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MEMON ALAM

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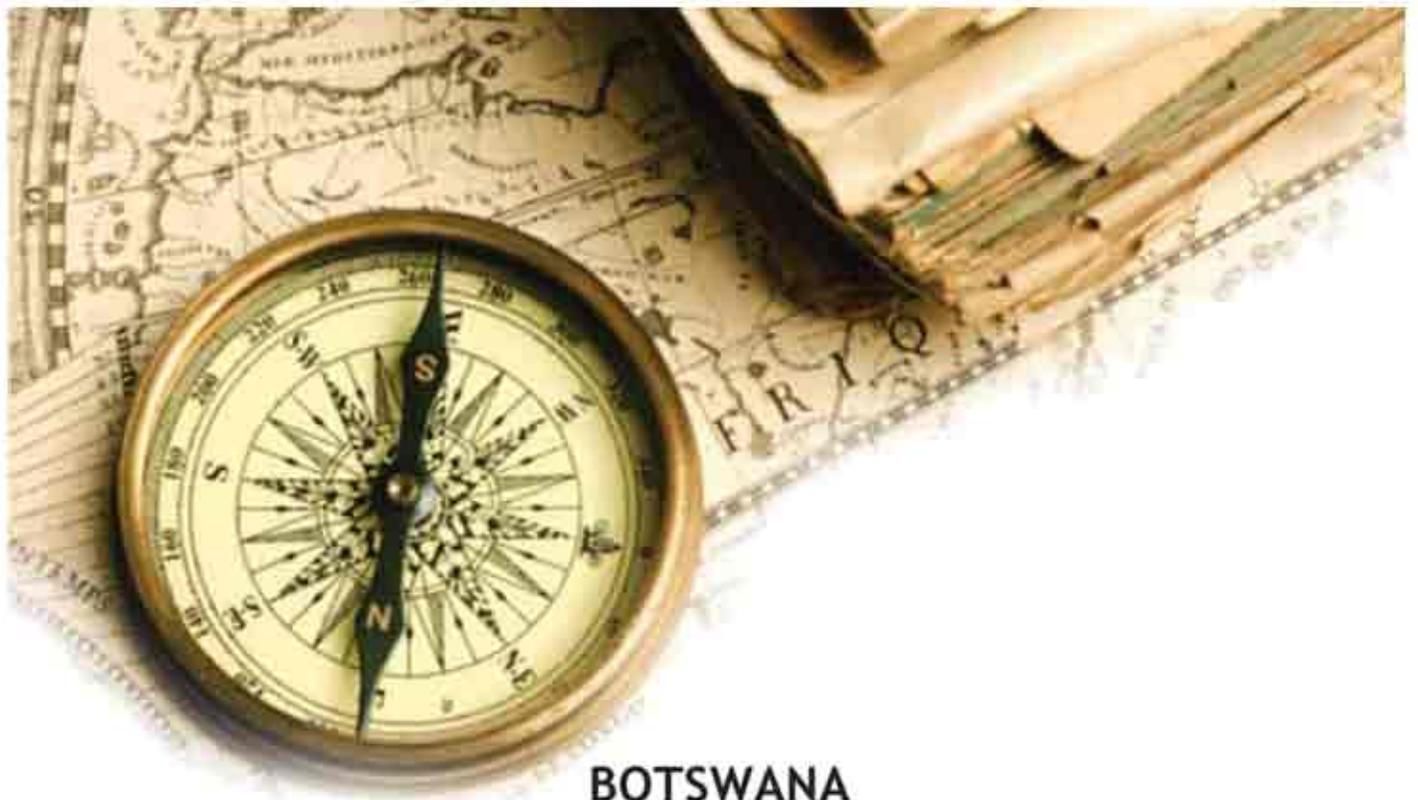


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United
we stand



BOTSWANA



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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 19



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MISSION OF WMO

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

MEMBERSHIP

The World Memon Organisation has the following categories of Membership:

1. Apex Bodies (National Bodies)
2. Institutional Members (Regional and Local Bodies) local institutions, foundations, trusts, social welfare organizations, professional institutions, chamber of commerce, educational boards, etc
3. Corporate Members (Commercial Bodies) -
4. Individual Members (Annual or Life Members)
5. Associate Members (any Non-Memon Organizations or Non-Memon Individual)
6. Patrons
7. Trustees of WMO Charitable Foundation (WMOCF)

MEMBERSHIP FEES

Apex Members	US \$500 (Annually)
Institutional Members	US \$250 (Annually)
Corporate Members	US \$500 (Annually)
Annual Membership	US \$50
Life Membership	US \$1,000
Patron	US \$25,000
Trustee	US \$100,000

NOTES:

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

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United we stand

Unity in the Memon Community

The Memon Community has a history of unity from the time of its known origin which dates back to the 14th or 15th century. When the community population was in smaller numbers, the Memons developed the system of Jamats, which were limited to the village or town they inhabited.

When the Memon Community spread across the world, the Memons still retained their identity, based on their city, town or village of origin. But as time went by and the population grew in the 21st century, the concept of Federations evolved, which represented a group of Memon Jamats in the specific country, where the Memon population is in large numbers. For example, All Pakistan Memon Federation in Pakistan and All India Memon Jamat Federation in India. These Federations are doing an excellent job of keeping all the Jamats under one banner. However, there is a need of strengthening the relationships of Jamats and the Federations so as to make the relationship much more beneficial to the community at large.

At present, the entire world has shrunk to a global village which necessitates that the Memon Community around the world should strengthen and have a strong and very effective central body to oversee and ensure the progress and prosperity of the Memon Community of the world.

In the year 2002, an international umbrella organisation of the Memon Community was formed at Dubai, UAE to represent the entire Memon Community worldwide. Al Hamdulillah, the World Memon Organisation (WMO) has completed a decade of service to humanity. The Mission of WMO to unite the Memon Community is a long and arduous task which requires the cooperation and active support of every Memon individual and every Memon Federation, Organisation, Institution and Jamat.

The World Memon Organisation (WMO) has been formed with the entire Memon Community of the world in mind, which is evident from its Aims & Objectives, which are given below:

1. to make co-ordinated and concerted efforts to resolve the economical, educational, social, cultural, medical, rehabilitation and all other problems faced by the Memon community;
2. to foster better community relations between all religious, social, ethnic and national groups for the good of society as a whole;
3. to create direct links between Memon individuals, jamaats, associations, corporate bodies, institutions and organisations throughout the world in order to harness the talents, expertise and general efforts of the Memon community as a whole for the mutual benefit of its members;
4. to work for the alleviation of poverty in the Memon community and to improve the quality and standard of livings of its members;
5. to protect, maintain and promote the culture, language and dignity of Memons;
6. to promote unity, understanding and tolerance amongst the Memon community;
7. to carry out any such projects that will promote, advance and uplift the general welfare and well-being of the Memon community;
8. to strive for the eradication of any disadvantages and all forms of discrimination faced by Memons in particular and Muslims generally and to co-operate with other national or international organisations having similar aims and objectives;
9. to facilitate the promotion of education at all levels and to recognise and honour outstanding students and scholars of the Memon community with awards, scholarships and financial assistance based on their needs and merits.

The Memon Community has to decide its future line of action but the community should keep in mind that without strengthening this central international body, we may not retain the glory, honor and respect earned by our forefathers for the Memon Community.

Pir Muhammad A. Kaliya
Chief Editor
Memon Alam

“All groups and organizations should function as teams in which everyone makes decisions and shares responsibilities and duties. Giving one person central authority and responsibility for a project or task is not an effective way to get the work done.”

In a world, where cut-throat competition and increasingly higher standards are becoming a way of life, achieving excellence and success is not easy. Although achieving success has never been an easy task, these are the times when dreams of success seem far more unrealistic or difficult than what they actually are. However, today one must adopt for the attainment of success is ‘teamwork and unity’.

When one works in a team, the pressure is distributed and attainment of success seems relatively easier. Success seems to come nearer and appears more realistic. Encouraging one another in a team gives additional strength to achieve the goal. As a popular saying goes “you are one when you are one and you are ten if you are with another four”.

This applies to all walks of life, all professions and at all times. Though all the fingers are not alike, the power of a fist which brings the five fingers together is immense. The diversity in a group has a very positive multiplying effect on the strength of unity.

Unity has always been the strength. Not only in intellectual human thought, this truth has been applicable even in the animal world from the ages. One can seldom see an elephant or a deer roaming alone in jungle. The sense of security they get moving as a herd is extremely important for their very survival. Similarly, hundreds of ants together can kill a venomous snake. We often see geese flying in a ‘V’ pattern. This pattern is a classic case study in the management world. The observation of this case study can be briefed as below.

The flight of a whole flock increases the efficiency of each goose by 71 percent. It is interpreted that if a team works in a focused manner in the same direction, the efficiency of the team increases and the destination is reached faster and the goal is attained sooner.

Often the leading goose in the flock changes. After flying for a while, and backseat and another takes its place. Thus, leadership is shared and the hardest problems and tasks are achieved by gathering abilities and combining resources of all the individual in the group.

When a goose gets tired and is compelled to leave the flock, few other geese follow it and stay by its side. Staying beside each other matters, especially in times of

difficulties and great challenges.

Thus ‘united we stand, divided we fall’ is a universal truth and has always stood the test of time. In the animal world or in the human world, in sports or in business unity is the best mantra to achieve success. Our enemies take advantage of us only when they notice cracks and fissures in our solidarity. A mile can be covered with the smile if we are united, but a molehill would become insurmountable as a mountain if we divide. Unity is strength and brings success while division is weakness that brings downfall.

It holds true not only in the context of smaller group like a family or a clan, but also in case of larger groups like the society or nation as a whole. It is in this regard that our great community presents a unique instance of essential unity in spite of myriad diversities. While its diversities give it a multifaceted, kaleidoscopic and pluralistic outlook, its unity keeps them together as an integrated whole. Since time immemorial, it

Food for thought

has almost kept its unity intact by attaching prime significance to the motto of peaceful co-existence among its members belonging to different areas/jamat of the community. And this underlying spirit of unity has earned our community a distinct place of pride among the comity of nations throughout the globe.

Many people think that all the groups and organizations should function as teams and in that each and every person should make decisions and should also share responsibilities and duties. On the contrary, some people think that one person should be given the central authority as well as the responsibility for a work, project or task to get the work done. The latter statement is not agreeable, however, it is recommended that any company, group or organization should be in such a way, where everyone works as a team and not as an individual. Each member has to make decisions together and should share all the responsibilities and duties together in order to perform any kind of work. The system where only an individual handles all the tasks by taking the authority is totally refuted.

The theory “United We Stand and Divided We Fall” is widely believable. It means that whatever the issue may be, if everybody is together, they can stand in any kind of situation. At the same time, if everyone has different opinions and are divided, then naturally, they fall. In the same way, when given a task or a work in an organization, each member should whole heartedly work together as a team to achieve the goal of the given task. All the members should support each other. This not only develops the nature of team work within them, but also comes up with many different ideas to finish the task in an efficient manner. There is a simple and most common example of a bundle of sticks. It would be difficult to break it together, but on the other hand, if the bundle is opened and there are single sticks, then it is very easy to break each one of them. This example is similar to the teamwork which goes on in an organization. Hence, functioning as a team and sharing responsibilities and making decision together helps to complete any kind of work.

Secondly, giving an individual the whole responsibility of the task and giving him/her the central authority of a project does not help the person to complete the job effectively. There are many reasons for this, one of which is that the whole burden of the job is solely on the shoulders of the person. Due to stress and other factors such as emergency or ill-health, that person may be able to complete the task. Second reason could be that the work which has been given to him, it might be possible that he might not have a good knowledge with respect to it and ultimately he fails to complete the project effectively. Moreover, giving central authority and the responsibility of a task to one person will help to create envy or any other bad feeling among the other members of the company, which is definitely not a good thing for an organization. Therefore, I feel that working as a team will help to work effectively rather by giving responsibility to a single person.

The greater advantages lies with the system of working together.

Lets give a serious thought and acknowledge the reality.

Unity Reformation

Pages from the Past

Comments of our honorable leaders half century ago

We are well conscious that after the creation of Pakistan, the Memon community, who migrated from India, was not in good condition. At that time, the Philanthropy Leadership of our Memon community, who has devotion in their heart for community, had started efforts to unite and combine the Memon community. Due to this reasons, there was a meeting on 28.08.1953 under the president ship of Mr. Muhammad Ali Rangoonwala, at the Pakistan Merchant Association. Very next day, on 29.08.1953, Akheel Pakistan Memon convention was held at Kakri ground, where "All Pakistan Memon Federation" was set up. The opening ceremony of this convention was held by respectable and Philanthropist Mr. Hussain Kasim Dada. The details of this convention were published in monthly publication of January 1964 of "Memon Alam" a community magazine for the last 50 years giving complete information about activities of Memon community.

At the first council meeting of Federation held in the hall of Pakistan Merchants Association under the president ship of Mr. Muhammad Ali Rangoonwala, the convener of Adhoc committee Mr. Abdul Aziz Sagar had informed that:

"There was need of one central organization since long, which could unite our migrated and distressed Memon Community in Pakistan. In spite of strong desire to stay combined and united, we have gone very far and far during the span of past six years. In this condition, some community leaders came forward and made efforts to save our community from total collapse. As the result of these efforts, a meeting of leading personalities of Jetpur Memon Association was held, where minute discussion held to find out the reasons why efforts to establishment of Federation of Pakistan were not succeed so far and tried to find out a method to solve the matter of the mutual differences among our community. To make these efforts well managed and acceptable for all, an Adhoc

Committee of three representatives each of Jetpur, Kutiyana, Bantva, Dhoraji, Okhai and Halari Memon Association formed. First meeting of Adhoc Committee was held on 8th May 1952. Altogether total 14 meetings were held."

At the time of opening ceremony of this convention, Community's senior leader Mr. Hussain Kasim Dada had informed that:

"Just now the responsibility of community has increased too much. Serious problems have arisen in front of Community. Community only can solve all of these problems by their true unity. Therefore, from today, we all have to start work collectively and in organized manner. If community starts this work collectively and systematically, then community will surely succeed in their aim. From my side I wish every success to Memon community in their great efforts."

Our community's respectable leaders had expressed their views for progress and development of our community fifty years ago.

Haji Umar Haji Habib Bandhani had told that:

"I was not ready to consider, for single moment, that Memon community has lost their traditions, good quality. No, but after coming here, the layers of laziness, carelessness, indolence and distract have been covered on them. The moment Memon community realizes these facts, then certainly, all the layers covered on them will automatically be removed and their all real good quality will shine more than ever before. The necessity is just to realize awareness for these things."

Janab Muhammad Ali Rangoonwala had told that:

"The sickness of Memon Community has gone further onward and now it is reaching in third stage. We have felt it. To do and demonstrate something, we have taken activity of Memon Federation."

While giving details of excellent contribution in creation of Pakistan by Memon Community, **Mr. J.U. Kandawala informed that:**

"It is now necessary for community to sacrifice also for their new life. They do not have to confine their capital at only one or two bazaars. Community has to develop their business on other various place of trade and industries."

Mr. Suleman Adamjee had informed that:

"Today, at least 80% of Memons are jobless, poor and underprivileged. I know various families who are starving. Thousands of families are living in Khadda, Kalary and Naya Abad and passing their life just like low caste. Nobody has imagined this kind of most horrible conditions of our community. If no action is taken immediately, to get rid of this horrible condition of community, then there will be such situation within two to four years community will have to die with embarrassment."

Mr. Umar Fazil Farroq had informed that:

"As the results of the efforts started to bring unity in community, if community succeeds to united, then there will be no difficulty to solve many complicated problems."

Mr. Rafiq Hamdani had informed that:

"If community is interrelated, and will united, then they will succeed to take hold of much glorious arrogance, which will be worthy for their glory. In this light, today we should take a look at the existing conditions of community in combined way, changes in the world's environment and our country's condition and then we should give attention towards progress; prosperity uplifting and unity of our community. We should try to forget our mutual differences for progress of community. We should start constructive effort for progress of present and future generations on every area. I congratulate whole heartedly on this auspicious occasion to whole Memon Community and wish for progress with the passage of time of Memon community day by day. I pray to Almighty God for success of our community in making efforts for well being of humanity and construction and training of our country. Aameen."

Tributes to the Memon Community

“I gained my basic knowledge of Islam from him (my Memon employer)”

GANDHEEJEE Ahmedabad 1926

“Knowing as I do the way in which you go about this business of relief, I expected nothing less and I am glad that Quetta sufferers had the advantages of services of the Memon Relief Society. I hope, should unfortunately any natural calamity visit any other part of India the society will ever be ready with funds which are so generously subscribed by the members of the Memon Community and others, literally rush. If not fly, to the rescue of the sufferers”.

RAJENDRA PRASAD, President, All India Congress Committee. (Later President of Bharat) Wardha. 1935

“I am glad to see that business community like Memons is taking keen interest in the politics. This step of the Memons prove that the Muslim League is quite justified in its policies”

QUAID-E-AZAM, Calcutta, 1938

“I know that Memons are a business community. Such a calculative community has really provided encouragement by giving support to the Pakistan Resolution in such emotional words”

QUAID-E-AZAM, Karachi, 1946

“This Memon Community is well-known in the business field for its pioneering spirit. After the partition of the Sub-Continent, when the trade and commerce were completely stopped, the Memon community played a very important role in reviving them. The Memon Community is also equally well- known for donating generously towards religious and charitable works”

KHAWAJA NAZIMUDDIN, Governor-General of Pakistan Karachi, 1949.

“According to Mr. Rangoonwala there was hardly any educated Memon thirty years ago. But afterwards the business effect of the education has been such that the Memons due to their farsightedness have already occupied half the Pakistan. If the Memons

would make still better efforts in this field, then we hope that they would also occupy the remaining half of Pakistan”

FIELD MARSHAL AYUB KHAN, President of Pakistan, Karachi, 30-07-1961.

“The Memon Community has given a great contribution towards the development of the country”

H.R.H. PRINCE KARIM AGHA KHAN, Karachi. 1946

“The Memons Community has set a very good example in both education and rehabilitations”

GHULAM FAROOQ, Federal Commerce Minister Karachi. 1975

“The history of Pakistan and the history of Memon Biradari go together. The history of the progress of Pakistan is the history of the Memon Biradari, and the history of the progress of the Memon Biradari is the history of Pakistan.”
“Memon Biradari Zindabad”

GENERAL ZIA-UL-HAQ, President of Pakistan Karachi, 1984.

Narrowing the social gulf

 Abdul Razzak Kothari

The widening of social gulf is a cause of concern, in particular, for those who have a say in the community affairs. There is all the possibility that if remedial measures are not taken, it will continue to widen further and will reach to a point of no return. It will completely isolate the individuals of the community in particular and the city in general.

The present fast life style has become very hectic so much so that even the close-door neighbours are not aware as to who and along with whom he is sharing his neighborhood. This is the worst communal segregation,

I blame the hectic life, the consequent circumstances and lack of interaction with the relatives and acquaintances responsible for widening of the social gulf. At a time when people have hardly time for breathing, let aside the question of interacting with the relatives and acquaintances.

There are of course, other ways also to narrow this gulf. One of the most appropriate channels is of creating conducive environments whereby holding of communal get-togethers, outings, symposiums, etc within the community occasionally. This will go a long way in narrowing and touching the Pakistani heart to create a common interest in the nationals of our country in general and community in particular.

Marriages in communities other than one's own, is also one of the most effective ways in bringing individuals of various Memon communities closer. Of course within well-to-do families and those who are aware of the larger advantages of such courtships, it is now on the rise. It is heartening to note that such wedlocks are now becoming a trend.

However, it is disheartening to note that

neglecting the adverse medical outcome, these days, wedlocks within the family, between cousin to cousin, are also becoming common. The most consequence effect of marriage within the family is that there is every possibility and chances of occurrence of Thelesemia, one kind of blood cancer. Such courtships therefore need to be discouraged.

Before the situation turns from bad to worse, it is in the larger interest of the community that something is done to bring communal people together so as to narrow the social gulf and create awareness among its members about it.

The prime object of World Memon Organization (WMO) is to bring all individuals of Memon Community on one platform, creating environment for interaction and to provide life-long array of benefits that help the real deserving members of the Memon Community so as to maintain a good standard of living both in good and bad times.

Though it is over a decade that a new millenium had passed and looking towards the enormous strides mankind has achieved, organ transplants, space travel, computers, global communication, etc. despite these advancements, unfortunately, poverty and hunger still remain steadfast.

With Allah's blessings, the World Memon Organization (WMO) during the last decade in spite of multifarious bottle-necks and hardships, did a great deal of social and welfare work. It has provided help to the deserving, either that be shelter to homeless, education to the deserving students, financial help for small business or entertaining applicants by providing them sewing machines and auto rickshaws.

We have reason to believe that the humble contribution of WMO must have proved of some solace to the needies in these difficult times. It is worth noting that WMO and other social workers have played a major role in providing assistance during these challenging times to the most vulnerable in our society.

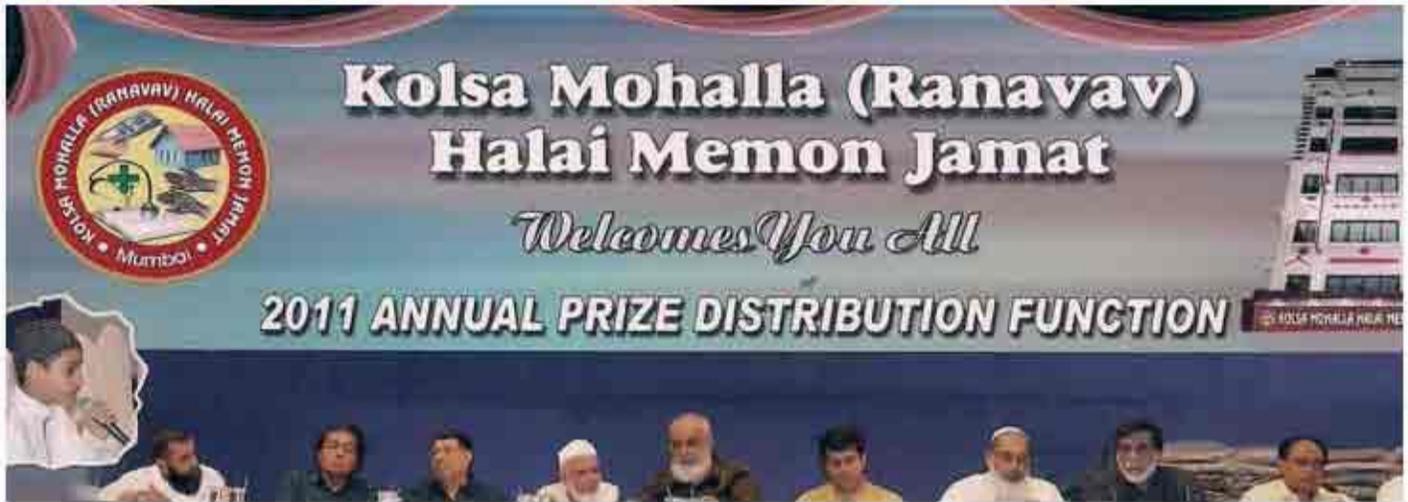
As a result of earth quakes, colossal hurricanes, storms, devastating floods and other natural calamities, the global economy has considerably weakened, resulting in failure of so many banks, many companies becoming bankrupts, people losing their homes, jobs and retirement savings. The obtaining natural calamities are the worst ever witnessed in the history of the country.

The worthy patrons and members have also come forward and provided much needed financial support to WMO. In addition, along with WMO, there were many social and welfare organizations who have also provided help to the unemployed, shelter to the homeless, financial help to the minimum wage workers, the disabled and the elderly all of whom were deeply affected by the collapse of the economy.

To meet the challenges of the rapidly changing world, it will need more efforts for WMO to convince its worthy donors and other philanthropists to come forward and extend maximum help so that WMO meets its financial obligations.

Narrowing of the communal social gulf is the need of the hour and must be dealt with, as such. The narrower the social gulf, the prosperous and happier the community. In case the situation is otherwise, to the utter dismay of all, not only that members of the community will be isolated but the community will also be deserted.

Annual prize distribution function of Kolsa Mohalla



An annual prize distribution function of Kolsa Mohalla (Ranavav) Halai Memon Jamat was held on Sunday 2nd October 2011 Kaber Baugh Dongri at 7.30 pm. The function started with Tilawat Quran Pak. Trustee Baba Seth Kolsa wala introduced the guests and prizes were given by the guests & Jamat Members to 850 students. President Anwar Abba Jumma addressed the function and informed that we have extended the prizes from 250 to 850. This year 21 Graduate students 3 BDS (Dental Doctors) and 1 Chartered Accountant 3 Engineers, are among the prize winners.

President appreciated the work of Medical Committee, Poverty Committee, Education Committee, Loan Committee,

Housing Committee, Souvenir Committee, and Ladies Committee.

Special Guest Advocate Yusuf Iqbal Adatyana Wala conveyed thanks to Jamat. The President presented the shawl and trophy to the special guests.

The function was attended by Mr. Iqbal Memon (Officer), Vice President All India Memon Jamat Federation & Asst. General Secretary (World Memon Organisation-India Chapter) addressed to the Jamat. Mr. Shehzad Zaveri, Mr. Baba Sopariwala, Mr. Iqbal Azma wala, Mr. Mohamed Hussain Vaid, Mr. Baba Bhai Kolsa wala, Advocate Yusuf Iqbal, Jamat's President Anwar Jumma & Secretary Shafi Niyama were present on the stage.



Welcome Programme – AIMJF

Welcome Programme was held on 16th October 2011 at All India Memon Jamat Federation office, Baig Mohamed Park Mumbai. The meeting was attended by valuable political personalities Honourable. Mr. E Ahmed (Deputy Minister of External Affairs & Minister of state for Human Resources Govt. of India) Honourable. Mr. Muthi Deora (Ex Petroleum Minister Govt. of India) Honourable Mr. Abdul Rehman (Member of Parliament from Chennai) Honourable Mr. Amin Patel (MLA Govt. of Maharashtra),

Mr. Iqbal Memon (Officer) welcomed & thanked all the guest who attended the meeting & he explained All India Memon Jamat's social activities. All the guests appreciated All India Memon Jamat's social activities for the welfare of the community.



World Memon Organisation (WMO)

APPEAL Flood relief work 2011 in Sindh

The 2011 Sindh floods began during the monsoon season in mid-August 2011, resulting from heavy monsoon rains in Sindh, Eastern Balochistan, and Southern Punjab. The floods have caused considerable damage; an estimated 270 civilians have been killed, with over 8.0 million people and 1.2 million homes affected.

The Board of Management of WMO Pakistan Chapter decided to immediately start Flood Relief work in Sindh, Pakistan. The decision was taken in its meeting held on Saturday 17th September 2011 at WMO House, Karachi.

The Flood Relief Work would be carried out under the umbrella of WMO in collaboration with Shaikhani Foundation and Dhoraji Memon Association, Karachi.

A base camp has been established at Dhoraji Colony, Karachi for collection of funds and relief goods required for the flood victims.

A team of volunteers and members of WMO Youth Wing have visited some of the worst affected areas of Sindh during September 2011 and distributed consignments of rations, medicines, tents and other items to the flood victims.

The members of the World Memon Organisation (WMO) and its well-wishers are humbly requested to contribute generously Zakat, Donations and Relief Goods for this humanitarian cause. We gave below the Details of Bank Account:

Account Title	:	World Memon Organisation
Account Number	:	20301-714-105391
Bank Name	:	Habib Metropolitan Bank Limited
Branch	:	Soldier Bazar Branch, Karachi, Pakistan
Swift Code	:	MPBLPKKA 079

Let us pray to Almighty Allah to grant us the strength and courage to extend wholehearted support to the flood affected families.

May Almighty Allah bless you all.
Ameen.

Pir Muhammad A. Kaliya
Secretary General, WMO

Shoaib Ismail Mangroria
Vice President, WMO

H.M. Shahzad
Assistant Secretary General, WMO

Muhammad Yousuf Adil
Treasurer, WMO

Mahmood Shaikhani
Chairman, Shaikhani Foundation

Haroon Motiwala
President, Dhoraji Memon Association

A carrot, an egg, and a cup of coffee..

You will never look at a cup of coffee the same way again



A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl.

Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see." "Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to

sip the coffee. The daughter smiled, as she tasted its rich aroma the daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its insides became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter

and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so at the end, you're the one who is smiling and everyone around you is crying.

Benefits of Moong Dal

Green bean, also known as moong dal, mungo, mung, mash bean, monggo or munggo, is native to India, Pakistan and Bangladesh. They have numerous nutritional benefits as other beans such as mung beans, lime beans, and pinto beans.



1. Aids in weight loss

Moong dal or green beans provide great source of complex carbohydrates, fiber and protein. Also, they are an excellent source of molybdenum and folic acid. They provide a good nutrition for dieters since they are low in fat.

2. Lowers cholesterol levels

Regular consumption of green beans helps to reduce cholesterol since they are rich in fiber. According to recent studies, high fiber in green beans keeps blood sugar from rising after mealtime. This makes green beans a great choice for people with insulin resistance, or hypoglycemia.

3. Promote heart health

Green beans have antioxidants proper-

ties; folic acid, fiber, magnesium and vitamin B 6 which help promote heart health. Vitamin B6 and folic acid lower homocysteine levels in the body, which is essential in a metabolic process known as methylation cycle. A high level of homocysteine in the blood is attributed to heart attack, peripheral vascular disease and stroke.

4. Provides resistance against infectious diseases

Also, green beans contain thiamin (vitamin B-1), vitamin-C and Vitamin-B6 (Pyridoxine). Regular consumption of diets rich in Vitamin-B6 help you develop resistance against contagious agents that cause disease.

5. Contain anti-cancer properties

In Chinese medicine, green beans are popularly used for hot, inflammatory conditions, such as hypertension. They were considered to have anti-cancer properties and were also used as a cooling diet.

6. Prevent age related muscular diseases

They provide an excellent source of folates, a great nutrition during preconception. It prevents neural-tube defects during pregnancy. Since moong dal or green bean is a low carb diet, studies show that it may have negative effects on health, especially with regards to weight loss.

Challenging Spirit

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Nutrition Information: Fats

What is fat and are all fats created equal?

The terms fatty acids and fats are often used interchangeably, but a fatty acid is the basic unit/building block of a fat molecule. There are three main types of fatty acids/fats found in foods: saturated, monounsaturated and polyunsaturated and they function differently in the body.

Foods of animal origin are typically highest in saturated fatty acids. In contrast, foods from plant origin are usually higher in monounsaturated and polyunsaturated fatty acids. All fats contain 9 calories per gram and approximately 115-120 calories per tablespoon.

Fat %	monounsaturated	polyunsaturated	saturated
Olive Oil	73%	13%	14%
Canola Oil	61%	32%	7%
Flaxseed Oil	62%	32%	10%
Palm Oil	40%	10%	50%

What is hydrogenation?

What are trans fats?

Hydrogenation is the process of adding hydrogen to oil and this process creates the trans fatty acids in the oil. Trans fat is a specific kind of fat that is formed when oil manufacturers change a liquid oil into a solid or semi-solid fat such as shortening or margarine, and is composed of partially hydrogenated vegetable oils.

The primary sources of trans fats are processed foods such as crackers, cookies, chips and deep fried foods such as French fries because they are usually made with margarine or partially hydrogenated shortening. Trans fats are also found in trace amounts in nature in some animal based foods.

How do different types of fat act in the body?

Studies have shown that trans fat and saturated fat increase the low density cholesterol level (LDL-the bad cholesterol) in the blood, which increases the risk of heart disease. Trans fat can also lower HDL's (good) cholesterol levels. In contrast, unsaturated fats, such as monounsaturated and polyunsaturated fats do not increase the LDL's (bad) cholesterol levels.

What is oleic oil?

Oleic oil is a vegetable oil which contains a high level of the monounsaturated fatty acid oleic oil. Studies show that higher levels of monounsaturated fats in the diet support heart health. Oleic oil is guideed in the ingredient panel as mid-oleic oil or high oleic oil and the oil is derived from safflower or sunflower oil. The high oleic acid content of this oil makes it more stable, therefore increasing the shelf life of a product that it is in, such as crackers, cookies and potato chips.

What are mono and diglycerides?

Mono and diglycerides are components of fats that act as emulsifiers in foods and they are typically vegetable sourced. An emulsifier is an additive that functions to keep oil and water or other nonfat liquids from separating, but they do not actually contain fat. Mono and diglycerides are often used in baked goods, snacks, sauces and frozen foods.

What does reduced fat mean?

Reduced fat means that a product has at least 25% less fat per serving than a similar food. Reduced fat doesn't necessarily mean low fat.

What is low fat?

Low fat means 3 grams or less of fat per serving.

Are nuts fattening?

Nuts are naturally high in fat. However, the fat is primarily unsaturated fat. Nuts also supply many important vitamins, minerals, and fiber, and are a convenient way to boost protein levels in a meal or a snack.

Are oils healthful?

There are more and more studies out there examining how unsaturated oils (like canola and olive) are healthy to include in the diet. Medical research shows that monounsatu-

rated fats will help keep good cholesterol levels (HDL) high and actually protect against heart disease. Be cautious: highly saturated oils and trans fats do not have the same effects.

Should I follow a low fat diet?

Nutrition experts recommend limiting total fat intake to 30% of daily calories and to focus on keeping the saturated trans fat levels to 10% of total calories. Fats play a vital role in the body and area an essential component of your diet. It is important to eat a variety of nutrient-dense foods within the basic food groups. Build a plate of food which consists of a variety of bright colors and textures. Keep your intake of all foods in balance and enjoy most foods in moderation.

Is it necessary to eat fat?

Yes. It is necessary to eat fat, particularly essential fatty acids (EFA's). EFA's are unsaturated fatty acids and our bodies cannot make them. They can be obtained from both plant and animal based foods, and/or dietary supplements. Essential fatty acids are necessary for heart health, brain function, normal growth, immune function and inflammation control.

The two plant based EFAs are alpha-linolenic acid (ALA) and linolenic acid. Good sources of these EFAs are sunflower seeds, corn, soybean, safflower, canola, flax, and walnuts. Good sources of the essential fatty acids from fish are eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA)- they are from sardines, salmon, mackerel, tuna, and dietary supplements such as Trader Darwin's molecularly distilled Omega 3 fatty acids.

Fats play a very important role in the body. They carry the fat-soluble vitamins (A, D, E, and K) and help the body to absorb them. They also provide energy and feelings of satiety after a meal.

If I eat fat, will I get fat?

Eating excess fat calories is no more likely to make one gain weight than eating excess protein or carbohydrate calories. Many people have made it a primary goal to reduce their intake of fat, especially saturated fat and trans fats which are associated with high blood cholesterol levels and an increased risk for heart disease.

Olive Oil



Olive trees have been cultivated widely in the Mediterranean for centuries. References to olives, the tree and the oil, are sprinkled throughout the Bible and other writings from antiquity. At one point it was used as currency. Antiquated vessels that were used to carry the oil and that bear official Roman and Cretan seals have been unearthed in every area of the region. Down through history, the importance of the oil has moved from multi-purpose heating, medicinal and culinary oil, to its current acceptance as one of the best all-around oils for cooking and making salads. Olive oil continues to be highly prized for its flavor, versatility and health benefits.

The "Mediterranean Climate" (warm, sunny days with cool, ocean mist filled nights) produces the perfect growing conditions for olive trees. Although this condition can be found in other places in the world, like the South of France, Turkey, California, Arizona and New Mexico, the most sought after oils are from Italy, Spain and Greece.

Olive oil has several different grades, determined by the acid content. The most prized is extra virgin, which contains no more than .8 percent acidity and superior taste. When the acidity climbs above .8 percent, the grade drops to virgin olive oil. Judged to have good taste, virgin olive oils contain no more than 2% acidity. Olive oil is a blend of virgin olive oil and refined olive oil, with no greater than 1.5% acidity.

