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MEMON ALAM

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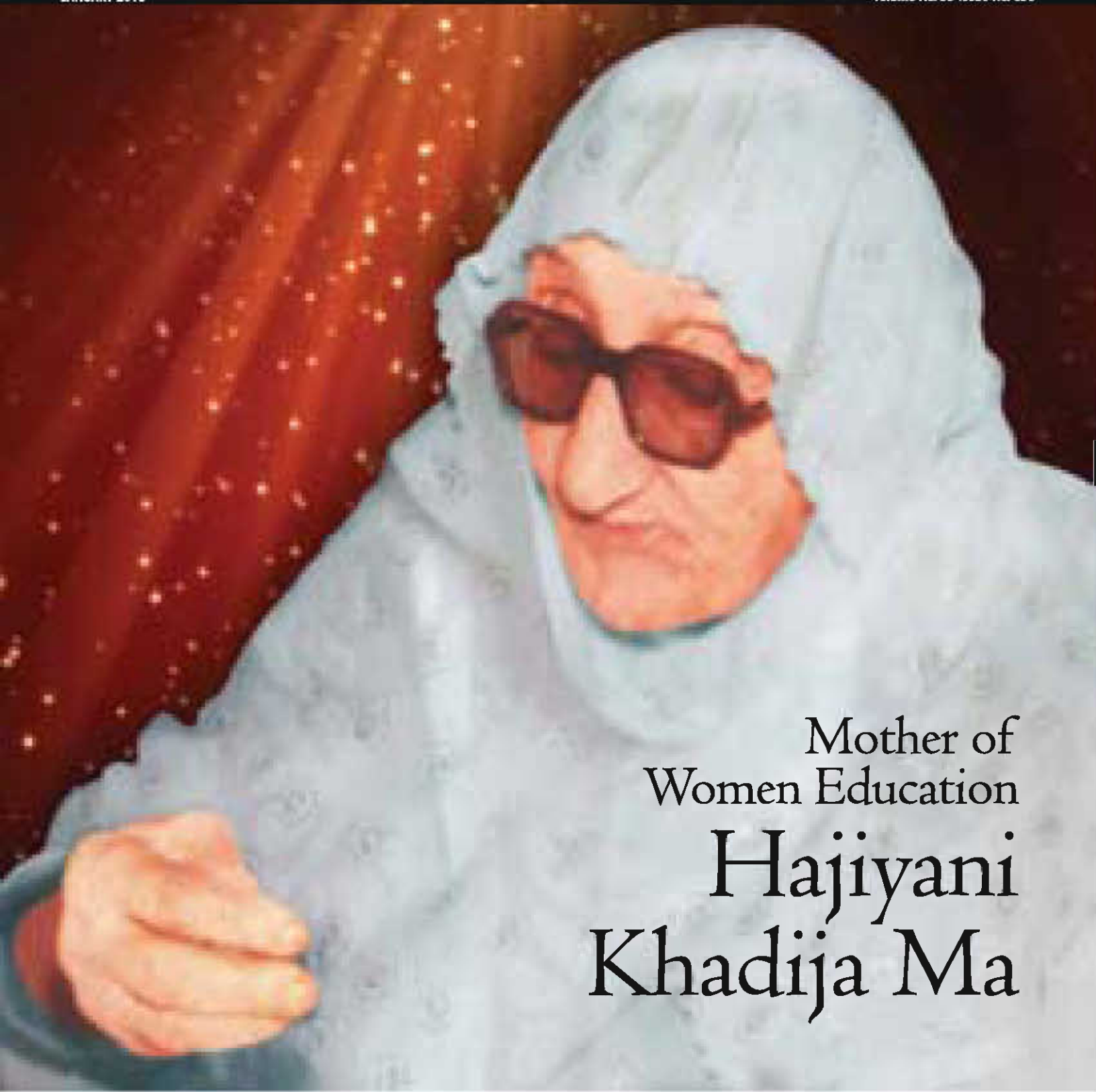


Mother of Women Education

Hajiyani Khadija Ma

Solly and Zohra Noor Foundation

Congratulates

The World Memon Organization on their 10th Anniversary

10 Years of Dedication and hard work
for our Muslim brothers and sisters.
may Almighty Allah bless and guide you in this noble work,
and may you grow from strength to strength.

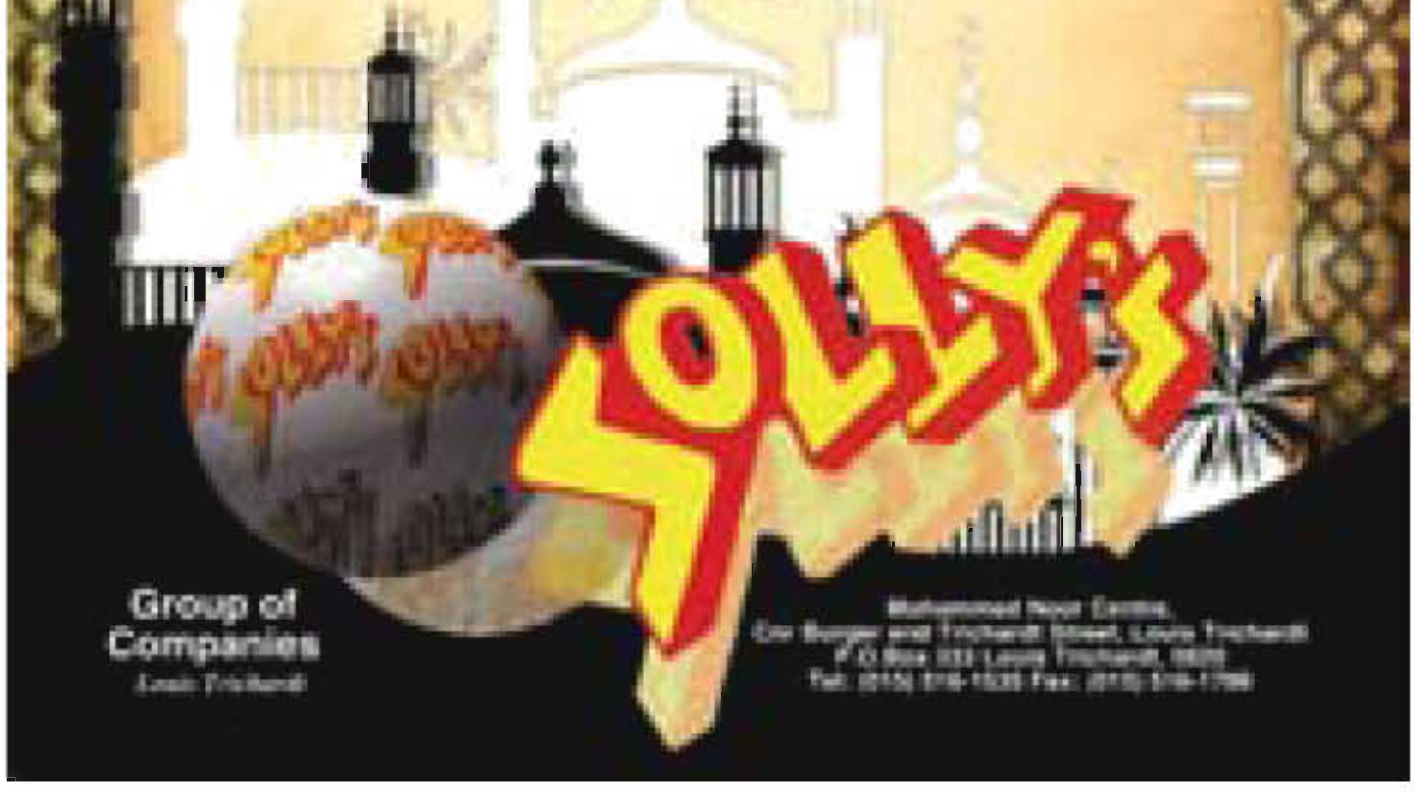
Our Holy Prophet Muhammad
(Peace Be Upon Him) Said:

Spend (in charity) out of the sustenance that We have bestowed on you before that time when death will come to someone, and he shall say: "O my Lord! If only you would grant me reprieve for a little while, then I would give in charity, and be among the righteous."

- The Holy Quran, 63:10

The parable of those who spend of their substance in the way of Allah is that of a grain of corn: It grows seven ears, and each ear has a hundred grains. Allah gives manifold increase to whom He pleases; And Allah cares for all and He knows all things.

Qur'an (2:261)



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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 priniciples.

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Hajiani Khadija Ma

In the personality of Khadija Baiho who was fondly known as 'Hajiani Ma', more than proved that it is not only education that counts, but there are other welfare qualities for the cause of humanity, can also bring in the required results. Such was the individuality of Khadija Hajiani, who opened her eyes at the turn of the century at Bantva (Kathiawar), which at that time was one of the major population centers of Memons.

In fact, Khadija Ma, though she herself had no formal education and besides belonging to middle class family with limited financial resources, remained at the level of economy for her whole life.

During her life span, she devoted her full time and energy for the welfare and progress of women education in the society. For nearly a quarter of a century, Khadija Ma, had done praise-worthy efforts for spreading education among the girls in particular, which was the main purpose of her life. In fact, she made a mission to educate the girls of the society. Even in Bantva, where she was born, she managed to run a full fledged girls school.

Before partition, though she knew that female education was taken as no less than a sin, she dared to motivate girls of the community to acquire modern education. For this purpose she acquired a good plot of land for construction of a school, which unfortunately could not be materialized and had to be abandoned, due to intervening partition. Her caravan of knowledge and learning marched further. After partition, she established more schools in various areas of Karachi. This resulted in good majority of community girls to acquire education.

In token of her service for educating girls, Khadija Hajiani was awarded a gold medal and a purse of two lac rupees by the Bantva Memon community. She returned all these gifts to the Jamat for the cause of female education.

It will be quite sometime before a lady, an uneducated lady with such a burning desire of spreading education among the ladies will appear in the Memon community.

Due to advanced age and remaining indisposed time and again, she finally breathed her last on 18th December 1990. Her death was widely mourned. May Allah rest her soul in eternal peace. Ameen.

The life long dedication of Khadija Ma for the welfare and progress of education particularly amongst the women, though she was herself illiterate with limited financial resources, is a living example and eye-opener for philanthropists of the society. It clearly shows that when there is will there is a way, particularly for those who have sincere desire to spread education amongst the masses of the community and carry the mission left by Khadija Ma.

At all times, we should strive and endeavor for the social upliftment and empowerment of women of backward communities and minorities. We firmly believe that 'when you educate a man, you educate an individual and when you educate women, you educate a generation.'

The Lady was honored with a life time achivement award by All India Memon Jamat Federation.

Pir Mohammad A. Kaliya
Editor-in-Chief
Memon Alam

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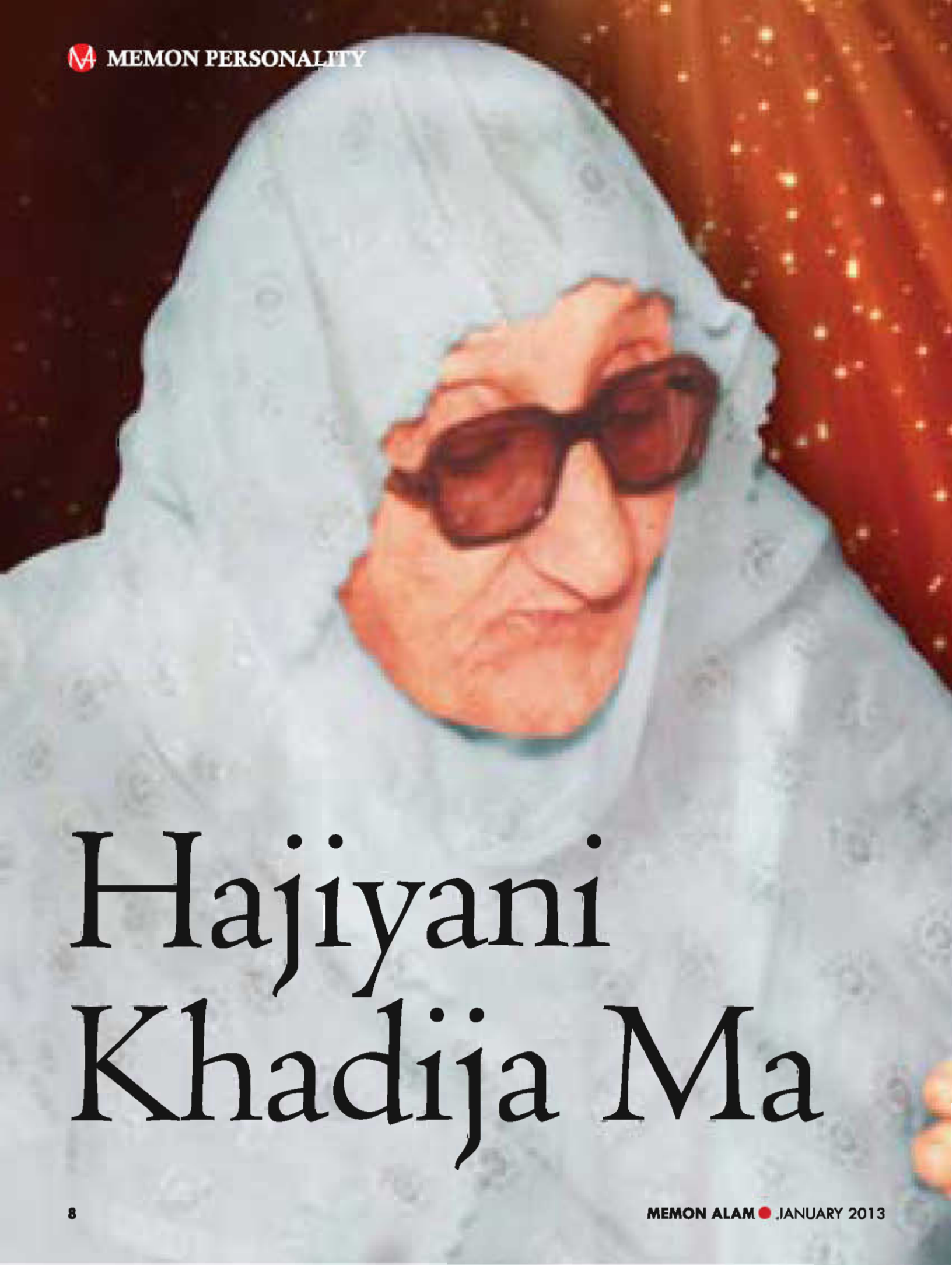


Hajiyani Khadija Ma

Hajiani Khadija Ma possess highest place among very few females who contributed significantly towards the basic development of education for girls of Memon Community. It is noteworthy that she initiated her mission to educate Memon girls at a time when even the male education was taken as no less than a sin. It is also surprising to note that Hajiyani Khadija Ma herself was not formally educated and had no oratorical power and even then she successfully run her mission and established a number of girls schools and colleges and motivated community to educate their girls. She is rightly known among Memons as Mother of Girls Education.

Khadija Bai was born in the town of Bantva, Kathiawar in 1900. She was the daughter of Haji Ahmed Bilwani (Akuli), a middle class Memon of this prosperous town of wealthy Memons. Haji Ahmed was in service with a Memon firm in Bombay called M/s. Mohammed Ebrahim Mohammed Jaffar Company and in this connection, he had to settle his family in Bombay for some time. During that period Khadija Bai learned to recite Quran and took some lessons of Urdu by the help of neighbors. That was all the education she got in her life.. She got married at the young age of only 12 years to Haji Suleman Haji Ghani Motan, but only after 10 years of married life, her husband died. She was left to widowhood with two children at the teen age of 22 years. After the demise of her husband, Khadija Bai turned her attention to educate her children and started to take interest in social activities in the community.

