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आलम | میمن عالم

# MEMON ALAM

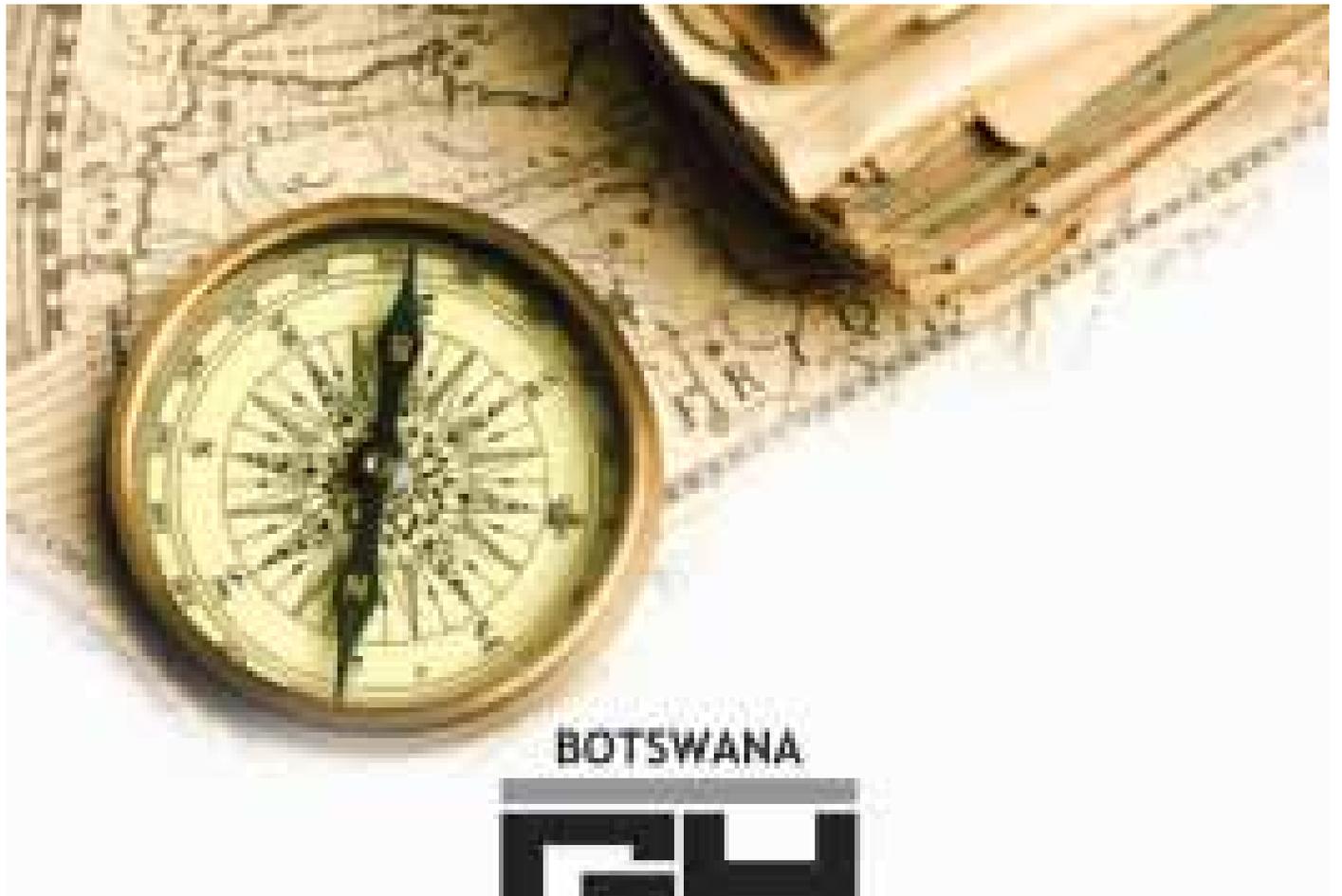
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JULY 2011

Volume No. 53 Issue No. 634

MEMON COMMUNITY  
**JOURNEY  
THROUGH  
THE TIME**



**BOTSWANA**



*Gulaam H. Abdoola*  
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*Oh Mankind, indeed we have created you from male and female and made you nations and tribes that may know one another.*

*Indeed the most noblest of you in the sight of Allah is the most righteous of you.*

*Indeed, Allah is all knowing and acquainted*

*Surah 49*

*Verse 13*



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# MEMONALAM

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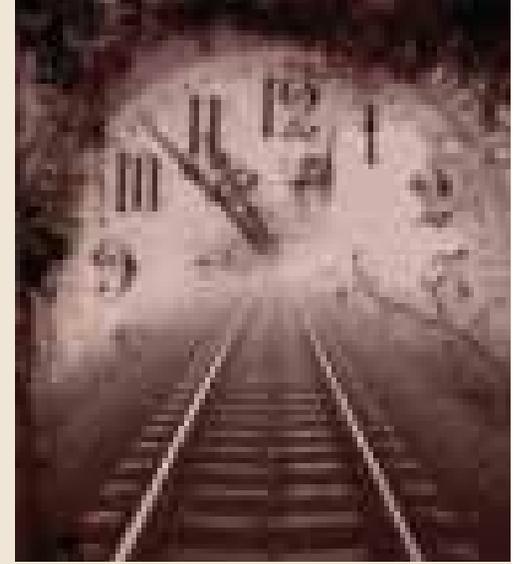
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The Mission of WMO is to act as the central Memon organisation representing the Memon Community throughout the world and to promote the advancement, upliftment, unity, welfare and well-being of Memons in the world, in all aspects of life and at all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

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3. Corporate Members (Commercial Bodies) -
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# The journey through times

There are several theories about the origin of the Memon Community. One of the theories claim that the origin of the Community dates back to the fourteenth century when in Sindh, (now in Pakistan), lived a Hindu community known as 'Lohanas'. In 1432, a large number of Lohanas were converted to Islam and became well known as "Momins". The word means believers and this name was subsequently evolved into the word "Memons".

Another theory of the origin of the community is the occupation of Sindh by Muhammad Bin Qasim. His forces had two columns – Mymenah the right wingers and the left wingers. Some of the right wingers stayed in Sindh and started to be known as Memons evolved from the word 'Mymenah'.

The new Muslim community was distinguished by great religious zeal and piety. Even today this feature is the characteristic of the Memon community. The reputation of being pious Muslims which has been attached to the Memon Community, contributed greatly to their commercial success. When a Memon moves to a locality, his first action was to build a mosque. In Karachi alone, one can find many mosques carrying the name of Memon as a prefix. On the whole, the Memon Community is a God-fearing and religious minded Community and is always admired and respected for its distinct business acumen.

The Memon traders or professional businessmen of those days had a unique system of organization and management. Many well known Memon business firms had hundreds of branches spread all over the country and abroad. When none of the present day communication technology was available, they had evolved a system which kept the Head Offices of these firms in constant touch with all the branches. Apparently, these firms were owned by one family but they had evolved a system of what one may call a contributory and participatory management.

Some people, with their own axe, often try to malign the community as hoarders and profiteers. But it is a matter of common knowledge about our ancestors that quite often they even did business when the gunny bags or bardana used for packing of the commodity was the only profit left for them. They believe in high turnover and small profits for over all success of the business. Many Management Gurus of today advocate this strategy.

Mostly, Memons are found in large numbers in the bustling business cities of Karachi, Mumbai, Surat, Chennai, Dhoraji and Hyderabad in South Asia. The well-to-do and rich families have spread their business in Pakistan, India, Sri Lanka, Nepal and various parts of Europe and Africa.

More so, since business acumen, vision and farsightedness run in Memon's blood, they were immediately rewarded and their business flourished with the passage of time.

To highlight the history of Memons and their religious and cultural life of that time, it is sincerely intended to attempt to mention the unity and the great struggle for identity and subsequent triumph in spite of the forces of evil. Their achievements provide a source of inspiration to succeeding generations.

After 400 years of wandering and search of a true permanent home, the Memons had finally set roots. Their arrival in different parts of India heralded a new beginning, a life of plentiful and abundance of fortunes.

The World Memon Organization (WMO) is the international umbrella organization of the Memon community, representing the entire Memon community spread across the world and addresses the key issues faced by the community at the global levels.

The WMO, serve the needy humanity providing them with shelter, scholarships to the deserving children of the Memon community who are unable to meet their educational expenses, financial help to those who intend to start their own business, and so on. WMO believes, true happiness begins with the feelings of doing something for someone selflessly without expecting anything in return.

Allah has created us with a heart of compassion. He wants us to be compassionate, loving and caring to our fellow humans. When we feel the pain of others and try to relieve them in any capacity no matter how humble, we are on the path of happiness.

If we see towards the future we can feel that we will have to face new challenges of industrialization and technology in the near future. Our business will require modern know-how and skills. Our real aim is to provide higher and professional education to Memon youth but at the same time to keep them business-minded.

At any time, we should not forget that service to mankind is service to God.

**Pir Muhammad A. Kaliya**  
Chief Editor  
Memon Alam

## MEMON COMMUNITY

# JOURNEY THROUGH THE TIME

## History Of the Memons

 A Hameed Tayyab Suriya

**C**all it religion or morals, education or craft, trade or industry, or service to humanity, whatever field you name it, the Memon Community, having excelled in each field, is settled in every part of the world.

Various books have been written on the history of this Community. To name a few: Abrazul Haq, Memon History, The History of Kutch & Makran, Bombay Gazetteer, The Preaching of Islam, Musalmans of Gujrat, the origin of the Lohana Community, Sindh Gazetteer, Kutch & Bombay Gazetteer, The Muslim Community of Indo-Pak Sub Continent, The History of the Memon Community, The origin of the Memon Community and the Memoirs of the Memon Community. Besides, on more than 25 Internet websites, the history of the Memon Community has been projected. All the said books and websites throw ample light on different aspects of the Memon Community's history. While various books/articles have been written and research done on Memon history, one thing is for sure, that is, that the majority of the authors agree that the origin of the Memon Community dates back to the ancient "Lohana" Community.

Though the history writers hold different opinions, yet the large number of Memons living in Sindh, Gujrat, Kathiawar and Kutch believe that they had embraced

Islam under the guidance of some God-fearing Saint who had conferred the title of "Momin" on the Memons. This title of "Momin", with years of usage and passage of time, came to be known as "Memon".

It is pertinent to mention that the majority of the Memons agree with the "finding" of Syed Ameeruddin Nuzhat about the Memon Community which was published in his book, Abrazul Haq" in the year 1873. Mr. Ismail Amreliwala's book on "Memon History" published in 1913; Mr. Ishtiaq Hussain Qureshi's book on "The Muslim Community of Indo-Pak Sub-Continent", published in 1962; Mr. T.W. Arnold's famous treatise on "The Preaching of Islam", and Mr. James Campbell's "Bombay Gazetteer" also narrate the same story about the Memons which was written in the aforesaid book "Abrazul Haq".

According to the said findings of Syed Ameeruddin Nuzhat, 700 persons belonging to the Lohana Tribe embraced Islam under the guidance of Saint Syed Yousufuddin Quadri in the year 1424 A.D. (824 Hijra).

Mr. Zakaria Hashim, the renowned Memon writer, in his book "Tazkira-e-Memon Qom" published in 1998, has very forcefully debated and has furnished sufficient evidence to prove that the recollection about the Memon Community given in the aforesaid book "Abrazul Haq" truly establishes the root of the said Community.

All contemporary writers now agree on the origin of the Memon Community in the ancient "Lohana Tribe" of the Indian Sub-Continent.

### Early history of the Memon Community

Before embracing Islam, the Memons belonged to the Hindu Lohana Tribe, which had 84 branches, spread over a vast area. Reverend Sheikh Abdul Qadir Jilani, in his last days, had advised his son, Sheikh Tajuddin to go to Sindh for preaching Islam. Sheikh Tajuddin could not make it, but, some time later, reverend Syed Yousufuddin Quadri from Iraq, came to Sindh in 1421 A.D. At that time, Thatta was the capital of Sindh and the ruler of Thatta was Markab Khan.

On the advice of Markab Khan, he settled in Thatta and started preaching Islam. It is here that reverend Syed Yousufuddin Quadri launched his mission and within a very short period succeeded in inviting various families of the Hindu Lohana Tribe and their leaders within the fold of Islam. Members of the tribe were enlightened with "Islam" in the years 1424-1425 A.D.

Sardar Seth Sunder Jee and Seth Humraj were respected members of the royal court of the ruler of Sindh. They were the sons of Sardar Seth O.G. Bin Manek Jee. First

of all, Seth Manek Jee, who was the Chief of 700 Lohana families, embraced Islam on the hands of reverend Syed Yousufuddin Quadri. Following him, his sons, O. Jee and Ro Jee; and after that, Seth Ro jee's sons, both Seth Sunder Jee and Seth Humraj, came under the banner of Islam. Walking on the foot-steps of their leaders, 700 families belonging to 84 different branches of the Lohana Tribe, also embraced Islam. Reverend Syed Yousufuddin Quadri conferred on them the title of "Momin", which, with the passage of time, came to be known as "Memon".

When 700 families of the Lohana Tribe in Thatta embraced Islam, the remaining Hindu leaders of the Tribe and their followers were extremely worried. They assembled a big congregation under the orders of their religious mentors, Joshi Tekmul, Joshi Malmul and Joshi Nandmul and announced that those spouses and daughters of the newly converted Muslims of the Lohana Tribe, who were, at that time, living with their Hindus Parents and grandparents, would not be given back to the new Muslims for fear of their conversion to Islam. Besides, they declared social and economic boycott of the new Muslims so that there might be no trade or social interaction with them. Such decision of the Hindu Lohana Tribe had created numerous difficulties and problems for the new Muslims. One could imagine the plight of those new Muslims vis-à-vis their unfortunate Hindu relatives who did not witness the torch of Islam. There might have been many sisters and daughters of the new Muslims who would have been forcefully married with the Hindus. There might have been many girls, who, even after embracing Islam, would have remained in the custody of the Hindus. What wrath would have fallen on them? Thus, one can imagine all types of perplexed situations which could have arisen at that time.

Briefly speaking, in the backdrop of such agonizing, tormenting and disturbing situations, and the fact that the Lohana Hindus were far stronger and greater in number than the newly converted Muslims, they (Muslims) perhaps were left with no choice but to migrate to some other place. They discussed the matter with Reverend Syed Yousufuddin Quadri, who advised them to leave Thatta. The new Muslims then moved to a place called "Veryah" which is not very far off from Thatta.

Having settled in Veryah in 824 Hijra, about 600 families of the new Muslims then migrated to District Hala, Kathiawar, in the province of Gujrat and made it their permanent home. At that time, that is, during 858 to 866 Hijra, Jam Sangar was the ruler of

Sindh and the economic and cultural conditions of the province had very much deteriorated. It won't be out of place to mention that about 100 families of the new Muslim, including their women folk, who had settled in Veryah, and for some reasons could not migrate to Kathiawar in Gujrat remained in Veryah until 1947 Hijra. The first Chief of the Memon Community was Sunder Jee who had been given the Islamic name of "Adam" by the Reverend Saint. He had settled in a place called MaujVeryah, near Thatta. A house had also been constructed for him there.

Seth Adam and his son Markan, whose Islamic name was Ruknuddin, passed their whole life in Mauj Veryah. However, one of Ruknuddin's son's by the name of Kuna Seth, had migrated to Kutch in 1442 A.D., on the invitation of Raja Rao-jee Khaingar-jee, the ruler of Kutch. At that time, Kutch was a vast space of arid and unpopulated land. Raja Rao-jee had invited Kuna Seth to Kutch on permanent basis with a view to inhabiting and developing the barren land.

After the migration of 600 families of the new Muslims from Veryah to Kathiawar (Gujrat) in 858 Hijra, 100 such families had remained back in Veryah. Members of most of such 100 families then migrated to Kutch (Kathiawar) in 947 Hijra along with Chief Kuna Seth. Migration on a small scale, then continued from one place to another and, with the passage of time, small settlements of the Memon Community could be found scattered all over Kutch and Gujrat. Thus, on the basis of distance and territorial jurisdiction, the Memon Community got divided into various sub-tribes.

### **The division of the Memon Community**

During 858 to 866 Hijra, that is, during the reigning period of Jam Sangar in Sindh, 600 families of the Memon Community had migrated from Veryah (Sindh) to Hala (Kathiawar) and had permanently settled there. During their long association with Hala, they came to be known as Halari Memons or simply Halai. Then, in 947 Hijra, when most of the remaining Memons in Veryah migrated to Kutch, they came to be known as Kutchi Memons. Later, when some families moved from Kutch to Okha Bunder and settled there for good, they too, after a time lag, came to be known as Okhai Memons.

In 1535 A.D., that is, during the second phase of migration from Veryah (Sindh) to Kutch, some Memon families had moved to far flung areas in the South of Sindh where they had adopted agriculture as their profession. Because of this permanent associa-

tion with Sindh, they came to be known as Sindhi Memons. Though the Memons settled in Southern Sindh had never called themselves as Sindhi Memons and had always called themselves as Memons only, yet, because of the adoption of territorial tag with the names of other Memon Communities, such as, Halai Memons, Kutchi Memons and Okhai Memons, they preferred to call their Memon brethren settled in Sindh as "Sindhi Memons". And that is why the Memons settled in Sindh are still called "Sindhi Memons".

Divisions created in the Memon Community on the basis of territorial residence took a permanent shape with the passage of time. It is, therefore, but natural that differences in thinking, intelligence, wisdom and planning crept-in clandestinely and un-knowingly. Besides, because of variation in residence, culture, education, civilization and modernization, different tribes or branches of the Memon Community came to be recognized differently from one another.

It appears that passing life under a group (Jammat) created on the basis of territorial domicile of fore-fathers is the inherited quality of a Memon and the practice continues un-interrupted even to this day. The result of this territorial division manifests itself in the form of diverse thinking. At the initial stage, the Memon Community had been divided into four branches such as Halai Memons, Kutchi Memons, Okhai Memons and Sindhi Memons. However, when a further subdivision took place in the Halai Memon Communities of Kathiawar and Gujrat, the whole Memon Community was bifurcated into smaller fragments, here and there.

### **Further sub-division of the Halai Memon Community**

It so happened that whenever ten to twenty Memon families settled at a place, they formed a Group (Jammat) and named it after their principal place of origin, such as, Okhai, Halai, Kutchi, etc... In this way, a large number of Groups (Jamats) were created from Kathiawar to Gujrat. And, with the passage of time, this number kept on increasing, with the result that apart from Halar, smaller settlements of the Memon Community could be seen scattered at far off places. Initially, those Memons who had settled in Halar were called Halari and they were associated with the central body of the Halai Memon Jammat but when the membership of the locally constituted units increased in due course of time, they also assumed importance. Nevertheless, they continued to be called as Halari Memons.

Though the members of the Memon

Community belonging to various territorial units or Jamats have traveled to far off places in Indo-Pak Sub-Continent and have settled there during different periods of time, yet where-ever they settled, they formed a small unit or jamat and named it after the place of their origin. For Example, Kutchi Memon Jamat, Karachi; Kutchi Memon Jamat, Bombay, etc... However, the doors of such smaller jamats were always open for other members of the Memon Community for any assistance or information they required. They could also obtain any help from the various affiliated units of the jamat and take part in different social activities as a regular member of the jamat would do. Kutchi Memon Jamats have, until now, adopted this policy of mutual trust without any discrimination. But, in sharp contrast, Memon Jamats of Kathiawar and Gujrat secluded themselves for the benefit of the local membership only which resulted in the segregation of Halai Memon Community into various sub units or jamats. As time passed along, one could see smaller localized units of the Memon Community in every nook and corner of Kathiawar and Gujrat. Though it is not possible to give the names of all the places where such localized units had been established, yet in view of the importance gained by them on the basis of their population, the names of some such fragmented units are as follows:-

1)Alya Bara 2)Upleta 3)Amreli 4) Ahmedabad or Amdawad 5)Oona-mahal 6)Baroda 7) Bhaonagar 8)Punj-mahal 9) Poor-bunder 10)Palanpur 11)Tarsai 12) Juddun 13)Jetpur 14)Junagadh 15)Jamnagar 16)Dhoraji 17)Dhuwan 18)Bantva 19) Rajkot 20)Rana vao 21)Surat 22)Sardargarh 23)Kodinar 24)Kutiyana 25)Keshod 26)Kupronj 27)Gondal 28)Manavadar 29) Meesana 30)Morbi 31)Nausari 32)Namoo 33)Wasavar 34)Veraval 35)Vanthli 36)Pardhari 37) Jodia.

## Conditions of the Halai Memon Community:

The members of this community had been scattered all over Gujrat & Kathiawar in smaller settlements. In those days, after the death of Aurangzeb Alamgir, the Marwars had usurped power and they had made the lives of the residents of the area miserable. This was the time when the lives of the Muslims of Gujrat had also been extremely peril.

What was most troublesome was the fact that all means of communication by roads and sea had been made unsafe and dangerous by the Marhata robbers on the roads and the Sakna, English and Marhata bandits on the high seas.

Day by day, the economic condition of the province of Gujrat was getting from bad to worse. There was no manufacture or trade worth the name. The oppression and cruelty of the Marwari money-lenders had gone all time high. They left no stone unturned in bringing the Muslim traders, manufacturers and agriculturists to the point of utter ruination.

The residents of Gujrat, having been economically shattered, had fallen in deep financial crisis. This was an extremely sensitive period for the survival of the Halai Memon Community. They could have been completely wiped out the scene. Nevertheless, they organized themselves and continued to face the odds with courage, patience, endurance, fortitude and hard work. They engrossed themselves in their inherited professions and even financial deterrence could not stagger them away from their determined path. Although the foreign trade had almost gone extinct and the local trade was in the hands of the Marwari money-lenders, yet the Halari Memons did not loose heart and remained steadfast in not relinquishing their profession. They kept on trading, even on a very small scale.

A memon trader of those days was unique in every respect. He himself or his representative would travel to far off places with Trade Caravans for doing business; or else he would purchase articles from the local brokers for onward movement to other places of demand. Transactions worth lakhs of rupees were made. Traveling from one village to another or distant cities on horses, donkeys, or even bullock carts for supplying grain or other edibles of demand was the specialty of none but a Memon trader. Trading even in those days was done on a pretty large scale, worth millions of rupees, but such traders were few and far between.

During the reign of Shah Alam-II, from 1167 to 1221 A.D., when the whole of Gujrat had come under the sway of the Marhattas and they had assumed legal control over the lands, peace was restored gradually. Prosperity and affluence could be seen emanating from the faces of the people. However, the severe blow which the Memon Community had received at the hands of the Marwari money-lenders and the Marhatta robbers, took a long time to heal. They, nevertheless, kept on struggling and striving to regain the past glory. During the rule of the British regime, there was no change in the administrative setup of various princely states within the Province of Gujrat. However, in so far as the administrative powers of the rulers of the states were concerned, they had been significantly curtailed while the English agents appointed there wielded wide powers.

In the beginning of the British rule, the members of the Memon Community were comparatively more affluent than others. A large number of wealthy traders could be seen making their presence felt in the Society. However, they still had a long way to go before reaching the apex in trade. That time was not very far away. The luck of the Memon Community eventually took a turn for the better and the Community entered the golden era of progress, prosperity, exuberance and happiness. That was the beginning of the last days of the British rule in India. That era of progress and prosperity of the Memon Community continues to this day. It is relevant to clarify that the Memon Community mentioned above comprised of all the Memons settled in different parts of Kathiawar and Gujrat in smaller settlements and had become famous by the local names of the areas they had chosen to reside in.

## Conditions of the Okhai Memon Community

The untoward, adverse and unfavorable conditions which the Halai Memon Community had to face immediately after the death of Aurangzeb Alamgir, the same unseemly conditions were stored in fate for the Okhai Memons as well who had settled in the Okha Bunder area. Though Okha Bunder did not fall directly under the reign of terror of the Marhattas, yet during their administrative control of the area, they had imposed 1/4th levy on all agricultural produce and income; and they committed all sorts of atrocities and arson to collect such levy. It was during this ominous period that the financial condition of the Okhai Community had gone from bad to worse. They continued to remain in financial straits for quite a long time.

During the earlier days of the rule of the British regime in India, the members of the Okhai Community had made significant strides forward in commerce and trade, which had given birth to a group of prosperous and wealthy businessmen. But the majority of the Okhai Memon Community had belonged to the middle class.

It would not be out of place to mention that from the very beginning, there was this mutual feeling of discipline, decorum and unity amongst the members of the Okhai Memon Community - not only in their social interaction with each other but also in the field of commerce and trade. This mutual integration brought about tremendous success, progress and opulence in all walks of life. However, blind reliance on each other, without taking any precautionary measure for countering unforeseen contingencies, brings about devastating

results. This is exactly what happened and the Okhai Memon Community found itself in deep financial crisis for quite sometime. It was during the last leg of the tenure of the British regime in India that some businessmen of the Okhai Community had achieved great affluence. Up to that time members of the said Community had traveled to far off places in India and had settled there for doing business. Besides, wherever they settled, they preferred to be called by their original name Okhai and did not adopt the local names. Before the partition of the Indian Sub Continents, many of them had also migrated to Karachi and had made it their permanent home. However, some of the wealthy Okhai families are still living in India and are whole heartedly engaged in commerce and trade.

### **Conditions of the Sindhi Memon Community:**

During the reign of the Mughal Emperors in India, the members of the Sindhi Memon Community had, in large number, settled in Thatta. At that time, Thatta was the main center of trade in the South of Sindh. The members of the Sindhi Memon Community took keen interest in both commerce and agriculture. In 1147 A.D., while Mohammad Shah ruled over India, the Chiefs of the Kulhora tribe forcibly annexed the province of Sindh. Mohammad Shah immediately issued them a Royal Charter to take administrative control of Sindh. In 1182, the condition of Sindh had utterly deteriorated because of rampant lawlessness and strife all over with the result that Thatta as the center of commerce and trade had been completely destroyed. It was also because of the said external aggression that an acute shortage of edible goods took place and eventually the province of Sindh was caught in the grip of a worst famine of the time. Many villages and towns had reached the verge of extinction. Naturally, the members of the Sindhi Memon Community living there could not escape the onslaught.

They were financially ruined. As a last resort, therefore, they gave up "trading" and started tilling the lands for survival. Abandoning commerce and trade had its own repercussions and the Sindhi Memon Community, in contrast with other Memon Communities, could not regain the same prosperity in business for quite some time.

Thatta, at that time, had almost gone extinct. Residents of the area, therefore, migrated to surrounding places where they could find some land and water to grow something to eat. In due course, they managed to make small agricultural farms, here and there to make a living. Some such

families of the Sindhi Memon Community also migrated to a place between Thatta and Karachi, called it Memon Goth" and settled there for good. Even at present, the "Memon Goth" is known by the same name and a large number of Sindhi Memons are still living here.

Sindh in those days was under the clutches of very big landlords who had large tracts of land, measuring thousands of acres, under their control. These landlords or "Jagirdars" as they were locally called wielded great power and authority, as rulers would over their conquered lands. They had a large number of servants who tilled the earth and their position vis-à-vis the landlords was that of "subjects". In sharp contrast with such big landlords, the members of the Sindhi Memon Community used to cultivate their small land holdings themselves and it was only through hard labor that they earned their living. Even to this day, the members of the said community cultivate their lands themselves. It is customary in Sindhi Memon Culture to find all men, women and even children taking active part in tilling the lands. It would not be out of place to mention that the majority of the Sindhi Memon Community is now prosperous and some of them even own large tracts of land. They are known to have achieved success in agriculture through hard work and perseverance. Moreover, a section of this community is highly educated and a number of them are employed with the government both at the upper and lower level of the bureaucratic structure.

### **Conditions of the Kutchi Memon Community:**

During the harrowing days of death and destruction in Gujrat, the area of Kutch remained comparatively calm and peaceful as it did not come directly under the barbaric onslaught of the Marhattas. The members of the Kutchi Memon Community, settled in Kutch, were, therefore, spared of the agony which the other members of the Memon Community like Halai and Okhai had gone through. These Kutchi Memons were mostly businessmen by profession. However, some found more profit and benefit in agriculture and they switched over to that profession. Besides, there were some who ventured to carry on both the professions at the same time.

As discussed earlier, the members of this Community had migrated from Veryah to Kutch on the invitation of the ruler of Kutch, Raja Rao Saheb Khaingar and they had settled in Bhuj, the capital of Kutch. The businessmen belonging to this Community had, therefore, the honor of receiving

the patronage of the Raja Rao Saheb, and they practically had the monopoly over trade in the entire Kutch region. The Kutchi Memon Community, at that time, was engaged in commerce and trade on a very large scale and they had all the tranquility and peace to enjoy. Unfortunately, however, the havoc of famine struck brought untoward miseries to the lower and middle class sections of the Kutchi Memons. But, at the same time, it was very heartening to note that prosperity and felicity returned to the masses with the same swiftness as the calamity struck in the first place.

The ruler of Kutch ruled over the territory independently and without any interference from others though he paid very little in taxes to the Administrator of the Province of Gujrat. Basta, Rakhpoot and Mandvi were the famous sea-ports of Kutch from where the Kutchi Memon traders traveled far and wide on boats and ships for exporting and importing goods. They were also lucky to visit the newly acquired British settlements for doing trade with them.

During World War-I, the Kutchi Memon traders had amassed wealth beyond any proportions. By that time, Kutch had become a big center of trade. It had assumed the position of a Free Port in India where all goods, exported or imported, were released without imposition of any duty or taxes, whatsoever. The result was that Kutch became a big center for trading in foreign goods and people from all over India came here to purchase such goods at cheaper prices or to exchange them with goods brought from other parts of India. Such exchange of goods was known by the name of "barter trade".

### **Memon Community's migration within the Indian sub-continent and to foreign lands:**

With the exception of a few families of the Memon Community who were living in different parts of Sindh, almost the whole of the Community had settled in the areas such as Kutch, Kathiawar and Gujrat. They were fruitfully engaged in manufacture and trade in all such places and were passing their days happily. In the second half of the 19th Century, a few families of the Okhai Memon Community, because of draught and famine in Okha Bunder had moved to Karachi and made it their permanent home. Between 1830 and 1845 A.D., a large number of Memons of the Sindhi Memon Community had migrated to Africa. More over, by the end of the 19th century, the

Memon Community had moved to Burma, Far East, and even South Africa.

During 1868-69, when Kutch, Kathiawar and Marwar had fallen under the grip of a devastating famine, many people had then moved over to Karachi for permanent settlement. In the same period, thousands of Kutchi Memons had also migrated to Karachi for making it their permanent home. In those very days, i.e. in 1870, members of the Kutiyana, Poor Bunder and Upleta Memon Communities had also gone to Sri Lanka for establishing their business there.

During 1899-1900 A.D., when famine had again engulfed Kutch & Kathiawar, many people had been forced to leave their homeland to move to Karachi. A large number of Okhai Memons had also migrated to Karachi during the same period of time.

At the end of the First World War in 1818, the Indian Sub-Continent had experienced a period of worst economic depression. That was the time when many Memon families were left with no choice

but to migrate to different countries around the world.

In 1935 A.D., when the British Government separated Sindh from the Bombay Presidency and made it an independent Province, Karachi was named as its Capital. In those days a significant number of educated Sindhi Memons came to Karachi and settled here permanently. In 1947 A.D., with the partition of the Indian Sub-Continent into Pakistan and India, the members of the Memon Community belonging to various territorial units, migrated to Pakistan from far off places in India and settled in different cities, towns and villages in Pakistan.

The vast majority preferred to settle in Karachi, while others moved to places such as Memon Goth, Thatta, Hyderabad, Mirpur Khas, Badin, Matli, Talhar, Tando Adam, Nawab Shah, Sukkur and Shikarpur.

A part from Pakistan, Memon Community is found in all countries of the world and at some places they are in significant number to have their presence felt.

In Bangladesh, a large number of Memons are living in Dhaka, Chittagong,

Khulna and Sylhet. In India, apart from Mumbai, they have made Pune, Hyderabad Deccan, Mysore, Bangalore, Madras and Calcutta their homes. Lots of Memons have settled in Colombo, the capital of Sri Lanka. Besides, many of them had migrated, centuries ago, to far off places, such as Middle East, Aden, Saudi Arabia, Basra and Baghdad.

In various places in Africa too, you can find members of the Memon Community in large number, fruitfully engaged in business, particularly in Cape Town, Natal, Transol, Zinjibar, Nairobi, Mumbasa and Mauritius Island. In Europe also, you can find them in England, Germany and France. Many of them have settled in Canada and North America as well.

Thus, sprawled all over the world, the members of the Memon Community have gained fame because of their unique civilization, sharp business acumen, adherence to religion, philanthropy, and above all, their selfless devotion and service to humanity at large.

# Role of Memon Community Independence Movement

**B**ut it was not only trade and business in which the members of Memon community participated. They took equal interest in independence movement.

During Khilafat Movement many notable Memons contributed huge amounts of donations. The name of Mr. Omer Subani and Ahmed son of Jan Mohammad Chotani were prominent among these donors. When Subash Chandra Bose announced the formation of Azad Hind Fauj in 1944, Mr. A. Habib Haji Yusuf Marfani made huge contributions for the cause. He was appointed Chairman of supply Board of the Council of Indian Liberation Army. Mr. A. Sattar Palwala and Mr. A. Latif Admani were other prominent members of the community who actively participated in the movement. Mr Admani was later arrested by British Government and sent to jail. Many Memons also actively contributed &

participated in Reshmi Roomal movement.

## Gandhi Groomed As A Leader By A Memon

It might be news to many, that a Memon businessmen played important role for providing an opportunity to Mahatma Gandhi in becoming a leader.

Mr Luis Fischer, the author of 'the life of Mahatma Gandhi' one of the well known biographies of Gandhi, writes that when Mohandas Karamchand Gandhi returned from England after doing his law in London, he started practice in Rajkot with the help of his elder brother, but Mohandas was a complete failure as a lawyer in Rajkot as well as in Bombay when he could not utter a word during petty cases in court. At this junction, a Memon from Porbandar, Gandhi's hometown, Mr. Dada Abdullah

Seth, who had settled in South Africa, offered him retainer ship on an annual stipend of Pound Sterling 105.00 for looking after his court cases in Durban. Mr. Gandhi accepted the offer and landed in Africa. He spent full year in the service of Dada Abdullah Seth who did his best to groom him as a good lawyer. During this period Gandhi witnessed the atrocities of whites against Indians and other colored people and started participating in agitation against these atrocities. Later on he decided to stay in South Africa and lived there for 20 years. This changed the life of Mohandas Karamchand Gandhi who became prominent political figure.

## Role of Memons in Pakistan Movement

When Pakistan movement was started, the

Memons generously struggle and contributed to the funds of All India Muslim League and Muslim Press Fund established by Quaid-e-Azam who knew the patriotism of Memons and therefore visited every nook and corner of Kathiawar including Rajkot, Gondal, Dhoraji, Mangrol, Bantva, Manavadar, Kutiyana, Ranawav, Porbandar, Jetpur and Vanthali in January 1940. During these visits Quaid-e-Azam, Mr. I.I. Chundrigar and prominent Memons personalities took large processions out which culminated in meetings, which were addressed. At every such function Quaid-e-Azam was presented with bag full of donations. The visit of Quaid-e-Azam to such large number of towns and addressing gatherings at such relatively small places shows what importance Quaid-e-Azam gave to the Memon community as early as in 1940. Among the freedom fighters who were jailed by the British Government during Pakistan Movement, you can find the names of Mr. Usman Kassam Mitha (Father of General Abubakar Mitha of Pakistan Army), Mr. Ahmed Noor Mohammad and Mr. A. Sattar Parekh.

The Memon community was in front in helping the humanity irrespective of their cast or creed whenever national calamities affected India & Pakistan. This included massive earth quack in Bihar and Quetta in 30s and floods in East Pakistan. For the work for the welfare of victims of earthquake, Mr. Abdul Sattar Haji Suleman Naviwala was awarded the medal of Qaiser-Hind by Viceroy. The Pakistan Government awarded Sitara-e-Khidmat to Mr. Usman for flood relief activities in East Pakistan.

## Memons in Pakistan after partition

After partition, when millions of Indian Muslim started migration to come to Pakistan, Memon Relief Committee was formed, regular camps were established at Porbandar, Bombay & Okha in India and at Khokhrapar, Cantt Station Karachi and Keamari for refugees who were provided with food, medicine. Transportation and shelter free of charge whether Memon or Non-Memon.

## Contribution to Education

It will be appropriate here to talk about the community's efforts in educating their children and then diverting most of their efforts towards establishment of education institutions for the masses. 1869 was the year when Sir Syed Ahmed Khan visited Bombay for the first time on his way to England. According to 'KHUD NAVIST SAWANE HAYAT' (Auto biography) of

Sir Syed republished in Pakistan a few years back, Sir Syed visited some Memon businessmen and noted that every well to do Memon family contributed and ran a Madressa where religious education was being given to children of all communities. This was the contribution to education by professional trade those early days.

Until early 1930s, most of the Memon businessmen only had a working knowledge of Gujrati and English to read or compose telegrams but then they realized that future of the community lies in educating its youths. Sir Adamjee Haji Dawood who is known as father of the education in the community saw education as a way of making sure that the Memons preserved their business skills.

He quoted :

"Knowledge of Business is superior to all knowledge. It provides ample shape for the spirit for adventure, daring and honesty. It has no limits or boundaries. Our forefathers have gained superiority in general business with their primitive type signatures and have maintained them in top positions since two centuries. With assets consisting of Gadi Takya costing Rs.23.00 and a safe costing Rs.33.00 we are doing business of lacs of rupees only on our goodwill and honesty. Managers of Memon firms are getting higher salaries, than officers of civil service. All these things are all right until now. But if we see towards the future we can feel that we will have to face new challenges of industrialization and technology in near future. Our business will require modern know how skills. Our real aim is to provide high education to Memon Youth but at the same time to keep them business minded."

This was the vision of community's elders as early as in 1928 and why not? They were professional businessman and they knew that contribution they can and should make for the cause of education this vision provided basis for three all India Memon Conferences held in Rajkot, Jamnagar and Manvadar and gave birth to All India Memon Education and Welfare Society in 1933 under the president ship of Sir Adamjee Haji Dawood. The society liberally gave scholarships to Memon students all over India. The scholarships helped thousands of community members to acquire secondary and higher education and were responsible for many of youth becoming famous lawyers and doctors. After partition, the society was split into two societies and the Pakistan Memon Educational & Welfare Society came into being in 1948. Its first President was Abubakar Zavery, Mr. A. Wahid Adamjee became the President of Society in 1949 and continued as such till 1968.

Memon community is a business community. It "earns to give". A truly philanthropic community. Soon after migration it established scores of educational institutions in Karachi, Hyderabad & Sukkur. There were over 100 schools run by Memon community in Sindh before they were nationalized. The prominent organizations, which established schools, included Memon Educational Board, Pakistan Memon Women Educational Society, Jetpur & Kutiyana Memon Associations and many others. The Memon Women society under the leadership of Hajiani Khatija Bai – a semi literate lady from Bantva established a chain of girl's schools under the name of Rounaq-e-Islam Girls Schools and Rounaq-e-Islam Girls Schools and Rounaq-e-Islam Girls College. The beauty about these schools is that they were and are open for all communities and charged nominal fees. In the field of higher education, the Memons have established many institutions. To name a few:

- Dawood Engineering College
- Adamjee Science College
- Rounaq-e-Islam Girls College
- Usman Institute of Technology
- Aisha Bawany Academy
- Suriya Parekh College of Liberal Arts
- Hussain Ebrahim Jamal Institute of Chemistry-Karachi University
- Ahmed Bawany Academy
- Dawood Public School
- Hashmani Post Graduate Eye Institute
- Memon Institute of Data Processing
- Adamjee Institute of Information Technology
- Bagh-e-Halar School & College

For promoting education, the large groups of memon businessman set-up foundations & Trusts. Prominent among them are Dawood Foundation, Suleman Dawood Dialysis Centre, Adamjee Foundation, Aziz Tabba Foundation, Aisha Bawany Waqf and many others. These foundations and trusts donated generously towards the establishment of education institutions throughout the country and gave generous scholarships to students of all communities for higher education.

There are a number of vocational institutions including Rangoonwala Centre, World Foundation Community Centre and many ladies tailoring schools. During last 3 years, the World Memon Foundation Community Centre has alone trained 11,000 girls in different vocational subjects.

Apart from the efforts to promote education, the community has played an important role in promotion of literary activities in the country. Both the Dawood Founda-

tion and Adamjee Foundation launched Dawood & Adamjee Prizes for Literature. Both the prizes were being awarded to best books of fiction and non-fiction nature and were administered by Pakistan Writers Guide. The prizes were considered as a matter of great honor by literary circles. These Prizes were discontinued in 1971.

### Contribution to Health care

But education is not the only field in which the Memons serve the community at large. They have established a number of hospitals and dispensaries.

#### Some of them include:

Kutiyana Memon Hospital  
Bantva Khidmat Committee Hospital  
Memon Medical Hospital  
Usman Memorial Hospital  
Kathiawar Hospital  
Hussaini Hospital  
Bantva Anis Hospital  
Patel Hospital  
Memon Medical Complex  
Bagh-e-Halar Hospital  
Suleman Dawood Dialysis and  
The famous Memon Charitable  
Hospital Hyderabad.

In addition to these, there are scores of dispensaries. At all these hospitals & dispensaries, the treatment is provided at nominal cost and even free to deserving cases.

### Memons in Professions

Today Memons can boast of thousands of professionals in law, medicine, and professional accountancy, Information Technology, Engineering Architecture and Teaching. The Memon Professional Forum the organizer of this conference is a body of these professional. Most of these professionals have excelled in their professions and are known through out the country. Many are practicing their professions and others are occupying senior positions in business, industry and banking.

Mr. Kasim Parekh, Ex-President of Metropolitan Bank was once Governor of State Bank of Pakistan.

Dr. A. Ghaffar Billoo was the dean of Medicine in Karachi University.

Dr. A. Majeed Memon was the principal of Dow Medical College.

Mr. Jan Mohammad Memon was the first Vice Chancellor of Sindh first Medical University.

Many of our professional brothers have served as judges of Superior Courts, others occupied senior positions in Bar Associations, Income Tax Bar Association, and Institute of Engineers & Institute of Profes-

sional Accountants. Prominent among them are Mr. Yusuf Adil, Mr. Abdul Qadir Memon, Mr. A. Razzak Diwan and Mr. Abdul Wahid Tejani. Mr. Pir Mohammad Kalia and Mr. Ashraf Bawany headed the professional institutions of Chartered Accountants & Cost & Management Accountants of Pakistan. Mr. Pir Mohammad Kalia was also President of Institute of General Secretaries and South Asian Federation of Accountants. Mr Moin A. Fudda a Memon Professional headed Overseas Chamber of Commerce.

