



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
OCTOBER 2010 ISSUE # 16



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Dear Brothers and Sisters
Assalamo Alaikum WRWB*

As we know that the last month was the month of Eid Al Fitar but this year Pakistani Muslims took part in low-key celebrations for the Eidul Fitr festival, as millions still languish without shelter after the nation's worst-ever floods. In fact Eid is the most important festival in the Islamic calendar, marking the end of the fasting month of Ramadan — but celebrations were muted as the fallout from devastating floods continues.

The Flood has left 10 million people without shelter nationwide, according to UN figures, with UN spokesman, describing it as “one of the worst humanitarian disasters in UN history.” Some 21 million people have been affected by the floods, which began more than nine weeks ago and have dragged on through Ramadan, with more than eight million reliant on aid handouts for survival.



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We could not celebrate the Eid days with traditional fanfare and festivities because millions of our countrymen have been rendered shelter-less as villages, towns and cities have been destroyed by the floods in Pakistan. However, we bow our heads in gratitude to Allah on this day for blessing us with the bounties of the holy month of Ramadan. In this situation people had demonstrated come together with generosity to lessen the hardship faced by the flood victims. *The devastating flood in Pakistan obligated every Pakistani and non Pakistani to contribute generously into flood relief fund. Similarly, Memon Jamat of Saudi Arabia also decided to help the flood victims and collected donations of almost one hundred thousand Saudi Riyal on the occasion of Iftar Party. Fortunately, the treasurer of the Jamat was due to leave for Pakistan on his vacation in the 3rd week of Ramadan, he kindly accepted to undertake the responsibility (during his vacation period) of helping the flood victims by providing them with the life needs out of the collected fund under his personal supervision. We are pleased to announce that our treasure accomplished the noble mission with sincerity & enthusiasm. He has returned to Saudi Arabia and for his act of kindness Memon Jamat expresses thanks and appreciation to him.*

May Allah almighty help and protect the flood victims and May God Bless them all.

*Best regards
Newsletter Committee*



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MEMON JAMAT'S EVENTS:

1) EID MILLAN

DUE TO THE REASON MENTIONED IN THE EDITORIAL AND AS PER OPINION OF BOARD MEMBERS OF MEMON JAMAT, THIS YEAR WE ARE NOT HOLDING EID MILLAN ON EID AL FITAR. HOWEVER, AN EVENT ON THE OCCASION OF EID AL ADHA MAY TAKE PLACE FOR THE FAMILIES OF MEMON COMMUNITES JUST AFTER EID AL ADHA PROVIDED IT IS DECIDED & APPROVED BY THE BOARD IN IT'S UPCOMING MEETING. A SEPARATE ANNOUNCEMENT FOR THIS EVENT WILL BE MADE IN DUE COURSE OF TIME, IF IT IS GOING TO BE HELD.

2) PRIZE DISTRIBUTION

A PRIZE & CERTIFICATE DISTRIBUTION PROGRAM IS TO TAKE PLACE ALONG WITH EVENT OF EID AL ADHA (IF HELD) FOR THE MERITORIOUS STUDENTS OF THE YEAR 2009 / 2010. PARENTS ARE REQUESTED TO PLEASE PROVIDE OFFICE BEARERS WITH COPY OF TRANSCRIPT OF THEIR MERITORIOUS STUDENT.

3) SOCIAL EVENING WITH SCHOLAR/CELEBERITY

AFTER SUCCESSFUL EVENT OF ENLIGHTENING SPEECH OF DR. MOHAMMED UMER CHAPRA TOOK PLACE TWICE THIS YEAR AND UPON REQUEST OF THE AUDIENCE, THE SIMILAR PROGRAM WILL BE ARRANGED ON THE DIFFERENT INTERESTING TOPIC SOON.



