



Patrons



Mohammed Badi, M.Iqbal Advani,
Munaf Bakhshi, Kaleem Ahmed,
Dr. Hamid A. Khader

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

Office Bearers



Younus Habib, VP, Shoaib Sikander,
Treasurer, Arif Memon, President,
Tayyab Moosani, Gen. Secretary
A. Rashid Kasmani, Joint Secretary

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

Core Committee with Patrons



Kaleem Ahmed, Munaf Bakhshi, Arif
Memon, M.Iqbal Advani, Dr. Hamid
A. Khader, Shoaib Sikander, Mansoor
Shivani, A. Rashid Kasmani, Tayyab
Moosani, Younus Habib.



6th Anniversary of MASA

Dear Brothers and Sisters,
Assalamo Alaikum WRWB

We feel great pleasure to inform you that the MASA is completing 6th year of its existence in the month of April 2014. On this Occasion we express our heartiest congratulation to the entire community.

Moreover, the Office Bearers of Memon Welfare Society are still receiving congratulations from the community members for being elected for another term of 2014 & 2015. Most of the community members have expressed remarkable views about commendable and unprecedented social & welfare activities rendered by the existing welfare society during last 2 years.

It is to inform community that the First Board meeting after election has already taken place during last month and all the events and programs that are to take place during coming two years, have been approved by the board unanimously. Whereas the welfare activities & services of providing help and assistance to needy shall be looked into and approved case by case by the concerned committee as and when application is received.

The First Event, after election is family gathering. All families of the memon community are cordially invited to attend the event. Since the entry into the event requires invitation card, please get cards for you & family from the designated points asap.

At last, we apologize if there is any omission or error in the newsletter. Thanks and look forward to continued cooperation.

Best regards

Newsletter Committee



*Memon Welfare Society
cordially invites your company to attend a
Grand Dinner of Families with Islamic Quiz*

On Friday 11th April 2014
at 9:00 P.M.

at La'Saani Restaurant, Madina Road, Jeddah

*Honorable Dr. & Mrs. M. Umer Chapra and other Senior
Members of our community have kindly consented to attend the event.*

R.S.V.P.

Arif Memon - President (0555556770)

Younus Habib - VP (0535943128)

Mansoor Shivani - VP (0508367915)

Tayyab Moosani, - G.S. (0507183572)

A. Rashid Kasmani - JS (0567815705)

Shoaib Sikander - Tr (0504686132)

For Memon Families Only

Entry requires invitation card. All over 6 years card charges 25/person and children below 6 free.

FIRST BOARD MEETING AFTER ELECTION 2014 & 2015



BOARD MEMBERS MEETING



The Welfare Services of Memon Welfare Society

میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- 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. Thus community should extend utmost cooperation to MWS.

- 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

Facts and Progress of MASA Completing 6th years of it's existence By: A Well Wisher



“In the name of Allah the Beneficient, the Merciful, Praise be to Allah, Lord of the Worlds, The Beneficient, The Merciful, Owner of he day of Judgement, Thee (alone) we worship, Thee alone we ask for help, Show us the straight path. The path of those whom Thou hast favored, Not (the path) of those who earn Thine anger nor of those who go astray.”



As we are aware of the fact that before Formation of MASA, Senior members of our community made lot of efforts on various occasions during last three decades to bring our community members in KSA at one platform and provide them with a FORUM for interaction and Social & welfare activities. But unfortunately every attempt of Structuring a Memon Forum was either ineffective or could not be materialized or did not exist longer. While making efforts to set up a Memon Forum, our seniors kept on participating in welfare programs of other Forums of Jeddah. They participated and generously contributed in development of Madarassas, paid off tuition fee of poor students, provided medical and other assistance to the needy families and so on from time to time.