Refined olive oil is the olive oil obtained from virgin olive oils by refining methods that do not lead to alterations in the initial glyceridic structure.

Olive Oil Production

Olive oil production has a mystique that, due to the expansion of worldwide demand, producers are working to clarify. Oil origin, cold pressed or heat processed and oil blending are just a few of the questions retailers must consider in order to justify the hefty price stickers most oils carry.

Processing olive oil is a multi-step technique. Within 48 hours of picking, the olives are pressed into a paste. Next, the oil is separated from the paste by centrifugation. This also removes any naturally occurring water. This process is called cold pressing. The first pressing extracts virgin oils. The oil is then graded by acidity testing. With each subsequent pressing, heat and solvents are added to extract as much of the oil as possible.

The next step in olive oil production is more complicated and a true art form. The oil maker will blend different oils to reach their ideal of color and fruit. Because oils are mixed together to achieve balance and style, judging oil by the country of origin has passed into legend. Nowadays, oils from all growing regions and countries can be blended together to produce tastes and styles that have specific uses. However, it is still true that the better the quality of the

oils used in the blend, the better the finished product.

Storing Your Olive Oil

Olive oil should be used within the first year of pressing. Once opened, it is recommended to use the oil within 3 months for optimum flavor. Olive oil will become rancid if not handled properly. It does not improve with age. It is best not to purchase large amounts, unless it will be used quickly.

If you need to decant it into a smaller container, use terra cotta, green or brown glass, stainless steel or tin. These containers help to protect the oil from light. Never use a plastic container; it will impart the taste of plastic into the oil. Olive oil should be kept in a cool dark place, such as a pantry. Make sure your container has a very tight lid.

Refrigeration

There are two schools of thought on refrigeration. One school says do not refrigerate. Refrigeration causes condensation form on the inner lip of the container and the water will fall back into the oil and harm the flavor. The other believes that oil containing a high amount of monounsaturated fat is highly perishable and, if kept for more than one month, needs to be refrigerated. The issue is flavor versus shelf life.

This leads us to recommend that very flavorful oils intended for dipping, drizzling and salad dressing should be purchased in small amounts and kept in the pantry. Mild

flavored, everyday oils used for sautéing, marinades or frying can be purchased in larger containers and refrigerated for best shelf life.

Note: Refrigeration causes the oil to become cloudy and slightly solid. It will return to its liquid state once removed from the refrigerator and placed on the counter for a few minutes.

Baking And Frying With Olive Oil

Although most of us have not given much thought to using it in place of butter or other oils in baking, olive oil can reduce the amount of cholesterol and saturated fat in many pastries and breads. Most bakers use it for traditional breads such as pizza and Focaccia. Try replacing butter in breads, cakes and other sweets. Since the conversion from butter to olive oil requires less fat, the calories from fat are reduced also. Keep in mind that this substitution will affect the texture and flavor.

Because of the monounsaturated properties and the flavor of olive oil, it is a delicious and healthy alternative to other oils for deep frying too. Deep frying is an art that can only be enhanced when olive oil is used. Frying food at the correct temperature cooks the outside instantly, forms a seal that retains the interior moisture and cooks the food by steam. Removing finished foods from the pan and draining on racks over paper towels allows excess fat to drip away for the lowest possible calories from fat.

Tips For Frying With Olive Oil

- Deep fry at 350 to 365 degrees.
- For best coverage, use at least 2 1/2 inches of oil.



- To avoid lowering the temperature of the oil during frying, do not crowd the pan.
- To eliminate as much excess fat as possible, drain fried foods on wire racks.

Butter To Olive Oil Conversion Chart

Butter/Margarine	Olive Oil
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
2 tablespoons	1 1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup +2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup +1 tablespoon
1 cup	3/4 cup

Tasting Oils

Olive oil tasting has become a regular event in food circles. While diehard olive oil aficionados sip it straight from small cups, looking for levels of complexity and flavors,

dipping good crusty bread into top quality, highly flavorful oils can be a very pleasant way to pass the cocktail hour or warm your crowd up for a Mediterranean dinner. Each of these are distinctive tastes and will come through in extra virgin or virgin olive oils:

- Fruity: Oil with "fruity taste" is reminiscent of fresh sound fruit with a very distinct olive taste.
- Bitter: Characteristic of oil from green (unripe) olives, it's perceived at the back of the tongue.
- Peppery: Spicy tones that give a slightly picky feeling to the taste buds.
- Green: Green in color with a slight taste of young mown grass, not sweet.

From Italy:

Robust flavor with deep color and peppery finishes are the qualities we look for when purchasing Italian oils. These oils are blended to stand up to ripe tomatoes, roasted vegetables, meat and chewy pasta dishes.

From Spain:

Spanish oils are known for vibrant, bold flavors and smooth, buttery finish. This type of oil is ideal for salads, sauces and frying. This oil adds flavor to sautéed fish dishes.

From Greece:

We look for clear, fruit flavor with peppery finishes. This style of oil works well with stews, soups and steamed vegetables. Drizzle over soups and stews to enhance the flavor.

From California:

Oils from California are known for green, grassy flavors with a mild, pleasant finish. This oil is good for frying and sautéing.



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6 months after the Tsunami

Japan marks 6 months since earthquake, tsunami devastated Japan's northeast coast

Some 20,000 people are dead or missing. More than 800,000 homes were completely or partially destroyed. The disaster crippled businesses, roads and infrastructure. The Japanese Red Cross Society estimates that 400,000 people were displaced.

Half a year later, there are physical signs of progress.

Much of the debris has been cleared away or at least organized into big piles. In the port city of Kesenuma, many of the boats carried inland by the tsunami have been removed. Most evacuees have moved out of high school gyms and into temporary shelters or apartments.

The Kyodo News agency distributed an amazing group of combination photographs showing three scenes. The first scene is right after the earthquake and tsunami hit, then three months later and finally, how the scene looks now.



This combination of three photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Wakabayashi-ward in Sendai, Miyagi Prefecture, in northeastern Japan. The left photo, taken March 16, 2011, shows debris of houses and vehicles cover the area after the tsunami. The middle photo, taken June 2, 2011, shows some debris and cars were removed, while the right photo taken Sept. 3, 2011 shows student volunteers getting rid of smaller rubble in a cleared field.



This combination of three photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Kesennuma, Miyagi Prefecture, in northeastern Japan. The left photo, taken March 12, 2011, shows The No. 18 Kyotokumaru fishing vessel sitting amid still smoldering debris after being swept away from a port by the tsunami. The middle photo, taken June 3, 2011, the ship staying along with collected damaged vehicles. The last photo taken Sept. 5, 2011, shows the ship sitting in the same position amid almost cleared land. Kyodo News reported that there is a movement among citizens to keep the ship as it is as a monument of the disaster.



This combo image, the initial destruction and progress of cleanup after the March 11, 2011 earthquake and tsunami is seen in Kesennuma, northern Japan. The left photo, taken March 24, 2011 shows the fishing boats swept away by tsunami and left on land. The middle photo, taken June 3, 2011 shows the boats stay in the same position in the area almost unchanged and the right photo taken Sept. 5, 2011 shows the area after the boats were removed.



This combination of three photos taken over a six month period shows the March 11 tsunami, and its aftermath, in Natori, Miyagi prefecture, northern Japan. The top photo, taken March 11, 2011 shows the tsunami rushing towards an urban area immediately after an earthquake. The middle photo, taken June 3, 2011, shows the same area with one remaining house, while the bottom photo, taken Sept. 6, 2011, shows the area after the house was removed.



This combination of three photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Ishinomaki, Miyagi Prefecture, in northeastern Japan. The top photo, taken March 12, 2011, shows debris of houses, ships and others being washed in to the port and against the breakwater by the tsunami. The middle photo, taken June 3, 2011, shows the floating debris was almost taken away from the water. The last photo, taken Sept. 6, 2011, shows sunken ships were removed and damaged houses were almost cleared.



This combination of three photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Otuchi, Iwate Prefecture, in northeast Japan. The top photo, taken April 6, 2011, shows a sightseeing boat "Hamsayumi" sitting on top of a two-story inn after the tsunami. The middle photo, taken June 3, 2011, shows the same inn after the boat was removed, while the bottom photo taken Sept. 1, 2011 shows the inn standing after nearby debris was almost removed.



This combination of three photos taken over a six month period shows the March 11, 2011 tsunami and its aftermath in Iwanuma, Miyagi Prefecture, in northeast Japan. The top photo, taken March 11, 2011, shows tsunami surging across the coastal area. The middle photo, taken June 3, 2011 shows the same area still partially flooded, while the bottom photo taken Sept. 6, 2011 shows grass growing in once flooded area.



This combo image, the initial destruction and progress of cleanup after the March 11, 2011 earthquake and tsunami is seen in Otuchicho, Iwate prefecture, northern Japan. The top photo, taken March 14, 2011 shows buildings standing amid the debris. The middle photo, taken June 3, 2011 and the bottom photo, taken Sept. 7 show the cleanup and demolition are still in progress.



This combo image, the initial destruction and progress of cleanup after the March 11, 2011 earthquake and tsunami is seen in Kesennuma, Miyagi prefecture, northern Japan. The top photo, taken March 13, shows a street covered by debris burnt by a fire. The middle photo, taken June 3, 2011 shows a partial clean-up of the same street, while the bottom photo taken Sept. 1, 2011 shows the area after the debris was removed.



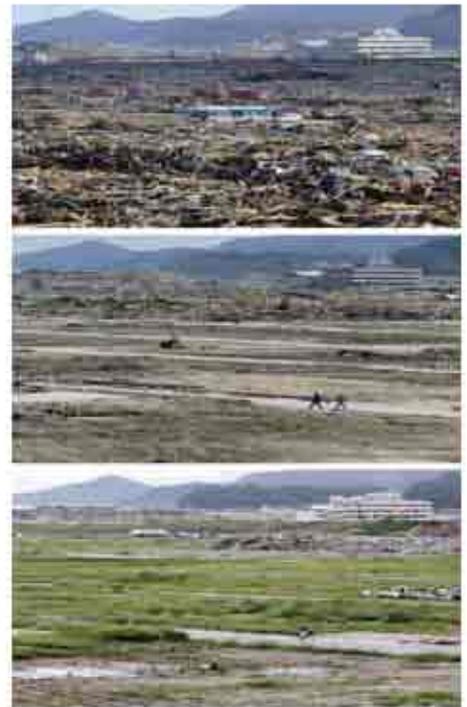
This combination of three photos taken over a six month period shows the March 11 tsunami and its aftermath at Sendai Airport in Sendai, Miyagi prefecture, northern Japan. The top photo taken March 11, 2011 shows the tsunami engulfing the airport immediately after an earthquake. The middle photo, taken June 3, 2011 and the bottom photo, taken Sept. 6, 2011 show the restored and reopened airport.



This combo image, the initial destruction and progress of cleanup after the March 11, 2011 earthquake and tsunami is seen in Higashimatsushima, Miyagi Prefecture, in northeast Japan. The top photo, taken March 14, 2011, shows Japan Self-Defense Force personnel search for victims near stranded fishing boats and damage from the tsunami. The middle photo, taken June 3, 2011, shows a temporary dump set up in the same area, while the bottom photo taken Sept. 1, 2011 shows a stranded ship still sits in the area after the debris were removed.



This combo image, the initial destruction and progress of cleanup after the March 11, 2011 earthquake and tsunami is seen in Matsukawaura fishing port in Soma, Fukushima Prefecture, in northeast Japan. The top photo, taken March 13, 2011, shows stranded fishing boats and damage from the tsunami. The middle photo, taken June 3, 2011, shows partial clean-up of the same area, while the bottom photo taken Sept. 6, 2011 shows the area after the stranded ships were removed.



This combination of three photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Rikuzentakata, Iwate Prefecture, in northeastern Japan. The top photo, taken March 18, 2011, shows police and fire fighting vehicles parked in the middle of the rubble after the tsunami. The middle photo, taken June 6, 2011, shows two workers walking in the same area while debris removing works go on in the background, while the bottom photo taken Sept. 5, 2011 shows a man on a bicycle pedaling past the grass-covered land.



This combination of two photos taken over a six-month period shows aftermath of the March 11, 2011 tsunami and its cleanup progress in Iwaki, Fukushima Prefecture, in northeastern Japan. The top photo, taken March 11, 2011, people walking on debris of devastated houses covering a road after the tsunami while the bottom photo taken Sept. 1, 2011 shows the same road with debris totally removed. AP / Kyodo News

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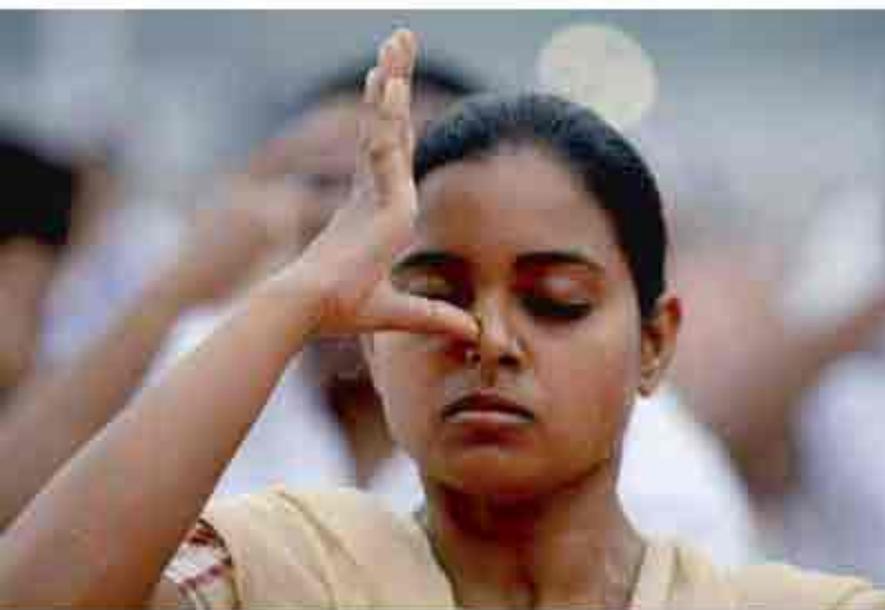


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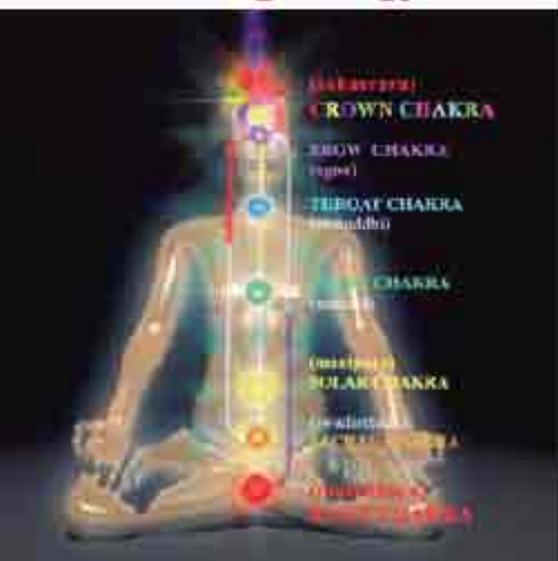
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When we breathe, for some time the right side is clear and the left is not. After some time the left become clear and the right is not. This goes on throughout day and night

Get rid of headaches breathing therapy

Breathing Therapy



The nose has a left and a right side; we use both to inhale and exhale. Actually they are different; you would be able to feel the difference. The right side represents the sun, left side

represents the moon. During a headache, try to close your right nose and use your left nose to breathe. In about 5 mins, your headache will be gone. If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed. Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'. Most females breathe with their left noses, so they get "cooled off" faster. Most of the guys breathe with their right noses, they get worked up. Do you notice the moment we wake up, which side breathes faster? Left or right? If left is faster, you will feel tired. So, close your left nose and use your right nose for breathing, you will get refreshed quickly. This can be taught to kids, but it is more effective when practiced by adults. My friend used to have bad headaches and was always visiting the doctor. There was this period when he suffered headache literally every night, unable to

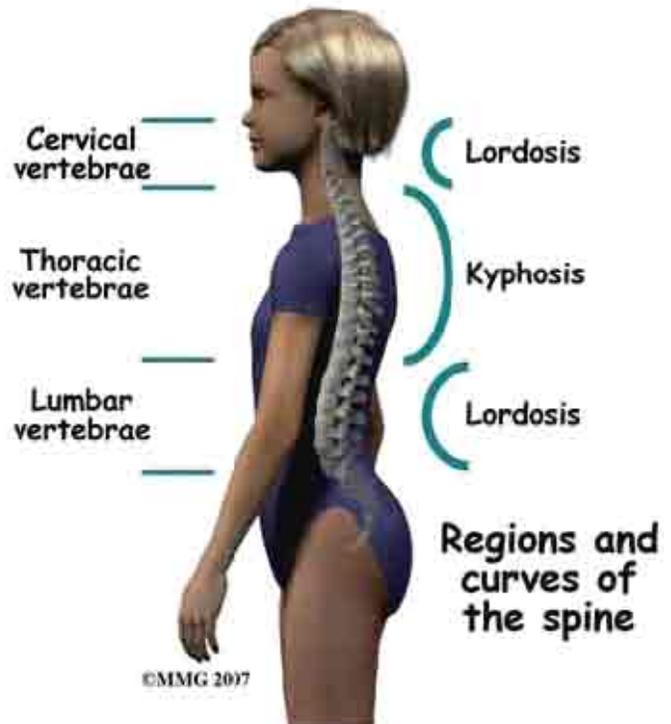
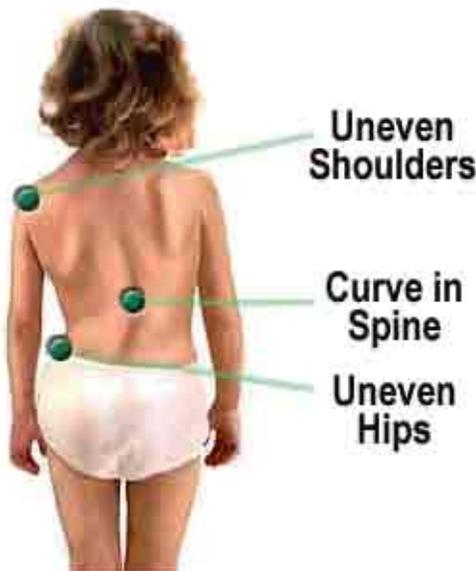


study. He took painkillers, did not work. He decided to try out this breathing therapy here: closed his right nose and breathed through his left nose. In less than a week, his headaches were gone! He continued the exercise for one month. This alternative natural therapy without medication is something that he has experienced. So, why not give it a try?

Experts warn of dangers to children's spines

Cite severe back pain as one of the ill effects

Signs of Scoliosis



School bags can be a serious threat to the spinal health of children and must not exceed ten per cent of the body weight of the children, experts warn.

"The most obvious reason for back pain amongst children is carrying unsuitable back packs," Dr Neda Nafel, chiropractor at Top Medical Center, said.

Back pain in children could be due to various factors such as age, pre-existing back conditions such as hereditary scoliosis (spine curves away from the middle or sideways), playing sports, and gender, she said.

A significant increase in back pain incidents occurs at the age of 12 and over. Also, females are more likely to experience back pain than males, Dr Nafel said.

Article continues below

"Children who watch television for extended periods are more likely to have back pain. That includes time spent behind com-

puters or playing video games, especially in a slouched position. More importantly, prolonged sitting behind the not-so-ergonomically-correct desks at schools plays a major role in development of back pain."

Cause for concern

Children should also be informed against carrying the bag over one shoulder.

Incorrectly packed and ill-fitting school bags are a reason for concern, especially because of the long number of years children spend in school, Dr Nafel said.

"Many children are carrying heavy school bags and hurt themselves," Dana Dlab Halabl, physiotherapist at Cosmesurge and Emirates Hospital Clinics, said.

If children are suffering from headaches, neck ache, bad posture, decreased performance, strained muscles, lower back pain, tingling hands, and increased scoliosis complications, they are carrying too much weight, she said.

No one should carry more than 11 kilograms in a backpack. "Statistics show that students are sitting 1,000 hours per year and carry a school bag around 300 to 400 hours per year," said Dr Nafel.

Tips

- Avoid carrying unnecessary books.
- Bag should not be over ten per cent of the child's weight.
- Empty your bag every evening and pack only what is necessary for the next day.
- Choose a well-fitting school bag
- Use both straps of the bag rather than one.
- Make use of school lockers, if available.
- Choose the right school bag. It should be sturdy and no wider than the child's chest.
- Pack with the heavier items kept closer to the body.

Microwave test....!

an eye opener

Very interesting!!!! Is it time to act???????

Below is a Science fair project presented by a girl in a secondary school in Sussex.

In it she took filtered water and divided it into two parts. The first part she heated to boiling in a pan on the stove, and the second part she heated to boiling in a microwave.

Then after cooling she used the water to water two identical plants to see if there would be any difference in the growth between the normal boiled water and the water boiled in a microwave.

She was thinking that the structure or energy of the water may be compromised by microwave.

As it turned out, even she was amazed at the difference, after the experiment which was repeated by her class mates a number of times and had the same result.



It has been known for some years that the problem with micro waved anything is not the radiation people used to worry about, it's how it corrupts the DNA in the food so the body cannot recognize it.

Microwaves don't work different ways on different substances. Whatever you put into the microwave suffers the same destructive process. Microwaves agitate the molecules to move faster and faster. This movement causes friction which denatures the original make-up of the substance. It results in destroyed vitamins, minerals, proteins and generates the new stuff called radiolytic compounds, things that are not found in nature.

So the body wraps it in fat cells to protect itself from the dead food or it eliminates it fast. Think of all the Mothers heating up milk in these 'Safe' appliances. What about the nurse in Canada that warmed up blood for a transfusion patient and accidentally killed him when the blood went in dead. But the makers say it's safe. But proof is in the pictures of living plants dying!!!

Ten Reasons to dispose off your Microwave Oven.

From the conclusions of the Swiss, Russian and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens. Based on this research, one can conclude this article with the following:

- 1). Continually eating food processed from a microwave oven causes long term - permanent - brain damage by 'shorting out' electrical impulses in the brain [depolarizing or de-magnetizing the brain tissue].
- 2). The human body cannot metabolize [break down] the unknown by-products created in micro waved food.
- 3). Male and female hormone production is shut down and/or altered by continually eating micro waved foods.
- 4). The effects of micro waved food by-products are residual [long term, permanent] within the human body.
- 5). Minerals, vitamins, and nutrients of all

micro waved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.

- 6). The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
- 7). Micro waved foods cause stomach and intestinal cancerous growths [tumours]. This may explain the rapidly increased rate of colon cancer in UK and America.
- 8). The prolonged eating of micro waved foods causes cancerous cells to increase in human blood.
- 9). Continual ingestion of micro waved food causes immune system deficiencies through lymph gland and blood serum alterations.
- 10). Eating micro waved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

Brain **damaging** habits



1. No Breakfast

People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2. Overeating

It causes hardening of the brain arteries, leading to a decrease in mental power.

3. High Sugar consumption

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

4. Air Pollution

The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

5. Sleep Deprivation

Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.

6. Head covered while sleeping

Sleeping with the head covered increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.

7. Working your brain during illness

Working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

8. Lacking in stimulating thoughts

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

9. Talking Rarely - I definitely don't have this problem J

Intellectual conversations will promote the efficiency of the brain

The main causes of liver damage are:

1. Sleeping too late and waking up too late are main cause.
2. Not urinating in the morning.
3. Too much eating.
4. Skipping breakfast.
5. Consuming too much medication.
6. Consuming too much preservatives, additives, food coloring, and artificial sweetener.
7. Consuming unhealthy cooking oil.
8. Consuming raw (overly done) foods also add to the burden of liver.

As much as possible reduce cooking oil use when frying, which includes even the best cooking oils like olive oil. Do not consume fried foods when you are tired, except if the body is very fit.

Veggies should be eaten raw or cooked 3-5 parts. Fried veggies should be finished in one sitting, do not store. We should prevent this without necessarily spending more. We just have to adopt a good daily lifestyle and eating habits. Maintaining good eating habits and time condition are very important for our bodies to absorb and get rid of unnecessary chemicals according to 'schedule.'

The top five cancer-causing foods are:

1. Hot Dogs

Because they are high in nitrates, the Cancer Prevention Coalition advises that children eat no more than 12 hot dogs a month. If you can't live without hot dogs, buy those made without sodium nitrate.

2. Processed meats and Bacon

Also high in the same sodium nitrates found in hot dogs, bacon, and other processed meats raise the risk of heart disease. The saturated fat in bacon also contributes to cancer.

3. Doughnuts

Doughnuts are cancer-causing double trouble. First, they are made with white flour, sugar, and hydrogenated oils, then fried at high temperatures. Doughnuts, says Adams, may be the worst food you can possibly eat to raise your risk of cancer.

4. French fries

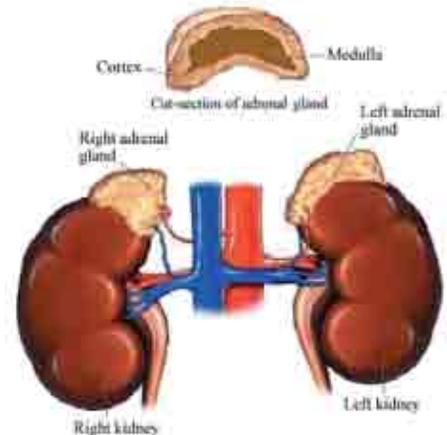
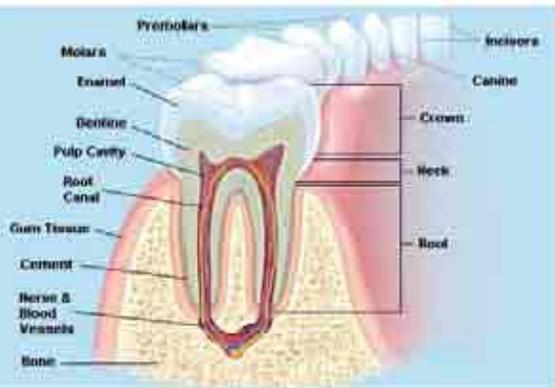
Like doughnuts, French fries are made with hydrogenated oils and then fried at high temperatures. They also contain cancer-causing acryl amides which occur during the frying process. They should be called cancer fries, not French fries, said Adams.

5. Chips, crackers, and cookies

All are usually made with white flour and sugar. Even the ones whose labels claim to be free of trans-fats generally contain small amounts of trans-fats.

PASS THIS TO ALL WHOM YOU LOVE & CARE FOR.

Vital Functions of Salt in the Body



1. Salt is most effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure - in conjunction with water. Naturally the proportions are critical.
2. Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.
3. Salt is vital for balancing the sugar levels in the blood; a needed element in diabetes.
4. Salt is vital for the generation of hydroelectric energy in cells in the body. It is used for local power generation at the sites of energy need by the cells.
5. Salt is vital to the nerve cells' communication and information processing all the time that the brain cells work, from the moment of conception to death.
6. Salt is vital for absorption of food particles through the intestinal tract.
7. Salt is vital for the clearance of the lungs of mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.
8. Salt is vital for clearing up catarrh and congestion of the sinuses.
9. Salt is a strong natural antihistamine.
10. Salt is essential for the prevention of muscle cramps.
11. Salt is vital to prevent excess saliva production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.
12. Salt is absolutely vital to making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.
13. Salt is vital for sleep regulation. It is a natural hypnotic.
14. Salt is a vitally needed element in the treatment of diabetes.
15. Salt on the tongue will stop persistent dry coughs.
16. Salt is vital for the prevention of gout and gouty arthritis.
17. Salt is vital for maintaining sexuality and libido.
18. Salt is vital for preventing varicose veins and spider veins on the legs and thighs.
19. Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work - from the moment of conception to death.
20. Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become "leaky" in order to supply the glands with water to manufacture saliva. The "leakiness" spills beyond the area of the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.
21. Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the super markets has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer's disease.
22. Twenty-seven percent of the body's salt is in the bones. Osteoporosis results when the body needs more salt and takes it from the body. Bones are twenty-two percent water. Is it not obvious what happens to the bones when we're deficient in salt or water or both?

Thatta is the Symbol of Culture and Heritage of Sindh

MA Shoaib Habib Memon



Thatta is also called Thatto in local language. It is a town in Sind Province, ninety-eight kms (60 miles) east of Karachi, on the National Highway, just west of the Indus River and the Arabian Sea coast. Thatta was once called the El Dorado of the east. At one time Thatta was important for being Sind's capital city and as a center for Islamic arts. From the 14th century four Muslim dynasties ruled Sind from Thatta, but in 1739 the capital was moved elsewhere and with it Thatta declined. Thatta has a very rich heritage of Muslim architecture during the era of the 16th and 17th century. The history of Thatta goes back some 2000 years. It is now a mere vestige of its former greatness as 16th-century capital of the Samma dynasty in Lower Sind. It was incorporated as a municipality in 1854. Thatta is indeed an historical city.

Alexander may likely have stationed nearby Thatto, but historical evidence is scant. Those, who are interested in Thatto history, must know that it was called Nangar. Thatto was addressed to Nangar probably around 14th century.

It is believed that this was the place where Alexander the Great rested his legions after their long march. The remains of Thatta in-

clude the tombs, mausoleums and mosques. Some of them are in a good state of preservation. The remains of Thatta depict their civilized sense.

The surrounding region includes the barren and rocky Kohistan area and the swampy deltaic land of the Indus. Sugarcane is the chief crop; camel breeding is significant. Nearby excavations reveal occupations dating from the first century B.C.

The Makli Hill near Thatta is the world largest graveyard spread over 15.5 sq. kms, having millions of graves. Here in eternal sleep lie kings, queens, scholars, philosophers and soldiers of a by-gone era-an era renowned for its culture and learning.

We can see the masterpieces of stone carvings over the gravestones and mausoleums. These grave stones and mausoleum stones represent the different era's and dynasties. There are monuments of Samma period (14th to 16th centuries), the Tarkhan & Arghun period (16th century), and the Moghul period (16th to 18th centuries). You can examine the minute and delicate workmanship on the tombs of famous Mughal governor's. The structure is strong and beautiful exemplifying its immaculate beauty. The main stone used in the construction of these monuments are; marble and granites

which have a tendency to last for generations. You could easily see a rhythmic construction in these monuments.

The largest and the most impressive tomb among the tombs is the tomb of Isa Khan Tarkhan who died in 1644. Isa Khan had constructed this tomb in his lifetime. After a partial completion of that tomb, Isa Khan cut off the hands of most talented craftsmen, so that no other emperor could engage them to copy the same monument again. Besides the most preserved monuments are, the tombs of Mirza Jari Beg, Mirza Tughral beg and Diwan Saurfa Khan.

3.22 km away from Thatta is the Shah Jehan Mosque, which is the masterpiece of Mughal construction. This mosque was built by the constructor of Taj Mahal in 1647 A.D. Built towards the middle of the 17th Century; this sets a glorious example of Muslim architecture and heritage. This mosque was built by Mir Abdullah under the order of The Mughal emperor, Shah Jehan. Shah Jehan mosque is a superb example of crafty tile work. Its 93 domes and 33 arches with varying sizes add to their architectural beauty. The domes have been exquisitely laid in a mosaic of radiating blue and white tiles. Thatta with so much offering poses to be a prime choice of visitors.

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The Miracle of the Qur'aan

Those to whom men said: "The enemy have gathered against you, therefore fear them," but this increased their faith, and they cried: "Allah is sufficient for us! He is the best Protector". So they returned with grace and favor from Allah, and no harm touched them. They followed the good pleasure of Allah, and Allah is infinite of grace.
Quran 3: 173, 174

Education is our passport to the future, for tomorrow belongs to the people who prepare for it today

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

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

Ironically at that time Qur'aan was the forbidden tree for the Muslims in the Soviet

Union. Reading, teaching, or even possessing a copy of the Qur'aan resulted in the most severe punishments. The KGB was always on the lookout. Its agents could enter any house, any time, if they suspected anyone inside of reading Qur'aan or offering prayers. Religious leaders were drafted for compulsory labor. Mosques and Islamic schools were closed down and turned into cinema houses, factories and offices. One could not find a copy of the Qur'an anywhere. The ruthless state machinery did everything within its power to extinguish the flame of Qur'aan from the empire. Yet during those seventy dark years Muslims kept the flame burning. They developed elaborate camouflage mechanisms, at tremendous risks, to teach Qur'aan to their children. Little children had to stay away from their parents for months at a time as they retired to secret hujras (rooms) where they memorized Qur'aan and received religious instructions without ever having looked at a printed page. Their stories remain a neglected but extremely bright part of our recent history.

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

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

And then each and every line of it attests

to that assertion. It declares:

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

It challenges:

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

It claims:

"Verily it is We Who revealed the Remembrance and verily We are its guardians." (Al-Hijr, 15:9).

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

Prominent scholar Dr. Hamidullah tells of an effort in Germany by the Christian scholars to gather all the Greek manuscripts

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

Of course the love, devotion and care that Muslim showed toward the Qur'aan, and that became the immediate cause of its miraculous preservation, was inspired by the Prophet Muhammad, Salla-Allahu alayhi wa sallam. On one occasion he asked the companions in Suffa: Which of you would

like to go out every morning to Buthan or Al- Aqiq (two markets near Medina) and bring two large she-camels without being guilty of sin or without severing the ties of kinship? Camels were the valuable commodity of the time, she-camels even more so. Its equivalent today may be a brand new automobile. As they showed their interest, Prophet Muhammad, Salla-Allahu alayhi wa sallam, explained: To teach or recite two verses of the Qur'aan is better than getting two she-camels. And three verses are better than three she-camels. (Muslim).

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

Today, though, we see a change. Thanks

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

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

Safety alert!

Please send this information to ALL your family & friends, especially those who have kids in the car with them while pumping gas. If this were to happen, they may not be able to get the children out in time.

MUST READ, EVEN IF YOU DON'T OWN A CAR.

Shell Oil Comments - A MUST READ! Here are some reasons why we don't allow cell phones in operating areas, propylene oxide handling and storage area, propane, gas and diesel refueling areas.

The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations

In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car!

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in their pocket, rang while they were fueling their car.

You should know that: Mobile Phones can ignite fuel or fumes

Mobile phones that light up when switched on or when they ring release enough energy to

provide a spark for ignition

Mobile phones should not be used in filling stations, or when fueling lawn mowers, boat, etc.

Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, (i.e., solvents, chemicals, gases, grain dust, etc...)

TO sum it up, here are the Four Rules for Safe Refueling:

- 1) Turn off engine
- 2) Don't smoke
- 3) Don't use your cell phone - leave it inside the vehicle or turn it Off
- 4) Don't re-enter your vehicle during fueling.

Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of 'static electricity' at gas pumps. His company has researched 150 cases of these fires.

His results were very surprising:

- 1) Out of 150 cases, almost all of them were women.
- 2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished, they went back to pull the nozzle out and the fire started, as a result of static.
- 3) Most had on rubber-soled shoes.
- 4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.

5) Don't ever use cell phones when pumping gas

6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.

7) There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models. Some resulted in extensive damage to the vehicle, to the station, and to the customer.

8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began..

Mr. Renkes stresses to NEVER get back into your vehicle while filling it with gas.

If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door **TOUCHING THE METAL**, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

As I mentioned earlier, The Petroleum Equipment Institute, along with several other companies now, are really trying to make the public aware of this danger.

I ask you to please send this information to ALL your family and friends, especially those who have kids in the car with them while pumping gas. If this were to happen to them, they may not be able to get the children out in time. Thanks for passing this along.

Where is the “Pot of Gold?”

Being human beings and not angels we often desire material comforts and worldly recognition. Many rich and famous personalities who have searched for happiness and success in material things have reached the end of the rainbow and indeed found no pot of gold. Indeed Allah Ta’ala has kept the real pot of gold i.e. true happiness, peace of mind and eternal prosperity ONLY in his deen (Islam). This true happiness we will not find anywhere else but in the Deen of Islam.

