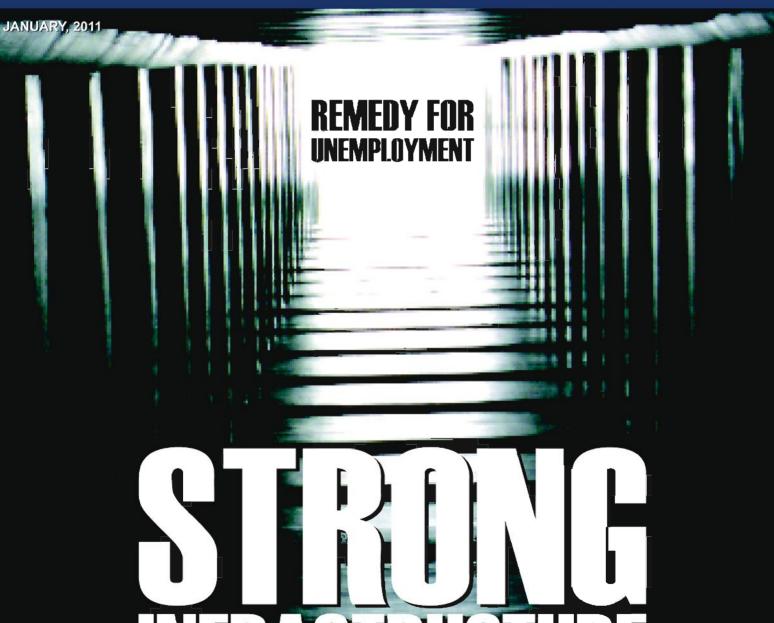
Volume No. 52 Issue No. 628







EVENTUALLY SHOWS LIGHT AT THE END OF THE TUNNEL



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Oh Mankind, indeed we have created you from male and female and made you nations and tribes that may know one another.

Indeed the most noblest of you in the sight of Allah is the most righteous of you.

Indeed, Allah is all knowing and aquainted

Surah 49

Verse 19



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MJOIN HANDS WITH WMO



MISSION OF WMO

The Mission of WMO is to act as the central Memon organisation representing the Memon Community throughout the world and to promote the advancement, upliftment, unity, welfare and well-being of Memons in the world, in all aspects of life and at all times in accordance with and under the guidance of Islamic principles.

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The World Memon Organisation has the following categories of Membership:

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- 3. Corporate Members (Commercial Bodies) -
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Unemployment in the Memon Community

In economics, a person who is able and willing to work, yet is unable to find a paying job is considered unemployed. In other words, unemployment does not include people who are not willing to work for any reason such as ill-health, old-age or simply have the unwillingness to work.

The unemployment rate is the number of unemployed workers divided by the total civilian labor force, which includes both the unemployed and those with jobs (all those willing and able to work for pay).

The main types of unemployment include structural unemployment and frictional unemployment. The first type focuses on problems in the economy and labor market and the second type is based on the individual's approach, evaluation, qualification and attitude towards the work and jobs.

We have to analyze the reasons for unemployment in the Memon Community, whether it is due to the structural problems in the business and economy infrastructure or is there anything lacking in the individuals.

Structural problems like recession and slowing economy will obviously lead to reduction in jobs and lay-offs and cause people to loose their jobs and close the doors for newer vacancies.

On the other hand, people themselves could be the basis for the unemployment. For example, a highly qualified individual would not settle for a low-paying clerical job and so his attitude and aspirations force him to stay unemployed for an indefinite period of time. Besides, matters like distance to the place of work, the timings, the pay and other factors all inhibit an individual from being employed.

The statistical information in the Memon community about unemployment is a big issue. Unfortunately the population census of the community has not been carried out which could have provided us the necessary information, about unemployment. However, the country wise unemployment rate could give some idea about the unemployment in the memon community also. On account of international turmoil the unemployment rate has increased substantially in the developed as well as developing countries.

The Memon Community is a very small but a vibrant community. Those who are at the helm of affairs of the Community have the responsibility to sit together and deliberate upon to suggest ways and means for the community to achieve the maximum employment in the Memon Community.

To begin with, there would be a dire need to collect the census data which would give relevant information about the Memon Community, such as age group, literacy level, socio-economic status, unemployment rate, demographic concentration etc.

In the literacy level, one should know the level of education, professional, or otherwise technical, in the Memon community. For those who are good at formal education may be encouraged to acquire professional education with the active help from WMO if need be. Once a person is professionally qualified many vistas will be opened for him for rewarding employment.

For those who are not very good at formal education, should be encouraged to acquire technical education. Fortunately, we have renowned technical institute at Karachi, known as MITI. It can start some specific courses for young Memons so that they are qualified in the shortest possible time and either start their own business or get employment. Those who have business acumen, they may be encouraged by offering interest free micro finance so that they cannot only start their own business but some employment opportunities be opened for other members. We need to have sizeable microfinance fund for this purpose to turn around the economic life of the youth.

There are many successful entrepreneurs and industrialists in the Memon community. They can make it a point to encourage the Memon youth in their industries and businesses as employees and trainees; this would help resolve the issue of unemployment in the long run.

Unemployment is a critical issue. If the unemployment is for a long term it gives birth to many social evils. Let us be vigilant to curb this evil in its initial stage and try to turn unemployment into the opportunity by encouraging the unemployed youth to devote their available time in acquiring gainful training and subsequent employment. We owe this to the community. We should prepare long term, medium term and short term strategies to eradicate the evil of unemployment from the community. We should also remember that it is a continuous on-going task which requires patience for accomplishment. Remember time does not wait for anybody. It is running out. Remember change and change for the better are too different things and we have to move swiftly for the later without being dragged into long deliberations. Remember the penalty for complacency is being left out

In the end, we call upon all concerned to join hands with WMO which includes the businessmen, industrialists, social workers, educators and students to work together as a team to address this great social issue of unemployment in the Memon Community.

Let us be vigilant to curb this evil in its initial stage and try to turn unemployment into the opportunity by encouraging the unemployed vouth to devote their available time in acquiring gainful training and subsequent employment. We owe this to

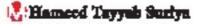
the community.

Pir Muhammad A. Kaliya Chief Editor, Memon Alam





Unemployment in Pakistan



Themployment is a central problem became when unemployment is high, resources are wasted and people's incurant are deposited; during such periods, accounted distress also spills over to affect people's emotions and family lives.

In Pakistan labor from include all persons who are of ten years and above, and during the period are without work, currently swilable for work and secting for work. On the busis of the existing population of 142.67 millions with Labor force participation rate of 27.46 percent, the total labor force current to 39.24 million. According to this about 2.4 million persons of labor force were estimated as unamployed in 1999, as construction and transport section here abunded 11.2 percent, 6.8 percent and 5.7 percent, compared to 10.5 percent, 7.2 percent and 5.0 percent respectively in

1994-95.

According to Labor Force Survey 1996-97, the rate of open unemployment was 6.1 percent and 5.4 percent as per Labor Force Survey of 1994-95. This indicates that rate of unemployment has increased between these two surveys by 0.7 percent officially but unofficially unemployment is suich larger than this rate.

Office it is preceived that unemplayment rate of rural areas is greater because in rural areas there are less chances of employment as compared to misse areas where there are more chances of employment due to many industries. However, in Pakistan unemployment rate is increasing in both rural and urban areas in absolute as well as in percentage terms. Unemployment rate in rural areas is greater as compared to when areas in these is no proper source of escalings in rural areas. Between of industries there are

snote chances of employment in urban, arms. In rural arms buchasses on are setting up industries due to which now rural people seek manufacturing sector for employment... as agricultum sector is not absorbing them due to adaptation of seachesisal instruments and bad conditions, Small scale industries are not working efficiently due to worse economic conditions.

From Chan's law we know that for every 2% fall in GNP relative to potential GNP, the wassupleyment can rise by 1% point. High messapleyment is a symptom of wasts for during recusions, when unemployment is high, the economy is not producing up to high level. When economy is not producing sufficiently, we can say that we are unable to use our fall remarks for producing purposes. Economy will not grow as fast as it can if become shie to produce at high level. It is



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UNEMPLOYMENT

apparent that recessions and the associated high unemployment are extremely costly to the economy.

Unemployment is classified into three categories (a) Frictional unemployment (workers who are simply moving between jobs (b) structural unemployment (workers who are in regions or industries that are in persistent slump) (c) cyclical unemployment (workers who lay off when the overall economy suffers a downturn. In Pakistan unemployment is of structural and cyclical nature.

Understanding the sources of unemployment has proved one of the major challenges of modern macroeconomics. Voluntary unemployment may be or when qualified people chose not to work out the going wage rate unemployment occur. The key element in understanding involuntary unemployment is the inflexibility of wages in the face of economic shocks. The same situation is in Pakistan, inflexibility arises because of costs involved in administering the compensation system.

The upward creep in the natural rate arises mainly because of demographic trends particularly the higher proportion of teenagers in the labor force. In addition, government policies are also increasing unemployment rate i.e. Golden Shake Hand, ban on jobs increasing unemployment rate.

Role of Government

The government is trying to reduce the unemployment rate. Under Prime Minister's Self Employment Scheme. different Banks and Small Business Finance Corporations are extending loans to unemployed youths and skilled professionals having diploma/degree and business experience. Loans ranging from Rs.10,000 to be Rs.500,000 for small business and from Rs.500,000 to Rs.5,000,000 for small industries etc. Small Business Finance Corporation is playing role in reducing unemployment. Up to March 1999, the Small Business Finance Corporation has sanctioned Rs.2,208.4 million, against amounting to Rs.1,551.95 million have been disbursed to 9,383 persons.

The SBFC has generated employment for 28,149 persons under the Prime Minister's Self-Employment Scheme up to March 31, 1999. A Small and Medium Enterprises Development (SMEDA) has been setup for growth and development of self-employment schemes in Pakistan. During the year 1998 about 104,000 persons have been sent abroad for employment under Govt. overseas employment schemes. The liberal economic and fiscal policies of the government may reduce unemployment rate because they can create new job opportunities and business in the country.



There is a need to announce an economic revival package to stimulate investment and industrial production, boost exports, and broaden the tax bases and lower tariffs.

In addition, construction of additional motorways and setting up of industrial zones throughout the country would also generate new opportunities for employment in the country. Suggestions:

 Govt. should make efforts to push economic growth process.
 For this purpose, Economic Revival Package should be announced for the revival of industries sector, to stimulate production and investment.

- Govt. should seriously try to boost exports through broadening the tax base and lowering tariffs.
- 3) Govt. should announce a package for the development of agriculture sector.
- 4) Beside this a number of fiscal and monetary measures should take to attract industrialists and particularly foreign investment.
- 5) More Technical and Vocational training facilities should be provided. In this way unemployed people will get the chance to enhance their skills and become able to earn reasonable income.
- 6) With a view to reduce educate unemployment, self-employment scheme should be encouraged in true manners.

Note: substantial under employment exists					
Year	Unemployment rate	Rank	Per cent Change	Date of Information	
2003	7.80 %	119		2002 est.	
2004	7.70 %	122	-1.28 %	2003 est.	
2005	8.30 %	75	7.79 %	2004 est.	
2006	6.60 %	65	-20.48 %	2005 est.	
2007	6.50 %	72	-1.52 %	2006 est.	
2008	5.60 %	71	-13.85 %	2007 est.	
2009	7.40 %	92	32.14 %	2008 est.	
2010	15.20 %	152	105.41 %	2009 est.	
Definition: This entry contains the percent of the labor force that is without					

Definition: This entry contains the percent of the labor force that is without jobs. Substantial underemployment might be noted.



Unemployment and its remedy

Compiled and Edited by: WMO (Pakistan Chapter)

Inemployment in the present society is considered as an evil. It is the root cause of many ill-designs, individual depression and leads to many street crimes. In Pakistan, with increasing population, the problem of unemployment stands out as a significant one, and it is assuming serious proportions. Large numbers of educated people in Pakistan, due to unavailability of proper career guidance, are moving from pillar to post in search of jobs. Memon community youth also faces tremendous difficulties once they complete their higher

education/graduations. Definite statistics are not available on the subject, but statistics are badly required to prove what is obvious to every one. The fact of unemployment is more or less shielded by the joint family system, where every individual is supported out of a common pool of income. Unemployment is not limited to a single community but it is common to all cultures/community; it is thriving and gaining roots due to lack of planning and fewer jobs as too many manpower looking for work. In poorer and agricultural countries, people manage better as they have learnt to farm their lands etc. due to lack of employment and unlike those who want a high paying job, will do anything to earn money. All depends on how you want to live, what skills you have and also, family has a lot to do with how successful you will be if they are willing to pay for higher education. Right now, there is a great need for well skilled labor.

The basic causes of unemployment in the country are mainly the lack of proper infrastructure joined by the lack of proper education. There is technical education available to the masses but the people who are skilled don't have enough opportunities for employment due to the lack of jobs which is in turn due to lack of industries. There is huge difference between the demand and supply for labor. Load shedding of electricity is disturbing economy, especially the industrial sector. Due to less availability and high rates of basic inputs like electricity, gas and oil etc, many industries have been closed. Tax evasion is common. Due to less income from the taxes, government cannot start developmental projects. On the other side if government takes step to increase indirect taxes, it would also affect investment and ultimately employment level. Political

instability, bad law and order situation, bomb blasts, terrorism, inconsistent economic policies, etc. are the factors which are disturbing domestic and foreign investment.

The causes of unemployment are varied and it may be due to the following factors:

- *Rapid changes in technology
- *Recessions
- *Inflation
- *Disability
- *Undulating business cycles
- *Changes in tastes as well as alterations in the climatic conditions. This may in turn lead to decline in demand for certain services as well as products.
- *Attitude towards employers
- *Willingness to work
- *Perception of employees
- *Employee values
- *Discriminating factors in the place of work (may include discrimination on the basis of age, class, ethnicity, color and race).
- * Ability to look for employment The first thing that should be done is for the government to take steps to increase production in the country and also attract investments which doesn't seem very achievable keeping the social and economic situation of the country in view. There should be more opportunities for people to educate themselves as well but it should be affordable. Fostering development and reform of the public education system will not only bring the calm in the society but also help in wiping out the major problems like hunger, unemployment, extremism and economic downfall. The wage conditions of the people also need to be considered. Pakistan's population growth rate is 1.8%, the highest in the region. On the contrary, our resources are also limited. More over, different sectors of economy are also unable to provide jobs to the growing population. So there is unemployment.

The disadvantages of unemployment are obvious to most people and its economic repercussions, as without a job and a source of income, workers and consumers have less money to spend on goods and services; they also have less money to pay taxes, and often depends on other trust / charitable benefits (foods, tokens ...) to make ends meet. As all said, the current situation is not at all rosy, we may need to step out of our comfort zones. Since people are losing their jobs, the first thing they will do is reduce their spending. We always tend to look at

competition from the point of view of businesses reaching out for customers and each of them saying that their offering is the best. It's time to start considering competition within the labor force too. When unemployment rises, it forces each worker to be on their best behavior so as not to lose their job. They become more productive and the businesses can do just as much with less employees, or more with the same number of employees. And wages either get frozen or decrease, making businesses more productive. Unemployment is a tragedy; one that the government should do something about. However, to the economist, who is looking at the big picture, unemployment is a necessity, and a certain amount of unemployment is necessary to maintain a healthy economy. Economic theory, as well as historical record, tells us that unemployment is not just a tragedy for the single unemployed worker and their dependents; it is an economic problem that affects the whole. This is especially true when lots of workers do not have jobs. A high unemployment rate will slow the entire economy down.

Yet unemployment, like most things that affect the economy, is not all bad when the whole economic system (macroeconomics) is studied. For instance, from the viewpoint of an employer, a high unemployment rate creates an advantage; it gives them a wide range of applicants for any job opening that they have available, and it also helps decrease the amount of wages that an employer has to pay their employees. In economic lingo, high unemployment creates a labor surplus. And most importantly, unemployment increases self-employment. Often the unemployed decide to create their own jobs, to start working for themselves. This in turn often leads to new companies and businesses forming that would not exist if the owner and creator of the business would have remained working for someone else. Increasing self-employment is an economic advantage if it leads to new jobs being created.

Concluding, we would like to suggest that with proper economic planning, consistent policies of government, better law and order situation, abolishing energy crisis, sincerity with Pakistan and by adopting the Islamic economic system we can not only tackle the issue of unemployment but every economic problem of our country as well.

MEMON ALAM • JANUARY 2011

Lighten up!

hat's in a laugh? Plenty! The feel good factor of humor is not 'just a figment of the imagination it goes much deeper. Humor is serious business! A basic internet search shows that it's science: Gelotology - the study of humor and laughter, and its psychological and physiological effects on the human body.

Research is on going and shows that the feel good aspect is a hormonal high actual neuro-chemical changes that help combat stress hormones and seem to be linked with the same part of the brain that produces endorphins. Hence, a sense of humor helping us deal with life's curve balls in a much better way is not something airy fairy but a neurological fact. Better mood and emotional management results in positive emotions which have a direct physiological effect on the body. More oxygen is transported to the brain, tense muscles get relaxed, blood pressure is lowered and it's even been known to improve cardiovascular health. So if humor has all these benefits why don't we focus on it more? Could it be cultural conditioning? How many of us would honestly say yes to the question, "if being publicly joyful, even silly, were beneficial for our society, would you participate?" Add to this lack of awareness about the deep, dark and gory stuff that invades our space through the media. If people could somehow see the effects of dark thoughts and what they do to their bodies in real time, they would realize that they really cannot afford the luxury of negative thinking.

R.K., a therapist, thinks there is a tendency in depressed people to be attracted to morbid things. "Besides dealing with the core issues that are affecting my clients, I do try to dig deeper and figure out what my clients are reading or watching and the kind of company they are keeping. It's imperative to lighten up. Keeping away from depressing input in the form of people or the media and replacing it with watching some comedy shows, or reading some light humorous literature is a great way of creating positive shifts," he says.

But what if life is tough and laughing about it is the last thing you want to do? A.L., another therapist, says "Of course the body and mind need time to heal but taking oneself too seriously doesn't solve anything and can actually aggravate conditions. I suggest that my clients find a joke or a humor book that really tickles their funny bone. They think they don't really feel like it, but those who are able to do so, find that gradually their stress feelings start reducing that's an inbuilt thing about humor, it does make you begin to see perspective and some how lessen the pain".

Hence, humor can certainly heal! Interest in humor therapy seems to have originated In the 1970s when Norman Cousins became famous for sharing his experiences of overcoming a serious chronic disease by laughing at favorite comedy shows such as Candid Camera and Marx Brothers films (he stated that ten minutes of laughing gave him two hours of drug free pain relief).

Martin Luther used it in pastoral counseling of depressed people by advising them to be with positive, uplifting people. In modern times clowns were brought into US hospitals to cheer up children - the movie Patch Adams starring

Robyn Williams chronicling the real life of Patch "Hunter" Adams is a must watch in this regard.

So how can we incorporate more humor in our lives? N.S., a therapist advises the use of humor in communication. "Saying something sensitive or tough to someone loses its harsh edge if you can manage to say it in an appropriately humorous way. ('Laughter is the shortest distance between two people')".

"Let's say you are feeling sad. Go into a room and smile broadly for a few seconds. The brain gets the signal that there is something to smile about and very soon you will begin to feel better". This "fake-it-till-you-make-it" formula seems to be the basis of laughter yoga - a concept developed by an Indian guru and then made popular as an exercise routine developed by Indian physician Madan Kataria who wrote the book Laugh for No Reason.

Faking laughter soon makes it feel like you are really laughing as the brain cannot seem to tell the difference between fake and real laughter. Kataria started laughter clubs in 1995 beginning with five people in of laughter clubs in many countries. A combination of diaphragmatic breathing, eye contact, childlike playfulness and laughter exercises constitute laughter yoga. A trained individual facilitates the sessions.

So, whether it is self-triggered laughter in the form of laughter yoga or reading a funny book or going to a comedy play or watching something fun on the tele - there is great value in finding something to chuckle about. "Clowing," says Patch Adams, "is a trick to bring love close"!

To a happier you!

eet an optimistic person and you would always find him happy all the time. Such people wouldn't give you any specific reason for their attitude but it is perhaps because they think we should all live life with one aim and that is to be happy, we need a lot of things in life, like money or good health but they are all geared towards one aim: to be happy. So there's only one thing you want in life happiness!

If we realize that life is just too short and live every moment of it, be happy and make others feel good too, then we will enjoy every bit of this short life. Here are some secrets to a happier you:

Be optimistic

When you see half a glass of water how do you perceive it, as half full or half empty? If you perceive it as half full that means you are happy. When we have a choice to see our glass as half full or empty why not choose to see the better side? To live a happy life, learn to hope for the best and kick worry out of your life! Don't worry even if things go wrong because that's all part of life.

Count your blessings

Many of us have a lot that others desperately want. The best way to realize that is to look at the underprivileged. If they can be content with whatever they have how can we not be happy? You have the ability to see, read, smell and eat...etc! With all these blessings you have everything to be happy. So count your blessings and thank the Almighty for them.

Control your desires

Understand that not everything is attainable! So control your desires because having high and unrealistic desires can make you unhappy. And if you really want something then work hard for it. Put in your efforts to achieve it. Desire may motivate us to accomplish a task but we need to bear in mind that if the desire is unrealistic, we become disillusioned and unhappy. So don't let unattainable desires spoil your mood.

Simplify your life

Life today is too hectic and complicated. This is because we are doing more than we can. We have reached the maximum of our capacity but are not ready to accept that. So try to simplify your life. If certain friends are adding to your problems talk to them or leave them. It may seem rude, but a friend never increases your problems and if he/she is making your life complicated then he/she isn't a true friend.

Get the job you love

It has been proved that people who love their work tend to live a happy life. So if you are being offered a job that you love at a lower pay. Then take it because pay doesn't matter as much as happiness does.

Let go of the past

Forget bad experiences from the past. It might not be as easy as said, but make an effort to forget them. Realize that the past is gone, never to return. And you have all the right to move on and live a happy life. Think of the opportunities waiting for you in life and grab those opportunities instead of pondering over what happened earlier. Don't miss the small happiness in life Understand the fact that simple and small things like the sunshine, rain, cool air, a particular song, a chat with someone or a chocolate can make you happy. Enjoy these simple things in life. Believe that you deserve to be happy If you start thinking that you don't deserve happiness, chances are you won't get it either. So try to believe that it is your right to be happy and you deserve to get your right. If your belief is firm enough, you will live a happy and better life.

Strengthen relationship

Try to develop a strong relationship with your friends and family. Look after them, care for them and they will do the same for you in return which will make you feel happy. Also try to get in touch with long lost friends. Talking to them will relax you and make you feel happy. It is said that friends double the fun, so make good friends and enjoy life with them.



What's your trait

ersonality is a set of qualities that make a person distinct from another. To put it simply, it depicts the basic human psychology. Have you ever thought what kind of personality do you have? Are you from that group which loves to sit at home, spends most of the time watching television or using the computer, reads books and indulges in other solo activities without much interaction with the outside world? Or do you belong to the group which loves to hang out with people, attends parties, plays sports, goes out to the movies and beaches, etc? These two groups are known as introverts and extroverts. Introverts tend to be those who are less social. They usually like doing activities alone or with people they know very well. Introverts find themselves more energized when they are alone or within their close circle of acquaintances. They do not feel comfortable around strangers, therefore, they prefer solitary activities like watching TV, reading, writing, using the internet, etc., whereas those who find themselves energized when they are around people are labeled extroverts. Extroverts love going out. get together, picnics, parties, etc. They are the ones who anxiously wait for the weekend so they can get a chance to meet new people, make new friends and socialize.

It is very necessary for you to evaluate your individual tendency as it has a significant influence on your lifestyle, health, relationships, goals, achievements, career and your life in general.

Who you are?

One can't determine one's personality through an article. A visit to a professional consultant is necessary to know oneself. The more you understand yourself and your natural tendencies and preferences, the easier it becomes for you to understand your personality and your way of living. In order to determine your tendencies you will have to go through certain tests to exactly determine your personality traits. These tests are specially designed to evaluate individual tendency towards the inner and outer world of your own self.

Myers Briggs Type Indicator (MBTI) instrument is the most widely used personality inventory to determine personality traits. Usually MBTI is used to make important decisions like business, career or socialization. Though no test is 100 percent accurate, the personality analysis that you get after the test is 85-90 percent accurate. To get the best possible and more accurate result, you should take it several times over a period of time.

These tests are based on four scales related to your personal and professional life. Questions asked in such test explore your tendencies toward: Extroversion or introversion - where do you get your energy from Sensing or intuition - ways in which you take in information Thinking or feeling - your way of marking decisions Judging or perceiving - your lifestyle pattern

Check your personality

Here are few questions that will help you determine your personality type. Answer the questions honestly and see in which group your find yourself. If the answers to following questions make you realize that you are an introvert, don't be upset. People consider introverts as being abnormal or dumb whereas this is totally a fallacy. There is nothing wrong with being an introvert. Everyone has his/her own lifestyle which includes introverts as well as extroverts.

Also check out the personalities of your siblings, friends and colleagues. You will be surprised to know that your friends' circle is made up of all kinds of personalities.



Extrovert Characteristics

Energized by interaction Sociable Self confident

Talkative Enthusiastic

Shares personal information

Has many friends Easy to approach

Likes hangouts and parties

Enjoys friends' company Jumps too quickly into an activity

something

Introvert Characteristics

Energized by being alone

Private Timid Quiet Indifferent

Deliberates Few friends Reserved

Prefers smaller groups Enjoys solitude Thinks before doing

Activities (Yes / No)

I like to get acquainted with a lot of people and I become friends easily I am a good counselor and a facilitator and people approach me for advice Whenever I have free time I try to utilize it in socializing

I eagerly share my plans, thoughts and aspirations with others

I enjoy both teamwork and working alone

I always remain very conscious while sitting in a meeting and always plan What I'm going with my co-workers

I have a very good rapport with my immediate and extended family

I normally wait for the other person to start a conversation

I enjoy being the centre of attention and have leadership qualities

I am a focused person and always give my best to follow my daily routine I have a large circle of friends and know lots of people

I feel more satisfied and comfortable when I am alone

I speak and act with confidence

I prefer keeping my aspiration and feelings to myself

Negative feedback makes me upset and depressed

I like to energize other people

At parties I try to stay late and have as much fun as I can

I am a 'happy go lucky' kind of a person

I am very cautions person

Loud music and large group of people exhaust me

My friends/colleagues refer to me as a sensitive soul

I can easily create a good rapport with people even not of my age group

I always plan my days a head

I have a large circle of friends

I enjoy taking risk

I feel awkward when with strangers

I am very talkative

I always enjoy meeting new people

My friends and colleagues refer to me as an easy going person.

The art of looking smart

If I ask you to name individuals with charismatic personalities, whom would you think of? You would most probably list people like Winston Churchill, Napoleon Bonaparte, Martin Luther King, Ledy Diana, Stove Jobs, David Beckham, etc. These people have inspired millions around the world and will continue to be role models for many future generations. But, what is it about these people that attract us?

These charming people exude confidence and perseverance, are articulate, here a good sense of humor and are great listeners. They practiced and acquired these traits and have become legendary public figures. While many of us like to believe that grooming is limited to good looks, historia hair, it is actually much more then that. You can only look lustrous hair; it is actually much more than that. You can only look completely groomed when you are likable, interesting and pleasant to be around with. In fact, a large share of our happiness and success depends on how well we interact with others. Here are a few tips that will help you to enhance and groom you personality.

Believe in youncif

The most important step towards grooming your personality is in believing yourself. You need to trust your capabilities, talents and skills you need to have faith in what you do. Adopt a "yes, I can do it"! attitude and the journey to your destination will be smoother.

Churchill rightly said, "Attitude is a little thing that makes a big difference."

Don't quit even if the hurdles are huge and the road is bumpy; keep trying and give it your best shot at least you won't regret later for not having tried.

Attain a positive stillinde

Mose than your attitude, it is your aptitude that determines your success. Nobody wants to hang around someone who's a constant cribber; people are genuinely structed towards someone who is happy and is enjoying his/her life. Think positive, see opportunity in every difficulty, remain motivated and choose to be happy - you'll find that a part of your problems will

simply melt away, Live each moment to its fullest. Remember that mishaps do happen, but they're part of life, Look at the brighter side - every mishap teaches you a lesson.

Read and have an optolon.

VIII0100 9010

Reading enhances your intellectual capacity and enables you to look at things from different perspectives. It refines the way you think, speak and act. The more you read, the better you are able to converse with others. Read all sorts of material from classics to biographies to magazines and newspapers to improve your mind and gain a better understanding of life. Whatever you read, do reflect on it and form an opinion on the matter. People respect those who voice their own opinions and can back their views with reasoning.

Drew well

Attractive personalities are always dressed.

well and pleasant to look at, Dressing well doesn't mean you buy expensive designer clothes and go for a complete make over, It means that you wear an outfit that suits your body type, and in colous that enhance your complexion. Match it with accessories that are neither too gaudy nor too plain (read classy). Wear a hairstyle they flatters your face structure. Smell good and, most importantly, smile.

Show pleasant manners

Remember, people are noticing you all the time, so it's important that you don't forget your etiquettes. When someone's talking to you, be a good listener. Slightly lean towards the person and listen intently, this will make him/her feel important. Speak only when the other person has finished speaking. Don't jump into a convensation.

Always say 'please' when asking fix something followed by a 'thank you' irrespective of who the other person is when invited to a lunch or a dinner party, don't forget your table manners, no matter how closely you're

related to the host,

Take care of your physical fitness. The shape of your body defines more than just your heath status; it defines your approach towards your personal grooming. Take a healthy and a well balanced diet. Exercise for at least half an hour daily and take plenty of fluids. Cut down on junk food and replace tea and coffee with green tea. You will soon become self-confident and would have more energy want to socialize better.

Add humor to life

Hismor gives went to the frustration and resentment that we bottle up inside, giving way to bright and hopeful thoughts. People with an attractive personality look at the lighter side of life, they even invent it. High Sidey, an American journalist, said, "Above all else, go out with a sense of humor. It is the needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life."

Try there shople, helpful the and become the parace you've always masted to be.

MEMON ALAM . JANUARY 2011



The V factor



In today's economy, it's considered more important than ever to have a college degree to be competitive in the job market. But unfortunately, employers are looking for far more than this.

The Wall Street Journal notes that a college degree is not a stepping stone to guaranteed success but a necessity in this globalised world where the college degree is now commoditized. "What employers want from workers nowadays is narrower, more abstract and less easily learnt stuff in college," Furthermore, the rise of technology has created a need for further differentiation.

Employers across the board look for the following skills in hiring college grads: 89 percent seek effective oral and written communication skills, 81 percent look for critical thinking and analytical reasoning skills, and 79 percent look for realworld setting skills such as internships or previous experiences, and the ability to apply those experiences in the workplace. Hence, in order to differentiate yourself and increase your hire-worthiness, it is important to understand the needs of employers and cultivate the necessary skills to succeed and add value in the workplace.

Choose a minor

Considering the current state of the economy and today's tough job market, a minor, which is an additional concentrated field of study during an undergraduate programme, can give you an advantage as you seek employment after graduation because it will expose you to a range of

courses in addition to those required by your major. It will also add value to your overall college experience and give boost to your resume.

Minor subjects aren't required to graduate from college, which means that they can prove to potential employers that you're not afraid to go beyond. In addition to making you 'look good'; a minor can also help expand your job search. If your major and minor were completely unrelated, you can job hunt in both of those fields.

Engage in an out-of-class project

Taking part in an out of class activity adds tremendous value and while the rewards may not be apparent immediately, the learning can be of tremendous value. The advantage of this is that a student can pursue this in the area of their interest and over the entire length of their education. It shows initiative out-of-class and passion for an area that may align with an employer's interest. Additionally, your experience in a project can help you guide the job interview into something you are more familiar with and give you a leg-up.

Participate in student competitions

Especially those that are industry sponsored and involve group-work. As a bonus there is an opportunity to meet other contestants and expand your network and also earn cash prizes in the process.

Do an internship

Completing internships during college allows students to explore and experiment

while gaining industry relevant skills, experience and exposure. Additionally, interning helps participants develop essential skills and build the confidence to secure a first job or graduate school opportunity.

Volunteer

Getting involved in the community and volunteering for the local non-profits is a great way to showcase your skills. Take an initiative that works for you which can enhance your resume, differentiate you from your class mates and gain you valuable skills in the process. This is especially true if you have technology skills as many non-profits needs helps with their web sites, etc.

Travel

With the development of economics and globalization, exposure to international business and culture is becoming a necessary and valuable experience for college graduates entering the job market. Traveling before going into a career is a viable way to add value to whatever you have determined is you current worth. Employers may have very different takes on what makes a young person 'valuable'. In the US, a college degree has been the primary signifier of educational value, whereas in Europe and Australia, gap years (where people take a year off to travel before school or work) are highly encouraged because a well-travelled individual is worth more on the job market due to their expanded perspective of the world.









Hidden Paradise



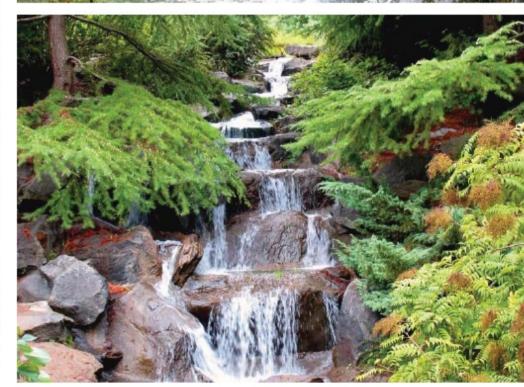


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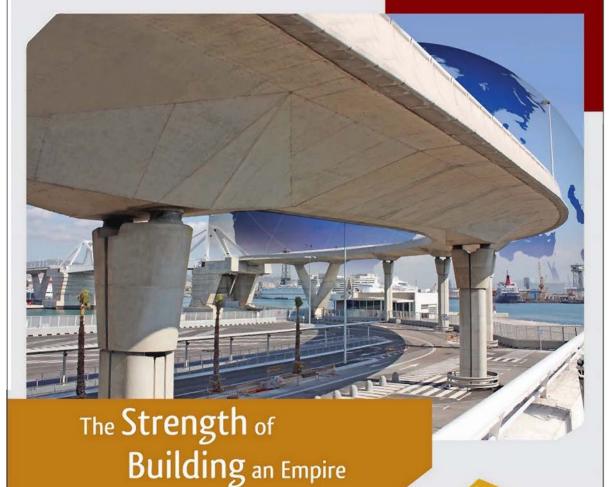






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Tears of Joy

nowing your onions is one thing, knowing what this pungent vegetable can do for you quite another as the not so humble onion is actually medicine in disguise. Onions come in many shapes and forms: there are white ones, red ones, yellow ones and green ones; some such as scallions and shallots are very small and others, chives, leeks, spring and Siberian onions, are grown for their leaves rather than their roots. All of them, with varying degrees of success, make your eyes water when you cut them and the organic sulphur they contain is released.

