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Middle East Youth Wing Newsletter

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During the course of one's life we play various roles but very few people amongst us are endowed with so much that they seem "larger than life". One woman who has proven her mettle when put to any role in her life is

ShabanaRazzakMussani.

Continued...

Youth Wing M.E Chapter Striving for a change...

Youth Wing Middle East Chapter wishes all the readers a happy new year. This edition of the newsletter is special in many ways.

We have revamped the whole setup of the youth wing since its inception in April 2013. With a new logo, theme, website and direction the youth wing is on its way to higher achievements.

We dedicate this newsletter edition to Mrs. Shabana Razzak Mussani – A role model for many and an instrumental personality. She has played a major role in making World Memon Organization what it is today. Famously known as the daughter of ARY Jewelers, She herself runs the ARY Gold business. A woman with a never die attitude and a hunger for beating the odds.

We have also covered the basic event information and work of the talented memons from across the globe.

We urge the youth to come forward and be a part of this project and submit their work for the world to see.

New website: www.wmomeyouthwing.wix.com/2014

To advertise or donate money to Youth Wing Middle East
Please contact us on: wmome.youthwing@gmail.com or Call us on +971503560996



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www.wmomeyouthwing.wix.com/2014

WMO MIDDLE EAST YOUTH WING PHOTOGRAPHY COMPETITION 2 0 1 4 JANUARY '14 – FEBRUARY '14 D U B A I

MINIMUM ENTRIES: 25

ENTRY FEE: 100 DIRHAMS

DEADLINE: JANUARY 15TH 2014

LOCATIONS: To be announced on 16th January

THEME: Black & white and Color – 10 snaps each

JUDGES: Salmaan Hussain & Sheikh Uzair

WINNING PRIZE 1000 DIRHAMS!!!

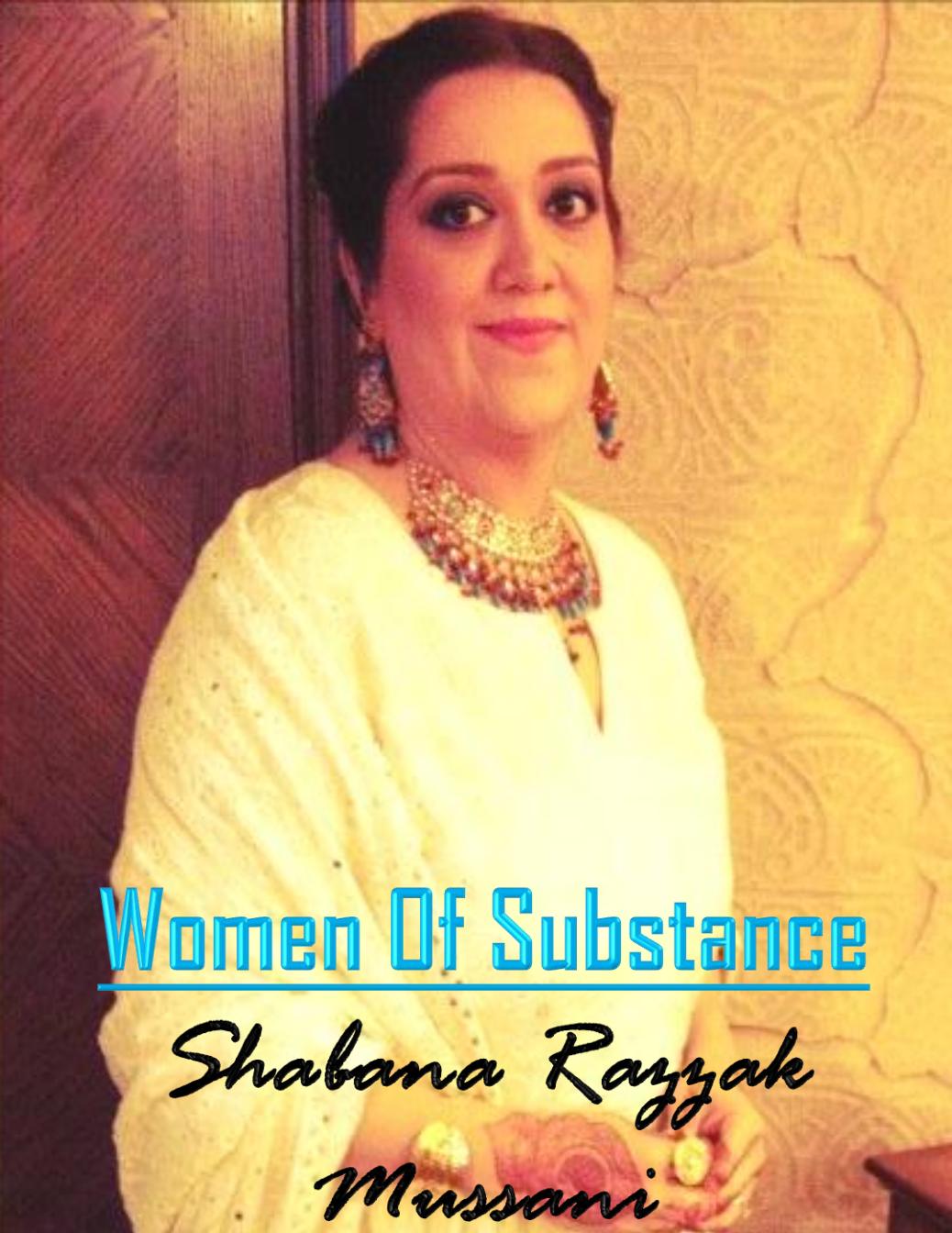
Rules & Regulations:

