



**News Letter completes 6 years**

## Issue No.72

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## Memon Welfare Society Newsletter June 2015

### Ramdan Mubarak



As per unanimous decision of MWS, a Commemorative inscription awarded to Tayyab Moosani, Gen. Secretary for his sincere, selfless and dedicated voluntary services to the community through MWS during last seven years.

7th Anniversary Cake Cutting Ceremony took place by the hands of Chief Guest Mr. Yaqoob Al Maimani while a Patron and Office Bearers are accompanying the Chief Guest.



**Memon Welfare Society plays a vital role in the betterment of the community through its voluntary service. Said by Yaqoob Al Maimani at an event of Career Guidance held last month.**

**(Report of the event in the following pages)**

Dear Brothers and Sisters,  
Assalamo Alaikum WRWB

Another colorful & informative Newsletter issue No. 72 is in front of you. It is interesting that when, Memon Welfare Society (MWS-MASA) is celebrating successful completion of seven years of its Formation, at the same time Newsletter has also completed 6 years of its inception. MASA was founded by 60 members of Memon Community who gathered at a restaurant and MASA came into existence seven years ago. Whereas, the launching of monthly Newsletter was conceived and materialized six years ago by three Members M/s Tayyab Moosani and Nasir Ibrahim and Yaqoob Moosani, that was after almost one year of Formation of MWS-MASA. Al Hamdo Lillah, under the leadership of capable team of social worker, MWS and Monthly Newsletter are moving ahead successfully and this success was never possible without support & cooperation of the community. Thus the credit of all success goes to our entire community that deserves Heartiest Congratulations.

This year, during current Gregorian month of June, we will also be blessed with a Holy month of Ramadan, we take the opportunity to convey Ramadan Mubarak in advance to our community. May Allah almighty direct us in righteous path and give us strength to fulfill our religious duties honestly and May Allah bless all of us in coming month of Ramadan.

We hope this Issue will be informative and interesting to you, however, we sincerely apologize, if there is any typographic error or other omissions, if any. As usual, we request our brothers and sisters to forward to us interesting & informative articles or write ups for Newsletter which may benefit others. **MAY GOD BLESS OUR COMMUNITY.**

**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

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

### Youth & Sports Committee:

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

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Rashid Kasmani  
Nasir Ibrahim  
Salim Burmawala  
Irfan Kolsawala

### Dispute Settlement Committee:

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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 attend all  
committees meetings as an  
ex-officio.

## The Welfare Services of Memon Welfare Society

### میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- ✓ Helping needy students for education fee - تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ✓ Helping Community members for health care for those who cannot afford - ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
- ✓ Helping in Coffin & Burial Services - کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
- ✓ Helping & guiding unemployed in seeking employment - روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد
- ✓ Voluntarily Matrimonial services - بچوں کے لئے رشتے کی تلاش میں مدد
- ✓ 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. - اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
- ✓ 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. - مختلف موضوعات پر سیمینار کا انتظام
- ✓ During last two year we have sent 8 shipments of used clothes for needy people in Pakistan & India. - خاندانی اجتماع
- ✓ We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah. - مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ

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.

- 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۔



**Yaqoob Al Maimani**



**Arif Memon**



**Tayyab Moosani**



**Younus Habib**

## **A Report on the Event of "Career Guidance" held Last Month**

### **Memon Welfare Society is playing a vital role in the community through its voluntary services. Yaqoob Al Maimani**

On the occasion of 7<sup>th</sup> Anniversary of Memon Welfare Society (MWS), a Family Gathering was held at an auditorium of Al Shallal Park where a "Career Guidance Program" was also conducted successfully. A well known dignitary and businessman of memon community in Makkah & Jeddah and one of the founding members of Memon Jamat Mr. Yaqoob Al Maimani was the Chief Guest of the event.

