



Congratulation on 5th Anniversary of Memon Welfare Society and for Successful Event of Award Ceremony



Mohammed Faizan receiving plaque for becoming Chartered Accountant during the current year.



Dr. M.U.Cpara along with Board Members of MWS cutting cake of 5th Anniversary of Memon Welfare Society,

Dear Brothers and Sisters, Assalamo Alaikum WRWB

Al Hamdo Lillah, both the occasions of Hajj Baitullah and Eid Al Adha were observed by Muslim Ummah very nicely and peacefully. In fact everything has come back to normal after such events. Some of our families went to perform Hajj and some remained busy in serving Hujjaj came from their respective home counties. And those who went abroad to observe Eid Al Adha with their loved ones would have come back to their work and normal life.

On the advent of New Islamic Year of 1435 commencing from 5th November 2013, we take the opportunity to express our best wishes to our entire community. May this New Year brings peace & prosperity throughout globe in general and in Muslim Ummah in Particular, A'ameen.

Since this issue is named "5th Anniversary Number" We would like to convey our heartiest congratulation to the community for completion of Five years of MWS. We have celebrated the 5th Anniversary of Memon Welfare Society by cutting a cake in the recent mega event of 2nd Annual Award Ceremony held on 4th October 2013 wherein a well known dignitary Dr. M. Umar Chapra was invited as Chief Guest. We are thankful to all members of our memon community who have sent to us Season and New Year Greetings by emails as well as by telephone & SMS from different parts of the world. We also appreciate community brothers who have shown their interest in writing to us their valuable views and suggestions that are very useful for future guidance. We sincerely offer our apology in advance, if there is any unintentional omission or error in this Newsletter.

Thank you and wishing you all once again Happy & Prosperous New Year and look forward to continued support & cooperation from all our community members. May God Bless All.

Sincerely / Newsletter Committee

President's words about Mega Event held last month



Arif A.M.Memon

First of all, I regret for not being able to attend the last Event of MWS due to sudden illness. But I was very much delighted to learn from the community members that a considerable number of families of our community took interest and attended the event that lead to a great success. I congratulate all Board Members of MWS for their hard work and untiring efforts for holding such a commendable event. I also congratulate all meritorious students who received Plaques and Prizes in recognition of their outstanding positions in their exams of 2013. I express heartiest thanks to the Chief Guest Dr. M.U.Chapra for giving his precious time and attending the occasion. Also thanks to all sponsors whose support and cooperation played a vital role in success of the event. Indeed, I missed the occasion due to unforeseen reason. My thanks to well wishers of MWS. I wish all the best and more and more success of MWS in the future.
Sincerely, President / MWS



مبین ویلفیئر سوسائٹی کی فلاحی خدمات Society

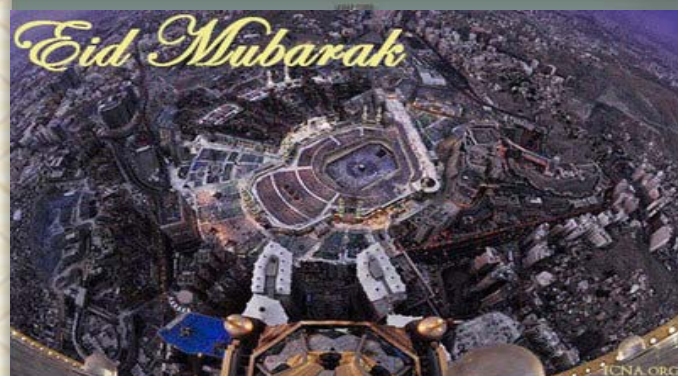
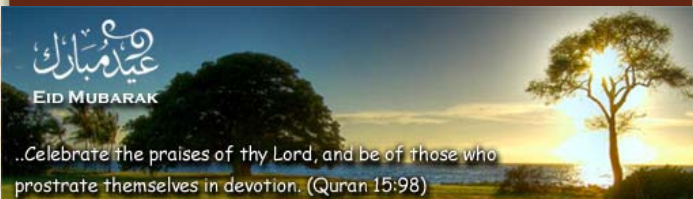
-No doubt, Memon Welfare Society is playing a significant role by providing an opportunity to the community families to meet, greet and eat together from time to time, which is a piece of good fortune. It is worth mentioning that we have formed various committees to undertake their respective responsibilities and assignments.