1. The event will only take place if we have 25 entries.
2. The participant must be a Memon
3. Men and Ladies competition is on separate days – but only one winner.
4. Entry fees to be paid 5 days prior to the competition day
5. The participant must bring his/her own camera
6. The best photographer will be adjudged by the judges panel
7. The participant has to travel with the events team to the locations specified.

For more details, email or call us:

Wmome.youthwing@gmail.com

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Women Of Substance

Shabana Razzak Mussani

During the course of one's life we play various roles but very few people amongst us are endowed with so much that they seem "larger than life". One woman who has proven her mettle when put to any role in her life is [ShabanaRazzakMussani](#).

Article by: Zainab Makki

Compassionate Daughter. Son is a son till he gets a wife, daughter is a daughter for the rest of her life! If she was older by a hundred or so years I would have no doubt that maybe they coined this saying in her honor. I personally know a lot of men who wish their daughter would follow suit. She shuttles between continents to make sure her dear parents are in the best of health and care.

Loving Wife. I wouldn't be exaggerating if I say that her better half is truly just that, He completes and complements her personality, a match made in heaven. MashaALLAH! She seamlessly switches into house mode the minute she enters her home and then the place is transformed into a cheerful and fun arena for all, not to forget "Yummyliciously smelling" too, a cook which can tease your taste buds with traditional memoni dishes to Thai delicacies with ease. My personal favorite are her sweet cookies and cake.

Caring Mother. Though only a few years into motherhood herself she can guide you like an expert (antique) mid-wife. Jokes apart, she takes this role of her life very seriously. Saleha is the center of her universe and she doesn't spare any effort to make sure only the best is for her little angel. Shabana loves all children with the same passion, even before motherhood her nieces and nephews rave about her love and would rather spend time with her than with their own parent. She can play with kids all day long the whole week through and not a frown would you ever see. She affectionately loves her nieces, nephews and kids that she comes across with gentleness that can make your heart melt.

Loyal Friend. For this my words would never suffice so I rather quote what some of her friends said.

"A gem of a person!" "She makes the best cookies"

"Someone I can count on forever"

"She is SIMPLY AN AMAZING person"

"she is the most thoughtful person I have ever met"

"I would not have been what I am if my paths did not cross hers"

The most intriguing part of her friendship is that it's not bound by age, nationality of relation, she can make a friend of a stranger in the blink of an eye.

