

## Living on the Professional Edge – I

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A lot of Muslim candidates apply and appear for interviews in my company. Being a panelist in the interviews, at times it is a real pain to observe the abysmal and disarrayed conditions of the average Muslim applicants. As per my personal observation, average Muslim candidates (specifically fresh graduates) require a lot of professional grooming for interviews and general professional conduct after their recruitment and induction. I take this opportunity to list a few tips for them here, with a promise to continue in the next issue, InshaAllah.

We, as interviewers, would normally reject candidates if we do not find specific traits in them. A list of do's and don'ts for interviews:

**1. Analyze the Job Profile:** Do not buzz off to any interview call that might come across. Although job search can be imperatively challenging and testing at times, analyze your skill sets and compatibilities with the job profile before applying for a job or appearing for an interview. Understand the job profile and frame a mental map of what might be expected out of you in discharging the requisite job responsibilities.

**2. Analyze the Organization:** Always make it a point to visit the company website and gain a brief overview of the company's areas of operations, history and background, vision and mission, and other corporate details. Your initiative in acquiring prior knowledge about the prospective company leaves a very strong mark on the interviewers. It also demonstrates that you are eager and interested in the company and the profile.

**3. Exhibit General Professionalism Etiquettes:** An interview is generally a conversation between two or more people. Take it the same way.

a. Maintain a calm and friendly tone, while maintaining the decency of the professional set up.

b. While entering the room, ensure that the door has been closed properly. Greet the interviewers cheerfully, while maintaining eye contact. This helps build up your self-confidence and also leaves a good impression with the interviewers.

c. Ensure that you are able to justify/prove whatever you say. Do not try to fake up any information, which you might not be able to substantiate.

d. If you are already working somewhere, give logical and plausible reasons for change. Employers do not appreciate job hoppers and candidates who are ready to change just for the sake of increased remuneration.

**4. Maintain a Cogent Body Language:** Remember that complimenting your speech with the correct body language is a MUST. Do not sit cross-legged, or with folded hands [these body actions signal a very bad and dominating impression on the interviewers]. Avoid placing your hands on the table. At the best, maintain a decent sitting posture with your hands



elegantly placed on your thighs.

**5. Be Normal:** Demonstrate creativeness, assertiveness, and confidence; but to the extent that is required. Do not act over smart; what YOU ARE NOT. Be as normal as you can. A slightest hint of over smartness is easily gauged by the interviewers, and might at times overturn the entire decision in a split second.

**6. Maintain Your Composure:** Never overreact to anything during the interview. The interviewers might cut across with provoking questions/situations to judge your attitude towards adversities.

**7. Demonstrate Good Listening Skills:** As a candidate, you might be prompted to think that you would fare better if you speak more. Not always! Being a good listener is equally important at interviews. Never interrupt the interviewers or cut across before she/he has completed his/her part of the conversation.

**8. Uphold a Positive Attitude:** The interviewers generally also analyze your positive attitude and compatibility with working under pressure and limited resources. Therefore, always maintain a positive attitude and demonstrate your willingness to work in the positive manner. However, do not over do anything, without proper thinking and analysis. Demonstrate your interest in the organization and profile by asking questions about the organization's development plans and your career path in the organization.

**9. Be Informed and Demonstrate Agility:** Acquaint yourself with the latest developments and newsmakers before appearing an interview. Be ready to present your undeterred opinion on any issue, if asked. Be ready with the self analysis of your strengths and weaknesses, and how you plan to overcome them. Demonstrate awareness of your leisure activities as well.

**10. Do Not Discuss Remuneration Till the Formal Job Offer is Made:** Many candidates tend to assume that the present interview round would be the last one; and ask about remuneration when the interviewers request them for any questions that the candidates might have.

a. Never start a discussion on remuneration in any other round, except in the final HR round.

b. When you are discussing the remuneration, do so only after you have been formally offered by the HR, and after making a detailed analysis of the offer. Be open to negotiation.

c. Fresh graduates must focus on their professional growth and career path rather than on the remuneration or the monetary rewards.

d. If you have once accepted and closed the negotiation on remuneration, do not reopen it at a later stage before joining; in most cases it would signal your unstable candidature, which is not appreciated by employers. At times, it could also lead to the withdrawal of the offer made.

e. Communicate any change in the joining date well in advance. Remember that modification in the joining date is not appreciated; therefore, change the joining date only if very necessary.



## پیشگی ادائیگی

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دس گیارہ سال پرانی بات ہے۔ ہفتہ بھر کی سبزی پھل کی شاپنگ کے لئے میری دیورانی مجھے بھی بھیج کر ساتھ لے گئیں تاکہ نیو یارک جیسے بڑے شہر کا یہ رخ بھی دیکھ سکوں۔ ہم کچھ دنوں کے لئے ان کے مہمان تھے۔

اپنی ڈرائی بھر کر ہم جیسے ہی لائن میں لگے، میں نے دیکھا کہ مجھ سے دو خیردار آگے، ایک بڑھیا سخت الجھن میں بار بار اپنی خریدی ہوئی چیزوں کو الٹ پلٹ کر رہی تھی۔ اندازہ ہوا کہ اس کے بٹے میں بل کے مقابلے میں کچھ پیسے کم تھے اور اب وہ اس کوشش میں تھی کہ کوئی ایک چیز نکال دے تاکہ حساب پورا ہو جائے بل چونکہ بن چکا تھا، اس لئے کاؤنٹر پر بیٹھی لڑکی بھی بیتاب تھی اور پیچھے کھڑے لوگ بھی بے صبر ہو رہے تھے۔ اسی لمحے اچانک دوسرے نمبر پر کھڑے ایک لا ابالی سے لڑکے نے بڑھ کر مطلوبہ رقم کاؤنٹر پر رکھ دی۔ یہ معمولی رقم تھی۔ شاید ایک یا ڈیڑھ ڈالر، جو لڑکے نے یقیناً انتظار کے جھنجھٹ سے بچنے کے لئے پیش کر دی تھی لیکن وہ امریکن بڑھیا شکر گزار ہونے کے ساتھ ہی اس تشویش میں بھی تھی کہ آخر وہ یہ رقم لڑکے کو واپس کیسے کرے گی۔ ”یہ رقم مجھے لوٹانے کی ضرورت نہیں بلکہ جب کسی اور کو ضرورت کے وقت پریشان دیکھیں تو اسی طرح اس کی مدد کر دیں، حساب برابر ہو جائے گا۔“ لڑکے نے بے حد تمیز سے مسکراتے ہوئے اس خاتون کو مطمئن کر دیا۔ ہم اس کی شکل دیکھتے رہ گئے۔ بظاہر لا ابالی سا نظار آنے والا لڑکا کتنی بڑی بات کہہ گیا تھا۔

پچھلے دنوں اس فلسفے سے ملتی جلتی ایک کتاب میری نظر سے گزری تو وہ لڑکا بھی یاد آ گیا۔ PAYING IT FORWARD (یعنی پیشگی ادائیگی)۔ کیتھرین ریان ہائیڈ (CATHERINE RYAN HYDE) کی کتاب ہے۔