In brief MWS is purely social and welfare forum to serve the community and humanity.

اس کے علاوہ ہم نے اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔

مختصراً میمن ویلفیئر سوسائٹی
خالصتاً سماجی اور برادری کی فلاح و
بہبود اور انسانیت کی خدمت کرنے
کے لئے ایک فورم ہے، جسکی پوری
کمیونٹی کو حمایت کرنی چاہیے

Various Eid Greeting Cards Received by MWS from community members



And more.

**Thanks to all who have sent to us Eid Greetings
and Congratulations on 5th Anniversary of
Memon Welfare Society KSA.**



A mega event of Awards & Prizes Distribution to the Outstanding Students and Fifth Anniversary of Memon Welfare Society held last month.

Second Annual Awards & Prizes distribution among meritorious students of the Community as well as 5th Anniversary of Memon Welfare Society took place on Friday 4th October 2013 in an Auditorium of Al Shallal Park, Jeddah. A well known dignitary, Scholar, Islamic Economist, Author of various books and Recipient of King Faisal Award and Speaker Dr. Mohammed Umar Chapra was invited as the Chief Guest.

The plaques of appreciation & Prizes were presented by the hands of Dr. and Mrs. Mohammed Umar Chapra to the male & female outstanding students of grade ONE to university graduates who secured 90% or A-Plus or above marks in their exams held in 2013. There were Doctors, Chartered Accountants, Master Degree holders and students of A-Level O-Level and of other lower grades among the recipient of award.

Almost 450 invitees attended the event. The event started immediate after Isha Prayer with recitation from Holy Quran. Mr. Tayyab Moosani, the Secretary General of Memon Welfare, briefed the guests about social and welfare activities of the society which was applauded by the audience. During the Award Ceremony, Fifth Anniversary of Memon Welfare Society was also celebrated by cutting a cake. Entire Managing Board including Patrons of the society were invited to join Dr. Chapra for Cake cutting ceremony. After Award and Cake Cutting Ceremony Dr. Chapra expressed his views and said that, he knows the memon welfare society since its inception and the welfare services that society is extending to the people is commendable. He advised the society to keep up its welfare activities.

He congratulated the students who received awards and advised other students to work hard in their studies to stand among award recipients next year. He expressed his best wishes to the students and the society. An outstanding student Ahmed Irfan Kolsawala was awarded with special prize for securing 2nd position in the entire school.

Thereafter a complimentary gifts sponsored by various businessman were distributed to almost 450 male and female attendees of the event. The event was concluded with vote of thanks by Acting President Mr. Younus Habib and Vice Presiden Mr.Mansoor Shivani. Then all invitees left the auditorium to enjoy with rides in Shallal Park until late night. The announcements and the comparing were performed by M/s Shoaib Sikander and Nasir.



Some feed backs of the community members on the Mega Event:

Dear Arif Bhai/Tayyab bhai and all Respeted members,

It was a wonderful evening with Memon Welfare Society. Your efforts are highly appreciated specially Tayyab Bhai, Younus Bhai, Mansoor Bhai, Shuaib Bhai, Ahmed Bhai and all other members.

It was a difficult task to manage a huge crowd but due the efforts of many it was done very smoothly. Every child had lots of fun. It was good to see them smiling and enjoying with their family and friends. I must say TODAY SHALLAL WAS CAPTURED BY MEMONS.

I on behalf of TAI GROUP must say it was a DHANSOO event. Hope to be a part of such events in future as well. Those who could not make it surely missed such a great event.

THANK YOU MASA!!!

Regards,

Wasim Abdul Razzak

-X-X-X-X-X-X-X-X-X-

Dear Brothers

Thanks a lots for the award and respect given to me and my children.

Beside that the function was really good and I think all the board members as well as the Memon community appreciated. Kids have enjoyed lot as well as the parent we very happy with the grand success and seeing the kid enjoying the events and the rides.

We missed a lot our President and hope he recovers from his illness soon. May Allah give him health and recovers him from the illness.

Thanks & Best Regards

Irfan H. Ahmed Kolsawala

-X-X-X-X-X-X-X-X-X-X-X-

Dear Arif & Tayyub Sir,
Alhamdulillah!

It was an enjoyable and rewarding experience for all families especially the Kids. A Big "Thank you" to all the Members & Sponsors who actively made this evening a very successful Event !!