Allah Ta’ala the Most Wise says :

“Whoever desires (and strives to gain) the harvest of the Hereafter, We increase him in his harvest; and whoever desires the harvest of the world(material things), We grant him out of that, and he has no portion in the Hereafter.”(Qur’an 42.20)

We have included two present day inspiring stories of Muslimah’s who have “reached the top” materially and then later discovered that true success and happiness lies not in worldly riches, pleasures and fame and but in the sublime and noble Deen-ul-Islam.

STORY 1: Queenie : A famous Filipino Singer Actress

STORY 2: A Muslimah Lawyer from South Africa

Queenie’s Change of Heart

Queenie Padilla shares her rebirth after performing Haj in Makkah. By all accounts, a young Filipino singer-actress dubbed “the future leading lady” was on her way to stardom before she had a spiritual rebirth.

Queenie Padilla was starring in prime-time TV shows and would sing and dance in production numbers on popular variety shows in the Philippines. She was the other half of a romantic pairing (“love team” in local showbiz parlance) meant to set hearts aflutter. At 20, she was living her dream —

or so she thought.

“It was a deceiving dream,” Queenie told Arab News as she sat wearing an abaya and a veil on her head. Devoid of makeup, her face is just as angelic and even more beautiful than when she was all dolled up for guest appearances and shows.

The Saudi media had recently picked up on the story of the Filipino celebrity who went to Makkah and came back with Islam reignited in her. After performing Haj for the first time, she declared to all and sundry that show business was now behind her. The YouTube video in which she tearfully shares her life-changing Haj experience was going somewhat viral; it was garnering likes and getting shared and re-shared among Muslims, and not just in the Kingdom. “Inspiring” was the consensus.

What triggered a 180-degree turn for the young lady who was dead-set on pursuing a showbiz career a mere four years ago? How did the decision come about? And, how did she break it to her fans?

Queenie said she had been so worried what the producers, directors, managers, and especially, her fans would think. Everyone had expectations of her and she was feeling the pressure. She had to ask herself: “Am I going to live my life disobeying Allah or am I going to make the final decision in living my life as a good Muslim and really practice Islam the right way? There was a struggle but I had to make a choice. So I made that choice. I quit.”

Queenie calls herself a revert to Islam because it was only eight months ago that she embraced her faith wholeheartedly after visiting her mother in Australia, where she grew up nominally Muslim with her two sisters and their youngest brother.

Her father Robin, who comes from a big showbiz clan, famously married Queenie’s mother in Muslim rites inside prison as he was serving a 21-year sentence for illegal possession of firearms in the early 90s. He was pardoned by the then president, and he

left jail in 1998 no less famous than when he entered it. He remains one of the Philippines’ most bankable action movie and TV stars to date.

The busy life of a celebrity didn’t leave much time for Robin to educate his family about Islam as much as he would want, but Queenie credits him nonetheless, because if it weren’t for him they would not be Muslim.

“When I went to the Philippines, my father told me to wear a hijab and pray. But I didn’t know why I was praying. I was ignorant about Islam and about being Muslim. At that time I hadn’t yet tasted the sweetness of faith. I think that’s why I was misguided.”

Their mother started practicing Islam herself just two months before Queenie did, and she let her eldest daughter know her desire for her children to become good, practicing Muslims. Queenie says that when she first saw her mother after the latter rediscovered Islam, she was pleasantly “shocked.”

“I saw this glow in her that I’ve never seen growing up as a child. Everything that came out from her mouth was all about Islam and Allah. And she was reading the Qur’an constantly and listening to lectures and she wore the hijab. I asked her if she was afraid of wearing the hijab in this society. She said she wasn’t because she has piety, and that’s all that matters.”

Over dinner, they would have conversations about the Hereafter and whether or not they obeyed Allah with their deeds and actions.

“It got me thinking,” she said. “I started evaluating and asking myself if I was really happy with my job, and I realized that there was something missing in my life. There was emptiness inside. I wanted to feel what my mother was feeling because she was so happy and content — and peaceful. I told her, ‘Oh please, I want to learn more about Islam.’”

And she did. As she learned more about Islam, she knew she had found what would fill the void she was feeling: renewed religious fervor.

"It was an amazing feeling. I think it was a calling from Allah. The more I learned about Islam, the more it became my passion. And every day, when I gained more and more knowledge, the missing parts of myself began to grow. The emptiness is gradually going away too," she added.

Queenie went to the Kingdom solely as a pilgrim and not an actress, although she met the Filipino community just the same. She visited the International Philippine School in Jeddah and other Saudi private schools where the students' reception was uniformly warm.

Her most unforgettable experience in her brief two weeks here, however, took place in a hospital where she visited a 30-year-old Filipino woman with a rare form of cancer. Queenie prayed for the patient who dreamed of going to the Kaaba. Shortly after, the woman reverted to Islam and declared her formula of faith in Islam, making Queenie "the happiest person alive."

"The patient awakened me in a way; she reminded me that sickness or death could hit us anytime. Every day as Muslims, we should prepare," Queenie said.

Queenie's parents, now married to different people, are very happy over her decision to fully practice her religion. Her next mission is to share more about Islam with her sister Kylie, who is an up-and-coming star in her own right back home. Queenie also plans to major in business, and at the same time, take up Islamic studies.

These days, Queenie speaks with a conviction not previously seen in some of her TV interviews, in which she appeared reserved and even a little nervous. She has transformed into a lady who conveys the message of Islam to people with courage and confidence, even if she admits her knowledge is still limited.

Queenie — or Khadija, the Muslim name

she recently adopted — is sure to lose fans once she leaves the glare of klieg lights completely, but she looks to have gained new ones in her journey of proclaiming her faith.

Story 2

A Muslimah Lawyer from South Africa writes:

I often reflect on my life and experiences with a mixture of sadness and exuberance. I always considered myself as hailing from a privileged background. I attended prestigious private schools, I excelled academically and always felt so loved and cherished by my parents. I recall how I was always the best-dressed of my friends and how I was always admired for the cars I drove and the luxuries I enjoyed. But my life was a shallow and empty one!

I matriculated top of my class, I married soon thereafter and studied all my life. I have 4 kids and 3 Law Degrees but those are not what I consider my achievements. I was caught up in a world of facade and parade. There was never enough! Never enough enjoyment, never enough jewellery, never enough designer wear and always drama as a result of my flashy lifestyle.

I experienced the loss of loved ones but though I felt the pain of loss-My life remained mostly unaltered. Then suddenly Allah SWT directed me to Him and accepted me to study Deen (Islam). I was invited to meet people who were involved in Deeni (Islamic) and Dawah work who shaped my life. I came to terms with my regrets, my perspectives changed, my circle of friends changed, my standard of living changed and now, everyday I strive to gain the pleasure of My Creator. This is how I have come to accept what I previously thought was beneath me-I am able to turn the other cheek to people who have ripped my heart out and trampled on my dignity.

I turn to My Allah and ask for halaal rizq (sustenance) instead of an abundance of wealth earned in questionable ways. I

am now appalled by behaviour I previously found acceptable-I now have learnt how to be cautious with whom I interact with and to dress modestly. There have been so many times when I have been degraded by people who have rubbed my face "in dust". Many think they are providing rizq and putting food on the table for us... I have been humbled and it made me turn my attention more to Allah and submit to Him alone. Alhamdulillah made me a more content.

I have been belittled because I no longer own a house but I am grateful to be bond and interest free. My family have been frowned upon for "not living with the times" but we kept our contact with deen and Allah never shunned and disappointed us. He was always there to provide comfort in times of the most adverse conditions. My life has been a "roller coaster ride"... but I am so glad, grateful and fortunate that I found Allah along the way!

To my esteemed ustaads, muallimah's (teachers) and siblings I am eternally grateful. I Trust in Allah and now turn to My Allah and make dua for Him to grant me strength and courage to obey Him, follow His beloved Messenger Muhammad (peace be upon him) and for sufficient halaal Rizq instead of ill-gotten surplus. I forgive and try to forget because I am a sinner too! I eagerly await the next article from EIslam because I know how it impacts on me and thus I have submitted this-just to let others know what a difference these amazing educators have had on my life. I request your duas, one and all.

A Fortunate and Appreciative Muslimah from South Africa.

We hope you have benefited from these beautiful and inspiring stories and we sincerely pray that Allah guides us towards Him.

Allah Ta'al Most Wise says:

"Truly, Allah does not change the condition of a people until they change what is in themselves." (Quran 13:11)

Source: www.eislam.co.za

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"

To:
The Editor,
Memon Alam
W.M.O House, 32/8, Street No. 6, Off Kashmir Road,
Muslimabad, Karachi Pakistan.

What dua should a parent say for a child who is sick?

The Prophet (peace and blessings of Allaah be upon him) has taught us things in such cases in which there is healing and a lessening of sickness, as well as reward. That is part of Allah's mercy towards this blessed ummah and the Prophet's care for it.

He is the one whom Allah described as (interpretation of the meaning):

"Verily, there has come unto you a Messenger (Muhammad (peace and blessings of Allah be upon him)) from amongst yourselves. It grieves him that you should receive any injury or difficulty. He (Muhammad (peace and blessings of Allah be upon him)) is anxious over you; for the believers (he is) full of pity, kind, and merciful" [al-Tawbah 9:128]

Among the things that he taught us are the following:

1 – Reciting al-Faatihah

It was narrated from Abu Sa'eed al-Khudri (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) described Soorat al-Faatihah as a ruqyah, and he approved of the Sahaabi who recited it as a ruqyah for the one who had been stung by a scorpion. Al-Bukhaari (2156) and Muslim (2201).

Ibn al-Qayyim said:

There was a time when I fell sick in Makkah, and I could not find a doctor or any medicine, so I treated myself by reciting it. I would take some Zamzam water and recite it over it several times, then drink it. I recovered fully by these means, then I began to do that whenever I felt a lot of pain, and I benefited greatly from it. End quote. Zaad al-Ma'aad (4/164).

2 – It was narrated from 'Aa'ishah (may Allaah be pleased with her) that when any of us fell sick, the Messenger of Allaah (peace and blessings of Allaah be upon him) would wipe him with his right hand then say: "Adhhib il-ba's, Rabbi l-naas washfi anta al-Shaafi laa shifaa' a illa shifaa'uka shifaa'an laa yughaadir saqaman (Remove the harm, O Lord of mankind and heal him, for You are the Healer and there is no healing except Your healing, with a healing which does

not leave any disease behind)." *Narrated by al-Bukhaari (5675) and Muslim (2191).*

3 – It was narrated that 'Aa'ishah (may Allaah be pleased with her) said: If one of his family fell sick, the Messenger of Allaah (peace and blessings of Allaah be upon him) would blow over him and recite al-Mu'awwidhaat. When he fell sick with his final illness, I started to blow over him and wipe him with his own hand, because it was more blessed than my hand. *Narrated by al-Bukhaari (5735) and Muslim (2192).*

4 – It was narrated from 'Uthmaan ibn Abi'l-'Aas al-Thaqafi that he complained to the Messenger of Allaah (peace and blessings of Allaah be upon him) about some pain that he had felt in his body since he became Muslim. The Messenger of Allaah (peace and blessings of Allaah be upon him) said to him: "Put your hand on the part of your body that hurts and say: 'Bismillaah (in the name of Allaah)' three times, then say seven times: 'I seek refuge in Allaah and His Power from the evil of what I find and I fear.'" *Narrated by Muslim (2202).*

5 – It was narrated from Abu Sa'eed al-Khudri (may Allaah be pleased with him) that Jibreel (peace be upon him) came to the Prophet (peace and blessings of Allaah be upon him) and said: O Muhammad, are you sick? He said: "Yes." He said: In the name of Allaah I perform ruqyah for you, from everything that is harming you, from the evil of every soul or envious eye may Allaah heal you, in the name of Allaah I perform ruqyah for you. *Narrated by Muslim (2186).*

6 – It was narrated that Abu'l-Darda' (may Allaah be pleased with him) said: I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: "Whoever among you suffers some sickness, or his brother suffers some sickness, let him say: 'Our Lord Allaah Who is in heaven, hallowed be Your name, You will be done in heaven and on earth; as Your mercy is in heaven, bestow it upon the earth. Forgive us our sins. You are the Lord of the good. Send down some Your mercy and healing upon this pain,' and he

will be healed."

Narrated by Abu Dawood (3892); classed as saheeh by al-Haakim in al-Mustadrak (4/243) and as hasan by Ibn Taymiyah in Majmoo' al-Fataawa (3/139).

7 – It was narrated from Ibn 'Abbaas (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: "The one who visits a sick person who is not dying, and says seven times in his presence, 'I ask Allaah the Almighty, the Lord of the Mighty Throne, to heal you,' Allaah will heal him from that sickness." *Narrated by Abu Dawood (3106); classed as saheeh by al-Nawawi in al-Adhkaar (p. 180) and by al-Albaani in Saheeh Abi Dawood.*

Whilst reciting these ruqyahs over yourself you should wipe your hand over his face, chest and stomach, as the Prophet (peace and blessings of Allaah be upon him) used to do, and you should sit near your child's head so that you will be breathing over him as you recite the ruqyah. There is nothing wrong with blowing lightly onto his face with a little saliva whilst doing that.

Ibn al-Qayyim said:

The ruqyah comes from the heart and mouth of the one who is reciting ruqyah, so if it is accompanied with some of his saliva and breath, that will have a stronger effect. End quote. Zaad al-Ma'aad (4/164).

But over and above all that there must be sincerity towards Allaah in the du'aa', and sincere turning to Him and humility before Him, and one should seek out the times when prayers are answered, for when a person raises his hand to Allaah in du'aa', He is reluctant that the person should remain empty-handed. Do not be hasty in seeking a response, for Allaah may delay the answer for a reason that is known to Him, so you should be patient and have certain faith. Remember that the Prophet (peace and blessings of Allaah be upon him) said: "Call upon Allaah when you are certain of receiving a response, and remember that Allaah does not answer a du'aa' that comes from a heedless heart." *Narrated by al-Tirmidhi (3479); classed as hasan by al-Shawkaani in Tuhfat al-Shaakireen (68) and by al-Albaani in al-Silsilah al-Saheehah (594).*

3 Questions in the Grave

As for those of your women who are guilty of lewdness, call to witness four of you against them. And if they testify (to the truth of the allegation) then confine them to the houses until death take them or (until) Allah appoint for them a way (through new legislation). And as for the two of you who are guilty thereof, punish them both. And if they repent and improve, then let them be. Lo! Allah is ever relenting, Merciful, Forgiveness is only incumbent on Allah toward those who do evil in ignorance (and) then turn quickly (in repentance) to Allah. These are they toward whom Allah relenteth. Allah is ever Knower, Wise.

Quran 4: 15, 16, 17

And one will be regretful and wretched on the Day of Resurrection if he has knowledge but does not apply it

When the son of Adam dies and his soul departs and he is placed in his grave, then he is in the first stage of the Hereafter, because the grave is the first of the stages of the Hereafter.

It was narrated that Haani the freed slave of Uthmaan ibn Affaan said: when Uthman ibn Affaan stood by a grave he would weep until his beard became wet. It was said to him, "You remember Paradise and Hell and you do not weep, but you weep because of this?"

He said, "The Messenger of Allaah (peace and blessings of Allaah be upon him) said: The grave is the first of the stages of the Hereafter; whoever is saved from it, whatever comes afterwards will be easier for him, but if he is not saved from it, what comes afterwards will be worse for him."

And the Messenger of Allaah (peace and blessings of Allaah be upon him) said: "I have never seen any scene but the grave is more frightening than it."

(Narrated by al-Tirmidhi, 2308; Ibn Maa-jah, 4567; classed as hasan by al-Albaani in Saheeh al-Jaami', 1684).

Secondly:

The two angels who are charged with questioning come to him and ask him what he used to believe in this world, who was his Lord, what was his religion and who was his Prophet. If he gives a good answer, that

is good, but if he does not answer them they inflict a severe and painful beating on him.

If he was one of the righteous, angels with white faces come to him, but if he was one of the evildoers, angels with dark faces come to him. This is the fitnah or tribulation that he suffers.

It was narrated from Aaishah that the Prophet (peace and blessings of Allaah be upon him) used to say,

Allaahumma inni aoodhu bika min al-kasali wal-haram wal-maghram wal-matham.

Allaahumma inni aoodhu bika min ad-haab al-naar wa fitnat il-naar, wa fitnat il-qabri, waadhaab il-qabri, wa sharri fitnat il-ghina wa sharri fitnat il-faqair wa min sharri fitnat il-maseeh il-Dajjaal.

Allaahumma ighsil khataayaaya bi maal-thalji wal-baradi wa naqqi qalbi min al-khataaya kama yunaqqa al-thawb al-abyad min al-danas,

wa baa'id bayni wa bayna khataayaaya kama baa'adta bayna al-mashriqi wal-maghrib

(O Allah! I seek refuge with You from laziness and old age, and from debts and sins; from the torment of the Fire and from the tribulation of the Fire, and from the tribulation of the grave and the torment of the grave, and from the evil of the tribulation of wealth, and from the evil of the tribulation of poverty, and from the evil of the tribulation of the Dajjaal (Antichrist). O Allah! Wash away my sins with the water of snow and hail, and cleanse my heart from sin as a white garment is cleansed from filth, and put a great distance between me and my sins, as great as the distance You have made between the East and the West.)"

(Narrated by al-Bukhaari, 6014).

Ibn Hajar said:

The phrase "from the tribulation of the grave" means the questioning of the two angels.

Fath al-Baari, 11/177.

And al-Mubaarakfoori said:

"The tribulation of the grave" means confusion when answering the two angels.

Tuhfat al-Ahwadhi, 9/328

Thirdly:

With regard to the questions that the angels will ask in the grave, this is explained clearly in the following hadeeth:

It was narrated that al-Bara (may Allaah be pleased with him) said: We went out with the Messenger of Allaah (peace and blessings of Allaah be upon him) for the funeral of a man from among the Ansaar. We came to the grave and when (the deceased) was placed in the lahd, the Messenger of Allaah (peace and blessings of Allaah be upon him) sat down and we sat around him, as if there were birds on our heads (i.e., quiet and still). In his hand he had a stick with which he was scratching the ground. Then he raised his head and said, "Seek refuge with Allaah from the torment of the grave", two or three times.

Then he said, "When the believing slave is about to depart this world and enter the Hereafter, there come down to him from heaven angels with white faces like the sun, and they sit around him as far as the eye can see. They bring with them shrouds from Paradise and perfumes from Paradise.

Then the Angel of Death comes and sits by his head, and he says, O good soul, come forth to forgiveness from Allah and His pleasure.

Then it comes out easily like a drop of water from the mouth of a water skin. When he seizes it, they do not leave it in his hand for an instant before they take it and put it in that shroud with that perfume, and there comes from it a fragrance like the finest musk on the face of the earth.

Then they ascend and they do not pass by any group of angels but they say, 'Who is this good soul?' and they say, 'It is So and so the son of So and so, calling him by the best names by which he was known in this world, until they reach the lowest heaven. They ask for it to be opened to them and it is opened, and (the soul) is welcomed and accompanied to the next heaven by those who are closest to Allah, until they reach the seventh heaven.

Then Allah says: 'Record the book of My slave in 'Illiyoon in the seventh heaven, and return him to the earth, for from it I created them, to it I will return them and from it I will bring them forth once again.'

So his soul is returned to his body and there come to him two angels who make him sit up and they say to him, 'Who is your Lord?'

He says, 'Allah.'

They say, 'What is your religion?'

He says, 'My religion is Islam.'

They say, 'Who is this man who was sent among you?'

He says, 'He is the Prophet Muhammad (PBUH), Messenger of Allah.'

They say, 'What did you do?'

He says, 'I read the Book of Allah and I believed in it.'

Then a voice calls out from heaven, 'My slave has spoken the truth, so prepare for him a bed from Paradise and clothe him from Paradise, and open for him a gate to Paradise.' Then there comes to him some of its fragrance, and his grave is made wide, as far as he can see.

Then there comes to him a man with a handsome face and handsome clothes, and a good fragrance, who says, 'Receive the glad tidings that will bring you joy this day.' He says, 'Who are you? Your face is a face which brings glad tidings.'

He says, 'I am your righteous deeds.'

He says, 'O Lord, hasten the Hour so that I may return to my family and my wealth.'

But when the disbelieving slave is about

to depart this world and enter the Hereafter, there come down to him from heaven angels with black faces, bringing sackcloth, and they sit around him as far as the eye can see. Then the Angel of Death comes and sits by his head, and he says, 'O evil soul, come forth to the wrath of Allah and His anger.' Then his soul disperses inside his body, then comes out cutting the veins and nerves, like a skewer passing through wet wool. When he seizes it, they do not leave it in his hand for an instant before they take it and put it in that sackcloth, and there comes from it a stench like the foulest stench of a dead body on the face of the earth. Then they ascend and they do not pass by any group of angels but they say, 'Who is this evil soul?' and they say, 'It is So and so the son of So and so, calling him by the worst names by which he was known in this world, until they reach the lowest heaven. They ask for it to be opened to them and it is not opened.' Then the Messenger of Allah (peace and blessings of Allah be upon him) recited (interpretation of the meaning):

"for them the gates of heaven will not be opened, and they will not enter Paradise until the camel goes through the eye of the needle"

[al-Araf 7:40]

He said: "Then Allah says, Record the book of My slave in Sijjeen in the lowest

earth, and return him to the earth, for from it I created them, to if I will return them and from it I will bring them forth once again.

So his soul is cast down." Then the Messenger of Allah (peace and blessings of Allah be upon him) recited the verse (interpretation of the meaning):

"and whoever assigns partners to Allah, it is as if he had fallen from the sky, and the birds had snatched him, or the wind had thrown him to a far off place"

[al-Hajj 22:31]

He said: "Then his soul is returned to his body, and there come to him two angels who make him sit up and they say to him, 'Who is your Lord?' He says, 'Oh, oh, I don't know.' They say, 'What is your religion?' He says, 'Oh, oh, I don't know.' Then a voice calls out from heaven, 'Prepare for him a bed from Hell and clothe him from Hell, and open for him a gate to Hell.' Then there comes to him some of its heat and hot winds, and his grave is constricted and compresses him until his ribs interlock. Then there comes to him a man with an ugly face and ugly clothes, and a foul stench, who says, 'Receive the bad news, this is the day that you were promised.' He says, 'Who are you? Your face is a face which forebodes evil.' He says, 'I am your evil deeds.' He says, 'O Lord, do not let the Hour come, do not let the Hour come.'"

Life is a Gift

Today before you say an unkind word...
Think of someone who can't speak.

Before you complain about the taste of your food...
Think of someone who has nothing to eat.

Before you complain about your husband or wife...
Think of someone who's crying out to GOD for a companion.

Today before you complain about life...
Think of someone who went too early to heaven.

Before whining about the distance you drive...
Think of someone who walks the same distance with their feet.

And when you are tired and complain about your job...
Think of the unemployed, who wish they had your job.

And if depressing thoughts seem to get you down...
Put a smile on your face and think you're alive and still around.

Exams, exams, exams .. some useful tips!

Anything done in accordance with Allah's Law and the Sunnah[way] of His Beloved Messenger Muhammad [peace be upon him] it is classified as Ibadah[worship]! A Muslim student puts his trust in Allah when facing the tests of this world and seeks Allah's help whilst following the prescribed means. While preparing himself fully in every permissible way for the exams that lies ahead, he should always endeavor to be obedient to the Commands of Allah.

Here are some useful tips to assist in preparing for the exams:

Before the exams:

How to obtain the help of Allah

- Turning to Allaah by making du'aa' in any way that is prescribed in Islam. Dua is an extremely important tool to attain the desired results and more importantly the help of Allah. Read duas such as, "Rabbiy ishrah li sadri wa yassir li amri (O my Lord, expand my chest and make things easy for me)."
- Reciting the du'aa' for leaving the house: "Bismillaah, tawakkaltu 'ala Allaah, wa laa hawla wa laa quwwata illa Billaah. Allaahumma inni a'oodhu bika an adilla aw udalla, aw azilla aw uzalla, aw azlima aw uzlama, aw ajhala aw yujhala 'alayya (In the name of Allaah, I put my trust in Allaah, and there is no strength and no power except with Allaah. O Allaah, I seek refuge with You lest I should stray or be led astray, lest I slip (commit a sin unintentionally) or be tripped, lest I oppress or be oppressed, lest I behave foolishly or be treated foolishly)." Do not forget to seek your parents' approval, for their du'aa' for you will be answered.
- Mention the name of Allaah before you start, for mentioning the name of Allaah is prescribed when beginning any permissible action; this brings blessing, and seeking the help of Allaah is one of the means of strength. Rasulullah [peace be upon him] is reported as saying that any du'a which begins with: Bismillahir-Rahmanir-Rahim (In the name of Allah, the most Gracious, the most Merciful) is not rejected.

- Remembering Allaah (dhikr) dispels anxiety and tension. If something is too difficult for you, then pray to Allaah to make it easy for you. Reading Surah Yaseen in the early part of the day brings blessings for the rest of the day!
- Performs 2 rakaats salaah and ask Allaah to make it easy for you. Two rakaats of Salatul Hajaat is an excellent means of having your needs fulfilled!

Plan, plan, plan.....!!!!

- Time management. Plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.
- Set study goals - Set regular routines of study.
 - o Daily goals
 - o Weekly goals
 - o Long-term goals
- Time table. Know your deadlines, exam dates and make a study timetable
- Ask your teachers want you to succeed; ask them if you are unsure!
- Schedule in sleep. Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.
- Schedule in study breaks. Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more. Make Deen(Islam) as part of your study program. Schedule your study time using the five salaah(prayer) times as your markers.
- Exercise. It's a good source for stress relief. Just don't overdo it to the point that you're procrastinating heavily. Go for short, stress-relieving activities, like walk to the Mosque or jogging or any other light exercise.
- Location. Choose a quiet, well-lit and

- well ventilated place to study.
- Prioritize. You have limited time to study and will have to choose what to spend the most time with. You could spend hours and hours on that math exam because if you do really well, you might be able to pull of a C. Or you can spend hours and hours on a history exam because if you do well, you've got a good shot at an A. It's up to you.
- Study groups. Just don't waste your time with any group. Only where absolutely essential join one. Often time valuable time gets wasted in these groups. Always keep the laws of Allah in mind.
- Diet. Is extremely important in preparing yourself physically and psychologically for the exam (mentioned in detail below)

Prepare, prepare, prepare.....!!!

- Go to all revision sessions for your subjects.
- Have up-to-date course notes. If you don't, ask your teachers for the latest versions.
- Practice assessments and examination papers.
- Know what is required for each achievement standard.
- Check the time and place for the exam.
- Do not cram at the last minute.
- Check that you have all you need for the exams.
- Put your equipment in a clear plastic bag the night before.
- Get a good night's sleep.
- Eat before the exam but not junk food.
- Avoid people who make you feel nervous.
- Stay calm and confident. Breathe deeply.
- Don't forget your equipment e.g. pens, pencils, calculators etc. Take out all required material well in advance.
- Be early for the exam. Allow time for traffic jams etc
- Avoid unnecessary talking outside the exam hall before the exam. It's too

ON MORALS

late to do anything now and listening to others about what they have revised, or not, might just damage your confidence

- Take spare pens/pencils
- REMEMBER: Your obligations to Allaah- salaah, reading quran , zikr etc Dont miss your salaah!

During the exams:

- Stay calm. Relax. Stay focused.
- Choose a good place to sit during the exam, if you can. Keep your back straight, and sit on the chair in a healthy manner.
- Have confidence in yourself.
- Begin with the name of Allah.
- Write clearly – the examiner cannot mark what they cannot read! Leave a line space between your main points/ paragraph to help the examiner mark your work.
- Look over the exam first. Studies advise spending 10% of the exam time in reading the questions carefully, noting the important words and dividing one's time between the questions.
- Answer the easy questions first, then the difficult ones. Whilst reading the questions, write notes and ideas which you can use in your answers later.
- Answer questions according to importance. Start by answering the easy questions which you know
- Do not spend too long on each question. If you have extra time at the end return to the question.
- Cross out mistakes with a single line.
- Don't leave any questions unanswered and never omit an entire question.
- Use diagrams to support your answer. Label clearly.
- Read questions twice. Circle/Highlight key terms.
- Do not bulk up an answer. Keep to the point!
- Proof read answers. Ask yourself – Have I written a complete answer? Have I answered the question that was asked?
- Match the length of your answer to the space provided.
- Watch out for plurals in questions. For example, 'Name features of graphs' means that you are required to write at least two features.
- Label extra pages clearly and attach them to your exam booklet.

General advice:

FEAR ALLAH: Fear Allah with regard to your classmates, and do not be affected by their anxiety or fear just before the exam, for anxiety is a contagious disease. Instead, make them feel optimistic by saying good

words as prescribed in Islam. The Prophet (peace and blessings of Allah be upon him) was optimistic- when he heard the name of Suhayl (which means "easy") and he said: "Things have been made easy for you." So be optimistic that you and your friends will pass this exam.

RELAX -Take breaks eg. Salaah[prayer] time is an excellent time to take a break. If stressed, ask Allah for ease.

DON'T HURRY-Take your time to answer, for the Prophet (peace and blessings of Allaah be upon him) said: "Deliberation is from Allaah and haste is from the Shaytaan." (A hasan hadeeth. Saheeh al-Jaami, 3011).

MULTIPLE CHOICE-Think carefully about the answer and choose the right answer when answering multiple-choice questions. Deal with them in the following manner. If you are sure that you have chosen the right answer, then beware of waswasah (insinuating whispers from the Shaytaan). If you are not sure, then start by eliminating the wrong or unlikely answers, then choose the correct answer based on what you think is most likely to be correct. If you guessed at a correct answer then do not change it unless you are sure that it is wrong - especially if you will lose marks for a wrong answer. Research indicates that the correct answer is usually that which the student thinks of first.

Written exams:

In written exams, collect your thoughts before you start to answer. Write an outline for your answer with some words which will indicate the ideas which you want to discuss. Then number the ideas in the sequence in which you want to present them. Write the main points of your answer at the beginning of the line, because this is what the examiner is looking for, and he may not see what he is looking for if it is in the middle of the page and he is in a hurry.

Review

Devote 10% of the time for reviewing your answers. Take your time in reviewing, especially in mathematical problems and writing numbers. Resist the desire to hand in the exam papers quickly, and do not let the fact that some people are leaving early bother you. They may be among the people who have handed in their papers too early.

Accept the will of Allah

Perform 2 rakaats(units) of salaah(prayer) after the exam and make dua in gratitude to Allah and that He grants you success. If you discover after the exam that you answered some questions incorrectly, then take that as a lesson in the importance of being well prepared in the future, and not

rushing to answer questions. Accept the will and decree of Allaah and do not fall prey to frustration and despair. Remember the hadeeth of the Prophet (peace and blessings of Allaah be upon him), "If anything befalls you, do not say, 'If only I had done such and such.' Rather say, 'Qadar Allaah wa maa sha'a kaan (the decree of Allaah and what He wills happened),' for saying 'if only' opens the door for the Shaytaan." (Hadith-Saheeh Muslim).

Cheating

Note that cheating is haraam. The Prophet (peace and blessings of Allaah be upon him) said, "Whoever cheats is not one of us." It is wrongdoing and it is a haraam means of attaining a degree or certificate, etc., that you have no right to. The consensus is that cheating is a kind of cooperation in sin and transgression. So do without that which is haraam, and Allaah will suffice you from His bounty. Reject all offers of haraam things that come to you from others. Whoever gives up a thing for the sake of Allaah, Allaah will compensate him with something better. You have to denounce and resist evil, and tell the authorities about any such thing that you see during the exam, or before or after it. This is not the forbidden kind of slander rather it is denouncing evil which is obligatory. Advise those who buy or sell questions or post them on the Internet etc., or who prepare cheat notes. Tell them to fear Allaah, and tell them of the ruling on what they are doing and on the money they earn from that. Tell them that the time they are spending in preparing these haraam things, if they spent it in studying, or answering previous exams, or helping one another to understand the subject before the exam, that would be better for them than doing these haraam things.

Take a breather

During the exams take a breather for a few seconds and praise Allaah and send blessings on his Prophet (peace and blessings of Allaah be upon him) this will attract Allah's mercy on you and will allow you to relax. Recite Subhaanallah, Alhamdulillah, Allahu Akbar and then say Allahuma swali ala Muhammad.[takes less then 12 seconds!] **BE CONFIDANT**-After the exams always be confidant and keep making dua. If asked by anyone how did the exam "go" start off by saying Alhamdulillah(Praise be to Allah) and then explain. Be positive! Dua is a great weapon for a true believer and it can make what seems impossible -possible with the permission of Allaah!. So dont loose hope. The heart of the examiner is in the hands of Allaah.

Post mortem

Avoid the post-mortem analysis after the exam with friends and other students.

Congratulate

Congratulate those who succeed and say encouraging words to those who have not done so well this time. According to Hadith every good word is sadaqah[charity] Failure is stepping stone to success. Don't look down upon any person who does not do well. Whatever Allaah has willed cannot be changed. Therefore we should always be happy and content with the decision of Allaah. Allaah knows best and Allaah is All Knowing and Most Wise.

Don't forget

-Remember what you have prepared for the Hereafter, and the questions of the examination in the grave, and how to be saved on the Day of Resurrection. Whoever is saved from the Fire and admitted to Paradise will indeed have succeeded.

Diet

When you're studying for finals, good nutrition often slides way down on the priority list. It's easy to get into the habit of gulping coffee and gobbling take-out pizza, because you don't want to waste time on food preparation. But, actually, good nutrition should be part of your study plan because it's going to help you ace those tests. The better the fuel your brain gets, the better you'll study. It's a...well...no-brainer...and Most Important...Eating healthy is a tradition of our Prophet Muhammad(peace be upon him).

Here are 10 tips for eating right during exams:

1. How do I eat smarter? Meeting daily vitamin and mineral requirements will

make doing your best much easier. Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well. Iron-containing foods include red meat, cereals and spinach; Foods that contain B vitamins include whole-grains, wheat germ, eggs and nuts. Fish and soy are other foods that are said to help boost your brain by providing the nutrients it needs.

2. Dude, chewable Vitamin C is not a meal. Dietary supplements are good, but real food is better. An orange contains not only Vitamin C, but fibre, phytochemicals, beta carotene and other minerals — so it can't be replaced by a pill. When you're heading for the library, pack whole-food items like apples, bananas, clementines, carrot sticks or dried apricots.
3. Eat at regular intervals. Eating regular meals helps keep nutrient and energy levels more stable, curbing the temptation of empty-calorie snacks in the vending machine.
4. Big meals keep on turning ... in your stomach. You might find that eating the standard three-big-meals-a-day slows you down mentally and physically. Consider 5 or 6 well balanced, smaller meals, like toast spread with peanut butter, hummus or tuna, or a piece of cheese with fruit.
5. Meet breakfast, your new study buddy. While much is said about the reasons to eat breakfast, less known are the best ways to eat smart in the morning. Coffee and a donut just don't cut it. The idea is to get some protein, calcium, fibre and a piece of fruit or a vegetable in there. So, a bowl of cereal with milk and a piece of fruit would do the trick. Or try a cereal bar with milk.

6. Going bananas? Good. Fruit ranks high among the best foods you can eat for your brain. The natural sugars in fruit offer clean energy, so you don't experience the crash that follows consumption of refined sugar.
7. Choose powerful vegetables. Not all vegetables are created equal. The darker the color, the higher the concentration of nutrients. A spinach has more to offer the mind and body than iceberg lettuce. Vegetable choices include bell peppers, broccoli and sweet potatoes.
8. Smart snacking can enhance studying. Snack smart while studying and you may find that you retain more. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. Some smart snack examples are banana with peanut butter, a small baked potato with cottage cheese.
9. Gather simple recipes for nourishing foods. It's easy to feed the brain well. No-fuss recipes let you eat to succeed, without taking too much time. Combine scrambled eggs with toast, cheese or salsa. A little chopping is all it takes to construct a hearty salad.
10. Stay well hydrated. Choose your beverages well, though. Caffeine and sugar should be kept to a minimum. Since too much caffeine can make you jittery, try to drink moderate amounts: 400 to 450 mg per day, the equivalent of 2/2.5 cups, (16 to 20 ounces or 500 to 625 ml). Better choices include water, fruit juice, milk, and anti-oxidant-rich green tea.

