

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

NOVEMBER 2022

Vol 13, Issue 11

# Who is Rishi Sunak?

Who is Rishi Sunak - Britain's new prime minister?

After Liz Truss's chaotic six weeks in charge, Boris Johnson's aborted comeback mission, and Penny Mordaunt's failure to secure enough Tory backers, 42-year-old Sunak is now at the helm of a country desperately in need of some stability.

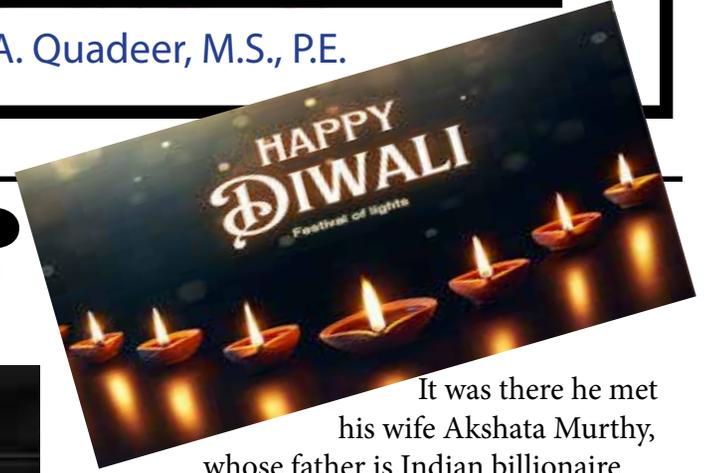
Let's take a look at how he got here. "I don't just offer change. I don't just offer grip. I'm offering hope." Southampton-born Sunak is the UK's first prime minister of Indian descent.

His family migrated to Britain in the 1960s, a period when many people from Britain's former colonies moved to the country to help it rebuild after the Second World War.



Sunak attended the exclusive private school Winchester College,

studied philosophy, politics and economics at Oxford University, and then got an MBA from Stanford University.



It was there he met his wife Akshata Murthy, whose father is Indian billionaire Narayana Murthy, founder of IT services giant Infosys.

Before entering politics, Sunak worked as an analyst at Goldman Sachs, and was later a partner in two hedge funds.

He is thought to be one of the richest members of parliament, and his wealth and private school background have come into focus during TV debates.

Sunak was elected to parliament in 2015 and had a swift rise within the Conservative Party.

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<b>1 United States Dollar equals</b>
<b>82.73 Indian Rupee</b>
<b>86.50 Afghan Afghani</b>
<b>101.36 Bangladeshi Taka</b>
<b>132.59 Nepalese Rupee</b>
<b>220.46 Pakistani Rupee</b>

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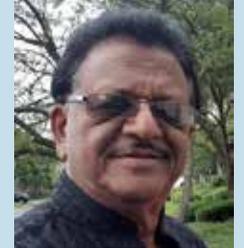
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Who is Rishi Sunak?

Cont'd from Page 1

He campaigned for Leave in the EU referen-  
dum.

By 2020, aged only 39, Sunak was named fi-  
nance minister by Boris Johnson.

“Delighted to be appointed, lots to get on with,  
thank you very much.”

Within weeks after becoming chancellor, Sunak  
found himself having to steer the UK economy  
as the COVID-19 pandemic began.

He pledged to do “whatever it takes” to help  
people through the pandemic and developed a  
popular furlough scheme to support millions of  
people through multiple lockdowns.

He was also behind the ‘Eat out to Help Out’  
initiative to boost the struggling hospitality sec-  
tor in summer 2020.

That included waiting tables at a central London  
eatery.

In April 2022, Sunak had to deal with the fallout  
of being fined by police for breaking lockdown  
rules in Downing Street in June 2020.



In that same month, he and his family’s finances  
came under intense scrutiny.

It was revealed that his wife Akshata Murthy,  
who is an Indian citizen, had not been paying  
British tax on her foreign income through her  
“non-domiciled” status.

The status is available to foreign nationals who  
do not see Britain as their permanent home.

“She’s always followed all the rules, paid all the  
tax in the UK that is due, and paid tax interna-  
tionally on her international investments. But  
she recognizes this goes beyond just following  
those rules.”

The revelations hurt Sunak ahead of his race

against Liz Truss.

Sunak eventually resigned as chancellor in July  
2022, a move that contributed to the downfall of  
Johnson as Tory leader and prime minister.

During the race to replace his former boss,  
Sunak lost out to Truss in the last leadership  
contest.

While some choose to label the multi-million-  
aire as “out of touch,”

others believe Sunak is the person to bring some  
calm to the economy.

After all, he was proven right in his warnings  
that Truss’s fiscal plan threatened financial  
stability.

Sunak has pledged to bring “integrity, profes-  
sionalism and accountability” to government.

But he has a mountain to climb to try to restore  
or renew the reputation of the Conservative  
Party following one of the most turbulent peri-  
ods in British political history.

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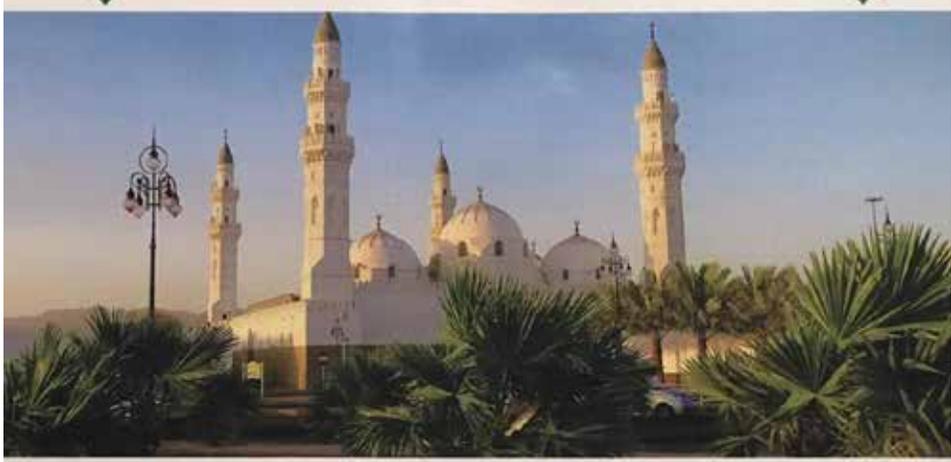


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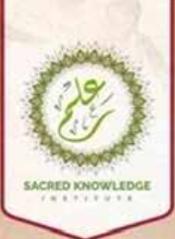
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# Was slain Pakistani journalist Arshad Sharif targeted by Pakistani 'Deep State' in Kenya?

The killing on October 24 of Arshad Sharif (49), a senior Pakistani journalist on the road between Magadi to Nairobi in Kenya has stirred a firestorm, with accusations swirling thick and fast that the Pakistani "deep state" may have marshalled the incident.

Unwilling to take the bait that the killing may have been the result of "mistaken identity" by the Kenyan police, observers say that the Pakistani establishment may have a glaring motive to eliminate Sharif.

Sharif was a top investigative journalist with Pakistan's ARY television, which had been drumming support for Imran Khan. Sharif was also personally targeting the military in his broadcasts. His killing was therefore meant to sow fear among Pakistani media and the politicians not to mess with the "big boys" of the establishment spearheaded by the military.

In a well-argued article, the website The Geneva Daily cites several reasons as to why the official narrative from the Pakistani and the Kenyan side is flawed.

A statement released by the official Twitter handle of Kenya police claims that the officers of the General Service Unit (GSU) had mistakenly opened fire on the car in which Sharif was traveling. This was because a report had been lodged in the nearby Pangang police about a car theft.

Consequently, officers trailing the motor vehicle heading toward Magadi alerted the Magadi police, which had set up a road barrier. The Magadi unit opened fire when Sharif's vehicle apparently did not stop at the barrier, leading to his death. Some Kenyan news sites said that a child had been kidnapped and was being ferried in the stolen vehicles.

A Kenyan journalist however, has picked some serious holes in the theory.

First, the stolen car KDH 700F, belonging to Douglas Wainaina in Pangani, was a Benz Sprinter.

It was unlikely that the police at the barrier would have opened fire at Sharif's car which was a Toyota Land Cruiser, bearing the number plate KDG 200M. Besides, in case the Kenya police believed that Sharif's car was ferrying a kidnapped child, it would have been illogical for the police to target the vehicle with heavy fire as it could have easily killed the abductee.

According to the Kenyan journalist, the car bearing 9 bullet marks had been hit from all directions. Besides, the majority of the bullets were fired on the side where Sharif was sitting, raising strong suspicions that the Pakistani journalist was a target of a planned assassination, rather than a victim of an accident.



The Geneva Daily report says that it seemed quite obvious that the shooting was not intended at stopping the vehicle but was more of an ambush, meant to kill whoever was in the car.

With the needle of suspicion on the Pakistani "deep state", the report cites Nairobi's governor Mike Sonko as saying that the Kenyan police should not be blamed for the death of the journalist. According to his claims, for the past few days, the journalist was being followed by a 'Pakistani killer squad' because of an investigation that he was doing to expose certain people in the current Pakistan establishment and the deep-state involved in a money-laundering syndicate. This syndicate allegedly also operates some car showrooms in Nairobi and Mombasa.

Arshad Sharif left Pakistan in August this year, following an FIR that was filed against him and ARY news, accusing him of making anti-state statements. Though Sharif had got a restrain order from the Islamabad High Court against the Federal Investigation agency and the police, he nevertheless fled Pakistan. But curiously, the ARY network fired him after he had left, apparently on flimsy grounds. This has triggered speculation that this decision by ARY was taken at the behest of the Pakistani government.

An open supporter of Imran Khan, Sharif had come into the limelight during the Panama papers exposé, which led to Nawaz Sharif's disqualification. Besides, Sharif was also said to be working on a documentary film named 'Behind closed doors' which is expected to further expose the Sharif family's various scams and corruption scandals, The Geneva Daily reported.

The report spotlights that the Kenyan police is under radar for extra-judicial killings. It points to an Al Jazeera's investigative documentary called 'Inside Kenya's Death Squads', in which people within the Kenyan Anti-Terrorism Police Unit (ATPU) confirm that cold-blooded assassinations are often carried out on government orders and sometimes, even for money.

