



Aqsa Educational Society's

AQSA

WOMEN'S DEGREE COLLEGE

Affiliated to the SNDT Women's University, Mumbai.



VOLUME - II

**ANNUAL MAGAZINE
2014-15**

4th Millat Nagar, 4th Nizampur, Chavindra, Bhiwandi 421 302, Dist. Thane.

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CHAIRMAN'S MESSAGE

The Aqsa Educational Society of Thane District was established in 1980 and is rendering its services in the field of Education for more than 30 years. Currently Aqsa Society is has 3 primary schools, 3 Secondary schools, 1 Junior colleges, a multi-faculty college for women affiliated to the S.N.D.T Women's university of Mumbai with B.A., B.Sc, B.Com. The main objective of the Aqsa Society is to make available the educational facilities to the girls of entire Thane District. The efforts of the members of Aqsa. Society is appreciated by one and all, thus ensuring continual improvement of all its institutions. We are all aware of the fact that learning is a continuous and a creative process. It aims to develop the capabilities of the students and thus helps towards the enrichment and progress of the society. To keep pace with the changing methods in the Teaching-Learning process, all the Institutions of the Aqsa have incorporated modern technology to ensure academic excellence. The selfless services of the management have served as an inspiration to many such organizations in the District. We thus intend to produce students of knowledge, character and adequate skills to compete in the fast changing world. our aim is education, upliftment and empowerment of Women as we believe one educated women means education of one whole family and coming generation. Now we are coming up with a technical college and polytechnic in an area of 15 acres, for which we have to obtain approval from AICTE, New Delhi. The Aqsa Society is thankful to its donors without whose support it would have been very difficult to fulfill such noble cause in the field of educating our women folk. Our vision is to provide best education to all our girl students with the aim of empowering them and to carry themselves with honour and dignity in the Indian Society.

The schools and college established by the Aqsa Educational Society is imparting education to about 6000 girl students. As the society grew in its philosophy its distinctive purpose took firm shape as relevant today as we are at the onset to create an atmosphere where girls can blossom into confident, self-reliant, responsible individuals, who can be a source of strength to their families and communities.

Mr.Javid Ebrahim Farid

From Principals Desk:

Aqsa Women's Degree College is primarily undergraduate institution, affiliated to the S.N.D.T Women's University, Mumbai.

Bhiwandi Nizampur became the 2nd largest power loom centre in the country. The bloom of cloth oil and looms still attract the worker from different states to come and find suitable jobs. The State government estimates that over 40 lakh people are dependent directly or indirectly on the looms of Bhiwandi Nizampur. The Power loom industry is the main reason for huge number of floating population. The city of Bhiwandi is having a strong population of about 2 million but more than 75% of the population belongs to poor strata of the society and hence most of the parents are not able to send their daughters to the neighboring cities for higher education. The Indian culture is also an obstacle in which parents want their daughters back home in the evening after attending their college. Their parents hesitate to send them to girl's hostel. Considering all these facts we have provided them a degree college at their door step in the city itself.

The mission is the upliftment of women through an education that is holistic and provides for an all-round growth. The College management is committed to creating an atmosphere in which the zest for learning thrives and students are trained not only academically but also to be women of convictions and values. All programmes are student-centered, providing ample opportunity for the development of leadership and self-assurance. The college is committed to generating disseminating and presuming knowledge, and to working with others to bring this knowledge to bear on the different challenges.

The goals of the college are revised periodically in order to keep pace with changing needs. Within the framework of the goals of the college, a unique feature of the institution is that a different theme is chosen each year. Various activities, departmental, interdepartmental and intercollegiate in nature, are organized around this theme. The college is also very active in N.S.S and Cultural activities, these activities include seminars, symposia, discussions and minor research studies on the chosen theme for the academic year. The Education to Excellence in Arts Programme and the Education to Excellence in Science Programme aim to provide gifted students with the opportunity to go beyond the syllabus. The College is fortunate in having a highly qualified and motivated teaching faculty, many of whom are actively engaged either in research work or in extension activities. The committed faculty and academic activities have enabled the college to meet effectively the new challenges faced by education today. We seek to develop in each and every member faculty of the Aqsa Community the ability and passion to work wisely creatively and effectively for the education upliftment and empowerment of women of our society.

The Aqsa Campus has excellent infrastructural facilities and is always alive with activity-academic, co-curricular, extra-curricular and sports. Our students are expected to participate actively and to take advantage of the many opportunities offered, so that they can develop into self-confident, responsible, ethical and compassionate human beings.

Farid Oneza Tanveer
Principal



Aqsa Women's Degree College Annual Report 2014-15

I deem it to be an honour and privilege to present the annual report on curricular and co-curricular activities of our Aqsa Women's Degree College, for the academic year 2014-15.

As we reflect upon the past year, I am very proud of the achievements made by our college community. Thanks to the commitment, hard work and guidance of our management, faculty and staff. Aqsa College is now well positioned for a strong and vibrant future, one in which the college continues to deliver on its own mission of education, upliftment and empowerment of women. In the context of the changing global scenario, the institute has gone all out to provide its students with state of the art facilities as well as to design innovative courses to meet the demands of the time. Alongside, the college regularly organizes innumerable extra-curricular activities to bring out the hidden talent of the students in the form of artistic self expression and also helps in personality development.. Above all, the college gladly carries out its social responsibility by serving the physically challenged and socio-economically deprived.

Our enrollment continues with an upward trend as more and more students are making Aqsa their first choice college. We have undergraduate courses in the faculties of Arts, Science and Commerce. We are also accredited distance education center affiliated by S.N.D.T Women's University with various courses specifically designed for women, such as M.A, E.C.C.Ed, P.G Diplomas and Certificate courses. Inshallah in the Coming academic year 2015-16 we are starting a 3 years integrated course of B.C.A (Bachelor of Computer Applications). We are well on our way to accomplish most of our goals as Aqsa Educational Society is soon coming up with a technical college for which we have got the permission from AICTE, New Delhi. This year our college has also applied for NAAC Accreditation for which the first SSR has been uploaded on the college website.

I am also delighted to spotlight achievements of just a few of the many Aqsa College students, who have distinguished themselves through the following achievements. Our college conducted several significant programs/ events relating to language, culture, music and literature. The following are worth mentioning.

*Ansari Umme Umama from our college won the 1st prize at MMP.Shah Intercollegiate Competition 2014-15 for Mimicry and Siddique Maria won the the 1st prize at the Elocution Competition.

* Siddiqui Maria bagged the 3rd prize at the state level inter collegiate P.P.T presentation competition 'Eureka'' held at G.M.Momin College.

Two of our students bagged the constellation prizes at the Mehndi Competition held at Ruia College, Mumbai.

Our College Cultural Committee had organized an Art Festival in which many students participated and it was a learning experience for them as activities such as Egg Shell decoration, best out of waste , Collage, rangoli, mehendi, recipe contest such activities were carried. Special Health Check up camp was conducted to create awareness about T.B (tuberculosis) and First Aid.

College strength:

There is a rise in the enrollment of students in all the faculties of Arts, Science and Commerce.

Admission:

The admissions are carried online by MKCL. The selection was purely on merit basis in accordance with the guidelines of the Government of Maharashtra and S.N.D.T Women's University, Mumbai. The admission Committee takes care of the complete admission process.

University examinations and Results:

Aqsa College is an approved center for S.N.D.T University examinations under regular and distance mode of examinations. University examinations of more than 300 students were held in the college campus.

The performance of our students in the university examinations was consistently well. The number of graduates passing through Aqsa College is increasing steadily. This year the college result was 100% in the faculty of Science and Arts. I congratulate all the rank holders and the respective departments for their achievements.

Student's activities:

The Independence Day, Republic day, Teachers Day and International Women's Day observed with Regular feature. Various Cultural, Sports and N.S.S activities were carried out in the most befitting manner. The N.S.S conducted two rallies highlighting road Safety and Tuberculosis awareness. As our college is very active with N.S.S a seven day camp was organized from 23rd Dec to 31st Dec on the theme 'Save the Girl Child' where various resource persons were called to carry activities. Various competitions were held by the sports committee from 16th Dec to 21st Dec.

Annual Program :

The 9th Annual Program was held on 23rd February, 2015 at the Meenatai Thakrey Auditorium. Various Educationist and Doctors graced the occasion. Prize distribution ceremony was held and was followed by the cultural program. Trophies and Certificate were distributed to all the students and staff for their achievements. Cultural program was very colorful with beautiful performances by the very talented students. A variety of events such as dance, Mime, Music were performed by the students which was a great feast for the eyes and ears of students.

Awareness Programmes :

A Tuberculosis awareness programme was conducted on. Dr. Saud Raza Bubere , Jupiter hospital , Thane was invited to speak about Tuberculosis. He explained the causes and treatment of T.B. the programme created a great awareness about Tuberculosis.

Apart from this academic year 2014-15 was another successful year during which the institute progressed towards expanding its existing activities and initiated new activities. Our institution has grown manifold, under the vision and dedicated efforts of our chairman and management members. It goes beyond mention the efforts of my teaching and non-teaching staff. I take this opportunity to convey my profound gratitude to our guests, parents, benefactors and my lovely students without whose cooperation it would have been virtually impossible. I unequivocally believe that we all can collectively achieve our goals of women education and empowerment.

I express my indebtedness to all who in their own way have helped in raising the institution where it stands today. I owe my gratitude to all the members of Managing Committee and my staff.

Dear students, my deep felt thanks to all of you. I am sure that our collective endeavor shall take our College to greater heights in serving the society in a meaningful and positive manner.

My whole hearted thanks to all parents and alumni who have been in touch with us during the year and their valuable suggestions helped us to improve. I look forward to your continued support in our march towards autonomy.

I conclude with the following words “THE BEAUTIFUL THING ABOUT LEARNING IS THAT NO ONE CAN TAKE IT AWAY FROM YOU”.

Farid Oneza Tanveer
Principal

STAFF OF AQSA WOMEN'S DEGREE COLLEGE

No.	Name of the Staff Members	Designation	Qualification
1.	Farid Oneza Tanveer	Incharge Principal	M.A. (Sociology) SET, M.A. (Eng. Lit.) Ph.D. (Pursuing) B.Ed. DCM.
2.	Vinchu Shifa Jahangir	Asst. Lecturer	M.Sc. (Zoology), B.Ed, MS-CIT
3.	Shaikh Ayesha Ejaz	Asst. Lecturer	M.Sc. (Zoology), B.Ed
4.	Momin Fareha Md. Sabir	Asst. Lecturer	M.Sc. (Chemistry), B.Ed, MS-CIT
5.	Moallim Shaima Mohsin	Asst. Lecturer	M.A (Sociology), B.Ed, MS-CIT
6.	Ansari Sabreen Mohd. Yusuf	Asst. Lecturer	M.Com, B.Ed
7.	Don Sana Irfan	Asst. Lecturer	B.Sc. (Home Science), M.A. (Eng.), Diploma in Food & Nutrition, M.Sc. (Dietics & Food & Nutrition Pursuing)
8.	Madoo Shagufta Ab. Sattar	Asst. Lecturer	M.Com, B.Ed
9.	Darekar Hera	Asst. Lecturer	M.Sc. (Botany)
10.	Momin Rizma	Asst. Lecturer	M. Com
11.	Momin Nargis	Asst. Lecturer	M.A. (Eng.)

NON TEACHING STAFF OF AQSA WOMEN'S DEGREE COLLEGE

Sr. No.	Name of the Staff Members	Designation	Qualification
1.	Sukte Roohi Abdul Gaffar	Clerk	M.A (History), MS-CIT
2.	Ansari Sana Mohd. Muslim	Clerk	B.A., MS-CIT
3.	Ansari Asma Shafique	Lab Attd.	M.Sc. (Chemistry) B.Ed.
4.	Fatru Bi Hamza Attar	Peon	----
5.	Rahim Bi Pathan	Peon	----

NSS REPORT 2014-2015

LIST OF THE REGULAR ACTIVITIES & SPECIAL CAMP ORGANIZED IN THE YEAR 2014-15

Enrollments:

The students of FY/SY- B.Sc/B.A/B.Com were enrolled as NSS Volunteers in August 2014. Selection of the NSS leader was conducted from the entire faculty. 150 volunteers participated in the NSS unit.

BRIEF REPORTS OF THE ACTIVITIES

Maharashtra day-1st May 2014.

On the occasion of the Maharashtra Day celebration, flag hoisting ceremony was conducted and various other cultural activities were organized.

N.S.S Orientation for the year 2014-15.

NSS unit of Aqsa women's degree college initiated with the next academic year 2014-15. The students of First year were invited for the orientation conducted by the NSS cell of the college on 12th Aug 2014. The volunteers from S.Y./ T.Y/ B.A/ B.Sc/ B.Com was allotted the work of gathering the first year students and they also shared their views and experience of NSS events.

Financial literacy programme- on 29th July.

Aqsa Women's College had arranged a financial literacy programme for the NSS volunteers of the Aqsa College. The event was conducted by the All India Society of Costumer Care. Mr.Yogesh Patil, presented the seminar on finance management, budgeting and some ways of savings that can be done at the monthly or daily basis. Students from the Al-noor junior college and school had also participated. Students were taught cost cutting from pocket money, sharing to bring down cost ,bargaining, knowledge of share market control of unnecessary spending etc.

