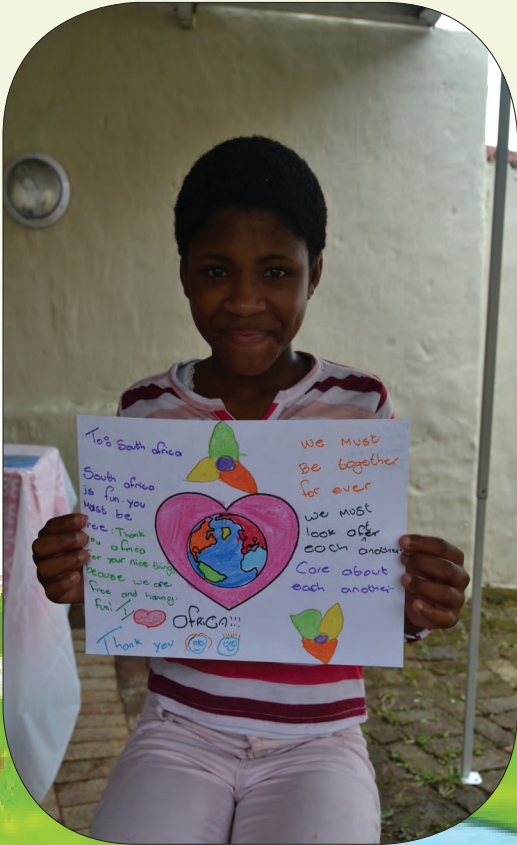
Little Aye Art Gallery



Little Aye Art Gallery



Little Aye Art Gallery



Leadership & Skills



First ever Leadership workshop in 2011



Kids learning how to cook

Learning how to make bird feeders and other items out of recyclables at Mitchell Park



The Round Table- AYC drawing nature at the Art workshop



Meet the Little AYCers

We have asked the AYCers big and small questions about themselves. Get to know all our members over the past five years on these pages. Also look out for friendly faces on the events pages.

Name: Goitsemodimo Bofelo

Age: 9

Favorite color: Blue

Favorite event: Soccer tournament

What have you learnt?: Teamwork and sharing

Hobbies: Painting, writing, and running around having fun



Name: Raaid Goolam Mahomed

Age: 10 years

Favorite color: blue, red, yellow

Favorite event: Ushaka

What have you learnt?: I learnt about dolphins

Hobbies: Riding my motorbike and playing playstation



Name: Ria Goolam Mahomed

Age: 10

Favorite color: Turquoise, black, white

Favorite event: Ushaka event

What have you learnt?: Loved learning how to make new friends

Hobbies: Playing with dolls and singing



Name: Hamza Khan

Age: 8

Favorite color: Neon orange

Favorite event: Art event

What have you learnt?: I learnt to write in different patterns

Hobbies: Soccer, cricket and reading



Name: Hanan Khan

Age: 10

Favorite color: Yellow

Favorite event: Botanical gardens

What have you learnt?: I have learnt to share with others e.g. sharing our games

Hobbies: Reading, writing, and drawing



Name: Nuha Mahomed

Age: 9

Favorite color: I have 9 favourite colours: silver, pink, blue, yellow, indigo, violet, purple, red and gold

Favorite event: I enjoyed writing our names in the book (yearbook) and the beach clean up

What have you learnt?: I love AYC because we do fun things and I learn new things.

Hobbies: Reading and being outdoors



Name: Hannah Adam

Age: 9

Favorite color: purple

Favorite event: photography and baking

What have you learnt?: working together is fun

Hobbies: Baking



Name: Zayna Adam

Age: 7

Favorite color: blue

Favorite event: arts and crafts

What have you learnt?: teamwork

Hobbies: Kung fu and riding my bike



Name: Yacoob Gafur

Age: 5 years

Favorite color: dark blue

Favorite event: Ushaka

What have you learnt?: I learnt how to work together

Hobbies: Play soccer, painting and coloring



Name: Yusuf Gafur

Age: 7 years

Favorite color: Red

Favorite event: Ushaka

What have you learnt?: I learnt art and photography

Hobbies: Play with my tablet, play hide and seek and reading books.



Name: Busisiwe Amahle Magudulela

Age: 11 years

Favorite color: Pink

Favorite event: Ship (books event)

