



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
FEB. 2011 ISSUE # 20



Dear Brothers and Sisters
Assalamo Alaikum WRWB

We are pleased to present the 20th Issue of Memon Jamat's Monthly Newsletter, hope it will be informative for our community members. As we are aware that the first month of the New Year has been critical and challenging for the Muslim Ummah since some of the muslim states are sadly suffering from unrest and economic crisis. In the same month of January 2011 we also came across heavy downpour in Jeddah that left most of the residents utterly helpless. Climate changes across the globe are leading to unanticipated natural calamities like floods, rains, cyclones, earthquakes, tsunami etc. Therefore, most of the states are seriously looking into the ways to minimize loss of lives and damage to properties in case something happens. May Allah protect & bless Muslim Ummah.

Al Hamdo Lillah, Memon Jamat is progressing in its social and welfare activities well and now most of the memon families of Jeddah have become familiar with each other which is a great success of Memon Jamat. However, we hope this newsletter will be interesting to all. We express thanks to the brothers who have sent us their valuable feedback and suggestions which are in fact a sort of guidance for us. We sincerely apologize for any unintentional omissions or errors in this newsletter.

Thank you again and look forward to continued cooperation from all our community members.

Best regards
Newsletter Committee



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Role of the Jamaat in all places

As we all are aware that Memons generally tie to their respective locally societies called "Jamat", literally means congregation, which are generally established for the **BETTERMENT AND SOCIAL WELFARE** of its members which may include issuance of marriage license, matrimonial dispute resolution, adaptation and enforcement of the rules and guidelines against certain undesirable customs, establish healthcare and education centre, provide various facilities for the community need and also financial support and housing for the poor and needy members and sometime non-members.

The following are some common well organized societies or welfare associations called Jamaat of the Memons community which generally refer to their ancestral village or town. Upleta, Dhedhi's, Kutiyana, Palwala/Amreliwala Bantva, Bombaywala, Dhoraji, Cutchi Dhorajiwala, Gondal Halari Memon, Jetpur, kutchi, Morbi-Tankara Memon Association also called M.T.M.A, Okhai, Porbandar, Rajkot, Sourashtra Tharti, Vanthli, Vasawad, Kathiawar Nasarpurmemon Jamat, Jamnagar, deplai VMP



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Well known dignitaries of Memon Community in Saudi Arabia, Pakistan and India who have attended various events of Memon Jamat Saudi Arabia as special guests during last year.



- *Mr. Yahyah Pollani, Chairman FPCCI Aviation Committee Pakistan,*
- *Dr. Mohammed Umer Chapra, Scholar & Islamic Economist and Recipient of King Faisal Award Saudi Arabia,*
- *Mr. Ahmed Chinnoy, President All Pakistan Memon Federation,*
- *Mr. Arif Moosani, Vice Chairman Pakistan Haj Committee,*
- *Mr. Iqbal Memon (Officer) Trustee WMO and Vice President All India Memon Federation,*
- *Mr. Abdul Majeed Ranani Trustee World Memon Organization India,*
- *Mr. Abdul Sattar Musani President Chanderpur Memon Jamat, India,*
- *Dr. Iqbal Lohya, Khali Idrees Hospital, Jeddah,*
- *Haji Masood Parekh, Chairman Memon Khidmant Forum & Recipient of Presidential Award of Pakistan Tamga-e-Imtiaz,*
- *Haji Anees Arfaa, Patron of Upleta Memon Jamat and*
- *Mr. Akhtar Younus President Opleta Memon Jamat, Pakistan.*