لیکن قدرت اور فطرت کا یہ اصول ہے کہ کہیں نہ کہیں، کسی نہ کسی شکل میں آپ کی زیادتیاں اور نا انصافیاں آپ تک ضرور پلٹ کر آتی ہیں لیکن انسان بڑا ہی نا سمجھ اور بے خبر ہے۔ دوسروں کے لئے کنواں کھودتے ہوئے وہ ہمیشہ یہ بھول جاتا ہے کہ خود اپنے ہی حق میں کاٹنے پورہا ہے۔ وہ خود یا اس کی اگلی نسل ضرور ہی اس کے نتائج بھگتے گی کیونکہ دنیا کا کاروبار اسی اصول پر چلتا ہے۔

لیکن خیر میرا مقصد آپ کو ڈرانا نہیں۔ میں تو نفسیات کے ان اساتذہ کی شاگرد ہوں جو بچوں کو ہر بات پر ٹوکنے اور منع کرنے کے حق میں نہیں کیونکہ یہ بھی انسانی فطرت ہے کہ بچہ منع کرنے پر ہمیشہ ضد میں آ جاتا ہے، اس لئے بہتر ہے کہ اس کا دھیان کسی دوسری چیز کی طرف لگا دیا جائے۔ سو ہم بھی برائیوں سے نظر بچا کر صرف یہ دیکھتے ہیں کہ اچھائی کا بیج کہاں کہاں بویا جاسکتا ہے؟ اس معاشرے کی اور لوگوں کی خدمت کیسے کی جاسکتی ہے؟

اس کے لئے بہت پیسہ اور بہت سارے وسائل کی ضرورت نہیں بلکہ ہر فرد اپنی اپنی حیثیت میں ایک چھوٹی سی نیکی، ایک ذرا سی مدد کر کے زندگی کے اس دائرے کا ماحول خوشگوار کر سکتا ہے۔ صرف احساس اور خیال کرنے کی ضرورت ہے۔ معاشرے کی پوری یکسوئی بدل سکتی ہے اور کچھ نہ سبھی تو ایک نرم اور روشن مسکراہٹ کی نیکی پر تو کچھ خرچ نہیں آتا۔ ہمارے ارد گرد پھیلے ہوئے بہت سارے لوگوں کی زندگیوں میں محض ایک مسکراہٹ سے بھی روشنی آسکتی ہے۔ درشت چہرے، روکھی شکلیں اور ماتھے پر پڑے بل۔ پورے ماحول کو تباہ کرتے ہیں، لیکن ایک مسکراتی ہوئی صورت یا خود آپ کی ایک مسکراہٹ دوسروں کے چہرے پر بھی رونق لے آتی ہے اور تنے ہوئے اعصاب کو پُر سکون کر دیتی ہے۔

لیکن معاشرے اور ماحول کو بہتر بنانے کے لئے اس پیشگی ادائیگی سے پہلے اپنی ذات کا قرض چکانا زیادہ ضروری ہے یعنی سب سے پہلے اپنی صحت اور اپنی ذات پر توجہ دیں، جس طرح اچھی صحت کے بغیر انشورنس نہیں ہوتی، اسی طرح جب تک آپ اپنا خیال نہیں رکھیں گے دوسروں کے بھی کسی کام نہیں آسکیں گے پھر بھلا نیکی اور بھلائی کا چکر کیسے چلے گا۔ اپنی ذات سے مطمئن فرد ہی دوسروں کے بارے میں سوچنے کا حوصلہ رکھتا ہے اور یہ بھی بڑا انبیادی نکتہ ہے۔

سنا ہے اس پر ایک خوبصورت فلم بھی بن چکی ہے۔ یہ ایک لڑکے کی کہانی ہے جو اس فلسفے پر یقین رکھتا اور اس کا پرچار کرتا ہے کہ ہر فرد اپنے طور پر جب بھی ممکن ہو کسی نہ کسی حوالے سے تین لوگوں کی مدد کرے اور پھر ان سب سے یہ وعدہ لے کہ ان میں سے ہر فرد اپنے اپنے طور پر آگے تین لوگوں کی مدد کرے اور پھر ان سب سے یہ وعدہ لے ان میں سے ہر فرد اپنے اپنے طور پر آگے تین لوگوں کے ضرور کام آئے گا۔ بقول مصنفہ یہ ایک طرح کی پیشگی ادائیگی یا ایڈوانس پے منٹ ہے۔ بالکل جیسے آپ اپنی انشورنس کرواتے ہیں تاکہ آپ مستقبل کے ممکنہ حادثات یا ضرورت کے وقت کے لئے ایک حفاظتی بندوبست کر سکیں۔ آپ کے نیکی کے یہ کام بھی اسی طرح کہیں نہ کہیں آپ کے کھاتے میں جمع ہو رہے ہوتے ہیں یا دوسرے لفظوں میں نیکی کے یہ بیج آئندہ کے لئے پھل والے درختوں کی صورت میں ڈھل رہے ہوتے ہیں۔

زندگی کے اس فلسفے کی تشریح، میری ایک دوست بالکل دوسرے طریقے سے کرتی ہیں۔ ان کا کہنا ہے کہ یہ زندگی ہمیشہ ایک دائرے کی شکل میں چلتی ہے جس میں آپ پیچھے مڑ کر نہیں دیکھ سکتے یعنی اگر آپ اپنے سامنے والے کے ساتھ کوئی نیکی کرتے ہیں تو یہ ضروری نہیں کہ اس اچھائی کا بدلہ ضرور وہی فرد آپ کو دے بلکہ وہ ایسی ہی کوئی نیکی اپنے سے آگے چلنے والے کے ساتھ کر سکتا ہے اور اسی طرح یہ چکر چلتا رہتا ہے لیکن کہیں نہ کہیں، کبھی نہ کبھی آپ کی وہ نیکی پلٹ کر آپ تک ضرور پہنچ جاتی ہے کیونکہ قدرت کے کارخانے میں کوئی چیز بے مقصد نہیں جاتی اور زندگی کا چکر گول گول چلتا رہتا ہے اس لئے کسی کی ضرورت میں کام آتے وقت یا کسی کی مشکل کو آسان کرتے ہوئے کبھی یہ نہ سوچیں کہ آخر اس سے مجھے کیا حاصل ہوگا۔ خدا جانے کون، کس لمحے آپ کے لئے فرشتہ رحمت بن جائے۔

یہ تو نیکی کی بات ہو رہی تھی۔ کہتے ہیں آپ کا برائے بھی اسی طرح آپ تک کسی نہ کسی حوالے سے، کسی نہ کسی شکل میں ضرور واپس پہنچ جاتا ہے۔ مکافات عمل اسی کو تو کہتے ہیں یعنی آپ جو کچھ دوسروں کے ساتھ کرتے ہیں، ضروری نہیں کہ وہ لوگ اس پوزیشن میں ہوں کہ آپ کی برائی کا منہ توڑ جواب دے سکیں



