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MEMON ALAM

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Emigration of the Memon Community over History



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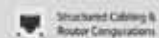
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The Mission of WMO is to act as the central Memon organisation representing the Memon Community throughout the world and to promote the advancement, upliftment, unity, welfare and well-being of Memons in the world, in all aspects of life and at all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

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Emigration of the Memon Community over History

The Importance of Emigration can be understood by the fact that Islamic Calendar begins with Hijrah the Migration of the Holy Prophet (P.B.U.H.) from Makkah to Medinah. The Holy Quran also stresses on migration for the sake of Allah and His Messenger.

وَمَنْ يُهَاجِرْ فِي سَبِيلِ اللَّهِ يَجِدْ فِي الْأَرْضِ مُرَغْمًا كَثِيرًا وَسَعَةً وَمَنْ
يُخْرِجْ مِنْ بَيْتِهِ مُهَاجِرًا إِلَى اللَّهِ وَرَسُولِهِ ثُمَّ يُدْرِكْهُ الْمَوْتُ فَقَدْ وَقَعَ أَجْرُهُ
عَلَى اللَّهِ وَكَانَ اللَّهُ غَفُورًا رَحِيمًا ﴿١٠٠﴾

Surah 4:Verse100

And whoever emigrates for the cause of Allah will find on the earth many [alternative] locations and abundance. And whoever leaves his home as an emigrant to Allah and His Messenger and then death overtakes him - his reward has already become incumbent upon Allah . And Allah is ever Forgiving and Merciful.

The Memon Community has had its fair share of emigrations over history. The Memon community obviously had various reasons to migrate from Sindh to Kutch, Gujarat and Kathiawad regions and centuries later to leave these regions. Memon Historians have varying opinions about the origin of the Memon Community and their consequent migrations. What we have to say at this juncture is that Memons do have the flair to travel and explore new horizons. It is an innate quality that is evident to this day.

This issue of the Memon Alam does not try to explain the various theories about the origin of the Memon Community or chalk out the various emigrations of the community but it tries to highlight the important quality that the Memons possess – the drive, the motivation, the zest and zeal, the business acumen, the quest for better living and the spirit of social service – all these qualities have been with our ancestors and can be found in many of us even today.

Pir Muhammad A. Kaliya
Chief Editor



Emigration of the Memon Community over History

Animals, birds and people can all migrate but only people can immigrate or emigrate. Migrate is the root of both the words. Migration means moving from place to another place. For example, it may refer to a seasonal movement of migratory birds. It may also refer to human movement in general, such as migrant workers, who go abroad for a certain period of time.

But a permanent move of one's main place of residence, (e.g. another country or region) is referred using the terms immigration and emigration. Both words actually refer to exactly the

same action, but from two diametrically opposed perspectives.

Emigration is the act of leaving one's homeland or country to settle in another country or region with the intent to settle permanently. Emigration views the action from the perspective of the person's place of origin.

And, Immigration is the act of coming to and settling in a new homeland or host country from one's original homeland or country. Immigration views the same action from the perspective of the person's new homeland. We have all heard about Immigration Laws, by which host countries control the effects of a large population

influx or achieve some kind of mix of incoming residents.

Emigration or Immigration may be prompted by a variety of factors. People may leave their country in order to flee a war, a conflict, find education or job opportunities, or join their family in another land. The reasons to emigrate can be divided into "pull" factors and "push" factors. Better economic opportunity is an example of a "pull" factor, as is a quest for a better climate. Fears of poverty or of religious or political discrimination are "push" factors. Seeking refuge from conditions not directly of one's making is interim to possible emigration.

Emigration has had a profound influence on the world in the 18th, 19th, 20th and 21st centuries. Some noted examples include the millions of people who left Europe in the 18th and 19th centuries or the emigration of thousands of Muslims from India to Pakistan after the partition of the Indian subcontinent in 1947.

The term “emigrate” usually suggests voluntary movement. However, involuntary migration refers to groups that are forced by their enemies to leave through population transfer or ethnic cleansing.

Factors leading to emigration

Motives to migrate can be either incentives attracting people away, known as pull factors, or circumstances encouraging a person to leave, known as push factors. Examples of Push factors include lack of employment or entrepreneurial opportunities, lack of political or religious rights, persecution or intolerance based on race, religion, and oppressive legal/political conditions, struggling or failing economy, conflict or warfare, natural calamities, expulsion by armed force or coercion.

Pull factors include better opportunities for survival, wealth, jobs, higher pay, education, cultural and religious activities, political freedom, etc. Besides, other reasons could mean joining relatives or building a new nation (such as Pakistan and Bangladesh). [Above Reference: WIKIPEDIA]

Looking at the Memon community from the above perspectives, we understand from our history that the Memon community has had its own share of migrations, emigrations and immigrations. We have attempted to briefly outline some of the key exoduses of



the Memon community.

The First Exodus

There are many varying theories about the origin of the Memon community. Mr. Abdur Razzak Thaplawala, in his book “The Memon Community – Its Origin, History, Culture, Tradition & Language” has highlighted some of the theories. All these versions state that the Memons were originally a non-Muslim community living in another geographic location, which after conversion to Islam, moved to the Kutch, Gujarat and Kathiawad regions of present day India. According to these theories,

the Memon community entered Islam either in the 7th century or 15th century. Whatever was their place of origin, they finally settled in regions of what is present day State of Gujarat in India, most probably in the 15th and 16th century. If any of the above theories are valid, then this migration of the ancestors of the Memon community can be termed as the first mass migration of the community.

Smaller Migrations

Their arrival in different parts of India heralded a new beginning, a life of plentiful and an abundance of fortunes



as the business acumen of these Islamic migrants set the stage for continuing success and prosperity.

Mr. Sergy Levin, a Soviet Writer, in his book "Soviet Scholars View South Asia", says that Memons had settled throughout all of Gujarat during the 16th and 17th centuries. They had also moved, in due course of time, to other cities and countries. He writes as under:

"Memons have long been famous in India as very enterprising tradesmen. Merchants from this community have engaged in trade with the most varied goods, on land and on sea. In the 16th and 17th centuries they settled throughout all of Gujarat, and set up a number of factories on the Malabar coast. The Memon merchants played a particularly important role in the trade of the city of Surat, which was at that time the leading trade center of western India.

From the end of the 18th century and the first quarter of the 19th, a mass settlement of Memons began throughout India, and a few decades later they also emigrated beyond its borders, chiefly to the countries of the Indian Ocean basin. By the end of the 19th century, rich communities of Memons were appearing in the ports of the Red Sea and the Persian Gulf, in Ceylon (now Sri Lanka) and Burma, and in East and South Africa".

Many factors during the nineteenth and twentieth centuries would have served as 'push' and 'pull' factors for the Memons to migrate to other cities and countries. Many well-to-do Memons sailed to far off countries like Burma, Sri Lanka, Maldives, Mauritius, Indonesia, Malaysia, South Africa and other countries to establish trading firms and other businesses. When the railways were started in Kutch region in the early 1900s, it facilitated the common Memon people to go to distant places all over the Indian subcontinent for business and to seek jobs.

Besides, the periods during the two World Wars were periods of financial depression. This drove many Memons in another direction in search of financial rewards. As in earlier times, confronted as they were with numerous difficulties, the Memon spirit of adventure never ceased. The political upheavals, the changing social patterns, the call of the professions and occupations, all combined to encourage Memon movement and settlement throughout India and the rest of the world. Wherever they went and settled, the Memons left lasting impressions with their mosques, welfare and educational institutions, hospitals and musafarkhanas



that emerged through Jamat's (community based organizations) that were constituted everywhere.

The Mass Migration from Post-Independent India

After partition, when thousands of Indian Muslims started to come to Pakistan, a major population of the Memon community also left their homes, property and belongings and migrated to Pakistan to make this newly formed country as their new homeland.

At this highly troubled point of time, when thousands of refugees were pouring in, the philanthropy and spirit of service to humanity of the Memons came into action. The Memon Relief Committee established camps at Porbandar, Bombay & Okha in India and at Khokrapar, Cantonment Station and Keamari at Karachi, where food, medicine, transportation and shelter were provided free of charge to all, whether Memon or Non-Memon.

In Pakistan, many of the Memons became businessmen, industrialists, professionals and contributed to the economy and growth of Pakistan. Stephen R. Lewis, in his book "Pakistan's Industrial and Trade Policies" says:

"It is a wonder that Pakistan's economy survived at all in the early years.

Why did it survive? It was because of the entrepreneur skills of Muslim community who had migrated to Pakistan from their original homeland in India and prominent among them were Memons. If Pakistan beat the economic odds then a great deal of credit goes to the Memons. Nobody could have predicted it and while in later years it became fashionable to decry the dominance of the Memons in Pakistan's business community, the fact is that without such dominance Pakistan's economy may never have developed."

Will & Resolve of the Memons

Obviously, the Memon families who emigrated would have had to face a lot of difficulties and hardships. But the Memons are steadfast in their faith and pursue the principles of Islam. Normally, a great bond and unity is established amongst the members of the community during difficult times. Our simple ancestors and our present day brethren would have definitely put their trust and faith in Allah, and would have remained steadfast in their arduous struggle.

May Almighty Allah always shower them with His Choicest Blessings, Ameen.



Sir Abdul Karim Jamal (1862-1924)

acumen coupled with a benevolent heart and a towering personality. He achieved all round success in every field he entered. His establishments spread over different parts/ districts of Burma and provided employment to thousands of people.

The height of eminence, popularity and fame Sir Jamal had achieved within a short period of time was unheard of in the business world in the Indian sub-continent. The Jamals were famous throughout India, apart from Burma.

In the matter of philanthropic acts Sir Jamal had a benevolent heart. He helped educational institutions, medical centers, industrial homes, etc. very generously. His annual donations those days was a million rupees.

The spread of his business empire and his philanthropy made the people call him "The Merchant Prince", "The King of Rice", "The Oil King", etc. The British Government conferred on him the knighthood in 1920. Earlier, he had received the coveted "C.I.E." (Companion of the Indian Government) in 1915. This was in acknowledgement of his contribution to the War Fund and his humanitarian services.

Sir Jamal's palatial bungalow "Jamal Villa" was situated among beautiful surroundings. Many Indian and foreign dignitaries visited the Jamal Villa. The most eminent personalities who stayed at the Jamal Villa as guests of Sir Jamal included King Carol of Rumania, Sir Sultan Muhammad Shah Aga Khan, Members of the Royal Commission, The Earl of Ronaldshay, Moulana Muhammad Ali, Moulana Shoukat Ali, Mahatma Gandhi, Hakim Ajmal Khan, Sir Alexander Cardogan, Shahibzada Aftab Khan of Aligarh, Justice Suhrawardy, Sir Robert Brooks, the Raja of Sarawak, Prince Aly Khan, Sir Harcourt Butler, Lord Inchcape, Sir John Simor, Mr. Clement Attlee and Sir Benegal Rao. All the rulers of the princely states counted themselves amongst his friends.

Sir Jamal travelled in a personal railway saloon with full entourage. When he visited Calcutta, the governor received him at the fully decorated jetty attended by a military band. When he went to Jamnagar, his home town, the Maharaja Ranjit Singh received him at the Railway Station with full honor.

Although Sir Jamal owned a vast and magnanimous business empire, his personal life was very simple. He was polite and humble and was very religious. He favored observance of purdah by women.

He was of medium built with an impressive personality. His usual dress consisted of kurta-

pajama and black achkan and a turban round his head. He carried a stick in his hand and smoked a manila cigar. In this attire, he would receive world dignitaries, attend meetings even the senate and legislative council meetings.

In 1911, King George V came to India in connection with his coronation and on hearing about Sir Jamal wanted to meet him. Sir Jamal attended the ceremony held at the gayful Darbar Hall in Delhi in his usual dress.

King George V had brought a special car with him on his visit to India which Sir Jamal purchased after the King's departure.

Sir Jamal's main business was export of rice. This commodity was shipped on vessels of a British Shipping Company. In 1921, the Scindia Steamship Company of India started operation in Burmese waters. Sir Jamal decided to support this national company and once shipped a record 6400 tons of rice in three days which was a very big quantity in those days.

The British Government on seeing that the British Company was losing its business in Burma issued a warning against shippers against supporting the Indian Shipping Line.

Consequently, the shippers stopped supporting the Indian Shipping Line. But Sir Jamal was unmoved by this threat and continued to support Scindia Steamship Company. In one year (1921) he shipped one lakh tons of rice on Indian Vessels. The British did not expect such an act against the British interest from a man whom the Government had adorned with high honors just a year ago in 1920. It warned Sir Jamal of dire consequences. On the other hand, the Scindia Steamship Company was placed in a difficult position and looked to Sir Jamal for support to save the company. In spite of the warnings and threats of the British, Sir Jamal continued to support the Indian line.

Finally, a historic meeting was held in the British Parliament wherein it was finally decided to bring about the downfall of Sir Jamal. Being the rulers of Burma, the British imposed a ban of the export of rice from Burma at a time when the newly harvested crop had started arriving in the market. This caused a very heavy loss to Sir Jamal and incur a lot of debts. Consequently, he had to succumb to the ploys of the mighty British Empire and had to wind up all his concerns.

However, he cleared all his debts and dues amounting to eight Crore rupees. Thus leaving behind for the family only a small portion of his vast wealth. Sir Jamal passed away in 1924.

Sir Abdul Karim Jamal Abdul Shakoor Jamal was undoubtedly the greatest Memon businessman of his time.

Sir Jamal was born in Jamnagar, Kathiawar, India in 1862. When he was six years old, his father took him to Rangoon, Burma and settled there. After acquiring the traditional Islamic education, he got admission into the Rangoon College for higher education. During this period, he used to take interest in his father's business and acquired necessary business acumen. At that time, their family business was of general merchants and commission agents under the name of Jamal Bros & Co. Their business was in piece goods and silk. In those days Memon firms mostly limited their business activities to their traditional lines only.

Sir Jamal's father retired from business in 1884 and Sir Jamal assumed charge of the entire business and by 1886, he, after getting a firm hold over the reigns of business, started an expansion of activities, with very positive results. The example of which is nowhere to be found in the business history of the Memon Community.

Sir Jamal embarked on adding new lines of business. And within a short period of time, his activities consisted of cotton, petroleum drilling, oil wells, rubber plantation, refineries, tea plantation, timber, sugar, iron foundries, ginning, mining, rice mills and many other lines.

The Jamal Bros. Co. Limited was formed with a capital of Rupees One Crore. Consequently, The Indo-Burma Petroleum Company Limited was started with a capital of another Rupees One Crore and The Jamal Cotton Produce Company Limited with a capital of Rupees Thirty Lakhs. Further, Sir Jamal was a Director or Managing Director of several companies including many British companies. Comparing these amounts with the present day value, they would be in millions and billions.

Sir Jamal was endowed with unusual qualities. He was a man with shrewd intelligence, great farsightedness, extraordinary business

Memon Industrial & Technical Institute

World Bank Officials Visited MITI With Team of Benazir Bhutto Shaheed Youth Development Program (BBSYDP)

A delegation of BBSYDP visited Memon Industrial and Technical Institute together with the World Bank officials on 15th August 2013. The team comprised the following:



From Left to Right

1. David Frietwell, Consultant World Bank
2. Salma Alam, Consultant World Bank
3. Karim Bakhsh Siddiqui, Provincial Co-ordinator, BBSYDP
4. Taimoor Ali Sial, Regional Consultant, BBSYDP
5. Khan Mohammad Tunio, Deputy Provincial Co-ordinator, BBSYDP
6. Syed Mohammad Ali, Program Officer
7. Samreen Hamid, District Monitoring Co-ordinator



Since the World Bank is providing financial support to the Benazir Bhutto Shaheed Youth Development Program, the purpose of the visit of the World Bank officials was to inspect the facilities of MITI and examine the progress of training being

given to the BBSYDP nominated students.

The visitors were received by Mr. H.M. Shahzad, Chairman and Mr. Shahab Hasan, C.O.O. First they were taken to the Conference Room where they were given a briefing on the aims and objectives of

World Memon Organization and its role in global welfare activities. They were then given a presentation about MITI and the role it is playing in the alleviation of poverty by imparting technical skills to youth of the deprived society.



The visitors were then taken around the class rooms and workshops. Mr. David Frietwell was keen to visit the classes where their students were present.

They visited the following classes:

1. CNG Installation
2. General Electrician
3. Industrial Electrician
4. Motor Cycle Mechanic
5. Auto Mechanic
6. Welding
7. I.T. Classes
8. Sewing and Cutting (Male and Female)
9. Cooking and Baking
10. Beautician
11. Fashion Designing



During their visit they had interesting interaction with students and asked about their training and any other problems. They were very impressed

with the facilities of MITI and the caliber of the teachers and trainers and expressed their complete satisfaction with the progress of training. Mr.

Karim Bakhsh Siddiqui, Provincial Coordinator was of the opinion that we must send many more students to MITI in the next project.



In the end the Chairman thanked the delegation and invited them to visit MITI again and spare more time to see the facilities in detail.

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Mohammed Nafees Zakaria

Consul General of Pakistan, Toronto

He belongs to the Memon Sorathia family from Junagadh, and migrated to Pakistan at the time of partition.

- Aeronautical Engineer by qualification
- Joined Foreign Service of Pakistan (November 1988)
- Served at the Ministry of Foreign Affairs (May 1990 – November 1992)
- First Diplomatic Assignment abroad to Embassy of Pakistan, Abu Dhabi, UAE (1992 – 1996)
- Served at Ministry of Foreign Affairs as Section Incharge / Director, Iran & Turkey (1996 – 1999)
- Served at Embassy of Pakistan, Jakarta, Indonesia (1999 – 2001)
- Served at Embassy of Pakistan, Bangkok, Thailand as Deputy Chief of Mission and Alternate Permanent Representative of Pakistan to United Nations' Economic & Social Commission for Asia and Pacific (2001 – 2006)
- Served at Ministry of Foreign Affairs as Director in-charge of Arab Affairs (February 2006 – September 2006)
- Served at Ministry of Foreign Affairs as Director Personnel (September 2006 to March 2007)
- Civil Services Career Course at National Institute of public Administration (NIPA) March – August 2007
- Served at Ministry of Foreign Affairs as Director General Services (August 2007 – January 2008)
- Served at the high Commission for Pakistan London as Minister (Political), Consul General and Deputy High (April 2009 to December 2012)
- Presently Serving as Consul General of Pakistan, Toronto
- Married with three children

Submitted by Mr. Qasim Abbas
Toronto, Canada



Memon girl of Toronto graduates

Rubina Memon has pursued Electrical Engineering Program from Ryerson University, Toronto, Canada. She has completed her graduation during the summer of 2013. She is the daughter of Mr. Mohammed Salim who is also an Electrical Engineer and a member of Professional Engineers Ontario, Canada. Rubina Memon belongs to Halai Memon family from Upleta, Gujarat, India.

Submitted by Mr. Qasim Abbas
Toronto, Canada

Mr. Ahmad Ahmad of Okhai Memon Jamaat



Mr. Ahmad Ahmad (Ahmad son of Saleh Mohammed), who belongs to Okhai Memon Jamaat, born in Vervala (P.O. Dwarka) on July 28, 1935, Moved to Karachi with parents in October 1947, and completed B.A. from S.M. College Karachi. While studying, joined full time service with the National Assembly of Pakistan and served on the personal staff of Speaker Abdul Wahab Khan, who couple of times, became Acting President of Pakistan. After

dissolution of National Assembly, joined Ministry of Foreign Affairs and served in Embassy of Pakistan, Peking (China), and Bangkok (Thailand) for some time. Returned to Pakistan and served for 2 years in Islamabad. While in Islamabad, went to Jeddah with Pakistan's delegation to the Islamic Foreign Ministers Conference in Jeddah. All delegates were taken to Mecca to see inside of the Khna-e-Ka'aba, and was lucky to be inside the House of Allah to offer Nafal prayers. The delegation was taken from Jeddah to Madina for Juma prayers. Once again was able to go to Jeddah when the Saudi Government borrowed services to attend Finance Committee meetings in Jeddah.

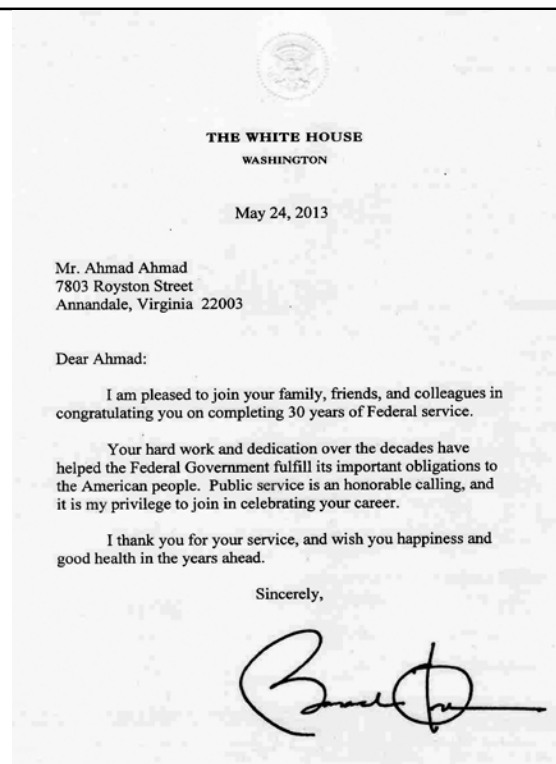
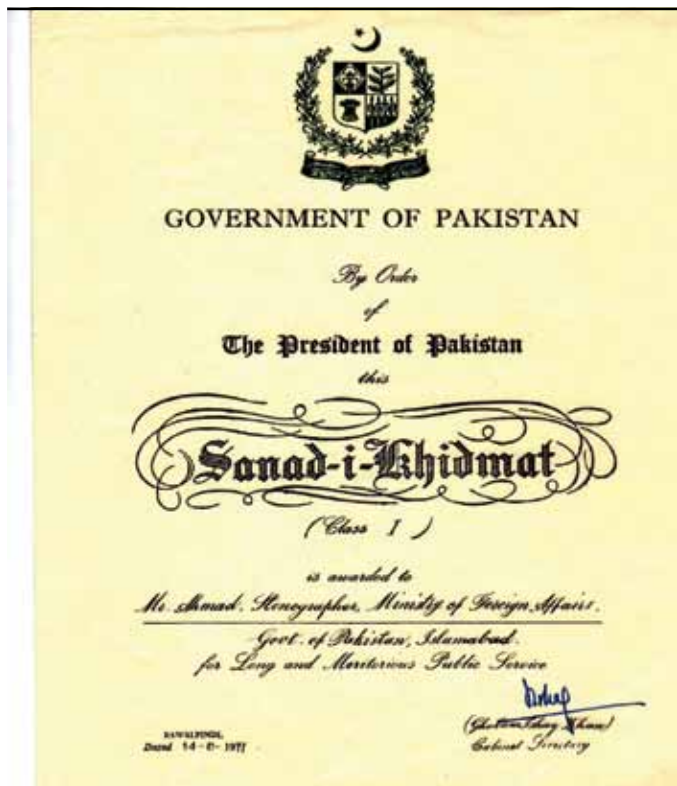
In 1971, was a team member to organize Islamic Foreign Ministers Conference in Karachi. Was honoured with prestigious award "Sanad-e-Khidmat" from President of Pakistan towards efforts to organize Islamic Foreign Ministers Conference successfully. Later transferred to Washington DC to serve in the Embassy of Pakistan.

