

Globally Recognized Editor-in-Chief: Azeem A. Quadeer, M.S., P.E.

SEPTEMBER 2022 Vol 13, Issue 9

The falling Indian Rupee

The Indian rupee dropped to an all-time low versus the dollar on bets the Federal Reserve will keep a restrictive stance for longer, prompting the Reserve Bank of India to step in.

The rupee closed at 79.9625 per U.S. dollar, down from 79.8650 in the previous session. The local currency had dropped to a record low 80.12 earlier in the day before the RBI sold the dollar to boost the rupee. The intervention by the Indian central bank was confirmed by three traders to Reuters.

“The underlying tone for rupee is weak based on global tightening phase,” said Arnob Biswas, head research at SMS Global Securities. He reckoned that it was possible that the

RBI may not intervene a lot and could allow the rupee to fall in the face of broad dollar strength.

The dollar index climbed to its highest level in 20 years, boosted by higher short-term U.S. yields and risk aversion. Fed Chair Jerome Powell said restoring price stability will likely require maintaining a restrictive policy stance “for some time”, seemingly pushing back against expectations that the U.S. central bank could cut rates later next year

Further, Powell noted that reducing inflation would likely require a sustained period of below-trend growth, hurting demand for risk assets. He repeated that the size of rate

hikes remains data dependent, but his comments were seen hawkish enough to price in a higher chance of a 75-basis points rate hike next month. Indian equities, in line with other Asian gauges, slipped. The BSE Sensex closed down 1.5%, its lowest in more than three weeks.



Oil prices inched higher as investors balanced expectations the Organization of the Petroleum Exporting Countries (OPEC) will cut output to support prices against concerns over the growth outlook. REUTERS (Reporting by Nimesh Vora)

RICHEST

		
1	2	3
Elon Musk	Jeff Bezos	Gautam Adani
\$251.4 Billion	\$153.4 Billion	\$137.4 Billion



“Rather fail with honor than succeed by fraud.”
Sophocles

1 United States Dollar equals

79.60	Indian Rupee
88.24	Afghan Afghani
95.06	Bangladeshi Taka
127.18	Nepalese Rupee
217.84	Pakistani Rupee

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Many times it's the people that demand the least gratitude in life that deserve it most.
 Don't take anyone for granted, or assume that they know you appreciate them without you thanking them.

Texas woman arrested for hate crime against Indians in viral video

WASHINGTON (Reuters) - Police in Texas arrested a woman who they said shouted racial abuse at four Indian women in a viral video, telling them to "Go back to India," in an incident brought to the attention of federal authorities.

"This incident is a hate crime in accordance with Texas laws," police in Plano, Texas, where the incident occurred, said in a statement on Saturday.

"This incident may also be a hate crime based on federal law, and we are working closely with

the FBI and the Department of Justice Civil Rights Division on this case."

In a video of the incident, which was shared on social media and got millions of views, the woman was seen shouting racist comments in a parking lot at a group of four women of Indian origin.

"Go back to India, we don't want you here," she said in the video. "I hate you fucking Indians," the woman, who identified herself as Mexican-American in the video, added.



ner at a restaurant when the woman confronted them in the parking lot.

"Suddenly, we heard this woman yelling at us and started coming toward us. We were shocked by the racial slurs that she used and combative attitude," Banerjee told an ABC News affiliate. Banerjee started recording the incident with her phone.

The video also appears to show Upton hitting the women.

"What was so very scary is she came very close and not only verbally assaulted us but started physically assaulting us. She started hitting me," Banerjee said.

A representative of Upton could not immediately be reached for comment.

(Reporting by Kanishka Singh in Washington; Editing by Alistair Bell)



A Punjabi went to a restaurant in China.

Chinese Waiter: Sir, I have Stewed Liver, Fried Kidney, Boiled Tongue and Frozen Legs.

***Punjabi:* Yaar tu apni problems chhod,**

Menu Card le aa !!!

IMPORTANCE OF A WILL -Khalid Y. Hamideh



One of the great dilemmas living in the West is whether to have a Will that is a standard legal Will or an Islamic Will, or some people go through life without even thinking of what might happen once they pass. Reasons for having any kind of Will are predominantly the following:

1. The orderly transfer of property and assets. If you have a will, you have the ability to dictate and ensure the smooth and orderly transfer of all your property and assets to your heirs, your family, your friends, your charitable organizations or any other person or organization.
2. To avoid very costly death taxes. The estate tax remains one of the highest tax rates on the IRS books.
3. Certainty in who inherits your property and your assets.
4. Bequeathing certain gifts, special family heirlooms, making charitable donations and ensuring that certain family valuables remain in the family and go to the persons that you identify.
5. The ability to choose your executor, your guardians, your trustees, and not having them appointed for you by a court that does not know you and the judge who has never heard of you or your family.
6. Saves you much money, stress on having your heirs pay lawyers, probate costs, bonds, insurance companies and the like.

Upon death, there are two scenarios:

Someone who passes without a Will That's called 'intestate' and that must be a situation where the heirs have to go to probate court in order to enter bank accounts, brokerage accounts, safe deposit boxes, transfer titles to house, car, anything of any personal or real property worth any value. Probate court appoints an executor and that executor could be dependent, which means that they must report to the court for any action, post a bond with an insurance company, file a tax return, get a court order for any movement of assets, and get a court order to open and close the probate case. There must be a final accounting and there must be a distribution that occurs pursuant to the statute, depending on the state where you pass. In Texas, there is a distribution schedule that sets forth who would inherit, depending on the person being married, having children, having parents that are alive, or other siblings.

Someone who passes with a Will

The will can identify the executor to be independent or dependent. If the executor is independent, then they have the ability to execute the last wishes of the decedent without court interference, without a bond, without attorneys, and can do the burial, the funeral, pay last rights bills, and depending on whether the Will is drafted properly with two witnesses and notarized the Will could be used - similar to a power of attorney - to enter into bank accounts or safe deposit boxes. In this scenario, the inheritance is by choice, not by chance, because you set forth the inheritance, the amount and who inherits. You can also set forth special gifts and devices that you want to make to any person or organization, and you can likewise make any charitable contributions for any organizations or foundations

that you determine.

Estate taxes were introduced into law in 1916 and remain the highest on the IRS books.

They're approximately 40% of your estate. In 1924, Congress passed what is called the gift tax, because a lot of people started gifting their property, and the gift tax is likewise very, very high on the tax rules. Then people started giving the gifts not to their children, but to their children's children. In 1976, Congress passed the generation skipping transfer tax, which is again very high.

The exemption, which is the amount of money that you can pass to your heirs without it being taxed from 2018 to 2025, for a single person, the exemption is \$11.18 Million and for married couple, \$22.36 Million. So, if your estate is less than this amount, there is no tax. Before 2001, the exemption was \$675,000.00. Congress has the ability and has modified this exemption depending on what side of the aisle you're on and what party is in charge of Congress and the White House. In 2010, Congress phased out the estate tax and the generation skipping tax and reduced the gift tax. However, recently all of these have been rectified and are still on the books.

Frequently Asked Questions that we get are:

- If I die with no Will, does the government take all of my assets and property? No. Texas has a distribution schedule that is very similar, but not identical to the Islamic distribution schedule. If you are married, your wife will take. If you have children, your wife and children will take. If you have no wife or children, then mother and father will take. If you have no wife, no children, no mother and father, then your brothers and sisters will take. If there's no brothers and sisters, then you look at aunts, uncles and the like.
- After death burial. There's a lot of people that either are reverts or are married outside the faith, and the spouse is not Muslim. When someone dies, that spouse may want to have cremation or a Christian or Jewish burial or any other or Hindu burial, and then if there's no Will, it is a very difficult situation. We have dealt with this on a case-by-case method for the last 35 years, and it is a very difficult situation to handle because the wishes of the decedent have not been made known in a Will. Therefore, the living spouse has some control but if the person did die as a Muslim, then we have been successful in making sure that they get buried in a Muslim burial, but not always.
- After death, if you don't have a Will and you don't have an orderly distribution of your property, the heirs have no idea what property or assets that you have, what debts you have, and how much they are or where they are. We have faced this situation tremendously in our community here where an elderly person passes, leaves a lot of property and a lot of debt, but the heirs have to struggle to find the bank accounts, the real estate, the stock brokerage accounts and the like, and they don't know where the debts are. So, you can avoid all of this by having a Will and identifying all your assets. That is the general synopsis of the need to have a Will and the safety and protections of having a Will. Texas recognizes any writing, that is either in your

handwriting or prepared by a lawyer and

signed before two witnesses and a notary, as a legal, valid Will. If you don't have access to any attorney and a notary, if you write the Will and sign it in your own handwriting, Texas recognizes it as valid. If you have a written Will that is signed and notarized and you wish to make changes and you are not close to your attorney's office, you can write in your handwriting, date and sign what's called a Codicil and that's acts as an amendment or supplement to your wishes. Once you have a Will, at any time you can modify, change, or revoke the entire Will before your death. The main thing is that you must have what's called 'testamentary capacity' - in other words you must be in full control of your faculties, and you must know what you are doing. As long as you know what you are doing, and there is no undue influence for you to give any certain property(s) to any certain person(s) or organization(s), then any subsequent Will or Codicil is approved by the law.

This is a short synopsis of the need for our community to have a Will. If you do not have a Will, or do not have the resources to pay an attorney to have a Will, most of the local Islamic organizations on their websites - and even the national organizations - have a form of an Islamic Will wherein you can fill in the blank, sign, notarize and have two witnesses.

It's a good practice to have your original Will at your house or in a safe deposit box in your bank, to let your executors know where that Will is. It is also good practice to have persons closest to you to be the executor, or the person who will execute your Will, and have two subsequent or back up executors, just in case the first one or two executors are not around or cannot perform their duties.

If you have children under 18, you must likewise identify who would be the guardian to raise these children up until the age of 18. Likewise, you should have three names - a primary person and if that person predeceases you or is unable to perform their duties then you would have a backup. Likewise, if the second person cannot fulfill their duties, then you would have a third person.

Finally, you would have a trustee and that person would be in charge of all of the money for the minors up until the age of 18 or any age you identify over 18 for them to take their inheritance as a part of your estate.

I hope that this has been helpful and has answered a few questions as to the need to have a Will for every in our community

Article by

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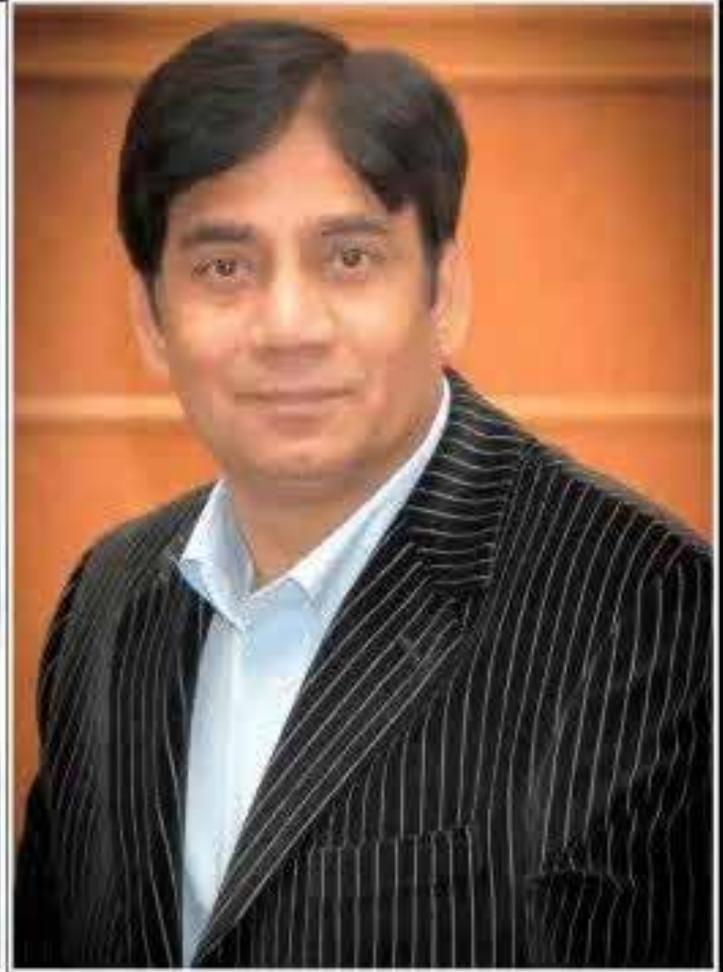
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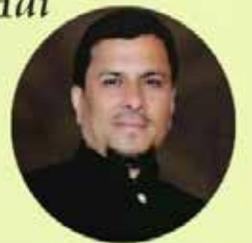
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Get together at the residence of Consul general of india Shri Amit Kumar Ji along with other friends
Left down: with Raghu Nayak



Community lunch with Democtatic Candidate for district 41 Nabeela Syed



UAE Emirati leading law offices owner and leading bussiness man visited my residence in Shamsabad, Hyderabad



India Independence Day banquets cultural program. Seen with me congressmen Raja Krishnamurty, mayor of Oak Brook Gopal Lalmalani, mayor of lincolnwood Jesal Patel , president FIA Rakesh Malhotra and other Trustees of FIA

August 15 th Independence Day flag hoisting in front of Daley Plaza Downtown Chicago . With Consul general of india Amit Kumar ji , Rakesh Malhotra FIA Chicago president, congressman Brad Scieder , Alderwoman Debra Silverstein and other US politicians.

Pakistani American in Chicago celebrated Independence Day with amid challenges

Pakistani Independence Day observed annually on 14 August, is a national holiday in Pakistan. Pakistani American community in Chicago questioned each other How to commemorate the day safely in a pandemic.

This year the Pakistani independent day celebration is different as America is the worst-hit Country including Chicago and its suburbs by the deadly coronavirus leading to the cancellation of events like Flag ceremony Downtown Chicago, Devon avenue Independence Day Parade, Taste of Pakistan Festival, Bolingbrook and Mera Pakistan Heritage festival, Niles and several others.

The pandemic has changed to do few limited celebrations this year in some areas. The Consulate General of Pakistan in Chicago hosted a small celebration inside the Consulate Office on August 14th, 2020. Where Consulate General of Pakistan in Chicago Mr. Javed Ahmed Umrani conveyed President Dr. Arif Alvi and Prime Minister Imran Khan message of felicitation to the attendees.

In the message President Dr. Arif Alvi said, "On this historic day, I must pay tribute to our doctors, nurses, health care workers that saved the lives of people by putting their own lives at risk during the pandemic. Additionally, I also deeply admire the role of the media, Ulema, NDMA, NCOC, provincial governments, and law enforcement agencies in creating awareness and helping to enforce the SOPs about Covid-19. The success of the Ehsaas Program underlines the fact that people unite when all segments are taken care of. Our economy is improving in every regard, and I am sure that we have reached a tipping point in this regard."

In the message Prime Minister Imran Khan said, "I congratulate the entire nation on 74th Independence Day. This auspicious occasion is a moment to reaffirm our pledge to continue pursuing the vision of Father of the Nation. The day is an occasion to pay tribute to all those sons of the soil who laid their lives while defending and protecting territorial as well as ideological frontiers of the motherland."

Social distancing was observed among attendees and community members who attended the ceremony.

The Biggest and Private ceremony held in St Charles Illinois where 50 People



attended the ceremony was hosted by well-known community members and social activists Miss. Lubna Ejaz and Aijaz Baig. It takes place Saturday, August 15th, 2020, from 2 p.m. to 5 p.m. at Mount Saint Mary Park.

The celebration features a fun filled day for all ages, Musical performances by noted and popular artists from Chicagoland. A cake cutting ceremony in connection with 73rd Independence Day celebrations was held also. As the cake cutting commenced, the occasion filled with cheers of "Happy birthday Pakistan and Pakistan ZindaBad."

The program was very well organized, prestigious and enjoyed by the attendees and will be remembered. A sumptuous Lunch was served for all.

Photographs and Press release by: Syed Khalil Ullah

Freelance journalist

Wali Uddin ولی الدین



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Donald E. Stephens Convention Center 5555 N River Road, Rosemont, IL 60018

Resilience, Hope, & Faith: With Hardship, Comes Ease



Indeed, with hardship comes ease (Ash-Sharh, 94:6)

CONFIRMED SPEAKERS:

- List of speaker portraits and names: Siraj Wahhaj, Ieasha Prime, Seyyed Hossein Nasr, Bushra Amiwala, Zaid Shakir, Abdul Nasir Jangda, Hussain Kamani, Waleed Basyouni, Margari Hill, Miko Peled, Yaser Birjas, Mohamed Magid, Ubaydullah Evans, Akram Nadwi, Dalia Mogahed, Maha Elgenaidi, Muzammil Siddiqi, Abdalla Idris Ali, Rania Awaad, Azhar Azeez, Safaa Zarzour, Magda Elkadi Saleh, Ameena Jandali, Ihsan Bagby, Fady Qaddoura, Khizr Khan, Muhammad Nur Abdullah

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ISNA (Islamic Society of North America) official channel Islamic Society of North America (ISNA)

The Islamic Society of North America (ISNA) Returns to Chicago for Largest American Muslim Convention

The Islamic Society of North America (ISNA) will be hosting its 59th Annual Convention in Chicago September 2-5, 2022.

The theme this year is “Resilience, Hope, & Faith: With Hardship, Comes Ease”. ISNA’s Annual Convention is the largest gatherings of Muslims in North America. One of the main public attractions is the annual bazaar which features over 550 vendors including clothing designers, booksellers, non-profit and much more. ISNA is widely regarded as the most significant convener of Muslims in North America.

Mir Khan, ISNA Board Member & Chairman, Convention Steering Committee, while addressing the press conference in Chicago said: “Islamic Society of North America (ISNA) is the largest and oldest Islamic umbrella organization in North America. ISNA fosters the development of the community through convention, conference, education forums, interfaith activities, youth programs, civic engagement and other avenues. ISNA’s annual convention isn’t merely about bringing together the Muslim community. Our goal is also to unite people across different faiths and backgrounds in the spirit of peace and better understanding. ISNA has invited a rich list of speakers, scholars, community leaders, and public servants. We live in challenging times by showcasing a diverse array of voices, stories and viewpoints, we hope to continue shaping a new narrative around what it means to be a mainstream Muslim today.”

Mir Khan said “The Convention will have plenary sessions, main sessions, parallel sessions, round table discussion, health fair, young professionals sessions, around 200 renowned speakers, inspiring & leadership lectures, art exhibit, meet the author, largest bazaar in America with 550 booths, interfaith reception, entertainment, film festival, fashion show for ladies, young professionals banquet, photography exhibit, qira’at competition, matrimonial banquets, community service recognition luncheon, children’s program, babysitting, basketball tournament and more. There will be many featured speakers at this year’s Convention such as Khizr Khan, Siraj Wahhaj, Miko Peled, Sayyed Hossein Nasr, Dalia Mogahed and many well-known community leaders.

Ashfaq Syed, Convention Steering Committee Secretary, said: “The four-days ISNA convention will unite both Muslim and interfaith individuals, families, businesses and non-profit organizations for a full schedule of lectures, discussions, debates and entertainment.” ISNA will have over 20,000 plus guest attending the 59th ISNA Convention during the long Labor Day Weekend from September 2-5, 2022, at Donald E. Stephens Convention Center, 5555 N River Road, Rosemont, IL 60018. This convention will have attendees from across the globe and there are more than 200 volunteers working hard for 3 months to make this convention successful.”

Ashfaq Syed explained the incredible experience the Convention will be



Prominent journalist Syed Khawaja Nazimuddin Saleem passed away in Chicago on Monday, August 22 after a short illness. The deceased was 72 years old. He had been in Chicago for the past 32 years and was the owner of Gulshan Dewan Restaurant and Catering.



Picture caption: Mir Khan, ISNA Board Member & Chairman, Convention Steering Committee and Ashfaq Syed, Secretary, Convention Steering Committee Chicago addressing press conference in Chicago

for the attendees. He also requested all the community members to join ISNA convention for the great experience. The Convention may be for four days, but the memories last for a lifetime.” he said. ISNA convention helps city to generating good business transaction in four days.

ISNA has its roots with the Muslim Student Association (MSA) from 1963 and ISNA was incorporated in 1981. Its headquarters is located in Plainfield, IN. ISNA has a wide variety of services and programs including education forums for Islamic schools, webinars, regional conferences, youth development, community resources, scholarships, mosque development, chaplaincy endorsement, matrimonial services, community outreach and interfaith programs.

The last two years have been challenging for the global community due to COVID-19 exacerbated by the climate crisis. As we know more than 6 million people globally and more than 1 million here in the United States have lost their lives. Our prayers are for those who have passed away and all who have been affected by this pandemic.

For more information and registration, please visit www.isna.net

Ashfaq Syed,
ISNA Convention Steering Committee Secretary,
Mobile No:+1 779 227 9901
Email Id: Ashfaq_iqra@hotmail.com



Explained: Why Ghulam Nabi Azad's resignation from the Congress comes as no surprise

Ghulam Nabi Azad, the veteran Congress leader, has been unhappy with the functioning of the party for a long time. Signs of his discontentment have been visible since 2020 when he questioned the leadership to as recently as last week when he refused a key posting for the Jammu and Kashmir unit

The Congress continues to implode. Two days after national spokesperson Jaiveer Shergill quit the party, veteran leader Ghulam Nabi Azad too announced that he was stepping away from the party.

In a five-page letter, which he addressed to Congress chief Sonia Gandhi, he said the party had reached a point of "no return". He was exceptionally harsh in his criticism of Rahul Gandhi, saying, "After the entry of Rahul Gandhi into politics and particularly after January 2013 when he was appointed as vice president by you, the entire consultative mechanism which existed earlier was demolished by him. All senior and experienced leaders were sidelined and new coterie of inexperienced sycophants started running the affairs of the party."

