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MEMON ALAM



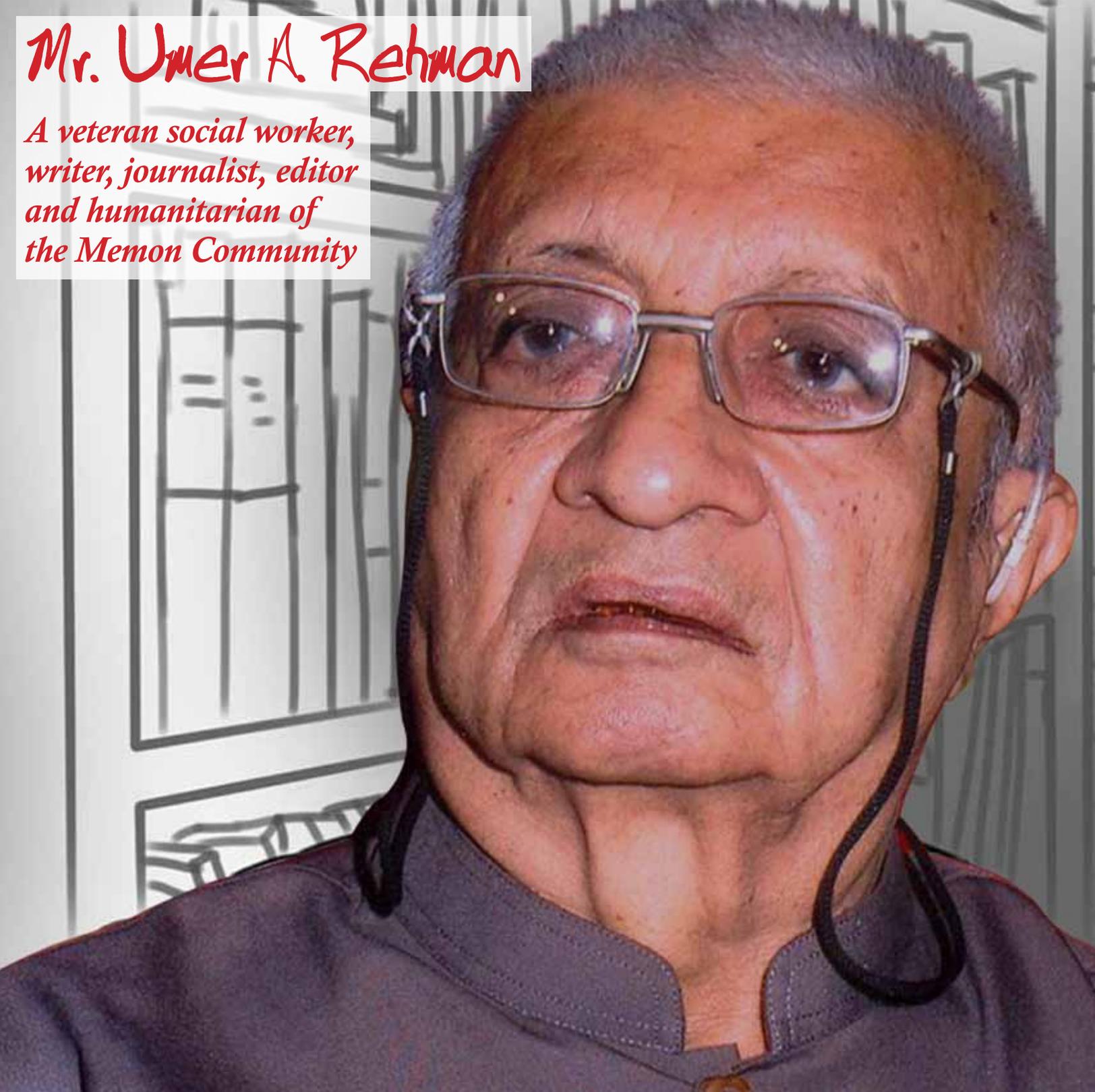
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OCTOBER 2013

Volume No. 56 Issue No. 659

Mr. Umer A. Rehman

*A veteran social worker,
writer, journalist, editor
and humanitarian of
the Memon Community*





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MEMONALAM

OCTOBER 2013
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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.

MEMBERSHIP TO THE WMO

The World Memon Organisation has the following categories of Membership:

1. Apex Bodies (National Bodies)
2. Institutional Members (Regional and Local Bodies) Local Institutions, Foundation, Trusts, Social Welfare organizations, professional institutions, chamber of commerce, educational boards, etc
3. Corporate Members (Commercial Bodies) -
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5. Associate Members (any Non-Memon Organizations or Non-Memon Individual)
6. Patrons
7. Trustees of WMO Charitable Foundation (WMOCF)

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Apex Members	US \$500 (Annually)
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Life Membership	US \$1,000
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NOTES:

1. Subscription for female applicants shall be half the normal fees
2. Subscription for Life Members can be paid in three equal annual installments
3. Subscription for Patrons can be paid in five equal annual installments
4. Subscription for Trustees can be paid in five equal annual installments

SUBSCRIPTION FOR MEMON ALAM

For Pakistan:	Rs. 1000 per annum
For Other Countries:	US \$50 per annum

ADVERTISEMENT TARIFF FOR MEMON ALAM

Back Page	US \$500 per issue
Inside Title Page	US \$400 per issue
Inside Back Page	US \$350 per issue
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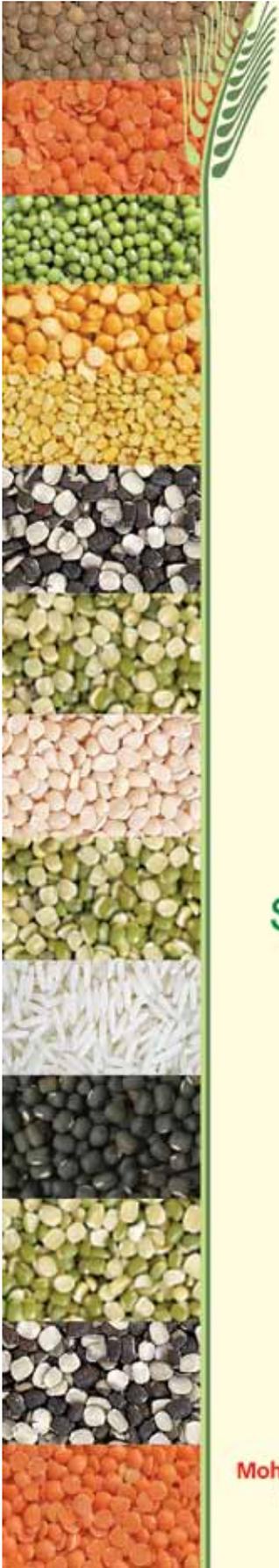
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Mr. Umer A. Rehman & The Memon Alam

The Memon Alam is an international Monthly Magazine of the Memon Community, which was started in August 1958. The magazine has now completed 55 years of successful existence, and is, at present, published in English with extensive Gujarati and Urdu sections, which makes it a unique magazine of its kind, under the umbrella of WMO since April 2010.

Over the years, many generations of Memons and non-Memons from around the world have eagerly awaited the arrival of the Memon Alam in their homes and offices and read the monthly magazine with enthusiasm. The youth of yesteryears would recall reading the Memon Alam in their days, and now, newer generations along with the older generations are still reading the Memon Alam with equal enthusiasm, especially of Gujarati orientation.

The efforts of the “Memon Alam” in the literary field and historical research has created so much interest in our history over the last few decades that quite a few books on the subject have already been published and few are in various stages of research. And they all have invariably acknowledged “Memon Alam” as one of the main sources for the material. The archives of the Memon Alam magazines, spanning over five decades, serve as a valuable source of ready reference for many researchers and historians. Half a century of Memon news, information and history in the Memon Alam is, indeed, a treasure trove for the future generations of our community.

The Memon Alam has since long become an icon of the Memon Community and its unique identity and has carved a niche for itself in the annals of Memon history. A magazine with a journey of 55 years is a legend and people behind it are, no doubt, great legends. Mr. Umer A. Rehman, the Honorary Editor of the Memon Alam for over five decades, is a legend in all respects for his outstanding achievements and contributions for the Memon Alam.

Mr. Umer A. Rehman’s achievement as the Honorary Editor of “Memon Alam” for such a long time and also as a prime inspirer of the movement for the research of the Memon History is so unique and so glorious, that his other achievements although not inconsiderable have already been dwarfed in comparison to it.

In 1958, when the Memon Youth Organization (MYO) decided to publish a monthly magazine called the Memon Alam and chose Mr. Umer A. Rehman as its first Honorary Editor, it marked the beginning of very long journey for Mr. Umer A. Rehman, who handled his responsibilities with utmost sincerity and great dedication, first under the aegis of Memon Youth Organisation and later, from 1987 onwards, under the Memon Alam Trust, of which Mr. Umer A. Rehman was also the Managing Trustee. Being an Honorary Editor for over five decades is indeed a unique record of its kind.

Under the dedicated editorship of Mr. Umer A. Rehman, the magazine has become a useful record of all the news and views connected with the contemporary Memon Community. In addition to this, it has also become a repository of the past history of the Community and the glorious deeds of its forefathers in the form of innumerable biographical and research articles and series of articles. Two such series have also been published in book-form.

Mr. Umer A. Rehman is a living icon of Memon Community. In this issue of Memon Alam, our team has put an effort to highlight the services of this great personality who has served the community and still raising the voice of Memons.

On 23rd November 2009, a Memorandum of Understanding (MoU) was signed between the Memon Alam Trust and the World Memon Organisation (WMO) wherein it was agreed that the publication of the magazine and all its assets would be handed over to the World Memon Organisation (WMO). Thereafter, the Memon Alam is now being published under the aegis of World Memon Organisation (WMO) since April 2010.

Pir Muhammad A. Kaliya
Chief Editor

Profile of **Mr. Umer** **A. Rehman** & *Early Years*

Mr. Umer A. Rehman is a veteran social worker, writer, journalist, editor and humanitarian of the Memon Community. His contribution to the field of education and literacy, journalism and editorship, community welfare work and uplift of the society, particularly the Memon Community, has been remarkable and highly commendable and is spread over a long period of 55 years. Mr. Umer A. Rehman comes from a family whose three generations have contributed to the field of Journalism and Social Service. He has been awarded with numerous honors, medals, certificates and shields for his laudable efforts.

Entry into social welfare work

Mr. Umer A. Rehman, among his varied activities, was the Honorary Editor of MEMON ALAM, a non-profit Monthly Magazine containing English, Urdu and Gujarati sections. He has been associated with this magazine for the past 50 years since its inception in July 1958 and his contribution to the development and growth of this magazine has been overwhelming. He has written innumerable articles and editorials for MEMON ALAM and other magazines and newspapers. His views, comments and ideas have always been highly appreciated and respected. He holds the record for the longest period of Honorary Editorship of any Memon Magazine which is over 50 years. He also holds a unique record of being an editor in the third generation after his father and grandfather.

MEMON ALAM has a wide circulation and is read with enthusiasm every month by its readers in Pakistan as well as in many other countries. Articles and extracts from MEMON ALAM and those written by Mr. Umer A. Rehman are now being featured on the Internet by various Memon Websites.

Mr. Umer A. Rehman Khanani was born in Bantva, Gujarat, India on 10th April 1934 in a literary family.

His grandfather, Mr. Dawood A. Karim was the inspiration behind the religious magazine Ittefaq-ul-Momineen



(1909) published in Bantva, India. His father Mr. Abdul Rehman Dawood (A.D.Karim) began publishing a commercial bi-weekly newspaper Market Bulletin in 1952 from Karachi, which is still being published regularly.

Thus Mr. Umer A. Rehman has a unique honor of being an Editor in the third generation. His family possesses a 100 year's history of literature and journalism.

Mr. Umer A. Rehman studied at the Madressa-e-Islamia in Bantva up to Class VII in and afterwards passed his Matriculation Examination from a school in Karachi. He entered the field of journalism and newspapers in his early years. With the establishment of Memon Youth Organization (MYO) in 1953, his social activities started. When MYO decided to publish Memon Alam, it selected Mr. Umer

A. Rehman to run this important magazine of the Memon Community. Since then Mr. Umer Rehman has smoothly sailed the ship of this magazine throughout its voyage of over 50 years. This magazine provides news and information regarding activities of Memons from around the world and has become the choice and voice of Memons worldwide.

Present Occupation

Mr. Umer A. Rehman is the Proprietor and Editor of MARKET BULLETIN, a commercial bi-weekly, which enjoys a wide circulation among the business community. MARKET BULLETIN, which was started in 1952 by Mr. A. Rehman Dawood, father of Mr. Umer A. Rehman, provides latest updates on Commerce, Economy, Shipping News, Commodity and Currency Rates.

An Interview with Mr. Umer A. Rehman

In this issue of Memon Alam, we have conducted a live Interview of Mr. Umer Abdul Rehman. We have given an overview of his life to introduce this living legend to our younger generation. In this Interview, our team tried to find out about the undisclosed chapters of his life. It was a wonderful Interview conducted in WMO's office.

Memon Alam team has also tried to develop an insight of his vision that he has developed across the years of his struggle in the way of learning. It was a pleasant evening in which, Mr. Abdul Rehman had a wonderful talk with our team. It was indeed a memorable interview in which we found out about the norms of the memon society at that time.

This interview is a small endeavour, to pay tribute to this great personality, who has a unique record of being the Honorary Editor of Memon Alam for more than 50 years.

M.A: What initial difficulties did you face in Life?

Mr. Abdul Rehman: replied laughingly, of course financial constraints, and had to travel a lot. I was hired by a company where the service was for 10 months, and salary was paid for only 10 months, therefore; next two months were difficult. Secondly; no travel expenses were paid by the company.

M.A : When and How did you come to Pakistan?

We came to Pakistan in 1948, from Bantva to Bombay and stayed in "Baig Muhammad Musaffir Khana", and then via steamer came to Karachi.

M.A: What are the drawbacks of our Community?

Our community has detached themselves from their language and culture. They have lost the old family ties; have gone away from the original cuisine too. According to me, no community can prosper without getting attached to their roots.

M.A: What actions do you think are required for a prosperous Pakistan?

Education; and easy access to Education. I think we need more study centers, book banks, night schools and boarding houses. By boarding houses, I mean hostels where students could stay and concentrate on their studies. Education is the key to success.

M.A: What factor of the society are you afraid of?

Unwanted Technology; I am not against Technology, but things that are destroying human relations are fatal.

Mobile and all other applications have taken humans away from humanity and each other and especially the youth are deprived of their close relations. Machines have also increased unemployment.

M.A: How do you think Muslim world can get rid of their problems?

The problem of Muslims is that that they have forgotten their religion and as a Nation, We do not have a strong and Honest Leadership. We need selfless Muslim Leaders.

Penalties and honesty are two important factors to succeed as a nation.

M.A: What message do you want to give to our youth?

Be honest, work hard, love your culture and identity, respect your elders and focus on the things that are the need of our nation. We are facing bad times and individuals need to grow for collective efforts, and every one has to understand their responsibility. And do not forget to respect and acknowledge.

M.A: What according to you is the greatest achievement of your life?

I respected my parents and especially took care of my mother, who had a severe backache problem, even ,when I was a kid, I helped her in her daily chores, washed utensils, cooked food. With tears in his eyes he told us that my father told me when he was dying that I have forgiven all your mischief in the past and all mistakes in the future as well. I know you stole money for going to cinema and other youth activities but I can understand. This is a great lesson for us all because nothing is the best deed than respecting the rights of our parents and serving them as life becomes easy with their prayers.

INTERESTING MEMORIES

Umer Bha told us about a small cinema in Bantva, where he used to watch movies along with his friends. The cinema was next to Ice Factory "baraf jo karkhano'(cold storage), as there was no electricity in Bantva. The cinema fare was "four pence" or four aanas on week days and 'two aanas 'on Friday as it was a Holiday.

He also told us about Doctor M.D Khan ,who went to watch the movie, and if he left without paying , the gatekeeper would go to him the next day to ask for money.

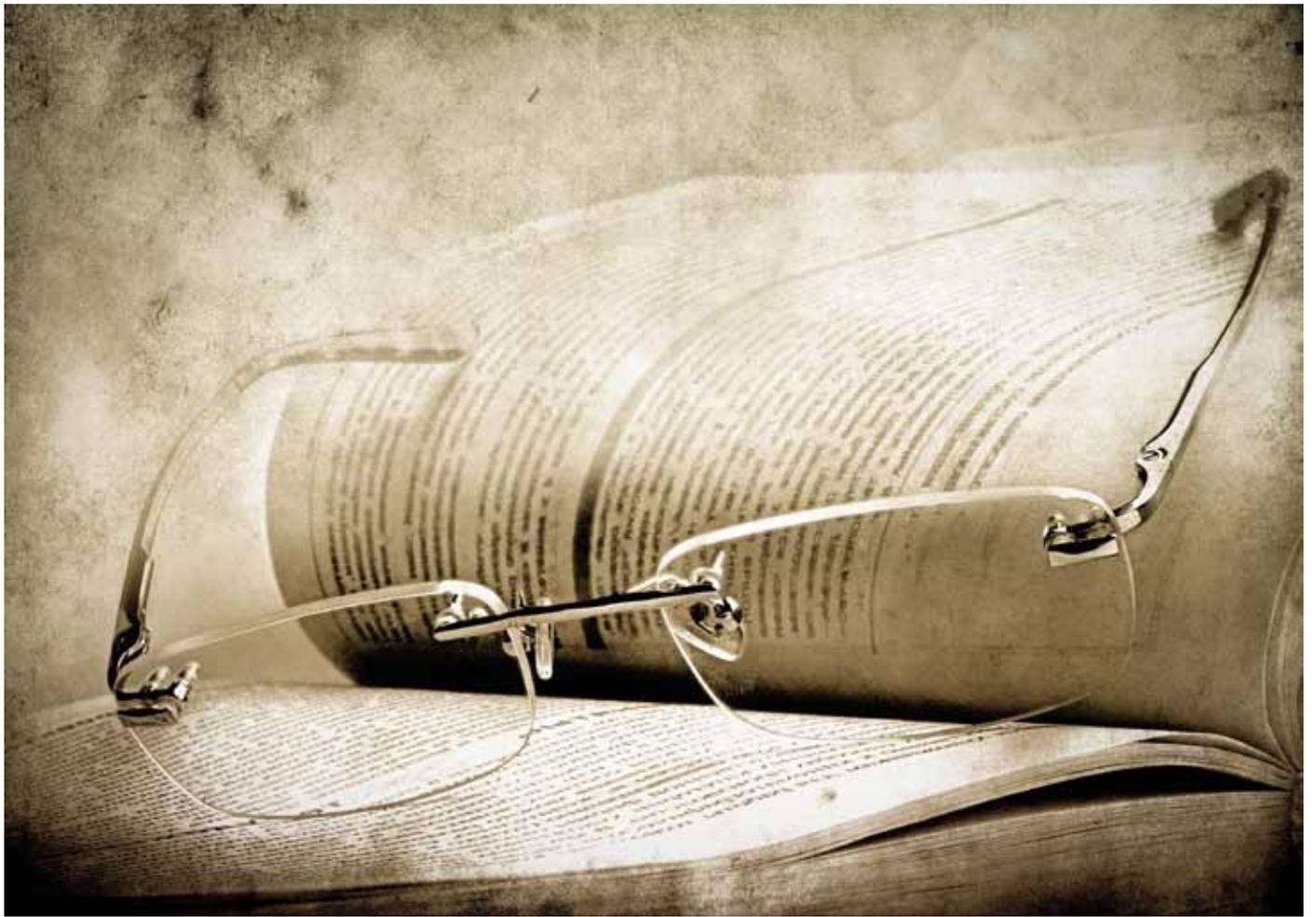
He also told us about a cabin that was inside the room where women came to watch the movie in jaali wala burqah's (abaya). This showed the progressive part of the memon community at that time, that women were allowed to go and watch cinema.

I used to steal money from my father's pocket to watch movies and go out with friends, my father knew about it, but some habits are part of youthful days.

THAALLA TAASRI: This is a very interesting memory that whenever he was invited, he was supposed to take along his "thaala and tasree" that is plate and bowl.

AN OLD CUSTOM WORTH FOLLOWING: Umar bha also told us about an old custom of our community, he told us that even the ladies of groom were not allowed to see the bride to be's face or visit her house for this purpose. Family prestige was the base of weddings. Information about the girls was taken by their relatives or their neighbors. This is actually a lesson to learn as girls were not humiliated like nowadays.

Literary Contributions of **Mr. Umer A. Rehman**



Mr. Umer A. Rehman has presented several very useful articles in Memon Alam including Memon Kaum No Itihas (History of Memon Community), Memon Kaumni Utpatti (Evolution of Memon Community) and Sindhi Itihaskaro ni Najre Memon Itihas (Memon History as per Sindhi Historians). Mr. Umer A. Rehman has written a number of articles for the Memon Alam and other magazines and newspapers. His editorials in the Memon Alam have been appreciated at large and have proved guiding and impressive, welcomed by the readers. Mr. Umer A. Rehman is the writer of several books including 'Memon Shakshiyat',

'Maari Mulaqaat' and 'My Diary'. All his books have earned him appreciation from all the concerned quarters.

His contribution to the field of Journalism, spreading over five decades, consists of countless articles, reports, reviews, comments, editorials and biographies. Some books worth mentioning are Memon Shakshiyat, a collection of Biographies of well-known memon personalities and philanthropists and Maari Mulakat, interviews of renowned personalities.