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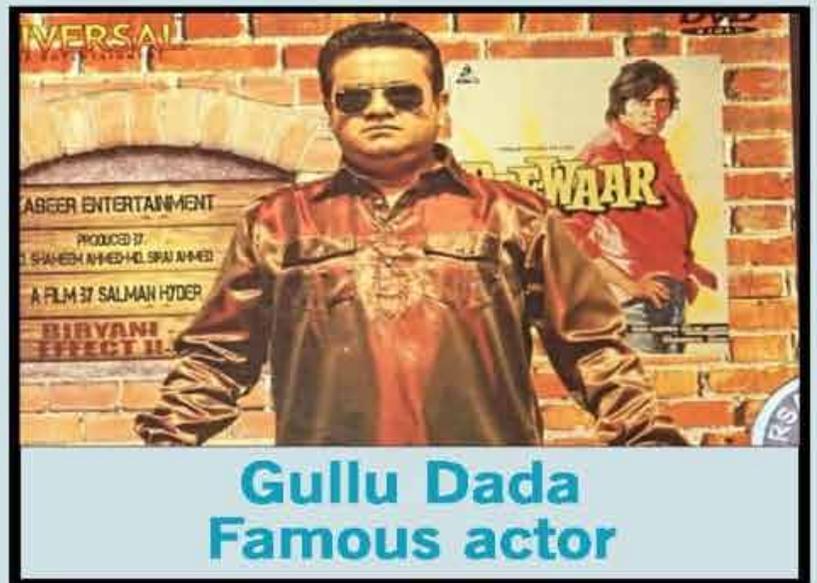
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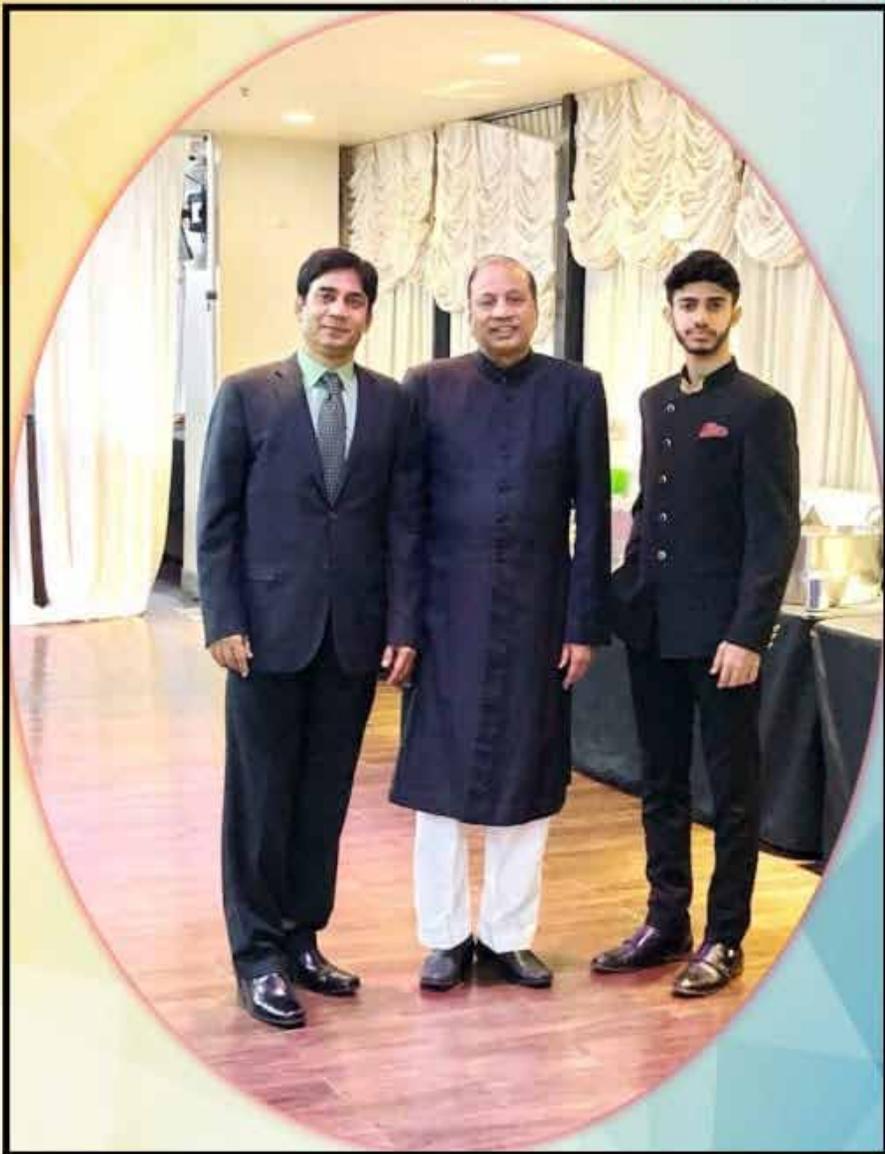
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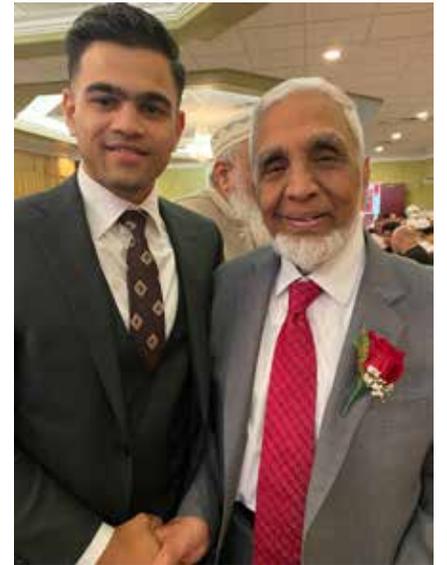
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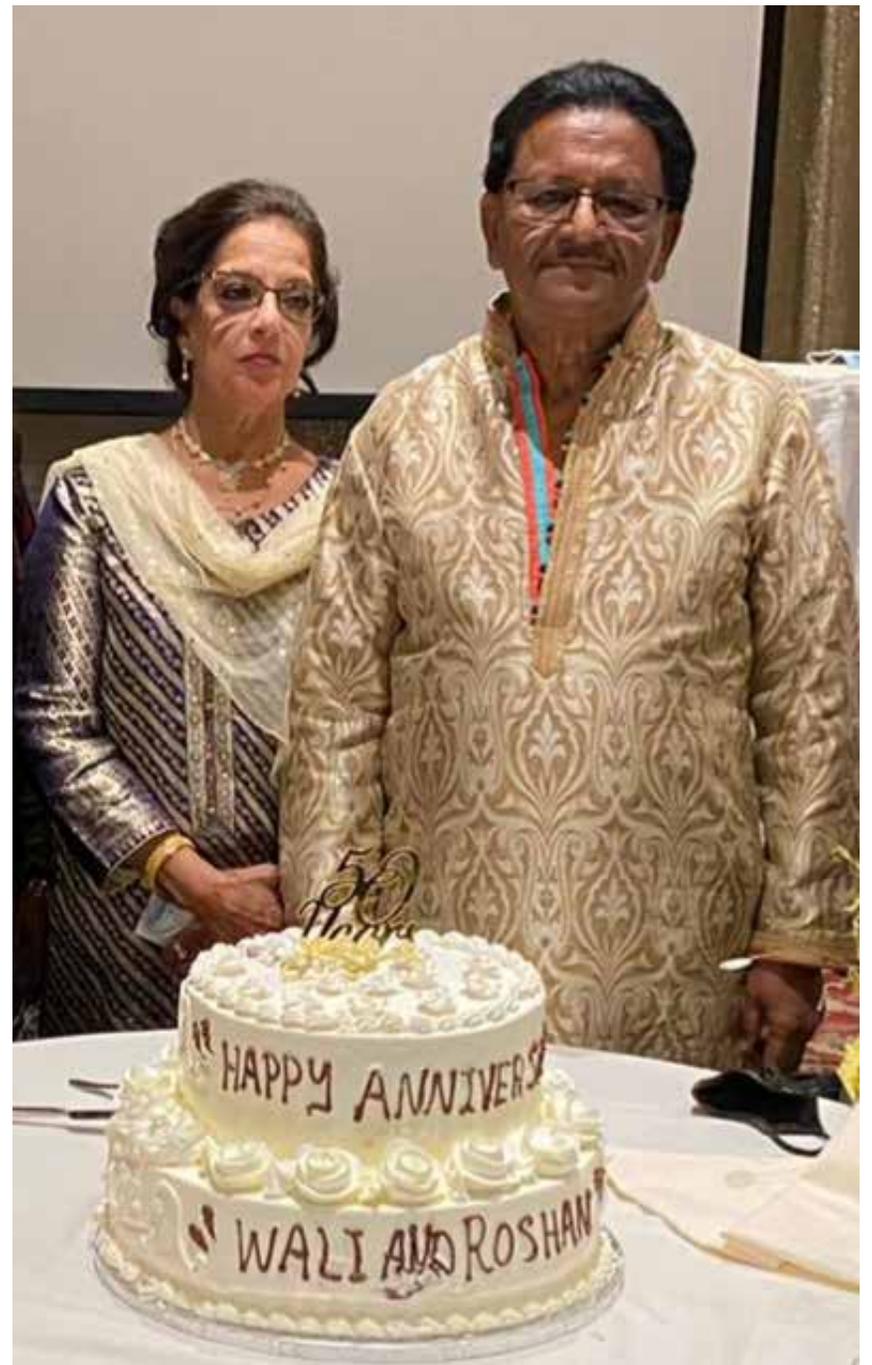
IFTEKHAR SHAREEF PAGE

Grand Wedding celebrations of Iftekhhar & Ghazala Shareef's daughter IRAM Shareef with Obaid Jaffer

on September 30 th at Shalimar Banquets. Over 1000 guests attended the wedding from across US & India , including Robert Wadra son in law of Ms Sonia Gandhi chairperson of Congress Party of India , Raja Krishnamurthy US Congressman from Illinois, Dr Bharat Barai a prominent community leader and many



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Singer Poonam Bhatia and Sound Engineer Shahid Lateef in Chicago

**Dr Arshad Zaheer passes away**

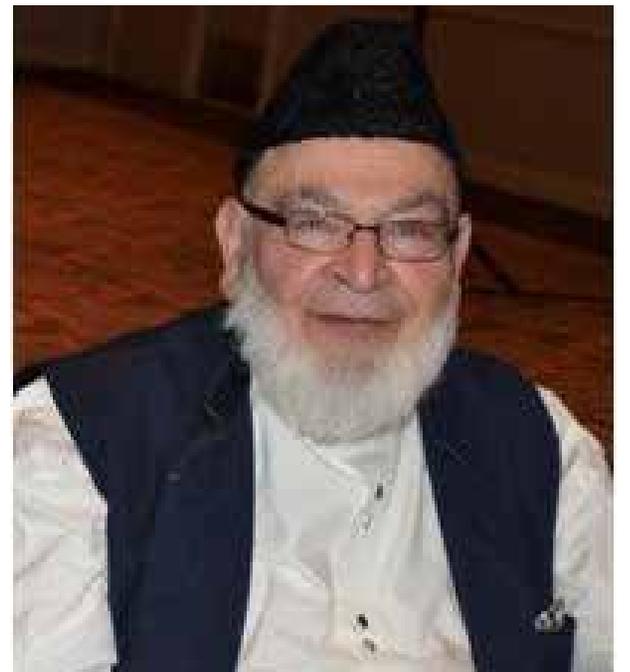
It is with great sadness we announce the passing of one of the founding members and board members at Islamic Foundation, Dr. Arshad Zaheer.

Inna lillahi wa inna Ilayhi rajioon.

May Allah forgive his sins, elevate his status, make his grave from the gardens of paradise, and grant him Jannah al-Firdows without reckoning. May Allah grant the entire family patience during this difficult time. Amin.

The burial took place at the Chapel Hill Gardens Cemetery - 17W201 Roosevelt Road, Oak Brook Terrace, IL 60181 inshaAllah.

May Allah reward and honor Dr. Arshad Zaheer for his decades of service to the house of



Allah and the Muslim community, and make it a sadaqah jariya for him and his family. Amin.

**Diwali Celebrated with the Spirit of Giving Joy and Happiness to the World**

**Asian Media USA ©**

Chicago IL: Ashton Place, Willowbrook, IL became the hub of melodious celebration of joy and happiness at the Diwali celebration hosted by Bollywood Sargam on October 21, 2022. The event hosts Pratibha Jairath of Bollywood Sargam and Ashok Potdar of Silver Senior group and Shreeji tours made every effort to bring smiles on all the guests present at the event. It was once again a full house.

The lamp lighting ceremony included the sponsors and supporters Anil and Sweety Loomba, Mayur and Neelam Ganger, Pinky and Dinesh Thakkar, Bhupinder & Anita Beri, Brij and Vijay Sharma, Ashok Potdar, Hitesh Gandhi and Onkar sangha. Pratibha Jairath acknowledged the support and encouragement she received from each one present. The businessman, community leader and now a philanthropist Anil Loomba of Home Mortgage Solutions Inc. virtually sent his best wishes for Diwali to everyone. Pratibha also briefed upon the activities and initiatives of her Not-For Profit organization Vidya Jyoti.

The singing trio Pratibha Jairath, Raju Bankapur, Pradeep Sood kept the audience on their dancing feet throughout the celebration. The program started with melodious songs when Pratibha gave special tribute to legendary Lata Mangeshkar and paid respect to the legend's unmatched contribution to the world of music. There was pin drop silence throughout the listening numbers but then folks came to the dance floor with Pratibha's dancing numbers. The next singer Pardeep Sood had a dramatic Kishore Kumar number and his Punjabi medley that people love brought even more people to the dance floor. Very well-known artist Raju Bankapur's versatile and unique medley created a lot of excitement.

The beautiful dance performances by Priyanka Parekh and Jenish Balsara got a big applause from the audience. Raju Bankapur's fingers created magic on the flute and transported the audience to the world of pure joy and ecstasy.

Orchestra Sa Re Ga Ma with Hitesh Master Nayak, Pt. Puran Lal Vyas, Gopal Shah and sound engineer/DJ Saif enthralled the attendees. Friends and families thoroughly enjoyed the fun packed melodious evening which is the hallmark of Pratibha Jairath that makes her one of the most sought-after entertainers and artists of Chicago.

Photographs by: Asian Media USA  
Press release by: Staff writer



Asian Media USA

## Ashfaq Hussain Syed formally announces candidacy

Report & Pictures Syed Khalil Ullah

Naperville, Illinois - Standing with a receptive audience of about 100 supporters Sunday October 23, 2022. Community renown social activist Ashfaq Hussain Syed formally announced his candidacy to take Naperville City Council seat in the April 2023 election.

Ashfaq and his spouse Ayeisha have been residents in the Naperville City for over 5 years. They have three children and two who attended Naperville's schools, and both have been involved with sports and other local activities in the Naperville community.

In 2019, Ashfaq accepted the core responsibility of co-chairing the 2020 Census Complete Count Committee in Naperville, USA. He was honored to work with Mr. Mark Rice, Chairman of Naperville Complete Count Committee on creating innovative strategies and a widespread outreach campaign despite the challenges of Covid that we had to overcome. Naperville was recognized as the #1 City in America (of over 130,000 residents) for US Census Self Responses. In recognition of our invaluable contribution to the 2020 US Census in Naperville.

During an Interview Mr. Ashfaq Hussain Syed said, "I am looking forward to contributing and helping to make Naperville City a great place

to live, raise a family, and assisting our seniors, keeping Naperville City affordable and a welcoming place for all residents.

Talking about the upcoming campaign, Ashfaq said, "My passion for community service extends to the youth as well as a range of diverse organizations - I also serve as a Committee Member for 360 Youth Services; As a Civic Engagement Committee Member at the Islamic Center of Naperville, and as an Advisory Board Member at Sonia Shah, a non-profit organization that provides scholarships to underprivileged girls in the United States. Additionally, I serve as Brand Ambassador for the daily, the Times of India and has published over 200 articles on education, culture, sports, religion, and politics in various publications including The Chicago Tribune and Daily Herald."

He further said, "My commitment to Naperville over the years has already had a significant impact and I am extremely confident that, with additional responsibility, I can further that positive impact. My vision for the city is to provide better options for affordable housing, ensure community safety and promote economic development that will better the lives of all residents of Naperville."

Several elected officials including State Senator



Laura Claymore Ellman, State Representative Janet Yang Rohr, DuPage County Board commissioner Dawn Schuneman DeSart, Hanover Trustee, Yasmeen Bankole, City Councilman Dr. Benny White for Naperville.

Several community Members also attended the event including Mark Rice, Allison Longenbaugh, Saily Joshi, Sr. Durdana Razvi-Rahman, Aiman Beg, Shoaib Khadri, Shafeek Abubaker, Moin Haque, Saba Haider, Ashraf Lakhany, Faiz Syed, Syed W Abedi, Kim White, Ali Khan, James Hartsfield, Wasif Syed Wasifullah Quadri, Ali Kazmi, Sameer, and many others.

