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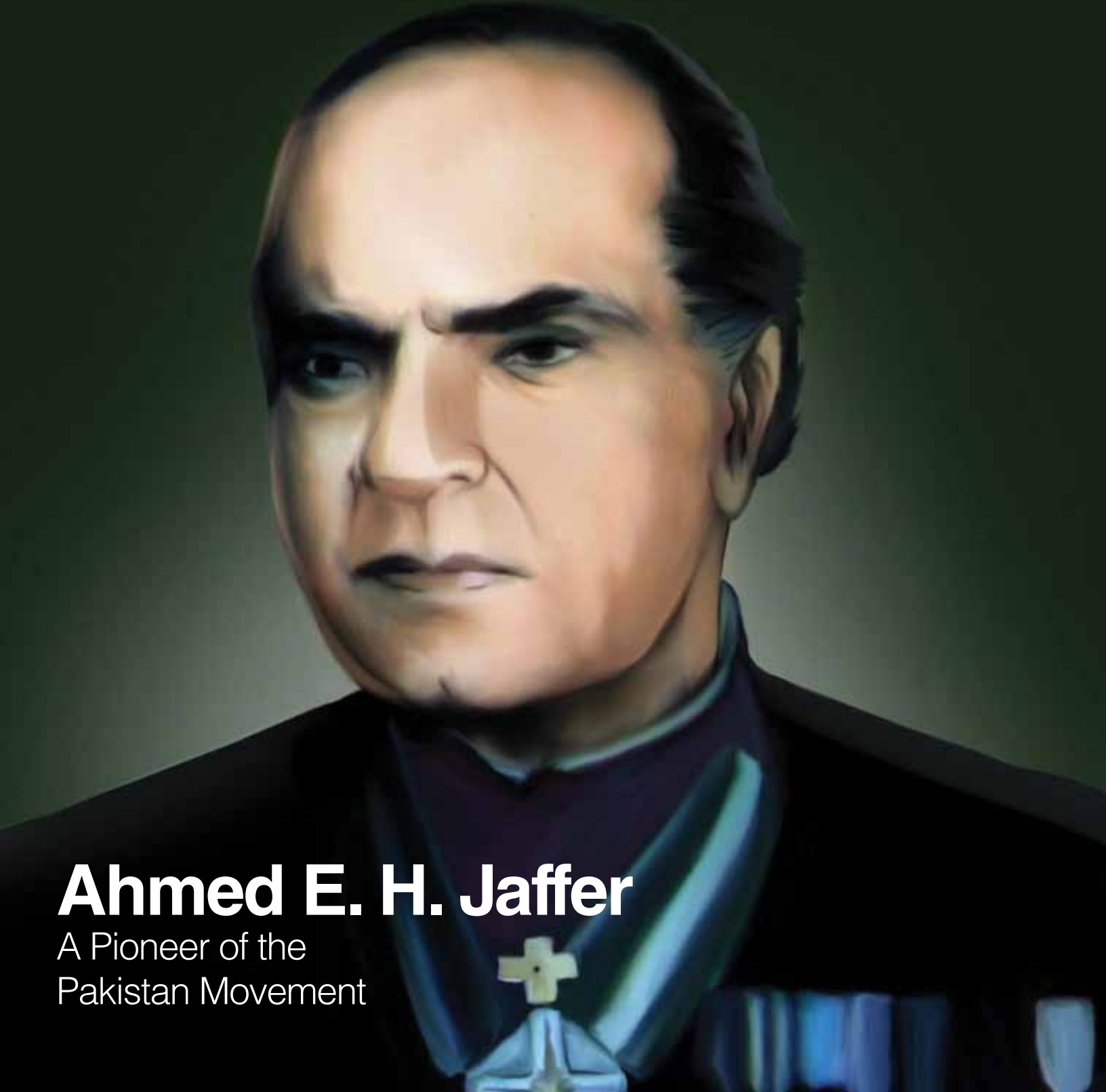
MEMON ALAM



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JULY 2013

Volume No. 55 Issue No. 656



Ahmed E. H. Jaffer

A Pioneer of the
Pakistan Movement



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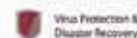
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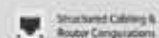
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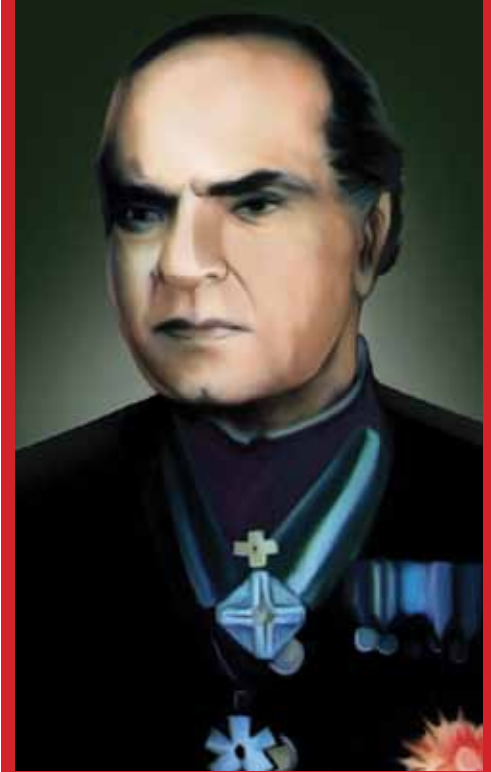
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The Mission of WMO is to act as the central Memon organisation representing the Memon Community throughout the world and to promote the advancement, upliftment, unity, welfare and well-being of Memons in the world, in all aspects of life and at all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

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Ahmed E.H. Jaffer

A Pioneer of the Pakistan Movement

Time and again, we have been advocating through Memon Alam, the immense contribution made by the Memon Community and its leaders in the creation of Pakistan. For this issue, we have decided to highlight the contribution made by Mr. Ahmed E.H. Jaffer, a leading Memon personality, in the making of Pakistan.

Ahmed E.H. Jaffer became the youngest Member of Parliament when he was elected to the Central Legislative Assembly of India in 1934. It is pertinent to note that Quaid-e-Azam and Mr. Ahmed Jaffer were the two Muslim Ministers from Bombay, who were elected. However, he was unseated because, at that time, he was only 23 years old, lower than the minimum age of 25 years.

Mr. Ahmed E.H. Jaffer was a part of the historic Muslim League Meeting held in Lahore on March 23, 1940 wherein a momentous decision to have a separate Muslim State was taken.

In 1945, he was elected as a Member of Central Legislative Assembly. He was elevated to the post of Deputy whip of the Muslim League Parliamentary Party. His duties included to look after the problems of the Muslim entrepreneurs in the Government of India. He often raised the topics of Muslim representation in the armed forces and government offices.

He served as a Member of the Pakistan Constituent Assembly and the Parliament from 1947 to 1955. As a Member of the Constituent Assembly of Pakistan established in Karachi in August 1947, he was outspoken and refused to be pressurized by senior bureaucrats. He was Advisor to the Prime Minister of Pakistan, Mr. Mohammad Ali Bogra on Refugee Affairs in mid 1950s. As the Head of the Refugee Board, a Karachi-based NGO, he did everything he could to help the helpless refugees from India.

Ahmed E.H. Jaffer had tremendous foresight. Certain issues he raised decades earlier are still true today. His description of the status of Karachi given to Pakistan Constituent Assembly is unchangingly familiar.

Ahmed E.H. Jaffer was a lifelong supporter of the need for world governance, the need to focus on peace rather than the negative policy of defense and need to integrate world sources to meet the needs of the underdeveloped areas.

Ahmed E.H. Jaffer was a deeply religious man. He followed the principles of Islam and offered his prayers regularly, fasted during Ramazan and performed Umrah, whenever possible.

It was his dream to unify the Muslim countries of the world on the pattern of United Nations Organisation. He started the Movement for a Muslim Commonwealth. He believed that the organization once formed would pave the way to the complete unity of the Muslim world. We have given synopsis of his views on the Muslim Commonwealth elsewhere in this issue.

Ahmed E.H. Jaffer's contributions are remembered by the few who knew him. They deserve to be made known to those who did not. We have dedicated this issue to highlight his life and contribution which we all will be proud to know.

Pir Muhammad A. Kaliya
Chief Editor, Memon Alam

Ahmed E. H. Jaffer

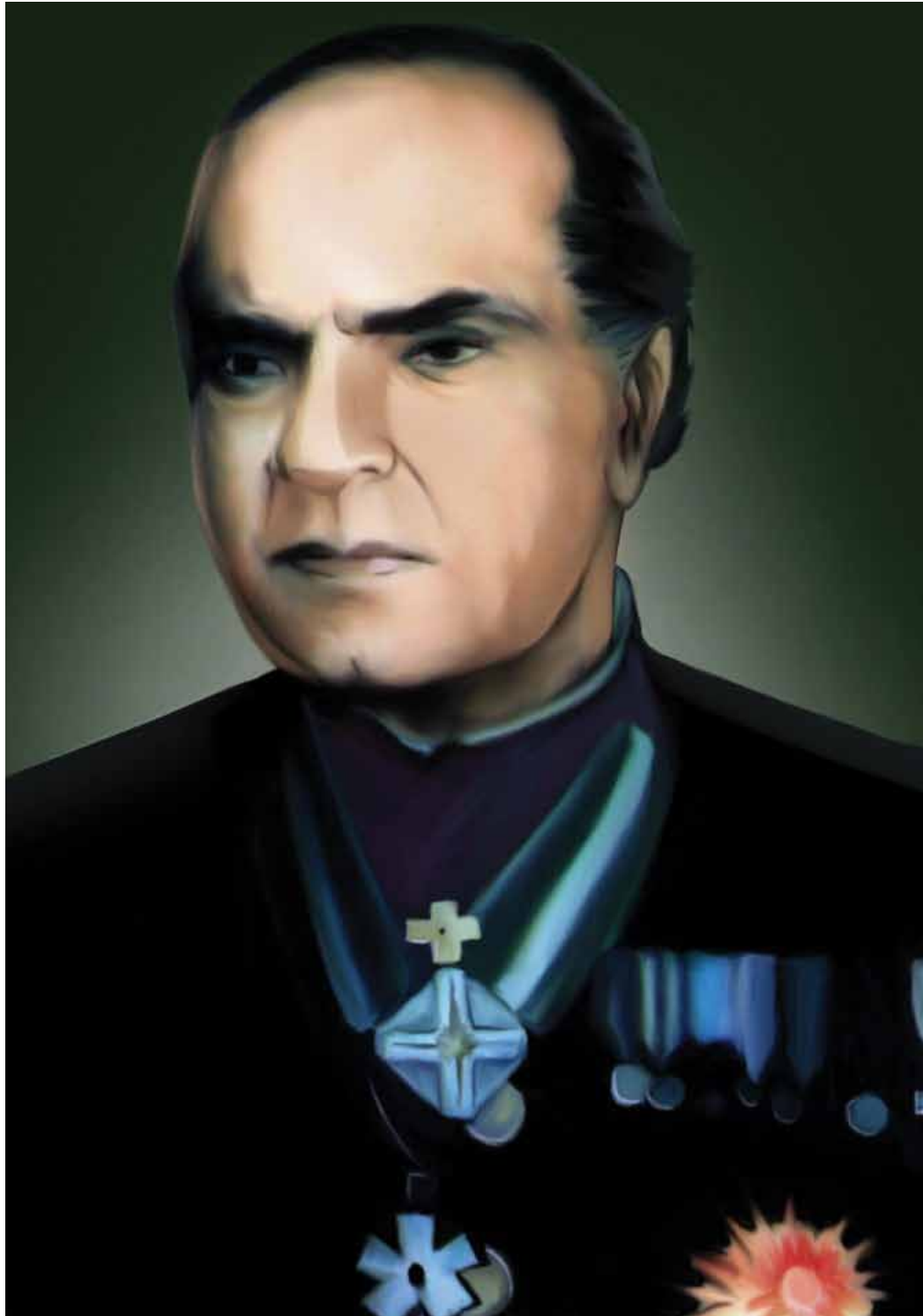
A Pioneer of the Pakistan Movement

Mr. Ahmed E. H. Jaffer was born on August 9, 1909 in a well established and reputed business, political and social family of Poona., some 90 miles from Bombay, the business centre of India. The Independence Movement was already breezing through India and by this time, the 'Jaffer Family' had an impressive presence in Poona and in fact was in the forefront of the Independence Movement. The father of the nation, Quaid-e-Azam Muhammad Ali Jinnah selected Ahmed Jaffer as a member of his team at the tender age of 25.

Ahmed Jaffer's father was Mr. Ebrahim Haroon Jaffer, a remarkable student with leadership qualities and was the first one in the Memon community to matriculate from Poona and second in the entire Bombay Presidency. He laid the foundation for a philanthropic and public life. He was a very active Bombay Legislative Council Member, demanded for greater recognition for Muslims of India, advocated for female education, a better Haj policy, moved Cutchi Memon Bill and local self-government Bills. In 1926, Ebrahim Haroon Jaffer was knighted in Poona by the Governor of Bombay. He died in 1930 at the early age of 49 years; but before his death, he inducted his young, ambitious and energetic son Ahmed Jaffer into his expanding business, trained and guided him in family business and social and political life, as he trusted and preferred Ahmed E.H. Jaffer, who was then 21.

Ahmed E.H. Jaffer began his entry into public life at a very tender age as his father's secretary, taking his notes, typing his business letters, parliamentary papers and answering some correspondence. After completing his education he wanted to join Indian Army or Civil Service but his father had other plans for him. He wanted Ahmed to join his family business, and later to take part in politics. So he joined that business in 1928 and was made in charge of the real estate department where he soon picked up the basics of business under the watchful guidance of his father.

Ahmed E.H. Jaffer became the youngest Member of the Parliament when he was



elected to the Central Legislative Assembly of India in 1934, but lost his seat in an election petition filed by his rival candidate, being under age, as he was not 25 at that time. Then on 21st January 1935, Ahmed E.H. Jaffer was sworn in as the youngest Member of the Legislative Assembly from Bombay (as by this time he was 25 years) along with the Quaid-e-Azam Mohammad Ali Jinnah (aged 59) as the only two Muslim members from Bombay. This began a new chapter in Ahmed's life.

He soon became a close associate of the Quaid, who was his hero from early days. He had regular meetings with the Quaid, discussed matters of public interest who took his advice on many political issues of the day. He soon joined Muslim League, became an active member taking part in the Assembly on all issues. In 1945, Ahmed Jaffer was elected as the Deputy Whip of the Muslim League Parliamentary Party while being a Member of the Central Legislative Assembly of India. He often raised the point of Muslim representation in the Armed Forces, Civil Service and problems of the Muslim employees in the Government of India.

Ahmed Jaffer was one of the most active and pioneer leaders of the Pakistan Movement and was very close to the Quaid even before the creation of Pakistan. He assisted Quaid-e-Azam to create Pakistan. He loved, cared and served Pakistan to his very best up to the last moment of his life and was awarded Pakistan Movement Award for his services in his lifetime.

After Pakistan's independence, the young Ahmed Jaffer set his vision on the task of consolidating Pakistan's future in diverse fields. He served as a Member of the Pakistan Constituent Assembly and the Parliament from 1947 to 1955. He founded Pakistan Olympic Association in 1947, requested Quaid to become the Patron-in-Chief, which he agreed to, and also approved Ahmed Jaffer's plan to go to London and Lausanne to get recognition from the International Olympic Committee for Pakistan Olympic Association to participate in 1948 Olympic games. He had the distinction of leading the first Pakistani Contingent to the 14th Olympic Games in the UK in 1948. He was also awarded a Souvenir Certificate by the Quaid-e-Azam for organizing successfully the 1st Pakistani Olympic Games in Karachi in 1948 and he was selected a Life Member of the International Olympic Committee in 1949. Interestingly, he had the Quaid's fondness for elegant things in life, including his attire, suits, shoes, ties, shorts and cars.

Significantly, Ahmed Jaffer never sought official status, power, throughout



his life. He was offered many top positions from time to time, such as Pakistan High Commissioner, Ambassador, Minister and Provincial Governorship, but he politely declined as he wanted to remain outside the government in order to be able to criticize any wrong action by the officials i.e. retain his independence, neutrality. He was an outspoken, selfless and optimistic leader who refused to be pressurized by ministers and senior bureaucrats.

Untiring as he was until the end, Ahmed Jaffer as President of the All Pakistan Mohajir Board took up many cases on behalf of the mohajirs. The major task that he undertook was the rehabilitation of the refugees who had faith in the Quaid's dream and leadership. In 1961, he was a primary source behind setting the English Speaking Union of Pakistan (ESUP) – a branch of the English Speaking Union of Commonwealth. This reflects his wide vision. He was awarded the title of 'Commander of the British Empire' for his work in furthering the friendship between United Kingdom and Pakistan through the effort of ESUP, yet another recognition for his work at different stages of his life.

He had tremendous enthusiasm and foresight in many matters, perhaps this was the characteristic that made him a matchless sportsman, successful businessman, popular politician and well respected parliamentarian of Pakistan. He was specially requested to go to the General Assembly of U.N. to represent Pakistan by our government. In 1975, he worked very hard to get Pakistan elected to the Security Council for which India was also a candidate.

He was a very busy traveler for most of his life; traveled through Europe and USA frequently, either on business or as a member of Pakistan's delegation. He was President of the Pakistan Rotary Club of Karachi as well. He did not limit himself to one sport, excelled in tennis, golf, cricket, swimming, skiing, sailing, horse riding and squash.

Very firm about punctuality in life, he was a religious man, offered his prayers regularly, fasted during the month of Ramadan and performed many Umrahs. He was an avid philatelist and served on the Stamp Society of Pakistan for many years.

Ahmed Jaffer was truly an amazing human being, loved very much by the people of Pakistan and remembered with respect and affection. He was so compassionate despite his affluent family background and his love for elegant things in life. Through out his life being a sportsman, he looked very fit, trim until the end and passed away peacefully on February 2, 1990 in Karachi. Indeed a long distinguished innings of 82 years.





Pan Islamic Unity

We are pleased to give below a speech of Mr. Ahmed E.H. Jaffer which he delivered at a seminar on Muslim Unity organized by the Hamdard Foundation on 13 March, 1986

“You will note with immense satisfaction that fundamental ideas proclaimed by the lawyers of Pakistan in the year 1962 as constituting intellectual basis for ‘MUSLIM UNITY’ have by now already been incorporated into tangibility and reality. These ideas have been implemented in the shape of the Organization of Islamic Conference, the Islamic Chamber of Commerce, Industries & Commodities Exchange, Islamic Development Bank, the Islamic Court of Justice, the World Muslim Jurists Commission and the Islamic Science Foundation. We note that bold and concrete steps are also being taken for implementing the ideas of a Muslim Common Market and a Muslim Force under the aegis of the Organization of Islamic Conference. It is time the Muslim statesmen take serious note of the intellectual efforts of the lawyers of Pakistan in the cause of fortifying the Pan Islamic revolution. In this context I invite the attention of the Muslim statement towards the ideas which still need to be implemented.”

I propose the following:

- Formation of a MUSLIM COMMONWEALTH and complete and total unity of the World of Islam and recognition of the established fact that Muslims of the world are one indivisible MUSLIM NATION.
- Formation of MUSLIM STATES ORGANIZATION with permanent Secretariat as a first step towards complete and total unity of the World of Islam.
- Formation of a MUSLIM COMMON MARKET as a second step towards complete and total unity of the world of Islamic market.
- Formation of a MUSLIM WORLD BANK to accelerate the pace of economic development of the World of Islam.
- Formation of a MUSLIM WORLD CONSORTIUM for swift development of Muslim States.
- Adoption of COMMON CURRENCY AND MONETARY SYSTEM for the World of Islam with a view to achieve economic emancipation.
- MUSLIM ARSENAL AND MUSLIM FORCE under the banner of Muslim States' Organization for vacating aggressions from Muslim soil and upholding world peace.
- MUSLIM WORLD SCIENTIFIC AND NUCLEAR RESEARCH CENTERS for swift Scientific and Technological Development in the World of Islam.
- Creation of a PAN-ISLAMIC TALENT POOL of Scientists and a MUSLIM JURISTS COMMISSION.
- Formation of a UNIVERSITY OF ISLAM and a MUSLIM WORLD NEWS AGENCY.
- Creation of strong MUSLIM LOBBIES in the capitals of World Powers as also at the headquarters of United Nation's Organization with a view to mould their decisions in favour of the World of Islam by explaining to them inherent merit of Muslim causes as also to counter malicious propaganda of vested interests.
- PERMANENT SEAT for the Muslim World in the Security Council for the United Nations' Organization and also a right of VETO for the Muslim World in the deliberations of the aid body.
- JOINT DEFENCE PACT between Muslim States and inter-governmental and/or confederate arrangement to implement the principle of joint defense.
- Aggression on any Muslim State to be deemed as aggression on all the Muslim States and treatment of Muslim States as one unit for the purposes of defense of a Muslim State in case a foreign state commits armed aggression against another Muslim State such a foreign state to be deemed and considered at war with all the Muslim States; Muslim States, should settle differences amongst themselves amicably through mutual negotiations and/or through adjudication of Islamic Court of Justice and should not resort to armed hostilities and in case a Muslim State violates this principle all the Muslim States should have the right to intervene with a view to put an end to armed hostilities.
- PAN ISLAMIC ASSOCIATIONS OF LAWYERS, JURISTS, JOURNALISTS, EDUCATIONISTS, SCIENTISTS, ENGINEERS, TECHNOCRATS, DOCTORS and other intellectual of the Muslim World so as to afford an opportunity to the intellectual elite and thinking class of the Muslim World to come on one platform and accelerate the pace of Pan Islamic Revolution.