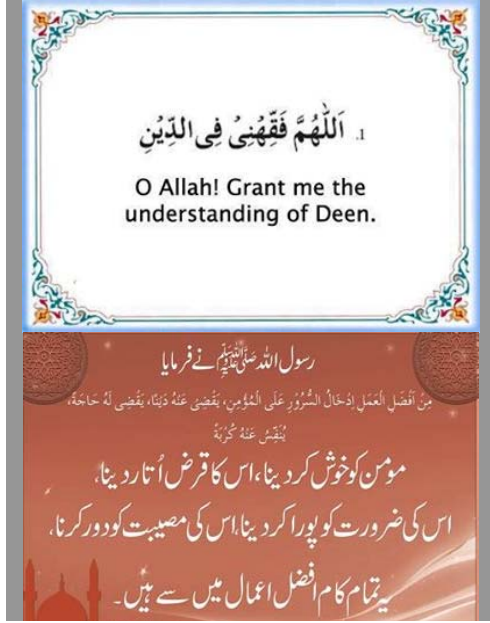
In the month of April 2008 exactly 6 years ago, a remarkable attempt was made to constitute a Memon Forum. In this connection, a group of 66 memon (younger & elder) brothers assembled at a LaSaani (Ex.Spinzer) Restaurant, where, Al Hamdo Lillah, our seniors succeeded to Constitute a Memon Welfare Forum (MWF) which was later on named as MASA (Memon Association Saudi Arabia). Among the group of 66 members, our senior (& junior) members such as Yaqoob Moosani, Haji Amanullah, Ahmed Abdul Karim, Sheikh Luqman, Mohammed Chapra. Dr, Hamid A. Khader, M.Amin Al Maimani, Dr.Iqbal Lohia, Late M.Amin Teli, Dr. Iqbal Musani, Munaf Abdul Ghaffar Ghamdi, Haroon Dossani, Hanif Jangda, Abdul Rahman Merchant, Irfan Kolsawala, Nadeem Bhamla, Younus Goli, Munaf Bukhsi, Mansoor Shivani, Nasir Ibrahim Rashid Kasmani, Afzal Thekia, Arif Memon, Aftab Memon, Tayyab Moosani etc. were present and became part of the founding group of MWF. At the same time, an election of President took place, wherein, Aftab Memon became the First President of MWF with slight majority of votes.

In fact main founding group who approached community members and invited them to attend the assembly were Sheik Luqman, Mansoor Shivani, Nasir Ibrahim and Younus Habib Goli. After having Aftab Memon elected as President, our other enthusiast brothers were nominated for remaining posts such as Mansoor Shivani,VP, Rashid Kasmani,GS, Nasir Ibrahim,JS and Hanif Jangda as Treasurer.

Despite his enthusiasm, selfless and sincere efforts, it was unfortunate that throughout his tenure as president, Aftab Memon faced various problems and difficulties to perform his responsibilities smoothly. During midterm, a critical situation elevated to the extent that did not leave any choice for him except to resign. But later on the resignation was nullified by the seniors.

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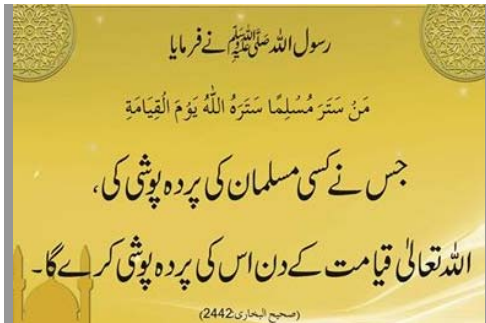


However, after the tenure of one and half year of first president, a general body meeting of the seniors and active members of MASA was called in November 2009, where it was unanimously decided to hand over the office of the President for 2 years (2010 & 2011) to Dr. Iqbal Musani as the second president of MASA. He as accompanied by Younus Habib as VP, Asif Lala as VP, Tayyab Moosani as GS, Nasir Ibrahim as JS, Hanif Jangda as Treasurer. In accordance with his caliber and capability as well as extensive experience in the field of social work, Dr. Iqbal Musani undertook his responsibilities as President of MASA diligently and very successfully. The discipline, understanding, mutual respect in the meetings and full support & cooperation and team work in the various events were exemplary. Upon successful completion of the term of two years of Dr. Iqbal Musani, an election took place on panel basis in December 2011 and new elected Office Bearers took over the office of MASA for 2012 & 2013.

