



## نيا سال مبارك

Dear Brothers and Sisters,  
Assalamo Alaikum WRWB

### Courtesy Meeting with Consul General Pakistan Jeddah



A delegation of Memon Welfare Society met with H.E. Aftab A. Khokher, the Consul General Pakistan Jeddah very recently to update about social & welfare activities of MWS as well as to discuss ways and means to enhance cooperation and strengthen our community relationship with Consulate General Jeddah.

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**Two more shipments of used clothes dispatched for poor and needy people in Pakistan and India.**



We are pleased to release our **55th issue** of Monthly Newsletter for January 2014 which is now in front of you. We hope this newsletter will be interesting and informative to you all.

On 24<sup>th</sup> December 2013, most of our Pak-Indian residents of Jeddah as well as social and welfare Forums of KSA passed through state of shock when they came to know about sad and sudden demise of Brother Masood Jawed a well known Social and Welfare Worker of Jeddah. May Allah shower His mercy on him. No doubt, lots of social and welfare services at various Forums are on his credit. He also supervised & managed for a long time, Madrasa Saad Bin Abi Waqqas in Azizia, Jeddah which was initiated with major contribution of philanthropists and seniors of Memon Community. On this sorrowful occasion, we on behalf of MWS express our deep condolence to the family of deceased. May Allah rest his soul in eternal peace.

On the advent of New Year of 2014, We on behalf of Memon Welfare Society take the opportunity to express our best wishes to our entire community. May this New Year bring peace & prosperity throughout globe in general and in Muslim Ummah in Particular, A'ameen.

We are thankful to the members of our community of different parts of the world who have sent to us Season's and New Year Greetings by emails as well as by telephone & SMS. We also appreciate community brothers who portray their interest in sending to us their valuable views and suggestions that are very useful for future guidance. However, we sincerely apologize 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.

Best regards  
Newsletter Committee

Wishing you all a Happy and Prosperous New Year



## The Welfare Services of Memon Welfare Society

### میمن ویلفیئر سوسائٹی کی فلاحی خدمات

-Helping poor students for education fee  
-Helping Community members for health care for those who cannot afford  
-Helping in Coffin & Burial Services  
-Helping & guiding unemployed in seeking employment  
-Voluntarily Matrimonial services  
-Beside above we are assisting some Madrassa by paying fees of needy students and school where the students will receive free education who cannot afford even the nominal fee.  
-We also hold other social & welfare activities for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar, and also help financially and materially the victims of natural disaster such as flood in Pakistan and Earth quake etc.  
-During last one year we have sent five shipments of used clothes for poor people in Pakistan & India.  
-We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah.  
-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.

-تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد  
-ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد  
-کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد  
-روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد  
-بچوں کے لئے رشتے کی تلاش میں مدد  
-اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام  
-مختلف موضوعات پر سیمینار کا انتظام  
-خاندانی اجتماع  
-مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ  
-مشہور عالم شخصیات کے ساتھ شام - ہم پرانے لباس جمع کر رہے ہیں  
-ہم بھی مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں  
-کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کو ملاقات کرنے - سلام و دعا کرنے - ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔  
-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 چاہیئے



گزرور لوگ موقعوں کی تلاش میں رہتے ہیں  
جبکہ باہمت انسان خود مواقع پیدا کرتا ہے۔



زندگی ایسے گزارو کے

دوسروں پر بوجھ بننے کی بجائے

دوسروں کا سہارا بنو

Let us be  
helpful  
to others

جن لوگوں کے خیالات اچھے

ہوتے ہیں وہ کبھی تنہا نہیں رہتے

موت وہ واحد شے ہے جس کو

انسان برحق ماننے کے باوجود

بار بار بھولنا چاہتا ہے

حد سے زیادہ چاہنے والا

حد سے زیادہ نفرت بھی کر سکتا ہے۔



***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. Six Shipment have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat at its new location Sahafa Street, Near Duha Int'l School, Opposite women worl, for dresses, Shar-e-Sahafa Azizia,(Ahmed Kamal Makki Tel: 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 cases 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.

## **Jazakallaah or Jazakallaah Khair?**

M. Salim Burmawala

### **Understanding Grammar Behind The word JazakAllaah**

Jazaak comes from the root word jazaa which according to the popular Arabic-English dictionary, Al-Mawrid, has two meanings that are completely opposite to each other!

Thus jazaa can either mean reward OR punishment.

So : "JazakAllaah" may either mean "may Allah reward you" or punish you, while "JazakAllaah Khair" means ... "may Allaah reward you with the Best / Good",

So the correct way is to say Jazakallaah khair & not just jazakAllaah. Though someone might say that the intention by saying jazakallaah is the same like jazakallaahu khayran, if its so, then why not use the complete wordings as used by Prophet(pbuh) and the sahabas? which is jazakallahu khayran !

