



Issue No. 69

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Prepared and produced by

Newsletter Committee MWS

MASA with approval of

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Abdul Sattar Edhi collecting donations for his charitable institutions



کراچی: معروف سماجی کارکن عبدالستار ایڈھی ریگیل چوک میں چندہ اکٹھا کر رہے ہیں

Great Social Workers of the world Abdul Sattar Edhi and Mrs. Bilquis Edhi



**LOOK AT THE SIMPLICITY OF WELL KNOWN SOCIAL WORKERS OF THE WORLD
ABDULSATTAR EDHI AND HIS LIFE PARTNER BILQUIS EDHI, WHO FORTUNATELY
BELONG TO MEMON COMMUNITY BUT THEIR SERVICES ARE FOR ENTIRE
HUMANITY OF ANY CAST, COMMUNITY OR RELIGION.**

(Details on page # 5)

Dear Brothers and Sisters,
Assalamo Alaikum WRWB

We are please to bring out 69th issue of monthly Newsletter. Our well wishers and readers of this bulletin will be pleased to know that we shall be celebrating soon 6th Anniversary of MASA Newsletter as well as 7th Anniversary of MWS-MASA. We kindly request our community members to please send us your views, feedback, opinion about Newsletter as well as MWS-MASA and/or send us your write ups, articles, essays that may be interesting for the readers. We will also welcome ideas and suggestions to improve our bulletin and enhance its readership. And also suggest us further Social & Welfare programs & activities that MWS could undertake for the benefit & betterment of our community. We shall also appreciate and welcome, if community members could advise us the Unique and memorable ways to celebrate 6th and 7th Anniversary of MASA Newsletter and MWS-MASA respectively.

Moreover, in order to regularize operation of MASA and in view of past practices and situations experienced by MASA during last 7 years, a constitution committee has also been formed to review old version of MASA constitution and submit revised draft of constitution for approval in next full Board meeting. We invite those younger and elder community members who are enthusiast of social work to join us to serve the community devotedly.

We have Some personalities in our community who remain immortal as their achievements speak for them and they remain in memories of well wishers. Social Workers and Influential leaders' achievements don't die. We can see their manifestations in excellent governance and development. History remembers their achievements and the valuable steps they have taken. May Allah give those members more courage and strength to keep up their selfless services to the community. At end, we sincerely offer our apology in advance if you find any error or omission in this Newsletter.

Thanks and best regards
Newsletter Committee

Various Committees to facilitate our activities:

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Younus Habib
Mansoor Shivani
Irfan Kolsawala
Mohamed Badi

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Abdul Qader Teli
Asif Lala
Nasir Ibrahim
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Nasir Ibrahim
Abdul Kader Africawala
Abdul Qader Teli

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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
- ✓ 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 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۔

Weddings and Engagements and sad demises among community:

❖ Happy Occasions

❖ Congratulation from MWS- MASA to all the following:

- ❖ Nikah Ceremony of Son of Haji Younus Dhedy with daughter of Ayub Bhai took place in Jeddah last month.
- ❖ Engagement Ceremony of son of Amin A.Sattar Bakhshi with daughter of Moosa Wadhiwala took place last month..
- ❖ Engagement Ceremony of son of Iqbal Ghadai with daughter of Arif Memon took place last month.
- ❖ Some more proposals are under process of MASA Matrimonial Services Team, which will be finalized soon.

❖ Sad Demises :

❖ Let us offer Dua-e-Magfarat for following community members passed away very recently.

- ❖ Haji Ismail Qadri, Father in law of recently married daughter of Adam Latif passed away in Jeddah last month.
- ❖ Brother in law (husband of Sister) of Adam Latif passed away in Dubai during last month..
- ❖ Aunt (Khala Saas) of Rashid Kasmani passed away in Mumbai last month.
- ❖ Sister of Irfan Haji Ahmed Kolsawala passed away in Mumbai very recently.
- ❖ May Allah rest their soul in Heaven and give Sabr Jameel to their family. Aameen.



Abraham inspires Muslims, Christians and Jews

By: [Asma Mobin-Uddin](#)

Courtesy: Islamic City Bulletin



In the current climate, I hesitate to tell people that the biggest holiday of the Muslim year celebrates the Prophet Abraham's willingness to sacrifice his son at God's command. I worry that people will associate the observance with the political situations we are seeing and will miss the profound beauty and strength of the story. Told in both the Bible and the Quran, the episode is revered by Jews, Christians and Muslims, who all honor Abraham's example of righteousness and faith. God tested Abraham by commanding him to sacrifice his only son. Out of devotion and obedience, Abraham was willing to do so. Before the deed could take place, a ram was substituted for sacrifice instead of the boy.

The lesson in this great trial of Abraham's is that people should love and be faithful to God above everything else in their lives. Some are uncomfortable with this story because of the reference to child sacrifice. Others spend time arguing over which son it was. Both miss the point. Of course God does not want us to kill our children. Both the Bible and the Quran are clear that the purpose of the event was to test Abraham's devotion to God, not to condone a human sacrifice. And which son it was is irrelevant. The prophets throughout the ages have taught this same message of faithfulness as the most important imperative in worshipping God. "Love the Lord your God with all your heart, and with all your soul, and with all your might," Moses urged his followers (Deuteronomy 6:5). Jesus reaffirmed the same message, saying, "This is the first and greatest commandment" (Matthew 22:37-38). A prayer from the Quran reads, "Truly my prayer, my sacrifice, my living, and my dying are all for God, the Cherisher of the worlds" (Qur'an 6:162). The Prophet Muhammad taught that the most important belief in Islam is that nothing is worthy of worship, nothing is deserving of one's complete love, devotion and obedience, except for God.

Cont....next page.

Whatever we love of the gifts God has given us, these gifts should not be more important to us than their source. If they are, then we have strayed. And many such "idols" compete for our time and attention. Our devotion to pursuing material wants, riches, fame, desires, or even leisure activities can border on worship. But Abraham's example reminds us what should be most important in our lives.

During the Hajj pilgrimage and the Eid al-Adha holiday, Muslims commemorate the history of the Prophet Abraham and his family. This year, these events take place during the last week of December.

Pilgrims in Mecca retrace Abraham's footsteps and rededicate themselves to following his example. As part of the Eid celebrations, Muslims have a sheep, camel or goat slaughtered, share part of the meat with family and friends in holiday meals, and donate at least one third of the meat to the poor. The symbolism of the sacrifice commemorates the trial of Abraham.

Devotion to God is the purpose of the sacrifice, not the actual meat or animal killed. Sharing holiday meals strengthens ties of family and friends, and donating the meat helps remind Muslims of their responsibilities to people in need. Food banks in America have reported an increase in fresh meat donations as Muslims donate to the poor the meat from this commemoration.

Muslims return from the Hajj with a renewed closeness and commitment to God. They recommit to loving and serving God above all else, with all their hearts, souls and minds, because nothing else is worthy of this devotion.

The opportunities for reflection and rededication to one's priorities are part of the many holidays celebrated this season. As we choose our paths, we have a tremendous example in the firm and sure footsteps of the great Prophet Abraham, the true in faith, the friend of God.

Dr. Asma Mobin-Uddin is a pediatrician and president of the Ohio chapter of the Council on American-Islamic Relations. Her upcoming children's book, *The Best Eid Holiday Ever*, is due to be published in the fall of 2007 and is about the Eid al-Adha holiday

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Expected social and welfare activities during 2015

Other than usual welfare programs and activities of MWS-MASA, following social programs/activities/events will also be arranged during 2015:

1. Family Event as usual consists of:

- 7th Anniversary of MWS-MASA Celebration
- Career Guidance Lecture and free consultancy
- Elocution Contest and Quiz Competition
- Quiz Competition

2. An enlightening evening with a Celebrity or Scholar.

3. Iftar Party

4. 4th Annual Award Ceremony for Meritorious students

5. Motivate Members and Community to participate in Newsletter

6. Bring out Updated and Final Version of Constitution of MWS-MASA

7. Formation of Cricket team

Following activities are also expected take place subject to approval of Board:

1. A Show match of Board Members Cricket Team
2. Visit to Makkah Museum
3. Picnic for either Board Members or General Community
4. Reception to any President or GS or well known social worker of any memon Jamat of Pak India and/or Celebrity of our community who come to Saudi Arabia for Umrah or Business or Visit Visa.
5. Celebration of 6th Anniversary of Newsletter.
6. Reception to Chinese Consul General to facilitate businessmen of our community who deals in Chinese product and visit China frequently.

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

Abdul Sattar Edhi - A Great Social Worker

Abdul Sattar Edhi refused to accept donation of kidney for himself. He said he has received donations in entire life to help others but he doesn't want to receive donation of kidney for himself as he is 90 and he does not know how long is he going to live.