Khadija Bai immediately came to know that Memons were far behind in the field of female education in comparison with other communities and decided to devote her full time and energies to fill this serious gap in social development of the Memon

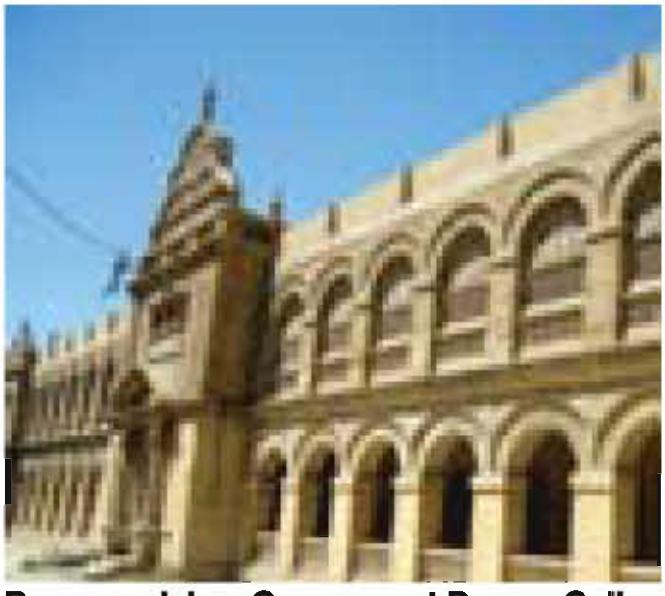
Community.

At that time in 1922, some well-known personalities of Bantva started girls' madressa near Akuli Masjid under the auspices of their organization Jamiatul Nizamul Islam. The Akuli Masjid was built by the great efforts of father of Khadija Bai , so she started to take interest in the matters of girls madressa. The office bearers of Jamiatul Nizamul Islam took note of her passion for girl education and handed over the management of madressa to her. In the beginning, only the lessons of Quran were given in this madressa, but aferwaqrds, they stated the Gujrati and Urdu classes as well.

Khadija Bai dedicated herself to strengthen this madressa and made every possible effort to widen its scope, but due to some differences with the head mistress of madressa she decided to leave it. Khadija Bai was not a lady to sit idle for a long and soon she formed a ladies organization in the name of Zanana Council. Some kind hearted ladies of that time supported her and they started another girl madressa called Zinatul Islam in Bantva. Famous philanthropist Haji Suleman Diwan came forward and gifted a land of three thousand square yards for this madressa. Khadija Bai started to collect funds to construct madressa building on said plot and succeeded to get sufficient amount for the purpose. Her madressa was achieving new heights and at that time there were some 635 girl students, who were acquiring religious learning along with Gujrati and Urdu Sewing also was taught in the madressa.

After the partition on 5th January 1948, Mr. Jan Muhammad Haji Suleman Diwan took Khadija Bai to Governor House in Karachi for a meeting with Quaid-e-Azam Muhammad Ali Jinnah, the first Governor General of newly created Pakistan. Two other prominent Memon ladies, Mrs Zulekha Bai Diwan and Mrs Ayesha Bai Vadalawala accompanied them. The ladies wore Memoni style veils, the burqas and they were the first burqa-clad ladies to enter in Governor House. It turned out that Quaid-e-Azam was not available at that time, but his great sister Mohterama Fatima Jinnah warmly greeted the Memon ladies and listened them sympathetically. She was impressed by their enthusiasm for girls' education and immediately ordered the Education Department to facilitate these ladies and finally a building in Nanakwada area of Karachi was allotted for Memon Girls School.

Khadija Ma at Sc. Lab



Raunaq-e-Islam Government Degree College for Women

Fatima Jinnah with teacher

Fatima Jinnah with teacher

Khadija Bai had meantime formed a ladies organization in the name of Pakistan Memon Women Educational Society. This society got the possession of said building and started Raunaq-e-Islam Girls Primary School in 1948. And that was the beginning of Khadija Bai's long journey of Community's services in Pakistan.

Soon after setting the first school, Khadija Bai started to look for another building for yet another school and with active support of Memon elders, she got the allotment of a building in Kharadar area. She not only established another school in Federal B Area of the city, but also succeeded to upgrade all these schools upto Secondary level and even established a Girls College in thickly populated Mithadar-Kharadar area.

She had performed Hajj-e-Baitullah and enjoyed a respected place as Hajiyani Khadija Bai among the Memon community and in the society at large. Inspired by Hajiani Amma, as Khadija Bai was popularly known, many other Memon organizations followed the suit, and established a number of girls schools on their own. The centuries old apathy towards female education in Memon community was over and done with. Thousands and thousands of Memon

Raunaq-e-Islam FB Area Play Ground

Raunaq-e-Islam Sarabai, North Nazimabad

Raunaq-E-Islam FB Area

Raunaq-e-Islam Kharadar

Raunaq-e-Islam Nanakwada

Raunaq-e-Islam Fb Area Botany Garden

girls as well as girls from other communities were getting education not only at school and college levels, but also at university level too.

All this had become possible by the untiring efforts and selfless services of Hajiani Khadija Bai and she was rightly called the Mother of Female Education in Memon Community.

In 1978. Bantva Memon Jamat and several other associations decided to honour Hajiyani Amma in befitting manner. A grand ceremony was held under the Chairmanship of the Vice Chancellor of Karachi University where full homage was paid to her life long mission. She was publicly awarded with 10 tolas Gold Medal, a purse carrying one hundred and seventy five thousand rupees and a number of other valuable gifts. Hajiani Khadija Bai, though she herself was a middle class woman, returned all these to the Jamat to expand the cause of female education and accepted only a copy of Holy Quran, a Tasbeeh and a Jan-Namaz for her personal use.

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Worry control

Worrying is natural response to many life circumstances. Whether you are worried about your child's safety or you are concerned that you will be passed up for a promotion, everybody has similar worries from time to time. However, if your worries become all consuming and you find yourself making choices and decisions based on fears rather than on logic or reason, your relationship with worry may be problematic.

You have a serious problem with worry if you :

- are chronically anxious about future dangers r threats,
- consistently make negative predictions about the future.
- often overestimate the probability or seriousness of bad things happening.
- can't stop repeating the same worries over and over.
- escape worry by distracting yourself or avoiding certain situations, and/or
- find it difficult to use worry constructively to produce solutions to problems.

The techniques offered hereunder have been found to be effective in reducing the excessive worry that is the chief feature of generalized anxiety disorder. Worry behavior prevention has also been found to be helpful in curbing ritual, preventive and checking behaviors that tend to perpetuate worry.

Distinguishing healthy versus unhealthy worry:

Contrary to what many believe, not all worry is negative. In fact, some types of worry are healthy. The determining factor for healthy versus unhealthy worry is whether your main focus is on catastrophic thinking or problem solving. Unhealthy worry leads you to continually examine an endless list of all the potentially negative that is 'what if' outcomes of a situation.

Healthy worry on the other hand is focused on effective problem solving. You brainstorm alternative solutions, evaluate possible outcomes, make a decision, develop action steps and form a timetable. Any thought about possible problems, pain or catastrophe is merely a signal to start the search for a solution.

Following are two examples to strengthen the distinction between healthy and unhealthy worry,. Remember the main difference is whether the worrier is engaged in catastrophic 'what if' type thinking or future oriented problem solving.

1. Sumera hopes to be promoted to vice president of a magazine's creative content department. This position would allow her to utilize the knowledge she acquired while earning her master's degree in communication and the skills she has learned from being a freelance writer and editor for more than fifteen years. Her interview is scheduled for next week. Sumera worries that she will not be promoted, even though she believes she is the best candidate for the position. Her main concern is that whe won't be articulate during the interview. She finds herself continually asking: |What if my mind goes blank? What if I am freaked out and can't articulate strong answers to their questions? What if I get defensive? What if my daughter becomes ill and it's impossible to find daycare so that I can attend the interview? What if I forget my portfolio of writing samples/? Oh no !

This is a clear example of unhealthy worry. Although Sumera is highly qualified for the job, her main concerns focus is low-probability 'what ifs' Sumera isn't using her worries to better prepare for the interview. There is no planning or problem solving, just catastrophizing.

2. Weather permitting. Hussain's son, Akram is going to experience his first unassisted skydive two weeks from now. So far, Akram has only skydived tandem with an instructor. For his first solo attempt, he would like his father to come watch as he jumps from a plane that is thousands of feet in the air. Secretly hoping that the weather will be bad and the jump canceled. Akram's father agrees to support his son. In the meantime, he worries that he will be unprepared for an emergency if it should arise. AS a result, he makes a note to be sure his cellular phone battery is charges, just in case he needs it. He is also concerned with how he will pass the time waiting for his son without becoming a nervous wreck. Before he forgets about his worry, he places a couple of magazines and a pair of binoculars in the trunk of his car, one will be a distraction and the other will help him look for his son in the sky. Who knows, he thinks, may I will do some bird-watching while I am at it and he adds a bird book to the pile of stashed magazines in the trunk.

This is an example of healthy worry. Although Hussain has a deep desire to be a supportive father, he cannot deny that he is worried about his son's safety. His worry, however, is healthy, as it helps him to create solutions that better prepare him to cope and distract himself.

You may have noticed that you have certain habits or rituals based on your worries. Worry behavior most often involves checking (to see if something bad has happened), avoidance to stay away from something that makes you nervous. For example, Abid is always worried that a phone call is going to bring bad news. Before answering the phone, he always takes a moment, looks at the ceiling and says out loud, Master of the Universe, we all desere love and peace. Almas on the other hand, has been concerned ever since his wife died about a break-in during the night. Before going to bed, he spends neatly an hour testing and retesting the locks, then watching the street for suspicious strangers. And the cycle goes on.

In the present life-style, none is free from worry, either big or small, there is something disturbing him/her somewhere. To cope with such a situation, you need to take the issue in the right perspective, thought and consultation of the elder ones to create environment where such a situation can be minimized.

Worry is an interest paid on trouble before it falls due. Most people start worrying about a problem which they have yet to face. Such an attitude is unhealthy and creates other unwanted problems which could have been avoided before start of the unnecessary and avoidable worry.

When good sense prevails

There is an immense amount of criticism on the methods through which the teaching of different disciplines should be carried out. A linguist would advocate interactive sessions to teach any language, an Information and Communication Technology expert would emphasize the use of technology in teaching and a science pedagogue would vehemently insist upon students experiencing the practical facets of the subject.

Moreover, in pursuit of better educational practices several education systems that are running across all the major continents have also been criticized, analysed and evaluated by established educationists, time and time again.

Granted such acute analysis and contemplation eventually results in an absolute overhauling of the systems that are then replaced by new strategies and patterns, all for the benefit of education. And yet, in Pakistan especially, despite having sufficient funds and expertise in education, usually, we still come up short when it comes to meeting the international standards.

The mind boggling conundrum poses a grave challenge to even the best of minds that try to get to the root of this intricate paradox of having all the resources and knowledge along with their appropriate investment and practical implementation and yet, perfection eludes us.

Perhaps there is one more neglected angle to this anomaly, another highly significant stakeholder with a role to play in this whole scenario; the students.

What we must acknowledge is the fact that it is high time the students realized their responsibility in today's education. Gone are the days when the teachers used to be the orchestrators of students' thinking patterns. It should be utterly naïve to believe that now a days a teacher can easily sway a student's mind and instill some belief set that would remain with him for the rest of his years.

In this era where there is so much of exposure through different mediums, and on practically every topic, it is virtually impossible to stop a juvenile mind from questioning facts that are considered facts simply on the basis of their long standing.

However, what one must bear in mind is that exposure leads to developing sense, which in turn augments an individual's intelligence and with intelligence, comes some austere responsibility to say the least. One such simple yet immensely substantial responsibility for the students would be to take their cognition to the highest possible order rather than merely memorizing the stated topics. There will of course be numerous hurdles while adopting this approach initially, but the end results would be a lot more productive.

One of the BBA students shares, 'the system is such that till intermediate I had to practically memorize the whole syllabus in order to get decent grades. I had no other option. And memorization is a better approach till that level, if you ask me, because it gets you success'.

An aspiring medical student, renders his analysis of the different educational boards running in Pakistan that he has experienced over the course of his studies. 'In Pakistan, rote learning is the most successful approach. There are students who do not want to adopt it, but since a considerable amount of percentage of the Cambridge board students is deducted at the time of admission to Medical or Engineering universities, the students are at times left with no other option but to choose the local board which is basically switching from understanding notions to simply learning them by heart.

As aforementioned, it is given that quite a few problems are posed by the system for the students who opt to choose the unconventional way and go for understanding rather than rote learning. There is, however, a bright side to it as well.

An MBA student brings some positive thoughts to the table. 'As a student, I could never memorize stuff, thus, no good grades. However, what I have noticed among my friends is that those who were deemed intelligent they are not doing so well in comparison to us, the 'dumb ones', who used to try to understand concepts he says.

These views were endorsed by some of the foreign learned personalities in supporting the supremacy of an individual who endeavors to profoundly comprehend notions. Reflection impacts an individual's personality. Those who merely memorize during their student life are deprived of long lasting success as they lack the ability to produce something as per the demand of the situation since they are incapable of observing and analyzing facts. A good example to quote here is a presentation that was observe recently. The presenter memorized the whole speech, but sadly had no clue that there would be a question-answer session at the end. Needless to say that spelled doom for her.

To cap the analysis and leaving it to a learner's discretion as to which approach would be more beneficial, the message that clearly emanates from the fscts that these students have stated out is that true learning and a better personality in the long run, as perilous as it may be to achieve, cannot simply be the result of flaunting an elephant's memory.

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15

Do away with bad office manners

Bad habits or manners at the office can have an adverse influence on one's career. When these begin to affect quality of work, the repercussions are serious. Once a poor reputation is established for a person amongst bosses, the problem can stop a potentially blooming career in the tracks, or worse, reverse the climb up ladder. If certain bad manners have become part of your work life, you are probably aware of their destructive effects on your career. But as with most people you probably just can't get out of the rut.

Before looking at any technique for breaking bad work habits, it may be appropriate to have a look at some common problems that one finds at the work place. Realization of the problem is the first step towards a resolution.

Being late once in a while m ay be overlooked particularly if you had been working till late hours the previous day. But if you are a regular late comer, be assured people who matter will notice. The impression made is that of a person who does not give much importance to his work. Since a lot of jobs involve team work, not being available when needed will make many of your colleagues frustrated with you. That frustration is bound to show up in the form of conflict. What's worse, if the practice continues despite counseling from the boss, it displays a couldn't-care-less attitude which will certainly land you in trouble.

Procrastination is a common behavior that affects many people at the office. People may habitually procrastinate because they dread having to face a problem or a difficult person. On the other hand, they may just not be motivated. The more regularly this behavior is indulged, it will bring in the more stressful life at the office. Work is submitted late which obviously does not make the boss happy. But that's not all; procrastination can have long reaching effects on a person's psychology. Every time a person delays a task because they want to feel free of the stress, the opposite happens. After some time, thoughts of the pending job surface to the mind repeatedly, bringing up waves of guilt and worry.

Your integrity at the workplace is the most important asset that you have which gives you the respect of your colleagues, subordinates and boss. You will find that when you have to persuade somebody, your reputation for integrity will take you a long way in successfully convincing them of any case you want to make. However if you are known to be a gossip, rest assured, you will be considered highly unreliable.

Now that you have identified the problems, it's time to work on the solution, here are some tips.

One way of discouraging bad habits is to create obstacles in the way of unwanted behavior. In order to avoid getting up late for office, place your alarm clock at a distance from the bed. If you have to get out of bed to shut the alarm, You will find it easier staying awake rather than hitting the snooze and turning over for 'just another 10 minutes'. Other tactics can include avoiding the places where you tend to start a gossip session.

