

Issue - 1
January - February 2022



Horizon

A Bimonthly Newsletter of
Pakistan Federation of University Women (PFUW)

SEASON'S
GREETINGS



PAKISTAN FEDERATION OF UNIVERSITY WOMEN



Horizon

A Bimonthly Newsletter of
Pakistan Federation of University Women (PFUW)

Issue - 1
January - February 2022



Editorial Board



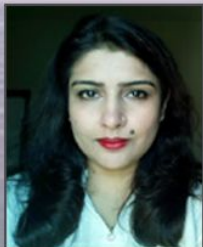
Dr. Saira Bano
Editor-in-chief



Prof. Dr. Syeda Azra Qamar
Member



Prof. Qaisra Alvi
Member



Farhat Abdullah
Member

SEASON'S
GREETINGS



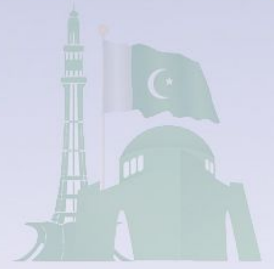


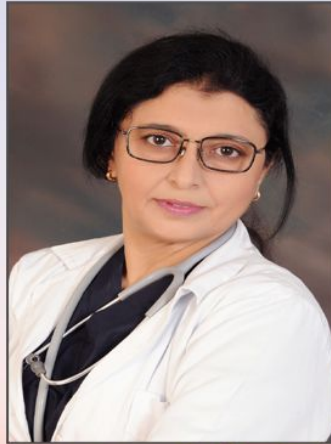
Table of Contents

➤ Editor-in-Chief Note -----	01
➤ Message by President, Vice President & General Secretary - PFUW -----	02
➤ Legendry Personality Quaid-e-Azam Muhammad Ali Jinnah -----	03
➤ Loving memory of Prof. Dr. Aquila Islam (Late) -----	04
➤ Office Bearers Pakistan Federation of University Women (PFUW) -----	05
➤ Office Bearers, Executive Members & Standing Committee ----- Pakistan Federation of University Women - Islamabad Chapter	08
➤ Graduate Women International / University Women Asia -----	11
➤ New Members of Pakistan Federation of University Women (PFUW) -----	12
➤ Launching Ceremony of Horizon Newsletter -----	13
➤ First Event of Pakistan Federation of University Women ----- on December 18, 2021	14
➤ Event Report of PFUW - GWI -----	18
➤ Poem -----	19
➤ Inspirational Quotes for Women -----	20
➤ Help International Welfare Trust (HIWT) -----	21
➤ Become a member of Pakistan Federation of University Women -----	22





Editor-in-Chief Note



Dr. Saira Bano
Editor-in-Chief

Alhamdulillah, the first issue of e-newsletter of Pakistan Federation of University Women PFUW "Horizon" is in your hands and with great pride and privilege I am writing this message.

Given that PFUW is a vibrant organization, there was a need to gather and present activities, targets and plans in front of our member's. Horizon aims at periodically highlighting PFUW'S activities from a common front.

Like every achievement, launching of this e-newsletter is credited to the valued efforts and contributions from the past, present and newly joined advisory board members.

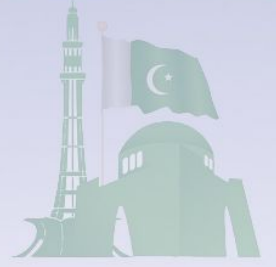
I do not want to miss this opportunity to remember late Professor Dr. Aquila Islam (former CIR and one of the founder member of PFUW), whose efforts and endeavors took PFUW's name this far. May her soul rest in peace and blessings. I am thankful to her and our past president Madam Akram Khatoon along with the entire team for trusting me as CIR and I am trying to do whatever best I could in my capacity.

This issue also owes gratitude towards wonderful support from Islamabad Chapter by their President Prof. Qaisra Alvi and Lahore Chapter Ms. Farhat Abdullah.

Looking forward to your valuable comments.

From the desk of Dr. Saira Bano
CIR





Message from President - PFUW



Prof. Dr. Syeda Azra Qamar
President

I feel great pleasure and happiness that by the grace of Allah Almighty, PFUW Karachi is launching a newsletter "HORIZON". This Newsletter is not just a collection of materials but is more informative and knowledgeable. This platform actually provide the best ideas and inner thought which stay unperceived un-opened, especially this is the stage for today's women to show their ability and power as well as talent and suitable voice for the PFUW in the whole.

I wish all the achievement and prosperity in the year ahead.

Message from Vice President - (PFUW)



Abida Memon
Vice President

Asaalamualaikum! I recently joined the Federation and was very glad to meet such a talented members. In my very first meeting Dr. Saira Bano came with the fantastic idea of Bimonthly newsletter namely "Horizon".

It's designing and colours were perfect reflection of the learned members. This quarterly newsletter will help in highlighting the activities of this Federation.

I look forward for its successful continuity.

