



Issue No. 83

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Dr. Hamid Abdulkhader
Munaf A.Sattar Bakhshi
Mohammed I. Badi
Kaleem A. Naviwala
A.Rahman Merchant

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Irfan H. Ahmed Kolsawala

Vice Presidents:

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Mansoor A.R.Shivani

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Tayyab K. Moosani

Joint Secretary:

A.Rashid Kasmani

Treasurer:

Shoaib Sikander

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Nasir Ibrahim
Nadeem A.K. Bhamla
Shabbir Patel
Abdul Samad Gaziani
Faisal Luqman Sheikh
Younus Abdul Sattar
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Wasim A. Razzak Tai
Ahmed Kamal Makki
M. Shaker Abdulaziz
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Abdul Kader Africawala
Abdul Kader Amin Teli
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M. Asif Lala
M. Jawaid Ashraf Khairani
M. Yousuf Jaliawala
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Memon Welfare Society Monthly Newslette – May 2016



Congratulation



Long awaited problem of Pick & drop of students was at last resolved by Patron of MWS-MASA Mr. Munaf Abdul Sattar who generously donated a mini bus to a Madrasa of Tehfizul Quran in Jeddah. MWS has been sponsoring and paying fees of some needy student for Hifze-e-Quran in the same Madrasa. In the above picture, Patrons of MWS M/s Munaf A. Sattar Bakhshi, Kaleem A Naviwala, Mohammed I Badi, President Mr. Irfan Kolsawala, GS Mr. Tayyab Moosani, VP Mr Mansoor Shivani are jointly handing over the Key of Mini Bus to the administrator of Madrasa Qari Hafiz Akram. **Congratulation** to him and May Allah almighty bless & reward Munaf Bhai for his precious gift to the Madrasa.

Dear Brothers and Sisters, Assalamo Alaikum WRWB

Al Hamdo Lillah Thummah Al Hamdo Lillah, In the month of April 2016, MWS - MASA has completed eight years of its existence successfully. We will not be wrong if we call it as fastest progressing and efficient Memon Jamat not only in the Middle East but also one of the strongest memon jamat of the world.

The level of trust and confidence of the community in MWS-MASA is very exampalary, this is the reason, our community members portray their eagerness to sponsor our different events all the times. Moreover, we have not reached month of Ramadan yet but we have started receiving calls from community phillanthropists that they have kept a part of charity for MWS-MASA for their charitable projects and/or programs during next year. We are very much thankful to the community for being very kind hearted and generous in helping MWS-MASA.

After election new body is very much occupied in various social and welfare activites for the betterment of the community. You will find some Reports and Pictorial View of all activites in the following pages.

At last, hope this issue of Newsletter # 83 will be interesting & informative to you. We sincerely apologize, if there is any omission or error in it. Thanks and look forward to continued support & cooperation from our community members.

Best regards
Newsletter Committee

Various Committees to facilitate our activities:

Funds Committee:

Shoib Sikander
Younus Habib
Mansoor Shivani
Mohamed Badi
Shabir Patel
Waseem Tai
President & GS

Event Specific Fund Committee:

Asif Lala
Waseem Tai
Shaker A Aziz
Tarek Madani
Shoib Sikander being a Treasurer

Event Management Committee:

Office Bearers and
Abdul Kader Africawala
Nasir Ibrahim
Abdul Qader Teli
Ahmed Kamal
M. Jawaid Ashraf Kherani
M Ismail Menda

Education Committee

Rashid Kasmani
Shoib Sikander
Abdul Kader Africawala
Nasir Ibrahim
Abdul Qader Teli
Mansoor Shivani
President & GS

Youth & Sports Committee:

Abdul Kader Africawala
Faisal Qasim Tai
M.Owais Rawani
Wasim Taie
Sadiq sorathia
Shakir Aziz
A.Qader Teli
M. Jawed Ashraf Kherani
Iqbal Advani Sponsor of Team
President & GS

Newsletter Committee:

Tayyab Moosani
Rashid Kasmani
Nasir Ibrahim
Salim Burmawala
Irfan Kolsawala

Dispute Settlement Committee:

M Iqbal Advani
Munaf Abdul Sattar
Younus Habib
Kaleem Naviwala
Shabir Patel
Younus Abdul Sattar
Mansoor Shivani
President & GS

Costitution Committee:

Dr. Iqbal Musani
Nasir Ibrahim
Rashid Kasmani
Shoib Sikander
Siraj Lala
President & GS

Ladies Committee:

Spouses of Members of
Core Committee and
Advisory Committee



The voluntary 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 med expenses

*Helping in Coffin & Burial Services

*Helping & guiding unemployed in seeking employment

*Extending free Matrimonial services

*Beside above we are assisting some Madrassa by paying fees of needy students and schools where the students receive education but cannot afford even the nominal fee.