"PAISA VASUL" ... GO AHEAD MASA

Best Wishes!

Abdul Qadir Teli

AND MANY MORE ENCOURAGING VIEWS AND FEEDBACKS WE HAVE RECEIVED FROM THE COMMUNITY,,,,,,,,,,,,,,,,,,,,,,,,,,,,, Thanks to all for the support and cooperation.

Thanks and Appreciation to:

- **Mr. Mohammed I. Badi**, the Patron of MWS, who sponsored all Plaques and Shields for the outstanding students.
- **Hajiani Zubeda Bai Abdullah Telli**, mother of Late Mohammed Amin Teli (one of the founders of memon forum in Saudi Arabia) and grandmother of Abdul Qader M.Amin Telli, present Board Member, who sponsored all prizes given to the meritorious students along with Plaques and Shields.
- **Mr. Shoaib Sikander**, the Treasurer of MWS, who sponsored the gifts of travel bags for **male** attendees of the event.
- **Mr. Munaf Abdul Sattar Bakhshi**, the Patron of MWS, who sponsored the gifts of Scarfs for **female** attendees of the event.
- **Mr. Younus Habib**, the Vice President of MWS, who sponsored the gifts of toys for **Children** who attended the event.
- **Mr. Saleem Habib Burmawala**, members of board of MWS, who sponsored photography of entire event.



Just to update community,,,,,,,,,,,,,

MWS Current Activities:

1. Assistance being provided to needy students of Private School and Madrassa Hifzul Quran.
2. Collecting and delivering unused medicines to Pakistan Welfare Society for their free medical camp take place every alternate Friday. If anyone has unused medicines, please contact Ahmed Kamal Makki at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786)
3. Collecting used clothes for poor and needy people in India and Pakistan. Five shipmenst have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786) .
4. Helping very needy & deserving people from Zakat fund.
5. Matrimonial service WITHOUT ANY FEE is being enhanced day by day.
6. Look into day to day issues brought to the MWS are resolved very sincerely. Here we would like to convey thanks to our community members for their trust and confidence in MWS.

MWS Events/Programs in Near Future:

1. A Picnic of for community families or Board Members Family to take place after some time.
2. As per announcement in last mega event, cooking classes will be started subject to response from the ladies of the community.
3. As per announcement in last mega event, sewing and stitching ~~cooking~~ classes will be started subject to response from the ladies of the community.



Look for your heart in three places:

The word "heart" is one of the most commonly used motifs, metaphors, and symbols in human history. It is a term whose definition is broad enough to include the fierceness of strength and courage as well as the tenderness and vulnerability of intense emotion. Traditional science, however, has downplayed the heart as merely a monotonously contracting muscle, while the brain is touted as both the center and originator of intelligence and feeling. In spite of this, the tendency to ascribe psychological sensitivities to that constantly beating organ continues to haunt contemporary human thought. At the language level, the word "heart" remains a strong conveyer of emotion and meaning. If human beings are discouraged, they are disheartened; if stoic, heartless; if in the best state of energy and enthusiasm, hearty.

In the face of traditional science, why does the collective psyche of humanity continue to fixate upon this same intangible concept of the heart? Perhaps it is because, to this day, the stopping of the heartbeat signifies the coming of death. It might be ascribed to the way that the heart responds so readily to emotional signals, increasing or reducing pace in direct correlation to the human psychological state. Within human consciousness, the heart's meaning extends beyond that of a muscle; within Islam, the role of the heart cannot be understated. The heart is mentioned repeatedly in the Qur'an. One of the mentioned du'a' (supplications) of Prophet Ibrahim, 'alayhi salam (peace be upon him), beseeches to Allah, subhanahu wa ta'ala (the Exalted and Glorified): "Do not forsake me on the Day of Resurrection, a day where neither money nor children will benefit except whoever meets Allah with a sound heart" (26:87-89). Allah (swt) revealed this powerful supplication about the Day of Resurrection, for the judgment on the eternal fate of each soul is decided by Allah (swt) on that day, rendering a pure heart necessary for entering Paradise.