What have you learnt?: I have learnt that AYC group is kind and loving

Hobbies: Netball



Name: Nita Aphiwe Ngcobo

Age: 11 years

Favorite color: Orange

Favorite event: Ushaka Marine World

What have you learnt?: I have learnt to be responsible, share and be humble

Hobbies: Singing



Name: Meliha Siddiqi

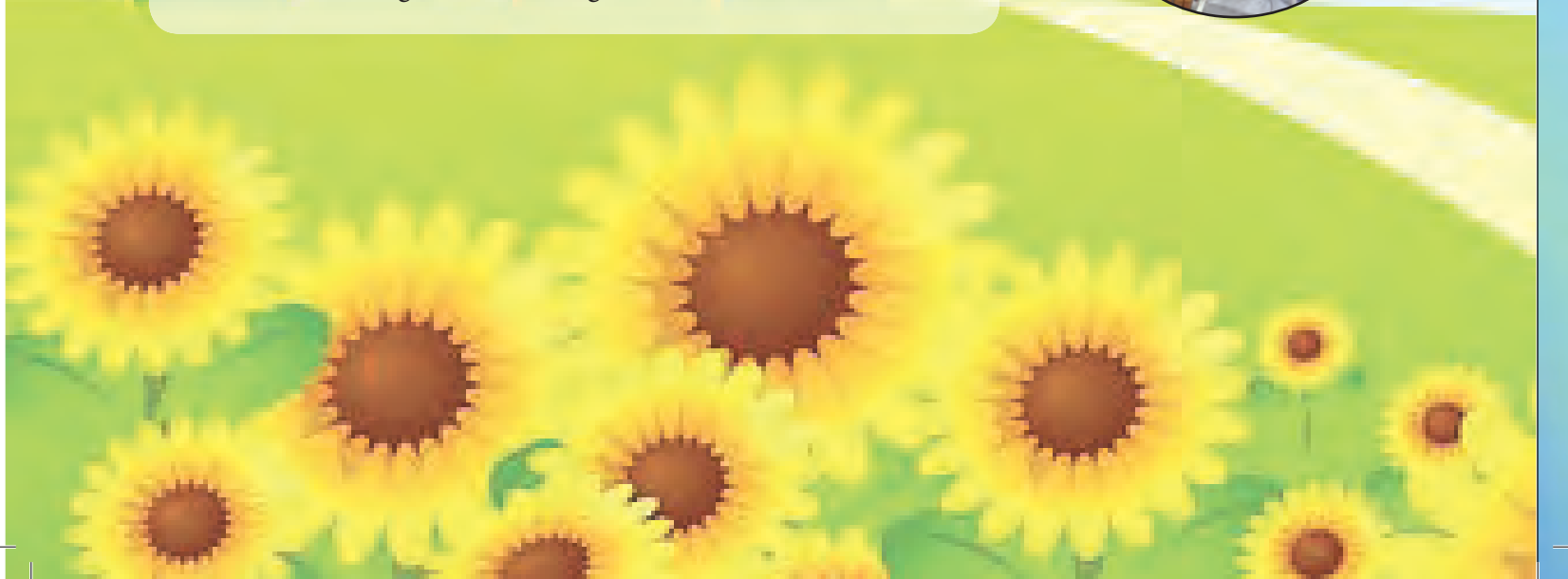
Age: 10 years

Favorite color: Purple

Favorite event: Swimming Gala

What have you learnt?: To put your friends and family before yourself

Hobbies: Reading and Gardening



AYC in the media



AYC acknowledges the importance of reusing recyclables



AYC given the opportunity to be on a Web conference



AyC in the media



AyC giving sohbet (spiritual discourse) on a Worldwide web conference



AyC on Radio Al-Ansaar speaking about the importance of Ocean Awareness

Youth club sets up vegetable garden



Members of the Ansari Youth Club with pensioners from St Martin's Village



Ansari Youth Club (AYC) KZN began a vegetable gardening project at St Martin's Village in St Theresa's Road on Saturday, 24 September 2011.

AYC KZN is a branch of an international affiliation and is a non-profit and non-exclusive youth club whose vision is to bring humanity, unity and love

back into the hands of the youth.

In that spirit, they will be setting up vegetable gardens. They are also focussed on building mature leaders. A leadership afternoon will be held on Saturday, 1 October 2011.

For further information, contact Nazeemah on

AyC setting up a vegetable garden at St. Martins Old Age Home



Sports

Sports brings people together, both young and old. AYC has always taken an active role in playing sports. The pictures below highlight some of our best sporting moments.



Action Cricket by our very own Little AYCer Ismail



AYC with the participants of the street soccer tournament



Cycling in beautiful Durban- even the Little AYCers like to join!



OTC vs AYC in a soccer match



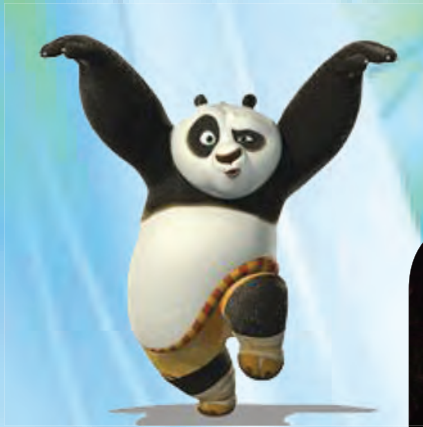
Sports



Maryam Adam caught her very first fish



Goal! at the street soccer tournament



Night swimming gala



Cycling in beautiful Durban



Our Little AYCers enthusiastically fishing



Sports



Swimmers at the AYC night swimming Gala



Team at the street soccer tournament



Team building exercise - learning to walk



Up early and at the beach awaiting a joyous day filled with fish



Sports



Volleyball team in action



Prize giving at the swimming gala



Winner getting a prize at the swimming gala



Volleyball team at Durban beach



“Going Green”



In 2015, Ansari Sustainable Living SA (ASL) invited AYC KZN to share a platform at the Annual Sustainable Living Exhibition, a vision that finally came to fruition. Both ASL and AYC benefitted tremendously from AYC’s participation in the Exhibition as this major City event in Durban, South Africa showcased sustainable initiatives that were relevant to individuals and businesses alike in the scope of daily living.

The youth engaged with the general public at large and displayed much enthusiasm, team spirit, innovation and commitment in executing their respective duties. AYC’s presence at the Sustainable Living Exhibition has been a catalyst in encouraging other youth to be proactively engaged in and consciously involved in our environment and sustainability as a means of preserving or securing a better future for generations to come.

AYC has also actively participated in and assisted ASL in several planting initiatives at organisations such as RAUF (Refocus and Upliftment Foundation). A successful vegetable garden has been set up where fruit and vegetables supplement the Centre’s dietary requirements as well as providing an income generating avenue from the fresh produce.

Sustainability is a global priority and youth particularly are encouraged to participate in and share ideas on various ways of incorporating sustainability in your daily lives such as growing your own food.

Initiate a garden at your respective schools or at home by planting vegetables or herbs in a small garden patch or in any recycled container. All you need to commence with your vegetable garden is:

- a) a patch of garden or potting soil in a pot
- b) seedlings
- c) compost
- d) water
- e) lots of love and patience

And you’re on your way...happy planting!

A huge thumbs up to AYC for your efforts in a global vision of sustaining a better future.



Sustainable living

AYC believes that trying to live in harmony with our environment makes sense and brings meaning to life. Getting involved in sustainable living projects with others makes one's own life meaningful, whilst also affecting the world around us. The youth have been involved in many sustainable projects and these pictures share with you some of these projects.