UNQUOTE

He also saw business and trade between the Muslim countries as a stepping stone to better relations.

As leaders in our industry, giving back is a top priority

Like the World Memon Organisation, KPMG believes we can help to solve Africa's social challenges on a local level by giving charitably of our time, skills and resources.

It is no coincidence, then, that our Chairman is also the WMO's Vice President for Southern Africa.

With a leadership that is dedicated to making a difference to the communities we live and work in, we know we can continue to lead by example – as responsible corporate citizens and as business experts.

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Memon Industrial & Technical Institute

Workshop on Energy Conservation Initiative by KESC

A workshop on Energy Conservation was conducted by KESC on 27th June 2013 in the Institute building. All the students and staff of MITI participated in the workshop. Mr. Asif Hussain Siddiqui, Director Energy Conservation, KESC was the Chief Guest and Keynote speaker. Mr. H.M. Shahzad, Chairman MITI welcomed the guest in MITI.



Students of MITI attend the workshop

The objective of the program was to create awareness program about Energy Conservation. The program was initiated by Karachi Electric Supply Corporation to generate cognizance and make citizens feel their responsibilities to recognize energy issues and how they can minimize

the effect of the shortage by simple means. Keeping in view these objectives, KESC has arranged various awareness programs in different parts of the city which includes schools, universities, and private sector institutions and so on. Visiting Memon Industrial and Technical Institute was

one of those educative moves of KESC. Energy has been a major issue of Pakistan for many years which has now become a menace. From 1980 till present day, the demand for energy in Pakistan has grown almost six-fold and it is estimated that it would again double by 2015.



Mr. Asif Husain Siddique, Director, Energy Conservation, KESC



H.M. Shahzad Chairman, MITI



The Director of Energy Conservation of KESC, Mr. Asif Hussain Siddiqui presented in-depth information about the energy losses Karachites are facing due to lack of energy conservation understanding. He urged that we, as individuals should come forward and take responsibility to initiate saving energy in order to lighten the life of miserable and more importantly for the generation to come. The punch line 'power to conserve' for energy

conservation says it all and mobilizes us to cope with the burning issue. He informed that Energy conservation refers to reducing energy requirement through using less of an energy service.

It is important for a nation to develop a life style for using energy efficiency. KESC has taken the steps to initiate a program to educate the public on how important energy is. He informed about the various energy saving methods and

devices that can be utilized by the people without any big investment. There were two separate sessions; one was dedicated for the ladies section of MITI while the other was for boys section.

REON a growing organization promoting solar energy products was also a part of the Energy Conservation Initiative program. REON distributed solar lights and giveaways to students via lucky draw.



Solar Energy Products



Distribution of Shields



Tree planting by students of MITI



The program ended with the mutual presenting of the commemorative shields. Chairman MITI Mr. H.M. Shahzad and Mr. Asif Hussain Siddiqui Director, KESC presented the shields to each other on behalf of their organizations.

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WMO Members' Get-Together & Grand Reception for Memon Premier League (MPL) Champions 3rd July 2013 Karachi



The World Memon Organisation (WMO) is an international umbrella organization of the Memon Community serving through its eight chapters around the world, namely Pakistan, India, Far East, Middle East, Northern Africa, Southern Africa, Europe and North America.

Besides offering numerous welfare schemes for the uplift of the less-fortunate members of the Community, the WMO also facilitates the promotion of socio-cultural activities for Memon youth and women. For this purpose, every chapter of WMO has its own Ladies Wing and Youth Wing.

The Youth Wings of each chapter are actively involved in providing an ideal platform for the personal growth and development of the youth and to harness and channelize their potential and efforts for the benefit of their less-fortunate peers. Various Get-togethers, Training Sessions, Self Development Programs, Sports Events and other socio-cultural activities are held

from time to time.

During February 2013, two major Youth events were held in Colombo, Sri Lanka where Memon Youth representatives from various chapters of WMO participated in large numbers.

The first event was the Memon Premier League (MPL), International T20 Cricket Tournament. Cricket Teams from various chapters of WMO participated in the MPL Tournament. The MPL matches at Colombo, Sri Lanka were held under strict ICC Rules at International Cricket Grounds. Everything was according to International Standards.

The WMO Pakistan Team was sponsored by Summit Bank Limited, Power Cement (a subsidiary of Arif Habib Group), Advance Telecom and Dany Tech (Audionics).

Cricket Teams from six chapters of WMO participated in the Memon Premier League. The Finals were held at the Premadasa Stadium, Colombo, Sri Lanka.

The Cricket Team of WMO Pakistan Chapter excelled in the entire tournament and also won the finals to become the first MPL Champion.

The second major event at Colombo was the International Youth Conference (IYC) where the International Memon Youth Wing was launched. Over 200 Memon Youth from various parts of the world participated in the IYC and the first Office Bearers of the International Youth Wing were chosen. The selected President of the International Youth Wing hails from Pakistan Chapter.

On their return to Pakistan, the WMO Pakistan chapter organized a Grand Reception and Award Ceremony for the MPL Champions. The event also aimed to acknowledge the Youth Wing of WMO Pakistan Chapter which had so actively participated in the International Youth Conference.

The function was organized at the Taj Marquee, near Sheraton Hotel, Club Road, Karachi on Wednesday, 3rd July, 2013.



Mr. H.M. Shahzad, Assistant Secretary General, WMO presented the Welcome Address. He said six teams from different Chapters of WMO participated in the Memon Premier League (MPL) held in Colombo, Sri Lanka during February 2013. He said that the performance of the WMO Pakistan Cricket Team, the first MPL Champion, was outstanding throughout the Tournament. He described the various welfare projects of WMO Pakistan Chapter namely Micro Finance, Rozgar Scheme, Education for All, Higher Education Scholarships, the Rehabilitation

Scheme, etc. He added that WMO in making all possible efforts to ensure that no Memon child remains without education.

He highlighted the WMO Memon Census Project wherein concentrated efforts, with the help of various Jamats, were being made to know the exact number of the Memon population living in Pakistan. WMO presently has a record of about 40,000 families (i.e. 165,000 individuals). It is estimated that the Memon community in Pakistan is around 600,000 individuals (100,000 families).

Highlighting the Memon Industrial &

Technical Institute (MITI), he said that the first batch was started in July 2009 with only 450 students. Haji Abdul Razzak ARY, who had envisioned this project, deeply felt that students be imparted with technical skills along with regular education. Presently, 5500 to 6000 students are admitted in each batch, which is of four months duration. Since its inception, about 34,000 students (both male and female), without any kind of discrimination, have passed out from MITI. This indeed is a matter of pride for WMO and the entire Memon community.

The Memon community worldwide has always been a step ahead in social and welfare services which benefit entire humanity and MITI is an excellent example, since it is playing a key role for the entire country. The British High Commissioner, the German Consul General, a Japanese Delegation and numerous private and government officials have visited MITI and were very impressed. He stressed the need to start more Institutes similar to MITI since many countries have made it imperative to impart technical training along with regular education.

He thanked Mr. Arif Habib, who had earlier promised a place for a similar Institute at Naya Nazimabad, where construction work has already started. He requested all to come forward to help MITI, the WMO and its various philanthropic projects. He thanked all the guests, especially the print and electronic media, for attending the program.



Mr. Farooq Gaziani, Chairman, WMO Members' Committee said that the WMO is the only organization in Pakistan which has undertaken large scale welfare projects and spends Crores of Rupees every year. But the members of the Memon Community who have joined WMO is only 525. If more and more members of the Memon community join WMO, the welfare activities would increase multifold.

He said a special counter has been setup where Membership Forms are available and requested the Memon community to join WMO and strengthen it.

He also appealed to the people to send the maximum possible Zakat and Donations in the forthcoming month of Ramadan. He thanked Mr. Arif Habib, Mr. Hussain Lawai, Mr. Asif Majid, Mr. Abdul Rauf Memon (DANY), Mr. Pir Muhammad A. Kaliya, Mr. Shoaib Ismail Mangroria, Mr. H.M. Shahzad and others who helped in arranging the Memon Premier League and the WMO Members' Get-together



Mr. Pir Muhammad Kaliya, Secretary General, WMO said that WMO has become a great landmark achievement of the 21st century for the entire Memon community. There was a dire need for unity amongst the

Memons worldwide and leading Memon personalities from around the world have joined WMO, which is a unified platform for Memons worldwide.

The general impression about the

Memon community is that it is very affluent but after working in the WMO, I have realized that 35% of our community is below poverty level. He stressed that the only way to alleviate poverty is to provide education to the community.

Our target is that by the year 2020, the literacy rate of the Memon community living in Pakistan should be 100 percent. In this regard, WMO is providing financial assistance to 10,000 school-going children and 1000 college students. He referred to MITI where nearly 34,000 students (male and female) have been imparted with technical and vocational skills in the last three or four years. He said that we owe too much to our country Pakistan and MITI has proved to be a gift to the nation.

He praised Mr. H.M. Shahzad for giving up his business and dedicating his entire time to MITI. He thanked Almighty Allah for giving a platform like WMO to serve the less-fortunate. He requested the members of the community to come forward and join hands with WMO to take the Memon community towards self-sufficiency.



Mr. Shoaib Ismail Mangrora, Vice President, WMO welcomed the guests on behalf of WMO. He shared some facts and figures about WMO with the help of a Power Point Presentation.

The WMO was a dream and vision of its founders, which has now become a reality. It all started in 2001 in Dubai, where an International Memon Conference was held where distinguished Memons personality attended from all over the world;

from the Northern Hemisphere to Southern Hemisphere and from Los Angeles to Japan.

The WMO has always been in the forefront in Disaster Management, whether it was the Tsunami in Sri Lanka, the Pakistan Earthquakes or Communal Riots in Gujarat, India. The WMO previously had seven Chapters but now the Africa Continent has been divided into two Northern Africa and Southern Africa chapters, so WMO has now eight Chapters.

On an average, WMO spends PKR 350 million per annum and upto the last year WMO International has spent PKR 3 Billion around the world. The top priority of WMO has always been education and WMO has decided to spend 60% of its total funding on education.

When the Memon Health and Educational Foundation (MHEF) was started in 2002-2003, WMO contributed significantly to the Fund. If we consider the most outstanding projects of the Memon community in the new millennium, the Memon Medical Institute (MMI) and the Memon Industrial & Technical Institute (MITI) are no doubt the most outstanding. Al Hamdulillah, WMO has been actively involved in both projects with financial contribution from its local and International Members.

Besides, various regular welfare projects such as Rehabilitation Project, the Micro Finance, Education for All, Scholarships for Higher & Professional Education, WMO also plans to build a Memon University in the UAE; it has taken over the publication of the fifty year old, Memon Alam, Monthly Magazine. It also supports the publication of books by Memon Authors. WMO has been organizing various conferences and seminars in the past years.

The WMO House at Karachi has 28 employees, and is the liaison office of the

WMO Pakistan Chapter. It was the first ever asset acquired by WMO International.

The Memon Institute of Hijama Therapy (MIHT) based at MITI offers treatment and training in Hijama Therapy.

The WMO has also undertaken support of the Karachi Memon Students Organization (KMSO), a very old Study Center which was renovated by WMO and is financed on regular basis.

He said that there were 525 members at WMO Pakistan Chapter including 20 Trustees and 30 Patrons. A total amount of PKR 556 million has so far been spent on the Rehabilitation Project. Education is the only way to move forward and WMO Pakistan Chapter has taken this seriously. It hopes to finance about 10,000 students in the current academic year through its Education for All Scheme.

The Micro Finance Scheme (supported by Mr. Muhammad Amin Chapal and Mr. Ilyas Muhammad) and the Rozgar Scheme

(supported by Mr. Farooq Ahmed of UAE) help the poor to earn a decent livelihood. He said that the WMO President Housing Scheme was launched by the President of WMO, Mr. Abdul Sattar Dada.

The WMO Memon Census Project has so far collected data of about 165,000 Memon individuals. It is very important to know the number of Memons and their socio-economic status so that appropriate future planning can be made.

The WMO Pakistan Chapter had recently held a conference with all Memon Jamats of Karachi, Hyderabad and other areas in Interior Sindh to launch the Vision 2020, where it has been envisioned, that by the year 2020, every Memon child will be educated up to Intermediate Level.

While talking about MITI, he said that the credit goes to Haji Abdul Razzak (ARY), Syed Mustafa Kamal, and especially, Mr. H.M. Shahzad, who has left his business to

dedicate his time and energy for MITI. He appreciated the Ladies Wing, and its past and present Chairpersons, Madam Hawa Abdullah and Madam Amina Ganny respectively, for the outstanding work done. He said the Ladies Wing regularly holds get-togethers and other programs for the benefit of the Memon ladies.

The Youth Wing of WMO Pakistan Chapter is also very active, under the Chairmanship of Mr. Altaf Vayani, and all of us are really proud of the Youth Team. He said youth from six Chapters of WMO had got together at the International Youth Conference in Colombo, Sri Lanka during February and Mr. Arsalan Nara of WMO Pakistan Chapter was chosen as the first Chairman of the newly formed International Youth Wing (IYW). Mrs. Sumrin Imran from Pakistan is also one of the Office Bearers of IYW.

In the end, he thanked all the guests, the Trustees and Patrons, the ladies and the media for attending the program.



Thereafter, the MPL Champions (WMO Pakistan Chapter's Cricket Team) entered the hall with National Flag of Pakistan and Flag of WMO. They were received by the audience with a standing ovation. Thereafter, a video presented by Team Manager, Mr. Arsalan Nara, who highlighted the journey and struggle of the Team from its formation to winning the finals. He described the vision of the International Youth Wing (IYW) and his role as the first Chairman of newly formed IYW. Ms. Reeda Sheikhani of WMO Youth Wing and Mr. Rashid Latif, internationally renowned former Test Cricketer, also spoke on the occasion.



Mr. Arsalan Nara



Ms. Reeda Sheikhani



Mr. Rashid Latif



Chief Guest - Mr. Arif Habib, Chairman, Arif Habib Group

Mr. Arif Habib, Chairman, Arif Habib Group of Companies, who was the Chief Guest of the program, appreciated the important role played by the World Memon Organisation (WMO) and the Memon Industrial Technical Institute (MITI). He praised the recently held Memon Premier League (MPL) and the International Youth Conference (IYC) at Colombo, Sri Lanka where youth from various parts of the world came together.

He congratulated the winning Cricket Team of WMO Pakistan Chapter. He hoped that the Youth Wing would follow the footsteps of its elders and involve itself in healthy activities and serve the less-fortunate members of the community, the nation and the Ummah.

He also stressed that WMO should attract more and more well-to-do members to join WMO and strengthen it.



Presiding Guest - Mr. Hussain Lawai, President, Summit Bank Limited

Mr. Hussain Lawai, President, Summit Bank Limited, was the Presiding Guest of the event. He said that he had been closely associated with WMO as a supporter since its inception. He expressed his pleasure that WMO has completed 10 years of service to humanity. From the very first day, he has been reiterating that WMO have some schemes for the youth. Masha Allah, WMO has now initiated support for the youth. Besides cricket, tennis, table tennis, football and other sports should be included. He also stressed that the foundation upon which Memon Community has progressed is business and as long as Memon Community remains a business community, it will thrive. In order to encourage the youth to enter into business, we must have a fund and a committee consisting of five prominent Memon businessmen, who will entertain new ideas for business, both locally and overseas. He assured his continuous financial and moral support to WMO.

He suggested that in the future the MPL Tournament Team should have a few Non-Memons also.



Guest of Honor - Mr. Majid, Advance Telecom Limited

Mr. Majid, father of Mr. Asif Majid, Chairman, M/s. Advance Telecom was present at the event since his son, Mr. Asif Majid, Guest of Honor, was out of country during the function.

Mr. Majid said he was very impressed with the arrangements of this grand event and was extremely pleased to note the activities and achievements of WMO.

He expressed his concerns that WMO had only 525 members although WMO was such a very well-organized organization.

He hoped that more and more people would join WMO.

He sincerely thanked WMO for inviting him and assured his support to WMO all the time.



The whole team was honored with medals and shields and each player was awarded with Rs.50,000 cash as a token of appreciation. The well organized and delightful ceremony concluded with a sumptuous dinner.





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Prominent Memon Pakistani Canadian social personality Mr. Rafiq Rokerya takes charge as new Citizenship Judge

Great honour for Memons worldwide

Senior Citizenship Judge Hon. George Springgate performs official Robing of new Citizenship Judge, Mr. Rafiq Rokerya.

New Citizenship Judge, Mr. Rafiq Rokerya administers Oath of Citizenship to 60 new Canadian Citizens

Report: Mr. Qasim Abbas, Toronto, Canada



Recently, Canada's Citizenship, Immigration and Multicultural Minister Hon. Jason Kenney had announced appointment of prominent Pakistani social personality Mr. Rafiq Rokerya as new Citizenship Judge. In this connection, ceremony marking the official Robing of new Citizenship Judge Mr. Rafiq Rokerya had taken place on 9th May 2013 at Citizenship and Immigration Center, Glen Erin Drive, Mississauga - Canada

In this colourful ceremony, Senior Citizenship Judge Hon. George Springgate had performed official Robing of new Citizenship Judge Mr. Rafiq Rokerya in presence of various V.I.P.s, dignitaries,

fellow judges, his family members, his close friends, media personnel and 60 new Canadian Citizens.

Before the ceremony, an official from Citizenship and Immigration Centre addressed the audience and welcomed all in this auspicious ceremony, and then she explained the procedure of oath taking of Citizenship. After that the Marshal from the RCMP (Royal Canadian Mountain Police) led the V.I.P.s in the hall with applause and clapping of audience. The V.I.P.s included Hon. Mohammad Nafees Zakaria, Consul General of Pakistan in Toronto, Senator Salma Ataullah Jan, Brad Butt, M.P. for Mississauga Streetsville,

Her Worship Hazel McCallion Mayor of the City of Mississauga and other distinguished guests. Special seating were arranged for them.

After arrival of V.I.P.s, with big applause and clapping of audience, the RCMP - Marshal led Senior Citizenship Judge Hon. George Springgate, new Citizenship Judge Mr. Rafiq Rokerya and other Judges in the hall. After their arrival, Clerk and Officer of the Court of Citizenship and Immigration Centre introduced to the audience all V.I.P.s one by one. After introduction, one of the V.I.P.s Mr. Osborne G. Barnwell, a senior lawyer and Guest Speaker, made a speech



about Judge Rafiq Rokerya's achievements and his special skills. After that, Hon. George Springate, Senior Citizenship Judge delivered a speech and welcomed Judge Rafiq Rokerya as new Citizenship Judge. Then Judge Rafiq Rokerya spoke on the occasion and he thanked every one by their names for giving him such an honour and how he is blessed to have friends. He specially thanked his beloved mother, who was also present there, for her countless prayers, his wife, his 3 daughters, other family members and all his well wishers

and close friends. He also thanked staff of Citizenship and Immigration Centre.

Now it was the time for official Robing of Mr. Rafiq Rokerya. Hon. George Springate, Senior Citizenship Judge put special Robe of Citizenship Judge on Judge Rafiq Rokerya with a big applause and clapping from the audience. He congratulated Judge Rokerya for this new assignment.

Before formally administering oath of Citizenship to 60 new Canadian Citizens by new Citizenship Judge Rafiq Rokerya,

he spoke on the occasion. His speech was in English and in French. He emphasized on the Rights and Responsibilities of the Canadian Citizens and benefits of getting involved in the community and volunteerism. He talked about his personal achievements and he said "If I can do it, any of you can do it." He also gave an inspiring message that "Hard work and persistence is the key to SUCCESS". After his speech, all V.I.P.s also spoke one by one and extended felicitation to Judge Rafiq Rokerya.



Then it was the time of administering oath to 60 new Canadian Citizens. Judge Rafiq Rokerya administrated oath to all 60 new Canadian Citizens. After that, individual names were called of each new Canadian Citizen, whom Citizenship Certificates were handed over by Judge Rafiq Rokerya, who also congratulated each one by one.

Citizenship Ceremony ended with the closing remarks by Judge Rafiq Rokerya and Senior Judge Hon. George Springate. Then national anthem of Canada "O Canada" was sung and all rose to mark

the respect to national anthem. Later, reception was hosted for all the participants in the reception area of the Citizenship Centre followed by photo session.