The Arabic term for the heart, qalb, has a very specific meaning. It refers to what defines the existence of the individual: one's personal center of faith. A most illustrious and beautiful chapter of the Qur'an, Surah Yaseen, is referred to as the heart of the Qur'an. According to the Prophet Muhammad, salla Allahu 'alayhi wa sallam (peace and blessings be upon him), the virtues of reciting this qalb, among others, include receiving benefits of the dunya (earthly life) and the removal of the dread of the akhirah (life after death). Furthermore, worship of Allah (swt) is divided into four categories, two of which deal with the heart: its sayings and its actions. A true Mu'min (Believer) is said to possess a pure heart that is well-informed in the total belief of Allah (swt) and complete trust in Him—a heart that is true to its Maker (swt) in both its impulses and the carrying out of those impulses. The qalb was created to hold its Creator as its highest Authority, Love, and Loyalty. If the heart is dead, then spiritual (and, eventually, physical) problems would manifest themselves in the individual.

In purifying the heart, a Believer can rest assured that the best of examples is being followed: that of Prophet Muhammad (saws), the most virtuous of the creations of Allah (swt) and the most beloved to Allah (swt). Indeed, despite his perfection in the sight of Allah (swt), the Prophet's heart (saws) was not only cleansed by Angel Jibreel (Gabriel), but was also purified by his own strategies of worship. One of the greatest interpreters of Shari'ah (Islamic law) of the fourteenth century, Ibn Qayyim al-Jawziyyah, was greatly concerned with matters of the qalb. According to him, 'Abdullah ibn Mas'ood, radi Allahu 'anhu (may Allah be pleased with him), one of the closest companions of the Prophet (saws), once presented a diagnostic by which a Believer may determine the state of the qalb. He said:

"Look for your heart in three places: when listening to the Qur'an, when seeking knowledge (of Allah) and when in privacy. If you cannot find it in these places, then ask Allah (swt) to bless you with a heart, for indeed you have no heart."

A soul with no heart can not even begin to work on increasing its level of submission to its Lord—the very foundation of its purity. A vital conductor of faith must be found and awakened within every loyal slave of Allah (swt). The following exploration of 'Abdullah ibn Mas'ood's (ra) mentioned places transcends the mind and body and deals with a site precious to all human beings.

Pictorial View of Mega Event of Award and Prize Distribution Among outstanding students of the community and 5th Anniversary of Memon Welfare Society, KSA.



Before start of Event, M/s Shoab Sikander and Nasir Ibrahim placing Banner of MWS



Plaques and Shields are placed on the stage before start of event



Prizes arranged and placed on the stage before start of event

2nd Award Ceremony and 5th Anniversary of MWS



Mr. Shoaib Sikander and Mr. Nasir Ibrahim comparing the program while Secretary General of MWS Mr. Tayyab Moosani is addressing the audience and giving brief about welfare activities of MWS.



Chief Guest Dr. M.U. Chapra sitting with Office Bearers, Present and Past Patrons of MWS and various members of the memon community in Saudi Arabia.

Mega Event



Announcement about sponsors of various parts of the event is being made



Guests listening to the speakers attentively



Awards and Prize Distribution to the outstanding students of the community by the hands of dignitaries



Dr. M.U. Chapra giving a plaque to Mohammed Faizan who completed his CA



Dr. Chapra giving a plaque to Dr. Bilal Shoaib For completing MBBS



Patron Mohammed Badi giving a plaque to a meritorious student



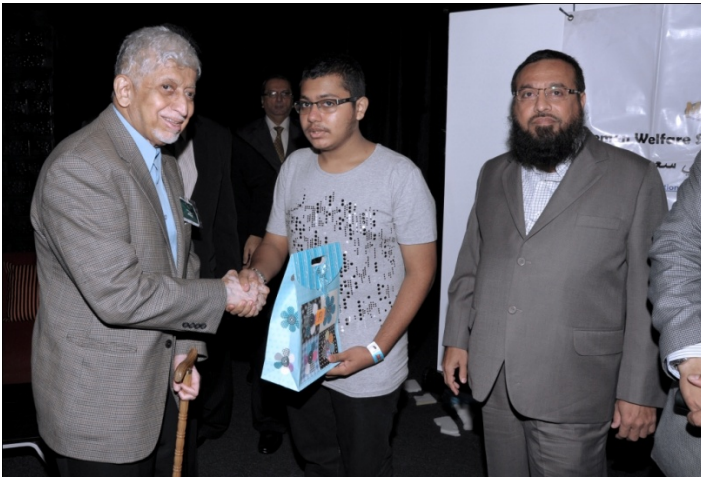
Patron Munaf A. Sattar Bakhshi giving a Plaque to a meritorious student



Former Patron Haji Ahmed Haji Abdul Karim giving a plaque to a meritorious student



Munaf Abdul Ghaffar Ghamdi giving a plaque to a meritorious student



Ahmed Irfan Kolsawal is given Prize by Dr. M.U.Chapra for securing 2nd position in his entire school.



