



SENIOR CITIZENS FORUM

(Registered Under The Societies Registration Act.1860)

163-L/3, P E C H S Society, Karachi

E-mail: scfkhi@gmail.com Phone: 0322-2777345

NEWSLETTER FOR MARCH 2010

VISIT TO JHAMPIR

Senior Citizens Forum (SCF) arranged a whole day visit of seniors to Jhampir, a town about 120 Km away from Karachi. 46 male and female seniors participated.

Transport was arranged from Seniors Day Care Centre in Soldier Bazaar at 8:00 a.m. and from PECH Society at 8:30 a.m. on Sunday the 14th February, 2010.

The seniors were first taken to wind power electric generation plant set up at Jhampir by Zorlo Energy Pakistan. The engineers and site staff of the company welcomed the seniors and showed them the working of five wind power towers. The company has plans to expand its activities by installing more towers.

Mr. Ali Raza the Hon. Secretary of SCF explained to the seniors how electricity was invented and that electricity is generated by disturbing the fields of magnet. He explained various ways of generating electricity. The seniors were happy to have benefit of this knowledge. Mr. Ali Raza thanked the company and its staff for allowing them to visit the plant.

After having tea, the seniors proceeded to the town of Jhampir where traditional Azadari (mourning) was arranged. The seniors attended the Majlis, Nauha khawani and Matam. They also offered afternoon prayers. Special sitting arrangement was made for male and female seniors

by the organizers and Niyaz was served at lunch time.

Thereafter, Mr. Ali Raza addressed the seniors. He said Late Syed Murtaza Zaidi had initiated Azadari at this place after migrating from India and his grand children have continued this tradition for more than sixty years, although they do not reside in this town now. People from all over Sindh particularly from Karachi visit the occasion which is held on last weekend in the month of Safar. They start arriving from evening of Saturday and stay here till sunset on Sunday, when the procession ends. Mr. Mujtaba Zaidi (grandson) also addressed the seniors. The seniors also contributed a collective donation for the Azadari.

The seniors then drove to Astan-e-Ameer Pir which is 10 km away from the town. The approach to this place was possible only by boats sailing from another bank of Kinjar lake at Thatta as there was no land route. Now gravel road makes it possible to reach this place which is in fact a cave in rock on the bank of the lake. It is believed that the name of Ameer Pir was Mohamed son of Ali and he is one of avengers for blood shed of Imam Husain (A.S.) at Karbala. He was profusely wounded and fled to save his life and hide in a cave here. According to another tradition he preached the religion of Ismailis and therefore they call him as Ameer Pir.



Nauha recitation inside the cave

However this historical place is worth seeing.

The seniors also enjoying the Scenic beauty of the lake overlooking from the hillock. After staying here for some on reciting a Nauha inside the cave the seniors returned to Jhampir on their way back to Karachi where they reached at 9:30 p.m. and joined the crowd of Majlis and had Niyaz for dinner. It was pleasant and safe journey for the seniors.



Seniors at Wind Power project

FIRST AID TRAINING

The SCF arranged First Aid Training class at Fatmiya Boys School on Sunday the 21st February at 10:30 a.m. 52 persons attended the class. In his welcome address Mr. Ali Raza Honorary Secretary of SCF explained the purpose of arranging the training for the people of the community most of whom were youngsters. He said the routine of life has become fast in present day and everyone has to work hard to cope up with task assigned to him in limited given time. He has therefore to increase his efficiency and in doing so he risks his health and sometime his comfort due to chronic diseases such as increase in blood pressure, sugar, cholesterol etc. While pollution in atmosphere causes asthma or lungs disease. These diseases are fraught with sudden attacks which may become fatal. It is therefore necessary that some people should know the first aid treatment and help the patients in case of difficulty till proper medical help is availed. Mr. Ali Raza also explained various activities and ongoing projects taken up by the SCF. He said Dr. Ghulamali Naqvi will speak on the subject and will also give demonstration how First Aid Treatment is given. He further said that Dr. Ghulamali is specialist in giving lessons of First Aid Treatment.



Participants of Training

He is qualified as M.S. Ph. D. and M.A (social sciences). He is also expert in physiotherapy, speech therapy and audiology.