The individual composition of all members of the onion family varies tremendously depending on freshness, size, the soil and climatic conditions where they were cultivated and so to whether they are fully grown onions or simply babies in disguise. But, irrespective of these factors. they do all contain vitamins A, B and C, folic acid, phosphorous, iron, calcium, magnesium, chromium and dietary fibre. Their anti-coagulant, anti-inflammatory and antiseptic properties make them beneficial in treating and preventing a diverse range of medical conditions. Onions have also recently gained fame in the battle against osteoporosis: Researchers at the University Of Berne, Switzerland, isolated a compound found in onions which works to decrease bone loss and thus either delay, possibly even prevent, the development of osteoporosis which is a debilitating disease that strikes both males and females over the age of 50. This onion compound, a peptide called GPCS, inhibits the leaching of essential minerals, including calcium, from the bones and it is present in both raw and cooked onions. Research into this is on going but results so far indicate that sticking to a diet containing lots of onions is definitely beneficial for bone health.

Consumption of onions may help lower high blood pressure, reduce cholesterol, prevent colon cancer, and cure constipation and flatulence. Onions are believed to be helpful in controlling diabetes and treating anemia, fight urinary tract infections, cleanse the blood and have many more wonderful properties too.

Asian cooking would be lost without onions as the majority of savoury dishes use them in their base and you can use them for some delicious desserts as well.

Glazed onions Ingredients:

1/2 kg very small onions, peeled and left whole



3 tablespoons good quality cooking oil

3 Tablespoons white or herb vinegar

2 tablespoons raw brown sugar

6 cloves

2 bay leaves

1 teaspoon aniseed

Method:

Mix together the oil, vinegar, sugar, cloves, bay leaves and aniseed and pour into a heavy based pan, and then toss in the onions. Cook on a low heat, stirring regularly to prevent sticking, for 20 to 30 minutes, until the onions are soft but not falling apart in what will now resemble a syrupy sauce. Serve hot or cold as an appetizer, as part of a meze or as a side dish to savoury main courses.

Pakistani onion soup

French onion soup is quite popular in restaurants around the world yet there is nothing to beat the homemade version especially with a Pakistani twist.

Ingredients:

6 Large onions, peeled and finely sliced (a food processor comes in handy if you have one) 500g beef on the bone, the meat scraped off the bone and cubed, the bone washed and kept handy

A little good quality cooking oil

- 1 full bulb garlic, peeled and crushed
- I tablespoon either green or red chili sauce
- 1 tablespoon Worcester sauce
- 1 teaspoon whole black cumin seeds Plenty of freshly ground black pepper Salt to taste

Method:

Fry the onions, meat bone, garlic cumin seeds and black pepper in a little oil in a large, thick bottomed pan, until the onions are transparent and the meat slightly browned. Then add the chili sauce and the Worcester sauce plus salt to taste and fry a little more, stirring all the time. Next, cover the lot with cold water, bring slowly to the boil and simmer, topping up with water if necessary, until everything is well and truly cooked.

Cooking time varies depending on the meat. Once everything is thoroughly 'souped', take out the bone and serve the soup steaming hot topped with crisp fried onions or grated cheese. Sprinkling, a little fresh coriander or parsley on top immediately before serving add a colorful touch.

Caramelized onlons

This wonderful stuff is fantastic for pizza topping, on sandwiches, in omelet's and just about any other way you can dream of using it and, stored in a sealed container in the fridge, keeps for a week or two without spoiling.

Ingredients:

- 1 kg onions, peeled and thinly sliced
- 1 tables spoon cooking oil
- 1 table spoon butter
- 2 teaspoons brown sugar
- 1 tablespoon water

Black pepper to taste

Method:

Melt together the oil and butter in a heavy based pan stir in the onions, sugar and black pepper. Keep stirring - this is ultra important otherwise the onions will stick and burn until the onions are a deep golden brown which may take anywhere from 30 to 40 minutes. Once cooked to your satisfaction, remove from heat, add the water, sir thoroughly and it's ready for use.

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Brewed for you

hat do you normally associate with winter? Quilts, sweaters, dry fruit and, of course, steaming cups of coffee! With its tantalizing aroma and rich, full-bodied flavor, coffee delivers that extra kick we need in winter that tea just cannot deliver. No wonder, then, that coffee is the third most popular beverage in the world after water and tea.

Legend suggests that an Arabian goatherd noticed that his goats became extremely frisky after eating berries from a certain bush; when he steeped them in hot water and drank the brew, he too experienced the stimulating effects of caffeine and so the world's first coffee lover was born. Be that as it may, there is some evidence that coffee, as we know it now, came into being in Yemen and traveled via various coffee houses in Egypt and Morocco to the western world. Today coffee is grown in nearly 70 countries, with Brazil being the leading producer.

Thanks to the growing proliferation of cafes we no longer have to settle for the insipid taste of instant coffee; instead, we have a world of espresso, cappuccino and all kinds of coffee to choose from. But wait; before you pick up that steaming mug, to do you actually know what each name actually offers? Here's beginner's guide to ordering the right cup of coffee. Espresso: Not for the faint-hearted, espresso is coffee in its most concentrated form. Served in tiny cups, this rich, thick

brew is for the true coffee aficionado. However, almost every type of coffee served these days uses espresso as its base. Cappuccino: Perhaps the most popular coffee variant cappuccino originated in Italy. It comprises three layers with espresso at the bottom, covered with hot milk and topped with creamy froth. Cinnamon, chocolate flakes or sugar are sprinkled on top to make it a treat for the eye as well as the palate.

Latte: Similar to cappuccino, café latte, literally 'coffee with milk' is another popular variant among coffee lovers. Like cappuccino it is prepared with rich, dark espresso, milk and milk foam, the only difference being that latte uses more milk and less foam so it is milder in taste but more filling than cappuccino. In Italy it is normally served at breakfast.

Mochaccino: Mochaccino is an American variant of latte, the difference being that it has a hint of chocolate added by a dash of cocoa powder. Sometimes chocolate syrup is used to deliver a richer, more 'chocolate' flavor. It is considered a perfect dessert drink.

Café macchiato: This is yet another very popular coffee variant. In Italian, macchiato means stained or marked and macchiato is basically a shot of espresso, stained with a spot of milk, served in a single shot cup.

Americano: This is an espresso-based coffee consisting of a single shot or double shot of espresso combined with hot water,



depending on how strong you want it. A well-brewed Americano retains the slight aroma of espresso and just a hint of bitterness. Milk and sugar can be added according to taste. The name dates back to WW2 when American soldiers stationed in Europe added hot water to espresso to make it like the coffee they got back home. Flavored and iced coffee: Hazelnut, butter pecan, raspberry, caramel, banana, mint, orange and almond are few of the popular flavored syrups added to coffee to deliver a different taste. Iced mocha and iced latte are the two most popular iced coffee

So now that you know your coffee, what's your favorite cup?

How to protect your e-mail address book

computer repairman says this is like having gold.

This is a good thing. I learned a computer trick today that's really ingenious in its simplicity.

As you may know, when/if a worm virus gets into your computer it heads straight for your email address book, and sends itself to everyone in there, thus infecting all your friends and associates.

This trick won't keep the virus from getting into your computer, but it will stop it from using your address book to spread further, and it will alert you to the fact that the worm has gotten into your system. Here's what you do:

First, open your address book and click on

'new contact,' just as you would do if you were adding a new friend to your list of email addresses. In the window, where you would type your friend's first name, type in 'A'.

For the screen name or email address, type AAAAAA@AAA,AAA

Now, here's what you've done and why it works: The 'name 'A' will be placed at the top of your address book as entry #1. This will be where the worm will start in an effort to send itself to all your friends. When it tries to send itself to AAAAAA@AAA.AAA, it will be undeliverable because of the phony email

address you entered. If the first attempt fails (which it will because of the phony address), the worm goes no further and

your friends will not be infected. Here's the second great advantage of this method:

If an email cannot be delivered, you will be notified of this in your In Box almost immediately.

Hence, if you ever get an email telling you that an email addressed to

AAAAAA@AAA.AAA could not be delivered, you know right away that you have the worm virus in your system. You can then take steps to get rid of it!

Pretty slick huh?

If everybody you know does this then you need not ever worry about opening mail from friends. DO IT NOW and pass this on to all your friends.



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o'. One of the first words we learn to speak as a child often becomes one of the most difficult words to pronounce as we grow up. The inability to articulate this simple, single syllable word often lands us in a lot of difficult situations and saddles us with unnecessary liabilities.

Consider this situation. A friend asks you to lend her some money; she promises to pay it back but you know she won't - she hasn't paid up the last five loans you gave her. You try to hedge, mumble feeble excuses but wilt under her pleading gaze; the word 'no' sticks in your throat and instead you wind up saying yes and kissing your money goodbye.

People who can't say no, who strive to meet every body's expectations, be it relatives, friends or colleagues, often feel that they are being used and cheated; however, the next moment somebody appeals to them for a favor, they instantly metamorphose into yes men. The failure to say no often makes us feel miserable; we might be silently annoyed with our own excessive submissiveness, yet reluctant to come into conflict.

What forces us to nod in agreement

when we do not actually need to? Reasons include the fear to disappoint or hurt somebody, inability to handle the reaction to refusal, the fear of causing a conflict or losing a job, or even a sheepish 'saying yes is just easier!'

It is important to realize that saying no does not mean there will be a conflict or that you are going to lose opportunities in the future. And turning down a request that is excessive or inconsiderate of our needs most definitely does not mean our relations are severed. These are all merely fears in our mind. In most cases it is just how we say no rather than the fact of saying it that affects the outcome. When somebody addresses us with some request, he is claiming some of our time and energy. Therefore, if we are not comfortable with such a request, we have every right to decline it.

There are several ways to say no without actually uttering the word. 'I am sorry, I am afraid I do not have the time' is a diplomatic refusal, softened by an apology, that is clear yet inoffensive.

'May be some other time' means the postponement of the request to a later date and is a gentle way of saying no.

Though it is just a matter of word play it is still softer than a straight rebuff.

'I would really like to do it, but....' is another gentle way of saying no without hurting the other person's feelings. It shows that you are willing to help but are unable to due to certain issues.

'I' am not the best person to help on this, but I can suggest you ask X' is one more polite excuse if you are approached to assist in something which you are not in a position to contribute much to. However, make sure the alternative contact is competent to guide the person to the right place.

However, there are times when you will be faced with someone who refuses to hear the 'no' hidden in these statements. For them, you may need to be absolutely direct and to the point. "No, I'm sorry, it's not possible, I can't help you.'

Anatoly Aleksin, famous Russian novelist, wrote, "A friend who is easy to lose might not be your true friend." Remember, you have your own priorities and needs; saying "no is about respecting and valuing your own time and space. Saying no is your prerogative.

Making Money is Not Everything in Life

n elderly man in Karachi calls his son in New York and says,

'I hate to ruin your day son, but I have to tell you that your mother and I are getting a divorce; 35 years of marriage.... and that much misery is enough!'

'Dad, what are you talking about?' the son screams. 'We can't stand the sight of each other any longer,' the old man says. 'We're sick of each other, and I'm sick of talking about this, so you call your sister in Hong Kong and tell her!'

Frantic, the son calls his sister, who explodes on the phone.

'Like heck they're getting divorced,' she shouts, 'I'll take care of this.'
She calls Karachi immediately, and screams at the old man, 'You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR??' and she hangs up.
The old man hangs up his phone and

turns to his wife.. 'Okay', he says, 'It's all

set. They're both coming for our anniversary and paying their own airfare!!'

MORAL:

No man / woman is busy in this world all

The sky is not going to fall down if you take few days LEAVE and meet your dear ones.

OFFICE WORK IS NOT EVERYTHING IN LIFE and MONEY MAKING IS NOT EVERYTHING IN LIFE.

rsh lessons

dedicated and knowledgeable teacher plays a vital role in educating and training his students, inspiring them to challenge established norms and bring forth new ideas in carder to change the obsolete structure of society. He sharpens and refines the intellect of students and encourages them to bring to light their hidden and dormant talents thus nurturing them into worthy citizens. A good teacher teaches his students not to imitate but to rebel, to seek knowledge, not just the degree.

The best example of teachers is of the Sophists of ancient Greek, who taught their students the use of logic and thetoric in order to present their case convincingly. In traditional Indian society, the teacher was known as the guru/ustad and student as chela/shagird. There was a time when teachers were highly respected and revered as the embodiment of knowledge and virtue, not only in India but around the world; they enjoyed respect in society because of their wisdom and sugneity.

Some students were so inspired by their teachers that they immortalized them in their writings. Plato, a great philosopher, was so devoted to Socrates that he kept him alive in his book, Republic. Plato, too, was a great teacher who encouraged his students to develop an independent mind. Aristotle, who studied under him for 20 years, opposed him on nearly all aspects of his philosophy and carned his own place in history. Originality, and not imitation, creates new ideas and opens the avenues of knowledge.

However, in order to appreciate the talent and intelligence of a student, his teacher needs to be large hearted and humble. There is an interesting story about the great scientist, Issac Newton. When he was a student at Cambridge University, he showed his professor his research in mathematics. The professor, a leading mathematician of his time, was so impressed with this work that he resigned from his chair and recommended Newton in his place. This is indeed a shining example of a teacher's greatness.

We have another example in India regarding Dr Radhakrishnan, former Indian president and a prominent philosopher. When he appeared in his M.A. philosophy examination, one of his examiners, after checking his paper, wrote 'the examinee is better than the examiner.' One requires great courage to recognize one's student's intelligence and acknowledge it openly.

Leaving the past, we turn to the present. In Pakistani society, relations between teachers and students have changed gradually under social, economic and political pressure. In the early period of Pakistan's history, teachers maintained their traditional, respectable. position. Their life was austere and simple. There was no desire to explait students to earn more money.

They were devoted to teaching and training their students. There was no concept of tuition. Students were free to approach their teachers if they wanted extra coaching. There were private schools but they were founded by welfare associations and were either free or charged a minimal fee. Rich and poor both had the opportunity to get education in public or private schools.

The change occurred in the 1970s when the state failed to fulfill the growing demand for education. The gap was filled by private educational institutions. It made education an industry. This created differences between private and public institutions. As the private sector, charging higher fees, catered to the elite, a class difference sharpened in society.

English, the medium of highly elite private schools, alienated the student community from the rest of society. This greatly affected the teachers too. Those who taught in the private sector earned more and subsequently had a high social status. On the contrary, those who were in public institutions suffered financially



and so began a race to earn more.

Tuition became a tool for teachers both in the private as well as the public sectors and they exploited it to the full. This changed the relationship between teachers and students. Students became consumers to buy the services of teachers, not to acquire knowledge but to get through examination. This is the pattern that is still in place.

Public schools, that once turned out all our leading literary figures, politicians, bureaucrats and scientists, have ceased to produce any prominent students. Private schools, in spite of their costly paraphernalia, do not have the scope or vision to produce brilliant scholars, scientists or philosophers. They churn out individuals trained only to land a lucrative

On the other hand, public universities and colleges have been greatly affected as a result of political changes in the country. When successive martial laws banned political parties and student unions, political parties helped their student wings to gain control of higher educational institutions. Nearly all universities and colleges are now ruled by these students who control the administration from admission to allotment of hostel rooms and even appointment of teachers. They also supervise cheating in examination. Those who oppose them are harassed and tortured. In some cases, they don't hesitate even to thrash their teachers and force them to obey their command.

Under these circumstances, teachers have lost their traditional role. They are afraid of their students and cease to guide or inspire them. The time has gone when they had close and fatherly relations with their students. Neither teachers nor students are capable of contributing any new ideas or responding to the social and political problems of society. People like Newton's teacher or Radhakrishnan's examiner have gone forever. There are neither such teachers nor such students left in our

CHANGING HABIT & VALUES



s life becomes complex and fast paced day by day, parenting becomes a more daunting task. Our children have far more exposure to the world than we, as children, could have ever imagined, and sometimes it is difficult to decide how to deal with these little people who seem wise beyond their years. However, the essential rules of raising children into happy, well-adjusted human beings remain the same as they have always been.

Here's refresher course:

Appreciate: As a society we have grown into a habit of not appreciating ourselves, our friends, neighbors, family or people around us. Smile and consciously put an effort into praising your children; appreciate their strengths to help them understand the kind of behavior which is acceptable. This starts from the day your child learns to stand on his/her own feet and tries to reach out to your precious perfumes and vases, and leads up to the day he/she starts getting those little stars on her textbooks at school.

Direct, not control: A child is like a little person who is opening his arms to the world, to learn, seek, question and grow. Inspire your children to take a certain direction instead of instructing them to be a certain way. Help them understand 'why' you are proposing for them to take a certain route of action rather than forcing them to do what you say. Direction is always well taken when the words, the tone and the expression is

all in harmony with the purpose.

Learn from your memories: Believe it or not, we all hold our childhood close to us and when we recall those hazy yet significant memories, we feel the warmth in our hearts. Replicate those moments for your children to experience and cherish like you do, which they can hold on to all through their lives. A happy memory doesn't have to be a trip to Disneyland; it can be as simple as a kiss, cuddling up and reading a story or laughing at a shared joke.

Family time: Every week, take out the time to stimulate the oxygen in your family. This time is different for different homes. It's fun time where we sit around a lavish breakfast table and share stories on a relaxing Sunday. Some make hot chocolate and enjoy a game of ludo or carrom in the evening. Get the kids involved in the kitchen and let them help you bake brownies or just share a load of laundry together.

Make this a 'feel good' time; keep the nagging about homework and untidy rooms for another moment. Your success is when your kids start to ask to spend time with the family and find comfort in their homes. The bonds which they form now will be shared forever.

Hold yourself: There are bad days at work, on the road and in the mall. Hold yourself when you are about to start complaining about such days. Your kids look up to you for everything. You are their hero and their role model. If they see

you unhappy with somethings, they will automatically become unhappy with those things. Children who are cynical or have a negative attitude have most certainly developed those sentiments listening to their parents. Vent those feelings amongst adult where your children are not listening in

Build confidence: Our children are the products of our genes; if we like independence and autonomy so do they. Train your children to make their decisions based on mistakes and experiences, very early in life. Don't become the rescue guard but the coach/guide. This will channel their independent streak into self reliance rather than rebellion in years to come, and also leave you free to deal with your own problems.

Choose your friends: Children should be happy around people. Choose friends who give your children attention and are patient with them; make friends with couples who have children of the same age and do things together as one big family. This will create a support system for your children and they will feel important beyond the home.

Foster learning: Adopt an attitude that is open to learning. When your child asks something you don't know tell him honestly "I don't know, let's look it up together."

Whatever you do, encourage them to be curious, to ask questions and search the internet with queries.

Challenging Spirit







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Making room & moving up



hange is the only permanent feature of life and the best way to change is for the better. A change for the better means being promoted, in life, at work or sports. Promotion at work signifies you are one step closer to the zenith of your career.

It is essential to recognize the difference between a job and a career. Many people take up a job: the large majority for financial reasons and then just stay with it slogging and putting the dankey to shame. Getting promoted in 'just a job' is of no consequence; as a matter of fact it is far better not to be promoted so that you neither become complacent nor sidetzacked from your career goals. Getting promoted in line with your career is a milestone that is worth a reward. To begin with, you must ensure that you are in a career or if you are still not there; make sure that you can get there soon. It is far better to be a bank clerk if, your career choice is banking, than to be an assistant manager in a restaurant.

Whether the HR department of your organization gives you a career path or not, you must chalk out your own comprehensive career path. If you do not know how to make that, seek help of a menter, a guru or an HR professional who can help.

Your career path would show where you are and what requirements you must falfill in the present slot. Your foremost concern must be that you are respected for your knowledge of work, the industry and developments. Knowledge must be sequired shead of time and before you are

Attend trainings, on your own and always when the organization plans. After each training session prepare a summary of what you learnt and how it can be implemented. When knowledge cascades down its efficacy increases and you are recognized as a constructive source. Share whatever knowledge you acquire with your team members and if you are not a team leader, then with your peers. Never feel insecure that knowledge provided by you would be used by others while you're left behind, Just conceal the source and continue to be a step ahead in acquiring knowledge. Let everyone regard you as a fountain of knowledge for having entraordinary knowledge and allow, all who can, to benefit from it.

Inform your boss, the management and HR that you are preparing yourself for the next level and should be ready by a certain time, showing them your career path plan. With the knowledge and respect that you have, your stance should be easily acceptable and credible.

Brand yourself as a de rigneur and market yourself effectively. In today's highly competitive environment and an era of unethical and politically inspired practices, it is imperative that you are valued as an integral resource. The days of hunging your head down and carrying an ever increasing burden are long gone and the concept of 'work hard' must be replaced with 'work amart'.

As you commence on the trail of marketing yourself, you would need to highlight your strengths and your Unique Selling Propositions (USPs); this provides an exceptional opportunity to inculcate

strengths and develop your personal USP. An export executive marketing products in Europe learnt German and placed himself as an ideal candidate for promotion. When his colleagues started to learn German he went on to learn French, thus keeping ahead of the others and was never disappointed at the end of each year when increments and promotions were amounced.

As you acquire skills you would make yourself admirably suitable for additional responsibilities; take these on when these come your way or wait for a problem and then suggest that you could take on another assignment without conditions. Always be professional and it is easy as long as you can adhere to the basic principle; firstly recognize that you have a boss and colleagues and none of these are your friends and secondly, no one should be able to detect emotion in your personality. Be friendly but not a friend at work because then there can be many trying moments when you may be unable to make a professional decision. Under all circumstances avoid workplace romances, if you fall in love with a colleague or a sobordinate, find her another job or you move out, the worst aspect of a romantic relationship is to be a nine to five lover. Develop your successor and while you are working on it, inculcate leadership skills. Help all your team members achieve their objectives and perform well. You would find a rare occurrence; your colleagues would want you as their boss and the management's decision would be inevitable.

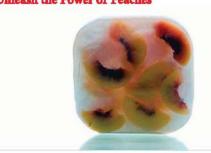
20 Natural Immunity Boosters

Stay-Well Strategy #1: Put Your Feet First



A case of cold feet can do more than spoil a good opportunity; it can even make you sick. "When feet get chilly, it actually tightens up the blood vessels in the sinuses," says Ron Eccles, Ph.D., director of the Common Cold Centre at Britain's Cardiff University. Here's how: Chilly feet send a message to your brain to take action to conserve your body's heat. The brain responds by firing out messages that reduce blood flow to areas where heat is lost quickly, and that includes the mucus membranes of the sinuses. When blood flow is reduced to the simuses, so is the flow of infection-fighting white blood cells. leaving your body more vulnerable when viruses invade. Fortunately, a recent study reveals that keeping your feet warm, with a pair of plush socks, for instance, can cut risk of colds as much as 67 percent.

Stay-Well Strategy #2: Unleash the Power of Peaches



According to USDA researchers, frozen peaches, which are processed at the peak of ripeness, are packed with 236 milligrams of vitamin C per cup (more than double the amount found in oranges). And researchers at the University of Arizona say keeping vitamin C levels high

cuts the length of time people struggle with nasty viral infections by almost 25 percent. The connection? Vitamin C strengthens the delicate tissues lining the nose and throat, preventing viruses from penetrating, plus it boosts the ability of immune cells to engulf and destroy germs.

Stay-Well Strategy #3: Dig Out Your Diary



Venting your fears and frustrations in a journal for 15 minutes daily for four days straight may actually reduce the number of times you get sick, say scientists at the State University of New York at Stony Brook. The theory goes that, because there's such a powerful connection between the mind and body, harboring stressful, negative feelings can actually dampen your immune system's ability to produce the white blood cells that fight infection. But releasing those feelings by journaling can help reduce stress. So find a time and place where you won't be disturbed, and start writing nonstop - and don't worrying about spelling or grammar.

Stay-Well Strategy #4:



Walking, weight lifting, dancing – pick a workout you love and do it for 30 minutes daily. You could cut your risk of catching

a cold by 50 percent, say researchers at Appalachian State University in North Carolina. "Regular exercise stimulates the brain to produce human growth hormone," explains Pamela Peeke, M.D., an assistant professor of medicine at the University of Maryland. "And this musclebuilding chemical messenger simultaneously doubles your body's production of germ-fighting antibodies to make your white blood cells more aggressive when they encounter invaders. Even chunks of exercise if you're superbusy – 15 minutes here, 15 minutes there – can work like a charm!"

Stay-Well Strategy #5: Gargle with Salt Water



Swishing around a little salt water can keep colds and flu at bay. In a recent study, Japanese scientists found mixing a half a teaspoon of salt into 8 ounces of warm water, then gargling for at least 10 seconds twice daily cut a person's risk of viral infections as much as 34 percent. Why? Water helps to flush out phlegm, which harbors bacteria, and naturally kills viruses before they can attach to cells and multiply, according to Mayo Clinic researchers.

Stay-Well Strategy #6: Pencil in Some Pal Time



Spending some quality time with your

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chums can actually slash your chances of developing a cold. Studies at Pennsylvania's Wilkes University suggest that people who have daily contact with friends are up to 75 percent less likely to develop viral infections. "Having great friends to chat with and rely on helps people feel positive and upbeat about life, and bounce back quickly from setbacks," explains Dr. Peeke, author of Fit to Live. "And that cuts production of immunityweakening stress hormones by as much as 25 percent." What's more, you don't have to plan pricey or elaborate girl getaways to reap these rewards. Just spending a few minutes each day reaching out to people who make you feel upbeat, whether it's by phone or e-mail, she says, can cut cortisol production for up to 24 hours.

Stay-Well Strategy #7: Steer Clear of Fried Foods



Anytime foods are deep fried, trans fats are produced and, in sufficient quantities, these unhealthy compounds can weaken your immune system and dull the body's response when viruses invade, says Michael Ozner, M.D., author of The Miami Mediterranean Diet. Deep fried foods aren't the only culprits; other sources of trans fats include box cake mixes, canned frostings and store-bought pastries. To safeguard yourself, Ozner says, check food labels to ensure your pick doesn't contain transfats. Common tip-off terms include partially hydrogenated oils, hydrogenated oils or vegetable shortening.

Stay-Well Strategy #8: Cut Back on Pain Meds



Experience some mild aches and pains? You may want to pass on pain relievers. When you take aspirin, ibuprofen or any other nonsteroidal anti-inflammatory (NSAID), you're taking a drug designed to suppress white blood cells – the very

compounds responsible for attacking and destroying invading germs, says Katherine Sherif, M.D., director of the Center for Women's Health at Drexel University College of Medicine in Philadelphia. Her advice: During cold season, strive to steer clear of these products unless you truly need them.

Stay-Well Strategy #9: Try This Mind Trick



Strange but true: Simply spending 15 minutes daily visualizing your immune cells destroying sickness-causing bugs can actually rev up your production of these infection-fighters within 48 hours, say experts at the University of Illinois. "That's because when you visualize your immune system becoming stronger, your brain actually produces the factors needed to make that happen," explains Keith Deorio, M.D., medical director of The Deorio Wellness Medical Center in Santa Monica, Calif. Sit or lie down in a comfortable, quiet spot, then close your eyes and breathe slowly and deeply as you visualize your immune cells - they look like tiny amoebas - flowing through your bloodstream, gobbling up every virus they encounter.

Stay-Well Strategy #10: Take a Tea Break



Studies suggest that people produce three times more interferons, powerful proteins that attack and destroy viral invaders on contact, if they sip 20 ounces of black tea daily. Credit goes to unique tea antioxidants called alkylamine antigens. These compounds have been shown to rev up interferon production in as little as two weeks. To get the biggest health bang, bob your tea bag up and down for 15 seconds while you brew. Jiggled tea bags release up to twice as many antioxidants as bags that are left to steep untouched, say UCLA

researchers.

Stay-Well Strategy #11: Suds, Suds and More Suds



When doctors at the U.S. Navy's Great Lakes Recruit Training Command Center in Illinois ordered recruits to wash their hands with soap and water five times daily, the number of respiratory infections among recruits plunged 45 percent. "Viruses often get into your mouth and eyes by hitchhiking on your hands," explains Herbert DuPont, M.D., chief of internal medicine at St. Luke's Episcopal Hospital in Houston. "So keeping your hands squeaky-clean is one of the most important things you can do to protect against the flu."

Stay-Well Strategy #12: Get Crafty



Spending just 20 minutes daily doing a soothing, stress-shredding activity like knitting, scrapbooking or painting can strengthen your immunity 76 percent, say experts at Stony Brook's State University of New York. "That's because your body's ability to produce virus-fighting white blood cells and antibodies rises as soon as your stress hormone production drops," explains Dr. Ozner.

Stay-Well Strategy #13: Veg Out



Enjoy half a cup of broccoli three to four



3 decades of legacy 30,000 homes developed Global presence in 90 countries

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MEDICAL SCIENCE

times weekly and your white blood cells may recover the vigor they normally lose due to aging, say experts at UCLA. Sulforaphane, a chemical found in broccoli, switches on specific genes inside immune cells, explains lead researcher Andre Nel, M.D. "Once those genes are activated, immune cells function more efficiently, plus they're able to shield themselves against attack by damaging compounds called free radicals." Not a fan of broccoli? Other solid sources of sulforaphane include brussels sprouts, cabbage and cauliflower.

Stay-Well Strategy #14: Down More D



Taking 1,000 to 2,000 International Units (IU) of vitamin D daily will rev up your immune system's attack on invading viruses, reducing your risk of influenza 29 percent or more and cutting your risk of complications in half if you do fall ill, say Canadian researchers. That's because vitamin D optimizes the growth of every cell in your body, including the immune cells you need to fight off invading viruses, explains Michael Holick, M.D., Ph.D., a professor of medicine at Boston University.

Stay-Well Strategy #15: Go for Garlic



It's packed with over 70 different sulfur compounds, the raw materials needed to build fast, powerful virus-killing white blood cells, says William Sears, M.D., professor of pediatrics at the University of California, Irvine. "These sulfur compounds also help your body produce more antibodies, proteins that latch onto invaders, weighing them down so your immune cells can kill them more easily." Just one clove of garlic daily can do the trick, boosting your ability to fight off flu viruses in as little as two weeks, say researchers at the State University of New

York at Albany.

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Stay-Well Strategy #16: Watch Your Favorite Sitcom



Taking a bit of time, just 30 to 60 minutes, to watch the tube today may protect you from colds and flu later. According to researchers at Pittsburgh's Carnegie Mellon University, taking a daily, relaxing TV break can cut your risk of illness as much as 80 percent. "The stress hormone adrenalin actually slows down white blood cells, making it much harder for them to attack and kill invading viruses," explains Carrie Demers, M.D., medical director of the Total Health Center in Honesdale. Penn. "But a fun-filled break that leaves you feeling relaxed squashes adrenalin output within minutes, allowing your immune system to aggressively attack invaders for several hours straight."

Stay-Well Strategy #17:



"Deep sleep is your body's prime time for building infection-fighting antibodies," says sleep researcher James B. Maas, Ph.D., a professor of psychology at Cornell University. "So being chronically tired doubles your risk of catching nasty infections and staying sick a long time when you do." Fortunately, simply adding 30 to 60 minutes to your nightly slumber, or taking daily naps, can cut your risk of upper respiratory infections in half, plus cut your annual sick days 30 percent or more, say Cornell researchers.

Stay-Well Strategy #18: Break for Breakfast



Turns out, breakfast really is the most important meal of the day, especially if you're surrounded by sickness. According to researchers at The Netherland's Maastricht University Medical Centre, breakfast eaters are half as likely to fall prey to viral infections. Experts say regular morning meals triple your body's production of gamma interferon, a natural antiviral compound. And you don't have to whip up anything fancy to get this great protection. Experts say any a.m. meal will suffice, as long as you leave the table feeling full (study subjects enjoyed a moderate 600 to 1200 calorie breakfast).

Stay-Well Strategy #19: Mooch a Massage



Regular rubdowns have been shown to fire up levels of disease-fighting white blood cells as much as 25 percent. Researchers at Florida's University of Miami School of Medicine also say they can reduce production of immunity-weakening stress hormones. If a professional weekly treatment isn't in your budget, simply take a mere 10 minutes each day to massage your scalp, face and neck using slow, circular motions.

Stay-Well Strategy #20: Keep Your Hands off Your Face



This simple action can cut your risk of developing a bad cold or the flu by a whopping 47 percent, say researchers at Atlanta's Emory University. The secret: Most viruses get onto your body when you touch contaminated objects, but they can't get into your body (and cause illness) unless they can reach your nose, eyes and mouth. So keeping your fingers away from your face is like blocking off the only highway between two cities, says Charles Gerba, Ph.D., co-author of The Germ Freak's Guide to Outwitting Colds and Flu.



What feat!







inter can be a harsh season for our feet, Dry and flaky skin. along with other skin problems is common in winter but by keeping a few things in mind we can take good care or our feet even in this chilly seeson. Proper moisturisation is an essential step towards keeping your feet in good shape in all sensons, especially winter, as it does not just prevent cracking and drying of the skin but solves 50 percent of other feet problems as well. Demutologist says, The first step in caring for your feet is to keep them clean and moisturized by moisturizing them frequently with something as simple as petroleum jelly".

A regular perference is essential for keeping feet clean in all seasons. However, special care must be taken that the instruments are sterilized especially when getting a pedicure from a salon. We should have a basic pedicure every two weeks. Dermatologist advises that dipping feet in warm water to which a little shampon and vegetable oil have been asked provides a good starting point. She says, "Let the feet soak for 10 to 15 minutes, be fore rubbing them (especially soles) with a pumice strue. This is the time to clean the nails and remove all old nail polish".