### Contribution of community to Pakistan's economy

According to Enterprising Philanthropists" by Mr. A. Sattar Parekh, immediately after partition two books were written, one by Dr. Rajindra Parshad, the first President of India and Dr. Ambedkar, the author of Indian Constitution. Both the authors predicted the non-viability of Pakistan. Even Mr. Nehru had predicted that Pakistan would never be economically viable and will ultimately seek re-union with India. It was this thinking, which led India to withhold Rs. 55 crores, which was Pakisani, shares in the assets of British India.

Soon after establishment of Pakistan, Quaid-e-Azam called upon the Memons to move to this young country through Sir Adamjee and Mr. Yusuf Haroon. The atrocities of forces, which occupied Bantva, Manavadar and Kutiyana, also forced the Memons of these areas to shift to the newly born Pakistan. Stephen R. Lewis, in his book 'Pakistan's Industrial and Trade Policies' says:

It is wonder that Pakistan's economy survived at all in the early years. Why did it survive? It was because of the entrepreneur skills of Muslim community who had migrated to Pakistan from their original homeland in India and prominent among them were Memons. If Pakistan beat the economic odds then a great deal of credit goes to the Memons. Nobody could have predicted it and while in later years it became fashionable to decry the dominance of the Memons in Pakistan's business community. The fact is that without such dominance Pakistan's economy may never have developed.

Using the capital brought by them from India and blending it with their business acumen and entrepreneur skills, the Memons started working for the development of Pakistan. The beginning was made with establishment of trading firms with branches in various places in East & West Pakistan. Then they moved into industry. A journey

started towards setting of up industries in different fields until the process was stopped by nationalization of industries in 1971.

### Prominent Industrial Groups

You can fill in pages & pages for describing the achievements of these enterprising philanthropists. The world largest jute Mills was build & run by Adamjees. The South East Asia's largest paper mill was being run by Dawood alongwith world's first plant to produce viscose yarn from Bamboo. Dawood set up the first urea fertilizer factory, the only paper board mill, the only woolen textile mill, the tractor assembly plant, one of the largest bank-Muslim Commercial Bank and the largest Insurance Company the Adamjee Insurance Company, Muhammad Steamship Company - the Orient Airways, the predecessor of Pakistan International Airlines, one of the two local petroleum distribution companies Dawood Petroleum Ltd were all set up and run by Memon Entrepreneurs.

Dawood Group of Industries received the First Presidential Export Trophy for largest exports from Pakistan. Many groups and companies received Export Trophies for largest export in their respective sectors subsequently. The little known Yunus Brothers Group received Federation's Export Trophies for largest export in textiles for SEVEN consecutive years.

A part from building industries, the community helped the building of institutions, which were essential for a growing economy. Mr. Yusuf A. Haroon, Mr. Muhammad Ali Rangoonwala, Mr. A.K. Sumar, M. Ahmed Abdullah, Mr. A. Rehman Haji Habib, Mr. Usman Kandawala, and Mr. A. Majid Bawany one after the other headed the Karachi Chamber of Commerce & Industry. The Karachi Stock Exchange was founded with Mr. Yusuf A. Haroon, as it's first President followed by Mr. Kasim Dada, Mr. Ahmed Dada, Mr. Latif A. Jamal, Mr. Bashir Jan Mohammad and others. The Stock Exchange still has Memon Presidents like Mr. Yasin Lakhani, Mr. Arif Habib etc. Mr. Mohammad Ali Rangoonwala headed the Federation of Chamber of Commerce from 1951 to 1966. Memons took active part in formation of RCD Chamber of Commerce and International Chamber of Commerce as well.

The government was also aware of the talent and business acumen of Memon businessmen. When the first unit trust National Investment (Unit) Trust was founded in early sixties, the renowned industrialist Mr. Ahmed Dawood was appointed as Founder Chairman of the Trust. He continued to occupy this position for several

years. Similarly Mr. Abdul Wahid Adamjee was appointed as Chairman of Pakistan Industrial Credit and Investment Corporation popularly known as PICIC. This was the only development Bank in Pakistan at that time. Both the institutions made very significant contribution for industrial development in the country. Throughout the period when the two Memon industrialists headed these institutions, they remained in robust financial health and were considered as exemplary institutions in the country and abroad. The signs of decay, which we are seeing in these institutions, now, came after bureaucrat replaced the heads of these institutions.

The creation of Bangladesh broke the back of the community. Adamjee Jute Mills, Kanaphul Paper Mills, Kanaphul Rayon Mills, Adamjee Particle Board Plant, Dawood Shipping Company, Ahmed Bawany Textile Mills and scores of other industries were nationalized in Bangladesh without any compensation. At home i.e. in West Pakistan, Muslim Commercial Bank, Adamjee & Central life, Insurance Companies, Dawood Petroleum Ltd and scores of other institutions were nationalized under the socialistic policies of Peoples Party Government.

Gustar F. Papneek, an American Researcher, who has written several books on Pakistan, which have been published by Harvard University, conducted a survey in 1959 and found that Memons had 26.5 shares in Muslim firms in Pakistan although they were only 0.16% of the population of Pakistan.

According Mr. A. Sattar Parekh in his 'Enterprising Philanthropists' among the listed companies in Karachi Stock Exchange in 1954, the investment by Memons was 48.33%, other Gujrati communities 17.7% and rest 34.60%. According to him: 'The Profits that the Memons made out of business, trade and industry were ploughed back in Pakistan for starting new enterprises. The figures of investments by the Memons upto 1971 were: Insurance 13% Banking 13% Cotton Textile 26% Woolen Textiles 72% Synthetic Textile 50% Jute 33% Cement 45% Chemical 45% Paper & Board 29% Vegetable Oil 18% Miscellaneous 27% During the same Year taxes paid by the Memons were Rs. 691.30 million, being 27% of the total taxes.

## **Twenty two families & memons**

The Soviet writer Sergey Levin describes

the contribution of Memon Community in more detail in the Book 'Soviet Scholars View South Asia'. - Instead of describing the contribution of the Memon community in the economic development of Pakistan in my own words, I will take liberty to quote below from this soviet writer extensively.

After the formation of an independent of Pakistan in 1947, tens of thousands of Memon immigrated to the new state from India, and other countries, and transferred their capital there.

At present Pakistan has become the chief center of entrepreneurial activity for the Memon bourgeoisie. In the 1960s about 150,000 Memons, or approximately half of the community, were living there. True the Memons were then only 0.16% of the population of Pakistan, but the proportion of them among the Pakistan bourgeoisie, especially the upper bourgeoisie, was much higher. Every fourth private factory or plant in Pakistan belonged to the Memon. The Memon leaders formed the most powerful group in the Pakistan monopolistic bourgeoisie. Specially, the nucleus of the latter, as Pakistan regards consists of 22 monopolistic families, seven of which are Memons: These are the commercial, industrial and financial magnates widely known in Pakistan and beyond its borders, the Adamjees, Dawoods, Bawanys, Karims, Dada, Haroons, R.H. Ghani and the Rangoonwala-Bengali group.

The Adamjee are known above all as the "jute kings". Before Bangladesh was formed, they owned the Adamjee Jute Mills, the largest jute company, not only in Pakistan, but also in the world. By 1971, 35,000 workers were employed in its mills in East Bengal. At the same time the Adamjees also controlled about 20 other major industrial, commercial, and financial companies, and numerous enterprises, which they operated in various spheres of the Pakistan economy.

More than 50,000 people have been employed in enterprises directly controlled by the Adamjees alone, and the assets of these enterprises reached at least 2.25 billion rupees in 1966-1967. the Adamjees occupied third place in amount of assets among the monopolistic groups in Pakistan.

The Dawood concern has been characterized by exceptionally high growth rate during the last few years. Its owners, in contrast to the Adamjees, were not large-scale industrialists when Pakistan was formed.

Before the events of 1971-72, there were 20 companies in the Dawood concern. The majority of them were among the largest in

Pakistan. The basic industrial companies of the concern were: the Dawood Cotton Mills, Burewala Textile Mills and the Lawrencepur Woolen and Textile Mills in West Pakistan, the Karnaphuli Paper Mills, the Karnaphuli Rayon and Chemical (production of artificial fibers and other synthetic materials) in East Bengal; the Dawood Mines for coal extraction; and the Dawood Jute Mills ( they began to construct a large mill in East Pakistan). In cooperation with the American Hercules firm, the Dawoods have organized a company, Dawood Hercules Chemicals, which is building a huge artificial fertilizer plant near Lahore. In addition, the Dawood concern founded petroleum and steamship companies a few years ago, and the former had already succeeded in developing trade in oil and petroleum products throughout Pakistan by 1971.

The philanthropic "Dawood Foundation" is also essentially a major financial enterprise. By the end of 1968, the assets of this fund were over 50 million rupees and were chiefly invested in the securities of various companies. (The Dawood College of Engineering and Dawood Public School were established by this Foundation besides many other education institutions in West and then East Pakistan).

In addition to the seven families forming part of 22 families, there should be included in the monopolistic leadership of the Pakistan bourgeoisie about another dozen families or groups of major Memon industrialists who have continued to serve as partners in Pakistani and foreign enterprises, and have themselves occupied prominent positions in some industry. These are: the Dadabhai, 17 companies in Pakistan and one in India; the Jaffer Brothers, 16 companies in Pakistan, two in England, one in India, and enterprises in Kuwait and Arabian principalities on the shores of the Red Sea; Haji Ahmed Haji Hasham Kath (tobacco and sugar industry); Husein Ebrahim Jamal (textile, sugar industry. tube-rolling mills); the Pakolawala; and others.

This is the story of past. Although today many of our community members have moved to professions and started occupying senior positions in national and multinational companies as senior executives. We still have our share in business and industry. Three of large cement plants, the largest urea fertilizer company, many large textile spinning, weaving and finishing mills, sugar plants and score of other industries are still owned and run by Memon businessmen.

# The spread of generations

MA A Hameed Tayyab Suriya

Memons are an ethnic group who trace their roots largely to Sindh, Kutch and Kathiawar in South Asia, and are sometimes seen as transitional between the three regions. Memons predominantly adhere to Sunni Islam. Historically Memons are a mercantile community (and are generally referred to as a business community in Pakistan and India).

## History

Traditionally, the name Memon is an adaptation of Momin (Arabic: ) meaning faithful. This was used when this community converted to Islam.

Before embracing Islam, the Memons belonged to the Hindu Lohana Tribe. Seth Manek Jee, who was the Chief of 700 Lohana families, embraced Islam on the hands of reverend Syed Yousufuddin Quadri. Walking on the foot-steps of their leaders, 700 families also embraced Islam. Reverend Syed Yousufuddin Quadri conferred on them the title of “Momin”, which, with the passage of time, came to be known as “Memon”.

## Languages

Kathiawadi Memons speak an unwritten language called Memon, a mixture of Sindhi and Kutch which belongs to the Indic North-Western Zone family of languages. While the Sindhi and Kutchi languages are spoken by both Muslims and non-Muslims, Memoni refers exclusively to the vernacular of the Kathiawadi Memons who are predominately Sunni Muslims that migrated from Sindh to the neighbouring regions of Kutch and Kathiawar in Gujarat several centuries ago. In stress, intonation, and everyday speech, Memoni is very similar to Sindhi, but it borrows vocabulary extensively from Gujarati, Urdu and lately English. Like most languages of the Indian subcontinent the sentence structure of Memoni generally follows subject-object-verb order. In Pakistan, Memoni has adopted many

Urdu words and phrases. Sindhi Memons speak Sindhi, while Kutchi Memons speak Kutchi.

## Role of the Jamaat

Memons generally tie to their respective locally societies called “Jamat”, literally means congregation, which are generally established for the betterment and social welfare of its members which may include issuance of marriage license, matrimonial dispute resolution, adaptation and enforcement of the rules and guidelines against certain undesirable customs, establish healthcare and education centers, provide various facilities for the community need and also financial support and housing for the poor and needy members and sometime non-members. The jamat of Memons community which generally refer to their ancestral village or town.

## Memons worldwide

Memons migrated from Sindh to Kutch, and later to Kathiawar (Kathiawad) and other part of Gujarat. Memons spread throughout the Indian Ocean in the 19th century, but most Memons lived in Kathiawar, prior to the independence of Pakistan. Many later settled in Pakistan. Today, they are scattered throughout India but majority of them live in the port city of Karachi in Pakistan, with significant communities in the United Kingdom, Canada, USA, Bangladesh, Sri Lanka, UAE, Saudi Arabia, Tanzania, Botswana, Namibia, South Africa, Malawi, Kenya, Mauritius, Singapore, Australia and Burma. In Karachi today there is a community of Memon people from Bantva and their descendants known as Bantva Memons and people from Okha know as Okhai Memon. Also another prominent category is Halari Memon who works under the banner of Halari Memon General Jama'at.

Memons are known for their involvement

in business and philanthropy, with Memons having played a major part in the building of Pakistani industry, an increasing number of Memons are turning to professional occupations.

Owing to their tradition of management, Memons are a prosperous community. They have built vast business legacies and a high percentage of Memons around the world belong to the upper-middle class.

## Memon in Pakistan

All Pakistan Memon Federation is the central body of the Memon community of Pakistan. At present 56 social jamats and educational, youths and other organizations of Kathiyawari Memon residing in Karachi and other cities are affiliated with it. Each member organization is a registered body with a formal constitution and its own particular fields of activities. All the organizations have their equal number of representatives on the Council and the Managing committee of the Federation, from whom its office-bearers are elected. Now a Supreme Body of prominent community leaders has also been nominated to provide advice and guidance at the high level. The Federation, commands a considerable moral force, provides the highest forum for discussion and guidance about the matters which concern the community as a whole and also try to solve the common problem, such as denationalization of schools at the highest government levels.

## Memon In India

All India Memon Jamat Federation (AIMJF) was established in the year 1971 as an Indian umbrella organisation in order to unite all Halai Memon Jamats, Organisations, Institutions, & Associations. The purpose of the AIMJF is to act as the central Memon organisation representing the entire Memon community throughout India, promoting the advancement of Education,

Health, Housing, Economic Upliftment, unity, welfare and well-being of all Memons in all aspects of life.

The governance of the AIMJF rests with the Central Co-Ordination Committee representing its Office Bearers.

### **Memons in Sri Lanka**

Memons first arrived in Sri Lanka during the 1870s as traders. Initially the Memon traders resided in Sri Lanka temporarily for business purpose, however, after independence of India and Pakistan in 1947, many settled in Sri Lanka along with their families. In the 1980s they numbered to the tune of 7,000. The Memons of Sri Lanka constitute a small but important minority community in the island, numbering a mere 7000 persons in a nation of over 20 million. Their contribution to the national life of the country has nevertheless been significant.

They have contributed immensely to the economic life of the country, not only as importers and traders of various essential goods, but also as manufacturers and exporters of high quality garments that have today become a major source of foreign earnings.

They also have their own member of parliament, the Hussein Bhaila who presently serves as Deputy Minister of Plan Implementation under the UPFA Government and is in charge of all matters connected with the implementation of the Mahinda Chintanaya, President Mahinda Rajapaksa's vision and aspirations for National Development Programme.

### **Memons in East Africa**

The first Sindhi Memon settlement in Zanzibar is believed to have been made by Mr. Haji Suleman Ebrahim. He came in a dhow belonging to Salim Bin Ali, acquired a house and opened a trade. In two other dhows came Mr. Esmail Kaderina Kadernani, Mr. Siddik Nurmohamed Nurani, Mr. Fakirmohamed Harun Harunani and their families. The two pioneering firms of Mr. Esmail Kadernani and Siddik Nurmohamed Nurani were established.

The dates of these events are not known but it is believed that they took place during the reign of Seyyid Said Bin Sultan who reigned from 1804 – 1856 and made Zanzibar capital in 1832.

By about the year 1869, there was quite a sizeable settlement of the Sindh Memons there about 20 households; Necessities like the mosque with a Minaret and a cemetery were later built. They had formed a jamaat whose Patel (President) was the Late Mr. Omar alias Bachoo Abdullatef Nurani, When Tanganyika was ceded to the German East African Company, the Memons

gradually migrated to Mombasa and by the time the first world war had come to an end, all of them had abandoned Bagamoyo. The mosque they had built there still exists and is in use. From their base of Bagamoyo some adventurous Memons organized trading expeditions into the hinterland. They penetrated progressively further into the interior and eventually reached and made a permanent settlement in Mwanza and Bukoba. Notable among these businessmen was one of our elders the late Mr. Omer Abdulkarim (The son of Abdulkarim Pambriwalla)

Some other Nasserpuria Memons had made smaller settlements at Sadani, Angazija and Madagascar. By the turn of the century almost all Nasserpurias had moved from other settlements and made Mombasa their home. When this had happened, building a mosque was found absolutely necessary. So the families residing in Mombasa bought a plot where they built the "MEMON JAMIA MASJID" in 1880 and a 'JAMAAT KHANA' in 1883. Prior to that Namaaz was being prayed at Masjid Munara, which still exists. The famous minaret which stands in the rear quarter of the Jamia Masjid was built by Mr. Mohamed Haji Kassam Harunani in 1908.

This well known personality of Mohamed Haji Kassam Harunani had come to Zanzibar in about 1869, and later settled permanently in Mombasa in about 1872.

The passage of time saw a further influx of Memons into Mombasa. This necessitated the expansion of the Jamia Mosque. Our present mosque is a result of the fourth time expansion carried out in 1989.

Dar-es-Salaam Memon Jamat is a unified registered body of Memons residing in Tanzania mainland. It came into existence in 1970 after being registered with the Registrar of Societies as a charitable society. The Jamat comprises mainly of Cutchi Memons whose grandparents first landed on the island of Zanzibar during the years 1900 and 1910, and later on, after the 1964 Revolution, migrated to Dar-es-Salaam and other nearby towns of the East African coast.

### **Memons in South Africa**

An estimated 16,000 people of Kathiawadi Memon descent live in South Africa. Religious practices Memons mostly follow the Hanafi school of Sunni Islam although some are known to follow other Sunni schools such as the Maliki and Shafi'i schools.

### **Memons in USA**

The Cutchi Memon Jamat of North America (CMJNA) was founded in 1992, and was determined by the US Internal Revenue

Service to be a tax-exempt organization.

Chicago Memon Association (formerly Memon Association of America) was incorporated on December 16th, 1982 under the laws of State of Illinois, USA as a non-profit and community organization. It was established with a mission to bring all Memons from all walks of life under one roof in Chicago, Illinois

### **Memons in Canada**

The origins do not depict the destination. From humble beginnings in the parch lands of INDIA and PAKISTAN to the true north and one of the coldest countries in the world. While generations have elapsed, the route has not been direct. It has come from India and Pakistan and via Mandvi in Cutchh and then to East Africa, more so Mombasa, where the community has flourished and blossomed having established itself firmly.

### **Memons in UK**

The Memon Association UK has grown since its formation in the early seventies from a body with modest activities such as the observance of a few religious functions, to an association that now cultivates and promotes an ever-widening involvement in Muslim and community issues on a much wider scale.

The Memon community sees itself as having such a primary identity with shared interests, relations and values over a wide spectrum. Like the universal Muslim community of which it is a part, the Memon community is a community based on faith. Indeed, the word 'Memon' comes from the Arabic 'Mu'min', meaning 'believer' and which was given to our forbears who first converted to Islam.

It is a matter of privilege and honor that the Memon community has been in the forefront whenever there is a call for help whether from relief organisations or from individuals suffering hardship. It is part of its history that they are closely linked with providers of humanitarian assistance. Compassion, generosity, self-help and integrity are on the list of priorities for the Memon Association.

The Memon Centre, will continue to be of tremendous benefit to the local community, particularly the youth and women, as well as to the larger community in the UK. It is a focal point for visitors from overseas who are in need of information and advice on health, business, social contracts and other matters. It remains the Association's aim to promote contacts and work closely with organisations and institutions having similar aims and objectives both in the UK and overseas.

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# The Occupation of Bantva & Kutiyana

MA Abdul Razzaq Thaplawala

**B**antva and Kutiyana, presently a part of the Indian Province of Gujarat, were the home towns of big business magnates of the Memon Community in the subcontinent before partition. When the Muslim League decided to launch its own English language daily and constituted a press fund in 1940, the Quaid-i-Azam Mohammad Ali Jinnah visited Kathiawar which included the states of Junagadh and Manavadar to collect funds. Bantva was a small town with a population about 20,000 at that time, but the Quaid-i-Azam not only visited this town but stayed there for three days to make the collection from individual business magnates: It is said that 90 percent contribution to the Muslim League press fund was made by the Memon community of Kathiawar.

At the time of Partition, Bantva was part of the princely state of Manavadar. Its rulers were indecisive about joining either of the two newly created dominions. The Muslim residents of Bantva, who mainly belonged to the Memon community organized a big public meeting in early September 1947, demanding accession of Manavadar, including Bantva, with Pakistan and formed a delegation to meet the rulers of Bantva and Manavadar.

The delegation consisting of dignitaries of Memon community met the darbars of Bantva and Khan of Mandavadar on September 9, 1947.

On the persuasion of the subjects of the state, Manavadar announced its accession to Pakistan on September 25, 1947. This was naturally not acceptable to the Indian government which sent two companies of its armed forces to Bantva under the command of Col Himmayat Singhjee on October 3, 1947.

The invading forces took over all government offices and declared Bantva a part of the Indian union. On the same day, Sardargadh, a neighboring town of Bantva, was also occupied. Manavadar was occupied on October 23, 1947, and the rulers were arrested and taken away first to Jamnagar, and

then to Rajkot.

Night time curfew was imposed in Bantva immediately after its takeover. Muslims were prevented from sacrificing cows on Eid-ul-Azha and also from offering Eid Prayers in the main Eidgah.

Before the occupation of Junagadh State on November 9, 1947 the 8th Sikh Regiment reached Kutiyana on November 7, 1947. More forces jeeps also joined the Sikh regiment on November 8, 1947, to occupy Kutiyana. Many Muslims of Kutiyana laid down their lives.

On November 10, 1947, the population of Kutiyana was attacked by army personnel. They broke into houses and took away currency, jewellery, valuables, clothing etc.

In the meanwhile, uneasy calm prevailed in Bantva whose residents knew that they were the next target. Valabh Bhai Patel, the then interior minister of India and others made inflammatory speeches while addressing a public meeting in Junagadh on November 13, 1947, against Muslims, in general, and the Memon Community of Bantva, in particular.

The speeches added fuel to the fire and the population of Bantva was attacked in midnight of November 15, 1947. The attackers mainly consisted of farm laborers of adjoining villages. They broke open the doors of houses with their axes and took away everything which they could lay their hands on. No Muslim could help his fellow Muslim brother because Muslims were not allowed to come out of their homes by the curfew enforcing army. The cries of help from men and women raised still ring loud and clear in the ears of this writer, in spite of my young age at the time.

The entire population of Bantva was in a state of shock and helplessness. They left their houses and shops with all their belongings, and migrated to Pakistan by ships through Okha port and Bombay. About 90pc of their population of Bantva and Kutiyana left their birthplace within the next 15 days.

As a result of the atrocities committed

in Bantva and Kutiyana, the Memons from other towns and cities including Dheraji, Jetpur, Gondal, Upleta, Mangrol, Jamnagar, etc, realized that it was no longer safe for them to continue living in their hometowns, too. A majority of them, therefore, migrated to Pakistan. They were helped in settling down in Karachi and other towns of Sindh by the Memon Relief Committee in Karachi.

The migration of the Memon community from Kathiawar proved to be a blessing in disguise for Pakistan's economy. Using the capital brought by them from India and blending it with their business acumen and entrepreneur skills, the Memons worked for the development of Pakistan. The beginning was made with the establishment of trading firms with branches in various places in East and West Pakistan. Then they moved into industry. A journey started towards setting up of industries in different fields, making Pakistan a viable economy.

Immediately after partition, two books were written. One by Dr Rajindra Parshad, the first President of India and Dr Ambedkar, the author of the Indian Constitution. Both the authors predicted the non-viability of Pakistan. Even Mr. Nehru had predicted that Pakistan would never be economically viable, and will ultimately seek reunion with India. It was this thinking which led India to withhold Rs 55 Crores which was Pakistan's share in the assets of British India.

What role did the Memos play to prove that these predications by Indian leaders were nothing but false hopes can be judged by the following quotation by Stephen R Lewis who wrote in his book, Pakistan's Industrial and Trade Policies. 'It is a wonder that Pakistan's economy survived at all in the early years.

Why did it survive? It was because of the entrepreneur skills of the Muslim community who had migrated to Pakistan from their original homeland in India, prominent among them were the Memons. If Pakistan beat the economic odds, then a great deal of credit goes to the Memons.'

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# Last days of Junagarh

 Abdul Razzaq Thaplawa

The month of November, 1947 was a month of tragedy for the newborn state of Pakistan as India occupied two states which had legally and formally acceded to Pakistan as part of the scheme of Partition. These states are now located in the present Gujarat province. The Junagarh State was surrounded by Indian Territory, but it has a long coastline with a well developed part for easy access to Karachi. The month will be particularly remembered by the Memon community as one in which they faced one of worst tragedies in the community's lifetime.

The community in general, and the members of the community from Bantva, Kutiyana and Junagarh had to abandon their birth places and migrate to Pakistan in November 1947.

Yousuf Abdul Gani Mandvia, a bold journalist of high caliber and writer of many books on pre-partition Indian politics, was present in Junagarh during the last days of its occupation. The following chronological account of these days is based on one of his books in Gujrati, published in Karachi after he migrated to Pakistan after serving three years' imprisonment in Junagarh imposed on him by the Indian occupation forces in Junagarh. The following information is based on Mr Mandvia's Gujrati books and about the happenings in Bantva and Kutiyana the home of some of big business magnates of the Memon community. This information is based on Tarikh-i-Bantva by Aziz Kaya.

The Junagarh Government conveyed its consent to accede to Pakistan as early as August 12, 1947. This decision was published in Dasturul Amal of Junagarh State on August 15, 1947. The instrument of accession was, however, formally signed by the Quaid-i-Azam Mohammad Ali Jinnah on September 15, 1947 and accordingly the accession was notified in Gazette of Pakistan and Dasturul Amal of Junagarh state on that date. V.P. Menon, the secretary

of the state department of the Government of India rushed to Junagarh on September 17, 1947, and met Shah Nawaz Bhutto, the Chief Minister of Junagarh. Mr Menon insisted that he had brought a message from the Indian Government and will like to deliver the message to Nawab Saheb only. Shah Nawaz Bhutto showed his inability to arrange a meeting with Nawab Saheb, as he was not feeling well. Mr Menon expressed his displeasure over this refusal but finally conveyed the message of the Indian Government to Mr Bhutto, insisting that Junagarh should withdraw its accession to Pakistan. Mr Bhutto told Mr Menon that the accession was now complete and according to international law, only the Government of Pakistan can talk on the subject. Mr Menon left after threats of dire consequences.

Mr Menon immediately went to Bombay and called a meeting of Saamar Das Gandhi, a journalist of Rajkot, and his accomplices who were already present in Bombay according to a pre-arranged scheme. He unfolded the scheme of Arzi Hukumat (provisional government) to them.

On September 25, 1947, a meeting was held in Madhav Garden of Bombay where the formal announcement of the formation of Arzi Hukumat of Junagarh was made. Saamar Das Gandhi was nominated as President of the provisional government and some of his colleagues were declared as ministers with various portfolios, and took oath of their respective offices. Saamar Das Gandhi was the son of Lakshmi Das Karamchand, brother of Mohan Das Karamchand, the father of Mahatma Gandhi. He was not a resident of Junagarh State.

Immediately after announcement of the Provisional Government, the ministers of the provisional government proceeded to Rajkot and occupied Junagarh House. The Indian Government acted as silent spectator,

As a part of the preparation for occupation of Junagarh, the Kathiawar Defence

Force was formed by the Government of India with Brigadier Guru Dayal Singh as Commanding Officer and with its headquarters in Rajkot. Three war ships were anchored at the port of Porbandar. A squadron consisting of eight Tempest aircraft was stationed at Rajkot and additional companies of the Indian Armed Forces were deployed at Rajkot. The Indian aircraft started flying over the Junagarh territory at very low height to harass the public.

On November 8, 1947, Shah Nawaz Bhutto sent a letter to Nilam Butch, the provincial head of the Indian Government in Rajkot, requesting him to help in restoring law and order situation in Junagarh to stop the blood shade of the innocent citizens. Harvey Johnson took the message to Rajkot. The head of the Indian administration immediately rang up V.P. Menon in Delhi and read out the letter of Shah Nawaz Bhutto to him. Mr Menon immediately rushed to the residence of Pandit Jawahir Lal Nehru and explained the situation. After consultation a formal order was immediately drafted and a notification was issued announcing the take over of Junagarh at the request of the Chief Minister of Junagarh. The notification promised a referendum in due course. Shah Nawaz Bhutto left Junagarh for Karachi on the night of November 8, 1947. On November 9, 1947 the Indian Air force sent several sorties to fly at a low height on the Junagarh. Soon thereafter columns of Indian tanks armour vehicles and jeeps carrying Indian soldiers entered the state of Junagarh. At 6pm on November 9, 1947, Captain Harvey Johnson and Chief Secretary, Mr Gheewala, a civil servant of Junagarh State, formally handed over the charge of the state to India.

Junagarh was occupied on November 9, 1947, but two days before this occupation, the 8th Sikh Regiment reached Kutiyana. More forces consisting of 40 trucks and 50 jeeps also joined the Sikh regiment on November 8, 1947, to occupy Kutiyana.

# 2nd mosque built in Japan

**KOBE mosque 1935**



**NAGOYA mosque 1936**



I got this rare photo of 1936, 2nd mosque built in NAGOYA City (from one of our past president of KOBE mosque, who is now about 83 years old and is in bed for last 2 years, but i was lucky to get this ONLY photo from him. Our Kobe mosque was built by our MEMON brothers in 1934/35 and this NAGOYA mosque was built in 1936. This Nagoya mosque was built by our Turk Muslim brothers, who came to Japan after Russian revolution, and were spread in OSAKA, KOBE, NAGOYA, and TOKYO, and all they were stateless but after few years latter TURKEY Govt. gave them citizenship and issued Turkey's passport in Japan, and almost all the Turk brothers left Japan during 2nd War, so no body knows what happened to that Nagoya mosque, either destroyed by USA bombardment or Japanese govt destroyed to make roads and buildings to make NEW JAPAN, even our past President has no address or in which ward mosque was located. So now, I have asked Pakistan, Turkey, and Indonesia ambassadors, to request Nagoya prefecture to find out the fate of that 2nd mosque in Japan. During 2nd war all our Memon brothers left Kobe and gave management of Kobe mosque to our Turkey brothers. AL HAMDOLIAH, now we have about 70 mosques all over the Japan, and INSHA-ALLAH may increase in future.



**MEMON ASSOCIATION IN JEDDAH:** The Memon Association in Jeddah, Saudi Arabia, felicitated Mr. Haji Anis Arfa and Dr. Nasir Fulara at a Luncheon party. On the occasion, to honor these special guests, the President of the Association Dr. Iqbal Moosani, Ahmed Abdullah Karim, Nasir Ibrahim, Asif Lala, Mansoor Shivani, Kalim Ahmed, Arif Memon and other guests were all present.

# The Importance of Technical Education & Vocational Training

 **Muhammad Yakoob Gaziani**

C.E.O. at LORD Institute of Technology

There is an ever increasing requirement of skilled human resource globally and the opportunity for Pakistan to increase remittances through human resource export. The world is experiencing major changes in patterns of production and trade as well as dramatic innovations in Technologies. With the advent of new technological age, basic skills will not serve the purpose. Industry requires new workers trained on the different types of latest equipment and machines which demand various types of skills.

Changes in the nature of work, the technologies of production, and in standards for manufacturing and agriculture have pedagogical and educational prerequisites. The competitive situation is affecting modes of production. In a more competitive economy, productivity, quality and flexibility are more important for the success of production, linking the process of technical and vocational education to real work and market situations.

Technical Education & Vocational Training (TEVT) in Pakistan:

In Pakistan during 1947, it was inherited an inadequate system of Technical Education & Vocational Training (TEVT) for industrial development. There were only two engineering colleges, a few vocational institutes and not a single polytechnic institute to fill in the communication gap between engineers and skilled workers. It cannot be denied that for the development of industry a complete engineering team is needed, comprising semi-skilled and skilled workers, technicians and engineers, therefore, technical education is given due importance in the TEVT System in the world.

In the latter part of the fifties therefore, two polytechnics and a Pakistan Swedish Institute of Technology started functioning. Later on more polytechnics and technical training college, commercial institutes, vocational institutes were established. Now

there is a moderate network of polytechnics, Government Vocational Institute (GVI's), Apprenticeship Training Centre (ATC's), Technical High Schools, Commercial Institute and Engineering Colleges throughout the country. But the output of all institutions, even today, makes only a minority of the total work force.

Keeping in view the technological changes and to keep pace with the policies and priorities of the Government of Pakistan, the Ministry of Education is making concerted efforts to restructure the TEVT system in the country. Various TEVT institutions are managed by different organizations of the Government:

Various TEVT institutions are managed by different organizations of the Government. Each institution has its own objectives and the training programs reflect a wide range of contents, structures, durations, entry qualification and modes of training. Training programs prepare for a variety of jobs in the labor market –from industrial to agricultural related work, urban to rural, local to overseas employment, labor intensive to high technology. Courses range from 4 months to 2 years for certificates issued by the Boards of Technical Education, the National Training Board, Trade Testing Board or the training agency. Curricula, instructional methods, instructor competencies, physical facilities and equipment vary from institution to institution. However, education systems, economic and legal environments as well as political and administrative parameters vary from country to country and even within countries

Keeping in view of the above, there are Vocational Training Institute setups on community level, among the best facility is in Korangi No. 5, Karachi, is the Memon Industrial & Technical Institute (MITI).

## What is MITI?

Memon Industrial & Technical Institute

(MITI) has been setup under the auspices of World Memon Organization (WMO) to impart vocational training in various disciplines. The fast-track training courses offered are tailored to help unskilled people/youth to learn skills to expand their earning opportunities with respect and peace. This will also lead to develop trained manpower to cater the needs of local industry and also fulfilling the ever increasing demand of high level of competency and professionalism in international job-market of skilled and semi-skilled workers.

## Who is behind MITI?

WMO is an international NGO having 7 Chapters (branch offices) throughout the world and is very actively working to look after the Memon community, globally. The WMO Pakistan Chapter, the WMO-PC, is operating in the country since 2002 and has started myriad of programs to organize the community and to bring relief to suppressed and downtrodden Memons. However, WMO-PC conceived this project, the MITI, as a non-profit organization for developing human resource of less- privileged class, coming from any group or community or religion. The fundamental purpose of this institute is to serve the humanity and promoting the environment of skills' learning.

The idea was surfaced in April 2007 when the delegates from India, who were present in Karachi to attend the 5th Annual General Assembly Meeting of World Memon Organization - Pakistan Chapter (WMO-PC), got in contact with the City Nazim, Mr. Mustafa Kamal, and conveyed the desire of WMO to establish a vocational training institute in city on the lines of Ebrahim Bawany Industrial Training Institute that was running successfully under the auspices of Islamic Study Centre at Baroda, India and was amongst the highly honored institutions of state.

## MITI Facility:

WMO-PC has started this project in collaboration with CDGK and the City Nazim got inspired by the idea and agreed to move ahead in this regard, various sites offered by the City Government, which judiciously decided upon accepting the Korangi Civic Centre-III, free-of-cost on 15 years lease agreement, a four level building with constructed space of 136,000 square feet, situated on Plot No.ST-1/8, Sector 36-A, Korangi 5 1/2, Karachi.

WMO-PC has spent several million rupees in providing state-of-the-art facilities at MITI with the entire funding from WMO's international donors. The Civic Center has number of rooms of assorted size and capacity which needed to be adapted to make the available space fit for specific needs of various disciplines. Hence, the committee members collectively visited the site many times to figure-out the best utilization of available space. The ensuing decisions were implemented by demolishing of a few walls of upper ground level. This has provided 16 workshops of an average size of 60x30 feet and 16 classrooms of an average size of 30x30 feet where a batch of 30-50 students could attend practical and theory classes.

## Courses are offered for Boy's Wing:

All following courses are of 4- Months duration, 3 hours class, 6 days a week.

Morning Session (9am – 12pm), Afternoon (2pm – 5pm) and now introducing from September 2011 Evening Session (6pm -9pm).

Monthly Fee Rs. 500 and Registration fee Rs. 100 (Valid for all courses)

(Total fees for 4 Month duration course becomes Rs. 2100 only).

1. CNG Kit Installation & EFI tuning
2. Generator Operator/Technician
3. Air-conditioning & Refrigeration
4. Welding (Gas & Electric, TIG, MIG)
5. Industrial Electrician
6. Home UPS Installation & Repairing
7. Mobile Phone repairing in collaboration with United Mobiles
8. General Electrician
9. Motor Winding
10. Lift Technician in collaboration with Ardent Elevators
11. Auto Electrician in collaboration with Thall Engineering
12. Auto Air-Conditioned in collaboration with Thall Engineering
13. Auto Mechanic (Diesel & Petrol) Technical Support by Master Motors
14. Plumbing
15. Motor Cycle repairing in collaboration with Suzuki.

16. Computer Hardware Repairing.
17. English language

## New Courses for boy's wing are under process:

3-Months Courses, 2 Hours, 5 Days a week

Monthly Fee only Rs. 1000

1. Computer MS-Office
2. Auto CAD
3. Graphic Designing
4. Animation
5. Video Editing
6. 3D Studio Max
7. Web Designing

## Future Directions:

From early 2011, MITI is geared to introduce the following new courses for which there is a great demand:

1. Auto body Work & Refinishing
2. Wood Working
3. Aluminum Fabrication
4. Machining Turning & Milling

## Courses are offered in Ladies Wing:

All following courses are of 4-Months duration, 2 hours class, 6 days a week:

Morning Session (9am – 11am and 11am – 01.00pm), Afternoon (3pm – 5pm).

Monthly Fee Rs. 300 and Registration fee Rs. 100 (Valid for all courses)

1. Sewing & Cutting
2. Beautician Basic Level
3. Beautician Advance Level
4. Embroidery (Hand, Machine)
5. Cooking and Baking
6. Fine Arts
7. Textile Designing
8. Interior Decoration
9. Computer MS-Office
10. Computer Graphics
11. English Language
12. Mehndi

At present in boys wing 900+ student got admission in current session (May – August 2011) and in Ladies wing 2500 + students got admission in current session for the above mentioned courses.

Hijama Therapy, an Exclusive Course at MITI:

Hijama Therapy was formally opened by Haji Jan Muhammad Yaqoob Gandhi (ARY). The Hijama Therapy is the Islamic way of treatment which is becoming popular in various parts of the world. The students would be trained in this therapy by the qualified and experienced teachers in this field. The above course is offered for both genders.

## The Aims and Objectives of above courses:

These short courses will immensely help in developing semi-skilled workers who can perform 1st level of support function in a related field. Such trained resource is in high demand in the industry and are preferred over a raw hand person. The employer does not need to train a person on his valuable and sophisticated asset.

## What a learner will achieve:

After going through the training, an unskilled person moves onto the next level of skilled or semi-skilled worker. Vocational skill acquired from the institute shall greatly add value to a person's earning capability and opens up avenues to make more money either by self-employment or being employed with an organization on better terms.

## Affiliation and Certifications:

MITI is affiliated with TTB (Trade Testing Board). The Trade Testing Board Sindh, Karachi, established in 1962, under National Vocational Training Project Phase-II, according to National Training Ordinance, 1980, amended 2002 Government of Pakistan, as an institution of Provincial Training Board Sindh, working under directorate of Manpower & Training, labor department, Government of Sindh, Karachi.

MITI is also affiliated with City & Guilds International, which is incorporated in London by Royal Charter in 1878 and which has affiliation of over 300 Technical and Vocational Training Institute in over 100 countries in the world. In the near future, City and Guilds UK Certification will be offered for selected courses at MITI.

## Jobs opportunities for MITI Student's:

At MITI a special department has been created named as Industrial Relationship Department (IRD) which has prime function is to introduce MITI passing out students to relevant industries in Karachi and get update with their present requirement and demands for Skill workers.

MITI has the Job Notice Board which is located on the ground level in MITI building, the IRD people at MITI collect all the job advertisement appears in the daily renowned newspaper and then put all these job information on job notice board to facilitate the MITI student's and they help the

students, how to apply for a particular job, how to write an application, preparation for interviews, etc.

The IRD people at MITI get in touch with the recruiting agencies / companies for outside Pakistan jobs and facilitate the MITI student's in that segment also. There are few examples in the past, we proudly say that most of our MITI students are presently working in different part of the city industrial estates and very few are in Singapore, Dubai, Abu Dhabi, Saudi Arabia.

If you need more information in this regards, please visit MITI website: [www.wmomiti.com](http://www.wmomiti.com).

And also see my Interview in Memon Online HAQ TV channel in Memon Language, available on a Youtube.com <http://youtube.com/TYI5cOry1fI>.

## **Memon Community and MITI:**



In last, but not the least, I would like to take this opportunity to appeal all memon communities and especially to memon parents that kindly pay the visit to MITI with your family, friends, near dear ones to explore the best vocational training setup. Admission does open in January, May and September 3- Sessions, every year. After completing, this course will add the value to your kids basic skills, utilizes the best time in learning the different technology and they are also provided with better job opportunities, but unfortunately, regrets to say, that at present there are only less than 5 percent memons are enrolled in the above mentioned MITI Courses program, which is very unfortunate and depressing situation for the WMO community, who had created this infrastructure for memons, to enhance and widened their scope of technical education and also to help less privilege memon people, but there are no such response has yet seen, nor found any progress in this segment. Now, it is our duty to promote MITI activities

among our communities and also prepare others to come forward.

WHY? The Memon Community is lacking in Technical Education & Vocational Training.

Conclusively, there are reasons, from my points of view, which are as follows:

1. MITI is too far from the city.
2. MITI is for poor and less privilege people only.
3. Short Courses means certificate, has no value.
4. Practical work, physical work and with bear hands.
5. Regular daily basis classes for 3 hours.

We, all memon communities, regrettably have not understood the scope and facility available at MITI. We are probably feeling that MITI project is the training setup for poor and less privileged people only, then how can they send their children to MITI as this will change the values of their family in

the society, status and so forth, etc.

One more concern is the distance; MITI facility is in Korangi No. 5, and due to this many families are not sending their kids due to being far. However, this is not a problem. In our religion too, it is clearly emphasized and there is one Hadees Shareef also, that if you want to learn hard and would like to take more education, then you can go to even China or any part of the world. I hope you have heard about the FAST computer institute, located on Main National Highway, and CBM Institute, located at Korangi Creek, also far from city, but there are many students are going there. But MITI is in the city and, if few kids get together and make one station then the area community with the help of WMO will arrange the transportation to-n-fro to MITI.

In all technical fields certificate's / diploma's are the secondary requirement, the first thing what any organization look in to,

are the technical abilities, trade skills and capabilities of the person, to see how much strong in it and then the documentation come after.

MITI course contents are designed as 80% practical and 20% theory. Due to this approach, all the workshops at MITI have been designed and fabricated in such a way that student can easily accommodate himself in learning the technology more practically with his own hands and on regular 3-hours daily basis classes, programmed to enhance their skills and expertise to professionalism.