Dr. Ghulamali then spoke to the audience. He was assisted in demonstration by Mr. Shiraz who is well experienced in First Aid. Dr. Ghulamali said that usually people rush the injured person to hospital without knowing the real problem and in doing so they may cause harm to the patient which may result into death. He divided his presentation in several topics of First Aid e.g. Accident, shock, high level of blood pressure or sugar, heart attack, poison, wild fire etc. The audience took much interest in the presentation by asking question and seeking clarification on each topic.

Dr. Ghulamali demonstrated how to measure blood pressure, put bandages and triangular bandages in case of injury to arm, preventing excessive bleeding etc. He also gave practical demonstration of CPR and artificial respiration through mouth, at the conclusion of the program which lasted for more than two hours.

Mr. Ali Raza thanked Dr. Ghulamali and Mr. Shiraz for sparing time and giving First Aid Training organized by SCF. He requested the participants of the program to give benefit of their training in First Aid to the people in case of need and in doing so they will be serving the humanity. He said all the participants would be given certificates which will be ready after a week. flower bouquet was presented to Dr. Ghulamali and Mr. Shiraz in appreciation of their voluntary services.



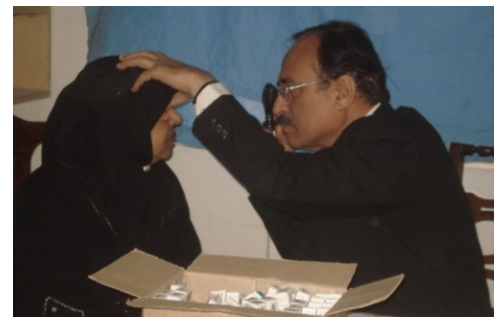
Dr. Ghulam Ali receiving bouquet

FREE EYE CAMP

As a part of regular Medical Help program, the Senior Citizens Forum organized free Eye Camp for seniors at Day Care Centre on Sunday the 28th February 2010 from 10 a.m. to 4 p.m.. The announcement of this program was made much earlier through monthly Newsletter as well as on electronic and print media. The seniors of 50 years and above were requested to get their participation

registered in advance so as to avoid crowd and long waiting.

Dr. Maqbool Hussain Jafari, Dr. Taqi Nayani and Dr. M. Ibrahim Barry gave their honorary services for eye sight testing and checking of eye diseases. More than hundred male and female seniors took benefit of this program. The seniors with eye diseases were given free eye drops and medication.



Dr. Maqbool examining a patient



Dr. Bari is doing computerized Eye Test

Similarly the seniors with weak eyesight and feeling difficulty in

reading were given free reading glasses. The seniors requiring cataract surgery were advised to be operated as soon as possible and for that purpose assistance will be provided.

Agha Sayed Mohamed Musawi, (President of Inter Faith International) a religious scholars of London paid a visit to the DCC to observe the working of Free Eye Camp. He was highly impressed by the program of medical aid undertaken by SCF and requested to hold such medical camps for needy Muslims in Afghanistan and Iraq. He also met the doctors at the



Syed Musawi talking to doctors

camp and offered to bear all their traveling expenses if they visit these two countries.

SENIORS MEET SYED MUSAWI

Senior Citizens Forum arranged a meeting of its members with Hujjatul Islam Syed Mohamed Musawi a learned scholar who was on short visit to Karachi. A dinner meeting was held at Seniors Day Care Centre on Monday the 1st March 2010. Male and female members of SCF attended this meeting with great zeal to meet Syed Musawi.



Introducing Syed Musawi, Mr. Ali Raza Hon. Secretary of SCF said that Syed Musawi is Secretary General of World Ahlul Bayt Islamic League (WABIL), London and President of Inter Faith International. He is on short visit to Karachi to attend the Miladun Nabi Celebrations here. Mr. Ali Raza further said that the religious scholars are highly revered by us because of their piety and guidance. He quoted a tradition from holy prophet (SAW) that the Ulma of his nation (Ummat) are like messengers (Ambia) of Bani Israel. This conveys a message that how the religious scholars deserve reverence. Mr. Ali Raza also briefed

the activities of Senior Citizens Forum.

