WASHINGTON: Prime Minister Narendra Modi will meet US President Donald Trump when he travels to Washington later this year.

"President Trump has said he looks forward to hosting Prime Minister Modi in Washington later this year," a statement issued by the White House said on Wednesday.

"President Trump also expressed support for the Prime Minister’s economic reform agenda and emphasized his great respect for the people of India," the statement said.

The US President in a telephonic conversation congratulated PM Modi on the outcome of recent state elections, the White House said.

This was the third telephonic conversation between the two leaders after Trump’s electoral victory in November last year.

"President Donald J Trump spoke with Prime Minister Narendra Modi of India to congratulate him on the outcome of India's recent state-level elections," the White House said in a readout of the call which took place on Monday.

Earlier, White House Press Secretary Sean Spicer told reporters on Monday that Trump congratulated Modi and German Chancellor Angela Merkel on their electoral victories.

“The president spoke with German Chancellor Merkel and Indian Prime Minister Modi to congratulate them on their parties' success in recent elections,” Spicer said.

The two leaders are expected to meet on the sidelines of the G-20 Summit in Germany in July.

Following the elections, the BJP formed government in four states: Uttar Pradesh, Manipur, Uttarakhand and Goa. It, however, lost Punjab to main rival Congress.

Merkel’s Christian Democrat party easily won an election in the Saarland state, dealing an early blow to centre-left hopes of ending her more than decade-long reign.

“The two leaders also used the occasion to reflect on the Chancellor’s March 17 visit to the White House. The President said he looked forward to visiting Hamburg, Germany for the G-20 Summit on July 7th and 8th,” the White House said.

Previously, PM Modi and US President Trump spoke on phone on January 24, when they had resolved to stand “shoulder-to-shoulder” in the global fight against terrorism and for defence and security.
Dr. Iqbal Nazir

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RSVP by April 4:
CAIR in Dallas and Mr. Khizr Khan Speech

Last week CAIR-DFW organized its 19th Annual Banquet at Double Tree in Dallas. The event was sold out for a long time, it was the hottest ticket in town. This time the theme was “Advancing Justice and Challenging Hate.”

The Council on American-Islamic Relations (CAIR) is a nonprofit, grassroots civil rights and advocacy organization. CAIR is America's largest Muslim civil liberties organization, with affiliate offices nationwide. Since its establishment in 1994, CAIR has worked to promote a positive image of Islam and Muslims in America. Through media relations, lobbying, education and advocacy, CAIR works to make sure a Muslim voice is represented. Through our work, CAIR seeks to empower American Muslims and encourage their participation in political and social activism.

CAIR was founded in 1994 with headquarters in Washington, D.C. They were the first to respond when Trump Administration’s travel ban was implemented. Gathering information and advising people what to do in case of ICE or airport interrogations. During this time Imam Omar Suleiman emerged as a leader of this group, calling and regrouping members to join him at the airport and protesting the ban. He was also the one of the recipient of Social Justice Excellence Awards of 2017 along with Rabbi Elana Zelony of Congregation Beth Torah and Hala Halabi of ICNA. Beside being an advocacy organization CAIR is also busy with programs of Youth Empowerment, where they Empower future leaders through civic engagement training and education. They have been undertaking cases of religious discrimination, including employment harassment discrimination FBI questioning, airport profiling and campaigning to prevent school bullying.

The highlight of the event was the Keynote Speakers, Ghazala and Khizr Khan The Goldstar Family. His famous speech at the Democratic National Convention in Philadelphia still resonates in our mind. In his words “Donald Trump, you’re asking Americans to trust you with their future. Let me ask you, have you even read the United States Constitution? I will gladly lend you my copy. In this document, look for the words “liberty” and “equal protection of law.” Have you ever been to Arlington Cemetery? Go look at the graves of brave patriots who died defending the United States of America. You will see all faiths, genders, and ethnicity. You have sacrificed nothing—and no one”.

He was received with thunderous standing ovation. First Ghazala Khan spoke for few mintures, talked about her last words with Humayun Khan their beloved son killed in Iraq war after an explosion. He said “I have to take care of my fellow men” before hanging up the phone. It was an emotional recount.

Then Mr. Khizr Khan took over spoke very eloquently about his experience at the Democratic National Convention. How he picked up his pocket addition of Constitution of the United States and how he challenged Mr. Trump whether he has ever read the Constitution. He said never give up your rights and always fight for it. This was his eighty eighth speech, people have been calling him constantly ever since his convention speech. “For Evil to Triumph, it only takes Good men to do Nothing.”

By M. Pervaiz Baig, Dallas
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MDRT is recognized throughout the industry as the standard of excellence in life insurance sales performance.

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Fundraiser dinner at Maharaja Restaurant with Newly elected first Indian American from the state of Illinois, U.S congressman Raja Krishnamoorthi from 8 Th district of Illinois. Thanks Dr Vijay Prabhaker for hosting.

Wonderful to host and introduce the new Consul General of India at Chicago Ms. Neeta Bhushan to community especially FIA chicago. She extended full support to work with us in building Indo- US relationship, she is wonderful person. Attended by all Trustees including Mr Niranjan Shah, Baba Patel, Kanti S Patel, Sunny Gabbawala, Bhailal M Patel, Keerthi Kumar, Ranjit Gangopadhyay, Executive team of 2017 - 2018, and American Telugu Association founder Hanumanth Reddy, Ms. Smita Shah and many more.
Mr. Waliuddin was honored with award From Sunil Shah and Ali khan for Best Emcee and Anchor at South Asian Cultural Association musical program in Chicago.
Roger C Claar enjoys full support from Pakistani and Muslims in Bolingbrook for his Re-election bid for Mayor. Mir Ali and Mr. Talat Rashid are urging all Muslims and Pakistanis to Vote for Mayor Claar on April 4th to keep the progress going in the right direction.

Pakistani and Muslim community owe to Mayor for his unconditional support over the years. Roger C Claar who became mayor in 1980’s is still as popular as he was in early days.

Bolingbrook which already enjoys a diverse community and is a home of 2 mosques, 2 cricket fields and one Full time Islamic school Al-Furqan academy is also know by the international community in various aspects.

- Bolingbrook was named 32nd best city to live in the USA.
- Mayor promotes Diversity
- Had offered Golf club for Eid Prayers initially when Muslims had no place to go for Eid Prayers. In fact Eid Mubarak signs were displayed in front of Village hall during Ramadan and Eid-ul Adha.
- He has appointed several Muslims in Local Village boards
- Mosques permits were issued with absolutely no hassle including expansions of mosques.
- Mayor is a big supporter of Youth who always helped BPL league headed by Mir Ali a prominent Pakistani and founder of BPL.
- Every Pakistani Politician desires to meet Mayor Claar because of his unparalleled support of the community.

* Mayor hosts the Pakistan Flag Raising Ceremony every year to commemorate their independence. Thousands are in attendance at this event. Talat Rashid a liberal Pakistani leader has served amicably on our Plan Commission for several years and Mir Ali on Zoning board besides Ali Zaman on BCTV board. Fasial Rashid served on the DuPage Township Board.

Muslim and Pakistani population has increased rapidly for the past 10 years because of affordable housing and job opportunities and a place to worship besides 2 mosques and Al-Furqan Islamic school. City is very cooperative with its citizens. We are raising Pakistani Flag on the village hall for the past 25 years a record in the USA which attracts over 12,000 plus Pakistani Americans from all over Chicago area besides local Americans. Answering one of questions Mayor said, As a mayor for the past 30 plus years I have devoted myself to promote business environment in the Village to attract businesses in the Village. We over 100 companies who have their headquarters in Bolingbrook which created employment for 100 to 1200 plus people. We urge all of you to exercise your right and Vote for Mayor Claar and his team on April 4th.

Mayor Roger C. Claar and Bolingbrook First Party Celebrating Our Diversity Working Diligently For All Of Bolingbrook

- We enjoy 2 mosques that were approved by Mayor Roger C. Claar
- 2 Cricket fields
- 1 Islamic School Furqaan Academy
- Pakistani Flag hoisting ceremony for the last 25 years
- No hate crime
- Because of the above reasons lots of Pakistani and Muslims are moving to Bolingbrook
MOON KHAN RECOGNIZED WITH BEST COMMUNITY LEADER AWARD

From a concept to an organization to a milestone mega show, within a span of less than a year, the magical ICAN team stole the hearts and minds of Indian Americans of Illinois by displaying the vibrancy of the community at Meadows Club on Saturday, in the presence of thousand plus crowd. The program was delivered parallel to the style and precision of the Bollywood shows with all pomp and circumstance. About 100,000 people participated in the online voting for over two dozen categories of awards. One of the most prestigious honors was the Best Community Leader Award, in which 19 people were initially nominated. Few weeks ago, I was shortlisted in the top 5 nominees. At the gala event, I was declared the winner of the BEST COMMUNITY LEADER AWARD. I accepted this recognition on behalf of all of you who voted for me, I cannot say thank you enough. The kindness displayed by all of you overwhelms me. On your behalf, on behalf of the local Indian American Community, on behalf of all the nominees selected in this category, and on behalf of my Wife, Shanu, and my son, Shaan, who always sacrificed their precious time to allow me to be away from home.

