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MEMON ALAM



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**Poverty
Alleviation
through
Education**



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MISSION OF WMO

The Mission of WMO is to act as the central Memon organisation representing the Memon Community throughout the world and to promote the advancement, upliftment, unity, welfare and well-being of Memons in the world, in all aspects of life and at all times in accordance with and under the guidance of Islamic principles.

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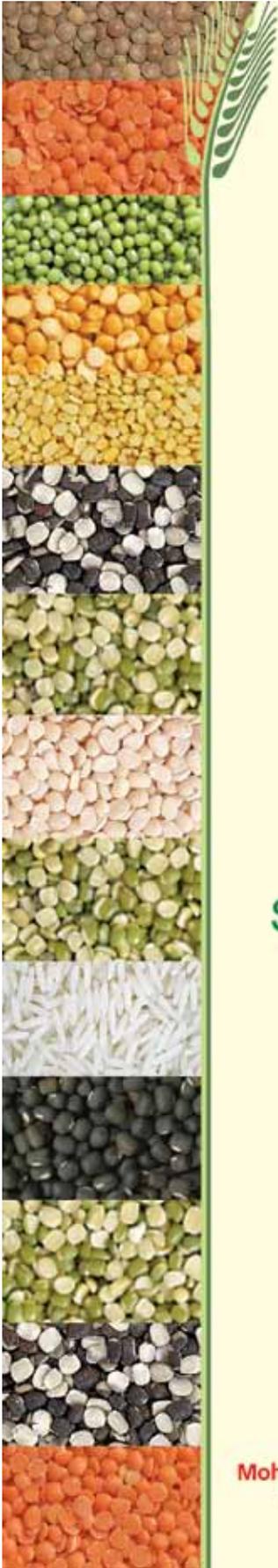
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Poverty Alleviation through Education

Poverty in the Memon Community is a great tragedy. The Memon Community is faced with numerous problems and poverty can be ascribed as one of the main causes for the multiple issues faced by the Community. Although, the general impression about the Memon Community is that it is a very wealthy Community but the actual picture is very disappointing.

At present, it is very difficult to ascertain the number of the Memon families living below the poverty line or assess their socio-economic status. The reason is that no proper population census or statistical data of the Memon Community is available. Therefore, different social workers give different assessments of the socio-economic status of the Memon Community.

According to very rough estimates, at least 35% of the Memon community lives in abject poverty. These families are unable to fulfill their basic needs. This is reflected in the long queues of men, women and children lining up for various types of financial assistance at the offices of various Jamats, welfare organizations and even the World Memon Organisation (WMO).

At the time of establishment of the World Memon Organisation (WMO), the pioneers of WMO recognized that education is the key to prosperity and is the only way to improve the quality and standards of living of the members of the Memon Community. One of the Aims & Objectives, as mentioned in the Constitution of WMO, exclusively focuses on poverty alleviation:

“7.4. to work for the alleviation of poverty in the Memon Community and to improve the quality and standards of living of its members.”

Since its inception about ten years ago, the WMO has continuously worked for alleviation of poverty through education and other means. It has earmarked at least 60% of the available funds for education and launched many Educational Schemes in Pakistan and India.

At WMO Pakistan Chapter, the WMO Education for All Scheme has been launched since 2008 to give financial help to the poor and needy school-going children. In the current academic session, around 9,000 students are being benefitted from this scheme. Another scheme, by the name of WMO Scholarships for Higher & Professional Education has been providing substantial financial help for college and professional qualification since 2004. Around, 1000 students are being benefitted under this scheme.

In addition to regular education, WMO is providing technical and vocational training to men and women of all ages at the Memon Industrial & Technical Institute (MITI). Over 34,000 students have so far been trained at MITI and many students have been able to get attractive jobs overseas.

The WMO had recently organized a historic and first ever All Jamat Education Conference at Karachi, where representatives of various Memon Jamats from Karachi, Hyderabad, Sukkur and interior Sindh took part. It was decided that Education should be given the top priority for the better future of the Memon Community, and by the year 2020, no youth of the Memon community should remain illiterate. This is the target of the Memon community in Pakistan – to educate and remove the darkness of ignorance once for all. In India also the WMO is doing excellent work for education of the needy and poor families of the Memon Community.

It is heartening to note that many Jamats and organizations have now realized the importance of education and have joined hands with WMO in its endeavor to alleviate poverty through education. This giant step for the Memon community requires a lot of finances and other resources.

As a Memon individual, a business organization or welfare organization, we all have to play a proactive role in the efforts of WMO to educate the community by contributing generous funds for this Vision.

May Almighty Allah guide us all. Ameen.

Pir Muhammad A. Kaliya
Chief Editor, Memon Alam



Poverty Alleviation through Education

Poverty is one of the greatest tragedies faced by mankind across the world. Poverty is defined by Wikipedia as “the state of one who lacks a certain amount of material possessions or money. Whereas, absolute poverty or destitution refers to the deprivation of basic human needs, which commonly includes food, water, sanitation, clothing, shelter, health care and education. Relative Poverty is defined contextually as economic inequality in the location or society in which people live.



Poverty reduction is a major goal and issue for many international organizations such as the United Nations and the World Bank. The World Bank estimated that 1.29 billion people were living in absolute poverty in 2008. Out of these, about 400 million people in absolute poverty lived in India and 173 million people in China. Extreme poverty is a global challenge; it is observed in all parts of the world, including the developed economies”

Many of the members of the Memon Community are living below the absolute poverty line and are deprived of the basic human needs such as lack of proper food, water, sanitation, clothing, shelter, health care and education.

By the Grace of Almighty Allah, there are still plenty of good souls in this world who have taken up philanthropic work for the welfare and well-being of their fellow human beings and there are numerous welfare organizations and institutions that have taken it upon themselves to help others who are stricken with poverty by extending financial assistance for education, housing, healthcare and other essential needs.

Ignorance and illiteracy are some of the causes of poverty. It has been observed that quality education of the earning member of the family leads to better job and career prospects for the earning member and a complete socio-economic uplift of the entire family living in dependence of the earning member.

A number of non-profit organizations have set up educational charity operations



in order to help eradicate poverty through education, including the World Memon Organisation (WMO). Since the lack of education has been pinpointed as one of the leading causes of poverty, by helping poor but deserving students, these institutions are able to turn them into productive members of society as opposed to keeping them dependent on support from Memon Jamats for sustenance.

Eventually, when they are better equipped with their educational attainment, these students will be able to fend for themselves and live self-sufficient lives. Continuous support of these charities by donors and sponsors will no doubt go a long way in furthering the worldwide campaign for the eradication of poverty.

The mission of WMO includes the advancement, improvement and provision of education and training of Memon community members by establishing or working in collaboration with educational institutions and providing financial assistance, which is received through donations from sponsors and donors.

As such, WMO often has limited resources and cannot possibly extend assistance to each and every student who asks for financial help. Thus, careful screening of applicants is done. Many Memon Jamats and Educational Institutions have joined hands with WMO and become Education Partners. The Education Partner Schools offer generous discounts and waivers for students financed by



WMO whereas the Education Partner Jamats share a portion of the fees.

This way WMO is conducting One-Window Operation which is beneficial to all – namely the students, the Jamats and the Educational Institutions.

While scrutinizing the students applications, great care is taken in order to ensure that the money spent for helping needy students get the education that they need is not wasted. Anyone who wants to tap resources of WMO for his education funding needs should be able to show commitment and determination in his desire to finish his studies and become a more productive member of the community. After the approval of financial assistance, the progress of the students is continuously monitored. The student is asked to submit examination results to the Education Committee for consideration for further financial assistance for the next term. Students who do not show satisfactory results are provided with a little lower financial assistance so that the student is motivated to work harder. When the results improve in the next semester or term, then the full financial assistance is restored.

The Memon Jamats have come to play an important role in educating the Memon children. Numerous Jamats have joined hands with WMO and are working together to bring about a revolution in education of the Memon Community. During December 2012, the WMO organized a historic Education Conference of the Memon Jamats at Sir Adamjee Institute of Management Sciences, Hussainabad, Karachi wherein representatives of all Memon Jamats of Karachi, Sukkur, Hyderabad and interior Sindh took part. At this historic event, the Vision 2020 was presented by Mr. Shoaib Ismail Mangroria, Vice President of WMO, by which a target was set that no Memon youth will be without education by the year 2020. All Memons will be educated to at least Matriculation or Intermediate level.



Education is the Key to Prosperity. It is the dire need of the Memon Community. It becomes the responsibility of each and every member of the Memon Community to work together to alleviate poverty from among our

community. Every individual, educational institution, welfare organization, companies, industries and other bodies should work together to bring in the light of education and put out the darkness of ignorance and illiteracy.



Memon Industrial & Technical Institute

Fourth Anniversary Celebration and Graduation Day of 10th Batch of Boys and 8th Batch of Ladies



The Memon Industrial and Technical Institute which was inaugurated on 31st May 2009 completed its 4 years on 31st June 2013. A function was held to celebrate the occasion on 1st June 2013 at MITI premises in the foyer of the building. The day also coincided with the Graduation Day of the 10th Batch of Boys' and 8th Batch of Ladies' Sections and the events were celebrated on the same day as "4 Years

of Excellence". The Chief Guests on the occasion were Mr. Pir Muhammad Kaliya, Secretary General, WMO and Mr. Shoaib Ismail Mangroria, Vice President, WMO. Many respectable members and office bearers of WMO attended the ceremony. Notable among them were Mr. Shahzad Iqbal, Regional Treasurer, WMO-PC. and Mr. Muhammad Yaseen, Chief Executive Ardent Elevators. Mr. Shahab Hasan,

Chief Operating Officer MITI, Mr. Anis Khan, Principal Boys Section, Mrs. Majida Khursheed, Principal Ladies Section and all the staff members of MITI were also present at the ceremony together with the graduating students.

The event was marked by the cutting of the ceremonial cake which was appropriately prepared in four layers. All the guests joined hands in cutting of the cake.



The ceremony started with the recitation of the Holy Quran by Qari Muhammad Farhan after which a Naat was recited by Mr. Shoaib Ikram. The Master of Ceremonies for the Boys and Ladies were Mr. Furqan Aziz and Ms. Zareen Iqbal respectively.



Mr. Furqan Lashkarwala Admin Manager



Ms. Zareen Iqbal



Qari Hafiz Muhammad Farhan

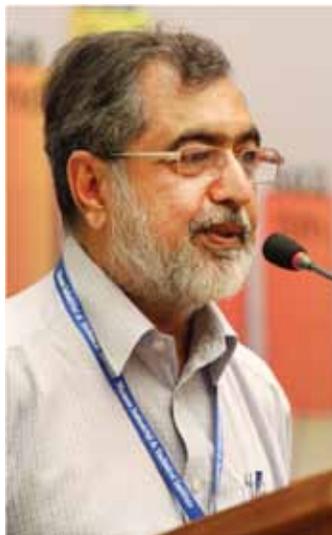


Muhammad Shoab Ikram



Standing for the National Anthem

The formal proceedings of the evening started with the welcome address by the Chief Operating Officer of MITI, Mr. Shahab Hasan. He greeted all the guests warmly and expressed gratitude and appreciation for the initiative, efforts and support of the WMO in the establishment and progress of MITI. He recounted the vision of Haji Abdul Razzaq Yaqoob in establishing MITI and the accomplishments of WMO in this project. He was all praise for the dedications of all the staff of MITI for their untiring services under the leadership of its Chairman, Mr. H.M. Shahzad whose commitment and dedication were an example for all of the team members. He further said that continuous improvement was the only guarantee of growth and progress.



Mr. Shahab Hassan, COO, MITI



The Honorable Chairman of MITI then addressed the gathering. He briefly shared his memories of the early days of MITI. Most of his speech was dedicated in applauding the professionalism, dedication and untiring efforts of his team of teachers and instructors and the management including the COO and Principals and said that progress of MITI would not be possible without the participation of each and every individual of MITI and he was proud to be a member of the team. He said that more than 34,000 students have passed out from MITI in the last few years and now the target was to train 15,000 students every year.



**Mr. H.M. Shahzad, Chairman, MITI
Asst. Secretary General, WMO**



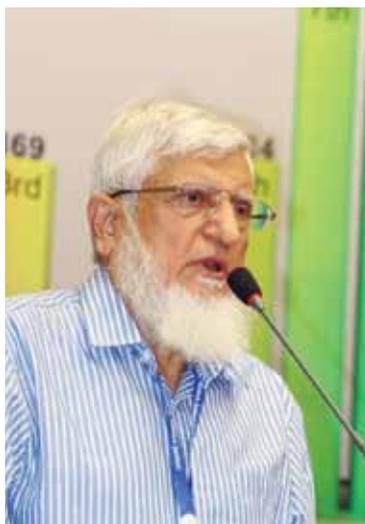
The Vice President of WMO Pakistan Chapter, Mr. Shoaib Ismail Mangroria then addressed the gathering. He congratulated MITI for completing the four years and appreciated its exceptional performance. He reminisced about the earlier years of the inception of MITI which paved the way for the four year journey and the many people who were part of the project. He said that the team of MITI has set an example of success and expressed good wishes for the future and mentioned that WMO visualized MITI to soon become an institution of higher learning.



**Mr. Shoaib Ismail Mangroria
Vice President, WMO**



Next to address the gathering was the Secretary General of WMO, Mr. Pir Mohammad Kaliya. He said that Chairman of MITI Mr. H.M. Shahzad has left no stone unturned for the progress of MITI. He congratulated and applauded the marvelous performance of MITI's staff for the tremendous job they have carried out. He recounted the various initiatives of WMO in the field of education and informed that because of these philanthropic measures hundreds of students are now able to pursue their higher studies and become engineers, doctors, chartered accountants, MBAs, etc.



**Mr. Pir Muhammad Kaliya
Secretary General WMO**





Mr. Shahzad Iqbal
Regional Treasurer, WMO-PC



Ms. Majida Khursheed
Principal, Female Section MITI



The graduating students then received the certificates from the Chief Guests.



In the end light refreshments were served for the graduating students.

Mr. Iqbal Memon (Officer) gets Philanthropy Award



Mr. Iqbal Memon (Officer) receiving awards from Mr. Tariq Anwar-Central Agricultural Minister, Government of India



A scene of philanthropy award felicitation of Mr. Iqbal Memon (Officer) at Nehru Center, Mumbai (India)

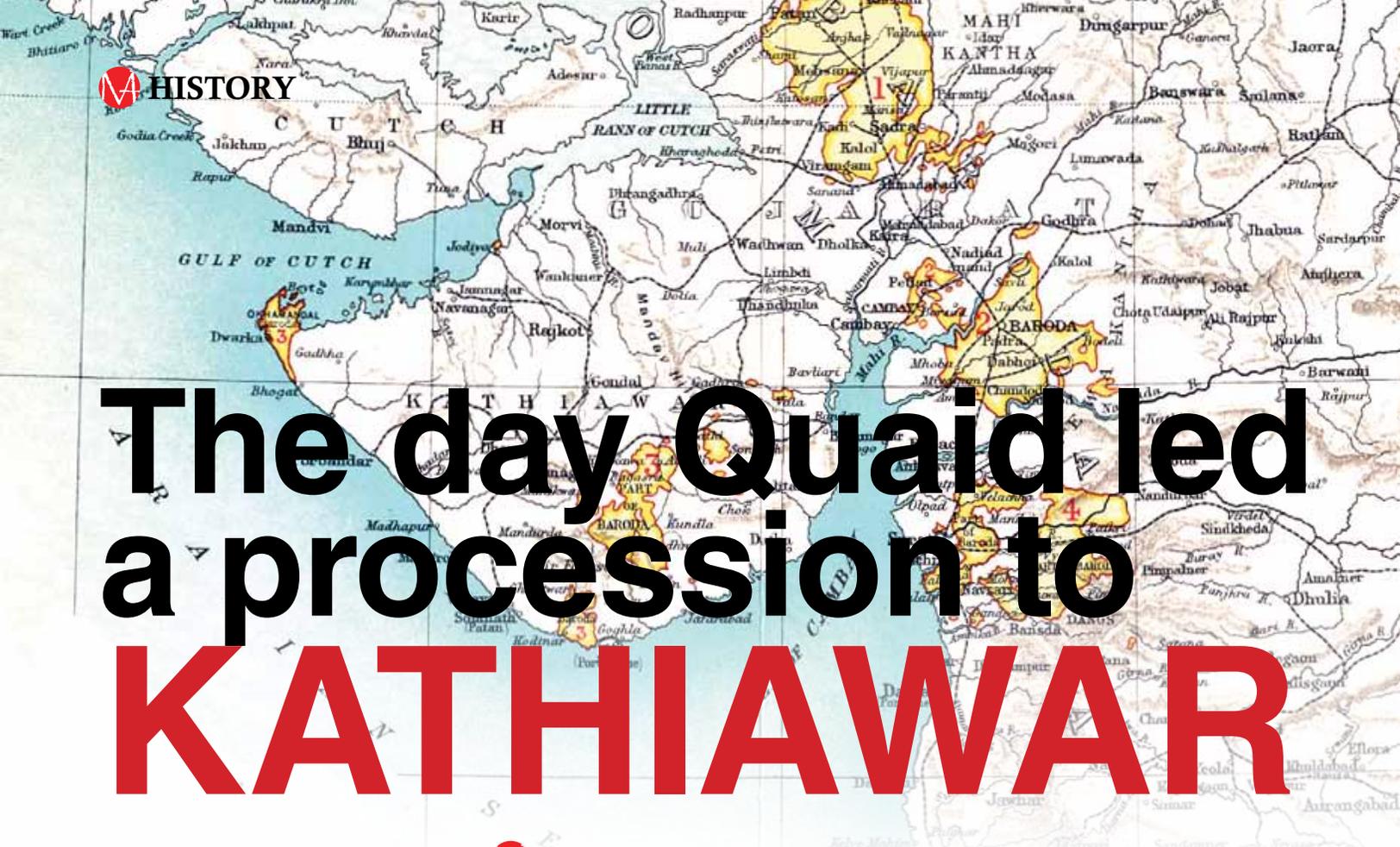
A grand function of award distribution was organized by Huda Social Front & Huda International Magazine on 17th June 2013 at Nehru Centre-Worli. Mr. Iqbal Memon Officer was honoured with a prestigious award 'Mukhaiyer-E-Quam' (Award for Philanthropy) by Mr. Tariq Anwar – Central Agricultural Minister Govt. Of India.

He was adjudged for this award keeping in view his social services in various fields i.e. maintaining communal harmony; he has been attached with various social, religious and political organizations to benefit the backward section of society. He always leads

from the front during the relief work of any disaster i.e. flood, communal riot, accidents etc. whenever, any kinds of assistance is required to any individual or to community he is always ready to come forward and solve the problems by communicating with higher authorities. He is serving several organizations in various capacity i.e. president, vice president, secretary, treasurer, member, editor etc. He is trusty of various foundations/orphanage. He has been working with numerous national and international social organizations. He has visited all over India to attend the meeting of **Mr. Pir Muhammad Kaliya** the cause **Secretary General WMO**

of the community. He has already been awarded with number of awards for his social services.

He was awarded in presence of galaxy of dignitaries i.e. Mr. Mustaqim Makkichief editor of Huda Times, Famous Film Scriptwriter- Salim Siddiqui, Dr. Zahir Kazi President-Anjuman-e-Islam, Mr. Nawab Malik Ex-Labour Minister of Maharashtra, Mr. Hegde Ex Sheriff of Mumbai, Prof. Sohel Lokhandwala Ex M.L.A., Advocate Yusuf Abrahani Ex-M.L.A., Munaf Hakim, Chairman-Maharashtra State Minority Commission etc. The auditorium was full of audience.



The day Quaid led a procession to KATHIAWAR


Abdul Razzak Thaplawala

Bantva is a small town in Kathiawar, India, the birthplace of many a prominent Memon personalities. This town has produced the largest number of millionaires and eminent persons. Abdul Sattar Edhi, the social worker par excellence Abdul Razzak Dawood, once Federal Commerce and Industries Minister, Kassim Parekh, past Governor of State Bank of Pakistan, Haji Habnif Tayyab, a former Federal Labor Minister the late Ahmed Dawood, the epitome of Pakistani entrepreneurs, the late Kassam Dada, the most well-known Pakistani Rotarian and so many others were all born in Bantva.

24th January 1940 was a red-letter day in the history of this town. It was on that day, the Bantva's Muslim citizens festooned the place with buntings and flags to welcome Quaid-e-Azam Muhammad Ali Jinnah who was making his first ever trip to this village. Twenty-five gateways were set up all over the place. On his arrival he was greeted with a 21-gun salute.

The grand old man of Bantva and the paterfamilias of the Dada family. Seth Hussain Kassam Dada, very graciously offered his bungalow at his farm for the comfort and convenience of the undisputed leader of the Indian Muslims.