In his lecture, Syed Musawi appreciated the aim and objects of SCF. He emphasized the respect for Elders as taught by Islam and as recommended in several Hadith of holy prophet. He preached various tenets of Islam emphasizing Istighfar (repentance) Ma'ad (life hereafter) observing late night prayers (Namaz-e-Shab) etc. He also praised the social and religious work by people of Khoja

community and gave example of dedicated services of late Roshanali Dawood Nasser (who worked for welfare of Khoja community in Bombay)

Hujjatul Islam Shaikh Mohamed Hussain Raisi invoked blessing of Allah (SWT) at the conclusion.

Syed Musawi spent some time with office bearers of SCF and provided beneficial guidance while having dinner.

Free Consultation for seniors

Dr. Maqbool Hussain Jafari, a renowned eye doctor and surgeon has very kindly offered free consultation to the members of KSI Senior Citizens Forum at his private clinic at Room No. 16, Third Floor, Rimpa Plaza, MA

Jinnah Road (Plaza Quarters) Karachi between 6 and 8 p.m. only on Wednesdays. The members desiring to avail this benefit should visit the doctor with membership card of SCF.

Dr. M. Ibrahim Barry of "Total Eye Wear" G/5, Alamgir Heights, Alamgir Road has also offered to provide glasses at concessional rates to the members of Senior Citizens Forum.

TIFFIN PROJECT UPDATE REPORT-XI

The KSI Senior Citizens Forum (SCF) supplies daily free meals to 65 old aged needy people living in poor localities in Karachi. The Tiffin Project was commenced inspired from the Quranic ordain contained in Sura Dahar, about two years ago. The deserving seniors are listed after conducting thorough inquiry about their living conditions.

The investigation team of SCF visited the houses of a few seniors in Kharadar, Khadda, Nayabad and Soldier Bazaar on 7th February, 2010 to register further deserving seniors for providing daily free meals under its ongoing Tiffin Project. The update report is given hereunder for information of the community particularly for the persons who contribute funds for this project.

A widow (90) lives all alone in one room flat in Nayabad. She has one mentally retarded son and four other sons one of whom is dead while all the sons live separately and none of them help her except one who pays her Rs.

2,000 per month. She also receives help of Rs. 1,000 p.m. from a trust. Rent for the flat is Rs. 200 p.m. while electric gas and maintenance charges are Rs. 650 p.m. which are paid by her grand son. The lady is registered for receiving free meals

Another lady (70) lives in small flat in Khadda with her husband who does not work but tortures her even beats her if she does not obey his unreasonable orders. The flat is allotted to her by a trust against deposit of Rs. 10,000. The utilities bills aggregate Rs. 1,700 p.m. She has four sons out of whom one is married and lives separate while others live with her and contribute Rs. 6,000 p.m. for the household expenses besides a help of Rs. 1,000 p.m. from a trust. The lady gets little food from whatever is cooked daily. She was therefore granted supply one daily Tiffin with immediate effect.

A widow (63) lives in one room flat in Soldier Bazaar. Her husband died 30

years ago and the only son died accidentally in his youth. She owned a house in Kharadar which was sold and sale proceeds Rs. 500,000 are invested in bank deposits on which she earns profit of Rs. 5,000 per month. She receives monthly help of Rs. 800 from a trust and earns about Rs. 500 p.m. from stitching clothes. She pays monthly rent of Rs. 3,000 for the present flat besides Rs. 200 for utilities. She has lost mental balance due to unfortunate death of her son. She was also put on the list of recipients for daily supply of Tiffin.

The supply of daily free meals costs Pk Rs. 90. You may sponsor such free meals to the seniors on daily, weekly, monthly or yearly basis and derive satisfaction that you have sought love and nearness of Allah (SWT) by obeying His order in feeding the poor. Your remittance may please be deposited directly to SCF bank account No. 1054-00081-002300-02-8 with Bank Al Habib, Tariq Road, Karachi.