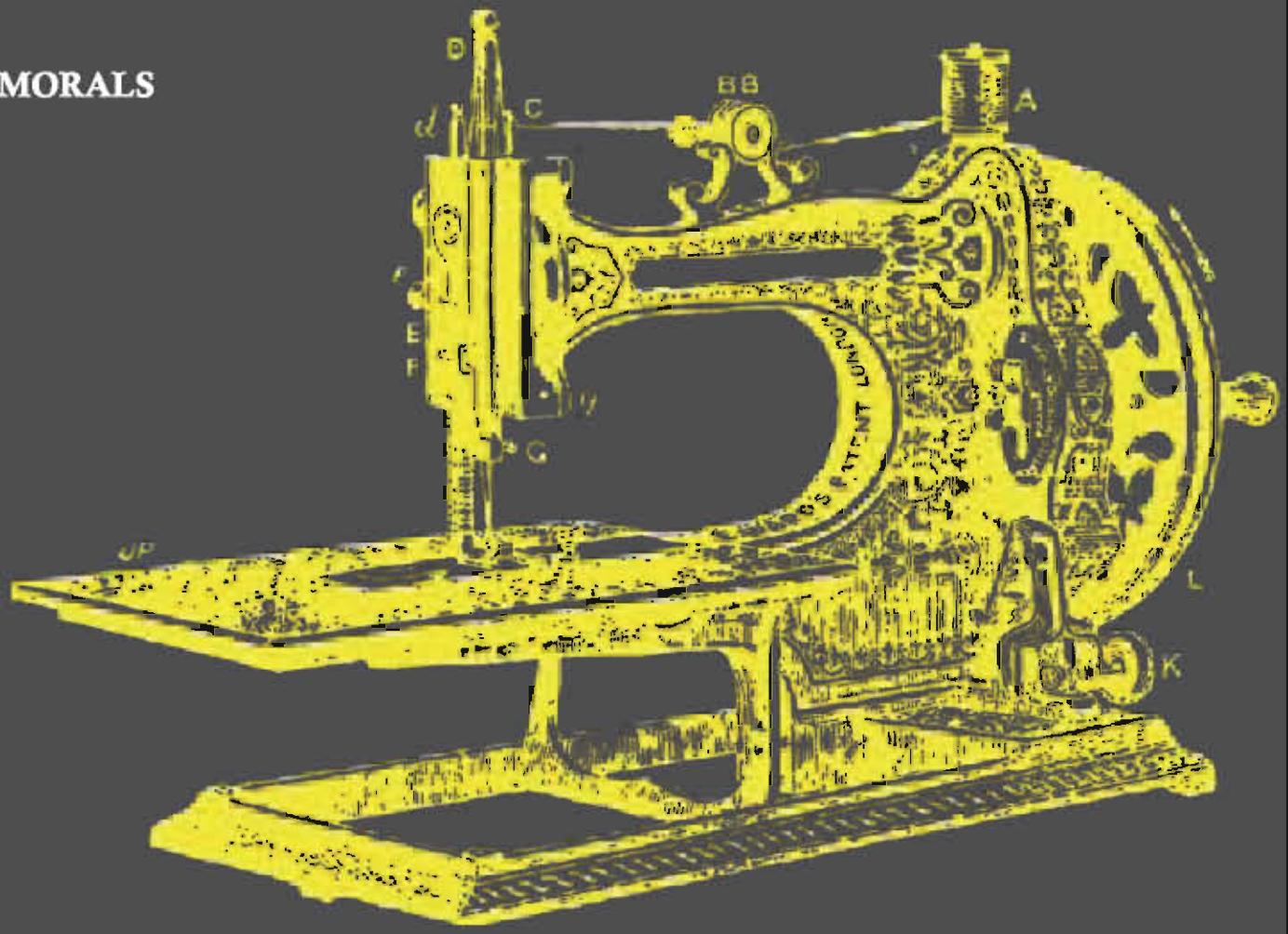
For the elimination of any bad habit, think about what drives you to perform the undesired actions. Every time your inner voice invites you to procrastinate or gossip, recognize what it is saying You will need a conscientious effort to understand its message and you will find that it is repeating the same 'scripts' over and over again to seduce you into an emotion that elicits the problem behaviour.

For example, it will be goading you away from a task that needs attention, telling you how much peace of mind you will get for the moment by not doing it immediately. 'I can't handle this problem right now and I will take care of this later because the deadline is so far away. By creating an emotion of stress, it will lead you to an automatic and unwanted behavior such as dropping the task and running as far away from it as possible. Recognize or better still, note down in a journal the 'scripts' that this inner voice repeats. Also note down the emotion it creates and the behaviour that the emotion produces.

Be nice to yourself. Reward yourself periodically for your perseverance when you find some improvements in your behaviour. Also donot blame yourself if there are some lapses. Remind yourself that the slower and easier you take it, the more likely it will be for the effects to be long term.

Put in a consciountious effort to overcome your bad habits at the workplace. Be patient because your rewards will be numerous, peace of mind increased producvitiy, a good reputation and better chances of moving up the ladder.

Hard work pays



The inventions of man (or homo sapiens) have been around for some 50,000 nyears, populating and spreading out at will and doing his work diligently. In the course of this period, he traversed the planet, learnt to grow crops, domesticate animals, built cities and civilizations, together with those wonderful gigantic structures like the Great Wall of China, Pyramids, Easter Island monoliths, Angkor Wat (Cambodia) and the mausoleums including the Taj Mahal for posterity.(coming generations) to marvel and preserve. He also built grand cities like Mohenjodaro and Thebes, which for their planning and upkeep, were perhaps far ahead of their times.

Man also invented various disciplines like mathematics and languages; even developed music, excelled in the art of warfare, drew paintings and carved countless masterpieces. He formulated laws to keep society in check by punishing the errant, and rewarding the dedicated ones. He also built roads and crossed the seas; Learnt to raise children usually with such affection and fitness that they emulated their elders and excelled. All of these accomplishments could not have come about without the possession and judicious use of brain, limbs and muscles in fairly short span of forty thousand yeas or so (before and after the great Ice Age).

These are remarkable specimens of workmanship found in the caves of Sahara desert, Czechoslovakia, Siberia, Spain and France. For the paint to have survived the dampness of cave and the ravages of time, is simply astonishing. The technology employed in this regard is simply marvelous.

But sadly the world did not change. For without the invention of machine, it was destined to remain the same, come what may. Lord Bertrand Russell (1872-1970), the great British philosopher, mathematician and historian said that if Hammurabi (1792BC-1750BC and Alexander the Great (355BC-323BC) happened to sit together, they would understand each other well. If Zaheeruddin Babar (1483-1530) was the third in the company despite the 2,000 years or less between them, they would still get along well. But should they sit in your company today? It is likely that you would amaze them with what you say.

this because of difference in times you were born? But why? Why they could not think and act like you do? After all Hammurabi of Babylon is the inventor of law; Alexander, the artist of warfare; and, Babur the first user of gunpowder which is an amalgamation of various strong chemicals. All of these, and similar activities require hard work, industrial genius and group activity. Then they could not think beyond their times? In all cultures there were countless individuals as well as groups influenced by these men an their genius, who failed to imagine beyond their day-to-day lives. History is full of men and women who could have brought about a change which could have made 'change' more or less a permanent feature of life thereon.

Of course, those of the antiquity can say in their defense that they built those great structures that have stood the test and vegaries of time. What else? But you will still not be impressed. Why? Because spite all accomplishments they did not invent the machine, however rudimentary.

To supplement their inaction on this all-important issue, there is an interesting story to tell Peter, the Great (1672-1725), the Emperor of Russia, heard bout the greatness of the Englishman Sir Issac Newton (1642-1727) and went all the way to England to meet him personally. The two met and discussed several ongoing projects and scientific developments in Europe The emperor who had changed the face of imperial Russia, had invited thousands of architects, builders, designers, surveyors from Europe and sent thousands of young men all over the continent for training in similar fields, failed to take steps that would lead to a machine. This is despite the fact that he was a designer of ships himself and built the Russian navy right from the scratch But he failed to replicate Newton !

SMART TIPS TO SAVE ENERGY & ENVIRONMENT

Energy Efficient Lighting

- Replace old lighting fittings with modern LED lights as they consume less energy without disturbing the required illumination level and bring substantial savings in your [illegible] bill per month.
- A [illegible] Energy Saver can save up to [illegible] Electricity. It is brighter and lasts [illegible] times longer than the conventional Incandescent Bulb.
- Paint selection may also help in reducing energy bill even. Choose lighter shades as they reflect up to [illegible] of light.
- In most homes about [illegible] of the [illegible] bill is for lighting. Always turn off the lights when you leave a room.
- Stop using an Incandescent Bulb, as it uses [illegible] of its energy to produce heat and only [illegible] to give light.
- Use natural daylight wherever possible.
- Use a dimmer. Light dimmed to [illegible] of its brightness may save you [illegible] of electricity.

Love Your Environment

- By adopting an energy efficient lifestyle, you can alone reduce carbon emission by [illegible] to [illegible].
- [illegible] just switch off a TV from [illegible] you can conserve [illegible] on sustainable basis.
- If [illegible] Kerosene/Battery consumer from CFT to LED, you can conserve up to [illegible] of energy resulting in [illegible] on sustainable basis.
- Early closure of [illegible] helps to conserve [illegible] on sustainable basis.
- Every unit that home releases [illegible] of CO2 in atmosphere, on minimise under use of electricity.
- Plant as many trees as possible. They [illegible] emitted by burning of fossil fuel and [illegible] by filtering harmful dust and pollutants.
- Emission of [illegible] million ton of CO2 can be reduced by using [illegible], which will make way for a healthier environment.

Energy Efficient Household

- Don't open the microwave oven door too often, as each opening leads to a temperature drop of [illegible] which consumes more [illegible].
- Avoid using UPS in machine as a normal UPS consumes [illegible] power to recharge the battery but the other hand switching it [illegible] will help to conserve approximately [illegible].
- Keeping hot food in fridge makes the appliance consume more [illegible].
- Leaving the door open for a long period makes the refrigerator and deep freezer consume more energy.
- Keep regular check on your refrigerator and deep freezer [illegible] and [illegible] for leakages. It will help in maintaining the appliance's efficiency, resulting in less consumption.
- Standby modes of all appliances keep sipping away energy. Unplug them if not in use.
- Avoid using heavy load appliances, such as [illegible], [illegible], [illegible], [illegible], [illegible] and [illegible] Power at the same time. Divide your load during the day avoiding peak hours i.e., [illegible].

Energy Efficient Cooling

- Keeping AC thermostat at [illegible] can reduce your monthly bill by [illegible]. You will still feel cool and comfortable.
- Use [illegible] on windows to reduce energy consumption of the AC. This will help in saving up to [illegible] of electricity.
- Set the thermostat higher at night, as your body can tolerate higher temperatures when you're sleeping.
- Keep your outdoor unit shaded but with good airflow. A condenser unit kept in shade is more efficient than the one in full sunlight.
- Keep your air conditioner serviced regularly. Clogged filter reduces AC's efficiency and puts added strain on the fan motor.
- Insulate your roof. Rooftop gardens also provide a lot of insulation in summer.
- Make use of curtains, shutters, blinds, and awnings to keep sunlight from running into indoor heat. Use a light fabric for curtains.

ENERGY CONSERVATION INITIATIVE

Self learning

By nature, human beings are self learners. Life's necessities help us learn through our needs. As babies, we cry when we are hungry which teaches us to control people. We learn to identify those who fulfill our needs, like our parents. Slowly we learn how to sit, stand and walk. With that comes the ability to speak. The five senses, sight, hearing, touch, taste and smell, are our very first teachers.

Then curiosity, too, compels the young mind to experiment, act and ask questions. These questions are usually directed to parents, siblings, relative, friends or anyone else that the child comes into contact with and trusts.

After starting school, the questions are also directed to pears and teachers followed by looking for the answers on your own in journals, books, the internet and documentaries.

Actions reactions and frequent reflection n the events of the past and their evaluation followed by feedback from others leads to more in depth comprehension. As the mind develops it involves correlation, interpretation, analysis and synthesis that finally leads to further experimentation, exploration, search and research, imagination, application, improvisation, innovation, discovery and creativity.

If children are encouraged and facilitated instead of being discouraged or spoon-fed by their parents, teacher and all others who come in contact with them and are provided all the sources of knowledge enabling them to self learn, learning for them will become a lifelong habit.

Self learning is active learning while being told what to do is passive learning. Online learning , distance learning and self-learning in general are not only more convenient, but, in fact, more effective than the classroom for high school, college and adult learners. In the last decade, the Internet, the MP3 player and other mobile devices, as well as social networking sites, language exchange communities, online learning systems, university courses online and more, have changed how we deal with knowledge. Independent programmer-entrepreneurs are constantly developing new learning applications. The language lab is already obsolete, can the college lecture hall be far behind? The walls of academia and the costs of learning are crumbling before our eyes and ears.

For those who are conditioned to think that learning only happens in a classroom, the world of self-learning can be a little daunting. How do we best take advantage of these new opportunities.

Make no mistake, Your interest in the subject is the essential driver of success. You can't learn what you do not want to learn. Emotion is an important part of the learning process If you are even moderately interested in a subject give yourself a chance. The key is to get started. If you can create some pleasurable routines, you may find that the subject grows on you.

Don't expect to understand things, much less remember them, the first time you study them. Trust that things will get clearer as your brain comes to grips with new information. It is like jig-saw puzzle or a cross-word puzzle. As you start to put the pieces together, or string the words together, the full picture becomes clearer. The brain learns all the time, but on its own schedule. Learning does not take place according to a schedule laid down by a curriculum or teacher. Some things are easier to learn than others. Some things just take longer to click in, keep at it, and you will gradually find that things that seem difficult at first, will become second nature with time.

Your brain is struggling to form patterns to cope with new input from your learning activities. Sometimes no matter how long you focus on one subject, your brain is not going to pick it up.. If you are stuck, move on. Then cover the same general information from a different source, a different book or an online lecture or a view. Try to become a grazing leaner, roaming the countryside, other than a feedlot leaner, just standing there on one spot, munching on the same bale of hay. The broader your base, the easier it is to learn. Just as the rich get richer, the more you know, the more you can learn.

Memon Industrial & Technical Institute

Orientation Ceremony of the 10th Batch of the Boys & 8th Batch of Ladies' Sections

First day at school is a day of excitement mixed with hope and expectation for all students. It is a day to make new friends and take a step ahead in their lives towards a bright future. MITI students are no different. However, they are unique in a way because some of them never had the opportunity to attend any school before this.

Having completed the phase of admissions for the 10th Batch, the students were waiting for the intimation about the opening day. With this excitement, the new students attended the Orientation Ceremonies held on 1st January 2013 and 15th January 2013 for the Ladies and Boys' sections respectively in the Institute premises.

A large numbers of students attended the function. It needs to be mentioned here that 1550 boys and 2700 ladies have taken admission in the regular courses of the new Batches which is the highest in the history of MITI. Besides, there are about 1000 other lady students who will be attending the short 1 month or 2 month courses who were not attending this function.

Separate arrangements were made for boys and ladies. The Ceremony was presided by Mr. H.M. Shahzad, Chairman and Mr. Shahab Hasan, Chief Operating Officer. The Principals of the Boys' and Ladies' sections Mr. Anis Khan and Mrs. Majida Khursheed together with all the Staff members were also in attendance.

The function started with Tilawat-e-Quran by Qari Mohammad Farhan. This was followed by Naat-e-Rasool SAW by Mr. Shoaib Ikram of Purchase Department.

The main programme started with the singing of the National Anthem. Then the gathering was addressed by the C.O.O. and Chairman who welcomed the new students and promised that all the staff members are committed to make their stay at MITI pleasant and successful. They asked them to make the best use of the opportunity and fulfill the expectations of their parents and make a place for themselves in society.

The Chairman also explained in brief about the history of MITI and how it came into being in July 2009 with the efforts of the World Memon Organization. The Chairman in his address further expressed his pleasure to be among them and was very happy to see the interest and enthusiasm of the students at this function. He thanked all the management and staff including all the teachers and instructors who are working with commitment to make the stay of the students a most pleasant and fruitful experience and also advised the students to take their studies seriously. He prayed for their success and said that in his capacity as Assistant Secretary General of WMO, he is always exploring new initiatives for the further growth and improvement of MITI.