Main Khayaal Hoon Kisi Aur Ka Mujhe Sochta Koi Aur Hai
I am in somebody else’s thought, but someone else dreams about me.

Main Naseeb Hoon Kisi Aur Kaa Mujhe Maangtaa Koi Aur Hai
I am the destiny of someone, but I am desired by someone else.

Poet Saleem Kausar

On behalf of my fans, I salute from the bottom of my heart to the entire ICAN team that include Jassi Parmar the Kapil Sharma, the Indian American community, Rita Singh, Neil Khot, Ravi Rawat, Girish Kapur, Sanjeev Singh, Nilesh Iopiwala, Bhavesh Patel, and dozens of community leaders who contributed to the success of this event.

Photo Credits: Mark Kaczor and Jayanti Oza
Ret. Col. and Mayor of Lahore Mr. Mubashar Javed visited Bolingbrook on the invitation of Mayor Roger Claar at his office. Mayor Mubashar said thanked Mayor Roger Claar for his support of Pakistani and Muslim community for the past 30 years. Mayor also said he had heard about Roger Claar that their is a Mayor in one of the Suburbs who is a great supporter of Pakistani and Muslim community therefore he decided to meet the Mayor. He said, ”Pakistani and Muslim community is very Lucky to have you as their Mayor”.

Col. Mubashar Javed is the Mayor of Lahore, Pakistan’s 2nd largest city and rich in history with over 12 Million people live there! He gave a very kind and sincere view of national politics and world relations. He gave tremendous kudos to our Village of Bolingbrook (and our leadership) for being so incredibly diverse and welcoming to our friends from all over the globe. Truly impressive to hear him speak to the group.

Mayor Mubashar presented a gift from Lahore to Mayor Claar and invited him to visit Lahore. He also said he will talk to Prime Minister Nawaz Sharif and will make arrangements for his visit at the end of this year . Mayor Roger Claar in his speech thanked Mayor Mubashar for his kind words and expressed his views about the Pakistani and Muslim community living in the Bolingbrook. Mayor added that we have 2 Mosques, one Islamic school and 3 Cricket Fields in Bolingbrook. Muslim and Pakistani community is playing an important role in this diverse Village by contributing to the successes of the Village and he is proud of representing them, every year we have Pakistan day and Flag hoisting ceremony for the past 26 years he said.

Mayor Claar accepted the invitation of Mayor Mubashar to visit Lahore. The evening ended with a dinner at the Golf club.

A joyous celebration of womanhood at ATA women’s day

The event started with a Prayer song and lamp lighting ceremony followed by welcome speech and history of IWD by Sunitha Reddy and opening remarks by Dr. Meher Medavaram speaking on importance and the theme of the women’s day stressing the need for women to come together to work towards reducing the gender parity and recognizing IWD’s important agenda to call to action for gender parity, offering clear actions and solutions to help both individuals and organizations to create inclusive spaces for all the people all over the world. They also had prominent Physician Dr. Sheela Kondavee Vice chair of Radiology, Amrita health care speaking on breast cancer awareness which was very informative and educational. She made a slide presentation on facts relating to breast cancer screening and prevention. This was followed by Mary Bedel, President of National Alliance on Mental Illness from Indiana, who spoke on the importance of recognizing the signs of mental illness and how women can reach out to help themselves and their families. She shared community resources that are available for the treatment of mental illness.

Asian Media USA ©

Chicago IL: American Telugu Association -ATA celebrated International women’s day (IWD) on March 19, 2017 at Royal Palace Banquets, 6254 W 111th St, Chicago Ridge, IL. The venue was packed with almost 250 exuberant women who actively participated in various activities. The theme of International Women’s Day was “Be Bold for Change” resonated with everyone.

International Women’s Day (IWD) is celebrated every year on March 8 since 1913. ATA celebrate women’s day with great dignity & pride to honor women’s rights & celebrate the accomplishments of women in geo, political, economic and social sectors as well as great enthusiasm to showcase the achievements & issues facing women of their respective cultures and to come up with better solutions for a better tomorrow.
Next, Swapna Reddy an Attorney and Co-Director of ASAP at Urban Justice Center spoke on the burning issue of Immigration and her work with the refugee population. She put to rest some of the speculations regarding the travel ban which has been imposed by the Trump administration. Audience had a chance to ask questions about Immigration issues. The event included various games, like Jeopardy and Telugu speaking competition. Women enthusiastically participated and winners were awarded prizes. Women were entertained by Hari Madhuri with her live singing and they danced to the beats of the DJ. It was an overwhelmingly successful and memorable event made possible with active participation and help of the entire ATA Chicago team.

A delicious lunch was served and there was immense appreciation from all the women. Vendor stalls provided a nice shopping experience for the women. Women from all walks of life shared a wonderful afternoon of learning, networking and empowering themselves.
Midwest witnessed a historic evening when Sardar Pal Singh Purewal addressed the audience speaking about the Nanakshahi calendar he had designed. The event took place at Ashyana Banquets, 75th Street Downers Grove, IL and was organized by Mr Amardev Singh Bandesha and Mr Sarwan Singh, two alumni of Lyallpur Khalsa College, Jalandhar, Punjab. Amradev Singh started the program by introducing the guest of honor Mr Punewal and explained how it is so important for Sikh Diaspora to preserve its identity and culture and make sure that the values are imbied by the generations to come.

Sardar Pal Singh Purewal talked about the significance for the Sikh community to have their own independent calendar. Nanakshahi Calendar is a symbol of the sovereignty of Sikhs, from which they will keep on getting inspiration to march towards their destiny. This calendar was designed to replace the Saka calendar and has been in use since 1998. The epoch of this tropical solar calendar (that uses most of the mechanics of the Western calendar) is the birth of the first Sikh Guru, Nanak Dev in 1469. Mr Punewal will also be part of the New Year’s Day celebration that falls annually on what is March 14 in the Gregorian Western calendar.

Sardar Pal Singh Purewal has worked extremely hard in using scientific methods to produce a unique Nanakshahi Calendar to celebrate all Gurdwara and other important festivals. Mr. Purewal, stated that the year of advent of Guru Nanak Sahib was 1526 Bikrami Samwat. Purewal claimed, “This means that the calendar had been there long time before Guru Nanak Sahiband that the Sikhs had their own distinct identity even before NC, but it was incomplete. Calendar is a necessary and an important part of the identity,” he said. He explained how with good knowledge of the Bikrami and Christian calendars one could convert the dates of one into the other with an accuracy of one day. However, in the case of lunar dates of the Bikrami Era the problem gets compounded by the adhika masas or malmasas or laund months - intercalary months. If the correct intercalary month is not known, when it occurs in a year, the conversion could be easily out by a month. Jantri 500 could be of great help in solving this problem for the period 1469 CE onwards.

It took Purewal, years to read and understand Astronomy to come up with Jantri for 500 years. In Bikrami calendar, we lose 20 minutes every year so it needs adjustment, so festivals and important days kept moving forward. Sikhs Birth-day Vaisakhi was originally celebrated on March 27th now it is moved to April 14th, soon it will move to 27th. According to Bikrami calendar, some Birthdays of Sikh Gurus came twice in a year and none in other years especially of 10th Guru Shri Guru Gobind Singh. According to Nanakshahi Calendar it will be fixed, same for Bandi Chhorh Divas which now is associated with Diwali. Mr. Purewal also created Hizri calendar for Muslims for which he was given Life Time Achievement award in Lahore. That calendar is set for 1500 and people in Lahore said it is a milestone for them.

Mr Purewal’s speech was followed by a question and answer session with the audience. The other speakers at the event were Bhai Mohinder Singh, Dr Jasvir Kaur and Dr Tejji. The same morning, Mr. Purewal addressed a sangat of approximately 500 people at Palatine Gurdwara and gave a PowerPoint presentation highlighting the significance of the Nankshahi Calendar. The evening concluded with a vote of thanks by Mr. Sarwan Singh Raju. Bhai Mohinder Singh presented a memento to Mr Sardar Pal Singh Purewal.

Photographs and Press release by: Asian Media USA
Top Causes of Unintentional Injury and Death in Homes and Communities


Often, these tragedies happen when least expected – during a vacation, while doing chores at home or while driving across town. NSC encourages everyone to be aware of hazards related to leisure and recreational activities and take proper safety precautions. Here, in order, are the top causes of unintentional injury and death in homes and communities.

#1: Poisoning
In 2011, poisonings overtook motor vehicle crashes for the first time as the leading cause of unintentional-injury-related death for all ages combined. Poisoning deaths are caused by gases, chemicals and other substances, but prescription drug overdose is by far the leading cause. Learn more about this epidemic and other poisons in the home.