AYC hard at work at St. Martin's Home for the Aged



AYC represented at COY7 (Conference of Youth) for climate change



Sustainable living



Gardening at Minds Alive in 2011



Kids making musical instruments out of recyclables at the Sustainable Living Exhibition



Sustainable living



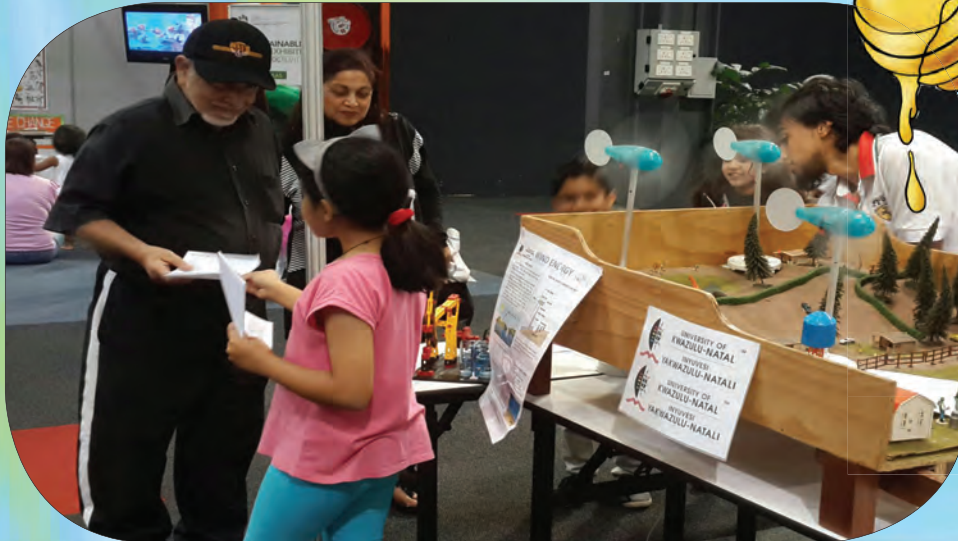
Ocean awareness with KZN Beach Cleanup at Mangrove swamps



Youth showing their support for climate justice



Sustainable living



Demonstrating the use of solar and wind power at the Sustainable Living Exhibition



Mehiha Siddiqi waving after a hard days work planting at RAUF (Refocus and Upliftment Foundation)



Community involvement



*Assisting at the ABH
(Aryan Benevolent Home)*



*Assisting with the feeding
scheme at South Beach
Shelter*



*Receiving the school flag
from Paul Sykes School after
AYC donated stationery to
under-privileged pupils at
the school.*



Community involvement



AYC knitting squares for the Knit a Square project that helps the underprivileged.



Interfaith activities



Painting murals at school in Umkomaas.



Community involvement



Assisting in school renovations in Tongaat



Spending time with disadvantaged kids at Umkomaas



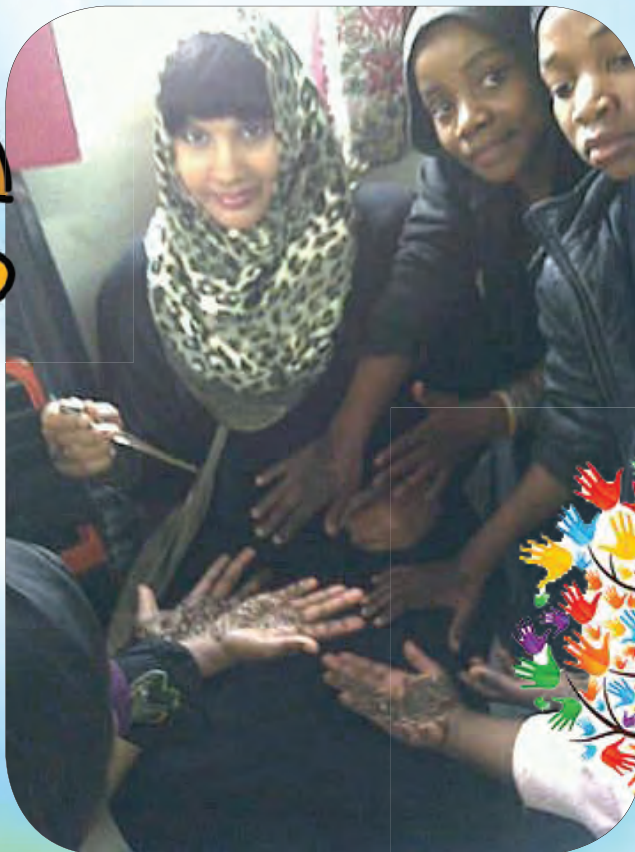
Community involvement



Hamper packing with Islamic Relief



Putting mehndi for the girls at the Bonela orphanage for Eid



Recipes



Chicken ala King by Maryam Adam

Ingredients

30ml butter
125 ml chopped onion
125 ml green pepper strips
5 ml chicken stock powder(optional)
500 ml chopped deboned cooked chicken
15 ml chopped parsley
250 ml white sauce
75 ml milk

Method

1. Place the saucepan on the stove and switch on the heat to high.
2. Melt the butter or margarine in the saucepan and stir in the chopped onion and green pepper.
3. Stir continuously so that the vegetables do not burn.
4. Reduce the heat to medium after 3 minutes and continue stirring until the vegetables are tender.
5. Sprinkle over the chicken stock powder.
6. Add the chopped chicken and parsley and stir slowly until the chicken is hot.
7. Switch off the heat and leave the mixture in the saucepan while preparing the white sauce.
8. Add the chicken mixture and milk to the hot white sauce as soon as it is ready. Stir slowly to blend until it boils again. Switch off the heat.
9. Serve with boiled rice or roti.