ART EXHIBITION

SCF members were invited to attend opening of Art Exhibition by Culture Centre of Islamic Republic of Iran (Khana-e-Farhang) on Thursday the 25th February 2010. Transport was arranged from Day Care Centre at 4 p.m. 18 male and female seniors participated in this program. The seniors were given warm welcome by officials of Khana-e-Farhang and were seated in front row in the auditorium. Mr. Jamil Ahmed Soomro Provincial Minister of Sindh Government was invited to inaugurate the exhibition. In his address Mr. Soomro said the culture of Iran and Persian language has great influence in Sindh since ancient days. He said when Sindhi language did not

have its own script, the Literature in Sindh developed in Persian. He further said Begum Nusrat Bhutto was an Iranian lady and her daughter Benazir Bhutto had great inclination towards Iran. Pakistan and Iran have strong cultural bond and we love Iran in nation. Other speakers on this occasion were vice counsel of Iranian Embassy, Director of Khana-e-Farhang and Ms. Fatima Suraiya Bajia. Iranian Cultural Centre is celebrating Fine Art Cultural week on the occasion of 31st Anniversary of Islamic revolution. The group of Iranian artists who presented their art and craft work were Mohamed Ali Qorbani (Calligraphy), Ebrahim Bol Hussaini

(Painting), Hussain Malik Mohammadi (Etch work), Ali Raza Barzgar (Miniaturist) and Nasrullah Banai Hasnarood (Art work)

The seniors enjoyed the Exhibition of several art paintings and craft of excellent designs on brass and copper pots. They also mixed up with the gathering and exchanged views. After having delicious refreshment hosted by the Khana-e-Farhang the seniors returned to DCC after sunset.

The officials of Khana-e-Farhang offered to arrange feature film shows especially for SCF members as and when desired by them.

PROGRAMS FOR THE MONTH OF MARCH

Visit to Hyderabad

SCF has arranged a visit of seniors to the Qdamgah of Maula Ali (AS) in Hyderabad. The departure will be on Tuesday the 23rd March 2010 at 8 a.m. from DCC and at 8.30 a.m. from Kashmir Court, PECHS. Return will be on same day late in the evening. The cost of transport, lunch and refreshments is estimated to be Rs. 600. Male and female members desiring to participate should register their names at DCC (Phone 7705853) and pay the participation charge. For further details please contact Mr. Yaseen Merchant (0300 9275634) or

Mr. Mohamed Ali Patel (0300 8228288}. Only first 45 members will be registered.

One Dish Party and Milad

The female members of SCF will hold On Dish Party and Milad at Mehfile Murtaza on Thursday the 18th March 2010 at 4.30 p.m. The ladies desiring to participate are requested to bring one item of food cooked by them.. For further details please contact Mrs. Masooma Electricwala (4536502) or Mrs. Shehnaz Patel (033302464689)

Feature Film Show

A film show is arranged for seniors by courtesy of Iranian Culture Centre on Saturday the 21st March 2010 at 5 p.m. An Iranian feature film dubbed in Urdu language will be shown at the auditorium of Khana-e-Farhang. Transport will be available at 4.00 p.m. from DCC and at 4.30 p.m. from Kashmir Court, PECHS. Male and female members of SCF desiring to participate should register their names with DCC and pay participation fee of Rs. 100 for cost of transport and refreshments

“THE PRICE IS RIGHT”

The SCF arranged a visit of its members and relatives to Geo Television for participating in “The Price is Right” program which is an international game show. Transport was arranged from Day Care Centre in Soldier Bazaar and from P.E.C.H.S Karachi on Friday the 26th March 2010 at 3 p.m. About 150 persons joined this visit which which finished at 9 p.m. Geo TV has obtained franchise to

arrange the show in Urdu language and will soon telecast it on their channels worldwide.

Upon reaching the studio the participants were given briefing about the show and how the audience has to react at every game.

The names of contestants were drawn by computer ballot and Mr. Shiraz Onali, Mr. Anwar Bundeali and Mrs. Farida Chewal were selected to

participate in the games. They had to guess the prices of some goods displayed and if they tell the price nearest to the tag price they would win the items exhibited. Mr. Shiraz and Mr. Anwar won several prizes in this contest.

The seniors and their families enjoyed the program and thanked the management of SCF for arranging such entertaining program.

OBITUARY

We are grieved to announce the sad demise of Mr. Nazar Hussain Parpia, a member of Senior Citizens Forum on 3rd March 2010. He was born on 11 May 1943 and was engaged in own

business. Mr. Nazar Hussain was elected as member of managing committee of SCF at the AGM held on 14th March 2004 and continued on this post till 5th December 2004. We pray

Allah (SWT) for placing his soul in the proximity of Masoomin (AS).