The elected team consisted of Arif Memom, President, Younus Habib, VP, Mansoor Shivani, VP, Tayyab Moosani, Gen. Secretary, A. Rashid Kasmani, Joint Secretary and Shoaib Sikander, Treasurer. Due to certain reason, New Body amended the name of MASA and replaced it with Memon Welfare Society (MWS) and decided to use MASA as nick name of our Forum since it has our cultural touch. However, it has amazingly gained FAME with nick name MASA. Indeed, the new elected body performed well for the stability of MWS and achieved confidence and trust of the community during last two years successfully. In view of commendable and unprecedented social events and welfare services, the same team was elected unopposed once again by our community for another term of two years 2014 & 2015. Now community hopes and expects from the elected body, further improved plans & programs of welfare and betterment of the community.

I hope that our Senior (Elders) and Junior (Youth) members of our community shall be pleased and proud to witness the continuity, stability and progress of MASA. I urge Elders and Youth to come forward and encourage the Team of MWS at least by attending and/or participating in social and welfare programs. Every one regardless of senior or junior must involve and take part sincerely and honestly in the noble venture of MASA. Office Bearers must acquire suggestion, advices & guidance from the community members, which could help in progress and prosperity of MASA drastically. New interested members who seriously want to be part of MASA and have time for extending social and welfare services, must contact office bearers for their co-option as per procedure.

Wishing MASA all the best and success in it's noble aims and objectives.





COMMUNITY FAMILIES GATHERING AND ISLAMIC QUIZ ON FRIDAY 11 APRIL 2014 AT 9 PM:

Invitation Cards will be available from 1st April till quantity ends or 9th April 2014. Therefore, please collect yours and your family cards from the following points as soon as possible:

North Jeddah:

- 1) Najam Star Fresh Chicken & Meat Center Opp. Woman World Near Dua Int'l School, Sahafa Street, Azizia, (Ahmed Kamal 0501821759 & 0541299786)
- 2) Tayyabah Supper Market, near Pakistan Embassy School, Azizia Jeddah (Nafis or Tufail 0536757087).
- 3) Jamil's Restaurant, Near Kudu, Sabaeen Street, Aziziz, Jeddah (Mr.Nasim 0583415223).

South Jeddah

- 4) Mr.Younus Habib Goli 0535943128 Souk Khaskhia
- 5) Mr.Mansour Shivani, Souk Alavy, 0508367915
- 6) Mr.Waseem Tai, Souk Khaskhia, 0545353500
- 7) Mr. Shoaib Sikander Balad 0504686132



Industrial Area South Jeddah

- 8) Mr.Nasir Ibrahim, Industrial Area, 0500319961

Makkah City:

- 9) Dr. Farooq Namori, 0509705442

Following decisions have been made for upcoming event:

- Get to gather and Dinner for male and female will be totally separate at La' Sani Restaurant, as usual.
- Quiz Program (question and answers) will consist of Islamic Knowledge, gifts/prizes will be given to right answer.
- Each and every attending child of 5 years & below will receive a gift.
- Invitation card subsidized charges are SR.25/- and every one over 6 years need card to attend the event. Children of 6 years or below will be free.
- MWS-MASA shall bear more than 50% subsidy on invitation cards.
- Selected Senior, Philanthropist, Well Wishers and founding members of MASA and struggler and Pioneers of the community shall be warmly welcomed and honored and appreciated.

Request

- Since the event is on Holiday Friday 11 April 2014 at 9.00 pm. Community members are kindly requested to attend the event on time so it may commence & conclude on time.
- Youth of the community is requested to come forward and join MWS in our youth wing, that will have various extracurricular activities including sports.
- Any one talented of our Community who has an extra ordinary talent and wish to present it in the event, may contact office bearer to facilitate his presentation.
- Any one of youth who has confidence and is capable of undertaking the assignment of stage secretary and comparing the program, may come forward and contact any of the office bearers asap.



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. Six Shipment have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat at its new location Sahafa Street, Near Duha Int'l School, Opposite women world, for dresses, Shara-e-Sahafa Azizia,(Ahmed Kamal Makki Tel: 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 are resolved 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. On Friday 11th April 2014, Family Event will take place at La Saani Restaurant.
2. A Picnic of for Board Members Family to take place after some time.
3. To negotiate with computer institute to offer computer training to the community members seniors, juniors and students at lowest fee.
4. To arrange a meeting of experts with parents of high school students for career guidance.