Doctor's suggest that, "After a both or

susking feet in water the akin becomes soft and any handened area should be rubbed with a purnice stone or a filer to keep feet supple and free of corns and calluses. To remove calluses, one should use purnice stone or other tools designed for callus removal. But care should be taken to not to remove too much akin.".

For rough and cracked heels which are a common problem especially in winter, Dermetologist, recommends using emollient cream containing salicylic acid and mild cortisone. However, herbal remedy can go a long way in solving the dilemma of thy akin and cracked heels; therefore, doctor's suggest preparing a mixture with equal quantity of glycerin, fresh cream and honey. Apply this mixture to the feet, especially to the cracked heels and let it stay on for 15 minutes. Wash off with waren water. Try this every three days before going to bed for smooth feet and heals.

Another remedy that is suggested trying every three clays before bedtime is to immerse feet in warm water to which 10ml lemon juice and 20ml cocomit oil have been edded, scrub the heels after twenty minutes with a pumice stone, dry thoroughly and apply a good foot cream; improvement can be seen after the second.

session and after the first mouth one can make it a weekly feature.

Doctors also say that people should pay more attention to the kind shoes they wear. Shoes should neither be too tight nor should they squeeze the toes; they should allow space for moving the toes but should not allow feet to be exposed to hand weather. We should also swold high heels on a daily basis and restrict them to occasional use.

Doctor's suggests that one should give one's feet a 30 second inspection on a dealy basis to check for any peeling skin, unnatural moistness or to rule out any discoloration, reduces, crecks or other abnormalities. Upon discovering any of the above mentioned problems we should consult a doctor as soon as possible.

Doctor's further states, "Foot care also depends on good posture. It is important to stand straight, with weight balanced on both feet and the toes pointing straight ahead. If sitting for long periods of time, ensure that you move your feet and ankles frequently so as to keep circulation active."

To social diseases, experts suggest beeping the feet dry. Disbeties must take special care of their feet and in case they notice anything unusual they must consult a good doctor as soon as possible.



Electrolysis vs Laser





Littorysis and laser are the only two techniques by which body hair can be removed permanently or for a longer period. Everyone who wants to get a permanent hair removal has to make a decision between laser hair removal and electrolysis. Accurate knowledge and information about these two procedures is a pre-requisite for making a wise decision regarding a hair removal technique which best suits any ones needs.

If your patient is one of the hundreds of thousands of women who will consider some form of hair removal this year, there's no doubt that the question of laser hair removal verses electrolysis will come in to play sooner or later. Of course both procedures are beneficial; it simply depends on what your patient is looking for.

Ask your patient few questions first to evaluate which may be better for her.

How much money in the willing to spend?

Is the looking for pain free alternatives only?

How many visits does she consider to be too many?

Is the looking for absolute permanent hair removal only?

These are not all of the questions you may have but those are just to give you an idea of where to start, individual questions are expected.

When comparing laser hair removal to electrolysis, one of the biggest differences is the duration of time involved in hair removal. Electrolysis can not only be time consuming, because this procedure concentrates usually on only one hair

✓ Dr Nailia Ashraf

follicle at a time but it can also come with some degree of pain and often even the quickest treatment using electrolysis is still considered to be about ten months. The reason electrolysis is painful is because a tiny, metal probe is inserted into the hair follicle, the tiny probe releases an electronic charge or current which destroys the hair at the root source. Laser Hair Removal however is much less invasive, the laser uses light that's absorbed. through the skin, into the hair follide and the absorbed light will change to heat, thus affecting the hair follide. It doesn't require years to complete the treatments and the best thing about it. Laser hair removal simultaneously concentrates on removing hundreds of hair follicles. Laser hair removal is inoculously skilful with the amount of hair this system is able to cover. Previously, most patients with white skin and coarse, dark hair benefitted the most. People with dark hair tend to have a pigment called melanin which attracts the laser light. Patients with light or red hair and even those on a high beta carotene diet, the results just weren't comparable. Even patients with naturally dark or suntanned skin saw less dramatic results because the pigment melanin is present in the akin as well as in the bair and can absorb most of the light from the laser. Advancements in pure research and technological tools for laser hair removal have made it much more effective though. Electrolysis is quite different, considering it may take longer for treatment, opinions

Laser hair removal is a great alternative to all of the usual methods for example shaving, waxing, tweezing, threading and depilatory creams. While these methods (apart from electrolysis) are all temporary and need to be repeated frequently over a lifetime, laser hair removal uses focused light to target dark hairs and requires up to 8 treatments for full removal. A few people need truch ups afterwards, but in general, the procedure is permanent.

Lasers target the dark hair, so those with blande hair will find it ineffective. However, for anyone with brown or black body hair, it can be a good way to eliminate the unwanted hair. Thanks to the ability to work quickly, laser hair removal is ideal for larger areas, not just eyebnows and chin. It can be used to remove hair on the stomach, legs and pubic area, as well, and is most effective where the hair is darkest and thickest. The light beam is actually fairly large, making it casier and faster to work with than other options such as electrolysis, which focuses on one hair at a time. There are many varieties of lasers available in the market like IPL, NdYAG, etc. for the purpose of hair removal. The result usually depends upon the condition of the patient meaning if any underline condition is involved in having excessive hairs on his body. It also depends upon the skill of the person. operating lasers or electrolysis , if these machines go in the hands of unskilful people it can bring havoe, so it should be made sure from the patients side that the person operating machine is skill full and knows his/her job.

Laser treatment is effective, painless and permanent, making it a more popular method of hair removal for those who aren't interested in slaving over their bodies with hot wax and maous.



Teen terrors

f a few years ago, Asad's parents had been told what their son would grow into by the age of 15 they would have just laughed. But today they hardly recognize their once sweet boy. A consistent position-holder, brilliant painter and champion football players, this allround wonderful boy who made his parents proud with his polite, well mannered behavior has turned, almost overnight, into a rude, indifferent and. irresponsible adolescent who almost failed his ninth grade papers.

Apathetic towards everything and every one around him, he prefers to spend most of the day hanging out with similarly bored friends, the rest of the time wasted either surfing websites or messaging on the phone. It seems as if he doesn't live, but floats aimlessly downstream. What is the cause of this drustic metamorphosis? As they enter puberty, along with physiological changes, adolescents' mentality undergoes substantial transformations as well, jumping to a whole new level. They begin to understand abstracts and concepts in a way they were not capable of carlier. They start to grapple with some of the fundamental issues of life, sometimes talking an obstinate (and noisy) stand on subjects, often opposite to that of their parents'.

Striving to assume their own individual place in society, teenagers crave to obtain the rights of adults, however they overlook the responsibilities that come with those rights and do not accept that it is impossible for the mind of a child to mature over night. Along with the sudden progresses in development there are equally speedy regressions as well: today the adolescent's mind can work along the lines of true adult logic, showing consistency and intelligence; the next day he/she may revert to child like behavior, throwing tantrums and sulking. The transition that defines this period of life is the psychological change, the turning point from childhood and, perhaps, the most traumatic phase for a

person. As a child, teens are dependent on their parents to take most of the decisions. In contrast, the adolescence mandate dictates that now they be independent in their choices. The teen tries to seize power while the parents struggle to control and protect the child which results in rebellion, power struggles and stand offs. The teen insists on

questioning adult authority rather than simply accepting it; he/she challenges limits and demands more freedom, On top of it, hormonal changes contribute to the emotional upheavals as well, so you end up with a very moody teen, who can be passionate and cooperative one moment, and irritated, lazy and rebellious the next.

Parents of a teen are often heard to bemoan, what a trying and turbulent period adolescence is. But more difficult than being a parent of a teerager is being a teenager. In many cases parents do not adequately realize that their teen is going through hard times too. Problems crop up when parents assume that when their youngster shoots from four to six feet in a period of six months, his mental and emotional potentials develop at an equal

In reality it is difficult for the parents to treat the six-footer as a kid when he towers over them. Anticipating rational and responsible attitude from a teen, parents often expect from him more than what he is capable of giving, which at the end of the day, becomes a reason of confrontation between the two. If establishing their independence is the main aim of a teen, then letting them have it (in gradual doses) should be the main strategy of the parents. It is natural for parents to wish to lock up their kids in the closet and release them when they reach 21 in order to protect them from pains of growing up, however, one should not forget that adolescence is all about



out into the big world.

It is easier said than done, but parents need to let go and let grow. It means watching their kids fail and suffer on their own but this is the only way teens are going to learn the realities of life. Instead of continuously supervising them, the best thing parents can do is to become less obvious disciplinarians and protectors, but be there as a safety net when problems arise. Your teen is trying to work things out, but still needs someone to turn to for support when matters get out of control. Instead of condemning their wrongdoings, assure them that in spite of failures, you will always love them and be there for them. Please don't lose patience. As soon as hormonal changes have settled down, your teen will become less impulsive and aggressive; however it doesn't mean you should tolerate any disrespect to yourself being patient does not mean becoming a doormat.

Maintain friendly relations with your youngster. Even if you do not share the views of your son or daughter, at least listen to their point of view.

Keep a positive approach and make it practice to openly discuss all matters with your teenager, abstaining from threats and accusations and maintaining respect for them.

Remember adolescent years will eventually yield to adulthood, with less irresponsibility and moodiness. So parents take hearts; things will certainly get better.

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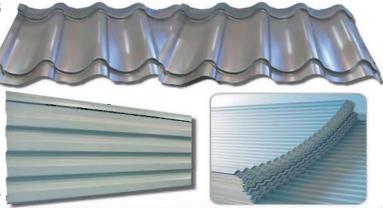
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Dark and dreary

The onset of winter, dipping temperatures, longer nights and shorter day light hours, spawn a variety of emotions and feelings in us. Some find the cold weather exhilarating, spurring them on to outdoor activities and sports, while in others the reduced daylight generates feelings of gloom and depression that occasionally get so serious as to require clinical intervention.

The condition is described as seasonal affective disorder (SAD) and has similar debilitating symptoms as those of severe jet lag; women, especially, are more prone to this disorder. The malaise however, dissipates with the arrival of summer.

Humans have been genetically programmed to be dependent on the sun for life and sustenance, and exposure to sunshine generally has a benign, uplifting effect on us. The lengths of day and nights are determined by the earth's rotation around the sun. As, the sun gradually moves away from the Tropic of Cancer and closer to Capricorn, people In the Northern hemisphere start feeling the effect of approaching cold weather. Those living closer to equator and tropics don't experience large variations in the day light hours during the year. For example, Karachi, which is just above the Tropic of Cancer, experiences relatively small seasonal differences in the length of the day than Islamabad, Peshawar or Kabul which are farther up in the North. In Karachi the difference between the day light hours during winter and summer is about three hours, while in Islamabad and Kabul it is a little over four hours. People in Northern Europe, US or Canada, however, experience much greater seasonal variations in day light hours. In Washington, the difference in winter and summer days is about five hours, while in Miami, Florida, well over thousand miles to the south and close to the Tropic of Cancer, it is only three hours. In Oslo, Norway, on the other hand, there is barely five hours of sunlight in the winter months, and the difference in summer and winter days is more than 13 hours. Further north in the Article Circle, the sun barely rises above the horizon in winter, causing an interminable dark night.

In a recent article in the Washington Post, Leslie Tamura had estimated that some 20 percent Americans start to feel downcast as winter season approaches. In the US, the number of people affected by SAD in different states is related to the



relative amount of sunshine they receive during winter months, with lower numbers of sufferers in sunny southern states and higher numbers in the north where sunshine is scarce. The deleterious effect of long dark nights can be serious. Countries of Northern Europe that have long winters also have a high rate of alcoholism and suicide.

It is not known definitively what causes the darkened mood in some people in winter, but several ideas have been forwarded as possible explanations. The regulation of the human circadian rhythm or biological clock is associated with the solar day and any disruption can affect out heart, metabolic rates and a range of other life-related processes. Melatonin, an important hormone produced by the brain, is believed to be involved in the regulation of our sleep-wake-cycles which are ultimately controlled by the central nervous system.

The exact relationship of melatonin to sleep is not fully understood, but it is known that its production is induced by darkness which causes drowsiness and sleep. The hormone levels peak at midnight and then gradually decline, ending with the day light hours. There are indications that patients with SAD might have a higher level of melatonin in winter and normal levels in summer.

In patients with winter induced depression, melatonin administration does

not completely relieve the symptoms, suggesting that there might be additional factors involved. The chemical, serotonin, a neurotransmitter also produced by the brain, regulating sleep cycle, mood emotions and even appetite, generates a sense of wellbeing. Sufferers of SAD have been found to have lower levels of serotonin in winter than those who do not suffer from it. An association seems to exist between low levels of serotonius and SAD that might explain why sunshine raises our spirit and sense of wellbeing and why people with low levels of this chemical are more susceptible to depression in winter.

How can we over come symptoms of winter gloom? Many people find it helpful to be exposed to artificial light during winter months that might work by stimulating the production of serotonin. There are other strategies to achieve this goal. For example, a diet that is rich in carbohydrate also raises the level of this chemical, but excessive consumption of sugars and starches have their own drawback. In extreme cases, antidepressants have been successfully employed to treat this condition. In the end, the most important solace must come from the knowledge that winter darkness is always followed by bright, sunny and warm days, driving away the clouds of gloom and doom.



Saying goodbye



oodbyes are easy. I must have walked down the check-in aisles of various sirports countless times during the past few years; I have been a confidence that defies my very personality. Head held high, a smart little wheelic bag whirning quietly behind me as I dick-clicked sharply past other humbering commuters and through the cold, wide, impersonal reception doors of the departure lounge. Four thousand miles alone across two continents and never a tremer of emotions has riddled my stance. Yes good-byes certainly did appear to be easy.

I would look at other international commuters and smile cynically; how inane they appeared, clinging on to their loved ones like little children, tesrs rolling down their checks as if they would never let go. 'Get over it', I would chide them all in my head, 'they're just flying off for a little while'.

Silly things goodbyes are, turning people into piles of emotional play-doh, pressing and bending them down the paths of misery when they would be much better off having fun else where. And all those team for what? A few hours later you are virtually together again, skyping away the day's events over a cap of tea.

As a youngster I had a rule of never to linger over goodbyes - save my self and everyone else the sentimental inconvenience, I'd say. This rule followed. me into adulthood as well: almost four years now and my annts are still reding from the shock of my escape from under the Holy Book at my rukhsati. They never had a chance to slowly escort me to my wodding car, they never managed to individually cry me a river to the tune of heartrending wedding songs playing in the background. It was all an unholy blur as I scuttled away in my shimmering stilettos and jaugling jewellery from my family and my elegantly poised groom into the wedding car.

To date, there remains no video footage of any sobs at my wedding farewell; there are only shocked smiles in the wake of a scampering bride escaping the teary faces. No, there certainly would be no drawn-out goodbyes for me, thank you. I would take this over a weepy wedding farewell any day.

Time, however, takes no prisoners in crushing the most deep-rooted of convictions. Sooner or later, we all spin around and merge into one giant mandane statistical pool.

Today, somewhere in the north east of

England, I stand once again before the yawning departure lounge of an international airport. A trolley bug protectively flanks my side, a wad of traveling documents grow moist with perspiration within my awkward, dutching fingers; surely it cannot be minus seven degrees outside. Hot tears rudely smear down my cheeks as I cling on to my mother's tiny frame; I am bidding her goodbye from the other side.

Commuters frustratedly step around us and whis past me through those everengulfing doors with-out a filinch; I take my time handing over the luggage and crumpled trevel documents to her. No eternity will draw out the length of this goodbye to my satisfaction. And there it is, the merciless summoning to all those who wish to take flight: I must let go of my mother's hand.

I trail after her like a child, watch her step through those Namian doors as the invisible thread connecting me to her grows weaker and weaker. My lacrimal ducts threaten to go in to overproduction again. A raised hand, a final smile; and then whoosh she has vanished amidst a thousand bobbing heads and shuffling feet.

Dejectedly, I turn around and check my watch; in forty minutes, I have managed to traverse the coloraal distance of a mere four steps and now that the farewell is over, an obdurate hump has made adobe in the place of my oncefunctional pharynx. Head bowed in emotional defeat, I wilt away in my ride back home.

"Cheer up, you'll speak to her again in a few hours," tries my partner in vain. And through the team, slowly but surely the truth sinks in: farewells are never easy on the other side. Here, you are left to silently witness your loved ones leave as life appears to come to a miserable standstill. My mother has left me after her short visit and who knows how long it will be before I see her again. There appears to be no light at the end of the tunnel and I am left helpleasty groping around for some remnant of her memory,

But as the emotive traffic in my head actiles down to a duli crawl on this cold winter afternoon, I am already looking forward to getting home and logging on to video chat; anything to feel her presence around me. That and a hot cup of tea should make things just about right once again.



Salahin Qur'an

Bismillahir- Rahmanir- Rahim {In the name of Allah most Gracious Most Merciful}

Allah says, in Qur'an

This day, I have perfected your religion for you, completed My Favor upon you, and have chosen for you Islâm as your religion. (Al-Maeda-3)

Bismillah Walhamdulillah Was Salaatu Was Salaam 'ala Rasulillah As-Salaam Alaikum Wa-Rahmatullahi Wa-Barakatuhu

Salah Mentioned In Our'an

1) Establishing Salah Develops Taqwa (Fear and Awareness of Allah)

"This is the Book in which there is no doubt, a guidance for those who have Taqwa; who believe in the unseen, and who establish Salah, and spend out of what we have provided for them" (Surah Baqarah 2: 2-3)

2) Salah Is the Sign of a Believer.

"The believers, men and women, are protecting friends of one another; they enjoin good and forbid evil, and they establish Salah, and give Zakah, and obey Allah and His Messenger. Allah will have His Mercy on them, and surely, Allah is All-Mighty, All-Wise." (Surah Tawba 9: 71)

3) Establishing Salah Leads to Allah's Eternal Blessings.

"So whatever you have been given is but (a passing) enjoyment for this worldly life, but that which is with Allah is better and more lasting for those who believe and put their trust in their Lord. And those who avoid the great sins and lewdness, and when they are angry, they forgive. And those who answer the Call of their Lord, and perform the Salaah, and who conduct their affairs by mutual consultation, and who spend of what we have bestowed on them." (Surah Ash-Shura 42:36-38)

4) Those Who Pray Shall Have Nothing to Fear on the Day of Judgment.

"Truly, those who believe and do righteous deeds, and perform Salaah, and give Zakaah, they will have their reward with their Lord. On them shall be no fear, nor shall they grieve." (Surah Baqarah 2:277)

5) Remain in Allah's remembrance after prayer.

"When have finished performing the Salah, remember Allah standing, sitting, and reclining, but when you are free from danger, perform the Salaah. Surely, Salaah is enjoined on the believers at fixed times." (Surah Nisaa 4:103)

6) Command to Pray with Congregation. "And establish Salah and give Zakaah, and bow down (in worship) along with those who bow down (in worship)" (Surah

Bagarah 2:43)

7. Special Command Regarding Punctuality of Prayer.

"Guard strictly the Salaah, especially the middle Salaah. And stand before Allah with obedience." (Surah Bagarah 2:238)

8. Allah's Help Comes Through Salaah.

"Seek help through patience and Salaah; truly it is extremely difficult except for the humble true believers." (Surah Baqarah 2:45) "Oh you who believe! Seek help through patience and Salaah. Truly, Allah is with those who are patient." (Surah Baqarah 2:153)

9.) Special Emphasis on Friday Prayer.

"Oh you who believe! When the call is made for the Salaah on Friday, come to the remembrance of Allah, and leave off business. That is better for you, if you only knew! And when the Salaah has ended, you may disperse through the land, and seek the Bounty of Allah, and remember Allah much so that you may be successful." (Surah Jumuah 62:09-10)

10) Shaytaan Tries His Best in Finding Ways to Take You Away from Salaah

"Shaytaan desires only to excite enmity and hatred between you with intoxicants and gambling, and hinder you from the remembrance of Allah, and from Salaah. So will you then not abstain (from these evils)?" (Surah Maeda 5:91)

11) Prayer Protects Against Evils.

"Recite that which has been revealed to you of the Book, and perform Salaah. Verily, Salaah prevents from lewdness and evils. And indeed, the remembrance of Allah (by you) is greatest. And Allah knows what you do." (Surah Ankaboot 29:45)

12) Friendship Should Be with Those Who Pray.

"Indeed, your protecting friend (Wali) is none other than Allah, His Messenger, and the Believers who establish Salah, and give Zakaath, and bow down (in prayer). (Surah Maeda 5: 55)

13) Allah's Special Order to Women.

"And stay in your houses, and do not display yourselves like that of the times of ignorance, and perform Salaah, and give Zakaah, and obey Allah and His Messenger. Allah wishes only to remove uncleanness from you, Oh people of the House, and to purify you with a thorough purification." (Surah Ahzaab 33:33)

14) Hypocrites Are Lazy in Salaah.

"Verily, the hypocrites seek to deceive Allah, but it is He who deceives them; when they stand up for Salaah, they stand with laziness, only to be seen by men; and they do not remember Allah but a little." (Surah Nisaa 4:142)

15) Laziness in Salaah Leads to Rejection of Sadaqah.

"And nothing prevents their Sadaqah from being accepted from them, except that they disbelieve in Allah and in His Messenger, and that they do not come to Salaah except in a lazy manner, and that they do not give Sadaqah except unwillingly." (Surah Tawbah 9:54)

16) Leaving Salaah Leads to Shirk.

"(And remain always) turning to Him (only), and be fearful and dutiful towards Him, and perform Salaah and be not of those who commit Shirk." (Surah Room 30: 31)

17) Previous Nations were corrupted when Salaah Was Left.

"Then, there came after them a generation who gave up Salaah and followed lusts; so they will be thrown in Hell." (Surah Maryam 19: 59)

Jazak Allah Khair



The River of Life (Story)

How You Will Travel the River of Life



wo young girls, Laukika and Samatha, set off on an adventure. Both of them had completed their formal education and before venturing into their respective samsaric enterprises, they thought of taking a break to contemplate life. And thus was born this hedonistic idea of journeying down the river.

Laukika was so overwhelmed with the river's speed, energy and her own enthusiasm that she said to her friend: "I'm going to jump into the river, Samatha, and be carried along with its great energies. Meet you later." So saying, she took the plunge, without waiting for her friend to respond.

Laukika enjoyed the initial adventure. At times the river frightened her, its strong current sweeping her along. But she dismissed her fears as she was taken up by the full flow of the river. The current carried her afar, and she could now no longer see the shore. Laukika was euphoric and wanted more of the adventure. Forever engrossed in steadying herself from the speed of her journey, she managed mere fleeting glimpses of the

beauty around her.

Now, the waves got bigger, the waters deeper, the river widened, the gushing became so forceful that she was thrown about, knocked about on the rocks all over, water and sand filled her nostrils and mouth, she was being bruised. The girl panicked. "Help me to the shore, someone", she cried, but no one heard her. Those who did hear her couldn't do much, as they were not in a position to help her. Meanwhile, Samatha had set out on foot. "I choose to walk down the river bank instead. I might be able to enjoy the vistas better this way", she had thought to herself before embarking on her journey. Many years passed. The two friends met again. They hugged each other, happy to meet once again. They shared their experiences. Laukika admitted she did have her share of fun, but the journey had tired her out. Moreover, she felt vacant inside. There was so much she wanted to do, she said, but the sheer speed of her journey didn't permit her to take those liberties.

Samatha spoke: "I too thought for long after you left me, Laukika. I was tempted

to follow you. The river looked enticing. But then, there was no hurry, either. I chose to walk down instead. I got to experience and enjoy the scenic offerings around the river. I marvelled at the sunrise and sunset that were so different each day. The open blue sky was so re-assuring, as were the stars at night. I played with the countless birds and butterflies that filled the forest. I was tempted many times to plunge myself into the racing river but would spend only a little time in the waters before drying myself on the warm rocks on the banks, read a book and resume my journey. The local people who collected firewood and fruits from the forest would invite me to their humble homes. I would play with their children and share with them simple tips on improving their health before bidding them goodbye. It has been an amazing journey."

The friends sat in silence, mulling over the choices they'd made and the experiences they'd been through.

Decide yourself how you will travel the river of life.



Unsung heroes

he news of robberies, street crimes, killings, kidnappings, bomb blasts, deafening explosion and other calamities greet us every day leaving us in immense fear with feelings of insecurity, lack of trust and doubt as a result of the poor law and order situation. However, in this gloomy environment there still are some souls who have pledged to keep the candle of hope lighted and show us the way. They are very much like us, live among us yet are more courageous and generous. Let's try to acknowledge some of them. "I can never forget the taxi driver who towed my 87 model Nissan, when I was on my way from a friend's wedding at 1:30am and ran short of CNG in the middle of a deserted road. It was scary. Sense of being vulnerable was enough to curdle the blood in my body. How patiently the taxi driver, a total stranger, helped me till I got to a CNG station and got my tank filled! I still feel obliged to that humble man; if he was not there anything could have happened to me in that darkness as my cell phone was also not working and I was all alone!" Mrs Amna narrated her story.

"I parked my car at the usual parking place in front of the gate and went to get a blood test done. On my return, I found that my car had been lifted because of some VIP movement in that area. I started arguing with the constable as that action had been taken without any prior notice. A rickshaw driver, who had been witnessing the whole scene, gently walked up to me and offered his help. He took me to the area's police station and also helped me with the formalities needed to retrieve my car, I tried to pay him for his time but he asked for prayers instead. He was a remarkably decent person!" Mrs Sabiha Ansar shared her experience of meeting a street angel.

During a devastating spell of rain in Karachi, I got stuck near Nagan Chowrangi. All alone with the rain pouring, I did not know what to do. As I sat in the car praying for my safety, four men approached and offered their help. But having heard so much about the strange things that happen on our roads, I thought for sure that they were thieves and intended to rob me and in a state of immense helplessness I started yelling in fear. Then one of them, a boy, came near me and asked me to cool down; looking in his eyes, I saw something that made me believe him. I got out of the car and the

four men pulled the car of the dug up edge of the under construction road," related Mrs Zaidi in an emotional tone.

I myself had a similar experience when my car suddenly broke down. I was stuck in the middle of Karsaz road. Loud honking from all around made me nervous when a young man approached and offered help. I quickly thought about the iewellery I was wearing and calculated the cash that I had in my bag and thanked God that I had left my new cell phone at home and was instead carrying a very inexpensive set. Worried, but having no option I accepted his offer. This great man pushed my car to the side and with the help of a wire he charged my dead battery with his own battery and started the car. Because of sheer panic, I could not even thank him properly, but he would always remain in my prayers.

Many of us must have come across such street angels at some point in our lives, but somehow we seldom talk about them. Strangely enough our memories somehow sweep away the kind gesture of these strangers and keep on recalling the bad side of people. Why can't we try to illuminate our murky environment with a little bit of positive thinking?

Forgiveness

Allah, The Most Wise, says:

"Show forgiveness, speak for justice and avoid the ignorant."
[Holy Qur'an, 7:199]
The Noble Prophet Muhammad (salallahu alaihi wasallam) is reported to have said:

"Do not abuse anyone. And if someone abuses and shames you for something that he finds in you, then do not shame him for something that you find in him." [Sunan of Abu Dawood, Hadith 1889]

"The servant who forgives, Allah adds to his respect; and the one who shows humility, Allah elevates him in the estimation (of the people)." (Muslim Vol. 4, Hadith 6264)

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The Red Heart

It could have been the splash of red or the overabundance of hearts or the young man in a designer jeans that caught his eye, but Sheikh Hamaad stopped under the bold "Valentine's day Specials" banner, set his shopping basket on the floor and watched the young man battling to select an appropriate gift from the heaps of hearts, teddy bears and chocolates. Like a busy humming bird he flitted from shelf to shelf struggling to choose

Sheikh Hamaad approached him as he stood scratching his head, "Asalaamu Alaikum, young man, seems like you're battling to make a choice."

"Eish, Moulana, this is more difficult than I though. And lucky I only have to choose for two of them," he said, picking up another heart decorated teddy bear, examining the price and putting down with disappointment.

"For your sisters?" Sheikh asked, feigning innocence.

"Naah, just friends, you know how it is, you have to do these things" came the prompt reply.

Sheikh Hamaad remained silent and fixed his gentle gaze on the young man, something more than the loud Billabong T-shirt and hipster jeans told him that this young man had more than a spark of intelligence.

"Tell me, how many Valentine's gifts do your sisters receive?"

"Hey, hey.... Moulana my sisters are not like that. They don't do this boyfriend thing. My sisters...they are pure," exclaimed the young man an angry frown crossing his face. "Just let the guy try and send my sister's one flower and I'll make him eat it. You don't know me!" "Oh," said Sheikh Hamaad without any apology, "And your mother, how many Valentine's gifts does she get?' The young man took a step back and glared at Sheikh Hamaad, "La howla wa...." his words swallowed by his anger, "how can you even say such things about my mother? My mother, she doesn't do this stuff. She is like an angel. She is pure. How can you say this?" Sheikh paused, waiting for the silence to

Sheikh paused, waiting for the silence to absorb the boy's anger, then said, tauntingly, "So they don't receive any Valentine's gifts or have boyfriend's at all." "I told you, Moulana, my family is pure and they don't do this junk stuff." Knowing the moment was right Sheikh but forward his reasoning, "So you really don't like your sisters receiving these gifts or having boyfriends."



"No ways" came the emphatic reply, "not on my life"

"Then don't you think," Sheikh ventured, "that other people would also not like their sisters, mothers or aunts to receive such gifts. Just as you would like your sisters to remain pure, they would also like their sisters to be pure?"

The young man dropped his head and shifted his feet nervously, "You have a point, Moulana. Didn't ever think of it like that. I don't want to say...but you are right. I shouldn't be polluting other people's family if I don't like my family to be polluted. This is all quite wrong isn't it?" "Yes, it's quite wrong," without a hint of reprimand in his voice, "this is not our way."

"But," he asked, trying to conceal his embarrassment, "It's not like we doing anything serious. I mean it's only a gift. Not like, we doing something physical...so it should be ok, no?"

Without disturbing his calmness, Sheikh Hamaad replied, "Do you like to go fishing?"

"Now you are talking my language. Not a Sunday, not one, that we not by the dam," he replied his hands waving with

excitement, "We sit the whole day me and my buddies. First we prime the place with milie bombs. Just so the fish know we there, And they come, Moulana, They come for the bait. The whole lot, man....curpe, bass, barbell, you name it. But what's that go to do with buying gifts." "When Shaytaan wants to trap someone," Sheikh replied serenely, "he first puts some bait. Innocent stuff like gifts, the odd sms, just a hello and then when the time is righthe will strike and how you say...you fall hook, line and sinker. Then he's got you and it's not long before he reels you in. So it starts with just a little bait. Just like the little gift that seems so innocent it's the bait." The young man beamed with this new found revelation and couldn't wait to ask, "You are so right! And you have an amazing way of getting a point across Moulana, you didn't just lecture me but you showed me how it is wrong. Thanks a mil. You must have learnt from a great teacher?'

"No doubt, I learnt from the best of all teachers," Sheikh answered, "In fact, the best of all mankind...The Noblest Messenger of Allah- Rasulallah sallahu alaihi wa salam"



Earthquake safety precautions

n Jan 19 a severe earthquake, measuring 7.3 magnitude, rocked Pakistan and adjacent countries. But luckily there were no casualties reported in Pakistan. It is almost impossible to predict an earthquake and people are taken by surprise.

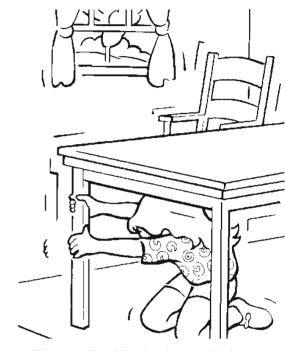
Fear and panic that gripped people after tremors was quite natural. An earthquake can strike at any hour of the day or night. People if not aware how to react on sensing jolts of an earthquake and what safety precautions to be taken by them can suffer heavy casualties. When you feel an earthquake, duck under a door-frame, desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay undercover until the shaking stops, and hold onto your cover. If it moves, move with it. If you are in a High rise building, and not near a desk or table, move against an interior wall and protect your head with your arms.

Do not use elevators. Stay indoors. Glass windows can dislodge during the quake and sail for hundreds of feet. Here are few tips regarding safety precautions during earthquake:

- a) It is dangerous to run outside when an earthquake happens because bricks, roofing, and other materials may fall from buildings during and immediately following earthquakes, injuring persons near the building.
- b) If you're outdoors, move to a clear area away from trees, signs, buildings, electrical wires, and poles.
- c) If you're on a sidewalk near buildings, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- d) If you're driving, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- e) If you're in a crowded store or other public place, do not rush for exits. Move away from display shelves containing objects that could fall.
- f) If you're in a wheel chair, stay in it. Move to cover, if possible, lock your

wheels, and protect your head with your arms.

- g) If you're in the kitchen, move away from the refrigerator, stove, and overhead cupboards.
- h) If you're in a stadium auditorium or cinema hall, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over, and then leave in a calm, orderly manner. Do not start rushing out as this will save you from a stampede situation.
- Elder, disabled and physically challenged persons may have difficulty moving around after an earthquake. Plan to have someone help them to evacuate if necessary. Also, they may need special foods or medication. Be sure to store several days' supply of these special provisions.
- j) When shaking stops, tune to the emergency broadcast station on radio or television. Listen for emergency bulletins/instructions.

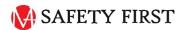


will be accessible following the turmoil of an earthquake.

o) Prepare an emergency kit bag and keep essential items like extra pair of slippers, clothes, torch, matchbox, first aid kit, some dry food item, a bottle of

drinking water and any other important item which you may need after taking shelter somewhere. This bag should be kept in a place from where you can easily take it away with you.

- k) Stay out of damaged buildings
- Learn first aid and CPR (cardiopulmonary resuscitation)
- m) Create a family earthquake plan.
- n) First aid kits are vital following and emergency. First aid kit must be accessible and ready. Store the kit in a location that



Feel good

Safety Tips for ALL

n daylight hours, refresh yourself of these things to do in an emergency situation....

This is for you, and for you to share with your wife, your children, everyone you know. After reading these 9 crucial tips, forward them to someone you care about. It never hurts to be careful in this crazy world we live in.

- Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!
- 2. Learned this from a tourist guide.

If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM.

Toss it away from you..... Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse.

RUN LIKE MAD IN THE OTHER DIRECTIONS!

