



Dear Brothers and Sisters,

Another edition of Newsletter of Memon Welfare Society (MWS) for the month of May 2013 is in front of you. Hope it will be interesting & informative to the community.

As part of our objective, MWS organized an educational evening with Author of Islamic Books Mr. Amanullah Ismail which was praised by the members of our community and we have received requests to hold such type of enlightening event frequently with large number of audience. Hopefully, Core Committee of MWS will consider the requests and hold the programs with different useful topics from time to time.

An evening with Memon Celebrity Mr. Rauf Lala, Comedy King of Pakistan will also be organized on Friday 10th May 2013. Details is given in the following page.

In view of various genuine reasons given in the following pages, It has been decided in MWS Board Meeting to hold the 5th Anniversary of MWS sometime in September 2013. This will be mega event which will include back to school event, prize distribution to meritorious students of the year and presentation of MWS performance report as well as memon culture show.

Indeed, the newsletter has been a great source of updating and providing our community with valuable and interesting information regularly. We kindly request our community brothers and sisters to send us your valuable ideas and suggestions without hesitation that could help us to improve our activities.

Sincerely / Newsletter Committee

MWS Board members and Seniors of the community with Mr. Amanullah Ismail after the education session.



The Welfare Services of Memon Welfare Society

- ✓ Helping poor students for education fee
- ✓ Helping Community members for health care for those who cannot afford
- ✓ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- ✓ Voluntarily Matrimonial services
- ✓ Beside above we are assisting some Madrassa by paying fees of needy students and school where the students will receive free education who cannot afford even the nominal fee.
- ✓ We also hold other social & welfare activities for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar, and also help financially and materially the victims of natural disaster such as flood in Pakistan and Earth quake etc.
- ✓ During last one year we have sent five shipments of used clothes for poor people in Pakistan & India.
- ✓ We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah.

No doubt, Memon Welfare Society is playing a significant role by providing an opportunity to the community families to meet, greet and eat together from time to time, which is a piece of good fortune.

اللہ کے دوست کون؟؟

جو خوشی اور تکلیف میں خرچ کرتے ہیں اور غصہ ضبط کرنے والے ہیں اور لوگوں کو معاف کرنے والے ہیں اور اللہ نیکی کرنے والوں کو دوست رکھتا ہے



سورة آل عمران - آیت نمبر 134



رزق کی فراخی کیلئے دعا

اللَّهُمَّ رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا عَيْدًا
لِّأَوَّلِنَا وَآخِرِنَا وَآيَةً مِنْكَ وَارْزُقْنَا وَأَنْتَ خَيْرُ الرَّازِقِينَ ﴿١١٣﴾

اے اللہ! اے ہمارے رب ہم پر آسمان سے کھانے کا دسترخواں نازل فرما (جو) ہمارے اگلوں پچھلوں کی عید ہو اور تیری قدرت کی نشانی ہو اور ہمیں روزی دے، تو ہی بہترین روزی دینے والا ہے۔ (نملہ: 114)

یہ دعا سیدنا عیسیٰ علیہ السلام نے رزق کی کشادگی کیلئے بڑی عاجزی اور انکساری کے ساتھ مانگی تو اللہ تعالیٰ نے قبول فرمائی۔



میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
- کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
- روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد
- بچوں کے لئے رشتے کی تلاش میں مدد
- اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
- مختلف موضوعات پر سیمینار کا انتظام
- خاندانی اجتماع
- مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ
- مشہور عالم شخصیات کے ساتھ شام
- ہم پرانے لباس جمع کر رہے ہیں
- ہم بھی مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں
- کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کو ملاقات کرنے - سلام و دعا کرنے
- ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔
- اس کے علاوہ ہم نے اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔
- مختصراً میمن ویلفیئر سوسائٹی خالصتاً سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک فورم ہے۔ جسکی پوری کمیونٹی کو حمایت کرنی چاہئے

Rajab an Important spiritual month

As we know the next Islamic month is **RAJAB** which marks the **beginning of the spiritual season** of every believer ending with the end of the fasting month of Ramadan with the Eid Al Fitr. These three months are unmatched in their importance. Praise be to the Almighty and thanks to Him for granting us yet another opportunity to cleanse ourselves of our sins and oversights.

The Holy Prophet (SAW) has said: "Rajab is a great month of Allah, unmatched by any other month in the respect and significance (accorded to it); war with the infidels during this month is prohibited; Verily, Rajab is Allah's month, Sha'aban my month and Ramadan the month of my Ummah; whosoever fasts a day in the month of Rajab will be granted the great reward of Ridwan (an angel in heaven); the wrath of Allah shall be distanced and a door of the Hell shall be closed."

Fasting is one of the most recommended acts during this spiritual season. It becomes Wajib during the month of Ramadan, but is highly recommended during the months of Rajab and Sha'baan. As will be noted from the Hadith above and others to follow, fasting, be it for only one day during these months, is rewarded with untold bounties.