Independence Day-15th August, 2014.

Poster making competition was organized for the students on the topic 'Save

Wild Life and Pollution free Environment' on the occasion of Independence Day.

Teacher's Day- 5th September, 2014.

On the occasion of Teacher's Day, Aqsa Women's Degree College organized a cultural Programme. Volunteers presented some cultural activities addressing the teachers and showed their love for the teacher.

Inner Wheel Club – Vaccination Camp (4th Sept-2014).

A medical Seminar was conducted by the Inner Wheel Club on the Robella virus vaccination. The seminar was conducted by Dr. S.Bhosale, Gynecologist.

Children's Day Celebration : 14th November.

The Aqsa Women's Degree College celebrated the Children's Day very enthusiastically. The NSS unit Conducted Skit competition on 'Child Labour' and the volunteers of F.Y.B.Sc participated in the competition.

Swachh Bharat Abhyaan : 22nd November.

Volunteers of Aqsa Women's Degree College conducted the Swachh Bharat Abhyaan in Bhiwandi, in the Millat nagar area, Nashik Road. Volunteers gathered in the morning in the college campus, they collected the mops, dustbin, etc, and cleaned an area of approximately 1 k.m. The area adopted was cleaned very properly by the volunteers in support with the B.N.M.C.

Rally on road safety celebration.

Aqsa Women's Degree College had organized a rally on Road safety campaign. The rally was organized for a 2km distance. Starting from the college campus volunteers walked across the Nasik road reaching vanjarpatti Naka (covering about 2km). They reached the main road with very heavy traffic, volunteers carrying the banners & slogans were noticed by every passenger.

Workshop on Candle Decoration and Quilling Paper Designing: 26th Nov

Aqsa Women's Degree College conducted the workshop on the Candle decoration, the gel decoration and Quelling paper designing as the part of Income generating course. Mrs. Shazia Hawaii gave the training of candle preparation to the volunteers.

Income Generating Course

With an eye on future, NSS unit of the AQSA College conducted an income generating course for college students and other school students. Guidance from experience professionals and volunteers gave an in-depth knowledge for courses like Mehandi, Fabric painting, Embroidery, glass painting, etc which has a good demand as business in the market. Most of the women or girl student can carry out this business at home, generating income for education and other financial requirement.

Quami Ekta Week : 19th – 24th November, 2014.

On this occasion the Aqsa Women's Degree College showed the national integrity by wearing the attire, hair style and colour showing unity and equality towards the nation. The Quami Ekta Week in Aqsa College was celebrated intending towards highlighting the traditional variation and its beauty unlimited. Volunteers represented Indian diversity, culture with equality.

Financial Independence Programme : 1st December 2014

Aqsa Women's College had arranged a financial literacy programme for the NSS volunteers of the Aqsa College. The event was conducted by the MMS students from Alamuri Ratnamala, Institute of Engineering and Technology Shahapur. Mr.Khizar Khan presented the seminar on finance management, budgeting and some ways of savings that can be done at the monthly or daily basis.

Art mela: 8th Dec-12th December, 2014.

Art Mela was a part of the Income Generating course was held in the college which organized various competitions for the students which they had learned during the training of Income Generating Course. Competitions like fabric designing, wax decorative products, greeting cards with the quelling paper, mehandi, nail art, recipe contest, etc were conducted.

Food fair (income generating training):

Aqsa Women's Degree College organized a Food Fair in the college with the aim of spreading awareness among the college students about the need of nutrient

food required by the body. The NSS unit worked with the aim of undertaking the responsibility of future generation to be healthy and fit.

Republic Day Celebration:

Volunteers gathered for the flag hosting ceremony on the special occasion of Republic Day. The flag hosting was carried by our Honorable. Principal Farid Oneza Tanveer which was then followed by cultural activities.

Women's Day Celebration(8th March):

On the occasion of Women's day, Aqsa Women's Degree College organized a cultural Programmed. Every Women needs salutation especially on this day for their sacrifice, care, dedication, love, affection, strength towards family, friends & society.

SPECIALCAMP:

Aqsa Women's Degree College organized a special camp on : DISASTER MANAGEMENT, SAVE GIRL CHILD and SELF-DEFENSE from 15th Dec 2014 to 23rd December, 2014 in the Al-Noor school and Junior College. The camp organized was the day camp with 50% of the students, the total volunteers participated were 90.

Volunteers took part in various activities like group discussion on women empowerment, measures to be taken in accidents occurring in home, school, colleges, offices etc, aptitude test, logical reasoning, debate on new ideas for safety, precautions, etc.

The workshop covered some safety measures against molestation, abuses against women. Free training for school girls and Volunteers was organized as the income generating course conducted by some of our volunteers, the training like mehandi, embroidery, fabric painting and the glass painting.

NSS INCHARGE,
SHAIKH AYESHA

List of Ranker Students 2013-14

Sr. No.	Name	Percentage	Class	Rank
1	Patni Afreen Anwar	67.83%	F.Y.B.A	I
2	Shaikh Tahera Abdul Karim	66.16%	F.Y.B.A	II
3	Khan Nishat Nehal	59.00%	F.Y.B.A	III
Sr. No.	Name	Percentage	Class	Rank
1	Behlim Sharmeen Sageer Ahmad	65.16%	F.Y.B.Com	I
2	Shaikh Rasheeda Mohammad Tahir	63.00%	F.Y.B.Com	II
3	Memon Shahana Iqbal	60.50%	F.Y.B.Com	III
Sr. No.	Name	Percentage	Class	Rank
1	Ansari Rana Niyaz Ahmad	93.80%	F.Y.B.Sc	I
2	Siddiqui Marih Arshad	89.00%	F.Y.B.Sc	II
3	Ansari Sidra Mohammad Iqbal	88.20%	F.Y.B.Sc	III
Sr. No.	Name	Percentage	Class	Rank
1	Ansari Amirunnisa Wazid Ali	80.70%	S.Y.B.Sc	I
2	Shaikh Tabassum Qais	77.50%	S.Y.B.Sc	II
3	Ansari Rabiya Irshad	76.30%	S.Y.B.Sc	III
Sr. No.	Name	Percentage	Class	Rank
1	Roohi Naj Bano Nurulen	67.83%	T.Y.B.A	I
Sr. No.	Name	Percentage	Class	Rank
1	Momin Samra Ruknuddin	84.30%	T.Y.B.Sc	I
2	Khan Shaheen Khatoon Kalimuddin	81.00%	T.Y.B.Sc	II
3	Shaikh Fatima Mohammad Ali	79.90%	T.Y.B.Sc	III

CULTURAL COMMITTEE REPORT 2014 – 15

**"A dream doesn't become reality through magic it takes sweat,
determination and hard work"**

The cultural committee of Aqsa Women's Degree College organized various competitions in the academic year 2014-15 under the supervision of cultural in charge Vinchu Shifa Jahangir.

Students of F.Y., S.Y., T.Y., Arts Science, and Commerce actively participated in all the events.

The Cultural & N.S.S. committee selected the council member for the academic year 2014-15. The list of committee members are:

- 1) Siddiqui Mariyah (S.Y.B.Sc)
- 2) Ansari Mariyam (S.Y.B.Sc)
- 3) Ansari Rana (S.Y.B.Sc)
- 4) Ansari Sidra (S.Y.B.Sc)
- 5) Shaikh Mariyam (S.Y.B.Sc)
- 6) Khan Nagma (S.Y.B.A)
- 7) Behlim Sharmeen (S.Y.B.Com)
- 8) Shaikh Rasheeda (S.Y.B.Com)
- 9) Khan Tahera (F.Y.B.Sc)
- 10) Shaikh Shagufta (F.Y.B.Sc)
- 11) Farooqui Samreen (F.Y.B.Sc)
- 12) Khan Shumaila (F.Y.B.Sc)
- 13) Khan Rahenuma (F.Y.B.Sc)
- 14) Chaudhary Raziya (F.Y.B.Sc)
- 15) Shaikh Ansha (F.Y.B.Com)
- 16) Shaikh Taimeen (F.Y.B.Com)
- 17) Ansari Fatema (F.Y.B.Com)
- 18) Ansari Neha (F.Y.B.A.)
- 19) Ansari Umme Umama (F.Y.B.A.)
- 20) Momin Falak (F.Y.B.A.)

Cultural Committee of AQSA WOMEN'S DEGREE COLLEGE Organized an "Art Fair"
In this cultural week many events were organized. Students got a platform to expose their talents.
Many students participated enthusiastically. The events and the winners are listed below.

Mahendi Competition

2014-15

Sr. No.	Name	Class	
1	Ansari Saima Siddique	T.Y.B.Com	I
2	Momin Rozmin Javed	F.Y.B.Sc	II
3	Shaikh Shagufta Abdul Sattar	F.Y.B.Sc	III

Glass Painting

Sr. No.	Name	Class	
1	Mirza Aisha Nasim	T.Y.B.Sc	I

Poster Making Competition (Conserve Water Conserve Life)

2013-14

Sr. No.	Name	Class	
1	Chaudhari Raaziya Khurshid	F.Y.B.Sc	I
2	Ansari Sidra Mohd. Iqbal	S.Y.B.Sc	II
3	Khan Tahera Mohd. Suleman	F.Y.B.A	III

Collage Competition

(My Dream)

Sr. No.	Name	Class	
1	Khan Misbah Mohd. Bashir	F.Y.B.Sc	I
2	Ansari Amina Mohd. Umar	T.Y.B.Sc	II
3	Ansari Farheen Bano Israr Ahmad	T.Y.B.Sc	III

Rangoli

Sr. No.	Name	Class	
1	Mirza Aisha Nasim	T.Y.B.Sc	I

Egg Shell Decoration

Sr. No.	Name	Class	
1	Ansari Sidra Mohd. Iqbal	S.Y.B.Sc	I
2	Ansari Shabina Hifzurrahman	T.Y.B.Sc	II
3	Khan Tahera Bano Mohd. Suleman	F.Y.B.Sc	III

Nail Art

Sr. No.	Name	Class	
1	Siddiqui Mariah Arshad	S.Y.B.Sc	I
2	Khan Sayema Khatoon Ab. Waheed	T.Y.B.Sc	II
3	Ansari Shama Iqbal Ahmad	F.y.b.com	III

Hair Styling

Sr. No.	Name	Class	
1	Ansari Sakina Siraj	T.Y.B.Sc	I
2	Khan Sayema Khatoon Ab. Wahid	T.Y.B.Sc	II
3	Khan Afsana Jahangeer F.y.b.sc Iii		

Face Painting

Sr. No.	Name	Class	
1	Mirza Aisha Nasim	T.Y.B.Sc	I
2	Khan Sayema Khatoon Ab. Wahid	T.Y.B.Sc	II
3	Ansari Izna Asrar Ahmad	T.Y.B.Sc	III

Candle Making

Sr. No.	Name	Class	
1	Ansari Tuba Afroz	S.Y.B.Sc	I
2	Ansari Sidra Mohd. Iqbal	S.Y.B.Sc	II
3	Sayyed Gulafshan Asgar	S.Y.B.Sc	III

Flower Power

2014-15

Sr. No.	Name	Class	
1	Shaikh Rafifa Ab. Aziz	S.Y.B.Sc	I
2	Ansari Mahenaz Irshad	S.Y.B.Sc	II

Receipe Contest (Salad Decoration)

Sr. No.	Name	Class	
1	Ansari Tuba Afroz	S.Y.B.Sc	I

2	Ansari Shabina Hifzurrahman	T.Y.B.Sc	II
3	Suse Madiha Abu Talha	F.Y.B.A	III

Desert

Sr. No.	Name	Class	
1	Ansari Amirunnisa Nasruddin	F.Y.B.A	I
2	Khan Nagma Mohd. Bashir	S.Y.B.A	II
3	Khan Afsana Jahangeer	F.Y.B.Sc	III

Dishes

Sr. No.	Name	Class	
1	Shaikh Sadaf Zulfiqar Ahd.	F.Y.B.Sc	I
2	Ansari Rafiya Fatima Mohd. Naeem	S.Y.B.Sc	II
3	Ansari Umme Umama Shamim	F.Y.B.A	III
4	Momin Falak Faiz Ahmad	F.Y.B.A	III

Jewellery Making

Sr. No.	Name	Class	
1	Ansari Sidra Mohd. Iqbal	S.Y.B.Sc	I
2	Ansari Tuba Farhat Mohd. Sharif	F.Y.B.Sc	II
3	Khan Rehnuma Javed	F.Y.B.Sc	III

Book Mark Competition 2014-15

Sr. No.	Name	Class	
1	Khan Tahera Bano Mohd. Suleman	F.Y.B.Sc	I
2	Momin Shagufta Nisar	S.Y.B.Sc	II
3	Khan Amirunnisa Wazid Ali	T.Y.B.Sc	III

Card Making Competition

Sr. No.	Name	Class	
1	Khan Misbah Mohd. Bashir	F.Y.B.Sc	I
2	Shaikh Sadaf Zulfiqar Ahmad	F.Y.B.Sc	II
3	Ansari Sidra Mohd. Iqbal	S.Y.B.Sc	III

Excursion Committee Report

The Aqsa Women's Degree College Excursion Committee conducted an Excursion trip for the students of Arts, Commerce and Science faculty.