Message from General Secretary - (PFUW)



Farhat Mansoob
General Secretary

I am delighted to see the first issue of this newsletter from PFUW. This newsletter is taking its rightful place at the forefront of women issues of national and international nature. I hope that this newsletter will serve to develop the knowledge of the global, social, and economic issues of women with planned strategies to solve them in the best ways.

Hope you will enjoy the newsletter "Horizon".



Legendary Personality - Quaid-e-Azam Muhammad Ali Jinnah



Mohammad Ali Jinnah the founder of Pakistan, was born on December 25, 1876, in a house known as Wazir Mansion located in Karachi. His father's name was Jinnah Poonja, and Mother was Mithibai, he belongs to a merchant family. He was a great politician and a well-known lawyer of his time. He struggled a lot for the freedom of the Muslims of sub-continent and on the behalf of his extraordinary efforts, he was rewarded with the title of "Quaid-e-Azam" (the father of the nation) by Maulana Mazharuddin.

Quaid e Azam Mohammad Ali Jinnah received his early education from Sindh Madarsat ul Islam and Christian missionary school. He went to England for higher education and got admission at Lincoln's Inn law school in London. At the age of 20 he enrolled in Bombay high court when he came back to British India, he was the youngest one to enter the bar, where he started to take interest in political affairs of the nation and became famous in the next three years.

Jinnah started his political career with Indian National Congress in 1906, then after seven years, he joined the Muslim League. He struggled a lot to bring congress and Muslim League to work together but at the same time, he found the culture of racialism in the sub-continent and realized that the Muslims of the sub-continent are sacrificing their cultural and social rights under the British and Hindus. Then he started his efforts for the freedom of Muslims of British India and planned to create an independent state where Muslims could feel the breath of freedom. The major strength was the unity of all Muslims organizations in this freedom war, and it is the leadership of Quaid e Azam which unites all the Muslims of the sub-continent on the same agenda of having a separate state. The creation of Pakistan is the result of bloodshed of thousands of freedom fighters as well as the leadership of Jinnah, Pakistan would not come into being without him. In 1930 he became an undisputed leader of all the Muslims of sub-continent and started to lead Muslim League in 1933. In 1940 Pakistan resolution was drafted by Muslim league at Minar e Pakistan -Lahore which has been proved as a backbone in the war of freedom.

After the Pakistan Resolution passed, he worked day and night and did not worry about his health which was going down day by day, but he kept it secret and never disclosed it to anyone, his sacrifice was not for his own interest but for the whole Muslim nation. It was due to his wise leadership and vigorous effort that Pakistan came into being on August 14, 1947. He was fighting with tuberculosis for many years but never made it his weakness, died on September 11, 1948, just 13 months after the creation of this beloved homeland.



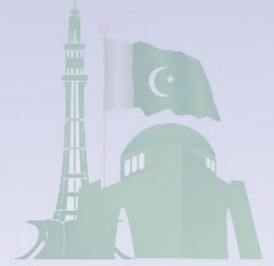


Prof. Dr. Aquila Islam (Late) (1936-2021)



In the loving memory of
Prof. Dr. Aquila Islam (Late)
One of the founder member and
Immediate past CIR of
Pakistan Federation of University Women (PFUW)





Office Bearers *Pakistan Federation of University Women (PFUW)*



Prof. Dr. Syeda Azra Qamar
President

Prof. Dr. Syeda Azra Qamar Gold Medalist, has recently retired as a Principal BS-20 from Govt. College for Women, Shahrah-e-Liaquat – Karachi and teaching since 1991(30 years) in leading colleges of Karachi. Her qualification is M.Sc, M.phil. and Ph.D. from University of Karachi whereas Partial work of Ph.D. was completed from University of Arizona, Tucson, U.S.A, her research is on malarial parasites and Anopheles mosquitoes as well as on Dengue.

She is Gold Medalist and received bursary awards from Scotland and Switzerland and remarkable numbers of shields in addition to awards from national and international levels. She received shield during silver jubilee homoeopathic conference on lecture in 2002.

Dr. Syeda Azra Qamar was selected thrice for advance foreign courses throughout the Pakistan for foreign countries on the base of research and participated in advance courses of infectious diseases from Bangkok, Thailand organized by Oxford University Unit in 2012 and Applied genomics course at Mahidol University, Bangkok, Thailand in 2005 moreover Biology of vector diseases course at NIPH Morelos, Mexico in 2003.

She is also registered Homoeopathic Doctor qualified from Central Homoeopathic Medical College and Hospital of Karachi-Pakistan and Cytotechnologist course (Whole body cancer) from College of Physician and Surgeon of Pakistan. Dr. Azra Qamar is continuous participating in National and International conferences as a research Papers presenter and chairperson.