Press Clippings of our Last Get together

مکین خدمت فورم کے چیئرمین کے اعزاز میں استقبالیہ

مکین ایسوسی ایشن، جدہ کے زیر اہتمام، مکین خدمت فورم کے چیئرمین حاجی مسعود پارکچہ کے اعزاز میں استقبالیہ کیا گیا۔ تقریب کا آغاز تلاوت قرآن سے ہوا۔ بعد ازاں مکین برادری کے نئے افراد نے تلاوتی کاموں میں حصہ لیا اور پاکستان میں قیامت خیز سیلاب کے متاثرین کی مدد کی، انہیں مہمان خصوصی نے اعزاز دے دیے۔ پروگرام میں مکین برادری کے تمام شعبوں سے تعلق رکھنے والے پانچ سو سے زائد افراد نے شرکت کی۔ اس موقع پر بہترین کارکردگی پر بچوں کو بھی انعامات دیے گئے۔ تقریب میں مکین ایسوسی ایشن (جدہ) کے حاجی اشرف گھنسی، حاجی یعقوب موساتی، حاجی منصور شہدانی، اقبال موساتی، طیب موساتی، ناسر ایاز گھنسی، پھار اور دیگر افراد شریک تھے۔ (یادنی رپورٹ)



Daily Jang Karachi Pakistan



مکین فورم کے حاجی مسعود پارکچہ کو جدہ میں مکین ایسوسی ایشن کی جانب سے یادگاری ٹینڈر پیش کی جا رہی ہے

Daily Jasarat Karachi Pakistan



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Burn Fat Via Alternative Ways

Apart from the well known techniques [to reduce weight](#), for example [exercising](#) and weight loss tablets, there are a few [alternative strategies](#) also. These alternative methods as well. These alternative methods can be terribly effective and do not leave any complications. most common among these methods include hypnosis, acupuncture and natural herbs. This article describes each of these strategies in detail.

Hypnosis is simply the most under appreciated [ways to lose weight](#). The process is conducted by a professional hypnotist who gradually calms your intellect so that you subconscious takes over. This permits your hypnotist to access your habits related information which can be altered to overwrite the bad eating habits with healthy ones. As the subconscious becomes aware about the change, it makes the active part of the mind change also. It is like listening to a large amount of [self esteem](#) CDs over and over again so that you tend to believe that you can do something. A number of trained hypnotists can supply this treatment and it is completely safe as well

Acupuncture is another alternative way to lose weight without causing any significant damage. This is acupuncture being discussed so you've got to be ready to be pricked and punctured by small needles but that is about the only thing you should be worried about. The first approach is to reduce the [craving](#) for food. It also helps by raising the overall body metabolism as well as by improving the circulatory system. Acupuncturist will investigate your condition, decide upon the crucial [pressure points](#) and prick them with little needles to get the results.

Most of the acupuncturists would choose your thyroid in order to boot the metabolism, your mouth to control the urge to eat, stomach to directly attack obesity, spleen so that any hormonal imbalance may be fixed and endocrine to get rid of the extra water in body. Goes without saying that you must choose a trained consultant to get this treatment

Common natural herbs that help lose weight include green tea, psyllium, guarana and white willow bark. Green tea helps by enlarging metabolism and thermogenesis, normalizing appetite, helping to fasten [fat burning](#) and lowering bad cholesterol levels. Psyllium is a natural form of fiber and assists in [weight reduction](#) by creating a feeling of fullness, especially when taken before a [meal](#) or with a large [glass of water](#), to help with assimilation.

A native of Brazil, Guarana is one of the chief components of caffeine. with the other components of caffeine such as theobromine and theophylline, Guarana assists in stimulating the nervous system which in turn helps suppress appetite, thereby encouraging weight loss. Alternatively, white willow bark possesses anti-inflammatory properties. It helps increase norepinephrine levels which stimulates fat metabolism leading to weight reduction. Although, these herbs are typically without [side effects](#), it is ideal to consult a doctor before using any of them.

The above described alternative methods are fast becoming the well-liked natural cure for weight gain problems. They can also be mixed with other traditional strategies to get the best of results.



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GENERAL KNOWLEDGE ABOUT HOLY QUR'AN.

Some useful and the valuable information about the Holy Quran in form of questions and answers .

