



# SENIOR CITIZENS FORUM

(Registered under the Societies Registration Act, 1860)

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

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## News Letter - January 2009

### PICNIC AT SEA SHORE

A picnic was arranged for seniors on Sunday the 23rd November 2008. The participants left from Mehfile Murtaza and Bhojani Hall by luxury coaches specially booked for the program. The members reached at Hawk's Bay beach and from there to another beautiful picnic spot. They had pleasant time enjoying the waves of Arabian Sea

and discussion on various subjects affecting their day to day life. After offering Zohrain prayers in the afternoon a delicious lunch was served to them. By sunset they returned Karachi and dispersed from Bhojani Hall and Mehfile Murtaza.



Some of male seniors' enjoying breeze of Arabian Sea

### PROGRAM FOR THE MONTH OF JANUARY 2009

The SCF has arranged on Sunday, January 25th, visit to the Imambargahs containing replica of holy shrines of Iraq. The bus will depart at 9:30 a.m. from Bhojani Hall and 10:00 a.m. from Mehfil-e-Murtaza. The seniors will be taken to Martin Road for zareeh of Hazrat Ali (A.S), then to Riziya Society for

zareeh of Bibi Fatima (A.S), followed by Rawza of Hazrat Abbas (A.S) at Babul Ilm, North Nazimabad and lastly to Ancholy Society for shrine of Imam Hussain (A.S). On return the participants will be taken to the residence of Mr. Muhammad Ali Rawzani who has specially invited to attend Majlis and

Niyaz arranged by him. The cost of transport is estimated to be Rs. 100 per participant. The male and female members desiring to participate may please register their names. Muhammad Ali Patel (0300-8228288) and M. Yasin Merchant (0300-9275634) are authorised to collect the payment.

### PROGRAM FOR THE MONTH OF FEBRUARY 2009

#### LADIES MAJLIS

A majlis is arranged by SCF for ladies on Tuesday the 3rd February 2009 at 4:15 p.m. at the residence

of Mrs. Masooma Electricwala (Ground floor Al-Asad Apartment) 164-E PECHS. For further details

please phone Mrs. Masooma Electricwala (453650).

#### INVITATION

Mr. Shiraz Onali (Hon.Treasurer) has invited all male and female

members of SCF to attend Majlis at his residence 406, Bahadurabad,

Street No. 23 on Sunday the 15th February 2009 at 4:00 p.m.

## JAMPIR AZADAR

As per past tradition a program of Azadari is made at Jampir, a town in Thatta district, nearly 120 Km from Karachi. Syed Mujtaba Zaidi and his family members are continuing this tradition of their forefathers since a long time. The Azadari program will commence late in the evening of Saturday the

21st February and conclude at sunset on next day. The SCF will take its members to participate in this program on Sunday the 22nd February 2009. The transport is arranged from Bhojani Hall at 8:30 a.m. and at 8:45 a.m. from Mehfil-e-Murtaza. Male and female members desiring to participate

should register their names and pay Rs. 100 for cost of transport to Mr. Muhammad Ali Patel. The member residing in Soldier Bazaar area may pay this amount to Mr. M. Yasin Merchant (Phone 0300-9275634) only first fifty members will be accommodated.

## OBITUARY

Following seniors of our community expired during the month of November, 2008. We request the readers to recite Sura-e-Fateha for the departed souls of these seniors.

DATE	NAME OF DECEASED	AGE	DATE	NAME OF DECEASED	AGE
2nd	Raza Hussain S/o. Abdul Hussain Dawoodani	62 Years	18th	Sakina Bai D/o. Haji Karim Muhammad Sangji W/o. Barkat Ali Sangji	80 Years
7th	Roshan Ali S/o. karam Ali Rangoonwala	78 Years	23rd	Akber Ali S/o. Jaffar Ali Lilani	74 Years
9th	Gul Baqno D/o. Khimji Karim Mulji W/o. Bande Ali Lilani	96 Years	25th	Muhammad Hussain S/o. Haider Ali Tankiwala	70 Years
10th	Gulbanoo Bai D/o. Muhammad Ali Saboor Wadia W/o. Yousuf Ali Wadia	72 Years	26th	Saleh Muhammad S/o. Ali Muhammad Alvani	60 Years
12th	Shireen Bai D/o. Jaffar Ali Allahrakha S/o. Sultan Ali Hashmi	73 Years	28th	Mohammad Bashir S/o. Mehar Ali Bawa	65 Years
17th	Maryam Bai D/o. Ladha Devjee W/o. Muhammad Ali	92 Years	28th	Kaneez Fatima D/o. Fida Hussain Kikarya W/o. Yousuf Ali Kikarya	56 Years
			28th	Sultan Ali S/o. Noor Muhammad Ravjani	82 Years

Following seniors of our community expired during the month of December, 2008. We request the readers to recite Sura-e-Fateha for the departed souls of these seniors.

