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Imam Kasozi Calls for Peace, Security and Harmony.
Pg. 5



A CALL FOR THE MUSLIM UMMAH TO BUILD COLLECTIVE ECONOMIC POWER. *pg 12*



The Ummah Times
One Ummah. A World of Possibilities.

Muslim Youth Express Disappointment Over Museveni's Absence at National Convention

proposition. The absence of President Yoweri Kaguta Museveni at the National Muslim Youth Convention has sparked disappointment among some Muslim youth, who had anticipated his presence at the gathering. The development has raised questions about youth expectations, government engagement with the Muslim community, and the importance of dialogue between national leaders and young people.





The Silent Battle Many People Fight Behind Smiles.....P.8

Muslim Youth Express Disappointment Over Museveni's Absence at National Convention

The National Muslim Youth Convention 2026 brought together Muslim youth from across the country to engage on matters affecting young people, their contribution to national development, leadership and the advancement of the Muslim community.

By The Ummah Times Reporter



A group photo of the Special Guest, H.E. Sheikh Abdul Rahman Abdullah Al Mahmoud; Chief Guest, Rt. Hon. Rukia Isanga Nakadama; and national Muslim leaders at the National Muslim Youth Convention 2026 at Kololo Ceremonial

Muslim youth leaders have expressed disappointment over what they described as the continued absence of President Yoweri Kaguta Museveni from events organised by the Muslim community, despite repeated invitations.

The concerns were raised during the National Muslim Youth Convention 2026, held on Friday, October 30, at the National Independence Grounds in Kololo and organised by the Uganda Muslim Supreme Council (UMSC).

President Museveni, who had initially been expected to grace the occasion, was represented by the Third Deputy Prime Minister, Rt. Hon. Rukia Nakadama, who attended as Chief Guest on his behalf.

The convention was also graced by H.E. Sheikh Abdul Rahman Abdullah Al Mahmoud, President of the Board of Trustees of Munazamat Daawa Al-Islamiya, who travelled from Saudi Arabia as the Special Guest.

Addressing the gathering, the National Chairperson of Muslim Youth, Mr. Habib Mustafa, openly expressed dissatisfaction over the President's failure to attend the convention, despite reportedly assuring the youth of his participation during a meeting held two weeks earlier.

Speaking directly to Rt. Hon. Rukia Nakadama, who represented the President, Habib Mustafa said Muslim youth were increasingly concerned about what they perceived as a pattern of missed engagements by the Head of State at Muslim community events.

"Maama, we are not happy as Muslim youth. Two weeks back, we met the President, and he assured us that he would be part of this event as Chief Guest, but he has not turned up. We have been inviting him to our events, and he does not attend," Habib Mustafa said.

He appealed to the Deputy Prime Minister to convey their concerns to the President and establish whether Muslim youth had done anything wrong to warrant what they described as his continued absence from their activities.

"Don't we have a stake in this nation? We offer 75 per cent of the population as youth, yet he does not attend our events, while he attends events organised by our fellow youths in other religions," he added.

The youth leader further questioned whether Muslim youth were equally recognised as stakeholders in Uganda's development, calling for their concerns to be brought to the attention of the President.

He said the President's absence had left the organisers embarrassed, particularly given the efforts they had made to mobilise Muslim youth from different regions of Uganda and invite a distinguished guest from Saudi Arabia, with the expectation that he would also have an opportunity to meet the Head of State.

Rt. Hon. Nakadama, who represented the President at the National Muslim Youth Convention 2026 held at Kololo Ceremonial Grounds in Kampala, called on young Muslims to become active participants in national development through entrepreneurship, discipline and productive engagement in the economy.

In his message, President Museveni commended the Uganda Muslim Supreme Council (UMSC), under the leadership of His Eminence Dr. Sheikh Shaban Ramadhan Mubaje, for mobilising Muslim youth and guiding the Muslim community against radicalism and extremism.

The President emphasised that religion should serve as a unifying force among Ugandans rather than a source of division, noting that Islam promotes peace, hard work, cleanliness and trade.

He urged Muslim youth to uphold discipline, patriotism and a strong work ethic, saying these values were essential in contributing meaningfully to the country's development.

President Museveni further encouraged young people to take advantage of government wealth creation initiatives, including the Parish Development Model (PDM), Emyooga and Operation Wealth Creation, to improve household incomes and establish sustainable livelihoods.

He also urged Muslim youth to join Savings and Credit Cooperative Organisations (SACCOs), acquire practical skills and venture into productive enterprises rather than remain spectators in the country's economic transformation.

Highlighting opportunities in business and entrepreneurship, the President underscored the importance of value addition, African integration and access to wider markets as key drivers of economic growth and wealth creation.

He reaffirmed the government's commitment to working with all religious communities in advancing Uganda's development, stressing that national unity, patriotism and productive work remain central to building a self-reliant and prosperous nation.

The President's message challenged Muslim youth to move beyond religious identity and actively demonstrate the values of Islam through economic empowerment..

Omumanyi wa Salaam TV Campaign Offers Car, Hajj and Land Prizes

Hon. Jamal Mukuve Ayagalaki, has added Shs3 million to the prizes for the Omumanyi wa Salaam TV campaign, which seeks to promote Islamic knowledge among Ugandans.

