



Dear Brothers and Sisters,

We hope everyone of community would have enjoyed Eid Al Fitar Holidays with their loved ones either here in Saudi Arabia or abroad. Also hope, after eid holidays, everyone would have come back to his job and business with normal spirit as he used to have before Ramadan. Now the fasting is finished; the nightly prayers are over; the group gatherings to break the fast have vanished. We can eat, drink, and be merry again when the sun is shining. And that special feeling you have in your heart-the one that keeps you going despite your hunger and thirst-gradually fades away. Al Hamdo Lillah we ready to have another sacred event of Haj soon, insha Allah.

**It's matter of pleasure**, that many of the community members have sent us their congratulations and encouraging feedback after going through our last month Golden Jubilee issue of Newsletter. We expresses gratitude to the entire community, particularly to it's regular readers for their kind support, cooperation and guidance through their feedbacks from time to time. We request once again our community brothers and sisters to send us their informative write ups, articles, essays or messages of their thoughts, ideas, views and feelings & impression about newsletter, we shall review and insert them in our bulletin.

We have started preparation from now to hold a mega event during current month which will include back to school event, prize distribution to meritorious students of the year, honoring the seniors of the community in KSA on the occasion of 5th Anniversary of MWS.

**Our**, heartiest thanks to the community for their help, assistance and support from time to time and looking forward to continued cooperation in the future. We sincerely apologize if there is any unintentional error or omission in this issue.

Sincerely / Newsletter Committee

### THREE SIMPLE RULES IN LIFE

1. IF YOU DO NOT GO  
AFTER WHAT YOU WANT,  
YOU'LL NEVER HAVE IT.
2. IF YOU DO NOT ASK,  
THE ANSWER WILL  
ALWAYS BE NO.
3. IF YOU DO NOT STEP  
FORWARD, YOU  
WILL ALWAYS BE IN  
THE SAME PLACE.



Serving Community from 5 years





# 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. It is worth mentioning that we have formed various committees to undertake their respective responsibilities and assignments.**

**In brief MWS is purely social and welfare forum to serve the community and humanity.**

[illegible]

قُلْ يٰٓعِبَادِىَ الَّذِيْنَ اَسْرَفُوْا عَلٰى اَنْفُسِهِمْ لَا تَقْنَطُوْا  
 مِنْ رَّحْمَةِ اللّٰهِ اِنَّ اللّٰهَ يَغْفِرُ الذَّنْبَ كُلَّهٖ ۝۱۰  
 اِنَّهٗ هُوَ الْغَفُوْرُ الرَّحِيْمُ ﴿۱۰﴾

۱۰۔ (۳) (۵۳)

اس آیت مبارکہ میں اللہ تعالیٰ کی مغفرت کی وسعت کا بیان ہے اسراف کے معنی ہیں گناہوں کی کثرت اور اس میں افراط ”اللہ کی رحمت سے نا اُمید نہ ہو“

وَالَّذِينَ إِذَا فَعَلُوا فَاحِشَةً أَوْ ظَلَمُوا أَنْفُسَهُمْ  
 ذَكَرُوا اللَّهَ فَاسْتَغْفَرُوا لِذُنُوبِهِمْ وَمَنْ يَغْفِرَ  
 اللَّهُ فَمَا لَهُ مِنْ نَاصِرٍ ۚ وَمَا لَهُمْ مِنْ نَاصِرٍ إِلَّا اللَّهُ  
 يَعْلَمُونَ ﴿٣٥﴾



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## **AFTER RAMADAN**

### **Keeping Ramadan Alive the Rest of the Year**

Almost invariably it happens a few days after the end of Ramadan: the letdown.

Fasting is finished; the nightly prayers are over; the group gatherings to break the fast have vanished. We can eat, drink, and be merry again when the sun is shining. And that special feeling you have in your heart-the one that keeps you going despite your hunger and thirst-gradually fades away.

The spiritual high evaporates, and all you are left with are the bad habits you tried to shed during Ramadan, but mysteriously rear their ugly heads once it is over.

