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Memon Welfare Society Newsletter August 2015





Eid Greeting to Entire Memon Community

Dear Brothers and Sisters, Assalamo Alaikum WRWB

Alhamdulillah, we have completed the Holy month of Ramadan. Hope all would have taken full advantage of the blessed month by multiplying good deeds seeking for Allah Almighty's mercy, forgiveness and salvation from the Hellfire.

Let us promise ourselves to be more careful and caring while dealing with our brothers in Islam as well as non-Muslim, cleanse our hearts and tongues and perfect our current and onward dealings. Let us make a pledge to continue performing it for the rest of the year. May Allah almighty bless us and our families with peace, tranquility, strong Eiman, and healthy and active lives. May Allah almighty give us the best of this world and the Hereafter. A'ameen.

Brothers & Sisters, 74th issue of MASA Newsletter for the month of August 2015 is in front of you. We usually do our best to keep you updated with what's happening around you and in the community through this monthly Bulletin. We will welcome your suggestion & ideas identifying the welfare programs that can be executed by MWS MASA to benefit our community. We kindly request our community to send us valuable suggestion and feedback without hesitation which may help us to improve our activities.

Thanking you for your kind attention and cooperation.

Thanks and best regards Newsletter Committee

Various Committees to facilitate our activities: Funds Raising &

Disbursement Committee:

Shoib Sikander Younus Habib Mansoor Shivani Irfan Kolsawala Mohamed Badi

Event Management Committee:

Office Bearers and Abdul Kader Africawala Abdul Qader Teli Asif Lala Nasir Ibrahim Ahmed Kamal

Education Committee

Rashid Kasmani Shoeb Sikander Irfan Kolsawala Nasir Ibrahim Abdul Kader Africawala Abdul Qader Teli

Youth & Sports Committee:

Tarek madani Wasim Taie Asif Lala Abdul Kader Africawala Shakir Aziz A.Qader Teli Iqbal Advani - Sponsor

Newsletter Committee:

Tayyab Moosani Rashid Kasmani Nasir Ibrahim Salim Burmawala Irfan Kolsawala

Dispute Settlement Committee:

Younus Habib Irfan Kolsawala Younus Abdul Sattar Kaleem Naviwala Mansoor Shivani

Ladies Committee:

Spouses of Members of Core Committee and Advisory Committee

Costitution Committee:

Dr. Iqbal Musani Nasir Ibrahim Rashid Kasmani Shoaib Sikander Siraj Lala Tayyab Moosani President & GS shall a

President & GS shall attend all committees meetings as an ex-officio.





میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- Helping needy 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 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 two year we have sent 8 shipments of used clothes for needy 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
- 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 استمام
 - مختلف موضوعات پر سیمینار کا نتظام
 - خاندانی اجتماع
- مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ
- مشهور 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 کوملاقات کرنے سلام ودعا کرنے ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی.

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

مختصرا میمن ویلفیئر سوسائٹی خالصتا سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک

فورم ہے.

رَبِ زِدْنِي عِلْمًا Omy Lord! Increase me in my knowledge!" اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا I ask You for knowledge that is of benefit" "Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit." Conrad Hilton

Graduation from Ramadan

Courtesy: Islamic City Bulletin

We leave the blessed month of Ramadan, its beautiful days and its fragrant nights. We leave the month of the Quran, taqwa, patience, struggle, mercy, forgiveness and protection from punishment on the day of judgment. Many questions and numerous thoughts come to the mind of the sincere Muslim, who self reflects with truthfulness.

Have we fulfilled the requirements of taqwa and graduated from Ramadan school with the diploma of God-consciousness? Have we fought our souls and desires and defeated them, or have we been overtaken by our customs and blind imitations? Have we performed our actions in a way that fulfills the conditions for receiving mercy, forgiveness and release from chastisement? What Have We Gained From Ramadan?

