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आलम | میمن عالم

MEMON ALAM

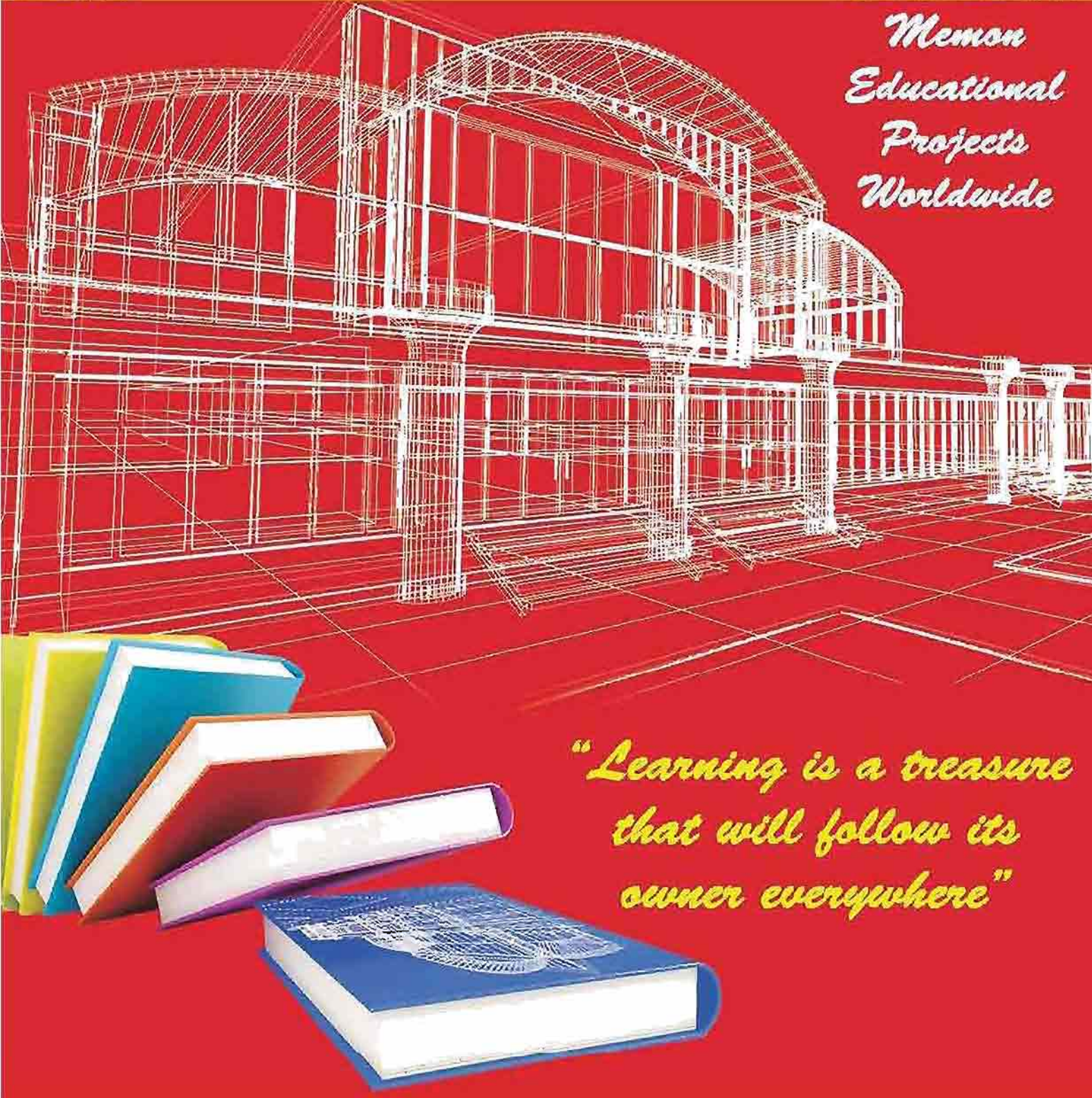
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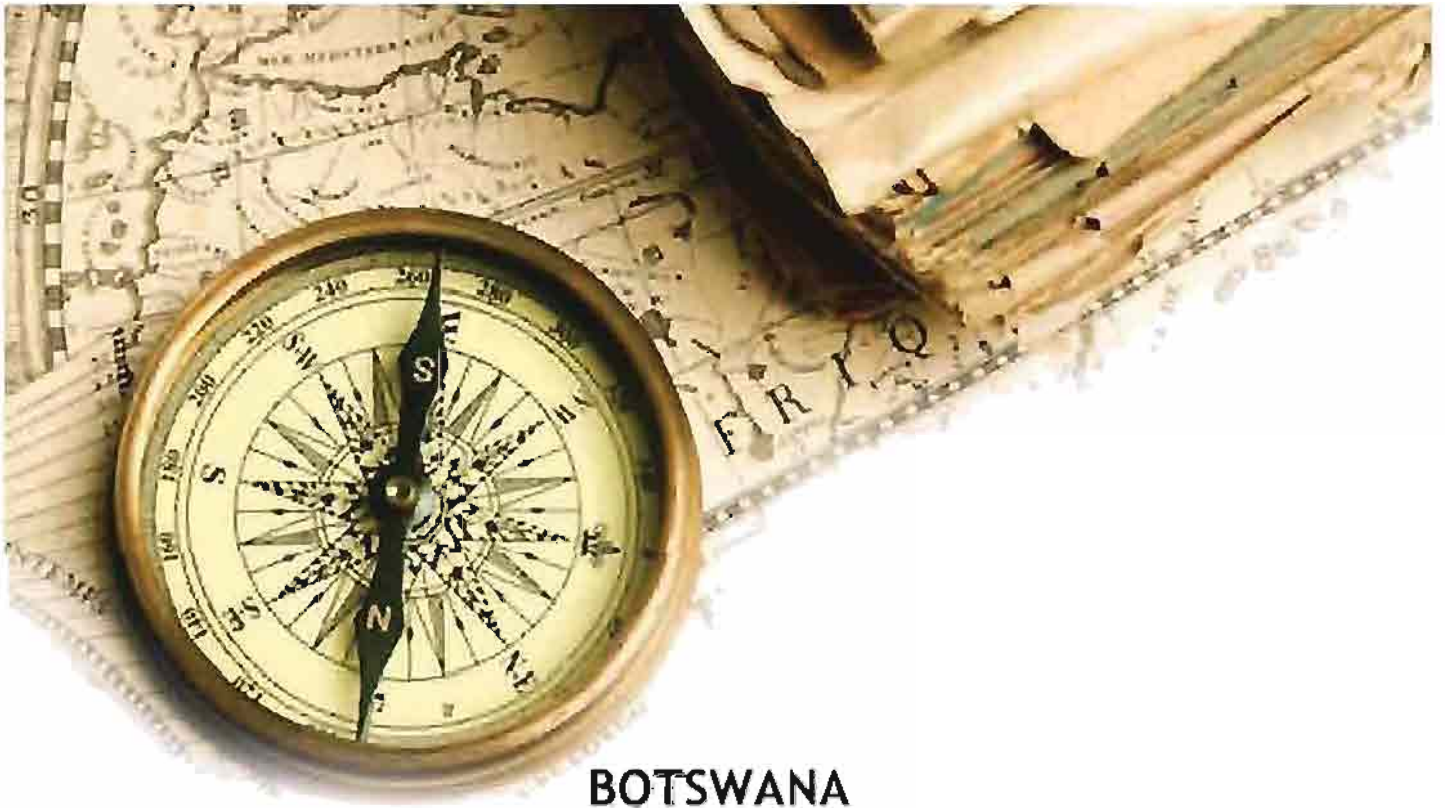
February, 2011

Volume No. 52 Issue No. 629

*Memon
Educational
Projects
Worldwide*



*"Learning is a treasure
that will follow its
owner everywhere"*



BOTSWANA



Gulaam H. Abdoola
Executive Chairman

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GH Group P.O. Box 41029 Gaborone, Botswana, Tel: (+267) 3105959 Fax: (+267) 3105995
email: gulaam@ghgroup.co.bw

*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 acquainted

Surah 49

Verse 19



میں عالم
Memon Alam

MEMON ALAM

February, 2011
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Address:

B-1 Shama Plaza
G.K. 8-18/1, Near Nakhuda Masjid
G. Allana Road, Kharadar,
Karachi-Pakistan.

For further details please contact:

World Memon Organisation
32/8, Street No. 6, Mualim Abad,
Off: Kashmir Road Karachi
email: memonalam@wmoep.com

For online version, please login to: www.wmopakistan.com, www.wmoep.com



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.

MEMBERSHIP

The World Memon Organisation has the following categories of Membership:

1. Apex Bodies (National Bodies)
2. Institutional Members (Regional and Local Bodies) local institutions, foundations, trusts, social welfare organizations, professional institutions, chamber of commerce, educational boards, etc
3. Corporate Members (Commercial Bodies) -
4. Individual Members (Annual or Life Members)
5. Associate Members (any Non-Memon Organizations or Non-Memon Individual)
6. Patrons
7. Trustees of WMO Charitable Foundation (WMOCF)

MEMBERSHIP FEES

Apex Members	US \$500 (Annually)
Institutional Members	US \$250 (Annually)
Corporate Members	US \$500 (Annually)
Annual Membership	US \$100
Life Membership	US \$2,500
Patron `	US \$25,000
Trustee	US \$100,000

NOTES:

1. Subscription for female applicants shall be half the normal fees
2. Subscription for Life Members can be paid in three equal annual installments
3. Subscription for Patrons can be paid in five equal annual installments
4. Subscription for Trustees can be paid in five equal annual installments

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Memon educational projects worldwide

Education has an immense impact on the human society; it instills high sense of values, responsibility and awareness in human mind. It enables people to think and act rationally. One can safely assume that a person is not in the proper sense till he is educated. It trains the human mind to think and take the right decision. It is through education that knowledge and information is received and spread throughout the world. The quality of human resource of a nation is easily judged by the number of literate population living in it. History is evident that a nation with high illiteracy rate ultimately dooms.

Education plays a crucial role in the development and prosperity of a nation. It is considered as the backbone on which the social and economic growth depends. The importance of education cannot be neglected by any nation or a community, as in today's world, the role of education has become even more vital. It is an absolute necessity for economic and social development of any nation or community

The importance of education is most evident as a means to alleviate poverty and engineer social change. Education has a fundamental role to play in personal and social development; it is a ladder that can be used to climb out of poverty, exclusion, ignorance and oppression. The children and youth of our times, who will take over from today's adults, need to be equipped with knowledge to usher in a better future.


While acknowledging the importance of education, our forefathers decided to build educational institutions through out the world to provide an opportunity to the posterity to acquire knowledge and skills.

In the current issue of the Memon Alam, our aim is to highlight some of the Educational projects of the Memon Community. These projects are serving the humanity without any distinction of caste, creed, colour or religion. Our Educational institutions welcome everybody.

The posterity of the Memon Community would be delighted to know the contribution made by such institutions for mankind. Let the posterity of the Memon Community know what their forefathers have left behind for the mankind and ponder what their contribution should be for the next generation.

Memon Alam proudly presents a brief description of some of the unique educational institutions. The list of such institutions is very extensive but due to the shortage of space, we have selected only a few. However, we would like to give brief of some of the other institutions later. We would request the members of the community to please send the list along with photographs of such institutions so that comprehensive list be prepared depicting humble contribution of the Memon Community for providing educational facilities to humanity.

These educational institutions are standing as a manifestation of the philanthropy of our forefathers, who had a vision, not for themselves, but for the betterment and uplift of the humanity as a whole.

 **Pir Muhammad A. Kaliya**
Chief Editor,
Memon Alam

Raunaq-e-Islam

Hajiani Khadija Bai – Mother of Education

Hajiani Khadija Bai, the most prominent woman in the whole history of the Memon Community met her Creator in the early morning of 18th December 1990 at the ripe age of 90 years "Inna Lillahe Wa Inna Elaihay Rajoon".

She was rightly known as the Mother of Education of the Memon Community. She established and managed some schools and a college having budget of millions. It is surprising to know that she herself had no formal education, had no oratorical power and belonged to a middle class family and remained at that level of economy for her whole life.

Hajiani Khadija Bai was born at the turn of the century at Bantva (Kathiawar), one of the major population centres of Memons. She became a widow at a young age of 22 years and there after devoted her full time and energies for the progress of women education in a society that was far behind in male education as compared with other communities. At Bantva, she managed to run full fledged girls school and remained its all in all spirit for nearly a quarter of a century. She also acquired a good plot of land to construct another school but the whole scheme had to be abandoned due to the partition of the country. While others migrated to Pakistan with their movable properties and other valuables, Khadija Hajiani Bai came to Pakistan with cash balance and the documents of her schools.

In Karachi she tried hard to get a proper building to start a girl's school but failed in her efforts. At last she decided to visit Quaid-e-Azam about this matter and went to the Governor General's House along with like minded ladies. Quaid-e-Azam was very much busy with innumerable national matters, as such Khadija Bai could not meet him personally and instead she met Mohtarema Fatima Jinnah. She heard their plea to allot them a plot of land of an evacuee property to establish a girl's school and Mohtarema Fatima Jinnah immediately responded to their request. All the ladies in the deputation were dressed in the traditional orthodox clothes common to the middle aged Memon ladies and their conversation their being highly educated. A highly placed government official present on the occasion said to Mohtarema, "How these

middle aged un-educated ladies are going to run and manage a school. But Mohtarema Fatima Jinnah knew the self less service and utter devotion to the cause of these ladies from her own personal experience and observations. She replied that she had complete faith in them.

Hajiani Khadija Bai immediately started a Raunaq-e-Islam girls School in a building allotted to her at Nanakwara. After a short time she acquired another building at Kharadar and started second Raunaq-e-Islam School. In 1914 Sir Abdullah Haroon established Hanifa Bai Girls School at Garikhata which was the first ever Muslim Girls School in Karachi and also in the whole of Sindh. The two Raunaq-e-Islam Schools were the first Muslim Girls Schools after a gap of three and half decades. According to the age old tradition of Memons, both the schools were kept open to all the girls, irrespective of caste, creed, or community. Memons girl took full advantage to these schools to acquire modern education with other girls. Encouraged by Hajiani Bai's example several other Memon educational organizations also established many girls' schools. Hajiani herself, after some years acquired a plot of land at Federal B Area and constructed a third Raunaq-e-Islam Girl's School. She also acquired an evacuee building known as Atmaram Pritam as Dharamshala at Kharadher and established Raunaq-e-Islam Girls College which was the first degree college for girls in the backward area of Lyari. Due to the pioneering efforts of Hajiani Khadijabai which were followed by other Memon organizations, the centuries old apathy towards female education was converted into enthusiasm for more and more education for girls. At present there are thousands of Memon girls getting education not only at school and college level but also at University level too. They can also be seen at many professional fields. This was made possible by the untiring efforts and self less service of Khadija Bai and she was rightly called the Mother of the female education of Memons. She also founded Pakistan Memon Women Educational Society to conduct the efforts of the schools and college formally and regularly, several rich and middle class ladies of Bantva who were not after fame and name also gave their full support and co-operation to the

Society. Hajiani remained the spirit of the Society and she remained its Secretary and President for many years.

In 1972 all the three Raunaq-e-Islam girl's schools and the College were nationalized with other privately run educational institutions. Hajiani was much shocked by government's step as she felt that her life long work has been snatched away from her. Even then she continued to take interest in these schools and the government officials and the staff of these educational centers gave her full respect. She was invited to several functions and was bestowed highest honors. With the passage of time she became weaker and weaker and slowly retired from public activities.

In 1978, Bantva Memon Jamat and some other associations of Bantva organized a public function under the president ship of Vice Chancellor of Karachi University to pay full homage to her life long mission. She was award a ten tolas gold medal, a purse of Rupees One Lac Seventy five thousand Rupees and many other valuable gifts. Hajiani Bai, though a middle class woman, returned all these gifts to the Jamat for the cause of female education and accepted only a copy Holy Quran, a Tasbeeh and a Janamaz. All those present at the function and the Vice Chancellor of the Karachi University were highly impressed by this un-precedented example of self less service and supreme sacrifice.

In 1981 many schools which were nationalized were returned to the former management and Pakistan Memon Women Educational Society got back all the three Raunaq-e-Islam schools but the Raunaq-e-Islam Girls College is still under government control. These three Raunaq-e-Islam Girls' Schools were then handed over to Bantva Memon Jamat.

Hajiani Khadija Bai, who was fondly known as "Hajiani Maa" was indisposed several times and at last breathed her last on 18th December 1990. Her death was widely mourned by the Community. Nearly all major Memon Organisations passed condolence resolutions and a public condolence meeting was held at Memon Colony to pay homage to her loving memory. May Allah rest her soul in peace. Ameen.

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Adamjee Cantonment Public School & College Dhaka

MA A. Hameed Tayyab Suriya

Adamjee Cantonment Public School is one of the most prominent and renowned schools of Dhaka, ranked 7th in the Dhaka Board. It is situated in Dhaka Cantonment in the midst of a serene and peaceful environment. The aristocratic history, gigantic green campus along with the dedicated teaching staffs makes this institution highly desirable to students and parents and an institute to be proud of. The institution is under the supervision of the Director of Bangladesh Army Education Corps.

Currently, there are approximately 2,500 students studying under 84 dedicated teachers.. The motto of the school is "Discipline", "Education" and "Character".

Alhaj Gul Muhammad Adamjee, Managing Director of Mehran Jute Mills Limited at Karachi, Pakistan established Adamjee Cantonment School in early 1960. Begum Gul Muhammad Adamjee

laid down the foundation stone in January 1958. The main building was completed in January 1960.

The President of Pakistan Field Marshal Mohammad Ayub Khan wanted to establish a quality institution which led to the birth of Adamjee Cantonment School. The institution was later renamed as Adamjee Cantonment College. At present it is named as Adamjee Cantonment Public School. The school and the college were in the same building until 1985. Now the school and college are separate entities and are situated within the same campus but in different buildings.

The principal is the head of the school administrative body. Historically, the principals were Lt. Colonel level military officers from the Army Education Corp. However, many civilians have served as principals as well. The following of a military style code of conduct provides a good and peaceful environment for



education.

The original building of the school is now where the 'Adamjee Cantonment College' stands. The school was separated in 1995 and was made totally an independent institution. Now, this school enjoys a high reputation for its superior quality education and discipline.

ARY Academy of Gems & Jewellery Dubai

ARY Academy of Gems & Jewellery is an initiative of the ARY Group. The ARY Group with its head quarters in Dubai, United Arab Emirates has been instrumental in developing the gold and jewellery industry in the Middle East and South Asia. The Group over the years has broadened their horizon by expanding into various industries. It has achieved success and become a household name in the Middle East and South Asia.

The ARY Group, a leader in this business sector with a successful fifty year history is rich in experience and expertise. The Group believes that knowledge is power and through its vision deems necessary the need for change, and in doing so, judges that the gold and gems industry requires knowledge workers and not just traders. future entrepreneurs, professional, traders and craftspeople should have a broader knowledge and application based expertise within the industry.

ARY Academy wishes to draw upon this valuable tradition to provide

meaningful, hand-on education and training for people from all walks of life. The Academy's objectives is to develop a new class of professionals who can meet the challenges of the changing global environment. It desires to fashion true professionals with versatile knowledge and skills in the field of gemology, jewellery design, manufacturing, management, marketing, sales and retailing.

Thus, The ARY Academy of Gems and Jewellery is committed to excellence in education. Students will receive quality education and acquire internationally recognized qualifications in the field of gold and precious metals. The Institute's faculty comprises of professional, who are experienced and are designers, technicians, craftsmen and educationists. Drawn from all over the world, our faculty is multi-cultural and multi-lingual, which in essence provides a wide range in quality and standards and brings to the classrooms a broad and diverse knowledge and skills set to the student of the Academy.

ARY Academy of Gems & Jewellery offers Certificate & Diploma Programmed



Courses of Jewellery Design, Jewellery Making ,Diamond Grading, Gemologist, Marketing in Gems & Jewellery , Management in Gems & Jewellery and Retailing.

ARY Academy of Gems & Jewellery situated at knowledge village Dubai, that provides facilities such as hotels, food courts and restaurants, clinics and health clubs, book shop and stationary, art gallery, transportation, technical services, etc.

The Hussain Ebrahim Jamal Research Institute of Chemistry

The Hussain Ebrahim Jamal Research Institute of Chemistry (H.E.J. Research Institute of Chemistry) was established in 1967 as a "Postgraduate Institute of Chemistry" affiliated with the Department of Chemistry at Karachi University. A generous donation was offered to the University for the Institute by the leading philanthropist/industrialist Mr. Latif Ebrahim Jamal on behalf of the Husein Jamal Foundation in 1976, the largest donation at that time in the history of the country. The Institute was accordingly named as "Husein Ebrahim Jamal Research Institute of Chemistry" in memory of the late Mr. Husein Ebrahim Jamal. Two twelve million dollar projects submitted by Professor Atta-ur-Rahman for the establishment of International Center for Chemical and Biological Sciences (Phase II) were approved for the Institute by the ECNEC in the year 1987 and 1999.

The Institute has organized a number of major international conferences and symposia on various aspects of natural product chemistry, spectroscopy and protein chemistry. International symposia held every year in Karachi and they have attracted eminent chemists (including several Noble Laureates) from all over the world and have become renowned as among the best conferences in these fields. The institute had the distinction of hosting the 19th IUPAC Symposium on Natural Product Chemistry in January 1994 in which over 500 scientists from 52 countries, including 3 Nobel Laureates participated.

The H.E.J. Research Institute of Chemistry has also been selected as one of the three library centers of the Third World Academy of Sciences (TWAS) in its member countries.

H.E.J. Research Institute of Chemistry had designated as the W.H.O. Center for Pesticide Analysis for the Eastern Mediterranean Region. Routine analysis of the pesticide and insecticide samples from W.H.O. has been carried out in the analytical laboratories of the Institute along with researches in the development of new safer biopesticides. The institute is also a member of the IUCN-International, WAITRO and COMSATS.

In 2001, the H. E. J. Research Institute of Chemistry became a constituent institution of the International Center for Chemical and Biological Sciences, beginning of a phase of development and



institutional growth. In 2004, the H. E. J. Research Institute of Chemistry received the most prestigious IDB (Islamic Development Bank) prize for the best institution in the entire Islamic world. In March 2005, Third World Center Laboratory complex was formally inaugurated by the Prime Minister of Pakistan as an extension of the H. E. J. Research Institute. Late Mr. Latif Ebrahim Jamal, Chairman Ebrahim Jamal Foundation, continuing his patronage to the Institute, announced a donation of Latif Ebrahim Jamal National Science Center which is now near completion under the direct supervision of Mr. Aziz Latif Jamal, able son of Mr. Latif Ebrahim Jamal.

Over the years the Institute has acquired sophisticated modern instruments of scientific research worth over US \$ 35 million. These facilities make this institute one of the finest in the developing world and at par to major universities of the West.

The Institute has a well-equipped pharmacology section (with animal houses), plant biotechnology unit, and a pilot plant building. Mass spectroscopic databases, ISI current contents, dictionary of natural products and chemical abstracts on CDs have also been acquired. The well-subscribed subject-special library of the institute subscribes over 200 periodicals and journals and house over 6000 books on various aspects of chemical and related sciences. A broad-band radio wave connectivity of 4 MB caters the communication needs of the Institute, which include access to ISI online databases, Sci Finder, and full connectivity to PERN (Pakistan Education & Research Network). Several new laboratories such as

enzyme inhibition, tissue culture and plant micro propagation, anti tumor and radiolabel ling laboratories have been established in collaboration with NCI (USA),

Institutional development is an ongoing process without which scientific establishments can not sustain the rigor and quality of frontier research. H.E.J. Research Institute of Chemistry during the last four decades has achieved a number of milestones and remains at the pinnacle of excellence and sustained growth. Emphasis has been on raising the standards of training of scholars in economically relevant fields of chemical and biochemical sciences, and resources mobilization for the future growth in new disciplines of chemical sciences. The Institute has the single largest doctoral program in the country with over 280 Ph. D. students. The main areas of research and development and training of students include natural product chemistry, protein chemistry, pharmacology, computational medicinal chemistry, and plant biotechnology. The analytical, spectroscopic, computational, and other facilities present in the institute are at par to any good Institution in the world. The Institute also has an Industrial Analytical Center, which is providing analytical and consultancy services to over 350 industries in Pakistan.

A number of goal-oriented projects relating to the chemistry of natural products, protein chemistry, plant biotechnology and pharmacology of herbal medicines are being vigorously pursued which have led to the award of over 380 doctorate degrees, 70 M. Phil. degrees and 500 M. Sc. degrees and the publication of over 3,000 research papers that have earned international recognition.



Memon College Mombassa

A. Hameed Tayyab Suriya

The seed of Memon College was planted in 1996, when an extension floor to the Haji Khamisa Juma building in Memon Villa was put up by the Nasserpuria Memon Jamat.

This additional infrastructure paved way for the creation of Memon College. This College opened its doors on 1st February 1999, with the first intake of students pursuing accounting and computer studies. As has always been the tradition of Memon institutions, Memon College had a setting amidst high moral values, integrity and serious studying. These values have since propelled Memon College to an institution of repute, well respected in the Mombassa community. For Memon College, the sky is the limit! From humble beginning offering only the ACCA course we have already diversified into Information Technology, Early Childhood Education and Business Management. The college offers programs which are professional, job oriented and justified with degrees. Memon College offers the option of achieving a Bachelor of Science degree in Applied Accounting from the Oxford Brookes University in United Kingdom.

Memon College also offers the ABE program which leads to a degree in a number of universities worldwide and some of the best in Kenya like USIU (United States International University), Kenya College of Accountancy and Egerton University. To date, Memon College has produced 25 ACCA affiliates and 18 graduates of Oxford Brookes University.

The success of the college is due to its commitment through qualified lecturers who have been dedicated experts in their own right. Memon College has the ability to share all of its strengths and proud to offer the following facilities to its students like Well Equipped Classrooms, Full Fledged Multimedia Laboratory, Advanced Computer Repair and Maintenance Laboratory, Library and Resource Centre, Medical Facility,



Badminton Court, Table Tennis, Basketball pitch and Volleyball Court.