The Memon community organized a sumptuous lunch where the high and mighty of the Bantva Memons plus representatives of

various princely states were invited. A public meeting was arranged in the evening at the Madrasa-e-Islami where the Quaid addressed the gathering in Urdu. He made clarion call for donations to the 'Press Fund' so that an independent newspaper for the Muslims could be published. The next day witnessed an interesting situation that was very much appreciated by the Quaid. The Memon community was in full swing with each person coming up on the dais and announcing his own contribution to the fund. Jinnah was overwhelmed at this show of altruism and frequently commended the Bantva Memons for their generosity.

After sometime, the Quaid inquired in somewhat a lighter mood whether all the Memons had made their pledges. He was informed that one stalwart of the Community had not attended any of the programs and the reason being that he was not feeling well and seldom left his house. In spite of being a blind person, he did business worth millions. In fact, he managed more than forty branches all over India and regularly communicated with the resident managers by telegram and mail from house-cum-office and ruled over his business empire from that place. His name was Muhammad Haji Gani.

Seth Haji Adam Haji Peermuhammad, the business tycoon and father-in-law of Mr. Abdul Razzak Dawood suggested to Mr. Jinnah that he should visit Muhammad

Seth at his residence. The Quaid remained quiet for a few moments and then in a serious tone remarked that 'in my life, I have never gone to anyone uninvited, not even the Viceroy'. (All this conversation took place in Memoni or Katchi language as Katchi was the mother tongue of Quaid-e-Azam). Thus the procession commenced. The Quaid was in the leader car and one by one people followed in their cars, horse-drawn boggies or by racing alongside. After arriving at the house, the Quaid and others waited in the verandah while Haji Adam went inside.

Muhammad Haji Gani invited the Quaid to his office and while announcing his generous donation, stated that one of his dreams that of meeting the great leader has been fulfilled. The Quaid also stated that the contribution of the Memon community for the cause of the Mussalmans of India would be enshrined for generations to come. Muhammad could not see the Quaid through his eyes, but his heart proclaimed vociferously that with Jinnah as the leader, a separate land for the Muslims would soon be a reality.

After independence, like millions of Indian Muslims, Muhammad Haji Gani along with his extended family left everything in India and migrated to Karachi to live and to establish business as patriotic and proud citizen of Pakistan.



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As leaders in our industry, giving back is a top priority

Like the World Memon Organisation, KPMG believes we can help to solve Africa's social challenges on a local level by giving charitably of our time, skills and resources.

It is no coincidence, then, that our Chairman is also the WMO's Vice President for Southern Africa.

With a leadership that is dedicated to making a difference to the communities we live and work in, we know we can continue to lead by example – as responsible corporate citizens and as business experts.

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The Indoor Sports Festival 2013

By Youth Wing of World Memon Organisation, Middle East Chapter



Executive Summary (Overview of the Event):

The Indoor Sports Festival 2013 was organized and planned with the vision to highlight and acknowledge the talent within young Memons from within. The event aims to bring out the best qualities from the young Cricketers and Footballers. The World Memon Organization Middle East Chapter's Youth wing also aimed to attract and create a bond between the Memon Communities in the United Arab Emirates. The event attracted a large number of sportsmen to discover the fantastic talent of the youth

The event was well supported by a number of sponsors that includes the World Memon Organization. Motiwala Jewellers were the event Official Partners, whereas Vahedna Trading Co., Shaheen Exchange LLC and Livingkool.com supported for



various areas of the event planning. The event location was United Pro Sports in Al Quoz 3 area in Dubai.

The event was well equipped with marketing tool kits such as social networking, radio coverage, local newspaper and banners installed all around the facility. The branding was also done through the playing kit provided to all players which in itself is different from other indoor leagues organized. The standards of the Indoor Sports Festival were as good as the



Finalists (Football)



The A team (blue) - Winners
 Hassaan Firoz (Captain),
 Mahad Irshad
 Anas Firoz
 Asad Arif
 Ali Asif
 Sulaiman Dawood

Miracle Workers (red) – runners up
 Abdul Moiz (Captain)
 Yousuf Zaveri
 Muhammad Saleh
 Anzar Iqbal
 Adil Maswala
 Taha Shakeel

The football final was won by The A team defeating miracle workers by 6 – 1 including a hattrick by Mahad Irshad who was also awarded the most valuable player. The match was played in great spirit and showcased the best football talent in the memon community of UAE.



Indoor World Cup that takes place on the international level featuring state of the art indoor sporting facility.

Important points:

- a) The event featured 8 Cricket Teams and 4 Football Teams
- b) The Tournament was played based on league format with Winners and

Runners up awarded medals, certificates, MVP trophies and team trophies along with cash prizes for both the sports.

- c) The Final of the football was played between The A Team and Miracles Workers which was won by The A team lead by Hassaan Firoz. In an exclusive interview with Hassaan Firoz he spoke of the Youth wing's

achievement in organizing the event. "It is a good initiative taken by the Memon community and I hope to see more of these leagues happening to allow us to showcase our talent."

- d) The Final of the Cricket tournament was played between Cool n Cool and the WMO Middle East Youth Wing which was led by the Chairman of WMO M.E Youth Wing Muhammad Salmaan. The Tournament was won by Cool n Cool team. In an exclusive interview with Muhammad Salmaan he spoke of the success of the event. "When we planned this event, we had a clear objective which was to gather the Memons together and give them the best possible exposure to play good sports and some of the talent on show was exceptional and I would like to announce that we will donate our Runners up prize money to SIUT (Sindh Institute of Urology and Transplant) for the betterment of our society".
- e) The festival's biggest leverage point was the video recording of the Final Matches of both sports that is available on the youtube channel "WMO Middle East Youth Wing".
- f) The event was witnessed by Mr. Haroon Karim & Mr Shahid Sangani (COO of World Memon Organization).
- g) In an exclusive interview with Mr. Shahid Sangani he praised the Middle East Chapter's Youth wing. "M.E Youth wing is the first to organize so many events after the International Youth Conference. And this is a superb job done"

Event:

Introduction

The Indoor Sports Festival will continue to grow as the plan is to hold this event semi-annually to allow continuity. The event featured 96 players across both sports. The objective was to also promote a healthy life via participation in sports. The tournament is here to stay and will only grow in size with time. The biggest achievement of the event was the demand of the festival being repeated again. The event management team was quite energetic in making sure that all is done in the correct manner. To avoid any concerns for food and drinks, the management arranged the food and drinks for all the players.

WMO M.E Youth Wing Facebook: <http://www.facebook.com/WMO.Youthwing.me>
 Youtube Channel: <https://www.youtube.com/user/wmomeyouthwing>
 Email: wmome.youthwing@gmail.com

Finalists (Cricket)



WMO M.E Youth Wing team (runners up)

- | | |
|----------------------------|----------------|
| Muhammad Salmaan (Captain) | Anzar Iqbal |
| Abid Nini | Abdul Moiz |
| Umer Khanani | Hadi Munshi |
| Waqas Younus | Kafil Merchant |



Cool & Cool – Winners

- | | |
|-------------------------|-----------------|
| Haroon Sameer (Captain) | Abdul Samad |
| Ahsan Kareem | Nasir Rafiq |
| Omar Arif | Alam Ahmed |
| Faizan Arif | Farhan Sangani |
| | Shahrukh Yaseen |

The Finals saw the Youth wing batting first and scoring 35 runs in their allotted 8 overs with Haroon Sameer doing major damage with the ball at the end of the innings reducing the youth wing team by 15 runs to set up an easy chase. Chasing a small target the youth wing had the team quiet but it was too small of a target to stop the last pair of Haroon Sameer and Nasir Rafiq from finishing the match and win the tournament. Cool & Cool managed 68 runs in their 8 overs to win the finals. The most valuable player was awarded to Haroon Sameer for his match winning performances throughout the tournament.

The Miracle of the Quran

By Khalid Baig

‘... For only then we truly live. Otherwise we only pretend to live...’

It happened at an international inter-faith conference. The organizers decided to end the conference with readings from the scriptures of major religions, done by followers of other religions. As it happened, an Arab Christian read a passage from the Qur’aan. He was a good reciter. Every one seemed to be moved by his heart-rending reading, including the reciter himself. Immediately afterward, prominent Muslim thinker and writer, Maulana Waheeduddin Khan, who narrated this story, asked him: “Do you think Qur’an is the Word of God?” In a moment of truth he said: “Yes.” But, then, he had second thoughts so he added: “But only for the Arabs.”

Actually not only the Qur’aanic message keeps attracting people all over the world, its words also move people who may not know a word of Arabic language. Famous Egyptian reciter Qari Abdul Basit reportedly once accompanied then President Gamal Abdul Nasir to a meeting with the Soviet leaders. During a break in the meeting, Nasir asked him to recite the Qur’aan before the top Soviet leaders. When he finished the recitation, Qari Abdul Basit saw four of them shedding tears. “We don’t know what it was,” they later explained. But there was some thing touching in those Words!

Ironically at that time Qur’aan was the forbidden tree for the Muslims in the Soviet Union. Reading, teaching, or even possessing a copy of the Qur’aan resulted in the most severe punishments. The KGB was always on the lookout. Its agents could enter any house, any time, if they suspected anyone inside of reading Qur’aan or offering prayers. Religious leaders were drafted for

compulsory labor. Mosques and Islamic schools were closed down and turned into cinema houses, factories and offices. One could not find a copy of the Qur’an anywhere. The ruthless state machinery did everything within its power to extinguish the flame of Qur’aan from the empire. Yet during those seventy dark years Muslims kept the flame burning. They developed elaborate camouflage mechanisms, at tremendous risks, to teach Qur’aan to their children. Little children had to stay away from their parents for months at a time as they retired to secret hujras (rooms) where they memorized Qur’aan and received religious instructions without ever having looked at a printed page. Their stories remain a neglected but extremely bright part of our recent history.

What kind of Book can command such devotion and sacrifices? Only the Book that begins by asserting:

“This is the Book; in it is guidance sure, without doubt, to those who fear Allah.” (Al-Baqarah 2:2).

And then each and every line of it attests to that assertion. It declares:

“The Most Gracious! It is He Who has taught the Qur’aan.” (Al-Rahman 55:1-2).

It challenges:

“Say If the whole of mankind and Jinn were to gather together to produce the like of this Qur’aan, they could not produce the like thereof, even if they backed up each other with help and support.” (Bani Israel 17:88).

It claims:

“Verily it is We Who revealed the

Remembrance and verily We are its guardians.” (Al-Hijr, 15:9).

Qur’aan is the first document in the Arabic language. There is no other language of the world that has withstood the passage of fourteen centuries. Over the centuries, rivers change courses, civilizations rise and fall, and languages become extinct and new ones develop. Consider the expression “faeder ure on heofonum” from Lord’s Prayer in Matthew 6 from a Bible of 900 C.E. We are told it means: “Our father in heaven.” It also means that any writing from that time cannot be read by an English speaker today. But any Arabic speaker can open the Qur’aan today and understand its message. As did all the people in the intervening centuries!

Prominent scholar Dr. Hamidullah tells of an effort in Germany by the Christian scholars to gather all the Greek manuscripts of Bible as the original Bible in Aramaic is extinct. They gathered all manuscripts in the world and after examining them reported: “Some two hundred thousand contradictory narrations have been found... of these one-eighth are of an important nature.” When the report was published, some people established an Institute for Qur’aanic Research in Munich with the goal of examining Qur’aan the same way. A gigantic research project was started that continued for three generations. By 1933, 43000 photocopies of Qur’aanic manuscripts had been collected. A report published shortly before World War II showed the results of the examination of these manuscripts. While some minor mistakes of calligraphy were found, not a single discrepancy in the text had been discovered!

Of course the love, devotion and care that Muslim showed toward the Qur’aan, and that became the immediate cause of its miraculous preservation, was inspired by the Prophet Muhammad, Salla-Allahu alayhi wa sallam. On one occasion he asked the companions in Suffa: Which of you would like to go out every morning to Buthan or Al-Aqiq (two markets near Medina) and bring two large she-camels without being guilty of

sin or without severing the ties of kinship? Camels were the valuable commodity of the time, she-camels even more so. Its equivalent today may be a brand new automobile. As they showed their interest, Prophet Muhammad, Salla-Allahu alayhi wa sallam, explained: To teach or recite two verses of the Qur’aan is better than getting two she-camels. And three verses are better than three she-camels. (Muslim).

And so, for centuries this ummah displayed an unprecedented love and devotion for the Book of Allah Ta’ala. It began the education of its children by teaching them how to read Qur’aan. It began its day by reciting from the Qur’aan. Qur’aan was divided into seven parts, each called a manzil, so it could be read completely every week. It was divided into thirty parts, each called a juz, so it could be read completely every month. Qur’aan is the most read and memorized book in the world!

Today, though, we see a change. Thanks to the twin scourges of a colonial education system and the television, today we find millions of Muslim children for whom learning to read the Qur’aan is not part of their education. We find millions of Muslim homes where Qur’aan is read only on special occasions. When someone dies, for example. This despite the fact that in most parts of the world today, unlike the Soviet Union of yesterday, reading the Qur’aan is no longer a high risk proposition. How unfortunate is the person who should die of thirst while holding the refreshing glass of water in his hands! How unfortunate the person who should die of disease while holding the perfect medicine in his hands!

Of course we must read it, understand it, and put it into practice. But we must also remember that reading with full deference and proper etiquettes is a prerequisite for understanding the Qur’aan, just as understanding its message is a prerequisite for practicing it. Our goal must be to live by the Qur’aan. For only then we truly live. Otherwise we only pretend to live.

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Water Aerobics so essential for better quality of life

Fitness, as defined by the World Health Organization is the ability to carry out daily tasks with vigour and alertness without undue fatigue, with ample reserve energy to enjoy leisure pursuits and meet unforeseen circumstances.

The benefits of water based exercise or just treading in water are enormous. Water is a safe and friendly medium to work in, as in immersion, your body weight is reduced by 50-90pc. In case of waist-deep water it is 50 pc of your body weight, whereas in full immersion with only the head out, it is virtually nil. This is of great help to overweight, physically disabled, prenatal women and people with limited mobility. In an aquatic workout, major factors are buoyancy and resistance. These play a vital role as when buoyant, weight is greatly reduced. In deep water this is negligible. Beneath the surface, the water around the body mass has a massaging effect, which tones and shapes the body. Buoyancy helps make a movement easier under water. For example, lift one leg up as high as possible on land and see how long you can do so; repeat the same movement in water and you will see the difference.

Resistance again helps all the major muscle groups to work 10 times more in water than on land. In deep water, resistance is enhanced due to the density of body mass. This combined with the intensity of moves, makes it possible to exercise a joint requiring weight bearing, with little chance of straining the muscle or damaging the joint.

Immersed in water, the body's temperature is relatively cooler than its based counterpart (land aerobics) which is the positive factor for the trainee, as it keeps the body at ease and work harder without over heating. Extreme obesity makes some people shy and timid to exercise in public but water provides them enough cover to overcome this and be more confident.

Another positive aspect of water exercise is that flexibility improves and with the help of buoyancy equipment, for example water noodle moves like



suspension, hopping, leaps and jumps can be done, making the workout very pleasurable, safe and effective. On the other hand, on land the combined factors of gravity and weight decrease flexibility. Since body heat dissipates during water workouts, it results in lower heart rate. This makes the exercise more comfortable and safe for people prone to cardiac diseases such hypertension.

It is proven that music combined with aquatic exercise, especially during summer, makes the time fly and the effort enjoyable. Now the question arises; why not just swim? Moving in water in a vertical stance takes the major joints through a full range of movements. This is not achieved in swimming, where strokes such as breast strokes are not advisable for a weak or injured joint. If the stroke is not performed correctly, most often keeping the neck above the water, pain in the neck, shoulders and arms can occur. Swimming also does not capitalize on the physiological effects of hydro static pressure as the whole body lies too close to the surface.

Overall, working out does not have only physical effects but psychological as well. It

releases endorphins in the body commonly known as happiness hormones. The cool down section of the lesson, with soft music playing and the drag effect of the water, all add up to total relaxation. This is sometimes helpful in combating insomnia.

To sum up, water-based exercises to sculpt your body are far better option than drastic measures such as surgeries. Liposuction and gastric clipping are neither healthy nor without the perils of side effects. Success depends on a disciplined and conscientious dietary habit, otherwise you can easily revert to the same physical state. A better option is to gradually get into the habit of proper and regimented dietary and physically active structure for a better quality of life.

Most of the time, one come across ladies in their early 50s not able to sit on the floor or having other joint problems and they feel apprehensive towards physical exercise. Even in the late 70s, one can perform some light exercise while sitting on a chair, hydro therapy is still the best option for everyone. This will enable them to engage themselves in some form of exercises to lead healthy and fulfilled lives.

A pebble in the pond

Living in today's world is all about survival of the fittest. It is unfortunate how people have forgotten that a simple act of kindness can make a lot of difference for someone. Today life is busy, stress levels are high and for a huge majority of the country, survival is tough.

In times like these, it is important that we as citizens, neighbors, friends, co-workers, etc should not forget that it just take one good deed, an act of kindness, to show someone that you care. It can go a long way in making someone's day better by making them smile, lifting their spirits, contributing to their better health and so on. And if we can inspire others to do the same then this will result in spreading a spirit of well-wishing, kindness and positivity, virtues very important in a time when we are surrounded by so much negativity due to the law and order situation in the country, the economic conditions and our personal problems.

Almost every other person had a negative status update, about their feelings and thoughts on recent incidents around the city, how it affected their lives, how they were unable to attend an aerobic class, go to the gym, etc, as due to a strike everything was closed and so on. While people complain about the awful situation of the country, nobody seems willing to act responsibly to improve the situation. However, in the midst of all this, you will find that there are people who are doing random acts of kindness, without thinking of themselves, just to

make others smile. You may call them crazy but they are truly selfless and in times like these such people are much needed.

Take the example of young group of people who took to the streets to clean-up after the violent protests that took place against an anti-Islam movie across Pakistan. They repainted walls, picked up trash and cleaned the streets. A six year-old girl joined the group and cleaning with a brook said ' If I can clean up so can other children'. We wanted to say that the manner in which the protests were held was wrong, we are equally hurt by the film but instead of violent protests we decided to clean up the streets, said 22-year old Ayaz. The purpose was to force the people to rethink their actions.

You have probably heard of the 22-year old from Islamabad who decided to spend his 22nd birthday doing 22 random acts of kindness, for example, wiping dirty car screens, giving balloons to children etc. He wanted to inspire others and let them know that if everyone performed acts of kindness, small or big, it all adds up to making the world a better and happier place.

Similarly, the 'Humans of Karachi' project is an initiative by The Citizens Archive of Pakistan, comprising a group of people whose mission is to create a photographic census of the city of Karachi as creatively as possible, to document Pakistan's rich history, cultivate a unified identity and develop civic responsibility to build a better tomorrow. They take pictures and spread the word, mainly through

social media tools such as Facebook, about people round Pakistan doing good deeds, participating in good causes, making our country a better place to live. Anyone can post and share stories on this forum. Scrolling through the pictures, I saw a picture captioned 'The girl with April in her eyes', which was about one Najeeba, a shy six-year old who sells roses for Rs.20 each at Boat Basin. When the photographer, a writer working on child labour in Pakistan, told her that the picture was for an article, she was delighted to know that her picture might come in magazine, she was famous.

Similar pages have cropped up, like the 'Humans of Lahore' and 'Humans of Islamabad'. Another website, kindness-coca-cola.com/pk is a forum where you can share your stories of such random acts of kindness and help make a positive change in the society. Most of us have lost our sense of kindness of doing good for others, because we are so caught up in the fast pace of life, and so preoccupied with our own problems that we treat such small acts of kindness with cynicism, brushing them off as if they don't matter. However, if we give it some thought, we will see that every drop in the water counts.

An act of kindness can inspire others to do the same and spread positive instead of negative disruption. Every act of kindness is like a pebble thrown in a pond sending out ripples far beyond where the pebble entered the water. When we are caring and kind to our neighbors, our actions send rings of kindness that spread from neighbor to neighbor to neighbor.



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Take advantage of every situation you find yourself in



We are familiar with giving talks. We can give a meeting talk of ten minutes, a group meeting for 30 minutes or a department seminar of an hour. We make our slides, we prepare notes, we practice and then we stand before our audience and present our work. This process is not that much different than talking about yourself, but the date changes to: Who are you? What do you do? What are your interests? Now the trick is, can you do it effectively in 30 seconds? What about two minutes? Now can you expand it enough to fill 10 minutes?

The following techniques of handling people will greatly ease your work in achieving the objective :

Before starting your conversation, remember that a person's name is, to that person the sweetest and most important sound in any language. Therefore keep on addressing that person by his name.

- 1 Do not criticize, condemn or complain.
- 2 Give honest and sincere appreciation.
- 3 Arouse in the other person an eager want.
- 4 Smile and become genuinely interested in other people.
- 5 Be a good listener. Encourage others to

- 6 talk about themselves.
- 6 Talk in terms of other person's interest.
- 7 Make the other person feel important and do it sincerely.

