



Assalamo Alaikum WRWB

Hope It will be interesting for you to know that after every two years Memon Welfare Society (MWS) passes through Process of an election of office bearers in the month of December and then elected body forms advisory committee and managing committee consisting of wise members of the community. Due to amnesty offered by the Government of KSA and rise of unpredictable and unfavorable situation during the last quarter of 2013, the due elections could not be held in Dec 2013 and it was delayed for almost one and half months.

However, when the situation came back to normal, an Election Committee comprising of five members was nominated and fully empowered to conduct office bearer's elections on panel basis for the term of two years 2014 \$ 2015.

Accordingly, Election Commission made an announcement of election during 2nd week of February 2014 and subsequently completed the election process in 12 days efficiently and successfully. The panel of active and dedicated social workers offering their untiring and selfless services to MWS since long, was elected unopposed for another term of 2 years. **Congratulation** to the elected body for achieving trust and confidence of the community for another term. Further detail in following pages.

At last, we hope this 57th issue of Newsletter will be interesting & informative to you. We sincerely apologize, if there is any omission or error in it. Thanks and look forward to continued support & cooperation from our community members.

Best regards

Newsletter Committee

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(L-R standing) Shoaib Sikander Treasurer, Mansoor Shivani, VP, Rashid Kasmani, Joint Secretary Tayyab Moosani, Gen. Secretary, Younus Habib VP,

(L-R sitting) Kaleem Ahmed, Patron, Munaf Bakhshi, Patron, Arif Memon, President, Iqbal Advani, Patron Arif Memon, President,

Iqbal Advani, Patron, Dr. Hamid A.Khader, Patron, Mohammed I Badi, Patron.



**(L-R) Shoaib Sikander, Treasurer
Mansoor Shivani, Vice President
Arif A.Majeed Memon, President
Tayyab Moosani, Gen. Secretary
Youns Habib Goli, Vice President
A.Rashid Kasmani, Joint Secretary**



The Welfare Services of Almon Welfare Society

-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. Wann

استمام

- مختلف موضوعات پر سیمینار کا

انتظام

- خاندان، اجتماع

- مستقبل، کہ کہیں کہ لے طالب

علموں کے مشورہ

مشہور عالم شخصیات کے ساتھ شام

— یہ بیان اراک جموں کے ہے۔

۱۰۰۰ مفت کتب کی دکان

اس سے قوال شام ادوات جو کہ یہ ہے

کرم شکر

کرمی مٹکے ہیں، میٹس ریپیر

کے رشتہ داروں کے لئے

ایک بات کہنا کہ ان کے اقدار

ایک سالہ لڑکا لکھے کے مواقع فراہم

کرے کمیونی میں اہم کردار ادا کر

کے علاوہ زبان اور نثر

میں نے عاروہ بیگم سے اپنی اپنی دماغ

داریوں اور قرآن کو انجام دینے کے لیے

مختلف کمپیاں تشکیل دی ہیں۔

مختصراً میمن ویلیفیر سوسانی

حالیہ سماجی اور برادری کی فلاح و

بہبود اور انسانیت کی خدمت کرنے کے

لئے ایک فورم ہے۔ جسکی پوری

کمیونٹی کو حمایت کرنی چاہیے



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

Announcement from Election Commission

Dear Brothers, AOA,

We the under named at the bottom of the email were appointed as members of the Election Committee by the outgoing Managing Committee in their meeting held on 8th February 2014. Our mandate was to hold the election for the new office bearers to run the affairs of Memon Welfare Society, Saudi Arabia (MASA) for the next two years 2014 and 2015. The Managing Committee also in their meeting voted in favor of holding the election on panel basis.

We the members of Election Committee are pleased to inform you that the committee discussed the schedule of MASA's election and agreed to announce the election and ask for nominations.

Accordingly, The announcement was made on 11th February 2014 requesting interested contestants to form their panels and submit nomination forms the designated positions and nomination fee within 10 days until 20th Feb 2014 till 9.00 pm. In response to our announcement, we received nomination from only one panel within the time limit.

Candidates' scrutiny and eligibility was done and the Committee found all nominated candidates of the panel eligible. By virtue of it being the sole contesting panel, the Election Committee is pleased to declare it ELECTED unopposed. The elected members of the panel for 2014-2015 are as follows:

President	Arif Abdul Majeed Memon	Elected Unopposed
Vice President	M. Younus Habib	Elected Unopposed
Vice President	Mansour A.R. Shivani	Elected Unopposed
Gen. Secretary	Tayyab K. Moosani	Elected Unopposed
Joint Secretary	Abdul Rashid Kasmani	Elected Unopposed
Treasurer	Shoaib Sikander	Elected Unopposed

The Election Committee **CONGRATULATES** the elected office bearers of MWS - MASA and is confident they will serve the community diligently, honestly and with dedication.

