



Haj Mubbarak – Eid Mubbarak
MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ





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Dear Brothers and Sisters, Assalamo Alaikum WRWB

We are pleased to inform you that during the month of November 2011, fortunately, FOUR significant occasions are occurring. First one is Haj-e- Baitullah, Second one is Eid Al Adha both expected to be on 5th and 6th November 2011 respectively subject to appearance of crescent of Dhu al-Hijjah 1432 H.

As we know that Eid al-Adha is celebrated annually on the 10th day of the month of Dhu al-Hijjah of the lunar Islamic calendar. Eid al- Adha celebrations start after the Hajj, the annual pilgrimage to Mecca in Saudi Arabia by Muslims worldwide in order to commemorate the willingness of Prophet Ibrahim Aleh-e-salam to sacrifice his son Ismael Aleh-e-salam as an act of obedience to God, but instead was able to sacrifice a ram (by Allah almighty's command). Eid is also about spending time with family and friends, sacrifice, and thanksgiving for being able to afford food and housing. In traditional or agrarian settings, each family would sacrifice a domestic animal, such as a sheep, goat, cow, or camel, by slaughter. The meat would then be divided into three equal parts to be distributed to others. The family eats one third, another third is given to other relatives, friends or neighbors, and the other third is given to the poor as a gift.

The Third occasion falling in this month is the Commencement of New Islamic Year 1433 H and the Fourth one is Completion of the two years tenure of the current Managing Body of Memon Jamat who took over office and started it's activities with first meeting of complete managing board on 17th November 2009.

We wish to convey HAJ MUBBARAK to those brothers and sisters who will be going to perform Haj this year and express heartiest EID MUBARAK and HEARTIEST GREETINGS FOR NEW ISLAMIC CALENDAR YAR 1433 in advance to the entire Memon Community and also CONGRATULATIONS to the current Office Bearers and Members of Advisory and Managing Committees for completing 2 year of their term successfully.

Wishing Memon Jamat all the best and success in their noble aim and in all upcoming social and welfare programs for our community. Brothers of our community are requested to come forward and join Memon Jamat to maintain unity and share good deeds.

Best regards
Newsletter Committee



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Sayyidina Abu Dhar (*RadhiAllaho anho*) narrates
that Rasulallah (Sallallahu Alaihi Wasallam) was asked:

Which words are the best?
He (*sallal laahu alaihi wasallam*) replied:
The words that Allah *Subhanahu wa ta'ala*
has chosen for His angels, or His slaves:

Subhanallahu wabihamdih

(Glory be to Allah who is above all faults,
and all praise be to Him).

{ Muslim }



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29



Which method of pilgrimage?

When people embark on the journey of pilgrimage, they often ask which method is better. Since both the Umrah and the pilgrimage are duties, people should do both duties on the same journey. There are three methods to complete this: The two duties are joined together, or one of the two duties is done before the other. There is often debate among pilgrims about which of the three methods is preferable. The following Hadith gives us a clear answer.

Jabir ibn Abdullah reports that he offered the pilgrimage with the Prophet (peace be upon him), mentioning that the Prophet took with him the camels he intended to sacrifice and that the Prophet's companions declared their intention to offer the pilgrimage on its own. The Prophet said to them: "Release yourselves from the state of consecration, i.e. ihram, after you complete your tawaf at the Kaaba and your sa'ie between Al-Safa and Al-Marwah. You then cut your hair. After that, you stay in Makkah, released from ihram, until the Day of Tarwiyah (8 Dul Hijjah) when you will declare your intention to do the pilgrimage as you go back into consecration. You will thus make your worship as you arrive here a tamattu'." They asked him: "How can we make it a tamattu' when we have already named it a pilgrimage?" He said: "Do as I have told you. Had it not been for the fact that I brought my sacrifice with me, I would have done that myself. In my case, however, I cannot release myself from ihram until my sacrifice has been done." They did as they were told.

The Hadith tells us that the Prophet's companions chose the ifraad method, which means one starts with the pilgrimage. After it has finished, one may do the Umrah. The Prophet, however, offered his pilgrimage in the qiran method, which means doing both duties together at the same time. When they arrived in Makkah, the Prophet ordered his companions to change and opt for the third method, which is the tamattu'. This involves doing the Umrah first, and when it is completed one releases himself from ihram, wears his normal clothes and is allowed to do everything that he was not allowed during consecration. This is the easiest and most comfortable of the three methods, as the restrictions of ihram apply only in two short periods.