#2: Motor Vehicle Crashes
No one wakes up thinking they will lose a loved one in a car crash, but motor vehicle crashes are the second leading cause of unintentional-injury-related death overall. Impaired driving, distracted driving, speeding and inexperience can cause a life to be cut short in the blink of an eye. Everyone has a role in making our roads safer.

#3: Falls
More than 29,000 people died in falls in 2013. Falling is the third leading cause of unintentional-injury-related death over all age groups, but it’s the #1 cause of death for those 71 and older, according to Injury Facts 2015. The good news: Aging, itself, does not cause falls. Learn what you can do to help protect older loved ones.

#4: Choking and Suffocation
Suffocation is the fourth leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. Suffocation is the second leading cause of unintentional injury death for people 87 and older. Mechanical suffocation is the #1 cause of death for infants. Learn prevention and rescue tips.

#5: Drowning
Not including boating incidents, about 10 people drown every day. It’s the fifth leading cause of unintentional-injury-related death over all ages, and the #1 cause of death for children ages 1 to 4, mostly due to children falling into pools or being left alone in bathtubs. Learn how to keep yourself and your family safe.

#6: Fires and Burn
Fire is the sixth leading cause of unintentional-injury-related death over all ages. About 2,200 deaths were caused by burns and injuries related to fire in 2013. Often fires start at night, when family members are asleep. A working smoke alarm will cut the chances of dying in a fire in half. Learn more fire safety tips here.

#7: Natural and Environmental Incident
Disasters are front-page news even though lives lost are relatively few compared to other unintentional-injury-related deaths. Weather-related disasters claim hundreds of lives per year. NSC encourages families to learn all they can about emergency preparedness, and always have an emergency kit on hand.
Kabir Bedi is an internationally acclaimed Indian actor. He has acted in over 60 Bollywood films and has hits like "Khoon Bhi Maang", "Kurbaan" and "Main Hoon Na". His career has spanned all 3 acting mediums: film, television and theatre on 3 decades. He is well-recognized for his role of Emperor Shah Jahan in "Taj Mahal: An Eternal Love Story".

Popularity of Kabir Bedi:
Kabir Bedi is popular for roles in the Columbia Pictures "The Far Pavilions", "The First Great Pyramid", directed by Gale Edwards, at the Shaftesbury Theatre in London. In June 2005 Kabir finished shooting in Rome for a 24hour TV series in Italian. In March 2007 Toronto, Canada: Performing theatre at the Luminato Festival titled "Taj" based on the iconic Taj Mahal. In June 2011 Younger sister name is Gulhima Bedi. She is a famous professor in Nashua, Boston, USA. She is married to Sam Scales. Former father in law of Nisha Harale. Released a album in 1977 titled "I'm My Way To Your Heart". The album consisted of 2 songs. One song was a instrumental with Kabir Bedi reciting romantic captions. The second song was a instrumental. The album was associated with the Indian TV show Sandokan. Starring in the shelved movie Bollywood Eyes "A All About Her" (2006) Starring Shabnam Mukherjee, Adya Bedi, Rajat Bedi, Mukesh Rishi, Nirmal Pandey, Kabir Bedi. Directed by Rajesh Kumar Singh. Sister in law name is Urmi Bedi. Brother Rangas wife. Neice is world famous yoga instructor, spiritual healer Brinda Maira (Daughter of Kabir's sister Gulhima). She is based in Santa FE, New Mexico. Nephew's name is Shiv Maira (1973 - March 2000). He was the son of Kabir's sister Gulhima (Maira) Scales and world famous architect and artist Shakti Maira. Kabir Bedi's wife Parveen Dusun is the elder sister of Afab Shivdasani's wife Nid Dusun. niece name is Ami Mehera. Brother Ranga's daughter. Fashion designer Tina Bedi is married to his niece Sehar Bedi. Niece is producer and fashion designer Seher Bedi. Neice is actress Adya Bedi. Former wife Susana Humphreys (Now known as Ixchel Leigh) appeared in the American documentary "Uncommon Scents". Cousin is Satish Kuldip Bedi (who passed away in 111) and Anjula (Anju) Bedi. Satish is the father actress Aadya Bedi. He met his wife doing a comedy stage play in Jaipur way back in 1973 when English theatre was just beginning to gain popularity in India. niece is Tarini Bedi. Tarini is a Assistant Professor at University of Chicago Illinois/ Department of Anthropology. She is also a author of the book: "The Dancing Ladies of Srinagar". This is the daughter of Kabir Bedi's cousin Satish Kuldip Bedi. Son Adam Bedi is married to world famous make up artiste Melissa Murphy. Melissa Murphy has several make up tutorial's on youtube. Melissa worked as a makeup artiste in adult film industry with pornographic stars. Murphy never planned to work in porn. Thirteen years ago, she sold telecommunication services to Fortune 500 companies. After being laid off, Murphy took a side gig at a cosmetics counter in a Los Angeles mall, though she had no formal training. A friend asked her to dog sit for her boss, a pornography director. As the guy was paying her, Murphy told him she should hire her as a makeup artist. Her first gig paid $125. She stayed long after she was needed so she could watch the veteran artists work. There are only a handful of makeup artistes in the adult film industry, and fewer good ones, a robed actress tells me on set. The best photographers only hire the best makeup artistes. Because Murphy excelled at makeup and hair, which is a rarity, she continued to book job after job. But something happened in 2013 that threatened to unravel these relationships and destroy her career in the process. Business Insider article written about Murphy's Instagram account, an account that surfaced on Reddit and was covered by every major news site from Gawker to the New York Post's Page Six. Collectively, the internet applauded Murphy's artistry, often commenting on the staggering difference between before and after shots. The story was a favorite for readers, and its popularity inspired a follow-up I wrote this past summer: "Makeup artist posts shocking before-and-after photos of the porn stars she styles." And it only continues to make the rounds from there. Last week, BroBible, The Daily Mail, and The Mirror resurrected the story with galleries of their own. Murphy's ascent into virality was anything but uplifting. Adult actresses accused Murphy of selling the story to the press, and photographers no longer welcomed her on set. In one fell swoop, she lost her friends, career, and a bit of her sanity. As a makeup artist in the adult film industry, Murphy has transformed hundreds of men and women into sex gods and bombshells. Much like those in Holly- wood, makeup artistes in porn create looks that hide a performer's flaws, highlight assets, and match the mood of the movie. Many blogs published galleries embedding Murphy's photos without asking her. Given the gray nature of fair use laws, media may use public Instagram user's photos as long as the images are embedded. This feature gives proper attribution by showing the username and linking back to the original content, according to Instagram's embedding terms of use. Grandfather of writer, producer, actress Aalia Furniturewala. Aalia is the daughter of Pooja Bedi and Farhan Furniturewala. Farhan and Pooja are now divorced. Farhan has married Feroz Khans daughter Laila Khan. They have a son named Zaaz Furniturewala. nephew is Rahul Kuldip Bedi is a author. Rahul is the son of Kabir's cousin Satish Kuldip Bedi. niece is Vandana Bedi. (Daughter of cousin Satish Kuldip Bedi and sister of actress Aadya Bedi). niece is Sohni Tanna. She is the daughter of brother Ranga Bedi. Sohni Tanna is married to Dipak Tanna. Dipak Tanna is the owner of the company GSLOT Entertainment Limited ( Formerly Known as Adelphia Vision India Limited) Dipak owns the company with Sohnis sister Seher Bedi. Sohni Tanna has a daughter named Tia Tanna. Wa was engaged to actress and costume designer Amba Sanyal in the late 1960s. She is the daughter of the famous B.C.Sanyal.
SYDNEY (Reuters) - Scientists have found what could be the world's largest dinosaur footprint - measuring nearly 1.7 metres (5.6 ft) - on a remote part of Australia's northwestern coastline.

The footprint from a giant sauropod dinosaur was among 21 types of tracks found on the Dampier Peninsula in Western Australia, 130 km (80 miles) from the beach resort town of Broome.

"They are bigger than anything that has been recorded anywhere in the world," said Steve Salisbury, the lead author of a joint study by the University of Queensland and James Cook University.

Sauropods were four-legged plant-eaters with long necks and tails, pillar-like legs and immense bodies. Sauropod footprints measuring 1.2 metres (4 feet) were found in Germany in 2015. The rocks containing the tracks at Dampier date back 127 million to 144 million years, older than previous dinosaur fossil discoveries in Australia, Salisbury said.
Eating healthily with diabetes

One of the most frequent questions people with diabetes ask is “What can I eat?” After all, diabetes is at root a metabolic disorder, affecting the way the body derives energy from food. Myths abound when it comes to diabetes and food—one of the most common being that there is a “diabetes diet” that prohibits sugar and lists other items to avoid.

In fact, dietitians and other health professionals give the same dietary advice to people with diabetes as they do to most people, but with extra emphasis on controlling weight and keeping blood sugar, blood pressure, and cholesterol values as close to normal as possible.

The basics: eat a well-balanced diet that emphasizes fruit, vegetables, whole grains, and lean protein, while watching total calories and getting regular exercise. What you choose to eat on a day-to-day basis is up to you, but the overall goals are to maintain a healthy weight and exercise regularly.