The Department of Computing & Information Technology is proud to be associated with I.T. and related professionals' within national and even up to the global platform. This college



former students have been absorbed in diverse institutions such as manufacturing and production, training, research and service industries. Memon College is all-round, providing specialized assistance, technical support as well as information to all the other Departments who are our most important stakeholders. Memon college key priority in the coming years, and keeping in mind the rapid changes in the global arena, will be to maintain the high standards of integrity and ethics that are important in any profession that involves information management, of which we are part of the backbone. The Department of computing and

Information Technologies aims to be the leader in training and research, and serve as a point of reference in the field of computing and Information Technology in Coast region. Computer systems research activities will be focused on architecture of hardware and software specification and design of computer-based systems, reconfigurable systems, adaptive systems, diagnostics and testing of digital systems and bio-inspired computer systems. Multimedia research activities will be mainly focused on general computer graphics algorithms, rendering, processing and recognition of speech signals, animation in three-dimensional space, modern methods of interaction in three-dimensional space, image processing, and applications. Memon College is now an accredited KASNEB.



Anjuman-I-Islam's M.H. Saboo Siddik College of Engineering Mumbai

A. Hameed Tayyab Suriya

Anjuman-I-Islam M.H. Saboo Siddik College of Engineering, the Mohammed Haji Saboo Siddik Institute (A Muslim Minority Institution) owes its existence to the munificence of late Mohammed, son of Haji Saboo Siddik, who bequeathed a large sum of money for establishing, conducting and managing this institution for imparting Vocational, Technical and Industrial training and education. The value of the assets, so bequeathed, exceeded rupees three crores at the time of donation. The institution is managed and administrated by Anjuman-I-Islam as its sole trustee, appointed by the Bombay High Court's decree, and scheme framed and sanctioned there under. Subsequently, when the concept of Technical High School took shape in the year 1945, a sum of rupees one lakh was also received from the assets of his mother, Bai Jimba Bai, after whom one of the buildings has been named in the campus of this institution. Originally, the institute was founded in the year 1936 as a "Trade School", with the objective of turning out artisans in some industrial arts and crafts. A major re-organization in its curriculum took place in the year 1944, as a result of which few more Trades and Certificate courses were started and a Technical High School was also opened. In 1958, a three year State Diploma course in Civil Engineering was started and, five years later, two more Diploma courses in Electrical and Mechanical Engineering were added. In the early and late seventies, new Certificate courses in Television Servicing, Refrigeration and Air-Conditioning, Interior Designing and Decoration, Diesel Mechanic and Mechanical Draftsmanship were introduced in the Polytechnic along with two vocational courses in Electrical and Mechanical Engineering Maintenance in the Junior College section of the Technical High School. In 1981, in order to cope up with the increase in demand, the Polytechnic increased the intake capacity from 120 to 180 students for the Diploma courses in Industrial Engineering, taking into consideration the development in Industrial Electronics in Maharashtra in general and in Mumbai in particular. From the academic year 1981 - 82, some short-term job-oriented courses were introduced to



cater to the special needs in Civil Engineering. Mechanical and Electrical Engineering were started to meet the needs of those candidates who are employed in the industries and who wish to acquire higher technical qualifications to improve their prospects. From the academic year 1984-85, the management started the M. H. Saboo Siddik College of Engineering



with three specialized B. E. courses in (i) Construction Engineering (ii) Production Engineering and (iii) Industrial Engineering, affiliated to the University of Mumbai with an intake of 60 students in each course, which is the most magnificent event and the most important landmark in the history of the progress and development of the Institution till date. From the academic year 1985-86, the Management started a degree course in Automobile Engineering and distributed the intake capacity of 60 students of Industrial Engineering equally to the Industrial Engineering and Automobile Engineering. From June 1986, the Management started a degree in

Electronics with 30 intake capacity in place of degree course in Industrial Engineering. The intake of 30 in Electronics Engineering was increased to 60 from the year 1990. The College also started B. E. Course in Information Technology, initially with an intake of 30 seats from academic year 2001-2002.

M.H. Saboo Siddik College Of Engineering Offering Computer Science and Engineering, Electrical and Electronics Engineering, Electronics and Communication Engineering, Mechanical Engineering, Information Technology, and Civil Engineering courses.

MHSS is affiliated to the University of Mumbai and all the courses are recognized by the All India Council for Technical Education (AICTE). It is 'A' Grade Institution, Accredited by NBA, AICTE and has a staff strength of about 154 (57-teaching, 97-non-teaching) and the student strength is about 1200.



A New Start for Pakistan The Hub School

Mr Abdul Kader Jaffer formed the Ahmed E.H. Jaffer Foundation in 1996 in memory of his late father. The Foundation initiated a not for profit School of Excellence THE HUB SCHOOL, a boarding school for 800 Boys. This will be followed by a boarding school for girls and finally a University of national importance in the outskirts of Karachi on 240 acres of valuable land donated by his family.

Education is Jaffer's family legacy to Pakistan. The Islamia School in Pune was founded in 1907 by Ahmed E.H. Jaffer's great grand Father Khan Bahadur Haroon Jaffer. His grandfather Sir Ebrahim Haroon Jaffer organized the first Muslim Educational Conference in 1920. His late-father Ahmed B.H. Jaffer introduced reforms as a member of the Indian Legislative Assembly in 1940 and later after partition in the Pakistan Legislative Assembly; he raised several bills and motions for improvement and increase in the allocation for Education.

The purpose of the Foundation is to work mostly, but not limited to, in the fields of Education, Healthcare, Sports, and Cultural.

The Hub School is a quality educational institution that has been established by Ahmed B. H. Jaffer Foundation to prepare boys for a life of leadership, service and personal fulfillment. Academic achievement is foremost amongst the Hub School's aim to surpass existing standards of educational excellence in Pakistan. The goal is also to promote independence of thought, respect for others, creativity and responsibility within a broad range of activities by providing a holistic learning atmosphere along with the curricula.

The Hub School aims to inspire boys to develop their talents and reach for excellence, confidence and character building as an essential part of life.

The Hub School is unique in Pakistan because it provides boys boarding facilities, combination of foreign and Pakistani trained teachers to deliver at international standard, also provides the art facilities like Olympic size swimming pool, golf, horse riding, school farm and extensive library with sports training (at weekends and after-school) for national and international competitions. Cultural activities both within Pakistan and International like debate, drama, culinary arts and fully equipped wood work & metal workshops and Information Technology rooms / class rooms. Hub School also has educational excursions and links both within Pakistan and International.

The dining hall is a splendid feature of the school. Lunch and dinners help the boys socialize and prepare them for formal occasions, local and international food available on the menu. The kitchen is equipped to the highest standards for preparation and presentation of food by fully trained and experienced cooks. Fresh vegetables transported as routine with most from the Foundation Farms, routine health and hygiene checks made by the doctor.

The intense revolutionary concepts of command center, with placement of series of cameras with infrared beaming facilities to target and neutralize intercepting intruders with effective monitoring of the grounds. The Hub School with a ten feet perimeter wall and barbed wire has uninterrupted surveillance. The entry permitted by modern technological security with identification by finger prints. Only the guards on mobile patrol outside the parameters carry weapons. The Hub School, a weapon free zone, no personal guards allowed in the premises.

Students enjoy some of the finest facilities in the world. When completed The Hub

A. Hameed Tayyab Suriya



School will have an Olympic sized swimming pool, Jacuzzi, a lake for boating, fishing and wind sports and will offer most equestrian sports, hockey cricket, archery squash, golf and more. Indeed students will have facilities far better than most of the exclusive country clubs.

The Hub School campus is located in a tranquil setting on 70 acres of land on Hub Dam Road near Karachi. It is envisaged as a small independent community designed to foster an atmosphere of close student/faculty interaction in a pleasing environment.

The School and its supporting facilities comprise a complex of aesthetically designed buildings. The Academic blocks are right at the heart of the complex. The large court in front acts as the Podium, a hub of student activity and a place for congregation. It is designed to encourage greater student interaction and to foster the brotherhood concept. Other building clusters include the administration block, the principal's secretariat, pupils' residences, dining hall, mosque, sports fields, staff housing and guest houses for visiting parents.

Congolese Children with Pakistan's Founder

Pakistani Blue Helmets In The African Nation Jinnah Public School is commonly known as the Jinnah School in this central African country. The Congolese students honor Pakistan once every year at the annual function by reciting the Pakistani national anthem. Some 4000 Pakistani civilians and soldiers are helping Congo-Kinshasa stand on its feet. The contribution of Pakistani civilians and military in this country under the UN has earned a lot of respect for Pakistan. Attached is the recent photograph of JINNAH PUBLIC SCHOOL here in Bukavu which is the capital city of South Kivu Province. The

school is named after the leader of the Pakistan Independence Movement, Quaid-e-Azam Mohammad Ali Jinnah. The school was established by Pakistan Army officers and soldiers as a gift to the people of Congo. Pakistani Blue Helmets in Congo are earning respect and honor for Pakistan through service to humanity. The effort is acknowledged by the people of this war-torn country in Central Africa. The school is more commonly known here as the Jinnah School. The students here sing the Pakistani national anthem every year during their annual function at Jinnah School. One of the main missions of the Pakistani contingent is



WHAMS, Winning of the Hearts and Minds through activities like the Jinnah School. We all are grateful for the nation's support and that of Pakistanis like you at this forum.

Memon Industrial and Technical Institute (MITI)



Memon Industrial and Technical Institute (MITI) which came into existence as a result of the philanthropic vision of the WMO-PC, its erstwhile President and whole-hearted support of the then CDGK Nazim, Syed Mustafa Kamal. MITI successfully completed its first phase of development which involved the inauguration of the center in May 2009 and inauguration of the first teaching session from July 2009. The contributions of Mr. H.M. Shahzad, Chairman, Memon Industrial & Technical Institute (MITI), Assistant Secretary General, WMO, will no doubt go down in history for years to come, as MITI has achieved some important landmarks in short history under his able leadership.

Leveraging on the successful completion of the first phase of its creation, MITI embarked upon its ambitious and challenging expansion plan of 2010. This plan involved:

- Induction of new courses in the Boys' Wing
- Opening of Ladies' Wing

Expansion of Boys' Wing

The fast-paced development work which started in the middle of November 2009 was completed by the end of December 2009. The New Year

started with the induction of 9 new courses in the Boys' Wing as follows:

New Courses in 2010

- English Language
- Auto Mechanic
- General Electrician
- Motor Rewinding
- Passenger Lift Technician
- Auto Electrician
- Auto Air Conditioning
- Plumbing
- Computer Hardware Repairing

Courses carried over from 2009

- Mobile Phone Repairing
- UPS Installation & Repair
- CNG Kit Installation/Tuning
- Welding
- Industrial Electrician
- Generator Operator
- Refrigeration & Air Conditioning

This brought to 16 the total number of courses being offered at MITI with effect from January 2010.

Quality Assurance & Acceptability

As per the founding theme of MITI, the new courses are also of 12 weeks duration split into a morning and an afternoon session, 6 days a week. Special care is taken to maintain quality in the training and in that respect admissions are restricted by the capacity of the course facilities available. That is the reason MITI graduates are finding high acceptance

among prospective employers and more than 40% of them have landed jobs within a couple of months. The Industrial Relations Department at MITI has facilitated this process by assisting in the preparation of resumes and getting them introductions in relevant industry. It is also no surprise that a sizable number of passing graduates again take admission in another course at MITI. A new trend has also been seen in that graduate engineers and diploma engineers are taking admission at MITI to enhance their practical experience. These persons are usually not interested in taking exams but only in getting good practical knowledge for which they selected MITI.

Ladies' Wing

Women empowerment in the less privileged section of society is another cherished goal of WMO and MITI is now set to achieve that objective. As soon as MITI launched Phase I for male candidates, the demands had started from the community for female training



EDUCATIONAL PROJECTS

facilities at MITI. Responding to the demand WMO-PC decided to accelerate the development of a dedicated facility for females on the 2nd floor of MITI which has sufficient space to accommodate more than 1200 students. After studying the other organizations working in the female vocational training arena, MITI has come up with the most demanding and opportunity driven courses for women which include technology based courses for females in addition to conventional courses and thus continued to follow the tradition of MITI of introducing unique programs as done for existing male section. As per MITI philosophy, these courses are also designed on a three month training platform.

The Ladies Section is unique in the respect that it has a fully equipped Demo Hall with a seating capacity of about 250. It has complete facilities for holding classes, workshops, seminars, etc. equipped with audio visual facilities such as multimedia projectors, CCTV, recording and editing facilities. The activity in Ladies Wing started with free Demo classes in related courses to generate interest among the ladies of the area. These sessions were used to introduce MITI



philosophy and the courses being offered. These sessions also included presentations by renowned personalities from related industries who delivered technical demonstration and commercial information to prospective students.

Needless to say that as soon as admissions were opened, we were overwhelmed by the demand and against our will had to refuse some students for the time being. They were however promised admission in the next session. Thus, by the Grace of Allah the first session of ladies started functioning from June this year.

The courses offered in the Ladies section are as follows:

1. English Language
2. Fine Arts

3. Textile Designing
4. Sewing and Cutting
5. Interior Decoration
6. Cooking and Baking
7. Hand and Machine Embroidery
8. Beautician
9. Computer Graphics
10. MS Office

Other Activities



Affiliation with City & Guilds of the UK

As reported earlier, MITI was engaged in discussions with City & Guilds of UK, an internationally acclaimed name in vocational and technical education, for affiliation. This process is now over Alhamdulillah and after a series of external evaluations, MITI has now been recognised as a City & Guilds Approved Center.

Support from Pak Suzuki Motor Co.

Pak Suzuki Motor Co. has also indicated their support to our Automotive Training facilities in 2 and 4 wheelers. This support will be in the form of staff training, training materials, 4-wheeler and 2-wheeler components, manuals, charts, posters, etc. This will go a long way in upgrading our automotive training facilities.

Support from Dewood Yamaha Ltd.

Dewood Yamaha has agreed to set up a Motor Cycle training facility in our premises and a 2-wheeler automotive course will soon be introduced.

Future Direction

From early 2011, MITI is geared to introduce the following new courses for which there is a great demand:

1. Motor Cycle Mechanic
2. Auto Body Work & Refinishing
3. Wood Working
4. Aluminum Fabrication

5. Machining Turning & Milling

Appreciation from Private Sector as well as Government:

MITI is now an established name in Vocational Training and a number of visitors from Government and Private sector have appreciated its infrastructure, facilities and course design. Many NGOs have also shown great appreciation for MITI systems and may copy its model in their set-up. Even the Army (Rangers) in Sindh has visited and taken inspiration from MITI to build a vocational training center for the children of their veterans and retirees and requested us for advice and assistance.

Human Resource Planning

MITI has strived to induct the best possible manpower for its staff. It may be of interest to know that trained teachers in vocational training are hard to find. As such we have taken our teachers from industry who have good practical experience. During their stay at MITI, they develop into good teachers and instructors. Nowadays, there are many similar institutes coming up in Karachi. This has inevitably given rise to the problem of turnover of trained staff which has started affecting us also. This is a phenomenon to be reckoned with in future.

H.M. Shahzad Chairman MITI, Assistant Secretary General, WMO remarked "We at WMO-MITI are humbled by the above achievements and grateful to Allah for choosing us as his servants and giving us strength. It has increased our resolve and commitment to excel in the field of vocational education and to make MITI a premier institute in the country and continue to help the destitute people of our society for a quick upward economic mobility."





A world map is shown in the background, with various health supplement bottles placed over different continents. The bottles are labeled with names like DIABsol, GARLICHO, Ontu Kola, Slimexol, Kapsla-Beet, VIREGA, CODycas, JointSafe, Phytomax, VINEC, and others.



Natural Products Association
Promoting Natural Products for Healthy Living

Manufactured by:
Bio Extracts (Pvt) Ltd
#17A, Milepost Avenue, Colombo 3, Sri Lanka;
Tel: +94 11 4656800 Fax: +94 11 2635860
E-mail: bioextracts@sl.lk Web: www.baralmail.com

Memoni language for Community's identity in future

The Memon community is always admired and respected for their distinct traits, business acumen, enterprising spirit, philanthropic activities, honesty, dexterity and good mannerism. It has a unique system of Jamats for the welfare of community and for preserving social relationship between the members of the Jamats. As long as the community was confined to a certain part of pre-partition India, there was no problem of its identity. With partition of India a large part of community migrated to Pakistan where it is no longer confined to small geographical areas as in pre-partitioned India but have taken up residence in large cosmopolitan cities like Karachi and Hyderabad. In India the remaining members of the community however still live in their ancestral villages & towns in Katch and Kathuwar.

With the increased communication facilities the world has shrunk to the status of a global village. Being part of this global village, the community has also crossed national boundaries and now we can see members of our community in almost every part of world. A large number of them can be found in Middle East, Africa, U.K. and United State of America. It has now become an international community. In their new countries of residence, they have been successful in maintaining their identity as a group and have formed Jamats, Societies and Associations to provide an opportunity to members of the community for interaction and take collective care of their problems in their new homelands.

The new homelands of the members of the community are distant from their ancestral birth places. In new homelands, they have the opportunities and compulsions of intermingling with other communities, gradually distancing them from their ancestral traits and qualities. This state of affairs raises an important question. Will the community be able to maintain its distinct identity in years to come? With passage of time, fifty years or hundred years after today, the present generation will be replaced by new

generations which will have little connection with their past. What will be the factors to bind the new generation into the four hundred year old well knit community?

To answer this question, we have to first answer the question as to what is a community after all? How do we describe it in terms of the present day science of SOCIOLOGY? A student of sociology will describe a community like that of ours as an ethnic group. According to a sociologist, "at a very simple level ethnicity can be thought of as a sense of group identity derived from real or perceived common bonds such as language, race or religion".

"We might view ethnicity as an involuntary state in which members share common socialization practices or culture. There is a conceptual difference between ethnic groups and associations like clubs and societies membership of which is not involuntary and does not depend upon common socialization pattern. Ethnic group membership is not a matter of choice but rather an accident of birth. An ethnic group consists of people who conceive of themselves as being of a kind united by emotional bonds although they may also share a common heritage" writes another sociologist.

"Ethnicity refers to an involuntary group of people who share the same culture or descendants of such people who identify them and/or identified by others belonging to the same involuntary group."

It is obvious from the above definitions quoted from well-known sociologists that we can describe our community as an ethnic group in terms of the science of sociology. These definitions have described some essential objective characteristics for the existence of an ethnic group and they include: -

- | | |
|----|-----------------------|
| 1. | Language |
| 2. | Race colour physical |
| 3. | Religion |
| 4. | Geographical location |
| 5. | Ancestors |
- One of these objective characteristics

is essential for continued existence and identification of an ethnic group. The religion, a geographical location and common ancestors may be the characteristics responsible for initial growth of our community but as we have seen in the beginning of this article, they are no longer valid as binding force for the community which is now spread over the entire global village. We do have a common religion but that is part of a greater Muslim Ummah and we cannot claim a separate identity by virtue of our belonging to Sunni school of thought. We can not claim ourselves as belonging to a particular race. The colour & physical features of the members of our community are also not identical.

It present times, the only common binding force and the factor of our identity as a separate ethnic group is our language. You can recognize a member of our community or establish a connection with another member of community through speaking in Memoni. Here again it appears desirable to quote from various writings of well-known sociologists.

A well-known sociologist says that if we have to consider the relationship of language and identity, we should clarify our concept of language itself. The distinction between language in its ordinarily understood sense as a tool of communication and language as an identity of groupness, as a symbol, a rallying point is very clear. Language can be important in ethnic and nationalist sentiments because of its powerful and visible symbolism.

"For any speech community in which the language of use is also the ancestral language, the intangible symbolic relevance is tied up with the identity of the ethnic group" says another sociologist. He continues and says that

"language can be an extremely important feature of identity". Many sociologists have considered language as an essential pillar for maintaining group identity. Even when language has receded to a purely symbolic role, it can still have an important part in group identity.

We have seen the importance of language in maintaining & preserving the identity of an ethnic group. If we wish to maintain the present distinct identity of our community, we shall have to make conscious efforts to encourage the members of our community to speak Memoni within their respective homes and outside as well when communicating with members of our own community.

"Memoni" is not a language in its real sense. It is only a "Boli" without any script of its own. Before partition of the sub-continent, the community was using Gujrati as a mean of internal written communication. This was being done unconsciously and under the influence of prevailing atmosphere including the then province of our domicile. The level of education within the community was very low and in most cases education upto primary or secondary level with Gujrati as a Medium of Instructions was considered enough. No wonder then that Gujrati became the language of our written communication.

With migration of the majority of community to Pakistan, the situation has changed. In Pakistan Urdu is not only the National language of the country but also lingua franca of the entire population. The level of education within the community has also improved tremendously. The Medium of Instructions is mostly Urdu and in some cases English. There are hardly any Gujrati medium schools in Pakistan and therefore our young generation can neither read nor write in Gujrati. This is not all. In most of our families, specially the educated families, Urdu has been adopted as mean of oral communication within their homes as well. A number of our young men and women cannot speak Memoni with fluency. The same should be true for some families in India and most families who have settled outside India and Pakistan. To attract the new generation towards Memoni, we have to cultivate the habit of speaking Memoni at homes.

But this is not enough. We have to build interest of new generation into Memoni. They should feel proud that they have a language of their own and this feeling of pride can only arise if they know Memoni as full fledged language and not a Boli.

To preserve our identity as a distinct community, we should explore the possibilities of converting this "Memoni Boli" into a "Memoni Language". We all know that use of Punjabi and Pushtoo as written language is a matter of not very distant past. In Pakistan, Punjabi is written in Urdu script and India it is written in Devanagiri script. The Saraiki and Hindko speaking people in Pakistan have started to make efforts to preserve their identity by

turning their dialect/Boli into written languages only recently. If it is so why cannot we do the same? By making this proposal I am not trying to encourage any linguistic prejudice. I honestly feel that this will be an effort towards national integration of our community within Pakistan.

For quite sometime, I have been thinking over the matter of the script most suitable for the community. Our community is now located not only in Pakistan and India but also in Africa, Middle East, U.K., U.S.A. and Canada. Why can't we think about adoption of Roman script for Memoni instead of Urdu, Gujrati or Sindhi script? Is it not a fact that the whole of Europe is using Roman script with minor variation for their respective languages? Turkey did it in only in the recent past. Indonesia and Malaysia have also adopted Roman script for their languages. If we adopt Roman script for Memoni, it will be equally readable by Memons living anywhere in the world whether Pakistan, India or even in Europe, USA or Canada.

In this age of computer, the Roman Script is easy and convenient for writing and communicating. You can easily type it on any ordinary typewriter or computer. You can even send an e-mail in Memoni to your relatives, friends and business associates. One hears a lot about the computerization of Urdu's "Nastaliq" script. However it still takes a great deal of time to type Urdu. Computerized Urdu composing requires a formidable keyboard with too many letters. Vowels constitute another ordeal for the typist or computer operator who finds Urdu five times slower than English. For using Roman Script to write Memoni, we may form some simple rules assigning specific phonetic sounds to alphabets which have more than one phonetic sound. Some suggestions are included in this booklet.

It is essential that we maintain our identity and rather strengthen it. For this purpose, we must keep emphasizing the need of developing "Memoni" into a language. At the book launching ceremony of Mr. Iqbal Motlani's "Panji Boli Main" the first book in Memoni in Urdu script, I had quoted an extract from a report of a seminar on "Language loss and Public Policy" held at University of Mexico recently. The same is being reproduced below:

Language is one of the corner stones of any culture. It cements the unique identity of a group and expresses the particular concerns and needs of that group. For Indigenous peoples the threat to their cultures presented by the intrusion of outside influences may be a major contributing factor to their loss of identity. Loss of language undermines social

structures and aids the disappearance of group culture, especially where this is dependent on an oral history and tradition.

What do we need to do to achieve our objective?

1. We should realize that with the passage of time, we shall face a crisis of identity.
2. Language is the only source of identification of members of our community and we should work to preserve and convert "Memoni" into a full fledged language.
3. We should encourage the oral & written communication in Memoni in all inter-personal contacts between the members of community.
4. If possible, we should start publishing a weekly or monthly journal in "Memoni" and ensure its wider circulation. If this is not possible the existing journals and magazines of various community organizations should reserve some pages for articles and news in Memoni in Roman Script.
5. All Jamats and associations of the community should start issuing circulars and notices of meetings etc in Memoni in Roman Script.
6. All Memon organizations should place this article and other material available in this booklet on their web-sites.

It is not an easy task. Development of a language takes time but with determined and coordinated efforts, it can be done. It is possible that many of us may not see the development of Memoni into a full fledged language in their life time but they should contribute whatever they can, for this noble cause.

Let us conclude by repeating that we are known as a reputable community of businessman and philanthropist for last three hundred years. But how long will we be able to maintain this distinct identity? With partition of India we no longer live in Kathiawar or Katch. The community is now spread all over the world. The geographical location has not remained a factor of our identification as a separate community. The only common factor to bind the members of our community into a distinct ethnic group is our language.

PRESENTLY, WE MAY NOT BE FACING A CRISIS OF IDENTITY BUT THINK OF NEXT FIFTY OR HUNDRED YEARS. IN YEARS TO COME, WE MAY LOOSE OUR IDENTITY AS A SEPARATE GROUP UNLESS WE DO SOMETHING TO DEVELOP "MEMONI" THE ONLY BINDING FORCE BETWEEN US INTO A FULL FLEDGED LANGUAGE.

The burden of education

Anhar, normally a bright, cheerful little seven-year-old, has been getting cranky, dawdling at mealtimes, dragging endlessly through her homework. Her mother is at her wits' end, trying to get her to speed up, eat better, and stop that crankiness. That her health is suffering becomes a further cause of worry for Anhar's parents.

Sounds familiar? It is a familiar story, for parents of school age children, particularly younger children.

One of the 'culprits', rarely considered, but right in front of us, is the heavy school bags that children have to carry. Years ago, schools had desks with in-built lockers, (some still do), so that children wouldn't have to carry unnecessary loads home. Now, some schools have lockers, but most don't; children have no alternative but to carry those books to and from school.

For children's current and future health, it is critically important to limit those weighty loads of homework, set strict limits on the quantity of daily studies, and use school lockers wherever feasible. Perhaps parent teacher associations and school administrations could play a bigger role in ensuring reduced workloads for growing children.