Ramadan is a school for strengthening Eiman (faith), an opportunity to recharge one's spiritual batteries and to acquire one's provision for the rest of the year. The noble month is a true school of transformation in which we train our inner self to change our actions, habits and manners that are in variance with the Laws of Allah. "Verily, God does not change the condition of a people until they change what is in themselves." (Quran 13:11)

If you have fulfilled the requirements of taqwa (God-consciousness), fasted the month, prayed in it with sincerity, and strove against your soul, praised and thanked Allah for all His blessings, and asked Him for steadfastness then you have benefited from Ramadan. After the end of this blessed month, to revert back to habits of before Ramadan would be like one who stitches a beautiful garment and then deliberately destroys it. Or a person who earns a fortune trading throughout the day, then when the night comes, he throws away all that he earned. What would people say about such a person?

This is the condition of one who returns to ill habits after Ramadan and leaves righteous actions. After he was favored with the blessing of obedience and enjoyment of communicating with Allah he returned to ignorant actions. How deprived are the people who know God only in Ramadan! Falling short in one's commitment to Islam after Ramadan is manifested in many ways, including: Leaving the compulsory prayers, after they filled mosques for Taraweeh prayers, thus going to the masjid for recommended prayers and leaving obligatory ones, and a return to a life of material and social indulgence without God-consciousness.

This is not thankfulness for blessings and favors, nor is it the sign of acceptance of one's actions, rather this is opposition to favors and absence of thankfulness. From signs that one's deeds are accepted is that he or she has improved in his or her obedience to Allah. "And remember when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]" [Quran 14:7]. So if a person is truly thankful to his Lord, you will see him guided to more obedience and distanced from actions that are disliked by God.

A Muslim must continuously be in the state of obedience and God-consciousness. A believer knows that the Lord of Ramadan is also the Lord of all times and places. "So remain on a right course as you have been commanded, [you] and those who have turned back with you [to Allah]." [Quran 11:112]

Continue Fasting: If the fasting in Ramadan has ended, then there remains voluntary fasting, such as fasting six days in Shawwal, on Mondays and Thursdays, the three days in the middle of the month, the days of Aashoora and Arafat, and others.

Continue Prayers: If standing in prayer at night during Ramadan has ended, then there remains voluntary night prayer throughout the year.

Continue Charity: If Zakat, charity and zakat ul-fitr of Ramadan have ended, then there is the option of sadaqa, and many other doors to charity and voluntary actions still remain open.

Continue Quran: Reading of the Quran and understanding it is not only for Ramadan, rather it is for all times.

Continue Good Deeds: The requirement of showing forgiveness and compassion to people does not end with Ramadan. Know that Allah is the most forgiving and companionate and loves all who are forgiving and companionate. Righteous actions are for all times and all places, so strive and beware of laziness. "O Allah, Who turns the hearts, keep our hearts steadfast upon Your prescribed path."

I ask Allah to accept from us and you our fasting, our prayers and other righteous actions, that our condition after Ramadan be a better one, that the state of our humanity improves, that we are granted honor and that we truly submit to our Lord. Ameen.



فی کا موں میں میمن برا دری کسی

میں میمن براوری کی اہمیت کواجا گر کرنے کی کوششوں کا بھی ذكر كيااوركها كه فيذريش كانظم ونتق چلانے ميں غريب سے امیر تمام طبقوں کے لوگ شامل ہیں اور سب کے سب

ميمن كوجده ميمن ويلفيئركي جانر گئی۔ آخر میں طبیب موسانی نے تمام حاضرین کاشکر بیدا دا کیاا وربرا دری کیخوشحالی کیلئے دعا کی ۔

براوری کی خدمت میں سرگرواں ہیں ونیا تجر کی میمن

ا قبال میمن کامیمن ویلفیئر جدہ کے سر پرستوں،عبد بیداروںاورمبران کبلس کے ساتھ گروپ فوٹو۔