Jazak Allaahu Khair depending on situation:

Masculine: Jazak Allaahu Khair

Feminine: Jazakillaahu Khair

Plural: Jazakum Allaahu Khair

Substitute for Jazakallaah khair is BarakAllaahu Feek ( "May the blessings of Allaah be upon you.")

How to Reply to Those who say Jazakallaahu khair to you:

1) Wa Antum fa Jazakumullaahu khayran meaning "And you too, May Allah reward you with Khayr".

☆Evidence from Sunnah: Usayd ibn Hadaayr (sahabi) says: I said:

O Messenger of Allaah جزاك الله خيرا [Jazaakallaahu Khayran]

The Prophet(pbuh) said: وَأَنْتُمْ فَجَزَاكُمُ اللَّهُ خَيْرًا [Wa Antum Fa Jazakumullaahu khayran] And you too, May Allah reward to with Khayr].

[Albaani has said that the Hadeeth is Saheeh in al-Saheeha 3096, al-Ta'leeqaatul hisaan al Saheeh ibn Hibbaan 6231]

2) Wa iyyakum (وإياكم) meaning "And goodness to you also"

☆This is the one the common message used by people. Muslims can use this phrase sometimes, and abandon it sometimes, but they must not cling to it as if it is an established Sunnah of the Messenger since there is no evidence related to it.

☆Conclusion☆:

It's a kind suggestion to all members that don't just be a follower of prophet(pbuh) name sake but rather by following his sunnah. The correct sunnah is not to say thanks or shukran rather its to say jazakallaahu khair or barakAllaah feek. and should be replied with Wa Antum fa Jazakumullaahu khayran. Lets revive this sunnah in our lives In shaa Allaah & motivate others to do the same

Jazaki Allah khair

Jazakumullaahu khayran

Allah ijzeekum bilkhair



# Sleepless nights in Kingdom

FORWARDED BY RASHID KASMANI

If you are reading this in the office, you may want to carry out this small survey, ask five or six of your colleagues about their daily sleeping routine. I have done it; the best among them sleep at midnight, the worst at about 3 in the morning. Staying up late at night is a way of life for a lot of Saudis somehow has become a part of our culture. Be it a weekday or a weekend, it is always a rush hour at 10 p.m. People from all ages and walks of life are out and about, touring the city's streets shopping and dining. One may experience long queues at drive-through restaurant after midnight.

Ladies and gentlemen, we have to admit, we have a problem with our sleeping patterns. A hidden yet paramount reason that could be the secret behind a lot of our social issues such as lousy driving, low productivity, bright students with terrible academic records, could be nothing but a series of sleepless nights.

According to a 2005 study carried out the United States, 30 percent of American adults have had disrupted sleep, and 10 percent have had symptoms of daytime functional impairments consistent with insomnia. In another 2008 survey, 32 percent of those studied reported having a good night sleep only a few times a month or less. Another study carried out in 2012 found that the longer someone stays awake, the slower their productivity becomes; the ability to find information quickly and accurately, the ability to think creatively and solve problem all take a downward spiral. Not only that, Dr. Charles Czeisler, a professor researching sleep deficiency at Harvard Medical School, claims that a week of four to five sleeping hours a night results in impairments equivalent to a blood alcohol level of 0.1 percent. In other words, after a few nights of not enough sleeping, your productivity level is no better than that of a drunk.

The lower productivity you have been experiencing recently, the difficulty concentrating, a lack of energy, stress and impatience, can all be linked to your sleeping patterns.

It is truly startling to track the way such a behavior, staying up late at night that is, had developed throughout the years to become a part of our social fabric. I could think of two reasons; the first is our unforgiving sun that postpone most of our daily errands till the night prevails bringing the temperatures down with it, the second is the time consumed in businesses' closing hours and prayer times. That is why most of the Saudis prefer to go out at night at least they would ensure that no lazy salesman would keep them waiting till he finishes his cigarette and decides to open the store.

Although these two reasons, amongst many others, could help us understand this Saudi phenomenon, they do not justify it. Still, despite all these reasons, we could get our daily 8 hours of a good night sleep. And here comes the bigger problem, we do not see sleep deprivation as a problem to begin with! Many takes the symptoms — we mentioned above — very lightly, ignoring its serious repercussions. According to many researches, with time, lack of sleep symptoms could develop into depression, anxiety, hypertension, high blood pressure, diabetes, and obesity.

