

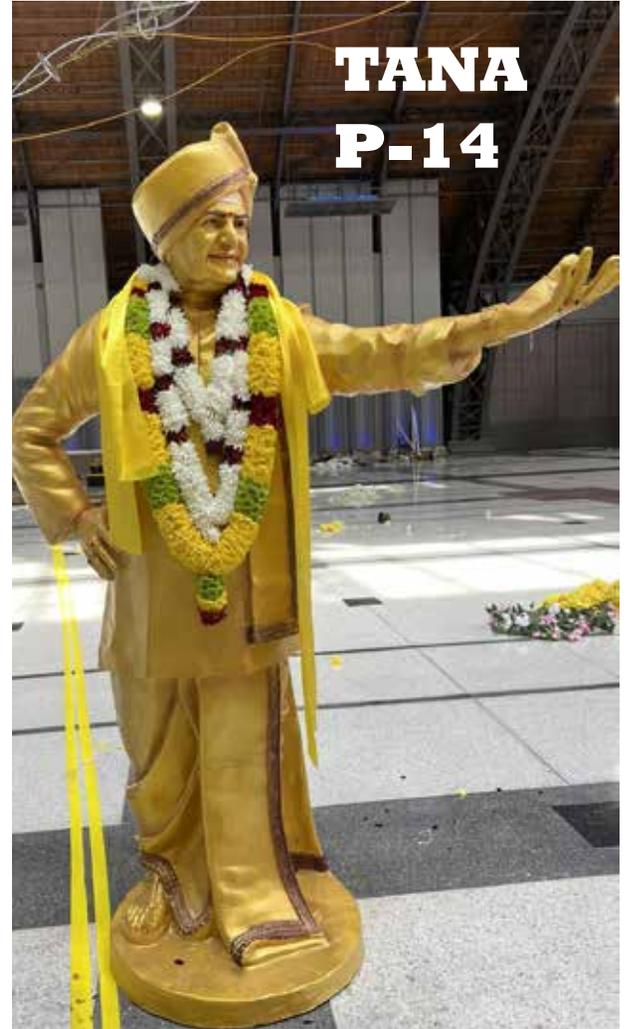
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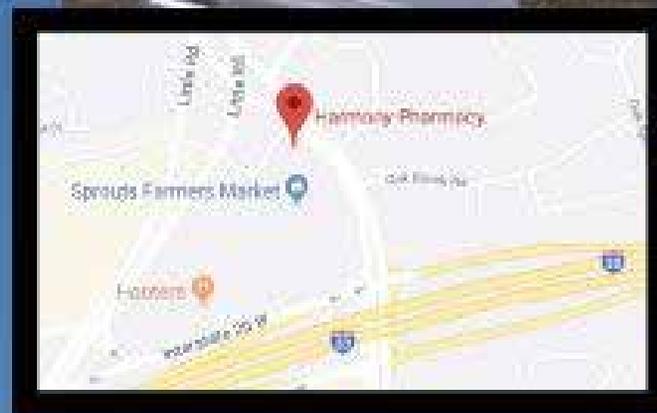


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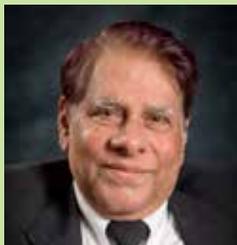
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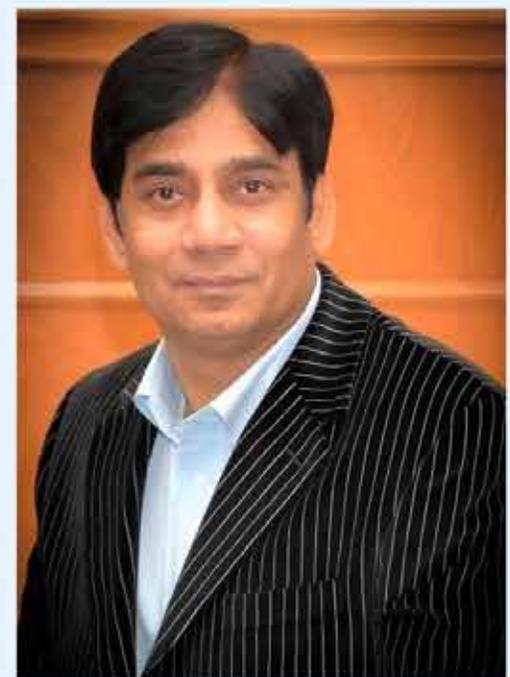
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Arlington leaders approve Parks Mall redevelopment plan that includes Dick's House of Sport

Against the backdrop of declining mall visits nationwide, The Parks Mall at Arlington owners plan to redevelop their space — with help from City Hall.

Under an agreement approved by Arlington City Council Tuesday, Parks Mall owners Brookfield Properties would spend \$25 million to turn its closed Sears location into a Dick's House of Sport.

The business, an iteration of Dick's Sporting Goods, is required to finish the project by June 30, 2026, and host corporate and community events in the space.

Owner Brookfield Properties would also be required to repurpose the current Dick's Sporting Goods space and design a master plan to redevelop the rest of the mall.

The city will rebate 70% of the sales tax generated from new and old Dick's locations for 15 years, with a cap at \$5 million.

Kevin McGlaun, economic development and real estate advisor, called the deal an "exciting opportunity" for the city as it looks to fortify one of its economic anchors.

"I truly believe this is going to



increase the trade area, bring more people into the mall, and as we know, foot traffic drives sales and sales drive more tenants," McGlaun said.

Parks is the fourth-most visited mall in the region, behind venues including Grapevine Mills and NorthPark Center, with 8.3 million visitors annually. However, its property valuations have fallen 19.3% over the last five years.

The Parks Mall at Arlington's Dick's Sporting Goods is the most visited location in the region. Dick's House

of Sport — which currently has locations in New York, Tennessee and Minnesota — includes amenities like a golf putting green, batting cages and rock climbing walls.

City council members approved the performance agreement 8-1, with District 5 Councilmember Rebecca Boxall the lone vote against the proposal.

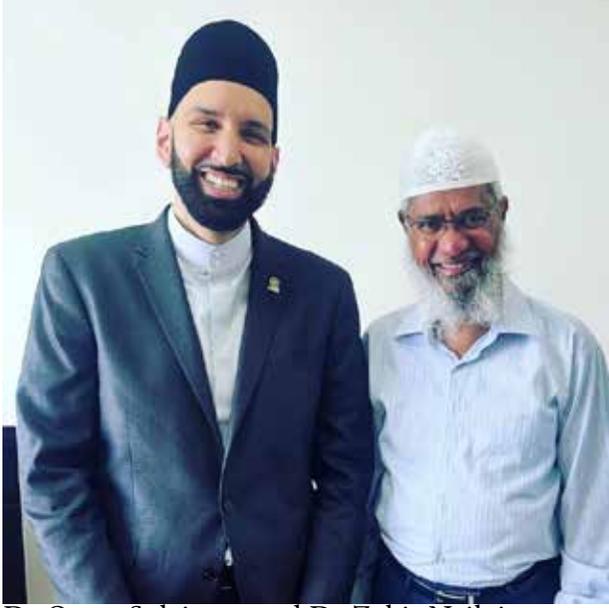
Some asked about master plan specifics their constituents have asked for, including green space and more pedestrian-friendly spaces outside the mall.

McGlaun said Brookfield is early in the process, and the stipulation of a master plan is a proactive step toward facilitating conversations about the vision for the mall.

Andrew Piel, District 4 council member, said he wants to be "blown away" by the master plan.

"Arlington's gone through two dead malls in the past with Six Flags Mall and 303," Piel said. "We don't need to go through another one."

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May Allah SWT bless and reward all our valunteers during the Hajj period for all their hard work and kindness, May they be blessed with a healthy and happy life Aameen..Thanks to our president Mohd Jabbar Sahab who organised our team very well, thanks to our Vice President Mahmood Bin Jaffer Misri Sahab who supported us and thanks to Imtiyaz bhai who manage the captains team very well

Special thanks to all IPWF team members who supported us day and night.

Turkish President Erdogan heads to Persian Gulf states



Turkish President Recep Tayyip Erdogan travels to Saudi Arabia in a three-stop tour of Persian Gulf states to seek trade and investment opportunities for Turkey's floundering economy.

Erdogan will arrive in Jeddah accompanied by an entourage of some 200 businesspeople, according to the Foreign Economic Relations Board of Turkey. He is expected to meet King Salman and Crown Prince Mohammed bin Salman. Business forums have been arranged in Saudi Arabia, Qatar and the United Arab Emirates during Erdogan's three-day trip.

"We are hoping to improve our relations and cooperation in many fields. We will focus on joint investment and commercial initiatives to be realised in the upcoming period," Erdogan told reporters in Istanbul before leaving.

The visit comes as Turks are hit with sales and fuel tax hikes that Finance Minister Mehmet Simsek has said are necessary to restore fiscal discipline and bring inflation down.

The official annual inflation rate stood at 38% last month, down from a high of 85% in October. Independent economists, however, maintain that the actual rate was around 108% in

June.

Turkey's current account deficit reached record levels this year – \$37.7 billion in the first five months — and Erdogan is hoping the oil- and gas-rich Gulf states will help plug the gap.

Last month the Turkish central bank delivered a large interest rate hike, signaling a shift toward more conventional economic policies following criticism that Erdogan's low-rate approach had made a cost-of-living crisis worse.

His Gulf tour was preceded by Turkish officials including Simsek, Vice President Cevdet Yilmaz and central bank Governor Hafize Gaye Erkan holding talks in all three countries.

Ankara has recently repaired ties with Saudi Arabia and the UAE following a decade-long rift. The split arose following the 2011 Arab Spring and Turkey's support for the Muslim Brotherhood, considered a threat by some Gulf monarchies.

Worsening relations were exacerbated by a boycott of Turkish ally Qatar by Saudi Arabia, the UAE, Egypt and Bahrain. The 2018 murder

of Saudi dissident journalist Jamal Khashoggi in Istanbul led to a further souring of ties with Riyadh.

Since Erdogan launched a diplomatic re-engagement with previously estranged regional powers two years ago, funding from the Gulf has helped relieve pressure on the economy.

Erdogan visited both Saudi Crown Prince Mohammed — the country's de-facto ruler — and UAE President Mohammed bin Zayed Al Nahyan last year, while the latter came to Istanbul for soccer's Champions League final a month ago.

Qatar and the UAE have provided Turkey with some \$20 billion in currency swap agreements recently while Saudi Arabia deposited \$5 billion into Turkey's Central Bank in March.

Days after Erdogan won re-election last month, the UAE and Turkey signed a trade deal potentially worth \$40 billion over the next five years.

Erdogan is due to meet Qatar's emir, Sheikh Tamim bin Hamad Al Thani, in Doha before seeing the UAE leader in Abu Dhabi

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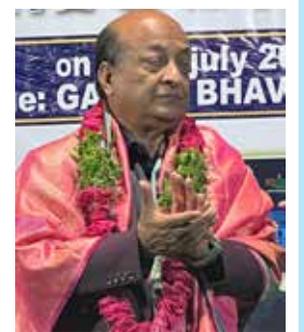
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IFTEKHAR SHAREEF PAGE



Little flower high school, Abid's, Hyderabad hosted 75 year's celebrations with chief guest Honourable home minister Janab Mehmood Ali , Iftexhar Shareef , Rector Shajon Anthony and board members of Telangana Table Tennis Association



Below;/ Janab Mehmood Ali Sahab , Honourable Home Minister of Telangana state at the residence of Iftexhar Shareef

At gandhi Bhavan Iftexhar shareef with other members of cultural associations of Hyderabad



Honourable minister of minorities, Government of Bihar janab Mohammad Zama Khan visited the residence of Iftexhar Shareef at Shamshabad, Hyderabad



Mr Amit Garg chief general manager, State Bank of India with Iftexhar Shareef

CHICAGO PAGES

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Ashfaq Syed has been Appointed as President of Naperville Public Library Board

Ashfaq Syed has been appointed as the President of Naperville Public Library Board on July 19th 2023. "I take this opportunity to thank the Board of Trustees of the Library for their confidence and trust in me to carry this important responsibility", Ashfaq Syed said .

He stated that he will take the Naperville Public Library to greater heights and, towards this, he will conceptualize and execute multiple innovative initiatives.

Ashfaq Syed thanked the outgoing President, Jeanine O'Meara, for her excellent leadership and great service to the Naperville Public Library Board. He thanked Dave Della Terza, Executive Director and

staff too for their excellent work.

Ashfaq Syed added that Nancy Hayes and Nick Guo, were also appointed as Vice President and Secretary of the Naperville Public Library Board, respectively.

"Naperville Public Library has been named the No. 1 Public Library in the U.S. in 100,000 – 250,000 population category for the last 10 years and had been a beacon of pride to the entire community", stated Ashfaq Syed.

Ashfaq Syed is well-known for his community work with zeal and dedication. He has also been associated with many non profit organizations in Chicago and Naperville area.



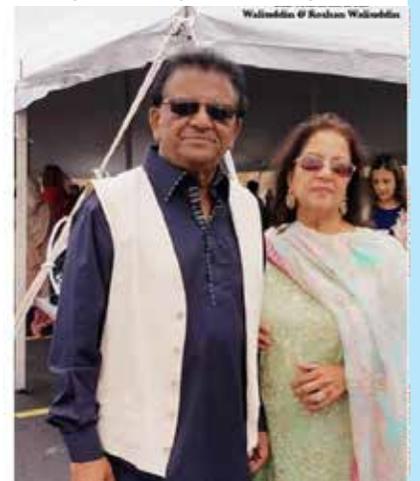
MOHAMMED KHAJA ALI and friends with cricketer Mohammed Azharuddin in Chicago



Chicago Community leader Mr Mukarram addressing a public gathering in Chicago



Kamal Mujahid took oath as incoming President of Chicago Rogers Park Lion Club 2023-2024







HAPPY INDEPENDENCE DAY

A. Waliuddin and Roshan Waliuddin

23rd Telugu Association of North America National Conference

The 23rd Telugu Association of North America (TANA) National Conference, held from July 7th to 9th at the Pennsylvania Convention Center in Philadelphia, surpassed all expectations with its resounding success. The conference attracted a staggering attendance of over 20,000 participants, cementing its status as a pinnacle event for the Telugu community in North America.



The conference kicked off on July 7th with an elegant banquet dinner, where approximately 8,000 attendees gathered to celebrate the cultural heritage of the Telugu people. The event witnessed the release of the conference souvenir and the felicitation of notable dignitaries. Sri. Venkayya Naidu, the 13th Vice President of India, was honored by TANA President Sri. Anjaiah Chowdary Lavu, 23rd TANA National Conference Coordinator Sri. Ravi Potluri, 23rd TANA National Conference Chairman Sri. Srinivas Lavu, Executive Director Ravi Mandalapu, Director Overseas Vamsi Kota. Sri. Venkayya Naidu then presented excellence awards to deserving recipients. The event also included the felicitation of Telugu Movie hero Sri. Nandamuri Bala Krishna, who awarded meritorious awards to deserving candidates. Esteemed personalities such as Movie producer Dil Raju, Telangana State Minister Erraballi Dayakar

with the attendees. Sri. Jonna Vithula received a well-deserved felicitation from TANA leaders. The Telugu community expressed their joy and satisfaction with the diverse cultural programs showcased throughout the day. Eminent personalities including actor Sri. Rajendra Prasad, Cognizant CEO Sri. Ravi Kumar, Oscar Winner Sri. Chandra Bose, Former MP Sri. TG Venkatesh, and Prime Hospital founder Dr. Prem Sagar were felicitated for their remarkable contributions. The Fashion Show, Spiritual programs, and Padmabhushan Sadhguru programs captivated the Telugu community. The highlight of the evening was a scintillating musical performance by the renowned Music director Devi Sri Prasad.

Day 3 witnessed an overwhelming response from the North American Telugu community, underscoring the conference's tremendous impact. The Daaji Kamlesh Patel Meditation Program received a tremendous response from the community. The DhimTANA team received heartfelt felicitations from TANA leaders. Sri. N.V. Ramana, the 48th Chief Justice of India, was also honored during the proceedings. Senior actor Sri. Murali Mohan received a well-deserved felicitation and was presented with the prestigious Legendary actor Sri. Nandamuri Taraka Rama Rao award by Telugu Movie actor Sri. Nandamuri Bala Krishna. Sri. Krishna Ella, the founder of Bharath Bio Tech, was recognized for his outstanding contributions and received the esteemed TANA Lifetime Achievement award from TANA leadership. Telangana Political leader Sri. Revanth

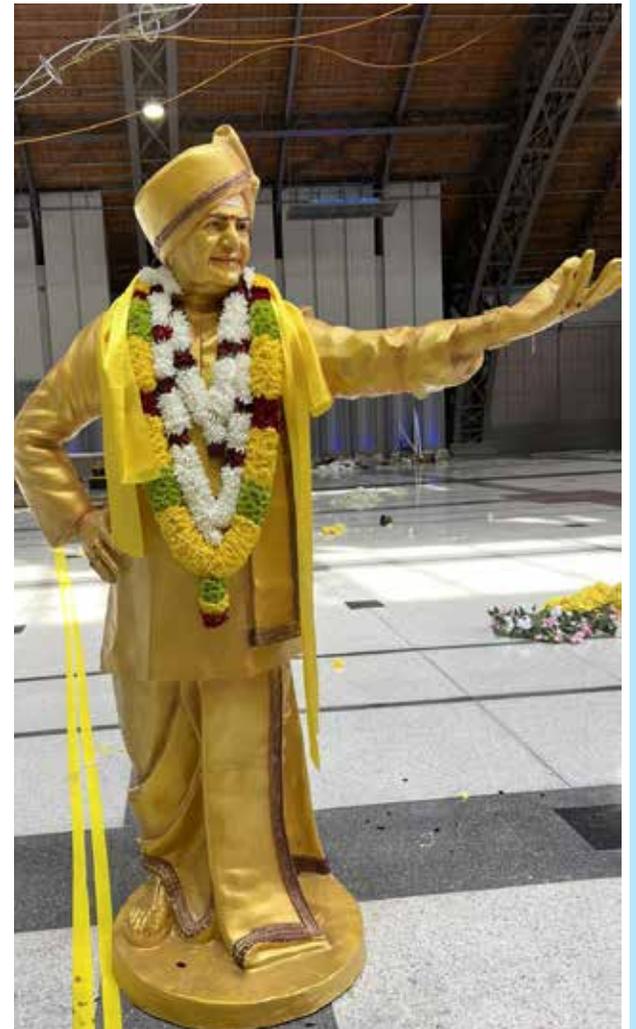


Rao, Congress leader Sithakka, Heroine Sri Leela, and Hero Nikhil were also felicitated by TANA. Attendees were treated to a captivating live music performance by the renowned Caprico band, followed by an enthralling musical night featuring esteemed singers Smt. K.S. Chitra, Kousalya, and Simha.

Day 2 commenced with TANA leaders conducting a worship ceremony dedicated to Lord Venkateswara Swamy, setting a spiritual tone for the day's proceedings. Inspirational speeches by TANA President Sri. Anjaiah Chowdary Lavu, 23rd TANA National Conference Coordinator Sri. Ravi Potluri, and TANA Board of Director Sri. Hanumaiah Bandla resonated



Reddy and Telugu Movie actor Sri. Nandamuri Bala Krishna and his spouse were also felicitated by the TANA leadership. In a touching gesture, the TANA team handed over a ten million Indian Rupees (One Crore INR) check to Basavatarakam Indo American Cancer Hospital. Sri. Bala Krishna, who expressed his heartfelt appreciation for the invaluable nonprofit service TANA provides to the Telugu community in North America. The conference also featured numerous cultural performances and hosted several forums, including those focused on agriculture, NRI meets, alumni gatherings, matrimony, women's forums, Telugu Patasala competitions, senior citizen initiatives, IT Serve Alliance, Reels and Short Films, TTD Srinivasa Kalyanam, and



Youth activities. The grand finale of the conference was a spectacular musical night by the esteemed Music Maestro Sri. Illayaraja.