- | | |
|------------------------------|--|
| > Scotland(2006) | > Norway(2011) |
| > Switzerland(2007) | > Germany(2013) |
| > Iran(Twice) (2005&2007) | > Manchester (2016) |
| > Thailand(Twice)(2005&2012) | > Edinburg (2017)etc |
| > Italy(2009) | > National conferences in different cities of Pakistan since 1987. |
| > Australia(2010) | |

Being Educationist, she brought some revolution in the field of education consequently she has introduced combined practical journal and practical book with viva voce. That was extremely new, unique idea and concepts in the field of education, that was highly appreciated and welcome from teachers and students also author of 18 Books of Zoology and Botany from XI to M.Sc. level.





Office Bearers *Pakistan Federation of University Women (PFUW)*



Abida Memon
Vice President

Abida Memon graduate of Commerce and Law from Saint Patrick College and S.M. Law Sollege is a granddaughter of business tycoons Jusab Moosa Jusabani of Zanzibar, East Africa & Ismail Pandrowala of Mumbai, whose countless contributions are mentionable for the Cutchi Memon Community.

She always contested elections in schools and colleges and joined as an officer of Sindh Government in 1981 and remained in Sindh Small Industries Corporation, Ministry of Social Welfare, Minority Affair Department, Health Department Coastal Development Authority and lastly as Director (Admin & Finance) Sindh Environmental Protection Agency during which she had many opportunities of trainings and attended workshops on different issues, bearing Certificate and Awards. She had chances to be motivational speaker on occasions where she has been honored as Chief Guest, Guest of honor etc.

She along with her job also adopted her family nature of social services and occupied various offices in numerous NGOs and Cutchi Memon Student Federation, United Memon Women Organization, Mehman Graduates Association, Sindh Rural Women Association, Pakistan Women Lawyers Association, Pakistan Business and Professional Women South, Women Development Foundation, Cutchi Memon Thinkers Forum, All Pakistan Women Association, and Al-Umeed Rehabilitation Association.

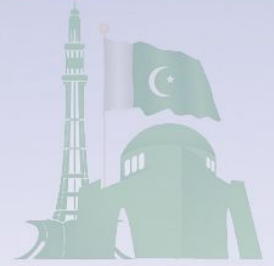
She has also been recognized by Pakistan Railway, Association of Deaf and Dumb, Mehran International Press, Memon League, Catholic Association, World Biographical Society, All Pakistan Memon Federation, Pakistan Memon Welfare and Educational Society, Cutchi Memon Markazi Jamat and World Memon Organization.



Farhat Mansoob
General Secretary

Farhat Mansoob has done her Master's in International Educational Development (with concentration in Peace and Human Rights Education) from Columbia University, NY, USA. She holds a Master's degree in Curriculum Planning, with special reference to the production of textbooks and reading material for primary and secondary levels, she has closely observed Curriculum setting and instruction in the USA. Farhat has extensive experience as a teacher and principal of renowned schools in Pakistan. She has conducted numerous training workshops for school teachers and has served as a senior consultant for primary education in Sindh for UNICEF. She has also studied Environmental Education in the UK.





Office Bearers *Pakistan Federation of University Women (PFUW)*



Dr. Saira Bano
CIR

Dr. Saira Bano is a multitalented woman having command in hosting programs, being a moderator of Live Shows and serving as a Consultant Medical Practitioner.

She is presently serving as a Patron Member of Pakistan Association of Deaf PAD and moderator of famous live show "Dr 101" at FM 101 more the 50 episodes broadcasted also hosted "Prime Time" at FM 93 from Radio Pakistan Karachi, also YouTube & TV channels. She is also in advisory board of Help International Welfare Trust and served as Trustee in HIWT.

She has vast experience in creating mass awareness about the significance of Information Technology through seminars, career guidance/counseling, and did consultancy in more than 100 schools all over Pakistan particularly in rural areas. Supervised IT Placement Services with special emphasis on scholarships mainly for women and special persons.

She has many honors with her name like:

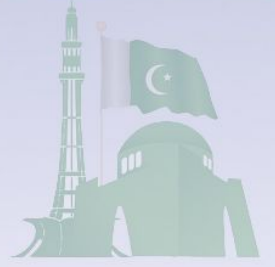
- Produced Stage Play on Breast Cancer in Liaquat National Hospital on eve of Breast Cancer Day.
- Wrote many articles, research reports, editorials and stories particularly on Information & Communication Technology (ICT) in leading country newspapers, journals and magazines and so on.

She has received numerous awards in recognition of her excellent performance:

- Awarded by Liaquat National Hospital for producing Stage Play on Breast Cancer on Eve of Breast Cancer Day.
- Awarded by 21st Century Business & Economic Club Women Forum, In recognition of contribution in building successful lives and empowering women in Pakistan's professional arena and so on.

She has done her Masters in Political Science, the University of Karachi in 2001 Certified Cupping Therapist from D.H.M.S. (Diploma in Homoeopathic Medical Science) from Central Homoeopathic Medical College, Karachi in 1992. She has command in Languages Known: Urdu, English, Sindhi, Memoni.