"One of the most glaring examples of this immaturity was the tearing up of a government ordinance in the full glare of the media by Rahul Gandhi... This 'childish' behaviour completely subverted the authority of the prime minister and Government of India. This one single action more than anything else contributed significantly to the defeat of the UPA Government in 2014 that was at the receiving end of a campaign of calumny and insinuation from a combination of the forces of the right wing and certain unscrupulous corporate interests."

Azad's resignation from the Congress has been long time coming. A leading member of the G-23 or the group of 23 "dissenters", the veteran leader — he joined the Congress in the 1970s — has had strained relations with his party in the recent times. In fact, early last week, he had declined the post of party's campaign chief in Jammu and Kashmir.

Here's a look at the many instances that Ghulam Nabi Azad and the Congress have not seen eye-to-eye on matters, leading to disputes.

G-23 grouping

When Ghulam Nabi Azad became the face of the G-23, the dissenters group, it came as a complete surprise, as Azad has been considered as a die-hard Gandhi family loyalist.

The grouping, which included Kapil Sibal, Shashi Tharoor, M Veerappa Moily, Bhupinder Singh Hooda and Prithviraj

Chavan first wrote to interim party chief Sonia Gandhi in August 2020, seeking an organisational overhaul. Their voices became only louder as time passed by and in August 2021, they publicly claimed that the Congress party "is weakening" and that they have come together to strengthen it.

Kapil Sibal, who has since left the party, was quoted as saying, "The truth is we can see that the Congress is weakening. We had gathered earlier also and together we have to strengthen the Congress."

The grouping kept reiterating that they wanted to invigorate the party and be a feasible opposition to the BJP.

In March this year, after the Congress drew a blank in all five state elections, they met again at Azad's residence.

According to an Indian Express report, the leaders agreed that the party was staring at an "existential crisis" and it will sink further if credible corrective actions are not taken. It cannot be business as usual, some argued.

Asked how they plan to take it forward, a leader said: "If we don't take it forward, we sink. We are sitting in a boat in the turbulent ocean of Indian politics where water is gushing in from all directions. So, we can either submerge or some of us will try to take it back to the shore," he said.

India Today reported that the G23 members demanded a new Congress president "as soon as possible" and asked for speeding up the electoral process for the same.

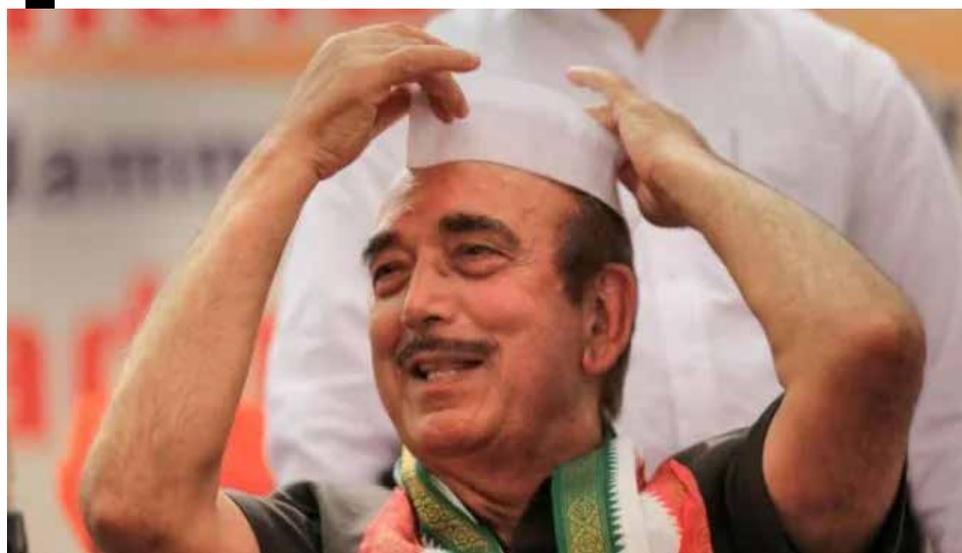
Explained Why Ghulam Nabi Azad's resignation from the Congress comes as no surprise
Ghulam Nabi Azad was an integral part of the G-23 or the group of 23 "dissenters" in the Congress. PTI Criticising the party leadership

Besides being a part of the G-23 grouping, Azad has on numerous occasions criticised the party's leadership.

In November 2020, Azad blamed the Congress party's poor showing at the polls on a 'five-star culture'.

"The problem with our leaders is that if they get a party ticket, they first book a five-star hotel. Even there they want a deluxe place. Then they will not move without an air-conditioned car. They will not go to places where there is an untarred road," he told news agency ANI.

"Elections are not fought from five-star hotels... We can't win until we change this



culture," he added.

In 2021, he once again slammed the party's functioning and was quoted as telling NDTV, "When Rajiv ji joined politics, Indira Gandhi called both of us and told Rajiv ji that Ghulam Nabi can even say no to me, but that NO doesn't mean disobeying or disrespect, that's for the good of the party. Today, no one is ready to listen to that no. For saying no you become nobody today."

Explained Why Ghulam Nabi Azad's resignation from the Congress comes as no surprise
Ghulam Nabi Azad has been considered a die-hard loyalist of the Gandhi family. But in recent times, he has not been able to see eye-to-eye with the leadership. PTI Padma for Ghulam Nabi Azad?

Most often awards are celebrated. However, when the Narendra Modi-led government decided to award Ghulam Nabi Azad with a Padma Bhushan in January it became a sticking point for the Congress.

Congress colleague Jairam Ramesh threw shade at the veteran leader. Retweeting the news of Bengal chief minister Buddhadeb Bhattacharjee declining the Padma award, Ramesh tweeted, "Right thing to do. He wants to be Azad not Ghulam." While Azad kept mum on the matter, his fellow colleagues, Shashi Tharoor and Kapil Sibal, offered their best wishes.

Sibal even slammed the party, claiming that it was ironic that the Congress does not need Azad's services but the nation recognises his contributions to public life.

Farewell speech raises eyebrows

In February when Ghulam Nabi Azad finally bid adieu to the Rajya Sabha after serving for eight terms, his farewell in the Upper House created quite a political storm.

In his 30-minute-long speech, he paid

tribute to former Prime Minister Atal Bihari Vajpayee and said that it was the former prime minister from whom he learnt to run the House.

"I learned a lot from Atal ji...how to break the deadlock and how to run the House," Ghulam Nabi Azad said in Rajya Sabha.

He also thanked Prime Minister Narendra Modi in his speech in Rajya Sabha. Azad said the PM never took his words against him in the Upper House personally and separated the personal from politics.

"There were times when we had verbal fights. But you (PM Modi) never took my words personally," Ghulam Nabi Azad said. The Congress veteran went on to note that the country is run with collaborations, not fights.

Later, when The Print approached Congress leaders for comment on Azad's retirement speech few were willing to comment. "You should ask Modi," a senior Congress leader from Kashmir who did not wish to be named had said brusquely.

Resigning from J-K post

The last tiff between Azad and the Congress came as recently as last week when he refused to assume the post of chairman of the Jammu and Kashmir Congress campaign committee.

It was reported that he refused the top post, due to health reasons. However, Congress leader Ashwani Handa in Jammu claimed that Azad was unsatisfied with the newly appointed committee.

"The newly constituted campaign committee has ignored the aspirations of the party's grassroot workers in J&K. Injustice has been meted out to them. That's why Ghulam Nabi Azad has resigned as he was unsatisfied with the committee," he was quoted as saying by LiveMint.

Mikhail Gorbachev, who steered Soviet breakup, dead at 91

MOSCOW (AP) — Mikhail Gorbachev, who as the last leader of the Soviet Union waged a losing battle to salvage a crumbling empire but produced extraordinary reforms that led to the end of the Cold War, died Tuesday. He was 91.

The Central Clinical Hospital said in a statement that Gorbachev died after a long illness. No other details were given.

Kremlin spokesman Dmitry Peskov said in a statement carried by Russian news agencies that Russian President Vladimir Putin offered deep condolences over Gorbachev's death and would send an official telegram to Gorbachev's family in the morning.

Though in power less than seven years, Gorbachev unleashed a breathtaking series of changes. But they quickly overtook him and resulted in the collapse of the authoritarian Soviet state, the freeing of Eastern European nations from Russian domination and the end of decades of East-West nuclear confrontation.

His decline was humiliating. His power hopelessly sapped by an attempted coup against him in August 1991, he spent his last months in office watching republic after republic declare independence until he resigned on Dec. 25, 1991. The Soviet Union wrote itself into oblivion a day later.

A quarter-century after the collapse, Gorbachev told The Associated Press that he had not considered using widespread force to try to keep the USSR together because he feared chaos in the nuclear country.

"The country was loaded to the brim with weapons. And it would have immediately pushed the country into a civil war," he said.

Many of the changes, including the Soviet breakup, bore no resemblance to the transformation that Gorbachev had envisioned when he became Soviet leader in March 1985.

By the end of his rule he was powerless to halt the whirlwind he had sown. Yet Gorbachev may have had a greater impact on the second half of the 20th century than any other political figure.

"I see myself as a man who started the reforms that were necessary for the country and for Europe and the world," Gorbachev told The AP in a 1992 interview shortly after he left office.

"I am often asked, would I have started it all again if I had to repeat it? Yes, indeed. And with more persistence and determination," he said.

Gorbachev won the 1990 Nobel Peace Prize for his role in ending the Cold War and spent his later years collecting accolades and awards from all corners of the world. Yet he was widely despised at home.

Russians blamed him for the 1991 implosion of the Soviet Union — a once-fearsome superpower whose territory fractured into 15 separate nations. His former allies deserted him and made him a scapegoat for the country's troubles.

His run for president in 1996 was a national joke, and he polled less than 1% of the vote.

In 1997, he resorted to making a TV ad for Pizza Hut to earn money for his charitable foundation.

"In the ad, he should take a pizza, divide it into 15 slices like he divided up our country, and then show how to put it back together again," quipped Anatoly Lukyanov, a one-time Gorbachev supporter.

Gorbachev never set out to dismantle the Soviet system. What he wanted to do was improve it.

Soon after taking power, Gorbachev began a campaign to end his country's economic and political stagnation, using "glasnost" or openness, to help achieve his goal of "perestroika" or restructuring.

In his memoirs, he said he had long been frustrated that in a country with immense natural resources, tens of millions were living in poverty.

"Our society was stifled in the grip of a bureaucratic command

system," Gorbachev wrote. "Doomed to serve ideology and bear the heavy burden of the arms race, it was strained to the utmost."

Once he began, one move led to another: He freed political prisoners, allowed open debate and multi-candidate elections, gave his countrymen freedom to travel, halted religious oppression, reduced nuclear arsenals, established closer ties with the West and did not resist the fall of Communist regimes in Eastern European satellite states.

But the forces he unleashed quickly escaped his control.

Long-suppressed ethnic tensions flared, sparking wars and unrest in trouble spots such as the southern Caucasus region. Strikes and labor unrest followed price increases and shortages of consumer goods.

In one of the low points of his tenure, Gorbachev sanctioned a crackdown on the restive Baltic republics in early 1991.

The violence turned many intellectuals and reformers against him. Competitive elections also produced a new crop of populist politicians who challenged Gorbachev's policies and authority.

Chief among them was his former protegee and eventual nemesis, Boris Yeltsin, who became Russia's first president.

"The process of renovating this country and bringing about fundamental changes in the international community proved to be much more complex than originally anticipated," Gorbachev told the nation as he stepped down.

"However, let us acknowledge what has been achieved so far. Society has acquired freedom; it has been freed politically and spiritually. And this is the most important achievement, which we have not fully come to grips with in part because we still have not learned how to use our freedom."

There was little in Gorbachev's childhood to hint at the pivotal role he would play on the world stage. On many levels, he had a typical Soviet upbringing in a typical Russian village. But it was a childhood blessed with unusual strokes of good fortune.

Mikhail Sergeevich Gorbachev was born March 2, 1931, in the village of Privolnoye in southern Russia. Both of his grandfathers were peasants, collective farm chairmen and members of the Communist Party, as was his father.

Despite stellar party credentials, Gorbachev's family did not emerge unscathed from the terror unleashed by Soviet dictator Josef Stalin: Both grandfathers were arrested and imprisoned for allegedly anti-Soviet activities.

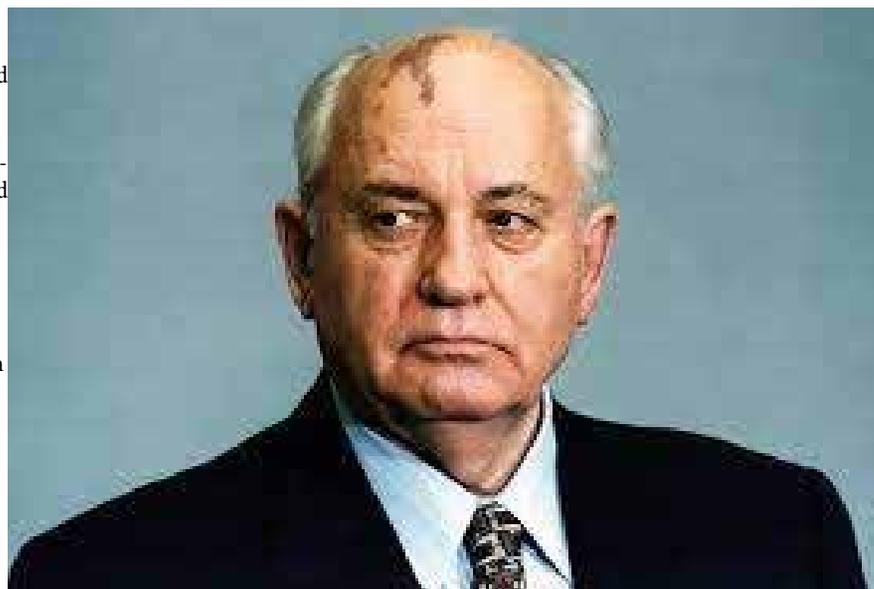
But, rare in that period, both were eventually freed. In 1941, when Gorbachev was 10, his father went off to war, along with most of the other men from Privolnoye.

Meanwhile, the Nazis pushed across the western steppes in their blitzkrieg against the Soviet Union; they occupied Privolnoye for five months.

When the war was over, young Gorbachev was one of the few village boys whose father returned. By age 15, Gorbachev was helping his father drive a combine harvester after school and during the region's blistering, dusty summers.

His performance earned him the order of the Red Banner of Labor, an unusual distinction for a 17-year-old. That prize and the party background of his parents helped him land admission in 1950 to the country's top university, Moscow State.

There, he met his wife, Raisa Maximovna Titorenko, and joined the Communist Party. The award and his family's credentials also helped him overcome the disgrace of his grandfathers' arrests, which were overlooked in light of his exemplary Communist conduct.



In his memoirs, Gorbachev described himself as something of a maverick as he advanced through the party ranks, sometimes bursting out with criticism of the Soviet system and its leaders.

His early career coincided with the "thaw" begun by Nikita Khrushchev. As a young Communist propaganda official, he was tasked with explaining the 20th Party Congress that revealed Soviet dictator Josef Stalin's repression of millions to local party activists. He said he was met first by "deathly silence," then disbelief.

"They said: 'We don't believe it. It can't be. You want to blame everything on Stalin now that he's dead,'" he told The Associated Press in a 2006 interview.

He was a true if unorthodox believer in socialism. He was elected to the powerful party Central Committee in 1971, took over Soviet agricultural policy in 1978, and became a full Politburo member in 1980.

Along the way he was able to travel to the West, to Belgium, Germany, France, Italy and Canada. Those trips had a profound effect on his thinking, shaking his belief in the superiority of Soviet-style socialism.

"The question haunted me: Why was the standard of living in our country lower than in other developed countries?" he recalled in his memoirs. "It seemed that our aged leaders were not especially worried about our undeniably lower living standards, our unsatisfactory way of life, and our falling behind in the field of advanced technologies."

But Gorbachev had to wait his turn. Soviet leader Leonid Brezhnev died in 1982, and was succeeded by two other geriatric leaders: Yuri Andropov, Gorbachev's mentor, and Konstantin Chernenko.

It wasn't until March 1985, when Chernenko died, that the party finally chose a younger man to lead the country: Gorbachev. He was 54 years old.

His tenure was filled with rocky periods, including a poorly conceived anti-alcohol campaign, the Soviet military withdrawal from Afghanistan, and the Chernobyl nuclear disaster.

But starting in November 1985, Gorbachev began a series of attention-grabbing summit meetings with world leaders, especially U.S. Presidents Ronald Reagan and George Bush, which led to unprecedented, deep reductions in the American and Soviet nuclear arsenals.

After years of watching a parade of stodgy leaders in the Kremlin, Western leaders practically swooned over the charming, vigorous Gorbachev and his stylish, brainy wife.

But perceptions were very different at home. It was the first time since the death of Soviet founder Vladimir Lenin that the wife of a Soviet leader had played such a public role, and many Russians found Raisa Gorbachev showy and arrogant.

NJ India Day Parade organizer issues apology for 'blatant divisive symbols'

Suzanne Russell, MyCentralJersey.com

EDISON – The president of the Indian Business Association has issued a letter of apology to the mayors of Edison and Woodbridge for including a divisive image in the 2022 India Independence Day parade that offended some community members and sparked backlash against the organization.

The organization's president also pledged to ban similar symbols from parades in the future.

"Our parade should never be about politics and should never include these blatant divisive symbols. Our parade should recognize us as South Asians living in two of the best towns in the country," Chandrakant Patel, Indian Business Association president said, in an Aug. 30 letter to Edison Mayor Sam Joshi and Woodbridge Mayor John McCormac.

McCormac declined to comment, and a message seeking comment from Joshi has not been returned.

"We hereby made the commitment that we will not allow these symbols in the future and that we will work with all different groups of South Asian heritage to make sure that our parade remains the best in the State of New Jersey," Patel's letter states.

Patel said in his letter that the organization offers sincere apologies for certain aspects of the parade that "reflected poorly on our organization and offended the Indian American minority groups, especially Muslims, from the local area and across the state and country"

On Aug. 14 the Indian Business Association hosted an India Day parade



along Oak Tree Road from Edison to Woodbridge, two Central Jersey communities with large Asian Indian populations and business districts. The parade marked the 75th anniversary of India's independence.

This year's parade also featured a piece of construction equipment viewed as a symbol of hate, particularly by the Muslim community. Last week a large group, many from the Asian Indian community, turned out at two different Edison Township Council meetings to voice their opposition on the meaning and use of the symbol. Some council members, who were initially unaware of the meaning behind the construction equipment, called for the Indian Business Association to be held accountable.

"The parade should be and has always been about a celebration of our Indian heritage and inclusion and diversity among our many different cultures and religions," Patel said in his letter. "Unfortunately there was a bulldozer among the floats in the parade which is a divisive image that did not reflect our mission. It was seen quite negatively by many who are deeply impacted and insulted by certain activities that have been happening in India. Many who participated or watched the parade or heard about the activities from social media accounts were offended by this symbol and by comments made by our guest speaker and that was not our intention."

Selaedin Maksut, executive director of CAIR-NJ, the New Jersey chapter of the Council on American-Islamic Relations, said the IBA's apology acknowledged its wrongdoing, which he said is a step toward making future parades representative of the Indian population, including Muslims, Christians, Sikhs, Dalits and Tribals.

"We agree that future parades cannot include blatantly divisive symbols and guest speakers and should never be about politics. Such hatred cannot be tolerated. Instead the parade should celebrate India's independence and rich culture and diversity," Maksut said.

He also thanked McCormac for taking the community's concerns seriously and calling for the IBA to issue a public apology.

"The bulldozer is a symbol of intimidation and support for the oppression of minorities in India. Such hateful symbols have no place on our streets," said Maksut, adding McCormac expressed a desire to establish an advisory committee with the objective to ensure that the IBA's commitment is maintained. "This effort meets the need for accountability, going beyond acknowledgment."



Pandya gets 5-wicket win for India v Pakistan; Kohli back

DUBAI, United Arab Emirates (AP) — Batting great Virat Kohli had a nervy 100th T20 international as teammate Hardik Pandya led India to a five-wicket victory over archrivals Pakistan in the Asia Cup on Sunday.

Pandya claimed 3-25 with his fiery short-pitched deliveries and helped India to limit Pakistan to 147 before smashing an unbeaten 33 off 17 balls which carried India to 148-5 with just two balls to spare.

“It’s important to assess the situation and use your weapons,” Pandya said. “I knew they had (Mohammad) Nawaz waiting to bowl, and while we needed seven (runs off the last over), even if we needed 15, I would have fancied my chances.”

Pakistan was set to upstage India but a calm Pandya smashed three boundaries in the penultimate over against Haris Rauf before finishing off the game in style with a six over wide mid on against left-arm spinner Nawaz (3-33).

- ADVERTISEMENT -

India’s ploy to challenge the Pakistan top order with short balls after winning the toss worked perfectly as Bhuvneshwar Kumar (4-26) got the key wickets of captain Babar Azam (10) and Fakhar Zaman (10) inside the batting power-play.

Pandya then sliced through the middle order and also had top-scorer Mohammad Rizwan (43) dismissed with another sharp bouncer before No. 11 Shahnawaz Dahani smashed two late sixes to give Pakistan a glimmer of hope. Dahani, who made 16 off six balls, was the last man out with a ball remaining in the innings.

“The way we started we were 10-15 runs short,” Babar said. “Dahani stepped up with the bat which really gave us something to defend, but it’s a shame we couldn’t finish it off.

“We wanted to have 15 or so (runs) to defend

for Nawaz (in the last over), but that wasn’t to be and Pandya finished it off wonderfully.”

In the absence of injured Shaheen Shah Afridi, Pakistan’s second-string fast bowlers still dominated India’s strong top order.

Debutant Naseem Shah had KL Rahul bowled for a golden duck before Kohli was dropped on zero by Zaman at second slip off the second ball he faced from the 19-year-old pacer’s superb first over.