Salmaan Farsi narrates that the Final messenger of Allah (SAW) said that there is a day in the month of Rajab on which if a person fasts and does Qiyaamul Lail (night vigil) on that night, he will receive rewards like a person who fasts for 100 years and does Qiyaamul Lail for nights of 100 years. This night is the night of the 27th (Rajab) and the day of the 27th (Rajab). This is the day on which Hazrat Muhammad (SAW) was appointed to Messengerhood, (Ghuniyatut Talibeen, Tarteef Shareef page 781)

Imam Kazim(as) is reported to have said "**Rajab is (the name of) a River in paradise that is whiter than milk & sweeter than honey**. Allah will allow one to drink from this river if he fasts for even one day in this month. It is also a month of seeking forgiveness more than usual as Allah is forgiving & merciful during this month.

The Greatness of the Month of Rajab Translated by Saleem Bhimji from the book *Al-Muraqabat* written by Ayatullah âajj Mirza Jawad Malik Tabrizi (may Allah sanctify his soul)

*This month is one of the **noblest of months for the following reasons:***

- 1. It is one of the Sacred Months (there are four of these in the Islamic calendar).*
- 2. It is one of the months of Supplication and even during the period of Ignorance (before the coming of Islam) this was well known amongst the people and the Arabs of that time would always wait and anticipate the coming of this month so that they could supplicate and ask their needs.*
- 3. This month is the month of Amir Al-Mo'minin `Ali ibn Abi salib (peace be upon him) just as it has been mentioned in the ahadith and as we are also told that the month of Sha`ban is the month of the Messenger of Allah (prayers be upon him and his family) and the Month of Ramadhan is the month of Allah (Glory and Greatness be to Him).*
- 4. The first night of this month is one of the four nights in the year which it has been emphasized that we should stay awake in prayer and worship.*



5. In relation to the 15th of this month, it has been mentioned that it is the most loved of days in the sight of Allah (Glory and Greatness be to Him) and it is the time when we should perform the action known as "Istiftah" which shall be explained in detail later on in this discussion.

6. The 27th of this month is the date when the official appointment of the Noble Prophet (prayers be upon him and his family) took place and it is the day when the mercy and blessings of Allah (Glory and Greatness be to Him) were physically manifested upon this Earth – something which this world has never seen from its inception until today.

This is a glimpse at some of the benefits of this month, as we do not possess the ability and capacity to fully understand and appreciate all of the greatness that is accompanied with this month.

One of the important things which must be observed in this month is to keep in mind the hadith "Malak Da'ee" which has been narrated from the Noble Prophet (prayers be upon him and his family). The Noble Messenger of Allah (prayers be upon him and his family) has related that, "Allah the Most High has placed an Angel in the seventh heaven who is referred to as 'Da'ee'. When the Month of Rajab approaches, this Angel repeats the following prayer every night until the morning time, 'Congratulations to those who are busy in the glorification of Allah. Congratulations to those who are obeying the commands of Allah.' Allah (Glory and Greatness be to Him) then replies, 'I sit in the company of that person who sits in My Company, and I obey the commands of that person who obeys My Commands and I forgive that person who also forgives others. The month is My month and the servant is My servant and the mercy (shown) is My mercy. Whoever calls Me during this month, I will surely reply to him and whoever requests something from Me, I will surely grant that to him and whosoever requests guidance from Me, I will truly guide him. I have made this month as a link between Myself and My servants and whoever takes hold of this link will surely reach Me.'"

It is shame when we reflect on our level of obedience to Allah!

Where are the people who would sincerely thank Allah (Glory and Greatness be to Him)?

Where are the people who are sincerely striving to reach Allah (Glory and Greatness be to Him)? Do those people who possess intelligence have the ability to understand the truth that is contained within this heavenly call? Why then is there no answer given to this call?

Where are those with a deep spiritual insight into Allah (Glory and Greatness be to Him) – those people who know that not a single other person amongst all of the creation has the ability to truly thank Allah (Glory and Greatness be to Him) for his blessings as they are able to?

Where are those people who have lapses and slips on their record that they would be able to answer this heavenly call and proclaim, 'I have answered the call and am ready to assist You! Greetings upon you O' beautiful caller towards Allah; O' King of Kings; the Most Merciful of those who can show mercy; O' Allah – the Most Patient and Generous; the Friend of those who feel contempt for their own souls; The One who possesses Great forgiveness; the one who will change our bad deeds into righteous actions!'

Just to update community,,,,,,,,,,,,,

MWS Current Activities:

1. Assistance being provided to needy students of Private School and Madrassa Hifzul Quran.
2. Collecting and delivering unused medicines to Pakistan Welfare Society for their free medical camp take place every alternate Friday. If anyone has unused medicines, please contact Mr. Mansour Shivani on 0508367915 or any other office bearers of MWS.
3. Collecting used clothes for poor and needy people in India and Pakistan. Five shipmenst have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786) .
4. Helping very needy & deserving people from Zakat fund.
5. Matrimonial service WITHOUT ANY FEE is being enhanced day by day.
6. Look into day to day cases brought to the MWS such as family matters, includes disputes among couples, divorce, khulaa etc. and are resolved by MWS very sincerely. Here we would like to convey thanks to our community members for their trust and confidence in MWS.

