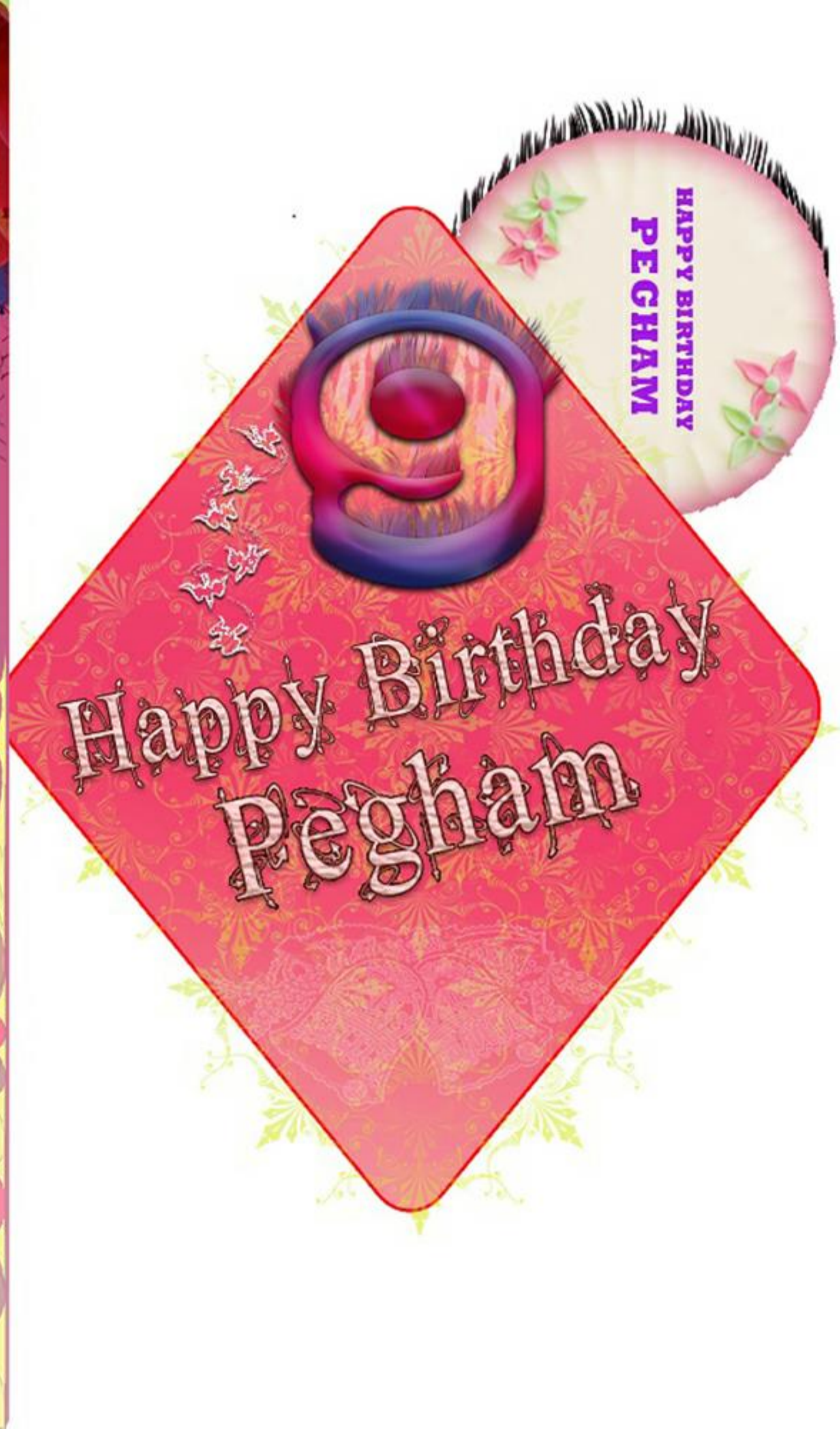


**PeghamSpecial
Birthday Edition
April 2014**



**Happy Birthday
Pegham**

**HAPPY BIRTHDAY
PEGHAM**

Editorial

It's says that "Coming together is a beginning, staying together is progress, and working together is success." – The Success required a lot of help and Assistance from many people and we are extremely fortunate to have got this all along the completion of "Pegham's first English Magazine".