We ask Allah to make us succeed in this world and cause us to be among those who are victorious and saved in the Hereafter, for He is the All-Hearing Who answers prayer. *SOURCE: WWW.EISLAM.CO.ZA*

Which type of woman do you like

1. **HARD-DISK Woman:** She remembers everything you say and do, FOREVER.
2. **WINDOWS Woman:** Everyone knows that she can't do anything right, but you can't live without her.
3. **EXCEL Woman:** They say she can do a lot of things but you mostly use her for only your basic needs.
4. **SCREENSAVER Woman:** She is good for nothing functional, but at least she is exciting, colorful, and lots of fun.
5. **INTERNET Woman:** Difficult to access and hard to keep running.
6. **SERVER Woman:** Claims to be available to you, but Always busy when you need her.
7. **MULTIMEDIA Woman:** She has a way of making horrible things look very beautiful.
8. **CD-ROM Woman:** She always has you on the move, going faster and faster.
9. **E-MAIL Woman:** Out of Every ten things she says, eight are plain nonsense.
10. **VIRUS Woman:** Also known as "WIFE"; when you are least expecting her, she shows up, installs herself, and starts gobbling up all your resources. If you try to uninstall her, you will lose almost every thing. If you don't try to uninstall her, you will still have nothing.

Some ways of making your kids vacation more rewarding...

During the vacation there is a good opportunity to recharge our kid's spiritual batteries and start afresh in daily activities. It is a joyous period and a unique break from our busy schedules. Most of us welcome vacations for its fun. It is good to have fun but this must always be done by not compromising the Islamic way of life!!!

By the same token, it is not a bad idea to take time out during these pressure-free holidays to reflect and possibly change our positions and life for the better.

There is an area that is largely ignored by parents when they go on holidays and that is how to guide their children and teenagers to a sin-free vacation. Very often, the newer generations of Muslims growing up in the West have little guidance and sometimes even less knowledge of the Islamic rules that govern our Islamic way of life and they often end up imitating the free unislamic western lifestyle that surrounds them.

No doubt, if we don't take a proactive approach to maintaining our iman (faith), we might really lose it. The vacation represents an ideal opportunity to boost one's deen (religion). However if it's spent inappropriately, it can lead to disastrous consequences. If we truly value our faith, it is imperative that we use this opportunity to its fullest extent.

Parents have a great responsibility to guide their children to an Islamic lifestyle and to provide a vice-free environment. They should use all available strategies to carry out this responsibility effectively and successfully. This can be achieved by attempting to implement useful activities. Here are some valuable tips:

PRAYER - Parents should ensure that prayers are performed punctually and be keen to pray on time, especially when their children are with them. This will help the children learn the importance of prayer and the value of time. The Prophet (peace and blessings be upon him) as said, "Refresh yourselves with Prayer..." (Hadith Al-

Bukhari). Men should perform prayer at the Masjid. However if on vacation a Masjid is not close by then pray together as a family. Prayer in Jamaat is better than praying alone. Children love to call azan. Make the youngest one the salaah manager, taking care of prayer rugs, timing, and inviting everyone to salaah.

ENVIRONMENT - Always remain within an environment that is free from sin. Psychologist emphasize that environment has a great effect on the upbringing of kids. Plan visits to places that do not in any way encroach on our Islamic way of life. Parents should try to keep their children and teenagers away from the immoral scenes that people usually see in holiday resorts during vacations. The free intermingling of sexes is totally prohibited in Islam. Children are vulnerable and very easily succumb to peer pressure. Parents need to be diplomatically assertive in emphasizing Islamic values.

INTERACT - Regular interaction with your children is vital. Teach them through cool behaviour. Trying to appear "cool" in front of their peers during adolescence brings tremendous pressure on children. "Children often don't feel that their parents know what's cool and what's happening, so they turn to their peer group for the answers by trying to imitate them. By starting regular interaction while your children are young, parents can ensure that their kids will use them as their role models and not their peer groups. Time spent with children enhances the parent-child relationship, so that in their later life children will emulate their parents' values and attitudes and that makes the gift of time the greatest gift of all.

TEACH - Vacations are an excellent opportunity to teach our kids in an interactive way. Plan tasks, projects, games which have an Islamic flavor to it. Parents should take the vacations as an opportunity to indirectly set good examples to their children for co-operation, kindness, and truthfulness. Learn

and teach the rules of Islam in an interactive way. Encourage the reading of Qur'an and Hadith. Encourage the kids to have Taalim. (Islamic education) Better still, the parents should join in Taalimi programs. Competitions in memorizing the Qur'an and learning the hadith should be encouraged to help inculcate real commitment to the Qur'an and the Sunnah.

READ - Kids have loads of time and will become easily bored if not kept occupied. Introduce them to good Islamic books. Reading material should be carefully selected as you don't want your kids to be adversely affected by unislamic literature. Parents should seize the opportunity of their free time in the holidays to tell their children stories from the Qur'an that impart good morals, enhance spirituality and help build an upright character. Tell or read to your children stories on some nights before bed. There are lots of excellent Islamic stories and books available that you can use or you can make up your own. At the same time, you will be helping your children develop Islamic character.

CO-OPERATION - Muslim parents should help disseminate the cooperative spirit among their sons and daughters during the holidays. This can be achieved by teaching the children the benefits of working together and learning to be patient in achieving their goals, in an attempt to make them realize the importance of teamwork. Reward them where necessary. The family unit is the basis of a good society.

SPORTS - Sports can be a great contributor to building the kids physically and spiritually. Choose such activities that support an Islamic spirit and identity. Ensure that these activities do not encroach on their deen. For example when the time of prayer approaches, let them pray first and then resume their sporting activities. Teach them to use Islamic words in their activities. Instead of saying WOW! Let them say

ALLAHU AKBAR (Allah is the Greatest), let them start by saying Bismillah (I begin in the name of Allah) etc. In this way they will be making zikr (remembering Allah). To be physically fit is part of deen. Swimming, Archery, Horse Riding, Athletics are strongly recommended. The Messenger of Allah (pbuh) even raced with his beloved wife Aisha (RA).

HOUSEHOLD ACTIVITIES - Parents can motivate their kids to bake, clean the garage, re-organize their rooms, help set the table for guests etc. If necessary a roster can be drawn up.

ZIKR (remembering Allah) - Let them spend time making Zikr, Reciting Quran, Making dua etc Let them practically do it so they get accustomed to making zikr. The Messenger of Allah (peace be upon him) informed us that we will not regret about anything in this life except the time spent without zikr. Verily, in the Zikr of Allah do hearts find peace." (Surah Ra'd) ... "Verily, the remembrance of Allah is the greatest." (Surah Ahzaab-Qur'an)

PLAN AN EVENT - Try organising one weekly treat that you all do together. Bring your kids in on the act and ask them where they want to go this weekend. It may be the zoo, it may be an outing or it may just be going shopping. But it is a great idea to go on an outing with them on a regular basis. These little treats will be exciting for your kids and will remind you that it can be fun to be a parent. Organise a family gathering, Go as a family out in the Path of Allah, a

picnic, a sightseeing tour, a day to the zoo, stop off for ice cream or to feed the birds in the park, visit the local orphanage, a visit to the kiddies section in the local hospital etc. Be innovative within the confinements of Sharia.

GARDENING - Gardening is an excellent way to keep them occupied and bring them closer to Allah. Let them have their own vegetable patches, let them plant flowers etc. Explain to them about Beauty of Allah in His creation

PLAY - Play with your children. You could play ball, color pictures, build toy houses from blocks, or do whatever they like. Let your children help you with simple tasks. The Noble Messenger Muhammad (peace be upon him) was especially fond of children and used to get into the spirit of childish games in their company. He would have fun with the children who had come back from Abyssinia and tried to speak in Abyssinian with them. It was his practice to give lifts on his camel to children when he returned from journeys. (Hadith-Bukhari).

LOVE - Show your children in simple ways that you love them. Some parents try to appeal to their children by showering them with gifts rather than giving of themselves. This may cause more harm than good. The simple example of Prophet Muhammad (pbuh). When his daughter Fatima (May Allah be pleased with her) would come to him, the Noble Messenger (peace be upon him) used to stand up, kiss her, take her hand, and give her his seat. Later in life,

this personal type of affection will be much more memorable to children than receiving a gift that anyone could have given them. Don't buy their love- Win it!!!

SIN: Ensure a sin free vacation. Cinemas, Movies, Immoral PC games, Haraam Chat Rooms, Discos, etc will harm their Imaan. Instead of playing haraam music rather buy some good Islamic CD's for them.

FRIENDS - The most important element of a successful vacation from an Islamic perspective is the company that our kids keep. Friends will either make or break our deen (religion). If a kid finds himself hanging out with non-Muslim classmates who are doing haraam it will have a negative bearing on his Imaan. Company of deeni (pious) and knowledgeable people is a great boon. For boys going out with other youth in the Path of Allah is an excellent way to be in good company. The Family could also go out together. In an authentic Hadith, the Prophet Muhammad (pbuh) said: "A person is likely to follow the faith of his friend, so look at whom you befriend." Tactfully persuade them to choose such friends who will positively and islamically influence their character. The company our kids keep will have a profound effect on their imaan and personality!

Vacations can be spiritually enriching for both parents and kids PROVIDED we do things Islamically correct. It is an excellent opportunity to develop our kid's character and uplift their Imaan!

Courtesy: eislam.org

'Memon Shadi: A Matrimonial Service'

(A Canada based global service registered with the Govt. of Ontario)

With the cooperation, and suggestions of our Memon community we have now upgraded our services. Our procedure has improved, and the new matrimonial form is quite comprehensive, i.e., includes basic and secondary information about a candidate and with multiple options to describe their partner preferences.

What do our members say about our service, here is a sample from their messages:

"Jazakallah khair for your sincere efforts - may Allah bless you with the best in this world and in the hereafter."

"Its a matter of great pride and appreciation that our memon community can finally getup tied in such a unique way."

"This indeed a great news for North American Memon families."

"Once again many thanks for your support and hard work."

"Jazakallah hun Khair for your Quick Reply and help."

Incidentally, on the Web many matchmaking services are often riddled with fake, unserious profiles and participants. Whereas, we are improving our process specifically to weed out such time-pass profiles and are in the process of screening and matching only those that are genuine. We encourage the involvement of parents and families in this process, that which builds trust and responsibility in all the concerned, Insha Allah.

For reasons of safety, confidentiality and privacy, we don't have plans to publish profiles of bride or groom. And, for the same reason, we neither have any online search feature, nor open profiles. More details of

what we do, and what we don't, are on our Website. Upon request--those looking for a spouse, send their full contact info (as mentioned on our Website)--we email our registration procedure, steps in match making, matrimonial form, etc.

Our sincere apologies for bothering you. May Allah accept your compassion, as well our efforts, and grant us strength to continue doing this service by offering a little help to our families, Amen.

Our community is scattered, and needs to be re-connected. You can help us reach all those who you know. Please forward this message to all in your network about:

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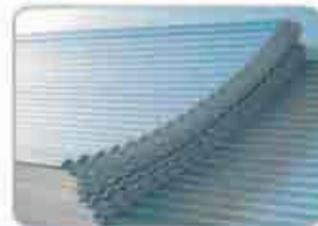
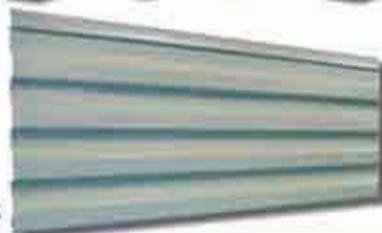
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A means for Corporate Governance and Transparency

Abdul Rahim Suriya, FCA & Haroon Tabraze,
FCA Corporate Governance

The corporate sector in Pakistan has had its fair share of corporate failures, scams and scandals - Taj Company, Mehran Bank, Islamic Investment Bank various Housing Cooperative Societies Schemes, and other numerous finance companies have deprived thousands of small investors of their life-savings. In the not so distant past, nationalized banks have written off billions of rupees by way of bad loans. These scams bear similarity to those happening across borders; with the largest occurring in USA. The victim in most cases being the general public, leads to a hue and cry over regulating the companies. After ENRON and other similar cases, financial experts from world over sat together to formulate a strategy and came to a conclusion which the medical profession discovered decades ago: "prevention is better than cure". Thus the concept of corporate governance was born.

History

At independence, Pakistan inherited the political heritage of the United India including the Indian Companies Consolidation Act, 1913, which was duly adopted. The Act remained in force till 1984 when the Companies Ordinance 1984 was promulgated. It is still remains in force, although amendments are usual and regular feature.

The corporate sector in Pakistan is primarily regulated by the Securities and Exchange Commission of Pakistan (SECP) through the Companies Ordinance, 1984. Various specific laws to regulate specialized corporate entities are in place i.e. Modaraba Companies and Modarabas (Floatation and Control) Ordinance, 1980, State Bank of

Pakistan Act 1956, the Insurance Ordinance, 2000 etc.

ICAP's role

One of the main developments in corporate governance in Pakistan has been the formulation of a Code of Corporate Governance (CCG). The Code was developed on the initiative of the Institute of Chartered Accountants of Pakistan (ICAP) after the members passed a resolution in the Fifth All Pakistan Chartered Accountants' Conference held in December 1998. A committee was later formed which included representatives from various stakeholders i.e. KSE, SECP etc and a set of recommendations were formulated. These recommendations after being exposed to members of ICAP and the general public in 2001 were taken up by SECP for processing and made part of the respective listing regulations of the three stock exchanges. In 2004, Pakistan Institute of Corporate Governance (PICG) was established with the objective to provide enabling environment for the implementation of CCG issued by the SECP. ICAP was one of the founding members along with SECP, SBP, stock exchanges in Pakistan, banking and insurance associations, apex bodies of the corporate businesses, FPCCI, Institute of Corporate Secretaries and Non-Bank Financial Institutions (NBFIs) and the leading business educational institutions like LUMS and IBA.

In 2008 ICAP developed a Guide (MIES-19) in Partnership with the Center for International Private Enterprise (CIPE), and PICG. The Guide establishes principles and practices aimed at helping directors of family owned companies in improving

governance.

Annual Report and Good Corporate Governance

Transparency

The buzz word in today's business is transparency. Illustratively, standing outside a window would provide you with a view of what is in the room. A transparent window will give you a complete and detailed view, while a window with dark tinted glass might not show you the dirt and grime inside. Using the analogy, a financial report should be such that the reader can see inside-out of the company.

The publication of timely annual report which fulfils the requirement of Companies Ordinance is an important tool for promoting accountability and transparency in the Corporate Reporting. Of course transparency is important only when shareholders are diverse and widespread i.e. in listed entities. Detailed information is not expected from closely held or family owned companies. The last decade has witnessed the financial disclosures increasingly getting improved through international accounting standards and IFRSs to achieve the transparency desired by the readers. However the numbers are only quantitative; they lack the description of qualitative factors. The operational management for their decision making still prepare a different set of management accounts. However Management Commentary along with financial numbers is necessary for a better understanding of the operating results and financial/investing activities of the business

Role of Professional Institutes

For the last 11 years the Joint Committee of ICAP and ICMAP has been organizing the Best Annual Report Competition with the objectives:

- o to encourage and give recognition to excellence in annual corporate reporting; and
- o to promote corporate accountability and transparency through the publication of :
 - timely
 - factual information; and
 - reader friendly information

It is interesting to note that there although is no specific law requiring an entity to produce and publish annual report there are various statutes that require the contents embodied in it. According to the International Standard on Auditing # 720 the Annual Report is defined as "An entity ordinarily issues on an annual basis a document which includes its audited financial statements together with the auditor's report thereon. This document is frequently referred to as the "annual report".

However in order to encourage transparency and better and relevant reporting from companies through additional disclosures, ICAP and ICMAP launched the Best Corporate Reporting Awards. The awards are given to companies as an acknowledgement for voluntarily providing relevant and timely information to the stakeholders to help them make economic decisions. An elaborate 'Criteria' which has evolved over the years, is used as a basis to evaluate best reports. The criteria for 2011 includes certain information in addition to the disclosures required by corporate laws in practice, such as:

Ref. Criteria

- 2.0 Disclosures of information required by the IFAC Management Commentary
- 2.1 Description of nature of business including a macro-level (e.g. industry, main markets, and legal environment) and a micro-level (e.g. business model, product portfolio) discussion.
- 2.2 Explanation of management's objectives and its strategies for meeting those objectives including priorities for action and addressing threats and opportunities of market trends.
- 2.3 Description of the entity's most significant:
- 2.4 Resources, including an analysis of liquidity, cash flows, financing arrangements, human capital and capital structure, including any inadequacies in the capital structure and plans to address such inadequacies;

- a) Risks, including strategic, commercial operational and financial risks; and

- b) Relationships, which are likely to affect performance and value of the entity
- c) Description of the entity's financial and non-financial performance (results) and the future prospects, including whether the performance may be indicative of the future performance.
- d) Description of critical performance measures and indicators which management uses to measure performance of the entity against stated objectives of the entity and whether the indicators used currently will continue to be relevant in the future.

- 2.6 Market share information preferably from an independent source
- 4.2 Summary of the Cash Flow Statement for 6 years
- 4.4 Vertical and Horizontal analysis of Balance Sheet and Profit and Loss Account for 6 years
- 4.5 Statement of Value Added and how distributed
- 4.6 Investors' Relations section on the corporate website
- 5.4 Comprehensiveness of corporate information
- 5.6 Definition and glossary of terms / Calendar of major events during the year
- 6.3 Board structure and its committees
- 6.4 Chairman of the Board other than the CEO
- 6.5 Information on other Board Committees, their terms of reference and the number of meetings
- 6.6 Salient features of the Audit Committee Charter/Terms of Reference
- 6.7 Name of independent directors / non-executive directors
- 6.8 Profile of each director including engagement in other entities
- 6.9 Non- executive directors on the Audit Committee
- 6.10 Organization Chart
- 6.11 Disclosure of criteria to evaluate Board's performance
- 6.12 CEO performance review

It is pertinent to note here that the 'Criteria' not only comprises of mandatory requirement of Companies Ordinance 1984, and the code of corporate governance, it also encourages adopting international best practices. The Joint Committee of ICAP and ICMAP always looks out for new trends in information sharing and one item that stands out is the concept of 'Management Commentary'.

Management Commentary

Management Commentary is a narrative report accompanying, but not part of, the

financial statements. It tells the story about the company's performance and financial conditions as seen through the eyes of the management. The commentary describes both financial and non-financial information, and is a basis of understanding for the reader by providing a context to interpret the financial position, operating environment, and key indicators of the company.

The International Accounting Standards Board (IASB) which is the independent standard-setting body of the IFRS Foundation, had set up a project team comprising representatives from the national standard setters in Germany, New Zealand, United Kingdom, and from Canadian Institute of Chartered Accountants, to examine the potential for issuing a formal guidance on management commentary.

Subsequently, a practice statement was issued on 8th December 2010. Sir David Tweedie, Chairman of the IASB, said on the occasion:

"Management commentary is one of the most interesting parts of the annual report. It provides management with an opportunity to add context to the published financial information, and to explain their future strategy and objectives. It is also becoming increasingly important in the reporting of non-financial metrics such as sustainability and environmental reporting.

The publication of this Practice Statement will benefit both users and preparers by enhancing the international consistency of this important source of information".

The Practice Statement applies only to management commentary and not to other information presented in either the financial statements or the broader financial reports. It should be applied by entities that present management commentary which relate to financial statements prepared in accordance with IFRSs.

A good management commentary should provide managements view not only on what has happened, but also management's reasoning of its occurrence, , as well as an estimate of future, based on the past events.

A good commentary should not repeat what is in the financial statements, rather should clarify and describe the implications.

Purpose

The IFRS Practice Statement Management Commentary provides a broad, non-binding framework for the presentation of management commentary that relates to financial statements that have been prepared in accordance with International Financial Reporting Standards (IFRSs).

The Practice Statement is not an IFRS. Consequently, entities applying IFRSs are not required to comply with the Practice

Statement, unless specifically required by their jurisdiction. Furthermore, non-compliance with the Practice Statement will not prevent an entity's financial statements from complying with IFRSs, if they otherwise do so.

Futuristic information

Management commentary should communicate management's perspective about entity's direction. It should include forward looking information when it is aware of trends, uncertainties or other factors that might affect the entity's liquidity, capital resources, revenues and results.

Management should also disclose the assumptions used in providing forward looking information as well as the Management's assessment of the entity's prospects in the light of current period results.

Variations with previous year targets

Management should explain how and why the performance of the entity is short of, meets or exceeds forward-looking disclosures made in the prior period management commentary. For example, if management stated targets for future performance in previous reporting periods, it should report the entity's actual performance in the current reporting period and analyze and explain significant variances from its previously stated target as well as the implications of those variances for management's expectations for the entity's future performance.

What does Management Commentary include

Focus of the management commentary depends on the facts and circumstances of the entity. It generally includes:

1. Nature of business:
 - a. The knowledge of the business in which a company is engaged, its external environment including a discussion of the industry sector to which company belongs.
 - b. A discussion of primary and secondary markets and company's position in the market
 - c. The legal, regulatory and economic environment that may have an influence on the company as well as on the market in which the company operates.
 - d. The company's structure, organization, products, services, business processes and distribution channels.
2. Objectives and strategies:
 - a. A discussion on strategies adopted by the company, and their respective results
 - b. Likelihood of continuing these strate-

gies and estimated results in future

3. Resources:
 - a. The most important resources available to company including human, and capital resources
 - b. The company's ability to sustain and maintain these resources in future
 - c. A discussion on company's strategy on how to generate resources in future
4. Relationships
 - a. Significant relationships of the company with stakeholders
 - b. How these relationships effect the performance and value of the company
 - c. How these relationships are managed and strengthened
5. Risks:
 - a. A discussion on the risk identification process adopted by the management.
 - b. Plans and strategies of how to mitigate material risks and uncertainties
 - c. Negative consequences and potential opportunities related to material risks
6. Results and prospects
 - a. A clear description of the entity's financial and non-financial performance
 - b. Management's assessment of entity's prospects
 - c. Analysis of the managements objectives and strategies with the entity's result
 - d. Comparison of current performance with prior periods to help understand the extent to which past performance may be indicative of the future prospects
7. Performance measures and indicators
 - a. Narrative description of the effects of key financial indicators
 - b. Explanation of why and how past performance differs with current performance
 - c. Explanation of any change in the relevance of performance measurement indicators Management Commentary versus Directors Report: the difference: In this context it is important to note that "management here means the people responsible for decision making and oversight of the entity. They may include executive employees, key management personnel and members of a governing body. Management commentary is not directors' report, although it is usually assumed to be so. Management commentary is recommendatory but not mandatory. After all it is not IFRS. The Directors' report generally consists of review and trend analysis of the performance of the company over a period of time. It covers the

performance limited to the earnings and distributions over the period. In contrast the Management Commentary is aimed at providing the users information regarding strategies established to achieve the targets. Furthermore it also requires management to provide an analysis of any shortcomings in the achievements with reference to these strategies followed by the management. In fact the management commentary requires such information for the users to analyze the sustainable growth of the entity including information related to the available resources and future strategy to maintain and or enhance according to the needs in future. Generally the Director's Report lacks following information which is now addressed by the Management Commentary:

- Explanation of strategies for meeting management's objectives e.g. threats and opportunities of market trends.
- Analysis of liquidity, cash flows, financing arrangements, human capital and capital structure and the company's ability to maintain these resources and strategy on how to generate resources in future.
- Description of the entity's most significant relationships, which are likely to affect performance and value of the entity and how these relationships are managed and strengthened.
- Description of the entity's most significant risks and related consequences and opportunities and plans and strategies to mitigate material risks and uncertainties.
- Description of critical performance measures and indicators which management uses to measure performance of the entity against stated objectives of the entity.
- Narrative description of the effects of key financial indicators.
- Explanation of why and how past performance differs with current performance.

GAP with BCR Criteria

There are few areas of Management Commentary which are neither part of Companies Ordinance / Code of Corporate Governance nor in the Criteria for Best Corporate Report for 2011. Management should disclose in order to bring more transparency:

- The information that is important to management in managing the business
- Perspective of the entity's direction
- Forward looking information when management is aware of trends, uncertainties or other factors that could affect

the entity's liquidity, capital resources, revenues and the results of its operations. Forward looking information may be narrative explanations or quantitative including projections or forecasts.

- How and why the performance of the entity is short, meets or exceeds forward looking disclosures made in the prior periods.
- Significant changes in an entity's objectives and strategies from the previous period or periods.
- Risk plans and strategies for bearing risk or mitigating risks and effectiveness of these strategies. Principal risks facing the entity should cover both exposures to negative consequences and potential opportunities.
- The significant relationships that the

entity has with stakeholders, how those relationships are likely to affect the performance and value of the entity, and how those relationships are managed.

- The relationship between the entity's results, management's objectives and management's strategies for achieving those objectives.
- Significant changes in financial position, liquidity and performance compared with those of the previous period or periods.
- Analysis of the prospects of the entity which may include targets for financial and non-financial measures. For targets, if quantified, management should explain the risks and assumptions necessary for users to assess the likelihood of achieving those targets
- Why the results from performance

measures have changed over the period or how the indicators have changed.

About the Authors: Abdul Rahim Suriya is a fellow member of ICAP and ICMAE. He is past President of ICAP and presently a council member. He has over 27 years experience in Accounting, Auditing, Corporate Finance and Operational Management. He is a professional trainer on the subject of "Finance for Non Finance Executives" and has recently authored a book on "A guide to Business Decision Making". He is a practicing CA and runs his firm "A.R.Suriya and Co, Chartered Accountants ". For details visit www.asuriya.com Haroon Taberz is a fellow member of the Institute of Chartered Accountants of Pakistan (ICAP) and Director of Technical Services at the Institute.

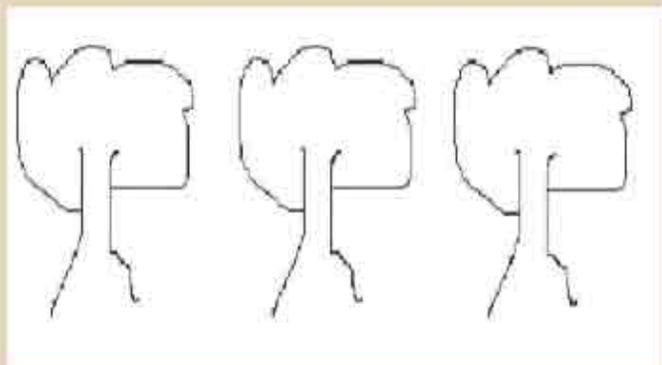
Math Test for a CEO

A Large Australian Company advertised for a CEO, but only had one applicant, whom they weren't enthused about, but decided to give him a test anyway.

The Math Test

Here is your first question, the Chairman said. "Without using numbers, represent the number 9."

"Without numbers?" The applicant, an Irishman, said? "Dat is easy." And proceeded to draw three trees.

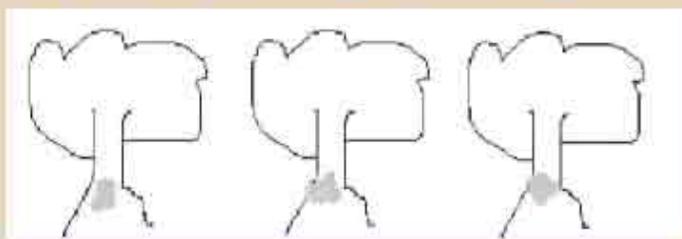


"What's this?" the Chairman asked.

"Have you ain't got no brain? Tree and tree plus tree makes 9"

"Fair enough," said the Chairman. "Here's your second question.. Use the same rules, but this time the number is 99."

The Irishman stared into space for a while, then picked up the picture that he had just drawn and made a smudge on each tree... "Ere you go."



The boss scratched his head and said, "How on earth do you get that to represent 99?"

"Each of da trees is dirty now. So, it's dirty tree, and dirty tree, plus dirty tree. Dat makes 99."

The Chairman was getting worried that he actually had to hire this Irishman, so he said, "All right, last question. Same rules again, but represent the number 100."

The Irishman stared into space again, then he picked up the picture and made a little mark at the base of each tree and said, "Ere you go. One hundred.."



The Chairman looked at the picture. "You must be nuts if you think that represents a hundred!"

The Irishman leaned forward and pointed to the marks at the base of each tree and whispered, "A little dog come along and poop by each tree.

So now you got dirty tree and a turd, dirty tree and a turd, and dirty tree and a turd, which make ONE HUNDRED!"

The Irishman is now head of Qantas



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મેમણ આલમ (WMO)

ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

બાંટવા: શાદી પ્રસંગે સખાવત બાંટવાના જાણીતા હમદદ આગેવાન શેઠ સુલયમાન હાજી પીરમુહંમદ દિવાનના પુત્ર ભાઈ હબીબની શાદીખાના આબાદી રવિવાર તા. ૧૨-૫-૪૬નાં રોજ થતાં એ ખુશીના જલ્સામાં સુલયમાન દિવાન તરફથી તેમના ફરજંદે નીચે મુજબની રૂા. ૩૦,૦૦૦ હજારની સખાવત ઝાઢીર કરી હતી જેને હાજરીનોએ વધાવી લીધી હતી.

૨૫,૦૦૦ મુસ્લિમ ઝનાના કાઉન્સીલના ઔરતો માટેના મદ્રસા માટે જમીન વાર ૧૦૦૦ જેનો ભાવ અત્યારે રૂા. ૩૧૧ ગણાય તે રૂા. ૧ લેખે આપવાનું જાહેર કરતાં એની કિંમત

- ૧૦૦૦ અંજુમને ઈસ્લામ બાંટવા
- ૫૦૦ મેમણ એજયુ. એન્ડ વેલ્ફેર સોસાયટી કલકત્તા
- ૫૦૦ મેમણ બોર્ડિંગ હાઉસ રાજકોટ
- ૫૦૦ કાઠિયાવાડ મુસ્લિમ લીગ રાજકોટ
- ૫૦૦ જુનાગઢ સ્ટેટ પોલીસ ફંડ જુનાગઢ
- ૨૫૦ મદ્રસ-એ-ઈસ્લામ બાંટવા
- ૨૫૦ મદ્રસ-એ-ઈ-જમીઅતુલ ઈસ્લામ બાંટવા
- ૨૫૦ મદ્રસા સરદારગઢ
- ૧૨૫ મેમણ સેવા સમિતિ બાંટવા
- ૧૨૫ બાંટવા
- ૧૨૫ ઈસ્લામ કલબ બાંટવા
- ૧૨૫ ઈસ્લામ કલબ બાંટવા
- ૧૨૫ ઈસ્લામ કલબ બાંટવા

૨૫૦ યતીમખાના-એ-ઈસ્લામીયા
”
૨૫૦ યતીમખાના-એ-ઈસ્લામીયા રાજકોટ

કદરશનાશીરૂપ આ જલ્સો યોજવામાં આવ્યો હતો.
જલ્સામાં આજના અનાજ સંકટના પ્રશ્નને પહોંચી વળવા



રૂા. ૨૯,૮૭૫/- કુલ રકમ
શેઠ હુસેન કાસમ દાદાએ રૂા. ૧૭૫૦ની સખાવત જાહેર કરી હતી. જેમાં રૂા. ૨૫૦ બાંટવાના હુસયની ટ્રસ્ટમાં અને રૂા. ૧૨૫૦ બાંટવાની જુદી જુદી સંસ્થાઓ માટે જાહેર કર્યાં હતા.

રાણાવાવમાં વિદાય-જલ્સો
રાણાવાવ: પ્રિટોરીયાવાલા શેઠ હાજી ઈબ્રાહિમ હાજી મોહંમદ ટૂંક માટે દેશની મુલાકાતે પધારી પાછા આફ્રિકા વિદાય થતા હોઈ તેમની વિદાયગીરીના માનમાં એક ભવ્ય જલ્સો રાણાવાવ મેમણ જમાતખાના હોલમાં મંગળવારે શેઠ હાજી સુલેમાન ઈબ્રાહિમના પ્રમુખપદે યોજવામાં આવ્યો હતો. શેઠ હાજી ઈબ્રાહિમ હાજી મોહંમદ પોતાના હમ-વતન મુસ્લિમોની ગઈ મોટી લડાઈની વખતથી જે તારીફ લાયક ખિદમતો અંજામ દેતા રહ્યા છે તેની

રાણાવાવ મેમણ રાહત ફંડ તરફથી અપીલ થતાં શેઠ હાજી સુલેમાન ઈબ્રાહિમે પોતાની તકરીરમાં હાજરીન ગૃહસ્થોને આ કટોકટીભર્યા પ્રશ્ન ઉપર ઘટતું લક્ષ આપી ફંડ માટેની અપીલને ઉપાડી લેવાનો મજબૂત આગ્રહ કર્યો હતો. તેમણે સભા સમક્ષ બંગાળના ભૂખમરાની હાલતનો ચિતાર રજૂ કર્યો હતો. તેમની અપીલની તાત્કાલીક અસર થઈ હતી અને ફંડની શરૂઆત સદર સાહેબ તરફથી રૂા. ૫૦૦૦થી થઈ હતી. શેઠ તેયબ ઈસા મુંડા કુા. તરફથી રૂા. ૧૦,૦૦૦ અને શેઠ હાજી ઈબ્રાહિમ મોહંમદ તરફથી રૂા. ૧૦,૫૦૦ જાહેર થતાં સભાજનોએ ખુશાલીમાં પોકારોથી વધાવી લીધી હતી. ફંડની તકસીલ નીચે મુજબ છે:

- ૧૦,૫૦૦ શેઠ હાજી ઈબ્રાહિમ હાજી મોહંમદ, ૧૦૦૧ શેઠ તેયબ ઈસા કુા., ૫૦૦૦ હાજી સુલેમાન

ઈબ્રાહિમ, ૫૦૦૦, ઈબ્રાહિમ તેયુબ, ૩૫૦૦ ઉમર સાલેહ મોહંમદ મુંડા બ્રધર્સ, ૩૦૦૧ યુસુફ સુલેમાન વરવાલાવાળા, ૨૦૦૦ હાજી ઉમર હાજી કાસમ સોનાવાલા, ૨૦૦૧ મોહંમદ અ. કરીમ ખડબાઈ, ૧૦૦૧ હાજી મૂસા ખાનમોહંમદ મૂછાડ, ૧૦૦૧ હાજી તેયુબ હાજી અહમદ નાતાલીયા, ૭૫૦ અ. કરીમ મોહંમદ પોરબંદરવાલા, ૫૦૧ અ. કરીમ હાજી ઈસા સુમાર, ૫૦૧ ઉમર જુસબ અહમદ મુંડા, ૭૫૦ હાશમ મૂસા સવાણી, ૫૦૦ અબ્દુલ્લાહ હાજી ઈબ્રાહિમ બુઢાણી, ૩૫૦ હાજી અ. લતીફ ઈસ્માઈલ મુંડા, ૨૫૦ હાજી હાશમ મોહંમદ મોકરીયા, ૨૫૦ હાજી અ. કરીમ હાજી ઉમર જમાલ, ૨૫૦ કાસમ મોતી ખીરસરાવાલા, ૨૫૦ અ. લતીફ યુસુફ મુંડા, ૨૫૦ કામસ ઐયુબ કાઢકોડીયા, ૨૫૦ ઉસ્માન મૂસા સબદીયા, ૨૫૦ ઈસ્માઈલ ઈબ્રાહિમ કુા, ૧૨૫ હાજી આદમ દાદા, ૧૦૧ ઈસ્માઈલ હાજી ઉમર જમાલ, ૧૦૧ કાસમ મૂસા સીવાણી, ૧૨૫ હાજી તેયુબ ઈબ્રાહિમ માઠાઈ, ૧૨૫ હાજી ઈસા હાજી મોહંમદ કુડથા, ૧૦૧ અહમદ યુસુફ સબદીયા, ૫૧ ઈબ્રાહિમ અહમદ અબ્દુલ્લાહ, ૫૧ અબુબકર દાદા મોટીઆર, ૫૧ ઈબ્રાહિમ અબા મચારીવાલા, ૫૧ આદમ ઉસ્માન એન્ડ સન્સ, ૫૦ હાજી ઉમર ઈબ્રાહિમ સીવાણી, ૪૦૧ હાજી મોહંમદ મોકરીયા, ૫૧ સુલેમાન નૂરમોહંમદ સબદીયા, ૫૧ મોહંમદ કાસમ તરસાઈવાલા, ૧૦ એક મેમણ ભાઈ.