MWS Events/Programs in Near Future:

1. One of our programs in pipe line "An evening with celebrity" is being arranged with well known comedy artist of Memon Community Mr. Rauf Lala. MWS will give him a reception and he will spend an evening with us to provide us with smiles and laughter. Announcement in details if given in following pages.
2. Due to current situation and exams of schools in May and vacation and travel of several families in June and Ramadan in July , the MEGA EVENT ON THE OCCASION OF FITH YEAR OF MEMON WELFARE SOCIETY has been postponed till beginning of September 2013. That MEGA EVENT shall include Back to school event, 2nd Prize distribution to meritorious students of the year 2012 & 2013 as well as celebration of 5th Anniversary of MWS with informative and memon cultural program.

A detailed circular about MEGA EVENT will be issued in due course of time.

***Pictorial View of
An educational evening with Amanullah Ismail at residence
of Mansoor Shvani held on Friday 5th April 2013***



Lecture on Family Life covering engagement, wedding, dowry and divorce being delivered by Amanullah Ismail which was also attended by Ahmed Abdul Karim and Mohammed Chapra.



Audience paying attention to the informative lecture and Floor was opened for Question & Answer after the lecture.



Press clipping of Educational Evening in dailies of Saudi Arabia

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MONDAY, APRIL 15, 2013

اسلامی کتابوں کے مصنف امان اللہ اسماعیل کے ساتھ ”ایک شام



مبین و بلیفیر سوسائٹی جده کے زیر اہتمام ”ایک علمی شام اسلامی کتابوں کے مصنف امان اللہ اسماعیل کے ساتھ“ کا انعقاد منصور شیوانی کی رہائش پر کیا گیا۔ برادری کے ارکان کی بڑی تعداد نے معلوماتی لیکچر میں شرکت کی۔ امان اللہ نے ”خاندانی زندگی“ پر معلوماتی لیکچر دیا جس میں موجودہ دور میں منگنی، بیاہ، جہیز اور طلاق کے معاملات کا احاطہ اور اس پر سیر حاصل بحث کی گئی۔ ایک اور موضوع ”ایچھے لوگوں کی صحبت“ پر بھی امان اللہ اسماعیل نے حاضرین کو معلومات فراہم کیں۔ مجلس کے آغاز میں مبین و بلیفیر کے سیکریٹری جنرل طیب موسانی نے امان اللہ اسماعیل کا تعارف کرایا جو پرنس مین اور صنعتکار ہونے کے ساتھ علمی کتابوں کی تصنیف پر خاطر خواہ توجہ دیتے ہیں۔ اردو بیوز میں ان کے مضامین شائع ہوتے رہتے ہیں۔ صدر مبین و بلیفیر عارف مبین نے اس طرح کی علمی مجالس کا وقتاً فوقتاً انعقاد کرنے کا اعلان کیا۔ گروپ فوٹو میں امان اللہ اسماعیل، احمد عبدالاکرم و عہدیداران مبین و بلیفیر سوسائٹی جده نمایاں ہیں۔

DAILY URDU NEWS



Amanullah Ismail, an Indian industrialist and author of Islamic books, delivered a lecture at an event organized by the Memon Welfare Society in Jeddah recently. The event was attended by several members of the community. Ismail was introduced to the gathering by Tayyab Moosani, general secretary of the society. Ismail talked about issues surrounding wedding, dowry and divorce. The lecture was followed by an interactive questions and answer session. Arif Memon, president of the society, said similar sessions would be organized at regular intervals. (AN photo)

DAILY ARAB NEWS

نعمتوں کا اعتراف اور انکا شکر

چاہا۔ بیچنا گھر والا پہلے اپنا کیلئے خریدنے گھر بہتر نے شخص ایک شخص تھا۔ اس رکھتا شہرت اچھی میں فروخت و خرید کی جائیداد جو گیا پاس کے دوست ایسے ایک اپنے وہ کیلئے مقصد اس دے۔ لکھ اشتہار ایک کا فروخت برائے گھر لئے کے اس وہ کہ کہا بعد کے سنانے مدعا کو دوست اپنے نے ڈیزائن، رقبے، وقوع، محل کے گھر نے اس میں تحریر کی اشتہار تھا۔ جانتا سے طرح اچھی ہی بہت کو گھر اس دوست کا اس کیا۔ ذکر ساتھ کے تفصیل کا خوبی ہر سمیت پول گ۔۔۔ سونمن باغیچے، مواد، تعمیراتی سکے۔ لے رائے اسکی پر تحریر تاکہ سنا یا کر پڑھ اشتہار یہ کو دوست اپنے نے اس پر ہونے مکمل اعلان اشتہار نے دوست کے اس اور پڑھنا۔ دوبارہ ذرا کو اشتہار اس مہربانی برائے کہا، نے شخص اس کر سن تحریر کی اشتہار دیا۔ سنا کر پڑھ دوبارہ

ہوں؟ رہتا میں گھر شاندار ایسے میں کیا کہ پڑا ہی چیخ تقریباً شخص یہ کو سن دوبارہ کو تحریر کی اشتہار آیا نہیں ہی خیال کبھی یہ مگر ہوں۔ خوبیاں ہی ایسی کچھ میں جس رہا دیکھتا خواب کے گھر ایسے ایک زندگی ساری میں اور دو، کر ضائع کو اشتہار اس کے کر مہربانی ہو۔ رہے کر بیان تم خوبیاں ایسی کی جس ہوں رہا میں گھر ایسے ہی رہ تو میں کہ ہے۔ نہیں ہی بکاؤ گھر میرا