Later, the respective Principals addressed the students and informed them about the discipline of the Institute including the rules and regulations that have to be followed by all the students. They especially stressed upon the importance of punctuality and attendance. The various rules concerning discipline were also emphasized to the students.

Other speakers also emphasized that the rules and regulations of the Institute are there to ensure the safety, security and health of the students and their possessions. They also ensure that all the students can concentrate on their studies free from worries. The students were requested to co-operate with the management in the enforcement of these rules.

The function concluded with the introduction of all the instructors and teachers of the different courses. Then the students were shown around the facilities of the campus and to their respective classes and workshops by the Instructors and Teachers. The regular classes would start from the next day according to the time-table.

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Muhammad Abdullah Sozer

The longest surviving male member of Jetpur Memon Community aged 93 breathed his last at Karachi on 6th November,2005coinciding with shawwal04,1426.Late Mohammad Abdullah Sozer popularly known as M.A Sozer happens to have attended the renowned Dawar's Commerce College, Bombay in 1935 to qualify for the diploma as the Chartered Secretary from London's Chartered institute of Secretary,FCIS,from memon community of pre-partitioned India, he was privileged to work concurrently as PA to Sir Adamjee Haji Dawood the founder of the Memon Educational and welfare society(MEWS)in 1933 at Calcutta and also secretary of MEWS from 1935-36 till latter's death in 1948 at Karachi. A legend and such as he was by virtue of his dedicated service to the MEWS in its formative years, he is known to have played a vital role to advance the cause of education among Memon community spread over erstwhile Bombay, Gujarat, Kathiawar and Saurashtra. Thousands of applications from poor and needy students were processed by him leading to the emergence of a number of doctors, lawyers, engineers and commerce graduates some of whom are still living in happy retirement to remember him in gratitude. The history of MEWS will be in- complete without the mention of its premier secretary Sozer.

Married to Zulekha D/o. Haji Mohammad Tayyab Soorty in 1938 his marriage lasted till 1997when his wife left this world leaving behind five sons and a daughter to mourn her death. During his life time he saw his third generation growing up in the line. Gifted with the "help others" attitude when he could not spare money he was generous to help friends and strangers alike by a word of mouth or pen to recommend or issue certificates for promotions or employment and never looked for any favour in return.He did not remember the number of people benefited from his act of kindness.

In the words of yahya Hashim Bawany. Somone from Adamjee Pariwar remarked In Adam Noor he found another Sozer".

Being a no "yes boss" man and ready to react in matters of principles without caring for the status of man at the opposite end he faced humiliation on several occasions and paid heavily in price. A staunch believer in freedom of expressions and freedom of criticism he managed affairs of the Karachi Chamber of Commerce and Industry as its founding Secretary till 1963 when he was ousted from the service by the then sitting President. That brought to an end his professional career. MAS gave Karachi Chamber its present Constitution and Memorandum and Articles of Association to function in a transparent and democratic manner according to the rules of conduct laid down therein with the result that this apex trade body has never been derailed off its basic structure. For some strange reasons he never claimed his accrued dues and benefits from the Chamber. As a founder member of Karachi Stock Exchange he came into clash with its management by criticizing their errors of commission and omission which resulted in the termination of his membership in1982 though he was never a defaulter. Similarly senior man like him was unfairly treated by his own people when a flat booked by him in Jetpur Plaza,Karachi and full paid for was unilaterally cancelled by the office bearers of the Jetpur Memon Relief Society for "crimes " of his letter writing pin pointing the things they would not like to be exposed.

He was strongly opposed to back biting (gibat) and stressed never to abuse any one behind his back."Say it on his face or better still give it to him in writing if the person deserved to be abused "he insisted . Likewise he was prompt in response to anyone, irrespective of his position, who wrote to him or sought his guidance. He would certainly call back a person at the first opportunity no matter the caller was a friend or foe.The Whole population of Jetpur at the time of partition did not exceed a quarter of one lac comprising Muslim Memons and Hindus among whom Sozer was regarded as highly educated and in fact with leadership qualities he enjoyed respects from all. Contrary to the present trend in those days, education was regarded as real assets rather than money, with rich people saluting the men of letters. The late headmaster Chatra Bhuj Davay of Anjuman-e-Islam School of Jetpur held him in very high esteem and implemented his suggestions to upgrade the system and in appreciation of his assistance placed a plaque of bronze with his name engraved in its library. He was among first few who opted for and migrated to Pakistan in Dec 1947.

The news of his immigration spread next morning like wild fire which prompted the rest of our people to follow suit.

As a freelancer he contributed his articles to BUSINESS RECORDER and often addressed his woes in the letter to the Editor columns of DAWN English. But he could not tolerate things not working in his own way so when the editing staff of DAWN slashed his writings to abridge his work, the letters obviously deviated from his point of view. Infuriated on such treatment he visited his office where heated debate ensued with the editorial staff. Thereafter DAWN vowed not to accept his correspondence after publication of his last letter a decade back.

The closing year of his life saw him confined to bed only to come out once in a week to offer Juma prayers at nearby Mecca Masjid with the support of his eldest son. With hearing gone he had grown unstable and infirm through his senses were in place to recognize relatives and friends to answer their queries.

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Memon Industrial & Technical Institute

Graduation ceremony of 9th batch of boys and 7th batch of ladies

Memon Industrial and Technical Institute celebrated their graduation ceremony of the 9th batch of boys and 7th batch of Ladies on 6th February 2013. The training session of this batch started in September and concluded in December 2012. There were 1500 boys and 2500 ladies in all in these batches and who took training in their various disciplines:

The event was presided by the Chairman MITI Mr. H.M. Shahzad as Chief Guest. The event was also attended by the Chief Operating Officer MITI, Mr. Shahab Hasan, Principals Mr. Anis Khan and Mrs. Majida Khursheed of boys and ladies sections respectively together with all the faculty and management staff of MITI. The Master of Ceremonies was Mr. Furqan Aziz, for the boys and Ms. Tahira and Ms. Zareen.

The ceremony was held in the foyer of the Institute building.

The proceedings started at 11:00 a.m. with the recitation of Holy Quran by Qari Mohammad Farhan followed by naat-e-Rasool SAW by Mr. Mohammad Shoaib.

The formal program started with the singing of the national anthem.

A presentation showing the various aspects of the course and covering the activities of the students during their studies was shown to the guests.

27000. He said that this is an occasion of mixed feelings because on the one hand it is a happy occasion but we are also sad at their leaving. He asked them to always uphold the high traditions of their Institution and Pakistan. He highlighted the need for vocational training in the economic scenario of the country and said many more such institutions are needed to be built in the country. He however asked them to remain in contact with MITI and to call on us for any help in future also. These students will now play their role in the welfare of their families. He congratulated the successful students and wished them best of luck for the future. He also highlighted the role of WMO and the City Government in the building of the Institute.

The Chairman congratulated the students and wished them success in their future lives. He also said that these graduating students should not think they have parted ways with MITI and should act as ambassadors of MITI and spread the word of MITI wherever they go. They should also motivate other young boys and girls to take the benefit of the programs of MITI and improve their skills for a better life. He said it was a day of joy for them as well as their parents and they should make the best use of their newly acquired skills and become a source of support for the family. The Chairman also announced that we are considering sending our best students for the City & Guilds Examinations, the complete fees for which will be paid by MITI. This announcement was received with much applause by the students.

The meeting was also addressed by the respective Principals who congratulated the successful students.

The last and most important item on the agenda was later started and the Chairman gave away Certificates to the students who achieved distinction in the exams. All students were later given the certificates by the COO and Principals.
The event ended on this happy note.

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A man is judged by the company he keeps

A well known Arabic saying advises: 'Don't talk about a person. Ask about his companions.' This simply means that if you want to enquire about a person, about his character, what are his habits, is he responsible, etc, then do not enquire specifically about him. Instead about the company he keeps. If he keeps good company, Insha Allah he will be likewise a good and upright person. On the contrary is he remains in the company of people accustomed to sin and vice or people of low character and morals, he will generally be judged accordingly.

About maintaining a good company, according to one of the Hadiths, it is reported that Rasulullah (pbuh) has said 'A person follows the way of his friend, therefore beware of who you befriend.' ho sells musk.

From those who sells musk, one will either receive some musk from him as a gift, or buy it from him, or at least he will enjoy the fragrance of musk by merely being in his company. In either case he will of course benefit from him. The bad friend has been compared to a blacksmith. He will either burn your clothes due to the sparks and embers flying out of his furnace, or at the least he will breathe the toxic fumes. Thus he will not be able to escape the harm of being in the his company. Merely being in the company of the bad friend , will leave its negative effects.

Another common saying is: 'A friend in need is a friend indeed.' Supposing you are stranded on a journey and want to reach home. A friend comes and offers you a lift. He then leaves you at the door of your house. Indeed he will be regarded as a true friend. However, if he gave you a lift and dropped you off at the door of your enemy, you will be extremely disappointed and regard his claims of friendship as false.

We are all presently on a journey in this world. Our greatest need is to safely reach our home which is Jannah (paradise). The person who assists us to travel on the Straight Path and guides us to our home is our true friend. The one who gives us a lift to the vice dense, encourages us to commit sins and helps us to engage in vice is dropping us of at the door of our worst enemy. Such a friend is either totally ignorant that he is destroying his friend and thinking that he is doing him a favor or he is a wolf in sheep's clothing. He merely pretends to be a friend but is a hidden enemy.

Friendship is a two way journey. While you should choose the right friends, also be a true friend. In the guise of friendship, do not push people towards the destruction of this world and the Hereafter by encouraging towards evil or passing on bad habits. Nevertheless choose your friends carefully, as he will either make you or break you.

Our planet is in trouble

Almost every day we seem to hear yet another problem affecting the environment – and what a list of problems, pollution, acid rain, climate change, the destruction of rainforests and other wild habitats, the decline and extinction of thousands of species of animals and plants and so on.

Nowadays, most of us know that these threats exist and that humans have caused them. Most of us are very worried about the future of our planet and unless we can find a way of solving the problems we have made, then the environment will suffer even more.

It all sounds so depressing, but we certainly mustn't despair. Every one of us, whatever age we can do something slow down and reverse some of the damage. We cannot leave the problem-solving entirely to the experts. We all have a responsibility to save our environment as far as possible. We must learn to live in a sustainable way i.e. learn to use our natural resources which include air, freshwater, forests, wildlife, farmland and seas without damaging them. As populations expand and lifestyles change, we must try to keep the world in a good condition so that future generations will have the same natural resources that we have.

Let us begin with the ways to protect our Planet from our home :

Clean or replace air filters on your air conditioning unit as least once a month.
Lower the thermostat on your water heater to 120.
Turn down or shut off your water heater when you are away for extended periods.
Turn off unneeded lights even when leaving your room.
Set your refrigerator temperature at 36 to 38 and your freezer at 0 to 5.
When using an oven, minimize door opening while it is in use, it reduces oven temperature by 25 to 30 every time you open the door Clean the lint filter in your dryer after every load so that It uses less energy.
Unplug seldom used appliances.
Cover your pots while cooking, doing so can help save a lot of energy needed for preparing the dish.
Turn off lights, computers and other appliances when not in use.
Use compact florescent energy saver lights to save money and energy.

Insulate your home as best as you can.
Plant trees to shade your home.
Shade outside air conditioning units by trees or other means.
Minimize pesticide use.
Water grass early in the morning.

Our office :

Copy and print on both sides of paper.
Reuse items like envelopes, folders and paper clips.
Use mailer sheets for interoffice mail instead of an envelop.
Set up a bulleting board for memos instead of sending a copy to each employee.
Use e-mail instead of paper correspondence.
Use recycled paper.
Use a ceramic coffee mug instead of a disposable cup.

Ways to protect our air :

Recycle printed cartridges.
Use low VOC or water based paints, stains, finishes and paint strippers.
Purchase redial tires and keep properly inflated
Paint with brushes or rollers instead of using spray paints to minimize harmful emissions.
Ignite charcoal barbecues with an electric probe or another alternative to lighter fluid.
Walk or rife your bike instead of driving whenever possible.
Ways to use less Water
Check and fix any water leaks.
Do not wash dishes with the water running continuously.
Wash and dry only full loads of laundry and dishes.
Follow your community's water use restrictions or guidelines.
Install a low-flow shower head.
Replace old toilets with new ones that use a lot less water,
Turn off washing machines water supply to prevent leaks.

Create less Trash

Buy items in bulk from loose bins when possible to reduce the packaging wasted.
Buy products that you can reuse.
Check reports for products that are sassily repaired and have low breakdown rates
Reuse items like bags and containers when possible.
Use cloth napkins instead of paper ones.
Use reusable plates and utensils instead of containers
Instead of disposable ones.
Use reusable container to store food instead of aluminum foil and cling wrap.
Shop with a canvas bag instead of using paper and plastic bags.
Buy rechargeable batteries for devices used frequently
Reuse packaging cartons and shipping materials. Old newspapers make great packaging material.
Environmental pollution is causing a lot of distress not only to humans but also to animals, driving many animal spices to endangerment and even extinction.
Perhaps we should adopt a holistic view of nature. It is not an entity that exists separately from us, the nature is, we are an inalienable part of it, and we should care for it in the most appropriate manner. Only then can we possibly solve the problems of environment.

Make your job work for you

Dreading Sundays and living for the weekend could be taking its toll on your body as well as your mind. We ask the experts for advice on how to make yours a healthier job

Ever heard the phrase 'This job is killing me'?

It could be truer than you think. Studies on work satisfaction show that over the past 20 years we have become increasingly unhappy at work for a variety of reasons, including long working hours, job uncertainty and, for younger people, a higher expectation of what our jobs should provide. Now research shows that it can have a serious impact on our well-being – from depression to increased risks of heart disease. "We put a huge amount of energy, around 80 per cent, into work and rely on it for a large chunk of self-esteem," says John Lees, author of How To Get A Job You'll Love. "So it can have a significant effect on our sense of fulfilment if we're not doing the right job, or feel dissatisfied with a career choice."

While it might seem obvious that workplace unhappiness could lead to emotions related illnesses such as depression, analysis by UK researchers of 13 existing European studies covering nearly 200,000 people found job strain was linked to a 23 per cent increased risk of heart attacks and deaths from coronary heart disease. It's just as common in the UAE. "I routinely see clients with work-related problems," says Dr Tara Wyne, psychologist and clinical director of TheLighthouse Arabia in Dubai. "While emotional and psychological issues such as stress and anxiety disorders are common responses to workplace difficulties, many people's distress is manifested in physical ways."

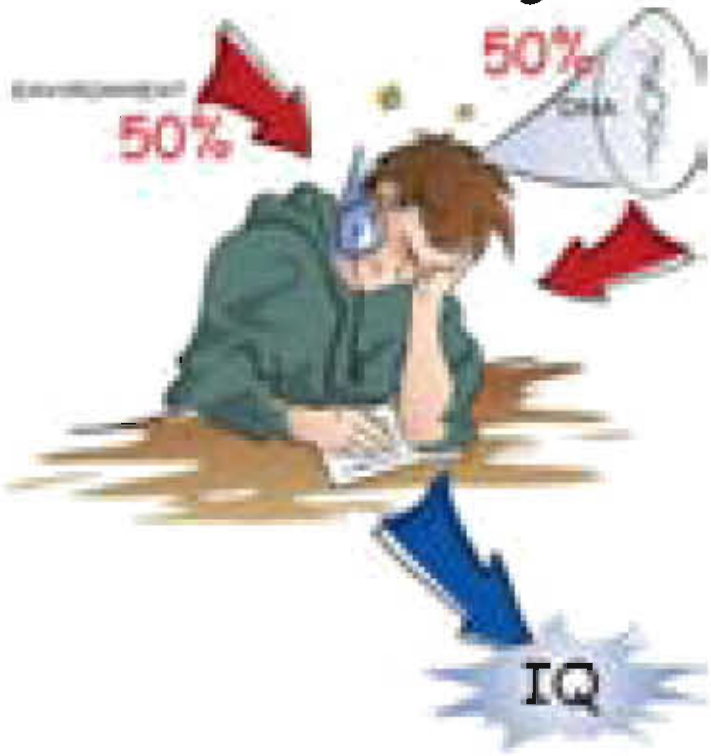
Physical symptoms can include chronic headaches and migraines, stomach and digestive problems, repetitive-strain injury, ulcers, chronic fatigue syndrome and insomnia. "When we are unhappy or stressed, we tend not to look after ourselves as well," she explains. "This can lead to lowered immunity and increased vulnerability to a number of physical complaints."