Judge Rafiq Rokerya is a well known, prominent Canadian of Pakistani origin, who was awarded Her Majesty Queen Elizabeth II Diamond Jubilee Award and Medal bestowed upon him by Brad Butt Member of Parliament and the Governor General of Canada last year. He is Fellow Member of Institute of Certified General Accountants of Canada and recipient of Ontario Distinguished Service Award by

the CGA Ontario. For the last 40 years, he is actively involved in social, charitable, professional and humanitarian services. He is also recipient of various Awards and Certificates from various organizations for his selfless services for the community. He belongs to Memon Community and he is the founder of the Memon Association of Canada, which was founded 32 years ago in Canada. He played a major role in the guiding principles of the Memon Association of Canada, which was started with 40 families and now it has grown to 1200 plus families in Greater Toronto Area.

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SPARK

Get a Lifetime of Memories this Summer

A Grand Event at Karachi extending over 4 Sundays organized by the Youth Wing of the WMO Pakistan Chapter from 16th June to 7th July 2013



The children of today are our only hope for a better tomorrow. The Youth Wing of WMO Pakistan Chapter has been regularly holding Get-Togethers, Training Sessions, Exhibitions, Sports Events and other socio-cultural events for the benefit of the youth of Pakistan. This year, the WMO Youth Wing planned to expand its reach and include younger children having an age range of 7 to 15 years. This period of 7 to 15 years is a very tender age where children need to be tended meticulously. Pre-Teens is an age when a child gets bored, hungry and naughty very easily. This was definitely a tough challenge for the team of the WMO Youth Wing, which was for the first time experimenting something out of its comfort zone. Using the summer vacations, the Youth Wing decided to hold the sessions on four consecutive Sundays in the months of June and July i.e.



16th, 23rd and 30th June 2013 and 7th July 2013. This series of events was appropriately named as SPARK and aimed to combine education and entertainment.

From venue selection, speaker meetings, transport arrangements and brainstorming ideas, this event carried a plethora of issues to be catered to. Under the able guidance of Mr Altaf Vayani, Chairman of the WMO Youth Wing (Pakistan Chapter), and the fully energized dedicated youth team of boys and girls, this event proved a wonderful success.

Apart from being difficult, this task demanded extreme care as the team had to look after about 200 children. From picking them from their homes in vans, taking care of their meals, solving their squabbles and making sure they learn something while thoroughly enjoying the events. It was a task that required utmost devotion.

1st SPARK Event on Sunday, 16th June 2013 at Arena Family Recreational & Sports Complex, Karachi



The first event was held on Sunday, 16th June 2013 at Arena Family Recreational & Sports Complex, Karsaz, Karachi.

In order to break the children away from their normal gathering setup, and give them a new horizon of life to be confident amongst unknown people, they were divided into ten large groups.



Ms. Dania Hanif presided over the Event

The event made the children experience a whole new level of zeal and zest.



Every group was given a different colored jacket, and these dynamics remained consistent throughout the whole event.



Motivational speaker, Saadi Makhdoom, proved to be a great inspiration, and helped nurture the young souls to work for the betterment of themselves and the people around them.



After the session, the groups were taken to the gaming zone where they played games like bowling, rock-climbing and several video games.

2nd SPARK Event on Sunday, 23rd June 2013 at Memon Medical Institute (MMI), Karachi



“Health is Wealth”, was the main theme of the second day of SPARK, which was led by Khurram Shehzad.



The song became a hit and the children were heard singing it often during the event.



Furthermore, a session by a nutritionist helped the kids understand the importance of keeping their diet healthy and interesting.



Children were taken to the Memon Medical Institute, Karachi, where they attended a session by Uzair Rauf, who made them do some great aerobic exercises and also sing a song.



A team from Shield Corporation was also invited who guided them about dental hygiene and care. The children were given souvenirs of brushing kits.



3rd SPARK Event on Sunday, 30th June 2013 at Arts Council of Pakistan, Karachi



The third day of the event was led by Zaid Moosani at Arts Council of Pakistan, Karachi.



The program was carried forward by trainer, Arsalan Laraiq.



The purpose of bringing in Arsalan and setting a theme like, “reflect thy self” was to teach kids some lessons that as Pakistanis and Muslims they should know.



They were taught lessons on common civic sense and the need to share and care in order to make this world a better place to live in. The purpose of the day was achieved when kids realized that we should be thankful to Allah for what we have.



Arsalan by telling them stories and showing motivational videos made them feel that they are special. Special in the sense, that whatever we have for e.g. eyes, others might not have.



Arsalan's training session was followed by the musical story-telling by Toffee TV. The stories and songs you'll hear at Toffee TV are an attempt to help inspire change in learning language.

Final SPARK Event on Sunday, 7th July 2013 at Pearl Continental Hotel, Karachi



"Shabash, Tum Kar Saktay Ho", the last day of the event, was held at Pearl Continental Hotel, Karachi and was led by Reeda Shekhani.



A speaking session by Qaiser Abbas Rizvi, where he shared his life history, motivated the children to follow their instincts and face each and every problem that comes their way without giving up at any point. Parents were also invited this day to listen to words of wisdom by the renowned trainer Shireen Naqvi. She not only gave parenting advice but also made parents and children share their experiences. It was clear that many times there is a communication barrier which prevents the parents to empathize with the feelings of their children.



The success of month-long SPARK was confirmed when every parent acknowledged the efforts of the WMO Youth Wing and even the kids expressed their gratitude and happiness.



At the closing, the room was filled with candle lights which signify that we pass on the light to everyone. With a surge of emotions, care, and elation, this day marked the end of four weeks of excitement and learning.



This marked the conclusion of a month of fun-filled, exciting and purposeful learning. It helped the children believe in themselves and look up for the hidden qualities which has the power to change the world.



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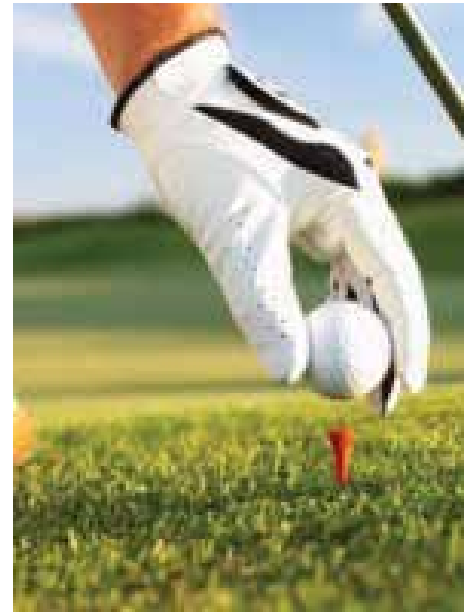


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Benefits of Golf



Speaking from health points of view, the benefits of playing golf are many and some of them are:

- Golf teaches a person to withstand extreme pressure.
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- It promotes honesty and integrity as most of the time the golfer is not being watched.
- Like other outdoor games, it promotes health as it is played in a healthy environment away from the pollution of city life.
- Unlike other games, golfers do not compete against each other but against the particular Golf Course

so winning and losing does not become personal.

- Golf is the only game where discussions and business is conducted during the game while walking for the next shot. Needless to say lasting friendships are cemented at the Golf Course.
- -Golf is such an absorbing game requiring intense concentration that golfer is relieved of all other pressures and worldly problems for the period he/she is at the golf course.
- Students who are good golfers are offered Golf Scholarships in USA and European Colleges and Universities.

Golf has the largest number of millionaire professionals in the world and this game has now become an industry. Even in Pakistan large residences attract customers by advertising the presence of a Golf Club.

Large number of CEOs, Directors, Top Business Men and government officials are golfers and easily approachable at the golf course. Lastly being an elite and prestigious game it adds value to your ego and your CV if required.

Golf is presumed to be a very expensive game and in some ways that is true, as it is played in elusive Private Golf Clubs where even entry is a problem. Pakistan does not have any Public Golf Clubs as in the foreign countries where facilities of Golf are provided on payment of a fee.

Frozen Secrets

Power outages of any time of the year are a pain and more so in summer. Some of us are least lucky enough to have a schedule for these power cuts, which means that we know exactly when the electricity goes and when it will return but many are totally clueless about when and how long the power outage is going to be.

Daily activities are organized in a way to minimize the impact of load-shedding as much as possible. Also, there are those who can afford to buy other means of power supply such as generators and uninterrupted Power Systems (UPS). While these can help to keep us cool and light up our lives, the power supply isn't enough to operate our refrigerators/freezers and saving food is next to impossible. It takes a very astute home manager to run a kitchen that is labor, energy and cost efficient. This astuteness can be cultivated with a little planning and experience. So, let's see how we can turn our kitchen into such an efficient one, when the weather and the power supply are not on our side.

One of the first things we need to do with or without suffering the curse of load shedding, is to keep drinking water in a water cooler or use a water dispenser. This will lead to the refrigerator being opened less frequently and the temperature of the fridge can be maintained more easily at the desirable level. Often we find that leftover food and milk spoil easily in summer even if there has not been a power cut. It's simply because the refrigerator was opened so many times mostly for drinking water. Especially in households with children, this is a problem that is difficult to eliminate, unless an alternative source of cool drinking water is available.

So a large water cooler, filled with ice and drinking water each morning will last the day in most households and if the water isn't to cool by evening, you can add more ice or chilled water. The only drawback of this system is that you have to use some valuable space of your freezer for stocking ice trays.

During a power outage, the refrigerator and freezer should be kept closed. If you are lucky enough to have a timetable for load-shedding, remember to take out and put in whatever you may need from the refrigerator and freezer at least 15 minutes before the load shedding begins. Of course it is impossible not to open the refrigerator door at all during this time, but we can always minimize the frequency with a



little thoughtfulness and care by everyone in the family. According to international standards, if power is restored within four hours, items in the refrigerator are generally safe to eat with little or no opening of the refrigerator door. A full freezer will stay at freezing temperature for two days if the door remains closed. A half-full freezer will stay at freezing temperatures for one day if the door remains closed.

Some people are of the view that our good old freezers that had frost on the walls which almost took over half the inside space, were better than the newer no-frost kinds because the ice inside the older generation of refrigerators and freezers kept things safely cool and frozen longer. Advancement of science is sometimes more suitable for advanced societies.

In any case, in this hot weather, it is best to cook quantities that are just enough to be consumed that day and highly perishable leftover items such as cooked rice, dairy products, dal, vegetables and meat are best frozen in covered containers.

When you take out the cooked food to reheat and serve, avoid using the microwave because things that are heated thoroughly over the stove are more likely to remain in better condition than when reheated in the microwave oven.

Using small packets of milk in tetra

packs or powdered milk is more convenient because of the reduced chances of having leftover milk that can easily spoil in the refrigerator even without a power cut. The milk that we get from the milk sellers needs frequent reheating and cooling to last longer. Another important point is that all leftover cooked and perishable food needs to be reheated at least once a day, cooled completely before placing it again in the refrigerator or freezer.

Try cutting down on storing too much raw meat and poultry, or uncooked vegetables that do not last long, such as brinjal, spinach, tomatoes, etc. If you have fresh tomatoes which you will not be using in a day or two, you just need to chop and blend (so that the skin and seeds are liquidized) and cooked into a thick paste. This will make it last longer and will take up less space to store.

Food items with more gravy tend to perish more quickly because of the presence of onion which is a rather sensitive vegetable, although lasting for months in raw form.

Foods that can be kept at room temperature or in a refrigerator despite load-shedding are margarine (but not butter), hard and processed cheese, fresh uncut fruit and vegetables and dried fruits; stocking up too much in summer is not a wise decision but you can do it to a reasonable degree with some sensible planning.

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What is in a Number?



A quiet revolution is taking place in the Arabic language; it is fast losing the character set used to represent numbers. Arabs gave the Arabic numerals to the world, thereby making the tremendous advances in mathematics and science possible. But today they are giving them up in favor of the European ones.

The Arab contribution was the symbols for numbers one through nine, the concept of and the symbol for zero, and the idea of the place value of numbers that made it possible to write all numbers, no matter how big or small, using these ten symbols alone. All of these remain valid today and are the essential elements of the Arabic numbering system. However the symbols themselves changed upon their arrival in Europe. While the European numerals are Arabic in their genesis, their shapes are not the same as those of the Arabic numerals that have been used for centuries in the Arabic world.

First it was the newspapers, magazines, and web sites. Then textbooks. And now even the religious books --- the last refuge of the historic numerals --- are slowly giving way to the European onslaught. There are notable exceptions but the general trend is very clear.

The same is true of Urdu. Its numerals, which are the same as the Arabic ones (with the exception of 4 and 7), have rapidly joined the endangered species list. Today they are absent from all printed matter in mass circulation. In religious books one finds

a hodgepodge of the Urdu and European symbols sitting uneasily next to each other, symbolizing the confusion of the writers or publishers.

While Farsi is holding its ground better than either Arabic or Urdu, signs of change are visible there as well.

The computers and the Internet, with their built in bias in favor of English at the current state of their evolution, have a lot to do with this cultural sea change. But there is also a misconception that the European numerals are actually Arabic or that this is a change for the better or at least that it does not matter.

In 1403 AH, the organization of senior ulama in Saudi Arabia, in its 21st congress (Riyadh, 17-28 Rabiul Akhir 1403) reviewed the then emerging trend and passed a resolution addressing these misgivings. It declared that changing Arabic numerals to the prevalent European ones in Arabic was not right. Among the reasons it cited were the following:

1. The claim that the presently used European numerals are the real Arabic ones is neither well known nor true. Centuries of use give legitimacy and authenticity to the Arabic symbols that are now being replaced.
2. The change will have ill consequences as it is a step in the direction of Westernization of the Islamic society.
3. It is a reflection of the blind following of the West.

4. The Arabic numerals have been used in all written works for centuries. If they are now replaced, it will handicap the new generation in benefiting from this great treasure, and cut it off from its history.

A year later (1404 AH) the Islamic Fiqh Academy in Makkah reviewed the issue and issued a fatwa fully supporting the resolution of the ulama. It declared it impermissible to use the European symbols while writing Arabic and warned about very serious consequences of this move.

Today the fears expressed by the Islamic Fiqh Academy can be seen in stark reality. In Pakistan, people are not only using the new symbols for writing, they are increasingly using English when expressing numbers in words in everyday usage. (Example: "Yeh Jora aap ko four seventy five main laga donga.") This Urdu language now evolving is a seriously handicapped language that cannot count, do math, express colors, name an organization, or discuss politics, business or culture without resorting to English. The resulting chaos has not improved their command of English, but it has seriously endangered their language, culture, and civilization.

A similar fate may await Arabic if steps are not taken to reverse the trend. Writers and publishers in Urdu and Arabic need to pause, reflect, and stop this mad rush into numerical disaster. Twenty years later the call of the Islamic Fiqh Academy remains as relevant as ever. And even more urgent.

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Mars the Liliputian Among the Giants

At times, we wonder as to what Mars doing and roaming among the giants of the Solar System. Mars the fourth planet out from the Sun, is a tiny giant in its own right, having grabbed the attention of people from the earliest times of the naked-eye astronomy to the present age of large telescopes and space satellites. For it is no small matter living among giants and surviving honorably for four billion years.

It's mounting status with the passage of time and discoveries and advancements in science have been received with mirthless chuckle by the little great planet, displaying the ignorance of man of antiquity. It is safe to say that Mars is being gazed at attentively for the past at least ten thousand years. Ten thousand years because the earth was in the grip of an Ice Age prior to that, with its large swatches covered in endless sheets of ice.

The great thawing of ice began some 13 thousand years ago. Before that it was ice and snow all the way. (During the Ice Age, the great city of New York lay under five thousand feet of ice). Although cave paintings discovered recently in the present-day France and Spain are around 17 thousand years old, there is no evidence that they indulged in the study of planets or any naked-eye astronomy. Stonehenge and other specimens of astronomical observation of prehistory are another matter.

Yet Mars was there, in full glory as it has been for the last four billion years and more, like other planets. Small in size, yet its story is no less cinematic compared with others. The presence of Mars appeared awesome to the ancient people who feared its appearance in the skies for its perceived propensity to 'cause' wars, epidemics, pestilence and even acrimony in personal relationships.

The planet is named Mars for two reasons, firstly its red color and secondly



its retrograde motion as it roamed gleefully among stars often reversing in its direction to the amazement and fright of the observers of the old. There is no need to lionize the little planet, yet, there is much more to it than meets the eye.

The red color of the planet (actually pale reddish) is on account of the winds continuously blowing on its surface, kicking up billions of tons of dust in its atmosphere, lending coppery red color. Probably due to the presence of iron oxides.

Of course there is no evidence, now or in the past, of the poor fellow triggering a war, or pestilence, much less any acrimony in personal relations. Dust blows in all direction at all times; a tiny portion escapes into space, a portion settles back thanks to the planet's gentle, yet persistent, gravity, the rest is joined by more dust.

So Martian dust always remains there lending it reddish color the planet has and will continue to have. Some dust and tiny pebbles are supposed to have escaped and raced across the empty void of the cold space and landed her on the earth.

Why does our planet have blue color

and why does Mars have red? While we know the answer for Mars, we may delve a little on earth. Earth has an envelope of gasses; nitrogen, oxygen, carbon dioxide, argon, neon etc. These gasses are kept in place by the persistent force of gravity. Naturally the closer they are to the earth, the denser they are. As the distance increases the density of gasses becomes less. When sun's rays fall on these gasses, as they do during the day hours, they assume a blue tinge, blue color that is. That is why the sky appears as blue. For all [practical purposes it is dark black. Very dark. Earth appears as blue mainly for the strong color of oceans.

You must have taken a train ride. Some time when another train passes by, whether in slow or fast speed, you feel your own train going backwards. It is nothing but an (optical)_ illusion. The same happens in the case of a superior or outer planet. An outer planet is one that lies outside of earth's orbit.

When the ancients saw the planets go backwards they were frightened and thought like the present day astrologers, regarding it as bad omen. You, however, have the privilege and the good fortune of watching the little cameo going on in the skies against the starry background, having nothing to fear at all.

The interesting feature about Mars is its vast expanse. Although plane earth is much bigger, nearly twice as big, its terrestrial area, or dry area is only 30pc of the whole, the rest 70pc is water. With no water, only some ice or permafrost, Mars is all land, in fact dry, parched land. That gives the planet quite a size ! Its land is contiguous . not broken or punctuated by rivers, lakes and seas, or even forests.

Quite an advantage, but we shall have to examine whether this will serve us in good stead in the course of our efforts to colonize it.

آہونٹ آہونٹ میں فروٹ



MANGO

the king of fruit

There is one thing for which summer is awaited and loved, the mango, the king of all the fruits. In fact, the wait for mango begins with the coming of spring, when the mango tree blossoms and one can hear the koel singing, for some reason the coo coo of the koel is only heard, specially in cities, when the mango blossoms appear on the tree.

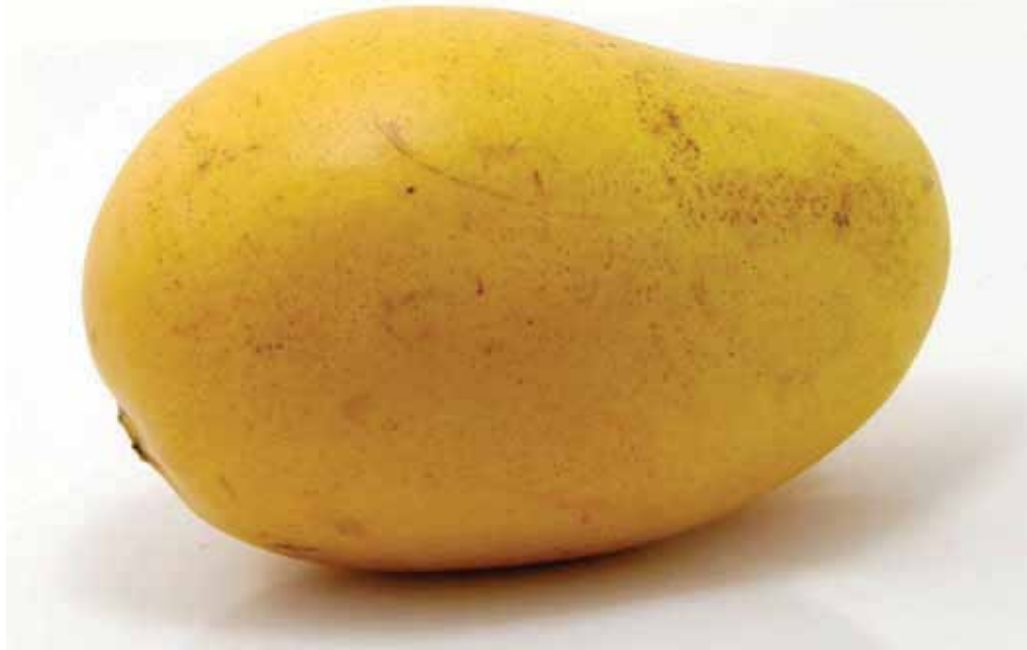
Who can resist the delicious, sweet tasting fruit whose fragrance fills the air and the very thought of it makes one's mouth water. The ripe fruit is usually yellow but the color varies from yellow to green to orange and even red, as does the size.