## کاش میں

میدان عرفات میں ہزاروں لاکھوں مسلمان تھے، سب کی آنکھیں ادب سے جھکی تھیں اور ماتھوں پر عقیدت کے قطرے چمک رہے تھے، انہوں نے سر اٹھایا، لوگوں کے اس جھوم کودیکھا اور دل ہی دل میں اللہ سے عرض کیا "یا پروردگار! ان عقیدت مندوں میں وہ کون خوش نصیب ہوگا جسے تم حج مبرورہ کی سعادت بخشے گا؟" پوچھنے والے صاحب حال، صاحب الہام تھے۔ انہیں جواب ملا "مقبول ترین حج کی سعادت علی جویری کے سوا کسی کو نصیب نہیں ہو سکتی۔" بزرگ اٹھے اور علی جویری کی تلاش میں نکل کھڑے ہوئے، جویری کے چند حاجی وہاں موجود تھے، ان سے پوچھا، معلوم ہوا علی نام کا کوئی شخص اس سال حج پر نہیں آیا۔ حیرت سوا ہوئی لہذا امناسک کے بعد جویری چلے گئے، شہر میں علی کی تلاش شروع کی۔ بڑے دنوں کی جدوجہد کے بعد پتہ چلا، مصافحات میں علی نام کا ایک موچی رہتا ہے جو بڑا ہی متقی، پرہیزگار اور نمازی ہے۔ آپ اس کے پاس چلے گئے اور اس کا ہاتھ چوم کر پوچھا "اے اللہ کے مقرب بندے تمہیں حج مبرورہ کیسے نصیب ہوا۔" علی کا رنگ فق ہو گیا، اس نے ان کا ہاتھ پکڑا، انہیں اندر لے گیا اور سوال کا پس منظر جاننے کی خواہش کی، بزرگ نے ساری واردات بیان کر دی، سن کر علی نے رونا شروع کر دیا، جب طبیعت سنبھلی تو گویا ہوا "حضرت میں ذات کا موچی، پرانے بدووار جوئے کا ٹھکانا میرا پیشہ، میں نے پیسہ پیسہ جوڑ کر حج کے لئے زور جمع کیا، سفر کا وقت آیا تو ایک روز بیوی نے فرمائش کی، ہمسایوں میں گوشت بھونا جا رہا ہے۔ میں بھی گوشت کھانا چاہتی ہوں، مجھے لاکر دو میں نے رقم گئی اس سے گوشت کی گھانٹ نہیں نکلی تھی۔ ناچار میں نے ہمسائے کا دروازہ کھٹکایا اور اس سے تمھوڑے سے گوشت کی درخواست کی، ہمسایہ بہت بھلا مانس تھا، وہ شرمندہ سا ہوا اور سر جھکا کر بولا "میرے بھائی ہمارا گوشت آپ لوگوں پر حلال نہیں۔" میں نے اس سے عرض کیا "بھائی تم بھی مسلمان، میں بھی مسلمان پھر حلال حرام کا کیا معاملہ۔" اس کی شرمندگی بڑھ گئی، وہ ہماری آواز میں بولا "حضرت میں پیشے کے لحاظ سے مزدور ہوں، پچھلے دو ہفتوں سے بے روزگار تھا، گھر میں فاقہ تھے، آج صبح بھوکے بچوں کے چہرے دیکھے نہ گئے تو باہر نکل گیا، شہر سے باہر ایک گدھا مرا پڑا تھا، اسے دیکھا تو یاد آیا اللہ نے بھوکے پر حلال کر دیا تھا، میں نے اس کا گوشت کاٹا، گھرا آیا، پکایا اور بچوں کو کھلادیا تو میرے بھائی یہ گوشت ہم پر حلال تھا لیکن آپ کے لئے حرام۔" علی نے جھرمجھری لی اور آنکھیں پونچھ کر بولا "حضرت یہ سن کر میں نے چیخ ماری اور خود سے کہا تم پر تھوہرا ہمسایہ مراد رکھتا ہے اور تم حج پر جا رہے ہو، میں نے اسی وقت حج کی رقم اس کو پیش کر دی، جائے نماز بچھا کر اللہ سے اپنی غفلت پر توبہ کی اور اس سے عرض کیا، یا میرے پروردگار! علی صرف نیت کر سکتا تھا بس تو اس کی نیت ہی قبول کر لے۔"

یہ واقعہ مدت پہلے میں نے کسی مذہبی کتاب میں پڑھا تھا، اسے پڑھ کر احساس ہوا، اللہ کی سلطنت میں اس کے بندے قیام و بقاء اور مناسک و ذکر سے کہیں افضل ہیں، کسی بھوکے کو کھانا کھلا دینا، کسی یتیم کی پرورش، کسی بیمار کا علاج اور کسی بے آسرا کو آسرا دے دینا سو سال کی عبادت، سو سال کی ریاضت سے عظیم ہے۔ حج تمام آزاد اور صاحب حیثیت مسلمانوں پر فرض ہے لیکن اگر صاحب حیثیت اور آزاد مسلمان کا ہمسایہ روز بھوکا سوتا ہو، اس کے آگے چھپے یتیم بچے بھیک مانگتے ہوں اور بیوہ عورتیں سر چھپانے کا ٹھکانہ تلاش کرتی ہوں تو اس کے اس حج کی کیا حیثیت ہوگی، اللہ اس کی عبادت کیوں قبول کرے گا؟ اور سوچئے اگر کسی صاحب حیثیت شخص کے قرب و جوار میں لوگ بیمار یوں سے مر رہے ہوں، لوگ غربت کے باعث اپنے گرد سے بچ رہے ہوں، اپنے بچوں کا سودا کر رہے ہوں تو اللہ اس شخص کا حج قبول کرے گا؟ اس کا جواب صرف علماء کرام دے سکتے ہیں۔ میں تو بس اتنا جانتا ہوں اس سال ایک لاکھ 81 ہزار 3 سو پانچ کسانوں نے حج کی درخواست دی، ان تمام لوگوں نے ایک لاکھ 5 ہزار 8 سو روپے فی کس ادا کئے، یہ رقم مجموعی طور پر 19 ارب 18 کروڑ 15 لاکھ 40 ہزار روپے ہے، حکومت اس سال ڈیڑھ

لاکھ لوگوں کو حج پر بھجوائے گی۔ یہ سب لوگ عازمین حج ہیں۔ اللہ ان کے حج قبول کرے لیکن افسوس شاید ان میں علی جیسا کوئی شخص نہیں ہوگا جو ذات کا موچی ہو، جس نے اپنا زور ہمسائے کے حوالے کیا ہو اور جو حاضری کے بغیر حج مبرورہ کی سعادت پا گیا ہو۔