DISTRIBUTION OF NEWSLETTER

We are receiving complaints from members about non receipt of monthly newsletter. Although due care is taken in posting the newsletter at the correct addresses of members, these do not reach them promptly. This may be due to irresponsible and careless service of post office staff.

We have therefore now resolved to arrange delivery of newsletter to members by personal hand delivery. The members of Soldier Bazaar Chapter may collect their copy of newsletter from the Seniors Day Centre while the members of Societies Chapter may collect it from

Mr. Mohamed Ali Patel at Mehfile Murtaza. The newsletter will be ready by 10th day of every month. However, the members residing in other areas will be sent the newsletter by post as per present practice.

DEATH OF SENIORS

Following seniors of our community expired during the month of January and February 2010.

We request the readers to recite Sura-e-Fateha for the departed souls of these seniors

January	NAME OF DECEASED	Age (years)
3rd	Yasmeen Bano D/o. Masoom Ali Rajani W/o. Mushtaq Hussain Sumrani	56
4th	Hamida Khatoon D/o. Hasan Mohammad Moomen W/o. Hassan Ali Bande Ali Dhala Hirjee	84
8th	Mohammad Raza S/o. Jaffer Ali Punja	58
8th	Naseem Bano D/o. Jaffer Ali Vijpadiwala W/o. Sultan Hussain Panna	58
8th	Fatema Bai D/o. Husein Haji Muraj W/o. Musa Mohsin Haji Muraj	62
9th	Fatima Bai D/o. Akber Ali Rupani W/o. Mohammad Hussain Farishta	60
9th	Ghulam Abbas S/o. Hussain Ali Shariff	53
11th	Zainab Bai D/o. Suleman Rajpar Mamdani W/o. Bachu Ali Mamdani	88
12th	Zehra Khatoon D/o. Akber Ali W/o. Anwer Ali Kanani	69
13th	Ruquiya Bano D/o. Bachoo Ali Patel W/o. Abdul Hussain Govani	65
14th	Hussain Ali S/o. Saleh Mohammad Hirji	58
18th	Abdul Mehdi S/o. Kambar Ali Baledina	86
20th	Yousuf Ali S/o. Fazal Bhai Farishta	68
21st	Hussain Ali (Haji) S/o. Alladin Poonawala	85
24th	Amina Bai D/o. Turab Ali Lakhani W/o. Abdul Rasool Khatau Suteria	80
31st	Zareena Bano W/o. Dawood Ali Ahmed Moledina	78

February	NAME OF DECEASED	Age (years)
2nd	Amina Bai D/o. Sultan Ali Sayani W/o. Jaffer Ali Anjwani Limriwala	62
5th	Zainab Bai D/o. Fazal Mujani W/o. Ahmed Ally Mujani	85
9th	Mohammad Hussain S/o Amir Ali Khan Mohammad	65
9th	Barkat Ali S/o. Muhammad Ali Dawoodani	78
12th	Aqil Tejani S/o. Ghulam Hussain Tejani	78
16th	Rashida Bano D/o. Muhammed Ali Plasticwala W/o. Mushtaq Ahmed Dharsi	60
17th	Sultan Ali S/o. Mohammad Ali Panjwani	76
19th	Rajab Ali S/o. Jaffar Ali Palgharwala	76
21st	Razia Bano D/o. Ali Mohammad Londia W/o. Qasim Ali Saboor	62
22nd	Hussain Ali S/o. Jaffar Ali Rajani	63
22nd	Ashiq Hussain S/o. Nazir Ali Nayani	59
25th	Kulsoom Bai D/o. Mawjee Tejani W/o. Jaffer Ali Tejani	97
25th	Rubab Bai D/o. Karim Bhai Kirmani W/o. Abdul Rasool Sajoo	75
25th	Wazir Ali S/o. Mohammad Bhaledina Nandwani	64
28th	Gul Bano D/o. Chaggan Bhai Noorani W/o. Sher Ali Noorani	103

DAY CARE CENTER

We are glad to announce the admission to the Day Care Centre set up by the Senior Citizens Forum (near Panwani Hospital). The male and female seniors of 60 years or above can get the admission. The admission forms are available at Day Care Centre and may be obtained at any time between 10 a.m. and 6 p.m. (except Sunday)