DATE	NAME OF DECEASED	AGE	DATE	NAME OF DECEASED	AGE
3rd	Waheeda Bai D/o. Barkat Ali Nasikwala W/o. Mushtaq Ali Ebrahim Nasikwala	55 Years	17th	Muhammad Mehdi S/o. Ismail Allahrakha	81 Years
5th	Zainab Bai D/o. Hassan Ali Chinoy W/o. Mahmood Ali Nanjiani	68 Years	19th	Fazal S/o. Saleh Muhammad Bukhsh	79 Years
13th	Tahira Bai D/o. Haider Ali Mulla W/o. Yaseen Ali Jesani	52 Years	20th	Amir Ali S/o. Javer khuwaja	75 Years
13th	Khursheed Bano D/o. Ghulam Hussain Dodhia W/o. Asgha Ali Lakhani	60 Years	22nd	Hussain Ali S/o. Ghulam Hussain Bhaledina	82 Years
16th	Shireen Bai D/o. Ghulam Hussain S/o. Muhammad Ali Merchnt	85 Years	23rd	Kulsoom Bai D/o. Rahmatullah Barister W/o. Jaffar Ali Daliyawala	85 Years
16th	Abbas Dossani S/o. Ghulam Hussain Dosani	50 Years	24th	Kulsoom Bai D/o. Ismail Rahim	63 Years
			25th	Ghulam Hussain S/o. Rahim Karim	75 Years
			31st	Noor Muhammad S/o. Valij Rajpar	79 Years

## DEATH OF MEMBERS

The Senior Citizen Forum has lost its two members namely Marhoom Raza Ali S/o Wazir Ali Saghrwala and Marhooma Mrs. Khursheed

Bano D/o Ghulam Hussain Dodhia w/o Asghar Ali Lakhani. The SCF condoles to the bereaved families to bear the loss of their loved ones.

It prays Almighty Allah to bestow His blessings on these deceased seniors and place their souls in nearness to Masoomin (A.S).

## ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of KSI Senior Citizens Forum will be held on Sunday the 8th February, 2009 at 11:00 a.m. at SCF Centre, Mehfil-e-Murtaza, 163-L/3, PECH Society, Karachi to transact following business.

1. Recitation from Holy Quran
2. Minutes of last Annual General Meeting held on 18th November, 2007.
3. Presentation of Annual Report on the activities of the Forum.
4. Presentation of audited accounts for the year ended 30th June, 2008.
5. Record the registration of Forum under the Societies Act, 1860.

6. Appointment of auditors for the year ending 30th June 2009.
7. Election of Managing Committee for the years 2009 and 2010.
8. Any other matter with the permission of the chair.

(Ali Raza T. Lakhani) Dated: 19th January, 2009  
Hon-Secretary

**Note:** 1. The meeting will be followed by lunch.  
2. A member desiring to contest in the election may submit the nomination paper duly signed by him/her and prosper/seconder before 6th February 2008. Nomination Form is available with Mr. Tauqir (0322-2777345)

## TIFFIN PROJECT – UPDATE REPORT-IX

The investigation team of KSI Senior Citizens Forum visited the houses of some seniors in Kharadar, Nayabad and other poor localities on 21st November, 2008 to enroll further names for providing daily free meals under Tiffin Project. The update report is given hereunder for the benefit of the community particularly the philanthropists who finance this project.

An elder (74) lives on second floor of an old building in Kharadar. His wife died in 1999 but his son accompanies him. He is on a job getting salary of Rs. 4,000 p.m. The son was married in 2006 but his wife has separated and does not reconcile despite the efforts and convincing by FRC of the Jamaat. The old man used to run a canteen in the office of a shipping company but has discontinued it

since last three years. He remains sick (asthma patient) and his health does not permit him to take up a job. He has three married daughters and two married sons one of whom lives in Soldier Bazaar and another in Khadda market but none helps him on the pretext that they can hardly maintain their own families. The monthly rent and utilities charges are about Rs. 700. The old man was enrolled to receive Tiffin in view of his health and poverty.