The way the mango is eaten differs from country to country. One can either peel, cut and make cubes to eat with a fork, which is a decent and sophisticated way of eating a mango, or just squeeze with your hands and suck the pulp then dig your teeth in the pit to get the last morsels of the goodness. This is the more traditional way and many say that until you have the juice flowing down the wrist there's no point eating a mango. Chill them for a few hours in the fridge or soak them in a bucketfull of ice and water if the power is out which it often is these days, they taste heavenly.

The name 'Mango' is derived from the Tamil word 'Mangkay' or 'man-gay'.

It is the national fruit of India, Pakistan and the Philippines and is grown in about more than 90 tropical and sub-tropical countries in the world. Over 25 million tons of mango are produced every year around the world. In Pakistan, it is the second major fruit crop of Pakistan after citrus and is ranked fourth in the world for its production.

There are so many varieties of mango; hardly any other fruit has as many. But only a select few have commercial significance. All varieties are not grown everywhere; one variety that grows well in one region might fail elsewhere. In mango, several cultivars are often crossed to improve pollination and develop new varieties.



In Pakistan one can choose from many varieties like chausa, sindhri, desehri, langra, anwar ratole, saroli, zafran, Alphonso, neelam, fajri, etc and they all taste different. They may not be available all at the same time but it is good in the sense that we can enjoy a few varieties and when they are gone we have the other varieties to relish. Though for some people a mango is a mango and they cannot differentiate one variety from another; nevertheless for mango lovers a sindhri is sindhri and a desehri is a desehri and there's no mixing them with each other or any other variety.

Alphonso, benishaan or benisha and kesr varieties are the most popular varieties in India's southern states, while langra and himsagar are more popular in northern India. Some other varieties available in India are malgava, peethar, rumani, bangalura, rasalu, thota pari, neelam, sindhoora, fajli and salem.

The fruit is not left on the tree to fully ripen, as then it will fall on the ground and be damaged. When the first of the fruits show signs of ripening on the tree, all the fruit of the same size and larger are

removed. The rest are left to be removed when they show color. Picking is also an art to be conducted by experienced trained persons. It has to be snapped from the stem by hand, but since mango tree grows quite tall and picking by hand while standing on the ground is not possible, usually a long pole with a cutting blade and a small bag under the blade to catch the fruit is used. The fruit shouldn't be allowed to fall on the ground as then it is damaged.

Mangoes are not only delicious; they are bursting with protective nutrients. It is an excellent source of vitamins A, B and C and contains water, proteins, sugar, fats, fibres and iron, etc. as well as potassium and is rich in anti-oxidants. The vitamin content depends upon the variety and maturity of fruit, when the fruit is green the amount of vitamin C is higher, as it ripens the amount of beta carotene (Vitamin A) increases.

The fruit is mostly eaten fresh as a dessert. But that's not the only way it is used. Mango is used to make ice cream, milk-shake or one can have it cut in cubes and enjoy with ice cream or with cream. It is also processed into juices, jams, jellies and murabba.



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Living with Diabetes

It is often said that these days more people are facing ill-health and that too from diseases not heard of, say 50 years back. The truth is that while people may have suffered from these diseases in the past they were not recognized/ diagnosed or their causative factors were not known.

At the same time, modern lifestyle, fatty food, sedentary life, stress, etc are increasing the chances of developing diseases such as diabetes that is caused by and affects how one's body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

Chronic diabetes conditions include type I diabetes and type II diabetes. Potentially reversible diabetes conditions include pre-diabetes, when your blood sugar levels are higher than normal to be classified as diabetes and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered.

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with pre-diabetes or type II diabetes, may not experience symptoms initially.

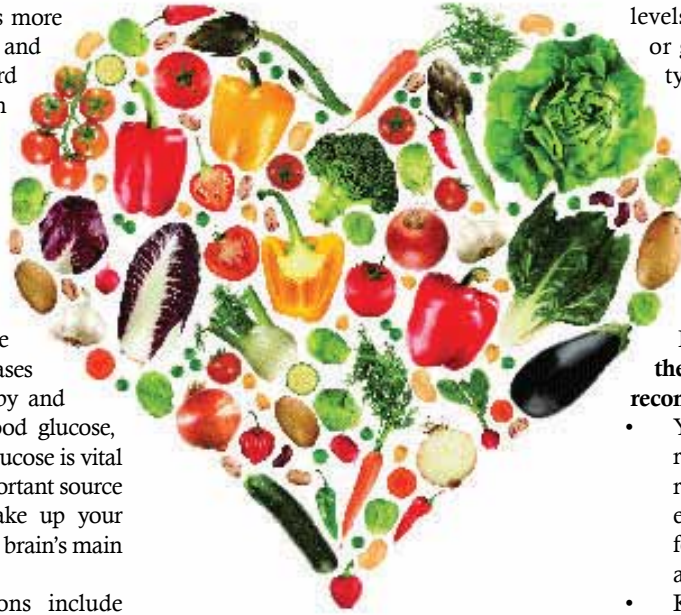
Some of the signs and symptoms of type I and type II diabetes include:

Increased thirst, frequent urination, extreme hunger, unexplained weight loss. Presence of ketons in the urine, fatigue, blurred vision, slow-healing sores, high blood pressure, frequent infections, such as gums or skin infections and vaginal or bladder infections.

Although type I diabetes can develop at any age, it typically appears during childhood or adolescence. Type II diabetes, the more common type, can develop at any age and is often preventable.

In type I diabetes our immune system attacks and destroys our insulin-producing cells in the pancreas. This leaves you with little or no insulin. Instead of being transported into your cells, sugar builds up in your bloodstream.

Normally, our pancreas responds by producing extra insulin to overcome this resistance. But sometimes our pancreas



can't keep up, resulting in too little glucose going into our cells and too much staying in our blood. This is gestational diabetes. Researchers do not fully understand why some people develop pre-diabetes and type II diabetes and others don't. The factors, however, include :

Weight:

The more fatty tissue we have, the more resistant our cells become to insulin.

Inactivity:

The less active we are, the greater will be our risk. Physical activity helps us control our weight, uses up glucose as energy and makes our cells more sensitive to insulin. Exercising less than three times a week may increase your risk.

Family history:

Our risk increases if a parent or sibling has type II diabetes.

Age :

The risk increases as we get older. This may be because we tend to exercise less, lose muscle mass and gain weight as we age.

High blood pressure:

Having blood pressure over 140/90mm Hg is linked to an increased risk of type II diabetes.

Abnormal cholesterol levels, low

levels of high density lipoprotein (HDL) or good cholesterol, increase the risk of type II diabetes.

Cardiovascular disease:

Diabetes dramatically increases the risk of various cardiovascular problems, including coronary artery disease with chest pain (angina) heart attack, stroke and narrowing of arteries.

If you have any type of diabetes, the following lifestyles changes are recommended:

- Yearly physical and eye exams. Your regular diabetes check-ups are no replacement for yearly physical or routine eye exams, wherein your doctor will look for any diabetes related complications and other medical problems.
- Kidney damage (nephropathy), the kidneys contain millions of tiny blood vessel clusters (glomeruli) that filter waste from our blood. Diabetes can damage this delicate filtering system. Severe damage can lead to kidney failure or irreversible end-stage kidney disease, which may require dialysis
- Pay attention to your feet wash your feet daily in lukewarm water. Dry them gently, especially between the toes. Moisturise with lotion but not between the toes.
- Keep your blood pressure and cholesterol under control, eating healthy foods and exercising regularly can go a long way toward controlling high blood pressure and cholesterol. Medication may be need too.
- Quit smoking or tobacco use. Smoking increases your risk of diabetes-related complications. Smokers who have diabetes are more likely to die of cardiovascular disease than non-smokers,
- Take stress seriously. If you are stressed, it's easy to abandon your usual diabetes management routine. The hormones your body may produce in response to prolonged stress may prevent insulin from working properly, which only makes matters worse. To take control, set limits. Prioritise your tasks. Learn relaxation techniques. Get plenty of sleep.
- There is no substitute to good and sound health. The merciful God has bestowed us by giving a healthy body and it is our humble duty to preserve it so that we remain healthy till the final call comes.



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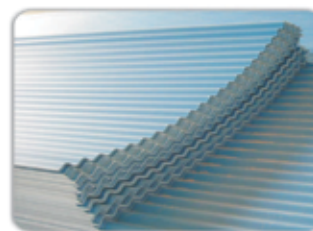
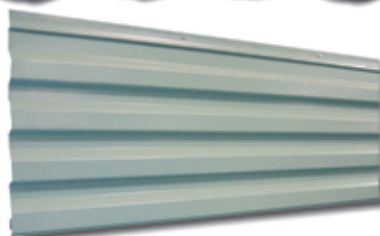
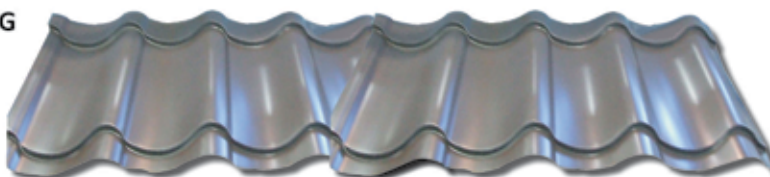
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- Keep your outdoor unit shaded but with good airflow. A condenser unit kept in shade is more efficient than the one in hot sunlight.
- Keep your air conditioner serviced regularly. Clogged filter reduces AC's efficiency and puts added strain on the 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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What Good is Salat?

 By: Khalid Baig

In one of his circulars Sayyidna Umar ibn al-Khattab, Radi-Allahu anhu, sent instructions to all his administrators saying, "In my opinion, Salat (Islam's prescribed act of worship or prayer. The word prayer, though, is also used for supplication or dua and is therefore avoided in this article.) is the most important of your obligations. Whoever takes good care of it and safeguards it safeguards his religion and whoever neglects it will neglect other things even more." He then added instructions about the times for the five Salats and admonition against dozing off before Isha. [Muwatta Imam Malik. Hadith No. 5]

This letter from the ruler of a vast empire to the officials of his government --- shall we call it Executive Order? --- gives us a lot to reflect upon. For Salat is among the most emphasized commands in Shariah. Unfortunately it is also a grossly neglected obligation in our life today.

Even a Muslim school child knows that Salat is a pillar of Islam. What Sayyidna Umar, Radi-Allahu anhu, expressed was that it is true at all levels

and in all settings, from the private to the public. One cannot build an Islamic life, an Islamic community, an Islamic institution, or an Islamic government while neglecting or weakening this pillar. It is a measure of its extraordinary status that unlike all other obligations the command for Salat was given by Allah Most High Prophet Muhammad Sall-Allahu alayhi wa sallam during his miraculous Ascent to Heaven or Meraj. Very fittingly so, for Salat is the meraj of the believer. One begins the Salat by standing while facing the Ka'ba or the House of Allah, isolating himself from the worldly affairs, and then addressing Allah directly: "Oh Allah, You are sanctified and (I begin) with Your praise. Your name is Blessed and Your Greatness is Supreme. And no one else is worthy of worship except You." During Salat a believer repeatedly stands, bows, and prostrates to Allah. Each of these acts brings him closer and closer to his Master and Creator filling him with the feelings of love, devotion, and obedience. The sitting position even includes the re-creation of the conversation

that took place between the Prophet Sall-Allahu alayhi wa sallam and Allah during the Heavenly Ascent.

Prophet Sall-Allahu alayhi wa sallam: "All greetings, blessings, and good acts are for Allah."

Allah: "Peace is upon you oh Prophet, and the Mercy, and the Blessings of Allah."

"Peace be with us and unto the righteous servants of Allah. I bear witness that there is no deity except Allah."

"And I bear witness that Muhammad is His servant and Messenger."

This closeness is the most valuable gift for the believer. It is the source of all strength and all goodness in his life. It is the light that shows him the right from wrong in all walks of life. It is the river that bathes and cleans him of all sins and contamination. In the hardships of life, it is the source of solace and strength. It is the regulator of the Muslim life, the daily schedule of a believer being built around the five daily Salats. It is a source of joy and happiness, of spiritual nourishment and purification. It is the key to all success.

It is the key to paradise.

On the other hand, neglecting the Salat is key to hell. Qur'an says, "Woe to the worshippers who are negligent in their Salat." Hadith says: "Salat stands between man and unbelief." Another Hadith says: "Salat is the pillar of religion. Whoever destroys it has destroyed the religion." Another Hadith informs us that salat is the first item about which one will be questioned after death. The person who succeeds in this test, will likely pass through the subsequent tests. The one who flunks this one has little chance of getting through the rest. Yet another Hadith warns us that the person who neglects his salat has walked out of the protection of Allah. We can understand the enormity of missing just one salat on purpose from the Hadith that says that such a person is like one who lost all his family and all his wealth!

In the presence of all the persuasion and all the admonition about salat in Qur'an and Hadith, one wonders how could any sane believer be negligent in this matter. To a person who claims to be a believer yet does not offer his salat regularly five times a day, we must ask: What is your justification? The more one thinks about it the more he or she will realize that there is none. Absolutely none.

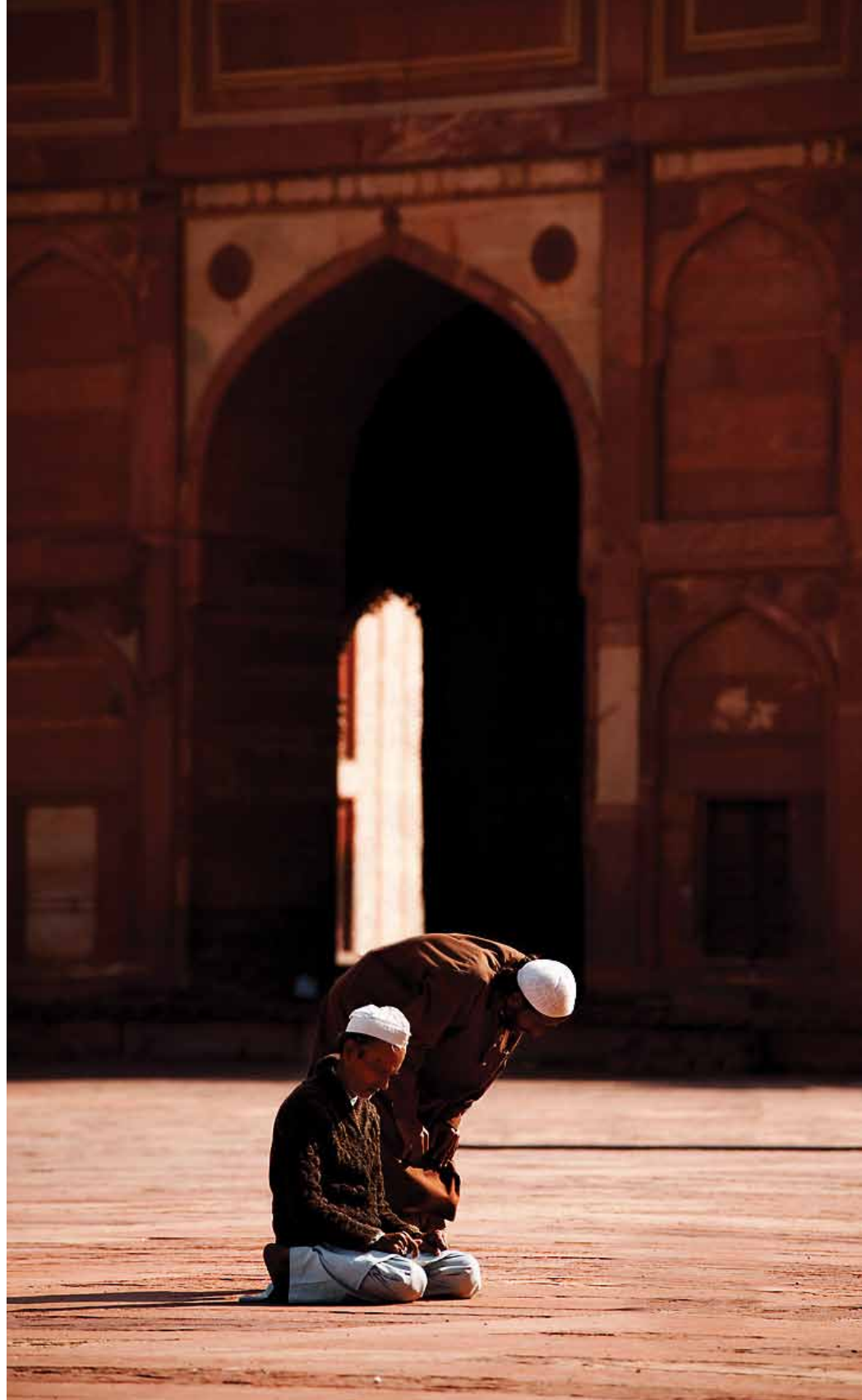
One cannot plead that he did not know about the obligation or its extraordinary importance. Even if an unfortunate Muslim were never to open the Qur'an or a Hadith book in his life, he cannot notice the call to salat that comes from every masjid throughout the world five times a day. It repeatedly reminds him: "Come to Salat. Come to Success." The distribution of mosques in the world today is such that the call to salat can be heard round the clock in a never-ending stream as one moves around the globe. One can begin with Fajr adhan in Indonesia and follow it at small intervals in Malaysia, Bangladesh, India, Pakistan, Afghanistan, Iran, Iraq, Saudi Arabia and Egypt etc. etc. By that time Zuhr adhan has already started in Indonesia. Twenty-four hours later when the Muezzins of Indonesia are again calling out Fajr adhan, the Muezzins in Africa are calling out the adhan for Isha. How can one plead ignorance in the presence of this massive and continuous universal call?

One cannot plead that the obligation is too difficult or time consuming. While the obligation remains whether one is healthy or sick, and whether it is rain or shine, Shariah goes to great lengths to accommodate our circumstances. If you cannot stand, you can offer it sitting. Cannot sit? You can offer it lying down. Cannot

move? Use whatever gestures are possible. Traveling? Just offer two units instead of four. Cannot figure out the direction of qibla? Use your best judgment. Can't use water to purify yourself in preparation for salat? Perform dry ablution.

As people run out of excuses they sometimes try rationalizations. What good is salat if one's mind wanders all over the place? Well our job is to try to concentrate

not to achieve concentration. We are doing our job if we are simply making the effort. What good is salat if one is still involved in other sins, like the proverbial person who steals and prays? The simple answer is that our lives are combinations of good and evil. Our goal is to increase the good and reduce or eliminate the evil. And that won't happen by putting the good on hold until we can get rid of the evil.



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મેમણ આલમ (WMO)



ગુજરાતી વિભાગ
સંપાદક: ઉમર અ. રહેમાન ખાનાણી

તા. ૩૦-૭-૧૯૧૭ સોમવાર
અંજુમન રૌનકે ઈસ્લામની સ્પેશ્યલ સભા જનાબ અબ્દુલ્લાહ આહમદના પ્રમુખપણા હેઠળ મળી હતી જેમાં ૮ સભ્યો હાજર થયા હતા.

સભાના નોટિફિકેશનમાં ૯ વાગાનું ટાઈમ આપવામાં આવેલું પણ દિલગીરી સાથે લખવું પડે છે કે ફક્ત થોડા જ સભ્યો હાજર થયા છે. લા વાગી ગયા છે અને હજુ પણ બીજા સાહેબોની પધરામણી થઈ નથી. તે ઉપરથી જાહેર થાય છે કે આપણને કેવી લાગણી છે જોકે આજની સભા એક ઘણાં અગત્યના કામના અંગે બોલાવવામાં આવી છે.