مین ویلفیر سوسائی سعودی عرب نے صدر آل انڈیا میمن جماعت فیڈریشن اقبال میمن آفیسر کے اعزاز میں افطار عشائيه كا اجتمام جده كے مقامی ريستوران ميں کیا گیا۔ افطار سے پہلے عرفان کولسا والا نے وعا کرائی۔ افطارونما زمغرب کے بعد مختصر تقریب منعقد کی گئی جس میں میمن ویلفیئر کےصدرعارف میمن نے اقبال میمن کا خیر مقدم کیا جبکه سیریری جزل طیب موسانی نے مہمان خصوصی کا تمام ممبران ہے تعارف کرایا اور ویلفیئر سوسائی کی کارکروگی برروشن ڈالی۔طیب موسانی نے اقبال میمن کی بھی میمن براوری میں خد مات اوراعلیٰ کا رکردگی کوسراما۔ یمی وجہ ہے کہ آج اقبال میمن کوہند میں 478 میمن جماعتوں کے اتحاد کا سربراہ مقرر کیا گیا ہے۔ انگی خدمات میمن برا دری کی تاریخ میں ہمیشہ یا در کھی جا کیں گی ۔اقبال میمن نے میمن ویلفیئر سوسائٹی جدہ کاعزت افزائی کیلئے شکر كيااوركها كهساجي وفلاحي خدمات ميسميمن براوري ہے کم نہیں۔ انہوں نے آل انڈیا میمن فیڈ کارکردگی اور ستفتبل کے پروگراموں پر بھی روشنی ڈِ الی ج میں غریبوں کے گھرول کی مرمت کیلئے مدد سے کیک گھروں کی تقلیم شامل ہے۔انہوں نے ہندوستانی حکومت





جدہ میں میمن فیڈریش کے صدر کااستقبالیہ اجلاس

بہنصرف میرااعزاز ہے بلکہ پوری میمن برادری کااعزاز ہے:اقبال میمن (آفیسر)

ىبئ، ۱۳رجولائی: (پریس اقبال ميمن فيسر (صدر آل اندُّياميمن جماعت فيدُّريثن) كوميمن ويلفيمُرَجده كيمر پرستول نـ توصيفي سند كـ ذريعه جس میں مئین ویلفیئر کے

اعزاز بخشاتصوير ميل عهد يداران واراكين

سیمن کا خیرمقدم کیا جبکہ سکریٹری جزل طبیب موسانی نے مہمان خصوصی کا تمام ممبران ہے ۔ ذکر کیا اور کہا کہ فیڈریشن کا نظم نوش چلانے میں غریب ہے امیرتما مطبقوں کےلوگ شامل ں میر معد ہو جب میران برن کے دوبات بھی اور مان کا بران سے موسول کی اور میں اور کیا گئی میں میں میں میں اور کیا تعارف کرایا اور ملیفیئر سوما تکی کا کر کردگی پروشی ذالی۔ میں میں اور سال میں اور سے کے سب براور کی خدمت میں سرگردال ہیں وہ باہم رکی میں میں مانوں کے جسمین براور کی خدمت اور ملیفیز کی جانب تعریفی شیلا میں 478 میں ہماعتوں کے اتحاد کا سربراہ مقرر کیا گیا ہے۔ اس کی خدمات میں براور کی ہوشوں کی سے تعریفی شیلا ک تاریخ میں بمیشہ یا در کھی جائیں گی۔ اقبال میمن تے میمن ویلفیئر سوسائی جدہ کاعزت کے لیے دعاء کی۔

افزائی کے لیے شکریدادا کیا ا رکہا کہ ساجی وفلاحی خدمات میں میمن برادری کسی ہے میں میمن برادری کی اہمیت ک اجا گر کرنے کی کوششوں کا بھی

Saudi Gazette 8th July 2015

MWS honors AIMJF president

BY SYED MUSSARAT KHALIL SAUDI GAZETTE

JEDDAH — The Memon Welfare Society (MWS) hosted an Iftar/Dinner in honor Iqbal Memon, official and notable figure of the World Memon Organization (WMO) and president of All India Memon Jamats Federation (AlMJF) at Lasani Restaurant here.