*Organize other social & welfare programs for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar etc

*Also help financially and materially the victims of natural disaster such as flood and Earth quake etc.

*Collect used clothes and dispatch them by cargo for needy people in Pakistan, India, Bangladesh, Burma, Somalia. This is a unique service.

*Collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah every alternate Friday regularly.

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 not a piece of good fortune only but strangers of yesterday become friends of today and then some of them become relative tomorrow. However, In order to perform well, we have formed various committees to undertake their respective responsibilities. In brief MWS is purely social and welfare forum to serve the community and humanity inside KSA.

-تعلیم اور مدرسے کی فیس کے لئے ضرورتمند 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

- برادری کی فیملیونکی اجتماعی تقاریب

-مستقبل کے کیرئیر کے لئے طالب علموں کو مشورہ

-مشہور عالم شخصیات کے ساتھ شام

-استعمال شدہ پرانے لباس جمع کرکے

اسکی پاکستان ہندوستان بنگلہ دیش برما

صومالیہ کے غریبوںکے لئیے ترسیل

-مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات کی کلیکشن -

کوئی شک نہیں، میمن ویلفیئر سوسائٹی -

مختلف خاندانوں کیملاقات کروانے - ایک

ساتھ طعام کرکے سلام و دعا کروانے اور

دوستی ورشتہ داری قائم کرنے کے مواقع

فراہم کر کے کمیونٹی میں اہم کردار ادا

کر رہی۔

اس کے علاوہ سوسائٹی نے اپنی اپنی

ذمہ

داریوں اور فرائض کی بخوبی انجام دہی

کے لئے مختلف کمیٹیاں تشکیل دی ہوئی

ہیں۔

المختصر--- میمن ویلفیئر سوسائٹی

خالصتا سماجی اور برادری کی فلاح و

بہبود اور انسانیت کی خدمت کرنے کے

لئے سعودی عربیہ میں ایک مفید فورم

ہے۔



**An unprecedented example set by recently elected President of MWS MASA
Mr. Irfan Haji Ahmed Kolsawala. A big applause to him.**



A unique tradition set by the President MWS-MASA who after election invited all 41 Board Members along with their families (almost total 160 persons) at a Lunch at his own house located in Al Nasim Dist. Jeddah on a Friday during last month.

President received an extra ordinary response from the board members to his invitation and almost 112 persons attended the marvellous lunch comprising of Memon's traditional dishes including Khichra (with maximum quantity of fresh mutton) and Butter Chicken etc. The speciality of the food was "Home Made" delicious dishes for which every one appreciated the efforts and hardwork of First Lady Mrs. Irfan Kolsawala. All invitees enjoyed having quality food. It was very courageous and matchless step taken by the President to invite almost 160 people at his home. On this unique occasion, Younus Habib, VP, presented a Token of appreciation to the President for setting an exclusive example of inviting entire Board Members and their families at his home.

Undoubtely, it was blissfull and fruitful occasion as one of our patrons; brother Munaf A. Sattar announced donation of a Van to a Madrassa which is supported by MWS from time to time. This generous offer resolved the long standing problem of pick & drop of students of the Madrasa. Munaf Bhai was profoundly appreciated and given ovation for such generosity and good deed.

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

Voluntary Matrimonial Services

After family gatherings organized by memon Forum during the year, several families 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. However, 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, may please 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 (ladies only) may contact a responsible lady of MWS-MASA on 0569905776 or 0534389079 and let her know the details about searching a match. Good Luck.

Reception Dinner hosted by Haji Ahmed Abdul Karim, Younus Habib and Mansoor Shivani in the honor of Well known dignitary, social worker and philanthropist Janab Haji Usman Pardesi, (on Umrah Trip) Where full board of MWS-MASA was also invited, (held in April 2016)



One of the hosts Haji Ahmed Abdul Karim welcoming the chief guest and presenting his introduction.