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ANNOUNCEMENTS

1. A **COMPUTER TRAINING INSTITUTE** HAS BEEN RECOMMENDED TO BE ESTABLISHED WHICH WILL PROVIDE MEMON STUDENT WITH FREE OF COST WHILE NON MEMON WILL BE BENEFITED FROM THE INSTITUTE AT A VERY NOMINAL FEE. WE ARE IN SEARCH OF 2 ROOMS APARTMENT AT REASONABLE RENT OR OFFICE TYPE SHOP WHERE WE COULD PLACE AT LEAST 10 COMPUTERS EASILY. A SEPARATE FUND WILL BE RAISED FOR THIS PROJECT OF JAMAT SOON.
2. THIS IS DECIDED TO INVITE APPLICATIONS FROM POOR FAMILIES WHO CAN NOT AFFORD **SCHOOL FEE** OF THEIR CHILDREN OR THEIR CHILDREN HAVE DISCONTINUED DUE TO INABILITY TO PAY THE SCHOOL FEE. THIS AID SHALL BE PROVIDED TO NEEDY FROM ZAKAT FUNDS AFTER NECESSARY FORMALITIES. NEEDY FAMILY MAY CONTACT JAMAT IF THEY ARE REALLY FACING FINANCIAL HARD SHIP TO AFFORD SCHOOL FEES OF THEIR CHILDREN.
3. WE ARE ACCEPTING DONATIONS, CONTRIBUTION, OR COMMITMENT TO PAY IN FUTURE OR FOR SPECIFIC PROJECT. BROTHERS MAY DONATE THEIR **FUNDS** TO MEMON JAMAT SPECIFYING THE USAGE OF THEIR FUND IN ANY OF THE FOLLOWING:

(I) TO USE IN WELFARE PROJECTS OF MEMON JAMAT (II) TO USE IN EVENTS OF MEMON JAMAT (III) TO USE IT IN ZAKAT AND/OR CHARITABLE PURPOSES

DONORS MAY KINDLY CONTACT ANY OF THE OFFICE BEARERS OR FUNDS COMMITTEE.
4. REGISTERTION OF MEMON BROTHERS IS OPEN BY SUBMITTING MEMBERSHIP FORM TO ANY OFFICE BEARERS OR BY VISITING OUR **WEBSITE** AND REGISTERING YOUR SELF IN THE MEMBERS DIRECTORY which will FACILITATE DISTRIBUTION OF INVITATIONS ON VARIOUS OCCASIONS, CIRCULATION OF VARIOUS INFORMATION TO ALL BROTHERS.



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The Origin of the Gujarati Language

Gujarati is a language belonging to the Indo-Iranian group of the Indo-European languages.

It is spoken mainly in Gujarat, a state in western India, where it is a regional language officially recognized by the Constitution.

It is written in Gujarati script, an abugida very similar to Devanagari (the script used for Sanskrit and Hindi), but without the continuous line at the top of the letters.

It is spoken by about 46 million people worldwide, making it the 23rd most spoken language in the world. Of these, roughly 45.5 million reside in India , 150,000 in Uganda , 250,000 in Tanzania , 50,000 in Kenya and roughly 100,000 in Pakistan.

Considerable population of Gujarati speakers exists in North America as well. The two most common surnames are: Shah and Patel.

History

The history of the language can be traced back to 12th c.

A formal grammar of the precursor of this language was written by Jain monk and eminent scholar, Hema-chandracharya in the reign of Rajput king, Siddharaj Jayasinh, of Patan.

This was called Apabhramsa grammar, signifying a language which is a corrupted form of languages like Sanskrit and Ardhamagadhi.



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Earliest literature in the language survives in oral tradition and is traced to two stalwarts, the Krshna devotee and great egalitarian Narasinh Mehta; later a source of inspiration to Mahatma Gandhi, dated to be in the 17th century.

The story of Narsinh Mehta himself was composed as a long narrative ballad by Premananda, accorded the title 'maha-kavi' or great poet by modern historians of the language.

His date is perhaps late 17th century. Other than this a large number of poets flourished during what is now characterised as the bhakti or devotional movement in Hinduism, a movement of the masses to liberate the religion from entrenched priesthood.

Premananda was a 'vyakhyan-kar, ' a travelling story teller, who narrated his subject in song form and then perhaps elaborated on the lines in prose.

His style was so fluent that the long poems running into hundreds of lines were memorised by people and are still sung during the morning routines.

In this sense the oral tradition of the much more ancient Vedas was clearly continuing in India till late.

Premanandas' famous poetry-stories deal with epic themes couched in stories of mythical kings, and the puranas. He also wrote a drama based on Narasinh Mehtas' life capturing his simplicity and his disregard for worldly divisions of caste and class.

