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NOVEMBER 2023 Vol 14, Issue 11



## ISRAEL-GAZA WAR PROTESTS ACROSS THE WORLD



# 2050 INDIAN EDUCATION MUSLIM VISION

Adaptability, Accessibility & Affordability



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Full Day Conference To Highlight Indian Muslim Educational Issues



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**Dr Muqtedar Khan**  
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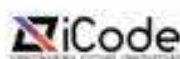
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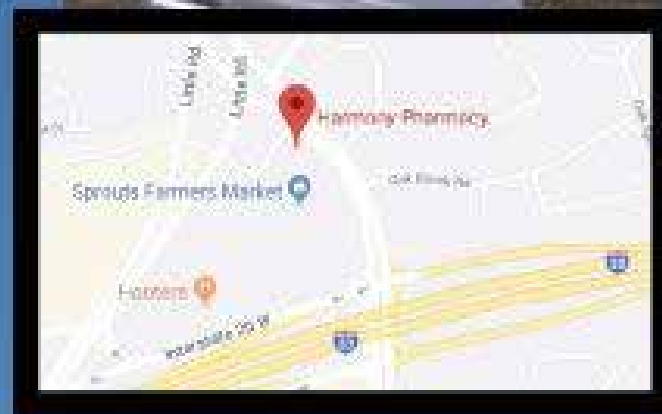


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## Dr Talat Jehan Khan: A message from Anwer Mangrio

“Indeed, we belong to Allah, and indeed, to Him, we return.”  
 Dear Brothers and sisters, With heavy hearts, we announce the tragic passing of our dear sister, Dr Talat Jehan Khan, who was the victim of a senseless and heinous act of violence. She departed October 28, 2023, in Conroe, Texas because of being stabbed to death.  
 She was a wonderful, loving mother, wife, sister, and doctor.  
 May Allah grant Dr. Talat Khan the highest place in Jannat-ul-Firdaus and reunite in the highest heavens.  
 In the face of such brutality, let us stand united in our faith, seeking justice and mercy for Dr Khan.  
 We ask for your prayers and support as we navigate this dark chapter.  
 For further details or inquiries, please contact Anwer Mangrio.

Dr. Talat Jehan Khan, a pediatrician who moved from Seattle to the

Houston area months ago, was loved by her family members as well as her hundreds of patients.  
 Dr. Talat Jehan Khan’s family members said she just wanted a moment of peace when she was killed in the common area of her apartment complex on Saturday.

Khan was sitting at a picnic table when police said 24-year-old Miles Joseph Fridrich stabbed her multiple times. Witnesses said he came out of nowhere. Mahnoor Mangrio is Khan’s niece.

“This is an immeasurable loss for our family, completely unexpected,” Mangrio said. “She’s a Muslim, strong in her faith, those are identifiable traits about her. She’s extremely loving, kind. She was my aunt ... the best aunt.”

Khan, a pediatrician who moved from Seattle to the Houston area months

ago, was loved by her family members as well as her hundreds of patients. Her oldest brother, Wajahat Nyaz, said his sister loved her two children, but there was one thing she wanted.

“She wanted to go somewhere it was sunny. She moved out here and she liked it, liked the sun and the warm weather,” Nyaz said.

Khan’s neighbors were left with more questions than answers.

“It was such a senseless, senseless murder,” one resident said.

“We are all still going to keep our head up high and have her in our hearts,” another said.

Khan’s family is mourning while her neighbors try to find peace.

“A murder like this shouldn’t go un-



punished. It’s bad for the community. It’s bad for the entire country, so we want your support to get justice for her,” Nyaz said.

Fridrich is charged with murder in Montgomery County. He initially ran from the scene but was caught a short

time later. It’s unclear when he’s due in court.

Khan’s family members said they’re unaware of any sort of connection between her and her accused killer.

The Muslim community sent its condolences to Khan’s family.

“May Allah make ease for her and provide strength to her family to bear this loss,” the Al-Ansaar Islamic Center wrote in a Facebook post.

They said Khan started coming to their masjid when she moved.

CAIR, the Council on American-Islamic Relations, passed its condolences onto the family. The Houston chapter said it’s in contact with law enforcement, although a motive for the stabbing remains unclear.

“We are unsure at this moment if this was a hate crime, however, given the tragic circumstances, we are paying very close attention to the investigation,” CAIR Houston said.

DALLAS-HOUSTON PAGES

DALLAS-HOUSTON PAGES

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Warm regards



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& TROUPE



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## TALAT AZIZ - Proud of Hyderabad

Born in Hyderabad, India to Abdul Azeem Khan and Sajida Abid, a famous Urdu writer and poet. He went to Hyderabad Public School when he finished his ISC and then joined The Indian Institute of Management and Commerce for his B.Com (Hons) Course.

His family loved fine arts and used to organise Mehfil in their house, inviting artists and poets like Jagjit Singh, Jaan Nisaar Akhtar to name a few. This greatly influenced him and he started learning music from an early age. He is married to Bina Aziz a famous painter/art curator. They have two sons Adnan Aziz and Shayaan Aziz.

### Autobiography

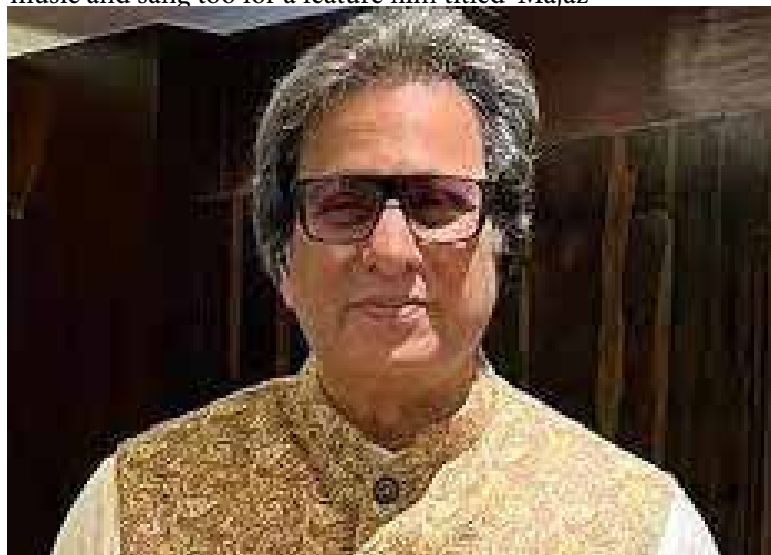
### Autobiography

Talat Aziz took his initial training in music from Kirana Gharana. He was trained primarily by Ustad Samad Khan and later by Ustad Faiyyaz Ahmed Khan from the Kirana Gharana.

After the initial training, Talat learnt music from the Ghazal maestro Mehdi Hassan. On many occasions, like on a concert tour of the US and Canada in 1986, he shared the stage with him on concerts in India and abroad. Mehdi Hasan Saheb once remarked on Talat's purity of voice and how well he learnt and imbibed Mehdi Saheb's knowledge and gayaki and yet carving his own path.

He released his first album in Feb 1980, under the baton of Jagjit Singh. Jagjit Singh composed this album titled 'Jagjit Singh presents Talat Aziz'. This was a runaway hit and the ghazals from this album like Kaise Sukoon Paoon, Chahenge Tujhe par... to name a few which are still favourites of all ghazal lovers. Subsequently in 1981 Khayyam Saheb the legendary music director introduced Talat Aziz in the classic film [Umrao Jaan] with the famous ghazal 'Zindagi Jab bhi' and followed it by Bazaar, with the immortal ghazal 'Phir Chidi Raat' which he sang along with the legendary Lata Mangeshkar. He has also sung film songs composed by Laxmikant Pyarelal in the film Dhun (where he also acted as a main lead and sang a bhajan along with Mehdi Hasan) ..Rajesh Roshan in the film Daddy 'Aaina mujhse meri' to name just a few. All these numbers are still most sought after in his concerts.

Composer: Talat has also composed music for TV serials and has also acted in several of them. He composed music for teleserials like Dewar, Baaz, Adhikaar, Ghutan, Sailaab, Aashirwaad and the magnum opus, Noorjehan. He also composed the music and sang too for a feature film titled 'Majaz-



### Talat Aziz performing for AFMI and NASIM Foundation in Dallas on Nov 11

'Ae Gham-e dil' recently in 2016. This film was produced by Shakeel Akhtar and was a biography of the iconic poet Majaz Luckhnawi.

Actor: As an actor he has acted in serials like Sahil, Manzil, Dil Apna Aur Preet Parayee and Noorjehan a TV serial written by Nida Fazli. He also acted as the main lead in the film 'Dhun' directed by Mahesh Bhatt where his co stars were Anupam Kher and Sangeeta Bijlani with the music by Laxmikant Pyarelal and lyrics by Anand Bakshi. The music album was released by HMV in 1991 at a glittering event where all the who's who of the Indian Film industry were present. The music album was a hit. Songs like 'Yaad Aane wale' 'Laagi Prem dhun laagi' 'Main Aatma' are still remembered by music lovers. One interesting fact is that Mehdi Hasan sang a bhajan along with Talat "Main aatma tu Parmaatma" for the first time in an Indian film.

Recently Talat Aziz acted in the feature film 'Fitoor' produced and released by Disney in 2015 where he played a cameo. This film directed by Abhishek Kapoor had Aditya Roy Kapur, Katrina Kaif, Tabu Rahul Bhat and himself in key roles.

Talat released many albums like Talat Aziz live, Images A team Come True, Lehren, Ehsaas, Suroor, Saughaat, Tasavvur (The first video album of ghazals in 1987), Manzil, Storms, Dhadkan, Shahkaar, Mehboob, Khubsoorat, Irshaad, Khushnuma, Caravan e Ghazal in which Sonu Nigam also participated in a duet 'Qurbaton mein bhi' a ghazal written by Ahmed Faraaz. He also recorded an album 'A Tribute to his Master' which was recorded in Los Angeles as a tribute to his guru Mehdi Hasan and the tabla accompaniment for this unique album was none other than the great maestro Ustad Tari Khan. This album got a nomination in the best ghazal album category in the prestigious GIMA Global Indian Music Awards.

The singer was the first ghazal artiste to release a ghazal music video of Tasavvur, in 1987 when a video album was not even thought of. He is often seen on the small screen in various roles as a music judge.



Talat Aziz has been singing in concerts for over four decades and has travelled the globe with his sell out performances. On 31st Dec 1999 he was invited by the Prime Minister of India Shri Atal Behari Vajpayee to perform specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He sang a special number written by Janab Nida Fazli for the occasion titled Vrindavan ke Krishn Kanhaiyya Allah Hoo which was deeply appreciated by everyone specially the PM.

In 2003 he was invited by the King of Morocco Mohd XI to Marrakech as his special guest to celebrate the New Year along with a host of celebrities from around the world including none other than Sir Sean Connery.

In 2007 he was invited by Shri L.K. Advani the deputy PM at that time to sing in Delhi. He sang the famous song from the film 'Daddy' which is Shri L.K. Advani's favourite.

He celebrated his 25 Years Anniversary with the launch of a special audio and video album at the NCPA Tata auditorium Mumbai where the veritable who's who of the music industry were present and a special documentary on his life was screened. This documentary featured video bytes from the likes of legends like Mehdi Hasan Lata Mangeshkar Asha Bhosle Ghulam Ali and contemporaries Pankaj Udhas Anup Jalota Hariharan to name a few and was released by Universal Music India as a special commemorative DVD with the audio cd pack of two released by Times Music.

# Funds raised for AI Mustafa Trust

A fundraising event was held in Texas King, Irving to support the efforts of AI Mustafa Trust.

Following are the decided objectives of AlMustafa Trust

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At an event in Dallas from Left: Iftekhhar Ali, Mujtaba A. Mohammed, Member of the North Carolina State Senate and Azeem A. Quadeer



Mr Mansoor Ahmed on his last working day at UT SouthWestern Medical Center.



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# Challenges Youth face in U.S.

M. Basheer Ahmed M.D.

## Challenges during early period of schooling

Growing up in a land with multi-religious, multi-cultural, multi-racial and multi-lingual people is a difficult endeavor for the Muslim youth in America. Most of their parents (immigrants and refugees) who grew up in a relatively homogenized community seldom experienced these challenges. In addition to this, the anti-Muslim sentiments and discrimination against Muslims have increased over the past two decades and Muslim youth are not immune to this. Language and Cultural differences Young Muslim children face conflicts as soon as they start school. At home they speak a different language than in school. At home they learn and continue to speak Urdu, Hindi, Arabic or Punjabi, but as soon as they go to school they speak English. As soon as they come home, they change their western clothes and wear their desi or native clothes- Shilwar, Pajama or Jilbab. At school, the students talk about TV shows like DISNEY, MTV, CNN or Fox news and Muslim children talk about ARY, ZTV and Indian, Pakistani or Arabic shows. Children soon become aware that they are different. Fortunately they are intelligent, adapt well to these changes and adjust well in both environments.

Many youths have reported that their immigrant parents usually have culture clashes with the new society. Immigrant children struggle to assimilate into the society their parents chose for them. Many parents question if their kids have too many American friends and they are afraid that they will learn bad habits. The problem is not so much overcoming poverty and educational deficits, but adapting to a society whose value is sharply at odds with the Muslim religious heritage. (Therefore some parents choose to send their children to Islamic schools and some opted for home schooling). Challenges in educational institution Most of the Muslim youth were adjusting and coping well until the school environment changed drastically after 9/11 and more so now during the Trump presidential era. Anti-Muslim sentiment and discrimination targeting Muslims are on the rise and school communities are not immune. School systems strive to prepare students for responsible social and civic participation by promoting a respect for diversity. However, due to massive anti-Muslim propaganda and Trump administration policies, educators often struggle to determine whether Muslims' beliefs conflict with Western values. Nobody questions or debates the issue about "What are the major conflicts between Western and Islamic values". The books and curriculum used in schools often contain biased opinions and misinformation. Students are embarrassed to speak in their native language in public and they often feel marginalized. They are regarded as outsiders even if they are born in the US. Following my lecture on bullying in one of the local Islamic centers, a little 9 year girl old told me that after the massacre in Orlando night club in 2016, her best friend told her that her mother prohibited her to be a friend with Pakistani girls and that she should "go back home", even though she was born here and has not made any trips out of the country trip since she was born.

Muslim youth feel alienated and Muslim girls' experiences difficulty in blending with the rest of the community. Wearing of Hijab also became an invitation for curiosity, inquiries, and sometimes physical or verbal assaults from other students. Muslim youths are careful when talking about their religion due to the negative perception. There is a rise in bullying incidents affecting Muslim students all over the country. Many students also reported discrimination from the teachers.

Often Muslim youth are called extremist when they decline to eat pork, drink alcohol or participate in dancing and parties. Some are even labeled as uncivilized and rejected by their peers.

Young people are often confronted with questions about terrorism, ISIS, Sunni/ Shia Islam or what's happening in Iraq or Syria and why Muslim are killing Muslims. They often regard Muslim youths and Muslims in general as be-

ing violent and dangerous.

**PEER PRESSURE ON MUSLIM YOUTH.** During adolescence, peer pressure can make Muslims deviate from their values and beliefs. Alcohol, drug use and sexual promiscuity is increasing among Muslim youth. Some participate in school dances and dating to feel a sense of belonging and other students attempt to protect themselves by isolating themselves from the society. In social media networks, pornographic materials and nudity are frequently displayed.

**Intra and inter-faith marriages.** Young Muslims often question their parents' insistence that they marry within their cultural and ethnic group even though the Muslim faith allows one to marry a Muslim or Muslima of a different ethnic and cultural group. Men are allowed to marry non-Muslim women but women are prohibited from doing so. Many Muslim girls are now raising the question about this ruling and the rationale behind this.

**Changing attitude.** In the 70s and 80s "the evils of Western cultural elements" such as the celebration of birthdays, Halloween and prom night was voiced by Imams but are now being encouraged by youth in the mainstream Muslim organizations in America. Before 9/11, Muslim leaders explicitly urged their people to avoid assimilating into the American mainstream and to withdraw into Islamic community centers and Islamic schools and colleges. Since 9/11, Muslim leaders have shown a willingness to adapt to America. They have attempted to adapt to the realities of American life and have been reconstructing a version of Islam that conforms to the American values as long as is not too deviated.

Muslim-Americans are now reassured that it is permissible, even desirable, to have non-Muslim friends and it is okay to attend business lunches with non-Muslim colleagues where alcoholic drinks are served as long as Muslims do not drink.

Since the beginning of this century, all Muslim Scholars and Imams are not only permitting but encouraging Muslims to get involved in civic and political affairs. Now it is a common occurrence to see scores of political candidates in mosques during the election period and many Muslim candidates are running for political offices in local, state and national positions.

**Rituals vs. behavioral and civic responsibilities.** Islam is an active religion and Muslims believe that they are required to have strong faith and are accountable for their behavior and civic responsibilities. However many Imams focus only on strong beliefs and the importance of rituals while ignoring the behavioral responsibilities and the aspect of civic and political actions. A lack of authentic Islamic education still remains a great challenge to many Muslim youths. Radicalization. Theological differences between Shia, Sunni and other sects were exaggerated by religious leaders and power hungry politicians that resulted in severe fights and bloodshed. It is shame to say that Islam promotes the peace but the followers of Islam are behaving exactly the opposite of what Islam stands for. Today more Muslims are killed by Muslims in many Muslim majority countries. Muslim youth are vulnerable and easily influenced by parents and religious leaders. Sectarian division has become a source of subconscious beliefs that promote hatred and anger towards the "others" in the community and become a source of extremist ideologies. When young people see any type of violence that is being glorified rather than condemned by religious scholars or family members, they become prone to become radical. It is believed that sectarian violence is predominantly affecting the Muslim majority countries but in reality it is influencing the Muslim youth all over the world.

The number of Muslim youth joining ISIS from the UK, Australia and USA to fight Shias is a clear evidence of this spread of radicalization. Muslim leaders must unite and put an end to the sectarian violence which has been dividing us for centuries, and spreading terrorism all over the world.

**Role of parents.** It is the parents' job to ensure that their children are well-adjusted in the school and society. They

should discuss openly all questions that their children are confronted with and reach out to the scholars to provide good guidance when needed.

They can also volunteer at the schools and participate in school activities, make presentations to teachers and students on ISLAM and correct the misinformation. This will have a positive influence on Muslim children in school. Parents and family values, not media or peers, are still the strongest influence on your child. Teach your child that good sportsmanship starts with small gestures, like shaking hands with their opponent

**What it is Like to Be Young and Muslim in America.** For Muslim immigrants, adjusting to American society can be a huge challenge. There are misconceptions which are creating the links between Islam and terrorism that don't exist. Whenever a Muslim does something like that, it's all over the media, identifying the perpetrator as a Muslim terrorist. But if a Westerner does the same thing, they are not called a Christian terrorist, rather regarded as mentally ill.

The American Muslim Youth are courageous in facing constant challenges and adverse conditions. Fortunately Muslim Youth in US are strong, self-confident, perform well academically and are committed to keep the Muslim identity and survive in this country. They have to challenge the misperception about Muslims as terrorists, culturally backwards and anti-Western. Muslim women also need to change the misperception that they are oppressed, submissive, and uneducated. By showing positive attitude, behavior and self-confidence, they will overcome the negative perception and will be able to cope with the challenges. We are fortunate to live in a country that is culturally and religiously the most diverse on earth. We enjoy freedom of speech and have the freedom to practice our religion and cultural traditions without fear of persecution. We are also free to pursue our ambitions and dreams. In spite of its short comings this is a great country which gives our youth the opportunity to actualize their dreams.