On behalf of MWS-MASA a Token of Appreciation was presented by Office Bearers of MWS-MASA to the Chief Guest Haji Usman Pardesi



Chief Guest with Patrons, Office Bearers, board members of MWS-MASA and some invitees/attendees of the Reception Dinner.

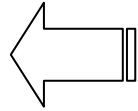
(Photos by Saleem Burmawala)

MONDAY, APRIL 11, 2016



11 April 2016

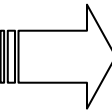
The Reception Dinner in the honor of
Haji Usman Pardesi was covered by
First and Leading local Urdu News Paper
of Saudi Arabia "Urdu News" Daily.



Saudi Gazette

20 April 2016

The Reception Dinner in the honor of
Haji Usman Pardesi was covered by
Leading and largely published local
English News paper of Saudi Arabia
"Saudi Gazette" Daily.





Daily Jang Karachi

مہینہ کمیونٹی کی جانب سے عشاءِ شام

شاہد نعیم

(نمائندہ جنگ،
سعودی عرب)



انٹرنیشنل مہینہ کمیونٹی دنیا کے کئی ممالک میں اپنے فلاحی و سماجی کاموں میں مصروف ہے، جسے جدہ میں متحرک کرنے کے لیے سیکریٹری جنرل محمد طیب موسائی اپنے ساتھیوں سمیت اہم کردار ادا کر رہے ہیں، گزشتہ دنوں ان کی طرف سے پاکستان سے آئے ہوئے مہمان و سماجی کارکن حاجی عثمان پردیسی کے اعزاز میں عشاءِ تقریب کا اہتمام کیا گیا۔ حاجی احمد عبدالکریم، یونس حبیب گولی اور منصور شیوانی نے میزبانی کے فرائض سرانجام دیے۔ عشاءِ شام میں مہینہ و ملیفیر سوسائٹی سعودی عرب کے تمام ممبران مینجنگ بورڈ نے شرکت کی۔ مہینہ و ملیفیر کے صدر عرفان حاجی احمد کولسا والا نے مہمان خصوصی کا خیر مقدم کیا۔ سیکریٹری جنرل محمد طیب موسائی نے مہمان خصوصی کا تعارف پیش کرتے ہوئے کہا کہ حاجی عثمان کو پاکستان میں فلاح و بہبود کے لئے ان کی خدمات کے حوالے سے جانا جاتا ہے۔ کئی سالوں سے پاکستان میں بے لوث اور انتھک فلاحی خدمات انجام دے رہے ہیں۔ مہمان خصوصی حاجی عثمان پردیسی نے اپنے خطاب میں کہا کہ کراچی میں ضرورت مند لوگوں کے لئے ہاؤسنگ پروجیکٹ کا آغاز کیا ہے۔ یہ ہاؤسنگ پروجیکٹ تکمیل کے مراحل میں ہے۔ فلپس مقررہ معیار کے مطابق تعمیر کرائے جارہے ہیں جو کمیونٹی کے غریب خاندانوں کو دیے جائیں گے۔ میں کراچی میں (کے ایم اے) اسپتال کا سربراہ بھی ہوں جہاں جھلسیہ کے مریضوں کا بلا امتیاز اور مفت علاج کیا جاتا ہے۔ انہوں نے مزید بتایا کہ انہوں نے کمیونٹی کی تعلیمی کمیٹی کے سربراہ کی حیثیت سے بھی ذمہ داری سنبھال رکھی ہے۔ کئی سالوں سے عظیم منصوبوں کے ساتھ مصروف ہوں۔ آخر میں انہوں نے تقریب کا انعقاد کرنے والوں کا شکریہ ادا کیا اور مسلسل کمیونٹی کی خدمت کرنے کی ہمت و طاقت کے لئے دعا کی درخواست کی۔ فلاحی خدمات پر مہینہ و ملیفیر سوسائٹی سعودی عرب کی طرف سے انہیں تعریفی شیلڈ پیش کی گئی۔



مہینہ کمیونٹی کے اراکین کا گروپ فوٹو

In order to appreciate Volunteers who worked hard in our last mega event held on 25th March 2016, MWS-MASA hosted a Lunch in their honor. They were encouraged and appreciated by the Office bearers personally. Hope these volunteers will continue their cooperation in the future.



