



SENIOR CITIZENS FORUM

(Registered under the Societies Registration Act, 1860)

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News Letter – November, 2009

Eid Celebration By Seniors



The Senior Citizens Forum (SCF) arranged an Eid Get together for its members on Saturday the 10th October 2009 at Day Care Centre (DCC) in Soldier Bazaar. 90 male and female seniors attended. The program commenced with recitation from holy Quran. In his address of welcome Mr. Haiderali Allibhai (President of SCF) said that this celebration is held at DCC because the hall of Seniors' Recreation Centre at Mehfil-e-Murtaza is under repair and renovation which also required shifting of SCF administrative office to DCC. It is hoped the repair work will soon be completed and the head quarters of SCF will be restored there without undue delay. He further said the gathering at Day Care Centre will enable members to see it and know the project of Day Care Centre.

Thereafter Naat and Manqabat were recited by Syed Musayyab Ali, which were highly appreciated by the audience,

Mr. Ali Raza (Hon. Secretary of SCF) presented key note lecture. He said the month of Ramadan was blessing for devotees who remained busy throughout the month in prayers i.e. Namaz, Roza recitation of Quran and Dua. He explained that Dua means invoking Allah (S.W.T) for Maghferat from the sins and fulfillment of legitimate wishes. He said the Dua brings devotees closer to Allah and if the words of Dua are properly understood the worshiper feels as if he is in presence of his Master and talking to Him. He said the Duas are taught by holy prophet (SAV) and the Imams (Holy prophet's successors) which explain Tauhid (unity) of Allah and His attributes. This strengthens the Muslim's belief in Tauhid which is first and foremost fundament of Islam. He said all these Duas taught by Masoomin (A.S) were compiled in book form after proper research by scholars like Allama Hure-e-Ameli and Allama Majlisi in 9th and 10th century of Hijra Mr. Ali Raza

particularly commented on Dua-e-Iftitah. The audience was impressed by this commentary and appreciated Mr. Ali Raza's presentation. Mr. Ali Raza also explained the purpose of setting up of Senior Citizens Forum and its three main activities namely Tiffin Project, setting up of Day Care Centre and visiting lonely seniors for helping the old aged people. The SCF provides daily free meals to 65 seniors who are unable to cook or acquire the foods for them. Such people get good quality and quantity of food every day. The Day Care Center is set up in Soldier Bazaar to provide whole day shelter and recreation to the seniors residing in this area. The SCF plans to set up such centers in other localities e.g. Kharadar, Societies, Defence, Clifton etc. The SCF has also launched a project of visiting lonely or sick seniors at regular intervals to inquire about their health and to give them company so that the phobia of isolation is reduced.

Mr. Ali Raza appealed the people to cooperate and help specially for Tiffin Project so that more deserving seniors can receive daily free meals. He said this project can be continued only because of generous donations by philanthropists.

Mr. Shiraz Onali (Hon. Treasurer) offered vote of thanks to the members for taking interest in the activities of SCF. Mr. Saghir Abbas Bhojani beautifully conducted proceedings of the program. He presented couplets in praise of Ahlul bait (A.S.) throughout his announcements.

A delicious live Bar-B-Q buffet dinner was served at the conclusion of the program.

LONELY SENIORS VISITED

A team comprising Mrs. Khursheed Ali Husain Mrs. Nishat Haideri, Mrs. Mosooma Electricwala, Mrs. Gulshan Pirbhai and Mrs Noorbano Okera visited lonely seniors residing in Soldier Bazaar area on 1st Oct, 2009. They stayed with each of them to give them company and to inquire about their hearth. These seniors were very happy because of such visit. They were also presented biscuit packets as Eid gift. Male and female youngsters willing to join this program are requested to please register their names with Mr. Mohammad Ali Patel (03008228288).

TIFFIN PROJECT-UPDATE-X

The survey team of Senior Citizens Forum visited on 23rd January 2009 several home of seniors in Kharadar and Soldier Bazaar areas to assess the needy people for providing daily free meals. Following is their report. An old man (78) is living alone in Kharadar. He has four daughters two of them are adopted by some relatives while other two are admitted in an orphanage. His wife expired 30 years ago. He has undergone eye operation two months before and remains at home due to immobility. The old man was found deserving and Tiffin was started immediately. A lady (50+) lives with her 17 years old daughter in small room on 4th floor of a building in

Nayabad. Her husband died 8 years before. She is daughter of a social worker who has expired. She does stitching work and gets monthly financial help of Rs. 1,550 from a trust. She pays rent Rs. 200, utility bills Rs. 450 and maintenance charge Rs. 275 per month. Another lady (50+) is widow since last six months. She lives in Nayabad. She receives little help from husband's brother while medicine bills are paid by a social worker. She has two unmarried daughters besides three married daughters. She pays rent of Rs. 400 and utility bills Rs. 350 per month. One unmarried daughter does stitching work to support the family who gets monthly help of