Two trips are organized annually by the committee. First Excursion was to Khandala, on 18th September 2014. The cool breeze on the way was refreshing. We study various kinds of species.

On the way we study various flora & fauna. This Excursion was very fruitful for the study of Ecology & Environmental studies.

The second Excursion trip had organized at Essel World, Mumbai on 22nd Jan 2015. The students enjoyed & refresh. Our sincere thanks to Principal & Management of our college, teaching and non teaching staff for their co-operation & support for making this Excursion trip faithful & successful.

Report By
Conveyer Excursion Committee,
Vinchu Shifa Jahangir
(Dept. of Zoology)



MEAL MANAGEMENT REPORT

The College has a Meal Management Department which is a very interesting part of the B.A. Sociology Syllabus and is just loved by the students.

There are lectures conducted by Nachan Sana on Nutrition of different life cycles, Food commodities and food entrepreneurship.

The nutrition practical consists of various healthy recipes prepared by students under the supervision of the teacher. The Nutrition laboratory is spacious and has all the kitchen equipments which are used by the students.

Seminars are conducted on advertising of products, innovation of products to healthy form, packing etc.

The students of food entrepreneurship conduct nutritious food fair in the college campus, in which they prepare healthy snacks and sell it. This is also the part of their practical course.

Report By
Nachan Sana Safi
(Dept. of Meal Management)

STUDENTS ACHIEVEMENTS IN THE ACADEMIC YEAR 2014-15

Along with curricular activities the Students of Aqsa Women's Degree College participating in various co-curricular activities organized by different universities in the academic year 2014-15

Youth Festival:

The Students of Aqsa Women's Degree College participating in various events in YUVA Mohotsav organizes by S.N.D.T. University.

The Name OF Winners are Below:

NAME

Ruia College Inter Collegiate Competition 2014-15

Mahendi Competition 2014-15 (Consolation Prize)

Ansari Javeriya Bibi Ateeq Ahmad (F.Y.B.Sc)

Shaikh Shagufta Parveen Mohd Salam (F.Y.B.Sc)

Mmp Shah Intercollegiate Competition 2014-15

Mimicry Competition (I Prize)

Ansari Umme Umama Shamim Ahd (F.Y.B.A)

Elocation Competition (I Prize)

Siddiqui Maria Arshad (S.Y.B.Sc)

Sndt Women's University Grand Finale (I Prize)

Siddiqui Maria Arshad (S.Y.B.Sc)

State Level Power Point Presentation

The Students of Aqsa Women's Degree College participating in various events organized by Mumbai University SIDDIQUI MARIA ARSHAD of S.Y.B.Sc Begged 3rd Prize state level power point presentation held at G.M.MOMIN WOMEN'S COLLEGE.

Report By
Vinchu Shifa Jahangir
Department of ZOOLOGY
Incharge cultural Committee



ANNUAL SPORTS REPORT

Aqsa Women sports committee organized Annual Sports week from 23/12/2014 to 29/12/2014. It was inaugurated by our principal Mrs. Uneza Farid and under the guidance of the sports trainer of Al-Noor School Mrs. Shamim Patel.

Council members initiated the inauguration function by performing cultural activity. Different games were organized for the girls for their physical development. Games like single games were conducted like Running Race, Relay Race, Group Games like Kabaddi, Kho-Kho, Tug of war as the part of activities.

The annual sports Day competition was done through prize distribution ceremony where in the winners were awarded & encourage Momin Shagufta Bano Nisar Ahd from S.Y.B.Sc. was selected as the best sport person for the her best performance.

Report by
Moallim Shaima
Department of Sociology
Sports Incharge

Bad Company

Ansari Zumra Kafil Ahmad (F.Y.B.A.)

Raja was the only son of his parents. He was a good boy but he got into bad company. His father advised him but to no effect. At last the father hit upon an idea.

He went to the Bazaar and brought some fine apples. He said to Raja, "Put these apples in your Almirah." The next day he bought a rotten apple. Again he said to Raja, "Put this apple also among those fine apples."

After some days Raja opened the Almirah, all the apples had gone bad. A very bad smell was coming from them. Now the father said, "Look here, Raja! One rotten apple has spoiled all these good apples. You should learn a lesson from it, give up your bad company my son!" Raja took the advice of his father. He gave up bad company. He became a good boy once again. His father was very happy.

Best

Ansari Hajera Jamil (F.Y.B.A.)

Leader	Allah
Guide	Quran
Lyrics	Azaan
Loyalty	Iman
Request	Dua
Protection	Fitra
Oath	Kalma
Exercise	Namaaz
Self Control	Roza
Charity	Zakat
Tour	Haj

Mother a candle in the darkness

Ansari Hajera Jamil (F.Y.B.A)

Mother is the most pious word we other. She is a candle in the darkness someone asked who is mother? The cloud replied “she is a rainbow in which every colour can be seen” The gardener replied “she is the most beautiful flower in the garden”.

Mother bears all the difficulties and sufferings for the child. She stands as a wall in front of the entire obstade. That comes in the way of here child. There is no such thing like. Mother's love in the world. Mother's love bound when her child get success. It's rightly said, “Paradise lies under the feet of mother”. Hence to every mother in this world, a beauty salutation. We should treat every mother as our own mother and take blessing.

Bright Morning

There was a roaming in the wind all night;
The can heavily and fell in floods;
But now the sun in rising calm and bright,
The birds are singing in the distant woods;
Over his own sweet voice the stock- dove broods,
The jay makes answer as the magic chatters;
And all the air is filled with pleasant noise of waters.
All things that love the sun are out doors;
The sky rejoices in the morning's birth;
The grass is bright with raindrops on the moons
The hare is running races in her mirth;
And with her feet she form the plashy earth
Raises a mist; that, glittering the sun,
Runs with her all the way,
Wherever she doth run.

Ansari Hajera Jamil
(F.Y.B.A)

WHY IS THE SKY BLUE?

Ansari shabina Masood (S.Y.B.Sc)

The sky has no colour of its own. It is simply of air the sky get its colour due to the sunlight.

Air and the space outside the earth's atmosphere are colours sunlight consist of rainbow colour get. When sunlight passes through air these colours get scattered because of the dust particles. Among all the seven colours the blue colours is the most scattered colour. This colour is the reflected into our eyes from all parts of the sky and so it appear to be blue to us.

But during sunrise and sunset, the sunlight comes to us through the hot dusty smoky air close to the grand. The smoke and dust makes red and yellow scattered more and hence sky looks red or yellow and the sun appear orange.

ROBO QUESTIONS

- 1) Who issued silver coins with Sanskrit legend on one side?
Sher shah suri.
- 2) Who discovered that plants have life?
J.C Bose.
- 3) What is the educational qualification of Mukesh Ambani, MDRIL?
B.E (chemical) MBA.
- 4) Who were the first to use to 365 day Calender?
The Egyptian.
- 5) When was the name all India Radio (AIR) adopted in India?
1936

Khan Shumaila Aslam
(F.Y.B.Sc)

College Life

Khan Shamshira Abdul Rauf (F.Y.B.Sc)

College life is a different from school life. The school day boy has to go schools regularly and punctually. He was to take punishment for wrong doing. He is under the control of his parents at home and his teacher at school.

To go from school to college is to go from a prison to great open spaces. The college life is a liberty, Education, Fun, Freedom and knowledge. College years are the golden days of student life. Youthful healthy and active college life is the spring time of students to make the best of these years.

The students can cut his classes & lectures and can go & come as he likes. He can pass most of his time in the college canteen and the college campus. He can waste his time money and energy.

He can avoid tent and he can take the support of guides. While at college he is completely outside the control of his parents and limited control of the college authorities on the other hand he can also be regular attentive, serious and active. He can participate contest, dramatic performance, sports social service etc. liberty does not mean license to do what one likes. It means opportunity to make our future bright and good. College life is the formative stage of our lives and so a string foundation must be laid for a happy and bright future.

Fun Fool Smiles

Khan Shumaila Aslam (F.Y.B.Sc)

Teacher	How old is your father?
Sunny	As old as I am.
Teacher	How it is possible?
Sunny	He became a father only after I was born.
Doctor	Take three tea spoonsful of this after each meal.
Patient	But I've only one tea spoon.

Who Invented the Hearing Aid?

Ansari Naziya Bano Mumtaz Ahmed (F.Y.B.Sc)

The first electric hearing aid was the Acousticon, Patented by the Miller Reese Hutchinson of New York on November 15,1901 and manufactured by the newly formed Hutchinson Acoustic Company the following years. It consisted of a large housing for the batteries, about the size of a portable radio, and a telephone-type receiver to hold the ear. One of the earliest users was Queen used the Acousticon aid through the coronation ceremony in 1902 and after words presented the 26-year-old inventor with medal to make her appreciation.

The first electric hearing air designed to be worn on the person was the Amluox. Weighing 2.5 lb, which was marketed by A.Edwin Stevens of London in October 1935.

The first transistor hearing aid was manufactured by the Sonotone Corporation of Elmsford, New York and marketed on December 29, 1952.

What are Black holes in the Universe?

Ansari Tahreem Gazal Mohd Moeen (F.Y.B.Sc)

Black holes are objects in space whose gravity so great that nothing can escape from it. Not even light said to from when mass stars shrink at that end of their lives, a black hole sucks in more matter, including other stars. From the space around it. Matter that falls in to a black hole is squeezed to infinite density at the centre of the hole. Black holes can be detected because gas falling towards them becomes so hot that it emits x-rays four black holes have been identified in our galaxy.

WOMEN EDUCATION

Khan Misbah Bashir(F.Y.B.Sc)

India is the second largest country in the world so far and population is concerned but so far as education is concerned it is a backward country. In past, women did not receive an education at all. They were not allowed come out of the four walls of the houses domestic works were their only education.

Man and women are like the two sides of a coins without one, the other cannot exist. They help each other in every sphere. So education should be given to both men and women. Further, women are mother of the future generation. If women are uneducated the future generation will be uneducated for this reason the Greek warrior Napoleon Once said “Give me a few educated mothers. I shall give you a heroic race.”

Very often, the working men of some families become handicapped in unfortunate accidents. In that situation the complete burden of the family to meet this exigency women of women should be employed in different spheres. Women can work as teachers, doctors, lawyers and administrators. Educated women are good mothers.

Education of women can be helpful in eradication many social evils. Such as dowry problem, unemployment problem etc. Social peace can be easily established.

Riddle

Khan Tahera Bano Mohd Subman (F.Y.B.Sc.)

I live in water. If you cut my head I am at your door.

If you cut my tail I'm with you.

Who I am?

Ans Pearl.

Eat by Colours

Momin Falak Faiz Ahmad (F.Y.B.A)

How to crack nature's secret nutritional code

From “What colour is your Diet”?

White/Green: Garlic and onions contain allicin, a tumor fighter Mushrooms have other disease-battling chemicals. These veggies are rich in flavonoids.

eg: asparagus, celery, leeks

Red/purple: These foods contain anthocyanins powerful antioxidants that may cut your risk of heart disease and stroke by inhibiting clot formation.

eg: Blueberries, strawberries, plum.

Red: Any tomato based food even sauces or ketchup provides a hefty dose of lycopene, a cancerfighting antioxidant.

Also try: Guava, pink grape fruit, Watermelon

Green: Green food pack natural chemicals called isothiocyanates, such as sulforaphane, and indoles, all of which stimulate production of cancer-fighting liver enzymes.

eg: brocoli or broccoli sprout, cabbage, Chinese cabbage, cauliflower.

Orange/Yellow: These cousins to the orange family are rich in the beta carotene that protect cells from damage.

eg: Orange, papaya, peaches.

Yellow/Green: More protection for in the eyes. These foods contain lutein and zeaxanthin may help fight cataracts and macular degeneration.

eg: corn, green peas, lettuce, kiwi, cucumbers[with skin], zucchini[with skin].

THINGS TO REMEMBER

Anasri Fatima Shafiqullah (F.Y.B.Com)

- 1) Remember, the greatest gift is not found in a store not under a tree, but in the hearts of true Friends.
- 2) A Friend is one who knows us, but loves us anyway.
- 3) Who Finds a Faithful Friend, Find a treasure?
- 4) Your Friend is the man who knows all about you, and still likes you.

SOME GREAT EXPLOSER

Ansari Naziya Bano Mumtaz Ahmed (S.Y.B.Sc)

From time immemorial, had to struggle survival. He went from one place to another in search of fresh supplies of food materials. He migrated from troubled place to safer one. Curiosity to explore new places and the ambition of establishing his dominance over other territories also prompted him to undertake journeys and voyages. He tried to explore new trace routes. The history of exploring new lands is as old as the history of man himself.