## About Author

Dr Ahmed is the founding Chairman Emeritus of MCC for Human services. He can be reached at mbahmed05@yahoo.com



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# Indian American Muslim Council Convenes Widely Attended National Convention in Texas

Plano, Texas (October 18, 2023) — On Saturday, October 14, the Indian American Muslim Council hosted its annual convention, anchored on the theme of “Upholding Democracy and Human Rights: A Global Call to Action.” The event was convened at the Plano Events Center in Plano, Texas, and saw over 1,000 attendees.

In addition to a full day of panel discussions on human rights in India and the US, the event featured a wide-ranging bazaar with local vendors selling South Asian apparel, as well as Islamic art, books, children’s toys, and even solar panel installation services. Also included in the bazaar were book displays on the global persecution of Muslims, the increasing presence of Hindu far-right nationalist groups in the United States, and young adult fiction. Anchoring rows of tables was a candle-light memorial kept burning all day with the names of victims of anti-minority attacks in India superimposed on the famous India Gate in Delhi.

Panels convened throughout the day to offer convention participants the opportunity to learn about conditions that Muslims, Christians, Dalits, and other persecuted minorities are facing in India, the rise of Hindu nationalist groups in India and the United States, and the need to organize across faiths in order to present a united front against India’s ruling Hindutva (or Hindu nationalist) party, the Bharatiya Janata Party. According to The Guardian, Hindutva is rooted in Hindu supremacism, an ideology that aims to transform India into the Hindu Rashtra (nation) where Muslims and Christians are reduced to second-class citizens and Hindus enjoy higher status.

After a rousing prayer led by Plano’s own Dr. Zafar Anjum, Imam at Colony Masjid, Shaikh Omar Suleiman delivered the convention’s keynote address. As Founder and President of the Yaqeen Institute for Islamic Research, Shaikh Suleiman emphasized the need to rise together as a community in order to combat rising threats to Muslim lives in India, Palestine, and other countries. “Once the world’s largest democracy, India now stands as a model of oppression,” Suleiman said. “But what we possess in faith is stronger than what they possess in war machines.”

After celebrating the contributions of both the Sikh and Hindu communities to oppose the persecution of Muslims in India, Suleiman encouraged attendees “not just to listen to speeches, but to sign up for work. We need workers and volunteers. May Allah allow this to be a moment in which we form a movement here in Dallas to oppose fascism in India.”

Following Dr. Suleiman’s address, the IAMC convened the second annual Human Rights and Religious Freedom Journalism Awards, celebrating the best in Indian human rights journalism. IAMC Executive Director Rasheed Ahmed discussed the dire state of Indian media under the Modi regime, where news organizations are routinely raided and their editors arrested. “It is hard to think of any time when independent Indian media have been more in danger. As against these threats, the perseverance of today’s award winners is especially impressive and necessary,” said Mr. Ahmed.

Convention attendees then enjoyed a banquet lunch and socialized in the bazaar area. Participants in the convention youth summit gathered in another room to discuss organizing strategies for building resilient networks of resistance among the next generation of activists.

The following panels convened after lunch: “Interfaith Leaders in Action: Social Justice Beyond Dialogue”; “Upholding Democracy in India: 2024 Election and its Impact”; and “Unveiling the Shadows: The Impact of Hindu Supremacy on Women”.

At the Interfaith Leaders in Action panel, IAMC Associate Media Director Safa Ahmed welcomed Azhar Azeez, Former President of the Islamic Society of North America, Manmohan Singh, the Chair of Sikh Council for Interfaith Relations, and Pastor Bob Roberts Jr, Co-Founder of Multi-Faith Neighbors Network.

Each shared their thoughts on reaching out across faiths and the challenges of doing so. Singh discussed how he had been shouted at for participating in Interfaith panels with Muslim women at the 2023 Parliament of World Religions, and how “the next generation needs to learn both to respect freedom of speech” and “develop tools to protect themselves.” Pastor Bob Roberts noted how Indian Christians were threatened by rising “authoritarianism and tribalism” and emphasized the need to “keep weaving baskets of community.”

At “Upholding Democracy in India: The 2024 Election and Its Impact” panelists SQR Ilyas, father of imprisoned Muslim activist Umair Khalid and IAMC’s Advocacy Director Ajit Sahi discussed the upcoming Indian election. Ilyas pointed to the inspiring example of the recent Karnataka elections: “Muslims decided to come together to vote the BJP out of power. They decided to back one party and put aside their differences.” Ajit Sahi emphasized the need for the opposition party must “Foreground the economic failures of India’s Hindu Nationalist prime minister. Their development victories are a ruse. If they do this, they will sweep the elections.”

At “Unveiling the Shadows: The Impact of Hindu Supremacy on Women” panelists Dr. Yasmin Saikia, Hardt-Nickachos Chair in Peace Studies at Arizona State University, and scholar Dr. Samina Salim discussed the threats posed to women by India’s Hindu nationalist government.

Panelists pointed to the example of the protests led by women wrestlers, who allege that BJP leader Brij Bhushan Sharan Singh molested and groped them at national conferences. “Degrading women, especially women, is at the core of the Hindu nationalist program. Employment of women is denied by the BJP,” said Dr. Yasmin Saikia. Other panelists pointed to the oppression experienced by Muslim women who have been banned from wearing hijabs in school.

The final panel included “Hindu Nationalism & Islamophobia: A Contemporary Analysis,” featuring Dr. Khaled Beydoun, Author & Legal Scholar; Dr. Sabreena Ghaffar-Siddiqui, Professor and Researcher; and Dr. Sahar Aziz, Professor, Author of the Racial Muslim.



The evening segment included a moving play by IAMC volunteers on the importance of putting aside religious differences and coming together to form one harmonious, pluralistic India.

IAMC leaders recognized and celebrated four outstanding individuals for their remarkable dedication and contributions to human and civil rights. Among the honorees were Omar Suleiman, recipient of the Maulana Mohammad Ali Jauhar award, Dr. Sahar Aziz, honored with the Begum Hazrat Mahal award, Dr. Khalid Beydoun, who received the Tipu Sultan award, and Dr. Angana P. Chatterji, recognized with the Kulsum Sayani award.

Later, California Senator Ro Khanna spoke via Zoom stating that he “deeply appreciates the work of the Indian American Muslim Council,” and praised its executive director Rasheed Ahmed for his tireless advocacy for human rights.

# Opal Lee Gets New Home In Honor of Her 97th Birthday

A group of rioters may have ousted civil rights activist Opal Lee and her family from their home in 1939 when she was 12, but that hasn't stopped her from fighting for over 80 years to get it back. In fact, the property where her home used to reside on 940 E Annie St., was just given to Lee as a birthday gift for her 97th birthday from Trinity Habitat for Humanity (THH), the organization that acquired the property. The always gracious Lee was the guest of honor at a groundbreaking ceremony that signifies her journey with the property coming full circle, Saturday. The general contractor for this build is THH, which is working alongside Citizens Concerned with Human Dignity who will serve as the organization funding this project.

"You know what, I tried for years to find out who owned the lot," Lee told CBS 11. "I found out that Habitat owned it. I offered to buy it, they wouldn't sell it to me. They gave it to me."

Lee, who is also one of THH's founding board members, says she and her family only stayed in the home a few nights before rioters gathered to harass, vandalize, and burn down their home, which was located in Fort Worth's historic Southside.

"If they had given us an opportunity to stay there and be their neighbors, they would have found out we didn't want any more than what they had - a decent place to stay, jobs that paid, (to be) able to go to school in the neighborhood, even if it was a segregated school," Lee said.

"We would have been good neighbors, but they didn't give us an opportunity. And I felt like everyone needs an opportunity."

Opal Lee (1).jpg Stephen Montoya

Lee, who is known as the Grandmother of Juneteenth, made history when she made the decision to walk from Fort Worth to Washington D.C. to try and get Juneteenth recognized as a federal holiday in 2016. Her dedication paid off and nearly five years after she made that walk, President Joe Biden signed the legislation to make Juneteenth a federal holiday on June 17, 2021.

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Records indicate that a group of Union soldiers, led by Major General Gordon Granger, landed at Galveston, in June of 1865 with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official on January 1, 1863.

Since then, in Texas, African Americans and history fans alike have been commemorating, in one shape or form, this date. Juneteenth became a state holiday in 1980.



Four years before Juneteenth became a state holiday, Millard and Linda Fuller founded Habitat for Humanity, an organization that has helped renovate, repair, and improve more than 800,000 quality, affordable homes and has served over 4 million people worldwide. With a vision of a world where everyone has a decent place to live, including Lee. Habitat for Humanity works alongside volunteers and partner families to build homes and strengthen communities.

"Trinity Habitat for Humanity is profoundly grateful to the countless individuals and organizations that have contributed to Opal Lee's reclaiming of her home," the organization wrote in a statement. "We look forward to Welcoming Opal Lee Home as a community in honor of her 97th birthday."



### Zabihah Halal Meat Sellers in DFW

as of: May 28, 2023

#### Grocery Stores, by City

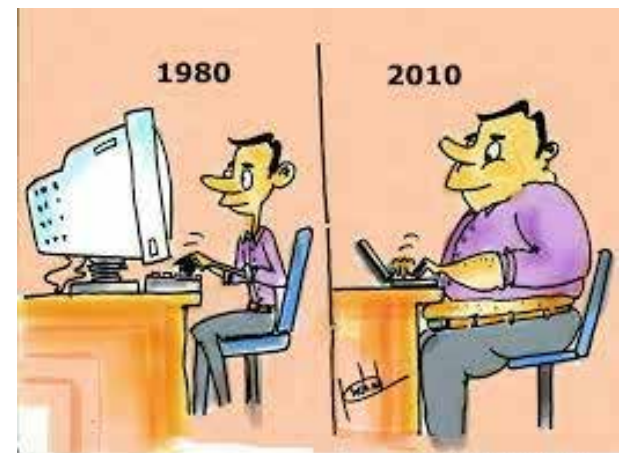
- \* Coconut Hill, Allen
- \* Almarkaz, Carrollton
- \* Apna Bazaar, Carrollton
- \* Indo Pak: Arlington, Carrollton, Plano, Richardson
- \* Rozana Store, Coppell
- \* Nadine Halal Market, Euless
- \* Texas King: Irving, Garland
- \* Classic Intl. Market, McKinney
- \* World Food WHse, Richardson
- \* Mecca Market, Sachse

#### Steaks & Specialty Meat

- \* Halal Cuts, Irving

#### Fresh from Farm- see flyers

- \* Brothers Farm, Euless
- \* Deccan meats, Delivered order by Fri / Sat Meat delivered\* Sat / Sun
- \* Halalan Tayyaban Plant- HTPP Royse City, East of Rockwall pickup from location
- \* Halalan Tayyaban Plant- HTPP Orders delivered to Frisco



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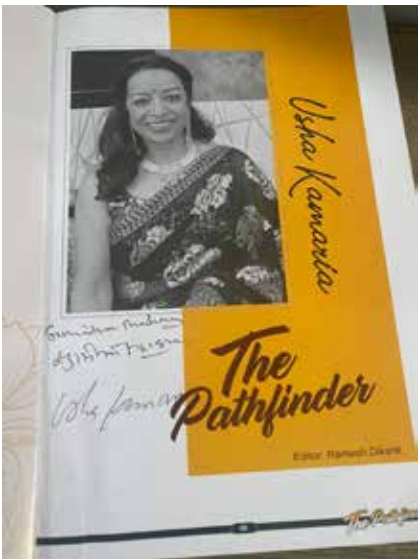
CHICAGO PAGES



Indian Overseas congress global chairman Sam Pitroda at an IOC function with Iftexhar Shareef, event held at Shalimar Banquets last week



Lunch with Pakistani famous comedian Kashiv Khan and famous singer Sherry Raza, Asif Saleem organizer along with Iftexhar Shareef at Kabob King, Devon Ave, Chicago



Book release "The Pathfinder" written by Ms Usha Kumaria of Skokie, Illinois. Attended by former Lok Sabha speaker Ms Mahajan, with Iftexhar Shareef, Babu Patel, Bhaggu Patel, Bhailal Patel, Dr Rashmi Patel FIA president, JATINDER Bedi, held at Holiday Inn Skokie, Illinois. Along with mayor of Skokie George Van Deuson



Left: Second anniversary of Mohammad Hafeez cultural event along with chief guest Iftexhar Shareef at Four Season's banquet hall, Addison, Illinois





# American Red Cross Blood Drive By Sai Mandir

Asian Media USA ©



Chicago IL: In a heartwarming display of compassion and community spirit, Shri Shirdi Sai Mandir, Rolling Meadows, IL hosted a blood drive in association with American Red Cross Society on Sunday, October 15th, 2023 which left an indelible mark on the local community. The event drew participants from all walks of life who came together to make a difference in the lives of those in need.

The sacred halls of Sai Mandir became a sanctuary not just for spiritual solace but also for the noble act of donating blood. The drive, organized by the temple volunteers, saw an incredible surge in participants, showcasing the unwavering commitment of the community to saving lives.

Sai Mandir's blood drive is a testament to the potential for goodness with humanity and the difference that can be made when we come together for a common cause. As the event concluded, smiles and gratitude filled the air and the temple's premises resonated with the collective hope for a brighter, healthier future.



Suzanne Akhras Sahloul running for State Rep District 82.



# POET WALI- UDDIN WITH A NEW LOOK

## Empowering Women Syed Khalil Ullah



Saturday 10/28/23 Empowering Women NFP in partnership with @womensjusticeleague held their Annual Silent Awareness March in downtown Chicago - together we walked for survivors of gender based violence. A great day to walk for a great cause. Thank you to all our outstanding participants. Together we will bring change Thank you Mr. Syed Khalil Ullah for covering our event. And thank you Dunkin' for the delicious donuts and coffee

## Cricket World Cup 2023 Craze continues: India stands Tall



The Cricket World Cup final is on November 19. Every participating team has trained their eyes on the ultimate prize and showcasing their cricketing prowess to pip others to clinch the desired position on the Points Table.

However, not all have managed to deliver stellar performances consistently and that is why the points table is still open, further allowing most of the teams to make it to the semi-finals. The top four teams on the points table after the 45 group stage matches will proceed to the semifinals, which will be held on November 15 and 16. The final will be held on November 19 in Ahmedabad. The Cricket World Cup final is on November 19. Every participating team has trained their eyes on the ultimate prize and showcasing their cricketing prowess to pip others to clinch the desired position on the Points Table.

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India are the favorites to win the 2023 Cricket World Cup, and they will be looking to continue their winning streak in the remaining matches. They are next scheduled to play against Sri Lanka on November 2, 2023.

South Africa, which stands in second place, have 10 points after 5 wins and 1 loss in 6 games. Their statistics reveal an exceptional Net Run Rate (NRR) of +2.032. They have only lost one of their last five matches.

New Zealand has four victories and eight points after six matches in its kitty. Their NRR is at +1.232. Their last five matches, on the other hand, have been a mixed bag, with two losses and three wins.

INDIA		INDIA	
01	ROHIT SHARMA (C)	12	KL RAHUL
02	SHUBMAN GILL	13	SANJU SAMSON
03	VIRAT KOHLI	14	YUZVENDRA CHAHAL
04	SHREYAS IYER	15	KULDEEP YADAV
05	SURYAKUMAR YADAV	16	JASPRIT BUMRAH
06	HARDIK PANDYA	17	MOHAMMED SHAMI
07	RAVINDRA JADEJA	18	MOHAMMED SIRAJ
08	AXAR PATEL	19	ARSHDEEP SINGH
09	WASHINGTON SUNDAR	20	UMRAN MALIK
10	ISHAN KISHAN		
11	RISHABH PANT		

## THE RISE OF AFGHANISTAN

Afghanistan kept their World Cup semi-final dream alive with a comfortable seven-wicket win over Sri Lanka.

After Fazal Farooqi took 4-34 to help bowl Sri Lanka out for 241, Rahmat Shah made a composed 62 to put Afghanistan on course in the chase.

Hashmatullah Shahidi and Azmatullah Omarzai then put on an unbroken 111 to get Jonathan Trott's side over the line with 28 balls to spare in Pune.

Victory moves Afghanistan to within two points of fourth-placed Australia.

Sri Lanka had made a solid start after being put in to bat, reaching 134-2 before a middle-order collapse saw them slump to 185-7.

Angelo Matthews and Maheesh Theekshana added 45 for the eighth wicket but both fell to the impressive Farooqi as Sri Lanka were bowled out with three balls of the innings remaining.

Dilshan Madushanka bowled Rahmanullah Gurbaz four balls into Afghanistan's reply but there was no panic from the batting side as Ibrahim Zadran and Rahmat put on 73 for the second wicket.

There might have been concern when Rahmat was dismissed with 111 still needed for victory but captain Hashmatullah and Azmatullah held their nerve, calmly ticking off the runs before kicking for home when the finishing line came into view.

With three games to go, Afghanistan jump to fifth and stay right in the mix for a top-four finish, albeit with a significantly worse net run-rate than any of the sides above them. Once a shock, Afghanistan victories are no longer anything of the sort.

After wins over England and Pakistan, it is testament to the growth of this Afghanistan team that

Monday's match against another World Cup-winning nation was considered a 50-50 game.

Spin bowling has always been, and remains, Afghanistan's biggest strength. The difference now is that it is not the only string to their bow.

Mujeeb Ur Rahman took 2-38 and Rashid Khan, playing his 100th one-day international, picked up 1-50.

Long gone are the days where if that duo weren't at the top of their game, Afghanistan were in trouble.

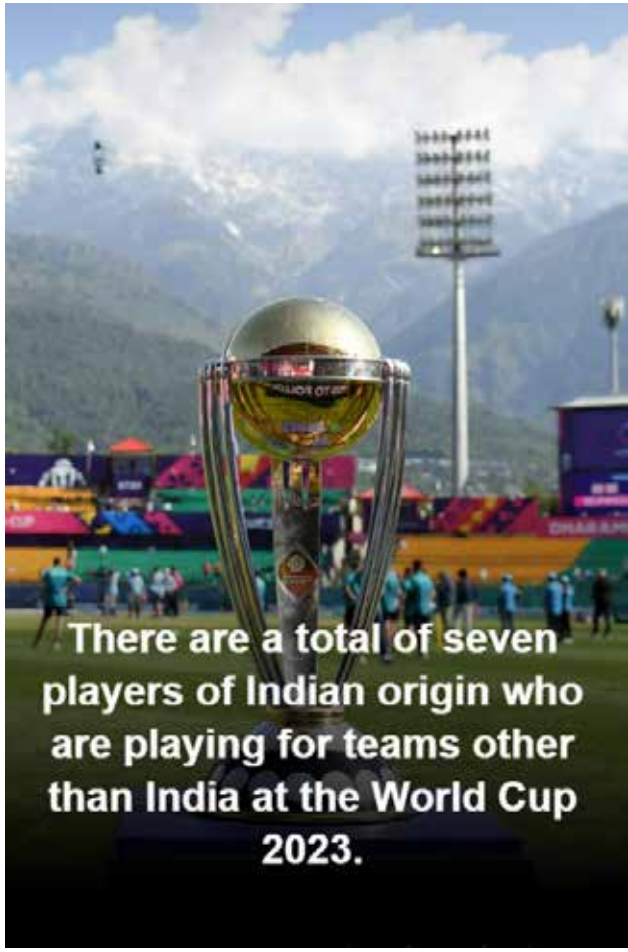
Farooqi is perhaps the pick of an emerging group of Afghanistan seamers capable of impacting games at the highest level and, at only 23, there is plenty of scope for improvement.