S.No.	QUESTION	ANSWER
1.	How many Sura are in Holy Quran ?	114
2.	How many Verses are in Holy Quran ?	6666.
3.	How many Rakoue are in Holy Quran ?	1000.
4.	How many time the word 'Quran' is repeated in Holy Quran?	70.
5.	Which is the best drink mentioned in Holy Quran ?	Milk.
6.	The best eatable thing mentioned in Holy Quran is ?	Honey.
7.	Which is the shortest Sura of Holy Quran ?	Kawthar.
8.	The most disliked thing by the God though Halal is ?	Divorce
9.	Which is the biggest animal mentioned in Holy Quran ?	Elephant.
10.	Which is the smallest animal mentioned in Holy Quran?	Mosquito
11.	How many sura are Makkahi and how many are Madni ?	Makki 86, Madni 28.
12.	In which sura Bismillah came twice ?	Sura Naml.
13.	Makki Sura were revealed in how many years ?	13 years
14.	Madani Sura were revealed in how many years ?	10 years.
15.	Which sura is having the laws about marriage ?	Sura Nesa.
16.	In which sura the law of inheritance is mentioned?	Sura Nesa.
17.	In which sura the Hegira of Holy Prophet is mentioned?	Sura Infall.
18.	In which Sura the 27 Attributes of God are mentioned?	Sura Hadeed.



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MEMON JAMAT'S FUTURE EVENTS:

1) **PRIZE DISTRIBUTION**

AN EVENT OF AWARD/PRIZE/CERTIFICATE DISTRIBUTION CEREMONY WILL BE TAKING PLACE IN NEAR FUTURE WHERE OUTSTANDING & MERITORIOUS STUDENTS OF THE MEMON COMMUNITY WILL BE ENCOURAGED WITH AWARDS/PRIZES/CERTIFICATE. A SEPARATE CIRCULAR WILL BE ISSUED ABOUT THE PROCEDURE AND TIME LIMIT TO SUBMIT COPIES OF TRANSCRIPTS OF OUTSTANDING STUDENTS OF ANY CLASS/GRADE/SECTION INCLUDING COMPLETION OF PROFESSIONAL DEGREES OR HIFZ-E-QURAN.

2) **SOCIAL EVENING WITH SCHOLAR/CELEBRITY**

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 WITH ANOTHER SCHOLAR AND CELEBRITY WILL BE ARRANGED IN NEAR FUTURE. WE ARE TRYING TO CONTACT SOME SCHOLARS, WE SHALL ANNOUNCE THIS EVENT OF A SEMINAR ONCE WE SUCCEEDED TO GET CONSENT FROM RESPECTIVE SCHOLAR.

3) **CAREER COUNSELLING FOR HIGH SCHOOL STUDENTS**

CAREER COUNSELLING FOR THE HIGH SCHOOL (INTERMEDIATE AND A LEVEL) STUDENTS WILL TAKE PLACE THIS TIME AFTER THEIR FINAL EXAMINATION. SOME EXPERTS RELATED TO THE FIELD OF CAREER COUNSELLING WILL BE INVITED TO ASSIST OUR COMMUNITY STUDENTS IN BUILDING THEIR FUTURE CAREER.

4) **Visit to Kiswa (Gilaf-e-Kabaa) Factory Museum in Makkah**

WE INTEND TO ARRANGE A ONE DAY VISIT TO KISWA (GILAF-E-KABAA) PRODUCING FACTORY & MEUSEUM IN MAKKAH DEPEND ON THE INTEREST/RESPONSE OF COMMUNITY MEMBERS. INTERESTED PEOPLE MAY EMAIL TILL 10TH JANUARY 2011 STATING INTEREST TO VISIT THE FACTORY ALONG WITH FULL CONTACT SO THAT WE COULD THINK OF ARRANGING THE TRIP, PROVIDED THE REQUIRED QUANTITY OF MEMBERS IS INTERESTED.