Below are given some great explorers and their achievement:

- 1) Marco polo He travelled from Italy in Europe to china. He returned to Italy by sea. During his return voyage to he saw many wonderful and strange things unknown to the Europeans.
- 2) Vasco De Gama a Portuguese sailor travelled from Portugal to India by sea, for the first time. During his voyage he was helped by an Arab pilot.
- 3) Christopher Columbus was a great explorer. He believed that the world was round. Sohe could reach the east by sailing west. He sailed westwards from Spain with a view to reach china. But he crossed the Atlantic and reached the West Indies island of china in this way, he discovered the 'New World', that is America.
- 4) Ferdinand Magellan sailed across the Atlantic and sailing dam the west of South America entered the Pacific Ocean. But Philippines, he was killed in a battle with islanders.
- 5) Sir Francis Drake an Englishman, followed Magellan's route and was the first man to circumnavigate the earth.
- 6) Aboriginal people have been living in Australia, for thousands of years. Wille m Jansz was the first European to reach Australia.
- 7) Robert Peary was an American novel officer. He was the first man to reach the North Pole. Unfortunately, he suffered severe frost bite and lost all his toes.
- 8) Roald Amundsen was a Norwegian. He was the first man to reach the South Pole.
- 9) Yuri Gagaria was the first to leave the earth's atmosphere. He was the first man to orbit the earth in Vostok 1.
- 10) Neil Armstrong and Edwin Aldrin were the first to land on the moon. Armstrong was the first person to set foot on the moon.

Competition is a rude yet effective motivation"

Toba Beta, author of Master of Stupidity, once said, "Competition is a rude yet effective motivation". Competition brings out the best in products and services, and the worst in people.

Everyone wants to be the best and stand out in a competition. So, competitors, be it firms or individuals, try to outperform other entities to gain recognition. Competition is rude because it brings out negative qualities in people.

Friends become enemies, colleagues become competitors, and families get torn apart for materialistic gains of success. In addition, some people who are thirsty for success resort to illegal means of gaining fame. This is the negative side of competition, which is seen by many as being offensive and rude.

One of the famous sibling rivalries we have witnessed in the last decade in the Indian business environment is that of Mukesh and Anil Ambani. After the demise of their father, both the siblings fought in the business space to gain a lion's share of their family business.

Business competition led to weakening of family ties and created turmoil in many sectors of the economy the two siblings operated in.

Although competition brings out negative qualities in an individual, it also enhances growth and creativity. Without competition, organizations will not be keen on improving their products. People will become lazy and take things for granted.

Competition motivates people to work harder and reap the sweet fruits of success. In the education sector in India, competition is fierce, which is why students burn the midnight oil, go for coaching classes, and work hard to excel.

So, competition is a double-edged sword, with both positive and negative aspects. It is up to the individual to balance these two forces, to ensure that competition remains healthy.

Competition makes an individual more creative and hardworking. We should embrace healthy competition instead of creating tension amongst competitors and friends.

VINCHU SHIFA JAHANGIR
LECTURER
DEPARTMENT OF ZOOLOGY

Amazing Facts

Khan Tahera Bano Mohd Subman (F.Y.B.Sc.)

- 1) The human heart creates enough pressure when it pumps out to the body to squirt blood 30feet.
- 2) Nepal is the only country that has a non-rectangular.
- 3) Saturn is the second largest planet in the solar system but it is the least dense & can float in water.
- 4) A crocodile's tongue is attached to the roof of its mouth.
- 5) Rates & horses can't vomit.
- 6) Butterflies taste with their feet.
- 7) Camel's milk does not curdle.
- 8) The tongue is the only muscle that is attached from one end only.
- 9) A dragonfly has a life span of 24 hours.
- 10) Sailfish can leap out of the water & into the air at a speed of 50miles (81km) per hours.

Biggest Ignorance in India

Pooja Arjun Vishwakarma (F.Y.B.Com)

- 1) We had rather spend more on daughter's wedding that on her education.
- 2) We live in a where seeing a policeman makes us nervous rather than feeling safe.
- 3) In IAS exam, a person writes a brilliant 1500 words essay about 'How Dowry' is a social evil. Impresses everyone and cracks the exam, one year later same person demands a dowry of 1 crore, because we is an IAS officer.
- 4) Everyone is in a hurry, but on one reaches on him.
- 5) Most people, who fight over Gita and Quran, have probably never read any of them.
- 6) The shoes we wear are sold in air-condition showrooms, the vegetable we eat are sold on the footpath.

WHAT ARE THE BIRDS OF PREY?

Ansari shabnoor Ahmad Husain (F.Y.B.Com)

The birds that feed on other animals are called the birds of the prey. Some of the most common predators are eagles, hawks, vultures, falcons, kestrels and buzzards. Most birds of prey are strong fliers' beaks and powerful talons or claws. They kill their prey with their strong, shape claws and then pull and then tear the flesh with their narrow, hooked beaks. These birds usually swallow large chunks of food. The birds of prey ground and then pouncing upon its prey before can escape. Birds above the ground, they can detect the slightest movement of a prey and catches it in its claw. Vultures are the biggest birds of prey. They do not hunt. Rather, they food on carrion (dead animals)

The peregrine falcon while stooping on its prey can reach speeds of 350 km/hr.

MIND AND HEALTH MANAGEMENT TIPS

Qurishi Mantasha Akhtar (F.Y.B.Com)

- 1) Your thoughts effect your health.
- 2) Health is never an issue until someone gets sick.
- 3) Don't play with your Food.
- 4) Eat less, live longer.
- 5) Avoid negative people, places, things, habits.
- 6) The world you live in is created by your mind.
- 7) A disease known is half cured.
- 8) Health and wealth are state of mind.
- 9) Be happy with who you are and what you have.
- 10) Good thoughts are half of health.

IMPOSSIBLE

Ansari Bibi Mariyam Mohd.Ilyas (S.Y.B.Sc)

There are millions of example to prove this phrase it is said that them as Alva Edison failed nearly 10,000 times with his storage battery experiments before he invented the electric bull. But when a reporter asked him about his failed experiment he said “I have not failed. I have first found 10,000 ways that won't work.

If Edison had stopped after his first failure, the world would not have seen all his wonderful invention. Throughout his life he believed in self-importance. He also strongly believed in hard work. Sometimes working 20 hours a day. So the most important thing? We need is hard work, determination, dedication as well as prepare direction because D3= determination dedication and direction = Success. If we have this taxied and the perseverance. To achieve no goal is beyond reach. After all “THERE IS NOTHING IMPOSSIBLE IN LIFE” because even impossible say I'm POSSIBLE.

Japanese Island Grows With Every Volcanic Eruptions

Ansari Sidra Mohd.Iqbal (S.Y.B.Sc)

The remote Japanese island of Nishinoshima is known to have size as lava has continuously emitted from the volcano that erupted a year ago. According to data related by Japanese authorities, the island is new 8.6 times larger than when the volcano erupted on November 20000,0 2013. The new mass of land to the southeast of Nishinoshima has provisionallybeen names nijima or Shinto, both of which means 'new island' in Japanese. The island new has a mass of about 1766 million Cubic feet and its highest point is about 328ft above see level.

Let's Go Of Your Stresses!

Momin Rizma Asif

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they be asked the “half empty or half full” question. Instead with a smile on her face, she inquired: “How heavy is this glass of water?”

Answer called out ranged from 8oz to 20oz.

She replied, "Absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb & paralyzed. In each case, the weight of the glass doesn't change but the longer I hold it, the heavier it becomes”.

She continued, “The stresses & worries in life one like that glass of water. Think about them for a while & nothing happens. Think about them a bit longer & they begin to hurt. And if you think about them all day long, you will feel paralyzed-incapable of doing anything”.

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening & into the night. Remember to put the glass down!

Smart Phones for the Blind

Ansari Rana Niyaz Ahmad

Designer Sumit Dagar has invented a prototype on the braille smart phone that may give the world's 300 million visually impaired a smart phones that eaters to all that needs. This products is based on an innovation touch screen technology, which is capable of elevating & depressing the contents in receives to transform them in to touchable patterns.

The smart phones uses smart memory alloy technology that makes small pins rise out of the body of the device in patterns, which forms Braille letters that helps blind people decipher message.

Nice Lines by APJ Abdul Kalam

Ansari Tuba Farhat Mohd. Sharif (F.Y.B.Sc.)

- ❖ Don't read success stories, you will only get a message, read failure stories.
- ❖ One best book is equal to hundred good friend but one good friend is equal to a library.
- ❖ I'm not a HANDSOM guy, but can give my HAND-TO-SOME one who needs help. Beauty is in heart, not in face.
- ❖ Dream, Dream, Dream
Dream transfer in to thoughts result in action.
- '❖ Black' colour is sentimentally bad but “Every black board makes the student life bright.
- ❖ You cannot change your future. But you can change your habit. And surely your habit will change your future.
- ❖ Confidence and Hard-work is the best medicine to kill the disease called failure, it will make you a successful person.
- ❖ If you fail, never give up because F.A.I.L means “first attempt in learning”.
- ❖ End is not the end, in fact E.N.D means “Effort Never Dies”.
- ❖ If you get no as an answer, remember N.O means 'next opportunity. So let's be positive.
- ❖ MAN need difficulties LIFE because they are NECESSARY TO ENJOY the success.
- ❖ You have to dream before your dreams can come true.
- ❖ Speak 5 lines to yourself every morning
 - 1) I am the best
 - 2) I can do it
 - 3) God is always with me
 - 4) I am a winner
 - 5) Today is my day

Rocks And Sand

Momin Rizma Aasif

A philosopher professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large empty mayonnaise jar & proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full they agreed that it was.

So the professor then picked up a box of pebbles & poured them into the jar, he shook the jar tightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the student again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar, of course, the sand filled up everything else. He then asked one more if the jar was full. The students responded with a unanimous “Yes”.

“Now” said the professor, “I want you to recognize that this jar represents your life.

The rocks are the important things-your family, your partner, your health, your children think, if everything else was lost & only they remained, your life would still be full.

The pebbles are the other thing that matter-like your job, your house, your car. The sand is everything else. The small stuff.

“If you put the sand into the jar first,” he continued “there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time & energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things there are critical to your happiness. Play with your children. Take care of your family. There will always be time to go to work, clean the house, give a dinner party & fix the disposal.

Take care of the rocks first the things that really matter. Set your priorities. The rest is just sand.

PANEER PALAK

Ansari Umme Umama Shamim Ahd (F.Y.B.A)

So Highly Nutritive And Economical Too:

Ingredients:

3 bunches spinach 1 Onion 25 mm (1) piece ginger
3 green chillies ½ teaspoon turmeric powder
225 grams (8oz) paneer 2 tablespoons ghee (ghee for deep frying)
A pinch soda bi-carb Salt to taste

- 1) Chop the onion, ginger and chillies finely.
- 2) Chop the spinach finely, add ¼ teacup of water and a pinch of soda bi-carb and cook.
- 3) When cooked, blend in a liquidiser.
- 4) Cut the paneer into small pieces and deep fry in hot ghee.
- 5) Heat the ghee in a vessel and fry the onions for a little time.
- 6) Add the ginger, green chillies and turmeric powder and fry again for a little time.
- 7) Add the spinach, paneer and salt.
- 8) Serve hot.

FRESH FRUIT CUP

Mulla Munazza Salimuddin (F.Y.B.A)

A pleasing combination of fruits and squashes.

Ingredient:

1 ½ tea cups diced fresh fruit.
1 teacup lemon squash
2 teacups grapefruit juice
2 teacups orange squash
2 tablespoons powdered sugar
(approx.)

(Crushed ice)

- 1) Put the fruit in a large bowl. Add the sugar and chill.
- 2) Mix the squashes and grapefruit juice with 10 teacups of water in a large jug.
- 3) Pour over the fruit.
Serve in individual glasses with crushed ice.

YOU MUST TAKE COMMAND OF YOUR BRAIN

Ansari Namra Sarfaraz (S.Y.B.Sc)

It's believed that we only utilize 10% of our minds. We frequently speculate about what we would be able to do if only we utilize a 100% of our minds.

The powers that refer to us paranormal, Supernatural or Extraordinary are natural powers that we are all gifted with yet they have discovered a way to tap into those powers. Some gifted and powerful might include energy healing, Extrasensory perception, levitation, astral stress relief at the highest and more.

The greatest issue with the utilization of brain power is the most individuals don't fully comprehend the brain and mind. If we had a better understanding of the brain and mind more individuals might tap into the subconscious brain.

Laughter Therapy

Shaikh Maryam Irfan (S.Y.B.Sc)

Why did the music teachers need a ladder?

Ans: To reach the high notes!

What is the world's tallest building?

Ans: A library because it has the most stories!

What didn't the sun go to college?

Ans: Because it already has a million degrees!

Life

Shaikh Maryam Irfan (S.Y.B.Sc)

- 1) Life is opportunity, benefit from it.
- 2) Life is beauty, admire it.
- 3) Life is dream, realize it.
- 4) Life is challenge, meet it.
- 5) Life is duty, complete it.

Most Interesting Unknown Fact You Should Know

Shaikh Ansha Shafiqurrehman (F.Y.B.Com)

- 1) Hot water will turn into ice faster than cold water.
 - 2) The strong muscle in the body is the tongue.
 - 3) Ants never sleep!
 - 4) The most common name in the world is Mohammed.
 - 5) There are only two words in the English language that have all five vowel in order "abstention" and "facetious".
 - 6) Typewriter is the longest word that can be made using the letter only on one two of the keyboard.
 - 7) Honey is the only food that doesn't spoil.
 - 8) A snail can sleep for three years.
-

Why you should collect that 1 rupee change from the supermarket

Shaikh Ansha Shafiqurrehman (F.Y.B.Com)

Suppose 500 people visit bigbazaar daily.