Office Bearers *Pakistan Federation of University Women (PFUW)* *Islamabad Chapter*



Prof. Qaiserah M. Alvi
President

Prof Qaiserah M Alvi is a Life member of PFUW since 1976. She has been Vice President International Islamic University, female campus, Chairperson Urdu department and Provost. During her tenure at Federal Government Margalla post graduate college she established Mass Communication department and also served as Chairperson of Urdu department in 1988.

She also actively participated and represented PFUW in United Nation women's Forum in 1985(Kenya) and 1995(Beijing). She is an author and coauthor of several books (Poetry & Fiction) and articles published in Urdu language. Also involved in community services and social work, promoting women empowerment and education in BPW, and Rotary club, raised funds and worked for many charitable organizations.



Dr. Naz Parveen
Vice President

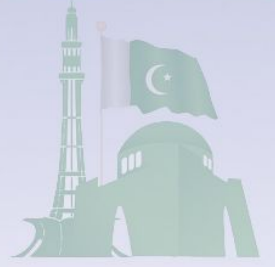
MBBS, Fatima Jinnah medical college, Lahore
MPH, University of California, Berkeley
General Secretary PMA, Rawalpindi
Chair Person Health and Social, BPWO Rawalpindi/Islamabad



Nilofer Rahman
Vice President

Nilofer Rahman is a writer, social worker and fundraiser who has worked for underprivileged and vulnerable women and children in Pakistan and internationally. She is currently the Vice President for the Federation of University Women in Islamabad. She was previously the President of the United Nations Women's Guild in Sri Lanka (1984-87), China (1992-96) and Jordan (1996) where she championed charitable causes for women and children and also raised funds and worked for charitable organizations. She has contributed articles to the daily Urdu newspaper Jang. She writes poetry and is currently working on a compilation of her Urdu poems. She has a Masters in Urdu Literature from Peshawar University, and a BA from Karachi College for Women.





Office Bearers *Pakistan Federation of University Women (PFUW)* *Islamabad Chapter*



Naeem Fatima Alvi
Vice President

Naeem Fatima is a writer and social worker. She did her Master in Urdu from oriental college Punjab University. Presently she is executive member of Faiz-ul-Islam and secretary of Halqa-e-Ahbab -e- Nasar



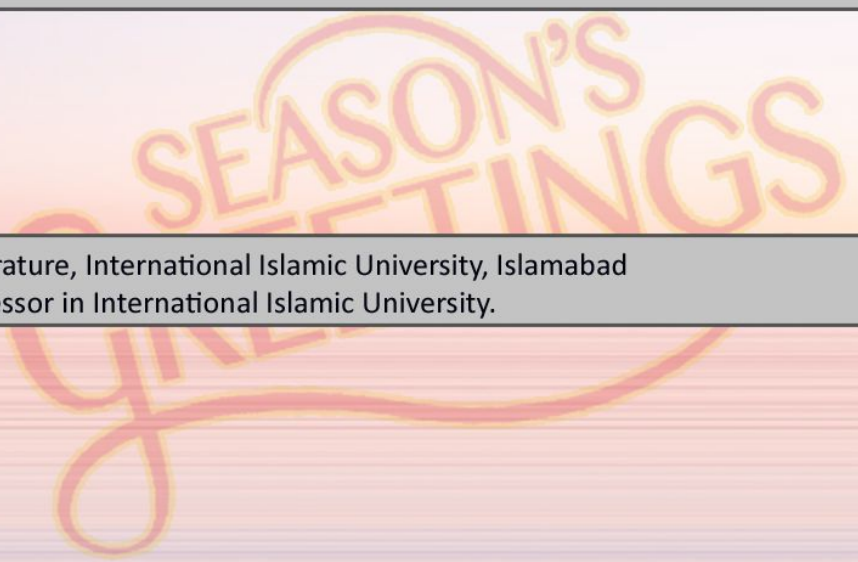
Dr. Shiraz Fazal Dad
General Secretary

Ph.D Urdu literature, International Islamic University, Islamabad
Assistant Professor in International Islamic University.



Prof. Ghazala Khalid
Joint Secretary

Principal (R)
Federal Government Post Graduate College, Margala
F-7/4 Islamabad
MSc.Mathematics, Punjab University





Office Bearers

Pakistan Federation of University Women (PFUW)

Islamabad Chapter



Prof. Rehana Shabbir
Treasurer

MSc (Chemistry) from University of Karachi. Worked in federal government colleges for 31 years and retired as Professor/Principal from college for women F7/2. Worked as Principal and Vice Principal in various colleges.



Shahnaz Nawaz
Joint Treasurer

BSc. College of Home Economics, Karachi. B.Ed. Punjab University. Served at FG College F-7 /2 and ICG. F-6/2 as Teacher and Assistant Headmistress. Now doing /supporting Social Welfare.