Ashfaq is looking forward to meeting residents as the campaign starts.

## World's famous singer Nasibu Lal's live performance in Chicago created a sensation.

Report & Pictures Syed Khalil Ullah

The performance by renowned World singer Nasibu Lal in Chicago created a sensation. The evening was enhanced by the live musical and dance performances. The program was held on Friday, October 21st, 2022, in the grand auditorium of the Ambiance Banquets, Villa Park Illinois from 8 p.m. to 12 a.m. The master of ceremony was Nabeela Rasheed. At the beginning of the program, a video documentary about The Citizens Foundation was introduced to the public about The Citizens Foundation relief work in Pakistan.

Singer Nasibu Lal's concert, which has created the magic of her voice in the Pakistani music industry for many decades, in the world. When the singer gave an onstage performance in Chicago, her son Murad Hussain also sang the song in the show. Audience loved both performances.

Nasibu Lal is a Pakistani folk singer. Her ancestors belonged to Rajasthan, India. She sings in Punjabi, Urdu, and Marwari languages. She is known for performing in Pakistani stage shows and cultural events. In 2016, she participated in the Pakistani Coke Studio musical show. It was the ninth season of Coke Studio in which she sang the song Groove Meera with Aima Beg and Young Stunners. She then appeared in the fourteenth season of the Pakistani Coke Studio

musical show in 2022 and sang the song Tum Jhoom with Abida Parveen.

The purpose of the event was to raise funds for Flood Relief in Pakistan. The President of The Citizens Foundation Mr. Ejaz Shameem announced on Stage supporting a flood appeal by The Citizens Foundation, USA, an education-focused nonprofit that has funded the construction of 1,833 schools that have served 280,000 students since 1995. He said, "Today all the proceeds collected from the concert will be spent on flood-affected families."

All the Songs on the show were extremely wonderful and enjoyable. Audiences were exhilarated by the performances of those Pakistani tremendous singer

It was an evening of a mixed gathering of Pakistani, Indian, and American community, the Audience included all the ages, Youth, Elders, Businessmen, supporters, families, and friends. The show was a great success with about 300 individuals attended the event.

The organizers of this Evening were Monty Saiyed, Rana Javed and others.

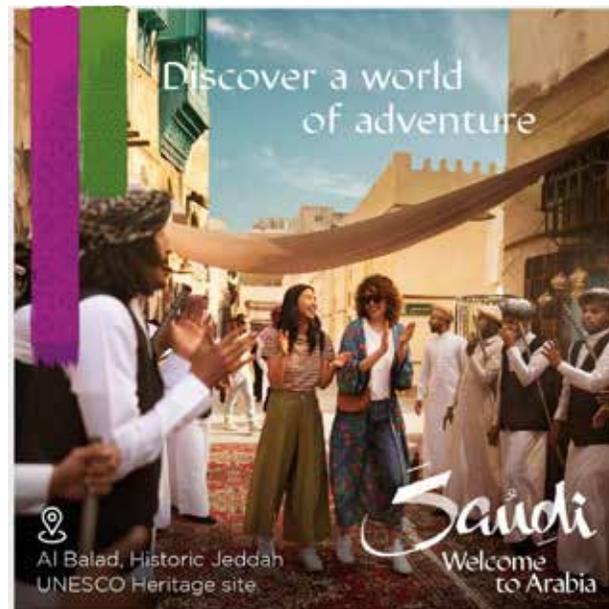




Mohammed Layeeq- General Secretary and Jeddah Incharge Telangana NRI Forum with Consul General Of India Jeddah Mr. Mohd. Shahid Alam Sahab



Unity Day and Diwali Milan celebrated @India in Saudi Arabia (Consulate General of India, Jeddah) CGI Jeddah, in association with Indian Community in Jeddah, is organised a Unity Concert along with cultural performances from different States celebrated Unity Day & Diwali Milan..!!!



Left Picture: H.E. Hifzur Rahman Azmi With Ambassadors and High Commissioners of Latin America and Caribbean countries to India and officers in the LAC Division, MEA at a luncheon hosted by Secretary (East) at Hyderabad House on 17.10.2022.



H.E. Ausaf Saeed Hosted an official lunch for Gulf and Arab Ambassadors yesterday at Hyderabad House in Delhi to welcome H.E. Saleh Eid Al Hussein, Ambassador of the Kingdom of Saudi Arabia to India and to bid farewell to H.E. Mohammed Khated Ibrahim Al-Khater, Ambassador of the State of Qatar. Other diplomats who were present included Ambassadors of League of Arab States, Palestine, Kuwait, Algeria, Morocco, Tunisia, Lebanon and Yemen.

# BHARAT JODO YATRA

Rahul Gandhi and Mohammed Azharuddin



CHICAGO PAGES

CHICAGO PAGES

CHICAGO PAGES

# 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.

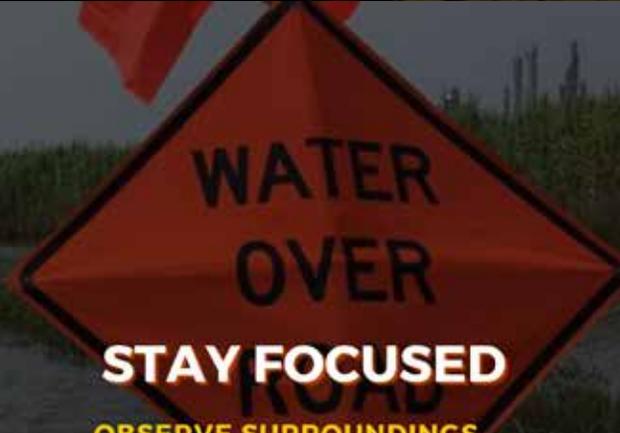
### BE PROACTIVE

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.

# EXCEL ALL SHORTCUT KEYS

INTERNATIONAL PAGES

INTERNATIONAL PAGES

SHORTCUT WITH ALT KEYS	
ALT+F1	INSERT CHART
ALT+F2	SAVE AS
ALT+F4	EXIT
ALT+F8	MACRO DIALOG BOX
ALT+F11	VISUAL BASIC EDITOR
ALT+TAB	CYCLE APPLICATIONS
ALT + =	AUTOSUM
ALT + '	FORMAT STYLE DIALOG BOX
INSERT	TOGGLE INSERT MODE
DELETE	DELETE
HOME	MOVE TO BEGINNING OF LINE
END	MOVE TO END OF LINE
PAGE UP	PAGE UP
PAGE DOWN	PAGE DOWN
LEFT ARROW	LEFT
RIGHT ARROW	RIGHT
UP ARROW	UP
DOWN ARROW	DOWN
TAB	INDENT
ENTER	NEXT CELL
BACKSPACE	DELETE PREV CHAR

SHORTCUT WITH ALT & CTRL KEYS	
ALT+A	GO TO THE DATA TAB
ALT+F	OPEN THE FILE MENU
ALT+H	GO TO THE HOME TAB
ALT+M	GO TO THE FORMULA TAB
ALT+N	GO TO THE INSERT TAB
ALT+P	GO TO THE PAGE LAYOUT TAB
ALT+W	GO TO THE VIEW TAB
ALT+H, A, C	CENTER ALIGN CELL CONTENTS
ALT+H, D, C	DELETE COLUMN
ALT+H, H	CHOOSE A FILL COLOR
CTRL + END	GO TO THE END OF A DOCUMENT
CTRL+SHIFT+>	INCREASE SELECTED FONT +1
SHIFT + INS	PASTE THE SELECTED ITEM
CTRL+SHIFT+F	CHANGE THE FONT
CTRL + INS	COPY THE SELECTED ITEM
CTRL + DEL	CUT SELECTED ITEM

A TO Z EXCEL SHORTCUT	
CTRL + A	SELECT ALL CELL
CTRL + B	BOLD
CTRL + C	COPY
CTRL + D	FILL DOWN
CTRL + E	FLASH FILL
CTRL + F	FIND
CTRL + G	GO TO SPECIAL
CTRL + H	FIND & REPLACE
CTRL + I	ITALIC TEXT
CTRL + J	NA
CTRL + K	INSERT HYPERLINK
CTRL + L	CREATE TABLE
CTRL + M	NA
CTRL + N	NEW WORKBOOK
CTRL + O	OPEN FILE
CTRL + P	PRINT
CTRL + Q	DATA ANALYSIS TOOL
CTRL + R	FILL DUPLICATE RIGHT
CTRL + S	SAVE WORKBOOK
CTRL + T	CREATE TABLE
CTRL + U	UNDERLINE TEXT
CTRL + V	PASTE
CTRL + W	CLOSE WORKBOOK
CTRL + X	CUT
CTRL + Y	REDO
CTRL + Z	UNDO
CTRL + 0	HIDE COLUMNS
CTRL + 1	FORMAT CELLS DIALOG BOX
CTRL + 2	BOLD
CTRL + 3	ITALIC
CTRL + 4	UNDERLINE
CTRL + 5	STRIKETHROUGH
CTRL + 6	SHOW/HIDE OBJECTS
CTRL + 7	SHOW/HIDE STANDARD TOOLBAR
CTRL + 8	TOGGLE OUTLINE SYMBOLS
CTRL + 9	HIDE ROWS
CTRL + -	DELETE
CTRL + +	INSERT
CTRL + *	TOGGLE VALUE/FORMULA DISPLAY

FUNCTION KEY SHORTCUTS	
F1	HELP
F2	EDIT
F3	PASTE NAME
F4	REPEAT LAST ACTION
F5	GOTO
F6	NEXT PANE
F7	SPELL CHECK
F8	EXTEND MODE
F9	RECALCULATE ALL WORKBOOKS
F10	ACTIVATE MENUBAR
F11	NEW CHART
F12	SAVE AS
SHIFT+F1	WHAT'S THIS?
SHIFT+F2	EDIT CELL COMMENT
SHIFT+F3	PASTE FUNCTION INTO FORMULA
SHIFT+F4	FIND NEXT
SHIFT+F5	FIND
SHIFT+F6	PREVIOUS PANE
SHIFT+F8	ADD TO SELECTION
SHIFT+F9	CALCULATE ACTIVE WORKSHEET
SHIFT+F10	DISPLAY SHORTCUT MENU
SHIFT+F11	NEW WORKSHEET
SHIFT+F12	SAVE
SHIFT+TAB	TO MOVE TO THE PREVIOUS CELL
TAB	TO MOVE TO THE NEXT CELL
CTRL + ;	TO INSERT THE CURRENT DATE

SHORTCUT WITH CTRL KEYS	
CTRL+F3	NAME MANAGER
CTRL+F4	CLOSE
CTRL+F5	RESTORE DOWN
CTRL+F9	MINIMIZE WINDOW
CTRL+F10	RESTORE DOWN / MAXIMIZE WINDOW
CTRL+F11	INSET 4.0 MACRO SHEET
CTRL+F12	OPEN FILE
CTRL+SPACE	TO SELECT THE ENTIRE COLUMN
CTRL+SHIFT+9	TO UNHIDE SELECTED ROW
SHIFT + SPACE	TO SELECT THE ENTIRE ROW
CTRL+ENTER	LINE BREAK

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COMPETITION**

**OCT 16 - NOV 13**

## Indians on a shopping spree give credit cards a 70% boost

India's consumer spending has improved steadily this year as the effects of the covid-19 pandemic wore off.

During April-August, purchases through credit cards rose to 5.56 lakh crore rupees (\$67.2 billion), up 70.36% from the same period last year, the Indian Express newspaper reported yesterday (Oct. 24). In September alone, transactions amounted to Rs1.22 lakh crore (pdf), primarily driven by online sales, Reserve Bank of India (RBI) data show. Of this, Rs45,287 crore was spent through point-of-sale machines of merchants.

The spending through credit cards even overshoot debit card usage.

"The rise in credit card usage is significant as the interest rate charged by credit card issuers is around 38-42% per annum. If you carry forward the balance to the next billing cycle, the outstanding will shoot up and the card-holder will get into a trap if it's carried forward again and again," the newspaper quoted



a banking source.

As of September 2022, there were 77.7 million credit cards in use, up around 20% from a year ago, according to the RBI data.

An uptick in consumer sentiment Despite a surge in consumer prices, most Indian households have been spending on essential items.

Nearly three fourth of the respondents in the RBI's latest consumer confidence survey expect overall spending to increase over the next year, while 20% expect it to remain like now.

The current situation index, which indicates consumer sentiment towards present business and job market conditions, improved to 80.6 in September from 77.3 in July.

Some banks are, thus, aiming to expand the credit card business to semi-urban and rural markets.

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## Qatar evicts thousands of migrant workers ahead of football World Cup

Authorities in Qatar have evicted thousands of migrant workers from apartment blocks in the capital city of Doha ahead of the football World Cup scheduled to start from November 20, reported AFP.

The apartment blocks where the workers lived are in the same area where football fans visiting the country will stay during the World Cup, according to Reuters. Municipal workers and security guards moved into nearly 12 buildings on the night of October 28 to clear the area.

The migrant workers mainly comprise Asian and African workers, who had to seek shelter outside one of their former accommodations. Authorities gave just two hours to 1,200 workers in a building in Doha's Al Mansoura district on Wednesday to empty their accommodations.

The eviction drive was carried out under a 2010 Qatari law which prohibits "workers' camps within family residential areas" – a designation encompassing most of central Doha, reported Reuters.

The Qatari government said that the buildings

were uninhabitable and claimed that proper notice had been given to the workers, reported AFP. The government also claimed that an alternative "safe and appropriate accommodation" had been provided to all those who were evicted.