No one collects change.

$500 * 1 = \text{Rs } 500$.

For 365 days, $500 * 365 = \text{Rs } 1,82,500$

This is from ONE bigbazaar market.

There are 1500 market in the country.

$\text{Rs } 1,82,500 = \text{Rs } 273,750,000$

27 crore per year.

& the worst part about this is IT'S NOT EVEN TAXABLE because the bill doesn't count the one rupee, remember?

Now you know why they always put price tags like 49/- 99/- 999/- only?

THOUGHT

Ansari Shabnoor Ahmad Husain (F.Y.B.Com)

Laughter is the brush that sweep away the cobwebs of the heart.

Education is an ornament in prosperity and a refuge in adversity.

If you don't aim at something, you will never hit anything.

Loneliness is better than bad company.

There is a polish for everything and polish for the heart is remembrance of allah.

Mother

Farooqui Nida Mansoor (F.Y.B.Com)

The first word we learn is Mummy,

Whatever she cooks is always so yammy.

She makes me study day and night.

So that I could become smart and bright.

She cooks healthy food for me every day.

So that I could grow properly day by day.

She teaches me, what is right and wrong.

So that in life I would never go wrong.

Scientists Find First Black Hole Orbiting A Spinning Star

Siddiqui Mariah Arshad (S.Y.B.Sc)

Scientist recently discovered the first binary system ever known to consist of a black hole and a spinning star. The discovery was made through observation from the liver-pool and Mercator telescope at the observation Del Roque de much aches in canary Island, Spin. Such spinning stars or B-stars are quite common across the universe. Our galaxy has close to so such stars. The B-stars rotates so fast that its surface speed exceeds million kilometres per hour.

Jokes

Ansari Shabnoor Ahmad Husain (F.Y.B.Com)

A man walks into a hotel with his dog the waiter says “you can't bring your dog in here!”

The man replies “but this is no ordinary dog.

You see, this dog can talk. I'll prove it to you.

What covers trees?

The dog replies “bark”!

He asks “What's on top of house?”

The dog answers “Roof”!

Finally the man asks “who's your favourite baseball player”?

The dog say's “Ruth!” The waiter immediately throws them both out.

The man says “what was that guy's problem?”

The dog answer “May be he's a fan of the Yankees.”

I changed my password to “incorrect” so whenever I forget what it is, the computer will say “your password is incorrect”.

I changed my car horn to sound like gun shots people get out of the way much faster now!!

If we are not meant to have mid-night snacks, why is there a light in the fridge?

If robbers ever broke into my house & search for money, I'd just laugh and search with them

Daughter: Mom, what's it like to have the greatest daughter in the world?

Mother: I don't know dear... Ask you'll have to ask grandma.

I named my dog “5 miles” so I can tell people I walk “5 miles” everyday.

Interviewer: There are 500 bricks on a plane. You drop one outside. How many are life?

Applicant: That's easy, 499

Interviewer: what are the 3 steps to put an elephant into a fridge?

Applicant: open the fridge, put the elephant in, close the fridge

Interviewer: what are the 4 steps to put a deer into the fridge?

Applicant: open the fridge, take the elephant out, put the deer in, and close the fridge

Interviewer: Its lion's birthday all there except one, why?

Applicant: Because the deer is in fridge

Interviewer: How does an old women cross a swamp field with crocodiles?

Applicant: she just crosses it because the crocodiles are at the lion's birthday

Interviewer: Last question. In the end the old lady still died, why/

Applicant: Err... I guess she drowned?

Interviewer: No! She was hit by the brick. You may leave now.

111,111,111*111,111,111=12,345,678,987,654,321

DON T DELETE this just because looks weird. Believe it or not, YOU CANREAD IT.

I codnolt blveiee taht I clood aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rschecarch at Cmabrighe Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny ipromoatnt tihng is taht the frist and lsat ltteer be in the rghit plceae. The rset can be a taotle mses & you can still raed it wouthil a porbelm. Tihs is bcuseae the huamn mind does not raed ervery lteler by istlef, but the word as a wlohe. Amzanig huh?

Sweetest leave application by a KG boy

...Dear sir

Main Nai Aunga,

Nai Aunga,

Nai Aunga,

Thanku, Bshhh Nai Aunga.

Our Teacher's of Aqsa Women's Degree College

Farooqui Samreen Naseem Ahmed (F.Y.B.Sc.)

Teacher's of Aqsa Degree College are
Smart & Bright
But you cannot
Take them for a ride

Spread light of knowledge
Is want they know,
Have for us, from their
Heart does flow

Day after day they toil
To make our future's shine
They are ready to help us
At any point of time

They just want us
In every way to be perfect
That is why they have our
Home & Respect

This is Awesome

Farooqui Samreen Naseem Ahmed (F.Y.B.Sc.)

One day we all will depart on a journey free of cost don't worry about seat Reservation, It is confirmed & flight is always on time. Our good deeds will be our Luggage. Humanity will be our passport have will be our visa, Make sure we do our best to travel to heaven in business class!

Mother

Ansari Neha Islamuddin (F.Y.B.A.)

A mother is the best friend anyone could ever ask for. When everyone else turns away, she is the one turning towards you, when you fall, she's the one that helps you up and when your heart is filled with despair, she's that one that gives you a glimpse of hope. The day a child is born, so is a mother. The woman was always there but it wasn't until the second their little baby was born that a mother was born. A mother and her child have a special bond that only they can understand. You can fool most of your friends most of the time, but you can't fool mom. She sees right through you and always knows what's wrong. Once she gives you that special hug everything seems okay and even though you never want her to let go, feeling lasts forever.

There's a point in every kid's life when sitting next to mom in public is the most embarrassing thing possible or kissing mom in front of your friends is pretty much social suicide, but that doesn't take away from how much we truly love them. From the day you first learn to ride your bike and your first day of school to your high school graduation and the day you get married, every kid says six words that they don't mean, "you can let go now mom." Even though we say it, deep down we still want them to hold on. It's all still a little bit scary and we're not ready to do it on our own.

Although sometimes it may seem like your mother hates you, and all she ever does is yell at you, recently I discovered she only does this because she loves you. Mothers love their kids as much if not more than you love them and they only want the best for you. She has been through all these things before and she wants to save you from making the same mistake. She is looking out for you because she hates to see you hurt.

One thing a lot of kids forget to do is tell their mothers how thankful they are for everything they do and how much they love them. On May 13th everyone in the

world sets aside one day to do what we should do every single day, tell our moms that we love them and that will never change. Even though sometimes we yell at our moms and say “you're the worst mom in the world” deep down we know it's quite the opposite. That's what mother's Day is for, to let your mom know that you never meant the harsh words and that you never will.

In conclusion, everyone has a best friend and everyone has the friends that they call their best friend forever, but the only girls in my life that I'm positive will be my best friend forever is my mom. She has been there from my first breath to my first broken heart and I know that no matter what, I do she will always be there full of forgiveness and will provide the shoulder I can cry on. Not only is she my best friend but I am her best friend too. She was there for my first breath and I will be there for her last and we will be together for everything in between because a mother is the best friend anyone could ever ask for.

Best Thought

Farooqui Samreen Naseem Ahmed (F.Y.B.Sc.)

Best Teacher	:	Experience
Best Student	:	Attempt
Best Book	:	Life
Best Lesson	:	Patience
Best Friend	:	Praise
Best Sport	:	Duty
Best Dress	:	Smile
Best Shelter	:	Truth
Best Manner	:	Courtesy
Best Hobby	:	Service
Best Religion	:	Humanity
Best Relation	:	Love
Best Insurance:		Good deed
Best Medicine :		Laughter



Cloud computing is a general term for anything that involves delivering hosted services over the Internet. These services are broadly divided into three categories: Infrastructure-as-a-Service (IaaS), Platform-as-a-Service (PaaS) and Software-as-a-Service (SaaS). The name cloud was inspired by the symbol that's often used to represent the Internet in flowcharts and diagrams.

Cloud computing is a general term for the delivery of hosted services over the Internet.

Cloud computing enables companies to consume compute resources as a utility -- just like electricity -- rather than having to build and maintain computing infrastructures in-house.

Cloud computing promises several attractive benefits for businesses and end users. Three of the main benefits of cloud computing include:

Self-service provisioning: End users can spin up computing resources for almost any type of workload on-demand.

Elasticity: Companies can scale up as computing needs increase and then scale down again as demands decrease.

Pay per use: Computing resources are measured at a granular level, allowing users to pay only for the resources and workloads they use.

Cloud computing services can be private, public or hybrid.

Private cloud services are delivered from a business' data center to internal users. This model offers versatility and convenience, while preserving management, control and security. Internal customers may or may not be billed for services through IT chargeback.

In the public cloud model, a third-party provider delivers the cloud service over the Internet. Public cloud services are sold on-demand, typically by the minute or the hour. Customers only pay for the CPU cycles, storage or bandwidth they consume. Leading public cloud providers include Amazon Web Services (AWS), Microsoft

Azure, IBM/SoftLayer and Google Compute Engine.

Hybrid cloud is a combination of public cloud services and on-premises private cloud – with orchestration and automation between the two. Companies can run mission-critical workloads or sensitive applications on the private cloud while using the public cloud for bursty workloads that must scale on-demand. The goal of hybrid cloud is to create a unified, automated, scalable environment which takes advantage of all that a public cloud infrastructure can provide, while still maintaining control over mission-critical data.

Although cloud computing has changed over time, it has always been divided into three broad service categories: infrastructure as a service (IaaS), platform as a service (PaaS) and software as service (SaaS).

IaaS providers such as AWS supply a virtual server instance and storage, as well as application program interfaces (APIs) that let users migrate workloads to a virtual machine (VM). Users have an allocated storage capacity and start, stop, access and configure the VM and storage as desired. IaaS providers offer small, medium, large, extra-large, and memory- or compute-optimized instances, in addition to customized instances, for various workload needs.

In the PaaS model, providers host development tools on their infrastructures. Users access those tools over the Internet using APIs, Web portals or gateway software. PaaS is used for general software development and many PaaS providers will host the software after it's developed. Common PaaS providers include Salesforce.com's Force.com, Amazon Elastic Beanstalk and Google App Engine.

SaaS is a distribution model that delivers software applications over the Internet; these are often called Web services. Microsoft Office 365 is a SaaS offering for productivity software and email services. Users can access SaaS applications and services from any location using a computer or mobile device that has Internet access.



VINCHU SHIFA JAHANGIR
LECTURER
DEPARTMENT OF ZOOLOGY.

Life shrinks or expands in proportion to one's courage

Anais Nin, an American author, once made this statement, “Life shrinks or expands in proportion to one's courage”. It is short and simple yet it is completely true.

When you are fearless, the possibilities in life seem endless and your life automatically expands; on the other hand, once you become scared of failure or rejections, you limit the number of possibilities and automatically, your life shrinks drastically.

Children are fearless, which is why they dream big. They are unaware of rejections and failures and as such, their dreams and possibilities seem endless.

As we grow up, we witness life's challenges and come to terms with our limitations, be it in our skill-set, finances, or abilities. Many people view their limitations as obstacles they cannot overcome and as such, they become risk-averse and fearful of life.

This leads to the shrinking of their dreams and goals. On the other hand, there are some people, who despite their limitations are willing to go the extra mile to make their dreams a reality.

Instead of shrinking their possibilities, they rise to the challenge and are determined to overcome any obstacle that may come their way. These are the people, whose courage allows them to reach the hardest and most challenging of goals.

So, the quality of life that we lead, which is made up of dreams and goals, is dependent on our determination, dedication and perseverance. Life is neither a bed of roses nor a bed of thorns – it has its share of successes and failures.

And it is up to us to make the most of our lives. If we choose to live our lives as cowards, we will lose the opportunity to enhance our capabilities and attain self-satisfaction.

On the other hand, if we choose to live our lives in a courageous manner, without thinking about failures, we will reap success and become confident of our abilities, and ultimately broaden our lives' horizons.

VINCHU SHIFA JAHANGIR
LECTURER
DEPARTMENT OF ZOOLOGY

"Peace begins with a smile"

Mother Teresa once said, "Peace begins with a smile. Smile five times a day at someone you really don't want to smile at; do it for peace". Is it true that love and compassion comes rushing to one person once he smiles? Not necessarily.

However, one can reduce the level of hatred he has towards the other person by smiling. Smiling is contagious. Once you smile at a person, it results in the other person smiling back at you.

So, at least at that instance, there are no moments of hatred, and momentarily, you don't have negative feelings towards the other person. This is how the journey towards peace begins.

When there is love and compassion, there is no room for hatred. Today, countries fight with each other for power and resources. However, they don't work on internal problems that are affecting the citizens of the country.

If, instead of promoting hatred for other countries, a nation provides food and shelter for its citizens and eradicates poverty, the world would be a better and a happier place to be in.

Smiling is powerful. It can change millions of lives for the better. Instead of using weapons, countries should have peaceful talks and they should show love and concern for other nations by smiling with their hearts.