While addressing the audience, Iqbal said that due to his services to the community he was proposed by 250 Memon Jamats to become the president of the federation. After winning the election he is now shouldering the responsibilities of almost 478 Memon Jamats throughout India.

He said that his team consists of all classes of people and is enthusiastic to serve the community selflessly.

He expressed the group's future plan for the betterment and upliftment of the community by provid-



Iqbal Memon, chief guest, is being presented a plaque as a token of appreciation by MWS. - Courtesy photo

ing assistance to needy families from repairing their houses to the distribution of new house in various Memon community localities.

He said, "A team of philanthropists is ready to provide assistance to assist and help the poor and needy as much as possible. And I thank MWS for welcoming me and arranging this Iftar/Dinner in my honor."

Earlier, MWS President Arif Memon welcomed Iqbal in his address. Secretary General Tayyab Moosani then gave a brief introduction of the guest and introduced him to all the MWS board members.

Moosani also said, that Iqbal is a self made man and entered business as a child by selling ballpoint pens. "Today, he is a well known businessman of India, and is well connected in the business world and has good relations with the Indian government," he said.

On behalf of MWS Arif and Moosani presented a plaque and a gift to Iqbal as a token of appreciation in recognition of his dedicated and outstanding services to the Memon community throughout his life.

At the same time gifts prepared by Shoaib Sikander were presented to Salim Burmawala, a professional photographer and member of MWS Board, and Mohammed Ahmed Makki for their services to the society.

At the end Irfan Kolsawala gave a vote of thanks.



મેમણ સમાજ

ફેડરેશનના પ્રમુખ અને હોદ્દેદારોનું સઉદી અરેબિયામાં સન્માન

મન વેલ્ફેર સોગાયટી ઑક ગ્રઉદી અરેબિયા તરફથી તાજેતરમાં જેદાહ ખાતે લાસાની રેસ્ટોરાંમાં યોજાયેલી છકતાર પાર્ટી અને રાત્રિભોજન સમારંભમાં વર્લ મેમન ઓર્ગેનાઈઝેશનની નોંધપાત્ર હસ્તી તથા ઑલ ઇન્ડિયા મેમન જમાત કેડરેશનના પ્રમુખપર્ટે બિનહરીક ચૂંટાઈ આવેલા જનાબ મુહમ્મદ ઇકબાલ મેમન (ઑકિસર)નું ભવ્ય સન્માન કરાયું હતું. સાથોસાથ કેડરેશનના અન્ય હોદેદારોનું પણ

બહુંમાન કરાયું હતું.
આ પ્રસંગે હાજર શ્રોતાગણને સંબોધના ઇકબાલભાઈએ કહ્યું હતું કે, મેમણ કોમ પ્રત્યે તેમની અવિરત સેવાઓને ધ્યાનમાં રાખીને ભારતની ૨૫૦ જેટલી મેમણ જમાતો તરકથી કેડ્રેશનના પ્રમુખ બનવા માટે તેમનું નામ સુચ્વાયું હતું. પ્રમુખયદ માટેની ચૂંટણીમાં બિનવિરોધ જીત મેળવા બાદ હવે તેઓ સમગ્ર ભારતમાં આવેલી જીટ જેટલી મેમણ જમાતોની જવાબદારી સંભાળી રહ્યા છે.