- If you are ever thrown into the trunk of a car, Kick out the back tail lights and stick your arm out the hole and start waving like crazy.... The driver won't see you, but every body else will. This has saved lives.
- Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their cheque book, or making a list, etc... DON'T DO THIS!)

The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE...

If someone is in the car with a gun to your head DO NO DRIVE OFF, Repeat: DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car.

Your Air bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

- 5. A few notes about getting into your car in a parking lot, or parking garage:
- A.) Be aware: Look around you, look into your car, at the passenger side floor, and in the back seat.
- B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
- C.) Look at the car parked on the driver's side of your

- vehicle, and the passenger side...if a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead).
- ALWAYS take the elevator instead of the stairs.
 Stairwells are horrible places to be alone and the perfect crime spot. This is especially true a NIGHT!)
- 7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely will not be a vital organ. RUN, preferably in a zig-zag pattern!
- 8. As women, we are always trying to be sympathetic; STOP It may get you raped, or killed.

Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

9 Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird... the police told her 'Whatever you do, DO NOT Open the door....

The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, DO NOT open the door. He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby... He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full ball so that you will go out to investigate and then attack.

Stay alert, keep safe, and look out for your neighbors! I'd like you to share this with all you know. It may save a life. A candle is not dimmed by lighting another candle... if you love your mothers, wives, sisters, daughters, etc.,

HEALTH CORNER









Building blocks







arbohydrates, proteins, fats, vitamins, filme, water and minerals are the seven components of food that go into a balanced diet and keep us healthy. But when it comes to choosing foods, the first six in the above list receive maximum importance where as minerals are generally ignored. So, what is the role that minerals play in our body? And how essential are they?

Approximately four percent of the body mass is made up of minerals. Minerals serve various important functions in our body: for example they provide structure in forming bones and teeth; they help to maintain the normal heart rhythm, muscle contractility, neural conductivity and acid-base balance. They also help in regulating cellular metabolism by becoming part of enzymes and hermones that modulate cellular activity. Thus, even without us realising, minerals function to maintain the homeostasis and balance in our body that is crucial to our stability and survival.

Though most of the minerals are required in trace amounts, if they are not obtained from the diet, their deficiency can cause serious problems; these may include stunted growth, fragile bones, aching joints, depression, nausea, diarrhea, constipation, etc. on the other hand, an excess of minerals can also prove to be toxic to our cells. Therefore it is important to feed ourselves with the right amounts of minerals. A well balanced diet contains all the essential minerals in the required proportions that our body needs.

Below is a list of eleven essential minerals, along with the roles that they play in our body and the food sources that contain them:

Calcium

Calcium is not only the major constituent of bones and teeth but also plays a role in the contraction of muscles, in blood clotting and in nerve impulse conduction. In addition it also helps in regulating and maintaining the heart function. Important sources of calcium are: milk and milk products, vegetables (beans, broccoli), fish, bread and grains, mus (almends, walnuts), tufu and soya bean.

Sodium

One of the most essential minerals of the body, sodium helps in regulating body fluid volume, electrolyte and acid base balance. Sodium concentration of the body is also an important determinant of the heart function and nerve impulse confuction. Its food sources include; table salt (most important), olive, some smoked.

fish and boiled passens. Generally all natural floods like fruits and vegetables are low in sodium whereas processed floods contain high amounts. High concentrations of sodium in the body can cause high blood pressure and can be damaging to the kidneys.

Potassium.

Potassium is important for americ contraction; it maintains the heart rhythm, nerve impulse conduction, is involved in acid base balance and maintains normal blood pressure. Food rich in potassium are fruits and green vegetables.

Chlorine

Chlorine works in close association with sodium and potassium to regulate the body fluid volumes and acid base balance. It is an important constituent of hydrochloric acid produced in our stomach. Food sources include: table sult, olives, kelp, transities, celery, etc.

leos.

It's the vital part of harmoglobin in blood that helps in the efficient transport of oxygen throughout the body. Important sources include: liver, egg yolk, red mest, legumes, grains and dark green vegetables.

HEALTH CORNER

Todine

A mineral essential for the production of thyroid hormones, that is responsible for maintaining the basal metabolic rate of the body. Its food sources include: iodised table salt, sea foods, condensed milk, eggs, malt bread, etc.

Fluorine

Fluorine is essential for teeth and bone health. It helps prevent bone fractures and dental caries and promotes growth in children. Normally fluorine is added to the water supply that we get. Other sources include: carrots, sunflower seeds, nuts, garlic, spinach, etc.

Magnesium

Plays a role in maintaining energy. In addition, it is also important in muscle contraction, protein synthesis and in the

function of certain enzymes in the body. Main food sources include: green veggies (especially spinach), nuts, beans and legume and whole grains.

Phosphorous

This is important for building bone and teeth, maintaining acid-base balance in the body, calcium absorption, energy metabolism and nerve function. Its food sources include: meat, poultry, fish, eggs, dairy products and cereal.

Zinc

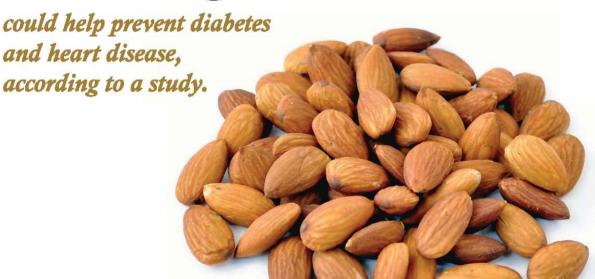
Zinc plays various important roles in our body. It is required for wound healing, taste sensation, sexual maturation, carbondioxide transport and carbohydrate metabolism. In addition, it also plays a role in protein synthesis and is crucial for the working of some enzymes. Foods rich in zinc are; sea food (oysters), meat, liver, eggs, fish, muts, etc.

Selenium

Selenium is associated with antioxidant properties. It is therefore said to be an important mineral that prevents cancer and cardiovascular diseases. It is also said to have an anti aging effect. Natural food sources containing selenium are sea food, cereals, nuts, legumes and organ meats.

Since our body cannot manufacture these essential minerals, and keeping in mind the roles that they play, it becomes imperative to obtain them from our diet. These minerals do not work isolation in our bodies, but in conjunction with the rest of the components of food, i.e. proteins, facts, carbohydrates, vitamins, etc. to ensure that we are feeding ourselves with sufficient quantities of each of these; we need to take a balanced diet.

Eating almonds



Researchers found that incorporating the nuts into our diets may help treat type 2 diabetes which accounts for 90 to 95 per cent of all cases.

As well as combating the condition, linked to obesity and physical inactivity, it could tackle cardiovascular disease, said the report published in the Journal of the American College of Nutrition.

Diabetics have a shortage of insulin or a decreased ability to use the hormone that allows glucose to enter cells and be converted to energy.

When diabetes is not controlled, glucose and fats remain in the blood and

over time, damage vital organs. The study found that a diet rich in almonds may help improve insulin sensitivity and decrease LDL-cholesterol levels in those with prediabetes, a condition in which people have blood glucose levels higher than normal but not high enough to be classified as diabetes.

The study conducted at the University of Medicine and Dentistry of New Jersey looked at the effects of consuming an almond-enriched diet on 65 adults with pre-diabetes. The group on the almond-enriched diet showed greater improvements in insulin sensitivity and significant reductions in LDL-cholesterol



compared with the nut-free group.

Lead researcher Dr Michelle Wien said: 'It is promising for those with risk factors for chronic diseases, such as type 2 diabetes and cardiovascular disease that dietary changes may help to improve factors that play a potential role in the disease development.'

An estimated 55 million people in Europe have been diagnosed with diabetes.

Bad Breath Remedies and Prevention

B ad breath is something that most of us are afraid of. In many cases, majority of the population do not know they suffer from bad breath. To get rid of bad breath, we have to take initial steps in preventing bad breath to occur every time you open your mouth.

These home remedies to get rid of bad breath will be helpful for you.

- The best bad breath remedy is that you have to make it a habit to brush your teeth or rinse your mouth after every meal. Make it a routine to brush your teeth or rinse every night before you go to sleep.
- Mouth wash is readily available in any medical store. But keep in mind not to purchase a mouth wash that contains dyes and alcohol.
- Sunflower seeds can be helpful to get rid of bad breath. All you have to so is chew on some sunflower seeds and drink a glass of water, mainly after you eat a non-vegetarian meal.
- 4. An apple a day keeps the doctor away. It is very much true. Eating an apple daily will help to remove bacteria in the mouth, the main cause of bad breath.
- Lemon does wonders. The lemon juice mixed with warm water can be used to gargle your mouth to help get rid of bad breath. It a one of the best home

remedies for bad breath.

 To get an aromatic breath, cardamon is the best. Although it is pungent, it will give you good results for bad breath. It is also a mouth refresher.

These home remedies for bad breath will be of good use. But, in order to prevent this, we can take certain precautions to prevent bad breath.

- It is good if you drink plenty of water. Drinking plenty of water will help to get rid of the bacteria in the mouth.
- 2. Bad breath remedies is good as it helps to kill the unwanted germs in the mouth although, you may brush regularly and maintain a good oral routine, it is important that when you brush your teeth, make sure to use a tongue scrapper to clean the tongue. The bacteria usually stay on the tongue causing bad breath.
- If these home remedies for bad breath do not work, it is advisable to see a Dentist. You may be having an oral disease that needs doctor's consultancy.
- When you use mouthwashes, make sure that you go in for those that have ingredients of aloe-vera and paraley it is good to help get rid of bad breath.
- It is said, tea is one of the best bad breath remedies. Those who are addicts to coffee, it is advisable to



- switch to tea as coffee frames a thin coat on the tongue which blocks the oxygen supply on the tongue.
- Now and again, chew on sugarless gum. This will help you clean your mouth as chewing increases the saliva flow.

Bad breath is one problem that many of us face. Follow these home remedies for bad breath and help to prevent them by talking appropriate steps.

Lemon cure cancer cells

ou might have known it or received this information earlier but revisiting it will refresh the mind.

Recipients who are medicine professionals may have their views and comments on the contents of article.

This is the latest in medicine, effective for cancer!

Benefits of lemon.

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because, there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him know that lemon juice is beneficial in preventing the disease. Its taste is pleasant

and it does not produce the horrific effects of chemotherapy. If you can, plant a lemon tree in your garden or patio. How many people die while this is a closely guarded secret so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is a plant (small tree), does not occupy much space and is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it

regulates blood pressure is too high and antidepressant, combat stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ... The compounds of this tree act showed 10,000 times better than the product Adriamycin, a drug normally used chimiothérapeutte in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract not only destroys malignant cancer cells and does not affect healthy cells.

Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD 1201.

MEMON ALAM • JANUARY 2011



The Editor, Memon Alam,- WMO Karachi/Pakistan.

Since the establishment of WMO a genuine interest by the Philanthropists contribute to Education, Housing for the needy, Medical assistance helping to community to acquire skilled work etc. This is all commendable. The following is the Food for Thought for the community members in all WMO chapters.

At the Dubai Conference it was discussed to establish WMO University, This now needs paramount attention by all to form committee and seek advice from the experts in this field and draw a feasible plan for WMO University.

WMO Business/Trade Wing to be established incorporating all WMO chapters globally. If local WMO Registration (WMO being social/charity status) allows with the respective authorities. If NOT than private group of businessmen/industrialists/professionals committees to be formed and delegates from all chapters to explore the possibilities and establish/trade connections in all chapters and areas for growth. Regular trips will help enhance local business regulations. Once strong Delegates team is in place visits are to be made to CHINA (Forex in surplus in trillions of dollars) INDIA is booming with a robust economy. PAKISTAN easy access to Middle East, Central Asia and USA consumers market, SRI LANKA full produce items and precious stones. SOUTH AFRICA has been invited to join BRIC. South Africa with more than \$2.5trillion in mineral wealth reserves is the world's largest richest nation by commodity wealth. KENYA Mombasa Port is thriving and serving with Road transports to other land lock areas in Africa. Once the Global Memon group is operational, the group will be generous in funding for the WMO University and all other areas to serve the needy in the Community, and will be able to Micro Finance to small businesses/individuals.

Yours Sincerely, H.A.Razak Email:harazak@talk21.com To, The Chief Editor, The Memon Alam Monthly, Karachi Pakistan.

I acknowledge with thanks the receipt of Memon Alam for the month of December 2010 continuous issue number 627 through Br. Iqbal Memon (Officer) Assistant Secretary General of WMO India Chapter.

First of all I would like to congratulate on my own behalf and on behalf of Indian Memons to Respected Sheth Hajji Abdul Sattar Dada Saheb for having been elected as a President of WORLD MEMON ORGANIZATION, a global organization of our community.

The speech delivered by honourable Sheth Haji Abdul Satar Dada Saheb at WMO's 8th Annual General meeting at Colombo is inspiring, insightful and apt. I would like to add that whether it is political leadership, team leadership, corporate leadership or global leadership, the basic characteristics remain almost the same. Additional positive characteristic, may be required depending upon their field of work. But the self leadership Sheth Haji Abdul Sattar Dada Saheb is endowed with in abundance, is probably the most important characteristic, I found in him.

It is my considered opinion that only when a leader leads himself towards excellence, he will be able to lead his team members on the same path.

I pray to Allah for the long, healthy and happy life of our honourable President Sheth Haji Abdul Sattar Dada Saheb.

LONG LIVE WORLD MEMON ORGANIZATION .
FAROOQ ABDUL GAFFAR BAWANIPATRON
MEMBER OF MEMON ALAM)
RAJKOT GUJARAT INDIA



Monday, January 31, 2011: Newly elected President of Jungadh (Dhorajiwala) Memon Association Salim A. Shakoor Jawa wala, General Secretary, Arif Haji A. Razzak Dangra, Chairman Advisory Committee, Vali Muahmmad Abdul Habib Dangra, M. Anis M. Qasim Pankhania, President for Volunteers Corp. are addressing the guests during Annual General Meeting and Election for the year 2011 & 2012 at Jamat's Hall.



Abdul Majid elected member of WCF

Abdul Majid Haji Muhammad, former President of the Karachi Chamber of Commerce and Industry (KCCI) has been elected as General Council member at World Chamber Federation (WCF).

World Chambers Federation represents 1,500 Chamber members from 125 countries and there were total 20 seats from five regions including Africa, Asia, Middle East, Europe and South and North Americas. WCF strengthens links between Chambers, enabling them to improve performance as well as discover new products and services to offer their members. Abdul Majid Haji Mohammad's selection is a matter of great pride for the people and business community of Pakistan. For the first time in the history of Pakistan, any Pakistani would serve at such a large, august and global platform.

Abdul Majid Haji Mohammad with his decades of track record of serving Pakistani business community now became the global figure and would be the focal person to represent Pakistani business community.

Trade and investment enhancement, exploring joint venture opportunities with various countries, and painting positive image of Pakistan would be his agenda.

This is another addition in array of KCCI's success, being the largest viable elected platform of Pakistani business community working under the patronage of Chairman BMG Group, Siraj Kassam Teli.

'Textile exports'

Gul Ahmed Textile Mills Limited has been announced the largest exporter to France in Home Textile category. An event took place recently in a local hotel where Bashir Ali Mohammad, Chairman, Gul Ahmed Textile Mills Limited and President, International Textile Manufactures Federation received the prestigious award from the chief guest, the ambassador of France, Daniel Jouanneau. Gul Ahmed has also achieved this award in previous years and has been the largest home fashion exporter to the European Union consistently for the last 25 years.

Aziz Memon conferred Pride of Performance award

Pakistan Asif Ali Zardari, has announced civil awards and conferred President's Award for Pride of Performance on Aziz Memon, Chairman Pakistan National Polio Plus Committee and Sitar-e Khidmat on Dr Robert S. Scott, Chairman Rotary International Polio Plus Committee and Chairman, the Rotary International.

The announcement was made by President Asif Zardari the other day when he formally launched the National Emergency Action Plan 2011 for Polio Eradication at the President House in Islamabad by administering polio drops to orphaned children from all the provinces vowing to eradicating polio from the country.

The President complimented the Ministry of Health, the provincial health departments, the Rotary International, the diplomatic community and international partner agencies in making the launch of this program possible and thanked them for their support in the fight against polio.

The President noted that Pakistan has come a long way from 1994, when the polio eradication campaign was first launched formally and the number of cases was more than 30,000

"Our aim is to make Pakistan completely polio free. We aim that no child lives in the fear of being crippled for life," he observed.

"We are committed to banish polio from Pakistan," the President said and pointed that The Polio Eradication Initiative was, first launched by the government of Shaheed Mohtarma Benazir Bhutto.

The President said the Lady Health Workers Programme and Polio Eradication Initiative were both launched by her government and added that it was intended to bring primary health care services to those that need them the most. "It was a demonstration of her commitment to improving the social sector, particularly the health of children," the President said.

Pride of Okhai Memon

THE OKHAI MEMON JAMAT hosted historical reception to honor Pride of Okhai Memons, on Sunday 30th January 2011 at Hussain Ebrahim Sports Complex, Hussainabad, Federal B Area, Karachi, in acknowledgment to their sincere and devoted services for the humanity in their respective fields. Mr. Ebrahim Haji Hasham Kath, CEO Mehran Sugar Mills Ltd., was the Chief Guest.

Theme for February 2011 Issue of Memon Alam

Readers are informed that the theme for February 2011 Issue of Memon Alam will be "Educational Projects Around The World"

All readers are requested to share their views related to the theme at www.wmopc.com







Memon Industrial & Technical Institute

A project of World Memon Organization in collaboration with CDGK

MITI, a place of international quality vocational training, has been established under the auspices of World Memon Organization. Its prime objective is to train people of less-privileged class, enabling them to earn their livelihood with peace and dignity, and to prosper.

Come.....join us for your bright future!

(Courses for Women

Fine Arr English Language Textile Designing Sewing & Cutting Cooking & Baking Fancy Embroidery Interior Decoration Hand 8 Machine Embroidery Beautician Advance Beautician **AutoCAD UPS** Repairing Computer Software-Personal Productivity Mobile Repairing

Web Development Computer Hardware Computer Graphics

Illustration

Courses for Men

English Language Arabic Language Computer Hardware Generator operator Industrial Electrician General Electrician Mobile Phone Repairing Refrigeration Air condition Motor rewinding Lift Technician Auto Electrician Auto Air-condition Plumbing Auto Mechanic Motor Cycle Mechanic Home UPS repairing installation CNG kit installation

CNG kit installation
&
Tuning
Welding
Computer Graphics
AutoCAD

Computer Software-Personal Productivity





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GUJRATI SECTION

મેમણ આલમ _(WMO)

ગુજરાતી વિભાગ સંપાદકઃ ઉમર અ. રહેમાન ખાનાણી



डुंडसा ७-८-३*७*

અહીંની ગુજરાતી-ઉદૂં શાળ ામાં તા. ૭-૮-૩૬ના રોજ ઈનામનો મેળાવડો થયો હતો. જેમાં અહીંના ન્યાયધીશ, હેડમાસ્ટરો અને મેમણ જમાતના આગેવાન ગૃહસ્થો હાજર રહ્યા હતા.

જ. અબ્દુલ કરીમ અહમદે પ્રસંગોચિત વિવેચન કર્યા બાદ નામવર ન્યાચધીશના હાથે ચોથા ધોરણમાં પહેલે નંબરે પાસ થનાર મેમણ વિદાર્થી અ. કરીમ ઇસ્માઈલને રૂા. ૩૦ની કિંમતની સોનાની પહોંચી ઈનામ આપવામાં આવી હતી. આ ઈનામ દર વરસે સ્કૂલ તરફથી આપવામાં આવે છે.

૯–૮–૩૯ અમરેલી

અમરેલી મેમણ લોર્ડરોને તેઓની લાચકાત મુજબ વખતો વખત ઈનામો આપવાની ગોઠવણ કરવામાં આવી છે, જેનો તમામ ખર્ચ શેઠ હાજી મૂસા ઈસ્માઈલ તરફથી આપવામાં આવે છે. તેઓ શરૂઆતથી જ લોર્ડિંગની વ્યવસ્થામાં એકધારા ઉત્સાહથી રસ લેતા આવ્યા છે. લોર્ડિંગના તેઓ પ્રમુખ હોઈ પોતાની ફર્ઝૉને અદા કરવા માટે કાળજી રાખતા રહ્યા છે. શહેર અને લોર્ડિંગ વચ્ચે લાંલો પલ્લો હોવા છતાં તેઓ સવારના પાંચ વાગે લોર્ડિંગમાં આવી, લોર્ડરો સાથે ફજરની નમાઝ અદા કરે છે અને દરેક વ્યવસ્થા જાતે તપાસે છે. તેમ જ સાંજે ચાર વાગે આવી બોર્ડરો સાથે રમતમાં ભાગ લ્યે છે. વૃદ્ધ હોવા છતાંચ તેઓ ચુવાન જેવું દિલ અને ચુવાન શરીર ધરાવે છે. વ્યાચામનો એમનો શોખ છે. હંમેશા તેઓ કસરત કરે છે.

કુંગર ૧*૫–૫–*૩૬

જ. અ. લતીફ આદમભાઇની કોશિષથી અહીંની અંજ્ઞુમનને રૂા. ૧૫ની મદદ મળી

છે. જ. અબ્દુલ લતીફ મુંબર્ઇમાં કાપકની ફેરી કરે છે. પોતાના કિંમતી વખતનો ભોગ આપી છુટક છુટક રકમો ઉઘરાવી તેમણે રૂા. ૧૫ મોકલી આપ્યા છે. તેમની આ સેવા–ધગશ વખાણવા લાચક છે.

S स इ स ।

29-4-39

કાઇદ**ે** આઝમ મોહંમદ **વા**≡

અલી જીન્નાહને આવકાર સમિતિ તરફથી ફિરપો હોટલમાં એક ટી પાર્ટી આપવામાં આવી હતી. જેમાં સાંઠ જેટલા અગ્રણી મેમણ ગહસ્થોએ હાજરી આપી હતી.

જ. અ. સત્તાર હાજી સુલેમાન નવિવાળા મોતીપુરથી અત્રે આવ્યા છે. અઠવાડિયું રોકાઈ, કવેટા રિલીફનો રિપોર્ટ તૈયાર કરશે.

५४-८-३७ इरास्री

ધી યંગ મેમન્સ સ્પોર્ટ્સ કલબ કરાચીની એક જનરલ સભા તા. ૨૧-૮-૩૬ની રાગે ૧૦-૩૦ વાગ્યે જ. મુહમ્મદ કાસિમ ટોબરીયાના પ્રમુખપદ હેઠળ મળી હતી જેમાં નીચે મુજબનો ઠરાવ પસાર થયો હતો.

આજની આ સભા સંસ્થાના મકાનમાં 'વેલ્ફેર સોસાયટી ફંડ'ની પેટી રાખવાનું ઠરાવે છે અને

HIP

ี สิท 35 ผน นอัตเ

> કલબના મેમ્બરોને અપીલ કરે છે કે તેઓ આ પેટી દ્રારા વેલ્ફેર સોસાયટીને પોતાની બની શકતી મદદ કરે.

धोज

22−L−3**G**

આજે જુમ્આની નમાઝ બાદ G-01

(મિમણ આલમ— જાજ્યુઆરી—20૧૧

GUJRATI SECTION

नगीना मस्जुह क्षमात, क्षमें मस्जुह क्षमात, मद्रसा मस्जुह क्षमात अने धी यंग मेन्स मेमण असोसीओशनना संयुडत सहडारथी परसाहनी हुआ मांगपा माटे मेमण-मुस्तीमोनुं ओड क्लरहस्त सरद्यस डाढपामां आप्युं. सरद्यसमां १००० क्षेटला माणसो हतो. ईहगाहे कई हुआ गुजारपामां आपी हती.

ઉनावा ता. ७-८-३५

મેમણ યુવક મંડળની એક સભા તા. ૭–૮–૩૬ના રોજ અ. લતીફ ભાઈ સુલેમાનના પ્રમુખપદ હેઠળ મળી હતી. જેમાં કેટલુંક આવશ્ચક કામકાજ થયા બાદ નીચે મુજબ કાર્ચવાહકોની ચૂંટણી થઈ હતી. પ્રમુખ લતીફ ભાઈ સુલેમાન ઉપપ્રમુખ, અમી ભાઈ જીવા ભાઈ ઓ. સેક્રેટરી, ઉંમર ભાઈ લતીફ ભાઈ જો. સેક્રેટરી, હસન ભાઈ રહીમભાઈ કેશીચર, શેરમુહમ્મદ હસનજી ઓડિટર, અ. કરીમ અમીભાઈ ઉપરાંત મેનેજીંગ કમિટીના આઠ સભ્યોની ચૂંટણી થઈ હતી.

મુંબઈ તા. ૧૫–૮–૩**૬**

શનિવાર તા. ૧૫મી ઓગષ્ટની રાત્રે મુંબઈની કચ્છી જમાતની એક જનરલ સભા જ, ઉસ્માન સોબાનીના પ્રમુખપદ હેઠળ મળી હતી. જેમાં કચ્છ મેમણ ટ્રસ્ટો સંબંધી ઠરાવ પસાર થયો હતો.

di. 96-7-36

धी भेमण मर्यंन्ट એસોસીએशनना सलासह शेठ आहमह हाल्ल अद्धुत इरीम બ્રહ્મચારીના તા. ૧૦-૮-૩૬ના રોજ બાંટવા મુકામે થયેલા ખેદજનક અવસાન બદલ તા. ૧૬-૮-૩૬ના રોજ એસોસીએશનની બોર્ડની શોકસભા મળી હતી જેમાં મહુંમના કુટુંબીઓ પ્રત્થે દિલસોઝી વ્યક્ત કરવામાં આવી હતી.

डसङ्चा ता. २३-८-३५

આદમજી શેઠના લોહચુંબકે આ વખતે મેમણ ભાઈઓને પણ ખેંચીને જ. જીન્નાહની પ્રવૃત્તિઓમાં વધુ રસ લેતા કર્યા છે. આમ તો કાઈદે આઝમનું હાવરા સ્ટેશન પર સામેચું કરવાથી લગાવીને તેમના દરેકે દરેક જાહેર તેમજ ખાનગી મેળ ાવડાઓમાં મેમણ ભાઈઓએ સારામાં સારો સહકાર આપી અનુકૂળ વાતાવરણ બનાવવામાં ખાસ મદદ કરી. પણ આદમજી શેઠના પ્રમુખપણા હેઠળ મળેલી ર૦ તારીખની ટાઉન હોલની ગંજાવર સભામાં તો મેમણ ભાઈઓ ઉત્સાહપૂર્વંક મોટી સંખ્યામાં આવ્યા. મુસલમાનોની આ જબ્બર સભામાં લગભગ પંદર હજારની હાજરી હતી. એ. કે. ફઝલુલ હક, મિ. અને મિસિસ કે નૂરદ્દીન, ડો. અને મિસિસ આર. અહમદ, મિસિસ એસ. એમ. ઝકરીયા, જ. અઝીઝ અન્સારી ઉપરાંત જનાબ જાનાણી, જ. ગની દાદા, જ. અ. કરીમ પાનવાળા, જ. હાજી ઈસ્માઈલ जानम्हम्मह, ज. हामह हाजु ઉમર, શેઠ સુબાશાહ, જ. સોઝર, જ. હબીબભાઈ વીંઘી, જ. અ. સરધારીયા. સતાર અલીમ્હમ્મદ યા વાળા, જ. નુરમુહમ્મદ હાજી વલી મોતીવાલા, अ. ગनी म्हम्मह ઉસ्मान ગાઝી, જ. અલીમુહમ્મદ ચુસુફ ગોડીલ વગેરે ગૃહસ્થો મુખ્ય હતા. શેઠ આદમજી હાજી દાઉદે ઉપસંહાર કરતાં કાઈદે આઝમનું અનુસરણ કરવાની ખાત્રી આપી ഭദി.

આઠ પ્રકારના મેમણી ખિતાબો

(વગર માંગ્યે એક બીજાને સંબોધીને અપાતા અળખામણા ખિતાબો)

સંશોધન : કાસિમ અબ્બાસ (કેનેડા)

વાધુકો : વગર માંગ્યે પોતાનો અભિપ્રાય આપનાર

વાચડો : જાણી કરીને આડી અવળી વાતો કરનાર

વેવલો : વગર સમજચે ગમે તેમ બોલનાર

લાવાલુતરો : વગર કારણે મફતની મગજમારી કરનાર

દોલસફો : ધડમાથા વગરની વાતો કરનાર

લેપરો : વગર કારણે વાતને અતિ લંબાવનાર

ડેઢડાહ્યો : ગાંડી ઘેલી વાતો કરનાર

અપલખણો : જેના લક્ષણો સારા ન હોય.

જીવન સંપૂર્ણપણે ભૂલાઈ ગયા છતાં ચોમેર નેકીની સુવાસ પ્રસરાવી રહેલું મેમણ નામ

મોહંમદ હાજી સાબૂ સિદ્દીક



વાલીદનું નામ હાજી સાબૂ સિદ્દીક અને વાલિદાનું નામ ઝૈનબ બાઈ હતું. મોહંમદનું બચપણ અને ચુવાવસ્થા ઘણું કરીને ખાસ નોંધપાત્ર કહી શકાય એવા કોઈ ખાસ બનાવો વગર જ વિતવા ഭദി. **૨૯મી** ਪਾਮੀ સપ્ટેમ્બર ૧૯૦૮ના રોજ પ રચી સ વરસની વચે ભરચુવાન आ। મોહંમદ હાજી સાબૂ સિદ્દીકનો જીવનદીપ હંમેશ માટે બુઝાઈ ગયો હતો.

> પરંતુ તેમણે પોતે તેમજ તેમના કુટુંબીજનોએ મહુંમના નામે કરેલી લાખો રૂપિયાની સખાવતોથી જે

વિશાળ પાચા પર લોકોપચોગી અને પરોપકારી પ્રવૃત્તિઓ આજે દસકાઓ થયા ચાલી રહી છે તેણે આ નામને મુંબઈની ગલીએ ગલીમાં ગૂંજતું અને મુંબઈ માર્ગે આવ-જા કરતાં ઉપખંડના મુસ્લિમોમાં અત્યંત જાણીતું કરી દીધું છે.

મોહંમદ હાજી સાબુ સિદ્દીકના નામથી સૌથી વધુ વિખ્યાત વસ્તુ મોહંમદ હાજી સાબુ સિદ્દીક મુસાફરખાના છે, જેની ચાર મજલાની શાનદાર ઈમારત મુંબઈની વચ્ચો વચ્ચ આવેલી છે.

મહુંમ મોહંમદ હાજી સાબૂ સિદ્દીકે આપેલા પાંચ લાખ

રૂપિયાના કોનેશનથી ૧૯૧૨માં મુંબઈ સરકારે મફત આપેલી ४००० योरस भीट प्रभीन पर બંધાયેલી આ ભવ્ય ઈમારત મુખ્યત્વે ભારતભરના અને વિદેશોના હાજીઓ માટે સમુદ્રી કે હવાઈ માર્ગે જીદ્દાહ પહોંચવા માટેની રવાનગીની તેમજ પુનરાગમનની મુખ્ય મંઝીલ છે. અત્યાર સુધીમાં કરોડો હજ પ્રવાસીઓ આ મુસાફરખાનાનો લાભ લઇ ચૂકચા છે. હજની મોસમ સિવાયના મહિનાઓમાં સખાવતી કે મઝહબી હેતુઓસર આવેલા મુંબઇ मु स्लिम પ્રવાસીઓને તેનો મફત ઉપયોગ કરવા દેવામાં આવે છે.

અંજાુમને ખુદામુન્નબીના વોન્ટીચરો રાત દિવસ હજ પ્રવાસીઓની ખિદમત માટે હાજર રહે છે. હજ મોસમ દરમિયાન દર વરસે હજારો હજ પ્રવાસીઓની સગવડો સાચવવામાં આવે છે. મુસાફરખાનાનો વહિવટ ટ્રસ્ટીઓના બોર્ડના હસ્તક છે.

આ નામ સાથેની એક વધુ સંસ્થા મોહંમદ હાજી સાબૂ સિદ્દીક પોલીટેકનીક છે.

મોહંમદ હાજી સાબૂ સિદ્દીક તેમના વસિચતનામામાં સખાવતી હેતુઓ જેમાં તાલીમ, રહેઠાણી સગવડ અને તબીબી રાહતનો સમાવેશ થઈ જતો હતો એ માટે આઠ લાખ રૂપિયાની રકમ મૂકી

કેટલાક નામો એવા હોય છે જે હજારો માણસોની જીભ પર દરરોજ આવતા હોય છે. પરંતુ એ નામો પાછળના ઇતિહાસ પર ભૂતકાળના જાડા થરો જામી ગયા હોય છે. મોહંમદ હાજી સાબૂ સિદ્દીક આવું જ એક ચિરંજીવી નામ છે.

मुं लईनी अने ड लोडोपयोगी संस्थाओ साथे જेनुं नाम જोडायेलुं छे એ मोहंमह हालु सालू सिद्दीडना लुवन अंगे मात्र એटली विगतो જ जाणी शडाई छे डे तेमनो जन्म ईस्वीसन १८८३मां એड श्रीमंत मेमण इटुं लमां थयो हतो. तेमना

GUJRATI SECTION

ગથા હતા. ઘણા વરસો સુધી આ रडम सुस्त पडी रही हती अने વ્યાજ ભળવાની સાથે વધતી ગઈ હતી. છેવટે ૧૯૩૩માં વિદાર્થીઓ માટેની ટેકનીકલ પ્રકારની તાલીમ મોહંમદ સિદીક 6131 ઇન્સ્ટીટયુટનો પાયો નાખવામાં આવ્યો હતો અને ૧૯૩૬માં मुंलर्घना એક समयन। गवर्नर છેલોને લગભગ ૧૭૫ વિદાર્થીઓ સાથે તેનું વિધિસર ઉદઘાટન કર્યું હતું, મુંબઈ શહેરની આ પહેલી જ टेडनीडल स्डूल हती. १८४५मां तेने पिरतृत डरी हाईस्डूलन् સ્વરૂપ અપાયું હતું જે મુંબઇ ઇલાકાની ગીજા અને બીન સરકારી માલિકીની પહેલી જ ટેકનીકલ હાઇસ્કૂલ ૧૯૪૬માં આ પૂરી સંસ્થાનો વહિવટ અંજાુમને ઈસ્લામ ટ્રસ્ટને સોંપી દેવામાં આવ્યો હતો. ૧૯૫૬માં આ સંસ્થાને કોલેજ સપાટી સુધી પહોંચાડી તેનું નામ મોહંમદ હાજી સાબૂ સિદ્દીક પોલીટેકનીલ રાખવામાં આવ્યું હતું. જુદા જુદા પ્રકારનું ઇજનેરી અને ઓદ્યોગિક જ્ઞાન આપતી આ પોલીટેકનીકમાં અત્યારે મોટી સંખ્યામાં વિદ્યાર્થીઓ ટેકનીકલ તાલીમ મેળવે છે. અને સરકાર સટીંફિકેટો સ્વિકત ดขา ડિપ્લોમાઓ પ્રાપ્ત કરે છે.