A smile is not a superficial gesture that starts and ends on the face; it comes from the heart and touches the heart of the recipient. Love and peace can work wonders.

Mother Teresa and Mahatma Gandhi, two advocates of peace, have proven to the world that a smile goes a long way. And a smile has never hurt anyone. When you smile, you embrace the other person with open arms, and you are one step closer to establishing and maintaining cordial ties.

VINCHU SHIFA JAHANGIR
LECTURER
DEPARTMENT OF ZOOLOGY

"Inflation Is Result Of Government's Apathy"


Rising inflation is the big cause of concern for the country and its economic growth. The sufferers are mainly the taxpaying individuals while the government merely offers regular assurances like attempts are being made to bring the situation under control. An analytical observation makes us understand that such economic slowdown and pathetic condition is caused due to the government's apathy. The Indian government follows the easy way of borrowing rather than managing the own resources which could have helped the country to move ahead with constant progress. The bad economic planning therefore causes inflation.

The highly disturbing element which is a big cause of concern for the country is the unexpected fiscal slippage due to constant rise in inflation. It therefore has direct causal relation with the casual approach and apathy from the government's side which could take firm step to control inflation with any timely initiative. This situation is highly frustrating for the country and hinders its progress. The successive governments though have hardly taken any concrete step to manage the fiscal indiscipline. Its role in increasing inflation can't be ruled out.

Although the government often cites various reasons for such worse financial condition that inflation keeps increasing because of the lower-than-expected cash surplus at the very start of the financial year or that National Small Savings Fund (NSSF) witnessed revenue shortfall. A few arguments might prove true but some are baseless because most often the fiscal deficit calculations themselves had proved wrong hence there can't be a guarantee whether the analysis would be of any worth or not.

The crucial factors of mismanagement and vested political interests besides the preferences of the party welfare of ruling politicians rather than keeping the national interests under consideration are main prerequisites. They cause budget deficits for that no appropriate initiatives are taken to ensure financial health of the nation is prioritized upon the nonsense decisions.

The fact is undeniable that inflation has also caused due to the improper cash management and several such decisions that have been taken without keeping in view the interests of general masses. Arguments are often given by the respective governments but most of them prove wrong when economic analysts judge them. Static interest rates of different types of savings schemes which government offers besides the increased funds gathering through taxes or other sources though should rather proliferate for the stable inflation.



Constant increase in the inflation is only due to inexperienced financial planning and wrong decisions taken to support particular section of the society. The vested interests are more problematic than the economic reasons that often create brouhaha which the countrymen see in the form of an increased inflation not to be controlled so easily.

Often the borrowing programmes of the respective governments create the surprising scenes in the markets. When the market expectation varies too much then fluctuation become a common scenario. Its affect on the benchmark 10-year Government Securities has also been felt. It is one major reason that inflation rate jumped from 7.93 per cent to 8.55 per cent in the recent years. Such situations are definitely pathetic one for that strong and forceful measure had to be applied.

The factors like Prime Lending Rates (PLRs) by the Indian banks concerned and the Reserve Bank of India announcing interest rates from 3.50 per cent to 4 per cent recently was some of the newer steps for effective Monetary Policy to be applied in the coming fiscal years. Such steps are definitely genuine and make it possible for the country to sustain its economy from smaller levels. Unfortunately though some gaps widened due to ineffective economic planning and failure of the government to boost the morale hence the results are not so much appealing yet. Proper economic solution would turn Indian economy more sustainable but it still faces worst situation because of ineffective planning.

The headline inflation has been leaving panicking impact on the country but the government has literally failed to apply an effective measure. Acceleration continues that is uncontrollable due to lack of proper measure. Previous records for the weekly food inflations reaching up to 9.41 per cent and the constant increase in the fuel prices witnessed recently at 14.69 per cent inflation are all typical situations that had showed how the government failed to control worst financial situation. Ironically the government instead declared such situation unmanageable instead of applying timely initiatives.

A close analysis of the whole situation makes you understand each and everything with more clarity. You come to know of government's apathy towards the masses that brings such inflation. Steps could have been taken to make the system more transparent and focusing at the small savings schemes. The step could also be started through attractive financial decisions by the government authorities. Keeping in consideration international pressures, local needs and initiatives that could help it control inflation, the government could stop worse situation.

Slowdown of the main consumer economies of India especially Europe and the USA have resultant impact on country's escalated inflation. It too is a sort of international cause for that local measure could have been searched to avoid facing such difficult phases especially

many external pressures if the preparation could be from the local level to counter numerous such worst situations.

It is true that economic doldrums which India has been facing today is very much due to the immature decisions taken by its successive government which often failed to deal with internal and external pressures to ensure inflation is brought under control. Perhaps it is the main reason that people's trust and confidence on governments have literally slowed down with such apathies they face.

The present example can be Indian economy failing to grow at its budgeted GDP growth estimate of 9% for current fiscal for that its preparations hardly had any objective mechanism. Even to this day the food inflation continues to be nearby 9% mark that is not a good sign for the economic health of the country.

VINCHU SHIFA JAHANGIR
LECTURER
DEPARTMENT OF ZOOLOGY

Great Thoughts

Shabana Iqbal Memon (S.Y.B.Com.)

1. Once you feel avoided by someone never disturb them again.
2. Never lie to someone who trusts you & never trust someone who lies to you.
3. Be a good person but don't waste time to prove it.
4. To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.
5. A meaningful silence is always better than meaningless words.
6. When life gives you hundred reasons to cry show life that you have a thousand reasons to smile.
7. Too much ego will kill your talent one day.
8. A Quitter never wins & winner never quite.

10 Health Benefits of... Watermelon

1. Highest Alkalinizing Fruit!
2. Reduces High Blood Pressure
3. Reduce Heart Disease Risk
4. Reduce Blood Sugar Level
5. HIGH Water Content (92%)
6. Boosts Immune System
7. Strengthens Bones
8. Produces Energy
9. Cleans Kidneys
10. Fights Cancer



10 Health Benefits of... Lychees

1. Anti-Stress
2. Anti-Wrinkle
3. High in Fibre
4. Protects Heart
5. Prevents Anaemia
6. Maintains Eyesight
7. Strengthens Bones
8. Assists Weight Loss
9. Improves Brain Power
10. Stops Thyroid Problems



Improves Digestion

Reduces chances of heart attack

Prevents breast cancer

Prevents fatigue

Enhances brain health

Brings down cholesterol level

Reduces constipation

Prevents cataract

10 Health Benefits of... Strawberries

1. Regulate Blood Pressure
2. Promote Pre-Natal Health
3. Boost Immune System
4. Promote Eye Health
5. Fight Bad Cholesterol
6. Anti-Inflammatory
7. Anti-Bacterial
8. Anti-Cancer
9. Anti-Viral
10. Anti-Aging



10 Health Benefits of... Kiwi Fruit

1. Protects Cardiovascular System
2. Protects Respiratory System
3. Provides Digestive Enzymes
4. Manages Blood Pressure
5. Remove Excess Sodium
6. Supports Pregnancy
7. Boosts Immunity
8. Prevents Cancer
9. Protects Eyes
10. High in Fibre



10 Health Benefits of... Oranges

1. Full of Vitamins & Minerals
2. Protects Cardiovascular System
3. Keeps Teeth & Bones Healthy
4. Regulates Blood Pressure
5. Lowers Cholesterol
6. Protects Kidneys
7. Fights Infections
8. Protects Skin
9. Purifies Blood
10. Full of Fibre



10 Health Benefits of... Bananas

1. Get instant energy
2. Keeps you regular
3. Reduce blood pressure & the risk of heart disease
4. Scavenges harmful oxygen free radicals
5. Reduce menstrual cramps
6. Contains anti-oxidants, vitamins and minerals
7. Help grow strong bones
8. Powers the Brain
9. Help prevent illness
10. Reduce Depression



Moallim Shaima Mohsin
Lecturer
Department of Sociology

لطفی

انصاری زمرہ کفیل احمد (F.Y.B.A.)

☆ ماسٹر صاحب: سعید تم اسکول دیر سے کیوں آئے ہو؟
سعید: جناب میرا پانچ روپے کا سکہ کھو گیا تھا، میں اسے ڈھونڈ رہا تھا۔

☆ ایک مقدمے میں بحث کے دوران دو کیلوں نے لڑنا شروع کر دیا۔
پہلا وکیل: دنیا میں تم جیسا بے وقوف کوئی نہ ہوگا۔
دوسرا وکیل (جوش میں): اور تم جیسا بے وقوف اور گھٹیا انسان بھی کوئی نہ ہوگا۔
جج: آڈر، آڈر!! تمہیں معلوم نہیں کہ یہاں میں بھی موجود ہوں۔

☆ شازیہ (حیرت سے): لیلیٰ تم ابھی تک زندہ ہو؟
لیلیٰ (گھبرا کر): کیوں کیا ہوا؟
شازیہ: کل تمہاری امی میری امی سے کہہ رہی تھیں کہ بہن! قینچی دینا مجھے لیلیٰ کا گلہ کاٹنا ہے۔

☆ اسٹیج سے جب ایک لڑکا تقریر کر کے اتر تو غصہ میں اپنے دوست سے کہنے لگا: جتنے لوگ تقریر سن رہے تھے سب گدھے تھے۔
دوست: جب ہی تو تم انہیں 'میرے بھائیو' کہہ کر مخاطب کر رہے تھے۔

ہنسنا منع ہے

انصاری مبشرہ محمد قاسم (F.Y.B.A.)

☆ پولیس انسپکٹر: تم نے کمپنی کے مینجر کا ہاتھ کیوں جلایا؟

جوان: سر! صاحب سے نوکری مانگنے گیا تو وہ بولے کہ پہلے میری مٹھی گرم کرو، تو میں نے جلتا ہوا کونکہ ان کے ہاتھ پر رکھ دیا۔

☆ ایک آدمی کافی دیر سے اپنی چھینک کو روکنے کی کوشش کر رہا تھا اور یہ تماشہ ایک آدمی دیکھ رہا تھا۔ جب اس آدمی سے نہ

رہا گیا تو اس نے کہا ”بھائی صاحب! چھینک کو آنے دیجیے نا! آپ اس کو روک کیوں رہے ہیں؟“
تب اس آدمی نے بتایا ”کیونکہ میری بیوی نے کہا تھا کہ جب بھی تمہیں چھینک آئے تو سمجھنا کہ میں تمہیں یاد کر رہی ہوں اور تم فوراً میرے پاس آجانا۔“

دوسرا آدمی: تو اس میں کون سی بُری بات ہے؟

پہلا آدمی: وہ اس لیے کہ میری بیوی مر چکی ہے۔

☆ ایک بچہ گلی میں کھیل رہا تھا۔ سامنے والے مکان سے ایک کتا نکلا اور اس کے پاؤں چاٹنے لگا۔ بچہ روتا ہوا گھر آیا۔

ماں: رو کیوں رہے ہو؟ کہیں پڑوسی کے کتے نے تو نہیں کاٹ لیا؟

بچہ: ابھی تو چکھ کر گیا ہے، کاٹنے تو کل آئے گا۔

☆ اسلم (سلیم سے): بتاؤ ہاتھی اور مچھر میں کیا فرق ہے؟

سلیم: مچھر ہاتھی کو کاٹ سکتا ہے لیکن ہاتھی مچھر کو نہیں کاٹ سکتا۔

☆ ایک لڑکا دوڑتا ہوا ایک بزرگ کے پاس آیا۔

لڑکا: دادا جان! کیا آپ کے منہ میں دانت ہے؟

بزرگ: نہیں بیٹا! ایک بھی دانت نہیں ہے۔

لڑکا خوشی سے: تب تو آپ میرے یہ اخروٹ کچھ دیر کے لیے اپنے پاس رکھ سکتے ہیں۔

انمول موتی

شیخ اُم کلثوم

- ☆ وقت اور دولت دو ایسی چیزیں ہیں کہ انسان کے اختیار میں نہیں، وقت انسان کو محدود اور دولت مغرور بنا دیتی ہے۔
- ☆ ہمیشہ اس انسان کے قریب رہو جو تمہیں خوش رکھے لیکن اس انسان کے اور قریب رہو جو تمہارے بغیر خوش نہ رہ پائے۔
- ☆ حضرت محمد ﷺ نے فرمایا جب ایک جوان انسان توبہ کرتا ہے تو مغرب تک کے قبرستانوں میں سے چالیس دن تک عذاب ہٹا لیا جاتا ہے۔
- ☆ لوگوں سے کہہ دو ہماری تقدیر سے جلنا چھوڑ دیں، ہم گھر سے دو انہیں ”ماں کی دعا“ لے کر نکلتے ہیں۔
- ☆ ایمان والی عورت کا اصلی زیور سونا یا چاندی نہیں بلکہ حیا اور پردہ ہے۔
- ☆ ماں باپ میں سب سے بڑی نعمت ہیں۔ ماں نہ ہوتی تو دل کو دلا سہ دینے والا کوئی نہیں ہوتا اور اگر باپ نہ ہوں تو زندگی کے دوڑ میں اچھا مشورہ دینے والا کوئی نہیں ہوتا۔

اقوالِ زریں

انصاری نرگس نظام الدین (F.Y.B.Sc.)