ટોટલ: ૪૯૧૯૨-૮-૦
(મુસ્લિમ બુલેટીન
૨૦-૫-૧૯૪૬)

કુતિયાણામાં કાયદે સર મેમણ જમાત

કુતિયાણા: અહિ અત્યાર સુધી મેમણ જમાતની કાયદે સર સ્થાપના માટે આ અગાઉ ઘણી બધી કોશિષો થઈ અને 'મુસ્લિમ બુલેટીન'માં પણ એ સંબંધી ચર્ચાઓ ચાલી હતી. ખુદાનો શુક છે કે આ નેક કામ આખીર રહી રહીને પણ અહિના જાણીતા આગેવાન જનાબ શેઠ હાજી અ. કરીમ ઢેઢી સાહેબની નેક કોશિષોથી પાર ઉતર્યું છે. તા. ૨૯મી નવેમ્બર, ૧૯૪૦ના આગેવાનોની મળેલી સભામાં મેમણ જમાતનું સંગઠન સધાઈ ગયું છે. એ બદલ ઢેઢી શેઠ તથા બીજા આગેવાનોને મુબારકબાદ ઘટે છે. એક સંગઠીત જમાત વગર મેમણ જનતાને સામાજિક બાબતોમાં બેહ સહન કરવું પડતું હતું હવે એ બધી મુશ્કેલીઓ દૂર થશે અને સુધારા-વધારા દાખલ થશે અને કેટલીક જુની ફરિયાદોના ફેસલા પણ થશે. બંધારણ ઘડવા માટે એક સબ કમિટી મુકર્ર થઈ છે.

જમાતના ઓલેદારો તરીકે નીચેના ગૃહસ્થોની ચૂંટણી થઈ છે. પ્રમુખ જનાબ શેઠ હાજી અ. કરીમ ઢેઢી, ઉપપ્રમુખ: શેઠ હાજી અ. રહેમાન ચલચલ, ઓન. સેક્રેટરી: શેઠ ઈસ્માઈલ હાશમ અમરાપુરવાલા, પચીસ મેમ્બરોની એક કાર્યવાહક સમિતિ પણ બનાવવામાં આવી છે. (૨) અંજુમન ઈખ્તુલ ઈસ્લામ તરફથી મુસ્લિમ મુસાફરખાનું ખોલવામાં આવતા તા. ૬ઠીએ સાંજના ચાર વાગે એક મેળાવડો કુતિયાણાના સર ન્યાયાધિશ મિ. એમ. કે. લાલાણીના પ્રમુખપદે થયો હતો. મુસાફરખાનુંની ઉદઘાટન ક્રિયા શેઠ અ. કરીમ

ઢેઢીએ કરી હતી. (૩) અહિના એક સખીદિલ ગૃહસ્થ, જેમણે પોતાનું નામ ગુપ્ત રાખ્યું છે રૂા. ૧૦,૦૦૦ની સખાવત એક 'મેમણ મુસાફરખાનું' શરૂ કરવા માટે કરી છે.

(મુસ્લિમ બુલેટીન
૧૩-૧૨-૧૯૪૦)

કુતિયાણામાં

વકફ થયેલી મિલ્કતો

બેહરામપુર (ગંજામ): અહિ વેપાર કરતા કુતિયાણાના રહીશ હાલાઈ મેમણ હાજી ઉસ્માન હાજી અબ્દુલ કરીમ મનચલાએ હાલમાં પોતાની કુતિયાણાની બે મિલ્કતો મદ્રસ-એ-ઈસ્લામિયા માટે વકફ કરી છે. મિલ્કત ધરભેણી કેસ નં. ૫૭૫/૭૮ સનંદ નં. ૨૪૩/૮૧નું માસિક ભાડું રૂા. ૧૫ આવે છે. બીજી મિલ્કત ધરભેણી કેસ નં. ૧૩૪૫/૭૫ સનંદ નં. ૧૩૨/૭૭નું ભાડું રૂા. ૭ આવે છે. એ બંને મિલ્કતો મોહલ્લા રસૂલવાડી કુતિયાણામાં છે. જેના ટ્રસ્ટીઓ તરીકે ભાઈ હાજી અબ્દુલ લતીફ અબ્દુલ્લાહ પખાલી અને ભાઈ હાજી સાલેહ મુહંમદ અલીમુહંમદ જુનાગઢવાલાને મુકર્ર કરવામાં આવ્યા છે. એ મિલ્કતોની આવક દીન અને દુનિયવી તાલીમ પાછળ ખરચવાની નિયતથી વકફ કરવામાં આવેલી છે. એજ હમદર્દ ગૃહસ્થ તરફથી મોહલ્લા જુલાઈવાડાની મસ્જિદ માટે એક વધુ ધરભેણી કેસ નં. ૧૩૪૪/૭૫ સનંદ નં. ૧૭૩/૭૭ની વકફ કરવામાં આવી છે, જેના ટ્રસ્ટી ભાઈ ઈસ્માઈલ હાજી ઈબ્રાહિમ કુદાને મુકર્ર કરવામાં આવ્યા છે એનું ભાડું માસિક રૂા. ૪ આવે છે. કુતિયાણા કોર્ટમાં આ બંને વકફો તા. ૯-૪-૧૯૩૯ના દિવસે રજીસ્ટર કરવામાં આવ્યા છે.

(મુસ્લિમ બુલેટીન
૧૩-૧૨-૧૯૪૦)
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**લીગ આદેશ મુજબ
મેમણોએ ખિતાબો ફગાવી
દીધાની જાહેરાત
રાજકોટમાં શાનદાર સભા:**

રાજકોટ: ઓલ ઈન્ડિયા મુસ્લિમ લીગ કાઉન્સિલના નિર્ણય અને કાર્દે આઝમના ફરમાન અનુસાર રાજકોટના મુસ્લિમોએ ૧૬મી ઓગષ્ટે સીધી લડતદિનની બેહદ જોશોખરોશથી અને એવીજ શાંતિ અને શિસ્ત સાથે ઉજવણી કરી હતી.

૧૬મીએ રાજકોટના મુસ્લિમોએ સંપૂર્ણ હડતાળ પાડી હતી. મુસ્લિમ મજદુરો અંગે ઘોડાગાડીવાળા સુદ્ધાંચે પોતાના કામકાજ બંધ રાખી ઉત્સાહ અને જોશનો અતિરેક બતાવ્યો હતો. હડતાળને સંપૂર્ણ બનાવવામાં અને એ દિવસની ઉજવણીને શાનદાર બનાવવામાં ‘મુસ્લિમ યુથ્સ મેહફીલ’ અને ‘મુસ્લિમ સ્ટુડન્ટ્સ યુનિયન’ના જોશીલા કામદારો પેશ પેશ રહ્યા હતા. વિદ્યાર્થીઓએ પણ સ્કૂલો અને કોલેજમાં રજા પાળી હતી.

સાંજે ૪ વાગે સદરની જામે મસ્જિદ પાછળના ચોકમાં એક જંગી મુસ્લિમ સભા જ. હાજુ દાદા સાહેબની સદારત હેઠળ મળી હતી. સીધી-લડત અંગે મુસ્લિમોમાં એટલું ચેતન અને એટલો જોશ જોવામાં આવતા હતા કે રાજકોટના કરીબ કરીબ તમામ મુસ્લિમોએ જલ્સામાં શિરકત કરી હતી. ભાઈ ગુલ મુહમ્મદ અલારખાએ ‘કવમી તરાનો’ અને જ. યુનુસ હાજુ અબુબકરે એક જોશીલી અને ગરમાવનારી કૌમી નઝમ પઢી હતી. જલ્સાની શરૂઆત કુર્આને કરીમની

તિલાવતથી કરવામાં આવી હતી. જલ્સાની શરૂઆતમાં જ કચ્છ-કાઠિયાવાડ મુસ્લિમ લીગના સદર જ. હાજુ દાદા હાજુ વલીમુહમ્મદ સાહેબે પોતાનો ‘ખાન સાહેબ’નો ખિતાબ ફગાવી દીધાની જાહેરાત કરતાં તે ભારે જોશ અને ઉત્સાહ વચ્ચે ઝીલી લેવામાં આવી હતી. જ. સેક્રેટરી સાહેબે બીજી એ પણ જાહેરાત કરી હતી કે ધોરાજીના સત્તાર હાજુ સુલેમાન નવિવાળાએ લીગના આદેશ મુજબ પોતાને મળેલો કેસરે હિંદનો મેડલ સરકારને પાછો વાળી દીધો છે. એ જાહેરાત પણ ઉત્સાહભેર ઝીલી લેવામાં આવી હતી. ત્યારબાદ જ. અ. ગની મેઘાણી સાહિબે મુસ્લિમ લીગ કાઉન્સિલની મુંબઈની બેઠકમાં થયેલા બે મહત્વના ઠરાવો વાંચી સંભળાવ્યા હતા અને જણાવ્યું હતું કે: બ્રિટીશ કેબીનેટ મિશને કરેલા વચન ભંગ અને વિસ્વાસભંગનો એના કરતાં માઅકુલ જવાબ બીજો હોઈ શકતો જ નહોતો. તેમણે જરૂરત પડે તો તમામ પ્રકારની કુરબાનીઓ માટે તૈયાર રહેવાની મુસ્લિમોને અપીલ કરી હતી. કચ્છ-કાઠિયાવાડ મુસ્લિમ લીગના સેક્રેટરી અને જલ્સાના મીર મુરરિર જ. અ. રહીમ મારફાની સાહેબે એક જોશીલી અને પ્રાણવાન તકરીર કરતાં જણાવ્યું હતું કે “હિંદુસ્તાનના મુસ્લિમો આજે એમના જીવનની એક કટોકટીની પળે આવી પહોંચ્યા છે. આ દેશમાં તેઓ ઈઝ્ઝત, ઈકિતદાર અને સ્વમાન સાથે જીવવા માંગતા હોય તો, તેમના આગળ હવે એ સિવાય બીજો કોઈ માર્ગ રાખવામાં આવ્યો નથી કે તેઓ પોતાની

તાકત અને હિંમતના ઝોરે પોતાના સ્વમાનનું રક્ષણ કરે. મુસ્લિમો એ કરશેજ. તેઓ એમ કરવામાં કદી પાછળ પડ્યા નથી. ઈતિહાસ એનો સાક્ષી છે”. અંતમાં જ. મારફાની સાહેબે જણાવ્યું હતું કે, “કાર્દે આઝમના ફરમાન મુજબ મુસ્લિમો, તેમના પાસે જે પણ કુરબાનીઓ માંગવામાં આવે, તે આપવાને તેઓ તૈયાર જ છે”. જ. મારફાનીની આ એક યાદગાર તકરીર હતી. તેમની Oratory એ સભાજનોને ગરમાવી મૂક્યા હતા. સભામાં જોશો-ખરોશનાં મોજાં હિલ્લોરા મારી રહ્યા હતા.

જ. મારફાની સાહેબે ત્યારબાદ એક ઠરાવ પેશ કર્યો હતો જેમાં મુંબઈમાં મળેલી લીગ કાઉન્સિલના બ્રિટીશ કેબીનેટ મિશનની યોજનાના અસ્વીકાર અને પાકિસ્તાનની પ્રાપ્તિ માટે જરૂરત જણાતા સીધી લડત ચલાવવા સંબંધેના નિર્ણયોની તાર્દ કરવામાં આવી હતી અને કાર્દે આઝમના ફરમાન મુજબ તમામ ભોગો આપવાનો રાજકોટના મુસ્લિમો તરફથી ઈઝ્ઝત કરવામાં આવ્યો હતો.

ઠરાવને ટેકો આપતાં અહીંની મેમણ બોર્ડિંગના સુપ્રિન્ટેન્ડેન્ટ જ. અબ્દુલ હય ફારૂકી સાહેબે એક બેહદ જોશીલી તકરીર કરતાં કહ્યું હતું કે મુસ્લિમોનું આખું જીવન જ ઈસાર અને કુરબાનીઓ ઉપર રચાયેલું છે. મુસ્લિમોના મહાન ભૂતકાલિન ગૌરવો તેમની એ ઈસાર-ભાવનાને જ આભારી હતી.

(મુસ્લિમ બુલેટીન
૧૯-૮-૧૯૪૬)

પેટાખંડના પહેલા બ્રેઈન સર્જન

ડૉ. ઓ. વી. જુમા



મેમણોએ જીવનના લગભગ તમામ ક્ષેત્રોમાં સારી કારકિર્દી દ્વારા નામ કાઢ્યાં છે. ભાગલા પહેલાં જ્યારે પૂરા મુસ્લિમ સમાજમાં કિચીધારી ડોક્ટરો બહુ જુજ હતા ત્યારે મેમણ બિરાદરીના યુવાન ઉમર વલી મુહંમદ જુમા માત્ર એમ.બી.બી.એસ. કરીને વિધિસર ડોક્ટર જ નહિ બન્યા બલ્કે પોતાની કાબેલીયતથી ઓર આગળ વધીને મગજની સર્જરીમાં પણ સિદ્ધિ મેળવી. તેઓ પૂરા પેટાખંડના પહેલા ન્યૂરો સર્જન હતા. બાદમાં આ યુવાને

ડૉ. ઓ. વી. જુમાને નામે આંતરરાષ્ટ્રિય ખ્યાલિ મેળવી હતી. ઉમર વલી મુહંમદનો જન્મ કાઠિયાવાડના ગામ જાલીયા દેવાણી મુકામે ૧૪મી નવેમ્બર ૧૯૧૭ના રોજ થયો હતો. તેમના વાલીદ વલી મુહંમદ જુમા સાઉથ આફ્રિકામાં તેલની મીલ ધરાવતા હતા અને ઉમરને બહુ નાની વયમાં જ ત્યાં લઈ ગયા હતા. ઉમર જુમાએ ૧૯ વર્ષની વયે ડર્બનમાં મેટ્રીકની પરીક્ષા પાસ કરી લીધી હતી અને આગળ અભ્યાસ માટે ૧૯૩૮માં કેપટાઉનની

યુનિવર્સિટીમાં એડમિશન મેળવી લીધું હતું. ત્યાં તેઓ ત્રણ વર્ષ સુધી ભણતા રહ્યા હતા પણ તેમની અસલ તમન્ના ડોક્ટર બનવાની હતી એટલે છેવટે તેઓ ભારતમાં પાછા આવ્યા અને મુંબઈની વિદ્યાપીઠમાં પ્રવેશ મેળવીને ૧૯૪૩માં એમ.બી.બી.એસ. થઈને ડોક્ટર બની ગયા. યુવાન ડૉ. ઉમરે આગામી પાંચ વર્ષ સુધી બોમ્બેની કે.ઈ.એ. હોસ્પિટલમાં ડોક્ટર તરીકે સેવા આપી અને એમ.એસ.ની કિચી મેળવવા ઉપરાંત એફ.સી.પી.એસ.નો કિપ્લોમા પણ પ્રાપ્ત કરી સ્પેશ્યાલિસ્ટ ડોક્ટર બન્યા. એ દરમિયાન ઈસ્ટ આફ્રિકા-પોર્ટુગલના એક આગેવાન વેપારી જમાલ તેયબ આદમની સુપુત્રી હનીફાબાઈ સાથે તેમની શાદી કરાવી દેવાઈ હતી. જુમા તો ડૉ. ઉમર વલી મુહંમદના દાદાનું નામ હતું પણ બાદમાં એ નામ તેમની અટક બની ગયું અને ડૉ. ઉમર હવે ડૉ. ઓ.વી જુમાને નામે વધુ ઓળખાવા લાગ્યા.

એ જમાનામાં પૂરા પેટાખંડમાં ભારતી મૂળનો એક પણ ન્યૂરો સર્જન નહોતો. મુંબઈમાં ડૉ. જુમાને ડૉ. કુપર નામના એક વિદેશી બ્રેઈન સર્જન સાથે કામ કરવાની તક મળી અને તેમના સહયોગમાં રહીને ડૉ. જુમામાં પણ બ્રેઈન સર્જન બનવાની તાલાવેલી જાગી. ડૉ. કુપર પણ તેમને પ્રોત્સાહન આપતા રહ્યા હતા. એવામાં ઈંગ્લેન્ડની નેફીલ્ડ સ્કોલરશીપ માટે અખબારોમાં જાહેરખબર છપાતાં ડૉ. જુમા માટે સોનેરી તક સર્જાઈ ગઈ. પૂરા ભારત માટે માત્ર ચાર સીટોની સ્કોલરશીપ હતી અને ડૉ. જુમાએ

ભેંમણ આલમ ઓક્ટોબર-૨૦૧૧

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અરજી કરતાં તેમને સ્કોલરશીપ મળી ગઈ અને તેઓ ઈંગ્લેન્ડ જવા રવાના થયા. ઈંગ્લેન્ડમાં તેમણે ૧૯૫૦માં ન્યૂરોલોજીમાં મેડીસીન અને સર્જરી બંનેમાં સ્પેશ્યાલાઈઝેશન કરીને એફ.આર.સી.એસ.ની ડિગ્રી પ્રાપ્ત કરી લીધી. તેમણે ઓક્સફર્ડ, માનચેસ્ટર, બ્રિસ્ટલ તથા લંડનની યુનિવર્સિટીઓ અને કોલેજોમાં પોતાના ક્ષેત્રના વિવિધ વિષયોનો અભ્યાસ કર્યો અને એ દરમિયાન આંતરરાષ્ટ્રિય કક્ષાના કેટલાક ટોચના બ્રેઈન સર્જનોના સંપર્કમાં આવવાની તક પણ સાંપડી. એક ઉમદા બ્રેઈન સર્જન તરીકે પશ્ચિમી સમાજમાં ઠરીકામ થવાની લલચામણી તકો મોજુદ હતી. પણ ડો. ઓ. વી. જુમા પોતાના દેશની સેવા કરવાની ધગશ ધરાવતા હતા અને ૧૯૫૧માં કરાચીમાં આવી ગયા. ત્યાં સુધીમાં તેમનો પરિવાર પાકિસ્તાનમાં વસી ગયો હતો.

કરાચી આવ્યા પછી ડો. જુમા તરત જ જુન્નાહ પોસ્ટ ગ્રેજ્યુએટ સેન્ટર (જુન્નાહ હોસ્પિટલ)માં જોડાઈ ગયા. જે એ સમયની સૌથી વધુ સગવડો ધરાવતી સરકારી હોસ્પિટલ હતી. જુન્નાહ હોસ્પિટલમાં જોડાયા પછી ડો. જુમાએ ત્યાં ન્યૂરોલોજી ડિપાર્ટમેન્ટની સ્થપના કરી અને લોકોની ખિદમત શરૂ કરી દીધી. એક બ્રેઈન સર્જન તરીકેના તેમનાં લગભગ પૂરા કેરીયર દરમિયાન ડો. જુમા જુન્નાહ હોસ્પિટલ સાથે જોડાયા રહ્યા હતા. બ્રેઈન સર્જનોની આમેય અછત હોવાથી પાકિસ્તાનમાં ડો. જુમાની માંગ રહેતી હતી. સર્જન તરીકે તેમણે હજારો કેસોમાં સફળ સર્જરી કરીને નામના કમાવી હતી. એ ક્ષેત્રમાં તેમની લાયકાત અને અનુભવોનો લાભ લેવા ડો. જુમાને

આંતરરાષ્ટ્રિય પરિષદોમાં પણ માનભેર બોલાવવામાં આવતા હતા. સંખ્યાબંધ પ્રાઈવેટ હોસ્પિટલોની પેનલો પર પણ ડો. જુમા મોજુદ હતા બલ્કે મધ્યપૂર્વના અરબ સત્તાધીશોમાં તેમની જબરી માંગ હતી અને તેમના પર્સનલ કન્સલન્ટ તરીકે ડો. જુમા સેવા આપતા રહ્યા હતા. ૧૯૫૨માં શ્રીલંકાના એ વેળાના વડા પ્રધાન મિસ્ટર સેનાનાયકને બ્રેઈન એટેક થતાં ડો. જુમાને તાકીદે કોલંબો તેડાવવામાં આવ્યા હતા પણ બોલાવવામાં વિલંબ થઈ ચૂક્યો હતો અને ડો. જુમા કોલંબો પહોંચ્યા એ પહેલાં જ સેનાનાયકે એ સ્વાસ છોડી દીધા હતાં. તબીબી અને આરોગ્યની સંખ્યાબંધ આંતરરાષ્ટ્રિય પરિષદોમાં ડો. જુમાએ પાકિસ્તાનનું પ્રતિનિધીત્વ કર્યું હતું. સ્કોટલેન્ડની એમબીએ કોન્ફરન્સ (૧૯૫૪), બેલ્જીયમ ખાતેની પહેલી ઈન્ટરનેશનલ ન્યૂરોલોજીકલ સાયન્સ કોન્ફરન્સ (૧૯૫૭), જાપાન ખાતેની પહેલી એશીયન ન્યૂરોલોજીસ્ટસ કોન્ફરન્સ (૧૯૬૨), ઓસ્ટ્રેલીયામાં બીજી ઈન્ટરનેશનલ ન્યૂરોલોજીસ્ટસ કોન્ફરન્સ (૧૯૬૪) અને ડેન્માર્ક ખાતેની ત્રીજી ઈન્ટરનેશનલ ન્યૂરોલોજીસ્ટસ કોન્ફરન્સમાં ડો. જુમાએ રજૂ કરેલા પેપરોની સંબંધિત ક્ષેત્રમાં ભારે પ્રશંસા થઈ હતી. ૧૯૬૪માં તેમણે સેન્ટ થોમ્સ યુનિવર્સિટીની એક મહત્વની નિબંધ હરિફાઈમાં ભાગ લઈને ‘લેટગુરેરર્સ મેમોરીયલ એવોર્ડ’ જીત્યો હતો. ન્યૂરોલોજીકલ સાયન્સીઝના ક્ષેત્રમાં ડો. જુમા એક આંતરરાષ્ટ્રિય ધોરણનું પ્રતીક બની ગયું હતું. તેમણે ન્યુઝીલેન્ડ, ઈન્ડોનેશીયા અને રશિયાના પણ અભ્યાસ પ્રવાસ ખેડ્યા હતા અને ત્યાંની તબીબી વ્યવસ્થા વિષે

જાણકારી પ્રાપ્ત કરી હતી.

જુન્નાહ હોસ્પિટલમાં ૨૮ વર્ષ સુધી એકધારી સેવા આપ્યા બાદ ૧૯૭૯માં ડો. જુમા ત્યાંથી છૂટા થયા હતા. ડો. મેડીકલ કોલેજમાં તેમણે સર્જરીના પ્રોફેસર તરીકે સંખ્યાબંધ હોશિયાર વિદ્યાર્થીઓને ભણાવીને તેમને ઉમદા બ્રેઈન સર્જન બનાવી દીધા હતા. તેમણે પીઆઈએના કન્સલ્ટીંગ સર્જન ઉપરાંત પાકિસ્તાન નેવીની હોસ્પિટલમાં પણ માનદ કમાન્ડરના ઓધ્ધા સાથે તબીબી સેવા આપી હતી.

ડો. જુમાનું તબીબી કેરીયર ઉચ્ચ શિખરે હતું ત્યારે તેમને એક કરૂણ અનુભવનો સામનો કરવો પડ્યો. તેમના ચાર સંતાનોમાંથી એકને માર્ગ અકસ્માત નડતાં બ્રેઈન હેમરેજ થઈ ગયું. સેંકડો-હજારો અટપટા ઓપરેશનો સફળતાપૂર્વક પાર પાડીને કિંમતી જાન બચાવનાર ડો. જુમા તેમની પોતાની સગી સંતાનને બચાવી શક્યા નહીં અને એ સંતાનનું મોત થયું. આ ઘટનાએ ડો. જુમાના માનસ પર પર કારમી અસર નાખી અને જીવનમાં તેમનો રસ ઘટવા માંડ્યો. બાદમાં તેઓ કેન્સરનો શિકાર બન્યા. ૧૯૯૧મી જાન્યુઆરી ૧૯૮૫ના રોજ ઈલાજ માટે તેમને લંડન મોકલવામાં આવ્યા પણ ત્યાં પહોંચતાં જ તેમને ગભરાટ થવા માંડ્યો અને તાત્કાલીક ઘરે પાછા ફરવાની હઠ કરવા માંડ્યા. અર્ધ-બેભાન અવસ્થામાં તેમને કરાચી પાછા લાવવામાં આવ્યા. જ્યાં બે દિવસ બાદ એટલે કે ૨૫મી ફેબ્રુઆરી ૧૯૮૫ના રોજ તેમનો ઈન્ટેકાલ થયો. ડો. જુમા ત્રણ સંતાનો કે જે બધાં ડોક્ટરી વ્યવસાયમાં જ હતા, તેમના ઉપરાંત સંખ્યાબંધ પ્રશંસકો છોડી ગયા અને અલબત્ત બ્રેઈન સર્જરીમાં તો નામ અમર કરી ગયા.

એક સારા ઘરની લાડલી અને બચપનથી ખૂબ હૌશિયાર છોકરીની આપવિતી લખી રહ્યો છું.

છોકરી બચપનથી ખૂબ હૌશિયાર, મા-બાપ તેને ડોક્ટર બનાવવા માગતા હતા પણ મેડીકલમાં એડમિશન માટે ટકા ઓછા પડતાં તેણે બી.એસ.સી. કર્યું. હાલમાં એમ.એસ.સી. કરી પી.એચ.ડી. કરે છે. ઉંમર વર્ષ ૨૯ થયા છે.

ભણવાની ધૂનમાં ક્યારે પરચીસી પૂરી થઈ તેનો ખ્યાલ જ ન રહ્યો. ઘણી વાતો આવતી ત્યારે તે તેને ગંભીરતાથી ન લેતી ને ઘરના પણ 'હજી શી ઉતાવળ છે' હજી તેની ઉંમર જ શી છે ? કહી બહુ પ્રયત્ન કરતા ન હતા. પણ જ્યારે તેને પરચીસ વર્ષ પૂરા કર્યા પછી બધા જ કહેવા લાગ્યા આવડી ઉંમરે હવે તેને કોણ પરણશે ? જે કે ત્યારે પણ મુરતિયા મળી રહ્યા હતા. પણ તેમાં

અભ્યાસને અનુરૂપ કોઈ પણ યોગ્ય લાગતું ન હતું. એકાદ પાત્ર પર માંડ-માંડ તે અને તેના ઘરના સંમત થતા તો સામેના પાત્રે ઈન્કાર કરી દીધો. ને આમને આમ સમય વીતતો ગયો. ધીરે ધીરે તેને પરિસ્થિતિ સ્વિકારી લીધી ને તેમાંથી ઓછું ભણેલા પાત્રને સ્વિકારવાની તૈયારી બતાવી. તેને આશ્ચર્ય આઘાત વચ્ચે માત્ર ગ્રેજ્યુએટ થયેલ યુવકે તેને એટલા માટે ના પાડી કે તે વધુ ભણેલ હતી. તે ખૂબ જ અકળામણ અનુભવે છે. હવે તેને લગ્ન કરવાની જ ઈચ્છા નથી રહી. ને એક શાળામાં

શિક્ષિકા તરીકે કાર્ય કરે છે. વિજ્ઞાનની શિક્ષિકા તરીકે ખૂબ જ નામ છે. ટ્યુશનની આવક પણ ઘણી છે.

શું યુવતી લગ્ન વગર સ્વતંત્ર જીવન જ જીવી શકે ? ચિંતાજનક રીતે ઉચ્ચ શિક્ષણ ધરાવતી યુવતીઓમાં કુંવારી યુવતીઓનું પ્રમાણ વધી રહ્યું છે. શું કિચીઓ લેવી તે નાનમ છે ? કિચીઓ જ નિકાહ માટેની "ના" બની રહી છે.



આજકાલ આપણા સમાજમાં ઉચ્ચ શિક્ષણ/મેડીકલના યુવકો પણ ઉચ્ચશિક્ષણ/મેડીકલમાં અભ્યાસ કરતી યુવતીઓ લાવવાનું પસંદ કરતા નથી અને સામાન્ય ભણેલી ઘરગથ્થું યુવતી પસંદ કરે છે. કેટલાક પોતાના જ કુટુંબની યુવતીઓ પસંદ કરે છે. (કે કરવી પડે છે) હવે ઉચ્ચ શિક્ષણ યુવતીઓ શું તેમને તેમના સમાજમાંથી કોઈ યુવક મળવાનો જ નથી અને બહારના સમાજમાં પણ લાયક યુવક શોધવો પડે. આવી સ્થિતિમાં સમાજ/ધર્મને બાદ મૂકી પરધર્મવાલા કલીંગ સાથે પ્રેમ લગ્ન

કરવા પડે અથવા બોસની ઉપપત્ની બનીને રહેવાનો વારો આવે.

આ સમસ્યા માટે જેટલી સામાજિક માન્યતાઓ જવાબદાર છે, તેટલી જ આવી યુવતીઓના વડીલો પણ જવાબદાર છે. જ્યારે યુવતી અભ્યાસ કરતી હોય કે અભ્યાસ પછી નોકરી કરતી હોય ત્યારે તેના જીવનસાથી માટેની અપેક્ષાઓ ખૂબ વધુ પ્રમાણમાં રાખવામાં આવતી જોવા મળે છે.

ઉચ્ચ અભ્યાસ ધરાવતી યુવતીઓએ અને તેમના ઘરનાઓએ પણ કલ્પનાના ઉદ્દાનમાંથી વાસ્તવિક ઘરતી પર વેળાસર પગ મૂકવા જોઈએ. વધુ પડતી અપેક્ષાઓ ન રાખતાં સમાધાનકારી વલણ અપનાવવું જોઈએ. માત્ર વાજબી સમય જીવનસાથીની શોધ પાછળ ખર્ચા મોડામાં મોડું પરચીસ-છવ્વીસ વર્ષ નિર્ણય લઈ લેવો જોઈએ.

કારણ કે નાની-નાની છોકરીઓ મોટી ઉંમરના યુવકોને મળતી રહેતી હોય છે. જ્યારે યુવકો પોતાનાથી મોટી ઉંમરની યુવતીઓને પસંદ નથી કરવાનો.

અર્થશાસ્ત્રની ભાષામાં આ કડવી વાસ્તવિકતા રજૂ કરતા દર્દ અનુભવું છું પણ મુશ્કેલીઓ વેઠીને પોતાની લાડલીઓને ભણાવ્યા પછી યોગ્ય મૂરતિયો ન શોધી શકવાની વ્યથામાંથી મુક્તિ મેળવવી હોય તો વેળાસર સમાધાનકારી વલણ અપનાવવું એ જ માર્ગ બચે છે.

-મધવાલા અમદાવાદ

અનેક ગુણો ધરાવતું દાંતણ મિસ્વાક



લીમડાના અનેકવિધ ઉપયોગને કારણે આ ઝાડ પેટાખંડના લોકોમાં સદીઓથી જાણીતો છે. સામાન્ય શહેરીઓ સવારે દાંત સાફ કરવા માટે વરસોથી લીમડાનું દાંતણ વાપરતા રહ્યા છે અને ખાસ કરીને મુસલમાનો નમાઝ પહેલાં મિસ્વાક માટે લીમડાના દાંતણનો ઉપયોગ કરતા રહ્યા છે. સામાન્ય રીતે લીમડાને સદાબહાર વૃક્ષ ગણવામાં આવે છે પણ સુકા પ્રદેશમાં લીમડાનું ઝાડ સુકાઈને પડી પણ જાય છે. જે કે બીજા પ્રદેશોમાં જમીન સપાટ હોય કે સમુદ્રની સપાટીથી ૧૦૦૦ મીટર સુધીની ઉંચાઈવાળો પહાડી વિસ્તાર હોય, ત્યાં પણ લીમડાના ઝાડ ઉગાડી શકાય છે.

પેટાખંડના વિજ્ઞાનીકો અને વનસ્પતિશાસ્ત્રીઓ લીમડા સંબંધમાં સંખ્યાબંધ અભ્યાસપત્રો પ્રગટ કરતા રહ્યાં છે પણ તબીબી ક્ષેત્રે જડીબુટી સાથે તેમજ જંતુનાશક તરીકે

લીમડાના ઉપયોગનો પહેલો સમર્થિત અહેવાલ ૧૯૨૯માં પ્રગટ થયો હતો, જેને જર્મનીના વિજ્ઞાનીકોએ પણ સમર્થન આપ્યું હતું. ખાસ કરીને તેના જંતુનાશક ગુણને અનુલક્ષીને બાદમાં તો અમેરિકાએ પણ લીમડાના પ્લાન્ટના પ્રોજેક્ટો શરૂ કર્યાં હતા અને એક કુદરતી જંતુનાશક તરીકે લીમડાનો ખેતીવાડી ક્ષેત્રે ઉપયોગની મહત્તા વધી હતી. દક્ષિણ એશીયામાં અગાઉના જમાનામાં કપડાં તથા પુસ્તકોને કીડાં લાગવાથી બચાવવા

કડવા લીમડાના સુકાં પણ ઉપયોગમાં લેવાનો રીવાજ સામાન્ય હતો. આજે પણ ગ્રામ્ય વિસ્તારના લોકોએ આ પ્રણાલી ચાલુ રાખી છે. લીમડું મૂળ પેટાખંડની જ પેદાશ હોવાથી તેને સહેલાઈથી અને મામુલી ખર્ચે ઉગાડી શકાય છે. સામાન્ય રીતે વૃક્ષો હવામાં રહેલા અંગારવાયુ (કાર્બન ડાયોક્સાઈડ)ને શોષવા અને પ્રાણવાયુ (ઓક્સિજન)ને ખારીજ કરવાની ઉપયોગી કામગીરી દ્વારા માનવ આરોગ્યની જાળવણીમાં અગત્યની ભૂમિકા ભજવે છે, પણ લીમડામાં આ ગુણ વધારે હોવાથી પર્યાવરણના પ્રદૂષણને શોષવામાં તેનું મહત્વ વધી જાય છે. લીમડું એક કુદરતી પેસ્ટીસાઈડ હોવાની બીજા રાસાયણિક પેસ્ટીસાઈડની જેમ જમીનને કે પાણીના સાધનોને નુકસાન કરતું નથી. ઉપરાંત તેના ઉપયોગથી માનવીની તંદુરસ્તી પર પણ કોઈ જાતની માઠી અસર પડતી નથી. વળી ખેતરોમાં તેના ઉપયોગ પછી તેની અસર પણ પ્રમાણસર લાંબા સમય સુધી રહે છે.