With the bat, they were robbed of a fast start by the early wicket of Gurbaz but, as they showed against Pakistan, this is a batting line-up more than capable of negotiating their way through a potentially tricky chase.

Rahmat batted with real class for his half-century, Hashmatullah kept his composure throughout while Amzatullah came in and provided just the sort of controlled aggression his side needed.

The semi-finals may prove to be beyond them but anyone who still considers Afghanistan minnows of the world game has not been paying attention.





**WORLD CUP CRAZE ON FIRE**

## Bishan Singh Bedi: Indian cricket legend dies

Indian cricket legend Bishan Singh Bedi has died aged 77 after a prolonged illness.

He was battling age-related illnesses and had undergone a few surgeries in recent years.

Bedi, regarded as one of the world's finest ever spin bowlers, captained India in 22 of his 67 Tests and took 266 wickets.

He made his debut against West Indies in 1966 and played his last Test against England at The Oval in 1979.

Bedi also played English county cricket for Northamptonshire and finished his career with 1,560 first-class wickets, the highest by any Indian bowler.

Bedi was an integral part of a famed quartet of India's world-beating spin bowlers in the 1960s and 70s, which included Erapalli Prasanna, Bhagwat Chandrasekhar and Srinivas Venkataraghavan. In 2021, Bedi was picked by readers for a place in BBC Sport's all-time India Test XI.

Born in Amritsar in India's Punjab state, Bedi began playing cricket at school. When he turned 20, he became the 113th cricketer to represent India in Tests.

Over a 12-year career his best bowling performance came in 1969 when he picked up seven wickets for 98 runs against Australia in Kolkata (then known as Calcutta), a Test match that India lost.

In his trademark pink or bright blue turban, Bedi was a spin bowling purist's dream. With a languid run-up and a fluid action, bowling came naturally to him. Cricket writer H Natarajan described the left arm spinner as "stealthy, silent and deadly, a master of deception who conjured variations in flight, loop, spin and pace without any perceptible change in action".

"Bedi flighted the ball higher than any bowler in international cricket; if he could challenge quick-footed batsmen thus, it was only because his command was so complete that he would make the ball descend far quicker than it went up," wrote Ramachandra Guha, a historian and author of *A Corner of a Foreign Field*, a book on Indian cricket.

Former India wicketkeeper Syed Kirmani, who played 88 Tests for India, once said Bedi had so much variation that he could "bowl six different deliveries in an over".

West Indies legend Sir Garry Sobers, one of the greatest all-rounders ever to play cricket, said Bedi "took the weight off the ball nicely". Mike Brearley, one of England's greatest captains, called his bowling "beautiful".



And Australia great Sir Donald Bradman, widely regarded as the game's best batter of all time, felt that "Bedi was a real study for the connoisseur and amongst the finest bowlers of his type".

Bedi was also a rare outspoken cricketer, often getting embroiled in controversies.

In 1976, he declared India's second innings at 97-5 against Clive Lloyd's West Indies at Kingston, Jamaica, in protest against intimidatory bowling by the hosts.

Three India batters were out of the game after being hit by West Indian quick bowlers, and Bedi said it was not a declaration because there were no fit players to come out and bat. West Indies won the game by 10 wickets.

In 1977, he accused England left-arm fast bowler John Lever of using Vaseline to swing the ball during a tour of India. The next year, he forfeited a match against Pakistan, alleging partisan umpiring.

'Bedi flighted the ball higher than any bowler in international cricket'

In 1990, as the national coach, he threatened to dump the India team in the sea after they lost a match against Australia. In 2002, he launched a stunning attack on Sri Lanka's spin legend Muttiah Muralitharan, accusing him of throwing.

"If Murali doesn't chuck, then show me how to bowl," Bedi said in an interview published in *Wisden Cricket Asia*.

Back in 1978, he refused a lucrative contract from Kerry Packer to play World Series Cricket, a rebel tournament in Australia, later recounting that Packer's agent had approached him three times with substantial offers.

Decades later, he upbraided player auctions in

the Indian Premier League, saying that he "just did not like players being treated like horses being sold to the highest bidder".

At home, Bedi never pulled his punches while criticising cricket board officials.

He asked for his name to be taken off from a stand at the main cricket stadium in Delhi in protest against the statue of a dead politician belonging to the ruling BJP being installed. He once appeared on a TV programme without permission and sought higher match fees for his team. "If speaking one's mind is a crime, then I am guilty several times over," he said once.

Bedi was an intensely social person and a flamboyant personality. His daughter remembered a "home full of free-flowing alcohol, food and an insurmountable amount of loud laughter". He loved dogs and brought various breeds from kennel clubs home from his stints in the UK.

Bedi was an outspoken sportsman and often courted controversy. The "sardar of spin" - as he was popularly called in India - had an infectious sense of humour.

In England, he once picked up two dogs from a kennel, named them Charles and Diana and took them to India. At the London airport, an official asked him, "Are you taking the mickey out of our royalty?". A deadpan Bedi replied: "No! I am taking the royalty with me."

The wisecrack summed up Bedi in many ways: an irreverent personality, and a rebel of sorts. And of course, one of the greatest cricketers of all time.

BBC

## Prominent US figures face backlash and firings for pro-Palestinian statements

Gloria Oladipo in New York

A rising number of prominent US figures have faced discipline over controversial public comments they have made about the Palestinian cause, as attacks by Israel on Gaza after the 7 October massacre of Israelis by Hamas fighters intensified.

David Velasco, the editor in chief of Artforum magazine, was reportedly fired after the magazine published an open letter in response to the war.

Celebrated US photographer Nan Goldin and other artists have said they will no longer work with Artforum after the magazine's termination of Velasco, the New York Times reported.

"I have never lived through a more chilling period," Goldin, who is Jewish and had signed the open letter, said to the Times. "People are being blacklisted. People are losing their jobs."

At least four editors have resigned in response to Velasco's dismissal, the Times reported.

Zack Hatfield, a former senior editor for the magazine, announced online that he had left Artforum and called Velasco's firing "unacceptable".

"David Velasco's firing is unacceptable and bodes ominously for the future of the magazine," Hatfield wrote on X, formerly known as Twitter.

On 19 October, the top art magazine posted a letter entitled: "An open letter from the art community to cultural organizations". The letter, signed by thousands of artists and cultural workers including Goldin, called for an immediate ceasefire, humanitarian aid into Gaza and broader Palestinian liberation.

"We support Palestinian liberation and call for an end to the killing and harming of all civilians, an immediate ceasefire, the passage of humanitarian aid into Gaza, and the end of the complicity of our governing bodies in grave human rights violations and war crimes," the letter read, in part.

Velasco was fired shortly after the letter's publication. He had served as Artforum's editor-in-chief for six years.

"I have no regrets," Velasco said in an email to the New York Times. "I'm disappointed that a magazine that has always stood for freedom of speech and the voices of artists has bent to outside pressure."

In addition to Velasco, another prominent editor was fired after making a Twitter post about Gaza.

Michael Eisen was removed as editor-in-chief of eLife, an academic science journal, Eisen confirmed in a post to X.

"I have been informed that I am being replaced as the Editor in Chief of [eLife] for retweeting a piece [from satirical US website the Onion] that calls out indifference to the lives of Palestinian civilians," Eisen wrote.

Eisen's dismissal was confirmed in a 24 October statement from eLife and its board.

Eisen was fired after retweeting an article from the Onion entitled: "Dying Gazans Criticized for Not Using Last Words to Condemn Hamas".

Eisen, who is Jewish and has family from Israel, praised the Onion as having "more courage, insight and moral clarity" than the "leaders of every academic institution put together".

An open letter to eLife and its board, which criticized Eisen's dismissal, has circulated and garnered nearly 2,000 signatures.

A top executive at the talent agency Creative Arts Agency (CAA) has also faced backlash and is stepping back from leadership roles after reposting an Instagram story on Israel's treatment of Palestinians.

Maha Dakhil, a co-head of the motion picture department with CAA, has stepped down from the agency's internal board and will be stepping back from her position at the agency, the Los Angeles Times reported.

Dakhil will still work with her top roster of clients, which includes actress Anne Hathaway, director Ava DuVernay and others, the LA Times reported.

But screenwriter Aaron Sorkin has dropped Dakhil, who served as a long-time agent for the writer of The Social Network, and left CAA over the remarks, Variety reported.

"Maha isn't an antisemite, she's just wrong. She's a great agent and I'm very proud of the work we did together over the last six years. I'm excited to be returning to WME [William Morris Agency-Endeavor]," Sorkin said in a statement to Variety.

The Guardian could not reach CAA or Dakhil directly for further details on Dakhil's tenure.

The latest row comes after Dakhil reposted an image on Instagram that read, in part: "You're currently learning who supports genocide".

Dakhil added the caption: "That's the line for me." She then posted a second image, which read: "What's more heartbreaking than witness-



ing genocide? Witnessing the denial that genocide is happening."

Dakhil has since deleted both images and made a public apology.

"I made a mistake with a repost in my Instagram story, which used hurtful language. Like so many of us, I have been reeling with heartbreak. I pride myself on being on the side of humanity and peace," Dakhil said in a statement to Variety.

"I'm so grateful to Jewish friends and colleagues who pointed out the implications and further educated me. I immediately took the repost down. I'm sorry for the pain I have caused," she said.

### US says Israel must protect Gaza civilians as calls for aid grow

Israel must protect innocent Gaza residents by distinguishing between Hamas militants and civilians, the White House warned Sunday, as world leaders stepped up calls for desperately needed humanitarian aid to reach the war-torn Palestinian territory.

Israel has intensified its air and ground operations against Hamas in Gaza following a bloody attack by the Palestinian militant group more than three weeks ago that Israeli authorities say killed at least 1,400 people, mostly civilians. Since the October 7 attack, more than 8,000 Palestinians have been killed by Israel's relentless retaliatory bombardments, half of them children, says the health ministry in the Hamas-run Gaza Strip. The United Nations warned Sunday that "civil order" was starting to collapse in Gaza after thousands of people ransacked its food warehouses there, taking wheat, flour and other supplies.

The bloodshed saw the Biden administration warn Israel on Sunday that it must protect civilian lives.

Allahka Fazal  
 Muhammad Imran Tahir  
 Mohamed G Lata  
 Ash Deiri-Terek Kadowr  
 DjRoy Roy  
 Ayman Jaber / Said Motawea  
 Stephen S Adkins  
 Shy Khan  
 Kamran Khan  
 Rachana S  
 Jiaa Jabbar  
 Vikash Rungta  
 Parvathi Gangireddy/Shanker  
 Mareddy  
 Shaihla Umar / Alim Akhtar /  
 Rameez Kaukab  
 Zameer Mohammed  
 Manuel Tilca  
 Mohd Tabrase / Sanjay Rao /  
 Mir Amjed Ali

Bobby Panuganti/ Seema Ti-  
 wari/Anil Savarapu  
 Manoj Kumar Govindan  
 Maruf Alam Show  
 Ganesh Kar/Tijendra Kumar  
 Hitesh Gandhi  
 Narayan Mahajan  
 Mubashir Faruqi / Samad Rafe  
 / Zameer Mohammed  
 Deepak Kaithakkapuzha  
 Javaria Jabeen  
 Anjali Desai/Bhavini Sreeniv-  
 asan/Megha Vyas  
 Ali Siraj/Kamran Siddiqui  
 Moe Khdir  
 Shaw Memmon  
 Sadia Khan/Kami Jee  
 Nazia Khan/ Sajjad Fecto  
 Prince Patel  
 danyal Khan / Umar Khalid/  
 Zeshan Ahmed  
 Sohni Rahim/Awais Iqbal/Ma-  
 jid Khan  
 DB Dulhania Shy Khan  
 Deeja Isaac / Prabhot Gill /  
 Sunny Chopra  
 Nirav Ghunchala- Navpreet  
 Kaur kang  
 Nimish Pathak/Vinod Kali  
 Shazia Saleem  
 Shradha Balakrishna/Zeshan  
 Hussein/Kavita, Sreedhar  
 Shy Khan  
 Qusai Rasheed

Rizwan Elahi- Soaib Ummar-  
 Israr Ahmad  
 RIZWAN Elahi  
 Kashmir Virk/Jasbir S Sethi  
 Mohamoud Egal  
 Mohsin Choudhry / Sana Ch  
 Shakir Bhai  
 Pervaiz Bhatti / Uzma Sabir /  
 Fatimah Hoque  
 Idrees Hadi  
 Rosy Dodd  
 Farhath Hussain  
 Jacob Thomas  
 Sangeeta Malik  
 Imrana Begg/Raza Bagg/ Aye-  
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 Sami Khan  
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 Altaf Bukhari / Faisal Saiyed  
 Anwer Nawaab/Mohammed  
 Imran Ali/Taher Bin Jaffar  
 Mamta Sahta-vick Sahota  
 Rafia Omair/Rizzi Butt/Omair  
 Hashmi  
 Imran Ali  
 Sajid Siddiqui / Zeba Salman  
 Raj Mehta/ Nigam Mehta  
 Manjeet Singh  
 Indian Community San Diago  
 Bibhasha Ojha-Rohan Raj  
 Seema Garg  
 Kalpesh Soni  
 Nishu Vasireddy/ Venu Red-  
 dyManyam/Kishore Ramaraju

Nisse Packianathan Jaya Ku-  
 mar/Victor Samuel Nathan  
 Jagdeep Nayyar  
 Sanjeev Saini  
 Sunny Singh  
 Rani Goldy Singh  
 Noman Sadiq-Vikrant Kumar

Anup Puthenvedu  
 Preeti Malik Arora / Yogshri  
 Jetan Arora  
 Prasad Royal / Ramadevi Arza  
 Shahid Amin  
 Krishna Puttaparthi-Anu  
 benakatti  
 Mohin uddin Mohammad  
 Shiby Roy/Ginsmon Zacharia/  
 Anil, Mathew  
 Sailaja Mantripragada-swapna

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Omer  
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**Indian Americans condemn ongoing Israeli war crimes against Palestinians**



Washington, DC (October 16)  
 —The Indian American Muslim Council (IAMC), the largest advocacy organization representing diaspora Indian Muslims in the United States, has condemned in strongest terms the ongoing siege and relentless bombing campaign carried out by the Israeli occupation and apartheid regime in Gaza. This campaign not only constitutes war crimes and a clear violation of international law but also raises alarming concerns about potential genocidal intent.

The humanitarian crisis unfolding in Gaza, with the loss of countless innocent Palestinian lives, including women and children, is a grave injustice. The targeting of civilians and crucial infrastructure, such as hospitals and residential areas, blatantly disregards international conventions that protect the rights and lives of civilians.

According to Reuters, the death toll in the Gaza Strip and the West Bank has reached 2,740 dead and over 10,000 injured as of October 16. Human Rights Watch confirmed that Israel is using white phosphorus on civilians in Gaza, while the United Nations Office of the High Commissioner for Human Rights (UNHCR) has said that Palestinians are in “grave danger of mass ethnic cleansing.”

It is essential that the American and the international community heed the concerns of these human rights experts and act promptly to prevent further bloodshed.

IAMC stands in solidarity with the people of Palestine and calls for an end to the Israeli occupation and the ongoing killings in Gaza.

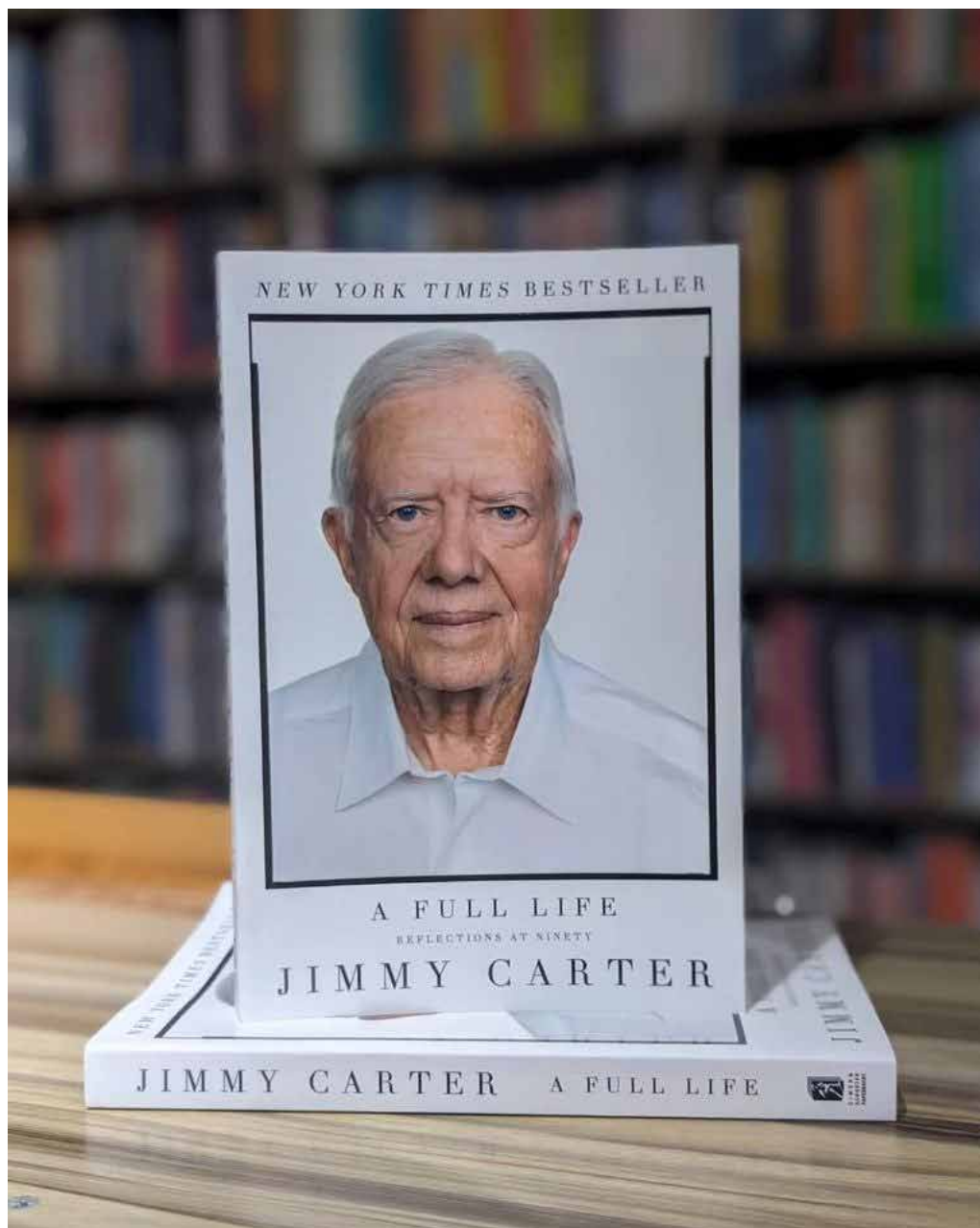


Dr Adil Haider, has been awarded the Distinguished Alumnus Award by his alma mater Johns Hopkins University, for his work in trauma disparities research and his leadership in the immediate aftermath of the devastating floods in Pakistan.

**15 lessons from A Full Life: Reflections at Ninety by Jimmy Carter:**

1. Value your family and friends. They are the most important people in your life.
2. Be humble and compassionate. Treat everyone with respect, regardless of their social status or background.
3. Work hard and be persistent. Don't be afraid to set ambitious goals and work hard to achieve them.
4. Be honest and ethical. Always do the right thing, even when it's difficult.
5. Give back to your community. Use your time and resources to help others.
6. Be grateful for what you have. Don't take your blessings for granted.
7. Don't be afraid to fail. Failure is a part of life. Learn from your mistakes and move on.
8. Be forgiving. Forgive yourself and others for their mistakes.
9. Live in the present moment. Don't dwell on the past or worry about the future.
10. Enjoy life. Find things that you're passionate about and make time for them.
11. Be open to new experiences. Try new things and step outside of your comfort zone.
12. Be curious. Ask questions and learn from others.
13. Be courageous. Stand up for what you believe in, even when it's unpopular.
14. Be hopeful. Believe in a better future for yourself and for the world.
15. Make a difference in the world. Use your talents and abilities to make a positive impact on the world around you.

