



Aqsa Educational Society's

**AQSA**

**WOMEN'S DEGREE COLLEGE**

*Affiliated to the SNDT Women's University, Mumbai.*

**VOLUME - I**

**ANNUAL MAGAZINE  
2013-14**

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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 2013-14

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 2013-14.

As we reflect upon the past year, I am very proud of the achievements made by our college community. Thanks to the dedication, hard work and leadership 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. 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. 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.

I am also pleased to spotlight stories 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.

Our college won the 2<sup>nd</sup> prize at the Yuva Mahotsav Youths festival organized by S.N.D.T University in Photography in which Khan Saima made us proud.

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

Our student Ansari Saheba bagged the 1<sup>st</sup> prize for 'Best out of Waste' at the NIRJAR festival organized by B.N Ruia College, Mumbai.

Various competitions were held by the sports committee from 16<sup>th</sup> Dec to 21<sup>st</sup> Dec.

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, recepie contest such activities were carried.

As our college is very active with N.S.S a seven day camp was organized from 23<sup>rd</sup> Dec to 31<sup>st</sup> Dec on the theme 'Save the Girl Child' where various resource persons were called to carry activities.

Special Health Check up camp was conducted to create awareness about T.B and First Aid.

Apart from this academic year 2013-14 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

Sr. No.	Name of the Staff Members	Designation	Qualification
1.	Farid Oneza Tanveer	Principal	M.A. (Sociology) SET, M.A. (Eng. Lit.) PhD. (Pursuing) B.Ed. DCM.
2.	Vinchu Shifa Jahangir	Lecturer	M.Sc. (Zoology), B.Ed, MS-CIT
3.	Shaikh Ayesha Ejaz	Lecturer	M.Sc. (Zoology), B.Ed
4.	Momin Fareha Md. Sabir	Lecturer	M.Sc. (Chemistry), B.Ed, MS-CIT
5.	Moallim Shaima Mohsin	Lecturer	M.A (Sociology), B.Ed, MS-CIT
6.	Kuwari Mahasib Anees	Lecturer	M.A (English Litreture), MS-CIT
7.	Ansari Rashida Bano Maqbool	Lecturer	M.Sc. (Chemistry)
8.	Ansari Sabreen Mohd. Yusuf	Lecturer	M.Com, B.Ed
9.	Shaikh Naziya Ishtiyaque Ahd.	Lecturer	M.Sc, (Botany), B.Ed
10.	Madoo Shagufta Ab. Sattar	Lecturer	M.Com, B.Ed
11.	Don Sana Irfan	Lecturer	B.Sc. (Home Science), M.A. (Eng.), Diploma in Food & Nutrition, M.Sc. (Dietics & Food & Nutrition Appeared IGNOU)

## 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.	B.Sc
4.	Fatru Bi Hamza Attar	Peon	----
5.	Rahim Bi Pathan	Peon	----

# NSS REPORT 2013-2014

## LIST OF THE REGULAR ACTIVITIES & SPECIAL CAMP ORGANIZED IN THE YEAR 2013-14

\* **The Enrollments:** The students of FY/SY.BSc/B..A/B.Com were enrolled as NSS Volunteers in August 2013. Selection of the NSS leader was done from all the faculty. Ms.Momin Qunut (SYBSC), Ms. Khan Saima (SYBSc) were selected as NSS Leaders of the NSS unit.

\* **Brief Reports of the Activities :**

\* **Maharashtra day-1<sup>st</sup> May 2013**

\* **Financial literacy programme- on 26<sup>th</sup> July,2013**

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 markets, controls of unnecessary spendings, etc

\* **Environment Day- 27<sup>th</sup> August**

Volunteers organized an Exhibition of the herbal products like safi, miswak, aloe cream, colgate, etc and the medicinal plants like neem, tulsi, aloe vera, etc showing the benefits and the important uses of the natural products.

\* **Independence Day-15<sup>th</sup> August 2013.**

Poster making competition was conducted for the volunteers on the theme of "India today".

\* **Teacher's Day- 5<sup>th</sup> sept**

On the occasion of Teacher's Day, Aqsa Women's Degree College organized a cultural Programme. Volunteers presented speech on the "teacher- a role model".

\* **World Aids Day - 1<sup>st</sup> Dec.**

On the occasion of World Aids Day, Aqsa Women's Degree College organized a

survey and a seminar in the Al-Noor school for the students of secondary section. Volunteers conducted survey on the students to check the awareness about the disease and then they explain them the causes and prevention of the disease.

\* **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 Mehendi, 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.

\* **Self Defence and Disaster Management Camp.**

As lots of incidents against women, natural disaster like flood, disease breakout etc. happening, AQSA NSS unit conducted a Self Defence and Disaster Management Camp on 8<sup>th</sup> February 2014 at Aqsa Degree College. Self Defence was demonstrated by Ms. Rinku Sharma from Police Defence Academy, a well known training expert in Karate.

\* **Gandhi Jayanthi - On 2<sup>nd</sup> Oct.**

we celebrated Mahatma Gandhi Jayanti with great honour to leader who got us independence with sheer dedication, patriotism and non-violence from British.

\* Aqsa Degree College has conducted postermaking competition on World AIDS Day. Theme of postermaking was in concern with the Aids awareness .

\* Aqsa Degree College has organized a Rally on Women Empowerment on 20 September 2013. The rally has been organized for about a 2km distance. Starting from the college campus volunteers walked across the Nasik road reaching Vanjarpatti Naka (covering about 2km).

\* **Republic Day Celebration:** Volunteers gathered for the flag hosting ceremony. The flag was hosted by the Hon. Principal Farid Oneza Tanveer and was followed by cultural activities.

\* **University level activity:** SNTD university N.S.S cell has conducted leadership camp in the G.E.I.S college, Dombivli. Three of the students of Aqsa Degree College attended the camp & participated in the activity very



enthusiastically. The camp was held on 7<sup>th</sup> - 9<sup>th</sup> Jan 2014 from 10.00am to 5.00pm.

\* N.S.S volunteers participated in the Essay competition conducted by the Swamy Vivekanand Academy in regional language.

\* **Tree Plantation Project:**

Aqsa women's degree college has planted trees in the college campus. Volunteers participated in the plantation. Different types of plants & seeds were planted in college vicinity.

\* **Women's Day Celebration(8<sup>th</sup> March):**

On the occasion of Women's day, Aqsa Women's Degree College organized a cultural Programmed.

\* **Special Camp (23<sup>rd</sup> to 31<sup>st</sup> Dec 2013):**

Aqsa Women's Degree College organized a special camp on: DISASTER MANAGEMENT, SAVE GIRL CHILD and SELF-DEFENSE from 23<sup>rd</sup> Dec 2013 to 31<sup>st</sup> Dec 2013 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 65. 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 and precautions etc.

The workshop covered some safety measures against molestation, abuses against women. Free training for school girls and Volunteers was organised 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

# A report on a subject of Meal Management

We offer a subject of meal management which has various papers on food nutrition. We have a spacious and well equipped laboratory where various practicals of nutrition are performed.

The students prepare various nutritional diets in lab which includes high and low calorie diets, soft diets for elders, traditional foods, nutritional salads etc.

Photos of Nutrition Lab. & various photos of different recipies prepared by students



The T.Y.B.A. students conducted a food fair in college as a part of their practical work, where they prepared and sold mouth watering snacks in college campus.

**Photos of food fair :**



A visit was conducted in the neighbouring food canteen in Al-noor to college where students conducted survey and questionnaire as a part of their project work on food entrepreneurship.

Report by  
Nachan Sana Safi  
Lecturer – Dept. of Meal Management.

# ANNUAL SPORT REPORT

Aqsa Women Development Cell organized Annual Sports Week from 18/12/2013 to 21/12/2013 December 2013. It was inaugurated by our Principal Mrs. Onoza Farid and under the guidance of the sports trainer of Al-Noor School Mrs. Shamim Patel.

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 & encouraged. Ansari Al-Saba Ashique Ali from T.Y.B.A. was selected as the Best Sport Person for her best performance.

Report by  
Moallim Shaima  
Department of Sociology  
Sports Incharge

# **REPORT OF THE EXCURSION COMMITTEE**

The AQSA WOMEN'S DEGREE COLLEGE Excursion Committee conducted an Excursion trips for the students of Arts, Commerce and Science faculty.

Two trips are organized annually by the committee. First Excursion was to TIKKUJI NI WADI, Thane on 14<sup>th</sup> September 2014. There we enjoyed the Water Park and Amusement Park.

We also had a study tour which included vegetation with proper classified plants and students could very clearly identify the different plants.

On the contrary the animal study was also done. The fish aquarium of the park had many different types of fishes which students could easily identify.

This Excursion was very fruitful for the study of ecology and the environmental study.

The Second Excursion trip had organized at Essel World, Mumbai on Jan 2014. The students enjoyed and refresh.

Our sincere thanks to principal and management of our college, teaching, non teaching staff for their co-operation & support for making this excursion trip faithful & successful.

Conveyer  
Vinchu Shifa Jahangir  
Department of Zoology

# CULTURAL COMMITTEE REPORT 2013 – 14

*“If you can't do great things, do small things in a great way.”  
- Napoleon Hill*

The cultural committee of Aqsa Womens Degree College organized various competitions in the academic year 2013 – 14 Under the supervision of cultural head Vinchu Shifa Jahangir.