Kohli’s landmark 100th T20I, after a rest of more than six weeks, bracketed him with only Ross Taylor of New Zealand to have played 100 games in all three formats.

After his early escape, Kohli smashed Dahani with his trademark pull to the midwicket boundary in the second over before top-edging a six over the keeper’s head against Rauf. However, Kohli was tied down by both spinners Shadab Khan and Nawaz before falling midway through the India innings with 35 off 34 balls.

Rohit Sharma scored 12 off 18 balls before he and Kohli both holed out at long off in successive deliveries from Nawaz (3-33).

Shah, who struggled with cramps in his return spell, had Suryakumar Yadav (18) clean bowled in his return spell to finish with 2-27 but Pandya and Ravindra Jadeja (35) didn’t let the game slip away with their 52-run stand for the fifth wicket and took the game deep.

With seven required off the last six balls, Nawaz clean bowled Jadeja with the first ball



before Pandya finished off the game in style.

“Halfway through the innings, we still believed,” Rohit said. “That’s the kind of belief we want to have in this group, where you’re not in the game and you still manage to pull it off ... I’ll take wins like this over one-sided wins.”

Pakistan is still favorite to advance as it will take on qualifier Hong Kong in its last Group A game. Afghanistan, Bangladesh and Sri Lanka are in Group B.

The top two teams from both groups advance to the Super 4 stage where they will play each other once before the top two advance to the final on Sept. 11.



CHARMINAR CONNECTION**FOUNDED BY MIRZA PERVAIZ BAIG****Meri Kahani Idris Ben-Tahir****Re: Kishen Parshad**

The only time I had any contact with the family of the late Hyderabad Prime Minister Kishen Parshad was when Mr Zahir Ahmed, HCS, visited Ottawa on the Labour Day weekend in 1982, along with Razia Chachi (his wife).

Zahir Chacha was Taluqdar Nizamabad and my father, M. Tahir Siddiqui, HCS, served under him as Second Taluqdar sometime in the 1930s before I was born. Therefore, he knew me as a child and I reverted to my childhood and had a great time goofing around that weekend. Inter alia we visited the Parliament Hill (photo).

In 1959 I had hitchhiked while a student in Ohio to New York City where Zahir Chacha was serving with the UN staff. We had had a great time together. One night they took me to a New Year's Party at the residence of the Hyderabad Nobel nominee Professor Dr Raziuddin Siddiqui, but Chachi fed me a wholesome dinner with a caveat that I can have only one serving at our host's; reminding me of Hyderabad manners.

Zahir Chacha had also represented the Nizam's Government at the UN in 1948 along with Zain Yar Jung, Mir Nawaz Jung and Shiam Sunder, the leader of the Scheduled Cast (Untouchables) until they received a telegram on 17 September 1948 from the Nizam that he had acceded to a ceasefire with the Indian military, and the delegation devolved.

Mir Nawaz Jung (whom I met in Geneva in 1970) and Zain Yar Jung went to Pakistan; Zahir Chacha and Shiam Sunder to Hyderabad. Zahir Chacha after his UN stint in the 1960s served as India's Ambassador to Saudi Arabia. Later on as Special Adviser to Nizam VIII The Prince Mukkaram Jah.

Any to end the story after we had a sumptuous

dinner at a Turkish restaurant in Ottawa, Chacha asked me to take him to the residence of Mr Babar Mirza.

When we arrived there Mr Babar Mirza hugged Chacha saying: "Zahir Ahmed I am

seeing you after 37 years."

That's when I found out that Mrs Mirza was the daughter of Prime Minister Kishen Parshad. She and Mr Mirza both have now passed on.

I Ben-Tahir

Ottawa, Canada

A Tribute To Urdu

Har mazhab ki zaban hai Urdu
 Har mehfil ki shaan hai Urdu
 Hyderabad ki tehzeeb ki aan hai urdu
 Bollywood ki jaan hai urdu
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Urdu nahee to Ghalib nahee Iqbal nahee
 Urdu nahee to Sir Syed nahee, Premchand nahee
 urdu nahee to Rafi nahee, Lata nahee
 Urdu nahee to Dileep nahee, Nargis nahee
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Farsi aur hindi ki aulad hai urdu
 Angraizi kay liyay faulad hai urdu
 Jisnay is ko galay lagaya, uskay liyay liaqat bun gayee
 Aur jisnay muh phair liya, uskay liyay jahalat bun gayee
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Mana ke umr may sab zabanaon say choti hai
 Laikin iski shohrat sab say badi hai
 Hind o Pak may hai iska bol bala
 Bangladesh may bhi hai iska jan nay wala
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Rocketaon say bhi oonchi hai iski udan
 Samandaraon say bhi gehri hai iski daughaan
 Ashekhaon kay dilaon ki hai yeh aawaaz
 Mashukhaon kay dilaon ki hai yeh saaz
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Abid bhi, Zahed bhi kiya hai urdu ka intekhaab --(Intekhab press of siyasat)
 Laaya hai Siasat ke zariyay sahafat ka inkhelaab
 Urdu nay dee hai Rehnuma ko ek ViKhaar (chief editor of Rehnuma)
 Munsif o etemaad ka bhi kiya hai parchaar.
 PIYARI URDU, PIYARI URDU, PIYARI URDU
 Katju aur Kiran bhi kartay hain urdu ki himayet
 Urdu hi to dee hogi inko yeh hidayet
 Aye Saif yeh liknay tu kaisay ki hai jurrath
 Urdu hi to dee hogee isko yeh himmath
 Piyari Urdu Piyari Urdu Piyari Urdu.

Written by S. Saifullah Quadri

A teaspoon of honey is the entire life's hard work of 12 bees.

1 tsp = work of 12 bees

National Snakebite Management Protocol,

India is recognised as having the highest snakebite mortality in the world.

Most of the fatalities are due to the victim not reaching the hospital in time and are preventable.

Research has shown that PHC doctors do not treat snakebite mainly due to lack of confidence.

At the secondary and tertiary care level Emergency departments, multiple protocols are followed mainly from western textbooks which are not appropriate for Indian settings.

Anti snake venom (ASV) are administered when it is not required and/or in doses well in excess of the required amount.

In response, Government of India, Health & Family Welfare Department with WHO, has prepared a National Snakebite Management Protocol to provide doctors and lay people with the best, evidence based approach to dealing with snakebite in India.

The majority of current first aid methods adopted by victims such as tourniquets, cutting and suction and herbal remedies are completely ineffective and dangerous.

It is now recommended to adopt what has been called the 'Do it R.I.G.H.T.' approach, stressing the need for Reassurance, Immobilisation as per a fractured limb, Getting to Hospital without delay and Telling the doctor of any symptoms that develop.

20 Minute Whole Blood Clotting Test (20WBCT) in the diagnosis and management of viperine bite- 10ml blood of victim in plain vial is checked for clotting after 20min.
If not clotted- suggest viper.



Pain management - never give NSAIDs- causes more bleeding. Never give morphine- can cause respiratory failure.

ASV Administration Criteria-ASV should be administered if there is significant envenomation i.e. incoagulable blood shown by the 20WBCT or significant limb swelling for viperine bite, neurological signs for cobra & krait bite.

ASV Dosage & Repeat Dosage-The recommended initial dose of ASV is 8-10 vials administered over 1 hour.

Mode of administration of ASV is IV only.

Dose of ASV is same in children, pregnant or elderly, because venom injected is of same amount, so ASV required is of same dose.

Repeat doses for haemotoxic viperine snakes is based on the 6 hour rule.

Repeat doses for neurotoxic snakes is based on the 1-2 hour rule.

The maximum recommended dose for haemotoxic bites is 30 vials of ASV.

The maximum recommended dose for neurotoxic bites is 20 vials of ASV.

ASV Reactions- No ASV Test Doses are to be administered.

At the first sign of an adverse reaction the ASV is halted-0.5mg Adrenaline is given IM- ASV remaining dose should be given- Avil & Efferlin can be given to prevent ASV anaphylaxis.

Neurotoxic Bite -neostigmine test-Despite the fact that the neostigmine test (Neostigmine 0.5mg IM with atropine 0.6mg IV) was actually an Indian discovery, it is still poorly used in India. Neostigmine works in cobra bite as cobra venom acts on post-synaptic neurons.

Hemotoxic bites with correct signs of envenomation can be treated with 8-10 vials of ASV, stabilised if any ASV reaction occurs with adrenaline and then transferred to a higher centre with the ability to carry out the required blood tests to identify occult bleeding or renal impairment.

Heparin has no role in curing DIC of snakebite, and can increase bleeding, so contraindicated in viperine bites.

Botrophase should not be used as coagulant in controlling viperine bite bleeding, as it causes consumptive coagulopathy.

Neurotoxic bites with correct signs of envenomation can be treated with 8-10 vials of ASV, stabilised if any ASV reaction occurs with adrenaline and administered the neostigmine test.

If there is no evidence of impending respiratory failure, determined by patient ability to perform a neck lift the patient can be treated locally.

If the patient is unable to perform a neck lift then they will be transferred to a higher centre with mechanical ventilatory capability.

The rational application of ASV and repeat doses has resulted in patients being discharged earlier.

Please forward this post to all groups having Doctors NobleDOCS.live & Nobleconnection.ORG



Kurulus Osman: Queen Azizah of Malaysia (and the two princesses) are fans too & waiting for new episodes just like us. Seen in the Pic are some of the actors of the famous Show. Bala hatun seat besides her Not to forget Davut usta, boran alp, cerkutay alp and ayse hatun

This disabled Ukrainian converted to Islam after taking shelter in a mosque during the Russian invasion of Ukrainian

As TRT World reported, Urko was forced to lose his home and be separated from his wife and two daughters before converting to Islam. Urko then took refuge in a mosque in the city of Kharkiv, Ukraine. Urko shared that he was left alone when volunteers separated and took his family somewhere on March 8. Usually, Urko continued, when there was an attack, he and his family went to a shelter. However, Urko, who was left alone on the 9th floor of a building, began to despair of living without gas, light, or water. That's when help came to him through an Imam named Muhammad Ali, who offered him a place in a mosque in Kharkiv. According to Imam Muhammad Ali, Urko called and asked the Imam for help when the situation became unbearable. And then, Imam invited Urko to stay in the mosque, and they became 'brothers'. After living in the mosque for a while, Voronko Urko was given hidayah to embrace Islam and become a Muslim on August 20, 2022



Renowned Islamic scholar Maulana Syed Jalaluddin Umri passes away in Delhi

Renowned Islamic scholar Maulana Syed Jalaluddin Umri has passed away in Delhi at 8:30 pm Friday. He was 87. Maulana Umri was president of Jamaat e Islami Hind for consecutive three terms(2007-19).

Maulana Umri was born in 1935 in a village called Puttagram, District of North Arcot, Tamil Nadu, British India. He was a graduate of Jamia Darussalam, Oomerabad, Tamil Nadu. He recieved a master's degree in Islamic Studies from Jamia Darussalam. He also received a bachelor's degree in English literature from Aligarh Muslim University

Maulana Umri began his association with Jamaat-e-Islami Hind during his student years. After completing his studies, he dedicated himself to its research department. He officially became its member in 1956. He served as the city Ameer of Jama'at of Aligarh for a decade, and the editor of its monthly Zindagi-e-Nau for five years. Later, the Jama'at elected him to its All-India deputy Ameer, which he served for four consecutive terms (sixteen years). In 2007, the Jama'at's Central Council of Representatives elected him its Ameer (Chief). He was again re-elected as Jama'at's Ameer

Maulana Umri was elected as Ameer, Jamaat-e-Islami Hind for the fourth term (April 2015 – March 2019).

Jalaluddin Umri was widely-considered, among the Islamic circles of India, an authority on human rights and Muslim family system.

Jalaluddin Umri had written over two dozen books which were translated



various languages:

- Maroof wa Munkar
- Islam ki Dawat
- Musalman Aurat ke Huquuq aur Un par aeterazaat ka Jaiza (Rights of Muslim Women – A Critique of the Objections)
- SeHat-o-marz aur Islam ki Taleemat
- Islam meN khidmat-e-khalq ka Tasawwur (Social Service in Islam)
- Inabat Ilallah
- Sabeele Rab
- Islam Aur Manav Adhikkar
- State of Our Community and Nation and Our Responsibilities.

Does turning the air conditioning off when you're not home actually save energy? Three engineers run the numbers

Kyri Baker, Assistant Professor of Building Systems Engineering, University of Colorado Boulder, Aisling Pigott, Ph.D. Student in Architectural Engineering, University of Colorado Boulder, and Jennifer Scheib, Assistant Teaching Professor of Building Systems Engineering, University of Colorado Boulder
Hot summer days can mean high electricity bills. People want to stay comfortable without wasting energy and money. Maybe your household has fought over the best strategy for cooling your space. Which is more efficient: running the air conditioning all summer long without break, or turning it off during the day when you're not there to enjoy it?

We are a team of architectural and building systems engineers who used energy models that simulate heat transfer and A/C system performance to tackle this perennial question: Will you need to remove more heat from your home by continuously removing heat throughout the day or removing excess heat only at the end of the day?

The answer boils down to how energy intensive it is to remove heat from your home. It's influenced by many factors such as how well your house is insulated, the size and type of your air conditioner and outdoor temperature and humidity. According to our unpublished calculations, letting your home heat up while you're out at work and cooling it when you get home can use less energy than keeping it consistently cool – but it depends.

Blast A/C all day, even when you're away?

First, think about how heat accumulates in the first place. It flows into your home when the building has less stored heat than outside. If the amount of heat flowing into your home is given by a rate of "1 unit per hour," your A/C will always have 1 unit of heat to remove every hour. If you turn off your A/C and let the heat accumulate, you could have up to eight hours' worth of heat at the end of the day.

It's often less than that, though – homes have a limit to how much heat they can store. And the amount of heat that enters your home depends on how hot the building was to begin with. For example, if your home can only store 5 units of thermal energy before coming to an equilibrium with the outdoor air temperature, then at the end of the day you will only ever have to remove 5 units of heat at most.

Additionally, as your home heats up, the process of heat transfer slows down; eventually it reaches zero heat transfer at equilibrium, when the temperature inside is the same as the temperature outside. Your A/C also cools less effectively in extreme heat, so keeping it off during the hottest parts of the day can increase overall efficiency of the system. These effects mean there's no one straightforward answer to whether you should blast the A/C all day or wait until you get back home in the evening.

Energy used by different A/C strategies Consider a test case of a small home with typical insulation in two warm climates: dry (Arizona) and humid (Georgia). Using energy modeling software created by

the U.S. National Renewable Energy Laboratory for analyzing energy use in residential buildings, we looked at multiple test cases for energy use in this hypothetical 1,200 square-foot (110 square-meter) home.

We considered three temperature strategy scenarios. One has the indoor temperature set to a constant 76 degrees Fahrenheit (24.4 degrees Celsius). A second lets the temperature float up to 89 F (31.6 C) during an eight-hour workday – a "setback." The last uses a temperature setback to 89 F (31.6 C) for a short four-hour workday.

Within these three scenarios, we looked at three different A/C technologies: a single stage central A/C, a central air source heat pump (ASHP) and minisplit heat pump units. Central A/C units are typical of current residential buildings, while heat pumps are gaining popularity due to their improved efficiency. Central ASHPs are easily used in one-to-one replacements of central A/C units; minisplits are more efficient than central A/C but costly to set up.

We wanted to see how energy use from A/C varied across these cases. We knew that regardless of the HVAC technology used, the A/C system would surge when the thermostat setpoint returned to 76 F (24.4 C) and also for all three cases in the late afternoon when outdoor air temperatures are usually the highest. In the setback cases, we programmed the A/C to start cooling the space before the resident



is back, ensuring thermal comfort by the time they get home. What we found was that even when the A/C temporarily spikes to recover from the higher indoor temperatures, the overall energy consumption in the setback cases is still less than when maintaining a constant temperature throughout the day. On an annual scale with a conventional central A/C, this could result in energy savings of up to 11%.

However, the energy savings may decrease if the home is better insulated, the A/C is more efficient or the climate has less dramatic temperature swings.

The central air source heat pump and minisplit heat pump are more efficient overall but yield less savings from temperature setbacks. An eight-hour setback on weekdays provides savings regardless of the system type, while the benefits gleaned from a four-hour setback are less straightforward.

The IRS could be on the verge of changing the way Americans file their taxes

The IRS could be on the cusp of revolutionizing the way that Americans file their taxes.

The Inflation Reduction Act signed into law by President Biden on Tuesday provided \$80 billion in funding for the agency, including \$15 million to deliver a report on a free, government-run tax e-filing system that tax simplification advocates have long argued for.

But the agency is on a tight deadline to deliver.

While most of the \$80 billion for the IRS in the new legislative package goes out over the next decade, the agency has only about a year to turn in its e-filing report. Specifically, the agency has to figure out how much an online filing system would cost, the design of the system and how taxpayers would feel about using one.

Tax experts say the system could take two basic forms: one more conservative in scope and one more far-reaching.

The more conservative option would be a standardized government version of popular commercial software from companies like Intuit, H&R Block and TaxACT that prompts users to fill out a digital tax return.

There has already been an IRS program in place that allows low-income Americans to use these and other commercial products for free, but the program has performed poorly.

An April report from the U.S. Government Accountability Office found that while 70 percent of taxpayers are eligible for the Free File Alliance program, only 3 percent use it.

In its agreement with commercial providers, the IRS signed a noncompete clause promising not to make its own free software tool. The clause was removed in subsequent versions of the agreement.

Former Treasury Inspector General for Tax Administration (TIGTA) J. Russell George testified to the Ways and Means Committee back in 2006 that, "According to representatives of Alliance member companies that TIGTA interviewed, their primary goal is to keep the Federal Government from entering the tax preparation business."

It's not clear how a new free e-filing system would line up with the IRS's agreement with private tax preparers, but it may simply be allowed to expire if the agency decides to move ahead with its own large-scale public filing system.

The Free File Alliance came to be because Congress originally mandated the IRS to do away with tax returns altogether in a law called the Internal Revenue Service Restructuring and Reform Act of 1998.

After a major lobbying push by the tax preparation industry, the Free File Alliance was introduced as a way to let low-income Americans file their taxes for free without getting rid of tax returns.

The Alliance drew institutional momentum away from the change to return-free filing, which likely would have rendered large segments of the tax prep industry totally useless.

In 1998, Congress told the Treasury to "develop procedures for the implementation of a return-free tax system under which appropriate individuals would be permitted to comply with the Internal Revenue Code of 1986 without making the return required."

Return-free filing is the second, more dramatic option for a free, IRS-run e-filing system that experts say could once again be under consideration as part of the Inflation Reduction Act.

Return-free filing is used by many countries with advanced economies in the Organization for Economic Cooperation and Development. It essentially means that the government would do your taxes for you, withholding what's owed and then doing its own accounting without requiring forms to be sent in by taxpayers.

The main type of return-free filing — used by the United Kingdom, Japan and Germany, among dozens other countries — is referred to as an exact withholding system. With this system, the IRS would try to withhold fewer taxes from people's paychecks and skip the refunding process made necessary by a self-reported tax return.

"In most of these countries, taxpayers meet their tax obligations entirely through tax withholding payments made throughout the year," the Treasury Department found in a 2003 report on return-free tax systems.

But experts say that all the tax credits in the U.S. tax code make self-reporting helpful — if not necessary — from an administrative point of view.

"With withholding, the IRS already has that information. So it's kind of annoying that you have to go through and enter it in yourself. But in the U.S. we have, for instance, joint filing.



So if your employer knows what your income is, they don't necessarily know what your spouse's is. Employer withholding isn't reflective of various credits and tax programs," Alex Muresianu, tax analyst at the Tax Foundation, a Washington think tank, said in an interview.

The other kind of return-free filing is called agency reconciliation. This is where "tax authorities prepare tax returns for individuals based on information returns from employers and others, and send taxpayers a completed tax form for their review," according to the Treasury report.

Some studies have shown that the government would lose revenue with this kind of system since the IRS is doing all the clerical work without relying on reporting from taxpayers.

"If you as a taxpayer know things the IRS doesn't know that are to your advantage, then you might not want to share that with them," Robert Weinberger, a nonresident fellow at the Urban-Brookings Tax Policy Center, said in an interview. "But there are arguments that that would be worth it, since the whole system would be simplified and people will be happier. So maybe that's a trade-off we'd be willing to make."

The government found in 2003 that a simplification of U.S. tax law, which is full of credits and exceptions to credits, should be a prerequisite for implementing any return-free filing system.

"Moving to a return-free tax system without first simplifying the income tax would require substantive changes in tax administration," the Treasury report found. "These changes could shift burdens from taxpayers to other parties, including employers, financial institutions, state governments, and the IRS."

But that prerequisite may no longer make sense in an age when everything from doctor visits to school records can be accessed instantaneously online.

Tax simplification advocates say a slimmed down tax code, which now stands at nearly 10 million words between statutes and regulations, would be well worth the effort.

"It's critical to make filing taxes as easy as possible," Frank Clemente, director of the left-leaning advocacy organization Americans for Tax Fairness, said in an interview. "We've got to move away from this adversarial feeling. A simpler tax system will reduce cost, increase compliance and make people just feel better about the IRS."

Clemente added that the \$15 million in the Inflation Reduction Act for the report on e-filing "indicates a seriousness to move beyond where we currently are on this problem."

"Whatever the proposals look like, it means there's got to be a plan behind that," he added.

Advocates are keeping an eye on a provision in the act's requirement for the e-filing task force that says it needs to look at "options for differential coverage based on taxpayer adjusted gross income and return complexity."

They say this focus on "differential coverage" could suggest that Americans with more complicated tax returns, who are typically wealthier, could interact differently with a new e-filing system than the average wage earner. These differences could raise questions about the fairness of such a system.

In a Wednesday memo to IRS Commissioner Charles Rettig, Treasury Secretary Janet Yellen expressed concern about unfairness built into the tax system, which she described as "two-tiered."