સભાનો હેતુ:

આપણી સભામાં વખતો વખત આ ચર્ચા ચાલે છે અને વાર્ષિક રિપોર્ટમાં પણ તે તરફ ઈશારો કરવામાં આવેલ છે કે આપણા શહેરમાં મદ્રસાઓ જુદા જુદા પોતપોતાની મોખે ચલાવવામાં આવે છે તેમાં ખર્ચ વધારે થાય છે અને જેવી જોઈએ તેવી કેળવણી અપાઈ શકતી નથી. બાળકોને જો એક મદ્રસાથી ઉઠીને બીજા મદ્રસામાં જવું પડે છે તો કોર્ષ જુદો જુદો હોવાના કારણથી તેની પહેલા મદ્રસાની પઠાઈ વ્યર્થ જાય છે તેમજ દેખરેખ પણ જેવી જોઈએ તેવી રહી શકતી નથી. સિવાય આપસમાં નાઈતેફાકીના પણ કેટલાક કારણો થઈ પડે છે તો જો આ સર્વે મદ્રસાઓ એકત્ર થઈ જાય તો કેવું સાફ થાય અને કેટલું બળ વધી જાય એવી

ચર્ચા હંમેશાં ચાલ્યા કરે છે પણ બીજાઓ તરફથી જેવું જોઈએ તેવું અનુમોદન નહીં મળવાથી આ કામ આજ દિન સુધી એમને

ઉપલી દરખાસ્તને અબ્દુલ્લા અને અ. લતીફ ટેકો આપવાથી સર્વાનુમતે પસાર થઈ હતી અને બીજા મદ્રસાવાળાઓને આ



એમ ચાલ્યા કરે છે અને તેમાં કાંઈ લાઈનસર કામ થતું નથી તો હું આજની સભાને દરખાસ્ત કરું છું કે આ બાબત ઘણી અગત્યની છે તેથી આજે એમને એમ પડતી નહીં મેલતાં તેને માટે પૂરતી કોશિષ કરવી જોઈએ અને જે કમિટીઓ હસ્તક મદ્રસાઓ ચાલે છે તે સર્વેને એકી વખતે આપણા શહેરની અંજુમને ઈસ્લામના હોલમાં બોલાવી એક સભા ભરવી અને ભાર આપી આ સવાલ ચર્ચાવો અને જેમ બને તેમ એકત્ર કરવાની કોશિષ કરવી તે એવી રીતે કે દરેક મદ્રસાના ચાર ચાર સભ્યો લઈ સંયુક્ત કમિટી ઉભી કરવી અને તે કમિટીની સત્તા નીચે તમામ મદ્રસાઓ ચલાવવા અને મદ્રસાઓનું કોર્ષ પણ તે કમિટી નક્કી કરે અને મદ્રસાને શિક્ષણને લગતી તમામ વ્યવસ્થા તથા તેના અંગેની બીજી દરેક સત્તાને સંયુક્ત કમિટીને પૂરતી રીતે આપવી.

બાબતની લેખિત ખબર આપવાની સૂચના સેક્રેટરીને આપવામાં આવી હતી કે તા. ૧-૮-૧૭ના રોજે અંજુમને ઈસ્લામના હોલમાં ઉપલા વિષય ઉપર ચર્ચા કરવા એક મિટીંગ બોલાવવામાં આવશે.

બાદમાં પ્રેસિડેન્ટનો આભાર માની સભા બરખાસ્ત થઈ હતી.

રૌનકે ઈસ્લામ સભા બીજી

તા. ૧-૮-૧૭

તા. ૩૦-૭-૧૯૧૭ના મદ્રસા હોલની મિટીંગના ઠરાવ મુજબ આજ રોજે તમામ મદ્રસા કમિટીઓની સભા અંજુમને ઈસ્લામના હોલમાં માનવંતા નગર શેઠ ગની મૂસાના પ્રમુખપણા હેઠળ મળી હતી. સભાનો કાર્યક્રમ કુઆંને શરીફની તિલાવતથી શરૂ કરવામાં આવ્યો હતો. બાદમાં મદ્રસા-એ-રૌનકે ઈસ્લામની કમિટી તરફથી મિ. અબ્દુલ્લા આહમદે આજની સભાનો હેતુ સમજાવ્યો હતો અને પોતાનું તૈયાર

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મેમણ આલમ જુલાઈ-૨૦૧૩

કરેલ લેકચર ઉર્દૂમાં તમામ ખુલાસા સહિતનું વાંચી સંભળાવ્યું હતું. હાલમાં આપણા ધોરાજી શહેરમાં તમામ મદ્રસા જુદી જુદી કમિટીઓ મારફત ચાલે છે. તેની પાછળ દર વર્ષે રૂ. ૧૫૦૦૦ (પંદર હજાર) ખર્ચાય છે. તેમ દરેક મદ્રસાનો કોર્ષ જુદો જુદો હોઈ શિક્ષણ લેતા બાળકો એકબીજા મદ્રસામાં હેરફેર થાય છે તો આગળ લીધેલ શિક્ષણ વ્યર્થ જાય છે. તે ઉપરાંત જો મદ્રસા એકત્ર થઈ એકજ બોર્ડના હસ્તક ચાલે તો ઓછા ખર્ચે ઉત્તમ શિક્ષણ આપી શકાય. આજે આપણે આપણી હાલત ઉપર નજર કરીશું તો સાફ જણાય આવશે કે આપણામાં ઈત્તેફાક નથી અને તેથી આપણે ઘણું નુકસાન વેઠી રહ્યા છીએ. ઈત્તેફાકથી આપણું ગૌરવ જળવાઈ રહેશે અને જળવાયેલું હતું તે તમો કયાં નથી જાણતા ? મહુમ નામદાર શેઠ મૂસાના વખતમાં આપણી પાસે દૌલત ઓછી હતી છતાં આપણામાં ઈત્તેફાક હતું તો આપે તમામ કામો કરતાં મોખરે હતા. માટે જો આ બાબત ઉપર સંપૂર્ણ વિચાર કરી સહકાર આપો તો આપણને ઘણું જ લાભ છે. મને સંપૂર્ણ ઉમીદ છે કે આપ તમામ મદ્રસા કમિટીઓ મારી આ દરખાસ્ત ઉપર સંપૂર્ણ એકમત થશો અને નીચે મુજબનો ઠરાવ સભા સમક્ષ રજૂ કર્યો હતો.

૧. આ શહેરના સર્વ મદ્રસા એકત્ર કરી સંયુક્ત બોર્ડના હસ્તક મૂકવા. કમિટીમાં દરેક મદ્રસા કમિટી તરફથી ચાર ચાર સભ્યો સંયુક્ત કમિટીમાં હોવા જોઈએ.

૨. મદ્રસા હસ્તકની રોકડ કેપીટલ રકમ તે સંયુક્ત બોર્ડને સુપ્રત કરવી.

૩. સંયુક્ત બોર્ડ તરફથી મદ્રસા માટે એક કોર્ષ તૈયાર કરવો. ઉપલી દરખાસ્તને પ્રેસિડેન્ટ

અ. ગની મૂસા શેઠે અનુમોદન આપી. આ યોજના કોમના ભલા અર્થે કેટલી જરૂરી છે તે ઉપર લંબાણ વિવેચન કર્યું હતું. અને તમામ કમિટીઓને ઉપલી દરખાસ્તને સહકાર આપવા ભલામણ કરી હતી. ત્યાર પછી બીજા મદ્રસા કમિટીવાળાઓએ જવાબ આપ્યો કે અમોને અમારી બોર્ડ સાથે મસલત કરવાની જરૂર છે. વાસ્તે આજની સભા મુલ્તવી રાખવી. ઉપલા કારણસર આજની સભા તા. ૧૫-૮-૧૭ના રોજ ઉપર મુલ્તવી રહી હતી અને આ મુલ્તવી રહેલી મિટીંગ તા. ૧૫-૮-૧૭ના રોજે ફરી માનવંતા શેઠ અ. ગની મૂસાના પ્રમુખપણા નીચે મળી હતી. સભાની શરૂઆતમાં મદ્રસા-એ-રૌનકે ઈસ્લામ તરફથી મિ. અબ્દુલ્લા

આહમદે ખુલાસો કરતાં જણાવ્યું કે શહેરમાં એવી ગેરસમજુતી પેદા થઈ છે કે રૌનકે ઈસ્લામ કમિટી બીજા તમામ મદ્રસાઓની થાપણ પોતાના કબજામાં ઈચ્છે છે. તે હકીકત સત્યથી તદ્દન વેગળી છે અને એવી ગેરસમજુતી ફેલાવવાવાળા સાહેબોનો ખ્યાલ ભૂલભરેલો છે. અમો અમારી કુલ થાપણ અને મિલ્કત સંયુક્ત બોર્ડ ઉભી થાય તો પહેલી તકે સુપુર્દ કરવા તૈયાર છીએ. બાદમાં એ વિષય ઉપર બીજા મદ્રસા કમિટીઓએ વાટાઘાટ કરતાં મદ્રસાએ ગૌષીયા સિવાય બીજી કોઈપણ મદ્રસા કમિટીઓ સહકાર નહીં આપવાથી ઘણી દિલગીરી સાથે ઉપલી યોજના પડી ભાંગી હતી અને છેવટે કોઈપણ નિર્ણય કર્યા વિના પ્રમુખનો આભાર માની સભા વિસર્જન થઈ હતી.



**મેમલા તજને
મેમલાપણું ના મીટાવો
મેમલા હોવા બદલ
ગર્વ અનુભવો**

બળિયાઓ સાથે બાથ ભીડનારા મેમલા રાજદ્વારી કાર્યકર અબ્દુલ ગની જુનાણી



અમદાવાદમાં, જ્યાં તેમના પિતાની દુકાન હતી અને વાંકાનેર, જ્યાં તેમના કાકા રહેતા હતા ત્યાં વીત્યા હતા. તેઓ ભણતરમાં કંઈ ખાસ આગળ વધી શક્યા નહતા.

જ. જુનાણીના પહેલા લગ્ન ૧૯૧૧માં શેઠ તાર મોહમંદ લાલવાણીની પુત્રી મરીયમ સાથે થયા હતા. ૧૯૧૮માં ઈન્ફલુએન્સા ફાટી નીકળતાં એકજ મહિનામાં તેમના દાદીમાં, પત્ની અને દીકરી ગુજરી ગયા. ૧૯૨૧માં તેમના બીજા લગ્ન મુંબઈ મુકામે ઐયુબ ઉમર કાસમાણીની પુત્રી મરીયમ સાથે થયા. તેમનું પણ

રહ્યો હતો.

૧૯૨૭માં માળીયા મસ્જિદની ઘટના બની. માળીયાના રાજમહેલ પાસેની મસ્જિદ ત્યાંના ઠાકોરે બંધ કરાવી દીધી હતી. એ સામે પૂરા કાઠિયાવાડના મુસ્લિમોમાં જબરો વિરોધવંટોળ ફાટી નીકળ્યો હતો. જુનાણી એ વિરોધ મુંબેશના મોવડી હતા. એ સમયે દેશી રજવાડાઓ સામે પણ ઝીંક ઝીલવી બહુ મુશ્કેલ અને જોખમી કામ ગણાતું હતું, પરંતુ જુનાણી પાછી પાની કરે એવા ન હતા. છેવટમાં તેમના વિજય સાથે કાઠિયાવાડના મુસ્લિમ રાજકારણમાં એક યાદગાર પ્રકરણનો ઉમેરો થયો.

ગની જુનાણી ૧૯૨૮માં બ્રિટીશ ઈન્ડિયા મોટરકાર કંપનીના મેનેજર બન્યા. ત્યાં બે વરસ કામ કર્યા પછી આદમજી શેઠે બેલૂરમાં સ્થાપેલી આદમજી જ્યૂટ મિલ્સમાં જોડાયા. કેટલોક સમય તેમણે રંગુનમાં પણ કામ કર્યું. મુંબઈની શેરબજારમાં પણ કામ કર્યું હતું.

૧૯૨૮માં રાજકોટ ખાતે ગુજરાત કાઠિયાવાડ મુસ્લિમ એજ્યુકેશનલ કોન્ફરન્સમાં જુનાણીએ આગળ પડતો ભાગ ભજવ્યો હતો.

જુનાણીએ ઓલ ઈન્ડિયા મુસ્લિમ કોન્ફરન્સ યોજવામાં મોખરેની ભૂમિકા ભજવી હતી. ૧૯૩૧માં આ કોન્ફરન્સની જે પહેલી બેઠક રાજકોટમાં મળી એના સેક્રેટરીની જવાબદારીઓ તેમણે સંભાળી હતી અને તેની સફળતામાં જબરો ફાળો આપ્યો હતો. જે સમયે અંગ્રેજી તાલીમ લેવી સુદ્ધાં હરામ

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પાકિસ્તાનની સ્થાપનામાં ભાગલા પહેલાં કાઠિયાવાડી મુસ્લિમ લીગના કાર્યકરો તરીકે સક્રિય ભાગ લેનારા જુજ મેમલા કાર્યકરોમાં અબ્દુલ ગની દાદાભાઈ જુનાણીનો સમાવેશ થાય છે. ભાગલા બાદ પાકિસ્તાનમાં મેમલા બિરાદરીના ઉત્કર્ષના કામોમાં પણ તેમણે નોંધપાત્ર ભૂમિકા ભજવી હતી. મેમણો માટે વસાહત તેમજ મેમણ મેડીકલ સોસાયટી તથા મેમણ એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટી માટેની તેમની સેવાઓ અવિસ્મરણીય છે.

અ. ગની દાદાભાઈ જુનાણીનો જન્મ કાઠિયાવાડના મોરબી રાજ્યના નાનકડા ટંકારા ગામમાં ૧૮૯૫માં થયો હતો. તેમના પિતા દાદાભાઈ ટેકસટાઈલ મીલમાં કામ કરતા હતા. તેમનું બચપણ અને કિશોરાવસ્થા ટંકારા ઉપરાંત

૧૯૨૫માં અવસાન થયું પછી ૧૯૨૭માં રાજકોટ મુકામે તેમના ત્રીજા લગ્ન નૂરમોહમંદ અ. કરીમ જુનાણીની પુત્રી સાથે થયા અને સંજોગાવસાત તેમનું નામ પણ મરીયમ જ છે. જ. જુનાણીને કોઈ ઓલાદ સાંપડી ન હતી.

જ. જુનાણીએ ૧૯૧૭માં હોમરૂલ લીગની ચળવળમાં સક્રિય ભાગ લઈને તેમના જાહેર જીવનની શરૂઆત કરી હતી. એ સમયના બીજા ઘણા મુસ્લિમ રાજદ્વારી કાર્યકરોની જેમ તેઓ એ પછી ખિલાફત મુંબેશમાં જોડાયા હતા. કોંગ્રેસમાં શામેલ થયા હતા અને છેવટે મુસ્લિમ લીગના પરચમ હેઠળ આવી ગયા હતા. ૧૯૩૭ થી ૧૯૪૭ સુધીના દશકામાં કાઠિયાવાડના મુસ્લિમોની રાજદ્વારી જાગૃતિમાં તેમનો ફાળો સારા જેવો નોંધપાત્ર

મેમલા આલમ જુલાઈ-૨૦૧૩

ગણતી હતી. એ સમયમાં જુનાણીએ કોન્ફરન્સમાં સ્ત્રી શિક્ષણની હિમાયત કરીને ભારે ખળ ભળાટ મચાવી દીધો હતો. એ કોન્ફરન્સના પરિપાકરૂપે ઓલ ઇન્ડિયા એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટી અસ્તિત્વમાં આવી હતી. તેની કામગીરીઓ, સિદ્ધિઓ અને મેમણ કોમની પ્રગતિમાં તેનો ફાળો જગજહેર છે. જુનાણી આ સોસાયટી સાથે પહેલાંથી જ સંકળાયેલા હતા. પાકિસ્તાન આવ્યા પછી ૧૯૫૬માં તેઓ સોસાયટીના ઉપપ્રમુખ બન્યા હતા અને તેમના અવસાન સુધી એ હોદ્દા પર ચાલુ રહ્યા હતા. તેઓ આ સોસાયટીની દૂરના ભૂતકાળથી માંડીને વર્તમાનકાળ સુધીની દરેકે દરેક ઝીણી ઝીણી વાતોથી માહિતગાર હતા. તેઓ જરૂરતના આવા સંજોગોમાં ભૂતકાળમાં શું કરવામાં આવ્યું એના હવાલા આપતા હતા. આ કારણથી તેઓ આપસના વર્તુળોમાં ‘સોસાયટીના હાફિઝ’ તરીકે પણ ઓળખાતા હતા.

જુનાણીના જહેર જીવનનું એક અગત્યનું સિમાચિન્હ ૧૯૩૯-૪૦નું રાજકોટ પ્રકરણ હતું. રાજકોટમાં મંડળની મુંબેશ ચાલી હતી અને રાજકોટ રાજ્યે કેટલાક સ્વશાસન સાથેની દસ સભ્યોની સમિતિની રચના કરી હતી. એમાં સરકારના ત્રણ હિંદુઓના પાંચ અને મુસલમાનોના પાંચ સભ્યો લેવાના હતા. રાજકોટ મહત્વનું રજવાડું હતું. ખુદ ગાંધી અને પટેલ ત્યાં પહોંચી ગયા હતા. મુસલમાનોના સ્થાનિક મોવડીઓ રાજકોટના કાર્યકર જીથના સભ્યો હતા. જેમાં જ. જુનાણી ઉપરાંત મહુમ અ. ગની દાદાભાઈ મેઘાણી, મહુમ અ. રહીમ મારફાણી, મહુમ ઉસ્માન ઈસાભાઈ વિગેરે હતા.

એ મુસ્લિમ કાર્યકરોએ સાત દિવસ સુધી ગાંધીજી અને પટેલને

હંફાવ્યા હતા અને છેવટે તેઓને નિરાશ થઈને ચાલ્યા જવું પડ્યું હતું. મુસ્લિમો હિંદુઓથી અલગ રાજદ્રારી જીથ હોવાનું અને તેમના પોતાના સ્વતંત્ર મંતવ્યો અને હક્કો રાખતા હોવાનું પૂરવાર કરતી દેશી રાજ્યો ખાતેની આ પ્રથમ મહત્વની લડાઈ હતી અને તેની દૂરગામી અસરો રહી હતી. આ કાર્યકરોને એ સમયે કાઈદે આઝમની પણ કોઈ દોરવણી સાંપડી ન હતી. પૂરો મામલો પતી ગયા પછી જ. ચુંદરીગરે તેઓને સલાહ મંત્રણા માટે મુંબઈ બોલાવ્યા હતા અને જ. જુનાણી મુંબઈનો આંટો લગાવી આવ્યા હતા.

પાકિસ્તાનની સ્થાપના પછી તેઓ કરાચી આવ્યા હતા. અહીં તેમણે સોલીડ આઈસ ફેક્ટરીની અને ‘મિલ્લત’ પંખા માટે વિખ્યાત મેટલેક્સ કોર્પોરેશનની સ્થાપના કરી હતી. ઉદ્યોગપતિ તરીકે તેમને સારી સફળતા મળી હતી.

૧૯૫૮માં તેમણે મેમણ મેડીકલ સોસાયટીની સ્થાપના કરી હતી અને થોડા વરસ પછી તેના આશ્રયે ‘મેમણ હોસ્પિટલ’ની સ્થાપના કરી હતી, જે મેટરનિટી હોમ અને આઉટ પેશન્ટ ડિપાર્ટમેન્ટ પૂરતી મર્યાદિત હતી. એક અદ્યતન સાધનસંપત્તિ હોસ્પિટલની સ્થાપના તેમની એક મોટી અભિલાષા હતી. એ માટે જમીનનો એક પ્લોટ પણ લેવાઈ ચૂક્યો હતો, પરંતુ કેટલાક કારણોસર બાંધકામનો આરંભ થઈ શક્યો ન હતો. મેમણ એજ્યુકેશનલ એન્ડ વેલ્ફેર સોસાયટીની સ્કોલરશીપો ઉપરાંતની બે મહત્વપૂર્ણ યોજનાઓમાં જુનાણીનો ફાળો પાયારૂપ રહ્યો હતો. વધુ ભણેલા ન હોવા છતાં આદમજી સાયન્સ કોલેજની ગવર્નિંગ કાઉન્સીલના ચેરમેન રહ્યા હતા. મેમણ કોલોનીનું બાંધકામ શરૂ થયા

પછી તેના માટેની સમિતિના જ. જુનાણીએ કેટલાક સમય સુધી કન્વીનર અને ચેરમેનની જવાબદારીઓ પણ અદા કરી હતી.

જુનાણી તેમના જીવાનીના સમયમાં એક જોશીલા વક્તા તરીકે પંકાયેલા હતા. તેમને વાચનનો જબરો શોખ હતો. મહાપુરૂષોના જીવનચરિત્રો તેમના વાચનનો મુખ્ય વિષય રહેતો હતો.

જુનાણી સિગારેટના જબરો બંધાણી હતા. તેમનો એક મુખ્ય શોખ શાસ્ત્રીય સંગીત અને પાકા ગાણાંનો હતો એ છતાં કુરસદનો સમય વિતાવવા માટેનું તેમનું સૌથી જબરૂ સાધન વાતચીતો, ચર્ચાઓ અને દલીલબાજીઓ રહેલું હતું.

જુનાણી તેમના આખાબોલા અને મક્કમ સ્વભાવને લીધે જાણીતા હતા. ગમે એવા મોટા માણસ સામે ગમે એવી મોટી બેઠકમાં અને ગમે એટલી બહુમતી અલગ મંતવ્ય ધરાવતી હોય તોયે ‘ના’ પાડવામાં હરગીઝ અચકાતા નહીં.

