



کتاب نمائے عقائد

KABAB AUR SAMOSAY KAY NUQSANAAT



Presented by
Majlis-e-Tarajim (Dawat-e-Islami)

Shaykh-e-Tarooqat, Ameer-e-Ahl-e-Sunnat
Baniye Dawat-e-Islami, Allamah Maulana Abu Bilal

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کباب اور سموسے کے نقصانات

KABAB AUR SAMOSAY

KAY NUQSANAAT

Roman-Urdu

Yeh risala Shaykh-e-Tariqat Ameer-e-Ahl-e-Sunnat, baani-e-Dawat-e-Islami, Hazrat 'Allama Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi داعية بَرَكَاتُهُ الْعَالِيَةِ nay Urdu zaban mayn tahreer fermaya tha, Majlis-e-Tarajim nay is risalay ko **Roman-Urdu** may compose kiya hay. Agar is risalay may kisi bhi tarah ki kami-bayshi paye to neechay diye gaye postal ya e-mail address per Majlis-e-Tarajim ko aagah ker kay Sawab kay haqdar banye.

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FAHRIST

KABAB AUR SAMOSAY KAY NUQSANAAT

Durood shareef ki fazeelat	1
Musalman ki bhalai chahna kar e sawab hay	1
Kabab samosay khanay walay mutawajjeh hon.....	3
Kabab samosay tabeebon ki nazar mayn.....	4
Tali hui chezon say honay wali 19 bemariyon ki nishaandahi ..	4
Khatar nak zahar ka tor.....	6
Tali hui chezon ka nuqsaan kam karnay ka tareeqah	7
Bacha huwa tayl dobarah isti'maal karnay ka tareeqah	7
Fan e Tibb yaqeeni nahyn.....	8
Ghizaon kay baray mayn 41 madani phool.....	8

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Kitab perhnay ki Du'a

deeni kitab ya Islami sabaq perhnay say pehlay zayl mayn di huyi Du'a perh li-jiye إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ jo kuch perhayn gey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Tarjama:

Ay Allah (عَزَّوَجَلَّ)! Ham per 'ilm-o-hikmat kay derwaazay khhol day aur ham per Apni rahmat naazil ferma! Ay 'azamat aur buzurgi waalay!

(Al-Mustatraf, vol. 1, pp. 40)



Note: Awwal aakhir aik baar Durood Shareef perh layn.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
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KABAB AUR SAMOSAY KAY NUQSANAAT

Shaytan lakh susti dilaye magar aap sawab ki niyyat say yeh risalah mukammal perh lijiye.

Durood shareef ki fazeelat

Allah صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ kay mahboob, danaye ghuyoob ka farman e aalishan hay: jis nay ye kaha: 'جَزَى اللَّهُ عَنَّا مُحَمَّدًا مَا هُوَ أَهْلُهُ', 70 firishtay ayk hazar din tak us kay liye nakiyan likhtay rahtay rahyn gay. (Mu'jam auwsat, vol. 1, pg. 82, Hadees. 235)

صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Musalman ki bhalai chahna kar e sawab hay

Hazrat Sayyiduna jareer bin Abdulllah farmatay hayn: Mayn nay Huzoor Tajdar e Risaalat صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ say namaz parhney,

¹ Allah صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ hamari taraf say Hazrat Muhammad صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ko aysi jaza 'ata farmaye jiskay woh ahal hay

zakat daynay aur musalmanon ki khayr khuwahi karnay ar bay'at ki. (Bukhari, vol. 1, pg. 35, Hadees. 57)

Aa'la Hazrat رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: har fard e islam ki khayr khuwahi(ya'ni bhalai chahna) har musalman par farz hay.(Fatawa Razawiyah, vol. 14, pg. 415)

الْحَمْدُ لِلَّهِ عَزَّوَجَلَّ khud ko musalmanon ka khayr khuwahon mayn khapanayn aur sawab kamanay kay muqaddas jazbay kay tahat du'a kay saath saath sehhat mand rahnay kay liye chand madani phool nazar e haazir kiye hayn. Agar mahaz dunya ki rangeeniyon say lutf andoz honay kay liye tandrust rahnayn ki aarzu hay to risaalah parhna yahin moqoof farma dayjiye aur agar undah sehhat kay zaree'ay ibaadat aur Sunaaton ki khidmat par quwwat haasil karnay ka zehan hay to sawab kamanay ki gharz say achhi achhi niyyatayn kartay huye durood shareef parh kar aagay barhye aur risaalah mukammal parhye.

صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Allah عَزَّوَجَلَّ mayri, aap ki, jumlah ahl khanah aur saari ummat ki maghfirat farmaye. Hamayn sehhat o aafiyat kay saath aur dawat-e-islami kay madani maahol mayn rahatay huway islam ki khidmat par istiqamat inaayat farmaye. Allah عَزَّوَجَلَّ hamari jismani bemaariyan door kar kay hamayn Bemaar-e-Madinah banaye.

أَمِينٍ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

Kabab samosay khanay walay mutawajjeh hon

Bazaar aur dawaton kay chat patay kabab samosay khanay walay tawajjuh farmayan. Kabab samosay baychnay walay umooman qeemah dhotay nahin hayn. Un kay ba qoul qeemah dho kar dalayn to kabab samosay ka zaaiqah mutassir hota hay! Baazari qeemay mayn ba'z awqaat kiya kiya hota hay ye bhi sun lejiye! Gaye ki ojhari ka chhilka utar kar us ki “But” mayn tilli balkay **معاذالله عَزَّوَجَلَّ** kabhi to jama huwa khoon daal kar Machine mayn peestay hayn is tarah safeed but kay qeemay ka rang gosht ki maanind gulabi ho jata hay aur woh dhokay say gosht kay qeemay mayn khapa diya jata hay. Basa aouqaat kabab samosay walay hasb e zaroorat adrak lahsan waghayrah bhi usi qeemay kay saath hi piswa laytay hayn. Ab is qeemay kay dhonay ka suwaal hi payda nahyn hota, usi qeemay mayn mirch masalah dal karb hoon kar us kay kabab samosay bana kar farokht kartay hayn. Hotels mayn bhi isi tarah kay qeemay kay saalan ka andayshah rahta hay. Ganday kabab samosay walon say pakoray waghayrah bhi na liye jaye kay karahi ayk aur tayl bhi wahi ganday qeemay wala. Khayr mayn ye nahyn kahta kay **معاذالله عَزَّوَجَلَّ** har gosht baychnay wala is tarah karta hay ya Khuda na khastah har kabab samosay wala naapak qeemah hi isti'maal karta hay. Yaqeenan khaalis gosht ka qeemah bhi milta hay. Aur agar “but” kay qeemay ka kah kar hi farokht kia tab bhi gunah nahyn. Arz karnay ka mansha ye hay kay qeemah ya kabab samosay qaabil e itminaan musalman say

laynay chahiye aur jo musalman gunahon bhari hakatayn kartay hayn un ko tobah kar layni chahiye.

Kabab samosay tabeebon ki nazar mayn

Kabab, samosay, pakoray, shami kabab, machli aur murghi waghayrah ki tali hui botiyan, poriyan, kachoriyan, pizzay, parathay, anda aamlayt omelette waghayrah ham khob mazay lay lay kar khatay hayn. Magar bay zarar nazar aanay waali in khastah aur karari ghizaon ka ghayr muhtaata isti'maal apnay andar kaisay kaisay muhlik amraaz liye huye hay is ka shaaz o naadir hi kisi ko ilm hota hay. Talnay kay liye jab tayl ko khob garam kia jata hay to tibbi tahqeeqat kay mutaabiq is kay andar kai na khushgawar o nuqsan dah madday payda ho jatay hayn, talnay kay liye dali janay wali cheez bhi nami chhorti hay jis kay sab tayl mushta'il ho kar chatakh chatakh ka shor machata hay jo kay is kay keemyai ajzaa ki tor phor ki alaamat hay aur is kay sabab ghizai ajzaa aur Vitamins tabah ho jatay hayn.

Tali hui chezon say honay wali 19 bemariyon ki nishaandahi

1. Badan ka wazan barhta hay
2. Aanton ki diwaron ko nuqsan pohanchta hay
3. Ijaabat (payt ki safai) mayn garbar payda hoti hay
4. Payt ka dard

5. Matli
6. Qay
7. Ishaal (ya'ni pani jaysay dast ho saktay hayn)
8. Charbi kay muqablay mayn tali hui chezon ka isti'maal ziyadah tayzi kay saath khoon mayn nuqsan dah cholesterol ya'ni LDL banata hay
9. Mufeed cholesterol Ya'ni HDL mayn kami aati hayn
10. Khoon mayn lothray (ya'ni jami hui tukriyan banti hayn)
11. Haazimah kharab hota hay
12. Gas hoti hay
13. Ziyadah garam tayl may ayk zahrela maaddah "Acrolein" payda ho jata hay. Jo kay aantun mayn kharash payda karta hayn balky معاذالله عَزَّوَجَلَّ
14. Cancer ka sabab bhi ban sakta hay.
15. Tayl ko ziyadah dayr tak garam karnay aur is mayn chezen talnay kay 'amal say is mayn aik aur khatarnaak zahreela maaddah "Free Radicals" payda ho jata hay jo kay dil lay amraaz
16. Cancer