Recipes



Chicken Casserole by Zaheer Adam

Ingredients

- 1 lb. chicken tenders
- 1 C. uncooked rice
- 2 carrots, thinly sliced
- 1 green bell pepper, cut into small pieces
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1/3 C. soy sauce
- 3 Tbs. sugar
- 3 Tbs. apple cider vinegar
- 1 Tbs. sesame oil
- 1 1/2 tsp. ground ginger

Method

1. Preheat oven to 350 degrees. Lightly grease a 9x13 inch baking dish.
2. Mix together chicken, pineapple, rice, carrots, pepper, onion, and garlic in the dish.
3. Heat small saucepan over high heat, add, pineapple juice, soy sauce, sugar, vinegar, sesame oil, and ginger.
4. Bring to a boil, then pour over chicken.
5. Cover with foil and bake for about 45 minutes or until chicken is cooked through and rice is tender.



Recipes

Steak Stir Fry by Thameez Bodhanya

Ingredients

Vegetables:

Onions
Red Peppers
Yellow Peppers
Green Peppers

1kg steak

Marinade:

1 tsp Salt
½ tsp Crushed Jeera
1 tsp Lemon Pepper
1 tsp Chillie Powder
1 tsp Crushed Garlic
1 tblsp Steers BBQ Sauce
1 tblsp Cross and Blackwell Chillie Sauce
1 tsp Vinegar

Sauce:

6 tblsp Steers Peri-Peri Sauce
6 tblsp Mayo
4 tblsp Worcestershire
4 tblsp Tomato Sauce

Method:

1. Jullien the vegetables
2. Stir-fry Veggies, then remove
3. Cut steak fillet into strips
4. Marinate Steak with the marinade
5. Then add veggies
6. Mix together sauces and throw into stir-fry



Recipes

Strawberry Dessert by Hafsa Rajub

Ingredients

- 1 bottle ORLY WHIP
- 400ml STRAWBERRY YOGHURT
- 3 quarter can condensed milk
- 1 box of jelly (strawberry)
- Fresh strawberries for decoration

Method

1. Mix the jelly in large tray
2. Let the jelly set in the fridge
3. Beat the orly whip
4. Add the yoghurt and condensed milk
5. Beat well
6. Pour it over the jelly
7. Add sliced strawberries on top
8. Let it set and...
9. Enjoy!



Falooda (jelly) by Maryam Bodhanya

Ingredients

- 3 cups water
- 3 quarter cup sugar
- 1 full teaspoon china grass powder/ gelatin powder
- 4 Tablespoons rose syrup

Method

1. Add the water, sugar, and china grass powder in a pot. Mix well and boil until it thickens (approx 5mins)
2. Remove of stove and add the rose syrup
3. Pour into a dish and refrigerate until it sets.
4. Serve cold



Beauty tips

1. Perfume:

Apply your perfume behind ears - it's a 'pulse point' where your veins are close to your skin. You'll generate more heat which helps amplify your scent.

2. Hair tip:

- Avocado and coconut milk for dry and brittle hair; add in a dash of olive oil for extra softness and moisture. This deep conditioner also helps elongate curls.
- Egg, honey & olive oil is a simple protein treatment for damaged hair.
- Soybeans is one of the best food for health as well as it is also helps in maintaining your hair and skin health. It is filled with nutritious properties like vitamins, minerals and protein. You can say Soybean a complete food. Adding Soybean diet in your daily life will resolve many of your hair and skin related problems.

3. Eyes:

Black eyeliner can often make your eyes appear smaller, so instead of using a matte black liner try using one with a bit of shimmer or one that shines. The shimmer will help reflect light making eyes look larger!

4. Lips:

One of the coolest ways to make your lips more plump is to exfoliate them - you can either use a regular tooth brush or a lip scrub. It makes them really smooth and instantly bigger.

5. Face:

- If your face gets all shiny over the course of the day, you might want to look into getting some blotting sheets (or "oil-absorbing sheets," as they're sometimes labeled) to keep in your backpack or purse. You just pat them on your face, and they absorb all the extra oil and help you look more matte and less shiny. You don't even have to buy special blotting sheets - I had a friend who made her own by just cutting some tissue paper into little squares, and they worked really well!
- Apply Aloe Vera prior to make up to avoid dry flaky looking skin.
- To get rid of blackheads use 1tsp of lemon juice and 1 egg white mixed together and apply over blackhead area. Remove when dried up.
- For an excellent natural homemade toner, combine equal parts of apple cider vinegar and water into a container, mix it well and apply to face.
- Exfoliate, tone and moisturize morning and night. Take your time. Massage your skin when exfoliating, little circles with toner, and massage again with moisturizer.

Use cold water and lots of it.

- Gently pat dry. I do a blackhead scrub about every other day.
- Always take all of your make up off. Always. No excuses.
- Moisturize your lips too! At night I put a coat of Vaseline on my lips to lock in moisture. Making them super soft.
- I also scrub my lips every couple of days with a toothbrush.

- My biggest tip which I attribute to my clear skin: Aloe Vera. I apply aloe after I moisturize morning and night and ever since I started my skin is more even, less acne prone, tighter and healthier.

6. Nails:

A little manicure tip, before painting your nails, soak them in a little water and vinegar. This will make your polish stay on longer and make your nails dry faster. You can also apply the water and vinegar solution with a cotton ball.

7. Skin:

Drink lemon water everyday, all day!

- Keeps your skin blemish-free
The antioxidants in lemon juice help to not only decrease blemishes, but wrinkles too! It can also be applied to scars and age spots to reduce their appearance, and because it's detoxifying your blood, it will maintain your skin's radiance.

- Freshens your breath
It also helps relieve toothaches and gingivitis (say what?). Because the citric acid can erode tooth enamel, either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

8. Beneficial oils

Hang eucalyptus in your shower and the steam will release beneficial oils which have the following benefits:

Antiseptic, anti-stress, mental clarity, mood enhancer, anti-inflammatory, respiratory health.