The ifraad and the qiran methods are identical in the way they are performed, but the qiran method counts for both duties of the pilgrimage and the Umrah, while the ifraad method counts for the pilgrimage only. The only difference is that in the qiran method the pilgrim has the additional duty of sacrifice, which is not obligatory in the ifraad method.

Which method is preferable? There is no doubt that the tamattu' method is the one to be chosen by all pilgrims, except those who normally live in Makkah and the Haram area. The Prophet ordered his companions to change their intention and opt for it. He himself could not do so because he brought his sacrificial animals with him. This means that the qiran method is preferable only for those who bring their sacrifice with them from outside the Haram area. Today, no one does this because of the availability of sheep and cows in Makkah and Mina at the time of the pilgrimage. Moreover, in recent years the voucher system has taken over much of the burden associated with the sacrifice and ensured that the sacrificial meat is put to good use.

In short, apart from pilgrims living in Makkah and the Haram area, all pilgrims are advised to choose the tamattu' method. This involves doing the Umrah on arrival in Makkah, release from ihram when the Umrah is completed and restarting ihram on 8 Dul Hijjah when the duties of the pilgrimage start. Like the qiran method, the tamattu' method requires a sacrifice of one sheep per pilgrim as a duty. Seven pilgrims may share in sacrificing a cow or a camel.



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH

NOVEMBER 2011 ISSUE # 29

ANNOUNCEMENTS:

1. It is a matter of pleasure that the present body of Memon Jamat is completing it's two years tenure successfully in the current month of November 2011. During coming month, Memon Jamat would like to look forward to welcome our community members of any nationality who wish to participate in social work and can spare time for Memon Jamat in order to share responsibility for improving social and welfare activities for the betterment of the community. A complete procedure and program of formation of new body for another term of two years will be announced soon Insha Allah. We hope, **interested community members will come forward to join memon jamat with enthusiasm.**
2. Memon Jamat has already launched a face book. Our community brothers and sister can access the website on www.facebook.com/masamemon and send us their comments, views, feedback, suggestion and ideas through the face book enabling us to improve Memon Jamat and it's social & welfare activities.
3. Those community families whose children are grown up and they intend to look for match for their children, are requested to send us very brief particulars about their children on Memon Jamat's E-mail address masa@memonassociation.com . We can help them voluntarily 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**.
4. Brothers of community are requested to register themselves as members of Memon Jamat by paying SR.50/- only. The registered members will have various advantages and privileges.



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH NOVEMBER 2011 ISSUE # 29

Summary of the activities of Memon Jamat during last 2 years from Nov.2009 to Nov. 2011

S.No.	Activities	Date	Participants	VENUE	Source of funds
1.	Educational Seminar & Family Gathering, Lectures delivered by special speakers in male & female sections followed by Dinner.	5/2/2010	600	Johra Al Firdous Wedding Hall	Card Charges were SR.20/each only
2.	Enlightening Speech by Dr. M.U. Chapra, Social gathering of males members of the community	22/4/2010	80	La'Sani Restaurant Jeddah	Card Charges were SR.50/each
3.	Distribution of Computer to families. This stopped due to lack of interest in the community	April 2010	6	Al Amazone Computer Tech.	Donated by a businessman Of our community
4.	Reception to Ahmed Chinoy President All Pakistan Memon Federation	22/07/2010	All board members including patrons	La'Sani Restaurant Ex.Spinzer Jeddah	from Board Members monthly contribution
5.	Iftar Party and Fund raising for Pak Flood Victims	23/08/2010	177	La'Sani RestaurJeddah	Sponsored by 3 Businessmen of our community
6.	Distribution of aids & assistance to the victims of flood in Pakistan	Eid Al Fitar vacations	conducted by M.Hanif Jangda - Treasurer	Pakistan	Almost SR.100K collected at Iftar Party
7.	Family Gathering / Quiz General Knowledge	23/12/2010	460	La'Sani Restaurant Jeddah	card charges with subsidy paid by Memon Jamat
8.	Family gathering	28/04/ 2011	400	Al Shallal Park Jeddah	Card Charges at discounted rates without any expenses from Memon Jamat
9	Reception to Dr. Nasir Fulara, President All India Memon Jamat	04/09/2011	All board members including patrons	Marhaba Restaurant Jeddah	from Board Members monthly contribution
10	Eid Millan / Family Gathering / Islamic Quize	29 /09/2011	450	La'Sani Restaurant Jeddah	card charges with subsidy paid by Memon Jamat