- ☆ جھوٹ اور فریب کا فائدہ وقتی ہے مگر اس کا نقصان ہمیشہ اٹھانا پڑتا ہے۔
- ☆ راستوں کی ویرانی اور جلتی دھوپ سے چلنے اور ڈرنے والے منزل تک نہیں پہنچ سکتے۔
- ☆ اگر پہاڑ کو سرکانے کی خواہش ہو تو پہلے ذروں کو سرکانا سیکھو۔
- ☆ وہ خوشی دیر تک قائم نہیں رہتی جو دوسروں کو دکھ دے کر حاصل کی گئی ہو۔
- ☆ رشتوں کی خوبصورتی ایک دوسرے کی بات برداشت کرنے میں ہے، اگر بے عیب انسان تلاش کرو گے تو اکیلے رہ جاؤ گے۔
- ☆ آدمی اپنے اچھے اخلاق کی وجہ سے ان لوگوں کا مرتبہ پالیتے ہے جو راتوں کو عبادت کرتے ہیں اور دن کو روزہ رکھتے ہیں۔
- ☆ کائنات میں کوئی اتنی شدت سے کسی کا انتظار نہیں کرتا جتنا اللہ اپنے بندے کی توبہ کا کرتا ہے۔
- ☆ وقت سب کو ملتا ہے زندگی بدلنے کے لیے لیکن زندگی دوبارہ نہیں ملتی وقت بدلنے کے لیے۔

مسکرا سئیں؄ صحت مندر ہیں

خان شمیر اعدرا اللطیف

ہنسنا مسکرا نا زندہ دلی کی علامت ہے۔ ہمارے یہاں اگر خواتین کوش مزاج ہوں یا ہسنے والی ہوں تو انہیں فوراً یہ کہہ کر ٹوک دیا جاتا ہے کہ زیادہ مت ہنسو ورنہ رونا پڑے گا۔ جبکہ حالیہ تحقیق کے مطابق زندگی کے روشن پہلو دیکھنے والی اور خوش مزاج خواتین کا دل مضبوط ہوتا ہے۔ ان خواتین میں دل کے حملوں یا موت کے خطرات سنجیدہ رہنے والی خواتین کی نسبت کم ہوتے ہیں۔

محققین نے ایک مطالعاتی جائزے کی روشنی میں بتایا ہے کہ خوش رہنا اور روشن پہلوؤں کو دیکھنا۔ یقیناً صحت کے لئے مفید ہوتا ہے۔ بہت سے مطالعاتی جائزوں سے یہ بات واضح ہو چکی ہے کہ منفی انداز فکر صحت کے لئے نقصان دہ ہے۔ مثبت انداز فکر کے صحت پر اثرات کے بارے میں اب تک کیے گئے سب سے بڑے مطالعاتی جائزے میں ماہرین نے طویل عرصے پر محیط ریسرچ کے لئے 97 ہزار خواتین کی صحت اور ان کے انداز فکر کے درمیان تعلق کا مطالعہ کیا تو انہیں پتہ چلا کہ جو خواتین چیزوں کے روشن پہلو دیکھنے کی عادی تھیں ان میں دل کی بیماری میں مبتلا ہونے کا خطرہ منفی انداز فکر رکھنے والی خواتین کی نسبت 9 فیصد کم تھا۔ ماہرین نے آٹھ سال بعد ان تمام خواتین کی صحت اور شرح زندگی کا جائزہ لیا تو معلوم ہوا کہ مثبت سوچ رکھنے والی خواتین میں کسی بھی وجہ سے مرنے کا خطرہ ان خواتین سے 13 فیصد کم تھا جو چیزوں کے صرف تاریک اور منفی پہلو دیکھنے کی عادی تھیں۔

اس تحقیق کے نتائج کی روشنی میں یہ بھی واضح ہوا ہے کہ خوش رہنے والی خواتین میں مایوسی اور تمباکو نوشی جیسی عادت میں مبتلا ہونے کا امکان بھی کم تھا۔ وہ جوان تھیں، ان کی تعلیمی قابلیت آمدنی کی سطح بھی زیادہ تھی اور اس کے ساتھ ساتھ یہ خواتین زیادہ مذہبی بھی تھیں۔ اس بات کے واضح ثبوت بھی ملتے ہیں کہ ہماری صحت پر ہمارے رویے اور جذبات کس طرح اثر انداز ہو سکتے ہیں۔ مزید یہ کہ صحت کو بہتر بنانے کے رویوں کو کس طرح تبدیل کیا جاسکتا ہے۔ اسی لئے تو کہا جاتا ہے کہ ”زندگی زندہ دلی کا نام ہے۔“

دو بھائی

مومن سیما منیر احمد (F.Y.B.A.)

(سائیکلوں کی مرمت کرنے والے دو بھائی کی سچی داستان ان کی سوچ کی اونچی اڑان نے دنیا کو بدل کر رکھ دیا۔) وہ دو بھائی تھے اور دونوں سائیکل کی مرمت کا کام کرتے تھے۔ اس کام کے لیے انہوں نے ایک چھوٹی سی دکان بنائی ہوئی تھی۔ فرصت ہوتی تو دونوں کا بیشتر وقت اڑتے پرندوں کی دیکھتے گزرتا۔ کبھی کبھار اس پر غور و فکر اور تبادلہ خیال کا عمل آگے بڑھا تو انہوں نے اس کے لیے تجربات کرنے شروع کر دیے اور ایک دن ”اڑان“ کا اعلان کر دیا۔ سردی کی صبح میدان میں لوگ بڑی تعداد میں جمع تھے۔ ہر ایک کو اشتیاق تھا کہ دونوں بھائیوں کو اس دعوے کو کہ وہ پرندوں کی طرح فضا میں اڑیں، اپنی آنکھوں سے دیکھ سکیں۔ بلاشبہ یہ انسانی زندگی کا ایک یادگار دن تھا جو جدید انسانی تاریخ کا ایک اہم موڑ ثابت ہوا۔ لکڑی اور کینوس کی مدد سے تیار کردہ دنیا کے اس پہلے ہوائی جہاز کے ذریعے فضا کا پہلا تجربہ محض ”بارہ سیکنڈ“ کی مختصر پرواز تھی۔ اس مختصر پرواز کے دوران ایک بھائی نے چالیس گز کا فاصلہ طے کیا اور یہ پرواز اتنی آہستہ تھی کہ اس کا بھائی اس کے ساتھ ساتھ دوڑ رہا تھا۔ اسی روز بعد ایک اور تجرباتی اڑان میں دوسرے بھائی نے 89 سیکنڈ میں 284 گز (852 منٹ) کا فاصلہ طے کیا۔ میدان میں موجود ہر شخص نے یہ محسوس کیا کہ ان انسانی زندگی پہلے جیسی نہ رہے گی اور واقعی ایسا ہی ہوا۔ انسانی تاریخ کی پہلی پرواز کا تجربہ کرنے والے ان دونوں بھائیوں کی زندگی میں ہی ہوا بازی اس قدر ترقی کی کہ جیٹ انجن تیار ہو گیا اور فوجی ہوا بازی اور تجارتی پروازوں کا سلسلہ شروع ہو گیا۔ اس کے بعد دیکھتے ہی دیکھتے چھوٹے جہاز سے فضاؤں میں اڑان کا یہ سفر اس طرح آگے بڑھا کہ آج یہ جہاز دنیا بھر کی فضاؤں میں ہر مردوں کی طرح اڑ رہے ہیں۔

خوشی کا موسم

سال کے چار موسم کی طرح خوشیوں کا بھی موسم ہوتا ہے جو کسی پہر آتا جاتا رہتا ہے، کسی پر ٹھہر جاتا ہے اور کسی پر آتا ہی نہیں۔ آپ نے ایسے خوش نصیب چہرے دیکھے ہوں گے جن پر ہمیشہ کیلئے خوشیاں ٹھہر گئی ہوں اور غم ان تک نہیں پہنچتے کیونکہ ان کی خوشیاں غموں کے دروازے بند کر دیتی ہیں۔ اگر آپ کو خوشیاں ملیں تو ان کا خیال رکھیں، کیونکہ یہ کبھی کبھی ناراض ہو کر دبے پاؤں چلی بھی جاتی ہیں۔ کبھی ایسے خوش نصیب سے آپ کی ملاقات ہو تو اسے بہت پیارا اور عزت دیجئے کیونکہ ایسے لوگوں کی خوشیوں کے پیچھے والدین کی دعائیں ہوتی ہیں۔

کوئی مانگے تو سہی

خان مصباح بشیر (F.Y.B.Sc)

رات کے پچھلے پہر؟

سب جہانوں کا خدا دے رہا تھا صدا
کوئی پکارے مجھے دوڑ کر اس کی سنوں
کوئی مانگے تو سہی جھولیاں بھر بھر کے دوں
کوئی توبہ تو کرے معاف میں جھٹ سے کروں
اور ہم نیند میں اس صدا سے بے خبر۔۔۔۔۔ اس خدا سے بے خبر جنتوں کی چاہ میں خواب دیکھتے رہے۔۔۔۔۔

”سرکار دو جہاں رسول اکرمؐ نے فرمایا“
اگر تمہیں پیہ چل جائے کہ کھڑے ہو کر پانی پینے کا کتنا عذاب ہے۔ تو تم اپنے حلق میں ہاتھ ڈال کر اس پانی کو باہر نکال دو۔
اور اگر تم اس وقت دیکھ لو کہ تمہارے ساتھ کتنی خوفناک شکل والا شیطان منہ لگا کر پانی پیتا ہے تو تم پانی پینا چھوڑ دو۔
اس فتنے کے دور میں ایک سنت کو زندہ کرنا سوشہیدوں کے برابر اجر ہے۔

”حدیث نبوی صلی اللہ علیہ وسلم“
جس گھر کے دروازے رشتے داروں کے لیے بند، اور جس گھر میں رات دیر تک جاگنے اور صبح دیر سے اٹھنے کا رواج ہو جائے
تو وہاں کی تنگی اور برکتی کوئی نہیں روک سکتا۔ (صحیح مسلم)

”رسول صلی اللہ علیہ وسلم نے فرمایا“
جس نے جماعت سے پڑھی، گویا اس نے آدھی رات تک قیام کیا، اور جس نے عشاء اور فجر دونوں جماعت سے پڑھیں، اس
نے گویا پوری رات قیام کیا۔ (سنن ابی داؤد)

اے دخترِ اسلام

مومن فارحہ محمد صابر (کمسٹری لیکچر، اقصیٰ ویمنس ڈگری کالج)

ماحول کی تاریک فضا کو جو ضیاء دے
اے دخترِ اسلام چراغ ایسا جلا دے
ہر سمت جہالت میں گھری ہیں تیری بہنیں
اٹھ ان کو منہ علم سے سرشار بنا دے
آغوش میں ہے تیری نئی نسلوں کا دبستان
زرّوں کو اٹھا خاک سے خورشید بنا دے
تہذیب فرنگی نے بٹھائے جو دلوں میں
باطل ہیں وہ سب نقش! وہ سب نقش مٹا دے
ہیں فلمی اداکاروں کے پیروں تلے تیرے بچے
پھر طارق وہ موسیٰ کا سبق ان کو پڑھا دے
آنکھوں میں حیا، دل میں وفا، روح میں نیکی
گر یہ نہ ہو تجھ میں تو ہیں بے کار لبادے
تھی تجھ سے کبھی محفل طانوت میں ہل چل
لرزاں تھے کبھی تجھ سے سوار اور پیارے
اب ہے وہ شجاعت، نہ حمت، نہ وہ عقّت
کیا بات ہوئی، کیوں وہ بدل ڈالے ہیں جاوے
کر تازہ پھر اب عہد گزشتہ کے فسانے
کردار سے ان جیسے زمانے کو جگا دے

یہ بات یاد رکھنی چاہیے کہ مضبوط اور صحت مند ہڈیوں کے لیے کیلشیم سے بھرپور غذا اگر بچپن اور نوجوانی میں استعمال کی جائے تو ہڈیوں میں اسکے ذخائر رہتے ہیں اور بوسیدگی سے بچاتے ہیں۔

اوسطاً مردوں کو روزانہ 800 ملی گرام کیلشیم کی ضرورت ہوتی ہے جبکہ عورتوں کو 1000-1200 ملی گرام کیلشیم درکار ہوتا ہے۔ اگر دودھ سے تیار شدہ اشیاء کا استعمال کیا جائے تو اس ضرورت کو با آسانی پورا کیا جاسکتا ہے۔ 65 سال کی عمر کے بعد مردوں اور عورتوں کو 1500 ملی گرام کیلشیم لینا ضروری ہے۔

کیلشیم کی غذائی مقدار

200 گرام دودھ۔۔۔۔۔ 600 ملی گرام کیلشیم	200 گرام دہی۔۔۔۔۔ 500 ملی گرام کیلشیم
1 سنترہ۔۔۔۔۔ 50 ملی گرام کیلشیم	3 خشک کو بانی۔۔۔۔۔ 80 ملی گرام کیلشیم
1 انڈا۔۔۔۔۔ 21 ملی گرام کیلشیم	100 گرام پالک۔۔۔۔۔ 50 ملی گرام کیلشیم
	1 براؤن سلاٹس بریڈ۔۔۔۔۔ 16 ملی گرام کیلشیم

اگر آپ یہ محسوس کریں کہ اپنی غذا سے آپ کو کیلشیم کی مطلوبہ مقدار نہیں مل رہی ہے تو ماہر ڈاکٹر سے اس سلسلے میں مشورہ کریں۔

بجلی سے پرواز کرنے والا دنیا کا پہلا ہوائی جہاز

انصاری یا سمین نجب الہدی (F.Y.B.Sc.)