In other countries, parents' groups are trying to introduce legislation to limit children's heavy loads. As advised by physiotherapists and doctors, it's important to prevent the onset of problems before they arise, and ensure that little ones don't have to carry more than the medically recommended 15 percent of their body weight.

The majority of children travel by school or public transport, necessitating longer carrying times for those cumbersome bags; the substantial loads are often more than little shoulders can bear. A lucky few have their own transport, and parents or drivers to help them, but the majorities manage without.

A recent study investigated the link between heavy backpacks and back pain in school children. From over 1,000 kids, fully 74 percent were classified as having back pain, validated by significantly poorer health, more limited physical functioning and more bodily pain. Such children also experience long term injury to their backs and arms when they use heavy bags. Bulky, badly fitted backpacks can cause numbness and tingling in arms and hands due to nerve compression, as well as pain in the spinal area.

Physiotherapists suggest that backpacks should weigh less than 15 percent of the child's body weight; also that children need to keep their backpacks



centered, limit the weight carried and maintain good posture. Studies show that girls tend to carry heavier weights than boys. Little children, around six to eight years of age, are almost five times more likely to carry heavier weights than their older colleagues. Evidence is now emerging that girls may experience more problems in later life than boys, as a consequence of carrying larger loads.

Add to all this the fact that children come in all shapes, sizes and weights; if such children are all in the same class, those large loads that they carry tend to be similar, despite the fact that some children may be under weight, too thin or weak. Packing sensibly does make a difference - heaviest books first, gradually moving to the lighter ones. Children need to be consciously taught to maintain good posture, to centre their backpacks, and ensure they don't carry them lower than waist level. Plus of course, not carry more than the absolute essentials, neither to school nor back.

Children experience a lot of peer pressure; if the latest trend is to fashionably have blouse or shirt half hanging out at the waist, or dupattas falling off, trailing the ground, carelessly dragging school bags through the dust, rest assured that's what the majority will do! But unknown to them, such habits put extra pressure on the arm dragging the load and impact the internal muscles and nerves.

To counteract these multiple pressures, children need relaxation and playtime, so

that they can refresh themselves, renew their energy, and use muscles that may have become lazy during school studies. Parents find that frequent short breaks during homework, for a snack, a shower, or just a few minutes of play, add up to happier children, better able to concentrate on their studies.

Growing bodies need, most importantly, adequate amounts of sleep: nine to ten hours for little tots, gradually decreasing as they grow older. They also need nutrition suitable for their age levels, love and understanding to allay the pressures of school tensions.

The average day's routine for most school going children is both difficult and problematic; school from early morning to afternoon, lunch, religious instruction, tuitions (even for toddlers barely five or six years old), and then homework, followed by dinner and bed. There's no time left for play in many families that's reserved for the weekends. Surely school studies do not have to be so intense! There is, of course, the need for curricula revision, and a teaching methodology whereby most of the learning is achieved at school, not at home in the evenings but those are separate subjects.

Parents, teachers and school administrations could make a combined, concerted drive to lessen those workload pressures both the physically heavy loads, plus the enormous amounts of homework. The reward will be livelier, more attentive children and better results for the school!

Perfect job and meaningful thought

1. My first job was working in an Orange Juice factory, But I got canned. Couldn't concentrate.



2. Then I worked in the woods as a Lumberjack, But just couldn't hack it, so they gave me the axe.

3. After that, I tried being a Tailor, But wasn't suited for it – mainly because it was a sew-sew job.

4. Next, I tried working in a Whiffler Factory, But that was too exhausting.

5. Then, tried being a Chef - figured it would add a little spice to my life, But just didn't have the thyme.

6. Next, I attempted being a Deli Worker, But any way I sliced it... Couldn't cut the mustard.

7. My best job was a Musician, But eventually found I wasn't noteworthy.



8. I studied a long time to become a Doctor, but didn't have any patience.



9. Next, was a job in a Shoe Factory, Tried hard but just didn't fit in.



10. I became a Professional Fisherman, but discovered I couldn't live on my net income.



11. Managed to get a good job working for a Pool Maintenance Company, But the work was just too draining.



12. So then I got a job in a Workout Center, but they said I wasn't fit for the job.



13. After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.



14. My last job was working in Starbucks, but had to quit because it was the same old grind.



15. SO I TRIED RETIREMENT AND I FOUND I'M PERFECT FOR THE JOB!

THOUGHTS

The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your mediocrity. An important attribute in successful people is their impatience with negative thinking and negative acting people.

As you grow, your associates will change.

Some of your friends will not want you to go on. They will want you to stay where they are... Friends that don't help you climb will want you to crawl. Your friends will stretch your vision or choke your dream. Those that don't increase you will eventually decrease you.

Consider this:

Never receive counsel from unproductive people. Never discuss your problems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how. Not everyone has a right to speak into your life. You are certain to get the worst of the bargain when you exchange ideas with the wrong person. Don't follow anyone who's not going anywhere...

With some people you spend an evening; with others you invest it. Be careful where you stop to inquire for directions along the road of life. Wise is the person who fortifies his life with the right friendships. If you run with wolves, you will learn how to howl. But, if you associate with eagles, you will learn how to soar to great heights.

"A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses."

The simple but true fact of life is that you become like those with whom you closely associate – for the good and the bad.

Note: Be not mistaken. This is applicable to family as well as friends. Yes...do love, appreciate and be thankful for your family, for they will always be your family no matter what. Just know that they are human first and though they are family to you, they may be a friend to someone else and will fit somewhere in the criteria above.

"In Prosperity Our Friends Know Us. In Adversity We know our friends."

"Never make someone a priority when you are only an option for them."

"If you are going to achieve excellence in big things, you develop the habit in little matters."

Did u Know?

If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.

To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.

Heroin is the brand name of morphine once marketed by 'Bayer'.

Communications giant Nokia was founded in 1865 as a wood-pulp mill by Fredrik Idestam.

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

People in nudist colonies play volleyball more than any other sport.

Albert Einstein was offered the presidency of Israel in 1952, but he declined.

Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.

The average person who stops smoking requires one hour less sleep a night.

Because of the speed at which Earth moves around the Sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.

There are over 25 million bubbles waiting to burst out of each bottle of Champagne.

Google is actually the common name for a number with a million zeros.

It takes glass one million years to decompose, which means it never wears

out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.

When it originally appeared in 1886 - Coca Cola was billed as an Esteemed Brain Tonic and Intellectual Beverage.

Zero is the only number that cannot be represented by Roman numerals

Kites were used in the American Civil War to deliver letters and newspapers.

Drinking water after eating reduces the acid in your mouth by 61 percent

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450°F

The Shell Oil Company originally began as a novelty shop in London that sold seashells

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean because the banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

Fish and Chip selling officially remained an offensive trade until 1940 due to the smell it produces

The University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Do you know the names of the three wise monkeys? They are: Mizaru (See no evil), Mikazaru (Hear no evil) and Mazaru (Speak no evil).

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.

Caffeine increases the power of aspirin and other pain killers that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

When a person dies, hearing is the last sense to go. The first sense lost is sight.

2011 Mystery

This year we experienced and are going to experience four unusual dates: 1/1/11, 1/11/11, 11/1/11, 11/11/11; that's not all ... take the last two digits of the year in which you were born; now add the age you will be this year, and the result will be 111 for everyone!

For example - Harry was born in 1957, and $57 + 54 = 111$

This year October will have 5 Sundays, 5 Mondays and 5 Saturdays. This happens only every 823 years.

Unscramble Words

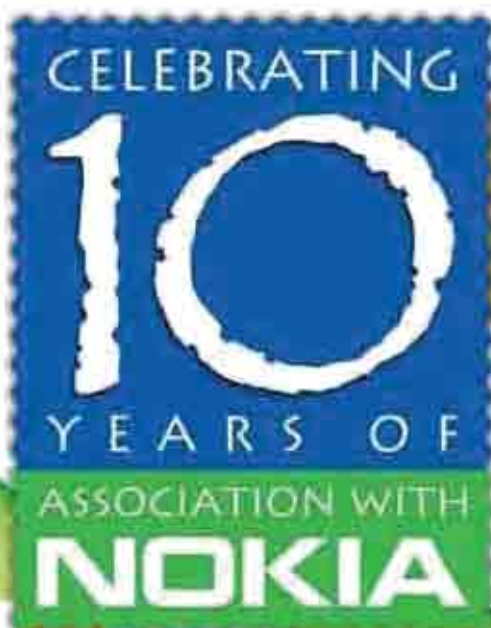
- | | | |
|---------------|---------------|---------------|
| 1- itcrmaehit | 5- iavblrea | 9- vbeial |
| 2- gyclmleai | 6- yvctnrreos | 10- ealbisavd |
| 3- aetafueing | 7- Dweatcoa | 11- Yrarvadse |
| 4- ntoricmat | 8- emhporden | |

Right answers on page 46



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Who knew these? Did you?

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while other showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)

As incredible as it sounds, men and women took baths only twice a year (May and October). Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term 'big wig.' Today we often use the term 'here comes the Big Wig' because someone appears to be or is powerful and wealthy.

In the late 1700s, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The head of the household always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.'

Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.' Should the woman smile, the wax would crack, hence the term 'crack a smile.' In addition, when they sat too close to the fire, the wax would melt, therefore, the expression 'losing face.'

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the 'Ace of Spades.' To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't 'playing with a full deck.'

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TVs or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some ale' and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts,' hence the term minding your P's and Q's.

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem...how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a 'Monkey' with 16 round indentations. However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make 'Brass Monkeys.' Few landlubbers realize that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, 'Cold enough to freeze the balls off a brass monkey.' (All this time, you thought that was an improper expression, didn't you.)

The True Story

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine, her blood work just came back normal and her physician, Dr. Cohen, has scheduled her

to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me shit." The True Story!

An elderly gentleman

An elderly gentleman... had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.' The gentleman replied, 'Oh, I haven't told my family yet.

I just sit around and listen to the conversations. I've changed my will three times!'

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?' Slim says, 'I feel just like a newborn baby.' 'Really? Like a newborn baby?' 'Yep. No hair, no teeth, and I think I just wet my pants.'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'what is the name of that flower you give to someone you love?'

You know... the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found

one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

Couple in their nineties, both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?'

'Sure..'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs.. She stares at the plate for a moment.

'Where's my toast?'

A senior citizen said to his eighty-year old buddy:

'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Now, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

Three old guys are out walking.

First one says, 'Windy, isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go get a beer.'

A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.'

'Really,' answered the neighbor. 'What kind is it?'

'Twelve thirty..'

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'

The doctor said, 'I didn't say that. I said, 'You've got a heart murmur; be careful.'

One more...!

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split.

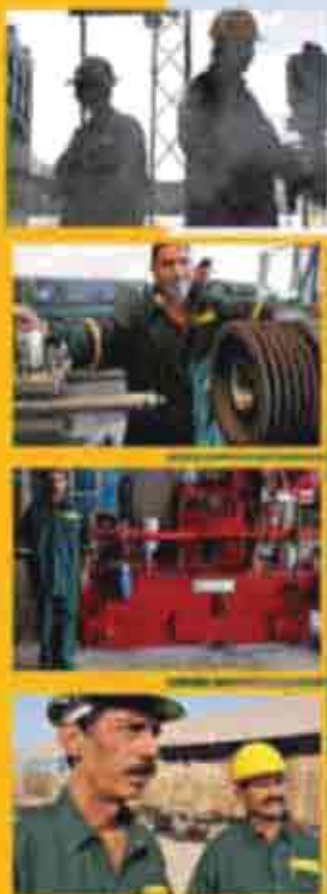
The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'

Now, before you 'forget', send them on to some other folks you know who could use a good laugh !!

Challenging Spirit

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Traits of highly engaged employees

If you hate your job, the work environment, your colleagues and everything about the organisation where you are employed then you exhibit signs of a disengaged employee who has mentally resigned from the company some ago but is still being paid for his/her physical presence at work. If you happen to be in sales, customer service or any other function where your work requires you to interact directly with the customers then maintaining such an attitude will not only affect your own productivity but will also have a negative influence on your customers. Since customers drive businesses thereby contributing to the bottom line of the organisation, highly engaged employees are required to engage their customers. The Japanese frequently refer to the customer as *Kami-sama*, or 'god'. The strong customer-centered focus displayed by an engaged employee is highlighted by Tom Peters in his book, *In search of excellence*, where he writes about a Honda worker who on his way home each evening would straighten up the windshield wiper on all the Hondas he passed. This work was definitely not part of his job description but he did this for the simple reason that he hated to see a flaw in a company product. Only an engaged employee can exhibit such passion to go the extra mile at work with a sense of loyalty towards the organization. A highly engaged employee possesses the following traits which make his/her work more satisfying.

Begins with the end in mind

There is a popular adage that runs 'plan your work and work your plan'. An engaged employee knows exactly what is expected of him/her by working closely with the line manager to clearly define and clarify the outcomes to be achieved. He/she then works assiduously to achieve them.

Seeks opportunities for growth

Engaged employees constantly seek opportunities to excel at work. It is the responsibility of line managers to provide them with challenging work that might be outside their comfort zone. This approach

assumes that by doing new things such employees may discover their hidden talents. Helping people get into roles in which they can fully use their inherent talents is the ongoing work of great managers.

Seeks the recognition

An engaged employee needs constant feedback to know if what he is doing is important and its impact on the organisation. An ongoing management challenge is to understand how each person prefers to be recognized, to make recognition objective and real by basing it on performance, and to do this frequently.

Requires encouragement

How employees are coached can influence how they perceive their future. If the manager is helping the employee improve as an individual by providing opportunities that are in line with the employee's talents, both the employee and the company will profit.

Values opinions

Employees feel engaged when their opinions matter and therefore asking for the employee's input from time to time can lead to better decision making. This is because employees are often more closer to the business than their respective managers. In addition, when employees feel they are involved in decisions, they take greater ownership for the outcomes.

Creates professional relationships

In a research conducted by Gallup, it was revealed that employees having a best friend at work are seven times more likely to be highly engaged at work than those who do not. Those with a close friend at work are almost twice as likely to be



satisfied with their pay and 27 percent more likely to see their strengths as aligned with the company's goals. These friendship claimers are also statistically more likely to satisfy customers, get more done in less time, have more fun on the job, have fewer accidents at work, share ideas more and simply show up to work more consistently.

Desires a positive work environment

For an employee to be highly engaged in what he/she is doing, the work environment plays a vital role. In his book, *The why of work*, Dave Ulrich writes, "Organisations develop unconscious patterns of how work is done that, if left unattended, may lead to cynicism, disorganization, redundancy or lethargy. Great leaders recognize and establish positive work environments that inspire employees, meet customer expectations and give investor confidence."

However, a negative work environment finds employees spending more time backbiting, becoming territorial with their jobs, lacking teamwork, or merely obeying instructions rather than solving problems.

Eating fruit...

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits? IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! * FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so. In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc. actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

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But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE: Sweetest medicine. Taking 2-4 orange a day may help keep colds away, lower cholesterol prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key

source of lycopene the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks HEART ATTACK PROCEDURE: (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

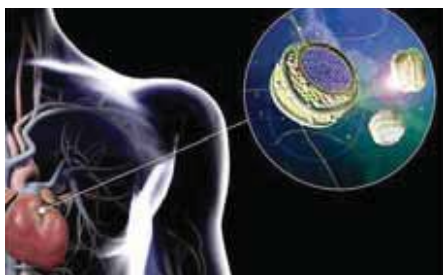
Cholesterol lowering tips

Can High Cholesterol Really Be a Good Thing?



“When it comes to blood cholesterol levels as a predictor of heart disease, having more ‘good cholesterol,’ or HDLs might be a better protector against heart disease than having low LDLs, or bad cholesterol,” says Michael Roizen, MD, chief wellness officer of Cleveland Clinic’s Wellness Institute. “Aim for HDL levels that are above 60 mg/dl by dropping extra pounds, exercising regularly and making the heart-healthy fats found in foods such as nuts, fish and olive oil, a regular part of your diet.” Also, ask your doc about prescription niacin supplements, a vitamin B-complex that lowers bad cholesterol and triglycerides, and increases good cholesterol. Since niacin can cause an uncomfortable flush (warmth throughout the body) during the first two weeks of use, taking one-half to one-quarter of a baby aspirin with a glass of water one hour before can prevent bothersome effects.

What Is Cholesterol?



It’s a soft, waxy fat substance that your body creates. You might be surprised to find out that cholesterol is an essential part of every cell in your body, from your skin to your brain. It also helps manufacture vitamin D and important hormones. The

problems start when your body starts making too much of the stuff typically from a combination of the foods you eat and your genes. Elevated amounts in your blood can create plaque in your arteries. These plaques can rupture and cause an acute heart attack.

What Should I Eat to Beat High Cholesterol?



Making smart choices in your diet can help reduce your LDL and increase your HDL and lower your total cholesterol by 20 percent or more. Do your arteries (and your waistline) a favor and get into the Mediterranean mind-set of eating. Focus on plant-based foods, including fruits, veggies, beans and whole grains. Swap out butter and corn oil for monounsaturated fats such as olive oil. To satisfy protein requirements, eat fish, beans, nuts and lean cuts of poultry several times per week.

What Do All Those Numbers Mean?

Your cholesterol health profile factors in a few things: total cholesterol, low-density lipoproteins (LDL), high-density lipoproteins (HDL) and triglycerides. Here’s what the numbers mean for healthy people:

Total cholesterol: Normal is anything 200 mg/dl or below.

HDL (“good” cholesterol): Above 60 mg/dl is good.

LDL (“lousy” cholesterol): Above 130 mg/dl is lousy.

Triglyceride fat level: Above 150 mg/dl puts you at risk.

If you have other risk factors like high blood pressure, heart disease or diabetes your doctor may want you to aim for even lower levels of LDL and triglycerides. On the plus side, if your HDL levels are above 60 mg/dl, you

have some heart protection, even if your total cholesterol is slightly elevated.

Help! What Diet Changes Should I Make First?



“Your mother was right; breakfast really is the most important meal of the day!” says Dr. Ricanati. “You can make a difference in your health starting today by eating a healthy breakfast think oatmeal, yogurt, fruit, nuts, egg whites.”

What Do Omega-3s Mean?



Fill your diet with omega-3-rich foods: “Try to include a heart-healthy serving of fish, such as tuna or salmon, each week. Eat a handful of walnuts as a satisfying snack, or add a sprinkle of ground flaxseed on your cereal,” Eating these foods regularly raises “good cholesterol” (HDL), which counteracts “bad” LDL cholesterol

Do I Really Have to Eat Fish?



HEALTHY CONCEPTS

Fish contains the omega-3s DHA and EPA. They pack a punch by reducing inflammation and have been shown to have heart-healthy effects. Food sources should be your first choice for omega-3s; next, a fish oil supplement.

Should I Take An Omega-3 Supplement?

When your omega-3 intake from food sources isn't quite cutting it, a supplement can help. Experts recommend a daily dose of 1,000 mg of EPA and DHA (combined) to prevent heart disease. DHA alone can be used by vegetarians and vegans because it comes from algae instead of fish. It also has the advantage of not interacting with blood-thinning medications like fish oils do. However, it is more costly, so fish oils would probably be your first choice.

Does an Apple a Day Really Keep the Heart Doctor Away?



Quite likely. Eat an apple a day and you really can lower your cholesterol. Make sure it has the skin on it, since the area right where the skin meets the flesh of the apple is loaded with cholesterol-fighting properties."

Does Sugar Raise Cholesterol?



Believe it or not, yes. "High-fructose corn syrup raises blood sugar and weakens the cells [in the lining of the arteries]. The body responds by cranking out production of LDL, or bad cholesterol. Almost all sugars fall into that same category, including white table sugar, honey and even white flour (which break down into a simple sugar). Agave syrup, which is the nectar of the agave plant, is absorbed much slower than other sugars, such as high-fructose corn syrup. So blood sugar doesn't have a chance to spike. Rather than go cold turkey, try to gradually wean yourself off of the stuff by reducing the amount of sugar you eat (so, for instance, instead of two teaspoons of sugar in your coffee, try having one.)

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How Can I Get Started With Whole Grains?



Look for items that say 100 percent whole grain on the label, make sure the first ingredient states whole-wheat flour, and avoid any item that says 'enriched.'

Does Stress Matter?



Don't let stress drag you down and push your cholesterol levels up. A study published in the medical journal *Health Psychology* found that people who react the most severely to stressful situations are three times more likely to have high LDL (that's the bad kind of cholesterol) than folks who roll with life's kicks and punches. One effective de-stressor: Go for a walk. It can boost your mood and your HDL (the good stuff).

"We give patients blue dot stickers and ask them to place them in areas where they get stressed, such as the rearview mirror, the computer monitor, the BlackBerry. When they see the blue dot, they are reminded to just take a deep breath". Breathing is a great stress management tool that we all have and can do...for free!"

A happy mind makes a happy heart.



Think happy thoughts. They may not help you to fly like Peter Pan's Wendy, but getting in the habit of noticing what makes you happy actually makes you, well, happier (which can lessen stress and may lower LDL). If your happiness quotient could use a tune-up, try this quick exercise

three times per day. Think of something that you're appreciative of, and then hold that thought for 20 seconds. Even in difficult times, we can find something to appreciate."

How Can I Start Being More Positive?



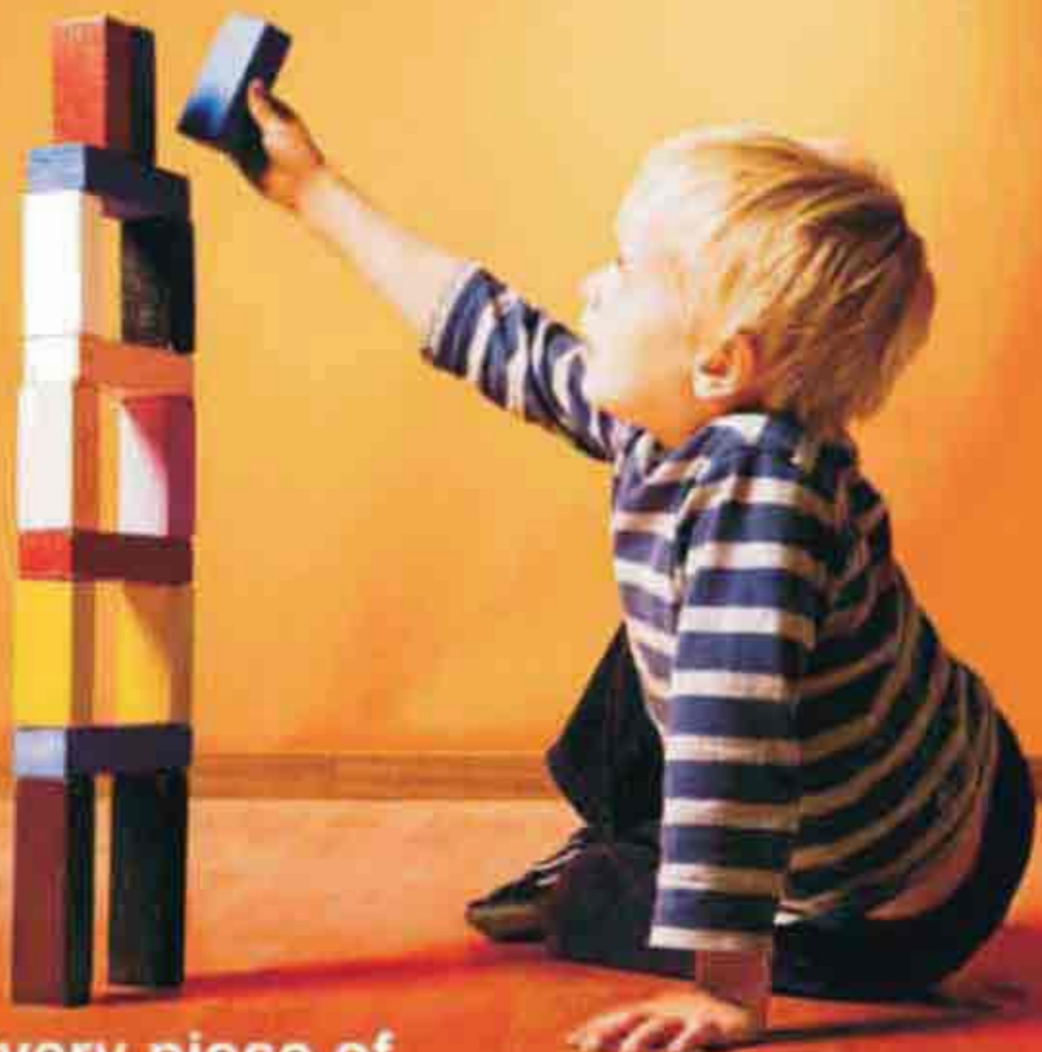
Change your negative tune. Negative thoughts get in the way of handling stressful situations since they deplete you. So rather than add to the stress of a situation with self-doubt, stop that track and put on another song. First, ask, "Is this thought causing me stress?" Second, ask, "Is it logical?" If it's both stressful and illogical, reframe the thought into a positive statement and repeat it often throughout the day.

What's the Best Exercise to Lower My Cholesterol?

There's a reason workouts are called cardio: They exercise your heart. If you want a healthier heart, you've gotta get moving. Don't worry about finding the "best" exercise for your heart. Finding a physical activity you love is going to bestow the most benefits because you're much more likely to stick to it. And while traditional gym and cardio workouts, like swimming, walking and Spinning, are just dandy, give yourself license to think outside the cardio box.

Try some interval training. Short bursts of intense exercise are the most effective at raising HDL. So if you're a walker, find a few hills to add to your routine; if you swim, try going all out with one of your laps; runners, work in a 30 second sprint or two during your workout.

Can I Just Walk? You bet you can. Don't underestimate the power of walking. Set yourself a daily goal of 10,000 steps. Count those steps with a pedometer, which will actually motivate you to walk more. Focus on walking at least five days a week for at least 30 minutes. The pace you go is less important than the frequency, at least when it comes to walking's effect on lowering triglycerides. Of course, if walking at a fast clip (or even running) does it for you, go right ahead. Your heart will thank you either way. Finally, always be looking for ways to add more steps to your day: Park your car at the furthest spot in the parking lot, take the steps instead of the elevator and leave the car at home and walk instead whenever you can.