#### **Good Habits Kept Up**

More than just denying oneself food and drink, the fast of Ramadan is a complete body-and-soul fast. Although this should be the behavior of the believer at all times, when one is fasting, he or she should take special care not to harm anyone, curse anyone, or do anything wrong. In fact, Prophet Muhammad, peace be upon him, said:

"Whoever does not give up forged speech and evil actions [while fasting], God is not in need of his leaving his food and drink."

Well, once Ramadan is over, these good behaviors should continue.

For instance, if you took the opportunity of the month of Ramadan to try to curb talking about other people, why not continue to refrain from doing so after Ramadan is over? We should continue to go to the mosque for congregational prayers. It is so amazing to see the mosque-which was packed just a few days earlier-stand almost completely empty during Isha', or night prayers, after Ramadan. If we can go to the mosque each day during Ramadan, we can get there every day during the rest of the year. Smoking is prohibited during daylight hours during Ramadan, which makes it the perfect opportunity to quit cigarettes. Yes, the nicotine in tobacco smoke is more addictive than heroin, and it is one of the most difficult addictions to beat. But if you can go without smoking for 14-17 hours a day during Ramadan, you can go without it for the remaining 7-10 hours. Ideally, there should be no Muslims who smoke, given the fact that they have to stop doing so for most of a month every year. Sadly, the reality is quite different. Many, many Muslims smoke, and it saddens me-especially since I am a lung specialist who sees firsthand the devastation wrought by cigarette smoking-to see groups of men outside the mosque immediately light up the moment sunset arrives.

#### **Fast Throughout the Year**

I must admit that this is the most difficult one for me to follow, but I must mention it anyway. The fast of Ramadan is obligatory for every adult Muslim, but there are numerous other fasts that Muslims are encouraged to undertake throughout the year, and we should try to participate. For instance, Prophet Muhammad, peace be upon him, encouraged Muslims to fast six days of the month of Shawwal, the month after Ramadan. The reward is equivalent to fasting the entire year. In a few months, the season of Hajj will begin, and those Muslims who do not perform the Hajj are encouraged to fast the day of Arafat, when all the pilgrims will be standing on that plain and begging God for forgiveness. We should fast that day. For Ashura, the day that commemorates the exodus of the Children of Israel from Egypt, Muslims are encouraged to fast that day as well as the day before. (Ideally, Muslims should fast the first nine days of the month of Dhul-Hijjah, when the Hajj occurs.)



For the very ambitious, the Prophet, peace be upon him, used to fast every Monday and Thursday, and if one is able, he or she could follow this Sunnah, or tradition of the Prophet. The very, very ambitious could even fast in the tradition of the Prophet David, peace be upon him; fasting every other day. If this is too much, perhaps we can fast one, two, or three days each month. Whatever the number, we should try to fast outside of Ramadan to help keep the spirit of the month alive in our daily lives.

### **Qiyam Praying**

During the month of Ramadan, Muslims gather together and perform the Isha, or night prayer, and then special devotional prayers, called Tarawih, in congregation (together these are called, qiyam, extra devotional night prayers). It is such a wonderful time, and it is perhaps-after actually getting to eat and drink-the best part of Ramadan. We are all together in the mosque, and we get to hear the entire Qur'an recited if we go every night of Ramadan.

Why not, at home, have your own "mini-Tarawih"? You can either read what you have already memorized, or you can read from the Qur'an itself. If you continue this throughout the year, it is quite possible to finish reading the entire Qur'an many times over. This is an excellent way to keep the feeling and spirit of Ramadan alive.

### **Charity**

Ramadan is also the month of charity. It was said that the Prophet, already the most generous of men, was even more generous during the month of Ramadan. Along with teaching the believer discipline and spiritual focus, the fast of Ramadan is a potent reminder that there are millions of people around the world who must forgo food and drink involuntarily, out of sheer poverty. As a result, Muslims are frequently motivated to give to the poor during Ramadan, and the reward for an act of charity-already substantial-is multiplied many times over in the month of Ramadan. Muslims often discharge their obligatory annual alms tax, the Zakah, during this month.