Memon Alam is regarded as the mirror of the Memons and its material are frequently used by historians and researchers of Memonology.

Social & Welfare Activities:

Mr. Umer A. Rehman has also remained connected with many other social, educational and welfare organizations including Memon Youth Organization (MYO) (of which he also served as its President), Al-Jilani Foundation, Pakistan Memon Women Education Society (PMEWS) and Bantva Memon Education Society and has been awarded with many commendations, certificates and shields. On his visit to Abu Dhabi, Radio Abu Dhabi broadcasted an Interview with him wherein Mr. Umer A. Rehman highlighted the social, political and religious activities of Halai, Cutchi and Sindhi Memons.

Awards & Honors

UMER SANMAN SAMITI

In May 1984, a special committee, namely "Umer Sanman Samiti" was formed, which organized a grand function to facilitate Mr. Umer A. Rehman. The function was attended by many well-known personalities and his biography was published in the form of a booklet as well as in MEMON ALAM, other magazines and publications. He was also awarded a Gold Medal along with many shields in presence of elite of the society.

OTHER AWARDS & HONORS

All India Memon Jamat Federation

The All India Memon Jamat Federation in his Mumbai Moot on 26th March 2005, awarded Mr. Umer A. Rehman the Life time Achievement Award through the hands of Indian Union Minister of Foreign Affairs, Mr. E. Ahmed.

Al-Gilani Foundation

In May, 1983 he became a trustee of Al-Gilani Foundation.

All Pakistan Memon Federation

1960 - Member of Managing Committee. He served in various sub committees until 1978.

Bantva Educational Society

In 1966 he became Founder General Secretary of Bantva Educational Society and remained so till 1980. He is still member of Managing Committee

Bantva Memon Co-Op. Housing Society

In 1978 he was elected as a member of the Managing Committee of Bantva Memon Co-Operative Housing Society and served until 1980.

Bantva Memon Jamat

1975 - Member of Managing Committee
1976-77 Honorary Joint Secretary No. 2
1977-78 - Member of Managing Committee
1983 - Member of Managing Committee
1984 - Member of Managing Committee

Memon Alam

Served as Honorary Editor since its inception in July 1958. Initially, the magazine was published only in Gujarati. Thereafter, the first issue of Memon Alam with Urdu section was published from December 1969 onwards.

Memon Boys Scouts Group

On 02-07-1966, the Memon Boys Scouts Group was established. He was General Secretary of the Group. Mr. Yousuf H.K. Dada, President M.Y.O. awarded him a Group Scarf for his services

Memon International Club

Member of the Managing Committee



On 26th March 2005, Mr. E. Ahmed, Minister of State for External Affairs, Government of India and Mr. Haji Abdul Razzak (ARY), President of WMO, presenting the Shield of All India Memon Jamat Federation, Mumbai to Mr. Umer A. Rehman. Dr. Nasir Fulara (Far Left), President of All India Memon Jamat Federation is also seen in the picture

Memon Youth Organization (M.Y.O.)

The Memon Youth Organization recognized Umer A. Rehman's and awarded him a shield for services rendered by him in various capacities. In 1953 he became Member of Managing Committee of Memon Youths Organization. Except the year 1955-56 he has been associated with M.Y.O. in various capacities like Hon. Joint Secretary (1963-65), Hon. Gen. Secretary (1965-77) and President (1977 to present times)

Mohtarma Khadija Hajiani Educational Trust

In May, 1979 he became a Trustee of Mohtarma Khadija Hajiani Educational Trust.

Pakistan Memon Women Educational Society

In June, 1982 he was nominated as a member of the Advisory Board for Pakistan Memon Women Educational Society and he is still serving.

Safura Bai Memon Girls Boarding House

In 1971, he became a member of its Managing Board and served in that capacity until 1980.

United Memon Jamat of Pakistan (UMJP)

He is a member of the Council of the United Memon Jamat of Pakistan. He was awarded a shield, a Sindhi Cap and a cheque for Rs. 2500/- from UMJP in recognition of the services in the field of community journalism.

World Memon Foundation (WMF)

In 1983 he won second prize in essay completion organized by the World Memon Foundation

Others

In 1964 he was elected as member of Basic Democracy (Unit No. 677). In 1965 he acquired Civil Defense Training Course and served as a Warden. He was awarded with a Certificate.

In 1965 he collected largest quantity of goods for the victims of Indo-Pak War in unit No. 92. He was awarded with a Certificate. In 1971, he served as a Warden during Indo-Pak War.

Books & Publications

'Maari Mulakat' Part I (Gujarati). Published in December 1967, containing interviews of various prominent Memon Personalities.

'Maari Diary' (Gujarati). A chronological account of the activities of the Memon community, Jamats and other organisations spanning over 50 years.

'My Diary' (English). A chronological account of the activities of the Memon community, Jamats and other organisations spanning over 50 years.

'Memon Quam no Itihaas' (Gujarati), written by Hashim Zakaria, published in 1970.

'Memon Shakhshiyat' Part I (Urdu), written by Abdul Rehman Aseer, published in 1975.

'Memo Quam na Utpati' (Gujarati), written by Abdul Rehman Aseer, published in 1978.

'Asaasa-e-Memon Quam' (Urdu), written by Abdul Rehman Aseer, published in 1978.

'Maari Mulakat' Part II (Gujarati). Published in August 1985, containing interviews of various prominent Memon Personalities.

'SAB RAS' (Gujarati), written by Abdul Sattar Pariyani, published in 2000.

'Memon Shakhshiyat' Part II (Urdu), written by Abdul Rehman Aseer, published in 2003.

A Life in Pictures



Mr. Umer A. Rehman being introduced to Prince Charles



L to R: Mr. Iqbal Officer (India), Mr. Abdul Rashid Godil, Mr. Abba Ali Yousuf and Mr. Umer A. Rehman



Mr. Umer A. Rehman with Qasim Abbas of Toronto, Canada

Mr. Umer



Mr. Umer A. Rehman being presented with a Shield by Mr. Peer Muhammad Diwan & Mr. Pir Muhammad Kaliya. Mr. Qasim Lawai & Mr. Abdul Razzak Thaplawala are also present. The occasion is Golden Jubilee Issue of Memon Alam



Receiving a cheque for Rs. 2500/-, Sindhi Cap and Shield from Justice (Retd) Abdul Hafiz Memon, President of United Memon Jamat of Pakistan, in recognition of services in the field of community journalism



Mr. Haroon Karim, Mr. Umer Abdul Rehman and Mr. A. Razzak Yaqoob (ARY)

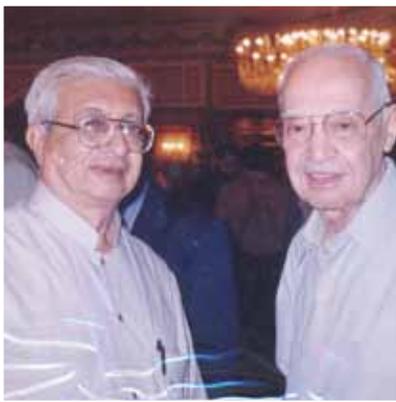


Mr. Umer A. Rehman presenting his book 'My Diary' to Mr. Shaukat Aziz, the then Minister of Finance, Government of Pakistan



Late Mr. Latif Ebrahim Jamal welcoming Mr. Umer A. Rehman

A Rehman



Mr. Umer A. Rehman with Late Mr. Yousuf Haroon, at the time of Inauguration of the World Memon Organization (WMO)



Mr. Pir Muhammad A. Kaliya presenting a shield to Mr. Umer A. Rehman at a function held at Raunaq-e-Islam Girls School, Karachi

Memorandum of Understanding (MOU)



It was decided at a meeting of a Board of Management of WMO that a Memorandum of Understanding (MOU) be executed between the World Memon Organisation (WMO) and the Memon Alam Trust.

As such, the MOU was executed by Mr. Shoaib Ismail Mangroria, Vice President, WMO, and Mr. Umer A. Rehman Khanani, Managing Trustee, Memon Alam Trust on 23rd November 2009 at WMO House, Karachi. The President of WMO, Haji Abdul Razzak Yaqoob, also graced the occasion.

According to the MOU, the WMO will publish its first issue of Memon Alam with effect from April 2010.

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Joint Charity Event held by the Ladies of WMO & MMIH on Thursday, 24th October 2013 at Karachi



The Ladies Wing of the World Memon Organisation (WMO), Pakistan Chapter, organized a joint Charity Event in collaboration with the Memon Medical Institute Hospital (MMIH) on Thursday, 24th October 2013 at The Court, B-2, KDA Scheme No. 1, Main Shahrah-e-Faisal, Karachi. The event was held between 4.30 pm and 7 pm and was attended by over 300 guests.

The program started with recitation of a few verses from the Holy Quran & its translation by Mrs. Abida Punjwani. Documentary films of MMIH and WMO were also exhibited.





The event started off with a welcome address by Ms. Reeda Sheikhani from WMO, who highlighted the activities of WMO in general and the endeavors of the WMO Ladies Wing in particular. She reported that the Ladies Wing was involved in the uplift of the less-fortunate Memon women and regularly holds get-togethers, seminars & other events for the benefit of Memon women.

The Ladies Wing has collected Zakat to the tune of Rs. 1 million for WMO in the recent months. The Wing also plans to donate a shelter home for the widows to WMO with the amount raised. Besides, the WMO Ladies Wing holds membership campaigns to encourage Memon ladies to join WMO. She requested the female members in the audience to become members and join hands with WMO in its mission to alleviate the sufferings of the poor and needy.



The aim of this Ladies Program was to have an Entertainment Session with a Cause. The event included a laughter session by BEO, a renowned lady comedian. The audience was kept entertained and was in fits of laughter by her witty remarks and performance which lasted for over an hour. The Cause was to raise funds for the benefit of the poor. The revenue generated through the event will be divided equally between MMIH and WMO for their philanthropic activities



Dr. Anila Haroon gave a presentation on the services offered by MMIH and highlighted the achievements of MMIH during 2012-2013 and its future plans. The guests thoroughly enjoyed the program and appreciated the efforts made by the entire team of WMO Ladies Wing and the MMIH.

The Event was supported by the following companies, for which both Ladies Wings of WMO and MMIH are extremely grateful.

1. The Management of The Court, Venue of the Event,
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A delightful High Tea marked the conclusion of the program



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Memon Industrial & Technical Institute

Orientation Ceremony of the 12th Batch of the Boys & 10th Batch of the Ladies' Sections on 1st October 2013

First day at school is always a day of joy and excitement with feelings of with hope and expectation for all students. It is a day to make new friends and take a step ahead in their lives towards a bright future. MITI students are no different. However, they are unique in a way because some of them never had the opportunity to attend any school before this.



Having completed the phase of admissions, the students were waiting for the intimation about the opening day. With this excitement, the new students attended the Orientation Ceremonies held on 1st October 2013 for the boys in the morning and in the afternoon for the Ladies sections in the Institute premises.



A large numbers of students attended the function. It is worth mentioning that 1550 boys and 2700 ladies have taken admission in the regular courses of the new Batches which is among the highest in the history of MITI. Besides, there are about 1000 other lady students who will be attending the 1 month or 2 month short courses but were not part of this function. Another feature of the function was the inclusion of students from Lyari and Sultanabad.

MITI has received grant from Karachi Youth Initiative to train 350 students from under-privileged and at-risk students from Lyari and Sultanabad. This grant is in the form of scholarships for the selected students and includes 200 boys and 150 ladies.



Separate arrangements were made for boys and ladies. The Ceremony was presided by Mr. H.M. Shahzad, Chairman and Mr. Shahab Hasan, Chief Operating Officer. The Principals of the Boys' and Ladies' sections Mr. Anis Khan and Mrs. Majida Khursheed together with all the Staff members were also in attendance. The officials from our partners KYI were also present.

The function started with Tilawat-e-Quran by Qari Mohammad Farhan. This was followed by Naat-e-Rasool SAW by Mr. Shoab Ikram of our Purchase Department.



The main program began with the singing of the National Anthem.

Then the gathering was addressed by the C.O.O. and Chairman who welcomed the new students and promised that all the staff members are committed to make their stay at MITI pleasant and successful. They asked them to make the best use of the opportunity and fulfill the expectations of their parents and make a place for themselves in society.



The Chairman also explained in brief about the history of MITI and how it came into being in July 2009 with the efforts of the World Memon Organization. The Chairman in his address further expressed his pleasure to be among them and was very happy to see the interest and enthusiasm of the students at this function. He thanked all the management and staff including all the teachers and instructors who are working with commitment to make the stay of the students a most pleasant and fruitful experience and also advised the students to take their studies seriously. He prayed for their success and said that in his capacity as Assistant Secretary General of WMO, he is always exploring new initiatives for the further growth and improvement of MITI.



Later, the respective Principals of Boys' and Ladies' sections addressed the students and informed them about the discipline of the Institute including the rules and regulations that have to be followed by all the students. They especially stressed upon the importance of punctuality and attendance. The various rules concerning discipline were also emphasized to the students.



Other speakers also emphasized that the rules and regulations of the Institute are there to ensure the safety, security and health of the students and their possessions. They also ensure that all the students can concentrate on their studies free from worries. The students were requested to co-operate with the management in the enforcement of these rules.

The function concluded with the introduction of all the instructors and teachers of the different courses. Then the students were shown around the facilities of the campus and to their respective classes and workshops by the Instructors and Teachers.



The regular classes started the next day that is 2nd October, 2013 according to the time-table.



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Mothers of the Believers

Hazrat Aisha

“Of the entire number of inmates, Lady Ayesha alone, by force of character and keenness of wit, won for herself a place in the political and religious history of Islam.” [Quoted by Fida Hussain Maalik in his book, ‘Wives of the Prophet’, Bombay, 1989, Page 124]

Aisha passed away in 58AH at the age of 67 on 17th Ramadhan. Her scholarly contributions to Islam, as well as her pious example, have earned her special status among the “Mothers of the Believers,” a term of honor given to all the wives of the Prophet (peace be upon him). Aisha was the youngest and favorite wife of the Prophet Muhammad (peace be upon him). Aisha (r.a) was a great Muslim lady. She was very talented and had a wonderful memory. A Muslim scholar, she is credited with narrating more than two thousand hadith. She had a great love of learning and became noted for her intelligence, learning and sharp sense of judgement. Aishah (r.a) memorized the entire Qur’an. Her father was a man of learning and she inherited his love of knowledge. Following the death of his first wife of 25 years, Khadija bint Khawilad, the Prophet Muhammad (S.A.W)* entered into other marriages. Aisha Bint Abu Bakr Al-Siddiq was the third and youngest wife her Marriage with the prophet was a Wahy (Divine Revelation). She, herself relates from the Prophet. “He said, ‘I saw you in dreams three times. The angel brought you to me and you were clad in white silk. He

(the angel) said that it was your consort and he (angel) showed me by opening your face. You are just like that...” Sahih Muslim, Vol.2, p. 285.

Aisha (r.a.) was born after her parents had embraced Islam. Therefore, she was free from the defilement of polytheism right from her birth.

In her youth, already known for her striking beauty and her formidable memory, she came under the loving care and attention of the Prophet himself. As his wife and close companion she acquired from him knowledge and insight such as no woman has ever acquired.

Aisha lived on almost fifty years after the passing away of the Prophet. She had been his wife for a decade. Much of this time was spent in learning and acquiring knowledge of the two most important sources of ALLAH’s guidance, the Qur’an and the Sunnah of His Prophet. Aisha (r.a.) was one of the three wives (the other two being Hafsa (r.a.) and Umm Salama (r.a.) who memorised the Revelation. Like Hafsa (r.a.), she had her own script of the Qur’an written after the Prophet had died.

So far as the Hadith or sayings of the Prophet is concerned, Aisha (r.a.) is one of four persons (the others being Abu Hurayra, Abdullah ibn Umar, and Anas ibn Malik) who transmitted more than two thousand sayings. From her, 2210 Hadith have come, out of which 174 Hadith are commonly agreed upon by both Bukhari and Muslim.

Many of her transmissions pertain to some of the most intimate aspects of personal behaviour which only someone in Aishah’s position could have learnt. What is most important is that her knowledge of Hadith was passed on in written form by at least three persons including her nephew Urwah who became one of the greatest scholars among the generation after the Companions.

It is the claim of the Scholars of Islam that without her, half of the Ilm-I-Hadith [knowledge, understanding of the Hadith (and Islam)] would have perished.

Many of the learned companions of the Prophet (S.A.W) and their followers benefited from Aishah’s knowledge. Arwa Bin Zubair says, “I did not find anyone more proficient [than Aisha (r.a.)] in the knowledge of the Holy Qur’an, the Commandments of Halal (lawful) and Haram (prohibited), Ilmul-Ansab and Arabic poetry. That is why, even senior companions of the Prophet used to consult Aisha (r.a.) in resolving intricate issues”. Ibn Qayyim and Ibn Sa’ad, Jala-ul-Afham, vol. 2, p. 26.

Abu Musa al-Ash’ari says: “Never had we (the companions) had any difficulty for the solution of which we approached Aisha and did not get some useful information from her”.

Sirat-I-Aisha, on the authority of Trimidhi, p. 163.

As a teacher she had a clear and persuasive manner of speech and her power

Siddiqa (R.A.)

of oratory has been described in superlative terms by al-Ahnaf who said: "I have heard speeches of Abu Bakr and Umar, Uthman and Ali and the Khulafa up to this day, but I have not heard speech more persuasive and more beautiful from the mouth of any person than from the mouth of Aisha."

The Prophet said,

"The superiority of 'Aisha to other ladies is like the superiority of Tharid (i.e. meat and bread dish) to other meals. Many men reached the level of perfection, but no woman reached such a level except Mary, the daughter of Imran and Asia, the wife of Pharaoh."

Sahih Al-Bukhari Hadith, Narrated by Abu Musa Al-Ash'ari Hadith 4.643.

Musa Ibn Talha (r.a.) says, "I did not see anyone more eloquent than Aisha (r.a.)"

Mustadrak of Hakim, vol.4, p.11.

Men and women came from far and wide to benefit from her knowledge.

Aishah's great interest in the study of the Qur'an is understandable. She was an eyewitness to a number of revelations and had therefore a clear idea of the circumstances in which they were revealed. It was on her bed alone (and no other consort's) that the Prophet received Wahy (Divine Revelations) several times. This helped her in interpreting the verses. At the time of the Prophet's death, the Prophet's head was on her lap. It was in her quarters that the Prophet was buried.

The Prophet's Favorite Wife

Aisha became known as the Prophet's (peace be upon him) favorite wife. Aishah (r.a.) was totally devoted to the Prophet Muhammad (S.A.W), her husband, and he loved her dearly. Aishah (r.a.) loved and enjoyed serving her husband. She used to do the household work, including grinding flour and baking bread. She would make the beds and do the family's washing. She always kept ready for the Prophet's (S.A.W) ablutions before prayer. She liked what the Prophet (S.A.W) liked and disliked what he disliked. If Aishah (r.a.) loved anyone more than her husband Muhammad (S.A.W), it was Almighty Allah. This was the teaching of the Prophet (S.A.W). The Prophet (S.A.W) did not love her only for her physical beauty but also for her intelligence, sound judgment and personality. The prophet (S.A.W) fell ill in 11 AH and Aishah (r.a.) nursed him with all the love and care of a devoted wife. It was in her lap that he rested his head when he died, and under the floor of her house that he was buried. The Prophet's Masjid (Masjid Nabawi) now stands on that site in Madina, Saudi Arabia. Aishah was reported to have been very beautiful, but it is her piety, intelligence and remarkable memory that make her a notable figure in Islamic history. She absorbed vast religious knowledge from the Prophet (peace be upon him) – including memorizing the entire Qur'an – and was witness to much of the early history of Islam.

She helped preserve the details of those events, as well as the details of the private and public life of Muhammad (S.A.W), by narrating more than two thousand hadith. Aishah was very young when the Prophet (peace be upon him) passed away, but she was already regarded a religious scholar. Over the next four decades, until her own death, Muslims consulted Aishah for her extensive understanding of Qur'an, Islamic jurisprudence (fiqh), Islamic teachings and traditions (Sunnah). She helped educate Islamic scholars and took custody of children – some orphans – to raise them in Islam

Aishah- a role model for women

Aishah(r.a) always stood for the truth. She taught Islam to many people. She was an authority on many matters of Islamic Law, especially those concerning women. Her life shows to what height a Muslim women can rise. Before Islam, women had a low status in society; Islam gave them a very important position. Islam wants to see a woman develop her talents and contribute to society as a mother and a wife and to remain loyal and chaste. Muslim women can rise to prominence with Islam. Allah the Creator has fixed their rights and duties according to their nature and biological make-up. Aishah's life is an example for young Muslim girls, who should try to follow her devotion and love for her husband and her special aptitude for knowledge and learning

The Month of Muharram

With the sighting of the new moon the Islamic new year is ushered in. The first month Muharram, is a month of great reward and virtue. Muharram itself means 'sacred' and is from those months which have been mentioned as sacred in the Holy Quraan.