Event commenced with Recitation from Holy Quran by Hafiz Osama Altaf Basheer and Naat Sheriff by Ahmed Irfan Kolsawala. The President of MWS Mr. Arif Memon welcomed and thanked to the Chief Guest, Yaqoob Al Maimani and respectable Speakers Dr. Iqbal Musani, A.Rahman Merchant, Prof.Erum Shoaib, Munaf Siddiq Dheddy and all guests for their participation in the event. The Secretary General Mr. Tayyab Moosani was invited to present report on social & welfare activities of MWS during the last seven years. Mr. Moosani presented a brief report on the welfare activities and said that it was first experience during last seven years of holding such event of "Career Guidance" which received great response & interest from the community. Mr. Moosani further said that "we couldn't have succeeded to render welfare services if businessmen and philanthropists of the community won't have supported and cooperated with us". He expressed thanks to all sponsors of the event, specially to Mr. Iqbal Advani, Patron of MWS, who always cooperate and provide us with assistance to undertake social & welfare project or program. He announced that in view of interest of the community, some more programs for education will be organized soon.

After the report of activities, Career Guidance program begun with first Speaker Dr. Iqbal Musani, a professor at one of prestigious Medical College who presented guidance to adopt career in medical field. Then Mr. Abdul Rahman Merchant a Chartered Accountant and Chief of Finance Division of a Saudi group of companies, gave a presentation on career in Accounting and Finance Sector and lastly Prof. Mrs. Erum Shoaib, an Educationist, gave a general lecture and expressed bullets points about selecting a career in any discipline. Audience took a great interest and learnt a lot of information about career guidance. Almost 500 Entry Cards for the program in Al Shallal Theater were sold.

Thereafter, Chief Guest of the event Mr. Yaqoob Al Maimani was invited to express his views. Mr. Al Maimani, first of all conveyed heartiest congratulation to MWS for completing seven years of social & welfare services. He said, MWS deserves appreciation for playing a vital role in the community through its voluntary services. He said; he is more than happy for being among the community families here today. Mr, Al Maimani invited MWS and offered a support & assistance to hold a families gathering in Makkah, in order to interact with more families of our community which will enable us to strengthen the relationship among our families.

Then the Chief Guest and President of MWS presented a Shield to the Secretary General Mr. Tayyab Moosani in recognition of his dedicated, selfless, sincere & untiring efforts in rendering voluntary services to the community during last seven year. President said, that we have selected brother Tayyab Moosani, for his great role in progress of MWS specially in bringing memon families together and in developing trust and confidence between MWS and the Community. After him, as shield was also awarded to Mr. Iqbal Advani in recognition of his utmost help and assistance to the MWS. Then Office Bearers presented a plaque of Gratitude to the Chief Guest. At last on the occasion of 7<sup>th</sup> Anniversary, a cake cutting ceremony took place and various complimentary gifts were distributed to each and every attendee (male & female) who attended the event. The event concluded with vote of thanks from Mr. Younus Habib, VP. The entire event was conducted by Irfan H Ahmed Kolsawala while Shoaib Sikander, Wasim Tai and Ahmed Kamal Makki contributed their maximum efforts in organizing a successful event.



## Press Clipping



4th May 2015

خصوصی کو صدر و جنرل نیکر بڑی ویلفیئر سوسائٹی نے یادگاری شیلڈ پیش کی۔ مہمان خصوصی سبیل اہمائی کو بھی تحائف پیش کئے گئے۔

بعد ازاں مہمان خصوصی نے میمن ویلفیئر سوسائٹی کے جنرل نیکر بڑی طیب موسائی جو گذشتہ 6 سال سے اس عہدے پر فائز ہیں اور سوسائٹی کیلئے بے لوث خدمت اہتمام دے رہے ہیں کو شیلڈ پیش کی گئی۔ اس موقع پر طیب موسائی نے کہا کہ کسی اعزاز یا شیلڈ کیلئے کسی خدمت نہیں کی۔ مجھے اللہ کی رضا اور خوشنودی چاہیے۔ اللہ کی رضا کیلئے کیونٹی کی خدمت کرنا میرا اولین فرض ہے۔ مستقل مالیاتی تعاون پر اقبال ڈاؤنٹی کو بھی شیلڈ سے نوازا گیا۔ تقریب میں سوسائٹی کی ساتویں سالگرہ کا میک یقوب اہمائی نے کانہ۔ شرکاء میں تمام مسخرف خواتین و حضرات کو انعامات سے نوازا گیا جبکہ تمام حاضرین خواتین و حضرات میں تحائف تقسیم کئے گئے۔ آخر میں نائب صدر یونس حبیب گوئی نے شرکاء کا شکریہ ادا کیا۔ اسکا نیکر بڑی کے فرائض عرفان حاجی احمد کوئے والا نے ادا کئے۔ شعیب سکندر، نسیم تانی، احمد کمال کی نے تقریب کے انتظامات میں بھرپور کردار ادا کیا۔