TANA President Sri. Anjaiah Chowdary Lavu delivered an emotionally charged speech, welcoming the next TANA President, Sri. Niranjan Srungavarapu (2023-25), to the stage. Sri. Niranjan Srungavarapu took an oath and delivered a stirring speech, pledging to promote the Telugu language and ensuring a brighter future for the Telugu community in North America.

The 23rd TANA National Conference Coordinator Sri Ravi Potluri expressed gratitude for the tremendous efforts put forth by all the members of the 23rd TANA National Conference committees and humbly apologized Telugu community for any inconvenience caused during the conference.

The 23rd TANA National Conference stands as a testament to the unity, cultural richness, and unwavering spirit of the Telugu community. TANA remains committed to its mission of serving the Telugu diaspora and looks forward to organizing future events that strengthen cultural bonds and foster growth.



The Courageous Woman in the Story of KARBALA

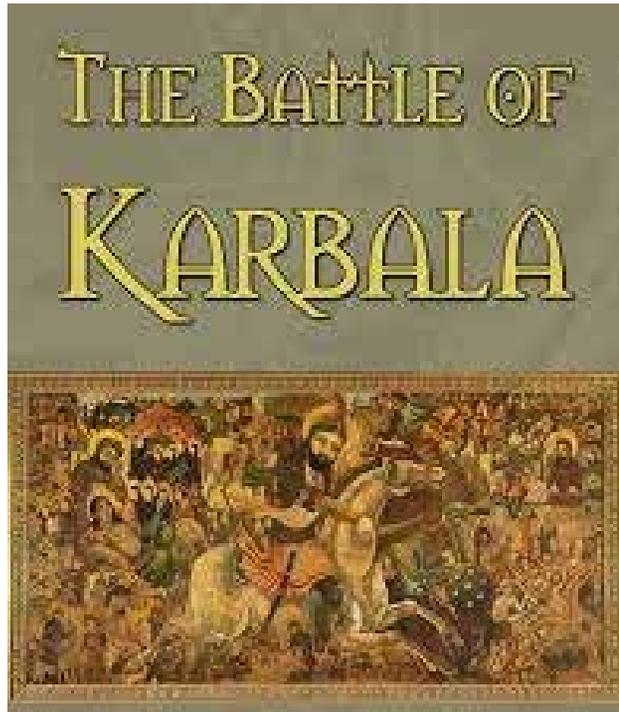
M Basheer Ahmed M D

As Muslims mark the martyrdom of Imam Hussain, the grandson of the Prophet of Islam, this week, we also take a look at the legacy of his sister, Bibi Zanaib

The Martyrdom of Imam Hussain, the grandson of the Prophet of Islam, occurred on the 10th of Muharram, the first month of the Islamic calendar. Muslims worldwide commemorate that tragic event on this day in 680 AD. It was a battle between good and evil. Imam Hussain, the beloved grandson of Prophet Muhammed (peace be upon him), stood up against Yazid, whose father, Amir Muawiyah, made him a successor caliph (Khalifah). Yazid was impious and did not show Islamic character or behavior to be a Khalifah. Imam Hussain refused to recognize or endorse his leadership over the rapidly growing Muslim Ummah and Muslim state.

On this day (July 28th, 2023), 1400 years ago, a large force of Yazid martyred and mutilated the bodies of 72 followers of Imam Hussain. They captured and enslaved women and children and took a harsh journey of over 400 miles from Karbala to Damascus.

Muslims consider the month of Muharram unique as it is one of the four sacred months of the Islamic lunar calendar. Prophet Muhammed migrated from Makkah to



Medina to build a new society on Justice. It also marks the day of salvation for Moses and the Israelites, who successfully escaped from Egypt (where they were enslaved and persecuted) after Moses called upon God's power to part the Red Sea. Prophet (pbuh) said, "I am closer to Moses than Jews." So, he observed the fast (on that day), and Muslims followed this tradition. Muslims also fast to experience the suffering of Imam Hussain and his family, who were martyred in Karbala by Yazid's army.

An Umayyad caliph, Yazid, ordered Hussain to pledge allegiance to him, and Hussain refused because he believed Yazid's rule to be unjust and illegitimate. Umayyad Caliphate became a dynasty ignoring human dignity, freedom, and Justice. Yazid was a corrupt and immoral leader. Imam Hussain disagreed with his appointment because it was undemocratic, and the new ruler had questionable personal character. Imam Hussain was the most beloved grandson of Prophet Muhammed (PBUH) and lived as per Quranic guidance from early childhood. He remained deeply committed to the Quranic values of Justice and equality.

Imam Hussain was going to Kufa at the invitation of the local Muslim community. However, when he reached Karbala, he found nobody to support him in the Muslim community. All of them were frightened of Yazid's power and influence, whose army had killed his opponents. Imam Hussain was aware of the situation but decided to face Yazid for a dialogue.

His rejection of the pledge of allegiance to Yazid led to a massive ten-day standoff at Karbala, in modern-day Iraq, between Umayyad's enormous army and a few of Imam

Hussain's followers, which included his half-brother, wives, children, sisters, and closest friends. His supporter betrayed him, but his family stood by him in Karbala. He chose to stand his ground, knowing that he and his followers may not survive at the end of the conflict. He stood for righteousness and Justice and sacrificed his life for Islam. It is an incredibly tragic story and a constant reminder to all Muslims to stand up for what is right. We must all be courageous with an abiding commitment to stand up for Justice in the footsteps of Imam Hussain. Muslims from different sects and denominations commemorate the Martyrdom of Imam Hussain, but the Shia Muslims, of course, express their grief conventionally. They hold daily ceremonials (Majlis) and narrate the events that led to Shahadat (Martyrdom). However, besides expressing grief, it is even more essential to convey to the young people that we all should have strength like Imam Hussain to face the calamity and stand firm on the principles of righteousness and Justice. We also remember Karbala's massacre for the bravery of Hazrat Bibi Zainab, the younger sister of Hazrat Hussain, who Publicly rebuked Yazid and his followers without showing any fear even after witnessing the Martyrdom of her brother and her two teenage children. It was a shining example of her defiance against the powerful Yazid. Hazrat Zainab also saved Hazrat Zainul Abedin, the only surviving son of Hazrat Hussain, from any harm from Yazid's forces during the long journey. She also kept Bibi Sakina, daughter of Hazrat Hussain, from enslavement. After her release and return to Madina, she continued to spread the mission of Hazrat Hussain to raise her voice against oppression. We should never forget Bibi Zainab for her bravery and courage and for preserving human dignity. Despite facing the unbelievable tragedy in Karbala, she showed strong faith in God and Islam. Since the Martyrdom of Imam Hussain, the world has faced similar situations often and met with the same cowardice as the Muslim community who invited the Imam to Kufa. People are constantly influenced and frightened by people of power and do not dare to follow a true leader. For instance, in a short period of a few years and under the leadership of one of the world's worst dictators-Hitler, the entire Germany became the followers of the NAZI doctrine.

Even today, we know that people with enormous wealth and power influence millions towards extremely questionable, unethical conduct and immoral values. Seeing how some educated and sophisticated people succumb to control and influence is incredible.

Unfortunately, only dictators rule most of the Muslim World with oppression, and we have not produced a leader to follow in the footsteps of Imam Hussain. However, we have seen some world leaders who show courage, like Imam Hussain, and stand firmly against the oppressors. To name a few, Martin Luther King was against racism in the US, Nelson Mandela was against the most potent apartheid government in South Africa, and Mahatma Gandhi was against the British Empire to get India's independence. Mahatma Gandhi stated, "If I had 72 companions like Hussain, I would have freed India in 24 hours from the British; the progress of Islam resulted from the supreme sacrifice of Imam Hussein; I learned from Hussein how to achieve victory while being oppressed."

There is a saying: "Islam Zinda Hoota Hai her Karbala Ke Baad (Islam becomes alive after the massacre like Karbala)." After the massacre of Karbala, Imam Zain al-Abidin -Son of Imam Hussain, was the only adult male left alive from the household of the Imam, as he could not participate in the battle of Karbala due to high fever. He played an essential role in the aftermath of Karbala, particularly in rebuilding the moral,

spiritual, and ethical foundations of Islamic society. The post-Karbala period was one of great internal dissensions, tumult, and crises among Muslims.

People feared challenging or questioning the Umayyad Khilafat(state), not wanting to attract the state's wrath. Imam Zain al Abedin kept Islam's spiritual, ethical spirit alive by continuing to teach and give sermons in Masjid-e-Nabawi.

A Muslim dearly loves Imam-Hussain and detests his killers and will always be saddened by the story of his killing, even if they do not express those feelings on its anniversary every year. All reputable Islamic schools of thought strongly condemn those who killed Imam-Hussain. It was a sacrifice given in support of human rights and human dignity.

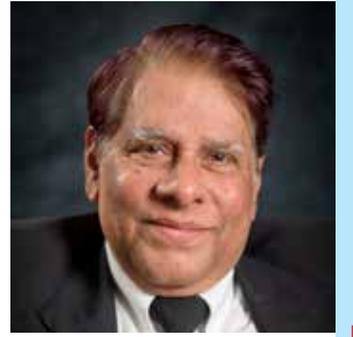
Unfortunately, today, Muslims of all sects practice ritualistic Islam and lose sight of the spirit of Islam and its actual Islamic teachings. Some Shia brothers and sisters do self-flagellate and beat their chests. Others beat bare shoulders with heavy steel chains attached to razor blades to remind the pain and suffering of the Martyrs of Karbala (Some Shia scholars forbid these practices). While observing these rituals, the young generation does not get the actual message, meaning, and purpose of Martyrdom.

During the Ashura, the Shia intellectuals should hold open seminars for the community to promote unity and elaborate on Imam Hussain's bold step and the sacrifice the whole family offered to uphold the Quranic principles of Justice and human dignity. People should learn that oppression and injustice are wrong and challenge the oppressor with courage and conviction. Young Muslims must have an engaging experience that communicates the meaning of Ashura.

Muslims should use this day to unite us, not a day to divide us, and despite our differences, we must give each other the benefit of the doubt and not assume ill intentions based on things that happened hundreds of years ago. Imam Hussain is a living legacy of Muslims. Shia and Sunni need to work together to uphold the legacy and sacrifice that the grandson of Prophet Muhammad, Imam Hussain, gave.

All human unity is the aim of the teachings of Islam. The doctrinal and ideological differences must not end up in bloodshed. Quran says, "And hold fast all together by the rope which Allah (stretches out for you) and be not divided among yourselves and remember with gratitude Allah's favor on you" (3:103). Quran also says: "The believers are nothing else than brothers (in Islam). So, make reconciliation between your brothers, and fear Allah, that you may receive mercy" (49:10). The unity of people makes an unbeatable strong nation. Islam lays high stress on the importance of unity. To deal with the challenges Muslim Umma faces in today's world, unity among Muslims is vital for our survival.

Dr. Basheer Ahmed is a former professor of psychiatry at South Western Medical School, Dallas, Texas, and President Emeritus Institute of Quranic Knowledge and Religious Acceptance (IQRA) North Texas.



India Independence Day

“At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new...India discovers herself again.” - Jawaharlal Nehru

After more than two hundred years of British rule, India finally won back its freedom on 15th August, 1947. All the patriotic hearts rejoiced at seeing India becoming a sovereign nation and the triumph of hundreds and thousands of martyred souls. It was a birth of a new nation and a new beginning. The only fact that marred the happiness of the fruits by the blood of martyrs was the fact that the country was divided into India and Pakistan and the violent communal riots took away a number of lives. It was on the eve of 15th of August, 1947 that India tricolor flag was unfurled by Jawaharlal Nehru, the first



Prime Minister of India, on the ramparts the Red Fort, Delhi.

History

In 1947, after the World War II, Britain could see that it no longer could hold its power over India. It was becoming increasingly difficult and Indian freedom fighters were in no mood to give up. With the international support also coming to an end, Britain decided to relive India from their power but not before June 1948. However, the impending independence more so enhanced the violence between Hindus and Muslims in the provinces of Punjab and Bengal. The communal violence grew so large that it became impossible for new viceroy Lord Mountbatten to control it and as such, he advanced the date for the transfer of power, allowing less than six months for a mutually agreed plan for independence. Thus, India gained its independence on August 15, 1947 but not without paying a heavy price. Partition was done and a separate state for the Muslims was formed, with Muhammad Ali Jinnah being sworn in as Pakistan's first Governor General in Karachi. On the midnight of August 15, 1947 India was sworn in as an independent country with Pandit Jawaharlal Nehru as the prime minister and viceroy then as Lord Mountbatten. The official ceremony took place in Delhi. Great leaders and freedom fighters like Mahatma Gandhi, Abul Kalam Azad Jinnah, B. R. Ambedkar and Master Tara Singh are few of the many to whom India owes its freedom.



Celebrations

The day is celebrated to commemorate the birth of the world's biggest democracy as a national holiday. All the schools and colleges across nation hoist the national flag on the rooftops and the buildings to symbolize the stature of the national flag as nation's pride.

Not only the educational institutions but also offices and business areas celebrate this day. Since it is declared a national holiday by the government of India, all the institutions, government or otherwise, have holiday. People only go to offices to attend the flag hoisting ceremony. The Prime Minister addresses the Nation after the flag has been unfurled recounting the country's achievements of the year, discussing current major issues and future plans for the progress of the country. Kite-flying has also become a tradition on this day and people can be seen flying numerous kites of all colors, sizes and shapes symbolizing the freedom.

Independence Day is celebrated throughout India and every corner of the country on 15th August every year. Independence Day is celebrated by every citizen of India irrespective of caste, creed and religion. It is amazing to see how apart from the normal government offices and educational institutions the day is celebrated even in small colonies and associations. There are costume parties and people, old or young, men or women, dress up in a nationalistic way. There are many documentaries aired and grave of martyrs are paid respect. Every citizen does something or the other to mark this day of freedom. Media is not far behind as most of the channels telecast latest or classic films based on the independence theme. Also, there are patriotic programs that are organized and broadcasted. In short, every person in the country revels in the nationalistic pride.

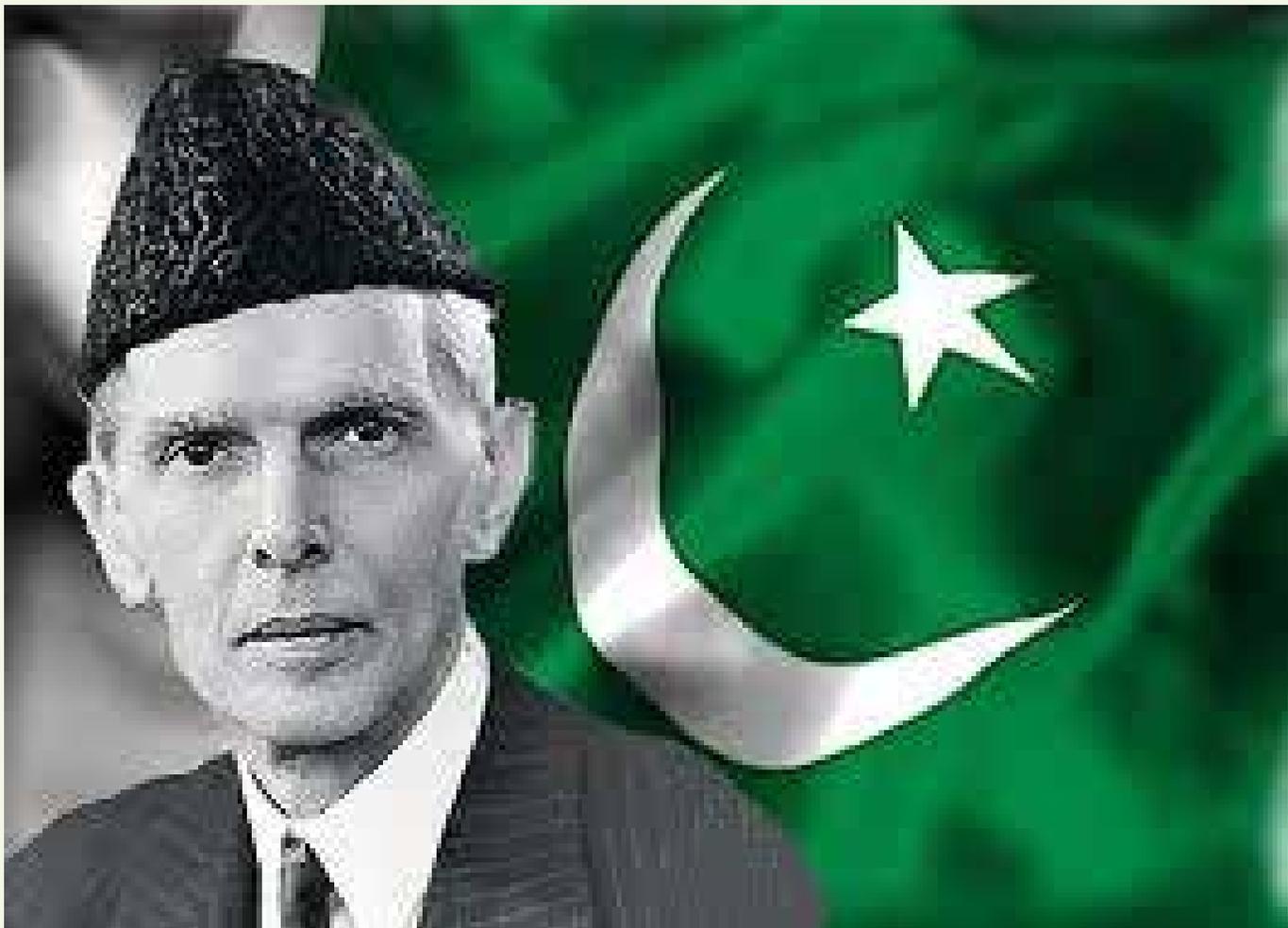
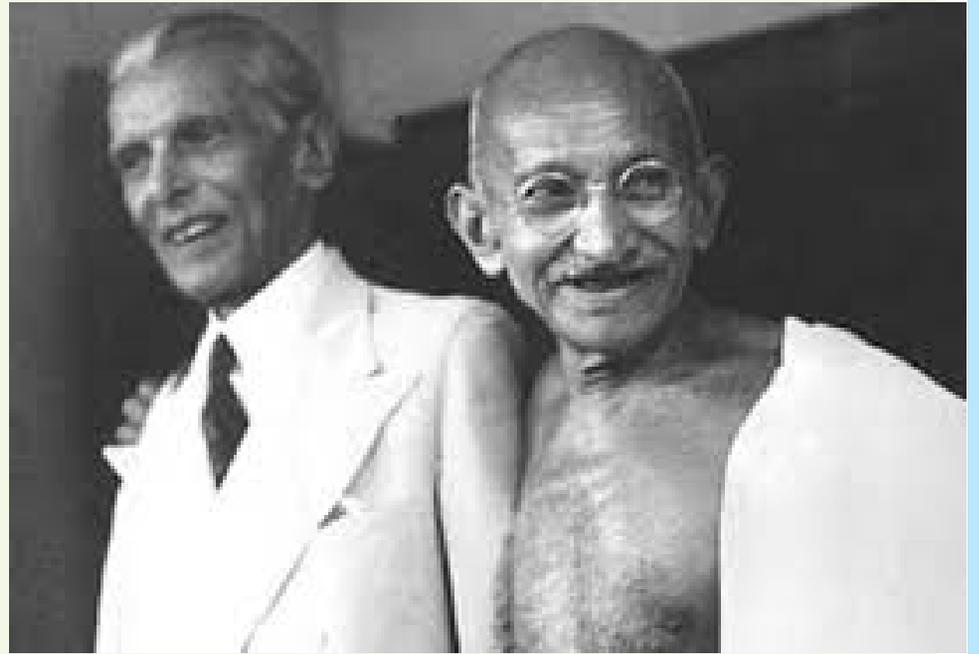


Pakistan Independence Day

Pakistan's Independence Day, which is annually held on August 14, celebrates the country's independence from the British rule on that date in 1947. This day is an occasion to promote patriotism and national unity.