A group of Volunteers with Office Bearers of MWS-MASA

Maintaining unity and sincerity in faith

Source: islamicity bulletin



Quran Commentary

In the name of God, the Lord of Grace, the Ever Merciful

This book is bestowed from on high by God, the Almighty, the Wise. It is we who have bestowed on you this revelation from on high, stating the truth. Therefore, worship God alone, sincere in your faith in Him. True devotion is due to God alone. Those who take others besides Him as their protectors say: 'We worship them for no reason other than that they would bring us nearer to God.' God will judge between them concerning all matters on which they differ. God will not grace with guidance anyone who is bent on lying [to himself and is] stubbornly ingrate! (Quran 39: 1-3)

The surah begins with a clear, emphatic statement: "This book is bestowed from on high by God, the Almighty, the Wise." As He is Almighty, He is able to bestow it from on high, and as He is wise, He knows the purpose of bestowing it, ensuring that it is all done in accordance with wise and elaborate planning.

The surah, however, does not dwell on this fact. It is only a prelude to its main theme, which this book has been revealed to establish, namely, God's oneness, addressing all worship to Him alone, ensuring sincerity in faith, eliminating all traces of any alleged partnership with God and establishing direct contact with Him without any intermediary or need for intercession.

"It is We who have bestowed on you this revelation from on high, stating the truth." The essence of the truth with which the book has been revealed is the absolute oneness of God, which forms the foundation of all existence. In verse 5 the surah states: "He has created the heavens and the earth in accordance with the truth." It is all the same truth that makes up the foundation of the universe and provides the purpose for revealing the Qur'an. It is a single, consistent truth confirmed by the unity of the system that controls the heavens and the earth, and expressed in human language through this book. It is the truth that puts the seal on everything made by the only Creator.

"Therefore, worship God alone, sincere in your faith in Him." The address here is to the Prophet, the recipient of the book as it is bestowed from on high. It embodies the constitution which he advocates, calling on all mankind to adopt it: to worship God alone, sincere in our devotion, and to conduct human life, in all spheres, on this basis.

These are not mere statements. It is a complete system, starting with a firm belief that is translated into an all-embracing way of life for both the individual and the community.

A believer in God's oneness submits only to God, bowing his head to none other, and asking nothing from others. For him only God is powerful and holds sway. Indeed, all other creatures are weak, unable to do him, or themselves, either harm or good. It is God alone who gives, bestows favors or withholds them. What is the use, then, of turning to anyone other than God for help when all are weak and God alone holds all power?

A true believer recognizes the unity of the system that conducts all affairs in the universe, realizes that the code of living God has chosen for mankind is part of that system, specially molded to achieve harmony between human life and the universe. Hence, a believer does not choose any system or legal code other than that which God has laid down. A believer in God's oneness also feels that there is a bond between him and all that God has created in this universe, and that all creatures are friendly toward him. He feels that all around him have been put in place by God's hand. Hence, he warms to everything that comes his way of God's creation. He does not hurt, destroy or waste anyone or anything, or use it in any way other than what God has sanctioned.

Similarly, the effects of believing in God's oneness are apparent in believers' concepts and feelings just as they are reflected in their actions and behavior. Thus, belief in God's oneness is not merely a verbal utterance. Hence why it is given such emphasis in God's book, and hence why it is repeated and explained in a great variety of ways. Each and everyone of us needs to study and reflect upon God's oneness so that this truth is perfectly ingrained in our own essence.

"True devotion is due to God alone." In Arabic this statement has added emphasis provided by certain characteristics of the sentence structure, which is peculiar to Arabic and difficult to capture in translation. It gives the statement the sense of a declaration producing a loud but clear echo. Thus sound, structure and meaning combine to strongly emphasize this basic truth upon which all life, throughout the universe, is based.

Then a refutation of the complex superstition the idolaters presented in opposition to belief in God's oneness follows: "Those who take others besides Him as their protectors say: 'We worship them for no reason other than that they would bring us nearer to God.' God will judge between them concerning all matters on which they differ. God will not grace with guidance anyone who is an ungrateful liar."