17. Joron mayn soozish
18. Dimagh kay amraaz
19. Jald burhapa lanay ka sabab banta hay.

“Free Radicals” Nami khatarnak zahreela maaddah paydah karnay walay mazeed aur bhi ‘awaamil hayn masalan

- ❖ Tambako nooshi
- ❖ Hawa ki aalodgi (jaysa kay aj kal gharon mayn har waqt kamrah band rakha jata hay na dhop anay di jati hay na tazah hawa)
- ❖ Car ka dhunwan
- ❖ X-RAY
- ❖ Microwave oven
- ❖ T.v
- ❖ Aur computer ki screen ki shu’aen
- ❖ fazai safar ki tabkari (ya’ni hawai jahaz ka shu’aen phaknay ka ‘amal)

Khatar nak zahar ka tor

Allah عَزَّوَجَلَّ nay is khatarnak zaher (ya’ni “Free Radicals”) ka tor bhi payda famaya hay. Chunachahy jin sabziyon aur phalon

ka rang Sabz, zard ya naranji ya'ni surkhi maail zard hota hay ye is khatarnak zaher ko tabah kar daytay hayn is tarah kay phalon aur sabziyon ka rang jis qadar gahra hoga un mayn vitamins aur maa'dani ajzaa ki miqdaar bhi ziyadah hoti hay wo is zaher ka ziyadah quwwat kay saath tor kartay hayn

صَلَّى اللّٰهُ تَعَالَى عَلَى مُحَمَّد

صَلُّوا عَلَى الْحَبِيب

Tali hui chezon ka nuqsan kam karnay ka tareeqah

2 baton par 'amal karnay say tali hui chezon kay mayn kami aa sakti hayn

1. Kabab, samosay, pakoray, anda omelette, machhli waghayrah talnay kay liye jo karahi ya fry pen isti'maal kia jaye wo non-stick ho
2. Talanay kay bad ayk ayk chez ko bay khushbo tissue paper mayn achhi tarah lapayt lia jaye ta kay kuch na kuch tayl jazb ho hay.

Bacha huwa tayl dobarah isti'maal karnay ka tareeqah

Maahireen ka kahna hay kay: ayk baar talnay kay liye isti'maal karnay kay ba'd tayl ko dubarah garam na kiya jaye. Agar dubarah isti'mal karna ho to is ka tareeqah ye hay kay is ko chaan kar refrigerator mayn rakh dia jaye, baghayr chhanay fridge mayn na rakha jaye.

Fan e Tibb yaqeeni nahyn

Tali hui chezon kay nuqsanaat kay muta'lliq mayn nay jo kuch arz kia wo mayri apni nahyn tabeebon ki tahqeeq hay. Ye usool yad rakhnay kay qabil hay kay “fan e tib saaray ka saara zanni hay yaqeeni nahyn.

Ghizaon kay baray mayn 41 madani phool

1. Chocolate aur mithayan ziyadah khanay say daant kharaab ho jatay hayn kion kay cheni kay zarraat daanton par chipak kar makhsoos jaraseem ki afzaaish ka sabab bantay hayn
2. Bachhay chocolate kay shaydayi hotay hayn un ko bachana zaroori hay. Chocolate ya is ki panni par chand martabah koi karwi chez ya mirchayn waghayrah laga di jaen jis say un ko chocolate say dilchaspi khatam ho jaye
3. process kardah tin pack ghizaon ko mahfooz karnay kay liye Sodium Nitrate naami chemical dala jata hay, is ka musalsal isti'maal sartaan ki gaanth (cancer tumor) banata hay
4. (Ice Cream kay ayk cup(ya'ni 210 millilitre) mayn 84 mili gram cholesterol hota hay
5. 250 garam ki bottle (cold drink) mayn taqreeban 7 chammach cheni hoti hay