UAE employees are particularly susceptible to work-related health issues, says Dr Wyne. "It's a country that primarily attracts expats to join the workforce. When people come for the sake of employment, it places a significance on being successful in your work and retaining your job. Expats' lives are not necessarily as rounded and supported as they are in their home countries, thereby magnifying the importance of work and everything connected to it."

Courtesy: Friday magazine
Published: February 21, 2013

Psychometry

Extra sensory perception and the science of touching



The extra sensory perception (ESP) is a most interesting aspect of the power of the human mind. But since this is something that is indeed baffling, it needs to be delved deeper, deeper inside the unknown world of the 'psyche' and the untapped treasures that lie in the dark crevices of our imagination through our unique senses.

Researchers call it as a most amazing phenomenon. It is the power or the psychic ability of a person to touch an object and read its history or the history of the person who owned it. At first scientists did not have an answer for it and could not understand it. The same treatment that is given to any mystery was given to this ability. Some even dismissed it as coincidences or hoaxes, which of course can be the case in any mystery created though fraud. But actual study did show that this was indeed an ability, which was not only mysterious but baffling as well ! The reason was that a person having the ability can hold a person's glove or hat or anything for that matter and tell the history and experience of that object as to who owned it and what the object went through while in that person's possession, even how he or she died.

A flower vase kept in a room can actually record sounds and scenes that will let the person with psychometric abilities to relate the entire conversations and surroundings that went on around it just by touching the vase. This extra ordinary and mysterious ability in a person was not considered real till 1842 when Joseph R. Buchanan coin the term coming from the Greek word 'psyche' which means 'soul' and 'metron' which means 'measure', and named it Psychometry.

Actual experiments were conducted when he placed different kinds of chemicals and drugs in bottles and asked his students to identify what chemicals or drugs there were in the glass bottles they were holding merely by touching them.

In spite of gigantic development in science and technology, the working of the human body yet remains much to be discovered. The humans are still to endure and achieve through the interesting and awe-inspiring world that rest inside ourselves.

Though mysteries and enigmas are all around us, there are mysteries within us that we overlook sometimes. We humans are the Creator's most complex and profound creations. The more we delve into the capabilities and abilities of the human body, spirit and intellect, the more we are astounded as to how far a person can endure and achieve through the interesting and awe-inspiring world inside ourselves.

In ancient times, people who acquired the abilities were called 'gifted' due to some talent or the other, and some were even given the status of gods and worshipped by the people of their times. Though it is true that some traits and talents are inherited and are part of our genes, there are many mysteries that the human mind withholds within itself and even scientists are just beginning to understand some of them.

Al-battani
a muslim scientist

Al-Battani was one of the great astronomers of the world who made great contribution to the development of astronomy. He wrote one of the most important books in the history of astronomy which was a text book in the universities of Europe for several centuries.

Life: Abu Abd allah Muhammad ibn Jabir al-Battani was born in 244 AH/858 AD in Harran, in the south of modern Turkey. His ancestors were Sabaeans who worshipped stars. He belonged to a family and lived in a town which were connected with astronomy. Harram had become a big centre for the manufacture of astronomical instrument during the Abbasid rule. His father Jabir was an astronomical instrument maker. These two factors made him take interest in astronomy He also studied philosophy, mathematics and astrology. He spent almost the whole of his life at al-Raqqa, on the banks of al-Furat/Euphrates. The town had an astronomical observatory where he conducted observations for several years. He started making observations in 264-877 and continued till 306-918. He lived for about seventythree years and died in 317 AH/929 AD at al-Qasral-Jissa near Baghdad.

Achievements : Al-Battani is ranked among the great astronomers of the world. He conducted astronomical observations for over 40 years and wrote books on astronomy. His most famous book is Kitab al-zij, or simply the Zij. He laid emphasis on practical astronomy.

His book contains 57 chapters in which he discussed various aspects of astronomy and presented his views. It covers definitions, his own observations, planetary motions, length of seasons, sun's apogee, eras, astronomical tables, lunar parallax, distances of planets from the earth, astrology, astronomical instruments, etc.

Al-Battani's detailed study of the motions of the sun and moon proved that the apparent sizes of the sun and moon are not fixed, but that they change from time to time. He found more accurate values for the length of the year, the seasons and the inclination of the eclipse. He demolished the 700 years old idea that the obliquity of the ecliptic is fixed as stated by Greek astronomer Prolemy. He proved that the sun's distance from the earth is not fixed but variable. He also disapproved another notion of Plotemy that is that the annular solar eclipse (on which a shining ring of the sun is left uncovered) is impossible.

His theory of the increasing distance of the sun from the earth led to the modern theory of the motion of the solar apsides. He calculated the length of the year within three minutes of its actual value: 365 days, 5 hours, 46 minutes, 26 seconds.

The Zig was translated into Latin thrice, the first time in 1116 AD. Great European astronomers, like Tycho Brahe and Johannes Kepler were indebted to al-Battani. Nicholas Copernicus repeated what al-Battani wrote 700 years before him.

The modern world has paid its tribute to the great genius of Islam by naming a region of the moon after him as Albategnius. (Albategnius was his Latin name).

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Reactivate yourself

Most of the people experience plenty of stress in their hectic lives and tend to ignore what they 'want' or 'need' to do in order to overcome their stress or relax for a moment to refresh and plunge back in busy lives again and start doing things they are committed to every second of the day.

Same old routine and responsibilities, whether it is about finishing some project, earning more money or coping with a disturbed relationship, sometimes become very tiring and exhausting. Putting all those commitments on hold is also not a good idea. What we simply miss here is the wholeness of life. Being focused and stressed all the time makes it nearly impossible to even think about a refuge from worries.

Taking small breaks during the day, merely a few minutes and working on some mental and physical recreational activities can bring about a positive change in your stressful lives. Here are a few tips tt help you relieve stress.

Home relaxation is the first and foremost stress releasing tool for anyone. A copy, organized and peaceful home, works wonders in providing mental relief. Stepping into a cluttered home can create stress and drain your energy further. Start with getting your home organized, de-cluttered and decorated. This quick physical activity will boost your energy and the soothing surroundings will clear your mental stress as well.

Bonding time can be called the most relaxing moments of the day. Take a few minutes to share the interesting happenings of the day with someone. This person can be anyone you like a family member or an old friend. Writing an email or chatting on the phone also helps lower stress.

Make sleep a priority. A good night's sleep or day time naps are refreshing and good for getting rid of tiredness or exhaustion. Try to get yourself maximum time to take rest, it should help your body to regain its strength and let your mind settle.

Laughter is the best medicine as it not only provides emotional satisfaction but also has physiological benefits. Whether it is soundless laughter or loud, both have their advantages. It is obvious that at times it becomes nearly impossible to even smile, but just stopping for an instant and consciously relaxing the whole body and mind by even deliberately induced laughter massages the internal organs and relaxes the nerves.

Lie or sit quietly for a few minutes in a comfortable position where no sound or light will cause distraction. Relax all of your muscles, starting from the feet to the whole body by tightening the muscles then releasing them, focusing on your breathing only.

Music is often used to calm down by people of every age. It is a great therapy which functions mentally and physically to help to relax and relieve stress and anxiety. Studies have proved that music helps in slowing down the heart beat, breathing, thinking and helps to relax. It revitalizes both body and spirit.

Learning something new or pursuing your individual interests will make you a happier person; therefore a better worker. There is nothing wrong in trying something new and being creative, it will stimulate your brain and make you feel empowered, ambitious and more independent, be it carpentry, interior designing or anything else.

Volunteering is not only about helping others, it can be great fun and an easy way to explore your interests and passion a great source of relaxation from day-to-day routine of work. Think about volunteering within your time constraints and other priorities and relieve this natural sense of accomplishment.

The grandeur of forgive and forget is the greatest gift that you give to yourselves and others all for free. In order to concentrate on the positive aspects of life, wipe off all the negative thoughts and forgive yourself and others. This will lessen your burden of pain and serve as a healing exercise.

Since we all deserve love and forgiveness, why not inculcate this positivity in ourselves and initiate to forgive and forget for a happy and healthier life.

Child-like fun may sound crazy but it allows you to indulge in fun activities with kids. This can be one of the best strategies during extra busy time at work or a bad phase. Make an effort to schedule fun activities with your children even joining in their games like fixing puzzles, watching funny movies, arranging small colorful gifts for them or just chatting or giggling together will make them happy and give you a sense of worth and peace of mind. Plan fun activities with friends or siblings and do all the things you thought you were too old to enjoy any more.

It is all about making your sanity a priority and working to relax accordingly. If bad moods or negative thoughts persist for a long time, it is advisable to get medical help without wasting time. However, attempting minor physical and mental exercises to get over stress can help protect us from major health issues.

Make sure that whatever you do to cheer yourself up does not turn into an addiction. Happy and relaxed people are inventive and they concentrate better. They have more control on their emotions which direct them to learn, explore and grow.

Manage your assets before the final call comes

Many people devote great deal of attention to estate planning to make sure their money goes to the people they want it to, before his final call comes. If you die in your eighties or nineties, chances are your children will be in their fifties, sixties and seventies and they can probably handle a lump sum inheritance.

But what happens if you have children in their twenties or tensor even younger? Do you want your life savings handed to such a young person?

This is where estate planning gets a big more dicey. A lot of people don't want someone under thirty to receive a large sum of money because they are concerned about how the child will handle it. This concern, in turn, causes many people to attempt to manage their assets well in their life-time.

In our financial planning practice, we have seen people create trusts that feature rules determining when and how their money is dispersed to heirs Some trusts include specific restrictions, such as saying an heir gets the money only after he/she marries, has children, buys a house, graduation from college or starts a business. Clearly, many parents try to control their children or at least the distribution of their assets.

We have tried to convince those who engage in these efforts, this is usually a wasted effort. It's extraordinarily difficult, if not impossible, for you to effectively and completely control your assets, no mater how hard you try.

If you stipulate that your trust can give money to your child for purchase of a house then that's exactly what the child will do. He will buy a house. And not just any house, but a very expensive house. For cash? And then, he will sell it.

We have seen all such incidents happen and more if heirs want access to their inheritance, they will find a way to get it, despite your best efforts. The most you will be able to do is insure that much of your money is squandered on legal fees.

Manage your assets while you are alive. Do not try to manipulate your heirs' behavior. Instead inspire their behavior while you are alive. Prepare your children now to become responsible adults. Then through your teaching and your example, you will truly accomplish your goal.

If you insist on restricting access to the inheritance (that's not a bad idea if the heirs are young or immature), the best way is to have your trust state how much money the child is to receive at a given age. Thus, don't say the money is to be used for college. Instead, envision how much money the child will need for college and the age you expect him or her to attend, and then make that amount of money available at that time. Although this means you can't be certain the money will be used for the intent you have in mind, nothing you say now is certain to become reality later, so get over it. After all, once you have died, it is no longer your money rather it is their inheritance.

So, make your trust-writing easier and simply decide how much they are going to receive at specific ages. Don't waste your time trying to restrict how the money is to be used.

Two final points. First you might prefer to distribute your assets periodically, rather than in a lump sum. By spreading out the inheritance over an heir's lifetime, through once-a-month or even once-a-decade distributions, you reduce the risk than heir might squander the entire proceeds.

Secondly, please do not give your trustee discretion in how, when or why the money is to be distributed. If the trustee has discretion, the heir is likely to file a lawsuit the first time the trustee refuses a request. If that happens, your assets will be squandered on legal fees, your trustee's life will be miserable and your family will be very unhappy.

Teach your heirs to be responsible while you are alive.

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Quackery Business needs to be seriously checked

Each year gullible, desperate patients spend millions of rupees on quacks and fraudulent medical products they choose and prescribed by the fake and quack doctors particularly in the villages. This ultimately result in deteriorating further their disease.

In the urban areas, such fraudulent and fake private practitioners are found in good numbers. These quacks pretend to be educated and licenses, or sometime credentialed to be able to diagnose or treat a patient with a health problem. This so-called quack behaves in such a way that entices people to trust him with their health, then fraudulently sells that patient a product or service that will supposedly cure him/her.

Fraudulent products cost consumer million of rupees each year. They re being purchased from pharmacies, super market, through catalogue and on the Internet. The sources may appear bona fide.

One of the problems is that many herbal supplements and therapies being used in the world, most considered to be complementary or alternative, are not regulated, do not have standards they must meet, nor do they need to be approved by the concerned authority before they are sold. With no standards or needed approval, the market is flooded with bogus products which are being purchased by unsuspecting consumers.

Fraudulent products cost consumer-patients millions of rupees each year. The Medical products so prescribed by these quacks are being purchased from pharmacies, supermarket are. But not all of them.

But the real problem is the harm quacks and fraudulent products bring to the patients, who have trusted them. When someone is sick, perhaps diagnosed with a terminal or highly debilitating or painful disease or condition, vulnerability and desperation set in. It's easy to believe everything we read or hear that sounds hopeful. That desperation causes us to begin trusting the untrustworthy, and believing even the things that sound too good to be true.

The Internet and late-night commercials have made it easy for patients to find quacks and for quacks to find patients. As patients search for any information about cures or relief, they find websites, or watch informercials, then begin ordering bogus supplements or lotions or books or CDs or other products with relief in mind. The problem, of course, is that patients are so easily fooled. They may get sicker, they may die sooner or they may just postpone relief.

There are even some quacks who are practicing medicines, beyond just selling bogus products. They set up their own offices and perform examinations, even surgeries or other procedures which are at least worthless and may be dangerous Again, desperate patients find these people and think they are getting good healthcare advice or treatment, which in fact, they are not.

Those who realize they have been fooled, regardless of whether they visited a quack doctor or purchased bogus substances, rarely come forward because they are embarrassed. That makes it easy for the quacks to stay in business.

Making a purchase from a fraudulent source or a quack located elsewhere, is not illegal. If you have done so, you have not done anything wrong. But you should help others by reporting what happened.

Counterfeit drugs are not usually sold directly to patients by a quack or anyone else. Instead, they are manufactured illegally or stolen, then resold into the market in a variety of ways.

Memon Association of Canada hosts welcome reception in honour of new Consul General of Pakistanin Toronto Mr. Mohammad Nafees Zakaria

Report: Qasim Abbas, Toronto

Memon Association of Canada hosted welcome reception in honour of new Consul General of Pakistan in Toronto Mr. Mohammad Nafees

Zakaria on 1st January 2013 in Subhani Banquet Hall in Mississauga. The reception was attended by Memon Community members and their families. Mr. A. Ghaffar Variend, Honorary Advisor, Chicago Memon Association and host of Memon web sitewww.memonpoint.com also attended the reception.

The programme started with recitation of Holy Quran by Vice President Mr. Mohammad Amin Jangda, who had recited Surah Al- Asr, followed by its English translation by a Community Member and Jamaat Reporter Mr. Qasim Abbas. The Master of Ceremony was Executive Committee member Mr. Tarique Kasim.

He requested President Mr. Ismail Mirza to come on the stage. With the clapping from audience, Mr. Ismail Mirza came on the stage and delivered his brief speech welcoming the Chief Guest Honorable Consul General of Pakistan in Toronto Mr. Mohammad Nafees Zakaria and thanked him for sparing his time to attend the reception in his honour.