મોહંમદ હાજી સાબૂ સિદ્દીકના નામ સાથે આ ઉપરાંત સુધરાઈ સંચાલિત બે મેટરનીટી હોમો, લોનાવાલા મુકામે આવેલું અધતન સેનેટોરીચમ, ડિલીસ્લી રોડ પર આવેલી ખૂબસુરત મસ્જીદ અને ગરીબ મેમણો માટેનું ગરીબગૃહ પણ સંકળાચેલા છે, જેમનો હજારો સ્ત્રી પુરુષો લાભ ઉઠાવતા રહ્યા છે.

સમજો તો સારૂં **સુવાક**હો

- સુગંધની બાદબાકી કરી નાખો તો ફૂલ બેકાર છે.
 પ્રેમની બાદબાકી કરી નાખો તો જીવન બેકાર છે.
- 🗷 સરવાળો સારા કામનો, ગુણાકાર ગુણોનો બાદબાકી બુરાઈની, ભાંગાકાર ભૂલોનો.
- તમારા હાથ અને આંખને વિસામો આપો છો તે કરતાં પણ વધારે વિસામો તમારી જાભને આપો.
- સમય આપણને મોટા બનાવે છે, સમજ આપણને મહાન બનાવે છે.
- 🗷 જીવનમાં દરેક કાર્ચમાં વ્યસ્ત રહો, મસ્ત રહો પણ અસ્તવ્યસ્ત ના રહો.
- 🗷 નિયમ બંધન માટે નહિ, મુક્તિને માટે છે એટલું સમજો તો ઘણું.
- 🗷 દેહથી સંસાર છૂટે તો મોત, દિલથી સંસાર છૂટે તો ફકીરી.
- સારા દેખાવા માટે સંપતિની જરૂર છે, સારા બનવા માટે સંયમની જરૂર છે.
- 🗷 મા, કેમ છે ? તને એટલું કહે…તો એને મળી જશે તમામ સુખ.
- શાંતિ સમાન કોઈ તપ નથી, સંતોષ જેવું કોઈ સુખ નથી. તૃષ્ણા જેવો કોઈ રોગ નથી, દયા જેવો કોઈ ધર્મ નથી.
- 🗷 જીવનમાં શાંતિ મેળવવા 'હવાફેર'ની નહિ પણ 'મનફેર' કરવાની અતિ જરૂર છે.
- 🗷 જીભને બુલડોઝર નહિ, પાણીનો કુંજો બનાવજો. બુલડોઝર ઉખાડવાનું અને કુંજો ઉગાડવાનું કામ કરે છે.
- સીડીનું કામ શરીરને ઉપર ચઢાવે, સંપતિનું કામ દિમાગને ઉપર ચઢાવે, સદગુણનું કામ આત્માને ઉપર ચઢાવે.
- 🗷 માત્ર પોતાના ભેજા મુજબ જ નહિ, વકીલોના નેજા હેઠળ પણ જીવતા શીખો.
- 🗷 શરીરનું આરોગ્ય જાળવવા SALT અને SUGAR છોડો
- 🗷 आत्मानुं आरोञ्च જाળववा FAULT अने ANGER छोडो.

મોકલનાર :

ઈકબાલ ઝકરીયા બગસરાવાલા (વેરાવળવાલા)





દુબઈથી મુંબઈ અને પછી ભાવનગર. સોરાષ્ટ્રનું એક સુંદર શહેર જયાં શાંતિ છે.

દુબઈથી ભાવનગર પહોંચીને લાગે કે જાણે મોટા મોટા સિટીના હંગામાથી આપણે સુંદર અને શાંત વાતાવરણમાં આવી ગયા.

અહીંચા આવીને મને ખબર પડી કે અહીંચાના લોકો પણ મહાન છે.

એટલે આ સચ્ચાઈ લખવા માટે બેચેન થઈ ગઈ.

સવારના હું બાલ્કનીમાં સુંદર હરીચાળી જોઇ રહી હતી. આકાશમાં પક્ષી ઉડતા જોઇને કુદરત ઉપર વિચાર કરી હતી કે સામે ગ્રાઉન્ડ ફલોરના એપાર્ટમેન્ટમાં મારી નજર પડી.

એક ભાઈ જે બે પગોથી અપંગ હતા ને ચાલી નહોતા શકતા, એમને આસ્તે આસ્તે પકડીને મોટી હાથ ગાડી જેવી રીક્ષામાં બેસાડ્યા અને એક બેન જે પણ બરાબર ચાલી નહોતા શકતા અને એમની સાથે બેસી ગયા અને ભાઈને હાથથી ગાડી ચલાવતા મેં દૂર સુધી જતાં જોયા.

રોજ સવારે આ લોકોને હું જોતી ને વિચારમાં પડી જતી.

મારી મુલાકાત જયરાજ સાથે થઈ જે મારા ભગીજા આમીરનો મિત્ર હતો. જયરાજ એક સારા ઘરનો છોકરો લાગતો હતો. મેં તેને પૂછયું કે જયરાજ તારા મમ્મી–૫૫૫ા કેમ છે. તો કહેવા લાગ્યો કે તમે રોજ સવારમાં જેમને વ્હીલચેર ઉપર જતાં જોવે છે તે જ મારા માતા–પિતા છે.

જયરાજના પિતા ચોંહાણનો જન્મ એક મિકલ કલાસમાં થયો અને પોલીયાના એટેકથી એમના બેપગ અપંગ થઈ ગયા છે અને ચાલવાથી લાચાર થઈ ગયા છે. થોડા વિદસોમાં જાણે દુનિયા અંધેર થઈ ગઈ.

થોડા દિવસમાં એમણે પોતાને સંભાળવાની કોશિષ કરી અને ભણવામાં દિલથી પોતાનું ધ્યાન લગાડી દીધું અને પોતાના અપંગપણાને પોતાના ઉપર બોજ બનવા ન દીધો.

સ્કૂલથી કોલેજની મંઝીલ પાર કરતા રહ્યા અને સારા નંબરે પાસ થતાં રહ્યા. એટલું જ નહીં એમની હિંમત અને કોશિષથી સરકારી નોકરી મળી ગઈ. પણ મંઝીલ હજુ દૂર હતી. પછી એમના જેવા એક બહેન પણ અપંગ હતા અને એક સ્કૂલના ટીચર હતા. એ બંને જણાના લગ્ન થયા અને સુખી જીવન ગાળવા લાગ્યા. તેમને ત્યાં ત્રણ દિકરાઓનો જન્મ થયો. તથા સાથે સાંજના ટાઈમમાં એક નાની દુકાન જે વીલચેર રીપેરીંગનું કામ શરૂ કર્યું.

સાંજનો ટાઈમ ત્યાં આપવા લાગ્યા. ધીરે ધીરે બાળકો મોટા થતાં રહ્યા અને એમનું બિઝનેસ પણ સારૂં ચાલવા લાગ્યું. ના કોઈની હમદર્દી લીધી ના કોઈનો અહેસાન. પોતાની જ મહેનતથી મંઝીલ દર મંઝીલ પાર કરતા રહ્યા.

કુદરતની મહેરબાનીથી આજે એમની પાસે એક મોટું શો રૂમ છે. જે એમનો દિકરો ચલાવે છે. જેથી સુશીલ રીતે રહે છે. એક દિકરાને બાબો પણ છે. તથા બે દિકરાઓ કોલેજમાં ભણે છે.

પિતાના કામ કાજમાં મદદ પણ કરે છે. કહેવાનું એટલું જ છે. તમારામાં કોઈ કમી હોય તો માયુસ થવાની જરૂર નથી. તમે મહેનત કરો, કુદરત તમારી મદદ કરશે.

જીવનને ચેલેન્જ સમજીને કબૂલ કરવું જોઈએ અને આગળ વધવું જોઈએ. પછી જુઓ કે મંઝીલ તમારા સામે ચાલીને આવશે...

–સર્ઘદા ચાકૂબ, દુબઇ.

ઍસિટા આલસ− જાજ્યુઆ*રી−૨*૦૧૧

મારી ડાયરી



સંકલનઃ ઉમર અ. રહેમાન ખાનાણી

સમાજ, સરકાર, મઝહબ, સિયાસત, સાહિત્ય, પગ્રકારિત્વ, ઇતિહાસ, વિજ્ઞાન અને રમત-ગમત સહિતના જાહેર જીવનના લગભગ તમામ ક્ષેત્રોમાં મેમણ બિરાદરીના સભ્યો અગત્યનો ભાગ ભજવતા રહ્યા છે, જેની નોંધ રખાવી જોઈએ. આ સંબંધમાં 'મેમણ આલમ'માં અપાતી રહેલી માહિતીઓમાં મેં ૧૯૪૯થી જ મારી ડાયરી લખવી શરૂ કરી હતી. એ ડાયરીને સન ૨૦૦૩માં My Diaryના શિષ્ક હેઠળ અંગ્રેજીના પુસ્તક રૂપે પ્રગટ કરવામાં આવી હતી. એ પુસ્તકમાં ડિસેમ્બર ૨૦૦૨ સુધીની ટુંકી નોંધો ટપકાવેલી હતી. હવે એ પછીના ગાળાની નોંધો અગે પ્રગટ કરવામાં આવી રહી છે, જે ભવિષ્યમાં નવી પેઢી માટે અગત્યની પુરવાર થઈ શકે છે. મજકુર ટુંકી નોંધોની વિગતવાર માહિતી 'મેમણ આલમ' માસિકમાં પ્રગટ થઈ ચૂકી છે.

29-5-2009

મેમણ સમાજના દાનવીર ઉદ્યોગપતિ જ. અ. રઝઝાક અલાનાનો ર૭મી જુન ૨૦૦૭ના મુંબઇ ખાતે ઇન્તેકાલ થયેલ. જ. અ. રઝઝાક અલાના નામવર ઉદ્યોગપતિ અને સખીદાતા હતા જેઓએ મેમણો ઉપરાંત સાર્વજનિક ધોરણે ટ્રસ્ટ બનાવ્યા હતા અને તેની માલી ઇમ્દાદ કરતા હતા.

મુંબઇ અને પૂના ખાતે કોલેજોની સ્થાપના કરી હતી. તેઓએ મેમન વેલ્ફેર સોસાયટી, મેમન ચેમ્બર ઓફ કોમર્સ, માર્કેંટ હાલાઇ જમાતના જુદા જુદા ઓહદે રહી સેવાઓ આપી હતી.

2-6-2009

જાણીતા મેમણ ઉદ્યોગપતિ જ. અ. મજીદ અ. અઝીઝ બાલાગામવાલાની અમેરિકામાં હ્યુસ્ટન શહેરનું માનદ નાગરિકપદ હ્યુસ્ટનના મેચર બીલ વ્હાઇટના હસ્તે અપણ કરવામાં આવેલ અને ટેક્ષાસના ઓસ્ટીન શહેરના મેચર મી. વીલ વીને ત્યાંની સીટી કાઉન્સીલે પણ જનાબ અ. મજીદ અ. અઝીઝને માનદ શહેરીપદથી નવાઝયા હતા.

સિંમણ આલમ— જાજ્યુઆરી–૨૦૧૧

93-6-2009

કુર્આંન પાંકના મુફસ્સીર, કુર્આંનના શબ્દોના કોશકાર, વિખ્યાત મેમણ આલિમે દીન નાગપુર (ભારત) ખાતે મોલાના અ. કરીમ પારેખનો ૧૩મી સપ્ટેમ્બર ૨૦૦૭ના ઇન્તેકાલ થયેલ.

મોલાના અ. કરીમ પારેખની ગણના ટોચના મઝહબી વિદ્ધાનોમાં થતી, આપે સરળ ઉદું ભાષામાં આસાન લુગાતુલ કુઆંન તૈયાર કરી હતી. બાદમાં ભારત. પાકિસ્તાન અને બાંગ્લાદેશમાં તેની ૪૦થી વધુ આવૃત્તિઓનું પ્રકાશન થયું તેમજ ઉદૂં ઉપરાંત હિન્દી, ગુજરાતી, બંગાળી, તુકી અને અંગ્રેજા ભાષામાં તેના તરજમા થયા हता. भोवानानी सेवाओनी કદરરૂપે જાન્યુઆરી ૨૦૧૧ના भोलानाने लास्तना प्रवासत्ताड हिनना अवसरे भारतना अति ઉચ્ચ ખિતાબ પદમભૂષણથી નવાઝવામાં આવ્યા હતા.

8-6-5009

ધી મેમન એજયુકેશનલ એન્ડ વેલ્ફેર સોસાયટીના માજી ઉપપ્રમુખ અને આગેવાન સામાજીક કાર્યંકર અ. મજીદ પાટકાનો ૪થી સપ્ટેમ્બર ૨૦૦૭ના મુંબઇ મુકામે ઇન્તેકાલ થયેલ.

તેમણે ધી મેમન કો-ઓપરેટીવ બેંકના ચેરમેન, આગબોટવાલા ચેરીટેબલ ટ્રસ્ટના ટ્રસ્ટી અને મુંબઇ હાલાઇ મેમણ જમાતના પ્રમુખ તરીકે વરસો સુધી સેવાઓ બજાવી હતી.

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28-6-2009

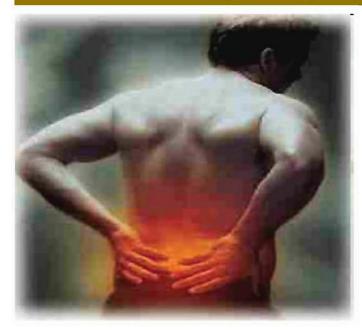
કુતિયાણા મેમણ બિરાદરીના સામાજીક કાર્યંકર હાજી અબુબકર અ. ગની પટેલનો તા. ૨૪–૨– ૨૦૦૭ના ઈન્તેકાલ થયેલ.

જ. અબુબકર ૧૯૬૪ના બી.કી.ના મેમ્બર ચૂંટાચા હતા. મહુંમ કુતિયાણા મેમણ વોલંટિચર કોરના સ્થાપક સભ્ય હતા. ૧૯૬૩ના કુતિયાણા મેમણ વોલંટિચર કોરના કેપ્ટન ચુંટાયા હતા. ૧૯૭૧ના પાક-ભારત યુદ્ધ વખતે તેઓ ખારાધર વિસ્તારના પોસ્ટ વાર્ડન તરીકે કામ કરેલ અને મોહલ્લા કમિટીના ચેરમેન ચૂંટાયા હતા.

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G~06

કમરના દુઃખાવાને ટાળવા માટે આટલું જરૂર કરો



ટુંકમાં કોઇ પણ કામ એકધારૂં બેસીને ન કરવું.

(Y) એક સ્થિતિમાં લાંબો સમય ઊભા રહેવાથી પણ કરોડરજજુ તથા મણકા પર ભાર આવે છે. જ્યારે લાંબો સમય નાછૂટકે ઊભા રહેવ્ જરારી ഗപ് ત્યારે SIGH अले क्रमागा

પગ પર વજન આવે તે રીતે વારાફરતી ઊભા રહેવું અને ત્યાં સુધી એકધારૂં લાંબો સમય ઊભા ન રહેવું,

- (૪) વધુ પડતી માનસિક તાણને લીધે પણ કમરના સ્નાયુઓ પર ભાર આવે છે. તેથી વાંસાનો દુ:ખાવો થાય છે. આથી જયારે મન પર વધુ પડતો બોજો આવે ત્યારે "મનને તાણમુકત" કરતાં શીખવું જરૂરી છે.
- (૭) વજન ઉપાડતી વખતે ઢીંચણથી વળવાની ટેવ પાડવી. મોટેભાગે આપણામાં આ ટેવ નથી હોતી. આપણે વજન ઉપાડીએ ત્યારે પહેલા કમરેથી જ વળીએ છીએ. આને કારણે કમરના સ્નાયુનો દુ:ખાવો થાય છે.
- (૮) પીઠ તથા કમરના રનાચુઓને નિયમિત કસરત આપવી. જરૂર પડે તો તે માટે યોગ્ય તજવીજ દા.ત. ફીઝીયોથેરાપીસ્ટની



સલાહ લેવી. ટકાર ઊભા રહીને ખભાને ઊંચા-નીચે કરવા, ડાબા હાથે જમણો કાન અને જમણે હાથે ડાબો કાન પકડીને ઊભા રહેવું. આ રીતે દરરોજ સાત-આઠ વાર કરવાથી સ્નાથુ મજબૂત થશે.

- (૯) ઊંચી એડીવાળા બૂટ, સેન્ડલ પહેરવાનું છોડી દેવું ખૂબ જરૂરી છે. આવા બૂટ સેન્ડલ પહેરવાથી અમુક સમય પછી વાંસા તથા કેડનો દુઃખાવો થાય છે.
- (૧૦) જે લોકોને એકધારૂં બેસીને કામ કરવાનો વ્યવસાય હોય. (દા.ત. લખવાનું કામ, કોમ્પ્યુટરનું કામ વગેરે) જેમાં માથું તથા ગરદન નીચે રાખી કામ કરવું પડતું હોય તો તેવા લોકોએ કામ કરતાં કરતાં થોડીવારે ટ્કાર બેસી પીઠ તથા વાંસાને આરામ આપવો જોઈએ. લખવાનું કામ કરનારે, જો જરૂર પડે તો ખાસ પ્રકારનું 'રાઈટીંગ ડેસ્ક' (લખવા માટેનું ઢળતું ટેબલ)બનાવડાવું જોઈએ.
- (૧૧) કેટલીકવાર બધી સાવચેતી અને ઉપાયો રાખવા છતાં કમરનો દુઃખાવો સામાન્ય ઉપયોગથી ન મટે ત્યારે મોડું કર્યાં વિના નિષ્ણાંતની સલાહ લેવી.

કમરના દુખાવાના ઘણા કારણે છે જેની વિગતવાર તબીબી તપાસ જરૂરી હોય છે. તેની ચર્ચા અગે ન કરતા કમરના દુઃખાવા માટે જવાબદાર સામાન્ય પરિબળોથી બચવાના ઉપાયો અગે જણાવ્યા છે.

- (૧) ફ્રોમ રબ્બરના ગાદલા કે રૂના જાડા ગાદલા પર સુવાની ટેવ છોડી દેવી. એથી ઉલ્દું એક્દમ કડક પથારીમાં સુવાથી કમરનો દુ:ખાવો મોટા ભાગે થતો નથી.
- (૨) ઊભા રહેતી વખતે કમર સીધી રહે તે જરૂરી છે. એક બાજુ યા આગળ-પાછળ નમીને ઊભા ન રહેવું.
- (3) બેસતી વખતે પણ કમર સીધી રહે તેમ બેસવું. એકજ સ્થિતિમાં લાંબો વખત બેસી ન રહેવું.
- (૪) થોડી-થોડી વારે ઊભા થઈને ફરી બેસીને કાર્ય ચાલુ રાખવું. કોઈ કોઈ વાર વચ્ચે વચ્ચે થોડા ડગલાં ચાલવું, ફરી પાછું બેસવું.

GUJRATI SECTION

"અરે ભાઈ, આ ખાંડનું વજન તો બરાબર કરો. જુઓ, ખાંડ ભરેલું (કાટલું) છાબડું તો હજા ઊંચું છે અને સામેનું વજન તોલા રાખેલું છાબકું ઘણું નીચું નમેલું છે. આ ખાંડનું વજન ઓછું દેખાય છે. ભાઇ." કરીથી વજન કરી આ રીતે આપણે ખરીદ કરેલ દરેક વસ્તુનું વજન વ્યવસ્થિત કરવાનો હ્રુકમ કરતા રહીએ છીએ. તેવી જ રીતે આપણે છોકરો કોઈ પણ વસ્તની ખરીદ કરીને વધેલા પૈસા પાછા લઈને આવે છે અને તેમાં ઘસાચેલા સિક્કા કે નોટ इाटेली लईने आवे छे. तो त्रंत आपणे तेने ठपडो आपीने આપણી હોશિયારીની જાહેરાત કરીએ છીએ. જીવનમાં જાણે અજાણે અનેક પાપ અને પૂણ્યના કામ થતા જ હોય છે. પણ પાપ વધુ છે કે પૃણ્ય વધુ છે ? તેનું वक्रम हरवामी हथारेथ प्रश આપણે કાળજી લેતા નથી. કદાચ પાપનો છાલકો (ત્રાજવું) નીચે નમેલું હોચ તો સામેના છાબડામાં प्रथनं वक्न मुडवानी डोशिष આપણે કરીએ છીએ ખરા ?

જુઓ આપણને કુદરતે હવા, પવન, પાણી, પ્રકાશ, ਅਜੇ અગણિત अंडिपान सगवडताओं तहन महतमां આપણા જીવન કાંટાના અલગ અલગ એક છાબડા (ત્રાજવા)માં આપણી સલાહ મશ્વેરા વિના મૂકી દીધેલ છે. આપણી ઓછી વધ્ ਸਫੇਗਰਗ। ਯદલामां होंसत, ઓલાદ, ઘંઘો, વેપાર, બાગ, બગીચા, મોટર, નોકર, મહેલ अने <u>पैसाथी जरीही शहाय ते</u>वी અનેક સુવિધા આપણા





જીવનકાંટાના એક છાબડા (ત્રાજવા)માં કુદરતે હંમેશા મૂકવામાં કરકસર કરી નથી.

આપણું શરીર, હાથ, પગ અને પ્રા અંગ સાથે એક ચમત્કારિક સાધન એટલે કે भगवने जोपरीनी डेजीनमां सुरक्षित गोठवीने अनोजी भेट ક્દરતે આપણને આપી છે. શરીરની તંદુરસ્તી, છાતીની બખોલમાં ઓટોમેટીક ધડકતા હુદયની બક્ષીસ પણ વિના મૃલ્યે આપણા જાવનકાંટાના ગાજવામાં મૂકીને આપણા ઉપર અનોખો ઉપકાર કરેલ છે. હવે, થોકુંક વિચારવા માટે અટકો અને જુઓ તમારા જીવન એક ત્રાજવામાં કુદરતે કેટલું કેટલું મૂકીને છાબડું ભરપૂર કર્યું જે બધું હાજર છે.

હવે સામે ટીંગાતા છાબડા તરફ નજર કરો. તેમાં તમારા હાથથી જ મૂકેલું એક 'નથી'નું લિસ્ટ છે. જેમાં આજે હવામાં ઠંક નથી, પાણી સ્વચ્છ નથી, ઝાડ, પાન અને ખોરાક પૂરતા નથી. દોલત ઘણી ઓછી છે. ઓલાદ ધમધોકાર નથી, મોટર નથી, ચાકર નથી, મોટો મહેલ નથી, હાથ-પગ સુંદર નથી. તંદુરસ્તી ઓછી છે, અગાઉ જેવી તંદુરસ્તી ઘોડા જેવી હંમેશા રહેતી નથી. મગજશક્તિ અને હૃદચની ગતિ એકસરખી નથી.

આ નથી, તે નથી, નથીના લાંબા લીસ્ટને જીવનકાંટાના બીજા છાબકામાં મૂકશો એટલે હાજર છેનો ગાજવો ઊંચો અને 'નથી'નું ગાજવું ઝૂકેલું દેખાશે અને ઝૂકેલા છાબકા તરફ નજર રાખીને જ આપણો માનસિક કન્ટ્રોલ ગુમાવીને ધૂંવાફૂંવા કરી રઘવાયા થઇ જઇએ છીએ અને 'નથી'ના રોદણા રડવા લાગીએ છીએ.

આ વજનના વધઘટ માટે રોજ ફકત એક કલાકની ફુરસદ લઈને નિરાંતે 'હાજર છે' તે शाक्या उपर नकर हेरवीने ધ્યાનથી જોવાની કોશિષ કરીશું તો 'હાજર છે'નું ગણતરી કરવાથી 'હાજર છે' તેનું વજન વધારે જણાશે અને હવે એક ચમત્કાર थशे अने अ। ४ ४ नथी ते ભવિષ્યમાં કુદરત જરૂર પૂર્ણ કરીને 'હાજર છે' તે છાલડાને નીચે નમાવી દેશે. તે માટે સબર એટલે સહનશકિત, સંતોષ, આશા અને ઉમંગનું વજન પણ હાજર છે તે કાટલા (છાબડા)માં મૂકવું પડશે અને પછી વજન કરો એટલે मानसिंड शांति अने अनेरा સુખનો અનુભવ થશે. એટલે ભાઈ, હવે વાટ કોની જુઓ છો ? આજે અને હમણા જ વજન કરો અને વજન જ કરો.

હાજી મો. હુસેન નાગાણી (દ્યોલ) ગુજરાત

મા-બાપની દુઆ એ દુનિયાની સોથી મોટી ડીગ્રી છે

"એક મા દસ બાળકોને સાચવી શકે છે, પરંતુ દસ બાળકો એક માને સાચવી શકતા નથી."

જયારે ભાળકનો જન્મ થાય છે ત્યારે ઘરમાં ખુશીનો માહોલ છવાઈ જાય છે. દિકરો હોય કે દિકરી પણ તે જ્યારે પેદા થાય છે ત્યારે જલેબી અને પેંડા સગાસંબંધીમાં વ્હેંચાય છે. એક માની કરજ બજાવતી (નિભાવતી) ઓરત પોતાના બાળકને કોઈ પણ પ્રકારની તકલીક પડવા દેતી નથી. જ્યારે બાળક રાગે રડતું હોય ત્થારે मा-लापने पण नींह (छंघ) આવતી નથી. એક બાળક જયારે પેશાબ કરે છે ત્યારે તેને સૂકી જગ્યાએ સૂવાડે છે અને ખુદ ભીની જગ્યા પર સુઈ જાય છે. બાળક જ્યારે બીમાર પડે ત્યારે મા-બાપ કેટલી જગ્યાએ લઈને જતા હોય છે. જેવા કે ડોકટર, મોલાના પાસે તાવીજ માટે વગેરે.... બાળક જ્યારે સ્કૂલ જવાની ઉમરે પહોંચે ત્થારે કોઈ પણ રૂતુમાં ખુદ તકલીફ સહન કરે છે પરંતુ બાળકને સહેજ પણ તકલીક પડવા દેતા નથી. કોઈ પણ ગરીબ મા-બાપ પાસે પૈસા ન હોય તો પણ બ્રાળકની દરેક જીદ પૂરી કરે છે. મા-બાપ ભલે અમીર હોય કે ગરીબ પણ પોતાના બાળકને ખુશ રાખે છે, મા પોતાના બાળક માટે દરેક પ્રકારના બલિદાન આપે છે. પરંતુ એ બાળક જ્યારે શાદી કરે છે પછી શું ? ત્યારે ਮਾ–ਯਾਪ ਦਾਮੇ ਪ੍ਰਣਰ 5੨ છੇ ਤੇ "ਰਮੇ



અમારા માટે શું કર્યું છે ?" એવા દરેક પ્રકારના સુવાનોએ આ પ્રશ્ન સાચવીને રાખવો જોઈએ કારણ કે આજે જે સુવાન પોતાના મા-બાપને પ્રશ્ન કરે છે તો ભવિષ્યમાં તમે પણ કોઈના મા-બાપ બનવાના છો. ત્યારે દરેક યુવાનોએ જે મા-બાપના દરજજા પર પહોંચીને વિચાર કરવો પડશે કે ભૂતકાળમાં આપણે જે વર્તન કર્યું છે તે જ વર્તન આપણી સાથે થઈ રહ્યું છે.

મારા મત મુજબ દરેક એ યુવાનો જે પોતાના મા-બાપને તકલીફ પહોંચાડે છે તે દુનિયાનો સોથી ગરીબ ઈન્સાન છે પછી ભલે ને ડોકટર, એમ.બી.એ., પીએચડી, સીએ વગેરે હોય. અને અલ્લાહ પાકના ઘરે બેશક જવાબ તો આપવો જ પડશે.

"માબાપની દુઆ એ સોથી મોટી મિલ્કત અને સોથી મોટી કીગ્રી છે." "જો મા–બાપ ખુશ થશે તો આપણે ખુશ, જો મા–બાપ દુઃખી તો આપણે દુઃખી." "અલ્લાહ પાક દરેકને નેક હિદાયત આપે. આમીન." –ઈરફાન મેમણ (જુના કીસા)

કાં કાં કાં છે

વિદ્યાર્થી કહે છે કે જિંદગી ભણતર છે શિક્ષક કહે છે કે જિંદગી લેકચર છે ઈન્જિનિચર કહે છે કે જિંદગી ઈમારત છે. ગરીબ કહે છે કે જિંદગી ઝૂંપડાઓ છે શ્રીમંત કહે છે કે જિંદગી પેસા છે ખેલાડી કહે છે કે જિંદગી ખેલ છે. પ્રેમી કહે છે કે જિંદગી મંઝીલ છે. દોસ્ત કહે છે કે જિંદગી દોસ્તી છે. હું તો કહું છું કે જિંદગી એ તો જીવન છે. –સદ્દામહુસેન કટલેરીવાલા (ઉપલેટા)

G-09

એઝલા આલસ− *જાન્*યુઆરી-૨૦૧૧

GUJRATI SECTION

જીવન મૂલ્ચ

પિસાથી પલંગ ખરીદી શકાય છે, ઊંઘ નહિ.

| |પેસાથી પુસ્તક ખરીદી શકાય છે, | |ज्ञान નહિ.

પૈસાથી દવા ખરીદી શકાય છે, | | |આરોગ્ય નહિ.

પૈસાથી ભોજન ખરીદી શકાય છે, ભૂખ નહિ.

પૈસાથી સુવિધા ખરીદી શકાય છે, શાંતિ નહિ.

પિસાથી માણસ ખરીદી શકાય છે, લાગણી નહિ

પેસાથી ઘડિયાળ ખરીદી શકાય છે, સમય નહિ.

જીવનનું મૂલ્ય વસ્તુ પૈસાથી નથી મળતું. –૨ફીક મોહંમદ જે. પાલનપુર

મોંઘા મોતી

પરહેઝગારી વગર બુદ્ધિ શોભતી નથી. ઈલ્મ વિના બુઝૂગી શોભતી નથી. ખોક વિના કામ્યાબી શોભતી નથી धन्साइ विना બાદશાહી શોભતી નથી. આદર વિના શરાકત શોભતી નથી શાંતિ વિના ખુશી શોભતી નથી सजावत विना માલદારી શોભતી નથી. नम्रता पिना અમલદારી શોભતી નથી. संतोष पिना દૂરવેશી શોભતી નથી. તોફિકે ઈલાહી વિના

डक्मी तरानुं

મેમન કવ્ય તું ઝિન્દાબાદ, ઝિન્દા કવ્ય તું ઝિન્દાબાદ, તાબિન્દા રખશિન્દાબાદ, મેમન કવ્ય તું ઝિન્દાબાદ

तािष्ट सनस्ति तरीडे, डप्म नमूनेहार तरीडे, हुन्थामें तािंजहाजाह, मेमन डप्म तुं जिन्हाजाह

'આદમજી' 'દાઊદ' 'બાવાની' હીરે મોતીજી કહાની ઝગમગ ને તાબિન્દાબાદ મેમન કવ્મ તું ઝિન્દાબાદ

મવલાના સત્તાર તરીકે, અઝમતજે મીનાર તરીકે, જગભરમેં રખશિન્દાબાદ મેમન કવ્ય તું ઝિન્દાબાદ

કુતબ મિનારો કાલજો મેમન, દ્યુવ જો તારો હાલજો મેમન મુસ્તકબિલ તાબિન્દાબાદ મેમન કવ્ય તું ઝિન્દાબાદ

દિલકશ હર તસ્વીર અસાંજી સૂરજ હર 'તન્વીર' અસાંજી તાબિન્દા પાઈન્દાબાદ મેમન કવ્મ તું જિન્દાબાદ

-તન્વીર વાસાવડી

મિમલા આલમ- જાજ્યુઆરી-20૧૧

જેહાદ શોભતું નથી.

मुभव सभागार

હાજી સમદ પરદેસીને અપાચેલો "ફખ્રે કુતિચાણા"નો લકબ

કૃતિયાણા મેમણ બિરાદરીએ તેના અગ્રેસર અને જાણીતા મેમણ દાનવીર હાજા અ. સમદ હાજા અ. રહીમ ગીગા પરદેસીની બિરાદરી માટેની અમૂલ્ય સેવાઓને ધ્યાનમાં લઈને તેમનું બહુમાન કર્યું હતું અને તેમને 'ફખ્રે કુતિચાણા'નો ખિતાબ એનાયત કર્યો હતો. આ સંબંધમાં અકીલ હાજા અ. કરીમ ઢેઢી તથા હાજા સમદ પરદેસી તરકથી કરાચીના રેલ્વે ગ્રાઉન્ડમાં શાનદાર સમારંભ યોજવામાં આવ્યો હતો. કુતિયાણા મેમણ એસોસીએશનના પ્રમુખ હાજી રફીક પક્કલ તથા મહામંત્રી હાજી અ. કરીમ બુઢાણી સહિતના આગેવાનોની હાકલ પર કુતિચાણાવાસીઓ મોટી સંખ્યામાં સમારંભમાં હાજર રહ્યા હતા.

દરમિયાન હાજી સમદ પરદેસીએ તેમનું આદરમાન કરવા બદલ સમસ્ત કુતિયાણા બિરાદરીનો આભાર માન્યો હતો. તેમણે બિરાદરીના છોકરા છોકરીઓને તાલીમ પર ભરપૂર ધ્યાન આપીને પોતાને એટલા કાબેલ બનાવવાની હાકલ કરી હતી કે દુનિયા તેમની પાછળ ભાગે. તેમણે જનાબ આહમદ યીનોય, રફીક પક્કલ, આરીફ જાનમોહંમદ ડાઘા, હાજી ઉસ્માન પરદેસી અને હાજી ઝીકર રંગીલાનો ખાસ આભાર માન્યો હતો.