*The Gujarati spoken today takes considerable vocabulary from Persian due the more than five centuries of the rule of Sultan kings who were Muslim.
These words occur mostly in reference to worldly and secular matters.*



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The other elements of the language, however, draw quite a lot on native tribes of the specific region, as listed below under Dialects. Modern exploration into Gujarat and its language is credited to British admini-strator Forbes.

During the 19th century at a time when the British rule was more consolidatory and progressive, this gentleman explored much of the previous thousand years of the history of the land and compiled a large number of manuscripts.

The learned body devoted to Gujarati language is named after him, Farbas Gujarati Sabha with headquarters in Mumbai.

Dialects

As with most languages, there are regional dialects which differ in some minor regard. Some of them are listed below along with subdivisions.

Standard Gujarati
Saurashtra Standard
Nagari
Bombay Gujarati
Patnuli
Gamadia
Gramya
Surati
Anawla
Brathela
Eastern Broach Gujarati
Charotari
Patidari
Vadodari

Ahmedabad Gamadia
Patani
Parsi
Kathiyawadi
Jhalawadi
Sorathi
Holadi
Gohilwadi
Bhavnagari
Kharwa
Kakari
Tarimuki
Ghisadi

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بے چار مرد

- اگر عورت پر ہاتھ اٹھائے تو ظالم اور پٹ جائے تو بزدل کہلاتا ہے۔
 - عورت کے آگے چلے تو فرعون، پیچھے چلے تو زن مرید سمجھا جاتا ہے۔
 - عورت کو کسی کے ساتھ دیکھ کے لڑے تو قدامت پسند اور جیب رہے تو بے غیرت تصور کیا جاتا ہے۔
 - کھر سے باہر رہے تو آوارہ، کھر میں رہے تو ناکارہ کہا جاتا ہے۔
 - بچوں کو ڈانٹنے تو جاہل، نہ ڈانٹنے تو لاپرواہ مانا جاتا ہے۔
 - عورت کو ملازمت سے روکے تو تھلی مزاج اور ندر کے تو عورت کی کمائی کھانے والا کہلاتا ہے۔
- ☆ آخر یہ بیچار مرد جائے کہاں.....؟

پہچان

امام شافعی فرماتے ہیں کہ معزز شخص کی پہچان یہ ہے کہ اس کے دل میں ہر ایک کے لئے محبت ہوتی ہے اور وہ کسی سے دشمنی پر آمادہ نہیں ہوتا۔ جبکہ نیچ آدمی کی پہچان یہ ہے کہ وہ محبت پر آسانی سے آمادہ نہیں ہوتا مگر دشمنی کے لئے ادھار کھائے پیشا رہتا ہے۔ اسے توڑنا چاہیں تو مٹی کے پیالے کی طرح ٹوٹ جائے گا مگر چاندی کے پیالے کی طرح مڑے گا نہیں۔

آنکھ

- ☆ جب جھکتی ہے تو زمانے بھر کی شرم اپنے اندر سمو لیتی ہے۔
- ☆ جب کھلتی ہے تو کائنات کے رازوں سے پردہ اٹھا دیتی ہے۔
- ☆ جب دیکھتی ہے تو سمندر کی گہرائیوں سے موتی نکال لیتی ہے۔
- ☆ جب مسکراتی ہے تو کائنات کی ساری مصومیت جذب کر لیتی ہے۔
- ☆ جب بولتی ہے تو زبان کو بھی حیران کر دیتی ہے۔
- ☆ جب روتی ہے تو عرش الہی کو ہلا دیتی ہے۔



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Imparting value education

From antiquity to the present Information Age, from Socrates and Marcus Aurelius to today's character-building websites, value education has come a long way but has never been out of style. From the classroom to the sports field, value education is as relevant as the three 'R's.

With changing social, traditional and familial structures, the proliferation of books and websites on value education and indeed the inclusion of value education in school curriculums worldwide is ample proof that now more than ever, educational institutions have a major part to play in the responsibility of educating children with the values that will develop their characters.

One brilliant exercise is the "Thought for the day" employed in assemblies and classrooms nationwide. What better way to inspire a young mind with a value than to give it a moral thought to ponder over. Also, skits, short speeches and graphical representations to highlight a particular value such as discipline, courage or honesty go a long way in convincing children of the importance of that particular value.