ઇકબાલભાઈએ વધુમાં કહ્યું હતું કે, તેમની ટીમમાં તમામ વર્ગોના લોકોનો સમાવેશ થાય છે અને અમે નિઃસ્વાર્થપણે કોમની સેવા બજાવવા

માટે ખૂબ જ ઉત્સુક છીએ. કોમની બહેતરી અને ઉત્કર્ષ માટે કેડરેશનની ભાવિ યોજનાનો ઇલ્લેખ કરીને તેમણે જણાવ્યું હતું કે, જરૂરતમંદ પરિવારોની સહાય કરવા માટે અમે પ્રતિખઢ છીએ. મેમણ કોમની વસતિ પરાવતા વિવિધ વિસ્તારોમાં તેમના મકાનોનું સમારકામથી લઈને નવા મકાનોનું વિતરણ કરવાનો કેડરેશન નેક ઇરાદો પરાવે છે.

ઇકબાલભાઈએ વધુમાં જણાવ્યું હતું કે, કોમના ગરીબ અને જરૂરતમંદોને પોતાનાથી બનતી તમામ પ્રકારની આઘ પૂરી પણવા માટે કોમના સખી દાતાઓ તૈયાર છે. મને તથા કેડરેશનના અન્ય હોદેદારોનો સત્કાર કરવા માટે આ ઇકતાર પાર્ટી તથા રાત્રિબોજન સમારંભનું આયોજન કરવા બદલ હું મેમન વેલ્ફેર શ્રીક અરેબિયાનો આભારી છું. ઇકબાલભાઈના પ્રવચન અગાઈ મેમન વેલ્ફેર

છકબાલભાઈના પ્રવચન અગાઈ મેમન વેલ્ફેર સોસાયટી ઓફ સંઉદી અરેબિયાના પ્રમુખ જનાબ આરિફ મેમને તેમના પ્રવચનમાં છકબાલભાઈ તથા અન્ય મહેમાનોનું સ્વાગત કરતા જણાવ્યું હતું કે ફેક્ટેશનના સદ્દુકાર્યામાં અમારો હંમેશાં સહયોગ મળી રહેશે, ત્યાર બાદ સોસાયટીના જનરલ

સેક્રેટરી જનાબ તૈયબ મુસાણીએ મહેમાનનો સંક્ષિત પરિચય આપ્યો હતો તથા સોસાયટીના તમામ બોર્ડ મેમ્બરોની સાથે તેમનો પરિચય કરાવ્યો હતો.

જનાબ તૈયબ મુસાણીએ ઇકબાલભાઈ વિશે એમ પણ જણાવ્યું હતું કે તેઓ સ્વબલે આજે મોટા વૈયારી બન્યા છે. બાળપણમાં તેઓ બોલપેન વેચતા હતા અને આ રીતે ધંપામાં પ્રવેશ્યા હતા. આજે તેઓ ભારતના એક ખ્યાનનામ વૈયારી છે અને ધંપાકીય વિશ્વ સાથે સારી રીતે સંકળાયેલા છે તથા ભારત સરકારની સાથે પણ સારા સંબંધો પરાવે છે. ઇકબાલબાઈએ તેમના સમગ્ર જીવન દરમિયાન મેમણ સમુદાયની બજારેલી અવિરત, સમર્પિત અને અદ્ભુત સેવાની કદરદાની અને માન્યતાના પ્રતીકરૂપે સોસાયટીના પ્રમુખ આરિક મેમન તથા જનરલ સેકેટરી તૈયબ મુસાણીએ ઇકબાલબાઈને એક તકતી તથા ભેટ અર્પણ કરીને તેમનું બહુમાન કર્યું હતું.