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Staying young (Personal care)

Aging is a natural process; your body cells age no matter what health practices you follow. However, to a considerable extent, you can determine how quickly you age throughout your adult years. Nutrition wise, how you act now plays a vital role in how your health is affected in later years. Successful aging is a result of wise choices; whether you age quickly or slowly. You do have a say in the matter. The best way to promote your health and prevent chronic diseases in the future is to observe the following guide lines:

- ✍ Eat a balanced diet. A varied diet consisting of the various food groups helps avoid excess weight gain or obesity. The food pyramid is the ideal guideline to show you which food groups to eat the most and which ones to keep at minimum. Eat in moderate portions and try minimizing high saturated fats; also be careful with food supplements.
- ✍ Drink plenty of fluids. Drinking at least six to eight glasses of water keeps your body hydrated, your skin fresh and your kidneys healthy. Minimize your soft drink intake as carbonated drinks aren't very healthy and leach your body of water and essential minerals while packaged juices often contain more sugar than actual fruit content.
- ✍ Stay active. Exercising makes the body secrete "happy" hormones that make you feel fresh, energized and ready to combat the stresses of daily life with a new vigor. Walking, jogging, aerobics and regular bouts in the gym keep your body trim, make you look and feel younger and promote general well being. If, however, you have bone and joint problems, the ideal exercise would be to swim or do yoga. Regular exercise along with a balanced diet is known to delay the onset of diabetes, heart and helps regulate blood pressure. A minimum of 30 minutes of brisk exercise is recommended daily.
- ✍ Meditate. A bit of meditation daily helps keep the mind and body alert. Meditation is known to help people with depression. Also, keeping your mind active by doing crossword puzzles and the like is believed to prevent, or at least delay, Alzheimer's disease. De-stressing in any form is a must.

- ✍ Quit smoking. Easier said than done, but giving up smoking can help you on several levels. Apart from being at high risk for cancer, smokers are known to age prematurely, have bad skin and nails and are known to fall ill more often than non-smokers. Smoking kills appetite and is a leading cause of malnutrition and anorexia in the younger generation.
- ✍ Get some sleep. No matter how many hours you try sleeping in the morning, it won't make up for the time lost at night. A minimum of six hours of sound sleep at night is essential for maintaining good health. Fix a time when you should go to bed and try sticking to it. Do not watch television or do anything that would stimulate your brain before going to sleep. Also, try drinking a cup of warm milk before going to bed. Warm milk contains serotonin which helps induce sleep.
- ✍ Pamper yourself. Daily skin regiments such as cleansing, toning and moisturizing, applying face masks, conditioning your hair and applying hair masks will pay off in the long run. Regular manicures and pedicures leave your nails looking and feeling healthier. Take an interest in what you see in the mirror, start using anti-aging creams by the time you hit your 30s. Apply sunscreen when you step out of the houses, keep your hair and skin sheltered from the sun to avoid the harmful effects of UV rays. Always wear sun glasses to protect your eyes from the glare.
- ✍ Consult a healthcare professional on a regular basis. Early diagnosis is often the key to preventing and controlling many diseases. Taking responsibility for ourselves is the key to achieving long term health benefits. Focusing on fitness and disease prevention does not guarantee a long life as heredity, accidents and other things are out of our control, but you would probably live a healthier, more productive life.

In addition to this, there are several foods that help prevent the damaging effects of aging:

- ✍ Raw nuts, seeds, soaked and sprouted grains
- ✍ Almonds, especially if they have been soaked in water for 24 hours
- ✍ Green leafy vegetables.

- ✍ Lentils
- ✍ Beans that have been soaked for eight hours. This makes them alkaline
- ✍ Brown rice that has been soaked for close to 24 hours.
- ✍ Organic cottage cheese and yoghurt.
- ✍ Seeds (sunflower, flax, watermelon, etc.)
- ✍ Celtic sea salt
- ✍ Spirulina (blue green algae)
- ✍ Seaweed
- ✍ Wheatgrass juice
- ✍ Barley greens
- ✍ Aloe vera
- ✍ Antioxidants (e.g. vitamins C and E)
- ✍ Olive oil
- ✍ Evening primrose oil
- ✍ Foods with omega 3 fatty acids (e.g. flaxseed oil)
- ✍ Food with omega 4 and 5 fatty acids (e.g. evening primrose and fish oil).
- ✍ Gentle sunlight (vitamin D)
- ✍ Prunes, raisins, blueberries, blackberries, kale, strawberries, spinach and raspberries.

Foods that cause degeneration and aging:

- ✍ High levels of carbohydrates
- ✍ Sugar
- ✍ Caffeine. This includes tea, coffee, chocolate and cola
- ✍ White flour
- ✍ Microwave food
- ✍ Artificial sweeteners
- ✍ Processed foods
- ✍ Artificial colorings
- ✍ Monosodium glutamate (MSG)
- ✍ Preserved meat
- ✍ Meat from animals on unnatural diets (e.g. cattle bred for the burger industry)
- ✍ Margarine
- ✍ Olestra (chemical fat substitute)
- ✍ Hydrogenated oils
- ✍ Oil that is not cold pressed/expeller pressed (use olive oil, butter or ghee)
- ✍ Deep fried foods
- ✍ Puffed grains
- ✍ Aluminium, especially from aluminium cookware.
- ✍ Genetically Modified food (GMOs).

Preventing swine flu

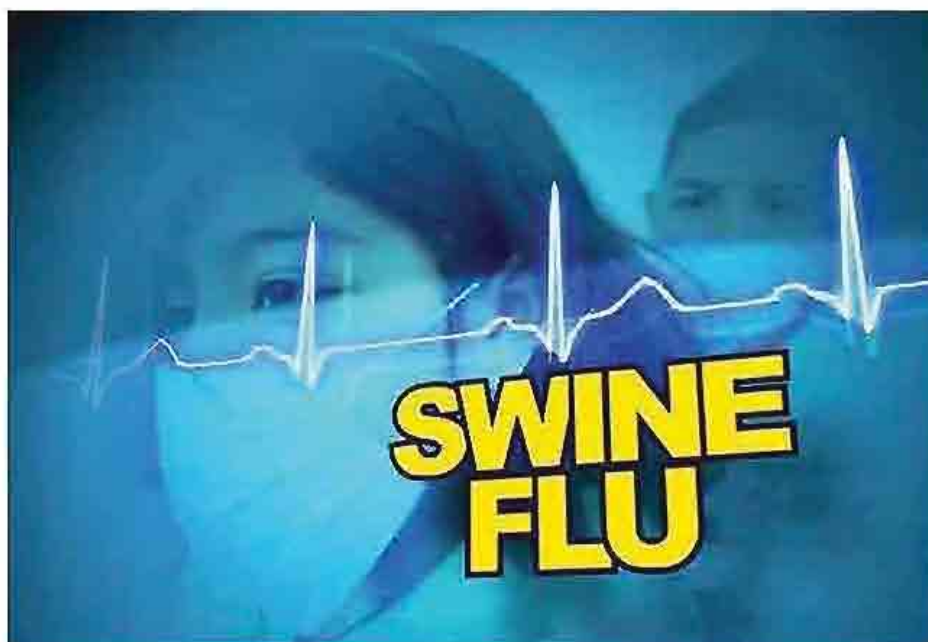
Swine influenza (SI) caused by an orthomyxo-virus, H1N1 virus, a respiratory system infection in human beings, is a rapidly spreading infection in humans. It is important to understand the characteristics of the virus that causes it, its effects on human health, its control and prevention.

Swine flu is basically a viral disease of pigs which affects their respiratory system. The virus which causes swine flu is commonly of the H1N1 subtype. However, other orthomyxo viruses such as H1N2, H3N1 and H3N2 can also infect the pigs. Occasionally a pig may be simultaneously infected with multiple types of viruses and such concurrent infections allow for the mixing of genes from the infecting viruses leading to emergence of new 're-assortant' virus.

Generally, swine influenza viruses are species specific; however, they have the potential to cross the species barrier and infect humans as well. The virus spreads to humans through direct and indirect contact. The influenza outbreaks may occur any time during the year, the incidence increases during fall and winter in temperate zones.

Outbreaks and sporadic human infection with swine influenza virus are occasionally reported. The signs and symptoms are similar to those of seasonal influenza and clinical presentation may range from asymptomatic infection to severe pneumonia which may lead to death. As the typical clinical signs resemble those of seasonal flu and other acute upper respiratory tract infections, most of the swine flu cases are detected by chance through seasonal influenza surveillance. Mild or asymptomatic cases may escape detection. Though human to human transmission is possible, it is limited to close contacts. Patients infected with swine flu usually recover in 7-11 days if there are no complication due to super-infection with pathogenic bacteria or a person is chronically infected with infections of lungs, liver, heart etc. the magnitude of disease is also higher in elderly person, pregnant women and children especially those under the age of five years.

Since most people do not possess immunity to swine influenza viruses the virus may establish efficient human to human transmission in such people. Vaccination against SI may offer good protection to those at high risk. The H1N1 virus vaccine also protects against other



circulating influenza viruses.

Antiviral medicines are used to treat SI infection cases. Commercial antiviral preparations such as Tamiflu and Relenza prevent the multiplication of flu virus in a patient.

Preventive measures

1. Since, most people are infected through prolonged, close contact with sick animals, good personal hygiene practices are essential for the people dealing with animals and its meat.
2. Avoid close contact with people who are clinically sick, especially those having fever and cough.
3. Wash your hands with good soap and water thoroughly and quite frequently if you have been in contact with an ailing person.
4. Eat nutritious food and keep physically active.
5. A sick person should either be provided a separate section in the house or he should keep proper distance from the rest of the in-mates, especially the children and elderly.
6. It is better to cover your mouth and nose using a mask when treating or caring for sick people and wash your hands with soap and water thoroughly after each contact with the ailing person.
7. Improve the air flow in the area in use of the ill person.
8. Keep the environment clean and use proper disinfectants in the vicinity of sick people.
9. Always avoid self medication and consult a qualified medical practitioner.
10. In case you suffer from headache, nausea, sore throat, high fever, difficulty in breathing, cough, vomiting, diarrhea, etc. you must take rest and avoid going to work, school or in crowded places. Drink plenty of fluids.
11. Cover your mouth and nose with disposable tissues while you cough or sneeze and dispose of the used tissues properly. The H1N1 virus can spread via sputum, saliva, nasal discharge and sneeze particles of infected persons.
12. Frequently wash your hand with good soap and water, especially after coughing or sneezing.
13. In case the doctor suspects swine flu it is best to get a throat swab test done by a well reputed diagnostic laboratory.

Diagnosis of SI:

Presumptive diagnosis through history, disease signs, Polymerase chain Reaction Test (PCR) is a very good diagnostic test for influenza viruses.

Awareness regarding the cause, signs and preventive measures, treatment of infection, antiviral therapy along with surveillance and monitoring is the key to controlling this disease. For effective control of communicable diseases, strong collaboration and coordination among animal health workers and medical health authorities is a fundamental requirement.

Bone Building Foods fight Osteoporosis

Bone Building Foods fight Osteoporosis. Lower your risk of fractures and breaks with these bone-building foods

Skim Milk



Milk and other dairy products provide loads of calcium, the number one go-to nutrient for bone health. "Your heart, blood, muscles and nerves need calcium to function properly. If your diet doesn't include enough calcium to replace what's used, it will take it from your bones, leaving them weakened and prone to fracture. Also, skim milk is fortified with vitamin D, which works hand-in-hand with calcium to build bone. Best bet: Choose skim milk instead of whole. It has fewer calories (90 versus 150 per 8-ounce serving) and less fat (0 grams versus 8 grams). Other calcium-rich dairy foods: Low-fat or nonfat yogurt, cheese, calcium-fortified cottage cheese.

Calcium-Fortified Orange Juice



Don't care for milk? Or does the lactose in it bother your belly? No problem; calcium-fortified Orange Juice is a fine substitute. It contains as much calcium as milk and it delivers a day's worth of vitamin C, which

is essential for the formation of collagen, a vital component of bone matrix. Best bet: Juices that are fortified with vitamin D as well as calcium. Other calcium-fortified foods: Some brands of soy milk, rice milk, cereal, bread.

Collard Greens



These spicy greens are among the best plant sources of calcium. A 3/4-cup serving of cooked collards contains about as much calcium as a glass of milk. Collards also contain vitamin K, which contributes to bone health. Best bet: Choose fresh collards with small, firm leaves and no holes or yellowish spots, or buy frozen chopped collards. Other calcium-rich veggies: Turnip greens, kale, okra, Chinese cabbage, dandelion greens, mustard greens, and broccoli; but not spinach, which contains a compound called oxalic acid that inhibits calcium absorption. Try this: Sizzle up a simple stir-fry side dish. "In a nonstick skillet, sauté Canadian bacon and onion in olive oil; add collard greens, veggie or chicken broth and canned white beans; bring to boil and cook for about 10 minutes, until collard greens are wilted."

Nuts



Peanuts, almonds, cashews, soybeans and

their butters are all terrific sources of magnesium, which plays an important part in how your body uses calcium. Without adequate magnesium, the hormones that regulate calcium metabolism can't do their job properly. Best bet: Choose unsalted dry-roasted nuts without added oils or salt. Other magnesium-rich foods: Halibut, potatoes, oatmeal, wheat bran, bananas.

Salmon



This fatty fish is a delicious source of vitamin D, which helps the body metabolize and absorb the calcium in food. "Vitamin D is converted to its active form in the kidneys, enabling it to help with calcium absorption." Best bet: For an extra bone-health boost, select canned salmon with bones; and eat the bones! They're so small you'll hardly notice them, and they're loaded with calcium. Other vitamin D-rich fish: Mackerel, tuna, sardines.

Sweet Potatoes



Sweet potatoes are a fabulous source of potassium, which research suggests may boost bone health. Studies have found that people whose diet contains plenty of potassium have denser bones. They also lose less calcium in their urine. Best bet: Opt for fresh sweet potatoes, or,

if you buy canned or frozen varieties, pick varieties that aren't loaded with lots of added sugar and fat.
Other potassium-rich foods: Tomato paste and other tomato products, potatoes, beet greens, white beans, yogurt, bananas.
Try this: Forget the French fries; make tasty sweet potato fries instead. "Cut sweet potatoes into half-inch thick strips and toss with olive oil, cinnamon and nutmeg, and bake at 400 degrees Fahrenheit for about 40 minutes, or until tender."

Salt-Free Seasonings



The sodium in table salt, soy sauce and other salty seasonings can leach calcium from bones and lead to bone loss. You can protect your bones without sacrificing flavor by replacing salt with super-tasty spices and dried or fresh herbs such as chili powder, ground cumin, garlic powder, basil, oregano, rosemary, thyme, coriander and ground pepper.
Best bet: Dried herb and spice mixes give food a jolt of flavor, but be sure to choose sodium-free varieties.
Other good sources of sodium-free flavor: Onion, garlic, vinegars, lemon juice, lemon and orange zest.

Exercise with a Purpose



You may go to the gym for tighter abs, stronger arms and slimmer thighs, but your bones need a workout, too. By around age 30, bone mass peaks and then slowly begins to decline, putting us at increased risk for osteoporosis and fractures. Women especially are at risk for osteoporosis after menopause because they lose the protection of estrogen and begin to drop 1 to 2 percent of bone mass annually. Fortunately, the right kinds of exercise not only strengthen bones but also help with balance, posture and functioning in everyday activities, according to the National Osteoporosis Foundation.

Garlic



Now I am going to tell you about my experiences with garlic. For me... I take odor free Garlic tablets every night before I go to bed. I take 2 - 1,000mg tablets at a time. Also the reason I take it at night is so I do not worry about burping up garlic during the day. Garlic has boosted my immune system immensely... to where I never ever get sick any more.... never. To hell with vitamin C Tablets.... they just don't compare. Also my cholesterol has dropped big time. Plus... the bad spirits stay away from me. Garlic has some extremely great health benefits. It will lower your cholesterol and unclog your arteries. It will shrink cancerous tumors and keep cancer out of your body. It will also boost your immune system greatly. Now don't wait till you get sick or have cancer to start taking it..... Start now! And see you life improve. Here are the benefits that are shown from studies: Garlic lowers blood pressure a little. Garlic lowers LDL Cholesterol a little. Garlic

helps reduce atherosclerotic buildup (plaque) within the arterial system. One recent study shows this effect to be greater in women than men. Garlic lowers or helps to regulate blood sugar. Garlic helps to prevent blood clots from forming, thus reducing the possibility of strokes and thrombooses (It may not be good for hemophiliacs). Garlic helps to prevent cancer, especially of the digestive system, prevents certain tumors from growing larger and reduces the size of certain tumors. Garlic helps to remove heavy metals such as lead and mercury from the body. Raw Garlic is a potent natural antibiotic and, while far less strong than modern antibiotics, can still kill some strains of bacteria that have become immune or resistant to modern antibiotics. Garlic has anti-fungal and anti-viral properties. Garlic dramatically reduces yeast infections due to Candida species. Garlic has anti-oxidant properties and is a source of selenium. Garlic probably has many other benefits as well.



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Ageing Process ... Insightful

WE all accept that getting older is inevitable, and now leading clinicians have revealed the exact age when different body parts start to decline, most alarming being the brain and lungs. French doctors have found that the quality of men's sperm starts to deteriorate by 35, so that by the time a man is 45 a third of pregnancies end in miscarriage.

BRAIN - Starts ageing at 20.

As we get older, the number of nerve cells - or neurons in the brain decreases. We start with around 100 billion, but in our 20s this number starts to decline. By 40, we could be losing up to 10,000 per day, affecting memory, co-ordination and brain function.

GUT - Starts ageing at 55.

A healthy gut has a good balance between harmful and 'friendly' bacteria. But, levels of friendly bacteria in the gut drop significantly after 55, particularly in the large intestine, says Tom MacDonald, Professor of Immunology at Barts and The London Medical School. As a result, we suffer from poor digestion and an increased risk of gut disease. Constipation is more likely as we age, as the flow of digestive juices from the stomach, liver, pancreas and small intestine slows down.

BREASTS - Start ageing at 35.

BY their mid-30s, women's breasts start losing tissue and fat, reducing size and fullness. Sagging starts properly at 40 and the areola (the area surrounding the nipple) can shrink considerably.

BLADDER - Starts ageing at 65.

Loss of bladder control is more likely when you hit 65. Women are more vulnerable to bladder problems as, after the menopause, declining estrogen levels make tissues in the urethra - the tube through which urine passes - thinner and weaker, reducing bladder support. Bladder capacity in an older adult generally is about half that of a younger person - about two cups in a 30-year-old and one cup in a 70-year-old.

LUNGS - Start ageing at 20.

Lung capacity slowly starts to decrease from the age of 20. By the age of 40, some people are already experiencing breathlessness. This is partly because the muscles and the rib cage which control breathing stiffen up.

VOICE - Starts ageing at 65.

Our voices become quieter and hoarser

with age. The soft tissues in the voice box (larynx) weaken, affecting the pitch, loudness and quality of the voice. A woman's voice may become huskier and lower in pitch, whereas a man's might become thinner and higher.

EYES - Start ageing at 40.

Glasses are the norm for many over-40s as failing eyesight kicks in - usually long-sightedness, affecting our ability to see objects up close.

HEART - Starts ageing at 40.

The heart pumps blood less effectively around the body as we get older. This is because blood vessels become less elastic, while arteries can harden or become blocked because of fatty deposits forming on the coronary arteries - caused by eating too much saturated fat. The blood supply to the heart is then reduced, resulting in painful angina.

Men over 45 and women over 55 are at greater risk of a heart attack.

LIVER - Starts ageing at 70.

This is the only organ in the body which seems to defy the aging process. It is the most trust worthy of all our organs. (So do not damage it at least with your deliberate actions !)

KIDNEYS - Starts ageing at 50.

With kidneys, the number of filtering units (nephrons) that remove waste from the bloodstream starts to reduce in middle age.

PROSTATE - Starts ageing at 50.

The prostate often becomes enlarged with age, leading to problems such as increased need to urinate, says Professor Roger Kirby, director of the Prostate Centre in London. This is known as benign prostatic hyperplasia and affects half of men over 50, but rarely those under 40. It occurs when the prostate absorbs large amounts of the male sex hormone testosterone, which increases the growth of cells in the prostate.

A normal prostate is the size of a walnut, but the condition can increase this to the size of a tangerine.

BONES - Start ageing at 35.

'Throughout our life, old bone is broken down by cells called osteoclasts and replaced by bone-building cells called osteoblasts - a process called bone turnover,' explains Robert Moots, Professor of Rheumatology at Aintree University Hospital in Liverpool.

Children's bone growth is rapid - the skeleton takes just two years to renew itself completely. In adults, this can take ten years. Until our mid-20s, bone density is still increasing, but at 35 bone loss begins as part of the natural ageing process.

TEETH - Start ageing at 40.

As we age, we produce less saliva, which washes away bacteria, so teeth and gums are more vulnerable to decay. Receding gums - when tissue is lost from gums around the teeth - is common in adults over 40.

MUSCLES - Start ageing at 30.

Muscle is constantly being built up and broken down, a process which is well balanced in young adults. However, by the time we're 30, breakdown is greater than buildup, explains Professor Robert Moots. Once adults reach 40, they start to lose between 0.5 and 0.2 per cent of their muscle each year. Regular exercise can help prevent this.

HEARING - Starts ageing mid-50s.

More than half of people over 60 lose hearing because of their age, according to the Royal National Institute for the Deaf.

SKIN - Starts ageing mid-20s.

The skin starts to age naturally in your mid-20s.

TASTE AND SMELL - Start ageing at 60.


We start out in life with about 10,000 taste buds scattered on the tongue. This number can halve later in life. After we turn 60, taste and smell gradually decline, partly as a result of the normal ageing process.

FERTILITY - Starts ageing at 35.

Female fertility begins to decline after 35, as the number and quality of eggs in the ovaries start to fall. The lining of the womb may become thinner, making it less likely for a fertilized egg to take and also creating an environment hostile to sperm.

HAIR - Starts ageing at 30.

Male hair loss usually begins in the 30s. Hair is made in tiny pouches just under the skin's surface, known as follicles. A hair normally grows from each follicle for about three years, is then shed, and a new hair grows. Most people will have some grey hair by the age of 35. When we are young, our hair is colored by the pigments produced by cells in the hair follicle known as melanocytes.



Foods all women should eat

A varied, balanced diet is the cornerstone of healthy living for everyone, yet healthy eating can sometimes mean different things depending on your gender. While there are some foods we should all be eating more of, men and women also have their own set of dietary requirements as well as their own unique healthy concerns.

Here are ten foods all women should eat.

1) Butternut squash

Butternut squash-like many other yellow/orange fruit and vegetables is packed with carotenoids such as alpha carotene and beta carotene, while carotenes should be included in everybody's diet for optimum health, they may prove essential to women's health as a high carotenoid diet has been linked to lowered risks of both breast and ovarian cancer.

2) Salmon

Salmon has a multitude of positive health benefits for women. Not only is it rich in iron which is integral to the diets of premenopausal women but it is packed with omega 3 fatty acids, known for their mood enhancing effects. Studies have suggested that omega-3 can help beat depression (something that affects twice as many women as men) and prevent mood swings, while salmon can also boost babies' intelligence when eaten during pregnancy.

3) Flax Seeds

Flax seeds are a good source of Omega-3 fatty acids and have been linked to reduced risk of breast cancer and heart disease. The seeds' anti-inflammatory properties are also good for preventing

arthritis, while their digestive benefits can help irritable bowel syndrome; two painful conditions which are more prevalent in women than men.

4) Tomatoes

Another vibrant carotenoid beneficial for women's health is lycopene, a pigment found in tomatoes. Studies have suggested that lycopene may be effective in preventing breast cancer. Furthermore, there has been considerable evidence to suggest that the powerful antioxidant can help reduce risk of heart disease the leading cause of death in women in the US, Australia, England and Wales.

5) Cranberries

Various studies have suggested strong links between consuming cranberries and reduced risks of breast cancer and heart disease. However, the most notorious benefit of cranberries is their ability to prevent and cure urinary tract infections such as cystitis, which is eight times more likely to occur in women than men. One study suggests that drinking two glasses of cranberry juice a day can prevent the symptoms of common UTIs in women.

6) Spinach

Spinach is rich in many different vitamins and minerals, but one thing that makes it great for women is its high content of magnesium. Research has shown that magnesium may be beneficial in reducing many of the physical symptoms of PMS which plague women, including reduction of swelling, breast tenderness, bloating and weight gain.

7) Figs

Figs are a great healthy food, containing

many vital minerals and vitamins as well as contributing to your daily portions of fruit and veg. two minerals found in figs that are particularly beneficial to women's health are iron, which is often deficient in menstruating women, and calcium, which is important for post menopausal women, who are more prone to osteoporosis.

8) Milk

Milk is a great source of calcium, which is extremely beneficial to women's health, particularly when combined with vitamin D (found in some varieties of milk and many fortified milk products). Consumption of the combined nutrients is not only good for warding off osteoporosis, but a study has suggested that a diet rich in calcium and vitamin D could ease, or even prevent, symptoms of PMS.

9) Oats

Oats are literally packed with health boosting nutrients, many of which have great impacts on female health. Oats are not only great for heart health, digestion and blood pressure levels (with hypertension affecting many women over 50), but they contain vitamin B6, which can help prevent PMS and mood swings, and folic acid, which is important for women to consume before and during pregnancy to prevent birth defects in babies.

10) Walnuts

While all nuts are great for our health, walnuts have many great individual benefits for women. A study has recently found that walnuts, which are packed with omega-3 fatty acids, antioxidants and phytochemicals, may help to reduce women's risk of developing breast cancer, while their high omega-3 content may also help bone health, arthritis pain and depression. Walnuts also contain many nutrients essential for female health, such as calcium, magnesium and folic acid.

Scientist challenges cholesterol treatment

Alleges pharmaceutical industry has lowered safe levels

A German medical scientist has alleged that pharmaceutical companies are striking fear into people about safe cholesterol levels and making money at the cost of the health of people.

Dr George Birkmayer, a professor of medical chemistry, says that long-term use of cholesterol reducing drugs (statins) causes cancer and also affects a person's sex life. "Nobody tells you that. It's confidential [about the cancer effect]," he said.