Qatar has faced criticism for its treatment of migrant workers who have built the Al Bayt stadium in Doha among other infrastructure in the country.

Many Indian workers who migrated to the Gulf said that their contracts do not offer an insurance and compensation in case of death or accident, reported The Indian Express. Families of Indian migrant workers who died in Qatar while working for companies linked to the tournament said that they have received no compensation from the employers, reported the newspaper.



More than 6,500 migrant workers from India, Pakistan, Nepal, Bangladesh and Sri Lanka have died in Qatar since it won the right to host the football World Cup ten years ago, reported The Guardian. The report said that an average of 12 migrant workers from the five south Asian countries had died each week since December 2010 when Qatar was announced as the next host of the football world cup.

## 'World's dirtiest man' dead at 94 'not long after' taking bath for first time in decades

An Iranian man dubbed the "world's dirtiest man" has died at the age of 94, according to state media.

Amou Haji died Sunday in the village of Dezhgah, according to the Islamic Republic News Agency (IRNA). He had refused to bathe for more than 60 years, fearing it would make him sick.

He gained notoriety around the globe for his unofficial title as "world's dirtiest man," and his life was even chronicled in a 2013 documentary called "The Strange Life of Amou Haji." Villagers had recently pressured him to bathe, and "for the first time a few months ago, villagers had taken him to a bathroom to wash," the IRNA report stated, according to The Telegraph.

"Not long after, he fell ill and finally, on Sunday ... he gave up his life," the report continued, according to The Telegraph.

"Emotional setbacks in his youth" reportedly kept him from bathing, according to villagers cited by The Guardian.

He also allegedly ate roadkill and had been photographed smoking multiple cigarettes at once. A man living in India named Kailash "Kalau" Singh could now be the "world's dirtiest man," The Guardian speculated, citing a Hindustan Times article from 2009 reporting that he had not bathed since 2009.



# Tens of thousands of migrants have cases thrown out of immigration court, as docs not filed

Tens of thousands of illegal immigrants had their cases thrown out by immigration judges after documents were not filed in time by Department of Homeland Security officials, according to newly released data.

Data obtained and analyzed by the Transactional Records Access Clearinghouse (TRAC) at Syracuse University, found that 63,586 cases were dismissed in FY 2022 as of the end of September because officials, mainly Border Patrol agents, are not filing the Notice to Appear (NTA) in time.

Migrants who are apprehended by Border Patrol after entering the U.S. illegally in many cases are released into the U.S. with an NTA, which gives them a court date and address to appear for their immigration hearings. NTAs are typically submitted to the immigration court by Immigration and Customs Enforcement (ICE) using data from Customs and Border Protection (CBP).

With a massive surge of numbers at the southern border that began in the Spring of last year, the number of NTAs being given and migrants being released into the U.S. also surged, often overwhelming Border Patrol agents and officials. Agents were then given the authority to use a scheduling system that schedules the hearing at the court, while producing a copy to the migrant.

RECORD 856 MIGRANTS DIE AT SOUTHERN BORDER IN FISCAL YEAR 2022: CBP

Migrants wait in line for rooms in El Paso Texas  
Migrants who recently arrived from Venezuela after crossing from Mexico wait to be assigned a hotel room provided by the El Paso Office of Emergency Management on Sept. 21, 2022, in El Paso, Texas. TRAC, which obtained the numbers via a Freedom

of Information Act (FOIA) request, found that numbers spiked from less than 1,000 incidents of no NTAs being filed in February and March 2021 to more than 5,000 a month in late 2021 and 2022. In April 2022, more than 7,000 cases were thrown out.

The research center says that the amount of cases being thrown out is not only wasteful of the court's time, but also problematic for the immigrants involved — who may turn up for a court date only to have the case dismissed, and be left in limbo as to their status and what to do next.

Austin Kocher, research assistant professor at TRAC, said that on one hand he empathized with the agency due to the administrative burden it was facing with the increased numbers and increased processing. But he said the issue had arisen by allowing DHS officials to schedule the hearing in court when creating the NTA. That hearing could occur before the NTA has made it into the court system.

“The issue is, if you schedule a hearing three months out, and it takes longer than three months to actually file that NTA on the courts ... then that immigrant is going to show up in court, and the judge isn't going to really have any record of that case. So essentially nothing can happen,” he said.

EL PASO'S MIGRANT DATA DASHBOARD GIVES GLIMPSE INTO ONGOING MIGRANT SURGE

He said it was not unusual for NTAs to take time to get placed onto court systems, but what is different now is the scale.

“It's not as if it's entirely unprecedented, they have had issues in the past,” he said. “It is unusual at the scale that this is happening and the regularity in

which it's happening right now.”

A DHS spokesperson told Fox News Digital that those who are released from custody are under strict requirements to report in regularly.

“If a Notice to Appear (NTA) is unavailable, insufficient, or in need of correction at the time of the immigration court hearing, it is a regular practice to correct the deficiency and resubmit, or issue a new NTA so that cases may resume and migrants can continue with their obligation to appear before an immigration court at a later date,” they said.

DHS said that it has matched an “unprecedented challenge” with “unprecedented border security solutions” — including 23,000 more staff, greater investments and anti-smuggling efforts and regional cooperation.

Meanwhile, DHS says ICE is working with CBP and USCIS to ensure NTA forms are properly completed to reduce any such incidents. Additionally, when migrants are released, they are told to check in with ICE, including reporting changes of address and to receive further information about their cases.

However, it still raises the risk of migrants getting lost in the system, given the complex U.S. immigration system and the large number of migrants being processed into the U.S.

“The one outcome we know is confusion, that's for sure,” Kocher said. “And confusion within a system that is already this complicated is a bad thing.”



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INTERNATIONAL PAGES

## CHARMINAR CONNECTION

### FOUNDED BY MIRZA PERVAIZ BAIG



## Urdu: Whose Language is it? S. M. Shahed

### (Co-authored and edited by Mir Murtuza Ali)

(Note: This article was written for a literary magazine in India. It is reproduced with a few minor changes.)

#### Introduction:

Urdu germinated out of the fertile soil of the Indo-Gangetic plain. It may not be an ancient language, but it is as much a product of the land as ancient Bengali, Gujarati, Telugu, or any other Indian language. When India gained its independence, Urdu was recognized and designated in the Constitution as one of 14 (now 22) official languages. It is the native language of at least sixty million citizens of India and spoken by more than twice as many. So why then the question: Whose language is Urdu?

There has been a growing prejudice against Urdu, and it seems to be accelerating in recent years. The thrust seems to be to push it aside and replace it with “modern Hindi.” By “modern Hindi,” I mean the highly Sanskritized version of the language that is promoted in present-day India. In spite of the fact that there are many non-Muslims among its speakers, poets and writers, and have always been, there is a perception that Urdu is a “language of the Muslims.”

Throughout its history and continuing to this day, Urdu has attracted a legion of writers and poets of all religious stripes and socio-political persuasions. They have hailed from Punjab to Bengal, from Kashmir to Karnataka. It is widely acknowledged that Urdu has a special quality about it, with a heritage of refinement, sophistication, and mellifluous charm. As the famous poet Gulzar (Sampoorn Singh Kalra) put it:

vo yaar hai jo khushboo ki tarah, jis ki zubaan urdu ki tarah

(My beloved is one whose presence is like fragrance, whose eloquence is like Urdu)

What other Indian language attracts so many non-native speakers who become its die-hard fans? How ironic and absurd it is when the contemporary media and certain politicians treat Urdu as a “foreign language” – sometimes even classify it formally as such.

This essay examines the origins and interrelationship of Urdu and “modern Hindi,” the reasons for the different identities that gradually developed between the two, the factors that fed and continue to feed this divide, and finally some thoughts on what the future holds.

#### The Origins of Hindi/Urdu:

Throughout this essay, I want to emphasize the distinction between “Hindi” and “modern Hindi.” The literal meaning of the word “Hindi” is: of or belonging

to hind which is another name for India. In the beginning, before separate identities came about, there was no distinction between Hindi and Urdu. They were considered the same language, written in two scripts – Farsi and Naagari (Devanagari). Their names were interchangeable. For instance, Mirza Ghalib, who had a massive Farsi portfolio, considered his non-Farsi writings to be ‘Hindi’, while Mir Taqi Mir called it ‘Hindavi’. Sometimes, both of them (and many others) referred to it as ‘Rekhta’. Later, the name zabaan-e urdu-e mu’alla was used for a specific form used in Dehli/Shahjahanabad, which later morphed into the shorter version ‘Urdu’ and began to be commonly used for all versions.

The nascent ‘Hindi-Urdu’ grew from the ground up as a spoken language with a khari boli structure and syntax and with words and phrases borrowed from braj, avadhi, gujri and also farsi and arabi. Words from English followed. Simultaneously, there was independent development and intermingling with dakkani from the south. Tara Chand writes that Hindi, not “modern Hindi,” was the lingua franca of India, the speech of polite society, whether Hindu or Muslim. Two scripts were simultaneously used for the emerging language. Much of the Naagari script literature was either lost or there was not much to begin with although there is a substantial amount in the form of the literature of nirgun sant. Literature in Farsi script overwhelmed that in Naagari and came to be more closely identified with Urdu.

#### The Origins of the Divide:

Fort William College was established in Calcutta in 1800 with the purpose of teaching British officials and native functionaries a language most accessible to the commoner. The choice was Urdu because it was widely understood, and the language of the courts had been changed from Farsi to Urdu since the time of Shah Alam (1728-1806). John Gilchrist (1759-1841), a surgeon by training, came to work for the East India Company. He acquired some expertise in linguistics and compiled an English-Hindustani dictionary, published in three scripts. He hired a few scholars and ordered them to create instructional textbooks in Naagari script. Since there was enough material available in Urdu script, they translated/transcribed Urdu texts in Naagari. For some undisclosed reason Gilchrist ordered his staff to excise all faarsi/arabi words and replace them with sanskrit. Thus “modern Hindi” was born. Tara Chand writes: At the behest of the foreigner, two new languages were decked out and presented, both look-alike in form and structure but faces turned away from each other. Thus, the seeds of “division” were sown. But it was some time before they would take root. Hindu poets and writers continued to write/compose and publish magazines in Urdu, meant for a Hindu readership. But when seeds planted by Gilchrist took root, the division turned sour.

As an example, Bharatendu Harishchandra Rasaa (1850-1885), considered a leading poet in the pantheon of Urdu poets of the time, started out composing in chaste Urdu. Here is a sample of a she’r from one of his ghazal ...

ishq-e-butaaN meN jab dil uljhaa diin kahaaN islaam kahaaN

vaa’ez kaali zulf ki ulfat sab ko raam banaayegi  
(When the heart gets tangled in love, who thinks of

faith, or of Islam?)

O preacher, the love of those dark hair, will capture everyone)

The interesting feature here is that ‘raam karna’ is a phrase meaning ‘making someone agree.’ The use of ‘raam’ is nicely juxtaposed with ‘diin’ and ‘islaam’, suggesting that human nature is the same regardless of faith.

He published magazines in which he wrote essays on subjects like the rules of Hindu law for women, but they were written in Urdu. For some unknown reason, however, he subsequently developed a strong antipathy towards Urdu, testified before the Education Commission that Urdu was a “foreign language” and offensive to the Hindus. He denigrated Urdu in sarcastic tracts such as ‘urdu begum ki mauf’.

In the 1890s a Naagari Pracharini Sabha was formed with the purpose of promoting the Devanagari script. Aside from its main mission, it re-invented the history of the origins of the two languages, portraying them not as sisters evolving together from common roots, but with Urdu as an undesirable spin-off from an “ancient Hindi”, when in fact, there was no such thing as “ancient Hindi”.

#### Language and Religion:

I will quickly give some bare facts. My careful check shows that there are over 100 complete versions of the Hindu religious epic Ramayan that were re-composed in poetic Urdu – many more than translations (poetic and prose) of the Qur’aan. The compositions and publications roughly cover the period 1825-1980. These poets also composed many bhajan and devotional pieces to Krishn, Lakshmi and other deities – all in Urdu. This fact alone should give us pause in answering the question as to whose language is Urdu.

Dwarka Prashad Ufaq (1864-1913) was one of the Hindu poets who trans-composed the Ramayan into Urdu. His son, Bishweshvar Prashad Munavvar Lakhnavi (1897-1973), also a highly recognized Urdu poet, wrote that by the time of his father’s generation, earlier linguistic forms of devotional poetry were lost. Nobody could read and understand Tulsidas in the original avadhi. It was Urdu translations like those of Khushtar and Ufaq that preserved Hindu holy texts and helped save Hindu culture.

I present to you a far-from-exhaustive list of daily, weekly or monthly magazines that were published in Urdu, some as late as the 1940s: “sanaatan dharm pracharak”, “tej”, “aarya veer”, “veer India”, “arya Gazette”, “bande maataram”, “jain sansaar”, “sher-e-hind”, “raajput Gazette” and even “agarwal hiteshi”. All had editors and contributors who were Hindu (at least by name). The people who subscribed to these magazines must also have been Hindu (going by the names of the magazines).

Then there are hordes of non-Muslims who have written, and continue to write, secular or romantic poetry in the genres of ghazal and nazm. The same is true for Urdu prose, short stories and novels. It wouldn’t be possible to name them all in a short essay such as this.