The Master of Ceremony Mr. Tariqe Kasim then invited Association's founding President of the Association Mr. Yakoob Dawood, who also welcomed the Chief Guest. Then a founder member of the Association Mrs. Parveen

Vali Bhalagamwala came on the stage and welcomed the Chief Gust and then she invited Chicago Memon Association's Honorary Advisor Mr. A. Ghaffar Variend on the stage, who also welcomed the Chief Guest and thanked the Association for giving him opportunity to attend the reception.

Then the President invited Chief Guest, Honorable Consul General of Pakistan in Toronto Mr. Mohammad Nafees Zakaria to come on the stage and address the audience. With the clapping from audience, the Chief Guest came on the stage and delivered his speech. He spoke on peace, harmony among mankind. He emphasized on bilateral relations between Canada and Pakistan in various fields. He thanked the Association for giving him opportunity to meet Community members.

A Community member Mr. Qasim Abbas presented to the Chief Guest three publications namely latest issue of "Memon Alam", official journal, publication of World Memon Organization, an English book "Rare speeches and pictures of Quaid-e-Azam" and an Urdu book "Junagadh – Ujre Dayaar ki Kahaani".

At the end, dinner was served and after dinner the President thanked the Chief Guest and Community members for attending the reception.

Private education
Truly a need of the hour

For quite sometime, the private schools have been the subject of constant criticism. These private institutions are said to be nothing more than money-minting machines. The role of private schools has been questioned time and again, but it's ironic how people who criticize them fail to admit how private schools are giving back to society and the economy.

In my opinion, private schools are a blessing. They are giving much more to society and economy than any other business. True, education is a business but it is one that is much needed in a country like ours. If it were not for private schools, the literacy situation in our country would have been shocking. And thus I think people who are investing their money in this business should be appreciated and not criticized.

While offering his comments, one of the economics teachers once said that all individuals work for their own benefit; a doctor is not a doctor because he want to just help the sick, a teacher is not teaching because he only wants to educate the society, a banker is not in the banking sector if he could not take care of the people's money. At the end of the day, all aim to earn money because it is a human need and it is but natural for a businessman to aim to strive hard and increase his profits. This might sound harsh but it is true.

So it is a fact that people who invest their money in schools and the education sector expect a return but what the masses fail to realize is the fact that they could invest the same money elsewhere and still earn massive profits. A restaurant would require much less investment than a school and be equally profitable.

Private school owners have gone through a lot to build these schools; they have probably sold their property, spent their personal investment, sacrificed on the possible profits that the investment could bring them from other sectors and so on and thus they deserve profit. Moreover, we all know that schools make a moderate return, usually much lower than that made by other organizations yet serving a huge need across the different cities of the nation Hence it is only fair to appreciate those who think that while they earn profits, they should give back to the society, too in one way or the other.

It is not denying the fact that some private schools charge a premium from their students but we need to realize that education is a service and in services a premium is totally acceptable. People need to realize that schools that charge a premium are giving services which other schools aren't. We had teachers from Harvard and Yale teaching us and broadening our horizons, we had absolutely unique extracurricular activities that would enhance our high school experience, our debating teams would go to competitions around the globe, compete with the best in the world and bring home honorable mentions, our college counselor would help us during our application process to make sure that the students from our school secured places in the top universities and colleges in the world. And for this, they deserved the premium that they charge..

Also it is not just Pakistan where private schools charge more than others. In the US, Phillips Exeter costs around $ 50,000 as much as an Ivy League college yet people go there to study because they think it is worth it. So the crux of the matter is that no one is forcing you to study at a private school and if you are doing so, you know it is worth the fee, too, so why pointlessly accuse people who are working hard for the betterment of the society.

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Good education a wise investment

Education and studying is a wise investment that if you once make sensibly, you can be satisfied for the rest of your life. Why carry the stigma of being a poor student for your whole life when just a few years of struggle can add magic to your school certificate.

Good students learn a lot of additional skills, not just studying 'boring books'. Always disciplined and prepared, they follow schedules and meet deadlines; procrastinating is not their nature.

What does it take to be a good student? Burying one's head in a pile of books all day long, spending playtime in the library, not caring about one's looks, becoming a nerd and then getting excellent grades?

Wrong. These are just stereotypes. Well, most of us take studying hard at it face value and may have a myopic view about it. It is really not just getting lots of A or A* on a piece of paper. It is not even coming first in the class. Want to know what it is actually about?

Everyone not just bookworms, possesses many potentials, but actually bringing those talents out and refining them is the ultimate job. Studying devotedly is a means to spotting the deep-hidden talent within you which can be very fascinating discovery, one that can leave you startled. If a student never tries to work hard, s/he is unlikely to master even one subject and discover what s/he is good at and what talent they have.

Often we underestimate ourselves. And that is definitely a wrong attitude. Diligent students know all their subjects well, because they know about their skills. So they discover the latent artists, mathematician, physicist or accountant in them and groom themselves.

Industrious students develop a good outlook of themselves. The tones of praise that pours out to them further provide the moral encouragement, making them grow more positive and self-assured. They view themselves in terms of their academic achievements and that helps them figure out their identity and value. Good self-esteem also means better psychological health.

Hardworking learners are perceived as having a great personality. Their impression and image appears as unique. Equipped with a confident approach, they add sparks to whatever they carry out. If you are one, what you say would be valued and considered reasonable, even if you are no expert on the topic. Learning imparts you with knowledge, which hones your argumentative skills and renders your personality charming.

Talented students can leave a trail for their fellows, friends and others. Their younger siblings and cousins also become inspired by their studious nature. Consciously, others are incited to imitate them and turn to them for help and guidance.

How exciting it is to have followers even at such a young age. In fact, not the academic pursuits and results but everything about industrious is thought imitation-worthy; the way they communicate, behave,

write and even stand.

Bad students have to misplace or 'lose' their report cards. To them, it is the most dreadful thing in the whole universe. Hard working learners, however, know no such fears. And they love to present their exam results to their moms and dads with smiles and beams, who then tell others about it with great pride.

Moms and dads are always the ones who are the most concerned about their children's schooling. Good school performance means parents can heave a sigh of relief and need not spend their time and money chasing tutors. Children may not notice but their parents take great pride in their academic achievements. Seriously, they owe them at least this much. In fact, parents love to show off a little about their junior coming first in the class.

Education and studying is a wise investment that if you once make sensibly, you can be satisfied for the rest of your life. Why carry the stigma of being a poor student for your whole life when just a few years of struggle can magic to your school certificate.

Good students learn a lot of additional skills, not just studying 'boring books'. Always disciplined and prepared, they follow schedules and meet deadlines; procrastinating is not their nature.

Being accepted into a good school, college or institution is more likely if one has had a good academic record. Getting into a prestigious university is also dependent upon educational performance. Besides, brilliant learners can secure scholarships.

Good grades do add an impressive look to one's CV. Sooner or later, all students have to pursue one profession or another. In the present world of competition, the key is to have some sort of edge over others.

And academic excellence is the most crucial one. Recruitment gurus recommend that grades that are poor should not be mentioned on CV. Well, at least good students need not follow this technique.

Oranges
Nature's bounty

By the time this issue is in your hands, winter most probably will be over. Nevertheless winter is a time to make the most of the benefit of oranges. Known as the king of citrus fruits, oranges are classified into two categories, Citrus Sinesis (sweet oranges) and Citrus Aurantium (bitter oranges). The fruit probably originate in Southeast Asia and was being cultivated in China as far back as2500 BC. During the late 15th and early 16th century, Italian and Portuguese merchants brought orange trees to the Medianean region. Sweet oranges accout for approximately 70 percent of the citrus production.

To avoid children's heated arguments

Children often complain about their parents asking them too many questions. And most questioning words begin with W, such as where, why, what, who, which etc., making W the most hated English alphabet by kids and the most controversial as well.

Where are you going? When will you be back? Who is going with you? Why are you watching television at this late hour? Why didn't you clear up the mess in your room? Whom do you keep text messaging to? Why haven't you started to do your homework yet? When you will start preparing for your exams? These are the only some of the most common questions asked by the concerned parents. And the list goes on and on.

Youngsters usually feel offended by these queries and the replies are usually like, 'You do not trust me', 'I am not a child any more', 'Why can't I have more freedom'. 'You are nagging all the time' or in worse cases, 'For heaven's sake, leave me alone or worse still 'It is my life'.

A teenager who is a student of O Levels in a reputed school says, 'After just a few minutes of talking on my cell phone or when I exchange a few messages with my friends, my mom starts casting questions. And then she starts her queries 'Who are you on the phone with? and after a few minutes, 'Why are you talking with him or her for so long? 'Or why don't your friends call on the landline.'

She clarifies 'I use my cell more as I like to remain mobile while I m talking to a friend. Often we are discussing a project/ assignment or helping each other in problems pertaining to our studies and I need to consult a book or notes while talking. Using the landline means remaining seated on the lounge chair with distractions, as my younger siblings make a lot of noise and often the television is on'.

Most of the parents retaliates, 'I wonder why she gets so irritated when I demand to know who she is talking to on her cell! After all the landline is more economical than the cell, and I also feel more comfortable when she is within my earshot when she is talking to friends. As parents, particularly the mother feel it is her duty to keep an eye on siblings activities. She is so naïve; I fear that wrong friends would harm her and also adversely affect her studies.'

Another teenager share his woes, 'The minute my mom sees me in my jeans and joggers, she showers me with questions. 'where are you going? When will you be back? And who is going with you? And the query more resenting is 'why don't you respond when I call on your cell'.

For Heaven's sake, I am not a child any more. I want to venture out into the world with a bit of independence. She must understand that the time to cut off the apron strings has past ! My friends laugh at me when she calls after every half an hour. Her never-ending questions get on my nerves !

Mother in her defense says I cannot understand why he gets mad when I ask him where he is going and by what time he would be back ! I feel it is my right to know about his whereabouts and the company he keeps. With the uncertainty prevailing in the city, I fear for his security and get nervous when he does not respond to my calls.

A mother of four shares her irritation, 'why do they create so much mess when they know that I cannot stand a messy room? When I demand to know when they will clear up the clutter, they just shrug and move away or worse still, accuse me of nagging !

Yet another teenager of 12, says 'Mama is a cleanliness freak! How can she expect me to study with my books packed in my bag or nearly lined up on the bookshelf?

By talking with your parents about what are their expectations from you, you can also explain your side of the picture and let them know why you react negatively! Our parents are much wiser and experienced than us. Their questions are their way to guide us on what should be our priorities in life and what things we should avoid..

Always keep in mind that your parents will always lecture you, hit you, ground, you, make you do chores, embarrass you, etc, but just know that they will always push you harder and harder to make you do the right, not to make you seem that you are a disappointment to them, but to prepare for the reality.

Quick tips for teens

Being a teen in today's world brings many pressures from society to look good. The media is full of beautiful faces that add to the stress of growing up. These days teen want to make sure their hair and makeup is always flawless, whether they're at school or at the movies with their friends. Beauty is basically all about hygiene first. Every day you perform some basic hygiene activities you have been taught. Take care of yourself! You deserve the best.

Brush your teeth at least twice a day, once in the morning and one time at night, right before bed. Floss after meals to get rid of food particles and plaque stuck between teeth. Good oral hygiene will prevent infections of the gums, tooth decay and bad breath.

Skin care should actually start when they are preteens, as early as the age of 10 or 11. Pay special attention to what products you are using and if there are any undesirable affects taking place.

Shower or bathe daily, using a mild soap and warm water, to prevent bacteria build-up and body odours in the groin area, feet and underarms. Take extra showers if you go to the gym or perspire a lot.

Get braces if you have to, and don't be ashamed to wear them - you'll be the one smiling in the future with lovely teeth when your braces come off!

Use deodorant/cologne or perfume, even if you think you don't smell. It's a good habit.

Make sure you wash your face at night with cleanser to remove the oil and dirt from your skin. At an early age, a light moisturizer may be called for, but do not use heavy creams make for dry skin. Try using a light moisturizer only once a day, before bedtime.

It might not seem like it matters much, but being in shape and healthy makes a huge difference. It's not as hard as it seems. Make sure you eat healthy foods, and stay away from fatty/sugary foods, eat lots of veggies and fruits, and exercise at least 30-60 minutes a day.

Keep your face and hair clean, wash your hands frequently, and keep them away from your face to avoid acne/blemishes. Once you begin experiencing problems, take action to avoid lifetime scarring.

Your hair should look fresh too. Use shampoo and conditioner at least 2-3 times a week. One of the most important beauty tips a teen girl must know is to keep her hair moisturized and healthy. To achieve this, you should get your hair trimmed every two months and keep the heat styling to a minimum. Once in a week do put oil in your hair to make it healthier. You can use coconut, olive oil, castor oil etc.

Don't spend too much at salon. You can shape your nails with a file or clip off uneven parts with the clippers.

Many teen girls don't realize that less is more when it comes to wearing make-up. Use of foundation for teens is not necessary. While it can clog your pores, it will also look overdone. Skip the foundation and use a concealer on your blemishes only. Lightly dust on some loose powder over your entire face to even out your skin tone, control oil, and set the concealer.

Change your bad habits! Stop biting your nails, picking at skin blemishes, etc.

When you are wearing eye shadows, keep it light and use any trendy metallics and sparkles sparingly. If you're going to use eyeliner, a pencil liner looks more natural than liquid liner.

Liquid and stick blush are popular choices for teens because they glide on smoothly and blend in well. Pinks and peaches compliment almost any skin tone. Apply to the apple of your cheeks and blend outwards, towards your hairline.

Most teenage girls begin wearing light makeup around the ages of 12-13 as they become more aware of their appearance. As a teen, your makeup should look natural and enhance your facial features. Apply a bit of make-up to enhance your natural look. Make sure don't go over on make-up. Make sure you know how to apply makeup before you wear it in public. Practice makes a difference.

For luscious lips, lip gloss does the trick. Always have lip balm handy for chapped lips.

Major tip. Find a style of clothing that suits your body type. Don't wear really tight clothes if you're a little bigger, and not wear really baggy clothes that fall off either. Make sure your clothes are clean and tidy.

Smile more often. Seriously! It makes you a lot prettier and approachable. Just make sure your teeth are clean!

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મેમણ આલમ

(WMO)

ગુજરાતી વિભાગ

સંચાલક: ઈકબાલ મ. હનીફભાઈ મણકાવાળી

કોર્ટકેસ

(અમદાવાદ મહાનગરની તવારીખ)

ખાસકરીને ઓ.બી.સી. કોમ, ખાસકરીને ત્યાં મુસલમાનોની અને ખાસકરીને પણ સામાજીક કોમોની કોર્ટકેસમાં ફરક મુજબ સોગટા બનાવવા બનાવ. તેમાં બીજા ઘણાં સોગટાઓ મુખ્ય મેમણ વેપારીઓના પ્રતિનિધિઓએ તેમની રજાર કરીના એક કાર્યનો તેમજ ઘરેણ જાતીના મુસલીમોએ રજાની માગી હતી. મહાસભામાં મુખ્યત્વે મહાદેવી વિલાસના સર્વ ઘણા રજાર કરીના કાર્યકરોએ ખાસ કે ઓ વિસ્તારિત પગલા વિભાગોમાં વીખરાઇ જવાના ઘણા. ખાસકરીને ઓ.બી.સી.કોમ, કરીમ ખાઇમ કાર્યકરે રજાર કરીના લોકોએ ઘણાની મહાદેવી ચઢતી અનાવડો અને ખાસ જુબાની આપી તે તે વિષય ખાસ ઘણાના વિભાગોની ઘણી ઘણી. ખાસકરમાં સાહસોએ વિસ્તાર કરીનું કહેવો વિષય આપેલ (ખુદ ખાસી વિસ્તાર કરીનું તો ઘણાએ કહેવ આવતી. ખાસકરી ઘણા મહાદેવ. અને સમાજના વિદ્વોએ કોમનાની વિભેદના ઘણા ઘણા લોકો સોગ ખાસકરા ખાસ તો તે વિસ્તાર કરીનું) ખોટ ઘણા. વિ. કોમ.કે. ખાસકરી અનોખા દુનિયા દરમ મહાદેવના મારાનુ ખાસ કરીને કોમના આવતા ઘણાનાત આપી છે. ખાસકરાત. પ્રમાણના 'ખોટકર' ઓલોચના લોકોની વિ. તરીકે ખાસકરી અનોખી રજા અને ઓલાઘણી વિષે.તો વિષય ઘુંટ વિભેદના કરીનો તો ઘણા ઘુસર્ગિક કરીઘુની આવાવાળોની અનોખા કરી આપેલ કે ખુદ્દરાને ઓલાઘણી ઘણા આવી પેદા કરેલ છે. તે સાથે ખાસકરા અને લોકોના ઘણા. તોમિલોમાં ખાસકરા અને મુસલીમોને સોગની ઘણાની અનોખી તેમજ કરીનું ઘણીક ઘણાક આવાવાળોને ઘુ ઘણા કરેલ કોમિક ખાસકરાવાવાળોની ઘણાક સોમાં વિચારીમાં ઘી.સી.કોમ, કરીમાના ખાસકરાવ વિ. આવાવ કોમ્યુનિટીમાં ઘણાક વિભાગોમાં ઘણાક ઘણા વિભાગોની ઘણાક ઘણાક ઘણાક

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કોકાલા, કુરાંચી, કોલાચી !