Almighty Allah states in the Holy Quraan:

"Four of them (Zil-Qadah, Zil-Hijjah, Muharram and Rajab) are sacred." (Surah At-Tawbah:36)

From out of the four sacred months, Muharram has been blessed with certain specific virtues:-

The Holy Prophet Muhammad (Sallallahu-Alayhi-Wasallam) said:

"The best of fasts besides the month of Ramadhan is the fasting of Allah's month of Muharram." (Muslim)

In another Hadith, Hazrat Ibn Abbas (Radhiyallahu-Anhu) reports: "that the Messenger of Allah (Sallallahu-Alayhi-Wasallam) said: "The one that keeps a fast in the month of Muharram will receive the reward of thirty fasts for each fast (in this sacred month)." (Tabraani)

Although the fasts of the month of Muharram are not obligatory, the one who fasts in these days out of his own will and choice is entitled to a great reward by Almighty Allah. The Hadith cited above signifies that the fasts of the month of Muharram are the most rewardable among the Nafil fasts i.e. the fasts one observes out of his own choice without being obligatory on him.

The Hadith does not mean that the reward promised for fasts of Muharram can only be attained by fasting for the whole month. On the contrary, each fast during this month has merit. Therefore, one should take advantage of this opportunity.

The Day of Ashura (10th Muharram)

Although the month of Muharram is a sacred month as a whole, the 10th of Muharram is the most sacred among all its days. The day is named 'Ashura'. It is one of the most important and blessed days of Allah in the Islamic calendar.

According to the Holy companion, Ibn Abbas (Radhiyallahu Anhu), when the Holy Prophet Sallallahu Alayhi Wassallam migrated to Madinah, he found that the Jews of Madinah used to fast on the 10th day of Muharram. They

said that it was the day on which the Holy Prophet Musa Alayhis Salaam and his followers crossed the Red Sea miraculously, and the Pharaoh was drowned in its water. On hearing this from the Jews, the Holy Prophet Sallallahu Alayhi Wassallam said, "We are more closely related to Musa than you." So the Prophet Sallallahu Alayhi Wassallam directed the Muslims to fast on the day of Ashura. (Abu Dawood)

According to another Hadith, it is more advisable that the fast of Ashura should be either preceded or succeeded by an additional fast. It means that one should fast two days: the 9th and 10th of Muharram or the 10th and 11th.

The reason of this additional fast as mentioned by the Holy Prophet Sallallahu Alayhi Wassallam is that the Jews used to fast on the day of Ashura alone, and the Holy Prophet Sallallahu Alayhi Wassallam wanted to distinguish the Islamic-way of fasting from that of the Jews. Therefore, he advised the Muslims to add another fast to the day of Ashura.

May Allah guide us all upon the Straight Path and save us from every act which brings His displeasure.

Ameen

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22 Surprising Uses for Turmeric



Turmeric has a peppery, warm and bitter flavor and a mild fragrance slightly reminiscent of orange and ginger, and while it is best known as one of the ingredients used to make curry, it also gives ballpark mustard its bright yellow color.

Turmeric comes from the root of the *Curcuma longa* plant and has a tough brown skin and a deep orange flesh. Turmeric has long been used as a powerful anti-inflammatory in both the Chinese and Indian systems of medicine. Turmeric was traditionally called “Indian saffron” because of its deep yellow-orange color and has been used throughout history as a

condiment, healing remedy and textile dye.

Along with its anti-inflammatory benefits, this antioxidant-rich staple from the spice rack can be used for everything from dyeing Easter eggs to whitening teeth.

One of the most fetching culinary spices, turmeric has an intense golden hue. The major ingredient in Indian curries, turmeric is the component responsible for curry’s dizzying color; it’s also commonly used to imbue mustard with its radiant glow.

We’re commonly reminded to eat colorful plant foods because their pigments, which are associated with antioxidants — the wonder

nutrients that experts believe protect and repair cells from damage caused by free radicals and that also have important anti-inflammatory properties. Turmeric’s intense color makes it a front-runner in this group of foods; curcumin, a compound found only in turmeric, appears to be the magic ingredient.

A cousin of ginger, this rhizome has a long history of use in herbal remedies, particularly in China, India and Indonesia. Many current studies are looking into turmeric to treat a whole host of health problems, and turmeric has ample other uses as well, as evidenced in the following applications.

1. Brighten your pearly whites

Former Miss USA Susie Castillo swears by her recipe for homemade toothpaste, which includes turmeric powder. Although turmeric is known for its staining prowess, it is commonly (if not counter-intuitively) used to whiten teeth – presumably it's not in contact with the enamel long enough to change the color.

2. Customize foundation

Ashy makeup makes a bad match for luminous skin. Actor Thandie Newton tackles the problem by adding turmeric to tinted moisturizer to achieve a perfect glow that matches her skin tone. And in fact, women in India often use turmeric in face creams and body scrubs to boost the glow factor; sprinkle in a bit at a time until you have the proper tone.

3. Spice up your soap

If you make homemade soap, adding several teaspoons of turmeric to it will not only dial up its color, but will boost its skin-friendly benefits as well.

4. Save your scalp

Many swear by a combination of olive oil and turmeric to deter dandruff and to improve the overall condition of the scalp. Make a mix of turmeric and the oil of your choice (jojoba or coconut oil would be nice), massage into your scalp and leave on for 15 minutes, then shampoo and style as usual.

5. Embellish temporary tattoos

Use turmeric to create golden Mehndi, the temporary tattoos made with henna, or to add a pretty second color to an extant henna tattoo.

6. Diminish sprain strain

A traditional homeopathic sprain treatment involves making a paste using one part salt and two parts turmeric and enough water to make it spreadable. Apply to the affected joint and wrap in an old cloth that you don't mind staining. Leave on for 20 minutes to an hour, once a day. (Don't do this on body parts that can be seen; you don't want a temporary yellow tinge!) Also of note: the University of Maryland Medical Center suggests taking turmeric to help reduce sprain swelling and makes the effect of bromelain (an anti-inflammatory derived from pineapple enzymes) stronger. Take 250 to 500 milligrams (mg) each of turmeric and bromelain, three times a day between meals.

7. Help tame swimmer's ear

Natural remedy aficionados recommend

using warmed garlic oil to help push the water out of ears affected by swimming; adding turmeric to the mix is said to help as well. See home remedies for swimmer's ear for more.

8. Soothe a sick stomach

Turmeric has long used to quell bellies that aren't behaving properly. The National Institutes of Health (NIH) recommends 500 mg of turmeric four times daily to treat an upset stomach.

9. Ease achy arthritis

For osteoarthritis, NIH recommends 500 mg twice daily of a specific turmeric extract (like Meriva, Indena); 500 mg four times daily of a non-commercial product has also been used. For rheumatoid arthritis, they note that 500mg twice daily of a specific formulation of curcumin (like BCM-95, Arjuna Natural Extracts, India) can be used.

10. Love your liver

According to early experimental research at the Medical University Graz in Austria, the curcumin in turmeric may delay liver damage that can eventually lead to cirrhosis.

11. Inhibit skin cancer

Turmeric seems to hold much promise for skin treatments, as well as possibly inhibiting certain forms of cancer. Among other studies, researchers at the University of Texas note that curcumin inhibits the growth of melanoma and may also impede the spread of breast cancer to the lungs.

12. Battle other forms of cancer

The American Cancer Society says that laboratory studies have shown that curcumin interferes with several important molecular



pathways involved in cancer development, growth and spread. Researchers have reported that curcumin can kill cancer cells in laboratory dishes and also slows the growth of the surviving cells. Human studies of curcumin in cancer prevention and treatment are in the early stages.

13. Minimize Alzheimer’s symptoms

A clinical trial using curcumin extract published in the Journal of Neurochemistry found a 30 percent decrease in the size of Alzheimer’s-associated brain plaque in treated mice — in only one week.

14. Make longevity tea

Dr. Andrew Weil notes that people in Okinawa, the Japanese island nation with the world’s longest average life span, drink turmeric tea daily. To make your own, boil four cups of water, add one teaspoon of ground turmeric, allow to simmer for 10 minutes, strain, and add ginger and/or honey to taste.

15. Use as dye for spicy tie-dyed tees

Yes, turmeric stains fabric ... which means that it’s an awesome fabric dye. Add three tablespoons of turmeric to a pot of boiling water, let it simmer for a while, and your dye bath is ready. (See more at this photo tutorial.)

16. Make marigold-colored play dough

Homemade play dough is as much fun to make as it is to play with once it’s made. And coloring it is especially fun. This recipe instructs on how to make it from scratch, and also how to turn it into a rainbow of colors using, among other natural ingredients, turmeric. (Bonus tip: You can scent homemade play dough with vanilla or peppermint extract.)

17. Natural dye

There’s something magical about mashing up natural dyestuffs in bowls and watching hard-boiled eggs transform into the jewel-like colors found in nature rather than in the lab. Beet juice, onion skin, blueberries, and of course, turmeric all do a bang-up job of the task. Get the how-to here: Eco Easter eggs.

18. Make meat safer

Kansas State University researchers discovered that adding turmeric to meat can reduce the levels of heterocyclic amines (HCAs) by up to 40 percent. HCAs form on



chicken and meat when cooked over high heat, like in grilling. Consumption of HCAs is linked to higher rates of cancer.

Nutrients in Turmeric 2.00 tsp (4.40 grams)	
Nutrient	%Daily Value
Manganese	17%
Iron	10.1%
vitamin B	64%
Fiber	3.7%
Potassium	3.1%
Calories (15)	0%

This chart graphically details the %DV that a serving of Turmeric provides for each of the nutrients of which it is a good, very good, or excellent source according to our Food Rating System.

19. Enliven bland food

While Frito-Lay may rely on Yellow 6 and Red 40 to enhance its preternaturally vivid snacks like Cheetos and Nacho Cheese Doritos, you can skip the nasty artificial colors and add a dash of turmeric to brighten up otherwise insipid-looking food. Whimsical cooks and moms alike can benefit from adding it to eggs, mashed potatoes, soups, cauliflower, or anywhere else a bit of vibrancy is desired.

20. Blend your own curry powder

If there’s one thing turmeric is famous for, it’s the starring role in Indian curry. (There comes a point in every young Western cook’s life when they realize that curry isn’t one single spice, but a blend of many.) Making your own curry blend is simple and tastes remarkably bright and fresh; and you can customize it to reflect your personal taste. A good place to start is here.

21. Make delicious dishes

No “uses for turmeric” article would be complete without reminding the reader of all the wonderful food that can be made with turmeric, even if it may not be the most surprising use on the list. Therefore, see: 5 dishes infused with curry.

22. And last but not least, bake a cake!

Turmeric cake? Indeed. This Lebanese dessert is not too sweet and has an odd little earthy kick to it compliments of the turmeric. Find a basic recipe here and a vegan recipe here.

Note: Turmeric can be taken in powder or pill form, but use with caution and consult with your doctor first. It’s strong stuff. According to the National Institutes of Health, it is unsafe during pregnancy, can make gallbladder problems worse, can make stomach problems such as GERD (or Gastroesophageal Reflux Disease) worse, and can slow blood clotting and might cause extra bleeding during and after surgery.

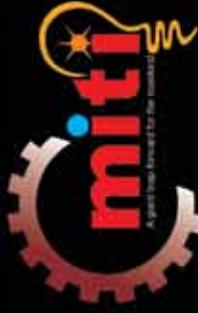
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Educating equally!

Only an educated mother can ensure a literate and productive nation, but do we realise the importance of education for our womenfolk? You take a look...

MA By Erum Adnan

This is not another cliché rhetoric about the condition of our government schools, the ratio of female students there or the state of education in women belonging to the lower strata of the society. We all know the dismal state of affairs and that no discussion on the topic would bear any fruit in the near future unless there is a strong will on the part of the government and a desire on the part of the dwellers of such areas to educate their women. What is being discussed here is a

common observation that women belonging to well-to-do families fail to acquire higher education because they also have the lack of desire and their parents lack understanding as to how important it is to educate them because they lay the foundation of a strong future generation. Hence it becomes a vicious cycle where only a few dare to make an effort to stand on their own two feet. How many times have we heard the commonly uttered opinion, "We have plenty to support her, she will not be the breadwinner then

why waste time on education. She should be more interested in courses that will help her after marriage so that she can keep her husband and in-laws happy." Little do we know that one does learn the common house chores eventually, however, it is difficult to acquire education once a girl ties the nuptial knot. How many in-laws are actually patient enough to let a girl complete her studies after marriage? How many girls are actually willing to study after marriage? Merely a couple in a hundred.





The ‘women are only home-makers and men breadwinners’ mentality prevails quite strongly in the middle and upper strata of the society. Amna Shafeeq is a mother of two and her elder son goes to a good, expensive school. Yet when the time came for her daughter’s schooling she opted to look for a slightly cheaper option in order to ‘save some money’. This was the first step that marked sheer discrimination on the part of a mother who herself is only a graduate and a staunch believer of the above-mentioned mindset. “Though I could easily afford to send both my kids to the same school, I wanted to invest more on my son since he had to support a family in the future,” shares Amna. “However, I must admit that my daughter is much more intelligent than my son, is willing to work harder and always secures first position but by the end of the day, she will just take care of her children.”

Had this girl been given the opportunity to get better education, she would have been a much better mother to her kids and a partner to her husband.

Though Amna Shafeeq realises that being only a graduate, she is not able to teach her kids fully as the studies of today are more advanced and demanding, and still she has opted the same fate for her daughter. “The curriculum we followed years ago has changed. Studies have become tougher. For teaching my kids I always have to keep the Urdu to English and English dictionaries handy. Yet, at times, I feel I lag behind especially when my kids correct

my grammar or spelling. I wish I would have been more educated or taken my studies seriously instead of harbouring the desire to marry a ‘prince charming’ who, contrary to taking you to a fairy tale world, makes you realise the responsibilities and realities of life,” laments Amna.

On the other hand there are many mothers who, after realising their own shortcomings want the best for their girl child. Naheed Ahmad is one of them. Belonging to a humble background many a time she feels that her weak English sometimes becomes a source of embarrassment for her daughter who speaks fluent English though she is only in Nursery. “I want to take up courses and be at par with her though I know that my little one will always be a step ahead. I do not want her to feel that her mother is not good enough to meet her friends or mingle with their parents since she cannot converse fluently. I wish my parents would have concentrated and invested more on my studies,” states Naheed with tears in her eyes.

There are some mothers who want to make an effort and a difference. However, there are many who do not even care. Let us analyse ourselves: How many of us actually give up our activities because our kids have to go to school the next morning? If there is a wedding in the family, how many of us make sure that our kids do not miss their school for if they will, they might miss an important lesson or an opportunity to learn? How many of us actually make an effort

to change ourselves to be at par with the modern educational standards and spend money first on education and then on an expensive lawn suit? Have you ever said to yourself, “She is only in kindergarten, not doing Ph. D for God’s sake?” If you have, then you fail to realise the importance of the first foundation years and the fact that parenting is a very tough job in which the mother has to make most of the sacrifices as far as her time and outings are concerned. This realisation only comes to an educated mother in whose household due importance and priority is given to education. Unfortunately, our society does not have this kind of attitude; hence a girl-child is not given higher education.

There are certain communities that staunchly practice ‘only intermediate or graduation for girls since they have to get married’ policy. They make a large part of our society. Sadia Hameed belongs to one such community. Speaking to her makes one realise that since she has been brought up with this thought strongly entrenched in the mind, generation after generation follows the same trend.

In the words of a sage, “You educate a man; you educate a man. You educate a woman; you educate a generation.” It is high time we break the fetters of male domination and discrimination that find its roots in the cultural influence of the Indian sub-continent and give our daughters the same education as we give our sons!

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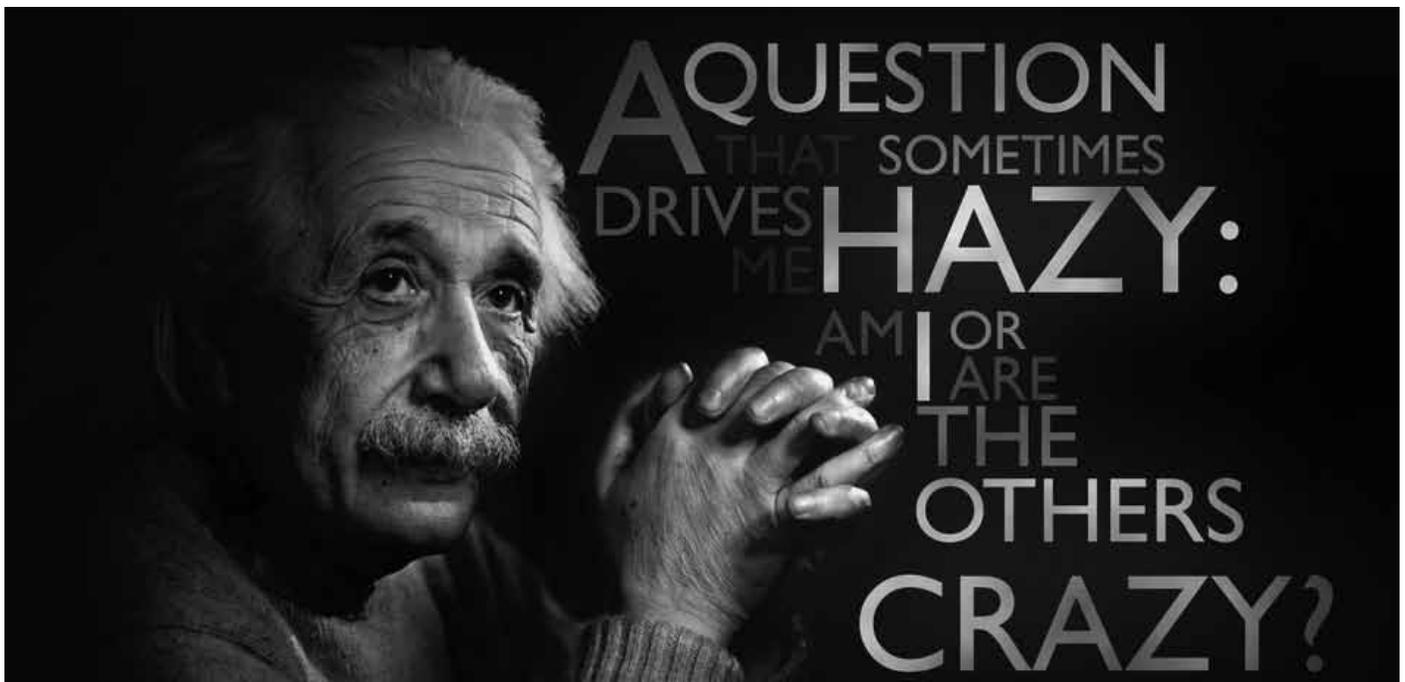
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Imagination – Our Inner Power

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Albert Einstein



One of the greatest minds in the history of mankind Albert Einstein believed in the “Power of Imagination.” His famous quotes about Imagination makes it clear how much importance he gave to this gift we take for granted. I believe if a genius wants to tell us something about our mind then we should take note as surely he figured out some secrets about life.

“A society’s competitive advantage will come not from how well its schools teach the multiplication and periodic tables, but from how well they stimulate imagination and creativity.”

Albert Einstein

If you are serious about using Creative Visualization to achieve your desires then

you should learn how to imagine in a way that you can see yourself after your desires are fulfilled. I try to make this as much as fun as possible. It is like watching a fun movie which has all the things I love and I am the star in it. It is so much entertaining and plus while I do this I get loads of inspiration that I use in my writing.

“Imagination is the highest form of research.”

Albert Einstein

As per Einstein “Your imagination is your preview of life’s coming attractions.” I completely agree with this not just because I like to imagine but also because then I know what I want to do in my life or what my future will look like.

“The true sign of intelligence is not

knowledge but imagination. I have no special talent. I am only passionately curious.”

Albert Einstein

I am extremely fascinated with the power of our mind. In my post “Mind It” I have mentioned a few points like ‘Mind manages all the resources’ and also ‘Anything in the world is created twice; first in the mind & second in the reality’. All the science and technology we enjoy today was once science fiction it was nothing more than imagination of some genius mind.

“To invent something, all you need is imagination and a big pile of junk.”