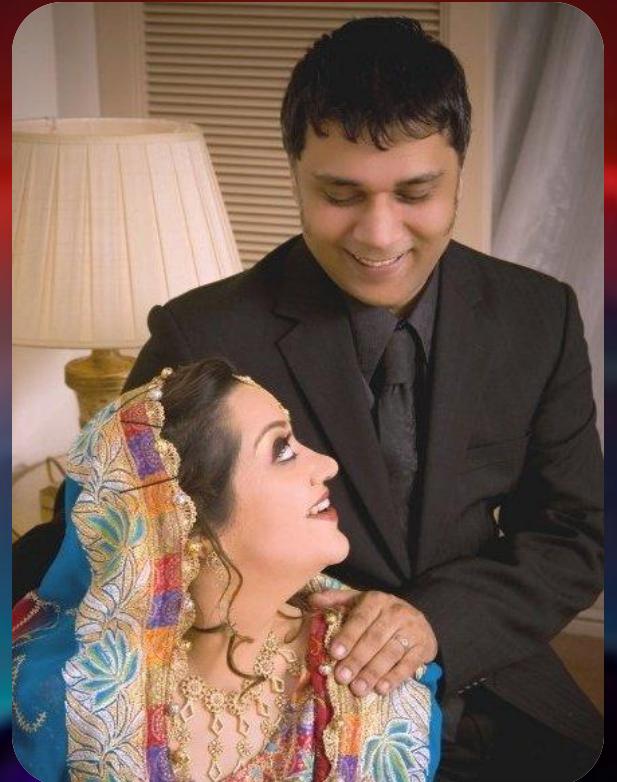
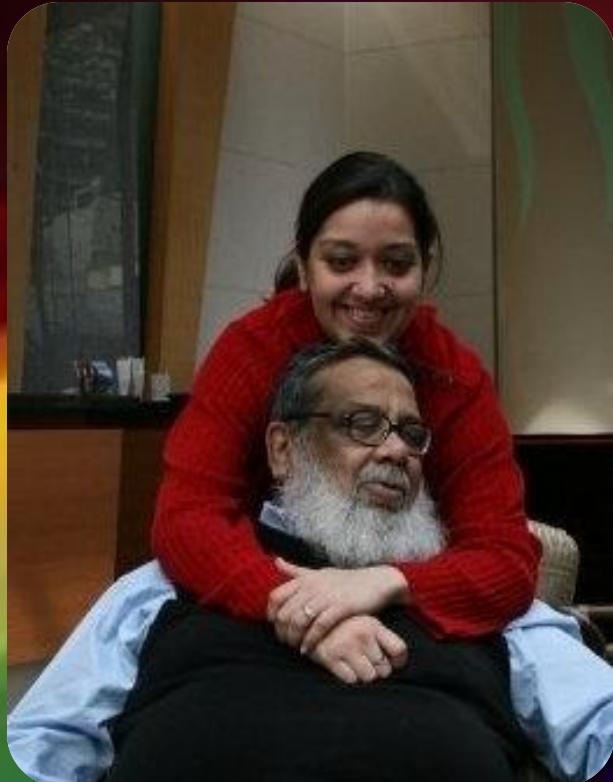
Successful Businesswoman: Given the reins of a business empire at a very young age she took to it like fish to water. Shadowing her iconic father, Haji AbdulRazak she handles her colleagues and employees with thoughtful yet a compelling attitude. From negotiating multi-million deals to ensuring the employees are taken care of she pays attention to minute details and like her father is a passionate leader and a visionary who will bring the ARY empire unrivalled glory.

Proud Memoni. She champions any ethnic cause with fervor, the part that I personally admire is she is taking over where her dear father would have loved her to take the cause to an entirely different level. If there is a lesson for the youngster in this is, it is SPEAK MEMONI. We should be proud of our mother tongue and should promote it, Shabana can speak many languages very fluently but amidst elders and peers she doesn't shy away from speaking this beautiful language. Kudos sister!

Whether it's the play date at the nursery, baking cookies or negotiating in the board room her enthusiasm knows no bound. She stands tall like a beacon of womanhood.



Shabana Razzak Mussani



From the editor: Shabana Appi is an instrumental figure in our community as well as the society. We come from the same place in Karachi and many people say we share common characteristics. I can proudly say I am glad to be compared to her. My prayers and best wishes are always with her and her family especially the little angel SALEHA. This is a gift from the Youth Wing of Middle East to the person responsible behind the very existence of the organization.

- Muhammad Salmaan (Chairman, WMO Middle East Youth Wing)



THE 3 E'S

Early sleep, Eating habits and Exercise plan!

“Early to bed, early to rise, makes a man healthy, wealthy and wise” – a quote that many of us have learnt during our school life, but forgot to follow as we grew up. Allah made the day and night, and asked us to follow a particular routine. “It is out of His Mercy that He has made for you Night and Day, - that you may rest therein, and that you may seek of His Grace - and in order that you may be grateful” [verses 28.71-73].