An elevator takes about thirty seconds. If you find yourself on an elevator with someone you would like to make a connection with, why waste that time? An 'elevator pitch' fills that thirty seconds with an introduction to who you are. Give your name, where you work, what you do and what your interests are. Also it is good to mention why you want to meet this individual. Are you fan of his/her work, or interested in working for the same company and so on.

You might find yourself walking with someone between sessions, or in a hallway. This will give you about two minutes to make an impression. While compared to thirty seconds it seems like a lot of time, it will still go by quickly. You still need to be concise. Still include the content from the elevator pitch, but be a little more personal and detailed. What about their work are you a fan of? Why would you be a good addition to their company? Is there something about them personally that you admire? What one

accomplishment of yours do they really need to know about?

If you were successful with your 30 second talk in the elevator, or your two minute stroll you may get invited for a longer conversation while getting a cup of coffee. This is where you can provide more details about your expertise in a particular field. Elaborate on your project and how you see it moving forward. Or discuss your career desires. You want to join their company, you need to know why. Be specific and be unique. Everyone wants a good paying job with benefits. Why are you uniquely qualified to join their company or institution? Also a few thoughtful questions about the person or company.

These and such conversations need to be delivered concisely. Write out notes for each one. Decide ahead of time what you will say if you find yourself in one of these situations. Then, just like you would with your scientific talk, practice it with people you know. Get their feedback and practice it with people you know. Then start taking advantage of every situation you find yourself in regardless of how much time you have.

Individual Character Building

When money is lost nothing is lost
When health is lost, something is lost
But when character is lost everything is lost

What we want is character, and this nobody can give us. It is a thing we must get for ourselves. It is gained by toil, hard toil. Neither the sympathy nor the generosity of our friends can give it to us. It is attainable, but we must attain it and attain it each for (ourselves). I cannot for you and you cannot for me.

Real leader is someone with imagination, self-discipline, time management skills and the ability, courage and stamina to enforce unpopular methods in order to attain popular results.

Almost anyone can take people where they want to go, that's called guidance. Real leadership involves taking people where they DO NOT WANT to go; while counteracting anticipated and other impediments along with way, so that survivors appreciate both getting there and participating in the process.

This is resource for anyone looking to affirm or inspire their own life choices. It includes anything helping one to create, develop and maintain one's own character.

First of all, you decide whatever rules you want to incorporate into your own personal repertoire of behavior. Although it's wise to discover the rules which help others live their lives, each of us is entirely unique. What helps one person may not help another.

Everything happens by accident. Though exaggerated, this simple phrase should help one realize that the ability to recognize a creative happenstance which is more important than the act itself. Accidents and creativity are happening all the time. Taking a break to refresh ones mental capabilities, especially when in a creative environment like a research and development section, will improve ones ability to attend to creativity when it happens.



Actions speak louder than words. The actions a person takes indicate the type of person he or she is, not mere words and especially not the words of others spoken about them. Language is just a tool used to adapt to every realities. It's not an end in and of itself. Just because someone says something is so doesn't make it so. Check important things out for yourself.

Altruism defeats boredom. Living a life of unselfish activity on behalf of others, without regards to recognition or reward will ensure that one never runs out of things to do. Not requiring or expecting reciprocity also minimizes disappointment or anguish while maintaining a sense of accomplishment even after the most insignificant of tasks, like picking up someone else's litter off the street.

The character of the people with whom you associate will determine your own

character, especially in the minds of those who judge books by their covers. That is least among the reasons why you should stop associating with people who put you in compromising situations through abusive, illegal, immoral or unethical activity. These scumbags do not have the decency to consider the consequences of their actions.

Control your anger. We are most angry when angry at ourselves, but we often do not realize that until someone else is hurt. Know and control your anger. Do not take it out on others, especially do not make significant decisions while angry.

This is all easier said than done but can become reality with the help of other who recognize and understand anger control process. A single person with an abundance of self control/discipline can manage this alone but it's not easy.

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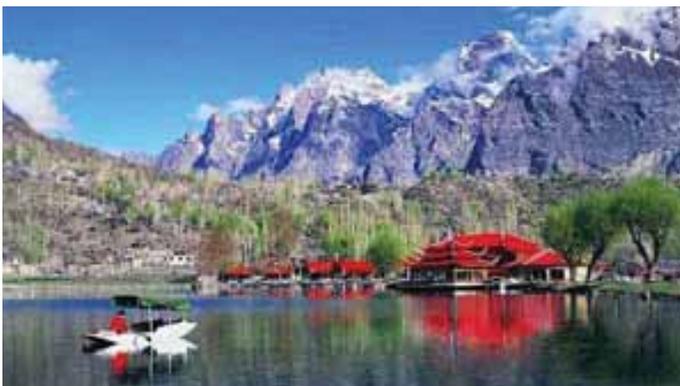
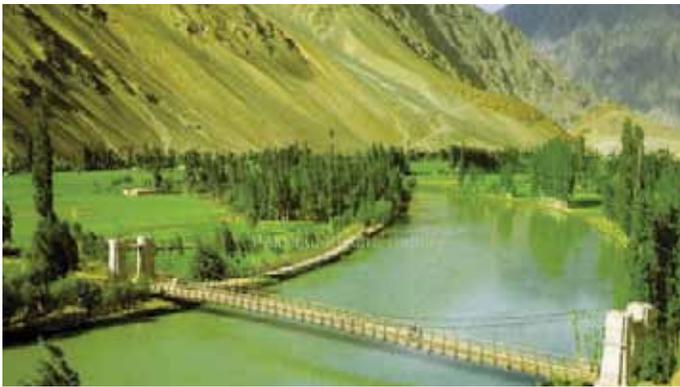


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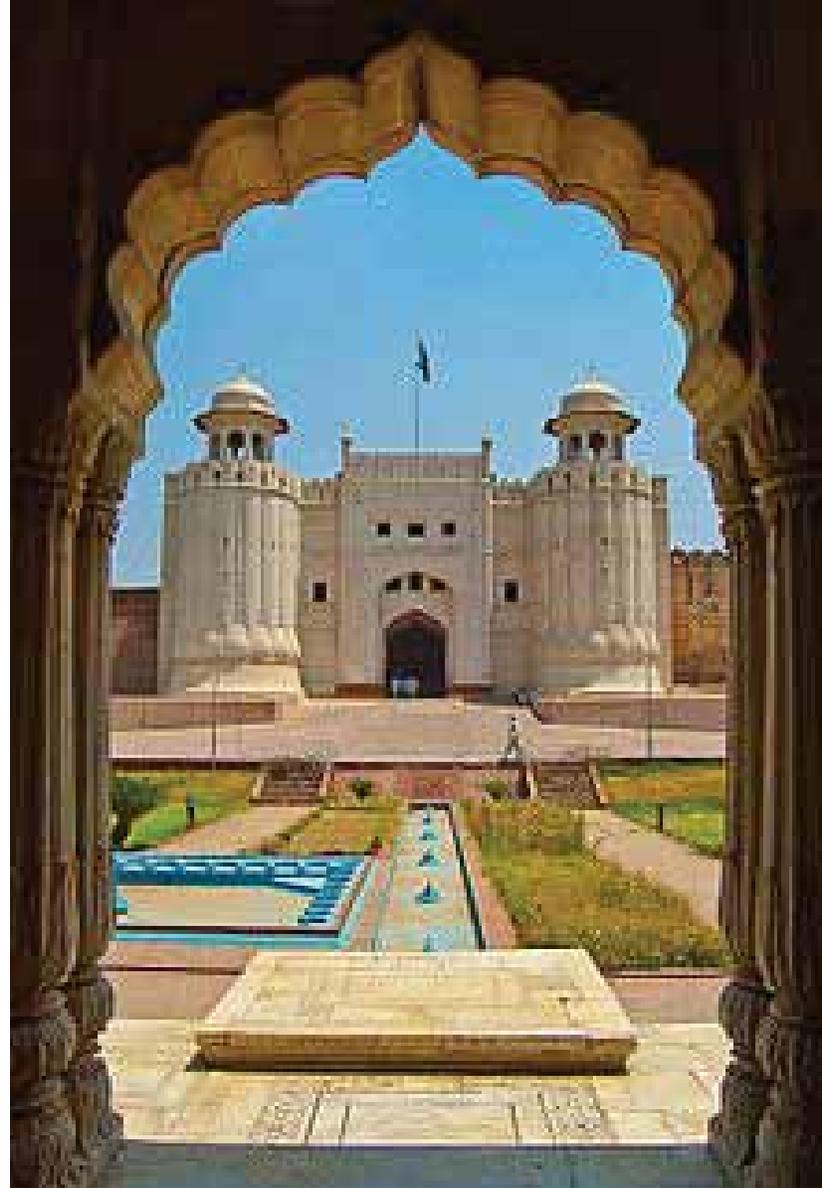
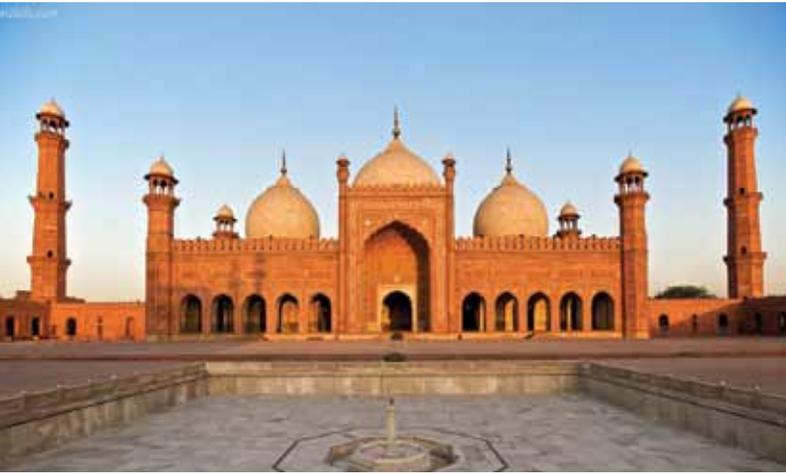
The next time, you are planning holiday or a break and wish to see all beautiful and exciting things then pack your luggage for a trip to Pakistan. From the snow-capped mountains to the deserts, from the plains to the plateaus, from the Salt

range to the coastal areas, green fields, hill stations, blue skies and clear rivers, Pakistan is truly a tourist's delight.

Located on the Potohar Plain, Rawalpindi, especially the old part possesses fine examples of local architecture and

bazaars maintaining their traditional look with their congested streets, encroached stalls and shops and the balconies that make big part of the city's heritage.

In the shadow of the Hindu Kush is Chitral, a welcoming town that feels quite



different to the rest of the country Travelers tend to visit Chitral on route to the Kalash valley. This valley is noted for its hot springs and trout-filled rivers. Watch polo match. Polo is particularly popular in the northern towns of Gilgit and Chitral and is a wild form of this traditional game. The game is accompanied by music and a lot of boldness from the crowd.

The capital of Pakistan, Islamabad, is full of parks, gardens and fountains below the silhouette of the Margalla Hills. In the midst of these lies Daman-e-Koh, a terraced garden with an excellent view over the city. The city is also home to the world's largest mosque, Faisal Masjid which can accommodate 15,000 people. The majestic white building comprises four 88-meter minarets and a desert tent-like structure, which is the main prayer chamber. The National Gallery of Pakistan is also in Islamabad/ It is home to an impressive four-storey art gallery and a 400-seat auditorium.

Observe the wonder of Karachi, Pakistan's largest city is situated on the shores of the Arabian Sea. The magnificent Quaid-e-Azam's Mazar is made entirely of

white marble with impressive north African arches. Other place to visit are the National Museum and the beach at Clifton and many eateries that can fulfill your cravings for different cuisines of the world.

Follow the Karakoram Highway, which follows the ancient Silk Road over a breathtaking knot of mountain ranges that incorporates the Himalaya Mountains, Hindukush. The trail runs along the Indus River and to the beautiful Gilgit and Hunza valleys.

Some of the highest mountains in the world re in Kashmir including the famous Nanga Parbat and the second-highest mountain in the world, K2. The Baitoro Glacier and the Batura Glacier are the largest outside the Polar Regions found in Kashmir.

In the land of the Afridis, view the Khyber Pass, the 1,067 m high break in the sheer rock wall separating Afghanistan and Pakistan. Malam Jabba is a High Station in the Karakoram mountain range nearly 40 km from Saidu Sharif in Swat Valley. Khyber Pakhtunkhwa, Pakistan, Malam Jabba is home to the only ski resort in Pakistan. The area also contains two Buddhist stupas and

six monasteries that are scattered around the resort. Two trekking trails are located near the Malam Jabba resort. The first passes through the Ghorband Valley and Shangla Top and starts about 18 km from the resort. The other trail passes through the Sabonev Valley and is about 17 km from the resort.

Tour the Sindh region, known for the remarkable quality of its light. The two main places of interest are Mohenjodaro, a settlement dating back 5000 years and Thatta, notable for its mausoleums and mosques. There are sporting facilities on Lake Haleji.

Discover the beautiful Swat Valley, east of Chitral, an area of wild mountains and fantastic alpine scenery. In ancient times, it was home to the famous Gandhara School of sculpture, a manifestation of Greek-influenced Buddhist forms.

Lahore is a historic, bustling city with buildings of pink and white marble. Visit the Badshahi Mosque (one of the largest mosques in the world), the beautiful Shalamar Gardens, Minar-e-Pakistan, the tomb of Allama Iqbal and the hundred of eateries that have taken over the entire Lahore.



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Islam

A Religion of Peace

It is no exaggeration to say that Islam and violence are contradictory to each other. The concept of Islamic violence is so obviously unfounded that prima facie it stands rejected.

Islam claims to be an eternal religion and as such, could never afford to uphold any principle which could not stand up to the test of time.

Any attempt to bracket violence with Islam amounts therefore, to casting doubt upon the very eternity of Islamic religion. Islamic terrorism is a contradiction in terms, much like 'pacifist' terrorism. And the truth of the matter is that, all the teachings of Islam are based directly or indirectly on the principle of peace.

- The very word 'Islam' connotes peace.
- According to a tradition of the Prophet, Peace be upon him, 'Peace is Islam. This means that peace is one of the prerequisites of Islam.
- Similarly, a Hadith states : A Muslim is one from whose tongue and hands people are safe.
- One of the attributes of God described in the Quran is 'As-Salam' which means peace and security. 'That is to say that God's Being itself is a manifestation of peace . Indeed God is Peace. (Al-Bukhari).
- In the Quran divine guidance is likened to the paths of peace.

The Quran disapproves that reconciliation is best and judging by the consequences, the way of peace is far better than that of confrontation. By the law of Nature, God has decreed that success will be

met only on a reconciliatory path, and not on a confrontational or a violent course of action.

The wife of the Prophet of Islam (peace be upon him) Aisha (daughter of Abu Bakhari) said this was the general policy of the Prophet (peace be upon him) in social matters.

Whenever the Prophet (pbuh) had an option between two courses of action, he always chose the easier (non-confrontational) one. (Bukhari). This means that, violent activism should not be indulged in if peaceful activism. For peace is the easier course as compared to violence. For instance, trying to change the status quo in the very first stage of a movement is a hard option, while launching one's activities in the available sphere without doing so is an easier option.

Going to war in confrontational situations is a hard option while following conciliatory course in dealing with one's rival is easier. Countering aggression with aggression is a hard option, while countering aggression with patience and forbearance is an easier option. Adopting a radical method of reformation is harder than that of following a gradual method. Taking emotional extreme steps without a thought for their consequences creates difficulties. While a well-considered method, keeping an eye on the consequences, gives much better results. The policy of confrontation with a ruler is a harder option, while initiating one's action, by avoiding the ruler, in the sphere of education and learning is an easier option. These instances show us the easier and harder options, as demonstrated by the Hadith.

The truth is that peace in Islam is the

'rule, while war is the 'exception'. All the teachings of Islam and the practical life of the Prophet of Islam (pbuh) testify to this.

The entire life of the Prophet (pbuh) is a practical demonstration of this peace loving policy. At the time of migration from Makkah, the idolaters were all set to wage war, but the Prophet (pbuh) avoided this by quietly leaving his homeland for Madina.

On the occasion of the Hudaibiyah treaty in 628, a state of war prevailed. But the Prophet (pbuh) unilaterally accepted all the conditions of the idolaters and negotiated a peace treaty. On the occasion of the battle of Khandaq, the 12,000 strong army of the Quraysh had camped at the borders of Madina in order to do battle. But the Prophet (pbuh) and his companions dug a long trench to set up a buffer between himself and his enemies thus avoiding bloodshed.

The mission of Islam is based on monotheism. The goal of Islam is to make people realize the existence of the one and only God and to strive to bring about a revolution in their hearts and minds in order that they may love God. The greatest concern of man should be to fear and worship his Creator.

Such a dawah mission cannot afford wars and violent confrontations |When a state of war and violence prevails, the normal atmosphere is vitiated and such circumstances would foster intellectual movements and spiritual reformation cannot be effectively created. It cannot be denied that peaceful circumstances produce a propitious environment for Islam, while violent circumstances inevitably result in antagonism towards Islam.

Fish Bites

Did you know that research conducted by the Harvard School of Public Health has revealed that eating fish just twice a week can reduce the risk of heart disease by a third? Fish and sea food are low in fat, high in protein, omega fatty acids, vitamins and minerals. Humans cannot produce Omega 3 Fatty Acids in their body: hence these essential fatty acids have to be obtained through the diet and fish, especially oily fish such as tuna and sardines, are an ideal source. In addition, eating fish on a regular basis can help you in a number of unexpected ways:



Eat your way through Weight Loss

No need to go on a drastic weight loss fad diet; just add a whole lot of fish to the menu. Not only does fish contain less fat than meat or chicken, but also, when you start ingesting fish oil regularly, your body starts burning fat that is stored in the body, combined with a regular dose of workouts; this will do wonders for your waistline.

Food for the Heart

Fish is very low in fat as it generally contains less than five percent fat and most of this comes from omega 3 fatty acids which are rich in PUFA (polyunsaturated fatty acids), the so called 'good cholesterol'. Thus it actually helps to lower your cholesterol and triglyceride levels. Since fish is also rich in antioxidants it helps in slowing down the thickening and damage caused to heart arteries. Consuming fish oil regularly is believed to decrease arrhythmia - irregular electrical activity which increases the risk of heart attacks.

Food for the Brain

Research has shown that elderly people who eat fish regularly seem to remember and think more quickly than those who don't. Research has also shown that eating seafood as part of their normal food pattern helps children between the ages of seven and nine years in developing better learning abilities and memory retention - as in better cognitive development. Studies indicate that omega 3 fatty acids found in fish help in battling depression, mood disorders, and dementia as well as slowing down and delaying the onset of Alzheimer's disease.

Food for Eyes and Skin

Fish is abundant in vitamin A which helps in healthier eyes and better vision; it is abundant in protein which is a very important structural component in hair, skin and nails. A single serving of fish or other seafood (around 150gms.) provides around 50-60 percent of your daily protein needs.

The different vitamins and minerals found in fish and some varieties of shellfish aid in the formation of red blood cells and muscles and facilitate a healthier flow of blood to the eyes, skin and hair. The antioxidants and minerals found in seafood help in fighting against glaucoma, inflammation and degeneration of the eyes as well as the very common ailment of dry eyes suffered by many.

Food for Bones and Joints

One serving of oily fish contains up to 90 percent of your daily vitamin D requirement. For better absorption of calcium, vitamin D is a must. Antioxidants and omega 3 fatty acids also help in reducing inflammation in the joints, reduce morning stiffness and fatigue as well as slowing down the onset of osteoarthritis as well as osteoporosis and alleviate symptoms of rheumatoid arthritis.

Healthier Immune System

Certain fish and shellfish are abundant in antioxidants, vitamin A, E, C and D, all of which help in boosting the immune system.

Lower Risks of Asthma and Allergies

Trial studies have shown that children who received 300 mg of fish oil a day showed

drastic improvement in their asthma and allergy management. This is because fish oils help in controlling food and environmental allergens in the body.

Lower Risk of Cancer

Antioxidants found in fish help in fighting different types of cancer, especially endometrial, breast, prostate, colon, rectum, stomach and colon cancer.

Healthy Pregnancy and Baby

Consumption of fish greatly decreases the chance of preterm labor as well as low birth weight. The essential nutrients found in fish are said to be of supreme importance in the development of the fetus, especially neural development. However, please be careful while consuming fish in pregnancy and stay away from tuna, shark, swordfish, shellfish, etc., due to the slight danger of increased mercury content in them.

All in all, apart from the above, seafood is also rich in iodine, selenium, iron, zinc, vitamin B12 and calcium among other things. Iodine helps in thyroid function; selenium helps in making enzymes and protecting cell walls against cancer causing agents. Fish and shellfish also help in reducing clots, managing blood pressure, etc.

A few Points to Note while Handling Seafood

If you buy seafood fresh and don't plan on using it immediately, freeze it as soon as possible. When thawing seafood, either place it in the refrigerator or put it under running water; never leave it lying outside on the counter as it decreases nutrition value and increases food poisoning chances.

