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Malaysian pilgrims advised to look after their health

MECCA: Yang di-Pertuan Agong Tuanku Abdul Halim Mu'adzam Shah yesterday advised Malaysian haj pilgrims to look after their health so that they can continue to perform their haj rituals at the Arafah Plains on 24 Oct.

The Malaysian King said that spending the night in Mudzalifah and throwing pebbles at the Jamrah in Mina were compulsory for the pilgrims and such rituals demanded a high level of physical and spiritual strength.

"I and the Raja Permaisuri (Agong) are very happy to be able to have a close look at the condition of the Malaysian pilgrims who appear to be healthy and well prepared for the '*wukuf*' two days from now," Tuanku Abdul Halim said when visiting the Tabung Haji headquarters at the Abraj Al-Janadriah Building, here.

Also present was Raja Permaisuri Agong Tuanku Hajah Haminah.

The King also received a section of the '*kiswah*', the cloth covering the Kaabah which was taken off recently, as a souvenir from the Muassasah Head for South-east Asia, Syeikh Zuhair Al Sandayu.

Tuanku Abdul Halim also expressed his happiness at being able to mingle with the Malaysian pilgrims and Tabung Haji personnel.

The King congratulated Tabung Haji for its continued efforts in providing the best service to the Malaysian pilgrims. - Bernama