عبدالستار ایڈھی نے اپنے لیے گردہ لینے سے انکار کر دیا

پتا نہیں کتنا جیوں گا، 90 سال کی عمر میں اپنے لیے گردہ نہیں لینا چاہتا، عبدالستار ایڈھی کراچی (اسٹاف رپورٹر) ایڈھی فاؤنڈیشن کے سربراہ عبدالستار ایڈھی نے اپنے لیے گردے کا عطیہ لینے سے انکار کر دیا ہے۔ معروف غیر سرکاری تنظیم ”مدا“ کے صدر طاہر اقبال طاہر نے عبدالستار ایڈھی کو اپنا ایک گردہ دینے کی پیشکش کی تھی۔ عبدالستار ایڈھی نے کہا کہ میں زندگی بھر لوگوں کے لیے مانتا رہا ہوں۔ مجھے معلوم نہیں کہ میں مزید کتنا جیوں گا۔ اب 90 سال کی عمر میں اپنے لیے کچھ نہیں مانگنا چاہتا۔



Abdul Sattar Edhi is one of the most active philanthropists in Pakistan, a premiere example of a life of compassion, perseverance and patience. Born January 1st 1928 in British India, Edhi grew up taking care of his mother who suffered from paralysis and diabetes. She taught him a daily lesson by giving him two paises, one to spend on himself, and one on someone less fortunate. This simple lesson shaped him into the great man that he is today. In a region that had faced great turmoil after the dismantling of the British Empire, where millions of Hindus and Muslims were uprooted and became refugees, it wasn't hard to find someone less fortunate

I had accepted at the outset that charity was distorted and completely unrelated to its original concept. Reverting to the ideal was like diverting an ocean of wild waters. Another major obstacle in the promotion of welfare was exposed...the disgust of man towards mankind. There was only one expression, one reaction from everyone...cringing,,,,,,We could not reduce suffering unless we rose above our own senses...cringing was the first and the greatest hindrance that blocked our way, the most brutal, but also the most understandable. Abdul Sattar Edhi

Around the age of 20, Edhi and his family migrated to Karachi, Pakistan. Here the conditions were not any better, infants were discarded on roadsides and adult corpses baked in the sun. Edhi began to realize the dire need for medicine and saved up his money to open a charitable clinic. Despite not having a formal education, he applied himself to learn basic medical care from a friend who was a doctor. He was a simple man with a simple philosophy, and he would sleep on the concrete outside the clinic so that he was available to anyone who needed help anytime

In 1957, there was a major flu epidemic in the city of Karachi. He quickly began setting up tents on the outskirts of the city and distributing free immunizations. Due to his efforts and the public outpouring of financial support he was able to purchase the entire building that his small tiny clinic was on. He then established the Edhi foundation, which continues today, and is run completely by public support. Government, religious and political money is always cheerfully returned so they organization can remain independent and react to any social needs as they come.

As the years went on, and the public funding grew, Edhi was able to expand his humanitarian reach. He bought an ambulance that would drive himself. Then set up a free maternity center and a nursing school. Expanded the number of clinics, and began mental health institutions and homes for the physically handicapped. Always aware of the needs around him, Edhi set up orphanages, adoption centers, blood banks, maternity centers, soup kitchens, and shelters for children and battered women. His extraordinary social welfare network continues to grow today.

The Edhi foundation is now the largest in Pakistan, having over 300 clinics, 2000 ambulances over the country, 8 hospitals in Karachi alone, a cancer hospital and mobile clinics, a legal aid department with free services and doctor visits for inmates. Over 20,000 abandon babies have been saved through the Edhi foundation. The Edhi orphanages have served over 50,000 orphans, and their nursing school have educated and trained more than 40,000 nurses.

Yet even now, Abdul Sattar Edhi spends many sleepless nights and days ministering to the needs of his fellow Pakistanis, traveling with the ambulances to calls for help, personally bathing the handicapped and spending time playing with and educating the orphaned street children he comes across. Each evening Edhi spends his dinner dining with the hundreds of poor at the "Langar" (free community meals) his organization provides. It is amazing how great of an impact one dedicated and determined individual can have on the world around them.

Health Corner:

Health Tips

**Miracle Cure for Anything That Ails You
Is As Close As Your Supermarket Shelves...**

Illness	Food	Effect
Headaches	Fish	Eat plenty of fish - fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.
Hay Fever	Yogurt	Eat lots of yogurt before pollen season
Strokes	Tea	Prevent buildup of fatty deposits on artery walls with regular doses of tea.
Insomnia	Honey	Use honey as a tranquilizer and sedative.
Asthma	Onions	Eating onions helps ease constriction of bronchial tubes.
Arthritis	Fish	Salmon, tuna, mackerel and sardines actually prevent arthritis.
Upset Stomach	Bananas, Ginger	Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.
Bladder Infections	Cranberry Juice	High-acid cranberry juice controls harmful bacteria
Bone Problems	Pineapple	Bone fractures and the manganese in pineapple can prevent osteoporosis.
PMS	Cornflakes	Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.
Memory Problems	Oysters	Oysters help improve your mental functioning by supplying much-needed zinc.
Colds	Garlic	Clear up that stuffy head with garlic.
Cough	Red Pepper	A substance similar to that found in the cough syrups is found in hot red pepper.
Breast Cancer	Wheat, Bran, Cabbage	Wheat, bran and cabbage help maintain estrogen at healthy levels.
Lung Cancer	Orange & Green Veggies	A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.
Ulcers	Cabbage	Cabbage contains chemicals that help heal both gastric and duodenal ulcers.
Diarrhea	Apples	Grate an apple with its skin, let it turn brown and eat it to cure this condition.
Clogged Arteries	Avocados	Monounsaturated fat in avocados lowers cholesterol.
High Blood Pressure	Olive Oil, Celery	Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure, too.
Blood Sugar Imbalance	Broccoli, Peanuts	The chromium in broccoli and peanuts helps regulate insulin and blood sugar.



Little Smile

Ek Engineer ko Job nahi mili
to usne ek clinic khola or likha
300 Rs. me elaaaj karvaye
elaaaj nahi hua to 1000 Rs. Wapas,,,,,,,,,,,,,
Ek Doctor ne socha 1000 Rs. kamane ka bahut
accha mauka hai
wo clinic me gaya or bola
Doctor : Mujhe kisi bhi chiz ka swad nahi aata
Engineer : box no. 22 me se dawai nikalo or 3
bund
pilado (Nurs ne piladi)
Doctor : ye to petrol hai
Engineer : Mubarak ho aapko swad aa gaya
laao 300 Rs.,,,,,,,,,,,,,,
Doctor ko gussa aa gaya
kuch din baad wapas gaya
purane paise wasulne
Doctor : Meri yaad-daast kamzor ho gayi hai
Engineer Nurs se : boox no. 22 me se dawai
nikalo
or 3 bund pilao
Doctor : lekin wo dawai to zubaan ke taste ke
liye
hai
Engineer : Ye lo tumhari yaad-daast wapas aa
gayi
laao 300 Rs.,,,,,,,,,,,,,,
Kuch din baad Doctor gusse me gaya
Doctor : Meri nazar kamzor ho gayi hai
Engineer : Iski dawai mere pass nahi hai
Ye lo 1000 Rs.
Doctor : Lekin ye to 100 kaa note hai
Engineer : Aa gayi nazar,, Laa 300 Rs.
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Managing Board of MWS-MASA



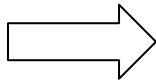
Patrons, Office Bearers, and Members of Advisory and Managing Committees

Social activities in the Community



Urdu News Thursday 5th February 2015

A group taken at an introductory session organized by Vice Principal, Punjab University Affiliate Center Mr. Munaf Siddiq Dheddy at a local restaurant recently. The occasion was attended by Mr. Tahseemul Haq Haqqi, Community Welfare Consular at Consulate General Pakistan Jeddah while Office Bearers of MWS (MASA) Mr. Arif Memon, M/s Younus Habib & Mansoor Shivani Vice Presidents, Mr. Tayyab Moosani, Secretary General and Mr. Shoaib Sikander.



On behalf of our VP, Mr. Mansoor Shivani, his father respectable Mr. Haji Abdul Razzak Shivani receiving Quid-e-Upleta Award from Upleta Memon Jamat in recognition of social and welfare services of Mansoor Shivani to the community, Mr. Saleem Parekh and Rahmatullah Mandvia, Haji Anis Arfa and Akhtar Arfa can be seen in the picture.



Social activities in the Community

Kon Banega Crorepati (KBC)



A view of KBC being conducted by Dr. Iqbal Musani and participants interest in it.



Brief Report of KBC (first time in our community)

A small group of memon friends and their families organized a small get together at an Istrah where world fame Quiz show “Kon Banega Crorepati” KBC was arranged and Conducted by our MASA former president Dr. Iqbal Musani. It was attended by almost 25 families of our community including Some office bearers and board members of MWS-MASA. The host Dr. Iqbal Musani conducted the event professionally and the audience took very much interest in it from beginning till end. It was supposed to be concluded in one and half hour but upon tremendous interest and request of the audience, KBC was extended for one hour more. There was tie among two winners M/s Tayyab Moosani and Shabbir Patel. At last both of them were awarded with the gifts along with other prize winners. After KBC there was break of Dinner. Before dinner snack was served to the audience During KBC program and then some entertaining games for males, females and children were played. The Office Bearers and Board Members who were Present in the Program were suggested by most of families to hold such type of program for the entire community at MASA platform. The gathering ended at 2.30 a.m. in a very cheerful & pleasant atmosphere. Credit of holding such a knowledgeable and entertaining Program successfully goes to Abdul Kader Africawala, Irfan Kolsawala, Rashid Kasmani, Tayyab Moosani. All prizes & gifts were sponsored by Shoaib Sikander.