ہوا۔ نہیں پورا ابھی مضمون میرا ٹھہریں، منٹ ایک

اس یقیناً دو، کر شروع لکھنا پر کاغذ ایک کو ان ہیں دی تمہیں نعمتیں کچھ جو نے تعالیٰ اللہ کہ ہے کہاوت پرانی بہت ایک ہیں بیٹھے بھلانے ہی کرنا شکر کا تعالیٰ اللہ ہم میں اصل گی۔ جائے ہو خرم و خوش زیادہ اور زندگی تمہاری بعد کے لکھائی چاہتے۔ نہیں ہی گنا کو ان ہم ہیں رہی برس پر ہم نعمتیں اور برکتیں کچھ جو کہ کیوں ہیں۔ جاتے بھول کو نعمتوں اور برکتوں اور ہیں دیکھتے کوتاہیاں اور کمی یا پریشانیاں چند چنی گئی اپنی صرف تو ہم ادا شکر کا اللہ ہم کہ تھا چاہیے یوں ہونا ہیں۔ دینے لگا کانٹے نیچے کے پھولوں نے اللہ کہ ہیں کرتے شکوہ ہم: کہا نے کسی ہیں۔ دینے آگاہ بھول بھی اوپر کے کانٹوں نے اُس کہ کرتے تو تھے نہیں ہی پاؤں کے جس دیکھا کو شخص ایسے ایک پھر رہا، کڑھتا کر دیکھ کو پیروں ننگے اپنے میں: کہا نے اور ایک گیا۔ گر میں سجدے سامنے کے اللہ ساتھ کے شکر

سوال سے آپ اب

ہیں؟ کرتے خواہش کی وغیرہ وغیرہ، نوکری سند، تعلیمی ٹیلیفون، گاڑی، گھر، جیسا آپ جو ہیں لوگ ایسے کتنے ہیں؟ ہوتے رہے جا پیدل یا پاؤں ننگے پر سڑک وہ تو ہو ہوتے رہے جا سوار پر گاڑی اپنی آپ جب ہیں لوگ ایسے کتنے ہیں؟ ہوتے رہے سو سے آرام محفوظ میں گھر اپنے آپ جب ہوتی نہیں چہت پر سر کے جن ہیں لوگ ایسے کتنے ہے؟ موجود سند کی تعلیم پاس تمہارے اور سکے کر نا اور تھے چاہتے کرنا حاصل علم جو ہیں لوگ ایسے کتنے ہے؟ موجود منصب اور ملازمت پاس کے آپ اور ہیں کرتے کشی فاقہ جو ہیں شخص روزگار بے کتنے ہیں۔۔۔۔۔ سکتی جا کہی اور لکھی باتیں ہزاروں وغیرہ وغیرہ اور آیا نہیں وقت کا کرنے ادا شکر انکا اور اعتراف کے نعمتوں کی اللہ بھی ابھی بے خیال کیا



An interesting & Memorable Event,,,,,

**An Evening with Word Fame Memon Celebrity Rauf Lala
Recipient of title of "Comedy Ka Shahenshah" from India**

ANNOUNCEMENT ABOUT FAMILY DINNER WITH ENTERTAINMENT .

An evening of community families with Rauf Lala is being organized by MWS on Friday 10th May 2013 at 9 p.m. at La Sani Ex.Spinzer Restaurant, Madina Road, Jeddah where Rauf Lala will entertain audience with his best performance followed by Dinner.

Invitation Cards available @SR.50/- for all above 12 years and @SR.25/- for children between 5 and 12 years and below 5 will be free. Invitation Card is must for Entry. Due to limited seats, please note that No Seats will be given to the children below 5 years of age. Hurry up and obtain cards for your family that are available at the following spots on FIRST COME FIRST BASIS as seats are limited:

1. Star (Ex.Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0501821759)
2. Tayyabah Supper Market, near Pakistan Embassy School, Azizia Jeddah (Mr Farooq Tel: 6731155 and Mansoor Shivani 0508367915).
3. Jamil's Restaurant, Near Kudu, Sabaeen Street, Aziziz, Jeddah (Mr.Nasir Tel:0592326287).
4. Mr.Younus Habib Goli Souk Khaskhia 0535943128
5. Mr.Mansoor Shivani, Souk Alavy, 0508367915
6. Mr.Waseem Tai, Souk Khaskhia, 0545353500
7. Mr. Shoaib Sikander 0504686132
8. Mr.Nasir Ibrahim, Industrial Area in South Jeddah, 0500319961
9. Dr. Farooq Gaziani, Makkah 0509705442

Cards will be available until 8th May 2013 or until end cards. Please try to get yours and your family cards as soon as possible. No one of MWS shall be able to help an body once all cards are sold out.

Brief Introduction of Word Fame Memon Celebrity Rauf Lala



Rauf Lala in entertaining people by Performing comedy.