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

The cultural committee selected the council members for the academic year 2013-14. The list of committee members are:

- |                            |   |            |
|----------------------------|---|------------|
| 1) Momin Qunut Mohd. Sajid | - | S.Y.B.SC.  |
| 2) Khan Sayema             | - | S.Y.B.SC.  |
| 3) Khan Amirunnisa         | - | S.Y.B.SC.  |
| 4) Momin Esha              | - | S.Y.B.SC.  |
| 5) Khan Nishat             | - | S.Y.B.SC.  |
| 6) Ansari Sakina           | - | S.Y.B.SC.  |
| 7) Ansari Nausheen         | - | S.Y.B.SC.  |
| 8) Ansari Afreen           | - | S.Y.B.SC.  |
| 9) Ansari Neha             | - | S.Y.B.SC.  |
| 10) Ansari Ayesha          | - | S.Y.B.COM. |
| 11) Ansari Bibi Maryam     | - | F.Y.B.SC.  |
| 12) Farooqui Saima         | - | F.Y.B.SC.  |

### **The brief report of events:**

Students and staff of Aqsa Womens Degree College celebrate Independence Day with flag hoisting ceremony after that Poster Making Competition was organized on the topic 'India After Independence'. Students enthusiastically participated. 14 students had participated out of which 4 were selected as winners.

### **POSTER MAKING COMPETITION :**

Sr.No.	Name	Class	
1	Momin Kunut Mohd Sajid	S.Y.B.SC.	I
2	Farooqui Saima Niyaz	F.Y.B.SC.	II
3	Khan Nagma Mohd Bashir	F.Y.B.A.	III
4	Khatiri Farzana Mohd Umar	S.Y.B.COM.	Consolation

Students of Science faculty had organized an exhibition on medicinal plant and herbal products. Students enthusiastically participated. The list of winners are listed below.

#### **MEDICINAL PLANT**

Sr.No.	Name	Class	
1	Siddiqui Narih Arshad (Almond)	F.Y.B.SC.	I
2	Ansari Bibi Mariyam Mohd Ilyas (Amla)	F.Y.B.SC.	II
3	Shaikh Saima Rizwan (Ginger)	T.Y.B.SC.	III
4	Momin Samra Ruknuddin	T.Y.B.SC.	III

#### **HERBAL PRODUCTS**

Sr.No.	Name	Class	
1	Ansari Rana Niyaz Ahmad	F.Y.B.SC.	I
2	Fakih Aqsa Imtiyaz	F.Y.B.SC.	II
3	Ansari Saheba Bano Kaleem Ahmad	F.Y.B.SC.	III
4	Momin Kunut Mohd Sajid	S.Y.B.SC.	Consolation

Cultural Committee of Aqsa Women's Degree College organized an 'Art Fair' from 10/12/2013 to 14/12/2013.

In this cultural week many events were organized. Students got a platform to exposed their talents. The events and the winners are listed below.

#### **POSTER MAKING**

Sr.No.	Name	Class	
1	Ansari Sidra Mohd. Iqbal	F.Y.B.SC.	I
2	Siddiqui Maria Arshad	F.Y.B.SC.	II
3	Ansari Shayreen Bano Abdul Rashid	F.Y.B.SC.	III

#### **NAILART**

Sr.No.	Name	Class	
1	Farooqui Saima Niyaz	F.Y.B.SC.	I
2	Khan Sayema Khatoon Ab. Waheed	S.Y.B.SC.	II
3	Ansari Saima Bano Mohammad Siddiqui	S.Y.B.COM.	III

#### **BOOK MARK COMPETITION 2013 – 14**

Sr.No.	Name	Class	
1	Ansari Huma Kausar Wakil Ahmad	T.Y.B.SC.	I

2	Khan Farhin Md. Rais	T.Y.B.SC.	II
3	Ansari Sidra Mohd. Iqbal	F.Y.B.SC.	III
4	Momin Samra Ruknuddin	T.Y.B.SC.	Consolation

#### **POSTER MAKING COMPETITION (SAVE GIRL CHILD)**

Sr.No.	Name	Class	
1	Ansari Amina Khatoon Md. Umar	S.Y.B.SC.	I
2	Ansari Izna Asrar Ahmad	S.Y.B.SC.	II
3	Ansari Farheen Bano Israr Ahmad	S.Y.B.SC.	III

#### **DESERT (SWEET) RECEIPE CONTEST**

Sr.No.	Name	Class	
1	Ansari Shahnaz Irshad Ahmad	S.Y.B.A.	I
2	Ansari Rafiya Fatima Mohd. Naim	F.Y.B.SC.	II
3	Ansari Mohsina Bano Raisul Azam	S.Y.B.A.	III

#### **SALAD DECORATION**

Sr.No.	Name	Class	
1	Shaikh Saima Rizwan	T.Y.B.SC.	I
2	Ansari Mohsina Bano Raisul Azam	S.Y.B.A.	II
3	Ansari Shabeena Bano Hifzur-Rahman	S.Y.B.SC.	III

#### **COLLAGE COMPETITION FROM OLD MAGAZINE**

Sr.No.	Name	Class	
1	Ansari Izna Asrar Ahmad	S.Y.B.SC.	I
2	Mirza Aisha Naseem	S.Y.B.SC.	II
3	Momin Samra Ruknuddin	T.Y.B.SC.	III

#### **RECEIPE CONTEST**

Sr.No.	Name	Class	
1	Patel Naziya Munazzim	S.Y.B.A.	I
2	Ansari Heena Kaleem	T.Y.B.SC.	II
3	Shaikh Arfiya bano Mohd. Aslam	S.Y.B.A.	III

### MEHNDI COMPETITION 2013 – 14

Sr.No.	Name	Class
1	Shaikh Saima Rizwan	T.Y.B.SC. I
2	Ansari Saima Bano Mohammad Siddique	S.Y.B.COM. II
3	Ansar Aayesha Haji Mugisuddin	S.Y.B.COM. III

### GLASS PAINTING

Sr.No.	Name	Class
1	Ansari Saima Bano Mohammad Siddique	S.Y.B.COM. I
2	Khatri Farzana Mohd. Umar	S.Y.B.COM. II
3	Shaikh Saima Rizwan	T.Y.B.SC. III

### EGG SHELL DECORATION

Sr.No.	Name	Class
1	Ansari Aayesha Haji Mugisuddin	S.Y.B.COM. I
2	Farooqui Saima Niyaz	F.Y.B.SC. II
3	Ansari Sidra Mohd. Iqbal	F.Y.B.SC. III
4	Siddiqui Maria Arshad	F.Y.B.SC. Consolation

### FLOWER DECORATION

Sr.No.	Name	Class
1	Ansari Bibi Mariyam Mohd Ilyas	F.Y.B.SC. I
2	Ansari Aayesha Haji Mugisuddin	S.Y.B.COM. II
3	Momin Shabana Shabbir Ahmad	F.Y.B.SC. III

### RANGOLI COMPETITION

Sr.No.	Name	Class
1	Ansari Izna Asrar Ahmad	S.Y.B.SC. I
2	Ansari Tuba Afroz Akhtar	F.Y.B.SC. II
3	Vishwakarma Pooja Nandlal Reshma	F.Y.B.COM. III

Report by –  
Vinchu Shifa Jahangir  
Department of Zoology  
Cultural Committee Incharge



## STUDENT'S ACHIEVEMENTS IN THE ACADEMIC YEAR 2013 – 14

Along with curricular activities the students of Aqsa Women's Degree College participated in various co-curricular activities organized by different universities in the academic year 2013 – 14.

### YOUTH FESTIVAL:

The students of Aqsa College enthusiastically participated in various events in Yuva Mahotsav organized by SNTD University from to in the academic year 2013 – 14.

### PHOTOGRAPHY:

Ø Khan Sayema S.Y.B.SC.

### GROUPSINGING:

§ Momin Shabana F.Y.B.SC.  
§ Behren Sharmin F.Y.B.COM.  
§ Shaikh Rashida F.Y.B.SC.  
§ Ansari Bibi Ayesha F.Y.B.SC.

### YOUTH FESTIVAL:

An Inter Collegiate Festival organized by S.N.D.T. University Churchgate: Students participated in all the events.

### RANGOLI:

\* Ansari Izna S.Y.B.SC.  
\* Ansari Amina S.Y.B.SC.

### SKIT:

\* Shabina and group

### COLLAGE:

\* Ansari Izna S.Y.B.SC.

### DEBATE ON SOCIAL NETWORKING SITE:

\* Siddique Maria F.Y.B.SC.  
\* Ansari Shaista F.Y.B.SC.

Khan Syema Khatoon bag second prize in Photography in Youth Festival organized by S.N.D.T. University.