Albert Einstein



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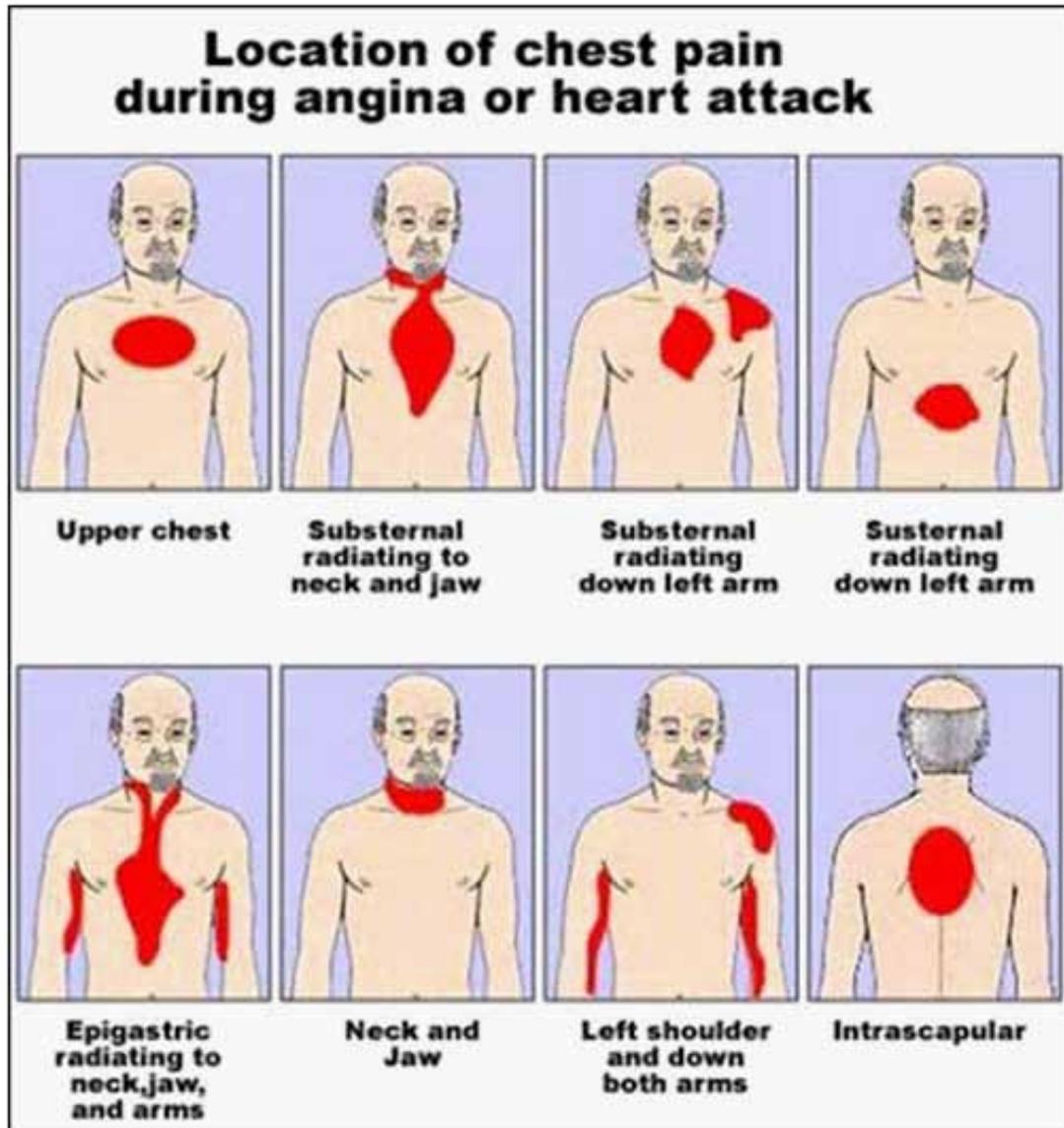
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Symptoms and Signs of Heart Attack



Symptoms and signs of heart attack may include the following:

Chest pain or discomfort that is crushing, like a heavy weight; or squeezing, like a tight band around the chest; or an ache in the centre of the chest. The pain may radiate to the neck, jaw, shoulders, arms (especially the left arm), back, abdomen, face or teeth. The pain is persistent (longer than 15 minutes), and does not ease with rest. The pain is sometimes mistaken for indigestion. Note

that in some cases, heart attacks are painless.

- Profuse sweating
- Difficulty breathing
- Feeling dizzy or light-headed
- Nausea
- Pale, clammy skin
- The pulse may be fast or irregular.
- The person may suddenly collapse and lose consciousness
- First aid for heart attack

- Encourage the person to sit still, with knees bent to ease strain on the heart.
- Talk to him calmly and reassuringly, and loosen any tight clothing.
- Monitor any changes in condition.

The person should take one aspirin with water (Unless he is allergic to or unable to take aspirin). Aspirin helps to prevent blood clotting.



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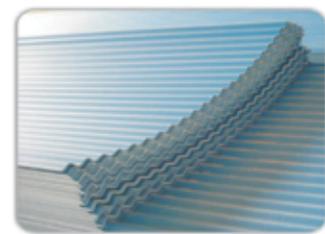
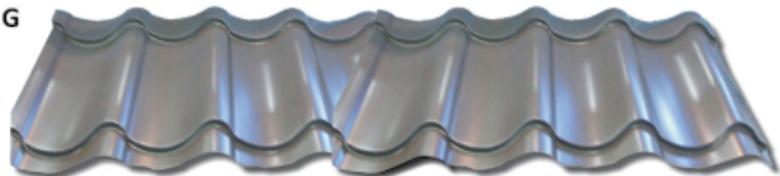
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Chicken Pad Thai



All set to try a new mouth watering recipe of chicken? This week You! has collaborated with a Masterchef Australia contestant Faiza Rehman who shares a special recipe 'Chicken pad Thai'. Try out this dish and make sure to follow the exact recipe as Thai food is all about balance of flavours. Happy cooking!

INGREDIENTS:

- Thai rice noodles (thin) 230 g
- Breast chicken, cut into thin strips 2
- Garlic (crushed) 5 cloves
- Fresh bean sprouts 3 cups
- Coriander (chopped up roughly) 1/2 cup
- Spring onion (thinly sliced) 1/2 cup
- Peanuts (crushed) 1/3 cup
- Chicken stock (warm) 1/4 cup
- Vegetable oil for frying
- Lime wedges a few

CHICKEN MARINADE:

- Corn flour 1 tsp
- Soya sauce 3 tbsps

PAD THAI SAUCE:

- Tamarind paste 4 tbsps
- Fish sauce 2 tbsps
- Chilli sauce 3 tsps
- Brown sugar 3 tbsps
- White pepper (ground) a pinch

TOP TIPS:

Never overcrowd the wok: One of the secrets to a great Pad Thai is, you should never overcrowd the wok. If the wok is over-crowded, the noodles will steam rather than caramelize. You must ensure that each noodle has contact with the wok (obviously this is done by mixing the noodles but if the wok is over-crowded you will just end up breaking them because more mixing will be required).

Do not pre-cook the noodles: For perfect Pad Thai make sure that the noodles must NEVER be pre-cooked no matter what the packet or recipe tells you. Soak them in cold water for at least an hour and then cook them through with the sauce, you will be surprised how little they need to be cooked. Rice noodles are very delicate so be gentle.

METHOD:

Prepare the noodles: Slightly separate and immerse the noodles in a pot of cold water. Leave them to soak for over an hour. The noodles should now be of a glass like appearance, soft but crunchy. Drain and rinse the noodles to prevent sticking and set aside.

Marinate the chicken: Dissolve the corn flour in soya sauce. Coat the chicken with the marinade and leave aside.

Prepare the Pad Thai sauce: Dissolve the tamarind paste in 1/4 cup of warm water. Combine tamarind sauce with the rest of the Pad Thai sauce ingredients making

sure the sugar is dissolved.

Now warm up a large wok over medium heat and add the crushed garlic and fry until fragrant, making sure not to burn/brown garlic.

Add chicken to the wok. If the wok seems too dry, add little dashes of the warm chicken stock to ensure the chicken strips are cooking nicely (i.e. gaining colour and cooking through, this will take approximately 5-6 mins).

Add the drained noodles and pour the Pad Thai sauce over the noodles.

It is extremely important not to 'stir' the noodles; they must be tossed like salad. Use two utensils and do these in a 'lift and turn' fashion. Do this for about 2 mins.

Now mix the bean sprouts through and continue frying for another minute or until the noodles are cooked through. Noodles should be al dente.

Before serving, taste for seasoning and add more fish sauce if needed. Remember, there must be a perfect balance between the sour, the salty, the sweet and the spice.

Serving: Lift out the noodles on a serving dish and top with a generous amount of coriander and spring onion. At this point, you could sprinkle the crushed peanuts, and some chilli flakes on top, or you can serve them on the side in small heaps and leave it up to the person consuming this delightful meal to add according to their taste, along with a wedge of lime.



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SMART TIPS TO SAVE ENERGY & ENVIRONMENT

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- 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.

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- 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.

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Skin...

Goodbye wrinkles

Want to free your face of wrinkles? Read on to find out how...

MA By Zarina Patel

It is the dream of every woman to look young and have wrinkle free skin. And for the sake of achieving that, numerous creams have been invented to sustain a woman's beauty. The creams help a great deal and leave the skin feeling young and smooth. However, no matter how many creams one applies, staying young forever is an unachievable goal as wrinkles will appear as you age - no matter what you do. For women who do not take extra care of their skins, take stress and are unable to eat healthy, wrinkles start to show up quite early. What is one to do at a time like this? The answer is simple; go the cosmetic way. To smoothen out wrinkly skin, beauticians often recommend different anti wrinkle management therapies of which the most popular and trendy is intra muscular injection treatment known as the Botox treatment. Read on to find out more...

Botox is a purified form of Botulinum Toxin Type A, a protein complex produced by Clostridium botulinum. This treatment eliminates facial lines temporarily and makes the skin appear better than it ever looked before.

Botox is basically an effective non-surgical, procedure and it does not require anaesthesia. This treatment has been globally approved for people above 18 to 65 years as it is not harmful and only adds to one's external beauty. Sadly, the beauty created by botox is not eternal and wrinkles and lines begin to reappear after about four to six months. One needs to opt for botox injections again in order to make the wrinkles disappear. This reappearance of lines and wrinkles are less severing because with treatment the muscles of the face are trained to relax.

The treatment is that a series of Botox injections are injected into the facial muscles that cause lines. The number of injections needed depends on the coverage of the area being treated.

Botox obstructs nerve signals to the muscles by attaching itself to nerve endings. Nerve endings tend to release

neurotransmitter 'acetylcholine' which restrains the muscle. Botox blocks this release of acetylcholine, therefore, relaxing and softening the injected muscles. The areas commonly treated with botox injections are frown lines, area around eyes (crow's feet), forehead wrinkles and neckbands.

The dark side of Botox:

When beauty treatment goes well it can make you look beautiful, however when it goes wrong it can easily ruin your appearance. In some cases side effects such as staining, redness, rashes or droopy eyelids appear when not injected by trained medical practitioner. Therefore, it is your job to make sure that you opt for a renowned skin specialist or certified aesthetic physician. Do not be stingy in this case as it can lead to the destruction of the beauty that you want to preserve.

Precautions:

It is always important to be precautionary before or after a certain treatment. So, if you are planning to go for this cosmetic procedure, make sure you follow these tips in order to prevent yourself from any harm:

- You must take an allergy test and medical advice prior to the treatment to avoid post treatment trauma.
- Once you are through with the procedure, don't rub or massage the treated areas to avoid movement of botox.
- Avoid bending and lying down immediately after the treatment. You should remain in an upright position for a few hours to prevent swelling.
- Just like in threading and waxing, botox



also causes temporary pain.

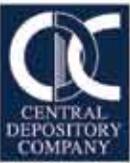
- If you take blood thinners, you may need to skip these medications for several days before you go for your botox treatment, to reduce your risk of bleeding or bruising.
- Inform your doctor if you take muscle relaxants, sleeping aids or allergy medications.
- A renowned cosmetic surgeon warns that botox injections should never be given at the arch of the eyebrow as it can cause paralysis of the eyelid.
- Aspirin and non-steroidal anti-inflammatory drugs (NSAIDS) should be stopped seven days prior to the procedure to prevent bruising at the injected areas.
- Botox is not suitable for pregnant lactating women.
- Some people may experience headaches, which last for 24 to 48 hours.



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Sugar, sugar... no mama

Ever wondered how harmful sugar can be for the skin? Read on to find out the effects of sugar...

By Zufishan Ghani

You are at a restaurant and have just finished your savoury meal... and your mind starts thinking of what to order next. Of course it's the dessert! You either order two jumbo scoops of raspberry sorbet or a German fudge cake with vanilla icing dripping around the edges. Sounds lip-smacking, right?

The fact remains, that we (the ladies especially) tend to go hard on syrupy, sugary treats and hence, grab hold of them quite generously. Who does not love to be helped with a satisfying dessert serving? Almost none of us would let go of that tongue-tingling saccharide feast. Unfortunately, barely any of the sweet tooth beholders amongst us has ever bothered finding out about the perils sugar treats can cause us. Nearly all of us are only confined to the downsides associated with diabetes mellitus, obesity, or those extra pounds showing on the sides.

But this time, it is the skin! Yes, the tri-layered covering around the body is equally affected as the functioning cells of a diabetic are.

With the sugar-and-skin affair, it is almost similar to the ageing mechanism caused by the sun. Let us get a clutch on the theoretical version and find out more about the negative effects sugar can have on one's skin...

Effects of sugar

What happens is, by way of a process called glycation, the sugar molecules (present in the food) combine with the skin protein molecules forming something called Advanced Glycation End Products, also called AGEs.

AGEs, precisely, are free radicals and when these free radicals begin to react with other chemical molecules of the skin, they lead to stiffening of elastin and collagen, the two most essential components responsible for skin elasticity.

Once stiffened, they crack down, uncontrollably sagging the surface of the skin. Once the elastin and collagen are torn down the nightmare of every woman occurs; yes, it's wrinkles we are talking about.

Did we know that absolutely the same elastin and collagen also account for that smooth complexion and bloom of the skin tone? Thus, once the duo of the 'beauty elements' is tattered, the skin readily loses all its radiance, and more often than not,



the skin surface starts giving signs of yellow pigmentation.

Heartbreakingly, the savage of AGEs does not end here. Once AGEs find room inside the skin layers, they expose the skin to free damage by the Ultraviolet rays and cigarette smoke.

Doctors also point out that all forms of sugar (mono-, di- and polysaccharides) and refined sugar causes AGEs. Other forms of sugar are readily present in foods such as nuts, fruits and milk. Nevertheless, the degree to which the effect sparks up varies. The fruits and greens rest down the line, while the list is topped by table sugar and flour. So literally, almost all sugars lead to AGEs hoarding up in the skin over a period of years - albeit variably.

Cutting down on carbohydrates

Now, if you have decided to cut down on carbs completely, then hold back! It is definitely not something sensible to do. Carbohydrates are unquestionably the essentials of a healthy, fuelled up living. If carbs are cropped out, the balanced metabolism of our body would be disrupted, leaving the natural mechanism in shambles. Thus, all we can and ought to do is, slash off daily carb intake by half; again, by half, not entirely.

Some tips...

Thankfully, doctors have devised ways to counterattack the menace struck by sugar. We are advised to consume high-protein diets that would combat inflammation of the skin. These include greens, fish, poultry, beans, lentils, tofu, seeds, nuts, and beverages like green tea - the perfect anti-oxidant. Green tea has been proven to significantly interfere with the process of glycation while stimulating collagen synthesis - so if you are using a product containing green tea (or drinking it regularly), you are already shielding your skin against the AGEs.

While the process of glycation cannot be stopped completely, there are formulations to decelerate it. All sorts of carbohydrates get converted into sugar, but when you eat the good ones, like brown rice and whole-grain bread, you get less glucose, and of course you get it more slowly.

Conclusively, it is ideal to consume less carbs and eat more protein-rich diets on a daily basis; as it is, proteins are the building blocks of collagen and elastin.

So, turns out that the next time your salivary glands tantalize you for those red-green-brown sweet feasts, get yourself reminded of your beautiful, rosy skin and staying at bay from the dermatologist. You will certainly love to tone up your skin's lustre with vitamins rather than treating the teasing, tempted taste buds with sweet poison.

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Health... Tough on cough

Is your cough driving you crazy? This week You! takes a look at the types of cough and how it can be relieved by trying out natural remedies at home...

Persistent coughing can be annoying and it can really take a toll on your body. If you have suffered from a persistent cough, you know just how frustrating it can be especially when you can't get rid of it!

Coughing is the body's way of removing foreign material or mucus from the lungs and upper airway passages. A cough occurs when cells along the air passages get irritated and trigger a chain of events.

Types

There are two main classifications of coughs. The first is the dry, non-productive cough, where no mucus is formed. This cough can be sporadic (occurring once or twice daily to clear irritants) or spasmodic (occurring frequently with potential shortness of breath).

The second type of cough is the productive cough, where mucus and irritants from the lungs are formed during the cough. Coughing can be symptomatic of many things, including the common cold, bronchitis, whooping cough, pneumonia and tuberculosis. If you have got a persistent cough, be sure to check with your doctor to diagnose what type of cough it is and how best to treat it.

Do you have a chronic cough?

How do you know the difference between a run-of-the-mill cough and one that is more serious and considered chronic? Basically a cough is considered chronic when three weeks have passed without any improvement. In majority of the cases, frequent coughing lasts one to two weeks and tapers off as the irritant or infection subsides. Anything more than that is considered a chronic cough.

Warning signs

No one likes to visit the doctor at the first sign of a cough, but there does come a point when one should consult a physician. It is

important to seek medical attention as soon as possible if you have any of these warning signs or symptoms:

Chronic cough - A cough that you have had for a month is chronic. This is an important early symptom. It tells you something is wrong with your respiratory system.

Shortness of breath - Shortness of breath that doesn't go away after exercising, or after little or no exertion, is not normal. Laboured or difficult breathing - the feeling that it is hard to breathe in or out - is also a warning sign.

Chronic mucus production - Mucus, also called sputum or phlegm, is produced by the airways. It is a defence response to infections or irritants. If your mucus production has lasted a month, this could indicate lung disease.

Wheezing - Noisy breathing or wheezing is a sign that something unusual is blocking your lungs' airways or making them too narrow.

Coughing up blood - If you are coughing up blood, the blood may be coming from your lungs or upper respiratory tract.

Chronic chest pain - Unexplained chest pain that lasts for a month or more - especially if it gets worse when you breathe in or cough - can also be a warning sign.

Relieving a cough

Many people experience a consistent cough, triggered by seasonal allergies, the common cold, or asthma. This cough almost always appears to be worse at night, when you are trying to get a good night's sleep. Here are some simple home treatments that can help you feel more comfortable when you have a cough.

Drink more fluids. Water helps loosen mucus and soothes an irritated throat. Dry, hacking coughs respond to honey in hot water, tea, or lemon juice.

Elevate your head with extra pillows at

night to ease a dry cough.

Avoid exposure to inhaled irritants, such as smoke, dust, or other pollutants, or wear a face mask that is appropriate for the exposure. There are many kinds of face masks. Check with your doctor or pharmacist to find out which types will give you the most benefit.

Homemade natural remedies for coughing

Drinking a warm glass of water with lemon juice and honey added to it is a great way of increasing your intake of fluid and bioflavonoids.

Drinking herbal teas including lemon with ginger and honey may help to ease congestion and also provides the body with vitamin C.

Steam inhalations of eucalyptus oil in a bowl of hot water may temporarily alleviate the nasal congestion associated with the common cold. Lean over the bowl with a towel over your head and spend 10 minutes inhaling the vapours.

Eating pineapple helps to break down mucus congestion as it contains an ingredient called bromelain, which is an anti-inflammatory.

Keep hydrated by drinking at least two litres of fluid per day. Dehydration will slow down your recovery time and reduce the amount of metabolic wastes excreted via kidneys.

Include plenty of garlic, ginger, chilli peppers and horseradish in your diet, as these ingredients will act as decongestants and open up the sinus cavities.

A supplement of vitamin C powder added to water and gargled will help in providing antioxidants to the respiratory system and reducing inflammation in the throat.

Get plenty of rest and sleep so that your body recovers properly.