First Meeting of Managing Board After Election 2014 & 2015 Congratulation to all



President opening and presiding over the meeting



Secretary General proposing future plan in the meeting



Board members participation in discussion on the agenda points



Group pic of Board members after meeting



Board members concentration on the agenda points



Pictorial View of Board Members Meeting



From the Book: Memoni a new Language Born
Written by Abdul Razzaq Thaplawala

MAASA**By Yunus Kais**

Hur jaghaa tey hitraa untaa Maasa!
Nandhaa, waddaa, tamaam chuntaa Maasa!
Aj paNsay dawat meiN pugaay nhee!
PaN, sabhayan say pehla huNtaa Maasa!

Botiyoona Na miran taa chutkay kamaan!
Jump maari deg meiN pooNta Maasa!
Deen jee ghaal acheta, jaan vinay tee!
Dhandaj kidaa aaen ? Roonta Maasa!

Masee watay hameshaa "Chup Shah" jo rojo!
PaNkay piNja palaakha puchanta Maasa!
Masee kay A.C. see ALERGY aay!
Office meiN hitray sumanta Maasa!

Cvp rhen taa, janay he lageto!
"Loban Shah" tay jaany doran taa, Maasa!
Bolo PaN jiraa zor say bolo!
Sunnee, sunnee, suranta, Maasa!

Bus, jara isaaro neyaz jo diyo!
Puchnaa puchnaa, puganta Maasa!
RaNgeen yaadeN meiN dubi viyaa!
Khulne, khulne, khulanta, Maasa

Maasay, kay Maama banayNoo
Vahee nay hamaisha, soomantaa Maasa

HEE KERO RIVAJ AAE ?**By Haji Bha – Muhammad Hussain**

Hee kero rivaj aae ne kerri reet aae ?
Hee kero riyaz aae ne hee kero geet aae?

Fakat hakri khombhi main khapeti asan ke bahu rani

Jahez nari ne tanreji bhook tade koi-ke na desani

Jahez parosi jee noohn jo nari ne badhe ji akh trani

Gareeb jee dheer foolrani have badhe ke norkani disani

Hee kero rivaj aae**Hee kerri reet aae ?**

Ahkame azmat potenji bhuli ne baai share aavee

Touko dupetto, khule mathe, dhani ke kaboo karajo

Sikhi ne aavee

Hakro suni, char sunainjee hidayat gini ne bai aavee

Bolya dosa "jirak sharam rakho" suni bai mavtre bhagi aavee

Hee kero rivaj aae**Hee kerri reet aae ? (Roman Script : ART)**

Saudi Gazette

Thursday, 19 March 2014 - 18 Jumada Al-Awwal 1435

MWS office-bearers re-elected for two years



(Sitting L-R) Munaf Bakhshi, Younus Habib, VP, Arif Memon, President, Iqbal Advani, Tayyab Moosani, Secretary General, Mohammed Badi, Dr. Hamid A.Khader, Kaleem Ahmed. (Standing L-R) Ahmed Kamal, Irfan Kolsawala, Shoaib Sikander, Treasurer, Rashid Kasmani, Joint Secretary, Younus A.Sattar, Dr. Iqbal Musani, Tareq Madani, A.Kader Africawala. — SG photo

Syed Mussarat Khalil
Saudi Gazette

JEDDAH — The Memon Welfare Society (MWS) elected office bearers recently for the new term. They will hold office for two years.

The organization, which was instituted in Jeddah, was set up with the aims and objectives of helping the needy people in education and health care. The MWS also acts to facilitate job seekers to find a suitable job, collecting used clothes to ship it to poor people in Pakistan and India, help out parents voluntarily to find match for their children, provide career guidance to the high school students, arranging educational seminars and social events for ladies and gents separately and collecting unused medicines and delivering it to PWS free medical camps.

The election voted same office bearers who performed well during the last term of two years. President Arif Memon and General Secretary Tayyab Moosani were re-elected. Moosani said after the conclusion of the result that this shows trust and confidence of the community and well wishers in the team and hardworking members of MWS.