Report by –  
Vinchu Shifa Jahangir  
Department of Zoology  
Cultural Committee Incharge

# Steps to Improve Our Country

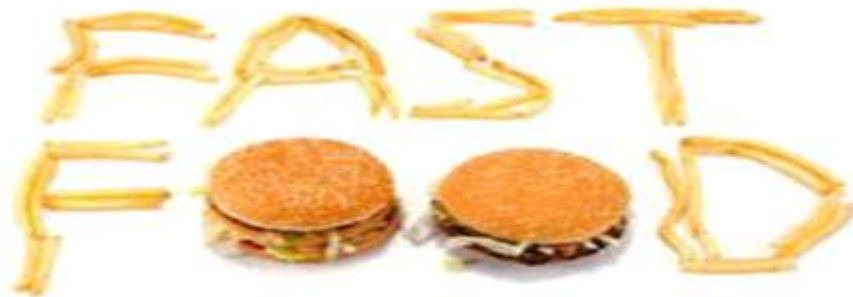
As we step into the new decade, we asked a spectrum of entrepreneurs, bankers, VCs and marketing consultants on how they think India can improve its entrepreneurship quotient. Here is a blue print for developing the country's entrepreneurial ecosystem and pave way for a brave new world Dream, adventure, determination. This sums up the secret trait of a successful entrepreneur. Is there a system which will help nurture this in our young? When we talk of building an entrepreneurial ecosystem, we do not think about this aspect. We talk of building better access to funds and mentors for instance or writing better policies for equal opportunity. But we do not build necessary social infrastructure for people to be adventurous, fail yet not go down. We forget Emerson's words, "If you can make a bundle of all your successes and throw it behind your back and move on to start anew then you are a man."

Why is it that people who have walked through adversity has a better chance of success? The following should be done to make INDIA to get DEVELOPED rather than DEVELOPING...

1. Every nation should have a vision statement which can stir imagination in all strategies of the nation.
2. India has the opportunity to become a leading economic nation in the next two decades, provided the people to have self-determination and self-reliance as well as ability to realize in a collective manner.
3. The strength of nation can be achieved by integrating technologies from the multi-institutions.
4. The integrated technology includes talented manpower and techno-based infrastructure.
5. India's foreign policy should be strengthened.
6. We should focus on making constructive changes with the help of other world powers to bring about lasting changes in the society.
7. For this, our relationship with other countries should be strengthened.

8. India should emerge as a strong economic and a strong military country.
9. India lives in its rural parts.
10. So to bring about a complete change, these areas must be developed.
11. We should first provide the basic needs and should concentrate on the spread of telecommunication to the remotest parts of our country.
12. Backing infrastructure should be provided.
13. Advancement in the agricultural methods is equally important.
14. We should introduce new machine and techniques besides educating them completely about their work.
15. Improved quality of seeds, controlling measures storing and sowing techniques, all will be covered.
16. Corruption will be fought against completely.
17. We should give adequate power to the legislature and executive and see to it that they are being implemented in an honest and loyal manner.
18. Quick trials and execution will be into practice whenever necessary.
19. Machinery at the state offices must be made more accountable.
20. Development in medical facilities must be improved.
21. Technology must be introduced.

Shifa J. Vinchu  
Lecturer  
Department of zoology



Fast food nutrition should make up a minimal part of a healthy diet. Fast foods and junk foods are high in fat, sodium and sugar, which can lead to obesity and a range of attendant health problems, including diabetes, heart disease and arthritis. Here are the facts about how excessive junk food consumption affects your body.

**Junk Food Affects Your Energy Levels** Junk food doesn't contain the nutrients your body needs to stay healthy. As a result, you may feel chronically fatigued and lack the energy you need to complete daily tasks. The high levels of sugar in junk food puts your metabolism under stress; when you eat refined sugar, your pancreas secretes high amounts of insulin to prevent a dangerous spike in blood sugar levels.

Because fast food and junk food don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling grumpy, fatigued and craving sugar.

**Junk Food Contributes to Poor Performance and Obesity :**

Junk food contains large amounts of fat, and as fat accumulates in your body, you'll gain weight and could become obese. The more weight you gain, the more you'll be at risk for serious chronic illnesses such as diabetes, heart disease and arthritis. You could even have a heart attack.

The high levels of fat and sodium in junk food can cause high blood pressure or hypertension. Excessive dietary sodium can also have a negative effect on renal function, even leading to kidney disease.

In the short term, high levels of dietary fat lead to poor cognitive performance. You'll feel tired and have trouble concentrating because your body might not be getting enough oxygen.

### **Junk Food Can Damage Your Liver and Your Heart :**

The high levels of fat and sodium in junk food and fast food can contribute to heart disease by raising blood cholesterol levels and contributing to arterial plaque build up. The high levels of trans fatty acids found in many junk foods and fast foods can lead to fatty liver deposits, which, over time, can cause liver dysfunction and disease.

### **Junk Food Can Lead to Diabetes :**

Over time, the high levels of sugar and simple carbohydrates in junk food can lead to type 2 diabetes. This occurs because eating too much sugar puts your metabolism under stress; when you eat a lot of refined white sugar and simple carbohydrates, your body has to pump up insulin production to prevent a dangerous spike in blood sugar levels.

Because junk food doesn't contain the protein or complex carbohydrates that your body needs to maintain consistent blood sugar levels, your blood sugar levels will drop suddenly soon after eating. You'll crave sugar and likely end up eating more junk food.

Over time, this stress damages your body's ability to use the insulin secreted by your pancreas. A healthy diet can help maintain your body's insulin sensitivity.

Even in the short term, eating too much junk food can make you feel really uncomfortable. It can lead to mood swings and constipation, and lower your energy levels so that you lack interest in the exercise you need to burn off those extra calories.



Shifa j. Vinchu  
Lecturer  
Department of zoology

# Exam Fear

*My exams were near,  
And I was full of fear.  
I studied till late night,  
For my answers to be right.  
My tensions grew bigger,  
And my face became  
smaller.  
I played the whole year  
long,  
Or just kept singing a song.  
But when the exams come,  
My nerves become numb.  
I was frightened like ever,  
Because I knew I wasn't  
clever.  
I couldn't sleep a wink,  
Just think, think and think.  
If I wouldn't pass,  
I would be in the same  
class.*

*The next day was creepy,  
And I was sleepy.  
On the exam table,  
I tried to be stable.  
But I was very shocked,  
To see the clock.  
For I was sleeping all  
through,  
That silly exam.*

Shifa J. Vinchu  
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Department of zoology

## ***Social networks and education***

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A **social networking service** is a platform to build social networks or social relations among people who, share interests, activities, backgrounds or real-life connections. A social network service consists of a representation of each user (often a profile), his social links, and a variety of additional services. Social networking is web-based services that allow individuals to create a public profile, to create a list of users with whom to share connection, and view and cross the connections within the system. Most social network services are web-based and provide means for users to interact over the Internet, such as e-mail and instant messaging. Social network sites are varied and they incorporate new information and communication tools such as, mobile connectivity, photo/video/sharing and blogging. Online community services are sometimes considered as a social network service, though in a broader sense, social network service usually means an individual-centered service whereas online community services are group-centered. Social networking sites allow users to share ideas, pictures, posts, activities, events, interests with people in their network.

The main types of social networking services are those that contain category places (such as former school year or classmates), means to connect with friends (usually with self-description pages), and a recommendation system linked to trust. Popular methods now combine many of these, with American-based services such as Facebook, Google+, YouTube, LinkedIn, Instagram, Pinterest, Tumblr and Twitter widely used worldwide; Nexopia in Canada; Badoo, Bebo, V Kontakte (Russia), Delphi (also called Delphi Forums), Draugiem.lv (mostly in Latvia), Hi5 (Europe), Hyves (mostly in The Netherlands), iWiW (mostly in Hungary), Nasza-Klasa, Soup (mostly in Poland), Glocals in Switzerland, Skyrock, The Sphere, StudiVZ (mostly in Germany), Tagged, Tuenti (mostly in Spain), and XING in parts of Europe; Hi5 and Orkut in South America and Central America; Mxit in Africa; and Cyworld, Mixi, Orkut, renren, weibo and Wretch in Asia and the Pacific Islands.

### **Social networks and education**

The European Southern Observatory uses social networks to engage people in astronomical observations.

The advent of social networking platforms may also be impacting the way(s) in which learners engage with technology in general. For a number of years, Prensky's (2001) dichotomy between Digital Natives and Digital Immigrants has been considered a relatively accurate representation of the ease with which people of a certain age range—in particular those born before and after 1980—use technology. Prensky's theory has been

largely disproved, however, and not least on account of the burgeoning popularity of social networking sites and other metaphors such as White and Le Cornu's "Visitors" and "Residents" (2011) are greater currency.

The use of online social networks by school libraries is also increasingly prevalent and they are being used to communicate with potential library users, as well as extending the services provided by individual school libraries.

Social networks and their educational uses are of interest to many researchers. According to Livingstone and Brake (2010), "Social networking sites, like much else on the Internet, represent a moving target for researchers and policy makers." Recent trends indicate that 47% of American adults use a social network. A national survey in 2009 found that 73% of online teenagers use SNS, which is an increase from 55% three years earlier. (Lenhart, Purcell, Smith, & Zickuhr, 2010) Recent studies have shown that social network services provide opportunities within professional education, curriculum education, and learning. However, there are constraints in this area. Researches, especially in Africa, have disclosed that the use of social networks among students have been known to negatively affect their academic life. This is buttressed by the fact that their use constitutes distractions, as well as that the students tend to invest a good deal of time in the use of such technologies.