Executive Members

(Islamabad Chapter)

1. Prof.Khalida Masood Ali
2. Prof.Husna Memon
3. Mehboob Mirza
4. Prof.Nusrat Khan
5. Prof.Tasneem Siddiqui
6. Ayesha siddiqui
7. Prof. Naseera Shakeel

Standing Committee

(Islamabad Chapter)

1. Prof. Yasmeen Bukhari
2. Prof. Farrah Mukhtar Shakir
3. Malika Farooqi
4. Dr. Sairah Alvi
5. Shireen Ali
6. Prof. Dr Sarwat Jahan
7. Prof. Zahida Powar



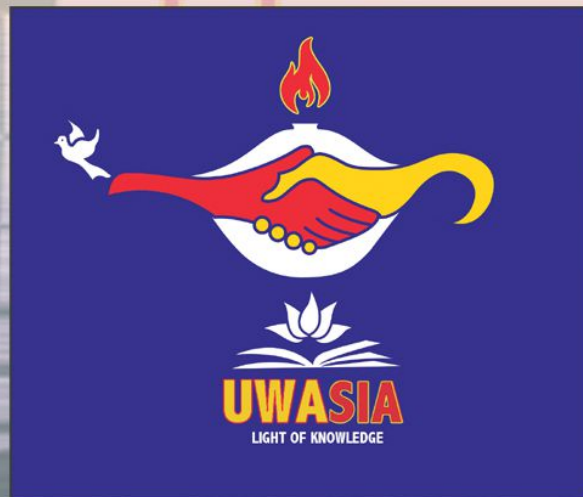


Graduate Women International

Empowering women & girls through lifelong education

For latest updates about
Events and Activities
Please visit

<https://graduatewomen.org>
Email: gwi@graduatewomen.org



University Women Asia - UW Asia
A Proud member of GWI





Welcome to the New Members of Pakistan Federation of University Women (PFUW)



Prof. Dr. Syeda Azra Qamar



Abida Memon



Zara Ali Shah



Waniya Wajeeh



Dr. Rashida Zohra



Dr. Hira Pervez Butt



Dr. Narmeen Bawany

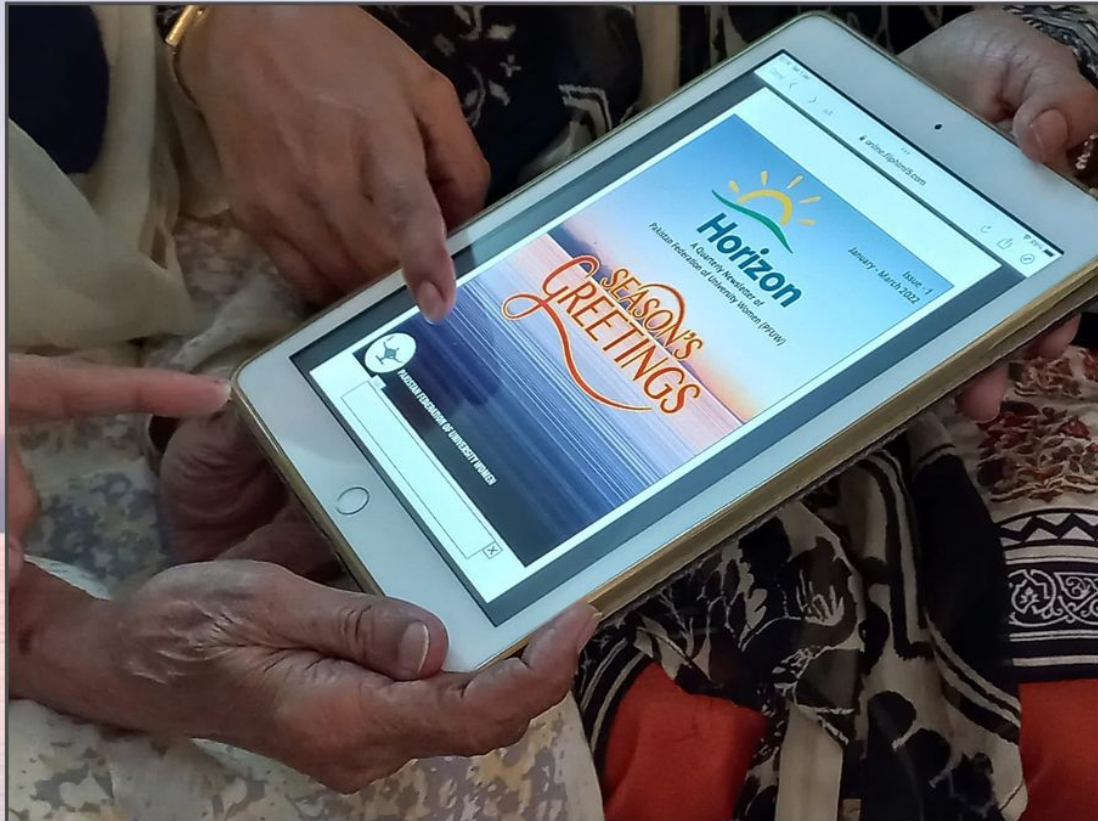


Hina Hussain Bhadelia





Launching Ceremony of First Newsletter of Pakistan Federation of University Women (PFUW)