"Most Americans pay what they owe, but those at the top of the distribution often do not," Yellen wrote.

Yahoo news
Tobias Burns

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Even a minor fender bender can cause these airbag inflators to rupture, spraying metal shrapnel into drivers and passengers.

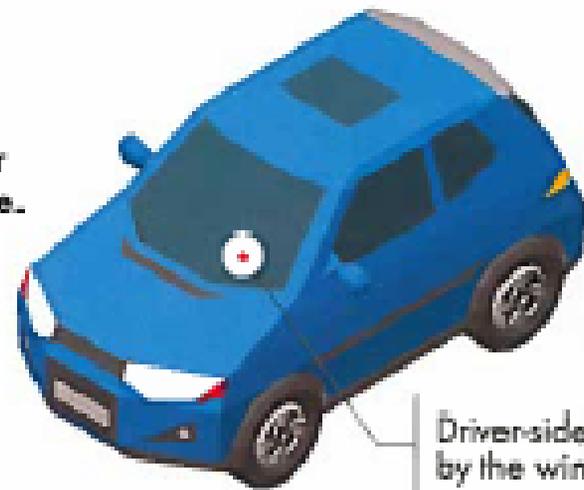
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

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- Look for your VIN on the driver-side dashboard by the windshield or on your insurance card.



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Visit AirbagRecall.com to upload a photo of your license plate or to look up your 17-digit VIN.

Then follow the on-screen instructions to prove you are not a robot.

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If you see text that reads **recall incomplete...**

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2022 FIFA World Cup / Dates

FIFA World Cup 2022

GROUP A

-  Qatar
-  Netherlands
-  Senegal
-  Ecuador

GROUP B

-  England
-  United States
-  Iran
-  Wales

GROUP C

-  Argentina
-  Mexico
-  Poland
-  Saudi Arabia

GROUP D

-  France
-  Denmark
-  Tunisia
-  Australia



GROUP E

-  Spain
-  Germany
-  Japan
-  Costa Rica

GROUP F

-  Belgium
-  Croatia
-  Morocco
-  Canada

GROUP G

-  Brazil
-  Switzerland
-  Serbia
-  Cameroon

GROUP H

-  Portugal
-  Uruguay
-  South Korea
-  Ghana

Kashmir Hindus on edge after resurgence of targeted killings

On the way to the government high school in Gopalpura village, in the southern part of Indian-administered Kashmir, is a rushed tribute to a much-loved teacher.

Six stones encircle the spot where 41-year-old Rajni Bala was killed on the morning of 31 May.

Students and staff were just gathering for prayers outside the school building when they heard a sound like a firecracker. But in a region where violence is a part of everyday life, they immediately knew something was wrong.

Rajni Bala was shot in the head by anti-India militants, police said.

It's widely believed that she was targeted because she was a Hindu, a minority in the country's only Muslim majority region. There has been a wave of Hindu killings in the past year - the latest just last week. Sunil Kumar Bhat was shot dead in an apple orchard in the Shopian area of south Kashmir.

Yogita Limaye - BBC News, Srinagar Sun, August 21, 2022 at 11:14 PM-7 min read

Rajni Bala, a school teacher, was shot dead by militants in May

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Since Rajni Bala's killing, only half the students at the school have been attending classes

"A month-and-a-half ago, a Hindu driver was killed a couple of kilometres from the school, and there had been other attacks on Hindus in different parts of Kashmir. Since then we were scared and we'd applied twice for a transfer for Rajni," her husband Rajkumar Attri said.

Rajni Bala taught history and loved the school she'd worked at for five years. She'd told her colleagues she would have never wanted to move if not for the threat.

"She was such a decent person, so full of knowledge and friendly. She was adored not just in our school, but in our entire village," said Saima Akhtar, a science teacher. "We are devastated."

Since the killing, only half the students were attending classes and trauma was visible on the faces of those who had made it to school.

Mr Attri has now moved out of the region with their teenage daughter. The killings have brought back memories from 30 years ago, when hundreds of Hindus were killed by militant groups, triggering an exodus of the community from the region.

It was at the start of Indian-administered Kashmir's complex conflict, which has raged on for decades.

Since the late 1980s, Kashmir Valley has been gripped by an armed insurgency, which India accuses Pakistan of fuelling in order to disrupt peace in the region that is disputed between the two countries. Islamabad denies the accusations.

Over the decades, thousands of Indian security forces, militants and civilians have been killed in the conflict.

But since 2003, the Hindu community has rarely been specifically targeted. In fact, since 2010, there have been efforts to bring back those who had left, with government jobs and flats given as incentives.

Lt-Governor Manoj Sinha, the region's top administrator appointed by the Indian government, told BBC Hindi that the number of targeted attacks on civilians needed to be measured over a longer period of time.

"These are very sad incidents. But if you look at targeted killings, not just of Hindus but of all civilians in the past 10 to 15 years, then it's a number that's reducing now. The atmosphere of fear is not as grave as it was earlier," he said.

But Kashmiri Hindus, who returned to the region in the past decade, say they fear for their lives and want to leave again.

What happened in Kashmir and why it matters

'Even I will pick up a gun': Inside Kashmir's lockdown

In a resettlement colony in south Kashmir, scores of Kashmiri Hindus who came back to the region through the government incentive programme have been sitting in protest, demanding to be relocated.

"Since we returned, we've had many problems, such as the condition of the homes we've been given. But we didn't feel targeted. Now, we have begun to fear for our lives," said Sandeep Raina, an engineer who works in public services.

"I was 10 when my family fled in the



1990s. My son is now at a similar age and we want to leave again," he added.

"If someone next to me takes their hands out of their pocket, I feel they're going to pull out a gun to shoot me. We've stopped sending our children to school and we hardly go out of our compound," said Sanjay Koul, a public school teacher.

Resettling Kashmiri Hindus back in the region has been one of the campaign promises of India's governing Bharatiya Janata Party (BJP). Many of the Hindus at the camp said there was pressure on them from the government to not leave, as it would dent that promise.

The government did not respond to these allegations.

Militant groups say they are attacking minorities and outsiders because they believe India's Hindu nationalist government is trying to change the religious demographic of the Muslim-majority Kashmir.

It's an allegation the Indian administration rejects. Its actions, though, have fuelled distrust.

In 2019, the federal government revoked Kashmir's autonomy, imposing federal rule in the region, and allowed outsiders to purchase land. There is no elected regional government, while large sections of the police and bureaucracy are now dominated by officers from other parts of the country.

Anger against the Indian state, which has long been felt in some parts of Kashmir, has grown since 2019.

In the village of Turkwangam, 20-year-old Shoaib Mohammad Ganaie, a Muslim civilian, was shot dead on 15 May.

His family said he was outside a car spare parts shop they had set up a few months earlier, when a paramilitary soldier pointed a gun at him and asked him to raise his hands. Shoaib followed the order, his relatives said, but the soldier still shot him in the chest. Shoaib's father, Ghulam Mohammad Ganaie, 50, spends the whole day tending to his son's grave.

"Shoaib was a civilian, a student and a shopkeeper. What was his crime?" he said as he broke down. "We want justice for

this cruelty inflicted on us. A piece of our hearts has been taken from us."

He shows a photo of his son, who loved playing cricket, wearing sporting gear and holding up a big trophy.

The police and paramilitary told the BBC that Shoaib was killed in a crossfire. But multiple eyewitnesses insisted there was no gunbattle for him to get caught in.

An inquiry has been ordered into the incident. His father says he is grateful to local officers for helping the family to get Shoaib's body released to them quickly, but he has no hope that the truth of what happened to his son will come out.

"If we had our own government, we could at least hold someone to account. Here, there is no-one to listen to us, no-one to ask any questions of. They don't need votes from us, so why would they care?" Mr Ganaie said.

There have been many such allegations of killings of civilians by security forces in recent months.

The Indian government did not respond to the BBC's questions about such cases.

Lt-Gov Manoj Sinha said an elected government would be put in place at an "appropriate time" as decided by India's home ministry, without elaborating on what that means.

As Mr Ganaie left his home to walk to his son's grave again, he said, "No one is safe in Kashmir. When you leave your home, you don't know if you'll return in the evening."

Yahoo news
Yogita Limaye



Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V538
 Manufacturer : E-One Incorporated
 Subject : Electrical Load Center May Overheat
 Make Model Model Years
 E-ONE COMMERCIAL 2020
 E-ONE CYCLONE II 2019-2021
 E-ONE CYCLONE N 2021
 E-ONE QUEST II 2020
 E-ONE TYPHOON 2020-2021
 E-ONE TYPHOON N 2020-2022
 NHTSA Recall ID Number : 22V574
 Manufacturer : Terex Advance Mixer, Inc.
 Subject : Electrical Short Circuit May Cause Engine Stall
 Make Model Model Years
 TEREX ADVANCE FRONT DISCHARGE MIXER 2022
 NHTSA Recall ID Number : 22V582
 Manufacturer : PACCAR Incorporated
 Subject : Fuel Tank Leak
 Make Model Model Years
 KENWORTH T680 2022-2023
 NHTSA Recall ID Number : 22V583
 Manufacturer : Newmar Corporation
 Subject : Fuel Line in Heater May Leak
 Make Model Model Years
 NEWMAR DUTCH STAR 2022-2023
 NEWMAR ESSEX 2022-2023
 NEWMAR MOUNTAIN AIRE 2022-2023
 NEWMAR NEW AIRE 2022-2023
 NEWMAR SUPER STAR 2022
 NEWMAR VENTANA 2022
 NHTSA Recall ID Number : 22V584
 Manufacturer : Newmar Corporation
 Subject : Propane Leak Can Cause a Fire
 Make Model Model Years
 NEWMAR BAY STAR 2021-2023
 NEWMAR BAY STAR SPORT 2022-2023
 NEWMAR CANYON STAR 2021-2023
 NEWMAR DUTCH STAR 2022
 NEWMAR KOUNTRY STAR 2022-2023
 NEWMAR MOUNTAIN AIRE 2022
 NEWMAR VENTANA 2022
 NHTSA Recall ID Number : 22V597
 Manufacturer : Genuine Scooters, LLC
 Subject : Loss of Drive Power
 Make Model Model Years
 GENUINE SCOOTER NIU MQIGT EVO 2022
 NHTSA Recall ID Number :

22V598
 Manufacturer : Global Environmental Products
 Subject : Steering Gear Assembled Incorrectly
 Make Model Model Years
 GLOBAL ENVIRONMENTAL PROD M4 2021-2022
 GLOBAL ENVIRONMENTAL PROD M4 CNG 2021-2022
 GLOBAL ENVIRONMENTAL PROD M4 HSD 2021-2022
 GLOBAL ENVIRONMENTAL PROD R4 2021-2022
 NHTSA Recall ID Number : 22V603
 Manufacturer : Grand Design RV, LLC
 Subject : Awning Fabric May Detach Causing Awning to Drop
 Make Model Model Years
 GRAND DESIGN IMAGINE 2022-2023
 GRAND DESIGN MOMENTUM 2022-2023
 GRAND DESIGN REFLECTION 2022-2023
 GRAND DESIGN SOLITUDE 2022-2023
 GRAND DESIGN TRANSCEND 2022-2023
 NHTSA Recall ID Number : 22V604
 Manufacturer : Keystone RV Company
 Subject : Awning Fabric May Detach Causing Awning to Drop
 Make Model Model Years
 DUTCHMEN ASPEN TRAIL 2022
 DUTCHMEN COLEMAN 2022
 DUTCHMEN COLORADO 2022
 DUTCHMEN VOLTAGE 2022
 DUTCHMEN YUKON 2022
 KEYSTONE BULLET 2022-2023
 KEYSTONE CARBON 2022
 KEYSTONE COUGAR 2022
 KEYSTONE HIDEOUT 2022
 KEYSTONE MONTANA 2022
 KEYSTONE OUTBACK 2022
 KEYSTONE PASSPORT 2022
 KEYSTONE RAPTOR 2022
 KEYSTONE RETREAT 2022
 KEYSTONE SPRINGDALE 2022
 KEYSTONE SPRINTER 2022
 NHTSA Recall ID Number : 22V606
 Manufacturer : Mack Trucks, Inc.
 Subject : Electrical Short Circuit May Cause Engine Stall
 Make Model Model Years
 MACK MD 2023
 NHTSA Recall ID Number : 22V607
 Manufacturer : Kovatch Mobile Equipment Corp.
 Subject : Steering Gear Assembled Incorrectly
 Make Model Model Years
 KME PREDATOR 2021-2022

KME PREDATOR PANTHER 2021-2022
 KME PREDATOR SS 2021-2022
 NHTSA Recall ID Number : 22V611
 Manufacturer : Thor Motor Coach
 Subject : Awning Fabric May Detach Causing Awning to Drop
 Make Model Model Years
 THOR MOTOR COACH CHATEAU 2022-2023
 THOR MOTOR COACH FOUR WINDS 2022-2023
 THOR MOTOR COACH GE-NEVA 2022
 THOR MOTOR COACH QUANTUM 2022-2023
 NHTSA Recall ID Number : 22V612
 Manufacturer : Kia America, Inc.
 Subject : Vehicle Rollaway from Faulty Shift Lever Assembly
 Make Model Model Years
 KIA SEDONA 2016
 KIA SORENTO 2016
 NHTSA Recall ID Number : 22V614
 Manufacturer : BMW of North America, LLC
 Subject : Coolant Leak Inside EGR Module May Cause Fire
 Make Model Model Years
 BMW 540D 2018
 NHTSA Recall ID Number : 22V615
 Manufacturer : Toyota Motor Engineering & Manufacturing
 Subject : Missing Weight Capacity On Tire Label/FMVSS 110
 Make Model Model Years
 LEXUS RC F 2020-2022
 NHTSA Recall ID Number : 22V616
 Manufacturer : Pleasure Way Industries, Ltd.
 Subject : Circuit Board May Overheat and Cause Fire
 Make Model Model Years
 PLEASURE WAY ASCENT 2021-2022
 PLEASURE WAY ONTOUR 2021-2022
 PLEASURE WAY PLATEAU 2021-2022
 PLEASURE WAY REKON 2021-2022
 PLEASURE WAY TOFINO 2021-2022
 NHTSA Recall ID Number : 22V617
 Manufacturer : General Motors, LLC
 Subject : Improper Rivets on Seat Belt Buckle Assembly
 Make Model Model Years
 CADILLAC ESCALADE 2021-2022
 CADILLAC ESCALADE ESV 2021-2022
 CHEVROLET SUBURBAN 2021-2022

CHEVROLET TAHOE 2021-2022
 GMC YUKON 2021-2022
 GMC YUKON XL 2021-2022
 NHTSA Recall ID Number : 22V618
 Manufacturer : Grand Design RV, LLC
 Subject : Electric Ramp Door May Fail Causing Door to Fall
 Make Model Model Years
 GRAND DESIGN MOMENTUM 2022-2023
 NHTSA Recall ID Number : 22V619
 Manufacturer : Chrysler (FCA US, LLC)
 Subject : Improperly Tightened Windshield Wiper Arms
 Make Model Model Years
 CHRYSLER PACIFICA 2022
 CHRYSLER VOYAGER 2022
 NHTSA Recall ID Number : 22V621
 Manufacturer : Ford Motor Company
 Subject : Rearview Camera Display May Not Operate
 Make Model Model Years
 FORD TRANSIT 2022
 NHTSA Recall ID Number : 22V623
 Manufacturer : Ford Motor Company
 Subject : Damaged Driveshaft May Fracture
 Make Model Model Years
 FORD F-150 2021-2022
 NHTSA Recall ID Number : 22V624
 Manufacturer : Subaru of America, Inc.
 Subject : Damaged Lamp Reflectors/FMVSS 108
 Make Model Model Years
 SUBARU IMPREZA 2017-2019
 NHTSA Recall ID Number : 22V627
 Manufacturer : Hyundai Motor America
 Subject : Windshield Wipers May Fail
 Make Model Model Years
 HYUNDAI PALISADE 2020-2021
 NHTSA Recall ID Number : 22V628
 Manufacturer : Dynamite Manufacturing DBA Man Cave RV
 Subject : Stove Saddle Valves May Leak Gas
 Make Model Model Years
 MAN CAVE TOY HAULER 2018-2020
 NHTSA Recall ID Number : 22V629
 Manufacturer : Genuine Scooters, LLC
 Subject : Excessive Handlebar Vibration
 Make Model Model Years

Saudi Arabia's Booming and This Time It Isn't Only About Oil

The more than 300 apartments in Almajdiah Residence's new Riyadh complex sold in just a month for cash, without the company even having to advertise.

This is Saudi Arabia, the world's biggest exporter of oil, so it's no surprise the property market is red-hot as income from a spike in energy prices flows through the economy.

But Almajdiah's chief executive officer, Abdulsalam Almajed says the scramble for the 1-million-riyal (\$266,400) homes reflects something else, too: the social and economic shift that's reshaping the kingdom, accelerated by the crown prince's overhaul program.

"There's a change in mindset," said Almajed, who heads family-owned developer, as some Saudis embrace the more open style of living his firm caters to. "Today there's beautiful creativity in Saudi designs." While de facto ruler Mohammed bin Salman has centralized power and increased political repression since being elevated by his father, King Salman, in 2015, he's also ended or relaxed restrictions on entertainment and how men and women can mix, and is trying to curb a reliance on oil.

Ten years ago, many property owners wouldn't even rent to women, who needed approval of a male guardian for many life decisions. Today, women are entering the labor market in greater numbers, and 30% of Almajdiah's buyers are female, acquiring

investment properties or a home of their own.

They're helping lift an economy transformed by energy markets. As much of the world is fretting about spiraling inflation fueled by Russia's war in Ukraine and potential recessions, oil averaging more than \$100 a barrel this year means Saudi Arabia's economy is the fastest growing in the Group of 20.

Gross domestic product expanded 11.8% in the second quarter, when the non-oil economy grew 5.4% and is now larger than at the end of 2019, before the pandemic struck.

State energy company Saudi Aramco has reported the biggest quarterly adjusted profit of any listed company globally. Billions of dollars are flowing into Saudi coffers and raising state investments, boosting sentiment in a private sector reliant on government contracts.

Capital spending jumped an annual 64% in April to June, as the kingdom embarks on a building spree including malls and parks as well as grandiose plans for a new city built from scratch and a luxury tourism development on the Red Sea. Overall spending was 16% higher, even though this year's initial budget forecast it would fall.

Summers typically send Saudi elites off to cooler climes in Europe, but Riyadh's newest high-end restaurants are packed.

At Coya, a Latin American chain, the most

popular dinner seatings -- 8:30 to 9 p.m. --- are fully booked a month ahead.

Combined cash withdrawals and points of sales transactions, an indicator of consumer activity, have bounced back, increasing an annual 9% in June after a record high in March. Inflation last month was 2.7%, about a third of the rate in the US or eurozone.

The Finance Ministry's trying to break the habit of oil-tracking splurges and cutbacks, flowing stimulus through sovereign funds and into longterm projects like electric-vehicle manufacturing and tourism.

The economy is expected to expand 7.6% this year but growth could fall back to 2.5% by 2024, according to a Bloomberg survey of economists. Crude is now around \$90 a barrel as global fears over economic downturns and the potential for more supply from Iran if its nuclear deal is resurrected continue to hang over the market.

"If there was another collapse in oil prices, there will again be slowing down in activity," said Monica Malik, chief economist at Abu Dhabi Commercial Bank. "But a number of positive factors are coming together at this point."

Almajdiah caters to affluent professionals



who want open-plan homes with abundant natural light. Many Saudis previously preferred houses with high walls and tiny windows to preserve privacy. But the social opening, along with smaller families and tighter budgets, is changing that.

The developer's newest complex is built around shared courtyards and features cafes, gyms and a nursery.

The style echoes high-end housing in Dubai, the regional hub Prince Mohammed wants to compete with, announcing plans to double Riyadh's population and attract millions of expatriates.

That's key to Almajed's optimism, which has helped propel the real estate developer he heads to start planning for an initial public offering. The more people, the more apartments they'll need, he said.

Yahoo finance
Vivian Nereim

America has entered a housing recession, builders and brokers say. But what does that mean if you're buying or selling a house?

Recession fears are affecting buyers, who consume more media and information about the future of the economy. Recession talk is everywhere, especially in the housing sector, as recent data on weaker housing starts and sales compounded by higher mortgage rates signal a slowdown.

But that doesn't necessarily mean that the sector is in a recession like what we saw during the Great Financial Crisis. It's more nuanced than that.

For instance, earlier this week, home builders cited rising interest rates and construction costs — some of it supply-chain-related — as the culprits that "have brought on a housing recession," Robert Dietz, chief economist at the National Association of Home Builders, said.

Don't miss: A quarter of the U.S. will fall inside an extreme heat belt. Here are the states in the red zone. The National Association of Realtors also used the same term. "In terms of economic impact, we are surely in a housing recession because builders are not building" and sales activity has declined for six consecutive months, meaning economic activity has slowed, the NAR's Lawrence Yun said.

"So we are in a housing recession," he stated.

Homes are still selling

To be clear, though, that doesn't mean the broader housing market is in the midst of a meltdown.

Homes are still selling, Christine Cooper, chief U.S. economist and managing director at CoStar Group, said.

The indicators may be "grim," Cooper told MarketWatch, but "to a large extent, the slowdown in the market is a reversion to a more balanced market."

It was about time that sales would slow, particularly as wages have not kept up, she added. For ordinary consumers, the word recession conjures up dismal times. It is a difficult market for those selling homes and for homebuilders," Yun said in a follow-up email with MarketWatch. "But homeowners continue to accumulate housing wealth from rising home prices."

Buyers may be retreating, but that's not triggering a flood of homes hitting the market, or a scarcity of good quality buyers.

Buyers are simply feeling more uncertainty with the possibility of a broader economic recession looming.