6. Ublay huye ya bhap (steam) mayn pakaye huye khanay aur sabziyan ziyadah mufeed aur zod e hazm hoti hayn
7. Beemar janwar ka gosht food poisoning aur bari aant kay cancer ka zaree'ah hay.
8. half fry anda khanay kay bajaye achhi tarah fry kar kay khana chahiye aur omelette is waqt tak pakaya jaye jak tak khushk na ho jaye
9. Anda ubaalna ho to kam az kam 7 minutes tak Ubaala jaye.
10. sayb, cheeko, aaru, aalochah amlook kheera waghayrah phalon ko chhelay baghayr khana mufeed hay kion kay chilkey mayn bahtareen ghizaai rayshah(fiber) hota hay. Ghizaai rayshay blood sugar, blood cholesterol, blood pressure kam kar kay, qabz kholtay aur, ghiza say zahrelay madday lay kar nikal jatay, neez bari aant kay cancer say bachatay hayn
11. Kaddu shareef, shakar qand, chuqundar, tamatar, aalu, waghayrah waghayrah chhilkay samayt pakana chahiye, in ka chilka kha lena mufeed hay
12. Kalay chanon ka isti'maal sehhat kay liye mufeed hay, Ublay huye hon ya bhunay huye un kay chilkey bhi khalaynay chahiye
13. Ayk hi waqt mayn machli aur doodh ka isti'maal nuqsan dah hay

14. Antibiotic dawa ka isti'maal karnay kay bad dahi kha lena chahiye. Jo zaroori bactayria khatam jo jatay hayn wo dahi khanay say bahal ho jatay hayn. (har ilaaj tajribah kar tabeeb kay mashwaray kay mutaabiq karna chahiye).
15. khana khanay kay foran bad chaye pena ya bottle pena nizaam e inhizaam ko mutassir karta hay, is say bad hazmi aur gas ki shikayat ho sakti hay.(khana khanay kay taqreeban 2 ghintay kay bad ayk 2 gilass pani pe lena mufeed hay)
16. Chawal khanay kay foran bad pani penay say khansi ho sakti hay
17. Goday walay phal (masalan papeta, amrood, kayla, waghayrah) aur ras walay phal(masalan mosammi, sangtarah waghayrah) ayk saath nahyn khanay chahiye.
18. Phalon kay sath cheeni ya mithaye ka isti'mal nuqsan karta hay. (Mukhtalif phalon ki tukriyan kar kay chat masalaha dalnay may haraj nahin magar cheeni na daali jaye)
19. Phal aur sabziyan aik sath na khay jaye
20. Kheerah, papeta, aur tarboz khanay kay bad pani na pia jaye
21. Khana khanay kay adhay ghintay pahlay phal kha lena chahiye, khanay kay foran bad phal muzir e sehat

hay (afsoos aj kal khanay kay foran bad phal khanay ka riwaaj hay.)

22. A'la Hazrat, Molana Shah Imam Ahmad Raza Khan رحمۃ اللہ تعالیٰ علیہ riwaayat naqal kartay hayn: khanay say pahlay tarboz khana payt ko khoob dho deta hay aur bemari ko jar say khatam kar deta hay

(Jami'u Sagheer lis Suyuti, pg.192, Hadees. 3212, Fatawa Razawiyyah, vol. 5, pg. 442)

23. Meethi dishen, meethaiyan aur meethay mashrobaat khanay say kam az kam aadhay ghantay qabal isti'maal kiye jayen, khanay kay bad in ka isti'maal nuqsan karta hay .(afsoos meethi dishen aj kal khanay kay bad khai jati hayn) jawani hi say mithas aur chiknai wali chezen kam kar dejiye, agar mazed zindah rahay to إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ burhapay mayn sahoolat rahay gi.

24. Ubli hui sabzi khana bahut mufeed hay aur jaldi hazam hoti hay

25. Sabzi usi waqt kati jaye jab pakani ho, pahlay say kat kar rakh danay say us kay quwwat bakhsh ajzaa raftah raftah zaai' ho jatay hayn

26. Tazah sabziyan vitamins, namkiyyaat aur ma'daniyyaat waghayrah kay aham a'naasir say labrayz hoti hayn

magar jitni dayr tak rakhhi rahyn gi utnay hi un kay vitamins aur maqwi ajzaa zaai' hotay chalay jayn gay lihaza bahter yahi hay kay jis din khana ho usi din tazah sabziyan khareeden