5) **Medical Camp**

6) **Ladies Meena Bazar (only for Ladies) subject to approval of Board**

7) **Families get together in 2nd quarter of the year**

8) **Sports**



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ANNOUNCEMENTS

1. We are pleased to inform community brothers that Memon Jamat in it's Board meeting has decided to register all community members of age of 18 years and above, possesses legal residence of Saudi Arabia to be official member of the Jamat with very nominal fee of SR.50/- for year. The registered members shall have following benefits:

- They will receive all correspondence, information and circulars of memon jamat officially.
- They will be given priority for invitations to all events and also in seat allocation
- They will be eligible to participate in General Body Meeting whenever held and vote for resolution on any issue or matter, if asked for by the Chairman of meeting.
- They may be introduced as registered member with celebrity or chief guest of the event.
- They may receive further concession and facilities on various occasions to be announced from time to time. So please hurry up & contact any office bearer to become registered member.

2. A **COMPUTER TRAINING INSTITUTE** HAS BEEN **APPROVED** IN THE BOARD MEETING TO BE ESTABLISHED WHICH WILL PROVIDE MEMON STUDENT WITH FREE OF COST TRAINING WHILE NON MEMON WILL BE BENEFITED FROM THE INSTITUTE AT A VERY NOMINAL FEE. [NEGOTIATION IS BEING MADE WITH A PRIVATE SCHOOL OWNER IN AZIZIA TO SUBLET US 2 ROOMS OF HIS SCHOOL AT REASONABLE RENT FOR THIS PROJECT](#) WHERE WE MAY PLACE AT LEAST 10 COMPUTERS EASILY. A SEPARATE FUND WILL BE RAISED FOR THIS PROJECT OF JAMAT ONCE THE PREMISES FOR THE INSTITUTE IS FINALIZED.

3. THIS IS DECIDED TO INVITE APPLICATIONS FROM POOR FAMILIES WHO CANNOT 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.

4. **A SPORTS WING IS UNDER FORMATION. INTERESTED OF SPORTS MAY SEND THEIR NAME AND INTEREST IN THE TYPE OF SPORT. CURRENTLY WE HAVE BEEN APPROACHED BY A SOME MEMON CRICKETERS, IF ANY ONE THINK HE CAN PLAY GOOD CRICKET HE MAY ALSO SEND US HIS NAMY BY EMAIL LATEST BY 5TH FEB.2011, WE SHALL HOLD SELECTION AND FORM A CRICKET TEAM OF MEMON BROTHERS.**

5. 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.



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Sleep Disorder Can be As Dangerous As Any Disease, Research

Sleep Disorder Can be As Dangerous As Any Disease, Research: According to the latest research, it is believed that **sleep disorders** are among the fastest rising ailments seen among the young, upwardly **mobile**, working professionals of today. So much so that experts say that such problems have assumed a life-threatening dimension. working late to meet impossible deadlines and super-moms juggling career, kids and home, people these days are compromising on the essential hours of sleep required on a daily basis. As a result, they are on the receiving end of sleep disorders. Researchers claim that many a time, sleep-related ailments go undiagnosed. The oxygen level in the brain goes down or gets constrained and the person wakes up abruptly. And when an individual wakes up with sore eyes and an aching body, tiredness and irritability are expected. The studies have shown that sleep deprivation could **lead to** lack of concentration in children and even impotency in adults. Men are generally prone to sleep disorders, but for the last few years, the **number** of women affected by sleep disorders, has seen an upward trajectory.

-X-

Important Announcement about Matrimonial Services خدمات برائے ضرورت رشتہ

After family gatherings organized by memon jamat during the year, several families have become active in searching match for their grown up children from among the community. Al Hamdo Lillah in this connection a good progress is going on, in fact proposals among various families for their children are being exchanged **with the help of families of some office bearers** under **strict confidentiality**.

Since the Memon Matrimonial Website is under construction which might take time, we kindly request all those memon families whose children are grown up and they intend to look for OR waiting for match now or after some time, to submit very brief particulars about their children. We can help them in finding match for their children. All information provided to us will remain **confidential** and all communications between two families will also be under **strict confidence**. Needless to mention that some families are already in contact with us and we are extending help to them for finding match for their children. Serious families may kindly fill out the following blanks and forward to us on masa@memonassociation.com OR female family members can contact a responsible lady of jamat on 0560947144 and let her know the details about searching a match.