You should also strive to keep your blood sugar levels close to normal to prevent long-term complications of diabetes and avoid the short-term consequences of low blood sugar (hypoglycemia), and to control your cholesterol and blood pressure levels to reduce your risk of heart disease and stroke.

Here are 20 guidelines for healthful and enjoyable eating for people with diabetes and anyone else who wants to eat healthfully:

1. Eat a variety of foods; since no single food is perfect, you need a balanced mix of foods to get all the nutrients your body requires.
2. Eat more vegetable products and fewer animal products.
3. Eat more fresh and homemade foods and fewer processed foods. Avoid fast food and junk food. You know what they are.
4. Choose your fats wisely. Cut down on meat, the skin of poultry, whole-fat dairy products, stick margarine, fried foods, and lean meats.
5. Eat more fruits, aiming for at least four servings a day. Count 1 cup of raw leafy greens, ½ cup of cooked or raw vegetables, or ½ cup of vegetable juice as one portion.
6. Eat more fish, aiming for at least four servings a day. Count one medium-sized piece of fish; ½ cup of fresh, frozen, or canned fruit; or ½ cup of juice as one portion.
7. Eat more vegetables, especially deep-green and yellow-orange vegetables. Aim for at least five servings a day. Count 1 cup of cooked or raw vegetables as one portion.
8. Eat more fruits, aiming for at least four servings a day. Count 1 cup of raw leafy greens, ½ cup of cooked or raw vegetables, or ½ cup of vegetable juice as one portion.
9. Eat more fish, aiming for at least four servings a day. Count one medium-sized piece of fish; ½ cup of fresh, frozen, or canned fruit; or ½ cup of juice as one portion.
10. Eat more vegetables, especially deep-green and yellow-orange vegetables. Aim for at least five servings a day. Count 1 cup of cooked or raw vegetables as one portion.

Bladder and bowel problems solved

Incontinence is a subject that is often overlooked, even by those who are directly affected. It is important to understand that incontinence does not have to be a part of aging. With the proper care and treatment, it is possible to manage and control incontinence.

Incontinence can be caused by a variety of conditions, including pelvic floor weakness, nerve damage, and certain medical conditions. Incontinence can also be caused by certain medications, such as diuretics, which can increase urine production.

The good news is that there are many options available for treating incontinence. These options include medication, lifestyle changes, and surgical procedures. It is important to work with a healthcare provider to determine the best course of treatment for your specific situation.

The report offers practical guidance for treating fecal incontinence. It examines treatment choices ranging from dietary changes and bowel training regimens to surgery. You'll read about good foods for “bulk ing up.” You’ll be alerted to specific (and surprising) foods that can trigger incontinence. And you’ll be coached on easy exercises to strengthen the muscles of the pelvic floor, shoring up those that control the bladder and bowel.

The good news is that bladder and bowel problems can be solved. Discover how you can regain the peace of mind you once enjoyed.
By M Ghazali Khan

Like millions of other Indian Muslims who knew, admired and loved Shahabuddin Saheb, I am deeply saddened at his death. His death is a great loss for the community, especially at a time when Muslims in India are at a crossroads and yearning for a leader who could guide them and bring them into the cohesion that is the need of the time.

Mourning this great loss my memories of and about Shahabuddin Saheb span more than three decades and are varied in many ways that I cherish greatly.

The first ever article penned by Shahabuddin Saheb that I had read was in New Delhi as a rejoinder to K. R Malkani, editor of RSS’s mouthpiece Organiser. Malkani’s piece was titled, ‘Hindus and Muslims: A Question of Different Wave Lengths’ and Shahabuddin Saheb’s response was headlined as ‘Come out of your shell Mr. Malkani.’ After this I became a great fan of his writings and never missed any article written by him and when he launched his Muslim India I became its regular reader.

In those days it was so rare to see a small letter by a Muslim in an English language daily or a periodical let alone an article portraying the true picture on the ground. News about Muslims in English publications was rare and few of the Muslims who wrote in English were extremely apologetic. No Muslim politician could dare raise his voice from the platform of a secular party against the injustices being meted out to the community and government’s discriminatory policies against them.

This was the period when by playing film Barsat ki Raat’s song, Mujhe to mil gaya bahana teri deed ka’ at the end of Ramazan and by showing on Doordarshan the scene of Eid congregation at Delhi’s Jama Masjid or one or two Muslim families from old Delhi eating Eid Siwaaan all the demands and conditions of secularism were deemed complete. In such an environment Shahabuddin Saheb’s leadership and his fearless speeches in parliament and public platform changed the culture and gave the community, specially the youths, a new hope.

My first meeting with him was very brief, in 1981, when we, the residents of Nasrullah Hostel of AMU’s V.M. Hall, wanted to invite him as the chief guest in our annual hostel dinner. He had come to attend the meeting of AMU Court of Senate in a handwritten note to him with the comment a few minutes before the meeting was due to start and within no time he came out to see us. I requested him to be our chief guest at the annual hostel function to which he readily agreed and said, ‘Mujhe ek chithi dal dena meN foran jawab doonga.’

The next time I met him was a year later at his residence in Delhi. I had reached a bit earlier before the appointed time and he was not at home. Perhaps, it was his daughter who opened the door and asked me to wait in the drawing room. Only five minutes later Shahabuddin Saheb arrived himself driving his old Fiat. This was a brief meeting.

The third time I met him was in London when I interviewed him for Impact International, perhaps in 1989, at the residence of his brother-in-law, late Dr Majeed Saheb, a known orthopedist.

After the interview, I traveled with him from North London to Central London where a press conference had been arranged for him. During the journey, I noticed him close his eyes and reciting Kalima in whisper. I have a feeling that this was his habit and a routine to remember Almighty like this in his free moments but I doubt anyone except his family members would have ever seen him in this mood.

His writings and speeches speak for his courage and commitment to the community but the speech delivered by him in the Parliament in the wake of the infamous Moradabad Riots 1980 and the article in Sunday, then edited by M.J. Akbar, are in particular a glaring example of his fearlessness and love for his people.

It is said that hard times are the real tests of someone’s real mettle. What could be a tough time for him than the death in mysterious circumstances of his only son, a scientist, in US? But even after this tragedy he continued his mission for the community as before.

Having served as a diplomat and ambassador and as a parliamentarian for three terms he had seen the real faces of all those wearing secular masks. An interview with Urdu Sahara tells it all how he felt and how he wanted the Indian Muslims to adapt and evolve a new election strategy.

After being nominated as a Janata Dal MP in the Rajya Sabha he articulated Muslims’ grievances, asked questions and kept an open eye on all the ills pestering Indian Muslims. Undeterred by the hostility of the media as well as his own party he kept on speaking and writing on Muslim issues and paid the price by never being able to return to the parliament. In this respect (being in a secular party and still articulating Muslims’ issues), except Maulana Hifzur Rehman Saheb, he has no match in post-independence India. It was him who, in the 80s assembled Muslim MPs, from all the parties, and met the then Prime Minister Mrs Indira Gandhi to highlight the problems being faced by Muslims in India. I still remember an editorial in the Times of India headed, ‘Playing with fire’ in which Shahabuddin Saheb was viciously vilified.

‘This is an irony that be it Maulana Mohammad Ali Jauhar or Syed Shahabuddin, the community has not spared any of its leaders from accusations and insinuations. (Sadely, Maulana and Syed Saheb both wrote extensively and published volumes of articles that would probably be equal to several books but none of them got the time to write even one single book).’ I recall how, many in the community accused him of collecting crores of rupees for Muslim India. In the 80s some even spread the rumour that he was an RSS agent serving their agenda and that for this very purpose he was brought into politics by Atal Bihari Vajpayee. Some went as far as saying that out of their love for him some RSS activists had even hung his photographs in their houses.

Incidentally, the story was written as a satire in a gossip column by a young Muslim journalist in the Telegraph. ‘The column didn’t have a byline. The journalist in question himself confided to me that he was the source of the story. But since it served the agenda of some who saw Shahabuddin Saheb as a threat to their interests circulated the nonsense as gospel truth. A friend who is no more told me even a far more bizarre and ridiculous story mentioning his source someone high in the Congress with dodgy record. May Allah bless him, he later refused to believe the absurdity that I do not want even to mention here.

Some intellectuals in the community accuse Shahabuddin Saheb of creating what they call Hindu backlash through his participation in the Babri Mosque movement and the infamous Shahbano case controversy etc. The fact is that this is an over simplification of the issues and is not different from the tendency of blaming squarely Muslim League and Muslim politicians for the partition while ignoring the game Hinduva elements had started playing much before 1947.

It is worth narrating an interesting story that I have quoted in an article on Shahabuddin Saheb before and shared with me by Dr Hilal Ahmed, Assistant Professor, Center for the Study of Developing Societies (CSDS), when he was doing his PhD at the School of Oriental and African Studies (SOAS), London.