Carter's book is a reflection on a long and well-lived life. He shares his wisdom and insights on a variety of topics, including faith, family, politics, and service. His lessons are universal and can be applied by people of all ages and backgrounds. I hope these lessons inspire you to live a full and meaningful life.  
 BOOK: <https://amzn.to/45dAHPE>



# Mohamed Muizzu: The Maldives' new president wants India out

Anbarasan Ethirajan - BBC News

"We don't want any foreign military boots on Maldivian soil... I promised this to the people of the Maldives and I will live up to my promise from day one."

Dr Mohamed Muizzu, who won the Maldives presidential election last month, is wasting no time in asking India to get its troops out of the country.

The president-elect, who is due to be sworn in later in November, told the BBC in an exclusive interview that he met the Indian ambassador a few days after his victory and "told him very clearly that every single Indian military personnel here should be removed".

The Maldives has long been under India's sphere of influence and Mr Muizzu's demand is likely to trigger diplomatic tensions between Malé and Delhi.

In fact, when Mr Muizzu won the Maldives presidential poll, that was seen as a setback for India - especially as his opponent, the incumbent Ibrahim Mohamed Solih - had drawn his country closer to Delhi since taking over in 2018.

The alliance backing Mr Muizzu portrayed this relationship - strengthened by Mr Solih's India-first policy - as a threat to the Maldives' sovereignty and security.

Mr Muizzu's alliance favours closer ties with China, which has invested hundreds of millions of dollars in the Maldives in the form of loans and grants for infrastructure and development projects.

But India, which wants a foothold in the strategically located islands to monitor a key part of the Indian Ocean, has also provided about \$2bn in development assistance to the country.

If its troops are forced to leave, it will be a blow for Delhi.

Maldives' President-elect of the Maldives' Mohamed Muizzu (C) attends a gathering of his People's National Congress (PNC) party in Male on 2 October 2023.

Mr Muizzu's (C) victory was seen as a setback for India

But a furor over "gifts" that Delhi gave the Maldives - two helicopters received in 2010 and 2013 and a small aircraft in 2020 - has given the "India out" campaign a huge boost.

Delhi said the craft were to be used for search and rescue missions and medical evacuations.

But in 2021, the Maldivian defence force said about 75 Indian military personnel were based in the country to operate and maintain the Indian aircrafts. This fuelled suspicion and anger as many felt the reconnaissance aircraft were being used as an excuse to put Indian boots on the ground.

Mr Muizzu also says that the presence of these troops could put the Maldives at risk - especially as tensions between India and China escalate along their Himalayan border.



"Maldives is too small to get entangled with this global power struggle. We will not get entangled into this," he said.

Speaking to the BBC before the presidential poll, the outgoing president Mr Solih said fears about the presence of Indian troops were exaggerated.

"There are no militarily active overseas personnel stationed in the Maldives. Indian personnel currently present in the country are under the operational command of the Maldives National Defence Force," he said.

But it's not just the aircraft. Mr Muizzu said he wanted to review all the agreements the Maldives has signed with India in recent years.

"We don't know what's in there. Even in Parliament, some of the MPs during the debates said that they didn't know what's in there. I am sure we will find it out," he said.

Soon after his victory, observers noted that the Chinese ambassador in Malé was quick to congratulate Mr Muizzu.

Chinese President Xi Jinping also weighed in, saying he attached "great importance to the development of bilateral relations and stands ready to work with President-elect Muizzu to carry forward the traditional friendship, deepen practical cooperation".

Mr Muizzu has also spoken highly of Chinese infrastructure projects in the Maldives, saying the investments had transformed Malé city and brought benefits to its residents.

However, he has denied being a "pro-China" candidate as opposed to the "pro-India" Mr Solih.

"I am a pro-Maldives person. For me, Maldives comes first, our independence comes first" he said. "I am not pro or against any country."

Despite this, however, his opposition alliance in-

cludes the party of former president Abdulla Yameen who was instrumental in moving the Maldives closer to China.

When India and Western lenders were not willing to offer loans to Yameen's administration due to allegations of human rights violations, Yameen - who is currently serving a 11-year prison sentence for corruption - turned to Beijing who offered him the money without any conditions.

He then joined President Xi's Belt and Road Initiative - which aims to build road, rail and sea links between China and the rest of the world.

Belt and Road: Is China's trillion-dollar gamble worth it?

China debt dogs Maldives' 'bridge to prosperity'

The election with India and China on the ballot

Mr Muizzu was seen as a proxy of Yameen - who was barred from contesting the election.

Soon after he won the election Mr Muizzu asked the current administration to move Yameen from a high-security prison to house arrest in the capital Male.

But given Yameen's uneasy and tense relationship with Delhi, it could well be a struggle for Mr Muizzu's new alliance to balance ties with India.

Mr Muizzu sounds keen to emerge out of the shadows of Yameen and is all set to charter a new path both domestically and in the country's foreign affairs.

Given his decisive victory he may not face much resistance internally, at least in the initial stages.

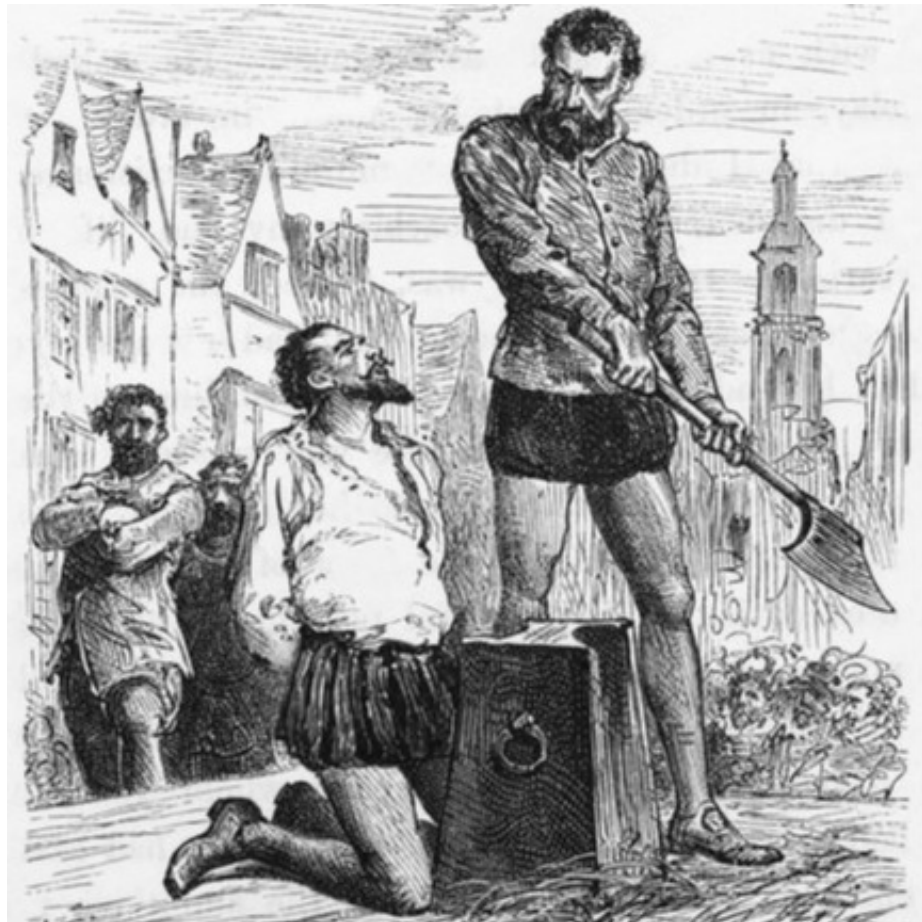
He sounds determined to take the Maldives out of India's orbit but convincing Delhi to withdraw its troops may be his first big challenge.



# HISTORY BITES

On 29 October 1618, explorer and adventurer Sir Walter Raleigh was beheaded at the Palace of Westminster, on the orders of King James I. Accused of deliberately inciting war between England and Spain during one of his expeditions, on the day of his execution he was reported to have been suffering from from ague, or fever.

He was allowed to examine the executioner's axe, musing: "This is a sharp Medicine, but it is a Physician for all diseases and miseries". His last words were later uttered to the hesitant executioner: "What dost thou fear? Strike, man, strike!"



On 25 October 1415, a small and exhausted army led by English king Henry V won an unexpected victory against the French at the Battle of Agincourt.

Agincourt is often remembered for the presence of the English long-bow on the battlefield, with the English and Welsh archers comprising nearly 80% of Henry's army. A vicious melee would decide the eventual outcome however, with Henry himself in the thick of the fighting. He survived, and in 1420 was crowned heir to the French throne.



ENGLISH KING HENRY V  
SECURED VICTORY AT THE  
BATTLE OF AGINCOURT  
25 OCTOBER 1415

The Adrian Wall (Latin: Vallum Aelium) is an ancient defensive fortification of the Roman province of Britain started in 122 during the reign of Emperor Adrian. It stretched from the banks of the River Tyne, near the North Sea, to the Solway Fjord, in the Irish Sea, and allowed the Roman Empire to project its power northward, onto the lands of the ancient British, including the Picts.

It had a base and a stone wall, complemented by millennial castles, with two towers between each, and a fort every five Roman miles approximately. From north to south, the wall included a pit, a wall, a military track and a vallum, another pit with adjacent mounds. The castles are believed to have static garlands, while the forts housed infantry and cavalry troops. In addition to the military defensive function of the wall, its doors could have been placed on customs.

An important part of the Wall is still standing and can be walked along the adjacent Hadrian's Wall Path. It is the largest Roman archaeological site in Great Britain and covers a total of 117.5 kilometres in the north of England. Considered a British cultural icon, the Hadrian Wall is one of Britain's major tourist attractions. It was designated a UNESCO World Heritage Site in 1987. In comparison, the Antonine Wall, which some believe is inspired by Adrian's (Gillam's hypoth-

esis), was not declared a World Heritage Site until 2008.

Hadrian's Wall marked the border between Roman Britain and unconquered Caledonia to the north. The wall is entirely inside England and never formed the Anglo-Scottish border. Although it is less than a kilometre south of the border with Scotland in the west, at Bowness-on-Solway in the east, at Wallsend, it is 109 km.



# recipes

## Masala chai

By Anna Glover

### Ingredients

200ml-250ml milk (dairy or other)  
1-2 tbsp sugar or syrup, like stevia, maple syrup, to taste  
For the infusion  
3 green cardamom pods, bashed and husks removed  
½ cinnamon stick  
2 cloves  
3 black peppercorns  
½ tsp ground ginger  
2 tsp loose leaf black tea leaves, such as Assam



### Method

#### STEP 1

For the infusion, put the cardamom seeds in a pestle and mortar, along with the cinnamon, cloves and peppercorns, and bash to release the oils – you don't want to make a powder. Tip into a pan and stir in the ginger and black tea leaves.

#### STEP 2

Pour in 400ml water and bring to a very gentle simmer over a low heat, to allow the tea to infuse before it starts to boil. Stir in the milk and sugar or syrup to taste, and remove from the heat. Leave to infuse for 2 mins before straining into mugs.

## Easy pilau rice

By Barney Desmazery

### Ingredients

300g basmati rice  
30g butter or 2 tbsp sunflower oil  
1 large onion, chopped  
1 cinnamon stick  
1 tsp cumin seeds  
6 cardamom pods, bashed  
4 cloves  
2 bay leaves  
½ tsp ground coriander  
½ tsp ground turmeric  
500ml vegetable stock or water

### Method

#### STEP 1

If you have time, tip the rice into a large bowl and soak in cold water for 30 mins. Rinse in cold running water, then drain well, rinse and drain again. Repeat until the water is only slightly cloudy, then leave the rice in a sieve set over the sink to drain completely.

#### STEP 2

Heat the butter or oil in a lidded pan over a medium heat and gently fry the onion with a large pinch of salt, stirring occasionally for 10 mins until soft and golden. Stir in the whole spices and the bay and

cook for 2 mins more. Add the ground coriander and turmeric, and cook for 1 min more. Gently stir in the drained rice to coat it in the onion mixture, then pour over the stock or water and stir well.

#### STEP 3

Cover the pan with the lid and turn up the heat. Once hot, remove the lid, stir the rice, cover again and reduce the heat to low. Cook for 2 mins, then turn the heat off completely and leave to stand for 10 mins without removing the lid. Uncover, stir well, then cover again and leave to stand for a final 5 mins. Fluff up with a fork before serving.



## Chicken 65

By Rinku Dutt

### Ingredients

1½ tsp cumin seeds  
750g skinless and boneless chicken thighs  
120g Greek-style yogurt  
2 tbsp lime juice  
2 tbsp grated ginger  
5 large garlic cloves, finely grated  
1 tbsp finely chopped curry leaves  
1 tbsp finely chopped coriander leaves  
1½ tbsp deggi mirch spice blend  
1 tsp amchoor powder (dried green mango powder, optional)  
½ tsp sugar  
3 tbsp rapeseed oil  
1 tbsp tomato ketchup  
3 tbsp rice flour  
vegetable oil, for deep-frying  
3 green chillies, slit lengthwise  
1 tbsp finely chopped garlic  
generous handful of whole curry leaves  
lime wedges, to serve



### Method

#### STEP 1

Dry-toast the cumin seeds in a small frying pan over a medium heat. Cool then put in a coffee or spice grinder and grind into a fine powder. Set aside. Cut the chicken thighs into quarters and combine in a mixing bowl with the yogurt, lime juice and 1½ tsp salt. Mix well. Mix in the grated ginger, garlic, 1 tsp ground black pepper, chopped curry leaves, chopped coriander, deggi mirch, amchoor powder (if using), sugar, 1 tbsp of the rapeseed oil and tomato ketchup. Mix well to ensure all the chicken pieces are thoroughly coated. Cover the bowl with and keep chilled for 3 hrs.

#### STEP 2

Remove the chicken from the fridge and leave for 30 mins. Stir in the rice flour and the roasted cumin powder mixture from step 1, and stir well.

#### STEP 3

Fill a large pan three-quarters full with oil and heat to 180C or until the batter sizzles when a little is dropped in. Take each piece of chicken individually and gently slide into the pan. Take care not to cook too many pieces in one go. The pieces should be bubbling when in the oil. Allow to cook for 3-4 mins, then carefully remove with a slotted spoon and drain on a plate lined with kitchen paper. Repeat for all the chicken pieces and set aside.

#### STEP 4

Put the remaining 2 tbsp rapeseed oil in a wok or karai and heat over a medium-high heat. Add the slit chillies, chopped garlic and curry leaves. Take care as the ingredients may pop. Cook for 1 min, then add the fried chicken and gently toss. Stir well for another minute to coat the chicken. Remove from the heat and serve with lime wedges on the side.

## 8 Touristy Places Still Worth Visiting

Some people actively avoid touristy places when they travel. We get it. Still, there are some touristy spots worth visiting, regardless of how many people will be there when you arrive. Here are eight of them.

The Eiffel Tower, Paris, France

France's most iconic landmark attracts some 7 million people annually. Since its inauguration in 1889, it's said that roughly 300 million people have come to see the famous tower. While it's certainly a "touristy" place to go in Paris, it's a total must-see.

Get creative with how you view the tower. There



are plenty of alternative viewing platforms that don't require a ticket purchase. The Place du Trocadero or some of the nearby bridges offer incredible views. There are also Seine River cruises for an added dash of romanticism.

Angkor Wat, Siem Reap, Cambodia

Cambodia's biggest tourist attraction and the UNESCO World Heritage Site that put Siem Reap on the map hosted around 2.5 million visitors in 2017. Ticket prices to the 12th-century Hindu-turned-Buddhist temple complex also



experienced a 72% price spike. A day pass is now \$37 for foreigners (up from \$20 in 2016). Some folks at the Cambodian National Tourism Alliance feared the price increase would deter visitors, but people are still showing up in droves. Despite the price and the sea of people, we'd still highly recommend checking out Angkor Wat. Dominating roughly 400 acres, it is one



of the largest religious monuments in the world and a stunning sight to behold.

Halong Bay, Quang Ninh Province, Vietnam  
Hauntingly beautiful albeit overrun with tourists, Halong Bay is the jewel of northern Viet-

nam. Take a cruise along the emerald seascape,



kayak through an endless maze of limestone karsts and swim in temperate waters. You'll instantly understand why nearly 3 million tourists flocked to this breathtaking UNESCO Site in 2016

Colosseum, Rome, Italy

The Colosseum is one of the first places that come to mind when you think of Italy, making it an early stop for many visitors to Rome. Honestly, how could you go to Rome and not see the



Colosseum? It just isn't right. The largest amphitheater built during the Roman Empire is visited by 6 million people every year. So yes, there will be crowds. But no, you won't regret going once you step inside and look up at the structure around you

Ephesus, Selcuk, Turkey

The expansive grounds of Ephesus welcome a parade of tour buses every day, and it's easy to see why. The UNESCO World Heritage Site is one of the best-preserved ancient cities in the



world. It boasts stunning samples from the Roman imperial period like the Grand Theater and the mesmerizing Library of Celsus. At least half a day is needed to fully explore the sprawling area, but it's worth it for such a vivid step back in time.

<sup>1</sup> Sagrada Familia, Barcelona, Spain

Nobody's architectural style was more unique than Antoni Gaudi's. The famous Spanish architect has many claims to fame, but perhaps the most well-known and most-visited is the Sagrada Familia in Barcelona.

The famous cathedral is best compared to a humongous drip castle fit for Dracula, spruced up with some abstract stained glass paneling. And after 127 years, it still isn't complete. While it's pretty much impossible to get a shot of the building without some construction equipment bombing your photo, it still prevails as a top attraction in Barcelona.

Grand Palace, Bangkok, Thailand

On any given day, you'll find hordes of sweaty people braving the insane, mid-day Southeast Asian heat to wander the grounds of the Royal Palace. From the outside, you may shake your head — why would you torture yourself? But once inside, you'll find it's well worth the fight.

The elaborate carvings and teak woodwork are beyond impressive and the vibrant colors are nothing short of inspiring. The palace grounds also hold some special little extras like Wat Phra Kaew, which houses the revered Emerald Buddha.

The Great Pyramids of Giza, Egypt  
The pyramids are surrounded on three sides by the bustling city of Giza. There's also a Pizza Hut just a few hundred meters away. But don't let that stop you from going. As one of the Seven Wonders of the Ancient World, these pyramids continue to mystify scientists in terms of how they were constructed. The Great Pyramid reaches almost 500 feet high and is composed of stones weighing up to 60 to



## Coalition of War Criminals, Relentless War Crimes in Gaza and Changing Geopolitics in the Middle East

Dr. Firoz Mahboob Kamal

The green signal to Israel

The Gaza Strip now stands as a showcase of the Israeli war crimes. People can see that on the TV screen. Anybody with an iota of morality and humanity will condemn such barbaric acts of brutality. But the US leaders failed to do so. President Joe Biden proved totally blind to see those worst war crimes. The US Secretary of State Mr Antony Blinken left Tel Aviv on 12/10/2023. On 13/10/2023, the US Secretary of Defence General ( rtd) Lloyd Austin arrived. Like Blinken, Mr Austin too, at his first moments of the arrival, paid deep condolences for the Israeli deaths, but no mention of the Palestinian deaths. As if Palestinians are not human and their deaths do not deserve any mention and sympathy. These US leaders also proved blind to see the Israeli war crimes in Gaza. Such blindness doesn't owe to their physical blindness but to moral death. Only proven war criminals can support and become complicit in such war crimes.

