

زبیر کی قدرت نہیں  
رہتا ہے اس نعمت کی قدر نہیں  
اس کی قدر تو اس کی  
Semicolons can also be used  
of lists or with lists of  
that contain commas.  
The delivery included rice,  
wheat, caramel, and coffee  
cinnamon, ginger,  
staples and  
and salt

10:38

36

### Paragraph 1

تندرستی بڑی نعمت ہے۔ لیکن آدمی جب تک تندرست رہتا ہے اس نعمت کی قدر نہیں کرتا۔ جب کوئی معمولی بیماری بھی اسے آ کر گھیر لے تو اس کی قدر معلوم ہو جاتی ہے۔ اگر جسم کے کسی حصے میں تکلیف ہو جاتی ہے تو سارا جسم اثر قبول کرتا ہے۔ تندرستی ہو تو کھانے پینے، چلنے پھرنے اور کام کرنے میں جی لگتا ہے۔ صحت خراب ہو جائے تو کسی چیز میں مزہ نہیں آتا۔ جو لوگ اکثر بیمار رہتے ہیں ان کی زندگی خود ان کے اور ان کے دوسرے متعلقین کے لیے وبال جان بن جاتی ہے۔

### English Translation:

Health is a great blessing but man does not value it as long as is healthy. When he catches a minor disease, he realizes its worth. If there is a pain in any part of the body, the whole body feels its presence. If a man is healthy, he enjoys eating, drinking

Explanation  
A great blessing  
faithful, does  
to this be  
disease enc  
Significance  
of the b  
whole bo  
of health  
ating, walk  
be distort  
ve ~~of~~ annu  
ually lives  
and



30/10/2020 S.V.O.B.S. 12/10/2020 30/10/2020  
Semicolons can also be used with list of lists, or with lists of things that contain commas.

The delivery included sweets like butterscotch, caramel, and roffee; spices like cinnamon, ginger, and nutmeg and baking staples like flour, baking powder, and salt.

### Translation

Health is a huge blessing but man ~~until~~ <sup>only, until he remains healthy</sup> lives healthful, does not give importance to this blessing. When any trivial disease <sup>engulfs</sup> encircles him ~~then~~ <sup>realized</sup> its significance ~~knows~~.

If any part of the body is in pain then whole body <sup>comes under its</sup> takes suitable influence. ~~If health has had then reconsider eating, walking, and working.~~ ~~If health be distorted then anything is not give <sup>is</sup> amusement, which people usually lives ill, their life for himself and is <sup>become</sup> troublesome for their other kins.~~

those who often remain ill, their lives become a misery for them and their friends and family

need improvement translate word to word dont change the urdu context