Although they declared that God created them and the heavens and earth, they would not carry this belief to its natural and logical consequence which required that they devote all their worship and submission to Him alone. Instead they invented the superstition that the angels were God's daughters and even carved statues representing angels so that they could worship these. They then claimed that their worship of these statues, such as Al-Lat, Al-Uzza and Manat, was not in essence devotion to them. It was merely a gesture to bring them closer to God, in the hope that these statues or what they represented would eventually intercede with God on their behalf.

Press Clipping from Dailies of Saudi Arabia About last mega event of MWS-MASA



Never Misuse The One
Who Likes You.

Never Say Busy To The One
Who Needs You.

Never Cheat The One
Who Really Trust You.

Never Forget The One.



"Pay no attention to
those who talk behind
your back, it only
means that you're two
steps ahead of them"

جده: میمن ویلفیئر سوسائٹی کا سالانہ فیملی اجتماع و عشاء

تقریب کا بنیادی خیال تھا کہ کل کے انجینی، آج کے دوست اور آئندہ کل کے رشتہ دار تھا۔ بڑی تعداد میں فیملی نے شرکت کی۔

میں ویلفیئر سوسائٹی نے فیملی اجتماع بعد عشاء منعقد کیا جس میں جده، مکہ، مدینہ منورہ، ریاض و دمام سے لوگوں نے شرکت کی۔ تقریب جده کے شادی ہال میں منعقد کی گئی۔ خواتین کیلئے علیحدہ اہتمام کیا گیا تھا۔ تقریباً 700 افراد (مرد و خواتین) نے شرکت کی۔ ان میں بڑے بچے، انجینئر، ڈاکٹر، چارٹرڈ اکاؤنٹنٹ، جیکہ خواتین میں بھی ڈاکٹر، انجینئر، پروفیسر اور گھریلو خواتین کی بڑی تعداد شامل تھی۔

سالانہ فیملی اجتماع و عشاء کا بنیادی مقصد فیملیوں کو مل جل کر رہنے کا موقع فراہم کرنا تھا۔ تقریب کا بنیادی خیال تھا کہ کل کے انجینی، آج کے دوست اور آئندہ کل کے رشتہ دار تھا۔

تقریب کا آغاز تلاوت کلام پاک سے کیا گیا۔ نو منتخب صدر میمن ویلفیئر سوسائٹی حاتی احمد کولسا والا نے مہمانوں کو خوش آمدید کہا۔ سیکرٹری جنرل طیب موسانی نے ویلفیئر سوسائٹی کی خدمات کا مکمل جائزہ پیش کیا جسے حاضرین نے نہ صرف سراہا بلکہ ویلفیئر سوسائٹی کا مہمانی سے 8 سال مل کرنے پر مبارکباد پیش کی۔ تعارفی کارروائی کے بعد مہمانوں میں تحائف تقسیم کئے گئے۔

خواتین کے حصے میں تمام خواتین نے نہ صرف آپس میں دوستی قائم کی بلکہ بہت سی خواتین نے بچیوں کی موجودگی سے فائدہ اٹھاتے ہوئے رشتہ قائم کرنے کی بھی پہل کی جو اس تقریب کا اہم مقصد تھا۔ سوسائٹی کی تقریب کو خواتین میں جده میں میمن ویلفیئر سوسائٹی کے فیملی اجتماع کے موقع پر لایا گیا گروپ فوٹو

MWS hosts community event

By SYED MUSSARAT KHALIL
SAUDI GAZETTE

JEDDAH — Memon Welfare Society (MWS) hosted an event titled "Stranger to friend of yesterday, friends of today and relative of tomorrow" — "Kal Ke Ajab Aur Aaj Ke Dost aur Ane Wali Kal Ke Rishwatdar" — at Jawahar Al-Firdous wedding hall.

The event was attended by more than 700 guests who came from Jeddah, Makkah, Taif, Madinah, Riyadh and Dammam.

Two separate halls were arranged for male and female guests.

In male section, the event commenced with recitation of verses from Holy Qur'an by Hafiz Osama Altaf Bashir.

Irfan Haji Ahmed Kolsawala, president MWS, welcomed the guests and gave a brief introduction of the event.

Tayyab Moosani, secretary general, presented a brief report of welfare activities. He proudly said that businessmen, doctors, engineers, chartered accountants and other people of various professions belong to our community and are present in today's event.