By Mousa Ssedagala



The Omumanyi wa Salaam TV campaign has announced an exciting prize package, including a car, a Hajj pilgrimage opportunity and a plot of land, as part of efforts to promote Islamic knowledge among Ugandans.

The campaign's grand finale is scheduled for December 20, 2026, when the top contestants will compete for the three major prizes.

The first-position winner will receive a car, the second-position winner will be awarded a Hajj pilgrimage package, while the third-position winner will take home a plot of land.

The initiative seeks to encourage Muslims and other Ugandans to deepen their understanding of Islam through learning and competition, making religious education more engaging and accessible.

Speaking as Guest of Honour, Hon. Jamal Mukuve Ayagalaki, Member of Parliament for Bukooli North and Shadow Minister for Water and Environment, commended Salaam TV, the sheikhs and sponsors for supporting the campaign.

Mukuve said the initiative was not merely about winning prizes but also about equipping Ugandans with knowledge of their religion.

He expressed appreciation for the invitation to officiate at the campaign and pledged his willingness to support activities aimed at promoting Islam.

"Hajji, if there is any need concerning Islam, kindly invite me and I will attend," he said.

The legislator also prayed for Allah to reward everyone who initiated and supported the project, asking Him to grant them Jannah for their contribution to the promotion of Islamic knowledge.

He urged Muslims to remain steadfast in their faith and encouraged Salaam TV to continue organising initiatives that strengthen religious awareness and Islamic education.

Mukube further called on the television station to ensure that the prizes are awarded strictly on merit, noting that fairness and transparency would build public confidence in the campaign and enhance the station's credibility.

As a demonstration of his support, he announced an additional contribution of Shs3 million towards the prizes for the winners.

The contribution is expected to strengthen the campaign's prize package ahead of the December grand finale.

The Omumanyi wa Salaam TV campaign highlights the role of media in promoting religious education and encouraging Muslims to pursue knowledge while fostering greater interest in Islamic teachings.

As preparations continue, contestants and viewers will look forward to the grand finale, where the winners of the car, Hajj package and plot of land will be determined.

The campaign, organised by Salaam TV, has been moving across different regions of Uganda, including Hoima, Jinja and Mbale, where participants have competed in the religious knowledge programme, with winners from each region awarded Umrah packages.

The initiative is now expected to extend to other parts of the country, including the northern and central regions, as contestants compete for regional recognition ahead of the grand finale scheduled for December 20, 2026.

According to Hajji Abdul Kareem Kariisa, Managing Director of Salaam TV, the campaign seeks to encourage Muslims and other Ugandans to deepen their understanding of Islam through learning and competition.

Through its regional competitions and the rewards offered to successful participants, Omumanyi wa Salaam TV aims to make Islamic learning more engaging while encouraging Muslims to seek knowledge and strengthen their understanding of religious teachings.

With the campaign continuing in the northern and central regions, attention is now turning to the grand finale on December 20, 2026, when the overall winners will compete for the car, Hajj package and plot of land.

Sheikh Bulafu Urges Muslim Women to Choose Husbands Wisely

Sheihk Bulafu highlighted the importance of balancing personal choice with Islamic guidance, parental counsel and careful consideration when entering marriage.

By Ummah Times Reporter

Sheikh Ali Bulafu has urged Muslim women to exercise caution when choosing marriage partners, emphasising the importance of religious commitment, good moral character and guidance from parents and guardians.

Sheikh Bulafu made the remarks on Saturday during a Mega Dars held at the Islamic University in Uganda (IUIU) Female's Campus in Kabojja, where he addressed Muslim women on Islamic teachings regarding marriage and family responsibilities.

He urged women to reflect on the teachings of Prophet Muhammad (peace be upon him), who emphasised religious commitment and good character as key considerations when evaluating a prospective husband.

"The Prophet said that when someone approaches you seeking to marry your daughter, and he possesses Deen (religious commitment) and deeply rooted good morals, let him marry her," Sheikh Bulafu said.

He cautioned that some Muslims become excited when they hear the sayings of the Prophet without taking sufficient time to understand their deeper meaning and practical implications.

According to Sheikh Bulafu, the Hadith places significant responsibility on fathers and guardians to guide their daughters in making informed marriage decisions, particularly during their younger years when emotions may influence their judgement.

He clarified that parental guidance should not necessarily mean choosing a husband on behalf of a woman, but rather helping her identify a responsible partner whose faith and character meet Islamic standards.

"The responsibility was placed on your fathers and guardians to assist you, not to select a partner for you, but to guide you as a young woman who may be emotional," he explained.

Sheikh Bulafu further observed that university students often live



away from their parents, making it necessary for them to exercise greater personal judgement when interacting with potential marriage partners.

"Your fathers are not with you at the university. You do not move with them, but they have trusted you and brought you up well," he said, urging the students to appreciate the responsibility that comes with the trust their parents have placed in them.

He stressed that raising daughters requires wisdom, vigilance and firm moral guidance to protect them from individuals who may seek to exploit their innocence or mislead them into inappropriate relationships.

The Sheikh also encouraged parents to remain attentive to their daughters' upbringing, noting that responsible parenting and moral education are essential in preparing young women for marriage and adulthood.