بجلی سے اڑنے والا دنیا کا پہلا ہوائی جہاز تیار کر لیا گیا ہے جسے دنیا کا خاموش ترین ہوائی جہاز بھی قرار دیا جا رہا ہے۔ پیرس کے مشہور ایئر شو میں پہلی بار نمائش کے لیے پیش کیا جانے والے امی فین نامی طیارے 0.2 میں 12 افراد بیٹھ سکتے ہیں اور یہ ایک مرتبہ چارج ہونے پر 136 میل فی گھنٹہ کی رفتار سے ایک گھنٹہ تک پرواز کر سکتا ہے۔ جس میں کاربن ڈائی آکسائیڈ کا اخراج نہیں ہوتا جب کہ اسے دنیا کا پہلا برقی جہاز قرار دیا جاسکتا ہے جس کی ڈیزائمنگ اور تیاری پر ۲ کروڑ ڈالر کی سرمایہ کاری کی گئی ہے۔ جہاز کا نصف ٹن ہے۔ جس میں تھینم آئن پالیمر بیٹریز نصب برقی موٹریں 60 کلو واٹ کی قوت پیدا کرتی ہے۔

بڑھاپے میں ہڈیوں کی کمزوری

مومن فارحہ محمد صابر (کمیسٹری پروفیسر۔ اقصیٰ ویمنس ڈگری کالج)

ہڈیوں کی بوسیدگی (Osteoporosis) ایک ایسی بیماری ہے۔ جس میں بڑی عمر میں ہڈیوں کے معدنی اجزاء اس قدر کم ہو جاتے ہیں کہ یہ کمزور ہو کر ٹوٹنے لگتی ہے۔ اس بیماری کے آغاز میں نہ تو درد ہوتا ہے نہ کسی قسم کی علامت ظاہر ہوتی ہے۔ لیکن اکثر آگے چل کر پیٹھ میں درد ہونے لگتا ہے۔ تاہم زیادہ تر لوگوں کو اس تکلیف کا پتہ اس وقت چلتا ہے جب اچانک کولہے یا کلانی کی ہڈی ٹوٹ جاتی ہے۔

ہماری ہڈیاں جان دار ریشے ہیں جن میں مسلسل تبدیلی رونما ہوتی رہتی ہیں۔ جب انسان کا قد و قامت بڑھنا بند ہو جاتے ہیں تب بھی ہڈیوں کی نشوونما ہوتی رہتی ہے۔ ہڈیوں کی بتدریج شکست و ریخت عمر کا تقاضا اور ایک قدرتی عمل ہے۔ جسکی وجہ سے اسکے بھراؤ میں کمی ہو جاتی ہے اور یہ کمزور ہو جاتی ہے۔

گوکہ عمر کے ساتھ ساتھ سب ہی کے لیے Osteoporosis کے امکانات بڑھ جاتے ہیں لیکن عورتوں کے لیے یہ خطرہ زیادہ ہوتا ہے خصوصاً سن یاس (مینوپاؤ) کے بعد یہ خطرہ اور بڑھ جاتا ہے۔ سن یاس کے وقت بیضہ دانی ایسٹروجن ہارمون بننا بند کر دیتی ہے جو عورتوں کے جسم کا خاص ہارمون ہے اور یہ عمل نئی ہڈیوں کی تشکیل پر اثر انداز ہوتا ہے۔

۱۔ یہ مرض سفید فارم اور ایشائی لوگوں کو زیادہ ہوتا ہے۔

۲۔ یہ مرض عورتوں کو زیادہ ہوتا ہے۔

۳۔ یہ مرض دبے اور پتلی ہڈیوں والے لوگوں کو زیادہ ہوتا ہے۔

۴۔ یہ مرض ان عورتوں کو زیادہ ہوتا ہے جن کا سن یاس قدرتی طور پر نسبتاً جلد بند ہو جاتا ہے یا کسی وجہ سے انکی بیضہ دانی (Overy) نکال دی جاتی ہے۔

۵۔ جن کی غذا میں کیلشیم کی مقدار کم رہی ہو اس مرض کے شکار ہو جاتے ہیں۔

۶۔ جن کو گردے کی تکلیف ہو یا وہ کورٹی کوسیز اینڈ قسم کی کوئی دوا استعمال کر رہے ہوں۔

پابندی سے ورزش کی جائے تو نہ صرف ہڈیوں کے نقصان سے بچا جاسکتا ہے بلکہ ان کو مضبوط بھی بنایا جاسکتا ہے۔ ہر وہ ورزش جو ہڈیوں کو موڑنے، مروڑنے، دبانے، پھیلانے کے عمل پر مشتمل ہو ہڈیوں کو مضبوط بناتی ہے مثلاً سیٹھیاں چڑھنے سے۔

یا برتن میں کچے چاول بھر کر اس میں اسمارٹ فون کو ۲ سے ۳ دن تک کے لیے دبا دیجیے اس طرح چاول اسمارٹ فون کے اندر اور باہر سے نمی کو جذب کر لیں گے۔ اس کے علاوہ دواؤں اور جوتے کے ڈبوں میں موجود سیلیکا بیگز دستیاب ہوں تو ان میں موبائل فون کو رکھ دیجیے کیونکہ سیلیکا نمی جذب کرنے کے لیے ہی استعمال ہوتے ہیں۔

فون آن کیجیے:

تو جناب سب سے اہم مرحلہ آن پہنچا ہے یعنی فون آن کر کے اپنا نصیب آزمائیں۔ ماہرین کے مطابق اس کا بہت زیادہ امکان ہے کہ اس محنت کے بعد آپ کا اسمارٹ فون دوبارہ آن ہو جائے گا۔ اگر فون درست انداز میں آن ہو کر چل جاتا ہے تو یہ خوشی نصیبی ہوگی ورنہ کسی کاریگر کو دکھانے میں کوئی حرج نہیں تاہم اس طریقہ کار سے آپ بڑے نقصان سے بچ سکتے ہیں۔

انمول باتیں

- ☆ جانوروں میں خواہش پائی جاتی ہے لیکن عقل نہیں ہوتی، فرشتوں میں عقل ہوتی ہے لیکن خواہش نہیں پائی جاتی، انسان میں دونوں چیزیں موجود ہوتی ہے اس میں عقل بھی ہے اور خواہش بھی۔ اگر انسان خواہش سے عقل کو دبا لیتا ہے تو جانوروں کی صف شامل ہو جاتا ہے اور اگر عقل سے خواہش کو دبا لیتا ہے تو اس کا شمار فرشتوں کی صف میں کیا جاتا ہے۔
- ☆ جب آپ عروج پر ہوتے ہیں تو آپ کے دوستوں کو پتہ چلتا ہے کہ آپ کون ہیں اور جب آپ زوال پر ہوتے ہیں تو آپ کو پتہ چلتا ہے کہ دوست کون ہے۔
- ☆ وقت اور ماحول کسی گدھے کو اچھا گدھا تو بنا سکتے ہیں لیکن اسے گھوڑا نہیں بنا سکتے۔
- ☆ جس طرح بڑا جہاز گہرے پانی میں چلتا ہے اسی طرح بڑا دماغ مشکل حالات میں چلتا ہے۔
- ☆ شور دلیل کی موت ہے جبکہ دلیل گفتگو کی دلہن ہے۔
- ☆ زندگی اس طرح بسر کرو کہ دیکھنے والے تمہارے درد پر افسوس کرنے کی بجائے تمہارے صبر پر رشک کرے۔
- ☆ اچھی بات قطرہ ہے جبکہ اچھا عمل سمندر ہے۔ ☆ بادل کی طرح رہو جو پھولوں پر ہی نہیں کانٹوں پر بھی برستا ہے۔
- ☆ زیادہ گفتگو سوچ و فکر کو مردہ کر دیتی ہیں۔ ☆ جہالت ساری مصیبتوں کی جڑ ہے۔
- ☆ بے حسی آدمی موت ہے۔

اسمارٹ فون

انصاری یاسمین نجب الہدیٰ (F.Y.B.Sc.)

پانی میں گرنے کے بعد اسمارٹ فون کو بچانے کے حفاظتی طریقے :

پانی ہماری زندگی ہے لیکن یہ ہمارے روزمرہ استعمال کے برقی اور موصلاتی آلات کا اتنا ہی بڑا دشمن بھی ہے۔ اگر اسمارٹ فون پانی میں گر جائے تو پھر اس کے دوبارہ استعمال کے امکانات انتہائی کم ہوتے ہیں۔ لیکن اگر فوری طور پر احتیاطی تدابیر کر لی جائیں تو آپ اپنے اسمارٹ فون کو مکمل طور پر خراب ہونے سے بچا سکتے ہیں۔

فون کو پانی سے فوراً باہر نکال لیں:

اسمارٹ فون جتنی دیر پانی میں رہے گا اتنا ہی اس کے خراب ہوجانے کا خدشہ بڑھ جاتا ہے۔ اسی لیے پانی میں گرنے کے بعد فون کو فوراً پانی سے باہر نکال لیں۔

بیٹری نکال دیں:

فون پانی سے نکالتے ہی بیٹری نکال کر اسے فوری طور پر بند کر دیجیے۔ فون آن ہونے کی صورت میں سرکٹ شارٹ ہو جائے گا جس کے نتیجے میں اندر کے تمام پرزے خراب ہو سکتے ہیں۔ اسی لیے فون کو جتنا جلد ممکن ہو بند کر دیجیے۔

فون خشک کیجیے:

فون کو بند کرنے کے فوراً بعد بیٹری اور ایس ڈی کارڈ وغیرہ کو نکال دیجیے۔ اب نرم خشک کپڑے سے بیٹری لگانے کی اندرونی جگہ (بیٹری کنیکٹ) پورٹس کے سوراخ اور ہر حصے کو اچھی طرح خشک کیجئے اس کے لیے بال خشک کرنے والا ڈرائیئر استعمال نہ کیجئے کیونکہ اس کی حرارت سے فون کے نازک پرزے گرمی سے خراب ہو سکتے ہیں۔

اسمارٹ فون چاولوں میں دبا دیجیے:

فون کو باہر سے خشک کرنے کے بعد اندر سے خشک اور نمی کو دور کرنا ضروری ہے اس کے لیے ایک بڑے پیالے

علم..... معرفتِ الہی

خان رہنما جاوید (F.Y.B.Sc.)

- ایک مرتبہ دس آدمیوں کے ایک گروہ نے حضرت علیؓ سے ایک ہی سوال کیا مگر جواب جدا گانہ چاہا۔ آپ نے سوال ”علم بہتر ہے یا مال“ کے جوابات کچھ اس طرح فرمائیں۔
- ☆ علم..... اس لیے بہتر ہے کہ مال دیر تک رکھنے سے فرسودہ ہو جاتا ہے مگر علم کو کچھ نقصان نہیں پہنچتا۔
 - ☆ علم..... اس لیے بہتر ہے کہ اس سے دل کو روشنی ملتی ہے اور مال سے دل تیرہ و تار ہو جاتا ہے۔
 - ☆ علم..... اس لیے بہتر ہے کہ کثرتِ مال سے فرعون نے دعویٰ خدائی کیا مگر کثرتِ علم سے رسولؐ نے ماعبدناک حق عبادتک کیا۔
 - ☆ علم..... اس لیے بہتر ہے کہ مال کو ہر وقت چوری کا خطرہ ہے مگر علم کو نہیں۔
 - ☆ علم..... اس لیے بہتر ہے کہ صاحبِ مال کبھی بخیل بھی کہلاتا ہے مگر صاحبِ علم کریم کہلاتا ہے۔
 - ☆ علم..... اس لیے بہتر ہے کہ مال و زر سے بے شمار دشمن پیدا ہوتے ہیں مگر علم سے ہر دل عزیزی ہی حاصل ہوتی ہے۔
 - ☆ علم..... اس لیے بہتر ہے کہ یومِ قیامت کو مال کا حساب ہوگا مگر علم کا کوئی حساب نہ ہوگا۔

دوستی

انصاری مبشرہ محمد قاسم (F.Y.B.A.)

- ☆ دوستوں کو جمع کر و غم کو تقسیم کرو۔
- ☆ خوشیوں کو ضرب دو اور زندگی کا لطف لو۔
- ☆ دوستی بارش نہیں کہ برسے اور تھم جائے۔
- ☆ دوستی سورج نہیں کہ چمکے اور ڈوب جائے۔
- ☆ دوستی پھول نہیں کہ کھلے اور مرجھا جائے۔
- ☆ دوستی نام ہے سانس کا جو چلے زندگی اور رُکے تو موت بن جائے۔
- ☆ دوست کو اس نظر سے مت دیکھو کہ وہ کتنا امیر ہے۔
- ☆ وفادار دوست اکثر غریب ہوتا ہے۔