Rauf Lala with Ahram in Haram Sheriff Makkah ready to perform Umrah

Rauf Lala (روف لاله) born in Larkana, Sindh, Pakistan in 1960 is a popular Pakistani comedian,^[1] actor, writer, and producer. He has been working for **over three decades** in Pakistani media & Indian Comedy shows and is well known for his comedic talent and stage work. Lala currently works in India and has won The Great Indian Laughter Challenge - Season two.

Career

Stage play

He Started his career in 1978 as a comedian in One day Theater in Karachi along with his teacher Razak Rajou. His first commercial show was "Susral Bara Janjaal" in 1982 with Umer Sharif Javed Sheikh and others. He has worked with Umer Sharif and Moin Akhtar on many stage shows such as "Bhudda Ghar Per Hai", and "Bakra Qistoon Pay" in 1989 which still is a popular and well-known Pakistani stage show internationally. Lala came on several comedy reality shows and gained popularity on television^[2] as well as movies^[3] in India.^[4]

Television

Lala has worked in various serials, commercials, television films^[7] and shows for almost three decades including:

- Ek Raat Ek Kahani
- Funny Family
- Super Karara
- Comedy Kings

In 2006, He was invited in an Indian reality show by Channel Star One, to participate with other fellow Pakistani's and Indian actors. His special episode was when Bipasha Basu was there in the final Episode of The Great Indian Laughter Challenge - Season 2 which he won and where he was awarded the title "Comedy Ka Shahenshah". He is the first Pakistani to win that major Indian contest.



Little smile

Q - What is the Difference Between Mother & Wife ?

A - One Woman Brings U into this world crying & ...the other ensures U Continue to do so .

Wife : Do you want dinner ?

Husband : Sure ,what are my choices ?

Wife : Yes and no .

Wife: You always carry my photo in your handbag to the office. Why ?

Husband: When there is a problem, no matter how impossible, I look at your picture and the problem disappears .

Wife: You see how miraculous and powerful I am for you ?

Husband: Yes, I see your picture and say to myself, "What other problem can there be greater than this one"?

Girl: When we get married, I want to share all your worries, troubles and lighten your burden .

Boy: It's very kind of you, darling, But I don't have any worries or troubles .

Girl: Well that's because we aren't married yet .

Son: Mom, when I was on the bus with Dad this morning, he told me to give up my seat to a lady .

Mom: Well, you have done the right thing .

Son: But mum, I was sitting on daddy's lap.

A newly

married man asked his wife, "Would you have married me if my father hadn't left me a fortune "?

"Honey," the woman replied sweetly, "I'd have married you NO MATTER WHO LEFT YOU A FORTUNE "

Father to son after exam: "let me see your report card ".

Son: "My friend just borrowed it. He wants to scare his parents".

Interviewer to Millionaire: To whom do you owe your success as a millionaire "?

Millionaire: "I owe everything to my wife ".

Interviewer: "Wow, she must be some woman. What were you before you married her "?

Millionaire: " Billionaire"

Health Corner:

Pain Management Health Center

Back Pain Dos and Don'ts

Back pain is the most commonly reported pain condition in America. About 65 million Americans have had a recent episode of back pain, and 8% of all adults are so bothered by back pain that it limits their daily activities in some way.

Whether you already struggle with back pain or are trying to prevent back trouble, there are dozens of opportunities in your daily routine for you to protect your back -- or put it at risk.

You spend about a third of your life sleeping. One of the best ways to protect your back is with a mattress and sleep positions that support it, says Lauren Polivka, PT, DPT, a physical therapist at Balance Gym in Washington, D.C. "If you don't have the right support system, you can set yourself up for injury."

Help Your Back in Bed

Make bedtime a haven for your back by:

- **Getting the right mattress.** No matter how comfortable a squishy-soft feather bed may seem at first, a firmer mattress is usually the best for your back, Polivka says. "The types of beds where partners can choose a different level of support can be good, because differences in body structure and size can make what's comfortable for one person different from another."
- **Keep your bed in shape.** If you're waking up stiff and sore, check your mattress. How long has it been since you replaced it? "It's the same as with running shoes: you put a lot of pressure on the mattress and deforming the foam over time," Polivka explains. Twice a year, flip the mattress over and check for divots, dents, wear and tear and breakage. If there are spots where the mattress isn't springing back the way it used to, it's time to spring for a new one. *Consumer Reports* recommends that you change mattresses every 5 to 7 years if you're over 40.
- **Sleep smart.** The worst sleep position for your back? On your stomach. "It puts your neck in a more extended, rotated position -- because you can't sleep face down -- and that puts the most strain on your joints," Polivka explains. Instead, sleep either on your side or your back, using pillows for support. If you prefer your side, the best aid is a body pillow that can support your weight between your knees and help align your arms. Back sleepers should put a pillow between their knees.
- **Rising and shining.** Do you jump (or roll grumpily) out of bed when the alarm clock rings? Don't. Instead, take a minute to stretch fully and let your body wake up before getting a move on. This can help prevent injuries, Polivka says.

Back Pain in the Car

Do you spend more than an hour a day in your car? You're not alone -- 90% of Americans commute by car, reporting an average of 90 minutes a day behind the wheel. Bad positioning in your vehicle can quickly add up to back pain. Here's how to make your commute less taxing on your back.