توانائی اور ماحول کی بچت کے مفید مشورے



ماحول سے پیار کریں

- توانائی کی بچت کے طرز زندگی کو اپنا کر آپ انفرادی حیثیت میں تقریباً 6 سے 8 فیصد کاربن کے اخراج کو کم کر سکتے ہیں۔
- اگر گرمی کے دن لاکھ افرو ریفریگیٹرز سے صبح 6:00 بجے تک صرف وہی بند کر دیں تو اس طرح مستقل بنیادوں پر 120 MW بجلی بچائی جاسکتی ہے۔
- اگر گرمی کے دن لاکھ افرو CRT ٹیلی ویژن کی بجائے LCD استعمال کریں، تو اس طرح مستقل بنیادوں پر 60 MW بجلی بچائی جاسکتی ہے۔
- شادی ہالوں کے جلد بند ہونے سے مستقل بنیادوں پر 45 MW بجلی بچانے میں مدد ملتی ہے۔
- ہر استعمال ہونے والے بجلی کے یونٹ سے 3.75 پاؤنڈ کاربن ڈائی آکسائیڈ کا اخراج ہوتا ہے۔ لہذا غیر ضروری بجلی کا استعمال بالکل نہ کریں۔
- جتنے زیادہ ممکن ہو درخت لگائیں۔ ایک درخت کو 90 منٹ سے کم وقت میں جلنے والے خام تیل سے نکلے والی کاربن ڈائی آکسائیڈ کو جذب کرنے کیلئے 10 سال درکار ہوتے ہیں۔
- 100 MW بجلی کی بچت کے ذریعے 487 ٹین ہاؤنڈ کاربن ڈائی آکسائیڈ کے اخراج کو کم کیا جاسکتا ہے۔
- ہر ایک صحت مند ماحول کی تحقیق میں مساویانہ بات ہوگی۔



روشنی، توانائی کی بچت کے ساتھ

- روشنی کیلئے لگے جانے والے برقی آلات کو ہر LED اینڈروں سے تبدیل کر دیں۔ یہ LED لائٹس مطلوبہ روشنی کی سطح کو کم کے بغیر آپ کے بجلی کے بل میں نمایاں کمی کریں گی۔
- ایک 20 واٹ کا انریسٹر 75% بجلی بچاسکتا ہے۔ یہ زیادہ روشنی دیتا ہے اور عام بلب کے مقابلے میں 10 گنا زیادہ چلتا ہے۔
- گرمی ہونے والے رنگ کا لیمبو بجلی کے بل کو کم کرنے میں مدد دیتا ہے۔ اپنے گھر کے اندر ہلکے رنگ کا رنگ لگائیں کیوں کہ یہ 80 فیصد بجلی کو بچھٹس کرتے ہیں۔
- زیادہ تر گھروں میں بجلی کا 10 سے 15 فیصد بل اینڈروں کی وجہ سے ہوتا ہے۔ لہذا کرو پھولتے وقت بجلی لائٹس بند کر دیں۔
- روشنی بلب استعمال نہ کریں کیوں کہ یہ بجلی توانائی کا 90 فیصد گھاس پیدا کرتے ہیں اور 10 فیصد روشنی ملانے کیلئے استعمال کرتے ہیں۔
- جہاں تک ممکن ہو روشنی کا استعمال کریں۔
- ڈمرز (Dimmers) کا استعمال کریں۔ ڈمرز کے ذریعے 60% بجلی کو کم کر کے آپ 25 فیصد بجلی بچاسکتے ہیں۔



ٹھنڈک، توانائی کی بچت کے ساتھ

- اپنے ایئر کنڈیشنر کا ترمو اسٹیٹ 24 ڈگری سینٹی گریڈ پر رکھنے سے آپ کے بجلی کے بل میں 30% تک کمی آئے گی اور آپ کا گھر بجلی منافع کے بغیر ٹھنڈا رہے گا۔
- اسے کسی کے ذریعے فریج ہونے والی بجلی کو کم کرنے کیلئے کنڈیشنر پر چش کو ڈھیل کرنے والی الزواہ ایک ٹھنڈی کا استعمال کریں۔ اس عمل سے 30 فیصد بجلی بچانے میں مدد ملے گی۔
- رات کے وقت اپنے ایئر کنڈیشنر کے ترمو اسٹیٹ کو بلنڈرین سطح پر رکھیں کیوں کہ رات میں سوتے وقت آپ کا جسم بلنڈرین حرارت برداشت کر سکتا ہے۔
- اپنے اسے کسی کے آؤٹ ڈور یونٹ کو سائے اور بجلی ہوا میں رکھیں۔ سائے میں رکھے ہوئے یونٹ کا کنڈنسر دھوپ میں رکھے یونٹ کے مقابلے میں زیادہ موثر طور پر کام کرتا ہے۔
- باقاعدہ بنیاد پر اسے کسی کی سروں کو چھنی جائیں۔ دکاوت والے فلٹرز اسے کسی کی کارکردگی کو کم کرنے کے ساتھ ساتھ موٹر کے پچھے پر دانا پیدا کر دیتے ہیں۔
- اپنی صحت پر مشورہ کریں۔ صحت پر جانے والے ہائپرگرمیوں کو موسم میں بھرنے سے ٹھنڈک دیتے ہیں۔
- سورج کی روشنی سے اندرونی حصے میں پیدا ہونے والی گرمی کو روکنے کیلئے پردوں، شٹرز، بلائنگز کا استعمال کریں۔ پردوں کیلئے ہلکے پتھرے کا استعمال کریں۔



برقی آلات کا استعمال، توانائی کی بچت کے ساتھ

- گھانا گرم ہوا بنائیں۔ یہ چیک کرنے کیلئے ہائپر ڈیو ایٹو کے دروازے کو بار بار نہ کھولیں، کیوں کہ ایسا کرنے سے 125 ڈگری سینٹی گریڈ تک درج حرارت متاثر ہو جاتا ہے۔
- دن کے اوقات میں UPS کے استعمال سے گریز کریں کیوں کہ یہ بیٹری کو ری چارج کرنے میں 300 سے 400 واٹ بجلی خرچ کرتا ہے۔ جب تک کسی UPS سے تقریباً 100 MW بجلی بچائی جاسکتی ہے۔
- گرم مکہ، ہارڈ ڈیسک، بیٹری، کیوں کہ ہارڈ ڈیسک اس پر ڈھنڈا رکھنے کیلئے انسانی کام کرتا ہے۔
- ہارڈ ڈیسک پر ڈھنڈا نہ پھرنے کے لیے دروازہ زیادہ دیر تک کھلا چھوڑنے سے یہ عام حالات کی نسبت زیادہ بجلی خرچ کرتا ہے۔
- اپنے ہارڈ ڈیسک پر ڈھنڈا نہ پھرنے کی بجائے اسے اسٹینڈرڈ ریفریجریٹر کی سطح کو ڈھنڈا چھوڑ دینا چاہئے۔
- اس عمل کے ذریعے برقی مصنوعات کی موثر کارکردگی کو یقینی بنایا جاسکتا ہے۔
- تمام برقی مصنوعات کو اسٹینڈ بائی موڈ میں چھوڑنے کی بجائے پگ سے نکال دیں۔ اس طرح بجلی کے کم خرچ اور مصنوعات کے ٹھنڈا کو یقینی بنایا جاسکتا ہے۔
- بجلی کی طلب میں اضافے کے باعث شام 7:00 تا 11:00 بجے کے دوران بجاری بجلی خرچ کرنے والی برقی مصنوعات جیسے ایئر کنڈیشنر، ہائپر ڈیو ایٹو، ڈھنڈا، ٹیبلٹ مشین، ڈیٹا سینٹر، آڈیو، الیکٹرونک اور ڈیو ایٹو ایپریٹس کے ایک ساتھ استعمال سے گریز کریں۔ اس کو ڈیو ایٹو کے اوقات میں تقسیم کریں۔

توانائی کی بچت کے اقدامات

મેમણ આલમ (WMO)



ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

રાણાવાવ: તા. ૧૩ જુલાઈ ૧૯૦૩ અત્રે જે અંજુમને ઈસ્લામ નામની સભા સ્થાપી હતી તેને બદલે 'ધી ઈસ્લામ એસોસીએશન' નામની એક કમિટી સ્થાપી છે. તેમાં મેમ્બરો હાલ ૨૩ થયા છે. તેના પ્રમુખ શેઠ હાજી ઈસા હાજી સુમાર અને ખજાનચી શેઠ હાજી સુલેમાન ઈબ્રાહિમને નિમવામાં આવ્યા છે. જમાતના કસૂરમાં આવેલા લોકોએ નીચે પ્રમાણે રકમ આપી શામેલ થયા છે. ડા. પા પીરમોહંમદ વલીમામદ ૦૧ ખાનમામદ ઓસમાણ ૨૦૦ હાજી અબ્દુલા હાજી ઈસા, ૨૫૫ નૂરમામદ મૂસા, ૧૦૧ તેયબ ઐયુબ, ૧૮૧૫ મૂસા ખાનમામદ મૂછાડ, ૧૯૯ હાશમ ઈસ્માઈલ, ૩૧૫ કાસમ મૂસા, ૧૮૧૫ ઐયુબ હાજી જુસબ વડીલ, ૧૫૧ મૂસા મામદ, ૧૦૦ ઉમર ખમીસા, ૩૧૫ આદમ દાદા, ૩૧૫ હાજી સુલેમાન મામદ, ૩૧૫ જાનુ ઓસમાણ, ૫૧ દાદા જુમા, ૨૦ રહેમતુલ્લા ઈસ્માઈલ. કુલ મળીને ડા. ૧૨૦ ૩૧૧-૩૮૬ આગળના ચાર જણના જમલે રૂપિયા ૧૫૮૯૧૧ વીસ જણા પાસેથી જમાતે લીધેલ છે.

રાણાવાવ: તા. ૧૧ ઓગષ્ટ ૧૯૦૩ ગઈ તા. ૭-૮ને રોજ સ્પેશ્યલ ખુશાલીને લીધે અત્રે નવી સ્થાપાયેલી 'ધી ઈસ્લામ એસોસીએશન'ની મિટીંગ સાંજે ત્રણ વાગે ભરવામાં આવી હતી. પ્રમુખ શેઠ હાજી ઈસા હાજી સુમાર રાજકોટ ગયેલા હોવાથી આજના કામકાજનું પ્રમુખપદ શેઠ અબ્દુલ ગની હાજી આહમદને સોંપવામાં આવ્યું હતું.

શરૂઆત કરતાં પ્રમુખે જણાવ્યું કે આજનો દિવસ આપણો ખુશીનો છે કે શેઠ હાજી સુલેમાન ઈબ્રાહિમને ત્યાં ફરજાંદ તવલ્લદ થયેલ તે કંઈ ઓછી

તેયબ હાજી આહમદે જણાવ્યું કે આજનો મેળાવડો મિ. ઈસ્માઈલ પોરબંદરથી આ એસોસીએશન સ્થપાયા પછી પહેલી જ વખતે અત્રે



ખુશીની વાત નથી આજે આપણે ભેગા થયા છીએ તે પણ તેવણ સાહેબને માન અને મુબારકબાદી માટે. તેમણે મુબારકબાદીનો પત્ર વાંચી સંભળાવ્યો હતો ત્યાર બાદ સહીઓ કરાવી તેવણ સાહેબને માન સાથે આપ્યો હતો. તેના જવાબમાં તેમણે પ્રમુખ તથા મેમ્બરોનો ઉપકાર માની ડા. ૫૧ (એકાવન)ની બક્કીસ મિટીંગને આપી હતી તે સ્વિકારવામાં આવી હતી. ત્યાર બાદ પાન સોપારી અતર ગુલાબ લઈ મિટીંગ વિસર્જન થઈ હતી.

પોરબંદરવાળા શેઠ હાજી ઈસ્માઈલ અબુબકર ઝવેરીના માનમાં ગઈ તા. ૧૫-૮-૧૯૦૩ના રોજ ન્યુ સ્નેલ રોડ ઉપર આવેલા શેઠ હાજી મોહંમદ હાજી જુસબના મકાનમાં સાંજના ચાર વાગે શેઠ હાજી ઈસા સુમારના પ્રમુખપણા નીચે એક મેળાવડો કરવામાં આવ્યો હતો, જેમાં એસોસીએશનના તમામ મેમ્બરો હાજર થયા હતા. શરૂઆતમાં મિ.

આવેલ હોવાથી તેમના માનમાં કરવામાં આવ્યો છે. બાદમાં પ્રમુખે જણાવ્યું કે આજે આપણે અત્રે મિ. હાજી ઈસ્માઈલને આપણી એસોસીએશન તરફથી માન આપવાને ભેગા થયા છીએ તે જોઈ મને ઘણી ખુશી ઉપજે છે. અત્રે તેની સાથે મિ. હાજી ઈસ્માઈલ શેઠ અતિ ઉત્તમ ગુણો ધરાવતા હોવાનું જાણી તમે સર્વે સાહેબો પણ ઘણા ખુશી થશો એમ જાણી આ ઠેકાણે તેમના સદગુણો વિષે બે બોલ બોલું છું. તે નિરર્થક ગણાશે નહીં. પોતાને વિદ્યા વિનોદનો ઘણો શોખ હોવાથી પોતે યોગ્ય ઉંમરના થયા છતાં હજી પોતાનો અંગ્રેજી અભ્યાસ હંમેશાં વધારતાં જ જાય છે. તેમ મોટી રકમ ખરચી જ્ઞાન વર્ધક અને કાબેલ વિદ્વાનોની કલમથી લખાયેલાં અનેક અંગ્રેજી તથા ગુજરાતી પુસ્તકોનો મોટો જથ્થો (પ્રાઈવેટ લાયબ્રેરી) રાખી પોતે તેનો સારી રીતે લાભ લે છે તેમજ હરકોઈ બીજા વિદ્યા વિલાસી જનોને

છુટથી લાભ આપે છે. વળી હરકોઈ કેળવણીના કામમાં પોતે તન, મન કે ધનથી મદદ કરવા ખુશી રહી તેવા શુભ કામમાં ભાગ લેવા પછાત રહેતા નથી. એ રીતે તેમનો વિશેષ વખત અનુભવી જ્ઞાન મેળવવા ખાતર પુસ્તકો જોવા તથા કેળવણી જેવા સાર્વજનિક કામને મદદ કરવારૂપ સદવર્તનમાં જ જાય છે એ તેમની યોગ્ય ઉંમરને ઘણી શોભા આપનારી બીના છે એમ જાણી આશા રાખું છું કે બીજા સાહેબો પણ તેમના સદવર્તનનું અનુકરણ કરી કેળવણી જેવા અતિ મહત્વના કામ માટે જ્ઞાનો આપવો જોઈએ.

શિક્ષણ પૂર્ણ સંતોષકારક જોવામાં આવ્યું.

બાળકોનું કુઆન સાંભળી મને બેહદ ખુશી થઈ છે. તેઓ સહેલાઈથી સાફ સાફ મખારજ અદા કરી સહી ઉચ્ચારો કાઢી શકે છે જેનાથી જણાઈ આવે છે કે અરબી શિક્ષકો પોતાનું કામ પૂરા ખંત અને ઉત્સાહથી બજાવે છે. ઉર્દૂમાં પણ મારે કહેવું જોઈએ કે શિક્ષકોએ સારી કાળજી, મહેનત અને જફેશાનીથી કામ કર્યું છે. બાળ વર્ગના વિદ્યાર્થીઓને ઉર્દૂમાં ફક્ત જોડીયા શબ્દો લખાવવાના હતા તેના બદલામાં તેઓને ચૂંટી કાઢેલા વાક્યોનું ડિક્ટેશન લખવામાં આવ્યું

તેઓના ઉત્સાહ ભરેલા કામ માટે મુબારકબાદી આપું છું. અને આવી કોશિષ જો જારી રહેશે તો ભવિષ્યમાં આ મદ્રેસો સારી તરકકી કરશે આવી મારી આશા છે.

સહી: આઈ.એચ. અબ્બેહાની (બી.એ.)

એજયુ. ઓફિસર કા. મું. એ. કોન્ફરન્સ

મીઠે જી આય તાંણ
મીઠે જી આય પામે તાણ,
આય બીઘેય કે ઈન્જી જાણ
અચું પાંજ હકળા અજાણ
બાપા, આય ઈજ વડી મો'કાણ
આય કોય ગ્યા પેસેજી ખાણ
પણ એન દિલ ઈન્યેજ પાષાણ
ચુનતા બીઘેય આય પેસા માણ
કરે કુરો બીચારો, મીળી કંજુસ
કુઆંણ
ધ્યો આય, ચેરીટી હોસ્પિટલમેં
થીને એકસીડેન્ટ મેં લોહી લુહાણ
ચોયતી બાવયડી
વીજી કે જમાતમેં અરજી
કરો મદદદ, નાય મીકે પોસાંણ
જીલુ બની હાંણે વીચાણ
જુસલો કરે ઈન્જા વખાણ
અચે જુમેરાત, રહી ઊભો ડેલી તે
બોલે, ગીનો, છોકરા છોકરીયું લાંણ
'અનીસ' ધ્યો ઊભા, કરો બંધ
અચે આંચજે પછી બીચેજે ડાંણ

જાણ્યું છતાં અજાણ્યું
જીભ ભલે તલવાર નથી પરંતુ
તલવારથી વધારે તેજ છે
વાત ભલે તીર નથી પરંતુ તીરથી
વધારે જખ્મી કરનાર છે
ગુસ્સો ભલે સિંહ નથી પરંતુ સિંહથી
વધારે ડરાવનાર છે
નશો ભલે સાપ નથી પરંતુ સાપથી
વધારે ભયાનક છે.
ગુનોહ ભલે ઝેર નથી પરંતુ ઝેરથી
વધારે વિનાશકારક છે
-અદનાન મો. હનીફ
અબાસણવાળા

વર્ગ	ઉર્દૂ પરીક્ષામાં બેઠા	અરબી		
		પાસ	બેઠા	પાસ
બાળ વર્ગ	૨૬	૨૬	૦	૦
ધોરણ ૧લું	૧૮	૧૪	૧૭	૧૫
" ૨જું (અ)	૧૨	૧૨	૧૨	૧૨
" ૨જું (બ)	૧૯	૧૪	૧૯	૧૬
" ૩જું	૮	૮	૮	૮
" ૧લું અંગ્રેજીવાળા	૩	૩		
	--	--	--	--
	૮૬	૭૭	૫૬	૫૧

ધોરણ તા. ૧૯-૧-૧૭

મેં તા. ૧૭-૧-૧૭ થી ૧૯-૧-૧૭ સુધી મદ્રસ-એ રૉનકે ઈસ્લામના ઉર્દૂ, અરબી વિભાગની પરીક્ષા લીધી. પરીક્ષાનું પરિણામ નીચે મુજબ છે.

ઉર્દૂ ૮૬માંથી ૭૭ અને અરબીમાં ૫૬માંથી ૫૧ પાસ થયા છે.

પરિણામ બહુજ ઉત્તમ છે. હું બિહુલ અચકાયા વગર કહી શકું છું કે આટલી મુદ્દતમાં કાઠિયાવાડમાં મેં ઈસ્લામી મદ્રેસાઓ જોયા છે તેમાંથી રૉનકે ઈસ્લામ પહેલો મદ્રેસો છે, જેમાં કુઆન શરીફ અને દીનીયાતનું

છે તેઓ સહેલાઈથી સાફ અને સાચા અક્ષરોમાં લખી શક્યા.

મારી ખ્વાહીશ હતી કે હું આ મદ્રેસાની દરેક બાબતની તપાસણી કરું, પરંતુ વાર્ષિક પરીક્ષા હાલ જ થઈ છે અને બેવડી પરીક્ષા લેવાથી બાળકો ઉપર વધારે વજન થાય માટે હાલ પૂરી તપાસણી મેં મુલ્તવી રાખી છે તો પણ અંગ્રેજી પાઠેલાં ધોરણનું દેશીનામું અને અંગ્રેજી વાંચન તપાસ્યું અને ગુજરાતી ત્રીજા ધોરણની હિસાબ અને ભૂગોળમાં જાંચ કરી બાળકોના કામથી હું ખુશી થયો છું. એકંદરે મદ્રેસાની મુલાકાતથી મને દરેક રીતે સંતોષ થયો છે. મદ્રેસાના કાર્યવાહકોને તેમની ખંતીલી દેખરેખ અને શિક્ષકોને

રાજકોટના રાજદ્રારી કાર્યકર, કરાચીના સામાજિક આગેવાન

અબ્દુલ રહીમ મારફાણી



આપવાનો શોખ રહ્યો હતો. ૧૯૨૪ સુધી બેકરી ચલાવ્યા બાદ તેઓ હાજી અબુબકર જુમ્માની પેઢીમાં જોડાઈને દુનિયાદારીના વિવિધ અનુભવો મેળવવા બર્મા ચાલ્યા ગયા અને ત્યાં ચાર વરસ રહી આવ્યા. ૧૯૨૮માં રાજકોટ પાછા આવીને તેમણે ફરીવાર પોતાની બેકરી સંભાળી લીધી. એ પછી તેમની સામાજિક અને રાજદ્રારી પ્રવૃત્તિઓ વધી ગઈ. એક ખંતીલા કાર્યકર તરીકે

કિંમતી ભાગ ભજવ્યો હતો. લીગના મહામંત્રી તરીકે તેમણે વિસ્તૃત પ્રવાસો ખેડયા હતા અને પોતાના અસરકારક ભાષણો દ્વારા વિસ્તારના મુસલમાનોમાં જાગૃતી આણી હતી.

જાહેર પ્રવૃત્તિઓ વધતાં તેમણે બેકરી પ્રત્યે ધ્યાન ઘટાડ્યું હતું અને ૧૯૩૪માં રાજકોટમાં જયુબિલી રેસ્ટોરન્ટ નામે એક હોટલ ભાગીદારીમાં ખોલી હતી. બાદમાં પોતાની માલિકીનું મારફાણી રેસ્ટોરન્ટ ખોલ્યું હતું.

પાકિસ્તાનની સ્થાપના થતાં ૧૯૪૭માં તેમણે કરાચી ખાતે હિજરત કરી હતી. રાજકોટવાસીઓએ તેમની કિંમતી સેવાઓની કદરરૂપે તેમને વિદાયમાન આપવા જાહેર સમારંભ યોજાયો હતો જેમાં વિવિધ ક્ષેત્રની આગેવાન વ્યક્તિઓએ મોટી સંખ્યામાં હાજરી આપી હતી. કોંગ્રેસી નેતા ઉચ્છરંગ રાય ઢેબર કે જેઓ બાદમાં કોંગ્રેસના પ્રમુખ બન્યા હતા, તેમણે પણ અંગત હાજરી આપીને અ. રહીમ મારફાણીને વિદાયમાન આપ્યું હતું.

હિજરત પછી કરાચીમાં અ. રહીમ મારફાણીએ રોજગાર કમાવવા કચેરી રોડ પર મારફાણી રેસ્ટોરન્ટ ખોલ્યું હતું અને પોતાની રાજદ્રારી અને સામાજિક પ્રવૃત્તિઓ ફરી શરૂ કરી દીધી હતી અને મુસ્લિમ લીગના મંચ પરથી જાહેર લોકસેવામાં લાગી ગયા હતા. જોકે સડીયલ રાજદ્રારી નેતાઓથી ત્રાસીને થોડા જ સમય બાદ તેમણે રાજકોટને તિલાંજલી આપી દીધી હતી અને મેમણ બિરાદરીની સેવા પ્રત્યે ધ્યાન કેન્દ્રિત કર્યું હતું. રેસ્ટોરન્ટ ૧૯૫૯ સુધી

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ભાગલાં પહેલાં કચ્છ-કાઠિયાવાડના મુસલમાનોના હિતો માટે રાજકોટમાં નોંધપાત્ર ભૂમિકા ભજવી ગયેલા મેમણ આગેવાનોમાં અબ્દુલ રહીમ મારફાણીનું નામ આદરપૂર્વક લેવાય છે. તેમણે કરાચીમાં પણ લોકસેવા ક્ષેત્રે નામના મેળવી હતી.