There are special visits arranged by the workers of WMO for Memon Families, Schools and others, to introduce MITI, but regrettably, the results are not satisfactory and reasons are many.

Many families think that if their son will be get admission in an engineering, medical, CA, MBA etc, he will earn good money & value in society, But this is not true for all memons, because not all the memon families can afford to do the same, as mentioned above. The middle and lower class has the opportunity to get trained at MITI and start earning after 4 months and that way their present earning will get better and if they take more expertise during job and persistent in the job, they are promoted and start to earn more better.

Recently, Mr. H.M.Shahzad (Chairman, MITI and ASC, WMO) had announced for memon community to provide discount in monthly payment fees and also the lump sum amount pay to students for transportation expenses to-n-fro to MITI. In case, if someone is not able to pay the fees, then WMO will also provide the scholarship for a complete course, but unfortunately, no response yet, in this segment.

I hope after reading this article, memon communities will take special interest and will take necessary action to take part in a form of group to pay a visit to MITI facility along with their family, friends and will try to influence the mind of their children to take advantage of this huge project of WMO-MITI, created, implemented and progressing ahead in operation for all Memon Communities and as well as for the people of Pakistan, in greater extent.

My endless efforts for the development, improvement and betterment of mankind by providing state of the Art Technical Education and Vocational Training scope of work at MITI project, will continue and it would be a prolonged relationship with WMO – MITI as a Technical Adviser on volunteer basis, Inshallah.

May Allah give us the Strength & Courage to serve the nation better, Jazzakallah.

# A Revert Story to Remember

**M**y name is Cassie, I am 23 years old. I graduated as a qualified nurse this year and was given my first position as a home nurse.

My patient was an English gentleman in his early 80s who suffered from Alzheimer's. In the first meeting the patient was given his record and from it could see that he was a convert to the religion of Islam, therefore he was a Muslim.

I knew from this that I would need to take into account some modes of treatment that my go against his faith, and therefore try to adapt my care to meet his needs. I brought in some 'halal' meat to cook for him and ensured that there was no pork or alcohol in the premises as I did some research which showed that these were forbidden in Islam.

My patient was a very advanced stage of his condition so a lot of my colleagues could not understand why I was going to so much effort for him, but I understood that a person who commits to a faith deserves that commitment to be respected, even if they are not in a position to understand.

Anyway after a few weeks with my patient I began to notice some patterns of movement.

At first I thought it was some copied motioned he's seen someone due, but I saw him repeat the movement as particular time; morning, afternoon, evening.

The movements were to raise his hands, bow and then put his head to the ground. I could not understand it. He was also repeating sentences in another language, I couldn't figure out what language it was as his speech was slurred but I know the same verses were repeated daily.

Also there was something strange, he didn't allow me to feed him with my left hand {I am left handed} Somehow I knew this linked to his religion but didn't know how.

One of my colleagues told me about paltalk as a place for debates and discussions and as I did not know any Muslims except for my patient I thought it would be good to speak to some live and ask questions. I went on the Islam section and entered the room 'True Message.

Here I asked questioned regarding the repeated movements and was told that these were the actions of prayer, I did not really believe it until someone posted a link of the Islamic prayer on youtube. I was shocked.

A man who has lost all memory of his children, of his occupation, and could barely eat and drink was able to remember not only actions of prayer but verses that were in another language. This was nothing short of incred-

ible and I knew that this man was devout in his faith, which made me want to learn more in order to care for him the best I could. I came into the paltalk room as often as I could and was given a link to read the translation of the Quran and listen to it.

The chapter of the 'Bee' gave me chills and I repeated it several times a day.

I saved a recording of the Quran on my iPod and gave it to my patient to listen to, he was smiling and crying, and in reading the translation I could see why. I applied what I gained from paltalk to my care for my patient but gradually found myself coming to the room to find answers for myself.

I never really took the time to look at my life; I never knew my father, my mother died when I was 3, me and my brother were raised by our grandparents who died 4 years ago, so now it's just the two of us.

But despite all this loss, I always thought I was happy, content. I was only after spending time with my patient that felt like I was missing something. I was missing that sense of peace and tranquility my patient, even through suffering felt.

I wanted that sense of belonging and a part of something that he felt, even with no one around him.

I was given a list of mosques in my area by a lady on paltalk and went down to visit one. I watched the prayer and could not hold back my tears. I felt drawn to the mosque every day and the imam and his wife would give me books and tapes and welcome any questions I had. Every question I asked at the mosque and on paltalk was answered with such clarity and depth that could do nothing but accept them. I have never practiced a faith but Always believed that there was a God; I just did not know how to worship Him.

One evening I came on paltalk and one of the speakers on the mic addressed me. He asked me if I have any questions, I said no. He asked if I was happy with the answers I was given, I said yes. He asked then what was stopping me accepting Islam, I could not answer. I went to the mosque to watch the dawn prayer the imam asked me the same question, I could not answer.

I then went to tend to my patient, I was feeding him and as I looked in his eyes I just realized, he was brought to me for a reason and the only thing stopping me from accepting was fear... not fear in the sense of something bad, but fear of accepting something good, and thinking that I was not worthy like this man. That afternoon I went to the mosque and asked the imam if I could say my declaration of faith, the Shahadah.

May Allaah inspire us to be grateful for having been guided to Islam, the greatest blessing in our life, and keep us firm upon this perfect deen (religion) until the yaqeen - certainty (death).  
*Ameen.*

He helped me through it was I was shown how to walk and guided through would I would need to do next.

I cannot explain the feeling I felt when I said it. It was like someone woke me up from sleep and sees everything more clearly. The feeling was overwhelming joy, clarity and most of all... peace.

The first person I told was not my brother but my patient. I went to him, and before I even opened my mouth he cried and smiled at me. I broke down in front of him, I owed him so much. I came home logged on to paltalk and repeated the shahadah for the room. They all helped me so much and even though I had never seen a single one of them, they felt closer to me than my own brother. I did eventually call my brother to tell him and although he was wasn't happy, he supported me and said he would be there, I couldn't ask for any more.

After my first week as a Muslim my patient passed away in his sleep while I was caring for him. Inna lillahi wa inna ilayhi rajayoon. He died a peaceful death and I was the only person with him.

He was like the father I never had and he was my doorway to Islam. From the day of my Shahadah to this very day and for every day for as long as I live, I will pray that Allah shows mercy on him and grant him every good deed I perform in the tenfold.

I loved him for the sake of Allah and I pray each night to become an atoms weight of the Muslim he was. Islam is a religion with an open door; it is there for those who want to enter it... Verily Allah is the Most Merciful, Most Kind.

\* Note \* Our sister Cassie passed away October 2010 Inna lillahi wa inna ilayhi rajayoon, after she gave dawa to her brother, who had accepted Islam. Elhamdulillah.

May Allah swt grant sister Cassie Paradise Ameen Ya Rabb!

"When you sit with People of the Dunya (This World), you become a drop in their ocean, but when you sit with People of the Akhira (The Hereafter), the dunya becomes a drop in your ocean."

# Repent the day before you die...

Ruqayyah, an affluent young girl, born with silver spoon in her mouth sat waiting impatiently at the doctor's clinic to get the results of a medical test. She was in a hurry as she had to attend a party that evening and feared she may be late for her appointment with the hairdresser. She never thought the result would be anything important. It was just a precaution insisted upon by her family. She had never suffered any serious illness, apart from the odd ache in her limbs. Then, it was her turn to see the doctor. She hurried inside to get it over with as quickly as possible. She was surprised to see the doctor look sad and concerned as he asked, "is this yours?" she answered, "no, it is my daughter's." she wanted to know the truth and thought that perhaps he would hide the truth, if she told him it was her own. He asked her to have a seat, so she sat feeling somewhat afraid. She gazed at him anxiously as the doctor looked sadly at her and said, "You seem to be an educated girl. You understand the nature of life." he stopped talking, and she began to tremble. She asked, "what do you mean doctor?" the doctor said, "the result indicates that there is Leukaemia." he looked down at his papers and remained silent.

Ruqayyah had to ask him to give her more information. She cried in fear, "is it cancer?" he did not look at her, but a cloud of sadness covered his face. It was as if he was sentencing her to death. She said in a broken voice, "I am finished then." the doctor knew then that she had lied, but it was too late to hide the truth. He looked kindly at her and said, "I am sorry for you, I am really sorry. Why did you lie? Anyway life and death are matters within Allah's power. Many sick people live long and many healthy ones die. "

Ruqayyah felt as if she were drowning, as if a hard fist was cruelly squeezing her heart. She tried hard to regain her strength and said, "I do apologize. Thank you doctor." the doctor encouraged her saying, "be

strong and optimistic. Medical science is constantly progressing. Some of today's incurable sicknesses can be cured tomorrow I still have hope. Leave me your telephone number I can refer you to a specialist" She repeated the number automatically without knowing what she was saying. Feeling great shock and bitterness, she again thanked the doctor and left.

The world around had changed and she was totally oblivious of her surroundings. At home she kept the truth to herself. She did not know how to share it. Anyway, everyone was busy with their own festivities prior to Ramadhaan. Her mother asked, "have you been to the doctor? Why did not you go to the hairdresser?" it was just a by-the-way question, needing no answer. She briefly said, "I am not going to the party!" She went into her room and locked the door. She stretched out on her bed fully clothed and listened to her family's voices, as if they were coming from a faraway place. The wind seemed to her to be a funeral sad tune, lamenting her approaching death. The bedroom seemed strange to her as she would be leaving it soon. Tears began to flow. What about the house? It would not remember her. She was just a guest. Others would take her room and soon forget her. She tried to cry but tears did not help. She looked around her in pain. Those curtains imported from Europe, would stay after her. It would not have mattered if they had been made of the roughest fabric, she would leave them for others. She wished she had not troubled herself for such things. Her sporty car for which her dad paid over a million had no use in her life. She wished she had used her time and energies for more useful things, which could have been helpful to her in her difficulty. She wondered, "What is useful to me?" she was young, beautiful and rich with everything her heart could desire.

Could anything help her and save her from death? She had no need to work, her

father was stinking rich and she was the only child. She had it all, but could it save her from death? An idea struck her. She hurried to the phone while everyone was away. She dialled the doctor's number and asked eagerly, "if I travel abroad can I find a cure?" he said, "there is nothing new abroad. It is a waste of money, but we can arrange for the best of oncologist to attend to you." She put the phone down and sat on a nearby chair.

Her wealth would not change matters. She walked through the house's rooms as if saying her farewells. She paced the small garden just outside her room and looked at the trees. She whispered, "I wish these trees knew I am leaving them, those stones, walls...I wish these doors knew my hands will soon no longer open them. I wish those flowers knew the meaning of my departure. Will they remember my days in their company? What about these seats, I used to rest on. Will they miss my presence? Will they be ready for someone else to settle on them? My writing desk felt my writing in tears and in smiles; does it know I am leaving? I wish I had known I was leaving, then I would not have cared so much for this life. I would not have felt proud and arrogant... had I known I were a guest in this world I would not have been cheated or tempted by its luxuries... had I known this I would have been aware that leaving a simple life is easier than leaving a luxurious one...I would not have kept in the company of those so called friends who enticed me to pursue a life fulfilling my base desire, of causing me to do prohibited acts, of making me forget my Creator Allah. I would definitely not have engaged in those futile actions that had no benefit for me in the life to come.

Had I lived a simple and pure life, I would not have found it difficult to cross from this world to the next. My "friends" are now enjoying the party...how often I longed for such parties, how much I cared for fashion and hairstyles! Can they help

me now?" I wished I had donned the hijaab and dressed modestly. I wished I had not groomed myself daily aiming to arouse lust in the opposite gender. Oh Allah how I wish my nights were spend in worshipping you instead of partying till dawn and my days were spent in obedience to you instead of living an aimless life... Oh Allah.

Ruqayyah threw herself down on the nearest chair as if she had realized a truth previously unknown to her. She said, "what shall I take with me? Nothing but the shroud and my deeds. What kind of deeds will go with me on my long journey? Nothing! Yes, nothing!" she remembered her friend Umaymah, who used to advise her and guide her to the right path of Allah. She used to remind her of the Qur'anic verse: ...and make provision, for the provision is the guarding of oneself. [al-baqarah:239].

I had never considered the importance of good deeds and a pure life except on some rare occasions. Now I am in need of such deeds to present to Allah. I would stand to give account, but what would I say? How could I expect Allah's mercy when I disobeyed His Orders? How could I ask for forgiveness when I never even thought of obeying him in my life's affairs? I wished I had read the Holy Qur'an instead of all those cheap romance novels. I wished she had gained some knowledge of Islam instead of reading film-star magazines and frequenting useless chatrooms. Oh how I wished I spent time with Umaymah's family at the Ladies Taalim program instead of the cinema. Oh Allah how I wished my pretty and dainty feet would have got tired in standing in prayer instead of wearing away the dance floor at the most exotic night clubs.

She continued wishing she had done few things, and not done other things. She wished she had not angered this person or that, and had never lied or gossiped about anyone. She wished she had not been proud and despised the poor. She said, "I wish I could start my life all over again to make-up for my errors and to obey Allah's orders. I worshipped my desires and ignored my Creator. I wish I could live for a while to make up for my sins." she took out a letter of her ex-boyfriend Abdulla which he wrote to her when ending their relation. She was really fond of him but after spending a few days in the Path of Allah he made up his mind to lead a pure life and abandon sin. Abdulla wrote to her: ...how much I may be fond of you but My Creator Allah admonishes me in the Qur'an when He reminds us: Say: "O my Servants who have transgressed against their souls! Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.

(Quran az-Zumar : 53) and Allah also says: Has not the time come for the hearts of those who believe to be affected by Allah's Reminder?(al-Hadeed : 16) and until when death overtakes one of them he says: send me back, my Lord. Haply I may do good in that which I have left. By no means! It is a mere word that he speaks, and before them is a barrier until the day they are raised. (surah al-muminun: 99)

She dropped the letter which was already soaked with tears that flowed profusely from her powder blue eyes and in a desperate tone she said, "Oh Allah, I do mean it..I do regret ... I promise to be faithful to You now and forever Oh Allah...Oh Allah ... Forgive me...I do mean it." tears burst from her eyes. She cried bitterly in repentance, not pain. Then and there she pledged to obey Allah in all his Orders if she lived a bit longer. She made promises one after the other ...never to sin, never to disobey Allah even if her "friends" tempt her, to give up evil company, to lead a pious and noble life, to dress modestly and from this day on to wear the hijaab, to kind respectful, to read her salaah, to fast in Ramadhaan, to join Umaymah in Taleem and list went on and on until with exhaustion and mental fatigue she fell into a deep slumber.

She dreamt of a tunnel of darkness with light at the end it...it was scary there were all vicious animals in this tunnel that were about to attack her and no way of escaping, she prayed to Allah and promised to obey Him if He protects her. A soldier dressed in a white robe with beautiful turban on his head appeared. He was riding a stallion and had a spear in his hand. He attacked those vicious animals ferociously and they were all killed or disappeared. The tunnel than appeared full of light and she ran to the end where she witnessed the most beautiful garden her eyes had ever seen. As she was about to enter..she woke up with the loud musical tone of her cellphone. Her pillow was soaked in tears as she said, "Hellooooo?" someone said, "can I speak to Miss Ruqayyah?" she knew the speaker. It was the doctor. She said, "yes, speaking." the doctor said cheerfully, "I don't know how to say it, I feel so embarrassed.." She hastily replied " speak , just speak, say what you have to say!" He in a joyous tone said " congratulations my daughter! There is nothing wrong with you. Thank Allah!" she was stunned with surprise. She did not know what to say. "no disease? How? You are joking, doctor!" the doctor said, "May Allah protect me I am not joking. I have just got an apology from the analyst. He explained that there was a mix-up with the names. Your name was written instead of someone else. I have your medical reports here in front of me.

You are quite well. Be thankful to Allah my daughter." excitedly she said, "thanks be to Allah, thank you doctor." she put the phone down, feeling as if she was newly born. She knew she was safe for a while, but death would certainly come one day. She had no time to waste. However long she lived she was a guest.

The first thing she did was to perform her prayer, which she had neglected for a long time. She promised Allah to obey His Orders and to follow the beautiful way of Prophet Muhammad (peace be upon him), to pray, fast, and stick to wearing modest clothes. She would also give up whatever Allah had forbidden. In order not to forget this, she wrote the Qur'anic verses on a placard and hung it on the wall. On the other side she wrote a wise saying: "repent the day before you die. Because you do not know when you will die, then always be repentant."

All around her were stunned at the amazing reformation in her life, she was the girl who used to turn heads where ever she was ...now she was a modest and pious Muslimah, a role model and inspiration for many a young Muslimah's to lead a pious and noble life...and oh yes it was not long before Abdulla who was now Mufti Abdulla asked her to be her lifelong companion ... which she happily agreed to...May Allah bless them in their marriage!

Lesson: Life is short and we never know where and when it's going to end ...it could be today or even tomorrow. Let not Satan deceive us that we have a long time left.

As Muslims we made a bargain with Allah (subhana wa ta'ala) in which we sold our lives and our wealth in exchange for life in Paradise. (Al-Quran 9:111)

A young woman came to the Messenger of Allah(peace be upon him) and asked, "Who is the most intelligent among mankind?" The Messenger of Allah (peace be upon him) replied, "The most intelligent is he who remembers death often and prepares for it well."

Such people who prepare for their death are the wisest and also the most fortunate because they will achieve the highest success in the Hereafter. We should not leave for tomorrow what can be done today because there may not be a tomorrow. Moreover we should focus on pleasing our Lord so that our sins may be washed away and we may be included among Allah's special people on the Day of Judgment

Allah will indeed test those whom He loves:"When Allah wishes good for someone he will test him." (Al-Bukhaari)

Sincerely Repent now and prepare ourselves by doing virtues deeds for the life that is eternal .....

# Mother's Sacrifice during the Japan Earthquake



This is a true story of Mother's Sacrifice during the Japan Earthquake.

After the Earthquake had subsided, when the rescuers reached the ruins of a young woman's house, they saw her dead body through the cracks. But her pose was somehow strange that she knelt on her knees like a person was worshipping; her body was leaning forward, and her two hands were supporting by an object. The collapsed house had crashed her back and her head.

With so many difficulties, the leader of the rescuer team put his hand through a narrow gap on the wall to reach the woman's body. He was hoping that this woman could be still alive. However, the cold and stiff

body told him that she had passed away for sure.

He and the rest of the team left this house and were going to search the next collapsed building. For some reasons, the team leader was driven by a compelling force to go back to the ruin house of the dead woman. Again, he knelt down and used his hand through the narrow cracks to search the little space under the dead body. Suddenly, he screamed with excitement, "A child! There is a child!"

The whole team worked together; carefully they removed the piles of ruined objects around the dead woman. There was a 3 month old little boy wrapped in a flowery blanket under his mother's dead

body. Obviously, the woman had made an ultimate sacrifice for saving her son. When her house was falling, she used her body to make a cover to protect her son. The little boy was still sleeping peacefully when the team leader picked him up.

The medical doctor came quickly to examine the little boy. After he opened the blanket, he saw a cell phone inside the blanket. There was a text message on the screen. It said, "If you can survive, you must remember that I love you." This cell phone was passing around from one hand to another. Every body that read the message wept. "If you can survive, you must remember that I love you." Such is the mother's love for her child!!

# There's custard in my apple



**F**ruits in one way or the other are indispensable to us in our daily lives, being essential to our health. Like other fruits, the custard apple is nutritive and curative, though the fruit itself is not so very pleasant in appearance. The custard apple, or Sharifa (in Urdu) and Ramphal or Sitaphal (in Hindi), is native to the West Indies (though some trace its roots to India), and was introduced to tropical Africa in the 17th century. It is found widely on the east coast of Malaysia, Southeast Asia and the Philippines.

The fruit is round, globose, reticulated and packed with an aromatic white, sweet, pulpy matter which covers numerous hard coated black pointed seeds that are oblong in shape. When unripe the sharifa is hard and firm. Ripening, however, makes the fruit soft and it breaks easily on touch. The ripe fruit can be enjoyed on its own or as a dessert; the fruit pulp is also used to make sherbet, ice cream, milkshake and pudding.

The custard apple's leaves, fruit, seeds and roots have many medicinal benefits. It is a source of an extensive list of necessary nutrients: protein, fat, carbohydrates, crude fibre, ash, phosphorus, iron, carotene, thiamine, riboflavin, niacin, ascorbic acid, nicotinic acid and natural sugars. It is a good antioxidant, and flushes out toxic mat-

ter from the body that can prove hazardous to health. The bark of the tree is used to treat diarrhea and diabetes. A paste of the pounded seeds, and the juice of the leaves applied locally to the head has the power to kill head-lice (It would be advisable to avoid its contact with the eyes). The juice from the leaves is also used to dress wounds, ulcers, maggot-infested sores, and malignant tumors.

The sharifa tree is erect and branched, growing to a height of 5-10 meters. Fruiting starts within two to three years of planting and the fruit takes two to three months to ripen on the tree, blooming twice a year. It is propagated by the seed and also by grafting; fruits obtained from grafting are better in quality than from seed-planted saplings. The custard apple is now naturalized in many tropical areas, such as the Philippines. A regular supply of water, good drainage and soil fertility are to be ensured for the cultivation of the custard apple, although it is moderately drought resistant. It does well in low lying, deep, rich soil, with an ample supply of water, organic matter and drainage. It also, however, has the ability to adapt itself to varied soil conditions, so the soil does not really pose a problem.

It is cultivated in many parts of India and also found growing wild in some parts

of southern India. In Pakistan, the fruit is cultivated on a small scale by enterprising fruit growers for their personal consumption or marketing. In certain seasons, the fruit is heavily latched onto by mealy-bugs and maggots that make the fruit unfit for consumption or presentation to friends and relatives. The pest problem can be easily controlled, if the custard apple tree is sprayed once or twice with the recommended chemical spray by a plant protection expert before it starts blooming.

The custard apple, it will be seen, also has many economic uses. Industrially, the toxicity contained in the seeds could also be exploited to make mild insecticides to control small insect pests like bedbugs, sore insects and garden pests like aphids and mites. Despite its importance, it still does not have a fruit crop status in Sindh; currently it is successfully growing in and around Karachi in residential compounds and in other open places. It is understood that research on the custard apple is apace in Sindh. New and adaptable germplasm may further be imported from abroad to accelerate its ongoing research. The cultivation of a few trees in fruit orchards can be an additional source of income to the fruit-grower.

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# CANADIAN Citizenship Interview

## First Class Interpreter !!

**C**anadian Citizenship Application  
An immigrant from China is applying for citizenship in Canada . He is to be interviewed by a Canadian immigration officer. He does not speak English well and knows nothing about Canada . Therefore, he invited a special translator to help him in his interview.

**Officer:** Do you know who was the first Prime Minister of Canada?

**Translator:** ( in Cantonese) The officer asked you, Where do you usually go if you want to eat hamburger?

**Man:** (answered to the officer) Oh..... Mc-Donald (the first minister of Canada is Sir John MacDonald.)  
The officer nodded his head and then asked

the second question.

**Officer:** Could you tell me which province you're living in now?

**Translator:** (in Cantonese) The officer just asked you, What is the dirtiest thing in your nose?

**Man:** (replied to the officer in Cantonese) Ah..... Bay See (which means nose dirt in Chinese) (The man lives in the province of British Columbia , commonly known as B.C.)

The officer added a current affair question, "Who is the prime minister of Canada now?"

The translator speaks in Cantonese, "What's that part of the face below your

lips and above your neck?"

Man replied "Har Per". (which means chin in Cantonese) (The current prime minister of Canada is Prime Minister Stephen Harper) The officer nodded his head again and asked the final question.

**Officer:** Do you know what your privilege is when you become Canadian?

**Translator:** (in Cantonese) The officer asked you, How does a dog sounds like when it barks?

**Man:** (demonstrated the sound to the officer)... Woe, Woe. (Vote, Vote. One of the privileges of a Canadian is the right to vote.)

The officer told the man that all the questions were answered correctly, shook hands with him and congratulated him that he had passed the interview to be a Canadian citizen.

## Love Her...

Love her ...when she sips on your coffee or tea. She only wants to make sure it tastes just right for you.

Love her...when she "pushes" you to pray. She wants to be with you in Jannah (Paradise).

Love her...when she asks you to play with the kids. She did not "make" them on her own.

Love her...when she is jealous. Out of all the men she can have, she chose you

Love her...when she has annoying little habits that drives you nuts. You have them too.

Love her...when her cooking is bad. She tries.

Love her...when she looks dishevelled in the morning. She always grooms herself up again.

Love her...when she asks to help with the kids homework. She only wants you to be part of the home.

Love her...when she asks if she looks fat. Your opinion counts, so tell her she's beautiful.

Love her...when she looks beautiful. She's yours so appreciate her.

Love her...when she spends hours to get ready. She only wants to look her best for you.

Love her...when she buys you gifts you don't like. Smile and tell her it's what you've always wanted.

Love her...when she has developed a bad habit. You have many more and with wisdom and politeness you have all the time to help her change.

Love her...when she cries for absolutely nothing. Don't ask, tell her its going to be okay

Love her...when she suffers from PMS. Buy chocolate, rub her feet and back and just chat to her (trust me this works!)

Love her...when whatever you do is not pleasing. It happens and will pass

Love her...when she stains your clothes. You needed a new thobe (kurta) anyway

Love her...when she tells you how to drive. She only wants you to be safe.

Love her...when she argues. She only wants to make things right for both

Love her...she is yours. You don't need any other special reason!!!!

All this forms part of a Woman's Character. Women are part of your life and should be treated as the Queen.

The Messenger of Allah (peace be upon him) advised concerning the woman:

- Treat the women well.
- The best of you are those who are the best in the treatment of their wives.
- No one honours the woman except an honorable man. And no one humiliates her or holds her in contempt except one who is evil, vile, wicked and depraved.

Don't wait for that special occasion,take time now to make her feel Special in Every Way!

Source: [www.eislam.co.za](http://www.eislam.co.za)

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# Root benefits

**O**nion and garlic have been revered since ancient times for both their culinary properties as well as their medical benefits. These pungent members of the lily family, with their distinctive flavor and pungent aroma, are used to enhance meat and vegetable dishes in cuisines of Asia, the Middle East and the Mediterranean, whereas their fried, baked or pickled variants are a versatile delicacy in their own right. In addition to their use in cooking, both vegetables have been employed for their medicinal purposes by more cultures over more millennia than any other plant product or substance.

Garlic as well as onion is characterized by the rich content of thiosulfinates, sulfides, sulfoxides and other odoriferous sulfur compounds. The cysteine sulfoxides are responsible for giving the bulbs their distinctive flavor and production of the eye-irritating compounds that induce lacrimation. The thiosulfinates exhibit antimicrobial properties that help fight off bacteria, viruses and fungi though the sulfur compounds in onion are only about one quarter the level found in garlic, the former is rich in quercetin, a phytochemical which contributes to a healthy cardiovascular system; the more pungent the onion is, the higher is the level of quercetin. Quercetin has also been shown to reverse some age-related memory loss.

Onion is also loaded with chromium, a trace mineral that helps cells respond to insulin. As for garlic, clinical experiments have shown that its regular consumption helps improve blood circulation and decrease calcium deposits as well as deposits of arterial plaque in coronary arteries. Thanks to their potent antioxidant properties, onion and garlic rich diets appear to reduce the risk of colon and esophagus cancers, and may aid in prevention of cancers, of breast, skin and lungs. It is important

to note here that garlic and onion are best eaten raw as cooking, especially for too long or at high temperatures, can effect their curative properties.

Packed with vitamins A, B and C, along with minerals such as potassium, selenium, iron, calcium and zinc, these strongly scented bulbs contain small amounts of prostaglandins A1 and E which help lower high blood pressure and control cholesterol level. Studies prove that ingesting four grams of garlic a day can help maintain normal blood pressure, whereas daily intake of one clove of fresh garlic for 16 weeks lowers cholesterol by up to 21 percent. Garlic also reduces the ability of blood platelets to form clots, thereby reducing the risk of heart attacks or stroke.

Another of its most potent health benefits includes the ability to enhance the body's immune cell activity. Moreover, those who eat a clove of garlic every day have a lower risk of stomach and bowel cancers. Two cloves, or more, a day will provide you a shield against flu or help you recover faster if you get the flu or the common cold.

In herbal medicine, garlic is traditionally considered to be not only a reliable remedy for hoarseness and coughs, but also an effective inflammatory to treat small injuries. Just wash the wound with a mixture of one part garlic juice and three parts of water and watch it heal. Use raw garlic juice on rashes and bug bites, it stops the itching immediately. For scratchy throat, suck a small slice of garlic for 10-15 minutes, the juice sliding down the throat will ease the pain. Cut raw garlic and rub the cut edge on tooth and gums two to three times a day to stop toothache.

Besides being an excellent worm expeller, garlic also has a soothing effect on the various forms of diarrhea. Problems such as colitis, dysentery and many other intestinal

problems can be successfully treated with fresh garlic and without affecting the beneficial organisms which aid digestion. To relieve the symptoms, infuse crushed cloves of garlic in water or milk and sip slowly.

Onion, sometimes called 'garlic's little brother', also has a long list of medical virtues. It is a powerful antiseptic and a potent source of folic acid, calcium, phosphorous, magnesium, iron and dietary fibre. Its antiallergenic properties make it useful for treating allergy related diseases. Consumed in raw state, onion not only helps to increase the HDL cholesterol in the blood, but also clears it of unhealthy fats. Its powerful anti inflammatory and anti bacterial properties can deliver relief for upset stomach and related gastro syndromes. Its increased consumption is believed to lessen the risk inherent in developing diabetes and ward off infectious bacteria.

Onions are a traditional remedy for tooth decay and oral infections: for a germ-free mouth, chew a piece of raw onion for two to three minutes. Mixture prepared from equal amounts of onion juice and honey taken several times during the day facilitates the melting of phlegm in a patient suffering from severe cough. It helps break down mucus and prevents its further formation. It is also one of the best preventive potions against the common cold.

Many types of onions are high in iron, with red ones having the highest concentrations. Iron helps to maintain the proper consistency and thickness of blood. Onion is also great for skin disorder: to improve the blood circulation in the skin and to banish warts, just rub fresh onion slices on the affected place. Roasted or raw onion tied to boils dries them up quickly while fresh onion juice is a proven instant remedy for nausea.

# Pain Cures You Can Find in Your Kitchen

Indian Grandmas knew it BEFORE the research!

## Make muscle pain a memory with ginger



When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

## Cure a toothache with cloves



Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

## Heal heartburn with cider vinegar



Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Brasco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

## Erase earaches with garlic



Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing

bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, *Best Choices From The People's Pharmacy*. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

## Chase away joint and headache pain with cherries



Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing's Michigan State University. Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain," explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University. His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, then continue until your pain disappears.

## Fight tummy troubles with fish

Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly



always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much relief as corticosteroids and other prescription meds. "EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract," explains biological chemist Barry Sears, Ph.D., president of the Inflammation Research Foundation in Marblehead, MA. For best results, look for oily fish like salmon, sardines, tuna, mackerel, trout and herring.

### Prevent PMS with yogurt



Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent, say researchers at New York's Columbia University. "Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux," explains Mary Jane Minkin, M.D., a professor of gynecology at Yale University.

### Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic



pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That's because turmeric's active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones, explains nutrition researcher Julian Whitaker, M.D. and author of the book, *Reversing Diabetes*. The study-recommended dose: Sprinkle 1/4 teaspoon of this spice daily onto any rice, poultry, meat or vegetable dish.

### End endometrial pain with oats



The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University.

### Soothe foot pain with salt

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California's Stanford University. The salt in the mix naturally nixes inflammation,



plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

### Prevent digestive upsets with pineapple



Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California's Stanford University. That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

### Relax painful muscles with peppermint



Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax

your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler

### Give your back some TLC with grapes



Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue, says Stengler.

### Wash away pain (injuries) with water



Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York's Manhattan College, say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these

tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

### Heal sinus problems with horseradish



Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times more likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a sandwich or meat topping) until symptoms clear.

### Beat bladder infections with blueberries



Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection, explains Amy Howell, Ph.D. a scientist at Rutgers University.

### Heal mouth sores with honey



Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates. Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues, say the study authors.

### Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientists credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips

### Cure migraines with coffee

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12-ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

### Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.



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# Apple cider

**A**pple cider is known around the world as Mother Nature's miracle medicine, a powerful weapon in the war against aging and disease that is more effective than many high-priced prescription drugs. Now experts reveal that when mixed with honey, apple cider becomes potent enough to cure cancer, heart disease and other deadly ailments while remaining safe enough to take as an appetite suppressant to lose weight. "Mixing these two healing foods produces amazingly healthful effects," said Dr. Louis Ducarre of Geneva, Switzerland. The expert's important new book, *Natural Cures, Natural Life*, is taking Europe by storm. "Alone, each is extremely beneficial, but together they are able to overwhelm almost every health problem that affects mankind." Dr. Ducarre says you can use apple cider and honey for the following benefits:

## Arthritis

Stir one tablespoon apple cider and one tablespoon honey into a cup of boiling water. Drink the brew morning and evening to ward off arthritis pain. You can also make a soothing salve by combining equal parts of apple cider and honey, stirring well, and applying directly to aching areas.

## Bladder infections

A teaspoon apple cider mixed with a teaspoon honey taken morning, noon and night should eliminate bacteria responsible for causing bladder infections. Add a teaspoon cranberry juice for especially stubborn infections.

## Cancer

Recent research indicates apple cider and honey can dramatically improve cancer cure rates. In one study, 387 men and women undergoing chemotherapy for a variety of cancers took daily doses of apple cider and honey and experienced remission rates twice that of patients who had chemotherapy alone.

## Canker sores

An ordinary salad with apple cider and honey dressing will help eliminate canker sores. Eat the dressing on salad twice a day.

## CHOLESTEROL

The dangerous effects of fatty foods can be controlled by drinking a hot tea made of

two cups water, two tablespoons honey and three tablespoons apple cider. Sip the tea at least twice daily to lower cholesterol levels and keep them low.

## Colds

Take one tablespoon apple cider and one teaspoon honey to eliminate symptoms, often in a matter of hours. The mixture is especially helpful when your cold is accompanied by a sore throat.

## Fatigue

Experts recommend mixing a half teaspoon of apple cider and a tablespoon of honey in a cup of warm water. Sip as needed.

## Hearing loss

Exciting new research demonstrates that drinking daily doses of apple cider and honey, mixed one-to-one, help repair damage to the inner ear and boost hearing levels.

## Heart disease

You can guard against heart disease and prevent the deposit of fatty plaque in the arteries by dosing yourself with one cup apple cider sweetened with a teaspoon of honey.

## High blood pressure

High blood pressure and its accompanying symptoms disappeared within a month after patients in an Italian study began taking regular doses of two parts apple cider mixed with one part honey.

## Immune system

Your immune system will function more than three times as effectively if you regularly consume apple cider and honey in combination. Medical research shows that the nutrients in these miracle foods boosted the activities of white blood cells, helping them prevent disease by destroying invading viruses and bacteria.

## Indigestion

A miracle cure for indigestion can be made from a quarter-cup apple cider combined with two teaspoons honey. Take two teaspoons of the mixture as needed to settle your stomach and speed up digestion.

## INFLUENZA

Danish studies show that a substance in apple cider is a natural wonder drug when combined with an equal quantity of honey. A teaspoon of the mixture taken every hour



eliminates viral symptoms.

## Longevity

You can live to be 100 and enjoy a healthy, active life by sipping a cup of hot apple cider and honey "tea" daily. To make it, mix two teaspoons of each ingredient in a cup of water.

## Skin problems

Mix three teaspoonfuls of apple cider with a teaspoon of honey and dab on pimples and other skin conditions each night.

## Sore muscles

Rub sore muscles with warm apple cider mixed nine-to-one with honey after too much exercise. Repeat each morning and evening until aches disappear.

## Weight loss

You can take off pound after pound of ugly, excess flab in a matter of weeks by sipping fabulous "diet cocktail" made of five parts apple cider to one part honey. You should drink one cup of this miracle brew before meals to speed up metabolism and suppress your appetite.

## Energy loss

There's tremendous evidence that the natural sugars in honey can improve energy levels significantly. Used properly, these sugars can help senior citizens and others who suffer from common fatigue. Nutrition experts recommend making a mixture with half a teaspoon of honey and an 8 ounce glass of water. Drink this tasty concoction every morning about two hours after you wake up.

# You may have seen some of these... oh well:)

Clever ideas worth knowing

**T**ake your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

**Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!**

**Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.**

**Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.**

**To really make scrambled eggs or omelettes rich add a couple of Spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.**

**For a cool brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.**

**Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.**

**Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream. Yummm!**

**Reheat Pizza**  
Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

## Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

## Newspaper weeds away

Start putting in your plants, work the nutrients in your soil. Wet newspapers, Put layers around the plants overlapping as you go cover with mulch and for-get about weeds. Weeds will get through some garden-ing plastic they will not get through wet newspapers.

## Re opening envelopes

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

## Conditioner

Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

## Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

## Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!  
(This will definitely try!!!)

## Info about clothes dryers

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load clothes.) He told us that he wanted to show us something; he took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material .. I'm sure you know what your dryer's lint filter looks like.

Well .... the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer r sheets to make your clothes soft and static free ... that nice fragrance too. You know how they can feelwaxy when you take them out of the box ... well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very longtime (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbru sh (or other brush) at least every six months. He said that makes the life of the dryer at least twice as long! How about that?!! Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share!

Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when I rinsed it .. the water ran right thru the screen! There wasn't any puddling at all! That repairman knew what he was talking about!

# A miracle

Once I was cooking some corn and stuck my fork in the boiling water to see if the corn was ready. I missed and my hand went into the boiling water...

A friend of mine, who was a Vietnam vet, came into the house, just as I was screaming, and asked me if I had some plain old flour...I pulled out a bag and he stuck my hand in it. He said to keep my hand in the flour for 10 mins. which I did. He said that in Vietnam, this guy was on

fire and in their panic, they threw a bag of flour all over him to put the fire out...well, it not only put the flour out, but he never even had a blister!!!!

SOOOO, long story short, I put my hand in the bag of flour for 10 mins, pulled it out and had not even a red mark or a blister and absolutely NO PAIN. Now, I keep a bag of flour in the fridge and every time I burn myself, I use the flour and never ONCE have I ever had a red spot, a burn or

a blister!

\*cold flour feels even better than room temperature flour.

Miracle, if you ask me. Keep a bag of white flour in your fridge and you will be happy you did. I even burnt my tongue and put the flour on it for about 10 mins and the pain was gone and no burn. Try it! BTW, don't run your burn area under Cold water first, just put it right into the flour for 10 mins and experience a miracle!

# Envelopes and Stamps!!!

A woman was working in a post Office in California. One day she licked the envelopes and postage stamps instead of using a sponge. That very day the lady found a cut on her tongue. A week later, she noticed an abnormal swelling of her tongue.

She went to the doctor, and they found nothing wrong.. Her tongue was not sore or anything.. A couple of days later, her tongue started to swell more, and it began to get really sore, so sore, that she could not eat. She went back to the hospital, and

demanded something be done.

The doctor took an x-ray of her tongue and noticed a lump. He prepared her for minor surgery. When the doctor cut her tongue open, a live cockroach crawled out!!!!

There were cockroach eggs on the seal of the Envelope. The egg was able to hatch inside of her tongue, because of her saliva, which was warm and moist.....

**This is a true story reported on CNN! Andy Hume wrote:**

Hey, I used to work in an envelope factory. You wouldn't believe the....things that

float around in those gum applicator trays. I haven't licked an envelope for years!

I used to work for a print shop(32 years ago), and we were told NEVER to lick the envelopes. I never understood why until I had to go into storage and pull out 2500 envelopes that were already printed and saw several squads of cockroaches roaming around inside a couple of boxes with eggs everywhere. They eat the glue on the envelopes.

After reading this you will never lick another envelope or stamp again.

# Be careful with all sprays...

This is a shocking episode that happened on 13th May 2011 in Pune. This may be a good, useful lesson in safety for all of us.

A housewife died due to burns sustained in the kitchen. Her husband too was hospitalized for injuries due to burns while trying to rescue his wife.

## How it happened:

The gas stove was on and cooking under process. The lady observed some cockroaches near the sink and grabbed a can

of insect repellent and sprayed it near the gas stove, which was on..

There was an explosion and in no time the poor woman was covered in flames, sustaining 65% burns.

Her husband rushed in, tried to douse the flames and his clothes too caught fire. The husband is still in hospital, in the burns ward, still unaware that his wife was declared dead on arrival.

## Let us understand:-

All insect repellents such as "Hit",

"Mortein" etc. have highly volatile and inflammable solvents.

The atomised nano spray particles spread extremely rapidly and one spark is enough to ignite this explosive mixture with oxygen present in air.

Did the poor lady realise the hazard involved? Apparently not !

Please educate your family about this and spread the word around.... who knows you may save more than a life...

# The Prize Giving



“What! Are they crazy?” shouted Fatima, banging the knife on chopping board hard enough to scatter carrots in every direction and send the cat racing for the back door.

“What do they think? How can they possibly...” she sighed deeply, and raised the knife for another assault on the chopping board.

“Don’t they realise we have so much work to do? I mean who schedules a prize giving for the night before Eid.”

“But ma...that’s what Moulana(Sheikh) said today. That there definitely is a prize giving,” whispered Ahmed, cowering behind a chair in case another barrage of carrots was launched.

“Which Moulana? And why don’t they think!” she continued, pausing just long enough to heave another heavy sigh, “We have so much to do the night before Eid. Get the kids clothes ready, prepare the plates, layer the biryani...and...this year Eid is by us, so everyone from ninety nine kilometres around will be here. So is Moulana going to come layer the Biryani?”

“I think I must phone him. Now! He must cancel this madness,” she moaned, “Prize giving before Eid! My foot!”

“And who must be there? Must we all come?”

Ahmed lifted head just a little above the chair and said “Ja, ma. He said it’s for everybody. No one should be left out.”

“Well I’ll explain to him,” said Fatima, reaching for the cordless phone, “then maybe he’ll understand why some people... some people...like me just can’t be there. We have work, you know?”

Fatima began banging the numbers into the phone which let out loud beep with every painful prod.

“Gee, Moulana Yusuf!” she began, “What’s this about a prize giving the night before Eid? Whose crazy idea was this? Do

you people know what the night of Eid is? We have so much to do?”

Without waiting for answers she continued, “I thought being a Muslim school you would think about us poor mothers who have to do EVERYTHING. I mean who decided that the school should have a prize giving the night before Eid? So whose grand idea was it?”

She sighed deeply and wiped the moisture collecting in her eye.

Moulana to advantage of the brief pause to squeeze in a word, “Sorry sister, but it wasn’t my idea.”

“Then who’s grand idea was this! Who decided this?” she shouted. The phone nearly slipping out of her hand.

“Allah’s idea,” came the almost inaudible reply.