- **Get the right vehicle.** If you're debating between a wagon and a minivan, or a sports car and a sedan, the bigger vehicle is usually the better choice -- for your back, not necessarily the environment. "Bigger cars allow you to make more adjustments in your seating," explains Polivka. The more vertically you can sit,



allowing you to keep your knees level with or below your hips, the better for your back. "That puts the least compression on your lumbar spine."

- **Set your seat properly.** Don't push it so far back that you have to lean and hunch forward to reach the steering wheel.
- **Play with pillows.** Some people rush right out and buy support pillows for use in their car, only to find it useless for their specific needs. "Get a few towel rolls and small throw pillows from home and try them out," Polivka says. "Some people need support higher, between their shoulder blades, while others need something lower at their lumbar spine. Try before you buy."
- **Take breaks.** If you have a long trip ahead of you, stop about every hour to stand, stretch, and redistribute your weight.

Protect Your Back at Work

Many of us are desk jockeys. We sit through most of our day, often in the same position, hour after hour, talking on the phone and staring at computer screens. Is it any wonder we're stiff?

"Sitting hurts your back more than standing," says Trent Nessler, PT, DPT, MPT, a vice president with Champion Sports Medicine in Birmingham, Alabama. "That's because your legs are shock absorbers, and when you sit, you end up putting all that weight on your spine. Most of us let our chests fall forward and slump when we sit, which dramatically increases the pressure on the spine."

- **Position your computer properly.** You should be seated at eye level to your screen, so that you don't have to look too far down or too far up to do your work.
- **Sit smart.** You don't necessarily need the perfect, custom ergonomic chair, Nessler says. "There are lots of expensive, ergonomic chairs, but nothing replaces common sense." Get a chair that provides support for your middle and lower back. "If your knees are at 90 degrees and your spine is at a neutral posture, that's the right position for you."
- **Use a footrest.** "If the balls of your feet are supported on something, it makes it easier to rest on the 'sit bones' deep in your glutes, which helps unload your spine," Polivka says.
- **Take a break.** Set a timer on your computer and, every 45-50 minutes, get up for a few minutes to stretch and walk around. When you sit back down, make sure you're getting into a supported position with a neutral spine -- neither slumped forward nor pushed back.
- If you don't work at a desk and you stand or lift things a lot at work, then your job has its own set of back hazards. One of the most important things for someone who stands a lot, whether you're a grocery clerk or a college professor, is wearing the correct kind of shoe. "You want the right type of cushion and sole," says Polivka. "Not a Converse sneaker or a ballet flat with no support. You want a shoe that can cushion and absorb the forces coming out of the ground. Lots of companies now are making nice dress shoes that have arch support in the feet."
- Whether you're delivering a lecture or ringing up groceries, you should also keep a small footrest near you, where you can put one foot up to unweight one side of the body, then switch.

- Do a lot of lifting on the job? Read on for more back protection tips.

Back Protection at Home

While working outside the home or inside the home, or both, many people spend a lot of their time bending and lifting -- whether they're grabbing a file, mopping a floor, or unloading a warehouse truck. A little-known fact: You can hurt yourself just as much while lifting something small as you can while hoisting a huge, heavy box. "I'll see people who've bent over to pick up a coin and they've thrown their back out," says Nessler.

Use the right form and technique to bend, lift, and reach. "When I check in at the doctor's office, I'll see a receptionist rummaging in a file cabinet below her, bending down at the waist with her hips straight," says Polivka. "It makes me cringe!"

There are three key "lift postures" that many physical therapists recommend:

- **The squat lift.** This is for heavy objects. Get your body as close to the object as possible, plant your feet shoulder width apart, squat down, wrap your arms around it, and stand up, using the power of your legs. "Whether it's a baby or a heavy box, keeping the item as close to your trunk as you can allows your trunk to act as the stabilizer," says Nessler.
 - **The "golfer's lift."** This is for small objects like that dropped coin. It would be silly to do a full power squat lift for a coin or a pen. Instead, put all your weight on one leg, and using the opposite hand, brace yourself with one hand on a desk, chair, or other sturdy object. Then bend straight from the hip, letting the non-weight-bearing leg come off the ground a little behind you as you pick up the object.
 - **The "crane lift."** This is for heavier objects when you can't use a squat lift -- like groceries in a car trunk or a baby in a crib. Stand with your knees shoulder width apart, as close to the object as you can get. Bend at the hips, sticking your buttocks out behind you. Grab the item and lift, pulling it as close to your body as you can as you lift up. Put it down the same way.
- **Back Protection at Home continued...**
 - "Some things, you just can't lift," says Polivka. "Know your limits." If you're using the right posture to lift something and still feel pain in your back or joints, stop lifting. Ask a second person for help. If you have to maneuver very heavy objects frequently, use a hand truck for assistance.
 - You can also utilize tools to help around the house. Try using knee mats for scrubbing floors or weeding the garden, paint rollers or dusters with extendable handles so you don't have to lift your arms awkwardly over your head to reach high spots, and a good old-fashioned step ladder. "Bring everything close to you before you move it," says Polivka. "Don't reach up to the top shelf of the china cabinet to pull down the heavy glass punch bowl you only use once a year for company. Get the stepladder or stepstool and get it close to you before you lift it and carry it down."