After completion of tenure in the Washington Embassy, did not return to

Pakistan and joined United States Postal Service – a U.S. government service. completed 30 years' service and retired in January 2013. Received letter of appreciation for long service with U.S. government from U.S. President Barrak Obama. Holding certificates of Microsoft Certified Specialist for Excel and Access Database.

Actual and first name is Ahmad. When landed in New York in 1971 during the month of Ramadaan, the immigration officer asked last name, as per U.S. database system. Actually he was referring to surname as desi people understand it. Since desi people are not used to "last name", he asked if it was okay with if he used Ahmad as first and last name, In very very tired condition after long traveling in the month of Ramadaan, he was given okay, and this is how full name became Ahmad Ahmad in government and official records, which is now used as official name on even U.S. Passport. In fact full name is Ahmad son of Saleh Mohammed.

Submitted by Mr. Qasim Abbas
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Thalassemia

By Mr. Shoaib Ghaziani

The name thalassemia derives from a combination of two Greek words: thalassa meaning the sea, i.e. the Mediterranean, and anaemia ("weak blood"). emia or -hemia also -aemia or -haemia

Means Blood. Thomas Cooley, a pediatrician in the USA who first described the clinical characteristics of this disorder in patients of Italian origin in 1925.

Genes

We all inherit many of our characteristics through the genes we take from our parents. For example, the shape of our nose, color of our eyes and whether we are tall or short. Similarly, we inherit our hemoglobin type through the genes we get from our parents. We get one hemoglobin gene from our mother and the other one from our father.

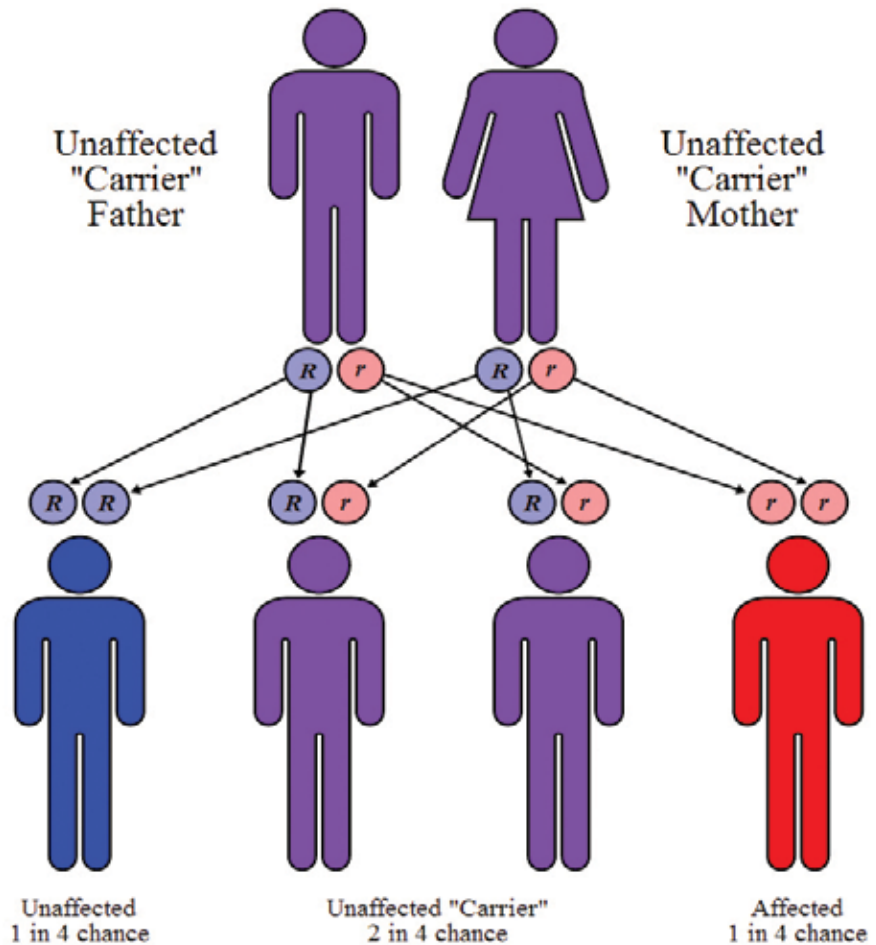
What is thalassemia

Thalassemia is a genetic condition affecting the red blood cells. More specifically, it is a disorder of the hemoglobin molecule inside the red blood cells. Thalassemia affects the production of normal hemoglobin - a key constituent of human red blood cells. It is an inherited genetic disease i.e. a disease that is passed from parents to children through the genes (genetic). It is not infectious and cannot be passed on from one individual to the other by personal or any other contact, nor through blood transfusion, food or air.

Hemoglobin is a chemical found in the red blood cells which carries oxygen from the lungs to all parts of the body. Thalassemia occurs when a person is unable to produce the required amount of hemoglobin.

The Facts

1. When both parents carry normal or "healthy" hemoglobin genes, the child will inherit two normal genes and will be normal.
2. When one parent carries normal or "healthy" hemoglobin genes but the other parent transmits the defective hemoglobin genes, the child may be a Thalassemia Carrier (Thalassemia Minor).



3. When both parents are carriers, then each child born to these parents has 25% chance of being healthy (without the thalassemia gene), 50 % chance of being a carrier like its parents, and a 25% chance of having Thalassemia major.
4. The above figures have been collected on statistical basis. The following patterns have been noted in families:
 - a. Parents who have three children may have two children with Thalassemia Major and one child with Thalassemia Minor.
 - b. Parents having two children may have both the children with Thalassemia Major.
 - c. Parents having three children may have one child with Thalassemia Major, one with Thalassemia Minor and one normal child.

Carriers of Thalassemia (minor)

Individuals who inherit a normal hemoglobin gene from one parent and the defective gene from the other parent are called The Thalassemia Carrier or Thalassemia Minor. They are not patients. Carriers of the Thalassemia do not have a disease. They have no physical or mental symptoms and do not require a special diet or medical treatment. The condition cannot become a serious disease over time – indeed, most will be unaware that they are carriers unless specifically tested. The red blood cells of these individuals are a bit paler and smaller than normal red blood cells. They are also a little anemic, but this anemia does not usually

need treatment. However, they can pass on the Thalassemia gene to their children.

Finding Out Thalassemia Carrier

In most cases simple laboratory tests can identify whether a person carries the Thalassemia Minor. However, before any laboratory tests are carried out, it is important that individuals receive counseling where possible, providing them with information, advice and guidance on why they should be tested and what the results of the test will mean for them. Otherwise provision of this information should rely on a good Health Education Program.

Thalassemia Major

Individuals who inherit defective hemoglobin genes, one from mother and one from father have the greatest chance developing the full blown disease – Thalassemia Major.

Individuals with Thalassemia Major are unable to make the chemical needed for producing enough mature hemoglobin. Hemoglobin is essential for carrying oxygen around the body. Without sufficient hemoglobin, the body cannot carry oxygen properly and after a while the body will not survive.

The patient of Thalassemia Major requires blood transfusion after every 10 to 20 days. Usually regular blood transfusions may damage the heart and the liver and result in stunted growth, delayed puberty, diabetes and other endocrine complications. Hence, drugs to reduce iron are the most important aspect of Thalassemia Care.

Pakistan And Thalassemia

In Pakistan, approximately 5 to 7% of the population has Thalassemia Minor. This



comes to about 10 million individuals. The number of Thalassemia Minors is going to increase at the rate of at least 350,000 per annum. More than 6000 babies are born with Thalassemia Major in a year. Unfortunately there is no proper statistics for Thalassemia Minor or Major. All these figures are estimated and based on urban studies.

More than 125,000 Thalassemia Major patients are in Pakistan. Each patient needs approximately 25 units of blood annually. In all, they need at least 2.5 million units of blood. Blood is not easily available in our country. If any patient needs blood for transfusion then he/she has to bring a healthy volunteer blood donor. Families having thalassemic patients are facing lots of difficulties in getting blood for transfusion.

How To Prevent The Birth Of Thalassemia Major Baby

Before marriage, only the male partner needs to take a Thalassemia Minor test. If he is normal, there is no need for his fiancée to take the test. But if he tests positive, then he should request the female partner to have thalassemia minor test also. If she is negative, then the couple can marry and they will lead a normal life but if the female is also positive then they should not marry. If they marry, the chance of the birth of thalassemia major child will increase greatly.

Thalassemia and the Work Done by the Memon Community in Pakistan

Many prominent members of the Memon Community in Pakistan are working on the Thalassemia Prevention Project (TPP). The first task of this project is to create awareness amongst the Memon community about Thalassemia and try to stop the birth of Thalassemia Major Babies. For this purpose, the Kutiyana Memon Hospital, Karachi has joined hands with Husaini Blood Bank, a leading blood bank to ensure that no Memon Child has Thalassemia.

The main object of TPP is to identify Thalassemia Carriers (Minor) individuals. Both the organizations plan to arrange Thalassemia Screening Camps in schools, colleges and industries. TPP plans to screen about 50,000 students free of charge. The cost of this project will come to many millions.



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Census of the Memon Community



It is now sixty-six years since the great exodus of the Memon Community from the Kutch, Gujarat and Kathiawad regions of India. The Memons are now spread all over the world, with concentration in cities like Karachi, Mumbai, Surat and few other parts of India, Pakistan, Sri Lanka, United Arab Emirates, Europe and Africa. However, the exact number of Memon families and individuals is unknown.

In these modern times, every society and community has the need to have the basic information about its members for purposes of planning, development and improvement of the quality of life of its members. In spite of some serious efforts made by some Memon welfare organizations and Memon personalities, no proper population count of the Memon Community is available. It is still anybody's wild guess about the number of Memons living around the world.

A Population Census of the Memon Community is a need that has to be addressed immediately and that is why WMO has

taken the initiative. A far-reaching decision was taken by the Board of Management of World Memon Organisation (WMO), at a Meeting held at Mombassa in July 2004, to conduct a thorough population census of the Memon Community around the world.

The statistical and demographic information collected from the census will be helpful in many, many ways. It will help in identifying demands for schools, colleges, hospitals, houses, jobs and other infrastructural facilities that are crucial for the growth and well-being of our Memon community.

The census data collected will also provide statistical information about the Memon Community, such as age-groups, literacy level, socio-economic status of Memon families, unemployment rate, demographic concentration, divorce rates, health issues, etc. The data will also help the concerned to reach out to the poor and needy Memon families. All those concerned with the welfare and well-being of this community will be able to make concrete

long-term plans for the betterment of the Memon Community based on this data.

It is imperative that a population census of the Memon Community be carried out in all the regions of the World Memon Organisation (WMO) in such a way that within next two-three years a comprehensive data of the Memon Community is available with WMO and others for the planning of the future strategies of development and progress of the Memon Community.

For this noble purpose, all welfare organizations, Jamats, educational institutions, industries, businesses, community centers, social groups and other bodies of the Memon Community are hereby requested to join hands with the World Memon Organisation (WMO) to carry out the Population Census of the Memon Community.

Muhammad Younus Jiwani
Chairman
WMOPC Memon Census Committee



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Companions' Love for the Quran



If someone would ask you what the Prophet (S.A.W) has left for you, will it take you a while to respond? When Abu Hurairah (R.A) told a group of people that the Prophet's (S.A.W) inheritance was being distributed in the mosque, the people returned lost, unable to find anything. What they missed out on was exactly what we would have missed out on easily. So, what was the Prophet's (S.A.W) inheritance? In the mosque, they found people performing Salah, others reading the Quran and discussing what was Halal and what was Haram. Abu Hurairah (R.A) told them: "Woe unto you! That is the inheritance of Muhammad (S.A.W)." (Tabarani)

Modern life moves at the speed of a bullet train, or perhaps even faster. In this rapid rut of life, we hardly find time to

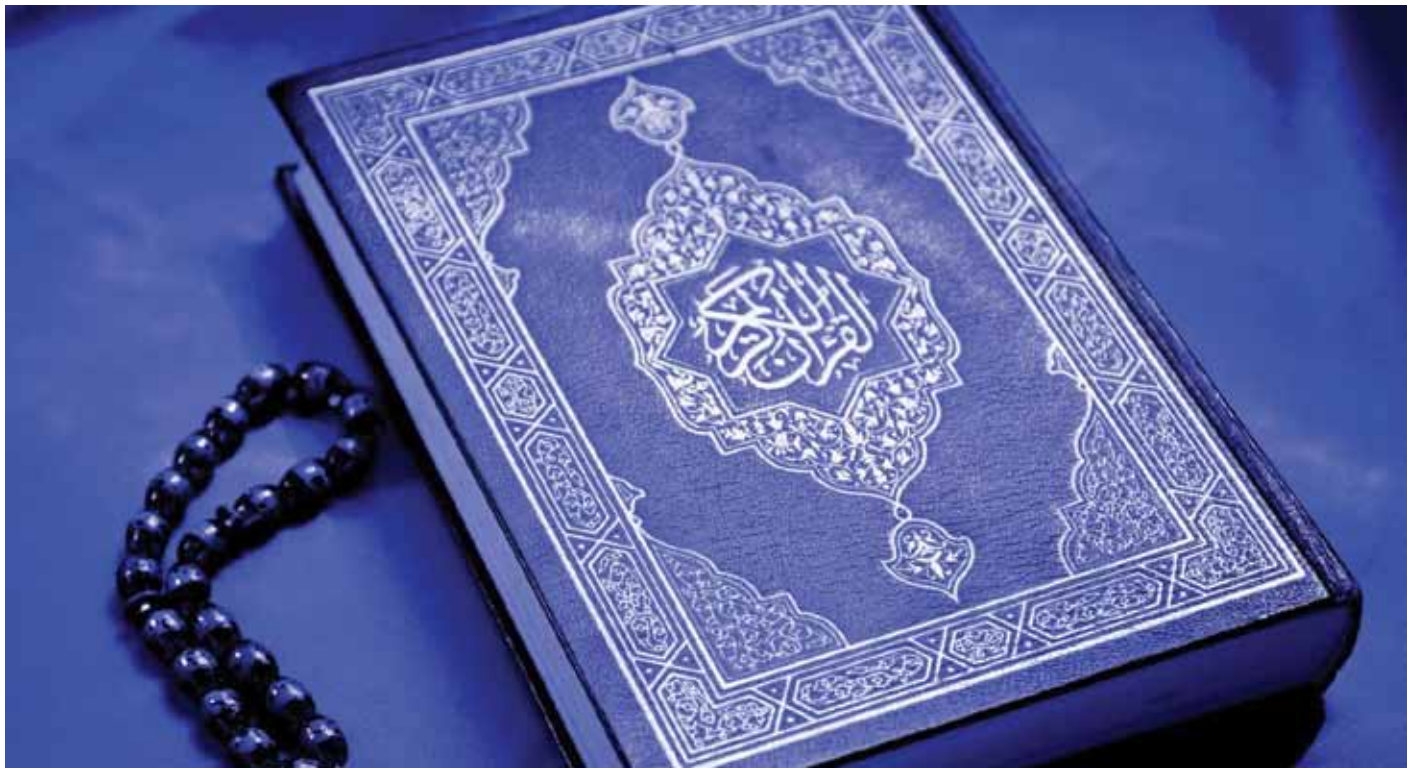
connect with Allah (S.W.T). Unfortunately, Salah for most of us just becomes a combination of mechanical actions that we repeat day in and day out. The spirit in our worship lies in understanding the Holy Quran, which cannot come without the love of Allah (S.W.T). Allah (S.W.T) describes the believers in the Quran: "... But those who believe, love Allah more (than anything else)." (Al-Baqarah 2:165)

Such love is evident in the tremendous effort that the Companions put in reading and understanding the Holy Quran. Some used to finish the entire Quran in two months, some in one month, some even in ten days or less. Once, when Ibn Umar (R.A) was asked by the Prophet (S.A.W) to read the Quran in one month, he insisted on doing it in less than that, so he was then advised to read it in seven days and no less

(Bukhari). A group of such Companions as Usman, Zaid Ibn Thabit, Ibn Masood and Ubayy Ibn Kab (R.A) used to complete the reading of the entire Quran every Friday. (Ghazali)

The Companions were a true example of the verse of the Holy Quran, "Those who remember Allah (always, and in prayers) standing, sitting, and lying down on their sides..." (Al-Imran 3:191). They used to read the Quran during all hours of the day and night, whether they stayed in one place or were travelling. (Al-Nawawi)

They read the Quran in a slow and distinct manner (Tartil), as taught by the Prophet (S.A.W). Abdullah Ibn Abbas (R.A) said: "That I read Surah of the Cow (Al-Baqarah) and the Surah of the House of Imran (Al-Imran) in a slow and distinct manner, while pondering over them, is



better for me than to read the entire Quran babbling.” He also said: “That I read, [the surah beginning with] ‘when the earth is shaken’(Surah Al-Zilzal) and Surah Al-Qariah, reflecting over them, is better for me than to read Surah Al-Baqarah and Surah Al-Imran babbling.” (Ghazali)

Weeping whilst reading the Quran was also a way of the Companions. The Messenger of Allah (S.A.W) commanded: “Recite the Quran and weep. If you do not weep naturally, then force yourself to weep.” (Ibn Majah) True to this tradition, Abdullah Ibn Abbas (R.A) tells us: “When you read [the Quranic verse of] prostration, in which occurs the word, Subhana, do not hasten to prostrate until you weep. If the eyes of anyone of you do not weep, his mind should weep [i.e. be filled with grief and fear of God].”

Some Companions liked to read the Quran silently and others liked to read it aloud. The Prophet (S.A.W) directed them even in this matter in accordance with the Quranic verse: “... And offer your Salat (prayer) neither aloud nor in a low voice, but follow a way between.” (Al-Isra 17:110) Abu Qatadah narrates that the Prophet (S.A.W) told Abu Bakr (R.A): “When I passed by you, you were reciting the Quran in a low pitch [in the night prayer].” He replied: “I recite it to Him, Who hears [even my] whispers.” The Prophet (S.A.W) continued: “Raise your pitch a little.” Then he told Umar (R.A): “When I passed by you, you were reciting the Quran in a very loud pitch.” He replied: “I awake those who sleep, and make Satan run away.” The

Prophet (S.A.W) said: “Lower your pitch a little.” (Abu Dawood and At-Tirmidhi)

The Companions also read the Quran beautifully, thereby following the Sunnah of the Prophet (S.A.W), who said: “Adorn the Quran with your voices.” (Abu Dawood) Reading beautifully meant reading in a slow and distinct manner, by controlling the voice though not with that excessive stretch which changes the prose order (Nazm). (Ghazali) One night the Prophet (S.A.W) listened to the Quranic recitation of Abdullah Ibn Masood (R.A), and with the Prophet (S.A.W) were Abu Bakr and Umar (R.A). They stood still for a long time [listening]. Then the Prophet (S.A.W) said: “One who wants to read the Quran as fresh as it was revealed should read it following the reading of Ibn Umm Abd.” (Ibn Majah)

Merely reading the Quran was not enough. An important part of recitation was to understand the Quran. The Companions warned the people not to overlook understanding the words of Allah (S.W.T). Anas Ibn Malik (R.A) once said: “Often one recites the Quran, but the Quran curses him, because he does not understand it.” The sign of faith, according to Abdullah Ibn Umar (R.A), was to understand the Quran. In this regard he said: “We have lived long ... a time has come when I see a man who is given the whole Quran before he has acquired faith; he reads all the pages between Al-Fatihah and its end, without knowing its commands, its threats and the places in it where he should pause – he scatters it like

the scattering of one fleeing in haste.” Ali (R.A) said: “There is no good in the Quran reading which is not pondered over.”

A man once came to learn the Quran from the Prophet (S.A.W), who taught him Surah Az-Zalzalah (99). When he reached the words “So whosoever does good equal to the weight of an atom (or a small ant) shall see it; And whosoever does evil equal to the weight of an atom (or a small ant) shall see it,” the man said: “This is sufficient for me,” and left. The Prophet (S.A.W) observed: “This man has returned as a Faqih (one who has acquired understanding).” (Abu Dawood)

There were also Companions like Usman Ibn Affan (R.A) and Abdullah Ibn Masood (R.A), who, once they had learnt ten verses from the Prophet (S.A.W), did not go any further, unless they had understood and put into practice whatever they had been taught. That is how they sometimes spent years in learning only one Surah. (Suyuti)

It was the strength of the bond with the Quran that kept the Companions steadfast in their faith, even when the Prophet (S.A.W) was not amongst them. Due to the fine understanding and frequent reading of the Quran, they were able to control their excessive grief at the Prophet (S.A.W)’s death by remembering the Quranic verse: “Muhammad (S.A.W) is no more than a Messenger, and indeed (many) Messengers have passed away before him. If he dies or is killed, will you then turn back on your heels (as disbelievers)?” (Al-Imran 3:144) May Allah (S.W.T) fill our hearts with love

How Great Is Allah, Our Lord



- This is awesome! How Great is Allah!
- Our Creator and Redeemer . . . And do we THINK about it???
- God's accuracy may be observed in the hatching of eggs...
- For example:
- The eggs of the potato bug hatch in 7 days.
- Those of the canary in 14 days; those of the barnyard hen in 21 days.
- The eggs of ducks and geese hatch in 28 days.
- Those of the mallard in 35 days
- The eggs of the parrot and the ostrich hatch in 42 days.
- (Notice, they are all divisible by seven, the number of days in a week!)
- God's wisdom is seen in the making of an elephant.
- The four legs of this great beast all bend forward in the same direction. No other quadruped is so made. God planned that this animal would have a huge body, too large to live on two legs. For this reason He gave it four fulcrums so that it can rise from the ground easily.
- The horse rises from the ground on its two front legs first.
- A cow rises from the ground with its two hind legs first.
- How wise the Lord is in all His works of creation!
- God's wisdom is revealed in His arrangement of sections and segments, as well as in the number of grains.
- Each watermelon has an even number of stripes on the rind.
- Each orange has an even number of segments.
- Each ear of corn has an even number of rows.
- Each stalk of wheat has an even number of grains.
- Every bunch of bananas has on its lowest row an even number of bananas, and each row decreases by one, so that one row has an even number and the next row an odd number.
- The waves of the sea roll in on shore twenty-six to the minute in all kinds of weather.
- All grains are found in even numbers on the stalks, and the Lord specified thirty fold, sixty fold, and a hundred fold all even numbers.
- God has caused the flowers to blossom at certain specified times during the day.
- Linnaeus, the great botanist, once said that if he had a conservatory containing the right kind of soil, moisture and temperature, he could tell the time of day or night by the flowers that were open and those that were closed!
- The lives of each of you may be ordered by the Lord in a beautiful way for His glory, if you will only entrust Him with your life. If you try to regulate your own life, it will only be a mess and a failure.
- Only the One Who made the brain and the heart can successfully guide them to a profitable end.