Addressing the students directly, Sheikh Bulafu urged them to develop confidence, sound judgement and the ability to assess the intentions and character of men seeking relationships with them.

He encouraged Muslim women to look beyond sweet words and outward appearances, advising them to carefully evaluate a prospective husband's religious commitment, conduct and sense of responsibility before making a decision.

His message highlighted the importance of balancing personal choice with Islamic guidance, parental counsel and careful consideration when entering marriage.

HASHKAYZ
PHOTOGRAPHERS
Capturing Moments
Contact
0776179404

Nakibinge Hails EQUSaT Founders as University Celebrates Pioneer Graduates



Prince Dr. Kassim Nakibinge Kakungulu has congratulated the founders of Equator University of Science and Technology (EQUSaT) for turning their long-held vision into reality, as the institution celebrated its pioneer graduating class.

Nakibinge, who was the chief guest at the university's first-ever graduation ceremony held on Friday, October 23, 2026, at its campus in Masaka, commended the founders for their determination to establish an institution whose dream had taken 10 to 15 years to materialise.

"I am sure the founders of this university are very happy to see a dream that they had 10–15 years ago coming true," Kakungulu said.

He also congratulated the graduates upon successfully completing their studies, describing their achievement as a significant milestone for both the graduates and the university.

Nakibinge challenged the graduates to appreciate the responsibility that comes with their education, emphasising the importance of dedicating their knowledge and skills to serving others.

"You leave your dear ones home and go and take care of strangers, and that is a calling. You have studied," he said.

His remarks underscored the importance of professional commitment, compassion and service to society, particularly for graduates whose careers will involve caring for and supporting other people.

The chief guest further praised the graduates for choosing EQUSaT, assuring them that their decision to enrol at the institution had been worthwhile.

"The decision you made to enrol at Equator University was a wise one and a correct one, and today you are seeing the fruits," Kakungulu said.

The ceremony marked a historic milestone for EQUSaT, as its first cohort of graduates completed their academic journey, bringing the university's founding vision closer to its aspirations for higher education and professional development.

The event was presided over by the university's Vice-Chancellor, Professor Mouhamad Mpezamihigo, marking a significant chapter in the institution's development and its contribution to Uganda's higher education sector.

The pioneer graduation also provided an opportunity to recognise the commitment of the university's founders, academic leadership and graduates in building an institution focused on equipping learners with knowledge and skills for their future careers.

As the graduates embark on the next stage of their lives, Nakibinge's message placed particular emphasis on the value of education when translated into meaningful service to communities and the wider society.

Editorial | The Ummah Times

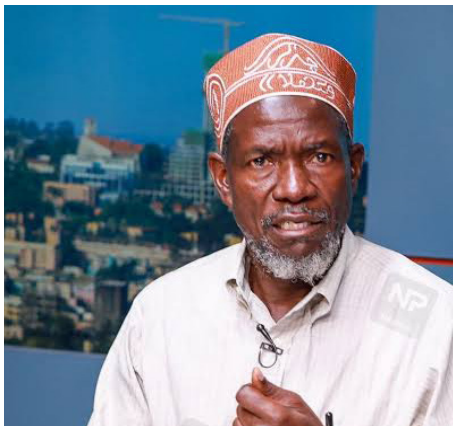
The strength of any community lies not merely in its numbers, wealth or influence, but in the values it upholds, the unity it nurtures and the contribution it makes to society. For the Muslim Ummah in Uganda and beyond, this is a moment to reflect on our collective responsibility to build a community rooted in faith, knowledge, integrity and service to humanity.

Islam is more than a religion of worship; it is a comprehensive way of life that emphasises justice, compassion, honesty, discipline and responsibility. These values should be reflected not only in our mosques and homes but also in our schools, workplaces, businesses, leadership institutions and public life.

Yet, the question remains: are we doing enough to translate our faith into meaningful social and economic transformation?

Imam Kasozi Calls for Peace, Security and Harmony.

Imam Iddi Edris Kasozi called for greater commitment to peace, security, justice and harmony, saying peace goes beyond the absence of war and requires individuals and communities to live in harmony with Allah, themselves and the wider creation.



Imam Kasozi made the remarks on Friday, October 23, 2026, while delivering a prayer for peace during an interreligious thanksgiving ceremony at Parliament. Addressing the Speaker of Parliament, Members of Parliament, invited guests, religious leaders and other dignitaries.

He further described peace as one of the most challenging things societies seek to achieve, despite its central importance to human well-being.

"peace should be understood in both its general and Islamic perspectives, in general peace is freedom from violence, disturbance, mental anxiety and conflict, as well as the presence of calmness, quietness and harmony and Islamic perspective, peace is a comprehensive state of wholeness, security, justice and spiritual well-being"

He cited a verse from the Holy Quran, "La yukallifullahu nafsan illa wus'aha," meaning that Allah does not burden a soul beyond its capacity, as he reflected on the responsibility entrusted to him to lead the prayer for peace.

Imam Kasozi urged leaders and citizens to examine the extent to which peace exists in their personal lives, families, communities and the world at large and questioned whether people had achieved genuine harmony even within their own families, noting that peace begins with individual responsibility and extends to relationships with others and the environment.