## جدہ: میمن ویلفیئر سوسائٹی کے زیر اہتمام کیریئر گائیڈنس پروگرام

میمن ویلفیئر سوسائٹی کیونٹی کی فلاح و بہبود میں اہم کردار ادا کر رہی ہے، یقوب اہمائی، تقریب میں شملو کی بڑی تعداد میں شرکت، انعامات بھی تقسیم کئے گئے



میمن ویلفیئر سوسائٹی کی تقریب کے موقع پر مہمان خصوصی یقوب اہمائی کے ہمراہ سوسائٹی کے عہدیداران دارکان کا روپ ٹوٹ۔

میمن ویلفیئر سوسائٹی سعودی عرب کے ذریعہ اہتمام کیریئر گائیڈنس پروگرام کا اہتمام کیا گیا جس میں شملو نے بھی بڑی تعداد میں شرکت کی۔ مہمان خصوصی کے اور جدہ کی معروف شخصیت یقوب اہمائی تھے۔ سبیل اہمائی نے بھی پروگرام میں شرکت کی۔

تقریب کا آغاز تلاوت کلام پاک سے کیا گیا۔ حافظ اسامہ الطائف بخیر نے تلاوت کی۔ صدر میمن ویلفیئر عارف میمن نے شرکاء کا خیر مقدم کیا۔ میمن ویلفیئر سوسائٹی کے جنرل نیکر بڑی طیب موسائی نے سوسائٹی کی 7 سالہ کارکردگی پر روشنی ڈالتے ہوئے کہا کہ سوسائٹی کو برادری کے خیر و تاجر حضرات کا تعاون حاصل ہے۔ ان کے بغیر بڑی کاموں کو عملی جامہ پہنانا مشکل کام ہے۔ انہوں نے کہا کہ کیریئر

11th May 2015



میمن ویلفیئر سوسائٹی کے 7 ویں یوم تاسیس کے موقع پر محمد یارانی عارف میمن، طیب موسائی، یونس حبیب، منصور شیبانی، شعیب سکندر اور مہمان خصوصی یقوب اہمائی کیلئے کاٹ رہے ہیں۔

## 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 Makki Tel:0501821759/0541299786)
3. Collecting used clothes for poor and 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 Near Future other than welfare activities:

1. An Iftar Party of Male Members of the Community on 7<sup>th</sup> Ramdan 1436 (24<sup>th</sup> June 2015). A separate circular will be issued for obtaining complimentary invitation cards.
2. An evening with scholar or dignitary/celebrity to have enlightening speech.
3. Rest & Recreation trip of members and their families to be organized soon.
4. Award Ceremony for outstanding students of the community who secured meritorious positions in their exams during 2015.
5. More programs and events will take place upon suggestion of Board Members

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

Shipment of used clothes is packed and shipped this time to Pakistan by Ahmed Kamal who deserves more than appreciation. A shipment will also be sent to India till Ramadan, please deliver used clothes at given address asap.