ગ્રામ્ય વિસ્તારોમાં સદીઓથી દાંત સાફ કરવા માટે લીમડા કે બાવળ ના દાંતણ વપરાતા રહ્યાં છે જે સ્થાનિક લોકોમાં મિસ્વાકના નામે જાણીતા છે. તેનાથી દાંત અને પેઢાંના જંતુનો નાશ થતો હોવાથી દાંત મજબૂત બને છે. નિયમિત મિસ્વાક કરનારના દાંત તંદુરસ્ત રહેતા હોવાથી તેની સામાન્ય તંદુરસ્તી પણ સારી રહે છે કેમ કે માનવ આરોગ્યમાં દાંત બહુ જ મહત્વની કામગીરી બજાવતાં હોય છે. આયુર્વેદ-હિંકમત ઉપરાંત યુનાની ઈલાજ પદ્ધતિમાં પણ લીમડાના પાંદડાં, ડાળીઓ તેમજ લીમડાના ઝાડમાં ઉગતા બોરનો ઉપયોગ વધતો રહ્યો છે. લીમડાને ચામડીના રોગોનો અકસીર ઈલાજ ગણવામાં આવે છે અને તેના બોર અને પાંદડાંમાંથી બનાવેલું તેલ સંધિવાના ઈલાજમાં બહુજ મદદગાર સાબિત થયું છે. લીમડાના સુકાં પાંદડાં બાળીને મચ્છરોને ભગાડી શકાય છે અને જંતુઓ, ફૂંગી તથા જુદા જુદા વાઈરસોના નાશમાં પણ તેનો ઉપયોગ થાય છે. હવે તો દાંત સાફ કરવા માટે લીમડાની ટુથપેસ્ટ

તથા નહાવા માટે લીમડાના સાબુ યુરોપ-અમેરિકાની બજારો સુધી પહોંચી ગયા છે. અમેરિકાના વિજ્ઞાન ટેકનોલોજીના બોર્ડ લીમડાને જેની ફળદ્રુપતાનો સીધો ઉપયોગ થયો

હોય અને જેમાંથી હજુ અનેક પ્રકારના લાભો ઓછા ખર્ચે મેળવી શકાતા હોય એવા વૃક્ષ તરીકે ઊંચાવ્યું છે.

શબ્દોની સાહમારી

એક વખતે એક બાદશાહે પોતાના પડોશી બાદશાહને નીચે મુજબ સંદેશો મોકલ્યો, “મને સફેદ પગવાળો એક લાલ ઘોડો મોકલી આપો નહિતર પછી.....!”

આના જવાબમાં બીજા બાદશાહે કહેવડાવ્યું, “મારી પાસે એ નથી, અને જો મારી પાસે હોત તો.....?”

જ્યારે પહેલા બાદશાહને આ જવાબ મળ્યો ત્યારે તે ગુસ્સાથી લાલપીળો થઈ ગયો અને તેણે બીજા બાદશાહ સાથે યુદ્ધ જાહેર કરી દીધું. ઘણાં મહિના સુધી યુદ્ધ જારી રહ્યું, પણ આખરે બંને બાદશાહોએ કંટાળી એક મુલાકાત યોજી.

બીજા બાદશાહે કહ્યું, “તમારા એ કહેવાનો શો અર્થ કે મને એક સફેદ પગવાળો લાલ ઘોડો મોકલી આપો નહિતર પછી.....”

પહેલા બાદશાહે જવાબ આપ્યો, “અરે ! એમાં શું છે, મારા કહેવાનો મતલબ એ હતો કે મને સફેદ પગવાળા લાલ ઘોડાની જરૂરત છે જો એ ન હોય તો પછી બીજો કોઈ મોકલી દ્યો. અને હવે બતાવો કે તમારો સંદેશો કે મારી પાસે નથી, જો હોત તો.....? એનો અર્થ શો ?

“મારા કહેવાનો મતલબ બિલ્કુલ સાફ છે. કારણ કે મારી પાસે એવો ઘોડો હોત તો મેં જરૂર મોકલી આપ્યો હતો.”

“અરે ભાઈ, આપણે કેવી મૂર્ખાઈ કરી ! ચાલો આપણે સુલેહ કરી લઈએ અને એકબીજાના મિત્ર થઈ જઈએ.”

તેમ સુલેહ કરી લેવામાં આવી અને આ વાતને શાદી નોંધપોથીમાં લખી લેવામાં આવી જેથી કરીને તેમના પછી ગાદીએ આવનારા આવી રીતે ભૂલો કરે નહિ..

સમય બળવાન છે, માણસ નહિ

-આરીફભાઈ પોચી, કિમ

સતત જોઈએ છીએ કે ખરાબ સમય બદલાતાં સારી સ્થિતિમાં આવી જાય છે અને સારી સ્થિતિમાં હોય તે નબળી સ્થિતિનો અનુભવ કરે છે. આ ઘટના ચક્ર નિરંતર ચાલ્યા કરે છે. ચક્રોળમાં બેઠેલાને આપણે સતત નીચે આવતા અને ફરી ફરી ઉપર જતા જોઈ આનંદ અનુભવીએ છીએ. સ્થિરતા ગમે તેટલી સારી હોય છતાં સ્થિર દશામાં પણ માણસ કંટાળે છે. આપણે એજ માંગીએ છીએ પણ સંસારનો નિયમ પણ પરિવર્તનો જ છે. આ પરિવર્તનથી જિંદગી જીવવા જેવી લાગે છે.

ઘણા જ્યારે યુવાનીમાં નોકરી ધંધામાં ખૂબ વ્યવસ્ત હોય ત્યારે બોલતા હોય છે કે મને સમય નથી, મને રજ કલાક પણ ઓછા પડે છે. મરવાની પણ ફુરસદ નથી ? વગેરે વગેરે....પણ મરવાની ફુરસદનો સવાલ નથી. મૃત્યુ ક્યાં કોઈની રાહ જૂએ છે. જ્યારે અતિ વ્યસ્ત વ્યક્તિ ઉંમર વધતા થાકે છે, નિવૃત્ત થાય છે ત્યારે એની પાસે રજ કલાકનો સમય ખુલી જાય છે અને આનંદ થવો જોઈએ કે હાશ...હવે હું ધાર્યું કરીશ. રજ કલાક મારા છે. પણ, નિવૃત્ત થયેલાનું મહત્વ ઓછું તો થાય જ છે. આ બાબત ગમવા છતાં માણસ અકળાય છે કે સમયની પાબંદી તો નથી પણ હવે મહત્વ પણ નથી. થાકીને એ મન મનાવે છે કે હવે, મારો સમય નથી ! રજ કલાક એના છે છતાં એનો સમય નથી. કારણ મહત્વ નથી. આમ, યુવાનીમાં મને સમય નથી અને નિવૃત્તિમાં મારો સમય નથીના બળાપામાં જિંદગી પૂરી થાય છે. આ પણ જીવનની બલિહારી છે. સમયનું આયોજન આપણે જ કરવું પડે.

માણસનો સ્વભાવ કાયલા વાસણ જેવો સાવ તકલાદી થઈ ગયો છે. વાતવાતમાં ગુસ્સે થઈ જવું એ તો સાવ સામાન્ય ઘટના બની ગઈ છે. ગુસ્સે થવાનું કોઈ કારણ હોતું હશે એની ના નહિ, પણ શાંત ચિત્તે આપણે વિચારીએ તો એ બાબત સાવ સામાન્ય હોય છે.

ક્યારેક ગુસ્સાનો ભોગ બનનાર વ્યક્તિનો કોઈ દોષ હોતો નથી. ક્યારેક નવાણિયો કુટાઈ જતો હોય છે. નાની એવી શરતચૂકને આપણે બહુ મોટું સ્વરૂપ આપી દઈએ છીએ. સામેની વ્યક્તિને આપણા પ્રત્યે લાગણી અને પ્રેમ બરકરાર હોવા છતાં કંઈ ઊંધું ચતું ધારી બેસીએ છીએ. અને ક્યારેક સાવ ખોટી રીતે કોઈને અન્યાય કરી બેસીએ છીએ. આપણો ગુસ્સો બીજા ઉપર થોપી આપણે તો શાંત થઈ જઈએ છીએ, પણ સામેની વ્યક્તિ ઉપર કેવા ગંભીર રિએક્શન આવે છે તેની આપણે બિહુલ દરકાર કરતા નથી.

ઉગ્ર સ્વભાવ માણસને ઘણી રીતે નુકસાન કરતો હોય છે. ક્યારેક ગુસ્સાના કારણે બ્લડ પ્રેશર વધી જતું હોય છે. મગજનાં જ્ઞાનતંતુઓ ખેંચાઈ જતા હોય છે. દર્દીની સાથે સાથે સમગ્ર પરિવાર મૂંગવણમાં મૂકાઈ જતો હોય છે. ક્યારેક કોઈ વગર વાંકે દંડાઈ જતું હોય છે. ખાસ કરીને ગુસ્સાનો ભોગ પત્ની અને બાળકો બની જતાં હોય છે.

ઉગ્ર સ્વભાવ વેપાર વણજમાં પણ નુકસાની કરાવતા હોય છે. સામાન્ય બાબતમાં ગ્રાહક સાથે તકરાર થઈ જતી હોય છે અને ગ્રાહક હંમેશ માટે એ દુકાનનું પગથિયું ચડતો નથી. એક પછી એક ગ્રાહકો વૂટતા જાય છે અને પારાવાર નુકસાનનો ભોગ બનવું પડે છે. ગુસ્સો અને આવેશ ઘણીવાર



માણસના જનનું જોખમ બની જતા હોય છે. ક્યારેક માણસને હેવાન બનાવી દે છે. સારા સારીનો કોઈ ખ્યાલ રહેતો નથી.

-જે લોકો સહનશીલ હોતા નથી એમના સંબંધો વાત કરતા વણસી જતા હોય છે. મા-બાપ, ભાઈ-બહેન, પતિ-પત્ની વચ્ચે ઊંડી ખાઈ અને તિરાડ ઊભી કરતાં

હોય છે.

સહનશીલતાને જે લોકો સદગુણ બનાવે છે એ લોકો વિશાળ વર્તુળના માલિક હોય છે. ગુસ્સા ઉપર જે કાબૂ ધરાવે છે એ ક્યારેય જીવનમાં દુઃખી થતા નથી. અને એમનું જીવન બીજા માટે સબક-આમેઝ બોધપ્રદ બનતું હોય છે. સહનશીલતા એ પણ એક વીરતાની નિશાની છે. માણસાઈનું જીવતું જાગતું આભૂષણ છે.

છેલ્લે એક શેર-

નામને પણ આપણે એક નેક નામ કરીએ,

ચાલોને આપણે પણ ગુસ્સો હરામ કરીએ.

-તુરાબ 'હમદમ'

ગામવાદ

મોખરે સેવા મહી છે મોખરે વેપારમાં સાવ નોખો તે છતાં છે એકનો બીજાથી નાદ કોમની "દિલકશ" તરક્કીમાં તો લાગે ચાર ચાંદ મેમણોને મેમણોમાં હોય ના જો ગામવાદ

વિચાર

ભરસભામાં બોલવું છે કાંઈ પણ કરવું નથી આટલો વાણી અને વર્તન મહી છે ફેરકાર એકતાની વારતા વરસો સુધી કરતા રહ્યા તે છતાં છે નોખનોખા એકબીજાના વિચાર

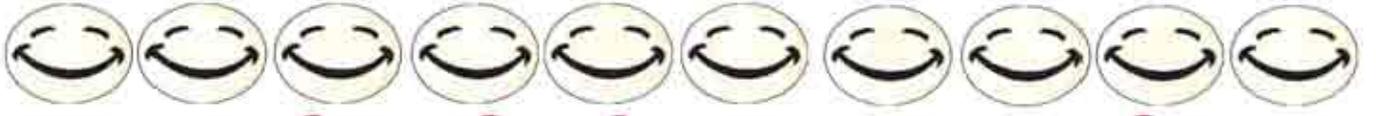
ઉપાય

કોમ તુજને શું ખબર છે એની હજી પડતી નથી ? ભિન્નતાના રોગનો છે એકતા એકજ ઉપાય હોય સાચી ભાવનાને હોય સાચી એકતા ચોટ લાગે એકને તો વેદના સઘળાને થાય

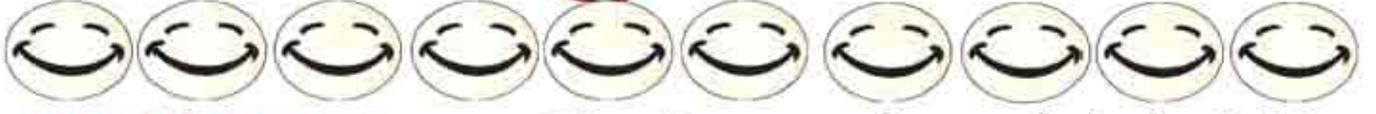
સેવક

છે ઘણું કહેવું છતાં કંઈ પણ વધુ કહેવું નથી થઈ શકે તો ખાકસારી પર કદી કરજે વિચાર લીડરી ત્યાગી બની જા કોમનો સેવક હવે હોય છે હર કોમનો સેવક પરે દારોમદાર

"દિલકશ" ગોડલવી



હસે તેણું ઘર વસે



જડબાંતોડ જવાબ

એક વેળા કોર્ટમાં લાગલગાટ વકીલ અને જજ દરમિયાન ગરમા ગરમ ચર્ચા થઈ અને તેમાં બંને જણાએ ન બોલવા જેવા શબ્દો બકી નાખ્યા. અંતે જજે કંટાળી જઈ વકીલ ઉપર કોર્ટમાં અપમાનજનક શબ્દો બોલવા બદલ ૧૦ રૂપિયા દંડ ઠોકી બેસાડ્યો.

“મારી પાસે અત્યારે એક પાઈ પણ નથી.” વકીલે કહ્યું.

“ન હોય તો તમારા કોઈ દોસ્ત બિરાદર પાસેથી ઉછીના લઈ ભરી આપો.”

“પણ નામદાર, આપના સિવાય મારો, બીજો કોઈ દોસ્ત બિરાદર છેજ નહિ.” વકીલે ઘડાકો કયો.

વકીલના આ જડબાંતોડ જવાબ સાંભળી જજ સાહેબનો ગુસ્સો ઓગળી ગયો અને તેણે દંડનો હૂકમ પાછો ખેંચી લીધો.

એક ખ્રિસ્તીએ ઈસ્લામનો સ્વિકાર કરી લીધો. કાઝી સાહેબે ફરમાવ્યું:

“જાણે આજે તમે નવેસરની જન્મ લીધો.”

છ મહિના પછી પાડોશી એ નવમુસ્લિમને કાઝી પાસે પકડી લાવ્યો, ને કહ્યું: “આ નમાઝ પઢતો નથી ?” કાઝી સાહેબે એને ભારે લાનત મલામત કરી અને પૂછ્યું કે:

“કેમ નમાઝ પઢતો નથી ?”

તેણે જવાબ આપ્યો:

હેમણ આલમ ઓકટોબર-૨૦૧૧

“હું જ્યારે મુસલમાન થયો ત્યારે આપેજ કહ્યું હતું કે-“તમે આજે નવેસરથી જન્મ લીધો.” આ વાતને છ મહિનાજ થયા છે અને આપ સારી પેઠે જાણો છો કે છ મહિનાનાં બાળક પર નમાઝ ફર્જ થતી નથી.”

ઈમાનદારી કે મૂર્ખતા

પાકિસ્તાન એકસ્પ્રેસ ટ્રેન રાત્રીના ભયંકર અંધકારમાં પવનને સોંસાતા પુરપાટ દોડી રહી હતી.



જમાતના આગેવાનોના ડરથી નહીં પણ ભાઈ પોલીસના ડરથી ‘સાયવવાનું’ મેં મહાનની પાછળ રાખ્યું છે!

મુસાફરો પોતપોતાની મંઝીલના ઈતેઝારમાં ફૂંબેલા હતા. સેકન્ડ ક્લાસમાં બેઠેલા એક કોલેજના પ્રોફેસરે સાંકળ ખેંચી. એકાએક એકસ્પ્રેસ થોભાવી દીધી. ગાર્ડ હાંફતો હાંફતો પ્રોફેસર સાહેબ પાસે આવી એકસ્પ્રેસ અટકાવવાનું કારણ પૂછતાં પ્રોફેસર સાહેબે ફરમાવ્યું: “મેં મારા છોકરાની અડધી ટિકીટ લીધી છે. હમણાં ૧૨૫૫ વાગ્યા છે અને છોકરાને ૧૩મો વરસ લાગુ થઈ ગયો તેથી મને તેની પૂરી ટિકીટ કાઢી આપો.”



અરે ભાઈ ખુદાએ ઘણા વર્ષ પછી દીકરો આપ્યો હોય તો કાંઈ તેની સાલત્રેહ હુર મહીને તો ન જ મનાવાય ને!

સુવિચારો

- * સાચવવા પડે એ સંબંધો કદી સાચા નથી હોતા અને જો સંબંધો સાચા હોય તો એને સાચવવા નથી પડતા
- * વ્યવહાર નથી બદલાતા સંજોગો બદલાય છે માણસ નથી બદલાતા ખાલી તેમના અભિગમ બદલાય છે

ભારતના સમાચાર

દેવાસ મેમન જમાતનો સમસ્ત મધ્ય પ્રદેશ જમાતોનો સમારોહ

યુવા વર્ગ સ્થાપિત દેવાસ જિલ્લા મેમન જમાત દ્વારા પરિચય સમારોહ દેવાસ (મધ્યપ્રદેશ) ખાતે ૩૦ ઓક્ટોબરના રોજ યોજવામાં આવ્યો હતો.

મધ્યપ્રદેશના દરેક ગામમાં વસતા મેમન પરિવારોને એક પ્લેટફોર્મ પર લાવવા અને એકતા-ભાઈચારાના ઉદ્દેશને ઉજાગર કરવા આ સંમેલન યોજવામાં આવ્યું હતું.

દેવાસ, ઉજ્જૈન, નાગદા, મહિદપુર, મક્કી, સારંગપુર, પંચોર, તલેન, સુજાલપુર અને આકોદ મેમન પરિવારને એક તાંતણે જોડવા યુનાઈટેડ માલવા મેમન જમાતની સ્થાપના કરવામાં આવી હતી. પારિવારિક સમસ્યા, અન્ય સંસ્થાઓનો સંપર્ક અને લાભ લઈ મેમન પરિવારોના વિકાસને મહત્વ આપવામાં આ સંસ્થા સક્રિય કાર્યો કરી શકશે. ઉપરોક્ત સંસ્થાઓ ફેડરેશનના સભ્યપદે રહેશે અને ફેડરેશન અને WMOની વિવિધ યોજનાઓનો લાભ મેળવી શકશે.

સંમેલનમાં હાજર રહેવા ફેડરેશનના ઉપ પ્રમુખ અને WMOના આસિસ્ટન્ટ સેક્રેટરી જ. મો. ઈકબાલ મેમન (ઓફિસર) અતિથિવિશેષ પદે રહ્યા હતા. આ ઉપરાંત ફેડરેશનના અન્ય હોદ્દેદારો જ. ફરીદભાઈ બટેટાવાલા, અ. મજુહ સલાટ, મો. હનીફ વાસાવડવાલા, ક્ષેત્રના આસિસ્ટન્ટ પ્રભારી અને ગોનલ સેક્રેટરી જ. રઉફ ટિક્કી, જ. શફી સોંધાલ્યા, જ. ઈકબાલ બેરા, જ. અસલમ મામદાણી, મો. યુસુફ

સલાટ તેમજ મધ્યપ્રદેશના જોઈન્ટ રેવન્યુ કમિશનર જ. ઉમર ફારૂક ખદાની સમારોહમાં હાજર રહ્યા હતા.

રાબિયા અને શબાના ગાંજી દ્વારા કલામે પાકની તિલાવતથી સમારોહની શરૂઆત કરવામાં આવી હતી. બેબી અલીમાએ કોમની બેદારી માટે બે શબ્દો કહ્યા હતા.

દેવાસના માજી મેયર દેવાસકલા ડેવલપમેન્ટના ઓથોરીટીના ચેરમેન દુદુ ભૈયાએ હાજર રહી પ્રોત્સાહન પૂરું પાડ્યું હતું.

બોળા લુબનાગાજીએ મેમન સમાજના ઇતિહાસ પર પ્રકાશ પાડ્યો હતો.

રિઝવાન ગાઝીએ કુરાન શરીફની આચત થકી સૌને મંત્રમુગ્ધ કર્યા હતા. શાહનવાઝ ગાઝી, સોફિયા અને ઉઝમાએ નાત સંભળાવી હતી.

સમારોહના સંચાલનકર્તા જ. એડવોકેટ અસલમ ગાઝીએ મધ્યપ્રદેશ ક્ષેત્રની માહિતી આપતા જણાવ્યું હતું કે અમારા ક્ષેત્રના ૧૩ ગામોને એક પ્લેટફોર્મ પર લાવી એકતા અને ભાઈચારો સ્થાપી ફેડરેશન અને WMO અને અન્ય મોટી સંસ્થાના સંપર્કમાં રહી તેમની વિવિધ યોજનાઓનો લાભ અને માર્ગદર્શન મેળવી મેમન પરિવારોનો વિકાસ ત્વરિત કરી શકાય તે માટે સૌએ એક થવું અનિવાર્ય હતું. આજે તે કાર્યમાં અમે સફળ થયા છીએ. અલ્લાહ અમારી એકતાને કાયમ રાખે, જેથી મેમન સમાજના

ભલાઈના ઉત્તમ કાર્યો કરી શકીએ.

ભોપાલના (ડેપ્યુટી કલેક્ટર રેવન્યુ) જ. ઉમર ફારૂક ખટાણીએ આમંત્રિતોનું સ્વાગત કરતા જણાવ્યું કે ફેડરેશનના ઉપ પ્રમુખ જ. ઈકબાલભાઈ પાસેથી આપણને વિવિધ માહિતી મળી રહેશે. આજે આપણે ફેડરેશન અને WMOની વિવિધ યોજના અને કાર્યવાહી થકી તેમનું માર્ગદર્શન મેળવી શકીશું. આજના સમારોહની સફળતાનો યશ જ. અસલમ ગાઝી, જ. અ. અઝીઝ ગાઝી અને અશરફ ગાઝીને જાય છે. આપણા ક્ષેત્રની જ, પરંતુ દૂર દૂર રહેલી આપણી જમાતોને એકજૂટ કરી એક તાંતણે બાંધવી એ જ હેતુભર્યા કાર્યમાં આજે આપણે સફળ થયા છીએ. આ જ ઉત્સાહમાં આપણે વિકાસકાર્યો કરવાના છે. આપણાં બાળકોમાં દુન્યવી અને દીની શિક્ષણ અંગે જાગૃતતા લાવવા આપણે તેમજ સૌ વાલીઓએ સંગઠિત થવાનું છે અને એક ઉત્તમ કાર્ય પાર પાડવાનું છે જેનું ઉદાહરણ ભવિષ્યમાં અન્ય જમાતો આપી આપણી શીખ લે. ત્યાર બાદ “મેમન પરિવાર કાયરી”નું વિમોચન ફેડરેશનના ઉપ પ્રમુખના હાથે કરવામાં આવ્યું હતું.

દેવાસ જમાતના ઉપ પ્રમુખ જ. હાફિઝભાઈએ જમાતની વિગતવાર માહિતી આપી હતી. દેવાસ મેમન પરિવારો મોટે ભાગે પગભર છે અને સેવાકાર્યોમાં પણ હંમેશા સક્રિય રસ લઈ રહ્યા છે. મને આનંદ છે કે અમારી સાથે આજે ૧૩ ગામની મેમન જમાતને જોડી શક્યા છીએ.

જ. ફરીદ બટેટાવાલાએ મધ્યપ્રદેશ ક્ષેત્રની જમાતો અને પરિવારોનો પરિચય થવા બદલ ખુશી વ્યક્ત કરતાં જણાવ્યું કે અલ્લાહ જેનાથી ખુશ રહે તેનાથી

જ કામ લે છે.

પંડવાના જ. ઝાકીરભાઈએ મેમણ જમાતના અમુક પરિવારોને અટકના આધારે “ઓબીસી”માં શામેલ કરવા મધ્યપ્રદેશ સરકારમાં પ્રયાસ કરવા અનુરોધ કર્યો હતો.

અભિવિધિવિશેષ જ. ઈકબાલભાઈએ જણાવ્યું કે તમે માઈ કૂલથી સ્વાગત કર્યું, પરંતુ તેના હકદાર તો તમે પોતે જ છો. ફેડરેશનની માહિતી આપતા કહ્યું હતું કે ફેડરેશન જ. ડો. નાસિર કુલારાની અધ્યક્ષતા હેઠળ ઘણી સક્રિય બની છે, તેમાં જમાતોના વિકાસ માટે વિવિધ યોજનાઓ ચાલી રહી છે. “હોનહાર બેટી” અને તેના ફાયદા, “લેડિઝ વિંગ”ની સ્થાપના થકી ઘરેલુ સમસ્યાનું નિવારણ તેમજ બાળકોને શૈક્ષણિક પ્રોત્સાહન પૂરું પાડવા ઈનામ સમારોહ યોજવા તેમણે અનુરોધ કર્યો હતો.

જ. અસલમ મામદાણીએ કહ્યું કે જે માણસ સફર કરે છે તે જ મંઝીલ સુધી પહોંચે છે. આજે દેવાસ જમાતે તે કરી બતાવ્યું છે.

—ઈકબાલ મેમણ

**કરછી મેમણ
આગેવાન જી. એમ.
બનાતવાલા ચોક**

ભારતની લોકસભામાં કેરાલાથી સાત વખત ચુંટાયેલા મહુમ્ ગુલામ મોહંમદ બનાતવાલાના નામે મુંબઈની મ્યુનીસીપલ કોર્પોરેશને ઈબ્રાહીમ રહેમતુલ્લાહ રોડ અને ઈબ્રાહીમ મર્ચન્ટ રોડની કોર્સીંગ પર આવેલ ચોકને જી. એમ બનાતવાલા ચોકનું નામ રાખવા ઠરાવ પાસ કરેલ છે. મહુમ્ ૧૯૯૭માં ઈન્ડીયન યુનીયન મુસ્લિમ લીગના પ્રમુખ બન્યા હતા. તેઓ લોકસભાના સભ્ય હતા.

મેમણ આલમ ઓક્ટોબર-૨૦૧૧

દેખાડાથી દુર રહો

આપણામાં અનેક પ્રકારની નબળાઈઓ રહેલી હોય છે. એમાંની એક નબળાઈ તે દેખાડો કરવાની વૃત્તિ.

ગજુ ન હોય છતાં દેખાદેખીથી મોટાઈ દેખાડવાની લાલચથી, સમાજમાં ‘આબરૂ’ વધે એ હેતુથી શક્તિ બહારનો ખર્ચ કરી દેખાડો કરવાનું બંધ કરવું જોઈએ.

બીજાઓએ આમ કર્યું છે માટે આપણે પણ આમ કરવું જોઈએ. આમ નહિં કરીએ તો સમાજ વાતો કરશે એવા વિચારથી કરજ કરીને પણ વાહ વાહ કહેવાય એ માટે જે ખર્ચ કરવામાં આવે છે અને કરજે લીધેલા નાણાં પરત કરવા માટે જે પારાવાર મુશ્કેલીઓનો સામનો કરવામાં જત ધસી નાખવી પડે છે એના અનુસંધાનમાં આ લખી રહ્યો છું.

લગ્ન પ્રસંગે માગ દેખાડો કરવા માટે જ, સામા પક્ષમાં પ્રતિષ્ઠા વધે એ માટે ગજબ બહારનું જે ખર્ચ કરવામાં આવે છે. એ અંગે હવે વિચાર કરવાનો સમય પાકી ગયો છે. શક્તિ અનુસાર સાદાઈથી પ્રસંગ ઉકેલવામાં કશી જ નાનપ નથી. સમાજતો બે દિવસ વાતો કરીને શાંત થઈજશે. એની ચિંતા કરવાની જરૂર નથી. ઓફીસમાં પગાર રૂપિયા આઠસો મળતો હોય છતાં બારસો-પંદરસો મળે છે એવી બડાશ મારી કપડા-લતા તથા નાટક-સીનેમા અને હોટલોમાં જઈ ખર્ચ કરી, દેવું કરીને પણ પોતાનો રોફ પાડવા માટે અનેક વ્યક્તિને શ્રીમંતાઈનું ખોટું પ્રદર્શન કરી પાછળથી હાલાકી ભોગવે છે તે દયાજનક છે. જે પગાર મળ તો હોય તે જણાવવાની કશી જ શરમ ન હોવી જોઈએ. આવક પ્રમાણે ખર્ચ કરવો જોઈએ. દેખાદેખીથી કરજ કરીને ખર્ચ કરવો એ હિતાવહ નથી.

પાડોશીએ રેફ્રિજરેટર કે ડાઈનિંગ ટેબલ યા સોફાસેટ વસાવ્યા હોય એટલે એ બધું આપણે ત્યાં હોવું જોઈએ. એમ માની કેટલી ગૃહિણીઓ પોતાના પતિને તંગ કરે છે અને કરજ કરીને પણ વસ્તુઓ વસાવવા ફરજ પાડે છે તે બરોબર નથી.

અમુક રીતે રહીશું તો જ સમાજમાં પ્રતિષ્ઠા જળવાશે, પોતાની ગણના થશે એવો ખ્યાલ આપણા મગજમાં ભરાઈ ગયો છે તેને તિલાંજલી આપવી જોઈએ.

સાદાઈ અને સંતોષમાં જે સુખ છે તે વૈભવમાં અને ધન મેળવવાની દોડધામમાં નથી. ગમે તે ભોગે પણ ધન મેળવવું સમાજમાં વાહ વાહ કહેડાવવી પોતાનું નામ ગાજતું રહે એ માટે અઠળક નાણાં ખરચવા અને વટ પાડવો એવી વૃત્તિ હવે બદલવી જોઈએ.

—મેમણ વસીમ હુસેન વલી ભાઈ
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لوکاٹ.....

بلڈ پریشر کے مریضوں کیلئے مفید پھل

اقادیت کے لحاظ سے کسی طرح دوسرے پھلوں سے کم تر نہیں ہے۔ عام جسمانی کمزوری کو دور کرتا ہے، جسم کو فرہہ کرتا ہے، خون صالح پیدا کرتا ہے اس طرح جلد کی رنگت بگھرتی ہے



حقیقتات طب سے یہ بات واضح ہوگئی ہے کہ اس کا رس اور گوٹا بڑے ہونے مارو مطرا کا یعنی قاطع ہے۔ جن لوگوں کو خون کی حسرت کی شکایت راتی ہو جس سے ہاتھ پاؤں کے کونے پلٹے ہیں اگر ایسے حضرات اسے استعمال کے ساتھ معمول بنا کر کچھ عرصہ استعمال کریں تو یہ تکلیف جاتی رہتی ہے۔ گرمی اور ہارنی امراض میں اس کے لاکھڑے سلسلے ہیں۔ فحشیت میں اس کا رس اپنے کوشائی اثرات رکھتا ہے۔ لوکاٹ کا تیار کردہ شربت نہ صرف توانائی بخلتی، باعث تسکین ہے بلکہ ذائقہ کے اعتبار سے عمدہ اور دل و دماغ کے لیے ایک مفید مشروب ہے۔ لوکاٹ کے کپے ہونے چوں کا جو شائدہ دینے سے اپنا پیش کو کھانہ پہنچاتا ہے۔ لوکاٹ کو استعمال کرنے کا بہترین طریقہ یہ ہے کہ اس کو چھل کر لیا جائے۔ اس کا چھلکا قصداً دھوئے۔ موسم گرما میں لوکاٹ کا استعمال کریں اور قدرت کی نعمتوں کا شکر بجالاتے ہوئے امراض کے خلاف جسم میں قدرتی قوت مدافعت کو مضبوط کریں۔

اور سکون بخلتا ہے۔ عام لوگ اسے محض لذت کے طور پر استعمال کرتے ہیں مگر یہ پھل اپنے اجزاء اور اقادیت کے لحاظ سے کسی طرح دوسرے پھلوں سے کم تر نہیں ہے۔ لوکاٹ عام جسمانی کمزوری کو رفع کرتا ہے، جسم کو فرہہ کرتا ہے، خون صالح پیدا کرتا ہے۔ اس طرح جلد کی رنگت بگھرتی ہے اور حسن و شباب دو بالا ہو جاتے ہیں جس سے کو طاقت دیتا ہے اور گرمی کی وجہ سے طبیعت کی بے چینی کو دور کرتا ہے اور ہی حلاتا ہو تو اسے درست کرتا ہے۔ موسم گرما میں عموماً حرکات قلب کا نظام درست نہیں رہتا۔ نفعان کی کمی کیفیت پیدا ہو جاتی ہے۔ ایسے میں لوکاٹ نفعان کو دور کر کے حرکات قلب کو عظیم کرتا اور دل کو طاقت دیتا ہے۔ بلڈ پریشر کے مریضوں کے لیے یہ ایک مفید پھل ہے اور انہیں ضرور استعمال کرنا چاہیے۔

جن لوگوں کا حراج صفا ہوا ہو یا پھر صفا ہوا پیاریوں میں نہ صرف عمدہ نظر ہے بلکہ وہ انہی سے۔ پیاس کی شدت کو قوت دیتا ہے۔

لوکاٹ موسم گرما کا مشہور پھل ہے۔ اپنے غذائی و شکاری اثرات میں دوسرے پھلوں کی طرح اس کی اپنی اقادیت و اہمیت ہے۔ اپنی لذت کے اظہار سے بڑی رغبت رکھتا ہے۔ اس کا پورا سا بھار کھلاتا ہے۔ مغرب سے آئے یہ پھل ہمارے ہاں بڑے کامیاب طریقے سے کاشت کیا گیا ہے۔ اس مفید و صحیح و حار نباتات پھل میں دماغ کی اور آبی اجزاء کا خزانہ بھرا ہوا ہے۔ اس کا حراج سرد و حار کھلیم کیا جاتا ہے۔ اس کا ذائقہ شیریں و ترش ہوتا ہے۔ لوکاٹ طبیعت کو فرحت بخلتا ہے اور موسم گرما کا پھل ہونے کی وجہ سے اپنے موٹی ٹھانوں کو چھڑا کرتے ہوئے گرمی کو دور کرتا ہے۔ اللہ تعالیٰ نے پھلوں اور میزوں میں یہ پھل بھری ہے کہ وہ اپنے موٹی ٹھانوں کو چھڑا کریں اور ان موسم میں ہونے والے عوارضات کا قدرتی طور پر ازالہ کریں۔ لوکاٹ بھی اپنے موسم یعنی گرمی کو دور کرتا ہے اور گرمیوں میں جو طبیعت طر حال ہو جاتی ہے، اس میں فرحت

ٹوٹکے



شریفہ حاجیانی

رنگین کپڑے

رنگین کپڑوں کی چمک برقرار رکھنے کے لیے انہیں دھونے سے پہلے پانی میں لیموں یا تھوڑا سرکہ ملائیں۔ پھر اس محلول میں کپڑے کو دھوئیں وہ چمکدار رہیں گے۔

چاولوں کا پانی

چاول دھونے کے بعد وہ پانی پودوں میں ڈالا جائے تو پودوں کی افزائش بہتر ہوتی ہے۔

آئینے کی صفائی

اخباری کاغذ پانی میں گھلایا کر کے آئینے پر گولائی میں بھیر دیں تو وہ چمک اٹھے گا اسی طرح روٹی پر اسپرٹ لگا کر آئینہ صاف کریں تو فوراً آئینہ چمکنے لگے گا۔

گوبھی کا ہادی پن

گوبھی کا ہادی پن دور کرنے کے لیے پچھلے کے بعد کالی مرچیں چھڑکیں۔ کالی مرچیں گمر میں خود ہی پستیں۔

بجڑوں کا خاتمہ

سرکہ پانی میں ملا کر سر پہ اچھی طرح لگائیں کچھ دن بعد دھولیں جوئیں مچ جائیں گی۔

جیزائیت اور بھڑی

بھڑی کی تاہم جیزائیت کو ختم کرتی ہے۔ اگر جیزائیت کا مسئلہ ہو تو بھڑی استعمال کریں۔