27. Sabziyan pakanay mayn pani kam say kam dalna chahiye kion kay pani sabziyon kay hayat bakhsh ajzaa(vitamins) khaynch lanay ki salahiyat rakhta hay.
28. Sabziyan masalan aalu, shaker qand, gajar, chuqundar, gajar waghayrah ubaalnay kay bad bacha huwa pani hargiz phaynka na jaye, us ko isti'maal kar kena faaidah mand hay kion kay us mayn tarkaariyon kay maqwi ajzaa shaamil hotay hayn.
29. Sabziyan ziyadah say ziyadah 19 minutes mayn ubaal leni chahiyen in mayn bhi bil khusoos sabz rang ki tarkaariyan to 10 minutes kay andar andar cholhay say utaar li jaen
30. Ziyadah dayr pakanay say sabziyon kay hayat bakhsh ajzaa (vitamins) zaai' honay shuro ho jatay hayn bil khusoos vitamin C kafi naazuk hota hay is liye ziyadah dayr pakanay say ye bilkul khatam ho jata hay.
31. Tarkari ya kisi qisam ki ghiza pakatay waqt aag darmiyaani honi chahiye. Is say ghiza andar tak achhi tarah pak jaye gi aur lazeez bhi ho gi.

32. Chohay say utaarnay kay bad dhakkan band rakhna chahiye is tarah bhap ka andar rahna paknay kay ‘amal kay liye mufeed hay.
33. kachhi ya pakki sabziyan firidge mayn rakhi ja sakti hayn
34. Lemon ki bahtaren qisam wo hay jis ka ras raqeeq (patla) chilka ayk dam patla ho, ‘aam tor par usay kaghazi lemon kahtay hayn. Lemon ko aam ki tarah gholnay kay bad, chorai mayn katna chahiye, is kay kam az kam chaar aur agar zara bara ho to aath tukray kar kejiye, is tarah nichornay mayn aasaani rahay gi. Lemon ka tukra is qadar nichoren kay saara ras nichar jaye ya’ni aik qatrah bhi baaqi na rahay, adhora nichor kar phaynk dena israaf ho sakta hay.
35. Fridge say nikaal kar thanda lemon bawarchi khanah mayn cholhay kay pas rakh dejiye ya garam pani mayn daal dejiye, kaat kar garam chawalon kay patelay mayn bhi rakha ja sakta hay. Is tarah naram ho jaye ga aur ras ba aasani nikal aaye ga.
36. Kachhi sabziyan aur salad khana mufeed hay kay ye vitamins say bharpor, sehhat bakhsh aur qabz kushaa hoti hay. Scienci tahqeeq kay mutaabiq pakanay say aksar ghizaayat zaai’ ho jati hay
37. Tazah sabzi ka isti’maal ziyadah mufeed hota hay. Baasi sabziyan nuqsaan karti hayn aur payt mayn gas bharti

hayn, haan aalu, piyaaz, lahsan waghayrah thoray din rakhnay mayn koi haraj nahyn hay

38. Sabzi, phal, aur anaaj mayn mujood ghizaayat ka “haaris” (ya’ni muhaafiz) us ka chilka hota hayn lihaza un mayn say jo jo chezen chilkay kay saath ba aasani khai ja sakti hay, is ka chilka nahin utaarna chahiye. Jis ka chilka sakht hota hay aur nayhn khaya jata us ki bhi sirf halki si tah wo bhi aahistah aahistah utaarni chahiye. Chilka jis qadar mota utaaren gay utnay hi vitamins aur quwwat bakhsh ajzaa zaai’ hon gay.
39. Polish kiye huye gandum chawal aur daalon ka aaj kal isti’maal aam hay, aata bhi polish kiye huye gandum hi ka milta hay, polish ki wajah say anaaj ka ghizai raishah aur is ki opari tah jo vitamins say bharpur hoti hay barbad ho jati hay.
40. Musammi, sangatarah waghayrah ka mota chilka utaarnay kay bad bachi hui bareek jhilli kha lejiye.
41. Hazrat e Maula Ali رضي الله تعالى عنه farmatay hayn: anaar kay daanay is ki jhilli(jo daanon par lipti hoti hay) kay saath khao kion kay is say ma’day ki safai hoti hay. (*Musnad e Imam Ahamad, vol. 9, pg. 76, Hadees 23297*)

***Khanay ki ihtiyaton ki niraali maloomat kay liye
“Faizan e Sunnat” ka baab “Payt ka Qufl e Madinah”
parh lejiye.***

جسٹیم کو کمزور کرنے والی چیزیں

اُطْبَاطَا کہتے ہیں یہ چیزیں بدن کو کمزور کر سکتی ہیں: فکر و غم زیادہ کرنا، نہار منہ زیادہ پانی پینا (کبھی کبھار تھوڑا سا پانی پی لینا نقصان دہ نہیں) اور ٹرٹس (یعنی کھٹی) چیزیں کثرت سے کھانا۔

(احیاء العلوم مع ابحاث ج ۹ ص ۶۸۶ ماخوذاً)



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