The Imam further connected peace to the Islamic concept of submission to Allah, explaining that achieving it requires a willingness to accept guidance, exercise discipline and respect legitimate authority.

" while I am at home observering parliament in session I always see the speaker struggling to maintain order in the house, saying order in the house and you you're your technical words you always use in parliament,"

Using Parliament as an example, he observed that maintaining order among legislators remains an important responsibility, stressing that respect for established procedures and instructions is essential for peaceful coexistence.

He also highlighted "amn," an Arabic term associated with safety and security, as another essential pillar of peace. According to Imam Kasozi, the growing reliance on high walls, barbed wire, security personnel and other protective measures reflects the security concerns experienced by many people.

He said genuine peace should enable people to move freely without fear, intimidation, persecution or unnecessary anxiety about their safety.

The Imam also urged society to recognise the connection between environmental protection and peace, warning that the destruction of the natural environment has consequences for the well-being of present and future generations.

He emphasised that lasting peace requires harmony not only among human beings but also between humanity and the wider creation.

His message called on leaders, families and individuals to reflect on their responsibilities in promoting peace, beginning with their own conduct and extending to the communities in which they live.

Abrayanz Embraces Islamic Wear

By The Ummah Times Reporter

Ugandan fashion personality Abrayanz has praised Islamic wear for its elegance and sophistication, expressing admiration for Muslim dressing culture during a Dua held to bless his newly opened business branch.

The Dua attracted several prominent Muslim clerics, including Sheikh Mafo, Sheikh Kiiti and Sheikh Fahad, among others, who gathered to offer prayers and blessings for the success of the new branch.

Abrayanz, who appeared in Islamic attire for the occasion, described the clothing as stylish and elegant, noting that both men and women looked smart in their outfits.

"Islam is a religion I like so much. Everyone who puts on Islamic wear looks elegant and presentable. Look at everyone here, both men and women; they all look good and fashionable," Abrayanz said.

He also acknowledged the support and goodwill he has received from his Muslim friends, saying their prayers and encouragement had contributed positively to his life.

According to Abrayanz, the Muslim community's continued support inspired him to organise a Dua as the first activity to mark the opening of his new business branch.

"Most of my friends are Muslims, and they have shown me a lot of love. They have prayed for me and wished me well, and I have witnessed the fulfilment of many things they prayed for. When I opened my new branch, the first thing I thought about was holding a Dua, even before calling my own mother to pray for me," he said.

His Excellency Dr Semudo Calls for Equality



Uganda's Ambassador to Sudan, His Excellency Dr Rashid Yahaya Semudo, has called for greater equality and inclusion in public policies, urging Parliament to ensure that laws, budgets and public services respond to the needs of vulnerable and marginalised communities.

Dr Semudo made the call on Wednesday, October 21, 2026, while delivering the keynote address at the launch of the Parliamentary Forum on Humanity and Inclusion at Uganda's Parliament.

The launch brought together Members of Parliament, diplomats, civil society representatives and development partners under the theme, "Leaving No One Behind: Parliament at the Heart of Humanity and Inclusion."

The forum aims to strengthen parliamentary attention to the needs of persons with disabilities, older persons, refugees, street-connected children and other marginalised groups.

Dr Semudo, who attended the event as the guest of honour, said inclusion must go beyond statements of commitment and translate into practical improvements in people's daily lives.

He emphasised that vulnerable people experience the consequences of public decisions directly, pointing to children who cannot access classrooms, older persons unable to reach health centres and persons with disabilities excluded from employment.

"A child who cannot enter a classroom, an older person unable to reach a health centre, or a person with a disability excluded from employment experiences the consequences of our decisions in very concrete ways, and our response must therefore be equally concrete," Dr Ssemuddu said.

He outlined five priorities for the forum: listening to affected communities, addressing the barriers they face, monitoring the allocation and use of public resources, strengthening partnerships and openly reporting progress.

Dr Semudo urged members of the forum to place the people they represent at the centre of their work, arguing that the success of inclusion initiatives should be measured by the changes experienced by beneficiaries.

"Let us keep the people whose lives we seek to improve at the centre of this work. Let us listen to them carefully, make decisions with them, and judge our progress by the changes they experience," he said.

Representing the Speaker of Parliament, Hon. John Baptist Nambeshe officially launched the Parliamentary Forum on Humanity and Inclusion and He called on legislators and other leaders to develop a deeper understanding of the challenges facing the people they serve and to ensure that their decisions reflect those experiences

With the forum now launched, attention is expected to shift towards implementation, particularly whether its commitments will lead to improved access to essential services, greater participation in public life and better outcomes for vulnerable communities.

The initiative underscores the importance of translating the principle of leaving no one behind into practical measures that promote equality, dignity and meaningful inclusion across Uganda.

Muslim Women Leaders Call for Democratic Accountability

By Ummah Reporter

The Forum for Muslim Women in Leadership has called for greater participation of women in Uganda's democratic processes, urging political leaders to strengthen civic freedoms, promote accountability and create opportunities for women to influence public decision-making.

Ms Nantongo Bashira, Executive Director of the Forum for Muslim Women in Leadership, made the call while addressing Members of Parliament during the National Women's Civic Lobby Day held at Parliament.