HADITH

Hazrat Abu Hurairah (May Allah be pleased with him) reported:

The Messenger of Allah (PBUH) said, "Allah, the Exalted, has said: "I will declare war against him who treats with hostility a pious worshipper of Mine. And the most beloved thing with which My slave comes nearer to Me, is what I have enjoined upon him; and My slave keeps on coming closer to Me through performing Nawafil (voluntary prayers or doing extra deeds besides what is obligatory) until I love him, (so much so that) I become his hearing with which he hears, and his sight with which he sees, and his hand with which he strikes, and his leg with which he walks; and if he asks Me something, I will surely give him, and if he seeks My Protection (refuge), I will surely protect him".

[Al-Bukhari Book 08, Chapter 76, Hadith # 509]

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Sunnah and Science: Coming Full Circle

Scientists and their discoveries are considered as the most reliable sources of knowledge in today's world. Notwithstanding the fact that even they upgrade or change their findings whenever a new research reveals new facts, educated Muslims tend to focus only on them – especially in medicine, health and psychology. Believers tend to forget that the knowledge of human beings has limitations; only Allah (S.W.T) has knowledge that knows no boundaries. Allah (S.W.T) chose Muhammad (S.A.W) as the recipient of His Divine Revelation and Hikmah. Scientists can attempt all they want to acquire this knowledge via humanly-limited endeavors, but Muhammad (S.A.W) was chosen to

receive it through Wahi (revelation). His entire life was, therefore, an epitome of success in health, hygiene, mental precision and human relationships.

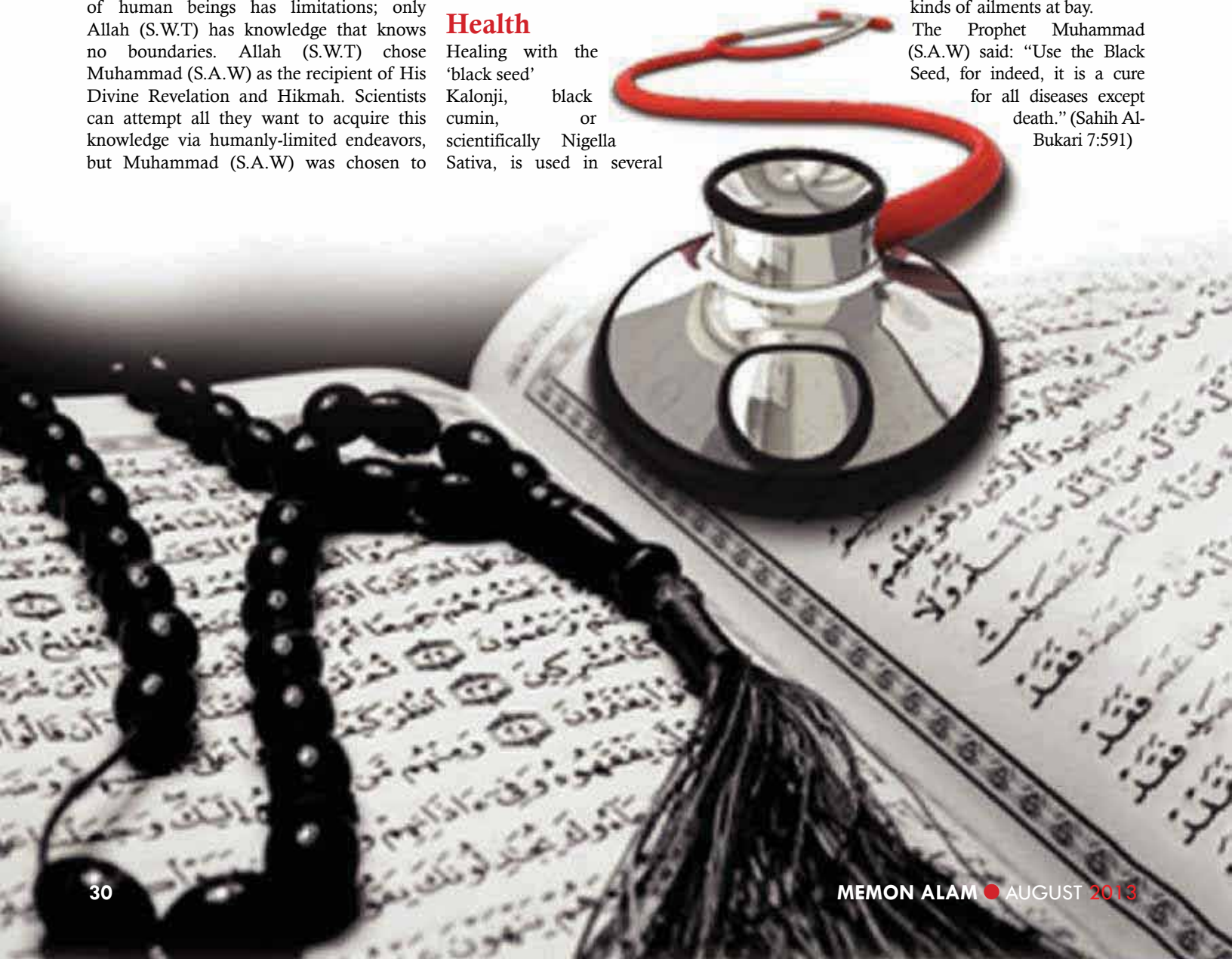
It is amusing to note that modern science, medicine and even fashion have come full circle in reiterating what Muhammad (S.A.W) did fourteen centuries ago. Some of these comparisons are highlighted below.

Health

Healing with the 'black seed' Kalonji, black cumin, or scientifically Nigella Sativa, is used in several

modern herbal remedies, with absolutely NO side effects. It is used to treat a wide range of illnesses and disorders. Today, doctors suggest eating this seed for general good health, gastric, respiratory and mental ailments, or massaging affected skin with its oil to cure rheumatic ailments. It is said that devouring a teaspoon or 25 grams of black seeds in their original form everyday keeps all kinds of ailments at bay.

The Prophet Muhammad (S.A.W) said: "Use the Black Seed, for indeed, it is a cure for all diseases except death." (Sahih Al-Bukari 7:591)





Sleeping early and waking up before dawn
Prophet Muhammad (S.A.W) is known to have slept very little in the night, after becoming Allah's Messenger. He slept early, retiring after Isha, and woke up well before dawn.

Abu Barzah (R.A) said: "The Messenger of Allah (S.A.W) disliked sleeping before the Isha prayer and indulging in conversation after it." (Al-Bukhari and Muslim)

Modern science has revealed that the organs of the body are detoxified during the night. For ideal detoxification, a person should be done with the day's work after 9 pm and be in deep sleep from 11 pm to 5 am. Developed nations follow this practice. This routine ensures maximum employee productivity as well.

Afternoon siesta

Narrated by Anas Bin Malik (R.A): "Ummu Sulaym used to spread a leather sheet for the Prophet (S.A.W) and he used to take a midday nap at her home." (Al-Bukhari)

Some organizations now provide 'nap rooms' at the workplace for enabling employees to take a siesta after lunch. Called 'power naps', afternoon siestas have shown to improve some memory functions of the brain, boosting the employee back to morning-fresh energy.

Personal Grooming and Hygiene

Oiling of hair

The Prophet (S.A.W) would keep his hair generously oiled. Abu Hurairah (R.A) narrated that the Prophet (S.A.W) said: "Eat olive oil (Zayt) and anoint yourselves with it, for it is from a blessed tree." (Al-Tirmidhi and Ibn Majah)

Abu Hurairah (R.A) also reported the

Prophet (S.A.W) as saying: "Whoever has hair should honor it." (Abu Dawud) Today, gels and creams are applied by young men to achieve the same oiled, sleeked-back look. Women in Asia regularly use oiling as a way of maintaining healthy, lustrous hair.

Kohl

Kohl powder is made of antimony sulphide, applied in and around the eyes as an ointment and cosmetic. It has traditionally been used in Eastern countries for centuries, by both men and women. Today, even the supermodels in the West grace covers of glossies adorned with 'Kohl pencil', while in the East newborn babies' eyes are laced with this substance to strengthen their vision. Eastern women also use Kohl to achieve a dark-eye look.

Prophet Muhammad (S.A.W) endorsed its use by applying it to his eyes regularly. Abdullah Bin Abbas (R.A) quotes the Prophet as saying: "Use the antimony Kohl, for it makes eyesight clearer and strengthens hair." (Ahmad, Abu Dawood, Al-Nisai, Al-Tirmidhi and Ibn Majah)

Oral hygiene

Toothbrushes, toothpastes, mouthwash, dental floss and breath sprays are commonly used today to achieve personal oral hygiene. So important is it to have a fresh-smelling mouth and sparkling teeth that anyone with even the slightest hint of bad breath, yellowed teeth or sickly gums is considered severely lacking in personal grooming and is socially ostracized.

Prophet Muhammad (S.A.W) once gave up something he loved – honey – vowing never to consume it again, when he was told it made his mouth produce unpleasant odour. Despite efforts, his Companions could not count the

exact number of times he used Miswak in a day – he did it so frequently. It was also one of the things he did just before he died.

Ibn Umar (R.A) narrates that the Messenger of Allah (S.A.W) said: "Make a regular practice of the Miswak, for, verily, it is healthy for the mouth and it is a pleasure for the Creator." (Sahih Al-Bukhari)

Human Relationships

Not spanking children

It is known that Prophet Muhammad (S.A.W) was tender and kind towards children, kissing them often, playing with them and allowing them to come to mosques during prayer time. Notably, he never hit a child in his life. Abstaining from spanking is Prophet Muhammad's (saw) Sunnah.

Aisha (R.A) has narrated: "The Prophet (S.A.W) never hit anyone with his hand; not a woman, nor a servant, except during Jihad in Allah's cause." (Muslim)

Strassberg and others of Vanderbilt University analyzed the school behavior of 273 kindergarten children and their parents' discipline methods at home. Observation of school behavior indicated that children, who were spanked at home, were more aggressive towards other children.

Each of us should reflect upon whether or not we are one of those ambivalent Muslims, who follow the Sunnah of the Prophet (S.A.W) only when they are reinforced by scientific discoveries, endorsed by designers, or accepted as the status quo. Are we quick to emulate his actions because we love him more than our own self, logic, intellect and reputation? Does our love for him surpass that for anything else? Or do we wait in the sidelines until it becomes socially acceptable to follow his guidelines? Honest answers to these questions will show

آهونڈ آهونڈ میں فروٹ



Mother of the Believers

Hadrat Khadijah

(Radi Allahu Ta'ala Anha)

The Holy Prophet Muhammad's (SallAllaho Alaihi wa Sallam) marriage with Sayyidah Khadijah (Radi Allahu Ta'ala Anha) took place about fifteen years before the beginning of the Revelation, he being 25, and she was 40 years old. She was a rich widow and ran a large trade of her own. It was she who offered herself in marriage to the Holy Prophet Muhammad (SallAllaho Alaihi wa Sallam) who was associated with her in her trading ventures. From the time of her marriage with the Holy Prophet (SallAllaho Alaihi wa Sallam) till her death, over a period of twenty years, she gave her husband ease of circumstances, and deep love and devotion.

In spite of conspicuous difference in age, Rasoolullah's (SallAllaho Alaihi wa Sallam) love for Sayyidah Khadijah (Radi Allahu Ta'ala Anha) never wavered. When death parted her from the Beloved Messenger of Allah (SallAllaho Alaihi wa Sallam) after having shared with him for 28 years the toils and trials of life, especially the first ten years of his Ministry of Prophethood, he deeply mourned her death. Once Sayyidah Ayesha (Radi Allahu Ta'ala Anha) asked him if she had been the only woman worthy of his love. Rasoolullah (SallAllaho Alaihi wa Sallam) replied in an honest burst of tender emotion: "She believed in me when none else did. She embraced Islam when people disbelieved me. And she helped and comforted me when there was none else to lend me a helping hand."

In the heart of the Holy Prophet (SallAllaho Alaihi wa Sallam) grateful and affectionate remembrance of her remained fresh until the very end of his life. The Holy Prophet (SallAllaho Alaihi wa Sallam) remained true and loyal to Sayyidah Khadijah (Radi Allahu Ta'ala Anha) until he was over 50 years old. This had been the case at a time when polygamy was normal among the Arabs. Moreover, since no male offspring of Sayyidah Khadijah (Radi Allahu Ta'ala Anha) survived, he had all the necessary justification to marry another woman considering that newborn daughters were

customarily buried alive and male offspring alone regarded as rightful heirs.

Before Rasoolullah (SallAllaho Alaihi wa Sallam) announced his Prophethood he had lived 17 years of married life, and thereafter eleven more years without ever thinking of marriage with another woman. He was kind to all her fellows and occasionally sent them gifts.

"Never was I jealous of any of the Prophet's wives", said Sayyidah Ayesha (Radi Allahu Ta'ala Anha), "but Khadijah, although I never saw her. Her sweet memory never blurred in the Prophet's (SallAllaho Alaihi wa Sallam) heart. Once I hurt his feelings on this issue and he replied gravely, "Allah (Subhanuhu wa Ta'ala) has blessed me with her love."

Sayyiduna Khadijah (Radi Allahu Ta'ala Anha) bore the Beloved Habeeb (SallAllaho Alaihi wa Sallam) seven children, the first born was named Sayyiduna Qaasim (Radi Allahu Ta'ala Anha), after whom, according to Arab custom, the Holy Prophet (SallAllaho Alaihi wa Sallam) received the Kunya "Abul Qaasim" or "the father of Qaasim". Then were born Sayyiduna Tayyab and Sayyiduna Taahir (Radi Allahu Ta'ala Anha). All of them passed away in their infancy. Amongst the daughters Sayyidah Ruqayya (Radi Allahu Ta'ala Anha) was the eldest, then came Sayyidah Zaynab (Radi Allahu Ta'ala Anha), Sayyidah Umm Kulthoom (Radi Allahu Ta'ala Anha) and the last and best known of them was Sayyidah Faatima (Radi Allahu Ta'ala Anha).

Hazrat Abdullah bin Ja'far (Radi Allahu Ta'ala Anha) reported that he heard Hazrat Ali (Radi Allahu Ta'ala Anha) saying in Kufa that Allah's Messenger (SallAllaho Alaihi wa Sallam) said: "The best of the women of her time was Mariam (Radi Allahu Ta'ala Anha), daughter of Imran, and the best of the women of her time was Khadijah (Radi Allahu Ta'ala Anha), daughter of Khuwailid. Abu Kuraib said that Waki' pointed

towards the sky and the earth. What this implies is that Mariam (Radi Allahu Ta'ala Anha) and Khadijah (Radi Allahu Ta'ala Anha) were best in their respective times not only amongst the creatures of the earth, but of the heaven too."

Hazrat Abu Hurayra (Radi Allahu Ta'ala Anhu) reported that Jibra'eel Alaihis Salam came to Allah's Messenger (SallAllaho Alaihi wa Sallam) and said:

"Allah's Messenger! Khadijah is coming to you with a vessel of seasoned food or drink. When she comes to you, offer her greetings from her Lord, the Exalted and Glorious, and on my behalf and give her glad tidings of a palace of jewels in Paradise wherein there is no noise and no toil".

This Hadith has been narrated on the authority of Abu Hurayra (Radi Allahu Ta'ala Anhu) through another chain of transmitters with a slight variation of wordings.

Sayyidah Ayesha (Radi Allahu Ta'ala Anha) reported that Allah's Apostle (SallAllaho Alaihi wa Sallam) gave glad tidings to Sayyidah Khadijah bint Khuwailid (Radi Allahu Ta'ala Anha) of a palace in Paradise. Sayyidah Ayesha (Radi Allahu Ta'ala Anha) further reported:

"Never did I feel jealous of any woman, as I was jealous of Khadijah (Radi Allahu Ta'ala Anha). She had died three years before the Holy Prophet (SallAllaho Alaihi wa Sallam) married me. I often heard him praise her, and his Lord, the Exalted and Gracious, had commanded him to give her the glad tidings of a palace of jewels in Paradise, and whenever he slaughtered a sheep he presented its meat to her female companions".

In another Hadith, Sayyidah Ayesha (Radi Allahu Ta'ala Anha) added:

"I annoyed him one day and said, 'It is Khadijah (Radi Allahu Ta'ala Anha) only who always prevails upon your mind'. Thereupon, Allah's Messenger (SallAllaho Alaihi wa Sallam) said, 'Allah (Subhanuhu wa Ta'ala) Himself had nurtured Her love in my heart.'"

The Holy Prophet Muhammad's (SallAllaho Alaihi wa Sallam) marriage with Sayyidah Khadijah (Radi Allahu Ta'ala Anha) took place about fifteen years before the beginning of the Revelation, he being 25, and she was 40 years old. She was a rich widow and ran a large trade of her own. It was she who offered herself in marriage to the Holy Prophet Muhammad (SallAllaho Alaihi wa Sallam) who was associated with her in her trading ventures. From the time of her marriage with the Holy Prophet (SallAllaho Alaihi wa Sallam) till her death, over a period of twenty years, she gave her husband ease of circumstances, and deep love and devotion.

Sayyidah Ayesha (Radi Allahu Ta'ala Anha) reported that Allah's Messenger (SallAllaho Alaihi wa Sallam) did not marry any other woman till Sayyidah Khadijah's (Radi Allahu Ta'ala Anha) death. The point is why did Allah's Messenger (SallAllaho Alaihi wa Sallam) not marry during the lifetime of Sayyidah Khadijah (Radi Allahu Ta'ala Anha) but, after her sad demise, he married several wives. The fact is that the Holy Prophet of Islam (SallAllaho Alaihi wa Sallam) married all his wives from the point of view of religious necessity.

At the age of twenty-five, he married Sayyidah Khadijah (Radi Allahu Ta'ala Anha) who was forty and she remained with him for the quarter of a century as a great source of strength and consolation to him. During this period

the Holy Prophet (SallAllaho Alaihi wa Sallam) was busy in instilling in the minds of the people the fundamentals of faith, Oneness of Allah (Subhanuhu wa Ta'ala), Apostleship of Muhammad (SallAllaho Alaihi wa Sallam), life after death. He did not feel the necessity of marrying another lady because it was only in the matter of faith and belief that he had to strive hard with mankind.

After his migration to Madinatul Munawwara when the Islamic society was established and the Muslims were required to conform their personal and social behavior to the teaching of Islam, revelations for practical guidance in all walks of life came from Almighty Allah (Subhanuhuwata'ala). This had

to be explained in various places and in different spheres by the life examples of the Holy Prophet (SallAllahoAlaihiwasallam). There was not one problem but numerous problems and most of them were social which needed solutions at every step. Thus, it was felt that a group of women should be trained in Islamic ideals and it was done through the wives of Sayyiduna Rasoolullah (SallAllaho Alaihi wa Sallam). It was not an ordinary work, but an important task of vast magnitude, which required the sweat, and labor of so many pious souls and these were the noble wives of the Holy Prophet of Islam (SallAllaho Alaihi wa Sallam).

Extracted from Gateway to Heaven
[A Concise Manual for Muslim Sisters]

How to Make Less Last Longer



How does less become more? Look around your house. Have you forgotten grandma's advice to reuse plastic bags, turn over shampoo bottles to use every last drop of shampoo, or remove the beautiful lace border from an old dress to be reused on a new one? The pace at which we have all adopted the spending philosophy has got us into the global financial mess that we now have to bear the burden of. In Pakistan, too, the frenzy of consumerism has left its dark mark. Class chasms have widened and the crime rate has shot up. To add to this, inflation, redundancy and falling incomes have left us high and dry.

So how exactly do people make less last longer? Aimen, a young wife, is very careful about spending money. Before spending on any item, she asks herself, whether she can live without it or not. Sometimes, she delays buying an item for two to three days just to find out, whether it's really necessary. Her strategy works, because curtailing spending lets her save more in her current account at the bank.

Arifa, a grandmother from a middle class background, uses small pieces of cloth

left over from stitched clothes to sew small clothes for her grandchildren. This allows her to use the cloth which would have otherwise gone to waste. It also lets her save money that would have been spent on children's clothes, which they would soon outgrow.

In many families, elder children's clothes and shoes are handed over to the younger ones. I know of a family where the older sister, who is married and whose husband likes her to wear new clothes frequently, gives away her old clothes to her sisters. The sisters then get the clothes altered and reuse them.

Planning and household budgeting also makes less money last longer. Dividing up the household income into different categories of expenditure and sticking to that right through the month also helps in curtailing expenses and increasing savings. Rahat, a teacher at a training institute, says that shopping from supermarkets where items can be bought in bulk for the entire month, goes a long way in reducing household expenses. The trip to the supermarket can also be turned into a less expensive family outing. Shopping at the local flea market,

where items can be bought at a bargain, can also help to control the household bill.

Seeing our savings grow is sometimes difficult, because most women do not have the knowledge of or access to Halal investment options. Savings are usually invested in the so-called committees, where the accumulated pool of savings circulates amongst the participants of the committee. Undoubtedly, savings in committees do come to good use as Nazia, a home tutor, tells us. Recently, she used her savings pool to buy necessary items for her sister's wedding. Women with greater access and knowledge save in a current account at the bank. Some go further and invest in a mutual fund, where they can actually see their money grow.