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آہونٹ آہونٹ میں فروٹ





Motivate to control your daily job stress

The classic symptoms of job burnout include pessimism, increased dissatisfaction, absenteeism and inefficiency at work. While you may not be on the verge of job burnout, you may be one of the growing majority who report that their job causes them stress. Job stress accounts for a tremendous amount of personal misery and billions of rupees lost annually in productivity, wages and medical bills. People are waking up to the fact that job stress management makes personal and financial sense.

Every job includes some built-in difficulties that the employee is paid to adjust to. Job difficulties alone do not cause burnout. Rather, it is the employee's lack of control over his/her job situation that leads to uncertainty, frustration, reduced motivation and eventually burn-out. For example, you can become demoralized because you are unable to meet the impossible expectations of your superiors, because you cannot get the support of your co-workers, because you are inadequately trained or because no matter how well you do, your efforts are not recognized.

Even minor factors beyond your control can have a stressful impact. Consider the many unexpected interruptions in the course of your day, special meetings, phone calls, people dropping in, and equipment breakdown. Think about the faulty air conditioning system or the constant fault in machines, etc. Your daily commute probably adds to your accumulated stress for the day as well.

It is a common error to associate only excessive stress with lowered productivity. It was earlier pointed out that the symptoms of stress under-load are quite similar to those of stress overload; reduced efficiency, irritability, a sense of time pressure, diminished motivation, poor judgment and accidents. We all have a unique 'performance zone' within which we experience manageable stress that stimulates our energy, motivation, decision making and productivity.

Burnout is not simply caused by too much stress in your job. If your job made to demands on you, you would be bored. Job stress management, like stress management in general, involves finding the right types and amounts of challenge to stimulate your interest and performance without overloading you. It also requires managing those distressing areas of your job that are inevitable. Finally, it includes balancing leisure and work-related activities so that they complement one another. Job stress management is a dynamic process you can exercise personal control over.

Job-stress management is effective in increasing your sense of control in the work setting. Increased feelings of control can improve job related symptoms of guilt irritability, depression, anxiety and low self-esteem. Job stress management can also reduce job-related psychosomatic symptoms such as insomnia, ulcers, headaches, eating disorders and lowered immunity to infection.

Steps toward managing job stress:

- Identify symptoms of job stress.
- Identify the sources of job stress.
- Lack of control.



Information gap. Cause and effect.

Identify how you respond to specific job stressor. Here's how you can cope with these stress-producing thoughts.

Make a realistic appraisal of what exactly will happen if the task is not on time, flawless or totally pleasing to your superiors. A realistic appraisal means looking at what has happened to yourself and others in the past when tasks such as this were late. Realistic also means being specific. It's time to get rid of that sense of doom. Exactly what is needed of you and what your superior is likely to say to you What, if anything is likely to happen to you?

There is absolutely no good that can come from blaming anybody for your job stress. Blaming maintains your sense of being stuck and helpless. You see yourself as a victim who has no alternatives and has lost the power of choice. Blaming triggers anger and stress hormones such as adrenaline that deplete your energy and over the long run damage your health.

No one is supposed to take care of or protect you on job-stress management. They are all busy taking care of and protecting themselves. This is natural; this is the

inescapable fact of working life. So what can you say to yourself to avoid chronic blaming and anger?

The first thing you can do is ask yourself this question: 'What steps can I take to change the conditions I don't like? If you cannot think of any way to change the job-stress, you have two rational choices. You must either adapt to and accept the conditions or look for equivalent alternative.

Secondly pay attention to your natural rhythms to determine when you tend to perform optimally and schedule your most difficult tasks at that time.

Take advantage of your tea-breaks and lunches to do things that will reverse the stress response. For example go to a quiet place and do a relaxation exercise. A ten-minutes brisk walk will give you as much energy as a cup of coffee. A light conversation with your co-workers will release tension and may be just what you need to get a fresh perspective on a problem that was weighing you down.

Take mini-breaks throughout your day to reduce or prevent symptoms of tension and stress. These breaks need not take more than a few minutes and the payoff can be seen in increased mental alertness and productivity.



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Tomato for clear skin



Tomatoes are a staple in every kitchen but hardly will you hear anyone extolling its cosmetic benefits. Whether you want to cure large pores or reduce acne and rashes or sooth nasty sunburn or simply to revive the glow on dull skin, tomatoes are beneficial in many homemade beauty treatments.

Not only do tomatoes taste great but they also keep the skin healthy. It is necessary to consume tomatoes as they have lycopene, which is an antioxidant and hence works as a sunscreen from within. These antioxidants make tomato an anti-aging product as they help in fighting cellular damage and reddening of skin. It is recommended to have at least 16 milligrams of lycopene per day as they reduce the number of free radicals in the body and also help to retain the moisture in people who are used to sitting in air-conditioned environs. You don't need to spend your hard-earned money on expensive cosmetic treatments if you follow these simple steps to get healthy-looking skin:

Big pores? Shrink them

Big pores provide easy access to dirt and grime thus increasing the chances of

infecting the pore. Take a tablespoon of fresh tomato juice. Add two to four drops of fresh lime juice to this. Use a cotton ball to apply this mixture on your face. Massage it in circular motions. Leave it on for about 15 minutes and then wash off with cool water. Regular application will shrink pores greatly. Acne healing

The acidity in tomatoes helps in reducing and clearing up your acne. Vitamin A and vitamin C are commonly found in a lot of acne medicines and tomatoes are rich in vitamin A, vitamin C and vitamin K. If you have mild acne, cut a tomato in half and apply the inside on your face. For severe acne mash a fresh tomato and use the pulp as a pack on the face. Leave it on for an hour. Rinse it off and moisturize. Do this on a regular basis or as many times as you can. Your acne is bound to dry off soon.

Astringent

If you have oily skin and struggle to keep your face from shining like a fried papad, tomato is the solution to your agony. Crush a fresh tomato and strain it. Make a little cucumber juice and add it to the tomato juice. Apply this juice with a cotton ball daily to control excessive oiliness and acne.

Good to eat, great to clean

A tomato and avocado mask works wonders on combination skin. This is because tomato works as an astringent as well as a blackhead and oil-reducing agent while avocados have an antiseptic and moisturizing effect. A pack of mashed tomatoes and avocados help in soothing and cleansing combination skin (oily and dry), as they are rich in vitamin A, C and E. Apply this pack and wash off after 20 o 30 minutes with lukewarm water.

Burns no more

Summer is fast approaching and with harsh summer comes burnt, inflamed skin. A lot of people's skin gets sunburnt, raw and itchy due to exposure to the sun. Crush half a tomato and mix it with two tablespoons of plain yogurt. Apply this concoction on face, neck, hands and feet. Wash it off after 20 minutes. Tomato cools the skin and neutralises the surface while yogurt gives it a much needed protein boost while leaving it soft and supple.

Glowing skin

Mix honey with tomato juice until you get a thick paste. Apply this mixture and wash off after 15 minutes for smooth and glowing skin.

Living options for the ELDERLY

‘Cherish all your happy moments; they make a fine cushion for old age’



Unlike the West, where assisted living for the elderly is a norm, most Pakistanis cringe at the idea of leaving their elderly in old-age homes. Only callous and ungrateful people send their parents or grand parents to old-age homes, they argue. However, when assessing the reality of the situation, one comes across a mix of opinions.

There are sad stories of parents abandoned by their children once their spouses pass away, others who are kicked out by relatives and many elderly citizens who remain single all their life and are rejected by their siblings in old age. With practically no provision in the shape of old-age homes or assisted living, these people are left with no safety net.

For the rich, however, these expensive, well maintained old-age homes with private nurses who cater to the need of senior citizens who are bed ridden or need special care. But for more ordinary mortals, there is practically nothing.

As per the report published by the Social Welfare Department of Sindh in 2010, there were six welfare organizations, up from three in 2006, providing shelter to more than 150 elderly people in Karachi. Many social workers believe, however, that the number is higher because several institutions aren't registered with the government.

While Edhi Foundation's old home remains the largest shelter house in the city,

no public sector shelter for senior citizens is available in Karachi at present. Financial stability plays a pivotal role in evaluating the need for the elderly to be shifted to old homes. Many financially stable senior citizens prefer to live separate from their children but not in old-age shelters.

One of the aged ladies commented that when her husband passed away, she was devastated. Not having lived without her husband a single day during her 40 years of marriage, she didn't know what to do with her life. Her son was most cooperative during that time but she saw a change in him a few months later. Within a year of her husband's death she became an unwelcome member at home, neglected and worn out. It was now up to her to either live in that state of helplessness or learn to live independently. She opted for the later and have no regrets.

While praying for the well-being of her son, the lady narrates life at home would have been nothing but a mental exile. She now says that she enjoys meeting new people now and likes to help her neighbors in times of need. 'Be it babysitting for a young couple or giving out home remedies to a bunch of exhausted mothers.

However, despite financial stability, ill-health and lack of physical care also compel many children to send their parents to old-age homes. One of the Pakistanis working

in Dubai, had no option but to leave his bed-ridden father in reputable old-age home where he was assured of expert medical care. He had an entire career waiting for him and it was a hard decision to leave behind his father alone at home. He could not leave him at the hands of private caretakers and thought perhaps the company of people of the same age group will help him recover soon.

Just like the situations under which senior citizens are brought to these homes, the living pattern and adjustment for each one of them also vary. While some people prefer living here if they have suffered from bad relationships at home, others go into depression and re unable to cope with the abandonment.

Given the fast deteriorating family system, the elderly in our society often end up being neglected even when they are living with their children. Similarly, with an increasing number of people migrating to foreign shores in search of better opportunities, many parents are left alone to fend for themselves.

This scenario wouldn't it be feasible if there are well-equipped community houses and recreational centers where senior citizens can live and meet people of their age rather be lonely at home. A place where they can be counselled and treated and provided ample opportunities to engage in different activities to feel useful and constructive even in old age.



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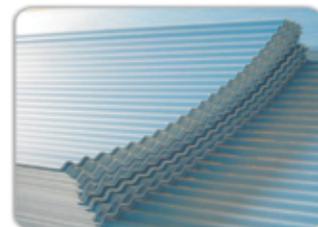
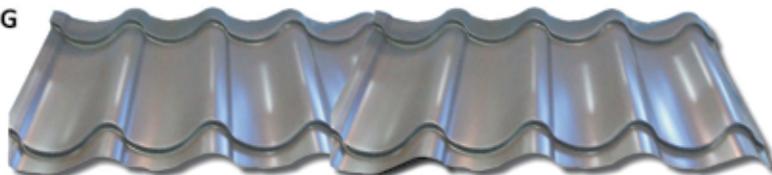
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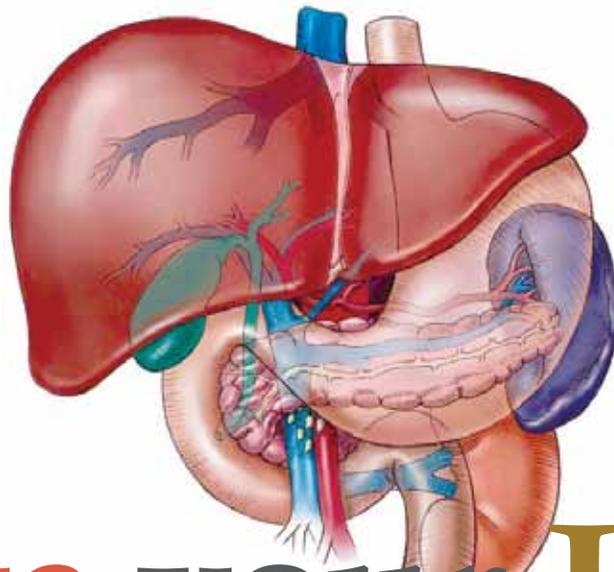
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Love your Liver

Hepatitis refers to inflammation of liver, caused by viruses, bacteria, drugs, or excessive alcohol intake. Viruses, however, are considered a leading cause of hepatitis worldwide, and account for hepatitis A, B, C, D, E, F and G. In Pakistan, hepatitis B and C are the most prevalent.

The liver performs many vital functions of the body including purification of blood, synthesis of proteins, detoxification of harmful substances, storage of vitamins, fats, glycogen and various other functions. So, in case of hepatitis all these functions are compromised leading to classic signs and symptoms which include loss of appetite, nausea, vomiting, fever, weakness, fatigue, painful abdomen, dark urine, light-colored stools and jaundice. Hepatitis C can be diagnosed by checking for HCV antibodies (anti-HCV) in the patient's blood. Hepatitis B can be diagnosed by Hbs Ag levels in blood. Certain liver enzymes including ALT (alanine aminotransferase) and AST (aspartate aminotransferases) are also elevated in case of hepatitis.

Major causes of hepatitis B and C include use of contaminated syringes, blood transfusions, sexual contact, infected mothers transmitting to their newborns, hemodialysis, etc. The use of infected equipment for tattooing, body piercing, and sharing razors and toothbrushes (if there is contamination with infected blood) can also transmit the infection from person to person.

About six to ten percent of patients with

HBV and 50-70 percent of HCV patients develop chronic infection (infection lasting at least six months) and can infect others as long as they remain infected. Such patients are at risk of developing cirrhosis and liver cancer.

Dietary plan of patients with hepatitis must be modulated, and instead of two major meals, at least four to five meals a day should be advised as frequent meals help boost the immune system by supplying nutrients at regular intervals; this method also helps prevent nausea and vomiting. Adequate protein from sprouts, beans, fish and egg white should be taken. Moreover plenty of whole cereals, grains and a variety of fresh fruits and vegetables should be advised. These foods will provide antioxidants and the necessary nutrients to fight liver cell damage. Sugary, salty, fatty foods and alcohol must be prohibited and plenty of water should be recommended. Among fatty foods beef, mutton, butter, fried foods, whole fat dairy products like cheese and ice cream should be avoided. Proper diet, regular exercise and adequate sleep are some key factors which might be helpful. Among exercises, aerobic and weight bearing ones are particularly helpful. Aerobics simply are the ones that make your heart pump faster than normal.

As always, the first priority should be prevention. Proper disposal of used syringes, screening of blood and avoiding multiple sex partners are some of the common sense measures to protect oneself from a host of diseases, including hepatitis B and C.

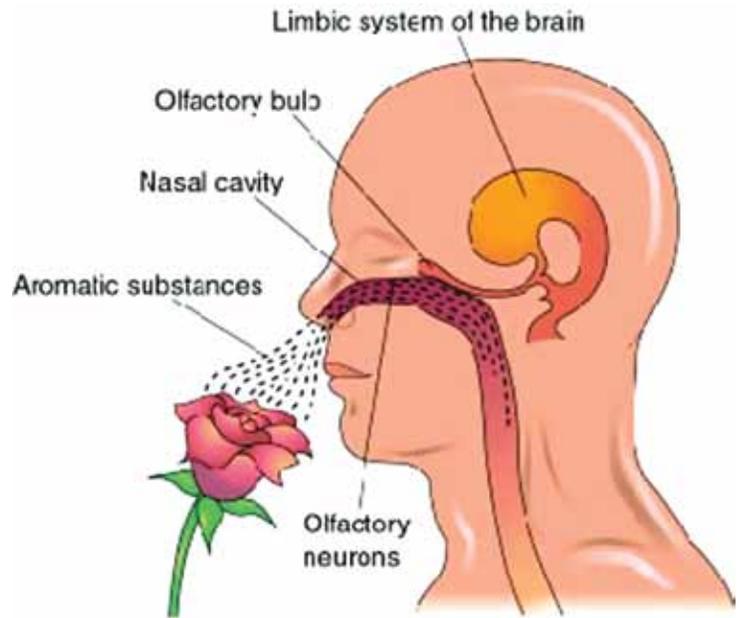
Vaccination for hepatitis B is also available and should be included as a mandatory part of one's health care routine. Hepatitis C however has no vaccine as yet.

A hepatitis patient can infect his family by sharing toothbrushes; razors, accidental contact with his/her blood during wound management, blood transmission, etc., and therefore must avoid all the aforementioned factors to prevent its spread.

The Food and Drug Administration has advised the following drugs for the treatment of chronic hepatitis B and C: alpha interferon, lamivudine and ribavirin. Interferons are proteins produced by lymphocytes (body's cells) in response to pathogens (e.g. viruses) and act by stimulating the immune system which then inhibits viral replication. It is an expensive drug and has a success rate of 50 percent; it must be administered by injection (given for 24 weeks in adults and 16 weeks in children), and has many side effects including fever, chills, tachycardia, headache, liver toxicity, diarrhea, nausea and vomiting. So far, however, it is one of the most effective treatments against hepatitis.

Lamivudine on other hand is taken in the form of 150 and 300mg tablets, has few side effects and acts by increasing seroconversion of e-antigen, hence reducing symptoms and improving liver function. However, not all cases respond to treatment, and at times, the only recourse available is that of a liver transplant.

What is Smell and How Does It Work?



Smell is one of the five senses with which humans receive information about the world. The olfactory system is connected with memories and emotions.

Just about all creatures - vertebrate and invertebrate - have a sense of smell, known also as olfaction. Though it varies across species, smell is basically the capture of residual molecules in the air by receptor cells, and the resulting perception of 'smell' tells the organism about something that is nearby. Smell also has a profound effect on our day-to-day experience, and can trigger memories.

The Mechanics of Smelling

Invertebrates "smell" through special receptor cells in their antennae, which are analogous to the vertebrate's sense of smell through the nasal cavity. In both, it is the presence of special olfactory sensory neurons that is responsible for the act of smelling. (Hussain) For simplicity's sake, this article will focus on vertebrates.

The density of these neurons in the nasal cavity, in an area called the olfactory epithelium, indicates the organism's sensitivity to smell. Humans typically have 1.6 square inches of epithelium, while dogs have 26 square inches. Also the olfactory sensory neurons are much more dense in a dog's epithelium than in a human's. This disparity is the main reason why dogs have a much sharper sense of smell than human's. (Pinel)

Residual or stray molecules always escape an object and float into the air. The closer to the object, the more of these

molecules there are. These molecules, referred to as 'odorants' when detected by the olfactory system, are what triggers the reaction that will eventually be called an 'odor'. These molecules are captured in the mucus lining of the nasal cavity and are detected by the olfactory sensory neurons. What's interesting about the sense of smell is that it's actually nerves that are the direct stimulant to the brain, whereas other senses use cilia or specialized cells to stimulate nerves and then the brain.

Afterward, a nervous and chemical reaction is set off that stimulates the brain, which interprets the smell based on experience and memories. The chemical reaction is complicated and need not be repeated in this article; however, to learn more about this chemical reaction, check the sources below.

The olfactory neurons send information to the brain via the olfactory nerve. The information is then passed to the olfactory bulb, and then on to the olfactory cortex. This happens fairly quickly, as the route from nasal cavity to the brain is separated by a section of the skull called the cribriform plate, which the neurons pass through in order to reach the brain. In the olfactory cortex, the actual perception of smell arises.

The brain synthetically creates the smell. (Leon) For example, the smell of strawberries doesn't really come from strawberries, but from how the brain processes the information received from molecules emanating from the strawberry. Odor information is then stored in the long term memory and actually has

close associations with emotions. This is probably because the olfactory system is tied in with the hippocampus and limbic system, which are associated with place memory and emotions, respectively.

Smell's Effect on Experience and Memory

Aside from the perception of smell, the olfactory system works in tandem with taste and the motor functions of the mouth (trigeminal) to create flavor. The tongue can only sense five distinct tastes (bitter, salty, sour, sweet, and umami), while the nose can distinguish between hundreds of different smells. It is during the exhalation that the olfactory systems contributions to flavor are made. (Masaoka)

Because smell is stored in long-term memory, and is also tied in with emotional centers of the brain, it is no surprise that smells can evoke emotional responses in people. Odors are often powerful cues that bring memories back to awareness. This is called an odor-elicited emotion. (AffectiveSciences.org) Sometimes baked goods, for example, may remind someone of family members who used to bake cookies.

Emotions are tied to many smells because the very act of smelling stimulates the limbic/emotional centers of the brain before it stimulates the cognitive parts of the brain. So, when we smell strawberries, before we can identify the smell, deep-seated emotions associated with the smell are felt first. Most people have happy emotions when they smell strawberries.



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KHIDMAT MEIN ROSHAN

SMART TIPS TO SAVE ENERGY & ENVIRONMENT

ENERGY EFFICIENT LIGHTING



- Replace old lighting fittings with modern **LED** lights as they consume less energy without disturbing the required illumination level and bring substantial savings in your **ENERGY** bill per month.
- A **20W** Energy Saver can save up to **75%** Electricity. It is brighter and lasts **10** times longer than the conventional Incandescent Bulb.
- Paint selection may also help in reducing energy bill cost. Choose lighter shades as they reflect up to **80%** of light.
- In most homes about **10%-15%** of the **ENERGY** bill is for lighting. Always turn off the lights when you leave a room.
- Stop using an Incandescent Bulb, as it uses **90%** of its energy to produce heat and only **10%** to give light.
- Use natural daylight wherever possible.
- Use a dimmer. Light dimmed to **50%** of its brightness may save you **25%** of electricity.