He thanked all attendees in general and sponsors of the event in particular. He also thanked all office bearers and members of board for working hard to make the event great success.

The sponsors of the event were Iqbal Advani, Munaf A. Ghaffar Ghamdi, Mohammed Badi, Munaf A. Sattar Bakhshi, Wasim Tai, Younus Habib, Tareq Madani, Munaf Rehmatwala, Fayyaz Abdel Kader, Fouad Mohammed Chapra.

Whereas hardworking team consists of Irfan Kolsawala, Tayyab Moosani, Shoaib Sikanader, Younus Habib, Abdul Rahman Merchant, Mansoor Shivani, Wasim Tai, A. Kader Africawala,

Siraj Lala, Yousuf Tai, Jawaid Ashraf Kherani, Owais Rawani, Nasir Ibrahim, Faisal Tai, Tareq Madani, Asif Lala and Shaker Aziz, who contributed their untiring efforts to make the event great success.

In ladies section, wives of office bearers welcomed the guests and advised them to take the advantage of gathering specially in finding matches for their grown up children. Several families got in touch with each other for future relationship.

At the end dinner with traditional dishes of delicious taste was served. The event concluded in a very pleasant and friendly atmosphere.



**Phillanthropist, care taker and
prime coordinator of Madrassa
Abdul Kader M Amin Teli**

Van Key Handing Over Ceremony held at Madrassa Almost 75 persons attended the event including Students of Tehfizul Quran and their Parents and Board members of MWS – MASA

The transportation facility will help in increasing strength of students of Tehfizul Quran. MWS – MASA Congratulated Administrator of Madrassa for receiving a gift of Van From a Patron of MWS Brother Munaf Abdul Sattar Bakhshi. Long-standing Problem was finally resolved. Administrator Qari Hafi Akram thanked Donor and MWS for Such a great help to Madrassa. The ceremony was followed by Dinner which was sponsored by our other Patrons Mohammed I Badi and Kaleem A Naviwala and Wasim Tai. Board Member Faisal Luqman made commitment to sponsor maintenance expenses of the VAN. Thanks to all of them, May Allah almighty reward and bless of these philanthropists.



**The Patron of MWS-MASA
Brother Munaf Abdul Sattar
expressing views on the occasion**



**Van Key being handed over to Adminsitratrator
of Madrassa by Patrons of MWS-MASA Munaf
A.Sattar Bakhshi, Kaleem Ahmed, Mohammed
Badi, President of MWS Irfan H A Kolsawala, GS,
Tayyab Moosani and VP Mansoor Shivani**



**President MWS distributing
Gifts to the students of Madrassa**



**Board Member of MWS Asif Lala
is distributing gift to the students**



**Board Member Faisal Luqman is
distributing gift to the students**



**Treasurer Shoaib Sikander is
distributing gifts to the students**

" Something for you to be amused"

Forwarded by Saleem Burmawala

1. This is a very common programme in any public organisation.
2. Every day, a small ant arrives at work very early and starts work immediately.
3. She produces a lot and she was happy.
4. The Chief, a lion, was surprised to see that the ant was working without supervision.
5. He thought if the ant can produce so much without supervision, wouldn't she produce even more if she had a supervisor!
6. So he recruited a cockroach who had extensive experience as supervisor and who was famous for writing excellent reports.
7. The cockroach's first decision was to set up a clocking in attendance system.
8. He also needed a secretary to help him write and type his reports and ...
9. he recruited a spider, who managed the archives and monitored all phone calls.
10. The lion was delighted with the cockroach's reports and asked him to produce graphs to describe production rates and to analyse trends, so that he could use them for presentations at Board's meetings.
11. So the cockroach had to buy a new computer and a laser printer and ...
12. recruited a fly to manage the IT department.
13. The ant, who had once been so productive and relaxed, hated this new plethora of paperwork and meetings which used up most of her time...!
14. The lion came to the conclusion that it was high time to nominate a person in charge of the department where the ant worked.
15. The position was given to the cicada, whose first decision was to buy a carpet and an ergonomic chair for his office.
16. The new person in charge, the cicada, also needed a computer and a personal assistant ,who he brought from his previous department, to help him prepare a Work and Budget Control Strategic Optimisation Plan
17. The Department where the ant works is now a sad place, where nobody laughs anymore and everybody has become upset...
18. It was at that time that the cicada convinced the boss , the lion, of the absolute necessity to start a climatic study of the environment .
19. Having reviewed the charges for running the ant's department , the lion found out that the production was much less than before.
20. So he recruited the owl , a prestigious and renowned consultant to carry out an audit and suggest solutions.
21. The owl spent three months in the department and came up with an enormous report , in several volumes, that concluded : "" The department isThe department is overstaffed ..."overstaffed ..."
22. Guess who the lion fires first?
23. The ant , of course, because she "showed lack of motivation and had a negative attitude".