Like the Israeli Zionists, the USA and the European colonialists cum imperialists are well-known for their ugly war crimes like occupational wars, genocides, ethnic cleansings, forced displacement of people, enslavement of the weak and destruction of people's homes in colonies in Asia, Africa and Latin America. The Red Indians in the USA, the Aborigines in Australia and the Maoris in New Zealand were almost cleansed by these known war criminals. Israel is now committing all those heinous crimes in Palestine in its ugliest form -especially in Gaza. The US-led western leaders now stand united with their ideological cousins to give green signal to continue war crimes in Gaza. The USA and the UK are sending urgent military enforcement to Israel. They argue for Israel's self-defence but stay silent on the survival rights and freedom of the Palestinians. They demand the release of Israeli captives held by Hamas, but look deaf and dumb on the release of thousands of Palestinians in Israeli jails. They also keep silent on relentless Israeli bombardment on Gaza's defenceless people -let alone demanding the end of war crimes.

Israel claims that their action against Hamas is defensive. But when the residential homes of innocent civilians are destroyed and unarmed men, women and children are killed, then the war doesn't remain defensive. Bombing homes, hospitals and mosques is not a feature of defensive war either. Relentless bombardment on lame-duck like people of Gaza from the air, from the land and from the sea is pure evil and the worst war crime. But the key stakeholders of the UN like the USA, the UK, France fail to show any sense and morality to condemn it. They are concerned only with Israel's security. They condemn Hamas, but condone Israel's war crimes. On 13/10/2023, the UN Secretary General Mr. Antonio Guterres in his press conference didn't even ask Israel to stop the ongoing bombardment. It is very shameful that stopping the cleansing operation of Palestinians from Gaza didn't appear in his speech either.

Israeli atrocities are not limited to Gaza. On 13/10/2023, 14 Palestinians were killed in the West Bank for protesting against the Israeli bombardment in Gaza. Human Rights organisations like Human Watch have reported that Israel is using toxic chemicals like white phosphorus against Palestinians. This is a gross violation of international law. But such a law has no place in the Israeli code of conduct. Since Israel doesn't face any accountability anywhere in the world, it doesn't face any prohibition in its horrendous war crimes. The UN plays its role only as a silent watcher. And the US proves its complicity by supporting Israel.

The second nakba

The Palestinians now face another nakba (the great catastrophe). Nakba is the forceful extermination of Palestinians from their ancestral homes. The first nakba took place in 1948 to cleanse Palestinians from their land. In the first nakba, about 500 villages were destroyed and more than 600, 000 Palestinians were driven out of Pal-

estine. Thus, empty spaces were created for the imported Jews from abroad. In this second phase of nakba, the Palestinians are now being driven out of Gaza. Most of the residents of Gaza are refugees from the main land of Palestine. Now they are going to be refugees again in the desert of Sinai to make an Egyptian problem.

Israel plans to accomplish the cleansing operation in Gaza in two phases. In its first phase, Israel asked 1.2 million people of Gaza city and northern part of the Gaza Strip to vacate their homes in 24 hours. It is a gross violation of human rights. A foreign country can't ask people from another country to leave their homes. It is grotesque terrorism. It is indeed the core ideology of Israel since the days of its creation. When Israel takes control of northern Gaza, the second phase of cleansing will start to drive out the rest of the population from Gaza. When the cleansing is complete, the full annexation of Gaza will start. The same methodology was applied to annex Golan heights and East Jerusalem.

Israel: a textbook case of state-terrorism

It is not difficult to understand the meaning of terrorism. As per a standard dictionary, terrorism is the use of force for a political end. Such terrorism has been used by Israel since the day one of its creation in 1948. In fact, Israel is the textbook case of state-terrorism. Israel deployed ugly tactics of terrorism like bulldozing the homes of Palestinians to build residential blocks in the captured lands for the imported Jews from Europe, Russia, the USA and the Middle East. The terrorist gangs of the Zionists like Hagana killed innocent Palestians to terrorise the whole indigenous population. The peaceful stay in Palestine was made deliberately impossible for them. Thus, Israel is built on terrorism. Now, it survives by it and pursues to expand by it. Since imperialism is itself a form of worst international terrorism, Israeli terrorism is supported by the classical modern imperialists like the US, the UK, France and other former colonial powers.

The western leaders' moral death

In all societies, most people are innocent. They are not involved in punishable crimes. Hence, collective punishment is the worst form of war crimes. It is against morality, humanity and basic human rights. No state has the right to punish innocent men, women, children, patients and disabled people. Every war has its own rule; it does not allow indiscriminate bombing. Such acts are war crimes. To punish common people, Israel has cut off the supply of electricity, water, food and drinks and medicine to Gaza. Israel is taking every step to starve people to death.

The Israeli Defence Minister called the people of Gaza as human animals. So, killing them is the state policy of Israel. So, they bomb indiscriminately. This is why they stopped supplies of everything that is necessary for physical survival. No person with an iota of morality and humanity can support such an ugly act of brutality. But the leaders of the USA, the EU and the UK failed to show such morality and humanity. They have openly sided with the war-criminals. They are not interested in stopping such collective punishment. They don't want to stop the Israeli war on Gaza. They are not interested in stopping the Israeli occupation of Palestine either. Their only concern is to punish the Palestinians -especially the resistance movement like Hamas. Whoever criticises Israel are labelled as anti-Semitic and terrorist. These western supporters of the Israeli war crimes are indeed the textbook cases of people with moral death.

The narratives that are used by the western powers to condemn Russia for its war in Ukraine are not used to condemn the Israeli atrocities in Palestine. Whereas Russia never bombed so relentlessly on Ukrainian cities. In its more than one year war in Ukraine, Russia didn't cause as much destruction of residential homes as Israel did in a

small piece of Gaza. Nor did Russia kill so many innocent people as Israel killed in Gaza in only 7 days. Israel has already killed more than 2,215 civilians and destroyed more than 70 percent homes in Gaza. Among the deaths, 700 are children.

The ugliest treachery and the beginning of a new era

Israel wants to eliminate Hamas -the most powerful resistance movement of the Palestinians. The USA too, wanted to eliminate the Taliban in Afghanistan. Such US hubris met huge humiliation. The US forces no longer exist on the soil of Afghanistan, but the Taliban gracefully prevails. The USA met the same fate in Vietnam and Iraq. Its thousands of nuclear warheads and huge army couldn't protect its pride. And Israel is not stronger than the USA. Its invincibility has gone with the wind.

Israel and its allies argue that the action of Hamas on 7 October, 2023 was unprovoked. But they forget the simple historical fact that the Israeli occupying war criminals were provoking the Palestinians for the last 75 years by their worst criminal acts. They ignore the fact that wherever there are injustices, resistance movement is inevitable. Israel is the state of most terrible injustices. It is an awful apartheid state on the earth. So, resistance movements like Hamas are a natural product of such a context.

Israel and its western allies think that terrorizing others should be their sole monopoly. As if, all rights belong to them; and others have the rights only to surrender to them. So, no protest or resistance to their occupation is acceptable to them. In such a conceptual premise, any protest against Israeli occupation is labelled terrorism. The USA and its allies buy and preach such imperialist arguments. So they consider the Russian occupation of Ukraine as a war-crime. But the Israeli occupation of Palestine is labelled as the Divine right of the Jews. This is why the Oslo Agreement -signed by both Israel and PLO stands dead.

The Oslo Agreement promised a state for the Palestians. But Israel and its allies do not have any appetite for such a state for the Palestinians. The Oslo Agreement was signed only to get PLO's recognition for Israel. At that time PLO was described as the sole representative of Palestine. Since Israel achieved the recognition, the treaty had to die. And Yasir Arafat had to die, too. The treaty was used only as a tool to deceive the PLO leaders. And it was indeed the ugliest act of treachery against the people of Palestine. Now neither Israel nor the USA talk about the Oslo Agreement.

Because of the USA's constant pressure, the autocratic Arab leaders also left Palestinians. They were busy making peace with Israel. Hamas bravely and cleverly stood on its own feet and showed its miraculous strength. This is why Hamas is identified as the arch enemy of Israel.

Hamas has successfully revived the Palestinian issue from the graveyard; it is indeed the greatest achievement of Hamas. Now it will be very difficult to bury the Palestinian issue in the near future. Even the secularist Arabs and the Palestinians admire Hamas. Even the worst Arab autocratic rulers can't dare criticise Hamas. Muslims all over the world are showing their solidarity with Hamas and condemning Israel and its western allies through massive street protest. Huge protest rallies are also seen in the major cities of Europe and the USA.

It is now a new context. It is indeed the beginning of new geopolitics of the Middle East. Hamas may even influence the politics of the Muslim World significantly. The geopolitics of the Muslim Ummah is indeed on a distinctive move. The US and its allies with their ugly face will hardly be able to contain it. Israel and its allies can kill many Hamas fighters, but can't kill its combative Islamic ideology.

# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



Inclement weather can pose many hazards and dangerous road conditions for operators. Workers should be aware of impacting weather events and its effects on safely driving and operating vehicles and equipment.

## BE PREPARED

### CHECK LOCAL FORECAST

Stay caught up on the latest weather conditions for your area. In the event of severe weather, operations may need to be altered to accommodate the changes.

### CONDUCT PLAY OF THE DAY

Based on current and future weather conditions, detailed communication in regards to each worker's assigned task, safe routes to take, and specific operations should be discussed in-depth.

### PERFORM THOROUGH PM

Check tires, windshield wipers, fluids, lights, and other essential equipment functions that will ensure the vehicle is ready to operate safely and efficiently.

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

Practice safe driving techniques related to defensive driving and Smith System 5 Keys. By using these tools, drivers can remain vigilant in their efforts to arrive safely.

### USE SAFE DRIVING TOOLS

Drive with lights on and use warning devices to effectively communicate with other drivers. When pavement is wet, you should decrease speed, turn off cruise control, and increase following distance.

### SEEK COVER

With a threat of excessive wind gusts, hail, or even tornadoes, limit driving to an as needed basis. Secure loads, protect vehicles and equipment, and seek shelter when severe weather is near.

## STAY FOCUSED

### MAINTAIN AWARENESS

Situational awareness will be essential during inclement weather. Pay careful attention to weather, roadway, and traffic conditions as they may change abruptly.

### BE PROACTIVE

Remember to Stop. Speak. Act! It is important to stay engaged with the environment around you and make good decisions to ensure the safety of yourself and your teammates.

### COMMUNICATE

Keep constant communication with team members about conditions. Radios will be an essential resource in the event that cell towers or electricity are impacted by storms.

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

In high water operations, it is important to remain aware of locations that may become impacted by flooding. All employees should be briefed and updated regularly regarding this information.

### ENSURE ESSENTIAL SUPPLIES

Equip vehicles with necessary supplies to respond to flooded roadways. This includes PPE, signage, tools, and water/snacks, especially if employees will be stationed for long hours at these locations.

### PLAN FOR MORE

Flooding creates hazardous conditions for workers. Verify that first aid kits are stocked, and fire extinguishers are charged before response.

## SLOW DOWN

### TURN AROUND

When roadways are covered in water, turn around and never attempt to drive through. It may be worse than what it initially appears. Vehicles are not equipped to handle high water, which may cause the engine to flood or be carried away.

### BE CAUTIOUS

In the event of rain or wet pavement, drive carefully to the current conditions to avoid loss of traction on the roadway. Operators should turn off cruise control, slow down, and increase following distance.

### HAVE A WAY TO ESCAPE

Avoid areas that would require backing. If backing becomes necessary, use a spotter, when available. Perform 360 walkaround to confirm surroundings are free of hazards.

## STAY FOCUSED

### OBSERVE SURROUNDINGS

Identify unsafe travel paths and avoid driving through these areas. Debris, fixed objects, downed powerlines, or other items may be hidden. If you don't know, don't go!

### CALL A TIME-OUT

When faced with situations that may become unsafe, workers should utilize stop work authority and communicate hazards with others. When conditions improve, a new plan of action may be taken.

### REMAIN ALERT

Long hours in this type of emergency response may affect workers ability to remain vigilant. It is essential to communicate with supervision about this to ensure operational readiness.

# IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 47 million vehicles, are or will be under recall in the United States by 2020.

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

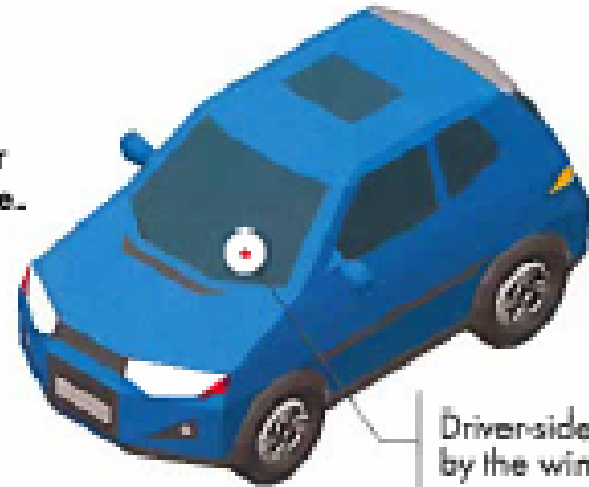
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

Write down your Vehicle Identification Number (VIN) or take a photograph of your license plate.

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



Driverside dashboard by the windshield

### Search it

Visit [AirbagRecall.com](http://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.

Upload a photo

or

Enter a license plate or VIN manually

### Fix it

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

**YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.**



Schedule an appointment at your automaker's local dealership as soon as possible.

If you see text that reads **remedy not available**, call a dealer anyway. Make sure your contact information is up to date so they can notify you as soon as parts are available for your repair.



**AIRBAGRECALL.COM**

# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 23V679	POD TRADESMAN 2022	North America	DODGE HORNET	NHTSA Recall ID Number : 23V673
Manufacturer : Tesla, Inc.	PELSUE FIBERLITE	Subject : Loose Steering Fastener May Fail	2023-2024	Manufacturer : Jayco, Inc.
Subject : Failure to Detect Low Brake Fluid/FMVSS 135	XL TRADESMAN 2022	Make Model Model Years	NHTSA Recall ID Number : 23V697	Subject : Window Shade Obstructs Emergency Exit
Make Model Model Years	NHTSA Recall ID Number : 23V685	VOLVO VHD 2024	Manufacturer : Proterra Operating Company, Inc.	Make Model Model Years
TESLA MODEL X 2021-2023	Manufacturer : Hyundai Translead	VOLVO VNL 2024	Subject : Inverter May Fail Causing Loss of Power	ENTEGRA VISION XL 2024
NHTSA Recall ID Number : 23V680	Subject : Improperly Welded Cross Braces Above Air Tanks	VOLVO VNR 2024	Make Model Model Years	JAYCO PRECEPT 2024
Manufacturer : Southeast Toyota Distributors, LLC	Make Model Model Years	NHTSA Recall ID Number : 23V691	PROTERRA CATALYST 2019-2022	NHTSA Recall ID Number : 23V674
Subject : Incorrect Load Carrying Capacity Label/FMVSS 110	HYUNDAI TRANSLEAD 20'40' 12PIN EXTEN CHASS 2022-2024	Manufacturer : Mack Trucks, Inc.	PROTERRA ZX5 2019-2022	Manufacturer : General Motors, LLC
Make Model Model Years	NHTSA Recall ID Number : 23V686	Subject : Inoperative Electronic Stability Control	NHTSA Recall ID Number : 23V653	Subject : Roof Rail Air Bag Inflator May Rupture
TOYOTA 4RUNNER 2023	Manufacturer : Ford Motor Company	Make Model Model Years	Manufacturer : PACCAR Incorporated	Make Model Model Years
NHTSA Recall ID Number : 23V681	Subject : Rearview Camera Image May Not Display/FMVSS 111	MACK ANTHEM (AN) 2024	Subject : U-Bolt May Puncture Fuel Tank	BUICK VERANO 2014
Manufacturer : General Motors, LLC	Make Model Model Years	MACK PINNACLE (PI) 2024	Make Model Model Years	CHEVROLET CRUZE 2014
Subject : Windshield Not Sealed Properly	FORD EXPLORER 2023	NHTSA Recall ID Number : 23V692	PETERBILT 567 2021-2024	NHTSA Recall ID Number : 23V675
Make Model Model Years	NHTSA Recall ID Number : 23V687	Manufacturer : Kia America, Inc.	PETERBILT 579 2021-2024	Manufacturer : Ford Motor Company
CADILLAC XT5 2024	Manufacturer : Ford Motor Company	Subject : Headliner Plate Detachment	NHTSA Recall ID Number : 23V666	Subject : Vehicle Rollaway from Driveshaft Disconnect
CADILLAC XT6 2024	Subject : High Voltage Battery Contactor May Overheat	Make Model Model Years	Manufacturer : Harley-Davidson Motor Company	Make Model Model Years
GMC ACADIA 2023	Make Model Model Years	KIA BORREGO 2009-2014	Subject : Fuel Sensor May Leak Fuel	FORD EXPLORER 2020-2022
NHTSA Recall ID Number : 23V682	FORD MUSTANG MACH E 2021-2022	NHTSA Recall ID Number : 23V693	Make Model Model Years	NHTSA Recall ID Number : 23V676
Manufacturer : General Motors, LLC	NHTSA Recall ID Number : 23V688	Manufacturer : Arcimoto Inc	HARLEY-DAVIDSON X350RA 2023	Manufacturer : Mercedes-Benz USA, LLC
Subject : Missing Pedestrian Warning Sounds	Manufacturer : Ford Motor Company	Subject : Tie Rod Separation	NHTSA Recall ID Number : 23V671	Subject : Improperly Secured Electrical Wiring Harness
Make Model Model Years	Subject : Inoperative Defrosting/Defogging System/FMVSS 103	Make Model Model Years	Manufacturer : Volkswagen Group of America, Inc.	Make Model Model Years
CADILLAC LYRIQ 2023	Make Model Model Years	ARCIMOTO FUV 2023	Subject : Side Air Bag May Deploy Improperly	MERCEDES-BENZ AMG SL55 2022-2023
NHTSA Recall ID Number : 23V683	FORD F-150 LIGHTNING 2023	ARCIMOTO MUV 2023	Make Model Model Years	MERCEDES-BENZ AMG SL63 2022-2023
Manufacturer : General Motors, LLC	NHTSA Recall ID Number : 23V689	NHTSA Recall ID Number : 23V695	VOLKSWAGEN ATLAS 2019	NHTSA Recall ID Number : 23V677
Subject : Roof Rail Air Bag May Not Deploy Correctly	Manufacturer : Volvo Trucks North America	Manufacturer : Storyteller Overland	NHTSA Recall ID Number : 23V672	Manufacturer : Mercedes-Benz USA, LLC
Make Model Model Years	Subject : Inoperative Electronic Stability Control	Subject : Incorrect Tire Information on Label/FMVSS 110	Manufacturer : Harley-Davidson Motor Company	Subject : Incorrect Child Seat Anchor Covers/FMVSS 225
BRIGHTDROP ZEVO 600 2023-2024	Make Model Model Years	Make Model Model Years	Subject : Reduced Braking Ability from Brake Fluid Leak	Make Model Model Years
NHTSA Recall ID Number : 23V684	VOLVO VNL 2024	STORYTELLER OVERLAND MODE LT 2022-2023	Make Model Model Years	MERCEDES-BENZ EQB350 2022
Manufacturer : T.A. Pelsue	VOLVO VNR 2024	NHTSA Recall ID Number : 23V696	HARLEY-DAVIDSON FL-HXSE 2023	NHTSA Recall ID Number : 23V678
Subject : Welded-on Trailer Tongue May Detach	NHTSA Recall ID Number : 23V690	Manufacturer : Chrysler (FCA US, LLC)	HARLEY-DAVIDSON FLTRXSE 2023	Manufacturer : Lightning eMotors Inc.
Make Model Model Years	Manufacturer : Volvo Trucks	Subject : Pedestrian Alert Siren Not Connected/FMVSS 141		
PELSUE FIBERLITE		Make Model Model Years		
		ALFA ROMEO TONALE 2023-2024		

## What is a recall?

When a manufacturer or the National Highway Traffic Safety Administration (NHTSA) determines that a vehicle creates an unreasonable risk to safety or fails to meet minimum safety standards, the manufacturer is required to fix that vehicle at no cost to the owner. That can be done by repairing it, replacing it, offering a refund (for equipment) or, in rare cases, repurchasing the car.