LOVE YOUR ENVIRONMENT



- By adopting an energy efficient lifestyle, you can alone reduce carbon emission by **6% to 8%**.
- If **ONE MILLION** Karachiites just switch off a TV from **MIDNIGHT TO 6:00 AM**, we can conserve **120 MW** on sustainable basis.
- If **ONE MILLION** Karachiites convert from CRT to LCD, we can conserve up to **70%** of energy, resulting in **60MW** on sustainable basis.
- Early closure of **SHADI HALLS** helps to conserve **45MW** on sustainable basis.
- Every unit that burns releases **3.75LB** of CO₂ in atmosphere, so minimize undue use of electricity.
- Plant as many trees as possible. They **ABSORB THE CARBON DIOXIDE** emitted by burning of fossil fuel and **IMPROVE AIR QUALITY** by filtering harmful dust and pollutants.
- Emission of **487** million lbs of CO₂ can be reduced by saving **100MW**, which will make way for a healthier environment.

ENERGY EFFICIENT HOUSEHOLD



- Don't open the microwave oven door too often, as each opening leads to a temperature drop of **25°C** which consumes more **ENERGY**.
- Avoid using UPS in daytime as a normal UPS consumes **300W - 400W** more power to recharge the battery. On the other hand, switching to a **SOLAR UPS** will help to conserve approximately **100 MW**.
- Keeping hot food in fridge makes the appliance consume more **ENERGY**.
- Leaving the door open for a long period makes the refrigerator and deep freezer consume more Energy.
- Keep regular check on your refrigerator and deep freezer **GASKETS, CONCEALING RUBBERS** and **COMPRESSORS** for leakages. It will help in maintaining the appliance's efficiency, resulting in less consumption.
- Standby modes of all appliances keep sipping away energy. Unplug them if not in use.
- Avoid using heavy load appliances, such as **AIR CONDITIONERS, MICROWAVE OVENS, WASHING MACHINES, DRYERS, ELECTRIC IRONS, ELECTRIC OVENS AND WATER PUMPS** at the same time. Divide your load during the day, avoiding peak hours i.e., **7 PM TO 11 PM**.

ENERGY EFFICIENT COOLING



- Keeping AC thermostat at **24°C** can reduce your monthly bill by **30%**. You will still feel cool and comfortable.
- Use **HEAT REJECTION ULTRAVIOLET SHEETS** on windows to reduce energy consumption of the AC. This will help in saving up to 30% of electricity.
- Set the thermostat higher at night, as your body can tolerate higher temperatures when you're sleeping.
- Keep your outdoor unit shaded but with good airflow. A condenser unit kept in shade is more efficient than the one in hot sunlight.
- Keep your air conditioner serviced regularly. Clogged filter reduces AC's efficiency and puts added strain on the fan motor.
- Insulate your roof. Rooftop gardens also provide a lot of insulation in summer.
- Make use of curtains, shutters, blinds, and awnings to keep sunlight from turning into indoor heat. Use a light fabric for curtains.

ENERGY CONSERVATION INITIATIVE

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Health is precious to all so take good care of it

Everyone living in Karachi is familiar with the problems one has to face while commuting, especially during rush hour, when traffic jams are a norm. Being stuck in a traffic jam is not only a waste of time but increases stress and exposes one to air pollution. A number of measures have been suggested to ease the traffic mess on city's roads like signal-free corridors, flyovers and under-passes, etc.

Last year at a seminar held in Karachi, representatives of the Japanese International Corporation Agency suggested the need for a high-quality bus-based transit system for Karachi to meet its transportation requirements, the suggestion was based on their two-year study of Karachi's transportation system. Bus Rapid Transit is an effective transportation system for reducing traffic congestion. It is used in many cities around the world such as Bangkok and Delhi.

Karachi must opt for Bus Rapid Transit System, But since that would take a long time to complete, some interim measures are suggested to ease traffic congestion in Karachi, these are also aimed at automotive air pollution control.

Here in this part of the world, the major factors which contribute to traffic congestion include roadside parking (even double parking), absence of proper road marking which prompts people to switch lanes aimlessly, plying of heavy duty vehicles during peak hours, buses and mini buses stopping in the middle of the road and at the intersections to pick and drop passengers, long pick and drop passengers, long pick and drop time of buses and minibuses blocking the flow of traffic, misuse of footpaths by shopkeepers that force pedestrians to walk on the road, jaywalking, use of right hand side lanes by vehicles maintaining relatively low speed, absence of car pooling, and non-synchronisation of traffic signals especially the ones that don't efficiently respond to the volume of traffic flow.

Bangkok, which can be compared to Karachi, in terms of volume of traffic, has been fairly successful in solving traffic congestion problem. This is mainly due to adequate bus system and sky trains. Traffic



laws are less violated, drivers are disciplined and people do not unnecessarily switch lanes. Bangkok transport department frequently undergo training programs in the transport engineering division of the Asian Institute of Technology.

A visit to the Saddar area in the evening reveals the extent of automotive air pollution. The key aspect of vehicle emissions control is proper engine tuning and maintenance. Experience shows that qualified mechanics and workshops for this purpose are limited in number and expensive, while the cheaper ones carry out improper tuning, due to which people avoid getting their vehicles tuned, which, in turn, contributes significantly to air pollution. Establishment of government controlled, low-cost workshops, run by qualified mechanics, backed by appropriate strategy, would get a highly encouraging response from vehicle owners.

A menace, which contributes to auto-related air pollution is the availability of adulterated fuel; this needs to be checked. Another important factor, not known to many people, is the corrosion of underground fuel tanks at some petrol pumps. This leads to two-fold problems; presence of fine metal particles in the fuel and mixing of water with petrol.

The exhaust pipe of buses, minibuses,

trucks and other heavy-duty vehicles should be at the rear end of the vehicle. At present most of the buses in Karachi have their exhaust pipes on the side of the bus, which pumps emissions directly into the adjacent vehicles. Further, the exhaust pipe should extend (from the rear) to the top of the bus. The vertical protruding pipe will discharge smoke upwards.

In Karachi public transport vehicles are mostly old. About 10pc of the buses are not road-worthy' it also applies to trucks, taxis, rickshaws, vans and cars. The vehicles are significantly older with negligible scrap page rate. Poorly maintained older vehicles yield more emissions as compared to a well-maintained new vehicle.

So as to reduce traffic congestion it is technically possible provided the problem is handled by qualified people educated in transportation engineering. It is emphasized here that transportation engineering is a specialized field. Many new concepts have been introduced for reducing traffic congestion and automotive air pollution which are not known to non-technical people. It must be realized that a combination of the highlighted actions would significantly reduce traffic congestion and automotive air pollution in the city.

Communicating with DANGER

Mobile phone technology and its perils while driving. Not many people would refute the fact that the excessive use of anything can be harmful. It could be an overdose of medicines, unwarranted hours of workout, or even voracious reading, the end result is seldom anything productive. The same rule also applies to technology and communication.

In the modern era, where the communication and technology fever has taken the entire world by storm, the technology that appears to have swept across the lives of the masses literally like a self-copying virus, multiplying at a dramatic rate is mobile technology.

One does not need a highly acute observation in order to notice how the world has changed since the advent of mobile technology. Whether it is social networking, video conferencing, conducting research, e-mailing, gaming, listening to music, watching movie or taking pictures, a mobile phone is all that you need. So much so that even contemporary education and educationists have also started relying on the use of mobile technology nowadays. Nevertheless, all the positive aspects aside, there are certain facets, which sometimes turn into obsessions and could at times prove to be fatal if not tackled fittingly. One such fixation would be the urge to respond to call, texts and social networking websites' messages while driving.

A survey recently conducted in New York revealed that more teenagers die in road accidents due to texting in the USA as compared to those who meet their demise due to drunk driving.

If we take a look at the roads of Pakistan's prominent cities, we will observe individuals busy with calling or texting while driving. We must bear in mind here that unlike a few states in the United States of America, Pakistan is one of those countries where the usage of mobile phones is illegal while driving. On might and usually does, get a ticket if found guilty, especially on the roads that are extremely busy.

And yet, accidents do occur and people get hurt. Many precious lives are lost due to



texting or using mobile phone while driving. One trivial misdoing which turn into a catastrophe for the whole family. Of course, there are times when the situation is not as grave, but the message is still clearly the same, do not use mobile phones while driving.

Apart from texting and calling, another unsafe act while driving is the use of mobile cameras. With so many news channels promoting 'citizen journalism and encouraging people to take picture of anything out of the ordinary or illegal, in order to be played as on-air content later, many drivers immediately start clicking pictures as soon as they come across anything unusual.

One of my friends who is a marketing professional, has a strange yet funny story to share. He was on his way back home from work. The traffic was quite heavy and he was going really slowly because of some political party's sit on. The guy driving in front of my friends' car got it into his head that he must capture all this for some bizarre reason. He took out his phone and either started taking pictures or making a video. While doing so, he lost his grip on the steering wheel and his car kind of swerved and hit the footpath. Since he was going already pretty slow, the damage till that point was not that much. However, what happened next was not a pretty sight.



As he got out of the car to check how bad it was, mobile phone still in hand, some goons appeared out of nowhere, snatched his phone and took off on their motorbike. It was pretty sure that they must have been watching him while he taking pictures from inside his car.

Summing it up, there is little doubt that though mobile technology is an essential part of our lives, we should definitely refrain from using it while driving.

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મેમણ આલમ (WMO)



ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

કરાચી

તા. ૨૦-૧૧-૩૪

અહીં તા. ૨૦-૧૧-૩૪ની રાત્રે ઓખાઈ મેમણ સાહિત્ય મંડળ ની જનરલ સભા જનાબ યુસુફ મહંમદ લફાના પ્રમુખપણા હેઠળ મળી હતી જેમાં હોદ્દાદારોની ચૂંટણી થયા પછી કેટલાક ભાઈઓએ ભાષણ કર્યા હતા. સાહિત્ય મંડળના મંત્રીએ સાહિત્ય શબ્દની વ્યાખ્યા કરી હતી વિદ્વતાભર્યું વિવેચન કર્યું હતું અને ઓખાઈ મેમણ યુવકોને આ સાહિત્ય મંડળને વધાવી લેવા આગ્રહભરી અપીલ કરી હતી. પ્રમુખ સાહેબે પણ પોતાના પ્રવચનમાં વિચારવા યોગ્ય વાતો રજૂ કરી હતી. છેવટે કેટલાક સભ્યોએ કરાચી ખાતે ઓલ ઈન્ડિયા મેમણ કોન્ફરન્સ કમિટી સ્થાપવા ભલામણ કરી હતી જે ઉપર લંબાણ ચર્ચા ચાલ્યા બાદ એ વિષય આવતી સભા પર મુલતવી રહ્યો હતો.

ગૌંડલ

તા. ૨૨-૧૧-૩૪

અહીં તા. ૨૨-૧૧-૩૪ ગુરૂવારની રાત્રે મેમણ ડિબેટીંગ સોસાયટીના આશ્રય હેઠળ શબ્દે બરાતનો જલ્સો ભારે દબદબા સાથે ઉજવવામાં આવ્યો હતો. મેમણ ભાઈઓ તેમજ મુસ્લિમ ભાઈઓથી રોનકે ઈસ્લામનો આખોય હોલ ચિકકાર ભરાઈ ગયો હતો. જલ્સામાં જ. ઈસ્માઈલ હુસેન જુવા, જ. અ. અઝીઝ તાહેરમામદ, જ. અ. સત્તાર આહમદ તબાણી અને જ. તારમોહંમદ નૂરમોહંમદ વિગેરેની હાજરી ખાસ ધ્યાન ખેંચતી હતી.

મેમણ ડિબેટીંગ સોસાયટીના પ્રેસિડેન્ટ જ. ઈસ્માઈલ અ. સત્તારની દરખાસ્ત અને જ. મોહંમદ હમીદના ટેકાથી આજની સભાનું પ્રમુખસ્થાન

પાંચમા વર્ષનું જનરલ સરવેયું ઓડિટર્સના રિપોર્ટ સહિત મૂસા આદમ મહેનતી તરફથી રજૂ થયેલ, જે જનરલ સભાએ મંજૂર કર્યું હતું.



જ. ઈસ્માઈલ હુસેન જુવાને આપવામાં આવ્યું હતું.

કુર્આને શરીફની તિલાવત બાદ જ. મામદ હામદ અને જ. અ. સત્તાર ઓસ્માણે શબ્દે બરાતની ફઝીલતો સમજાવી હતી. પછી સંસ્થાના પ્રેસિડેન્ટ જ. ઈસ્માઈલ અ. સત્તાર તબાણીએ સંસ્થાના મેમ્બર બનવા માટે સર્વે ભાઈઓને અપીલ કરી હતી. ત્યારબાદ જુદા જુદા વક્તાઓના વિવેચનો બાદ પ્રમુખે શબ્દે બરાતની ફઝીલત સમજાવી હતી અને છેવટે યા પાન લઈ લગભગ અગિયાર વાગે સભા વિસર્જન થઈ હતી.

બાંટવા

તા. ૨૫-૧-૩૪

મેમણ સેવા સમિતિની સભા: મેમણ સેવા સમિતિની જનરલ તા. ૨૫-૧-૩૪ની રાત્રે ઈશાની નમાઝ બાદ સંસ્થાના હોલ પર ડોક્ટર સાહેબ એ.ડી. અબ્બાસીના પ્રમુખપણા હેઠળ મળી હતી. જેમાં

ત્યારબાદ શેક ઉસ્માન અબ્દુલ ગની નૂર માહમદના પ્રમુખપદે ઓફિસ બેરો અને મેનેજીંગ કમિટીના મેમ્બરોની ચૂંટણી થઈ હતી.

પ્રેસિડેન્ટ જ. અલીમાહમદ આમદ કારા, વા. પ્રેસિડેન્ટ જ. અબા તેયુબ ગની મૂસા અને જ. ઉસ્માન અ. ગની નૂરમામદ, ઓ. સેક્રેટરી જ. હાજી રહેમતુલ્લા ગની હાસમ જાંગડા જે. સેક્રેટરી: જ. અબા તેયુબ આમદ સુરમાવાલા, ઓડિટર: હાજી રહેમતુલ્લા હાજી આદમ બાલાગામવાલા, ટ્રેઝરર: જ. હાજી હબીબ હાસમ કાપડીયા.

બાદમાં મોડી રાત્રે સભા વિસર્જન થઈ હતી.

રંગુન

અહીંના મેમણ યુવાનોમાં ઠીક ઠીક ઉત્સાહ ફેલાયેલો દેખાય છે. એક તરફથી રંગુન મેમણ જમાતની મિટીંગો થાય છે બીજી તરફથી ધ યંગ મેન્સ મેમણ એસોસિએશન પણ પ્રવૃત્તિશીલ બની છે. જ. અ. વાહીદ

આદમજી કે જેઓ ફ્રેકોમ શેઠ આદમજી હાજી દાઉદના પુત્ર છે તેઓ બર્મા ઈન્ડિયન ચેમ્બર ઓફ કોમર્સના પ્રતિનિધી તરીકે રંગુન પોર્ટ ટ્રસ્ટના એક કમિશનર ચૂંટાયા છે. જ. અ. હબીબ યાકૂબ જેઓ મેસર્સ યાકૂબ અ. ગની સન્સની ફર્મના માલિક છે તેઓ બર્મા ઈન્ડિયન ચેમ્બર ઓફ કોમર્સ તરફથી રંગુન જનરલ હોસ્પિટલ એડવાઈઝરી બોર્ડના મેમ્બર ચૂંટાયા છે. મહુમ સર. અ. કરીમ જમાલના જમાઈ તથા ભત્રીજા જ. યુનુસ સુલેમાન રંગુન કોર્પોરેશનના એક ઉમેદવાર તરીકે બહાર પડ્યા છે. તેમની સફળતા માટે રંગુન મેમ્બર જમાત તથા યંગ મેન્સ એસોસિએશન પ્રયાસો કરી રહેલ છે તેમાં ખાસ કરીને શેઠ હાજી આદમદ ઈબ્રાહિમ એ.કે. હાજી ગની. અ. કરીમ વહેવારીયા, હબીબ યાકૂબ વગેરેના પ્રયાસો પ્રસંશાપાત્ર છે.

ટંકારા

૧૪-૧૨-૧૯૩૪

રમઝાન મહિનો હોવાથી મસ્જિદ ચિકકાર રહે છે. નમાઝીઓની સંખ્યા સારા પ્રમાણમાં થાય છે. શેઠ હાજી કાસિમ તરફથી મસ્જિદમાં રૂા. ૪૦ રમઝાન માટે આવ્યા છે. શેઠ અબ્દુલ ગની હાજી સુલેમાને મસ્જિદનું અને જમાતનું કામકાજ સંભાળ્યું ત્યારથી દરેક કામ સુવ્યવસ્થિત અને સુંદર થાય છે. મસ્જિદ પ્રત્યે એમની પોતાને જાતિ લાગણી હોવાથી દરેક કામ ખૂબ જ ખંત અને ઉત્સાહથી કરે છે. તરાવીહમાં પેટ્રોમેક્ષનો બંદોબસ્ત થયો છે. ઈદગાહનું સમારકામ ચાલુ થઈ ગયું છે. નમાઝીઓની દરેક સગવડો સચવાય છે. ગામમાં પાણીના નળ નાખવા માટે જમીનની માપણી થઈ છે. કામ પણ ચાલુ થઈ ગયું છે. ઈદ પણ નજદીક આપતી જાય છે અને ધીમે ધીમે મેમ્બર

ભાઈઓ પણ આવતા જાય છે.

ધોરાજી

ડિસેમ્બર ૧૯૩૪

શેઠ હાજી જમાલ નૂરમોહંમદ તરફથી બાહર કોટ રંગભૂમિ સામે મસ્જિદે ફાફી નામની ભવ્ય મસ્જિદ બાંધવામાં આવી છે.

હાલમાં રમઝાનમાં તેનો લાભ નમાઝીઓ લઈ શકે તે માટે અર્ધી મસ્જિદને ચાંદ રાતથી ચાલુ કરવાની ક્રિયા મોલુદ શરીફ સાથે કરવામાં આવી હતી. શેઠ હાજી જમાલ નૂરમોહંમદના કુટુંબ તરફથી મસ્જિદના ખર્ચ માટે રૂા. ૨૫૦૦૦ની સખાવત કરવામાં આવી હતી.

મેમ્બર લગ્નમાં વિઘ્ન કરનારો કેસ કોર્ટ ચડ્યો હતો, પરંતુ મેમ્બર મોટી જમાતના પ્રમુખ શેઠ અલીમોહંમદ હાજી જમાલે વચ્ચે પડી સમજુતી કરાવી દીધી તેથી કેસ પાછો ખેંચી લેવામાં આવ્યો છે.

કુતિયાણા

ડિસેમ્બર ૩૪

મેમ્બરો હાલ રમઝાન માસમાં નમાઝે તરાવીહમાં મસ્જિદોમાં સારી સંખ્યામાં નજરે પડે છે. ખુશી થવા જેવું તો એ છે કે મદ્રસા મસ્જિદમાં એક યુવાન મેમ્બર હાફીઝ તરાવીહ પઢાવે છે. તે બદલ તેમને ખરેખર મુબારકબાદ ઘટે છે.

રમઝાન કુઆને પાકનો ખત્મ ૧૪ હલ્કાઓમાં થાય છે. ઓરતોમાં પણ ખત્મ થાય છે એ ખુશી થવા જેવું છે. મદ્રસાએ ઈસ્લામીયામાં એક આવકારદાયક ફેરફાર થયો છે. એક નવયુવાન મેમ્બરની માસ્તર તરીકે નિમણૂક કરવામાં આવી છે જે બાળ કોને સ્કાઉટ, શરત વિગેરેની સારી તાલીમ આપે છે.

મેમ્બર સેવા સમિતિ 'વિધવા ફંડ'ને આગળ ધપાવવા કોશિષ કરી રહી છે.

રંગુન

તા. ૧૬-૧૨-૩૪

છેલ્લા ચાર માસ થયા મિ. અ. સત્તાર વલી બેરીસ્ટર અહીં આવેલા છે અને પોતાનું બધું ધ્યાન તેમની રાઈસ મીલના કામમાં રોકી રહ્યા છે. તેઓ મિ. યુનુસ જમાલની કોર્પોરેશનની ચૂંટણીના હંગામ પર મેમ્બર જમાત તરફથી બોલાવવામાં આવેલ મિટીંગમાં હાજર થયા હતા અને મિ. યુનુસની લાયકાત વિષે છટાદાર ભાષણ કરેલ હતું. તેમણે જણાવ્યું હતું કે હું સમજતો હતો કે ડિગ્રી મેળવી લેવી તે ઘણું છે પરંતુ હવે જોઈ છે કે અનુભવ પાસે ડિગ્રી કંઈ નથી અથવા તો અનુભવ સિવાય ડિગ્રી કંઈ નથી.