Today, many people, especially the young members of our society find it “early” to sleep around midnight and usual to stay up all night. We find it okay to sleep late because we use that time to play video games, chat with friends, watch videos or read books; basically give time to ourselves after a long tiring day. It is definitely necessary to have some personal time where we do things that we like, but it should not compromise our health.

Siesta/power nap/Qailulah:

Laura Barnett quoted in The Guardian UK (2011), “Winston Churchill first coined the term “power nap”, claiming that a daily afternoon sleep brought him the clarity of thinking he needed for wartime victory. “You must sleep some time between lunch and dinner, and no halfway measures,” he insisted. Margaret Thatcher famously ordered her aides not to disturb her between 2.30 and 3.30pm, so she could snooze; Bill Clinton did the same each day at 3pm.”

It improves memory, productivity, minimizes stress and improves heart functioning. It makes you more alert and sharp in regards to studies, work or house chores. A nap as short as 10 minutes is enough to give you a positive and fresher feeling for the day.

This has also been recommended to us by our beloved Prophet. The Prophet Muhammad (pbuh) said, “Take a short nap, for Devils do not take naps” [Sahih Aljamie. Alalbani 1647]. The Sahaaba punctually observed Qaylulah. It strengthens the mind, and revitalises a person. It specifically aids in performing worship of Allah at night. (Zaadul Ma’aad)

Overall, there are many benefits of sleeping early and waking up early. All scientific facts apart, these sleeping patterns are advised by our Prophet and definitely, it has many benefits. Our sleeping routine cannot be changed overnight. Try to sleep 15 minutes early this week, and get up 15 minutes earlier in the morning. Next week, make it a difference of 30 minutes. Advise your family to have better sleeping patterns and get a better, healthier and happier lifestyle.

Why we should be early to bed?

- ✓ With a proper night sleep, there are fewer chances of you missing your Fajr prayer.
- ✓ “Abdullah Bin Mas’oud said: “Allah’s Messenger (peace be upon him) forbade us from staying awake after the Late-Evening Prayer.”[Narrated by Ibn Majah (703)]“.
- ✓ Sleeping late can lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your colleagues or family members.
- ✓ Going to bed later can make you eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain.
- ✓ Women need extra sleep at night in comparison to men. Not getting that hour or so makes them more vulnerable to depression.
- ✓ You won’t need coffees or Red Bulls for studies or work in the morning. Go to bed earlier and you may be able to cut yourself free from the caffeine loop – and even save a few bucks!
- ✓ Your complexion will glow, skin will get acne-free and you are saved from those panda-like dark circles.

Why we should be early out of bed?

- ✓ The Prophet (peace be upon him) did not sleep after Fajr prayer. In addition, he told his companions that early morning work is blessed by Allāh.
- ✓ You get the opportunity to recite Quran after Salaatul Fajr which is highly recommended and rewarded.
- ✓ People who stay up late and sleep late, even if they get adequate sleep, exhibit a marked increase in psychopathology, i.e. mental disorders.
- ✓ Randler’s research revealed that “morning people” are more likely to anticipate problems and minimize them efficiently, which leads to more success in the business world.
- ✓ Many successful businesspeople get up early to exercise. Regular exercise boosts mood and fitness. It also provides energy during the day.
- ✓ Various studies have shown that morning people exhibit character traits like optimism, being agreeable and satisfaction.



In-na-way...

Got an issue you can't talk to your friends about? A problem shared is a problem halved. Let our budding psychologist Nida Abdul Aziz (aka Inna) give your mind a makeover



Q

I am an 18-year old college student hailing from Karachi. For quite some time now, I feel my self-esteem is just non-existent. I've tried new clothes, hair-styles and diets, but I end up feeling even more fat and ugly each time. My mother keeps telling me I'm gorgeous but I don't believe her, as all mothers find their children to be beautiful. How can I feel better about myself? – Shazia, 18

A

Hey Shazia, Every woman is beautiful just the way the Almighty has made her. The society may have set some "standards" but as long as you are satisfied with your looks, nothing matters. As you feel that you need to lose some weight and revamp yourself, I suggest you seek professional help. Consult a good nutritionist and join a gym, this will take care of your weight issues, and it will also help to boost your self-esteem and motivation, once you start making new friends at the gym. Visit a quality hairstylist and get a hairstyle that complements your face cut. As for the new clothes, seek advice from your mother, as they never let their daughters step out in anything but the best! You are just 18; you should concentrate more on blooming into a beautiful person, rather than obsessing about trivial issues which can be handled with just a little effort.