Beside above mentioned activities Memon Jamat remained engaged with the following voluntary tasks:

1. Matrimonial Services
2. Helping families for education fee
3. Helping families for health care
4. Helping in Coffin & Burial Services
5. Helping & guiding unemployed in seeking employment
6. Day to day social & welfare activities inside and outside community.

Projects / Programs could not be materialized due to certain reasons, hopefully these will be taken into consideration by new body:

1. Computer Institute
2. Prize Distribution to outstanding students
3. Career Guidance
4. Book Bank
5. Coching classes for girls
6. Meena Bazzar



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH

NOVEMBER 2011 ISSUE # 29

Exercise makes you feel happy!

A good quality of life is something we all aspire to and for this we need to feel happy, self-confident and to have good health. Taking exercise can really make a difference and being fit will increase your chance of enjoying all aspects of your life.

If you do not exercise you are really missing out on the wonderful feel-good factor that exercise brings and that we all need. Any exercise will do and there is some kind of exercise for everyone no matter what your age or size. It makes you feel good about yourself.

How does exercise make you happy?

Exercising releases a mood-boosting chemical in your brain called serotonin, which makes you feel positive and happy, so it has to be a great start to the day. There is evidence recognized by the Mental Health Foundation that exercise is an effective treatment for depression. Taking exercise is always a positive thing to do and it banishes negative feelings and leaves you feeling better. Psychologically, exercise causes a boost in self-esteem, and makes you feel positive about your body. When you have taken some exercise you have feelings of accomplishment as well as a break from the other aspects of life. While studies show that after exercising you feel happier are well documented, the chemical processes behind the immediate exercise high are less well documented. But I do know that I always feel very pleased with myself when I am leaving the gym.

Regular physical activity helps the circulatory system deliver oxygen and nutrients around the body and the removal of toxins and waste products. It also improves the condition of the skin, reduces the rate of bone loss, the risk of heart disease, high blood pressure and diabetes. Even regular moderate exercise helps control weight and builds and maintains strong and healthy bones, muscles and joints. You can start really gently and it still brings benefits. Take a tip from me: you always feel better for exercising. So if you are trying to persuade yourself to go to the gym take the positive decision and go. You will always feel much better for going and exercising than sitting at home resting and you will have more energy.



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NOVEMBER 2011 ISSUE # 29

Why exercising is relaxing

Many are returning to work and school after the summer holiday season. After a hard day, we often want to chill out in front of the television. However, just sitting doesn't always bring our stress levels down.

It is true that we all need a little rest from our hectic lives. It may come to a surprise to many, but exercise can go a long way in taking the edge off stress and anxiety and it can help in relaxing you.

Relaxation benefits

Exercise produces chemical changes. It reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators. Endorphins are responsible for the "runner's high" and for the feelings of relaxation and optimism that you feel after a run, dancing or a workout.

Exercise is also play because when your body is busy, your mind will be distracted from the worries of daily life. Getting your brain to concentrate on exercise uses a different part of the brain, which gives the part used in work a chance to relax and regenerate and then move on freely to think creatively.

Emotional benefits

When you exercise and your body tones, you begin to take care of your body. Your strength and stamina increase and your self-image will improve. You'll earn a sense of control over your body that leads to pride in a healthy body and self-confidence.

How exercise works

Rhythmic repetition using the same muscles you use at the gym is a form of muscular meditation, and you'll begin to understand how it works. Walking and jogging are prime examples. Even a simple 10-minute walk can clear your mind and reduce stress. My Mini Morning Workout is a great place to start, as it gently tones all muscles in the body.

So, give your body the first 10 minutes of the day, and your muscles will be flexible and relaxed and so will your mind. You can then start the day relaxed, calm and prepared to deal with whatever the day holds. Download a free copy from www.ardenhealth.com. As you gradually get fitter, you can move on to vigorous workouts that burn calories along with stress.