Bashira emphasised that democracy extends beyond elections to include citizens' ability to participate in public affairs, access information, express their views, organise freely and hold public institutions accountable.

"Democracy is not limited to elections. It also depends on citizens being able to participate in public affairs, access information, express their views, organise freely and hold public institutions accountable," Bashira said.

She highlighted the role of women Members of Parliament, journalists, human rights defenders, community activists and other civic leaders in bringing community concerns into public debate and strengthening democratic accountability.

Bashira also stressed that meaningful women's participation should go beyond increasing their numbers in political positions to ensuring they have opportunities to influence policies, raise concerns and contribute to decisions affecting their communities.

The proposals come amid wider discussions on political participation, access to information, civic freedoms and the role of public institutions following Uganda's 2026 General Elections and Local Council elections.

Proposed parliamentary caucusa

One of the key proposals presented to Members of Parliament is the establishment of a Women's Parliamentary Rights and Democracy Caucus, bringing together women legislators from different political parties.

The proposed caucus would provide a platform for sustained engagement on civic space, constitutional freedoms and democratic participation throughout the 12th Parliament.

It would also coordinate advocacy efforts, discuss emerging civic concerns, promote policy and legislative reforms, and strengthen parliamentary oversight of institutions responsible for protecting constitutional rights.



Ms Nantongo Bashira urges meaningful women's participation in decision-making as proposals emerge for a parliamentary caucus and stronger civic accountability.

The proposal further recommends providing the caucus with technical support through policy briefs, legal analysis, evidence from civil society organisations and strategic advisory meetings to strengthen informed parliamentary engagement.

Calls for stronger civic accountability

The initiative also proposes establishing a Uganda Civic Space Accountability Scorecard to document developments affecting civic participation and the work of civil society actors.

The scorecard would track civic-space trends, parliamentary interventions, policy commitments and institutional responses, particularly in relation to freedom of expression, association and peaceful assembly.

WomenDefendDemocracy campaign proposed

To complement parliamentary engagement, the initiative proposes a 30-day national public campaign under the banner #WomenDefendDemocracy.

The campaign would use digital platforms, community media, opinion articles, podcasts, short videos, infographics and women's civic stories to raise public awareness about constitutional freedoms and democratic participation.

Call for sustained engagement

The proposals call on women Members of Parliament under the Uganda Women Parliamentary Association (UWOPA) to support the proposed parliamentary caucus, strengthen engagement with civil society and use evidence from the planned scorecard to inform parliamentary discussions and oversight.

Other priority areas include protecting women civic actors and journalists from intimidation, harassment, violence and discrimination; promoting access to reliable **information;**

Azerbaijan's Hijab Restrictions Spark Outcry as Muslim Schoolgirls Are Turned Away

Azerbaijan's restrictions on the wearing of hijabs in schools have sparked growing controversy after videos emerged showing Muslim schoolgirls allegedly being denied entry to classrooms because of their headscarves.

The controversy follows Decree No. 309, signed by Prime Minister Ali Asadov on September 21, which amended regulations governing school uniforms. Although the decree did not explicitly mention the hijab, it prohibited clothing that deviates from approved school uniforms or contradicts the principle of secularism in public education.

The decision has triggered a national debate over faith, education and identity in the South Caucasus nation of approximately 11 million people, where Muslims make up the overwhelming majority of the population.

The central question is why a Muslim-majority country is facing accusations of restricting Muslim girls' access to education because of their religious dress. The answer, observers suggest, lies partly in Azerbaijan's political commitment to secularism and the government's broader approach to religious expression in public institutions.

Videos circulating in October have shown distressing scenes of schoolgirls wearing hijabs standing outside school buildings, watching their classmates attend lessons from behind windows and school gates.

In some footage, girls appear visibly distressed as lessons continue without them. Similar incidents have reportedly occurred in Sumgayit, the village of Mollaoba in the Masalli district, and Jalilabad, where schoolgirls were filmed being refused entry. The scenes have intensified concerns among parents and rights advocates about whether the enforcement of uniform regulations is undermining girls' right to education and freedom of religion.

A second decree, issued on October 6, reportedly extended the restrictions to teachers. Parents and rights groups have alleged that some female teachers were instructed to remove their hijabs or face resignation, while headscarved pupils were turned away at school entrances. The incidents have drawn renewed attention to the tension between Azerbaijan's secular education policies and the religious practices of Muslim families.



The Azerbaijani government has presented the measures as necessary to protect secularism and maintain uniform standards in public education.

However, the timing of the restrictions has raised questions about whether the measures form part of a broader political effort to strengthen the government's control over ideological and religious expression.

Earlier in October, President Ilham Aliyev addressed the issue of "ideological security" during a congress of his ruling New Azerbaijan Party, placing particular emphasis on education.

His remarks have added another dimension to the debate, with critics questioning whether the language of secularism is being used to justify restrictions that disproportionately affect Muslim girls and women who wear the hijab.

The controversy highlights a broader challenge facing Azerbaijan: balancing its secular political system with the religious rights of a predominantly Muslim population. For affected families, the issue extends beyond school uniforms. It concerns whether students should have to choose between expressing their religious beliefs and accessing education.