We are pleased to inform you all that we are publishing our very first English magazine on pegham's birthday. We are grateful/ thankful to our mods, Super

mods, Admin, co-admin and all members for being an extra ordinary team and for all their efforts to make it happen.

On this special day, We wish pegham a very Happy birthday, all the joy pegham can ever have and may pegham be blessed abundantly today, tomorrow and the days to come! May Pegham have a fantastic birthday and many more to come... **HAPPY BIRTHDAY** to pegham !!!!

Thank you,
Pegham Team.

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Qurani Ayat



Whatever of good reaches you, is from ALLAH, but whatever of evil befalls you, is from yourself.
(Al-Nisa 479)

Jala's Design.pegham.com

Hadith

حَدَّثَنَا عَلِيُّ بْنُ مُحَمَّدٍ حَدَّثَنَا وَكَيْعٌ عَنِ الْأَعْمَشِ عَنْ مُجَاهِدٍ عَنْ عَبْدِ الرَّحْمَنِ بْنِ أَبِي لَيْلَى عَنْ أَبِي ذَرٍّ قَالَ قَالَ لِي رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَلَا أَدُلُّكَ عَلَى كَنْزٍ مِنْ كُنُوزِ الْجَنَّةِ قُلْتُ بَلَى يَا رَسُولَ اللَّهِ قَالَ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Hadith

It was narrated that Abu Dharr said: "The Messenger of Allah(saw) said to me: 'Shall I not tell you of a treasure which is one of the treasures of Paradise?' I said: 'Yes, O Messenger of Allah.' He said: 'La hawla wa la quwwata illa billah(There is no power and no strength except with Allah).'" (Sahih)

Santhal

Prayers

by Rida

Dua is conversation with ALLAH, the All Knowing. ALLAH says: Call on Me; I shall answer you: (Al-Mumin Surah, 40:60).

It is the most liberating, empowering, and transforming therapy. Prayer is not the name of words, it is the name of sentiments. We open our heart out in front of the Almighty. When we call the most merciful from the core of our heart we feel him listening to us and answering our call and that feeling give us satisfaction. Prayer is the ultimate way of catharsis.

While praying we repent our sins, which ALLAH likes the most. We confess that we are nothing without the sustainer of all. If a person can really feel the relationship between him and his creator he can never become a bad human being. He will be able to differentiate between good deeds and bad acts.

Supplication is the remedy for depression, pessimism, grief and all other negative energies. It can affect a person spiritually, mentally and physically. It can give satisfaction and peace to mind and can clam the nerves. Prayer is the way of self analysis because a person can deceive any other person but he cant do the same with his creator with the All Knowing.

By begging ALLAH for His mercy we affirm our belief that he is the giver is givers. Prayer is Ibadah which creates an aura of positive energies around us.

For any one among you, if the door of acceptance of dua is opened, then the doors of His Mercy is also opened. Said Hazrat Ali R.A.T.A.

The best dua ALLAH likes is the one in which the caller asks for the goodness of this world and the goodness of the next world."

[at-Tirmidhi, al-Hakim].

We should never feel disappointed because Prayers are always accepted. Why bother to have fake and mortal relations, we should Make the Most Powerful Our best friend and talk to Him as He is The One who always listen us when we are quite, He is The One who is always with us when we are alone, He is The One who can help us when in need.



Islamic

Art





Designing
Quotes
by
Ranchal





MY SISTER

Through the thickness of distance,
Through the walls of mountains,
Through the depth of oceans,
Last night I touched you
I touched your pain
They became mine.