Patron Kaleem Ahmed is giving a plaque to meritorious student



Acting President Younus Habib is giving a Plaque to meritorious student



Vice President Mansoor Shivani is giving a Plaque to meritorious student



Tayyab Moosani, GS, Presenting a Plaque



Rashid Kasmani, JS, Presenting a Plaque

Plaques and Prizes of Appreciation to Female outstanding Students Presented by hands of distinguished Female Guests



Mrs. M.U. Chapra giving plaque to student who completed 'A' Level with excellent marks



Mrs. Chapra giving shield to student of 'O' Level



Mother of Late M. Amin Teli, one of the founders of Memon Forum in KSA presenting shield to student



Mrs. Shoaib Sikandar of Pak English School Jeddah Presenting a shield to Student



Mrs. M.U. Chapra giving shield to an Outstanding student



Mrs. Mohammed I Badi giving shield to an outstanding student



**Patrons and Office Bearers extending
Courtesy to the Chief Guest Dr.M.U.Chpara**

Mega Event



Patrons, Office bearers and Board Members with Dr.Chapra

**5TH ANNIVERSARY CELEBRATION BY CUTTING A CAKE
BY THE HANDS OF DR. M.U.CHAPRA**



Acting President Younus Habib offering a piece of 5th Anniversary cake to the chief guest while other members seem to be in pleasant mood

PRESS CLIPPING OF THE MEGA EVENT OF MEMON WELFARE SOCIETY



URDU NEWS Dated 7th October 2013

جدہ: میمن ویلفیئر سوسائٹی کی سالانہ تقریب تقسیم انعامات

شاہ فیصل ایوارڈ یافتہ ڈاکٹر محمد عمر چھاپرا مہمان خصوصی تھے، سوسائٹی کی فلاحی خدمات کے 5 سال مکمل ہونے پر یکک کا ناگیا

نے کہا کہ آج کی یہ تقریب کیونٹی کے جی سے یونیورسٹی گریجویٹ تک کے طلباء و طالبات کیلئے ہے۔ جنہوں نے امتحان میں 90 فیصد سے زیادہ نمبر حاصل کئے ہیں۔ ان میں ڈاکٹر، چارٹرڈ اکاؤنٹنٹ اور ماسٹر ڈگری حاصل کرنے والے طالب علم شامل ہیں۔ بعد ڈاکٹر محمد عمر چھاپرا اور ان کی اہلیہ نے ایوارڈ اور انعامات تقسیم کئے۔ جس میں سوسائٹی کے سرپرستوں نے بھی حصہ لیا۔ بعد ازاں ڈاکٹر محمد عمر چھاپرا نے سوسائٹی کے تمام مجلس عاملہ کے اراکین کے ساتھ فلاحی خدمات کے 5 سال مکمل ہونے پر یکک کا نا۔ ڈاکٹر محمد چھاپرا نے اپنے خطاب میں میمن ویلفیئر سوسائٹی کی خدمات کو سراہا اور اراکین کو 5 سال سے فلاحی خدمات انجام دینے پر مبارکباد پیش کی۔ انعام یافتہ طالب علموں کو بھی مبارکباد پیش کی اور سوسائٹی کو فلاحی خدمات جاری رکھنے کا بھی مشورہ دیا۔ تقریب میں شرکاء کیلئے تحائف کا انتظام کیا گیا تھا۔ بچوں میں کھلونے تقسیم کئے گئے۔ آخر میں نائب صدر یونس حبیب اور منصور شیوانی نے تمام حاضرین کا شکریہ ادا کیا۔ اس موقع پر میمن ویلفیئر سوسائٹی کے اختتام کا اعلان کیا۔

ماہر، کئی کتابوں کے مصنف اور شاہ فیصل ایوارڈ یافتہ ڈاکٹر محمد عمر چھاپرا اور ان کی اہلیہ تھے۔ تقریب کا آغاز تلاوت کلام پاک سے ہوا۔ کیونٹی کے سیکریٹری جنرل طیب موسانی نے سوسائٹی کی فلاحی خدمات کو مختصر مگر جامع انداز میں پیش کیا۔ انہوں