As videos of schoolgirls being turned away continue to circulate, the debate over Azerbaijan's hijab restrictions is becoming a significant test of the country's approach to religious freedom, secular governance and equal access to education.

The Silent Battle Many People Fight Behind Smiles

Depression is more than just feeling sad. It is a mental health condition that can affect how a person thinks, feels, behaves and experiences everyday life. Yet, despite its impact, depression remains a silent battle for many people, often hidden behind smiles, success and the appearance of strength.

Sometimes, depression looks like someone who smiles in public but cries in private. It may be a person who reports to work every day but struggles to find the strength to get out of bed, or someone who spends their time caring for others while quietly feeling empty inside.

The reality is that success does not make someone immune to emotional struggles. A person can have a good job, a loving family and friends around them and still experience deep loneliness. Someone who appears strong and cheerful may also be fighting battles that those around them cannot see.

Depression does not always announce itself loudly. Sometimes, it manifests through silence, withdrawal, persistent exhaustion, irritability, loss of interest in activities once enjoyed, difficulty concentrating or a lingering feeling that life has lost its meaning.

These signs can easily be misunderstood or dismissed, particularly in communities where mental health remains a difficult subject to discuss openly.

Why do people suffer in silence?

One of the greatest challenges faced by people experiencing depression is the fear of being judged. Many worry that opening up about their struggles will make others perceive them as weak, ungrateful or incapable of handling life's challenges.

Others have grown up believing that they must remain strong regardless of what they are going through. They may feel compelled to hide their pain to protect their families, maintain their professional image or avoid becoming a burden to those around them.

For some, the fear of being misunderstood is enough to keep them silent. Instead of receiving empathy, they may be told that other people have bigger problems or that they should simply stop worrying.



Madinah Ismail
Counselling Psychologist |
Family Therapy Practitioner | Mental Health Advocate

In some circumstances, people experiencing emotional distress may also fear that their struggles will be interpreted as a lack of faith. As a result, they may hesitate to seek psychological support, particularly when they believe they are expected to endure their difficulties without speaking about them.

However, emotional suffering should never be dismissed or reduced to a person's inability to cope. Mental health challenges are not a sign of weakness, and depression is not a personal failure.

Just as people seek medical attention when they experience physical illness, those experiencing persistent emotional difficulties deserve understanding, care and appropriate professional support.

The danger of overlooking the signs

Because depression is not always visible, it can go unnoticed even by people who interact with the affected individual every day.

A colleague may continue performing their duties while struggling emotionally. A friend may remain available to listen to everyone's problems but find it difficult to talk about their own. A family member may withdraw from conversations, lose interest in activities or become unusually irritable without explaining what they are experiencing.

These changes should not automatically be interpreted as laziness, arrogance, ingratitude or a lack of commitment.

Although such signs can have different causes, persistent changes in mood, behaviour and daily functioning may indicate that someone needs support.

This is why it is important to look beyond appearances and recognise that people may be experiencing difficulties they are not ready or able to explain.

Sometimes, the person who constantly encourages everyone else is also the one who needs encouragement.

The importance of listening without judging

Supporting someone who may be experiencing depression does not always require having the perfect words or knowing how to solve their problems. Sometimes, the most meaningful thing a person can offer is a listening ear.

Rather than rushing to provide advice, friends, relatives and colleagues can create a safe space for honest conversations. Asking someone how they are doing and allowing them to answer truthfully can open the door to meaningful support.

It is equally important to avoid statements that minimise another person's pain. Telling someone that others have bigger problems or that they should simply be stronger may unintentionally deepen their feelings of isolation.

Instead, simple expressions of concern, patience and understanding can help people feel that they are not alone.

Checking on others should also go beyond routine greetings. It means paying attention to changes in their behaviour, following up when someone appears distressed and making time to listen when they need to talk.

We may not always understand what another person is going through, but we can choose to respond with kindness rather than judgement.

To anyone silently struggling…

You do not have to pretend to be okay every day. You do not have to earn rest by exhausting yourself. You do not have to carry every burden alone.

Your feelings matter. Your wellbeing matters. And your life matters, even on the days when you struggle to see your own worth.

Please reach out to someone you trust or a qualified mental health professional. If you are thinking about harming yourself, seek urgent help and stay close to someone who can support you..

For counselling support, on 0703457790

WHAT LOVE NEEDS TO SURVIVE IN MARRIAGE: FOUR WAYS TO NOURISH A LASTING BOND

Love is often considered the foundation of marriage, but love alone is not enough to sustain a healthy and lasting relationship. Just as the human body requires food to survive, love also needs constant nourishment, care and attention to flourish.

When couples fail to nurture their love, the bond that once brought them together may gradually weaken. However, when spouses intentionally invest in one another's emotional, physical and spiritual well-being, they create a stronger foundation for a fulfilling marriage.

One way to nurture love is by becoming more conscious of what we consume daily. Nourishment goes beyond the food we eat. It also includes the experiences we absorb through our senses, the intentions that guide our lives and the spiritual environment in which we live.

These four forms of nourishment can significantly influence the quality of our relationships, our families and our lives.



Tbr. Phatu .N. Namuswe

1. Edible Food: Nourishing the Body and Strengthening Family Bonds.

The first form of nourishment is edible food — what we eat to sustain and strengthen our bodies.