અહીં ઈરાવદી ઓઈલ સિન્ડીકેટ લિ. તથા મુલ્લા ઓઈલ ડું. લિ.ના મેનેજીંગ એજન્ટ શેઠ હાજી સુલેમાન આદમજીવાલાએ જેમના અહીં ઘાસલેટના ફૂવાઓ છે તેમણે તેલ રિફાઈન કરવાનું પ્લાન્ટ અને ૩૦ એકર જમીન ખરીદ કરેલ છે.

મદ્રાસવાલા શેઠ આદમ શેઠની રિજર્વ બેન્કના ડાયરેક્ટર તરીકે નિમણૂક થયાનું ગવર્નમેન્ટ ખરીતામાં પ્રગટ થતાં તેમના સ્નેહીઓમાં ખુશાલી ફેલાણી છે.



દસ તો વાગી ગયા છે જમ્મર સરૂ થવાનો હોય તો ઘરેથી નિકળીએ !

G-02

મેમ્બર આલમ

દીની અને સખાવતી કામોમાં પેશ પેશ રહેલા મેમન અગ્રણી હાજી અલી મોહંમદ પાકોલાવાલા



કરાચીમાં મેમણ બિરાદરી માટે વસાહત સહિતના ક્ષેત્રોમાં લોકકલ્યાણની પ્રવૃત્તિઓ અને સામાજિક કામોમાં આગળ પડતી ભૂમિકા ભજવી ગયેલા મહુમ હાજી અલી મોહંમદ હાજી પાકોલાવાલાને આજે પણ બિરાદરી એક પરોપકારી દાનવીર નેતા તરીકે યાદ કરે છે. તેઓ ધોરાજીના પ્રખ્યાત તેલી પરિવારથી સંબંધ ધરાવતા હતા.

હાજી અલી મોહંમદનો જન્મ ૨૯મી ડિસેમ્બર ૧૯૧૮ના રોજ ધોરાજીમાં હાજી મોહંમદના ઘરમાં થયો હતો. તેમના વડવાઓ પણ વરસોથી લોકભલાઈના કાર્યોમાં ભાગ લેતા રહ્યા હતા. હાજી તાર મોહંમદ તેલી ટ્રસ્ટની સ્થાપના જાન્યુઆરી ૧૯૪૫માં થઈ હતી અને તેમના સ્થાપક ચેરમેન હાજી અલી મોહંમદના ભાઈ હાજી અ. સત્તાર હતા. બાદમાં હાજી અલી

મોહંમદે પણ એ ટ્રસ્ટના ચેરમેન તરીકે કામગીરી બજાવી હતી. ભાગલા પહેલાં જ તેલી પરિવારે કરાચીમાં વેપાર-ધંધામાં ગંપલાવી દીધું હતું અને ૧૯૩૫માં કરાચીમાં હાજી સત્તાર હાજી મોહંમદ નામની પેઢી સ્થાપી હતી. ભાગલા

પછી આ કુટુંબે હિજરત કરીને કરાચીમાં વસવાટ કરી લીધો હતો. પાકિસ્તાનના ઉદ્યોગિકરણમાં તેલી પરિવાર એક મોટા ઉદ્યોગિક જુથ સ્વરૂપે ઉભરી આવ્યો હતો. તેમની એક પેઢી પાકિસ્તાન બિવરેજ કંપનીનું પીણું ‘પાકોલા’ના નામે અતિ લોકપ્રિય નીવડતાં તેલી પરિવાર હવે ‘પાકોલાવાલા’ તરીકે પંકાવા માંડ્યો.

કરાચીમાં ઠરીઠામ થયા બાદ આ પરિવારે હાજી અ. સત્તાર તેલીની આગેવાનીમાં વસાહત ક્ષેત્રે તેમજ દીની કામોમાં સક્રિય ફાળો નોંધાવવાનું શરૂ કરી દીધું હતું. ધોરાજી કોલોનીમાં જમાલ નૂર હોસ્પિટલની સ્થાપના પણ આ ફેમીલીએ કરી હતી. હાજી અ. સત્તાર અને બીજા ભાઈ હાજી હબીબના ઈન્ટેકાલ બાદ હાજી અલી મોહંમદે માનવ ઉત્કર્ષની કામગીરી

સંભાળી લીધી હતી. તેમણે ધોરાજીમાં જ હાઈસ્કૂલ સુધી તાલીમ લીધી હતી અને તેમના નિકાહ મેમણ ઉદ્યોગપતિ હાજી ઉમર માચીસવાલાની દુપ્તર ઝુલેખાબાઈ સાથે થયા હતા.

હાજી અલી મોહંમદ પાકોલાવાલાની સખાવતો અગણિત છે. ખાસ કરીને કરાચી તથા હૈદરાબાદમાં મેમણ વસાહતો માટે તેમણે નોંધપાત્ર સેવાઓ આપી હતી એટલે તેમને બાબા-એ-વસાહતના નામે પણ ઓળખવામાં આવતા હતા. જમાલ નૂર હોસ્પિટલ ઉપરાંત તેમણે ધોરાજી કોલોનીમાં સ્થાપેલી હાજીયાણી હનીફા સ્કૂલ માટે તેઓ હરહંમેશ તત્પર રહેતા. મઝહબ પરસ્ત ઈન્સાન હોવાથી મઝહબી પુસ્તકોના પ્રકાશનમાં તેમનો નોંધપાત્ર ફાળો રહેતો. છેક આઝાદ કાશ્મીર સુધી પાકિસ્તાનના તમામ પ્રાંતોમાં મસ્જિદો, મદ્રેસા, હોસ્પિટલો, યતીમખાનાઓઓને હાજી મોહંમદ પાકોલાવાલાની સખાવતોનો લાભ પહોંચતો હતો. જરૂરતમંદોની મદદ અને ગરીબ કન્યાઓની શાદી જેવા કામોમાં તેઓ મોખરે રહેતા. મોટા આલીમો, ખતીબો, મુફતીઓ, કારીઓના સહેવાસમાં રહેતા. અલી મોહંમદ પાકોલાવાલાના મિત્ર વર્તુળ માં મુફતી મોહંમદ યુસુફ બિન્નોરી, મૌલાના શબ્બીર એહમદ ઉસ્માની, મૌલાના એહતેસામુલ હકક થાનવી અને મૌલાના અ. ગફુર અબ્બાસી જેવા ખ્યાતનામ આલીમો શામેલ હતા. મૌલાના અ. ગફુર

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મેમણ આલમ

અઠબાસીના નામ પરથી તેમણે ગાર્ડન ઈસ્ટમાં મસ્જિદ ગફુરીયા અને દીની મદ્રેસાની સ્થાપના કરી હતી. આ મસ્જિદ પાકોલાવાલી મસ્જિદ તરીકે પણ ઓળખાય છે.

ઉપરાંત તેમણે સોહરાબ ગોઠમાં દર્સગાહ અને બોર્ડિંગ હાઉસની સ્થાપના કરી હતી. દારૂલ ઉલુમના આલીમો માટે તેમણે ૩૨ લકઝરી ફ્લેટો બંધાવી આપ્યા. હૈદરાબાદમાં તેમની મદદથી તેયાર કરાયેલો ૧૦૦ ફ્લેટોનો પ્રોજેક્ટ આવે પણ તેમની યાદ અપાવી જાય છે. તઠ્લીગી પ્રવૃત્તિઓમાં આગળ પડતો ભાગ લેતા હાજી અલી મોહંમદ રાઈવીડ ખાતે દર નવેમ્બર મહિનામાં યોજાતા તઠ્લીગી ઈજતેમામાં નિયમિત હાજરી આપતા.

અનેક સેવા સંસ્થાઓમાં અગ્ર ભૂમિકા ભજવનાર અલી મોહંમદ પાકોલાવાલા તેલી ચેરીટેબલ ટ્રસ્ટના મેનેજિંગ ટ્રસ્ટી, મુલેખાબાઈ વી.એમ. રંગુનવાલા ટ્રસ્ટના ટ્રસ્ટી, પાકિસ્તાન મેમન એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટીના વાઈસ પ્રેસીડેન્ટ, દારૂલ તસનીફ લિમીટેડના ડાયરેક્ટર, અમીના ગની રંગુનવાલા ટ્રસ્ટના ટ્રસ્ટી, જમીયતે તાલીમુલ કુર્આન ટ્રસ્ટના ટ્રસ્ટી બોર્ડના સભ્ય, દારૂલ ઉલુમ કોરંગી તેમજ મકકી મસ્જિદમાં મજલીસે શૂરાના સભ્ય, ધોરાજી એસોસીએશનના વાઈસ પ્રેસીડેન્ટ, મેમન મેરેજ ડ્યૂરોના વાઈસ ચેરમેન તેમજ અંજુમને ખુદ્દામુન્નબીના વાઈસ ચેરમેન તરીકે કિંમતી સેવા આપતા રહ્યા હતા. ધંધાકીય ક્ષેત્રે તેઓ ગુલ એહમદ ટેક્સટાઈલ મિલ્સ લિમીટેડ, નકશબંદી ઈન્ડસ્ટ્રીઝ લિમીટેડ તેમજ ગ્લોબ ટેક્સટાઈલ મિલ્સના ચેરમેન હોવા સાથે બીજા અનેક ઉદ્યોગિક એકમો સાથે સંકળાયેલા રહ્યા હતા.

આવા સક્રિય સામાજિક આગેવાન અને સખીદિલ મેમન

મેમણ આલમ

નેતાની રમી ડિસેમ્બર ૧૯૯૦ના રોજ ૭૨ વર્ષની વયે ઘરમાં કુર્આન પાકની તિલાવત કરતાં કરતાં હૃદયરોગના હુમલાથી વફાત થઈ હતી. તેમના ઈન્તેકાલથી મેમણ બિરાદરી ઉપરાંત સંબંધિત તમામ વર્તુળોમાં ઘેરા શોકની લાગણી ફેલાઈ

હતી. બાદમાં પાકિસ્તાન અને ભારતમાં વિવિધ સંસ્થાઓએ શોકસભાઓ યોજીને મહુમ હાજી અલી મોહંમદ પાકોલાવાલાને કિંમતી સેવા બદલ અંજલી આપી હતી.

★ ★ ★
★ ★ ★

એક દિકરી

એક દિકરી સાસરે વઈ ગઈ,
કોઈકની દિકરી આજ વહુ થઈ ગઈ,
ગઈકાલે જલસા કરતી દિકરી,
હવે સાસરિયાની સેવા કરતી થઈ ગઈ,
કાલે ડ્રેસ અને જુન્સ પહેરતી દિકરી,
આજે સાડી પહેરતી થઈ ગઈ,
પિયરમાં જેમ વહેતી નદી,
સાસરીમાં ધીર ગંભીર થઈ ગઈ,
રોજ જલ્સાથી પૈસા વાપરતી દિકરી,
આજે શાકભાજીના ભાવ કરાવતી થઈ ગઈ,
કાલ સુધી સ્કુટી ફૂલ સ્પીડથી ચલાવતી દિકરી,
આજે બાઈકમાં પાછળ બેસતી થઈ ગઈ,
ગઈકાલ સુધી ત્રણ ટાઈમ બિંદાસ જમતી દિકરી,
આજે ત્રણ ટાઈમ જમવાનું બનાવતી થઈ ગઈ,
હંમેશા પોતાનું ધાર્યું કરતી દિકરી,
આજે પતિને પૂછીને કરતી થઈ ગઈ,
મમ્મી પાસે કામ કરાવતી દિકરી,
આજે સાસુનું કામ કરતી થઈ ગઈ,
બહેન-ભાઈ સાથે લડતી દિકરી,
નણંદનું માન કરતી થઈ ગઈ,
ભાભી સાથે મજાક કરતી દિકરી,
જેઠાણીનો આદર કરતી થઈ ગઈ,
પિતાના આંખનું પાણી,
આજે સસરાના ગ્લાસનું પાણી થઈ ગઈ,
ને તો પણ લોકો કહે છે કે,
વાહ, અમારી દિકરી તો સાસરિયાની થઈ ગઈ.



(આપું બલિદાન ફક્ત દિકરી જ કરી શકે,
માટે એની ઝોળી હંમેશા વાત્સલ્યથી ભરેલી રાખજો.)

સંકલન:

મહંમદ હનીફ અઠબાસભાઈ મેમન (શિક્ષક)

'બાગે મેમન'માંથી

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ઉપલેટા મેમન એસોસીએશન ૨૦૧૩-૨૦૧૫ માટે નવા અહેદારો

રવિવાર તા. ૧૯-૫-૨૦૧૩ના મળેલી વાર્ષિક સભામાં ઈલેક્શન કમિશનરે નીચે મુજબના અહેદારો અને મેનેજિંગ કમિટીના સભ્યોને બિનહરીફ ચુંટાયેલા જાહેર કર્યા હતા.

પ્રમુખ:

હાજી આરીફ હાજી અબ્દુલ ગફ્ફાર પોચી

નાયબ પ્રમુખ:

હાજી યાકુબ હાજી અબ્દુલ ગફ્ફાર

પોચી

નાયબ પ્રમુખ બીજા:

હાજી ગની દાહિદ સાંઈ (નાથાની) જનરલ સેક્રેટરી:

હાજી આસીફ હાજી યુસુફ ભોજની જોઈન્ટ સેક્રેટરી પહેલા:

હાજી મોહમદ લતીફ હાજી સિદીક ઠંકવાલા

જોઈન્ટ સેક્રેટરી બીજા:

હાજી ગફ્ફાર હાજી કાસમ માડીયા

ફાયનાન્સ સેક્રેટરી:

હાજી રફીક હાજી એહમદ સાયુગરા ઈન્ટરનલ ઓડીટર:

મોહમદ યાસીન અબ્દુલ રઝઝાક બકાલી

મેનેજિંગ કમિટીના સભ્યોમાં સર્વે જનાબ હાજી મસુદ હાજી હુસેન પારેખ, હાજી રહેમતુલ્લાહ અબુબકર માંડવીયા, હાજી અખ્તર હાજી યુનુસ અરફા, હાજી હનીફ હાજી અબ્દુલ અઝીઝ ઠાંકવાલા, હાજી અમીન હાજી એયુબ શરીફ, હાજી સલીમ હાજી હબીબ નાથાની, હાજી રફીક હાજી હાઝન બારવટીયા, મુસ્તુફા હાજી યાકુબ બાવાની શામેલ છે.

કોફી પીનારી સ્ત્રીઓમાં હૃદયરોગનું જોખમ ઘટે છે

આજકાલ સંશોધકો યા અને કોફી પીનારાઓને થતાં લાભ અને

ગેરલાભ અંગે જા ત જા ત ન । સંશોધનો કરી રહ્યા છે. આવા જ એક સંશોધનમાં જાણવા મળ્યું છે કે દિવસના બેથી ત્રણ કપ કોફી પીનારી મહિલાને સ્ટ્રોકનો હુમલો આવવાનું જોખમ ૧૯ ટકા જેટલું ઘટી



જાય છે. આ માટે અમેરિકાના સંશોધકોએ ૮૩,૦૭૬ મહિલાઓનો અભ્યાસ કર્યો હતો. આ અભ્યાસમાં ધૂમપાન કરતી, ન કરતી કે ભૂતકાળ માં કરતી હોય તેવી મહિલાઓનો સમાવેશ કરવામાં આવ્યો હતો. સંશોધકોના જણાવ્યા પ્રમાણે ક્યારેય ધૂમપાન ન કરનારી કે ભૂતકાળમાં ધૂમપાન કરતી હોય તેવી મહિલા દિવસના ચાર કે તેથી વધુ કપ કોફી પીવે તો સ્ટ્રોકના જોખમમાં ૪૩ ટકાનો ઘટાડો થાય છે. જ્યારે ધૂમપાન કરતી મહિલાઓમાં આ જોખમ ૩ ટકા જેટલું ઓછું થાય છે. કોફીમાં રહેલા એન્ટિઓક્સીડન્ટથી આ ફાયદો થતો હોવાનું જાણવા મળ્યું છે. કોફી કે યા શરીરમાં ગરમીનું પ્રમાણ જાળવી રાખે છે જેના કારણે તમારા શરીરમાં તાપમાન જાળવાઈ રહે છે જેના કારણે નસમાં લોહીનું પરિભ્રમણ સરળતાથી થાય છે. તેથી જ સ્ટ્રોકનો હુમલો જેવા કિસ્સાઓ ઓછા બનતા હોય છે. તેથી રોજિંદા જીવનમાં યા-કોફી ખૂબ જ ફાયદાકારક છે.

મેમણ આલમ

તમે આ બંને વસ્તુ જીતી શકો છો તો તમે સિંકદર..... એક સ્વાદ અને બીજી મનગમતી સ્ત્રી.....! ! !

કેવી કમાલની વાત છે....

તમે ઓફિસે મોડા પહોંચો ત્યારે એ તમારા પહેલાં આવી ગયા હોય અને તમે વ્હેલા પહોંચો ત્યારે એ મોડા જ આવે આવી વ્યક્તિ એટલે મારા-તમારા-આપણા બધાના બોસ.....! ! !

જેક હરબર્ટ નામના વિદ્વાન કહે છે કે પૃથ્વી પર સર્વપ્રથમ સર્જન આદમથી થયું અને એ જ પૃથ્વીનો અંત આદમના વંશજોએ બનાવેલા એટમબોમથી થશે.....! !

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કુતરાનું ગજું !

લંડન પાસેના એક ગામમાં ફરવા આવેલા એક અમેરિકન સહેલાણીને ત્યાં કોઈને પાળેલો કુતરો બહુ ગમી ગયો અને તેના માલિકને એ કુતરો એક હજાર પાઉન્ડમાં ખરીદવા તેયારી બતાવી. માલિકે થોડા સવાલ પૂછ્યા અને જ્યારે ખબર પડી કે એ ભાઈ કુતરાને અમેરિકા લઈ જવા ચાહે છે, તો તેમણે કુતરો વેચવાનો સાફ ઈન્કાર કરી દીધો.

એ જ વખતે લંડનથી આવેલા બીજા એક મુલાકાતીને પણ કુતરો પસંદ આવી જતાં તેણે ૫૦૦ પાઉન્ડમાં તેની માંગણી કરી અને માલિકે તરત જ ૫૦૦ લઈને તેને કુતરો સોંપી દીધો. અમેરિકન ભાઈને તો બહુ માહું લાગ્યું અને લંડનવાસી કુતરો લઈને વિદાય થતાં જ તેણે માલિકને શિકાયત કરી કે, “તમે મને તો કુતરો વેચવાની ના પાડી દીધી, પણ તછી પેલા ભાઈને મારા કરતા અર્ધી કિંમતે આપી દીધો !”

“હા ભઈલા, ગામવાસીએ ફોડ પાડ્યો, “મેં તને કુતરો વેચવાની ના પાડી એ વાત સાચી. કારણ, આ લંડન ગયો છે એ તો થોડા જ દિવસમાં ઘરે પાછો આવી પહોંચશે, પણ એટલાંટીક સમુદ્ર તરીને પાર કરવાનું એનું ગજું નહીં, બાપલા !”

★ ★ ★

મેમણી ગઝલ

ઈન્સાન કડેક વિચારે તો કે..... ઈનમેં કુરો થીયો ?
 કર્યાંશી નેકીયુ ઘણી
 ગુનાહ હકળો કરું ઈનમેં કુરો ?
 આય ઈમાનદારી તો ઘણી
 બેઈમાની હકળી કરું ઈન મેં કુરો ?
 નામ તો ચમકે તો સખીદાતા લીસ્ટમેં
 ઓદરુ અમાનત કોક ઈનમેં કુરો ?
 કર્યુ પાર્તે ભરોસો પાંજ ભા માળુ
 કડે ભેંસ ભરોસેજી પાડો જણે ઈનમેં કુરો
 પોતેજા સમજી ઠલાય કોક બાફ પેટજી
 કરી ડીયું જાહેર એબ ઈન્જા ઈન મેં કુરો ?
 કર્યાંશી ઘા ઘણા દુશ્મનીમેં
 દોસ્તી મેં હકળો કરું ઈન મેં કુરો ?
 નાઈ ના કરેતી પર કૌમ કુરો ?
 ગોતુ છીંડા પાં, પોતે વારે જા ઈન મેં કુરો ?
 વધુ આગળ પાં પોતે તો બસ
 કીચરાઈ વીને પગ બીજેજા ઈન મેં કુરો ?
 અચે તો ટેશ અને બહેલે તો દિલ પાંજે
 કરુ મજાક મજબુર જા જિરાક ઈન મેં કુરો ?
 ઈ ભલે કપાય મરન આપસમેં
 હીડાજી ઊડા કરું જીરાક ઈન મેં કુરો ?
 વખાણ મુંહતે પાછળથી તો કરું કુથલી
 ગીબત ગીલા કરું ઈન મેં કુરો ?
 પઈ તો વીયોજ આય ઈ વિચાડો
 લત પાં પણ ઠોકુ જીરાક ઈન મેં કુરો ?
 માફ તો નાય ગુનોહ નીંઢો કે વડો
 ભલે સોચે તો ઈન્સાન કે ‘ઈન મેં કુરો ?
 ‘હાજીભા’ દેર આય પણ અંધેર તો નાય
 કરેલે જો મીળે બદલો, પોચતી ખબર તડે કે ઈન મેં કુરો ?