Healthy Living Tips

by Ammaarah Abba Omar

8 Step checklist to maximize energy and get better sleep:

1. Early mornings (6am): starting your day early and being exposed to a bright light (sunlight) will kickstart your circadian rhythm.
2. Midmorning (9am-noon): make use of this time as it is your peak mental alertness. This is ideal for work and study.
3. Noon: this should be your last caffeine intake (if you do drink tea/coffee). A nutritious lunch will keep you energised once the caffeine wears off.
4. Early Afternoon (1pm-3pm): this would be about the time fatigue sets in. Try taking a walk (around the office or just up and down the stairs) to increase circulation and oxygen to the brain.
5. Late Afternoon (3pm-6pm): this would be the ideal time to get your fitness routine in.
6. Evening (6pm-9pm): cut down on screen time, that is using your phone, tablets, pc and television. These screens emit blue light that trick your body and affect your circadian rhythm. Try reading a book or magazine instead of scrolling through social media.
7. Night (9pm-10pm): a night time shower actually helps to cool down your body in preparation for a restful sleep.
8. Bedtime (10pm): aim to get into bed for a deep and rest sleep.

6 Things to do everyday for a healthier lifestyle:

1. Eat fruit instead of sugar. If you're craving something sweet, eating fruit will satisfy the craving and provide fibre, nutrients and anti-oxidants.
2. Sleep well. Getting a full 8 hours sleep is recommended for peak mental and physical performance throughout the day.
3. Eat regularly. Start off the day with breakfast to kickstart your metabolism. Planning and preparing meals in advance will ensure you eat well and refrain from binging throughout the day.
4. Eat foods with high nutrient content. The choice of food you include in your diet should be nutrient-dense with a balance of vitamins and minerals and lean protein.
5. Do yoga. Yoga focuses on stretching and breathing exercises that strengthen your core and help you relax your mind.
6. Drink water. Our bodies can't differentiate between hunger and dehydration. Staying hydrated will prevent fatigue and act as a natural detox for the body.

At Home Remedies for “sick days”:

1. Vicks Vapor Rub for congestion. This won't cure your congestion, but it will open your nasal cavities, allowing you to breathe easily.
2. Tea with Cayenne for an upset tummy. The heat from the cayenne will stimulate the digestive system. Only try this if you can bear eating spicy food!
3. Homemade chicken soup for a Cold. Nothing makes you feel more warm and comforted like a big bowl of hearty chicken soup, packed with vegetables to make you feel better.
4. Rubbing garlic on wounds. Garlic is a natural antiseptic which fights bacteria. If you can handle the smell, why not give this home remedy a try before the next ointment?
5. Homemade honey and onion mixture for cough. Honey soothes the throat, whether you have it raw, in warm water or tea. Onions are known to absorb bacteria to get rid of it. Leaving a cut up onion around someone who is sick will prevent others from getting sick too. Just make sure you discard the onion after!
6. Water with lemon for constipation. The major cause of constipation is not drinking enough water. The lemon is a natural antiseptic and will add some flavour to the water for people who can't seem to drink enough water.
7. A dip in the ocean for cuts and wounds. The first thing a doctor would do to a cut or wound, is rinse it with saline water (salt water).



Meet the OTC

When AYC was first started, we not only had youth members, but also older adults who supported AYC. We lovingly refer to them as the Old Timer's Club (OTC).

Nazeemah Soomar Adam

1. *Favourite event:* Knitting event
2. *What did you like about being part of AYC:* The fun and spirit of the young people and their growth
3. *Advice to the youth:* To always be creative in solving what they need to in their lives journey



Gadija Siddiqi

1. *Favourite event:* Shongweni
2. *What did you like about being part of AYC:* The fun, seeing the mix of young and old
3. *Advice to the youth:* Always be open to learning and at the same time having fun



Nishaat Siddiqi

1. *Favourite event:* Shongweni
2. *What did you like about being part of AYC:* Inspiration by the youth's initiative
3. *Advice to the youth:* Be willing to learn



Shamim Bodhanya

1. *Favourite event:* Shongweni
2. *What did you like about being part of AYC:* Different/ Intergenerational
3. *Advice to the youth:* Take all the leadership opportunities you get



Ruwaida Badrudin

1. *Favourite event:* Swimming gala
2. *What did you like about being part of AYC:* Seeing the youth empower themselves
3. *Advice to the youth:* Never lose your focus on Allah



Iqbal Adam

1. *Favourite event:* Paintball
2. *What did you like about being part of AYC:* Enjoyment, comradeship, warmth
3. *Advice to the youth:* Have more youth involvement



Hawa Kader

1. *Favourite event:* Picnic at Giba Gorge
2. *What did you like about being part of AYC:* Connecting to the youth
3. *Advice to the youth:* Empowering themselves as well as others



Mahomed Kader

1. *Favourite event:* Picnic at Giba Gorge
2. *What did you like about being part of AYC:* Association with the youth
3. *Advice to the youth:* Keep Balance



Abida Mahomed

1. *Favourite event:* St Martins
2. *What did you like about being part of AYC:* Focus on the youth and development
3. *Advice to the youth:* Focus on Allah and make use of opportunities



Gava Adam

1. *Favourite event:* Umkomaas planting
2. *What did you like about being part of AYC:* Association with the youth
3. *Advice to the youth:* Be true to yourself



Shaheen Adam

1. *Favourite event:* Paintball
2. *What did you like about being part of AYC:* The love, peace and unity
3. *Advice to the youth:* Be true to yourself



Richard Ellis

1. *Favourite event:* The ocean day art competition
2. *What did you like about being part of AYC:* The spirit of fun and laughter at events
3. *Advice to the youth:* Be aware of the impact and interaction you have with all living things and if possible, quietly bring positive attitude to negative situations



Abdurrahman Badrudin/ Uncle Raymond

1. *Favourite event:* The braai at the beach
2. *What did you like about being part of AYC:* The togetherness
3. *Advice to the youth:* Perseverance



AYC Gauteng

2015 events that AYC Gauteng has been involved in

January 2015

234 families taken to the cricket at Wanderers
Used a sporting event to help bond families



February 2015

Shaykh and Zain Bhikha visit to ABSIC

This was a school visit as a concert for the kids to enjoy and interact in a fun environment



March 2015

Stop Hunger Now

We took 80 volunteers with us to pack food for orphaned children in rural areas.

