



JOIN US FOR A **LUNCH + TALK** ON

# Mizaan

**BALANCING THE SCALE OF HUMANITY**  
in aid of orphans and vulnerable children

## GUEST SPEAKERS:

**ADILA VAHED**  
Adivah in Africa



**NASREEN KHAN**  
Educational Kinesiologist



**SAT 5 OCT 2019**



**13h00 - 16h00**



**Masjid Munawar Hall,  
North Street Stanger**



Organized by the Islamic Relief



**RSVP is ESSENTIAL - Aisha: 082 890 3973 / Khadija: 082 639 2227**



## Mizaan – Balancing the Scales of Humanity

Mizan means a scale. In Islamic terms, it is a spiritual scale which will be used to weigh one's good deeds and sins in the Hereafter. In supporting an orphan, you will be tipping the scale your scale of deeds in your favour.

## The Orphans and Vulnerable Children Programme

Islamic Relief orphans and vulnerable children campaign assists children with **monthly food hampers, guardian support, child protection, education, health and orphan care**. Children are provided with nutritional, educational, health and psychosocial support.

Thousands of orphaned children remain vulnerable to poverty and sickness while lack of proper shelter results in displaced children living in institutions or facing inadequate housing. These children have no access to education or self-sustaining skills which result in insecurity and instability.

Islamic Relief believes in **protecting and fulfilling children's rights**. Together, our global efforts help sponsor over **60,000 children around the world**, transforming their lives with opportunities and aid. Our orphan sponsorship program is one of the **best in its field and targets more countries** in need.

In **KwaZulu Natal** alone there are approximately **300 orphans and vulnerable children** that require assistance on a **monthly basis**.

In order support the Orphans and Vulnerable Children Programme, a sponsor can assist by donating:

- **R500 per month:** Afghanistan, Bangladesh, Chechnya, Ethiopia, India, Mali, Niger, Somalia, Yemen, Sudan.
- **R560 per month:** Albania, Indonesia, Iraq, South Africa and Pakistan.
- **R700 per month:** Bosnia, Jordan, Kosova, Lebanon, Palestine Gaza, Palestine West Bank, Syria.

## Islamic Relief History

Islamic Relief South Africa is an independently registered NGO affiliated to Islamic Relief Worldwide (IRW), the **world's largest Muslim humanitarian organisation**. Islamic Relief's mission is to help those in need regardless of race, colour, political affiliation, gender or belief to live sustainable, self-reliant lives within safe and caring communities.

The first Islamic Relief South Africa office was **established in Johannesburg in 2004** and for the past 15 years, Islamic Relief has been advocating for the most vulnerable people who are facing issues like **food insecurity, poverty, and domestic violence**.

The services offered by Islamic Relief South Africa include ***educational and bursary support for orphans and vulnerable children, food and nutritional support, healthcare, disaster relief, orphans and vulnerable children assistance and water solutions***. Our work is centred on providing holistic, sustainable solutions and we prioritise the needs of orphans and vulnerable children.

Islamic Relief is the **first Muslim organisation** to be awarded **Core Humanitarian Standard certification**, we were also ranked in the top **20 out of the top 500 NGOs** worldwide. Islamic Relief is also the **implementing partner of the United Nations Refugee Agency, United Nations World Food Programme and the European Commission's Humanitarian Aid and Civil Protection department (ECHO)**.

Inspired by our Islamic faith and guided by our values, we envisage a caring world where communities are empowered, social obligations are fulfilled and people respond as one to the suffering of others.

## Programme – Ladies Lunch

In association with Stanger Muslimah Group  
Musjid Munawwar – 20 North Street, Stanger

13:00 – Qiraat and Dua

Reciter: Aalimah Zakirah Motala

13:10 – Welcome on behalf of SMG & IRSA and Introduction to the event

Speaker: Ayesha Ismail

13:20 – Introducing Nasreen Khan

Speaker: Ayesha Ismail

13:22 – 10 seconds – A Survival Tool

Speaker: Nasreen Khan

13:42 - Starters Served (samosas/gajarhalwa/salad)

13:57 – Introducing Adila Vahed

Speaker: Adila Vahed

13:59– Topic: The Powerful Link between Beliefs and Health

Speaker: Adila Vahed

14:19 – Main meal served

14:40 - IRSA Orphans and Vulnerable Programme Pledge

Speaker: Ayesha Ismail and Iman Zulu

15:10 - Vote of Thanks and Closing Dua

Speaker: Sauda and Aalimah Zahirah Motala

15:20 – Tea and Networking

16:00 - End

*\*\*subject to change*

### Guest Speaker – Adila Vahed

Adila Vahed spent 9 years in the hotel industry and then established a marketing, brand and events management company, Adivah in Africa Pty Ltd, in 2011.

In 2014, Adila authored and published the book “Get out of Your Mind!” 7 steps to creating long term success & life-long fulfilment which was published in Toronto, Canada by New York Times Bestselling Author, Raymond Aaron.

Adila is now the owner of The Concierge Boutique Bungalows and the famous Freedom Café in Durban, she also hosts the prestigious Adivah Women of the Year Awards that celebrates the contribution of women to society across South Africa.

Even with the demands of being a mom of 2, a businesswoman and empowerment coach, Adila dedicates her time to facilitating healing and empowerment sessions through the Heal Your Life method based on the teachings of Louis Hay.

The philosophy of Heal Your Life is built upon the foundation that every person has access to the ability to heal their lives, body and circumstances. This means that the body can return to its natural state of good health and we can have good and healthy relationships, and we can create a prosperous life.

### Guest Speaker – Nasreen Khan

Nasreen Khan, wife of Yusuf Khan and mum to Yaseen and Faatima, hails from our town of Stanger. Having always had a passion for working with children, she initially worked as an Educator. However, the transition to Kinesiology was a natural progression as she recognized its potential to help children live happier, healthier and purposeful lives.

Nasreen advocates that life is a series of choices. We are able and capable of making choices that benefit us. Together with other specialists in the mind and body sphere, Nasreen often hosts workshops for children and women, focusing on conscious living.

Nasreen consults with clients from her office in Ballito and has graced the cover of the latest Mum's Mail magazine. Her impressive CV boasts a range of courses including Play therapy, which coupled with Brain Gym and Kinesiology, produces phenomenal positive results.

Nasreen finds great joy in being the tool that the Almighty uses to assist people in leading balanced lives.