## What should I do if my vehicle is included in this recall?

If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.

# WORDS SEARCH

## Forgot Your Phone?

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

- |          |         |           |           |        |
|----------|---------|-----------|-----------|--------|
| BASKET   | DOORMAT | LAUGH     | PAPER     | TOILET |
| BATH     | FART    | LAUNDRY   | PAPERCLIP | WASH   |
| BATHROOM | FLOWERS | LIVE      | POOP      | ZONE   |
| BROOM    | FLUSH   | MAGAZINE  | SHOWER    |        |
| CRAYONS  | KITCHEN | NEWSPAPER | SWEATER   |        |



# The Month of Safar and Misconceptions

Praise be to Allaah, blessings and peace be upon Prophet Muhammad the noblest of Allaah's creation and upon his family and companions and those who follow him.

Alhamdulillah, we are into second Islamic month – Safar. There are no particular practices of this month in the light of Quran and Sunnah, therefore a person should continue his/her daily routine practices.

Generally, people of sub-continent, take this month, especially 13 days of Safar as bad-omen. They don't start up good works be it inauguration of Business, or Weddings. Remember that our Deen is Islam which guides us about each and every aspect of our life. We only can find these guidelines in Quran and Sunnah (the teachings of the Prophet Muhammad peace and blessings of Allaah be upon him).

Get the truth about the month of Safar and know that there are no Superstitions, Bad Omens, unfortunate, Calamities, Prohibition of marriage related to this month.

Superstitions and misconceptions of Safar:

Unlucky happenings such as Diseases, curses, evils, loss in business and all the misfortunes are relayed to that month. People try to apply many tricks to protect themselves from all the misfortunes. On one hand, bad lucks and omens have been associated with this month and on the other hand self made solutions for such things have been proposed as well, such as not holding marriages in this month, boiling chick peas and distributing them so that the bad omens are passed on to others, making 365 balls of flour and throwing them in water so that bad omens are driven away and provision is increased, reciting Surah Muzammil 313 times, considering this month to be 'hard' for the dead and considering the 13th of this month referred to as 'tairah teezi' to be unlucky.

These are all nothing but (Bida'ah) innovations and myths based upon the poor knowledge of Islam. No Muslim should fall into these misconceptions which had no foundations on truth. As Prophet Muhammad (peace and blessings of Allaah be upon him) said: "Every innovation is going astray, and every going astray will be in the Fire." Narrated by Muslim (867) and an-Nasaa'i (1578)

What Quraan says about month of Safar?

Allah says:

"Verily, the number of months with Allah is twelve months (in a year), so was it ordained by Allah on the Day when He created the heavens and the Earth;" (At Tawbah 9: 36)

What comes to you of good is from Allah, but what comes to you of evil, [O man], is from yourself. And We have sent you, [O Muhammad], to the people as a messenger, and sufficient is Allah as Witness. (79 Surah Nisa)

It is this revolution of day and night that makes up weeks and months and years, which constitutes time, regarding which Prophet Muhammad (sallallahu alayhi wasallam) said that Allaah Zawjal says:

"The son of Adam hurts me for he abuses Time though I am Time: in My Hands are all things, and

I cause the revolution of day and night." (Sahih al-Bukhari)

So it is very clear that day and night is from Allah and considering any time, hour, day, month or year to be unlucky is a great misconception and a sin.

What Prophet Muhammad (sallallahu alayhi wa sallam) guides us about Safar?

Al-Bukhaari (5776) and Muslim (2224) narrated from Anas ibn Maalik (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: "There is no 'adwa (transmission of infectious disease without the permission of Allaah) and no tiyarah (superstitious belief in bird omens), but I like good omens." They said: "What is a good omen?" He said: "A good word."

Al-Bukhaari (5316) and Muslim (2220) narrated from Abu Hurayrah (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: "There is no 'adwa [contagion, transmission of infectious disease without the permission of Allaah], no tiyarah [superstitious belief in bird omens], no haamah [refers to a Jaahili Arab tradition described variously as: a worm which infests the grave of a murder victim until he is avenged; an owl; or the bones of a dead person turned into a bird that could fly], and no Safar [the month of Safar was regarded as "unlucky" during the Jaahiliyyah]."

Superstition is Shirk

A man leaves his house, on the way a black cat crosses his path, he think this is a bad omen and therefore returns back home. Though this seems to be such a minor act, however in reality, it really means that he thinks that the black cat has the power and authority to change the man's fate. This is shirk because it means that other than Allaah, the cat also has control and authority over a man's life and to bring harm to him (Naauzubillah).

Holding such beliefs not only led man to make halal things haram on himself but led him to associate fate and destiny with these things, which is not only a great misguidance but a great sin 'Shirk' because no one other than Allah has the power and control over man's fate, and all the things from which good or bad portents are derived are nothing but creations of Allaah who have no control over other creations.

In order to deal with this pessimism which the shaytaan instils by whispers and makes attractive to people:

1-Put your trust fully and properly in Allaah.

It was narrated that 'Abd-Allaah ibn Mas'ood (may Allaah be pleased with him) said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Tiyarah (superstitious belief in omens) is shirk, and any one of us may think he sees an evil omen but Allaah will dispel it by means of trust in Him (tawakkul)."

Narrated by al-Tirmidhi (1614), Abu Dawood (3910) and Ibn Majaah, (3538)

Ibn 'Abd al-Barr (may Allaah have mercy on him) said:

It is proven that the Prophet (peace and blessings of

Allaah be upon him) forbade tiyarah and said "There is no tiyarah." That is because during the Jaahiliyyah they believed in superstitious omens, and he forbade them to do that and told them to put their trust in Allaah, because nothing happens except by His decree and no one has any knowledge of the unseen but Him. Al-Tamheed (24/195).

2-Go ahead with what you want to do, and do not delay it or change your mind.

3-Pray to Allaah to free you from this trap of the shaytaan, and ask Him for that which is good, and seek refuge with Him from evil.

It was narrated that 'Abd-Allaah ibn 'Amr (may Allaah be pleased with him) said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Whoever lets tiyarah (superstition) stop him from doing something has committed an act of shirk." They said, "What is the kafaarah (expiation) for that?" He said, "To say: Allaahumma la khayra illaa khayruka wa laa tayra illaa tayruka wa laa ilaaha ghayruka (O Allaah, there is no good except Your good, no birds except Yours, and there is no god beside You)."

Narrated by Ahmad (7045); classed as saheeh by al-Albaani in al-Silsilah al-Saheehah (3/53, hadeeth no. 1056).

It was narrated that 'Abd-Allaah ibn Mas'ood said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Tiyarah (superstitious belief in omens) is shirk." Narrated by al-Tirmidhi (1614), Abu Dawood (3910), Ibn Majaah (3538); classed as saheeh by al-Albaani in Saheeh Abi Dawood.

So, performing special prayers in this month to safeguard oneself from evil or abstaining from marrying or from any other happy occasion or believing in some cock and bull story are nothing but sheer myths. A Muslim should give up such fairy tales and follow the Qur'an and the Sunnah of Prophet Muhammad (Sallallahu Alayhi wa Sallam) and the way of the Sahabah and their followers.

We MUST have firm faith in Allaah. In verse number 51 of Surah Tawbah, Allaah tells us to declare: "Say: "Nothing shall ever happen to us except what Allah has ordained for us. He is our Maulaa (Lord, Helper and Protector). And in Allah let the believers put their trust." (9:51)

While describing the true characteristics of a Muslim, Allah assures us that He is Sufficient for everything!

As Allah says: "Whoever should believe in Allah and the Last day. And whoever fears Allah - He will make for him a way out"

"...And whosoever puts his trust in Allah, then He will suffice him..." (Surah At-Talaq; Verse:2/3)

The one who is influenced by superstitious beliefs should ask Allaah for good and seek refuge with Him from evil, and go ahead with his plans, putting his trust in Him. Being Muslim, we should have full faith and trust in Allaah and believe from our heart that it is only Allaah who has power over us.

And Allaah Knows Best

# Health & Wellness

## Stress symptoms: Effects on your body

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the culprit.

Common effects of stress

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to many health

problems, such as high blood pressure, heart disease, obesity and diabetes.

Common effects of stress on your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset

Common effects of stress on your mood

- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common effects of stress on your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

## Making Sense of Vitamins and Minerals

Choosing the foods and nutrients you need to stay healthy

Vitamins and minerals are so important that health fails if you don't get a steady supply of them. Do you know what you can do to make sure your body gets enough of all the vitamins and minerals it needs? Or how these nutrients lower the risk of diseases, including stroke, diabetes, and cancers?

You can find out in Making Sense of Vitamins and Minerals, a Special Health Report from Harvard Medical School doctors. This instructive and empowering report will give you a practical under-

standing of the roles these nutrients play in protecting health and preventing illness.

Does vitamin A lower the risk of developing cataracts? Does potassium help lower blood pressure? Can vitamin C prevent colds? The report will give you the facts — and dispel the myths. (The answers, by the way, are yes, yes, and, unfortunately, no.)

Each of Harvard's 50+ Special Health Reports brings you information you can use to take charge of your health. Making Sense of Vitamins and Minerals is no

exception. The report will show you how you can improve and strengthen your daily diet to include the complete spectrum of nutrients — and do it without the expense or risk of multivitamins or multimineral supplements.

That's right. A smart, healthy diet, with delicious and wholesome foods, is the best and safest way to fulfill your body's needs for vitamins and minerals. The report will show you which foods are the best sources of these nutrients. For example, did you know that potatoes have 50% more potas-

sium per serving than bananas? Or that the best source for vitamin C is not citrus fruit but red sweet peppers?

The report will also introduce you to 50 superfoods that deliver the most nutrients per calorie. You'll be briefed on eight ways to squeeze the most nutritional benefit from the foods you prepare. And if you are worried that your diet isn't up to the challenge of delivering the vitamins and minerals you need, the report explores when and why some people need a daily supplement, and the best kind to take.

## When to worry about worrying

There is no shortage of things to worry about --- from personal concerns about job security or health, to fears related to larger issues such as political conflicts or natural disasters. Temporary anxiety can be a healthy response to uncertainty and danger, but constant worry and nervousness may be a sign of generalized anxiety disorder.

Do I have generalized anxiety disorder?

You'll need your doctor's help to know for sure, but while other types of anxiety disorders arise from particular situations, generalized anxiety disorder is characterized by debilitating worry and agitation about nothing in particular, or anything at all.

People with generalized anxiety disorder tend to worry about everyday matters.

They can't shake the feeling that something bad will happen and they will not be prepared. They may worry to excess about missing an appointment, losing a job, or having an accident. Some people even worry about worrying too much.

Physical symptoms are common too, and can include a racing heart, dry mouth, upset stomach, muscle tension, sweating, trembling, and irritability. These bodily expressions of anxiety can have a negative effect on physical health. For example, people with generalized anxiety disorder are at greater risk for heart attack and other cardiovascular problems.

Taming anxiety

If you have generalized anxiety disorder, therapy — particularly cognitive behavioral therapy (CBT) — can help. CBT helps

people recognize when they are misinterpreting events, exaggerating difficulties, or making unnecessarily pessimistic assumptions, and offers new ways to respond to anxiety-provoking situations.

For some people, medications can be an important part of treatment. Commonly prescribed drugs include antidepressants, such as selective serotonin reuptake inhibitors (like Prozac or Zoloft), or dual serotonin and norepinephrine reuptake inhibitors (like Effexor or Cymbalta). These drugs take longer to work than the traditional anti-anxiety drugs, but also may provide greater symptom relief over time.

Symptoms of generalized anxiety disorder

Persistent, excessive worry about several different things for at least six months

Fatigue, difficulty sleeping, or restlessness

Trouble concentrating

Irritability

Muscle tension

Feeling tense or "on edge"

Only your doctor can determine whether you meet the criteria for generalized anxiety disorder. If you think you might have this condition, don't hesitate to talk to your primary care doctor. There are many different treatments that can ease the very real discomfort of this condition.

## Learn how to protect your sight as you grow older!

Sight is a precious gift. But it can be snatched away by a variety of assaults. If you are age 50 or older, I hope you will order this report from Harvard Medical School.

The Aging Eye is written specifically for adults over 50. If you are one, your risk of developing one of four disorders that pose a threat to vision — cataract, glaucoma, age-related macular degeneration, and diabetic retinopathy — increases as you grow older.

Age is the main risk factor for these diseases. For example, half of all people between the ages of 65 and 74 have cataracts; after age 75, about 70% do. And glaucoma is most common in people over 60.

When it comes to your vision, as you grow older you've got to grow

wiser too.

That means knowing the steps you can take to prevent these vision problems. You also need to know the warning signs of vision problems, how they are diagnosed, and the best treatment options for them.

The Aging Eye will help you determine your risk of developing these disorders. It will describe their symptoms, update you on advances in diagnostic testing, and share news about advances in surgery and breakthroughs in the development of disease-arresting medications.

You'll learn what a cataract is (it's not a film on the eye), why the "air-puff" test for glaucoma is sometimes wrong (and which test is much more accurate), how your diet and lifestyle can decrease your risk of

macular degeneration, and much more.

Plus, the report will show you ways to relieve dry eye syndrome. You'll see how a procedure called conductive keratoplasty compares to LASIK to correct vision. You'll find out what causes "floaters" and "flashes." And you'll be alerted to those symptoms that signal a sight-imperiling emergency that demands immediate treatment.

Our eyes change as we get older. That's a truth we can do little about. It's the consequences we can change. Order your copy of The Aging Eye today!

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Nawab Najaf Ali Khan Was felicitated by the staff at the Nizam Institute of Medical Sciences (NIMS) on the occasion of a week long paediatric heart surgery campaign conducted by team of surgeons from the United Kingdom



**-Mir Mohsin Ali**

The executive committee members meeting of Confederation of Minority Institutions was convened under the President ship of M S FAROOQ, President

\* The committee decided to organise BEST URDU TEACHERS AWARD in memory of Late Janab Zaheeruddin Ali Khan in 3rd week of November and hopefully 100 best teachers and 100 students from different schools of twin cities will be presented with awards by following certain criteria

\*Two days teachers training program will be organised one in old city and another in new city

for different subjects particularly for Maths and Physics in the month of December

\*It is decided by the members to conduct hand writing and painting competition for the school children in another one or two months

\* The Telugu workshop for X class students will be conducted in the month of January 2024.

\*\* Mr.Khaleel ur Rahman, General Secretary briefed the members about Confederation activities

\*\* Mr.Badar Bin Abdullah recited the Quranic verses before the start of meeting

\*\*Mr. Mohd.Manzoor Ahmed is nominated as Convenor for Best Urdu Teachers Award pro-

gram

\*\*Mr Ahmed Idrees Shareef is nominated for hand writing and painting competition program \*\*

The following members have attended and taken part in discussions/deliberations

1. Mr.Mohd. Viqar Ahmed, Joint Secretary
2. Mr Badar Bin Abdullah
3. Mr.Mohd. Ali Rafath
4. Mr Syed Jamaluddin Quadri
5. Mr Mohd.Nazeeruddin
6. Mr.Mohd.Abdul Mohsin
7. Mr.Mohd.Manzoor Ahmed
8. Mr.Ahmed Idrees Shareef



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
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# American Township, RCI Road, Mallapur, Hyderabad-05, T.S.

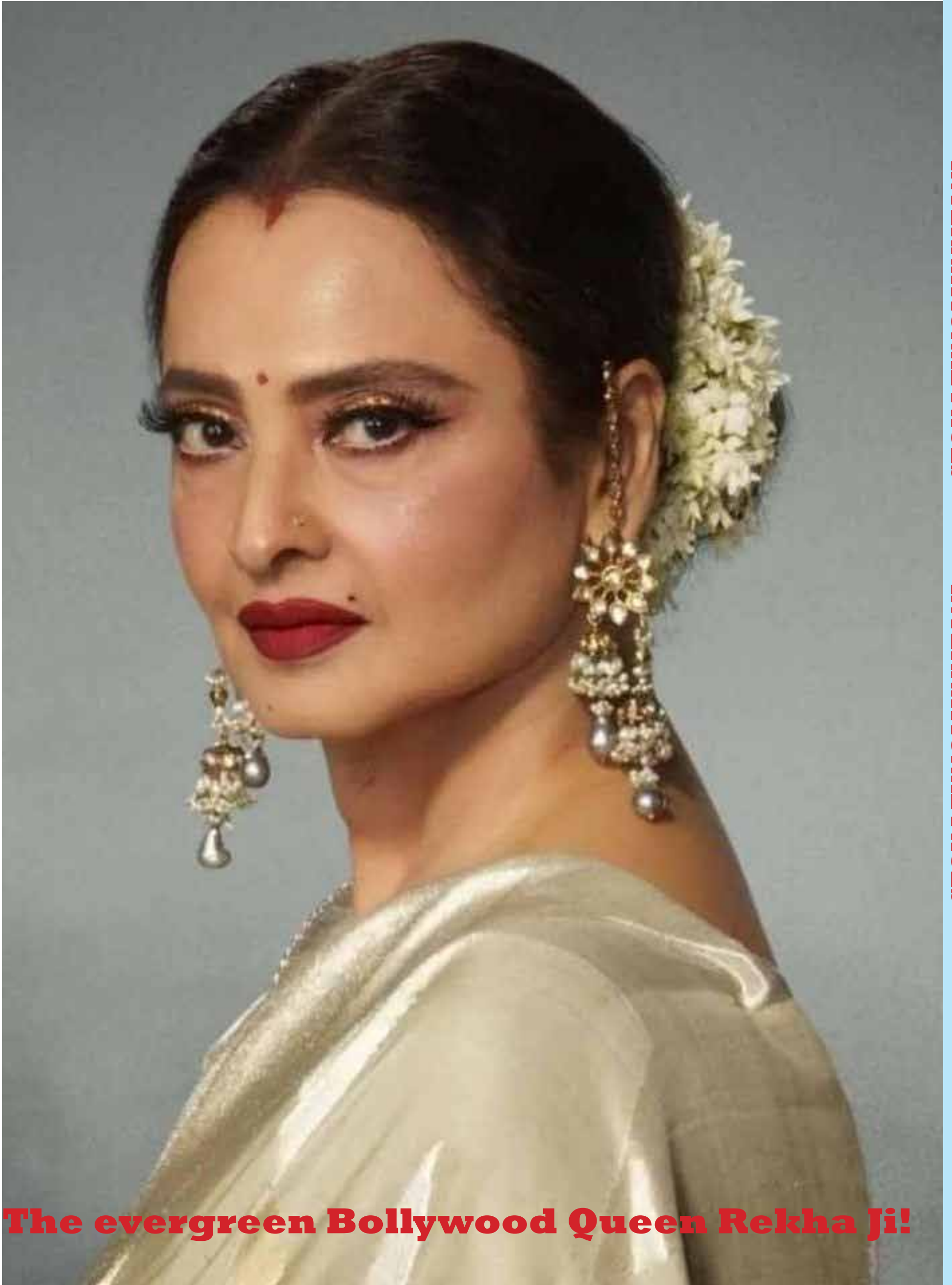
## List of Bollywood films of November 2023