“Moulana! If I didn’t have roza (fast) in my mouth I would have said such things that would have made your head spin in two directions. What has Allah got to do with the school timetable?” cried Fatima, her big frame collapsing into the nearest kitchen chair, accompanied by more deep sighs and a few moans.

“Sister, please listen to me,” said, Moulana taking advantage of the few second of silence, “There is a prize giving and it was at the request of Allah Ta’ala.”

Fatima straightened up in the chair and began to say something but Moulana continued, “As part of a lengthy Hadith in a book called Targheeb narrated by Ibn Abbas Radiallahu anhum, the Noble Messenger Sallahu alaihi wasalam said that the night of Eidul Fitr is called Laylatul Jaa’izah – the night of prize giving. And in another Hadith narrated from Abu Hurairah Radiallahu anhu, Rasulullah Salallahu Alaihi wasalam mentioned that on the last night of Ramadaan Allah Ta’ala forgives the believers. The Companions Radiallahu Anhum enquired if that last night was Laylatul

Qadr, and the Messenger replied “No, but it is only right that a servant should be given his reward on having completed his service.”

“So I explained to the children that just as they want to be honoured at the school prize giving and they work hard the whole year so they could get an award – Allah Ta’ala also rewards those servants of His who excelled during the months of Ramadaan and they are honoured with special awards for the Aghirah.”

Fatima’s faced flushed a bright pink and she let out a soft moan, “I didn’t know that”

“The night before Eid,” continued Moulana Yusuf, “is a very important night and we should at least spend part of it in the worship of Allah. Despite all the other work we have, we should not lose the blessing of this night, because this is a such a night that who so ever remains awake on this night in the worship of his Lord, Allah, his heart will not die on the day when hearts will die?”

“What does that mean?” enquired Fatima now curious about this special night.

“On the day of Judgement when hearts will nearly die out of fear, this person will be free of such fear and anguish. Also, that person who remembers Allah is like a living person and the one who doesn’t is like a dead person. So to emphasise – this is a very important night that we often forget because we are too busy preparing for the next day or have already started celebrating Eid.”

Fatima stared at the pink slippers on her feet, “I’m sorry I shouted at you Moulana, but we just have so much pressure with Eid coming, there is so much to do. But I will have to make some time for Ibadat on this special night. But why didn’t Ahmed tell me this.”

Ahmed now stood boldly away from the kitchen chair, “Because, Ma.....you didn’t give me chance to explain.”

# The Day of Eid

- BEAUTIFUL HADITH ABOUT EID
- SUNNAH ACTS ON EID DAY
- TIPS HOW TO SPEND EID DAY
- 6 FASTS OF SHAWWAL
- MOTIVATIONAL EID STORY
- EID MUBARAK

## Beautiful hadith about eid

The Messenger of Allah Muhammad is reported to have said: "And then the night of Eidul fitr, the night that is called Laylatul Jaa'izah(night of prize giving), comes along. On the morning of Eid Allah sends down the Malaa'ikah to all the lands of the earth where they take their positions at access points of roads, calling out with a voice that is heard by all except man and jinn, "O Ummah of Muhammad(S.A.W), come forth from your houses towards a Lord that is noble and gracious, who grants much and pardons the major sins." When they proceed towards the places for their Eid salaah, Allah says to the Malaa'ikah: "What indeed is the reward of that employee who had rendered his services?" The Malaa'ikah reply' "O Lord and Master, it is only right that he should receive his reward in full for his services." Allah then says, "I call you to witness, O My Malaa'ikah, that for their having fasted during the month of Ramadhan, and for their having stood in prayer by night, I have granted to them as reward My pleasure and have granted them forgiveness. O My servants ask now of Me, for I swear by My honour and My greatness, that whatsoever you shall beg of me this day in this assembly of yours for the needs of the Hereafter, I shall grant you; and whatsoever you shall ask for worldly needs, I shall look at you favourably. By My honour I swear, as long as you shall obey my commands, I shall cover your faults. By My honour and by My greatness do I swear that I shall never disgrace you among the evil-doing ones and disbelievers. Depart now from here,

you are forgiven. You have pleased Me, and I am pleased with you. The Malaa'ikah an seeing this great reward bestowed by Allah upon the Ummah of Muhammad (S.A.W) on the day of Eidul Fitr become greatly pleased and happy."

## Ibadah(worship) on the night of eid

Our Beloved Rasulullah (Salallaho alaihe wassallam) said : "The person who stays awake on the nights preceding the 2 Eids occupying himself with ibâdah(worship), his heart will not die on the day when everyone's heart will perish." (His heart will not die during the time of evil and corruption). It could also mean that with the blowing of the trumpet his soul will not become unconscious.

## Sunnah acts on the day of eid:

- Wake up early.
- Take a Ghushl (bath) before Eid Salaah
- Brush your teeth.
- Dress up, putting on best clothes available.
- Use itr
- Eat something sweet before proceeding to the Eid Musallah e.g. Dates etc.
- Pay Zakaat-al-Fitr before Salaatul-Eid (on Eid-al-Fitr).
- Go to Eid Musallah (Eid Gah/prayer ground) early.
- Offer Salaah-al-Eid in congregation in an Eid Musallah except when whether is not permitting like rain, snow, etc.
- Use different roads en route to the Eid Musallah and back home.
- Recite the following Takbir on the way to Eid Musallah :  
Allahu-Akbar, Allahu-Akbar. La ila-ha ill-Jallah.Allahu-Akbar, Allahu-Akbar. Wa-lilahlil hamd. (Allah is the Greatest, Allah is the Greatest. There is no god but Allah. Allah is Greatest, Allah is

Greatest. And all praises are for Allah)

## Tips on how to spend the day of eid:

- Keep in mind the pleasure of Allah and uphold Shari'ah at ALL times.
- Adorn yourself and your family modestly in the best of garments (not necessarily new).
- Should Eid be made at my mum or your mum or whoever/wherever? This requires Mashurah (mutual consultation). Mashurah is a Sunnah of the Messenger of Allah (Sallalaho alaihe wassallam). Try to compromise and accommodate each other.
- Avoid over eating and other festivities that have no benefit.
- Visit the poor, needy, orphans, elderly and sick.
- Maintain and strengthen family bonds-Rasulullah (S.A.W) is reported to have said, "Anyone who wishes to have his means of livelihood enlarged and a prolonged life, should treat his relatives with kindness."
- Don't forget the poor and needy Muslims in all parts of the world in your du'as and charity.
- Be punctual with our acts of worship on this joyous day.

## Six fast of shawwal

Fasting Six Days of Shawwal After Ramadan: "Like Fasting The Entire Year"

The Messenger of Allah (blessings and peace be upon him) said,

"Whoever fasts Ramadan and follows it with six days from Shawwal it is as if they fasted the entire year." [Hadith-Muslim]

NB. It is permitted to fast these six days separately throughout the month, or consecutively, after Eid al-Fitr. It is prohibitively disliked (makruh tahriman) and sinful to fast on Eid day itself.



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# Better young at 70 than old at 40



MA Abdul Razzak Kothari

LOOK at that old junk, Ruby; over 60 and still trying to behave young”, exclaimed Rahila, on glancing the return of their next door neighbour after his usual morning walk. Similar sarcastic comments and other similar gossip have become this poor man’s daily routine, offered more particularly by the conservative ladies ignorance of the significance and importance of exercise in one’s life.

It is a common belief that there is an age for practicing such activities. This theory in the wider sense is not only incorrect from the medical point of view but is also far removed from the ethics and principles of modern health technology. As there is no age limit for acquiring knowledge, so there is no age bar for physical exercise.

To be 70 years young is far more cheerful than to be 40 years old. And to be one among these ‘seventy years’ young is everybody’s wish. Unfortunately, very few works to attend this zestful living. Perhaps this hectic life has made the environments unfavorable and prevents us to spare some time for physical exercise.

Usually one experiences the after-effects of ill-habits acquired during early days, in late thirties or early forties. This is an age when besides constant fear of death, one faces hazards of imperfect health almost

regularly. As Muslim, we should not let occurrence of death slip away from our mind anytime. However, at least to keep hail and hearty, in the remaining years of life, is within our reach.

Early morning or late evening walk is a past-time any body can afford to spare. Walking is one of the oldest forms of exercise known to man. But in today’s modern age, we have seen it replaced by everything from the automobiles to other moving sidewalks. Walking is not only a healthy form of exercise but also a unique way of overcoming fatigue and gaining a better understanding of self and world around.

The taste of early morning breathing in a nearby park is something which only a person accustomed to it can enjoy. Not only at this time of the day, the atmosphere is fresh and unpolluted but after a full night’s sleep, the stroller has all the time in the world, vigor and strength to enjoy this lively and fresh environment. Whatever one does at this time of the day with a smell of dew and occasional twittering of birds, one fetches the time of life and the real zest of existence no other time of the day can provide.

Sedentary life-style, alcohol, smoking, maximum use of salt, sugar and stressful living are the factors mostly responsible for a person looking older than his age both

mentally and physically.

There are of course, those addicted permanently to all or some of these habits, yet living a ripe life. True, one comes across many such individuals, yet living a healthy life. Just knock at their doors, have a friendly chat and you will see them complaining of a number of complications which have made their life miserable. They are of course living souls, but their existence is worse than a dead man. A little change in climate, food and other natural calamities, make a hell of difference in their life. They simply can not adjust themselves to these common and natural changes. Complications like indigestion, cold, flue, aching of body, etc over take them fast and easily. All these years, due to ill health habits, they have let their body cells remain weak and feeble to resist and fight these ailments.

Make up your mind and take little time out of your busy life, give a try at least for a couple of days, leave the bed early in the morning on Moazzin’s call, say Fajr prayers and stroll around in a nearby park. Enjoy and breath fresh air, do some jogging with a little exercise and see the difference for yourself.

Remember, there is no substitute for good health.

# Longevity is within your reach

 Abdul Razzak Kothari

**H**ow long you will live? How will you react when somebody ask you this question? One day, a year, or up to 60/65 years and so on. .... We cannot say because we all know that it is something beyond human reach and power.

Death is certain, but only God knows when will it come. Yet before the natural certainty attacks, living a healthy life in the remaining years of your life is, of course, within your reach. As wise men say, it is much, much better to die in the field than to depart from this world in the bed. Truly speaking, the sick person in bed for a long time also proves a burden for the rest of the family members.

When some young and healthy person suddenly passes away, we hardly accept such an untimely calamity. We take heart attack and similar fatal incidents as one of the reasons, which is not true. Somehow or the other, such unfortunate incidents occur only after giving prior warnings, which we fail to identify and explain as to how and what we were feeling.

In fact most of the time, such incidents occur unexpectedly. We only know, when facts of the matter are revealed to us. Warren Bell was a regular jogger and active sportsman. One day while jogging he suddenly collapsed and passed away. The news of his premature death came as shock and proved as a surprise for all. How such a young, fit and regular sportsman can pass away in the similar fashion? After his death, his family revealed that bell's father died at the age of 43 due to sudden heart failure. Bell started to jog when he was 35. At that time his weight was 95 lbs. He smoked two

packs of cigarettes a day, and therefore was under constant warning.

America's Heart Specialist, Dr. Robert Paul, who died at the age of 87 had conducted and prepared a paper after thorough research between heart attacks and heart failure. He gathered all the relevant data and fed them into the computer. The details which computer revealed were indeed shocking, but at the same time useful. These details can be beneficial for the readers and can go a long way in determining as to how we will live or will pass suddenly from this world.

Dr. Paul quotes an instance of an active air force individual with a good flying record. He was enjoying a healthy life until he was entrusted with table work for the next 4 years or so. This sedentary routine affected his life greatly. He developed diabetes which he controlled by taking medicines. More alarming for him was the fact that both his father and uncle died at the age below 45.

Medically speaking sedentary habits, bulky bellied figure, above average eating and smoking, late night sleeping are facts more responsible for premature and sudden deaths. On the other hand, controlled weight, regular exercise and average weight carry much lesser risk of heart attacks. The factors responsible for sudden heart attacks are smoking, high blood pressure, excessive weight in comparison with height. Remember that weight increase after the age of 40, is mostly harmful.

Reducing weight through exaggerated exercise is dangerous. Never reduce weight in this fashion. Instead controlled diet, change in eating habits through cholesterol-

free food is advisable. Consumption of beef, eggs, oily eatable, sweets, butter, etc should be minimized. Chicken and fish can be good proteins replacements.

Sedentary habits are the root cause of many problems. If one has been such throughout his life, suddenly feels of reducing weight through exaggerated exercise should give second thought before doing so. First start through walking and with the passage of time, walk briskly. Then after sometime, do some light exercise followed by jogging gradually.

Dr. Paul is of the opinion that those having diabetes history in the family should take extra precaution. If sugar in a patient is not controlled, anything can happen. Similarly gout where the quantity of uric acid in the blood is increased is equally dangerous.

Jog or exercise only to an extent which your body can conveniently absorb or digest. Also remember that excessive jogging on pavements and other hard surfaces can injure your ankle and knee joints. Bed and tight shoes also aggravate the problem. In extreme cases, it can even cause anemia. Brisk walking 40-10 kms, per hour for 20-25 minutes, depending upon your cardiovascular fitness, age and the length of time you have indulged in this habit, is the best and most convenient thing you can do to avoid heart attacks and many other fatal and non-fatal ailments.

Regular exercise and walking habits can save your life. Jogging and brisk walking on regular basis are the best past-times in many American, European and Asian cities.

Hurry up before it is too late. Start now and see for yourself the difference.

# A recipe to kill your Mother-in-Law...

Oh no!.. that Mother-in Law again! Won't she ever leave me alone? My mother-in-law frequently forgets that she was once a daughter-in-law! ...A mother-in-law made of sugar, still tastes bitter!

The battle rages for ages- "Mother-in-Law vs Daughter-in-Law". Yet the solution is so simple to end "The War"... Treat each other with the respect they deserve and you would have a perfect relationship.

A long time ago in South Africa, a girl named Miriam got married and went to live with her husband and mother-in-law. In a very short time, Miriam found that she couldn't get along with her mother-in-law at all. Their personalities were very different, and Miriam was angered by many of her mother-in-law's habits. In addition, she criticized Miriam constantly.

Days passed, and weeks passed. Miriam and her mother-in-law never stopped arguing and fighting. But what made the situation even worse was that, according to ancient African tradition, Miriam had to obey her mother-in-law's every wish. All the anger and unhappiness in the house was causing Miriam's poor husband Musa great distress.

Finally, Miriam could not stand her mother-in-law's bad temper and dictatorship any longer, and she decided to do something about it! Miriam went to see her late father's good friend, Mr Hakuna a traditional healer and an ex-Sangoma (witch-doctor). Mr Hakuna just recently became a Muslim and changed his name to Haakim. He was made aware that witch-craft (jadoo) is totally prohibited in Islam.

Miriam remembers that Mr Haakim used to many years ago sell herbs and muti (magic powder) and was notorious for his evil mystical powers. She told him the situation and asked if he would give her some poison so that she could solve the problem once and for all.

Mr. Haakim thought for a while, and finally said, ' Miriam, I will help you solve your problem, but you must listen to me and obey what I tell you.'

Miriam said, 'Yes, Mr. Haakim, I will do

whatever you tell me to do.' She was now desperate. 'Mr. Haakim who was now a good Muslim had repented and changed his former evil ways. He went into the back room. Miriam could hear the sound of water flowing. Mr Haakim was performing wudhu and then took out his Musalla and performed salaah. After completing his salaah he lifted and his hands to towards the sky and made dua. Miriam could hear him talking and using the name Allah. Miriam believed that he was talking to the "Evil-Spirits" to help him make the deadly potion she urgently needed to kill her mother-in-law.

Mr Haakim returned in a few minutes with a package of herbs. He told Miriam, 'You can't use a quick-acting poison to get rid of your mother-in-law, because that would cause people to become suspicious. Therefore, I have given you a number of herbs that will slowly build up poison in her body. I will also as a bonus give you a magical word which you must say and then blow on her food when you are preparing it. Every other day prepare some delicious meal and put a little of these herbs in her serving. Thereafter say the magical word 'Bismillah' and blow into the food. Now, in order to make sure that nobody suspects you, when she dies, you must be very careful to be actively friendly towards her. 'Don't argue with her, obey her every wish, and treat her like a queen.' Miriam was so happy.

She thanked Mr. Haakim and asked him how much she owed him. He told her that she was just like a daughter to him and her late father was his best friend so he could not charge her. Miriam hurried home to start her plot of murdering her mother-in-law. Finally she had the recipe she for so long desired.

Weeks went by, and months went by, and every other day, Miriam served the specially treated food to her mother-in-law. She never forgot to blow the magical word 'Bismillah' into whatever she prepared for her mother-in-law. She remembered what Mr. Haakim had said about avoiding suspicion, so she controlled her temper, obeyed her mother-in-law, and treated her like her own mother.

After six months had passed, the whole household had changed. Miriam had practiced controlling her temper so much that she found that she almost never got mad or upset. She hadn't had an argument with her mother-in-law in six months because she now seemed much kinder and easier to get along with.

The mother-in-law's attitude toward Miriam changed, and she began to love Miriam like her own daughter. She kept telling friends and relatives that Miriam was the best daughter-in-law one could ever find. Miriam and her mother-in-law were now treating each other like a real mother and daughter. Miriam's husband Musa was very happy to see what was happening.

One day, Miriam came to see Mr. Haakim and asked for his help again. She said, 'Dear Mr. Haakim, please help me to keep the poison from killing my mother-in-law. She's changed into such a nice woman, and I love her like my own mother. I do not want her to die because of the poison I gave her.'

Mr. Haakim smiled and nodded his head.. ' Miriam, there's nothing to worry about. I never gave you any poison. When I accepted Islam and became a Muslim I gave up all evil practices and have completely abandoned doing or supporting evil. I now only obey Allah and Allah's Last and Final Messenger Muhammad (may peace be upon him). In Islam we are thought to be kind and to do good to others.'

The herbs I gave you were vitamins to improve her health and the magical word 'Bismillah' is a word from Allah's Final Book "The Quraan". Bismillah means I begin in the name of Allah(God). This is proven to be an "all-in-one" remedy. The only poison was in your mind and your attitude towards her, but that has been all washed away by the love which you gave to her and off course the main ingredient was the Help of Allah. Being relieved and fascinated Miriam thanked Mr Haakim immensely.

LESSONS: Treat each other with respect, love and the kindness they deserve and you will indeed see the best in them. There is a wise saying: "The person who loves others

will also be loved in return.’ Indeed Allah Ta’ala might be trying to work in another person’s life through you.

‘A candle loses nothing if it is used to light another one.’

Allah Ta’ala says: “ So whosoever does good equal to the weight of an atom shall see it. And whoever does evil equal to an

atom shall see it” Quran (Surah Az Zilzaal)

A pious and positive lady once said: “I was once blessed with a wonderful mother; I am twice blessed with an excellent mother-in-law and now I’m trice blessed with such a lovely daughter-in-law ”

There is no perfect Mother-in-Law or Daughter-in Law. It is up to each of them

to bring out the best in the other. Don’t demand and lay emphasis on your rights instead be mindful of your duty and responsibility to the other and Insha Allah you will see the most beautiful relationship blossoming.

May Allah grant us true happiness in our homes and relationships...Ameen



**THIS is a perfect picture of a MALE bird trying to get a female to quit talking long enough for him to get a word in**

**When a male can't stand it anymore! Priceless shot!**

## A humble appeal to all the Organisations, Institutions and Jamats of Memon Community

Please send us the report of all the public activities of your organisation on your official letter head to the following address, so we could publish them in “Memon Alam”

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The Editor,  
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Muslimabad, Karachi Pakistan.

# The 5-Minute Management Course



## Lesson 1

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, 'I'll give each of you just one wish.'

'Me first! Me first!' says the admin clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world.' Puff! She's gone.

'Me next! Me next!' says the sales rep. 'I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Colodas and the love of my life.' Puff! He's gone.

'OK, you're up,' the Genie says to the manager. The manager says, 'I want those two back in the office after lunch.'

### Moral of the story:

Always let your boss have the first say.

## Lesson 2

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, 'Can I also sit like you and do nothing?' The eagle answered: 'Sure, why not.' So, the rabbit sat on the ground below

the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

### Moral of the story:

To be sitting and doing nothing, you must be sitting very, very high up.

## Lesson 3

A turkey was chatting with a bull. 'I would love to be able to get to the top of that tree' sighed the turkey, 'but I haven't got the energy.'

'Well, why don't you nibble on some of my droppings?' replied the bull. They're packed with nutrients.'

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree.

The next day, after eating some more dung, he reached the second branch.

Finally after a fourth night, the turkey was proudly perched at the top of the tree.

He was promptly spotted by a farmer, who shot him out of the tree.

### Moral of the story:

Bull Shit might get you to the top, but it won't keep you there..

## Lesson 4

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him.

As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was.

The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy.

A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

### Morals of the story:

(1) Not everyone who shits on you is your enemy.

(2) Not everyone who gets you out of shit is your friend.

(3) And when you're in deep shit, it's best to keep your mouth shut!

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# મેમણ આલમ

(WMO)

ગુજરાતી વિભાગ  
સંપાદક: દિનેશ શર્મા, રહેમણ ખાત્રી

**સાહિત્ય આક્રિડાની સરવાહરની  
લડલગા મેમણ શીડર**  
કિટોરીયા (દુબલપણ)  
તા. ૨૪ જુલાઈ ૧૯૮૪

અનેકા કિટો વેપારીઓના આરોગ્યના (દુબલપણા કોલિડેશન સિટીયા કિટોરીયા) નિ. તેવણ શરુ પાલ માલ્ય સ્વદેશ શરુ કરવાના આગળે સર્વે કિટો વેપારીઓ ઘણા કિલગીય ઘણા થતા.

દુબલપણની શરુઆત લડલગે જે અઘરણી કિટોરીયાને શીડી મળ્યા સર્વે અઘરણી આપવાના અને જે અઘરણીને અનુસરિને કિટોરીયા વેપાર જે જે દુબલગે ઘણી પઢતા તે અઘરણીઓમાં અને તે ઘણે કોષાજ કોષમાં આ આપવા જરમણી ઘરણા કિટુરુ ઘણી ઘણી ઘરણા સર્વે અને અને દુબલગે સર્વે કિટોરીયાને વેપાર કે કિટુ યા મુલ્યવર્ધનની સરવેને સંકલગણી વીધે અને, મળ અને ઘણી મરોજા કરી ઘણી પઢતી શરુકોરીઓની ઘણાથી વેપારમાં આરોગ્યના માલ આગળી દેખતી મરી તેવા આગળના થતા. ઘણી દુબલપણની શરુઆત મામે કિટોરીયા ઘણી જાલગણા મરી અને પઢલગે સ્વેદુ જોમળા ઘણી પોઠાણા ઘણે કોટોને આરોગ્યની વીધી કરી તે અઘરણી યોગ્યવધારી આગળના સર્વે થતે.

**કિલેમ્બાર ૧૯૮૪**

ઘણી કોલિડેશન કમિટીના સેક્રેટરી નિ. શરુ ઘણીય શરુ થતા જેવા પરોપકારી ઘણણની આગળના સર્વે આગળમાં આગળુ જેવી એ ઘણી ઘણણને અને વેપાર કરતા સર્વે કિટુ વેપારીઓને અનિ

વેપારીઓ અને આરોગ્યના ભંગ આગળના થતા. જેવી સર્વે વેપારીઓ તેવણને મોટો આગળ માલગા અને

વેપારીને મળ દેવા ઘણા થતા અને મુલા વેપારીને ઘણીમુલાની ઘણા સ્વદેશ પરોપકારે તેવી આગળ ઘણી



માલગા સર્વે એ અને સર્વે તે સર્વે તે તે મુલકાળને ખાલ દુબલગે જાલગણુનિ કિટોરીયા જે તેવા આગળેથી એ. નિ. તેવણ શરુ આગળેથીએ માલગા આગળા મરી એક જાલગણા થતા સર્વે ઘણી જેમાં સરવે મુલકાળે શરુકોરી તેવણની તેવણ મુલા અને આગળ માલગા આગળી થતા થતા તેવા દુબલપણના ઘણા સર્વે કિટોરીયાને અઘરણી કોટોને એક માલગાજ વેલગણા કરવામાં આગળુ હતુ. તેવા જાલગણમાં તે ઘણા મુલકાળે સરવેને વેપાર માલગે થતે. સર્વે કમિટી સેક્રેટરી નિ. શરુ ઘણીય સર્વેએ વેપારીઓને અને દેશી ઘણીઓને એકસંપણી ઘણીઓની વેલગા વિધેનું અનિ વિધેનોની જામળા આગળુ હતુ. જેવા જાલગણમાં સર્વે મુલકાળેને આગળના કીટોરીયા જાલગણી ઘણાને સીધા થતા, આઠ કમિટી કિટોરીયાને મેમણમાં નિ. તેવણ કોલેકોશવલેના સંકલગણી આગળા થતા તેવણને એકાલ આ એકાલ કિટોરીયા આગળુ

કરી.

**ઘણીયા જેલમુરવાસી મેમણેમાં સંપ**

આગળેના (અમી)  
તા. ૨૪ જુલાઈ ૧૯૮૪

આ જાલગણ ઘણુ મુલકાળ જેલગણે અને તેવણના આગળનાની ઘણીએ આગળા વેલગણુ મુલકાળે આગળુ છે. તેમણમાં ઘણી આ જાલગણ ન જેવી તે ઘણાં જાલગણ તેવણી કોલેકોશવલ જેલુ ઘણી તેલ કરી-વાલ. આઠની ઘણી આ કમિટી મુલકાળે આગળ આગળનાર ઘણી વેલગણ કે જાલગણ કરતા ઘણા જાલગણ અને ઘણીઓની આગળુ ઘણી ઘણી છે.

સર્વે મેમણ આગળી જાલગણેના મળ વેલગણા વેપારીની મુલકાળે છે. તેમાં સંપ એક જાલગણા આગળ છે. સરવે ઘણી ૨૪ જાલગણો છે. સર્વે મરુતુક સંકલ છે. સરવે આગળેને જેલમુરવા છે.

**મેમણના મેમણો**

કિટુ તા. ૨૪ જુલાઈ ૧૯૮૪  
ઘણીએ આગળેના ઘણી જે

વેપારના આગળના - જુલાઈ - ૨૦૧૧

ભણી છે. મદનીયું જેવ જરા ખોલું  
 વળું પણ મરજાત, મણી મારી રાખી  
 છે. તેથી અટકી તમ ભણી જાય છે.  
 હોઈ હોઈ કોઈને ખોલતી દિવાળીની  
 ગરબા છે. મુઠા સર્વેક કરે. આને  
 આંધવાલયા મેમલ ભાઈઓની યાંત્ર  
 દુકાને છે. અરબેમાં સંપ થાતો છે.  
 મીઠાનો વેપાર મારી રાખી છે અને  
 ઘણી દુકાન મારતી તેક જમણીદુકા  
 દાદાભાઈ સોજા મર્ચન્ટ હોલ્ડ  
 ઇન્ડિયા કોમ્પાની છે. તેને ત્યાં પણ  
 ભણે વેપાર થાય છે. ભાલ, મહાભા  
 ધિરે દેશપરેમાં મલ થાય છે.

**દોરાણુલી સંસ્થા**

**'અંજુમલે કોલુલાઈ'**

દોરાણુ તા. ૧ મે ૧૯૦૨  
 આને કોલુ રોજ આ  
 'અંજુમલે કોલુલાઈ' આમની આ  
 આપણમાં ભણી છે. તેના આરંભ  
 તેક વાગુ મમલ વાગુ મુઠમલા તમા  
 તેક વાગુ મુઠા વાગુ વાગુ તમા તેક  
 વાગુ મુઠા વાગુ અરબ કોઈને  
 દરેકે રૂપિયા ૨૦ આપી મલ કરી છે.  
 હીજ મુઠાને પણ આપી મલ કરી  
 આપી છેવે વાગા છે. સદરુ  
 અંજુમલના કોલુલી ૧. સુલેમાન  
 દુલેન પાલવલાને વિચાર છે તે  
 આરંભ આ તેક આમમાં વાલ, પણ  
 આને ઘણી રોજિયા કરે છે.

સદરુ અંજુમલમાં ત્રીસ  
 ઘણી તમા કરવામાં આપે છે.

૧. આપણને રોજિયાને કોલુલી આપા  
 આમના હોલ આપવામાં આપે છે.

૨. અજુરખંજરો, મલિયાને,  
 મુઠાને વિચેરે ખાંચી તે ઉપર લોખા  
 આને કરવામાં આપે છે.

૩. મેરવાજુદી આને જ કરવા  
 કોલુલી હોલ આપવામાં આપે છે.

૪. આની આને આપી, પણ  
 અજુરખંજરો, અજુર પાલવલાની  
 કોલુલા કરવી એ અજુર ઉપર આને  
 કરવામાં આપે છે.

ઉપર જણાવ્યા ઘણી આને  
 કરવામાં આપે છે. ઉપર જણાવેલા  
 આ આરંભને આ તેક આપણું  
 છે. તેના આપા જેક પણ મલે તેને  
 આરંભને અજુર કરે છે. અજીબ.

(આ આપણ સુલેમાન દુલેન  
 આને મેલવામાં છે.)

**આફ્રિકાના સાહસિક  
 મેમલ અભિપતિ**

કોરોમાં આફ્રિકા  
 તા. ૨ સંપીય ૧૯૦૨

આને વિદ્યાર્થીઓની દુકાને  
 ૧૦-૧૫ને આરંભ છે તેમાં મુખ્ય  
 દુકાન આને જાલક વેપારી તરીકે  
 આપણ આજુલા આમીયા 'તેક  
 આમલા આમલા'ની છે. તે  
 આરંભ વેપારના આમમાં મુઠા  
 અજુલાની કોમલે ત્રીસે તેમજ  
 વિચારના મુઠાના કોપાની આને  
 આપા વિચ આને પડેલા છે. તેઓ  
 દુકાને મુઠા-મુઠા આને મળી ત્રીસે  
 પ્રમાણ છે. ૨ ઘણાઆપેમાં, ૨ કોલે  
 ખોલકોલમાં, ૨ ખોલમાં, ૨  
 કોલોમમાં, ૧ મીઠાજુલ. ઉપર આને  
 ૧૨ દુકાને છે. તેમની ઉપર રૂપિયા  
 આમલા) આ આમની કરવામાં છે.

**વંચણીનો મહેલો**

વંચણી ૧૨ મે ૧૯૦૨

અરિયાલામાં આરંભ વંચણી  
 આમમાં મોલકેલા આમલાને પક  
 વાને આને આને કોલુલી તેક મહેલો  
 આપણ આને કરવામાં મુઠા મુઠા  
 મુઠાઓને મળી રૂપિયા ૨૫૫ને  
 આરંભ આને છે અને વાગુ પણ  
 મુઠાની મહેલાઓની વાગુ આમ  
 આરંભ આને આને આપે છે.

**મહુદાની વ્યવસ્થા**

કોલુલાઈ તા. ૧૨ મે ૧૯૦૨

મેમલાઓઓની દુકાન આ  
 છે. સંપ આરંભ છે. મહુદા ઘણી  
 આપે છે. તેની વેપારના ૨૨ મલે  
 રૂપિયા આરંભની પણ છે તેમણે  
 આમ આને વેપારના વિચેરેની છે.

તેમાં વિચેરેલા આમલા આમલા વાગુ  
 આમ મુઠાના આરંભ આમ વાગુ  
 આમલા આમ આમ મુઠાના આમ  
 છે. મેલા આમ મુઠાના છે. તેઓ  
 આમ આને આને આને છે.

**અમદાવાદી મેમલો**

અમદાવાદ ૧૨ મે ૧૯૦૨

આપણા મેમલા આરંભને  
 આરંભને આરંભને આરંભ આને  
 આને આમ આરંભ કરે છે.  
 આમલા આમ ઉપર આમ આમ  
 આમલા આને. આ આરંભ આમ  
 આને છે. મુઠા આને આરંભને તેક  
 આમ આને.

**શી.પી.માં હીલારીમાં  
 મેમલોની દુકાને**

હીલારી તા. ૨ મે ૧૯૦૨

આને મેમલા આરંભને આ  
 દુકાને છે. તેક આમ આને. વેપાર  
 આમ આ છે. મુઠા આને આને તેક  
 આમ આને આને આને આને.  
 આમલા આમ આરંભને આરંભની  
 આરંભ છે. આમલા આરંભને પણ  
 આને આમમાં આમ આ છે. વેપારને  
 આ આને.

**શી.પી.માં મેમલોને  
 કોલુલી મીલાઈ કરીફ**

કોલુલી (આરંભ) તા. ૨ મે ૧૯૦૨

આને મેમલા આ આમ આને  
 આરંભ મેમલા આરંભને આરંભ  
 આરંભ કરી કરી તેમાં આને  
 આરંભને મળી રૂ. ૧૦૨ આને આરં  
 આમ આરંભ આને આને. આને  
 આરંભ આ આરંભ આમલા આને  
 છે.

**આમમાં દિસ્લીઓ  
 આરંભ વિજળી આરંભ**

વેપાર તા. ૨ મે ૧૯૦૨

મેમલા આરંભને આ દુકાને  
 છે. આ આરંભ છે. આરંભ આમલા  
 આરંભ આરંભ આરંભ આરંભની  
 આરંભ આમ આ છે. તે આરંભને

૬-૨૬

સંપાદક સમાચાર - 'જુલાઈ' - ૨૦૧૧



# ઈન્સાફના ત્રાજવાની દાંડી ખોટી ન ભમે

આમણા મુસ્લિમ સમાજમાં મેંજલ, શાંબી, વીંસ, અબુટ્રી એવી સમાજ કો ડે ખેંમાં જમાતદાંધી, ઘાઘમંધી અને એલકાંધી અસ્થિત્ય દેખાયે છે. આ જમાતોમાં સમાજ કે જમાતના સમ્બોલો સમ્બ, લખાણ, દાંડીજ અને અન્ય ઘાઘલોમાં કો સંકેતોધીને કે દુરૂંદાં પઠાં મલાલોત મલાલોત કે અલકાંધો વિપચિતિત ઘાઘ છે અને આવી સમ્બોલો ભલ, જમ્બલ કે સમાજના પ્રમુખ, ખટોલ કે લખણી સમજા ઓગલ અધિકીત દેલ્યા. માટે આવાની કોલ છે અને ભાલ, જમાતના પ્રમુખ, કમિટી કલ્કો ડાંલે ખલોલે સાંભળી વિધાંલ લેલા કોલ છે અને આખા વિધાંલો ડાંલે લલકારી પલોલે અને કે ડાંલે અલ્લ રલ્લી ને મુખલ સમજ કરવાની રલોલો કોલ છે. આવાં સમાજાક કે અલ્લ ખલિલ્લો ઘામ ન કલે તે ઘણુ જ મલલખુ રોલ છે.

કોઈખલ જમાતમાં કોઈખલ સમજ જમાઈ ખોલના સંભાલની આસાધિક પ્રાલ્લો ડે કોઈખલ ઘાઘલો વેલ કે અલગુ મુકે ડે રલોલે એ સમજ લેંટલો આવા કોલકસ રાલે છે કે તેને પુરેપુરો-સમો અલલ મલારી, માલે આલે એ ઘામ પણ લોલકી જ માલો છે કે એ લ્લાલ-એ ડેલ્લાક કોઈ ઓલકસ અધિકીલે મલારી કોલ એલે જ આલ એ જરૂરી નલો, પરંતુ એ ડેલ્લાક 'માલો ડેલ્લાક' કોલ એ જરૂરી છે એલકુ જ નલિ અલિયાલે પણ છે.

કોઈખલ કેસ આલ કે જમાત સમજ મુલખામં આલે છે એની મુલખાની ખલ જરૂરી કોલ ને એલ કે ડાંલે ખલોલે વલેલો લકે આલ અને તેમને એ મુકલે જમાતની

—ઈન્સાફના  
જે. ઘાંબી, અબુલખુર  
કેખુટી કલેકલર (મિમુખ)

કમિટી સમજા કાખર ઘાંલે ખલેલ પુરેપુરો વિલલ કરવાલો, જરૂરી કોલ તેની સમાક મુખલ મેલ મવાલો, જરૂરી આલો મુલખા મેલલ કરવાલો, ભાલ જમાત સમજ ખાલેલ અલખાલો પ્રાલ આલે તો જમાલની અપલલ કરવાલો અને દુર જમાલુ કોલ તો જમા આમલ માટે અલકાં અલ્લાં ખલે માટે આલની અલલકા કરવાલો પુરી સમજ માલે એ પણ જરૂરી છે.

કોઈખલ આલ, જમાત કે સમાજમાં કોઈખલ કેસ આલે આલે એ જમાત, ભાલ કે સમાજના કોઈધારોલે, ઘાલોધારી અલ્લોલે એ સમગુ લેવાલુ છે કે તેની કલેલ અલ્લાલિયા છે. તેમના માટે એ મલલે કોઈ અલમલો, ખરનામલો, સમો સંકેતો કે વિલ નલો કે એલે ખલકલ તેમલો વિરોધો કે દુમલ નલો ખેલો આલનાલ માલો, પ્રલિયાલો કે ખલોલ અને તે કોલ તેમાંલો કોઈલો ખલ આલે મુલેખલ કોલ એ રીલે માલો કે અલેલની વિખલોલ કરવાલો ન કોલ ડાંલે પુરી અલલ અને માલ સમાલ આલે આલો અધિકલ જમાલની રલે છે. એ જ રીલે માલો-પ્રલિયાલો કે મુલખાં અલ્લાલે કોઈખલ જમાલો કોલક વિલાલખા વલર, ખોલ આલેખ કલે વલર, કોઈલો ખલ એલ વિલાલો કલે અલર જે કાંઈ કલેમલુ છે તે માલિલો અને આલે આલમાં રલેમુ જરૂરી છે.

આલની વિધિ ખાલે જમાલે કોલ કે રીલેલોલો વિલોલોલે અલલ

કોલ, અલલ કે મુલ અલલો પ્રાલ કોલ આલે કેલ મલાલમારે ભાલ, જમાલના અલલો કોઈધારોલે અને કે અલ્લે તો એ ઘર આલે અને ડાંલે ખલો અલો મલમુખાલ મુલોલે સમાલનાલના પ્રલલો ઘલક કોલ એલકા ઘણુલે વલુ કરખા જ ખોઈલે. ભમામ પ્રલલો ડાલ જે મિલિલ, જે ડેલ્લાક કરવામાં આલે કે ડેલેલા આલો કોલો મુલ જ જરૂરી છે. ડેલ્લાકના આખાલો દાંડી ખાલો ખોઈલે કે મુલેમુકે પણ ખોટી રીલે કોઈલો અલક નલો ન ખલ એની લોઈધારી રાલારી મુલ જ જરૂરી છે. આલે આલે એ એલે ભલ, જમાલ કે સમાજના કોઈ વિલાલો કે ડેલ્લાકના કોલ તેની મલલોલ ન મુકી જમાલ એ પણ એલકુ જ જરૂરી છે. કલોલ પણ જુલ્લોધી, અમાલક કરીલે કલેલો ખોટો ડેલ્લાક અલલ અલકલ 'અલ મા-ઘામ છે', 'અલે કોલે દેલલો વિલલોલે વલર મુલોલે નલો' એમ માનીલે દેલલો મંજુર રાલારી, માલે ઘલખાલે પણ મુલક લખાલ આલો દેલલો મંજુર નલિ રાલે અને એ ખોટો ડેલ્લાક કલો લેલ એલ આલિલર લલેલે ભાલ, જમાલ કે અલખાલ તો કોઈધારો કે અલધિધારીલોલે અલલકલે તેની જમાલ જરૂર આલખો પલો તેમજ અલલક તેલો આલે ડેલ્લાક કરલે આલે ડેલ્લાક કરલો અલલે ડોખ ખોઈલો નલિ પરંતુ મુલલે કાણલ આલેલ સમગુ મુલલે આ રાલોલે આલે ડેલ્લાક કરખો ખોઈલે.

અલલક કલેલે આલો અલલ લેલખલો વિલલ આલે.

જો આલ અલલક— જુલ્લાઈ—૨૦૧૧

**સેવા અને શાશ્વતી ક્ષેત્રે નામ ઉજાણું  
કરનાર મુંબઈના માણુ મેચર અને  
મેમણ ઇતિહાસના પ્રખર સંશોધક**

**‘નામ’ માંગરોલી**



મેમણ શાશ્વતી અને સેવાક્ષેત્રે ‘નામ’ માંગરોલીનું આગવું સ્થાન રહ્યું હતું. ‘નામ’ એ શાશ્વતીમાં સૌમ્યું વાચકસુખ રહ્યું. મૂળ નામ અર્થે સુક્રમદ ક્રિમર આરોપુરા અને જન્મ મુંબઈના અર્થે સૌમા અર્થે તેમના અરવાલો જુનાગઢ નજીકના ગામ અંગરોલીના વલ્લભી કોપાલી જન્મણ અર્થે સુક્રમદ ક્રિમર અભ્યાસ રીતે ‘નામ’ માંગરોલીના નામથી જ જાણીતા હતા.

ઉચ્ચશિક્ષણ પઢેલા મેમણ મેચર તરીકે કારકિર્દી આરંભના નિરૂત્થના સાથે સર અબ્દુલ્લાહ દાફરના મોટા ટીકરા સુસુદ દાફરનું નામ લીધાએલું એ જેનો અર્થ છે ખેડા. રાજ દરમિયાન અરબીના મેચર તરીકે ચુંટાયા હતા. તેમના પછી તેમના જ તાલા આર્થ મરીમુદ દાફર પરિવેશનામાં પરીયા મેમણ મેચર અલપાનું માન જાડી ગયા હતા. તેમને પણ કરાચીના મેચર તરીકે ચુંટવામાં આવ્યા હતા.

સેવના પછી અભ્યાસ રૂપ વરતો યા. આપણ આ ‘નામ’ સંગ્રહીતી ૧૯૮૧માં મુંબઈના મેચરપદે ચુંટાઈને અર્થેન આરબના પરીયા મેમણ મેચર તરીકેનું નામ લીધાથી અભા હતા.

‘નામ’નો જન્મ નવમી કિલોમટર ૧૯૪૨ના રોજ મુંબઈમાં અર્થે હતો અને આ-આપણા વૈષ્ણી સેવનાન સંગ્રહ હતા. પાંચ વર્ષની કુમળી વયે મમીયલો ઇન્વેસ્ટન આર્થ જેમાં તેઓ અર્થેન સુદ ગયા હતા. અરબીઓ અર્થેન તેમને મુંબઈમાં મિલ્લાન મરુદા નજીકના મરીયામાં અર્થે હતો અને અર્થેન આર્થે તેમને ડેવેયન કોલેજમાં ઇન્વેસ્ટ-આર્થેનની અભ્યાસ કરી રહ્યા હતા ત્યારે અર્થેન અરબીઓ અર્થેન આર્થે તેમને સરકારી કોલેજમાં ખેડાનું પદનું હતું. સીકરી દરમિયાન તેમને કોલેજીયેશન ઇન્વેસ્ટ પ્રતી આર્થેન અર્થેન એ વર્ષની રોષ કરીને ૧૯૫૧માં તેઓ કિલિમણા

કોલેજીયેશન ડેવેસ અભ્યાસ હતા. તેમને સીકરી સમય મેડીકલ કોલેજ એ અભ્યાસુ હતું પણ ડેવેસ તરીકે મિલ્લાન આમ રહ્યું નહોતું.