The bright side of Parkinson's

FOUR years ago, I was told I had Parkinson's disease, a condition that affects about one million Americans. The disease is relentlessly progressive; often starting with a tremor in one limb on one side of the body, it spreads. The patient's muscles become more rigid, frequently leading to a stooped posture, and movements slow down and get smaller and less fluid. As the disease advances — usually over a number of years — the patient becomes more and more disabled, experiencing symptoms from constipation to sleep disorders to cognitive impairment.

Can Parkinson's be slowed, stopped or even reversed? Can the disease be prevented before it starts, like polio and smallpox? More than at any time in history, success seems possible.

In Parkinson's, the circuitry in a tiny region of the brain called the basal ganglia becomes dysfunctional. Along with the cerebellum, the basal ganglia normally acts as a kind of adviser that helps people learn adaptive skills by classic conditioning — rewarding good results with dopamine bursts and punishing errors by withholding the chemical. Babies rely on the basal ganglia to learn how to deploy their muscles to reach, grab, babble and crawl, and later to accomplish many complex tasks without thinking.

But this brain circuit has a vulnerability: It depends on dopamine. When the production of dopamine is interrupted, as it is with Parkinson's, the signals passing through the basal ganglia are garbled, and it ends up giving poor advice.

Having Parkinson's feels a bit like going on vacation in another country and having to drive on the "wrong" side of the road. Driving is one of those activities that we outsource, in large part, to the



Jon Palfreman

basal ganglia. When an American, who has spent thousands of hours driving on the right side of the street, tries to drive in England, his learned habits are a liability. To compensate, he must invoke the deliberate and goal-directed part of his brain — the cortex — to override the basal ganglia. The driving will be difficult, partly because the conscious brain is now doing all the work, but mainly because it's having to compensate for signals from the basal ganglia that are inappropriate for the situation at hand.

But why is the production of dopamine interrupted in the first place?

That may come down to the behavior of a common protein called alpha-synuclein. This molecule's importance for Parkinson's was discovered over 20 years ago, when the New Jersey neuroscientist Lawrence Golbe stumbled across two patients who were descendants of an extended family originally from the Italian village of Contursi. This family was cursed with a very rare genetic form of Parkinson's; family members had a 50 percent chance of inheriting the disease. Subsequent research found that those affected carried a mutated gene on Chromosome 4 that coded for alpha-synuclein.

While Parkinson's disease is not usually inherited like this, the discovery provided a vital clue

about the way Parkinson's typically worked. Most patients do not have this mutation, but they do, it turned out, have sticky deposits of alpha-synuclein inside their brains, found when they were examined post-mortem. This protein seems to be an integral part of the disease that affects all Parkinson's patients.

Here's the theory scientists have come up with: Sometimes good proteins go bad. For multiple reasons (like genes, environment and age) proteins can "misfold" and stick to other proteins. When proteins do this, they can become toxic, capable of jumping from cell to cell, causing other alpha-synuclein proteins to do the same and potentially killing neurons (especially dopamine-producing ones) in their wake.

What can be done about such badly behaving proteins? Cells possess an elaborate series of control mechanisms to help proteins behave correctly and to destroy and recycle them if they don't. But these controls are not perfect. As human life spans increase so, too, does the likelihood of protein malfunctioning that could lead to neurological disease.

So patients like me are looking to neuroscience research to lend nature a helping hand. And remarkably, some researchers foresee the possibility that one day in the not too distant future they may

be able to develop drugs to target these rogue proteins, potentially combating several neurological diseases in one go.

An American biotech company, NeuroPace, for example, plans to enroll Alzheimer's and Parkinson's patients in 2016 and 2017 in Phase 1 trials of its new product, a genetically engineered compound derived from a naturally occurring virus called M13. Researchers have demonstrated that this compound can enter rodents' brains and neutralize toxic clumps of alpha-synuclein and the corresponding targets for Alzheimer's (the proteins amyloid beta and tau). The question is, will it work as well in people's brains? And will it arrest or reverse patients' symptoms?

People with Parkinson's progressively lose core pieces of themselves. We forget how to walk. Our arm muscles get weaker. Our movements slow down. Our hands fumble simple tasks like buttoning a shirt or balancing spaghetti on a fork. Our faces no longer express emotions. Our voices lose volume and clarity. Our minds, in time, may lose their sharpness and more. But unlike many cancer victims, people with Parkinson's tend to survive for a long time. And unlike Alzheimer's or Huntington's patients, many of us can report lucidity on our condition until the end. Parkinson's patients like me take comfort from the idea that our insights can help unpack these diseases and assist in the scientific pursuit of better therapies and ultimate cures.

The New York Times

Jon Palfreman is a professor of broadcast journalism at the University of Oregon and the author of the forthcoming book "Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease."

What is Parkinson's Disease?

Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. Nearly one million people in the US are living with Parkinson's disease. The cause is unknown, and although there is presently no cure, there are treatment options such as medication and surgery to manage its symptoms.

Parkinson's involves the malfunction and death of vital nerve cells in the brain, called neurons. Parkinson's primarily affects neurons in the an area of the brain called the substantia nigra. Some of these dying neurons produce dopamine, a chemical that sends messages to the part of the brain that controls movement and coordination. As PD progresses, the amount of dopamine produced in the brain decreases, leaving a person unable to control movement normally.

The specific group of symptoms that an individual experiences varies from person to person. Primary motor signs of Parkinson's disease include the following.

- **tremor** of the hands, arms, legs, jaw and face
- **bradykinesia** or slowness of movement
- **rigidity** or stiffness of the limbs and trunk
- **postural instability** or impaired balance and coordination

Scientists are also exploring the idea that loss of cells in other areas of the brain and body contribute to Parkinson's. For example, researchers have discovered that the hallmark sign of Parkinson's disease — clumps of a protein alpha-synuclein, which are also called Lewy Bodies — are found not only in the mid-brain but also in the brain stem and the olfactory bulb.

These areas of the brain correlate to nonmotor functions such as sense of smell and sleep regulation. The presence of Lewy bodies in these areas could explain the nonmotor symptoms experienced by some people with PD before any motor sign of the disease appears. The intestines also have dopamine cells that degenerate in Parkinson's, and this may be important in the gastrointestinal symptoms that are part of the disease.

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

An Interesting write up forwarded by Haji Ashraf Kherani

کبھی یکطرفہ رائے نہ بنائو ہمیشہ پوچھو

ڈاکٹر خورشید احمد امریکا کے مشہور کینسر سرجن ہیں 'یہ بقیہ انسٹی ٹیوٹ آف کینسر پیشنٹ کے ڈائریکٹر ہیں 'کینسر سرجری میں پوری دنیا میں مشہور ہیں 'ڈاکٹر خورشید نے پچھلے دنوں اپنے جو نیرز ڈاکٹر کو اپنی کامیابی کا ایک شاندار نسخہ بتایا 'ڈاکٹر خورشید کا کہنا تھا "میں بھارت کے متنازعہ علاقے کشمیر سے تعلق رکھتا ہوں 'میرے والد میری والدہ اور میرے بہن بھائیوں کو لے کر دلی شفٹ ہو گئے لیکن ہم لوگ ہر گرمیوں میں اپنے دادا سے ملنے کشمیر جاتے تھے 'میرے دادا کا کشمیر میں سیبوں کا باغ تھا 'وہ ہر سال سیبوں کے درختوں سے پھل اتار کر پیک کرتے تھے اور یہ پیک شدہ سیب دلی کی فروٹ منڈی بھجوا دیتے تھے 'یہ پھل میرے دادا کی آمدنی کا واحد ذریعہ تھے 'میں اور میرے بہن بھائی جب بھی کشمیر جاتے تو ہمارے دادا ہمیں لے کر سیبوں کے باغ می جاے 'وہ درخت درخت اور ڈال ڈال پھلوں کا جائزہ لیتے اور وہ پھل جنہیں پرندوں نے چونچ مار کر خراب کیا ہو تا وہ اتارتے 'جیب سے چاقو نکالتے 'پھل کا وہ حصہ جو پرندوں نے کھایا ہو تا وہ کاٹ کر زمین پر پھیلتے اور درست حصہ ہمیں پکڑا دیتے 'ہم بچے وہ آدھا سیب کھا جاتے 'میں جب بھی اپنے دادا کو خراب پھل کاٹتے دیکھتا 'میرے ذہن میں یہ سوال پیدا ہوتا "ہمارے دادا بہت کجس ہیں 'ہمیں ہمیشہ گندے پھل کھلاتے ہیں اور اچھے منڈی کے لئے رکھ لیتے ہیں "۔ میں اسی گمان کے ساتھ بڑا ہو گیا۔ میں جب کالج کی عمر کو پہنچا تو میں نے ایک دن ہمت کر کے حرف شکایت بلند کر دیا۔ میں نے دادا سے عرض کیا "دادا جی آپ بہت کجس ہیں 'آپ ہمیں ہمیشہ خراب پھل کھلاتے ہیں "میرے دادا نے میری بات بڑے اطمینان سے سنی 'مسکرائے 'میرے سر پر ہاتھ پھیرا اور بڑے پیار سے جواب دیا "میرے بچے 'یہ یاد رکھو باغوں میں پرندے صرف اس پھل کو ٹھونگا مارتے ہیں جو میٹھا اور پکا ہو تا ہے 'پرندے کبھی پھیکے اور کچے پھل کو چونچ نہیں مارتے 'میں تو اس لئے تم لوگوں کو چونچ زدہ پھل کھلاتا ہوں کہ مجھے معلوم ہو تا ہے یہ پھل میٹھے ہوتے ہیں جبکہ میں منڈی میں صرف وہ پھل بھجواتا ہوں جن کے بارے میں میں یہ نہیں جانتا یہ میٹھے ہیں یا پھیکے "۔ میں نے جب دادا کا یہ جواب سنا تو میری آنکھوں میں آنسو آ گئے 'میں نے کھڑے کھڑے اپنی زندگی کا سب سے بڑا اصول بنایا 'یہ اصول میری کامیابی کا واحد گریہ 'میں نے اصول بنایا "کبھی یکطرفہ رائے نہ بنائو ہمیشہ پوچھو "۔