અ.અઝીઝ મેમનને અપાયેલો પ્રમુખનો શ્રેષ્ઠ કારકિર્દીનો એવોર્ડ

-पाडिस्तानना टोयन

વેપારીઓ, ઉદ્યોગપતિઓમાં સ્થાન ધરાવતા મેમણ આગેવાન અને પાકિસ્તાન નેશનલ પોલીયો પ્લસ કમિટીના ચેરમેન જનાબ અબ્દુલ અઝીઝ મેમનને પ્રેસિકેન્ટસ એવોર્ડ ફોર પ્રાઈંડ ઓફ પરફોર્મેન્સથી નવાજવામાં આવ્યા છે. પ્રમુખ આસિફઅલી ઝરદારીએ પોલીયોની નાબ્દીના રાષ્ટ્રીય કાર્યક્રમનો આરંભ કરતી વેળા આ જાહેરાત કરી હતી.

જ. અઝીઝ તેમના અનેક ક્ષેત્રોમાં વિશાળ વ્યાપાર ધરાવતા કોંગ્સ ગ્રુપના ચેરમેન છે, જે ખાસ કરીને નીટેડ ગાર્મેન્ટસની સોથી વધુ નીકાસના એવોર્ડ મેળવતું રહ્યું છે.

भानव सेवाना ભેખધારી ડો. અ. સત્તાર એધીને એન્ગ્રો એકસેલેન્સનો મળેલો એવોર્ડ

હાલમાં જ એન્ગ્રો કોર્પોરેશન લીમીટેડે દર વરસે ગણ નામાંકિત પાકિસ્તાનીઓને પસંદ કરીને એવોર્ડ આપવાનું શરૂ કર્યું છે અને તેમાં ડોક્ટર અબ્દુલ સત્તાર એધીને તેમની સામાજીક અને માનવતાવાદી સેવાઓની સ્વીકૃતિરૂપે પહેલા એન્ગ્રો એકસેલન્સી એવોર્ડ-૨૦૧૧થી

જ. બશીર અલીમોહંમદને મળેલ એવોર્ડ

पाडिस्तानमां डापडनी निडासमां आगवुं नाम धरावती गुल એહमह टेक्षटाईल मीट्स लीमीटेडने होम टेक्षटाईल डेटेंगरीमां इान्सने निडास डरनार सोथी मोटा એक्षपोर्टर तरीडे જाहेर डराई છે.

કરાચીની એક હોટલમાં યોજાયેલા સમારંભમાં ગુલ એહમદ મીલના ચેરમેન અને ઇન્ટરનેશનલ ટેક્ષટાઈલ મેન્ચુફેકચર્સ ફેડરેશનના પ્રમુખ જનાબ બશીર અલી મોહંમદને સમારંભને મુખ્ય મહેમાન ફ્રાન્સના એલચી ડેનીયલ જુસાનીયુના હાથે આ પ્રતિષ્ઠિત એવોર્ડ અપઁણ કરવામાં આવ્યો હતો.

વર્લ્ડ ચેમ્બર્સ ફેડરેશનમાં ચૂંટાચેલા અબ્દુલ મજીદ હાજી મોહંમદ

મેમણ બિરાદરીના આગેવાન વેપારી અને કરાચી ચેમ્બર ઓફ કોમર્સ એન્ડ ઈન્ડસ્ટ્રીના માજી પ્રમુખને વર્લ્ડ ચેમ્બર્સ ફેડરેશનની જનરલ કાઉન્સીલના સભ્ય તરીકે ચુંટી લેવામાં આવ્યા છે.

આ ફેડરેશન દુનિયાના ૧૨૫ દેશોની ૧૫૦૦ વેપારી ચેમ્બરોનું પ્રતિનિધિત્વ ધરાવે છે અને તેમાં પાંચ રીજીયન એશીયા, આફ્રિકા, મધ્યપૂર્વ, ચુરોપ અને અમેરિકાની કુલ ૨૦ બેઠકો છે. અ. મજીદ હાજી મોહંમદની વરણીને પાકિસ્તાનની વેપારી બિરાદરી માટે ગર્વની બિના ગાયવામાં આવી છે.

મોરબી ટંકારા મેમણ એસોસીએશન ૨૦૧૦-૧૨ માટે ચુંટણી

મોરબી 2,2151 મેમણ એસો.ની ૨૦૧૦-૧૨ માટેની ૨૩ જાન્યુઆરીના ચોજાયેલ યુંટણીમાં અબુબકર સિદ્દીક લાખાણીઃ પ્રમુખ, મોહંમદ અસલમ અલ્લાહરખા समानाः पहेला नायल प्रम्फ, મોહંમદ જુનેદ ઈકબાલ ગોધરાઃ બીજા નાચબ પ્રમુખ, મોહંમદ હુસેન હાજી ઉમર મીનાવાલાઃ જનરલ સેક્રેટરી, મોહંમદ કાશીફ અ. રહેમાન સાબરાનીઃ પહેલા જોઈન્ટ સેક્રેટરી. અ. સમદ હાજા મોહંમદ ચકલાઃ બીજા જોઈન્ટ સેક્રેટરી જયારે કે હાઉન ઉસ્માન જુનાણી ખજાનચી નિમાયા eal.

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સિંમણ આલમ- જાળ્યુઆ*ચી-*૨૦૧૧

GUJRATI SECTION

महाराष्ट्रना परलणीमां मेमण संस्था द्वारा स्थपाती स्डूबनी पायाविधि

–ઓલ ઇન્ડિયા મેમણ क्मात डेडरेशनना उप प्रमण ស្នមាន ਮੇਮਰ ഴവവ (ઓફિસર)એ મહારાષ્ટ્રના ગામ પરભણીમાં શનિવાર તા. ૨૫ ડિસેમ્બર, ૧૯૧૦ના હાજા મોહંમદ પાડેલા પ્રાયમરી સ્કૂલ'ની પાચાવિધિ **5**री ढती. धी मेमण मर्चन्टस એસોસીએશન-પરભણી દ્વારા સ્થાપિત આ સ્કૂલમાં દીની અને दृन्यपी तासीमना साथे साथे રમત-ગમત, વ્યાચામ અને દિમાગી પરિસાની તાલીમ પણ આપવામાં આવશે. આ પ્રસંગે ચોજાયેલા સમારંભને સંબોધતાં જનાબ ઇકબાલ ઓફિસરે પરભણીના મેમણોના શિકાણને પ્રોત્સાહન આપવાની પ્રવૃત્તિઓની પ્રશંસા કરી હતી અને કહ્યું હતું કે ગઢે એ **ബാ**പ്പ് ગામ-ગામડાઓમાં ઘણા તવંગર મેમણ પરિવારો છે. એ જો અશરક શેઠ પોલાણીની જેમ આગળ આવે तो पोतपोताना विस्तारोमां બિરાદરીની તમામ જરૂરિયાતો પુરી થઈ શકે છે. સમારંભમાં ફેડરેશનના આસીસ્ટન્ટ પ્રમુખ જનાબ ગુલામ મીઠુએ પરભણી મેમણ જમાતની કાર્યવાહીનો અહેવાલ રજ્ કર્યો હતો. જમાત ૧૯૨૧થી પ્રાથમરી સ્કલ ચલાવે છે, જેની ચાર શાખાઓ છે અને ૨૫૦૦ બાળકો તાલીમ પ્રાપ્ત કરી રહ્યા છે. તેમણે કહ્યું હતું કે नवी स्डूल अंधाई रहेता तेने સરકારી ધારાધોરણ મુજબ ચલાવવામાં આવશે.

અમીર ગરીબનો ફર્ક

પૈસા

અમીરને પૈસા કયાં અને કેમ સંભાળવા તેની મુશ્કેલી છે. ગરીબને પૈસા કયાંથી મેળવવા અને કેમ ખર્યો પૂરો કરવો તેની મુશ્કેલી છે.

શું ખાશો ?

અમીર સાંજે ઘરે જાય ત્યારે પત્નિ પૂછે શું ખાશો ? ગરીબને સાંજે દોર જાય ત્યારે પત્નિ પૂછે શું ખાશું ?

કયા કપૂડા ?

અમીરને કથા કપડા પહેરવા તે સવાલ છે. ગરીબને કથાંથી લાવી પહેરવા તે સવાલ છે.

બીમારી

અમીરને બીમારીમાં ક્યા દવાખાને દાખલ કરવો તે સવાલ છે. ગરીબને બીમારી છે કરો સીવીલમાં દાખલ.

अगा

અમીરને કયા સગાને ત્યાં જવું તે સવાલ છે ગરીબને કેવા સગા છે તે જોવું પડે છે.

દી સ્વ

અમીરને કેટકેટલા દોસ્ત છે તે સવાલ છે. ગરીબને કયો દોસ્ત છે તે જોવું ૫ડે છે.

પાઉન

અમીરને પત્નિ મળે તે ખૂબસૂરત ગરીબને પત્નિ મળે તે ગાંડી ઘેલી

> લી. કે. ડી. મેમન રાણીકા બનાસકાંઠા ગુજરાત

કોકને જ મળે

- માણસ જન્મે ને મૃત્યુ પામે, પણ સજજનતાનું બિરૂદ કોકને જ મળે.
- 🗆 યુવાન અને વૃદ્ધ થાય, પણ જિંદાદિલીનું બિરૂદ કોકને જ મળે.
- 🗆 મજૂરી કરે કે નોકરી કરે પણ વફાદારીનું બિરૂદ કોકને જ મળે.
- આજીવનરૂપી દરિયામાં ડૂબકી તો બધાં મારે, પણ બહાદૂરીનું
 બિરાદ તો કોકને જ મળે.
- હસता અને રમता એક પણ જો જીવી લો જિંદગી તો ખુમારીનું
 બિરૂદ કોકને જ મળે.

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भिभवा आसम- अक्युआरी-२०११)







ميمن اندستريل ايند تيكنيكل انستيتيو ث پروجيك:ورلديمن آرگنائويشن بتعاون سي دستركك گورنمنك كراتي

ا MITI ورلڈمین آرگنائزیشن کی زیرمر پرئتی قائم کردہ بین الاقوا می معیار کاتر بیتی ادارہ جہاں نو جوانوں اور کم آمدنی کے حامل خواتین وحضرات کوقلیل مدّت کورسز میں تربیت دی جائے گی جس کے زریعے بیشے وراند تربیت حاصل کر کے خوشحال زندگی گز ارسکیں گے

ئیےاپنا مستقبل سنواریئے



الكاثر لينكوج ء بي لينكوت كمپيوٹر مارڈ ويئر 走了走江 اندسر مل اليكثريش جزل اليكثريش موبائل فون رييرُنگ ريفريج يشن وائير كنڈيشن موٹر وائنڈ تک الفي المستنبض آ نواليکثريش آثوائير كنديش بلببر آٹومکینک موٹرسائکل مکینک ہومUPSمرمت اور تنصیب

ى اين جى كث انسٹاليشن اور ٹيوننگ

كېپوژسونت وئير (يرسل پروژ كڻيوڻي)

وبلذتك

كميوز كرافحس





مین الاقوا می معروف ادارے ٹی اینڈ گلڈز آف لندن کی سند بھی حاصل کر س







كورسز برائے طالبات

فائن آرف الگاش لینگو ت فیکسٹائل ڈیزائنگ ملائی اور کنگ فینسی کڑھائی انٹیر برڈ یکوریش ہاتھ اور شین کی کڑھائی بیوٹیشن بیوٹیشن بیوٹیشن (ایڈوانس) بوٹیشن (ایڈوانس) موبائل فون ریئز نگ موبائل فون ریئز نگ

ويب ڈیویلیمینٹ

کمپیوٹر ہارڈ وئیر

كمپيوژ گرافحس اينڈ اليسٹريشن

ایم آئی ٹی آئی پلاٹ نبر 1/8-5T، بیٹر 1-36، (سوک سینٹر - 3)، کورنگی 5، کراچی پاکستان - فون: 35035542/43/45/46 -021 فیس: 021-35035547 ای ٹیل: mgmt@wmomiti.com ویب سائٹ: 021-35035547



ا يك كهاني فكراتكيز ... قصدلال ثما تركا

تحرير اتحريم اسلم

ایک سبزی دالے کے شیلے پر فماٹروں کا ڈھیر پڑاتھا۔ چھوٹے بیدے گول، بینوی، ہرے، سبز دسرخ ہر طرح کے فماٹر تھے۔ خریدارآتے بھاؤ تاؤ کرتے فماٹر اٹھاتے، اے دیا کر دیکھتے، اور ٹریدکرلے جاتے۔ پھوائے ہی تھے جو بھاؤ لوچ کو کا اور ٹریدکرلے جاتے۔ پھوائے ہی تھے جو بھاؤ لوچ کو کا اور ٹریدکرلے جاتے۔ پھوائے اور ٹیا نے دار لیھے میں آ واز لگا تا۔ لے وال فماٹر، لے وال فماٹر، فماٹروں کے اس ڈھیر میں جینے وال فماٹر، فماٹروں کے داس ڈھیر میں جینے وال فماٹر، فماٹروں کے دور دور سے دور خور سے دور خور سے کے دل دور دور سے کے در ہور آئیں والا آ واز لگا کرفتھا آئیں ہی لے جائے کو کہدر ہا ہو۔ آئیں ڈور ہتا کہ کوئی آئیں لے جاکرسالن میں ہمون کے دیاتے بنائے گا اپنے میں کے دیاتے بنائے گا اپنے میں کے دیاتے بنائے گا اپنے میں کے دیات بنائے گا اپنے میں کے دیات بنائے گا اپنے میں کا کہ کا دیاتے بنائے گا اپنے میں کے دیات بنائے گا اپنے میں کا دیات بنائے گا اپنے میں کا کہ کا دیات بنائے گا اپنے میں کے دیات بنائے گا اپنے میں کے دیات بنائے گا اپنے میں کو کا دیات بنائے گا ا

ان بی خدشات کے تحت اس شیلے پر پڑے ایک ال فمائر نے دعا کی کاش کوئی جمیں ہجائے۔ یا لے جا کر دکھ لے۔ اس لال فمائر کی سے خواہش میرے فرائش خواہش میرے فرائش فرائش فرائٹ بنا ہے۔ جمیں اگایا میں اس لیے گیا ہے کہ کھایا جائے۔ میرکدوں۔ یقلم ہم مجبورہ بے کس پر کیوں زعمی جارا مجبی حق ہے۔ الل فرائر چی کر بولا تو میر پر لال ہوگیا۔ تم کیوں جینا جائے ہو۔ ہرے ٹمائر نے بوجھا۔

تأكيش دنياد كيسكول رلال فماثركا جواب تغار

اس تھیلے پر بڑے بڑے تم ونیا کیے دیکھو مے۔ برے ٹماثر نے سوال کیا۔

سے میزی والا دیکھ رہا ہے۔ جیسے میٹر بداری کرنے والے دیکھ رہے ہیں ایسے دیکھوں گا۔"

بالإبارة تومرف ايک فما ثر ہو۔ انسانوں والے عوق تم میں کیے پيدا ہوگے۔ ہرے فما ٹرنے چتے ہوئے ہو تھا۔

انسانوں کے باتھوں میں جوآتا ہوں۔ بیس لوگ چھو کرد کھے





تم كيح بحى الا بان سوچوا عمام تو أيك ون كبى موكا كرتم يكات جاءً

ك ياكي كهائ جاؤك برع فما فرف استحقيقت يتالى -

ادنبه بزيرة ع حقيقت يهند الال فما فرنخوت مديناكر

برے ٹماٹر کواہمی اتنائی کہا تھا کہ ایکا کیداس کا پیدے محت کیا۔

اى اتناه ش أيك بدهيا فما ريائة أن سرى والا الي والله ال

برسیائے اسے پلڑے بیں سے ثکال کر ٹماٹروں کے ڈھیر پر مینیک دیا۔لال ٹماٹر چونکہ پیٹا ہوا تھا۔ لیڈا اب ٹھیلے کے ایک

كنارب ويكريم ثما زول كرساته يزا موا تفار ساتحوا آب

جب بھی قما فروں کے ورمیان کوئی لال پیٹا ہوا قما فردیکسیں مجھتے

كداس يحية فما ثركا يمي تصد بدرامل الله تعالى في برجز

اسيد متعد ك تحت بنائي باورسبكا الك الكممرف ب

کوئی کی مگرنیں لے سکتا۔

عزيديرخ بوكما-

(امچدانساری،کراچی)

وثامنى

ہنسنامنع ہے

جنكى خاعمان

الك فض اين بي كاتريف إن كرد باتفات ميرايثا شر

کی طرح بهادر ، برن کی طرح خوبصورت، گینڈے کی طرح

محت مند، يعية كالمرح فيزاودلوم ي كالمرح بالاكب."

قريب بين فض نے كها" كى بنائي كيل آپ كالعلق جنگلى

فاعران يونيس؟"

جنهٔ استاد (شاگردسه) بتاؤمری بیش کون سادنامن ہے۔ شاگردونامن کا وہ کس طرح استادیے پوچھا دہ اس طرح کہ جب اسے کھاتے ہیں آؤمنہ سے سی کی کا آواز کا تی ہے۔

شاگردنے جواب دیا۔ (سیدقویے عال)

فير

مل: محمدانت فكالنه بهلق آب نداره بي طركة خصر دُاكثر: محمردانت لكالخة وقت آب كا بجداس زور سروياكم بابر بيشي بوئ مير سوارم ريش بحاك كئه . (ردشنا عبدالعزيز)

نغير

ہیں فقیر: اللہ کے نام پر روپیردے دو بیٹا'' بچر: ''لو با با''

نفر: ما تک بیناما تک آج از کیاما نکسکت یجه: "ایا جمعه مرارویه والی وسدود"

(مبااتياز)

MEMON ALAM • JANUARY 2011

خريدماجياني

گلدان میں لگے کھولوں میں صابن کے چند کارے اسیرین ایک عددلکڑی کا کوئلہ ڈالنے سے پھول تروتازہ رہتے ہیں اور جلدی نہیں مرجماتے۔

آ تھوں کے گردسیاہ حلقے دور کرنے کے لیے ایک بڑا چچے چنبیلی کے تیل اوراس میں آ دھے لیموں کا رس ملا کرنگا ئیں۔

ተ

ہاتھوں کی جلن دور کرنے کے لیے المی کو یانی میں بھگو کراس کارس اور تعوزی می چینی اس میں ملاکر ہاتھوں پرمل کیں تو جلن ختم ہوجائے گی۔

تازه ناريل كالمحيل نيم گرم ياني مين ۋال كررس نكال كر جمان لیں اور پھراس رس کوسالن میں استعمال کرنے سے سالن ملائم اورذا كقهدار بوكاب

ایک پیالے میں شنڈایانی اورایک جائے کا چچ کیموں کارس ملاکر آ دها گھنٹہ باس سلاد میں ڈبودیں پھریانی مچینک دیں اور تازہ سلاداستعال كرين-

تازه دبی چرے برلگانے سے تھی دور ہوجاتی ہے۔ ****

الماري ميں بھوسے میں علیحدہ علیحدہ سیب رکھنے سے تازہ رہجے ہیں جبکہ بقیہ کے سیبوں کی دکشی برقر ارر کھنے کے لیےان برعرق ليمول چيرك دياجات توسيبول يرداغ اورجمريال نبيس يرقى جبكه كثے موئے سيب كومكين يانى ميس كاث كرر كھنے سے سيب لال نہیں ہوتے۔

አ አ አ አ አ

ایک کھلے برتن میں یالک ڈال کراس میں تمک ملاکرایک گھنشہ بعدیانی نجود كرتن جارباريانى عداوني سے ياكك كا كاراين دور موجائكا۔ ***

سر کے میں تر کیڑے میں سخت پنیر کو لیبٹ دیے سے پنیر زم

چرے کی رنگت تکھارنے کیلئے انگور کا استعال کریں تھوڑے سے انگور میں شہد ملا کراستعال کرنے سے چہرے کی رنگت تھر آتی ہے۔ ***

خالص تھی میں تمک طاکر ناف پرلگانے سے ہوٹوں کی تھی دور

ተ ተ ተ ተ ተ ተ ተ

يم كرم پانى مين شهد ملاكرنهار مندروزاند پينے سے رنگت تكھرتى ہے۔ **ተ**ተተ

دودھ کی بالائی میں تمک شامل کر کے ہونٹوں پر لگانے سے انگی سیابی ختم ہوجاتی ہے۔

አአአአአ

منہ کے جھالوں کے لئے میٹھے یانی میں مہندی کی پیتاں بھگودیں آدھے گھنے بعد بتیاں تکال کراس یانی سے غرارے کریں فورا جھالےصاف ہوجائیں گے۔

جائے کی پالیوں کے دھے صاف کرنے کے لئے برتن دھونے والے كيڑے يرنمك اورسوڈ الكاكر بيالى يرمليس تھوڑى دير يعدصاف یانی اور واشنک یاوز رسے دھولیں۔ دھیدور ہوجا کیں گے۔ **ተ**

مہندی کے مرسز پتوں کوخوب باریک پیس کریانی میں ملا کر ماتھے برلگانے سے سروردکوآ رام ملتا ہے۔

ተተተተ

اگر نیندنہ آنے کا مرض ہوتو تکیے میں روئی کی جگہ مہندی کے پیتے بجرك تكيداستعال كرنے سے نيند كرى آتى ہے۔

ተ

بری مرچیس زیاده عرصه تازه دم رکھنے کیلئے ان پر کیموں کا عرق چیرک کر بلاسک کے لفافے میں اچھی طرح بند کرلیں۔ مرچیں کی دنوں تک تازہ دم رہیں گی۔

ተተተ

بینکن کا بھر بنانے سے پہلے تھلکے اتارنے کے لئے بینکن کے اور تیل لگادیں تو تھلکے آسانی سے از جاتے ہیں۔

አ አ አ አ አ

چھری گرم کر کے کپڑے پر سے چیونگم اتارلیں۔ پھر کپڑے کو اسپرٹ میں بھگودیں۔اس کے بعدصابن سے دھولیں۔ **ተ**ተተ

مول کارس چرے پر ملنے سے چرے سے کیل مہاسوں کے نشان دور ہوجاتے ہیں۔

ተተ

تازہ دودھ میں مثلاً ایک لیٹراگر دو کھانے کے بچی کنڈیسنڈ ملک ملادیں اور پھر جائے کیلئے استعال کریں تو جائے مزے دارین جائے گی۔

☆☆☆☆☆

ذردے میں ہمیشہ ککڑی کا چھے استعال کرنے سے زردے کے جاول *اکڑتے نہیں ہیں۔*

روزانہ صبح سومرے نہار منہ سات بادام توے کے او بر بھون کر گرم گرم بچول کو کھلادیں بچول کا حافظہ تیز ہوجائے گا۔

کھوئے کوزیادہ عرصے تک تازہ اور محفوظ رکھنے کے لئے اس پر ذرہ ی چینی چیزک کرفریز کردیں۔

دى اگر جلدى جمانا موتو آ دها تيز گرم دوده ليس اورآ دها مخترا ایک بچیج دہی ملاکر سی گرم جگہ رکھودیں۔

☆☆☆☆☆

لیموں کلڑے کرنے سے پہلے گرم یانی میں بھگودیں تو رس اچھا

ተ ہری مرچ اور لال مرچ ہلکی ہے کچل کرنمک میں تیل لگا کرفریز کرلیں بالکل تازہ رہیں گی۔

☆☆☆☆☆

ييتے كى ايك يها كك كاك كر كودا بناليس آ دها جائے كا چچ جیلاٹن ملا کرفریج میں رکھ دیں جب جم جائے تو چیرے برلگا کر مختدے یانی سے منہ دھولیں جمائیاں ختم ہوجا کیں گ۔





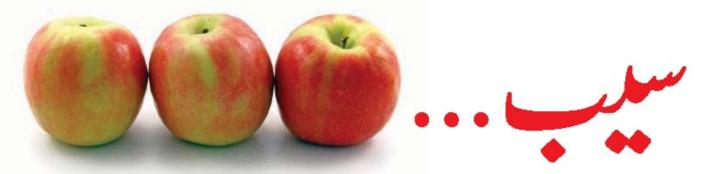
چکن (بغیربڈی کی بوٹیاں) ایک کلو حسبذاكقه ایک کمانے کا پی لبسن بيابو ايد وائك سفيدمري بسي موتى آ دماما يككا في كال مرج يسي بوكي دوے تین کھاتے کے بیچ مركه دوكمانے كري سوياساس آميزه بنائے كيلي: أيك ييالي مبيره آدى يالى كادلن فلاد حسبذائقه آ دهام استكافي سفيدم ويي ليسى بوتي

الأول كي سفيدي ووعدو ظغ كبلتع كوكتك آئل تركيب: من مكر يس مكر بسن ، مفيد مرج ، كالى مرج ، مرك اورسويا ساس لگاكرة وهيساك محفظ كيليفرن بش دكودس-الله المره بنانے کے لئے الله وال کی سفیری پھینٹ کر ميده ، كارن فلار بنمك ادر سفيد مرج لالين-اس تميم من اتنا معدد اياني واليس كركا زهاسا آميزه بن جائي الم مکن کی بوٹیاں اس آمیزے میں ڈے کر کے بعدرہ ہے ہیں منٹ کیلئے فرت میں رکودیں۔ الله على على كوكك آكل كودرمياني آخي برتين سے ياج منف تك كرم كري اوريكن مكفس كولتون فراني كريس-ث شوميم ياخا ك كافنرينكال ليس_

اسپائسی چکن

مبری ... چکن بون لیس (بغیر بدی) ایک کورام 300 گرام ک<u>چ</u>پ 50 گرام بري مرجيل پيزي 100 گرام يارکڻ بوٽي 100 گرام فما فرکٹے ہوئے 6 گرام كالىم يا يسي بوكي 5 گرام تک **6 گرام** اجينوموتو 100 کی کیٹر تيل تركيب: ايك ديكي من حيل كرم كرين اوراس من يكن ڈال کر جارے یا فی منت تک ایا تیں۔اس کے بعداس میں تمام معالے ، کیب، الیمن جوس ڈال كرك سے 3من يكائي ال كے بعد كے ہوئے الماار، بيازاق مونى، برى مرقص دال كرمزيدايك منك تك يكفيدي اوراب مزيدارسائي چكن تارب_





سیب میں قدرت نے بے انہا غذائیت اور مختلف بیار یوں سے دفاع کی قوت بیدا کی ہے!!

كىل قدرت كى دە انمول محت بىش نست بىل جن كى افادىت ے الکارمکن نیس مسلسل تج بات سے بیھیقت مجی مظرمام يرآ چكى بيدكهل دبائي امراش كه خلاف و حال كا قريضه المهام وييع بين اورجسماني قوت مرافعت شي اضافه كا تا قابل تردید در بعد ہیں۔ میلوں کی فذائیت میں بار بول سے شفا مامل کرنے کی وہ تعلی توت موجود ہے جس کا حصول کسی اور وریع سے مکن فیل کے اول کی مشاس بیاس، بوک منانے کا بهترين ذريعه باور مات موخوش ذا مكذمحت بخش مجلول كي تو ذان ميس ع يبل اسب " يعيد سيل كال الم مرورة تا ے جس کی باہت سے مطولہ و بہت عام ہے کہ ایک سیب روز انہ کمائیں اور معالج سے دورر ہیں۔ ماہرین غذائیت کے مختفی مقالا جات نے وارت کیا کہ مکل مقول فیس بلک ایک حقیقت بر جونوگ بازنافها يكسيب كمات بالمحت ان كريوك مِ تِعَلَيْ كُلِّى بِيدِ نِهَادِ مِن أَيْدِ مِيبِ كِمَائِ سِي مُرف جما في بلكدوني قوت شريحي اضافد وونا بيسيكي وجرب كدماهرين نباتات میب کی غذائیت کومحت کے لیے اہم ترین جز خیال كرتين

سيب كى اقترام

کے بیشتر پھل کیر تعدادی پائے جاتے ہیں، سرخ ادر گانی رنگ کے سیب سال مجر دستیاب دہتے ہیں۔ مؤم سرماک مناسبت سے سیب کی قیمتوں میں کی بیشی جاری دہتی ہے تا ہم یہ ضرور ہے کہ فشک اقسام کے بیسیب ہرموم میں استعال کے جاسکتے ہیں۔

سيب كي غذائيت كالتجوبيه

سیب ش حیا تین اے کی مقدارسب سے زیادہ پائی ہاتی ہے۔
حیا تین نی، تفایا شن، رابوفلادین اور نایا تین کی موجودگ مجی
سیب کودیگر کیاں میں ممتاز کرتی ہے۔ فشاست فولاد، پروشی جم کو
قرت مطا کرتے ہیں۔ سیب شن 3.0 فی گرام فولاد پایا جا تا ہے
جوفون کے سرخ خیات کی کی پودک کرتا ہے۔ کیلوریز پر مشتمل سے
کیل بعض ایسے معدنی نمکیات کا خوانہ ہی ہے جوجم کے خیاتی
خطام کی نشو وقعا ہیں اہم کروا ما واکرتے ہیں، اس کیال میں میلک
فطام کی نشو وقعا ہیں اہم کروا ما واکرتے ہیں، اس کیال میں میلک
الینڈریشر پیکٹن موجود ہے جس کے میب قطام بعضم میں بہتری

د ما في محت بخشف والا محل

روزات استعال سے بھار ہوں سے محفوظ رہا جاسکا ہے جدید تجریات کے بعد بے بات احقیاط کے زمرے میں آئی ہے کہ سیب کے فوراً بعد پائی سے اجتناب برتا ضروری ہے۔ کی تکہ معدے میں بانی کی موجودگی سے سیب نظامہ ہاضمہ پر بوجھ فابت ہوتا ہے جس سے بہت میں ورد کی فکابت بھا ہوجائی ہے اور خالی بہت مرف سیب کھانے کا بھترین وقت می تاشید کے ایک محفے بعد یا دو پیر کے کھانے کے بعد کا بے جیکہ سونے سے بہلے سیب کھانا زیادہ مفید وارد مخیر است محک ہونا۔

سيب فليونا كذر كاخزانه

ظیونا کاڑڑ کے مرکبات قدرتی طور پر بھن منفرد پودوں جی

ہائے جاتے ہیں۔ سیب کی ایک افرادے یہ ہے کہ سیب ہی وہ

داحد گال ہے جس بی فالونا کاڑر سب سے زیادہ مقدار بی

ہائے جاتے ہیں۔ بالینڈ جس کی گا ایک فیش کے مطابق ہمیں

70 فیمد فیلونا کاڑر سیب سے حاصل ہو سکتے ہیں، فیونا کاڑر فون

کرمرخ فیلات کوایک دوسرے سے چپک کر مختلیاں بینے کے

مرخ فیلات کوایک دوسرے سے چپک کر مختلیاں بینے کے

مل کوروک دیے ہیں، یہ معرش کھیدش رکادے کا احث بینے

ہیں، جس کے ملتے ہیں ہر معرش کھیدش رکادے کو فاریتی ہیں۔ انٹر

میس کو میلوں کا بادشاہ قرار دیا گیا جوجم کو مہلک امراض کے

میب کو میلوں کا بادشاہ قرار دیا گیا جوجم کو مہلک امراض کے

میب قدرتی توجہ پوسٹ بنازہ ترین فیش

ھے چل وائوں کی محت کے لیے تصان دو مجے جاتے ہیں۔
بیا مشورہ دیا جاتا ہے کہ برخم کی قذا کھانے کے بعد وائوں کی
صفائی خروری ہے۔ تاہم تاز دھیتن سے تابت ہوا کرسیب کے
مورے ش ایسے جمائیم کش اجزاء پائے جاتے ہیں جو وائوں
کی بیار ہوں کے فاتے کا سبب بنتے ہیں اور منیش بیدا ہوئے
والے جمائیم کو ہلاک کردیتے ہیں۔ پی ٹیس یک وائوں کی
جا کے جرائی ایک اور موزھوں کی محت ہیں سیب کے جموائی اجزاء اہم

しけるしんろり



زمگ برانسان ک خابش بونی ہادد حوشگو ار زمگ کوسین ای وقت بنایا باسکا ہے جب فوشیال قریب مول فوقی حاصل کرتے کے لئے کسی تک ودو کی ضرورت نیس موق باکدول کی بات مانے کی ضرورت يولى بداخ كالبعدول حالات كوجلد محدجاتا باوروماخ کوا کچنوں کا شار موتے سے بھالاتا ہے ای لئے اگر دل کی بات ان في مائ توزع كى وفكوار موسكى بين فرن رينا برفض كى ولى خوابش بوتى بي ليكن يرحقيقت بيدكر برانسان كومرت. هم والكيف، بريطاني تذيذب بهجش بحردي وتكوي رهماست، ناكائ ادرالرودكي يجيه جذبات كاسامنا بحي كرنا يزنا برغثى زعرگ سے کتے می قریب کول شاوان حل جذبات سے کیل د کنل خرور دو وار مونا ين تاب اي كي ويرب كرسواشر الله سين موسع موض كى ايك يا يعدلوكون سه وابستركل محظ ال كي ضرور بات مجور بإل ومشاقل اور حادثين است ب عارافراداوراوارول مصالك كرديني بي برهض اوراوار كروالي ساس كى ومدداريال كمى علف مولى بي يهال اسے شمرف دومرول کے ساتھ تعلقات کو کافررکھٹا ہوتا ہے مكدو خود كو يحى خول اور يرسكون ركع كى كوشش كرتا بي حالات انسانی وائن کوکل منم کی باتی سوچے پر جیود کے دکتے این معالمات کوسلمات اورسائل کا بھڑمل الاش کرتے کی