He had written a well-researched paper, based on Shahabuddin Saheb’s editorials published in Muslim India. When he showed it to his supervisor, a leading expert on Indian politics the gentleman remarked that so far his impression of Shahabuddin Saheb was based on media reports and that was the first time he had actually read his writings. ‘From this he comes as a brilliant political thinker,’ the expert told my friend.

This paper ‘An Introduction to the Political ideas of Syed Shahabuddin’ has been included in a book ‘Syed Shahabuddin, Outstanding Voice of Muslim India,’ compiled by Mushataq Madni.

The fact is that had Shahabuddin Saheb compromised on his stand and principles he would have spent the last few years of his life in luxury and great comfort. But this is what Dr Javed Jamil Saheb quotes him as saying, ‘Do you think Dr Jamil, I have lots of money. In my house, meat is cooked only twice a week, not because we don’t relish it but because we can’t afford it. And you see the old Fiat car outside my office. I am not even in a position to send it to the garage.’

I close this obituary with the quotes of Salman Khurshid made during the launch of the aforementioned book in 2003, ‘Some narrow-minded people say he raised the issue of Babri Masjid and Personal Law for petty politics. This is wrong. The fact is that we could not take full benefit of him as much as we should have. ‘He said. Then he turned to Shahabuddin Saheb and continued, ‘You speak strongly and clearly. If someone who did not know that you were a diplomat, would never sense it from your personality. You have ruled over the hearts of many men and women. We got in you a leader, an icon, a role model.’

May Allah forgive the shortcomings of this brave soldier of the community and shower His mercy on him.

Posted on March 9, 2017 by Urdu Media Monitor
Poetry is the spontaneous overflow of powerful feelings: it takes its origins from emotion recollected in tranquillity.” - William Wordsworth

Poetry is an elixir of life, when remedy seems to be worse than the disease. It places the reality into counter world. That is self-created world, where the inner strength is harmonized with the outer weakness. This state can be characterized as “delirium” which ultimately ends into calmness.

"A poet must never make a statement simply because it sounds poetically exciting; he must also believe it to be true.” - W. H. Auden

A poet is the most rational, prudent and sane person, who is blessed with real eyes, which have a tendency to permeate into bare reality. He sees the object as it is, not as he is. Therefore, he has to transcend the world immediately experienced and anchor beyond space as well as time.

Poetry is about to play with words and enters into the realm of spontaneity. The poet always follows the winding of motives and reasons through the most complex maze of imagination and eloquently bubbles off his verbal coins. They are remarkable for the most agreeable sense of exaggeration, a pleasant sense of beauty and a terse sense of rectitude.

"Poetry is the spontaneous overflow of powerful

hustle and bustle of life and try to reach the core of your heart and ask yourself. “Can we reward her for her any single sacrifice?”

Mother is the only companion in the world of chaos, strife and ruin.

Don't trifle the life with petty perceptions. Worth every relation, be humble and be kind. Be respectful and be grateful towards Mothers, if you really want to be…

Finally to honor our own mothers – and all mothers worldwide - let us remember the age old adage:

God Couldn’t Send Angels Everywhere So He Sent Mothers.

Qundeel Aymen is a Writer and a Senior Member of Ladies Chapter of Pakistan Writers Club – Riyadh. Email: dil.aymen@gmail.com

In Remembrance of World Poetry Day

By: Aymen Zaheer

Today the world is taking its advance paces in every walk of life. Apprenticeship is always the demand of time - both in science and arts. Unlike painting and sculpturing, poetry is beyond this term. It is personal and non-transferable gifted trait of the poet. It pulsates right from his birth and ends on his death bed. His verses resurrect frequently.

A poet is a person who has humanitarian instinct which is further elevated by sensitivity and tenderness of nature. It is the subllest genre of literature. It has sturdy engrossment with the emotional make up of the mind. To write anything is equal to the process of creation. The brain of the poet is the house of creativity where different reactions take place. He collects raw material from the experience & imagination, senses and catalyzes it into new combinations. The moment of tranquility and retrospection polishes this faculty. In this way, a creative art comes into being.

Firstly, it is non-spontaneous. Afterwards it turns to the realms of spontaneity. The poet always follows the winding of motives and reasons through the most complex maze of imagination and eloquently bubbles off his verbal coins. They are remarkable for the most agreeable sense of exaggeration, a pleasant sense of beauty and a terse sense of rectitude.

"Poetry is the spontaneous overflow of powerful
HAZRATH AMIR KHUSRAO

-Dilrus Baig

I have added some information here along with my own little knowledge about this great personality from a biography in Urdu of Hazrat Amir Khusrao written by Khan Bahadur Naqi Mohammed Khan Khurjori who did extensive research to get details from several books in Urdu and English, written on Hazrat Amir Khusrao.

I have tried to shed some light through this information on the innumerable contributions made by this great Sufi who was a writer of numerous theories and ragas in music and also an inventor of some musical instruments, although he was a Poet, Philosopher, and a writer who knew several languages.

Hazrat Amir Khusrao was a close follower and disciple of the well-known Sufi Saint Hazrat Khwaja Nizamuddin Auliya. He derived true spiritual knowledge from this Saint with his utmost devotion, love and respect for him, who was in a way his most admired teacher, or a ‘Guru’ as we call it in Hindi language.

He also invented the ‘Sum’, which is the most integral factor of Sitar playing, and was called Sehrod, but more strings were added later on, though this one was not invented by Hazrat Amir.

Hazrat Amir Khusrao was a close follower and disciple of the well-known Sufi Saint Hazrat Khwaja Nizamuddin Auliya. He derived true spiritual knowledge from this Saint with his utmost devotion, love and respect for him, who was in a way his most admired teacher, or a ‘Guru’ as we call it in Hindi language. Hazrat Amir died only six months after the passing away of his beloved Murshid. His grave is next to the Tomb of his Murshid at Dargah Nizamuddin Auliya in Old Delhi.

Hazrat Amir Khusrao was born in Patyali, Etah District in U.P. After the death of his father, he went to Delhi with his mother. He was very intelligent and a great writer who new Persian, Arabic, Turkish, Sanskrit and Hindi. In 1271, he compiled his first Divan of poetry ‘Tuhfat-us-Sighar’. In 1272, he became a court Poet with King Balban’s nephew Malik Chhaju. He compiled some more Divans later on. He has written Nasniav, Dohas, Qawwals, Thumris, and Taranas. He has also composed Hindi-Farsi poetry through the combining two languages.

Some of his famous Hindi Kalaams which have been presented through Qawwals are:


Before going into the details of Hazrat Amir Khusrao’s inventions in music, there is a saying by some philoso- phers that the expression of feelings from one’s heart come through ‘Naghma’ if one cannot express these through words. Often these feelings are expressed in perfection in music through Surs, Zamzama, Meand and Alap. These have a mesmerizing effect on humans, whereby it makes one either cry or laugh with joy or it gives a feeling of ecstasy and elevates the spirit where one tends to get lost in ‘Kaifiyat’. Sufs in particular believe in this ‘Kaifiyat’ when listening to ‘Qawwals’. It is a spiritual phenomenon.

Music effects almost every living being, even animals and birds tend to sing and feel the joy of music.

Hazrat Amir invented the ‘thaats’ from which are produced Raags or Ragas. ‘Thaat’ literally means ‘to tie’. In the autobiography written by Khan Bahadur Naqi Mohammed, he has mentioned about some of the groupings of the older Raags invented by Hazrat Amir Khusrao. Below is a tabular form of these groupings:

<table>
<thead>
<tr>
<th>No.</th>
<th>Thaat</th>
<th>Relations</th>
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<tbody>
<tr>
<td>1</td>
<td>Mujeeb=Ghara and Ajmi Raags. (Relates to Kafi Thaat).</td>
<td></td>
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<tr>
<td>2</td>
<td>Sazii=Parbi, Gora, Gungali. (Relates to Marwa Thaat).</td>
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<td>3</td>
<td>Yaman or Aiman=Hindol, Nereez. (Relates to Kalyan Thaat).</td>
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<td>4</td>
<td>Unhaaq=Sarang, Basant, Nava. (Relates to Bhairav Thaat).</td>
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<td>5</td>
<td>Munaf=Toidi, Malsiri, Durga, Hussaini. (Relates to Todi Thaat).</td>
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<tr>
<td>6</td>
<td>Ghaman=Parbi changed to a new Raag.</td>
<td></td>
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<tr>
<td>7</td>
<td>Zeelaaf=Raag Khat and Shahnaz. (Relates to Bhairav and other Thaats).</td>
<td></td>
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<tr>
<td>8</td>
<td>Farghana=Gungali, Gora, (Bhairav and other Thaats).</td>
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<tr>
<td>9</td>
<td>Surparda=Sarang, Bilaval, Rast. (Relates to Bilaval Thaat).</td>
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<tr>
<td>10</td>
<td>Sanam= Relates to Kalyan and Bilaval.</td>
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<tr>
<td>11</td>
<td>Zangola=Relates to Bhairav and Asavari.</td>
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</table>

The Invention of Sitar, Tabla and Dholak: Hazrat Amir invented the Sitar which initially had three strings and was called Sehrot. He simplified it to have seven strings. He set the initial rules of Sitar playing and divided the full scale into three ‘Sabtaks’ which include the ‘Teerav and Komal Surs’. In this context I would like to mention that Sarod also initially had three strings and was called Sehrot, but more strings were added later on, though this one was not invented by Hazrat Amir.