Implementing peer tutoring is another excellent mode of imparting value education. Through modern teaching methods such as cooperative learning, students pick up many invaluable traits like sharing, spirit of cooperation, patience and courtesy. These techniques are also very influential in developing leadership qualities.

Libraries are unlikely treasure houses when it comes to imparting value education. Through various activities and techniques, libraries can play a pivotal role in imparting value education. The library bulletin board is just about the best place to start. By putting up the moral favourites and timeless classics chosen by teachers (who are invariably role models) and exemplary students; juniors and peers get inspired to pick up or borrow those very books and benefit from them morally.

As mentioned earlier, the performing arts can be a wonderful arena for nurturing value education. Plays and skits performed on moral issues (reminiscent of the Morality plays of the Middle Ages) are excellent vehicles for inculcating values in young and impressionable minds. They can play a very positive role in making students aware of inalienable human rights, human rights violations and how these violations can be stopped. Students, thereby, develop awareness of the burning issues of the day and also become more caring and humane.

Days of recollection are another very useful tool for imparting value education to students. Taking students for a day-long retreat is a highly effective way to inculcate values. Talks given by eminent figures of society and role models, activities such as making posters on various values, introduction to famous moral giants through storytelling, all interspersed with fun and games make for very successful value education.



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As educators and parents, it is imperative that we remember that values are caught, not taught. While formal training for values is certainly applicable, trying to “teach” a value to a child without actually implementing it yourself is an exercise in futility. It would be wise to keep reminding ourselves that children learn more from observation than from anything else.

Value education cannot be imparted in isolation; without integration with the rest of the curriculum. Simply setting apart stipulated classroom time for value education is not enough. One teacher imparting value education is like saying that there should be only one gardener in a large orchard. All teachers must work in close conjunction with each other to impart value education. Indeed, the imparting of value education is a collegial task.

Perhaps if every teacher spent just a maximum of five minutes every day on giving students tips and pep talks on values, manners and good habits, educators would be closer to their goal of encouraging students to become not only morally-oriented beings, but also critical thinkers, who would be able to distinguish between right and wrong for themselves, and ultimately embrace right.

In the fast-paced digital world that we live in, value education has acquired utmost importance. The mechanized lives we lead more often than not tend to desensitize and dehumanize us. Value education is the need of the hour. If parents, teachers and the community join hands, value education can definitely be imparted successfully to children, thereby realising the dream of making them fine citizens and, above all, good human beings.

-X-X-X-X-X-X-X-X-X-X-X-

"Its Nice To Be an important Person . But, It is more Important to be a Nice Person."

"I believe it prudent to keep an open mind to new ideas, not so open that you blindly accept every new concept."



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Simple tips and Technics to keep your body fit and healthy

How do you feel to be healthy? Nice! Must be wondering if there is that magic wand, I can become slim, fit and healthy. Nice to think but how to make this a reality? Takes time. Can't happen overnight.

You can follow certain simple and easy technics which will help you be fit and healthy. Have you decided to go for it! then read on.

- Do not make a future plan for your exercise, if you have to do it, just do it now.
- Wake up a bit early, pull your pants up and start walking out. If not like an exercise, just walk out. Go where you like, spend sometime out in the morning. You can opt to buy milk, vegetables, newspaper or whatever... just go out. Slowly increase the speed of your walk.
- Follow the Golden Rule - Breakfast like a KING, Lunch like a Prince and Dinner like a PAUPER. Keep your dinner very light, avoid cheese, butter, curd or any other fat products.
- Breathe in and breathe out deeply whenever you remember. Do simple stretching exercises.
- Last of all... Don't worry.. Be happy. Stress can cause lifestyle diseases. Be away from stress. Life is short, enjoy every moment of it.