તેમની પાઠેન સેવના પ્રવૃત્તિમણ કરી હતી. સૌથી વધુ સેવા તેમને મેમણ સેવકુર્મણના અર્થેન મેચરના અર્થેન વર્ષની અર્થેન હતી જેનો અર્થે તેઓ અભ્યાસ આર અભ્યાસુ મેમણનીયા રહ્યા હતા. સૌમાઅર્થેનમાં તેમને કિલિમણ અર્થેનનામાં આ આમ રહ્યું હતું અને એ આર્થેનના સુધી એ માન્ય મકાલેની રહ્યા હતા. સૌમાઅર્થેનના પમણાકિટ ‘મેમણ મેચરેન’ના મણ મેચર તરીકે પણ તેમને અર્થેન સુધી સેવાઓ આર્થેન હતી. એ વર્ષેના તેઓ ‘મેમણ’ નામે અર્થેન સુજાલી મેચરેન પણ અર્થેન કર્યા હતા. સુજાલી આર્થેન ઉપરનાં અર્થેન, કિલિમણ અર્થેન મરબી આર્થેન પર પણ આર્થેન પ્રસુત્ય અર્થેનના હતા અને આર્થેન રાકિટ સેવાઓ આર્થેન તરફ અભ્યાસ હતા. સુજાલી મુલાઅર્થેનનાં તેમને માનપૂર્વક ઇન્વેસ્ટનામાં અર્થેનના અર્થેન તેમને પઢેન કુમળની અર્થેન જ સુજાલી કરી તરીકે અર્થેન હતો. સુજાલી અર્થેન અને પછે મર આર્થેન વર્ષેની અર્થેનના ‘નામ’ માંગરોલી ઉમદા અર્થેન પણ હતા અને મેચરેન ઉપરનાં અર્થેનનામાં પણ આર્થેનના અર્થેન કરીને એ જન્મથી રીયા હતા.

મેમણ સેવકુર્મણના અર્થેન મેચરેન આર્થેનના ઉપરનાં તેમને સૌમા આર્થેન જન્મથી અને અર્થેનનામાં સેવા આર્થેન હતી. તેમને અર્થેન કિલિમણ મેમણ જન્મણ કિલિમણ, મેમણ આર્થેનનામાં અર્થેન કિલિમણ, કો-કોલેજના અર્થેન, અર્થેન કિલિમણ આર્થેન, અર્થેન મેમણ આર્થેનના, આર્થેનના

સૌમા આર્થેન - જુલાઈ - ૨૦૧૧

સેમણ જમાવ, જ્યુ કાણઈ સેમણ સે-સોસીએવલ મનેરેનો સમાવેશ થાય છે. સમાવેશ હો-સો-વે-ટીમ ડેવલપના તેઓ સમાવેશ કાચીકરણ હોયકે ક્રિપટલ ડેવલપના ધાર્મિક-પ્રેમિકેન્ક પણ રહ્યા હતા.

જાણકમાં 'જાણ' માંગણીની પદોની ઇન્કિલબ સોવ્યાલિસ્ટ પાર્ટીના કોમ્યુનલ સરીકે મુઠાઈની મ્યુનિસિપલ કોમિટીઓના સભ્ય સરીકે ચૂંટાયા હતા. સોવિયુ ચૂંટણીમાં સમાવેશવારી પણ કોમિટીને કોમિટીલ કોમિટીલ સરીકે સારી સારી પણ સેમ સેમને લેવો હતો જયા હતા, જે કે સે પચીસી ૧૯૬૧ની ચૂંટણીએ તેમને કોમિટી કોમિટીલ સરીકે જ કચીપાલ મુઠાઈ મ્યુનિસિપલ કોમિટીઓના સભ્ય સરીકે ચૂંટાયા હતા. સે પચીસ પુરા સભ્યક સુધી આરોમ્ક, સારીમ સભ્ય વગરક ગરબી ડેવલપ કમિટી સકિલની સકિલિઓમાં ખેલ સભ્ય સરપુર કિલકલ સારી સેમકા કામગીરી કાચીકે કમિટીઓના સેવકેવલમાં સંભાલક-સંભાલમાં ક્રેકાઈ ૧૯૬૧માં જલકા પાર્ટીના કોમ્યુનલ સરીકે સે સભ્યે સભ્યમ કલ વાલકી મ્યુની પચારી કરામકા મુઠાઈ પદે રલા સેકરપટ ચૂંટાઈ આગા હતા. સેકર સરીકે પણ તેમણે સારું જાન કાઢ્યું હતું અને સભ્યક વાકાલક કામો કરી કાચકા હતા. સે કચીપાલ કોમિટીના કોમિટીની સેકરેટરી પદોની ઇન્કિલબ સોવ્યાલિસ્ટ કોમિટીઓના કાચરી આપવા તેઓ સેમને કમકા પણ ખેલે આગા હતા. તેઓ સેકરપટ હતા સભ્યે તેમણે કરાવીલા સે સેવાલ સેકર કલ. સભ્યક સકુવાલનીલા આસંવાઈ કરાવીની પણ સુવાલક સીકી કરી અને સકી પણ સભ્યકો જયા સુવાલકાએમાં જાન સકીને કોમિટી કિલ સુધી જમા હતા.

'જાણ' માંગણીની સેમણ

કિલકરીનાં ડેવલપ અને નેવેલકલ સારીમ કોમિટીઓના આપકો હતા અને કોમિટીઓને પણ પુરુષુ આગા દેવલકે ખલક આપકલ રાખલા હતા. સેમણ કોમિટીઓના સેમો આગાઈને કમકા અને સે ક્રિપટલમાં સારું જાન કાચકા હતા, સેમણ કોમિટીઓના કોમિટીઓમાં 'જાણ' માંગણીનીનો કાચો સીકી મધુ કોમિટીલ સકી પાડલા. કાલે રકમો સકીમાં જામું સંકીલક પણ કરવાનો કોલ પણ તેમને કિલે જમા છે. સેમણ કોમિટી કિલકિ કિલેલા ખેલક સભ્યે સુમલા તેમને કરેલા કે સેમણોની કિલકિ કિલકમાં જ થઈ સે વલ લો પાકી સે પણ તેઓ સભ્યક કલે કરો સે કરાઈ કનું મધુ સંકીલક કરનું પકતે. સેમણે કાલે કોમિટીઓ પદોવલ, કાલે સેવાલમાં પ્રવેશ કરી અને કાલે કોલે આક્રિલ કોમિટીના દેવોમાં કોલાયા સે કિલે સે કનું મધુ

પુરી સેવાલકાએ કલક થઈ સુધી છે. તેમણે સંકીલક કાચીકે ક્રિપટીમ કરામાં કોમિટી સભ્યમ સમાલ સેમણ સંકીલકે કરલા સુધા છે.

સેમણ કિલકરીનાં સેમણી કિલક સેવાલકોની કાચકુપે સેમણ સભ્યમ કમિટી આરકુલે સેમણુ પકેલ સભ્યમ કનું કનું અને સે કલેને તેમને સભ્યે ક્રિપટીલી રકમ કરામકી ખેલ સેકી પણ ખેલ કરાવી કરી. જે કે સે સેકી તેમણે સેમણ સે-જસુકેવલક સેવક સેવકેર કોલાકાઈને રાખમાં આપી કોમી કરી. આગા કિલકા સમાજ સેવક, કમી, સેમક, કોમિટીઓના અને પચકલ જલકા સારી સુકેમક કિલક આલેપુરા 'જાણ' માંગણીનીને ૧૯૬૧ માઈ ૧૯૬૧-૬૨ રીલ મુઠાઈ મુઠાઈ કોમિટીલ કરતાં સેમણ કિલકરી ક્રિપટલ સેમણ કિલકા વ્યુવોમાં ખેલ કોલાકે કરી.



સેમણ સમાલક- જુલાલ-૨૦૧૧

# ઈકબાલ અને મેમણો

એ. એલ. અલીવાલા

અમદાવાદ ઈકબાલ અધિભાગ દેહલીની કોલેજિયેટીક તેમજ રેલવેનીએડ્યુકેશન પ્રવર્તિની રેલવેન કાર્યાલય નહોતાં હતાં તેનાથી પ્રભાવિત પણ વલેચકુ તેમજુ સ્વચ્છુ કરુ તે મુસ્લમાનનીક સંબંધી કુલમાં તેમજી પણ આ વિષયમાં વાકી કમલિ કરી હતી જે કુટોપીકલ વિચારોને એ સરખાવે વાકી કિલ્લિએ એક થી. મોંજેલોલા કાલે અમદાવાદની સમકાલની વાકાટી આમ સ્વેલમાં મુસ્લમાનનીક વાકાટી મુસ્લિમ કમલિ પ્રવાસે આ. ઈકબાલ મહુમ રીયાલા કે કુટોપની પ્રવર્તિની કુટી આગુલે ઈકબાલે મિખર વાકી તેલે સુમેલ કેમ આ વાકી તે માટે પ્રયાસ વાકે ખેલેલે વાકે તેલા માટે તેલો રીખરેવાલા ખાસ વિચારવાની વેલા અલગવા કુર્વાન વાકે કટીમની વાકાં રહીલે કેમ કરુ ખેલેલે એક તેલે માલકા વેલા.

૧૯૨૪ની વાકાટીકી ઈસ્લામીક ઈલેવમાં રીખરેલાક વિષર એક અકીર કરેલે જેલે આમુક ઈલેમલે આ વાકાક કરેલ તે મહુમ અલગવા વિષર કાકાલે કાકાલે પણ વાકાટીકી.

કિલ્લિએલા મુસ્લમાનનીકાં એ વાકાલે એક આધુ એલાન ૧૯૨૪ દેલાકુ જે તેમને વાકી કિલા વાકે અમદાવાદની ૧૫૫૩૫૫ તરફ વાકે ૧૫૫૫. મુસ્લિમ વિચારકો ઈસ્લામની વાકાં રહી વાકાટીકલ વાકી કુલા વાકા એ વાકાલે મેમણોની વાકી કોમ તેલા ઈસ્લામ કેમ વાકે પ્રવર્તિવાકી મિચારોમાં એકરે વાકાલે આરો અલક આજથી રહી કરી. ઈકબાલ મહુમના મહારેલા તેકવર; કિલ્લિએલા વાકીક વિલેકુલાક એકમ રેલ ઈસ્લામ; જે આજે મહાકુટ એ

જેલા આગુલ વીરુ આવાલોમાં આ વાકા એ તે માટે મહારેલા અલગની વેક ૧૫૫૫ મુકાલે ૧૫૫૫ વાકા એ. તેલે વાકાલા એકા વેમારી કરી. તે મુસ્લમાનનીકા ઈલે વાકે કુલિએલે વાકાલે તેમજ આમ, કોલેલે. વાકીમાલાના વાકાટીમાં ખોલાની વાકાલે કુલાલે આજલા વેલા વાકે તેમને એક મુસ્લિમ એનોલેલેલાક વાકાલે રહેલી વાકે પ્રવાસ મુસ્લિમ વાકાલેલે ઈસ્લામી વિષર વિષર પ્રવાસ વેલા નીવલેલા વેલા વાકે રીખરેલાક વિષર પ્રવાસ વેલા તેમને ખોલાલા વાકાલે મહુમ ઈકબાલે પણ એકરેલા. આ મહેલે તેલા મુસ્લિમ વાકી વાકે અમદાવાદ ખીલેલેલે પણ એલેલી મુસ્લમા વેલા.

આમમાં એ વાકાટી એલેલી વેમારીએલે વેલા વાકે વેક ૧૫૫૫ મુકાલેલે વિષર ૧૫૫૫ની કમુલિએલાં વાકો આલ વેલા. તેમજ આમુક વેલા, વાકી વલન વાકા વેકમુક વેલા વાકે ૧૫૫૫ આજેલાં વાકા રહેક મુસ્લિમ કમુલિએલાં આલ વેલા. વાકી વેલા ઈકબાલ મહુમની મહારેલાલે કાકર દરમિયાલ વાકાલા ૧૫૫૫ ૧૫૫૫ મુસ્લિમ વેલાલાં વાકે કિલાકાટીકી વાકી ઈકબાલ આં વાકી વાકાલે એકમેલી.

એકમુક વેલા અલગની વેલાલ વાકીલ વાકે એક અલગરેક વાકાલેલે વાકાલે વેલા.

ઈકબાલ મહુમ ૧૫૫૫ વાકા ૧૫૫૫ મુકાલે વાકાલા વાકાલે તેલે એક વેલા ઈસ્લામ ઈસ્માઈલલા મેકાલાલ રહુ વેલા, વાકાલ વેક તેલે વાકાલે વાકા પ્રવાલે એલાલા એકાલે વેલા વેલાલ.

ખોલાલા વાકે મહેમાની રહેલી વાકે આજલા મહાકુટ આજલાલેલ વેલેલાલે આમુલ; એનોલેલા-એલાલ કોલેલાલે એક વાકાલાક ઈ-વાકી વાકાલેલી જેલાં વાકેલા વાકાલેકિલ મહારેલે એલાલાલાં વાકાલા વેલા.

આમ તેલાલ એલા મુકાલેલા મહાકુટ એલા એલાલા વાકા મુસ્લિમ વેલાલાલેલા કોલેલી વેલા જેમને ૧૫૫૫ની વિલા વાકીમ કાલિલ વેલી કરી. તેમને ઈકબાલા વાકે ૧૫૫૫ વાકી એવેલેલી કુલાલા વિલાલ 'કાલિલ'ની વાકાલે મેકાલી કિલેલી કરી કે તેલા વિષર ઈકબાલ એક વેલાલ વાકી આજે જેલી ઈકબાલે. કાકાલેલે એક વેલાલ વાકી વાકાલે.

ઈકબાલ મહારેલાં વાકે વિલાલ વેલાલે એલાલેલ વેલા. એલાલેલાં ઈકબાલ વાકાલે લાક રીમાલેલાલા મહેમાલ રહુ. વાકાલે લાક ઈસ્માઈલે એલાલેલા મહાકુટ અલાલા કોલિલેલા એલેલા ઈસ્માઈલા વેલાલી આપી. તેલેલીલે આમુકાલે વેલાલેલા (એમનેલે ૧૫૫૫ વાકા વાકે અલાલાલા કુલાલાલે આમુકાલે વેલાલે વેલાલાલા ઈલાલા કેલાલાલાં કિલ્લિએલાલાં મેમણોલે આ આલ કુલાલે પણ વેક વિષરેલા તેમને મોટી વેલાલે મુસ્લમાનનીકા વાકીમ વિષર અલક વેલાલે. વેક મો. કુમુક વેલે એવેલેલ આજલા નહોલા. એલાલેલાં ઈકબાલાલે એલાલે તરફથી એક વેલી વાકાલે વેલાલાં આપી. એલે એલી વેલાલાલાલ વિષર ૧૫૫૫નું કરુ.

૧૯૨૪માં એલીલામાં ઈકબાલાલે ઈલેલાલ વિષર એલાલેલ વાકીલાલાલાલેલેલેલેલે તરફથી એલાલેલ ઈકબાલ એલાલાલેલી આજલા વેલી વાકે મહુમને એલાલેલેલેલે 'ઈકબાલ મિચારોની કુલિએલા' આલે

એકમુક આજલા- ૧૫૫૫-૧૯૨૪



# ખજૂર

જેની તિલાંજલિ બાંધવાની તરીકે મોંઘુ છે



કે જાડો ખજૂરની વધુને વધુ તિલાંજલિ ભાડે મૂકાઈએ એવુંજ છે અને જગત વ્યાપ્તિમાં એવું પુરાણો વેવડા તો ખજૂર દેવાને વિદેશી વચાન વચાપી

ખજૂર ભારતીયોની એક પ્રીયભવુડા ફળ તરીકે ખખતુ મળુ છે. કાલીચાખણા આ મીઠા ફળની મઠણા કાલેમઠણ છે અને મઠાકાલી વધુઓમાં તેને ખાત મઠણ વચાન છે. દુલિયાના કાલેક વિરલાટોમાં ખજૂરોલા તામે ઓકાવાટા તેલા વુડાને છે અને કીરલાક દેવોમાં તો ખજૂરની તિલાંજલિ કાલેકવનુ મઠણવનુ અંજ ઠાલી ગઈ છે.

પાકિસ્તાન દુલિયામાં ખજૂરનું વાંચમા એકાનું સીધી મેંઘુ વિપાદક અને તિલાંજલિ છે. ઓખ મીઠા વિપાદક દેવોમાં કમપાટ મિલા, કાલેકી કાવડા, કીરાન અને કાવડા કાલેકાટલા તામ આપે છે. પાકિસ્તાન કલેકત આ વાંચ દેવોમાં દુલિયાના દુલ વિપાદકમાંથી કમ ઠાકા ખજૂરનું વિપાદક તામ છે. ખજૂરનો કાવડાનો મેંઘો વિપાદક દેવ કોલા કાલે પાકિસ્તાન તેલા દુલ તામા કા વાંચ ફળ ખજૂરના વિપાદકમાંથી ઓખ કાવડાના ખજૂરનું જ પ્રીકેલોડ કાવાની કાવડાને કાવડે છે અને કાલેકે જ કોલા વિપાદકનું કાંક ૫૫ ઠાકા જેકનું જ ખજૂર તિલાંજલિ કરી કરી છે. દેવમાં ખજૂરના વિપાદકના આ કાંકાકાનોથી દેવમાં આપે છે

કાપલા મુલ્ય તિલાંજલિમાં કાવડા પ્રાણ કરી કરી છે. જાડો કાવડા ખજૂરનું કાવડુવિલા વધુવિધી કોલેકીન કાવાની કાવાકાને આપી દેવાના અને તેલા પ્રેકેકુંમ કાવા કાંકકા મેલુકેકકરીમ કાવડ વુડાનુ કાવડા કાવાક તો કાલેક વુડીનો કાવાવનુ આ કાવડ દેવામાં કાવાક પાલી તિલાંજલુ સીધી મેંઘુ કાવડા ઠાલી વડે છે.

ખજૂર દુલિયાના કાવડે વધુ દેવોમાં કોલી છે પણ ઓખ કોલાને દેવને જેવો ફાવડુપ જાનીલ કાવાવનુ કોલા કાલે જાડો તેની વિપાજ કાવાકી કા વર્ષે વડેકાંજા કાંકાકાનો કાવાકાને કાંક કા વાખ કાવડ કાવડ મેંઘુકે કાવડ કુકી વડેકી કરી. આ કાંકકા વડેકાંજા કુક એકક એકીકાવડા કોલેકાકોલાને જાડી કરી કરા અને કો જાડી પણ ખજૂરનું વિપાદક વચાકવા કોલે કાંકકર પડેલાં તોવાલા કોવાનુ જાવાનુ વચી.

પાકિસ્તાનમાં જે વિલાટોમાં ખજૂર કોલી છે તેમાં તિલાંજલિ ખજૂર મીલ, કોલેકી, કોલેકી, વીલેકે એક, પ્રીકેલા કોલે, કાડી મોરી અને પાવનો કાકોલ તેમજ કાલેકીકાવડામાં કુવડાન તામા

વેવડુક વિલાટ મેંઘુ વધુવડા પ્રાણમાં કાવડુ વિલાટ વેવડાનો કોલાન કાલેકી કુલાનો કાવડાન કાવડ છે. પાકિસ્તાનમાં વિપાજ કાલે દુલ જાવામાંથી કાવડાને કો-કુલિયાંજા કાવડા ખજૂર તો કાંકકા કાલેકીકાવડામાં કોલી છે. ખજૂરનું વિપાદક કાલેકું કાવડું એક કાવડા છે પણ છે કે તેને વિલાંજલામાં કાડી એવો કાડેલા કામી વડે છે.

અમારો પાકિસ્તાનની ખજૂરની તિલાંજલિ વધુથી વડેકી કરી પણ કાવાકાનુ મુડાને આપી કોલાન તામા કોલાકાલી ખજૂરની તિલાંજલિ કોલામાં કાવડા-કાવડામાં પાકિસ્તાનને ખજૂરની વિપાજ કાવાકાને કાવડાની કાવડામાં આપી આપી કરી.

પાકિસ્તાનમાં કાવાકાન કાવડા કાવડા કોલાક જાનીલ પણ ખજૂરની કાવાકાની વધુ કાવાકો-વેવડાકોલા કોલી છે જેમાં કાવાકા તામે કોલા આપી કોલાને ખજૂર કાંકકાવડુક વચાવિ વચાકો છે. કાલેક વિલાટ તિલાંજલિ કાવડી, કોલીક, કાવાકાની, કોલાક અને કાવડી; કાલેકીકાવડાના મુડાવાલી, કોલા વુડી, કાવડી, કાવડીની કાવાકુ, કાવાક, કુલીની, વાપકુક અને કાવડાનુ, કોલા પ્રાંજલા કાવડી, કાવાકી, મુડીકાવડા, મુડાકા અને કાવડી તેમજ વેવડાના વુડાકાની, વાવાક, કાકીકી અને કોલી આને કોલાકાવા ખજૂર પણ કાવાકુક છે.

કાવે આકાન મેંઘુ વેવડાને મળુ છે અને કોલાકા કાવડે કાલેકાની કાવાકાકાલીક કાવાકાને કોલી કરી દેવાક છે તેલાકે તિલાં-કાલેકીકાવડામાં ખજૂરનું વિપાદક વચાકાને વિપાદકોમાં તેની તિલાંજલિ કાવા વિલેકી કાવાક કાવાકાની કાવાક અને કોલી કરી કરી છે.

\* \* \* ૭-૭૭

વિલાંજલિ કાવાકાન- જાવાક-૨૦૧૧

## પુષ્ટી જા તહેવાર

ઈન્સાનજી હી તો કિન્દગીજી રહવાર આજ  
 ઈન્સાનજી હી તો કિન્દગીજી કિરવાર આજ  
 ખાલી કંપાજી લાગવા મીણી ઈમાન હી ઈન્દ  
 ખુદા કરી કબે માલીક જુલ્ખી મુખવાર આજ  
 ઈન્સાનજી કીચ્છી અરેસાને સહીમ ખુદ  
 કિન્સતરે મીણવા ખજાંબરે સરવાર આજ  
 શાલુ જે બારી મહીને મેં મીણલી રીચેલી  
 અરુમલ સલાવીસમી રાત ઈન્જી વાજવાર આજ  
 કીન્જુ બહીજુ રીમા સમાજુ રહવા રહુવ કે  
 સમજાવ મુખવાર ઈન્દી કીચા સરવાર આજ  
 કીન્જુ મરેજુલે ખુદા મેંક કુખાને કરીમ ખાંકે  
 મીલી સરવા વીચેજે, ઈન્દી તો બેંડો વાર આજ  
 મુદલા અજલા ઈલાજ રુકાલી હી માક મેં  
 હી કયા જુલમાલી - તો સરેર ઈન્દવાર આજ  
 કબો ઈ જરુદલમંદો કે સવાલુ સબે રહવાર કે  
 જુલખી મુખરે ઈન્જી ઈન્દ-જુલખે ઈન્દીજર આજ  
 ઈલાજજી રોકાણી અરાવલ હી નેક મહીને મેં  
 ઈ કેવ કબો - જેલો અરેજે કબો ઈન્દાર આજ  
 હી ઈન્દ અખી રમસાનજી અલખીદા - જે બાર  
 મીણો અબે "કાજુબા" અજ ખુખીજે તહેવાર આજ

મોહમદ દુસેલ મેમલ "કાજુબા"  
 હીલ

સોજુ : "ખબા, અમ કાચીકે સરકીલા ?"

ખબા : "જા હી."

સોજુ : "ખાલી અમ સપલે તો અરબલા દુલા ?"

ખબા : "જા કે લા, હીલ."

સોજુ : "જુલો અમ કિન્દીજે ખાલ અમ અરબલા ?"

ખબા : "જા મિજા પે ?"

સોજુ : "કિન્દીજે અરાવલ ઈ કે અમ અમીકે ઈકીને ઈપેલી ખાલ  
 આજ અરબલા ?"

## જ્ઞાન અને બોધની વાતો

- માનવજી જેમ કિમર પદી  
 હી તેમ તેમ તેલી કિન્દગી  
 અરે હી.
- ઈન્દ અમીબલા સપલા ઈન્દ  
 મુખલી અમીબલા સપલા  
 અલા મેલા હીલ હી.
- મેંક માલસો અલી વાર  
 મોદું મોદું અરબલા હીલ હી.
- અબે વરહ માલસો મુખીલ  
 હી, ખરાલ વરહ અખખો  
 સરેલો હી.
- કિલમ માલસ મારે  
 કિન્દાવાર પુરવો હી.  
 અરબલા અરે અમલો અરબલા  
 હી.
- અંતોખી માલાલ અરીબ  
 હીલા અતાં જુખી હીલ  
 અરબલોખી અરબલા હીલા  
 અતાં જુખી હીલ.
- અખડાં જેવા અલા મિલો  
 જુલા અરા.
- જેવા કિન્દાર અરબો તેવા  
 અમ અમલ કિન્દલ કિન્દાર  
 અરબી જુખલ અલી  
 જવાલ.
- અમલાલ અંક દુલ હી.  
 અમલાલ અંકે તેલી મોટી  
 જુલ હી. અમલાલમાં જે  
 અમલાલ હી તેલી કિન્દગી  
 ખાવરદુલ હી.

-મેમલા રુકીલા અલ

કાસમલાઈ

કિન્દલગર

(સંસ્કાર અભાવે - જુલાઈ-૨૦૧૧)







# Memon Industrial & Technical Institute

A project of World Memon Organization in collaboration with EDGR

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- Sewing & Cutting
- Dress making & Boutique Designing
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- Motor rewinding
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## پیارے ساتھیو

دنیا کے تمام رشتوں میں ”ماں“ کا رشتہ سب سے سچا اور پرکا ہوتا ہے۔ ماں وہ واحد رشتہ ہوتی ہے جو اولاد کیلئے سب سے زیادہ مخلص ہوتی ہے۔ اپنے بچوں کی پرورش اور دیکھ بھال کیلئے سب سے زیادہ تکالیف اٹھانے والی ماں ہوتی ہے۔ دنیا کے تمام مائیں ایک جیسی ہستی ہیں۔ انہیں اپنے بچے دیکر تمام بچوں میں سب سے زیادہ پیارے ہوتے ہیں۔ مائیں اپنے کالے لکڑے بچوں کو بھی ”میرا چاند“ کہتی ہیں۔ تمام مائیں عظیم ہیں۔ میری بھی اور تمہاری بھی۔ ماؤں کی عظمت کو خراج تحسین پیش کرنے کا سب سے آسان طریقہ یہ ہے کہ ان کی حکم عدولی نہ کی جائے اور ان سے ادب و احترام سے پیش آیا جائے۔ انہیں تکلیف نہ دی جائے ساتھیو! اگر آپ چاہتے ہیں کہ اپنی ماؤں کو کوئی تحفہ دیں تو اس سے بہترین کوئی تحفہ نہ ہوگا کہ آپ پڑھ لکھ کر اچھے شہری بنیں اور معاشرے میں اپنا خاص مقام بنائیں تاکہ آپ کی ماں تمام زندگی آپ پر فخر کر سکے۔

دنیا کے تمام بڑے لوگوں نے اپنی ماں کی عزت کی ہے جیسی وہ بڑے لوگوں میں شمار ہوتے ہیں۔ ہر سال 8 مئی کو دنیا بھر میں ماں کا عالمی دن منایا جاتا ہے اس دن چھوٹے بڑے تمام افراد اپنی ماؤں سے محبت کا اظہار کر کے انہیں خراج عقیدت پیش کرتے ہیں۔ آپ اپنی ”ماں“ سے کس طرح محبت کا اظہار کریں گے۔ انہیں کیسے خوش رکھیں گے۔ ضرور سوچئے۔ (آپ کی باجی)

## ماں کی عظمت مشاہیر عالم کا خراج عقیدت

- 12- ماں کا پیار سب سے خوبصورت اور شیریں ہے (چارلس ڈکنز)
- 13- میں زندگی کی کتاب میں سوائے ماں کے اور کسی کی تصویر نہیں دیکھتا (ولٹر ایوگو)
- 14- میری عمر 42 سال ہو چکی ہے مگر آج تک یہ نہیں ہوا کہ میرے گھر واپس آنے سے پہلے میری ماں سوچتی ہو (ویٹسن)
- 15- سچے کیلئے سب سے اچھی جگہ ماں کا دل ہے۔ خواہ بچے کی عمر کتنی ہی ہو (ٹالسٹوین)
- 16- میری ہر تکلیف اور غم میں میری ماں کا تصور میرے لئے نجات بن کر آتا ہے (ابوالفضل)
- 17- میں نے سب سے پہلے ماں کی آنکھوں میں محبت کا رنگ دیکھا (لانگ فیلو)
- 18- اس بات سے ہمیشہ ڈرو کہ ماں نفرت یا بد دعا کیلئے ہاتھ اٹھائے (بولی سینا)

- 1- ماں کے بغیر گھر قہرستان کی طرح لگتا ہے (اورنگزیب عالمگیر)
- 2- سخت سے سخت دل کو ماں کی پریم آنکھوں سے موم کیا جاسکتا ہے (علامہ اقبال)
- 3- دنیا کی سب سے حسین شے ماں اور صرف ماں ہے۔ (محمد علی جوہر)
- 4- ماں کی محبت حقیقت کی آئینہ دار بنتی ہے (مولانا حالی)
- 5- ماں اور پھول میں مجھے کوئی فرق نظر نہیں آتا (شامل کیا گیا ہے) (ایرسن)
- 6- ماں سے ہمدردی کی توقع رکھنے کے بجائے (ملٹن)
- 7- ماں کا پیار ایسا ہے جو کسی کے سینے اور کسی کو بتانے کا نہیں ہے (حکیم لقمان)
- 8- اگر مجھ سے ماں کو چھین لیا جائے تو میں پاگل ہو جاؤں (فردوسی)
- 9- حسرتوں کے جہوم اور خوشیوں کے تلاطم میں ماں کی عظمت کو دیکھو (بوناپارٹ)
- 10- ماں کی زندگی میں محبت اور مہربانی کا عنصر شامل کیا گیا ہے (ایرسن)
- 11- آسمان کا بہترین اور آخری تحفہ ”ماں“ ہے (ملٹن)

## حاضر دماغ

ایک بادشاہ اپنے محل میں کھڑا موسلا دھار بارش کا نظارہ دیکھ رہا تھا۔ اسنے دیکھا کہ تیز تیز بارش میں ایک بچہ بھاگا جا رہا ہے۔ بادشاہ نے کہا ”دیکھو بچے سنجھل کر چلو کہیں پھسل نہ جانا“ اس حاضر دماغ لڑکے نے جواب دیا۔ ”بادشاہ سلامت! میرے پھسلنے سے تو صرف میرے کپڑے خراب ہوں گے لیکن آپ اپنا خیال کریں اگر آپ پھسل گئے تو پوری قوم تباہ ہو جائیگی اس جواب سے بادشاہ بہت خوش ہوا اور بچے کو انعام سے نوازا۔

## رسول اللہ ﷺ کی والدہ ماجدہ

آنحضرت ﷺ بہت چھوٹی عمر کے تھے کہ والدہ ماجدہ کا بھی انتقال ہو گیا تھا۔ رسول اللہ ﷺ نے والدہ کی عزت و توقیر کرنے کیلئے بار بار تلقین کی ہے۔ آپ ﷺ کی والدہ حضرت آمنہ بنت وہب تھیں۔ حضرت آمنہ اس لحاظ سے تاریخ کی سب سے خوش قسمت خاتون ہیں کہ آپ کو پیغمبر اعظم ﷺ کی ”ماں“ ہونے کا شرف حاصل ہوا۔ پیدائش کے بعد نبی حلیہ سعدیہ نے آنحضرت کی تربیت و پرورش نہایت محبت سے کی ہے۔ حضور ﷺ کی عمر مبارک پانچ برس کی تھی تو حضرت آمنہ کا ابواء کے مقام پر انتقال ہوا اور آپ وہیں دفن کر دی گئیں۔ حضرت نبی بی آمنہ کو ہر ماں کی طرح اپنے بیٹے سے غیر معمولی محبت تھی شاید اس سے کہیں زیادہ جو عام ماؤں کو اپنے بیٹوں سے ہوتی ہے۔

آنحضرت کی پرورش و دیکھ بھال کرنے والی خاتون حلیہ سعدیہ کی بھی آنحضرت دل سے عزت و محبت کرتے تھے۔ انہیں دیکھتے تو اپنے شانے مبارک سے چادر اتار کر ان کے پیٹھے کیلئے بچھا دیتے۔

## لذیذار مطیفی



☆ ایک بچے کی امی اس کی بڑی تعریف کرتی تھیں ایک دن اپنے شوہر سے کہنے لگیں ”میرا بچہ بہت ذہین ہے جب یہ چلتا ہے تو ایسے معلوم ہوتا ہے جیسے کوئی بڑا آفیسر چل رہا ہے ضدی اتنا ہے کہ لگتا ہے جیسے یہ مستقبل کا وزیر اعظم ہوگا، سمجھدار اتنا ہے جیسے یہ مستقبل میں وزیر اطلاعات و نشریات بنے گا اور ذہین اتنا ہے کہ جیسے یہ حزب اختلاف کا قائد بھی بن سکتا ہے۔“

شوہر نے چیختے ہوئے کہا۔ بس کرو بیگم! مجھے تو ایسا معلوم ہوتا ہے کہ یہ بڑا ہو کر ہمیں جیل بھجوائے گا۔“

☆☆☆☆☆☆☆☆

☆☆☆☆☆☆☆☆

# طوطے

☆☆☆☆☆☆☆☆

جن خواتین کے چہرے پر جھانپناں ہوں وہ پریشان نہ ہوں مٹی کی پیالی میں ایک چمچ بالائی اور چار باداموں کی چربی پیس کر مرکب بنالیں چہرے پر رات کو سونے سے قبل لپ کر لیں اور صبح ٹھنڈے پانی سے منہ دھولیں۔

☆☆☆☆☆☆☆☆

ہاتھوں کی سلوٹوں کو دور کرنے کے لئے عرق گلاب تقریباً آدھا پاؤ، روغن بادام 15 گرام، بھٹکری 15 گرام لیں اور چار انڈوں کی سفیدی لیکر اسے ایک پتیلی میں مکس کر لیں اور جیسی آج پر پکائیں۔ یہ پک کر لئی کی شکل اختیار کر لے تو اتار لیں۔ روزانہ رات کو اس آمیزے سے ہاتھوں کی مائش کر لیں۔ بہت جلد مفید نتائج برآمد ہوں گے۔

☆☆☆☆☆☆☆☆

مصالے رکھنے سے پہلے مصالے کے ڈبوں میں ایک قطرہ مونگ پھلی کا تیل ڈال کر مل دیں اور پھر مصالے رکھیں مصالے کئی دن تک تازہ رہیں گے۔

☆☆☆☆☆☆☆☆

پیاز کاٹتے وقت چھری کی نوک پر ایک آلو کا ٹکڑا لگا دیں آنکھوں میں جلن نہیں ہوگی اور نہ ہی آنکھوں سے پانی نکلے گا۔

☆☆☆☆☆☆☆☆

اگر کپڑے بہت زیادہ میلے اور داغ دھبے والے ہوں تو ان کو صاف کرنے کے لئے کپڑے دھونے کا سوڈا اور کپڑے دھونے کا صابن لیکر کسی برتن میں دونوں چیزیں ڈال کر گرم کر لیجئے پھر اس مرکب کو ٹھنڈا کر کے کپڑے دھو لیجئے۔ کپڑے بے حد صاف ہو جائیں گے۔

☆☆☆☆☆☆☆☆

بچن اور ہاتھ روم کے نائلز دھونے کے لئے تھوڑا سا پیٹرول اور سرکہ آپس میں ملا کر نائلز پر لگا کر تھوڑی دیر کے بعد اچھی طرح سے پانی سے دھولیں نائلز چمک جائیں گے۔

☆☆☆☆☆☆☆☆

سر کی خشکی سسکری دور کرنے کے لئے شکر اور دہی باہم ملا کر سر پر لگانے سے خشکی سسکری کا خاتمہ ہو جاتا ہے۔

بالوں کو شیپو سے دھونے کے بعد بال جب گیلے رہ جائیں تو بالوں کو الگ الگ کر کے اس کی جڑوں میں بورک پاؤڈر لگالیں پھر بالوں کو بغیر کنگھی کئے باندھ لیں ایک گھنٹے کے بعد بالوں میں باریک کنگھی کر لیں اس طرح جوڑوں کے ساتھ لکھوں کا بھی خاتمہ ہو جائے گا اس سے بالوں کی ساخت اور نشوونما پر کوئی فرق نہیں پڑے گا۔

☆☆☆☆☆☆☆☆

رات کو ایک چمکی نمک لیکر اس میں دو قطرے سرسوں کا تیل اچھی طرح سے ملا لیں انگلی سے دانتوں پر خوب اچھی طرح سے ملنے پھر منہ کو ڈھیلا چھوڑ دیں تاکہ گندا پانی نکل جائے پھر بغیر کلی کئے سو جائیں پانی بالکل نہیں لگاتا۔ اس سے دانت صاف اور مسوڑھے مضبوط ہو جائیں گے۔

☆☆☆☆☆☆☆☆

لیہوں کے رس میں گلیسرین ملا کر جسم پر ملنے سے چھمچ کے کاٹنے سے بچا جاسکتا ہے۔

☆☆☆☆☆☆☆☆

جن لوگوں کی زبان بات کرتے ہوئے بار بار رک جاتی ہے یا بولنے میں بکلاہٹ یا تھکاوٹ محسوس ہو، انہیں چاہئے کہ آٹھ سے دس عدد بادام لیکر رات کو پانی میں بھگو دیں اور صبح چھلکا اتار کر مکھن کے ساتھ گھوٹ کر استعمال کریں انشاء اللہ تھوڑے عرصے میں واضح فرق محسوس ہونے لگے گا۔

☆☆☆☆☆☆☆☆

گھر کے کام کاج کرنے سے اور خاص طور پر برتن وغیرہ مانجنے سے ہاتھ سخت ہو جاتے ہیں اس کے لئے آپ روغن بادام دو چمچ، شہد ایک چائے چمچ ملا کر پیسٹ بنالیں اور رات کو سوتے وقت اچھی طرح سے ہاتھوں اور ناخنوں پر ملیں۔ پھر دستانے پہن کر سو جائیں صبح پانی سے ہاتھ دھولیں ہاتھ مع ناخنوں کے نہایت دلکش نظر آئیں گے۔

☆☆☆☆☆☆☆☆

روزانہ رات کو ہونٹوں پر زعفران لگائیں اور پانچ منٹ کے بعد دھولیں چند دنوں تک ایسا کرنے سے آپ کے ہونٹوں پر قدرتی سرخی آ جائے گی۔

☆☆☆☆☆☆☆☆

اگر کتابوں کو کیڑا لگ جائے تو پھٹکری کا سفوف اور سفید مرچ کا سفوف ملا کر کتابوں پر چھڑک دیں اس کے علاوہ مارچ اور اکتوبر کے مہینوں میں ایک کپڑا پھٹکری کے پانی میں بھگو کر ہوا میں خشک کر لیں اور پھر اسی کیڑے سے کتابوں کو پونچھ ڈالیں۔

☆☆☆☆☆☆☆☆

ناریل کے بالوں کو جلا کر اس کی راکھ پانی میں ملا کر کچھ دیر رکھیں۔ جب راکھ پانی کے نیچے بیٹھ جائے تو اس کا پانی نتھار کر پلائیٹکی کے لئے مفید ہے۔

☆☆☆☆☆☆☆☆

خشک اور کھردری جلد کے لئے سنگترے کا گودا الگ کر کے چھلکے دھوپ میں سوکنے کے لئے رکھ دیں۔ جب چھلکا خشک ہو جائے تو اسے باریک پیس کر کپڑے سے چھان لیں اس کے بعد ہم وزن بیسن میں تھوڑی سی ہلدی ملا لیں خشک جلد کے لئے چنبیلی کا تیل شامل کر کے خوب پھینٹیں اس طرح ابٹن تیار ہو جائے گا۔

☆☆☆☆☆☆☆☆

اونی کپڑوں سے تیل کے داغ مٹانے کے لئے متازہ جگہ پر زرا سا دھی لگائیں اور کچھ دیر بعد دھولیں اونی کپڑوں پر سے تیل کا داغ مٹ جائے گا۔

☆☆☆☆☆☆☆☆

سر دیوں میں ہماری جلد زیادہ صفائی مانگتی ہے خاص طور پر ہاتھ پاؤں گردن اور چہرہ گردن کی صفائی کے لئے تھوڑے سے بیسن میں چند قطرے لیہوں کا رس ملائے پھر چنگی بھر ہلدی اور گلاب کا عرق بھی شامل کر لیجئے اب اس ابٹن کو گردن پر لگائے خشک ہونے پر اچھی طرح اتار کر دھولیں اس سے نہ صرف گردن کا میل صاف ہو جائے گا بلکہ اس کے متواتر استعمال سے رنگت بھی صاف ہو جائے گی۔

☆☆☆☆☆☆☆☆

ہاتھوں سے لہسن، پیاز یا کسی دوسری سبزی کی بودودور کرنے کے لئے ٹوتھ پیسٹ کو ہاتھوں پر ملیں اور پھر دھولیں اس سے بودودور ہو جائے گی۔

☆☆☆☆☆☆☆☆

دودھ آٹھ کپ  
چینی تین پیالی  
عرق گلاب چند قطرے  
ترکیب:

پہلے لوکی کا چھلکا چھیل کر اسے کدو کش کر لیں۔ اب ایک دہنگی میں لوکی اور پانی ڈال کر پکنے کیلئے چولہے پر چڑھا دیں۔ جب لوکی گل جائے اور پانی بالکل خشک ہو جائے تو اس میں دودھ ڈال دیں۔ جب یہ پکنے لگے تب اس میں چینی شامل کریں اور اتنا پکنے دیں کہ یہ گاڑھا ہو جائے۔ ٹھنڈا ہونے کیلئے رکھ دیں۔ بادام پستے کی ہوائیاں اور چند قطرے عرق گلاب چھڑک دیں۔ گرمیوں میں یہ کھیر فرحت بخش ہونے کے علاوہ طاقت فراہم کرتی ہے۔ اختلاج اور گھبراہٹ کے مریضوں کیلئے بہت مفید ثابت ہوتی ہے۔

### فرائی شرمپ

اجزاء:

شرم (جھینگے) ایک پاؤ  
سویا سوس ایک کھانے کا چمچ  
سرکا ایک کھانے کا چمچ  
کالی مرچ پاؤ ڈر ایک چائے کا چمچ  
نمک حسب ذائقہ  
تیل حسب ضرورت (تلنے کیلئے)  
ترکیب:

جھینگے کو اچھی طرح چھیل کر دھولیں اور درمیان سے چھری لے کر دو ٹکڑے اس طرح کاٹیں کہ دوسرا سراسر اجزا ہے۔ اس طرح جھینگے کا پکنے کے بعد ڈیزائن بن جاتا ہے۔ ان جھینگوں کو سویا سوس سرکا، کالی مرچ پاؤ ڈر اور نمک ملا کر آدھا یا پون گھنٹہ رکھ دیں۔ جب یہ آمیزہ جھینگے میں جزب ہو جائے تو ایک ایک جھینگے کو خشک کارن فلور یا میدے میں اچھی طرح ڈب کر لیں۔ کڑاہی میں تیل خوب گرم کریں اور میدہ لے جھینگے تیز آچ پر فرائی کریں۔ ایک ساتھ سارے جھینگے نہ ڈالیں بلکہ تھوڑے تھوڑے کر کے تلیں۔ سنہری رنگت ہو جانے پر ٹشو پیپر پر نکال لیں کچپ کے ساتھ پیش کریں۔

☆☆☆☆☆☆



## عالم کا دسترخوان



کر لال کر لیں اور نکال لیں۔ اب اس میں جھینگا ادراک، بہن پیس کر ڈال دیں اور ہلکی آچ پر بھونیں۔ پانی خشک ہو جائے تو لیموکا رس ڈال دیں۔ نمک مرچ، کوٹا ہوا گرم مسالا تیز پات بھی ڈال کر بھونیں۔ اب وہی ڈال دیں۔ دہی خشک ہو جائے تو تلی ہوئی پیاز پیس کر ڈالیں۔ آچ ہلکی رکھیں ورنہ مسالا جل جائے گا۔ چاول دھو کر بھگو کر رکھ دیں۔ دودار چینی ڈال کر پانی اہل لیں نمک بھی شامل کریں۔ پانی اہل جائے تو چاول ڈال کر ایک کئی کچی رکھ کر اتار لیں اور پانی سنھار کر ایک پتلی میں ایک تہہ جھینگا اور ایک تہہ چاول رکھ کر اس پر ایسنس ڈال دیں اور پندرہ منٹ دم پر رکھ دیں۔

### لوکی کی کھیر

اجزاء:

ہری لوکی ایک پاؤ



### بگھارے بیگن

اجزاء:  
بیگن دو کلو  
تیل دو کپ  
پیاز ایک پاؤ  
اہلی آدھا پاؤ  
کھوپرا پاؤ ڈر ایک چھٹانک  
بادام پانچ عدد  
سفید تیل ایک بڑا چمچ  
خشخاش ایک بڑا چمچ  
سفید زیرہ ایک بڑا چمچ  
ثابت دھنیا ایک بڑا چمچ  
ادراک بہن پسا ہوا دو چائے کے چمچ  
سرخ مرچ پاؤ ڈر ایک بڑا چمچ  
ہلدی ایک چائے کا چمچ  
نمک حسب ذائقہ  
ترکیب:

پہلے بیگن دھو کر اس طرح کاٹیں کہ چار ٹکڑوں میں تقسیم ہو جائیں، ٹکڑے الگ نہ ہوں، انہیں نمک لے پانی میں ڈال دیں۔ اہلی دو پیالی پانی میں بھگو دیں۔ تیل گرم کر کے تمام مسالے دھیمی آچ پر تیل لیں اور سل پر تھوڑا پانی ملا کر خوب باریک پیس لیں۔ اب اسی تیل میں پیاز سرخ کر کے اسے بھی باریک پیس لیں۔

تمام مسالے ملا کر بیگنوں میں بھر دیں اور بچے ہوئے تیل میں تھوڑا سفید زیرہ اور کڑی پتا ڈال کر سرخ ہونے پر بیگن اور مسالا ڈال کر ہلکی آچ پر انہیں الٹ پلٹ کر ہلکا بادامی رنگ کا بھون کر اہلی مل کر صاف کر کے اس کا پانی شامل کر دیں اور ہلکی آچ پر پکنے دیں تاکہ بیگن گل جائیں اور تیل اوپر آجائے بعض افراد اس میں خوش بو کیلئے گرم مسالا یا مینٹی ایک گرام، کلونچی ایک گرام پیس کر شامل کرتے ہیں۔ یہ سالن خشکے اور تازہ روٹی کے ساتھ مزہ دیتے ہیں باسی ہو کر ان کا ذائقہ دوبالا ہو جاتا ہے۔

### جھینگا بریانی

اجزاء:

جھینگا ایک کلو

# مہنگی کلمیاں

## مشرک والدین کے ساتھ حسن سلوک

”حضرت ابو بکرؓ کی بیٹی حضرت اسماءؓ فرماتی ہیں کہ اس زمانہ میں جبکہ قریش اور مسلمانوں کے درمیان صلح ہوئی تھی (صلح حدیبیہ) میری ماں (رضاعی ماں) میرے پاس آئی اور وہ ابھی اسلام نہیں لائی تھی بلکہ مشرک کی حالت پر تھی تو میں نے نبیؐ سے پوچھا کہ میری ماں میرے پاس آئی ہے اور وہ چاہتی ہے کہ میں اسے کچھ دوں تو کیا میں اسے دے سکتی ہوں؟ آپ ﷺ نے فرمایا، ہاں تم اس کے ساتھ مہربانی کا سلوک کرو۔“ (بخاری مسلم)

## نفسیاتی قلم

☆ ایسے طلباء جو لیکچر کے دوران۔۔۔۔۔!