Yet that does not mean we should be stingy and miserly throughout the rest of the year. We should continue to be generous even when it is not Ramadan, perhaps devoting a little bit of what we earn to help the poor. You could even open a donor-directed fund or a charitable gift fund at a brokerage firm and invest your donations so you could give more. If you want to be even more ambitious, you can start your own charitable endowment, an essential aspect of the classical Islamic tradition that has unfortunately gone by the wayside in modern times. "Haven't Seen You Since Last Ramadan..."

Another beautiful aspect of Ramadan is the frequent invitation to people's homes for iftar meals after sunset. Here, Muslims gather and break their fast together. Many times, it is an opportunity to see friends (and maybe even family) they do not normally get a chance to see during the rest of the year. Well, the same theme applies: if you can do it during Ramadan, you can do it at any other time as well. Why not keep up the contacts made during Ramadan throughout the rest of the year? Have monthly gatherings at each other's homes or at a favorite restaurant. Let it not be another year when you say to a friend, **"Wow! I haven't seen you since last Ramadan!"**

For Muslims, the month of Ramadan is the most wonderful time of the year. The benefits and beauties of this month are boundless, and-even though I can once again drink my 24 oz. French-Irish-Vanilla-Choc---Crème Coffee chino in the morning-I always feel a tinge of sadness when Ramadan is over.

Yet we can keep the spirit of the month alive and well throughout the rest of the year. For that is the whole purpose of the fast, isn't it- to be conscious of God.

میمن ویلفیئر سوسائٹی کی فلاحی خدمات

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- 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

## REQUEST

All recipients of this newsletter are requested to let us know by email if they receive it more than once, in order to assure that our webmail has been cleared from virus since we have received couple of complaints again.



*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 Ahmed Kamal Makki at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786)*
- 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: **Announcement**

*A MEGA EVENT for Families is being held during current month Insha Allah. That MEGA EVENT shall include Back to school event, 2<sup>nd</sup> Prize distribution to meritorious students of the year 2012 & 2013 , honor & award to seniors of the community as well as informative session on Memon Histroy & Culture. A detailed circular about MEGA EVENT will be issued soon. **It is to remind you to Please send copy of result/report/transcrip of your children (male & female) until 5<sup>th</sup> September 2013 if your children meet following criteria to receive a prize/award:***

- Student must be **Iqama holders** regardless of the place of their studies.*
- Those who have completed Hifz-e-Quran, Engineering, Doctorate in any discipline, CA, MBA during 2012/2013.*
- Those who have completed grade 10 (matric or O'Level) and grade 12 (intermediate or A'Level) with more than 90% Marks during 2012/2013.*
- Those who have completed grade 1 to grade 8 with more than 90% Marks during 2012/2013 must have achieved rank 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> in his or her class.*
- Please scan copy of transcript of your children and send us by email to our email address: [masa@memonassociation.com](mailto:masa@memonassociation.com) with cc to [rashidkasmani@yahoo.com](mailto:rashidkasmani@yahoo.com) Attn: Education Committee of MWS latest by 5<sup>th</sup> September 2013.*
- Please note that all certificates will be verified from the concerned institute.*
- **Exact date and venue of the event will be notified through circular to the community soon.***

A Magazine issued Quarterly by Kutiyana Memon Jamat Karachi - Pakistan whose Jeddah reporter covered our event of Farwell to outgoing Consul General Pakistan کتیاہ میمن جماعت کراچی۔ پاکستان کے سہ ماہی میگزین کے جدہ کے نامہ نگار نے ہماری طرف سے قونصل جنرل پاکستان کے اعزاز میں الوداعی تقریب کی تفصیلی رپورٹ شائع کی

جنوری تا مارچ 2013ء

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سہ ماہی ترجمان کتیاہ

## میمن ویلفیئر سوسائٹی جدہ (سعودی عرب) کے زیر اہتمام پاکستان کے قونصل جنرل کے اعزاز میں ایک الوداعی ڈنر (عشاء)

تقریب کے مہمان خاص، ماہر معاشیات اور ممتاز مذہبی اسکالر ڈاکٹر محمد عمر چھاپرا تھے