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ہذا اپنی غذا میں بس کبھی شامل کر لیں۔ بسن میں بلڈ پریشر اور بلڈ شوگر کم کرنے کی خوبی کے علاوہ خون صاف کرنے اور خون کو پتلا کرنے کی بھی خصوصیات ہوتی ہیں۔ سائن کے علاوہ سلاڈ یا کم چکنائی والے دہی پر تازہ کچلا ہوا بسن چمچ کر استعمال کیا جاسکتا ہے۔

ہذا بلڈ پریشر کو درست حد کے اندر رکھنے اور دل کو معمول کے مطابق کام کرنے کے قابل رکھنے میں دوہد نیات بھی اہم کردار ادا کرتی ہیں۔ ان میں ایک کیلشیم اور دوسرا میگنیشیم ہے۔ اگر خون میں کیلشیم کی سطح گھٹ جائے تو بلڈ پریشر بڑھ سکتا ہے۔ اسی صورت میں میگنیشیم تقسیم شریاؤں کو پھیلا کر بلڈ پریشر کم کرتا ہے۔ جس کسی کے خاندان میں ہائی بلڈ پریشر کی شکایت ہو اسے جانے کہ وہ روزانہ ایسی کوئی استعمال کرے جس میں 800 ملی گرام کیلشیم، 400 ملی گرام میگنیشیم اور 200 انٹرنیشنل یونٹس وٹامن ڈی موجود ہو۔ کچھ غذا ایسی بھی ہیں جو بلڈ پریشر کم کرنے میں مددگار ہوتی ہیں اور دل کو توانا رکھتی ہیں کیونکہ ان میں پوٹاشیم اور میگنیشیم کی بہتات ہوتی ہے۔ ان غذاؤں میں خوبانی، کیلا، پیریاں، چکوترا (گریپ فروٹ)، انگور، آم، بخر پوزہ، مگسٹرا، آڈو، بروکولی، کاجر، پھول کوکھی، پالک اور آرائی چوک شامل ہیں۔

ہذا یہ بات یاد رکھیں کہ دل بھی ایک عضو ہے اور اسے اپنا کام اچھی طرح انجام دینے کیلئے دیگر اعضا کی طرح ورزش کی ضرورت ہوتی ہے۔ ایسی ورزش جس سے جسم میں زیادہ آکسیجن پہنچے مثلاً بھاگ دوڑ، جاگنگ یا تیز قدمی دل کیلئے مفید ہے۔ اس سے دل اور خون کی نالیوں کی کارکردگی بہتر ہوتی ہے اور وہ اس قابل ہوتی ہیں کہ جسم کے تمام خلیات تک آکسیجن اور غذائیت پہنچائیں۔ ورزش سے آپ کا وزن بھی کم ہوتا ہے اور کم وزن ہونے سے بلڈ پریشر کا خطرہ گھٹ جاتا ہے۔ نتیجے میں دل کی بیماریاں اور قانچ کا امکان بھی کم ہوجاتا ہے۔

نصف میں کم از کم چار مرتبہ 45 منٹ ورزش کرنے کی عادت ڈالیں اور پورے سے بچنے کیلئے مختلف قسم کی ورزش کریں مثلاً چال قدمی، تیز قدمی، جاگنگ، سائیکلنگ، تیراکی وغیرہ۔ علاوہ ازیں دس منٹ میز صیباں چڑھنے یا رسی کوڑنے کیلئے بھی نکالیں۔

ہیں۔ شیر میں پنیر، روس اور کریم پنیر (Cheese) کے مقابلے میں کاج، پنیر اور موزاریل پنیر بہتر ہیں۔ ہذا اگر آپ کو گوشت بہت مرغوب ہے تو آپ کو چاہئے کہ چکن یا مچھلی کو ترجیح دیں۔ بکرے یا گائے کے گوشت کے مقابلے میں ان میں چربی کی مقدار کم ہوتی ہے۔ ہذا ایسی غذاؤں کا استعمال کم کریں جن میں کوئی مشروٹ ہوتا ہے کیونکہ اضافی کوئی مشروٹ شریاؤں میں جمع ہونے لگتا ہے، جس سے خون کا دوران متاثر ہوتا ہے اور بلڈ پریشر بڑھنے لگتا ہے۔ انڈے کی زردی، مچھلی، دل، گردہ، پائے، بالائی والا دودھ اور گائے یا بکرے کا چر بلڈ گوشت کم سے کم استعمال کریں۔ ہذا کھانا پکانے کیلئے مکھن یا دہی یا بنا سستی مٹی کی جگہ زیتون، کونولا یا تامل کا تیل استعمال کریں۔ ہذا ہو سکتا ہے آپ کی والدہ بچپن سے کھانے پر الگ سے نمک چھڑکنے پر توجہ رہی ہوں۔ اب وقت آ گیا ہے کہ ان کی تسمیہ پر زیادہ توجہ دینی سے عمل کریں۔ اگرچہ سوڈیم کی زیادتی سے ہائی پریشر کی شکایت ہو سکتی