بچوں کے چھالوں کیلئے

اگر بچوں کے منہ میں چھالے ہوں تو سہاگہ بھون لیں اور گھسریں میں ملا کر روٹی کی مدد سے چھالوں پر دن میں تین دفعہ لگائیں گھسریں دتو سہاگہ شہد میں ملا لیں چھالے ختم ہو جائیں گے۔

☆☆☆☆☆☆☆☆

مکھن میں ہضم کر لیتا ہے۔ پورے دن کا کھانا ساتھ شانی دوا بھی ہے۔
معدہ جگمگ اور گردوں کو طاقت بخشتا ہے۔ خون صاف کرتا ہے۔

مصفا خون

کوڑھ کر لینے کی کڑواہٹ ناگوار گزرتی ہے۔ مگر یہ مصفا خون ہے خون کے خاسر مادوں کو ختم کرتا ہے۔ کزوری کا احساس ہو، بھوک ختم ہوگی ہو۔ تلی، جگر اور بخار کے لیے بھی کر لینے مفید ہیں۔
ذیابیطس کے مریضوں کے لیے بھی مفید ہے۔

آنکھوں کے کپڑے

ہر چندہ دن کے بعد چھ عدد آدو استعمال کرنے سے آنکھوں کے چھوٹے بڑے کپڑے خارج ہو جاتے ہیں۔ معدے کی جیزائیت دور کرنے کے لیے اسے کھانا کھانے سے قبل کھانا بہتر ہے۔

انگور

پیشاب، پتھاسیم، فاسفورس، وٹامن، اسے بلیسی اور ڈی انگور میں اکٹھے مل جاتے ہیں۔

اردی کی جلیں

اگر اردی کا پتے یا چھیلے کے بعد ہاتھوں میں غاروں سے ہونے آدھا لیوں کاٹ کر ہاتھوں میں رگڑیں غاروں ختم ہو جائے گی۔

جیزو کارنگ محفوظ رکھنا

جیزو کی جینٹ دھوتے وقت ایک ہائی پانی میں چار کمانے کے جھے سرکہ ڈال لیں اس سے رنگ خراب نہیں ہوگا۔

صائبن کے کٹڑے

صائبن کے کٹڑے والے ٹکڑوں کو جھج کر کے ایک برتن میں پانی بھر کر اس میں ڈال دیں دو دن بعد ان ٹکڑوں کی ٹی بن جائے گی اسے ایک برتن میں رکھیں یہ فرش دھونے کے کام آئے گی جس سے فرش نہ صرف چمکنے لگے گا بلکہ خوشبو بھی دے گا۔

چہرے کی چمک کے لیے

ایک اور نئی کا تازہ تازہ جوس نکال کر اپنے چہرے پر لگائیں۔ یہ نہ صرف چہرے کو تھاک ہٹانے کا بلکہ اس جوس سے اشقی اوکیسٹنٹ اور وٹامن بی بھی حاصل ہوگا۔

ڈیٹا اسکن کے لیے

انجھن انٹاس اور اسٹریوری ایم وزن لے کر لٹھ کر لیں اور چہرے پر لگائیں یہ نہ صرف ڈیٹا اسکن کو نکال دیتا ہے بلکہ کھلے ہوئے مسامات کو بند کرتا ہے اس سے چہرہ صاف چہرے پر لگائیں۔

بلیک ہیڈ اور ایکٹی کے لیے

ایکٹی وہ بلیک ہیڈ کیلئے لیسن جوس اسکر ہے۔ لیسن کی ایک کاش لے کر روزانہ بلیک ہیڈ کی جگہ پر چمکنے ہاتھوں سے ملیں اور دھو لیں۔ بلیک ہیڈ نکل آئیں گے۔

ایکٹی اور دھبے

تازہ پودینے کے پتوں کا جوس نکال لیں اور روزانہ صابن کو مطلوبہ جگہ پر لگائیں۔ دوسرا طریقہ یہ ہے کہ لیسن جوس اور عرق گلاس ہم وزن لے کر لگائیں چند دنوں میں صاف ہو جائے گی۔ یہ آمیزہ لگا رہنے دیں ایک ماہ کے بعد کھانا اور ایکٹی وغیرہ کا خاتمہ ہو جائے گا۔

ڈاک سرکل اور ڈورائی اسکن

آدھا کیلا لے کر اچھی طرح صابن لیں اور اسے آنکھوں کے نیچے ڈاک سرکل پر لگائیں پانچ منٹ بعد دھولیں۔ آپ کی جلد نیچے کی جلد کی طرح نرم و ملائم اور بے داغ ہو جائے گی۔ کیلے میں موجود پتھاسیم آنکھوں کے نیچے موجود سطحوں کو ختم کرنے میں مفید ثابت ہوگا۔

معدے کے مسائل

پتھاسیم، ڈاکروں کی کثرت، ویتا بلاسنے، ناگوار سانس، اور کیس لڑاٹل دور کرنے کی بہترین دوا پودینہ ہے۔ یہ ایک سستی زود ہضم

عالم کا دسترخوان

سبزیوں کا قورمہ

تین عدد درمیانے	آلو	تین عدد درمیانے	آلو
دو عدد درمیانے	گاجر	دو عدد درمیانے	گاجر
آدھا کلو	پھول گوہی	آدھا کلو	پھول گوہی
ایک پیالی	مٹر کے دانے	ایک پیالی	مٹر کے دانے
تین سے چار عدد درمیانے	شلیم	تین سے چار عدد درمیانے	شلیم
دو عدد درمیانے	شملہ مرچ	دو عدد درمیانے	شملہ مرچ
آدھی پیالی	تلی ہوئی پیاز	آدھی پیالی	تلی ہوئی پیاز
ایک کھانے کا چمچ	لہسن پساوا	ایک کھانے کا چمچ	لہسن پساوا
حسب ذائقہ	نمک	حسب ذائقہ	نمک
دو پیالی	دہی	دو پیالی	دہی
ایک کھانے کا چمچ	لال مرچ پس ہوئی	ایک کھانے کا چمچ	لال مرچ پس ہوئی
ایک کھانے کا چمچ	دھیانیا پساوا	ایک کھانے کا چمچ	دھیانیا پساوا
تین چوتھائی پیالی	کونگ آئل	تین چوتھائی پیالی	کونگ آئل

سجانے کیلئے:

اورک (باریک کٹی ہوئی) ایک کھانے کا چمچ
سفید زیرہ (بھون کر کٹا ہوا) ایک چائے کا چمچ
گرم مصالحہ پساوا ایک چائے کا چمچ

ترکیب:

☆ آلو اور شلیم کے چار چار کٹڑے کر لیں، گاجر کے درمیانے سائز کے کٹڑے کاٹ لیں اور پھول گوہی کے پھول علیحدہ کر لیں۔
☆ کڑا ہی میں کونگ آئل کو درمیانے آٹے پر تین سے پانچ منٹ گرم کریں۔
☆ پھر شملہ مرچ کے علاوہ تمام سبزیوں کو الگ الگ فرانی کر کے نکال لیں۔
☆ دہی میں نمک، لال مرچ، دھیانیا پساوا اور تلی پیاز کا اچھی طرح پھینٹ لیں۔
☆ دھینگے میں کونگ آئل کو دو سے تین منٹ کے لیے درمیانے آٹے پر ہلکا گرم کر کے لہسن کو ایک سے دو منٹ فرانی کریں۔ مصالحہ ملی ہوئی دہی ڈال کر اتنی دیر بھونیں کہ تیل علیحدہ سے نظر آنے لگے۔
☆ اس مصالحے میں تمام تلی ہوئی سبزیاں اور شملہ مرچ شامل کر کے اچھی طرح ملائیں اور آدھی پیالی پانی ڈال دیں۔
☆ پساوا اور گرم مصالحہ، سفید زیرہ اور اورک ڈال کر ہلکی آٹے پر پانچ سے سات منٹ تک پکائیں اور چولہے سے اتار لیں۔

پالک اور ماش کی دال

دو پیالی	دلی ماش کی دال	دو پیالی	دلی ماش کی دال
پالک (دھو کر باریک کاٹ لیں) ایک کلو	پالک (دھو کر باریک کاٹ لیں) ایک کلو	پالک (دھو کر باریک کاٹ لیں) ایک کلو	پالک (دھو کر باریک کاٹ لیں) ایک کلو
نمک	نمک	نمک	نمک
لہسن	لہسن	لہسن	لہسن
آٹھ سے دس جوئے	آٹھ سے دس جوئے	آٹھ سے دس جوئے	آٹھ سے دس جوئے
دو عدد درمیانے	پیاز (باریک کٹی ہوئی)	دو عدد درمیانے	پیاز (باریک کٹی ہوئی)
چھ سے آٹھ عدد	ثابت لال مرچیں	چھ سے آٹھ عدد	ثابت لال مرچیں
ایک چائے کا چمچ	سفید زیرہ	ایک چائے کا چمچ	سفید زیرہ
تین سے چار عدد	ہری مرچیں	تین سے چار عدد	ہری مرچیں
آدھی پیالی	کونگ آئل	آدھی پیالی	کونگ آئل
	سجانے کیلئے:		سجانے کیلئے:
	اورک (باریک کٹی ہوئی) ایک کھانے کا چمچ		اورک (باریک کٹی ہوئی) ایک کھانے کا چمچ
	ہری مرچیں (باریک کٹی ہوئی)۔ تین سے چار عدد		ہری مرچیں (باریک کٹی ہوئی)۔ تین سے چار عدد
	تازہ کریم		تازہ کریم

ترکیب:

☆ دال کو دھو کر آدھے گھنٹے کے لئے بھگو دیں۔
☆ دھینگے میں پالک، ماش کی دال، ہری مرچیں اور پیاز ڈال کر درمیانے آٹے پر اتنی دیر پکائیں کہ پالک کا اپنا پانی اچھی طرح خشک ہو جائے۔
☆ کڑا ہی میں کونگ آئل کو درمیانے آٹے پر تین سے چار منٹ گرم کریں اور اس میں لہسن، زیرہ اور لال مرچوں کو سرخ ہونے تک فرانی کریں۔ یہ بھگوار پالک اور دال پر ڈال دیں۔
☆ پالک اور دال میں نمک ملا کر پانچ سے سات منٹ تک ڈھک کر ہلکی آٹے پر پکائیں اور چولہے سے اتار لیں۔

پری تیشین:

اورک، ہری مرچیں اور کریم ڈال کر چپاتی کے ساتھ گرم گرم پیش کریں۔

نپ:

پالک کو چدرہ سے جس منٹ کے لئے بھگو کر رکھیں، پھر دو سے تین مرتبہ اچھی طرح پانی سے دھو لیں تاکہ مکمل طور پر مٹی صاف ہو جائے۔ اس کے بعد باریک کاٹ لیں۔

اچاری اروی

ایک کلو	اروی	ایک کلو	اروی
حسب ذائقہ	نمک	حسب ذائقہ	نمک
تین سے چار	ثابت لال مرچیں	تین سے چار	ثابت لال مرچیں
ایک کھانے کا چمچ	لال مرچ (کٹی ہوئی)	ایک کھانے کا چمچ	لال مرچ (کٹی ہوئی)
آدھا چائے کا چمچ	کلوئی	آدھا چائے کا چمچ	کلوئی
آدھا چائے کا چمچ	میتھی دانہ	آدھا چائے کا چمچ	میتھی دانہ
ایک چائے کا چمچ	سفید زیرہ	ایک چائے کا چمچ	سفید زیرہ
آدھا چائے کا چمچ	اجوائن	آدھا چائے کا چمچ	اجوائن
چار سے پانچ پھانسیں	اچھور (آم کی خشک کٹائی)	چار سے پانچ پھانسیں	اچھور (آم کی خشک کٹائی)
چار کھانے کے چمچ	لیوں کارس	چار کھانے کے چمچ	لیوں کارس
چار سے چھ کھانے کے چمچ	کونگ آئل	چار سے چھ کھانے کے چمچ	کونگ آئل

ترکیب:

☆ کڑا ہی میں کونگ آئل کو درمیانے آٹے پر تین سے چار منٹ گرم کریں۔ اس میں سفید زیرہ، میتھی کے دانے اور ثابت لال مرچیں توڑ کر ڈال دیں اور ایک منٹ تک چمچ چلائیں۔
☆ پھر اروی ڈال کر نمک، کٹی ہوئی لال مرچ، کلوئی اور اجوائن شامل کریں۔ تین سے چار منٹ تک فرانی کریں ڈھک کر پکائیں
☆ ہلکی آٹے پر دس سے بارہ منٹ تک پکائیں۔ پھر اس میں اچھور اور لیوں کارس ڈال کر اتنی دیر پکائیں کہ اروی اچھی طرح گل جائے۔
☆ مزید پانچ منٹ ڈھک کر ہلکی آٹے پر پکائیں اور چولہے سے اتار لیں۔

پری تیشین:

چپاتی کے ساتھ گرم گرم پیش کریں۔

نپ:

اروی کو لیں سے پچانے کیلئے پھیلنے کے بعد کچھ دیر تک لٹے ہوئے پانی میں رکھ دیں۔

سہکتی کلپیاں

اجنبی باتیں

☆ جہاں اپنے لیے اصول نہیں بناتے، انہیں دوسروں کے بنائے ہوئے اصولوں پر چلنا پڑتا ہے۔
 ☆ کامیاب انسان، ماضی کی ناکامیاں یاد کرتے ہیں۔
 ☆ لوگ اپنے فیصلوں کی وجہ سے ترقی کرتے ہیں۔
 ☆ اپنی قابلیت پر شک کرنے والا اپنی قوتوں کو کم کرتا ہے۔
 ☆ عظیم اور معمولی آدمی میں جو فرق ہے، وہ صرف عزم اور ارادے کا ہے۔
 ☆ نرم الفاظ کی لاگت معمولی مگر قدر و قیمت بہت زیادہ ہوتی ہے۔

☆ جو چیزیں ہر سر ہوتی ہیں، وہ پرکشش بھی ہوتی ہیں۔
 ☆ جہد و جدوجہد چیزوں کی قدر و قیمت بڑھاتی ہے۔
 ☆ نہ بان آدمی کو اکثر مصیبت میں پھنساتی ہے۔
 ☆ عاجز ترین وہ ہے جس کا کوئی دوست نہ ہو۔
 ☆ عقلی حماقت یہ ہے کہ مخلوق خدا کو تکلیف سے بچانے کے لئے غور و تکلیف اٹھاو۔
 ☆ آگہ دل کا روزانہ ہے اس کی حفاظت کرو کہ تمام آفات اس راہ سے جسم میں داخل ہوتی ہیں۔
 ☆ جب عقل کامل ہو جاتی ہے تو یوں ناکم ہو جاتا ہے۔
 ☆ بد بخت ہے وہ شخص جو مر جائے مگر اس کا گناہ دوسرے یعنی وہ کوئی ایسا برا کام شروع کر جائے جہاں کے مرنے پر بھی جہاں رہے۔
 (امام امیر المؤمنین اقبال)

قابل غورا

☆ با وفا دوست، با وفا امانت اور با وفا شفقت مل جائے تو ان سے فائدہ اٹھاؤ۔
 ☆ بہت مبارک ہے وہ صحت، جو گہما، پر غلوں اور تمام تر مشاغات سے بالاتر ہو۔
 ☆ کسی کام میں اپنی طاقت سے زیادہ زحمت نہ اٹھاؤ اور اپنی آمدنی سے زیادہ خرچ نہ کرو۔
 ☆ فطری خواہش کی بھی ہوں، لہذا سے معاف کرو، کیونکہ معاف کرنا

تعمیروں کا شعور ہے۔

☆ انجلی شاعر وہ ہے، جہول کی آواز ہو۔
 ☆ یہ دنیا بھی عجیب شے ہے، جب آپ چہپ رہتے ہیں تو وہ آپ کو جاہل سمجھتی ہے اور جب آپ بولتے ہیں تو ان کا شک یقین میں بدل جاتا ہے۔
 ☆ الفاظ دوتے ہیں اور آنسو بولتے ہیں۔
 ☆ ایک ایسی فطری جہت میں عاجزی پیدا کرو، اس کا رونا سے بھرے، جہت میں غرور پیدا کر دو۔
 ☆ لوگوں کے واقعات سے سبق حاصل کرو ورنہ کل لوگ تمہارے واقعات سے سبق حاصل کریں گے۔
 ☆ شک دہنی کھاتو۔ مگر شک مزاج نہ بنو۔

(دریغ قاضی کراچی)

ملٹن اور ان کی حسین بیوی

انگریزی کے مشہور شاعر ملٹن بیچارے نابینا تھے لیکن ان کی شادی ایک خوبصورت عورت کے ساتھ ہوئی تھی جو انہیں ایک شیطانی خط مزاج اور لڑاکا تھی۔ ملٹن کے ایک دوست نے ایک دن کہا ”ملٹن! تم جانتے ہو تمہاری بیوی کسی قدر خوبصورت ہے بالکل گلاب کی طرح۔“
 ملٹن نے جواب دیا: ”جی کہتے ہو میرے دوست! میں گلاب کی خوبصورتی نہیں دیکھ سکتا لیکن کانٹوں کی جھمنکوں میں دن بھر سوئی کرتا ہوں۔“

(غور و اجازت)

پچھلے سال کا دسمبر

پچھلے سال کا دسمبر کتنا اچھا تھا
 کچھ تھے لوگ اپنے کچھ موسم اپنا تھا
 دوسرے ہوا کے جھونکے
 جو دوسرا طوں سے آئے تھے
 دل کو کتنے اچھے لگتے تھے
 اب اپنے آپ میں کھوئے رہنا دیر تک
 رہتے پر حیرت نام لگتے رہنا دل کو اچھا لگتا ہے
 (شان کراچی)

جنت پار آدمیوں کی مشاق

☆ رمضان کے روزے رکھنے والا۔
 ☆ قرآن پاک کی تلاوت کرنے والا۔
 ☆ زبان کی حفاظت کرنے والا۔
 ☆ بھوکے صابروں کو کھانا کھلانے والا۔
 ☆ بیت المقدس سے تین کلومیٹر دور اٹھیل بستی میں قارا انبیاء ہے جس میں ستر ہزار جلیل القدر حضرات ہیں۔
 ☆ علم الحساب حضرت عیسیٰ کے بیٹے اوزیر نے ایجاد کیا۔
 ☆ اصحاب کہف تین سو سال تک غیمہ کھاتے رہے۔
 ☆ حضرت عیسیٰ بارہ سال کی عمر میں تبلیغ کرنے لگے تھے۔

شیطان سے بچنے کے نسخے

جو لوگ کتاب و سنت پر گہرے نظر رکھتے ہیں اور اللہ نے ان کو علوم نبوت کے انوار سے نوازا ہے انہوں نے شیطان کے ظاہری و باطنی اثرات سے بچنے کے لیے متعدد نسخے تجویز کیے ہیں جو درحقیقت قرآنی آیات اور احادیث رسول سے ماخوذ ہیں ان میں سے چند یہ ہیں۔

شیطان سے اور شیطان کی اثرات سے بچنے کے لیے اللہ کی پناہ مانگنا اور زبان اور ہاتھ اللہ من اللہ اللہ انزلہ علیہم پڑھتے رہنا چاہیے۔
 ارشاد باری ہے: ”مَنْ بَخَّرَ شَرِيْفًا مِنْكُمْ مِنْكُمْ“ (ترجمہ) میں حضور اکرم کی خدمت میں بیٹھا ہوں تھا کہ دیکھا دو آدمی آپس میں گلام گلوں کر رہے ہیں، ایک کا چہرہ سرخ ہو گیا ہے اور دوسرے کی گردن کی رگیں پھولی ہوئی ہیں تو حضور نے فرمایا مجھے ایک ایسا کلمہ معلوم ہے کہ جہاں سے کہے اس کا فسر فرودو جاتا ہے اور وہ کلمہ (معوذ باللہ من الشيطان الرجيم) ہے) معوذتین یعنی قل معوذ رب الملق اور قل معوذ رب الناس دونوں سورتوں کا پڑھنا، چنانچہ خود حضور اکرم ان دونوں سورتوں کو ہر نماز کے بعد اسی طرح سونے سے پہلے پڑھا کرتے تھے۔ سورہ اخلاص کے بارے میں بھی آپ کا ارشاد مبارک ہے۔ اگر کوئی شخص صبح و شام معوذتین کے ساتھ تین بار سورہ اخلاص بھی پڑھے تو وہ ہر بلا سے محفوظ ہو جاتا ہے۔

بچے کی شخصیت

بچوں کو چھوٹی چھوٹی باتوں پر بلاوجہ نہ ڈانٹیں اور ہر وقت دوسرے بچوں سے ان کا موازنہ نہ کریں کہ فلاں بچہ تم سے بہتر ہے۔ اس طرح بچے احساس کمتری کا شکار ہو جائیں گے



آزمائیں اور اسے ذمہ داری کرنے کا باعث بن جائیں۔
 نہ ہی بچے کو ہر بات پر ماریں کہ وہ اس کا عادی ہو جائے اور مار کے بغیر مانے ہی نہیں۔ پانچ سے بارہ سال تک کی عمر کے بچے اور بچیاں بہت حساس ہوتے ہیں، وہ اپنے ارد گرد موجود لوگوں خاص طور پر والدین اور بہن بھائیوں کے رویوں کو بہت سے غور سے دیکھتے ہیں اور ہر بات پر دھیان دیتے ہیں اور پھر ان پر عمل کرنے کی کوشش کرتے ہیں۔ اس لئے بچوں کے سامنے خاندانی جھگڑوں اور گھریلو مسائل پر بحث نہ کریں اور نہ ہی خاندان کے افراد کو برا بھلا کہیں کہ ”ان کے تایا کتنے کج بچوں ہیں یا ان کی بھوہ بھی ہر وقت گلے کھوے کرتی رہتی ہیں“ وغیرہ ایسی باتیں جن کا بچے کے ذہن پر بہت اثر پڑتا ہے۔
 اس لئے اگر آپ چاہتے ہیں کہ آپ کے بچے محکم شخصیت کے مالک ہوں اور مثبت انداز سے زندگی گزاریں۔ تو ان کے سامنے غیر اخلاقی اور غیر مناسب گفتگو سے پرہیز کریں اور خود ان کے سامنے ایسا انداز اختیار کریں کہ وہ آپ کو رول ماڈل سمجھ کر آپ کے طور طریقوں کے مطابق ہی زندگی گزارنے کی سعی کریں۔
 آپ خود دیکھیں گے کہ بچے آپ کی باتوں کو سمجھنے لگے ہیں اور ان کی شخصیت میں بھلائی رہا ہے۔

شرمندہ و سوا کریں۔
 ایسے چھوٹے بچے جن میں کسی بات کا شعور ہی نہ ہو ان کو جسمانی سزا ہرگز نہ دیں۔ جن بچوں کو سزا دیں انہیں اس بات کا احساس دلائیں کہ واقعی ان سے کوئی غلطی سرزد ہوئی ہے اور پھر پیار سے سمجھائیں۔ بچوں کے سامنے ہمیشہ اخلاق اور شائستگی کا دامن تھامے رکھیں اور غصے میں بھی کبھی گالی نہ دیں ورنہ وہ بھی یہی عمل دہرا سکتے ہیں۔
 بچوں کو حقیقت کی دنیا میں رکھیں، جھوٹ اور غلط بیانی سے ہرگز کام نہ لیں۔
 ان سے ہمیشہ سچ بولیں۔ اگر آپ انہیں کوئی چیز خرید کر نہیں دے سکتے تو نال مثلوں سے ان کا دل نہ بھلائیں اور رورخ گوئی سے ہرگز کام نہ لیں۔
 کیونکہ ممکن ہے کہ کل وہ بھی آپ کے ساتھ ایسا ہی کریں۔
 بچوں سے جھوٹے وعدے قطعاً نہ کریں کیونکہ ہم اکثر روزمرہ زندگی میں اس بات کا خیال نہیں رکھتے اور کہہ دیتے ہیں کہ ”کل آپ کو فلاں چیز مل جائے گی۔“ لیکن جب ان کا وعدہ پورا نہ ہوا تو وہ رنجیدہ ہو جاتے ہیں۔ جھوٹے اور نا سمجھ بچوں کو کبھی کسی ہتھیار سے نہ ڈرائیں، ہوسکتا ہے کہ وہ یہ عمل اپنے سے چھوٹے بچے پر

بچے نرم و نازک پودے کی طرح ہوتے ہیں جس طرح ایک پودے کی ضرورت ہوتی ہے اسی طرح بچے کی مضبوط نشوونما اور بہترین شخصیت کے لیے موزوں غذا کے ساتھ ساتھ فنی، جذباتی اور روحانی نشوونما بھی ضروری ہوتی ہے۔ بچوں کی تربیت کے لیے والدین کو مختلف مراحل سے گزرنا پڑتا ہے۔
 اس کے لئے بچوں کو پیار کے ساتھ ساتھ جسمانی سرزنش کے طور پر کبھی کبھی کوئی سزا بھی تجویز کرنی پڑتی ہے۔ مگر سزا صرف اس صورت میں دی جاتی ہے جب بچہ واقعی آپ کی سمجھائی ہوئی بات پر بالکل توجہ نہ دے۔ بچہ آپ کی باتوں پر صرف اس وقت توجہ دیتا ہے جب وہ خود آپ کو وہی کام کرتے ہوئے دیکھتا ہے اس لئے بچے کی شخصیت کو مکمل اور مضبوط بنانے کے لیے چند چھوٹی چھوٹی باتوں پر ضرور توجہ دیں۔
 بچوں کو چھوٹی چھوٹی باتوں پر بلاوجہ نہ ڈانٹیں اور ہر وقت دوسرے بچوں سے ان کا موازنہ نہ کریں کہ ”فلاں بچہ تم سے بہتر ہے“
 ورنہ اس طرح بچے احساس کمتری کا شکار ہو جائیں گے۔ بچوں کو کسی مہمان کے سامنے جسمانی سزا نہ دیں ورنہ ان کی عزت نفس مجروح ہوگی اور وہ شرمندگی کے احساس سے انتقام پر آمادہ ہو جائیں گے۔ ممکن ہے موقع ملنے پر آپ کو بھی کسی کے سامنے



ہے یہ عمل روزانہ کیا جائے کیا یہ اس لئے کہ تم موٹا نہیں کھانا چاہتی؟ اس عمل کے کرنے سے آپ خود میں نمایاں تبدیلیاں پائیں گی وہ کہتے ہیں کہ خواتین اس وجہ سے اپنا وزن کم نہیں کر پاتیں کہ وہ ہر وقت کھانے اور اپنی صحت کے بارے میں سوچتی ہیں اگر وہ اس بات کے لئے اپنا ذہن نکالیں کہ ہر کھانے میں انہیں آدھا پاؤنڈ وزن کم کرنا ہے تو پھر کوئی چیز انہیں سلم ہونے سے نہیں روک سکتی۔

اپنے بارے میں بار بار فیصلہ نہ کریں:

شبہت سوچ رکھیں، اس سے آپ کے رویے میں تبدیلی آئے گی اور وزن کم ہونے لگے گا۔ کیونکہ اس راستے پر چلنا ذرا مشکل ہوتا ہے جس سے آپ چلنا چاہتے ہیں۔ لیکن وجہ ہے کہ آپ اپنا وزن بڑھانا نہیں چاہتیں وہ بڑھ جاتا ہے مگر جب آپ کم کرنا چاہتیں ہیں تو ذرا مشکل ہو جاتا ہے۔ ڈائون کے مطابق ان کے بہت سے کلائنٹ آئیے ہیں کہ آگے صرف اس لئے کھڑے ہوتے ہیں کہ وہ خود پر تنقید کر سکیں مگر وہ اپنے سر کو ہٹاتے ہیں تو یہی وہ اپنی آواز کو برا بھلا کہتے ہیں وہ مزید کہتے ہیں کہ بہت سی خواتین کو جب ان کے شو ہر کہتے ہیں کہ تم اچھی لگ رہی ہو تو وہ اس پر یقین نہیں کرتیں۔ لیکن انہیں چاہئے کہ وہ شکر یہ ادا کریں دوسری مرتبہ شکر یہ تیسری مرتبہ گلے سے لگیں اور چوتھی مرتبہ کہنے پر انہیں یاد کریں۔

کیا اور کیسے کھائیں؟ اپنی غذا کو سمجھنا

ضروری ہے

مچھلی کا تیل Omega 3 ہے مگر پودوں کے ذرائع جیسے لن سیدلین اور فلکس آئل Flaxoil بہترین ہوتے ہیں کیونکہ ان میں اومیگا 6 ہے اس لئے سف فلاور Sunflower اور کارن آئل Cornoil، س بھی استعمال کریں۔

وہ کھانے والی اشیاء جن میں سلفر Sulphur ہے جلد کو نرم و ملائم رکھتی ہیں اور اس میں لہسن اور پیاز آبیٹیل ہے اس کو سلاڈ میں کچا کھانے کے علاوہ کھانوں میں بھی پکا استعمال کریں۔

وٹامن E سے بھرپور کھانے استعمال کریں جس میں بادام، کاجو، لوکات اور سورج کھجی کے بیج شامل ہیں یہ آپ کو سورج کی شعاعوں سے ہونے والے نقصانات سے محفوظ رکھتے ہیں اس میں Antioxidants ہے جو کہ Ageing-free-radical سمجھ کر فری ریڈیکل کے نقصانات سے بچاؤ فراہم کرتا ہے۔ Zinc زنگ سے بھرپور

ہرے رنگ کی چھوٹی والی سبزیاں خصوصاً پالک اور اومیکا تقری سے بھرپور تیل کے استعمال میں اضافہ کریں۔ سلاڈ کی ڈیرنگ میں لکھن جلی یا اسپرکل لائن بیج اپنے روزمرہ کے کھانے میں ڈالیں۔

کیا درد ہوتا ہے؟ اس سے عجات کے لئے وٹامن بی سے بھرپور اشیاء جیسے اٹھ، مچھلی، لکھن، موگ، کھلی اور مکمل اناج کو اپنی روزانہ کی خوراک میں شامل کریں اور ایسی اشیاء جس میں چھتیا یعنی ایک اور بسکٹ وغیرہ میں سب سے زیادہ فیہی موجود ہوتا ہے۔ سکون کی جگہ زخموں کا تیل اور ہیمپ بھجوں کا تیل استعمال کریں۔

انگلی کے لئے: اس سے بچاؤ کے لئے سلیئم سے بھرپور کھانے جیسے براڈ لٹس، کاجو، فریش بیٹو، سورج کھجی کے پھول، اخروٹ اور مکمل اناج کی ڈیل روٹی کو استعمال کریں اور اس کے ساتھ وٹامن بی کا اشتراک بہترین اثرات مرتب کرتا ہے۔

سلاڈ: یہ غذائیت سے بھرپور ہے جو کہ آپ کی جلد کے لئے بہترین ہے اسے پیختے میں ایک مرتبہ استعمال کریں اور اثر دیکھیں۔

پیلے میں ساتھ ملائیں: ایک لوکات کا چھلکا اتار کر چھوٹے ٹکڑوں میں کاٹ لیں، لال مرچ کاٹ لیں، ایک چمچ کدو کے بیج، ایک چمچ سورج کھجی کے بیج، پالک کے پتے کاٹ لیں اور دو سے تین اخروٹ کی گریباں۔ ڈیرنگ کے لئے ایک چمچوں کا تیل، مشرو اور پوٹی کے پھل کا تیل لے کر گرم کریں اب اسے چولہے سے اتار کر اس میں آدھا چمچ زخموں کا تیل، آدھا چمچ ہانیک کا سرکہ، پونا چمچ شہد ڈالیں اب اسے سلاڈ میں ڈالیں اور اچھی طرح ملائیں۔

کھانے جس میں مہیوں، لیڈو، کدو کے بیج اور سارے بیج شامل ہیں جو کہ جلد کے نقصانات کو ختم کر کے اسے نرم و ملائم رکھتے ہیں۔ چھٹنگ خرابیاں کھائیں یہ آئرین سے بھرپور ہوتی ہے جو کہ آپ کی جلد کے لون Tone کو بہتر کرتے ہیں تو کون کو دلے اور میٹلی میں شامل کریں۔ زیادہ سے زیادہ پانی پئیں اس طرح آپ کی جلد ریہائی رہتی رہتی ہے اس لئے روزانہ آٹھ کلاس پانی پیئے کو اپنا مقصد بنائیں جانے، کافی اور جوس ٹکس مگر بہت اچھی جلد کے لئے سادہ پانی پئیں اور گھرت نوشی سے پرہیز کریں۔ وٹامن اے سے بھرپور کھانے آپ کی جلد میں چمک پیدا کرتے ہیں۔ گمراہ، دودھ اور اولی مچھلی کے ساتھ فورٹی فائڈ سیرل اور مارجرین اس کے حصول کے اچھے ذرائع ہیں۔ وٹامن بی سے بھرپور چیزیں اچھی صحت کے لئے ضروری ہیں۔ وٹامن بی آپ کی جلد کی چمک میں اضافہ کرتے ہیں یہ گائے کے گوشت، خیر، اٹھ، جگر اور مارکیٹ میں ہوتی ہیں۔ آپ یہ بالکل نہ سمجھیں کہ اپنی ڈائٹ میں تبدیلی سے آپ کو راتوں، رات فرق محسوس ہوگا۔ اس کے اثرات نظر آنے میں کم از کم چھ ہفتے لگتے ہیں تو اس کے واضح اثرات دیکھنے کے لئے آپ کو اس غذا پر لیے عرصے تک عمل کرنا پڑے گا تو شروعات میں ابھی در نہیں ہوتی ہے۔

اپنے جلدی مسائل کا مقابلہ کریں: کیا یہ خشک ہے؟ اگر آپ کی جلد کھردری اور ہال خشک اور روکھے ہیں (ساتھ میں صحن بھی ہوتی ہے) یہ سب قاتلہ ایڈ کے تحریک نہ ہونے کی علامات ہیں۔ تو اگر آپ ان علامات کا شکار ہیں تو فوراً اپنے ڈاکٹر سے رجوع کریں مگر آپ کے ساتھ جلدی معاملوں کے مسائل ہیں تو اپنے کھانوں میں پینا کیروٹین (جیسے لال اور ہری مرچیں گہرے

اپنا وزن کم کریں

بہت آسانی اور روزمرہ احتیاطوں سے



وزن کم کرنا اتنا ہی مشکل ہے جتنا کہ کسی کی محبت کو کم کرنا مگر اب آپ اور تین کلویٹک کے وزن کو کم کرنے میں صرف اس عمل کا فاصلہ ہے۔

اپنی غذا کی ڈائری بنائیے: اگر آپ ہر وقت کھانے کے متعلق سوچیں گی بہتر لباس کا انتخاب کریں:

ایسے لباس کا انتخاب کریں جنہیں آپ خود کو سہل محسوس کریں جیسا کہ چیکٹ، جزی، یا صیف کا بنا لباس جو کہ آپ کی مرضی کے مطابق ہو۔ اس کے ساتھ ہی جیولری اور دیگر چیزوں کا استعمال کریں تاکہ آپ خود میں نئی تبدیلی محسوس کریں۔

اسپنے زیر جامہ کا انتخاب بھی ایسے کریں کہ وہ بالکل فٹ ہو اس سے آپ کو اپنے گوزم ہونے کا اندازہ بھی ہوگا۔ کوشش کریں کہ اپنا اسٹائل اپنائیں تاکہ فیشن کے میگزین میں چھپنے والوں کو دیکھ کر کالی کیا جائے۔

آئینے کے سامنے:

ماہر نفسیات ڈاکٹر برسلن کے مطابق آئینے کے سامنے کھڑے ہو کر خود کو مخاطب کریں اور کہیں واہ تم نے تو وزن کم کر لیا