Recognition and Appreciation to MWS-MASA

MASA received recognition & appreciation from every where. Placed below is an appreciation letter from Amreli Memon Jamat Pakistan. Thanks to Amreli Memon Jamat for their appreciation.

MASA received recognition & appreciation in shapre of following certificate from Pakistan Minister of Haj & Religious Affairs and Consulate General Pakistan for our support to Haj Volunteer Group Pakistan.



AMRELI MEMON JAMAT

**CHAIRMAN
ADVISORY COUNCIL &
HOUSING COMMITTEE**
Engr. M. Siddiq Essa
Tel: 0213-4542546
Cell: 0300-8244836

PRESIDENT:
Bashir Kasmani
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Cell: 0302-2788543

SR. VICE PRESIDENT:
Ismail Sharif
Cell: 0321-2434515

VICE PRESIDENT:
Mushtaq Majeed
Cell: 0300-2525781

GENERAL SECRETARY:
A. Rauf Memon
Tel: 0213-4913892
Cell: 0300-8293229

SR. JOINT SECRETARY:
Haroon Habib
Cell: 0322-2579155

JOINT SECRETARY:
Iqbal Rangoonwala
Tel: 0213-2763695
Cell: 0300-2292096

TREASURER
M. Shahbaz Razzak
Cell: 0334-3479969

Dated: February 24, 2015

To
Mr. Tayyab Moosani,
General Secretary,
Memon Welfare Society (MASA) Jeddah,
Saudi Arabia.

Subject:- **LETTER OF THANKS**

Dear Sir,

We take great pleasure to acknowledge your visit to our office in Karachi.

We will be glad to extend our cooperation for the benefit of Memon community of the world in general and of Saudi Arabia and Pakistan in particular.

We also thank you for one of our Amreli Memon daughter Miss Anzalna d/o Jawaid Kherani receiving Shield, Merit Certificate of Education and a prize also for reciting poem.

Looking forward for cooperation.

With regards,

For AMRELI MEMON JAMAT

(Signature)
ENGR. M. SIDDIQ ESSA
Chairman Advisory Council
& Housing Committee



Office No.1, Floor, Poonawala Tower, Above Saya Motors
Jamshed Road, Karachi, Pakistan - Tel: 0213-7725308

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

As usual, placed below is 5 years old Newsletter (March 2010) for your information only. We will be placing our Newsletters of last last 5 years (2010 to 2014) on our website soon as currently we are working to update our website. However, interested readers may go through our Newsletter of last 5 years on web: www.memonpoint.com which belongs to Mr. A.Ghaffar Variend, VP, WMO, North America. We are thankful to him for his kind cooperation.



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH
March 2010 I ISSUE # 9



DEAR BROTHERES & SISTERS
ASSALAMO ALAIKUM

WE ARE IN THE MONTH OF RABI UL AWAL WHEN OUR **9TH ISSUE** OF THE NEWSLETTER IS IN FRONT OF YOU. RABIUL AWAL BEING A MONTH OF BIRTH OF OUR HOLY PROPHET MUHAMMED PEACE BE UPON HIM, IS WELL KNOWN IN THE ENTIRE MUSLIM WORLD. MUSLIM ALL OVER THE WORLD DEARLY LOVE THE PROPHET MUHAMMED (PBUH). HE IS HIGHLY RESPECTED AMONG THE MUSLIMS AS WELL AS NON MUSLIMS. LOVE WITH RASOOL ALLAH (SAW) IS SIGN OF TRUE FAITH AS MENTIONED IN THE HADITH;

ALLAH'S APOSTLE SAID, "BY HIM IN WHOSE HANDS MY LIFE IS, NONE OF YOU WILL HAVE FAITH TILL HE LOVES ME MORE THAN HIS FATHER AND HIS CHILDREN." [BUKHARI:2:13]

PROPHET MUHAMMAD (PBUH) SAID:

"LOVE ALLAH BECAUSE HE NOURISHES AND SUSTAINS YOU. LOVE ME BECAUSE ALLAH LOVES ME" (TIRMIDHI)

ALLAH SAYS IN THE QURAN:

SAY: 'IF YOU DO LOVE ALLAH FOLLOW ME, ALLAH WILL LOVE YOU AND FORGIVE YOUR SINS FOR ALLAH IS OBT-FORGIVING MOST MERCIFUL. QURAN 3:31



IT IS A WELL-KNOWN FACT THAT THE PROPHET OF ISLAM (PBUH) WAS THE SUPREMELY SUCCESSFUL MAN IN THE ENTIRE HUMAN HISTORY. BUT HE WAS NOT JUST A HERO, AS THOMAS CARLYLE HAS CALLED HIM. ACCORDING TO THE HOLY QUR'AN, HE WAS A GOOD EXAMPLE FOR ALL MANKIND. HE HAS SHOWN US THE WAY OF ACHIEVING SUPREME SUCCESS IN THIS WORLD.

BY STUDYING THE LIFE OF THE PROPHET WE CAN DERIVE THOSE IMPORTANT PRINCIPLES WHICH WERE FOLLOWED BY THE PROPHET. IN SHORT, THE PROPHET OF ISLAM WAS A POSITIVE THINKER IN THE FULL SENSE OF THE WORD. ALL HIS ACTIVITIES WERE RESULT-ORIENTED. IF WE ARE BELIEVERS OF ALMIGHTY ALLAH WE NEED TO FOLLOW PROPHET. MAY ALLAH DIRECT ALL OF US TO THE RIGHT PATH AND LET US FOLLOW THE FOOTSTEPS OF OUR PROPHET IN OUR LIFE. A'AMEEN.



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH March 2010 I ISSUE # 9

MEMON JAMAT'S EVENTS:

1)AN EDUCATIONAL SEMINAR

REPORT ON EDUCATIONAL SEMINAR BY MEMON JAMAT SAUDI ARABIA

IN THE HISTORY OF MEMON COMMUNITY IN SAUDI ARABIA, IT WAS ANOTHER EVENT ORGANIZED BY CURRENT MEMON JAMAT (MASA) THAT ATTRACTED LARGE NUMBER OF MEMON BROTHERS AND SISTERS. THE EDUCATIONAL SEMINAR WITH DINNER ATTENDED BY MORE THAN 600 PERSONS, TOOK PLACE ON FRIDAY 5TH FEBRUARY 2010 AT JAWHRA AL FIRDOUS WEDDING HALL, AL SAFA DIST. JEDDAH. IT WAS ALSO ATTENDED BY BROTHERS AND SISTERS FROM RIADH, MADINAH AND MAKKAH.

A SEPARATE ARRANGEMENT OF MALE SPEAKERS FOR GENTS AND FEMALE SPEAKERS FOR LADIES WERE MADE IN SEPARATE HALLS. IN MALE SPEAKERS DR. M.U. CHAPRA, MR. ASHRAF TUMBI, DR. IQBAL LOHYA, DR. KHALILUR RAHMAN WERE INVITED TO EXPRESS THEIR VIEWS. UNFORTUNATELY, DR. M.U. CHAPRA APOLOGIZED FOR NOT BEING ABLE TO ATTEND THE EVENT DUE TO SUDDEN OFFICIAL TRIP TO INDIA AND ANOTHER UNFORTUNATE WE GOT THAT MR. ASHRAF TUMBI, OUR CHIEF PATRON WHO WAS ALSO ONE OF THE SPEAKERS, CAUGHT SEVERE COLD & COUGH WHICH DID NOT ALLOW HIM TO ATTEND THE EVENT FOR WHICH HE ALSO APOLOGIZED WHEREAS THE REMAINING SPEAKERS PLUS MR. AFTAB MEMON, OUR EX. PRESIDENT AND DR. IQBAL MUSANI OUR CURRENT PRESIDENT AND MR. TAYYAB MOOSANI OUR GENERAL SECRETARY EXPRESSED THEIR VIEWS TO THE AUDIENCE.