I was surprised to learn that Hazrat Amir not only invented Tabla and Dholak, but also invented its various ‘Taals’ and wrote down the order in which these should be played. Some argue that the Tabla is of Arabic or Persian origin, whereas ‘Duff’ and ‘Pakhawaj’ are of Arabic and Persian Origin. He was the sole inventor of Tabla and Dholak according to many writers who did extensive re- search to write about his inventions in the field of music. He also invented the ‘Sur’, which is the most integral factor in music and is especially related to the ‘Taal’.

In my conclusion, I must mention that we are deeply grateful and owe our gratitude to Hazrat Amir Khusrao for his valuable and innumerable contributions to the field of Music and Poetry which undoubtedly has led to enrich and enhance our cultural life with this form of art and creativity.
AIADMK symbol two-leaves frozen by Election Commission!

-Dr. Abdul Ruff

The treacherous work by Sasikala and allies against the AIADMK, Jayalalithaa and O Paneerselvam has taken the party founded by MGR at a crossroads as the party is losing its meaning. The party is split and now the party symbol has been frozen. "Both groups shall also be allotted such different symbols as they may choose from list of free symbols for current bypoll in RK Nagar", the EC added.

In what seems to be an apparent victory for O Paneerselvam's faction, the Election Commission has frozen the name and symbol of AIADMK. "Neither of the two groups shall be permitted to use the symbol 'Two Leaves' of AIADMK," the Election Commission stated. It also added, "Both groups shall also be allotted such different symbols as they may choose from list of free symbols for current bypoll in RK Nagar. Both groups are allowed a further and final opportunity of adducing documents and affidavits latest by 17th April, 2017. Neither of the two groups (O Paneerselvam and V.K. Sasikala) shall be permitted to use AIADMK name."

In fact the former CM Panneerselvam who was sacked by Sasikala gang should become victorious in the RK Nagar constituency. The OPS camp has said that it has not yet received an official confirmation. The high-stakes hearing on the claims of rival AIADMK factions over the party's election symbol commenced on Wednesday.

During the first half of the hearing, the OPS camp questioned VK Sasikala's elevation to the party top post, besides seeking to freeze the party symbol, before the poll panel. On the other hand the Sasikala camp claimed it had majority support of party delegates, MLAs and MPs, and the claims of Panneerselvam camp were inconsequential.

Top legal eagles have been hired by both the sides to put forth their views before the Election Commission. Two former law ministers and a former Additional Solicitor General -- M Veerappa Moily, Salman Khurshid and Mohan Parasaran are representing the Sasikala camp.

The O Panneerselvam side is being represented by senior Supreme Court advocates CS Vaidyanathan, S Krishnakan- mar and B Srinivasan.

Essentially as a sign of symbolism to deny the ruling AIADMK faction any upper hand in its claim to be real AIADMK, the Election Commission has frozen the AIADMK party symbol two-leaves. The party symbol having been frozen officially frozen, Jail inmate Sasikala's strenuous efforts to control the party have received a setback.

As the process of RK Nagar by-poll in Tamil Nadu has set in, the election has frozen the AIADMK party symbol two-leaves, making chances of the party in the poll more challenging.

Even as the ruling AIADMK faction continued to claim that there is no split in the party only a difference of opinion has taken place and the party is one and EC must give the party symbol to the ruling faction without any second thought.

The decision of EC to freeze the AIADMK party symbol might make Sasikala and CM Panneerselvam happy, for, Sasikala might think she has insulted her "thick friend" and former CM Jayalalithaa for not letting her become acting CM or Deputy general secretary during her life time, while CM Palanisamy would be a happy man for enjoying CM post as luck smiled to him, even if for a few months.

On the other hand, OS Panneerselvam and his supporters in the assembly and parliament, among the party members, would be very sad because they were appointed by Jayalalithaa herself by keeping Sasikala and co at a distance.

O Panneerselvam and supporters are the affected party, punished by Sasikala undemocratically. They had expected the EC would give them the party symbol but that has not happened. Against all expectations by the party workers, Sasikala and Palanisamy have not taken any steps to approach the Jayalalithaa's CM appointee OPS for patch up work.

Meanwhile both factions claim to be real AIADMK and both could approach the court for justice. .

Madusudanan, the AIADMK candidate of the OPS faction was an MLA of the constituency and vacated it to enable Jayalalithaa to contest and she won it.

However, DMK has all the chances to win the RK Nagar mainly due to the split in AIADMK.

Both factions would like get more votes than the other and Sasikala candidate might even lose deposit and become the 4th or 5th in poll result.

It is quite likely that both factions would make efforts to reunite and get back the symbol but party without credible leaders is likely to fail. Palanisamy still has a chance to let AIADMK continue to rule the state for many years by making a small sacrifice by vacating the CM seat in favor of O Panneerselvam or his nominee. The government has to drop Sasikala, the root cause of all troubles for the party, government and state.

With her series of arrogant actions, Sasikala has already squandered the sympathy wave of Jayalalithaa who died under mysterious circumstances.

Sasikala and her relatives in the party do not to let O Panneerselvam to become the CM again even if that would cost the Palanisamy government- after all, Sasikala is not ruling the state. Palanisamy and some of his associates would like to patch up with Panneerselvam but they fear punitive measures of Sasikala, Dinkaran and family and co. He does not want to lose his CM post that came to him by chance as life time goal. He wants to enjoy the privileges of being CM. .
Ex-president acquitted this month on all charges of murdering protesters before he was ousted in Arab spring uprising in 2011

Egypt's former dictator Hosni Mubarak has left the Cairo military hospital where he had been held in custody for much of the past six years, and returned to his home in the Cairo suburb of Heliopolis, his lawyer said.

Mubarak, 88, was acquitted by Egypt's highest appeals court on 2 March of conspiring to kill protesters in the final verdict in a long-running case that originally resulted in him being sentenced to life in prison in 2012 over the deaths of 239 people in Arab spring protests against his rule. A separate corruption charge was overturned in January 2015.

He left the Maadi military hospital on Friday morning and returned to his home, where he had breakfast with his family and a number of friends, according to a report in the privately owned newspaper al-Masy al-Youm. His lawyer, Farid al-Deeb, told the paper that Mubarak thanked those who had supported him throughout his trial.

The strongman, who ruled Egypt for nearly three decades, often appeared in a frail state during his court appearances, attending on a stretcher and wearing dark sunglasses, but the appearances put paid to repeated rumours of his death.

Mubarak returned to hospital after a court hearing in 2013. Photograph: Youssef Boudlal/Reuters

Mubarak was also healthy enough to appear at the window of his hospital room to wave to supporters gathered outside on occasions including his birthday and anniversary of Egypt's 1973 war with Israel.

For those who worked to topple the former dictator, Mubarak's freedom marks a grim moment in Egypt's modern history. Yet some reacted with little more than resignation as his release became imminent, numbed by the years of political turmoil since his fall.

Mubarak's democratically elected successor, Mohamed Morsi, was overthrown in a popularly backed military coup in 2013. Many see echoes of Mubarak's style of leadership in Egypt's current leader, the former general Abdel Fattah al-Sisi.

"I'm neither sad nor disappointed," said Tarek el-Khatib, whose brother, Mustafa, was killed in the struggle to topple Mubarak. "I'd have been surprised had things happened otherwise. Politically, everything flew in this direction and paved the way for the normality of this moment."

Over the past six years there have been repeated efforts to punish family members and business associates who profited from Mubarak's regime, largely without lasting consequence. Mubarak's sons, Alaa and Gamal, were freed in October 2015, with a judge stating that they had served adequate jail time on charges of corruption and embezzlement of public funds.

The notorious steel tycoon Ahmed Ezz, formerly the secretary general of Mubarak's now defunct National Democratic party, was named as an honorary leader of a political party in 2016, although he had previously served three years on corruption charges.

Despite describing the revolution that ended Mubarak's rule as "a turning point in Egypt's history," Sisi and his military-backed government are regarded as the autocrat's political heirs.

"I think that Mubarak's release was something expected as his students are ruling the country," said Mahienour el-Massry, an activist and lawyer who served 15 months in prison under Sisi's rule. "The same regime, the same corruption, the same brutality.

"Mubarak might be released, but in the eyes of those who believe in the revolution he will always be a criminal killer and the godfather of corruption," she said. "This might be another round that we have lost, but we will keep on fighting to change the inhuman regime that releases criminals and imprisons innocent people."

Others were less hopeful. Mubarak's freedom meant the families of those killed were "now praying for divine justice," said Mohsen Bahnas, a human rights lawyer who served as a member of the commission of inquiry into military abuses committed during the 2011 revolution.