Good Luck.

Name of Head of Family _____ Nationality _____

Home Phone No. _____ Mobile _____ Email _____

Children: Sons : (1) Age ____ Education ____ Earning Yes or No (2) Age ____ Education ____ Earning Yes or No

Daughters : (1) Age ____ Education _____ (2) Age ____ Education _____



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پچھ جب پیدا ہوتا ہے تو وہ بے سہارا، کمزور اور مجبور ہوتا ہے، وہ اپنی چھوٹی چھوٹی ضرورتوں کے لئے دوسروں کا محتاج ہوتا ہے، بچے کے والدین اس کا سہارا بننے ہیں، اس کی تمام ضروریات پوری کرتے ہیں، غرض یہ کہ وہ اپنے بچے کی پرورش میں کوئی کسر نہیں چھوڑتے۔

والدین کا احترام



والدین یہ سب کچھ بغیر کسی غرض کے کرتے ہیں کیونکہ بچوں سے محبت کرتے ہیں لیکن جب والدین کو اپنے بچوں کی ضرورت ہوتی ہے تو وہ ان کا ساتھ نہیں دیتے اور انہیں بے سہارا چھوڑ دیتے ہیں۔ والدین رات رات بھر جاگ کر بچوں کو پالتے ہیں، افسوس کہ بچے کی ضرورت کے وقت اپنے والدین سے من موڑ لیتے ہیں۔ ہم جس مذہب اسلام سے تعلق رکھتے ہیں، اس میں توحید کے بعد والدین کی اطاعت کا حکم آیا ہے۔ اللہ تعالیٰ نے قرآن پاک میں جگہ جگہ فرمایا ہے کہ والدین کی اطاعت اور فرمانبرداری کرو۔

سورہ بقرہ میں ارشاد ہوا ہے۔ "اور جب ہم نے بنی اسرائیل سے عہد لیا کہ تم صرف خدا کی عبادت کیا کرو اور ماں، باپ کے ساتھ نیکی کرو۔"

ہم اپنے والدین کے ذریعے جنت بھی کما سکتے ہیں اور دوزخ بھی! ایسا ہی ایک واقعہ ہے۔ ایک آدمی آغضو علیہ السلام کے پاس آیا اور کہا کہ میں نے اپنی والدہ کو اپنی پیٹھ پر بٹھا کر حج کروایا ہے، کیا اس طرح میں نے اپنا فرض ادا کر دیا؟

آپ ﷺ نے فرمایا۔ "ایک رات کو جب تم اٹھے اور تمہاری والدہ نے تجھ پر سلا یا تھا، ابھی تو اس رات کا بھی فرض ادا نہیں ہوا۔"

اس سے آپ اندازہ لگا سکتے ہیں کہ والدین کا ہم پر کتنا حق ہے اور ہمارے کتنے فرائض ہیں ان کے لئے۔ عمر کے آخری حصے میں ہم اپنے بزرگ افراد کو اپنے سے الگ کر دیتے ہیں، ان کو بوجھ سمجھ لیتے ہیں جن کی بدولت ہم اس دنیا میں آئے ہیں اور جس مقام پر کھڑے ہیں۔

دور میں ایک مصروف اور مہر پوز زندگی گزارتی ہوتی ہے مگر اب ایسا لگتا ہے کہ جیسے اب زندگی کے دن پورے کر رہے ہیں۔ ہم کس طرح اپنے بزرگوں کی دعائیں لے سکتے ہیں؟ بڑھاپے میں جب وہ بہت زیادہ نفسیاتی اور جذباتی دباؤ میں آجاتے ہیں اور وہ اپنے آپ کو اکیلا تصور کرتے ہیں تو انہیں جذباتی سہارا دینا اور انہیں اس صورتحال سے نکال کر باقی زندگی بے غمی خوش گزارنے کی طرف راغب کریں۔ گھریلو معاملات میں ان کی رائے کو اہمیت دینا اور ان کی رائے کو مدد و اہمیت نہ سمجھیں۔