A Sindhi Khoja family resides in a flat on 5th floor of building in Kharadar market area. The family comprise of an old man (65) wife (56) divorced son (32) and an unmarried daughter. The old man used to work on a Pan Shop but lost the job and now unable to find a job. The son does petty job and earns Rs. 3,000 p.m. One elder

son lives separately in Khadda but does not help the parents. The family receives monthly ration worth Rs. 1,500 from a trust. The old man was enrolled to receive daily Tiffin.

A family living in Nayabad was also visited. It comprises of husband (56) wife (50) and son (earning Rs. 2,000 p.m.). The family could not be considered as deserving as the elder married son provides them Tiffin which he may discontinue it as feared by the family.

A widow (50) lives on third floor of a trust building in Shoe Market. She has four sons who live separately. She gets monthly financial aid of Rs. 850 from a trust besides pension of Rs. 2,000 p.m. from her husband's employers. The case requires further investigation and may be enrolled thereafter.

### DO YOU KNOW?

- Regular physical activity is more important for good health after the age of 60 years than before 30 years.
- Physical activity increases energy level.
- Regular physical activity helps you sleep better.
- Physically active older adults have a performance capacity 20% to 30% higher than sedentary older adults.

### PHYSICAL ACTIVITY HELPS

- It Increases flexibility and mobility.
- Reduces anxiety, tension and depression.
- Improves digestion.
- Increases general efficiency.
- Increases self-confidence.
- Gives you greater independence.
- Makes you feel more social.

It may sound like physical activity is a magic cure. But people who make it a part of their everyday life think it is.

### BEFORE YOU BEGIN

- Discuss active living with your doctor and talk about which activities would be safe and enjoyable for you.
- Talk to a physical fitness specialist and get his advice on how to include more physical activities in your life.

### START FROM TODAY

- Instead of driving several blocks, walk. Keep increasing your walks until you are walking one hour a day.

- Climb stairs instead of taking elevators. Start with one flight and increase gradually.
- Get out of the bus a few blocks earlier and walk to your destination.
- Join a hiking or walking club, or from one yourself with other people in your community.
- Make a point of bending and stretching in your household tasks.
- If you are sitting or lying for more than an hour get up and walk around for five minutes to improve your circulation.
- Swimming is a good all- round exercise that doesn't jar your bones.

### SOME HELPFUL HINTS

**Wear appropriate shoes and clothing.** Your shoes should be non-skid, well-padded and comfortable.

**Make sure you are in safe place.** Don't exercise on a slippery floor or in a place that's very hot, very cold or very humid. And make sure there are supports like chairs or wall bars around to give you some help.

**Begin slowly.** It's very important to warm-up with slow stretching and walking for about 15 minutes. Warm up before you begin strenuous household chores. The warm-up raises the temperature of your body and muscles to make them move more easily. This reduces the chances of a strain.

**Stop slowly too.** Instead of just stopping the activity abruptly, take another 15 minutes to cool down. Walk, swing your arms, stretch, swim. This will help prevent

excess muscle soreness and stiffness.

**A little stiffness is normal.** But don't be discouraged because it has nothing to do with age and will disappear with regular activity. Some people who exercise regularly enjoy feeling the toughness of their muscles when they move.

**Monitor your exercise rate.** The easier way to make sure you are not overdoing it is to make sure you can talk while you are exercising. If you can carry on a conversation while you are walking, running or climbing stairs, chances are it won't cause undue stress.

**Avoid getting up too fast.** To prevent dizziness and loss of balance, don't move suddenly from a lying or sitting position to a standing position.

**Keep breathing.** When you exercise, don't hold your breath.

**Cool down first.** Don't take a hot shower, steam bath or sauna immediately after you exercise.

Watch yourself carefully when you are exercising, and if you experience any of these signs, consult your doctor if there is (a) an unusually high pulse rate (b) nausea (c) muscle pains or cramps (d) unusual fatigue (e) a cold sweat (f) dizziness (g) shortness of breath (h) skin or lip discoloration (i) persistent pain or discomfort in your chest, left shoulder or left arm.