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

Important Announcement about sports

Sports Fan particularly inrested memon boys and youth should be pleased to know that we are forming a Cricket team and the sports kit will be provided free once the team is formed. Those interested boys and/or youths of our memon community are requested to register their names with Abdul Kader Africawala on phone No. 0541757782 and should be present at ground as and when invited. The sponsor of the team will be our Patron Mr. M Iqbal Advani. Please hurry up and get your self registered for the Cricket team asap. MASA XI.

Health Corner:

My Top 10 Brain Health Tips

While there are many “Top 10” lists out there, this is a list I have compiled based on years of literature review and my firsthand experience in clinical neurological practice. While no list is ever complete and priorities and orders of importance change with the literature and time; these are, in my opinion, the top 10 ways you can help your brain perform at its maximum potential...in no particular order (with the exception of tip #1). While there are many advanced applications for boosting brain performance, these are tools that every one of us has at our disposal and can begin to implement immediately. Please enjoy, feel free to comment, and share with others!

- 1) Get plenty of sleep – While there is no definitive number of hours proven to be the best for humans, it is suggested by most experts that a minimum of 7 hours of uninterrupted sleep be observed by most. Care should be taken to remove any barriers to achieving and maintaining sleep from the bedroom (i.e. TVs, computers, excess light, poor quality/old beds, etc.). Among other things, memories are formed when we sleep and improved quality and duration of sleep can stave off cognitive decline due to aging. Click here for a New York Times article on impaired sleep and memory decline.
- 2) Manage your stress – Stress, namely the long-term continuous stressors many of us face on a day to day basis (e.g. jobs, relationships, traffic, finances, etc.), and the ill-effects it brings on are touted as the root cause of the majority of chronic diseases of our modern society. There are countless techniques available to us to help us manage stress including meditation, journaling, counselling, prayer, yoga, NLP, Tai Chi, etc., and they all have their distinct advantages with regard to helping our brains perform better. The majority of the research on stress reduction and the brain has been done in the area of meditation. Click here for a link to a great book written on meditation and its amazing impact on brain function.
- 3) Exercise – We all know we should do it and we need to ‘Make the Time’ instead of trying to ‘Find the Time’. The evidence is irrefutable, exercise makes your brain work better...period! From increased blood flow carrying oxygen and nutrients to our ‘Greedy Master’, to production of chemicals that help us connect nerve cells and even grow new ones; we all need to exercise. Click here for a link to my blog post on a phenomenal book that will teach you everything you want to know about this subject.
- 4) Drink plenty of WATER – Notice the word water is capitalized! While the occasional naturally flavoured drink of your choice is fine, water should be your main source of hydration as it will eliminate intake of sugars, sugar substitutes, artificial flavours/colors, etc. that can all be harmful to your brain. Our bodies are made up of roughly 60% water content and our brains are even higher at upwards of 80%. General recommendations for intake are currently accepted by many to be 1/2 of your body weight in oz. of water per day (e.g. 140 lbs = 70 oz.).
- 5) Eat the right kind of fat – Another area where our brain requires more, and the right kind of, raw materials is fat consumption. Under normal circumstances our bodies are comprised 20-25% fat and our brains approximately 60%. While I am unable to get into the biochemistry of fats in this limited space, adhering to a few simple rules can help get you off to a good start. Avoid at all costs processed, man-made fats that fall under the general heading of ‘Trans Fats’. These are dangerous for our brains and bodies in so many ways, many of which we do not even know yet. Also, minimizing saturated fat intake is advisable for most (e.g. red meats, butters, etc.). Poly and monounsaturated fats found in whole food sources (nuts, vegetable oils, greens, etc.) and omega-3 fatty acids found in fish and other whole food sources are desirable for a better brain. Click here for a recent article on fats and your brain.
- 6) Learn something new – Exercise for your brain! Learning new subjects, skills and hobbies can help to preserve and build your brain's resources to ensure it functions at its highest ability as we move through this journey of life. Novel stimulation has been shown to enhance brain activity immeasurably; whereas routine, monotonous type behaviours will likely ensure a slow, steady decline in cognitive function over time. Google ‘Learning and the Brain’ and sift through the 132 million results for some light reading to begin the process of learning and remember...We are NEVER too old to learn!
- 7) Eat your fruits and veggies – The benefits of REAL/WHOLE foods in our diets is endless, especially fruits and vegetables. They are low-calorie and loaded with vitamins, minerals, antioxidants, good sugars and fibres; which are all good for our brain. So many of our foods are far from their original source, so begin to learn (which is also good for your brain) about the dangers of processed and genetically modified foods and you will begin to develop an appreciation for fresh, whole foods that power your brain much more efficiently!
- 8) Be social – Much to my dismay this tip is often left off of many “Top 10” brain health lists and could quite possibly be one of the most important factors for a brain to be able to survive and thrive! Numerous studies over the past 100 years have shown how social isolation can cause significant psychological and neurological impairment, and even death in extreme cases. Social isolation disrupts myelin production, which is critical for nerve signalling and transmission. Volunteer, join a book club or service organization, take a class, walk the neighbourhood and talk to your neighbours...put yourself out there – your brain will thank you! Click here to read more on social isolation and decreased myelin production.
- 9) Eliminate bad habits – smoking, laziness, poor diet, worry, anger, sedentary behaviour, dangerous physical activities, etc...Need I say more?
- 10) Set goals and move towards them – Our brain's ‘reward system’ is intimately linked to our older emotional (limbic) brain on one end, and our newer cognitive (cortical) brain on the other. That said, to help balance and improve function in either of these regions, exercising our reward system is a critical step in the process. Further, the neurotransmitter dopamine is a key player in this system and it is increased with repetitive utilization of this system (this is the same neurotransmitter in short supply in conditions like Parkinson's!). Goals must be realistic and attainable, but also strong enough to stretch our mental capacities for optimal benefit!