## My inspired personality in Social Work

By: Nasir Ibrahim

Tayyab Moosani & Nasir Ibrahim

Name: Tayyab Moosani

Title: Secretary General MWS-MASA

Period: 2008 to 2015

Secretary General from School to MWS-MASA who inspired by a proverb "Do Good Have Good" Ker Bhala Ho Bhala



Information acquired from GS in personal meeting

### Extracurricular and Social Work:

- When he was student of Class 8<sup>th</sup> Nominated as Secretary of School's Literary Society 1969-1970. Used to issue weekly wall paper of the school and participate in arrangement of extracurricular activities.
- Joined Okhai Memon Students Union (OMSU) in 1971 as Area Rep of Memon Colony F B Area
- Joined Okhai Memon Youth Services (OMYS) in 1972 just after Matriculation (Basic qualification for membership)
- Undertook assignment of door to door Survey of community families in 1973 in F B Area
- Nominated as chairman Sport Committee of OMYS 1974
- Elected as Secretary General OMSU 1974 to 1978
- Under OMSU, Organized All Memon Usman Memorial Football Tournaments for 3 years.
- Elected as Secretary General Husainabad Welfare Association 1978-1979
- Supervised Huseinabd Charitable hospital voluntary for one year
- Remained Secretary General Husainabad Sports Club (HSC) and player of its cricket team from 1972 – 1982.
- Being Secretary General of HSC, Organized All Memon Husain Ebrahim (founder of Husainabad) Memorial Cricket Tournaments from 1977 to 1982. Invited Prominent Pakistan Test Cricketers every year such as Hanif Mohammed, Jawed Miandad, Iqbal Qasim, Zaheer Abbas, Tasleem Arif, Cricket Commentator Muneer Hussein etc. for distribution of Trophies to Winner and Runner Up teams and to the best players as well. Received awards as man of the match couple of times. Moreover, some dignitaries of memon community also attended final matches that includes Kasim Usman Kandawala, Latif Ebrahim Jamal, Abdul Razzak Janoo, Ashraf Tabani, Zakaria Kamdar, etc.
- During tenure of Secretary General of HSC, organized a reception to all memon elected local government councilors of Karachi along with Abdul Sattar Afgani, Mayor of Karachi.
- Elected as Secretary General OKHAI MEMON YOUTH SERVICES (OMYS) for 1981-82, an organization of educated members that changed the fate of okhai memon community. It's main objective was to promote education in the community. That is why we have now in our community Pilot of 777 Aircraft operating Internationally (attached with PIA), Engineers, Professors, Doctors, Lawyers, Chartered Accountants, MBAs, PhDs , IT experts etc.
- Being GS of OMYS, Received Gold Medal for securing highest marks in Masters Studies in the community in 1982 by the hands of a well know dignitary in Pakistan, Abdul Rahman Chapra (passed away recently) brother of Dr. M.U.Chapra. As GS, contributed untiring efforts in opening various projects such as Low Fee Typing institute, Industrial Home for girls etc,
- Now come to his strong belief in "Do Good Have Good". Being a GS of OMYS, helped a care taker lady whose son got free short course of technical training under sponsorship of OMYS and received a job offer from Saudi Arabia but she did not have money to make passport and for other expenses of her son. As per power delegated to GS, she was provided required financial assistance at once which was not more than two thousand rupees that time. After joining job in Riyadh, her son remitted her funds more than her need and requested his mother to quit all care taking & domestic helper jobs as he will remit to her more than enough every month regularly. She quit all care taker jobs and once visited GS at his home personally to offer DUAA for him to go to the same place where her son has gone for earnings which was accepted by Allah Almighty and after some time he (GS) was here in Saudi Arabia in 1983. That is why he always say, do good to have good.
- In April 2008 he received an invitation to attend a gathering to form a memon jamat. Attended that get together of 60 people of our community and MASA was finally constituted. After some time, differences & disputes arose among few members that jolted Memon Jamat and President and GS could not continue their office due to certain reasons. In this situation, with help of some seniors, President returned to his position and he (Tayyab Moosani) was nominated as Transitory GS. He undertook the position and with utmost cooperation of other office bearers, he geared up Memon Jamat to move in right direction to achieve its noble aims and objective. Al Hamdo Lillah, this is the reason and with the trust and confidence of the community, he is being elected unopposed every time and has worked so far with 3 Presidents during last 7 years. There is a team of sincere social worker who is playing main role in progress of MASA that deserves appreciation.
- Participated several debates in School and College life and won several prizes either 1<sup>st</sup> prize or 3<sup>rd</sup> Prize, unfortunately never won 2<sup>nd</sup> Prize. Undoubtedly this skill has been very beneficial and helpful to MWS-MASA since last 7 years. Once he determines to do something good, he does it at any cost as he believes that he gets success by the grace of Allah almighty.