وہ لوگ جو ہمیشہ اپنی آنکھوں میں کھانے پینے کی چیزیں رکھتے ہیں وہ وزن کم نہیں کر سکتے۔ ابتداء میں آپ خیال کریں کہ آہستہ آہستہ غذا میں کمی لائیں کیونکہ آپ کا زیادہ وزن زیادہ غذا طلب کرتا ہے۔ اس دوران کم کھانے کی کوشش کریں پانچ سو سے زائد کیلو ریڈ کالریز میں ضائع کرنے کی کوشش نہ کریں جب آپ کو کمزوری محسوس ہو تو اپنے بیک میں پھل، پھلی یا بسکٹ رکھیں اور شدت بڑھ جانے کی صورت میں اس سے لطف اندوز ہوں۔ لیکن یہ صرف اتنا کھائیں کہ آپ کی کمزوری کے احساس پر قابو پالے۔ تیرا کی کی جائے، واک کی جائے اور ساتھ اگر ایروبیک کی کلاس لی جائیں تو نہایت موضوع ثابت ہوں گی۔

تو آپ وزن کم نہیں کر سکتیں:

اپنی غذا کی ڈائری بنائیے:

جس میں لکھیں کہ آپ نے صبح کے ناشتے میں کتنے ٹوسٹ کتنے بسکٹ لئے۔ اس کے علاوہ دن بھر میں جو کچھ بھی کھائیں اس کے ساتھ ساتھ اس میں لکھتی رہیں لیکن انہیں یاد رکھیں رہتا کہ انہوں نے پورا میں کئی چیزیں کھائیں ہیں لیکن انہیں یاد رکھیں بہت سی خواتین دن بھر بسکٹ کا بسکٹ کھا لیا یا اسی طرح رات میں اسٹیکس وغیرہ بھی وہ چیزیں ہوتی ہیں جو خواتین کے وزن کو بڑھانے میں کردار ادا کرتی ہیں آپ کے جسم کو 24500 کیلو ریڈ کی ضرورت ہوتی ہے غذا کے چارٹ میں اپنی اشیاء کا اندراج کر لیں جو ان کیلو ریڈ کو پورا کرتی ہوں اس کے بعد آپ اپنی اضافی غذا کو آہستہ آہستہ کم کرنے کی کوشش کریں اگر آپ دن میں پانچ سو کیلو ریڈ کم کرنے میں کامیاب ہو جاتی ہیں تو اس کا مطلب ہے کہ آپ کے اسٹارٹ ہونے میں صرف سات دن کا وقفہ باقی ہے۔

چہرے کا مساج..... تازگی اور شگفتگی برقرار رکھتا ہے



دنا من ای الیو دیر یا کوکا بیٹر کا مساج کرنا چاہئے مساج کے لیے دو دنوں ہاتھوں کی درمیان کی دو انگلیاں استعمال کریں اور صرف پوروں سے پریشز دیں۔ مساج کے دوران آنکھوں اور اس کے گرد جلد کو نظر انداز نہ کریں کیونکہ موچر ہلنے سے حلقے اور گھٹائیں بھی دور ہوتی ہیں تاکہ مساج بھی ضروری ہے اس سے بلیک ہیڈز ختم ہو جاتے ہیں تاکہ پر ہاتھ کے دو دنوں آنکھوں کے پوروں سے گولائی میں حرکت دیں۔ اسٹروکس کے دوران مومٹ و یونگ اور راؤنڈ ہیپ میں ہونی چاہئے۔ فیشل مساج کے لئے اچھے موچر انز کے علاوہ خواتین گھر پر دودھ کی بالائی میں تھوڑا سا لیوں کا رس اور چند قطرے شہد ملا کر استعمال کر سکتی ہیں اس کے علاوہ بادام کا چھلکا اتار کر اچھی طرح پیس لیں اور دودھ میں لیوں کے چند قطرے ملا کر چہرے کے مساج کے لیے استعمال کریں۔ فیشل مساج کے بعد جہاں خواتین بہت ریٹیکس محسوس کرتی ہیں وہاں ان کے نقوش بھی زیادہ خوبصورت نظر آتے ہیں۔ دوران خون بڑھنے سے چہرہ تروتازہ ہو جاتا ہے اور کھنچاؤ ختم ہونے سے مصیبت لوٹ آتی ہے۔ 30 سال کی عمر کے بعد چہرے کے موچر میں کمی آنے سے زنگھو پیدا ہونا شروع ہو جاتی ہیں مساج اس مسئلے کو بھی کنٹرول کرتا ہے اس کی افادیت کے باعث اسے کسی بھی فیشل کا اہم جز سمجھا جاتا ہے اور کوئی بھی فیشل اس کے بغیر مکمل نہیں ہوتا۔ چہرے کی جلد کی اندرونی

کے انزک ریز، کپٹیوں اور رخسار کی ہڈیوں کے علاوہ چہرے کی تمام یونز پر ہاتھ کا پورا وزن ڈالا جاتا ہے اور لہجہ بھر کو اگھویوں کی پوریں ان مقامات پر پریشز دیتے ہوئے رک جاتی ہیں ایسے میں ضروری ہے کہ آپ اپنی آنکھیں بند رکھیں اور مکمل آرام محسوس کریں۔ کسی سختی سوچ کو ذہن میں نہ آنے دیں بلکہ گزرنے والے حسین دور کی یادیں دہرائیں یا آنے والے اچھے دنوں کا سوچیں یا پھر خود کو کسی خوبصورت صحت افزا مقام، ہبزے، ساحل سمندر یا حسین وادیوں میں محسوس کریں یہ سارے آپ کی جھکن اتارنے کا سبب بنے گا چہرے کا مساج درنگ خواتین اور گھریلو دونوں کے لیے یکساں مفید ہے کیونکہ افرائزی اور ٹینشن کے اس دور میں آرام ملنا مقدر کی بات ہے اور یہی وجہ ہے کہ خوبصورتی بھی متاثر ہو رہی ہے۔ ضروری ہے کہ اپنے لئے وقت نکالا جائے۔ یوں تو بعض خواتین چہرے کا مساج گھر پر خود بھی کرنے کی کوشش کرتی ہیں لیکن بہتر رہے گا اگر کسی دوسری خاتون یا پروفیشنل بیوٹیشن سے کروایا جائے کیونکہ غلط پریشز زیادہ اسٹروکس سے چہرے کی گھٹائیں کم ہونے کی بجائے نمایاں ہو سکتی ہیں۔

اگر آپ کی جلد نارمل ہے تو بیٹھے میں ایک مرتبہ 15 منٹ کا مساج کافی رہے گا اور اگر ڈرائی ہے تو 10 سے 15 منٹ جبکہ آٹلی اسکن کے لئے 5 سے 10 منٹ کافی ہیں اچھے نتائج کے لئے

حسین نظر آنے کی تمنا..... جلد کی خوبصورتی، صحت اور دلکشی سے ہی عملی شکل اختیار کر سکتی ہے۔ مگر مشکل یہ ہے کہ اگر حفاظت نہ کی جائے تو سارا حسن برباد ہو کر رہ جاتا ہے۔ دیکھنے میں آیا ہے کہ بعض عورتیں جب اپنی اسکن سے غفلت برت کر چہرے کی شادابی اور جلد کی دلکشی کو خاصی حد تک کھودتی ہیں تو پھر کچھ اقدامات کرتی دکھائی دیتی ہیں ایسے میں ان کی کوشش ہوتی ہے کہ بہت جلد پہلی ہی خوبصورتی لوٹ آئے مگر ایسا ہونا عملاً اتنی جلدی ممکن نہیں ہوتا، اس کے لیے محنت کرنا پڑتی ہے تو جلد اور وقت صرف کرنا پڑتا ہے لیکن اگر روزانہ کی بنیاد پر جلد کی حفاظت کی جائے یا اسے زیادہ نظر انداز نہ کیا جائے تو دلکشی برقرار رکھنا زیادہ مشکل کام نہیں مثلاً کلیننگ، اسکرینک، ٹونک اور موچر انزنگ کے ذریعے خود کو فریش رکھا جاسکتا ہے لیکن اگر اس ساری حفاظت کے ساتھ چہرے کا مساج نہیں ہوگا تو کچھ ادھر سے پن کا احساس برقرار رہے گا کیونکہ مساج کا صرف چہرے کے مسئلوں کو ریٹیکس کرتا ہے بلکہ دوران خون بھی بڑھاتا ہے جو چہرے کی خوبصورتی میں اضافے کا باعث ہے۔ مساج سے ڈیڈ اسکن بھی ریموڈ ہوتی ہے اور اس دوران دینے گئے منکر پریشز کی مدد سے چہرے کی یونز کے ساتھ اٹیچڈ مسئلوں بھی ریٹیکس ہو جاتے ہیں تو پورا چہرہ آرام محسوس کرتا ہے چہرے کے مساج کے دوران جڑوں، سوزھوں، آنکھ



باغیچے کے لئے کھاد

اچھی فصل اور پودوں کے حصول کے لئے بہت سی ضروریات ہیں ان میں سب سے اہم کھاد جو مٹی کے ساتھ مل کر پودوں کی غذا بن جاتی ہے۔ حالانکہ کیمیائی کھادیں مٹلا ڈالی اسونیم فاسفیٹ زیادہ استعمال کی جاتی ہیں لیکن اب رحمان تبدیل ہو رہا ہے قدرتی کھادوں کی طرف لوگ زیادہ مائل ہو رہے ہیں۔ کیمیائی کھادوں میں کیمیائی اجزاء کا استعمال ہوتا ہے اور یہ مسمومی کھاد ہوتی ہے قدرتی کھادوں میں گائے کا گوبر، بھیڑ اور مرغیوں کی مٹی، تیل کے بھجوں کی مکمل جو تیل لگانے کے بعد حاصل ہوتی ہے جس میں سب سے زیادہ عام سرسوں کی مکمل ہوتی ہے جس میں تھیں ہوتی ہڈیاں، ہوسکی چھان اور بزیوں کے چھلکے جن کی کیوسٹ بنائی جاتی ہے کیمیائی کھاد کے زیادہ استعمال سے زمین کو نقصان پہنچتا ہے۔

پودوں کے لئے پانی

پودوں کو پانی دینے کا صحیح وقت صبح سویرے سورج نکلنے سے پہلے کا ہے یا شام کو سورج غروب ہونے سے پہلے پانی دیں پانی کی مقدار بھی پودوں کے لئے اہم ہے پانی کی ضرورت مختلف پودوں کو مختلف ہوتی ہے ضرورت سے زیادہ پانی بھی نہیں دینا چاہیے ورنہ بڑی سزے لگتی ہیں خاص طور پر گھلوں کے پودوں کو گانچے کا آسان طریقہ یہ ہے کہ مٹی کی اوپر کی سطح کے نیچے نمی موجود ہے تو پانی دینے کی ضرورت نہیں ہے اگلے روز پانی دینا مناسب ہوگا۔

پودوں کو دھسوں سے بچائیے

پرندے بچوں اور بھیری کے بڑے دشمن ہوتے ہیں بچ بونے کے ساتھ ہی وہ مٹلانے لگتے ہیں شام کو اندھیرا ہونے سے تھوڑی دیر قبل پوائی کرنے کا وقت موزوں ہے بھیری کی بھی کچھ دن بڑی ہونے تک حفاظت کرنی پڑتی ہے ورنہ پرندے انہیں نقصان پہنچا دیتے ہیں۔ کیڑے بھی پودوں اور پھلوں کو نقصان پہنچاتے ہیں کچھ پتوں کے نیچے جم جاتے ہیں اور پتوں کو کھا کر اس میں سوراخ کر دیتے ہیں۔ رات کے وقت پھولوں کو کھنڈے چوں اور ڈھل کو کھا جاتے ہیں رات کے وقت پھولوں کی کڑی چوں کے نیچے اپنا چالا بنا دیتی ہے اور چوں کا سب رس چوس لیتی ہے ان کیڑوں سے بچنے کے لئے تھوڑی سی ”میلہاتھیان“ پانی میں ملا کر پودوں پر اسپرے کر دیں کوئلے کی راکھ میں ڈبی، ڈبی، ٹی تھوڑی سی مقدار پانی میں ملا کر اچھی طرح مٹی میں ملا دیں اس سے کیڑوں کی آشر و مٹائی میں نہیں ہو پائے گی۔

گھر ایک ایسا مسکن ہے انسان چاہے دنیا میں کہیں بھی چلا جائے وہیں اس کی جانب لوٹتا ہے اور اگر اپنے گھر میں سکون، پیار اور محبت ہو تو کیا بات ہے اور ایک اور بات جو بہت اہم ہے وہ گھر کی

کہ ڈسٹنگ کا خیال رکھیں کہ گھنٹا پر بھی فرنیچر پر مٹی نظر نہ آئے۔ آخر میں تازہ پھول اگر ہم اپنی عبادت میں شامل کر لیں تو کیا بات ہے۔ ایک تازگی اور نئے پن کا احساس وہ بالا ہو جائے گا۔

ڈرائنگ روم کے بعد جو جگہ گھر میں سب سے زیادہ استعمال ہوتی ہے وہ ٹی وی لائونج یا لیونگ روم ہے کیونکہ صبح پر گھر میں آنے والے زیادہ تر رشتہ دار ہوتے ہیں جن کا آنا جانا صرف ڈرائنگ روم تک نہیں پورے گھر تک ہوتا ہے۔ لیونگ روم کے فرنیچر کو بھی نئے سرے سے ترتیب دیں اور اسی طرح کہ بیٹھنے کے لیے زیادہ سے زیادہ جگہ مہیا کی جاسکے اس کے علاوہ آپ کا ریپیٹ بچا کر سائیکلوں میں فرنیچر رکھ کر کشن بھی رکھ سکتی ہیں تاکہ زیادہ مہمانوں کی صورت میں کامیاب کا بھی بھر پور فائدہ اٹھایا جاسکے۔ دوسرے نمبر پر فالتو یا بہت زیادہ آرائشی اشیاء کو وہاں سے اٹھالیں اور صرف قیمتی یا اچھی چیزیں جو محفوظ بھی ہوں ان سے آرائش کریں۔ لیونگ روم والے راستے کو بالکل نکالا کر لیں اور وہاں زیادہ چیزیں لگانے یا رکھنے سے پرہیز کریں کیونکہ بار بار آنے جانے سے کوفت کا احساس نہ ہو۔ اگر ہر بار آپ کو بچ بچا کر یا احتیاط سے چلنا پڑے گا تو آپ اپنے کام پر گھج توجہ نہیں دے پائیں گی۔ گھر میں اگر راہداریاں ہوں آپ زمین پر یا سائیکل ٹیبل وغیرہ رکھنے کے بجائے دیوار پر کوئی آرائش کر لیں جیسے کوئی پھولوں کی تھل وغیرہ رکھنے کے بجائے دیوار پر کوئی آرائش کر لیں جیسے کوئی پھولوں کی تھل وغیرہ یا پھر آپ صرف کونے میں کوئی قدرتی پودا یا گلار رکھیں۔ اپنے میز پر مناسب سی کرسیاں اور ٹیبل لازمی ترتیب سے رکھ لیں کیونکہ میز پر بیٹھ کر چائے چائے مہمانوں کو بہت پسند ہوتا ہے ایسا نہ ہو کہ مہمان میز پر بیٹھ کر چائے پینے کی خواہش کریں اور صحن وقت پر آپ کرسیاں اور میز کھینچنے پھریں اس کے علاوہ قدرتی تھل اور کٹے وغیرہ بھی تازگی کا احساس پیدا کر سکتے ہیں۔

ترتیب، سلیقہ اور صفائی ہے جو گھر میں سکون و اطمینان کے ساتھ ساتھ گھر کے کینوں کے ذوق اور دلچسپی کی عکاسی کرتا ہے جبکہ صبح، شب، برسات، و معراج شریف شادی بیاہ یا کوئی بھی اور اہم موقع گھر کو نئے سرے سے ترتیب دینے کا ایک بہانہ بن جاتا ہے۔

گھر کی عبادت اور آرائش کے بارے میں سب سے اہم بات یہ کہ گھر نشوونما اور ڈیکوریشن پیمبر سے بھرا ہوا ہے کہ قدم قدم پر سوچنا پڑے کہ گھنٹا کوئی چیز نشوونما جانے لگتی کوئی نقصان نہ ہو جائے۔ گھر کو اک دکان کی طرح نہیں بھر لینا چاہیے نہیں اور صاف ستر فرنیچر ضروری نہیں کہ وہ ہنگامہ ہو لیکن ہماری ضرورت کو پورا کرنا اور ہمارے ذوق کی تسکین بھی کرتا ہے جبکہ پرگھدان وغیرہ رکھنے کے بجائے کم لیکن محفوظ جگہوں پر پھلوں یا گھدان وغیرہ سے عبادت کریں۔ اس کے علاوہ دیواروں پر بھی جبکہ کے حساب سے پینٹنگ وغیرہ لگائی جاسکتی ہیں۔ لیکن خیال رکھیں کہ کمرہ اگر چھوٹا ہے تو بہت بڑی آرائشی اشیاء لگانے سے پرہیز کریں۔

اگر ہم بات کریں ڈرائنگ روم کی تو خواتین اس کمرے پر سب سے زیادہ توجہ دیتی ہیں کیونکہ یہ کمرہ آنے والے مہمان پر گھر والوں کے ذوق کے بارے میں رائے قائم کرنے میں سب سے اہم ہے۔ مخصوص مواقعوں پر اپنے ڈرائنگ روم کے فرنیچر کو اگر نئے سرے سے سیٹ کر دیا جائے تو کمرہ کا نقش بدل جاتا ہے اور باقی دنوں کی نسبت ایک تبدیلی اور نئے پن کا احساس ہوتا ہے۔ خواتین نئے پردے اور کارپیٹ وغیرہ پر بھی زور دیتی ہیں لیکن یہ تو ایٹھا ایٹھا جیب پر ہے پریشان نہ ہوں پرانے پردوں کو ڈرائی کلین کر دائیں اور اگر خود دھونا ہے تو بہت موزوں داہنگ پاؤڈر کا انتخاب کر کے خود دھولیں یا گھر دھولیں اور ان کی استری پر خوب دل لگائیں کیونکہ دھلنے کے بعد جب استری اچھی طریقے سے ہوگی تو ان میں ہی چمک اور نیا پن نظر آئے گا سب سے اہم بات



ہرے بھرے لان

گھر کی خوبصورتی میں اضافے کا باعث



گھری نکل آئے اور تین چار گھنٹے کی کارپوریشن میں یا بڑے برتنوں، گولوں میں عقل کریں عقلی کام تمام کو غلطے وقت کریں۔ جو صوب سے پھول کو نقصان پہنچاتا ہے جس تک گھری عقل کی جائے اس تک سرویوں میں صوب آنا چاہیے اور گھریوں میں سایہ ہے۔

خوشبو اور بڑی بوٹیاں، دھنیا، پیوں، سوسا اور تھنی سرویوں یا موسم بہار میں توڑ لینا چاہیے جبکہ بخاری اور بڑیوں ان کو جو کر سکا کر اسٹور کیا جا سکتا ہے۔

بڑی بوٹوں کے پھولوں کی کارپوریشن برتنوں میں زیادہ کمادو ڈالیں وہ اس سے ان کی خوشبو کم ہو جاتی ہے ان کو بڑے کا مناسب حالت میں لائی علاقوں میں حیرا کو تہہ تہہ دیکھ کر پھولوں پر فروسی مارنے میں لگے جو تازہ نگاہ، بیلا اور عقلی کو بھی اسی طرح آگیا جا سکتا ہے مگر ان پھولوں کی جھٹ زیادہ گھبراہٹ کرنا ہوتی ہے۔ ان کی اسپتہ پھولوں کی طرح پھولوں کا ہوتی ہے اس کے پھولوں اور موٹی پھولوں سے تھلجوں سے ان کو گھبراہٹ کرنا چاہیے جو صوب سے پھولوں یا آپ کا سبزوں کا چلات بوٹوں پر کیا اس وقت فروسی ہے زمین کی تازگی اور عقلی، کھلاہ کئے اور ان کا استعمال اور عقلی حاصل کرنے کے لئے لازمی ہے۔

پودے وقت گھریوں اور صوب میں یا صحت سرویوں میں سوکھ جاتے ہیں۔ ان کو زیادہ دیکھ بھال کی ضرورت ہوتی ہے جو نئی موسم خوشگوار رہتا ہے پھر سے تازہ رہ جاتے ہیں اور ان میں گی پھولوں اور عقل نکل آتے ہیں۔

اگر آپ کے گھاسے، پارغ، لان اور گھن میں کافی پھول موجود ہے تو ان پھولوں کے لئے کارپوریشن، پائیں وہ بڑے گولوں اور عقلی کی آرائشی فرے میں بھی یہ لگائے جا سکتے ہیں۔ گولوں اور عقلی کے برتنوں کو پھر پھر خانے کی کڑی پر آرائش کے لئے دکھا جا سکتا ہے۔

گولوں اور عقلی کے برتن

گولوں اور عقلی کے برتنوں میں پودے بڑی بوٹیاں لگانے کے لیے پہلے عقلی چار کریں۔ ایک صحت پھولوں کی کماد لائیں۔ اس عقلی کو گولوں یا کڑی کی فرے میں بھرتیں ان برتنوں میں پانی پیسے کے لئے چھتے میں صراحی دینا چاہیے۔ سب کچھ میں تھوڑی سی ریت لگا کر تھوڑی عقلی پر چھڑک دیں اس کے اوپر تھوڑی سی تھوڑی کی کماد یا گھری عقلی میں چھڑک دیں اور آہستہ سے دیاریں گا ہے پگے تھوڑا پانی بھی چھڑکے رہیں۔ آہستہ پھولوں پائیدگی سے پانی دینے رہیں اور ان عقلی کی کڑی بھی کرتے رہیں۔ جب اس میں

گھری خوبصورتی اور سادگی میں برتن پھولوں میں عقلی یا ہم کنار اور کڑی ہیں مگر جو باہر ایک خوشبو، باہر سے گھریوں میں عقلی اور دکھائی دینا ہے۔ وہ دکھائی دینا اور عقلی میں نظر نہیں آتی بلکہ جب ہے کہ گھر کے لان اور باغ میں پھولوں کی آپ کی گھر پر لگے جاتے ہیں ان پر عقلی توجہ دی جائے گی ان کی عقلی دیکھ بھال کی جائے گی وہ اتنا ہی باہر پھولوں میں کریں گے۔

یاد رکھیں کہ گھریوں کی طرح ایک گھریوں کو روزانہ پھولوں، گھن، پائیں یا پھولوں کے لئے بھی ضرورت لائیں تاکہ پھولوں کی پائیں کو باقار بنا سکے۔ لوگ بہت سے کھانوں اور گھریوں میں بڑی بوٹوں کا استعمال کرتے رہتے ہیں۔ لیکن یہ بھی عجیب بات ہے کہ اپنے گھریوں کے گھاسے میں بڑی بوٹوں کا ایک پھول سا پارغ نہیں لگا سکتے ہیں حالانکہ اس میں بہت کم وقت اور سادگی کی ضرورت ہے تازہ پارغ سے تازگی ہوتی بڑی بوٹوں کا حرا اور خوشبو ہی الگ ہوتی ہے۔ بڑی بوٹوں کا پھول ہوتا ہے تاکہ وہ اس کی کاشت کے لئے زمین کو وقت سے سے چار کی پھلی ہے خاص طور پر ادک، بیسن، جال، دھنی، پودے، سروی اور لٹار کے علاوہ آپ کڑی چھ، سوٹف، عقلی، سویا اور دیگر سبزوں کو لگا سکتے ہیں۔ ایک مرتبہ زمین میں یہ پودے بڑی بوٹوں کے ہیں جب ہیڈ میں پر نکلی جاتے ہیں اور یہ برتنوں میں لگائے جاتے ہیں۔ اکثر

بھوک کی سائنس

”امی! مجھے سخت بھوک لگی ہے، جلدی سے کھانا لگائیں۔“



اسد کالج سے آیا تو گھر کے اندر آتے ہی چلایا اور ہاتھ منہ دھونے غسل خانے کی طرف بڑھ گیا۔ صرف اسد ہی نہیں ہر ذی حس کو بھوک لگے تو وہ پیٹ بھرنے کے لیے بے تاب ہو جاتا ہے۔ آخر یہ بھوک ہے کیا جو چٹ جائے تو انسان کو مسلسل پریشان رکھتی ہے تاہم لوگ تو یہی کہیں گے کہ پیٹ خالی ہونے کے بعد جنم لینے والی بے فتن کیفیت کا نام بھوک ہے مگر اس سادہ تشریح سے سائنس دان مطمئن نہیں ہوتے۔ سچی وجہ ہے کہ وہ سائنسی خوردبین کے ذریعے بھوک کے نظام کا بخور چاکرہ لے رہے ہیں۔

پچھلے ایک عشرہ کے دوران سائنس دانوں نے انسانی ذہنی کے بارے میں ایسے ایسے انکشاف کیے ہیں کہ خصوصاً ہماری دنیا کے جذبات میں انجمن لگ گئی ہے۔ ان کا کہنا ہے کہ ”غشی، غم، اداسی، محبت، نفرت، جھٹک اور غیرہ جیسے حقی اور مثبت جذبات کا حضرت دل سے کوئی واسطہ نہیں، یہ سب دماغ میں جنم لیتے ہیں۔ اب ماہرین سائنس نے تازہ انکشاف یہ فرمایا ہے کہ بھوک کا بھی پیٹ سے کوئی تعلق نہیں، یہ فطری عادت دیرینہ بھی ہمارے دماغ سے وابستہ ہے۔ سائنس دان بات آسان لفظوں میں سمجھ یوں سمجھاتے ہیں کہ فرض کریں، ہمارے دماغ کے کسی گوشے میں ٹیک ہانے کی چھوٹی ٹیکٹری لگی ہوئی ہے۔ اس ٹیکٹری میں کیڑا کرم کا کام ہوتا ہے، یہ کوئی نہیں جانتا۔ ماہرین کا کہنا ہے کہ بالآخر یہ معلوم ہو جائے کہ ٹیکٹری کہاں واقع ہے، جب بھی اس کے کام کی نوعیت سمجھنا تقریباً ناممکن ہے۔ سہ ماہ اس ٹیکٹری کا وجود ثابت ہے اور ہمیں انسان میں ٹیک کے ذائقے کا پہلا احساس جنم لیتا ہے۔ انسان جب ماں کے پیٹ سے باہر آتا ہے تو ٹیک کے ذائقے سے نا آشنا ہوتا ہے۔ بچپن کے کسی دن آپ پہلا ٹیک کھاتے ہیں۔ بس ہی وقت آپ کے دماغ میں حسی (Sensory) اور جسمی (Metabolic) اور جسمی (Neurochemical) عمل پیل جڑیوں کی طرح جنم لینے لگتے ہیں۔

اس دوران ہمارے دماغ کے وسط میں واقع میسولیمبک (Mesolimbic) نامی علاقہ جل اٹھتا ہے۔ اسی

علاقے میں لذت اور ذائقے سے وابستہ جمل انجام پاتے ہیں۔ میسولیمبک سے پھولنے والی ایک خاص صوبہ، واکس (Vagus) مدد سے تک ایسے اشارے پہنچاتی ہیں جن کے ذریعہ اثر وہ ہانے کے حیرت خراب خارج کرنے لگتا ہے۔ اس اثناء میں لہجہ، السولین چھوٹنے لگتا ہے۔ جگر کا کارخانہ بھی اشارت ہو جاتا ہے تاکہ وہ جسمانی کیا میں کئی تہذیبیں لاسکے۔ انہی تہذیبوں کے ذریعے آنے والی شکر، چھتائی اور نشاستہ ہمارے جسم میں جذب ہونے لگتے ہیں۔ جب یہ تمام پیچیدہ عمل انجام پارے ہوں تو ہمارے ذہن میں یہ سادہ قدیم اور غیر شعوری تصور پیدا ہو جاتا ہے۔ ٹیک ایک مزہ دار شے ہے۔ یوں ٹیک کے ساتھ ذہنی بھرکا مشق شروع ہوتا ہے جو کئی لذت سے بھر پور ہوتا ہے اور کئی تکلیف دہ ہے۔

انسان کا غذا سے رشتہ بڑا پیچیدہ اور گراہ ہے مگر پہلے یہ سمجھ لیجئے کہ ذمہ دہنے کے لیے ضروری ہے، تاکہ ہمارے جسم کے کئی نظام روزانہ اپنا کام بخوبی انجام دیں۔ اگرچہ ان نظاموں میں سے بیشتر مثلاً عصب، اعصاب، گردش خون اور ایجنڈہ سرین کے نظام خود کار طور پر کام کرتے ہیں تاہم غذا کھانا ایک علیحدہ معاملہ ہے۔ انسان کو خود کھانا کھانا پڑتا ہے۔ کوئی خود کار عمل نہیں۔ تاہم یہ ایک ضروری عمل بھی ہے۔ انسان کھانا نہ کھائے تو جل جائے گا۔

ورلڈ میمن آرگنائزیشن (پاکستان چپٹر)

میمن مردم شماری کمیٹی 11-2010



مردم

شماری ایک انتہائی اہم عمل ہے اور اس وقت دنیا کی چوتھی یا پانچواں قوم ہیں ان کی ترقی کی ایک اہم وجہ اپنی ضروریات کا پہلے سے قصین کرنا بھی ہے اور ضرورت کا صحیح اندازہ اس وقت ہی لگایا جاسکتا ہے جب ہمیں اپنی افرادی قوت کی صحیح تعداد کا اندازہ ہو اس کے ساتھ ساتھ ان کی معاشی حالات کا علم بھی ہوتا ہے کہ ہائش تعلیم اور دیگر معاشی و سماجی ضروریات کا کمال اندازہ لگا کر اس لحاظ سے وسائل کے حصول کی کوشش کے ساتھ ساتھ مستقبل کی ضروریات کا اندازہ بھی لگایا جاسکتے۔

دنیا میں ہماری برادری میں کل کتنے افراد ہیں؟ اس کے حقائق معلومات رکھنا انتہائی ضروری ہے۔ جب تک ہمیں اپنی آبادی کے حقائق پتہ نہیں چلتا اس وقت تک ہم صحیح طور پر کوئی منصوبہ نہیں بنا سکتے۔ مردم شماری ایک ضروری عمل ہے اس کے لیے ہا کاندہ پلاننگ کے تحت تمام مہتمم جماعتوں و اداروں سے معلومات حاصل کی جارہی ہے۔ مردم شماری کا کام انتہائی پیچیدگی کا حامل ہے۔

اس میں سب سے پہلا اس بات کا قصین کیا جاتا ہے کہ مردم شماری سے کیا مقصد حاصل کرتے ہیں۔ مردم شماری کا درجہ اول بنیادی مقاصد ہیں:

- 1۔ برادری کی صحیح تعداد سے حقائق آگاہی
- 2۔ برادری میں تعلیم یافتہ و غیر تعلیم یافتہ افراد کے حقائق معلومات
- 3۔ برادری میں موجود Professionals کے حقائق علم ہونا
- 4۔ برادری میں احرمند و غیرہ ہنرمند افراد کے حقائق معلومات
- 5۔ برادری کی معاشی و کاروباری سرگرمیوں سے حقائق معلومات کا حصول
- 6۔ دنیا بھر میں برادری کے درمیان رابطہ قائم رکھنا

برادری کی افرادی قوت کو پیمانے کے لیے WMO کی مہتمم مردم شماری کمیٹی 11-2010 نے کام کا آغاز مندرجہ ذیل کے تحت شروع کر دیا ہے۔

- 1۔ مختلف علاقوں میں مردم شماری کمیٹی
- 2۔ مہتمم جماعتوں و اداروں سے رابطے

- 3۔ مہتمم برادری کے ماتحت چلنے والے درگاہوں سے رابطے
- 4۔ ایس کا آڈیو کے ماتحت علاقوں کی ذیلی کمیٹیاں

مہتمم مردم شماری کمیٹی نے 1۔ ہائیکو منزل، ہائیکو ہاؤس 2۔ پور بندہ کالونی، قیڈرل بل ایس اور 3۔ چاندنی چوک بلکھانہ پرانی میزری منڈی مہتمم کمیٹی لگائے۔ جس کے خاطر خواہ نتائج حاصل ہوئے مستقبل قریب میں دیگر علاقوں میں بھی اسی طرح کمیٹی لگائے جائیں گے۔

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محمد یونس نور محمد جوانی
چیرمین مہتمم مردم شماری کمیٹی
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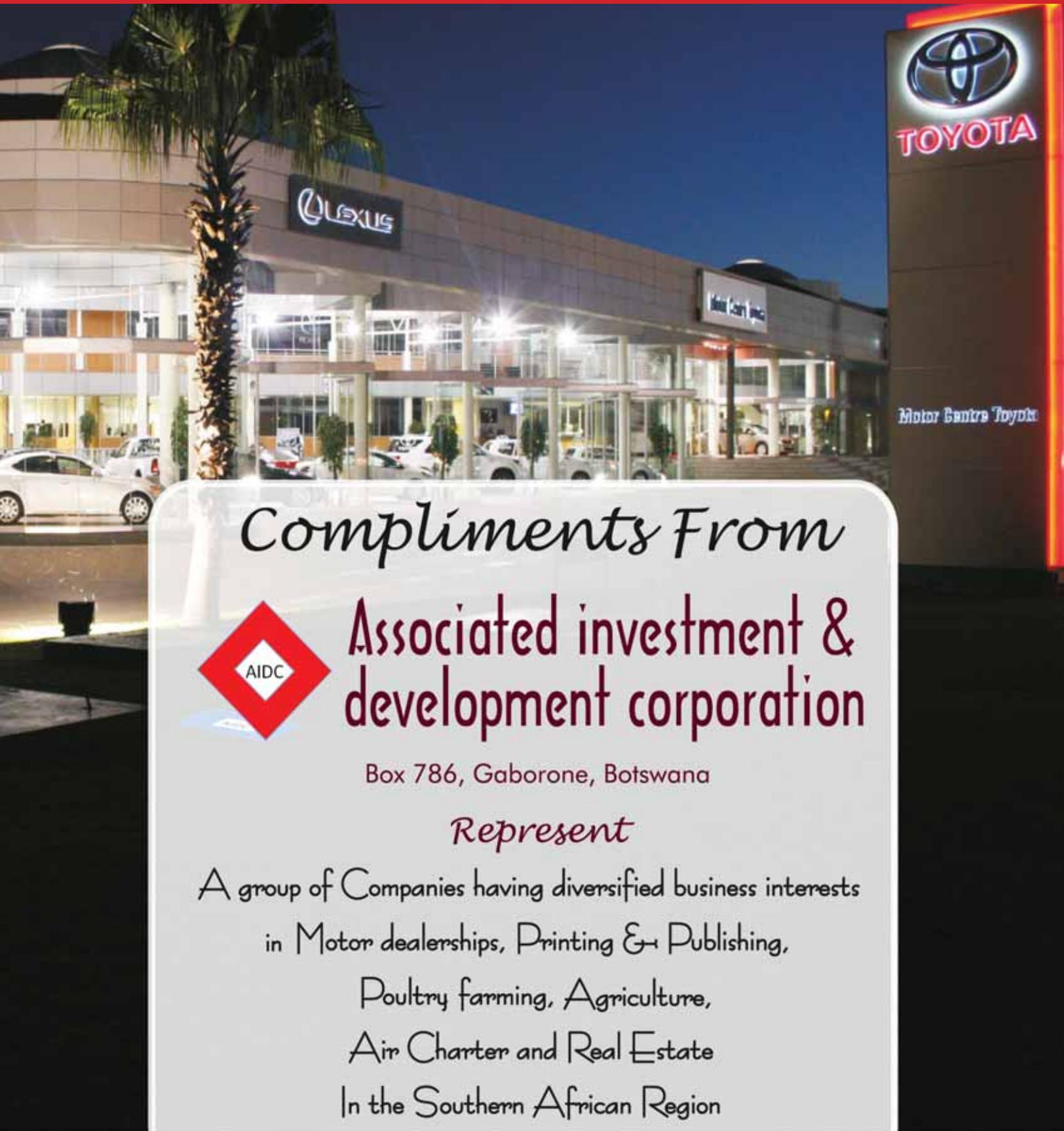


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