"And the first reaction people have is to just not do anything," Jen Holland, a realtor with ERA Key Realty in Massachusetts, told MarketWatch.

Part of it is also herd mentality: "When everybody went out to look at homes, there were lines out the door at open houses," she said. "Everybody was like, 'I'd better go buy a house.'"

Now that the market has slowed, rates have risen, and recession talk is pervasive, open houses have slowed down, she said. People have become more apprehensive.

"There's definitely been a shift with buyer confidence," Hall said.

Some of her buyers have exited sales because they felt uncertain, or that they wanted to wait for prices to drop, or rates to drop. People almost seem "frozen," she said, "or they feel like the most stable thing for me to do is nothing."

Hall said that two big sales fell through this week, and she's also struggling to get to the finish line with many buyers.

"There's just so much work behind the scenes right now to keep people from jumping ship," she said.

But given the macroeconomic backdrop, "there could still be a few more months of overshooting to the downside before inventories expand," Cooper said, and "house price gains cool sufficiently and sales resume."

NAR's Yun said that he expected home sales to stabilize soon as rates are becoming more steady, so "we could soon be coming out of a housing recession."

But all this talk of a recession and cooling demand has helped some buyers.

Prospective buyers are taking the opportunity to take their time and asking for more of sellers.

"I got one house that they gave me 37 post-home inspections requests," she said. "I almost fell off my chair. And this is a house that's 40 years old."



WORD SEARCH

M	N	A	C	E	P	M	K	C	L	F	G	A	A
A	O	D	A	N	R	O	T	E	L	P	I	R	T
M	A	O	S	R	A	H	M	T	P	U	Y	A	N
A	S	C	S	B	A	N	A	N	A	C	E	L	N
P	L	T	R	E	E	S	E	S	E	O	K	L	N
L	Y	B	R	Y	T	Y	C	T	P	E	O	I	C
E	N	F	A	A	T	R	A	A	P	E	P	N	B
W	E	H	U	R	W	L	A	T	N	A	Y	A	A
A	D	R	O	D	O	B	T	C	A	B	E	V	E
L	N	C	T	C	G	C	E	B	K	N	K	E	O
N	C	E	O	N	D	E	C	R	R	S	O	U	A
U	V	H	S	O	R	A	E	S	R	A	H	L	E
T	C	T	C	O	C	O	N	U	T	Y	E	S	O
H	I	S	A	E	A	T	E	A	A	L	O	A	L

VANILLA

COCONUT

CHOCOLATE

TRIPLE TORNAD

HOKEY POKEY

STRAWBERRY

PECAN

BANANA

MOOSE TRACKS

FUDGE

REESES

MAPLE WALNUT

Health & Wellness

5 tips for

copied with

Sciatica is one of the most common, yet misunderstood, types of pain. As many as 40% of people will get it during their life, and it becomes more frequent as you age. Sciatica tends to get lumped in with regular back pain, but it is different. The pain originates with the sciatic nerves and often goes away by itself within a few hours or days. However, some attacks can come and go for several weeks or even months. Fortunately, there's a lot you can do to prevent sciatica, as well as relieve the pain.

Increase exercise

Exercise is a key way to prevent or help relieve sciatica. Consider these types:

Aerobic exercise: walking, jogging, swimming, cycling, dancing, and other activities that increase your heart rate without causing more pain if you already have sciatica.

Strength training: exercises using free weights or weight machines, or isometric exercises, which involve contracting muscles without obvious movement.

Flexibility training: yoga, tai chi, Pilates, and similar activities that increase both flexibility and strength.

Really, any exercise that you can enjoy and do regularly is going to help. So try something new, go back to an old favorite, or both.

Strengthen your core

It might not seem obvious that a stronger core could improve your spinal health. But

your core is not just your abdominal muscles, even though they are key contributors to the stability of your spine. Muscles in the back, sides, pelvis, and buttocks also are part of your core. Strengthening all of these muscles helps to support your spine.

Many types of exercise, including yoga and Pilates, can strengthen the core muscles. For example, planks and bridges are movements that target the core.

Avoid sitting for long periods

Prolonged periods of sitting put pressure on the discs and ligaments in the low back. If you have a job that requires a lot of sitting, take frequent breaks, or try a standing desk. Less sitting is better.

Manage your weight

Being overweight or obese can increase your risk for sciatica. And people who have sciatica and are overweight tend to heal more slowly. Why? The increased weight puts pressure on your spine and can lead to herniated discs. Even minor weight loss will reduce inflammation and pressure on the spine.

Practice good posture

Mom was right—slouching isn't good for you. But you don't have to walk around the room with a book on your head to practice good posture. Follow these tips:

Pay attention to your body's position when you're standing or sitting.

To prevent slouching, pull your shoulders down and back. Imagine your shoulder blades touching.

If you work at a computer, take frequent breaks. Position your monitor so you can see it without bending your head down or tilting it back. When the shooting, burning, tingling pain of sciatica strikes, you need help fast. And once you've had an attack, you sure don't want it to return.

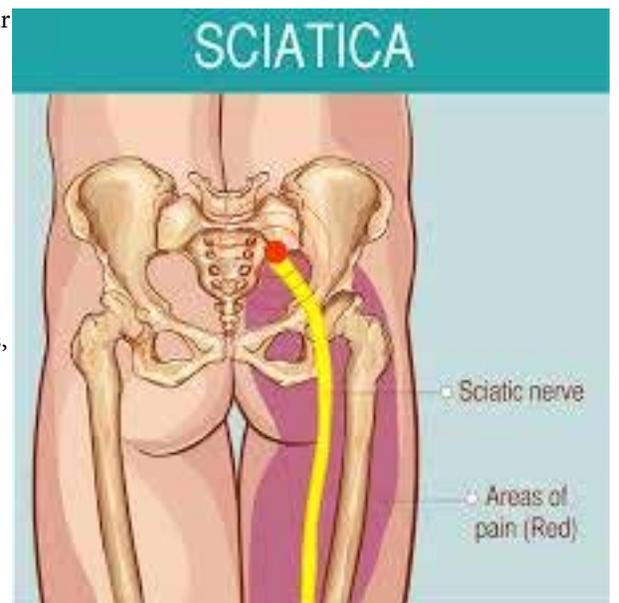
That's why Finding Relief for Sciatica is so important to you and your loved ones.

This convenient one-stop online source brings you fast, easy-to-apply answers you need as close as your tablet, phone or desktop computer. For example:

Know your enemy: Detailed illustrations and clear explanations help you visualize the causes of sciatica so you can more confidently apply proven home remedies. Are you at risk? Anyone can experience sciatica, but research shows that there are five factors that increase your risk. Find out if you have one of them.

Easy-does-it stretches help lessen the pain and allow the nerve to heal. Discover the simple stretches that are particularly helpful for sciatica.

Cold or heat? Ice packs and heat can both



be used to treat sciatic pain and help you function better. Find out when to apply each and for how long for best results. Top treatments doctors may prescribe: While most sciatica gets better on its own, a doctor may prescribe medications, physical therapy, injections or chiropractic adjustments. (Most people don't need surgery). Complete details in Finding Relief for Sciatica help you to make the most informed decisions.

How to help prevent sciatica: Discover the best core exercises to help strengthen your spine...simple exercises to increase strength and flexibility...and stress-reduction techniques to help reduce pain.

How to prevent, treat, and spot the difference between COVID-19, flu, and colds

Sometimes mild and short-lived, other times dangerous and long-lasting, get the facts about today's viruses!

No one tries to "catch" a cold. Colds, flu, and coronaviruses catch us. You'll learn how to bolster your defenses... keep trouble-causing viruses at bay...boost your immune system... and relieve symptoms. Colds, flu, and COVID-19 are not inevitable. They are avoidable!

Cold and flu germs ambush us. They are unseen on surfaces or in the air. It's not until you get the sniffles, fever or body ache that you know they've found you.

This timely guide will help you keep your distance and build your resistance. You'll find practical tips to reduce your exposure to germs and you'll discover proactive measures that will help you and your family stay cold-and-flu-free. As well as the latest news and strategies for dealing with COVID-19.

You'll be reading recommendations prepared by the doctors at Harvard Medical School for this cold-and-flu season. COVID-19, Flu, and Colds is filled with clear, instructive guidance that will give you the upper hand. You'll learn...

...the most effective strategies to win the "cold" wars. The guide will brief you on steps to shield yourself from cold viruses and optimal ways to strengthen your body's cold-defense mechanisms. You'll find tips for reducing your child's risk of catching a cold and special considerations for older adults.

...six ways to stop flu from getting to you. You don't want to fool with the flu. Each year more than 200,000 Americans are hospitalized because of it. But which flu vaccine is right for you? Should you take an antiviral medication? What else can you do to prevent the flu? The guide will tell you.

CORONAVIRUS	SEASONAL FLU	COMMON COLD
Onset: Sudden	Onset: Abrupt	Onset: Gradual
Symptoms	Symptoms	Symptoms
<ul style="list-style-type: none"> Fever Dry cough Muscle aches Fatigue 	<ul style="list-style-type: none"> Sneezing Dry cough Muscle aches Headache Sore throat Stuffy nose Loss of taste/smell 	<ul style="list-style-type: none"> Runny or stuffy nose Sneezing Sore throat
Less common symptoms	Less common symptoms	Less common symptoms
<ul style="list-style-type: none"> Headache Coughing up blood (haemoptysis) Diarrhea 	<ul style="list-style-type: none"> Low grade fever Muscle or body aches Headache Fatigue 	

...staying healthy in the time of COVID-19. What factors can increase your chances of having a more severe case of COVID-19? Tips for purchasing and wearing masks. The myths of some immunity-boosting product claims and what you can do to protect yourself.

...plus eight smart steps to get you back on your feet! You can't cure a cold, but you can curtail the misery. You'll find the one thing to look for when selecting a cold or flu medication...simple ways to ease congestion... the surprising supplement shown to end cold symptoms sooner...and more!

Symptom	COVID-19	FLU	COLD	ALLERGIES
Cough	Yes	Yes	Yes	No
Fever	Yes	Yes	No	No
Respiratory distress	Yes	Yes	No	No
Body Aches	Yes	Yes	No	No
Headache	Yes	Yes	No	No
Fatigue	Yes	Yes	No	No
Sore Throat	Yes	Yes	Yes	No
Sneezing	No	No	No	Yes
Itchy Nose	No	No	No	Yes
Itchy Eyes	No	No	No	Yes
Nasal Discharge	No	No	Yes	Yes

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

INTERNATIONAL PAGES

Succession, Spinoffs in Focus in Billionaire Ambani's Big Speech

Mukesh Ambani's once-a-year speech to investors has over time evolved into an eagerly-awaited pronouncement on his \$222 billion empire akin to Warren Buffett's annual letters to Berkshire Hathaway shareholders.

This year, investors in the Indian billionaire's Reliance Industries Ltd. will be looking for insight around the conglomerate's 5G rollout, how Ambani plans to unlock the value of his telecommunications and retail units through separate listings, and when and how his children will take over the reins.

Anticipation is high as the 65-year-old tycoon, who built Reliance into India's largest company by market value and a powerhouse conglomerate, has used the speech in the past for a series of big announcements. These include the launch of his disruptive telecom service in 2016, Saudi Arabian Oil Co.'s proposed investment in Reliance's energy business in 2019 and a strategic shift to green energy last year.

This year's shareholder meeting, set for Monday, comes as the refining-to-retail group faces the twin challenges of a global recession and the blistering rise of Gautam Adani, who eclipsed Ambani as India -- and Asia's -- richest man earlier this year and is emerging as an alternative power center on the corporate landscape.

Reliance investors will have in mind how Adani's conglomerate split its business into different listings years ago, unlocking value, and will expect "clarity and specific time lines for the next big things" from Ambani's more-centralized holdings, Kranthi Bathini, equity strategist at Wealth-Mills Securities Pvt in Mumbai. Adani's wealth has surged \$59.8 billion this year, riding a stocks rally and overshadowing the \$2.8 billion increase in Ambani's.

Here's where investors are expecting news:

Succession

The patriarch signaled that succession planning atop Reliance will be expedited at last year's shareholder meeting and reiterated it explicitly in December. His three children -- daughter Isha and sons Akash and Anant -- already hold various directorships in the group's unlisted firms and are becoming more visible in their leadership.

Ambani Looks to Walton Family Playbook on Succession

Ambani stepped down as the chairman of Reliance Jio Infocomm Ltd. in June, making way for his elder son, Akash, who took over the helm at what is India's largest wireless operator. With rumors swirling around Ambani's health, investors will look for more concrete steps to be taken on the leadership transition, with Isha, Anant



and possibly Ambani's wife, Nita, taking on more responsibility.

5G Rollout

Reliance Jio Infocomm bought airwaves worth more than \$11 billion at India's spectrum auction as it sought to cement its edge over smaller rivals, Bharti Airtel Ltd. and Vodafone Idea Ltd., in the rollout of speedier 5G networks. That will be key to boosting revenue and luring high-value users.

India Sells \$19 Billion of Airwaves With Reliance as Top Buyer

Investors will be looking for proof of the pudding here. The technology is yet to return profits for Asian wireless operators despite many investing billions of dollars, even those in China which have been offering 5G service since 2019. Details like a nationwide rollout date, tariff plans for 5G services as well as where demand lies for the service will be crucial for Reliance Jio to reveal.

The Ambani children may demonstrate some of the key features of the 5G services at the meeting, just as they've showcased new telecommunications products in the past.

Spinoffs, IPOs

Market watchers have been waiting for greater clarity around the initial public offerings of Reliance Jio and Reliance Retail Ltd., especially after the two consumer-focused businesses raked in \$27 billion from marquee global investors in 2020.

Ambani Sold a Tech Dream for \$27 Billion. Now He Has to Deliver

Both companies are market leaders in their respective sectors with a formidable lead over rivals. Their listings -- or even spinoffs -- could

propel Ambani's net worth. "The timelines are crucial to get the mojo back for Reliance stock," Bathini said. Reliance has gained about 11% this year, compared to the more than 40% rise by top performers on India's S&P BSE Sensex.

New Energy, Old Energy

The \$76 billion pivot toward green energy is the biggest transformation that Ambani is helming currently. It's also a difficult transition given Reliance's roots in petrochemicals and crude oil refining and the continued out-sized contribution of the fossil fuel-led businesses to the conglomerate's yearly revenue.

Ambani Says Green Push to Outshine Other Reliance Businesses

Investors will look for updates around last year's announced plans to build four giga-factories to make solar modules, hydrogen electrolyzers, fuel cells and storage batteries. Ambani has also been on a tear acquiring small green energy firms globally for expertise and technology. There are also plans to become among the world's top blue hydrogen makers.

Going Global

Ambani emphasized his vision for the "internationalization of Reliance" in his speech last year.

In the past year, Reliance has made overtures toward big overseas deals like a potential acquisition of the British drugstore chain Boots, which was never completed. Investors will want to see if the appetite for global acquisitions still exists amid a slowing worldwide economy.

Then there's always the possibility of a curve ball at the meeting, said Bathini. "Never underestimate the power of senior Ambani" to surprise the market, he said.

Bloomberg

Helping 2 Hands The AR Foundation celebrated #azadikaamritmahotsav2022 at Classic Gardens, Secunderabad chief guest Smt.Kavya Reddy garu wife of Shri Kishen Reddy garu Union Minister of Tourism of India.



MIR YOUSUF ALI KHAN SALAR JUNG III (1889- 1949)

Former Prime Minister (1912-1914) of the Nizam of Hyderabad.



TS Home Minister Mahmood Ali attended wedding reception of Hussain Farooqui and congratulated



Arts College
Osmania University
Hyderabad India

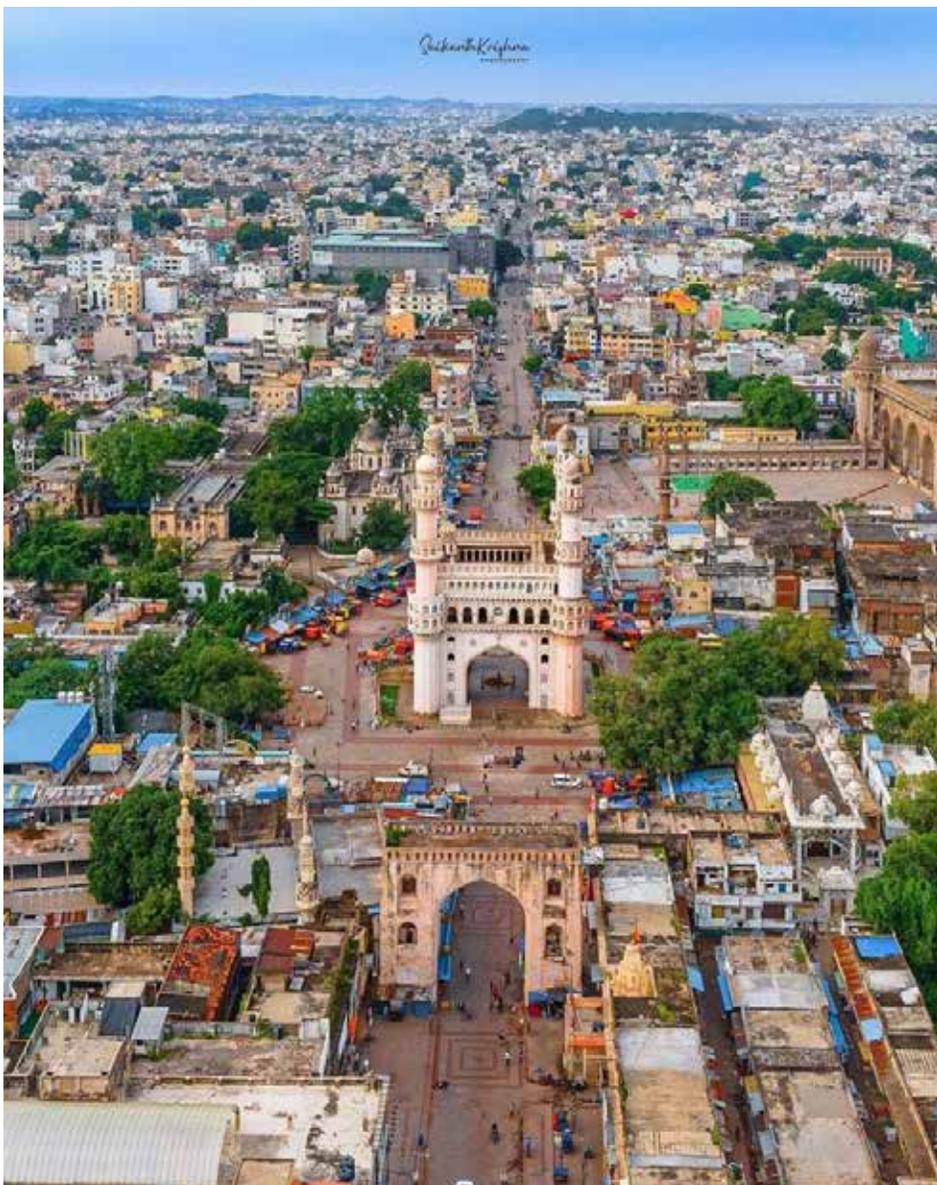


Nawab Mir Osman Ali Bahadur (7th Nizam), Princess Durre Shehvar, Princess Niloufer, Moazam Jah Bahadur, Maharaja Kishen Pershad, Nawab Dawood Jung and many other nobles at Hill Fort Palace. Sir Nizam Jung, Chief Justice of Hyderabad State built the Hill Fort Palace in 1915.

Tucked behind high walls and barely acknowledged by a bustling city looms the Hill Fort Palace of Adarsh Nagar, Hyderabad. The palace, originally built in 1915 by Sir Nizam Jung, then chief justice of Hyderabad State, had been kept closed for years, ever since it came under the Tourism Development Corporation in 1997. It had got mired in litigation over funds for renovation.

The prolonged neglect had kept the doors of the palace's grandeur shut to the public—until a small hope glimmered over the prospects of its revival, when the Telangana government hosted 'Telangana ku Haritha Haaram' on its premises last month. Stakes are high that the palace will be restored to its lost glory soon, although authorities hesitate to affirm when, thanks to arbitration.

The palace, built in the style of an English castle, has attached to it fascinating stories from the annals of time. Sir Jung was fascinated by English castles so much so that he built his residence based on castles described in Sir Walter Scott's novels. After 15 years, he decided to go on a pilgrimage to mecca. Seeking to lead a simple life, he sold the palace to Nizam VII, who allotted it to his younger son, Prince Mozzam Jah, who hosted mehfilis and parties for the creme de la creme of the then Hyderabad. After the state was dissolved, the fort became a government property. It was leased to Ritz Hotel company, but in 1997, the government took it over again.