## Having good morals is a prime responsibility

Courtesy Islamic City Bulletin

Character formation is the most important aspect of Islamic personality. That is why we can see that the goal of Islam - of the concepts, worships and teachings relating to values, attitudes, morals and behavior is to create an Islamic personality. The Prophet ﷺ has stated the foremost purpose of being sent down in this world and the method of his mission in the following words.

*"I have been sent for the purpose of perfecting good morals."* Inculcating good manners among the people and purifying them as per the noble teachings of Islam was the ultimate responsibility given to the Prophet ﷺ and after him the believers are to set an ideal example of Islamic Character before the public.

The Qur'an has made it very clear that following the footsteps of the Prophet in the high esteemed character and morals is a vital aspect of being an example Muslim. God says: *"And by the mercy of God, you dealt with them gently and had you been severe and harsh hearted, they would have broken away from about you. So pass over (their faults) ask (God's) forgiveness for them; and consult them in the affair. Then when you have taken a decision, put your trust in God, certainly God loves those who put their trust (in God)"* (Al-Qur'an 3: 159)

So a Muslim must possess noble character which attracts people to him. When God sent Prophet Moses and Haroon to Pharaoh He said to them: "You tell him soft words." He may accept the guidance and fear God. It is natural that people like those who speak gently and decently and hate those who are harsh and hard in behavior.

The great message which has left an indelible impression on the history was the unique personality of Prophet Mohammad ﷺ. God has praised him. *"And verily, you O Mohammad are on an exalted character"* (Al-Qur'an 68: 4) The Prophet practically proved how to fulfill this noble goal to his companions. The purpose of which was nothing else but to strengthen the moral character of people so that the world of beauty and perfection may be illuminated before their eyes and they may try to achieve it consciously and with knowledge. The Qur'an says: *"verily as for those who believe and do righteous deeds, certainly we shall not suffer to be lost the reward of any one who do his righteous deeds in the most perfect manner"* (Al-Qur'an 18:30).

### Treat others with generosity

Islamic character is divine character. It is to treat others with the same generosity and charity as Almighty God shows to man. Islam has set the norms in this pattern by saying "If you are merciful, forgiving and magnanimous, God is the forgiving, the merciful. That is to say that we are supposed to adopt a posture similar to God's in our dealings with others. God forgives people their mistakes and does not deprive them of His mercies because of their errors. Thus magnanimity becomes the cardinal principle of Islamic Character.

### Helpfulness and benevolence towards others

The highest standard of Islamic character entails helpfulness and benevolence towards others. The very existence of a believer is beneficial to others since Islam teaches the lowest branch of belief is removing the disturbance from the way. So the believer passing through a way is useful to others. His words are useful to every one. Because Islam has taught "whoever believe in God and the life here after, let him tell good things to keep quiet."

### Patience

Patience is another ingredient which makes the believers character commendable and appreciable. It has been taught that patience is one half of faith. Marvelous examples of patience on various occasions can be drawn from the life of the Prophet ﷺ.

### Sincerity, honesty, humility, justice, patience, straight forwardness, keeping promise ...

Islamic ethics and moral as stated in the Holy Qur'an and Sunnah embrace the consideration of all those moral excellencies known to the world, such as sincerity, honesty, humility, justice, patience, straight forwardness, keeping promise, charity, meekness, politeness, forgiveness, goodness, courage, veracity, sympathy, tolerance, decency, co-operation and other ethical instruments and rules of conduct recommended and upheld by Islam. A luminous feature of Islamic system of life is that it teaches comprehensive manners to all mankind with mercy, sympathy and consideration.