☆ بین کھول کر رکھتے ہیں مگر کم لکھتے ہیں وہ عموماً ذہین ہوتے ہیں مگر وہ دوسروں کو اچھا مشورہ نہیں دے سکتے۔

☆ بین بند رکھتے ہیں وہ مغرور لیکن تہا پند ہوتے ہیں۔

☆ بین کا ڈھکنا دوسرے ہاتھ میں رکھتے ہیں وہ عموماً ہوشیار ہوتے ہیں مگر جذبات کے سرد ہوتے ہیں۔

☆ بین کو بار بار کھولتے اور بند کرتے ہیں وہ عموماً نالائق ہوتے ہیں مگر کچھ گھر کیلیمسائل کو خوبصورتی سے حل کرتے ہیں۔

☆ بین کو خواہ خواہ استعمال کرتے ہیں اور الٹی سیدی لائیں کھینچتے رہتے ہیں انہیں پڑھائی سے کوئی دلچسپی نہیں ہوتی۔

☆ بین کی نب جان بوجھ کر دوسروں کو چھوتے رہتے ہیں وہ خصوصاً حاضر جواب ہوتے ہیں مگر یہ لوگ زندگی میں کامیابی دیر بعد حاصل کرتے ہیں۔

☆ بین کو بار بار منہ میں رکھتے ہیں وہ عموماً لیکچر سمجھ لیتے ہیں مگر وہ کوئی چیز حفاظت سے نہیں رکھ سکتے۔

☆ بین کو بار بار ماتھے پر مارتے ہیں وہ ریاضی میں کمزور ہوتے ہیں مگر عموماً بہترین ویل ثابت ہوتے ہیں۔

☆ بین یا ہینڈل دانٹوں میں دبائے رکھتے ہیں وہ عموماً آرٹ کے ماہر مگر طبیعت کے حساس ہوتے ہیں۔

(عرفان پٹھان۔ کراچی)

## مہمان

تھی  
میں وہاں نہ تھا!  
سرشام غم مجھے ڈھونڈتی مری ماں کی بھتی نگاہ تھی  
میں وہاں نہ تھا!

میرے چار سو ہے دھواں دھواں  
مرے خواب سے مری آنکھ تک  
یہ جو بیل اشک ہے درمیاں  
اسی بیل اشک کے پار ہے  
کہیں میری ماں!

ترے رحم کی نہیں حد کوئی!  
ترے عفو کی نہیں انتہا

کہ تو ماں سے بڑھ کر شفیق ہے  
وہ رفیق ہے  
کہ جو ساتھ ہو تو یہ زندگی کی مسافرتیں  
یہ اذیتیں۔۔۔۔۔ یہ رکاوٹیں

فقط اک نگاہ کی مار ہیں  
یہ جو خار ہیں

ترے دست معجزہ ساز سے  
گل خوش جمال بہار ہیں

مری التجا ہے تو بس یہی  
مری زندگی کا جو وقت ہے، کٹے اس کی اجلی

دعاؤں میں

ترے درگزر کے حضور میں  
تری برکتوں کے حصار میں!

وہ جو خاص چشم کرم میں ہے  
اسی روشنی کی قطار میں!!

کسی چیز کی بھی کمی نہیں  
تری بخششوں کے دیار میں!

مری ماں کی روح جمیل کو  
سدا رکھنا اپنے جوار میں!!

سدا پر نضا وہ لہر ہے ترے لطف خاص کی چھاؤں میں

اجلاس اسلام امجد کا اپنی والدہ مرحومہ کے لیے دعا  
میں جدھر گیا، میں جہاں رہا  
مرے ساتھ تھا،  
وہی ایک سایہ مہرباں،  
وہ جو ایک پارہء ابر تھا سر آسمان،  
پس ہر گماں

وہ جو ایک حرف یقین تھا  
(مرے ہر سفر کا امین تھا)  
وہ جو ایک باغِ ارم نما سبھی موسموں میں ہر اربا  
وہ اجڑ گیا

وہ جو اک دعا کا چراغِ سامرے راستوں میں  
جلارہا  
وہ بکھر گیا

مرے غم کو جڑ سے اکھاڑتا  
وہ جو ایک لمسِ عزیز تھا  
کسی کپکپاتے سے ہاتھ کا وہ نہیں رہا  
وہ جو آنکھ رہتی تھی جاگتی مرے نام پر  
وہی سو گئی!

وہ جو ایک دعائے سکون تھی مرے رخت میں  
وہی کھو گئی  
اے خدائے واحد ولم یزل  
ترے ایک حرف کے صید ہیں  
یہ زماں مکاں!

ترے فیصلوں کے حضور میں  
نہ مجال ہے کسی حرف کی نہ کسی کتاب سوال ہے  
یہ جو زندگی کی متاع ہے  
تری دین ہے تر مال ہے  
مجھے ہے تو اتنا مال ہے!

کہ جب اس کی ساعتِ آخری سر راہ تھی  
میں وہاں نہ تھا!

میرے راستوں سے نکل گئی وہ جو ایک جائے پناہ

## ماں کی دعا۔۔۔۔۔

اتنی عزت! رکشے والا جواب دیتا ہے کہ ”یہ الفاظ میں نے مجبوراً لکھوائے ہیں!“  
وہ آدمی پوچھتا ہے کہ ”کیا مجبوری تھی؟“  
رکشے والا بولا ”یہ جو میں نے رکشا خریدا ہوا ہے اپنی ماں کے زور بیچ کر ہی تو خریدا ہے!“  
(مظہر حسین چشتی، کراچی)

ایک دفعہ ایک آدمی بازار میں اپنے رکشے کے قریب کھڑا ہوا تھا کہ ایک آدمی کا قریب سے گزر ہوا، اس نے اس آدمی سے پوچھا کہ یہ تمہارے رکشے کے پیچھے ”ماں کی دعا، جنت کی ہوا“ جیسے الفاظ کیوں لکھے ہوئے ہیں؟ اس دور میں ماں کی

## والدین کے حقوق کیا ہیں؟

- 1 علماء نے لکھا ہے کہ ماں باپ کے اولاد پر دس حق ہیں
- 2 محتاج ہوں تو ان کے کھانے پینے کا بندوبست کرنا
- 3 ضرورت مند ہوں تو خدمت کرنا
- 4 پکارنے پر نرمی سے جواب دینا
- 5 جائز امور میں کہنا ماننا
- 6 سختی چھوڑ کر نرمی سے کلام کرنا
- 7 لباس نہ ہو تو لباس پہنانا
- 8 اپنی پسندیدہ چیز ان کے لئے بھی پسند کرنا
- 9 جن چیزوں کو اپنے لئے برا جانے ان کے لئے بھی برا جانے
- 10 جب اپنے لئے دعا کرے تو ان کے لئے دعائے مغفرت کرے
- 11 والدین کے ملنے جلنے والوں کا خیال کرے
- 12 بعض صحابہؓ سے مروی ہے کہ والدین کے حق دعا ترک کرنے سے رزق میں تنگی ہو جاتی ہے کسی نے حضور اقدس ﷺ سے دریافت کیا کہ اگر والدین اولاد سے ناخوش ہو کر انتقال کریں تو اولاد ان کو کیسے راضی کر سکتی ہے آپ ﷺ نے فرمایا تین طریقوں سے۔ اول یہ کہ خود صالح ہو، دوم یہ کہ والدین کے رشتہ داروں کے ساتھ حسن سلوک کرے اور سوم یہ کہ ان کے لئے دعائے مغفرت کرے۔

## میری ماں۔۔۔۔۔

- ☆ پیار کا بیٹھار یا جو سب دکھ بھلا دیتا ہے۔
- ☆ میرا ہر انعام، ہر مقام، ہر عزت میری ماں کی دعاؤں کی بدولت ہے۔
- ☆ میں نے اپنی ماں سے زیادہ سچی، کھری اور اصول پسند عورت نہیں دیکھی۔
- ☆ میری ماں نے مجھے اللہ سے محبت کرنا سکھائی! اس حد تک کہ میرے دل میں ہر وقت ”اللہ ہو! کی صدائیں گونجتی رہتی ہیں۔
- ☆ میری ماں نے مجھے بڑوں کا ادب، چھوٹوں کا خیال کرنا سکھایا اور سب سے بڑھ کر صبر کا وہ سبق سکھایا کہ آج لوگ میری عزت کرتے ہیں اور کہتے ہیں ”جیسی ماں ویسی بیٹی“! شکر یہ ماں! واقعی آپ میری جنت ہیں۔
- (شمن خان، کراچی)

# گم شدہ جنت

تحریر: ڈاکٹر امین گاڈت

ماں کی عظمت سے بھلا کس کو انکار ہو سکتا ہے، یہ دنیا کا خوبصورت ترین رشتہ ہے، میرے دل میں ہر ماں کے لئے احترام ہے میرا

ایقان ہے کہ جس نے اس ہستی کو نہیں سمجھا اور اس کے جذبے کی پزیرائی نہیں کی گویا اس نے کسی رشتے کو نہیں سمجھنا چاہا۔ ماں کا دوسرا نام ایثار ہے، یہ وہ ہستی ہے جو سراپا محبت ہے فی زمانہ مادہ پرستی میں سنگے بہن بھائی بھی ایک دوسرے کے دشمن ہو جاتے ہیں اور مادہ پرستی میں عدالت تک چلے جاتے ہیں مگر کوئی کبھی ماں اپنے بچوں کے خلاف اس حد تک گئی ہے؟ انسانوں کو چھوڑیے، جانوروں کی مائیں بھی اپنے بچوں کی حفاظت کے لئے ڈھال بن جاتی ہیں، اس بادشاہ کا قصہ جس نے ایک ہرن کے بچے کو اٹھایا اور سر پٹ گھوڑا دوڑا دیا، اس بچے کی ماں اپنی جان کی پرواہ کیے بغیر اس کے تعاقب میں دوڑی، حتیٰ کہ بادشاہ کو رحم آ گیا اور اس نے بچے کو اتار دیا، ہرن نے مشکور آنکھوں سے اس بادشاہ کو دیکھا، چڑیا کسی طرح اپنے بچوں کو دانہ فراہم کرتی ہے، مجھے دکھ ہوتا ہے جب کبریٰ کے چھوٹے چھوٹے بچوں کو سڑک پر بیچا جاتا ہے، یہ وقت تو ماں کی قربت میں رہنے کا ہوتا ہے، ان بچوں پر کیا گزرتی ہوگی یہ در بھی ایک ماں ہی سمجھ سکتی ہے، ہر سال ماں کے لئے ایک مخصوص دن منایا جاتا ہے اس دن ماؤں کو تحفے بھیجے جاتے ہیں مگر کیا ہم ماں کا احترام اس طرح کر پاتے ہیں جیسا ہمارے مذہب میں کیا گیا ہے، مذہب نے ماں کا درجہ باپ کے مقابلے میں تین گنا زیادہ بتایا ہے اور کہا گیا ہے کہ اس کے پاؤں کے نیچے جنت ہے، میں چند ماؤں کا ذکر کرنا چاہتا ہوں اور فیصلہ آپ کو کرنا ہے کہ کیا اس ہستی کا احترام ہم کر پاتے ہیں، آج کی ماں کبھی کاروباری کی بھینٹ چڑھتی ہے، کبھی زمانے کی ستم نظریوں کا شکار ہوتی ہے، کبھی غربت و افلاس کے شکنجے میں پھنسی نظر آتی ہے تو کبھی حسرت و یاس کی صورت نظر آتی ہے، ہمارے گھر کام کرنے برسوں سے ایک عورت آتی تھی، اسے سب ”مائی“ کہتے تھے، اصل نام تو شاید کسی کو بھی نہ پتہ ہو، صبح آتی اور شام تک گھر کا سارا کام کرتی، مہینے بھر کی مشقت کے بعد تنخواہ ملتی تو وہ بہت خوش ہوتی، اس کا بچہ اسکول میں پڑھتا تھا جس

پر جان چھڑکتے تھے اور وہ متنا کا امرت فراخندی سے لٹاتی تھیں، ہر بیٹا صبح کام پر جانے سے پہلے ان کا ہاتھ چومتا اور دعا مانگتا لیتا مگر پھر وقت بدلا کاروبار میں بھاری نقصان ہوا، اس صدمے سے نلیم بی بی کے شوہر کو دل کا دوڑا پڑا اور وہ اس دنیا سے رخصت ہو گئے، حویلی بیچنے کی نوبت آن پڑی اور غرض سب کچھ ختم ہو گیا، سب بیٹے الگ ہو گئے مگر ساتھ ہی دل بھی الگ ہوئے، آپس میں پہلے کی سی محبت نہ رہی یہاں تک کہ نلیم بی بی کی عزت و وقعت بھی کسی اولاد کی نظروں میں نہ رہی، شاید یہ محبت نہیں تھی سب دولت کا کرشمہ تھا، جیسی انہوں نے متنا کو بھی دولت کے ترازو میں ٹولا تھا، کوئی ان کو اپنے ساتھ رکھنا نہیں چاہتا تھا، سب کی کوئی نہ کوئی خود ساختہ مجبوری تھی، ایسا کہاں ہوتا تھا کہ اک چراغ کیا بجھا، سو چراغ بجھ گئے، نلیم بی بی اپنی ایک غریب بہن کے چھوٹے سے مکان میں رہنے چلی گئیں، بچوں نے خبر گیری بھی نہ کی اور یہ بھی جاننے کی کوشش نہیں کی کہ وہ کس حال میں ہیں، ان حالات کی وجہ سے وہ شدید ذہنی انتشار کا شکار ہو گئیں، بہکی بہکی باتیں کرنا، رات میں اٹھ کر اپنے بچوں کو آوازیں دینا، خود کلامی کرنا، کھانا نہ کھانا، بے قراری اور اضطرابی کیفیت نمایاں ہونا، بلاخر ان کو ایک نفسیاتی اسپتال میں داخل کر دیا گیا جہاں وہ ایک طویل عرصے سے ہیں، خرچہ ان کے مرحوم شوہر کے ایک کاروباری دوست اٹھاتے ہیں اور کبھی بکھار ملنے بھی آجاتے ہیں، اولاد میں سے کوئی کبھی ملنے نہیں آیا، اب تو نلیم بی بی کو یہ بھی ہوش نہیں کہ ان کی کوئی اولاد بھی ہے اور زندگی ان پر نازاں بھی تھی، ہیرا خیال ہے کہ وہ ضرور سب کچھ بھول گئی ہوں مگر ماں ہونے کا احساس اب بھی ان کے دگ وپے میں سرایت کر رہا ہوگا۔

بعد سدھر جائے گا، بہن نے معمولی چیز لیا مگر شادی کے بعد اس کی زندگی اچیرن کر دی، لڑکا بھی سدھر نے کی بجائے اور بگڑ گیا، آوارہ گردی، اوباش لڑکیوں سے دوستی، مگر پھر بھی وہ نباہ نہ کرتی رہی، خود ایک اسکول میں ملازمت کر لی اور گھر کا خرچہ چلانے لگی، دو بچے ہوئے جو اس کی ہستی کا سامان بن گئے، اس کا شوہر بچوں سے بالکل محبت نہیں کرتا تھا، شراب کے نشے میں مار پیٹ بھی کرتا، تنگ آ کر اس نے خلع لے لی اور اسکول کی نوکری سے بچوں کا پیٹ پالنے لگی، وہ اپنے بچوں کی پرورش برے ماحول میں نہیں ہونے دینا چاہتی تھی اور فیصلہ کر لیا کہ اپنی زندگی ان کے لئے وقف کر دے گی مگر ایک دن اس کے سابقہ شوہر نے بچوں کو اغوا کر لیا، وہ بہت روٹی، گڑ گڑائی، قانون سے مدد مانگی سماجی اداروں سے رجوع کیا مگر کوئی بات نہ بن پڑی، بلکہ پولیس نے اس کو تنگ کرنا شروع کر دیا اور پھر ایک دن کئی پولیس اہلکار سادہ کپڑوں میں اس کے گھر میں گھس گئے اور اپنی ہوس کا نشانہ بنایا، ایک عورت کے لئے اس سے بڑا صدمہ اور کیا ہو سکتا ہے اور وہ صرف عورت ہی نہیں ایک ماں بھی تھی جس نے بچوں کی تلاش میں اپنی عزت گنوا دی، اب اس کے اندر کا جوالہ مکھی بھڑک اٹھا اور اس نے چاقو کے پے در پے وار کر کے اپنے سابقہ شوہر کو موت کی نیند سلا دیا۔ یہ کہ وہ اپنے بچوں کو زندہ صفت آدمی کے زیر سایہ پروا نہیں چڑھا سکتی تھی۔ عدالت نے پانچ سال قید کی سزا سنائی مگر اس وقت تک وہ اپنے ہوش گنوا چکی تھی، اس کے بچے ہتیم خانے میں پلنے لگے اور وہ جیل کی قید کے بعد سڑکوں کی خاک چھاننے لگی، اسے یہ نہیں پتہ کہ اس کے بچے کس حال میں ہیں مگر وہ راستہ چلتے ہر بچے کی طرف لپکتی ہے، لوگ پتھر مارتے ہیں جس سے اس کے جسم پر کئی کھاؤ پڑ گئے ہیں مگر اس دیوانھی میں بھی متنا کا جلوہ نظر آتا ہے، ہاں، یہ وہی ماں ہے جو لپٹی کے نام سے مشہور ہے مگر کس نے اسے پاگل کیا، اس سوال کا جواب معاشرے کے منہ پر زناٹے دار تھپڑ ہے۔ ہمارے سماج میں ان گنت مائیں ہیں جن کی عظمت کو پامال کیا گیا اور ایسی کئی کہانیاں ہر طرف بکھری پڑی ہیں مگر ہم کیا کر رہے ہیں، ہمارے اس دہس میں ماں محفوظ نہیں ہے، تو میں ماؤں کی گود میں چنبٹی ہیں، اگر مائیں نہ رہیں تو قوموں کا تشخص بھی مبہم رہے گا، آج کے دور میں بھی جنت کی تلاش ماں کے قدموں تلے ہی کرنی ہوگی۔ کیا کم از کم ماں کے عالمی دن پر ہم یہ عہد کر سکتے ہیں کہ اب کوئی ماں اس سرزمین پر زندہ روگ نہیں ہوگی!

# میک اپ کا پہلا احساس فاؤنڈیشن

رخساروں پر خاص توجہ سے فاؤنڈیشن لگائیں۔ اور چہرے پر فاؤنڈیشن ایک طرف سے لگائیں۔ رخساروں سے شروع کریں اور جڑے اور گردن کی طرف جائیں اب آپ کا رخ آنکھوں، ناک، نتھنوں اور تھوڑی پر ہونا چاہئے۔

چکنی جلد پر ایسا فاؤنڈیشن استعمال کرنا چاہیے جس میں زیادہ چمک نہ ہو۔ فاؤنڈیشن میں بیس اور پاؤڈر دونوں ہی موجود ہوں تاکہ جلد خشک نہ رہے۔ اسی طرح خشک جلد کے لئے ایسا فاؤنڈیشن استعمال کریں جس میں نمی والے عنصر کا استعمال زیادہ ہو۔

ان چہروں پر جن کی جلد کاسمیٹک لگانے سے سرخ ہو جاتی ہو یا سوزش ہوتی ہو۔ ان پر لیکوئڈ یعنی مائع فاؤنڈیشن لگائیں۔ مگر تیز خوشبو نہ ہو۔ عام جلد پر یعنی جس پر کیل مہاسوں کے داغ نہ ہوں ہمیں چاہیے کہ ہلکے رنگ کا موئیچر انزریا پھر جلد فاؤنڈیشن کا استعمال کریں۔

اب آئیں ایسی جلد کی طرف جو دو قسم کی ہو۔ یعنی ناک کے قریب چکنی اور رخساروں کی جانب خشک۔ ایسی جلد پر مائلڈ فاؤنڈیشن کا استعمال درست ہوتا ہے۔ اس سے چہرے پر بہت زیادہ چمک نہیں پیدا ہوگی اسی طرح گلابی جلد پر سبز رنگ کے انڈرٹیس فاؤنڈیشن استعمال کریں۔

☆☆☆☆☆☆



چہرے پر فاؤنڈیشن لگا کر اس کے شیڈز کو ہمیشہ روشنی میں چیک کریں۔ عام طور پر ہاتھوں کی کلائیوں پر فاؤنڈیشن کے شیڈ چیک کرنا بالکل غلط ہے۔ کیونکہ چہرے کی رنگت اور جلد میں اور ہاتھوں کی رنگت اور جلد میں کافی فرق ہوتا ہے۔ فاؤنڈیشن کا شیڈ اکثر جانچنا چاہیے۔ جبکہ غذا، موسم، سورج کی روشنی اور اعصابی تھکن پر بھی توجہ مرکوز رکھیں۔

اگر آپ فاؤنڈیشن کا رنگ چہرے کے رنگ سے تھوڑا سا ہلکا رکھیں تو نہایت مناسب ہے۔ اس سے آپ کی عمر کم نظر آئے گی۔ لیکن اگر رنگت میں فرق زیادہ ہوگا تو رنگت پہلی نظر آئے گی۔ جو کوئی بھی نہیں چاہے گا اور ہاں فاؤنڈیشن جمانے سے پہلی چہرے پر موئیچر انزریا دس منٹ تک لگا رہنے دیں۔ فاؤنڈیشن کو ہمیشہ عمدہ کاسمیٹک اسفنج سے لگائیں۔ کبھی بھی انگلیوں سے نہ لگائیں۔

فاؤنڈیشن کی بوتل میں انگلی مت ڈالیں۔ کیونکہ اس سے بوتل میں جراثیم داخل ہو سکتے ہیں۔ جو آپ کی جلد کو خرابی سے دوچار کر دیں گے۔ اسی طرح فاؤنڈیشن لگانے میں افرا تقری کا مظاہرہ مت کریں۔ آنکھوں اور نتھنوں کے ارد گرد اور

لگانے میں اگر مہارت فاؤنڈیشن ہو تو پھر بہترین میک اپ جاسکتا ہے۔ اس ہنر کے چند اہم راز جن پر عمل کر کے آپ بھی اپنے چہرے کو خوبصورت اور دلکش کر سکتی ہیں۔

## فاؤنڈیشن لگانے کا طریقہ

اجزاء: موئیچر انزریا، فاؤنڈیشن اور تھوڑا سا نیم شفاف پاؤڈر۔

وقت: پانچ سے دس منٹ۔

ضروری اشیاء: آئینہ، کاسمیٹک اسفنج، پاؤڈر پیڈ، ہیئر بیڈ ایک عدد بڑا اور ملائم پاؤڈر برش۔

کے درمیان سے لگانا شروع کریں۔ سب سے پہلے ناک اور نتھنوں کے چاروں اطراف اور آنکھوں کے نیچے لگائیں۔ پھر پلکوں کے اوپر۔ چہرے کی جلد اور پھٹوں کو سختی کی حالت میں رہنے دیں۔ اس طرح فاؤنڈیشن تمام جگہوں پر برابر لگے گا۔

فاؤنڈیشن کو چہرے کی لائنوں میں جذب ہونے سے بچائیں۔ وہ اس طرح کہ پہلے پلکوں اور چہرے پر نیم شفاف پاؤڈر کا چھڑکاؤ کریں۔ اور پاؤڈر پیڈ کو پاؤڈر میں ڈبو کر ہاتھ پر ہلکے سے تھپتھپائیں۔ تاکہ زائد پاؤڈر جھڑ جائے۔ اب پیڈ کو آنکھوں کے نیچے سے تھوڑا دباتے ہوئے باقی چہرے پر پاؤڈر کی سطح ہموار کریں۔ پیڈ معیاری ہونا چاہیے۔ اور روئی یا کوئی بھی ریشہ دار چیز کو استعمال مت کریں۔

اب ایک ملائم برش کی مدد سے چہرے پر موجود فالتو پاؤڈر کو ہموار کر لیں۔ برش کو ناک نتھنوں بھنوں اور چہرے پر باہر کی جانب حرکت دیں۔ آنکھوں کی پلکوں اور بھنوں پر اگر زیادہ پاؤڈر جم گیا ہو تو ایک روئی کی پھیری سی بنا کر صاف کریں۔ آنکھوں کے چاروں اطراف اور نتھنوں پر خاص طور پر توجہ مرکوز رکھیں۔ اور ان جگہوں سے بطور خاص پاؤڈر صاف کریں۔

فاؤنڈیشن کا ایسا شیڈ منتخب کرنا چاہیے۔ جو چہرے کی جلد کے رنگ سے ملتا جلتا ہو۔ اس کا طریقہ کچھ یوں ہے کہ فاؤنڈیشن کے کچھ شیڈز لگا کر روشنی میں جائزہ لیں۔ کہ وہ آپ کے چہرے پر کیسے لگتے ہیں۔ اسی طرح آپ دو شیڈز ملا کر بھی جائزہ لیں۔ تاکہ اگر کسی تقریب میں آپ کو شرکت کرنی ہے تو اس وقت آپ کو کسی قسم کا کوئی مسئلہ درپیش نہ ہو۔

طریقہ کچھ یوں ہے کہ کاسمیٹک اسفنج پر تھوڑا فاؤنڈیشن لگا کر اسفنج کو نہایت آہستگی سے چہرے پر تھپتھپاتی جائیں۔ یاد رہے کہ ہاتھوں کو چہرے پر اوپر سے نیچے حرکت دیں۔ اس طرح چہرے پر فاؤنڈیشن کی ہلکی سی تہہ جم جائیں گی۔ اگر کہیں آپ کو کم لگے تو اس کو ہموار کر لیں۔ اسفنج کو چہرے



## لڑکیاں سپنوں سے نکل آئیں

ہے۔ نئے نئے رسوم و رواج اور طور طریقے ایجاد ہو رہے ہیں شادی بیاہ کو مشکل اور عذاب بنا لیا ہے، غلط اور بے مقصد رسموں میں جکڑے لوگ قرض کے بوجھ تلخ دے چلے جاتے ہیں۔ سادگی کا حسن ختم ہو چکا ہے، اب مصنوعی چیزوں اور بے کار کی باتوں میں حسن تلاش کیا جا رہا ہے، اسلام سادگی کا درس دیتا ہے، دو دن کے بجائے اب پانچ دن کی شادی ہونے لگی ہے، بہت سے لوگ ان رسموں سے خوش کم اور پریشان زیادہ ہیں، لیکن یہ سب کرنا اس لیے ضروری ہے کہ اگر ایسا نہ کیا تو لوگ کیا کہیں گے، جیسے کوئی ان کی گردن دبا دے گا، دن میں پانچ فرض نمازیں ہیں، پانچوں چھوڑ دیں تو کوئی غم نہیں۔ اللہ تعالیٰ کا خوف تو ہے ہی نہیں لیکن لوگوں سے خوب ڈرتے ہیں، یہ دکھاوا ہے۔ بے وقوفی سادگی اور کم عقلی کی زیادتی ہے۔

والدین بیٹیوں کی مناسب عمر میں صحیح جگہ شادی کرنے پر اپنی عقل استعمال کریں، کیونکہ اچھے رشتے نوجوانی کی عمر میں آتے ہیں اور لڑکیاں بھی اعلیٰ تعلیم حاصل کر کے خود کو بوڑھی نہ کریں، اس زعم اور نشے سے نکل آئیں کہ اعلیٰ تعلیم و ملازمت کی بنیاد پر ہم جسے پسند کریں گے وہ ہمیں مل جائے گا۔ ہیرو، لیڈنڈا رڈ ز اور بیورو کرٹس کے سپنوں سے نکل آئیں کیونکہ زیادہ تر رشتے حیثیت، مشکل اور عمر کے حساب سے ہی آتے ہیں۔ بڑی عمر میں تو اکثر کم حیثیت اور بڑی عمر کے مرد ہی ملتے ہیں، پھر گزارہ کرنے والی بات ہوتی ہے کچھ لڑکیاں گزارہ کر لیتی ہیں اور کچھ حالات کو قبول نہ کرنے کی صورت میں طلاق کا ٹیکہ ماتھے پر سجائے پہلے سے بھی زیادہ بوچھل ہو کر والدین کے گھر میں آ کے بیٹھ جاتی ہیں، بہت امیر کبیڑے کا انتظار کرنے سے بہتر ہے کہ اپنے گھلو گھلاؤ اور ماحول کے مطابق کسی اپنے ہی مرتبے کے لڑکے کو قبول کر کے صحیح وقت پر شادی کر کے صحیح قسم کی زندگی گزاریں۔ اپنی عمر کا سنہرے اور سنہرے سپنوں کے جال میں پھنسنے کے برباد نہ کریں۔ بے جوڑ شادی کرنے سے بہتر ہے کہ مناسب عمر میں شادی کر کے صبر و شکر کے ساتھ مطمئن زندگی گزاریں، دوسروں کو دیکھ کر آہیں بھرنے سے بہتر ہے کہ آہوں کو ختم کریں۔

والدین بیٹیوں کے سر میں چاندی چکنے سے پہلے انہیں ان کے شوہر کے گھر کی محفوظ چار دیواری میں پہنچانے کے آگن کا چاند بنا کے چکا دیں۔ لڑکیاں بھی والدین کے گھر میں بیٹھ کر خود کو گرہن لگانے کے بجائے شوہر کے آگن کا چاند بنیں اور اسے اپنا سرتاج بنا کے خوش باش زندگی گزاریں۔ ٹینشن، ڈپریشن، جلن، کرہن جیسے عذابوں سے دور رہیں۔ ہر کام اپنے صحیح وقت پر ہی اچھا لگتا ہے۔

ہے۔ وہ نئے گھر کے ماحول اور تقاضوں کو جلد قبول بھی کر لیتی ہے، جب کہ ایک کچی عمر کی لڑکی اپنا موڈ اور مزاج بنا کے سرال جاتی ہے۔ وہ اپنے مزاج کے خلاف کچھ برداشت نہیں کرتی، جہاں برداشت کرنے کا معاملہ آتا ہے وہاں وہ سرال اور بعض اوقات تو شوہر تک کو چھوڑ دیتی ہے۔

لڑکیوں کی زیادہ تعلیم اور زیادہ عمر دونوں ہی چیزیں انہیں (لڑکیوں کو) نقصان پہنچا رہی ہیں۔ اٹھارہ انیس سال کی لڑکی میٹرک میں ہے تو ماں اس لیے شادی نہیں کرتیں کہ ابھی تو میٹرک بھی نہیں کیا، یہ بھی جھلا کوئی شادی کی عمر ہے۔ اب ان نادان عورتوں کو کون سمجھائے کہ شادی کی صحیح عمر یہی ہے۔ شادی لڑکی کی تعلیم کے حساب سے نہیں، بلکہ اس کی عمر کے لحاظ سے کرنی چاہئے۔ کیونکہ اچھے رشتے کم عمری میں ہی آتے ہیں جیسے جیسے لڑکی کی عمر بڑھتی جاتی ہے، ویسے ویسے رشتے بھی کم آنے لگتے ہیں۔ عمر کے ساتھ لڑکیوں کی معصومیت ختم ہو کے کڑھکی میں بدل جاتی ہے۔ زیادہ عمر کی لڑکیوں کی خواہشات اور مطالبات بھی بڑھتے چلے جاتے ہیں، بڑی عمر میں ہر شادی من پسند نہیں ہوتی ہے زیادہ تر گزارہ کرنے والی بات ہوتی ہے۔ والدین اور لڑکیوں کو ایک بات یہ بھی سمجھنی چاہئے کہ لڑکی کی شادی میں کئی چیزیں بہت اہمیت کی حامل ہوتی ہیں۔ بہت سے لوگ خوبصورت لڑکی کے آگے سب کچھ چھوڑ دیتے ہیں، وہ صرف اس کے حسن کو ترجیح دیتے ہیں، بہت سے لوگوں کے نزدیک حسب نسب بہت زیادہ اہمیت کا حامل ہوتا ہے، بہت سے لوگوں کو لڑکی کی دولت کی کشش اس کی طرف کھینچتی ہے۔ کون ہی لڑکی ہے جو شادی ہوتے ہی اپنا مال، دولت گاڑی اور فلیٹ وغیرہ سرال والوں کے حوالے کر دیتی ہے۔ وہ لوگ اس لالچ میں بڑا دھوکا کھاتے ہیں، اسی لیے ہمارے پیارے نبی حضرت محمد ﷺ نے عورت کی پاکیزگی کو ترجیح دی ہے، لیکن اس طرف زیادہ تر مرد توجہ ہی نہیں دیتے ہیں، جو ایسا کرتے ہیں، وہ فائدہ مند رہتے ہیں۔

ہمارا دین جس پر ہماری زندگی کی بنیاد کھڑی ہے، لیکن ہم اس بنیاد پر عمارت صحیح کھڑی نہیں کر رہے ہیں ہم سب اپنے دین سے دور ہو کر دنیا میں پڑ گئے ہیں اسلام پر عمل کرنے کے بجائے صرف اپنی من مانی شروع کر دی ہے، ہم لوگ اللہ تعالیٰ کے احکامات کو جان بوجھ کر فراموش کرتے جا رہے ہیں، جب انسان فطرت سے ہٹتا ہے تو وہیں بگاڑ پیدا ہوتا ہے اور ہم سب فطرت اور مذہب سے دور ہوتے جا رہے ہیں اسی لیے آج معاشرے میں بگاڑ بے سکونی اور تباہی نظر آرہی

ویسے تو شادی بیاہ ہمیشہ سے ہی نازک اور اہم مسئلہ رہا ہے لیکن آج کل اس مقدس رشتے نے سنگین صورت اختیار کر لی ہے بہت سے لوگوں نے تو اسے ایک کاروبار کی شکل دے دی۔ مثلاً لڑکے والے اس لڑکی سے شادی کرنے کے خواہشمند ہوتے ہیں۔ جس کے گھر والے لڑکے کو باہر بھجوا سکیں یا لڑکی کو جہیز میں کار اور فلیٹ وغیرہ ضرور ملے تاکہ لڑکا یہ چیزیں خریدنے سے بچ جائے۔

تعلیم کی اہمیت سے انکار ممکن نہیں، آج کل لڑکا اور لڑکی دونوں اعلیٰ تعلیم حاصل کر رہے ہیں۔ زیادہ تعلیم حاصل کرنے سے ملازمتوں کے مسائل میں بھی اضافہ ہو رہا ہے، بعض جگہوں پر لڑکیاں، لڑکوں سے بہتر ملازمت کر رہی ہیں، اب جس لڑکی کی ملازمت اور تنخواہ لڑکے سے زیادہ ہوتی ہے، وہ اپنے سے کم لڑکے سے کیسے شادی کر سکتی ہے اور اگر وہ شادی کر بھی لیتی ہے تو اپنی ملازمت اور تنخواہ کا رعب شوہر پر اتار دیتی ہے۔ غلط شدہ ہر بیوی کے دباؤ اور رعب میں ہر گز نہیں آتے، شوہر پر رعب جماتی بیوی، اسے اپنی عزت پر تھوڑے برسائی ہوئی محسوس ہوتی ہے اور پھر ہمیں سے جھگڑے کی ابتدا ہو جاتی ہے۔ شوہر چاہے جتنا بھی کمزور یا کم تعلیم یافتہ ہو، عورت کی طرف سے اسے عزت بھی چاہئے اور اپنے تمام کام بھی وقت پر مکمل چاہئیں۔ گھر سلیقے سے چم چم کرتا ہو، اور بچوں کی تعلیم و تربیت میں بھی اسے گوارا نہیں ہوتی لیکن اکثر اس کا الٹ ہی ہوتا ہے ملازمت کرنے والی خواتین کے گھر زیادہ تر اوندھے ہی پڑے ہوتے ہیں اور جس گھر میں عورت کی اجارہ داری ہوتی ہے وہاں عورت کا حکم اور مرد محکوم ہوتا ہے۔ اکثر ان گھروں کا ماحول کشیدہ ہے پچھلے اور بگڑے ہوئے ہوتے ہیں۔ زیادہ پڑھنے لکھنے کے چکر میں لڑکیوں کی عمر بھی زیادہ ہو جاتی ہے۔ شادی نہ ہونے کے باعث وہ ملازمت کرنے لگتی ہیں۔ تعلیم ملازمت اور بڑھتی عمر ان تین چیزوں کے ساتھ جب لڑکی شوہر کے گھر جاتی ہے تو وہاں قدم رکھنے ہی وہ چاہتی ہے کہ سب اس کے تابع ہو جائیں اس کی اعلیٰ تعلیم اور ملازمت کے رعب میں آ جائیں۔

لڑکیاں یہ بات کیوں نہیں سمجھتی ہیں کہ جس گھر میں تیس سال چالیس سال سے ایک ماحول چل رہا ہے بھلا وہ ان کے جاتے ہی تیس چالیس گھنٹوں میں ان کی خاطر کیسے تبدیل ہو سکتا ہے۔ اس ماحول میں تو عورت کو خود کو بدلنا پڑتا ہے اور جن گھروں میں عورتیں خود کو نہیں بدلتیں، وہ گھر بھی انہیں آسانی سے سے قبول نہیں کرتے۔ اسی لیے تو کہتے ہیں کہ شعور آنے سے پہلے لڑکی کی شادی کر دی جائے، کیونکہ کم عمر لڑکی کا ذہن کچا ہوتا ہے، جس میں ہر بات آسانی سے بیٹھ جاتی

معجزاتی طور پر اسے رہائی مل گئی۔ ایک بڑے جرم میں وہی لڑکے دوبارہ پکڑے گئے اور انور کے اوپر عائد کردہ الزامات کی ذمہ داری انہوں نے قبول کر لی تھی۔ یوں انور بری ہو گیا اس نے فوری طور پر اماں کو ایک خط لکھا اور اپنی کوتاہیوں کی معافی مانگتے ہوئے اپنی آمد کی اطلاع دی۔ اس نے ماں کی اس بات کا بھی شکریہ ادا کیا کہ اس نے اس کی بیماری میں اس کا خیال رکھا۔