#### ***Professional uses within education***

Professional use of social networking services refers to the employment of a network site to connect with other professionals within a given field of interest. SNSs like LinkedIn, a social networking website geared towards companies and industry professionals looking to make new business contacts or keep in touch with previous co-workers, affiliates, and clients. Other network sites are now being used in this manner, Twitter has become [a] mainstay for professional development as well as promotion and online SNSs support both the maintenance of existing social ties and the formation of new connections. Much of the early research on online communities assume that individuals using these systems would be connecting with others outside their preexisting social group or location, liberating them to form communities around shared interests, as opposed to shared geography. Other researchers have suggested that the professional use of network sites produce "social capital." For individuals, social capital allows a person to draw on resources from other members of the networks to which he or she belongs. These resources can take the form of useful information, personal relationships, or the capacity to organize groups. As well, networks within these services also can be established or built by joining special interest groups that others have made, or creating one and asking others to join.

MOALLIM SHAIMA  
DEPT OF SOCIOLOGY



# *Biotechnology*

**Biotechnology** is the use of living systems and organisms to develop or make useful products, or "any technological application that uses biological systems, living organisms or derivatives thereof, to make or modify products or processes for specific use" (UN Convention on Biological Diversity, Art. 2). Depending on the tools and applications, it often overlaps with the (related) fields of bioengineering and biomedical engineering.



For thousands of years, humankind has used biotechnology in agriculture, food production, and medicine. The term itself is largely believed to have been coined in 1919 by Hungarian engineer Károly Ereky. In the late 20th and early 21st century, biotechnology has expanded to include new and diverse sciences such as genomics, recombinant gene technologies, applied immunology, and development of pharmaceutical therapies and diagnostic tests.

Biotechnology has applications in four major industrial areas, including health care (medical), crop production and agriculture, non food (industrial) uses of crops and other products (e.g. biodegradable plastics, vegetable oil, biofuels), and environmental uses.

For example, one application of biotechnology is the directed use of organisms for the manufacture of organic products (examples include beer and milk products). Another example is using naturally present bacteria by the mining industry in bioleaching. Biotechnology is also used to recycle, treat waste, cleanup sites contaminated by industrial activities (bioremediation), and also to produce biological weapons.

A series of derived terms have been coined to identify several branches of

biotechnology; for example:

Bioinformatics is an interdisciplinary field which addresses biological problems using computational techniques, and makes the rapid organization as well as analysis of biological data possible. The field may also be referred to as *computational biology*, and can be defined as, "conceptualizing biology in terms of molecules and then applying informatics techniques to understand and organize the information associated with these molecules, on a large scale. Bioinformatics plays a key role in various areas, such as functional genomics, structural genomics, and proteomics, and forms a key component in the biotechnology and pharmaceutical sector.

Blue biotechnology is a term that has been used to describe the marine and aquatic applications of biotechnology, but its use is relatively rare.

Green biotechnology is biotechnology applied to agricultural processes. An example would be the selection and domestication of plants via micropropagation. Another example is the designing of transgenic plants to grow under specific environments in the presence (or absence) of chemicals. One hope is that green biotechnology might produce more environmentally friendly solutions than traditional industrial agriculture. An example of this is the engineering of a plant to express a pesticide, thereby ending the need of external application of pesticides. An example of this would be Bt corn. Whether or not green biotechnology products such as this are ultimately more environmentally friendly is a topic of considerable debate.

Red biotechnology is applied to medical processes. Some examples are the designing of organisms to produce antibiotics, and the engineering of genetic cures through genetic manipulation.

**White biotechnology**, also known as industrial biotechnology, is biotechnology applied to industrial processes. An example is the designing of an organism to produce a useful chemical. Another example is the using of enzymes as industrial catalysts to either produce valuable chemicals or destroy hazardous/polluting chemicals. White biotechnology tends to consume less in resources than traditional processes used to produce industrial goods.<sup>1</sup>

The investment and economic output of all of these types of applied biotechnologies is termed as "bioeconomy".

Nachan Sana Safi

Dept of Meal Management

# WHO WAS THE FIRST CARTOONIST?

Today, practically all newspapers and magazines print some sort of cartoons in their pages. Some make us laugh; some make us think about the events of the day. The father of the modern cartoon was English artist William Hogarth (1697 – 1764). There were others before him who made fun of silly customs and behavior. But Hogarth really started the art of cartooning. He was interested in human nature, in the character and attitudes of people. His drawings made fun of universal situation a problems such as drunkenness, spoiled youngsters, crimes of all sorts, and even crooked elections.



The work of Hogarth was continued by another Englishman Thomas Rowlandson. His cartoons were printed in large quantities and sent all over England. He exaggerated human features to make people look ridiculous which is known as caricature. Early in the 19<sup>th</sup> century, European journals, which were similar to many modern magazines, began to print cartoons that expressed opinions on events of the day and this was the beginning of political cartoons which appear in our daily newspapers today. One of the greatest political cartoonists was the “Frenchman Honore Daumier” (1808 – 1879). He made bitter attacks one people in power and corruption in government. In fact, he was sent to jail for six months because of a cartoon he draw that made fun of the King. Today, almost everybody recognizes the popular humorous cartoons that appear in many of our papers.

ANSARI NEHA MD. AYYUB  
S.Y.B.SC.

## OLD IS GOLD

An old lady was a frequent visitor to her son-in-law's house. He disliked the old lady as she used to interfere in his personal matter.

One day, when he returned home in the evening his wife ran to him, jumping with joy. "We are lucky, dear, she asserted. The heavy cuckoo clock fixed to the wall fell onto the sofa today." "But what is so lucky about it?" He interfered. She continued, "My mother was seated on the sofa right from the morning, the clock fell down just a few seconds after she got up and moved to the bed room. God saved her." The son-in-law lamented. "That clock is always slow!"

An old grand father had shivering hands. He happened to break many plates and glasses. His daughter-in-law could not tolerated this. She bought a tumbler and a plate made of aluminium for his daily use. With constant use, the vessels lost their charm and looked shabby. One day, the lady went for shopping, with her husband and their child. Seeing cheap vessels in the shop, the child asked his parents to buy some of them. "What are they for?" they asked him. The child innocently replied, "To give you food in these vessels when you grow old like my grandfather." The couple realized the gravity of their action and its impact on the next generation.

Two spies came to a country disguised as old beggars. Two brothers felt pity on them and helped them, not knowing that they were spies sent by their enemy country. Later the enemy invaded the country and killed many people. But they were kind to the two brothers who had helped their spies earlier. The king told the brothers, "In recognition of your service, I will grant you a favour. You may leave the city caning the most precious objects along with you." One brother carried their aged father and the other their bed-ridden mother on their shoulders and moved out of the war-torn city to a safer place.

Dear childe, it is your duty to obey your parents, for this is the right thing to do. Respect your father and mother, it is our duty to give gratitude, love, respect, service and support to our elderly relatives. We must take care of them and provide for them especially in their old age, illness and need.

KHAN NAGMA MOHAMMAD BASHIR  
F.Y.B.A.

# THE IMPORTANCE OF ENGLISH

Thousands of languages are used in the entire world to communicate with each other, for the purpose of writing and reading.



Each nation is symbolized with a specific language – for example, Chinese in china, Russian

in Russia, Hindi in India and English in England. Hindi is known as our national language. Among all the languages English is a till date.

Though English is the mother tongue of the British, it showed its influence all over the world. English language is the window to the world. If we know this language we can understand this world better. Today so many countries are using English as a second language.

The place where English spread earlier have now become developed nations. Today in the international market English is the main language. As today's world is networked via computer, English plays a dominant role in it. Today there is widespread competition in each and every field of life. To be successful in a competition a person must know English. In India different language are used such as Marathi in Maharashtra, Gujarati in Gujrat, Hindi in Uttar Pradesh, Kannada in Karanataka, Telgu in Andhra etc. Hindi is our national language. But English is considered as a powerful language in India. Not only in India but all over the world English has made a strong footage. English communication good impression at the first sight. For the bright future of every person he must know English very well.

Last but not the least, I can say that in this 21<sup>st</sup> century a man without the knowledge of English is like a human without a heart.”

SHAIKH RESHMA FAIYAZ  
T.Y.B.A.

# A SHORT STORY ON THERE ARE 1000 WAYS IF YOU HAVE WISH

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The distance between a problem and its solution often depends on our ability to try.

When John Roebling, chief engineer of the Brooklyn Bridge, wanted to build the bridge, experts world wide asked him to forget the idea because they considered it impossible. But both Roebling and his son Washington, just wouldn't give up!

The project started well. But in a series of tragic accidents, Roebling passed away and Washington was incapacitated. Washington was not able to walk, talk or even moves. All he could do was to move one finger.

Gradually, using his one finger, he developed a code of communication with his wife. He touched his wife's arm with that finger, indicating his intention to call the engineers again. He used the same method of tapping her arm to tell engineers again. He used the same method of tapping her arm to tell the engineers what to do. For thirteen years, he tapped out his instructions with his fingers directing operations at the site until the bridge was finally completed.

Washington's inabilities did not deter him from following his dreams. The reason the bridge stands today is because in the face of adversity he did not give up trying.

His life teaches us that when we are going through a problem, or are not able to realize our dreams or achieve what we want, we don't always have to do anything extra ordinary .....  
we have to try harder !

ANSARI AL-SABA ASHIQUE ALI  
T.Y.B.A.