Kids in rural areas get 1 meal to last them 3 days and with the work we do, we help them get more meals packed. This is also a fun event as this helps families work together and depends on each other to reach the goal

Petting zoo for kids at a school

This was for kids to start opening up by using animals and breaking their fear of animals by holding them



April 2015

Waterwise events throughout Gauteng

We took puppets and Manzi to schools to teach children how to save water and how to respect water.



Chair and desk initiative

A school in Soweto needed desks and chairs for their young learners as they had kids sitting on the floor and learning. We managed to raise money and have the desks and chairs delivered before winter got in.



May 2015

Winter snuck in and kids at a school did not have heaters to keep them warm

We managed to get heaters for each class so the kids were comfortable and able to learn comfortably

Blanket initiative

We were able to distribute blankets to the needy in townships so they were warm at night



Spelling Bee

Kids were treated to gifts for performing well at their spelling bee and with this reward it gave them motivation to work hard for better gifts next year too



June - July 2015

Ramadaan was coming in and we wanted to increase in our work

Stop Hunger Now. 80 helpers to pack food for distribution in Ramadaan

We took 2 orphanages to Sandton City to get Eid clothes, gave the children a chance to choose their own clothes, this way it was to help them find their own identity.

Broke fast at a restaurant in the mall and off to Checkers to get some toys for the young ones and cosmetics and toiletries for the older ones. After all that exhausting shopping, we had ice creams at MacDonalD's and off we went home at 11pm.

With this, we found a family that had been through a lot and did the same for them as well as help them with food for Ramadaan and Eid



August 2015

We used August as our Dental health month

We took Colgate to schools to teach children how to brush teeth and look after their gums. All the kids got tooth brushes and toothpaste as a gift.



We also took an orphanage to the ICE AGE exhibition. We were about 50 people that got to enjoy the excitement of the cool animals during the ice age, thereafter dinner at Sandton City Mall and Ice cream at McDonald's

School needs

The school needed Stationery and things for infrastructure to get the school going

We were able to get all the necessary things to make schooling easier for the kids and more pleasurable.



September 2015

We had a spring competition to fix all the classrooms and make it attractive

We gave trophies to the classes that won and the kids loved that competitive edge, their determination made them all excel at making the classrooms bright and cheerful and clean



October and November 2015

This time we decided to take an orphanage to the Cricket because they had never attended a match before. They loved every moment and learnt how to play the game properly as well.

We also had a fund raising event with no MONEY but hard work. We managed to get 360 people that purchased tickets and the event went off well. We had Soji for starters, biryani for main and fruit salad and ice cream for dessert. We served tea and coffee with cakes as well and had a fun auction with paintings and fun things. We also had Waleed Bata sing Nazms for us.



A few days prior to exams, we got McLaren to take a sports car to a school to motivate kids to work hard and show them that they can achieve greatness and own the car if they really want to... Nothing should limit their beliefs

AYC Uitenhage

Alhamdulillah. It is a privilege and a great blessing to share in the start of our Ansari Youth Club in Uitenhage. With the mercy of Allah, AYC KZN's Chairpersons visited Uitenhage during the December holiday of last year 2015 to mentor our members in the setting up and starting up of our Ansari Youth Club. Since then we have been building on a solid foundation the structure of our Youth group with the guidelines and assistance of our Brother/Sister Youth Group KZN.

Our Youth objectives aim at the growth of each individual as well as the unified growth as a group, to develop a social responsibility towards each other, our communities and the society we live in. We focus on the wellbeing of our physical, emotional, mental and spiritual health. Our activities are based on having fun, and finding this in Play, Skills, Courses and Fundraising as well as environmental and community projects and ever more so, being God Conscious throughout.

It is a sought after privilege of AYC to lead and set the way in forming a system of tolerance, unity and a balanced lifestyle by cultivating young minds into being independent thinkers and leaders for our future. Guided by Sufi principles it has been made possible for us to create a platform of diversity for youth from all ethnicities, to come together with one ultimate and common goal: Learning God to please God, and by seeing God and Making God a part of all that we do and all that we are. We are but one race, a human race...



Aye Mauritius



From left to right: Taslim, Haseena, Jovesh, Vidya, Naziana, Sania, Yaaseen, Gulnaz
“emba pied”

The Mauritius Youth Club was established in Mauritius on the 14th of May 2011 by the Leader of the Ansari Sufi Order, Shaykh Taner Ansari and his beloved wife, Shaykha Muzeyyen Ansari. At the beginning, the members consisted mainly of students from the Department of Mathematics of the University of Mauritius. They were a group of dynamic youngsters (around 21 years old) with strong will and ambition to do something for their community. It is worthwhile to note that the young adults were of different religious backgrounds. After all, Mauritius is a multiracial country and the club was to reflect the harmony that prevails in the island.

During the first meeting, a chairperson was elected by the group, namely Hazmatally Goolam Hossen. A treasurer (Taslim Auleear), a secretary (Ridhima Nunhokee) and a PR (Vidya Ramkalawon) were also selected. In order to get started, the chairperson was advised to liaise with Javed Hoosen and Nazeemah Soomar in South Africa. At that time, they were running the Ansari Youth Club in Durban.

