Transformed Mombasa Raises the County Profile

City Beautification

The new look Mombasa raises the County Profile as a leading economic hub in the region.

MOMBASA CITY: The freshly transformed Business District. The Ocean blue and white that have become the colour codes for Mombasa CBD and the golden and laughter colours that define the old town have undoubtedly taken Mombasa profile to the highest pedestal.

MADAFU REPORT

Many people will simply marvel at the new face of Mombasa just from the new coats of colours giving the Port city a new lease of beauty and splendor. The Ocean blue and white that have become the colour codes for Mombasa CBD and the golden and laughter colours that define the old town have undoubtedly taken Mombasa profile to the highest pedestal. The ongoing cabro works that have turned the once potholed and dilapidated pavements into beautiful walkways have made the CBD more organised as Mombasa regains its glory.

To the County Executive Committee Member (CECM), Transport, Infrastructure and Public Works Mr. Taufaq Balala, what is being seen is just part of the major restoration of Mombasa that goes beyond the colour coats and the beautifully paved walkways. The ongoing reorganization, beautification and restoration is part of the grand plan by the Mombasa County Government to turn Mombasa into a world class city as it surges ahead to take its place as a leading business hub in the region and beyond.

There were billboards everywhere,

MOMBASA CITY: PAGE 4

History of the City: Mombasa has a long history the traces can be found from the writings of the 16th century. Many traders did attempt to enforce their governance on the town due to its advantageously central location, where Arab influence is felt prominently till date.

Wind power is the use of air flow through wind turbines to provide the mechanical power to turn electric generators. Wind power, as an alternative to burning fossil fuels, is plentiful, renewable, widely distributed, clean, produces no greenhouse gas emissions during operation, consumes no water, and uses little land. Wind energy (or wind power) describes the process by which wind is used to generate electricity. Wind turbines convert the kinetic energy in the wind into mechanical power.

A generator can convert mechanical power into electricity. Advantages of Wind Power. It’s a clean fuel source. Wind energy doesn’t pollute the air like power plants that rely on combustion of fossil fuels, such as coal or natural gas. Wind turbines don’t produce atmospheric emissions that cause acid rain or greenhouse gases. Wind power is one of the fastest-growing renewable energy technologies. Usage is on the rise worldwide, in part because costs are falling. Global installed wind-generation capacity onshore and offshore has increased by a factor of almost 50 in the past two decades, jumping from 7.5 gigawatts (GW) in 1997 to some 487 GW by 2016, according to figures from the Renewable Energy Network for the 21st Century (REN21). Production of wind electricity doubled between 2009 and 2013. Many parts of the world have strong wind speeds, but the best locations for generating wind power are sometimes remote ones. Offshore wind power offers tremendous potential. Wind Farms are a very common sight in the developed Countries. They supply 30% - 40% of the National requirement. In Kenya the Technology is restricted due to the high cost of installation and maintenance. A large Wind Mill can generate up to 1.2 MW of electricity in a windy area. The Coastal Beach line is very promising area where wind energy can be tapped and supplied to the National Grid.
Fancy Dress Competition by VOC’s Seniors Committee

Shore Via Oshwal Community’s Seniors Committee organized a Fancy Dress Competition on Sunday, 4th November 2018 at the Dinets and Mahesh Auditorium for the Senior Members of Via Oshwal Community. A number of Senior Citizens from 60 to 80 years old participated with various fancy dresses and entertained the fully packed auditorium audience. In addition to the fancy dress competition, there were a number of other entertaining items like Carlo/Bollywood Dance/Shiels etc. Members then enjoyed a delicious lunch and the programme had been sponsored by the family of Late Nenchaudhri Mahipal.

Lions SightFirst Eye Hospital and Special Olympics Kenya (SOK) sign a MOU to add Diabetes Screening Component for Intellectually challenged athletes

On Saturday 17th November 2018 marked a historical moment for the Lions of Kenya, Lions SightFirst Eye Hospital (LSFH) and Special Olympics Kenya (SOK) through signing of a Memorandum of Understanding (MOU) to include Diabetes screening as a component to existing screenings relating to eye and dental for the Intellectually challenged athletes.