Rs. 850 from a trust besides free ration from another trust but this assistance is not sufficient for the family's maintenance. An old lady (80) lives on 4th floor of a building in Soldier Bazaar. She has three sons but none helps her. She has an adopted son who earns Rs. 5,000 per month and lives with her. She has lost eye sight. A Sayyed lady (57+) lives in trust building in Lines Area. Her husband died 8 years before. She does not have children. She used to recite majalis and give tuition to girl students but now she can not do that because she has pain in legs and can hardly walk. Her medical expenses are Rs. 2,000 per month.

TIFFIN PROJECT UPDATE XI

As per routine a team comprising Mr. Ali Raza, Mr. Shaukat Jiwani, Mr. Jaffar Bhimani accompanied by Mr Shabbir Jassani visited the houses of seniors in Kharadar to inquire whether they receive daily free meals properly. Most of them showed their gratitude and showed their satisfaction about receiving daily Tiffin to their homes in the afternoon. However same seniors complained that the quantity supplied was not sufficient to carry over the food for dinner as they used to do before. The team then visited the caterer to find out the truth. It is explained that the quantity was slightly reduced because the cost of cooking materials has increased substantially. However the quality and taste has been maintained. The visiting team offered increase of Rs. 10 per daily meal to increase the quantity. The daily tiffin will now cost Rs. 90 instead of Rs. 80. The SCF has decided to accelerate the visits to homes of

recipients for monitoring the supply of daily meals.

The team also visited two new homes where supply of free meals was desired. One case was of a male (45) who met with an accident in which his brain was hurt and that resulted in paralyses.

He used to earn Rs. 10,000 p.m. from renting out his car. He has wife (40) who works for an Imambargah and earns Rs. 2,000 p.m. The case was not considered fit as their problem looked temporary and the financial position was not worse. Another case was of a widow (52) living all alone on 5th floor flat in Kharadar. She has one married daughter who lives in Khadda Market, Nawabad. The old lady has three brothers and six sisters but none of them provides any help. She is handicapped because her face and hands are profusely

burnt. She receives free ration of Rs 1100 from a benevolent trust. The caterer was instructed to supply daily tiffin to this lady from 20th Oct, 2009. There are many more seniors requesting to provide daily free meals. The SCF team will visit these houses every weekend to ascertain whether they can be enrolled on Tiffin Project.

The criteria for providing daily free meals are that (a) the recipient must be a senior (50 + age) (b) financial position does not allow to afford food (c) the recipient is sick or physically handicapped to cook the food (d) the funds available with SCF permit adding more recipients.

It is hoped the philanthropists will promote this project by sponsoring the seniors assigned to them. At present the cost of supplying free meals to a deserving senior is Rs. 90 per day or Rs. 2700 per month.

VISITING LONELY AND SICK SENIORS

The people reaching the age of sixty years and above become weak or fall sick due to malnutrition and unhygienic conditions in third world countries. They face many difficult challenges in life. The most complex problem they face is isolation. They lose interest in living because they develop the feeling of hopelessness and helplessness. Some seniors, fed up of loneliness, pray for early death to get rid of solitude and prolonged illness. Unfortunately,

the society in which they live as well as their relatives do not pay attention to their plight as they don't have time to care them. If the lonely and sick seniors are visited periodically to provide company and love, they may get some relief. They can be encouraged to find interest in life by taking proper medical treatment and keeping busy in some activity. KSI Senior Citizens Forum has undertaken a program of visiting the lonely and sick seniors at frequent intervals. They are given

company and encouraged to find interest in life. They are also presented gifts of eatables etc. The search for such seniors is made continuously. You can cooperate in this program by providing the whereabouts of lonely or sick seniors who may be taken on our list of seniors to be regularly visited. Please contact Mr. Mohammad Jafar Bhimani (03333879283) for further information.

NOTICE OF THE ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of KSI Senior Citizens Forum will be held on Sunday the 22nd November, 2009 at 11:00 a.m. at Day Care Centre, Near Panjwani Hospital, Khorasan Road, Karachi to transact following business.

1. Recitation from Holy Qurran
2. Minutes of last Annual General Meeting held on 8th February, 2009.
3. Presentation of Annual Report on the activities of the Forum.
4. Presentation of audited accounts for the year ended 30th June, 2009.
5. Consider amendments in Articles of Association suggested by the Managing Committee.
6. Appointment of auditors for the year ending 30th June 2010
7. Any other matter with the permission of the Chair.