Many people dress in or use the colors green and white, which are Pakistan's official colors, during Pakistan's Independence Day. ©iStockphoto.com/duncan1890

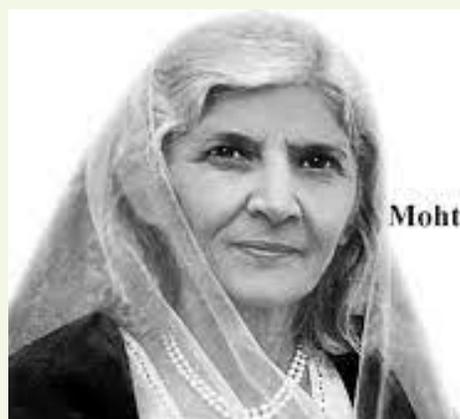
Pakistan's national flag is hoisted on public, private buildings, residences and monuments at dawn. Official buildings, including Parliament House, are decorated and colorfully lit. The prime minister and president address and congratulate the nation and talk about the day's significance. Streets and houses are decorated with candles, oil lamps and pennants. Firework shows are put together on the eve of Independence Day.



What Do People Do?

People all over Pakistan celebrate Independence Day with patriotic zest. Many people who attend the Independence Day parades dress up in green and white, which are the Pakistani flag's colors. People visit national monuments and places of national significance to celebrate Independence Day. This is also a time to meet relatives, exchange gifts and visit recreational spots.

Pakistan's Independence Day also pays homage to people who devoted their lives for Pakistan's freedom movement and made sacrifices to attain Pakistan's independence. A change of guard takes place at national monuments, including the mausoleums of Muhammad Iqbal, who was a poet, philosopher, and politician, and Muhammad Ali Jinnah, who is considered by many as Pakistan's founder and Quaid-i-Azam (supreme leader).



Madar-e-Millat
Mohtarma Fatima Jinnah
(1893-1967)

Events held during the day include special theatre shows, national song competitions, concerts, and Independence Day

pageants. Radio and television stations broadcast national songs and specially prepared Independence Day programs.

Public Life

Independence Day is an official holiday in Pakistan on August 14. All governmental, non-governmental offices, organizations, educational institutions, post offices, and major markets are closed.

Public transport remains unavailable on all major routes. Traffic congestion is common due to Independence Day parades.

Background

The Indo-Pak subcontinent remained a British colony from 1849-1947. The subcontinent's inhabitants did not approve of the British rule in united India. An uprising that occurred in 1857 eventually formed the shape of a freedom movement, which exemplifies the efforts of the

people of British India in gaining their independence.

Muslims ruled the subcontinent before the British incursion and suffered due to the 1857 uprising against the British East India Company. Leaders such as Sir Syed Ahmed Khan and Syed Ameer Ali worked diligently for the Muslim people's political advancement.

The Indian National Congress was formed in 1885, which later on became British India's largest political party. Major Muslim political leaders, including Muhammad Ali Jinnah, were members of the Indian National Congress and worked towards Hindu-Muslim unity and India's independence.

The All India Muslim League was founded on December 30, 1906. There was growing demand for an independent Muslim state in India. In 1930 Muhammad Iqbal presented the idea of a separate Muslim state that would geographically consist of the Muslim majority areas in the subcontinent. The word Pakistan is a conjunction of two words Pak meaning Pure and Stan meaning Land, a name coined by Choudhary Rahmat Ali.

Strong Hindu nationalism gave birth to the Two Nation Theory, an ideology that is accredited as being the basis for Pakistan's creation. In 1940 the Pakistan Resolution was passed in Lahore demanding greater Muslim autonomy in British India.

After World War II, it was expected that the British colonies would soon disintegrate. The Pakistan Movement, spearheaded by Muhammad Ali Jinnah, resulted in creating a Muslim state. Pakistan gained independence from the British rule on August 14, 1947. At its birth, Pakistan had two parts commonly referred to as East and West Pakistan. In 1971 East Pakistan parted from West Pakistan and became Bangladesh.

Congresswoman Rashida Tlaib, UN Special Rapporteur, USCIRF Commissioner criticize human rights violations under Modi

Washington, D.C. (July 19, 2023) - A US congresswoman and top officials from the United Nations (UN) and the U.S. Commission on International Religious Freedom (USCIRF) have expressed deep concerns over the ongoing horrific violations of human rights and religious freedom in India under Prime Minister Narendra Modi's rule and called on the Biden administration to designate India as a Country of Particular Concern (CPC).

At a special Congressional Briefing held on Wednesday, July 19 at the Rayburn House Office Building, Congresswoman Rashida Tlaib emphasized the severity of the situation and the urgent need for action.



"For the last four years, we've witnessed severe escalating attacks on religious minorities under Prime Minister Narendra Modi and the Bharatiya Janata Party... And yet we know our own US State Department has yet to designate India as a Country of Particular Concern under US law," said Congresswoman Tlaib.

"I'm proud to have stood with my colleagues in boycotting Prime Minister Modi's speech [during his US



visit]. This House should never be used as a platform to spread bigotry and hate," she added.

United Nations Special Rapporteur of Minority Rights Fernand de Varennes stated that there is an "obvious and disturbing trend in the increasing allegations," relating to human rights abuses against minorities that are being submitted to the UN regarding India.

"We are talking of millions of minorities who are directly affected in some of these allegations," said de Varennes. "When you have millions whose citizenship is denied, millions whose rights to political participation and representation are curtailed, hundreds of thousands whose livelihood and that of their children is threatened, it's hard to conclude that this is not part of intentional policies by authorities."

USCIRF Commissioner David Curry cited similar concerns, stating that USCIRF has been calling on the US State Department to designate India as a CPC - a label reserved for the world's worst violators of religious freedom - since 2020.



"During Prime Minister Modi's state visit, we publicly urged the Biden Administration to raise religious freedom concerns," he said. "Religious freedom was mentioned briefly during the visit but was certainly not a focal point... Modi denied that discrimination of religious minorities existed in India. We strongly disagree."

Special Rapporteur de Varennes concluded by calling on the United States to step forward as a defender of global human rights, noting that the "massive persecution" in India is "is difficult to reconcile with



democracy."

"What we are now seeing is a perversion of what India can be, has been, and should be," he said.

"[The Biden administration] is not only condoning the behavior of the Indian administration, but also encouraging it to continue behaving the way it has been," said Ajit Sahi, Advocacy Director at Indian American Muslim Council. "When Biden invited Narendra Modi to a state dinner, he used that to validate his atrocious rule in India."

"We call ourselves the largest democracy in the world, but this is what democracy looks like in India," said Ajaykumar V.B., Executive Director of the India-based research and advocacy group Equities Foundation. "If you [in the United States] invite people like Modi to Capitol Hill, you're having dinner with somebody who has blood on his hands."

Special Congressional Briefing: Democratic Backslide in India

This special briefing was co-sponsored by 18 American civil rights organizations including Genocide Watch, World Without Genocide, Indian American Muslim Council, Hindus for Human Rights, International Christian Concern, Jubilee Campaign, 21 Wilberforce, Dalit Solidarity Forum, New York State Council of Churches, Federation of Indian American Christian Organizations of North America, India Civil Watch International, Center for Pluralism, International Commission for Dalit Rights, American Muslim Institution, Students Against Hindutva Ideology, International Society for Peace and Justice, The Humanism Project and Association of Indian Muslims of America.



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
Cell: 9347814688



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INTERNATIONAL PAGES

UNITED NATIONS
UN approves motion against Quran burning
 The United Nations Human Rights Council has adopted a resolution "countering religious hatred constituting incitement to discrimination, hostility or violence".

YES - 28 ABSTENTION - 7 NO - 12

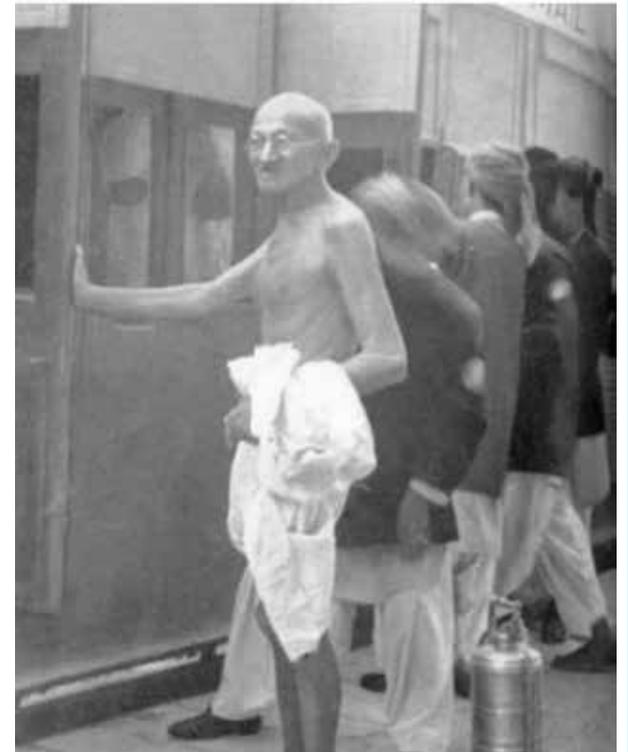
YES	Algeria	YES	Maldives	ABST	Mexico
YES	Argentina	YES	Morocco	ABST	Nepal
YES	Bangladesh	YES	Pakistan	ABST	Paraguay
YES	Bolivia	YES	Qatar	NO	Belgium
YES	Cameroon	YES	Senegal	NO	Costa Rica
YES	China	YES	Somalia	NO	Czech Republic
YES	Cuba	YES	South Africa	NO	Finland
YES	Eritrea	YES	Sudan	NO	France
YES	Gabon	YES	Ukraine	NO	Germany
YES	Gambia	YES	UAE	NO	Lithuania
YES	India	YES	Uzbekistan	NO	Luxembourg
YES	Ivory Coast	YES	Vietnam	NO	Montenegro
YES	Kazakhstan	ABST	Benin	NO	Romania
YES	Kyrgyzstan	ABST	Chile	NO	UK
YES	Malawi	ABST	Georgia	NO	US
YES	Malaysia	ABST	Honduras		

Source: United Nations Human Rights Council | July 12, 2023



Mahatma Gandhi At The Peshawar Railway Station, Peshawar, May 1938.

In 1938, Mahatma Gandhi with Khan Abdul Ghaffar Khan made two visits to the North-West Frontier Province, travelling to Peshawar, Mardan, Bannu and Tank. When he was unwell, it was to Utmanzai, his host's village, where he went to recover.



Gandhiji in South Africa

[Fb.com/Belikebroinsta](https://www.facebook.com/Belikebroinsta)

1st Indian Man In Space - Rakesh Sharma Is Still Alive & Living Remote Life Away From Media At Coonoor, Tamilnadu

If a man says he will fix it, He Will.

.....

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Spanish Tennis Star Carlos Alcaraz, 20

**Stunned the
world by
snatching
NO. 1 position**





Portrait of Bahadur Shah Zafar by the Austrian artist, August Schoefft

This portrait of Bahadur Shah Zafar by the Austrian artist, August Schoefft, depicts a dignified, reserved and rather beautiful old man with a fine aquiline nose and a carefully trimmed beard. Despite his height and surprisingly broad and muscular build, there is a profound gentleness and sensitivity in his large watery eyes with their unusually long lashes.

As a teenage prince, Zafar had always appeared in his portraits as a slightly awkward and uncertain figure, plump, visibly ill at ease and thinly bearded. But as youth gave way to middle age he had grown into his looks, and in old age — unusually — looked finer than ever. Now in his mid-seventies, his cheeks were sallow, his nose more pronounced and his bearing more regal.

Yet as the elderly monarch kneels, wearily fingering his beads, there remains in the expression of his dark eyes something unmistakably melancholic; in the set of his full lips there is still that air of sad, patient resignation visible in the earlier pictures.

Schoefft shows Zafar a little swamped under the brocade cloth of gold which adorns him, somewhat weighed down by the huge blood-coloured rubies and the strings of vast pearls, each the size of a partridge egg, which seem to hang so heavily around his neck.

Edited excerpt taken from @williamdalrymple's book, The Last Mughal



Singer Parveen Sultana

Parveen Sultana is a singer who was awarded the Padmashree Award in 1976 at the age of just 23 (a record) In addition, Parveen Sultana ji has been awarded Cleopatra of Music in 1972, Gandharva Kala Nidhi in 1980, Mian Tansen Award in 1986 and Music Drama Academy Award in 1999. Parveen Sultana's voice remains evergreen even today.

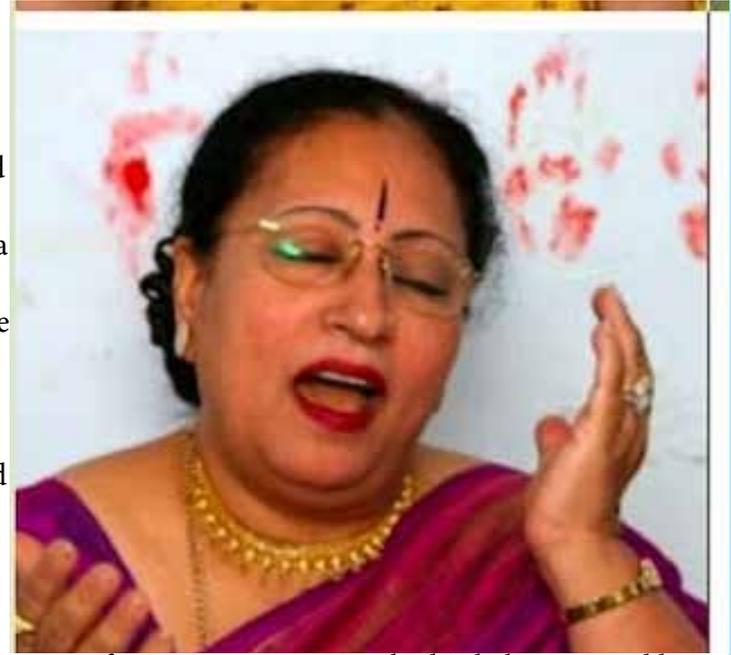
Parveen Sultana, the classical singer who considers song as her conscience, has been the birthplace of Assam and the land of Karma Mumbai. They belong to Patiala family. Parveen Sultana, who belongs to the Assamese background, has made his different destination in the Patiala dynasty singing. His family has been a classical music tradition for generations. Acharya Chinmay Lahiri and Ustad Dilshad Khan are chief among the gurus of Parveen Sultana. Parveen, who had studied in the field of singing with Ustad Dilshad Khan, married Dilshad Khan in 1975. Parveen, who has sung in many films, has become a part of many concerts around the world these days along with her husband Dilshad. Though music emperor Parveen started singing at the age of five but started singing in movies with the movie "Pakiza". At the age of sixteen, Parveen came to Mumbai and by coincidence Naushad Sahab had seen Parveen's singing in a show, being impressed by the same

he gave Parveen a beautiful chance in the movie Pakiza".

Parveen gave her first stage performance in 1962, when she was 12 years old and recording music since 1965. She has started her professional business with Abdul Majid's Assamese film Moram Trishna. Sultana has sung for Gadar, Kudrat, two drops of water and Pakiza and many other Assamese movies and Bollywood movies.

Ustad Dilshad Khan Sahab's training reinforced the foundation of his talent, giving new direction to his singing, which enabled him to be a mastery in melody and other factors of classical music. They knew very well what is the place of a teacher in life. In one of his interviews, he said that- "As important is to find a good teacher, it is as important to walk on the path told by the Guru. "Probably why they sing the hardest tunes easily." His move from a slow taunt to intense taunts and lyrics, reflects his infinite confidence, the extract of that melody, emerge his sense. Whether it is a thought, a thumri or a bhajan, they present it in its purest form and attract everyone's heart.

Parveen Sultana had started singing in films from the film 'Pakiza'. Parveen came to Mumbai at the age of sixteen and here by chance



famous musician Naushad Sahab requested him to sing a little song for the background of the film 'Pakiza'. Naushad Sahab had seen Parveen's singing in a show, he was impressed by him and gave Parveen a beautiful chance. Song from the film 'Nature' "We don't know how much we love you" (Music Director R. D. Burman) and movie 'Pakiza' was most liked by 'Kaun Gali Gayo Shyam

Taking care of a pear tree

Taking care of a pear tree involves several essential practices to ensure its health, productivity, and longevity. Here are some general guidelines for caring for a pear tree:

Planting: Choose a suitable location with well-draining soil and good sunlight exposure. Plant the tree during the dormant season (late winter to early spring) to give it time to establish its roots before the growing season.

Watering: Keep the tree adequately watered, especially during the first few years after planting. Deeply water the tree once a week during dry periods, providing enough water to moisten the soil around the root zone.

Mulching: Apply a layer of organic mulch (such as wood chips or compost) around the base of the tree, but keep it away from the trunk. Mulching helps retain soil moisture, suppress weeds, and improve soil health.

Pruning: Prune the pear tree during the dormant season to remove dead, diseased, or crossing branches. Proper pruning helps improve air circulation and sunlight penetration, reducing the risk of diseases.

Fertilizing: Fertilize the tree to provide essential nutrients. A balanced fertilizer with nitrogen, phosphorus, and potassium can be applied in early spring before new growth begins.

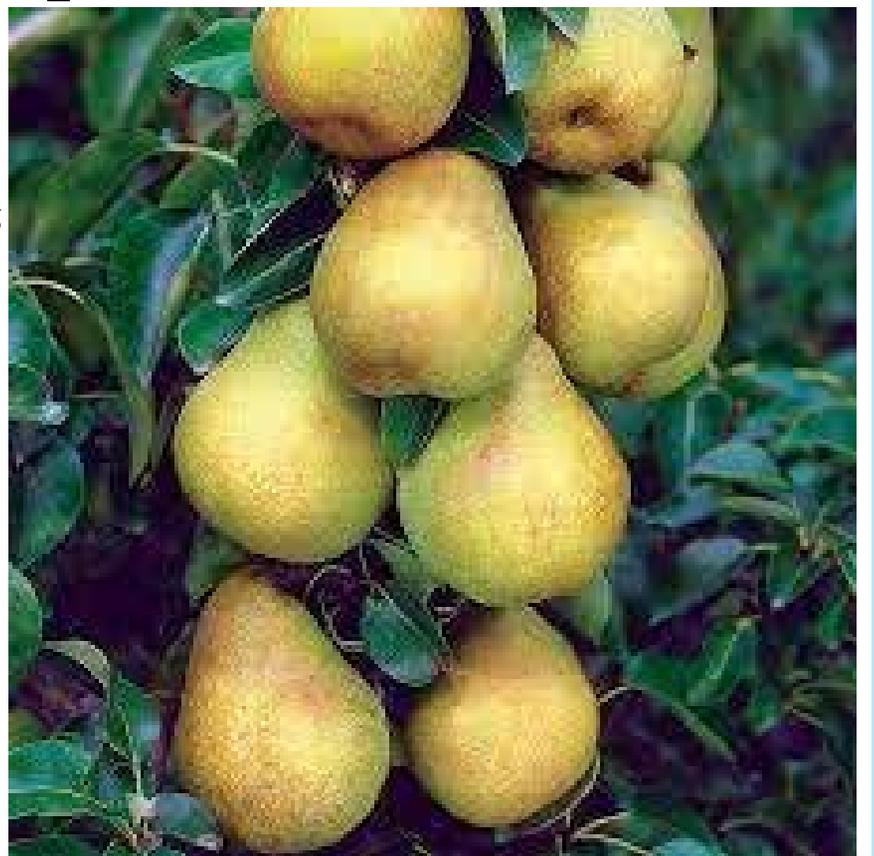
Pest and Disease Management: Regularly inspect the tree for signs of pests and diseases. Apply appropriate measures such as spraying insecticides or using organic pest control methods to prevent infestations and diseases.

Thin the Fruits: After the tree has flowered and set fruit, thin out excess fruits to avoid overburdening the branches. This practice allows the remaining fruit to grow larger and improves overall tree health.