The scientist claims he has succeeded in stabilising a substance found naturally in the human body and using it to boost energy levels. The co-enzyme is called NADH and is a biological form of hydrogen. It reacts with the oxygen in every living cell and produces energy, he says.

He warned that when cholesterol levels are lowered with the aid of drugs, the cell membrane becomes unstable and, over a period of time, causes cancer. It also tends to lower the level of sex hormones, he said. Men who find that they are impotent often become depressed and then have to take anti-depressants.

An internal medicine specialist earlier told Gulf News that using cholesterol drugs reduces one's libido. "But you have to weigh the risks [of not taking statins]." Cholesterol is a wax-like substance in the body that is used for producing vitamin D and bile acids to digest fat. If there is too much cholesterol in the blood, it gets deposited in arteries that supply blood to the heart, brain and legs. The arteries become narrow and the blood supply is blocked.

Dr Birkmayer alleges that pharma companies pay for luxurious vacations to professors to come to a consensus statement on the safe level of cholesterol. "It's all manipulated. Nobody is thinking about prevention, which is the cheapest and best form of treatment," he said.

Marketing trick alleged

He said pharmaceutical companies had hit on a brilliant marketing idea. When he managed a medical laboratory in Austria



some 30 years ago, the upper normal range of cholesterol used to be 300 (mg/dl), he said. "That meant only five per cent of the population had elevated levels."

He alleges that the industry decided on less than 200 mg/dl as a safe level, which meant that 60 per cent of the population was left with an elevated level.

Dr Birkmayer said simple lifestyle changes like diet changes could bring cholesterol levels to a normal range. He said NADH lowers cholesterol without the side-effects and has been proven by a study performed at Georgetown University in Washington DC. He added that the co-enzyme was also found to prevent diabetes.

The professor has teamed up with Peter Backwinkel, a biophysical medicine therapist to open the first Biophysical Medicine Institute at Dubai HealthCare City.

The therapist said the Institute will soon conduct a clinic trial study on 200 diabetic patients in the UAE to test the efficacy of their unique method of treatment. The treatment called the Biofield test involves eliminating the body's chronic stress factors and improving energy.

Dr Birkmayer said more than 25 patients

who were taking NADH earlier found their blood sugar level dropped after three months and have remained stable for the past three years.

The scientist said the medications available for diabetes did not represent a cure. "They are a stabilisation process." He said that over the years the situation gets worse and worse, and finally a patient is forced to take insulin or have dialysis.

"The cost will explode. Over the long-term it is a real threat," he said.

He said people who are over-weight and show the first symptoms of diabetes like a feeling of acute thirst and the need to drink water, should seek treatment. He claimed the treatment at such a stage would prevent diabetes.

Blackwinkel said the mortality rate of those who get diabetes before 30 years of age is 20 years earlier than others.

"Diabetes has a dramatic impact on the quality of life," He said if the present diabetes trend continues in Germany, the health system will collapse within the next 20 years. One in four people in the UAE suffer from diabetes and the Emirates has the second-highest rate of the disease in the world.

Tips on Filling your Vehicles

Here are some tricks to get more of your money's worth for every liter.

1. Only fill up your car in the early morning when the ground temperature is still cold. Remember that all petrol pumps have their storage tanks buried below ground. The colder the ground, the denser the fuel, when it gets warmer petrol expands, so buying in the afternoon or in the evening.... your liter is not exactly a liter...

In the petroleum business, the specific gravity and the temperature of the petrol, diesel and other petroleum products play an important role. A one degree rise in temperature is a big deal for this business.

But the petrol pumps do not have temperature compensation at the pumps.

2. When your car is being filled up, ask the attendant that he should not squeeze the trigger of the nozzle to a fast mode. The trigger of the nozzle has 3 stages: low, middle, and high. In slow mode, you should be pumping on low speed, thereby minimizing the vapors that are created, while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting less worth for your money.

3. The most important tip is to fill up when your tank is half full. The reason for this is, the more fuel you have in your tank, the less air occupying its empty space. Petrol evaporates faster than you can imagine. Petroleum storage tanks have an internal floating roof. This roof serves as zero clearance between the petrol and the atmosphere, so it minimizes the evaporation.

4. If there is a fuel truck pumping into the storage tanks, you stop to fill your car, don't fill up. The petrol/diesel is being stirred up as the fuel is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

Anti Status Quo

In olden days, a king who was fond of hunting birds received a gift of two magnificent falcons from another king. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed and one day the head falconer informed the king that though one of the falcons was flying majestically, soaring high in the sky. But, the other bird had not moved from the single branch of a dried up tree since the day it had arrived. The king summoned experts from all the land to tend to the falcon, but no one

could make the bird fly from its perch. Having tried everything else, the king thought to himself, "May be I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. The king asked the farmer "How did you make the falcon fly?" With a bow, he replied "I cut the branch which this falcon had come to like and preferred sitting on it, rather than fly. More so, as he was getting good food to eat and fresh

water to drink through courtesy of the royal attendants."

We are all made to fly – to realize our incredible potential as human beings. But instead of doing that, we sit on our branches, clinging to the things that are easier or become familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar, the comfortable, and the mundane. So for the most part, our lives are mediocre instead of exciting, thrilling and fulfilling. So let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight.

A very important message to everyone, please read it carefully

1 Egg & 2 Mobiles

65 minutes of connection between mobiles.

We assembled something as per image: Initiated the call between the two mobiles and allowed 65 minutes approximately...

During the first 15 minutes nothing happened;
25 minutes later the egg started getting hot;
45 minutes later the egg is hot;
65 minutes later the egg is cooked.
Conclusion: The immediate radiation of

the mobiles has the potential to modify the proteins of the egg. Imagine what it can do with the proteins of your brains when you do long calls. Please try to reduce long time calls on mobile phones and pass this mail to all your friends & Family you care for.

Honesty is the best policy

A successful business man was growing old and knew it was time to choose a successor to take over the business.

Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together. He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you." The young executives were shocked, but the boss continued. "I am going to give each one of you a SEED today one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil - He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!" All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front.

Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!" When Jim got to the front, the CEO asked him what had happened to his seed Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer!"

His name is Jim!" Jim couldn't believe it. Jim couldn't even grow his seed.

"How could he be the new CEO?" the others said. Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave

you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it.

Therefore, he is the one who will be the new Chief Executive Officer!"

- * If you plant honesty, you will reap trust
 - * If you plant goodness, you will reap friends
 - * If you plant humility, you will reap greatness
 - * If you plant perseverance, you will reap contentment
 - * If you plant consideration, you will reap perspective
 - * If you plant hard work, you will reap success
 - * If you plant forgiveness, you will reap reconciliation
- So, be careful what you plant now; it will determine what you will reap later.

Think about this for a minute....

If I happened to show up on your door step crying, would you care?

If I called you and asked you to pick me up because something happened, would you come?

If I had one day left to live my life, would you be part of that last day?

If I needed a shoulder to cry on, would you give me yours?

This is a test to see who your real friends are or if you are just someone to talk to you when they are bored

Do you know what the relationship is between your two eyes?

They blink together, they move together, they cry together, they see things together, and they sleep together, but they never see each other; that's what friendship is.

Your aspiration is your motivation, your motivation is your belief, your belief is your peace, your peace is your target, your target is heaven, and life is like hard core torture without it!

Inna lillaahi wa inna ilayhi Raaji'oon

Sure we say this statement when someone dies. Also some of us may say this sentence when they lose something, suffer a setback or harm.

But.....do we know what it truly means? Sure, everyone knows that it obviously means 'To Allah we belong and to Him is our return.' But that's not what I am talking about. I meando you REALLY TRULY understand these words and their implications in a Muslim's life?

It means ...whatever we have is not really ours. It belongs to Allah. Let's take a look around us; everything we see, all that we have and all that there is....in us, on us, around us....belongs to Allah, alone.

It is Allah Who has given us all the property and goods that we may possess, and that He is the true Owner of them all. So the cars that we may own, the houses that we live in, the businesses we possess all truly belong to Allah. The kids that He blessed us with, the health that He gave us, the time that He has allowed us are all Allah's property.

Even the bodies we live in and the life that we have, belongs to Allah alone.

"And to Allah belongs the inheritance of the heavens and the earth...." (Surah Aal-Imraan:180)

"The kingdom of the heavens and the earth and everything in them belongs to Allah. He has power over all things." (Surat al-Ma'ida: 120)

"Say: 'To Allah belongs the East and the West....'" (Surah al-Baqarah:142)

Now, since everything belongs to Allah, then we have to include even our souls in that list. The very souls that we think of as our "self"; our "nafs"; our "being" -- whatever you want to call it -- that very thing that distinguishes you from the rest of the world, belongs to Allah. It's not YOURS. In fact, YOU are not YOURS. You belong to Allah. And this is the essence of the concept of slavery to Allah in Islam.

And since He is the true Possessor of everything, and everything is His property, He allots what He wills to whomever He

wills.....and then He takes it away. After all, it was Allah's to begin with.

So He may give us some thing and then take it back after a while.

He will bless us with a precious child that we love dearly...and then He may take it away.

He will grant us money, honor and status....and then He may take it away.

He will give us youth, vitality and health and then surely He will take it away.

In fact everything we have will only be with us for a very short while. And then the Owner (Allah) will claim His Right. So when Allah does reclaim what was rightfully His, WHY MOURN OUR LOSSES?

Just like a friend who lends you his book. And then after a few days, he wants it back and you give it back to him....no regrets.....no sorrow....no questions asked. Similarly, if Allah takes back some of His blessings upon you for some reason....so be it. Say Alhamdulillah.

Don't grieve. Be patient. Submit to the will of Allah, being pleased with His decision for you, for surely He will only do what is best for you.

Just think....The Owner came and took it back.

Remember....that you're not the real owner....you were NEVER the real owner to begin with. You only had everything because it was Allah who gave it to you in the first place. If He didn't give it to you, you wouldn't have had it in any way....in fact, you couldn't have had it.

Remember....man enters into this world empty handed...and leaves it empty handed.

Remember....that everything we have, all the blessings we enjoy, are gifts from Almighty Allah...gifts that we enjoy for a limited period until He takes them away whenever He deems fit.

They are a trust from Allah...a loan to us...to see how we respond to these gifts from Allah and how we use them....in the obedience of the Almighty, thanking Him

and worshipping Him.....OR.....to the disobedience to the One Who gave them to us in the first place.

Take note of the words of the Prophet (Sal Allahu Alaiyhi wa Sallam) on the occasion of the death of his son, Ibraahim:

'Our eyes are filled with tears, our hearts with grief, but we say nothing with our lips except that which pleases Allah.... Verily, to Allah we belong, and to Him we return.' (Bukhaari)

And we all know the famous incidence about the companion Abu Talha and his wife when one of their sons died and Abu Talha was not at home. She washed and shrouded him and when Abu Talha came home and asked about his son, she said, "The child is quiet and I hope he is in peace...." (Bukhaari)

Subhaan Allah....such patience!

And such Imaan in the statement "Inna lillaahi wa inna ilayhi Raaji'oon"!

She truly understood its meaning and the affect it should have on her life as a Muslimah, submitting to him and being pleased with whatever He has decreed for her.

She knew that whatever she has is not truly hers. Rather, it is Allah's....and He took back whatever He owns at its appointed time.

And it is because of this Imaan so strong, this understanding, that the Prophet (Sal Allahu Alaiyhi wa Sallam) made dua for them and Allaah blessed them immensely.

"They (i.e. Abu Talha and his wife) had nine sons and all of them became reciters of the Quran (by heart)." (Bukhaari)

"Be sure we will test you with something of fear and hunger, some loss in goods or lives, but give glad tidings to those who are steadfast, who say when afflicted with calamity: 'To Allah we belong and to him is our return.' They are those on who (descend) blessings from Allah and mercy and they are the once that receive guidance." (Al-Baqarah: 155)

A Believer's Attitude During Fitnah

TIMES are difficult. Peace and security are scarce and fleeting. Humankind frequently suffers tribulations such as natural disasters, war and tyrannical rulers. Social and economic problems such as unemployment, divorce, permissive youth culture, terrorism, rampant crime and lack of education and morality, abound. However, out of all problems, dissension, division and discord seem to rule the roost.

Ibn Al-A'rabi summed up the meanings of fitnah when he said: "Fitnah means testing, fitnah means trial, fitnah means wealth, fitnah means children, fitnah means kufr, fitnah means differences of opinion among people, fitnah means burning with fire." (Lisan Al-'Arab by Ibn Manzoor). During fitnah, a Muslim is often left confused about what to do; how to keep despair at bay and remain hopeful; whose side to take during a conflict, and who to blame or condemn? The haqq (truth) becomes blurry with baatil (falsehood).

Our Prophet Muhammad (PBUH) prophesied the onslaught of fitan near the end of time, i.e. when mankind will be in its last part. He said: "Time will pass quickly, good deeds will decrease, miserliness will be thrown (in people's hearts), fitan will appear, and there will be much Al-Haraj." The Sahabah (Companions) enquired, "O Messenger of Allah! What is Al-Haraj?" The Prophet replied, "Killing! Killing!" (Sahih Al-Bukhari: 88, 183)

Notwithstanding whether we are in those times or not, the fact remains that the frequency of fitnah has increased exponentially since even the last hundred years. The question is: What should a believer do when faced with trying situations?

Deliberation and patience

Whenever civil strife, killing, or conflict between ethnic or religious groups take place; or an all-encompassing natural disaster destroys tens of thousands of livelihoods and homes, the believer tries to deliberate and slowly take it all in at first. It was narrated that Al-Zubair Bin 'Adiyy said: "We came to Anas Bin Malik and complained to him about what we were suffering at the hands of Al-Hajjaj. He said, 'Be patient, for there never comes to

you a time but what follows it is worse, until you meet your Lord. I heard this from your Prophet (PBUH)." (Sahih Al-Bukhari: 7068)

When fitnah is intense, groups on opposing sides pressurize religious heads and people occupying posts of authority take sides immediately. Silence and deliberation is taken as betrayal; the silent Muslim's faith and loyalty to Islam is questioned.

It is about such times that the Prophet (PBUH) warned us: Narrated Abu Hurairah, the Prophet (PBUH) said: "There will be fitnah (civil strife) which will render people deaf, dumb and blind regarding what is right. Those who contemplate it will be drawn by it, and giving rein to the tongue during it, will be like smiting with the sword." (Abu Dawud: Book 30, 4251)

Not taking sides immediately

In obedience to the Prophet's advice, the cautious Muslim keeps his mouth shut and absorbs the information streaming in from all directions with a clear mind and sound heart. He refuses to react and jump to conclusions on the basis of obscure, conjectural media reports, or inflammatory opinion pieces penned by emotionally charged, hype-seeking journalists.

Not expressing opinions

Often, during civic strife or politically chaotic events, the ever-present, multifaceted, round-the-clock media channels invite all and sundry to express their opinions regarding specific individuals, institutions, governments, convicted criminals or even figures in authority.

Twitter and Facebook become awash with deluges of curse words, abusive language, hate-festering and public denunciation of organizations or individuals, especially rulers and politicians. Whether the stimulus is someone's conviction for a crime, or the stance of Islamic fiqh regarding the nature of the crime itself, television, radio, online media and even cell phones issue forth discussions, articles, fatwas and heated op-eds.

Confusion, chaos and no less than jurisprudential anarchy result. Difficult though it is, a wise Muslim tries to avoid

forming or voicing fixed opinions immediately when he or she hears of an event, as this will cause no benefit; rather, they know that it will just add fuel to the fire.

Turning to Allah

Since Islam exhorts that one should never jump to conclusions about an event or person unless clear proof or eyewitness accounts exist, a believer as usual, turns to his Lord in earnest dua, or supplication; in dhikr remembrance of heart and tongue, and in qiyaam soulful prayers late at night, in order to seek the stance he should take; to beseech the Almighty Allah to make the haqq and baatil, both, become crystal clear to him.

Staying neutral

The times today are such that, while we are still blessed with a multitude of Islamic scholars and people of knowledge, the 'urf makan customs of a particular place vary from place to place, and each scholar is not equipped to give verdicts regarding situations faced by Muslims in another geographical area of the world. Hence, verdicts or fatawa that apply to Muslims at one place might not apply to those in another. This is not taken into account by laymen when they shoot off fatawa from one scholar to counter those given by another during civil strife or war. Result? Confusion and dissension.

The recommended attitude of the common Muslim is that of silence and aversion to rolling off fatawa from the tip of his tongue at the merest of provocations or demands. The role of qualified, expert Islamic scholars and certified muftis should be left to them. If Muslims adhere to the advice meted out to them by Prophet Muhammad (peace be upon him) and by his noble Companions, they'd find peace in their hearts and relief from the distress caused by frequent and varying tribulations, or fitan.

The Prophet (PBUH) said, "Whoever among you lives (for a long time) will see many dissensions. I urge you to follow my Sunnah and the way of the rightly-guided Caliphs who come after me. Hold on to it firmly..." (Musnad Ahmad, 4/126) and Al-Tirmidhi, 2676)

Source: Saudi Gazette

It's Life Accept It

I've come To Accept That.....

... everybody has dreams, but not everyone is able to realize his/her dreams.
 ... some people just have everything going for them while the rest can struggle through their whole life and come to nothing.
 ... the rich will be richer while the poor poorer.
 ... you may not like what you're doing now, but you just have to continue with it because you have no other choice, and because you do not dare to stray off the "normal" path.
 ... you may not like the path that you have chosen, but many a time, you can't change it because circumstances do not allow you to change it.
 ... there are people who have no idea what they are doing but will eventually succeed in life, while those who think they know what they are doing may eventually come up to naught.
 ... no matter what everyone says otherwise, looks does count to some extent.
 ... those with pretty faces always seem to have it easier.
 ... there will never be total equality between the sexes.
 ... the intensity of our relationships with the people around us change with time and environment.
 ... the person who was once your best friend may turn out to be a stranger, or worse, your enemy.
 ... relationships (friends, love, etc) have to be carefully maintained, like your precious car, otherwise they will become all wrecked up before you know it.

... while you may think you have many friends, think again, do you really?
 ... while you think you know a person really well, the truth may turn out to be otherwise.
 ... you can never find a person who is 100% truthful to you.
 ... there are more hypocrites around you than you realize or wish to admit.
 ... you can choose your friends but you can't choose your family.
 ... all parents love their children, but to varying degrees for each child. i.e. parents play favoritism, they don't love their children equally.
 ... one should be satisfied just knowing that one is loved even though one might be loved less than one's sibling(s) because there are orphans out there who have never known a parent's love.
 ... the world will never be a better place as long as humans are part of it.
 ... what is seen as progress may actually be a regression of humankind.
 ... there are more things out there I do not know about, much, much more than the things I know.
 ... there are some things you do that others will think are sheer silliness, but as long as you think they are worth your time and effort, just do it!
 ... it is very hard to take care of everyone's feelings. Sometimes, no matter how hard you try, the things you do will hurt someone in one way or other.
 ... the saying "Money is not everything, but without money you have nothing" is very true.
 ... simply accepting the dire situation

you're in makes you a loser.
 ... trying to change a dire situation does not necessarily make you a winner.
 ... you just can't rush some things. If it's meant to be yours, you'll get it eventually. If it's not meant to be yours, you'll never find it even if you try hard.
 ... like it or not, there are some things you just have to let go of.
 ... constantly looking back and thinking about what you should have done and what you should not have done in the past brings nothing but regrets. The more often you think back, the more regrets you will have.
 ... we are always taught to look to the future, but thinking about the future inevitably brings up the past and the regrets of past that many are more than willing to forget. Like it or not, we will always be stuck in this vicious circle of thoughts as long as we live.
 ... even though I hate the way the society works, I still have to live in it no matter what. I can't just go and die, can I?
 ... trying to solve problems by death is sheer escapism and a totally selfish thing to do. While you might think all your troubles have been solved with your departure from this world, you have given the people around you nothing but more trouble and grief, as though there is not enough to deal with without you adding to it.
 ... things are always easier said than done.
 ... there are far too many things out there that you wish to change but can't, so just accept it!
 ...That's life! :-)

The Echo

A son and his father were walking on the mountains. Suddenly, his son falls, hurts himself and screams:
 "AAAhhhhhhhhhhhhh!"
 To his surprise, he hears the voice repeating, somewhere in the mountain:
 "AAAhhhhhhhhhhhhh!"
 Curious, he yells: "Who are you?"
 He receives the answer: "Who are you?"
 And then he screams to the mountain: "I admire you!"
 The voice answers: "I admire you!"
 Angered at the response, he screams:
 "Coward!"
 He receives the answer: "Coward!"
 He looks to his father and asks: "What's going on?" The father smiles and says:

"My son, pay attention."
 Again the man screams: "Allah is the Greatest"
 The voice answers: "Allah is the Greatest!"
 The boy is surprised, but does not understand.
 Then the father explains: "People call this ECHO, but really this is LIFE."
 It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more good in your community, improve your competence & goodness. This relationship applies to everything, in all aspects of life; Life will give you back

everything you have given to it."
 Every action has a reaction...good actions produce good reactions and bad actions produce bad reactions!... "What you sow, so shall you reap!!!"
 Allah, The Most Wise says:
 "So whosoever does good equal to the weight of an atom, shall see (reward of) it". (Quran-99:7)
 The Holy Prophet (peace be upon him) is reported to have said: "Hasten to do good deeds..." "Intelligent is the one who prepares for life after death." [Hadith-Tirmidhi].

Savior of Humanity

The 3rd Islamic month is RABIUL AWWAL. On 12th day of this Islamic month each year, more than 1.5 billion Muslims of the world celebrate birth anniversary of Islam's last Prophet and Messenger Muhammad (PBUH). This year 12th Rabiul Awwal 1427 falls on April 11, 2006, subject to appearance of moon, to more than 1.5 billions Muslims of the world, irrespective of their sectarian, cultural geographical and political differences, Islam's last Prophet and Messenger Muhammad (PBUH) is regarded as Allah's greatest creation, noblest personality, savior of humanity and mercy for whole mankind. These more than 1.5 billion Muslims on this planet do not require any survey, research, credentials or certificates to arrive at this conclusion; it is a non-negotiable article of faith, firm and absolute belief that Muhammad (PBUH) is the greatest and noblest personality.

Author Michael H. Hart, in his book "THE 100- A RANKING OF THE MOST INFLUENTIAL PERSONS IN HISTORY", gives his reason of choosing Muhammad (PBUH) as NUMBER ONE in these words: 'It is this unparalleled combination of secular and religious influence, which I feel entitles Muhammad (PBUH) to be considered the most influential single figure in human history.' He further writes: "My choice of Muhammad (PBUH) to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history, who was supremely successful on both the religious and secular levels," (Michael H. Hart: THE 100- A RANKING OF THE MOST INFLUENTIAL PERSONS IN HISTORY, New York 1978, p.33). Below given are some opinions and tributes, out of numerous opinions and tributes, from world's eminent non Muslim writers, historians, philosophers, intellectuals and political leaders, giving tribute to Islam's last Messenger Muhammad (PBUH) about his greatness and noblest character. The Western press, who, under the slogan of freedom of expression, had published his humiliating cartoons last year, should learn about greatness and noblest

character of this personality.

ENCYCLOPAEDIA BRITANNICA ; "A mass of detail in the early sources show that he was an honest and upright man who had gained the respect and loyalty of others who were like wise honest and upright men." (Vol. 12).

SIR GEORGE BERNARD SHAW; "If any religion had the chance of ruling over England, nay Europe within the next hundred years, it could be Islam." "I have always held the religion of Muhammad (PBUH) in high estimation because of its wonderful vitality. It is the only religion, which appears to me to possess that assimilating capacity to the changing phase of existence, which can make it appeal to every age." "I have studied him the wonderful man and in my opinion far from being an antichrist, he must be called the Savior of Humanity." "I believe that if a man like him were to assume the dictatorship of the modern world, he would succeed in solving its problems in a way that would bring in the much needed peace and happiness." "I have prophesied about the faith of Muhammad that it would be acceptable to the Europe of tomorrow as it is beginning to be acceptable to the Europe of today," (Sir George Bernard Shaw in the Genuine Islam; Vol. 1, No. 8, 1936.) LAMAR TINE (The renowned historian); "If greatness of purpose, smallness of means and astounding results are the three criteria of human genius, who could dare to compare any great man in modern history with Muhammad (PBUH)?" a philosopher, orator, apostle, legislator, warrior, conqueror of ideas, restorer of rational dogmas, of a cult without images, the founder of twenty terrestrial empires and of one spiritual empire; that is MUHAMMAD (PBUH). "As regards all the standards by which Human Greatness may be measured, we may well ask, IS THERE ANY MAN GREATER THAN HE?" (Alphonse de Lamar tine, HISTOIRE DE LA TURQUIE, Paris, 1854, Vol. II, pp 276-277) Paris, 1854, Vol. II, pp 276-277)

THOMAS CARLYLE (A renowned historian): "How one man single handedly, could weld warring tribes and wandering Bedouins into a most powerful

and civilized nation in less than two decades," "The lies (Western slander) which well-meaning zeal has heaped round this man (Muhammad - PBUH) are disgraceful to ourselves," "A silent great soul, one of that who cannot but be earnest. He was to kindle the world; the world's Maker had ordered so,"

(Thomas Carlyle: HEROES AND HERO WORSHIP) MAHATMA GANDHI (Freedom fighter and father of nation of India): "I wanted to know the best of one who holds today's undisputed sway over the hearts of millions of mankind,"

"I became more than convinced that it was not the sword that won a place for Islam in those days in the scheme of life," "It was the rigid simplicity, the utter self effacement of the Prophet, the scrupulous regard for his pledges, his intense devotion to his friends and followers, his intrepidity, his fearlessness, his absolute trust in God and in his own mission. These and not the sword carried everything before them and surmounted every obstacle. When I closed the 2nd volume (of the Prophet's biography), I was sorry there was not more for me to read of the great life."

(Mohandas Karamchand Gandhi: YONG INDIA) SARAJINI NAIDU (The famous poetess of India): "It was the first religion that preached and practiced democracy; for, in the mosque, when the call for prayer is sounded and worshippers are gathered together, the democracy of Islam is embodied five times a day when the peasant and king kneel side by side and proclaim: "God Alone is Great". "I have been struck over and over again by this indivisible unity of Islam that makes man instinctively a brother" (Sarajini Naidu; IDEALS OF ISLAM, vide Speeches & Writings, Madras, 1918, P. 169)

ANNIE BESANT: "It is impossible for anyone who studies the life and character of the great prophet of Arabia, who knows how he taught and how he lived, to feel anything but reverence of that mighty Prophet, one of the great messengers of the Supreme," (Annie Besant, THE LIFE AND TEACHINGS OF MUHAMMAD.