اس نے ابا کے نام بھی خط لکھا تھا۔ ”ابا مجھے اپنے کئے کی بہت سزا مل چکی۔ میں اس امید پر گھر آ رہا ہوں کہ اماں اور آپ مجھے معاف کر دیں گے پہلے میں نے سوچا تھا کہ کچھ بن جاؤں پھر ماں کے پاس آؤں تاکہ وہ مجھے کھلے دل سے معاف کر سکیں۔ مگر میری جیل کی بیماری میں جس طرح اماں نے میرا خیال رکھا اس سے مجھے حوصلہ ملا ہے اور میں اپنی کھوئی ہوئی جنت کو پانے کے لیے اگلے ہفتے اپنے گھر پہنچ رہا ہوں۔“

جیلر نے اس کے حالت سن کر اسے کچھ رقم دی تھی تاکہ وہ اپنے گھر جاسکے۔

انور نے دھڑکتے دل سے اپنے گھر کے دروازے پر دستک دی جب وہ اس گھر سے گیا تو کتنا حقیر انسان تھا۔

مگر اب وہ بدل چکا تھا۔ خیر نے شر پر فتح حاصل کر لی تھی۔ دستک سن کر ابا نے دروازہ کھولا۔ ابا بہت کمزور لگ رہے تھے۔ گھر بھائیں بھائیں کر رہا تھا۔ اس کا خط سامنے ہی کھلا پڑا تھا۔ ماسٹر صاحب نے بیٹے کو گلے لگا لیا۔ ان کی آنکھوں میں آنسو تھے۔

اماں اور صفیہ کہاں۔“ انور نے بتائی پوچھا۔

”صفیہ اپنی سرسراں میں ہے وہ شریف لوگ تھے بغیر زیور کے بھی تمہاری بہن کو قبول کر لیا۔“

”اور تمہاری ماں تو اسی روز ختم ہو گئی تھی۔ جس روز صفیہ کا زیور اور نقدی لے کر تم فرار ہو گئے تھے۔“

”نہیں ابا۔۔۔ اماں تو میرے پاس آتی تھیں ان کے ماتھے پر چاند چمکتا تھا ابا۔“

”بیٹا وہ تمہارا وہم ہوگا۔ تمہاری ماں تو گر گئی تھی ان کے ماتھے پر زخم آ گیا تھا اس کا نشان رہ گیا تھا وہی تم نے خواب میں دیکھا ہوگا۔ ابھی کچھ دیر آرام کر لو پھر ماں کی قبر پر چلنا۔ فاتحہ پڑھ کر اس کے لیے دعا کرنا۔۔۔“

انور کی سمجھ میں کچھ نہ آیا۔ وہ باپ سے کچھ کہے بغیر ان کے قدموں میں گر گیا۔ ”بادہ خواب نہیں تھا وہ خواب نہیں تھا۔۔۔“ وہ سسکا۔

”وہ میری ماں کی ممتا تھی میں نے اس کی شدت محسوس کی وہ خواب نہیں ہو سکتا۔“

اور وہ پھوٹ پھوٹ کر رونے لگا۔

کے جھوٹے الزام بھی اس کے کھاتے میں ڈال دیے گئے۔ وہ فریاد کرتا تھا کس سے کون اس کی ضمانت کروا جا تو بویا تھا وہی کاٹ رہا تھا۔ اسے پانچ سال کی سزا ہو گئی اور وہ جیل چلا گیا۔

جھوٹے الزام نے اسے مشتعل کر دیا تھا اور پر سے دوسرے قید یوں کی چھیڑ چھاڑ طبیعت تو جلا دتی ہی اسے غصہ آ گیا قیدیوں کے درمیان خوب مار پٹائی ہوئی، انور بری طرح زخمی ہوا جیل کے ڈاکٹر نے دوائی دی تھی مگر اسے آرام نہیں آیا۔ تیز بخار کی حالت میں وہ ہوش سے بے گانہ تھا۔ اس کو کوئی بھی پرسان حال نہ تھا۔

ایسے میں اسے ماں کی یاد آئی وہ ماں جس کے قدموں تلے جنت تھی اور جسے جوتوں تلے روئند کروہ اتنی دور چلا آیا تھا۔ ماں جو اس کی ذرا سی بیماری سے تڑپ جایا کرتی تھی رات رات بھر سر ہانے بیٹھ کر اس کا سر سہلاتی تھی جائے نماز پر بیٹھ کر اس کے لیے دعائیں کرتی تھی۔ اس کی بد تمیزیوں کو خاموشی سے برداشت کرتی اور دھیمی آواز میں نصیحت کرتی تھی۔ آج وہ ماں کہاں تھی؟ وہ خود کہاں تھا؟ بیماری کی حالت میں اسے اپنی تمام کوتاہیوں کا احساس جاگ اٹھا۔ اس نے دل ہی دل میں پختہ ارادہ کیا۔ جیل سے نکل کر ایک اچھا انسان بن کر وہ ماں کے تمام دکھوں کا دوا کرے گا۔ ماں سے اپنے گناہوں کی معافی مانگ لے گا۔ ماں سے ضرور معارف کر دے گی۔ وہ اپنی جنت ضرور حاصل کر لے گا۔ اماں کو یاد کر کے اس کی آنکھوں سے آنسو بہہ نکلے۔ اس وقت رات کے دو بج رہے تھے تیز بخار کی وجہ سے اس کا حلق خشک ہو رہا تھا۔ اور تب اس نے دیکھا اس کی ماں آ گئی ہے اس نے اپنا ٹھنڈا ہاتھ اس کی جلتی پیشانی پر رکھا تو اسے سکون مل یا اس نے کچھ کہنا چاہا مگر حلق سے آواز نہ نکل سکی اور سو گیا۔

صبح آنکھ کھلی تو ماں جا چکی تھی نہ جانے کیسے اماں کو میرے حالات کا علم ہو گیا۔ ہاں انہوں نے پتا تو کیا ہی ہوگا اور جیل کے اسپتال تک رسائی حاصل کر لی ہوگی تین راتوں تک ایسا ہی ہوتا رہا جب اس کا بخار شدت اختیار کر جاتا اور اس کو پیاس سے حلق خشک ہو جاتا تو ماں جب چا پ آ جاتی اور اپنا سر ہاتھ اس کی پیشانی پر رکھ دیتی اور وہ سکون سے آنکھ بند کر لیتا۔ آنکھ کھلتی تو ماں جا چکی ہوتی۔ وہ آہستہ آہستہ اچھا ہو گیا۔۔۔ مگر ماں پھر نہ آئی۔ ماں کی صورت اس نے آنکھوں میں بسالی تھی۔ اسے یاد آ یا رات کے اندھیرے میں جب ماں آتی تھی تو اس کی پیشانی پر ایک چاند سا چمکتا ہوا تھا کاش وہ کچھ کہہ سکتا کچھ پوچھ سکتا۔

اس کے اچھے کردار نے جیل کے اندر کام کرنے والوں کو اپنا ہمدرد بنا لیا تھا اور اب وہ میٹرک کے پیپر کی تیاری کر رہا تھا۔ اس نے بہت چاہا کہ وہ اپنی ماں کو خط لکھے مگر شرم کے مارے وہ نہ لکھ سکا۔ ابھی اسے جیل میں آئے ہوئے چھ ماہ ہی ہوئے تھے کہ

انور روزانہ صبح سویرے نکل جاتا اور رات گئے بستر پر لیٹ کر سو جاتا۔ کچھ دنوں سے گھر میں خاموشی تھی سیکینہ کے ماتھے کا زخم بھی اب ٹھیک ہو گیا تھا بس ایک نشان رہ گیا تھا صفیہ کے شادی کی تاریخ رکھی جا چکی تھی۔ حسب حیثیت تیاری ہو چکی تھی غریب کی تیاری کیا، چند جوڑے کپڑے زیور کا ایک ہا کا سائیٹ اور کچھ دوسری چیزیں بہر حال سیکینہ خوش تھی حسب حیثیت سامان تیار تھا لڑکے والے شریف لوگ تھے اس لیے کوئی فکر نہ تھی۔

شادی میں ایک ہفتہ رہ گیا تھا۔ سیکینہ جہیز کی چیزیں محلے کی عورتوں کو دیکھا رہی تھی۔ زیور کا سائیٹ بہت خوبصورت تھا عورتوں نے بہت پسند کیا اسی وقت انورا ندر آیا اور چیرانی سے سامان دیکھنے لگا پھر اپنے کمرے میں چلا گیا۔ ماں اس کے پاس آئی تو بولا ”اماں آپ کے پاس اتنی رقم تھی کہ یہ سب سامان خرید ڈالا اور جب میں کبھی دس روپے بھی مانگتا تو آپ ہمیشہ منح کر دیتیں کہ آپ کے پاس کچھ نہیں ہے اور ہمیشہ دال روٹی پر ٹر خایا۔ یہ آپ نے اچھا نہیں کیا۔“

”شرم کر انور۔۔۔ بہن کی شادی پر اس طرح کی بات۔۔۔ اپنے پرانے زیور کو دے کر نیا بنوایا ہے۔۔۔ اور یہ جو چیزیں ہیں تمام عمر کی جمع شدہ ہیں قطرہ قطرہ کر کے دریا بنتا ہے۔ اللہ نے صفیہ کے نصیب سے سب معاملہ ٹھیک کر دیا۔ ہاں تو بتا کیا لایا ہے بہن کے لیے۔۔۔؟“

”میں کیا لایا ہوں۔ کل صبح خود ہی دیکھ لینا۔“ یہ کہہ کر لمبی تان کر سو گیا۔

رات کے اندھیرے میں انور نے صفیہ کا زیور اور مبلغ پانچ ہزار روپے ایک رومال میں بندھے رکھے تھے سمیٹے اور فرار ہو گیا۔ اپنے دوست ابراہار اور دوسرے دو دوستوں نوید اور ذیشان کے ساتھ ایک شہر سے دوسرے شہر جا پہنچا تھوڑی بہت رقم باقی دوست بھی اڑالائے تھے۔ زیور کو فروخت کر کے انور کے پاس جو رقم تھی اس پر دوستوں کی نظریں تھیں۔ وہ تین روز تک تو ہٹل میں خوب عیش کیے، پھر ابراہار، نوید اور ذیشان نے ایک منصوبہ بنایا اور۔۔۔ ایک روز انور کا سب روپیہ پیسہ چوری کر کے فرار ہو گئے۔

معمولی درجے کی ہٹل میں جب انور کی صبح سویرے آنکھ کھلی تو سب کچھ ختم ہو چکا تھا۔ ہٹل کا بل بھی ادا نہیں کیا گیا تھا۔ ہٹل کے مالک نے سزا کے طور پر اسے برتن دھونے پر ملازم رکھ لیا۔

کچھ ماہ بعد چند روپے جیب میں آئے تو جو اکیلے کی خواہش زور پکڑ گئی اور وہ کسی نہ کسی طرح جوئے کے تھرڈ کلاس اڈے پر جا پہنچا۔ مشکل سے ایک ماہ گزرا ہوگا کہ اڈے پر پولیس کا چھاپا پڑ گیا۔ دوسروں کے ساتھ انور بھی پکڑا گیا۔ باقی سب کسی نہ کسی طرح چھوٹ گئے مگر انور کو چھڑانے والا کوئی نہ تھا۔ مختلف چوریوں

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# ممتا

دونوں میاں بیوی دیر تک آنے والے اچھے دنوں کی باتیں کرتے رہے اور مایوس دلوں کو خوش کرتے رہے۔

میٹرک کا نتیجہ آ گیا تھا صفیہ اچھے نمبروں سے پاس ہو گئی تھی مگر انور اس سال بھی فیل ہو گیا تھا۔ ماں نے نتیجہ پوچھا تو ڈھٹائی سے کہنے لگا۔ ”مجھے بے ایمانی سے فیل کیا گیا ہے۔ میں ایک ایک کومزہ چکھا دوں گا بھولوں گا سب کو۔“

ماں آخر ماں تھی ڈر گئی۔ خدا جانے بیٹا، کیا گل کھلائے کس سے بھگڑا کر بیٹھے۔ سمجھانے کے لیے کہنے لگی۔

”بیٹا اس طرح نہیں کہتے کوئی کسی کو بھلا کیوں فیل کرے گا۔ انور اب بھی وقت ہے سننصل جا تیری بہن کی شادی ہونے والی ہے میری صحت بھی خراب رہتی ہے اور تیرے ابا بھی پریشان رہتے ہیں پر تیرے سے کچھ نہیں کہتے کچھ تو خیال کر لے۔“

اس وقت اتفاق سے ماسٹر صاحب گھر پر نہ تھے، صفیہ بھی اپنی سہیلی کے گھر گئی ہوئی تھی ماں کی نصیحت انور کو ناگوار گزری بات بڑھ گئی انور نے غصے میں گھر کی سب چیزیں الٹ پلٹ کر دیں، برتن توڑ ڈالے، ماں رونے کو آگے بڑھی تو دھکا لگنے سے اوندھے منہ گر پڑی۔۔۔ ماتھے پر چوٹ لگی خون بہہ نکلا۔ انور نے ماں کے بہتے ہوئے خون کی پروا نہ کی اور گھر سے نکل گیا۔

ماں نے منہ سے اف بھی نہ کی چند آنسوں گرے اور بس، خود ہی زخم دھویا پٹی باندھی اور چپ چاپ لیٹ گئی۔ کچھ دیر بعد صفیہ آئی تو گھر اور ماں کی حالت دیکھ کر حیران رہ گئی۔ ماں نے دھیمے انداز میں بات بتائی۔ صفیہ نے جلدی جلدی گھر کو ٹھیک کیا تاکہ ماسٹر صاحب کو کچھ خبر نہ ہو کیا خبر انہیں غصہ ہی آ جائے۔۔۔ اور بات مزید نہ بڑھ جائے شام کو ماسٹر صاحب آئے تو بیوی کو خاموش اور منڈھال پایا۔ ماتھے پر پٹی بندھی تھی پوچھنے پر یہی کہہ دیا کہ گر گئی تھی چوٹ لگ گئی۔ وہ واقعی گر ہی تو گئی تھی یہ بات جھوٹ تو نہ تھی۔ وہ جھوٹ بول بھی نہیں سکتی تھی۔ سید زادی تھی اور حافظ قرآن کی بیٹی تھی۔ وہ خود بھی بڑی نیک تھی بات آئی گئی ہوگی ماسٹر صاحب کو کچھ معلوم نہ ہو سکا۔

ہوں روز روز کی نصیحتوں سے۔ چلا جاؤں گا گھر چھوڑ کے کسی روز۔۔۔۔“

ماں بے چاری ڈر گئی، ماں کیا ڈری یوں سمجھو ممتاز ڈر گئی۔ کہیں سچ سچ ہی نہ گھر چھوڑ دے اس سے کچھ بعید نہ تھا پھر کیا ہوگا۔ وہ سچ مچ اپنے انور کو بے انتہا چاہتی تھی۔ انور تو دھمکی دے کر دوستوں کی طرف چلا گیا مگر ماں نہ جانے کب تک خیالات کی وادیوں میں بھٹکتی رہی۔ ایک روز محلے کے کچھ لوگ ماسٹر صاحب کے پاس آئے اور کہنے لگے۔ ”ماسٹر صاحب آپ شریف آدمی ہیں ہم سب آپ کی عزت کرتے ہیں۔ مگر آپ کا بیٹا انور غلط دوستوں کے ہتھے چڑھ گیا ہے۔ گیراج کے پیچھے روزانہ رات کو جوا ہوتا ہے کسی روز پکڑ لیے گئے تو عزت دو کوڑی کی ہو جائے گی۔“

ماسٹر صاحب کو بہت صدمہ ہوا۔ رات گئے جب انور گھر آیا تو ماسٹر صاحب نے باز پرس کی مگر انور نے جھوٹ بولا ”سب جھوٹ ہے ابا! ہم صرف باتیں کرتے ہیں اور پڑھائی بھی کرتے ہیں۔“

”کیا واقعی بھائی آپ پڑھائی کرتے ہیں! میٹرک کے امتحان بھی سر پر ہیں۔“ صفیہ نے قریب آ کر کہا۔

”ہاں اور کہا۔۔۔ سب مل کر پڑھتے ہیں“ انور نے جواب دیا۔

”شاید محلے والوں کو غلط فہمی ہو گئی ہو۔ ممتاز بھری آواز گھر میں گونجی، میرا انور، اس بار اچھے نمبروں سے میٹرک کرے گا۔ کچھ کام کرے گا تو گھر کے حالات بھی سدھریں گے۔“

انور تو اپنے کمرے میں چلا گیا۔ ماسٹر صاحب نے فکر مندی سے کہا۔

”بچھلے سال بھی انور فیل ہو گیا تھا۔ خدا کرے اس سال پاس ہو جائے صفیہ بھی اس سال میٹرک کر لے گی اور پھر۔۔۔“

”ہاں ماسٹر صاحب خدا کرے ایسا ہی ہو بلکہ انشاء اللہ ایسا ہی ہوگا۔ صفیہ کی شادی تو طے ہے اسی سال اگر اللہ نے چاہا تو اسے رخصت کر دیں گے۔ انور میرا خوب ٹوٹ کر پڑھائی کرے گا اور ساتھ ساتھ ملازمت بھی۔۔۔۔۔ پھر سب ٹھیک ہو جائے گا۔“

یہ آسمان و زمین اوڑھ کر بھی دیکھوں اگر تو ماں کی گود سے بڑھ کر کوئی لبادہ نہیں یہ کائنات سمٹ جائے تو وفا کی قسم تمہارے نقش کف پاسے زیادہ نہیں ممتا کا جذبہ ایک لازوال جذبہ ہے۔۔۔۔ اس کی گہرائی ناپنے کا کوئی پیمانہ نہیں یہ تو ماں کی ہر آتی جاتی سانس سے جھلکتا ہے۔ بد قسمت ہے وہ شخص جو اس ٹھنڈی پھوار سے از خود دور ہو جائے۔

”سب ٹھیک ہو جائے گا آپ فکر نہ کریں۔ میں اسے سمجھا دوں گی۔“

ابا نے کوئی جواب نہ دیا۔۔۔۔ وہ جانتے تھے کہ انور کی بد تمیزیاں کم نہیں ہوں گی اور نہ ہی سیکہ کی (انور کی ماں) ممتا کو قرار آسکے گا۔

گھر میں چار افراد تھے ابا، اماں، انور اور اس سے ایک سال چھوٹی صفیہ۔ ابا ایک پرائمری اسکول میں پڑھاتے تھے۔ مختصر آمدنی اور کمر توڑ مہنگائی۔۔۔ ان حالات میں اکلوتے بیٹے کے رنگ ڈھنگ بھی کچھ ٹھیک نہ تھے۔

پڑھائی میں جی کم ہی لگتا تھا۔ صفیہ البتہ بہت تمیز دار اور پیاری بچی تھی صبر شکر کرنے والی اور خوش رہنے والی لڑکی تھی۔ اپنی کلاس میں ہمیشہ اول نمبروں سے پاس ہوتی۔ اللہ تعالیٰ نے اسے اچھی شکل صورت سے بھی نوازا تھا۔ اسے اپنے بھائی سے بھی بہت پیارتھا مگر انور کے دل میں چھوٹی بہن کا بھی خیال نہ تھا۔

دن پردن گزرتے گئے۔ انور میں کوئی تبدیلی نہ آسکی۔ یہ نہیں کہہ سکتے اسے سمجھایا نہ ہو یا ماسٹر صاحب نے نصیحت نہ کی ہو مگر وہ کوئی بات سننے کو تیار نہ تھا۔۔۔ اور نہ ہی سمجھنے کو۔

ایک بار وہ حسب معمول کسی چھوٹی سی بات پر ماں سے الجھ پڑا تو ماسٹر صاحب نے اسے قرآن وحدیث کے حوالے سے بھی سمجھانے کی کوشش کی ماں باپ کا رتبہ اور خصوصاً ماں کے لیے حضور ﷺ کے فرمان کو دہرایا مگر انور کا جواب یہ تھا کہ ”تنگ آ گیا

ہے کہ مشقت کے دوران دل کے پٹھوں کو عام حالات کے مقابلے میں 3 سے 5 گنا زیادہ خون کے بہاؤ کی ضرورت ہوتی ہے۔ لیکن جب شریان 70 فیصد بند ہو تو یہ اس قابل نہیں ہوتی کہ ورزش کے دوران کام کرنے والے دل کے پٹھے کو مناسب مقدار میں خون فراہم کر سکتے۔ صرف ورزش ہی نہیں دیگر ذہنی اور اعصابی دباؤ یا نفسیاتی درد کی شدت میں بھی دل کے پٹھوں کو زیادہ خون کی ضرورت ہوتی ہے۔ اگر ہم اچانک بس پکڑنے کے لیے دوڑیں یا کھیل کے دوران کرکٹ یا ٹینس کی گیند پکڑنے کو لپکیں تو ہمارے دل کے پٹھوں کو آرام دہ حالت کے مقابلے میں 3 گنا زیادہ خون کے بہاؤ کی ضرورت ہوگی۔ اگر شریان میں رکاوٹ کی وجہ سے یہ بہاؤ کم ہے تو پھر سینے میں درد ہوگا۔ جب زیادہ کام کی حالت میں 3 گنا زیادہ خون کے بہاؤ کی صورت میں یہ بہاؤ میسر نہیں ہوتا بہاؤ کا عمل سست ہو جاتا ہے تو مریض سست، کابل اور اعصابی تناؤ کی زیادہ ہی شدت محسوس کرتا ہے۔ خاص طور پر خواتین اور نوجوانی میں قدم رکھنے والی لڑکیوں یا پڑھائی کی طرف مائل طالب علموں میں یہ تناؤ بڑھ جاتا ہے۔ ڈاکٹر شوالبے کے مطابق ایسی کیفیت میں مریض کورات کو بائیں، Left سائیڈ میں درد اور ناگوں میں اٹھن بڑھ جاتی ہے اور مریض نفسیاتی دباؤ کا شکار ہوتا چلا جاتا ہے۔ آج ہم بہت سے لوگوں کو دیکھتے ہیں جن کی شریان 70 فیصد بند ہوتی ہے لیکن انہیں کوئی علامت محسوس نہیں ہوتی بلکہ ایسے بھی دیکھنے میں آیا ہے کہ معمولی سادہ دباؤ بھی مریض کی حالت غیر کر دیتا ہے تو ایسا صرف اعصابی کمزوری سے ہوتا ہے۔ جبکہ بروقت علاج نہ ہو سکنے سے ہارٹ اٹیک کا حملہ ”اچانک“ نہیں بلکہ اپنے آخری مرحلے میں داخل ہو چکا ہوتا ہے۔ جسے حرف عام میں تیسرا اٹیک بھی کہا جاتا ہے۔

بعض اوقات سینے میں درد کی شکایت کے ساتھ مریض ماہر امراض قلب کے پاس پہنچتے تھے اور انجیو گرام میں ان کی ایک شریان یا ایک سے زیادہ شریانیں 70 فیصد یا اس سے زیادہ بند ہو چکی ہوتی تھیں۔ بعض مکمل بند ہوتی تھیں لیکن اس کے باوجود نہ تو انہیں کبھی ہارٹ اٹیک کا سامنا کرنا پڑا اور نہ ہی ان کے دل کو کوئی نقصان پہنچا تھا۔ یہ کس طرح ممکن ہے؟ کہ ایک شخص جس میں دل کی بیماری کی کوئی علامت نہ پائی جاتی ہو، بالکل ٹھیک ٹھاک لگتا ہو، ایک دن اسٹریس ٹیسٹ بھی پاس کر چکا ہو اور پھر دوسرے دن اسے ہارٹ اٹیک ہو جائے؟ یہ بات یقینی ہے کہ شریان کی بندش راتوں رات نہیں ہو سکتی، یقیناً یہ ایک ایسی گتھی تھی جو اس وقت ماہرین قلب سلجھانے میں ناکام رہے تھے لیکن بعد میں جب جسم میں شریانوں کے متبادل نظام کا انکشاف ہوا تو معاملات بڑی حد تک واضح ہو گئے۔



اندر جب نرم پلیک بچھتا ہے اور اس سے خون کی پھٹکی تشکیل پاتی ہے اور خون کا بہاؤ اتنا کم ہو جاتا ہے کہ درد محسوس ہو تو ایسی صورتحال Acute Coronary Syndrom کہتے ہیں۔ اگر خون کا بہاؤ اتنی دیر تک جاری رہے کہ اس سے دل کے پٹھے مردہ ہو جائیں تو یہی صورت حال اٹیک میں تبدیل ہو جاتی ہے۔ یہی وجہ ہے کہ اکثر کارڈیالوجسٹ اپنے مریضوں کو یہ مشورہ دیتے ہیں کہ اگر وہ اپنے دل کے پاس کئی منٹ تک درد محسوس کریں اور بعد میں یہ درد کم بھی ہو جائے تو بھی ڈاکٹر سے ضرور رجوع کریں کیونکہ خطرہ اس وقت بھی برقرار رہتا ہے۔ وجہ اس کی یہ ہے کہ جب انڈو ٹھیلیم کا یہ زخم مندمل ہوگا تو اس کے بعد زخمی حصے پر خون کی پھٹکی جمع ہوگی اور اس سے پھر ہارٹ اٹیک کا امکان ہو سکتا ہے۔ زخمی اندرونی شریان کے اندر مال میں کئی ہفتے لگ سکتے ہیں۔ اس سلسلے میں اچھی خبر یہ ہے کہ شریانوں کے اندر جو نرم پلیک پھٹتے ہیں ان سے زیادہ تر ہارٹ اٹیک پر اثر انداز نہیں ہوتے۔

دل کی بیماری کی شدت کا اندازہ اس بات سے کیا جاتا تھا کہ پلیک کی وجہ سے خون لے جانے والی نالی کا کتنا حصہ بند ہے۔ سینے میں درد اس وقت محسوس نہیں ہوتا جب تک چربییلے مادے سے شریان کی اندرونی دیوار کا 70 فیصد حصہ بند نہ ہو، اس کا اندازہ سخت مشقت والی ورزش کے دوران دل کے پٹھوں کی کارکردگی کا جائزہ لے کر کیا جاسکتا ہے۔ جب ہم زیادہ مشقت والی ورزش کرتے ہیں تو ہمارا دل زیادہ تیزی اور قوت سے دھڑکتا ہے۔ حقیقت یہ

کی نالیوں کو کھلنے اور پھیلنے کا اشارہ کر کے انہیں جگا دیتا ہے کیونکہ اس قسم کی ضمنی خون کی نالیاں اتنی چھوٹی ہوتی ہیں کہ انہیں ”انجیو گرام“ میں دیکھنا ممکن نہیں ہوتا۔ صرف ایسی بڑی نالیاں دیکھی جاسکتی ہیں۔ بہر کیف یہ دونوں اقسام کی ضمنی نالیوں اور مقدار میں خون پہنچانے کی صلاحیت رکھتی ہیں۔ کئی صورتوں میں یہ قدرتی بائی پاسز یا ضمنی خون کی نالیاں ان نالیوں سے بدرجہ بہتر ہوتی ہیں جو سرجنز جراحی کے ذریعے تشکیل دیتے ہیں، چونکہ یہ قدرتی نالیاں بہت چھوٹی اور باریک ہوتی ہیں اس لیے ان میں بلیک جمع نہیں ہو سکتا حتیٰ کہ جن مریضوں کی شریانیں سخت ہوئے لگی ہوں ان میں بھی یہ ضمنی شریانیں کام کرتی رہتی ہیں اور سب سے بڑھ کر یہ کہ قدرتی بائی پاس پر کوئی رقم بھی خرچ نہیں ہوتی۔ ن اس میں مریض کو اسپتال میں رہنے کی ضرورت ہوتی ہے اور منجی سائیڈ اٹیکس سے بھی وہ محفوظ رہتا ہے۔

تقریباً ایک صدی سے بھی زیادہ عرصہ گزر چکا ہے، جب ماہرین امراض نے ہارٹ ٹیک کے شکار افراد کی شریانوں کا پہلی بار معائنہ کیا تھا اور یہ بتایا تھا کہ یہ شریانیں سخت اور غیر پلک دار ہو گئی تھیں۔ ان لوگوں نے اس طبی صورتحال کو Arteriosclerosis کا نام دیا تھا۔ لاطینی زبان میں اس کے معنی شریانوں کی سختی ہے۔ آج طبی ماہرین اس خرابی کو Atherosclerosis کہتے ہیں۔ قدیم ماہرین امراض نے جب ان شریانوں کی اندرونی دیواروں کا قریب سے معائنہ کیا تو انہیں معلوم ہوا کہ یہ شریانیں نہ صرف سخت ہو گئی تھیں بلکہ زردی مائل مومی مادوں سے ان کی اندرونی دیواریں تنگ بھی ہو گئی تھیں۔ ابتدائی طبی محققین نے اس مادے کا نام Plaque رکھا جو آج بھی استعمال ہوتا ہے۔ دل کے بارے میں تحقیق کرنے والوں نے درست طور پر یہ بات بھی نوٹ کی کہ ہارٹ اٹیک کے بیشتر مریضوں میں ایک بات مشترک تھی، وہ یہ کہ ان کی ایک یا ایک سے زیادہ شریانیں چربییلے مادے سے بند تھیں جس کی وجہ سے دل کے پٹھوں کو خون نہیں پہنچ رہا تھا۔ تاہم ان ابتدائی تفتیش کاروں سے دو قابل اہم غلطیاں سرزد ہوئیں۔ پہلی یہ کہ دل کی شریان میں خون کی پھٹکی جتنی زیادہ بڑی ہوگی، دل کے پٹھوں کا اتنا زیادہ حصہ متاثر ہوگا۔ دوسری غلطی ان سے یہ ہوئی کہ جب ان لوگوں نے بیشتر رکاوٹوں کے مقام پر خون کی پھٹکیاں دیکھیں تو اس سے انہوں نے یہ نتیجہ اخذ کیا کہ پھٹکی اس وقت بنی تھی جب چربییلے مادے نے شریان کی گزرگاہ بند کر دی تھی اور خون کا بہاؤ رک گیا تھا۔

یہ جاننا کہ خون کی پھٹکی کب اور کیسے تشکیل پاتی ہے، ہارٹ اٹیک کے عمل کو سمجھنے میں انتہائی مفید ثابت ہوگا۔ شریان کی دیواروں کے

# قدرتی بائی پاس پر کوئی رقم خرچ نہیں ہوتی

شریائیں کمزور ہو جائیں تو اچانک ہارٹ اٹیک ہو سکتا ہے  
چربی سے مادے شریانوں میں زیادہ ہو جائیں تو اس پر فوری توجہ دیں



## پروفیسر ڈاکٹر حسن عسکری مرزا

میں بعض حیران کن چیزیں بھی سامنے آئیں اور ان کی مدد سے یہ معلوم ہوا کہ مریض جن کی شریائیں نمایاں بند ہو چکی تھیں، کیوں کسی شدید تکلیف کے بغیر آرام سے زندگی گزار رہے تھے۔ معلوم یہ ہوا کہ اس کی بنیادی وجہ ہمارے جسم میں خون کی نالیوں کا وہ متبادل جال ہے جو اس وقت اپنا کام شروع کرتا ہے جب دل جیسا کوئی اہم عضو مناسب مقدار میں خون سے محروم ہونے لگتا ہے۔ طبی اصطلاح میں اسے Collateral Circulation کہتے ہیں۔ ہر انسان کے جسم میں پیدائشی طور پر خون کی یہ ضمنی نالیاں موجود ہوتی ہیں، لیکن جب تک ان کی ضرورت نہ ہو یہ مکمل طور پر نشوونما نہیں پاتی ہیں۔ عام حالات میں یہ اسی طرح کام کرتی ہیں جس طرح آپ کار میں ٹائر پنچر ہونے کے ڈر سے ایک فاضل ٹائر اپنی کار کی ڈکی میں موجود رکھتے ہیں۔ ماہرین امراض قلب کو اب یہ معلوم ہوا ہے کہ خون کا بہاؤ جب محدود ہو جاتا ہے تو انسانی جسم ہارمون کی طرح ایک کیمیائی مادہ پیدا کرتا ہے جنہیں آپ Growth Factors بھی کہہ سکتے ہیں، جو ان خوابیدہ خون

اکثر دورے پڑتے ہیں۔ یہ نرم پلک شریان کی نازک اندرونی دیوار جسے Endothelium کہتے ہیں کہ اندر سے ابھرنے والا ایک چھوٹا سا ابھار جیسا ہوتا ہے۔ یہ نرم پلک ابتدا میں کو لیسٹرول سے بھرا ہوتا ہے اچانک کسی انتہا کے بغیر پلک سے بھرا یہ ابھار پھٹ پڑتا ہے جس سے اینڈوٹیلیم میں ایک سوراخ سا بن جاتا ہے اور اس نرم پلک کے اندر جو مادہ ہوتا ہے وہ خون کی روانی میں شامل ہو جاتا ہے جس طرح ہماری جلد اگر زخمی ہو جائے تو زخم کے سوکھنے کے دوران کھال پر کھر ٹنڈی جم جاتی ہے، اسی طرح شریان کی اندرونی زخمی دیوار پر خون کی پھٹکی جمنی شروع ہوتی ہے۔ یہ Clot یا پھٹکی اور اس کے ساتھ متاثرہ شریان کی اٹھن خون کے بہاؤ میں رکاوٹ ڈالتی ہے لہذا معلوم یہ ہوا کہ پھٹکی خون کے بہاؤ میں رکاوٹ کا نتیجہ نہیں ہے بلکہ اس کا ”سبب“ ہے۔ 1980ء اور 1990ء کی دہائیوں میں امراض قلب کے بارے میں جو تحقیقات کی گئی ان میں دل کی شفا یابی کی قوت کے بارے

”دل پر ہونے والے اچانک حملے“ ”ہارٹ اٹیک“ کیسے بچا جاسکتا ہے۔ یہ بہت اہم سوال ہے مگر مسئلہ یہ ہے کہ جو لوگ اس قسم کے قلبی مسائل میں گرفتار ہوتے ہیں وہ جدید ٹیسٹ کو خاطر میں نہیں لاتے یا غیر ضروری سمجھتے ہیں۔ ایسے بہت سے بظاہر بالکل صحت مند افراد ”اچانک“ ہارٹ اٹیک کا شکار ہوتے ہیں اور اس کی وجہ یہ ہوتی ہے کہ ان کی شریائیں بالکل صحت مند نہیں ہوتیں اور بد قسمتی سے وہ اس سے لاعلم ہوتے ہیں۔ چیر بھاڑ کیے بغیر تکلیف دہ قسم کے ٹیسٹ کے ذریعے ان بیمار شریانوں کا سراغ لگایا جاسکتا ہے اور دل کے دورے سے ان کو بچایا جاسکتا ہے۔ The 4-Step plan کے مطابق شریانوں میں رکاوٹ کی اصل وجہ ابھی کچھ عرصہ پہلے سامنے آئی ہے۔ تحقیق کے مطابق چربی سے مادے یا پلک کی دو قسمیں ہیں۔ ایک نرم پلک اور دوسرا سخت پلک، یہ نرم پلک ہے جسے نازک پلک بھی کہا جاتا ہے جو شریانوں کی دیوار سے ٹوٹ کر الگ ہونے کی صلاحیت رکھتا ہے۔ یہ نرم چربیلا مادہ انتہائی خطرناک ہے اور اس کی وجہ سے دل کے

# اسکن ری سرفیسنگ... قدیم امراض جلد کا جدید طریقہ علاج

پر کر لیتی ہیں اور جلد سالہا سال کے ماحولیاتی اثرات سے آزاد ہو کر شگفتہ اور تروتازہ ہو جاتی ہے۔ نتیجتاً زیادہ صاف رنگت، جوان اور کم عمر جلد، جو سورج کی شعاعوں اور ماحولیاتی آلودگی کو جھیلنے کے لیے از سر نو تیار ہے۔ طبی سائنس میں ری سرفیسنگ کے تین طریقے ہیں۔ کیمیکل طریقہ (Chemical Peel)، مشینی طریقہ (Dermabrasion) اور شعاعی طریقہ (Laser)۔

کیمیکل پیل: چہرے سے چکنائی کی تہہ اسپرٹ سے صاف کر کے جلد پر مخصوص کیمیکل کو برش کی مدد سے لگایا جاتا ہے اور چند منٹ بعد پانی سے دھویا جاتا ہے، چند روز بعد جلد کی بیرونی پرت ایک پھلکی کی طرح اتر جاتی ہے اور نیچے سے نئی تروتازہ تہہ اس کی جگہ لینے آ موجود ہوتی ہے۔ پرت اترنے کا سارا عمل 5 سے 7 دنوں میں مکمل ہو جاتا ہے۔ یہ عمل چہرے کے دھبوں اور جھانپوں کے لیے تو مفید ہے مگر گڑھوں اور زخم یا جلنے کے نشانات کے لیے موثر نہیں۔ بعض صورتوں میں یہ عمل مبینہ دو مبینہ کے وقفے سے کئی بار دہرا کرنا پڑتا ہے۔ مشینی طریقہ: اس طریقہ میں ایک الیکٹریک مشین سے جلد کی درمیانی، حتیٰ کہ اندرونی پرت تک صاف کر کے جلد کے گڑھے، زخم، جلنے کے نشانات اور داغ دھبوں کو یقینی طور پر صاف کیا جاسکتا ہے اس مشین کو استعمال کرنے کے لیے مخصوص ٹریننگ اور مہارت کی ضرورت ہے۔ ایک ماہر ہاتھوں میں اس سے بہتر ری سرفیسنگ کا کوئی اور طریقہ میسر نہیں ہے، مطلوبہ نتائج ایک مرتبہ کے علاج سے حاصل ہو جاتے ہیں یہ قطعی طور پر طبی طریقہ ہے اور بیوشین اور میک اپ آرٹسٹ اسے اپلائی نہیں کر سکتے۔

لیزر: سب سے جدید طریقہ ہے، جس میں شعاعوں کے ذریعے علاج کیا جاتا ہے لیزر مشین (جسے صرف اور صرف جلد کے استعمال کے لیے بنایا گیا ہو) بجلی کی لہروں کو روشنی کی شعاعوں میں تبدیل کرتی ہے اور یہ شعاعیں جلد کی سطح پر پڑنے کے بعد بیرونی پرت کو خشک کر دیتی ہیں بعد ازاں، یہ پرت چند دنوں میں پیاز کے چھلکوں کی طرح خشک ہو کر اتر جاتی ہے اور اندر سے نئی شگفتہ جلد نمودار ہو جاتی ہے۔ یاد رہے کہ ایک ماہر سرجن ہی جلد کا معائنہ کرنے کے بعد یقین کر سکتا ہے کہ کون سا طریقہ علاج کس جلد کے لیے مناسب رہے گا جو طریقہ علاج خشک جلد کے لیے بہتر ہو شاید چکنائی جلد کے لیے موزوں نہ ہو اس طرح اگر شکایت بیرونی پرت میں ہے تو زیادہ گہرائی تک ری سرفیسنگ کرنا وقت اور رقم کا ضیاع ہوگا۔

ڈیونا مناسب نظر نہیں آتا۔ اسکن ری سرفیسنگ میں یہ سہولت موجود ہے کہ جلد پر موجود کسی بھی نشان اور ابھار کو نہایت صفائی اور خوبصورتی سے صاف کیا جاسکتا ہے اور جسم کے دیگر اعضاء کو کوئی نقصان یا سائڈ ایفیکٹ نہیں ہوتا۔ مذکورہ نشانات رنگت کی تبدیلی کی وجہ سے ہو سکتے ہیں۔ جیسے براؤن، سیاہ یا نیلے نشانات (جھانپاں، تل اور مسے) وغیرہ یا پھر جلد پر ابھرنے والے نشانات اور گڑھے۔ جیسے جوانی کی ACNE کے بقایا جات، جو حامل افراد کے لیے ذہنی اور نفسانی بوجھ کا باعث بنتے ہیں۔

کچھ شقیں افراد اپنے جسم کے مختلف مقامات پر کوئی نام یا تصویر (Tattoo marks) کھدوا لیتے ہیں، جن سے وہ بعد میں خود ہی نجات حاصل کرنا چاہتے ہیں۔ اسکن ری سرفیسنگ ہی ان کا بھی مناسب علاج ہے۔ اسی طرح ٹریفک حادثات اور جلنے کے نشانات بھی ری سرفیسنگ سے ٹھیک کیے جاسکتے ہیں۔ اب سوال یہ ہے کہ کیا اس طریقہ علاج کو بیوٹی یا کاسمیٹک (Cosmetic Tip) کہہ کر نظر انداز کیا جاسکتا ہے۔ صحت کی تعریف اور اس ضمن میں عالمی ادارہ صحت کی سفارش ہے انسان کو جسمانی اور ذہنی طور پر صحت مند ہونا چاہیے۔ ایک بچہ، جس کے پورے چہرے پر خار پشت (Porcupin) کی طرح کانٹے دار دانے ہیں، کیا اس غلط مفروضے سے علاج سے محروم کر دیا جائے کہ ان دانوں سے اس کی جان کو کوئی خطرہ نہیں۔ اس کی ذہنی کیفیت کا اندازہ لگائیں، جب اس کے ساتھی کلاس میں اس وجہ سے دور بیٹھتے ہوں کہ کہیں انہیں یہ مرض نہ لگ جائے اور اس کے والدین ہر سال ڈاکٹروں سے شوقیہ کی درخواست کریں، جو اسکول انتظامیہ نے طلب کیا ہو، جب کہ صرف دو گھنٹے کے عمل سے یہ نشانات مکمل ختم اور جلد نئی اور تروتازہ ہو سکتی ہے۔

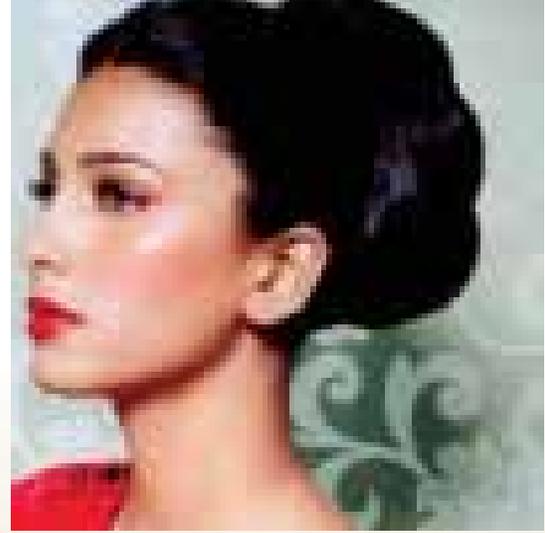
اسکن ری سرفیسنگ کو ایک اور ثانوی فائدے کے لیے استعمال کیا جاتا ہے درمیانی عمر (45-40 سال) کے حامل افراد کے چہروں پر پڑنے والی باریک جھریاں جلد کی اوپری پرتوں تک محدود ہوتی ہیں۔ ری سرفیسنگ سے بیرونی پرتوں کی صفائی کے ساتھ ہی یہ جھریاں بھی ختم ہو جاتی ہیں اور جلد شگفتہ ہونے کے ساتھ دس سے بارہ سال جوان نظر آنے لگتی ہے۔