# THIS IS MUMBAI

A city where everything is possible,  
especially the impossible,  
Where a telephone bill makes a person ill,  
Where people can not sleep without pills,  
Where carbondioxide is more than oxygen,  
Where the roads are treated like dustbins,  
Where the college canteen are full and  
classes are empty,  
Where a cycle reaches faster than a car,  
Where every one thinks he is a star,  
Where sky scrapers over look the slums,  
Where houses collapse as monsoon comes,  
Where people first act and then think,  
Where there is more water inpense than ink,  
Where road are like see saws in the  
monsoon –  
And the beggars get home soon,  
Where roads are leveled when minister  
arrive,  
Where college admissions mean hard cash,  
Where cement is frequently mixed with ash,  
This is Mumbai my dear but don't forget,  
Just cheer go to Mumbai every year.



SHAIKH RESHMA FAIYAZ AHMED  
T.Y.B.A.

# SMILES

Randhir (to his friend, Amit): Whenever my wife needs money, she calls me handsome.  
Amit: That's wonderful! You must feel flattered that she finds you handsome.  
Randhir: No, she says handsome is a short form for hand me some.

\*\*\*\*\*

Jack: My sister is only two years old, yet she can spell her name backwards.  
Julian: How very clever of her. By the way, what is her name?  
Jack: Anna.

\*\*\*\*\*

Mother: Sarah did you wash the vegetables before cooking?  
Sarah: Yes mother, I wash them very well with a soap.

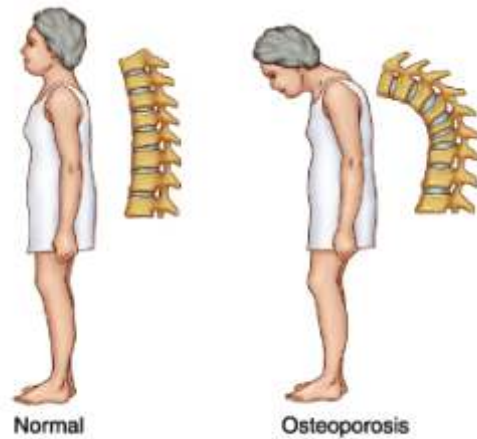
\*\*\*\*\*

A very fat man was riding on an elephant. A small kid was laughing at seeing him. The fat man asked the kid, "Have you never seen an elephant before this."  
The boy replied innocently, "I have seen an elephant many times but I have never seen an elephant on an elephant."

ANSARI NEHA MD. AYYUB  
S.Y.B.Sc.

# OSTEOPOROSIS FACTS

- \* Osteoporosis is a condition of increased susceptibility to fracture due to fragile bone.
- \* Osteoporosis weakens bone and increases risk of bone fracture.
- \* Bone mass (bone density) decreases after 35 years of age and decreases more rapidly in women after menopause.
- \* Key risk factors for osteoporosis include genetics, lack of exercise, lack of calcium and vitamin D, personal history of fracture as an adult, cigarette smoking, excessive alcohol consumption, history of rheumatoid arthritis, low body weight, and family history of osteoporosis.
- \* Patients with osteoporosis have no symptoms until bone fractures occur.
- \* The diagnosis of osteoporosis can be suggested by X-rays and confirmed by tests to measure bone density.
- \* Treatments for osteoporosis, in addition to prescription osteoporosis medications, include stopping use of alcohol and cigarettes, and assuring adequate exercise, calcium, and vitamin D.



## **What is Osteoporosis?**

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. Osteoporosis literally leads to abnormally porous bone that is compressible, like a sponge. This disorder of the skeleton weakens the bone and results in frequent fractures (breaks) in the bones. Osteopenia is a condition of bone that is slightly less dense than normal bone but not to the degree of bone in osteoporosis.

Normal bone is composed of protein, collagen, and calcium, all of which give bone its strength. Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture. The fracture can be either in the form of cracking (as in a hip fracture) or collapsing (as in a compression fracture of the vertebrae of the spine). The spine, hips, ribs, and wrists are common areas of bone fractures



from osteoporosis although osteoporosis – related fractures can occur in almost any skeletal bone.

**What are osteoporosis symptoms and signs?**

Osteoporosis can be present without any symptoms for decades because osteoporosis doesn't cause symptoms until bone fractures. Moreover, some osteoporotic fractures may escape detection for years when they do not cause symptoms. Therefore, patients may not be aware of their osteoporosis until they suffer a painful fracture. The symptom associated with osteoporotic fractures usually is pain; the location of the pain depends on the location of the fracture. The symptoms of osteoporosis in men are similar to the symptoms of osteoporosis in women.

Fractures of the spine (vertebra) can cause severe “band-like” pain that radiates from the back to the sides of the body. Over the years, repeated spinal fractures can lead to chronic lower back pain as well as loss of height and/or curving of the spine due to collapse of the vertebrae. The collapse gives individuals a hunched-back appearance of the upper back, often called a “dowager hump” because it commonly is seen in elderly women.

A fracture that occurs during the course of normal activity is called a minimal trauma, or stress fracture. For example, some patients with osteoporosis develop stress fractures of the feet while walking or stepping off a curb.

Hip fractures typically occur as a result of a fall. With osteoporosis, hip fractures can occur as a result of trivial accidents. Hip fractures also may heal slowly or poorly after surgical repair because of poor healing of the bone.

**Osteoporosis Prevention**

**I'm a 35-years-old woman of average build and have a family history of osteoporosis. I exercise, don't smoke, and try to eat a calcium-rich balanced diet. What other steps can I take to prevent osteoporosis?**

Medical Author: William C Shiel Jr., MD, FACP, FACR

Medical Editor: Melissa Conrad Stoppler, MD

It sounds as though you are taking very good steps to prevent osteoporosis. Exercise has a wide variety of beneficial health effects. However, exercise does not bring about substantial wide variety of beneficial health effects. However, exercise does not bring about substantial increases in bone density. The benefit of exercise for osteoporosis has mostly to do with decreasing the risk of falls, probably because balance is improved and/or muscle strength is increased. Research has not yet determined what type of exercise is best for osteoporosis or for how long. Until research has answered these questions, most doctors recommend weight-bearing exercise, such as walking, preferably daily.

KHAN AMEERUNNISA WAJID ALI  
S.Y.B.SC.

# WHAT GREAT SOULS SAY ABOUT HAPPINESS

- 1) Happiness is a state of mind, it doesn't reside in objects.
- 2) Nobody can make you happy except you yourself.
- 3) A fountain of happiness is inside you. Don't make attempts to search it outside.
- 4) Happiness can't be purchased, it can only be experienced.
- 5) Even if you were made the king of the whole world and were handed over all possessions and objects of pleasure, there would be no guarantee that you will be happy.
- 6) Money can give you everything except happiness.
- 7) Happiness is your true intrinsic nature. It is only to be discovered and not to be acquired from outside.
- 8) The origin of stress is in your mind. Without an understanding and a controlling mind. It is impossible to eliminate stress.
- 9) Nobody can make you unhappy unless you allow him to do so.
- 10) Happiness is your valuable treasure. Don't allow it to be snatched by varying circumstances and matters of life.
- 11) The spirit in which you meet the problems of life measures happiness.
- 12) To seek happiness outside is like trying to lasso a cloud.
- 13) Happiness does not come from doing what we like to do, but from liking what we have to do.
- 14) Happiness is found in little things. A baby's smile, a letter from a friend, the song of a bird, the sunlight in the window.
- 15) Happiness is like a perfume; you can't spray it on others without getting some on yourself.
- 16) Happiness grows out of harmonious relationship with others, based on attitudes of goodwill, tolerance, understanding and love.
- 17) We are as happy as we make ourselves so.
- 18) Happiness comes upon you unaware while you are helping others. "Help thy brother's boat across, and to! Thine own has reached the shore."
- 19) The best way to keep yourself happy is to ensure that others are happy.
- 20) Tension is not an object or a thing or situation; it is our reaction towards a thing or a situation, which generates it. "Do not worry. Be happy."

PATEL MAHWASH NAVID  
M.A. – I

## FACTS FOR FUN

- 1) Ducks do not have blood vessels or nerves in their feet!
- 2) The blue whale is even bigger than any known dinosaur!
- 3) At least one of the colours on the Olympic flag can be found on the flags of every nation in the world.
- 4) Rabbits run in a zig-zag pattern when being chased.
- 5) The windiest place on earth is Port Martin in Antarctica.
- 6) The popular toy, the yo-yo, was invented by 16<sup>th</sup> century hunters in the Philippines.
- 7) The word "Cheetah" comes from the Indian word for the "spotted one".
- 8) Some caterpillars can consume 1000 times their weight in only 2 months.

SHAIKH ALMAS BANO YUSUF  
F.Y.B.A.

## LIFE

Life is challenge	Meet it.
Life is duty	perform it.
Life is opportunity	take it.
Life is goal	achieve it.
Life is love	discover it.
Life is spirit	realize it.
Life is puzzle	solve it.

ANSARI FARHANA JAVED  
S.Y.B.SC.

## SAYINGS

- 1) Winners don't do different things, they do things differently.
- 2) By your DECISIONS, you paint the portrait of WHO YOU ARE.
- 3) When we strive to become better than we are, everything around us becomes better too.
- 4) Enthusiasm is the element of success in every thing.
- 5) There is a real magic in enthusiasm, it spells the differences between mediocrity and accomplishment.