ڈاکٹر مقبول جعفری میرے ایک مہربان ہیں، کراچی کے ایک بڑے ہسپتال کے شعبہ حادثات میں خدمات سرانجام دیتے ہیں۔ انہوں نے مجھے ایک واقعہ سنایا۔ ڈاکٹر صاحب کے پاس رات تین بجے دو میاں بیوی آئے، ان کے ساتھ چھوٹی سی بچی تھی، بچی کو پیسنے کی شکایت تھی، ڈاکٹر صاحب نے کہا "بچی کو فوراً داخل کرنا پڑے گا۔" یہ سن کر والدین نے رونا شروع کر دیا، ڈاکٹر صاحب نے وجہ پوچھی تو باپ بولا "ڈاکٹر صاحب میرے دو بچے ہیں، دونوں صبح سے دست اور الٹیوں کا شکار تھے۔ میرے پاس ڈاکٹر اور دوا کے لئے پیسے نہیں تھے لہذا دونوں بچے گھر پر پڑے رہے، ابھی آدھ گھنٹہ پہلے میرا بیٹا فوت ہو گیا اور بیٹی نے تڑپنا شروع کر دیا، ہم دونوں میاں بیوی نے بیٹے کی نعش کمرے میں چھوڑی، گھر کو تالا لگایا اور بیٹی کو لے کر آپ کے پاس آ گئے، اب آپ کہتے ہیں بچی کو داخل کرنا پڑے گا۔ آپ خود بتائیے جس مرد، عورت اور سات سال کی بچی نے چار دن سے کھانا نہ کھایا ہو، جن کے گھر میں معصوم بچے کی نعش پڑی اور جن کی جیب میں کفن اور قبر کے لئے پیسے نہ ہوں وہ بچی کے داخلے کی فیس کہاں سے دیں گے وہ بچی کو دوا نہیں کہاں سے لاکر دیں گے۔ آپ کی مہربانی، آپ ہمیں واپس جانے دیں، ہم دونوں بچوں کو ایک ہی قبر میں دفن کر دیں گے۔" ڈاکٹر صاحب نے یہ واقعہ سنا کر مجھ سے پوچھا۔ "کیا بچے کی اس نعش کے بعد اللہ تعالیٰ کراچی کے عازمین حج کو حج قبول کرے گا۔" میرے پاس ان کے اس سوال کا کوئی جواب نہیں تھا، میں نے یہ واقعہ اپنے ایک دوست کو سنایا وہ حج کی فیس جمع کرانے جا رہا تھا، اس نے اسی وقت دو ڈرافٹ بنوائے ایک حج کے لئے جمع کرادیا، دوسرا بچوں کے ہسپتال میں دے آیا اور پھر میرے گلے لگ کر بولا "کاش میں ذات کا موچی ہوتا، کاش میرا نام علی ہوتا۔"



### Appeal for support to Madarsa in Champaran

We appeal for support to Madarsa in West Champaran district of Bihar, which is providing education to both boys and girls. This madarsa is managed by Siraj Foundation, a registered society in West Champaran.

Building and Hostels are under construction and they need support to complete.

This Madarsa has plan to provide technical and Para Medical Training, free to Poor Muslim Girls of this area which is totally backward. EMARAT SAHRIYA has also recommended to support this MADARSA.

The details are as follows

- SIRAJALALLOM (SIRAJ FOUNDATION)

- MADHOPUR - NARKATIYA GANJ, WEST CAHMPARAN

A/ C No- 30851736403, SIRAJ FOUNDATION, STATE BANK OF INDIA - BRANCH AMY, NARKATIYAGANJ, WEST CHAMPARAN - BIHAR

## Advice to improve Haj management

some policy decisions are needed to reorganize and improve Haj management;

1. Equitable and proportionate distribution and processing of the entire quota to all States/UTs in proportion to their Muslim population.
  2. Exclusive jurisdiction of Haj Committee over Haj charter arrangements under the supervision of the MEA.
  3. Exclusive jurisdiction of the CGI over selection of accommodation in Makkah and Madina under the supervision of the MEA.
  4. Fixation of the Haj air charter fare through negotiation with short listed carriers selected through global tender.
  5. Phased reduction & eventual abolition of Haj subsidy.
  6. Withdrawal of the Haj Committee from the business of providing foreign exchange to the pilgrims.
  7. Introduction of District Batching System so that Haj pilgrims, largely from the same district, travel to Saudi Arabia, stay, move & return to India as a group with their own Khadimul Hujjaj and Medical Assistance Team and Haj Assistant appointed by the State Haj Committee, the State Government and Amirul Hujjaj elected from among them.
  8. Batch-wise accommodation in Mecca and Madina. Designation of Moallims batch-wise.
  9. Abolition of the Official Haj Goodwill Delegation to Saudi Arabia.
  10. Amendment to the Haj Act to shift the Haj Committee to Delhi, to provide annual grant-in-aid by the Central Government for meeting expenditure on Haj management and for the annual report to be tabled in the Parliament.
- Syed Shahabuddin  
Email: info@syedshahabuddin.com  
Tel: +91 11 26914558

## Progress of BA, Coaching Centre in Patna

Patna coaching centre completed one month on 4th sept. 2009. A small function is arranged with the students on Sunday 13th September. We have selected 2 students from each class i.e. Grade 8, 9 & 10.

Each student was awarded Rs.100/- cash for achieving best performance. They are invited to do more hard work so that they can get more cash award from next time. We have decided to increase cash award to Rs1200/- from next month. The balance 600/- will be distributed among 6 more students @Rs.100/- each who tried to reach on top but unable to do so. Following is the list of students who were awarded today.

Class VIII:

1. Miss Tasmeen Fatima, D/o Md. Mufiz working as a Labour.
2. Miss Sanam Naaz, D/o Md. Ashraf working as a Driver.

Class IX:

1. Md. Irshad Alam, s/o Md. Mushtaque Alam running a small business.
2. Md. Miftaur Rahman, s/o Md. Jawed Akhtar working as a Teacher

Class X:

1. Imran Alam, s/o Md. Mahboob Alam running very small business
2. Md. Jawed, s/o Md. Zahur running a small business

## BANEE scholar gets decent employment

I am very thankful to you and all the members of Bihar Anjuman for providing me necessary support through scholarship grant. I really appreciate you and all RAHBAR/ Bihar Anjuman brothers and sisters.



I thank Allah for bringing me in contact with Bihar Anjuman and its benevolent members.

This type of help may develop the community educationally as well as improve their economic condition. I can understand the problems of needy students better, because I have face the challenges myself. I pledge that I would work hard to develop the community in all respects, hand-in-hand with Bihar Anjuman.

Noman Akhter, Dip in Electr & Comm Engg.

Jamia Millia Islamia, New Delhi-110025, Mob No - 919891567347

## Truth about life

These three lines tell you everything to make your life kingsize.

The simple truth behind each and everybody:

A person asked Confucius, What surprises you most about mankind?

Confucius answered, ' They lose their health to make money and then lose their money to restore their health.

By thinking anxiously about the future, they forget the present, such that they live neither for the present nor the future and they live as if they will never die, and they die as if they had never lived.....

Moral is live present life Kingsize.

تو نے دیکھا ہے کبھی ایک نظر شام کے بعد  
کتنے چپ چاپ سے لگتے ہیں شجر شام کے بعد  
اتنے چپ چاپ کہ رستے بھی رہیں گے لاعلم  
چھوڑ جائیں گے کسی روز نگر شام کے بعد  
میں نے ایسے ہی گند تیری جدائی میں کیے  
جیسے طوفان میں کوئی چھوڑ دے گھر شام کے بعد  
شام سے پہلے وہ مست اپنی اڑانوں میں رہا  
جس کے ہاتھوں میں تھے ٹوٹے ہوئے پر شام کے بعد  
رات جیتی تو گئے آبلے اور پھر سوچا!  
کون تھا باعثِ آغاز سفر شام کے بعد  
تو ہے سورج تجھے معلوم کہاں رات کا دکھ  
تو کسی روز مرے گھر میں اتر شام کے بعد  
لوٹ آئے نہ کسی روز وہ آوارہ مزاج  
کھول رکھتے ہیں اسی آس پہ در شام کی بعد