To find out more about Halal options for investment, spending, money saving tips and the best way to plan and make the household budget, read our upcoming articles. I pray that in these household tips you would find the secret formula that will help you to make less last longer.

To protect the privacy of the individuals mentioned in this article, their names have been changed.



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Treating Influenza the Herbal Way



Influenza, or flu, is caused by a virus that causes an upper respiratory infection. Influenza mainly affects the upper airways and can be transmitted easily airborne droplets from the coughs and sneezes of infected people. However, the influenza virus is usually transmitted from person to person through direct contact.

The symptoms of influenza develop 24-48 hours after infection. Most common symptoms may include headache, fever, chills, dry cough, extreme tiredness, runny nose, sore throat, aches and pain.

For the sake of our health, it is necessary for us to know how to treat the flu. Natural

herbal remedies in the light of the Quran and Ahadeeth can help comfort a person who has the flu.

“There is no disease that Allah has created, except that He also has created its treatment.” (Bukhari)

Olives have been mentioned seven times in the Quran, and their health benefits have been propounded in Prophetic medicine. The Prophet (S.A.W) said “Eat the olive and massage it over your bodies, since it is a holy tree.” (At-Tirmidhi and Ibn Majah)

The Quran says: “Allah is the light of the heavens and the earth. The parable of His Light is as (if there were) a niche and within

it a lamp, the lamp is in glass, the glass as it were a brilliant star, lit from a blessed tree, an olive, neither of the east (i.e. neither it gets sun-rays only in the morning) nor of the west (i.e. nor it gets sun-rays only in the afternoon, but it is exposed to the sun all day long), whose oil would almost glow forth (of itself), though fire touched it. Light upon Light! Allah guides to His Light whom He wills. And Allah sets forth parables for mankind, and Allah is All-Knower of everything.” (An-Nur 24:35)

- Taking one tablespoon of olive oil before sleep will cure your flu within a week, Insha'Allah.
- Muslims have been using the black

- seed (Kalonji) for hundreds of years. However, many of us do not realize that the black seed is not only a prophetic herb, but it also holds a unique place in the medicine of the Prophet (S.A.W). Black seed is mentioned along with many other natural cures in the Quran and Ahadeeth.
- “Use the black seed, because it contains a cure for every type of ailment, except for death.” (At-Tirmidhi, Ahmad and Ibn Hibban)
- For treatment of flu, a combination of black seed and olive oil has an effective impact. For this, add eleven tablespoons of olive oil in one tablespoon black seed powder, heat it, bring it to boil and then strain the oil. Placing one drop of this oil in the nostrils will relieve your flu.
- Also, mix one teaspoon of black seed oil in a cup of hot water and add lemon and honey to it; drink it three times a day.
- When it comes to natural remedies, honey is one of the best. Take one to two tablespoons of honey twice or thrice a day. The Prophet (S.A.W) said: “You have cure in two things: honey and the Quran.” (Ibn Majah)
- Drinking hot liquids is an extremely effective home remedy for treating the flu, whether it is tea or simple water. Add one tablespoon honey in hot water or in tea and take it at the time of Asr Salah for good result. Not only does it help the body replenish fluids, but also provides heat that aids the body’s response and helps clear nasal congestion.
- Lemon juice also has healing properties. The juice of one lemon has 80% of vitamin C, which can help you boost your immune system. If you take it, when the flu has started, it will help shorten the length of your symptoms. For a sweeter taste, mix lemon juice with honey.



Caring for Elbows and Knees

The skin on the elbows and knees has fewer oil glands. This leads to building up of dead cells, which make these places dark and dry, especially during winters. Hence, knees and elbows should be looked after daily. Following are some fruitful tips for easy and regular care: Add sugar or salt to a shower gel for making a nice scrub to use on your knees and elbows daily. Moisturize

your elbows and knees with coconut or olive oil. Prepare a paste of chickpea flour and lime juice. Apply it on your knees and elbows. Leave it on for about 10-15 minutes and wash off with water. Grind mint leaves and mix into it a few drops of lemon juice. Apply this paste to your elbows and leave it on for 10 minutes. Then, wash off with water. Rub your knees and elbows with a

slice of lemon during a shower. Make a paste of a tablespoon of each: honey, milk, yogurt and ground sesame seeds. Apply the paste to the affected areas before taking shower. Prepare a scrub with sandalwood and almond powders mixed with almond oil or milk. Massage it gently into the dark and affected areas. Wash it off with water after 10 minutes.



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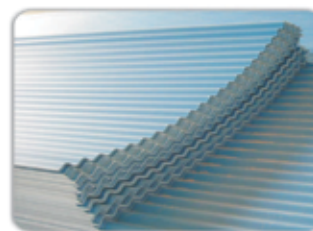
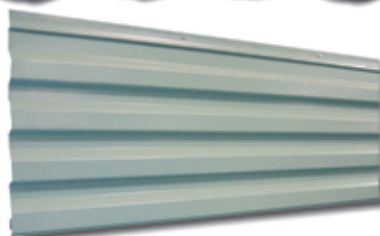
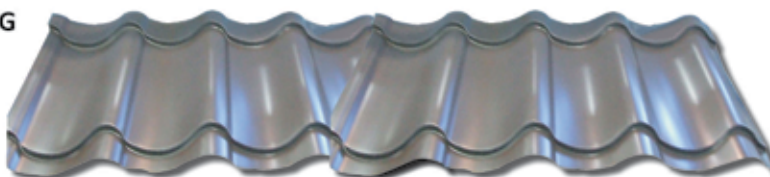
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Health Benefits of Onions

If you weren't eating onions before, you will, after reading this article! People have known of the health benefits of onions for thousands of years, but only relatively recently scientists have started to do a lot of research into the health giving properties of this humble vegetable.

Studies after studies have confirmed that onions indeed possess many active compounds that have been proven beneficial for all sorts of conditions.

Onions Nutritional Highlights

Onions are a very good source of vitamin C, B6, biotin, chromium, calcium and dietary fibre. In addition, they contain good amounts of folic acid and vitamin B1 and K.

A 100 gram serving provides 44 calories, mostly as complex carbohydrate, with 1.4 grams of fibre. Like garlic, onions also have the enzyme alliinase, which is released when an onion is cut or crushed and it causes your eyes to water.

They also contain flavonoids, which are pigments that give vegetables their colour. These compounds act as antioxidants, have a direct antitumor effect and have immune-enhancing properties.

Onions contain a large amount of sulfur and are especially good for the liver. As a sulfur food, they mix best with proteins, as they stimulate the action of the amino acids to the brain and nervous system.



Onions, Rich Source of Quercetin

The onion is the richest dietary source of quercetin, a potent antioxidant flavonoid (also in shallots, yellow and red onions only but not in white onions), which is found on

and near the skin and is particularly linked to the health benefits of onions.

Quercetin has been shown to thin the blood, lower cholesterol, raise good-type HDL cholesterol, ward off blood clots, fight asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis and infections and is specifically linked to inhibiting human stomach cancer. It's also an anti-inflammatory, antibiotic, antiviral, thought to have diverse anti-cancer powers. Quercetin is also a sedative. So far, there is no better food source of quercetin than onion skins.

You don't need to eat loads of onions to achieve these effects. In fact, studies show that you can reap the health benefits of onions by eating just one medium onion, raw or cooked, a day.

Detoxify Your Body with Onions

Onions contain a variety of organic sulphur





pathogens, including E. coli and salmonella.

Quick Serving Suggestions

The liberal use of onions and other bulbs of the same family, such as garlic, leeks and shallots, seems a particularly good idea considering their healing effects on the major degenerative diseases so common today, such as atherosclerosis, diabetes and cancer.

So try to enjoy the health benefits of onions as much as you can and to include them in your diet in every possible way.

Here are some quick serving ideas:

Onions can be eaten on their own steamed, boiled or roasted.

Sautéed chopped onions can be added to almost any vegetable dish to enhance its nutritional content and taste.

For an instant vegetarian chilli, heat together 1 medium chopped sautéed onion, with 12-oz/350 g. can of kidney beans, 12 oz/350 g. of chunky tomato sauce, and 2 tablespoons of olive oil, and season to taste with chili powder.

Chop 1 red onion, 2 medium tomatoes, 2 avocados and 1 jalapeno and combine together for an all-in-one guacamole salsa dip.

Place chunks of onion or small pearl onions on a skewer, either alone or with other vegetables, coat lightly with olive oil, and grill for approximately 10 minutes.

As you've seen, you don't need to eat a lot, but any amount will be extremely beneficial to your health.

compounds that provide health benefits.

Sulfur-containing amino acids are found in onions as well as garlic and eggs.

These specific amino acids are called methionine and cystine and, among other things, they are very good at detoxifying your body from heavy metals.

In fact, they are able to latch on to mercury, cadmium and lead and escort them out of the body.

Vitamin C, also contained in onions, is excellent at detoxifying the body and is effective in removing lead, arsenic and cadmium. So increasing consumption of onions can help the body to get rid of these harmful metals.

Onions and the Heart

To help keep your blood free of clots, and make the most of the health benefits of onions, eat them both raw and cooked.

Prescribing onions for heart patients is hardly routine among cardiologists. But Harvard's Dr. Victor Gurewich advises all his patients with coronary heart disease to eat onions daily.

Here are some of the things that onions can do for your heart:

- Boost beneficial HDL cholesterol
- Thin the blood
- Retard blood clotting
- Lower total blood cholesterol
- Lower triglycerides
- Lower blood pressure
- Cancer Prevention

One way the antioxidants in onions can protect you against cancer is by reducing the DNA damage in cells caused by free radicals, studies reveal.

All onions and onion relatives (garlic, leeks, chives and scallions, or spring onions) are rich in organosulfur compounds shown to help prevent cancer in lab animals.

In fact, an onion extract was found to destroy tumor cells in test tubes and to arrest tumor growth when tumor cells were implanted in rats.

The onion extract was shown to be

unusually nontoxic, since a dose as high as forty times that of the dose required to kill the tumor cells had no adverse effect on the host.

Other Health Benefits of Onions

Onions have also been shown to have a significant blood sugar-lowering action, even comparable to some prescription drugs.

The active compound that seems to be responsible for lowering glucose works by competing with insulin for breakdown sites in the liver, thereby increasing the life span of insulin.

Onions have historically been used to treat asthma, too. Its action in asthma is due to its ability to inhibit the production of compounds that cause the bronchial muscle to spasm and to relax bronchial muscle.

Onions have potent antibacterial activity, destroying many disease-causing





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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 **ENERGY** bill per month.
- A **20W** Energy Saver can save up to **75%** Electricity. It is brighter and lasts **10** times longer than the conventional Incandescent Bulb.
- Paint selection may also help in reducing energy bill cost. Choose lighter shades as they reflect up to **80%** of light.
- In most homes about **10%-15%** of the **ENERGY** bill is for lighting. Always turn off the lights when you leave a room.
- Stop using an Incandescent Bulb, as it uses **90%** of its energy to produce heat and only **10%** to give light.
- Use natural daylight wherever possible.
- Use a dimmer. Light dimmed to **50%** of its brightness may save you **25%** of electricity.

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- If **ONE MILLION** Karachiites convert from CRT to LCD, we can conserve up to **70%** of energy, resulting in **60MW** on sustainable basis.
- Early closure of **SHADI HALLS** helps to conserve **45MW** on sustainable basis.
- Every unit that burns releases **3.75LB** of **CO₂** in atmosphere, so minimize undue use of electricity.
- Plant as many trees as possible. They **ABSORB THE CARBON DIOXIDE** emitted by burning of fossil fuel and **IMPROVE AIR QUALITY** by filtering harmful dust and pollutants.
- Emission of **487** million lbs of **CO₂** can be reduced by saving **100MW**, 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 **25°C** which consumes more **ENERGY**.
- Avoid using UPS in daytime as a normal UPS consumes **300W - 400W** more power to recharge the battery. On the other hand, switching to a **SOLAR UPS** will help to conserve approximately **100 MW**.
- Keeping hot food in fridge makes the appliance consume more **ENERGY**.
- 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 **GASKETS, CONCEALING RUBBERS** and **COMPRESSORS** 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 **AIR CONDITIONERS, MICROWAVE OVENS, WASHING MACHINES, DRYERS, ELECTRIC IRONS, ELECTRIC OVENS AND WATER PUMPS** at the same time. Divide your load during the day, avoiding peak hours i.e., **7 PM TO 11 PM**.

ENERGY EFFICIENT COOLING



- Keeping AC thermostat at **24°C** can reduce your monthly bill by **30%**. You will still feel cool and comfortable.
- Use **HEAT REJECTION ULTRAVIOLET SHEETS** on windows to reduce energy consumption of the AC. This will help in saving up to 30% 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 hot 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 turning into indoor heat. Use a light fabric for curtains.

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Importance of Education for the Advancement of Society

Education forms the essence of all our actions that we do in our lives. What we do is what we know and have learned. While most feel that education is a necessity, they tend to use it as a tool for reaching a specific target after which they feel there is no further need to seek greater education. Education play its continuous role in all spheres of life.

The importance of education in society is vital which is why society and knowledge cannot be ever separated. Let us look into the role of education in society and how it affects our lives.

Receiving a good education empowers you making you strong enough to look after yourself in any given situation. It is only through education that you can avail your rights as a citizen and seek improvement in the functioning of governance. Education, helps you understand yourself better; it helps you realize your potential and qualities as human being. It helps you to tap into hidden talent so that you may be able to sharpen your skills.

Education helps you get suitable employment. A decent employment combined with salary will help you look after your personal expenses. While you earn for yourself, you begin to realize the true worth of money and how hard it is to earn it. You realize the significance of saving.

There also comes a phase when the amount you are earning presently will seem too little because your aspirations for yourself will grow with time. With greater expectations from yourself you will want to change jobs so as to have a higher profile but a promotion to a better job with a better package will require the necessary higher academic qualification or a college degree which allows you a safe passage to a better job.

A college education is very important. When companies get the option of choosing



between a highly qualified candidate and a not so educated candidate, the employers will mostly go for the qualified person because a qualified candidate will not require much investment of the employer's time and money for training. People who constantly upgrade their education via degrees and diplomas continuously improve their profile and go higher up on the competitive ladder.

Backbone of Society:

Those who have enough education go ahead and become teachers, scientists, inventors, welfare activists, soldiers and politicians who work together to form the very backbone of

the society. Without this pool of intellect, the economic and social framework would fail. Education helps in continuous rise aspects of life. This progress has a very important role to play for the coming generations, which will reap the benefits of our hard work.

An idle mind is the Devil's Workshop.

Education and studying regularly, gives people of all age groups something substantial and challenging to do. It helps them use their idle hours, doing something productive and worthwhile. Education may include reading for leisure or as a passion. However, those who do not give knowledge much importance in life eventually find themselves getting absorbed in violence, drug addiction, crime and plain inactivity. Such people lack the self-esteem that a good education often provides to its followers



30 Tips for Preserving a Healthy Mind

Are you feeling depressed lately and wondering how to improve your mood? Are you in the midst of getting over a significant loss in your life and wondering how to keep your mind healthy as you grieve? Are you interested in how you can maintain a healthy mind to keep your body healthy?

Mental health is a complex subject-- it's hard to define and difficult to grasp all of the different aspects of mental health. Still, however, there are simple steps that you can take in your life to keep your mind healthy.

Check out these practical tips for maintaining a healthy mind! Employ just a few of these ideas and you'll likely feel the difference in your mental health.

- 1) Make sure you're getting enough rest. Sleep is the body's way of recharging, meaning that sleep doesn't only increase your energy—it actually boosts your mental health.
- 2) Feel what you feel! Don't worry about controlling or changing your feelings. For now, focus on expressing the feelings that you have rather than trying to feel a certain way.
- 3) Forgive yourself for past mistakes. Messing up is a part of life, and mental health requires understanding that and moving past mistakes in our lives. Is there a mistake or regret that eats at you? Let. It. Go.
- 4) Throw a mini-party for yourself! Celebrate a recent accomplishment in your life by patting yourself on the back and rewarding yourself with a small gift you've been looking forward to. It's important to acknowledge successes-- not just failures.
- 5) Find a good support system. Whether family, friends, a Masjid, or something else, find a group of people who are willing to love you for who you are. This boosts resilience and helps to provide perspective in the midst of stress and pain.
- 6) Eat healthy. Invest time in learning which kinds of foods bring you "up" and which kinds bring you "down." Committing to a diet can make you feel good about yourself, give you a sense of self-improvement, and boost your sense of accomplishment.
- 7) Exercise. Regularly exercising can help to cut back stress in your life, releasing pent up energy as you work your body. Exercise releases endorphins, chemicals in the brain that energize us.
- 8) Get some sun. Sunlight can lift one's spirits, boosting mental health and preventing depression.
- 9) Leave some time for leisure. Make sure you allow time in your schedule for whatever causes you to relax. Maybe it's watching movies or completing crossword puzzles or walking outside. Make time for the things you know relax you.
- 10) Stay away from drugs and alcohol. When you consume cigarettes, illegal drugs, and alcohol, these drugs tamper with your mental health, decreasing mental stability and giving you "false positive" emotions.
- 11) Commit to helping others. You can build self-esteem and self-worth by regularly pouring out your energy and talents to help others. Volunteering is another activity that releases endorphins, boosting your mood.
- 12) Do things that require discipline. Self-control increases self-worth, as you feel like you can control aspects of your life.
- 13) Learn something new! Part of what makes us human is our tendency to challenge ourselves. Challenge yourself to learn something new-- maybe a new skill, sport, or game.
- 14) Spend time enjoying art. Studying artwork exercises our minds and encourages us to think creatively. Take some time to visit a gallery or an art show-- you may return with a new perspective on your situation.
- 15) Find a good listener, and return the favor. Find one person who is willing to listen to you vent and talk freely. It can also relieve stress to form a listening partnership, where the two of you share on a regular basis.
- 16) Stick to your friends! Do what you can to intentionally keep in touch with a circle of friends. Schedule lunches, dates, or get-togethers with your friends more often. Deep friendships remind us of a sense of belonging.
- 17) Make the decision not to worry. Worry will consume your mind if you let it, but you can also train yourself to avoid worry, to choose a life without anxiety. Ask Allah to help you not to worry.
- 18) Do things that engage your senses. Each day, perform one task that engages each of your senses: sight, touch, smell, sound, and taste. Engaging your senses helps you to live in the moment and focus on the present.
- 19) Leave time to build and create! It's important to engage our creative sides frequently. When the mind gets into a rut of the same sort of thinking, it gets sick. Keep it well by staying creative.
- 20) Consider getting a pet. This is a big decision, but having a pet can really help mental health. Pets love us unconditionally, keep us active, and provide us a way to care for something.
- 21) Leave time for nothing. Make sure your schedule has a little room for free time: time that is unbudgeted. Use that time for meditation, prayer, or relaxation exercises.
- 22) Cut out late-night TV and computer use. Studies have shown that watching TV and using a computer late at night can cause depressive symptoms.
- 23) Spend time with people every day. Find people who are like you and who like you. This one seems pretty obvious, but it's easy to forget when you're depressed or down. Interacting with people is likely part of the solution, not the problem.
- 24) Work to understand what stresses you. Understand your stressors and be able to recognize how you need to react. Be informed about what is happening in your mind and body.
- 25) Give and receive compliments. Find reasons to praise people, and be willing to accept people's praises of you. This will help you to appreciate the good in those around you and recognize it in yourself.
- 26) Join a club or social group that meets regularly. This will help to create a community in your life, fueling purpose and camaraderie.
- 27) Leave time to laugh. Try to laugh hysterically every day. Feed yourself funny things, allowing your mind to decompress from time to time.
- 28) Accept that there are some things you cannot change. A lot of anxiety stems from trying to change things beyond our control. Recognizing that some things are beyond our control is a key to a healthy, anxiety-free mind.
- 29) Engage in spirituality on a regular basis. Make sure you're exercising not just your mind and your body but also your spirit. Interact regularly with Islamic circles. Putting faith in Allah relieves stress on ourselves.
- 30) Talk to Allah about where you're at. Interact with Allah in prayer on a daily basis and allow Allah to be a part of your stress-reduction strategy.



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Dhokri

By Mrs Khadija Mehmood.

Ingredients:

Gram Flour (Besan): 150 grams (sieved)
 Oil: 2 teaspoons.
 Ginger paste: 1 teaspoon
 Garlic paste: 1 teaspoon
 Green chilies (chopped): 1 teaspoon
 Coriander Leaves: 1 teaspoon
 Cumin seeds, Mustard seeds: half tea spoon, each
 Turmeric powder: half teaspoon
 Coriander powder: half teaspoon
 Red chili powder: half teaspoon
 Salt according to your taste.
 For the Gravy:
 Tomato: 1 medium sized (chopped fine).
 Curd (yoghurt): 150 grams (beaten well).
 Onion: 1 medium sized chopped fine.
 Curry leaves: 2 springs (8 to 10 leaves).
 Cumin seeds: half teaspoon seeds
 Turmeric powder: half teaspoon.
 Red chili powder: 1 teaspoon.
 Pounded coriander powder: 1 teaspoon
 Salt according to taste
 Oil: 2 teaspoon
 Chopped coriander leaves for garnishing

To make Dhokri:

Put Oil in the pan, heat it. Add cumin seeds and mustard. Splutter for a few seconds. Add ginger, garlic paste and stir fry for a few seconds. Add a glass of water. Add all the ingredients except the flour, when it comes to a boil, now add the gram flour with one

hand and keep stirring the mixture with the other.

*Be careful that the flour does not form clots

*stirring should be done in speed.

Spread this mixture in a greased pan with wet palm and let it set.

Add half a glass of water to the pan and get all the flour stuck to the pan in double boiler.

Method for the Gravy:

Meanwhile, take another pan and heat oil in it. Add chopped onion and fry till

pink. Add coriander leaves, cumin seeds and mustard. stir fry for a second. Add ginger and garlic paste, stir fry again. Add chopped tomatoes and fry till finely mixed. Add the spices and curd, fry for a few seconds, till the oil comes up. Add the liquid from the dhokri pan to this spice and mix well. Add half a glass of water to form thick gravy.

Add green chilies and cook for a few moments. Now, cut the dhokri in diamond shape and slowly add the gravy. Give just a boil and put off the stove. Garnish with coriander leaves and serve with roti or boiled rice.