Support: If your pear tree is young or has weak branches, provide support to help it grow straight and sturdy. Staking or using tree ties can be beneficial.

Winter Protection: In colder climates, protect the tree during winter by wrapping the trunk with tree wrap or burlap to prevent sunscald and rodent damage.

Regular Inspection: Frequently inspect the tree for any signs of stress, such as yellowing leaves or unusual growth patterns, and take appropriate action to address the issue.



Remember that specific care requirements may vary depending on the pear tree variety and your local climate. It's always a good idea to consult with a local horticulturist or arborist for tailored advice on caring for your particular pear tree.

10 Countries Where the U.S. Won't Send Your Social Security Payments

If you're entitled to Social Security benefits, you don't have to live in the United States to get them. Payments are sent nearly everywhere around the world, though there are some exceptions.

U.S. citizens can continue to receive payments outside the country as long as you're eligible for a payment and are in a country where payments are sent, according to the Social Security administration. If you're not a U.S. citizen, you must meet certain conditions for payment. Living "outside the United States" means you are not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands or American Samoa for at least 30 days in a row. The SSA considers you to be "outside the United States" until you return and stay in the U.S. for at least 30 days in a row.

If you are not a U.S. citizen, you also might have to prove you were lawfully present in the United States for that 30-day period.

As of June 2023, there are the 10 countries where the United States won't send your Social Security payments:

Azerbaijan
Belarus
Cuba
Kazakhstan
Kyrgyzstan
Moldova
North Korea
Tajikistan
Turkmenistan

Uzbekistan

Read: Latest Social Security Proposal Would See Millions 'Receive More, and No One Would Receive Less'

If you're a U.S. citizen residing in either Cuba or North Korea, you can get all the payments the SSA withholds once you move to a country where payments are allowed. If you're not a U.S. citizen, you can't receive payments for the months you lived in Cuba or North Korea — even if you go to another country and satisfy all other requirements.

As for the other eight countries on the banned list: The SSA said it will make exceptions for certain eligible persons. To qualify for an exception, you must meet and agree to restricted payment conditions. For more information about these con-

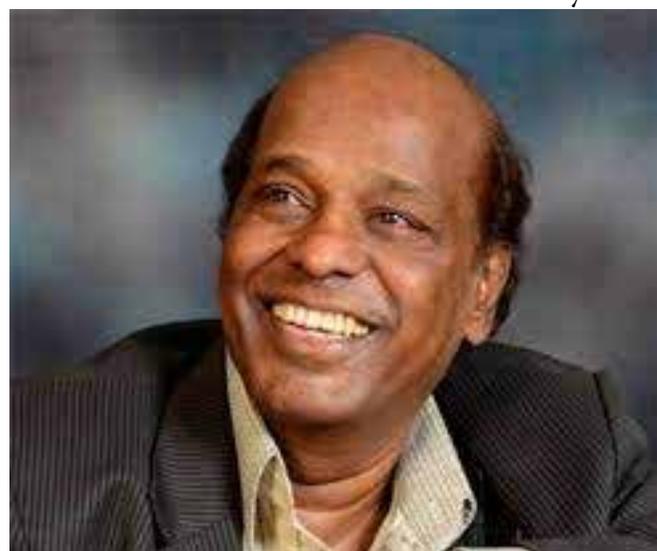
ditions and the qualifications for an exception, contact the Social Security Administration or your Federal Benefits Unit. If you're not a U.S. citizen or don't meet one of the conditions for continued payments, the SSA will stop your payments after you've been outside the United States for six full calendar months. Once this happens, the agency can't start your payments again until you come back and stay in the U.S. for a full calendar month — meaning you must be in the U.S. on the first minute of the first day of any month and stay through the last minute of the last day of that month. The SSA might also ask you to prove you've been lawfully present in the United States for the full calendar month.

For more information, visit this SSA site or call 800-772-1213.

Rahat Sahab's feast in "Bally's Hotel"

”

Javed Shah Khajrana (writer)
There is a decent anecdote of old Indore. There was a poetry named loyalty. Very less participated in Mushayra, but his voice is often heard in Akashvani Lucknow. Many of his lions are very famous. Mulhija said "I did not plant the trees of dreams thinking that, Who will water the tree planted in the forest?" "Once upon a time, I brought Indore Tashreef to participate in the mushayra on the behest of Rahat Indori Sahab. Rahat Saheb had told while speaking that Wafa Begum used to say the best lion. She made such a statement that not only poetry but also poet fades in front of her. In those days, there were no five star hotels in Indore and Mushayra was not lucky enough to go to expensive hotels. That's why Rahat Sahab reached 'Balle ki Hotel' in front of the railway



station beside the Kalyan rest. The "Bally Hotel" still stands today. Indore has been leading in catering from the beginning. Bally's Hotel Meat ~ Baffle were very famous. So tasty that the eater licks even the fingers. Hotel made of tin sheets and covered with tin. There was no chair~table or bunk but arrangement of eating by laying mat on the ground. There people used to go to settle meat~baffle. Dal-Bafle is very famous in Malwa and Rajasthan, its non-veg version is meat-baffle. When Rahat Sahab reached the hotel with him, he explained to Balle ji of Balli hotel, then talked to Wafa Begum and told him that there is arrangement for food sitting on the mat, there is no table chair or bunk. Would you sit here and eat? Wafa Begum was an English teacher in Girls Inter College.

Very senior from Rahat Sahab. They had a stupidity. They said__ Oh relief !!! Rahat Saheb said_ 'It will be fun. Believe it' Somehow she dressed up. Bally's hotel was typical desi dhaba. Closed water bottles were not common. Didn't even have water mugs and steel jugs. Truck drivers who used to throw empty oil cans were cut in half and made them worth drinking water. Indori was a jugaad. In the shameful of Rahat Sahab, Lafa Begum enjoyed the meat and buffalo by throwing palanquin on the ground. Like Rahat

Sahab's host, his favorite dish means meat ~ buffalo were also appreciable.

After that memorable feast, whenever Wafa Begum and Rahat Saheb face to face at Digar Makamat. Wafa wife says__ Rahat you call me to Indore once. Just call for meat ~ baffle. I will not take money for mushayra, just feed me meat and baffle with the same love by sitting on the ground. In front of Indore Railway Station Beside Kalyan Rest Home, Film Colony Road Even today, there are many catering hotels made of teen shed, among them, Bally's hotel is still present for the happy memories of hosts like Rahat Sahab.

Have you seen it guys !!

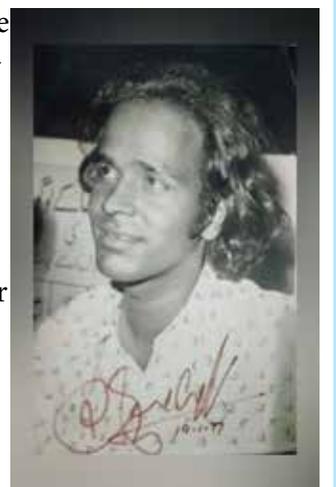
Rahat Indori hosted this way.

Wafa Begum did not forget the feast of meat for whole life. How can I forget the love of Indori which was mixed in the feast.

It seems that Rahat Indori Saheb has written this poem regarding an occasion or feast like this Sit on the sack, drink water in the axe, We are Qalandar, our host is different.

When offered

Javed Shah Khajrana



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.

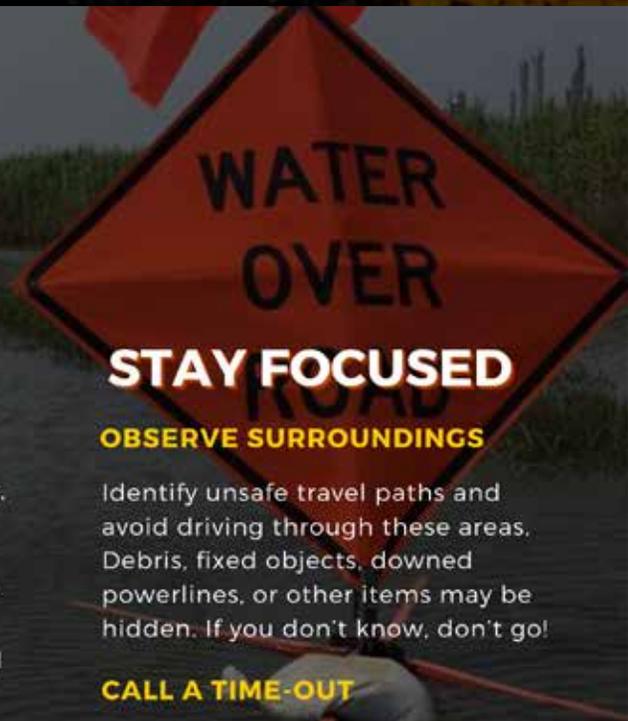
BE PROACTIVE

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.

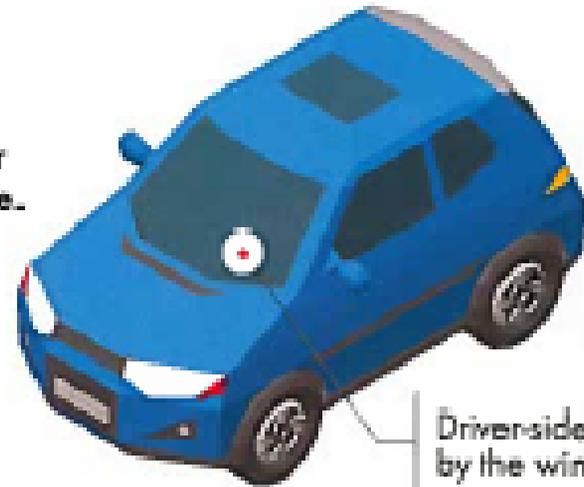
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

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 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 : 23V479	Subject : Transmission May Separate from Driveshaft	North American Operations	MAXVAN PATHWAY 2020-2023	Manufacturer : Daimler Trucks North America, LLC	Make Model Model Years
Manufacturer : BMW of North America, LLC	Make Model Model Years	Subject : Rearview Image May Not Display Properly	MAXVAN ROUTE 2021	Subject : Loss of Drive Power from Improperly Welded Axle	YAMAHA TENERE 700 2022
Subject : Interaction Bar Malfunction/FMVSS 103 & 108	NOVA BUS LFS 2019-2023	Make Model Model Years	NHTSA Recall ID Number : 23V492	Make Model Model Years	NHTSA Recall ID Number : 23V473
Make Model Model Years	NHTSA Recall ID Number : 23V483	MAZDACX-3 2016-2021	Manufacturer : ST Engineering Hackney, Inc	FREIGHTLINER E-CASCADIA 2023-2024	Manufacturer : Boreas Campers
BMW 740I 2023	Manufacturer : Industrial Video & Control Co	MAZDAMAZDA3 2014-2018	Subject : Tire Pressure Regulation System Failure	NHTSA Recall ID Number : 23V468	Subject : Cooktop Gas Valves May Fracture Causing Gas Leak
BMW 760I 2023	Subject : Generator Set Fuel Hose May Cause Gas Leak	NHTSA Recall ID Number : 23V488	Make Model Model Years	Manufacturer : Toyota Motor Engineering & Manufacturing	Make Model Model Years
BMW I7 2023	Make Model Model Years	Manufacturer : Tesla, Inc.	KIDRON REFRIGERATED TRAILER 2022	Subject : Spare Tire Carrier Assembly Chain May Break	BOREAS CAMPER XT 2021-2022
NHTSA Recall ID Number : 23V480	MVT-900A MVT-3001-G 2021	Subject : Seat Belt May Detach from Pretensioner Anchor	NHTSA Recall ID Number : 23V493	Make Model Model Years	NHTSA Recall ID Number : 23V474
Manufacturer : Toyota Motor Engineering & Manufacturing	NHTSA Recall ID Number : 23V484	Make Model Model Years	Manufacturer : Pleasure Way Industries, Ltd.	TOYOTA SE-QUOIA HYBRID 2023	Manufacturer : Prevost Car (US) Inc.
Subject : Driver's Air Bag May Not Deploy/FMVSS 208	Manufacturer : McLaren Automotive Incorporated	TESLA MODEL S 2021-2023	Subject : Generator Set Fuel Hose May Cause Gas Leak	TOYOTA TUNDRA 2023	Subject : Right Turn Signal Inoperative/FMVSS 108
Make Model Model Years	Subject : Coolant Leak in Engine Compartment May Cause Fire	TESLA MODEL X 2021-2023	Make Model Model Years	TOYOTA TUNDRA HYBRID 2023	Make Model Model Years
LEXUS NX HYBRID 2023-2024	Make Model Model Years	NHTSA Recall ID Number : 23V489	PLEASURE WAY LEXOR 2021-2023	NHTSA Recall ID Number : 23V469	PREVOST H3-45 2023-2024
LEXUS NX250 2023-2024	MCLAREN 600LT 2019-2020	Manufacturer : Tesla, Inc.	PLEASURE WAY ONTOUR 2021-2023	Manufacturer : Newmar Corporation	PREVOST H3-45 2022-2024
LEXUS NX350 2023-2024	NHTSA Recall ID Number : 23V485	Subject : Forward-Facing Camera Misaligned	NHTSA Recall ID Number : 23V494	Subject : Seat Belt Mounting Bracket May Fail/FMVSS 210	NHTSA Recall ID Number : 23V475
LEXUS RX HYBRID 2023	Manufacturer : Gulf States Toyota, Inc.	Make Model Model Years	Manufacturer : Nissan North America, Inc.	Make Model Model Years	Manufacturer : Prevost Car (US) Inc.
LEXUS RX350 2023	Subject : Valve Stem May Be Damaged	TESLA MODEL S 2023	Subject : Unintended Acceleration	NEWMAR BAY STAR 2019-2023	Subject : Bolt Securing Passenger Seat May Come Loose
LEXUS RX500H 2023	Make Model Model Years	TESLA MODEL X 2023	Make Model Model Years	NEWMAR BAY STAR SPORT 2020-2023	Make Model Model Years
TOYOTA COROLLA 2023	TOYOTA RAV4 2023	TESLA MODEL Y 2023	NISSAN LEAF 2018-2023	NEWMAR SUPER STAR 2022-2023	PREVOST X3-45 2021, 2023
TOYOTA COROLLA CROSS 2023	NHTSA Recall ID Number : 23V486	NHTSA Recall ID Number : 23V490	NHTSA Recall ID Number : 23V496	NHTSA Recall ID Number : 23V471	COMMUTER 2021, 2023
TOYOTA COROLLA CROSS HYBRID 2023	Manufacturer : Jayco, Inc.	Manufacturer : Grand Design RV, LLC	Manufacturer : Nissan North America, Inc.	Subject : Loss of Power Steering Assist	NHTSA Recall ID Number : 23V476
TOYOTA HIGHLANDER 2023	Subject : Blower Motor Wiring May Overheat and Cause Fire	Subject : Improperly Tightened U-Bolt	Subject : Loss of Power Steering Assist	Make Model Model Years	Manufacturer : Polestar Automotive USA, Inc.
TOYOTA HIGHLANDER HYBRID 2023	Make Model Model Years	Make Model Model Years	Make Model Model Years	NEWMAR BAY STAR 2022-2023	Subject : Incorrectly Installed Front Lower Ball Joint
TOYOTA TACOMA 2023	JAYCO MELBOURNE 2020-2021	GRAND DESIGN MOMENTUM 2021-2024	NISSAN KICKS 2021	NHTSA Recall ID Number : 23V471	Make Model Model Years
NHTSA Recall ID Number : 23V481	LAUNCH 2020-2021	GRAND DESIGN SOLITUDE 2021-2024	NISSAN VERSA 2021	Manufacturer : BMW of North America, LLC	POLESTAR POLESTAR 2 2023
Manufacturer : Nova Bus (US) Inc.	ENTEGRA QWEST 2020-2021	NHTSA Recall ID Number : 23V491	NHTSA Recall ID Number : 23V501	Subject : Knee Air Bag Manufactured Incorrectly	NHTSA Recall ID Number : 23V477
Subject : Power Steering Hose May Detach	JAYCO MELBOURNE 2020-2021	Manufacturer : Adaptive Mobility Systems Inc	Manufacturer : Jaguar Land Rover North America, LLC	Make Model Model Years	Manufacturer : Jayco, Inc.
Make Model Model Years	JAYCO MELBOURNE PRESTIGE 2020-2021	Subject : Generator Set Fuel Hose May Cause Gas Leak	Subject : Rearview Camera Image May Not Display/FMVSS 111	BMW X5 2024	Subject : Windshield Wipers May Fail
NOVA BUS LFS 2022-2023	NHTSA Recall ID Number : 23V487	Make Model Model Years	Make Model Model Years	BMW X6 2024	Make Model Model Years
NHTSA Recall ID Number : 23V482	Manufacturer : Mazda	JAGUAR XE 2019	JAGUAR XE 2019	BMW X7 2024	ENTEGRA ACCOLADE 2021-2022
Manufacturer : Nova Bus (US) Inc.				BMW XM 2023	
				NHTSA Recall ID Number : 23V472	
				Manufacturer : Yamaha Motor Corporation, USA	
				Subject : Front Brake Caliper May Detach	

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

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

ANGEL
CROSS
EASTER
EMPTY TOMB
GOOD FRIDAY
HOLY

HOPE
JESUS
KING
CROWN OF THORNS
SACRIFICE
SUNDAY

RESURRECTION
MARY
MESSIAH
RISEN
SAVIOR
LOVE

HOLIDAY
SALVATION

Indian palaces you can actually stay in

Taj Falaknuma Palace, Hyderabad

Spread over 32 acres, this opulent hotel was built in 1894 and was home to the famous Nizams of Hyderabad. Falaknuma night mean 'mirror of the sky', but the palace was built in the shape of a scorpion, with the wings acting as the scorpion's two stings. The palace's luxurious interiors reflect its decadent past and give guests the opportunity to live like kings and queens if only for a few nights.



Work on the palace started in 1464 and it was abandoned almost 500 years later in 1947. In 1991 it was opened to the public in its current avatar and is now a massive property spread over 14 levels, with stunning views of the surrounding landscape and town down below. The hotel boasts 17 rooms/suites restored to their former glory, plus hanging gardens, an amphitheatre, and a roof-top restaurant where you can immerse yourself in history and step back to medieval times.



Strategically nestled in the countryside of the Aravali range, this palace fortress overlooks one of the three main passes that provide access to the valley. Completed in 1760, the palace was constructed using local marble and features decorations of semi-precious stones in all the suites. The exteriors feature ornate traditional designs that provide an interesting juxtaposition to the modern and minimalist design seen in the interiors. This hotel offers stunning views of the surrounding hills, making it a great option for those looking to live closer to nature, but without sacrificing on modern amenities



Taj Lake Palace, Udaipur

This exquisite white marble palace floats in the middle of Udaipur's Lake Pichola and is a synonymous with opulence and exclusivity. Built in the 1700s, the hotel was once the winter palace of the royal Mewar dynasty and became famous around the world when the Bond movie Octopussy was filmed there. With 18 grand suites and 65 lavish rooms, the hotel offers breathtaking views of the surrounding lake and the sparkling city of Udaipur.



Taj Umaid Bhawan Palace, Jodhpur

Perched at the highest point in Jodhpur, this magnificent hotel was once the residence of the royal family of Jodhpur, making it the sixth largest private residence in the world. The palace was completed in 1943, and was constructed using the same beautiful palm court marble that was used in the Taj Mahal. Surrounded by 26 acres of sprawling lush gardens, the hotel, which is only a wing of the palace, has 64 luxury rooms where guests can experience the royal life.



Ananda in the Himalayas, Tehri Garhwal

Perched 3,000 feet up above on a hill, this former-palace-turned-into-luxury-resort is famous for its spectacular views, which include the the River Ganges and the ancient city of Rishikesh. The Viceregal palace was built for the Maharajah of Tehri Garhwal and has been restored to its former majesty, including the maharaja's billiards room, which is home to India's oldest billiards table (over a 100 years old)



Samode Palace, Jaipur

This splendid palace was built in the early 19th century, but it is surrounded by an outer structure, ie a fort, built in the 16th century. Designed in the Indo-Saracenic style, the hotel is known for beautifully melding both Rajput and Mughal design elements. Admire the breathtaking Sheesh Mahal, the mural-lined rooms, hand-painted walls, crystal chandeliers, regal silver armchairs, and then lounge around the rooftop infinity pool to catch a sunset that shows off the Aravalis in all their glory.