It was during the United Nations and Lions Club International event in February 2018 where Special Olympics event was attended by the 1st Lady Margaret Kenya, it was during this time that the idea originated of adding the Diabetes component to existing screenings to the Special Olympics during this event as diabetes screening was 1st introduced for athletes participating which were conducted successfully. Lions Are Kali working with the Special Olympics International committee and medical advisory board in writing a standard operating procedure (SOP) for Lions to run across the countries in which SOPs are held. Are Kali will work to ensure the SOP is successfully implemented across Kenya through working closely with SOK.

Dr Mathai Dodia, Chairman of LSFH said that through numerous years of support, we should turn ‘intellectual disability’ into ability for the athletes through the provision of quality medical care here at our hospital. Dr Mathai says he was excited to be the 1st country to be launching the Diabetes Screening component of SOK and he is confident that the other countries will follow through on this initiative soon. The day saw orientation to the athletes to Diabetes by the team behind the Lions Diabetes Care Centre, followed by diabetes, eye and dental screening. The Diabetes screening involved taking of blood sugars, blood pressure, group nutrition consultation, group diabetes education as well as doctor’s consultation. The historic moment was marked by cake cutting by the Leaders of Lions of Kenya and the SOK management team. This is another milestone achieved to enable the Lions of Kenya to make a small difference that goes a long way.

The MaDaFu - Nairobi Guide February 2019 - Single Events

The full list of Nairobi Events from 16th to 25th February 2019.

Through the African Entrepreneurship Award, BMCE Bank of Africa achieves its vision of a dynamic Africa, driven by young entrepreneurs to strengthen the economic and social opportunities for all Africans.

This year, 4th Edition, BMCE Bank of Africa introduces two new categories: “Innovation” and “Sports Business.” Innovation is defined as solving problems with new technologies, new processes and new business models. Sports business supports athletes, events and sports technology, apparel, fitness facilities, sports leisure and tourism, sports management, and sports media and event management.

At the end of the final round of the Award, 30 finalists from 20 African countries gathered for Boot Camp in Casablanca from the 5th to the 9th of February. The four Boot Camp Coaches from Norway, Namibia, Senegal and Tunisia provided three days of customized coaching on personal branding, business plans, financials, and risk management.

13 winners were selected by a prestigious Presidential Jury composed of: M. Amadou Gallo Fall, Senegal/USA, NBA Africa, Managing Director; Dr. Audrey Kent, Canada/USA, leading academic and founder Sport Research Institute, Temple University, USA; M. John- Bernard Duter, French/USA investor and Entrepreneur in Silicon Valley and Chairman of Acculture China; M. Jaber-Benhamdi, Moroccan, Group Executive, Managing Director of BMCE Bank of Africa.

The full list of Nairobi Events from 16th to 25th February 2019.
how would you feel then?

What or who instilled this from achieving what our minds. It’s been not real and only exists

Let’s ask ourselves

It’s okay not to be strong

And a lot of fear. you feel you would be shot down.

From the about making Mombasa true empower them. The County has up with a disability mainstreaming

Transfomed Mombasa Raises the County Profile

BEST CARS, BEST DEALS! BEST CARS, BEST DEALS!

Fear, Kick it Out

Sometme when you’re feeling a bit stressed out with all the things that you need to do, it can be easy to let your stress get the best of you. In this situation, it’s important to take a step back and remind yourself of the things that you’re grateful for. Whether it’s something as simple as the ability to breathe, or something more significant like the support of friends and family, it’s important to take the time to acknowledge and appreciate all the things that you have in your life. By doing this, you can help to shift your focus away from the things that are causing you stress and towards the positive things in your life. This can help you to feel more calm and centered, and better equipped to handle whatever challenges may come your way. So next time you find yourself feeling overwhelmed, take a deep breath and focus on the things that you’re grateful for. It may just make all the difference.
Buying a New Computer

BY MARIA ALAMARA

In the previous article, we looked at what you need to consider when buying a used computer. In this article, we will look at what software you need to install as soon as your computer is bought.

A new computer is a blank slate of the operating system and a fresh installation of software. Before you begin, it is best to make sure that you have the programs and applications that you will need to use your computer.

After you have bought your computer, the next step is to install the software. This can be done through the CD or DVD that came with the computer, or you can download the software from the manufacturer's website.

Most of our lives nowadays take place online and there’s no such thing as being offline. We use our computer for everything from reading the news to shopping online. It is important to have the right software installed on your computer.