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મેમણ આલમ (WMO)



ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

જાનુ હસન ઝનાના હોસ્પિટલ (ધોરાજી) અને જાનુ હસન સ્કોલરશીપ ફંડનો ટૂંકો ઇતિહાસ

આજથી લગભગ પંચોતેર વરસ પહેલાં મેમન કોમના શાહ સોદાગર મહુમ શેઠ હાજી અબ્દુલ્લાહ જાનુ હસનવાલા તથા તેમના ભાઈ મહુમ શેઠ તારમોહમદ જાનુ, મુંબઈ, કલકત્તા, મદ્રાસ તેમજ ભારતના વિવિધ પ્રાંતો અને સિલોનમાં ભાગીદારીમાં મેસર્સ જાનુ હસન કંપનીના નામથી જ ચલાવતા હતા.

બંને ભાઈઓ સ્વભાવે સખી અને માયાળુ હોઈ તેમજ ધોરાજીના વતની હોવાને લીધે પોતાના વતનના હાજતમંદ ભાઈઓની જરૂરીયાતો પૂરી પાડવાની પોતાની અગત્યની ફરજ સમજતા હતા. ઉપરાંત ધોરાજીમાં એક ઝનાના હોસ્પિટલ અને હાઈસ્કૂલ સ્થાપવાની તેમને ખાસ જરૂરત મેહસુસ થઈ હતી. આ નેક મકસદને મદદ નજર રાખીને તેઓએ એવો નિર્ણય કર્યો કે દર વરસે તેમના વેપારમાં જે નફો થાય તેઓ અમુક હિસ્સો જુદો રાખી, આ મકસદને બર લાવવા એક સાઈ ફંડ એકઠું કરવું. અને સને ૧૯૧૬ની આખર સુધીમાં તેમણે આ રીતે જે રકમ જુદી કરી, એકઠી કરી હતી. તે રૂ. ૨૪૨૮૧૩-૧૨-૦ સુધી પહોંચી. પણ બંને ભાઈઓએ તેજ સાલમાં જુદો ધંધો કરવાનું શરૂ કર્યું. તેથી જમા થયેલી સર્વ રકમ બંનેએ મળીને પોતાના મિત્ર અને મુંબઈના નામાંકિત બેન્કીંગ દલાલ મેસર્સ ભવાનીદાસ કંપનીને સહિસલામતી

માટે સુપ્રત કરી અને તે રકમને નફાકારક રીતે રોકવાની દરખાસ્ત કરી કે જેથી એકઠી થયેલી રકમ દિનપ્રતિદિન વધતી જ રહે.

જેથી જે મકસદના માટે ફંડ સ્થાપિત થયું હતું તે મકસદ બર લાવવાનું સરળ થઈ શકે.

તે મુજબ સ્થાપકોના વારસોની



મજકુર ભવાનીદાસ કંપનીએ એકઠી થયેલી રકમની ફક્ત સહીસલામતી જાળવી, એટલું જ નહીં પણ એની નફાકારક યોજનાથી તેને રોકી કે લગભગ દસ વરસના ટૂંકા સમયમાં તે રકમ ૨૪૨૮૧૪-૧૨-૦થી વધીને લગભગ ૪૦૦૦૦૦ (ચાર લાખ) જેટલી થઈ, પણ આ દરમિયાન ફંડના બંને ઉત્પાદકોના ઈન્ટેકાલ થઈ ચૂક્યા હતા. અને જે માટે તેઓએ ફંડ ઉભું કીધું હતું તે મકસદ તે ફંડનો તેમની હયાતીમાં ઉપયોગ થઈ શક્યો નહીં.

લગભગ સને ૧૯૨૫ની સાલના અરસામાં ફંડના સ્થાપકોના કેટલાક મિત્રો અને હિતેચ્છુઓએ મુંબઈમાં નામદાર એડવોકેટ જનરલ પાસે જઈને એવા મતલબની અરજ ગુજારી કે તેઓ નામદાર મેસર્સ ભવાનીદાસ એન્ડ કંપની તેમજ ફંડના સ્થાપકોના વારસોને બોલાવી મજકુર રકમ મુંબઈના મહેરબાન એકાઉન્ટન્ટ જનરલને સુપ્રત કરાવે

સાથે મશવેરા કરાયા.. મુંબઈના એડવોકેટ જનરલ સાહેબે તે બાબતમાં જરૂરી સૂચનાઓ આપી એક યોજના ઘડી આપે તે મકસદથી એક મિત્રતાભર્યો દાવો (દાવા નંબર ૧૨૨૫/૧૯૨૫) મુંબઈની હાઈકોર્ટમાં નોંધાવવો પડ્યો. મજકુર દાવામાં નામદાર હાઈકોર્ટ એવી સૂચના કરી કે મેસર્સ ભવાનીદાસ એન્ડ કંપની તેમજ ફંડના સ્થાપકોના વારસો, તમામ રકમ મહેરબાન એકાઉન્ટન્ટ જનરલ મુંબઈને સુપ્રત કરી દે જે દરમિયાન એક અગત્યની યોજના ઘડી કાઢવામાં આવશે.

આનું પરિણામ એ આવ્યું કે મહુમ હાજી મોહમદ હાજી અબ્દુલ્લાહ (શેઠ મવસુફનું અવસાન સને ૧૯૩૭માં થયું છે) અને મહુમ હાજી હબીબ તારમોહમદ જાનુ (શેઠ મોસુફનું અવસાન સને ૧૯૫૨માં થયું છે) એ વખતના મહેરબાન એડવોકેટ જનરલ ઓનરેબલ સર જમશેદજી કાંગાની સાથે ઘણી

મસલતો કરી અને ઓન. સર કાંગારો પણ યોજના ઘડી કાઢવામાં અનહદ જહેમત ઉઠાવી.

યોજના ઘડી કાઢવાના પરિણામે જમા થયેલું ફંડ નીચે પ્રમાણે ઉપયોગમાં લેવાનું નક્કી થયું.

(૧) મજકુર રકમનો ૨/૩ ભાગ ધોરાજીમાં સંપૂર્ણ સાધનો સહિત એક ઝનાના હોસ્પિટલ સ્થાપવામાં વાપરવો.

(૨) જોકે બાકી રહેલા ત્રીજા હિસ્સા માટેનો અસલ મકસદ હાઈસ્કૂલ સ્થાપવાનો હતો. પણ મહુમ હાજી હબીબ તારમોહમદ જાનુ હસન કે જે ટ્રસ્ટીઓના બોર્ડના ચેરમેન તથા મેનેજિંગ ટ્રસ્ટી નિમાયા હતા. તેમણે નામદાર કોર્ટનું એ બાબત તરફ લક્ષ્ય ખેંચ્યું કે જ્યારે ધોરાજીમાં બે હાઈસ્કૂલો સ્થાપિત થઈ ચૂકી છે તો ત્રીજી હાઈસ્કૂલ સ્થાપવાની જરૂરત રહેતી નથી. તેઓ આવા સંજોગોમાં તે રકમનો ‘ધી જાનુ હસન સ્કોલરશીપ ફંડ’ નામથી સ્કોલરશીપ ફંડ સ્થાપવા માટે ઉપયોગ કરવામાં આવે. તે મુજબ નામદાર કોર્ટે તેમ કરવાની ઘણીજ ખુશી દર્શાવવાથી મજકુર ફંડ તા. ૧-૪-૧૯૩૪થી અસ્તિત્વમાં આવ્યું.

આ છે જાનુ હસન ઝનાના હોસ્પિટલની ઉત્પત્તિનો ઇતિહાસ. આજે છેલ્લા ૩૨ વરસથી આ હોસ્પિટલ માનવજાતની કોઈ પણ જાતિ કે ધર્મના ભેદભાવ વિના બધી કોમોની સેવા કરી રહી છે. હોસ્પિટલના નવા ટ્રસ્ટી જ. હાજી ઈકબાલ હાજી અ. રહેમાન જાનુ હસનવાલા સાહેબ હોસ્પિટલ જનતાને વધારે ઉપયોગી થાય તે માટે જહેમત લઈ રહ્યા છે, તે તેમની કોશિષો પ્રસંશનીય છે. તે માટે તેમને અભિનંદન.

(‘મેમન વેલ્ફેર’ના સૌજન્યથી)

ખૂબસુરત જિંદગી

હી જિંદગી આંધ બહુ કિંમતી

ઈન્કે સાચવીને જીઓ

પ્લાલા ઉમંગ જા પીરાયો પારકે કે

ખુદ બી બુંદ પી પીને જીઓ

પુગલ લાય બુલંદી તે, ગીનો ના ટેકા

ખુદ જી ખુદી કે મિટાઈ મિટાઈને જીઓ

બચી શક્યોના મોતથી દુનિયા મેં કોચ

મીઠેલી જિંદગી કે ગનીમત જાણી જાણીને જીઓ

આવ્યા અને વીયા દુનિયાથી અનેક

નમૂનો યાદગાર ખુદ બની બનીને જીઓ

થીયો અને થીનો કુરો કાલ ? ઈના વિચારો

‘અજ’કે નજર સામે રખી રખીને જીઓ

હકક આય હર ઈન્સાન કે જુરો રેન જો

જુરા રખીને બીજે કે ખુદ ખુશી ખુશીથી જીઓ

મજબૂરી ગોતેતી ઉમીદથી ઈન્સાનિયત કે

હમદર્દ સચ્ચા ઈન્સાન બની બનીને જીઓ

ખારાશથી તો ભરેલા અચન દરિયા

મીઠી સરવાણી જી પરબ બની બનીને જીઓ

દોડધામ જી દુનિયામેં, નિરાંત કીડા આય ?

જુરાક નિરાંત જો દમ ગીતો ગીનીને જીઓ

મુકદર મેં શ્વાસ અચન કેતરા ? નીકડી ખબર નાય

ખલ્લતે ખુદાજી ખિદમત મેં હરઘડી ગુજરી ગુજરીને

મરી વિનનું તો આય ‘ભા’ બેશક

અજજી હી જિંદગી કે ખૂબસુરત કરી કરીને જીઓ

હાજી મોહમદ હુસેન કે. નાગાણી

(ધોલ) ભારત

બે મિત્રો પરીક્ષા આપીને બહાર નીકળતા નીકળતા વાતો કરતા હતા.

એકે પૂછ્યું: “આજે કયું પેપર હતું?”

બીજાએ કહ્યું: “કદાચ ગણિતનું હતું”.

પહેલાએ પૂછ્યું: “મતલબ કે તે પેપર વાંચ્યું?”

બીજાએ કહ્યું: “ના ચાર, બાજુવારીને કેલ્ક્યુલેટર વાપરતા જોઈ”

સ્કૂલ ટીચર ક્લાસરૂમમાં વિદ્યાર્થીઓને પૂછી રહી હતી જો સ્કૂલ ગ્રાઉન્ડમાં બૉબ મળી આવે તો તમે શું કરશો?”

એક વિદ્યાર્થીનો જવાબ: “થોડીકવાર રાહ જોશું. કોઈ લેવા નહીં આવે તો સ્ટાફરૂમમાં મૂકી આવશું”.

ગધ્યા-મજૂરી કરીને દક્ષિણ આફ્રિકામાં મેમણોનો સિકકો જમાવી ગયેલા, ગાંધીજી જેવાને ઘરમાં આશરો આપી ગયેલા અને દીકરા ડો. જુસબ ઈબ્રાહિમને બાળપણથી જ સખાવતની પ્રેરણા આપી ગયેલા સાહસિક મેમણ

મોહંમદ હાજી જુસબ

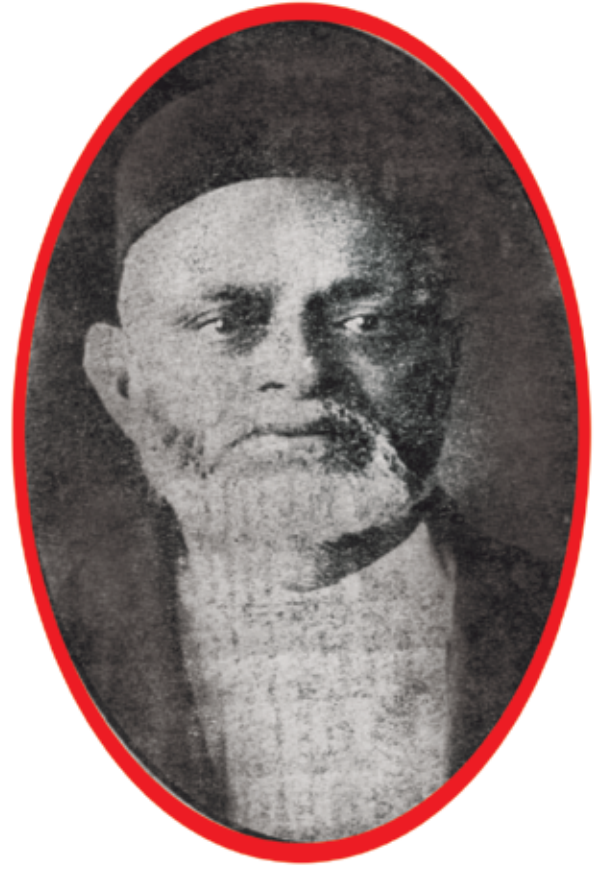
કાઠિયાવાડના મેમણો કાઠિયાવાડ બહાર જવામાં પણ સો વખત વિચારતા એવા જૂના જમાનામાં અમુક સાહસિક મેમણોએ દેશ-દેશાવર ખેડીને તરખાટ મચાવી દીધો હતો. પોરબંદર નજીક રાણાવાવના મોહંમદ હાજી જુસબ પણ એવા ખંતીલા સાહસિકોમાંના એક હતા, જેમણે ખિસ્સામાં નજીવી રકમ સાથે સવાસો વરસ પહેલાં છેક દક્ષિણ આફ્રિકા પહોંચીને મજૂરી કરી કરીને ધંધો જમાવ્યો હતો. પ્રિટોરીયા શહેરમાં તેમના સખાવતી કાર્યોની નિશાનીઓ મોજુદ છે અને ત્યાંના અમુક વર્ગોમાં ‘દરવાજા વગરના મુસાફરખાનાના સ્થાપક’ તરીકે તેમને યાદ કરવામાં આવે છે. મોહંમદ હાજી જુસબ જેવા જ તેમના સખીદિલ પુત્ર ડો. હાજી ઈબ્રાહિમ જુસબે પણ આફ્રિકામાં વેપાર-ઉદ્યોગ ઉપરાંત જાહેર સેવાઓમાં નામ કાઢ્યું હતું અને તાલીમ તથા આરોગ્ય ક્ષેત્રે નોંધપાત્ર સેવાઓ આપી હતી.

મોહંમદ હાજી જુસબ ૧૮૭૬માં રાણાવાવથી પ્રિટોરીયા ગયા હતાં. રાણાવાવમાં જુસબ કુટુંબ તથા ગાંધી કુટુંબ વચ્ચે પરસ્પર સારી પિછાણ હતી. એ જમાનામાં રાણાવાવથી પ્રિટોરીયાનો પ્રવાસ કોઈ સરળ વાત ન હતી. મહુમ મોહંમદ હાજી જુસબ પેટ્રોનેલા નામના

જહાઝમાં છ મહિનાના મુશ્કેલ પ્રવાસ બાદ કેપટાઉન પહોંચ્યા હતા. આ છ મહિનાના પ્રલંબ પ્રવાસ દરમિયાન જહાઝના ૧૧૮ ઉતાડોમાંથી ૩૮ તો મરણ પામ્યા હતા. કેપટાઉનથી તેઓ ૧૬ બળદ જોડેલી ગાડીમાં ૬૫ અને આફ્રિકન ઉતાડો સાથે પ્રિટોરીયા પહોંચ્યા હતા. ઓગણાસેસી દિવસો બાદ એ બળદ ગાડી પ્રિટોરીયાના ચર્ચ સ્કવેરમાં પહોંચી. કિશોર વયના મોહંમદ પાસે અમુક પાઉન્ડ હતા અને સાહસનો ખજાનો હતો.

સૌ પ્રથમ તેમણે પોતાની નજીવી મૂડીથી એક ગધેડો ખરીદ્યો અને તેના ઉપર મીઠાની ગુણો અને અન્ય સામાન પહોંચાડવાનું કામ શરૂ કરી દીધું. તેમને અંગ્રેજી તો નહિવત આવડતી હતી, પરંતુ તેમણે ત્યાંની આફ્રિકન તેમજ અન્ય સ્થાનિક ભાષાઓ બહુ જલ્દી શીખી લીધી.

૧૮૭૮માં જ. મોહંમદ પોતાની થોડીઘણી કમાણી લઈને તેમના પિતાને મળવા વતન પહોંચ્યા. વૃદ્ધ



હાજી જુસબે પુત્રની પહેલી કમાણીનો સ્વિકાર ન કર્યો બલ્કે તેનો ખર્ચ ગામવાસીઓ માટેની ઝીયાફતમાં કરી નાખ્યો. કારણ કે એ સમયે રાણાવાવમાં દુકાળ જેવી પરિસ્થિતિ હતી.

આમ જ મોહંમદમાં શરૂઆતથી જ સખાવતની ભાવના જન્મી. ૧૮૭૯માં શાદી કર્યા બાદ તેઓ પાછા દક્ષિણ આફ્રિકા પહોંચ્યા અને ઈસ્માઈલ સુલેમાન એન્ડ

G-03

મેમણ આલમ ઓગસ્ટ-૨૦૧૩

કંપનીમાં ભાગીદાર તરીકે જોડાયા. ૧૮૮૩માં તેમણે પ્રિટોરીયામાં પોતાનો વેપાર શરૂ કર્યો. એ સમયે પ્રિટોરીયા નાનું એવું ગામ હતું અને તેમાં ફક્ત ૧૨ દુકાનો હતી. મોહંમદ હાજી જુસબની દુકાનમાં પરચુરણ સામાન, હાર્ડવેર અને ખેતીવાડીનો સામાન વેચાતો હતો. એ સમયના તેમના ગ્રાહકોમાં પ્રમુખ પોલ ફુગર અને જનરલ લુઈ બોથાનો સમાવેશ હતો અને તેમની ગામમાં અને પૂરા ટ્રાન્સવાલમાં સારી શાખ હતી અને કેલીકો બેન્કર તરીકે એક બિનસત્તાવાર બેન્કરનું પણ કામ કરતા હતા.

૧૮૯૩માં તેમણે જથ્થાબંધ વેપાર શરૂ કર્યો અને બ્રિટીશ ઉત્પાદકો સાથે સંબંધો બાંધ્યા. ૧૮૯૩માં જ રાણાવાવનો એક જૂનો ઓળખીતો યુવાન તેમના ઉંબરે આવીને ઉભો. એની પાસે તેમના પિતાનો ભલામણ પત્ર હતો જેમાં રહેવાની સગવડ કરી આપવાનું લખ્યું હતું. આ યુવાન જેને મોહંમદ હાજી જુસબે પોતાની દુકાન પાછળ ના રસોડામાં ઉતારો આપ્યો. આ યુવાન એક વકીલ હતો જેને પોરબંદરથી મેમણ આગેવાન અબ્દુલ્લાહ ઝવેરીએ પોતાના ધંધાને લગતો કેસ લડવા દક્ષિણ આફ્રિકા મોકલ્યો હતો. તેનું નામ હતું મોહનદાસ કરમચંદ ગાંધી. ગાંધીએ તેમની આત્મકથામાં લખ્યું છે કે “મોહંમદ હાજી જુસબના ઘેર ચોજાયેલી બેઠકમાં મેં પ્રવચન કર્યું અને એમ કહી શકાય કે આ મારા જીવનનું પ્રથમ જાહેર પ્રવચન હતું.” બાદમાં ગાંધીજી જોહાનીસબર્ગ ચાલ્યા ગયા.

આ દરમિયાન મોહંમદ હાજી જુસબે ત્યાંના લોકોના કલ્યાણ માટેની પ્રવૃત્તિઓ પણ ચાલુ રાખી. તેમના પુત્ર હાજી ઈબ્રાહિમની ચોંદમી

વર્ષગાંઠ પ્રસંગે તેમને બેન્ક લઈ ગયા અને એક ઉપર સહી કરવાનો અધિકાર આપ્યો જેથી કુટુંબનો સૌથી નાની વયનો સભ્ય ચંદા માટેની વિવિધ અપીલોના જવાબમાં નાણાં આપી શકે. તેમણે સૈયદ આબીદમિયાં ઉસ્માનીના મઝહબી પુસ્તકો છપાવ્યા. પ્રિટોરીયાની કવીન્સ સ્ટ્રીટ મસ્જિદ તેમજ એશીયાટીક બજારની મસ્જિદના બાંધકામમાં સમય તેમજ નાણાં આપ્યા. આ ઉપરાંત અનેક મસ્જિદો, શાળાઓ અને હોસ્પિટલ વોર્ડ માટે ફાળાઓ આપ્યા. તેમણે એક એવું મુસાફરખાનું બાંધ્યું જેમાં કોઈ દરવાજા ન હતા. દરવાજા ન રાખવાનો હેતુ એ હતો કે જે કોઈ આવે તે સૌ માટે આ મુસાફરખાનું ચોવીસે કલાક ખુલ્લું રહે.

મોહંમદ હાજી જુસબના ઘેર મહેમાનગીરી માણી ગયેલાઓમાં શ્રીમતી સરોજીની નાયડુ (૧૯૨૪), મૌલાના ખ્વાજા કમાલુદ્દીન (૧૯૨૫), સર હબીબુલ્લાહ (૧૯૨૮) અને બાદમાં ભારતના પ્રમુખ બનેલા સર સર્વપલ્લી રાધાકૃષ્ણન (૧૯૩૬)નો સમાવેશ થાય છે.

૧૯૧૪માં તેઓ પ્રિન્સીલુ સ્ટ્રીટમાં અને ૧૯૩૬માં પ્રિન્સલુ અને ચર્ચ સ્ટ્રીટના ખૂણા પરની વિશાળ ઈમારતમાં ગયા અને ધંધાની અનેક ચડતી-પડતી જોઈ. મોહંમદ હાજી જુસબનો ૧૯૪૪માં ઈન્ટેકાલ ગયો અને કૌટુંબિક ધંધો મહુમના પુત્રોએ સંભાળ્યો. ૧૯૭૬માં ૧૯૫૦ના યુગ એરીયા એક્ટ અનુસાર તેમના ધંધાનું સ્થળ ખાલી કરીને એશીયાટીક બજારમાં લઈ જવું પડ્યું. ડૉ. હાજી ઈબ્રાહિમ જુસબ આવી એક નોંધપાત્ર વ્યક્તિના સૌથી નાના પુત્ર છે. ૧૮૮૩માં શરૂ થયેલો ધંધો બાદમાં ફુલીફાલીને ૨૧ પેઢીના એક વિશાળ જુથમાં પરિવર્તન પામ્યો.