જુનાણી ગામવાદના ઉગ્ર વિરોધી હતા. તેઓ તેમના જ ગામની બિરાદરીની સંસ્થા મોરબી-ટંકારા મેમણ એસોસીએશનના પણ એજ કારણે સભ્ય બન્યા ન હતા. ગામવાદના ધોરણે એ પાકિસ્તાન મેમણ ફેડરેશનની સ્થાપના થઈ ત્યારે એના વિરોધીઓમાં તેઓ મુખ્ય હતા. ફેડરેશનનો વિરોધ કરવા માટે તેમણે ‘મિઝાન’ નામના એક ગુજરાતી સામયિકનું પ્રકાશન પણ શરૂ કરાવ્યું હતું. કોઈ જાહેર ક્ષેત્રમાં મેમણને બદલે બીનમેમણ વધુ લાયક લાગે તો તેઓ બીનમેમણને ટેકો આપતા હતા. આવા મક્કમ મનોબળ વાળા આખાબોલા આગેવાન અ. ગની જુનાણી ૮મી ફેબ્રુઆરી ૧૯૭૬ના રોજ આ ફાની જગતથી સીધાવી ગયા હતા.

જીવનને ફીક્કુ મહેસુસ કરાવી જતી બીમારી ડાયાબીટીસ

શરીરના લોહીમાં ગ્લુકોઝ કે શુગર-શાકરનું પ્રમાણ વધી જાય કે



શાકરના પ્રમાણમાં વધઘટ થઈ જાય તો મધુપ્રમેહની બીમારી લાગુ થઈ જાય છે. અગાઉના જમાનામાં તેને મીઠી પેશાબના નામે ઓળખવામાં આવતી હતી પણ હવે તો આ રોગ એટલો સામાન્ય થઈ પડ્યો છે કે સૌ કોઈ તેના અંગ્રેજી નામ ડાયાબીટીસથી તેને ઓળખી જાય છે. આપણી આસપાસના વર્તુળમાં નજર દોડાવશું તો કોઈને કોઈ વ્યક્તિ ડાયાબીટીસમાં સપડાયેલ દેખાશે. પૂરી દુનિયા આ બીમારીની લપેટમાં આવી ગઈ છે અને તેને નિયંત્રણમાં લેવાના ઉપાયો શોધવા માટે જાતજાતના પ્રયોગો સતત કરાતા રહે છે. આ કોશિષોમાં સારી એવી સફળતા પણ મળી છે તેમ છતાં હજી એ દિશામાં ઘણું કામ કરવાનું બાકી છે.

લોહીની અંદર

ઘટી જાય તો પાચક ગ્રંથીઓ પર અસર પડે છે. આ ગ્રંથીઓમાંથી ઈન્સ્યુલીન નામના એક અતિ મહત્વના પદાર્થનો સ્રાવ થતો હોય છે જે શાકરની કોશિકાઓ પ્રવેશ કરે તો જ શરીરના સંચાલન માટે અનિવાર્ય એવી ઊર્જા ઉત્પન્ન થાય છે. ઈન્સ્યુલીન જ શાકરને કોશિકાઓમાં પ્રવેશવામાં મદદ કરતું હોય છે એટલે જ્યારે પાચક ગ્રંથીઓમાં ઈન્સ્યુલીનનું ઉત્પાદન ઘટે અથવા તો ઉત્પન્ન થયેલું ઈન્સ્યુલીન જ નિષ્ક્રિય થઈ જાય તો ડાયાબીટીસની બીમારી લાગુ પડી જાય છે.

ડાયાબીટીસની બીમારીમાં દર્દીનો કોઈ વાંક હોતો નથી. આ બીમારી વારસાગત હોવાની માન્યતા પણ ભ્રમભરેલી છે. જે વ્યક્તિના મા-બાપને ડાયાબીટીસ

લાગુ ના થયો હોય તે આ બીમારીથી બચી જશે એવું ચોક્કસપણે કહી શકાય નહિ. એશીયન દેશોમાં આ બીમારી વધુ ઝડપથી ફેલાઈ છે.

ઉપરાંત એ પણ જરૂરી નથી કે ડાયાબીટીસ માત્ર મોટી ઉંમરે કે વૃદ્ધાવસ્થામાં જ લાગુ થાય. હવે તો ૧૦-૧૦ વર્ષની વયના બાળકોમાં પણ આ બીમારી હોવાના દાખલા જોવાય છે. ટાઈપ-વન ડાયાબીટીસ તો દૂધ પીતા બાળકને પણ લાગુ પડી શકે. ડલકપ્રેશર વધુ રહેતું હોય તો ડાયાબીટીસના ખતરાને ટાળવા ખોરાકમાં નિયંત્રણની સલાહ અપાય છે. બાળકનું વજન પ્રમાણસર વધુ હોય તો તકેદારી ખાતર તેના શુગરના પ્રમાણને નિયમિત માપતા રહેવું જોઈએ. આવી માપણી હવે સરળ અને સર્વસામાન્ય થઈ ચૂકી છે. જાડા બાળકો પ્રત્યે પૂરતી સાવધાની નહિ વર્તવાથી તેને ડાયાબીટીસ થવાનો ખતરો વધી જાય છે.

ડાયાબીટીસ લાગુ પડી જતાં જીવવાની મજા પર તેની અસર પડે જ છે અને ખાવાપીવામાં પરેજી તેમજ ખાસ કરીને મીઠાઈ અને મીઠી ચીજોને છોડી દેવી જરૂરી થઈ પડે છે. ખાવાપીવાના શોખીનોને આને કારણે પરેજી કરવામાં ભારે ત્રાસ થાય છે એવા સંજોગોમાં મનોબળને મજબૂત રાખવાની અને ડાયાબીટીસને કન્ટ્રોલમાં રાખવાની જરૂરત રહે છે.

મેમન આલમ જુલાઈ-૨૦૧૩

G-05

ઈન્દોર મેમણ જમાત વિદ્યાર્થી-વડીલ સન્માન કાર્યક્રમ

ઈન્દોર (મધ્યપ્રદેશ) મેમણ જમાત અને ચંગા મેમણ સોસાયટી તરફથી વિવિધ પરિક્ષાઓમાં ઉર્તીણ વિદ્યાર્થીઓને ઈનામ વિતરણ તથા જમાતના વડીલોનો સન્માન કાર્યક્રમ શહેરના મિલન ગાર્ડન હોલમાં રવિવાર ૧૬ જુને યોજાયો હતો. સાથોસાથ જમાતના હોદ્દેદારોની ચુંટણી પણ યોજાઈ હતી. તિલાવતે કલામે પાક સાથે કાર્યક્રમની શરૂઆત કરાઈ હતી.

આ કાર્યક્રમમાં અતિથિવિશેષ તરીકે ઓલ ઈન્ડિયા મેમણ જમાત ફેડરેશનના ઉપ પ્રમુખો ઈકબાલ મેમણ (ઓફિસર), પ્રોફેસર સજજાદ (હેદ્રાબાદ), નાયબ ઉપ પ્રમુખો ઉમર ફારૂક ખત્રાણી (ભોપાલ), કાદરભાઈ મેમણ (અમદાવાદ), સિદ્દીક નાથાણી (વાપી) તથા ઝોનલ સેક્રેટરીઓ રઉફભાઈ ભીમાણી (શિરપુર), જાવેદ ચોકશી (વિસનગર) તેમજ ફેડરેશનના અન્ય પ્રતિનિધિઓએ હાજરી આપી હતી.

ઈન્દોર જમાતના જોઈન્ટ સેક્રેટરી ચાકુબ ગાઝીએ ૫૦૦ પરિવારોની સંકલિત જમાત વતી સ્વાગત પ્રવચન આપ્યું હતું. તેમણે જણાવ્યું હતું કે અમારા વોલંટિયરો તથા કારોબારી સમિતિના સભ્યો છેલ્લા પંદર દિવસથી સખ્ત પરિશ્રમ કરીને સમાજના દરેક ઘરે ગયા હતા અને પરિવારોની માહિતી ફોર્મમાં ભરી હતી અને તે આજે ચુંટણી સ્વરૂપમાં પરિણમશે. સામાન્ય ચુંટણી યોજાય એવી લોકોની જ્વાહિશ હતી. આ નવી પદ્ધતિથી ચુંટણી કાર્યક્રમ બપોરના સત્ર બાદ રખાયો છે અને તે ખિદમત કમિટી તરીકે ઓળખાશે.

મહેમાનોના હસ્તે ૧૮૦ વિદ્યાર્થીઓને ઈનામ વિતરિત કરાયા હતા. ઈન્ટરનેશનલ ઈંગ્લિશ ઓલિમ્પિયાડમાં ઈન્દોરમાં પ્રથમ, મધ્યપ્રદેશમાં ત્રીજા તથા અખીલ ભારત સ્તરે અગિયારમાં સ્થાને આવેલી સાનિયા ચાકુબ ગાઝી તથા બારમા ધોરણની પરીક્ષામાં ઈન્દોરના મેમણ વિદ્યાર્થીઓમાં પ્રથમ આવેલી રાબિયા સિદ્દીકીને તથા અરોશા એઝાઝ ગાઝીને ટ્રોફી અને હાજીયાણી ખદીજાબાઈ પાલવાલા તરફથી રોકડ રકમ મહેમાનોના હસ્તે એનાયત કરીને સન્માન કરાયું હતું.

ફેડરેશનના પ્રતિનિધિઓના હસ્તે ૪૮ ગામોના વડીલોનું સન્માન કરાયું હતું જેમણે ઈન્દોર મેમણ સમાજની પ્રગતિમાં બહુમૂલ્ય યોગદાન આપ્યું હતું. કાર્યક્રમને સંબોધતા ફેડરેશનના ઉપ પ્રમુખ ફારૂક ખત્રાણીએ જણાવ્યું હતું કે આપણા સમાજમાં શિક્ષણ પ્રત્યે હવે લોકો જાગૃત થયા છે અને તેનું મહત્વ સમજવા લાગ્યા છે. લઘુમતીઓ માટે સરકારની અનેક યોજનાઓ છે અને તેનો આપણે લાભ ઉપાડવો જોઈએ.

સિદ્દીકભાઈ નાથાણીએ પોતાના પ્રવચનમાં જણાવ્યું હતું કે આપણા સમાજે એકતા જાળવીને જરૂરતમંદોની સેવા માટેના કાર્યોને અગ્રતા આપવી જોઈએ. પ્રોફેસર સજજાદે ઈન્દોર મેમણ સમાજની જાગૃકતાને બિરદાવતાં જણાવ્યું હતું કે આટલી મોટી સંખ્યામાં જમાતના સભ્યોની હાજરી તેનો બોલતો પુરાવો છે. શિક્ષણના ક્ષેત્રે બીજા સમુદાયો આપણાથી આગળ હોવાથી આપણે આ ક્ષેત્રે વધુ પરિશ્રમ કરવાની જરૂર છે. વિદ્યાર્થીઓને પ્રોત્સાહિત કરવા

માટે આ કાર્યક્રમનું આયોજન ખરેખર અભિનંદનને પાત્ર છે.

અતિથિવિશેષ ઈકબાલ મેમણ (ઓફિસર)એ સફળ વિદ્યાર્થીઓ તથા વાલીઓને મુબારકબાદ આપી હતી અને ઈન્દોર જમાતને દર વર્ષે અચુક આવા કાર્યક્રમ યોજવા અનુરોધ કર્યો હતો. તેમણે એમ પણ જણાવ્યું હતું કે ઈન્દોર જમાતના જરૂરતમંદ પરિવારો માટે રમઝાનના મુબારક મહિનામાં ભંડોળ એકત્ર કરીને તેમની આવાસને લગતી સમસ્યા ઉકેલવી જોઈએ તથા તેઓ પગભર બનીને ગૌરવપૂર્વક જીવન વિતાવે તે માટે જરૂરતમંદોની સહાય કરવી જોઈએ.

ઈકબાલભાઈએ ફેડરેશનની વિવિધ સ્કીમોની પણ માહિતી પૂરી પાડી હતી અને પ્રમુખ ડો. નાસર કુલારાનો શુભેચ્છા સંદેશો વાંચી સંભળાવ્યો હતો અને જણાવ્યું હતું કે ઈન્દોર જમાતને ફેડરેશન તરફથી મદદ જોઈતી હશે તો અમે પૂરો સહયોગ આપશું. તમો હિંમતપૂર્વક સેવાકાર્યોને આગળ ધપાવતા રહો. વરસોથી તમારી પાસે જમાતખાનાનું નિર્માણ કરવા માટે જમીન ઉપલબ્ધ છે અને તેના પર જમાતખાનું, કોમ્યુનિટી સેન્ટર તથા જરૂરતમંદ માટે કોલોનીનું નિર્માણ કરી શકાય.

આ પ્રસંગે હાજીયાણી ગુલશન હોલના ટ્રસ્ટીઓ અશરફ રંગુનવાલા તથા બાબુભાઈ રંગુનવાલાએ એવી જાહેરાત કરી હતી કે જ્યાં સુધી ઈન્દોર જમાતખાનું નહીં બંધાય ત્યાં સુધી અમારો હોલ મીટિંગો માટે તથા ગરીબોના લગ્ન માટે નિઃશુલ્ક આપશું. આ જાહેરાતને તાળીઓના ગડગડાટ સાથે વધાવી લેવાઈ હતી.

બપોરના ભોજન સમારંભ બાદ ચુંટણીપ્રક્રિયા હાથ ધરાઈ હતી. ચુંટણીનિરિક્ષકો તરીકે ફેડરેશનના બે પ્રતિનિધિઓ અસલમ ગાઝી અને

G-06

મેમણ આલમ જુલાઈ-૨૦૧૩

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 کارپمی کے دس لاکھ افراد روزانہ صبح 6:00 بجے تک صرف ٹی وی بند کریں، تو اس طرح مستقل بنیادوں پر 120 MW بجلی بچائی جاسکتی ہے۔
- اگر کارپمی کے دس لاکھ افراد CRT مانیٹرز کی بجائے LCD استعمال کریں، تو اس طرح مستقل بنیادوں پر 80 MW بجلی بچائی جاسکتی ہے۔
- شادی ہالوں کے جلد بند ہوجانے 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 بند کریں۔
- جتنے زیادہ ممکن ہو درخت لگائیں۔ ایک درخت کو 90 منٹ سے کم وقت میں چلنے والے عام 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۔
- ہر ایک محنت مند ماحول کی تحقیق میں معاون ثابت ہوگا۔



روشنی، توانائی کی بچت کے ساتھ

- روشنی کیلئے لگے گئے برقی آلات کو ہدیہ 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 انری سچر 75% تک بجلی بچا سکتا ہے۔ یہ زیادہ روشنی دیتا ہے اور عام بلب کے مقابلے میں 10 گنا زیادہ چلتا ہے۔
- گھر میں ہونے والے رنگ کا انتخاب بجلی کے بل کو کم کرنے میں مدد دیتا ہے۔ سچے گھر کے اندر ہلکے رنگ کرنا کیوں 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 اگرچہ چھوٹے وقت میں لائٹیں بند کر دیں۔
- روشنی بلب استعمال نہ کریں کیوں کہ یہ اپنی توانائی کا 90 فیصد گھر میں پیدا کرتے اور 10 فیصد روشنی بنانے کیلئے استعمال کرتے ہیں۔
- جہاں تک ممکن ہو دن کی 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 قمر موڈ 24 ڈگری سینٹی گریڈ پر رکھیں۔ آپ کے بجلی کے بل میں 30% تک کمی آئے گی اور آپ کا گھر بجلی ضائع کے بغیر ٹھنڈا رہے گا۔
- اسے سی کے ذریعے فریج ہونے والی بجلی کو کم کرنے کیلئے کھڑکیوں پر جش کو زائل کرنے والی الٹرا وائلٹ فیلٹس کا استعمال کریں۔ اس میں سے 30 فیصد تک بجلی بچانے میں مدد ملے گی۔
- رات کے وقت اپنے ایئر کنڈیشنر کے قمر موڈ کو بلنڈرین سچ پر رکھیں کیوں کہ رات میں سوتے وقت آپ کا جسم بلند درجہ حرارت برداشت کر سکتا ہے۔
- اپنے اسے سی کے آؤٹ ڈور یونٹ کو سائے اور بجلی ہوا میں رکھیں۔ سائے میں رکھے ہوئے یونٹ کا کنڈنسر دھوپ میں رکھے یونٹ کے مقابلے میں زیادہ موثر طور پر کام کرتا ہے۔
- ہوا کا تھوڑا سا پھلپھل ہوا کی سروس کو چھٹی جائیں۔ رکاوٹ والے فطرائے سی کی کارکردگی کو کم کرنے کے ساتھ ساتھ موٹر کے چھلے پر دانا پیدا کر دیتے ہیں۔
- اپنی چھت پر انسولیشن کرانیں۔ چھت پر ہلکے گئے ہاشیے گرمیوں کے موسم میں بہترین ٹھنڈک دیتے ہیں۔
- سورج کی روشنی سے اندر دہلی سے مچھا ہونے والی گرمی کو روکنے کیلئے پردوں، جھڑ، پلاسٹک زکا استعمال کریں۔ پردوں کیلئے ہلکے پکڑے کا استعمال کریں۔



برقی آلات کا استعمال، توانائی کی بچت کے ساتھ

- کھانا گرم ہوا نہیں، یہ چپک کرنے کیلئے بھجور ہوا ہواں کے دروازے کو پورا بند کھولیں، کیوں کہ ایسا کرنے سے 25 ڈگری سینٹی گریڈ تک درجہ حرارت ضائع ہو جاتا ہے۔
- دن کے اوقات میں UPS کے استعمال سے گریز کریں کیوں کہ یہ بیٹری کو بڑی پاور چارج کرنے میں 300 سے 400 واٹ بجلی خرچ کرتا ہے۔ جبکہ شمسی UPS سے تقریباً 100 MW بجلی بچائی جاسکتی ہے۔
- گرم کھانا، ریفریجریٹر، کھانا، کیوں کہ ریفریجریٹر اس چیز کو ختم کر کے کیلئے اضافی کام کرتا ہے۔
- ریفریجریٹر یا فریج فریزر کا دروازہ زیادہ دیر تک کھلا چھوڑنے سے یہ عام حالات کی نسبت زیادہ بجلی خرچ کرتا ہے۔
- اپنے ریفریجریٹر یا فریج فریزر کی گیس کن کنکشن چیک کر کے اسے پورے طور پر چارج کرانے دیں۔
- اس میں سے ذریعے برقی مصنوعات کی موثر کارکردگی کو چھٹی بنایا جاسکتا ہے۔
- تمام برقی مصنوعات کو اسٹینڈ بائی موڈ میں چھوڑنے کی بجائے پگ سے نکال دیں۔ اس طرح بجلی کے کم خرچ اور مصنوعات کے تحفظ کو چھٹی بنایا جاسکتا ہے۔
- بجلی کی طلب میں اضافے کے باعث شام 7:00 تا رات 11:00 بجے کے دوران بھاری بجلی خرچ کرنے والی برقی مصنوعات جیسے ایئر کنڈیشنر، ریفریجریٹر، واشنگ مشین اور ریموٹ کنٹرول، الیکٹرونک اور ڈیوائسز کو چھٹی بنایا جاسکتا ہے۔ اس کو ڈیوائس کے اوقات میں چھٹی کریں۔

توانائی کی بچت کے اقدامات



کبھی اپنے دوستوں یا پارٹنر سے یہ نہ پوچھئے کہ وہ اندازہ لگائے کہ آپ اس وقت کیا سوچ رہے ہیں کیونکہ کوئی بھی آپ کے ذہن کو نہیں پڑھ سکتا

لیکن جب بات اظہار کی ہو تو اس میں خواتین آگے ہیں۔ اس حوالے سے حسن احمد کا یہ کہنا تھا کہ میں فون Conversation یا ٹیکسٹ میسجنگ کا سہارا تب ہی لیتا ہوں جب مجھے اس کی ضرورت ہو۔ دن بھر آفس کے مسائل، کاموں کے دوران آفیشل کالز ریسیو کرنا گھر یا دوستوں کی طرف سے ملنے والے میسجز یا کالز کا جواب دینے سے کہیں زیادہ ضروری ہوتا ہے اور پھر جب آفس سے فراغت ملتی ہے تو مجھے اندازہ ہوتا ہے کہ Inbox میں کتنے ہی ایسے میسجز موجود ہیں جو میں نے پڑھے تک نہیں ہوتے۔ میں خود بھی فون پر تفصیلی بات چیت کرنے کا قائل نہیں کیونکہ میرے خیال میں یہ صرف وقت کا ضیاع ہے اور ویسے بھی فون پر بات کرنے کی نسبت میں فیس نو فیس بات چیت کرنے کا زیادہ قائل ہوں۔ گو کہ اس دور میں کیونٹی کیشن کے بہتر ذرائع موجود ہیں جن میں ٹویٹر، فیس بک وغیرہ بھی شامل ہیں لیکن ان کے ذریعے اپنے جذبات کا اظہار مناسب نہیں۔

اظہار کی اہمیت کبھی ختم نہیں ہو سکتی کیونکہ اس کا تعلق براہ راست انسان کے دل و دماغ سے ہے۔ ہر شخص یہ چاہتا ہے کہ اسے اہمیت دی جائے اور اس کی بات بھی سنی جائے اسے

پائے گا یا نہیں عموماً ایسا ہوتا ہے کہ آپ بات کا آغاز کرتے ہیں کہ ایک دوسرے کو کسی ضروری کام آجانے کی صورت میں بات درمیان میں ہی ختم کرنی پڑتی ہے۔ اس مسئلے کو سمجھنے اور نہ ماننے اس سے اگلے پر آپ کا تاثر اچھا قائم ہوگا کہ آپ نے موقع کی نزاکت کو سمجھا!!!!