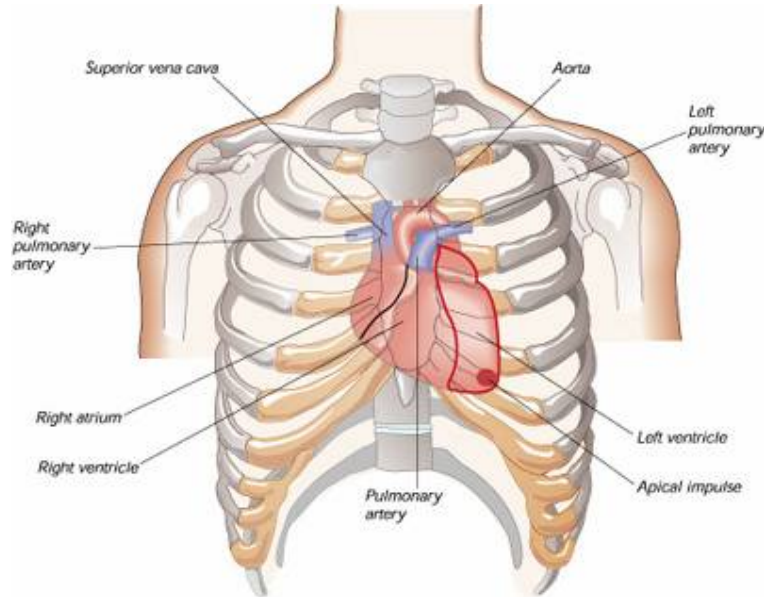
Relax your muscles

When you are stressed or anxious, your body and muscles become tight. By learning to relax your muscles, you will be able to use your body to dissipate stress. Even deep breathing with your eyes closed can make you feel much better.

However, if you are home from a busy stressful day in the office and you really don't have time for some exercise, try this technique. If you can get your muscles to relax, your body and your mind will follow. It is a routine you can learn and find helpful.



EFFECTS OF COLD WATER



For those who like to drink cold water, this article is applicable to you.

It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food.

It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive. A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & Send the link to a friend. It could save a life. So, please be a true friend and send this article to all your friends you care about.



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29

AN EMAIL FROM A COMMUNITY MEMBER

Some of the good ones...

Water (Paa'ani):

paani aasman ki taraf uthey to bhaap

asman se niche gire to barish

jam ke gire to olay

gir ke jame to baraf

phoolon ki patti pe gire to shabnam

phoolon se nikle to arq

jamaa hojai to jheel

ankho se nikle to ansoo

jism se nikle to pasina,

AUR Hazrat Ismail ke qadmon se nikle to aab e zam zam

aur meray aur sabke Pyare MUHAMMAD(S.A.W) ke ungliyon se nikle to "AAB E KAUSAR"

Namaz:

Fikar-e-Namaz rakho Balance ki tarha,
Azaan sun kar utho ring tone ki tarha,
Pyara QURAN na pado-SMS ki tarha,
Dunia main busy mat hojana NETWORK ki tarha.

jism ki tandrusti "NAMAZ" me hai.
dil ki taaqat TILAWAT-E-QURAN me hai,
dimagh ki quwwat ZIKER-E-ELAHI me hai.
rooh ki rahat DUROOD SHARIF me hai.

DAAWAT DO IMAN KI, IBADAT KARO REHMAN KI, KHIDMAT KARO VALDAIN KI, SURAT BANAQ MUSALMAN KI, TILAWAT KARO QURAN KI, MUKHALIFAT KARO SHAITAN KI...



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH

NOVEMBER 2011 ISSUE # 29

Only one hundred years ago (go through the difference)

The year is 1911 --- Only one hundred years ago. What a difference a century makes!

Here are some statistics for the Year 1911:

The average life expectancy for men was 47 years.

Fuel for this car was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower!

The average US wage in 1910 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as substandard.

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada, was only 30!!!

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, Heroin clears the complexion, gives buoyancy to the mind, Regulates the stomach and bowels, and is, in fact, a perfect guardian of health!" (Shocking?)

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE U.S.A.! And there was no gun control and everyone had a gun.

I am now going to forward this to someone else without typing it myself. From there, it will be sent to others all over the WORLD - all in a matter of seconds!