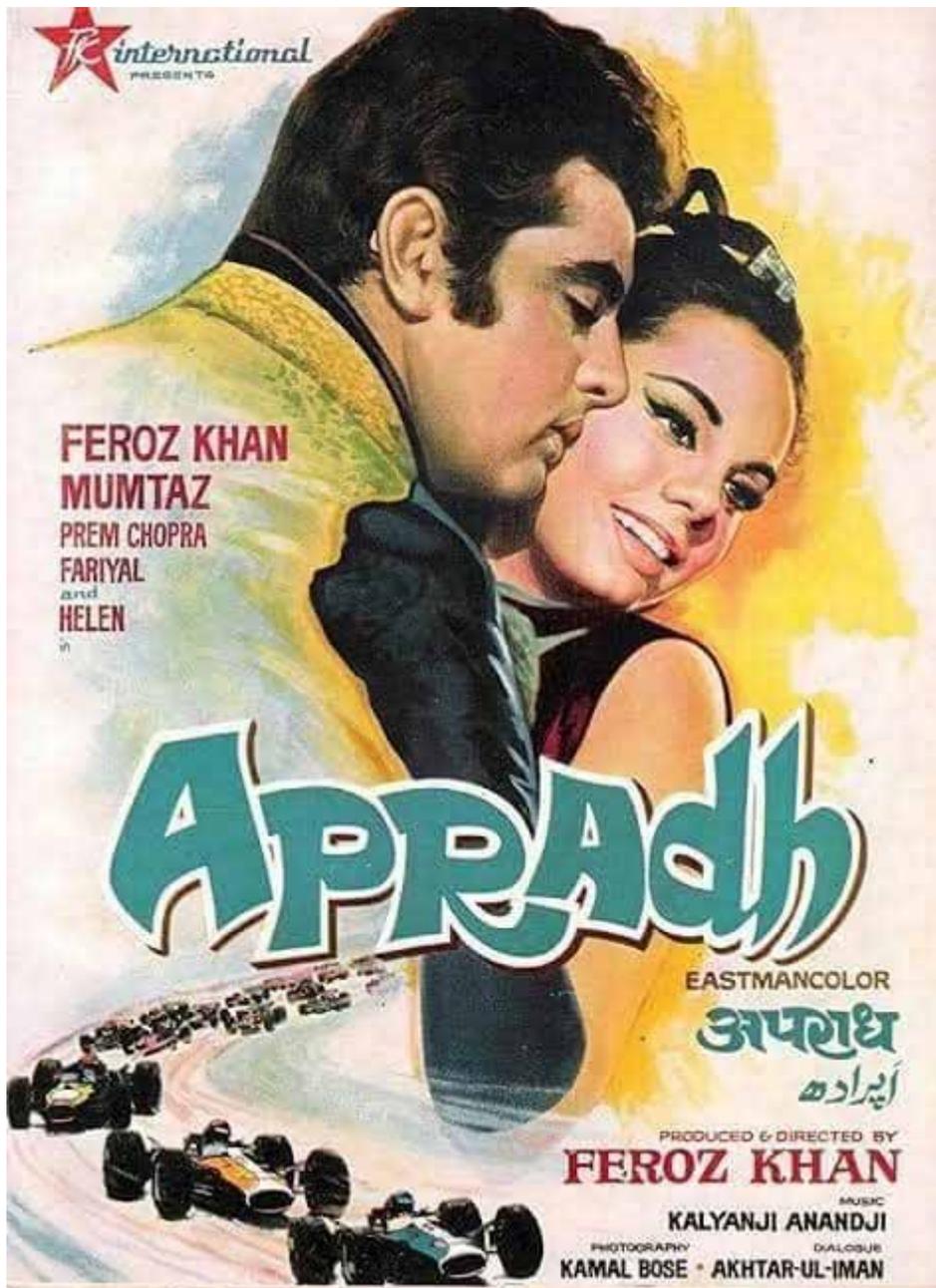
TOP PICTURE: View of greater HYDERABAD:

Right: AIMIM Uttar Pradesh Leader Pandit Manmohan Jha Gama Met AIMIM President Naqeeb-E-Millat Barrister Asaduddin Owaisi Sahab and AIMIM Party Floor Leader Habeeb-E-Millat Akbaruddin Owaisi Sahab Today At Party Headquarters Darussalam Hyderabad



List of Bollywood films of August 2022

Opening	Title	Director	Cast
S E P	2	<i>Cuttputli</i>	Ranjit M Tewari Akshay Kumar · Rakul Preet Singh · Chandrachur Singh · Sargun Mehta
	9	<i>Brahmāstra: Part One – Shiva</i>	Ayan Mukerji Amitabh Bachchan · Ranbir Kapoor · Alia Bhatt · Mouni Roy · Nagarjuna
	16	<i>Saroj Ka Rishta</i>	Abhishek Saxena Sanah Kapur · Kumud Mishra · Gaurav Pandey · Randeep Rai
		<i>Siya</i>	Manish Mundra Viineet Kumar Singh · Pooja Pandey · Rashmi Somvanshi
		<i>Jahaan Chaar Yaar</i>	Kamal Pandey Swara Bhasker · Meher Vij · Pooja Chopra · Shikha Talsania
		<i>Middle Class Love</i>	Rantnaa Sinha Prit Kamani · Kavya Thapar · Eisha Singh · Manoj Pahwa
	23	<i>Dhokha: Round D Corner</i>	Kookie Gulati R. Madhavan · Aparshakti Khurana · Darshan Kumar · Khushalii Kumar
		<i>Babli Bouncer</i>	Madhur Bhandarkar Tamannaah
		<i>Chup: Revenge of The Artist</i>	R Balki Sunny Deol · Dulquer Salmaan · Pooja Bhatt · Shreya Dhanwanthary
		<i>Ishq Pashmina</i>	Arvind Pandey Bhavin Bhanushali · Malti Chahar · Zarina Wahab
30	<i>Vikram Vedha</i>	Pushkar–Gayathri Saif Ali Khan · Hrithik Roshan · Radhika Apte	



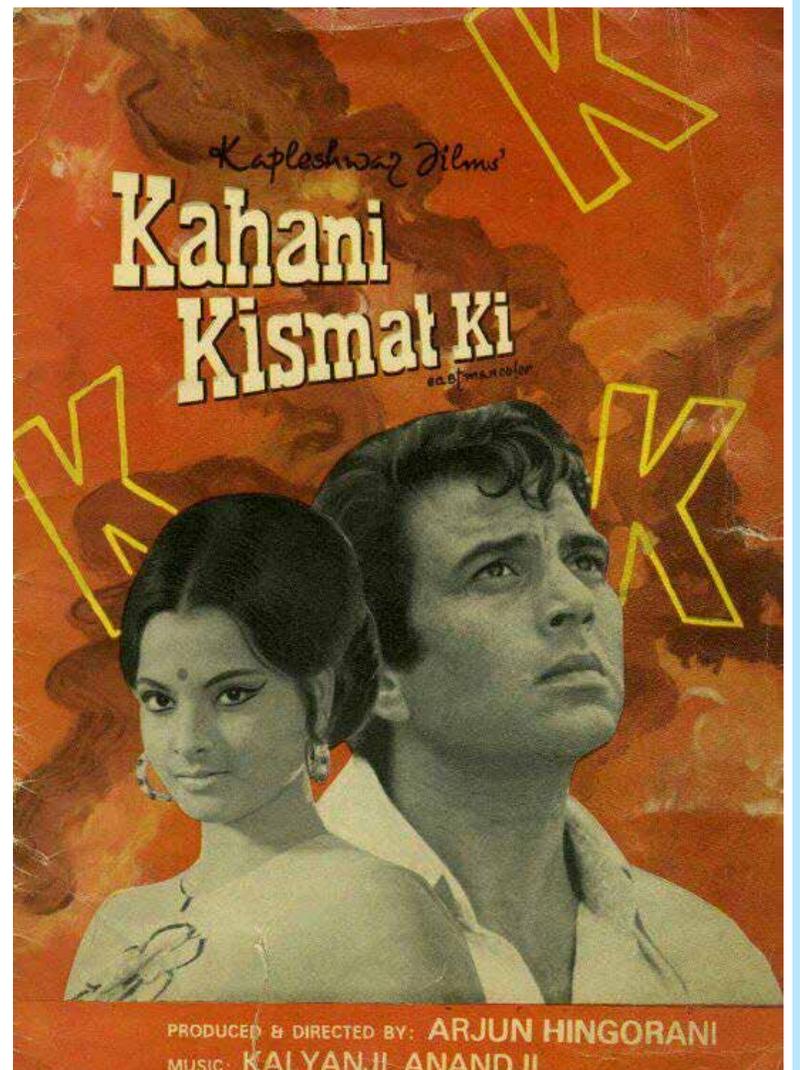
A memorable picture of DilipKumar and Saira Bnu



At the premier of Jungle
 Nasir Hussain Shailendra Shammi Kapoor Saira Bano Sashadhar Mukherjee n Subodh Mukherjee .Lyrics by Hasrat Jaipuri n Shailendra
 It was debut movie of Saira Bano Music by Shankar Jaikishan Lyrics by Hasrat Jaipuri n Shailendra



Mala Sinha, Chand Usmani, Jabeen Jalil and Wahida Rehman..



ڈاکٹر راقم کا مران علی

اپنا کنونشن اور سیاست



نیو جرسی کے خوبصورت اٹلانٹک سٹی میں جولائی تیرہ سے سترہ تک جاری رہنے والا امریکی ڈاکٹروں کا سالانہ کنونشن اپنی دھوم اور یادیں لئے ختم ہوا۔ تین ہزار سے زائد ڈاکٹروں اور فیملیوں نے شرکت کی۔ سب سے پہلے تو اپنا کے صدر ڈاکٹر ہارون درانی اور ہوسٹ کمیٹی مبارکباد کے مستحق ہیں کہ انھوں نے اپنا اتنا وقت دیا اس کو آگناز کرنے میں۔ اگر آپ نے زندگی میں کبھی بھی کوئی بھی تقریب آگناز کی ہے تو آپ کو پتا ہوگا کہ کتنا وقت، انرجی خرچ ہوتی ہے۔ یقیناً کچھ چیزیں ایسی ہیں جو مزید بہتر کی جاسکتی تھیں لیکن ”اپنا“ کا کنونشن دنیا میں کسی بھی اس لیول کے کنونشن سے زیادہ پیچیدہ اور diversified ہوتا ہے۔ آپ کسی بھی پروفیشنل کنونشن میں جائیں مثلاً میڈیکل سوسائٹی کا تو ایجنڈا محض تعلیمی اور تحقیقی ہوتا ہے۔ راقم نے ”یہودی لابی“ AIPAC کے دنیا کے سب سے بڑے کنونشن میں شرکت کی ہے جس میں واشنگٹن ڈی سی کے کنونشن سنٹر کے گرسز کیوں تک بلاک کی جاتی ہیں۔ سینکڑوں پولیس اہلکار تعینات ہوتے ہیں لیکن پھر بھی وہ ون پوائنٹ ایجنڈا ہوتا ہے جو دنیا میں یہودیوں کی ترقی اور تعلقات پر مبنی ہوتا ہے۔

”اپنا“ میں حاضرین کو بہترین پاکستانی کھانا چاہیے؛ بہترین دیسی میوزک اور کلاس بھی ٹاپ اس پرنسنگر پاکستانی ہوخواہ

گانے انڈیا کے ہی گائے۔ مذہب پسندوں کے لئے غامدی ہو اور لبرلز کے لئے پرویز ہود بھائی! سوشل فورم میں پی ٹی آئی؛ ن لیگ اور پی پی پی کے چاہنے والوں میں سے ہر ایک کی نمائندگی ہو؛ لوکل پالیٹکس میں ریپبلکن اور ڈیموکریٹ دونوں ہوں۔ میوزک کے ساتھ مسجد اور جمعہ کا بھی انتظام ہو اور خطیب بھی کوئی بڑے نام والا، کلچر ڈے ہو تو ہر صوبے کا کھانا اور لباس ہو۔ ہوٹل میں آن لائن چیکنگ بھی ممبرز نہ کریں اور اس اسٹاف کی کمی کے زمانے میں بھی دربانوں کی لائن چاہیے ہو۔ سی ایم ای (جس کے لئے الگ سے اتنا خرچہ کرنا پڑتا ہے پروفیشنل سوسائٹی میں جا کر) وہ بھی اس کنونشن میں ہو۔ جب کوئی تنظیم اتنی ہمہ گیر سروسز اتنے مناسب داموں میں دے رہی ہو تو آگنازرز کی تعریف بنتی ہے اگر کچھ اونچ نیچ ہو بھی جائے۔

پاکستانی امریکی پاکستان کے ایکشن میں ووٹ ڈالنا چاہتے ہیں لیکن انکا سورس آف انفارمیشن کیا ہے؟ عمران خان کے حق کا اے آر وائی یان لیگ کے حق کا جیو؟ یا پھر خود رو جھاڑیوں کی طرح اگے نیم خواندہ یوٹیوبرز اور بلاگرز؟ تو کیا ”اپنا“ جیسی اہم تنظیم اور اسکے قابل اور فاضل ممبران یہ حق نہیں رکھتے کہ سیاسی جماعتوں کے لیڈران سے ڈائریکٹ رابطہ ہو؟ فارن منسٹر بلاول بھٹو کا دعوت دی گئی نہیں آیا؛ حنا ربانی کھر کو دعوت دی گئی، نہیں آئی۔ میاں شہباز شریف کو دعوت دی گئی، ”کبھی ہاں کبھی ناں“ چلتی رہی۔ ان کے پرنسپل سیکرٹری اور طارق فاطمی سے بھی راقم نے اپنے ذرائع

سے رابطہ کیا لیکن پنگ پانگ چلی کہ ن لیگ اور پی پی پی میں misunderstanding نہ ہو۔ عمران خان سے رابطہ کیا گیا، وہ مان گئے لیکن آخری وقت میں لاہور کے جلسے کو ”اپنا“ پر فوقیت دی اور انکی مہربانی کہ انکی جگہ زوم پر صدر مملکت عارف علوی آئے۔ ایسے میں احسن اقبال صاحب نے ٹیکسٹ کیا کہ وہ یو این کے سلسلے میں نیویارک آرہے ہیں تو راقم نے ”اپنا“ میں آنے کی درخواست کی جو انھوں نے قبول کر لی۔ یاد رہے یہ سب راقم کے ذاتی تعلقات کی وجہ سے ہوا اور میرے دوست اور کوچیئر ڈاکٹر عبدالجبار کی مکمل حمایت حاصل رہی۔ ”اپنا“ کی آفیشل انوائٹ محض فارن مسٹر صاحب کو گئی تھی جس کا انھوں نے جواب تک نہیں دیا۔ راقم اور ڈاکٹر عبدالجبار نے ڈی جی فارن آفس ڈاکٹر بلال سے متعدد بار رابطہ کیا گیا لیکن کوئی رسپانس نہیں۔ پاکستانی ایمبسی کے ڈاکٹر رضا شہزاد نے بہر حال بہت کوشش کی۔ کمال کا بندہ ہے اور کبھی شاندار سفیر بنے گا۔ ایمبسی کے کونسلر اور فرسٹ سیکرٹری تقریباً سارے ہی ڈاکٹرز ہیں اور سی ایس ایس کر کے آئے ہیں اور بے حد قابل اور شائستہ ڈپلومیٹ ہیں۔

اب سوال یہ پیدا ہوتا ہے کہ اگر بلاول اور حنا ڈر کے مارے نہیں آئے کہ ”اپنا“ کے ڈاکٹر دھلائی کریں گے تو کیا احسن اقبال کی بہادری کی تعریف نہیں بنتی؟ اگر وہ دونوں اس لئے نہیں آئے کہ وہ ”اپنا“ کو جوتے کی نوک پر رکھتے ہیں تو

کیا احسن اقبال کی عزت نہیں بنتی کہ اس نے آکر ہمیں عزت دی؟ دیکھا جائے تو جوتی کی نوک پر رکھنے والا اچھا رہ گیا! ہم چاہتے تو دس بیس قریبی دوست احسن اقبال سے میٹنگ کر لیتے لیکن کیا سوشل فورم تمام تین ہزار حاضرین کے لئے نہیں کھولا گیا؟ کیا کسی سے کہا گیا کہ کوئی سوال کرنا ہے یا نہیں؟ کیا ہر بات پوچھنے کی کھلی آزادی نہیں دی گئی؟ تو جب ہر بات کی آزادی دی گئی گو آپ بتائیں کہ بدتمیزی کی اجازت کیسے دے دیتے کسی کو بھی؟ اور اجازت نہیں دی گئی! یہ سوالات جو سوشل میڈیا پر گھوم رہے ہیں یہ احسن اقبال صاحب کی خوشی سے ہوئے اور انھوں نے جواب دیئے۔ اسکے برعکس صدر علوی سے صحافی عظیم میاں نے ایک سخت سوال کیا اور اب پی ٹی آئی کے حامی بھڑک اٹھے اور جواب بھی نہیں دینے دیا۔ سخت سوال تمیز سے بھی پوچھے جاسکتے ہیں۔ کیا ڈاکٹر جمیل فاروقی سے زیادہ سخت سوال کسی نے کہا؟ نہیں! لیکن جس احسن طریقے سے انھوں نے سوال کیا، احسن اقبال نے انھیں بعد میں گلے لگایا۔ ایسے ہی اچھے طریقے سے مشکل سوال ڈاکٹر ریاض چودھری نے کیا۔ جب کوئی بھی انسان آپکے گھر آ جاتا ہے تو وہ آپکا مہمان ہوتا ہے۔ مہمان کی عزت کرنا اور کروانا میزبان کا فرض ہے اور ”اپنا“ یہ فرض ادا کرنا جانتی ہے!

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اپنے بچوں کو اردو پڑھائیے
اردو ایک زندہ زبان ہے
اس کی تشہیر کیجئے

ڈاکٹر توفیق انصاری احمد
شکارگو، امریکہ

گل بوکی حکایت

سدا بہار، سبق آموز مذہبی سماجی و اخلاقی بنیادوں کا انمول و نادر خزانہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

30 چھوٹی سی نا انصافی بڑی نا انصافی بن سکتی ہے

اردو حکایت:

ایک شکار گاہ میں نوشیروان عادل کے لئے اُس کے غلام کباب بنا رہے تھے۔ اتفاق سے نمک ساتھ نہ تھا۔ غلام کو گاؤں کی طرف دوڑا یا کہ وہ وہاں سے لے آئے۔ نوشیروان نے کہا کہ نمک کی قیمت دے کر لانا تاکہ قیمت ادا کئے بغیر کوئی چیز لینے کی رسم نہ پڑ جائے اور گاؤں اُجڑ نہ جائے۔ ملازمین نے عرض کیا کہ ”جہاں پناہ! ایک چنگلی بھر نمک لینے میں کیا حرج ہے؟“ نوشیروان نے کہا ”ظلم کی بنیاد دُنیا میں تھوڑی تھی جو کوئی بعد میں آیا وہ اس میں اضافہ کرتا گیا حتیٰ کہ وہ انتہا کو پہنچ گیا۔“

فارسی شعر:

اگر زباغ رعیت ملک خورد سیب
بر آوردن غلامانِ او درخت از بیخ
به پنج بیضہ کہ سلطان ستم روا دارد
زندند لشکرِ یانش، ہزار مرغ بہ سیخ

حاصل کلام:

اگر بادشاہ رعیت کے باغ سے ایک سیب کھائے تو اُس کے ملازم درخت کو جڑ سے اکھاڑ دیں گے اور اگر بادشاہ پانچ انڈے ستم کر کے کھالے تو اُس کے سپاہی ہزار مرغ لوگوں سے چھین کر بیخ پر چڑھادیں گے۔

منظوم ترجمہ:

کھائے جو شاہ سیب رعیت کے باغ سے
یہ دیکھ کر غلام، اکھاڑیں گے جڑ سے جھاڑ
انڈے جو پانچ مفت میں کھائے گا بادشاہ
اُس کے سپاہی مرغوں کو بھونیں گے، لے کے آڑ



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیا، آفریقہ اور دُنیا کے دیگر ممالک کی سیرو سیاحت میں بسر کیا۔ کہا جاتا ہے کہ مشرقی سیاحوں میں ابن بطوطہ کے سوا شیخ سعدی سے بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت کے دوران بڑی صعوبتیں اٹھائیں اور بڑے تجربے حاصل کئے۔ ایک اندازے کے مطابق شیخ سعدی کی تصانیف تیس سے متجاوز اور ایک سے بڑھ کر ایک ہیں لیکن ان کی دو

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اورج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

اردو ادب کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گلستاں و بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے نثری و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم اجرائی کا اہتمام زیر ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تراجم دُنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اردو زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور بوستاں سے بو) گلستاں اور بوستاں کی منتخب مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اردو نثر میں اور فارسی نظم کا ترجمہ اردو نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ”ایشیا نامہ کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

پاکستانی اداکارہ سہیل علی فاطمہ جناح کے کردار میں جلوہ گرہوں گی

پاکستانی تفریحی صنعت کی مقبول اداکارہ سہیل علی جلد ہی پاکستان کی سیاست دان فاطمہ جناح کا کردار ادا کرتی ہوئی نظر آئیں گی۔ یہ ایک ویب سیریز ہونے والی ہے، جس میں سہیل علی نے سوشل میڈیا پر سہیل علی کی اس ویب سیریز میں کام کرنے کی بات سامنے آئی ہے۔ لوگ انہیں یہ کہہ کر ٹرول کر رہے ہیں



فاطمہ جناح کی زندگی کے ہر پہلو کو اسکرین پر ابھارنے کی کوشش کی جائے گی، اس لیے سیریز میں تقسیم ہند کے دنوں کو بھی دکھایا جائے گا۔ پاکستان میں مادر ملت کے نام سے جانے جانی والی فاطمہ جناح کے گرد گھومتی اس سیریز کی کہانی کو دانیال افضل نے تحریر کیا ہے اور وہ خود ہی اس سیریز کی ہدایتکاری بھی کر رہے ہیں۔ پاکستانی میڈیا رپورٹ کے مطابق اس سیریز کا ٹائٹل فاطمہ جناح کے نام پر ہی رکھا گیا ہے۔ اس سیریز میں سہیل علی کے علاوہ سمعیہ ممتاز اور سندس فرحان بھی اہم کرداروں میں جلوہ گر ہوں گی۔ اس ویب سیریز کو تین سیزن میں ریلیز کیا جائے گا اور ہر سیزن 15 اقساط پر مشتمل ہوگا۔ پہلے سیزن میں فاطمہ جناح کے بچپن اور جوانی پر توجہ مرکوز کی جائے گی۔ جس میں تقسیم ہند سے قبل رونما ہوئے حالات کو کیمرے میں سمیٹنے کی کوشش کی جائے گی۔ دوسرے سیزن میں آزادی کے دنوں کی کہانی کو پیش کیا جائے اور تیسرے سیزن میں تقسیم ہند کے بعد کی فاطمہ جناح کی زندگی کو دکھایا جائے گا۔ ہدایتکاری کوشش ہے کہ ہر سیزن میں فاطمہ جناح کا کردار الگ الگ اداکار ادا کریں۔ اس ویب سیریز کی پہلی قسط رواں ماہ 14 اگست کو ریلیز کیے جانے کا امکان ہے۔ حالانکہ میکرز نے ریلیز کی تاریخ

عالیہ بھٹ کب تک دیں گی Good News!