Laxmi Niwas Palace, Bikaner

Commissioned in 1904 and built entirely of red sandstone, Laxmi Niwas Palace was the stately residence of Bikaner's maharaja Ganga Singh and has hosted the whose who of royalty and dignitaries, including King George V and Queen Mary. The hotel retains the palace's regal charm and grandeur, with antique artworks, period-style rococo furniture, hand-painted friezes, four-poster brass beds, and ceilings with gold inlaid carvings that make the past come alive.



Taj Rambagh Palace, Jaipur

Another stunning palace in Jaipur, Rambagh Palace was built in 1835 as a hunting lodge and royal residence for the then maharaja of Jaipur. To say this upscale palace hotel that stands on a 47-acre plot is opulent is an understatement. Think spacious rooms with extremely high ceilings, bathrooms full of marble, grand furnishings, antiques and artwork around every corner, majestic gardens where peacocks strut, a croquet lawn, and a restaurant that gives you the feeling you're dining with the queen



Neemrana Fort Palace, Alwar

This exquisite resort, built on the Aravalli hills, is one of the oldest near Jaipur.

RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle



Salahuddin Ayubi Series New Updates

The series will consist of three seasons which will include 75% Turkish and 25% Pakistani actors and will be shot in Istanbul, Turkey.

The three seasons will show different time periods which are explained below:

Season 1

The first season will show the period from 1169 to 1174 when Salahuddin Ayubi was the commander of Nuruddin Zangi's army. He established Sunni reforms, ended the Fatimid Caliphate, and took over the Hijaz, Yemen, Sudan, and Libya. This season will end up with the death of Nuruddin Zangi.

Season 2

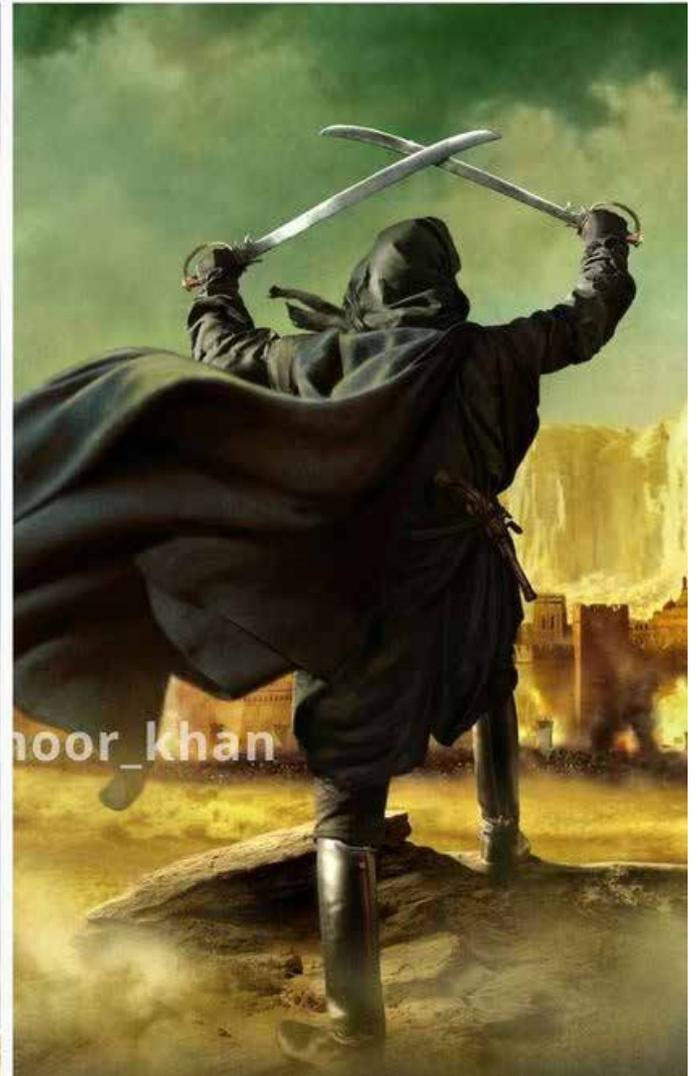
It will cover the years from 1174 to 1186. During this time, Salahuddin also resolved internal state problems while fighting the Crusaders. He formed a political alliance in the Middle East that wiped off Crusader territories until 1291. Mongol invasions were defeated as well.

Season 3

It will show the period from 1187 to 1193 when Salahuddin was fully engaged in wars against the Crusaders and became victorious in the battle of Hattin and thereafter wrested control of Palestine including the city of Jerusalem and showed the power of Islam to the whole world.

Salahuddin Ayubi Series New Updates!

mk



@themahnoor_khan

Baghdad grew rapidly to become the largest urban centre of the medieval world and became an economic and intellectual powerhouse. The city comprised a learned society benefiting from numerous bookshops and public libraries and became a hub for students travelling in search of knowledge.

The new Abbasid city was officially named Madinat al-Salam. This was the name that later appeared in all official references to the city, ranging from inscriptions on coinage to writings on textiles that were woven in the royal factory, but the name Baghdad stuck in popular usage.

The eleventh-century Khatib al-Baghdadi best described the sense of wonder surrounding Baghdad when he said: "In the entire world, there has not been a city which could compare with Baghdad in size and splendour, or in the number of scholars and great personalities ... Consider the numerous roads, markets, lanes, mosques, bathhouses, and shops – all these distinguish the city from all others."

At that time, the city housed the world's greatest academic institutions, including the House of Wisdom, and earned a worldwide reputation for being the 'Centre of Learning'. The city also hosted a multiethnic and multireligious environment.

According to Hugh Kennedy, there were several reasons for seeking to found a new capital

in an open country. The most pressing of these was the need for security. This need could only be satisfied by the construction of a fortress-palace that could easily be defended.

Secondly, there was the desire felt by so many dynasties, both Islamic and pre-Islamic, in the area to have new capital to demonstrate their identity and prestige. The Abbasids also needed a base where they could settle their government and bureaucracy.

The heart of the new capital was the Round City which contained the palace, the main mosque, and some administrative buildings and quarters for troops. The palace and mosque were together in the middle of the central courtyard and the palace was surmounted by a green dome over the audience chamber (as seen in the 3D model).

Sources:

- Huge Kennedy
- Tayeb El-Hibri
- Amira Bennison

BAGHDAD IS FOUNDED

On July 30, 762, Abbasid Caliph Al-Mansur founded the city of Baghdad, officially known as Madinat al-Salam (City of Peace), on the western bank of Tigris.

Read more in the caption or at www.fiveminthistory.com

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RECIPES

Jungli Chicken (Wild Chicken Curry)

Ingredients

Serves 4

- 1 Pound Chicken Breast
- ½ Onion (Medium)
- 1 Tomato
- 1 Serrano Pepper
- ⅓ Cup Cilantro Leaves
- 7 Tablespoons Plain Yogurt
- 2 Teaspoons Ginger-Garlic Paste
- 3 Cardamoms
- 3 Cloves
- 1 Cinnamon Stick
- ⅛ Teaspoon Turmeric Powder
- 1 Teaspoon Chili Powder
- ¾ Teaspoon Cumin Powder
- ⅓ Teaspoon Garam Masala
- Salt as needed
- ½ Bell Pepper (optional)
- 1 Potatoes (med- large)
- 4 Tablespoons Oil

Instructions

Step 1

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

Step 2

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

Step 3

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

Step 4

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

Step 5

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

Step 6

When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.



When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.

Step 7

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

Step 8

Set in serving bowl once the curry has reached your desired consistency. I prefer this recipe drier. (OPTIONAL: Garnish with fresh cilantro). Done!

Potato Red Cabbage Tikki

Ingredients

Serves 4

- 4 Cups Peeled, cubed, boiled potato
- 1 Cup Shredded red cabbage
- 1 Cup Shredded kale
- 1 Onion, finely diced
- ½ Teaspoon Grated fresh ginger
- 2 Cloves Garlic, chopped
- 1 Egg, beaten
- ½ Teaspoon Ground cumin
- ½ Teaspoon Ground coriander
- ½ Teaspoon Medium curry powder
- 1 Pinch Salt, to taste

Instructions

Step 1

Mix all of the ingredients in a bowl.

Step 2

Until it resembles a dough.

Step 3

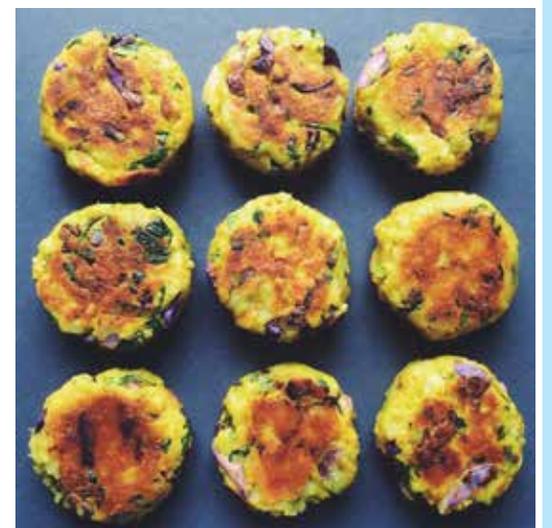
Divide the mixture into equal portions and shape into patties with your hands.

Step 4

After they have been shaped, place them in the refrigerator for at least 30 minutes.

Step 5

Add some oil to a skillet. Shallow fry until golden on both sides. Drain on a paper towel and serve warm with your favorite dipping sauce.



Health & Wellness

Building simple habits for healthy weight loss

Set small, specific, and realistic goals. Perhaps you'd like to be the same size you were in high school or when you got married, but that would mean dropping more than 50 pounds. Don't go there — not yet, at least. Set a more realistic goal of losing 5% to 10% of your weight, and give yourself plenty of time and some flexibility to reach that goal, keeping in mind that most people take at least six months to achieve that degree of healthy weight loss. Also try to avoid generalized goals, such as "I should eat less at dinner and exercise more." Instead, set specific and short-term (that is, daily or weekly) goals, such as these:

- I will choose a few dinner recipes and shop for the ingredients on Sunday.
- I will bring a healthy lunch from home instead of going out at least three times next week.
- I will call a friend to take a walk after work on Monday and Wednesday.
- I will decrease exposure to problematic food ("stimulus control") to avoid temptation, such as keeping cookies away from sight in the kitchen.
- Eat breakfast slowly — and mindfully — every morning.
- Many people skip breakfast because they're too rushed or they aren't hungry. Try getting up 15 minutes earlier (which means going to bed earlier so you don't sacrifice sleep time) to make time for breakfast. Practice eating slowly by putting down your utensil or sipping water, coffee, or tea between bites. Ideally, you should spend at least 20 minutes on each meal,

but that may be more realistic during your midday or evening meal; choose one to get started. Set a timer to check yourself.

From these habits or others in the Special Health Report, choose the one that seems the most feasible for you, and try to stick with it for a week or so. It's important to make these healthy habits routine. Once you find yourself doing one fairly consistently, add another. Over time you will realize that many of these habits can be interconnected.

Mediterranean-style: the healthy fats and healthy carbs diet
Just as there are "good carbs" and "bad carbs," there are good fats and bad fats. Mediterranean-style diets emphasize healthy fats and healthy carbs.

Saturated fat, trans fat, and cholesterol are the bad guys. Good fats are monounsaturated (found in olive oil, for example) and polyunsaturated (found in such foods as fish, canola oil, and walnuts). The Mediterranean diet advocated by Mollie Katzen and Harvard professor Walter Willett in *Eat, Drink, & Weigh Less* has a moderate amount of fat, but much of it comes from healthful monounsaturated fats and unsaturated omega-3 fats. It is high in carbohydrates, but most of the carbs come from unrefined, fiber-rich foods. It is also high in fruits and vegetables, nuts, seeds, and fish, with only modest amounts of meat and cheese.

People living in Mediterranean countries

have a lower-than-expected rate of heart disease. But the traditional lifestyle in the region also includes lots of physical activity, regular meal patterns, wine, and good social support. It's hard to know what relative role these different factors play — but there is growing evidence that in and of itself, the Mediterranean diet can reduce cardiovascular risk and the development of



it off?

Don't put it off — take it off! Then keep it off!

Don't risk another dieting dead-end. Set yourself on the road to success with a weight-loss program you can stick with — and enjoy!

Have diets failed you in the past? Put an end to dieting disappointment for good with a report from the health and nutrition professionals at Harvard Medical School.

Why do most diets not deliver as advertised? In a word: boredom. We start well, but after too many meals that are too restrictive, we lose interest. We're justifiably bored. And we quit.

So, how do you find a weight-loss program you can stay with to the end — and beyond? How do you lose weight and keep

Lose Weight and Keep It Off reveals the two keys to successful weight loss. The first is finding a diet and exercise program that suits you, your lifestyle, your likes, and your goals. The second is "skill power," a powerful set of specific habits that can make all the difference between setbacks and lasting success.

In this revealing report, you will learn how various popular diets — from Paleo to gluten free, plant-based to detox and cleanses — stack up for long-term results. You'll read how Jenny Craig and Weight Watchers compare. You will discover the wisest choice for "good carbs" and the one diet the American Heart Association warns against, and, as a bonus, you'll get a week of daily menus with delicious entrees even non-dieters will love.

5 surprising benefits of walking

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.
3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk

of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.
5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder. The latest research shows that sitting may be more harmful to your health than smoking. Luckily, getting up off the couch and going for a walk can put you well on your way to preventing everything from heart disease and diabetes to high blood



pressure, depression, memory problems, and more.

Although you've likely been walking since you were about one year old, there are specific techniques that can help you avoid injuries, make walking more enjoyable, and increase the health benefits of walking.

Walking for Health reveals:

- Why short walks may be better for lowering blood pressure
- How to ease the pain of "shin splints"

Why the best time to stretch is after your walk

- The type of shoes that are more likely to make your knees ache
- The simple way to avoid blisters
- How "interval walking" can help you reap more health benefits in less time
- The amount of walking needed to increase the part of your brain that's critical for memory

HYDERABAD PAGES



At the Gyan Junior College Tonight felicitated to the young boxers Hamza Mohammed Ahmed, Mohammed Abdul Hadi Umair, who got the Bronze medal at the 5th Junior Boys National Boxing Championship 2023 at Arunachal Pradesh coach by Habeeb Mustafa, dignitaries are present in the function Mohammed Ahmed Hussain, Mohammed Mastan, Sikender Mashooqi, Mir Mohsin Ali, Syed Sultan Ahmed.



At the Grand Launch of a Research based Book Written by Moulana Mohammed Taher Ul Qadri at Turab Ul Hassan Hall, Salar Jung Meseum, with Maulana Salman Husaini Nadwi.



Comedian KB Jani with Iftekhhar Shareef



Ahmed Idrees Shareef is honoured with Award from AIMES



Sorry to inform you all that Bro. Celestine breathed his last breathe. He was in Eluru. He served as a principal & Director of Boys Town for many many years. May his soul Rest in Peace. The funeral is in Eluru. He shall never be forgotten and his legacy will live on here after..... RIP Death leaves a heartache no one can heal, love leaves a memory no one can steal. *Funeral Mass of Rev. Fr Celestine Kalluvettakuzhy MC, On 30:07:2023, at 03:00 PM, House of Compassion, (Good Samaritan Cancer Hospital) Vangayagudem, Eluru, AP.*



1 Paisa is missing



Sad to inform you all that Bro. Yuju Francis breathed his last at 12.05 am . He was admitted at Basavatarakama Indo American Cancer Hospital, Hyderabad on the 8th of July and was receiving treatment for various cancer related complications. He was under the treatment of well renowned oncologists for well over a year. The funeral service will be on Tuesday. There is a consolation that Brother Yuju was gradually prepared for passing on from this life to the next as we were all intensely praying for his recovery. Br. Yuju displayed his grit till the very end. May the departed soul of Bro. Yuju Francis rest in peace!

HYDERABAD PAGES

Mecca Masjid - Hyderabad



Mecca Masjid, also known as Makkah Masjid, is one of the oldest and most significant mosques in Hyderabad, India. It is located near the historic landmarks of Charminar and Chowmahalla Palace. The construction of the mosque began in 1614 during the reign of Sultan Muhammad Quli Qutb Shah of the Qutb Shahi dynasty and was completed in 1694 during the reign of Mughal Emperor Aurangzeb.

The mosque's name, "Mecca Masjid," is derived from the fact that the bricks used to build the central arch of the mosque were brought from the holy city of Mecca, Saudi Arabia. It is believed that Muhammad Quli Qutb Shah himself laid the foundation stone of the mosque.

Mecca Masjid is an impressive example of Indo-Islamic architecture, blending Persian, Mughal, and local architectural styles. The mosque is made of granite, and its main prayer hall can accommodate thousands of worshippers at a time. The central arch, made of a single piece of granite, is a prominent feature of the mosque and is a testament to the engineering skills of that era.



The mosque's courtyard and prayer hall are adorned with beautiful arches, intricate carvings, and inscriptions from the Quran. The large and imposing structure stands as a symbol of religious harmony and cultural heritage in Hyderabad.

Mecca Masjid continues to be an important place of worship and a significant landmark, attracting visitors and devotees from all over the world. As with many historical and religious sites, it is essential to be respectful of the customs and traditions while visiting Mecca Masjid.

History:

The construction of Mecca Masjid began in 1614 during the reign of Sultan Muhammad Qutb Shah, the sixth ruler of the Qutb Shahi dynasty. It was completed in 1694 during the reign of the Mughal emperor Aurangzeb, who conquered the Golconda Sultanate and completed the mosque's construction. The mosque derives its name from the bricks used in its construction, which were reportedly brought from the holy city of Mecca.

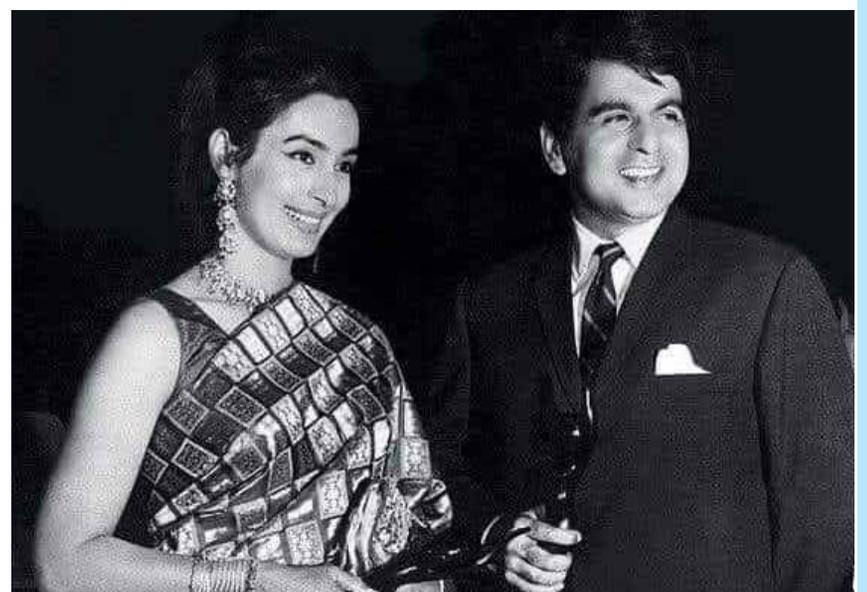
Architecture:

Mecca Masjid exhibits an impressive blend of architectural styles. Its structure is a synthesis of Indian, Persian, and Mughal architecture. The mosque is made of granite, with intricate carvings and arches. The main prayer hall can accommodate thousands of worshippers at a time. The mosque's courtyard is vast and can accommodate even larger congregations during important Islamic festivals and events.