میں ویلفیئر سوسائٹی جدہ کے زیر اہتمام مقامی پارک میں کیونٹی کے قابل طلباء و طالبات کی حوصلہ افزائی کیلئے امسال ایوارڈ اور انعامات کے حوالے سے تقریب کا انعقاد کیا گیا۔ مہمان خصوصی معروف اسکالر، اسلامی اقتصادیات کے



میمن ویلفیئر سوسائٹی کے 5 سال مکمل ہونے پر ڈاکٹر محمد عمر چھاپرا مجلس اراکین کے ہمراہ یکک کاٹ رہے ہیں۔

arab news

JEDDAH: HABIB SHAIKH

Published — Sunday 27 October 2013

Last update 27 October 2013 12:45 am



BIRTHDAY BASH: Award-winning economist Mohammed Umer Chapra cuts a cake to celebrate the Memon Welfare Society's fifth anniversary with board members and guests in Jeddah. (AN photo)

Jeddah Memon society marks 5th anniversary

JEDDAH: HABIB SHAIKH

The Memon Welfare Society presented awards and prizes to outstanding students at its second annual function at Al-Shalal Park in Jeddah recently.

The chief guest was Mohammed Umer Chapra, recipient in 1990 of the Islamic Development Bank's award in Islamic economics, the King Faisal International Award in Islamic Studies, and an author of many books on Islamic economics and finance.

Chapra presented plaques of appreciation and prizes to the out-

standing male and female students of all grades and university level who secured 90 percent or A-Plus in their examinations this year. Recipients included doctors, chartered accountants and master's degree holders.

Tayyab Moosani, secretary general of the society, briefed the guests on the social and welfare activities of the society. The fifth anniversary was celebrated by cutting a cake. The managing board and patrons joined Chapra in the ceremony.

Chapra said he has known about the organization since its

inception and praised members for helping needy people. He congratulated the students who received awards and advised other students to work hard to become recipients next year.

Outstanding student Ahmed Irfan Kolsawala received a special prize for securing second position at the school. Gifts sponsored by various businessmen were distributed to almost 400 male and female attendees.

The event concluded with thanks by Younus Habib, Mansoor Shivani, Shoaib Sikander and Nasir.

HEALTH CORNER:

Health: Kidney Stones & Treatment. (INFO IN URDU)

پتھری کی اقسام:

کیلشیم سٹون:

یہ سٹون کی عام قسم ہیں۔ اور عموماً 20 سے 30 سال کی عمر کے افراد میں زیادہ یہ مسئلہ دیکھنے میں آیا ہے۔ اس میں زیادہ تر ذرات آکزالٹ، فاسفیٹ اور کاربوئیٹ کے شامل ہیں۔ آکزالٹ زیادہ تر پالک اور ٹائمن سی والی غذاؤں میں پائے جاتے ہیں۔

سٹائن سٹون:

سٹائن زیادہ تر ایسے افراد میں پائے جاتے ہیں، جو cystinuria کا ہو۔ cystinuria دراصل ایک وراثتی مرض ہے جس میں سٹونز بننے کی بیماری نسل در نسل چلتی ہے اور اس کی وجہ امینو ایسڈز کی زیادتی ہے۔ یہ بیماری چونکہ وراثتی ہے اس لیے اس بیماری سے متاثر ہونے والوں میں مرد، عورت دونوں شامل ہیں۔

سٹرووائٹ سٹون:

سٹرووائٹ سٹون کا زیادہ شکار خواتین ہوتی ہیں جس کی وجہ یورینری انفیکشن ہوتا ہے۔ یہ سٹون بہت بڑے ہو جاتے ہیں جسکی وجہ سے کڈنی کی ٹیفر ووز بلاک ہو جاتی ہیں۔

یورک ایسڈ:

یورک ایسڈ سٹون خواتین سے زیادہ مردوں میں پایا جاتا ہے۔

علامات:

سٹونز یا پتھری کا اندازہ آپ کو تب تک نہیں ہوتا جب تک یہ آپ کے یورینٹر میں نہ آجائیں، وہاں سے یہ بلیڈر میں داخل ہو جاتے ہیں۔ جس کے بعد یہ برین کے جسم سے اخراج کو روک دیتے ہیں۔ اس کی زیادہ علامات میں:

☆ معدے یا کمر میں درد ہونا

☆ یورین کا رنگ بدل جانا

☆ یورین میں خون کا آنا

☆ بخار

☆ تھوہنا

شامل ہیں۔ علامات کے ظاہر ہوتے ہی مختلف ٹیسٹس کرا لیے جائیں تو بہتر ہے۔ جیسے بلڈ ٹیسٹ تاکہ خون میں کیلشیم کی مقدار کو ماپا جاسکے۔ اس کے علاوہ یورینری ٹیسٹ اور کڈنی فنکشن ٹیسٹ بھی کئے جاتے ہیں۔

اس لیے بہتر ہوگا کہ آپ قبل از وقت اس سے نجات پانے کے لیے کچھ واضح اقدامات کر لیں۔ اس کے لیے آپ کو سب سے پہلے یہ جاننے کی ضرورت ہے کہ آخر گردے میں پتھری بننے کی وجوہات کیا ہیں؟

وجوہات:

☆ گردے میں پتھری ہونے کی سب سے اہم اور عام وجہ کم پانی پینا ہے۔ کم پانی پینے کے باعث، آپ کے جسم میں موجود نمک، منرلز اور دوسرے کیمیائی مادے اکٹھے ہو کر ایک دوسرے کے ساتھ چپک جاتے ہیں اور پتھری کی شکل اختیار کر لیتے ہیں۔

☆ بعض اوقات کسی دوسری بیماری کے باعث بھی گردے میں پتھری بن سکتی ہے۔

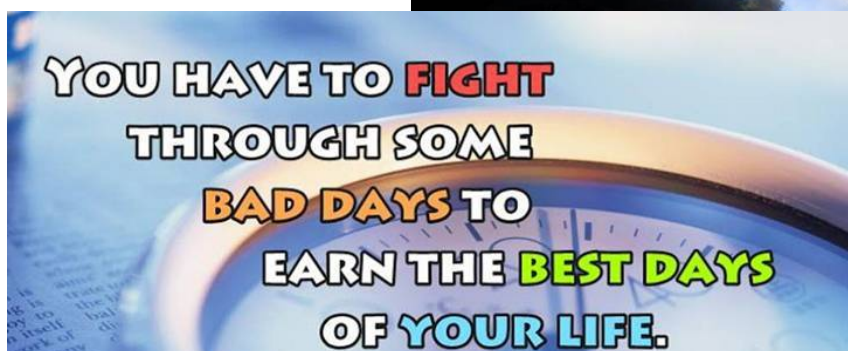
☆ زیادہ تر لوگوں کو گردے میں پتھری کی شکایت وراثت میں ملتی ہے اور یہ کئی خاندانوں تک چلتی ہے۔
 ☆ بہت سے کیسوں میں اس طرح ہوتا ہے کہ جسم میں موجود Parathyroid glands کے زیادہ مقدار میں ہارمونز پیدا کرنے کی وجہ جسم میں کیشیم کی مقدار کا زیادہ بڑھ جانا ہوتی ہے۔
 ☆ اگر آپ اپنی غذا میں ہائی پروٹین اور کم فائبر پزئی غذا نہیں کھا رہے ہیں تو اس کی وجہ سے بھی گردوں میں پتھری پیدا ہو سکتی ہے۔
 ☆ بہت کم کام کر نیکی وجہ سے اور سستی کا شکار ہونے پر بھی آپ کے گردوں میں پتھری بن جاتی ہے۔
 اگر آپ گردوں کی پتھری سے بچنا چاہتے ہیں تو اوپر بیان کی گئی وجوہات سے خود کو بچانے کی کوشش کریں اور اپنے کھانے پینے اور روزمرہ کے معمولات میں ان باتوں کا خیال رکھیں۔ لیکن اگر آپ پہلے سے اس مسئلے کا شکار ہیں اور اس سے نجات حاصل کرنا چاہتے ہیں تو سب سے پہلے آپ ڈاکٹر سے رجوع کریں اور اپنے مکمل ٹیسٹ کروائیں تاکہ آپ اس بات سے بخوبی واقف ہو جائیں کہ پتھری کا سائز کیا ہے۔ اگر پتھری کا سائز کافی بڑا ہے تو اس کے لیے آپریشن کی