ANSARI SAKINA SIRAJ AH.  
S.Y.B.SC.

## IMAGINATION

- ❖ Imagination is the strongest nation on earth.
- ❖ Imagination dies under the weathering heat of criticism.
- ❖ Imagination is as good as going on many voyages and must cheaper.
- ❖ Coming back to earth after flight of imagination you can after have a rough landing.

MOMIN SAMRA RUKNUDDIN  
T.Y.B.SC.

## NATURAL DISASTERS

Volcanoes, earthquakes, floods, famines, fires and diseases have all taken their toll on the lives of people throughout the world. Protective measures such as reinforced buildings in earthquake danger areas and barriers to stop flooding, go some way towards alleviating the damage caused by natural disasters.

365 Earthquakes at Knossos, Crete 50,000 killed.

1346-53 Bubonic plague (Black Death) over 30 percent of European population die, million more in Asia.

1669 volcanic eruption, Etna, Italy 20,000 killed.

1703 Earthquake in Tokyo, Japan 200,000 killed.

1737 Earthquake in Kolkatta, India 300,000 killed.

1755 Earthquake in Lisbon, 60,000 killed.

2001 Earthquake in Gujrat, many people are killed.

SHAIKH ALMAS BANO YUSUF  
F.Y.B.A.

## “TO AVOID HEART ATTACK”

Smoking and chewing tobacco or taking too much alcohol is very easy to adopt heart attack. The use of alcohol is perhaps the worst because it ruins our health completely. Smoking, stress, hypertension, cholesterol and diabetes are responsible for heart attacks. The first symptom is discomfort felt in the center of chest, then it spreads to the left arm, shoulder and jaw.

If we try to give up bad habits, we will feel unhappy. We must give up smoking, gutkha and tobacco, and must do some regular exercises. By doing this we can avoid heart attack.

MOMIN SAMRA RUKNUDDIN  
T.Y.B.Sc.

## JOKES

Rahul: Is it raining outside?

Shyam: Have you ever seen raining inside?

\*\*\*\*\*

Lilly: My brother sometimes change even four or five clothes in an hour.

Silly: How old is he?

Lilly: Eight months.

\*\*\*\*\*

Wife: Supposing I die, will you marry again?

Husband: Well its difficult to answer your question.

## TIME IS INDISPENSABLE & IRRETRIEVABLE

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Time can neither be preserved nor purchased. It is the most exhaustible and inelastic in our existence. Therefore allocate your time carefully. Imagination & innovation are necessary for proper management of time. Only if you manage your time will you have the time to enjoy your spare time.

### **Positive attitude to time:**

- \* Become a skilful user of time. Cultivate a positive attitude to make good use of time.
- \* Do not put things off into the indefinite future. Do it at the earliest priorities each element of your job into high, medium and low. Convert the priorities into action.
- \* Do not waste time on non essentials. Use the time for tackling important matters.
- \* Always fix an appointment when you deal with other. Try to stick to the timings. Try to make other stick to time. It helps in achieving your goals & objectives.
- \* Prepare “To do” list (The faintest ink is better than the best memory).
- \* Learn to say “no” graciously say “yes” only when you can spare time for other social functions. But it should not be so at the expense of important duties or committed responsibilities.
- \* Control your time, let not others control your time. Do not allow others who have nothing better to do, to waste your precious time.
- \* Do not waste time in unnecessary arguments. Even if you win the arguments, you lose in good will.
- \* Do not brood over past failures and mistakes. It is a time waster. But learn from past mistakes.
- \* Set time frames and dead lines for important task & stick to them.
- \* Plan your day the night before. This will enable you to get off to flying start. Good time manager starts the day the night before. “Let time serve you. Let it not be your master, but your servant”.

ANSARI AYESHA  
S.Y.B.SC.

## THE WINDS OF HOPE

The winds of hope fly, on those who have no one by their side  
The winds create a panorama, when all other windows close  
In the darkest of times, these winds set up Auroras  
In the coldest of times, they bring us warmth  
At loneliest of times, hope always exists  
When trust & understanding fails, ones beliefs in hope rises  
Those who let these winds press, and those who give up and despair,  
Are truly the ones, who have lost it all  
Thus at the abysses of life, and the charm of sorrow  
I say with a tear in my eye, and a smile on my face  
To myself in life's crystal mirror 'Never despair the winds of hope here'.

SHAIKH ALMAS BANO YUSUF  
F.Y.B.A.

## DO YOU KNOW

- A) 200 Babies are born across the world every minute.
- B) There are more than 2700 languages spoken in the world.
- C) The tomato is the world's most popular fruit selling more than bananas and oranges.
- D) The worlds average egg consumption per capital in 230.

## WHY ALLAH CREATED TEACHERS

When Allah created teachers,  
He gave us special friends,  
To help us understand this world and truly comprehend,  
The beauty and the wonders of everything we see,  
And become a better person with each discovery, .....

### WHEN ALLAH CREATED TEACHERS

He gave us special guides,  
To show us ways in which to grow,  
So we can all decide  
How to live and what to do,  
What's right instead of wrong  
To lead us so that we can read and learn to be strong .....

### ALLAH CREATED TEACHERS

In this wisdom and his grace.  
To help us learn to make our world .....  
A BETTER, WISER PLACE .....!!!!

MOMIN SAMRA RUKNUDDIN  
T.Y.B.Sc.

## میں تنہا ہوں!

مومن فارحہ محمد صابر (کیمسٹری لیکچرار)

میں مٹی ہوں اور دن آئے گا  
جب مجھ کو ہو کر خاکِ ملِ جانانہ مٹی میں  
وہی تھی ابتداء میری  
وہی ہے انتہا میری!

(انقلاب سے ماخوذ)

## بھارت کی پہلی خاتون

پتی آفرین انور (F.Y.B.A.)

- |                          |               |
|--------------------------|---------------|
| ۱) صدر جمہوریہ           | پر تبھاتائی   |
| ۲) اسپیکر                | شیلانا ر      |
| ۳) گورنر                 | سروجنی نائیڈو |
| ۴) بھارت رتن یافتہ       | اندر اگانڈھی  |
| ۵) راجیہ سبھا کی صدر     | سروجنی نائیڈو |
| ۶) ایوریسٹ فتح کرنے والی | چچدری پال     |
| ۷) وزیر اعظم             | اندر اگانڈھی  |
| ۸) I.P.S.                | کرن بیدی      |
| ۹) I.A.S.                | اناراجی بی    |
| ۱۰) میٹر                 | ارونا آصف علی |
| ۱۱) کانگریس صدر          | اینی بیسنٹ    |
| ۱۲) نوبل انعام یافتہ     | مدرٹریسا      |
| ۱۳) چیف جسٹس             | فاطمہ بی بی   |
| ۱۴) خلاء باز             | کلپنا چاؤلا   |

اندھیری رات میں  
میں نے بہت راتیں اسی صورت گزاری ہیں۔  
میں تنہا گامزن ہوں خوف اور دہشت کی وادی میں  
خدایا!

انتجا ہے

تو میری فریاد کو سن لے  
فقط تو جانتا ہے جو گزرتی ہے میرے دل پر  
اٹھالے وادی کلفت سے مجھ کو

اور اب آزاد کر دے روح کو میری

میری یہ آرزو ہے

روح کو لے جاؤں اپنی

اس مقامِ حرفِ و اعلیٰ پر

جس تک ہو گز ممکن نہ اس خود غرض دنیا کا

یہاں کچلا گیا ہے جذبہٴ اخلاص کو میرے

بہیں مجروح ہے اور روح زخمی

مجھے معلوم ہے یارب!

نہیں میں موت سے خائف

میرا تو یہ عقیدہ ہے

تیرا ہے فیصلہ برحق

میرا جب وقت آئے گا

تو گھڑیاں موت کی آسان ہوں گی تیری رحمت سے

وجود میرا آخر کیا ہے؟

# حیرت انگیز عالمی ریکارڈ

انصاری عائشہ (S.Y.B.Com.)