Food plays an important role in family life, bringing spouses, children and other family members together. Sharing meals provides an opportunity to commun**icate, listen to** one another, exchange experiences and strengthen emotional connections.

Couples can make mealtimes more meaningful by choosing nutritious foods, eating in moderation and creating a peaceful environment in which family members can enjoy one another's company. They can also observe the teachings and etiquettes of the Prophet Muhammad (peace be upon him) concerning eating, including beginning in the name of Allah, eating with the right hand and avoiding excess.

Beyond its physical benefits, eating together can promote gratitude to Allah, encourage respect for the body and strengthen the sense of belonging within a family.

In a world where busy schedules and digital distractions increasingly separate family members, making time to share meals can become a simple but powerful way to preserve love and togetherness.

2. Sensory Food: Protecting the Mind and Emotions

The second form of nourishment comes through sensory impressions — what we see, hear, smell, taste and feel, as well as the information we absorb through our minds.

Every day, we consume information and experiences, whether we are reading books and magazines, watching television, scrolling through social media or listening to conversa**tions.** Even watching a football match, following news broadcasts or engaging with online entertainment influences our thoughts and emotions.

The content we consume can affect our attitudes, moods and behaviour. Constant exposure to violent entertainment, hostile discussions, distressing news or toxic online interactions may contribute to anxiety, anger, fear and negativity. When these emotions go unaddressed, they can spill into our marriages and affect how we treat our spouses.

Conversely, deliberately making time for positive and peaceful experiences can support emotional well-being. Reading uplifting material, listening to beneficial talks, spending time in nature, appreciating a flower or watching a beautiful sunset can help cultivate calmness and gratitude.

When individuals nurture peace within themselves, they are better positioned to share patience, kindness and tranquillity with their partners.

Couples should therefore pay attention not only to what they say to each other but also to what they allow into their minds and hearts. Protecting one's emotional environment is an important step towards building a peaceful marriage.

3. Volition: Nourishing the Intention Behind Love

The third form of nourishment is volition, which refers to our intentions, desires, aspirations and the motivations that drive our actions.

In marriage, it is important to ask ourselves: What kind of spouse do I want to become? What positive contribution do I want to make to my partner's life? What values do I want to pass on to my children? And what legacy do I hope to leave behind?

To be countiuned ....

The art of Tenderness in Marriage

Tenderness is the most modest form of love...It is the kind of love that doesn't appear in news or gospels... no one swears by it, no one cites it....It has no special emblems or symbols, nor does it lead to crime, or prompt envy.....

It appears wherever we take a close and careful look at another being, at something that is not our "self"..Tenderness is the art of personifying, of sharing feelings, and then endlessly discovering similarities....

This aspect calls for something beyond empathy, something achingly missing from our distracted cultures coupled with the obsession of technology and AI!

ON THIS DAY

1953. The constituent Assembly of Pakistan officially ruled that the nation would become the **Islamic Republic of Pakistan.** This historical decision made Pakistan the very first morden nation to adopt the title of an **Islamic Republic,** preceding others like Mauritania, Iran and Afghanistan.

AYAT OF THE WEEK
Surat Al-Baqarah (The Heifer) — 2:1- 4

In the name of Allah, Most Gracious, Most Merciful.
> 1. A. L. M.
> 2. This is the Book; In it is guidance sure, without doubt, To those who fear Allah;
> 3. Who believe in the Unseen, Are steadfast in prayer, And spend out of what we have provided for them;
> 4. And who believe in the Revelation Sent to thee, And sent before thy time, And (in their hearts) Have the assurance of the Hereafter.

Reflections for Daily Life
* The Source of Guidance: The Quran is presented as a definitive source of guidance free of doubt for those who cultivate God-consciousness (taqwá).
* Core Qualities of Righteousness: True faith is active—marked by belief in the unseen, regular establishment of prayer, charity from God's provisions, and belief in all divine revelations and the Hereafter.

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A CALL FOR THE MUSLIM UMMAH TO BUILD COLLECTIVE ECONOMIC POWER

Finance remains one of the most important drivers of social and economic transformation. For any community to grow, remain competitive and achieve sustainable development, it must invest in strong financial institutions capable of mobilising resources and helping its people build a shared vision for the future.

A culture of saving, hard work, investment and sustainable enterprise development is essential to laying the foundation for meaningful financial inclusion.

Yet, when it comes to financial inclusion, the Muslim Ummah in Uganda is only beginning to take its first steps. Although individual Muslims have registered notable achievements in business, public service, politics and academia, much of this success remains at the individual level. It has not been sufficiently translated into collective economic strength capable of advancing the interests of the wider Ummah and enabling it to participate more effectively in the country's economic development.

The challenge, therefore, is not necessarily a lack of talent or ambition among Muslims. Rather, it is the need to organise individual achievements into a coordinated economic force through institutions, collective investment and strategic partnerships.

Moving Beyond Nostalgia to Collective Action

The loss of prominent Muslim figures who contributed to Uganda's financial, entrepreneurial and political development has left a significant gap in the community's leadership and economic vision.