# Lost Opportunity In Al Maghrib, Kingdom of Morocco,

By M.S.Zahed, Ex-CMD HMT Ltd.,

Al Maghrib as known to the Arabic world is Kingdom of Morocco. Al Maghrib also denotes the place where the sun sets, or the West. It was a French colony referred to as Maroc. The population of about 33 million, is demographic integration of Berbers and Arabs. Berbers have a rich culture and language which dates back to their Greek occupation and origins, of the area. The land mass consists of desert and rugged mountains. It is fifth largest economy in Africa. A member of African Union and Arab League. The country is blessed on northern side with indigo coloured Mediterranean sea and on the west the beautiful aquamarine Atlantic. The beaches with white sand and the gentle waves from the sea, humming music makes one forget his miseries. If you stand on the beaches in northern side from the famous commercial capital of Casablanca, on a clear night, one would see the lights of the moving automobiles of Tangiers. Casablanca. Casablanca and New York almost fall in the same latitude. During the World War II, Casablanca was very important city for communication and logistics between the US and the rest of allies, more so the French. The Royal seat of the Kingdom is Rabat which is also the Diplomatic capital where the Government and the missions are located.

Former Head quarters of Spanish Army

The foreign policy of independent Morocco has often differed from that of its Arab neighbours. Throughout

the Cold War, Morocco generally sided with the western European powers and the United States rather than with the Eastern bloc, whereas other Arab states usually chose neutral or even pro-Soviet positions. King Hassan helped to prepare the way for the Camp David Accords (1978) between Israel and Egypt by opening up a political dialogue with Israel in the 1970s, well in advance of other Arab leaders, by continually pressing both Palestinians and Israelis to seek a compromise solution. Morocco closely supported the US in the Gulf War (1991). A view of Laayoune, Western Sahara

In the year 1985, a Joint Commission Meeting between India and Morocco was scheduled. As Regional Manager, North Africa, I was asked to fly down to Rabat and be part of Indian delegation led by Mr. Madhav Rao Scindia, who was then Railway Minister. Those days, the relations between Algeria and Morocco were not normal due to Algerian support to Polisario, the political arm of indigenous people of Western Sahara which was occupied by Morocco as they felt it was their territory, Western Sahara, or Arabic Al-al-Gharbiyyah, formerly (1958-76) Spanish Sahara, territory occupying an extensive desert Atlantic-coastal area (97,344 square miles [252,120 square km]) of northwest Africa. Polisario had established a Government in exile. Western Sahara assumed great importance as sources of potash and iron ore are at Agracha and elsewhere, and vast

phosphate deposits at Bu Craa had been identified. Seventy countries around the world had recognised Al-Sahra.

As the relations between Algeria and Morocco were not normal, there was only one flight by Saudia operating from Algiers to Casablanca. It used to run full as most Saudis spent leisure holidays in Casablanca as it was free for them to indulge in luxuries and language was no issue as Moroccan official language was Ara-

bic. When I approached the Saudia Airlines, there were no seats except a couple of seats in First Class.

When I met the station Manager of Saudia and expressed the urgency to fly to Casablanca, he was generous enough to give me a first class seat at the price of Economy. The delegation was accommodated in Le Meridien. The delegation had a briefing meeting chaired by the Mr. Scindia, and his dynamic Personal Secretary was IAS officer Mr. Najeeb Jung, who during the meetings, dinners, cocktails appeared more bossy, and many a times Mr. Scindia gently asked him to remain quiet. I had done some pre marketing with the Ministry of Industry of Morocco to set up a Tool Room at Rabat.

Two days of meeting between the Indian Industry Representatives and Moroccan officials resulted in few MOUs and the Indian Ambassador and his team drew detailed minutes. Mr. Madhav Rao Scindia conducted the meetings like a CEO of Trans National Company. I and the Director of Industry, Morocco drafted an MOU to be converted as a Commercial Contract after the visit of Morocco delegation to India to be scheduled soon. We representing various Industrial houses and PSUs felt happy. Official hospitality was true to the tradition of Arabs with their 7 course dinner, Couscous with Harvest Vegetables, Moroccan Lamb Tagine, Chicken Tagine with Onions, Honey, and Mint, Mixed Olives with Harissa and Preserved Lemons, Carrot and Orange Salad. There were speeches by the leaders to toast with fine non alcoholic drinks. We as Indian delegation had achieved two things, one the possibility of huge business to Indian Industry and the Government of India an assurance for supply of Phosphates to feed our fertiliser factories. Indian press fed by the Embassy and PTI reported extensively on the exploits of the delegation led by Mr. Scindia.

I returned to my headquarters at Algiers and few days later, it was shock to know that the Government of India recognised the Western Sahara government in exile and throwing away all the goodies which were promised by Morocco. During this time the Polisario Front continued its campaign despite a number of setbacks. Among the challenges were defections from the organization and a reduction in support by its primary backer, Algeria, as it was forced to concentrate on its own internal problems. Algeria's diplomatic campaign on behalf of Saharawi self-determination, however, continued unabated. By 2001 tens of thousands of Western Saharans, including numerous Polisario Front soldiers, had relocated to semipermanent refugee camps in Algeria. The United Nations considers the former Spanish Sahara a non-self-governing territory, with Spain as the former administrative power and, since the 1970s, Morocco as the current administrative power.

A 16-year-long insurgency ended with a UN-brokered truce in 1991 and the promise of a referendum on independence which has yet to take place. UN peace efforts have been directed at holding a referendum on independence among the Saharawi population, but this has not yet taken place. The African Union (AU) and more than 80 governments consider the territory to be the sovereign (albeit occupied) state of the Saharawi Arab Democratic Republic (SADR), with a government-in-exile backed by the Polisario Front.





# YANCHLAI T



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**A tribute to Phanishwar Nath 'Renu'**

*as part of Golden Jubilee Celebration of  
Bengali Cultural Society of Cleveland*



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**Ticket: <https://bcsjubilee.org/>**

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

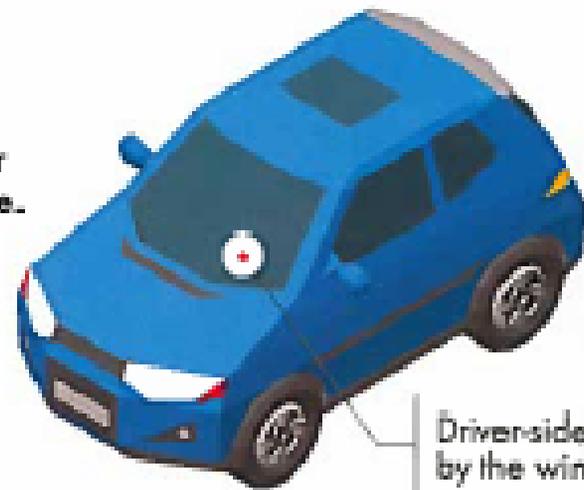
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## Here's How:

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



Driverside dashboard by the windshield

### Search it

Visit [AirbagRecall.com](http://AirbagRecall.com) to upload a photo of your license plate or to look up your 17-digit VIN.

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

Upload a photo

or

Enter a license plate or VIN manually

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**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.



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Mon, Nov 21, 2022 – Sun, Dec 18, 2022

2022 FIFA World Cup / Dates

# FIFA World Cup 2022

## GROUP A

-  Qatar
-  Netherlands
-  Senegal
-  Ecuador

## GROUP B

-  England
-  United States
-  Iran
-  Wales

## GROUP C

-  Argentina
-  Mexico
-  Poland
-  Saudi Arabia

## GROUP D

-  France
-  Denmark
-  Tunisia
-  Australia



## GROUP E

-  Spain
-  Germany
-  Japan
-  Costa Rica

## GROUP F

-  Belgium
-  Croatia
-  Morocco
-  Canada

## GROUP G

-  Brazil
-  Switzerland
-  Serbia
-  Cameroon

## GROUP H

-  Portugal
-  Uruguay
-  South Korea
-  Ghana

# Landlord Solutions

Becoming a landlord is a fantastic way to invest in your future, and buying property is something that many people are choosing to do. The benefits can be enormous, but it can occasionally feel like a double-edged sword. While your investment is growing steadily in the long game, the day-to-day issues can sometimes feel overwhelming. Many landlords complain that it feels as though things in their rental properties are always breaking, and the worry of mounting costs is a real one. Handing the job over to contractors can prove expensive, especially when there are fixes required in the kitchen and bathroom. These rooms are more than just functional; they are hubs of activity in most homes and are used to relax, socialize, pamper and bond. Unfortunately, by their very nature, the steam, heat and water present can all cause issues.

Kitchen and bathroom problems can't be ignored, but we understand that budgets are not bottomless. So, if you want to keep your tenants happy, or attract new ones, these two rooms must be maintained and kept in good working order.

Believe it or not, you can address many of the common problems yourself, and it won't eat too much into your time or your pocket. We have put this post together to share simple, low-cost DIY fixes for bathrooms and kitchens. Go ahead and bookmark it, because as a landlord you are almost guaranteed to be needing this in the future!

## DIY Steps For Fixing A Leaking Faucet

A leaking faucet may seem like a minor issue that you don't need to rush to address. However, a constant drip, drip, drip can be a major source of irritation for your tenants, not to mention a waste of water. In addition, a leaking faucet can actually cause unsightly damage to your basin or bathtub, leaving it rusted or pitted. That is something that will be far more costly to put right. When faced with this problem, you should first check that the faucet is completely turned off. The best-case scenario is that this is all it needs! If that doesn't work, then a fix will be required. But it is something you can manage yourself, with minimal outlay and a couple of tools. Simply follow the steps below.



Identify the type of faucet that you are dealing with. Does it have two handles? For instance, one for hot and one for cold? If so, this is a compression faucet. If you have one spout (a mixer with hot and cold coming through the same 'pipe'), you will have either a ball faucet or a cartridge faucet.

Next, turn off the water using the shut-off valve, which you will find below the basin. Be sure to turn off the valve that leads to the hot water as well as the one that leads to the cold.

Depending on the model of faucet, you will need to replace the gasket, o-ring (washer), or cartridge.

You will need to remove the valve handle, which will probably require an Allen key. Then, with a wrench or pliers, remove the nut that holds the o-ring in place.

If you are dealing with a cartridge, this will need to be removed.

Take the cartridge to a hardware or plumbing store to find the correct replacement.

Replace the new cartridge or o-ring, and put everything

back together in reverse order.

Be aware that some faucets require a replacement kit, and the manufacturers generally supply detailed instructions with these.

**DIY Steps For Fixing Curling Or Ripped Vinyl Flooring**  
Vinyl flooring is often chosen by landlords for kitchens and bathrooms, as it is low-cost to install when compared to tiles, and it is waterproof and hardwearing, flexible, soft and warm to the touch. It comes in a variety of colors, textures, and styles too, which explains why it is so popular.

However, there is a downside to this material, as it can curl up and even tear quite easily. This can look unsightly, and, even worse, can mask a real problem. Tears and curling of the vinyl can allow water to sink beneath it, where it is then trapped and unable to dry. This can result in potentially huge repair bills. The best thing to do here is act quickly to avoid any hidden damage.

## Curly Vinyl

A great place to start with repairing curled vinyl is to apply heat to the affected area, using a clothes iron.

Protect the vinyl with a towel, and then apply heat using steady pressure.

Pull back the vinyl a few inches, which allows access for you to clean and dry underneath

Once the area is dry, apply a moderate amount of fresh vinyl adhesive to the area. Too much can cause ripples. Re-lay the vinyl back in place and use a heavy object to apply constant pressure to the area, maintaining this for a few hours.

Once it has dried, you can finish the job by applying a fresh bead of caulk at the joint.

## Torn Vinyl

For torn vinyl, the repair process is similar: once again cleaning the area beneath the vinyl, re-applying fresh adhesive, and re-laying the patch

If the ripped area is too damaged, you can purchase a new piece of (hopefully!) matching vinyl.

Cut and remove the damaged section from the floor, following the design of the vinyl and cut a matching 'patch' from the new vinyl.

Attach the new piece using vinyl adhesive and fill the seams with a bead of caulk.

## DIY Steps For Clearing A Clogged Drain

Clogged drains are not pleasant, and this is especially true when you are the landlord dealing with your tenant's drain. We don't want to know what is hiding in the pipes and causing water to run away slowly.

Fortunately, the solution can be quick, and it is super cheap. You can have the water draining nicely in a matter of minutes - with no expensive plumber invoices in sight. Pour a generous amount of baking soda into the clogged plug area, around 60 grams.

Then, follow this with approximately 120 mls of white vinegar.

The combination of the two products causes a reaction, which you will witness as fizzing and bubbling. This should clear the inside of the pipes and have everything running smoothly in no time.

You can add some lemon juice to banish any bad smells that may be emanating from the drain.

For bad blockages, leave the solution for an hour or more, and then run boiling hot water down into the drain to clear the whole thing away.

This solution does not cause damage to the pipes, and it is recommended that you repeat the process every few weeks to maintain your plumbing.

Vinegar and baking soda are far cheaper than unblocking kits and plumbers for sure! This drain unblocking solution could be a landlord's best friend.

## DIY Steps To Banish Mildew And Mold

Mold and mildew can be a constant battle in some bathrooms, due to a combination of high levels of moisture and poor ventilation. As a landlord, you will want to keep on top of mold for a number of reasons. Yes, it is unsightly, and it can smell bad; but it is also a red flag for bigger problems, such as damage to plaster and walls. Most

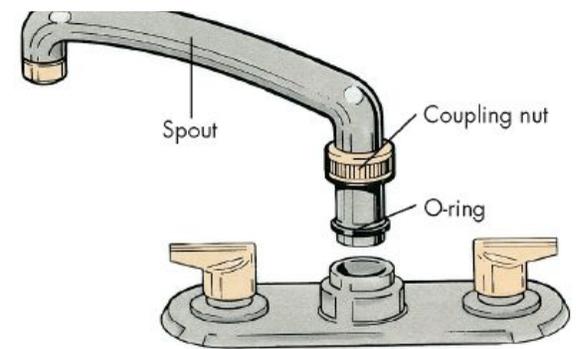
importantly of all, mold spores can be detrimental to the health of your tenants.