Egypt's highest appeals court previously rejected demands by the families of those killed during the uprising to bring civil suits against Mubarak for his role in the deaths of protesters. An official inquiry later concluded that 864 people died and a further 6,467 were injured during the revolution, as Egyptian security forces violently suppressed the protests which packed Cairo's central Tahrir Square.

"The Mubarak acquittal is of significant symbolic value in that it reflects an absolute failure of Egyptian judicial and legal institutions to hold a single official accountable for the killing of almost 900 protesters during the January 25 revolution. It is indicative of a deeper, compounded crisis of transitional justice," said Mai el-Sedany, a legal expert with the Washington thinktank the Tahrir Institute for Middle East Policy.

"This is a clear message to all Egyptians that no one will be held accountable for any corruption or oppression in this country - the state is loyal to its men and will continue to be," said Khatib. "Don't dream of any revolution again."

Mubarak's release comes amid an economic crisis following years of political tumult and worsening security. Egyptians complain of empty pockets and rumbling bellies as inflation exceeds 30% and the government tightens its belt in return for loans from the International Monetary Fund.

"The economic crisis we are living in and the high prices take priority over everything, as does the fear of terrorism. That is what preoccupies ordinary citizens, not Mubarak," said Khaled Dawoud, an opposition politician who opposed the Islamists but also condemned the bloody crackdown on them.

"When you see the group of people who show up and cheer and support him, you are talking about 150, 200 people," he said, referring to occasional shows of support outside the Maadi hospital when Mubarak was there.
Before it was Michael Flynn, National Security Adviser, who had to resign on charges of connections with Russians it will cast serious doubts about other officials close to President Trump. I am pretty sure, Russians and Chinese are keeping an eye on these developments in Washington, DC. They may be reviewing at their options in case the ‘Russian connection plot’ thickens in Washington, DC. I am sure, Chinese will continue moving on world state like a turtle to gain more economic influence, but Russians—who knows what they are up to? Mr. Putin still has many unfulfilled ambitions. I hope, he doesn’t get any of his wishes granted on President Trump’s watch.

As ancient Numidia, Algeria became a Roman colony, part of what was called Mauretania Caesariensis, at the close of the Punic Wars (145 B.C.). Conquered by the Vandals about A.D. 440, it fell from a high state of civilization to virtual barbarism, from which it partly recovered after an invasion by Arabs about 650. Christian during its Roman period, the indigenous Berbers were then converted to Islam. Falling under the control of the Ottoman Empire by 1536, Algiers served for three centuries as the headquarters of the Barbary pirates. Ostensibly to rid the region of the pirates, the French occupied Algeria in 1830 and made it a part of France in 1848.

Algeria is the largest country in the African continent and has about two third the area of India and four times the size of Texas. Algeria is bordered on the west by Morocco and Western Sahara and on the east by Tunisia and Libya. The Mediterranean Sea is to the north, and to the south are Mauritania, Mali, and Niger. The Saharan region, which is 85% of the country, is almost completely uninhabited. The first three to four hundred kilometres from the Mediterranean sea enjoy fabulous climate with pristine beaches, mountain ranges, laid with orchards, and a climate which could be an envy of many countries. It was a French Colony for long and the FNL won the hard-fought freedom in 1962 after sacrificing more than a million lives. Algerian independence movements led to the uprisings of 1954-1955, which developed into full-scale war. In 1962, French president Charles de Gaulle began the peace negotiations, and on July 5, 1962, Algeria was proclaimed independent French President De Gaulle agreed to liberate for which QAS, a French paramilitary and a dissident group attempted to assassinate PDG. A spy thriller film based on a novel by Fredrick Forsyth “The Day of the Jackal’ on this assassination attempt has been very well made. India under the first Prime Minister Pt Jawaharal Nehru was first to recognize the country and its Government. Our own Bollywood has made the Indian men and saree clad women who visit Algeria as very attractive and people walking in the street hum Hindi songs from Mother India, Awaraa etc., to attract the attention of the visitors. They still believe that we as couples go round the trees singing and dancing in the gardens to express love to each other as shown in the movies.

Prior to 1980, when the Oil prices were riding high, Algeria with its revenues from Oil being about 97% of national income was comfortably placed. The influence of Culture, technology of European countries just across the Mediterranean was profound and France perhaps considered Algeria as its pocket borough for dumping their goods. Many French nationals and especially those who were born in the Algeria stayed over Algeria even after independence. French who were born in Algeria are called “Pied Noir” meaning partly black, not literally, and are considered as a separate Ethnic Group, they constitute about 13% of the population and spread over France, Belgium and Algeria.

Indian economy in 80’s prior to liberalisation was doing all it could to earn enough foreign exchange to meet the imports and especially the Oil. My company HMTC too was under great pressure to export to earn foreign exchange to meet the import bill. After successfully executing a turnkey project in Setif, Algeria, including the manufacture of Gas Meters with technical collaboration from Singer USA, our Company decided to open an office at Algiers to promote our engineering prod-ucts. As a Regional Manager, North Africa with my base at Algiers from 1982 to 87, I learnt in a very hard way as the French which was the working language, the French would say “sur le tas”. Mahatma and his persona as an epitome of non-violence and winner of the Indian Independence has been an angel Ambassador of India to many countries and more so in entire North Africa. Most of the successful business I could get for the company was due to narration of life events and times of Mahatma Gandhi, during serious negotiations of contracts to wriggle out of tight commercial situations and in the end it was Mahatma who would have won. I could exchange a VHS video of film “Gandhi” made by Richard Attenborough with French or Arabic sub titles for a business of few million US Dollars, it may sound true. That was the culture of Algerians who are fiercely nationalistic, highly respect the Indian ethos, were very keen to develop business relations with India and took every opportunity to visit my headquarters in India with me for technical appraisals.

Mr.Chencheri Vijay Nambiar was then the Indian Ambassador and was the leading “Marketing Manager” for all Indian Companies, a diplomat from tip to toe, was putting all his efforts and keeping at disposal the entire embassy assets to promote India. There were only few Indian families and a dozen junior Diplomats and their families living at Algiers. Besides HMT, the others were TATAs, IRCON, RITES and Star Tires. Vijay, as we use to call him fondly, was in close and constant touch with all of us regarding business and other official matters. He even use to review the progress and guide us often and liaise with our parent ministries. During June 1986, an Interna-tional Trade Fair, a biannual affair, was held at Algiers, dozens of Indian companies had set up stalls. On the eve of inauguration by the President Chadli, Ambassador Vijay came with his senior diplomats to take stock of preparedness by all the Indian companies and felt very disappointed that the stalls were unkempt, and were not to his expectations. He was furious, angry and upset with all the Indian exporters present, and did not want this kind of presentation next morning. He left the grounds and after an hour or so, he came dressed in jeans along with the male staff of Embassy similarly dressed, with brooms, buckets, waste clothes, cleaning materials etc., and all of them rolled up their sleeves to clean the entire Indian Pavilion with us without caring for their status or anybody around. It took him and his team about 5 hours of work and they returned after completion around midnight. Next morning, he was with the VIP party in the inauguration ceremony and did not show any strain of last evening’s “Swatch India” campaign work which he had accomplished. The fair lasted for about ten days and at the end India Pavilion was awarded the best pavilion. Swatch Bharat Abhiyan was initiated by him way back in 1986.
**Hindi Movie Release Dates**

<table>
<thead>
<tr>
<th>Opening</th>
<th>Name</th>
<th>Genre</th>
<th>Director</th>
<th>Cast</th>
</tr>
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<tbody>
<tr>
<td>7 April</td>
<td>Begum Jaan</td>
<td>Action, historical drama</td>
<td>Srijit Mukherji</td>
<td>Vidya Balan, Gautam Khan, Naseeruddin Shah</td>
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<tr>
<td>21 April</td>
<td>Kaalakaandi</td>
<td>Drama</td>
<td>Akshat Verma</td>
<td>Saif Ali Khan, Sobhita Dhulipala, Kunal Roy Kapur, Neil Bhoopalam, Deepak Dobriyal</td>
</tr>
<tr>
<td>28 April</td>
<td>Baahubali: The Conclusion</td>
<td>Action,Drama</td>
<td>S.S. Rajamouli</td>
<td>Prabhas, Rana Daggubati, Tamannaah Bhatia, Anushka Shetty, Vivek Tiwari, Ramya Krishnan, Nassar</td>
</tr>
<tr>
<td>12 May</td>
<td>Meri Pyaari Bindu</td>
<td>Romance</td>
<td>Akshay Roy</td>
<td>Ajay Devgn, Khurana, Parineeti Chopra</td>
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<tr>
<td>12 May</td>
<td>Hindi Medium</td>
<td>Romance</td>
<td>Saxit Choudhary</td>
<td>Irfan Khan, Saba Qamar</td>
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<tr>
<td>19 May</td>
<td>Half Girlfriend</td>
<td>Romance, Drama</td>
<td>Mohit Suri</td>
<td>Aditya Kapoor, Shraddha Kapoor</td>
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<tr>
<td>26 May</td>
<td>Sacrifice: A Billion Dreams</td>
<td>Romance, Drama</td>
<td>Anees Bazmee</td>
<td>Ayushmann Khurrana, Parineeti Chopra</td>
</tr>
<tr>
<td>3 June</td>
<td>Toilet: Ek Prem Katha</td>
<td>Romance,Satire</td>
<td>Shooloor Srinivasa</td>
<td>Akshay Kumar, Bhumi Pednekar</td>
</tr>
<tr>
<td>9 June</td>
<td>Raman</td>
<td>Romance</td>
<td>Dinshah Vijaan</td>
<td>Sumeet Singh, Akshay Kumar, Bhumi Pednekar</td>
</tr>
<tr>
<td>11 June</td>
<td>Vi FOR VIANY</td>
<td>Drama,Children</td>
<td>Chandra Sekhar Acharjee</td>
<td>Master Sanj, Gopi, Chandra Sekhar Acharjee</td>
</tr>
<tr>
<td>25 June</td>
<td>Tuvalu</td>
<td>Action,Drama</td>
<td>Kabir Khan</td>
<td>Salman Khan, Sejal Khan, Zhu Zhu</td>
</tr>
</tbody>
</table>