Opening	Title	Director	Cast
N O V	<i>Aankh Micholi</i>	Umesh Shukla	Abhimanyu Dassani · Mrunal Thakur · Paresh Rawal · Sharman Joshi · Divya Dutta · Abhishek Banerjee · Darshan Jariwala · Vijay Raaz
	<i>The Lady Killer</i>	Ajay Bahl	Arjun Kapoor · Bhumi Pednekar
	<i>Lakeerein</i>	Durgesh Pathak	Ashutosh Rana · Bidita Bag · Tia Bajpai · Rajesh Jais
	<i>Hukus Bukus</i>	Vinay Bharadwaj · Saumitra Singh	Darsheel Safary · Arun Govil · Sajjad Delafrooz · Gautam Vij · Mir Sarwar
	<i>UT 69</i>	Shahnawaz Ali	Raj Kundra · Kumar Saurabh
	<i>Three of Us</i>	Avinash Arun Dhaware	Shefali Shah · Jaideep Ahlawat · Swanand Kirkire
12	<i>Tiger 3</i>	Maneesh Sharma	Salman Khan · Katrina Kaif · Emraan Hashmi
15	<i>Apurva</i>	Nikhil Nagesh Bhat	Tara Sutaria · Abhishek Banerjee · Rajpal Yadav · Dhairya Karwa
17	<i>Khichdi 2: Mission Paanthukistan</i>	Aatish Kapadia	Supriya Pathak · Rajeev Mehta · Anang Desai · Vandana Pathak · Kirti Kulhari · Jamnadas Majethia
24	<i>Farrey</i>	Soumendra Padhi	Alizeh Agnihotri · Zeyn Shaw · Sahil Mehta · Prasanna Bisht · Ronit Roy · Juhi Babbar
	<i>Starfish</i>	Akhilesh Jaiswal	Khushalii Kumar · Milind Soman · Ehan Bhat · Tusharr Khanna

-Deepak Akhaury, FB  
Mughal e Azam -- A kaljai film industry's Kaljai film. Released in 1960 which took sixteen years to form and changed to its star cast several times. Prithviraj Kapoor was Mughal e Azam Shahanshah Akbar in the film. The film was based on the love of Salim means Jahangir and Anarkali. But the historical fact is that there is no character named Anarkali in history and it is based on folklore. Dilip Kumar (Yusuf Khan) and Madhubala played the role of Salim and Anarkali. Ajit had played the role of Durjan Singh. Durga Khote had played the role of Jodhabai and there were many characters whose role was played by good artists of that time.

Nigar Sultana also had an important role. The songs were top. Naushad Saheb was the music director. The film was directed by K Asif. The movie was 1960 I saw this movie in 1979. I was a young age back then. Favorite of the movie was something else, so I didn't like this movie at all. Mentality changed after coming to the job and watched this movie again. Loved it and watched several times in cinema halls and on TV. Got a chance to watch more movies in that student life, which I didn't like at that time, but watching those movies again after getting older, it felt very classic. This movie was Mother India, Ganga Jamuna, Guide etc.





**The evergreen Bollywood Queen Rekha Ji!**

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**पत्नी संग गोविंदा**

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# Binaca Geetmala Annual List (1965)

 <b>IMAGE</b> COMING SOON 1	Jis Dil Me Basa Tha Pyar Tera     4.33 - 168 votes	Lata Mangeshkar	Kalyanji Anandji	Kalpana, Pradeep Kumar
		Saheli (1965)	Indeevar	Sad Songs
 <b>IMAGE</b> COMING SOON 1	Jis Dil Me Basa Tha Pyar Tera (Male)     4.32 - 256 votes	Mukesh	Kalyanji Anandji	Pradeep Kumar
		Saheli (1965)	Indeevar	Sad Songs
 <b>IMAGE</b> COMING SOON 2	Aao Twist Kare Jaag Utha Mausam     4.32 - 114 votes	Manna Dey	R D Burman	Mehmood, Tanuja, Mohan Choti, Ameen Sayani
		Bhoot Bungla (1965)	Hasrat Jaipuri	Masti Bhare Geet, Dance Songs
 4	Laal Chhadi Maidan Khadi, Kya Khub Ladi     4.30 - 158 votes	Mohammed Rafi	Shankar Jaikishan	Rajshree, Shammi Kapoor
		Janwar (1965)	Shailendra	Ched Chad Songs
 5	Tumhi Mere Mandir, Tumhi Meri Pooja     4.50 - 426 votes	Lata Mangeshkar	Ravi	Sunil Dutt, Om Prakash, Nutan
		Khandan (1965)	Rajinder Krishan	Tareef Songs, Filmfare Awards Winner, Romantic Songs
 <b>IMAGE</b> COMING SOON 6	Ek Tu Na Mila     4.16 - 206 votes	Lata Mangeshkar	Kalyanji Anandji	Mala Sinha, Manoj Kumar
		Himalay Ki God Mein (1965)	Indeevar	Sad Songs
 7	Aaja Aai Bahar, Dil Hai Beqraar, O Mere Rajkumar     4.35 - 269 votes	Lata Mangeshkar	Shankar Jaikishan	Shammi Kapoor, Sadhana
		Rajkumar (1964)	Shailendra	Romantic Songs, Intezaar
 8	Tumse Achchha Kaun Hai, Dil Lo Jigar Lo Jaan Lo     4.51 - 170 votes	Mohammed Rafi	Shankar Jaikishan	Rajshree, Shammi Kapoor
		Janwar (1965)	Hasrat Jaipuri	Masti Bhare Geet, Romantic Songs, Ched Chad Songs
 9	Vaqt Se Din Aur Raat     4.42 - 205 votes	Mohammed Rafi	Ravi	Balraj Sahni, Achala Sachdev
		Waqt (1965)	Sahir Ludhianvi	Title Song
 <b>IMAGE</b> COMING SOON 10	Saanson Ke Taar Par, Geet Gaya Pathro Ne     4.41 - 128 votes	Kishori Amonkar	Ramlal	Nana Palsikar, Rajshree, Jeetendra
		Geet Gaaya Pattharon Ne (1964)	Hasrat Jaipuri	Happy Songs, Classical Songs, Title Song

# Binaca Geetmala Annual List (1965)

ڈاکٹر توفیق انصاری احمد  
شکاگو، 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 رحمہ اللہ علیہ

### 43 برے کے ساتھ احسان کرنا جو امرِ مردی ہے

اُردو حکایت: اک شخص کا گدھا کیچڑ میں پھنس گیا۔ کوشش کے باوجود نکل نہ سکا، خراب موسم کی مصیبت کچھ کم نہ تھی کہ اب گدھے کی وجہ سے رات بھر اُس کو وہیں بیٹھنا پڑا۔ اس سے دماغی توازن بگڑ گیا اور وہ بادشاہ کو گالیاں دینے لگا۔ اتفاق سے بادشاہ شکار کھیلتے ہوئے وہاں آ نکلا۔ اُس نے کہا یہ شخص مجھ پر اتنا غصہ کیوں نکال رہا ہے۔ ملازموں نے کہا تلوار ہی اس کا علاج کر سکتی ہے۔ اجازت ہو تو اس کی گردن اُڑادی جائے۔ بادشاہ بڑا عالی حوصلہ تھا، وہ جانتا تھا کہ مصیبت در مصیبت انسان کو چڑچڑا اور بد مزاج بنا دیتی ہے۔ اُس نے ملازمین کا مشورہ رد کر کے گدھے کو کیچڑ سے نکلوا دیا اور انعام و اکرام سے جی خوش کر دیا۔ اب وہ شخص گالیوں کی بجائے بادشاہ کو دُعا عین دینے لگا۔

فارسی شعر:

بدی را بدی، سہل باشد جزا

اگر مردی احسن الی من اسا

حاصلِ کلام:

بُرائی کا بدلہ بُرائی سے دینا بہت آسان ہے۔ اگر تو جواں مرد ہے تو بُرائی کرنے والے کے ساتھ احسان کر۔

منظوم ترجمہ:

بہت آسان ہے بدلہ، بُرائی کا بُرائی سے  
اگر کچھ ہے جواں مردی، برے کے ساتھ احسان کر



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمہ 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۔ نوعمری 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 ایشیاء، 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 اوج 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۔

اُردو 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۔ اُردو 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 اُردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو 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 مرکزی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)



## سوشل میڈیا اسٹار رومیہ خان کا دولہا کیسا ہوگا؟

خوبصورت مسکراہٹ والی سوشل میڈیا اسٹار و سے بے انتہا محبت کرے، میرا کہا کبھی رونہ اداکارہ رومیہ خان نے پہلی مرتبہ انکشاف کیا کہ انہیں کیسے لڑکا چاہیے جس سے وہ شادی کر کے اپنی زندگی پرسکون طریقے سے گزار سکیں۔ حال ہی



میں انہوں نے اپنی نئی فلم کے ہیرو عاشر و جاہت کے ہمراہ ایک شو میں شرکت کی۔ پروگرام میں ان سے ایک مداح نے شادی سے متعلق سوال کیا، جس کے جواب میں انہوں نے مسکراتے ہوئے کہا کہ میری شادی کے بارے میں جاننے کا اتنا شوق کیوں ہے؟ کھانے پینے میں کیا پسند ہے اس سے متعلق سوال کیا کرو۔ مگر اینکر کے اسرار پر انہوں نے اپنے خوابوں کے شہزادے میں ہونے والی خوبیوں سے متعلق گفتگو کرتے ہوئے کہا کہ لسٹ تو بہت بڑی ہے پر کچھ باتیں تو جو میں سب سے پہلے دیکھوں گی وہ یہ ہے کہ فیملی کو کتنا وقت دیتا، مجھ

## صبور علی رس ملائی اور علی انصاری گلاب جامن، ماجرا کیا؟

پاکستانی خوبصورت اداکارہ صبور علی نے اپنے شوہر و معروف اداکار علی انصاری کے مزید انساگرام کپشن لکھنے پر کافی حیران ہوئے، تاہم کپشن کا دوسرا حصہ پڑھ کر کہانی



تعریف کے پل باندھ دیے۔ حال ہی میں صبور علی نے فوٹو اینڈ ویڈیو شہرنگ ایپ انساگرام پر اپنی چند تصاویر شہر کی، جس کے ساتھ لکھا گیا کپشن مداحوں کی توجہ کا مرکز بن گیا۔ مذکورہ پوسٹ میں بطور کپشن لکھا گیا کہ میں اپنے شوہر پر فدا ہوں اور میں ان سے بے حد پیار کرتی ہوں، وہ میری زندگی کی روشنی ہیں، کپشن میں مزید لکھا گیا کہ علی انصاری میرے گلاب جامن ہیں اور میں ان

## دوست نے 50 روپے ادھار مانگنے پر بھکاری ہونے کا طعنہ دیا تھا

فلم انڈسٹری کے معروف اداکار منوج باجپائی نے اپنے ابتدائی دنوں کو یاد کرتے ہوئے بتایا کہ دہلی آنے کے لیے ٹکٹ کے 50 روپے ادھار مانگنے پر دوست نے کہا تم بھیک مانگتے ہو،



ادھار کیسے چکاؤ گے۔ میں 50 روپے تمہیں دان کرتا ہوں۔ اپنی اداکاری سے بھارتی فلم انڈسٹری میں دھاک بٹھانے والے منوج باجپائی نے گاؤں سے دہلی آنے اور شوبز کی چکا چونڈ دنیا میں نام بنانے کے دوران پیش ہونے والے دل خراش واقعات سنا کر اپنے مداحوں کو رلا دیا۔ اداکار منوج باجپائی نے بتایا کہ وہ ایک چھوٹے سے شہر میں پلے بڑھے تھے اور جب وہ پہلی بار دہلی آئے تھے تو انہیں معلوم نہیں تھا کہ ٹرین کے ٹکٹ ریزرو کروانے پڑتے ہیں۔ اداکار نے مزید بتایا کہ میں نے کبھی کسی بڑے شہر میں قدم بھی نہیں رکھا تھا۔ 12 ویں جماعت کے بعد

## ٹماٹروں کی قیمتوں میں اضافے پر اداکارہ شلپا شیٹی کا دلچسپ تبصرہ سامنے آ گیا

معروف اداکارہ شلپا شیٹی نے ٹماٹروں کی قیمت میں اضافے پر دلچسپ تبصرہ کرتے ہوئے سوشل میڈیا پر صارفین کو حیران کر دیا۔ معروف اداکارہ شلپا شیٹی نے فوٹو اینڈ ویڈیو شہرنگ ایپ انساگرام پر ٹماٹر خریدتے کر دی۔ انہوں نے یہ میں لکھا کہ 'ٹماٹر کی بڑھتی دھڑکن تیز کر رہی ہیں۔ شلپا داموں پر مزا حیرت دہل دیتے کے پس منظر میں اداکارہ ڈائلاگ تمہاری ہمت کیسے ہوئی؟ خبردار جو مجھے چھونے کی کوشش کی، کس حق سے تم نے مجھے چھوا، تمہارا کوئی حق نہیں ہے مجھ پر بھی سنے جاسکتے ہیں۔ شلپا شیٹی کی اس ویڈیو کو سوشل میڈیا صارفین کی جانب سے بہت پسند کیا جا رہا ہے اور اب تک اس ویڈیو کو 9 لاکھ سے زائد ویوز مل چکے ہیں۔



# جیلٹن Gelatin

ڈاکٹر محمد بشیر الدین  
سابق پروفیسر زرعی یونیورسٹی،  
راجندر نگر، حیدرآباد۔

جیلٹن تو نہیں ہے۔ بعض دفعہ جیلٹن کے بجائے E441 بھی لکھا ہوتا ہے جو دراصل جیلٹن ہی ہے۔ غذائی اشیاء آیا جانوروں کے اجزاء سے بنے ہیں یا نباتاتی ہیں اس کا اشارہ پیکٹ پر ہوتا ہے۔ کھائے جانے والی اشیاء پر ہرے رنگ کا گول دائرہ اس بات کا ارشاد ہے کہ یہ نباتاتی Vegetarian ہے جبکہ لال یا براؤن رنگ کا نشان اس بات کی علامت ہے کہ یہ غیر نباتاتی Non vegetarian ہے۔

**جیلٹن کے نباتاتی متبادل بھی ہیں جو درج ذیل ہیں:**

- Agar Agar
- Agar Powder
- Pectin
- Gum arabica
- Xanthan gum
- Tapioca starch
- Corn starch
- Soya lecithin

بہت سی بڑی کمپنیاں اپنی غذائی اشیاء میں جیلٹن کے استعمال کو ترک کرتے ہوئے نباتاتی مادہ جات جیسے Pectin وغیرہ کا استعمال کر رہی ہیں۔ دواساز کمپنیاں بھی جیلٹن کے بجائے کپسول کی تیاری میں نباتاتی مادے جیسے Cellulose کا استعمال کر رہی ہیں ان Capsules کو Veg. Capsules کا نام دیا جاتا ہے۔ بہر حال اب یہ صارفین کی ذمہ داری ہے کہ وہ ان اشیاء کی خریدی سے پہلے یہ طمانیت حاصل کر لیں کہ وہ جیلٹن سے آزاد اشیاء خرید رہے ہیں یا پھر جیلٹن آمیز اشیاء خرید رہے ہیں۔

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قائم رکھتا ہے۔ بیکری میں بننے والی اشیاء کے علاوہ جیلٹن جو Fruit juice جیسے Apple juice وغیرہ میں استعمال کیا جاتا ہے جس سے جوس میں شفافیت آتی ہے۔

**جیلٹن کا استعمال دواؤں میں:**

دواؤں میں کپسول (Capsules) کا خول جیلٹن سے بنایا جاتا ہے۔ کپسول کے علاوہ Soft gels میں بھی اس کا استعمال کیا جاتا ہے۔

کپسول کے علاوہ بعض گولیوں میں بھی اس کا استعمال کیا جاتا ہے جہاں گولیوں کے پاؤڈر کو یکجا کرنے (Binding) میں یہ مستعمل ہے۔

**جیلٹن کا استعمال کاسمیٹک**

**اشیاء Cosmetics میں:**

جیلٹن کا استعمال کاسمیٹک اشیاء جیسے Face cream باڈی لوشن Body lotion شیمپو Sunscreen وغیرہ میں کیا جاتا ہے۔

**جیلٹن حلال ہے یا حرام:**

جیلٹن جانوروں سے حاصل کیا جاتا ہے اس کو حلال نہیں کیا جاسکتا کیونکہ حرام جانور بھی ہو سکتے ہیں یا پھر حلال جانور ہوتے ہیں جن کو غیر شرعی اعتبار سے ذبح کیا گیا ہو۔ چنانچہ اس کو مسلمانوں کے علاوہ دوسرے لوگ بھی جو وینچیرین Vegetarian اور Vegan ہیں استعمال نہیں کر سکتے۔ آج کل غذاؤں کے اعتبار سے یہ عام بات ہے کہ تیار شدہ غذائی مادے کے پیکٹ پر اس میں شامل اجزاء کی تفصیل دی جاتی ہے۔ اس میں اگر جیلٹن کا ذکر ہو تو یہ ناقابل استعمال ہیں۔ غذائی اشیاء کے استعمال سے پہلے صارفین کو چاہیے کہ وہ اس بات کی طمانیت حاصل کر لیں کہ اس میں

شے جو مختلف اجزاء کا مرکب ہوتی ہے اپنی ساخت برقرار رکھتی ہے۔ اس کے استعمال سے تیار شدہ شے میں ایک گاڑھاپن آتا ہے جو اس کی ساخت کو بہتر بنائے رکھتا ہے۔ جیلٹن کی ان خصوصیات کے بناء اس کو مختلف چیزوں جیسے:

- Yogurt
- Cream cheese
- Margarine

میں استعمال کیا جاتا ہے۔

مذکورہ بالا اشیاء کے علاوہ جیلٹن کا ایک عام استعمال آئسکریم کی تیاری میں ہے۔ اس کے استعمال سے آئسکریم اپنی ساخت اور تازگی برقرار رکھ پاتا ہے اور اس میں قلمیں Crystals بننے نہیں پاتیں۔ آئسکریم میں شامل کئے جانے والے اجزاء کو یہ ایک طرح سے یکجا کئے رکھتا ہے۔ مائع اجزاء کو ایک دوسرے سے ملائے رکھنے (Emulsifier) کی خاصیت کی بنا پر اسے آئسکریم میں استعمال کیا جاتا ہے۔ دراصل آئسکریم مختلف اجزاء جیسے برف،

Cream، میٹھاس والی چیزوں، مختلف مزوں Flavours وغیرہ کا مجموعہ ہے اور اس مجموعہ کو Gelatin ایک طرف سے یکجا کئے رہتا ہے۔ چنانچہ اس کی اہمیت آئسکریم میں بہت زیادہ بڑھ جاتی ہے۔ ایک اچھی بات یہ ہے کہ ملک کی معیاری آئس کریم کمپنیاں جیلٹن کے بجائے نباتاتی مادوں کا استعمال کر رہی ہیں۔ کیک Cakes اور Pastries میں جہاں کریم کی بالائی تہیں جمائی جاتی ہیں۔ جیلٹن کا استعمال ہوتا ہے جو کیک کی شکل یا ساخت کو بنائے رکھنے کے ساتھ ان اشیاء کو دیدہ زیب بھی بنائے رکھتا ہے۔ اس کے علاوہ بسکٹ اور Wafers میں اس کا استعمال ان اشیاء کے کرارہ پن Crispiness کو