The fact that all the members were following the same course at the university, it was easy for them to meet at their convenience once a month or more often. Their most common meeting place was called “emba pied” (“under the tree”). This was a specific location on the campus attributed to “Royos” (Royos is the name by which the group was popularly known on campus). Different kinds of activities were carried out by “Royos”. Below is a list of them:

- Birthday parties (this was the most common event as it was done for many of the 80 or more classmates).
- Get-together sports game (football, badminton, table tennis) with other students of the university (at least twice a month).
- Eid gathering, Divali party, Independence Day, other national celebrations.
- Meeting with toptotop representatives and attending their meetings and cleanup sessions (3 events).
- Mountain hiking (2 events).
- Picnic, “Dholl puri & alouda” party (very often).
- Iftar parties at the university (almost every week in Ramadan).
- Crash courses for other students (at least once a week, courses were given by the youth group members to assist other classmates).
- Wearing the same colour of clothes (this was a trivial day-to-day activity that brought unity in many ways. One of them is that other students were attracted by this behaviour and would then join the group).

“Royos” had a closed group on Facebook where they could post pictures of events. The following pictures are from that group:



Sport Events



Pizza party after exams - Lunch



Soccer on the beach

Wearing same colour clothes



Birthday parties/Outing and Picnic at the beach



National celebration: "Rakhi"



Crash courses



Iftar Party



Nooree's 10th Birthday

After the course at the university ended in 2012, it became harder for the members to meet due to work and other constraints. However, the club was kept active under the mentorship of Shaykh Sadeck in different ways:

- Birthdays were celebrated on Zikr Day.
- Eid gathering, including games for kids was organised.



Lunch (Biryani) for Eid followed by musical chair

- A beach cleanup was organised with the members of the Ansari Sufi Order of Mauritius. This was a historical event. It took place on 1 September, 2013. The amazing planning of the event was such that on the same day, the Ansari Youth Club in Durban also had a beach cleanup organised by its chairperson, Nazeemah Soomar. Below are some pictures of the event in Mauritius. As one can see, it was lots of fun for all!



All in One Bus



Game on the beach



Beach cleanup with active participation of the little kids



At the end of November 2013, Hazmatally had to leave the country for further studies in Durban. Due to the bond that has been created between the two youth clubs, he was welcome as a family member by AYC in Durban. The group not only threw a party for his arrival but collected all necessary basic house needs to assist him in settling down comfortably. Since then, Hazmatally has been an active member of the club in Durban. Today, he acknowledges that his stay in Durban is full of warmth and care due to the connection that was established years ago.



Prayers (Zikr) for the sea

Nowadays the Mauritius Youth Club is run by Shameem Baichoo. The events organised are mostly targeted for the children of the members of the Ansari Sufi Order. It is hoped that in the near future, these children will give a new image to the Mauritius Youth Club.



*From top to bottom:
Nadir (12),
Nooree (12),
Shahnaaz (11),
Zainab (13)*

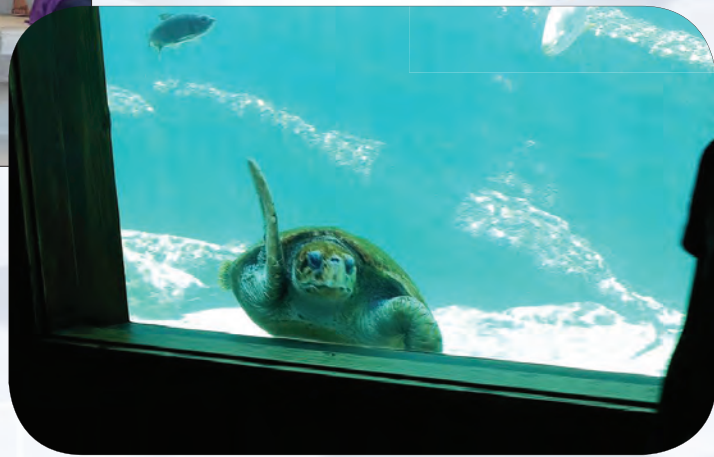


AYC's time with Shaykh Taner & Shaykha Muzeyyen

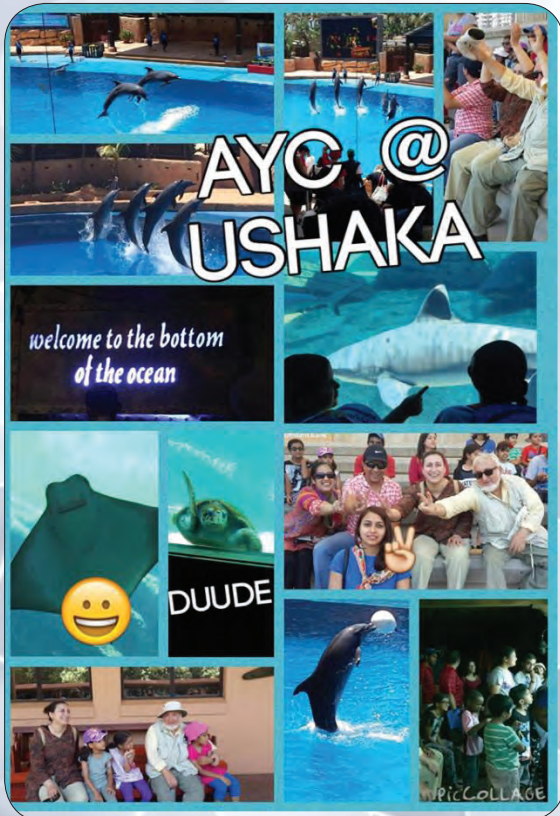
AYC looks forward to the time spent with Shaykh Taner and Shaykha Muzeyyen when they come to visit Durban. We always have moments filled with love, learning, happiness, and togetherness. The pictures highlight some of these amazing and special moments.



1,2,3,4! AYC's 4th birthday Celebration at Ushaka Marine World.