FROM THE DOCTORS DESK

Dr. Moiz Shams, Aligarh

## LET US KNOW ABOUT OBESITY

### کیا میں مسلمان ہوں؟

ہوری ہے اذالہ گرسو رہا ہوں میں  
لذتوں کو جنت کی کھو رہا ہوں میں

حیران ہوں میں مسلمان ہوں

ہے بھوکا پڑوسی مگر اکیلے کھا رہا ہوں میں  
موقع جنت کمانے کا گنوا رہا ہوں میں

حیران ہوں میں مسلمان ہوں

دنیا کی خاطر دوڑے جا رہا ہوں میں  
پیچھے آخرت کو چھوڑے جا رہا ہوں میں

حیران ہوں میں مسلمان ہوں

ساتھ کافروں کا دے رہا ہوں میں  
جہنم بدلے میں لے رہا ہوں میں

حیران ہوں میں مسلمان ہوں

حلال ہو یا حرام بس کما رہا ہوں میں  
لپٹھائی اور برائی کا فرق مٹا رہا ہوں میں

حیران ہوں میں مسلمان ہوں

عید کا دن تو سوتے ہوئے گذارتا ہوں میں  
مگر بسنت اور ولنٹائن ڈے پر ناچتا گاتا ہوں میں

حیران ہوں میں مسلمان ہوں

پیروں کے قبروں پر بھی جاتا ہوں میں  
مرادیں اپنے دل کی مانگتا ہوں میں

حیران ہوں میں مسلمان ہوں

توبہ کرو یوسف تم اسی مقام پر  
کہو یہ قرآن و حدیث کو تھام کر

الحمد للہ اب میں مسلمان ہوں

یوسف حمزہ

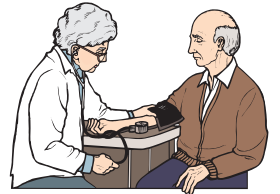
### WHO ARE OBESE?

As people grow older, it's common to add on "a few extra kilos". However, when the kilos add up to more than 30% of ideal body weight, it is called OBESITY.

The extra weight can put obese person at an increased risk for a number of serious health problems.

### WHAT CAUSES OBESITY?

In general terms, excess body weight and obesity occur when a person takes in more calories than he or she can burn off through daily activities and exercises each day. Some of the excess calories are stored in the body as fat. However, genetic, environmental, psychological, and other factors are also known to contribute to obesity.



### HOW TO MEASURE OBESITY?

Obesity is measured by using a mathematical formula called a BODY MASS INDEX (BMI) - weight in kilograms divided by height in meters squared (BMI=kg/m square)

### HEALTH CONSEQUENCES OF OBESITY

Being overweight and obese places you at increased risk for developing a number of serious health problems, including;

### HEART DISEASE AND STROKE

**DIABETES** - Type 2, or non-insulin-dependent diabetes mellitus.

**CANCER** - Increased risk of cancer of uterus, gallbladder, cervix, ovary, breasts and colon in women; increased risk of cancer of the colon, rectum, and prostate in men.

**SLEEP APNEA** - Interrupted breathing during sleep.

**OSTEOARTHRITIS** - Wearing away of the joints, which often affects the knees, hips, and lower back.

**GALL BLADDER DISEASES** - Risk of gallbladder disease and gallstones increases as weight increases.

### TREATMENT

Treatment methods for obesity can range widely, depending on how obese a person is, the person's overall health, and motivation to lose weight.

Treatment can include a combination of diet, exercise, behavioral modifications, and some medications.

In extreme cases, surgery may also be recommended.

The important first step to you can take is to talk to your doctor about what may be the best options for you.

Eating balanced diet, reducing total caloric intake, decreasing intake dietary fat, and exercising regularly are some important ways to help reduce excess weight and maintain a healthy weight.

Try to inculcate a habit of indulging in physical activities and exercises at least 30 minutes every day. These activities can include planned exercises such as riding bicycle, jogging, or taking brisk walks; or daily house hold activities such as gardening and playing actively with kids.

حضرت عبداللہ بن عباسؓ سے روایت ہے انہوں نے کہا کہ جس قوم میں خیانت کا بازار گرم ہوگا، اس قوم میں اللہ تعالیٰ دشمن کا خوف اور دہشت پھیلا دے گا۔ جس معاشرے میں زنا کی وبا عام ہوگی وہ فنا کے گھاٹ اتر کر رہے گا۔ جس سوسائٹی میں ناپ تول میں کمی کا رواج عام ہوگا، وہ رزق کی برکت سے محروم ہو جائے گی۔ جہاں ناحق فیصلے ہوں گے وہاں خون ریزی لازمی ہو کر رہے گی۔ اور جس قوم نے بد عہدی کی اُس پر دشمن کا تسلط بہر حال ہو کر رہے گا۔ (مشکوٰۃ)



## A Letter to a Student Seeking Truth

By Najmul Hoda

Teaching is an interesting profession, and a challenging one too. There is a greater reflection upon our (Muslim teachers') personal belief systems and values by others in this profession as compared to any other profession. Our personal beliefs, values and religious practices (explicit ones like Salah, Saum, etc) are watched very closely by the students. The letter that I am sharing with you is a reply to some queries raised by a student of a B-school (Business school) where I taught. While going through the reply, you would be able to conjecture how each aspect of our lives affect non-Muslims. And I hope every reader who practices Islam as ordained, must have, at some point of time, come across a few such inquisitive people who are seeking truth. The Islamic practices that we observe instantly attract them towards us, because each act prescribed in Islam is in perfect accord with our Fitrah (nature).

[Editor's Note: Brother Najmul Hoda has demonstrated a unique and appreciated approach and attitude towards Dawah. This letter contains numerous cues for us to seek and present the message of Allah in the best possible way. To ensure the originality of this message, the following letter has been retained unedited in its original form.]

Dear Arnab,  
It's perfectly alright on your part to have raised questions on the religion and the differences present. As a human being we all have a right to discuss amicably everything that is present and then leave it to our conscience to decide what is wrong and right. And it is very essential more essential than trivial career decisions, as here the person has to reap the results of his deeds in an eternal life. This result can not be shown here in this world. God has made the truth vivid and it manifests itself in His creations. The man may reflect upon and believe that if all that He says in the Book are true and proved beyond an iota of doubt even on scientific and intellectual bases, then indeed the facts about the unseen must also be true.

Dharma or religion is nothing but a system. Now, what is a system? Is it man made? Or is it created by the Creator Himself? To answer this let me state firstly that one can not force an opinion on any one in terms of understanding and that the truth would itself stand apart from falsehood. Quraan says that "La Fiqriddeen", there is no force in religion. There is no point in forcing something on anyone for "Wa qul Ja al Haqqa wa zahaqal baatil" (Al Quraan). Whenever the falsehood confronts with the truth the truth stands apart.

We are talking of a system! Every system that is prevalent in the solar system that can be perceived by human mind, though there are galaxies beyond the perceptions of mankind. Look at the minutest of matter, the atom, how is it constituted and what system does it follow, and ponder on the cosmic system. The preciseness with which they follow the system has a lot of understanding for human if they have the correct reasoning. Almost all the religions agree on these basic issues. But then comes the point of human beings. What is a man? The sun, the moon, the stars, the animals are all created to follow a system. You will never see the sun rising from the west no matter what the condition is. It shows that it does not have a will of its own. Quraan and other religious scriptures depict man as the superior of all creations. And how is he so. Because he has been given a will to choose. That is why you, out of your will, decided to discuss this topic and others did not. And I out of will decided to answer.