رپورٹ: جناب عمران حاجی الیاس گاڈت، جدہ



جناب عمران گاڈت

میمن ویلفیئر سوسائٹی جدہ نے ایک خصوصی شام کا اہتمام کیا تھا جس میں میمن گھرانوں کو مدعو کیا گیا تھا یہ ایک ایسی الوداعی تقریب تھی جو پاکستان کے قونصل جنرل عزت مآب عبدالساک خان اور ان کی فیملی کے اعزاز میں منعقد کی گئی تھی۔ وہ جلد ہی جدہ (سعودی عرب) سے پاکستان واپس آرہے ہیں۔ قونصل جنرل نے لگ بھگ تین سال تک اپنی پیش قیمت خدمات کے ذریعے سماجی اور فلاحی گروپس کے درمیان روابط کو مستحکم کیا۔ بلاشبہ یہ خدمات طویل عرصے تک یاد رکھی جائیں گی۔ برادری کے لیے قونصل جنرل کی بے مثال خدمات کے اعتراف میں میمن ویلفیئر سوسائٹی نے ایک مقامی ریستورنٹ میں ایک زبردست ڈنر (عشاء) کا اہتمام کیا۔ اس محفل میں لگ بھگ 450 خواتین و حضرات مہمانان گرامی نے شرکت کی۔ ان میں نائب قونصل جنرل جناب عمران صدیقی بھی شامل تھے۔ ان کے علاوہ میمن برادری کے ڈاکٹر انیم عمر چھاپرا سمیت متعدد محترمین ڈاکٹر اور برنس مین بھی اس تقریب میں شریک ہوئے۔

قرآن حکیم کی تلاوت سے تقریب کا آغاز ہوا جس کے بعد اس وقت کے میمن ویلفیئر سوسائٹی کے صدر جناب عارف میمن نے تمام



میمن ویلفیئر سوسائٹی جدہ کی پانچویں سالگرہ کے موقع پر پاکستان کے قونصل جنرل جناب عبدالساک خان، ڈپٹی قونصل جنرل جناب عمران صدیقی، ماہر معاشیات جناب ڈاکٹر محمد عمر چھاپرا اور سوسائٹی جدہ کے عہدیداران ادارے کی سالگرہ کا ٹیکہ کاٹنے کی رسم ادا کر رہے ہیں۔





میمن ویلفیئر سوسائٹی جدہ (سعودی عرب) کے زیر اہتمام منعقدہ ڈنر (عشاء) کے بعد معزز مہمانان گرامی کے ساتھ عہدیداران کا گروپ فوٹو۔

مہمانوں کا خیر مقدم کیا۔ اس کے بعد سیکریٹری جنرل جناب طیب موسانی نے میمن ویلفیئر سوسائٹی کی سرگرمیوں کے حوالے سے ایک تفصیلی رپورٹ پیش کی۔ اس موقع پر انہوں نے عزت مآب قونصل جنرل کی MWS کے لیے پیش کی گئی خدمات کی تعریف کی جو انہوں نے جدہ میں مقیم میمنوں کے لیے انجام دی تھیں۔ قونصل جنرل نے اپنے خطاب میں MWS کی سماجی ورفانی خدمات کو سراہا اور MWS کے میٹنگ بورڈ کا شکریہ ادا کیا جس نے ان کے اعزاز میں اس الوداعی پارٹی کا اہتمام کیا اور اتنے بہت سے مہمانوں کو مدعو کیا۔ ڈاکٹر چھاپرا نے بھی MWS کا شکریہ ادا کیا اور اس کے استحکام و ترقی کے لیے نیک خواہشات کا اظہار کیا۔