-હાજીભા

મેમણ મોહંમદ હુસેન ધોલ

વ્યંગ અને વિનોદ

ફાન્સમાં એક યુવાન લેખક સભા સમક્ષ પ્રવચન કરતાં પહેલાં ત્યાંના જાણીતા નાટકકાર ત્રિસ્ટેન બર્નાર્ડની સલાહ લેવા ગયા અને ભાષણની સમાપ્તિ કેવી રીતે કરવી એ તેમને પૂછ્યું.

બર્નાર્ડે જવાબ આપ્યો: “એ તો સાવ સહેલું છે. તમારા ભાષણના કાગળીયા એકઠા કરીને સંકેલી લેવા, શ્રોતાઓને નમન કરવું અને પછી એકદમ બિલ્લીપગે રવાના થઈ જવું.”

“બિલ્લીપગે કેમ ?”

“એ લોકો જાગી ના જાય એ માટે !”

મેમણ આલમ

G-11

یہ جاذبِ نظر تو ہیں

یہ جاذبِ نظر تو ہیں! انہیں گھر کی آرائش کے لئے استعمال کیا جائے تو زیادہ اچھا ہے مگر جب بات صحت کی ہو تو ان کے نقصانات اپنی جگہ ہیں۔ مزے کی بات یہ ہے کہ شیشہ پینے والے خود کو کھنٹی یا Drug Addict نہیں مانتے کیونکہ ان کے خیال میں یہ نشہ نہیں ہے جبکہ واٹر پائپ کے ذریعے کی جانے والی سگریٹ نوشی سگریٹ سے زیادہ گہرے کش سے تمباکو کو پیچھڑوں کے اندر اتراتی ہے جس کی وجہ سے امراضِ تنفس میں اضافہ ہو رہا ہے۔ سانس لینے کے دوران سٹی جیسی آواز سانس پھولنا سانس لینے وقت سینے میں تکلیف کھانسی اور مقل میں بار بار خراشیں شیشہ پینے والوں کی عام شکایات ہیں۔



کچھ ماہرین کے خیال میں واٹر پائپ کے ذریعے پیا جانے والا شیشہ سگریٹ کے مقابلے میں محفوظ ہے کیونکہ پائپ تمباکو کے ذہر کو فلٹر کرتا ہے شیشہ ٹخے کی جدید قسم ہے یہ مشرق وسطیٰ کے ممالک میں پھیلنے لگی صدیوں سے استعمال کی جاتی رہی ہے لیکن اب خواتین میں بھی اس کا استعمال بے حد تیزی سے پھیل رہا ہے۔ شیشے پر کی جانے والی ریسرچ سے یہ ثابت ہو چکا ہے کہ گہرے کش کے ذریعے تمباکو کا ذہر پیچھڑوں تک با آسانی پہنچتا ہے یہاں سے تمباکو ضروری ہے کہ جو تمباکو نوش سگریٹ اور شیشہ کے گہرے کش نہیں لینے ان کے پیچھڑوں سے تمباکو کے ذہر سے آلودہ نہیں ہوتے جتنے گہرے کش لینے والوں کے ہوتے ہیں۔

UN ورلڈ ہیلتھ آرگنائزیشن کی 2005ء کی تحقیق کے مطابق شیشے میں استعمال کئے جانے والے تمباکو میں کاربن مونو آکسائیڈ بھاری دھاتیں سرطان کا باعث بننے والے کیمیکلز اور نیکوٹین کی مقدار خاص اور دافر ہوتی ہے۔ مشرق وسطیٰ میں کی جانے والی ایک تحقیق میں مردوں کو شیشہ پینے کا زیادہ شوقین بتایا گیا ہے جبکہ خواتین کی بڑی تعداد کسی قسم کے تمباکو کے استعمال سے مبرا ہے۔ شیشہ پینے سے جتنی کاربن مونو آکسائیڈ پیچھڑوں میں اترتی ہے اس کی مقدار 100 سگریٹس سے بھی زیادہ ہے۔

فالج کے علاج میں نئی پیش رفت

امریکی اور کینیڈین ماہرین کے مطابق ایک دووا فالج کے نقصان دہ اثرات کو دور کرنے کے لئے استعمال کیا جاسکتا ہے۔ ماہرین نے اس دووا کا نام نہ ظاہر کرتے ہوئے بتایا ہے کہ اس دووا کے اثر سے دماغ کے خلیات مرتے نہیں ہیں۔ 185 مریضوں پر کی گئی اس تحقیق میں مریضوں کو دووا دی گئی اور نتیجتاً دیکھا گیا کہ ان کے دماغ عمل طور پر مطلوب نہیں ہوئے۔ یہ تجربہ پہلے بندوں پر کیا گیا تھا جس میں اس دووا کے اثر سے فالج کی وجہ سے دماغ کے خلیات جو آسٹین کی کمی سے مرده ہو رہے تھے وہ دوبارہ زندہ ہو گئے۔ امریکی اور کینیڈین

14 اسپتالوں میں یہ تجربہ انسانوں پر آزمایا گیا۔ تجربے میں جن مریضوں کو شامل کیا گیا تھا ان کے دماغ میں ایک رگ کے دم ایجنورزم کا آپریشن کیا جا چکا تھا۔ دم کی وجہ سے اس رگ کے حصے سے فالج کا حملہ ہوتا ہے۔ 92 مریضوں کو دووا انجکشن کے



ذریعے دی گئی جبکہ 93 مریضوں کو صرف نمکین پانی پر رکھا گیا۔ محققین نے دووا کی مثبت اثرات پائے صرف دوسریوں میں اس دووا کے متضاد اثرات نوٹ کئے گئے جن مریضوں کو دووا دی گئی تھی بعد ازاں ان کے دماغ کے آسٹین سے پتہ چلا کہ فالج سے ان کے دماغ کے کم حصوں کو نقصان پہنچا۔ اس تحقیق سے یہ تو ثابت ہوا ہے کہ فالج کے نتیجے میں مرده ہونے والے دماغی خلیات کا بچاؤ ممکن ہے۔ ریسرچ میں شامل محققین کا کہنا ہے کہ ابھی اس دووا کو مزید مریضوں پر آزمایا جائے گا تا کہ حتمی نتائج کا اعلان کیا جاسکے۔ یاد رہے فالج کی بنیادی وجہ جراثیمی ہوئی مر ہے۔

Mediterranean ڈائیٹ

کا تیل یا صدف کاربوڈیٹس اور سکولر پیاریوں سے بچاؤ کرتا ہے بلکہ یہ ڈیویوں کی خشکی کو روکنے میں بھی اہم ہے۔ غذائی کرپ میں دنا مناز، مناز پر دین، کاربوہائیڈریٹس اور چکنائی کا متوازن اور صحت بخش استعمال کرنے سے ڈیویوں کی بوسیدگی کا مرض نہیں ہوتا۔ اس کے علاوہ جسم کا منافی نظام بھی فعال رہتا۔



Mediterranean ڈائیٹ جو چھلوں، سبزیوں اور پھلےئس (اولیو آئل) پر مشتمل ہوتی ہے دو سال تک اس پر عمل کرنے سے ڈیویوں کو مضبوط کیا جاسکتا ہے اور صحت کے لئے مفید مادہ حاصل کئے جاسکتے ہیں۔ یہاں تک کہ قلبی حملے سے بچنے کے لئے اسٹینڈ اور انٹین طرزِ خوراک اختیار کرنے سے جن میں دیگر چکنائیوں کی جگہ زیتون کا تیل استعمال کیا جاتا ہے یہ طرزِ خوراک صحرا فراد کو ڈیویوں کی پیاریوں سے محفوظ رکھتی ہے۔

میر بڑھنے کے ساتھ ساتھ مرد و خواتین کی ڈیویوں کی مضبوطی ختم ہونے لگتی ہے ان کی چکنائی گودا اور چکنائی بھی کم ہوجاتی ہے جسم کی ڈیویاں میر بڑھنے کے ساتھ ساتھ بھری ہوئے لگتی ہیں۔ اس کی ایک اہم وجہ عمر ہے تو دوسری وجہ غیر صحت بخش طرزِ زندگی ہے۔ مشاہدات ثابت کرتے ہیں کہ یورپ کے ان ممالک میں جہاں زیتون کے تیل کا استعمال عام ہے اس کے ساتھ سبزیوں اور پھل بھی وافر مقدار میں لئے جاتے ہیں وہاں آسٹین پر دینس (ڈیویوں کا بھر بھرا پن) کی پیاریاں بقیہ یورپین ممالک کی با نسبت انتہائی کم ہیں اس ڈائیٹ میں زیتون بھی شامل ہوتے ہیں ہمارے یہاں ایک عام قیاس ہے کہ زیتون کا تیل صرف امراضِ قلب میں جتنا افراد اور ڈائیٹس کے مریضوں کے لئے مفید ہے لیکن ہر عمر کے افراد کے لئے اسیر ہے کیونکہ اس میں صحت مند چکنائی موجود ہے ریسرچ کے مطابق زیتون کا تیل ڈیویوں کو محفوظ رکھنے میں اہم کردار ادا کر سکتا ہے۔ ایک اسپتال میں داخل تمام مریضوں کو تین گروہوں میں تقسیم کیا گیا جن کی عمریں 55 سے 80 برس کے درمیان تھیں۔ ایک ڈائیٹ میں کس کس دوسری میں کم سے کم 50 ملی لیٹر زیتون کا تیل تیسری میں زیتون کے تیل کے ساتھ سبزیوں اور پھل شامل کی گئیں۔ جس گروہ کو زیتون کے تیل والی ڈائیٹ کرائی گئی ان کے کھانے کی ہر چیز میں عام کونگے آئل کی جگہ اولیو آئل استعمال کرایا گیا۔ دو سال بعد جب ان لوگوں کا تعلق معائنہ کیا گیا تو یہ نتیجہ سامنے آیا کہ جن لوگوں نے زیتون کے تیل کو ڈائیٹ میں شامل رکھا تھا ان میں ایک ہارمون Osteocalcin کی سطح میں حیرت انگیز اضافہ دیکھا گیا۔ یہ ہارمون ڈیویوں کی اچھی صحت اور مضبوطی کے لئے ناگزیر ہے۔ اس تحقیق سے یہ تو ثابت ہو گیا کہ زیتون

● صحت عامہ
● ہیلتھ گائیڈ



خارج کرتے ہیں جس کی وجہ سے جسم تادیر توانا اور
معدہ بھرا بھرا محسوس ہوتا ہے۔

کپلیس کاربو ہائیڈریٹ ہونے کی وجہ سے
براؤن رائس غیر ضروری چکنائی اور حراروں سے
جسم کو محفوظ رکھتے ہیں۔ ان کے ہاقدادہ استعمال
سے جسم کا وزن متبہین رہتا ہے۔

امراض قلب کے امکانات زائل ہوتے ہیں۔

بنتے میں دومرتبہ براؤن رائس کھانے سے ڈیپٹیل الاچ ہونے کے امکانات دور ہوتے ہیں۔

مچھلی کے ساتھ براؤن رائس کھانے سے بچوں میں دمہ سے بچاؤ ممکن ہے۔

بڑیوں کی صحت کے لئے براؤن رائس کا استعمال مفید ثابت ہوتا ہے ایک پیالی براؤن رائس میں 21 فیصد میگنیشیم پایا
جاتا ہے۔

براؤن رائس

ہلکا براؤن رائس یا بھورے چاول چاولوں کی وہ قسم ہے جو بغیر پالش کئے ہوتے ہیں۔ عموماً ان کی رنگت ہلکی سبزی
ہوتی ہے جس کا مطلب یہ ہے کہ چاول سٹے ہیں۔ یہ سخت اور ٹکڑے ڈالنے والے ہوتے ہیں۔ سفید پالش کئے گئے
چاولوں کے مقابلے میں غذائیت سے بھرپور ہوتے ہیں۔ چونکہ ان کا ہرونی چھلکا صاف نہیں کیا جاتا لہذا انہیں گلنے میں 35
سے 45 منٹ درکار ہوتے ہیں۔

زیادہ تر لوگوں کو براؤن رائس کی غذائیت کے بارے میں معلوم نہیں ہوتا لہذا ڈالنے کے اعتبار کی وجہ سے سفید پالش چاول
کھانے کو ترجیح دی جاتی ہے۔

براؤن رائس میں غذائی ریشے کی وافر مقدار پائی جاتی ہے یہ ریشہ آنتوں اور پیٹ کی تکالیف سے محفوظ رکھتا ہے نیز قبض سے
نجات دیتا ہے۔

ریشہ کی بھرپور مقدار کے ساتھ براؤن رائس میں سلٹیئم اور

میگنیشیم بھی پاکثر پایا جاتا ہے جبکہ سفید چاولوں میں موجود

نشاستہ جسم کو فریبی کی جانب مائل کرتا ہے۔

یہ کپلیس کاربو ہائیڈریٹ ہیں اور شکر کو سست روی سے

براؤن رائس = کیلوریز (حرارے)

195 گرام = 216

انرجی ڈرنکس کا کمال

انرجی ڈرنکس یا فری ڈرنکس جو انسانی جسم کے لئے کسی بھی طور فائدہ مند ثابت نہیں ہوتیں کیونکہ ان میں ایسے کیمیکلز
آمیٹش کی جاتی ہے جو انسانی صحت کے لئے مضر ہیں۔ ان میں شامل کئے جانے والے بعض معنوی فارمولے صحت کو
موذی امراض سے دوچار کر سکتے ہیں۔



پیشتر انرجی ڈرنکس میں کئیٹن کی وافر مقدار شامل ہوتی ہیں جو کافی کے
ایک بڑے کپ میں موجود کئیٹن سے زیادہ ہوتی ہے۔ اسی وجہ سے یہ ڈرنک
پینے کے بعد جسم و دماغ میں فوری طور پر توانائی کی لہر محسوس ہوتی ہے۔
توانائی کی یہ لہر جلدی ہوتی ہے اور نہایت تھیل وقت میں جسم اور دماغ
پیلے جیسی حالت میں لوٹ جاتے ہیں۔

ان شرہات میں شکر اور دیگر اجزاء کا توازن عدم توازن کے ساتھ
شامل ہوتا ہے۔ یہ میٹھی ڈرنکس وزن میں اضافے کا سبب بنتی ہیں۔ ان میں
موجود کئیٹن کوئی استعداد کو متاثر کرتا ہے۔ انسومینیا (بے خوابی) دل کی تیز
دھڑکن اور بلڈ پریشر میں اضافے کا باعث ہے۔

انرجی ڈرنکس میں کچھ نہایت ترقی یافتہ اجزاء ملاتے جاتے ہیں جو کیمیائی اجزاء
کے ساتھ مل کر صحت کے لئے بہتر نتائج دے سکتے ہیں۔

مناسب تو یہی ہے کہ انرجی ڈرنکس نہ پی جائیں بصورت دیگر ان کا
لیٹل پڑھ لیں۔ جس ڈرنک میں کم سے کم کئیٹن اور شکر شامل ہو اس کا انتخاب کریں۔

ان ڈرنکس کے حوالے سے یہ بھی یاد رکھیں کہ یہ معنوی ڈالنے سے جس کی تیاری میں صرف ڈالنے کو مد نظر رکھا جاتا
ہے اور اس کی غذائیت کا خیال رکھا جاتا ہے۔

بڑیوں میں درد بچوں میں کھپاؤ سردرد و نظام ہضم کی خرابی ہارمونل نظام کی بے قاعدگیوں یہ سب انرجی ڈرنکس کے بے جا
استعمال کی وجہ سے ہو سکتی ہیں۔

250 ملی لیٹر کین (انرجی ڈرنک) = 60-80 ملی گرام کئیٹن

پاستا

تازہ اُپا ہوا پاستہ صرف کچھ دن فریج میں رکھ کر دوبارہ استعمال کیا جاسکتا ہے۔

بغیر کچے خشک پاستا کو طویل عرصے تک خشک اور خشکی جگہ پر رکھا جاسکتا ہے۔

پاستا میں حراروں کی مقدار انسانی یا زیادہ نہیں ہوتی بشمول یہ کہ اس میں کیا چیزیں شامل کی جارہی ہیں جیسے کریم چیز
یا مکھن۔

پاستا کی غذائیت کا انحصار اسے بنانے کے طریقہ کار پر منحصر ہوتا ہے۔ اولیو یا پینٹیل اور سبزیوں کے ساتھ پاستا کو تیار
کیا جائے تو اس کی غذائیت اہمیت بڑھ جاتی ہے۔

گندم سے بنایا گیا پاستا توانائی اور پروٹین حاصل کرنے کا اہم ذریعہ ہے۔

پاستا کے شیب (شکل) سے اس کی مقدار پر نظر رکھیں کسی بھی شیب کا پاستا کھائیں مگر مقدار کا خیال رکھنا چاہئے۔

پاستا رٹا سٹو گندم سے تیار نہیں کیا جاتا لہذا بچوں کی ہڈیوں کو مضبوطی کے لئے پاستا ان کی غذا میں شامل رکھیں۔

اس کا گلاسک انڈیکس کم ہے لہذا پاستا کھانے سے ڈیپٹیل کا خطرہ نہیں ہوتا۔



پاستا میں چکنائی کا تناسب 105 گرام ہے

مشرقی خواتین کا صبر و تحمل یا سمجھوتہ



نادرہ کا کہنا ہے کہ اگر میاں بیوی دونوں ہی تعلیم یافتہ ہوں اور ایک دوسرے سے مساویانہ سلوک کریں تو بہت سے مسائل کھڑے ہی نہ ہوں نہ عورت احساس کمتری کا شکار ہوگی اور نہ مسئلے کھڑے ہوں گے۔

عورت کو اسلام نے تقریباً مرد کے مساوی حقوق دیئے ہیں اور جتنا ہمارے اسلام میں عورت کے حقوق ہیں اتنا کسی اور مذہب میں نہیں ہے۔ مغربی معاشرے میں بھی عورتوں کو مساوی حقوق حاصل نہیں ہیں۔ مگر ہمارے معاشرے میں عمومی طرز فکر مختلف ہے۔ ہمارے معاشرے میں خواتین کے حقوق پر کام کرنے والے

ادارے میاں بیوی کے درمیان اختلافات ہونے کی وجہ یہ بیان کرتے ہیں کہ ان کے درمیان باہمی اعتماد کی کمی، اپنے اوپر اعتماد نہ ہونا، جوائنٹ فیملی سسٹم میں اختلافات، شادی شدہ ہو کر کسی اور کو پسند کرنا، اپنی معیاری بیوی نہ ملنا، شوہر کا شکی مزاج ہونا پسندنا پسند کا الگ ہونا، فیملی بیک گراؤنڈ اور حسد، جلن اور سب سے بڑی بات ایک دوسرے کی عزت نہ کرنا، معاشی عدم استحکام ایک دوسرے کے لئے وقت نہ نکالنا اور لڑکے اور لڑکی کے خاندان کے درمیان معاملے کی درست سٹیٹنگ نہ ہونا کم چیز کا ملنا یہ تمام رویہ اور معاملات اچھی بھلی ازدواجی زندگی کا خاتمہ کر دیتے ہیں۔ لہذا شادی کو کامیاب بنانے کے لئے ان اسباب کا سدباب کیا جائے اور کوشش کی جائے تو یہ مسائل کھڑے نہ ہوں کیوں کہا جاتا ہے کہ شادی وہ بندھن ہے جو بہت مضبوط ہونے کے ساتھ ایک کچے دھاگے کی مانند بھی ہے جو ٹوٹنے کے بعد نہ صرف لڑکی کی زندگی بلکہ اس کے ساتھ بچوں کی زندگی بھی خراب ہوتی ہے۔ ہمارے معاشرے میں بیشتر شادیوں کے ناکام ہونے کی ایک بڑی وجہ یہ ہے کہ فریقین اکثر اوقات یہ چھوٹی سی بات سمجھ نہیں پاتے اور ان کی شادی ختم ہو جاتی ہے جو ایک خاندان ختم ہو جاتا ہے بڑے بڑے بوڑھوں کا کہنا ہے کہ زندگی میں اچھا برا وقت آتا ہے، اونچ نیچ بھی ہوتی ہے۔ اس مناسبت سے میاں بیوی میں جھگڑا ہو جاتا ہے مگر ایک خاص بات یاد رکھنی چاہئے کہ ان کے چھوٹے چھوٹے اختلافات اتنے بڑھ جائیں کہ واپسی کا کوئی راستہ ہی نہ رہے۔ اور وہ چھوٹا سا خاندان ختم ہو جائے جس میں بعض اوقات بچوں کا بہت ہی برا ہو جاتا ہے اور ان کی شخصیت میں کچھ نہ کچھ کمی رہ جاتی ہے اور مرد تو دوسری شادی کر لیتے ہیں مگر لڑکی کی زندگی راستے کی گردوغبار بن کر رہ جاتی ہے۔