પેઢીની ૧૦૦મી સંવત્સરી ૧૯૮૩માં મનાવવામાં આવી હતી.

ડૉ. હાજી ઈબ્રાહિમ એક સફળ વેપારી, રાજદ્રારી, કેળવણીકાર અને સામાજિક કાર્યકર હતા. જોકે ૧૯૭૯માં તેઓ સક્રિય રાજકારણથી નિવૃત્ત થઈ ચૂક્યા છે.

ડૉ. હાજી ઈબ્રાહિમનો જન્મ ૮-૨-૧૯૨૨માં પ્રિટોરીયામાં થયો હતો. ત્યાં તેમણે તાલીમ મેળવી અને ૧૯૪૦માં મેટ્રીક પાસ થયા.

વેપાર ઉદ્યોગ અને સેવા ઉપરાંત અન્ય ક્ષેત્રે પણ ડૉ. હાજી ઈબ્રાહિમની પ્રવૃત્તિઓ નોંધપાત્ર રહી હતી. તેઓ ૪૦ સભ્યોવાળી સાઉથ આફ્રિકા ઈન્ડિયન કાઉન્સિલના ચેરમેન બન્યા. દસ વર્ષ બાદ તેમણે આ હોદ્દેથી રાજીનામું આપ્યું. ૧૯૬૪થી ડર્બનની યુનિવર્સિટી ઓફ વેસ્ટવિલની નાણાં સમિતિના સભ્ય અને ચેરમેન તરીકે સેવાઓ આપતા રહ્યા.

સાઉથ આફ્રિકન સરકારે દેશના આર્થિક અને ઔદ્યોગિક સલાહ-મશ્વેરા માટે ૪૦ સભ્યોનું એક સાઉથ આફ્રિકન ફાઉન્ડેશન

બનાવ્યું છે જેમાં દેશના સર્વોચ્ચ ઉદ્યોગપતિઓ શામેલ છે. તેમાં એક માત્ર એશીયન ડો. હાજી ઈબ્રાહિમ હતા.

સાઉથ આફ્રિકામાં એક માત્ર ઈન્ડિયન બેન્ક તથા ઈન્ડિયન ઈન્સ્યુરન્સ કંપનીની સ્થાપનામાં તેમનો નોંધપાત્ર ફાળો હતો. ૧૯૭૩થી પ્રથમ પાંચ વર્ષ માટે તેઓ આ બંનેના ચેરમેન રહ્યા હતા.

જગતના દક્ષિણી વર્તુળમાં ૧૦૦૧ કલબના નામે ઓળખાતી ‘વર્લ્ડ વાઈલ્ડ લાઈફ ફાઉન્ડેશન’ના તેઓ એક માત્ર ઈન્ડિયન સભ્ય હતા. તાલીમ અને આરોગ્ય ક્ષેત્રે તેમના અંગત ફાળા અઢી લાખ સાઉથ આફ્રિકન રેન્ડઝથીયે વધુ છે. તેમણે યુનિવર્સિટી ઓફ વેસ્ટવિલમાં તેમના મહુમ પિતાની યાદમાં એક હોલ બનાવી આપ્યો હતો. આ ઉપરાંત દેશના વિવિધ ભાગોમાં તેમના પિતાના નામે ત્રણ હોસ્પિટલો અને એક ટેકનીકલ હાઈસ્કૂલની સ્થાપનામાં સહાય કરી હતી.

તાલીમ અને આર્થિક ક્ષેત્રના તેમના નોંધનિય ફાળાઓને લક્ષમાં રાખીને ડર્બનની વેસ્ટવિલ યુનિવર્સિટીએ તેમને ૧૯૮૧માં ઈકોનોમીકસમાં ડોક્ટરેટની માનદ કિન્ની અર્પણ કરી હતી.

તેમણે વેપારી ક્ષેત્રેથી નિવૃત્તિ લઈને બાકીનું જીવન તેમના કુટુંબે ૧૯૬૬માં સ્થાપેલા હાજી ઈબ્રાહિમ જુસબ ચેરીટેબલ ટ્રસ્ટની કામગીરીમાં વિતાવ્યું હતું. આ ટ્રસ્ટમાંથી વાર્ષિક લગભગ દસ લાખ રૂપિયાની સ્કોલરશીપો તેમજ જરૂરતમંદોને આર્થિક મદદ સાઉથ આફ્રિકાને અપાતી રહી છે. ડો. હાજી ઈબ્રાહિમ મજકુર ટ્રસ્ટના ચેરમેન હતા.

જુના જમાનાના લોકપ્રિય મહાવરા

એક પગ દૂધમાં ને એક પગ દહીંમાં
એક ભવમાં બે ભવ કરવા
એક મરણિયો સોને ભારી પડે
એક મ્યાનમાં બે તલ્વાર ન રહે
એક સાંધે ત્યાં તેર વૂઠે
એક હાથે બે તાળી ન પડે
એકનો બે ન થાય
એના પેટમાં પાપ છે
એનો કોઈ વાળ વાંકો ન કરી શકે
એરણી ચોરી ને સોયનું દાન
એલ-ફેલ બોલવું
ઓછું પાત્ર ને અદકું ભણ્યો
ઓળખીતો સિપાઈ બે દંડા વધુ મારે
કજીયાનું મોં કાળું
કમળો હોય તેને પીળું દેખાય
કમાઉ દીકરો સૌને વહાલો લાગે
કસ્મ કોડીના અને લખણ લખેશરીના
કરો કંકુના
કરો તેવું પામો, વાવો તેવું લણો
કર્મીની જીભ, અકર્મીના ટાંટીયા
કાકા મટીને ભત્રીજા ન થવાય
કાખમાં છોકરું ને ગામમાં ઢંઢેરો

મેમલીપણું જાળવવા મેમલી બોલી

આપણે આપણા ઘરોમાં તેમજ પરસ્પર મેમલી બોલી બોલવી જોઈએ. દરેક કોમ પોતાની ઓળખ ગર્વપૂર્વક જાળવે છે અને પોતાની જ બોલી બોલે છે.

મેમલી તણને
મેમલાપણું ના મીટાવો
મેમલા હોવા બદલ
ગર્વ અનુભવો

કેનેડામાં સિટીઝન જજ પદે નિયુક્ત અનેક એવોર્ડસના વિજેતા મેમણ આગેવાન રફીક રોકડીયા



છેલ્લા ૩૮ વરસથી કેનેડામાં વસી ગયેલા મેમણ આગેવાન રફીક રોકડીયાને તાજેતરમાં કેનેડાના સિટીઝનશીપ જજના ઓદ્ધે નિયુક્ત કરાતાં બિરાદરીમાં ગર્વની લાગણી ફેલાઈ છે

પાકિસ્તાની મૂળના રફીક રોકડીયાનો જન્મ કરાચીમાં થયો હતો અને બીવીએસ પારસી સ્કૂલથી મેટ્રીકની પરીક્ષા પાસ કરીને કેનેડા રવાના થઈ ગયા હતા. ત્યાં મોન્ટ્રીયલ, ક્યુબેકની કોનકોર્ડિયા યુનિવર્સિટીથી ગ્રેજ્યુએટ થયા બાદ ૧૯૮૪માં એન્ટારીયોથી સીજીએનનું વ્યવસાયિક કેમીગનેશન પ્રાપ્ત કર્યું હતું. કેનેડામાં તેઓ એકાઉન્ટીંગ એન્ડ ટેક્સેશન ક્ષેત્રે છેલ્લા ૩૮ વરસથી સીનીયર મેનેજર તરીકે કામ કરવા ઉપરાંત ૩૧ વરસથી સિવિલ સર્વન્ટ તરીકે સેવા આપી રહ્યા છે.

લાંબા ગાળાથી રફીક રોકડીયા સંખ્યાબંધ ઓદ્ધાઓ પર નિપૂણતાપૂર્વક કામ કરી રહ્યા છે. રજાકાર પ્રવૃત્તિઓ અને સાઉથ એશીયન કોમ્યુનિટીમાં ઇન્ડ રાઈઝીંગ સહિતની અનેક પ્રવૃત્તિઓમાં તેમણે

આગળ પડતો ભાગ ભજવ્યો છે.

રફીક રોકડીયા મેમણ એસોસીએશનના સ્થાપક આગેવાનોમાં શામેલ હતા અને ૧૯૮૨-૮૩માં સંસ્થાના નાયબ પ્રમુખ તરીકે સેવા આપી હતી. મિસ્સીસાઉગા અપીલ ટ્રિબ્યુનલના વાઈસ ચેરમેન અને ત્યાંની ઈલેક્શન ફાયનાન્સ કમિટીના ચેરમેન રહ્યા છે. ગ્રેટર ટોરોન્ટો એરીયાના એક આગેવાન સામાજિક કાર્યકર તરીકેની નામના ધરાવે છે. તેમણે હેઝલ મેકકેલીન સીનીયર પબ્લિક સ્કૂલની કાઉન્સિલના સભ્ય, કલ્યાણ સંસ્થા આઈપીપીસીના ખજાનચી, કોનકોર્ડિયા યુનિવર્સિટીની કે સ્ટુડન્ટ એસોસીએશનના એક્સટર્નલ વાઈસ પ્રેસિડન્ટ સહિતના અનેક ક્ષેત્રોમાં કિંમતી સેવાઓ આપી છે.

રફીક રોકડીયાને કેનેડામાં સર્વત્ર માનપૂર્વક આવકાર અપાય છે અને તેમની કિંમતી સેવાની કદરૂપે તેમને અનેક ઈનામો અને એવોર્ડ આપવામાં આવ્યા છે. સાઉથ એશીયન બિરાદરી તથા કેનેડાની સેવા બદલ ૨૦૧૨માં હર મેજેસ્ટી કવીન એલીઝાબેથ-ટુ કાયમંડ

જયુબિલી મેડલ અર્પણ કરાયો હતો. ૨૦૧૦માં સીજીએ ઓનટારીયો કિસ્ટીન્ગવીશ સર્વિસ એવોર્ડ અને ૨૦૧૧માં તેની ફેલોશીપ અપાતાં રફીક રોકડીયા એફસીજીએ બની ગયા હતા. મિસ્સીસાઉગાની અપીલ ટ્રિબ્યુનલ તેમજ ફાયનાન્સ કમિટીમાં કામગીરી બદલ સિવિલ એવોર્ડ ઉપરાંત કેનેડાના પ્રધાનો અને આગેવાન ધારાસભ્યોને હસ્તે બીજા અનેક એવોર્ડ જીતી ચૂક્યા છે.

શિક્ષણના ફેલાવા અને બિરાદરીના મામલાઓ પ્રત્યે જાગૃતિ લાવવામાં રફીક રોકડીયાની ભૂમિકાને પણ બિરદાવવામાં આવી છે. આ હેતુસર સાઉથ એશીયન કોમ્યુનિટી માટેના એક રેડીઓ શોના પ્રોડ્યુસર તથા કો-હેસ્ટ તરીકે તેમણે છ વર્ષ સુધી નોંધપાત્ર સેવા આપી હતી. એ રેડીઓ શોના પ્રતાપે કેનેડામાં આવતા સાઉથ એશીયાના નવા શહેરીઓને ત્યાંની વિવિધ સામાજિક અને સરકારી સેવાઓ બાબત જણાવવામાં ભારે મદદ મળી હતી.

★ ★ ★

સિદ્ધિ

તમે જે કરવા ચાહતા હોય તેનાથી વિપરિત કરાવવા દુનિયા મથતી હોય એવા સંજોગોમાં તમે જમાના સાથે ઢસડાવાને બદલે તમારી દિશામાં ચાલતા રહો, તો એ જ તમારી સૌથી મોટી સિદ્ધિ હશે.

★ કોઈપણ આશા ના દેખાતી હોય તેમ છતાં ઝઝૂમતા રહેલા લોકોએ જ દુનિયામાં સૌથી વધુ મહત્વની સિદ્ધિઓ પ્રાપ્ત કરી છે.

G-06

કરાચીનો ચોથો નંબર

દુનિયાના સૌથી મોટા ૧૦ શહેરો

(૧) ટોકીયો:

દુનિયાના સૌથી મોટા ૧૦ શહેરોની યાદીમાં ટોકીયો અવ્વલ નંબરે છે. જાપાનની આ રાજધાનીની વસતી ૩૫.૧ મિલિયન એટલે કે ૩ કરોડ ૫૧ લાખ અંકાઈ છે અને ટોકીયો દુનિયાના સૌથી વધુ



વિસ્તારવાળા મહાનગરનું સ્થાન ધરાવે છે. ટોકીયો મૂળ માછીમારોના ઈંડો નામના ગામ તરીકે વસ્યું હતું અને ઈસવીસન ૧૪૫૭માં આ ગામ ફરતે કિલ્લો બાંધવામાં આવ્યો હતો. ૧૯૪૩માં આસપાસના વિસ્તારોને ભેળવી દેવાતાં ટોકીયો એક નવા શહેર તરીકે ઉભરી આવ્યું હતું જે ૨૦૧૨ના વર્ષમાં દુનિયાભરમાં સૌથી વધુ વસ્તીવાળું શહેર બની ગયું હતું.

(૨) જાકાર્તા:

ઈન્ડોનેશીયાના પાટનગર જાકાર્તા ૨૮.૦ મિલિયનની વસતી સાથે દુનિયામાં બીજા નંબરનું સૌથી મોટું શહેર છે. ઈસવીસન ૩૨૪ પછીથી જાકાર્તાના વિવિધ વિસ્તારો પર અલગ અલગ સંસ્કૃતિઓ છવાયેલી રહેતી આવી હતી.



ઈન્ડોનેશીયાના વેપાર-ધંધાના આ ધીખતા કેન્દ્ર સમા શહેરને દુનિયાના સૌથી વધુ ઝડપી વસતી વધારો કરતા શહેર તરીકેનું પણ સ્થાન પ્રાપ્ત છે.

(૩) સીઓલ:

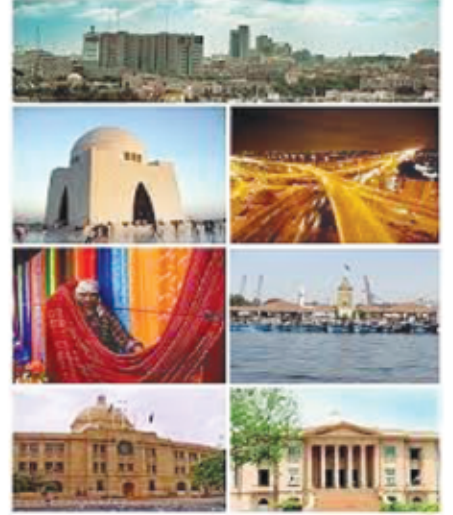
સાઉથ કોરીયાની રાજધાની સીઓલની વસતી ૨૫.૨ મિલિયનની



છે અને સાઉથ કોરીયાની અર્ધાંશી વધુ વસતી આ એક જ શહેરમાં વસેલી છે. સીઓલ મૂળ પ્રાચીન શહેર વીરી સેયોંગ જ છે જેની સ્થાપના ઈસવીસન પૂર્વે ૧૭માં થઈ હતી. દુનિયાનું આ ત્રીજા નંબરનું શહેર એશીયન ટેકનોલોજીમાં હંમેશા મોખરે રહેતું આવ્યું છે.

(૪) કરાચી:

પાકિસ્તાનનું સૌથી મોટું શહેર અને કારોબારી કેન્દ્ર કરાચી વસતીને હિસાબે દુનિયામાં ચોથે નંબરે પહોંચી ગયું છે. તેની વસતી ઝડપથી વધીને ૨૪.૧ મિલિયન સુધી પહોંચી ગયાનું જાણીને ઘણાને નવાઈ લાગે છે.



કરાચી માછીમારોનું એક નાનકડું ગામ હતું અને તેને ૧૭૮૯માં અંગ્રેજોએ એક મહત્વના શહેર તરીકે પરખી લીધું હતું. સિકંદરે આગમ જ્યારે બેબીલોનીયા તરફ ધસવાની તેયારી કરી રહ્યો હતો ત્યારે તેના સેન્યોએ કરાચીમાં પડાવ નાખ્યો હતો.

(૫) મનીલા:



૨૧.૯ મિલિયનની વસતીવાળું શહેર મનીલા ફિલીપાઈનનું પાટનગર છે. મનીલા નાના-નાના ૧૬ શહેરોનું એક ઝુંડ છે અને દુનિયાના સૌથી ગીચ વસતીવાળા શહેર તરીકેનું સ્થાન પણ ધરાવે છે. ચીનમાં મીગ વંશના

સત્તાકાળમાં મનીલા વેપારી મથકની ગરજ સારતું હતું. એ વખતે તેનું નામ ગીન્ટો હતું જેનો અર્થ ‘સોનું’ થાય છે.

(૬) નવી દિલ્હી:

ભારતી પાટનગર નવી દિલ્હીની વસતી ૨૧.૭ મિલિયનની



અંકાઈ છે અને ભારતનું સૌથી મોટું અને દુનિયાનું છઠ્ઠા નંબરનું આ શહેર ઉત્તર ભારતના કેન્દ્રમાં આવેલું છે. ભારત પર રાજ કરી ગયેલા જુદા જુદા શાસકોએ દિલ્હીના વિકાસમાં ફાળો આપ્યો હતો અને છેવટે ૧૯૩૧માં અંગ્રેજોએ આ શહેરનું બાંધકામ પૂરું કર્યું હતું. દિલ્હીના નવ જીલ્લા હતા અને નવી દિલ્હી તો એમાંનો માત્ર એક જીલ્લો જ હતો.

(૭) શાંઘાઈ:

આ શહેર ચીનનું બીજા નંબરે



સૌથી વધુ ૨૦.૮ મિલિયનની વસતીવાળું શહેર છે. આ બંદરી શહેરની સ્થાપના ઈસવીસન ૯૬૦માં થઈ હતી. શાંઘાઈ દુનિયાના સૌથી વધુ કન્ટેઈનરોવાળા શહેર તરીકે પણ પંકાય છે.

(૮) મેક્સિકો સિટી:



મેક્સિકો સિટી મેક્સિકો દેશની રાજધાની છે અને તેની વસતી ૨૧.૨ મિલિયન છે. પૂરા નોર્થ અમેરિકામાં મેક્સિકો સિટી બીજા નંબરનું અને પૂરી દુનિયામાં આઠમા નંબરનું સૌથી મોટું શહેર છે. આ શહેરને મૂળ ઈસવીસન ૧૩૨૫માં એઝટેક શાસકોએ ટેનોચ ટીટલાન નામના તળાવ પાસે વસાવ્યું હતું. ઈસવીસન ૧૩૨૫માં સ્પેનીશ આક્રમણખોરોએ તેનો નાશ કરી દીધો હતો પણ બાદમાં સ્પેનીશ લોકોએ જ ૧૫૨૪માં આ નગરની ફરી બાંધણી કરી હતી. એ વખતે મેક્સિકો સિટી એક સુંદર શહેર તરીકે પંકાતું હતું.

(૯) સાઓ પાઓલો:



બ્રાઝીલની રાજધાની સાઓ

પાઓલોની વસતી ૧૯.૮ મિલિયન છે. સાઉથ અમેરિકા અને સધર્ન હમીસ્ફેરનું આ સૌથી મોટું શહેર છે. ઈસવીસન ૧૫૩૨માં નવા વિશ્વની પહેલી પોર્ટુગીઝ કોલોની તરીકે સાઓ પાઓલો શહેરની સ્થાપના થઈ હતી.

(૧૦) ન્યુ યોર્ક સિટી:



અમેરિકાનું આ શહેર એક બંદર છે અને તેની વસતી ૧૯.૫ મિલિયન છે. નોર્થ અમેરિકામાં મેક્સિકો સિટી પછી ન્યુ યોર્ક બીજા નંબરનું સૌથી મોટું અને દુનિયામાં ૧૦મા નંબરનું સૌથી વધુ વસતીવાળું શહેર છે. ઈસવીસન ૧૬૨૪માં ૬૫ લોકોએ ન્યુ યોર્ક શહેરની સ્થાપના કરી ત્યારે તેને ન્યૂ એમસ્ટર્ડમ તરીકે ઓળખવામાં આવતું હતું.

★ ★ ★
★ ★ ★

પોલીસ થાણાના એક કમરામાં એક માણસ દરવાજે આવીને ઉભો અને કરડાકીથી કહ્યું: “ચાલો, બધા ફટાફટ બહાર નીકળી જાવ”.

કમરામાં મોજુદ લોકો ગભરાઈ ગયા અને પૂછ્યું: “કેમ ભાઈ શું વાત છે ?”

માણસે કમરાની અંદર આવીને હાથમાંનો સાવણો દેખાડતાં નરમીથી કહ્યું: “ઝાડુ વાળવી છે”.