DR. IQBAL LOHYA EXPRESSED HIS VIEWS ON DAY TODAY HEALTH PROBLEMS WHILE DR. KHALILUR RAHMAN WHO IS A PRESIDENT OF PAKISTAN WELFARE SOCIETY WORKING UNDER THE PATRONAGE OF PAKISTAN EMBASSY, PRESENTED A COMPLETE LECTURE WITH THE HELP OF PROJECTOR ABOUT PROBLEMS AND DISEASES CAUSED BY SMOKING. AFTAB MEMON INFORMED THE AUDIENCE ABOUT INCEPTION OF MEMON JAMAT FROM APRIL 2008 AND ITS PROGRESS. DR. IQBAL MUSANI IN HIS WELCOME SPEECH REQUESTED ALL BROTHERS, EMPLOYEES, BUSINESSMEN AND PHILANTHROPISTS OF OUR COMMUNITY TO COME FORWARD AND CONTRIBUTE THEIR PART IN FUND RAISING FOR MEMON JAMAT AS THE SOCIAL ORGANIZATIONS CANNOT RUN WITHOUT FUNDS WHILE MR. TAYYAB MOOSANI EXPRESSED ON WELFARE OF THE COMMUNITY AND THE PROGRESS ON NOBLE ACTIVITIES OF MEMON JAMAT. A QUESTION ANSWER SESSION REGARDING HEALTH PROBLEM AND THEIR REMEDIES ALSO TOOK PLACE AT THE END OF SEMINAR. AT LAST VOTE OF THANKS OFFERED BY MR. ASIF LALA, V.P. TO ATTENDEES AND TO ALL WHOSOEVER ASSISTED & COOPERATED IN MAKING THIS EVENT A GREAT SUCCESS. THE COMPARING OF THE ENTIRE PROGRAM PERFORMED BY MR. NASIR IBRAHIM OUR JOINT SECRETARY.

IN THE SEMINAR OF LADIES, THE SPEAKERS MRS. SAMEERA CHAPRA AND MRS. SHAHNAZ ANEES KHANDWALA SPOKE ON THE VARIOUS TOPICS OF DAILY LIFE IN THE LIGHT OF ISLAM AND MISS ERUM TAUFIQ AN EDUCATIONIST, SPOKE ON THE IMPORTANCE OF EDUCATION. ENTIRE SUPERVISION AND ARRANGEMENT IN LADIES SECTION WAS CONTROLLED BY A TEAM OF ACTIVE LADIES WORKERS HEADED BY DR. RAHANA IQBAL MUSANI.

IT WAS FIRST EXPERIENCE OF SEMINAR IN MEMON COMMUNITY, WE OBSERVED THAT THE AUDIENCE CONSISTED OF DIFFERENT TYPES OF MINDSET FACED LITTLE DIFFICULTY TO RECEIVE THAT MUCH BURDEN OF SPEECHES ALTHOUGH THE SPEECHES WERE INTERESTING AS WELL AS INFORMATIVE.

HOWEVER, IT WAS NOT ONLY AN ENJOYABLE & INTERESTING EVENT BUT ALSO BROKEN THE RECORDS OF ALL SOCIAL GATHERINGS OF MEMON COMMUNITY IN THE KINGDOM OF SAUDI ARABIA. BEFORE THIS EVENT, OUR LAST BODY ARRANGED A FAMILY GATHERING ON FRIDAY 5TH JUNE 2009 AT LASANI RESTAURANT, EX. SPINZER, MADINA RD. JEDDAH WHICH WAS ATTENDED BY ALMOST 450 PERSONS THAT INCLUDED 200 GENTLEMEN, 250 LADIES.

WE ON BEHALF OF MASA REQUEST ALL MEMON BROTHERS IN SAUDI ARABIA TO REGISTER THEMSELVES IN THE DIRECTORY AVAILABLE ON OUR WEBSITE WWW.MEMONASSOCIATION.COM WHICH WILL BE USED FOR CIRCULATION OF NEWS, LATEST UPDATES, INVITATIONS, PROGRAMS, ETC. AS WE HAVE VARIOUS PROGRAMS IN PIPELINE AND SHALL KEEP INFORMING OUR REGISTERED MEMBERS FROM TIME TIME.

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Memon Jamat Saudi Arabia arranged an Educational Seminar attended by almost 600 members of memon community, took place on Friday 5th February 2010. Dr. Iqbal Musani-President, Mr. Tayyab Moosani-Gen.Secretary, Aftab Memon, Dr.Iqbal Lohya, Dr. Khalilur Rahman Asif Lala, Nasir Ibrahim addressing the audience.



Audience of the Seminar in the eyes of Camera

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Dinner time after the Seminar



A group of active workers includes office bearers of Memon Jamat

WE BELIEVE THAT THIS EVENT WOULD HAVE PROVIDED THE ATTENDEES WITH A GREAT OPPORTUNITY OF INTRODUCING, SITTING, MEETING, DISCUSSING, LEARNING TOGETHER AS WELL AS ESTABLISHING RELATIONSHIP WITH OTHER MEMBERS OF OUR COMMUNITY.

AFTER THIS EVENT, MEMON JAMAT RECEIVED SEVERAL EMAILS AND TELEPHONE CALLS OF CONGRATULATION AND APPRECIATION FOR HOLDING SUCH A SUPERB EVENT AND THEY EXPRESSED THEIR BEST WISHES FOR SUCCESS OF JAMAT IN THE FUTURE TOO. WE ARE THANKFUL TO ALL OF THEM. THIS EVENT BECAME BLESSING FOR SOME PEOPLE WHO MET WITH THEIR FRIENDS AFTER A GAP OF 3, 6, 10 AND 13 YEARS.



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2) CAREER COUNSELING

"CAREER GUIDANCE SEMINAR" IN MARCH OR APRIL 2010 FOR THE HIGH SCHOOL STUDENTS ALONG WITH THEIR PARENTS. EXPERTS WILL GUIDE OUR CHILDREN FOR THEIR FUTURE CAREER. IN ADDITION TO THE COUNSELING, A SPEECH FROM DR. M.UMER CHPARA MAY ALSO BE ARRANGED IN THE SAME EVENT.

3) PRIZE DISTRIBUTION

A PRIZE & CERTIFICATE DISTRIBUTION PROGRAM IS TO TAKE PLACE IN NEAR FUTURE FOR THE MERITORIOUS STUDENTS OF THE YEAR 2009 / 2010.

ANNOUNCEMENTS

1. A UNANIMOUS DECISION WAS TAKEN IN MANAGING & ADVISORY COMMITTEE MEETING HELD ON 20TH FEB.2010, TO NOMINATE A WELL KNOWN SENIOR SOCIAL WORKER OF OUR MEMON COMMUNITY **MR. MOHAMMED CHAPRA AS PATRON** OF THE MEMON JAMAT.
2. FUND RAISING COMMITTEE IS ACTIVE NOW AND WE REQUEST OUR COMMUNITY BROTHERS TO DONATE THEIR FUNDS TO MEMON JAMAT SPECIFYING THE USAGE OF THEIR FUND IN ANY OF THE FOLLOWING:
 - TO USE IN WELFARE PROJECTS OF MEMON JAMAT
 - TO USE IN EVENTS OF MEMON JAMAT INCLUDING SEMINARS, GET-TO-GATHERS, ETC.
 - TO USE IT IN ZAKAT AND/OR CHARITABLE PURPOSES

DONORS MAY KINDLY CONTACT ANY OF THE FOLLOWING MEMBERS OF FUNDS RAISING COMMITTEE:

M.HANIF JANGDA / AFTAB MEMON / YOUNUS HABIB / IQBAL ADVANI / MANSOUR SHIVANI

CONTACT: (0505620861) / (0504599145) / (0558023529) / (0562961400) / (0508367915)

3. WE HAVE DISTRIBUTED 5 COMPUTERS AND ARE STILL RECEIVING APPLICATIONS UNDER THE SCHEME OF COMPUTER DISTRIBUTION AT A VERY NOMINAL AND AFFORDABLE TERM OF REPAYMENT BETWEEN 50 TO 100 SR PER MONTH. THOSE WHO ARE REALLY IN NEED OF COMPUTER TO SUBMIT THEIR APPLICATION TO US ASAP.
4. REGISTERTION OF MEMON BROTHERS IS OPEN BY SUBMITTING MEMBERSHIP FORM TO ANY OFFICE BEARERS OR BY VISITING OUR [WEBSITE](http://WWW.MEMONASSOCIATION.COM) AND REGISTERING YOUR SELF IN THE MEMBERS DIRECTORY which will FACILITATE DISTRIBUTION OF INVITATIONS ON VARIOUS OCCASIONS, CIRCULATION OF VARIOUS INFORMATION TO ALL BROTHERS.