A turtle saying Hello to Shaykh Taner & Shaykha Muzeyyen at Ushaka Marine World



Artists at work at Creative workshop



AYC at Ushaka Marine World

AYC's time with Shaykh Taner & Shaykha Muzeyyen



AYC kids with Shaykh Taner & Shaykha Muzeyyen at Durban's Greenhub



AYC with Shaykh Taner & Shaykha Muzeyyen at the Creative workshop



Meliha giving a welcome speech to Shaykh Taner & Shaykha Muzeyyen at Ushaka Marine World



Sharing is caring



AYC's time with Shaykh Taner & Shaykha Muzeyyen



Shaykh Taner addressing AYC (have fun & make a difference)



Shaykh Taner & Shaykha Muzeyyen at the waterfall in Paradise Valley



Shaykh Taner & Shaykha Muzeyyen bonding with the Little AYC'ers



Shaykh Taner & Shaykha Muzeyyen singing Happy Birthday

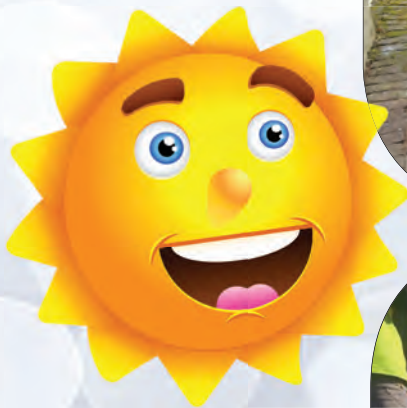
AYC's time with Shaykh Taner & Shaykha Muzeyyen



Shaykh Taner demonstrating cooking techniques for Turkish Cuisine



Shaykha Muzeyyen helping a Little AYCer at the creative workshop



Shaykha Muzeyyen showing the OTC how it's done (fishing at Durban Beachfront)



The youth should learn skills such as fishing - Shaykh Taner



AyC's time with Shaykh Taner & Shaykha Muzeyyen



Singing time with Shaykh Taner & Shaykha Muzeyyen



Some wise word to a youth at Paradise Valley



Turkish cooking lesson

Memorial Page

Akhtar Hoosen



“A star falls from the sky and into your hands. Then it seeps through your veins and swims inside your blood and becomes every part of you. And then you have to put it back into the sky. And it’s the most painful thing you’ll ever have to do and that you’ve ever done. But what’s yours is yours. Whether it’s up in the sky or here in your hands. And one day, it’ll fall from the sky and hit you in the head real hard and that time, you won’t have to put it back in the sky again.”

– C. JoyBell C.

When I was five years old, I was given one of the best gifts ever. I had been blessed with being the elder sister of a strangely wise little soul that would change my life and many others forever. Akhtar (means: lucky star) had always been an extremely independent child who was content and happy with very little. Being the youngest of three kids he gave far more to both his elder siblings than he took. He was extremely generous and shared his early childhood with many kids that lacked the love and warmth of family.

I remember him constantly sharing his toys and food with underprivileged and orphan children, his laughter and vitality would spread onto them all. When my parents decided to head Garden of Hope, an NGO/NPO open to all underprivileged children in Copesville, Akhtar welcomed and supported it completely. Saving up cash by him utilizing his transport money and walking to primary school so that he could personally give something to children. Many of which were elder than him. While playing and running about he would teach the kids to bath and wash themselves, helping them wash sores that they would have on their body with Savlon and hand them meditated creams. It was also much to his credit that we have adopted our little sister Aminah.

Akhtar grew up to be an extremely fun, responsible young adult bringing youth together. He played an active role in the founding of AYC, volunteered daily at Islamic Relief KZN, and played an active role in community service in Pietermaritzburg. After completing his matric he worked two jobs and earned three incomes prior to moving to Johannesburg where he worked within pharmaceutical manufacturing and studied part time.

Akhtar Hoosen was found peacefully sleeping on the 01/08/2015 at the age 21. My last memory of my beloved brother is of him covering and tucking me into bed. He passed away after a full days work, spending quality time with his family and bidding them goodnight. He lived a full complete happy life fulfilling all of the items on his bucket list in two years after completing high school.

Akhtar was born with a larger heart than normal yet lived an active life. It had come as a total shock to family and friends. I have always loved my brother, but cannot express my respect and admiration for him now. Akhtar had lived the last year or so completing and fulfilling not just his own dreams. He bravely and solely bared the responsibility of knowing he needed a heart transplant and lived everyday as if it was his last. Keeping away his pain and difficulties from all he loved and giving them the best memories to go on living. He now remains a silent hero in the hearts of many <3

Loved and remembered by His Parents Emam and Rehana Hoosen, His siblings Javed and Nargis and his beloved nephew Yusuf Ali

May Allah, the Most High, bless the soul of Akhtar
and admit him into His presence.



Little AYC Jokes Corner

Riddle: Jack wears a size nine shoe, is 13 years old and he is an assistant at the butcher shop. What does he weigh?

Answer: Meat

~*Firdows Vally (Age 11)*



Why is 6 scared of 7?

Because 789

~ *Zayna Adam*

(Age 7)

What time do you go to the dentist?

Tooth hurty (2:30)

~*Yusuf Gafur (Age 7)*



Knock knock.

Whose there?

Canoe

Canoe who?

Canoe help me with my homework?

~*Hannah Adam (Age 9)*

Little AYC Jokes Corner

What is a snake's favorite subject?

Hissssssstory!

~Yaqoob Ghafur (Age 5)



What has four wheels and flies?

A garbage tuck

~Nuha Mahomed (Age 9)



What's the difference between a train and a teacher?

One goes choo choo, While the other goes shhh shhh!

~Hanà & Hamza Khan (Ages 10 & 8)



SHHH!



Ya Shakur
~ The Grateful One

AYC would like to give thanks to God, the Supreme Power of the universe.

We would also like to thank our Spiritual Advisors Murshid Shaykh Taner Ansari and Shaykha Muzeyyen Ansari.

To all those that contributed to AYC's success, this including the members, family, and organizations that have helped shape and support AYC, thank you.

And finally, to the Youth, you are the future and the World is in your hands. Strive to be positive leaders as the future is what you will shape it to be.

Ya Wadud Ya Salaam Ya Jami Ya Nafi
Love Peace Togetherness for Goodness