અ. રહીમ અ. કરીમ મારફાણીનો જન્મ ઈસ્વીસન ૧૮૮૯માં રાજકોટમાં થયો હતો. તેમના વડવાઓ દોઢસો વરસથી રાજકોટમાં વસેલા હતા અને ત્યાં બેકરીનો ધંધો ચલાવતા હતા. અ. રહીમ મારફાણી પણ રાજકોટની સોરાષ્ટ્ર હાઈસ્કૂલમાં પાંચમા ધોરણ સુધી ભણ્યા બાદ એ જમાનાના મેમણ બિરાદરીના સિવાજ અનુસાર બેકરીના બાપિકા ધંધામાં જોડાઈ ગયા હતા.

બાળપણથી જ તેમને લોકોના તથા મેમણ સંસ્થાઓના કામ કરી

તેઓ કાઈદે આઝમ અને ગાંધીજી જેવા મોટા નેતાઓના નિકટના સંપર્કમાં પણ આવ્યા હતા. ૧૯૨૯માં ગુજરાત-કાઠિયાવાડ એજ્યુકેશનલ કોન્ફરન્સમાં તેઓ એક સારા વ્યવસ્થાપક ઉપરાંત ચોટદાર તકરીર કરીને જોશીલા વક્તા તરીકે જાણીતા થઈ ગયા હતા. એ પછી તો વિવિધ સંસ્થાઓમાં તેમણે ઉંચા ઓધ્યાઓ પર કામ કર્યું હતું. ઓલ ઈન્ડિયા મેમણ કોન્ફરન્સના જોઈન્ટ સેક્રેટરી તરીકે તેમણે ૧૯૩૨ થી ૧૯૬૭ સુધી સેવાઓ આપી હતી. ૧૯૪૦માં કચ્છ-કાઠિયાવાડ મુસ્લિમ લીગની સ્થાપના થતાં અ. રહીમ મારફાણીને મહામંત્રીની જુમ્મેદારી સોંપાઈ હતી. મુસલમાનોના હિતોને મામલે ગાંધીજીની નીતિઓથી મતભેદ પડ્યા પછીથી તેઓ મુસ્લિમ લીગના પ્રખર હિમાયતી બની ગયા હતા. તેમણે કાઈદે આઝમના લીગ ઇન્ડ તથા પાકિસ્તાન પ્રેસ ઇન્ડની ઉદ્ધારણીમાં

ચલાવ્યા બાદ તેમણે ઠેકા પર આપી દીધું હતું અને પછીથી નિવૃત્ત જીવન ગાળવા લાગ્યા હતા.

સામાજિક ક્ષેત્રે બલ્દીયા કોલોનીમાં સપ્ટેમ્બર ૧૯૫૭માં અને ફ્રીગ કોલોનીમાં ૧૯૬૦માં જરૂરમંદો માટે ડિસ્પેન્સરીઓ સ્થાપવામાં તેમની મોખરેની ભૂમિકા રહી હતી. મેમણ મેડીકલ સોસાયટી, ઓલ પાકિસ્તાન મેમણ એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટી સહિતની સક્રિય સંસ્થાઓ મારફત તેમણે બિરાદરીના ઉત્કર્ષ અને જરૂરતમંદોની મદદની ઉમદા કામગીરી બજાવી હતી.

અ. રહીમ મારફાણી જીવનના વિવિધ વર્ગના મોટા મોટા માણસો સાથે સંપર્કમાં રહેતા પણ તેમને આપવડાઈનો શોખ નહોતો અને હંમેશાં કુર્તા-પાયજામાના લિબાસ સાથે સાદગીભર્યું વર્તન રાખતા હતા. મેમણ બિરાદરીના આ નિખાલસ કાર્યકરનું લાંબી બિમારી બાદ ૭૩ વર્ષની વયે ૨૩મી જાન્યુઆરીએ અવસાન થયું હતું.

મુસ્લિમ લીગ અને મેમણ બિરાદરીના ટોચના આગેવાનોએ તેમના ઈન્તેકાલ પર શોકસંદેશા બહાર પાડ્યા હતા. તમામ ગુજરાતી અખબારો અને સામયિકોએ તેમની કારકિર્દી પર લેખો પ્રગટ કર્યા હતા. ‘મેમણ આલમ’એ તેમની સેવાઓને અંજલી આપવા ખાસ ‘મારફાણી સ્મારક અંક’ પ્રગટ કર્યો હતો. મેમણ ફેડરેશને તેમની યાદમાં શોકસભા યોજી હતી અને બાદમાં જુદી જુદી ૩૦ જેટલી મુસ્લિમ અને મેમણ સંસ્થાઓએ મળીને બીજી એક શોકસભા બોલાવી હતી. મહુમને અંજલી આપવા બંને સભાઓમાં લોકોએ બહોળી સંખ્યામાં હાજરી આપી હતી.

★ ★ ★

મેમણ પ્રોફેશનલ ફોરમના ઓહદેદારોની થયેલી ચુંટણી

મેમણ પ્રોફેશનલ ફોરમની ૨૯મી સપ્ટેમ્બરે મેમણ પ્રોફેશનલ ફોરમની ઓફિસ ખાતે મળેલી સભામાં ૨૦૧૩-૨૦૧૫ માટે નીચે મુજબના ઓહદેદારો અને મેનેજિંગ કમિટીના સભ્યો ચુંટાઈ આવ્યા હતા.

પ્રમુખ:

મહેમુદ પારેખ

સીનીયર નાયબ પ્રમુખ:

અશરફ ઐયુબ માંડવીયા

નાયબ પ્રમુખ:

એન્જી. ગુલઝાર એહમદ મેમન

સેક્રેટરી જનરલ:

રીઝવાન ઉસ્માન

જો. સેક્રેટરી

મુસ્તુફા હનીફ બાલાગામવાલા

ખજાનચી:

દાનીશ આરીફ પટેલ

અને મેનેજિંગ કમિટીના ૧૪ સભ્યો.



આજ	અને	કાલ
આજનું અખબાર	:	આવતી કાલની રદી
આજના સમાચાર	:	આવતી કાલનું જુઠાણું
આજનું નિવેદન	:	આવતી કાલનો રદીયો
આજનું ભાષણ	:	આવતી કાલની કુથલી
આજનો સરમુખત્યાર	:	આવતી કાલનો કેદી
આજનો કેદી	:	આવતી કાલનો નેતા
આજનો નફો	:	આવતી કાલનો વેરો
આજનો ગ્રેજ્યુએટ	:	આવતી કાલનો બેકાર

મેમણપણું જાળવવા મેમણી બોલી બોલો

આપણે આપણા ઘરોમાં તેમજ પરસ્પર મેમણી બોલી બોલવી જોઈએ. દરેક કોમ પોતાની ઓળખ ગર્વપૂર્વક જાળવે છે અને પોતાની જ બોલી બોલે છે.

મેમણી તણને
મેમણપણું ના મીટાવો
મેમણ હોવા બદલ
ગર્વ અનુભવો

વિશ્વ આરોગ્ય સંસ્થા જેની સામે
લાલ બતી ઘરે છે એ નવી
નસલસમાં ઝડપથી વધી રહેલો

શીશા (હુક્કા) નો શોખ



જૂના જમાનામાં શાનથી હુક્કો ગગડાવવાની રિવાયત પ્રચલિત હતી. રાજ-રજવાડાના શાસક વર્ગથી લઈને ગામના પટેલો-મુખીઓ તથા ખેડૂતો સુદ્ધાં મગજને તાજું કરવાના હેતુથી હુક્કાં પીતા દેખાતા હતા. હજી પણ આ રિવાજ છેક જ ભૂંસાઈ ગયો નથી બલ્કે તે નવી નસલમાં નવા રૂપમાં હુક્કો હવે 'શીશા'ના નામે લોકપ્રિય બનતો જઈ રહ્યો છે. શહેરના રેસ્ટોરાંઓમાં યુવાન છોકરા-છોકરીઓને આ 'શીશા' ગગડાવતા જોઈ શકાય છે.

વિશ્વ આરોગ્ય સંસ્થા ડબ્લ્યુએચઓએ હુક્કો પીવાને આરોગ્ય માટે અતિશય નુકસાન ગણાવીને આ શોખ સામે ચેતવણી આપે છે અને કહે છે કે તકીયા અને નરમ ગલીયા પર ઠાઠથી બેસીને

હુક્કો પીવાની મજા લેવામાં જાનનું જોખમ રહેલું છે. મિત્રો અને સાથીઓ વચ્ચે એક જ હુક્કા માં થી વારાફરતી ચુસ્કી લેવાય છે પણ હુક્કાની એકાદ કલાકની એવી એકજ બેઠકથી ૧૦૦ સિગારેટો ફૂંકી જવા જેટલું નુકસાન થાય છે. બીડી-સિગારેટ પીનાર એક સિગારેટથી અર્ધાં લીટર જેટલો ધૂમાડો શરીરમાં દાખલ કરે છે, પણ હુક્કાનો તો એક-એક ઘૂંટમાં એક લીટર સુધીના ધૂમાડા લેવાય છે.

હુક્કો મૂળ તો એક લાંબા પાઈપ દ્વારા ધૂમ્રપાન કરવાનું સાધન છે જેમાં તંબાકુ એક નાની મટકીમાં ભરેલું પાણીમાંથી પસાર થઈને પાઈપમાં પહોંચે છે. આ મટકી પર સુરાહી જેવી ડિઝાઈન બનાવાતી હોવાથી તેને અવનવ

સુંદર ઓપ આપી શકાય છે અને



એ સુરાહીની ઉપર વાટકી જેવું બનાવીને તેમાં અંગારા રાખવામાં આવે છે. તમાકુ બળીને તેના ધૂમાડા સુરાહીમાંથી અને નીચેની મટકીમાં ભરેલા પાણીમાંથી પસાર થઈને પાઈપમાં પહોંચે છે, જેનાથી હુક્કો પીનારા ધૂમ્રપાન કરવાની મોજ માણતા હોય છે.

ધૂમ્રપાન વિરૂદ્ધ વિશ્વ વ્યાપિ પ્રચારથી હવે તો સૌ કોઈ જાણે છે કે તમાકુમાં રહેલા નિકોટીન નામના તત્વોથી શરીરની અંદર ફેફસાં સહિતના અવયવોને ગંભીર નુકસાન પહોંચે છે જે કેન્સર સહિતની ડેન્જર બિમારીઓને નોતરે છે. તંબાકુના ધૂમાડા પાણીમાંથી પસાર થતા હોવાથી ફિલ્ટર થઈ જતા હોવાની માન્યતા સદંતર ખોટી અને ભ્રમભરેલી છે, કેમ કે નિકોટીન પાણીમાં પીગળતું

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નથી એટલે હુક્કામાંના પાણીથી તમાકુની ઝેરી અસર ખતમ થતી નથી.

સિગારેટના તમાકુ કરતાં હુક્કાના તમાકુમાં પીનારને વધુ સ્વાદ આવે છે અને એ પણ અલગ અલગ ફલેવરમાં મળતાં હોવાથી પીનાર અલગ અલગ સ્વાદ લેવા લલચાય છે. હકીકતમાં સિગારેટ કરતાં હુક્કો પીનારા ૨૦૦-૨૦૦ ગણું વધુ તંબાકુ પીતા હોય છે ! હુક્કાના સેશન જેટલા લાંબા ચાલે એટલા જ વધુ નિકોટીન અને બીજા ઝેરી રસાયણો શરીરમાં પહોંચતા હોય છે. તમાકુને બાળવા માટે વપરાતા ઘગઘગતા કોલસામાંથી જે કાર્બન મોનોક્સાઈડ છુટે છે તેને પણ ઓક્સીજનની સરખામણીમાં પાણીમાં પીગળવામાં ૩૦ ગણો વધુ વખત લાગે છે એટલે સામટ સરવાળે હુક્કો સિગારેટ કરતાં અનેકગણો વધુ હાનિકારક છે અને નશો કરવાનો આ શોખ ટીબી તથા જુદા જુદા પ્રકારના કેન્સરને વધુ ઝડપથી નોતરે છે.

મધ્યપૂર્વના રાજ્યોમાં ટીબીનો રોગચાળો ફાટી નીકળ્યો હતો, તેને માટે હુક્કાનો નશો જવાબદાર ઠર્યો હતો. આમેય ધૂમ્રપાનથી દર વરસે દુનિયાભરમાં લાખો માણસોના મોત થતા રહે છે. સગર્ભા સ્ત્રીઓ અગર હુક્કાની ટેવ ધરાવતી હોય તો ગર્ભમાંના બાળક પર નુકસાનકારક અસર પડ્યા વગર રહેતી નથી અને એવા બાળકો ઓછા વજન સાથે જન્મતા હોવાનું નોંધાયું છે.

નવી નસલમાં ઝડપથી ફેલાઈ રહેલા સિગારેટ કરતાં અનેકગણા વધુ હાનિકારક હુક્કાના નશાને રોકવા માટે બિરાદરીના ધોરણે પગલાં લઈને જાગૃતી લાવવાની જરૂર છે.

ખૂબસુરત જિંદગી

હી જિંદગી આય બહુ કિંમતી

ઈન્કે સાચવીને જીઓ

ખ્યાલા ઉમંગ જા પીરાયો પારકે કે

ખુદ બી બુંદ પી પીને જીઓ

ખુગન લાય બુલંદી તે, ગીતો ના ટેકા

ખુદ જી ખુદી કે મિટાઈ મિટાઈને જીઓ

બચી શક્યોના મૌતથી દુનિયા મેં કોચ

મીઠેલી જિંદગી કે ગનીમત જાણી જાણીને જીઓ

આવ્યા અને વીયા દુનિયાથી અનેક

નમૂનો યાદગાર ખુદ બની બનીને જીઓ

થીયો અને થીનો કુરો કાલ ? ઈના વિચારો

‘અજ’કે નજર સામે રખી રખીને જીઓ

હકક આય હર ઈન્સાન કે જીરો રેન જે

જીરા રખીને બીજે કે ખુદ ખુશી ખુલથી જીઓ

મજબૂરી ગોતેતી ઉમીદથી ઈન્સાનિયત કે

હમદર્દ સચ્યા ઈન્સાન બની બનીને જીઓ

ખારાશથી તો ભરેલા અચન દરિયા

મીઠી સરવાણી જી પરબ બની બનીને જીઓ

દોડધામ જી દુનિયામેં, નિરાંત કીડા આય ?

જીરાક નિરાંત જે દમ ગીનો ગીનીને જીઓ

મુકદર મેં સ્વાસ અચન કેતરા ? નીકકી ખબર નાય

ખલ્લતે ખુદાજી ખિદમત મેં હરઘડી ગુજરી ગુજરીને જીઓ

મરી વિનનું તો આય ‘ભા’ બેશક

અજજી હી જિંદગી કે ખૂબસુરત કરી કરીને જીઓ

હાજી મોહંમદ હુસેન કે. નાગાણી

(ધોલ) ભારત

સીતારવાદક !

અરધા કલાકથી સીતાર વગાડીને શ્રોતાઓને રીઝવવાની કોશિષ કરી રહેલા એક કલાકાર વિષે મુસાકાકાએ તેમની બાજુમાં બેઠેલા સીતારના રસીયા શ્રોતાને કહ્યું,

“વાહ ! આ કલાકારનું સીતારવાદન સાંભળીને મને ઉસ્તાદ બબંદેઅલી ખાન યાદ આવી ગયા.”

બાજુમાં બેઠેલા ભાઈ એકદમ વિચારમાં પડી ગયા. છેવટે તેમણે પૂછી લીધું, “ઉસ્તાદ બબંદેઅલી ખાન ? પણ એ નામના તો કોઈ સીતારવાદક નથી !”

“એ જ તો કહું છું ને !” મુસાકાકાએ કહ્યું, “આ માણસ પણ ક્યાં સીતારવાદક છે !”

જીવન સુંદર છે, દ્રષ્ટિને બદલવાની જરૂર છે !

જિંદગીને માણતા શીખો ! દરેક માનવીના મોઢે આ શબ્દો હોય છે. હું કેટલો દુઃખી છું ? આ પ્રશ્ન ઘણો જ સામાન્ય છે. કદાચ સૌ માંથી એક કે બેને બાદ કરતાં બધાં જ આ પ્રશ્નનો પોતાના જીવનમાં ઘણીવાર ઉચ્ચાર કરે છે ! શા માટે ? સમસ્યા અલ્લાહ આપે છે. તો રસ્તો પણ તે જરૂર આપે છે. બસ, શોધવાની જરૂર હોય છે. અને તે શોધમાં અલ્લાહમાં ભરોસો રાખનાર મંઝીલ સુધી પહોંચે છે. અને કગમગતો ભરોસો રસ્તામાં જ ભૂલો પાડી જાય છે.

દરેક માનવીની આ સમસ્યા હોય છે. હવે શું ? આગળ શું ? ભવિષ્ય શું ? અને તેમાં જ જિંદગી ક્યાંય દુઃખોના બોઝમાં પસાર થઈ જાય છે. અને બીજા તેને જોતાં જ રહી જાય છે. પરંતુ બોધ લેવાનું ભૂલી જાય છે; જ્યારે માણસના હાથમાં કંઈ જ નથી હોતું તો ચિંતા શા માટે ? કોને ખબર હતી, જન્મ ક્યાં થવાનો હતો ? અને હવે મૃત્યુ ક્યું થવાનું ? કયો ધર્મ મળવાનો હતો ? અને કઈ પરિસ્થિતિમાંથી પસાર થવાનું ? કંઈ જ ખબર ન હતી. બસ આશાઓ અને ઉમ્મીદોની જ જિંદગી જીવીએ છીએ. કાલની સવાર નસીબમાં હશે તેની માત્ર આશા છે, વિશ્વાસ નથી.

જિંદગી તો બહુ જ સુંદર છે અને તેની સુંદરતાને જોવાનો એક સરળ રસ્તો છે કે કંઈ પણ બનાવો બને કે દુઃખો આવે કે મુશ્કેલીઓ આવે આવવા દેવાની અને જે વસ્તુ

કે જે રસ્તો આપણાથી ના નીકળે એ અલ્લાહ પર છોડી દેવો. કુદરતનો નિયમ માનીને ! જે કિસ્મતમાં લખ્યું હોય તે જ થાય છે. અને તેમાં આપણા દુઃખી કે ભયમાં જીવવાથી કંઈ જ ઉકેલ પણ નથી મળતો કે ન સમસ્યા બદલાઈ જાય છે. મૃત્યુ પામનારની પાછળ આંસુઓની નદીઓ વહેવડાવી દેવાથી કંઈ મૃત્યુ પામેલ દેહમાં જીવ નથી આવી જતો. તેવી જ રીતે સમસ્યાઓ આવવાથી ઉદાસી અને ભયમાં જીવવાથી કંઈ જ નથી થતું. શું થશે ? એવો વિચાર શા માટે કરવો કારણ કે જ્યારે આપણા હાથમાં કશું જ નથી. જે થાય છે તે શ્રેષ્ઠ છે, સુંદર છે. મારી કિસ્મત છે તેમ માનીને વર્તવા કરવું અને જ્યાં આપણે મગજ ના પહોંચી શકે તે અલ્લાહ પર છોડી દેવું જિંદગી....જીવન સુંદર બની જશે.

ઈચ્છાઓ આશાઓ જ માનવીના દુઃખોનું કારણ છે. જે ગમે છે. જેની જરૂર છે. જે જોઈએ છે તે ના મળે તો માણસ હતાશ થઈ જાય છે, પરંતુ તેમ નથી વિચારતો જે નથી મળ્યું તેને માંગવાના ૧૦૦ કારણો છે, તો જે મળ્યું છે તેનો આભાર માનવાના ૧૦૦૦ કારણો છે. માત્ર દૈષ્ટિ બદલવાની જરૂર છે. સંતોષ રાખવાની જરૂર છે. જે ના મળ્યું તેને આપવાનો જો અલ્લાહ એક રસ્તો બંધ કરે છે તો બીજા ઘણા બધા રસ્તા ખોલે છે. માત્ર શોધવાની જરૂર છે. મંઝીલ આપોઆપ મળી જશે. પોતાને જે નથી મળ્યું તેને મગજમાંથી નીકાળ

ી દો. અને જે મળ્યું છે તેની સરખામણી પોતાનાથી ઓછું મેળવનાર સાથે કરો. પોતાને ઉચ્ચતમ માનશો.

બધાનો જન્મ અમીરને ત્યાં નથી થતો અને બધાં જ અ. રઝાક ગાંધી કે એકેડી નથી બનતા, પરંતુ પોતાને તેમનાથી વધારે સુખી છે. તેમ માનવાનું શા માટે ભૂલી જાય છે ? મહાન વ્યક્તિઓ બધી જ પેંસાદારને ત્યાં જન્મ નથી લેતી, પરંતુ તે તેમનાથી શ્રેષ્ઠ બનીને બતાવે છે. ક્યારેક પોતાની આંખોથી દુનિયાની બુરાઈઓના ચશ્માં ઉતારીને તેની સુંદરતાને જોવાનો પ્રયત્ન કરજો. જીવન શ્રેષ્ઠ બની જશે. કારણ કે અલ્લાહ કોઈ વસ્તુ જો દુનિયામાં ખરાબ બનાવે છે તો સુંદર વસ્તુઓ ૧૦૦ ગણી બનાવે છે. માત્ર જોવાની અને માણવાની જરૂર હોય છે.