MONTHLY NEWS LETTER OF MEMON JAMMAT JEDDAH March 2010 ISSUE # 9

NEWS AND VIEWS

1. DURING THE MONTH OF FEBRUARY 2010, A YOUNG MAN OF OUR COMMUNITY MR. MOHAMMED MADANI S/O MOHAMMED ARIF VAVERIWALA BELONGS TO JEITPUR MEMON JAMAT MET WITH AN ACCIDENT IN BURAIDAH AND DIED ON THE SPOT **انا لله وانا اليه راجعون**. UPON RECEIPT OF EMERGENCY INFORMATION FROM THE VICTIM FAMILY, OUR ACTIVE WORKERS M/S ABDUL RAUF ZAKARIA AND SHEIKH LUQMAN RUSHED AND REACHED TO THE SPOT AND RENDERED ALL THEIR NOBLE SERVICES/ASSISTANCE IN REGARD TO COMPLETION OF ALL GOVERNMENT FORMALITIES TILL BURIAL OF THE DECEASED IN BURAIDAH. M/S ABDUL RAUF ZAKARIA AND SH. LUQMAN DESERVE GRATITUDE & APPRECIATION FROM THE COMMUNITY FOR CONTRIBUTING THEIR UNTIRING EFFORTS TO PROVIDE MOURNING FAMILY WITH THEIR ASSISTANCE, HELP AND FULL MORAL SUPPORT & COOPERATION TILL BURIAL CEREMONY. LATER ON FATHER IN LAW OF DECEASED MR.IQBAL KHANANI VISITED JEDDAH AND ATTENDED THE QURAN KHAWANI. MR. YOUNUS HABIB, VICE PRESIDENT AND THROUGH TELEPHONE CONVERSATION GEN. SECRETARY OF MEMON JAMAT EXPRESSED DEEP CONDOLENCE ON BEHALF OF MEMON JAMAT TO MR.IQBAL KHANANI. MAY ALLAH REST THE SOUL OF LATE MADANI IN PEACE. A'AMEEN.
2. ANOTHER SAD NEWS WAS RECEIVED BY BROTHER YOUNUS ABDUL SATTAR OF AL KHALIJIAH. HIS MOTHER IN LAW PASSED AWAY IN PAKISTAN DURING THE LAST WEEK OF FEB **انا لله وانا اليه راجعون** A QURAN KHAWANI WAS ARRANGED AT RESIDENCE OF YOUNUS BHAI. MAY ALMIGHTY ALLAH REST HER SOUL IN HEAVEN AND GIVE COURAGE & PATIENCE TO FAMILY MEMBERS TO BEAR THIS LOSS.
3. DR. ABDUL QADEER KHAN, NUCLEAR SCIENTIST OF PAKISTAN HAS WRITTEN AN ARTICLE IN THE NEWS PAPER WHEREIN HE HAS ADMIRER A LOT, THE SERVICES AND ACTIVITIES OF MEMON COMMUNITY. HIS ARTICLE IN URDU IS ALSO REPRODUCED IN THIS NEWSLETTER. WE HAVE ALREADY PLACED THE ENGLISH VERSION OF THE SAID ARTICLE IN OUR LAST MONTH'S NEWSLETTER.
4. AFTER THE LAST EVENT OF SEMINAR, MANY FAMILIES INCLUDING FAMILIES OF OFFICE BEARERS HAVE BECOME ACTIVE IN HELPING THOSE FAMILIES OF OUR COMMUNITY WHOSE CHILDREN HAVE GROWN UP AND ARE SEARCHING MATCH FOR THEM. WISHING THEM ALL THE BEST & SUCCESS IN THEIR NOBLE VENTURE.
5. MEMON PROFESSIONAL FORUM (MPF) HAS REQUESTED TO MEMBERS OF MEMON COMMUNITY WHO HAVE COMPLETED THEIR PROFESSIONAL QUALIFICATIONS IN ANY OF THE FOLLOWING FIELD TO SEND THEIR PARTICULARS BY EMAIL AT mpforum@yahoo.com FOR REGISTRATION WITH MPF;
 - * Doctors
 - * Chartered Accountants
 - * Cost & Management Accountants
 - * Engineers
 - * Corporate Secretaries
 - * Public Finance Accountants
 - * Architects
 - * B. Pharma
 - * Master/ Doctor Degrees in any subject
 - * Lawyers
 - * C.S.S/P.C.S
 - * Bankers and Actuaries

For more information, please refer their website www.mpf.com.pk

محسنان پاکستان

سحر ہونے تک..... ڈاکٹر عبدالقادر خان

کچھ عرصہ پیشتر میں نے اپنے ایک کالم میں شیر شاہ، لیاری اور وہاں کے کینوں کے بارے میں اپنے پچاس سال پیشتر کے تجربات، تاثرات بیان کئے تھے۔ میں نے وہاں مقیم مکرانیوں کی خوش مزاجی، اعلیٰ خصلت، اخلاق، رحمہی کے بارے میں کچھ تفصیلات بیان کی تھیں۔ آج ایک اور طبقہ کے بارے میں کچھ عرض کرنا چاہتا ہوں۔ اس طبقہ کے لوگوں نے کمزور اور ناتواں، نومولود پاکستان کو اپنے خون سے سینچا تھا۔ وقت کے ساتھ ساتھ لوگ اپنے محسنوں کو بھول جاتے ہیں اور ہماری قوم تو اس فن میں ماہر ہے۔

میرا مختصر قیام شیر شاہ، لیاری اس وجہ سے تھا کہ وہاں ہمارے بھوپال کے قریبی جاننے والے ایس ڈی او جلال الدین رہتے تھے، جب بڑے بھائی پاکستان آئے تو وہیں کرایہ پر مکان لے لیا، شام کو سب بھوپالیوں کی محفل جیتی تھی اور بہت اچھا وقت گزرتا تھا۔ میری آمد کے چند ماہ بعد والدہ اور چھوٹی بہن آنے والی تھیں اور خواتین کے لئے یہ علاقہ مناسب نہ تھا اور دوم یہ کہ چونکہ بہن نے ابھی ہائی اسکول میں تعلیم حاصل کرنا تھی وہاں سے آنا جانا بہت مشکل تھا۔ ان وجوہات کی بنا پر بڑے بھائی نے فوراً جوہلی سینما کے پاس، پولیس اسپتال کے سامنے ایک صاف ستھری بلڈنگ میں اچھا قیث لے لیا اور ہم وہاں منتقل ہو گئے۔ میرے لئے وہاں سے ڈی جی سائنس کالج جانا بہت آسان تھا اور میں باسانی پیدل چلا جایا کرتا تھا۔ بہن نے بہادر یار جنگ گزرا اسکول میں داخلہ لیا اور وہ ناظم آباد میں بڑی بہن کے پاس رہنے لگیں۔ اسی دوران میری دوستی میرے کلاس فیلو بدرالاسلام سے ہوئی اور آج تک قائم ہے۔ وہ چارٹرڈ میرین انجینئر بن گئے اور میں نیوکلیئر انجینئر بن گیا۔ کھوٹے میں کام شروع ہوا تو میں نے ان کو کوریت سے بلا لیا جہاں وہ اعلیٰ عہدے اور بڑی تنخواہ پر کام کر رہے تھے۔ انہوں نے کھوٹے میں اعلیٰ خدمات سرانجام دیں اور اب وہ کراچی میں پرسکون زندگی گزار رہے ہیں۔ کالج کی تعلیم ختم کر کے میں اور بڑے بھائی بھی ناظم آباد منتقل ہو گئے اور جرمی جانے تک میرا قیام وہیں رہا۔

میں اس کالم میں آپ کو جوہلی سینما اور رنچھوڑ لائن کے قیام کے دوران چند واقعات بتانا چاہتا ہوں اور وہاں جو مین برادری تھی اس کی پاکستان کے لئے کی گئی خدمات کا تذکرہ کرنا چاہتا ہوں مگر اس سے پیشتر چند دوسرے لوگوں پر مختصر تبصرہ کروں تو بہتر ہے۔

اب پاکستان کے قیام کو 62 سال ہو گئے ہیں اور ہماری نوجوان نسل کی اکثریت قیام پاکستان اور ان لوگوں کی قربانیوں سے زیادہ واقف نہیں ہے جنہوں نے پاکستان بنایا تھا۔ بنگال سے لے کر صوبہ سرحد تک اور کشمیر سے لے کر جنوب میں کالا پار تک لاتعداد محسنان پاکستان نے بے انتہا قربانیاں دیں اور ہمارے لئے یہ ملک حاصل کیا۔ مولانا حسرت موہانی، نواب اسماعیل خان، سر عبدالرحمن، جناب سہروردی، فضل حق صاحب، سر آغا خان، راجہ صاحب محمود آباد، نواب لیاقت علی خان، سردار عبدالرب نشتہر، قاضی عیسیٰ، سر عبداللہ بارون، پیر ماکھی شریف، ڈاکٹر عبدالرحیم بگلش، نواب بھوپال وغیرہ وغیرہ اور سالار کارواں قائد اعظم محمد علی جناح کے ناموں سے سب ہی واقف ہیں۔