Little smile:

An Economist beautifully explained two reasons for having 2 wives.

A- Monopoly should be broken.

B- Competition improves the quality of service.

If u have 1 wife, She fights with u!

If u have 2 wives, They will fight for u!

Feel the difference & decide

Disclaimer:

Sender is not having any such experience and not responsible for any side effects..

When you are in love,
Wonders happen.
But once you get married,
You wonder, what happened.

Philosophy of marriage :
At the beginning,
every wife treats her husband as GOD..
Later, somehow don't know why..
alphabets get reversed..

Secret formula for married couples...
"Love One Another"
And if it doesn't work, bring the last word in the middle.!!!!

Our Managing Board



MWS Patrons are; Mr. Iqbal Advani, Dr. Hamid Abdulkhaer, Munaf Abdul Sattar, Mohammed I Badi, Abdul Rahman Merchant, Kaleem Ahmed Naviwala. The Advisory Committee of MWS consists of Dr. M. Iqbal Mussani; Arif A M Memon; Nasir Ibrahim; Nadeem A.K. Bhamla; Faisal Luqman; Shabbir Patel; Abdul Samad Gaziani; Younus Abdul Sattar; Irfan Bhindiwala. Whereas, Managing Committee comprises of; Munaf Siddiq Dhedi; Wasim Abdul Razzak (Tai); Ahmed Kamal Makki; Siraj Lala; Abdul Kader Amin Teli; Abdul Kader Africawala; M.Saleem Burmawala;Tareq Madani; Yousuf Tai; M. Yousuf Jaliawala; Sadik Sorathia; M. Taufiq M Iqbal Jaliawala; M. Taufiq M Iqbal Jaliawala;M.Jawaid Kherani; Sadik Sorathia; Muhammed Owais Rawani; Faisal Qasim; Mohammed Ismail Menda; Mohammed Asif Aziz; M. Yousuf Kasam; Asif Lala (Photo by Saleem Burmawala)

Thank you for your kind attention. The Newsletter ends here,,,,,,,,,,,,,,,,,,,,,