First event of Pakistan Federation of University Women (PFUW)



18
December
2021
Saturday

10:30 AM
Central
European
Time- CET

02:30 PM
Pakistan
Standard Time-
PST

REGISTER

**Graduate Women International-
Initiator of Regional Dialogues
UWAsia**

UWAsia Regional NFA Event

"Research and use of advanced Information
Technology can bring sustained improvement in social
and economic status of women all over the globe"
& "Traumatic impacts of long years of wars
on Afghan women"

#GWI #UWAsia

<https://graduatewomen.org/register-for-webinar/>







**UWAsia Regional
NFA Event**
18 December 2021

"Research and use of advanced Information Technology can bring sustained improvement in social and economic status of women all over the globe"
& "Traumatic impacts of long years of wars on Afghan women"



University Women
Asia- UW Asia



CET 10:30 AM - 10:33 AM	Introduction
PST 02:30 PM - 02:33 PM	Stacy Dry-Lara – Executive Director GWI
CET 10:33 AM - 10:35 AM	Welcome
PST 02:33 PM - 02:35 PM	Akram Khatoon – President PFUW
CET 10:35 AM - 10:37 AM	Welcome Address
PST 02:35 PM - 02:37 PM	Ranjana Banerjee – President UWAsia
CET 10:37 AM - 10:40 AM	Purpose of Regional Dialogues
PST 02:37 PM - 02:40 PM	Terry Oudrad – President GWI
CET 10:40 AM - 10:42 AM	Panel Introduction
PST 02:40 PM - 02:42 PM	Dr Humera Yasmin – Member PFUW
CET 10:42 AM - 11:45 AM	Panel Presentation
PST 02:42 PM - 03:45 PM	Moderator Dr Farhat Abdullah – President PFUW Lahore Chapter
	<i>"Women empowerment through research, innovation and entrepreneurship"</i> Dr Rashida Zohra.



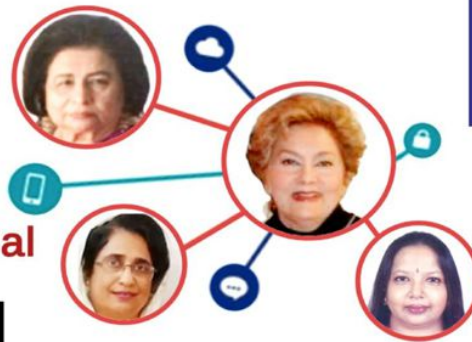


First event of Pakistan Federation of University Women (PFUW)



UWAsia Regional NFA Event

18 December 2021



University Women
Asia- UW Asia

“Research and use of advanced Information Technology can bring sustained improvement in social and economic status of women all over the globe”

& “Traumatic impacts of long years of wars on Afghan women”

“How IT transformed educational landscape during COVID 19”

Dr Narmeen Bawany

“How advanced information technology has facilitated women participation in economic activities encouraging youngsters to enhance the momentum of progress thus achieved”

Ms. Waniya Wajihuddin.

“Traumatic impacts of long years of wars on Afghan women”

Dr Asma Zahoor

CET 11:45 AM - 12:00 AM
PST 03:45 PM - 04:00 PM

QA Session

CET 12:00 PM - 12:05 PM
PST 04:00 PM - 04:05 PM

Closing Remarks by CIR

Nabia Bari – BFUW

CET 12:05 PM - 12:07 PM
PST 04:05 PM - 04:07 PM

Vote of Thanks by CIR

Dr Saira Bano – PFUW

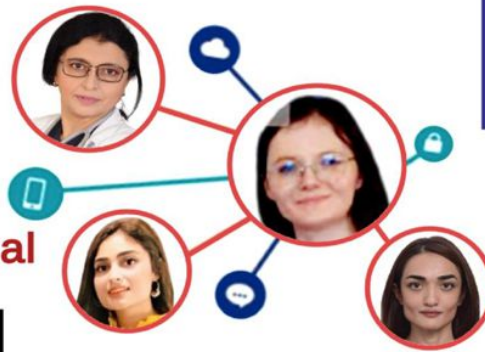




First event of Pakistan Federation of University Women (PFUW)



**UWAsia Regional
NFA Event**
18 December 2021



University Women
Asia- UW Asia

**“Research and use of advanced Information Technology can bring
sustained improvement in social and economic status of women
all over the globe”**
& **“Traumatic impacts of long years of wars on Afghan women”**

Panel Introduction

Dr Rashida Zohra

Dr Rashida is an industrial biotechnologist and advocate of industrial-academic partnership and academic entrepreneurship. She is active for the promotion of research and development on various national and international platforms including Canada Pakistan Research Development Council (CPRDC), e-TISC, Intellectual Property Mentoring Program for Women Innovators at World Intellectual Property Organization (WIPO).