Then comes the question that why this all creation, the created, the system, is there any purpose. Thinkers pondered.... used their intellect, but it was God Himself who defined everything in clear terms. This is a test. We do many things but there's a definite result. Go to any literature and you would see there's a mention of the evil forces, the Satan, the demons who work upon the man so that he decides wrongly and hence fails this test.

God is one. Vedas say "Ekam advaityam" that God is one. Quran says Qul hu wallahu ahad that say he is one. Go to any literature and you would find that God has been said to be One, the Supreme of all. The life is a test, that's the purpose. There is one correct path and anything unnatural is always resisted by the conscience, but man, out of his desires, chooses mostly the wrong ones. Why? Because an enemy keeps working round the clock?

God has created a system for mankind too. The only difference is that here there is no orbit, around which all the mankind will revolve and rotate out of force, rather the choice has been given. In this temporary life and a very

uncertain life, one who understands and follows the correct system sees how perfect and harmonious his life becomes. But the result is reserved for the day of Judgment. The results unfold when the reality of death is near and man has no choice but to leave. That day he wishes to go back and mend his mistakes and unable to do so because his term would be over. Human intellect would never understand the complexities of this universe. So, how can he create a system for living when he does not even fully understand the universe and the creations therein. When God has set a system for the other creatures, He has also set a system for the Human beings. And he made this system clear to all through His Messengers in all ages.

God sent Messengers and revealed the system to the mankind in all the ages. This was done to show the correct way and leave it to the will of the human to decide. One thing common in all religions is that they have been dissuaded by the vested forces to read their scriptures, the scriptures that they are told to follow. They are cited verses and quotes but no one ever encourages the masses to read and understand the Scriptures themselves. If something goes against the human nature, he is dissuaded from asking questions. God Has challenged in the Quran that reflect upon this book (understand its meaning) so that you discover the truth yourself. You do not need a priest, a Mullah, a Pandit to see what God has decided for you as religion and a system of life. Quran is the only book that gives a comprehensive and the most detailed structure of the life to be lead so that one attains success in both the worlds. And God repeatedly challenges the people to bring even a verse alike if at all he is truthful.

Read this Quran to find the answers yourself. This is the way of Life. It is just that we have categorized and branded religions so that we can guard ourselves in the cocoon. Let us try to discover the truth. I am pretty sure that today not just non Muslims but even the Muslims do not understand what the Almighty instructs the mankind. There's the life and death and there's the beginning and the end, the marriage and the funeral, the rights of the mankind, the trade and the dealings, the punishments and the rewards, everything given in clear and concrete terms.

I'll end here. I'd advise that before further discussions, you must read this and other Scriptures first, because mine are words of a sinner and a person of low intellect. Quraan would be an eye opener for you, God willing. Read the book and then it is up to the Almighty to lead you to wherever He wishes.

But let me tell you there's no place for animosity on grounds of one's understanding. It is Allah who'd decide what to do with people who don't understand His words (as clearly mentioned in the Book). It is not for the men to discriminate. We are just supposed to convey the messages and help the fellow brother towards righteous path so that he does not suffer the pains and tribulations of the hereafter. Quran instructs all the Believers to respect others and have kindness and mercy towards all. There are no different laws for our relationship with Muslims and non-Muslims. For a teacher, all the students are equal. Quran directs us to be just in our actions.

Finally, I would just like to say that it is just the ego that a man does not come out of. If it is said that Allah created everything, is there anything wrong? If it is said that do not worship anyone but Allah, is there anything wrong? If it is said that do not associate partners with him for how can the creator be two or three or more, is there anything wrong? There is one god, only god to be worshipped, no other God beside him. I don't know how this becomes so difficult for humans to accept. This is what Islam (Arabic for peace or submission) is. We have all got entangled in the names. There's nothing in the name. Open the hearts for all and see what is in store. Go through the Book and if anything contradicts the human logic or science therein, this book would not be from god. But if it is, then how can one reject it and invite the wrath mentioned therein.

I pray that God Bless you with wisdom to find the truth. The followers of Islam are to be fully blamed for the misunderstandings among non-Muslims for their practices do not conform to the Commandments. We must all pray that Allah provides correct guidance to us and show us the path to salvation.



Hajj is a last pillar of Islam which is required to be done once in life-time. It is mistakenly understood that it is an action to be done at the last stage of life. In fact, it becomes obligatory upon an adult Muslim immediately if he can afford to perform it. Any delay is sinful and comes within the definition of disobedience to Allah Almighty. Hajj is a 5-day physical performance. Hence, recitation and supplication during Hajj remain non-obligatory.

In order for Hajji to easily understand the Hajj rituals a 2-page description in table format is being given as follows:-



# HAJJ

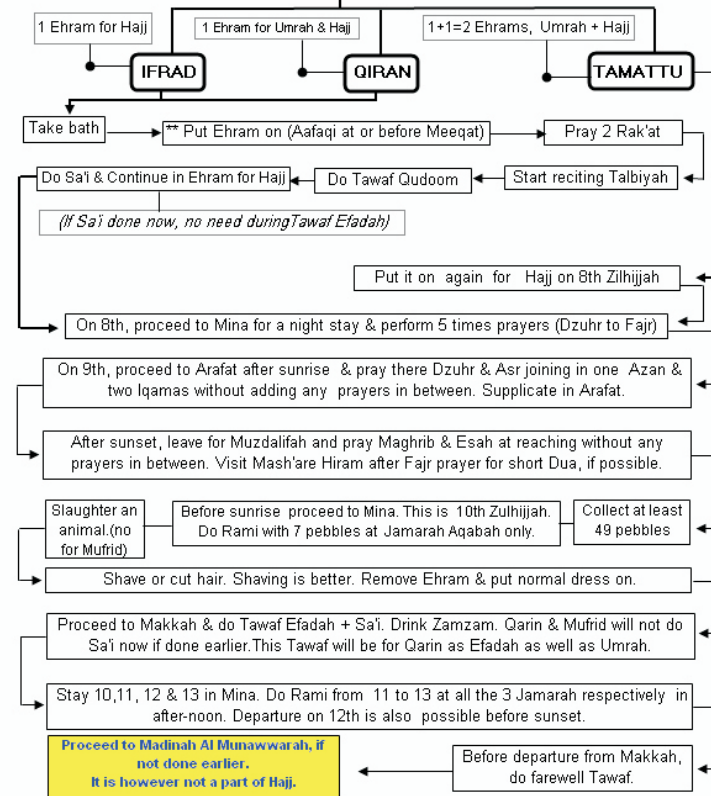
Gheyas S. M. Hashmi/ Jeddah  
hgheyas@savola.com

## PILGRIMS GUIDE

With Four Imams Coverage

### HAJJ (Follow Arrow)

### UMRAH (Follow Arrow)



### IMPORTANT NOTES

- (1) In Rami, Proxy is not acceptable unless there is a legal deficiency
- (2) According to Hanafi, Qarin will do two Tawaf, one for Qudum & another for Umra and two Sa'i, one for Umra and another for Hajj. As for Fidyah, if any, double to Mufrid and Mutamattee.
- (3) Four Major Imams are agreeable that Ifrad is the best if Umrah is done in Ramadhan or Shaban.
- (4) According to Hanafi, residents of Meeqat & Makkah will only do Ifrad. Therefore, they must not do Umrah during Haj months if they want to do Hajj same year.
- (5) According to Hanafi, on 13th Rami can be done before Dzuhr
- (6) As per Hanafi & Maliki, covering one's face in Ihram is not allowed.
- (7) According to Maliki all Hajjis, including from Makkah will do Qasr in Mina, Arafat & Muzdalifah.
- (8) According to Hanafi, joining of prayers in Arafat is allowed only if praying with the Imam of Nimrah mosque.