- (۱) نیل آرم اسٹرائنگ نے سب سے پہلے چاند پر اذان کی آواز سنی۔
- (۲) جارج شننگ (امریکہ) ایسا شخص تھا جس نے پیدل دُنیا کی سیاحت کا آغاز کیا تھا۔
- (۳) جوتے پالش کرنے کا عالمی ریکارڈ ۸ گھنٹے میں 14975 جوتے پالش کرنا ہے۔
- (۴) مسلسل 180 گھنٹے پتنگ بازی کا عالمی ریکارڈ آسبورن (امریکہ) کے نام ہے۔
- (۵) Barry ایک ایسا کتا ہے جس نے چالیس آدمیوں کی جان بچائی۔
- (۶) دُنیا کی طویل ترین ڈبل روٹی زوکالو (میکسیکو) میں تیار کی گئی تھی۔
- (۷) محمد صلاح الدین چودھری (کولکتہ) کے نام ۶۹ دن ۱۹ گھنٹے میں دُنیا کی سیر کا ریکارڈ ہے جو کہ بھارت کا رہنے والا ہے۔
- (۸) دانی فیگارو (اسرائیل) دُنیا کا ایک ایسا جام جو ایک ہاتھ سے ۷ قینچیاں استعمال کرتا ہے۔
- (۹) ۳۰ سیکنڈ میں ۶۲ زمینی کیڑے نکلنے کا عالمی ریکارڈ مارک ہوگ (امریکہ) کے نام ہے۔
- (۱۰) دُنیا کا سب سے پرانا نالائف گارڈ نارٹھ کیرولینا (امریکہ) میں واقع ہے۔
- (۱۱) سب سے بڑا جنگی اسپتال لونیڈنگ (کینیا) میں

واقع ہے۔

(۱۲) داڑھی بنانے کا عالمی ریکارڈ ایک گھنٹے میں ۱۹۹۴ء

افراد کی داڑھی بنانے کا ہے۔

(۱۳) دُنیا میں سب سے زیادہ کرسمس کارڈ جمع کرنے کا

ریکارڈ برطانیہ کے جون گورڈن کے نام ہے۔

(۱۴) ۹ فروری ۲۰۰۰ء کو چین میں جو اژدہا پکڑا گیا اس

کی لمبائی ۳۳۳۳ گز تھی۔ حیرت کی بات یہ ہے کہ چین

کے لوگوں نے اس اژدہے کو کھالیا تھا۔

## ہنسنا منع ہے

انصاری عائشہ (S.Y.B.Com.)

ایک آدمی سڑک پر انگوڑی بیچ رہا تھا مگر کہہ رہا تھا ”آلو لو۔۔ آلو لے لو۔۔“

ایک گا ہک نے کہا، بھائی یہ تو انگوڑی ہے۔

اس آدمی نے کہا: چپ رہو ورنہ لکھیاں آجائیں گی۔

استاد : بچوں! اگر ہم مغرب کی طرف چلتے جائیں تو

ہم کہاں پہنچیں گے؟

شاگرد : ہم غروب ہو جائیں گے۔



## اقوالِ زریں

انصاری سلیمہ سراج احمد (S.Y.B.Sc.)

- ☆ اپنے عیبوں کو تسلیم کرنا ایک احسن رویہ ہے مگر اپنے دوستوں کے عیبوں کو تلاش کرنا احسن رویہ ہرگز نہیں۔
- ☆ جو دکھ دے اسے چھوڑ دو مگر جسے چھوڑ دو اسے دکھ نہ دو۔
- ☆ اگر تم چاہتے ہو کہ تمہارا نام باقی رہے تو اولاد کو اچھے اخلاق سکھاؤ۔
- ☆ جو شخص تمہارا غصہ برداشت کر لے اور ثابت قدم رہے تو وہ تمہارا سچا دوست ہے۔ (حضرت علیؓ)
- ☆ ہر کام ناممکن لگتا ہے جب تک اُسے شروع نہ کیا جائے۔
- ☆ زندگی کے سفر میں سب سے اچھا ہم سفر خود اعتمادی ہے۔
- ☆ منفی سوچ کے حامل شخص کو محرومیاں احساس کمتری کا شکار بنا لیتی ہے اور مثبت سوچ اسے زمانے سے نکل کر کے لائق بناتی ہے۔
- ☆ نوکیلے کانٹوں کے درمیان ہی گلاب کا پھول کھلتا ہے۔
- ☆ جو دوسروں کے عیب ڈھونڈنے میں مصروف ہے اسے اپنی خامیاں ڈھونڈنے کے لیے کبھی وقت نہیں ملے گا۔
- ☆ آج حقیقت ہے اور آج ہی کا نام زندگی ہے۔

ایک مثال غسلِ آفتابی ہے۔ انھوں نے اپنے ملک آسٹریلیا کے حوالے سے کہا کہ وہاں خواتین اس وقت تک اپنا جسم دھوپ میں سینکتی رہتی ہے ہیں جب تک وہ دونوں طرف سے تقریباً جھلس نہ جائیں۔ انھوں نے کہا کہ یہ کام انٹرنیشنل ایجنسی فار ریسرچ آن کینسر کا نہیں ہے کہ وہ لوگوں کو یا ڈکٹیٹ کر لے کہ انہیں کیا کرنا چاہیے۔ لاکھل کے سلسلے میں ہم سب اس کے برے اثرات جانتے ہیں کہ اس کی وجہ سے سڑکوں پر حادثات ہوتے ہیں اور لوگ اس کے زیر اثر ایک دوسرے پر تشدد کرتے ہیں لیکن اس کا اثر بیماری کی صورت میں بھی ظاہر ہوتا ہے جس کے بارے میں بہت کم بات کی جاتی ہے۔ اس کی وجہ یہ ہے کہ اسے تسلیم نہیں کیا جاتا، خاص طور پر کینسر کے حوالے سے۔ اسی طرح شکر یا بیٹھی چیزوں کے استعمال سے موٹاپے کی شرح بہت تیزی سے بڑھ رہی ہے اور یہی فریبی کینسر کے خطرے کو بھی بڑھاوا دے رہی ہے۔ دریں اثنا برطانیہ میں ورلڈ کینسر ریسرچ فنڈ کی جانب سے ایک سروے کیا گیا۔ جس میں 2046 افراد سے سوالات پوچھے گئے۔ ان لوگوں میں 49 فیصد کو یہ معلوم نہیں تھا کہ خوراک کی وجہ سے بھی کینسر کا خطرہ بڑھ جاتا ہے۔ ایک تہائی افراد کا خیال تھا کہ کینسر موروثی مرض ہے اور اس میں بنیادی کردار فیملی ہسٹری ادا کرتی ہے۔ جب کہ یہ فلاحی تنظیم یہ سمجھتی ہے کہ موروثی جین کے باعث صرف 10 فیصد کینسر کے واقعات سامنے آتے ہیں۔ ورلڈ کینسر ریسرچ فنڈ نے لوگوں کو مشورہ دیا ہے کہ وہ کینسر سے بچنے کے لیے ایسی خوراک کھائیں جن میں سبزیوں، پھل اور ثابت اناج شامل ہوں، شراب نوشی اور سرخ گوشت سے گریز کریں اور پیکٹوں میں تیار گوشت سے مکمل پرہیز کریں۔

## کینسر کا سونامی (پوری دُنیا کو اپنی لپیٹ میں لے رہا ہے)

انصاری عائشہ (S.Y.B.Com.)

عالمی ادارہ صحت کے سائنس دانوں نے خبردار کیا ہے کہ اس وقت پوری دُنیا کو کینسر کے 'سونامی' کا سامنا ہے اور اس سے بچاؤ کے لیے شراب اور شکر کے استعمال پر پابندی لگانا ضروری ہو گیا ہے۔ ڈبلیو ایچ او نے پیش گوئی کی ہے کہ 2035 تک کینسر کے مریضوں کی تعداد ۲۸ کروڑ ۴۰ لاکھ تک پہنچ جائے گی لیکن ان میں سے آدھے مریضوں کو اس مہلک مرض سے بچانا ممکن ہے۔ صحت سے متعلق اقوام متحدہ کے ذیلی ادارے نے کہا ہے کہ کینسر سے بچاؤ پر توجہ دینا اب ایک حقیقی ضرورت ہے اور اس کے لیے سگریٹ نوشی، موٹاپا اور شراب نوشی کے مسئلے سے نمٹنا ناگزیر ہے۔ ورلڈ کینسر ریسرچ فنڈ کا کہنا ہے کہ سرطان میں خوراک کے کردار کے حوالے سے انتہا درجے کی سادگی یا نادانی پائی جاتی ہے۔ اس وقت ہر سال ایک کروڑ ۴۰ لاکھ افراد میں کینسر کی تشخیص کی جاتی ہے لیکن اندازہ لگایا گیا ہے کہ ۲۰۲۵ء تک یہ تعداد ایک کروڑ ۹۰ لاکھ ۲۰۳۰ء تک پہنچ جائے گی۔ کینسر کے نئے مریضوں کی سب سے زیادہ تعداد ترقی پذیر دُنیا میں دیکھی جائے گی۔ ورلڈ ہیلتھ آرگنائزیشن کی انٹرنیشنل ایجنسی فار ریسرچ آرن کینسر کے کرس وائلڈ نے بتایا کہ اگر ہم کینسر کے علاج پر اٹھنے والے اخراجات پر نظر ڈالیں تو معلوم ہوگا کہ یہ اخراجات خطیر آمدنی والے ملکوں کے لیے بھی بے قابو ہوتے جا رہے ہیں۔ لہذا اس جان لیوا بیماری سے بچنا ہی دانش مندی ہے

جب کہ ماضی میں اس سے پہلو تہی کی گئی ہے۔ عالمی ادارہ صحت کی ورلڈ کینسر رپورٹ ۲۰۱۴ء میں بتایا گیا ہے کہ کینسر کا سبب بننے والے جن عوامل سے بچا جاسکتا ہے ان میں درج ذیل چیزیں شامل ہیں۔ سگریٹ نوشی، انفیکشن، شراب نوشی، موٹاپا اور غیر متحرک طرز زندگی، سورج اور میڈیکل اسکیننگ مشینوں سے خارج ہونے والی تابکاری، فضائی آلودگی اور دیگر ماحولیاتی عوامل، شادی اور اولاد کی پیدائش میں تاخیر کرنا، بہت کم بچے پیدا کرنا اور ماں کا بچوں کو اپنا دودھ نہ پلانا۔ بہت سے ملکوں میں خواتین کا سب سے عام سرطان بریسٹ کینسر سمجھا جاتا ہے۔ تاہم افریقہ کے بیشتر ممالک میں خواتین جس کینسر میں سب سے زیادہ مبتلا دیکھی جا رہی ہیں وہ فم رحم کا سرطان ہے۔ اس سرطان کا ایک اہم سبب Virus Human Papillpma یا HPV ہے۔ باور کیا جاتا ہے۔ HPV اور دیگر ویکسین کے استعمال سے لاکھوں خواتین کو اس کینسر سے بچایا جاسکتا ہے۔