કરાચી શહેરના પલટાતાં રહેલાં

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હૈદરાબાદ સિંધમાં છોકરીઓના ભણતરનું રૂડાન જગાવી ગયેલા ઈતિહાસના પુસ્તકોના લેખક-ઉસ્તાદ

ખાન બહાદુર મો. સિદ્દીક મેમન

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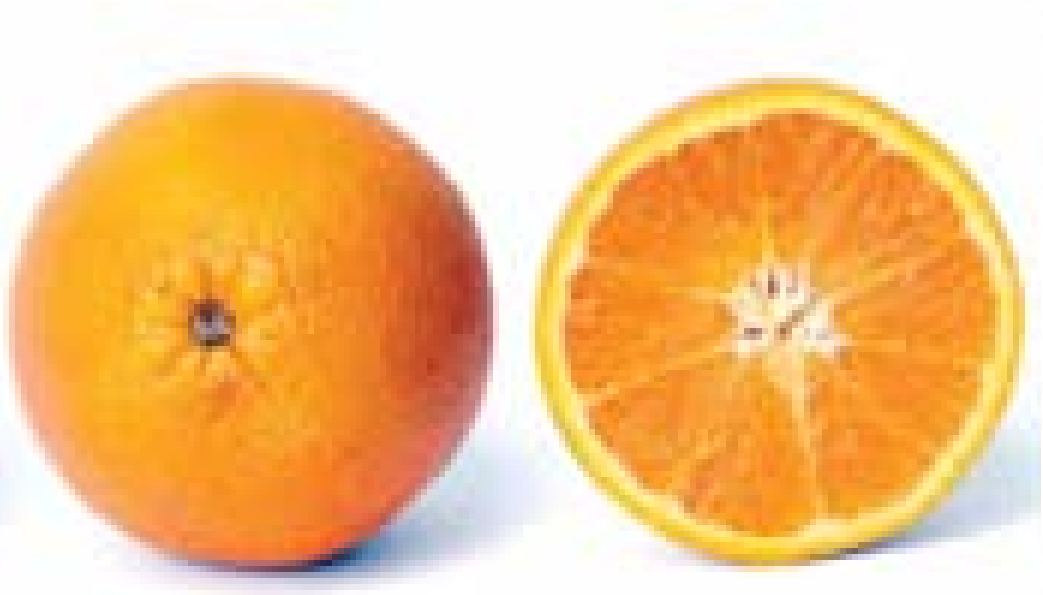
માત્ર અમરી અહી પડેલા વસ્તુમાં આવેલાં

લિંબુ



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ઓલ પાકિસ્તાન મેમન ફેડરેશન

૨૦૧૨-૧૩ અને ૨૦૧૩-૨૦૧૫ ઓક્ટ્રોય

રવિવાર તા. ૧૬-૧૨-૨૦૧૨ ઓલ પાકિસ્તાન મેમન ફેડરેશનની ચૂંટણી અમારાં નીચે મુજબના ઓક્ટ્રોય અનુસાર ૨૦૧૨-૧૩ અને ૨૦૧૩-૨૦૧૫ માટે ચૂંટાઈ આવેલ.

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જોઈન્ટ સેક્રેટરી

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ફાઈનાન્સ સેક્રેટરી

કોમજી કોસીયું કુરો ચુનતીયું ?

કમ સમજમાં ચૂકી ગીયો ?
ઓકરીજીનું પંડાલ ઓલીયો
ઓકરીજ જે જમીનો નથી ચૂકો ?
તો ઓકરી પીકચરે
ઓકરીયું કેની કંસી
પાંચે 'ચૂકોર'ટે પકડવાનું કારણ કીમની ?
ઓકરીયું ઓલવીયું પોલીજ પકડ જે કર
પાંચે ચૂકોરની કી મંગાવી કર ?
ચૂકોર જે અરબ ગામ કોર ઓકરી અમની
રમવું જમવું ચૂકોરટે મનીયો ઓકવા ?
પકડ ચૂકો ચૂકોર તો મંગવી ઓકરી કર્યજ
કરવો ચૂકોર કુરો ખાગ કીમો કર્યજ ?
કર્યજ પકડ કરવો ચૂકોરજ
કારણ કીમની કરજુ ન કરજુ...
ઓકરી કરવી ખોવી કેની ચૂકો
ચૂકોર કરવી કુંકવો ચૂકો
'ઝકરીયા' ઓકવી અને કે
ચૂકોર અને-ચૂકોર અને
કારણ મીજુ કે કરવ
ન કરી પકડવ ગાંગ કી કમાવ
ન કમી કિમો કોર્યજ કર જમાવ...

(જ. સી. કારણ ક. ગફૂર ચર્ચેલ (કરાચુ-કારણ)

કારણમાં પકડ મેળવી કિંદી કારણમાં કામકાજ કરે છે, પણ પોતાના ઘરોમાં અને કારણમાં મેળવી ઓછે છે. ઉપરની કવિતા 'મેમન કલરવ' ચૂંટણી કિંદી કારણમાં ગ્રુપ વચ્ચે જાહીરાતોથી ભેગાવાં કરવી છે જે કારણમાં પકડ મેળવીને મેળવી ઓછી ચૂંટણી કરવાની વરવે છે.

કારણ

પાકિસ્તાનમાં મકાન કારણમાં મેળવીને પકડ કરે છે જ્યારે પોતાના કારણોથી કિંદુમાં પકડ કરે છે શું કારણે મેળવીને ચૂંટણી દેવી છે ?

–સંપાદક

વ્યવહાર-વિકાસમાં ચીનની છલાંગ

દુનિયામાં સૌથી લાંબા અંતર પર અડધી બુલેટ ટ્રેનની શરૂઆત

[ઈકરા અલાલ ખ-ફેબ્રુઆરી-૨૦૧૩]

આધાર

[illegible]

આવ્યા કરે...

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કર્મ દેખીને
કર્યો પ્રભાવ અત્યુત્તમ છે
શાબાશી દેખીને
વધુ પ્રભાવ.
–[illegible]–[illegible]

દુનિયામાં બે શ્રેષ્ઠ અમૂલ્ય ખુશ્રોત છે. એક સોનાના મ્યાનમાં લપાટો આદર્શોના મૂલ્યો. બીજું સોનાના પીંજરા લપાટા વિચારોનાં મૂલ્યો. આમાં દુનિયાના જે સદ્ગુણ માણ છે તેને પખાળી કર્યે છે.
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ટાંચણ-ટિપ્પણ

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કુલિયાણા મેમણ હોસ્પિટલ નવા મેડીકલ બોર્ડની રચના

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[illegible] કે [illegible] ડો. [illegible], [illegible], [illegible], [illegible], [illegible], ડો. [illegible], [illegible], [illegible], [illegible], [illegible],

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کورسز برائے خواتین

- [illegible]

کورسز برائے طالبات

- [illegible]

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گھر جانے کے گر

اپنا دن کامیاب کیسے بنے؟

[illegible]

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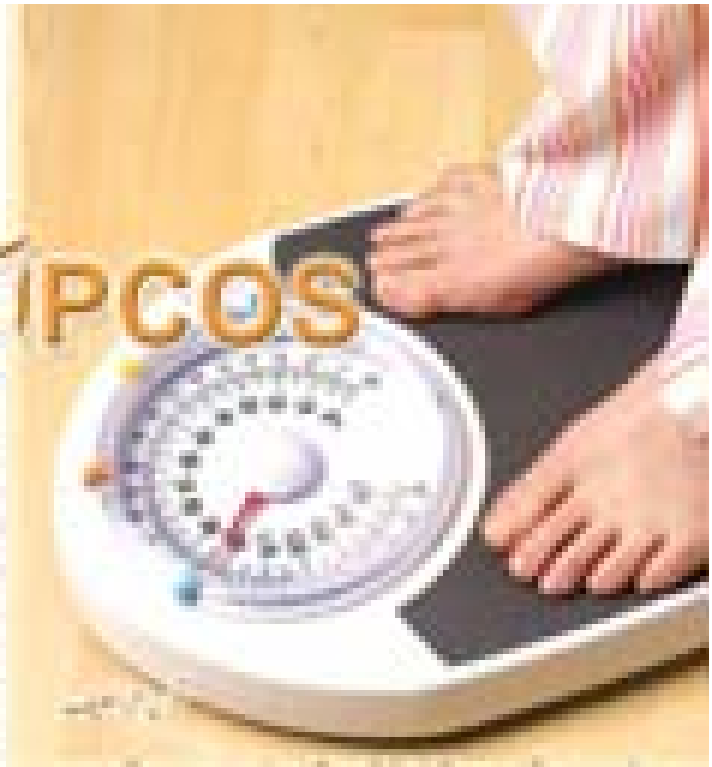
پھلیوں کی طاقت

PCOS ایک پیچیدہ نسوانی بیماری



توانائی اور ماحول کی بچت کے مفید مشورے

[illegible] توانائی کی بچت کے لیے

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ماحول سے پیار کریں

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[illegible] توانائی کی بچت کے لیے

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توانائی کی بچت کے اقدامات

ورلڈ میمن آرگنائزیشن پاکستان چیپٹر
مائکروفنانس اسکیم

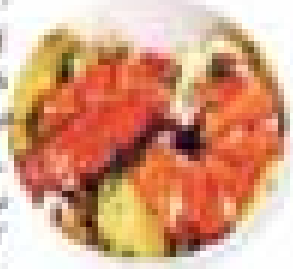
ورلڈ میمن آرگنائزیشن کی مائکروفنانس کمیٹی کی جانب سے چھوٹے کاروباری حضرات کیلئے لون کا اجرا کیا گیا ہے۔اس اسکیم کے تحت چھوٹے دوکاندار کو دس ہزار روپیہ لون بغیر منافع کے دیا جاتا ہے۔ جوان کو ماہانہ ہزار روپیہ قسط کے حساب سے واپس کرنا ہوگا آل پاکستان میمن فیڈریشن سے منسلک تمام جماعتوں کے ممبران اس لون سے فائدہ اٹھا کر اپنے چھوٹے کاروبار کو مزید وسعت دے سکتے ہیں۔اس لون کے لئے مندرجہ ذیل شرائط کا خاص خیال رکھیں۔ درخواست فارم WMO آفس سے حاصل کریں۔

1- درخواست فارم کے ساتھ قومی شناختی کارڈ اور جماعت کے کارڈ کی کاپی منسلک کریں۔
2- درخواست فارم پر اپنا فوٹو چسپاں کریں۔
3- فارم پر دو میمن حضرات کی تصدیق لازمی ہے۔
4- درخواست فارم پر جماعت کی تصدیق کروائیں۔
5- کم سے کم تین سال کا کاروباری تجربہ ہونا چاہئے۔
6- مائکروفنانس اسکیم صرف پرانے اور چلتے ہوئے کاروبار کیلئے ہے۔

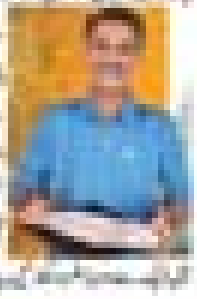
مزید تفصیلات اور معلومات کیلئے WMO آفس تشریف لائیں یا مندرجہ ذیل نمبروں پر رابطہ کریں۔

ورلڈ میمن آرگنائزیشن (پاکستان چیپٹر)
WMO ہاؤس، 32/8 اسٹریٹ نمبر 6 مسلم آباد، کراچی

فون آفس: 021-34910437
34911642
34911963



غذائیت سے بھرپور سی فوڈ



بچوں کی شخصیت کو سمجھیں ان کی نفسیات بھی دیکھیں

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[illegible]

صحت مند

دودھ سے بنی غذائیں خواتین کب کھائیں؟

اَلْحِجَامَة

Memon Institute of Hijama Therapy

A Project of World Memon Organisation

بہترین علاج جسے تم کرتے ہو حجامۃ لگانا ہے

حجامہ کے فوائد

MITI: Plot # ST- 1/B, Sector 38-I, (Civic Center-3) Korangi -5, Karachi
Tel: 021-35035542-3, Email: mihf@wmomiti.com

تھکن مسلط رہتی ہے
میری طاقت کہاں گئی؟

بانٹوا ہندوستان کی ریاست کاٹھیاواڑ کا ایک اہم شہر ہے جو صدیوں سے مختلف روایات کا امین رہا ہے۔ 9 برس قبل اس شہر میں ایک بچی پیدا ہوئی جس کا نام خدیجہ رکھا گیا۔ خدیجہ کی ماں کے سان وگمان میں بھی نہ تھا کہ وہ اپنی برادری کی مادر تعلیم کو اپنی گود میں پرورش کر رہی ہیں ان کو اس بات کا بالکل کوئی اندازہ نہ تھا کہ یہ بچی ایک زمانے میں وہ کارنامے انجام دے گی جو تاریخ میں روشن حروف سے رقم کیئے جائیں گے۔