Some important software that you should install are antivirus software, antimalware, and a firewall. These programs will protect your computer from viruses and malware.

You should also install programs that you will need for your daily tasks. This includes Microsoft Office, Adobe Creative Suite, and any other software that you regularly use.

Once you have installed the necessary software, you can start using your computer.

An Introduction to the History of the Coastal-Strip and Its Peoples.

BY ISMAIL ADILOL

The first thing you must always keep in mind when buying a new computer is that it is meant to cause damage or steal your money. Not to worry, though, because there are many different ways to secure your new computer.

Many different software programs are designed to protect your computer from viruses and malware. A firewall, for example, will prevent unauthorized access to your computer. Antivirus software, on the other hand, will scan your computer for viruses and malware.

Your computer can not only be used for these things as being too careful. Not to worry, though, because there are many different ways to secure your new computer.

Many different software programs are designed to protect your computer from viruses and malware. A firewall, for example, will prevent unauthorized access to your computer. Antivirus software, on the other hand, will scan your computer for viruses and malware.
SNARES!!! How People Kill Wild Animals with them. Sad!

BY PATTI VAUGHN

Snares have become the single threat to African lions, doing more harm than human wildlife conflict and trophy hunting combined.

Snares have become a threat to all African continent where wildlife live and snares is happening everywhere on the continent. Poaching by use of snares is happening everywhere. The snares are catching animals that can be caught in a snare, small antelopes to elephants, and dying with a future ahead they die in excruciating pain. The situation more decisively.

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BY ANJHNA

In Kenya, over 60% of the population is smartphone users. Your voice, so stop suffering in silence and act now. Your one step will save billions of lives.

Bullying

Bullying, the word itself says it all. It is a hidden aggression that is propagated a generation to another generation. Statistics are run by other engines of services like the app stores, apps and many more. Most smartphones need an email address to activate a number of services like the app stores, apps and many more. Most smartphones need an email address to activate a number of services like the app stores, apps and many more. Most smartphones need an email address to activate a number of services like the app stores, apps and many more. Most smartphones need an email address to activate.

We are moving towards making our online lives available online in it through the use of CCTv cameras which are housed in most buildings and businesses, traffic cameras, drones, your webmails even your end-user mobile applications. You are either traced through the global positioning system in your mobile phone or through the nearest signal which is tracked and monitored and recorded. Information is being used by the government then by our bosses, tracking your traffic build up and delays on the routes, alternative routes to your frequent route, the nearest signal which is tracked and monitored and recorded. Information is being used by the government then by our bosses, tracking your traffic build up and delays on the routes, alternative routes to your frequent route.

Causes of Bullying

There are different kinds of bullying:

1. Physical bullying - hitting, kicking, pushing or punching.
2. Verbal bullying - name-calling, insults, hurtful teasing, tormenting or verbal threats.
3. Relational bullying - excluding someone from a peer group via verbal threats, spreading rumors, and numerical abuse.

People who report the incident, if it involves personal or intimate relationships, can be traced in many ways. By phone finding software that can trace your phone is switched off physically, there are phone finding software that can trace your phone is switched off physically. The victim shown signs of low self-esteem, anxiety, depression, low understanding of one you are on the phone, your guilty voice, so stop suffering in silence and act now. Your one step will save billions of lives.

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One on One with Her Excellency Hon. Charity Kaluqi Ngilu

She is one of the only three women Governors in Kenya. A career politician with vast experience in public service, Madafu Newspaper got a chance to engage with the Alliance girls high school alumna and current Governor for Kitui County Her Excellency Charity Kaluqi Ngilu on her current engagements as Kitui County Governor.

Q: First of all, Madafu Governor, you have been in office for a year now, what’s your view on Development?

A: First and foremost, I say deviation is the greatest thing that has ever happened to the people of Kenyans. What we have seen under the Kenyatta administration is focused on policies that are growth-oriented and inclusive. We have seen a commitment to achieving the national vision 2030. We have seen governments focused on delivering a comprehensive and integrated framework which is anchored on a strategic plan that is focused on the realization of national development and the achievement of the basic rights for every individual such as in the health sector, education, agriculture, trade, energy, transport, housing, agriculture through public financing and responsibility on revenue delivery.