After having elected for another term, the office bearers announced that the patrons, members of advisory committee and managing committees would remain unchanged, since 'we have achieved progress and prosperity with their selfless support and cooperation. We would not have succeeded if they were not in our team.'

All Board members have determined to make the next term more fruitful by improving and offering our social and welfare services in more better ways.

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



میں ویلفیئر سوسائٹی جدہ کی میٹنگ کمیٹی کے انتخابات
15-2014ء) منعقد ہوئے جس میں 2 سال کے لئے
اراکین مجلس عاملہ کا چناؤ کیا گیا۔ نئی منتخب مجلس عاملہ (پیشے
ہوئے) کلیم احمد، ڈاکٹر حامد عبدالقادر، محمد اسماعیل بدی،
طیب موسانی، جنرل سیکرٹری، اقبال اڈوانی، عارف میمن،
صدر، یونس حبیب، نائب صدر، مناف عبدالستار بخشی
(کھڑے ہوئے) عبدالقادر افریقہ والا، طارق مدنی، ڈاکٹر
اقبال موسانی، یونس عبدالستار، عبدالرشید کاسانی، جوائنٹ
سیکرٹری، شعیب سکندر، خزانچی، عرفان کولسا والا اور احمد کمال
ملکی کا گروپ فوٹو۔





By: Salim Habib

Subject: Interestingly true!

Words of wisdom for modern day living:

When we are in heaven
Our money is still in the bank.

When we are alive
We don't have enough money to spend, or do not wish to spend.

When we are gone
There is still a lot of money not spent

One tycoon in China passed away
His widow, with \$1.9 billion in the bank, remarried his chauffeur.
His chauffeur said, "All the while I thought I was working for my boss. Now only I realise that my boss was all the time working for me !!! "

The cruel reality is:
It is more important to live longer than to have more wealth. So we must strive to have a strong and healthy body, it doesn't matter who is working for who.

A high end hand phone
70% of the functions are useless

An expensive car
70% of the speed is not needed

A luxurious villa
70% of the space is not occupied

A whole wardrobe of clothes
70% of it is not worn

A whole life of earning
70% is for other people to use

So we must protect and make full use of our 30%

Go for med exam even not sick
Drink more water even not thirsty
Must let go even faced with grave problems
Must give in even you are in the right
Must be humble even you are very powerful
Must be contented even you are not rich
Must exercise even you are very busy

LIFE IS SHORT

WE MUST LIVE LIFE TO THE FULLEST

Rome's Cicero's (106 - 43 BC) "the legendary silver tongued orator" philosophy is still valid even today, for any country of our globe:

1. The poor: work and work,
2. The rich: exploit the poor,
3. The soldier: protects both,
4. The taxpayer: pays for all three,
5. The wanderer: rests for all four,
6. The drunk: drinks for all five,
7. The banker: robs all six,
8. The lawyer: misleads all seven,
9. The doctor: kills all eight,
10. The undertaker: buries all nine,
11. The Politician: lives happily on the account of all ten.

Not far from the truth even today!!

Most of the problems
in life are because
of two reasons:
We act
without thinking or
We keep thinking
without acting.

An arrow can only be
shot by pulling it
backward.

When life is
dragging you back
with difficulties, just
imagine that it's going to
launch you into something great :)



Little smile

WIFE and HUSBAND

This is the best and most civil way to have a fight between husband and wife instead of resorting to physical force...

Poems written by WIFE and HUSBAND.

WIFE:

I wrote your name on sand it got washed.
I wrote your name in air, it was blown away.
Then I wrote your name on my heart & I got Heart Attack.

HUSBAND:

God saw me hungry, He created pizza.
He saw me thirsty, He created Pepsi.
He saw me in the dark, He created light.
He saw me without problems, He created YOU.

WIFE:

Twinkle twinkle little star
You should know what you are
And once you know what you are
Mental hospital is not so far

HUSBAND:

The rain makes all things beautiful.
The grass and flowers too.
If rain makes all things beautiful
Why doesn't it rain on you?