We wish them all the best and success in their noble quest to serve the community.

Immediate after issuance of this announcement of result, the Office Bearers shall take over their office of MWS-MASA for 2014 & 2015 and the Election Committee shall stand dissolved.

Good Luck

Best regards

Signed and issued by

Election Committee:

Kaleem Ahmed Naviwala

Mohammed Ismail Badi

Irfan Haji Ahmed Kolsawala

M.Younus Abdul Sattar

Abdul Kader Africawala

Jeddah 21 February 2014

Thanks from Elected Body to the Community

Dear Brothers and Sisters, Assalamo Alaikum WRWB

Hope you have received an official email from Election Committee yesterday declaring formally a Panel elected unopposed. That Panel was proposed under the patronage of a well known businessman of Jeddah and a philanthropist Brother M.Iqbal Advani.

Upon announcement of the result of office bearer's elections for the term 2014 and 2015, made by Election Committee yesterday, we the elected Office Bearers of Memon Welfare Society, Saudi Arabia, (MWS) MASA, have started receiving greeting, best wishes from different directions and also offers of support and cooperation from our well wishers. Most of the community members have applauded and shown their great satisfaction on the social and welfare services rendered by our team during the term of last 2 years. They have acknowledged and welcomed our team once again from the depth of their hearts.

On this occasion, we the Office Bearers, take the honor to thank our entire community in general and the well wishers in particular for their time to time support, assistance and cooperation to the MWS. Indeed, without support and cooperation from members, sponsors, donors and philanthropists, we could have never been able to achieve success in accomplishing welfare programs and activities during last term. In fact, strong coordination, sincerity, honesty and enthusiasm among 30 members of our Managing Board as well as the trust and confidence of the entire community empowered us to manage the social & welfare events/programs of MWS effectively.

However, we once again express gratitude to entire community and look forward to continued support and cooperation in the future. At the same time, we solicit suggestions and ideas about any welfare project or programs that could be beneficial for the community. Please come forward and do not hesitate to send us your valuable views/ideas for the interest and betterment of the community. **We can not forget Election Committee whose members deserve thanks and appreciation for giving their precious time and completing election process smoothly and successfully.**

All the best.

**Very Sincerely Yours,
Arif A.M.Memon, President
M.Younus Habib Goli, VP
Mansoor A.R.Shivani, VP
Tayyab K Moosani, Gen.Secretary
A.Rashid Kasmani, Joint Secretary
Shoaib Sikander, Treasurer
For and on behalf of
Memon Welfare Society (MWS) MASA**



Greeting from the Community to Elected Body

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Salam I congratulate all newly elected office bearers in memon association n also pray Allah taala to give them ekhlas n power to help mankind n specially our memon brothers

-X

Assalam-O-Alaikum,

I Hamid Khan on behalf of [Aalmi Urdu Markaz and PRC](#) congratulate “MASA” as well as elected members and hope you will serve the community better.

Hamid Khan

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Dear MASA and MWS

Heartiest congratulations to the unopposed elected panel members.

Its the outstanding achievements and hard work of the running panel, which set an example in its own manner for which no body was ready to take up the challenge.

I believe that the MWS will again set up examples of hard work and again achieve more commendable heights for the betterment of our Memon community.

I suggest to our new Panel to hold a Fateha meeting asap for the sad demise of Haji Abdul Razzak (ARY) chairman, a well known international Memon personality, World Memon Organization.

M. Salim Burmawala

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Respected all,

I have just come to know the good news of the Memon Welfare Society, Saudi Arabia (MASA) well-deserved office bearers have been elected unopposed once again.

I am much pleased to extend you my heartiest and most sincere felicitations and greetings on this happy occasion of your great achievement, after rendering dedicated and glorious services to the community through MASA.

We wish MASA's all elected office bearers all the best and success in future.

Good Luck and best wishes.

May Allah bless you in the years to come

Warmest regards!

Abdul Razzak H.Ahmed

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and so on,,,,,,,,

Condolence on

Sad demise of Founder and Chairman of WMO Haji Abdul Razzak Yaqoob Ghandi (ARY)



Late Abdul Razzak Yaqoob

During the process of Election and prior to the announcement of election result, we received a news with a great shock about sad demise of well known dignitary and one of the pioneers of memon community and former president of Word Memon Organization Haji Abdul Razzak Yaqoob (ARY) **إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ** Inna Lillah-e-Wa-inna Elehe Rajeoun.

He had been a successful businessman, renowned social personality and a well known philanthropist. He was the President of Memon Community in the U.A.E since it's inception, founding and elected President of the World Memon Organization (WMO), Founding Trustee of WMO Charitable Foundation. He always remained actively engaged in community activities and was well respected by its members in the sub-continent and entire world. With his demise Memon Community has lost one of its most dedicated and true sincere leader.