Dr Narmeen Bawany

With Ph.D. in Computer Science and 20 years of experience in teaching, research, and administration; she is presently serving as Dean, Faculty of Science and Head of the department of Computer Science and Software Engineering at a renowned university. Her research areas include Human Computer Interaction, Cloud Computing, Blockchain Technology, Machine Learning, Cyber Security, and Software Defined Networking. She has more than 30 publications in journals and conferences.

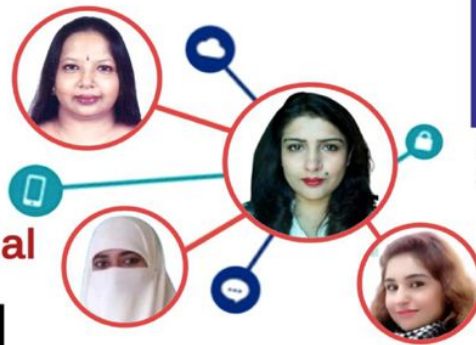




First event of Pakistan Federation of University Women (PFUW)



**UWAsia Regional
NFA Event**
18 December 2021



University Women
Asia- UW Asia

“Research and use of advanced Information Technology can bring sustained improvement in social and economic status of women all over the globe”

& “Traumatic impacts of long years of wars on Afghan women”

Waniya Wajeeh

With BS Accounting & Finance she has served as the executive council member of the largest student run society at IBA known as the IBA Entrepreneurship Society. She is committed to eliminate gender disparity in education and provide women a better position in the society.



Dr Asma Zahoor

Dr Asma is associated with Rawalpindi Women University as Associate Professor of English, Additional Director Students' Service Cell. Research, teaching, social work and women empowerment are her areas of interest. She completed her PhD from NUML, Islamabad and International Graduate Research Fellowship from University of North Texas.





*Webinar by UWAsia hosted by PFUW on 18th Dec 2021
Event views by Akram Khatoon - Immediate Past President PFUW*

First of all I would like to thank you in particular for letting us (PFUW) host this event of great importance. I hope all the participants got some insight on the issue and became aware of the credibility of academia status of Pakistan. Due to engagement of Dr Saira in family matters, she has requested me to convey my views regarding webinar. The webinar sponsored by UWAsia on 18th December 2021 was hosted by Pakistan Federation of University women (PFUW). All the four speakers were from Pakistani universities and dealt with the subjects in context of happenings all over the globe and particularly in Pakistan. Program started with welcome addresses from Dr Stacy of GWI International Board followed by Welcome address by Akram khatoon President of PFUW and Dr Ranjana president UWAsia.

Dr Rashida Zohra Dean at Jinnah university for women was the first speaker who going back into history of evolution of various scientific inventions by women impressed on the issue that in case of need women with STEM education proved their credibility by coming up with inventions like torpedoes with improved technologies in Second World War and Mary Anderson landing in car manufacturing at start of previous century etc. Presently, she said women have highest share in inventions relating to biotechnology , pharmaceuticals , organic and food chemistry etc. She added that lower participation of women in work force due to patriarchal nature of society prevents women to enter STEM related educational fields.

She said women have made their names in Pakistan by making use of advanced information technology in the area of software development and they have sizeable share in IT related products exports of the country. Further she said that ORIC (Office of Research, Innovation and Commercialisation) offices in universities are now coordinating research work at different faculties of universities with concerned industries operating in the country on commercial basis and providing innovative ideas for bringing continuous improvement in quality and design of product of these industries according to changing market needs. Second speaker Dr Narmeen Bawany Dean faculty of Information technology at Jinnah University of women discussed the scenario of COVID 19 lock downs and how IT technology helped educational institutions of all level to continue functioning on line. Despite challenges of lack of infrastructure and lack of training with teachers to handle academic activity on line things went on smoothly at least at higher education level. Third speaker from our Youth group Waniya Wajeesh first listed the reasons for lack of entrepreneurship among women and later on she described how use of information technology and imparting of vocational and entrepreneurial skills helped women mainstreaming economic activity.

Our fourth speaker Dr Asma Zahoor professor of English at Islamabad university dealt with plight of Afghan women and children due to continuous war onslaught by super powers like Russia and US revenging the very fabric of country. Women and children are the most disadvantaged segments there. Children are being deprived of education and working women have lost their jobs. Here I would like to add as I had mentioned during my welcome address that there is need that economically rich countries like US instead of Blocking Afghan funds with them must come forward to extend sizeable financial grant for rehabilitate ravaged Afghan women and children besides releasing their funds.



Akram Khatoon
Immediate Past President - PFUW





*A Powerful Poem by
Prof Lee Tzu Pheng (Singapore Cultural Medallion winner)
on human friendship and loving one another*

"Sip your Tea
Nice and Slow
No one Ever knows
when it's Time to Go,
There'll be no Time
to enjoy the Glow,
So sip your Tea
Nice and Slow.

Life is too Short but
feels pretty Long,
There's too Much to do, so much going
Wrong,
And Most of the Time You Struggle to be
Strong,
Before it's too Late
and it's time to Go,
Sip your Tea
Nice and Slow.