★ ایک ہی بات کو بار بار پوچھنا یا گھما کر ایک ہی سوال کرنے کی عادت کو ختم کیجئے اس سے سامنے والا زچ ہوتا ہے اور ہو سکتا ہے کہ آپ کے اس عمل کی وجہ سے وہ دوبارہ آپ سے زیادہ دیر بات کرنے کا خواہشمند نہ ہو۔

★ بات کو دہرانے کی عادت کے باعث بھی رابطے میں مشکلات دیکھنے کو ملتی ہیں، کچھ لوگ پرانی باتیں ہر بار دہرانے کے عادی ہوتے ہیں اس سے سننے والا پر ہونے لگتا ہے اور اسے بات میں کوئی دلچسپی نہیں رہتی۔

فون کال یا ٹیکسٹ میسج کرتے وقت ہمیشہ Decent Times کو ذہن میں رکھئے۔ رات گئے کالز یا میسجز یا پھر دوران کام کسی کو کال یا میسج کرنا مناسب نہیں۔ اس بات کا قوی امکان ہوتا ہے کہ اگلا آپ کی کال یا میسج کا بروقت جواب نہ دے سکے۔ اگر آپ اپنے دوست پارٹنر کی بھی جانے والے کی روئین سے واقف ہیں تو اسے اس وقت میں کال یا میسج نہ کریں جس میں اس کے لئے بات کرنا مشکل ہو یا پھر اگر آپ کو فوری طور پر کوئی ضروری بات کرنا ہے تو آپ ایک ٹیکسٹ میسج بھیج دیجئے کہ اگر آپ اس وقت زیادہ مصروف نہیں تو کیا ہم بات کر سکتے ہیں؟ یا ایک بہتر طریقہ ثابت ہوگا۔

★ دوسرے کے مزاح اور برتاؤ کو سمجھتے ہوئے گفتگو کا آغاز کیجئے کبھی اپنی گفتگو میں طنز یا تحقیر یا تنبیہ کا یہ اختیار نہ کریں اس سے دوسرے کو تکلیف پہنچ سکتی ہے۔

★ اپنی گفتگو کو مختصر اور جامع رکھئے۔ لہجہ میں شناسائی پیدا کیجئے اور دوسرے کی ہر بات سننے کا حوصلہ رکھئے بات کو کبھی بھی درمیان سے نہ کاٹئے۔

مندرجہ بالا باتوں پر عمل کرتے ہوئے جب آپ دوسرے سے رابطہ کریں گے تو یقینی طور پر ناصرف گفتگو معیاری ہوگی بلکہ دوست، احباب آپ سے دوبارہ بات کرنے کے خواہشمند ہوں گے۔ خاص کر خواتین جو اپنے منگیتز اور شوہر کو بار بار میسج یا کال کر کے ہر گھنٹے کی رپورٹ طلب کرتی ہیں اور پھر انہیں جواب میں غصے یا ناراضگی کا اظہار ملتا ہے تو انہیں یہ سمجھنا چاہئے کہ ہر معاملے اور شے میں گنجائش رکھنا بہت ضروری ہے۔ روزانہ ایک ہی طرح کی باتیں ڈسکس کرنے یا پوچھنے میں کوئی نیا بن نہیں ہوتا۔ کوشش کیجئے کہ رابطے کو مضبوط اور خوبصورت بنانے کے لئے دوسرے کو وقت دیں اور اسے یہ احساس دلائیں کہ آپ اسے سمجھتے ہیں، محض کسی کا جواب نہ دینا یا زچ ہو جانے پر یہ سوچنا کہ ”میں نے ایسا کیا پوچھ لیا میں نے کیا غلط کیا؟“ درست نہیں بلکہ پہلے یہ دیکھئے کہ آپ کیا کر رہے ہیں؟ روز کیا یہ اس وقت کرنے کی ضرورت بھی تھی کہ نہیں؟ ہمیشہ دوسرے سے رابطے کے وقت سوچ اور ضرورت کو دماغ میں رکھیئے۔ اچھی باتیں کیجئے اور بہتر انداز اپنائئے۔

وقت دیا جائے اس سے بات کی جائے اظہار کے متنی افراد کے لئے اس بات کو برداشت کرنا یا سمجھنا قدرے مشکل ہو سکتا ہے کہ انہیں ہر ٹیکسٹ میسج کا فوری اور بروقت جواب ملے یا ان کی فون کال فوری طور پر ریسیو کی جائے۔ اس میں ایک چیز مزید اہمیت کی حامل ہے جس طرح مشہور مقلد ہے کہ ”قدرت کو دیتا ہے ہر روز کا آنا جانا“ اسی طرح روزانہ یہ توقع رکھنا کہ طول گفتگو ایک طرح کے سوالات کے جوابات روزانہ اسی طرح سے ملیں تو یہ ممکن نہیں۔ روزانہ ایک طرح کی بات چیت سوالات دوسرے کو آکٹانے پر مجبور کر سکتے ہیں۔ اگر یہ بات خود پر رکھ کر سوچنی جائے تو آپ اس بات کا بخوبی اندازہ لگا سکتے ہیں۔ اس لئے رابطے کے ذرائع کو موثر اور بہتر بنانے کے لئے کچھ باتوں کو مد نظر رکھنا ہے حد ضروری ہے اگر ان باتوں اور اصولوں پر عمل کیا جائے تو آپ خود محسوس کریں گے کہ آپ کا تعلق اپنے پارٹنر یا پھر دوست احباب سے پہلے سے بہتر ہوا ہے۔

رابطہ کس طرح بہتر بنایا جائے:

★ فون پر بات کرنے سے قبل یہ ہمیشہ ذہن میں رکھیں کہ جس شخص سے آپ مخاطب ہیں وہ اس وقت آپ کے سامنے نہیں نہی آپ کچھ پڑھ رہے ہیں اس لئے اپنی بات اچھے انداز سے آگے پہنچانے کے لئے اپنا انداز گفتگو بھی اچھا رکھئے اور دوسرے کی بات بھی سنئے

★ فون، ٹیکسٹ میسجنگ یا پھر سوشل نیٹ ورک میں سب سے اہم مسئلہ جذبات یا تاثرات کی کمی ہے آپ جو کچھ بول رہے ہیں دوسرا اسے آپ کے لہجے الفاظوں کے چناؤ، آواز کے اتار چڑھاؤ کے باعث جان پائے گا اسی طرح SMS فیس بک یا ٹویٹر پر دیئے جانے والے کمنٹس یا میسج کو بھی آپ کے الفاظوں کے ذریعے پرکھا جائے گا اس لئے ہمیشہ الفاظوں کا انتخاب کرتے وقت احتیاط برتتے اور لہجہ اچھا رکھئے۔

★ ایک معیاری کیونٹیکیشن کے لئے یہ پہلے طے کرنا ضروری ہے کہ جس شخص سے آپ بات کرنے جا رہے ہیں اس سے آخری بار آپ نے کب بات کی تھی؟ کیا آپ دن میں پانچ سے زائد بار اپنی والدہ یا کسی بہن بھائی سے بات کرنا پسند کریں گی؟ ہرگز نہیں.....! ماہرین نفسیات کے مطابق ایک کوئی کیونٹیکیشن ہفتے میں دو بار یا ایک بار بات کرنے سے ہفتی ہے جس کا اثر آپ خود بھی محسوس کرتے ہیں۔

★ اچھے رابطے کے لئے آپ کی ضرورت اور سوچ بہت اہم کردار ادا کرتی ہے۔ کبھی اپنے دوستوں یا پارٹنر سے یہ نہ پوچھئے کہ وہ اندازہ لگائے کہ آپ اس وقت کیا سوچ رہے ہیں کیونکہ کوئی بھی آپ کے ذہن کو نہیں پڑھ سکتا۔ آپ جو سوچ رہے ہو یا جو کہنا چاہتے ہو وہ دوسرے کو بتائیں تاکہ اس بات سے بات نکلے اور ایک معیاری کیونٹیکیشن کا آغاز ہو سکے۔

★ یہ بھی ہمیشہ ذہن میں رکھئے کہ آپ جس شخص سے بات کرنے جا رہے ہیں وہ اس وقت آپ سے بات کر بھی

● معاشرہ
● تجربات

کیا میری بات سمجھ میں آتی؟

تحریر: سدرہ اظہر

دیا ایک پرائیویٹ بینک میں اچھی پوسٹ پر کام کر رہی ہیں ان کے منگیترا ایک ڈنگر ہیں رابطے سے اور اظہار کرنے کے حوالے سے انہوں نے اپنے ذاتی تجربے کے حوالے سے بتایا کہ ”میں بہت مصروف شیڈول کے باوجود اپنوں سے رابطے میں رہنے پر یقین رکھتی ہوں اس لئے وقتاً فوقتاً دوستوں یا عزیزوں کو کالز یا SMS کرتی رہتی ہوں ان کی طرف سے بھی جواب اسی طرح ملتا ہے لیکن میں نے محسوس کیا ہے کہ میرے منگیترا ڈنگر تو یہ بھی کوئی جواب دیتے ہیں۔ اگر ان سے اس بات کا شکوہ کیا جائے تو وہ ہمیشہ مصروفیت کا بہانہ پیش کر دیتے ہیں اور کبھی کبھی تو یہ بات کہہ دیتے ہیں کہ انہیں یوں بار بار SMS کرنا یا کالز کرنا فضول لگتا ہے یہ شخص وقت گزارنے کی بات کا ضیاع ہے۔ دیا کا کہنا تھا کہ مجھے یہ بات بہت عجیب سی محسوس ہوتی ہے کیونکہ ہماری زندگی میں ایسے بہت سے لوگ شامل ہیں جن سے ہماری روز تو دو دو مہینوں ملاقات نہیں ہوتی اسی وجہ سے ان سے رابطے بحال رکھنے کے لئے فون ایک ایسی سہولت ہے جو اس کی کوپرا کرتا ہے اس پر بھی اگر لوگ اسے وقت کا ضیاع سمجھیں تو یہ کچھ عجیب سا محسوس ہوتا ہے۔ ہاں یہ اس صورت میں کہا جاسکتا ہے جب آپ اپنے تمام تر کاموں کو پس پشت ڈال کر فون پر گھنٹوں کا لڑکھڑکائی یا میسجنگ میں مصروف رہیں اور اس سے آپ کے گھر یا آفس کے کام متاثر ہو رہے ہوں۔ سامنے بیٹھ کر بات کرنے کی الگ بات ہے لیکن جن لوگوں سے روز ملنا ممکن نہیں ان سے رابطے کا ذریعہ آج کر سکی پچھتا ہے۔ مجھے اگر کوئی کال یا میسج کرے تو میں لازمی اس کا جواب دیتی ہوں اگر اس وقت مصروف ہوں تو تھوڑی دیر بعد ہی کبھی لیکن دیتی ضرور ہوں کیونکہ اگلا آپ کو اہمیت دیتا ہے تب ہی وہ آپ سے رابطہ کرتا ہے۔ اس لئے دوسرے کے جذبات اور احساسات کا خیال رکھنا ضروری ہے۔“

ایک سروے کے مطابق فون کا لڑکھڑکائی کے دوران میں سے کیا گیا اس میں یہ جاننے کی کوشش کی گئی کہ فون کا زیادہ استعمال کن تناظر میں کیا جاتا ہے اور زیادہ کالز مرد کرتے ہیں یا خواتین؟ یہ سروے برطانیہ کی ٹیلی کام کمپنی نے کیا جس کا بہت دلچسپ نتیجہ سامنے آیا۔ سروے کے مطابق مردوں کا کال کرنے کا تناسب 50 فیصد تھا اور خواتین 17 فیصد رہا لیکن اگر کال کو ان کی حوالے سے جائزہ لیا جائے تو مردوں کی کالز پر محققین اور زیادہ تر آفس کے کام کے مقاصد کے تحت سامنے آئیں یا پھر ایسی کالز جس میں گھر والوں کو اپنے پیچھے یا تاخیر سے آنے کی وجوہات بتائی گئی تھیں۔ کال کا دوران یہ بھی کم سے کم تھا جبکہ خواتین کے کال کے دوران میں صرف گھنٹوں بلکہ تفصیلی کالز کے طور پر سامنے آئے یوں اس سروے سے اس بات کا بخوبی اندازہ لگنے میں مدد ملی کہ مردوں میں رابطے سے استفادہ اٹھانے یا پھر اس کے حصول کی خوبی پائی جاتی ہے لیکن وہ فون کو صرف ان مقاصد کے حصول کے لئے استعمال کرتے ہیں جب انہیں اس ضرورت ہو۔ اس سروے میں یہ بھی بتایا گیا ہے کہ دن بھر میں خواتین تین بار ذاتی گفتگو کرنے کی غرض سے کال کا سہارا ضرورت پیتی ہیں جس کا تناسب 28 فیصد بتایا جاتا ہے جبکہ مردوں میں یہ تناسب 10 فیصد ہے۔ رابطے کے اس ذریعے کو استعمال کرنے کے پیچھے کیا کیا عوامل ہو سکتے ہیں؟ اس ضمن میں زیادہ تر خواتین کا یہ کہنا تھا کہ قارئین محلات میں جب وہ پورے محسوس کرتی ہیں تو اس وقت ان کے ذہن میں آنے والا پہلا خیال یہی ہوتا ہے کہ وہ کسی سے فون پر تفصیلی گفتگو کر لیں اگر سامنے والے کا بھی یہی خیال ہے تو پھر وہ خواتین کا ذہن کے والی باتوں کا سلسلہ شروع ہو جاتا ہے جبکہ مردوں کو فون پر مختصر بات کرنے کی عادت ہوتی ہے۔ ان کو یا تو فوری طور پر کوئی اطلاع دینے کے لئے فون کال کرنا یا یاد آتی ہے یا پھر ملازمت سے متعلق یا گھر سے متعلق کوئی اہم بات کے لئے وہ رابطے کا انتخاب کرتے ہیں۔ سروے میں یہ بھی بتایا گیا ہے کہ روزانہ کی جانے والی ہزاروں فون کالز میں سے 500 کا لڑکھڑکائی ہوتی ہیں جو سمٹ سے بھی کم ہوتی ہیں اور وہ کسی اطلاع، تصدیق یا پھر کچھ بتانے کی غرض سے کی جاتی ہیں۔ مردوں کے لئے فون صرف ایک اطلاع دینے کا ذریعہ ہے یا پھر کم وقت میں تیز تر رابطے کا بہترین حصول!!! دلچسپ بات یہ ہے کہ مردوں کی جانب سے کی جانے والی کالز دفتری معاملات، گھر کی ضروریات، بچوں کو کب اسکول سے لینے آئے، آفس میں میٹنگ کا حتمی وقت کیا ہے یا باہر سے کوئی ضروری چیز تو نہیں آئی؟ جیسے معاملات کے بارے میں ہوتی ہیں۔ خواتین ہمیشہ اس بات کی توقع رکھتی ہیں کہ جس طرح وہ کبھی بھی موضوع پر طویل گفتگو کرنے کے فون سے آگاہ ہیں ان کا شوہر دوست، منگیترا یا پارٹنر بھی ان سے اسی طرح بات کرے یہ سوچنا کہ مرد حضرات جذبات سے عاری ہوتے ہیں یہ درست نہیں۔ ماہرین نفسیات کے نزدیک مرد خواتین دونوں ہی یکساں جذبات و احساسات رکھتے ہیں۔



کہتے ہیں جو بات اظہار کرنے میں ہے وہ خاموشی میں نہیں ہر انسان چاہتا ہے کہ اسے اظہار کرنے کا موقع ملے اور بدلے میں وہ جواب ملے جس کی وہ توقع رکھتا ہے، لیکن یہاں پر ایک دلچسپ سوال یہ ہے کہ مرد زیادہ بہتر طریقے سے اظہار کرنے کی صلاحیت رکھتے ہیں یا خواتین؟؟؟ یہ ضروری نہیں کہ اظہار کے لئے صرف الفاظ کا سہارا لیا جائے عملی طور پر بھی اظہار کیا جاسکتا ہے، بعض اوقات لفظوں سے کہیں زیادہ عمل پسند ہوتا ہے، لیکن الفاظ کے ذریعے اظہار ایک فن ہے۔ ان لوگوں کو زیادہ اہمیت دی جاتی ہے جو بولنے، قائل کرنے، اپنی بات دوسروں تک بہترین انداز سے پہنچانے کا فن جانتے ہیں۔ ہر ادارے میں ایسے لڑکے اور لڑکیاں کامیاب نظر آ رہے ہیں جو بہتر انداز میں اظہار کرنا جانتے ہیں خاص کر پبلک ڈیٹنگ، مارکیٹنگ اور پبلک ریلیشنز میں ایسے لوگوں کو ہاتھوں ہاتھ لیا جاتا ہے۔ ان لوگوں کو مضبوط اور بہترین Communication Skills (اپنی بات دوسروں تک پہنچانے کی صلاحیت) کی وجہ سے کامیابیاں ملتی ہیں لیکن یہ بات تو پیش وراثت کی ہے اصل زندگی میں جہاں ہم بہت سے لوگوں سے جڑے ہوئے ہیں ان میں ہماری فیملی دوست احباب وغیرہ شامل ہیں ان کے ساتھ بھی رابطے اور اظہار کے لئے بہتر طریقے کے باعث تا صرف ہم پسند کئے جاتے ہیں بلکہ ہمارے دوسروں کے ساتھ تعلقات بھی اسی بنیاد پر مضبوط ہیں۔ دور حاضر میں جہاں ہر شخص مصروف ترین شیڈول میں ہے اپنی ذات کے لئے وقت نکالنا دشوار محسوس کرتا ہے وہ آج اس مسئلے کا کافی حد تک حل ملنے فون نے کال ڈالا ہے۔ اب زیادہ تر لوگ فون Conversation کا سہارا لیتے ہوئے اپنے خیالات، احساسات اور جذبات کا اظہار کرتے ہیں۔ اب جذبات اور احساسات ایک چھوٹی سی اسکرین پر ظاہر ہوتے ہیں جسے دوسرا شخص پڑھ کر بخوبی سمجھ سکتا ہے کہ میسج کرنے والا شخص اس وقت کیا موڈ مزاج رکھتا ہے اور وہ اس وقت کیا کہنا چاہ رہا ہے لیکن کچھ لوگ اس ذریعے سے استفادہ حاصل کرنے کی اہلیت نہیں رکھتے ہیں۔

مردوں اور خواتین کے رابطے یا اظہار کے انداز میں خواتین زیادہ آگے نظر آتی ہیں۔ فونز پر طویل گفتگو کرنا، دن بھر دوستوں سے ٹیکسٹ میسجنگ کرنا، مردوں کی نسبت خواتین میں عام ہے۔ اس کی ایک وجہ یہ بھی ہے کہ خواتین مردوں سے زیادہ جذباتی اور حساس ہوتی ہیں انہیں چھوٹی سی بات بھی بڑی معلوم ہوتی ہے اور وہ فوراً اس بات پر اظہار کرنا چاہتی ہیں۔ دوستوں کے ساتھ رابطے میں رہنا، ان سے بات چیت کرنا، میسجنگ کرنے جیسے کام خواتین مصروف شیڈول میں سے وقت نکال کر ہی کر لیتی ہیں، جبکہ مردوں کے ذہن میں اس سے مختلف خیالات پائے جاتے ہیں۔ ایسا ہرگز نہیں ہے کہ ان کی Communication Skills کمزور ہوتی ہیں یا پھر وہ ان ضروریات کو سمجھنے نہیں لیکن 80 فیصد مردان چیزوں کو اس طرح اہمیت نہیں دیتے جس طرح خواتین حساس ہو جاتی ہیں۔ اسی مسئلے کی وجہ سے اکثر دو جیسے دوستوں کے درمیان چپقلش بھی ہو جاتی ہے۔

نومولود میں بہرہ پن



ساعت سے عروہی ضعیف العمر افراد کا مسئلہ نہیں ہے یہ عمر کے کسی بھی حصے میں لاحق ہونے والی بیماری ہے ایک ہزار میں سے ایک پیدائشی بہرہ ہو سکتا ہے جس میں بولنے کی صلاحیت بھی متاثر ہوتی ہے۔ نومولود میں ساعت سے عروہی بیرونی عوامل کے ساتھ موروٹی بھی ہوتی ہے۔ دوران حمل ماؤں کو کچھ ایسے وائزل انفیکشن ہو جاتے ہیں جس سے بچے کی ساعت متاثر ہو سکتی ہے۔

پیدائش کے بعد متعدد ادویات کے استعمال سے بھی یہ ممکن ہے لیکن مشاہدات سے ثابت ہوا ہے کہ 50 سے 75 فیصد بچوں میں بہرہ پن مورثیت سے ہوتا ہے۔