کرتے ہیں اور وہ آہستہ آہستہ معاشرہ سے کٹنے لگتی ہے۔ ہمارے معاشرے میں حقوق نسواں کی بات کرنے والے کو بے شرم بے غیرت اور منہ پھٹ کہا جاتا ہے مگر ہمارے ہاں کی کچھ این جی اوز اس سلسلے میں کام کر رہی ہیں۔ کچھ این جی اوز اپنے مفاد میں کام کرتے ہوئے عورتوں کو طلاق کے لئے مجبور کرتی ہیں۔ اگر یہ سلسلہ بڑھ گیا تو ہمارے ہاں بھی طلاق کی شرح بڑھ جائے گی۔ جس کا معاشرہ پڑھا لکھا اٹھنیں پڑے گا۔ ان این جی اوز کو چاہئے کہ وہ کس کا گھر تباہ کرنے کے بجائے کوئی نیچ کاراستہ نکالیں۔ اس حوالے سے جب ہم نے ناگن چورگی کی رہائشی مہ جبین سے رائے لی تو انہوں نے کہا کہ اس میں کوئی شک نہیں کہ یہ معاشرہ مردوں کا ہے اور یہاں مردوں کی برتری چلتی ہے مگر اس بات سے انکار نہیں کیا جاسکتا ہے کہ تعلیم یافتہ خواتین اپنی عزت کروا سکتی ہیں۔ کم تعلیم یافتہ یا ان پڑھ خواتین کے مقابلے میں تعلیم یافتہ خواتین اپنی عزت کروانا جانتی ہیں اور بہت سے مسائل وہ اپنی تعلیم کے ذریعے حل کر سکتی ہیں اور ان کو حقوق نسواں کے قانون کے بارے میں پوری معلومات ہوتی ہے۔ لہذا وہ ایسے ظالم مردوں سے ڈرتی نہیں ہیں اور طلاق کے بعد اپنے بیروں پر کھڑی ہو سکتی ہیں اور اپنے بچوں کی کفالت بھی کر سکتی ہیں۔ اکثر خواتین کا خیال ہے کہ مرد حضرات جو کہ تعلیم یافتہ کم عمر بیویاں تلاش کرتے ہیں، وہ اس لئے ایسی لڑکی کا انتخاب کرتے ہیں تاکہ ایک تو وہ ان سے دب کر رہے اور ان کا دل بہلائے۔ ان کے اشارے پر چلے اور ان کو اپنا مجازی خدا تسلیم کرے، اس کے مقابلے میں اگر ایک تعلیم یافتہ جاب کرنے والی لڑکی سے شادی سے شادی کریں گے تو وہ لڑکی نہ تو ان کی غلامی کرے گی، نہ ہی ان کے بلاوجہ رعب میں آئے گی۔ اس سلسلے میں ناظم آباد کی رہائشی

اگر جائزہ لیا جائے تو معلوم ہوتا ہے کہ مغرب کے مقابلے میں پاکستان میں طلاق کی شرح کم ہے۔ مگر اس کا یہ مطلب بالکل نہیں ہے کہ ہمارے معاشرے میں شادیاں کامیاب ہوتی ہیں یا اس لئے چل رہی ہوتی ہیں کہ ہمارے معاشرے میں شادیاں زیادہ تر بزرگوں کی خواہش پر ہوتی ہیں بلکہ اس کی نمایاں وجہ ہماری خواتین کا صبر و تحمل اور سمجھوتہ کرنا ہے۔ مغربی معاشرے میں عورت کو اگر اپنے شوہر کی طرف سے کوئی شکایت ہے یا تشدد آمیز رویہ اس کے ساتھ اختیار کیا جاتا ہے تو وہ فوراً ہی شوہر پر الزامات کی بوچھاڑ کر کے عدالت سے طلاق طلب کر لیتی ہے اور نان نفقہ بھی حاصل کر لیتی ہے۔ لیکن اس کے برعکس پاکستانی عورت کا شوہر اس کا مار کر بھروسہ نکال دیتا ہے، اسے ذہنی اور جسمانی ہر طرح سے مار چڑھتا ہے۔ حد تو یہ ہے کہ گھر سے نکال بھی دیں تب بھی پاکستانی یا مشرقی لڑکی چند دن کے لئے میسجے جاسکتی ہے مگر واپسی پھر اسی گھر میں ہوگی۔ ہر حال میں اس لڑکی کو پھر جھکنا پڑے گا اپنی ناکردہ غلطی کی معافی مانگنی ہوگی۔ پاکستانی معاشرے میں دراصل عورت کو اپنے شوہر کے لئے بہت سی قربانیاں دینی پڑتی ہیں۔ مگر اس کے باوجود مردوں کی طرف سے خواتین کو کوئی حق نہیں ملا ہے جس کی ان کو توقع ہوتی ہے یا وہ جس کی حق دار ہوتی ہے۔ اس کے باوجود ان کو کسی بھی قسم کی شکایت کرنے کا حق نہیں ہوتا ہے نہ وہ کسی عدالت کا دروازہ کھٹکھٹا سکتی ہے۔ نہ ہی کسی بھی قسم کی قانونی مدد حاصل کر سکتی ہے۔ اگر کوئی خاتون ہمت کر کے حصول طلاق یا خلع کے لئے عدالت میں درخواست دے دے، تو اس عورت کو معاشرہ جینے نہیں دیتا ہے۔ بلکہ اس کے اپنے گھر والے ہی اس کی حوصلہ شکنی کرتے ہیں اور جان پہچان والے طرح طرح کی باتیں کر کے اس کا کلیجہ چھلنی

ورلڈ میمن آرگنائزیشن پاکستان چیپٹر مانکروفنانس اسکیم



ورلڈ میمن آرگنائزیشن کی مانکروفنانس کمیٹی کی جانب سے چھوٹے کاروباری حضرات کیلئے لون کا اجرا کیا گیا ہے۔ اس اسکیم کے تحت چھوٹے دوکاندار کو دس ہزار روپیہ لون بغیر منافع کے دیا جاتا ہے۔ جو ان کو ماہانہ ہزار روپیہ قسط کے حساب سے واپس کرنا ہوگا آل پاکستان میمن فیڈریشن سے منسلک تمام جماعتوں کے ممبران اس لون سے فائدہ اٹھا کر اپنے چھوٹے کاروبار کو مزید وسعت دے سکتے ہیں۔ اس لون کے لئے مندرجہ ذیل شرائط کا خاص خیال رکھیں۔ درخواست فارم WMO آفس سے حاصل کریں۔

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- 4- درخواست فارم پر جماعت کی تصدیق کروائیں۔
- 5- کم سے کم تین سال کا کاروباری تجربہ ہونا چاہئے۔
- 6- مانکروفنانس اسکیم صرف پرانے اور چلتے ہوئے کاروبار کیلئے ہے۔

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WMO ہاؤس، 32/8 اسٹریٹ نمبر 6 مسلم آباد، کراچی

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دفاتر میں کام کرنے والی خواتین کیلئے صبح اور شام کے اوقات میں خصوصی بسیں چلائی جانی چاہئیں

ہے تاکہ میں اپنی بیٹی کو پڑھا لکھا سکوں۔ بچی کے ساتھ تو میں بہت کم بس کا سفر کرتی ہوں کیونکہ بس والے بہت خراب بس چلاتے ہیں۔ بڑا انسان تو اپنے آپ کو سنبھال لیتا ہے مگر بچی کے ساتھ بہت مشکل ہو جاتا ہے۔

نادیہ رضوان: (طالبہ) میں یونیورسٹی کی طالبہ ہوں۔ مجھے یہاں آنے کے لئے روزانہ دو بسیں تبدیل کرنی پڑتی ہیں، بسوں میں کرایہ بہت زیادہ خرچ ہو جاتا ہے۔ روزانہ تقریباً 50 روپے خرچ ہوتے ہیں جبکہ طالب علموں کے لئے منی بسوں اور کوچوں میں خصوصی رعایت دینی چاہئے۔ بس کا سفر بہت زیادہ کٹھن ہوتا ہے۔ ایک گھنٹے کے سفر میں دو گھنٹے صرف ہو جاتے ہیں۔ خواتین پورشن بہت چھوٹا ہوتا ہے پھر اس میں کنڈیکٹر اتنی خواتین کو سوار کر لیتے ہیں کہ کبھی کوئی پاؤں پر چڑھتا ہے تو کبھی کوئی گر جاتا ہے، کبھی کسی کا سامان گر جاتا ہے۔ اسی اثناء میں اکثر عورتیں موقع کا فائدہ اٹھاتے ہوئے پرس میں سے پیسے، موبائل فون یا جو چیز ان کے ہاتھ لگتی ہے نکال لیتی ہیں۔ بس ڈرائیور صبح کے اوقات میں زیادہ سے زیادہ مسافروں کو چڑھانے کے لئے بس انتہائی سست روی سے چلاتے ہیں جس کی وجہ سے مجھے آنے میں اکثر دیر ہو جاتی ہے۔

راجہ رومی: (طالبہ) بس کا سفر کرنا میرے خیال سے کسی بھی لڑکی یا خواتین کو پسند نہیں ہوگا۔ یہ ایک مجبوری ہے کیونکہ میں روزانہ بس کا سفر کرتی ہوں پھر بھی مجھے بس میں سفر کرنا بالکل پسند نہیں ہے۔ اس کی کئی ساری وجوہات ہیں۔ ایک تو بس ڈرائیور کی ڈرائیونگ کیونکہ اکثر اوقات ایسا ہوتا ہے کہ ابھی خواتین بس میں چڑھنے کے لئے بس کے پائپ پکڑ ہی رہی ہوتی ہیں کہ ڈرائیور حضرات بس چلا دیتے ہیں۔ جس کی وجہ سے خواتین حادثے کا شکار ہو جاتی ہیں۔ آج جب میں جامعہ کراچی آنے کے لئے بس میں سوار ہو رہی تھی تو بس کا پائپ میری گرفت میں ٹھیک طرح سے آیا بھی نہیں تھا کہ بس ڈرائیور نے بس چلا دی وہ تو میری قسمت اچھی تھی کہ میں سڑک پر گرنے سے بچ گئی۔ اس کے علاوہ لیڈر کمپارٹمنٹ میں مرد حضرات کا چڑھنا جو کہ خواتین کے لئے بہت زیادہ دشواری کا باعث ہے۔

کوئی پاؤں پر چڑھ رہا ہے تو کوئی پرس کھینچے ہوئے جا رہا ہے پھر بعض اوقات تو مرد حضرات خواتین کمپارٹمنٹ پر قبضہ کر کے بیٹھے ہوتے ہیں اور ان کی ڈھٹائی کا یہ عالم ہے کہ اٹھنے ہی نہیں ہیں اور ڈرائیور حضرات بزرگوں کو دیکھ کر بس ہی نہیں روکتے کہ ان کے چڑھنے سے ناام ضائع ہوگا۔ پھر بس میں آج کل چوری چکاری کا رجحان بڑھ گیا ہے۔ میرے ساتھ خود یہ واقعہ ہو چکا ہے کہ کچھ خواتین نے گھیر کر میرے پرس میں سے نقد رقم اور موبائل فون نکال لیا تھا۔ اب میں بس میں بہت محتاط رہتی ہوں۔

ممتاز: ارے بھی کیا باتیں ہم بزرگوں کی کوئی عزت ہی نہیں کرتا پہلے تو طالبات ہمیں دیکھتے ہی کھڑے ہو جاتا کرتی تھیں مگر آج صورتحال بالکل الٹ ہے۔ پھر میں تو آج کل بسوں میں سفر کرنے سے ڈرنے لگی ہوں جب سے میرے ساتھ وہ واقعہ ہوا ہے کہ میں بس میں سوار ہوئی میرے پاس کچھ سامان تھا تو میں نے ایک بیٹھی ہوئی خاتون کے پاس اپنا سامان رکھوایا یعنی پرس وغیرہ۔ کیونکہ بس میں رش بہت تھا جب میں اتنی توجہ نہ دیا کہ اس میں سے نقدی اور موبائل غائب تھا۔ اب تو میں بس میں سوار ہونے سے ڈرنے لگی ہوں مگر ہم متوسط طبقے کے لوگ بس میں سفر نہ کریں تو کیا کریں۔ ٹیکسی اور رکشہ کا کرایہ اتنا زیادہ ہے کہ ہم ادا نہیں کر سکتے۔ بسیں کم ہیں اور سفر کرنے والوں کی تعداد بہت زیادہ ہے۔ پہلے گرین بسیں چلائی گئی تھیں تو اس میں کچھ آرام تھا کہ نامعلوم وجوہات کی بناء پر بند کر دی گئیں اور عوام کو ان پرانی بسوں کے رحم و کرم پر چھوڑ دیا گیا۔

جنت: (گھریلو ملازمہ) ہم صبح صبح گھر سے نکلنے میں کام پر۔ مگر بسوں میں اتنا رش ہوتا ہے کہ کافی دیر بس اسٹاپ پر خالی بس کا انتظار کرنا پڑتا ہے۔ صبح اور شام کے اوقات میں خواتین کمپارٹمنٹ میں مرد حضرات سوار ہوتے ہیں۔ ایسے میں ہم کہاں جائیں۔ مجبوراً ہمیں اگلی بس کا انتظار کرنا پڑتا ہے اور ہم کبھی کیا سکتے ہیں۔ رکشے اور ٹیکسی کا کرایہ اتنا زیادہ ہے کہ ہم برداشت نہیں کر سکتے اور اب تو بسوں کا کرایہ بھی اتنا بڑھ گیا کہ ہماری تنخواہ کا ایک حصہ تو بس کے کرایوں میں ضائع ہو جاتا ہے میرا شوہر تو ہے نہیں اس لئے مجھے ہی اپنی بیٹی کی خاطر گھر گھر جا کر کام کرنا پڑتا

”آج پھر لیٹ سحر میڈم یہ آپ کا آفس ہے گھر نہیں کہ جب دل چاہے آ جائیں۔

سحر: سر وہ، بس بہت بھری ہوئی آرہی تھی، جگہ نہیں ملی۔ میں آپ کو آخری وارنگ دے رہا ہوں۔ اگر کل سے وقت پر نہیں آئیں تو دوبارہ آفس آنے کی ضرورت نہیں ہے۔

لوگوں کی چھٹی ہوئی باتیں برداشت کرنا صرف سحر کا مسئلہ نہیں بلکہ ایسی ہزاروں خواتین کا مسئلہ ہے جو مجبوری میں بس کا سفر کرتی ہیں۔ بسیں اور وینیں عوام کی سہولت کے لئے چلائی جا رہی ہیں مگر لوگوں کو خصوصاً خواتین کو ان کی سروس سے بہت ساری شکایات ہیں۔

مہنگائی کے اس دور میں جہاں روز بروز پیٹرول کی قیمتوں میں اضافہ ہوتا رہتا ہے وہاں بس کے کرایوں میں بھی اضافہ ہوتا رہتا ہے رکشے اور ٹیکسی کے مقابلے میں بس کا سفر تھوڑا سستا ہے۔ لہذا خواتین آنے جانے کے لئے عموماً اسی سواری کا انتخاب کرتی ہیں چاہے وہ طالبات ہوں، ملازمت پیش خواتین یا پھر گھریلو خواتین ہوں۔ لیکن افسوس کی بات تو یہ ہے کہ خواتین کے لئے اس میں سفر کرنا پریشانی کا باعث بن چکا ہے۔ خواتین کمپارٹمنٹ مردوں کے کمپارٹمنٹ کی نسبت چھوٹا ہوتا ہے۔ اس کے باوجود کنڈیکٹر مردوں کو خواتین کمپارٹمنٹ میں سفر کرنے کی دعوت دیتے ہیں۔ اس وجہ سے خواتین کا بس میں اتنا چڑھنا دشوار ہو جاتا ہے اور اکثر اوقات مرد نازیبا حرکات بھی کر جاتے ہیں۔ مردوں کو خواتین کمپارٹمنٹ میں چڑھانا اخلاقی اور قانونی جرم ہے اس کے باوجود صبح اور شام کے اوقات میں منی بس اور کوچ مردوں سے بھری ہوئی نظر آتی ہے۔ اس سلسلے میں اہم نے چند خواتین سے سروے کیا ہے کہ خواتین کو دوران سفر کن مسائل سے دوچار ہونا پڑتا ہے۔

مسز کلثوم: ارے بیٹا مت پوچھو کہ ہم بوڑھوں کے ساتھ بس میں کیا سلوک کیا جاتا ہے ایک تو ویسے ہی ٹانگوں میں جان نہیں ہوتی اور اوپر سے یہ بس والے جیسے بس اسٹاپ پر ہماری لئے بس روک کر احسان عظیم کرتے ہیں۔ بس روکنے کے بعد ابھی ہم پوری طرح سوار ہوتے نہیں ہیں کہ بس چلا دیتے ہیں۔ ہمارا ایک پاؤں پائیدان پر اور دوسرا پاؤں ہوا میں ہوتا ہے۔ پھر بس میں خواتین بھری ہوئی ہوتی ہیں جو اتنے وقت دھکم پیل ہوتی ہے خدا کی پناہ،



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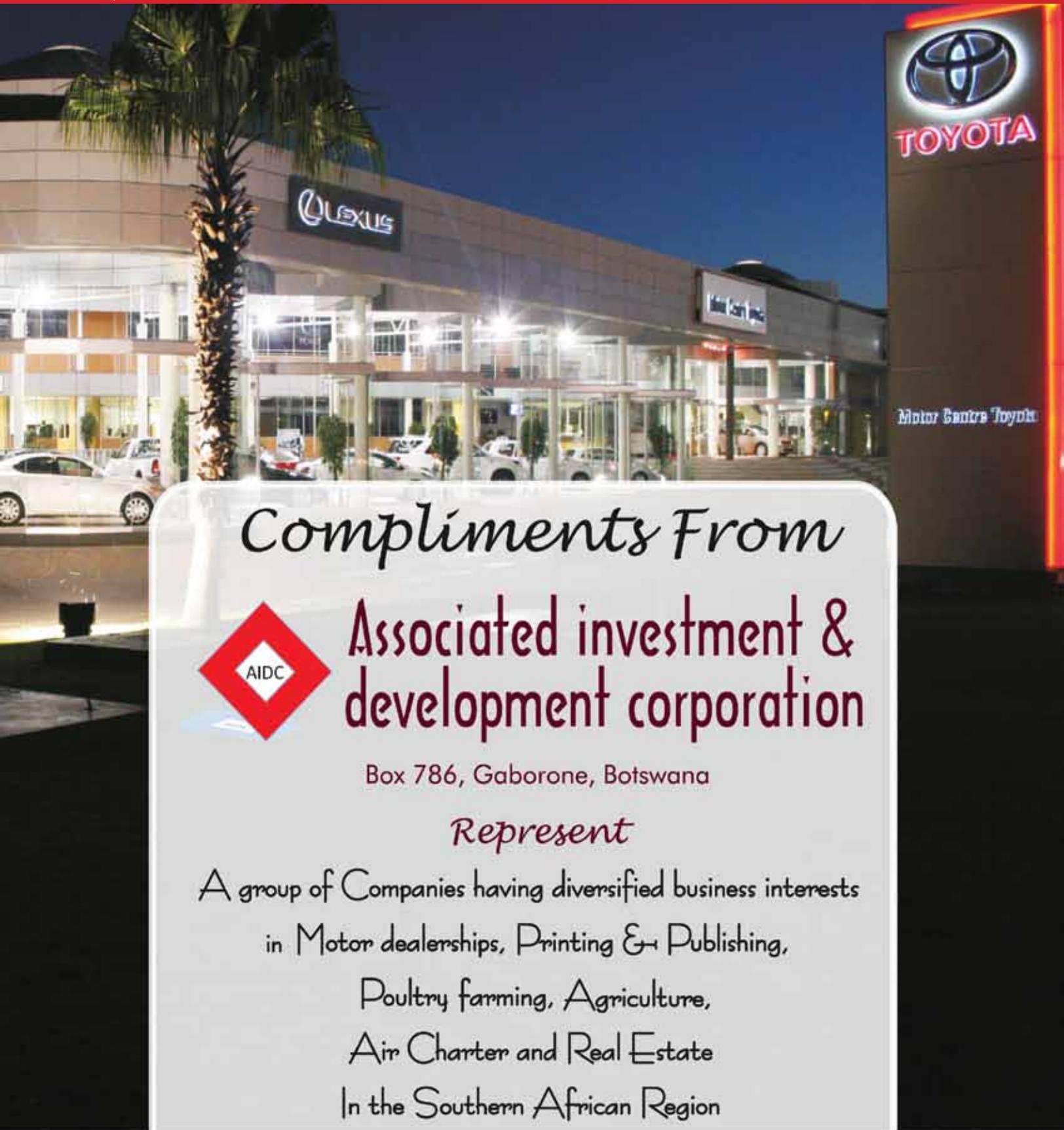
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Air Charter and Real Estate
In the Southern African Region



Directors: Abdul Sattar Dada, Yusuf Dada