### Some Common Views:

Haj (Fard once in life), Supplication at seeing Ka'ba (Masnoon), Istelam & kissing one's hands (Masnoon), Ascending to Safa & Marwa (Sunnah), Stay in Mina & 5 prayers (Sunnah), Stay in Arafat (Rukn), Time Duration of stay in Arafat (Zawal to next morning), Departure from Muzdalifah (even for ladies, olds & children) before 3rd part of night passed (Not possible), Rami (Wajib), Allah-O-Akbar during Rami at each pebbles (Sunnah), Sacrifice of animal except for Mufrid (Wajib), Head shaving or cutting (Wajib), Rami Timing during Tashreeq (from afternoon), Tawaf Ifada (Rukn), Walking fast between 2 pillars during Sa'i (Sunnah).

### Some Unlawful in Ihram:

Covering feet with shoe or sock or the like, using scent, covering face & using gloves (for ladies), anything that eggs on sexual desire, kissing women, committing indecencies, fighting & quarreling, cutting or removing hair & nail, covering head (for gents), wearing stitched clothes.

\*\* (Few Malikis say it is Wajib, while few Hanbalis say it is undesirable)



## Dawah – Are We Wasting Our Precious Resources on It? Part-3

Shakeel Ahmad, Dubai, shakeeluae@gmail.com

In part-1 of this article, our investigations revealed that we are losing the race even in Dawah activities, perhaps the only activity that we are somehow undertaking. We also concluded that the level to which Muslim institutions are involved in welfare activities is grossly insufficient, and that may possibly be the main cause for losing the race even in dawah activities, in comparison with the Christians. In part-2, we argued that without taking care of the welfare of the people we invite towards Islam, and without improving our brand image, all our efforts on dawah activities may simply be a waste of time and resources. Aggressively undertaking welfare activities (we are a religion that cares for the entire humanity, so walk the talk), because actions speak much louder the words, could be the only way to make people believe in what we preach. Practice before we preach! What should we practice, along with our best efforts to purify ourselves by following the five pillars of Islam?

Allah says, "Verily never will Allah change the condition of a people until they change it themselves". And, in the same ayah, Allah immediately warns those who do not follow this advice on trying to change the condition of people, "But once Allah willeth a people's punishment, there can be no turning it back, nor will they find, besides Him, any to protect." (Quran: Surah Ar-Rad, Chapter #13, Verse #11)

Our actions must signal to the people we invite towards Islam that we obey the God absolutely, by practicing (not just preaching) completely His operations manual (Quran) in its letter and spirit. First and foremost, we would need to stop accusing them for our miseries. If we tell them they are so powerful they can cause our miseries, how can we invite them to a territory wherein they would become powerless by joining a group which has its destiny in the hands of the "other" side. As long as we keep clamouring about our locus of control being with "them", why would they decide to lose that control over "us"?

Those who invite "others" towards Islam must be the brand ambassadors of Islam; this is not an option, but as appointed representatives (khalifa, vicegerents, heirs, inheritors), we have to justify our role as the "best of the nations, raised for the benefit of mankind" (Quran, 3:110). As appointed leaders of the entire mankind, we must lead by example, particularly when "Allah subjected to you everything that the heavens and the earth contain" (Quran, 45:13). It is well-known human psychology that we seek role models, in our leaders. The role of trend-setters, and successful examples from them become far more important when someone wishes to get out of the comfort zone, to tread into uncharted territories (the situation that a non-Muslim faces when he is urged to abandon his or her comfort zone and accept the religion he or she is being invited into). Can we have examples that "others" could follow rather than carry dread on our shoulders?

**If you can't be a good example, then you'll just have to be a horrible warning.**  
- Catherine Aird

If the invitee peeps into the new "territory" and finds no truth of what is being preached but abundance of insensitivity and callousness, no role models but only hypocrites, will our dawah carry any impact? One poorly-served customer can pull away a hundred other potential customers, that is what we are told by the marketing wizards! We must set examples of whatever is perceived as the best; we must work very hard to raise our attractiveness index; we must become the true khalifa (appointed vicegerent) that Allah wants us to become.

Behold, thy Lord said to the angels: "I will create a vicegerent on earth." (Quran, 2:30)

It is He Who hath made you (His) khalifa, inheritors of the earth .... (Quran, 6:165)

**Your Lord will destroy your enemies, and make you khalifa (vicegerents) in this land; and He may try you by your deeds. (Quran, 7:129)**

Allah made you khalifa ... (Quran, 7: 69 and 7:74)

**We made you khalifa in the land, after them, to see how you would behave! (Quran, 10:14)**

Most importantly, we would need to know the characteristics of a khalifa. First of these attributes of a khalifa is faith in Allah and His prophets – being a momin (true believer). A Muslim role model must first be a true believer, a true Muslim. Who is a believer (momin)? Let us examine the Quran, Allah's Book, for an answer. The following verses of Quran lay down the minimum requirements (specifications) for a momin to be characterized as such – this may mean that no one is a momin if any one of these characteristics is absent in him or her.

(1) Quran, Surah Al Anaam (The Cattle, chapter-6), verse-162: Whose Salat (prayer), whose sacrifice, whose living, and whose dying are all for Allah alone, the Lord of the 'Alamin (mankind, jinn and all that exists).

(2) Quran, Surah Tauba (chapter-9), Verse-112: (2.1) Those who turn back to Allah over and over again; (2.2) those who worship Him, (2.3) those who sing hymns in His praise, (2.4) those who move about in the land for His sake, (2.5) those who bow down and prostrate before Him, (2.6) those who enjoin virtue and forbid evil and strictly observe the limits prescribed by Allah.

(3) Quran, Surah Al-Muminoon (The Believers, chapter-23), first 11 verses: (3.1) who perform their Salat with humility; (3.2) who refrain from vain talks; (3.3) Who are active in deeds of charity; (3.4) Who abstain from sex, except with their wives and those women who are legally in their possession, (3.5) who are true to their trusts and their promises, and (3.6) who strictly guard their Prayers.

(4) Quran, Surah Al-Noor (chapter-24), Verses 30 and 31: (4.1) Men who lower their gaze and guard their modesty (guard their private parts). (4.2) Women who lower their gaze and guard their modesty (guard their private parts); and do not display their adornment, except that which is displayed of itself, and (4.3) who draw their veils over their bosoms and do not display their adornment except before their husbands, their fathers, the fathers of their husbands, their sons and the sons of their husbands (from other wives), their brothers, their brothers' sons, their sisters' sons, their female associates and those in their possession and male attendants incapable of sex desire and those boys who have not yet attained knowledge of sex matters concerning women; (4.4) who do not stamp their feet on the ground lest their hidden ornaments should be displayed; who turn all together towards Allah

(5) Quran, Surah Ash-Shura (Council, Consultation, chapter-42), Verses 36 to 38: (5.1) those who have believed and put their trust in their Lord. (5.2) Who refrain from gross sins and indecencies. (5.3) Who, when they are angry, forgive. (5.4) Who obey their Lord, (5.5) establish the Salat, and (5.6) conduct their affairs by mutual consultation. (5.7) Who spend out of what We have given them as sustenance. (5.8) Who, when they are oppressed, help and defend themselves.