پریگنسی کی خبروں کے آنے کے بعد فینس بپ فلانٹ کرتی ہوئی نظر آئیں۔ تصاویر میں یہ جاننے کے لئے بے قرار ہیں کہ آخر کب تک ان کا گلوڈ کیمنے کے لائق تھا۔ عالیہ بھٹ کی پریگنسی کی خبروں کے آنے ان کے گھر میں کلکاریاں گونجنے والی ہیں۔ آپ



بھی یہ جاننا چاہتے ہیں کہ عالیہ بھٹ کب تک خوشخبری دیں گی اور کہاں ان کی ڈیلیوری ہونے والی ہے تو ہم آپ کو یہ ساری تفصیل دے ہی دیتے ہیں۔

عالیہ بھٹ (Alia Bhatt) جلد ہی ماں بننے والی ہیں۔ شادی کے تقریباً ڈھائی ماہ بعد انہوں نے فینس کے ساتھ اپنی پریگنسی کو اناؤنس کیا، جس کے لئے صرف عالیہ بھٹ نہیں رہیں رنبیر کپور بھی کافی ایکسائٹڈ ہیں۔ عالیہ بھٹ پہلی بار رنبیر کپور کے ساتھ بی بی بپ فلانٹ کرتی ہوئی نظر آئیں۔ تصاویر میں ان کا گلوڈ کیمنے کے ڈیلیوری ہونے والی ہے تو ہم آپ کو یہ تمام تفصیلات دے ہی دیتے ہیں۔

بالی ووڈ لائف کی مائیں تو ذرائع کے حوالے سے رپورٹ میں بتایا گیا ہے کہ عالیہ بھٹ کی پریگنسی کو ابھی چار ماہ ہو گئے ہیں۔ بالی ووڈ لائف کی مائیں تو ذرائع کے حوالے سے رپورٹ میں بتایا گیا ہے کہ عالیہ بھٹ کی پریگنسی کو ابھی چار ماہ ہو گئے ہیں۔



لائق تھا۔

عالیہ بھٹ جلد ہی ماں بننے والی ہیں۔ شادی کے تقریباً ڈھائی ماہ بعد انہوں نے فینس کے ساتھ اپنی پریگنسی کو اناؤنس کیا، جس کے لئے صرف عالیہ بھٹ نہیں رنبیر کپور بھی کافی ایکسائٹڈ ہیں۔ عالیہ بھٹ پہلی بار رنبیر کپور کے ساتھ بی بی

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پیاز کھانے کے لاجواب فوائد

کثافت میں بہتری سے وابستہ ہے۔ یہ ان کی اینٹی آکسیڈینٹ خصوصیات کی وجہ سے ہو سکتا ہے، جو آکسیڈیٹیو تناؤ کو کم کرتا ہے اور ہڈیوں کے نقصان کو کم کرتا ہے۔ رجونورٹی کے پہلے اور بعد کی خواتین پر اثرات کو دیکھتے ہوئے ایک تحقیق میں بتایا گیا ہے کہ پیاز کا کثرت سے استعمال کو لہے کی ہڈی کے فریکچر کا خطرہ کم کرتا ہے۔ درمیانی عمر کی خواتین پر کی گئی ایک اور تحقیق سے معلوم ہوا کہ پیاز کے رس کے استعمال سے ہڈیوں کا نقصان کم ہوتا ہے اور ہڈیوں کی کثافت بہتر ہوتی ہے۔



پیاز کیا ہے؟

پیاز ایک ایسی عام سبزی ہے جو ہر گھر میں ہر موقع پر پائی جاتی ہے اور تقریباً ہر کھانے میں استعمال ہوتی ہے۔ پیاز انتہائی صحت بخش سبزی ہے۔

پیاز میں کیلوریز کم ہوتی ہیں (45 فی سرونگ)، سوڈیم بہت کم، اور اس میں کوئی چربی یا کولیسٹرول نہیں ہوتا۔ مزید برآں، پیاز میں فائبر اور فولک ایسڈ ہوتا ہے، وٹامن بی جو جسم کو صحت مند نئے خلیات بنانے میں مدد کرتا ہے۔

پیاز کے فوائد:

پیاز صحت مند ہیں چاہے وہ کچے ہوں یا پکے۔ اس سبزی کے بے شمار فوائد ہیں جیسے:

1- پیاز غذائی اجزاء سے بھرپور ہوتے ہیں:

پیاز غذائیت سے بھرپور ہوتے ہیں، یعنی ان میں کیلوریز کم ہوتی ہیں لیکن وٹامنز اور منرلز زیادہ ہوتے ہیں۔

ایک درمیانی پیاز میں صرف 44 کیلوریز ہوتی ہیں لیکن یہ وٹامنز، معدنیات اور فائبر کی کافی مقدار فراہم کرتی ہے۔

اس سبزی میں خاص طور پر وٹامن سی کی مقدار زیادہ ہوتی ہے، یہ ایک غذائی جزو ہے جو مدافعتی صحت، کولین کی پیداوار، لٹوکی مرمت اور آئرن جذب کو منظم کرنے میں شامل ہے۔ وٹامن سی آپ کے جسم میں ایک طاقتور اینٹی آکسیڈینٹ کے طور پر بھی کام کرتا ہے، جو آپ کے خلیات کو فری ریڈیکلز کی وجہ سے ہونے والے نقصان سے بچاتا ہے۔

پیاز بی وٹامنز سے بھی بھرپور ہوتے ہیں، جن میں فولیٹ بی 9 اور پائریڈوکسین بی 6 شامل ہیں جو مینا بولزم، خون کے سرخ خلیات کی پیداوار اور اعصابی افعال میں اہم کردار ادا کرتے ہیں۔

اس کے علاوہ پیاز پوناشیم کا ایک اچھا ذریعہ ہے، ایک ایسا معدنی جس کی بہت سے لوگوں میں کمی پائی جاتی ہے۔

عام سیلور فنکشن، سیال توازن، اعصاب کی منتقلی، گردے کے فنکشن اور پٹھوں کے صحیح استعمال

مضبوط ذائقہ اور بو ہوتی ہے۔ اور گانگ سلفر مرکبات آپ کے جسم میں کولیسٹرول کی سطح کو کم کرنے میں مدد کرتے ہیں اور یہ بلڈ کلاٹ کو ختم کرنے میں بھی مدد کر سکتے ہیں، جس سے آپ کو دل کی بیماری اور فالج کا خطرہ کم ہوتا ہے۔ آپ کو پیاز کو پکانے کے بجائے کچا کھانا چاہیے تاکہ ان سے سلفر کے زیادہ سے زیادہ مرکبات حاصل کیے جاسکیں۔

پیاز میں اینٹی آکسیڈینٹس کافی مقدار میں پائے جاتے ہیں:

اینٹی آکسیڈینٹس وہ مرکبات ہیں جو آکسیڈیشن کو روکتے ہیں، ایسا عمل جو جسم میں سیلز کو نقصان پہنچاتا ہے اور کینسر، ذیابیطس اور دل کی بیماری جیسی بیماریوں میں معاون ہوتا ہے۔

پیاز اینٹی آکسیڈینٹس کا بہترین ذریعہ ہے۔ درحقیقت، ان میں فلیونائڈ اینٹی آکسیڈینٹس کی 25 سے زیادہ مختلف اقسام ہوتی ہیں۔ سرخ پیاز میں اینتھوسیانین موجود ہوتا ہے۔ خواتین پر کی گئی ایک تحقیق میں دیکھا گیا کہ جو لوگ اینتھوسیانین سے بھرپور غذا میں زیادہ کھاتے ہیں ان میں دل کا دورہ پڑنے کا امکان سب سے کم کھانے والی خواتین کے مقابلے میں 32 فیصد کم ہوتا ہے۔

مزید برآں، اینتھوسیانین بعض قسم کے کینسر اور ذیابیطس سے بچانے کے لیے پائے گئے ہیں۔

پیاز ہڈیوں کی صحت کو بہتر بنا سکتی ہے: خوراک میں پیاز کو شامل کرنا ہڈیوں کی

کے لیے پوناشیم کی ضرورت ہوتی ہے۔

ایک کچی پیاز کی 80 گرام سرونگ فراہم کرتی ہے

8.0 گرام پروٹین

4.6 گرام کاربوہائیڈریٹ

0.5 گرام شکر

8.1 گرام فائبر

0.2 ملی گرام وٹامن سی

پیاز کھانے سے دل کی صحت کو فائدہ پہنچ سکتا ہے:

پیاز میں اینٹی آکسیڈینٹس اور مرکبات ہوتے

ہیں جو جسم میں سوزش سے لڑتے ہیں، ٹرائیکلیسرائیڈز کو کم کرتے ہیں اور کولیسٹرول کی سطح کو کم کرتے ہیں ان سب سے دل کی بیماریوں کا خطرہ کم ہو سکتا ہے۔

ان کی طاقتور اینٹی سوزش خصوصیات ہائی بلڈ پریشر کو کم کرنے اور خون کی نالیوں میں خون کے جمنے سے بچانے میں بھی مدد کر سکتی ہیں۔ کوارٹینین ایک فلیونائڈ اینٹی آکسیڈینٹ ہے جو پیاز میں بہت زیادہ مرکب ہوتا ہے۔ چونکہ یہ ایک طاقتور اینٹی سوزش ہے، اس سے دل کی بیماری کے خطرے کے عوامل، جیسے ہائی بلڈ پریشر کو کم کرنے میں مدد مل سکتی ہے۔

پیاز کو کولیسٹرول کی سطح کو کم کرنے کے لیے بھی دکھایا گیا ہے۔

پیاز میں اور گانگ سلفر مرکبات ہوتے ہیں۔ انہی مرکبات کی وجہ سے پیاز میں اس قدر تیز،

پیاز آنتوں کی صحت کو برقرار رکھ سکتی ہے:

پیاز فائبر سے بھرپور ہوتے ہیں، خاص طور پر وہ غیر ہضم قسم جو آنتوں کی صحت کو برقرار رکھنے کے لیے ضروری ہے۔ اگرچہ ہم پری بائیوٹک فائبر کو ہضم نہیں کر پاتے، لیکن ہمارے آنتوں میں رہنے والے بیکٹیریا کرتے ہیں اور وہ اسے ایندھن کے طور پر استعمال کرتے ہیں تاکہ اپنی تعداد بڑھانے اور شارٹ چین فیٹی ایسڈز (ایس سی ایف ایز) کہلانے والی بائی پروڈکٹ تیار کریں۔ تحقیق سے پتہ چلتا ہے کہ یہ ایس سی ایف ایز آنتوں کی صحت اور سالمیت کو برقرار رکھنے اور ہماری قوت مدافعت اور ہاضمے کی حمایت کرنے کے لیے اہم ہیں۔

پیاز بلڈ شوگر کو کنٹرول کرنے میں مدد کرتی ہے:

پیاز کھانے سے خون میں شوگر کو کنٹرول کرنے میں بھی مدد مل سکتی ہے، جو خاص طور پر ذیابیطس یا پری ذیابیطس والے لوگوں کے لیے اہم ہے۔ ٹائپ 2 ذیابیطس کے شکار کچھ افراد پر کی گئی ایک تحقیق سے ثابت ہوا کہ 5.3 آؤنس (100 گرام) تازہ سرخ پیاز کھانے سے چار گھنٹے کے بعد روزے کے دوران خون میں شوگر کی سطح تقریباً 40 ملی گرام/ڈی ایل کم ہو جاتی ہے۔

پیاز میں پائے جانے والے مخصوص مرکبات، جیسے کوارٹینین اور سلفر مرکبات، اینٹی ڈائیابیطک اثرات رکھتے ہیں۔

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آہ! ہاشم رضا

کر پاتے ہیں جب بہت دیر ہو چکی ہوتی ہے۔ 5. آپ کے ہونے یا نہ ہونے سے کچھ خاص لوگوں کے سوا کسی کو کوئی فرق نہیں پڑتا۔ لہذا آپ جاننے کی کوشش کریں کہ آپ کی زندگی میں وہ خاص لوگ کون ہیں اور ان کی پہلے سے ہی قدر کیجیے۔ 6. کچھ لوگ آپ سے خوب



یہ دونوں تصاویر ہاشم رضا مرحوم کی ہیں دونوں تصاویر میں محض ڈیڑھ برس کا فرق ہے۔ یہ بھائی کینسر سے جنگ لڑتے لڑتے آج رات دنیا سے رخصت ہو گئے۔ وہ ایک سماجی کارکن تھے اور سماج کے محروم طبقہ کی محرومیاں دور کرنے میں سرگرم رہتے

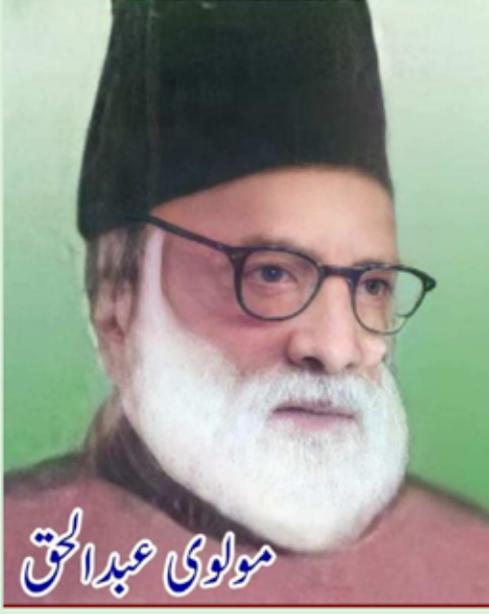
فائدے اٹھاتے ہیں لیکن وہ مشکل وقت میں آپ کے کسی کام نہیں آتے۔ ایسے لوگوں سے خبردار رہیں۔ 7. کم مگر مخلص لوگوں سے دوستی رکھیں۔ 8. زندگی میں مفت ملی ہوئی چھوٹی چھوٹی نعمتوں کی قدر کیجیے۔ کسی سے بات چیت، پارک میں چہل قدمی کرنا، باقاعدہ کھانا کھانا، ہنسنا، بھرپور نیند لینا اور چھوٹے موٹے کام کرنے کے قابل ہونا، یہ وہ نعمتیں ہیں کہ جو شاید آپ کے لیے معمولی ہوں لیکن میں آج ان سے محروم ہوں اور انہیں ترستا ہوں۔ 9. اپنی مصروف زندگی سے وقت نکال کر کسی کی تیمارداری کرنا بیمار کے لیے بہت اہمیت رکھتا ہے۔ اسی وجہ سے یہ ہمارے پیارے رسول صلی اللہ علیہ وآلہ وسلم کی سنت بھی ہے۔ 10. جانیں کہ آپ کے لیے واقعی اہم کیا ہے۔ وہ چیزیں جنہیں میں اپنے لیے بہت اہم سمجھتا رہا لیکن بیمار پڑا تو وہ میرے لیے بالکل غیر اہم ہو کر رہ گئیں۔ 11. کچھ عام لوگ آپ کے لیے آپ کے دوستوں سے بڑھ کر اچھے ثابت ہوتے ہیں۔ 12. سوشل میڈیا ایک بہت بڑا دھوکہ ہے۔ یہ ہمیں انسان سے حیوان بنا رہا ہے اور ہم انسانی ہمدردی سے محروم ہوتے جا رہے ہیں۔ 13. ہر قسم کے حالات میں ہمارے سیکھنے کے لیے بہت سے سبق ہوتے ہیں۔ 14. زندگی بہت مختصر ہے۔ لہذا ابھی سے ہی کچھ بامقصد اور خاص کرنا شروع کر دیجیے۔ اگر آپ نے کسی کا دل دکھایا ہے تو اس سے معافی مانگ لیجیے۔ اگر آپ کسی سے پیار کرتے ہیں تو اسے بتا دیجیے۔ تاخیر مت کیجیے کہ ہو سکتا ہے کہ آئندہ کل میں یہ سب کرنے کے لیے آپ نہ ہوں۔ 15. اس دھوکے میں پڑنا بہت آسان ہے کہ میرے بغیر دنیا نہیں چل پائے گی مگر سچ یہ ہے کہ اسے ہمارے ہونے یا نہ ہونے سے کوئی فرق نہیں پڑتا۔



تھے۔ پچھلے برس فروری میں انہیں معدے کی شدید تکلیف ہوئی اور چند ماہ بعد چھوٹی آنت اور معدے کا کینسر تشخیص ہو گیا۔ اللہ کریم ان کی مغفرت فرما کر انہیں جنت الفردوس میں اعلیٰ مقام عطا فرمائے آمین ثم آمین انہوں نے اپنی بیماری کے متعلق سوشل میڈیا پر بہت تفصیل سے لکھا اور آخر میں اس کے نتیجے میں ملنے والے کچھ سبق ذکر کیے۔ میں چاہتا ہوں کہ ہر ایک ان کو پڑھے کہ ان میں ہمارے لیے بڑی عبرت ہے۔ وہ کہتے ہیں کہ جب معدے نے ہضم کرنا چھوڑ دیا تو محض چند ماہ میں وزن تیزی سے کافی کم ہونا شروع ہو گیا۔ روزمرہ کی تمام سرگرمیاں آہستہ آہستہ چھوٹ گئیں اور میں بستر سے لگ گیا۔ جب آپریشن کے لیے خون کی ضرورت پیش آئی تو عجیب واقعہ رونما ہوا۔ میں نے وٹس ایپ سٹیٹس لگایا تو مجھے یقین تھا کہ خون کا بندوبست آسانی ہو جائے گا کہ میرے ساتھ کافی ساری بلڈ سوسائٹیز، بلڈ این جی اوز اور بلڈ ایکٹیوسٹ جڑے ہوئے تھے۔ لیکن مجھے اس وقت بے حد حیرانگی ہوئی کہ چھ سو سے زائد قریبی لوگوں نے میرا سٹیٹس دیکھا مگر چند دوستوں کے سوا کسی نے پوچھا تک نہیں کہ آخر مجھے کس لیے خون کی ضرورت ہے۔ خون کا بندوبست تو ہو گیا لیکن مجھے اس سے بڑا شاک لگا۔ وہ کہتے ہیں کہ زندگی کے سکھانے کا اپنا ہی انداز ہے اور میں نے ان مشکل حالات میں مندرجہ ذیل بڑے اہم سبق حاصل کیے۔ 1. خود کو اللہ کے سپرد کر دیں کہ آپ کے کنٹرول میں کچھ بھی نہیں ہے۔ آپ ناقابلِ تسخیر ہرگز نہیں ہیں۔ 2. آپ کے گھر والے سب سے پہلے ہیں اور ماں کی محبت کا نعم البدل کوئی بھی نہیں ہے۔ 3. اگرچہ آپ بستر سے ملنے کے قابل بھی نہیں اور آپ کا درد ناقابلِ برداشت ہو تو تب بھی آپ کے پاس اپنے رب کا شکر گزار ہونے کے لیے بہت کچھ موجود ہے۔ 4. ہم بہت محدود ہستی ہیں جو بعض اوقات کسی خاص معاملے کی وجہ یا وقت کا تعین تبھی

بابائے اردو مولوی عبدالحق

1909ء میں عزیز مرزا اس عہدے پر فائز ہوئے۔ عزیز مرزا کے بعد 1912ء میں مولوی عبدالحق سیکرٹری منتخب ہوئے جنہوں نے بہت جلد انجمن ترقی اردو کو ایک فعال ترین علمی ادارہ بنا دیا۔ مولوی عبدالحق اورنگ آباد (دکن) میں ملازم تھے وہ انجمن کو اپنے ساتھ لے گئے اور اس طرح حیدرآباد دکن اس کا مرکز بن گیا۔ انجمن کے زیر اہتمام لاکھ سے زائد جدید علمی، فنی اور سائنسی اصطلاحات کا اردو ترجمہ کیا گیا۔ نیز اردو کے نادر نسخے تلاش کر کے چھاپے گئے۔ دو سو ماہی رسائل، اردو اور سائنس جاری کیے گئے۔ ایک عظیم الشان کتب خانہ



مولوی عبدالحق

قائم کیا گیا۔ حیدرآباد دکن کی عثمانیہ یونیورسٹی انجمن ہی کی کوششوں کی مرہون منت ہے۔ اس یونیورسٹی میں ذریعہ تعلیم اردو تھا۔ انجمن نے ایک دارالترجمہ بھی قائم کیا جہاں سینکڑوں علمی کتابیں تصنیف و ترجمہ ہوئیں۔ اس انجمن کے تحت لسانیات، لغت اور جدید علوم پر دو سو سے زیادہ کتابیں شائع ہوئیں۔ تقسیم ہند کے بعد انہوں نے اسی انجمن کے اہتمام میں کراچی، پاکستان اردو آرٹس کالج، اردو سائنس کالج، اردو کمارس کالج اور اردو لاکھ جیسے ادارے قائم کیے۔ مولوی عبدالحق انجمن ترقی اردو کے سیکریٹری ہی نہیں مجتہم ترقی اردو تھے۔ ان کا سونا جاگنا، اٹھنا بیٹھنا، کھانا پینا، پڑھنا لکھنا، آنا جانا، دوستی، تعلقات، روپیہ پیسہ غرض کہ سب کچھ انجمن کے لیے تھا۔