ضرورت بھی پڑ سکتی ہے۔ یا پھر آپ لیزر ٹیکنالوجی کا انتخاب کر سکتے ہیں جس میں لیزر کی شعاعوں کے ذریعے گردے میں موجود پتھری کو بہت ہی چھوٹے چھوٹے ٹکڑوں میں توڑ دیا جاتا ہے جو بعد میں یورین کے ذریعے جسم سے خارج ہو جاتے ہیں۔ لیکن اگر آپ کے گردے میں موجود پتھری کا سائز بہت چھوٹا ہے۔ تو آپ کو آپریشن یا لیزر ٹیکنالوجی کا استعمال کرنے کی ضرورت نہیں ہے۔ آپ چند گھریلو تدابیر کو اپنا کر اس سے چھٹکارہ حاصل کر سکتے ہیں جو کہ درج ذیل بیان کی جارہی ہیں۔

علاج

☆ روزانہ 10 سے 12 گلاس پانی پیئیں۔ تاکہ اس سے آپ کے جسم میں پتھری نہ بن سکے۔
 ☆ اپنی غذا میں نمک کا استعمال کم سے کم کریں۔
 ☆ فروٹس کا استعمال زیادہ سے زیادہ کریں تقریباً تمام فروٹس گردے کی پتھری کو زائل کرنے میں مددگار ثابت ہوتے ہیں۔ لیکن تربوز میں پانی کی مقدار زیادہ ہوتی ہے، اس لیے اس کو زیادہ مقدار میں کھانا بہتر ہے۔
 ☆ ایک لیٹر پانی میں 4 چمچ اسی کو ڈال کر ابال لیں۔ جب پانی ایک تہائی بچ جائے تو اس کو ٹھنڈا کر کے چھان لیں اور اس میں لیموں کا جوس اور شہد ڈال کر پیئیں۔ اس سے آپ کے گردے میں موجود پتھری ختم ہو جائے گی۔ اور گردے کی دوسری تکالیف میں بھی افادہ ہوگا۔
 ☆ 4 عدد انجیر لیں اور ان کو 2 کپ پانی میں ابال لیں اور صبح نہار منہ پیئیں۔ جن افراد کو گردے میں پتھری کی شکایت ہے وہ اگر اس عمل کو ایک مہینے تک باقاعدگی سے دہرائیں تو اس سے بہت جلد اچھے نتائج ملیں گے۔
 ☆ تازہ لیموں کا جوس 60 ml اور اتنا ہی زیتون کا تیل لیں اور ان دونوں کو ایک گلاس پانی میں مکس کر کے پیئیں۔ اس سے آپ کے گردے میں موجود پتھری 24 گھنٹے کے اندر اندر زائل ہو جائے گی۔
 ☆ ایک پیچ لیں اور اس میں ایک گلاس پانی اور 2 عدد کٹے ہوئے پیاز ڈال کر پکائیں۔ جب پیاز گل جائیں تو اس کو ٹھنڈا کر کے بلینڈر کی مدد سے پس کر چھان لیں۔ اور تین دن تک لگا تار استعمال کریں۔ اسکو پینے سے دوسرے ہی دن آپ کو کافی افادہ محسوس ہوگا۔

Inspirational Quotes



End is not the end, in fact **E.N.D** is
"Effort Never Dies" and if you get **NO** in an
answer, then remember NO is
"Next Opportunity". Always be positive.





Little Smile

A man receives a phone call from his doctor.
The doctor says, "I have some good news and some bad news."
The man says, "OK, give me the good news first."
The doctor says, "The good news is, you have 24 hours to live."
The man replies, "Oh no! If that's the good news, then what's the bad news?"
The doctor says, "The bad news is, I forgot to call you yesterday."

Teacher : What came 1st Sun or Moon ?

Santa: Obviously Moon..

Teacher: How

Santa: Madam ji Honey'moon' hoga tabhi to 'Son' ayega na !

Shortest joke !

Dr: How's your headache?

Patient: She is fine!;

There were three restaurants on the same block. One day one of them put up a sign which said "The Best Restaurant in the City."

The next day, the largest restaurant on the block put up a larger sign which said "The Best Restaurant in the World."

On the third day, the smallest restaurant put up a small sign which said "The Best Restaurant on this Block."

A student is talking to his teacher.

Student: "Would you punish me for something I didn't do?"

Teacher: "Of course not."

Student: "Good, because I haven't done my homework."

*Thank you شكريه
For attention,,,,,,,,,
Newsletter Ends Here*