نفاذ کے معاملے میں ان کی پسند اور ناپسند کا خیال رکھیں اور جو شے نقصان دہ ہو جبکہ وہ کھانا چاہتے ہوں تو انہیں پیار سے سمجھائیں۔ ان کی نیند اور آرام کا خیال رکھیں، ان کے آرام کے وقت حوش رعبے سے پرہیز کریں۔ ان کی صحت و صفائی کا مکمل خیال رکھیں کیونکہ جب انسان صاف ستھرا ہوتا ہے تو وہ خود کو تازہ دم اور بہتر محسوس کرتا ہے اور اس کا موڈ بھی اچھا ہو جاتا ہے۔

بزرگوں کی معمولی معمولی تکالیف پر غور کریں کیونکہ یہ جان لیوا بھی ثابت ہو سکتی ہیں۔ ان کے معاملات کی طرف خصوصی توجہ دینا اور ان کو اہم سمجھیں۔ ان کے ساتھ وقت گزاریں کیونکہ اس دور میں وہ اپنے آپ کو تنہا محسوس کرتے ہیں..... انہیں سیر و تفریح کے لئے لے کر جائیں، مختلف گیمز کھلائیں۔ اس عمر میں عام طور پر بزرگ افراد چڑچڑے ہو جاتے ہیں اس لئے اگر وہ کوئی نئی بات کہیں تو اس کا برتاؤ نہیں اور اس کو درگزر کر دیں۔ کوشش کریں کہ انہیں مصروف رکھیں، ان کے پسندیدہ مشاغل انہیں فراہم کریں، والدین کی ناراضگی سے بچیں اور ان کی دعائیں لیں۔ کیونکہ آغضو علیہ السلام نے فرمایا ہے کہ "تمین دعائیں ضرور قبول ہوتی ہیں۔ مظلوم کی دعا، مسافر کی دعا اور والدین کی دعا۔ بزرگوں کی دعائیں بہت جلد قبول ہوتی ہیں اس لئے کوشش کریں کہ زیادہ سے زیادہ ان کی دعائیں لیں۔ اس طرح ہم اپنا مستقبل بنائیں گے اور آخرت بھی سنواریں گے۔ اللہ تعالیٰ ہمیں اپنے والدین کا فرمانبرداری بنا دے۔ آمین۔"

والدین جب بوڑھے ہو جاتے ہیں تو سچے ان کی ذرا سی بات پر ہنرک جاتے ہیں، ان کی ہر بات کو تار کا تار سمجھتے ہیں، ان کی کوئی قدر نہیں کرتے۔ وہ یہ سمجھتے ہیں کہ ان کی اب کوئی ضرورت باقی نہیں رہی۔ جب ان سے تمام فائدے حاصل کر لئے تو اب ان کا وجود بوجھ ہی لگتا ہے۔ چھوٹی چھوٹی باتوں پر ان کی حوصلہ شکنی کرتے ہیں کہ وہ پرانے زمانے کے ہیں، انہیں کچھ علم نہیں جبکہ جنہوں نے اپنے بچوں کو پالا اور اس قابل بنایا، وہی اپنے والدین کو کہیں کہہ نہیں سکتے کی چیز کا پتا نہیں تو یہ باعث شرم ہے۔

والدین اپنے بچوں سے کیا چاہتے ہیں۔ نہ کوئی دولت نہ جانکاد اور نہ ہی انہیں کوئی لاچ لالچ ہوتی ہے بس وہ تو تھوڑی سی توجہ اور محبت چاہتے ہیں۔ ایک کہاوت مشہور ہے کہ بچہ اور بوڑھا دونوں ایک ہی طرح کے ہوتے ہیں یعنی ان کی عادتیں ایک جیسی ہوتی ہیں۔ بڑھاپے کا وقت وہ دور ہوتا ہے جب وہ جسمانی اور نفسیاتی طور پر اپنے آپ کو کمزور سمجھتے ہیں، اپنے آپ کو



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