Unfortunately, even the Saudi health experts seem to be ignorant of the issue in the country. According to a 2005 study, in Saudi Arabia, there is only 0.06 bed per 100,000 people that cater for sleep deficiencies compared to 0.3 to 1.5 bed in the developed countries. The study states clearly that Saudi Arabia is in a desperate need to increase the number of its specialized clinics and qualified technicians in this field. That was in 2005, I wonder if the situation has witnessed any improvements since then. The article began with you asking your friends about their sleeping patterns, and now, maybe it is time for you to ask yourself the same question.



## Little smile

# Laughter Therapy

*We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, sending more oxygen to our tissues. A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.*

- Lower blood pressure
- Increase vascular blood flow and oxygenation of the blood
- Give a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles
- Reduce certain stress hormones such as cortisol and adrenaline
- Helps to relax & improve sleep quality
- Helps to control blood sugar in blood
- Increase the response of tumor- and disease-killing cells such
- Defend against respiratory infections—even reducing the frequency of colds—by increasing immunoglobulin in saliva.
- Increase memory and learning; in a study at Johns Hopkins University Medical School, humor during instruction led to increased test scores
- Improve alertness, creativity, and memory
- Elate your mood.
- Make it easier to cope with difficult situations. It also helps you connect with other people.

*So let's laugh*



## Health Corner:

# Brisk Walking

Walking is one of the easiest and least expensive ways to stay physically fit. It's also a versatile form of exercise that can be done indoors (many malls and public buildings offer walking routes) or outdoors, and you can tailor the intensity of your exercise based upon your individual abilities and goals.

### Tips for Fitness Walking

- Short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in fitness and were at least as effective in decreasing body fatness as long bouts (one 30-minute walk per day).
- Invest in good shoes.
- Always warm up by walking at a slow or normal walking pace for five minutes before picking up the tempo of your workout.
- Walk at a pace that challenges you and elevates your heart rate, but don't overdo. You should be able to talk and carry on a conversation while you are exercising; if you can't, you may be working too hard.
- Use good walking posture: Swing your arms. Keep your head up, back straight and abdomen flat. Point your toes straight ahead. Take long strides, but don't strain.
- Be sure to carry water if you're walking long distances or are exercising in hot weather.
- In the heat of summer, don't forget to wear a hat with a brim and to apply sunscreen to exposed areas.
- Vary your route if you're getting bored.
- Keep your workout interesting. Walk with friends or listen to something.
- Consider getting a pedometer to track the distance you've walked or the number of steps you've taken. Watching your improvement over time is a terrific

### Relaxation tips to Relieve Stress-Breathing techniques

- **Practice deep breathing at a regular time and in a quiet place where you won't be disturbed**
- ✓ Good relaxation always starts with focusing on your breathing. The way to do it is to breathe in and out slowly and in a regular rhythm as this will help you to calm down
- ✓ Fill up the whole of your lungs with air, without forcing. Imagine you're filling up a bottle, so that your lungs fill from the bottom
- ✓ Breathe in through your nose and out through your mouth
- ✓ Breathe in slowly and regularly counting from one to five (don't worry if you can't reach five at first), then let the breath escape slowly, counting from one to five
- ✓ Keep doing this until you feel calm. Breathe without pausing or holding your breath
- ✓ Practice this relaxed breathing for three to five minutes, two to three times a day (or whenever you feel stressed)

**Well known dignitaries of Memon Community in Saudi Arabia, Pakistan and India who have attended various events of Memon Welfare Society Saudi Arabia as a guests of honor during last 4 years. This includes former and existing Consul General of Pakistan Jeddah.**



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1. Mr. Yahyah Pollani, [Chairman FPCCI Aviation Committee Pakistan](#),
2. Dr. Iqbal Lohya, [Khalid Idrees Hospital, Jeddah](#),
3. Dr. Mohammed Younus, [Private Clinic, Makkah](#),
4. Dr. Mohammed Umer Chapra, [Scholar & Islamic Economist and Recipient of King Faisal Award Saudi Arabia](#),
5. Mr. Ahmed Chinnoy, [President All Pakistan Memon Federation](#),
6. Mr. Arif Moosani, [Vice Chairman Pakistan Haj Committee](#),
7. Mr. Iqbal Memon (Officer) [Trustee WMO and Vice President All India Memon Federation](#),
8. Mr. Abdul Majeed [Ranani Trustee World Memon Organization India](#),
9. Mr. Abdul Sattar Musani [President Chanderpur Memon Jamat, India](#)
10. Mr. Akhtar Younus [President Opleta Memon Jamat, Pakistan](#)
11. Haji Masood Parekh, [Chairman Memon Khidmant Forum & Recipient of Presidential Award of Pakistan Tamga-e-Imtiaz](#),