اب سوال یہ ہے کہ ”اسکن ری سرفیسنگ کیسے کی جاتی ہے؟“ ری سرفیسنگ جلد کی بیرونی اور درمیانی پرتوں کو صاف کرنے کا عمل ہے۔ اس عمل کے بعد اندرونی پرتیں نئے خلیے بنا کر اس مقام کو

ذیشان آٹھویں جماعت کا طالب علم ہے۔ جب پیدا ہوا تو سرخ و سفید رنگت تھی، لیکن دو سال کی عمر سے چہرے اور ہاتھوں پر ہلکے براؤن اور سیاہ دھبے نمودار ہونا شروع ہو گئے، چند ہی برسوں میں دھبوں کی تعداد اور سائز میں بھی اضافہ شروع ہو گیا۔ شہر کے تمام جلدی ماہرین کی رائے ہے کہ یہ مرض موروثی اور علاج ہے، ایک صاحب نے تو یہاں تک کہہ دیا، چند سال بعد براؤن دھبے جلد کے کینسر میں تبدیل ہو سکتے ہیں۔ برس یا اس قسم کے دوسرے نشانات والے بچوں کا دکھ صاحب اولاد ہی محسوس کر سکتے ہیں۔ ایک استھلیک جسم اور شاندار تعلیمی ریکارڈ کا حامل بیٹا، کیا صرف ایک جلدی مرض کے باعث زندگی کی تمام مسرتوں سے محروم ہو کر ایک حسرت کے انجام سے دوچار ہو جائے گا اور ہم سائنسی ماہرین تمام ایجادات اور سہولتوں کے باوجود خاموشی سے تماشا دیکھیں گے۔ ڈاکٹر زکی تربیت اس امر کی متقاضی ہے کہ ناقابل اعتبار دعوے (خواہ وہ مخفی ہوں یا بشت) نہ کیے جائیں۔ ڈیپٹیس، بلڈ پریشر، دمہ، مرگی، فالج اور درجنوں ایسے امراض ہیں جنہیں کنٹرول کیا جاسکتا ہے لیکن قابل سے قابل ڈاکٹر بھی ایک خوراک دیا یا انجیکشن سے انہیں جڑ سے اکھاڑ پھینکنے کا دعویٰ نہیں کر سکتا۔ ایسی بیماریوں کو قابل بندوبست (Manageable) کہا جاتا ہے اور پابندی علاج سے مریض ایک بھر پور صحت مند زندگی گزار سکتا ہے، بلکہ چند افراد نے ان امراض میں مبتلا ہوتے ہوئے زندگی کے مختلف شعبوں میں قابل رشک مقام بھی حاصل کیا ہے۔

اسکن ری سرفیسنگ بھی ایک جدید طریقہ علاج ہے جس کی مدد سے تقریباً 50 سے زائد ایسے جلدی امراض کو کنٹرول یا بہتر کیا جاسکتا ہے، جو زمانہ ماضی میں ناقابل علاج تصور کیے جاتے رہے ہیں۔ ہر نئی ایجاد کو خشک کی نگاہ سے دیکھنا انسانی مزاج کا خاصہ ہے اور مغرب نے بھی اس ایجاد کو نہایت تردو کے بعد قبول کیا ہے ہم ابھی انکار اور قرا کر کے درمیانی مرحلے میں ہیں۔ ایک صحت مند جلد کی کئی پرتیں ہوتی ہیں۔ مختلف جلدی امراض مختلف پرتوں پر اثر انداز ہوتے ہیں، جو امراض جلد کی سب سے بیرونی پرت پر ہوتے ہیں، وہ تو شاید کریم یا مرہم لگانے سے ٹھیک ہو جائیں لیکن اگر مرض اندرونی پرتوں میں ہے تو جلد کے اوپر لگانے والی ادویہ بعض اوقات وہاں تک سرایت ہی نہیں کر پاتیں۔ کچھلی چند دہائیوں میں ان امراض کے لیے انجیکشن اور کھانے کی ادویہ دریافت ہو چکی ہیں لیکن جلد پر چند نشانات کے علاج کے لیے پورے جسم کو دوا میں

# صحت عمدہ ہو تو بال عمدہ ہوتے ہیں



کردے گا۔ تاہم کنڈیشنر کے استعمال میں بھی احتیاط لازم ہے اس کا استعمال ہفتے میں بالعموم ایک بار اور بالوں کی مخصوص ضرورت کے مطابق کیا جاتا ہے کنڈیشنر صرف بالوں کے نچلے حصوں میں تین تا ساٹھ سیکنڈ تک لگا رہنے دیں بعد ازاں بال کو دھو ڈالیں۔

6۔ اگر آپ کے بال بہت زیادہ مقدار میں سفید ہو چکے ہیں تو ان کو رنگنے کے لئے مہندی کا استعمال ایک بہترین قدرتی نسخہ ثابت ہوگا اپنے بالوں کو بازار کے غیر معیاری غیر صحت بخش اجزاء پر مشتمل بال رنگنے والے کیمیکلز سے دور رکھیں اور ان کے بجائے مہندی کا استعمال کریں۔

7۔ ہمیشہ گیلے بالوں کو برش کرنے سے پرہیز کریں کیونکہ اس طرح بال بہت ٹوٹتے ہیں کیونکہ گیلے بالوں میں پک نہیں ہوتی اس لئے بالوں کو ہمیشہ خشک ہونے کے بعد سلجھانا چاہئے۔

8۔ بالوں کے گرنے کی عمومی وجوہات جسم میں آئرن اور وٹامن بی کی کمی، پریشانی، ٹینشن، سردرد دواؤں کا بے جا استعمال یا ان کا ری ایکشن اور بال رنگنے والے مصنوعی کیمیکلز کا بے جا استعمال ہو سکتا ہے اگر آپ کے بال مسلسل گر رہے ہیں اور ان کی جگہ نئے بال آرہے ہیں تو یہ ایک انتہائی تشویشناک بات ہے ایسی صورت میں گھریلو ٹوکوں اور نسخوں کو نہ آزمائیں کیونکہ بال ایک بار گر جائیں تو دوبارہ نکلنا بڑا مشکل کام ہے اس کے علاوہ جلدی بیماری کے باعث بھی بال بڑی تیزی سے گرتے ہیں اگر آپ نے ڈاکٹر کے پاس پہنچنے میں دیر کردی تو آپ اپنے رہے سبے بالوں سے بھی ہاتھ دھو بیٹھیں گے۔

## بالوں کے لئے چند مفید باتیں

اگر آپ کے بال بہت زیادہ خشک اور بے جان ہیں تو اس کے لئے مندرجہ ذیل باتوں پر عمل کریں۔

1۔ اپنے بالوں کو دھونے سے قبل ان کی جڑوں میں تیل کا مساج کریں اور دو سے چار گھنٹے تک تیل بالوں میں لگا رہنے دیں بعد میں شیمپو کریں۔

2۔ اپنے بالوں میں اگر آپ کنڈیشنر کا استعمال کرتی ہیں تو کنڈیشنر کے استعمال کے بعد بالوں کو خوب اچھی طرح پانی سے دھولیں تاکہ کنڈیشنر بالوں میں نہ رہ جائے۔

3۔ اپنے بالوں کو سیٹ یا خشک کرنے کے لئے ہینر ڈرائیر کا استعمال کم سے کم کریں اور دوران استعمال اس بات کا خیال رکھیں کہ ہینر ڈرائیر مناسب فاصلے پر رکھ کر کیا جائے کیونکہ براہ راست گرم ہوا آپ کے بالوں کی جڑوں کے لئے نقصان دہ ثابت ہوتی ہے۔

4۔ بالوں میں غیر ضروری چکنائی کی موجودگی بھی ایک اہم مسئلہ ہے لیکن چکنائی کے باوجود بالوں میں تیل کا مساج جاری رکھیں اور چکنائی میں کمی کے لئے ہفتے میں دو سے تین مرتبہ بالوں کو شیمپو کریں۔

5۔ بالوں کی صحیح نشوونما میں کنڈیشنر کا استعمال خاص اہمیت کا حامل ہے۔ کیونکہ اس کا باقاعدہ استعمال بالوں میں قدرتی نمی کے تناسب کو برقرار رکھتا ہے۔ اگر بال بہت زیادہ خشک ہیں تو کنڈیشنر کا باقاعدہ استعمال اسی شکایت کا بڑی حد تک ازالہ

کہا جاتا ہے کہ صنف نازک کی خوبصورتی اس کی زلفوں کی اثر انگیزی اور شخصیت کے اعتدال میں پوشیدہ ہوتی ہے۔

گھنی، لمبی، چمکدار، سیاہ زلفیں عورت کی اولین کمزوری ہوتی ہے ہر عورت اس بات کی خواہش مند ہوتی ہے کہ اس کے بال چمکدار صحت مند، نرم و ملائم ہوں لیکن خواتین کی اکثریت اس حقیقت سے نا آشنا ہے کہ بالوں کی صحت ان کی جسمانی صحت پر منحصر ہوتی ہے اگر جسم صحت مند ہوگا تو لازماً بال بھی صحت مند چمک دار اور نرم و ملائم ہوں گے۔

لہذا وہ خواتین جو سیاہ گھنی نرم و ملائم زلفوں کی خواہش مند ہیں انہیں چاہئے کہ سب سے پہلے وہ اپنی خوراک پر توجہ دیں یعنی وہ خوراک کو متوازن بنائیں اور ایسی غذائیں اپنی روزمرہ میں شامل کریں جو پروٹین اور آئیوڈین سے بھر پور ہوں۔ گوشت، مچھلی، انڈا، دودھ ایسی غذائیں وہ اشیاء ہیں جن میں پروٹین موجود ہوتا ہے اور جن کے استعمال سے بالعموم بال مختلف بیماریوں سے محفوظ رہ سکتے ہیں بالوں کی بہترین نشوونما کے لئے آئیوڈین (یعنی آئرن پر مشتمل غذائیں) ضروری ہیں روزمرہ کی خوراک میں ان کا حصول گوشت، مچھلی اور پتے والی سبزیوں کے ذریعے ممکن ہے ان کے ساتھ ساتھ خوراک میں دودھ کا استعمال نہ صرف بالوں کی جڑوں میں مضبوطی پیدا کرتا ہے بلکہ ان کی چمک کو بھی ابھارتا ہے خشک بے جان تیزی سے گرتے ہوئے بال آپ کی شخصیت کو ماند کر دیتے ہیں لہذا اپنی شخصیت میں حسن و دلکشی برقرار رکھنے کے لئے آپ کو اپنے بالوں کی ظاہری حفاظت و بناوٹ کے ساتھ ساتھ ان کی اندرونی نشوونما اور حفاظت کا خیال رکھنا بھی ضروری ہے۔

بیروں کو ہر جگہ اور ہر مسئلہ میں رہنمائی فراہم کرتا ہے۔ اس سوال کے جواب میں کہ لڑکی اور لڑکے کی شادی کے لیے صحیح عمر کیا ہوتی ہے اور کیا آپ سمجھتے ہیں کہ معاشرے میں پھیلنے والی برائیوں کا ایک سبب انسان کو جبلی تقاضوں سے روکنا ہے؟ انہوں نے کہا کہ والدین کی یہ ذمہ داری ہے کہ لڑکی کے بالغ ہوتے ہی جلد سے جلد اس کی شادی کر دی جائے اس میں رسم و رواج (یہاں جہیز اور فضول رسومات سے مراد ہے) کی وجہ سے تاخیر کرنا کسی طرح بھی صحیح نہیں ہے، ان کے نزدیک برائیوں کا اصل سبب غیر اسلامی تہذیب و تمدن کے اثرات ہیں جن کی بدولت مسلمانوں کے ازدواجی تعلقات میں بہت سی ایسی رسوم اور رواج اور اداہام داخل ہو گئے ہیں جو اسلامی قانون ازدواج کے مطابق لڑکے اور لڑکی کو جلد از جلد شادی کے بندھن میں باندھنا ہی مناسب ہے۔

## لڑکی کے مسائل بڑھ جاتے ہیں

شادی کو اپنے لیے ایک المیہ بنانے کی ذمہ داری اگر مغربی کلچر دکھادے اور بیرونی عوامل کی ہے تو اتنی ہی ہم پر عائد ہوتی ہے۔ دیر سے ہونے والی شادیوں کے اثرات بعد از شادی کیا نتائج مرتب کرتے ہیں؟ اس میں ماہر نفسیات شفا نعیم سے پوچھا گیا انہوں نے بتایا کہ ”دیر سے کی جانے والی شادیوں کے اثرات سب سے زیادہ لڑکی کو متاثر کرتے ہیں، یہ بات سائنس بتا چکی ہے کہ ایک لڑکی کو تیس سال کی عمر میں پہنچنے سے پہلے ماں بن جانا چاہئے۔ لیکن آج کل لڑکیاں تیس سال سے زائد عمر میں شادیاں کر رہی ہیں۔ یہی وجہ ہے کہ ایسی شادیوں کی صورت میں ماں بننے کے عمل میں بہت پیچیدگیاں ہونے لگتی ہیں۔ ساتھ ہی ان میں ان مسائل کے باعث چڑچڑاپن اور جھنجھلاہٹ بڑھ جاتی ہے۔ لڑکے اب یہی سوچتے ہیں کہ پہلے اپنے پاؤں پر کھڑے ہو جائیں پھر شادی کریں گے۔ لڑکیوں میں بھی ایسی ہی خود مختاری بڑھتی جا رہی ہے۔

شعور اور آگاہی دو بنیادی جز ہمارے معاشرہ میں ناپید ہوتے جا رہے ہیں خصوصاً جبلی تقاضوں کی ادائیگی کے معاملہ میں۔ شادی بھی ایک جبلی تقاضہ ہے اس فریضہ کی وقت پر ادائیگی معاشرے میں بہت سی برائیوں کو روکنے میں مدد دے سکتی ہے انسان اگر اپنی شادی کی ضروریات بروقت پوری کرنے سے محروم رہ جائے تو اس کے اندر نفسیاتی و جسمانی خرابیاں رونما ہونے لگتی ہیں عوارض جنم لیتے ہیں۔

دکھاوے اور ان کی وجہ سے بدشگون بن جاتی ہیں جو ساری زندگی دونوں خاندانوں میں نہ ختم ہوجانے والی رنجش کا سبب ہوتی ہے اس ضمن میں مایوں، مہندی، ڈھولکی، مانجھا، تیل، ابلن، ترچکا، بھارت، سہرا بندی، جوتا چھپائی، ہاتھ پکڑائی، رستہ رکائی، ٹیگ آرسی، چوتھی، (چالہ) یہ ساری رسمیں بہت عام ہیں۔ بعض اوقات پوری رات رسموں کی نذر ہوجاتی ہے۔ شادی کے کارڈر تاریخ تو سولہ لکھی جاتی ہے لیکن نکاح اور رخصتی 17 کو ہوتی ہے۔ یہاں یہ امر بھی بڑا تکلیف دہ ہے کہ دلہن کی رخصتی سے قبل تک رسمیں کی ہی جاتی ہیں لیکن سسرال کی دلہیز پر قدم رکھنے کے لیے بھی اسے عجیب و غریب رسموں کا سامنا کرنا پڑتا ہے۔ ان سب سے فارغ ہوتے ہی کہیں جا کر دلہن کو اس کے کمرے میں لے جایا جاتا ہے۔

وہاں بھی فونو گراف اور موموی کیمرے والے پہلے ہی اسے انتظار میں بیٹھے ہوتے ہیں۔

شادی بیاہ کے مواقع پر جہاں ہر قسم کی آزادی کے ”نظارے“ نظر آتے ہیں وہیں لڑکیوں کا آپس میں گل مل جانا بھی عام ہے وہ لڑکے لڑکیاں جن کے تعلقات پہلے صرف سلام دعا تک محدود ہوتے ہیں۔ ایسے مواقع پر ہر بندھن سے آزاد ہو کر راہ و رسم بڑھا رہے ہوتے ہیں۔ خصوصاً مہندی کے فنکشن کے حوالے سے یہ دیکھا گیا ہے کہ گانوں کے مواقع پر ایک ہلڑ بازی کا مظاہرہ کیا جا رہا ہوتا ہے، جس میں لڑکیوں کے ساتھ ساتھ لڑکے بھی پیش پیش ہوتے ہیں، اسی موقع پر اکثر و بیشتر دونوں پارٹیوں کے مابین نوبت لڑائی جھگڑے تک پہنچ جاتی ہے۔

ان رسموں میں جو فضول خرچیاں ہوتی ہیں وہ اپنی جگہ مسلم ہیں۔ ہمارے معاشرے میں ایسی رسموں کے بغیر شادی کا تصور نا پیدا ہوتا جا رہا ہے اور شادی کرنے کی راہ میں بڑی رکاوٹ ہیں۔

## شادی بروقت کرنا ضروری ہے

مفتی حسام اللہ شریفی کا شادی پر ہونے والے کثیر اخراجات اور ان فضول رسموں کے بارے میں کہنا ہے کہ یہ سب چیزیں انسان کی اپنی پیدا کردہ ہیں اور ان کے نتیجے میں ظاہر ہونے والے نقصانات بھی ہمیں آنکھیں کھولنے پر مجبور نہیں کر رہے۔ لوگ شادی کو خود ایک مسئلہ بنا رہے ہیں۔ اس بارے میں کہ اسلام میں شادی کے لیے کیا طریقہ رائج کیا گیا، وہ بتاتے ہیں کہ اسلام نے نکاح کو اتنا آسان اور سادہ بنایا کہ جب دونوں فریق خود دلہا اور دلہن اور ان کے والدین راضی ہوں تو وہ کسی بھی رکاوٹ کے بغیر یہ رشتہ قائم کر سکتے ہیں نہ کسی خاص تقریب کی شرط ہے نہ کوئی دعوت ضروری ہے اور نہ جہیز لازمی ہے۔ اسلام ایک ایسا مکمل دین ہے جو اپنے

ان کے خیال میں ایک بیس بائیس سال کی لڑکی میں اتنی پکچ ہوتی ہے کہ وہ سسرال کے ماحول میں رنگ جائے۔

لڑکیاں، لڑکوں سے زیادہ تعلیم حاصل کر رہی ہیں اور ملازمت کرنے کے بعد ان میں خود مختاری کا احساس پختہ ہو رہا ہے۔ ساتھ اس بات کو بھی بہت Encourage کیا جا رہا ہے کہ لڑکیاں پڑھ لکھ کر ملازمت کرنے کے بعد اپنا بوجھ خود اٹھا سکتی ہیں اور اکیلے زندگی گزار سکتی ہیں۔ یہ نظریہ مغربی کلچر کی مہربانی ہے جسے آج کی نوجوان نسل اپنی ذمہ داریوں سے فرار حاصل کرنے کے لیے اختیار کر رہی ہے لیکن وہ یہ بات بھول رہی ہے کہ اس نظریہ یا سوچ کا اطلاق ایک مسلم معاشرہ میں ممکن نہیں ہے۔ خاص طور سے متوسط طبقے میں لیکن اس ساری صورتحال میں ایک طرف وہ لڑکیاں بھی ہیں جو اپنی شادی کے انتظار میں اپنی جوانی والدین کی دلہیز پر ہی گزار دیتی ہیں یہ لڑکیاں بہت زیادہ بڑھی لکھی نہیں ہوتیں اور ان میں احساس محرومی بڑھتا رہتا ہے۔

دیر سے کی جانے والی شادیوں کی بنیادی وجہ محدود وسائل یا بلند توقعات ہیں جو والدین کے لیے بھی کسی لاعلاج بیماری کی طرح ہیں۔ ایسے واقعات بھی سامنے آئے ہیں کہ لڑکی کے لیے رشتوں کی کمی نہیں ہے لیکن صرف وسائل کی عدم موجودگی کی وجہ سے لڑکی کی عمر بڑھتی رہتی ہے۔ یہ ایک افسوسناک حقیقت ہے اور اس ضمن میں لوگوں کے لیے معیار زندگی سب سے بڑا مسئلہ ہے۔ پچھلے زمانے میں بھی شادیاں ہوتی تھیں رسمیں بھی کی جاتی تھیں، جہیز بھی دیا جاتا تھا اور یہ سارے کام بخوشی انجام پاتے تھے نہ خاندان والوں کی ناراضگی کا ڈر نہ ہی سسرال والوں کی ناز برادریوں کی پرواہ، ہر کام اپنے وقت پر احسن طریقے سے ہوجاتا تھا محلے والے بھی شادی میں پیش پیش رہتے تھے۔ ہر شخص اپنی بساط کے مطابق شادی کے گھر میں اپنے طور سے مدد کرتا تھا مگر اب صورتحال بالکل تبدیل ہو چکی ہے۔

## نیک شگون کی بدشگون

”جوڑے آسمانوں پر بنتے ہیں“ یہ بات مانتے تو سب ہی ہیں لیکن اس تناظر میں فضول خرچیاں اپنی انتہا کو چھو لیتی ہیں۔ ہمارے معاشرے میں مصنوعی کلچر ویلیوز کا مکمل دخل بڑھتا جا رہا ہے لوگ اپنے اسٹیٹس کو بڑھا چڑھا کر پیش کرتے ہیں کچھ لوگوں کا خیال ہے کہ دیکھا و انہیں مجبوری ہے یا یوں کہیں کہ ”ضرورت“ شادی بیاہ پر ہونے والی بے کار رسومات اب ہمارے اپنا کلچر کا حصہ بنتی جا رہی ہیں۔ ان رسومات کے بغیر شادی بیاہ میں کوئی کشش نہیں رہتی۔ بات صرف رسومات کی ادائیگی تک ہوتی تو ٹھیک تھا مگر ایسی رسومات جن کو شگون کے طور پر ادا کیا جاتا ہے،

# شادی کیسے کی جائے؟

شادیاں بہت دیر سے اور ڈھلتی عمر میں ہو رہی ہیں سب مہنگائی اور لوگوں کی ڈیمانڈز ہیں۔ اب مسئلہ شادی کر کے جھاننا ہی نہیں رہا بلکہ شادی کیسے کی جائے؟ ہو گیا ہے۔

اس سلسلے میں ہم نے نیگم ممتاز قریشی سے جو ’ڈومن ویلفیئر‘ کے نام سے ایک فلاحی ادارہ چلا رہی ہیں اور ایک سینئر صحافی بھی ہیں بات کی۔ انہوں نے بتایا کہ ان کے پاس روزانہ بہت سے خواتین اپنی بیٹیوں کے رشتے کے سلسلے میں آتی ہیں ان میں سے زیادہ تر متوسط طبقے سے تعلق رکھتی ہیں لیکن ان کی خواہش ہوتی ہے کہ ان کی بیٹی یا بیٹے کی شادی ان سے بڑی حیثیت کے لوگوں میں ہو۔ چاہے ان کے پاس خود کھانے کے لیے کچھ نہ ہو لیکن وہ بیٹی، بیٹے کی شادی کے لیے ہر طرح کی صعوبتیں برداشت کرنے کے لیے تیار رہتے ہیں۔

## ڈھلتی عمر کی شادیاں

نیگم ممتاز قریشی کے خیال میں یہی سب سے بڑی وجہ ہے کہ آج کل والدین اپنے وسائل سے بڑھ کر بچوں کی شادی کرتے ہیں اور پھر شادی کے بعد جب سسرال والوں کی ڈیمانڈز بڑھنے لگتی ہیں تو انہیں غلطی کا احساس ہوتا ہے۔ انہوں نے کہا کہ شادیاں جتنی سادگی سے ہوں اتنا ہی اچھا ہوتا ہے۔

ان کے پاس پندرہ سال سے لیکر پچاس سال تک کی خواتین رشتے کے لیے آتی ہیں لیکن زیادہ تر تیس سے پچیس سال کی خواتین کی رجسٹریشن ہوتی ہے۔ یہ ایک بہت بڑا المیہ ہے کہ اب لڑکیوں کی شادی تیس کے بعد ہو رہی ہے اور اسی طرح لڑکے بھی چالیس سال کی عمر کو پہنچ کر شادی کر رہے ہیں۔ یہ صورتحال انتہائی خطرناک ہے کیونکہ اتنی دیر سے ہونے والی شادیوں کے نتیجے میں بچوں میں انبار ملتی کے مواقع بڑھ جاتے ہیں اور نہ صرف یہ بلکہ ساتھ ہی میاں بیوی کے رشتے میں بھی اپنائیت نہیں شامل ہو سکتی۔

استعمال کی ذاتی چیزیں اور سسرالیوں کی پہناؤ نیاں (85,000) شامل ہیں۔ اس کے علاوہ اوسط درجے کے ہال کی بکنگ 40,000 یاد رہے (یہ صرف ہال کی بکنگ ہے اس میں کھانا اور سرونگ شامل نہیں ہے) کھانا 150 روپے فی کس (یہ ایک عام مینو ہے جس میں چکن بریانی، چکن کڑھائی، قورمہ، سلاد، رائیہ ایک میٹھی ڈش ہوتی ہے۔ 500 آدمیوں کا یہ کھانا تقریباً 75,000 تک ہوتا ہے اور اگر اسی کھانے میں چکن کی جگہ بیف اور ایک آسٹم مثلاً (تکڈا اسٹیم بروسٹ، بہاری کباب، کولڈ ڈرنک) 30 روپے فی کس بڑھا دیئے جائیں تو 200 روپے فی کس کے حساب سے 1,00,000 تک بل بنتا ہے۔ یہ بل تو صرف شادی، ولیہ کے کھانے کا ہے۔ مہندی مایوں کے کھانے میں (اگر 150) مہمان شریک ہیں تو تقریباً فی کس 50 سے 40 روپے کلگری 30، روپے فی کس کھانا فی کس 40 روپے سب ملا کر تقریباً 18,000 مزید سفری اخراجات کی مد میں 10,000 گھر میں ٹھہرنے والے مہمانوں کی خاطر تو واضح ایک ہفتہ کم از کم 30,000 اور گھر والوں کے اخراجات 35,000 تک پہنچ جاتے ہیں۔ سب تقریباً کم از کم بھی 5,00,000 تک پہنچ جاتے ہیں۔ (یہاں ہم نے ہر آسٹم پر کم سے کم تخمینہ لگایا ہے)۔

سوال یہ ہے کہ ایک شخص جس کی ماہانہ آمدنی 20,000 سے زیادہ نہیں وہ یہ تمام اخراجات کیسے پورے کرتا ہے۔ قرض ایک ایسی لعنت ہے جس سے مذہبی اعتبار سے بھی بچنے کی تلقین کی گئی ہے لیکن آج کے پر آسائش اور مہنگے ترین دور میں شادی بیاہ کی مد میں ہونے والے وسائل سے زیادہ کثیر اخراجات کے لیے اسی لعنت کا سہارا لیا جاتا ہے۔ والدین اپنے بچوں کی خوشی کی خاطر لوگوں سے قرض لے کر شادی تو بہت دھوم دھام سے کر دیتے ہیں لیکن اس قرض کی ادائیگی انہیں بے موت مار دیتی ہے اسی بناء پر میں ہمیں ایک نئے رجحان کا سامنا بھی ہوا ہے کہ موجودہ حالات میں اب

## خوشی بوجھ کے ساتھ

غم دکھ مسائل اور مصیبتیں انسانی ماحول اور اس کی زندگی کا حصہ ہیں یہ لازمہ حیات ہیں اور عموماً انسانی زندگی المیوں سے بھر پور ہوتی ہے۔ آرٹ اور ادب انسان کے ان ہی المیوں کو پیش کرتا ہے، اسے دوسروں کاموں اور دکھ کا شعور عطا کرتا ہے اور اچھا انسان بناتا ہے۔ انسان اس بنیادی حقیقت کو تسلیم نہیں کرتا کہ غم، دکھ، المیے اس کی زندگی میں بظاہر دعوت دیئے بغیر ہی آجاتے ہیں لیکن اسے چھوٹی سے خوشی کے لیے بھی تڑو کرنا پڑتا ہے اور حالات پیدا کرنے پڑتے ہیں۔ شادی بیاہ کے مواقع بھی خوشی کا پیغام ہوتے ہیں لیکن انسان بعض اوقات انہیں بھی اپنے لیے المیہ بنا لیتا ہے۔ تصور کیجئے ایک ایسے خوشی کے موقع کا جس کا آغاز سخت تناؤ، بوجھ اور محرومیوں کے ساتھ ہوا ہو ظاہر ہے ایسے میں خوشی کیوں منائی جائے گی خوشی کہاں باقی رہے گی؟

ایک عجیب ستم ظریفی ہے جو لوگ خود بہت بوجھ میں دے ہوئے ہیں وہ اجتماعی طور پر ایک دوسرے کا بوجھ کم کرنے کے بجائے بوجھ میں اضافہ کر رہے ہیں مطلب یہ ہے کہ شادی بیاہ کو پورے معاشرے کی سفاکی نے ل کر ایک اذیت بنا دیا ہے اگر اوسط آمدنی کو پیش نظر رکھا جائے اور اس کے تناظر میں شادی بیاہ میں ہونے والے اخراجات کو دیکھا جائے تو ہمارے معاشرے کے بہت سے ایسے سچے میں آجاتے ہیں۔ یہاں ہم ایک اوسط آمدنی والے شخص کے ہاں ہونے والی شادی کے اخراجات کا جائزہ لیں گے۔

سب سے پہلے فرنیچر (1,00,000) معمولی زیور (1,00,000) کرا کر (50,000) الیکٹرانکس (1,00,000) دلہن اور دولہا کے کپڑے جو تے میک اپ کا سامان بیوٹی پارلر کے اخراجات، پرس، چوڑیاں روزمرہ کے

# شوہر... کی بھرپور توجہ کس طرح حاصل کی جائے

مسائل کو بار بار دہرانا اور ان پر تنقید کرنا حالات کو مزید بگاڑنے کا سبب بنتا ہے، شوہر کی ہمدردی نہیں، انہیں سراہیں، نچی طور پر سب کے سامنے بھی ان کی تعریف کرتی رہا کریں، اس طرح وہ آپ پر فخر کریں گے۔

## ”خوش خلقی“ عورت کا زیور ہے

خوش خلق لوگوں میں وقار، کشادہ دلی، فیاضی اور اعلیٰ ذوقی بدرجہ اتم پائی جاتی ہیں، بہت سی خواتین ان خصوصیات کی حامل ہوتی ہیں، وہ غیر لوگوں کے سامنے اپنے گھر میں گرمجوشی کی فضاء پیدا کر دیتی ہیں لیکن کیا وہ اپنے اہل خانہ کے سامنے بھی ایسی ہی خصوصیات کا مظاہرہ کرتی ہیں؟ کیا آپ محض اہل خانہ کی خوشی کے لیے انکے ساتھ گرمجوشی اور خوش خلقی سے پیش آتی ہیں؟ خوش خلقی عورت کا گہنڈہ زیور ہے۔

## ترقی پسند بنیے

اپنے کو بہتر سے بہتر بنانے کی کوشش کریں، گھر سجانے اور سنوارنے کا فن سیکھیں اور اس میں اضافہ کرتی رہا کریں، اسی طرح آپ اپنے شریک حیات کے لیے ایک زبردست اور بہترین ساتھی ثابت ہو سکتی ہیں اور ان کے اندر آگے بڑھنے کی تحریک پیدا کر سکتی ہیں۔

## ہمیشہ خوش و خرم رہیں

گھر کا ہر کام خوش دلی سے کریں، گفتگو میں خوش گفتاری کا ثبوت دیں، ہلکی ہلکی باتوں اور ہنسی مذاق سے خوشی کا اظہار کریں، ان باتوں پر عمل کرنے سے آپ کے اندر اور دوسری بھی بہت ہی خصوصیات پیدا ہونے کا امکان ہے، جیسے صبر و ضبط، اعلیٰ کارکردگی اور تعاون جو بیوی ان خصوصیات کی حامل ہوتی ہے یا انہیں حاصل کرنے کی کوشش کرتی ہے وہ گویا ازدواجی تعلقات کو اور مضبوط بنا دیتی ہے، ان مشوروں کو پڑھنے کے بعد لازمی طور پر آپکے دل میں یہ خیال پیدا ہوگا کہ سب کچھ ہم ہی اکیلے کیوں کریں؟ لیکن چونکہ یہ تحریر صرف خواتین کی فلاح و بہبود کی نظر سے لکھی جا رہی ہے۔ لہذا ہم خواتین ہی کو مشورہ دے سکتے ہیں۔

اس میں کوئی شبہ نہیں کہ شوہروں کو بھی اسی قسم کے فرائض ادا کرنے چاہئیں، آپ کو اس قدر محبت کرنی والی اور بااخلاق پاکر وہ بھی اپنے آپ کو ایک ”آئیڈیل شوہر“ کے سانچے میں ڈھالنے کی کوشش لازمی کریں گے۔

☆☆☆☆☆☆

## حالات کے تحت مطابقت

اپنے آپ میں حالات کے تحت مطابقت پیدا کر لینا کسی بیوی کی سب سے بڑی خوبی ہے، کوئی ہنگامہ کیئے بغیر ایک لمحہ کے نوٹس پر اپنا پروگرام تبدیل کرنے کی صلاحیت آپ میں ہونی چاہیے، ضرورت پڑنے پر کسی ناخوشگوار کی اظہار کے بغیر اپنا تھوڑا بہت آرام قربان کر دینا چاہیے۔

## جاذب نظر بنیے

اگر آپ کے شوہر کو آپ میں کوئی کشش محسوس نہ ہوتی تو وہ آپ سے ہرگز شادی نہیں کرتے، جس طرح شادی کے فوراً بعد آپ بنی سنوری پر کشش و جاذب نظر رہا کرتی تھیں، اب بھی اپنے آپ کو ویسا ہی بنائے رکھنے کی کوشش کیا کریں۔

کسی بھی بیوی کے پاس اس بات کا کوئی جواز نہیں کہ وہ وقت گزرنے کے ساتھ بنا سنورا چھوڑ دے۔ ہر شوہر اپنی بیوی کی خوبصورتی پر ناز کرتا ہے، گھر کے اندر بھی گندے کپڑوں اور میلے بالوں کے ساتھ مت رہا کریں، ہمیشہ صاف ستھرے کپڑے پہنیں، بالوں کو سلیقے سے بنا لیں اور بنی سنوری رہیں۔

## شوہر سے محبت کریں

حقیقی محبت صبر، ہمدردی اور رحم دلی کی متقاضی ہوتی ہے، اس میں خود غرضی کا بہت کم دخل ہوتا ہے، کیا آپ شوہر کی پسند کی ڈشیں تیار کر کے یا ان کی مرضی کے چھوٹے چھوٹے کام کر کے اپنی محبت کا اظہار کرتی ہیں؟ کیا آپ کپڑے پہننے وقت ان کی پسند کا خیال رکھتی ہیں؟ کیا شوہر کو خوش کرنے کے لیے اپنی خوشی کی قربانی دیتی ہیں؟ کیا ان کی تمام ضروریات پوری کر کے گھر کو جنت بنانے کی کوشش کرتی ہیں؟

## معاف کردینے کی صفت

ماضی کی غلطیوں کو فراموش کر دیں اور ان باتوں کو بار بار مت چھیڑیں، کوئی انسان مکمل نہیں ہوتا، اس لیے آپ کو ہمدرد، نرم دل اور معاف کرنے والا ہونا چاہیے، دوسرے کی چھوٹی بڑی غلطیاں معاف کردینے کے لیے آپ کو انکساری، عاجزی اور محبت سے کام لینا چاہیے۔

## شوہر کی ہمدردی نہیں

کسی شوہر کے لیے اس سے زیادہ پریشانی کی بات اور کوئی نہیں ہو سکتی کہ وہ بیوی کو اپنے اوپر کتے چینی کرتے ہوئے سنے، اس طریقہ عمل سے ازدواجی زندگی کو بہت نقصان پہنچتا ہے، ذاتی

زندگی کی کامیابی کے لیے سب سے زیادہ اہم چیز ایک دوسرے سے ذہنی

رابطہ کا قیام ہے، تھوڑی سی توجہ سے ہر بیوی اپنے گھر کو جنت نشان بنا سکتی ہے لیکن کیا آپ نے کبھی اس بات پر غور کیا ہے کہ شوہر کی نظر میں آپ کی کتنی اہمیت ہے؟۔

کیا وہ اپنے پروفیشن، اپنی نچی زندگی یا روحانی خوشیوں کے لیے آپ کو ایک سرمایہ تصور کرتا ہے؟ دفتر میں کام کے دوران کیا اس خوشگوار شام کا تصور کرتا ہے جب گھر جا کر آپ سے ملاقات ہوگی؟ جب وہ کاروبار و تجارت یا دفتری کام کے سلسلے میں گھر سے دور ہو جاتا ہے تو کیا وہ آپ کی کمی محسوس کرتا ہے؟ کیا وہ اپنے تجربات میں آپ کو شامل اور شریک کرتا ہے، اگر آپ کی نظر اس پر پڑ جائے تو کیا اس کے چہرے پر خوشیوں کے پھول کھل جاتے ہیں؟ کیا وہ آپ کو اپنے رشتہ داروں سے تعارف کرانے میں فخر محسوس کرتا ہے؟۔

اس مرحلے پر سب سے پہلے یہ واضح کر دینا ضروری ہے کہ شوہر کے اندر کیا خوبیاں ہونی چاہئیں، پہلی بات تو یہ ہے کہ وہ ان مراعات کا مستحق بنے، بیوی کا خیال رکھتا ہو، اس کے لیے ہمدردی کا جذبہ رکھتا ہو، بیوی کے ساتھ ہر معاملے میں تعاون کرے، اس کی ضرورتوں کا خیال کرے اور اس سے محبت بھی کرتا ہو، ایک پرسکون اور خوشگوار ازدواجی زندگی صرف بیوی کی کوشش سے ہی حاصل نہیں ہو سکتی۔

اپنے شوہر کی بھرپور توجہ کے حصول کے لیے بیوی کو اپنی اندر خوبیاں پیدا کرنے کی ضرورت ہے، یہاں ہم ایسے اوصاف بیان کر رہے ہیں کہ جنہیں کوشش اور مشق کے ذریعہ تمام بیویاں اپنے اندر پیدا کر سکتی ہیں۔

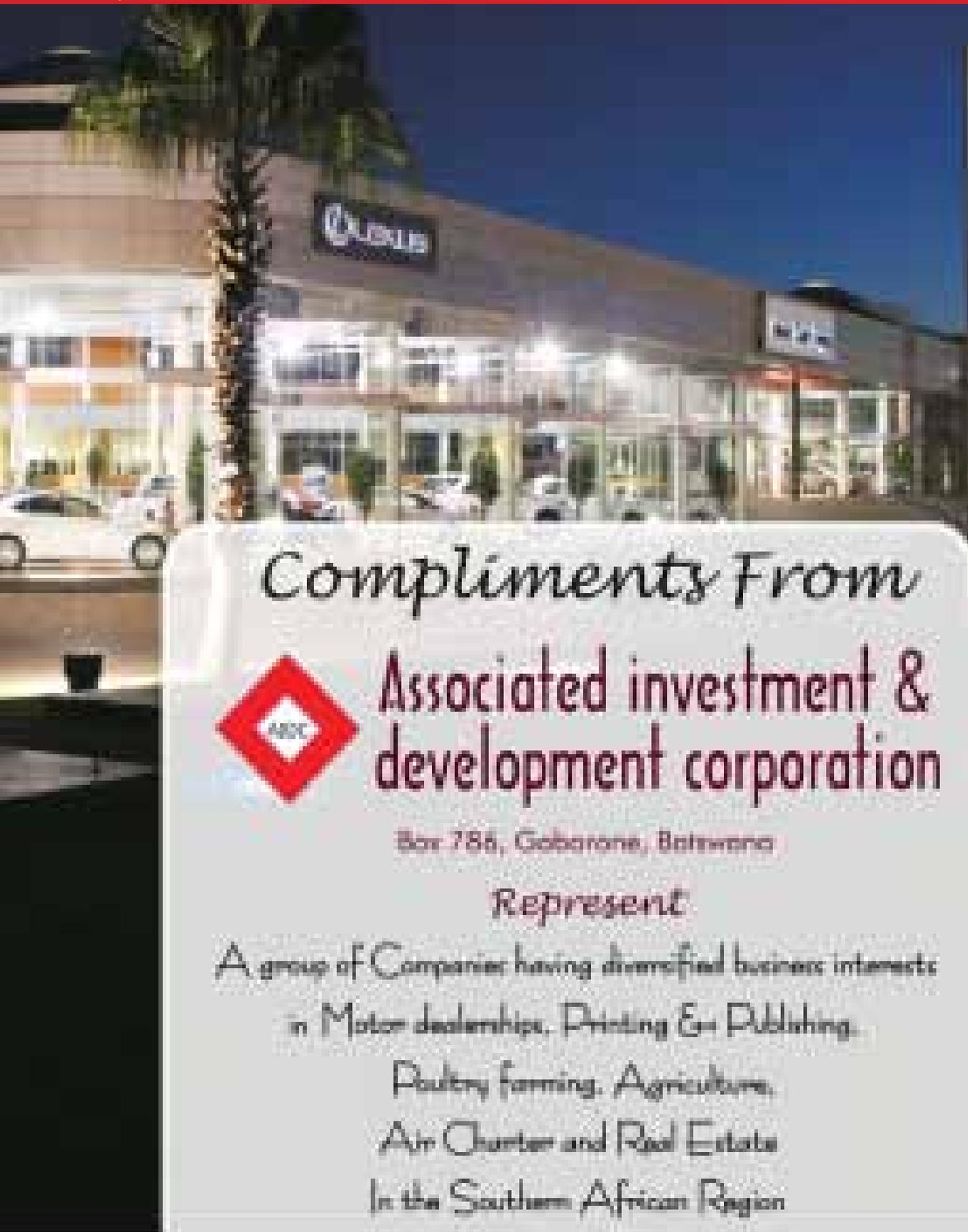
## شوہر کے ساتھ ذہنی رابطہ

خوشگوار ازدواجی زندگی گزارنے کے لیے سب سے اہم نکتہ ایک دوسرے سے ذہنی ہم آہنگی قائم کرنا ہے، کیا آپ پرسکون انداز میں دھیمے لہجے میں اور کسی خوف کے بغیر شوہر سے متبادل خیال کر سکتی ہیں؟ کیا آپ ذہن میں یہ بات رکھتی ہیں کہ محبت میں ہمیشہ سچ بولنا چاہیے؟ ایسے شادی شدہ جوڑے ایک دوسرے کی ضروریات کا خیال کر کے بہت کامیاب ازدواجی زندگی گزار سکتے ہیں جو اپنی پسند اور ناپسند، احساسات اور دوسرے مفادات کے سلسلے میں دوسرے کے ساتھ راست بازی سے کام لیں۔

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