માણસ ચિંતાઓ શા માટે કરે છે ? જિંદગીમાં આવનારી ક્ષણોની ચિંતા શા માટે કરવી ? જે ક્ષણો અલ્લાહ આપણી બધી જ જરૂરીયાતો સંતોષી રહ્યો છે. આપણે અનુભવવાની જરૂર છે. તે શું આવનારી ક્ષણોમાં આપણી જરૂરીયાતો નહીં સંતોષે ? કોઈ રસ્તો કેવી રીતે નીકળશે ? કેમ થશે ? તેવા વિચારો છોડી દો... કારણ કે જે વસ્તુ આપણા હાથમાં જ નથી તેમાં સમય બગાડવાનો કોઈ અર્થ નથી. જિંદગીની દરેક ક્ષણને માણતા શીખો. જ્યાં જે વસ્તુનો ઉપાય જ આપણા હાથમાં નથી તો તેનો ઉપાય શોધવા ચિંતા કરવી પણ આપણા હાથમાં નથી. અને તે યોગ્ય પણ નથી. જિંદગીને જીવતા શીખો.

—મેમન અલ્ફીના
ઈલ્યાસભાઈ—પાલનપુર

ધોરાજી મેમણ એસોસીએશનની ચૂંટણી

ધોરાજી એસોસીએશનની વર્ષ ૨૦૧૩/૧૦૧૫ની દ્વિવાર્ષિક ચૂંટણી ૨૯ સપ્ટેમ્બર રવિવારે વી.એમ. પબ્લિક સ્કૂલ ખાતે યોજાઈ હતી.

પ્રમુખ તરીકે જનાબ યુનસ મુહમ્મદ બશીર ઓરાવાલા, સીનીયર ઉપપ્રમુખ તરીકે જનાબ મુહમ્મદ અશરફ અ. ગની પલ્લા, જુનીયર ઉપપ્રમુખ તરીકે મુહમ્મદ ઈકબાલ વલી મુહમ્મદ બેગાવાલા, ઉસ્માન માનદમંત્રી તરીકે જનાબ મકસૂદ ઉસ્માન ભંગડા, જોડીયા મંત્રી તરીકે જનાબ ઈસ્માઈલ અ. ગફફાર માકડા અને ખજાનચી તરીકે જનાબ મુહમ્મદ અસ્લમ યાફૂબ કરીમ દરેડીવાલા બિનહરીફ ચૂંટાઈ આવ્યા હતા.

મેનેજિંગ કમિટીના નવ સભ્યોની કરવામાં આવેલી ચૂંટણીમાં જનાબ આહમદ સુલેમાન ચામડયા (ભોલી), મુહમ્મદ અલી .અ હબીબ નવીવાલા, મુહમ્મદ અનીસ આહમદ ભેંસાણીયા (ડિસ્કો), મુહમ્મદ અર્શદ મુહમ્મદ હુસેન દાદાણી, મુહમ્મદ હનીફ ઉસ્માન હદિયાવાલા, મુહમ્મદ ઉબેદ મુહમ્મદ અમીન ચામડયા, સલીમ કાસિમ ખાનેબેગાવાલા, મુહમ્મદ તુફેલ અ. ગની ગલાણી અને સોહેલ અ. કરીમ મોલ્વી વિજયી નિવડયા હતા.

ના કરો સાસુમા, દિકરા દિકરા, હવે તો ભરથાર એ મારો છે....!

ના કરો સાસુમા, દિકરા દિકરા,
હવે તો ભરથાર એ મારો છે...!

જ્યારે પહેરતોતો એ બાબા-સુટ,
ત્યારે બબલો એ તમારો હતો.
હવે તો પહેરે એ ૩ પીસ સુટ,
હવે તો ડાર્લિંગ એ મારો છે...!

જ્યારે પીતોતો બોતલમાં એ દૂધ,
ત્યારે ગગો એ તમારો હતો.
હવે તો પીએ એ ગ્લાસમાં દારૂ,
હવે તો મિસ્ટર એ મારો છે...!

જ્યારે લખતોતો એ ક,ખ,ગ,
ત્યારે ટપુડો એ તમારો હતો.
હવે તો કરે છે એ SMS,
હવે તો જાનુ એ મારો છે...!

જ્યારે ખાતોતો એ ચોકલેટ ને આઈસ્ક્રીમ,
ત્યારે વહાલો એ તમારો હતો.
હવે તો ખાય છે એ પીઝા ને પાસ્તા,
હવે તો હબ્બી એ મારા છે....!

જ્યારે જતોતો એ શાળાએ,
ત્યારે બાબો એ તમારો હતો.
હવે તો જાય છે એ ઓફિસમાં,
હવે તો ઓફિસર એ મારો છે.

જ્યારે માંગતો તો એ પોકેટ મની,
ત્યારે લાડલો એ તમારો હતો.
હવે લાવે છે એ લાખો રૂપિયા,
હવે તો ATM એ મારો છે....!

ના કરો સાસુમા, દીકરા દીકરા, હવે તો ભરથાર એ મારો છે

—કાસિમ અબ્બાસ, ટોરેન્ટો

વિસ્વાસ	:	મૂક્યો એટલે નિસ્વાસ
ધીરજ	:	મગજનો ફ્યૂઝ
લાલચ	:	જેના કારણે જગત ચાલે
સાહસ	:	સફળ થાય તો હસાહસ નહીંતર ફસાફસ
મુર્ખતા	:	પોતાને બીજા કરતાં વધુ અક્કલવાળા માનવાની ટેવ
ડહાપણ	:	જેમાં 'પણ' કરવાની ગુંજાઈશ રહેતી નથી
વસીયત	:	વારસદારને સેવાની પ્રેરણા આપતું સાધન
વારસો	:	ભાઈ ભાઈ વચ્ચે હાય હાય
સામ્યવાદ	:	જેમાં ફક્ત શાસક વર્ગ જ સુખી રહે છે
સમાજવાદ	:	જેમાં શાસક અને સમાજ બંને ખુશ રહે છે
વાદવિવાદ	:	જેમાં ફક્ત પંચાતીયો વર્ગ જ રાજી રહે છે

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۔

- 1- درخواست فارم کے ساتھ قومی شناختی کارڈ اور جماعت کے کارڈ کی کاپی منسلک کریں۔
- 2- درخواست فارم پر اپنا فوٹو چسپاں کریں۔
- 3- فارم پر دو میمن حضرات کی تصدیق لازمی ہے۔
- 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۔

مزید تفصیلات اور معلومات کیلئے WMO آفس تشریف لائیں یا مندرجہ ذیل نمبروں پر رابطہ کریں۔

ورلڈ میمن آرگنائزیشن (پاکستان چیپٹر)

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

فون آفس: 021-34910437

34911642

34911963

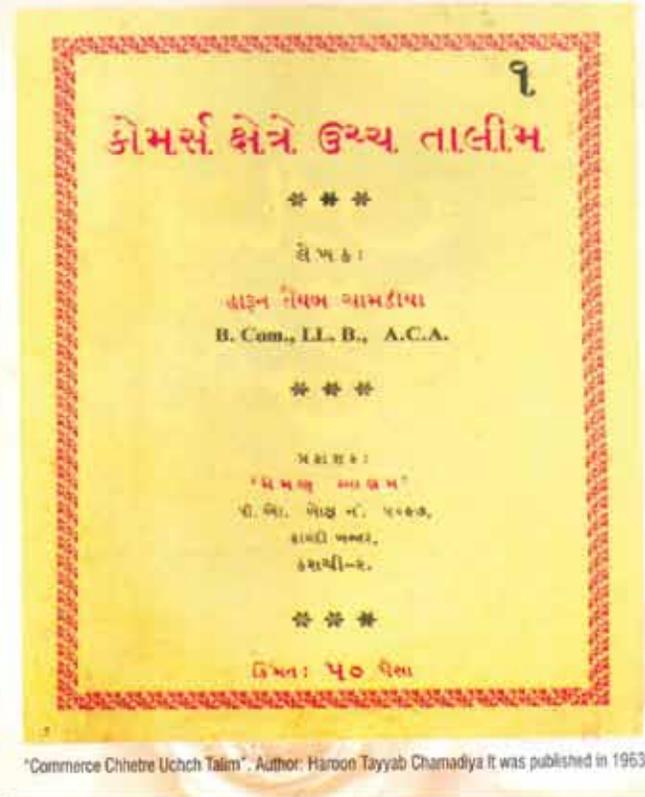
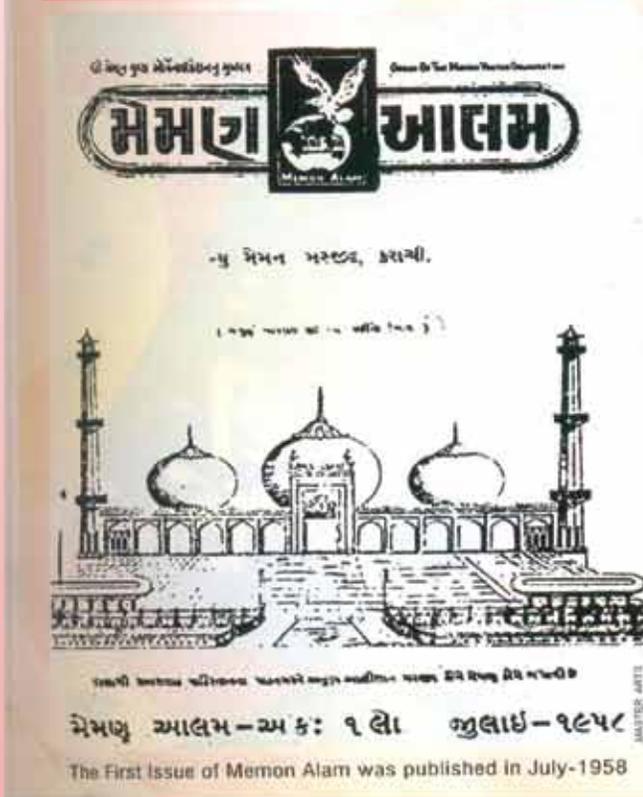
جناب عمراے رحمن بحیثیت مدیر اور پبلشر



Hand written "M. Y. O. Bulletin". It was came out on 10-09-1952



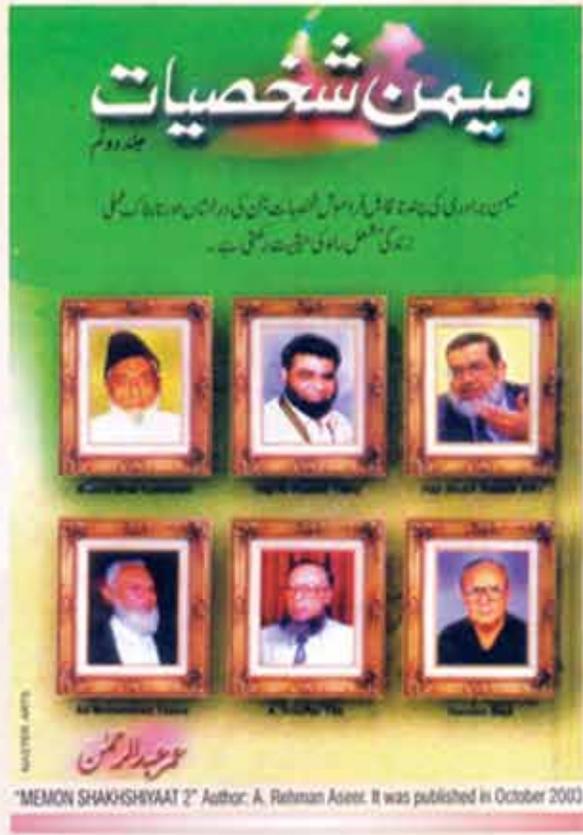
Printed Version "Patrika". The first printed publication of M.Y.O. came out on 10-04-1953. The convener of Magazine Committee Mr. Ali Mohammad Shekha brought it out. It was "Patrika" i which it was declared that a complete magazine of the community "Memon Alam" would be bring out shortly. Then M.Y.O applied for declaration for Memon Alam in the name of Mr. A. Razzak Vadaiawala, but failed to get the same due to scarcity of news print in the market. Afterwards Mr. Vadaiawala proceeded to England for higher education. Declaration was granted in 1958 in the name of Mr. Umer A. Rehman.



جناب عمر اے رحمن بحیثیت مدیر اور پبلشر



"MEMON SHAKHSIYAAT" Author: A. Rehman Aseer. It was published in June 1975



"MEMON SHAKHSIYAAT 2" Author: A. Rehman Aseer. It was published in October 2003



"SAB RAS" Author: A. Sattar Pariyani. It was published in October 2000

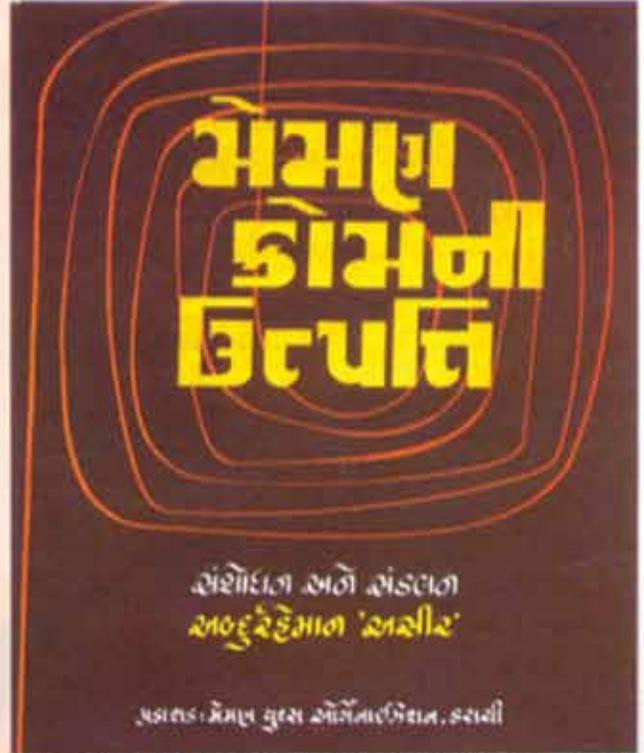


FIRST ISSUE OF MEMON ALAM URDU. It was published in December 1969

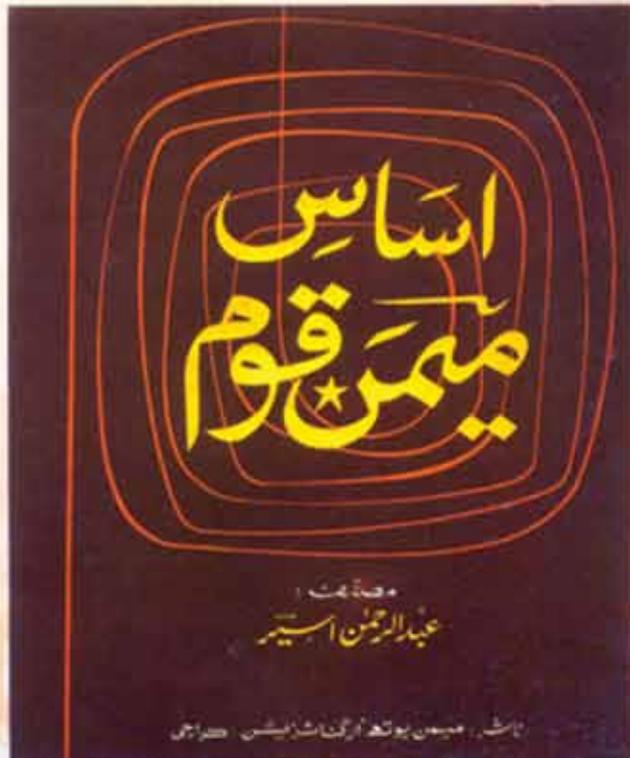
جناب عمراے رحمن بحیثیت مدیر اور پبلشر



"Memon Gaum No Itihas" Author: Hashim Zakariya. It was published in 1970



"Memon Gaum Ni Utpathi" Author: A. Rehman Aseer. It was published in 1978



"Asaasa-e-Memon Gaum" Author: A. Rehman Aseer. It was published in 1978



"Maari Mulaqat-Bhagg Pathelo" Author: Umer A. Rehman. It was published in 1967

جناب عمر عبدالرحمن

جناب عمر عبدالرحمن 10 اپریل 1934ء کو بانٹوا کا ٹھہرا اور میں پیدا ہوئے۔

جناب عمر عبدالرحمن ایک شخصیت ہی نہیں بلکہ ایک ادارے کا نام ہے۔ جو الحمد للہ اپنے پر عزم ارادے میں سرگرم عمل ہے۔

جناب عبدالرحمن کھانا ٹی مین برادری کا ایک ایسا نادر و نایاب کوہ نور ہے جس کی روشنی پچھلے 55 برس مین برادری کے علم و ادب کو منور کر رہی ہے۔ اور آنے والی نسلوں کو بھی مین برادری کے تشخص اور ماضی سے آشنا کرے گی۔

جناب عمر عبدالرحمن کے بارے میں کچھ لکھنا سورج کو چراغ دکھانے کے مترادف ہے۔ ان کی خدمات کو کچھ صفحات میں بیان کرنا ممکن نہیں مگر ہماری چھوٹی سی کاوش ہے جس میں ہم ان کی خدمات اور ان کے اعزازات کو قلمبند کر رہے ہیں۔

جناب عمر عبدالرحمن کا سب سے بڑا اعزاز مین عالم رسالہ ہے جو گزشتہ 55 برس سے مسلسل شائع ہو رہا ہے اور اس کے اعزازی بندیر کی حیثیت سے کام کر رہے ہیں مین عالم تین زبانوں میں شائع ہونے والا منفرد ماہنامہ ہے جو یک وقت اردو، انگریزی اور گجراتی میں شائع ہوتا ہے۔

مین عالم کا اجراء جولائی 1958ء میں ہوا اور وہ مارچ 2010 تک مین عالم کے بیڑے کو مدیر اعزازی کے حیثیت سے تہا، سنبھالتے رہے 23 نومبر 2009ء کو WMO اور جناب عمر عبدالرحمن کے درمیان ایک مفاہمت کی یادداشت پر دستخط ہوئے اس موقع پر جناب عمر محمد کالیائیکریٹری جنرل WMO، جناب

شعیب اسماعیل وائس پریزیڈنٹ WMO، جناب قاسم

لوانی ممبر یورڈ آف مینجمنٹ WMO، بڑی مین عالم

ٹرسٹ، پریزیڈنٹ WMO حاجی عبدالرحمن یعقوب بھی

اس موقع پر موجود تھے۔ یادداشت کے مطابق مین عالم کا

اجراء اپریل 2010ء سے WMO کی سربراہی میں ہوگا۔

یہ رسالہ کئی کتابوں کا علمی ماخذ کا ذریعہ بھی ہے اس کے علاوہ

مین برادری کی تاریخ اور اس کے آپاؤ اجداد کے منبرے

کارناموں کا عمدہ خزینہ بھی ہے۔ اس میں بے شمار مین

برادری کے عظیم سپہوں کے سوانح، خاکے، مین تاریخ سے

متعلق تحقیق مفاہمت اور قسط اور سلسلے شائع ہو رہے ہیں۔

اب اس میں WMO کی زیر اثر مزید سلسلے اور جدید

بنانے کی کوشش جاری ہے جس میں مزید نئے سلسلے شامل

ہو گئے ہیں۔

جناب عمر عبدالرحمن ہمہ گیر شخصیت کے مالک ہیں۔ جناب

کھانا ٹی کے بے شمار کتابیں شائع کیں مین قوم نو

☆..... سماجی اور فاعلی سرگرمیاں 1953ء میں مین یوتھ آرگنائزیشن کراچی کی فینٹنگ کمیٹی کے ممبر بنے۔ سوائے 56-1955ء کے وہ اس سلسلے میں وابستہ رہے ہیں۔ وقتاً فوقتاً انہیں اعزازات ملے ان میں سے

کچھ کی تفصیل یہ ہے:-

1963ء تا 1965ء اعزازی جوائنٹ سیکریٹری

1965ء تا 1977ء اعزازی جنرل سیکریٹری

1977ء تا حال صدر

☆..... 1966ء میں وہ آل پاکستان مین فیڈریشن کی فینٹنگ کمیٹی کے ممبر بنے۔

☆..... 1978ء تک وہ کئی سب کمیٹیوں میں اپنی خدمات سرانجام دیتے رہے۔

☆..... دسمبر 1967ء میں انہوں نے کتاب "ماری ملاقات" شائع کی جس میں ممتاز مین شخصیتوں کے انٹرویو درج ہیں۔

☆..... 77ء تا 1976ء میں وہ بانٹوا مین جماعت کے اعزازی جوائنٹ سیکریٹری نمبر 2 (دوم) منتخب ہوئے۔

☆..... برادری کے لیے صحافت کے میدان میں عمدہ خدمات کے اعتراف میں یونائیٹڈ مین جماعت آف پاکستان کی طرف سے پچیس سو روپے، سندھی ٹوپی اور شیلڈ دی گئی۔