We will continue exploring other characteristics of a khalifa, in the next part (part-4), insha-Allah.

Send your views to [bakhabar@biharanjuman.org](mailto:bakhabar@biharanjuman.org).





## Inspiration from Warren Buffet

There was a one hour interview on CNBC with Warren Buffet, He is the second richest man who has donated \$31 billion to charity.

Here are some very interesting aspects of his life:

- 1) He bought his first share at age 11 and he now regrets that he started too late!
- 2) He bought a small farm at age 14 with savings from delivering newspapers.
- 3) He still lives in the same small 3 bedroom house in mid-town Omaha that he bought after he got married 50 years ago. He says that he has everything he needs in that house. His house does not have a wall or a fence.
- 4) He drives his own car everywhere and does not have a driver or security people around him.
- 5) He never travels by private jet, although he owns the world's largest private jet company.
- 6) His company, Berkshire Hathaway, owns 63 companies. He writes only one letter each year to the CEOs of these companies, giving them goals for the year. He never holds meetings or calls them on a regular basis.
- 7) He has given his CEO's only two rules. \*Rule number 1: do not lose any of your share holder's money. Rule number 2: Do not forget rule number 1.\*
- 8) He does not socialize with the high society crowd. His pas time after he gets home is to make himself some pop corn and watch television.
- 9) Bill Gates, the world's richest man met him for the first time only 5 years ago. Bill Gates did not think he had anything in common with Warren Buffet. So he had scheduled his meeting only for half hour. But when Gates met him, the meeting lasted for ten hours and Bill Gates became a devotee of Warren Buffet.
- 10) Warren Buffet does not carry a cell phone, nor has a computer on his desk.
- 11) His advice to young people: \*Stay away from credit cards\* and invest in yourself.



## BRAIN DAMAGING HABITS

### 1. No Breakfast

People who do not take breakfast are going to have a lower blood sugar level.

This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

### 2. Overeating

It causes hardening of the brain arteries, leading to a decrease in mental power.

### 3. Smoking

It causes multiple brain shrinkage and may lead to Alzheimer disease.

### 4. High Sugar consumption

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

### 5. Air Pollution

The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

### 6. Sleep Deprivation

Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.

### 7. Head covered while sleeping

Sleeping with the head covered, increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.

### 8. Working your brain during illness

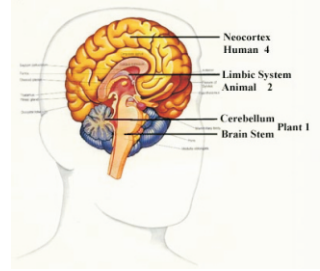
Working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

### 9. Lacking in stimulating thoughts

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

### 10. Talking Rarely

Intellectual conversations will promote the efficiency of the brain.



Eyes Are the most complex organs you possess except for your brain.

Eyes Are composed of more than two million working parts.

Eyes Can process 36,000 bits of information every hour.

Eyes Under the right conditions, can discern the light of a candle at a distance of 14 miles.

Eyes Contribute towards 85% of your total knowledge.

Eyes Utilize 65% of all the pathways to the brain.

Eyes Can instantaneously set in motion hundreds of muscles and organs in your body.

Eyes In a normal life-span, will bring you almost 24 million images of the world around you.

Eyes The external muscles that move the eyes are the



strongest muscles in the human body for the job that they have to do. They are 100 times more powerful than they need to be.

Eyes The adult eyeball measures about 1 inch (2.5 cm) in diameter. Of its total surface area only one-sixth is exposed -- the front portion.

Eyes The eye is the only part of the human body that can function at 100%

ability at any moment, day or night, without rest. Your eyelids need rest, the external muscles of your eyes need rest, the lubrication of your eyes requires replenishment, but your eyes themselves "never" need rest. But please rest them!

Eyes Eyes are your most precious sense... care for them properly!



غزل

باہر ہو کہ اندر ہو طوفان سا کیوں ہے  
اس دور میں ہر شخص پریشان سا کیوں ہے  
دل کو تو منا لینا آسان ہے لیکن  
رہتا مگر اس ذہن میں خلجان سا کیوں ہے  
دنیا کے تقاضوں کی خبر کس کو تھی آخر  
آکر یہاں ہر کوئی اب حیران سا کیوں ہے  
ہر بار ہوا دھوکہ اور ہر بار یہی سوچا  
ہر آدمی لگتا مجھے انسان سا کیوں ہے  
کس بات کا دل پر یہ اثر ہو گیا اتنا  
زندہ تو ہے لیکن وہ بے جان سا کیوں ہے  
جس نے بھی کہا جو کچھ سچ مان لیا اس نے  
بچوں کی طرح وہ بھی نادان سا کیوں ہے  
کیا سوچیں اجل کو ایسی بھی شتابی کیا  
پھر باندھ کے رکھا ہوا سامان سا کیوں ہے  
چپ رہ کے بھی دیکھا کہ بلائیں نہیں ملتیں  
لگتا بھلا ہم پر ہی بہتان سا کیوں ہے  
حشام چھپاتے تو ہیں ہر شعر میں غم کو  
لپٹا ہوا خوں میں مگر دیوان سا کیوں ہے  
حشام احمد سید



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اے لوگو! جو ایمان لائے ہو، انصاف کے علم بردار اور خدا واسطے گواہ بنو، اگرچہ تمہارے انصاف اور تمہاری گواہی کی زد خود تمہاری اپنی ذات پر یا تمہارے والدین اور رشتہ داروں پر ہی کیوں نہ پڑتی ہو۔ فریق معاملہ خواہ مال دار ہو یا غریب، اللہ تم سے زیادہ اُن کا خیر خواہ ہے۔ لہذا اپنی خواہش نفس کی پیروی میں عدل سے باز نہ رہو۔ اور اگر تم نے کئی لمبی بات کہی یا سچائی سے پہلو ہٹایا تو جان رکھو کہ جو کچھ تم کرتے ہو اللہ کو اس کی خبر ہے۔

رسول اللہ ﷺ نے فرمایا کہ: ”اللہ تعالیٰ نے تم پر حرام کی ہے ماں باپ کے ساتھ بدسلوکی، اور لوگوں کو زندہ دفن کرنا، اور حرص و بخل، اور تمہارے لئے اس نے ناپسند کیا ہے بے کار قسم کی گفتگو، اور زیادہ سوال کرنا اور مال برباد کرنا۔“ (مسلم بخاری ج ۱)

حضرت قواس بن سمانؓ سے روایت ہے کہ میں نے رسول اللہ ﷺ سے نیکی اور گناہ کے متعلق سوال کیا تو آپ نے فرمایا: ”نیکی تو اچھا اخلاق ہے اور گناہ وہ ہے جو تیرے دل میں کھلے اور تجھے یہ ناگوار ہو کہ لوگ اس سے باخبر ہوں۔“ (بخاری ج ۱)

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There is nothing worthless than doing effectively what should not be done at all



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