12. Haji Anees Arfaa, [Patron of Upleta Memon Jamat](#)
13. Dr. Nasir Fulara, [President All India Memon Jamat](#)
14. Haji Amanullah Surmawala, [Industrialist and writer of Islamic Books](#)
15. A.Rauf Lala, [Well know memon stage artist and king of comedy](#)
16. H.E. Abdul Salik Khan, [CG of Pak, Jeddah \(Farewell Dec. 2012\)](#)
17. H.E. Aftab A Khokher, [CG of Pak, Jeddah \(Reception Feb 2013\)](#)
18. Dr. Khalil ur Rahman, [President Pakistan Welfare Society Jeddah](#)
19. Shaikh Shujahuddin, [Host of Q-TV Religious Program and other channels of Pakistan](#)

## Summary of MWS Activities 2012-13

No	Activity	When	Where	Source of Funds	Attendance	Remarks
1	Family gathering with gifts to all attendees children	Jan-2012	La'Sani Restaurant, Madina Rd. Jeddah	Card Charges SR.25/person + Sponsorship	500 Male & Female	Gifts presented to each and every child who attended the event. Gift sponsored by a businessman.
2	Board Members Families Picnic	Mar-2012	Sea side in North of Jeddah	Person Contribution	60 Male and Female	Only Lunch was arranged
3	Prize Distribution to Hafiz-e-Quran and gifts to all students of Madrassa, supported Madrassa with required assistance	May-2012	Madrasa Abu Baker Bin Hafas Al Rehab Dist.	Sponsorship	100 males including students	Awards given to Hafiz- students of Madrassa e-Quran and gifts given to all
4	Introduction of MWS at International Forum through it's participation in 9th and 10th Annual General Meeting (AGM) of WMO held in London which was attended patron. Dr. Hamid A.Khader who introduced MWS.	Jun-2012	WMO Office London UK	Patron himself	Interacted with 700 VIPs	Dr. Hamid was invited to deliver a speech to introduce MWS and put up his suggestions.
5	Family gathering	Jul-2012	Al Shallal Park, Jeddah	Sell of discounted entry tickets	225	No fund was required, The event held at No loss No Profit basis
6	Iftar Party for Male Members of the Community	Jul-2012	La'Sani Restaurant, Madina Rd. Jeddah	Sponsorship of businessmen	225 Male Members	For the bachelor of the community only
7	Iftar Party for families of Board Members and Reception to Haji Anis Arfa, Well known Social Worker from Pakistan	Aug-2012	Al Rahamaa Restaurant Faisalia, Jeddah	Members Contributions	70	
8	Prize Distribution to meritorious student and Back to School event and family gathering	Sep-2012	Joharatul Firdous Wedding Hall, Jeddah	Card Charges SR.20/person + Sponsorship + Members Contributions	700	Dinner was prepared by Jamil Restaurant at best rates
9	Family Gathering, turned into farewell of Consul Gen. Pak.	Dec-2012	Fine Grill New Restaurant Azizia, Jeddah	Card Charges SR.30/person + Sponsorship + Members	500	CG appreciated and advised MWS to keep its welfare work up
10	Introductory Session with all social and welfare groups of community in Jeddah	Feb-2012	La'Sani Rest. Madina Rd Jeddah	Sponsorship	70	only two or three key post holders of diff groups and association invited.
11	Board Members and their guests Family's Picnic	Mar-2013	at Coast near Jeffali Masjid North Jeddah	Personal Contribution	120	It was encouraging event and members requested to hold such pleasant event frequently



12	An education evening Short & Sweet gathering. Information delivered by Haji Amanllah Surmawla, on the topic Talaq .	Apr-2013	at Residence of Mansoor Shivani	30	Board Members and other guests attended,	expenses sponsored by Mansoor Shivani
13	Family Event with Memon Celebrity Rauf Lala	May-2013	La'Sani Rest. Madina Rd Jeddah	Card Charges @ 50/each No loss no profit	150	Gifts offered to the guest from Souk Khaskhia and Souk Alawy
14	An Iftar Party for Male members of community	Jul-2013	La'Sani Rest. Madina Rd Jeddah	Sponsorship	125	Event Sponsored by Khaskhia Market
15	A religious evening with host of a Religious Program on Q-tv Shaikh Shujjahuddin. Zakat was the main topic of the session.	Sept 2013	at Residence of Mansoor Shivani	30	Board Members and other guests attended, expenses	sponsored by Mansoor Shivani
16	2nd Annual Prize distribution to Meritorious Student of our community and 5th Year Anniversary, to give honour to seniors	Oct-2013.	Theatre of Al Shallal Park	Card Charges @20/each & Sponsorship	450	It was a mega event held successfully
17.	Members families picnic	Dec 2013	Beach of North Jeddah	Individual Contribution		POST PONED DUE TO CERTAIN REASONS

### Managing Board of MASA



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