There is no meaning in children smile
Flowers grow, but are they flowers?
Children smile, but are they smiling?
Without your children
Without your garden
Flowers and smile do not grow
Without your hand,
Life delivers emptiness

When I departed
You whispered "take care"
Have you taken care?
Have you built a dream?
Have you not seen crashed hopes?
Have you avoided disasters?
Disasters are in the air
They grow in your garden
They fall off the trees.

I have not heard from my sister for many years. I do not know if she is alive or.....!
Bashir Sakhawarz, Afghan poet

Designed
by
Hala

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PEGHAM

Hala's Art & Sork

HAPPY BIRTHDAY



*Peaceful Prayers
designed
by
Hala*



PEACEFUL PRAYERS

LET THERE BE PEACE IN THE WORLD.
LET US ALL SEE PEACE AND NOT WAR.
LET US ALL HAVE PEACE IN THE WORLD.
LET ALL OUR STATESMEN KNOW NO VIOLENCE,
LET ALL LOVE PEACE WITH WARM VEHEMENCE,
LET ALL BE CLOTHED WITH PASSIONATE PATIENCE,
LET ALL RESPECT PEACE WITH REAL REVERENCE.
LET PEACE PERVADE EVERY POLITICAL TERRAIN,
LET PEACE CALM THE SPIRITS OF EVERY DOMAIN,
LET PEACE BE AT PEACE WITH EVERY REIGN,
LET EACH ACHIEVE PEACE WITH POOR PAIN.
PEACE, TO YOU WE PLEAD: COME TO US.
PEACE, WE ENTREAT YOU: DEIGN ON US.
PEACE, WE WANT YOU: ENVELOPE US.
LET OUR HOMES BE ADORNED WITH PEACE,
LET OUR STREETS BE PAVED WITH PEACE,
LET OUR CITIES BE SET ON A HILLTOP OF PEACE.
LET PEACE TAINT OUR EVERY THOUGHT.
LET THERE BE PEACE, LET PEACE NEVER CEASE
LET THERE BE PEACE, LET WAR FOREVER CEASE..

HALA'Z DESING
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I DESIRE

DR. ALLAMA MOHAMMAD IQBAL

I WANT TO HAVE THE EXTREMES OF YOUR LOVE,
SEE, HOW SILLY AM I, WISHING FOR UNACHIEVABLE.

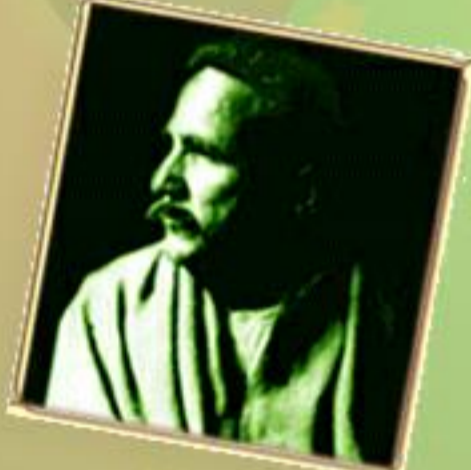
I DON'T CARE IF YOU MALTREAT ME OR
PROMISE TO UNVEIL YOUR BEAUTY,
I JUST WANT SOMETHING UNBEARABLE TO
TEST MY FORTITUDE

LET THE GOD FEARING PEOPLE BE DWELLING IN THE PARADISE,
FOR, INSTEAD I WANT TO BE FACE TO FACE WITH YOU.
(I DON'T WANT TO GO TO PARADISE BUT WANT
TO OBSERVE THE DIVINE BEAUTY)

O FELLOWS, I AM HERE FOR A FEW MOMENTS, AS A GUST,
LIKE MORNING STAR I WILL FADE AND VANISH IN A FEW MOMENTS.

I DISCLOSED THE SECRET IN PUBLIC,
I NEED TO BE PUNISHED FOR BEING SO RUDE.

HALA'Z DESIGN
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Bright art thy treasures, brighten them
in more, and ravish my eyes, mind,
heart and soul.