As an ongoing solution, it is recommended that affected areas are scrubbed with a solution of 1/3 cup of powdered laundry detergent, one liter of liquid chlorine bleach, and three liters of warm water, using a bristled brush. This should then be rinsed and dried thoroughly.

If the caulking and grout between tiles is stained too badly to remove the mold by cleaning alone, this will need to be removed, cleaned, and then reapplied.

The best way to prevent mold and mildew from returning is to keep the bathroom well ventilated and as dry as possible. You can advise your tenants to keep the windows open as much as possible while bathing and showering. Wet towels and shower curtains should be allowed to dry properly and not left scrunched up.

It is also advisable to install an extractor fan, which you can do yourself if you follow the manufacturer's instruc-



tions.

## Repairing A Blocked Shower Head

This is a nice, quick, and inexpensive fix that you can do in minutes, making you the landlord of the year. Clogged shower heads are the result of a build up of limescale, which reduces the water pressure and results in a less pleasant showering experience.

Once again, vinegar comes to the rescue here. You simply need to unscrew the shower head and first shake out any solid chunks of limescale, which look like pieces of chalk. Then, place the shower head in a large container that you have filled with one part vinegar and eight parts boiling water.

Just leave it in there to soak for as long as possible, then rinse it out with running water and fix it back into place.

## DIY Solution For A Blocked Garbage Disposal

Garbage disposal units are often expected to handle all manner of things that we chuck down the sink, and, as a landlord, it is sensible to have a conversation with tenants about the best way to keep theirs in good working order. With that said, it is generally expected that a blockage will occur at some point. Fortunately, it can be rectified relatively simply, following these steps.

Turn off the garbage disposal at the switch and check to see if the breaker has been tripped.

Reset and turn back on to see if the problem clears itself. If it is still blocked, turn off the disposal at the wall to remove all power.

Ladle out as much water and debris as possible using a spoon.

Then, use baking soda, vinegar and boiling water as per the blocked drain method above.

You may need to repeat the process a few times, but this should clear the blockage and have the disposal working again.

## Fixing A Burn Mark On A Kitchen Countertop

Kitchen surfaces are not cheap, whether you have opted for laminate or wood, and it can be infuriating to see that a tenant has burned a big ring mark into the countertop. But of course, accidents do happen; minds wander or fingers are burned, and we put a pan down on reflex. Fortunately we have some DIY solutions here that may help to save you from replacing an entire section of your kitchen counter, also saving some of your hard-earned money.



Pakistan's Iftikhar Ahmed admitted that his side were "heartbroken" and still hurting from their agonising opening defeat to arch-rivals India at the Twenty20 World Cup.

INTERNATIONAL PAGES

INTERNATIONAL PAGES

## The Ten Companions Who Were Promised Paradise

- 1 Abu Bakr As-Siddiq رضي الله عنه
- 2 Umar ibn Al-Khattab رضي الله عنه
- 3 Uthman ibn Affan رضي الله عنه
- 4 Ali ibn Abi Talib رضي الله عنه
- 5 Talha ibn Ubaidullah رضي الله عنه
- 6 Az-Zubair bin Al-Awwam رضي الله عنه
- 7 Abdur-Rahman ibn Awf رضي الله عنه
- 8 Sa'd ibn Abi Waqqas رضي الله عنه
- 9 Sa'id ibn Zayd رضي الله عنه
- 10 Abu Ubaidah Al-Jarrah رضي الله عنه

Sunan At-Tirmidhi : 3747



Turkish actor İlhan Şen look as Salauddin Ayubi for the series As I said before that he will look perfect as Salahuddin now you can see him clearly. And I think this is the look of him as a Commander in army, he will definitely grow beard and hairs later when he became Sultan.

# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V741  
 Manufacturer :BMW of North America, LLC  
 Subject : Transmission Final Drive Gear Improperly Welded  
 Make Model Model Years  
 BMW IX 2023  
 NHTSA Recall ID Number : 22V747  
 Manufacturer :BMW of North America, LLC  
 Subject : Obstructed Rearview Camera Image/FMVSS 111  
 Make Model Model Years  
 BMW 330E 2023  
 NHTSA Recall ID Number : 22V752  
 Manufacturer :BMW of North America, LLC  
 Subject : Clutch Cover May Loosen and Leak Oil  
 Make Model Model Years  
 BMW M 1000 RR 2022  
 BMW S 1000 R 2022-2023  
 BMW S 1000 RR 2022  
 BMW S 1000 XR 2022-2023  
 NHTSA Recall ID Number : 22V753  
 Manufacturer :Volkswagen Group of America, Inc.  
 Subject : Damaged Connecting Rod Bearings  
 Make Model Model Years  
 AUDI Q5 2021-2023  
 VOLKSWAGEN ATLAS 2022-2023  
 VOLKSWAGEN ATLAS CROSS SPORT 2022-2023  
 NHTSA Recall ID Number : 22V757  
 Manufacturer :Fontaine Modification  
 Subject : Hydrostatic Pump Failure  
 Make Model Model Years  
 ELGIN SWEEPER CROSSWIND 1 (PB 220) 2020-2023  
 NHTSA Recall ID Number : 22V758  
 Manufacturer :Wabash National Corporation  
 Subject : Missing Conspicuity Tape/FMVSS 108  
 Make Model Model Years  
 WABASH NATIONAL REALHSA 2020-2023  
 NHTSA Recall ID Number : 22V759  
 Manufacturer :Chrysler (FCA US, LLC)  
 Subject : Incorrect Brake Hose Diameter/

FMVSS 106  
 Make Model Model Years  
 RAM 4500 2019-2020  
 RAM 5500 2019-2020  
 NHTSA Recall ID Number : 22V761  
 Manufacturer :Alamo Group Inc.  
 Subject : Hopper Hydraulic Lift System Malfunction  
 Make Model Model Years  
 SCHWARZE A9SE MONSOON 2021-2022  
 NHTSA Recall ID Number : 22V764  
 Manufacturer :Volkswagen Group of America, Inc.  
 Subject : Delayed Rearview Camera Image/FMVSS 111  
 Make Model Model Years  
 VOLKSWAGEN ID.4 2022  
 NHTSA Recall ID Number : 22V766  
 Manufacturer :Chrysler (FCA US, LLC)  
 Subject : Front Seat Belt Pretensioners May Fail  
 Make Model Model Years  
 JEEP GLADIATOR 2022  
 JEEP WRANGLER 2021  
 RAM 1500 2022  
 NHTSA Recall ID Number : 22V767  
 Manufacturer :Chrysler (FCA US, LLC)  
 Subject : Fuel Pump Failure  
 Make Model Model Years  
 JEEP GLADIATOR 2021-2022  
 JEEP WRANGLER 2020-2022  
 RAM 1500 2020-2022  
 NHTSA Recall ID Number : 22V768  
 Manufacturer :Chrysler (FCA US, LLC)  
 Subject : Unsecured Fuse inside High Voltage Battery  
 Make Model Model Years  
 JEEP WRANGLER 2022-2023  
 NHTSA Recall ID Number : 22V770  
 Manufacturer :Storyteller Overland  
 Subject : Auxiliary Power System Wires Incorrectly Routed  
 Make Model Model Years  
 STORYTELLER OVERLAND MODE LT 2022-2023  
 NHTSA Recall ID Number : 22V771  
 Manufacturer :General Motors, LLC  
 Subject : High Voltage Battery Enclosure

Not Properly Sealed  
 Make Model Model Years  
 BRIGHTDROP EV600 2022  
 GMC HUMMER EV 2022-2023  
 NHTSA Recall ID Number : 22V772  
 Manufacturer :Nissan North America, Inc.  
 Subject : Rearview Display Inoperative/FMVSS 111  
 Make Model Model Years  
 NISSAN FRONTIER 2022  
 NISSAN ROGUE 2021-2022  
 NISSAN TITAN 2022  
 NISSAN TITAN XD 2022  
 NHTSA Recall ID Number : 22V773  
 Manufacturer :Jayco, Inc.  
 Subject : Cooktop Flame May Invert  
 Make Model Model Years  
 JAYCOJAY FEATHER 2021-2022  
 JAYCOJAY FLIGHT 2021-2022  
 JAYCOJAY FLIGHT SLX 2021-2022  
 NHTSA Recall ID Number : 22V774  
 Manufacturer :Starcraft RV  
 Subject : Cooktop Flame May Invert  
 Make Model Model Years  
 STARCRAFT AUTUMN RIDGE OUTFITTER 2021-2022  
 NHTSA Recall ID Number : 22V775  
 Manufacturer :Highland Ridge RV  
 Subject : Cooktop Flame May Invert  
 Make Model Model Years  
 HIGHLAND RIDGE OLYMPIA 2021-2022  
 HIGHLAND RIDGE OLYMPIA SPORT 2021-2022  
 HIGHLAND RIDGE OPEN RANGE 2021-2022  
 HIGHLAND RIDGE OPEN RANGE LIGHT 2021-2022  
 NHTSA Recall ID Number : 22V777  
 Manufacturer :HD Trailer MFG. LLC  
 Subject : Axle May Crack and Separate  
 Make Model Model Years  
 HD TRAILER NON CDL GOOSENECKS 2022  
 NHTSA Recall ID Number : 22V779  
 Manufacturer :PACCAR Incorporated  
 Subject : Display May Freeze/FMVSS 101 & 102  
 Make Model Model Years

## 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.

## Akshata Murty: Who is Rishi Sunak's wife?

Rishi Sunak's wife Akshata Murty is heiress to a fortune worth billions and has lived a life divided between three continents. BBC News has spoken to some of those she has rubbed shoulders with along the way.

"She mixes with everybody and everybody speaks highly of her," said Peter Walker, a local party member in Richmond. Despite her privileged background, "there is no ostentatiousness," said Mr Walker, who last saw Ms Murty joining in with a Christmas carol service.

Mr Walker, a retired deputy chief constable, said that for a long time he had been unaware of the scale of the couple's wealth. "I literally got my knowledge of their significant wealth from the news," he said.

Ms Murty's shares in Infosys, the company her father founded, are worth an estimated £700m.

Earlier this year, while her husband led the nation's financial affairs as chancellor of the exchequer, her business interests were the subject of newspaper headlines and political debate.

First, it emerged the company had continued operating in Russia after the invasion of Ukraine. Then, days later, it was revealed she held non-domiciled status, meaning she did not have to pay tax on earnings from outside the UK. The company later pulled out of Russia, and Ms Murty pledged to pay UK tax on all her income.

How the US shaped Britain's prime minister

Rishi Sunak: Star Wars fan turned political force

The controversies have come as a surprise to some in India, where the family are known for promoting an austere lifestyle.

"There is so much simplicity in the way they behave and the way they live, this is in their DNA," said Suhel Seth, an Indian marketing expert who knows the family.

In 1981, a year after his only daughter's birth, software engineer NR Narayana Murthy (unlike his wife and children, he spells his name with an "h") started an IT company, using \$250 dollars borrowed from his wife.

Over four decades, as personal computing and the internet changed the world, the firm morphed into an outsourcing giant. Today, more than 300,000 employees work in about 50 countries. It has won lucrative contracts to provide IT services for companies and governments around the world, including in the UK.

NR Narayana Murthy meets David Cameron, then British Prime Minister, at the company's base in Bangalore in 2010

Mr Murthy met David Cameron at the company's Bangalore base in 2010

But it has faced controversies over its outsourcing practices. In 2013, the company paid \$34m (£21m) to settle a civil lawsuit from the US government over allegations it misused visas. Infosys said at the time that claims of systemic visa fraud were "untrue and are assertions that remain unproven".

In 2019, it agreed to an \$800,000 settlement with California's attorney general over allegations 500 employees had the wrong visas. Infosys denied any wrongdoing.

The company's success has made Mr Murthy one of the richest people in a country where hundreds of millions live in poverty. But he has strived not to be part of a pampered elite, his supporters say.

"He is corporate India's Mahatma Gandhi," Mr Seth said. "He is unmoved by all these trappings."

The 76-year-old is now retired, but even while leading a multinational corporation, he has said he made a point of cleaning his own toilet. It was a habit learnt from his father, who was opposed to the Indian caste system, in which the "so-called lowest class... is a set of people who clean toilets," he told the BBC in 2011. He continued the practice to set an example for his offspring, he said.

It was one of a number of steps - including not having a TV in the house - that were intended to teach the children about the "importance of simplicity and austerity", Ms Murty's father wrote in an open letter to his daughter published in 2013.

But it was her mother who shouldered the "great responsibility" of instilling family values in Ms Murty and her brother Rohan, he said.

Sudha Murty worked as an engineer in the 1980s, but



gave up to teach in a college and spend more time with her children. In 1996, she started the Infosys Foundation - a non-profit organisation that funds educational and anti-poverty projects. Her passion for engineering and education is shared by her daughter.

While living in California in 2007, Ms Murty joined the board of San Francisco's Exploratorium museum, which aims to engage young people in science and technology. The foundation's director at the time, Dennis Bartels, says she had a "fervent belief" in the power of Stem (science, technology, engineering and mathematics) to change lives.

She had been "especially supportive of programmes that increased the number of female engineers", he says.

He describes Ms Murty as having a "gentle and generous spirit".

Rishi Sunak and Akshata Murty, with their daughters Krishna and Anoushka. Akshata Murty and Rishi Sunak with their daughters, Krishna and Anoushka. As an undergraduate, she moved to the US to study economics and French at the private liberal Claremont McKenna College, near Los Angeles in California. She then earned a diploma at a fashion college before working at Deloitte and Unilever and studying for an MBA at Stanford University.