Try to imagine what it may be like in another 100 years. Amazing!!!

WEBSITE: WWW.MEMONASSOCIATION.COM

EMAIL: masa@memonassociation.com



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH

NOVEMBER 2011 ISSUE # 29

If you love Quotes, you will love these:

Failure is simply the opportunity to begin again more intelligently.

Henry Ford (1863-1947)

Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa (1910-1997)

If we are together nothing is impossible. If we are divided all will fail.

Winston Churchill (1874-1965)

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.

Vince Lombardi (1913-1970)

All the adversity I've had in my life, all my troubles have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.

Walt Disney (1901-1966)

I know in my heart that man is good. That what is right will eventually triumph. And there is purpose and worth to each and every life.

Ronald Reagan (1911-2004)

Liberty without learning is always in peril; learning without liberty is always in vain.

John F. Kennedy (1917-1963)

Luck is a dividend of sweat. The more you sweat, the luckier you get.

Ray Kroc (1902-1984)

The time is always right to do what is right.

Martin Luther King, Jr. (1929-1968)

An investment in knowledge pays the best interest.

Benjamin Franklin (1706-1790)

Do what you can, with what you have, where you are.

Theodore Roosevelt (1858-1919)

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

Albert Schweitzer (1875-1965)

Things turn out best for the people who make the best of the way things turn out.

John Wooden (1910 - 2010)

What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

Helen Keller (1880-1968)



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29

Beautiful Thoughts...

Heavy rains remind us of challenges in life. Never ask for a lighter rain. Just pray for a better umbrella. That is attitude.

When flood comes, fish eat ants & when flood recedes, ants eat fish. Only time matters. Just hold on, God gives opportunity to everyone!

Life is not about finding the right person, but creating the right relationship, it's not how we care in the beginning, but how much we care till ending.

Some people always throw stones in your path. It depends on you what you make with them. Wall or Bridge? Remember you are the architect of your life.

Every problem has $(n+1)$ solutions, where n is the number of solutions that you have tried and 1 is that you have not tried. That's life.

`Search a beautiful heart, but don't search a beautiful face'. Coz beautiful things are not always good, but good things are always beautiful.

It's not important to hold all the good cards in life. But it's important how well you play with the cards which you hold.

Often when we lose all hope & think this is the end, God smiles from above and says, `relax dear its just a bend. Not the end. Have Faith and have a successful life.

When you feel sad, to cheer up just go to the mirror and say, `Damn I am really so cute` and you will overcome your sadness. But don't make this a habit coz liars go to hell.



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29

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 2 years.



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



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH

NOVEMBER 2011 ISSUE # 29

Well known dignitaries (out of Memon Community) who gave us their precious time and attended the occasions arranged by Memon Jamat during last 2 years.



His Excellency the Consul General Pakistan Mr. Abdul Salik Khan at Reception hosted by Memon Jamat



President Pakistan Welfare Society (group of doctors) Dr. Khalilur Rahman (of King Faisal Hospital) at an educational Seminar organized by Memon Jamat.



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MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
NOVEMBER 2011 ISSUE # 29

Memon Jamat Saudi Arabia
Nov. 2009 - Nov. 2011

Patrons



Ashraf Tumbi



Yaqoob Moosani



Ahmed Abdul Karim



Mohammed Chapra

Office Bearers (Core Committee)



Dr. Iqbal Musani
President



Younus Habib
Vice President



Asif Lala
Vice President



Tayyab Moosani
Gen. Secretary



Nasir Ibrahim
Joint Secretary



M. Hanif Jangda
Treasurer

Advisory Committee



Aftab Memon



Masood Marfani



M. Amin Almaimani



Mansour Shivani



Iqbal Advani



Hanif A. Sattar

Managing Committee



Kaleem Ahmed



Muanf A. Sattar



A. Razzak



Shoab Sikander



Arif H Usman



Luqman Amanullah



Habib Rahmatullah

Managing Committee



Waseem Tai



M. Younus A. Sattar



Arif Memon

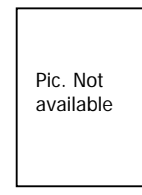


Muslim Amanullah



Pic. Not available

Iqbal Godil



Pic. Not available

Shaukat Ali Jamil