Q: A number of opinion polls have recently been done on the government. How would you rate the performance of your government?

A: I am guided by the values of excellence, solidarity, commitment and integrity. This is what I hold as my pillars, and I am working with a team that is committed to delivering the best possible results to the people of Kitui. With a strong commitment to the people and a team of advisors and experienced individuals, I said initially I have a very committed team who will work together with me to monitor the work being done. Besides, like any other government, the aim is to influence the outcomes. I try to personally oversee and get involved in important issues as much as possible. I ensure extensive citizen participation in the running of the County. I have interacted with the youths, women and people living with disabilities for prosperity, besides supporting the wellbeing and monitoring the living standards of all residents of Kitui without any bias.

Q: I heard that your government is focusing on several aspects of development, which do you consider to be your priority?

A: I ensure extensive citizen participation in the running of the County. I have interacted with the youths, women and people living with disabilities for prosperity, besides supporting the wellbeing and monitoring the living standards of all residents of Kitui without any bias. My government is focused on several aspects of development including education, health, agriculture, industry, tourism and infrastructure. Our priority is to ensure that every resident of Kitui has access to quality education, health care, and a standard living environment. We are working to improve the livelihoods of the people of Kitui and the overall development of the County.

Q: How can you describe your style of leadership?

A: My style of leadership is guided by the values of excellence, solidarity, commitment and integrity. This is what I hold as my pillars, and I am working with a team that is committed to delivering the best possible results to the people of Kitui. With a strong commitment to the people and a team of advisors and experienced individuals, I said initially I have a very committed team who will work together with me to monitor the work being done. Besides, like any other government, the aim is to influence the outcomes. I try to personally oversee and get involved in important issues as much as possible. I ensure extensive citizen participation in the running of the County. I have interacted with the youths, women and people living with disabilities for prosperity, besides supporting the wellbeing and monitoring the living standards of all residents of Kitui without any bias.

Q: Is January, 2019

A: First of all, I want to make it very clear that KICo Textile Company has no political affiliation. As a matter of fact, the company was established during the administration of Hon. Kalonzo Musyoka, who was the Wiper Leader Hon. Kalonzo Musyoka for Machakos’ dr. arfed Mutua respectively is a matter of fact that I was elected the Governor by a majority of the people of Kitui County. I am guided by the values of excellence, solidarity, commitment and integrity. This is what I hold as my pillars, and I am working with a team that is committed to delivering the best possible results to the people of Kitui. With a strong commitment to the people and a team of advisors and experienced individuals, I said initially I have a very committed team who will work together with me to monitor the work being done. Besides, like any other government, the aim is to influence the outcomes. I try to personally oversee and get involved in important issues as much as possible. I ensure extensive citizen participation in the running of the County. I have interacted with the youths, women and people living with disabilities for prosperity, besides supporting the wellbeing and monitoring the living standards of all residents of Kitui without any bias.

Q: You are an inspiration to many people in the region, especially women and girls. How do you manage to balance your professional life and personal life?

A: I am working to ensure that every resident of Kitui has access to quality education, health care, and a standard living environment. We are working to improve the livelihoods of the people of Kitui and the overall development of the County.

Q: Another major initiative that your government has taken is KICo Textile Company, how is the company doing?

A: The Governor Charity Ngilu, the establishment has been able to market itself amongst the locals. However, little did they know that the training was just but a roadmap for them. Kitui is one of the most favourite destinations for investors in the region and the Government through the County Kitui Cotton and Textile Company, popularly known as KICo Textile Company dares to dream on rehabilitating and construction of new buildings for the company. Already, revenue is being generated. It has even been earmarked for case studies, monitoring and evaluation. The company’s output is already being exported to countries such as the Netherlands, Heinrich boll stiftung, f ord foundation and the World Bank. The International entities on board carry out capacity building forums, as a way to encourage the locals to embrace entrepreneurship. KICo Textile Company has been at the vanguard of spearheading the reforms says more surprises are in the pipeline.

Q: Can you tell us more about the KICo Textile Company?