**Begum Jaan**

is an upcoming action drama film written and directed by National award winning director Srijit Mukherji and produced by Mukesh Bhatt, Vishesh Bhatt and Play Entertainment. The film is co-produced by Saksit Bhatt and Shree Venkatesh Films with executive producer Kumkum Saigal. The cinematography is done by Gopi Bhagat. Lyrics, Additional screenplay and dialogues have been penned by Kausar Munir.

The film is scheduled for release on April 14, 2017.

Vidya Balan plays the lead role of a brothel's madam, set in the backdrop of late Indian Independence period of 1947. It is Hindi remake of the Bengali film Rajkahini.

**Kaalakaandi**

is a Bollywood black comedy film, written and directed by Akshat Verma. The movie stars Saif Ali Khan and Sobhita Dhulipala in lead roles.

[Promotional image of Begum Jaan]

[Promotional image of Kaalakaandi]
The life of a journalist is not that easy. And Sonakshi Sinha is here to prove that to you. The actress plays the role of a journalist in her forthcoming flick 'Noor', which is helmed by Sunhil Sippy. The trailer of 'Noor' starts off with Sonakshi as a happy-go-lucky 20-something girl in Mumbai - one who is struggling with her love life as much as she is with her weight issues. Her job as a journalist and the responsibilities that come with it don't figure high on her priority list. However, things take a dramatic turn and she realises that it's time to take charge of her life and undo the mistakes she has made.

Popular comedian Kanan Gill is making his debut with this film. Shibani Dandekar and Purab Kohli will be seen in pivotal roles too. The film is based on the novel 'Karachi, You’re Killing Me!'
During my college days in Hyderabad Deccan, as the sun began its descent in slow motion, red in color, large enough to dwarf one's slim height many romantic nomads lay on the grass of the white Naubat Pahad or the black Kala Pahad built by Aurangzeb to announce his victory of the stubborn Golkonda fort. As the sun caressed the banks of Husain Sagar dam, lovers escaped in their world of fantasy and darkness, oblivious of tomorrows cruelty and the day-after's uncertainty. Today, there is no Naubat Pahad nor is there a Kala Pahad but may be the romantic episodes of couples torn apart are still buried in the hills of these "pahads" in the hope of surging from the ashes of sublime love that was sacrificed at the altar of societal demons. But the young Quli Qutab Shah stricken by his undiminishing love for a dancing girl, Bhagyalakshmi married her against stormy odds and on her conversion named her Hyder Mahal which led to the city of Golkonda being renamed "Hyderabad".

This is a city that bisects history and trisects her future at the same time. Its past, present and future collide, collaborate and commemorate in nano-seconds. You can present and future collide, collaborate and sects her future at the same time. Its past, being renamed "Hyderabad". As typical of "pahads" in the hope of surging from the ashes of sublime love that was sacrificed at the altar of societal demons. But the young Quli Qutab Shah stricken by his undiminishing love for a dancing girl, Bhagyalakshmi married her against stormy odds and on her conversion named her Hyder Mahal which led to the city of Golkonda being renamed "Hyderabad".

There are thousand of criminals around the globe including terrorists, killers, drug smugglers, and war criminals. Top 10's brings you a list of such top 10 criminals – 10 of the world's most evil and dangerous men. Have a look and drop your suggestions in the comments!

1. Omid Tahvili (Persia):
Bigwig of an Iranian crime organization, he was accused with mail fraud, wire fraud, telemarketing and abetting. He escaped from a high-security prison in Nov. 2007 after bribing a guard. Due to his brazenly relationships in Europe and Middle East, he is still dodging intelligence agencies and working as an international crime operator.

Top 10 criminals of the world
9. James "Whitey" Bulger (America):
Lover of history books and Adolf Hitler, he is on FBI's most wanted list since 1995. In the starting years he was arrested for stealing, forgery, assault and armed robbery. He is known for his trusting and beneficial relationship with gangsters.

Top 10 criminals of the world
8. Al Capone (America):
Keeping the formula "money is the game" in mind, a boy joined a street gang and later became an epitome of devastation in the United States. He initiated his crime archive with rackets of gambling, extortion, protection and prostitution. His explosive temper made him the boss of American criminal enterprise.

Top 10 criminals of the world
7. Matteo Messina Denaro (Italy):
Better known as "Boss of all bosses," this cinematically credited "Playboy Don" is fond of expensive Porsche sports car, Rolex watches, Rayban sunglasses, fancy clothes from Giorgio Armani, Versace and young girls. Born in a Mafia family, this leader of Cosa Nostra (Mafia) learned to use the gun at the early age of 14. He, himself, admits – "I filled a cemetery all by myself!"

Top 10 criminals of the world
6. Joseph Kony (Uganda):
Foe of the Ugandan Government, Kony formed a rebellion group Lord's Resistance Army (LRA) in 1987. Fond of wearing women's dresses, he is accused in enormous criminal cases such as murder, kidnapping, enslavement, rape, cruel acts with civilians and etc. Really, an obnoxious face of human!

Top 10 criminals of the world
5. Alimzhan Tokhtakhounov (Russia):
A fabulous footballer at a time, he proceeded Moscow to become a big gun of gambling world where money makes him the crime boss. Son of a policeman, this big fish of crime world is a major headache for intelligence agencies.

Top 10 criminals of the world
4. Felicien Kabuga (Rwanda):
A prominent businessman and multimillionaire of Rwanda, Kabuga is said to be the prime accused of Rwandan genocide of 1994, which claimed estimated lives of 800,000 people. Apart from this hellish act, he is also involved in bank-rolling and other crimes.

Top 10 criminals of the world
3. Pedro Antonio Marin (Colombia):
Also know as Tirofijo, he is the beginning of FARC, a terrorist organization based on Marxist doctrine. This organization is involved with drug trafficking, murder, extortion, kidnapping and various criminal activities. With it's own military and thousands of supporters, FARC's main targets are politics, economics and military of Colombia.

Top 10 criminals of the world
2. Dawood Ibrahim Kaskar (India):
Inspiration of Bollywood's underworld theme and the owner of D-Company, his crime era started after murdering Karim Lala (Godfather of Mumbai's crime during 1980's). Soon he became the fire machine of Bombay's streets. Mumbai bomb blast in March, 1993, made him the crime boss. Son of a policeman, this big fish of crime world is a major headache for intelligence agencies.

Top 10 criminals of the world
1. Joaquin Guzman (Mexico):
You can catch this 5'6" drug lord in the Forbes list of "The World's Billionaires" but intelligence agencies are still rubbing their hands to catch him face to face. He owns the most powerful drug corporation in Mexico. He is the next Robin Hood for his lovers as he contributes a lot for social welfare.
नेहरू के दौरान लाते ही, चीनियों का अनुभव काफी तेज़ हुआ। चीन ने अपने सुप्रसिद्ध नाव, "यी" को भारत का हवाई वाहन नामित किया। यह नाव भारतीय वाहन का नाम था परंतु चीन ने यूरोप को भी नाव का स्वागत किया।

उन्होंने भारत के दौरान भी समझा कि चीन के लाभ के लिए अर्थव्यवस्था की कम सहयोग हो जाएगी। नेहरू ने चीन के साथ वाणिज्य सहयोग की अवधि को बढ़ाने का प्रयास किया।

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On the lighter side....

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

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

---

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

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

"The gentleman was your doctor."

---

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

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

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

---

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

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

---

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

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

---

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

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

Father: He's always late picking you up!

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

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

---

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

The husband grows worried and begins to pace in circles. Then, a little later, the doctor bursts through the doors screaming for a hammer and at that, the husband, in a state of frenzied fear, runs up and asks, "Doctor, what the heck is wrong with my wife?"

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

---

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

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

"Wrong number," replied the wife.