Her relationship with Mr Sunak began at the university's grand campus near San Francisco. The couple graduated 16 years ago, but have maintained a connection to Stanford, funding a fellowship for social entrepreneurs and keeping in touch with university staff.

"They are the same two lovely people they were as students - open and kind and humble and remarkably self-effacing," said Derrick Bolton, who was assistant dean of admissions during their time at Stanford.

In 2009, they married in a ceremony in the bride's home city of Bangalore, later hosting a wedding party in New York.

"I remember Akshata just kind of gliding through the room and how incredibly beautiful she looked," said Mr Bolton, who joined the US celebration.

Cont'd on next page



## Akshata Murty: Who is Rishi Sunak's wife?

"There were a lot of really important people in the room, and I'm not one of those important people, and Akshata still made time to come by and say hello and to let me know how happy they were that I had made it."

In the years after graduation, the couple built a life in Santa Monica, California, where they still own a penthouse apartment with ocean views. For two years, she worked for venture capital company Tendris, but quit in 2009 to start a fashion label, named Akshata Designs.

It was the culmination of a life-long love of fashion, which had baffled her "no-nonsense engineer" mother, Ms Murty told Vogue India in 2011. The company's website said it aimed to provide a "sustainable source of income" for female artists and craftspeople in rural India. However, the Guardian reported that the business collapsed within three years.

Around this time, Ms Murty and Mr Sunak founded a London-based offshoot of her family's investment fund, Catamaran Ventures.

Within two years, Mr Sunak was elected as the MP for Richmond in North Yorkshire, having transferred his share of the company to his wife in the weeks before the vote in May 2015. It is a solid Tory seat that used to be held by ex-Tory leader William Hague.

They bought a Grade II-listed manor house in the village of Kirby Sigston, near Northallerton, which sold for £1.5m in 2015. The couple have hosted Conserva-



tive party fundraising evenings with canapes served alongside the property's lake.

It is one of four properties they are believed to own, including a four-bedroom mews house in London, where the couple have lived with their two daughters. Now, the family are set to move into 10 Downing Street.

The couple appeared on the Sunday Times' Rich List in 2022, with an estimated wealth of £730m.

It has led to questions about whether Mr Sunak is out of touch, particularly during a cost-of-living crisis, and the couple's lifestyle has regularly made headlines.

The day after her husband resigned as chancellor in July, Ms Murty delivered tea and biscuits to journalists waiting outside their London home. But her hospitality was scrutinised after Twitter users suggested the designer mugs cost more than £30 each. One wrote: "The price of that mug could feed a family for 2 days."

Speaking from Goa in India this week, Mr Seth said the episode was symbolic of what he sees as the unfair treatment of Ms Murty. "People need to evaluate her value system, and not value her wealth," he said.

He said Ms Murty was "very charming, very simple and very bright", adding that she had a "sterling academic career" before launching a fashion business "far away from IT".

"If someone has done all of this and you just paper it over by saying 'you are just a rich kid', you are denigrating academia, you are denigrating values, you are denigrating a path of simplicity that the family has treaded on all their lives."

Akshata Murty and her two daughters The family is to move into 10 Downing Street In the towns and villages of North Yorkshire, the couple's affluence seems to receive less of a focus, even from political opponents.

Labour councillor Gerald Ramsden said that while he "completely disagrees" with Mr Sunak's politics, he admits he is "fairly well liked by the community". He pointed to the fact that he had bumped into the family shopping for a barbecue in the local Tesco this summer. "If I could afford a chef, I wouldn't be going shopping," he said.

It is a sentiment shared by independent councillor Paul Atkin. He said Mr Sunak had been "extremely helpful" on local issues, adding: "It really doesn't bother me as to his wife's position".

By their supporters, like Mr Walker, the former deputy chief constable, the couple are described as "nice, ordinary folk".

"If you've got airs and graces, they won't last long in rural North Yorkshire in a farming community like this," he said.

With additional reporting by BBC business reporter Natalie Sherman in New York.

**When you are short and suddenly see a person shorter than you 🤡**



# WORD SEARCH

P Z S A E E Q U U P X E F D N G A O H E  
 L A R E X N H S A G C M L T S K X A Q S  
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America  
 Freedom  
 July  
 Independence  
 Summer  
 Parade  
 FireWorks

Barbecue  
 Nation  
 Colonies  
 Declaration  
 Equality  
 United  
 Picnic

Holiday  
 Celebrate  
 Flag  
 Party  
 Patriotism  
 Family

# Health & Wellness

## Healthy gut, healthy heart?

How the trillions of bacteria in your intestinal tract play a role in your cardiovascular health.

If you ask most medical experts about the hottest trends in health research, chances are they'll mention the microbiome. The term refers to the trillions of microbes living inside our bodies, known as the human microbiota. The vast majority of these bacteria, viruses, and fungi dwell deep within our intestines. These microbes help with digestion, make certain nutrients, and release substances that have wide-ranging health effects.

"There's a complex interplay between the microbes in our intestines and most of the systems in our bodies, including the vascular, nervous, endocrine, and immune systems. All of these relationships are highly relevant to cardiovascular health," says Dr. JoAnn Manson, professor of medicine at Harvard Medical School and chief of preventive medicine at Brigham and Women's Hospital.

Microbe metabolites

As you'd expect, what we eat plays a major role in the composition of our gut microbiota. And we're learning more about how the substances gut microbes churn out (called metabolites) influence our risk for many chronic diseases, including diabetes, heart disease, and cancer, says Dr. Manson.

One of the best known of these gut metabolites, called trimethylamine (TMA), forms when gut microbes feed on choline,

a nutrient found in red meat, fish, poultry, and eggs. In the liver, TMA is converted to trimethylamine N-oxide (TMAO), a substance strongly connected with the formation of artery-clogging plaque (atherosclerosis). A 2017 study in the *Journal of the American Heart Association* by Dr. Manson and colleagues pooled findings from 19 studies looking at the connection between blood levels of TMAO and serious cardiovascular problems (mainly heart attacks and strokes).

People with the highest TMAO levels were 62% more likely to experience serious cardiovascular problems than those with the lowest levels. High TMAO levels were also linked to higher mortality rates. What's more, these connections were independent of traditional risk factors, such as diabetes, obesity, and kidney problems. This suggests that TMAO could be a novel target for prevention or treatment strategies.

Gut microbe metabolites are also known to influence other factors closely tied to cardiovascular risk, such as diabetes, high blood pressure, and inflammation. For example, a high-fiber diet may encourage the growth of gut bacteria that produce short-chain fatty acids. A gut that includes these microbes seems to help people with diabetes better control their blood sugar and body weight, according to one small study.

Blood pressure benefits

Short-chain fatty acids, which are made almost exclusively in the gut, also seem

to play a role in regulating blood pressure. Studies in mice suggest that these fats are involved in blood vessel dilation and constriction. This observation is one of many described in a report on the role of microbiota in blood pressure regulation published in the September 2017 issue of *Hypertension*.

Other preliminary findings discussed in the review include

- how high dietary sodium levels change the composition of gut microbe populations

- how toxins released from microbes may influence kidney function, a key player in blood pressure regulation

- how microbes that live in the mouth interact with nitrates from vegetables to form nitrites and nitric oxide, which relaxes blood vessels.

But the entire field is still in its infancy, says Dr. Manson. Growing evidence suggests that dietary habits that are helpful for preventing heart disease (such as avoiding red meat, limiting salt, and eating lots of fiber-rich vegetables and whole grains) also have favorable effects on the gut microbiome.

The promise of probiotics



What about probiotics, the live bacteria found in yogurt, other fermented foods, and dietary supplements? While they potentially improve diarrhea caused by infections or antibiotics and may ease symptoms of irritable bowel syndrome, so far the evidence of any definitive benefit is limited.

It's far too early to recommend probiotics routinely for preventing or treating most chronic diseases, says Dr. Manson. "We often don't know if the probiotics are actually getting to the right place and changing microbial flora," she says. But it shouldn't be too long before we understand more about this topic. Dr. Manson and other investigators around the country have received major grants from the National Institutes of Health to study metabolomics for predicting the risk of cardiovascular disease and diabetes. Metabolomics — the study of metabolites — has been called a missing link that connects the microbiome with human health.

## What is cognitive reserve?

cognitive reserve

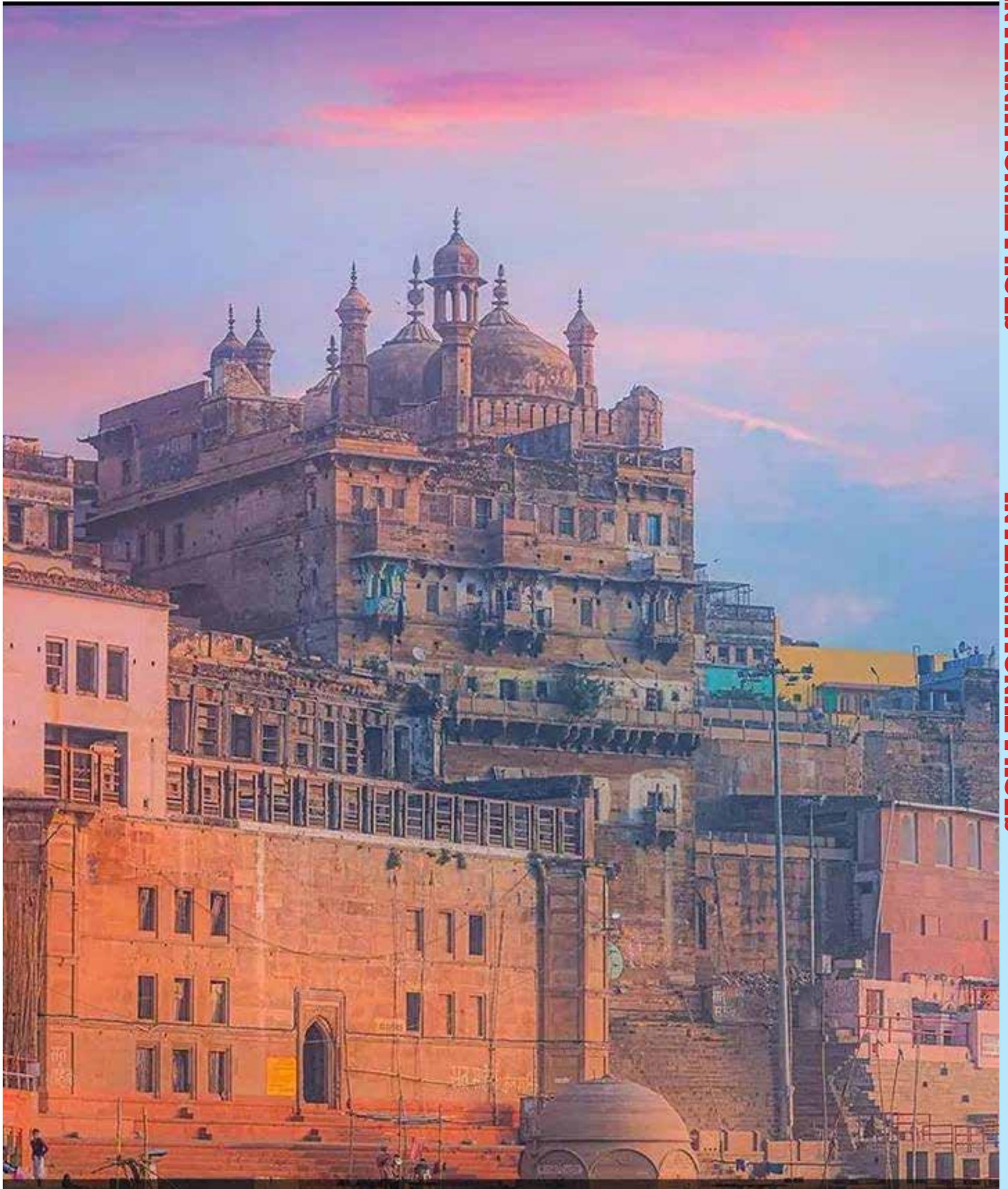
An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added recourses available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years. Our six-step program will help you improve your cognitive reserve.



# Alamgiri Masjid on the bank of river Ganga, Banaras



# RECIPES

## Spaghetti & Meatballs

If you're looking for a super simple, comforting, no-frills bowl of spaghetti and meatballs, you've come to the right place. And if you're feeling adventurous, it's also a great jumping off point for your own version of this classic dish!

When it comes to sauce, you've got options. For an even speedier dinner, you can totally go with jarred marinara sauce. Or, if you've got some time on your hands, we love this simple Marcella Hazan-inspired spaghetti sauce. Feel free to try your own favorite herbs and spices, tasting as you go!

The same goes for meatballs. We've got tons of recipes, from cheesy Tex-Mex Meatballs to spicy Harissa Meatballs; don't be afraid to experiment with your mix-ins, there are so many delicious meatball flavor combos just waiting for you to discover them. However you flavor them, make

sure not to crowd the pan while frying. If needed, fry in batches, so that each meatball gets a chance to form a delicious golden crust.