﴿ گردے کی پتھری اور اس کا علاج ﴾

جسم ایک فیکٹری کی حیثیت رکھتا ہے، اور اس میں مختلف اعضاء ایک مشین کی حیثیت رکھتے ہیں۔ قدرت نے اعضاء جسم کے لیے ایک خاص فریم بنا رکھا ہے۔ انسان کے پیدا ہونے سے لے کر مرنے تک ہر عضو اپنا کام بخوبی سرانجام دیتا رہتا ہے۔ لیکن کبھی کبھار اس نظام میں کوئی ہلکی سی خرابی یا کمی بھی پیدا ہو جاتی ہے۔ جو بعض اوقات تو جلدی ٹھیک ہو جاتی ہے لیکن کبھی خطرناک صورتحال بھی اختیار کر لیتی ہے۔ جسم کے اعضاء میں ایک اہم عضو کڈنی (گردے) کا بھی ہے۔ انسانی گردہ ایک لوسیہ کی سی شکل رکھتا ہے۔ گردوں کا کام خون میں سے فاضل مادوں کو فلٹر کرنا اور پانی کے ترسیلی نظام کو بہتر بنانا ہے۔ کڈنیز، میٹروںز کی چھوٹی چھوٹی نالیوں کے ذریعے یہ زائد مادے جسم سے خارج کر دیتی ہیں۔ لیکن بعض اوقات کوئی کیمیکل ان میٹروںز میں جم کر رکاوٹ پیدا کر دیتا ہے۔ جس کی وجہ سے یہ میٹروںز بلاک ہو جاتی ہیں۔ کبھی کبھار ان میٹروںز میں کیمیکل یا زائد مادے جم جانے کے باعث چھوٹی یا بڑی پتھریاں بن جاتی ہیں۔ جس کی وجہ سے انسان کو فاضل مادوں کے اخراج کی صورت میں کافی تکلیف سہنی پڑتی ہے۔ بعض اوقات اس پتھری کا سائز بہت چھوٹا ہوتا ہے۔ اور یہ خود بخود انسانی جسم سے زائل ہو جاتی ہے۔ لیکن اگر اس کا بروقت علاج نہ کیا جائے تو اس کا سائز چھوٹی سی گیند کے برابر بھی ہو سکتا ہے۔ اتنے بڑے سائز کی پتھری آسانی سے زائل نہیں ہوتی اور اس کا علاج بھی کافی مشکل ہوتا ہے۔ آج سے چند سال پہلے تک گردوں کی پتھری کا علاج صرف آپریشن کے ذریعے ہی ممکن تھا لیکن اب ادویات اور لیزر ٹیکنالوجی کی بدولت اس کا علاج بغیر آپریشن بھی ممکن ہے۔ لیکن یہ جدید علاج مہنگے ہونے کے باعث عام آدمی کی پہنچ سے بہت دور ہیں۔ ایسے میں احتیاط واحد علاج ہے۔ اگر آپ زندگی میں چند باتوں کا خیال رکھیں تو گردے کی پتھری اور اس جیسی بہت سی دوسری بیماریوں کا شکار ہونے سے بچ سکتے ہیں۔ گردوں میں پتھری کا مرض خواتین کی نسبت مردوں میں زیادہ پایا جاتا ہے۔ تحقیقات بتاتی ہیں کہ خواتین کی اس بیماری سے بچے رہنے کی وجہ ان کے جسم میں قدرتی طور پر پیدا ہونے والے ہارمونز ہیں جو گردے میں پتھری کو بننے نہیں دیتے۔ مردوں میں اس بیماری کے لاحق ہونے کے خطرات زیادہ ہونے کی وجہ سے عموماً 20 سے 40 سال کی عمر کے افراد اس سے زیادہ متاثر ہوتے ہیں۔ گردے کی پتھری کی کئی اقسام ہیں۔

پتھری کی اقسام:

کیلشیم سٹون:

یہ سٹون کی عام قسم ہیں۔ اور عموماً 20 سے 30 سال کی عمر کے افراد میں زیادہ یہ مسئلہ دیکھنے میں آیا ہے۔ اس میں زیادہ تر ذرات آکزالٹ، فاسفیٹ اور کاربونیٹ کے شامل ہیں۔ آکزالٹ زیادہ تر پالک اور دنا میں سی والی غذاؤں میں پائے جاتے ہیں۔

سٹرانٹھ سٹون:

سٹرانٹھ زیادہ تر ایسے افراد میں پائے جاتے ہیں، جو cystinuria کا ہو۔ cystinuria دراصل ایک وراثی مرض ہے جس میں سٹونز بننے کی بیماری نسل در نسل چلتی ہے اور اس کی وجہ امینو ایسڈز کی زیادتی ہے۔ یہ بیماری چونکہ وراثی ہے اس لیے اس بیماری سے متاثر ہونے والوں میں مرد، عورت دونوں شامل ہیں۔

سٹرووائٹ سٹون:

سٹرووائٹ سٹون کا زیادہ شکار خواتین ہوتی ہیں جس کی وجہ یورینری انفیکشن ہوتا ہے۔ یہ سٹون بہت بڑے ہو جاتے ہیں جس کی وجہ سے کڈنی کی میٹروںز بلاک ہو جاتی ہیں۔