توانائی اور ماحول کی بچت کے مفید مشورے



ماحول سے پیار کریں

- توانائی کی بچت کے طرز زندگی کو اپنا کر آپ انفرادی حیثیت میں تقریباً 6 سے 8 فیصد تک کاربن کے اخراج کو کم کر سکتے ہیں۔
 - اگر کراچی کے دس لاکھ افراد روزانہ رات سے صبح 6:00 بجے تک صرف ٹی وی بند کریں، تو اس طرح مستقل بنیادوں پر 120 MW بجلی بچائی جا سکتی ہے۔
 - اگر کراچی کے دس لاکھ افراد CRT یا میٹرز کی بجائے LCD استعمال کریں، تو اس طرح مستقل بنیادوں پر 60 MW بجلی بچائی جا سکتی ہے۔
 - شادی ہالوں کے ملحد بندہ ہونے سے مستقل بنیادوں پر 45 MW بجلی بچانے میں مدد ملتی ہے۔
 - ہر استعمال ہونے والے بجلی کے یونٹ سے 3.75 پاؤنڈ کاربن ڈائی آکسائیڈ کا اخراج ہوتا ہے۔ لہذا غیر ضروری بجلی کا استعمال بالکل نہ کریں۔
 - جتنے زیادہ ممکن ہو درخت لگائیں۔ ایک درخت کو 90 منٹ سے کم وقت میں پلے والے تمام تیل سے نکلے والی کاربن ڈائی آکسائیڈ کو جذب کرنے کیلئے 10 سال درکار ہوتے ہیں۔
 - 100 MW بجلی کی بچت کے ذریعے 487 ملین پاؤنڈ کاربن ڈائی آکسائیڈ کے اخراج کو کم کیا جاسکتا ہے۔
- جہاں کہیں ممکنہ اصول کی تعمیت میں معاون ثابت ہوگا۔



روشنی، توانائی کی بچت کے ساتھ

- روشنی کیلئے لگائے گئے ہمارے برقی آلات کو جدید LED لائٹوں سے تبدیل کر دیں۔ یہ LED لائٹیں مطلوبہ روشنی کی سطح کو کم کے بغیر آپ کے بجلی کے بل میں نمایاں کمی کریں گی۔
- ایک 20 واٹ کا انفریجیٹر 75% تک بجلی بچا سکتا ہے۔ یہ زیادہ روشنی دیتا ہے اور عام بلب کے مقابلے میں 10 گنا زیادہ چلتا ہے۔
- گرمیوں میں ہونے والے رنگ کا احتیاج بجلی کے بل کو کم کرنے میں مدد دیتا ہے۔ اپنے گھر کے اندر ہلکے رنگ کا رنگینا کیوں کریں کہ یہ 80 فیصد بجلی کو منعکس کرتے ہیں۔
- زیادہ تر گھروں میں بجلی کا 10 سے 15 فیصد بل لائٹوں کی وجہ سے ہوتا ہے۔ لہذا کم کرنا چھوڑتے وقت بجلی لائٹیں بند کر دیں۔
- روشنی بلب استعمال نہ کریں کیوں کہ یہ اپنی اتراتی ہوئی 80 فیصد گرمیوں کو بھرتی کر کے اور 10 فیصد روشنی ہٹانے کیلئے استعمال کرتے ہیں۔
- جہاں تک ممکن ہوں کہ روشنی کا استعمال کریں۔
- ڈمرز (Dimmers) کا استعمال کریں۔ ڈمرز کے ذریعے 50% تک روشنی کی سطح کو کم کر کے آپ 25 فیصد بجلی بچا سکتے ہیں۔



ٹھنڈک، توانائی کی بچت کے ساتھ

- اپنے ایئر کنڈیشنر کا قرومانٹ 24 ڈگری سینٹی گریڈ پر رکھئے۔ آپ کے بجلی کے بلانڈن میں 30% تک کمی آئے گی اور آپ کا گھر بجلی ضائع کے بغیر ٹھنڈا رہے گا۔
- اسی کے ذریعے فرج ہونے والی بجلی کو کم کرنے کیلئے کونکریں پر تیش کو ڈال کرنے والی انٹراواکٹ فٹس کا استعمال کریں۔ اس عمل سے 30 فیصد بجلی بچانے میں مدد ملے گی۔
- رات کے وقت اپنے ایئر کنڈیشنر کے قرومانٹ کو بلند ترین سطح پر رکھیں کیوں کہ رات میں سوتے وقت آپ کا جسم بلند درجہ حرارت پر رواجت کر سکتا ہے۔
- اپنے اسی کے آؤٹ ڈور یونٹ کو سائے اور کھلی ہوا میں رکھیں۔ سائے میں رکھے ہوئے یونٹ کا کنڈنسر، دھوپ میں رکھے یونٹ کے مقابلے میں زیادہ دھوپ طور پر کام کرتا ہے۔
- ہاتھ دھو، پیاز پر اسی کی سروس کو کھینچنا نہیں۔ رکاوٹ والے فلٹراے سی کی کارڈریڈ کو کم کرنے کے ساتھ ساتھ موٹر کے پتھے پر دانا پھیرا کر دیتے ہیں۔
- اپنی چھت پر انٹولیشن کرنا نہیں۔ چھت پر پانی بھے چاہیے کریں کہ موسم میں بہترین ٹھنڈک دیتے ہیں۔
- سورج کی روشنی سے اندرونی حصے میں پیدا ہونے والی گرمی کو روکنے کیلئے پردوں، شٹرز، پلاسٹک زکا استعمال کریں۔ پردوں کیلئے کپڑے کا استعمال کریں۔



برقی آلات کا استعمال، توانائی کی بچت کے ساتھ

- کھانا گرم ہوا یا نہیں، یہ چیک کرنے کیلئے ڈیگریوں پر ان کے دروازے کو ہارڈ ہاتھ کھولیں، کیوں کہ ایسا کرنے سے 25 گری سینٹی گریڈ تک دہر جراثیم شائع ہو جاتا ہے۔
- دن کے اوقات میں UPS کے استعمال سے گریز کریں کیوں کہ یہ بیٹری کو گرمی چارج کرنے میں 300 سے 400 واٹ بجلی خرچ کرتا ہے۔ جبکہ ٹیکسی UPS سے تقریباً 100MW بجلی چھٹی ہو سکتی ہے۔
- گرم کمرہ یا ریفریجریٹر میں رکھیں، کیوں کہ ریفریجریٹر اس سے دھندلا کر اپنے کھینے کی اضافی کام کرتا ہے۔
- ریفریجریٹر یا فریج پر رکھنا اور ڈیوڑھا اور کھانا چھوڑنے سے یہ عام حالات کی نسبت زیادہ کوئی خرابی کرتا ہے۔
- اپنے ریفریجریٹر یا فریج پر گیس کنٹ کنٹریکٹ سے اور ایئر کی کھینچ کر دھندلا کر اپنے چیک کراتے ہیں۔
- اس عمل سے ذرا بے برقی مصنوعات کی ضرورت کا گرمی کو کھینچنا ہو جاسکتا ہے۔
- تمام برقی مصنوعات کو اسٹینڈ بائی موڈ میں چھوڑنے کی بجائے چیک سے نکال دیں۔ اس طرح بجلی کے کمر خرچ اور مصنوعات کے تھکنا کو کھینچنا ہو جاسکتا ہے۔
- بجلی کی طلب میں اضافے کے باعث شام 7:00 تا 11:00 بجے کے دوران بجاری بجلی خرچ کرنے والی برقی مصنوعات جیسے ایئر کنڈیشنر، ڈیگریوں پر ان کے دروازے کھولیں اور ایئر ڈیگریوں کو آؤٹ، الیکٹرونک ڈیوڑھا اور فریجس سے ایک سب سے اچھا استعمال سے گریز کریں۔ اس کو ڈیوڑھا کے اوقات میں تعمیر کریں۔

توانائی کی بچت کے اقدامات

بیٹیاں زحمت نہیں رحمت انہیں اعتماد اور پیار دیکھیے

بیٹیاں والدین کے لیے قدرت کی جانب سے عطا کردہ وہ بیش قیمت تحفہ ہیں جن کا کوئی متبادل نہیں

صدف آصف

گلتا ہے کہ ان کی تنہا بے کار گئی۔ بعض مرتبہ تو حالات اس نچ پر بھی پہنچ جاتے ہیں کہ والدین زیادہ بیٹیوں کو بوجھ جانتے ہوئے ان سے جلدی جلدی چھٹکارا پانے میں لگ جاتے ہیں۔ یوں بچیوں کی بے جوڑ شادیاں بھی کرا دی جاتی ہیں۔ اسی وجہ سے لڑکیوں کو ذہنی کوشت اور اذیت کا سامنا کرنا پڑتا ہے۔ حالات سے لڑتے لڑتے کبھی کبھی وہ نفسیاتی بیماریوں میں بھی مبتلا ہو جاتی ہیں جسے فرسٹریشن اور ڈیپریشن کا نام دے دیا جاتا ہے۔

شادی کی راہ میں مشکلات بڑھانے کے لیے ایک اور معاشرتی جو مسئلہ روز بہ روز سر اٹھ رہا ہے وہ لڑکوں کے مقابلے میں لڑکیوں کا اعلیٰ تعلیم یافتہ ہونا ہے۔ اٹھارہ سے پانچ سال رشتے آنے کی آئینہ میل عمر کہلاتی ہے۔ مگر یہ وہ دور بھی ہوتا ہے جب لڑکی کا فوکس اپنی تعلیمی سرگرمیوں کی طرف ہوتا ہے۔ زیادہ تر والدین بھی آنے والے رشتوں کو یہ کہہ کر ٹھکراتے رہتے ہیں کہ ”ابھی تو ہماری بیٹی پڑھ رہی ہے۔“ جب لڑکی تعلیم سے فارغ ہو جاتی ہے تو اس کے معیار کا لڑکا ملنا مشکل ہو جاتا ہے، کہیں لڑکے والوں کو لڑکی کی عمر زیادہ لگنے لگتی ہے تو کہیں لڑکی والے اپنی بیٹی سے زیادہ تعلیم یافتہ لڑکے کی تلاش میں سرگرداں رہتے ہیں۔ ایک عورت کا تعلیم یافتہ ہونا کسی بھی معاشرے کی ترقی کے لیے بہت ضروری ہے۔ تعلیم ہر انسان کو شعور بخشتی ہے، اس لیے لڑکی کی تعلیم و تربیت آنے والی نسل کی بقا کے لیے لازمی ہے، مگر اس حقیقت سے بھی آنکھیں نہیں چرائی جائیں کہ ہمارے پیارے بچے کبھی کبھار نے کالج کی جلد از جلد تادیب کی ہے، اگر ہم فطرت کے اصولوں کے خلاف جائیں گے تو معاشرہ بخیر کی طرف گامزن ہو جائے گا۔

ہمارے معاشرے میں کینسر کی طرح پھیلتی ہوئی بے حیائی کے اسباب میں سے ایک سبب شادی میں تاخیر بھی ہے۔ آج کل کے والدین نیک سیرتی اور اچھے اخلاق کے سوا لڑکے میں ساری ظاہری خوبیاں ڈھونڈ رہے ہوتے ہیں۔ خوب سے خوب تر کی تلاش میں لڑکی کی عمر دھٹکتی ہے، وہ ایسے اندھیروں میں ڈوب جاتی ہے کہ اسے ہسٹل سے کوئی نہیں روک پاتا۔ اگر فریقین اعتدال پسندی کا دامن تمام لیں تو یہ مسئلہ چٹکی بجاتے ہی حل ہو سکتا ہے، بس لڑکے اور لڑکی والوں کی جانب سے تھوڑی سی سمجھداری اور نیک نیتی کی ضرورت ہے۔ ایسا بھی تو ہو سکتا ہے کہ امیر گھرانے غریب گھر کی لڑکیوں کو اپنی بیوی بنائیں۔ ایسے والدین جو اپنی ایک بیٹی کی شادی پر لاکھوں روپیہ برباد کر دیتے ہیں، سادگی کو شعار بناتے ہوئے کم بیٹیوں میں شادی کی تقریب منعقد کریں اور بچ جانے والے بیٹیوں سے خاندان کی ان لڑکیوں کی شادی کرادیں جو جیئر کا انتظام نہ ہونے کی وجہ سے بائیں کی واپس تھاسے بیٹھی ہیں۔ اگر لڑکی کے والدین خوش حال ہیں تو شریف گھرانوں کے لڑکوں سے اپنی بیٹیوں کو بیاہ دیں اس طرح آہستہ آہستہ معاشرتی تضاد میں کمی واقع ہونا شروع ہو جائے گی۔ ان سب سے بہتر کام یہ ہوگا کہ اگر لڑکے جیئر کے لینے سے انکار کر دیں۔ یہ باتیں ناممکن نہیں، بس نیت صاف ہو تو منزل آسان ہو جائے گی۔ دنیا میں وہ ہی ملک ترقی کر سکتے ہیں جہاں عورتوں کی عزت و احترام کا خیال رکھا جاتا ہو کیوں کہ یہ عورت ہی ہے جو آنے والی نسلوں کے اعلیٰ کردار، اخلاق اور سیرت کی خالق ہوتی ہے۔ اگر معاشرے میں اس کا کردار کمزور کر دیا جائے گا تو وہ کیسے ایک بلند کردار نسل کو پروان چڑھانے کے قابل بنے گی۔

بیٹیاں والدین کے لیے قدرت کی جانب سے عطا کردہ بیش قیمت تحفہ ہیں جن کا کوئی متبادل نہیں۔ کہتے ہیں: ”بیٹیاں رحمت اور بیٹے نعت ہوتے ہیں۔ اللہ کے دربار میں رحمت کی پوچھ نہیں، مگر نعتوں کا حساب ہوگا۔“

کتنی عجیب بات ہے کہ آج کل کے ماں باپ کے لیے جی جی پیاری شے کسی امتحان سے کم نہیں۔ زمانہ جاہلیت کی طرح اب بھی کچھ خاندانوں میں بیٹیوں کی پیدائش پر باپ کو لگتا ہے کہ اس کا سر جھک گیا ہے۔ بہو کو بیٹی پیدا کرنے کی پاداش میں سسرال میں جائز مقام نہیں مل پاتا تو کہیں بیٹی پیدا کرنے والی ماں کی آنکھوں سے راتوں کی نیندیں اڑ جاتی ہیں۔ یہ کیا خود ساختہ قلم ہے جو ہم نے اپنی جانوں پر ڈھایا ہوا ہے۔ ہمارے مذہب میں تو بیٹیوں کے حقوق بڑے واضح الفاظ میں بیان کیے گئے ہیں، بیٹی کی پیدائش پر شرمندگی کی شدید الفاظ مذمت کی گئی ہے مگر آج دنیاوی رسم و رواج کی بھیڑ میں کیوں وہ باتیں ہمارے ذہنوں سے محو ہو گئی ہیں؟

عورت وہ مظلوم صنف ہے جس کو معاشرے میں بہت کچھ جھیلنا پڑتا ہے۔ ہمارے اخبارات میں چھپنے والے خوف ناک واقعات اس کے آئینہ دار ہیں جن میں اولاد نہ ہونے کے سبب بے قصور بیوی کو طلاق، جیئر لانے کی صورت میں بہو کا جمل مرنا، اپنی مرضی سے نکاح کرنے والی لڑکی کا میکے، سسرال سے بائیکاٹ یا کبھی کبھار تو بھائی باپ کے ہاتھوں قتل، لڑکوں کا محبت کے نام پر لڑکیوں کو دھوکا اور قریب دینا وغیرہ وغیرہ۔ یہ وہ جوہ ہیں کہ معاشرے کی بڑھتی ہوئی بے راہ روی سے گھبرا کر ہر ماں کی خواہش ہوتی ہے کہ وہ بیٹی کی ذمہ داری سے جلد از جلد سبک دوش ہو جائے مگر آج کل کے حالات میں یہ کوئی آسان کام نہیں۔

لڑکیوں کی شادی والدین کے لیے دن بے دن ایک بڑا سماجی مسئلہ بنتا جا رہا ہے۔ اس کے پیچھے کوئی ایک نہیں بلکہ کئی عوامل کارفرما ہیں۔ مناسب رشتوں کا نہ ملنا، سسرال والوں کی طرف سے فرمائشی لست، ہمودود فرمائش، ہماری بھر کم جیئر، فضول رسم و رواج کے لیے بیٹیوں کا انتظام اور ان جیسے بہت سے مسائل لڑکی کی شخصیت کی راہ میں دیوار بن کر کھڑے ہو جاتے ہیں۔ یہی وجہ ہے کہ متوسط طبقے کے جن گھرانوں میں ایک یا ایک سے زائد لڑکیاں موجود ہیں، وہاں لاچار باپ کی کمزورت سے پہلے جھک جاتی ہے اور بیٹیوں کے مستقبل کے بارے میں سوچ سوچ کے ماں بلڈ پریشر کی مرلیف بن جاتی ہے۔ والدین کو یہ غم کھائے جاتا ہے کہ وہ اپنی شہزادیوں کے لیے شہزادے کہاں سے ڈھونڈیں۔ ان کی یہ خواہش اکثر پوری ہونا مشکل ہو جاتی ہے۔ بیٹیوں کے سر میں اترنے والی چاندی کے ساتھ ساتھ والدین کے اسپتال کے چکروں میں بھی اضافہ ہوتا چلا جاتا ہے۔

بیٹی کی پیدائش کے ساتھ ہی والدین پر سب سے پہلے تو یہ ذمہ داری عائد ہوتی ہے کہ اس کی تعلیم و تربیت میں کوئی کوتاہی نہ برتی جائے پھر اصل مرحلہ آتا ہے جیئر اور شادی کا سامان جمع کرنے کا جس کے لیے وہ عمر بھر مشقت کرنے سے بھی گریز نہیں کرتے، تاہم جب وہ اپنی بیٹی کی شادی وقت پر نہیں کر پاتے تو ان کو

ورلڈ میمن آرگنائزیشن پاکستان چیپٹر مانکرو فنانس اسکیم



ورلڈ میمن آرگنائزیشن کی مانکرو فنانس 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۔ جو ان 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- مانکرو فنانس 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

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موجودہ نظام تعلیم کیسے ٹھیک ہوگا؟

ملک میں ٹیلنٹ کی کمی ہے نہ اچھے طلباء لیکن تعلیمی فروغ کے لیے منصوبہ بندی کا اس قدر فقدان ہے کہ غریب کا بچہ تو معیاری اسکول کو محض دور سے دیکھ سکتا ہے۔ ملک کے موجودہ حالات میں عوام کو جتنی شکایات شعبہ تعلیم سے ہیں شاید ہی کسی اور ادارے سے ہوں گی۔ سروے کے دوران ”ملک کا تعلیمی نظام کیسے کیسے ٹھیک ہوگا؟“ کے موضوع پر طلباء و طالبات کے خیالات جاننے کا موقع ملا۔ ہر کوئی اپنی رائے دیتا رہا۔ کسی نے کہا کہ اگر استثنائی مراکز میں نقل بند کر دی جائے تو تعلیمی نظام ٹھیک ہو سکتا ہے۔ کسی نے کہا کہ اگر اسٹوڈنٹس اور ٹیچرز کو وقت کا پابند بنایا جائے تو نظام بالکل ٹھیک ہو جائے گا۔ کچھ طالبات نے کہا کہ ہمیں سہولتیں دی جائیں تو ہم بہت کچھ کر کے دکھا سکتے ہیں، بعض لڑکوں نے کہا کہ باہر کے ملکوں سے جو فنڈز اسکولوں اور کالوں کی شکل میں غریب طلباء کے لیے دیے جاتے ہیں، ان میں بڑے عہدوں پر فائز افسران کے بچے پڑھتے ہیں، اگر انہیں میرٹ کا تحت رکھا جائے تو نہ صرف پاکستان میں نظام تعلیم ٹھیک ہو جائے گا بلکہ ملک بھی ترقی کرے گا۔ کچھ جذبہ باقی طلباء تو تعلیمی شعبے سے تعلق رکھنے والوں پر ہی برس پڑے کہ ان سب کو بنا کر تعلیمی نظام نئے سرے سے بنایا جائے۔

یہ سب تو بعد کی باتیں ہیں۔ کیا ہم نے کبھی یہ بھی سوچا ہے کہ اس نظام کو ٹھیک کرنے والا کون ہوگا؟ ہم نے ابھی تک اصل مسئلہ ہی نہیں سمجھا ہے، ہمارا سوال ہی غلط ہے تو جواب کیسے مثبت آئے گا۔ اس کی مثال کچھ ایسی ہے کہ اگر کوئی شاگرد استاد سے کسی مضمون کے اس سبق کے بارے میں پوچھتا ہے جو استاد نے ابھی تک اسے پڑھایا ہی نہیں تو شاگرد کیسے اس جواب کو سمجھ سکے گا جو اس نے پڑھا ہی نہیں؟ چاہیے استاد لاکھ دفعہ اسے سمجھانے کی کوشش کرے لیکن بے کار ہے۔ اس طرح ہم بھی جب تک اس نظام کو ٹھیک کرنے والا خیر خواہ نہیں ڈھونڈتے اس وقت تک چاہے لاکھ رائے دے دیں لیکن بے کار ہے کیونکہ اس کو ٹھیک کرنے کے لیے ہر بار ہمارے ساتھ بہت بڑے وعدے کیے جاتے ہیں۔ ہمیں اعتماد میں لیا جاتا ہے۔ ہماری آنکھوں پر پٹی باندھ دی جاتی ہے اور ہم بغیر کچھ دیکھے اس شخص کو منتخب کر لیتے ہیں لیکن تھوڑے ہی عرصے میں وہ جانا بچنا یا چہرہ بالکل پردہ سی بن جاتا ہے اور اس پر دیسی تک رسائی کے لیے پھر ہمیں طرح طرح کی مشکلات کا سامنا کرنا پڑتا ہے اور ہم اپنے کیے پر جھجھکتا ہیں۔

پہلے ہمیں ایسی قیادت کو ڈھونڈنا ہوگا جو اس ملک کے ہر بوڑھے ہر جوان اور ہر بچے کے ساتھ مخلص ہو۔ جسے اس ملک کے ہر فرد کی تعلیم اور اچھے مستقبل کی فکر ہو۔ سخت قوانین اور ان پر علم و آراء کی صورت میں امتحانی مراکز پر نقل بھی بند ہو جائیگی۔ ہمیں سہولتیں بھی فراہم کی جائے گی اور غریب طلباء کو پڑھنے کا پورا پورا موقع بھی مل جائے گا۔