چونکہ مارچ 2013ء میں میمن ویلفیئر سوسائٹی اپنے قیام کے پانچ سال مکمل کر رہی ہے اس لیے اس موقع پر سوسائٹی کی پانچویں سالگرہ کا ایک بھی کاٹا گیا۔ ایک کانٹے کی رسم عزت مآب جناب عبدالسالک خان اور ڈاکٹر ایم عمر چھاپرا نے مشترکہ طور پر انجام دی۔ اس موقع پر قونصل جنرل اور ڈپٹی قونصل جنرل کی خدمت میں ایک یادگاری شیلڈ (پلاک) بھی پیش کی گئی۔ یہ ایک میمن ویلفیئر سوسائٹی کی جانب سے پیش کیا گیا۔ اس مختصر تعارفی تقریب کے بعد تمام مہمانوں کی خدمت میں پر تکلف ڈنر (عشاء) پیش کیا گیا۔ اس ڈنر میں مختلف ڈانسیوں اور مزوں پر مشتمل متعدد ڈشز رکھی گئی تھیں۔ یہ سارا اہتمام جدہ کے ایک نئے ریستورانٹ نے کیا تھا جو بہت جلد کھلنے والا ہے۔ آخر میں قونصل جنرل صاحب نے محفل میں اپنی حاضری کا ثبوت دیا اور لوگوں میں گھل مل گئے اس کے بعد اس تقریب کے سبھی مہمانوں اور مدعوین نے قونصل جنرل صاحب کو اپنی نیک خواہشات کے ساتھ رخصت کیا۔ (ترجمہ: کھتری عصمت علی پٹیل)

## Excellent Quotes

THE SECRET OF LIFE  
IS NOT TO DO  
WHAT YOU LIKE,  
BUT TO LIKE  
WHAT YOU DO.

End is not the end, in fact E.N.D is  
"Effort Never Dies" and if you get NO in an  
answer, then remember NO is  
"Next Opportunity". Always be positive.

YOU HAVE TO FIGHT  
THROUGH SOME  
BAD DAYS TO  
EARN THE BEST DAYS  
OF YOUR LIFE.

IGNORE THE PEOPLE WHO TALK ABOUT YOU  
BEHIND THE BACK.  
THAT'S EXACTLY  
WHERE THEY BELONG,  
BEHIND YOUR BACK.

If you want something in your life you've never had,  
you'll have to do something you've never done.

## Little smile

An Imam shocked his community when he announced that he was resigning from that particular Masjid and moving to a drier climate. After the session, a very distraught lady came to the Imam with tears in her eyes, "Oh, Imam, we are going to miss you so much. We don't want you to leave!" The kind hearted Imam said "Now, now, sister, don't carry on. The Imam who takes my place might be even better than me".

"Yeah", she said, with a tone of disappointment in her voice, "That's what they said the last time too "

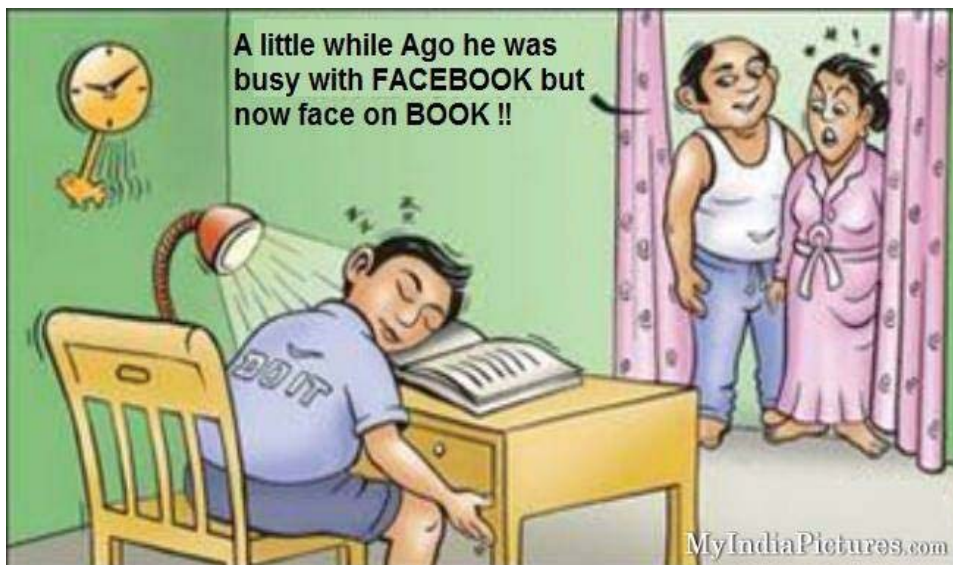
-X-X-X-X-X-X-X-X-X-X-

Here is the story of an Imam who got up after Friday prayers and announced to the people:"I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