ઇકબાલભાઈએ જણાવ્યું હતું કે અમાર્ સમ્માન કરવા માટે ઇકતાર પાર્ટી યોજવા અને સ્મૃતિચિહ્નન અર્પણ કરવા બદલ ઓલ ઇન્ડિયા મેમન જમાત ફેડરેશન વતી હું જનાબ આરિફ મેમન, તૈયબ મુત્રાણી, ડૉ. ઇકબાલ મુત્રાણી તેમ જ મેમન એસોલિયાન ઓક સઉદી અરેબિયા તથા મેમન વેલ્લેર સોલાયદી જેદહ (દિગ્ડમ ઓક સઉદી અરેબિયા તથા મેમન વેલ્લેર સોલાયદી જેદહ (દિગ્ડમ ઓક સઉદી અરેબિયા)ના તમામ ત્રમિતિ મેખરોનો આભાર માનું છું. તમે અમારા બોર્ડના સભ્યો ઇલ્યાસ કાયડિયા (ભા) (ફેડરેશનના નાયબ ઉપ-પ્રમુખ) વહાબ વેવાદિયા, (સરકારી યોજનાઓ માટેની માર્ગદર્શન પાંખના અપશ્ર) તથા રાષ્ટ્રીય કારોબારીના સભ્યો જનાબ શકી નિયામા અને બાદશાહભાઈનું સન્માન કરીને ભારતની સમગ્ર મેમણ કોમનું બહુમાન કર્યું છે. તમારી મહેમાન નવાઝી, આદરભાવ તથા ટેકા બદલ અમે આપના આભારી છીએ.

આ પ્રતંગે, સોસાયટીની સેવા બજાવવા બદલ વ્યાવસાયિક કોટોગ્રાકર તથા મેમન વેલ્કેર સોસાયટીના બોર્ડના સભ્ય સલીમ બર્માવાલા તેમ જ મુહમ્મદ અહેમદ મક્કીને ભેટો એનાયત કરીને સન્માનવામાં આવ્યા હતા. આ ભેટો શોએબ સિકંદરે તૈયાર કરી હતી. જનાબ ઇરકાન કોલસાવાલાએ આભારવિધિ કર્યા બાદ કાર્યક્રમનું સમાયન થયું હતું.

- ઇકબાલ મેમન-ઑકિસર

Our on going activities

MWS Current Activitie

- 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 Tel:0501821759/0541299786)
- 3. Collecting used clothes for needy people in India and Pakistan. Several Shipments 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 world for dresses, Shar-e-Sahafa Azizia,(Ahmed Kamal Makki Tel: 054129978/ 05018217596).
- 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 very recent past and/or in Near Future other than day to day welfare activities:

- 1. A shipment of used clothes sent to a welfare organization in Bangladesh last month.
- 2. An evening with celebrity "Knight of Journalism" Mr. Khaled Al Maeena held recently.
- 3. An Iftar Party of Male Members of the Community held on 7th Ramadan 1436.
- 4. A Reception in the honor of the Newly elected President All India Memon Jamaat's Federation Mr. Iqbal Memon (Officer) held recently.
- 5. Rest & Recreation trip of members and their families to be organized soon.
- 6. Award Ceremony for outstanding students of the community who secured meritorious positions in their exams during 2015 expected to take place after Summer vacations 2015.
- 7. More programs and events will take place upon suggestion of Board Members
 -X-X-X-X-X-X-X-X-



Another Shipment of used clothes is being prepared by a hardwormking Board Member Ahmed Kamal Makki, which will be shipped soon either to Mianmar, Bangladesh, India or Pakistan. Our communitybrothers may please deliver used clothes at