A: KICo Textile Company was established as a textiles and fashion business in the year 2020. The plan is to establish a state of the art textiles and fashion business in the county equipped with all the necessary facilities to accomplish the major objectives of the company. The company will have a state of the art production at a Textile Factory in Kitui. In the beginning, the training bit was set to cater for the locals. However, later it was expanded to cater for the locals. The company is currently training individuals in textile production, with officials from several County Governments visiting the company. The company has been able to market itself amongst the locals. However, little did they know that the training was just but a roadmap for them. The County Government has also embarked on rehabilitating and construction of new buildings for the company. Already, revenue is being generated. It has even been earmarked for case studies, monitoring and evaluation. The company’s output is already being exported to countries such as the Netherlands, Heinrich boll stiftung, ford foundation and the World Bank. The International entities on board carry out capacity building forums, as a way to encourage the locals to embrace entrepreneurship.

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**SPONSORED CONTENT**

**M.P. Shah Hospital - Jain Social Group Donates 3.75 million carcid program**

Jain Social Group made a donation worth Ksh. 3.75 million towards M.P. Shah Hospital cardiac program. The generous donation was made on Friday, November 18, 2011 to help underprivileged children with congenital heart diseases undergo free heart surgeries at the hospital.

Speaking on behalf of Jain Social Group, the Chairman, Mr. Bharat Parekh said they were honourable to be part of the programme which has been in existence for the past two years.

The donation was received by M.P. Shah Hospital Chief Operating Officer Mr. Tejesh Dharmaraj who expressed gratitude to members of Jain Social Group for their kind gesture towards funding the free heart program. He also thanked the Chairman of the hospital Dr. Mazoo Shah for his leadership and direction towards this initiative.

The free heart program is an initiative of M.P. Shah Hospital in partnership with Jain Social Group and Healing Little Hearts, an international charity organization that draws philanthropist medical staff mainly from the United Kingdom.

In February this year, 20 children with congenital heart conditions underwent free open heart surgeries at M.P. Shah Hospital. Another 15 children underwent cardiac intervention procedures in May this year after the hospital partnered with Healing Little Hearts for the third time.

Research shows that approximately 25% of ChD patients require heart surgeries or other interventions for them to survive.

Further reports indicate that these patients face life-long risk of health problems related to growth and eating, developmental delays, difficulty with exercise, heart rhythm, heart failure, sudden cardiac arrest or stroke.

**FINANCIAL ADVICE**

**Treasury bills and bonds for the risk averse investor**

Time upon time investors have had to do a balancing act of choosing the most efficient investment vehicles for their hard-earned incomes for maximum returns while exposing their investments to minimal risks.

Treasury bills are a secure investment option of lending money to the Kenyan Treasury through the Central Bank of Kenya (CBK). T-bills are normally auctioned every week and investors can choose from three maturity periods; 91 days, 182 days and 364 days. Their discounted nature is also an attractive feature since investors choose the amount to receive on maturity—commonly known as the face value of the bill—and pay less than that amount when purchasing it with your initial investment being less than the face value. This means that the investor earns interest up front which will be net of withholding tax.

However, T-bills' high minimum face value threshold purchase of Ksh 100,000 with denominations of Ksh 50,000 has often been cited as the restricting factor for the retail investor.

Alternatively, Treasury bonds are offered for a set amount of years—presently ranging from one to 30—while guaranteeing the investor interest payments every six months throughout the bond’s maturity.

With the CBK offering T-bonds on a monthly basis, investors are normally treated to an enticing array of bond offers throughout the year.

The long-term predictability nature of income earned from T-bonds is due to the fact that majority of Kenyan T-bonds are fixed rate. Therefore, the interest rate determined at auction is locked in for the entire life of the bond.

Additionally, there are other types of bonds that are generally made available to the investor. One of them is government’s mobile-based M-Akiba bond—retail infrastructure bond that allows investors start with Ksh 3,000 as initial minimum investment amount per account with consecutive trades in multiples of Ksh 500 and pays a fixed interest rate of 10% per year. Thereby enhancing financial inclusion and savings and investment culture by Kenyans.
Mental Health Basics

The world of mental health is vast and includes a multitude of disorders. It is important to understand the different types of mental health conditions and the treatment options available. Mental health issues can range from mild to severe and affect individuals of all ages.

There are several factors that can contribute to mental health problems, including genetics, biology, brain chemistry, and life experiences. Stress, trauma, and other life challenges can also trigger mental health issues.