لیکن قیام پاکستان کے بعد جن لوگوں نے اس پودے کو اپنے خون سے سینچا ان سے عوام زیادہ واقف نہیں ہیں۔ پاکستان کے قیام کے بعد ہندو قوم کو یقین تھا کہ یہ ملک چند ماہ میں مالی، معاشی مشکلات کا شکار ہو کر ختم ہو جائے گا مگر تقسیم کے بعد ہندوستان سے، خاص طور پر یو پی، حیدر آباد وغیرہ سے لاتعداد تعلیم یافتہ لوگ ہجرت کر کے کراچی آ گئے، ان لوگوں نے ایک جہادی جذبہ کے تحت ملک کی تعمیر کی، اپنے پیسوں سے کاندھ اور بنسٹل لے کر دفتر جاتے تھے اور بول (کنکر) کے کانٹوں سے بنوں کا کام لیتے تھے۔ پاکستان بننے کے بعد سید مراد علی شاہ صاحب کی خدمات کون فراموش کر سکتا ہے، اسی طرح ملک کی تعمیر میں پارسیوں، اسماعیلیوں، بوہریوں اور عیسائیوں نے بھی انتہائی اہم رول ادا کیا۔ ان لوگوں کا رول زیادہ تر انتظامیہ کو اچھی طرح چلانا، علاقائی اداروں کا قیام اور عوام کی خدمت کرنا تھا۔ بوہریوں نے معاشی سطح پر مدد کی اور ان میں نمایاں ولیکا خاندان تھا جس نے کئی صنعتی ادارے قائم کر کے ملک کو معاشی طور پر مضبوط کیا۔ میں اس وقت آپ کو ان محسنان پاکستان کے علاوہ ان محسنان پاکستان کا ذکر کرنا چاہتا ہوں جن کو مین کہتے ہیں۔ جوہلی سینما اور رنچھوڑ لائن کے قیام کے دوران میرا رابطہ ان لوگوں سے پڑا۔ شام کو یہ لوگ (اوسط طبقہ) چائے اور پان کی دکانوں پر جمع ہوتے تھے، بے حد ہنس کھڑے اور مٹھتی تھے۔ میں نے دیکھا کہ یہ لوگ بغیر ناکی کے سوٹ پہنتے تھے، جوتوں کے بجائے چٹپٹیں پہنتے تھے اور بے حد پان کھاتے تھے۔ انہوں نے (صنعت کاروں) قیام پاکستان کے فوراً بعد دل و جان سے ملک کی خدمت کی اور مالدار لوگوں نے حکومت پاکستان کو کثیر رقم دی جس سے لوگوں کی تنخواہیں دی گئیں اور ملک میں صنعتوں کی بنیاد ڈال کر ملک کو مضبوط بنیاد مہیا کر دی۔

ڈی جے سائنس کالج سے بی ایس سی کرنے کے بعد میں نے سرکاری ملازمت بطور انسپکٹر اوزان و پیمانہ جات شروع کی۔ اپنے فرائض کی ادائیگی میں مجھے انڈسٹریل ایریا بھی ملا اور میں باقاعدگی سے ملوں اور فیکٹریوں کا دورہ کرتا تھا۔ اس دوران مجھے یہ علم ہوا کہ اس مین برادری نے پاکستان کی تعمیر میں کس قدر اہم کردار ادا کیا تھا۔ آہستہ آہستہ میرے تعلقات سرکاری سطح سے ہٹ کر ذاتی دوستی اور قدر دانی میں تبدیل ہو گئے، حاجی عبدالرزاق، حسین داؤد، غلام محمد فیکو، یعقوب تابانی، بادانی فیملی، قاسم پارکھ بھائی، اور دوسرے لاتعداد مین بھائیوں سے دوستی ہو گئی اور آج بھی مجھے اس دوستی پر فخر ہے اور اسے قیمتی سرمایہ سمجھتا ہوں۔ یورپ سے جب واپس آیا اور کھوٹے کا سربراہ بنا تو پھر دوستی کا دائرہ کار اور بڑھ گیا اور ابھی محبت میں اضافہ ہو گیا۔ اب تو میں قیمتی کھانوں کا بھی شوقین ہو گیا اور بھائی یعقوب تابانی حاجی رزاق صاحب اور مرحوم غلام محمد آدجی فیکو کی دعوت سے بھی انکار نہ کر سکا۔ ان کے کھانوں میں مرغیوں کو کچھ زیادہ ہوتی ہیں مگر بہت ہی لذیذ ہوتے ہیں۔ ان محسنان پاکستان سے واقفیت اور دوستی کے بعد میں نے ان کی تاریخ کا مطالعہ کیا تو یہ حقائق سامنے آئے۔ قبل اس سے کہ میں کچھ اور بیان کروں سب سے پہلے قائد اعظم کے مین برادری کے بارے میں تاثرات بیان کروں۔ قائد اعظم نے فرمایا ”میں مین برادری جیسی صف اول کی اور حوصلہ مند تاجر برادری بیدار ہو کر سیاست میں حصہ لینے لگی ہے۔ یہ ایک خوش آئند بات ہے اور یہی دنیا میں کامیابی اور کامرانی

حاصل کرنے کی راہ ہے۔ میری دعا ہے کہ آپ اپنے مقاصد میں کامیاب ہوں۔“ (البرٹ ہال ٹکلت 12-1937-31)

میں برادری کے مسلمان ہونے کے بارے میں کچھ مختلف آراء ہیں۔ ایک جگہ کہا گیا کہ تقریباً پندرہ سو صدی عیسوی میں مگر ٹھٹھہ میں حضرت پیر یوسف الدینؒ کے ہاتھوں لوہانہ برادری کے سات سو خاندان مسلمان ہو گئے تھے اور یہ مؤمن کہلاتے ہیں۔ سندھ کے مشہور ادیب مین عبدالحجید سندھی نے لکھا ہے کہ مین برادری حضرت عمر بن عبدالحزیزؓ کے زمانہ میں تقریباً سولہ سو اسی صدی عیسوی میں منصورہ میں مسلمان ہوئی تھی۔ رچرڈ برٹن نے لکھا ہے کہ مین برادری ریاست کچھ میں مسلمان ہوئے تھے۔

مشہور سندھی تاریخ نویس سراج الحق نے لکھا ہے کہ لوہانہ برادری پہلے بدھ مذہب کی پیروکار تھی، تعلیم یافتہ تھی اور سونے چاندی اور ہیرے جواہرات کی تجارت کرتے تھے۔ ان کے مطابق یہ لوگ محمد بن قاسم کے زمانے میں مسلمان ہوئے، اس بارے میں انہوں نے مزید فرمایا کہ سنسکرت زبان میں لفظ ”من“ کا مطلب تجارت اور ”مین“ کا مطلب ہیرے جواہرات ہیں۔ چونکہ یہ لوگ ہیرے جواہرات کی تجارت کرتے تھے اس لئے مین کہلائے۔ بعض مورخین کے مطابق محمد بن قاسم کے لشکر میں جو بنو تیم قبیلہ کے لوگ شامل تھے وہ فوج کے دائیں حصہ میں مینا سے تعلق رکھتے تھے اور یہ ٹھٹھہ میں بس گئے، یہ پڑے بننے کا کام کرنے لگے تھے اور انہیں بھی مین کہا جاتا تھا۔

میں برادری کے لوگ ہندوستان میں زیادہ تر سندھ، گجرات اور کاٹھیاواڑ میں قیام پذیر تھے۔ جو مین سندھ میں بس گئے وہ سندھی مین کہلائے اور جو گجرات میں بس گئے وہ گجراتی یا تھرادی مین کہلائے، جو کاٹھیاواڑ میں بس گئے وہ کاٹھیاواڑی مین کہلائے اور کینیا میں رہائش پذیر مین برادری نصر پور یا مین کہلائے۔

