Our Approach in Uniting Memon Hearts:
Confidential, private, safe and secure (No personal information is on our Website: NO pictures of bride, groom; NO names). It is managed by volunteers of Memon families. Not a commercial venture. Professional and Goal oriented – More details on our website.

Did You Know STAMINA EXERCISES
*Walking:* Excellent cardiovascular benefits for the advanced age groups. Should be done briskly with swinging of the arms. Comfortable shoes must be worn. May be done morning or evening for 30-60 minutes.

Picks of the Month:
- **Jamath Office Bearers of the Month:** United Memon Jamat of Pakistan: Managing Committee 2016-2019 [details]
- **News of the month:**
  - Gujarat's Taha Memon nominated for Crayon d'Or competition in ... TwoCircles.net
  - Adnan Memon, 22-year-old lifts weights in Mumbai gym, gets cardiac arrest [details]
  - How to Be a Successful entrepreneur, Gulam Memon [Texas, USA] [source]
- **Facebook Page of the Month:** Thalassemia Prevention in Memon Community Note: What is Thalassemia [read more].
- **Memon Publication Series:** Memon Diaries Edition Cutchi Memon Union. Bangalore: "On behalf of our President and the Managing Committee, it gives me great pleasure in presenting the first CUTCHI MEMON DIARIES newsletter." Masood Kareem [Source]
- **Memon History Series:** How Memon, Delhi Saudagaran and Chinioti Entrepreneurs Create New Ventures? [details]
- **Quotable Quote:** “Yet, conflict (competition) is also a natural feature of human life. Conflicts arise, for example: between individuals who compete for scarce resources between classes, social groups over distribution of wealth and power between businesses over market control…” Wali Memon [Social Evolution]
- **Website of the month:** Okhai Memon Youth Services.

Good to Know:
- “The Memons are people with a rich, colourful past but without any historians to record it, let alone analyse or laud the achievements of their ancestors. Just as nature abhors a vacuum, so historians abhor a historical vacuum and tend to fill it with myths and prejudices. Until now the Memons have taken a view of history not dissimilar to the one Napoleon took. Asked by one of his generals about the impact one of his battle plans would have on history, Napoleon is believed to have said: 'Let us make history first then let historians write it.'”
- I want to explain arranged marriage to people in the West, by Nashra Balagamwala. bbc.com