On such tragic event, we on behalf of Memon Welfare Society Saudi Arabia (MASA), would like to express and convey our deep & heartfelt condolences through MEMONS IN UAE ORG in Dubai, to respectable family and brothers of LATE H. Abdul Razzak Yaqoob whose name will be remembered by Memons and Non Memons for years and years. May Allah almighty rest his soul in heaven and give patience and courage to his entire family and his well wishers to bear such irreparable loss. May Allah rest the departed soul in eternal peace forgive his shortcomings have mercy on him and grant him a high place in Jannatul Firdous Aameen!

We request all community members residing in Saudi Arabia to pray for the magfararat of deceased and remember him in your prayers whenever visit to Holy Harmain Shariffain. May Allah accept our prayers. Aameen. That was Allah's will and we all have to bow down to Allah almighty's will.

بِأَجَلٍ مُّسَمًّى فَلْتَصْبِرُوا وَلْتَحْتَسِبْ إِنَّ لِلَّهِ مَا أَخَذَ وَلَهُ مَا أُعْطِيَ وَكُلٌّ عِنْدَهُ

"Definitely Allah has taken what belongs to Him. He has given us what belongs to Him. He has stipulated a time for everyone (which He does not change by impatience or plan). Have patience and hope for reward".

May God bless all.

Office Bearers MWS

For and on behalf of

Memon Welfare Society, MASA

Saudi Arabia

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.

MWS Events/Programs in Near Future other than welfare activities:

6. A Family get to gather to take place soon.
7. Rest & Recreation trip of members and their families soon.
8. Career Guidance to the students completed their high school.
9. An evening with scholar or dignitary to have enlightening speech.
10. More programs and events will take place upon suggestion of Board Members.
11. Programs exclusive for female members of the community will take place according to suggestion of our women wing.



Advisory and Managing committee with Office Bearers to continue for another term of 2 year:

Advisory Committee:

Dr.Iqbal Musani, Nasir Ibrahim, Irfan Kolsawala, Younus A.Sattar, Asif Lala

Managing Committee:

Shaker A.Aziz, Salim Burmawal, Tarek Madani, A.Rauf Zakaria, Adam Latif, Ahmed Kamal, Wasim Tai,

MC Members not in the pic:

A.Kader Africawala, A.Qader Amin Teli, Yousuf Tai, some more to be added soon.

Brothers who are interested to join us in MWS and intend to spare time to share responsibilities of welfare work are requested to contact our office bearers or send their particulars by email.Thanks.

Feroz Allana tops 2014 GCC Indian Rich List



Feroz Allana (reported to be Memon), Founder Allana Group FMCG
\$4.4bn (\$4.3bn)

Food magnate Feroz Allana has topped the Arabian Business GCC Indian Rich List for 2014, with an estimated wealth of \$4.4bn. Altogether, nine billionaires make the list, with the combined wealth of the 50 richest Indians based in the Gulf valued at \$40bn.

From bagels to ketchup and from cake mix to margarine, Feroz Allana's IFFCO is one of the largest and most successful food manufacturing and distribution houses in the Gulf. Established in 1975, IFFCO operates under the following business segments: fast-moving consumer goods (FMCG), commodities, oils, frozen foods, and institutional services. IFFCO also manufactures related derivatives and intermediates associated with these business segments. IFFCO brands include London Dairy, Tiffany, Noor, Rahma, Igloo and Al Baker.

But IFFCO is only one part of the Allana success story. Back in India, Allana Sons Ltd is a truly global giant, with interests in food production, marine products, retail and pet foods, as well as distribution of a series of products.

His brother Irfan Allana is the chairman of the Allana Group, but Feroz runs the firm's Gulf operations. His vision and business acumen not only drives his business, but also ensures that his expertise is liberally employed by the federal government and various state governments of India, in the development of long-term plans for exports from India in general and agri-based products in particular.

In second place is legendary Dubai-based investor Raghuvinder Kataria, who has \$2.8bn, while EMKE Group managing director Yusuffali MA has \$2.6bn.

Rounding out the top five are Ravi Pillai, the founder of Bahrain-based RP Group, who is on \$2.15bn, while Abu Dhabi-based healthcare magnate BR Shetty has \$2bn.

"The vast majority of the names on our list are self-made men and women, which shows not only the strength of the Indian community's entrepreneurial spirit, but also of the opportunities afforded them by the region they have chosen to call home," said Arabian Business editor Ed Attwood.

The average wealth of the top 50 comes to \$800m. Propping up the list is Ashok Uttamchandi, who is estimated to have a net worth of \$210m.