Madras, P. 4) DIWAN CHAND SHARMA:

"Muhammad was the soul of kindness and his influence was felt and never forgotten by those around him," (Diwan Chand Sharma, THE PROPHET OF THE EAST, Calcutta 1935, P. 122)

The above are opinions of only a few eminent and renowned non Muslims, and the names of many more non Muslims are still there, who have paid great tributes to Islam's last Messenger Muhammad (PBUH). Almighty Allah, in the Holy Scripture the Holy Quran, has given great tribute to Islam's Last Messenger, as under: "And we have not sent you (O Messenger), but as a mercy for all the mankind." (21:107) "And verily, you (O Muhammad) are on an exalted standard of character," (68:4)

"Certainly you have in the Messenger of Allah, an excellent exemplar for him who hopes in Allah and the judgment day and remembers Allah much," (33:21) The Last Sermon delivered by Islam's Last Messenger contains the basic principles of human rights. Below are some of the important contents of Islam's Last Messenger's Last Sermon. The Sermon was delivered on 9th day of Islamic month Zilhajj 10 at Mount Arafat in Mecca, Saudi Arabia: "O people listen to my words for I do not know whether I will be amongst you for another year. Just as you regard this month, this day and this sacred city, so regard the lives and property of all amongst you as sacred and inviolable,"

"O people, it is true that you have certain rights with regard to your wives, but they also have certain rights. Treat

them with kindness and love, for you have taken them in trust. Keep always faithful the trust placed in you and do not sin." "O people, listen to me earnest, worship Allah, say your daily prayers, observe fast in the holy month of Ramadan, and give Zakah (Charity) generously. Go on a pilgrimage, if possible. You know that you are each others' brothers and are all equal. No one is superior except in devotion to Allah and good works. Guard against committing injustice." "O people, Understand my words. Follow Quran and my tradition. And you will never go astray. Beware of Satan and safeguard your religion. Pass on my words to others again, and may they understand words better than those who listen to me directly. Be my witness. O Allah, that I have conveyed Your Message."

The Artist

Once upon a time, a well-known painter was finishing his painting of the Kaabah. It's an incredibly beautiful painting to be shown at the Airport during the upcoming Hajj Season. The painter wanted this painting to be a master piece. He worked on it for weeks on the top of a 24 storey building. He was consumed by and excited with his own painting that he unconsciously took a few step backward while admiring the 2 x 8 m painting. He didn't look back when he walked backward. He kept on walking backward until it was a step away from the edge of the 24storey building. Just one more step backward and he could have fallen to his death.

A man saw what the painter was doing and was about to shout at him to warn him when he realized that his shout might surprise the painter and thus make him take that fatal one step backward and fall down. So the man took a brush and some paint and began to paint on the beautiful painting until it was completely damaged.

Upon realizing what happened to his painting, the painter got very angry and

moved forward to hit the man. However, some other people who were also present at the vicinity held him and showed him his last position which almost made him fall.

MORAL: Sometimes we have painted our future with such beauty and dreamed of beautiful days we will spend with our loved one, but then Allah seemed to destroy our beautiful painting when Allah sees what danger lies ahead of us. Sometimes we are angry and annoyed by what Allah has done to us, but one thing we have to keep in our mind is that our Creator Allah is Most Wise and always keeps our best of interest in mind!

So when Allah Subhaanahu wa

Ta'ala, in His Infinite Wisdom, tests us with a situation that we think is difficult or takes away something that in our mind was good for us, we need to remember that perhaps it may not be so. Perhaps if we had continued in our way, it might have been harmful for us and whatever Allah decreed for us is actually better for us, for He is All-Wise and All-Knowing.

Allah says: "...and it may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know." (Surah Baqarah: 216)

A calamity that makes you turn to Allah is better for you than a blessing which makes you forget the remembrance of Allah.



The Pencil and Eraser

PENCIL:
I'm sorry

ERASER:
For what? You didn't do anything wrong.

PENCIL:
I'm sorry because you get hurt because of me. Whenever I made a mistake, you're always there to erase it. But as you make my mistakes vanish, you lose a part of yourself. You get smaller and smaller each time.

ERASER:
That's true. But I don't really mind. You see, I was made to do this. I was made to help you whenever you do something wrong. Even though one day, I know I'll be gone and you'll replace me with a new one, I'm actually happy with my job. So please, stop worrying. I hate seeing you sad.

LESSON:
Parents are like the eraser whereas their children are the pencil. They're always

there for their children, cleaning up their mistakes. Sometimes along the way, they get hurt, and become smaller / older, and eventually pass on. Though their children will eventually find someone new (spouse), but parents are still happy with what they do for their children, and will always hate seeing their precious ones worrying, or sad....However our parents are getting smaller and smaller each day...One day, all that we would be left with will be eraser shavings and memories of what we used to have.

Allah, Most Wise admonishes us: "Thy Lord hath decreed that ye worship none but Him, and that ye be kind to parents. Whether one or both of them attain old age in thy life, say not to them a word of contempt, nor repel them, but address them in terms of honor. And, out of kindness, lower to them the wing of humility, and say: My Lord! Bestow on them thy Mercy even as they cherished me in childhood." (Quran-17:23)

Unscramble Words

Answers from page 21

- 1- arithmetic is arithmetic.
- 2- arithmetic is arithmetic.
- 3- arithmetic is arithmetic.
- 4- arithmetic is arithmetic.
- 5- arithmetic is arithmetic.
- 6- arithmetic is arithmetic.
- 7- arithmetic is arithmetic.
- 8- arithmetic is arithmetic.
- 9- viable is viable.
- 10- viable is viable.
- 11- viable is viable.

Memon Association of Canada

Memon Association of Canada's Eid-e-Milad-un-Nabi (S.A.W.) Programme

(Report: Qasim Abbas, Toronto, Canada)

Memon Association of Canada had organized Eid-e-Milad-un-Nabi (S.A.W.) programme on Sunday 20 February 2011 in the evening at Maple Banquet Hall in the city of Toronto. Around 225 community members comprising of their family members had attended the programme, which was lasted till late night.

The programme included Qir'at, Na'at and speech by community's younger generation - large number of children and youngsters - girls and boys - who had participated in this programme with interest, zeal and enthusiasm.

To start the programme, with the recitation of Holy Quran, Mr. Muhammad Ameen Jangda, Vice President of MAC first of all welcomed all the participants from Memon Community members living in Greater Toronto Area. He explained the value and importance of community spirit and periodical gathering of community members on such occasions. He mentioned that these types of gatherings are the platform to discuss and provide feedback in respect of community affairs and also for the unity and identity of Memon community overseas. He also emphasized that younger generation of community should also participate in these events and that is why today's programme is aimed at



encouraging them to participate and show their talents. Then to pay rich tribute to Holy Prophet (S.A.W.), he recited from the *Natia Kalaam* of Hafiz Jalalud-Din.

Mr. Qasim Abbas presented famous 4 lines brief Na'at of Hafiz Shirazi: **BALAGHAL ULA BE KAMALEHI, KASHAFADDUJA BE JAMALEHI, HASNAT IAMIO KHISALEHI, SALLU ALAYHE WA AALEHI**

To start the first segment of the programme formally, he invited from community youngsters, Miss Zuba Kasim

to moderate the first segment of the programme of Qir'at and Na'at. Zuba Kasim, as moderator, announced the names of each participant from community youngsters one by one and each one came on the stage and performed Qir'at and Na'at. She, very effectively, moderated this segment of the programme. The audience appreciated the efforts of these community youngsters and encouraged each one with applause.

Then Toronto's one of prominent personalities Mr. Nazimuddin Maqbool paid rich tribute to Holy Prophet (S.A.W.) by *Natia Kalaam*. After that, another Memon community member Mr. A. Rashid Memon came to stage and also presented *Natia Kalaam*.

President of MAC, Mr. Ismail Mirza introduced MAC Committee members one by one, who were elected in last Eid Milan Dinner on Eid-al-Ad'ha occasion in November 2010. He also invited all of them on stage so participants can know each one. He conveyed his thanks and appreciation to all committee members for their individual and collective efforts to organize such a beautiful programme.

At this point MAC Vice President Mr. Muhammad Ameen Jangda came to the stage and announced that MAC committee members are seriously thinking to establish Memon Business Council and



also Memon Business Forum for overall interest of community members. He explained that proposed Memon Business Council will comprise of Memon business community members while proposed Memon Business Forum will comprise of Memon professionals.

Then it was second segment of the programme of speech competition by community youngsters. The subject of the speech was "Love of Prophet (S.A.W.) is the root of Eemaan". The competition was divided into two categories. Category "A" was youngsters from age 6 to 10 and Category "B" was from youngsters from ages 11 to 15.

Prizes were awarded to the winners by committee members and judges.

Also Certificates of Achievement were awarded to each participant in the programme of Qir'at, Naat and speech in appreciation of their spirit and efforts.

Certificates of achievement were also awarded to the community members and others, whose efforts were appreciated and acknowledged by committee members for their cause and contribution to the Memon Community and for MAC:

During whole programme, Slat-ul-Maghreb and Salat-ul-Eisha were duly performed with Jamaa'at at prescribed times in line with Quranic Ayat: "Surely

Prayers are enjoined/prescribed on believers at stated/prescribed times" (Holy Quran 4:103). Ladies also performed Salat at separate place in the Hall.

MAC President Mr. Ismail Mirza lauded the efforts of judges and all committee members for their efforts for today's programme. He also expressed his deep thanks and appreciation to all community members, who had attended this programme in community spirit in order to show the unity among community members.

Bhavnagari Halai Memon Jamat, Mumbai, India

Annual Report For The Year 2010:

- ✍ Monthly cash distribution of maintenance expenses to 57 poor widows and destitute ranging between Rs.1000- 3000 per month amounting to Rs.4,95,300.
- ✍ Financial aid to 24 small businessmen, hawkers and other self employed amounting to Rs11, 15,000.
- ✍ Scholarship to 60 needy students amounting to Rs.5,53,920.
- ✍ Financial aid in cash during Ramzan to 76 families amounting to Rs.2,10,000.
- ✍ Financial aid for marriage of 2 girls amounting Rs. 50,000.
- ✍ Financial aid for house repair and purchase to 7 families amounting to Rs.10,50,000.
- ✍ Medical aid to 24 needy patients amounting to Rs.3,43,820.

Our regular activities:

In addition to monthly cash assistance, widows and destitute are provided with

following items every month:

Rice and wheat 4kg. each; sugar 2kg. ; 1kg. each of two cereals and pulses; 2 liters of cooking oil; 500gms tea leaves; 1kg of washing powder and 2 bath soaps. This help has made our widows tension free.

During Ramzan, 125 families are provided with each of 10kgs of rice and wheat; 2 kg each of cereals, pulses and sugar; 5 liter cooking oil; 1 bottle Roohafza; 1 packet each of vermicelli, custard powder; 1kg each of tea leaves and dates; 2 pairs of clothes and 250gms dry fruits for Eid.

We are pleased to inform you that Jamaats' Madrasa-e-Faizul Uloom has been renovated and is imparting religious education to 200 children regularly. In addition to deeniyyat, embroidery, tailoring, English speaking, mehendi, crochet and computer classes are also conducted.

It gives us immense pleasure to inform you that the Managing Committee of the

Jamaat has taken the decision to pay the school/college fees of our poor and deserving students. This decision has been taken in view of the ever increasing expenditure on Education which is out of bounds for many brethren. In our view no subject is of greater importance than that of education. It is the young boys and girls of this generation that can build a strong, confident and successful community, and it is Education that is required to build them.

By Education we do not mean only worldly studies, but in our vision Education means knowledge of both, THE WORLD AS WELL AS RELIGION (DEEN aur DUNIYA) When we step out from old to new, when an age ends, we take the pledge of dedication to the service of the Jamaat and its members to a still larger cause of the entire community and humanity. May Almighty Allah help us in our endeavor. Ameen.

On behalf of the Managing Committee:

This is in corrigendum to a mistake published in Memon Alam, December 2010 Issue (Vol. No. 52 Issue No. 627) under WMO AGM news at page No. 13.

Ms. Sayeda Yaqoob has been wrongly referred as Representative, Apex Body, however, it should be read as "Ms. Sayeda Yaqoob, nominated as lady member reserved for WMO Middle East Chapter".

Error is regretted.



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!

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AutoCAD
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Productivity
Mobile Repairing
Web Development
Computer Hardware
Computer Graphics
&
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Generator operator
Industrial Electrician
General Electrician
Mobile Phone Repairing
Refrigeration Air condition
Motor rewinding
Lift Technician
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Auto Air-condition
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Auto Mechanic
Motor Cycle Mechanic
Home UPS repairing
&
installation
CNG kit installation
&
Tuning
Welding
Computer Graphics
AutoCAD
Computer Software-Personal
Productivity



City & Guilds
Approved Centre

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મેમણ આલમ (WMO)



ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

બાંટવા

તા. ૧૨-૬-૩૪

ઓલ ઈન્ડિયા મેમણ કોન્ફરન્સની બાંટવા 'કોન્ફરન્સ કમિટીની સ્થાપના જે તા. ૧૨-૬-૩૪ના રોજ જનાબ અલી મોહંમદ આહમદ કારાના પ્રમુખપદે કરવામાં આવી હતી. તેના ઓહદેદારોના નામ નીચે મુજબ છે:-

પ્રેસીડેન્ટ જ. વલીમોહંમદ કાસમ દાદા, વાઈસપ્રેસીડેન્ટ: જ. શેઠ સુલેમાન હાજી ઈબ્રાહિમ, જ. અ.રહેમાન અ. ગની મેઢાં, જ. હબીબ હાજી આહમદ બાલાગામવાલા.

સેક્રેટરીઓ: અ. લતીફ હા. હુસેન મદ્રાસવાલા, અ. લતીફ દાઉદ આહમદ નાના.

જો. સેક્રેટરીઓ: રહેમતુલ્લાહ હાશમ નાકરાવાલા, અબ્બા અલી અ. શકુર વકીલ ટ્રેઝરર: હા. હબીબ કાપડીયા. ઓડીટરો: આદમ અલીમોહંમદ દોચકી, આહમદ હા. અ. કરીમ બ્રહ્મચારી.

મેનેજીંગ કમિટી

૧. તૈયબ હુસેન કાસમ દાદા, ૨. ઈસ્માઈલ હા. દાદા મુન ૩. ઈસ્માઈલ હુસેન કાસમ દાદા ૪. અલી મોહંમદ આહમદ કારા ૫. અ. શકુર ખાની નાકરાવાલા ૬. ઉસ્માન નૂરમોહંમદ ખાટકી ૭. હબીબ હા. દાઉદ ૮. રહેમતુલ્લાહ હા. કરીમ બાલાગામવાલા ૯. સિદ્દીક સુલેમાન તોલા ૧૦. રહેમતુલ્લાહ હુસેન મામદ શકુર ૧૧. હા. હુસેન હા. નૂરમોહંમદ ખાનાણી ૧૨. અબ્બા તૈયુબ આહમદ સુરમાવાલા ૧૩. અ. શકુર હા.

અલાના ૧૪. સુલેમાન શકુર રાઠોડ ૧૫. સાલેહ મોહંમદ મૂસા કોડવાવવાલા ૧૬. સાલેહ મોહંમદ આહમદ

વિસાનગર

તા. ૭-૭-૩૪

તા. ૭-૭-૩૪ના રોજ પાંચ વાગે સ્થાનિક જમાત અને નાની મેમણ જમાતની સભા મોહંમદ અમીન ઉસ્માન ભાઈના મેડા ઉપર મળી હતી. જે વેળા સુલેમાન ભાઈ શેર મોહંમદ નાના વાલાએ તેમના પુત્રની શાદીના પ્રસંગે વર્ષોથી પળાતા વારાઠીના કુરિવાજોને તિલાંજલી આપી શેઠ મોસુફે

મોહલ્લાની મસ્જીદમાં રૂ. ૧૦૧-૦-૦ ભેટ આપ્યા હતા. તેનો સ્વિકાર સ્થાનિક જમાતે તાળીઓના ગડગડાટ વચ્ચે હર્ષથી કર્યો હતો. શેઠ મોસુફે ગુજરાતી (થારાદી) મેમણોના પહેલાં જ ગૃહસ્થ છે. જેમણે વારાઠીના ઘાતકી રિવાજને તિલાંજલી આપી યોગ્ય સખાવતનો પ્રચાર કર્યો છે. તે માટે આજે સમસ્ત

જમાતની સભા તેમને ધન્યવાદ આપે છે અને શેઠ મોસુફના પુત્રની શાદી મુબારક હો તેવી દુઆ ગુજારે છે. શેઠ મોસુફે રૂ. ૧૦-૦-૦ વેલ્ડેર સોસાયટીને ભેટ આપ્યા છે અને મોહંમદ અમીન ઉસ્માન ભાઈએ તેમની પુત્રીની શાદીની ખુશાલીમાં રૂ. ૨૫-૦-૦ મસ્જીદમાં અને રૂ. ૧૦-૦-૦ વેલ્ડેર સોસાયટીને ભેટ

આપ્યા છે.

વેરાવલ

તા. ૧૮-૭-૩૪

૧. મેમણ અંજુમનની ઓક જનરલ સભા પગ પાળે દુનિયાની મુસાફરીએ નીકળેલ મી.ટી. એમ. કાસિમને અભિનંદન આપવા માટે અંજુમનના પ્રેસીડેન્ટ મિ. ઉસ્માન અ. ગની ખાંડવાળાના પ્રમુખ પણા હેઠળ અંજુમનના વિશાળ હોલમાં ભરવામાં આવી હતી. શરૂઆતમાં પ્રેસીડેન્ટ સાહેબે મિ.ટી. કાસિમની ઓળખાણ કરાવી તેમના સાહસ વિષે કેટલુંક વિવેચન કર્યું હતું. મિ. કાસિમના

મેમણ
કોમ
75 વર્ષ
પહેલાં

માનમાં ભાઈ અ. ગની યુસુફ હાજીએ રચેલી નઝમ ભાઈ અ. લતીફ વલી મોહંમદે વાંચી સંભળાવી હતી.

ભાઈ અ. ગની હાશમે તેમને અભિનંદન આપી સફર સફળ ઈચ્છી હતી. તે બાદ મિ. ટી. એમ. કાસિમે પોતાની સાહસિક સફરનું વર્ણન અસરકારક રીતે રજૂ કર્યું હતું. તે બાદ અંજુમન તરફથી મિ. અ. શકુર G-01

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

ઈસ્માઈલ લાકડાવાળાએ મિ. ટી. એમ. ફાસિમને ચાંદીનો મેડલ અને ફૂલહાર અર્પણ કર્યા હતા.

બાંટવા

તા. ૨૦-૬-૩૪

ચાલુ સાલની મુંબઈ યુનિવર્સિટીની બી.એ. અને મેટ્રીકની પરીક્ષાઓ પસાર કરનાર બાંટવાના વિદ્યાર્થીઓ મી. સાલેહ મોહંમદ અબ્દુલ હમીદ મૌલવી બી.એ., મી. ઈસ્માઈલ અબ્દુર્રહીમ શેખ બી.એ., મી. જાન મોહંમદ કોડવાવવાલા અને મી. રહેમતુલ્લાહ મુનને મદ્રસા-એ-ઈસ્લામીયાની વર્કિંગ કમિટી તરફથી માનપત્રનો મેળાવડો મુંબઈના મેચીસના શાહ સોદાગર શેઠ દાઉદ ઈબ્રાહિમ પારેખના પ્રમુખપદે તા. ૨૦-૭-૩૪ના રાખવામાં આવ્યો હતો. પ્રમુખ સાહેબની પધરામણી થતા તેમને મદ્રસા-એ-ઈસ્લામીયાના બોયઝ સ્કાઉટોએ સલામી આપી હતી. સભાની શરૂઆત કુર્આનેપાકની તિલાવતથી થઈ હતી. ત્યારબાદ મદ્રસા-એ-ઈસ્લામીયાના હેડમાસ્ટર જનાબ એમ. વા. ઈન્જીનીયરે તેમજ શેઠ અલીમોહંમદ કારા અને બીજા વક્તાઓએ તકરીરો કરી હતી. ત્યારબાદ થયેલા વિદ્યાર્થીઓને ફૂલહાર કરવામાં આવ્યા હતા અને સોનાના ચંદ્રકો અર્પણ કરવામાં આવ્યા હતા.

કલકત્તા

તા. ૩૦-૬-૩૪

‘ધી મેમણ એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટીના એક ડેપ્યુટેશને શેઠ આદમજી હાજી દાઉદ સાહેબની સરપરસ્તી હેઠળ બાંટવાવાળા શેઠ હુસેન કાસમ દાદાની મુલાકાત લીધી હતી.

શેઠ હુસેન કાસમ દાદાએ સોસાયટીના હેતુઓ અને તેની

પ્રવૃત્તિઓ તરફ અંતઃ કરણપૂર્વક હમદર્દી બતાવી હતી અને સોસાયટીને રૂ. ૨૫૦૦૦નું ડોનેશન આપ્યું હતું.

કલકત્તા

તા. ૮-૮-૩૪

મેમણ એસોસીએશનના આશરા હેઠળ શેઠ હબીબ તારમોહંમદ જાનુના પ્રમુખ પણા હેઠળ આમ મેમણ ભાઈઓની એક જાહેરસભા શેઠ હુસેન કાસમ દાદાને મુબારકબાદ આપવા મળી હતી.

મેમણ એસોસીએશનના પ્રમુખ જ. અ. ગની દાદા ભાઈ જુનાણીએ તકરીર કરતાં જણાવ્યું હતું કે શેઠ હુસેન કાસમ દાદાએ આપણી વેલ્ફેર સોસાયટીને રૂ. ૨૫૦૦૦ની રકમ આપવાની જે ઉદારતા બતાવી છે તે માટે તેઓ મુબારકબાદના હકદાર છે.

જ. તારમોહંમદ અ. ગની નવીવાળાએ તકરીર કરતાં જણાવ્યું હતું કે શેઠ હુસેન કાસમ દાદાએ વેલ્ફેર સોસાયટીના પહેલા પ્રોગ્રામને ફતેહમંદ બનાવવા જે પહેલ કરી છે તે ખરેખર પ્રશંસા પાત્ર છે.

શેઠ આદમજી હાજી દાઉદે સોસાયટીના કામની સમજણ પાડતાં જણાવ્યું હતું કે જો અમારું કામ આપને

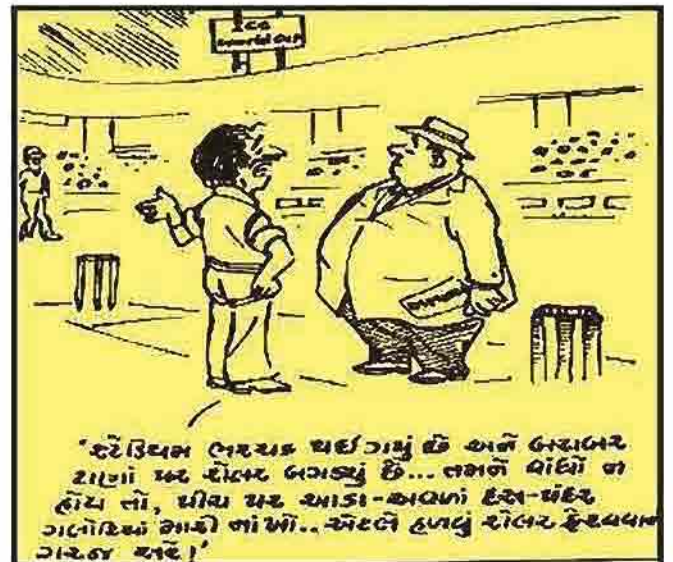
કૌમના હિતમાં ફાયદાકારક જણાતું હોય તો ઓછામાં ઓછા દસ રૂપિયાના સામાન્ય સભાસદ તરીકે લવાજમ મેળવવાને તો સોસાયટી હકદાર થઈ ચૂકી છે. શેઠ હુસેન કાસમ દાદાએ સારી એવી રકમ આપવાની સ. ય. કાઠિયાવાડમાંથી

સોસાયટીને મદદ મેળવવા પ્રયાસ કરવાની ખાત્રી આપી છે. પ્રમુખ સ્થાનેથી બોલતા શેઠ હબીબ તારમોહંમદ જાનુએ જણાવ્યું હતું કે આપણી સોસાયટી કૌમની ઉત્તમ સેવા કરી રહી છે. આ સોસાયટીને મદદ કરવાની દરેકની ફર્જ છે. કયો કમનસીબ મેમણ એવો હશે જે તેની કૌમની આવી ઉત્તમ સંસ્થાને મદદ કરવામાં બેદરકારી બતાવશે ? શેઠ હુસેન કાસમ દાદાએ જે પહેલ કરી ઉદાર રકમ આપી છે તે ખરેખર પ્રશંસા પાત્ર છે. સભામાં જ. એમ.એ. ગની રંગુનવાલા અને અ. સતાર નવીવાળાએ પણ તકરીરો કરી હતી.

મુંબઈ

તા. ૨૪-૮-૩૪

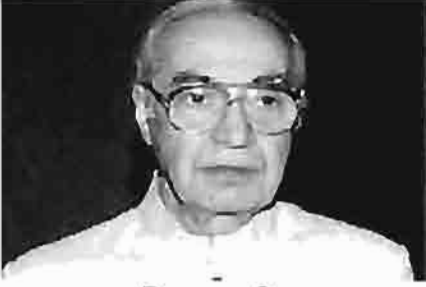
ઓલ ઈન્ડિયા મેમણ કોન્ફરન્સની ત્રીજી બેઠક માણાવદરના માનનિય પ્રમુખ થવાનું જનાબ શેઠ અબુબકર અ. રહેમાન બેગમુહંમદે સ્વિકાર્યું હતું તે માટે તેમને એક ડેપ્યુટેશન મળેલ હતું. આ ડેપ્યુટેશનમાં જ. હાજી નૂરમોહંમદ આહમદ, જ. હાજી ફતેહમોહંમદ ઉસ્માન, જ. ઉમર હાજી યુસુફ છાપરા, મોહંમદ હાજી કરીમ, અને જ. સુલેમાન હાજી ઈબ્રાહિમ શામીલ હતા.