موروٹی بہرہ پن نومولودوں میں 30 فیصد تک دوسری اینارمیلیر کا سبب بنتا ہے۔

یہ بچے بولنے سے بھی محروم رہتے ہیں اور انہیں گوگنا بہرہ یا بہرہ کہا جاتا ہے کیونکہ بہرہ پن کی وجہ سے یہ سن نہیں پاتے۔ لہذا ان کی بولنے کی صلاحیت موجود ہو کر ختم بھی ہو جاتی ہے۔ پیدائش سے 5 برس کی عمر تک بچوں میں بولنے کی صلاحیت مضبوط ہوتی ہے لہذا نومولود بچوں کی جب اونہد ہاں کرنے کی عمر ہو جائے تو ان کی حرکات کا بخور مشاہدہ کیا جائے تاکہ بہرہ پن کی علامت کو سمجھتے ہوئے فوراً دیگر اینارمیلیر کو دیکھا جائے۔ اس ضمن میں مخصوص ٹیکنیکس استعمال کی جاتی ہیں اگر نومولود آوازوں کو سن کر کسی جسم کے رد عمل کا اظہار نہ کرے تو والدین کو چوکنا ہونا چاہیے کیونکہ نومولود راسی اونچی آواز یا شور سے ڈر کر چپکتے ہیں اور روٹنا شروع کر دیتے ہیں۔

ایئر کنڈیشنر سے دمہ ہوتا ہے

یاد رکھئے چاہئیں۔

ہلکا ایئر کنڈیشنر کی صفائی سے پہلے پاور کا بٹن آف کریں۔

ہلکا AC کے فیلٹر نکال کر نرم برش اور پانی سے صاف کریں۔

ہلکا AC کا موڈ کوئلگ پر رکھیں اور بار بار درجہ حرارت میں کمی یا زیادتی سے گریز کریں۔

ہلکا AC کی صفائی کے وقت چہرے کو کپڑے سے ڈھانک لیں تاکہ گرد و غبار ناک کے ذریعے نظام تنفس تک نہ پہنچ سکے۔

تحقیقات اور مشاہدات یہ اس بات کی گواہی دیتے ہیں کہ جو لوگ 8 سے 10 گھنٹے روزانہ AC میں گزارتے ہیں ان کو جلدی اور سانس کے مسائل ہوتے ہیں۔ اگر آپ ایسے ادارے میں ملازمت کرتے ہیں جہاں سینٹرل ایئر کنڈیشننگ سسٹم ہے اور آپ کو دمہ یا سانس کی شکایت بھی ہے تو 30 یا 40 منٹ بعد تازہ ہوا میں سانس لیں یعنی آفس سے باہر نکل جائیں اس مصنوعی زیر آلود ہوا سے سانس کی تکلیف میں اضافہ ہو جاتا ہے جو خاص طور پر خشک موسم میں پڑتا ہے۔ گھروں میں بعض ایئر کنڈیشنر کو صفائی بھی باقاعدگی سے کریں۔

دمہ اور سانس کی تکلیف میں انسانی ذہن درست طرح کام کرنے کے قابل نہیں رہتا۔ اس حالت میں جو ادویات دی جاتی ہیں وہ دماغ اور اعصاب کو پرسکون کرتی ہیں تاکہ وقتی طور پر دماغ کو اس تکلیف سے نجات مل جائے۔

گھروں کے اندر AC ہی نہیں بلکہ اس جسم کی کئی اور چیزیں اس مرض کی شدت میں اضافہ کرتی ہیں۔ ایئر کنڈیشنر میں رہنے والے لوگوں کو جلد کی بیماریاں بھی ہو جاتی ہیں کیونکہ AC کی ہوا خشک ہوتی ہے اور یہ جلد سے قدرتی نمی خنک کر کے اسے ایگزیریا بھی بیماری کے لئے موزوں بناتی ہے۔

ہلکا جو لوگ مستقل AC میں رہتے ہیں بس انہیں چاہئے کہ جلد کو نم رکھنے والی کریمیں یا موشنر انڈر استعمال کریں۔

ہلکا AC کے سامنے براہ راست نہ بیٹھیں بلکہ کوشش کریں اپنی چیئر یا ٹیبل اس سے دور رکھیں۔

ہلکا موسم سرما میں AC کی جگہ پگھلوں کی ہوا بہتر رہتی ہے یہ دمہ کو بڑھنے نہیں دیتی۔

ہلکا کار میں AC آن نہ کریں بلکہ تھوڑے سے شیشے کھول دیں تاکہ ہوا پار ہو سکے۔

ہر احتیاط کے باوجود بھی اگر مریض برقرار رہے تو ہوش کے ناخن لیں یا تو آپ کی دوائے اسب اثر کرنا چھوڑ دیا ہے یا چکر گھر ڈھنچا کسی اور ڈر لینے سے الریجی کا سبب بننے والے عوامل متعلق آپ کے گرد ہیں۔

ایئر کنڈیشنر بھی اس میں ایک سبب ہے جو دمہ اور سانس کے مرض کو ختم نہیں ہونے دیتا سانس لینے میں دشواری ہونے لگے اس امر پر غور کریں۔ ایئر کنڈیشنر کے اندر موجود غلط کرنے والے کوئل میں خوردبینی اجسام گھربنا لیتے ہیں جو غلطی ہوا کے ساتھ فضا میں پھیل جاتے ہیں اور سانس کے ساتھ پیچیدہوں کے اندر داخل ہو جاتے ہیں۔ یہ اجسام سینے میں پھنساؤ، کھانسی اور سانس کے اوپر ہی حصے میں زدوجی کا سبب بنتے ہیں جن اداروں یا گھروں میں مرکزی ایئر کنڈیشننگ سسٹم ہوتا ہے وہاں بیکنیر یا اور وائرس کی تعداد تیزی سے بھڑکتی ہے AC کی باقاعدہ صفائی سے اس خطرے سے بچا جاسکتا ہے یا در ہے ایئر کنڈیشنر کی مختلف اقسام ہوتی ہیں جن کی صفائی بھی ملحدہ مریضوں سے کی جاتی ہے لیکن کچھ بنیادی اصول



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

فون آفس: 021-34910437

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ایکے سے مت لڑیں اپنی روٹین درست کریں



ڈی ہائیڈریشن: مصنوعی ذائقوں اور مشروبات نے بچوں کا Taste Bud تبدیل کر دیا ہے۔ اب بچے پانی نہیں پیتے بلکہ گیسز اور خطرناک کیمیکلز والے مشروبات سے پیاس بجھاتے ہیں۔ یہ بچوں کی نہیں والدین کی غلطی ہے گھر میں ایسے مشروبات کی جگہ بالکل نہیں ہونی چاہئے اس کی جگہ تازہ صاف پانی پینے کی عادت بچوں کو ڈالیں۔ پانی جلد کی خوراک ہے اور اسے غمر رکھتا ہے۔ اس طرح ایکے بننے کے مواقع کم سے ہوتے جاتے ہیں۔ جو لوگ پانی کم پیتے ہیں وہ ایکے یا پھر چہرے پر باریک دانوں خفہ کا یہ کرتے ہیں اس کے علاوہ ان کی جلد بے رونق نظر آتی ہے۔

ورزش: ہر عمر کے انسان کے لئے جسمانی سرگرمی ہونا بے حد ضروری ہے، لیکن موجودہ دور میں ٹیکنالوجی کے جن نے لوگوں کو بیٹھے بیٹھے اتنی آسانیاں فراہم کر دی ہیں کہ وہ جسمانی مشقت سے دور ہوتے جا رہے ہیں۔ جب کسی طور پر جسم کی حرکت میں تبدیلی نہیں کی جاتی تو صحت کے مسائل لاحق ہونے لگتے ہیں۔ ایکے کا تعلق ورزش کی عدم موجودگی سے جوڑا جاتا ہے۔ ورزش جسم کا دوران خون تیز کرتی ہے۔ بالوں، جلد اور جسم کے دوسرے اعضاء کو خون کو درمیں مائل رکاوٹیں دور کرتی ہے۔ جلد کے لئے بالغ بہت ضروری ہے اور ورزش کے ذریعے خون اس تک پہنچتا ہے۔ روزانہ 20 سے 25 منٹ کسی بھی قسم کی ورزش یا کھیل میں صرف کرنے سے ٹین اگیز صحت مند جلد حاصل کر سکتے ہیں۔

نیمہ: رات بھر جاگنا اور دن بھر سونا یہ عادت جسم کو فرہ اور جلد کو بے رونق کر دیتی ہے۔ رات سونے کے لئے ہے اس وقت جلد کے دن بھر مرنے والے خلیات کی مرمت کا کام ہوتا ہے کیونکہ بقیہ پورا جسم آرام کی حالت میں ہوتا ہے لہذا اندر ہونے کے بعد جلد کو سونا یا جائے اسی قدر جلد تازہ ہوتی ہے۔ رات سونے سے قبل جلد پر ٹائٹ کریم بھی اس لئے لگائی جاتی ہے تاکہ وہ خلیات کو ان کے مرمت کے کام میں مدد دے۔ ٹین اگیز کو چاہئے کہ خوب سوئیں اور جلدی سوئیں۔

سورج: سن برن (سورج سے جھلنے والی جلد) چند دنوں میں ٹھیک ہو جاتی ہے اسی لئے اس حالت کو بھیدگی سے نہیں لیا جاتا۔ اگر روزانہ دھوپ میں نکلا جائے اور جلد پر سن بلاک نہیں لگایا جائے تو ایک وقت آتا ہے جب جلد کے مسامات سکڑنے لگتے ہیں اور جلد کی رنگ بیکلی اور گہری ہو جاتی ہے۔

گلوبل وارمنگ کے نتیجے میں دھوپ کی شدت میں تیزی آگئی ہے۔ لہذا ہا ہر نکلنے سے میں منٹ پہلے چہرے ہاتھوں، پیروں اور گردن پر سن بلاک لگائیں، خواتین کو چاہئے عہدہ گرمی ہو یا سردی چہرے خواہ کراف ہاتھوں کو دستاؤں اور پیروں کو موزوں سے ڈھانک کر رکھیں جس دن سورج کے آگے بادل ہوں یعنی موسم ابر آلود ہو اس دن بھی سن بلاک لگائیں کیونکہ سورج بہر حال بادلوں کے پیچھے موجود ہوتا ہے اور اس کی حدت بھی حوتی ہے جو جلد کو نقصان پہنچاتی ہے۔ ایکے ہونے کی صورت میں بھی سن بلاک اسی طرح استعمال کریں۔

ٹیلی ویژن: ٹیلی ویژن کے سامنے گھنٹوں بیٹھنا، کمپیوٹر کے آگے بیٹھ کر کام کرنا، مستقل کونگ کرنا، یہ عوامل ایکے کی ایک اہم وجہ ہیں۔ جن لوگوں کو یہ کام کرنے ہوتے ہیں انہیں چاہئے کہ وہ سن بلاک لگائیں اور دو گھنٹوں بعد دوبارہ اپلائی کریں۔ یہ ان الیکٹرونک مصنوعات کی شعاعوں اور چوہے کی حدت سے جلد کو بچاتا ہے۔ ٹین اگیز میں ایکے کی اہم وجہ یہی ہے۔

بکری آئٹمز: نامی گرمی بکریوں میں بھی بچ جانے والے آئٹمز کو اگلے دن دوبارہ گرم کر کے فروخت کیا جاتا ہے۔ ان چیزوں میں انڈے، مایونیز، اسپرڈ، کریم اور ایسے کئی اجزاء شامل کئے جاتے ہیں جنہیں مائیکروویو میں گرم کر کے کھایا جاتا ہے تو ان اجزاء کی کیمیائی ترکیب میں تبدیلی آ جاتی ہے اور کئی جسمانی اور جلدی امراض کا آغاز ہو جاتا ہے۔

کوشش کریں جن لوگوں کو ایکے کی شکایت ہو وہ بکری آئٹمز کھانے سے گریز کریں۔

مٹھائیاں/کینڈیز: سفید شکر جلد کے لئے انتہائی مضر ہے اس کی جگہ شہد استعمال کیا جائے تو ایکے کا خاتمہ ممکن ہے۔

بازار میں دستیاب مٹھائیوں اور کینڈیز میں یہ یا کثرت شامل کی جاتی ہے جس کی وجہ سے ایکے ہونے کا خدشہ ہوتا ہے۔

ٹپس:

☆ صبح تیار ہوا ایک گلاس سادہ پانی میں ایک چھوٹا لیٹوں ملا کر پیئیں۔

☆ پودینہ کے چند پتے پانی میں ڈال کر جوش دیں، پھر پانی چھان اور خطہ کر کے پی لیں۔

☆ ایکے ہونے کی صورت میں دانوں کو دبانے، نوچنے سے گریز کریں۔ رات سونے سے پہلے سیاہ مرچ مٹی کے کسی پیالے میں ذرا سی پانی پکا کر گھس لیں اور یہ لیپ دانوں پر لگائیں کچھ دنوں میں دانے خشک ہو جائیں گے۔

☆ روزانہ کھینچ کر کریں، لیکن دانوں سے پیپ لگانے کی کوشش مت کریں۔

☆ ماسک کے طور پر پختے میں دوسرے ایک چائے کا چمچ شہد میں چند قطرے لیٹوں کا رس ملا کر لگائیں 20 منٹ بعد چہرہ پانی سے دھو لیں۔

☆ موسم سرما میں ایکے کی شدت میں کمی آ جاتی ہے، لیکن ان دنوں بھی روزانہ کھینچ کر کریں تاکہ جلد صاف رہے۔

☆ بکری کے تازہ دودھ سے چہرے کی کھینچ کر کرنے سے بھی ایکے ختم ہونے لگتی ہے۔

ہو سکتا ہے کہ کچھ عرصے میں ٹین اگیز کو یہ خوشخبری ملے کہ عمر کے اس دور میں ہونے والے ایکے (کیل مہاسے) ان کے لئے مسئلہ نہیں بنیں گے۔ تحقیق نے ایک تحقیق کے ذریعے اس بات کا کھوج لگایا ہے کہ انسانی جسم کے اندر اور باہر رہنے والے کچھ ایسے وائرسز کو ٹین اگیز میں ہونے والے ایکے کے سدباب کے لئے استعمال کیا جاسکتا ہے۔ ایکے صرف ٹین اگیز کا مسئلہ نہیں ہے یہ بڑی عمر کے افراد میں بھی ہوتا ہے۔ اس کے لئے ماہرین کا خیال ہے کہ جسم میں ہونے والی ہارمونل تبدیلیوں کی وجہ سے چہرے پر کیل مہاسے نکلتے ہیں۔ ہارمونز جسم کے مختلف نظام چلانے کے لئے اہم ہیں ان میں عدم توازن کسی بھی بیماری کا پیشہ خیمہ ہے۔

دوسری جنگ عظیم کے بعد اینٹی بائیوٹکس ادویات کے استعمال میں تیزی سے اضافے نے اس بیماری کو مزید ہوا دی۔ جب انسانی جسم میں اینٹی بائیوٹکس ادویات داخل ہوتی ہیں تو وہ جسم کے منافع نظام کو اپنا ماتحت کر کے بیماری کے خاتمہ کے لئے لڑتی ہیں۔ یہ عمل باقاعدگی سے ان ادویات کے کورس پورا ہونے تک جاری رہتا ہے۔ اسی لئے کہا جاتا ہے کہ انہیں درمیان میں چھوڑنا نہیں چاہئے ورنہ زندگی میں جب کبھی یہ دوبارہ استعمال کی جاتی ہیں بے اثر رہتی ہیں۔ یہ ادویات بہت زیادہ ملی گرام (مقدار) کی ہوتی ہیں اور مرض کو فوراً کنٹرول کرتی ہیں مگر ان کے استعمال کے کچھ عرصے بعد مرض دوبارہ لوٹ آتا ہے۔ اس لئے ایکے جیسی بیماری کے لئے اینٹی بائیوٹکس کا استعمال کرنا نفع دینے نہیں۔

P.acnes نامی بیکٹیریا چہرے کے جلد کے مسامات میں رہتے ہیں جب جلد بہت زیادہ روغن بنانے لگتی ہے تو یہ ایکے کی صورت میں ظاہر ہو جاتے ہیں جو پیپ کے دانے بناتے ہیں۔ ایکے از خود ایک تکلیف دہ بیماری ہے۔ نو عمر بچوں میں اس کا سبب بننے والے بہت سے عوامل ہیں جیسے.....

خوراک: بچوں کو سب کھانا چاہئے تاکہ ان کے جسم کی نشوونما تیز اور اچھی ہو ساتھ دماغ کی بہتر استعداد کے لئے بھی اچھی خوراک اہم ہے۔ مشرقی ممالک کے کھانوں میں مصالحوں کا تناسب زیادہ ہے یہاں سبزی اور تیل میں کچھ کھانے کھائے جاتے ہیں جو ایکے سمیت کئی بیماریوں کی وجہ بنتے ہیں۔ بچوں کو اوائل عمری سے صحت مند کھانوں کی عادت ڈالیں۔ کوشش کریں بچے تازہ کھانا کھائیں جس میں آئل، مرچ، مصالحوں سے ڈانڈہ نہ ہائے کی جگہ غذائیت کا توازن متوازن رکھا گیا ہو۔

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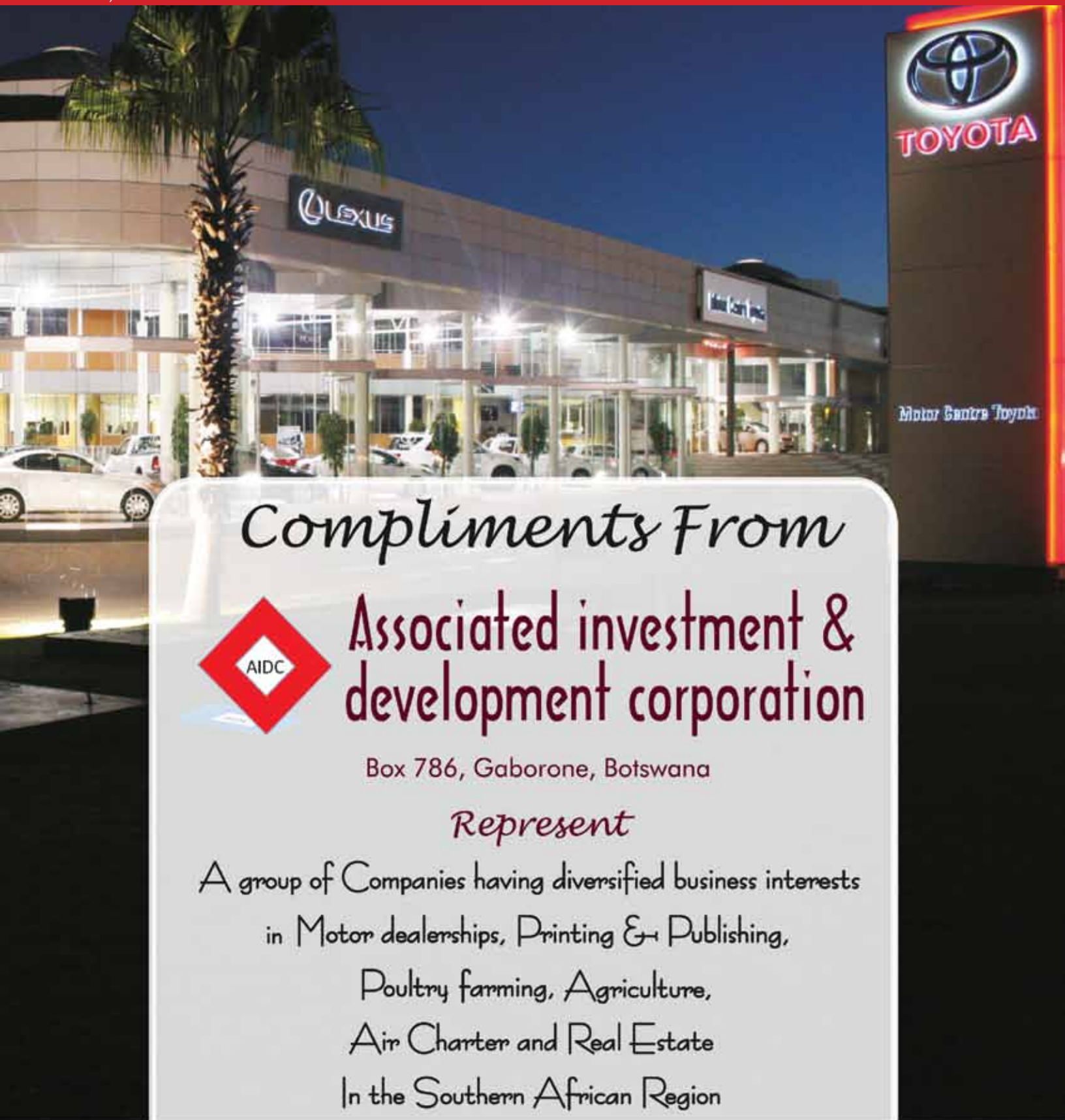
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