News forwarded by: Rashid Kasmani, Joint Secretary MWS



Health Corner:

Tips for a lower-salt diet

Too much salt can cause raised blood pressure, which increases the risk of heart disease and stroke. The following tips can help you to cut down on salt.

Shop for low salt foods

Use nutrition labels to help you cut down on salt:

- high is more than 1.5g salt per 100g (or 0.6g sodium)
- low is 0.3g salt or less per 100g (or 0.1g sodium)

When shopping for food, you can take steps to cut your salt intake:

- Compare nutrition labels on food packaging when buying everyday items.
- Buy tinned vegetables without added salt.
- Watch out for the salt content in ready-made sauces such as pasta sauce.
- For healthier snacks, choose fruit or vegetables such as carrot or celery sticks. If you are going to have crisps or crackers, check the label and choose the ones lower in salt.
- Go easy on soy sauce, mustard, pickles, mayonnaise and other table sauces, as these can all be high in salt.

Cook with less salt

Many people add salt to food when cooking. But there are lots of ways to add flavour to your cooking without using any salt. Check out these salt alternatives:

- Use black pepper as seasoning instead of salt.
- Add fresh herbs and spices dishes. Try garlic, ginger, chilli and lime.
- Make your own stock and gravy instead of using cubes or granules, or look out for reduced-salt products.
- Try baking or roasting vegetables such as red peppers, tomatoes, courgettes, fennel, parsnips and squash to bring out their flavour.

Make sauces using ripe flavorful tomatoes and garlic.

The Six Super Foods Every Woman Needs

- Super Food # 1: Low-fat yogurt

Goal: 3 to 5 servings a week

What it does: Experts say One cup of yogurt has about 448 mg of calcium, compared to just 300 for eight ounces of skim milk.

- Super Food # 2: Fatty fish-- like salmon, sardines, and mackerel

Goal: 2 to 3 servings every week

What it does: The healthy factor in fish is omega-3 fatty acids, which help protect us from heart disease, stroke, hypertension, depression, joint pain, and a number of illnesses linked to inflammation, including lupus and rheumatoid arthritis. Fish may even offer some protection against Alzheimer's disease.

- Super Food # 3: Beans

Goal: 3 to 4 servings every week

What it does: Low in fat, beans are a good source of protein and fiber and may have protective effects against heart disease and breast cancer

- Super Food # 4: Tomatoes (or watermelon, red grapefruit, red navel oranges)

Goal: 3 to 5 servings each week

What it does: The powerhouse nutrient in all these fruits is lycopene. Research is starting to show that lycopene may protect against breast cancer, and it's also a powerful antioxidant that can help a woman fight heart disease.

- Super Food # 5: Vitamin D fortified low fat milk or orange juice

Goal: At least 400 IUs of vitamin D daily

What it does: Essential to helping the bones absorb calcium from the gut, vitamin D helps reduce the risk of osteoporosis and may be vital in reducing the risk of diabetes, multiple sclerosis, and tumors of the breast, colon, and ovary.

- Super Food # 6: Berries (blueberries, strawberries, raspberries, cranberries)

Goal: 3 to 4 servings every week

What It Does: These fruits may protect your body with powerful anti-cancer nutrients known as anthocyanins, which are believed to play a role in cell repair.

Little Smile:

OFFICE me JOB karnay walay KAAM se FARIGH ho k apni apni WIFE ko PHONE kartay hain!

URDU SPEAKING:

Jaan! Kya ho raha hai?

WIFE: Oji! Apke liye BIRYANI paka rahi hun.

PUNJABI: Soniye! Ki ho riya c?

WIFE: Tuaday liye desi ghee vich SAAG pakan rai san.

PATHAN: O Gul jana! Kya karta hai?

WIFE: O Dil jana! Tera pasand ka HALWA banata hai.

MEMON:

Kuro kari ree ayyen?

WIFE: Leteli ayyan! MATH0 chario aayi, achnay achnay NIHARI ne R0TIYUN Ginna achja ..!!)) 🤪🤪



ٹیچر: 2 میں سے 2 نکلے تو کیا بچا؟
 پٹھان: ہم کو سوال سمجھ نہیں آیا
 ٹیچر: تمہارے پاس 2 روٹیاں تھی
 تم نے اُنکو کھالیا اب کیا بچا؟
 پٹھان: سالن ---

X-X

AJEEB HAI NA"

**Rs.20 Ka NOTE Bahot ZYADA Lagta Hai Jab Garib Ko Dena Ho,
Magar HOTEL Mein TIP Dena Ho To Bahot KAM Lagta Hai.**

EK ROTI NAHI DE SAKA KOI US MASOOM BACHHE KO LEKIN,
 WO TASWEER LAKHON ME BIK GAYI JISME ROTI KE LIYE WO BACHHA UDAS BETHA THA

شکریہ Thank you

For attention,,,,,,,,,Newsletter Ends Here