Since the collapse of Greenland Bank and the loss of Dr Sulaiman Kiggundu, the Ummah has continued to reflect on the loss of a financial institution that once represented an important economic aspiration. Similarly, the passing of prominent



Muwalimu Kigonya Elias
Chairman, Board of Hijaz Community SACCO and Secretary General, ICCIU

figures such as Dr Bulaimu Mwanga Kibirige, Al-Hajj Kirunda Kivedinda and Moses Ali has prompted reflection on the community's entrepreneurial and political future.

However, remembrance alone cannot rebuild the economic strength the Ummah aspires to achieve. The present generation must turn the lessons of the past into practical action by developing institutions, mobilising resources and investing in sustainable economic initiatives.

The encouraging reality is that we live in a digital age in which the world has become increasingly interconnected. New technologies, financial innovations and business networks offer opportunities that previous generations could not easily access.

This is the time for the Ummah to unlock its intellectual potential, consolidate its economic resources and use its social networks to build institutions that serve present and future generations.

Islamic Finance: An Opportunity for Economic Transformation

Uganda's growing engagement with Islamic finance presents an important opportunity for the Muslim community and the wider population.

The Organisation of Islamic Cooperation (OIC) and the Islamic Development Bank (IsDB) provide platforms through which economic cooperation, development financing and financial inclusion can be advanced. The appointment of Dr Ahmed Kaweesa SSengendo, a former Rector of the Islamic University in Uganda, to a senior economic affairs role within the OIC is also an opportunity to explore how expertise and institutional connections can contribute to economic empowerment.

At the national level, the development of Islamic banking offers an alternative approach to accessing finance. Salaam Bank Uganda and community-based institutions such as Hijaz Community SACCO represent important avenues through which people can explore Sharia-compliant financial services.

Islamic finance is based on principles that prohibit interest (riba) and promote ethical transactions, risk-sharing and productive economic activity. When implemented effectively and supported by appropriate regulation, these principles can expand access to financial services for individuals, families and enterprises that seek alternatives to conventional interest-based financing.

For Uganda, where expanding access to affordable finance remains important to business growth and job creation, Islamic finance can contribute to broader economic development and the country's long-term ambition of achieving middle-income status.

The opportunity is not exclusively for Muslims. Islamic financial services can benefit people of all faiths who seek ethical, transparent and Sharia-compliant financial solutions.

To be countiuened .....

Sports

Kawempe Muslim Ladies Set for CAF Women's Champions League in Egypt

By Muawiya Kabuye

Uganda's Kawempe Muslim Ladies FC are set to represent the country at the 2026 CAF Women's Champions League final tournament in Egypt after making history by becoming the first Ugandan club to qualify for the continental competition.

The Ugandan champions secured their place after defeating Kenya Police Bullets FC 1–0 in the final of the CAF Women's Champions League CECAFA zonal qualifiers at Kigali Pelé Stadium in Rwanda on August 31, 2026. The decisive goal was scored by captain Agnes Nabukenya in the 100th minute of extra time.

According to the Federation of Uganda Football Associations (FUFA), the victory marked a historic milestone for Kawempe Muslim Ladies, who have established themselves among Uganda's leading women's football clubs. The team is a six-time champion of the Finance Trust Bank FUFA Women Super League.

Kawempe Muslim Ladies displayed impressive form throughout the CECAFA qualifiers, winning all four of their matches without conceding a goal. The team began its campaign with a 1–0 victory over Ethiopia's Commercial Bank of Ethiopia (CBE), followed by an emphatic 8–0 win against Djibouti's FC Ujeco in the group stage.

They then defeated CBE 3–0 in the semi-finals before overcoming Kenya Police Bullets in the final to claim the zonal title. The team scored 13 goals and conceded none throughout the tournament, underlining its defensive strength and attacking quality.

Nabukenya was named Player of the Tournament, while goalkeeper Saidah Namwanje received the Best Goalkeeper award. These individual honours further highlighted Kawempe's impressive performance in the competition.

The Confederation of African Football (CAF) has confirmed that Egypt will host the 2026 CAF Women's Champions League final tournament from November 1 to 15.

Africa's Top Clubs Set to Compete. Several clubs have already secured their places in the 2026 edition.



According to CAF, eight clubs will compete for the continental title, representing different qualification routes across Africa, alongside the defending champions and the host nation's representative. Egypt will host the competition for the second consecutive year and the third time overall, having also staged the inaugural edition in 2021.

The tournament brings together some of Africa's leading women's football clubs and provides a platform for players to compete at the highest level of the continental game.

Africa's Top Clubs Set to Compete

Several clubs have already secured their places in the 2026 edition. They include Kawempe Muslim Ladies of Uganda, representing the CECAFA zone; Mamelodi Sundowns of South Africa, representing COSAFA; Lekié FF of Cameroon, representing UNIFFAC; USFAS of Mali, representing WAFU Zone A; and Fath Union Sport (FUS) Rabat of Morocco, representing the North African zone. Morocco's AS FAR Rabat, the defending champions, have also secured qualification.

Kawempe Muslim Ladies' qualification represents a major achievement for Ugandan women's football, giving the club an opportunity to compete against some of the continent's strongest teams. Their participation will also provide valuable international exposure for the players and offer an opportunity to showcase Uganda's growing talent in women's football.