‘રેડિયમ ભરતક થઈ ગયું છે અને બચાબર રાણાં મર રોલર બગવ્યું છે... તમને વાંધો ન હોય તો, ધીવર યર આડા-બાવળાં દસ-બંદર ગાલોશિયાં ભાગી નાંખો... એટલે હજારો રોલર ફેરવવાનું ગરબ રહે.’

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

પીઠ મેમણ રાજપુરૂષ યુસુફ હાઈનનો ઇન્તેકાલ



-પાકિસ્તાનની સ્થાપનાના

આંદોલનમાં કાઈદે આઝમ સાથે નિકટ રહીને કામ કરનારાઓમાંના એક સાથી પીઠ રાજદ્રારી નેતા યુસુફ અબ્દુલ્લાહ હાઈનનો લાંબી બીમારી બાદ ૧૨મી ફેબ્રુઆરી ૨૦૧૧ના રોજ અમેરિકામાં ન્યુયોર્કની એક હોસ્પિટલમાં ઇન્તેકાલ થયો હતો. તેમની વય ૮૫ વર્ષની હતી.

પશ્ચિમ પાકિસ્તાનના ગવર્નર રહી ચૂકેલા જનાબ યુસુફ હાઈન સિંધમાં રાજદ્રારી જાગૃતિ આણનાર કચ્છી મેમણ રાજપુરૂષ સર અબ્દુલ્લાહ હાઈનના સૌથી મોટા દીકરા હતા અને યુવાન વયથી જ મુસ્લિમ લીગમાં જોડાઈને તેમણે લગભગ સાત દાયકાની તેમની રાજદ્રારી કારકિર્દીનો આરંભ કર્યો હતો. પાકિસ્તાનના રાજકારણમાં અનેક ચઢતી-પઢતીઓ વચ્ચે તેમણે લોકશાહીના મૂલ્યો સાથે કદિ સોદેબાજી કરી નહોતી અને પાકિસ્તાનની સ્થાપનાના મૂળભૂત સિદ્ધાંતોને અચળપણે વળગેલા રહ્યા હતા. ૧૯૭૧માં પાકિસ્તાનના વિભાજનથી હૃદયભંગ થઈને તેમણે સક્રિય રાજકારણનો ત્યાગ કર્યો હતો અને અમેરિકામાં વસવાટ કરી લીધો હતો.

પાકિસ્તાનની સ્થાપના પહેલાં તેમણે કાઈદે આઝમના એડીસી તરીકે પણ સેવાઓ આપી હતી. છેક ૧૯૩૦માં ઓલ ઇન્ડિયા મુસ્લિમ લીગના

એતિહાસિક રૂપમા અધિવેશનમાં પણ તેઓ હાજર રહ્યા હતા જ્યાં અલ્લામા ઇકબાલે મુસલમાનો માટે અલગ રાજ્યનો વિચાર પહેલી જ વાર જાહેર કર્યો હતો. ૧૯૪૪-૪૫માં તેમણે કરાચીના મેયર તરીકે ઉમદા સેવાઓ આપી હતી અને ૧૯૪૬માં ઇન્ડિયન નેશનલ એસેમ્બલીની સિંધ માટેની એકમાત્ર બેઠકની રસાકસીભરી ચુંટણીમાં તેઓ મુસ્લિમ લીગના ઉમેદવાર તરીકે ચૂંટાયા હતા. પાકિસ્તાન બન્યા બાદ ૧૯૪૯-૫૦માં તેઓ સિંધના મુખ્ય પ્રધાન રહ્યા હતા. બાદમાં રાજદ્રારી કાવાદાવા અને ઐયુબ ખાનના લશ્કરી રાજમાં તેઓ વિરોધી નેતા રહ્યા હતા.

તેમણે ૧૯૪૬માં કાઈદે આઝમના હુકમથી અંગ્રેજી અખબાર 'ડોન'નું પ્રકાશન શરૂ કર્યું હતું પણ બાદમાં એ અખબાર પાકિસ્તાનના લશ્કરી સત્તાવાળાઓને ખૂંચતું રહ્યું હતું. 'ડોન'ના તંત્રી મશહુર પત્રકાર અલ્તાફ હુસેને તંત્રીપદ છોડી દેતાં અખબાર સરકારી મુખપત્ર બની રહેવાની ધાસ્તી ઊભી થઈ હતી. એવા સમયે યુસુફ હાઈને ૧૯૬૪માં 'ડોન'નું તંત્રીપદ પોતે જ સંભાળી લીધું હતું પણ અખબારની લશ્કરી રાજ વિરોધી નીતિઓને પ્રતાપે તેઓ પ્રમુખ જનરલ ઐયુબ ખાનની ખફગીનો ભોગ બન્યા હતા અને ગિરફતારીથી બચવા પાકિસ્તાનથી ચૂપચાપ ચાલ્યા ગયા હતા. બાદમાં ઐયુબ સરકારે તેમને ૨૪ કલાકની નોટિસ પર હદપાર કરી દેવાયાની જાહેરાત કરી હતી.

ઐયુબખાનના પતન પછી જનાબ યુસુફ હાઈન પતન પાછા ફર્યા

હતા અને ૧૯૬૯ના કપરા કાળમાં તેમણે પશ્ચિમ પાકિસ્તાનના ગવર્નર તરીકેનો કારભાર સંભાળ્યો હતો. પણ એ પછી ફરીવાર જનરલ યાહ્યા ખાનની લશ્કરી પકડ વધતા તેમણે ગવર્નરપદ છોડી દીધું હતું. યુસુફ હાઈન અગાઉ ૧૯૫૫માં આઈ. આઈ. ચુંદરીગરની સરકારમાં ફેડરલ પ્રધાન પણ રહી ચૂક્યા હતા અને ઓસ્ટ્રેલિયા ખાતેના પાકિસ્તાનના હાઈ કમીશનર તરીકે પણ સેવાઓ આપી હતી. અમેરિકામાં તેઓ પાન-અમેરિકન એરવેજ વાઈસ પ્રેસીડેન્ટ તરીકે કામ કરતા રહ્યા હતા. અમેરિકા સાથે પાકિસ્તાનના મેત્રી સંબંધો બાંધવામાં તેમણે ચાવીરૂપ ભૂમિકા ભજવી હતી.

જનાબ યુસુફ હાઈનનો જન્મ ૧૯૧૭માં કરાચીમાં થયો હતો. હાઈન ફેમિલી વેપાર ઉદ્યોગ અને રાજકારણ ઉપરાંત સામાજિક સેવામાં પણ આગળ પડતી સેવાઓ આપતી રહી છે. જનાબ યુસુફ હાઈને તેમના પરિવાર દ્વારા સ્થપાયેલા ચતિમખાના, જીમખાના અને ટ્રસ્ટના ચેરમેન તરીકે ગરીબો અને જરૂરતમંદોની પુષ્કળ સેવા કરી હતી. ૨૮મી એપ્રિલ ૨૦૦૧ના રોજ દુબઈમાં આંતરરાષ્ટ્રીય મેમણ સંમેલન યોજાયું ત્યારે તેનું ઉદઘાટન જનાબ યુસુફ હાઈને કર્યું હતું.

અખબારી આઝાદીમાં વિશ્વાસ ધરાવતા યુસુફ હાઈને ઓલ પાકિસ્તાન ન્યુઝપેપર્સ સોસાયટીના ચેરમેન તરીકે પણ અસરકારક કામગીરી બજાવી હતી. તેમના ઇન્તેકાલ પર એપીએનએસ સહિતની અનેક સંસ્થાઓ અને આગેવાન રાજદ્રારીઓએ શોક દર્શાવ્યો હતો. કરાચીમાં તેમના ઇન્તેકાલના શોકમાં સ્થાનિક વહિવટીતંત્રે એક દિવસની જાહેર રજાની જાહેરાત કરી હતી. તેમની મૈયતને કરાચી લાવીને ૧૭મી ફેબ્રુઆરી ૨૦૧૧ના સુપુર્ન ખાક કરવામાં આવી હતી.

G-03

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

મારી ડાયરી



સંકલન: ઉમર અ. રહેમાન ખાનાણી

સમાજ, સરકાર, મજાહબ, સિયાસત, સાહિત્ય, પત્રકારિત્વ, 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 Diary*ના શિર્ષક હેઠળ અંગ્રેજીના પુસ્તક રૂપે પ્રગટ કરવામાં આવી હતી. એ પુસ્તકમાં ડિસેમ્બર ૨૦૦૨ સુધીની ટુંકી નોંધો ટપકાવેલી હતી. હવે એ પછીના ગાળાની નોંધો અત્રે પ્રગટ કરવામાં આવી રહી છે, જે ભવિષ્યમાં નવી પેઢી માટે અગત્યની પુરવાર થઈ શકે છે. મજાહુર ટુંકી નોંધોની વિગતવાર માહિતી 'મેમણ આલમ' માસિકમાં પ્રગટ થઈ ચૂકી છે.

૭-૭-૨૦૦૭

ઓલ ઈન્ડિયા મેમણ જમાત ફેડરેશનનું ૨૫મું અધિવેશન મુંબઈના હજ હાઉસમાં યોજાયું હતું. જેમાં ડૉ. નાસીર ફુલારાની ફેડરેશનના પ્રમુખ તરીકે વરણી કરવામાં આવી હતી.



૨૩-૭-૨૦૦૭

દિલ્હીમાં ૨૩ અને ૨૪ નવેમ્બર ૨૦૦૭ના ગાંધી આશ્રમ રી કન્સ્ટ્રક્શન અને એસોસીએશન ઓફ મેડિકલ ડોક્ટર્સ ઓફ એશીયા (AMDA) તરફથી યોજાયેલી કોન્ફરન્સમાં ધી ફાઉન્ડેશનના કૌમી અને આંતરરાષ્ટ્રીય આફતોમાં ઈન્સાનિયતની ખિદમત માટે કામ અંજામ આપવા પર એવોર્ડ આપવામાં આવ્યો હતો. જે બેગમ બિલ્કીસ એધીએ પાલામેન્ટના સભ્ય ડૉ. નિર્મલા દેશપાંડે અને મેડિકલ એસોસીએશન ઓફ ડોક્ટર્સ ઓફ એશીયાના પ્રમુખ ડૉ. શીઓ સંગાનામાથી વસૂલ કર્યો હતો.



૨૭-૧૨-૨૦૦૭

સિંધ મેડિકલ કોલેજના પ્રોફેસર અ. રઝાક મેમનનો

૨૭-૧૨-૨૦૦૭ના ઈન્ટેકાલ થયેલ.

ઈન્ટેકાલ બાદ તેમની વસિયત અનુસાર તેમની બંને કીડનીઓ દાન કરી દેવાઈ હતી. ટ્રાન્સપ્લાન્ટ દ્રારા તેમની એક કીડની દાદુની ઝરીના યુસુફને અને બીજી કીડની ડેરા ગાઝીખાનની કશમાલાને લગાડીને બંને સ્ત્રીઓની જિંદગી બચાવી લેવાઈ હતી. પાકિસ્તાનમાં માનવ અંગોના દાન સંબંધેના વટહૂકમ લાગુ કરાયા પછી ડૉ. અ. રઝાક મેમણ કીડની આપનારા પહેલા પાકિસ્તાની બન્યા હતા. પ્રોફેસર ડૉ. અ. રઝાક મેમણે સિંધ મેડિકલ કોલેજમાં ૩૪ વર્ષ સુધી તાલીમ આપી હતી.



૧૮-૧-૨૦૦૮

ડૉ. ફારૂક અ. સત્તાર પીરવાની પાકિસ્તાન નેશનલ એસેમ્બલીના બીજી વખત કરાચીથી મેમ્બર ચૂંટાયા હતા.



૧૮-૧-૨૦૦૮

જ. અ. રશીદ આહમદ ગોડીલ નેશનલ એસેમ્બલી ઓફ પાકિસ્તાનના કરાચીથી મેમ્બર ચૂંટાયા હતા.



૫-૨-૨૦૦૮

કુતિયાણા મેમણ બિરાદરીના અગ્રેસર હાજી અ. લતીફ ચલચલ પાંચમી ફેબ્રુઆરી ૨૦૦૮ના ઈન્ટેકાલ કરી ગયા. મહુમ પાકિસ્તાનમાં કુતિયાણા મેમણ એસોસીએશનના સ્થાપક જોઈન્ટ સેક્રેટરી હતા.

સામાજીક કાર્યકર તરીકે તેમણે કુતિયાણા વોલન્ટીયર કોર કુતિયાણા મોહલ્લા કમિટી ફેડરલ એરીયામાં સેવાઓ આપી હતી. તેઓ ૧૯૬૪માં ઓલ્ડ ટાઉન એરીયાથી બી.ડી. મેમ્બર તરીકે ચૂંટાયા હતા. કરાચીના ગુજરાતી અખબારોમાં ચર્ચાપત્રો લખીને રાજદ્વારી તથા સામાજીક દુષણો પર ટિપ્પણી કરતા હતા.



૨૮-૧-૨૦૦૮

જેતપુર મેમણ બિરાદરીના આગેવાન હાજી અ. ગફાર યુસુફ તાઈનો ૨૮મી જાન્યુઆરી ૨૦૦૮ના ઈન્ટેકાલ થયેલ. મહુમ ૧૯૮૮-૮૯માં જેતપુર મેમણ એસોસીએશનના પ્રમુખપદે રહ્યા હતા. જ. ગફાર તાઈએ ફેડરલ બી. એરીયામાં ૨૨૦ વારના બે પ્લોટો પર પોતાની માતાજીની યાદમાં ફાતમાબાઈ તાઈ હોસ્પિટલને પ્રોજેક્ટ શરૂ કર્યો હતો.

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

G-04

કચ્છી મેમણ બિરાદરીમાં તાલીમી જાગૃતી લાવનાર સેવાભાવી વ્યક્તિ

સર ઈબ્રાહિમ હાફિઝ જાફર

બ્રિટીશ સામ્રાજ્ય કાળમાં મેમણ બિરાદરીના અનેક મહાનુભાવોને તેમની જાહેર સેવાઓની કદરૂપે સરકાર તરફથી 'ખાન બહાદુર' તથા 'કેસર જેવા ખિતાબ અપાયા હતા. કચ્છી મેમણ ઈબ્રાહિમ હાફિઝ જાફરને આ બંને લકઝ અર્પણ કરાયા હતા. બિરાદરીમાં તાલીમના ફેલાવા ઉપરાંત અંગ્રેજ સરકારમાં કચ્છી મેમણોને મુસ્લીમ વારસા કાનૂનમાં શામેલ કરાવવા જેવા અનેક ઉમદા કૃત્યો બદલ સર ઈબ્રાહિમ હાફિઝ જાફરને હરહંમેશ ચાદ રાખવામાં આવશે.

સર ઈબ્રાહિમ જાફરનું મૂળ વતન કચ્છમાં માંડવી બંદરથી નવ માઈલ દૂરનું ગામ ગઢસીસા હતું. જ્યાંથી તેમના દાદા જાફર જુસબે ૧૯મી સદીના ચોથા દાયકામાં હિજરત કરીને પુનામાં વસવાટ કર્યો હતો અને વેપાર ધંધો જમાવ્યો હતો. જાફર જુસબના પુત્ર હાફિઝ જાફરે ધંધો વિકસાવવા ઉપરાંત તાલીમ અને આરોગ્ય સહિતના ક્ષેત્રોમાં જાહેર સેવાઓ આપતાં બ્રિટીશ સરકારે તેમને પણ 'ખાન બહાદુર' ખિતાબ આપ્યો હતો. આ ખાન બહાદુર હાફિઝ જાફરને ત્યાં ૨૭મી ડિસેમ્બરે ૧૮૮૧ના રોજ પુત્રનો જન્મ થયો જેનું નામ ઈબ્રાહિમ રખાયું.

ઈબ્રાહિમ હાફિઝે પુના કેમ્પ ગવર્નમેન્ટ સ્કૂલ અને એ પછી પુના હાઈસ્કૂલમાં તાલીમ લીધી હતી અને તાલીમ લેવાની ધગશને કારણે ઈસ્વીસન ૧૮૯૯માં મેટ્રીકની પરીક્ષા પાસ કરી લીધી હતી. પૂરા મુંબઈ ઈલાકામાં તેઓ બીજા નંબરે પાસ થયા હતા અને કચ્છી મેમણ બિરાદરીના

તેઓ પહેલા જ મેટ્રીક પાસ વિદ્યાર્થી હતા. પણ પરીક્ષાનું પરિણામ જાહેર થયાના થોડા જ દિવસો પહેલાં તેમના વાલિદ હાફિઝ જાફરનો ઈન્ટોકાલ થઈ જ ત . ' ઈબ્રાહિમને વેપાર



સંભાળવા તૈ મ નુ ભણતર છોડવું પડ્યું હતું.

કારોબારમાં સારી નામનાને કારણે તેમના દાદાનું નામ જાફર હવે તેમના કુટુંબની અટક બની જતા તેઓ ઈબ્રાહિમ હાફિઝને બદલે ઈબ્રાહિમ જાફરને નામે વધુ ઓળખાતા થયા હતા. ૧૯૦૬થી તેમની જાહેર સેવા પ્રવૃત્તિઓનો આરંભ થયો હતો અને તેમને પુના શહેર સુધરાઈમાં કાઉન્સિલના સભ્ય તરીકે નિયુક્ત કરાયા હતા. શહેરીઓની સુખાકારી અને તાલીમી તથા આરોગ્યની સગવડો

વધારવા સાથે તેમણે મુસ્લીમ બાળકોને શિક્ષણ માટે પ્રોત્સાહન આપવા પણ અનેક પગલાં લીધા હતા. તેમણે તેમના વાલિદ ખાન બહાદુર હાફિઝના પુનામાં ઈસ્લામીયા સ્કૂલના અધૂરા પ્રોજેક્ટને પૂરું કર્યું હતું. જેમાં તેમણે મુસ્લીમ બાળકો માટે તાલીમની જોગવાઈ કરી હતી. ૧૯૦૭માં મુંબઈ રાજ્યના અંગ્રેજ ગવર્નરના હસ્તે પુનાની ઈસ્લામીયા સ્કૂલનું ઉદઘાટન કરાયું હતું જેણે બાદમાં વિસ્તારના મુસલમાનોની તાલીમી જાગૃતીમાં અગત્યનો ફાળો આપ્યો હતો. એ જ વરસે મુસ્લીમ લીગી નેતા નવાબઝાદા નસરુલ્લાહ ખાને બોમ્બે પ્રેસીડેન્સી મુસ્લીમ એજ્યુકેશનલ કોન્ફરન્સ નામની સંસ્થા સ્થાપતાં કાબેલીયતના બળે ઈબ્રાહિમ જાફર ૧૯૨૦માં ઓલ ઈન્ડિયા મુસ્લીમ એજ્યુકેશનલ કોન્ફરન્સના પ્રમુખપદે પહોંચી ગયા હતા. એ દરમિયાન ૧૯૧૩માં બોમ્બે લેજિસ્લેટીવ કાઉન્સિલના, ૧૯૧૯માં ઈન્ડિયન ઈમ્પીરીયલ કાઉન્સિલના અને એ પછી કાઉન્સિલ ઓફ સ્ટેટના સભ્ય તરીકે પણ મહત્વની સેવાઓ આપી હતી.

ઈબ્રાહિમ જાફરે અલીગઢ મુસ્લીમ વિદ્યાપીઠની કાઉન્સિલમાં પણ પોતાની કિંમતી સેવાઓ આપી હતી. ૧૯૧૮માં તેમણે સુધરાઈની ચૂંટણીઓમાં મુસલમાનો માટે અલગ અધિકારની લડતની જરૂર હિમાયત કરી હતી. બ્રિટીશ સરકારે તેમની નિખાલસ અને ન્યાયી સેવાઓની સ્વિકૃતિરૂપે ૧૯૧૯માં તેમને 'ખાન બહાદુર' ના ખિતાબથી નવાજ્યા હતા

અને બાદમાં ૧૯૨૬માં તેમને ‘સર’નો ખિતાબ આપવામાં આવ્યો હતો.

સર ઈબ્રાહિમ જાફરની યાદગાર કામગીરીમાં તેમણે ઈમ્પીરીયલ કાઉન્સિલથી મંજૂર કરાવેલા કચ્છી મેમ્બર્સ ખરડાનો સમાવેશ થાય છે. જેને કાયદેસરનું રૂપ અપાતા કચ્છી મેમ્બરોને એ વખત સુધી વારસા અંગે જે હિંદુ ધારો લાગુ પડતો હતો તેને બદલે તેમને મુસ્લીમ વારસા કાનૂનમાં આવરી લેવાયા હતા. ધારાગૃહોમાં તેમની કોશિષોથી હજુ પ્રવાસીઓ માટેની સરકારી સગવડોમાં નોંધપાત્ર સુધારા દાખલ કરાયા હતા. સર ઈબ્રાહિમ જાફરે ઈંગ્લીશ પબ્લિક સ્કૂલની રૂપરેખાને આધારે પ્રયાસો આદરીને ૧૯૧૯માં પંચગીનીમાં એક બંગલામાં મુસ્લીમ પબ્લિક સ્કૂલ શરૂ કરી હતી અને થોડા જ મહિનામાં બીજા મુસ્લીમ ધનવાનોના સહકારથી પંચગીની નજીક ૧૮૦ એકર જમીન ખરીદીને ત્યાં દારૂલ ઉલુમ નામે મુસ્લીમ પબ્લિક સ્કૂલની વિસ્તૃતિ કરી હતી. તેઓ અનેક સામાજિક સંસ્થાઓ સાથે સંકળાયેલા રહીને મુસલમાનોની પ્રગતિ અને ઉત્કર્ષ માટે કામ કરતા રહ્યા હતા. એહમદ નગરમાં દુકાળના અવસરે રાહત કમિટીમાં તેમનો ફાળો નોંધપાત્ર રહ્યો હતો. બોમ્બે પ્રેસીડેન્સી મુસ્લીમ લીગમાં તેમણે ખજાનચી તરીકે ઉમદા સેવા આપી હતી.

૧૯૩૦માં ૧૨મી સપ્ટેમ્બરના રોજ ઇન્ટેકાલ થઈ જતાં તેમની આ ચશસ્વી કારકિર્દીને ઓચિંતો અંત આવ્યો હતો. એ વખતે તેમની ઉંમર માત્ર ૪૯ વર્ષની હતી. તેમના અવસાન પર બ્રિટીશ વાઈસરોય તેમજ બોમ્બે સ્ટેટના ગવર્નર સહિત સંખ્યાબંધ આગેવાન વ્યક્તિઓએ શોક દર્શાવીને તેમની સેવાઓને અંજલીઓ આપી હતી. સર ઈબ્રાહિમ જાફરને સાત પુત્રો અને બે પુત્રીઓ હતાં તેમના બે પુત્રો ઈસા ઈબ્રાહિમ જાફર તથા એહમદ ઈબ્રાહિમ જાફરે પણ જાહેર સેવામાં નામના કાઢી હતી.

ખેલ

ખેલ ખેલ્યાશી ઘણાં, થોડો ખેલ બાકી આય
ખેલ આખરી જો પણ, થોડો ખેલ બાકી આય
મંચ તે આવ્યો ઈન્સાન, બનીને હકળી કઠપૂતલી
કુદરતજે દોરી ખેચનજો, થોડો ખેલ બાકી આય
ચાલ ચોપાટજી, ભલે ઈન્સાન તો રમનો રીએ
વજીર પછી રાજાજે ઘોડેજી ચાલજો, ખેલ બાકી આય
બચપણજી હુઈ સવાર, ઈ જુવાન થીવી બીપોરે
બુઢી સંજ અચનજો, થોડો ખેલ બાકી આય
સર્કસ જા ખેલ પુરા થીના રે નતા રોજહી દુનિયામં
આખરી મુલે મુલેનજો, થોડો ખેલ બાકી આય
મૂગજળ ના આશરો થયો અંતજી મંઝીલ જો
કિનારે જે મુકામ તે પુગનજો, થોડો ખેલ બાકી આય
યાદ ના રીયો અમાલજો, હિસાબ કે કિતાબ
આખરી હિસાબ કીનજો, થોડો ખેલ બાકી આય
ખેલ-ખેલના રીયો જે હજી બાકી રઈ વ્યા ઝૈન
ફૈંસલો વહેલો મોળો થીનજો, થોડો ખેલ બાકી આય
હી ખપે તો ઉ ખપે તો જીરે જીવકે હંમેશા
નસીબથી વધુ કે ઓછો મીળનજો, ખેલ બાકી આય
ખેલ ખેલી ગીનો આખરી સ્વાસ સુધી ‘હાજી ભા’
જિંદગી પછી મોતજી મજા ચખનજો, ખેલ બાકી આય

—‘હાજી ભા’ મહંમદ હુસેન મેમણ

કોટડાવાલા, ધ્રોલ

ગોકળ ગાય

—આપણે કોઈ પણ ધીમી ગતિને ગોકળ
ગાયની ગતિ કહીએ છીએ. અંગ્રેજીમાં પણ એમ
જ કહેવાય છે. પરંતુ ખરેખર ગોકળ ગાયની
મુદપ કેટલી હોય છે ?

—વિજ્ઞાનશાસ્ત્રીઓએ તે માપીને નક્કી
કર્યું છે કે ગોકળ ગાય એક કલાકના ૨૩ ઈંચ
કાપે છે !

પણ ગોકળ ગાય છે શું ? એ ગાય નથી
અને ગોકળ સાથે તેને કંઈ સંબંધ નથી. એ
મૃદુ કાય (Mollusca) વર્ગનું પ્રાણી છે. જેના
શરીરમાં હાડકાં નથી. પણ શરીરે શંખ જેવી
છીપરૂપી ઢાંકણ છે. એ તેનું ઘર છે અને જ્યાં
જાય ત્યાં પોતાના ઘરને પીઠ પર લઈ જાય
છે ! બગીચાની ગોકળ ગાય વનસ્પતિ ખાઈને
બગીચાને નુકસાન કરે છે.