Hon-Secretary

31st October, 2009

Invitation

We invite the seniors of our community to join the Senior Citizens Forum (SCF) and be a part of the noble work being done for their own benefit. The SCF has increased its activities manifold and will be able to go ahead with your support and cooperation. At present we organize outing to historical and recreation places, arrange lectures on

Health, indoor and outdoor programs for seniors and organizing medical check ups. The SCF has also regularly running projects of supplying daily free meals every month to deserving seniors, visiting lonely and sick seniors and setting up Seniors Day Care Centre. Your joining the SCF will give you a pride and satisfaction that you

are also part of carrying on all these activities and will have company of people of your age group. It costs only Rs. 400 for whole year to become member of SCF. Please collect the membership form from DCC (near Panjwani Hospital) or phone Mr. Raza Hussain (37705853) to provide you the form.

ANNUAL SUBSCRIPTION

The members who have not yet paid their subscription for the year 2009-10 are requested to please clear the outstanding dues. Remember, this is your own organization and it runs with your

contributions. We shall appreciate if you will kindly pay your subscription promptly every year and clear the previous dues if any. We also request you to please notify the change if any in your mailing address.

Please note that if you do not pay your subscription for the year 2009-10 by 30th November 2009 we shall discontinue sending Newsletter at your address and you will be deprived of all other privilege of the membership.

EXHIBITION OF BOOKS AND PERIODICALS

Arts Council of Pakistan (near Burns garden) will organize an exhibition of books, magazines, newspapers and other periodical publications of literary works of writers, poets and journalists on 15th and 16th November 2009. The seniors are advised to attend this exhibition as it will be quite interesting for them and will increase their knowledge. For further information please contact 99203090.

Following seniors of our community expired during the month of October, 2009. We request the readers to recite Sura-e-Fateha for the departed souls of these seniors.

S. NO.	DATE	NAME OF DECEASED	AGE
1	1st October	Ansar Hussain S/o. Roshan Ali Batliwala	56 Years
2	1st October	Ali Muhammad S/o. Dost Muhammad Merchant	80 Years
3	6th October	Shireen Bai D/o. Noor Mohammad Rajpar W/o. Ghulam Ali Pirbhai Kanani	87 Years
4	11th October	Gulshan Bai D/o. Ramzan Ali W/o. Hassan Ali Lokhandwala	70 Years
5	12th October	Hussain Ali S/o. Ramzan Ali Rawjani	50 Years
6	13th October	Amir Ali S/o. Yousuf Jaffer Lakhapurwala	73 Years
7	23rd October	Mohammad Hussain S/o. Bahadur Ali Bhojani	82 Years
8	27th October	Masooma Bai D/o. Akbar Ali Haryani	53 Years
9	27th October	Noor Bano D/o. Muhammad Ali Bande Ali	65 Years
10	28th October	Nargis Bano D/o. Haider Ali Muni W/o. Iqbal Ali Khoja	50 Years

VISIT TO BAHAWALPUR

The management of Al-Qaim Trust has invited the seniors to visit Hateji, Aliwahan and Pipli Rajan villages of Ahmedpur East district (Bahawalpur Division) during holidays of Eid-ul-Azha. The occasion is the Opening Ceremony of Masjid-e-Sajjadia, Aliwahan, (Ahmedpur East) and Collective Marriage Program of Sadaat and non-Sadaat couples. The Trust works for

welfare of poor Sadaat in these villages. It runs Al-Murtaza and Al-Abbas schools respectively in Hateji and Aliwahan for upliftment of Sadaat. villages besides providing economic help The visit will provide an opportunity for seniors to observe these activities and also attend collective marriage of poor Sadaat boys and girls financed by the Trust. Ahmedpur East is

located in Panjab about 800 km from Karachi and can be reached by bus, train or air (via Bahawalpur). The trust will provide free lodging and boarding to the seniors but they will have to bear the journey expresses. The seniors desiring to participate may contact Mr. Afzal Fazal (34857200 or 34923301) for further details..

IN LOVING MEMORY OF DEAR FATHER

BARKAT ALI HAJI ALI MUHAMMAD NAMDAR
who left us 40 years ago on 24th day of Shaban,
1390 H (1969 AD) for eternal abode

Oh my lord, bestow on them thy Mercy even as they
cherished me my childhood". (17:24)

FOREVER LOVED FOREVER MISSED

Please recite 'SURA-E-FATEHA' for his
soul



Presenting Souvenir to Aaq-e-Shariayat at
Mehfil-e-Hussaini, Hyderabad (Sindh) in 1967