مولوی عبدالحق 20 اپریل، 1870ء کو سراواں (ہاپوڑ)، میرٹھ ضلع، اتر پردیش، برطانوی ہندوستان میں پیدا ہوئے۔ مولوی عبدالحق کے بزرگ ہاپوڑ کے ہندو کائستھ تھے، جنہوں نے عہدِ مغلیہ میں اسلام کی روشنی سے دلوں کو منور کیا اور ان کے سپرد محکمہ مال کی اہم خدمات رہیں۔ مسلمان ہونے کے بعد بھی انہیں (مولوی عبدالحق کے خاندان کو) وہ مراعات و معافیاں حاصل رہیں جو مغلیہ دور کی خدمات کی وجہ سے عطا کی گئیں تھیں۔ ان مراعات و

معافیوں کو انگریز حکومت نے بھی بحال رکھا۔ تعلیم و ملازمت مولوی عبدالحق نے ابتدائی تعلیم گھر پر ہوئی پھر میرٹھ میں پڑھتے رہے۔ 1894ء میں علی گڑھ کالج سے بی اے کیا۔ علی گڑھ میں سرسید احمد خان کی صحبت میسر رہی۔ جن کی آزاد خیالی اور روشن دماغی کا مولوی عبدالحق کے مزاج پر گہرا اثر پڑا۔ 1895ء میں حیدرآباد دکن میں ایک اسکول میں ملازمت کی اس کے بعد صدر مہتمم تعلیمات ہو کر اورنگ آباد منتقل ہو گئے۔ ملازمت ترک کر کے عثمانیہ کالج اورنگ آباد کے پرنسپل ہو گئے اور 1930ء میں اسی عہدے سے سبکدوش ہوئے۔ انجمن ترقی اردو جنوری 1902ء میں آل انڈیا محمدن ایجوکیشن کانفرنس علی گڑھ کے تحت ایک علمی شعبہ قائم کیا گیا جس کا نام انجمن ترقی اردو تھا۔ مولانا شبلی نعمانی اس کے سیکرٹری رہے تھے۔ 1905ء میں نواب حبیب الرحمن خان شیروانی اور

بابائے اردو مولوی عبدالحق کی وفات بابائے اردو مولوی عبدالحق 16 اگست 1961ء کو اردو کے عظیم محسن بابائے اردو مولوی عبدالحق نے وفات پائی۔ مولوی عبدالحق نے ”انجمن ترقی اردو“ کے سیکرٹری اور صدر کی حیثیت سے اس جماعت کو ایک فعال ترین علمی ادارہ بنا دیا۔ اس انجمن کے تحت لسانیات، لغت اور جدید علوم پر دو سو سے زیادہ کتابیں شائع ہوئیں۔ قیام پاکستان کے بعد انہوں نے اسی انجمن کے اہتمام میں اردو آرٹس کالج، اردو سائنس کالج، اردو کمارس کالج اور اردو لاکھ جیسے ادارے قائم کیے۔ 1935ء میں جامعہ عثمانیہ کے ایک طالب علم محمد یوسف نے انہیں ”بابائے اردو“ کا خطاب دیا جس کے بعد یہ خطاب اتنا مقبول ہوا کہ ان کے نام کا جزو بن گیا۔ مولوی عبدالحق کراچی میں وفاقی اردو یونیورسٹی کے عبدالحق کیمپس کے احاطے میں آسودہ خاک ہیں۔

مشہور شاعر ساغر نظامی نے کسی مشاعرے میں ایک خاتون کو دیکھا اور حسبِ عادت ہزار جان سے اس پر مائل ہو گئے۔ مشاعرے کے بعد موصوف اس خاتون کے پاس پہنچے اور کہنے لگے۔ ”اے دشمنِ ایمان و آگہی! کیا تم یہ گوارا کرو گی کہ میرے دل کے مرتعش جذبات تمہارے پاکیزہ عطر بیز تنفس کی آمد شد سے ہم آہنگ ہو سکیں“ بے چاری حسینہ اس اندازِ بیان کو بالکل نہ سمجھ سکی اور حیرت سے بولی۔ ”آخر تم کہنا کیا چاہتے ہو؟“ اب نظامی نے صاف صاف کہا۔ ”میں چاہتا ہوں تم مجھ سے شادی کر لو اور کیا تم میرے بچوں کی ماں بننا گوارا کرو“ حسینہ نے چند لمحے سوچا اور حیرت سے دریافت کیا ”کتنے بچے ہیں تمہارے؟“

اردو سماج شکاگو کی جانب سے شام مسالہ کا انعقاد

حیدرآباد انڈیا کے ممتاز شاعر ڈاکٹر خواجہ فرید الدین صادق اور شکاگو کے ممتاز شعراء نے شرکت کی رپورٹ آرکیٹیکٹ عبدالرحمن سلیم

قلب کی ہے، دوا، درود شریف روح کی ہے، غذا، درود شریف دوست، احمد کا، وہ بنا، افسر جس نے دل سے پڑھا، درود شریف ان کے بعد ناظم مشاعرہ عبدالرحمن سلیم نے اپنا سلام پیش کیا:

دل میں ہمارے ان کی عقیدت اٹوٹ ہے شہیر سے ہماری محبت اٹوٹ ہے میرے نبی نے کہہ دیا تھا ایک دن جی ہاں حسین کی وہ شہادت اٹوٹ ہے ان کے بعد ناظم نے مہمان خصوصی شاعر ڈاکٹر خواجہ فرید الدین افسر کا تعارف کروایا اصلی نام خواجہ فرید الدین - عرفیت، صادق - تخلص، صادق - پیدائش ۱۹ جنوری ۱۹۴۷ء، مقام عثمان شاہی حیدرآباد دکن - قابلیت، ہندوستان میں سب سے زیادہ ڈگریاں یافتہ، ازروئے روزنامہ رہنمائے دکن و سیاست - شاعر، سول انجینئر، کمپیوٹر ہارڈ ویئر انجینئر، وکیل، جرنلسٹ، فلاسفر پیشہ وادبی خدمات: درس و تدریس، بانی پرنسپل سینٹ صادق ہائی اسکول، بانی و صدر ادارہ ادب صادق، جنرل سکریٹری آل انڈیا ریسرچ اسکالرس کونسل، سکریٹری بزم علم و ادب، رکن سٹی سیول کورٹ حیدرآباد، رکن آل انڈیا یونانی طبی کانفرنس وغیرہ ریکارڈس: ہندوستان میں اقلیتوں میں سب سے زیادہ ڈگریاں رکھنے کا اعزاز، غیر منقوٹ غزلیں اور صرف قافیہ ردیف پر مبنی غزلیں لکھنے کا اور دو منٹ چالیس سکنڈ میں فی البدیہہ مشاعرہ میں غزل لکھنے کا ریکارڈ ۲۲۲ مطلعوں پر مبنی نعت پاک لکھنے کا ریکارڈ، دینا کی طویل ترین غزل میں ہزار اشعار پر مبنی تین ہزار چار سو غزل لکھنے کا ریکارڈ ۳۴ کتابوں کی بیک وقت رسم اجراء کا ریکارڈ، جملہ ۴۷ کتابوں کے مصنف ہیں جن میں انگریزی کی بھی کتابیں شامل ہیں اس کے بعد ڈاکٹر خواجہ فرید الدین صادق نے سلام پیش کیا:

دیں کو بچانے میں ہی تھی راحت حسین کی اس واسطے تھی موت سے سنگت حسین کی ٹھکرادیا تھا دین کی خاطر جہاں کو بھی دنیا سمجھ سکی نہ سیاست حسین کی جھٹلائے ان کو صادق زمانہ تو کیا ہوا تاریخ میں لکھی ہے صداقت حسین کی ہر دل کی اس لئے تو ہاں راحت حسین ہیں ہم سب کے دل کی دیکھئے چاہت حسین ہیں حق پر رہے اور حق پہ کٹایا ہے سر کو بھی صادق حقیقی حق کی علامت حسین ہیں ان کے بعد آخر میں صدر مشاعرہ ڈاکٹر توفیق انصاری احمد نے اپنا کلام سنایا:

فخر عالم، فخر موجودات، پر، بے حد سلام رحمت للعلمین کی ذات، پر، بے حد سلام السلام، اے شہہ کربلا، السلام، اے شہہ کربلا، السلام، اے نبی کے نواسے، ہمارے امام نوجوانوں کے سردار، اے نیک نام آپ کا، دو جہاں میں ہے، اونچا مقام آپ سے حق شروع، آپ پر حق تمام آپ کی، عظمتوں کو، ہمارا، سلام

السلام، اے شہہ کربلا، السلام، اے شہہ کربلا، السلام

جس پہ قرباں ہو سب، ایسا جینا جیا بھو کے پیاسے رہے، جان دی، سر دیا راہ میں، حق کی، جام شہادت، پیا آپ نے، نام، نانا کا، روشن، کیا قابل فخر، ہے، آپ کا، اہتمام

السلام، اے شہہ کربلا، السلام، اے شہہ کربلا، السلام

ریت پر، جب بھی، قطرہ، گرا خون کا اک، گولہ سا بن کر، اٹھا خون کا ایک، دریا سا تھا، ہر جگہ خون کا سارے، عالم میں تھا، سلسلہ خون کا کہہ رہا تھا، یہی، ہر کوئی، خاص و عام

السلام، اے شہہ کربلا، السلام، اے شہہ کربلا، السلام

لو کے، اعدا سے پہنچے، کہیں کے کہیں مل گئی، سب شہیدوں کو، خلد بریں ہے یہی تو، یقیناً، یقین، با یقین کہہ رہی ہے، یہی، کربلا کی زمیں ہے زمانے کے لب پر یہی، صبح شام

السلام، اے شہہ کربلا، السلام، اے شہہ کربلا، السلام

آخر میں ناظم مشاعرہ کے شکریہ پر اس پر اشرف کا اختتام عمل میں آیا۔



ان کے بعد محمد یسین ہائیل نے اپنا کلام پیش کیا: یوم عاشورہ دلاتا ہے شہادت حسین کی جس میں پوشیدہ ہے سخاوت حسین کی ہائیل لگے پیاس تو عاشورہ کو یاد رکھ سمندر بھی مانگے گا طاقت حسین کی ان کے بعد سینیر شاعر نذرتقوی نے اپنا کلام سنایا کیونکہ ان کو دوسری محفل میں شرکت کے لئے روانہ ہونا تھا۔

تیرے سجدے کو دیتا ہے خراج اب تک ہر اک سجدہ کیا کس شان سے وہ آخری سجدہ ادا تو نے کیا نبی کی فکر شیر فاطمہ تربیت حیدر حسین ابن علی حق تھا تیرا جو کچھ کیا تو نے سلطان امم بحر کرم سید ابرار ہیں حد شریعت تیرے گھر کے در و دیوار تو قاف عنایات ہے تو قلم رحمت تو خاتم توحید کا لیکتا در شہوار تو اشرف الاشراف تو سرتاج کریمیاں تو ابر عطا ابر کرم ابر گہر بار سلام:

ملوکیت کی تیز آندھی کا سر چکرا دیا تو نے جلا کر خون سے قدیل فکر مصطفیٰ تو نے تیرے سجدے کو دیتا ہے خراج اب تک ہر اک سجدہ کیا کس شان سے وہ آخری سجدہ ادا تو نے نبی کی فکر شیر فاطمہ تربیت حیدر حسین ابن علی حق تھا تیرا جو کچھ کیا تو نے ان کے بعد ڈاکٹر افضل الرحمن افسر نے اپنا کلام پیش کیا:

دوش نبی کے، شاہ سواروں، کی بات کر کون و مکاں کے راج دلاروں کی بات کر کرنا ہی ہے تو، کر لے، کوئی بات کام کی شیر خدا کی، آنکھ کے، تاروں کی بات کر شہر کعبے کا، ذکر نہ کر، میرے سامنے کرب و بلا کے، سینہ فگاروں کی بات کر کر تو کبھی علی کی، کبھی، فاطمہ کی، بات افسر کبھی، نبی کے، پیاروں کی بات کر تو پیش کر، سلام، حسن، اور، حسین پر افسر نبی کے گھر کے دلاروں کی بات کر



ولی الدین

حلیہ

کہتی ہے غصہ کو ہنسی میں اڑاتے کیوں ہو
حسینوں سے باتیں کر کے جلاتے کیوں ہو
ڈانٹنگ کر کے بھی یہ حال ہے تمہارا
ولی آئینہ کو اپنا حلیہ دکھاتے کیوں ہو



مہمان

وہ آئے تھے گھر حلیہ پریشان کئے ہوئے
بکھرا تھا حسن چاک گریباں کئے ہوئے
سوچتا ہوں گھر والوں کو Vacation پہ بھیج دوں
”مدت ہوئی ہے یار کو مہمان کئے ہوئے“



راز

بیگم کو گھمانے انڈیا اور پاکستان جائیے
ان کے ہر حکم پہ بس قربان جائیے
کامیاب شادی کا یہ راز ہے ولی
جو کچھ نگاہ یار کہے بس مان جائیے



عزیز قیسی

غزل

آپ کو دیکھ کر دیکھتا رہ گیا
کیا کہوں اور کہنے کو کیا رہ گیا
بات کیا ہے کہ سب غرق دریا ہوئے
اک خدا رہ گیا ناخدا رہ گیا

سوچ کر آؤ کوئے تمنا ہے یہ
جان من جو یہاں رہ گیا رہ گیا
دل کے وحشت سرا سے خدا جانے کیوں
سب گئے ایک داغ وفا رہ گیا

ان کی آنکھوں سے کیسے چھلکنے لگا
میرے ہونٹوں پہ جو ماجرا رہ گیا
ایسے بچھڑے سبھی رات کے موڑ پر
آخری ہم سفر راستہ رہ گیا



پروین شاکر

غزل

وہ تو خوش بو ہے ہواؤں میں بکھر جائے گا
مسئلہ پھول کا ہے پھول کدھر جائے گا
ہم تو سمجھے تھے کہ اک زخم ہے بھر جائے گا
کیا خبر تھی کہ رگ جاں میں اتر جائے گا

وہ ہواؤں کی طرح خانہ بجاں پھرتا ہے
ایک جھونکا ہے جو آئے گا گزر جائے گا
وہ جب آئے گا تو پھر اس کی رفاقت کے لیے
موسم گل مرے آنگن میں ٹھہر جائے گا

آخرش وہ بھی کہیں ریت پہ بیٹھی ہوگی
تیرا یہ پیار بھی دریا ہے اتر جائے گا
مجھ کو تہذیب کے برزخ کا بنایا وارث
جرم یہ بھی مرے اجداد کے سر جائے گا



الطاف حسین حالی

غزل

ہے جستجو کہ خوب سے ہے خوب تر کہاں
اب ٹھہرتی ہے دیکھیے جا کر نظر کہاں
اک عمر چاہیے کہ گوارا ہو نیش عشق
رکھی ہے آج لذت زخم جگر کہاں
بس ہو چکا بیاں کسل و رنج راہ کا
خط کا مرے جواب ہے اے نامہ بر کہاں
کون و مکاں سے ہے دل وحشی کنارہ گیر
اس خانماں خراب نے ڈھونڈا ہے گھر کہاں

ہم جس پہ مر رہے ہیں وہ ہے بات ہی کچھ اور
عالم میں تجھ سے لاکھ سہی تو مگر کہاں
ہوتی نہیں قبول دعا ترک عشق کی
دل چاہتا نہ ہو تو زباں میں اثر کہاں
حالی نشاط نغمہ و مے ڈھونڈتے ہو اب
آئے ہو وقت صبح رہے رات بھر کہاں



محمد اسحاق کھل

غزل

آنکھوں سے اشک زہر کا اچھلا نہیں گیا
پوست دل تھا تیر، نکالا نہیں گیا
کیا تھا کمال آپ کے طوفانِ حُسن کا
خود کو کنار آب اچھلا نہیں گیا

دیکھا تھا مسکرا کے مجھے اُس نے ایک بار
آنکھوں سے میری ٹور کا ہالہ نہیں گیا
دیوار تیرگی پہ ترا نام کیا لکھا
پھر زندگی میں گھر سے اُجالا نہیں گیا

غم کے شجر کی چھاؤں میں بیٹھے رہے سدا
خود کو فریب لطف میں ڈالا نہیں گیا
بچنے کی لاکھ کوششیں احمق کہیں مگر
خستہ بدن سے وقت کو نالا نہیں گیا



ساغر صدیقی

غزل

اگر بزم ہستی میں عورت نہ ہوتی
خیالوں کی رنگین جنت نہ ہوتی
ستاروں کے دل کش فسانے نہ ہوتے
بہاروں کی نازک حقیقت نہ ہوتی
جبینوں پہ نور مسرت نہ کھلتا
نگاہوں میں شان مروت نہ ہوتی
گھٹاؤں کی آمد کو ساون ترستے
فضاؤں میں بہکی بغاوت نہ ہوتی
فقیروں کو عرفان ہستی نہ ملتا
عطا زاہدوں کو عبادت نہ ہوتی
مسافر سدا منزلوں پر بھٹکتے
سفینوں کو ساحل کی قربت نہ ہوتی
ہر اک پھول کا رنگ پھیکا سا رہتا
نسیم بہاراں میں نکہت نہ ہوتی
خدائی کا انصاف خاموش رہتا
سنا ہے کسی کی شفاعت نہ ہوتی



راجیش ریڈی

غزل

اک خلا اندر اتر جانے دیا
خود کو خالی پن سے بھر جانے دیا
جان مڑ کر دیکھتی تھی بار بار
جسم نے اس کو مگر جانے دیا
کر ہی کیا سکتے تھے ہم سو عمر بھر
رفتہ رفتہ خود کو مر جانے دیا
سر چھپایا اپنا اپنے آپ میں
اور طوفاں کو گزر جانے دیا
ہم نہ رکھ پائے زباں اپنی نموش
سر تو جانا ہی تھا سر جانے دیا



فس اعجاز

غزل

ٹھکے تو ایسے ٹھکے پہلی رات تقریباً
خدائی کر گئے مہندی کے ہاتھ تقریباً
ہمارے بس میں اسے دے کے یوں لگا جیسے
خدا نے سوئپ دی تھی کائنات تقریباً
نہ کوئی جھونک نہ چھپکی ہی آنکھ میں آئی
گزر چلی تھی گزرنے کی رات تقریباً
ہر اک مقام پر اپنا ہی سامنا خود سے
حریف بن گئی اپنی ہی ذات تقریباً
قدم قدم پہ زمانے کے کام یوں آئے
ڈبو گئیں ہمیں اپنی صفات تقریباً
کئی ہزار شگوفے کھلا گئی دل میں
جو زیر لب ہی کہی ایک بات تقریباً
وہیں پہ چھوٹ گیا اپنا ساتھ بھی ہم سے
جہاں پر آ کے چھٹا ان کا ہاتھ تقریباً



On the lighter side....

The phlebotomist entered the hospital room to draw blood. Noticing an apple on the patient's nightstand, she remarked, "An apple a day keeps the doctor away."

"That's true," the patient replied. "I haven't seen a doctor in three days."

An artist asked the gallery owner if there had been any interest in her paintings that were on display. "Well, I have good news and bad news," the owner responded. "The good news is that a gentleman noticed your work and wondered if it would appreciate in value after your death. I told him it would and he bought all 10 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?"

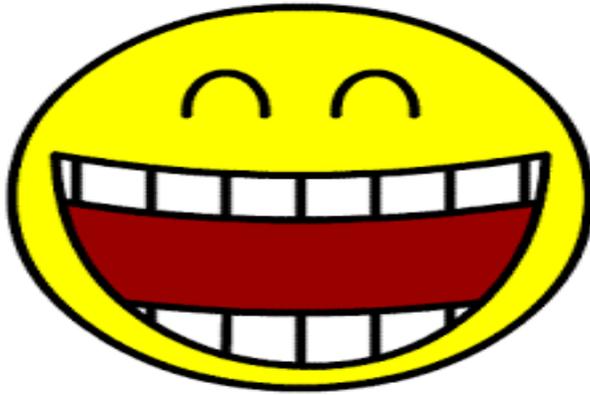
"The gentleman was your doctor."

Hearing his wife as she sings, the husband says, "You know dear, when you sing like that I just wish you were on the radio."

The wife smiles and replies, "Wow honey, you think I am that good?"

"No, but at least that way I can change the station or turn it off."

A woman had bought lots of shoes over time and she decided it was time to kick the habit. She really took it seriously, even changing her driving route to avoid her favorite shoe store. One evening, however, she arrived home carrying a shoe box. Her husband grinned at her, but it didn't faze her at all.



"These are very special shoes," she explained. "I accidentally drove by the shoe store and there in the window were the most perfect shoes I've ever seen! I felt this was no accident, so I thought I'd let fate decide. If I would get a parking spot directly in front of the shop, the shoes were meant for me. And sure enough, the eighth time around the block, there it was!"

A ham and cheese sandwich walks into bar and asks for a drink.

Bartender says, "Sorry, we don't serve food here."

Father: What do you see in that boyfriend of yours?

Teen daughter: Well... he's reliable.

Father: He's always late picking you up!

Teen daughter: I know and I can always count on it. Remember when you had to sit in the front room with my dates until I was ready?

Father: Now that you mention it, I'm beginning to like this guy!

Patient: Doctor, doctor, I keep thinking I'm a dog.

Doctor: Lie down on the couch and I'll examine you.

Patient: I can't, I'm not allowed on the furniture.

A woman with a minor injury was at the hospital because her doctor said she wanted to take a closer look at it to make sure everything was all right. The woman's husband sits patiently in the waiting room. After a few minutes, the doctor comes out and asks her assistant for a wrench, which understandably concerns the husband.

Then, after a couple more moments, the doctor re-enters the room, this time asking for a screwdriver. The husband grows worried and begins to pace in circles. Then, a little later, the doctor bursts through the doors screaming for a hammer and at that, the husband, in a state of frenzied fear, runs up and asks, "Doctor, what the heck is wrong with my wife?"

"I don't know," replies the flustered doctor, "I can't get my bag open!"

A woman had been talking on the phone for about half an hour, and then she hung up.

"Wow," said her husband, "that was short. You usually talk for two hours. What happened?"

"Wrong number," replied the wife.



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