Some Friends stay,
others Go away,
Loved ones are Cherished but not all will Stay.
Kids will Grow up
and Fly away.
There's really no Saying how Things will Go,
So sip your Tea
Nice and Slow.

In the End it's really
all about understanding Love
For this World
and in the Stars above,
Appreciate and Value who truly Cares,
Smile and Breathe
and let your Worries go,
So Just Sip your Tea
Nice and Slow."

When I'm dead.
Your tears will flow
But I won't know
Cry with me now instead.

You will send flowers,
But I won't see
Send them now instead

You'll say words of praise
But I won't hear.
Praise me now instead

You'll forget my faults,
But I won't know.....
Forget them now instead.

You'll miss me then,
But I won't feel.
Miss me now, instead.

You'll wish You could have spent more time
with me,
Spend it now instead

When you hear I'm gone, you'll find your way
to my house to pay condolence but we
haven't even spoken in years.
Look for me now.

"Spend time with every person around you,
and help them with whatever you have to
make them happy, your families, friends and
acquaintances.
Make them feel Special because you never
know when time will take them away from
you forever.*

Alone I can 'Say' but together we can 'Talk'.
Alone I can 'Enjoy' but together we can 'Cele-
brate'





An Inspiration Words on Womenhood by Reese Leyva

Remember, Woman, you were born
life giver, miracle creator, magic maker.

*You were born with the heart of a thousand mothers,
open and fearless and sweet.*

*You were born with the fire of Queens & conquerors,
warrior blood you bleed.*

*You were born with the wisdom of sages & shamans,
no wound can you not heal.*

*You were born the teller of your own tale,
before none should you kneel.*

*You were born with an immeasurable soul
reaching out past infinity.*

*You were born to desire with passion, abandon,
and to name your own destiny.*

Remember, Woman, remember
you are more than you can see.

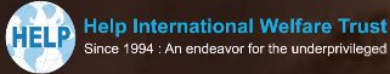
Remember, Woman, remember
you are loved endlessly.

Remember, Woman, your power and grace,
the depth of your deep sea heart.

*Never forget you are Woman, divine,
as you have been from the start.*

GS





SUPPORT IS INCOMPLETE WITHOUT U

A campaign to sponsor a Thalassemia Patient

Sponsoring a Thalassemic patient can help us fight the illness with strength. In Pakistan, sponsoring the routine monthly treatment expenditures of a Thalassemic is (approx. Rs. 15,000).

You also can be a part of this campaign and make a huge difference., Because
SUPPORT IS INCOMPLETE WITHOUT U #DonateToSaveLives

Donate via Daraz.pk:
<https://www.daraz.pk/shop/hiwt/>

Make Online Transfer:

Meezan Bank Limited, DHA Phase IV Branch, Karachi
Title of Account: Help International Welfare Trust
Account No: 0102787556
Branch Code: 0127
IBAN No: PK14MEZN0001270102787556
Swift Code: MEZNPCCA

Donate via PayPal US\$:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=9ATAQRZCQX49A&source=url

Donate via PayPal GBP:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=SUMWEV8V7TS3Y&source=url

Donate via Stripe:

<https://hiwt.org/donate/save-a-child/>

Jazak ALLAH Khair

+92 21 34612256-58 | +92 3100100353

#DonateToSaveLives #Thalassemia #health #treatment #charity #donation #sadaqah #zakat





Become a member of Pakistan Federation of University Women (PFUW)



PAKISTAN FEDERATION of UNIVERSITY WOMEN

(Founded by Mrs. RASHID AHMED, S.K.T.Q.A)

Affiliated to

GRADUATE WOMEN INTERNATIONAL

Head Quarter

Adjacent to Government College for Women

Shahrah-e-Liaquat, Karachi, Pakistan

Sub office:

B-34, Block D, North Nazimabad, Karachi, Pakistan

Membership Application

1. Name with title(Miss, Mrs., Ms, Dr.) _____
2. Father's/Husband's.Name _____
3. Qualifications _____ Subjects _____
4. University/Institute _____
5. Profession/Occupation _____
6. Residential Address _____
7. Office Address _____
8. E-Mail Address _____
9. Phone number(s) _____
10. Any Special Training _____
11. Introduced by _____

12. Membership:

Registration Fee PKR 500

Life Member PKR 5000

Total PKR 5500

(payable by pay-order or crossed cheque in favour of **Pakistan Federation of University Women**)

Signature _____

To become a member of Pakistan Federation of University Women (PFUW), please mail the filled form along with a Passport Size Photograph, a Brief CV and a Pay order or Crossed Cheque for PKR 5500/- in the name of Pakistan Federation of University Women or you can transfer online account named **Pakistan Federation of University Women A/C. No. 3110583608 (Old A/C No. 005727-5), National Bank of Pakistan M.A Jinnah Road Branch, Karachi.** Kindly share payment detail of online deposit.