كرشتول شل ودراحت اورمرت عديد ورجوجاتاب تنبقا اے توقی کے چند معرفی تعیب جویاتے بی حالات کیا ایں واقت کیا مطالبہ کردیا ہے والے کے ساتھ قدم سے قدم مان كركمن طرح جلنا ضروري ہے برسب سوالات انسان كوبين ادة من خوشول كا كا كوش ير جيور كروسية إلى ليكن الى كا مطلب بيريش كدانسان خوش رسينه كي كوشش عي ميش كرنا خوشي اودسرت محصول كي كوشش فوجهض كرتاب كين موال مديدا ہوتا ہے کہ آخوش کمی طرح دیا جائے موجودہ مالات پی زعر کی کامعرونیات اور چیلنجز جس قرربزد کے بین انسان کے ليتر فوقى كرون محالي يهد ويتع جي محرانسان العملاحيد سے مالا مال ہے کہ ودائی بوری زعر کی کوشوشی اور مسرمات سے مجركاياكرة ك الحكى يرول مدك خرورت في مولّ بكداس كراسة ال جم كا أيك حدايها ب جواس برطررة سدخش ركاسكاب يس خروست ال باحد ك سه كدانسان ال كے تالح موجائ اور يدهم بدل انبان كا دماغ اس ك سائے ایک چھوٹی می بات کے بارے میں لمی کھی تفسیل ماشة د كان البيان المراحة و وكار يجي وكروجا بي كان الميان کا دل کی بھی چھوٹی یا بدی بات کے حالے سے صرف ایک فيسله كرتا بجاودا كرانسان ول كي بإسد مان لي ترتم كيشش وفي سية زاوجومكاك بالرطرح زيمرف اسدسكون تلب ما

ول كى بات كون فيل مثنا ومامل آن بر مض في دولت، هرت اور كامياني كوي افي زعرك كاستعد بناركما باوران يخول يرول كاخول سه كوكي تعلق فيس موة بكر برمرف معاشرے کے دورے نوکوں سے برزی کا احساس ولا تی جی اور کی فوقی او ور ک کا احدال کی ایک ساتھ کال ہوتے يرترى كا احماس اتسان كرول كوسكون فكل ولاسكا اورخوفي آيك نرم بذرب جرب سكولى ك عالم ش عمول فين كى واسكى كى كو ني وكائ فودومرول يرقليد يان يا دوارد وشورت ك حسول على كاميالي كرماتهان سب كرجمن جات كالحفره يمي ربتاب جير عفره اورغاني ووحتفاد بالتي ين كي خوال ان بالإل سال سن إلى حي كوكى يز كاخلره شاو الديد العدول ادر وبت الى اقدار ببنيس كى جيز سے عطره أيس وراج لوگ ان مقلت کے مال موتے جی وہ زیادہ بہتر اور خواصورت زعگ كزارة إن اس كى دير يا ي كدانسان دومرے لوگول کے ساتھ والبطے میں وہ کر جی خوش رہ سکتاہے عادت اع آب یل ایک افعام ب دورول کے ساتھ العددان دورد و كراتسان كى جى تم ك يوجد ساسية ول كو آزاد كرسكاب صداور تطيف دين كالششراول ووي مكون خین دے سکتیں محبت اور بیار انسان بی اینائیت کا احساس بدوان بر حاتا ہے۔ امر کی مختین نے دیس کا سے تابت کیا ے کرول کا مجی ایک اینا دیافتح مونا ہے غورو کا داڑا او لی کے شعدش مختل سے ابت کیا گیا ہے کرانمانی ول می موجود امسال ريوں ش آيك خاص رطوبت يولّ ب اوريض ادقات انباني واخ كالبت اتباني ول مالات كاز بإدومرص ے اور اک کر ایتا ہے جاتم پرول کی ہاتوں کو مان کر تھے کرتا کس محى طرح سے فلونین بولا كوكداس طرح ول برحم كى الجمن ے آزاد موکما ہے میت دوادادی، مادت ، احدوی میے فیت عِدْ باست السائي احضاء كوشيد اعداد شن الراعداد كرت بي اور ول كوفر فكوارنا ثر مال يديكي ويرب كرجب بم خوش موت إلى و مادے اصفاء زیادہ بحر طریقے سے کام کرتے ہیں جاتھے عوثی کے صول کا طریقہ کی ہے کرول کی بات مان کر وہن کو

الجمنول معدد وارموت معتماليا جائ

کرنے میں کوئی کردارادانہیں کرتی جب کہ بیوی کا کہنا تھا کہ ہیہ شوہر کی ذمدداری ہے۔

مالى معاملات كى وجدسے مونے والى الرائيوں كوشم كرنے كے ليے ضروری ہے کہ میاں بوی ایک جگہ بیٹھیں۔ اپنی آسانی سے اوقات کانعین کریں لیکن اس وقت میں صرف مالی معاملات کے متعلق بجث طے كريں اوراس دوران ان تمام باتوں كوبھى ظاہر كريں جوآب يہلے ايك دوس سے چھياتے رہے ہيں آپ كو بیسب کچھاس لیے بھی کرنا ہوتا ہے کہ اب تک جو کچھ ہوچکا ہے جے آپ غلط مجھتے ہیں اب وہ سب کچھتم ہوجائے گا۔ہم آپ ہے بیونہیں کہ سکتے ہیں کہ اس طریقہ کارے آپ کے تمام مالی معاملات حل ہوجا ئیں گے اور آئندہ مالی معاملات کے سلسلے میں آب کے درمیان امن رہے گا البتدان جھکڑوں میں نمایاں کی آ جائے گی۔ مالی معاملات برہونے والی نوک جھونک کا خاتمہ اس لیے بھی ممکن نہیں ہے کہ میاں بیوی دو مختلف قتم کے ماحول میں پروان چڑھتے ہیں۔ ہرایک کا قبلی بیک گراؤنڈمختلف ہوتا ہے اور ہرگھر میں مختلف انداز سے مالی معاملات طے کیے جاتے ہیںاس لیے شوہراور ہیوی اینے اپنے قیملی ماحول سے مختلف انداز فکر لے کرآتے ہیں اس لیے شادی کے بعد اختلاف رائے اور تھوڑی بہت پریشانی ممکن ہوسکتی ہے۔لیکن جب آ پاسینے اندر تبدیلی لانے کا سوچ لیں تو وقت کے ساتھ یہ پریشانی بھی ختم موجائے گی۔کیا آینہیں جائے کہ مالی معاملت کے متعلق آپ کے مسائل ختم ہوجا کیں؟ کیا آپ یہ چاہتے ہیں کہ آپ دونوں کے درمیان لا وا پکتا رہے اور ایک دن بھٹ جائے اور آپ کی روز روز کی لڑائی' حقیقی لڑائی'' میں تبدیل ہوجائے؟ آب کومعلوم ہونا جائے کہ گھر کے اندر ہونے والے لڑائی

جھگڑے سے آپ کے بیچ بھی متاثر ہوسکتے ہیں اور آپ کوتو معلوم ہوگا کہ بچوں کو عموی الفاظ میں والدین کا'' پرقو'' کہا جاتا ہے کیا وہ آپ کی ان روز روز کی لڑائیوں سے کوئی اچھاسیق حاصل کرس گے؟

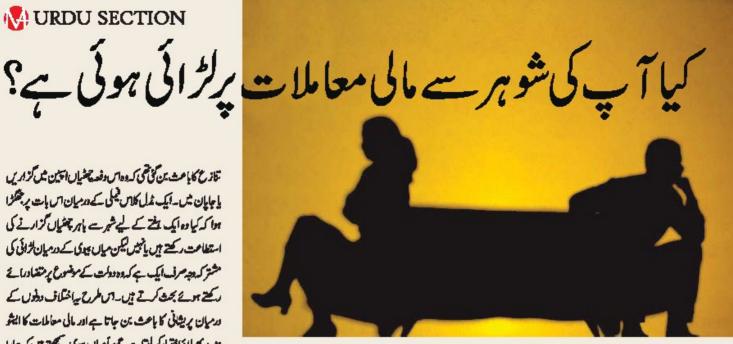
چلیں اب ان لڑائی جھروں کوچھوڑ کر امن بقائے باہمی کے اصواول برعمل كرتے ہوئے ان كے حل كى طرف بردھتے ہيں۔ سب سے پہلے ہمیں یہ دیکھنا ہوگا کہ س طرح سے ان مالی معاملات کی وجہ سے ہونے والی لزائی جھٹروں کو کم کیا جاسکتا ہے۔اس من میں آپ کوتین بنیادی اصول بتاتے ہیں جوآپ کے مالی معاملات طے کرنے میں معاون ہول گے۔اس سے آپ دونوں کی حدود کا تعین ہوجائے گا۔ بیجی واضح ہوگا کہ آپ کوکیا کرنا اور کہنا جا ہے ہیں آ ب کوان تین بنیادوں اصولوں پر مستقل مزاجی سے عمل کرنا ہوگا خاص طور پر جب آپ مالی معاملات طے کررہے ہوں۔ طاہری طور برآ ب کی باتیں آ ب کی اقدار کی عکاس کرتی ہیں جوآب اورآپ کے لائف یارٹنر کے درمیان ہوتی ہیں۔ بہرحال بیتین اصول پڑھئے اب بیآ پر مخصرہے کہان کواختیار کرتے ہیں یا پھران کے اندر بھی تبدیلی كردية بي -سب سے يہلے ق آپ كويدد كھنا ہے كہسب سے زیادہ کن مقاصد کو حاصل کرنے کی خواہش رکھتے ہیں؟ کیا آپ کے مالی معاملات آ ب کو بیسب کچھ حاصل کرنے کی اجازت دیے ہیں۔اگرابیا ہے تو بہت اچھاہے جب تک آپ اینے مقاصد حاصل نہیں کر لیتے کوشش کرتے رہے اگرابیانہیں ہے اورآ پ حقیقت پسندان طور پر بی مجھتے ہیں کہ میمض وہم ہے آ پ كاخواب بوتواس سے چھٹكارا حاصل كر ليج بصورت ديگراني خواہشوں کے غلام بن کر ایک دوسرے سے لڑتے جھگڑے

کیا آپ کوگنا ہے کہ آپ میاندروی ہے ایک دوسرے کی مالی ضروریات اور تعیقات پورے کرسکتے ہیں۔ اس پر آپ گفتگو کرسکتے ہیں۔ اس پر آپ گفتگو کرسکتے ہیں کہ کون می چیز زیادہ ضروری ہے۔ یادر کھے یہاں پر مانتی شات کا ذکر نہیں ہور ہاجو دوسروں کو متاثر کرنے کے لیے حاصل کی جاتی ہیں جنہیں سوائے بناوٹ کے اور کوئی نام نہیں دیا جاسکنا اور مذہ می یہ کہا جارہا ہے کہ آپ ایک دوسر کو متاثر کرنے کے لیے بڑھ چڑھ کر نضول خرچی کریں۔ گھر آپ کا ہے نقصان ہوگا تو آپ کا ہوگا دوسر کوگ جو آپ کی آج تعریفیں کرتے ہوگا تو آپ کا ہوگا دوسر کوگ جو آپ کی آج تعریفیں کرتے ہیں کل وہی آپ پرانگلیاں اٹھا کیں گے۔ کیا آپ دوسروں کو یہ موقع فراہم کرنا جا ہے ہیں۔

آپ دونوں کی بید ذمہ داری ہے کہ مالی معاملات دیانت داری سے طے کریں۔آپ کوچاہئے کہ مہینے کے آخر تک سارے پیپے خرچ نیکردیں بلکہ ایسا بجٹ ہوجس میں مہینے کے آخری میں آپ

کے پاس کچھرقم محفوظ ہوکہیں ایبانہ ہو کہ مہینۂ تم ہونے سے پہلے ہی آ پاسینے ہاتھ او پر کرلیں۔

میاں بوی ان تین بنیادی اصولوں کے مطابق اپنا بجٹ تیار کریں۔ مہینے بھر کی اشیائے خوردونوش کی خریداری کی فہرست بنائیں اوراس بات برا تفاق کریں کہ آپ نے جومعاملات طے کیے ہیں ان برعمل بھی کریں گے اور اس صورت میں بھی سمجھوتا كريں كے جب آپ كو مالى معاملات ميں كوئى كى بيشى در پيش ہوگی۔آ باسینے لائف یارٹنری ہاتوں کوغور سے سنیں اورفضول اخراجات سےاینے آپ کوبالکل مشکی کرلیں۔ یہاں پرسوال میہ نہیں ہے کہ آپ دونوں میں سے سیح کون ہے اور غلط کون ہے۔ سوال صرف بہے کہ آپ کے مالی معاملات طے کرنا بنیادی مسکلہ ہے۔ جوآپ دونوں کے درمیان اکثر اوقات جھکڑے کا باعث بنما ہے اور اس کی وجہ سے آپ کی قیملی متاثر ہورہی ہے۔ اینے لائف یارٹنری بوزیشن کا کھلے دل سے جائزہ لیس اوراینے بہترین مفاد کے لیے وہی فیطے کیجئے ۔ایک بار پھرآ پ دونوں مل كرايك فيصله كرليجة كه درج بالابيان كيے سكة تيوں بنيادي اصولوں برعمل کرنا ہے۔ یا در کھیے بچین کے اثرات اتن جلدی ختم نہیں ہوتے۔آب نے بچین میں جس طرح اپنی قیملی کے مالی معاملات طے ہوتے دیکھے ہوں گے یقیناً اس سے متاثر ہوئے مول گے۔ آپ کوان تاثرات کو آہتہ آہتہ تبدیل کرنا پڑے گا ورنهکش مکش کااندیشه بمیشه موجودر ہے گاایک بارآ پ دونوں پھر اس بات کا اعادہ کیجئے کہ آپ نے جو فیصلہ کیا ہے اس پر قائم رہیں گے۔ہم آپ کوتجویز کرتے ہیں کہ میاں بیوی کواپی قیملی کے مالی معاملات بوری ذمہ داری سے ادا کرنے جا میس اس سلسلے میں اپنی ذمد داریاں آپس میں تقسیم بھی کرسکتے ہیں۔ آپ دونوں میں سے ہرایک اپنی صلاحیتوں کے مطابق اپنی ذمہ داریاں ادا کرے۔ایک دفعہ آب نے اپنی ذمہ داریاں بہت انداز سے ادا کرنے کا فیصلہ کرلیا تو آب کی صلاحیت دن بدن تکھرتی چلی جائے گی۔شروع میں پچھفلطیاں ہوں گی لیکن بہت جلدآب ان برقابویالیں گے۔اگرآپ کاساتھی آپ سے زیادہ کام کرتا ہے تو اسے پینہیں سمجھنا جاہئے کہ دوسرا فریق اپنی ذمہ داریال سیح طریقے سے ادانہیں کررہا۔اس کی ایک وجہ ریجی ہوتی ہے کہ بہت ساری فیملیز میں کمانے کے لیے اتنا وقت صرف کیا جاتا ہے کہ اکشے بیٹھ کرفیملی کے مالی معاملات طے کرنے کا موقع ہی نہیں ملتا اس طرح کی بیشی ہوتی رہتی ہے بعض لوگ اوقات سے زیادہ کام کرتے ہیں (اگرمیاں بیوی دونوں ملازمت کرتے ہیںتو) بہر حال انہیں وقت نکالنا جا ہے۔اگر آپ اوپر بیان کیے گئے بنیادی اصولوں برعمل پیرا رہیں گے تو یقین کریں کہ آ ب کے مالی معاملات کافی حدتک بہتر ہوتے چلے جائیں گے۔



چینی، آٹا جالیس رویے کلوہ و یا سور دیے گھر کا نظام تو چلا ناہے

لڑائی جھگڑے ہے کیا فائدہ مل بدیٹھ کربات چیت کریں

کے آپ اور آپ کے شوہر مال معاملات پر ایک ورے سے بحث کرتے ہیں؟ اگرایا تیں ہا عرآب كو مالى معاملات كي منصوبه يشك كرف كي ضرورت ہے۔ونیا کے تھی معروف سائیکا لوجسٹ اور مالی معاملات کے ماہرین" دولت" کے بارے ش بات کرنے کوعموع محصة تھے۔ ان كے خيال ش فالباليوں كى اجميت مرق الكي كر بنيادى انسانی ضروریات بوری موسیس ساس سے زیادہ دولت کو ایس ويخ كركي جارتين تقر

بين تركم الون ش بيون وعوامال معاملات معظي مجاجات ے حالاتکدود مجی مالی مواطات شراہم حیثیت کے حال ہوتے الى رايك ويب سائث الل ين ايج اور الى معاملات كمتعلق ایک مردے کرایا گیا اس مردے على مب سے اہم بات ب سائے آئی کہ بھوں کے ال معاملات ش صرف "سلاليون كويى زیادہ اہمیت دی کی اوران کے بھین کے دیگر تعلیمی اخراجات کو تظر اعداز كيا كيا يوك والدين اين جول سد ال معاملات ك يارے ش زيادہ بات كميل كرتے اور زيادہ تر يہ كفتكوميان بوى كى ورميان موتى ب جوتقر يا برروز موتى باوراس كا اماوہ اس بات کو ظاہر کرتا ہے کہ جم نہیں جانے کہ کھر پنو مالی معاملات کے بارے میں مجمع فیصلہ کیسے اور سے کرنا ہے؟ والدين مجى جبآ كن ين بالى معاملات في كرت بين قوا كو يجل كو تظراتداز كردية ين بي مورتمال يكل كداداواول اورنانا كي تقى وه مجى مال معاملات خودى طركيا كرت تف جنائيد

مورونی معاملات کوآ مے برحاتے موتے والدین نے بھی بی روب بجل كساتورواركا - في تعلون سد بيسلسله طلا رباب بدورست بكرمالى معاملات كاموضوع بهت وسي بادرون بد دن يميلاً جلا جارباب- بم يس عداكثر غيرضروري طورير" الى معاطات کے بارے میں دومرول کے سامنے بات کرنے سے الكياتي إن ان معاملات شسب يزياد الهيت تخوا مول کو جوتی ہے اس کے علاوہ دیگر فالتو اخراجات بر کنفرول مجی امیت کے مال ہوتے ہیں میاں بوی بھی بھی اینے آ بے فکوه کرنے لکتے بین کر کون ہم اینے مال معاملات کا حساب سلاب فيل ركحة حقيقت ش اس كي وجدر بجي بوعتى ب كدوه ان ضروري طريقول سے ناوانف ہوتے جي جن كي بناء ير مالي معالمات كر باريش المصطرية سي المكتوب باكت ب چناھي جب ووايك دومرے سے ال موضوع برنفتكوكرتے جل تو متناو ولائل کے بعد مختلوختم ہوجاتی ہے۔" مالی معاملات" کا متلدشادی کے بعد برمیاں ہوی کے درمیان شروع موجاتا ہے حق كربعض ادقات بيستلمليح كى كاياص يحى بن جاتا ہے۔ امر یکدین ایک انتینیوث نے سروے کیاجس شمامیرترین اور غل كاس شادى شده جوزول كوشاف كيا حميا- اس مروے ك ودمان سب سے جران کن بات بیسامنے آئی کرمیال ہوی کے

ورمیان تازع کی وجہے صرف بیٹس مولی کدان کے ہاس

دولت كى كى ب بلك كى ديكر الله بحى الى كى دجد ينت بن إس

مثال كوطور يربيهات بحى أيك شاوى شده جوز ي كورميان

تنازع كاباعث ين كن تني كروه الروف ي شيال البين شركز ارس بإجابان ش - أيك عُل كال في كادرمان ال بات يرجمنوا موا کہ کیا وہ ایک ہفتے کے لیے شہرے پاہر چھٹیاں گزارنے کی استطاعت ركعت بي يانيس ليكن ميان بدى كردميان الزائى كى مشتر کدود مرف ایک ہے کہ وودات کے موضوع برمتفاورات رکے ہوئے بحث کرتے ہیں۔اس طرح بیا ختاف وراول کے ورمان بريشاني كا باحث بن جاتا بادر مالى معاطات كا المؤ مزيد پهيلادًا فتيار كرليتا ب-موأميان بوي بديجه بي كرجارا نتظر نظر ایک بی موگانیکن اس وانت الن کی بریثانی اموا یک بده جاتی ہے جب مخلف تقل فظر سامنے آئے کے بعد دونوں کے ورميان احا عك اختلاف عدا موجا تاب أكريد برسب يحقطري ب كونك فرور كاليش كدونول ايك دوس منظ فظرت منفل مول، چنانچہ جب وہ اٹی لائف یارٹرسے مالی معاطات کے حساب كلب كي بات كري او وجن هي بيل سديد بات بشاليس ك يخلف دائ كامامناكرنا بوسكاب درامل السل مقابله الى معالمات في تفريق معالمات عدا بجدال معالمات ك وهي تعيد تار

الم آب كوايك جوف كا والعرسات إلى جواجيت كا حال ب يوى كى يرورش ايك اليدخاعمان ش موكى جمال ال كاياب الى معالمات كأكران مجماعاتا تعاروي كمر كالجبث بناتا فعاادراس كم مان اس بجث وسليم محى كرلين هي الى المرح ان كركم كافلام چا تھا۔ بوی نے یکی سیکھا کہ تو ہر کوئی مالی معاملات مے کرتے وإبئين صرف أي طرح محر كا انظام بحسن وخوبي انجام ياسكنا ہے۔اس نے اسید خوابوں ش یمی یکی دیکھا اور سویا کہاس کا شوہراس کی تمام ضروریات کا خیال رکھے گا۔ انہی سوچل کے ساتھ دہ جوان ہوئی۔اس کی شادی ہوئی۔اس کا شوہرجس کھر على بيدا مواتها وبال سارا مالى معاملات تمام كمروالي أبل شرال جل كرفي كرت تع جنا فيده كالوقعات إلى يوى س مجى ركمتا تفاكروه بحى مالى معاملات شي براه راست حصرك گی۔ووسری طرف بوی کی سوری اس کے بالکل برعس محی۔اس ك خيال شي مالى معاملات في كرنا تدصرف اورصرف شوبرك ومدواری ہے چانچرشادی کے بعدمیاں بوی کے درمیان اختاف بيدا ہوگيا كوتك دونول كي توقعات ايك دومرے ك بر كس تحييل يتوبركوب فتكوه تما كراس كى بيدى مال معاملات ط

URDU SECTION

خوش قسمت دوستول كوم ينج نيل:

آب ال بات كالتين كري كرآب كدوست كن بين؟ كيا آبان کی تعداد سے خش ہیں؟ نہیں، آب ان کی تعداد میں مريداضافه كرناجات بن؟ توبلاسية تجيابيا بركزنه كرير كيوتكه زياده ووستول كا مطلب ب ونت كا زياده استعال! لكين اسلط من اشد ضرورت اس بات كى ب كرآب اين تمام دوستول شراان دوستول کو پیچانیں جوآب کے لئے خوش بختی کی علامت ہیں،جن کے ساتھ رہ کرآ ب زیادہ کامیابیاں حاصل كرت بين ياكر يحت بين ان كام إيول كى كى وجوبات موسکتی ہیں مثلا ممکن ہے کہ وہ دوست زیادہ بریکٹیکل مول ، اور ان کے ساتھ رہ کرونت گزار کرآ ہے بھی ان کی طرح بریکٹیکل ہو كرمحنت كرتے بول اور كامياب بوتے بول ـ اى طرح خواتین کو بھی ضرورت ہے کہ اپنی ان دوستوں کا ساتھ ہر گزنہ چھوڑیں جو ان کے ساتھ کالجوں اور یو نیورسٹیوں میں اعلیٰ نمبروں سے کامیاب ہوئیں، اس طرح آب اپنی فتح برزیادہ خوش ہوتی ہیں اور اس سلسلے کو متواتر جاری رکھنے کے لئے مرید محنت کرتی ہیں۔

زئرگی کواگر دور سے دیکھا جائے تو سے بہت چھوٹی کی نظر آتی
ہ اور اس چھوٹی می زئدگی میں انسان زیادہ سے زیادہ
لخطقات بنانے کی اور زیادہ سے زیادہ دشنوں سے دوررہ کر
دوستوں کی قربت طاش کرنے کی کوشش کرتا ہے اور اگر کوئی
فخص اپنے اس متعمد میں کامیاب ہوجا تا ہے تو پھر ماری
نظر میں وہ یقنیا ونیا کے چندخوش قسمت ترین انسانوں میں
سے ایک ہوتا ہے۔



تویقینا آ پاس نینج بر کافی عن بین که آپ کے لئے کیا درست ہادر کیا درست جیس ہے۔ آپ کا بہترین فیرخواہ:

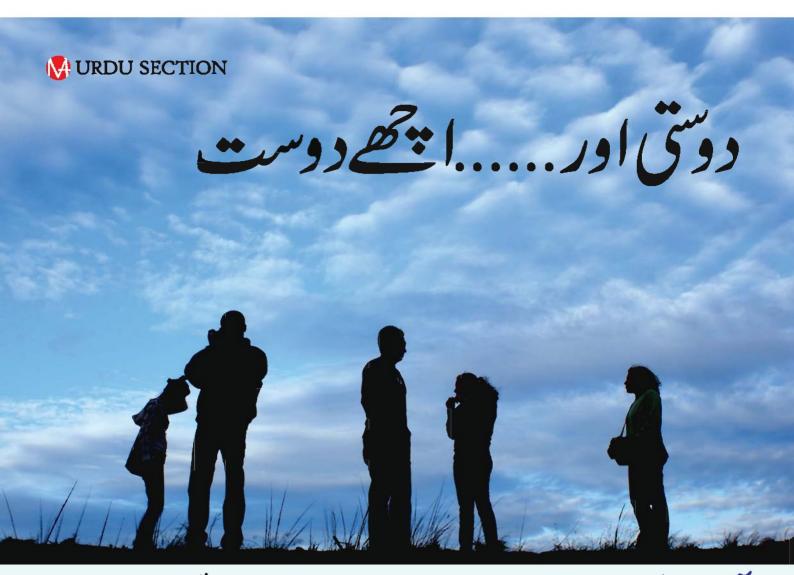
برخس کی زندگی میں کوئی نہ کوئی مختص ایسا ضرور ہوتا ہے جواس کے قریب ہونے کے ساتھ ساتھ اسے کی تمام خامیاں اور خوبیاں بتاتا ہے۔ یہی وہ خض ہے جواس کی آتھوں میں آتھ میں ڈال کربات کرنے کے قامل ہوتا ہے۔ آپ یمی اٹی زندگی میں اپنے تمام آشا لوگوں کا جائزہ لیس آیا وہ کون ساایی مختص ہے جوآپ کے زندگی میں اس ذمہ واری کوآسانی سے جوآپ کے زندگی میں اس ذمہ واری کوآسانی سے جوآپ کے زندگی میں اس ذمہ واری کوآسانی سے جوآپ کے زندگی میں اس ذمہ واری کوآسانی سے جوآپ کے زندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس ذمہ واری کوآسانی سے جوآپ کے دندگی میں اس در اس کی سے حوالے کی سے در اس کی سے در اس کی سے در اس کی حوالے کی میں میں کی سے در اس کی سے در اس کی سے در اس کی سے در اس کی میں کی سے در اس کی در اس کی در اس کی در اس کی سے در اس کی در ا

مائیں اپنے بچوں کے معقبل کے بارے میں بہتر سے بہترین کی خواہشات رکھتی ہیں اور بیسب آئ دفت مکن ہے کہ جب آپ آپ اور بیسب آئ دفت مکن ہے کہ جب خواب کیا ہیں ، وہ کس کھیل میں زیادہ دل لگاتے ہیں، ان کی خواب کیا ہیں ، وہ کس کھیل میں زیادہ دل لگاتے ہیں، ان کی دفتی روکس طرف ہے، لیکن شاید آپ کے لئے یہ بات بھی نہایت جمرانی کا باعث ہوکہ آپ بیٹمام با تیں باآسانی معلوم دہیں رسکتیں اور اس کے لئے آپ کو اپنے بچوں کے بہترین دوست سے دیادہ اپنے دوستوں سے دابطہ کرنا ہوگا۔ کوئکہ پی سب سے زیادہ اپنے دوست سے قریب رہتا ہے اس لئے اس کے بارے میں سب دوست سے قریب رہتا ہے اس لئے اس کے بارے میں سب سے دیادہ آپ ہی جات ہیں کہ اپنے ہیں کو اپنے بچوں کو بی اپنی ہر بات شیئر آسانی سے اپنی ہر بات شیئر کا دوست بنائیس تا کہ وہ آپ سے اپنی ہر بات شیئر کا دوست بنائیس تا کہ وہ آپ سے اپنی ہر بات شیئر کے سے کہترین دوست بنائیس تا کہ وہ آپ سے اپنی ہر بات شیئر

مشاغل كيسانتي:

آپ کو ایک دوست ای بھی درکار ہوتا ہے کہ جو آپ کی معروفیات کا ساتھ ہوتا ہے، مثلاً اگر آپ تیراک پند کرتی بیں اور سوئٹ پول پر ہی آپ کو کی ایسی الحجی الوک کا ساتھول جاتا ہے جو فود بھی تیراک کی شوقین ہے تو ہو فوٹ سست تعلق آپ صورتحال میں دوئی فیمانا قرامشکل فابت ہوسکتا ہے، کیوں کہ اب آپ بین کی خاص عمر سے کفل کرجوانی کی دابنے پر قدم رکھ بھی ہوتی ہیں جس سے آپ کو جوانی کی دابنے پر قدم رکھ بھی ہوتی ہیں جس سے آپ کو جوانی کی داخلت کو بھی آپ کی داخلت کو بھی کر جوانی کی داخلت کو بھی کر کے اس مرحلے پر بھی تبول کرنے میں آپ کی داخلت کو بھی کرنے میں آپ کی داخلت کو بھی کرنے میں آپ کی داخلت کو بھی خوٹھ کے دوستان کرنے میں آپ کی داخلت کو بھی خوٹھ کی دوستان کی داخلت کو بھی خوٹھ کی دوستان کی داخلت کو بھی خوٹھ کی داخلت کو بھی خوٹھ کی دوستان کی





کی زندگی میں چند بہترین دوستوں کا ساتھ جو آپ سے محول شراطلس مول ،آپ ک زعر کی کومز پدخو بصورت اورخوش وخرم بناسک ہے۔ مرکیے؟ اس موال کے جواب کے حصول کے لئے آپ کو اینے واقف کاروں کے درمیان اینے بہترین دوستوں کا پیچاننا ہوگا اورانیس اس بات كا احماس بحى دلانا موكا كروه بى آب كى بيترين ودست بن سکتے ہیں۔ لیکن اس معالمے پیل بعض اوقات قرباناں دیلی برقی ہیں مثلا فرض کریں کہ آپ کی بہترین دوست ہے، وہ ہیشم فرورت کے وقت آپ کے ساتھ رہتی ہے لیکن بعض اوقات آپ دولوں کے درمیان کی خاص بات پر تکرار ہوجاتی ہے آپ کے نقلہ نظر سے وہ آپ کی بات سیجھنے ے قاصر ہوتی ہے اورآ پ کے خلاف فیصلہ کرتی ہے۔ اور یکی دولحد موتا ہے کہ آب سیجھتی ہیں کہ شاید دد آپ کی بہترین ووست نبیل ہے۔ کونکہ آپ کوتو کوئی الی دوست جائے جو آب كى ساتھ قلص تو موركين آپ كى بربات كونو قيت دے۔ آپ کی نظر میں آپ کی بہترین دوست کو ایمانداراور محبت كرنے والى تو ہونا جائے كيكن ساتھ اسے آپ كے خلاف فيصله خبیں دینا جاہے۔ یا ور محیس اگر آپ کے خیالات الی بی جی تو شايرة بكى سوج بكارخ فلدراستون يرب كيون كرة بوالم

ہونا چاہئے کہ دو بہترین دوست دویر وال بہنوں کی ماند ہوتی ہیں جو ایک دوسرے سے مجت کرتے ہیں تو آپس میں اختلافات بھی کھتی ہیں گوتی ہیں جو ایک دوسرے سے مجت کرتے ہیں تو آپس میں اختلافات بھی کوتے ہیں۔ جن کا سوال بی پیدائیس ہوسکا۔ لبذا آپ کو بھی چاہئے کہ اپنی بہترین ساتھیوں کی فلطیوں کو ای انداز سے نظر انداز کردیں جس طرح آپ اپنے بہن بھائیوں کی فلطیوں کا خاص نوش ٹیس لیٹیس سینروری ٹیس کرآپ اپنی ہر بات کو خاص نوش ٹیس کی کہ سے کہی محالے میں آپ کی دائے فلط ہولین آپ در دل کو فلط ہولین آپ در دل کو فلط ہولین آپ در دل کو فلط ہولین آپ کی دائے

بين كى سهليال:

کی بھی فاتون کے لئے بھی وہ واحدرشہ ہے، جس کا ہم البدل
اسے پوری کا نئات بین جیس ال سکا۔ یمی وہ لڑی ہے جس نے
بچپن سے آپ کو دیکھا ہوتا ہے۔ وہ آپ کی پنداور تا پندکو
اچھی طرح جائی ہے اور شاید بھی وہ واحد شخصیت ہوتی ہے کہ
جس کے ساتھ آپ کا بات کرنے کا اعماز ، لڑنے ، جھڑنے کا
اعماز اورر و شخصے اور منانے کا اعماز ، روز اول سے لے کرووز آخر
سکے ایک جیسا رہتا ہے اس بی قرابھی تبدیلی جیس آتی اور
عرکے کی بھی جھے بیس اس انتہائی شاسا چرے کو دیکھ کرآپ
ایٹے آپ کودوبارہ سے بچھوں کرنے گئی ہیں۔

اگرآپ اپنی قیملی کی بدی بہن ہیں تو یقینا آپ کی بہترین دوست آپ کے لئے نہایت اہمیت رکھتی ہے۔اس صور تحال میں وہ آپ کے لئے بالکل کی گل بہن کی حیثیت اختیار کر جاتی ہے، جو آپ کے چھوٹے بہن بھائیوں کی دوسری بدی بہن موتی ہے اور ہر ضرورت کے وقت شادی یا تھی کے مواقع پر آپ کی فیمل کے ساتھ وہتی ہے۔

آ فس كوليكر:

و ولوگ ای آپ کو مرید فرق قسمت تصور کرسکے بیں جنہیں ان

کے آفس میں دوست مہیا ہوتے ہیں۔ اس طرح آپ کام کو
ب صدا یکھے موڈ میں انجام دے سکتی بیں۔ اگر آپ کے آفس
میں آج کل سیاست بازی چل رہی ہے قب کی آپ کے آفس
کی بہترین ساتھی ہی الی مشکل صور تحال میں آپ کی بہترین
رہنمائی کرسکتی ہے۔ لبندا آپ جہاں بھی کام کریں کوشش کریں
کر وہاں کے تمام ساتھیوں سے ایکھے تعلقات رکھیں اور کی ایک
ساتھی کو اپنا راز دار بنائیں جس سے آپ ایے مسائل کھل کر
بیان کرسکتیں۔