WIFE:

Roses are red; Violets are blue
Monkeys like u should be kept in zoo.
Don't feel so angry you will find me there too
Not in cage but outside, laughing at yo

AND THE SAGA CONTINUES.....

*Position of a Husband Is just like a Split AC
No matter however Loud he is in the Outdoor
He is designed to remain Silent indoor...*

.....
"Husband is one who is the head of the family,

*but his wife is the neck, and whichever way she turns,
he goes."*

.....
*A man in Hell asked Devil:
Can I make a call to my Wife?
After making call he asked how much to pay.
Devil : Nothing, Hell to hell is Free.*

.....
Husband: Do you know the meaning of WIFE?

*It means, Without Information, Fighting Everytime!
Wife: No darling, it means - With Idiot For Ever*

.....
*Wife: I wish I was a newspaper,
So I'd be in your hands all day.*

*Husband: I too wish that you were a newspaper,
So I could have a new one every day.*

.....
*Doctor: Your husband needs rest and peace. Here are
some sleeping Pills.*

*Wife: When must I give them to him?
Doctor: They are for you*

.....
*Wife: I had to marry you to find out how stupid you
are..*

*Husband: You should have known it the minute I
asked you to marry me.*

.....
*Wife: What will you give me if I climb the great Mount
Everest ?*

*Husband: A lovely Push...!
and the life goes on.....*



Health Corner:

A good night sleep - a natural cancer vaccine!!

Allah (SWT) is Al-Wadood and He loves us and does not want us to be distressed. As Allah SWT says:

"We have not sent down to you the Qur'an that you be distressed" (Qur'an 20:2)

Good health is a blessing from Allah (SWT) and it is our responsibility to safeguard this blessing. Even though Allah (SWT) puts His slaves to trials and hardships to test them, like giving illness He Himself creates mechanisms for the prevention and cure.

Allah SWT placed in every one of us a gland called the Pineal gland in our heads. This small pea sized gland is considered to be the biological clock of the human body and it is also connected to the sight nerve. Every day after as darkness descends, this glands start producing a substance called Melatonin which runs in the blood streams and protects the body from cancer. This gland works only in the dark so if the eye is exposed to light the gland does not work. So if you stay up at night in the light you are depriving your body from this daily vaccine. Studies have shown the people exposed to light for longer duration at night are at an increased risk of developing a number of different types of cancers. Eva S. Schernhammer of Harvard Medical School was quoted in an October 2005 article at The Washington Post as saying "Melatonin can prevent tumor cells from growing -- it's cancer-protective. The theory is, if you are exposed to light at night, on average you will produce less melatonin, increasing your cancer risk." This also underlines the importance of why the Holy Prophet (PBUH) mentioned about putting of light before going to sleep.

"Extinguish the lamps when you go to bed; close your doors; tie the mouths of your water skins, and cover the food and drinks." [Sahih al-Bukhari 5624: <http://sunnah.com/bukhari/74/50>]

Allah SWT says: *"We erased the sign of the night and made the sign of the day visible"* (Qur'an 17:12)

Unfortunately, we nowadays made the sign of the night more visible than the sign of day by staying up all night and sleeping most during the day.

Sleeping early - how?

1. Finish eating at least 2-3 hours before your regular bedtime.
2. Avoid exercise a few hours before bedtime.
3. Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime

4. Decide a time by which you should see yourself in the bed and stick to it. Wrap up your day before that decided time. If some of the things still remain, you have your early morning hours to finish off those. That's the time you are more likely to complete them too.
5. Keep those gadgets and smart phones far away from you while going to bed. If these remain beside your pillow they will keep you awake for sure
6. More often make it known to your friends and relatives during your casual talks that you sleep by 'this time' daily. This will discourage them from calling and texting unnecessarily, unless in an emergency
7. You too must refrain yourself from calling or texting others at their night times unnecessarily
8. If possible, keep your cell phone off at silent when you sleep at night. Nothing wrong will befall if you are not reachable for some 7-8 hours at night In sha Allah. And if something is destined to happen, will happen even with your cell phone on
9. Intend to wake up for Fajr, and you will Insha Allah

-X-

Group of Members of Managing Board



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*Thank you شكريه
For attention,,,,,,,,,Newsletter Ends Here*