List of Bollywood films of JULY 2023

Opening	Title	Director	Cast
A U G	4	<i>Panch Kirti: Five Elements</i>	Sannjoy Bhargv Brijendra Kala · Umesh Bajpai · Sagar Wahib · Purva Parag · Mahi Soni
		<i>Lafzon Mein Pyaar</i>	Raja Randeep Giri · Dhiraj Mishra Anita Raj · Zarina Wahab · Vivek Anand Mishra · Kanchan Agnihotri · Mir Sarwar
	11	<i>Gadar 2</i>	Anil Sharma Sunny Deol · Ameesha Patel · Utkarsh Sharma
		<i>OMG 2</i>	Amit Rai Akshay Kumar · Yami Gautam · Pankaj Tripathi · Arun Govil
	18	<i>Akelli</i>	Pranay Meshram Nushratt Bharuccha · Nishant Dahiya · Tsahi Halevi · Amir Boutrous
		<i>Ghoomer</i>	R. Balki Abhishek Bachchan · Saiyami Kher · Shabana Azmi · Angad Bedi
	25	<i>Dream Girl 2</i>	Raaj Shaandilyaa Ayushmann Khurrana · Ananya Panday · Annu Kapoor · Paresh Rawal · Vijay Raaz · Manoj Joshi · Rajpal Yadav · Asrani · Seema Pahwa · Manjot Singh · Abhishek Banerjee
		<i>Love - All</i>	Sudhanshu Sharma Kay Kay Menon · Swastika Mukherjee · Shriswara · Robin Das · Sumit Arora
		<i>Goldfish</i>	Pushan Kripalani Kalki Koechlin · Deepti Naval · Rajit Kapoor · Gordon Warnecke



Binaca Geetmala Annual List (1962)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Aehsaan Tera Hogaa Mujh Par     4.53 - 508 votes	Mohammed Rafi	Shankar Jaikishan	Saira Banu, Shammi Kapoor
		Junglee (1961)	Hasrat Jaipuri	Romantic Songs
 2	Do Hanso Kaa Joda Bichhad Gayo Re     4.18 - 248 votes	Lata Mangeshkar	Naushad	Vyjayantimala
		Gunga Jumna (1961)	Shakeel Badayuni	Dard Bhare Geet
 3	Ab Kya Misal Doon Main Tumhare Shbaab Ki     4.52 - 477 votes	Mohammed Rafi	Roshan	Pradeep Kumar, Meena Kumari
		Aarti (1962)	Majrooh Sultanpuri	Tareef Songs, Romantic Songs
 4	Aap Ki Nazro Ne Samjha, Pyar Ke Kabil Mujhe     4.57 - 15280 votes	Lata Mangeshkar	Madan Mohan	Dharmendra, Mala Sinha
		Anpadh (1962)	Raja Mehdi Ali Khan	Filmfare Awards Nominee, Romantic Songs
 5	Yahoo Chahe Koyee Mujhe Junglee Kahe     4.37 - 273 votes	Mohammed Rafi	Shankar Jaikishan	Shammi Kapoor, Saira Banu
		Junglee (1961)	Shailendra	Masti Bhare Geet
 6	Kahin Deep Jale Kahin Dil     4.31 - 339 votes	Lata Mangeshkar	Hemant Kumar	Biswajeet, Waheeda Rehman
		Bees Saal Baad (1962)	Shakeel Badayuni	Haunting Songs, Filmfare Awards Winner, Filmfare Awards Nominee, Suspense Songs
 7	Teri Zulfo Se, Judai To Nahi Mangi Thi     4.48 - 269 votes	Mohammed Rafi	Shankar Jaikishan	Dev Anand, Asha Parekh, Pran
		Jab Pyar Kisi Se Hota Hai (1961)	Hasrat Jaipuri	Roothna Manaana, Sad Songs
 8	Jiya O, Jiya O Jiya Kuchh Bol Do     4.55 - 454 votes	Mohammed Rafi	Shankar Jaikishan	Dev Anand, Asha Parekh
		Jab Pyar Kisi Se Hota Hai (1961)	Hasrat Jaipuri	Masti Bhare Geet, All Time Great, Romantic Songs
 9	Dhundho Dhundho Re Saajanaa Dhundho Re Saajanaa     4.47 - 103 votes	Lata Mangeshkar, Mohammed Rafi	Naushad	Dilip Kumar, Vyjayantimala
		Gunga Jumna (1961)	Shakeel Badayuni	
 10	Ibtadaey Ishk Me Ham Saree Rat Jage     4.56 - 130 votes	Mukesh	Shankar Jaikishan	Manoj Kumar, Mala Sinha
		Hariyali Aur Rasta (1962)	Hasrat Jaipuri	Romantic Songs

Binaca Geetmala Annual List (1962)

Singer Mubarak Begum

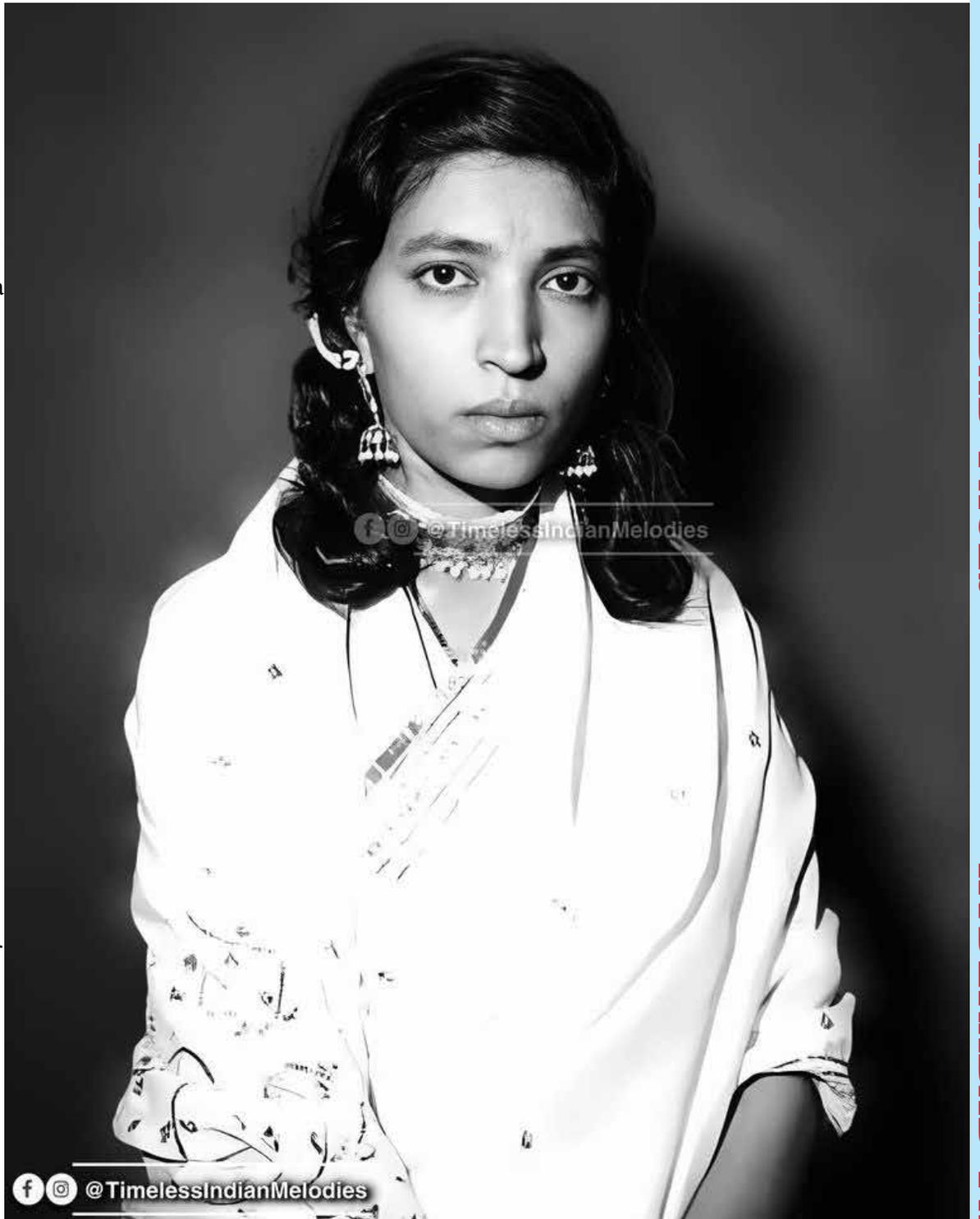
Mubarak Begum started her career with light music recitals performed for All India Radio, India's national public radio station. Her career as a playback singer began in 1949, with the Indian Hindi-language film *Aiye*. It was the Indo-Pakistani composer Nashad (not to be confused with Indian composer Naushad) who gave Begum her first break. The first song she recorded for films was "Mohe Aane Lagi Angrayi, Aaja Aaja" (*Aiye* (1949)). She also sang a duet with the then-upcoming Lata Mangeshkar in the same film. A well-recognized song in her career was "Kabhi Tanhaiyon Mein Yun", composed by Snehal Bhatkar for Kidar Sharma's film *Hamari Yaad Aayegi* (1961).

Mubarak Begum was born in a Muslim family in Jhunjhunu, Rajasthan. She married Mr. Shaikh from her community and had a son and a daughter. Her husband and daughter passed away, leaving her to live with her son, daughter-in-law, and granddaughter.

Despite being a renowned singer, Begum struggled to advance her career due to her lack of networking skills in the entertainment industry. Her focus was on music rather than money, and her expenses and generosity prevented her from saving much. In an interview before her death, she expressed her admiration for Pakistani ghazal singer Ghulam Ali.

After her daughter's death from Parkinson's disease in October 2015, Begum's health deteriorated. She relied on a meager pension from her late husband's employer as her sole income. The pension was reported to be ₹800 (~\$15) or ₹3000/- (~\$45) per month, both inadequate for her sustenance. Her son, a freelance chauffeur, supported the family, with some financial assistance from actor Salman Khan and help from a Maharashtra minister Vinod Tawde's charitable trust.

Mubarak Begum died on 18 July 2016 in Mumbai, India at age 80.

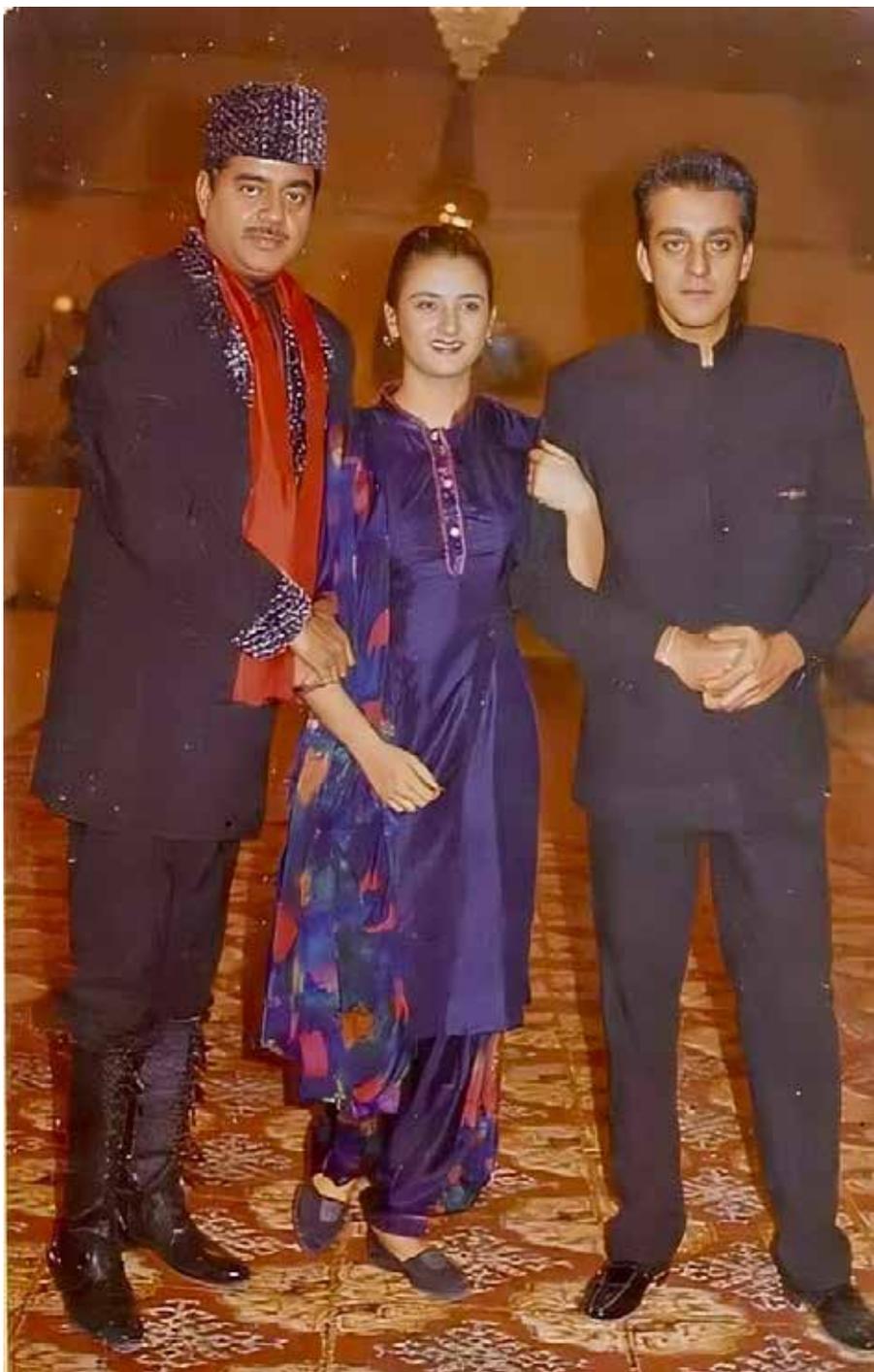


Top: Mohammed Rafi Sahab Performing Hajj During The Year 1973 .

Left: Sanjeev Kumar at the wedding function of Sharmila Tagore with Mansoor Ali Khan Pataudi

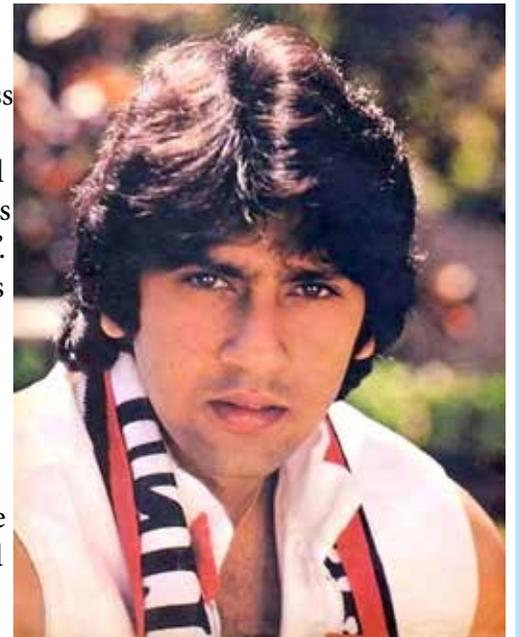


Raj Kapoor, Rajendra Kumar, Dilip Kumar and Shammi Kapoor, Diamonds of Golden Era.



Kumar Gaurav

Continuous flop films end Kumar Gaurav's Bollywood career. Although Kumar Gaurav's success at the box office ended with the first film, he became a role model for the youth of that time and was named "Chocolate Boy of the 80". One of the most successful actors in Indian film, Rajendra Kumar's son, Kumar Gaurav intended to become a successful actor in Bollywood just like his father. Being the son of a famous actor, Kumar Gaurav didn't have to face much trouble to enter Bollywood movies. Indeed, Kumar Gaurav stepped into the field of Bollywood (holding hands) with the support of his father. In 1981, Kumar Gaurav's first film 'Love Story' proved to be a blockbuster. With his son's entry into Bollywood in the film 'Love Story', Rajendra Kumar stepped into the field of direction, directing. This movie made Kumar Gaurav a famous actor soon,



Kumar Gaurav is still connected with an impressive family through his in-laws. Kumar Gaurav has married the daughter of famous actor Sunil Dutt who was contemporary to his father. Kumar Gaurav's brother-in-law Sanjay Dutt, whose film career has been very exciting. Kumar Gaurav tried again to advance his career with the film 'Naam' in 1986 and in which his brother-in-law Sanjay Dutt had also acted. Although the film was quite successful at the box office, only Sanjay Dutt's acting in this film got appreciation. Mention the film 'Fool' made in 1993 in which both his father and father-in-law worked together.

Continuous failure at the box office forced Kumar Gaurav to take a long break from acting in the 90s. Deepa Mehta re-entered Bollywood for a role in the 1998 film 'Prithvi'. His next film 'Kante' came out in the year 2000, in which he played an interesting role with actors like Amitabh Bachchan and Sanjay Dutt. Kumar Gaurav also played an important role in a successful American film 'Guyana 1838' produced by Rohit Jageshar. The film is related to the slavery of Indian immigrants in a British colony, Guyana in 1838.

Although he is not much successful in the film industry, as a successful and responsible father and brother-in-law, he has gained huge respect from (public) people. Although with his latest films he himself deliberately tried to break the image of Chocolate Boy and improve as an actor because Kumar Gaurav himself says his best time is coming.