### Speak the truth

The first among the deeds which tops the list of good manners is to speak the truth and be steadfast in it regardless of its consequences. The Prophet teaches: "The best of crusades is to speak the truth before a tyrant ruler. 'Speak the truth no matter how bitter it may be.' Keep away from ill thinking because ill thinking is the greatest falsehood."

### Avoid Jealousy, backbiting, falsehood ...

By prohibiting jealous, backbiting, falsehood, wickedness and all other harmful things Islam arrange the ground steady for emulating divine principles of Islamic character which provide a peaceful living in this world and the hereafter. The major criterion in Islamic living is the eternal words of The Prophet ﷺ that *"Actions rest on motives."*

### What are Good Manners?

Good Manners mean the commission of those virtuous deeds by which human perfection is achieved which entitles a human being, in its true senses to be referred to as the best of creation. The effect of adopting these manners, propounded by Islam is that humankind receives tranquility, peace, harmony, happiness, love, affection, justice, equality and whatever a human being desire for a healthy and peaceful living.

### Responsibility towards God and responsibility towards fellow beings

All these teachings are formed considering the responsibility entrusted upon human beings. It is clearly mentioned that humankind has a dual responsibility to perform. One is in relation to himself and his obligations to the Creator, the other one is in relation to his external world and commitments to the creatures and fellow beings. The former has to express in a process of self-development, physical, intellectual and spiritual. In other words, man's responsibility is to invite to God, so to say, exercise His right to dwell in the individual and urge him to use properly the balance set in his nature. The idea is in conformity with the Qur'anic exhortation. *"O you who believed if you help (the cause of) God, He will help you and set your feet firm"* (Al-Qur'an 47:7).

### Obligations to one's self and obligations to society

The other responsibility lies in developing social consciousness and in caring for the welfare of others. The two terms may as well be styled as "Obligations to one's self" and "obligations to society." The two types of responsibilities are not to be regarded as exclusive. They are merely two faces of one and the same attitude towards life, of the same activity proceeding from it and signify the character of the mind one has to develop. It is this mind which matters in determining responsibility for every human action.

**X-X-X-X-X-X-X-X-X-X-X-X-X-X-X-X-**

### Well known dignitary of our community A.Rehman Chapra passed away in Pakistan



During last month a dignitary, a philanthropist, a pioneer in social and welfare work, a kind hearted leader of Memon Community Mr. Abdul Rahman Chapra passed away in Pakistan. Inna Lillah-e-Wa-inna Elehe Rajeoun. May Allah almighty rest his soul in eternal peace and give patience to his all family members. He was an elder brother of well known scholar and recipient of King Faisal Award and Saudi Citizen, Dr. Mohammed Umar Chapra, A condolence session was arranged in Jeddah at residence of Dr. Chapra which was attended by a large number of people from Pak-Indian Community. Placed above is a memorable picture of Late Abdul Rahman Chapra (highlighted by a circle) taken in 1981 presiding over a function, accompanied by Zakaria Kamdar, Minister of Haj that time, Justice (Rtd) Abdul Hafiz Memon; President United Memon Jamaat, Abdul Rahman Gatta President Okhai Memon Youth Services and Tayyab Moosani, that time Secretary General of OMYS. According to John C. Maxwell *"A leader is one who knows the way, goes the way, and shows the way"*. We should not forget our seniors, pioneers and leaders and their teachings.



## Health Corner

### Back Pain

#### *Symptoms associated with back pain*

**Simple back pain** is often in the lower back (lumbar region), and may also spread to the buttocks and/or thighs. It's often described as a dull pain and can come and go at different times, depending on the level of activity. The pain can begin suddenly or come on gradually if there is a back strain over time.

Simple back pain usually only lasts a few days and gets better on its own. However, **a physician should be consulted** if the back pain is associated with fever (high temperature), redness or swelling on the back, pain down the legs and/or below the knees, numbness or weakness in one or both legs or around the buttocks, and/or loss of bladder or bowel control (incontinence).