That love should be concealed, and
beauty should be veiled, reveal this
to me, O lord, or reveal me to myself.

Thou art the eternal ocean, I am a
rivulet, make me a part of thee, O
Lord or make me fathomless.

If I possess a pearl within, give it
a starry lustre, But if I am a piece
of brick, give it a diamond's sheen.

If of Spring I cannot sing as a
bird of paradise, make this half-
enraptured soul a skylark of the
Spring.

Kfushi @Pegham.com

Designed
by
Khushi



Designed by

Tanha Hasan

If youth of nation mine
Were jealous of their creed,
My Qalandar's state won't mind
Alexander's might indeed



Poet: Allam Iqbal

With ease you can divine
To some thing else is due
Penury can not cause
Decline of Moslems True

www.Pegham.com

Wealth has played no part
To bring my worth to light
My Faqr this spell has cast,
The share of wealth is slight

Designed By:
Tanha Hassan

1. Make peace with your past so it doesn't spoil your present.
2. What other think of you is none of your business.
3. Time heals almost everything, give the time, some time.
4. No one is the reason of your happiness except you yourself.
5. Don't compare your life with others, you have no idea what their journey is all about.
6. Stop thinking too much, its all right not to know all the answers.
7. Smile, you don't own all the problems in the world.

7 Great Logics About Happy Life



Mr.Khan

Vitamins For Hair Growth

Vitamins B complex, minerals like magnesium, zinc and sulfur and a nutritious diet can promote hair growth and stop thinning.

1. **B-Vitamins:** Vitamin complex B3, B5 and B6: Foods rich in vitamin B include beans, peas, carrots, cauliflower, soy beans, nutritional yeast, bran, nuts and eggs. Take a vitamin B-complex supplement.
2. **Biotin:** Food sources of biotin include brewer's yeast, brown rice, bulgur, green peas, lentils, oats, soybeans, sunflower seeds, and walnuts.
3. **Vitamin C:** Vitamin C help promote scalp circulation which is important to maintain capillaries that carry blood to the follicles.
4. **Vitamin E:** Vitamin E may stimulate hair growth by enhancing the immune function. Eat avocados, nuts, seeds, and olive oil on a regular basis.
5. **Vitamin A:** Excess intake of vitamin A can cause hair loss, so remain in limit.
6. **Zinc:** Zinc may stimulates the immune function which can promote hair growth.
7. **Amino acids :** L-Cysteine and L-methionine promote growth.

Foods For Hair growth

8. Thyroid dysfunction can be a cause of hair loss. If that is the case, then eat foods rich in iodine and vitamin A. Eat vegetables such as carrots, cabbage,



mustard, soy beans, peanuts, pine nuts, spinach, turnips and oils such as flax, walnut or pumpkin seed.

Symptoms of Thyroid Problem

9. A low-fat diet can help in slowing down the baldness process in men. A high-fat, meat-based diet raises testosterone levels, and that may adversely affect hair follicles.
10. If you are anemic, then take iron rich foods.
11. Foods high in protein. can encourage hair growth. Foods high in protein include cheese, beans, lentils, yogurt, brewer's yeast, soy products, eggs and fish. Soy protein stimulates hair growth, so eat tofu and drink soy milk, which are good sources of soy protein.
12. Silica can slow hair loss. Use silica shampoo. Silica is found in potato skin, peppers, cucumbers, bean sprouts, etc.