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 رحمۃ اللہ علیہ

بھلائی کا بدلہ

40

اُردو حکایت: اک آدمی نے خواب میں دیکھا کہ حشر کا میدان گرم ہے اور گرمی کی شدت سے ہر طرف چیخ پکار ہو رہی ہے لیکن ایک آدمی جنتیوں کا لباس پہنے سائے میں کھڑا ہوا ہے۔ اُس سے پوچھا کہ اے خوش نصیب تجھے یہ مرتبہ کیسے ملا۔ اُس نے جواب دیا۔ میرے گھر کے دروازہ پر انگور کی بیل تھی۔ ایک دن دھوپ اور گرمی سے نڈھال اک آدمی کو اس بیل کے ٹھنڈے سایے میں سلایا تھا اور اُس نے خوش ہو کر میرے حق میں دُعا کی تھی۔ آج یہ سایہ اور جنتی لباس مجھے اسی صلے میں عطا ہوا ہے۔

منظوم ترجمہ:

ملی ہے رحم کے بدلے میں راحت
بڑا دل کی دعاؤں میں اثر ہے



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

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے 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 کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

زبان شیریں ملک گسیری

محمد یسین ہائیل



میں محمد یسین ہائیل اس حسب اولہ کہات کا خلاصہ دینی ہدایت رحمان کی روشنی پر ڈالتے پہلی اور بنیادی عمل کا انکشاف کرتے ہوئے قلم کو جاری رکھیوں کے داخل ایمان کے فوری بعد خوش اخلاقی کی تعلیم کی ہدایت سے مسلمانوں کو نوازا گیا ہے جس راستے کی آپنات سے دنیا و آخرت کی کامیابی کی ضمانت پوشیدہ ہے۔ اگر کوئی مسلمان سیرت محمدی ﷺ کا گہرا مطالعہ کیا تو علم ہوگا کہ آپ حضور پاک مسلمانوں کو سیرت طیبہ خوش اخلاقی اور شیریں زبان کی زندگی کے ہر قدم ہر پہلو کو اجاگر فرمایا اور حضور پاک نے فرمایا جس کسی نے دو چیزوں کی حفاظت کر لی میں اُس کے حق میں جنت کا ضامن اور سفارش گزار بن جاؤں گا۔ پہلے جس نے اپنی شرمگاہ کی حفاظت کی (۲) وہ جس کسی نے اپنی زبان کی حفاظت کو لازم جانا۔ لیکن آج کے پُر آشوب عصر جدید میں اخلاق انسانی کا اتنا فقدان و گراؤ ہے کہ اُسے روز مرہ زندگیوں بلا تاخ رکھیا گیا ہے اس کی اصلی وجہ دین کی تعلیم سے دوری اور چند روزہ فانی دنیا پرستی کا شکار ہو کر رہ گیا ہے نہ جذبات کا احترام نہ بھائی چارگی نہ لبوں میں مٹھاس گھلتی نظر آتی ہے لیکن آج کی اس دُنیا میں بھی الفت پرست محبت کے شیدا یوں کی کمی نہیں ہے جو اپنی خوش اخلاقی شیریں بیانی سے ہر فرد کے دلوں پر راج کرنے کے ہنر سے آراستہ ہیں جن کے نقوش چھوڑ جاتے ہیں جو مٹائے نہیں مٹتے۔

مذہب اسلام ہی نے کامل آداب زندگی کا درس نہ صرف مسلمانوں کو دیا ہے بلکہ

مکمل انسانیت کے لئے بقا کا پیغام دیا ہے اور باہمی الفت و محبت سے زندگیوں میں امن و سکون برقرار رہتا ہے۔ اسلام میں ملاقات کے اور گفتگو کے آداب کھل کر سکھائے گئے ہیں کہ ملاقات کے وقت مسکراتے چہروں سے ایک دوسرے کا استقبال کریں اور خوشی

کر بھیج دیتا ہے جس کا پانچ منٹ پہلے شان و گماں خواب و خیال نہیں رہتا زندہ ایک معجزاتی روح پرواز کل ہی کا درپیش حادثہ بامثال پیش خدمت ہے جو میری (۷۳) سالہ زندگی میں پہلی بار درپیش ہوا۔ 8 جولائی بروز ہفتہ دوپہر کے کھانے پر



میں اور عظیم قدیر بھائی اور ہمارے دیرانیہ رفیق ڈاکٹر محمد ابراہیم صاحب یہاں ڈیلاس کی ساؤتھ لیک کی مقامی رسٹورنٹ میں کھانے کے لئے ہم نشست ہم نوالہ ہوئے تینوں بیٹھے اور کھانا کھا رہے تھے پھر کوئی پانچ رفیقوں کا وفد ہوئے میں داخل ہوا۔ چونکہ چہروں سے مسلمانیت ظاہر ہو رہی تھی تو میں سب کو سلام کرنے میں پہل کیا تو ان میں سے ایک بندہ میری نشست کے قریب آ کر کھڑے ہو گئے تو میں نے گزارش کی کہ میری بازو والی کرسی پر بیٹھ جائیں تو وہ میری گزارش کا احترام کرتے ہوئے بیٹھ گئے۔ سلسلہ رک دوسرے سے تعریف کا شروع ہوا تو میں نے کہا آپ سے ملیئے یہ ہیں عظیم قدیر جو یہاں مقامی پیپر کے چیف ایڈیٹر ہیں اور آپ میرے دوست ہیں ڈاکٹر ابراہیم اور بعد میں جناب عظیم قدیر بھائی نے میرا تعارف کرواتے ہوئے کہا آپ ان سے ملیں یہ ہیں محمد یسین ہائیل صاحب ہندوستان اور شہر حیدرآباد سے تعلق رکھتے ہیں پیشہ سے

وسرت کا اظہار کریں اور سلام میں پہل کریں جس کا بڑا اجر و ثواب ہے اور پھر موقع ہو تو مصافحہ کر کے مزاج پوچھیں اور سلام میں اسلام علیکم بہت جامع الفاظ ہیں جس میں دین و دنیا کی تمام سلامتیاں اور ہر طرح کی خیر و عافیت شامل ہے۔ جب بھی کوئی بھائی سے ملاقات یا سامنا ہو تو لب پہ مسکراہٹ کے جام جھلکائیے یہی انداز محبت کا ضامن ہوتا ہے۔ دوسری اہم بات یہ ذہن نشین کر لیں آج کل خاندانوں میں یہ رواج عام ہوتے دیکھا جا رہا ہے کہ لوگ دولت کا ریا کاری تعریف سننے کی نیت سے دل نوازی کا مظاہرہ کرتے ہوئے فخریہ طرز اختیار کر رکھے ہوئے ہیں اللہ خیر۔

ایسی موضوع پر میرا اپنا شعر ہے عرض کیا تھا۔ بات کیوں دل نوازی کی کرتے ہو میزبان بنکر رزق وہ اپنے نصیب کا کھاتا ہے آپ کا مہماں بنکر کبھی کبھی اکثر اوقات ایسا ہی ہوتا ہے کہ آپ اپنے خود پیسے سے اپنا کھانا نہیں سکتے اللہ کسی فرشتہ صفت انجانہ کو آپ کو میزبان بنا

صنعتکار اور ایک شاعر اور ادیب بھی ہیں۔ تو وہ موصوف اپنا تعارف کرواتے ہوئے کہا میرا نام تحسین ہے اور میں ملک پاکستان سے ہوں اور میں ایک کیڈنی کا سرجن ہوں یہاں امریکہ میں قیام پذیر ہوں، دونوں کی باتوں کا سلسلہ کوئی دس پندرہ منٹ چلتا رہا پھر وہ میرے ادبی نام ہائیل سنتے ہی کہہ اٹھے کیا نیک آدمی کا نام ہے پھر وہ ہم تینوں سے حضرت ہائیل و قاتیل کا قصہ دہراتے رہے اور کہے اٹھے اردو ادب کی دنیا میں کسی شاعر کا تخلص ابھی تک ہائیل پڑھنا نہ ہی سنا۔ وہ ہم تینوں کی گفتگو اور انداز بیانی سے بے حد متاثر ہوتے ہوئے اپنے دیگر ہم نشست ساتھیوں سے کہا کہ ہم ان تینوں حضرات کے ہمراہ ایک گروپ تصویر کشی بھی ہوئی۔ موصوف اتنے دل نواز اور ہاتھ تائی صفت کے مالک نکلے کہ جاتے جاتے ہیمنٹ کا ونٹر پر ہمارے کھانے کا بل 43 ڈالر بغیر کسی اطلاع کے ادا کرتے ہوئے بیچر سے کہتے ہوئے رسٹورنٹ سے باہر نکل گئے یہ کہتے ہوئے کہ ان حضرات کو میرے جانے کے بعد بتائیں۔ ہمارا آپس میں سیل فون کا تبادلہ ہو چکا تھا اور اس وقت سے ہم سبھی ڈاکٹر تحسین سے ربط میں ہیں، ماشاء اللہ۔

جب اللہ ایک دوسروں کو محبوب بنانا چاہتا ہے تو ایک پل میں دوستی و الفت کی راہیں ہموار کر دیتا ہے اور بھائی چارگی کا رشتہ کچی دوستی میں تبدیل ہو جاتے ہیں محض شیریں زباں سے ہی حاصل ہوتے ہیں اور آپسی اندام بیانی سے حاصل ہوتے نظر آتے ہیں۔ آخر میں دُعا گو ہوں کہ اللہ اپنے حسن اخلاق سے ایک نہ صرف بھائی بلکہ ہر انسان سے خوش اخلاقی سے پیش آتے ہوئے ہی ایک دوسرے کے دلوں کو جیت کر سکون کی زندگی گزارنے کی توفیق ہم سب کے دنیا و دین کا سرمایہ حاصل زندگی کرے۔

قرآن پاک کی بے حرمتی کی مذمت کرتے ہیں، یہ گھناؤنا عمل ہے: امریکا

امریکا نے کہا ہے کہ قرآن پاک کی بے حرمتی کی مذمت کرتی ہیں، یہ گھناؤنا عمل ہے، ہم قرآن پاک اور دیگر عبارات کی اہمیت کو سراہتے ہیں۔ ترجمان امریکی محکمہ خارجہ میٹھیو ملر نے واشنگٹن میں پریس بریفنگ میں کہا کہ بنیادی جمہوری اصولوں کو سپورٹ کرتے ہیں، نہ صرف پاکستان بلکہ دنیا میں قانون کی حکمرانی کی حامی ہیں۔ انہوں نے کہا کہ قرآن پاک کی بے حرمتی کی مذمت کرتی ہیں، یہ گھناؤنا عمل ہے، ہم قرآن پاک اور دیگر عبارات کی اہمیت کو سراہتے اور ہر ایک کے لیے مذہب یا عقیدے کی آزادی کے حق کی حمایت کرتے ہیں۔ ترجمان امریکی محکمہ خارجہ میٹھیو ملر



نے مزید کہا کہ افغان طالبان کو ان کے کیے وعدوں پر قائم رکھیں گے، ہم خطے میں اپنے آپریشن کرنے کی صلاحیت برقرار رکھے ہوئے ہیں۔ ان کا کہنا تھا کہ طالبان کے وعدوں کے قطع نظر امریکی مفادات کے تحفظ کا حق رکھتے ہیں۔ واضح رہے کہ گزشتہ روز سویڈن میں رہائش پذیر عراقی ملعون شہری سلوان مومیکا کی جانب سے ایک بار پھر قرآن پاک کی بے حرمتی کی گئی اور عراقی پرچم کی بھی تذلیل کی گئی۔ پاکستان نے سویڈن میں ہونے والے قرآن پاک کی بے حرمتی کے تازہ واقعے کی شدید الفاظ میں مذمت کی ہے۔

رشتے خون کے نہیں احساس کے ہوتے ہیں، احساس ہو تو اجنبی بھی اپنے ہو جاتے ہیں، احساس نہ ہو تو اپنے بھی اجنبی ہو جاتے۔

خوبصورت باتیں

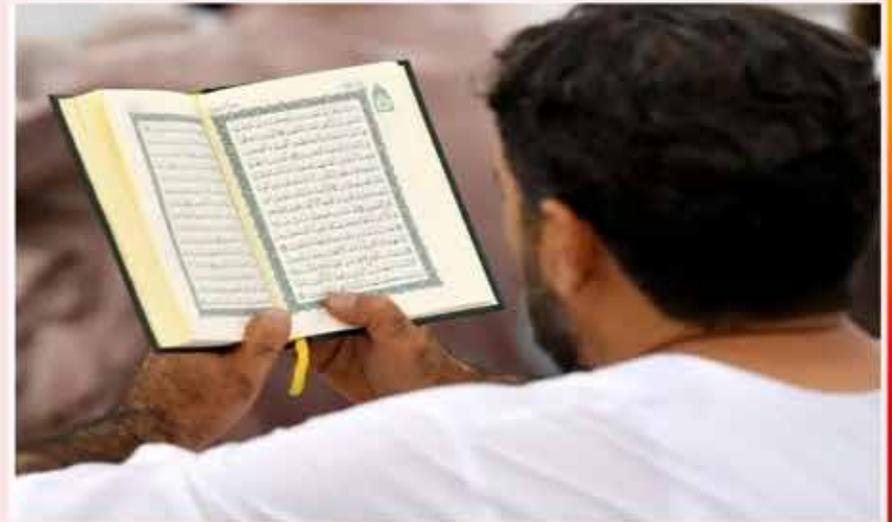
کم ظرف انسان دوسروں سے لیا ہوا قیمتی ہیرا بھول جاتا ہے۔ لیکن اپنا دیا ہوا پتھر بھی یاد رکھتا ہے



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

قرآن کی بے حرمتی کی اجازت پر سعودی عرب میں سویڈش سفیر کی طلبی

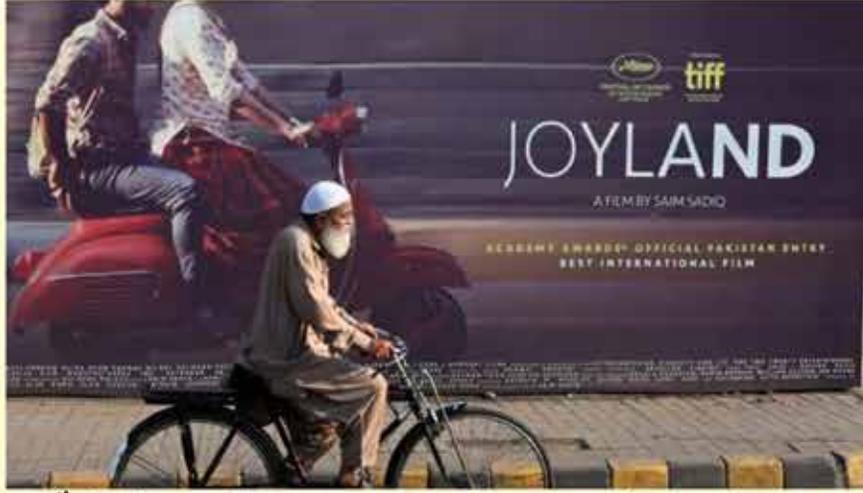
سعودی عرب نے سویڈش حکام کے غیر ذمہ دارانہ اقدامات اور بعض انتہا پسندوں کو قرآن کریم کے نسخوں کو نذر آتش اور بے حرمتی کرنے کی بار بار اجازت دینے کی سخت الفاظ میں مذمت کی ہے۔ سعودی وزارت خارجہ کی جانب سے جمعرات کو جاری بیان میں ایک مرتبہ پھر سویڈن کے ناظم الامور کو طلب کرنے کا



اعلان کیا ہے۔ سعودی وزارت خارجہ نے بیان میں مزید کہا کہ وہ سویڈن کے ناظم الامور کی طلبی کے دوران مملکت کی جانب سے احتجاجی پیغام ان کے حوالہ کیا جائے گا جس میں سویڈش حکام کو مذہبی تعلیمات، بین الاقوامی قوانین اور اصولوں کی خلاف ورزی اور ذلت آمیز کارروائیوں کو روکنے کے لیے تمام فوری اور ضروری اقدامات کی درخواست کی جائے گی۔ بیان میں سویڈن کی حکومت سے مطالبہ کیا گیا ہے کہ وہ ایسے تمام اقدامات کو روکے جو ان بین الاقوامی کوششوں سے متصادم ہوں اور جو رواداری، اعتدال پسندی کی اقدار کو پھیلانے اور انتہا پسندی کو مسترد کرنے کی کوشش کرتے ہیں۔ وزارت خارجہ نے اپنے بیان میں مزید کہا ہے کہ سعودی عرب مذاہب کے درمیان نفرت کو ہوا دینے اور لوگوں کے درمیان بات چیت کو محدود کرنے والے ان تمام کارروائیوں کو واضح طور پر مسترد کرتا ہے۔ خیال رہے کہ سویڈش پولیس نے گزشتہ روز سٹاک ہوم کی مسجد کے باہر ایک عراقی شہری سلوان مومیکا کو قرآن کریم کے نسخے کو نذر آتش کرنے کی اجازت دی تھی جس پر مسلمان ممالک کی جانب سے شدید رد عمل دیکھنے میں آیا تھا۔ سویڈن کی جانب سے قرآن کی بے حرمتی کی ایک مرتبہ پھر اجازت دینے پر جمعرات کی صبح مظاہرین نے بغداد میں سویڈن کے سفارتخانے کو آگ لگا دی تھی جس کے بعد عراق نے سویڈن کے سفیر کو ملک بدر کر دیا ہے۔

پنجاب میں جولائی سینئر پابندی

آخری لمحات میں، پنجاب حکومت نے گزشتہ روز جمعرات کو سنسر بورڈ کی جانب سے حتی منظوری کے باوجود تنازعہ فلم 'جولائی' کی نمائش پر پابندی لگا دی ہے۔ بین الاقوامی سطح پر تسلیم شدہ فلم جو ایک شادی شدہ مرد کی ٹرانس عورت کے



ساتھ محبت پر مبنی ہے، نے ملک میں نئی بحث چھیڑ دی ہے کیونکہ یہ فلم ہماری سماجی اقدار سے مطابقت نہیں رکھتی ہے۔ وفاقی حکومت اور مرکز نے پہلے پابندی لگائی اور پھر دوبارہ منظوری دے دی جبکہ مرکز کی اجازت کے بعد پنجاب حکومت نے سینما گھروں میں نمائش سے چند گھنٹے قبل ٹرانس تھیم والی تنازعہ فلم کی نمائش پر پابندی لگا دی۔ صوبائی محکمہ اطلاعات و ثقافت نے ایک نوٹیفکیشن میں کہا کہ حکومت پنجاب نے سیکشن 9 (21) موشن پکچرز آرڈیننس 1979 اور اس کے تحت بنائے گئے قوانین کے تحت حاصل اختیارات کو بروئے کار لاتے ہوئے موصول ہونے والی

ٹک ٹوک کی جانب سے 7.11 ملین پاکستانی ویڈیوز ڈیلیٹ

ٹک ٹاک نے 2023 کی پہلی سہ ماہی میں اپنی کمیونٹی گائیڈ لائنز کی خلاف ورزی کرنے پر پاکستان سے اپ لوڈ کی گئی تقریباً 7.11 ملین ویڈیوز کو ڈیلیٹ کر دیا ہے۔ تفصیلات کے مطابق ٹک ٹوک پر غلط معلومات کو روکنے اور اپنے صارفین کے لیے ایک محفوظ ماحول پیدا کرنے کی حکمت عملی کے تحت ٹک ٹوک نے جنوری-مارچ 2023 کے لیے اپنی تازہ ترین کمیونٹی گائیڈ لائنز نافذ کرنے والی رپورٹ جاری کی ہے۔ اپنی رپورٹ میں، ٹک ٹوک نے کہا ہے کہ اس نے اس عرصے کے دوران عالمی سطح پر 91 ملین سے زیادہ ویڈیوز کو ہٹا دیا ہے۔ یہ دنیا بھر سے پلیٹ فارم پر اپ لوڈ کردہ کل ویڈیوز کا تقریباً 6.0% بنتی ہیں۔ اس کے مقابلے میں، 2022 کی چوتھی سہ ماہی میں عالمی سطح پر ہٹائے گئے ویڈیوز کی تعداد 68.85 ملین سے زیادہ تھی۔ دنیا بھر میں تقریباً 49.53 ملین ویڈیوز کو خود بخود ہٹا دیا گیا جبکہ

سپر اسٹار شاہ رخ خان کے جوان پر پولیس نے جھک کر تہنک

بالی ووڈ سپر اسٹار شاہ رخ خان کی بات کریں تو شائقین میں ہلچل نہ دیکھنا ناممکن ہے۔ درحقیقت، شاہ رخ کی میگا فلم 'جوان' کے بہت انتظار کے پیش نظر شاہ رخ نے آج ریلیز ہوتے ہی انٹرنیٹ پر دھوم مچا دی ہے۔ جوان، ایک ہائی آکٹین ایکشن تھرلر بننے کا وعدہ کرتا ہے، جو ایک ایسے شخص کا جذباتی سفر ہے جو اپنے کام کے



ذریعے معاشرے میں ہونے والی غلطیوں کو درست کرنے کے لیے نکلتا ہے۔ اس فلم میں دیپیکا پڈوکون بھی خاص کردار میں ہیں اور یہی وجہ ہے کہ شائقین میں فلم کو لے کر کریمز ہے۔ شاہ رخ خان کے ایکشن سے بھرپور پیش نظر شاہ رخ نے بارے میں ناظرین کے تجسس کو ایک مختلف سطح پر پہنچا دیا ہے۔ یہی نہیں، بڑے پیمانے پر بننے والی اس فلم نے اپنی شان و شوکت سے سب کے ہوش اڑا دیے ہیں، ساتھ ہی ساتھ ایک غیر معمولی سینما کی تجربے کا بھی وعدہ کیا ہے۔ جوان جو کہ ایکشن اور جذبات کا بہترین امتزاج ہے نے اپنے شاندار پیش نظر شاہ رخ اور بڑے پیمانے پر ریلیز کے ساتھ سامعین میں کافی جوش پیدا کیا ہے۔ پیش نظر شاہ رخ کا ہر فریم دلکش ہے اور جوان کی دنیا کی جھلک دیتا ہے۔ پیش نظر شاہ رخ خان کے منفرد وائس اور سے شروع ہوتا ہے، جو آنے والی چیزوں کے لیے جوش و خروش پیدا کرتا ہے۔ شائقین کے لیے ایک خاص توجہ شاہ رخ کے مختلف روپوں کا مشاہدہ کرنا ہے جسے شائقین نے پہلے کبھی نہیں دیکھا ہوگا۔ یہی نہیں فلم سے جڑی خاص بات یہ ہے کہ اس میں پورے ہندوستانی سینما کے معروف ناموں کو بطور اسٹار کاسٹ دکھایا جائے گا۔ دوسری طرف، ہائی آکٹین ایکشن سیکوینسز، دلکش گانوں اور شاہ رخ کی ریٹرو ٹریک پر شاندار پرفارمنس کی جھلک "بیکرا کر کے" ایک شاندار فلم ہونے کا وعدہ کرتی ہے۔ جوان، ایشیائی کی ہدایت کاری میں، جو کامیاب فلمیں دینے کے لیے جانا جاتا ہے، اپنی