جیلٹن بے رنگ و بے بو نیم شفاف مادہ ہے جو جانوروں کے چمڑے اور ہڈیوں سے حاصل کیا جاتا ہے۔ ان جانوروں میں بد جانور Pork اور مویشی شامل ہیں۔ تاہم جیلٹن مرغیوں اور مچھلی کے اجزاء سے بھی حاصل کیا جاسکتا ہے۔ زیادہ تر Pork ہی سے اس کا حصول کیا جاتا ہے۔ یہ پاؤڈر پتوں Sheets چھوٹے چھوٹے ٹکڑوں کے Flakes کی شکل میں دستیاب ہے جس کے کئی ایک استعمال ہیں۔ دراصل اس میں پانی کو جذب کرنے کی بہت زیادہ صلاحیت ہوتی ہے یہ اپنے وزن سے کوئی پانچ تا دس گنا زائد پانی کو جذب کر لیتا ہے اور ایک طرح سے جما ہوا مادہ بنا دیتا ہے۔ اس کی اس طرح جمادینے والی صلاحیت کا کئی ایک طرح سے استعمال کیا جاتا ہے۔

**جیلٹن کا استعمال:**

جیلٹن کئی ایک میٹھی چیزوں میں جو جیلی Jelly نوعیت کی ہوتی ہیں استعمال کیا جاتا ہے جیسے:

- Candies
- Marshmallows
- Lolly pop
- Jellies
- Gummy bears
- Fruit snacks
- Gelatin desserts

متذکرہ بالا تمام چیزیں بچوں میں بہت مقبول ہیں جنہیں یہ بڑی رغبت سے کھاتے ہیں۔ اس کے علاوہ، Peanut butter، Jell-o-desserts اور پروٹین پاؤڈر میں بھی استعمال کیا جاتا ہے۔ جیلٹن کو بطور ایک Thickener، Stabilizer اور Texturizer کے غذائی اشیاء میں استعمال کیا جاتا ہے۔ اس کے استعمال سے تیار شدہ

# وہ بیماریاں جو خواتین کے لیے خاموش قاتل ہیں

خاتون ہڈیوں کے درد میں مبتلا ہو جاتی ہیں، صحت مند ہڈیوں کیلئے کیشیم کھانے کے علاوہ ورزش کرنا بھی ضروری ہے۔ ڈیری مصنوعات، پھلیاں اور دالوں کو اپنی غذا میں شامل کریں۔

## دل کی بیماریاں:

میںو پاز کے ساتھ، لپڈ میں اضافہ اور خون کی شریانوں کا بلاک ہونا دل کی بیماری کے خطرات کو بڑھاتا ہے۔ 30-40 منٹ کی ورزش کے ساتھ ساتھ کم مقدار میں سچو ریٹینڈ فیٹس اور فائبر سے بھرپور غذاؤں کا انتخاب دل کی بیماریوں کو روکنے میں مدد کرتا ہے۔

## دماغی صحت:

ڈپریشن اور اضطراب خواتین میں اب



عام ہو چکا ہے، اینٹی آکسیدنٹس سے بھرپور غذاؤں دماغ کے خلیات کو محفوظ رکھنے میں مدد دیتی ہیں۔ کاربوہائیڈریٹ کی مناسب مقدار دماغ کی نشوونما کو برقرار رکھنے میں بھی مدد کرتی ہے۔

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ذریعہ ہے، دودھ، پنیر یا دہی کی شکل میں خواتین اس کو استعمال کر سکتی ہیں۔ یہ پروٹین اور فاسفورس بھی فراہم کرتے ہیں

خاندان کا نظام منظم انداز سے چلانے کے لیے خواتین کی حیثیت ریڑھ کی ہڈی کی سی ہوتی ہے، اور اس کیلئے خواتین کی بھرپور صحت اہم تصور کی جاتی ہے۔ خواہ نوکری پیشہ خاتون ہو یا گھریلو خواتین، دونوں کی صحت انتہائی اہم ہے، لہذا خواتین کو یہ سمجھنا چاہیے کہ ایک اچھا طرز زندگی ہی ان کی صحت پر مثبت اثر ڈال سکتا ہے۔

وٹامن سی ریلے پھلوں اور پالک

میں وافر مقدار میں پایا جاتا ہے جبکہ فولیٹ اناج، سبزیاں، انڈوں، مونگ پھلی اور بیجوں میں پایا ہوتا ہے۔

## مناسب وقت پر نہ کھانا:

بے وقت کھانا کم عمر لڑکیوں کیلئے

بہت نقصان دہ ہے، یہ جلد کے مسائل کی وجہ بھی بنتا ہے۔ پھلوں اور سبزیوں کے استعمال سے چمکدار جلد اور متوازن وزن میں مدد ملتی ہے۔ اناج میں موجود فائبر نہ صرف آنتوں کو صحت مند رکھتا ہے بلکہ جلد کی صحت اور وزن کو بھی متوازن رکھتا ہے۔

## ہڈیوں کی صحت:

30 سال کی عمر کے بعد تقریباً ہر

خواتین کا اپنی صحت کا خیال نہ رکھنا ان کو ان سنگین مسائل میں مبتلا کر سکتا ہے، خواتین ذیل میں بیان کئے گئے مسائل کو ہرگز نظر انداز نہ کریں۔

## خون کی کمی:

خواتین میں خون کی کمی ایک عام مسئلہ ہے جو عموماً نو عمر لڑکیوں میں عام ہوتا ہے۔ طبی ماہرین اس بیماری سے بچاؤ کیلئے آئرن، وٹامن سی اور فولیٹ سے بھرپور غذاؤں کے استعمال پر زور دیتے ہیں۔ مرغی کا گوشت، پھلیاں، سبز پتوں والی سبزیاں اور خشک میوہ جات آئرن سے بھرپور غذاؤں ہیں۔

# مسنون دعائیں

## دُعائے سفر

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ ﴿۳۰﴾ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ ﴿۳۱﴾

(پارہ ۲۵، سورہ زخرف، آیت: ۱۳، ۱۴)

فضیلت: جب کبھی بھی سفر کو جانے لگو تو یہ دُعا ضرور پڑھ کر سفر کو جائیں۔ سفر میں آسانی ہوگی، ان شاء اللہ خیریت سے پہنچ جاؤ گے۔

## درود برائے مغفرت

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَعَلَىٰ آلِهِ وَسَلَّمَ

فضیلت: حدیث شریف میں ہے کہ جو شخص اس درود شریف کو ایک دفعہ پڑھتا ہے تو اللہ تعالیٰ اس کے گناہ معاف کر دیتے ہیں۔

## ہزار دن تک کی نیکیاں

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَعَلَىٰ آلِ سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ كَمَا تُحِبُّ وَتَرْضَىٰ لَهُ۔ (مسلم)

فضیلت: یہ درود شریف ایک دفعہ پڑھنے سے فرشتے ستر ہزار دن تک نیکیاں لکھتے رہتے ہیں۔ ان شاء اللہ گناہ معاف ہوتے ہیں۔

## خیرات کرنے کا ثواب

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ صَلِّ عَلَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ۔ (کتاب ابن حبان)

فضیلت: اس درود شریف کے پڑھنے سے اللہ کی راہ میں خیرات کرنے کا ثواب ملتا ہے۔

## روزی میں برکت کی دُعا

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ الْمَلِكُ الْحَقُّ الْمُبِينُ: مُحَمَّدٌ رَّسُولُ اللَّهِ صَادِقُ الْوَعْدِ الْأَمِينُ۔

فضیلت: یہ دُعا پڑھنے سے اس کی روزی میں برکت ہوتی ہے، ان شاء اللہ عذابِ قبر سے نجات ملے گی۔

## درود شریف

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ عَدَدَ مَا فِي عِلْمِ اللَّهِ صَلَوةً دَائِمَةً بِدَاوَامِ مُلْكِ اللَّهِ۔

فضیلت: حضرت جلال الدین سیوطی رحمۃ اللہ علیہ نے روایت کی ہے کہ اس درود شریف کو ایک بار پڑھنے سے چھ لاکھ مرتبہ درود شریف پڑھنے کا ثواب ملتا ہے۔ روزانہ کم از کم سو دفعہ پڑھیں۔

❖ اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ وَآزْوَاجِهِ وَذُرِّيَّتِهِ كَمَا صَلَّيْتَ عَلَىٰ آلِ إِبْرَاهِيمَ وَبَارَكْتَ عَلَىٰ مُحَمَّدٍ وَآزْوَاجِهِ وَذُرِّيَّتِهِ كَمَا بَارَكْتَ عَلَىٰ آلِ إِبْرَاهِيمَ إِنَّكَ حَبِيدٌ مَّجِيدٌ۔ (بخاری)

فضیلت: یہ درود شریف پڑھنے سے بہت ہی سکون و آرام سے رہتا ہے، نیکیاں بہت لکھی جاتی ہیں۔





دلی الدین

## ارمان

دل کے ارمان آنسوؤں میں بہہ گئے  
باندھ کی راکھی وہ بھیا کہہ گئے  
بریانی آتے ہی سب نے کیا Attack  
ہم پلیٹ پر چچ بجاتے رہ گئے



## ستارے

کہتے ہیں ہم دونوں کے ستارے ایک جیسے ہیں  
بیگم شاید اسی لئے قسمت میں خسارے ایک جیسے ہیں  
ہر محفل میں بیگمات آتی ہیں بیوٹی پارلر سے جج کر  
پر جتنے بھی شوہر ہیں بیچارے ایک جیسے ہیں



## امن وامان

کہہ کے اپنی بیگم کو جان  
گھر میں رکھے امن و امان  
دیکھنے میں وہ گئے بوڑھا  
پر دل ہے اب بھی جوان



آرزو کھنوی

## غزل

وہ سر بام کب نہیں آتا  
جب میں ہوتا ہوں تب نہیں آتا  
بہر تسکین وہ کب نہیں آتا  
اعتبار آہ اب نہیں آتا  
چپ ہے شکوؤں کی ایک بند کتاب  
اس سے کہنے کا ڈھب نہیں آتا  
ان کے آگے بھی دل کو چین نہیں  
بے ادب کو ادب نہیں آتا  
زخم سے کم نہیں ہے اس کی ہنسی  
جس کو رونا بھی اب نہیں آتا  
منہ کو آجاتا ہے جگر غم سے  
اور گلہ تا بہ لب نہیں آتا  
بھولی باتوں پہ تیری دل کو یقیں  
پہلے آتا تھا اب نہیں آتا  
دکھ وہ دیتا ہے اس پہ ہے یہ حال  
لینے جاتا ہوں جب نہیں آتا  
آرزو بے اثر محبت چھوڑ  
کیوں کرے کام جب نہیں آتا



غلام ربانی تابان

## غزل

ایک تم ہی نہیں دنیا میں جفاکار بہت  
دل سلامت ہے تو دل کے لئے آزار بہت  
ہائے کیا چیز ہے محرومی و غم کا رشتہ  
مل گئے زیت کے ہر موڑ پہ غم خوار بہت  
یاد احباب کی خوشبو سے مہکتی شامیں  
کچھ کہو ہوتی ہیں کبخت دل آزار بہت  
عشق آوارہ کہاں قید در و بام کہاں  
بے نواؤں کے لیے سایہ دیوار بہت  
دل کی رفتار بدل جاتی تھی آواز کے ساتھ  
یاد آتا ہے وہ پیرایہ گفتار بہت  
ایک دن وقت بتائے گا جنوں کی عظمت  
یوں تو ہم لوگ ہیں رسوا سر بازار بہت  
وہ کشاکش ہے کہ جینا بھی ہے دو بھر تابان  
عشق معصوم بہت حسن فسون کار بہت



قدر علی

## غزل

اس پہ دھبہ نہ لگا نام کو رسوائی کا  
آج تک پاک ہے دامن مری بینائی کا  
یاد ہے کس کو سبب اس کی شناسائی کا  
وہ بھی اک ہوگا کرشمہ اسی بینائی کا  
گرمی ذوق نظارہ سے نہیں اٹک رواں  
اصل میں ہے یہ پسینہ مری بینائی کا  
ٹھوکروں سے مری نظروں کو الہی تو بچا  
اب قدم بڑھنے لگا ہے مری بینائی کا  
ہوں گے طے بعد تقرب کے مراحل سارے  
دیکھ لینا ہی بڑا کام ہے بینائی کا  
اس میں ہر وقت بھری رہتی ہے نظروں کی شراب  
آکھ پیانہ ہے سے خانہ بینائی کا  
آگنی چشم کرم حضرت زیرک کی جو یاد  
قدر نے قید کیا قافیہ بینائی کا



شبیم علی شبنم (انڈیا)

## غزل

فلک نشین ہوا چند ریان بھارت کا  
بنا ہے رشق قمر آسمان بھارت کا  
سلام سینکڑوں اصرور کے ہونہاروں کو  
کہ تم نے خوب بڑھایا ہے مان بھارت کا  
تمام دنیا کے اہل نظر سمجھتے ہیں  
کہ ذرہ ذرہ ہے کتنا مہمان بھارت کا  
ہمارے اگلے قدم پر نظر ہے دنیا کی  
پروں کو تولتا ہے سوریان بھارت کا  
تمام رنگوں میں یکتا ہے منفرد سب سے  
ہے عظمتوں کا ترنگا نشان بھارت کا



پاکل عادل آبادی

## غزل

اُنوں ساتھ میرا نبھاتیں کی نہیں کی  
ہے ڈھپرا پُرانا بجائیں کی نہیں کی  
بڑے ڈاکٹر میرے کر رہیں علاجاں  
مجھے زندہ گھر کو بھیجتائیں کی نہیں کی  
ثمتا ہے اُن کی کہ ہاتھی پہ بیٹھوں  
مگر اُنکو ہاتھی اٹھائیں کی نہیں کی  
میں خط اُن کو مرغی کے ذریعے بھیجایا  
اُنوں مرغی واپس بھیجتائیں کی نہیں کی  
ہے جوڑو بھی جلے میں موجود اُن کی  
اُنوں اپنا بھاشن سنائیں کی نہیں کی  
تڑی دیکو مسجد سے جوتے تو لاپوں  
مگر پاؤں میں اُن کے آتیں کی نہیں کی  
مجھے کرکو پاکل وہ دہی کو جارہیں  
میرا واں سے ویزا بھیجتائیں کی نہیں کی



سیباب اکبر آبادی

## غزل

پرواز کا ہوں خوگر صحن چمن میں لیکن  
اپنے ہی آشیاں تک اپنے ہی آشیاں سے  
سجدہ نہیں ہے میرا نذر فداگی ہے  
ہاتھوں میں سر اٹھا کر اٹھوں گا آستاں سے  
نزہت چمن کی لے کر آؤں گا آشیاں میں  
کھا کر قسم چمن کی جاتا ہوں آشیاں سے  
خاک چمن ہی وجہ آرائش چمن ہے  
واقف ابھی نہیں تو دستور خاکداں سے  
میں لفظ گن کا پہلا نقطہ ہوں وہ بھی ناطق  
قصے یہ سب بنے ہیں میری ہی داستاں سے  
جو آپ کو بھلا دے اور خود نما بنادے  
یک لمحہ غم ہے بہتر اُس عیش جاوداں سے  
سیباب مصلحت ہے یہ میری تیز گامی  
منزل سے پہلے مجھ کو ملنا ہے کارواں سے



ڈاکٹر بانو طاہرہ سعید

## غزل

رقص ہنگامہ بہار کرو  
لالہ و گل کو ہمکنار کرو  
دوستی کا اگر نہیں ہے مزاج  
دشمنی بھی نہ اختیار کرو  
رات اندھیری ہے کٹ ہی جائے گی  
صبح روشن کا انتظار کرو  
چاند پھر سے نکلنے والا ہے  
چار دن اور انتظار کرو  
کیا خبر کیا ہو ایک لمحے میں  
زندگی کا نہ اعتبار کرو  
شاعروں کی طرح جیو لوگو  
مذہب عشق اختیار کرو  
طاہرہ! ناخدا سے کیا ہوگا  
اپنے بیڑے کو خود ہی پار کرو



**On the lighter side....**

Seven-year-old John had finished his summer vacation and gone back to school. Two days later his teacher phone his mother to tell her that John was misbehaving.

“Wait a minute,” said the mother. “I had John here for two months and I never called you once when he misbehaved.”

I got fired from my job as a taxi driver...

It turns out my customers didn't like it when I tried to go the extra mile.

Two friends were chatting. “I've just bought a pig!” said the first.

“But where will you keep it?” asked the second. “Your yard's much too small for a pig!”

“I'm going to keep it under my bed,” replied the first.

“But what about the smell?”

“He'll soon get used to that.”

I went to a restaurant. It was full. There was no place to sit and the wait was over thirty minutes.

I took out my cell phone, placed it to my ear, and said loudly, “Hey, get over here! She's here with someone else!”

Six couples got up and quickly left.

What do you call a charitable person in Portland?

An Oregon donor!

An elderly woman decided to prepare her will and told her preacher she had two final requests.

First, she wanted to be cremated. Second, she wanted her ashes scattered over Walmart.

“Walmart?” the preacher exclaimed. “Why Walmart?”

“Then I'll be sure my daughters will visit me twice a week.”

I asked my daughter if she'd seen my newspaper.



She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad.

The fly didn't stand a chance.

During the final exam, the professor noticed that Billy Walters kept looking at his hand before writing down an answer on his test. This went on throughout the entire exam, leaving the professor no other choice than to interrogate the student's test-taking habit.

“Mr. Walters,” the professor began. “Is there something interesting written on your palm?”

“Not at all,” Billy replied. “It's all pretty boring.”

Tax collector: “It is your duty as a citizen to pay taxes, and we expect you to pay them with a smile.”

Taxpayer (grinning widely): “Wonderful! I thought you expected me to pay them with cash!”

“The letter ‘W’ is the most dangerous alphabet in the world. Because all worries start with ‘W’... Who, Why, What, When, Which, Whom, Where, War, Wine, Whisky, and Wealth.”

“You're forgetting one.”

“Really? Which one?”

“Wife!”

As I drove into a parking lot, I noticed that a pickup truck with a dog sitting behind the wheel was rolling toward a female pedestrian. She seemed oblivious, so I hit my horn to get her attention.

She looked up just in time to jump out of the way of the truck's path, and the vehicle bumped harmlessly into the curb and stopped. I rushed to the woman's side to see if she was all right.

“I'm fine,” she assured me, “but I hate to think what could have happened to me if that dog hadn't honked.”

Why did the triangle refuse to be friends with the circle? It found the circle pointless.

Why didn't the frog sit on the toadstool? Because there wasn't mushroom.

“If you had one dollar and you asked your father for another, how many dollars would you have?”

“One dollar.”

“You don't know your arithmetic.”

“You don't know my father!”

The teacher asked her student to write on the chalkboard the number 55. The student asked, “How do I do that?” Teacher replied, “Write down the number 5, and beside it add another 5.”

The student wrote one 5 and stopped. The teacher inquired, “What's wrong?”

“I don't know which side to write the other 5?”

Doctor: “I've found a great new drug that can help you with your sleeping problem.”

Patient: “Great, how often do I have to take it?”

Doctor: “Every two hours.”



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