پاکستان میں تقریباً تین دہائی قبل اردو میڈیم اسکولز کا ایک خاص معیار قائم تھا اور والدین بچوں کو اردو میڈیم اسکولوں میں داخل کرانا اپنی شان سمجھتے تھے۔ بد قسمتی سے اب اردو میڈیم اسکولز اپنی پرانی شان کھو چکے ہیں، اس کی ایک وجہ انگلش میڈیم اسکولز کی بھر مار اور مشترکہ جانے والے دلکش سیکٹیز ہیں جو حقیقت میں ایک جہان سر ہی ہوتا ہے۔ اکثر پرائیویٹ انگلش میڈیم اسکولز ”ایڈمیشن فیس فری“ کا اشتہار شائع کر کے غریب عوام کو دھوکے سے اپنے پاس بلوانے میں کامیاب ہو جاتے ہیں لیکن جب والدین بچوں کو داخل کرادیتے ہیں تو اسکول انتظامیہ کی جانب سے یونیفارم سے لے کر کتابوں و ایسی سالاں فنڈز تک اخراجات کی اتنی لمبی فہرست تنہا دی جاتی ہے کہ والدین یہ کہنے پر مجبور ہوتے ہیں کہ اس سے تو بہتر تھا کہ ایڈمیشن فیس ہی ادا کر دیتے، کم از کم ہزاروں روپے کے خالص اخراجات جو دراصل ایڈمیشن فیس کی کمی کو ہی پورا کرنے کے لیے اسکول انتظامیہ نے والدین پر جبری طور پر لا دیے ہیں، ان سے توقع جاتے۔ کراچی، لاہور و راولپنڈی سمیت پاکستان کے تقریباً تمام چھوٹے بڑے شہروں کی ہر چوتھی گلی میں ایک اسکول کھول دیا گیا ہے، ان میں اکثریت ایسے اسکولوں کی ہے جو زیادہ سے زیادہ 200 گز یا اس سے بھی کم جگہ پر بنے گھروں میں قائم کیے گئے ہیں۔ دوسری جانب زیادہ تر بچے انگلش میڈیم اسکول میں داخلہ لینے کو ترجیح دیتے ہیں۔ حالانکہ انگلش میڈیم اسکولز میں بھی اردو زبان ایک مضمون کے طور پر پڑھائی جاتی ہے لیکن بے حد کم ورا انداز میں۔ ظاہر ہے کہ اردو میڈیم اسکول میں اردو زبان جس طرح سے پڑھائی جاتی ہے اس طرح انگلش میڈیم میں نہیں پڑھائی جاسکتی۔ بچے چونکہ انگریزی ماحول سے نہیں آتے اس لئے نہ ان کی انگریزی زبان بہتر ہو پاتی ہے نہ مادری زبان۔ بچے گھر واپس آتے ہیں تو گھر والے توقع رکھتے ہیں کہ بچے نہ صرف خود انگریزی بولیں گے بلکہ گھر کے محبوب ماحول کو بھی انگریزی رنگ و ڈھنگ میں ڈھالنے میں مددگار ثابت ہوں گے۔ اگر کسی بچے کی مادری زبان اردو ہے اور وہ خود انگلش میڈیم اسکول میں زیر تعلیم ہے تو یہ بات یقینی ہے کہ وہ انگریزی اور اپنی مادری زبان یعنی اردو میں سے کسی بھی زبان پر عبور حاصل نہیں کر سکے گا، ایسے بچے اردو اور انگریزی ہر دو کو دوسری زبان کے طور پر سیکھتے ہیں لہذا دونوں زبانیں کمزور ہو جاتی ہے۔ پاکستان میں کم و بیش ہر جگہ یہی صورت حال ہے۔ تمام بڑے اردو میڈیم اسکول انگریزی میڈیم اپنا دے ہیں۔ ظاہر ہے کہ اس سے نہ صرف اردو زبان کا نقصان ہو رہا ہے بلکہ معاشرہ دو واضح طبقات میں تقسیم ہونے کی طرف تیزی سے بڑھ رہا ہے۔ اردو میڈیم اسکول پڑتا ہے لگئیں گے تو اردو میڈیم کے پڑنے اور باصلاحیت تجربہ کار اساتذہ بے روزگار ہو جائیں گے۔ ان حالات، میں اردو رسائل، کتب اور اخبارات کی تعداد شامت گھٹنے گھٹنے صفر ہو جائے گی۔

گزشتہ نصف درجن بھر تعلیمی اداروں کا بھرپور سروے کرنے کے بعد یہ حقیقت کھل کر سامنے آئی کہ ہمارے



بڑے لوگوں کی بڑی باتیں

”آئن سٹائن کسی تعارف کا محتاج نہیں بہت بڑا دماغ“

لے کھڑکی سے خود گیا، لیکن جب میں زمین پر گرا تو مجھے یاد آیا کہ تمہارا خاندان تو میں ہی ہوں۔“ آئن سٹائن کی انگریزی زبان کے مشہور ڈرامہ نگار جارج برنارڈ شا سے بہت دوستی تھی۔ جارج برنارڈ شا بہت ذہین آدمی تھا اور دنیا میں اپنے آپ کو ایک ہی سمجھتا تھا۔ جملہ کہنے میں اس کا طاقی کوئی نہیں۔ آئن سٹائن جتنا فقیر تھا۔ جارج برنارڈ شا اتنا ہی تیز اور چالاک تھا۔ ایک بار آئن سٹائن اس کا ڈرامہ دیکھنے کے لئے تھیٹر میں گیا۔ جارج برنارڈ شا نے اس کا بہت استقبال کیا، بڑی عزت دی اور اعلیٰ قطار میں بٹھا کر ڈرامہ دکھایا۔ جب ڈرامہ ختم ہو گیا تو جارج برنارڈ شا اسٹیج پر گیا اور لوگوں سے مخاطب ہو کر کہا:

”اب میں آپ سے ایک ایسے شخص کا تعارف کروا رہا ہوں جو بہت عظیم ہے، بہت بڑا ہے اور بہت معصوم ہے۔“

اس کے بعد اس جارج برنارڈ شا، آئن سٹائن کا ہاتھ پکڑ کر اسٹیج پر لے گیا اور لوگوں سے مخاطب ہو کر کہا:

”خواتین و حضرات، آئیے دنیا کے دوسرے بڑے عظیم آدمی سے ملیں، یہ ہیں مسٹر آئن سٹائن۔“

ایک عورت کھڑی ہوئی اور کہا:

”مسٹر برنارڈ شا، پہلا عظیم آدمی کون ہے؟“

جارج برنارڈ شا نے جواب دیا: ”جو دوسرے عظیم کا تعارف کروا رہا ہے۔“

آئن سٹائن کسی تعارف کا محتاج نہیں۔ بہت بڑا دماغ، بہت بڑا ریاضی داں، بہت بڑا سائنس داں اور بہت ہی معصوم، شریف اور فقیر آدمی۔ میں یہاں آپ سے اس کی سائنسی اور ریاضی کے بارے میں گفتگو نہیں کروں گا۔ میں نے اس کی زندگی میں جو ایک فقیر اور معصوم آدمی چھپا چھپا تھا اور کبھی وہ جس کے حصار نے نکل نہیں پایا میں اس کی بات کرنا چاہوں گا۔ آئن سٹائن ہر وقت کھو یا کھو یا رہتا تھا۔ بھول ہو کہ اس کی سرشت میں داخل تھی۔ ساری زندگی بہت فقیری میں گزاری۔ عجیب حیرت کی بات ہے کہ اس نے ساری زندگی بنیان نہیں اپنی اور شیوہ کرنے کے لئے کبھی شیونگ کریم استعمال نہیں کی بلکہ لائف بوائے کے صابن ہی سے شیوہ کر لیا کرتا تھا۔ جب جرمنی سے اسے امریکا شفٹ کیا اور اس کے کمرے میں ریڈر کے ساتھ شیونگ کریم بھی رکھی تو یہ دیکھ کر حیران رہ گیا اور نوکر سے پوچھا: ”یہ کیا ہے؟“

نوکر نے اسے جواب دیا: ”شیونگ کریم۔“

آئن سٹائن نے کہا: ”یہ کس کام آتی ہے؟“

تو نوکر اس کی بات سن کر حیران رہ گیا۔

آئن سٹائن ہر وقت اپنے کیلکولیشن میں کھو یا رہتا تھا اور اسے ارد گرد کی کوئی خبر نہیں ہوتی تھی بلکہ اس کھوئے میں وہ جو کام بھی کرتا تھا، اتفاق سے وہ سیدھا ہو جاتا تھا اور کبھی کبھی بلکہ اکثر کام غلط ہی ہو جاتے تھے۔ اسے اپنی پوتی کے ساتھ کھیلنے کا بہت شوق تھا۔

ایک بار وہ اپنی پوتی کے کمرے میں گیا اور اس سے کہا:

”چلو باہر گراؤنڈ میں جا کر کھیلے ہیں۔“

پوتی نے کہا: ”نہیں دادا۔ مجھے اسکول کا کام کرنا ہے۔“

آئن سٹائن نے کہا: ”وہ کام میں کر دیتا ہوں کیا کام ہے؟“

پوتی نے جواب دیا: ”مجھے ریاضی کے کچھ سوال حل کرنے ہیں۔“

آئن سٹائن نے ہنس کر کہا: ”لو بھلا یہ بھی کوئی کام ہے۔ اس کا تو میں پوری دنیا میں ماسٹر سمجھا جاتا ہوں۔“

چنانچہ آئن سٹائن نے بچی کی کاپی پر چھ سوال حل کر دیے اور چھ کے چھ غلط حل کئے۔ صبح بچی نے جب اپنی بچہ کو یہ سوال دکھائے تو بچہ نے کہا:

”یہ تو سب غلط ہیں۔“

پوتی نے کہا: ”یہ سوال میرے دادا آئن سٹائن نے حل کئے ہیں جو پوری دنیا میں ریاضی کے ماہر مانے جاتے ہیں۔“

بچہ نے پوچھا: ”کیا نام ہے تمہارے دادا کا؟“

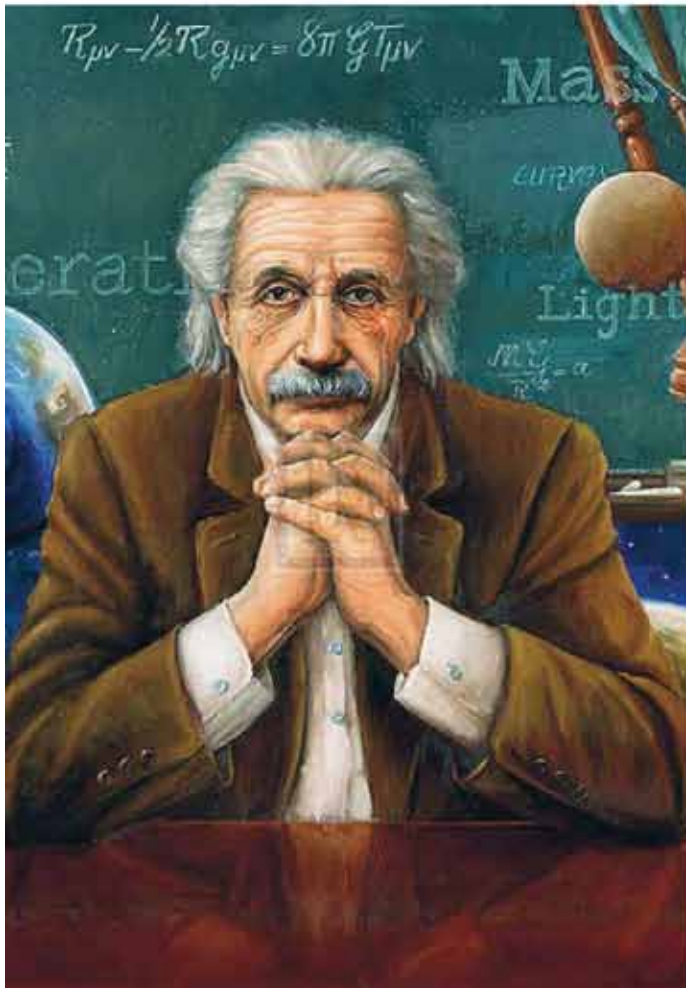
پوتی نے کہا: ”آئن سٹائن۔“

بچہ یہ نام سن کر دنگ رہ گئی اور چھ کے چھ سوال ٹھیک قرار دے دیے۔ صرف یہی نہیں آئن سٹائن کی زندگی اس قسم کے بھلکوں پھلکوں سے بھری پڑی ہے۔

ایک واقعہ جو شاید اس کی زندگی کا دلچسپ ترین واقعہ ہے، وہ آپ بھی سن لیجیے۔ ایک بار آئن سٹائن اپنی بیوی کے ساتھ سوئٹزر لینڈ گئے اور ایک ہوٹل میں قیام کیا۔ آئن سٹائن کا کمرہ تیسری منزل پر تھا۔ دونوں میاں بیوی کمرے میں بیٹھے۔ آئن سٹائن کی بیوی جانفوزے چمیل چمیل کر آئن سٹائن کو کھلا رہی تھی۔ اس سے پہلے وہ بیڑ کو چائے لانے کا آرڈر دے چکی تھی۔ چند لمحوں کے بعد دروازے پر دستک ہوئی کیونکہ بیڑ چائے لے کر آچکا تھا۔ آئن سٹائن نے جب یہ دستک سنی تو بچی کی تیزی کے ساتھ بستر سے اٹھا اور کھڑکی کھول کر باہر چلا گیا۔ تیسری منزل سے آئن سٹائن گرا تھا۔ اسے ہسپتال لے گئے۔ اس کی ٹانگوں پر زخم آئے۔ بیوی اس کے پاس بیٹھی تھی اور اس سے کہا:

”یہ تم نے کیا سماعت کی؟ کمرے سے چلا آگے کیوں لگاؤ؟“

آئن سٹائن نے جواب دیا، میں یہ سمجھا تھا کہ تمہارا خاندان آگیا۔ اس لئے میں اس سے جان پنانے کے



تعلیم یافتہ بے روزگار نوجوان حقیقی قومی سرمایہ تباہی کے دہانے پر

قابلیت کو بروئے کار لا کر روزگار کے مواقع حاصل کر لیتے ہیں۔ اور اپنی قابلیت اور ہنر سے ان ممالک کو فائدہ پہنچاتے ہیں، جن کے پاس پہلے ہی ٹیلنٹ اور سرمایہ کے کمی نہیں ہے۔ اگر انہیں اپنے ملک میں مواقع فراہم کیے جائیں تو ہمارا ملک بھی ترقی کی دوڑ میں آگے ہوگا۔ یہاں بھی دوسرے ممالک کے لوگ سرمایہ کاری کرنا چاہیں گے لیکن ہمارے ملک میں آج بھی بہت سے گاؤں دیہات ایسے ہیں جہاں تعلیم کی سہولت سرے سے موجود ہی نہیں ہے۔ جہاں ہزاروں بچے آج بھی تعلیم کے بغیر زندگی گزارنے پر مجبور ہیں۔ جنہیں زندگی کی بنیادی سہولتیں بھی میسر نہ ہوں، جن کے پاس علاج معالجے کی سہولت نہ ہو۔ وہ بھلا زندگی بچانے پر پیسہ خرچ کریں گے یا تعلیم حاصل کرنے پر، اگر حکومت عوام کو علاج معالجے کی سہولت ہی فراہم کر دے تو لاکھوں غریب گھرانے جو پیسہ بیماری میں علاج پر خرچ کرتے ہیں اسی پیسوں سے اپنے بچوں کو تعلیم دلوانے کے قابل ہو جائیں گے۔ کیوں کہ اگر کسی غریب گھرانے کے کفیل کے دل میں اپنے بچوں کو روزیو تعلیم سے آراستہ کرنے کی تھوڑی بہت تنہا ہے جب بھی وہ صرف ایک خواب ہی ہے۔ یہی وجہ ہے کہ اندرون سندھ اور گاؤں دیہاتوں میں آج بھی لوگ معمولی بیماریوں کا شکار ہو کر موت کے منہ میں چلے جاتے ہیں کیوں کہ وہاں مرض سے آگاہی اور تعلیم کا فقدان ہونے کے ساتھ ساتھ سہولتوں اور ڈاکٹرز کی بھی شدید قلت ہے۔ سب سے زیادہ صوبائی آمدنی اندرون سندھ سے حاصل ہوتی ہے، اس کے باوجود وہاں بنیادی سہولتیں نہیں ہیں۔ آج بھی اگر زیادہ بارشوں کی وجہ سے سیلاب آجائے تو ہزاروں لوگ لقمہ اجل بن جاتے ہیں، لیکن ان کے بچاؤ کا کوئی انتظام نہیں کیا جاتا۔ جہاں زندگی کی کوئی قدر نہ ہو، جہاں لوگوں کے پاس خورد و نوش کی اشیاء دستیاب نہ ہوں، وہاں تعلیم کو کس طرح اہمیت دی جاسکتی ہے؟

دوسری جانب پاکستان میں کچھ جگہیں ایسی بھی ہیں، جہاں تعلیم کے مواقع تو ہیں لیکن وہاں تعلیمی اداروں کی حالت انتہائی خراب ہے کیوں کہ وہاں تعلیم کی مد میں جو پیسہ دیا جاتا ہے، اس سے وڈیوں اور جاگیرداروں کے خزانے بھرے جاتے ہیں۔ وہاں کی بوسیدہ عمارتیں، جہاں تھوڑی سی بارش بھی سیلاب کا کام کرتی ہے ٹوٹ پھوٹ کا شکار ہیں۔ جنہیں مرمت کرانے کی زحمت بھی محسوس نہیں کی جاتی۔ یہ عمارتیں کہیں سے بھی تعلیمی ادارہ نہیں لگتیں۔ جن عمارتوں میں بیٹھ کر انسان کو اپنی جان کی فکر ہو وہاں پڑھائی کا معیار کیا ہوگا، اس کا اندازہ لگانا کوئی مشکل بات نہیں۔ ہماری بد قسمتی یہ ہے کہ حکومت کی ترجیحات میں تعلیم اور روزگار کے حصول کو کبھی اہمیت حاصل نہیں رہی۔ اور نہ ہی حکومتی سطح پر کوئی ایسی پالیسی مرتب کی گئی جس سے نوجوان پڑھا لکھا طبقہ مستفید ہو سکے۔ ملک میں بے روزگاری کی شرح میں 2012 کی چوتھی سہ ماہی میں 6.50 فی صد سے 2013 کی پہلی سہ ماہی تک 6.30 فی صد تک کی واقع ہوئی ہے۔ پاکستان میں ہر 10 میں سے 1 فرد بے روزگاری کا شکار ہے۔ ہر سال 30 ہزار افراد بے روزگار ہو جاتے ہیں۔ جو کہ خطرناک بات ہے لیکن اس خطرے کے باوجود بھی ایسی کوئی حکمت عملی اختیار نہیں کی جارہی جس سے یہ خطرہ ختم نہ سکے، کسی حد تک کم ہی ہو جائے۔ پاکستان میں تعلیم کی راہ میں سب سے بڑی رکاوٹ جاگیردارانہ نظام ہے، جو آج بھی پڑھائی کے سخت خلاف ہیں، کیوں کہ انہیں یہ ڈر ہے کہ اگر نوجوان تعلیم کے میدان میں آگے بڑھے گا تو ان کی ساری چودھراہٹ ختم ہو جائے گی۔ پاکستان میں تعلیم کے علاوہ بے روزگاری کی دوسری بڑی وجہ زرعی شعبے کی پسماندگی ہے۔ نوجوانوں کو بے راہروی اور مسائل سے بچانے کے لیے حکومتی سطح پر ایسے اقدامات کرنے کی ضرورت ہے جن سے نوجوانوں کے لیے روزگار کے دروازے کھلیں، وہ اپنا ہنر اپنے ملک میں استعمال کر کے نہ صرف خود فائدہ حاصل کریں بلکہ ملک کی تعمیر و ترقی میں بھی بہترین کردار ادا کریں۔ کیوں کہ نوجوان ہی ملک کا سرمایہ ہیں اور اگر یہ سرمایہ ہی نہ رہا تو ملک کو تباہی سے کوئی نہیں بچا سکتا۔



پاکستان میں روز بروز گرتا ہوا تعلیم کا معیار اور بڑھتی ہوئی بے روزگاری نوجوانوں کے لیے مسلسل آزمائش اور پریشانی کا باعث بنتی جا رہی ہے۔

ہمارے معاشرے کا المیہ یہ ہے کہ تعلیم یافتہ نوجوانوں کو ان کی تعلیمی قابلیت کی بنیاد پر نوکری نہیں ملتی اور یہ بھی دیکھنے میں آیا ہے کہ دفاتر کے اعلیٰ عہدے پر ان پڑھ لوگ فائز ہیں، جنہیں ٹھیک سے اپنا نام تک لکھنا نہیں آتا۔ یہ غیر منصفانہ تقسیم نوجوانوں کی تعلیم سے دوری کا سبب بنتی ہے۔ جس ملک میں ہر کام رشوت اور سفارش کے بل بوتے پر ہوتا ہو وہاں اکثر پڑھا لکھا نوجوان طبقہ بے روزگاری کا شکار رہتا ہے کیوں کہ یہاں قابلیت کے بجائے سفارش اور بڑے ناموں پر عہدے دیے جاتے ہیں۔ اس پر سونے پہ سہاگہ نام نہاد ملٹی میشل کمپنیاں ہیں، جنہوں نے اپنی اجارہ داری قائم کر کے چھوٹے کارخانوں اور فیکٹریوں کو بند کر دیا ہے جس کی وجہ سے لاتعداد افراد بے روزگاری کا شکار ہو گئے ہیں اور انہیں اس دلدل سے نکالنے کے لیے کوئی تدبیر نہیں کی جارہی۔ یہی وجہ ہے کہ نوجوان طبقہ بے شمار مسائل کا شکار ہے۔ نوجوانوں میں خودکشی، نشہ اور اشیاء کا استعمال، دہشت گردی، ڈپریشن اور موبائل اسپیجنگ جیسی باتوں کا رچان بڑھ گیا ہے جو ایک غور طلب بات ہے۔ ملک میں بڑھتی ہو بد امنی کی سب سے بڑی وجہ بے روزگاری اور تعلیم کی عدم دستیابی ہے۔ یا نااہل افرادی اعلیٰ عہدوں پر تعیناتی کے ذریعے اہل افراد کا حق مارنا ہے۔ اس کے علاوہ پاکستان میں دہرے معیار تعلیم کے باعث غریب اور متوسط طبقے کے بچے غیر معیاری تعلیم حاصل کرنے پر مجبور ہیں جب کہ ایک مخصوص طبقے کے بچے بہترین تعلیم حاصل کر رہے ہیں اور انہیں ہی ترقی کے مواقع بھی میسر آتے ہیں، کیوں کہ ان کے پاس پیسہ اور سفارش دونوں موجود ہوتے ہیں۔ لیکن متوسط طبقے کے نوجوان پڑھے لکھے ہونے کے باوجود روزگار کی تلاش میں اپنی جوتیاں جچھلاتے پھرتے ہیں لیکن ان کی کہیں شنوائی نہیں ہوتی۔ پاکستان میں ایسا کوئی قانون اور پالیسی بنائی ہی نہیں گئی جس سے نوجوان طبقہ جو کہ اس ملک کا سرمایہ ہے استفادہ حاصل کر سکے۔ اسی وجہ سے بہت سے ایسے افراد جنہیں ان کی قابلیت کہ بنا پر نوکری نہیں دی جاتی، وہ اسکا لرشپ کے ذریعے دوسرے ممالک میں اپنی



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