دماغی یا ذہنی صحت مندی، جسمانی تندرستی میں معاون

کاروبار یا تیز ریٹ، معدنیات اور قدرتی پانی وغیرہ شامل ہوا انسان کے موڈ پر خوشگوار اثر مرتب کرتی ہے۔ اور ڈیپنیشیا، اینیما، ڈپریشن، بلڈ پریشر اور متعدد موٹی بیماریوں سے محفوظ رکھتی ہے۔ اچھی اور پرسکون نیند:

اچھی اور پرسکون نیند کا آنا کسی نعمت سے کم نہیں۔ اور نیند کا نہ آنا یا کم آنا بے کوبی کی شکایت ایک ذہنی اور دماغی مسئلہ ہے۔

اس لئے جب انسان بھرپور پرسکون نیند سے بیدار ہوتا ہے تو اس کا اچھا اثر اس کی جسمانی صحت پر بھی پڑتا ہے۔ وہ ہشاش بشاش ہوتا ہے، جسم توانائی سے بھرپور ہوتا ہے۔ اور اس کی ذہنی صحت اور جسمانی صحت دونوں بہترین ہوتی ہیں۔

ذہنی یا دماغی طور پر صحت مند رہنے کی کوشش کرنا کوشش کرنا چاہئے کہ ذہنی اور دماغی حالت کو صحت مند رکھنے کی کوشش کریں۔ مثلاً منفی جذبات، خیالات کو دل و دماغ پر غالب نہ آنے دیں، خود ساختہ مسائل کو جنم نہ لینے دیں، غصہ کی حالت میں غصہ کو برداشت کرنے کی عادت ڈالیں، افسردگی اور ٹینشن سے جلد چھٹکارہ حاصل کریں، بلا وجہ کا خوف یعنی کسی بھی قسم کا فوبیا خود پر مسلط نہ کریں۔ ہمیشہ پرسکون اور باوقار رہنے کی کوشش کریں۔ اچھا سوچیں ہر چیز کا مثبت پہلو تلاش کریں۔ ہر پریشانی یا تکلیف میں پریشان ہونے کی بجائے اس کا حل تلاش کرنے کی کوشش کریں۔ تاکہ جسمانی صحت بھی اچھی رہے اور زندگی سے لطف اندوز ہو سکیں، اچھی اور پرسکون زندگی گزار سکیں۔

لہذا ذہنی اور دماغی صحت کا اچھا اور مضبوط ہونا جسمانی صحت کو بھی تندرست و توانا رکھے گا اس لئے دماغی یا ذہنی صحت مندی، جسمانی تندرستی میں معاون ثابت ہوتی ہے۔ ذہن کو پرسکون رکھنا، مثبت سوچ رکھنا، مشکلات سے نہ گھبرانا، زیادہ تناؤ تکلیف یا کسی بھی خراب حالات میں ذہنی طاقت کو مضبوط رکھنا ضروری ہوتا ہے۔



اگر وہ دیر پائینشن، فرسٹریشن کا شکار نہ ہوگا تو وہ اپنی صحت کا زیادہ اچھی طرح خیال رکھ سکے گا۔ اور پڑمردگی کی کیفیت سے جلد باہر آجائے گا۔ اور زندگیوں کی دلچسپیوں میں حصہ لے گا۔

ذہنی اور جسمانی صحت کو صحت مند رکھنے میں چند معاون اصول:

اسی طرح کچھ چیزیں انسان کی جسمانی صحت اور ذہنی صحت یعنی دونوں پر بیک وقت بہت اچھے اثرات مرتب کرتی ہیں مثلاً ورزش:

ورزش سے نہ صرف جسمانی صحت تندرست رہتی ہے بلکہ ورزش ذہنی تندرستی کو بھی بہتر کرتی ہے ایک تحقیق کے مطابق ورزش کرنے سے دماغ میں اینڈورفنز خارج ہوتا ہے۔ جو ذہن کو چاق و چوبند، موڈ کو خوشگوار اور ذہنی توانائی پیدا کرتا ہے ایک اور تحقیقی رپورٹ کے مطابق ورزش کرنے سے یہاں تک کے صرف دس پندرہ منٹ تیز یا معمول کے مطابق چہل قدمی کرنے سے جسم کے ساتھ ساتھ ذہن پر بھی اچھے اثرات مرتب ہوتے ہیں۔ موڈ خوشگوار ہو جاتا ہے اور ٹینشن کم یا ختم ہو جاتی ہے۔ طبیعت میں ایک خوشگوار اور احساس پیدا ہوتا ہے۔ تفکرات سے نجات ملتی ہے۔

صحت بخش یا متوازن غذا: متوازن یا صحت بخش غذا جس میں ضروری غذائی اجزاء پروٹین، فائبر، وٹامنز، اینٹی آکسیڈنٹ اجزاء، صحت مند چکنائی

ہمارا جسم اور دماغ الگ الگ نہیں ہیں۔ لہذا یہ بات یقینی ہے کہ ذہنی بیماری جسم کو متاثر کر سکتی ہے۔ بے چینی سے پیٹ کی خرابی پیدا ہو سکتی ہے۔ تھکاوٹ سے نظام انہضام کے مسائل پیدا ہو سکتے ہیں، اسی طرح بے خوابی روزمرہ سرگرمیوں اور کام میں رکاوٹ پیدا کرتی ہے۔ اور توجہ مرکوز کرنے میں دشواری پیدا کرتی ہے۔ اسی طرح ڈپریشن سے سر میں درد ہوتا ہے اور غصہ ہائی بلڈ پریشر کا سبب بنتا ہے۔ ذہنی صحت کا مسئلہ پیدا ہونے کا مطلب ہے کہ جسمانی صحت کا مسئلہ پیدا ہونے کا امکان پیدا ہو جاتا ہے۔ مثبت رویے، مثبت سوچ اچھی ذہنی صحت کی علامات ہیں۔ اسی طرح اپنے آس پاس کے لوگوں کا خیال رکھنا، ان کے لئے کسی بھی قسم کی تکلیف کا باعث نہ بننا، زندگی کی سرگرمیوں میں خوشدلی سے حصہ لینا، قوت برداشت اور صبر کا مظاہرہ کرنا، ناپسندیدہ باتوں پر تحمل بردباری اختیار کرنا، زیادہ غصہ نہ کرنا، مثبت رویہ اپنانا، دل گرفتہ نہ ہونا، منفی خیالات کو جلد ذہن سے جھٹک دینا وغیرہ یہ سب اچھی ذہنی صحت کی نشانی ہیں۔

اچھی ذہنی صحت کا جسمانی صحت پر اثر:

اگر انسان کی ذہنی صحت مضبوط اور اچھی ہو گی تو اس کا اثر اس کی جسمانی صحت پر بھی پڑے گا۔ مثلاً جب اس میں تحمل برداشت اور مثبت رویہ اور مثبت سوچ ہوگی تو بلڈ پریشر، دل کے امراض، ذیابیطیس، اور اینیما کی بیماری کے خطرے سے محفوظ رہے گا۔

جسمانی صحت کے ساتھ ساتھ ذہنی صحت بھی اتنی ہی اہم ہے۔ اور جس طرح جسم کو تندرست و توانا رکھنا ضروری ہے اتنا ہی ذہنی صحت کو بھی درست، اچھا اور صحت مند رکھنا بہت ضروری ہے۔

انسان کی سوچ اور رویوں کا اثر اس کی جذباتی، ذہنی صحت کے ساتھ ساتھ اس کی جسمانی صحت پر بھی پڑتا ہے۔ مثلاً ٹینشن میں بھوک کا کم ہو جانا یا بھوک لگنا ہی نہیں، غصے کی حالت میں بلڈ پریشر کا خطرہ بڑھ جانا عام ہے۔ اس لئے نفسیاتی طور پر صحت مند رہنا بھی جسمانی صحت و تندرستی کی ضمانت ہے۔

دماغی یا ذہنی صحت کا مطلب جذباتی اور نفسیاتی طور پر صحت مند اور مضبوط ہونا، اعصاب کا مضبوط ہونا، خوشگوار معاشرتی تعلقات، مثبت سوچ، مشکل حالات کا مقابلہ کرنا، منفی سوچوں سے اجتناب وغیرہ شامل ہیں۔ ذہنی صحت اور جسمانی صحت:

ہماری ذہنی صحت اور جسمانی صحت ایک دوسرے سے جڑی ہوئی ہوتی ہیں۔ اور دونوں کا آپس میں گہرا تعلق ہوتا ہے۔ اگر جسم بیمار ہو یا جسمانی صحت خراب ہو تو اس کا اثر ذہنی یا دماغی صحت پر بھی پڑتا ہے۔ جیسے طویل المیعاد بیماریاں اکثر ذہنی ٹینشن، بے چینی، اداسی، غصہ اور ڈپریشن کو جنم دیتی ہیں۔

تحقیق کے مطابق اسی طرح ذہنی یا دماغی صحت کے مسائل جسمانی صحت کو متاثر کرتے ہیں۔ جیسے پریشانی میں، امتحانات کی ٹینشن، نوکری کی ٹینشن، ذہنی مسائل وغیرہ کا جسمانی صحت پر یہ اثر پڑتا ہے کہ بھوک نہیں لگتی، طبیعت میں افسردگی اور بوجھل پن اور جسمانی سرگرمیوں میں رکاوٹ بنتا ہے۔ جیسے کہ خون کی کمی، صحت کی خرابی، بلڈ پریشر، وزن میں اضافہ اور کولیسٹرول میں اضافہ اور دل کی بیماریوں کے خطرے کا بھی زیادہ امکان ہوتا ہے۔ اس لئے ذہنی صحت کے مسائل جسمانی صحت کے مسائل بھی پیدا کر سکتے ہیں۔

ذہنی صحت کی خرابی اور جسمانی صحت کی خرابی:



ڈاکٹر یاسین

وزیر تعلیم

آپ کی نظروں نے سمجھا دوٹ کے قابل مجھے
لیڈروں اور لیڈروں کی صف میں کر دیا شامل مجھے
آج کل تو خیر سے میں وزیر تعلیم ہوں
کم از کم اب تو نہ کہئے اُن پڑھ جاہل مجھے

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ریموٹ

شوہر پردیس میں ہوتا ہے اور بیوی دیس میں
اتنی دور سے ہوتا ہے رومانس بھلا کس اُٹ سے
جانے کیسے ہو رہا ہے پھر بھی بچوں میں اضافہ
وئی کیا یہ بھی کام ہونے لگا ہے اب ریموٹ سے

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انکل

میں بھی بوڑھا ہو رہا ہوں وئی
ہو گیا اس کا احساس کل مجھے
جس شوخ و چنچل کے دیوانے تھے ہم
اس حسینہ نے کہہ دیا انکل مجھے

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چندر بھان کینی دہلوی

غزل

جذبہ شوق بڑھاتا ہے جدا ہو جانا
اوپری دل سے ذرا مجھ سے خفا ہو جانا
قوس سجدے میں جھکی رہ گئی جب سے دیکھا
ان کی انگڑائی کا محراب نما ہو جانا
دم کا کیا ٹھیک ہے دم بھر میں ہے دم بھر میں نہیں
چلتے پھرتے مری بالیں پہ ذرا ہو جانا
موسم گل میں انہیں غیر ادھر لے آئے
کام آیا مرے زخموں کا ہرا ہو جانا
بند ہے عشق کے بندوں کے لیے آزادی
ان کے تیور بھی ذرا دیکھتے رہنا قاصد
خط کے پرزے جو نظر آئیں ہوا ہو جانا
کھیل ہے ہستی فانی کا دگر گوں ہو کر
نور میں نور فضاؤں میں فضا ہو جانا
کچھ تو اے رحمت ساقی رہے کیتی کا خیال
آ کے میخانے پہ چھانا تو گھٹا ہو جانا

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ڈاکٹر نریش

غزل

اپنے سایے سے بھاگنا ہوگا
کیا خبر تھی یہ حادثہ ہوگا
خامشی کو زباں نہ دے اے دوست
گھر میں ہر وقت شور سا ہوگا
میری پہچان کے لئے تم کو
اپنا ماضی کریدنا ہوگا
فصل و ہموں کی پک چکی ہوگی
اب وہ شعلے بھورتا ہوگا
خود کشی اس کی بے بسی ہوگی
وہ بھی کب مرنا چاہتا ہوگا
یوں تو تم بھی زبان رکھتے تھے
کچھ بھی کہتے نہ بن پڑا ہوگا
وہ جو خوش تھا نریش میلے میں
گھر پہنچتے ہی رو دیا ہوگا

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یاسین ہاتیل

میرابھارت مہان

(جشن آزادی کے نام)

آج ہے سارے جہاں میں میرابھارت ہی مہان
ہر طرف جلوہ نما ہے دیکھو اُس کی آن بان
ہے کوئی ادنیٰ نہ اعلیٰ سب مساوی ہیں یہاں
ہے سدا میرا وطن ہی رنگ و بو کا گلستان
شہریت سب کی برابر ہے حقیقت ہے یہی
اس سب سارے جہاں کا تاج ہے ہندوستان
جان کی بازی لگا دیگے وطن کے واسطے
یا ملے ہم کو شہادت یا ملے غازی کی شان
کس میں ہمت ہے جو بھارت کو جھکائے دہر میں
آسمان کو بھی نہیں بھارت کی طاقت کا گمان
ہند کے ساحل پہ پانی بھی ہے میٹھا دیکھتے
ہندو مسلم بیگیتی بن گئی ہے اُس کی شان
سن لو نفرت کی سیاست چلنے والی ہی نہیں
چھوڑ کر غنڈوں کو اب آگے بڑھیگا کاروان
ہند کی جمہوریت پر سارے عالم کو ہے فخر
فرض ہے ہاتیل تجھ پر رکھنا اُس کی شان
آئے دن بڑھتے جرائم الامان والحفیظ
زندگی ہاتیل کی اب بن گئی ہے امتحان

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افتخار عارف

غزل

آسمانوں پر نظر کر انجم و مہتاب دیکھ
صبح کی بنیاد رکھنی ہے تو پہلے خواب دیکھ
دوش پر ترکش پڑا رہنے دے، پہلے دل سنبھال
دل سنبھل جائے تو سوئے سینہ احباب دیکھ
موجہ سرکش کناروں سے چھلک جائے تو پھر
کیسی کیسی بستیاں آتی ہیں زیر آب دیکھ
بوند میں سارا سمندر آنکھ میں کل کائنات
ایک مشت خاک میں سورج کی آب و تاب دیکھ
کچھ قلندر مشربوں سے راہ و رسم عشق سیکھ
کچھ ہم آشفقہ مزاجوں کے ادب آداب دیکھ
شب کو خطِ نور میں لکھی ہوئی تعبیر پڑھ
صبح تک دیوارِ آمیندہ میں گھلتے باب دیکھ
افتخار عارف کے تند و تیز لہجے پر نہ جا
افتخار عارف کی آنکھوں میں اُلجھتے خواب دیکھ

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نسیم سید

غزل

دہر اک پر فریب جائے ہے
ہے تعجب کہ تجھ کو بھائے ہے
خواب مجھ کو برا یہ آئے ہے
یار اب مجھ سے بچھڑا جائے ہے
رات تنہائیوں کی ہے روشن
دیپ یادوں کا جگمگائے ہے
صبر کو تو نے اپنے ترک کیا
لب پہ اب تیرے ہائے ہائے ہے
میری محسن ہے یہ جبین نیاز
در پہ رب کے وہ مجھ کو لائے ہے
خود کو ظالم تو کیوں نہیں کہتا
جبکہ تو ظلم خود پہ ڈھائے ہے
بند پتھر میں بھی وہ کیڑے کو
رزق ہر دم خدا کھلائے ہے
وہ مرئی تو ہے نہیں خالق
باغباں گرچہ گل کھلائے ہے
ایک رہبر بھی ہے ندیم شجر
سمت منزل کی وہ بتائے ہے

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یوسف ندیم

غزل

کچھ اس لیے بھی میں چپ ہوں صدا کے موسم میں
کہ زیرِ بجر ہوں اب کے وفا کے موسم میں
تمہاری آنکھ کی افسردگی سے ٹوٹ گیا
وہ ایک سپنا بنا تھا، انا کے موسم میں
مری خطاؤں کو مالک مرا معاف کرے
اٹھائے ہاتھ ہیں اپنے دعا کے موسم میں
نہ امتحان پہ اب امتحان لے مولیٰ
کہ سجدہ ریز ہوئے ہیں جزا کے موسم میں
اجالا نور کا پھیلا ہے آسمانوں پر
زمیں کا رنگ بھی بدلا دعا کے موسم میں
شجر نے اوڑھ لیا ہے غلاف برگ نو
کہ برگ خشک پریشاں، روا کے موسم میں
میں خالی ہاتھ تری بارگہ میں آ پہنچا
کرم ہو مجھ پہ خدایا وبا کے موسم میں
مری نوا میں تو مت ڈھونڈ مفلسی کا عکس
پڑی ہے سب کو ہی اس ابتلا کے موسم میں
زمیں پہ بوجھ تھا طاہر مرے گناہوں کا
خدا کو یاد کیا ہے وبا کے موسم میں

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ریاض شاہد

غزل

جسے آگہی و شعور تھا اسے بزم ہی سے اٹھا دیا
جو چراغِ اہل وفا جلا، اسے نظروں نے بجھا دیا
جو ترے مدار میں آ گیا اسے تو نے چاند بنا دیا
میں کہ ایک مشتِ غبار تھا، سو مجھے ہوا میں اڑا دیا
میں غریب شہر بھی کیا ہوا وہ کلام غیر سنا کہ بس
پس پشت ڈال دی خود سری پھرانا کا خون بہا دیا
سر شام سر بسجود ہو جو نیاز مند رہے ترا
تری رمتوں کے جمال نے مری کج روی کو چھپا دیا
میں کہ بزم تھا میں بہار تھا میں ترابِ نم پس پشت کیوں
مرے کو زہر کرنے ہی چاک پر مجھے رکھے رکھے سکھا دیا
پھریں در بدر ہوئے خاک پا رہ زندگی پہ ادھر ادھر
وہ نصیب خاص پہ آگے جنہیں ہم نے رستہ بنا دیا
میں عجب مزاج کا شخص ہوں مجھے مال و زر سے شغف نہیں
جو کمایا سختی جان سے ترے شہر میں وہ لٹا دیا
مرے ہم نوا مرے مسافر ترے درد سے نہیں بے خبر
ذرا غور کر ذرا سوچ تو کہاں کس نے کس کو دغا دیا

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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?"

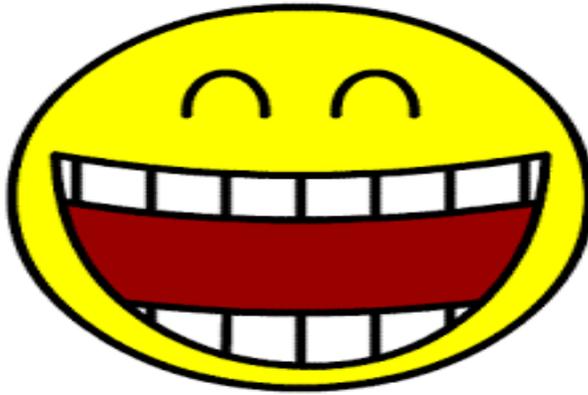
"The gentleman was your doctor."

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!

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

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

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

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

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

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

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

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

"Wrong number," replied the wife.



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