بلڈ فشار خون یعنی ہائی بلڈ پریشر ہائی پریشر دل کی بیماری یا قانچ کا سبب بن سکتا ہے۔ یہ شکایت عموماً 40 سال سے زائد عمر کے افراد میں دیکھی جاتی ہے۔ ہائی پریشر کو "خاموش قاتل" بھی کہا جاتا ہے کیونکہ اکثر اس کی موجودگی کی کوئی علامت بظاہر مریض میں دیکھی نہیں جاتی اور وہ اس سے بے خبر رہتا ہے۔ جب شریا میں ٹھک ہو جاتی ہیں اور دل کو خون پمپ کرنے میں زیادہ زور لگانا پڑتا ہے تو اس سے بلڈ پریشر بڑھ جاتا ہے۔ اس اضافی مشقت کی وجہ سے دل کے اندرونی پٹھے دہرے ہوجاتے ہیں۔ قاتل اس کے کہ ہائی پریشر آپ کو

HIGH BLOOD PRESSURE

خبردار رکھے بغیر آپ کے جسم میں جگہ بنائے، اس سے بچاؤ کا بہترین طریقہ یہ ہے کہ آپ باقاعدگی سے اپنا بلڈ پریشر چیک کروائیں۔ اگر بلڈ پریشر 140/90mm Hg سے زیادہ ہو تو یہ بڑھا ہوا ہائی بلڈ فشار ہے۔ نارل بلڈ پریشر 100/70 اور 120/80 کے درمیان رہنا چاہئے۔



ہے لیکن آپ کو زیادہ توجہ پوٹاشیم کی سطح پر بھی دینی چاہئے کیونکہ اس کی کم تر سطح سے بھی بلڈ پریشر بڑھ سکتا ہے۔ لہذا وہ غذا میں زیادہ استعمال کریں جن میں پوٹاشیم زیادہ ہوتا ہے۔ مثلاً ٹماٹر، بروکولی، رس دار پھل یعنی انگور، چکوترا، مہوی وغیرہ اور کیلے۔

IT'S PREVENTIONS !!!

ہذا ایسی غذا میں زیادہ کھائیں جن میں مہوی یا ریٹے (فاہیر) زیادہ ہوں۔ دیکھا یہ گیا ہے کہ ریٹے دار غذا میں بلڈ پریشر اور بلڈ کوئی مشروٹ کم کرتی ہیں۔ سیب اور جئی (Oats) وغیرہ میں موجود کل پزیرے زیادہ مفید ہیں۔ روزانہ ایک پیالہ بھر جئی کے دلیے میں بالائی سے ہر دو روزہ شامل کریں اور اس میں شہد اور دار چینی ملا کر سے پھینکا جائے۔ یہ پیش دور کرنے کی مناسب ترکیب ہے۔ جنی میں موجود کل پزیرے کوئی مشروٹ کو اپنے اندر جذب کرتے ہیں اور اسے ساتھ لے کر جسم سے خارج ہوتے ہیں۔ جنی کی طرح پھلیوں (Beans)، چنے، مٹر اور دالوں میں بھی کل پزیرے موجود ہوتے ہیں۔

ہذا ہمیشہ کم چکنائی (Low Fat) یا بغیر چکنائی (Non Fat) والا دودھ یا دہی خریدیں، سپر مارکیٹ میں آپ کم چکنائی اور کم نمک والی پیور اور دہی منتخب کر سکتے



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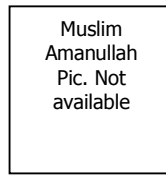
Luqman Amanullah



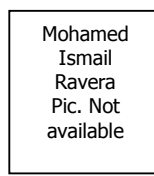
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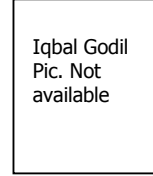
Waseem Taei



Muslim
Amanullah
Pic. Not
available



Mohamed
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Thank you شكريه