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

G-06



જાનનું લાલ જવાહર, આરોગ્યવર્ધક ફળ

દાડમ

અનાર વિષે અવનવું



ગોળ આકાર અને માથે કાવું મુકુટ ! લાલ રંગના જાડા પડ વચ્ચે ખાટા-મીઠાં રસદાર દાણા. ફળફળાદિમાં દાડમનું પોતાનું એક આગવું સ્થાન છે અને તેને કુદરતની અણમોલ ભેટોમાંનું એક ગણવામાં આવે છે. તેમાંના પોષક તત્વો અને તબીબી લાભોને કારણે છેક પ્રાચીન યુગથી દાડમ કે અનાર એક લોકપ્રિય ફળ તરીકે ઉપયોગમાં લેવાતું રહ્યું છે. મોટા દાડમોમાં સરેરાશ ૮૦૦ જેટલા દાણા પણ હોય છે અને સરેરાશ કદના એવા એક દાડમમાં ૬૫ થી ૭૦ કેલેરીઓ પૂરી પાડે એટલા પોષક તત્વો મોજુદ હોય છે. આ ફળમાં ઝીન્ક, મેગ્નેશિયમ, ફેટ અને ફાયબર મોજુદ છે અને તે શરીરને વિટામીન ‘સી’ ઉપરાંત પોટેશિયમ, લોહ તત્વ, રીબોફલાવીન, નીયાસીન અને થીયામીન જેવા પોષક તત્વો પૂરા પાડે છે. છેક પ્રાચીનકાળથી દાડમ મધ્યપૂર્વ તથા એશીયન વિસ્તારમાં ઉગતાં આવ્યા છે. પ્રાચીન જમાનામાં દાડમના બી તેમજ તેના ફૂલ તેમજ છાલ ખોરાક ઉપરાંત દવાઓ તથા સૌંદર્ય પ્રસાધનો તૈયાર કરવામાં પણ વપરાતાં હતા.

દાડમનું ફળ હિંદુસ્તાનથી ચીન પહોંચ્યું હતું. ઈસ્વીસનની આઠમી સદીમાં મુરને નામે ઓળખાતા ઉત્તર આફ્રિકાના મુસલમાનો આ દાડમને પોતાની સાથે સ્પેન લઈ ગયા હતા જ્યાં દાડમના સ્પેનીશ નામ પરથી એક શહેરનું નામ

બદલીને ગ્રેનેડા રાખી લેવાયું હતું.

જાણવા પ્રમાણે હજરત મૂસા (અ.સ.)એ એક પ્રસંગે ઈસ્રાઈલીઓને કહ્યું હતું કે તમે અનારના પ્રદેશમાં જવાના છો. અનારનો ઉલ્લેખ બાઈબલ અને કુર્આનેપાકમાં પણ મોજુદ છે. ખ્રિસ્તી ધર્મમાં હજરત ઈસા (અ.સ.)ની વાલેદા હજરત મરીયમ (વીરજીન મેરી)ના તેમજ બાળ વયના હજરત ઈસા (અ.સ.)ના જે ચિત્રો છે તેમાં બંનેના હાથમાં અનારનું ફળ દેખાડવામાં આવે છે. પૌરાણિક ગ્રીક કથાઓમાં દાડમને દેવી-દેવતાઓ તથા રતુના પલટાંઓ સાથે સાંકળતી અનેક ગાથાઓ વર્ણવવામાં આવતી હતી. ગ્રીસમાં ઘણાં વિસ્તારોમાં લગ્ન તથા નૂતન વર્ષ જેવા ખુશાલીના પ્રસંગોએ નારિયેળ ને બદલે દાડમને જમીન પર મારીને તોડવાની રસમ હજી પણ ચાલી રહી છે. આઝરબાઈજાનમાં તો દર વરસે ઓકટોબરમાં દાડમનો ઉત્સવ ઉજવાય છે, જેમાં દાડમમાંથી બનાવાયેલી જાતજાતની વાનગીઓ અને પીણાંઓ પીરસવામાં આવે છે.

સાહિત્યિક પુરાણોમાં દાડમ પ્રેમ, આશા, સફળતા, ઉત્પાદક શક્તિ તથા ઉત્તમ આરોગ્યનું પ્રતીક ગણાવાતું રહ્યું છે. મહાન ફિલોસોફર સેક્સપીયરે પણ અનારના ગુણગાન પોતાના કાવ્યમાં ગાયાં છે. ચીનમાં દાડમને ફળદ્રુપતાનું પ્રતીક સમજીને લગ્ન પ્રસંગે દુલ્હનને ખવડાવવામાં આવે છે. ભારતમાં પણ અનેક

ભાગોમાં ઉજવાતા ઉત્સવોમાં અનારની હાજરી અચૂક હોય છે. મીસરમાં મરણ પછી દફનવિધિમાં શબ સાથે દાડમને રાખવાનો રિવાજ છે.

તબીબી ઉપચારમાં દાડમનો સૌથી વધુ ઉપયોગ ચીન અને મધ્યપૂર્વમાં થયો છે. દાડમના દાણા, તેની જાડી છાલમાં પેટના દુખાવાથી લઈને કેન્સર માટે કારણભૂત બનતાં જંતુઓના હુમલા રોકવા જેવા અનેક ગુણો છે. તેના રસમાં બીજા કોઈપણ ફળના રસથી વધુ એન્ટીઓક્સીડન્ટ રાસાયણિક તત્વો છે જે લોહીના પ્રવાહમાં વિક્ષેપ નાખી શકતા જંતુઓને રોકવાના ગુણો ધરાવે છે અને તે શરીરમાં લાગેલા ઘા કે કાપને રૂઝવામાં પણ ભારે અસરકારક સાબિત થયો છે. તબીબી ઈલાજ માટે દાડમનો ઉપયોગ છેલ્લા ૩૫૦૦ વરસોથી થતો હોવાની નોંધ મળે છે. તેના રસ તથા સુકી છાલની ભૂકીનો ઉપયોગ સદીઓથી પેટની બિમારીઓ, મોંના છાલા, કમજોર દાંત અને પેઢાં, કીડનીની ઉપાધીઓ તથા ભૂખ ઉતેજવા જેવા ઉપચારોમાં કરાતો રહ્યો છે. આધુનિક તબીબો પણ દાડમના અસંખ્ય ઉત્તમ ગુણોનો સ્વિકાર કરે છે. આવા અનેકાનેક ગુણો ધરાવતા દાડમ અથવા અનારને સમાજના અનેક વર્ગોમાં રસદાર દાણાવાળા સફરજન અથવા સ્વર્ગના લાલ રત્ન તરીકે ઓળખવામાં આવે છે, તો એમાં ખોટું કશું નથી.

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

G-07

સરવાળો કર અને

‘મેમણ’ જે ‘ણ’ કે બચાયું

—હાજીભા મોહમદ હુસેન મેમણ —ધોલ

દુનિયાજી દરેક કૌમ પોતેજી તરકકી, ભાઈચારો, મોહબ્બત, હમદર્દી જાણકારી અને ભણતર, ગણતર જેળી જિંદગીજી જરૂરી બાબતું મેં હંમેશા, સરવાળા કરીને ઈન્મેં વધારો કરીને અગીચા વધની રીએતી કોઈપણ જાતજી સારી, સારી બાબતુ અને જુનો સારો વારસો વંશ સાચવીને રખેતી જરૂરત વિગર ઈન્જી બાદબાકી કરીને ઈન્મેં ઘટાડો કરન લાઈ કોઈપણ કૌમ તૈયાર નાચ ઘણાખરા વિજ્ઞાની જે અગાઉ શોધ કરીને અધૂરી રખી હુનતા ઈનતે વધુ પ્રયોગ કરી કરીને નવી પેઢીજા વિજ્ઞાની ઉન શોધ મેં ઉમેરા કરનતા, ઈ પ્રમાણે દરેક કૌમ પોતેજી ભૂતકાળ જી ભૂલ કે સુધારીને તરકકી જે નવે મારગ નવા નવા રસ્તા, નવી યોજના અને નવા નવા સુધારેજા વધારા કરી ચાદગાર મીનારેજા સરવાળા કરી કૌમ પોતેજા નામ અમર કરની વિનેતી.

હી નિયમ પ્રમાણે જ પાક પરવરદીગાર જે ફગલો કરમથી મેમણ કૌમ પણ તરકકી જી નવી યોજનાઓ બનાચને વધુને વધુ અમલ મેં મુકની અને હાલ છેલ્લે દશકે મેં દરેક સુધારણા જે રસ્તે મેં સુધારેજા, સરવાળા કરીને પોતે જો નામ રોશન કરની વિનેતી પણ હી દરેક સુધારે વધારે જે રસ્તે મેં ‘મેમણ’ જો ‘ણ’ પાકે કીડા અને કઈ રીતે આડો અચેતો અને ‘ણ’ કુરેલાઈ અળખામણો થી પીચો આચ, ઈ નાઈ સમજાય નો ? જડેથી

મેમણ કૌમ પેદાથી આઈ તડેથી હી ‘મેમણ’ નામ કૌમ કે પોતે જે જન્મથી જ ઈન્કે મીળેલો આચ. હી નામ સરસ મજાજો, સમજાઈ વિને એળો અને સહેલો અને શાનદાર આચ, હી નામ મેં ગુજરાતી-લિપિજી અંદર ‘મેમણ’ જો છેલ્લો મૂળાક્ષર ‘ણ’ વરસો પછી રહી રહીને હણે પાકે કુરો નકતર રૂપ બન્યો ? ઈ બાબત સમજાયની નાઈ, હી ‘ણ’ જો બાદબાકી કરન લાય હેજો હેજો પાંજા ભાયુ નકામો બાબત તે વધુ પુનો પોતેજો ધ્યાન કીના હુન એળો લગે તો...

હી ‘ણ’ કે કઠન લાય કદાચ નિચેજી બાબતુ કારણભૂત હુની....

૧. ‘ણ’ વ્યજનથી કોઈપણ શબ્દ નામ કે વાક્ય જી શરૂઆત ગુજરાતી લિપીમે થીની નાચ.

૨. ‘ણ’ મૂળાક્ષર જેળો મૂળાક્ષર અંગ્રેજી ઉર્દૂ અરબી કે ફારસી એન કદાચ બીજી અમુક લીપી મેં હાજર નાચે.

૩. ‘ણ’ બોલન મેં જીરાક ઓજપ (શરમ) લગે અને બોલનથી પાં જુનવાણી વિચાર જા ગણાય વિનનાશી એળી બીક લગની હોય.

૪. ‘ણ’ બીજી લીપીઓ મેં નાચ, અને પાં પોતે તો લિખન વાંચન લાય બીજી પારકી લીપીઓજા મોહતાજ અચું એતરે ઉર્દૂ કે અંગ્રેજી ભાષા જો જીનજે ઘરમેં વ્યવહાર મેં ઉપયોગ વધુ થીનો હોય ઈન્કે તો લિખન વાંચન કે બોલન મેં ‘ણ’ તો ફાવેજ ના અને

‘ણ’ કે ‘ન’ બનાઈ ઉપયોગ કરનતા એતરે પાંજે પણ સુધારો અને ફેશન જે નામથી ‘ણ’ જો ‘ન’ બનાઈ શાન મેં વધારો કરનજો દેખાય કરનું અને જે રીતે પાંજી માતૃભાષા ‘મેમણ બોલી બોલન મેં શરમાયું તા ઈ રીતે ‘મેમણ’ શબ્દ બોલીને શરમાયું અને ‘મેમન’ બોલીને ફુલાયુ, ઉપરજે કારણ સિવાય ‘ણ’ મેં કોઈ ખામી નકતર અડચણ કે મુશ્કેલી હોય એળો કીસાનો નાચ, તો પછી ગુજરાતી મૂળાક્ષરજા ૩૪ વ્યજન જે હાજર અચન, ઈન્મેથી ‘ણ’ કે કઠી મૂકીને ઈન્જી જગાયો ‘ન’ કે મુકન જો કારણ કુરો ?

દુનિયાજી ઘણીખરી તરકકી કરેલી કૌમ જે નામજી વીચમેં અગર તો પછવાળે ‘ણ’ મૂળાક્ષર તો અચેતો જ. જેળા કે ‘બ્રાહ્મણ’, ‘વાણીયા’, ‘લુહાણા’, ‘વણકર’ અને મિયાણા’ મેં પણ મૂળાક્ષર ‘ણ’ તો અચેતો. છતાં હી ભાયુ પોતે જ જાતી નામ મેંથી ‘ણ’ જી બાદબાકી કરીને ઈન્જે બદલે ‘ન’ લગાયને ગુજરાતી મેં બ્રાહ્મન’, ‘વાનીયા’, ‘લુહાના’, ‘વનકર’ કે ‘મીયાના’ લિખના કે વાંચના કે બોલના હુન એળો પાં નારના નિયુ હીન બઘેય કે ણ નાઈ નકતો તો પાં ‘ણ’ જે વાસે હથ ધુઈને કુરેલાય પીચા અચુ ? કોઈપણ મૂળાક્ષર જો સરવાળો જો પાં નકરી શકું તો પછી બાદબાકી કરનથી પાંજી શોભા મેં વધારો કુરો થીનજો આચ ?

દુનિયા મેં ભાઈ બંધીજા
G-08

મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧

દાખલા પૂરી પાડનારી પાંજી કૌમ પોતે જે દેશ મેં વસવાટ કરી ઈન ઈન દેશ કે પોતેજો જ ગણીને તન-મન-ધનથી ઉ દેશ જી તરકડી મેં પોતે ખૂબજ હિસ્સો કીની અચેની જુને અને નવે ઈતિહાસમેં મેમણ કૌમ જી વતન લાય કીનેલી કુરબાની જા સોનેરી અક્ષરો અજપણ ચમક ચમક થીન તા. છતાં જુની પેઢી જે બાબતુ કે પોતેજી શાન ગણની હુઈ ઈજ બાબતુ એ અજજી પેઢી પોતે જે જતી નામ અને પોતેજા માતૃભાષાથી શરમાયતી અને પાંજે કુરો કરીને લંબો વિચાર કરનજે બદલે 'ભલે જે થીએ ઈન થીન કીયો' એળો બોલીને વહી રીએ તી. ઈન્જો નતીજો કુરો અચનો વિચારનજી પણ પાકે કુરસદ નાય.

હી પાંજી સુધરેલી પેઢી વટા અજ સુધી પોતેજી અંગત માલિકીજી ભાષા તો આય પણ પોતેજી લીપી પોતે વટા નાય. ઈ પણ અફસોસ જી બાબત નાઈ તો બીજો કુરો આય ? મેમણી લીપીજી જે જે થોડી શોધથી આય ઈન્કે પણ હરેક જમાને મેં બને તો ઈજ મુજબ પ્રોત્સાહન સાથ સહકાર ધગશ અને રસ, જાણનજી શીખનજી કે શીખાનજી તમન્ના અજ તો નાય કદાચ પીઝાસો વર પછી હી લીપીજી કદર જરૂરત અને જાણકાર લાય હીરખ જાગનો જરૂર. ઈન્શાઅલ્લાહ ! હી મેમણી લીપીને 'ણ' કે સૌથી ઉંચી પદવી કીને. 'ણ' કોઈજો નાય ઈ કહેવત જે બદલે 'ણ' દરેક જો સાથીદાર અને સૌજો મદદગાર આય. બીજા મૂળાક્ષરો હી 'ણ' જો મોહતાજ આઈન. ઈ પરમાણો રજૂ કરનજી કોશિષ કરનમેં આવી આય.

'મેમણ આલમ' અને 'મેમણ ન્યૂઝ' જેળા કૌમજા પેપર શરૂઆતથી અજ સુધી 'ણ' કે

સલામત રખીયુ અચન ઈ અલ્લાહ પાકજા કરમ અને તંગી સાહેબજી કૌમ તરફી હમદર્દીજો નતીજો આય. બાકી અજકલજી હવા જો સપાટો એળો આઈ કે પાકે નવાઈ લગે કે હી તો કેળી જાતજો સુધારે જો સપાટો આઈ ? થોડા કી પહેલા હકળે મેમણ જમાતખાને જો ઉદઘાટન થીઓ. ઉદઘાટન ટાણે 'મેમણ જમાત કોમ્યુનિટી હોલ' જમાતખાને તે લિખેલો વાંચીને જુરાક નિરાંત થી પણ....બીજી વાર, જકે ઈ ગામમેં વીચાશી અને 'ણ' જી જગાએ 'ન' મેમન જમાત કોમ્યુનિટી હોલ' વાંચીને અફસોસ થીયો કે હી ભા માળુ 'ણ' થી હેતરી નફરત કુરેલાય કરન તા ? હી સરવાળો આય કે બાદબાકી ?

હી કોઈ જી નિંદા ટીકા કે ઉતારી પાડનજી બાબત નાય પણ દરેક સમ મેમણ જે સમજનજી અને સમજીને વિચાર કરનજી હકીકત તો જરૂર આય, કે હેળી જાતજા ફેરફાર કરનજી કી પણ જરૂરત રેની નાય.

નારો, દરેક મઝહબમેં મા પે જા હકક કરનજી ભરામણ કરનમેં અચેતી. પછી મા પે જુવાન હુન કે ઘચઢા. ઈન્જી સેવાચાકરીજે બારેમ કોઈ જાતજો ફેરફાર નાય મા ભણેલી હુશિયાર અને તંદુરસ્ત સજી સારી હોય તો સેવાચાકરી કરની અને અભણ ઘચઢી કમજોર અને ઊમાર હોય તો ઈન મા કે ઠેઠે ચડાયની એળો કોઈ જગાએ હૂકમ નાય. ઈન પરમાણેજ દેશમેં હુજે તો વતન કે વ્હાલુ કરનું, પરદેશમેં પુગીને માતૃભૂમિકે માતૃભાષા કે ભૂલી વિનનું, એળો કોઈ મઝહબ નાઈ ચૂનો. ઈન પરમાણેજ પાંજી બોલી જો બહુજ પ્રખ્યાત અને જગજાહેર હોય તો બોલની અને કોઈ પાંજી બોલી કે સુણીને ખીલનો હોય તો પાંજે શરમાઈને બોલનું બંધ કરનું

ઈ બાબત નિયમ જે વિરૂદ્ધ આય. દુનિયા પેદાથી તકેથી અજ સુધી હરએક ઈન્સાન કે મા-માતૃભૂમિ અને માતૃભાષા તરફ મોહબબત ભરી લાગણી આઈ અને હુનીજ ખપે અને ઈનજી ખિદમત સેવાચાકરી પણ ઈજ આય કે ઈનકે હંમેશા યાદ રખું ઈનકે કોઈપણ હાલમેં ભૂલુંના.

અને એતરેજ દરેક વાંચક, લેખક, વિચારક, પ્રચારક અને સુધારક ભા હી બાબતમેં સોચી વિચારી અને સમજીને 'ણ' કે 'ણ' જી જગ્યાએ અને 'ન' કે 'ન' જી જગ્યાએ સલામત પાં રખી શકુ ઈ જાતજી ખિદમત કરીને વગર જરૂરત જી બાબતુ તે વધુ ધ્યાન કીન સિવાય, બાદબાકી જે બદલે સરવાળા કરીને કૌમજી શાન કે વધાઈ અને 'ણ' કે બચાચું.

પાં મેમણ અચું તો બોલી મેમણી બોલુ લીખું મેમણી અને મેમણી વાચું

મેમણી બોલી, મીઠી બોલી.....
પાંજે ઘરમેં
મેમણી બોલી
બોલણી ખપે !
જો બોલી પાંજી કે, પાં
પોતેજ ના બોલું
બનીને મેમણ પાં,
પોતેજ જો શરમાચું
ગીનીને બોલી ઉછીની,
પાં પોતેજ વાપડું
કીનાશી કુરો વારસો ?
પાં એતરો તો વિચાઈ ! !

G-09

ધોરાજીમાં ચુંટણીનો સ્વીકાર

ધોરાજીમાં જમાત વ્યવસ્થામાં ચુંટણીનું તત્વ દાખલ કરવા માટેની પ્રગતિમાન પક્ષની ચળવળના પરિણામે બંને પક્ષો વચ્ચે સમાધાન કરવા એક પંચ નીમવામાં આવ્યું હતું. એ પંચે તા. ૨૮-૧૧-૨૦૧૧

દિવસે નીચે પ્રમાણે ફેસલો આપ્યો છે, અને તે બંને પક્ષો માન્ય રાખ્યો છે. અમને જણાવતા આનંદ થાય છે કે એ ફેસલો અમારા એક અગ્રણ્યમાં કરવામાં આવેલી સુચના અનુસાર જ છે: પંચનો ફેસલો:

અમો પંચો એટલે ધોરાજીના રહીશ મેમણ અલીમામદ મુસા તુમ્બી તથા અ. શકુર હાજી સુલેમાન ભાડેલીયા તથા હાજી લતીફ હાજી મુસા સાંચા તથા હાજી મામદ ખાનું, અમો જણ ચારને તા. ૨૬-૧૧-૨૦૧૧ રોજ આપણી મોટી જમાતમાં પડી ગયેલા તકાની બંને પાર્ટીઓએ પંચો તરીકે નીમ્યા છે. તેની રૂએ અમો પંચવાળાઓ બંને પાર્ટીઓની મુખ જબાની સાંભળી તથા બંને પાર્ટીઓના કામ ધ્યાનમાં લઈને નિચે પ્રમાણે કરાવ આપીએ છીએ:

૧. એકસો પચીસ મેમ્બરોની બોડી કાયમ રાખીને આજ દિન સુધીનું બંને પાર્ટીઓનું કરેલું કામ તથા કરાવો સર્વે ૨૬ બાતલ ઠેરવીએ છીએ.
૨. અંજુમને ઈસ્લામ મેમણોની મોટી જમાતના પ્રેસીડેન્ટ તરીકે ત્રણ વરસના માટે શેઠ હાજી જુસબ મુસા શેઠને કરાવીએ છીએ.
૩. વાઈસ પ્રેસીડેન્ટ શેઠ હાજી વલીમામદ હાજી મુસા સાચા.
૪. ઓનરરી સેક્રેટરી શેઠ

મેમણ કોમના ભૂતકાળમાં ડોકિયું

આજથી દાયકાઓ પહેલાના કૌમી બનાવોની નોંધ ત્યારે પ્રગટ થતા સામયિકોમાંથી મેળવીને અમારા વાંચકોની જાણ માટે અત્રે રજુ કરી રહ્યા છીએ.

- સંપાદક

હાજી નુરમામદ ઉસ્માન તથા જોઈન્ટ સેક્રેટરી.

શેઠ વલીમામદ અ. શકુર ગોડીલ.

૫. ડ્રેગરર શેઠ હાજી મોહંમદ હાજી તારમોહંમદ તેલી.

૬. ઓડીટરો શેઠ હાજી ઈસ્માઈલ જાનમામદ તથા હાજી અલીમામદ હાજી મામદ કુંડા.

નાણા કમિટી:

૧. શેઠ હાજી મામદ હાજી અબ્દુલ જાનું.

૨. શેઠ હાજી વલીમામદ હાજી હસન દાદા કુંડા.

૩. શેઠ અલીમામદ હાજી જમાલ વીચાજખોરા.

૪. શેઠ હાજી મામદ હાજી તારમામદ તેલી.

૫. શેઠ હબીબ તારમામદ જાનું.

૮. મેનેજીંગ બોર્ડમાં ઉપર લખ્યા મુજબ બાર જણાઓ અને તે સિવાય બીજા જણ ૧૨ આપણા ૧૨૫ મેમ્બરોમાં ઉપરના ઓહદેદારો ચૂંટી લે એટલે જુમલે જણ ૨૪ની મેનેજીંગ બોર્ડ કરાવીએ છીએ ને દરેક કામ બહુમતિથી કરવાનું કરાવીએ છીએ.

૯. ઉપલા અધિકારીઓ એટલે પ્રેસીડેન્ટ, વાઈસ પ્રેસીડેન્ટો, સેક્રેટરીઓ, ડ્રેગર, નાણાં કમિટી, ઓડિટરો મેનેજીંગ કમિટીની હોદ્દાની

મુદત ૩ વરસ માટે કરાવીએ છીએ.

૧૦. મેનેજીંગ કમિટીને જરૂર જોગ ધારાધોરણ ઘડવાની અને તે મુજબ અમલ કરાવવાની સત્તા અ. પ. વ. નું

કરાવીએ છીએ.

૧૧. આપણી જમાત એટલે અંજુમને ઈસ્લામ મેમણોની મોટી જમાત હવે પછી

દર ત્રણ વરસે નવા ઓહદેદારો તથા મેનેજીંગ કમિટીના મેમ્બરોની ચુંટણી પોલવોટથી બહુમતિએ ૧૨૫ મેમ્બરોએ ચૂંટી લેવા કરાવીએ છીએ અને આપણી જમાતનું વરસ તા. ૧ ઓક્ટોબર ૧૯૨૯થી શરૂ ગણવાનું કરાવીએ છીએ એટલે ઉપર જણાવેલા ઓહદેદારોની મુદત તા. ૩૦ સપ્ટેમ્બર ૧૯૩૨ની પૂરી થાશે. ત્યાર પછી નવી ચુંટણી કરવામાં આવે તેવું કરાવીએ છીએ.

લખનાર: હાજી મામદ હાજી નુરમામદ ઘાણીવાલા. તા. ૨૮-૧૧-૨૦ (૧૨) અમો પંચો ઉપર જણાવેલા જણ ચાર એકમતે થઈ ઉપર લખેલો ફેસલો આપીએ છીએ, ને બંને પક્ષોએ કબુલાતની સહીઓ કરવી તેવું કરાવીએ છીએ. તા. ૨૮-૧૧-૨૦

(સહી) (૧) અલીમોહંમદ મુસા તુમ્બી (૨) અ. શકુર હાજી સુલેમાન ભાડેલીયા (૩) હાજી લતીફ હાજી મુસા સાંચા (૪) હાજી મામદ હાજી ખાનું, પક્ષકારોની કબુલાત.

૧. હાજી મામદ હાજી અબ્દુલ્લાહ જાનું

૨. હાજી વલીમોહંમદ મુસા મોતીવાલા

૩. હાજી ચુસુફ મુસા શેઠ.

૪. વલીમામદ હાજી મુસા સાચા.

(મેમણ સુધારક ૬-૧૨-૨૦)

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મેમણ આલમ- ફેબ્રુઆરી-૨૦૧૧