الحجى مال مبهترين دوست:

اگرآپ شادی شده بین اورایک دو پیل کی مان بین تو آپ ذرا سی توجه سے اپنے بچول کی مجی بہترین دوست بن عمق بین تمام

URDU SECTION



يدوفيسرايد ميذة بارتمنت آف باسك سرجرى، داوميديكل كالجكراجي 6: واكثر عبد الرشيد ايراجيم وياني ميذيكل سرنتندند شي وسرك كونمنث وي بيتال براجي 7:جناب ميدالرزاق عنان مركثيا دي چيف انجيهم مراحي نوكليم يادر پانث 8:جناب محمر مارون عثان في وياني سيهم الجيهم مراحي نوكلم بإدر يلانث 9: جناب مبدالرزاق عنان وياني سكريرى جزل، آل ماكتان مين فيڈريش 10: جناب آصف اساعیل ماحمرور ما مدر، مین یرونیشنل فورم 11: كينيلن عبدالعزيز يوسف موريا سيفح كمرشل بائلك، باكستان انتزيشنل ائيرلائن _ 12: جناب عبدالرجيم محمصد يق سوريا سابق مدر،انشیشیون آف جارٹرڈاکا دیجے آف باکستان 13: جناب محد منيف دا ودجكمورا چيف ايزيكوآفيسر، سينرل ديوزيري كيني (CDC) 14: جناب اشرف غاز ياني ايديشنل رجشرار سنده ماكى كورث 15:حزه محمطي داورا ركن، الأر18، باكتان عبال فيم 16: عملى حاجى احمدلا كما



ہیں۔اس موقع پر حسین ابراہیم اسپورٹس کمپلیس کو انجنائی خوبصورتی سے جایا گیا تھا۔اس تقریب کوکورٹ کے لئے انتھائی جدید طرز کے نقاضول سے ہم آ بھک کرنے کے لئے 6 عدد بدی کی گئی وازن اسکر بیزنفس ب کی گئی ادر براوری کی بیر پہلی تقریب تھی جس کی ویڈ ہو کورٹ انتہائی جدید طرز پر کی گئی۔ تقریب میں براوری کے جن افراد کو تمذه حن کارکردگی پیش کیا تقریب میں براوری کے جن افراد کو تمذه حن کارکردگی پیش کیا سے بیاں۔

1: جناب محرشعيب اساعيل ما محروريا نائب مدر، ودلذيمن آركنا نزيش

2:جناب دا دُوطنان جگمورا

نائب مدد، کراچی چیبرآف کامرس اید اندستری پاکستان

3: جناب مبدالعزيز لطيف جمال

چیرمین، لطیف ایراهیم جمال بیعنل سائنس ایندانفار میشن سینطر 4: جناب قاسم حاجی باهم کاشد

دُارُ يَكْرُ، مهران مُورِطْر ويتي من شان أسليد شآف يكنالوقى 5: يروفيسر و اكثراشرف كناترا عبدالعزيز احد عبدالكريم كاثه ني بهي خطاب كيا اورانيون ني برادری کے ہاؤسٹ کے سائل برقابدیانے کے گئے گئے گئے اقدامات سے تقریب میں موجود افراد کو آگاہ کیا اور اُن سے اکل کی کہوہ اس منلے کے مؤثر حل کے لئے ہارے ساتھ تعاون کریں۔ ورلڈمین آرگنائزیشن کے نائے مدر جناب شعیب اساعیل ماحمروریانے اینے خطاب میں تعلیم کی اہمیت پر ردشیٰ ڈالیااورحاضرین سے اپیل کی کمتعقبل کے درپیش چیلنجز كاسامناكرنے كے لئے جميں برادري كے برفردكوا على تعليم كے زبور سے آراست کرنا ہوگا۔ انہوں نے برادری کے سفید بوش افرادر سے درخواست کی کہ اگر وہ اینے بجوں کوتعلیم کے اخراجات کے لئے بریشان ہیں تو وہ زیادہ بریشان نہ مواور ہم سے رابطہ کریں۔ ہم اُن کے ساتھ کھل تعاون کریگے۔ اپنی نوعیت کی انوکھی اور رنگارتگ تقریب میں حاضرین کی کثیر تعداد نے شرکت کی۔مین ماوری کی متاز شخصات نے بھی اس بروكرام مين خصوصى شركت كى جن مين عبدالغفار صابو والاء عبدالكريم ميكماني، عبدالببار كامدار اورويكر معززين شامل



آفيثل اسكورر، باكتان كركث بوراد







1880ء سے کراٹی اوكها في مين جماعت بن ندمرن أوكمال میمن براوری بلکمتمام براور بول کے لئے اٹی ضدمات بغیر کس لفع وثقصان کے مثلاً تعلیم کی سبولت کے لئے مدرسہ اسکول و كالجزء خواتين كي مهولت كے لئے بس مروس كا انتظام، ہرسال عادین ج کی تربیت کے لئے ج تربیتی پردگرام اور مخلف امراض کے لئے مفت لجبی کیمیہ کا انعقاد کرتی رہتی ہے۔ جس وقت او کھائی میمن براوری کی بنیاد ڈالی کی اُس وقت برادری میں خواندگی کا تناسب بہت کم تھا مگر وقت کے ساتھ ساته يما دري پين خواندگي كي شرح روز بروز بيدهتي كي اورالحمدالله اس وقت ادكمائي مين برادري مين واكثرز، نجينرز، جار ثرو ا کا وقتلس ، کرشل یا کلنس ، پروفیسرز کے علاوہ دیکر کا روباری ، ساجی شعبون ادر سرکاری دیم سرکاری ادارون شی اعلیٰ عبدون یر، کرا چی چیبرآف کامرس اینڈ الڈسٹری پاکستان، فیڈریشن آف باكتان جيبرآف كامرس ابد الأسرى ، ورلدمين آر كنا تزيق ، آل ياكتان مين فيدريق ميمن يروفيشل فورم

اورمین مرادری کے دیگراداروں ٹس مجی اپنی ضدمات انجام وےرہے ہیں۔ اوکھائی مین جماعت میں این انہی سیوتوں کوشن کارکردگی ابوارڈ ویش کرنے کے لئے رنگارنگ تقریب بعنوان MEMONS PRIDE OF OKHAI پروز الوار، مورق 30 جنوري 1 1020، بمقام حسين ابراجيم اسپورش كمپليس، حسين آباد، كراجي ميس منعقد مولى - اس تقریب میں مادری کے تقریبا 50 افراد کوان کی اعلیٰ کارکردگی کو خراج محسین پیش کرنے کے لئے تمغدسن کارکردگی پیش کہا گیا۔ اس تقریب کے مہمان خصوصی مہران شوکر ملزلمینیڈ کے ڈائریکٹر جناب ابراہیم حاتی ہاشم کا ٹھ صاحب تھے۔ ڈائر یکٹرالیس اے جے کے ڈائر کیٹر جتاب ملیمان احمد جیوانی اس تقریب کے صدر جلسه کے فرائض انعام دیئے۔جبکہ تقریب کے اعزازی مہمان جناب صالح مح على محكابا، والريك تركراجي فارماسيوتكل ليبارثري تھے۔ تقریب کے مہمان خاص ڈائر یکٹروی آئی بی اسٹیٹ جناب وسيم عبدالغفار داور اصاحب اور جناب محمر بوسف قاسم كانثراوالامكموراصاحب تتحي

تقريب كي نظامت كے فرائنس جناب الطاف احمد عبدالخي وہانی نے انہام ویے۔ تقریب کا آغاز تلادت کلام پاک سے ہوا۔ جناب جمد بارون عثمان غني وياني نه تلاوت كي اور جناب عرفان ما جي اساعيل عازياني ني نعت دسول معبول عليه پش ي _ تقریب کابا قاعده آماز کے بعد قمام مہمان گرامی کی ضدمت میں اوكمائيمين جاحت كى جانب سے تقريب كى يادگارى بيجزاور میواوں کے گلہ سے پیش کے مجے اوراد کھائی مین جماحت کے صدر جناب عبدالتارعبدالكريم سوريان فمهانول كي فدمت میں خطبہ استقبالیہ پیش کیا اور اس تقریب کے اغراض ومقاصد سے حاضر بن محفل کو تفصیل سے آمکاہ کیا عبدالرزاق محمد ویانی اعزازی جزل سکریٹری ادکھائی مین جماعت نے حاضرین محفل کو ادکھائی میمن جاحت کی کارکردگی سے آگاہ کیا اور جاحت کی سہولیات کی فراہی میں مزید کھار پدا کرنے کے لے مؤثر اقدامات کے بارے بی بھی تنعیل کے ساتھ آگاہ کیا يتقريب سے أو كھائي مين ماؤستك فاؤ تايش كے صدر اور ورللہ مین آرگنائزیش کے رشی برادری کے مخیر مخصیت جناب



وقت كم إيشبط

رق کی بریکل بڑی ہے۔ ہا ہدادہ ہون ہو ایدادی کی ا ادارے کا اس تیں ہاہا کراس کا کول طاوع تا فرے وفر آسے آفری میں واقت پر فاق یہ آب اسپتہاس کی تعرواں می قرید میں ہیں کام میں کی ول گانا ہے۔ آپ کا کام کی واقع یہ کمل ہواتا ہے جس سے Ponding کا فاؤ تھی رہنا۔ وقت کی ہے پائندی اس وقت ادرائم ہویاتی ہے جب آفری کے مگرافراد وقت پر کافید کے موان میں کو سائن کی کر سے تھی اور

آ فس فنول كي شهكا اذه كل

مالت برآ فر بالخائز فی کامول کی اگریکی بیزی ہے 1 قر جی مالت براینا کام فادا و در کی ایم بیزی ہے۔ یاد کے کہ وہ عادش چیا ہے کہ ایک بیاس کی '' گؤ کہ'' کے ایم صریعہ تے ایس چا فس کے واقت ایک دی اواقی کرتے ہیں۔ اس لیے کہ منول باتوں کا اور طریق کی اواقی کے دیں اس فیم و شروع کی کہ ہے تہ کری ادر اسینے ونگر ماتیوں کی چاتی کرتے ہے کی گریز کری ادر اسینے ونگر ماتیوں کی چاتی کرتے ہے کی گریز

مهلون كاستعال متبل كركري

یادر محل افزان اعتمال او لیکس عین آخر کے کام کے لیے ایس از کرآ ہے کے آمر ف کے لیے کے واکد آخر کے فان

کر الحدید مدیدتم اور ترجی - باگل ب تکتی سے فی فون کا فرکستے چی ۔ آفس کے مقعدی اعزامید پر مرجگ کرتے چی سان باقدل سے کا مرکزہ کشدان اور جی ہے آفس شک کام کا احل کی تحتی ہی باتا ۔ ہاس ایسے لوگس سے اوش تحتی مربعے جوفرہ کام کرنے سے کوالے چی ۔ آفس کے ماحل کو کا کا تربید کا فی کے ماحل کو کا کا کا تربید کے دیا ۔

باسسالى يحصدكي

اگری کی کی اور آئی ایستان کا ایستان کی ایستان

مكل كرت والييس

دیے ہیں آوی کی موکما ہے کہا تیڈیا آ سیکا اوران کا اندا کی اور کو سطے ۔ اس سے موٹیار دہیں اور اس نے باس کو اس نے آ تیڈیا سے والف کی کی ۔ موکما ہے کیدم اس سیکام کا ندور کارگی اس سے آ سے باک کی آخر عمل اوائی اوائی کی قبر سند بھی دوج موجا کی سے آرد تی کے امکانا معدود اوران کی گ

ماتى لمازين سے صدند يج

کے این حدی آگ آن او کا کا کا کی باو قرآن دو ای آگ عن ایسا جلتا دیتا ہے کہ آیک دن خودی جل کرف کشر ہویا تا ہے آئی علی ایسے در انجیان سے حدید کچھ ما کر آپ کا کوئی ما جے اور کا ایسے معام کر کا گوش کچھ جس کا ہوا ہو اس سے جل کر خاک میں ہویا کی فکر خود کے اعد جمی وہ ما جے اور کا ایسے بھا کرنے کا کوش کچھ جس کا ہوا ہو کو اجوال اور قرق پر فقور کھ سے کھوا کی میں ہوا کا کا کو اجوال اور قرق پر فقور کھ سے کھوا کی ہوا ہوا کا کا احمال والے رہی فرات کھٹ جائی ہے۔ اگر آپ حد کری کا احمال والے رہی فرات کھٹ جائی ہے۔ اگر آپ حد کری کا احمال والے رہی فرات اللہ اللہ ایسے قدم خرود





کے وسیعی کیل درہ کا بھے کھارے اس موافرے تک جہاں اسکول کی کماہوں تھی وی اور دیاوی جہم تو دی جاری جہاں اسکول کی کماہوں ہے کھارے دولوجان جو کرصاص فروحا فرادے کروں شرمونے کا پچھ کی بھا ہوتے ہیں ان شرود م کے بلتے و بھنے شرائیں گا کیے گورہ جان جی ج کر ہر کہلے سے مستند میونے کے اوجود کی گراتوں کا فکا ہوجاتے ہیں اور اس موافرے شرع فرید اٹی اوٹ بٹا گھ موجاتے ہیں اور اس موافرے شرع فرید اٹی اوٹ بٹا گھ موجاتے ہیں دولت کے فل کے دی شرعہ اپنی دومرے وہ تھان جاس جو کراتی دولت کے فل می ہوون کھول شی درمرائے تئیم حاصل کرتے ہیں بلکر افل تنہ میں موصل کے بھوائی گا بلیت اور ڈکری کواری کھیل کے لیے استمال کے بھوائی گا بلیت

مگول علی این این این این این اور اگرایت ملک آئی با کی او مگر آئی حب الوانی کے بذہب سے وادی براو جوان مرف این این این محرکی تجدید این این حرید دولت اکما کرنے کور تج دیتے ہیں جن عی واکو صورات قائل و کر ہیں بدہ واکور ہیں جنواں نے بروان ملک سے کوانا کو ناش کی و گری مامل کی بورتی ہواں کے اور اس مائیں آگر این اتنے می برافوات کے افراہ اس موافر سے قالے ہیں طب جیسا مقدل ہو مام سے اس موافر سے میں میں سے توان کامیاب کا دو اور ا بدیات حارے موام علی برجانوں اور خاری کا میں سے سے میں اور خاری کا میں سے مام آئی ایل میں کی تقییل اور خاری کا میں سے میں اکور طاب کی اس سے

الديات ع تحمواكر مابرة اكثرك إلى آق والفري مريش كواينا طارح كردانا بياق كاراس كواينا ادراسية كالساكا عديد كاث كركرواناخ الب يوكرا كوادقات يواحكل موياتا ے ایسے باحل اور معاشرے عی آگر کوئی عام فوجان است آب كالها ول عندالة ثاباتنيم والملكر في بعد ود یکی باوقار زندگی کرارے کا لیکن اس فوجان کی امیدول بر يانى الدوقت كرتاب جب الكرى كما تعظيمون كاره ل د اوف كراحت خاله الداول يراسيان الوجالون عي اكولا حالات سے محود کر کے اسید قریب والدین جو کران سے معتمل بي التصدان كي اميدالك يفي بوت بي ك لي وعِل كَا يَعِيرُ عِن روز كَار كَ عَالَ عَن مَم موجات إلى كَان الن ش اكثرترجان جرك المعاشر على ناانساني كا عام يركي كل محتم م بقادت كر سك عدد كريد ، ويزك ، كالريا الدي وحاد ليح يرجى كى وجدع ان كونسية ما تو ك يكاهم، لالا تونيت ، ناانساني كا دور عنودك كي كورت يروال می کردا پروا ہے کر دایای کی می جاری کا طاق تیں ہے۔ یہ قردسائل عي اشاقه كرتى باس لئ عاسد فيجانون كو وإبيت كرصت سيكام في كراس اعرير فادات شريكي دوان سحركي الميديكي واست فتى الداخ المساور كتى الدائدي الدائد ہوآ خرایک دون دا بان مورن شرورطنوع بردا ہے کراس کے لخضرورى بكرام الل خل عدايركلس يانى رسامدك اب حريد اسيد كل كاطوق درياع ركس آج ك دوري فرجهان لزكول احداز كيول ودول كوكاح كرعاموكا اسرآ وكي آبادي كوشنوخ دكدكرازتي سكرخاب ويكفيكا والشاكز ديكاسيماس لے سب کور م سے قدم ملاکراس ولدل سے قوم کو لکا لا اول جس ش آج محضه وع إلى

ے قاصر ہے مرکاری ایتالوں عن بدھی ادر فیر معادی





ملک کی ترقی کیلئے نوجوانوں میں اپنی ذمہدار بوں کااحساس ضروری ہے...

افراد سے ملکر بنی ہیں اور کی ہی ملک کی ترتی کا اخصار اس ملک کے عوام اور بالخصوص فوجوان طبقے پر ہوتا ہے فوجوان ہی کمک ملک کی ترقی کے ستون ہوتے ہیں خواہ کو کی بھی شعبہ ہوقوم کی فوجوان نسل ہی ملک کو ترقی کے زینوں پر لے جاتی ہے اور فوجوا نوں میں صنف کی بنیاد پر کوئی فرق ملک شرائی ہیں ہو اور دنیا کے جی اور دنیا کے ہر ملک میں خواتین بھی مردوں کے شانہ بشانہ ملکی ترقی میں معروف عمل ہیں کی ملک کے فوجوانوں پر بید مدداری عائد معروف عمل ہیں کی ملک کے فوجوانوں پر بید مدداری عائد ہوتی ہے کہ دوہ اپنے بزرگوں سے ذمہ داریاں لے کرعملی زندگی کا آغاز کریں ترقی یافتہ ممالک میں فوجوان اپنے بزرگوں اور بینوں کا کام اپنے اپنے شعبوں میں نئی سورج اور ولولے کے اور بینوں کا کام اپنے اپنے شعبوں میں نئی سورج اور ولولے کے اور بینوں کا کام اپنے اپنے شعبوں میں نئی سورج اور ولولے کے

ساتھ خوب سے خوب تر کرتے ہوئے جاری وساری رکھتے ہیں۔ لیکن سے بات بھی اپنی جگدائل ہے کدان تمام تر باتوں کا دار درار عکار کوئی ہیں۔ لیکن سے بات بھی اپنی جگدائل ہے کومت کی پیدا کردہ سہولیات میں تعلیم، روزگار، گھرا ورصحت شامل ہیں۔ جب انسان کو ریتمام ترسہولیات میسر ہوں تو دہاں پر آپ ایک اچھے اور ترقی یافتہ معاشر ہے کی چشن گوئی کرسکتے ہیں۔ حاکم وقت کی فرائم کردہ ان تمام ترسہولیات کی بدولت عوام کے لئے ایک فرائم کردہ ان تمام ترسہولیات کی بدولت عوام کے لئے ایک اور ہیر دشیما میں انسانوں کی لائیس ایٹی دھا کہ جا بان آج کی دنیا اور ہیر دشیما میں انسانوں کی لائیس ایٹی دھا کہ جا بان آج کی دنیا میں دوبارہ اینے یاؤں پر کھڑ اہوجائے گالیکن ان تمام تر حقائن کو

بالات طاق رکھتے ہوئے جاپان کی حکومت اور حوام نے اپنے وکھوں اور اپنے بیاروں کے صد ہے کواکی طرف رکھ کرا کیے بار پھرا پی جدو جبر کا آغاز کیا جس میں نو جوان سل سب ہے آگے رہی ۔ بیکی وجہ ہے کہ اس عظیم سل نے کے بعد بھی کسی بھی طور پر ہمت نہ ہار نے والی اس قوم نے اپنے ملک کوا کیے بار پھر تمام دنیا میں قابل قد رمقام پر لا کھڑا کیا اس کے علاوہ بھی ایسی کی مثالیس موجود ہیں اس کے مقا ملے میں ایسی کی مثالیس موجود ہیں اس کے مقا ملے میں باکستان کوئی لیجئے۔ 14 اگست جو کہ روز اول سے لیکر آج تک اپنے حکم انوں کی بدولت دنیا کی جو کہ روز اول سے لیکر آج تک اپنے حکم انوں کی بدولت دنیا کی جی ہے جس کا سہر اہمارے حکم انوں ہی کے سرجا تا ہے لیکن لیکھوں اللہ تعالیٰ کی مہریانی سے ہر دور کے حکوثی خیر خواہ کے دونوں باتھوں سے لوٹ جانے کے باوجودا ہی بیا کستان غیر تینی طور

اسلامی ممالک میں پہلی ایٹی طاقت بننے کا میڈل سجائے ہمارے اس ملک کے حکمران ان تمام تر ذمددار یوں سے اپنے آپ کومبرا تجھتے ہیں یہاں کے عوام کی ضروریات عوام خود ہی پورا کر لیتے ہیں چاہےوہ رشوت، چوری قل وغارت، جن چھینے

MEMON ALAM • JANUARY 2011

بےروزگاری اسیاب وسدیاب





ال وقت بإكتان كا سب المرور كاركى المرود عين مئله

ے۔موجود وطالات میں 40 لاکھ سے زائد افراداس مسئلے سے دوچار ہیں۔ یعنی پاکستان میں بیروزگاری کی شرح 15 فیصد سے زائد ہے۔

پاکستان کی آبادی کا ہذا حصد نوجوانوں پر مشتل ہے۔ لیکن تعلیم اور فی تربیت کی کی کے باحث نوجوانوں کی ہذی تعداد حصول ردزگار میں مشکلات کا سامنا کر رہی ہے۔ بیروزگاری کی دبد سے دہ وجی وباؤ کا شکار جیں۔ اور اس کے نتیج میں پیدا ہوئے والی اضطرائی کیفیت ہارے معاشرے میں مختلف مسائل کوجنم دے دی ہے۔

اگرہم بےرددگاری کے اسہاب کا جائزہ لیں اقبات کھل طور پر عیاں نظر آتی ہے کہ تی اداروں نے طا زمت کھل اور عدم جھنا کی دیا ہے۔ جس دید سے انہوں نے اپنا سرمار پیرون ملک بھالی کردیا ہے۔ جس کی دجہ سے دید سے صنعتیں بحران کا فکار ہوگئی ہیں۔ جس کی دجہ سے لوگوں کوروزگار کے مواقع میسر ٹیس ہود ہے۔

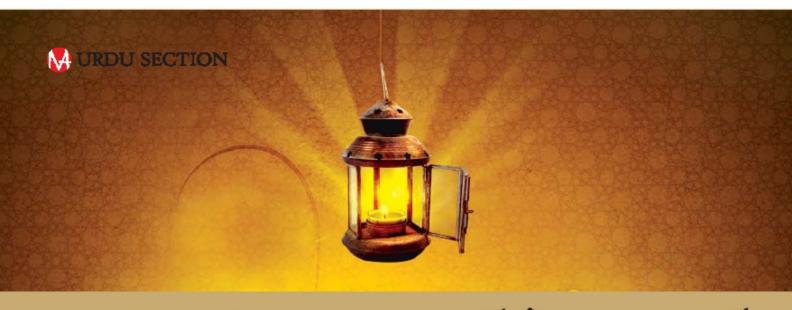
آبادی میں تیزی سے پدھتا ہوا اضافہ می بیرونگاری کی ایک اہم دجہ ہے۔ اور آبادی وسائل کی سطح سے تجاوز کر گئی ہے۔ اگر ہم بیرونگاری کے حالے سے اللہ بیرونگاری کے حالے سے سیاسی نظام کا جائزہ لیں تو یہ می بیرونگاری کا ایک اہم سبب ہے۔ ہمارے تو جوان طالبعلم ایک مناسب پیٹے کے انتخاب کے نظانظر میں بھی غیر فرمدوار ہیں کوئی

تحرم: عبدالحميد طيب سوريا

ہی چی بینا او تی بیا شعبہ متعادف کروایا جاتا ہے تو تمام طالبعلم کہ
کی بھی خالی اسامی کے لیئے امید واروں کی تعداداس سے بی گنا
زیادہ ہوتی ہے۔ یعنی کی شعبہ شی اس کی کھیت سے زیادہ افرادی
توت بھی بیرودگاری کا سب ہے مضعنوں میں جدید تیکنا او تی و
کہید پرسسم کا استعمال بھی بیرود گاری کے اسماب میں سے ہے۔
کہید ترسسم کا استعمال بھی بیرود گاری کے اسماب میں سے ہے۔
کیونکہ اس سے افرادی توت کی طلب کم ہوجاتی ہے۔

پاکستان کا تیکس کا تظام بھی فیر تملی پیش ہے۔ جس کی وجہ سے
مرابیکاری متاثر ہوتی ہے اور حکومت مطلوبیکس ماصل کرنے
میں نا کام رائی ہے۔ حکومت کا ٹیکس کی مد میں مطلوب ہرف
پورانہ ہونے کی وجہ سے حکومت ترقیاتی منصوب بشروع کرنے
سے قاصر رائی ہے۔ جو محوام میں ہیروزگاری کا سبب بنتی ہے۔
کونکہ حکومت ثی طازمتوں کے مواقع پیدا کرنے کے لیئے
مرابیکاری نہیں کر پاتی پاکستان میں اوانائی کا بحوان جس میں
میل اور کیس کی لوڈشیڈ تک اور مواصلات و نقل وحمل کے شجوں
میں ہولتوں کا فقد ان ہے جو جاری صنعتوں کو فصال رکھے اور ٹی
میں میلتوں کا فقد ان ہے جو جاری صنعتوں کو فصال رکھے اور ٹی
میں میلتوں کے قیام میں سب سے بدی رکا دی ہے۔ اسمعتوں کی
میار بھی کئی و بین الاقوامی ضرورت میں کی کا یا صف ہیں۔ جو
معیار بھی کئی و بین الاقوامی ضرورت میں کی کا یا صف ہیں۔ جو
معیار بھی کئی و بین الاقوامی ضرورت میں کی کا یا صف ہیں۔ جو
معیار بھی کئی و بین الاقوامی ضرورت میں کی کا یا صف ہیں۔ جو

مارے نظام میں ملازمتوں کے کائی مواقع جیس اور جب بھی كى جكداساميان بوتى بين لواس كمينى كافراداي رشة دارون ادراحبايون كومرتى كروات يين بحس كى وجها اسامی کے لیے جائز افراد نتخب بیں مویاتے جو باصلاحیت اور قاتل افراد كي حوصله هكند كرتى ب أكران تمام وجوبات كويم تظر رکھتے ہوئے ہم اس کے سدیاب کے لیئے عملی کا دشیں کریں۔یا كفوص حكومت اختصادي ترقى كاعمل بروان يرهائ اوراس مقصد کے صول کے لیے صنعتوں کی اقتصادی بحالی ، سرمایہ وارول کی حوصلہ افزائی اور تیکس کے نظام کو بنیادی طور پروسعت وے اور اس کے ٹیمرف کو کم کر کے اس کے قبید ورک کو وسع كرے مريد برآ مات كرون كے ليئے جيد كى سے وشش كرے حريد تواناكى كے بحران يرفوري قابويائے ادرمنعتوں كو بجلی ادر حیس کی تمل فرا ہمی کو پینی اور صنعتار دں اور تاجروں کو محمل تتحقظ فراہم کرےاور بیرون ملک کے سرماییکاروں کی توجہ یا کتان کی طرف مبذول کروائے ۔اور خصوص پیلے کے ڈرلیے طازمتوں کے حصول کومکن بنائے مریدفنی ویدیدوران تربیت کے ادارے قائم کرے اس طرح بردد گارافراد کوان کی صلاحیاں بهتركرنے كے مواقع ميسر ہونے كم تعليم بافتة افراد كے ليئے خود روز گارائکیم کے طرز عمل کوفروغ وے اور نوجوا نوں کوایے بیٹے کے انتخاب اور منتقبل کی را ہیں متعین کرنے کے لیئے کیئر بیر کائیڈٹس کے مراکز قائم کرے۔



نيك سيرت شريك حيات ... انمول خزانه

کردارٹریک دیات(بیول)ایدشوبرک کے انمول خزاند کی ماند ہے۔ تیک کردار يوى كاتريف قرآن وحديث ش ال طرح كي كي ب كدوه اييغ هوهركى تمام حاكتول على تابعداري اور فرمانيرواري كرے فم يا خرقي دونوں ما نوں شيءُ وہر كا ساتھ دے اس كا وصلہ بوحائے اور کی سے اس کی برائی شکرے شکی سے شوہر کی برائی کو برواشت کرے چٹا ہجے بیادے رسول نے قرمایا" الله تعاتی کے سوا اگر کمی کوجد و کرنا جائز ہوتا تو میں ہر الك مورت كو حم وينا كه وه اين شوبرول كومجده كري" _ اریخی مطالعدے مجی عد جاتا ہے کردنیا کے اکثر مشاہیر ک ناموری اور شیرت شل ان کی عوایل کا وال رہا ہے خود المار سررول ياك يرجب فارحراش فيل وي نازل مولى ال آب تبایت بریثان محرتشریف لاے اورائی زوید محرمه حطرت خد بجة الكبرى سے واقعه بيان كيا۔ آب في صفوركو تلی دی صد وحصلہ برحایا۔ آب کے ماتھ کا بید وجما آب كميل اور مايا اور مرآب كى رسالت يرايان يمى لا كي _ اوركها كريمري تمام وولت (حطرت خديج كدكي يؤي وولتندخا تون حمل) آب جس طرح وإي اسداي مقصد ك تحيل ش مرف كريداورجب آب يحمض لين تبلغ و اشاعت كافريشه اداكر كرد فياسه دخست موت كا دفت آيا آوآب كا مرميارك زانو عصرت ما تشرمد إية يرتها كروه بحل زوجد رسول تقيل جنول في صنور سد اين رفاقت و وقاداری کا حق ادا قرادیا۔ ای طرح ادر کی کی از داج مطیرات محی جنول نے ساحب دولت وٹروت موکر یمی حعرت رسول کے شانہ کو دنیا کے جاہ دیا تھے برتر جے دیا اور ساری

نیک اور صالح ہوی اپنے شوہر کیلئے دائی خوشی خوشگوارز ندگی بہم پہنچا کر دنیا ہی

میں جنت کانمونہ فیش کردیتی ہے

زعر کی نہا ہے مرت و حکی میں گز او کر دنیا ہے رخصت ہو کئی مرجى بمى الى كال وتك دامانى ك فكوه كاليك لنظ بمى صنورًا مم فيرك مائ زيان برقيل لايار به وعظيم امت كي ما تم ام الموشين تحيل جن كے بلد كروار ير آج تك امت مسلمہ کونازے۔ بھر کیف احضور تراتے ہیں تیک بولائے اوصاف بھی ہیں کہ جب حوبراے دیکھے آو دہ خوش ہوجائے اورجس والت اسے اسے باس بلاے وہ بلاعدراس کے باس آئے اور شوہر کی عدم موجود کی میں اسے محر اور ای عزت و ناموس کی حفاظت کرے این جول کی تربیت شر کوتای در كرے اوركى ايسے مرد وقورت كو كھركے اندر شرآئے دے جس كا آنا شوبركونا يستدبو (خواه مورت كا باب مال بما في اي كول نه مو) يرهيقت ب كه دولت ونيا تو مرف مادى ضرورت کی محیل کرتی ہے۔ لیکن ایک صالح حورت نورے کنے کوا بی سیر تی اور حسن عمل کے ذریعہ جنت کا عمونہ بناوی ہی ے مرکوائی قدیر فوش حراجی اور اچھ کردار کے ڈریج فضاؤل ش امن وامان اورخوشیوں سے بحرد فی اوراس کی والناس فاعدان كه بوزهم اليح ماس سرتدو بوراور دیگر افراد مبت کرنے کھتے ہیں وہ مورت بھی کے لئے ایک تربیت کا داورمرکز لا و من جاتی ہے۔حضور اکرم نے ایک جگہ قربایا بوری کا تنات از انسان کو مارض خوشی بینیا سی بر مر

تیک اور صالح بول این شوہر کے لیے واک خوشی خوشکوار زندگی مجم کانجا کر دنیای ش جت کانموند پایش کردیتی ہے۔ ایک حکایت کے در بعداس کی وضاحت اس طرح میان کی مل ہے جس على مورول كے لئے يوى جرت وقعيت كا دوس ما ہے۔ آبابوں ش الکھا ہے کرایک منعید باوجود کیری کے اعتمالی توبسورت ورانى اوريكشش جرك مال حيس كى خاان ے اس خوبصورتی نورانی جرے کاراز دیافت کیا آب نے جو جواب دیاده آج کی مغرب برست شومرکی تا قرمان، بدزمان ادر اسلای طرز و تہذیب سے بیکا ندمورتوں کے لیے درس عبرت ہے۔ کاش است مسلمہ کی خواتین ان باتوں سے اثر كراجي اصلاح كرعيس ينانجه في كور ومعمر خالون كيتي جن" ش نے اپنے موثوں ير بيدرس كى مرفى لكا أن (يتى بيد كى یات کی جموث وفیبت ہے خود کو پیچائے رکھاا ور زبان کو جمیعثہ ذكرالي أورهمادت عرر ركهاجن جزول كوالفرق ويحيي کو کہا ان کو دیکھا اور جن سے مطع کیا اس سے دور رہی جیشہ شوبر كے احكامات كي هيل كى اور البيان خوش ركھا۔ اينے باتھوں کو عطا (لیتن خیرات و زکواچ) کی میشدی سے سرخ رکھا لیمن جورول ، فریوں ، مسکینوں کے ساتھ احسان کا برتاؤ کیا۔ بيشة خرشي وهم دونون حالتون يرمير وفشكر يرقائم راي بمي كمي بات كا گذفتكوه شو برياكس سنديمي ندكيا- برلحداسين اهمال كا محاسبه کیا اور مبرواستهامت کا قازه ویاد و رنگایا۔ اسپنے ول پر بميثر خداكا خوف لازم ركما اورهش وبسيرت سع كام ليا اور كط وجيد دول حالتول على بدخيال ركها كدالله وبرجك ب اور وہ حارے اعمال کو و کھے رہا ہے اور برشرم و حیا کی بشریا الحير(يدو)لكار

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