رواج کے مطابق کم عمری میں ہی خدیجہ کی شادی کر دی گئی۔ جو صرف چھ سال ہی قائم رہ سکی۔ 22 سال کی عمر میں خدیجہ بائی بیوہ ہوگئیں اور اس کے بعد انہوں نے اپنی زندگی کو کچھ اس انداز سے روش پر ڈال دیا جس سے انہیں تعلیم کی دنیا میں امر کر دیا۔ خدیجہ بائی نے تعلیم کی اہمیت کو سمجھ لیا تھا۔ ان کے دل ودماغ کو اس حقیقت کا ادراک مل چکا تھا کہ علم کے بغیر انسان انسان نہیں بلے زبان حیوان ہے۔ اللہ تعالیٰ نے جب انہیں یہ شعور بخشا تو وہ میدان میں آگئیں۔ گو کہ وہ خود تعلیم یافتہ نہ تھیں مگر انہیں اللہ تعالیٰ نے اتنا زبردست علم بخش دیا تھا کہ انہوں نے تعلیم کی اہمیت کو سمجھ لیا تھا۔ لڑکیوں کی تعلیم وتربیت کے میدان میں محترمہ خدیجہ حاجیانی ماں نے جب قدم رکھا تو اپنی وفات تک اس پر قائم رہیں۔ انہوں نے اپنی زندگی برادری کی لڑکیوں کی تعلیم وتربیت کے لیے وقف کر دی تھی۔ بانٹوا میں انہوں نے سب سے پہلے لڑکیوں کے ایک مدرسے کا نظم ونسق سنبھالا اور اپنی شبانہ روز کاوشوں سے اسے بام عروج پر پہنچا دیا۔ اس کے بعد محترمہ خدیجہ ماں نے مسلم زنانہ کونسل کے فعال تعاون سے لڑکیوں کے ایک مدرسہ کی ابتدا کی جس کا نام مدرسہ زینت الاسلام'' تھا۔ اس کے بعد ایک بہت بڑا قطعہ آراضی برائے تعمیر گرلز اسکول انہوں نے حاصل کیا مگر اس پر تعمیر شروع بھی نہ ہونے پائی تھی کہ قیام پاکستان عمل میں آگیا۔ دیگر لوگوں کے ساتھ میں محترمہ خدیجہ ماں بھی ہجرت کر کے پاکستان چلی آئیں ان کے ساتھ اثاثے کے طور پر ان کی کسی ذاتی جائیداد کے کاغذات نہیں تھے بلکہ اس مدرسے کے الاٹمنٹ کے کاغذات تھے جو ہندوستان میں وہ تعمیر نہ کر سکی تھیں۔ کراچی میں بھی محترمہ حاجیانی خدیجہ ماں نے لڑکیوں کی تعلیم کیلئے مدرسہ کے قیام کی کوششیں شروع کیں۔ ابتدا میں کچھ ناکام ہوئی تو انہوں نے قائداعظم تک رسائی حاصل کی۔ قائداعظم نوزائیدہ مملکت کے استحکامی کوششوں میں مصروف تھے اس لیے خدیجہ ماں لیں ملاقات نہ کر سکے البتہ ان کی پر جوش اور سرگرم بہن محترمہ فاطمہ جناح نے خدیجہ ماں کی قیادت میں آنے والے وفد سے ملاقات کی خدیجہ ماں نے اپنی آمد کا مقصد بیان کیا اور اپنی راہ میں حائل دشواریوں کا ذکر کیا۔ اس وقت کمرے میں کئی لوگ موجود تھے۔ ان میں حکومت کا ایک اعلیٰ عہدیدار بھی تھا۔ وہ سب لوگ مجسمہ حیرت بنے اِن اَن پڑھ خواتین کو دیکھ رہے تھے جن کی آں کوں میں علم کی شمعیں جگمگا رہی تھیں اور جو آنے والی نسلوں کو علم کی روشنی سے منور کرنے کا عزم لے کر آئی تھیں۔ ان کی آنکھوں کی چمک ان سے صادق جذبوں کی بھرپور عکاس تھی۔ دیکھنے والی آنکھوں نے ان کے عزائم کو پڑھ لیا تھا۔ اتنے میں اس اعلیٰ عہدیدار نے محترمہ فاطمہ جناح سے کہا۔

''یہ اَن پڑھ اور سادہ لوح خواتین بھلا اسکول کس طرح چلائیں گی؟''

محترمہ فاطمہ جناح کے چہرے پر ایک لمحے کو ناگواری اُبھری مگر انہوں نے فوراً مسکراتے ہوئے خدیجہ ماں کی طرف اشارہ کرتے ہوئے کہا۔

''یہ خواتین پڑھی لکھی نہیں ہیں تو کیا ہے۔ یہ خدمت خلق کے جذبے سے تو مالا مال ہیں۔ یہ پڑھی لکھی خواتین کے مقابلے میں زیادہ بہتر طور پر اسکول چلائیں گی۔''

یہ الفاظ ادا کرتے ہوئے محترمہ فاطمہ جناح کے لہجے میں ایک چٹان کی سی مضبوطی تھی اور آنکھوں میں خدیجہ ماں کے لیے احترام تھا۔

غرض یہ کہ اس کے بعد علم کی شمع روشن ہوئی جس نیہر چہار سو روشنیاں بکھر دیں۔ سب سے پہلے خدیجہ ماں نے نانک واڑہ میں رونق اسلام گرلز اسکول کی داغ بیل ڈالی۔ اس کے کچھ عرصہ بعد اسکول کی ایک شاخ کھارادر میں کھولی اور پھر رونق اسلام گرلز اسکول کی دوسری شاخ کراچی کے جدید علاقے میمن کالونی فیڈرل بی ایریا میں قائم کر دی گئی۔ 1965 میں کھارادر کے علاقے میں مخیّر حضرات کے تعاون سے لڑکیوں کیلئے پہلا ڈگری کالج قائم کیا گیا۔ یہ کالج جس کا نام رونق اسلام گرلز ڈگری کالج تھا خدیجہ ماں کی کوششوں کے طفیل ہی وجود میں آیا ہے۔

محترمہ خدیجہ حاجیانی کے قائم کردہ اسکولوں اور کالج سے اب تک ہزاروں کی تعداد میں لڑکیاں زیورِ تعلیم سے آراستہ ہو کر معاشرے میں اپنا اپنا کردار ادا کر رہی ہیں۔ ان میں سے نہ جانے کتنی انجینئرز ہیں، کتنی وکیل ہیں، کتنی ڈاکٹرز، کتنی پروفیسر اور لیکچرر ہیں، پاکستان اور بیرون ملک ہر جگہ ان اسکولوں کو تعلیم یافتہ اور تربیت کردہ لڑکیاں بانٹوا میمن برادری اور خدیجہ حاجیانی کے باعث صد توقیر وافتخار بنی ہوئی ہیں۔ کتنی خواتین جہالت کی تاریکیوں سے نکل کر سچائی اور علم کی روشن راہوں پر گامزن ہو چکی ہیں۔ کتنی منزلیں پا چکی ہیں اور کتنی منزلوں کی تلاش میں پیش قدمی کر رہی ہیں۔

رونق اسلام گرلز اسکول اور کالج کو جب حکومت نے قومیایا تو خدیجہ ماں کیلئے یہ لمحات بڑے صبر آزما تھے۔ انہوں نے بڑے حوصلے اور صبر کے ساتھ اس مشکل گھڑی کو برداشت کیا مگر بعد میں جب حکومت نے اسکولوں کو واپس حاجیانی ماں کی سرپرستی میں دینے کا فیصلہ کیا تو مادر تعلیم نے اپنی خواہش اور ہدایت اس کے انتظامی امور بانٹوا میمن جماعت کے سپرد کر دیے۔ اسکول تو واپس مل گئے مگر کالج بدستور سرکاری تحویل میں ہے۔

خدیجہ حاجیانی صاحبہ کو متعدد بار اعزازات سے نوازا گیا۔ تعلیم نسو کے میدان میں آپ کی خدمات کو ہر ملکی میں ہر سطح پر سراہا گیا۔ متعدد بار ان کے اعتراف کیا گیا۔ خدیجہ ماں کو انعامات، اعزازات، میڈلز اور دیگر قیمتی تحائف پیش کئے گئے مگر آفریں ہے مادر تعلیم پر! انہوں نے کبھی بھی ان انعامات اور قیمتی تحائف کو قبول نہ کیا۔ صول وصلوٰۃ کی پابند حاجیانی ماں بچیوں اور ان کی استانیوں کو بھی صول وصلوٰۃ کی پابندی کی نصیحت کرتی تھیں۔

محترمہ خدیجہ حاجیانیئے اپنے اسکولوں اور کالج کے انتظام وانصرام کیلئے پاکستان میمن ویمن ایجوکیشنل سوسائٹی بھی قائم کی اس میں بے شمار صاحب حیثیت خواتین آپ کی ہم رکاب تھیں۔ وہ خواتین تھیں جنہیں نام ونمود کی کوئی خواہش نہ تھی۔ وہ تو صرف خدمت کرنا چاہتی تھیں۔ مادرِ تعلیم اس سوسائٹی کی روح رواں تھیں۔ طویل عرصے سے خدیجہ علیل چلی آرہی تھیں۔ مگر انہوں نے علم کے اس قدر چراغ روشن کر رکھے تھے کہ ان کی روشنیاں ان کی آنکھوں کی چمک کو ماند نہ پڑنے دیتی تھیں۔ وہ ان کو دیکھ دیکھ کر جیتی رہیں اور ادست قضا ان سے دور ہوتا رہا۔ آخر ان کے ذریعے ترقی کی منازل کو پانے والے بے شمار ہونٹ بھی تو ان کو دعائیں دیتے تھے۔ ان کی زندگی کی بھیک اللہ تعالیٰ سے مانگتے تھے۔ مگر موت تو ایک اٹل حقیقت ہے۔ ارشاد خداوندی ہے۔

ہر جان دار کو موت کا ذائقہ چکھنا ہے

ہر بشر کو ایک نہ ایک دن دنیائے فانی سے رخصت ہو کر ابدی زندگی پانا ہے۔ 18 دسمبر 1990 کو صبح 7:30 باجے خدیجہ حاجیانی ماں بھی اپنے خالق حقیقی سے جا ملیں

خدیجہ ماں کا جسم گو آج ہمارے درمیان نہیں ہے مگر وہ ہمارے پاس ہیں۔ اپنے قائم کردہ اسکولوں اور کالج کی شکل میں میمن ایجوکیشنل سوسائٹی کی شکل میں اور برادری میں پھیلی ہوئی تعلیم کی روشنی ہر طرف چھائے علم کے بادلوں کی شکل میں، برادری کی بچیوں کے چہروں پر دمکتی ہوئی علم کی روشنی میں۔

حاجیانی ماں زندہ باد۔ وہ امر ہوگئی ہیں،۔

☆☆☆☆☆☆☆☆☆☆

محترمہ خدیجہ حاجیانی کی جُدائی

ازقلم: حاجی غلام حسین محمد کارا

سرکار دو عالم ﷺ کا ارشاد ہے کہ
''علم حاصل کرنے کیلئے چین بھی جانا پڑے تو جاؤ''
اس حدیث مبارکہ سے تعلیم کی قدر و قیمت اور اہمیت بخوبی واضح ہوتی ہے۔علم کے سلسلے میں ہر دور میں ہر مکاتب فکر کے لوگوں نے اس کی افادیت پر بھر پور روشنی ڈالی ہے اور اس کو زندگی کا اہم اور ناگزیر ستون قرار دیا ہے۔یعنی یہ وہ ستون ہے جس کے بغیر انسانی زندگی کی عمارت قائم نہیں رہ سکتی ۔ زمانہ قدیم سے لے کر جدید عصر حاضر تک ہر مفکر، دانشور، اہل قلم اور مدیر نے تعلیم کو انسانی زندگی کا جزو لاینفک قرار دیا ہے۔
ان ارشادات کے خاطر خواہ نتائج برآمد ہوئے۔لوگوں نے علم کی اہمیت کو سمجھا۔اس کی طرف بھر پور توجہ کی اور نوع انسانی ترقی کے مدراج طے کرتی چلی گئی۔تاریخ پر نظر ڈالیے تو آپ کو یہ بات واضح طور پر نظر آئے گی کہ اس میدان میں حباب نے نمایاں خدمات انجام دی ہیں۔خواتین کا اس طرف کم ہی رجحان نظر آتا ہے۔

عبدالقادر موسیٰ لاکھانی (مرحوم)

مرحوم عبدالقادر موسیٰ لاکھانی میمن برادری کے پہلے ایم۔71 ہونے کا اعزاز رکھتے ہیں۔ وہ مشہور وکیل مانے جاتے تھے اور برادری کیلئے آپ کی خدمات بیس سال مدت پر محیط تھیں۔ آپ کی پیدائش کاٹھیاواڑ کے شہر بھاؤنگر میں 16 ستمبر 1910ء کو ہوئی تھی۔ آپ کے والد کا پورا نام موسیٰ بھائی ولی محمد لاکھانی ہے۔ اے قادر لاکھانی نے بھاؤنگر میں دینی اور ابتدائی تعلیم حاصل کرنے کے بعد الفریڈ ہائی اسکول سے 1931ء میں میٹرک کا امتحان پاس کیا۔ اس کے بعد انہوں نے بھاؤنگر سامڑداس کالج میں داخلہ لیا اور یہاں سے 1935ء میں بی اے کی ڈگری حاصل کی اس کے بعد آپ بمبئی کے اسمٰعیل کالج سے منسلک ہوئے۔ 1937ء میں ایم اے کی ڈگری حاصل کی۔ اسی سال گورنمنٹ لاء کالج بمبئی میں قانون کی تعلیم مکمل کر کے ایل ایل بی کی ڈگری بھی حاصل کی ۔ اس درسی تعلیم کیلئے آپ نے میمن ایجوکیشنل اینڈ ویلفیئر سوسائٹی سے مالی تعاون حاصل کیا تھا۔

1937ء میں آپ نے بھاؤنگر اور احمد آباد میں وکیل کی حیثیت سے کام کا آغاز کیا۔ 1947ء میں آپ نے پاکستان نقل مکانی کی اور اپنی زندگی کے آخری وقت تک کراچی میں قیام پذیر رہے۔ وکیل کی حیثیت سے مشوروں کے خدمات انجام دیتے رہے۔

بھاؤنگر میں تقریباً تمام مسلم تعلیمی، سماجی اور فلاحی اور سیاسی اداروں سے وابستہ رہے۔ بھاؤنگر ریاست میں مسلم لیگ کی بنیاد آپ کے ہاتھوں ہی رکھی گئی تھی۔ آپ ایک عرصے تک آل ریاست کچھ کاٹھیاواڑ مسلم لیگ (راجکوٹ) کی مینجنگ کمیٹی کے ممبر رہے۔ ہند کی تقسیم کے وقت تک آل انڈیا اسٹیٹ مسلم لیگ کی مینجنگ کمیٹی کے ممبر بھی رہے۔

مسلم لیگ کے امور کی انجام دہی کے سلسلے میں قیام پاکستان سے قبل آپ نے آسام اور مدراس کے علاوہ کئی دیگر مقامات کا بھی دورہ کیا۔

بھاؤنگر میں سیاسی سرگرمیوں کے باعث 3 اکتوبر 1947ء کو 24 گھنٹے کی وارننگ کے باعث آپ نے سرحد پار کر لی تھی یہاں آ کر آپ مستقل طور پر کراچی میں قیام پذیر ہو گئے۔

پاکستان آنے کے بعد کراچی میں حاجی ولی محمد دادا کی زیر صدارت جو میمن ریلیف کمیٹی قائم کی گئی تھی آپ نے اس کے اعزازی سکریٹری کی حیثیت سے خدمات انجام دیں۔ آپ کے طویل عرصے تک آل پاکستان میمن فیڈریشن سے وابستہ رہے تھے۔ آپ اس کے نائب صدر اور جوائنٹ سیکریٹری کے عہدوں پر فائز رہے۔ علاوہ ازیں گوہل واڈ اہلائی میمن جماعت کے مختلف عہدوں پر فائز رہ کر آپ نے مخلصانہ خدمات انجام دیں کراچی کے دیگر میمن سماجی اور فلاحی اور مسلم سماجی اداروں سے کئی سالوں تک منسلک رہے۔ پاکستان آنے کے بعد سیاسی معاملات میں حصہ نہیں لیا۔

جناب لاکھانی کی اولاد میں چار لڑکے اور تین لڑکیاں ہیں۔

مرحوم عبدالقادر لاکھانی ٹینس، کرکٹ، سوئمنگ اور باڈی بلڈنگ کے بہت شوقین تھے۔ کالج کے دور میں آپ نے دس میل فاسٹ سائیکلنگ آل کاٹھیاواڑ ریس میں دوسرے نمبر کا انعام حاصل کیا تھا۔ آہستہ سائیکلنگ میں آپ نے پہلا انعام حاصل کیا تھا۔ آپ تین سالوں تک کالج بوٹ کلب کے کیپٹن منتخب ہوئے۔

مرحوم گجراتی، انگریزی کے علاوہ فارسی زبان پر بھی دسترس رکھتے تھے۔ آپ 72-1971ء میں آل پاکستان میمن فیڈریشن کے نائب صدر منتخب ہوئے۔ 75-1974 میں جوائنٹ سیکریٹری اور اس کے علاوہ گوہل واڈ اہلائی میمن جماعت کے صدر بھی رہے۔

20 دسمبر 1979ء کے روز آپ کا انتقال ہوا۔ مرحوم آخر وقت تک اپنی جماعت کی مختلف سماجی اور فلاحی خدمات انجام دیتے رہے۔ آپ کے دور میں اپنی جماعت کے غوثیہ ہال کے تعمیراتی کام اور دیگر تعلیمی شعبوں کو ترقی ملی۔

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