Q

I've been binge-eating since I was 12 and I'm now 19. I don't know how to stop – when I feel upset I comfort-eat. I feel totally out of control. I keep on eating, and then feel terrible afterwards. I'm too scared even to weigh myself. – Fatima, 19

A

When you feel the need to binge, most often it is probably because you've been mistreated. You try to comfort yourself by eating your favorite foods and thinking that you deserve to be "nice" to yourself. However, you're doing more harm than good here. Think of it this way instead, if so and so has mistreated me, why should I harm myself too, at least I need to take care of myself. Never compromise on yourself, because at the end of the day, you are all you've got. As chocolate releases endorphins, which boosts your mood, it is not wrong to go for it when you're really down, however, balance is the key here. Instead of having ice-creams, chocolates and chips altogether in multitudes, try having one small thing which you can actually enjoy.



Q

I get depressed very easily; it can last for very long periods of time. Sad movies make me cry, as does the plight of sick people, orphans, starving children and victims of terrorism. I will fret over something as frequent as an accident or an ambulance I have seen on the road. Sometimes I burst into tears at night, convinced I'll lose my family and friends in a car crash or fatal theft. I am particularly fearful of losing my parents. I really want to feel normal and I have tried, but I just can't seem to. Please help me! - Zoya, 24

A

No good life can be led without some bad days too. However, your phases of depression are hurting you and they're getting out of control, so they need treatment. First things first, find out to what degree your dark thoughts may come from a crisis in your past and when exactly they started. If you need help addressing an old issue or if you are struggling with something, consider visiting a counselor. After you resolve any personal issues you may have, I hope you continue to feel empathy – the ability to share the emotion of others is a rare and beautiful gift. So try to make use of it, perhaps by devoting time to working with charities that appeal to you. You may even consider a career in helping the underprivileged. Meanwhile, drain energy out of depression and put it somewhere better, by filling each day with things that you enjoy, perhaps a hobby. Try to keep yourself busy, so you won't have time for negativity.

Got a problem you'd like

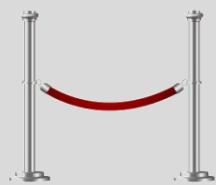
Anna's advice on?

Email us on: wmome.youthwing@gmail.com

with "Anna way" in the Subject line.



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Middle East Youth Wing

2013 – In pictures



World Memon Organization
Middle East Chapter
Youth Wing

With the vision to grow, the Middle East Youth Wing looks ahead of time and plans each event carefully. If you want to be part of the Youth Wing and join us in our cause to unite the community and give the youth a chance to globalize and show their talent. Subscribe to our website: www.wmomeyouthwing.webs.com or email us on: wmome.youthwing@gmail.com

We thank all those who contributed to this edition.

DISCLAIMER: This newsletter is a compilation of events conducted by the WMO M.E Youth Wing, and articles from the young memons from across the globe. We do not intend to offend anyone in anyway.

Future Events

We appreciate and encourage everyone at youth wing to create concepts for events of different types to have healthy and strong team work.

WMO M.E Photography Competition 2014

To register email us: wmome.youthwing@gmail.com

Last Date: 15th January 2014

Facebook: www.facebook.com/WMO.Youthwing.me

Youtube: www.youtube.com/user/wmomeyouthwing

Email: wmome.youthwing@gmail.com

Website: www.wmomeyouthwing.wix.com/2014

***From the
Editor***



It has been an entertaining yet difficult journey for me so far, and I pray that I can continue on the good work. With the vision of enlighten talent through this newsletter we have now put together our 3rd edition and it is a mixture that entertains every reader.

Going forward I and the youth wing team will hope to receive more support from everyone in anyway possible.

We run a charitable organization hence funding is at times an issue. I plead to everyone to stand up for our community and make your contributions through anyway possible.

Lastly, I thank all my members and friends who has helped the youth wing grow and make it as strong as it stands today.

JazakAllah Khair

*Salmaan Hussain
Chairman – WMO
M.E Youth Wing*

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