Sheen



*What is going to be
Trendy and Hot in 2014?*

Bright Colored Eyeliner



Bright Orange Lipstick



The Completely Natural Look



White Eye Shadow



sheen

Italian Salad Recipe

- 1 garlic clove, smashed
- Salt
- 2 tablespoons mayonnaise
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 cup plus 2 tablespoons extra-virgin olive oil
- Freshly ground pepper
- 1 large romaine heart, chopped
- 1 small head of radicchio—halved, cored and coarsely chopped
- 1/4 head of iceberg lettuce, coarsely chopped
- 1 tender celery rib, thinly sliced
- 1/2 small red onion, thinly sliced
- 1/2 cup cherry tomatoes
- 1/4 cup pitted green olives, preferably Sicilian
- 8 peperoncini
- 2 ounces Parmigiano-Reggiano cheese, shaved (1 cup)



How to make Big Italian Salad

In a large bowl, mash the garlic to a paste with a generous pinch of salt. Whisk in the mayonnaise, vinegar and oregano, then whisk in the olive oil. Season with pepper. Add all of the remaining ingredients and toss well. Serve right away...

Mango Prevent obesity

Mango contains a sufficient quantity of fiber, which causes slow absorption of sugar into the blood stream; helps reducing appetite, maintain blood sugar levels resulting in controlling body weight. When the fiber passes through intestines it also eliminates a number of harmful fats of the body.

Mango is also valuable to combat acidity and poor digestion



sarfraz_qamar

Dreams of the future...

Written by Aania

Dreams of the future...

Dreams of hope...

Dreams of what will come to pass..

A walk in the forest...

A stroll by a stream...

Romance in the firelight...

Dreams of a love that will last...

These dreams, ... grant to me.

So I may find happiness at last.



Time to Leave

written by Hala

Its tough to leave others.

We meet others,

We share our life with them.

we cry with them, laugh with them.

We live for them.

We learn with them. We fight with them.

But when the time comes to leave them, we are unable to believe it.

Then all the leaves of memories start falling.

Time from when we met them till today, each and everything brings tears in our eyes.

It is very difficult to accept the feeling that they are leaving..

But the reality is that they are leaving us.

Now we want to share each and every moment with them.

But the fear that they will go tomorrow is still roaming in our mind.

Then we try to give them happiness in all possible ways in that single moment of life.

Finally time has come..

They are going....

We can't stop them...

Why there are such times???

Can't this time stop??

Can't we live with them?

Oh GOD please stop them...



Jokes

A: Aren't you wearing your wedding ring on the wrong finger?

B: Yes I am, I married the wrong woman.

A: Meet my new born brother.

B: Oh, he is so handsome! What's his name?

A: I don't know. I can't understand a word he says.

A: Did you hear that a baby was fed on elephant's milk and gained twenty pounds in a week.

B: That's impossible. Whose baby?

A: An elephant's.

A: Doctor, will I be able to play the piano after the operation?

B: Yes, of course.

A: Great! I never could before!



Teacher: Tell me a sentence that starts with an "I".

Student: I is the...

Teacher: Stop! Never put 'is' after an "I".

Always put 'am' after an "I".

Student:OK. I am the ninth letter of the alphabet.

Home & Decoration



Rania

HAPPY BIRTHDAY

Kid's Corner Story

The Wind And The Sun



Once the Wind and the Sun came to have a quarrel. Either of them claimed to be a stronger. At last they agreed to have a trial of strength.

"Here comes a traveller. Let us see who can strip him of his cloak," said the Sun.

The Wind agreed and chose to have the first turn. He blew in the hardest possible way. As a result, the traveller wrapped his cloak even more tightly around him.

Then it was the turn of the Sun. At first he shone very gently. So, the traveller loosened his cloak from his neck.

The sun went on shining brighter and brighter. The traveller felt hot. Before long he took off his cloak and put it in his bag. The Wind had to accept his defeat.

MORAL : Fury or force cuts no ice where gentleness does the job.