اس رپورٹ کے ایڈیٹروں میں سے ایک اور آسٹریلیا میں یونیورسٹی آف نیوساؤتھ ویلز کے ڈاکٹر برنارڈ اسٹیوارٹ یہ کہتے ہیں کہ کینسر کی "خوفناک سمندر طوفانی لہروں" کی لپیٹ میں ہم پوری دُنیا کو آتا دیکھ رہے ہیں، جس سے بچنے میں پرہیز اور احتیاط کا انتہائی اہم رول ہے۔ انھوں نے کہا کہ بہت سے سرطان محض انسانی رویوں کی وجہ سے ہوتے ہیں جس کی

## دنیا ایک عجائب خانہ

انصاری عائشہ (S.Y.B.Com)

پانی میں شادی :

پڑوسی ملک مالدیپ کے ایک تیراک جوڑے نے شادی کے لیے وہی کیا جو کرنا چاہیے تھا۔ شادی کا جوڑا پہنا، تیرا کی ماسک لگائے اور جھیل میں غوطہ لگا کر ۳۶ گہرے پانی میں شادی کی۔

پانی سے شکار :

انڈونیشیا اور ملیشیا میں ایک ایسی ذہن مچھلی آرچرفش پائی جاتی ہے جو اپنے منہ میں پانی بھر کر شکار کرتی ہے۔ جیسے ہی کوئی کیڑا، پتنگا ریٹکتا یا اڑتا ہوا دکھائی دیتا ہے یہ واٹرگن کی طرح اس پر پانی تیزی سے مارتی ہے اور اسے نیچے گرا کر کھا جاتی ہے۔

سورج کے رنگ :

امریکی خلائی ادارے ناسا NASA نے سورج کی ایک ایسی تصویر جاری کر دی ہے جس میں انسانی آنکھ پہلی بار رنگ دیکھ سکتی ہے۔ یہ خوبصورت تصویر ناسا کی Solar Dynamics Observatory نے بنائی ہے۔ عام کیمرہ میں صرف پیلا رنگ نمایاں ہوتا ہے۔ لیکن اس تصویر میں سفید روشنی کے تمام رنگ صاف نظر آتے ہیں۔

ایفل ٹاور کے بارے میں حقائق :

اس ٹاور کی اونچائی 320 میٹر (1040 فٹ) ہے۔ وزن 700 ٹن ہے۔ اس کی چوٹی سے 90 کلومیٹر (55.9 میل) کی دوری تک دیکھنا ممکن ہے۔

تھا۔ یہ کام صرف اور صرف مسلم قوم ہی کر سکتی ہے۔ مسلم قوم میں بیداری کے آثار نمایاں ہیں۔ میر عرب کو ٹھنڈی ہوا کے جھونکے جہاں سے محسوس ہوئے تھے۔ وہیں سے ہمیں بھی بادِ نسیم کی خنگی محسوس ہو رہی ہے۔

خدا نے لمبیل کا دستِ قدرت تو، زباں تو ہے  
یقین پیدا کر آئے غافل کہ مغلوبِ گماں تو ہے

پرے ہے چرخِ نیلی فام سے منزلِ مسلمان کی  
ستارے جس کی گردِ راہ ہوں وہ کارواں تو ہے

مکاں فانی، مکیں آنی، ازل تیرا، ابد تیرا  
خدا کا آخری پیغام تو ہے، جاوداں تو ہے

تری فطرت امین ہے ممکناتِ زندگانی کی  
جہاں کے جوہرِ مضمحل کا گویا امتحان تو ہے

اخذ شدہ : چراغِ منزل (ڈاکٹر ابوطالب)

## دوست

عجیب داستاں ہوتی ہے دوست کی  
لڑنا ملنے سے بھی اچھا لگتا ہے۔

کچھ منانے والے بھی ہوتے ہیں تو  
کچھ کوچھٹانا بھی اچھا لگتا ہے۔

دوست کے منہ سے کچھ سننے کے لیے  
کبھی جھک جانا بھی اچھا لگتا ہے۔

سفرِ نین کا ہو یا زندگی کا  
ختم نہیں ہوتی باتیں

پھر بھی خاموش رہ کر مسکرا نا بھی اچھا لگتا ہے۔

یارو ہمیشہ ساتھ رہنا

تمہارا یارا نہ بھی اچھا لگتا ہے

مومن سمران الدین (T.Y.B.Sc.)

## موجودہ حالات اور امتِ مسلمہ کی ذمہ داریاں

مومن فارحہ محمد صابر (کیمسٹری لیکچرار)

شدید ضرورت ہے کہ مسلمان دوبارہ کمر کس کر کھڑے ہو جائیں کہ وہ اپنے دین کی رؤ سے اس دُنیا کے محتسب اور خدائی فوجدار ہیں۔ آج پھر دُنیا اسی کفر و شرک اور ظلم و تباہی کے دہانے پر کھڑی ہے۔ مسلمان بیدار ہو کر اپنا فرضِ منصبی انجام دیں اور بتادیں لوگوں کو کہ ان کے خاکستر میں اب بھی وہ چنگاریاں دبی ہیں جو یورپی اقوام کے جاہلیت کے خرمن کو جلا کر خاک کر سکتی۔

پوری مسلم قوم کی ذمہ داری ہے کہ اب وہ نئے سرے سے دُنیا کی قیادت کی تیاری کریں جو ان کے خمیر میں قدرت نے روز اول سے ڈال رکھی ہے۔ زمین فصل کے لیے کھاد کی محتاج ہوتی ہے۔ لیکن انسانیت کی زمین کی کھاد جس سے اسلام کی کھیتی برگ و بار لاتی ہے۔ وہی انفرادی خواہش و ہوس اور عیش و آرام کو مسلم نوجوان قربان کریں۔ اپنی خودی پہچانیں، خود شناسی اور خدا شناسی کو سمجھیں۔ اغیار نے بے شک شمس و قمر کی تسخیر کی ہے۔ بہت سارے سیارے ان کی مٹھی میں بند ہیں اور بہت سارے ستاروں پر انھوں نے کمند ڈال رکھی ہے۔ ان لوگوں نے قافلہ کے پڑاؤ کو منزل سمجھ لیا ہے۔ انھیں نہ منزل کا پتہ ہے اور نہ مقصد کا۔ مقصدِ حیات ہمیں انھیں بتانا ہے۔

لیکن یہ سارا کام اسی نہج پر کرنا ہے جس پر ہمارے قائد محمد صلی اللہ علیہ وسلم نے کیا تھا اور پوری دُنیا کو خدائی پیغام دیا

سبق پڑھ پھر صداقت کا، عدالت کا، شجاعت کا لیا جائے گا تجھ سے کام دُنیا کی امامت کا مسلمان فی زمانہ ذلیل و خوار ہے۔ اپنے مقصدِ حیات کو بھول بیٹھا ہے۔ اس امانت کو جسے اُسے دوسروں تک پہنچانا ہے، اس سے پوری طرح غافل ہے اور موجودہ دور میں بہت ساری جاہلیت کی رسموں کا حلیف اور مغربی اقوام کے لیے رضا کارانہ خدمات انجام دے رہا ہے۔ بعض مسلمان قومیں، جماعتیں اور سلطنتیں ان جاہل قوموں اور سلطنتوں کو اپنا حامی و سرپرست سمجھ بیٹھے ہیں۔ عام مسلمان دُنیا کی قیادت کا خیال چھوڑ چکے ہیں اور اسلامی لشکر کے قائد ہونے کے بجائے گردِ کارواں بننے پر قانع ہیں اور اس پر فخر محسوس کرتے ہیں۔

ضمیرِ مغرب ہے تاجرانہ، ضمیرِ مشرق ہے راہبانہ وہاں دگرگوں ہے لحظہ لحظہ، یہاں بدلتا نہیں زمانہ غلام قوموں کے علم و عرفان کی ہے یہی رمز آشکارا زمیں اگر تنگ ہے تو کیا ہے، فضائے گردوں ہے بیکرانہ خبر نہیں کیا ہے نام اس کا خدا فریبی یا خود فریبی عمل سے غافل ہوا مسلمان بنا کے تقدیر کا بہانہ دُنیا کی دیگر قومیں اپنے حالات پر خود ہی شرمندہ ہیں۔ یورپی جاہلی اقوام کے خلاف اگر کوئی قوم کھڑی ہو سکتی ہے تو وہ ہے صرف اور صرف مسلمان قوم۔ کیوں کہ انھیں کے پاس دُنیا کی قیادت کا نقشہ اور تجربہ موجود ہے۔ اب