Some symptoms are called "red flags" and may indicate the need for treating an underlying condition, therefore, seeking medical advice is a must if the pain is the result of an injury, if the age is under 20 or over 55 with the pain lasting for more than a few days, if on steroid medicines for more than a few months, or if there is a known condition of cancer.

#### *Diagnosis of back pain*

If the back pain lasts longer than six weeks, or if the physician suspects there is some underlying cause of the back pain, one or more of the following tests may be recommended:

- X-rays
- CT scans ( a CT scan uses X-rays to make a three-dimensional image of the body/or part of the body )
- MRI ( an MRI scan uses magnets and radio-waves to produce images of the inside of the body)
- Blood tests (for example: Blood Picture, Calcium Level, etc.)

#### *Treatment of back pain*

##### Self-help

- Staying active (if the pain is tolerable and mild).
- Bed rest (if the pain is intolerable or interferes with moving).
- Heat therapy (a hot bath, applying a hot water bottle or heat pack directly to the affected area of the back, but not instantly after a back trauma).
- Ice therapy (following a back trauma, apply a cold compress, such as ice or a bag of frozen peas, wrapped in a towel, but not directly on the skin).

##### Medicines

Painkillers (such as aspirin or paracetamol) or an anti-inflammatory medicine (such as ibuprofen) are often enough to relieve simple back pain (these can be taken as an oral medication, injections, or as topically applied creams, gels, or lotions). More potent medications can be prescribed by the treating physician and under his/her supervision for the efficacy and the side effects.

##### Physiotherapy

This is given through sessions at the hospital or exercises done at home.

##### Surgery

Surgery is considered as a last resort. The type of surgery will depend on the cause of the pain.

##### Prevention of back pain

- This includes taking regular exercise (particularly walking and swimming, reducing stress levels, bending from the knees and hips-not from the back-and maintaining a good posture,

## Little Smile

**Sirf Choti si Galti ki wajah se 1 Bookshop Me 1 Million Books Sale Hui,  
Book ka Nam Tha  
"AN IDEA THAT CAN CHANGE YOUR WIFE"  
Bas "L" Ki Jgah "W" Print Ho Gya Tha**

**Best Slogan on a MAN's T-Shirt :**

**"Please Do Not Disturb me,**

**I am Married and already very Disturbed...**

**Unmarried boy: "Mujhe shaadi nahin karna. Mujhe sab aurato se darr lagta hai."**

**Father: "Kar le beta, phir 1 hi aurat se darr lagega baaki sab achhi lagengi."**

**Husband- "tere baap ki Zakham par namak chidakne ki adat gayi nahi?" .....Wife- kyo kya hua?**

**Husband- aaj fir se puch raha tha "Meri beti se shadi karke kush to ho na?"**

**Pictorial View of Career Guidance, Family Gathering and celebration of 7<sup>th</sup> Anniversary of MWS-MASA held very recently.**



**Brother Irfan Kolsawala is conducting the event. It started with recitation from Holy Quran by Osama Altaf Basheer, Naat Sheriff recited by Ahmed Irfan Kolsawala, while President, brother Arif Memon welcoming the guests of the event.**



**Secretary General brother Tayyab Moosani, presenting report on MWS welfare activities, while Chief Guest brother Yaqoob Al Maimani and Special Guest Sohail Al Maimani expressing their views on MWS as well as the event. Vote of thanks given by our VP, brother Younus Habib.**



**Our respectable speakers Dr. Iqbal Mussani, Prof. Erum Shoaib and brother Abdul Rahman Merchant, FCA giving presentation on Career Guidance.**



**Chief Guest, Patrons and Office Bearers of MWS can be seen in front row of audience.**





**A Panoramic View. Audience is listening to the lectures on Career Guidance attentively.**



**Respectable Speakers Dr. Iqbal Musani, Prof. Erum Shoaib, A. Rahman Merchant, FCA and Mr. Munaf Siddiq Dheddy former principal Punjab University Center Jeddah are being presented token of appreciation for their voluntary lectures on career guidance.**