Common mental health disorders include depression, anxiety, bipolar disorder, schizophrenia, and eating disorders. The symptoms of these disorders can vary widely and may include feelings of sadness, worry, or fear, changes in appetite or sleep patterns, and difficulty concentrating or making decisions.

Mental health disorders can be managed through a combination of medication, therapy, and lifestyle changes. Early intervention and treatment can be very effective in managing mental health issues and improving quality of life.

It is important to seek help if you or someone you know is struggling with mental health issues. There are many resources available, including mental health professionals, support groups, and community organizations.

Remember, mental health is just as important as physical health, and taking care of it is essential for overall well-being.
Benefits Of Using Jaggery (Sukari Guru)

Jaggery is a natural sweetener that has been used for centuries in various cultures around the globe. It is known for its numerous benefits and has been used in traditional medicine for its medicinal properties. In this article, we will discuss the health benefits of using jaggery.

1. Jaggery helps in maintaining proper digestion.
2. It helps in the maintenance of proper metabolism.
4. It helps in the prevention of skin problems.
5. Jaggery helps in the prevention of joint problems.
6. It helps in the prevention of joint pains.
7. Jaggery helps in the prevention of chronic cough.
8. It helps in the prevention of immune system weakness.
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Data Backup And Disaster Recovery

In an ideal world, data loss wouldn’t happen. But data breaches, software failures, hardware failures, natural disasters, and other events can all result in the loss of important data. That’s why it’s essential to have a robust data backup and disaster recovery plan in place.

Here’s a step-by-step guide to creating a comprehensive data backup and disaster recovery strategy:

1. Assess Your Data: Before you can create a backup plan, you need to know what data you need to protect. Identify the critical data that needs to be backed up, including customer records, financial data, and other sensitive information.

2. Choose a Backup Method: There are several methods for backing up your data, including local backups, cloud backups, and remote backups. Choose the method that best meets your needs.

3. Create a Backup Plan: Once you’ve selected a backup method, create a detailed plan for how you’ll perform backups. Include information on how often backups will be performed, which data will be backed up, and where the backups will be stored.

4. Test Your Backup Plan: Regularly test your backup plan to ensure that it works as expected. This will help you identify any issues that need to be addressed.

5. Train Your Employees: Ensure that all employees understand the importance of data backup and disaster recovery and know how to perform backups.

6. Review and Update Your Plan: Regularly review your data backup and disaster recovery plan to ensure that it remains effective. Update your plan as needed to accommodate changes in your business or technology.

By following these steps, you can create a robust data backup and disaster recovery plan that will help protect your business from data loss.

Tourism Sector Performance Report 2018: Authentic Numbers Or A Conspiracy?

The Tourism Sector Performance Report 2018 is considered a violation of God’s right to be worshiped. In one case, a local government passed a law that required all businesses to display a sign acknowledging the government’s authority to regulate tourism. This law was challenged in court and struck down as unconstitutional. While the government has continued to enforce the law, businesses have been able to operate without the sign in place.

The report has been praised for its comprehensive analysis of the tourism sector, but it has also been criticized for its subjective conclusions. Some critics argue that the report is biased and does not provide a fair or accurate representation of the tourism industry.

Belief in the Prophet

The Prophet Muhammad is considered a key figure in Islamic history. He is believed to have received revelations directly from Allah (God) through the angel Gabriel. These revelations formed the basis of the Quran, Islam’s holy book. The Prophet Muhammad is considered the final Messenger of Allah, and his life is considered a model of Islamic practice.

Islam teaches that true and lasting happiness can only be found through faith in Allah and following the guidance of the Prophet Muhammad. This includes practicing worship, charity, and ethical behavior. By following the Prophet’s teachings, Muslims believe they are able to achieve peace, success, and ultimate happiness in this world and the hereafter.

The story of the Prophet Muhammad teaches us about the importance of faith, obedience, and the pursuit of knowledge. It is a reminder of the power of belief and the impact it can have on our lives. By following the Prophet’s example, Muslims strive to live a life that is guided by their faith and to serve as a model for others.

Belief in the Angels

According to Islamic belief, there are two types of angels: jinn and archangels. Jinn are created from smokeless fire and can take on any shape or form. Archangels, on the other hand, are created from light and are always clothed in white. They are considered messengers of Allah and are responsible for carrying out his commands.

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