یورک ایسڈ:

یورک ایسڈ سٹون خواتین سے زیادہ مردوں میں پایا جاتا ہے۔

علامات:

سٹونز یا پتھری کا اندازہ آپ کو تب تک نہیں ہوتا جب تک یہ آپ کے یورینٹر میں نہ آجائیں، وہاں سے یہ بلیڈر میں داخل ہو جاتے ہیں۔ جس کے بعد یہ یورین کے جسم سے اخراج کو روک دیتے ہیں۔ اس کی زیادہ علامات میں:

☆ معدے یا کمر میں درد ہونا

☆ یورین کا رنگ بدل جانا

☆ یورین میں خون کا آنا

ضرورت بھی پڑ سکتی ہے۔ یا پھر آپ لیزر ٹیکنالوجی کا انتخاب کر سکتے ہیں جس میں لیزر کی شعاعوں کے ذریعے گردے میں موجود پتھری کو بہت ہی چھوٹے چھوٹے ٹکڑوں میں توڑ دیا جاتا ہے جو بعد میں یورین کے ذریعے جسم سے خارج ہو جاتے ہیں۔ لیکن اگر آپ کے گردے میں موجود پتھری کا سائز بہت چھوٹا ہے۔ تو آپ کو آپریشن یا لیزر ٹیکنالوجی کا استعمال کرنے کی ضرورت نہیں ہے۔ آپ چند گھریلو تدابیر کو اپنا کر اس سے چھٹکارہ حاصل کر سکتے ہیں جو کہ درج ذیل بیان کی جارہی ہیں۔

علاج

☆ روزانہ 10 سے 12 گلاس پانی پیئیں۔ تاکہ اس سے آپ کے جسم میں پتھری نہ بن سکے۔

☆ اپنی غذا میں نمک کا استعمال کم سے کم کریں۔

☆ فروٹس کا استعمال زیادہ سے زیادہ کریں تقریباً تمام فروٹس گردے کی پتھری کو زائل کرنے میں مددگار ثابت ہوتے ہیں۔ لیکن تربوز میں پانی کی مقدار زیادہ ہوتی ہے، اس لیے اس کو زیادہ مقدار میں کھانا بہتر ہے۔

☆ ایک لیٹر پانی میں 4 چمچ اسی کوڈال کر بال لیں۔ جب پانی ایک تہائی بچ جائے تو اس کو ٹھنڈا کر کے چھان لیں اور اس میں لیموں کا جوس اور شہد ڈال کر پیئیں۔ اس سے آپ کے گردے میں موجود پتھری ختم ہو جائے گی۔ اور گردے کی دوسری تکالیف میں بھی افادہ ہوگا۔

☆ 4 عدد انجیر لیں اور ان کو 2 کپ پانی میں ابال لیں اور صبح نہار منہ پیئیں۔ جن افراد کو گردے میں پتھری کی شکایت ہے وہ اگر اس عمل کو ایک مہینے تک باقاعدگی سے دہرائیں تو اس سے بہت جلد اچھے نتائج ملیں گے۔

☆ تازہ لیموں کا جوس 60 ml اور اتنا ہی زیتون کا تیل لیں اور ان دونوں کو ایک گلاس پانی میں مکس کر کے پیئیں۔ اس سے آپ کے گردے میں موجود پتھری 24 گھنٹے کے اندر اندر زائل ہو جائے گی۔

☆ ایک پین لیں اور اس میں ایک گلاس پانی اور 2 عدد کٹے ہوئے پیاز ڈال کر پکائیں۔ جب پیاز گل جائیں تو اس کو ٹھنڈا کر کے بلینڈر کی مدد سے پیس کر چھان لیں۔ اور تین دن تک لگاتار استعمال کریں۔ اسکو پینے سے دوسرے ہی دن آپ کو کافی افادہ محسوس ہوگا۔

Managing Board of Memon Welfare Society With Consul General Pakistan, Jeddah KSA.



Sitting (L-R) Younus Habib VP, Mohammed I Badi Patron, M. Iqbal Advani Patron, H.E. Mr. Aftab A Khokher, Consul General Pakistan, Arif Memon, President, Tayyab Moosani, Secretary General, Shoaib Sikander, Treasurer, Dr. Hamid Abdulkhader Patron, Mansoor Shivani Vice President,

Standing (L-R) Salim Habib, Yousuf Tai, Asif Lala, Munaf A. Sattar Patron, Kaleem Ahmed Patron, Nasir Ibrahim, Wasim Tai, Younus A. Sattar, Shaker A. Aziz, Tariq Madani, Irfan Kolsawala, Ahmed Kamal Makki, A. Rashid Kasmani Joint Secretary, Abdul Qader Amin Teli, Abdul Kader Africawala, Abdul Rauf Zakaria

Important Announcement about Matrimonial Services خدمات برائ ضرورت رشتہ

After family gatherings organized by memon Forum 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**.

We 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 Forum on 0569905776 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

Daughter : (1) Age _____ Education _____ (2) Age _____ Education _____



*Thank you for your time and
attention,,,,,,,,,Newsletter Ends Here*