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by Yaaram

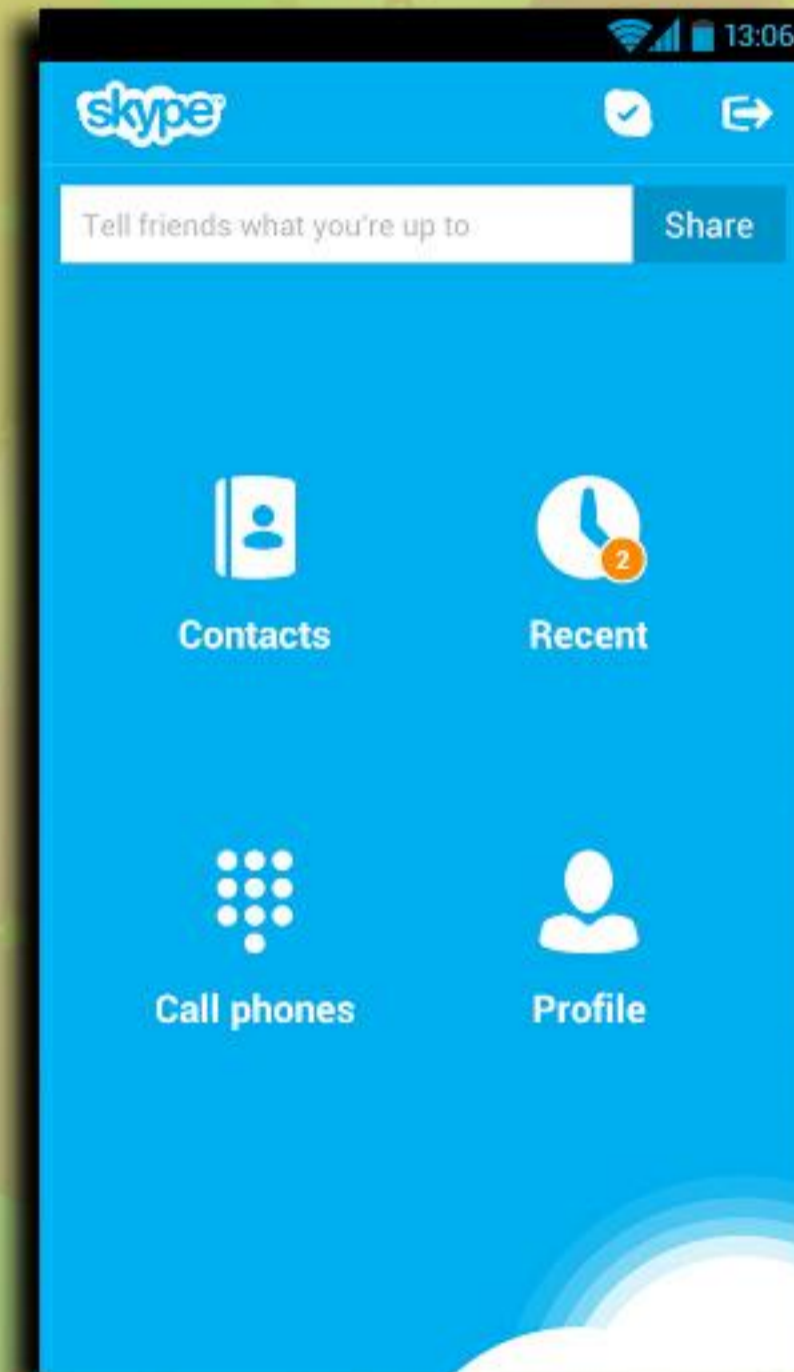
There is no need to Introduce how Skype works . I have uploaded Skype apk file which is setup file for your smart phone.

Please copy it in your phone via PC and run the apk file It will install the Skype.

If you have andriod 2.2 in your smart phone than your back camera will work.

If you have Andriod version above than 2.2 than your front and back both camer will work.

Pegham Academy



Download Skype apk
Visit Mobial Mania section



Pegham



S.Ather & Bhabhi
CONGRATULATIONS

"A successful marriage requires falling in love many times,
always with the same person."

"Happily ever after is not a fairy tale. It's a choice."

"A happy marriage is the union of two good forgivers."

Happy
Marriage

آنچل



Happy Wedding
S.Athar

Happy Birthday



Magazine Team

Aanchal

Hala

The Driver

Abbasiali

www.pegham.com

The End