اگر آپ کا رابطہ مین بھائیوں سے رہا ہے تو آپ کو علم ہوگا کہ یہ نہایت نرم گو، صلہ پسند، محبت کرنے والے اور نہایت محب وطن لوگ ہیں۔ مین برادری کی ملکی اور عوام کی خدمات بیان کرنے کے لئے اور تفصیلات بیان کرنے کے لئے ایک موٹی کتاب کی ضرورت پڑے گی۔ صرف اتنا بتانا چاہتا ہوں کہ پاکستان کے قیام سے لے کر آج تک پاکستان کی اقتصادی، تعلیمی، فلاحی کاموں میں جو نمایاں کارنامے سرانجام دیے ہیں وہ نہ صرف ان کے لئے بلکہ پاکستان کے لئے نہایت باعث فخر ہے۔ لفظ مین سن کر لوگ صرف تجارت، کاروبار کا سوچتے ہیں حالانکہ زندگی کے ہر شعبہ میں ان کی خدمات قابل فخر ہیں۔ پاکستان کے قیام کے فوراً بعد مین برادری نے مشرقی پاکستان میں نہایت اہم صنعتی یونٹ قائم کئے۔ ان میں باجوٹ ملز، آدم جی جوٹ ملز، چائے کے باغات جوٹ برآمد کرنے والی کمپنیاں، کرنٹائی پیپر ملز، داؤدرائین اور کیمیکل ملز قابل ذکر ہیں۔ سقوط ڈھاکہ سے مین برادری کواریوں روپیہ کا نقصان ہوا مگر انہوں نے ہمت نہیں ہاری اور بچے کچھے پاکستان کی تعمیر و ترقی میں منہمک ہو گئے۔ پورے مغربی پاکستان میں صنعتوں کا جال پھیلا دیا اور کپڑے، آرٹ سلک، اون، کانڈ، ہوائی جہاز، پانی کے جہاز، سگریٹ، ریڈیو میڈ گارمنٹس، ٹاول، اخبار، تعمیرات وغیرہ جتنی صنعتوں کے قیام میں نہایت نمایاں کردار ادا کیا۔ کچھ صنعتوں کا تذکرہ کروں گا مثلاً آدم جی گروپ، پاکو لا گروپ، داؤد گروپ، فیکو گروپ، انور گروپ، دادا گروپ، حسین گروپ، دادا بھائی گروپ، عبداللہ گروپ، جمفر گروپ، باوانی گروپ، نچھارا گروپ، تابانی گروپ قابل ذکر ہیں۔ ان کے علاوہ بھی لاتعداد چھوٹے اور درمیانے درجے کے گروپ بھی کارفرما ہیں۔ مین برادری کے فلاحی کاموں میں مساجد، اسکول، کالج اور اسپتال وغیرہ کی فہرست بہت طویل ہے۔

مین برادری کے اعداد و شمار کے مطابق پاکستان کے علاوہ تقریباً پندرہ لاکھ مین غیر ممالک یعنی دنیا کے تمام خاص ممالک میں قیام پذیر ہیں۔ پاکستان میں تقریباً چھ لاکھ، ہندوستان میں سات لاکھ اور اس کے علاوہ امریکہ میں تقریباً تیرہ ہزار اور برطانیہ میں کچیس ہزار مین رہائش پذیر ہیں۔ مین برادری کے متعلق بہت سی معلومات میرے عزیز دوست مرچنٹ نیوی کے کپٹن کمال محمودی نے مجھ پر بھجوائی ہیں، میں ان کا شکریہ ادا کرتا ہوں۔

ماضی قریب اور جدید دور کے چند مشہور مین رہنماؤں میں حاجی سر عبداللہ بارون، حاجی عبدالستار سیٹھ، آدم جی حاجی داؤد، حاجی عبدالغنی بیگ محمد باوانی، عثمان بیٹی بھائی وکیل، حاجی داؤد والی محمد مودی، احمد ای ایچ جعفر، یوسف بارون، محمود بارون، اشرف ولی محمد تابانی، زین نورانی عبدالستار راجھی، الحاج ذکریا کاہدار، حاجی حنیف طیب، ڈاکٹر فاروق ستار، غلام حسین، قاسم پارکھی، عبداللہ بے مین، غلام علی مین، احمد داؤد، حسین داؤد، عبدالقادر لاکھانی، عقیل کریم ڈیڑی، رزاق بلوچی، عزیز ستا، عبدالرزاق تھلپالا، حسین لاواٹی، امین غازیانی، جسٹس عبداللطیف مین، جسٹس رحیم بخش مین، جسٹس محمد بچل مین، جسٹس رحیم بخش مین، غلام محمد آدم جی فیکو، احمد ابراہیم ولی محمد باوانی، حاجی الیاس مین، حسین ابراہیم لطیف، ابراہیم جمال، محمد ابراہیم تابانی، یعقوب تابانی، عثمان سلمان، حاجی عبدالرزاق، امین لاکھانی وغیرہ وغیرہ مشہور ہیں۔ آپ کو شاید معلوم ہوگا کہ اردو شاعری کے باوا آدم ولی دکنی جو گجرات میں تین سو سال پہلے پیدا ہوئے تھے اور جن کا نام شاہ محمد ولی اللہ تھا مین برادری سے تعلق رکھتے تھے۔ انہوں نے یہ مشہور شعر کہا تھا:

مغلی سب بہار کھوٹی ہے
مرد کا اعتبار کھوٹی ہے

جیسا کہ میں پہلے عرض کر چکا ہوں مجھے جناب عزیز اسے غشی، غلام محمد فیکو، حسین داؤد، یعقوب تابانی، حاجی حنیف طیب، حسین لاواٹی، حاجی عبدالرزاق، حاجی اقبال، حاجی جان محمد کی دوستی پر فخر ہے۔ حاجی رزاق کو دینی کا گولڈن بوائے کا خطاب ملا ہے۔ شاید آپ کو علم نہ ہو ایک مرتبہ جب پاکستان تخت مائی مشکلات کا شکار تھا تو حاجی رزاق نے حکومت کو ایک سو پچاسی ملین ڈالر قرض دیا تھا۔ میں نے شروع میں ان برادر یوں کا تذکرہ کر دیا ہے جنہوں نے پاکستان کی خدمت کی ہے۔ مین برادری کے پاکستان پر بہت احسانات ہیں۔ پاکستان کے قیام کے فوراً بعد فقر و غم دے کر اور بعد میں لاتعداد صنعتی ادارے قائم کر کے انہوں نے ایک مضبوط پاکستان کی بنیاد ڈال دی تھی۔ اللہ تعالیٰ ان کو ضرور اس کا اجر عظیم دے گا۔

خدمات برائے ضرورت رشتہ / Important Announcement about Matrimonial Services

After family gatherings organized by memon jamat during the year, several families have become active in searching match for their grown up children from among the community. Al Hamdo Lillah in this connection a good progress is going on, in fact proposals among various families for their children are being exchanged with the help of families of some office bearers under **strict confidentiality**.

Since the Memon Matrimonial Website is under construction which might take time, we kindly request all those memon families whose children are grown up and they intend to look for OR waiting for match now or after some time, to submit very brief particulars about their children. We can help them in finding match for their children. All information provided to us will remain **confidential** and all communications between two families will also be under **strict confidence**. Needless to mention that some families are already in contact with us and we are extending help to them for finding match for their children. Serious families may kindly fill out the following blanks and forward to us on masa@memonassociation.com OR female family members can contact a responsible lady of jamat on 0569596417 and let her know the details about searching a match. **Good Luck**.

Name of Head of Family _____ Nationality _____

Home Phone No. _____ Mobile _____ Email _____

Children: Sons : (1) Age _____ Education _____ Earning Yes or No (2) Age _____ Education _____ Earning Yes or No

Daughters : (1) Age _____ Education _____ (2) Age _____ Education _____

**Who is correcting himself to have
worldly praise wouldn't be corrected
A person who wishes
the pay of
virtue from people would never be
virtuous.**

جو شخص اپنی اصلاح اس لیے کر رہا ہے
کہ دنیا اس کی تعریف و عزت کرے
اس کی اصلاح نہیں ہو سکتی، اپنی نیکیوں کا صلہ
دنیا سے مانگنے والا انسان نیک نہیں ہو سکتا
ریا کار عابد اس عبادت کرنے والے کو کہتے ہیں
جو دنیا کو اپنی عبادت سے مرعوب کرنا چاہے۔



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HEALTH CORNER



Cure with Honey & Cinnamon

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

Facts on honey and cinnamon :

It is found that a mixture of honey and cinnamon cures most Diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side Effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a Magazine in Canada , on its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this Process daily they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada , various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their

Flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS:

Arthritis patients may take daily, morning, and night, One cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half teaspoon Cinnamon powder before breakfast, They found that within a week, out of the 200 people So treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.



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TOOTHACHE:

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied three times a day until the tooth stops aching.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient were found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol. By the way, if you're taking cholesterol medicine, STOP! They all contain STATIN which weaken your muscles...including YOUR HEART and none has been shown to stop heart attacks or strokes!!!!

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS:

According to the studies done in India and Japan , it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant Use of honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA:

A scientist in Spain has proved that honey contains a natural ingredient which kills the influenza germs and Saves the patient from flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.



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PIMPLES:

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTION:

Applying honey and cinnamon powder in equal parts on the affected parts, cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH:

People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS:

Daily morning and night honey and cinnamon powder, taken in equal parts restore hearing.



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PATRONS OF MEMON JAMAT



Mr. Ashraf Tumbi
Chief Patron



Mr. Yaqoob Moosani
Patron



Mr. Ahmed Abdul Karim-
Patron



Mr. Mohammed Chapra
Patron

OFFICE BEARERS OF MEMON JAMAT



Dr. Iqbal Musani – President



Yunus Habib - Vice President



Asif Lala – Vice President



Tayyab Moosani – Gen. Secretary



Nasir Ibrahim – Joint Secretary



Hanif Jangda – Treasurer

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Aftab Memon



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Mansour Shivani



Iqbal Advani



Hanif A. Sattar

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A. Samad Ghaziani



Luqman
Amanullah



Habib Rahmatullah



Wasim Taie

Muslim
Amanullah
Pic. Not
available

Sikandar
Ismail
Pic. Not
available

Iqbal
Godil
Pic. Not
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