**Lucky Draw Winners are receiving precious gifts.**





**Seniors among audience receiving gifts; from left to right; Arif Panjabi (President Upleta Memon Jamat Karachi) Shabbir Patel (well known social worker) A. Qader Teli on behalf of his grandmother (mother of one of founders Of Memon Jamat Saudi Arabia) and Mansoor Shivani on behalf of his mother came from Pakistan.**



**7 Kilo Cake on 7<sup>th</sup> Anniversary of MWS-MASA**



**Chief Guest Brother Yaqoob Al Maimani is being presented by office bearers a Token of Appreciation.**



**A Plaque of appreciation is presented to Brother Tayyab Moosani for his outstanding voluntary services as G.S. during last seven years.**



**A Plaque of appreciation of Brother M. Iqbal Advani for his maximum financial support to MWS-MASA is being received by brother Younus Habib, VP.**

**Chief Guest inviting MWS to hold next family gathering in Makkah enabling our community families living in Makkah to interact with families of Jeddah, President and Secretary General are standing beside him.**



### 7th Anniversary of MWS-MASA, cake cutting ceremony



**Chief Guest accompanied by office bearers, clapping and exchanging  
Congratulation of 7<sup>th</sup> Anniversary of MWS-MASA.**

### Managing Board with Chief Guest



**After the Event, a group of Board Members with Chief Guest. The group comprises of;  
(from left) Asif Lala, Tariq Madani, Dr.Iqbal Musani, Younus A. Sattar, Shaker Aziz, A.Kader Africawala, Rashid Kasmani,  
Yousuf Tai, Irfan H.A. Kolsawala, Kaleem Ahmed, Sohail Al Maimani, Arif Memon, Younus Habib, Yaqoob Al Maimani,  
Munaf A. Sattar, Tayyab Moosani, Mansoor Shivani, Wasim Tai, Ahmed Kamal, Shoaib Sikander, A.Qader M.Amin Teli.**

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## Our upcoming event

### An Evening with a celebrity/dignitary

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## Khaled Al Maeena

### Brief about him



**Khaled Al Maeena** is a veteran Saudi journalist, commentator, businessman and the former editor-in-chief of the [Saudi Gazette](#). He is regarded as a liberal.

### *Education*<sup>[edit]</sup>

Al Meena received his education in different countries, including the United States, Britain and Pakistan. He attended the [St. Patrick's College](#) in [Karachi](#) and graduated with a degree in journalism from the [University of Karachi](#).

### *Career*

Al Maeena began his career in 1972, joining the [Saudi Arabian Airlines](#) (Saudia) as an intern. He worked at several positions in the airline including as chief editor of *Saudi World*.<sup>[1]</sup> In 1982, he became the editor-in-chief of [Arab News](#). Al Maeena was one of four journalists to cover the resumption of diplomatic ties between Saudi Arabia and [Russia](#) in 1990.<sup>[5]</sup> He left his post in 1993, becoming the CEO of the Saudi Public Relations Company (SPRC),<sup>[6]</sup> a position he held for five years. He returned to the top editor's post at [Arab News](#) in 1998 and held the post until October 2011.

He was appointed editor-in-chief of [Saudi Gazette](#) on 2 April 2012. His term ended in February 2014 and he was succeeded by [Somayya Jabarti](#) in the post. Almaeena occasionally contributes commentary columns for [Gulf News](#), [Al Eqtisadiah](#), [Times of Oman](#), [Asian Age](#), *The China Post*, [Asharq Al-Awsat](#), [Al Madina](#) and [Urdu News](#). He was also a Saudi television news anchor, talk show host, radio announcer and lecturer.<sup>[6]</sup> Khaled Almaeena also serves as a Member of Advisory Board for Gulf at TAIB Bank.

### *Awards*

Al Maeena was honored with the highest civilian award [Sitara-e-Pakistan](#) in 2008 by the [Pakistan](#) government.<sup>[4]</sup>

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

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