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

An elderly lady was well-known for her Iman and for her confidence in talking about it. She would stand in front of her house and say Alhamdulillah "Allah be praised" to all those who passed by. Next door to her lived an atheist who would get so angry at her proclamations he would shout, "There ain't no Lord!!" Hard times came upon the elderly lady, and she prayed for Allah to send her some assistance. She would pray out loud in her night prayer" Oh Allah! I need food!! I am having a hard time, please Lord, PLEASE LORD, SEND ME SOME GROCERIES!!" The atheist happened to hear her as she was praying, and decided to play a prank on her. The next morning the lady went out on her porch and noted a large bag of groceries and shouted, "Alhamdulillah, Allah be praised!." The neighbor jumped from behind a bush and said, "Aha! I told you there was no Lord. I bought those groceries, God didn't." The lady started jumping up and down and clapping her hands and said, "ALHAMDULILAH WA SHUKRILLAH". He not only sent me groceries, but he made the devil pay for them!"

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





## Health Corner:

### Health is Wealth

Everybody knows how important it is to remain [healthy](#). The two main factors that contribute to good **health** are, a well balanced diet and physical exercises. Exercising everyday is a must for remaining fit and **healthy**. You don't have to walk for miles or jog for many hours. Just 30 minutes of walking or jogging everyday or 39 minutes of resistance training exercises is enough. The most important thing is that you should be consistent and the best remedy for that is fitness programs.

Well, if you feel bored to exercise alone, or if you feel you won't be regular in your exercising, then why don't you join a fitness program? There are so many fitness programs from which you can choose according to your convenience. You will be given the proper guidance by well trained physical trainers. Fitness training is provided to suit your **health**. There are programs for beginners who prefer lower option and little more rigorous training for those who are more advanced. Join these fitness classes as they are designed to help you to lose weight, reduce the risks of various diseases and also improve your sleep and self esteem. You can choose between indoor or outdoor fitness classes.

Of course most people prefer [outdoor training](#), because outdoor exercises will be more fun and exercising in the open air is much more **healthier** than being confined to a room. Exercising is more fun, when you are in a group than being alone. Join the group personal training programs where you can enjoy exercising with about 8-10 people. You will be trained in outdoor circuit programs like biking, swimming etc which is good for your cardiovascular fitness and also resistance training like Wheelbarrow push-ups, Tree limb pull-up, Dip and curl etc for toning of the muscles.

Fitness classes are available for people of all age groups and also for pregnant ladies. It is very beneficial for pregnant ladies to attend pregnancy fitness classes, as it reduces the risks of pregnancy complications and helps you to get mentally and physically prepared for the labor. And above all it also helps you to avoid those unwanted excess pounds or the typical pot belly after labor. Most women ignore their **health** once the baby is born. There are many Post natal exercise classes in Sydney which will help you to avoid post natal depression and prevent weakness of the pelvic muscles.

Apart from physical fitness programs, boxing is another way in which you can remain fit. Join boxing classes with Boxing Sydney. You have a choice of many boxing classes in Sydney where you will be provided boxing coaching. If you are living in North Sydney, you can join Boxing North Sydney classes.

Nowadays people are turning to yoga for fitness and **health**. Yoga is a traditional meditative practice. It involves breathing techniques and postures.



Adam Haji Abdul Latif

## CONGRATULATION

*A wedding reception was arranged at a splendid wedding hall on the occasion of wedding ceremonies of beloved daughter of one of the active board members of MWS and well known businessman Mr. Adam H. Abdul Latif. The Wedding Reception (Dinner) was attended by various dignitaries, businessmen, doctors, engineers and several distinguished members of our community. Existing Patrons, Office Bearers, and majority of Advisory and Managing Committee members of MWS attended the event. Our former Patrons and President M/s Yaqoob Moosani and Mohammed Chapra and Aftab Memon were also present to wish the newly wedded couple and their parents.*

*The Patrons, Office Bearers and members of Board of Memon Welfare Society express their heartiest congratulation to Brother Adam H.A. Latif and his family on the happy wedding of their daughter. MWS wishing just married couples all the best and success in their wedded life and May Allah shower His blessings on them. Good Luck.*

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