Self Exam - Risk Factors for Colon Cancer

Risk Factors	DESCRIPTION
Age over 50	Colorectal cancer is more likely to occur as people get older. More than 90% of people with this disease are diagnosed after age 50. The average age at diagnosis is 72.
Colorectal polyps	Polyps are growths on the inner wall of the colon or rectum. They are more common in people over age 50. Most polyps are benign (not cancerous), but some polyps (adenomas) can become cancer. Finding and removing polyps may reduce the risk of colorectal cancer.
Family history of colorectal cancer	Individuals whose close relatives (parents, brothers, sisters, or children) have a history of colorectal cancer are somewhat more likely to develop this disease themselves, especially if the relative developed the cancer at a young age.
	 YYHereditary nonpolyposis colon cancer (HNPCC) is the most common type of inherited (genetic) colorectal cancer. It accounts for about 2 percent of all colorectal cancer cases. It is caused by changes in an HNPCC gene. Most people with an altered HNPCC
Genetic alterations	 changes in an HNPCC gene. Most people with an altered HNPCC gene do develop colon cancer, so genetic testing may be appropriate. YYFamilial adenomatous polyposis (FAP) is a rare, inherited condition in which hundreds of polyps form in the colon and rectum. It is caused by a change in a specific gene called APC. Unless FAP is treated, it usually leads to colorectal cancer by age 40. FAP accounts for less than 1 percent of all colorectal cancer
	cases.
Personal history of cancer	A person who has already had colorectal cancer may develop colorectal cancer a second time. Also, women with a history of cancer of the ovary, uterus (endometrium), or breast are at a somewhat higher risk of developing colorectal cancer.
Ulcerative colitis or Crohn's disease	A person who has had a condition that causes inflammation of the colon (such as ulcerative colitis or Crohn's disease) for many years is at increased risk of developing colorectal cancer.
Unhealthy Diet	Studies suggest that diets high in fat (especially animal fat) and low in calcium, folate, and fiber may increase the risk of colorectal cancer.
Cigarette smoking	A person who smokes cigarettes may be at increased risk of developing polyps and colorectal cancer.

Little Smile

Dad: I want you to marry a girl of my choice !!

Son: No !!

Dad: The girl is Bill Gate's daughter.

Son: Then Okay !!

Dad goest to Bill Gates:

Dad: I want your daughter to marry my son!!

Bill Gates: No !!

Dad: My son is the CEO of world bank.

Bill Gates: Then Okay !!

Dad goest to the President of the world bank

Dad: Appoint my son as CEO

President: No!!

Dad: He is the son in law of Bill Gates

President: Then OK. This is Business!!!!!

"Pappu called FM radio & said: I've found a purse with

Rs.15000/- a credit card & an ID card of Mr.Ram new road,

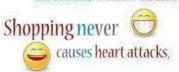
Kathmandu.

Radio Jockey: How honest so you want to return his purse?

Pappu -: no.. I just wanted to dedicate a sad song for him...

Aaj Maa Ne Saaf-Saaf
Keh Diya Ki Beta
Wahi Bahu Lana Jiska
FACEBOOK Aur WHATSAPP
Pe Account Nahi Ho
Ghar Mein Aur Bhi
Kaam Hote Hain

WHY DO WOMEN LIVE LONGER THAN MEN?







WHY PEOPLE AFRAID OF THEIR WIVES

The FBI had an opening for an assassin. After all the background checks, interviews And testing were done, there were 3 finalists;

Two men and a woman..

For the final test, the FBI agents took one of The men to a large metal door and handed Him a

'We must know that you will follow your Instructions no matter what the circumstances.

Inside the room you will find your wife sitting In a chair . . . Kill her!!'

The man said, 'You can't be serious. I could Never shoot my wife.'

The agent said, 'Then you're not the right man For this job. Take your wife and go home.'

The second man was given the same instructions.

He took the gun and went into the room. All was Quiet for about 5 minutes. The man came out with tears in his eyes, 'I tried, But I can't kill my wife.' The agent said, 'You don't Have what it takes.

Take your wife and go home.'

Finally, it was the woman's turn. She was given the Same instructions, to kill her husband. She took the Gun and went into the room. Shots were heard, one After another. They heard screaming, crashing, Banging on the walls. After a few minutes, all was Quiet. The door opened slowly and there stood the Woman, wiping the sweat from her brow.

'This gun is loaded with blanks' she said. 'I had to Beat him to death with the chair.'

MORAL:

Women are crazy. Don't mess with them.

THANK YOU FOR YOUR KIND ATTENTION,,,,, NEWSLETTER ENDS HERE