حضرت عثمان غنی کے زیر استعمال اشیاء کا عکس

جاری کرتے رہتے تھے۔ ایک مرتبہ سیدنا حضرت عثمان غنی نے گورنروں کے نام حکم نامہ جاری کیا جس میں یہ تحریر تھا کہ! "بلاشبہ اللہ تعالیٰ نے امام یا امیر کو یہ حکم دیا ہے کہ وہ قوم کا گھرانہ یا چرواہا ہو، اور اللہ تعالیٰ نے اس لیے اس کو امیر نہیں بنایا کہ وہ عوام کو ٹیکسوں کے بوجھ تلے روندھ ڈالے۔"

خلیفہ سوم سیدنا عثمان غنی کو مصر کے بلوئی شہید کرنے کے درپے تھے اور تقریباً ساڑھے سات سو بلوئوں نے ایک خطا کا بہانہ بنا کر ملک میں بغاوتی پیدا کر کے مدینہ منورہ پر قبضہ کر لیا اس دوران سیدنا حضرت علی المرتضیٰ اور دیگر صحابہ کرام نے باغیوں کا سرکاشنے کی اجازت چاہی تو آپ نے اجازت دینے سے انکار کرتے ہوئے فرمایا کہ! مجھ سے یہ نہ ہوگا کہ حضور ﷺ کا خلیفہ ہوں اور خود ہی آپ ﷺ کی امت کا خون بہاؤں۔ مدینہ منورہ میں بلوئوں نے بغاوت کا ایک ایسا وقت طے کیا کہ جب مدینہ منورہ کے تمام لوگ سچ پر گئے ہوئے تھے۔ آخری وقت میں جب باغیوں اور منافقوں نے آپ کے گھر کا محاصرہ کیا تو آپ نے فرمایا کہ! مجھ سے حضور اقدس ﷺ نے عہد لیا تھا (منافق خلافت کی تمغین اتارنے کی کوشش کرینگے تم نہ اتارنا) چنانچہ میں اس عہد پر قائم ہوں اور صبر کر رہا ہوں، 35ھ ذیقعدہ کے پہلے عشرہ میں باغیوں نے آپ کے گھر کا محاصرہ کیا اس دوران چالیس روز تک آپ کا کھانا اور پانی بند رکھے رکھا اور 18 ذوالحجہ کو چالیس روز سے بچھ کے پیاسے 82 سالہ مظلوم مدینہ خلیفہ سوم سیدنا عثمان غنی کو جہد المبارک کے روز، قرآن مجید کی تلاوت کرتے ہوئے روزہ کی حالت میں انتہائی بے دردی کے ساتھ شہید کر دیا گیا۔ سیدنا حضرت عثمان غنی نے 12 دن کم 12 سال تک خلافت کی ذمہ داری نبھانے کے بعد جام شہادت نوش کیا۔

رہتے۔ آپ "صائم الدہر" تھے، سوائے ایام ممنوعہ کے کسی دن روزہ کا ناغہ نہ ہوتا تھا۔ ہر جمعہ المبارک کو دو غلام آزاد کرتے، ایک مرتبہ سخت قحط پڑا تمام لوگ پریشان تھے اسی دوران حضرت عثمان غنی کے ایک ہزار اونٹ غلے سے لدے ہوئے آئے تو مدینہ کے تمام تاجر جمع ہو گئے تاجروں نے کئی گناہ زائد قیمت پر اس غلے کو خریدنے کی کوشش کی لیکن آپ نے فرمایا کہ مجھے اس سے بھی زیادہ نفع ملتا ہے۔ تم سب لوگوں کو گواہ کرتا ہوں کہ میں نے یہ سب غلہ اللہ تعالیٰ کی راہ میں "فقراء مدینہ" کو دیدیا۔ جب حضور اقدس ﷺ مکہ سے مدینہ منورہ ہجرت کر کے تشریف لائے تو آپ اور صحابہ کرام کو بیٹھے پانی کے حصول میں بڑی دقت پیش آئی۔ صرف ایک بیٹھے پانی کا کنواں تھا جس کا نام بیئر رومہ تھا جو ایک یہودی کی ملکیت میں تھا۔ حضور اقدس ﷺ نے فرمایا کہ جو شخص اس کنویں کو خرید کر اللہ کے راستہ میں وقف کر دے اس کیلئے جنت کی بشارت و خوشخبری ہے۔ سیدنا حضرت عثمان غنی نے اس کنویں کو خرید کر واقف کر دیا۔ خلیفہ دوم سیدنا حضرت عمر فاروقؓ کا سلطانہ حملہ میں شہید فرمائی ہونے کے بعد جب دنیا سے رخصت ہونے لگے تو صحابہ کرام نے ان سے درخواست کی کہ آپ ﷺ اپنا جانشین خلیفہ مقرر فرما دیں۔ سیدنا حضرت عمر فاروقؓ نے "عشرہ مبشرہ" صحابہ کرامؓ میں سے چھ نامور شخصیات، حضرت عثمان غنی، حضرت علی المرتضیٰ، حضرت عبدالرحمن بن عوف، حضرت طلحہ، حضرت زبیر اور حضرت سعید بن زید کو نامزد کر کے "خلیفہ" کے انتخاب کا حکم دیا۔ بالآخر حضرت عبدالرحمن بن عوف نے خیر رائے شماری کے ذریعہ عثمان غنی کو خلیفہ نامزد کیا۔

سیدنا حضرت عثمان غنی نے خلیفہ منتخب ہونے کے بعد اپنے پہلے خطبہ میں خاص طور پر یہ باتیں ارشاد فرمائیں! اے لوگو! ایک کام کرو، کیونکہ صبح وشام کوچ کرنا ہوگا، دنیا کمرو فریب میں لیٹی ہوئی ہے اس کے قریب بھی نہ آؤ، گزری ہوئی باتوں سے عبرت حاصل کرو۔

سیدنا حضرت عثمان غنی 24ھ میں انھام خلافت کو سنبھال اور خلیفہ مقرر ہوئے تو شروع میں آپ نے 22 لاکھ مربع میل پر حکومت کی۔ حضرت عثمان غنی نے فوج کو جدید عسکری انداز میں تربیت دی، آپ کے دور خلافت میں سیدنا حضرت امیر معاویہؓ نے پہلا بحری بیڑا تیار کر کے "بحر اوقیانوس" میں مسلمانوں کی پہلی بحری فوج کے نظام کو رواج دیا۔ آپ کے دور خلافت میں ہی اسلامی حکومت سندھ اور کابل سے لیکر یورپ کی سرحد تک پہنچ گئی۔ انتظامی اور فہمی شعبوں کے علاوہ ہر علاقہ میں سستے انصاف کی عدالتوں کا قیام بھی آپ کا منفرد کارنامہ ہے۔ آپ نہایت زیرک اور منجھتی حاکم مقرر کرتے، آپ کا طریقہ کار تھا کہ ہر تین ماہ یا چھ ماہ بعد گورنروں اور عمال حکومت کے نام ہدایات

سیدنا حضرت عثمان غنیؓ (ذوالنورین)

تمام مال و اسباب اور خلیفہ دوم سیدنا عمر فاروقؓ نے نصف مال لاکر حضور اقدس ﷺ کے قدموں میں نچھاور کر دیا۔ ایک روایت کے مطابق اس موقع پر سیدنا حضرت عثمان غنیؓ نے ایک ہزار اونٹ، ستر گھوڑے اور ایک ہزار اشرافیاں جنگ جہاد کیلئے اللہ کے راستہ میں دیں۔ حضور اقدس ﷺ مبارک سے نیچے تشریف لائے اور حضرت عثمان غنیؓ کی سخاوت سے اس قدر خوش تھے کہ آپ اپنے دست مبارک سے اشرافیوں کو الٹ پلٹ کرتے فرمایا کہ آج کے بعد عثمان غنیؓ کا کوئی کام اس کو نقصان نہیں پہنچائے گا۔

ایک روایت میں ہے کہ حضور اقدس ﷺ نے فرمایا کہ اے عثمان اللہ تعالیٰ نے تیرے تمام گناہ معاف کر دیے ہیں جو تم سے ہو چکے یا قیامت تک ہوں گے۔ ام المومنین حضرت سیدہ عائشہ صدیقہؓ فرماتی ہیں کہ میں نے حضور اقدس ﷺ کو کبھی اتنا ہاتھ اٹھا کر دعا کرتے ہوئے نہیں دیکھا کہ آپ کی بغل مبارک ظاہر ہو جائے مگر عثمان غنیؓ کیلئے جب آپ دعا فرماتے تھے تو بغل مبارک ظاہر ہو جاتی تھی۔ سیدنا حضرت عثمان غنیؓ ایک مدت تک "کتاہب وئی" جیسے جلیل القدر منصب پر بھی فائز رہے۔ اس کے علاوہ حضور اقدس ﷺ کے خطوط وغیرہ بھی لکھا کرتے تھے، حضرت عثمان غنیؓ کی یہ حالت تھی کہ رات کو بہت تھوڑی دیر کیلئے سوتے تھے اور تقریباً تمام رات نماز و عبادت میں مصروف

خلیفہ سوم، بیکر جو دو سیدنا عثمان غنیؓ کو "عشرہ مبشرہ" صحابہ کرامؓ میں شامل ہونے کی سعادت حاصل ہے۔ حضور اکرم ﷺ نے انہیں کئی بار جنت کی بشارت دی۔ نبی کریم ﷺ کی دو بیٹیوں حضرت سیدہ رقیہؓ اور حضرت سیدہ ام کلثومؓ کے ساتھ یکے بعد دیگرے نکاح کی وجہ سے حضرت عثمان غنیؓ کو "ذوالنورین" بھی کہا جاتا ہے۔

آپؓ نے خلیفہ اول سیدنا صدیق اکبرؓ کی دعوت پر اسلام قبول کرتے ہوئے اپنے آپ کو "نور ایمان" سے منور کیا۔ اسلام قبول کرنے والوں میں آپؓ چوتھے صحابی ہیں۔ اس وجہ سے آپ "الصابقون الاکثرون" کی فہرست میں بھی شامل ہیں۔ اسلام کی خاطر دومرتبہ ہجرت کرنے کی وجہ سے آپ کا لقب "ذوالحجرتین" بھی ہے۔ آپؓ کا سلسلہ نسب پانچوں پشت میں حضور اکرم ﷺ سے ملتا ہے۔ سیدنا عثمان غنیؓ سفید رنگ، خوبصورت، بھٹی داڑھی اور دراز زلفوں کے ساتھ باوجاہت اور متوازن قد و قامت کے مالک تھے۔ لباس زیب تن کر کے "عمامہ" سے مزین ہوتے تو انتہائی خوبصورت اور اعلیٰ سیرت و کردار کا نمونہ دکھائی دیتے۔

شروع ہی سے بڑے پیمانے پر تجارت کی بدولت آپ کا شمار "صاحب ثروت" لوگوں میں ہوتا تھا۔ امام ترمذی حضرت انسؓ سے روایت کرتے ہیں کہ "بیعت رضوان" کے موقع پر حضور

اقدس کی طرف سے آپؓ "سفر" بن کر مکہ گئے تو خبر مشہور ہو گئی کہ سیدنا حضرت عثمان غنیؓ شہید کر دیئے گئے۔ حضور اکرم ﷺ نے فرمایا کہ کون ہے جو حضرت عثمان غنیؓ کا بدلہ لینے کیلئے میرے ہاتھ پر بیعت کرے گا، اس وقت تقریباً چودہ سو صحابہ کرامؓ نے حضرت عثمان غنیؓ کے خون کا بدلہ لینے کیلئے حضور اکرم ﷺ کے ہاتھ مبارک پر "موت کی بیعت" کی اس موقع پر حضور اقدس ﷺ نے اپنا ایک ہاتھ حضرت عثمان غنیؓ کا ہاتھ قرار دیتے ہوئے دوسرے ہاتھ پر رکھ کر فرمایا کہ یہ "بیعت" عثمان غنیؓ کی طرف سے ہے، اس بیعت کا نام بیعت رضوان اور "بیعت شجرہ" ہے۔

جنگ جہاد کے موقع پر حضور اقدس ﷺ نے صحابہ کرامؓ کو اس جنگ میں مال خرچ کرنے کی ترغیب فرمائی۔ خلیفہ اول سیدنا حضرت ابوبکر صدیقؓ نے گھر کا



حضرت عثمان غنیؓ کے روزہ مبارک کا عکس



خوش رہیں! خوشیاں بانٹیں! کچھ اصول جو زندگی بدل سکتے ہیں

زندگی بہت خوب صورت ہے اور یہ حقیقت بھی اپنی جگہ مسلم ہے کہ یہ فنا ہونے والی ہے تو کیوں نہ اسے بدل بنائیں۔ مشکلات اور مصائب کا سامنا بھی ہنس کر کریں کہ انہیں حل بھی خود کرتا ہے، مسائل کو سوچ سمجھ کر کامیابی سے حل کرنے کے لیے ضروری ہے کہ آپ کا دل و دماغ پرسکون ہو اور اس سکون کے لیے خوش رہنا ضروری ہے۔ خوش رہنا کوئی مشکل کام نہیں ہے، بس اپنے لیے زندگی میں کچھ اصول متعین کر لیجیے جن پر عمل پیرا ہو کر آپ خود بھی خوش رہ سکتی ہیں اور دوسروں میں بھی خوشیاں بانٹ سکتی ہیں۔

خوش رہنے کے لیے چند تجاویز پر آپ عمل کر کے دیکھیں۔ سب سے پہلے تو ہمیشہ پر امید رہیں، مایوسی ویسے بھی گناہ ہے اور مایوسی انسان کو مزید پریشان کر دیتی ہے۔ چنانچہ ایسا کریں کہ ہر معاملے کو مثبت پہلو سے دیکھیں اور کامیابی کے لیے پر امید رہیں۔ اگر آپ کا کام نہیں ہوتا تو اللہ کی رضا پر راضی رہیں کہ وہ آپ کو اس سے کچھ زیادہ بہتر دینا چاہتا ہے۔

ساتواں اصول یہ ہے کہ اپنی زندگی میں اپنے ارد گرد سے کچھ نیا سیکھنے کی کوشش کیجیے، کیوں کہ علم و خزانہ ہے جس کا ذخیرہ بڑھتا ہی رہتا ہے، اسے گردش ایام سے ضرور نہیں پہنچتا۔ ضروری نہیں ہے کہ علم کے لیے کتابوں ہی سے استفادہ کیا جائے۔ اخبارات، میگزین، ٹی وی، انٹرنیٹ اور اپنے ارد گرد ہونے والے واقعات سے سیکھیے۔ بڑوں کے تجربات سے بھی سیکھنے کی کوشش کیجیے، کیوں کہ وہ ہم سے زیادہ دنیا دیکھ اور کچھ سیکھے ہیں۔

آٹھواں اصول دوسروں کی مدد کیجیے۔ یقین مانیے دوسروں کی مدد کر کے جو خوشی نصیب ہوتی ہے، اس کو نہ تو الفاظ میں بیان کیا جا سکتا ہے اور نہ ہی اس کی قیمت لگائی جا سکتی ہے، کسی کی مدد کرنا کسی شکستے ہونے کی رہنمائی کر دینا آپ کو ضرور سکون اور خوشی دے گا۔

نواں اصول بہت اہم ہے۔ بول چال میں لفظوں کا انتخاب سوچ سمجھ کر کریں، کیوں کہ زبان کی لغزش، قدموں کی لغزش سے زیادہ خطرناک ہوتی ہے۔ پتھر مار کر جو گال لال کیا جاتا ہے وہ تو مٹ جاتا ہے، لیکن دل پر مارے جانے والے لہجے بعض اوقات بہت مہنگا پڑ جاتا ہے۔ لہذا اپنے قول میں لفظوں کا انتخاب سوچ سمجھ کر کریں۔ اس دنیا میں جو مشکلات اور مصائب درپیش ہیں ان میں سب سے زیادہ مشکلات زبان ہی نے پیدا کی ہیں۔ بیٹھا بولے، مٹھا ہی سٹگی، کڑوا بولیں گے تو سامنے والا بھی زہری اُلگے گا۔

دسواں اصول اپنی زندگی میں سچ کو جگہ دیجیے، سچ بولے، سچائی کا ساتھ دیجیے۔ اگر آپ کسی کو سزا دینا چاہتی ہیں تو اس سے سچ بولتی جائیں۔ خامیاں مت نکالے، نکتہ چینی مت کیجیے، کیوں کہ جب آپ کسی پر نکتہ چینی کرتی ہیں تو آپ خود دوسروں کو موقع دیتی ہیں کہ وہ آپ پر انگلی اٹھائیں۔ یاد رکھیے جب آپ کسی پر انگلی اٹھاتی ہیں تو باقی کی چار انگلیاں آپ پر اٹھتی ہیں۔

گیارہواں اصول اپنی صحت کا خیال رکھیے اور روزانہ کچھ جسمانی ورزش کیجیے۔ ورزش کرنے سے بہت سادہ ذہن آپ کے دماغ پر ہوتا ہے، پانی کی طرح بہ جاتا ہے اور آپ خوش محسوس کرتی ہیں۔ خوشی انسان کے اپنے اندر موجود ہوتی ہے۔ کچھ اصول متعین کر لیے جائیں تو زندگی کھل اُترتی ہے اور مزید خوب صورت بنائی جا سکتی ہے۔ ان اصولوں پر عمل کرنے سے پہلے یاد رکھیے کہ آپ انہیں ہر صورت اپنانا ہی ہے۔ کامیابی آپ کا مقدر ہوگی۔ تو آئیے ہم خوش رہیں اور دوسروں میں خوشیاں بانٹیں۔

دوسرا ایک اہم پہلو یہ ہے کہ مسکرائی رہیں۔ مسکراہٹ روح کا دروازہ کھول دیتی ہے۔ سوچنے آپ کے مسکرانے سے کتنے لوگ مسکرائیں گے۔ جب ایک چھوٹا بچہ ہنستا ہے تو اسے ہنستا دیکھ کر نہ صرف آپ ہنسنے لگیں بلکہ دیگر دیکھنے والوں کے چہروں پر بھی مسکراہٹ کھڑ جائے گی اور ایک انوکھی مسرت آپ کے اندر بھی پیدا ہوگی، جیسے کوئی نام نہیں دیا جا سکتا۔ جب ہم مسکراتے ہیں تو ہم بھی تو انار ہنستا ہے اور ہم کو روح سے الگ نہیں کیا جا سکتا۔ سوائے مسرت کے، لہذا مسکرائیے اور دوسروں کو بھی مسکرانے کا موقع دیجیے۔

تیسرا اصول یہ ہے کہ اپنے دل کی آزادی برقرار رکھیں، کیوں کہ جب آپ کسی کی دل کی آزادی کریں گی تو بالآخر آپ بھی دکھی ہوں گی۔ کہتے ہیں عمل کا رد عمل ضرور ہوتا ہے جب آپ کسی کو بھی برا بھلا کہتے ہیں تو بے چینی آپ کے اندر بھی پیدا ہو جاتی ہے اور یہ بے سکونی خوشی کے آگے بند ہے۔ یاد رکھیے جو لوگوں کی قدر نہیں کرتا، لوگ اس کی قدر نہیں کرتے، لہذا لوگوں کی محبتوں، ان کے غلطوں کی قدر کیجیے۔ غلطیوں پر دل سے معاف کر دیجیے۔ یاد رکھیے دل سے معاف کر دینے کا مطلب یہ ہے کہ کسی ناخوشگوار واقعے کو اس طرح بھول جانا جیسے وہ کبھی ہوا ہی نہیں۔ یہ مشکل ضرور ہے لیکن ناممکن نہیں۔

چوتھا اصول یہ ہے کہ اپنے دوستوں اور رشتہ داروں کے ساتھ وقت گزارے، ان سے ملنے۔ ایک دوسرے کو تحفے دیجیے لیکن یاد رکھیے، کسی کے دینے گئے تحفہ کو سراہیے ضرور، کیوں کہ دینے والے کی محبت اس میں شامل ہوتی ہے اور محبتوں کو بھرنے والے، اکثر محبتوں سے خالی رہ جاتے ہیں۔

پانچواں اصول اپنی کوششوں کو بیان کیجیے۔ آپ کو کامیابی ملے، آپ کی کوئی خواہش پوری ہو، اس کا خوش دلی سے اظہار کیجیے لیکن اس طرح نہیں کہ دوسروں کو حسد یا عین ہونے لگے۔ اپنے رب کا شکر ادا کیجیے اور کسی دوسرے کو خوشی ملی ہے تو اسے خوشیاں سلامت رہنے کی دعا دیجیے۔ جب انسان دوسروں کو دعا دیتا ہے تو اس کے حق میں بھی دعا رحمت بن جاتی ہے۔

چھٹا اصول قربت خداوندی ہے جو بہت اہم ہے۔ اللہ تعالیٰ سے تعلق قائم رکھیے، نماز پڑھیے، سزاوات کیجیے۔ اپنے رب سے اپنے دل کی تمام باتیں کیجیے۔ ہمارا اللہ ہی تو ہے جس کے آگے ہم اپنا راز اپنے دل کی ہر بات بہت آسانی اور بغیر کسی خوف کے بیان کر سکتے ہیں۔ نیکی کے کام کیجیے اور دوسروں کو بھی اس کی دعوت دیجیے اور نیکی بھی ایسی کریں جس سے زیادہ لوگ فیض یاب ہوں۔



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