### INGREDIENTS

- 1 lb. spaghetti
  - 1 lb. ground beef
  - 1/3 c. bread crumbs
  - 1/4 c. finely chopped parsley
  - 1/4 c. freshly grated Parmesan, plus more for serving
  - 1 large egg
  - 2 garlic cloves, minced
  - Kosher salt
  - 1/2 tsp. red pepper flakes
  - 2 tbsp. extra-virgin olive oil
  - 1/2 c. onion, finely chopped
  - 1 (28-oz.) can crushed tomatoes
  - 1 bay leaf
  - Freshly ground black pepper
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ated and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

### DIRECTIONS

- In a large pot of salted boiling water, cook pasta until al dente. Drain.
- In a large bowl, combine beef with bread crumbs, parsley, Parmesan, egg, garlic, 1 teaspoon salt, and red pepper flakes. Mix until just combined then form into 16 balls.
- In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer meatballs to a plate.
- Add onion to pot and cook until soft, 5 minutes. Add crushed tomatoes and bay



leaf. Season with salt and pepper and bring to a simmer. Return meatballs to pot and cover. Simmer until sauce has thickened, 8 to 10 minutes.

Serve pasta with a healthy scoop of meatballs and sauce. Top with Parmesan before serving.

by LENA ABRAHAM

## Crispy Fried Chicken

I experimented for many years before developing this recipe. It's bits and pieces of hints I had heard over the years. I have had many compliments on this chicken. Most of this recipe is dependant on your own taste. It's more a matter of preparation and cooking method

### Ingredients

#### Ingredient Checklist

- 1 (4 pound) chicken, cut into pieces
- 1 cup buttermilk
- 2 cups all-purpose flour for coating
- 1 teaspoon paprika
- salt and pepper to taste
- 2 quarts vegetable oil for frying

#### DirectionsInstructions Checklist

##### Step 1

Take your cut up chicken pieces and skin them if you prefer. Put the flour in a large

plastic bag (let the amount of chicken you are cooking dictate the amount of flour you use). Season the flour with paprika, salt and pepper to taste (paprika helps to brown the chicken).

##### Step 2

Dip chicken pieces in buttermilk then, a few at a time, put them in the bag with the flour, seal the bag and shake to coat well. Place the coated chicken on a cookie sheet or tray, and cover with a clean dish towel or waxed paper. **LET SIT UNTIL THE FLOUR IS OF A PASTE-LIKE CONSISTENCY. THIS IS CRUCIAL!**

##### Step 3

Fill a large skillet (cast iron is best) about 1/3 to 1/2 full with vegetable oil. Heat

until VERY hot. Put in as many chicken pieces as the skillet can hold. Brown the chicken in HOT oil on both sides. When browned, reduce heat and cover skillet; let cook for 30 minutes (the chicken will be cooked through but not crispy). Remove cover, raise heat again and continue to fry until crispy.

##### Step 4

Drain the fried chicken on paper towels. Depending on how much chicken you have, you may have to fry in a few shifts. Keep the finished chicken in a slightly warm oven while preparing the rest.

By Elaine O



## Crispy Parmesan Chicken

with Garlic Scallion Couscous & Lemony Roasted Carrots

Consider plain chicken a thing of the past. In this recipe, the cutlets get gussied up thanks to a gorgeous golden breadcrumb topping with paprika and Parmesan cheese. You'll roast them alongside the lemony carrots on the same baking sheet—once they're in the oven, the only thing left to do is boil the pearl couscous and toss it with the garlicky butter. Simple, satisfying, and supercharged with flavor—what more could you ask for?

### Ingredients

- Carrots 12 ounce Carrots
- Scallions 2 unit Scallions
- Lemon 1 unit
- Lemon
- Panko Breadcrumbs 1/4 cup
- Panko Breadcrumbs (ContainsWheat)
- Parmesan Cheese 1/4 cup
- Parmesan Cheese (ContainsMilk)
- Hot Smoked Paprika 1 teaspoon

Hot Smoked Paprika

Chicken Cutlets

10 ounce

Chicken Cutlets

Sour Cream

2 tablespoon

Sour Cream

(ContainsMilk)

Israeli Couscous

2.5 ounce

Israeli Couscous

(ContainsWheat)

Garlic

1 clove

Garlic

Not included in your delivery

Olive Oil

4 teaspoon

Olive Oil

Salt

tablespoon

SaltPepper

Butter

(ContainsMilk)

Instructions

Adjust rack to middle position (middle and top positions for 4 servings) and pre-heat oven to 425 degrees. Bring a medium

pot of salted water to a boil. Wash and dry produce. • Trim, peel, and halve carrots lengthwise; cut crosswise into 2-inch-long pieces. Trim and thinly slice scallions, separating whites from greens. Peel and mince or grate garlic. Zest and quarter lemon.

Coat Chicken

2

• In a small bowl, combine panko, Parmesan, paprika, a large drizzle of olive oil, and a pinch of salt and pepper. • Pat chicken\* dry with paper towels; season all over with salt and pepper. Place on one side of a baking sheet (for 4 servings, spread out across entire sheet). • Spread tops of chicken with sour cream. Mound with panko mixture, pressing to adhere (no need to coat the undersides).

Roast Chicken & Carrots

3

• Toss carrots on opposite side of sheet from chicken with a large drizzle of olive oil, salt, and pepper. (For 4 servings, toss carrots on a second sheet.) • Roast on middle rack until chicken is cooked through and carrots are browned and ten-

der, 15-20 minutes. (For 4, roast chicken on middle rack and carrots on top rack.)

• Transfer chicken to a plate to rest. TIP: If carrots are done before chicken, remove from sheet and continue roasting chicken.

• While chicken and carrots roast, add couscous to boiling water. Cook until tender, 6-8 minutes. Drain thoroughly. • Melt 2 TBSP butter (3 TBSP for 4 servings) in empty pot over medium heat. Add scallion whites and garlic; cook until softened, 1 minute. • Return cooked couscous to pot and stir until coated. Taste and season with salt and pepper. Turn off heat.

Finish Carrots

5

• Once carrots are done roasting, carefully toss with lemon zest and a squeeze of lemon juice to taste.



# Safety

## 28 BASIC KITCHEN SAFETY TIPS

Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc. Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.

Get rid of any appliance that is broken or damaged. New ones are very inexpensive these days. If a new one would bust your budget, try garage and tag sales (just make sure you're not buying somebody else's broken appliance).

Put a childproof lock not only on the cabinets with your medicines and cleaning supplies, but also your oven.

Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.

Avoid wearing inappropriate clothing while cooking. That means loose sleeves and sweaters.

Keep dish towels, pot holders and oven mitts away from the stove.

Keep matches and lighters in high places where curious little hands can't reach them.

If using candles in the kitchen, don't leave the room (or home) while they're burning. Make sure they are in a safe place and are in flame proof containers. Check furniture, curtains, dish towels, etc. to be sure they are not blocking heaters or vents.

Keep a fire extinguisher in or near the kitchen, but not near the stove or the heater.

In case of a grease fire, salt and/or baking soda will help if you do not have a fire extinguisher.

Keep emergency numbers handy - 911 is easy to remember, but phone numbers to Poison Control might take longer.

Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.

Scalding can occur from hot steam as well. Be careful when lifting lids from hot food (including opening that hot bag of microwave popcorn)!

Handling Knives: (a) Always cut away from your body when using a knife. It can slip and cut you, (b) Always use a cutting board, (c) Protect your counter tops, (d) Keep blades sharp, (e) Keep knives clean (including handle) - slippery handles can cause injuries, (f) Don't put knives in

a sink of soapy water - they may not be seen and accidents can occur, (g) Wash and dry carefully keeping sharp edge away from your hands, (h) Always lay them flat, never on the back or edge, (i) Don't attempt to catch a knife as it falls - better it hits the floor than cut your hand, (j) Wash knives with warm soapy water after each use.

Be sure appliances are unplugged before touching sharp edges (blenders, can openers, mixers, etc.).

Never stick a fork in a toaster to retrieve trapped toast - you may get shocking results. Always be sure the blender is unplugged before touching the blades.

Be careful about sharp edges: scissors, broken glass, potato peeler, etc.

Never ever, ever leave cooking foods unattended - not even for a minute.

Casualness causes casualties - don't answer or talk on the phone while cooking - you can be distracted and injuries can result.

Clean up spills immediately - wet floors are slippery when wet.

Keep the kitchen floor clear of toys and other items. Be certain that walking areas are always clear of toys and other items.

Keep young children out of the kitchen while cooking. Always use a step-stool to reach high places. Store cleaning supplies and all chemicals in a safe place. Use safety latches.

## Cooking Safety Tips



Check for combustible materials around the cooking surface, like oven mitts or kitchen towels



Keep a fire extinguisher in or near the kitchen



Never leave children unattended in the kitchen



Never leave food unattended



Be careful of loose clothing like flowing sleeves or aprons



Never put water on a grease fire



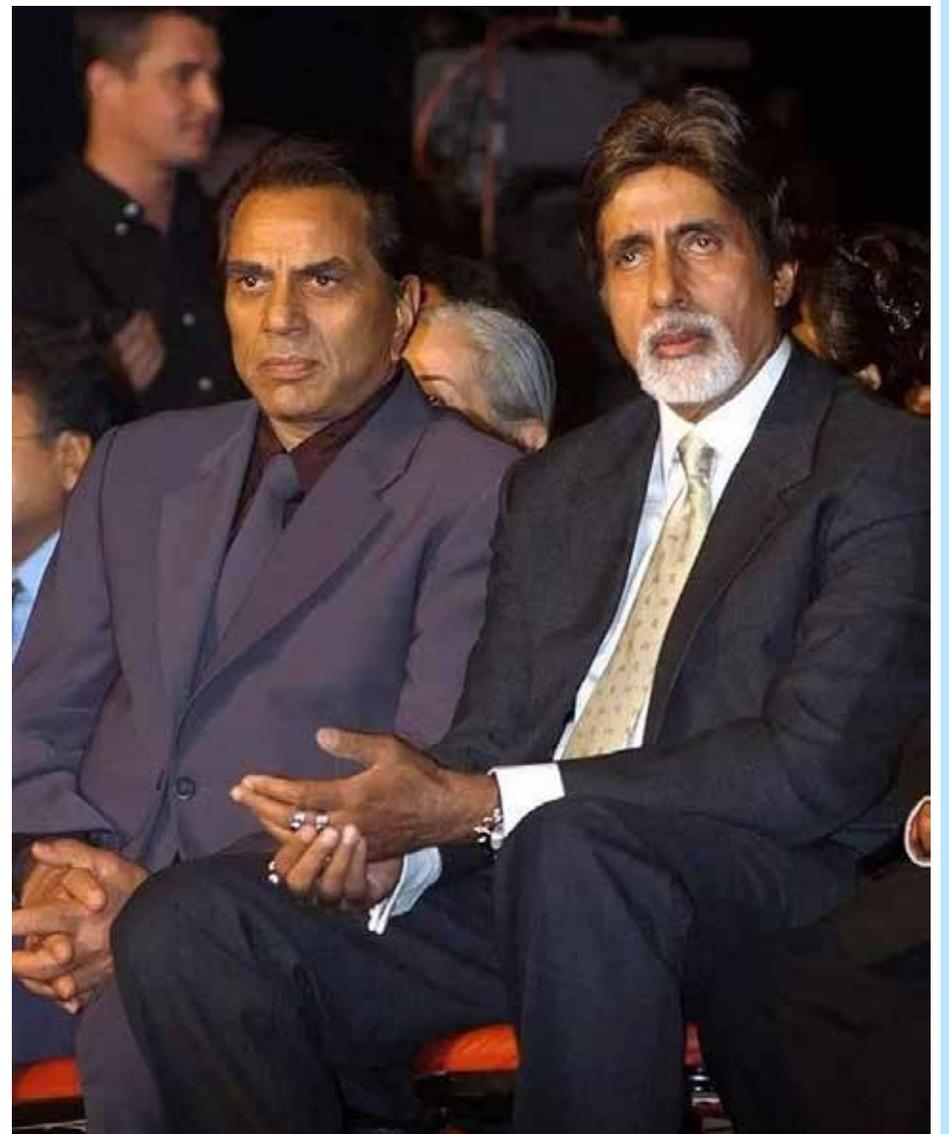


I was with the one and only Asha Bhosle ji . Had the most amazing lunch cooked specially by her and then when I sang a new composition with her permission she blessed me and remarked that she could see the influence of my guru . I am really fortunate

-Talat Aziz



'MOHAMMED RAFI SIR, & PRITHVI RAJ KAPOOR Ji'



**Two legends-  
Dharmendra and  
Amitabh Bachchan**

## List of Bollywood films of November 2022

Opening	Title	Director	Cast	
N O V	<i>Phone Bhoot</i>	Gurmeet Singh	Katrina Kaif · Ishaan Khatter · Siddhant Chaturvedi	
	4	<i>Double XL</i>	Satramm Ramani	Sonakshi Sinha · Huma Qureshi · Zaheer Iqbal · Mahat Raghavendra
	<i>Mili</i>	Mathukutty Xavier	Janhvi Kapoor · Manoj Pahwa · Sunny Kaushal	
	<i>Rocket Gang</i>	Bosco Martis	Aditya Seal · Nikita Dutta	
	<i>Uunchai</i>	Sooraj Barjatya	Amitabh Bachchan · Anupam Kher · Boman Irani · Danny Denzongpa · Parineeti Chopra · Neena Gupta · Sarika	
	11	<i>Monica, O My Darling</i>	Vasan Bala	Rajkummar Rao · Huma Qureshi · Radhika Apte · Radhika Madan · Sikandar Kher
	<i>Thai Massage</i>	Mangesh Hadawale	Gajraj Rao · Divyenndu · Sunny Hinduja · Rajpal Yadav · Vibha Chibber	
	<i>Mister Mummy</i>	Shaad Ali	Riteish Deshmukh · Genelia Deshmukh · Mahesh Manjrekar	
	18	<i>Drishyam 2</i>	Abhishek Pathak	Ajay Devgn · Akshaye Khanna · Tabu · Shriya Saran
	25	<i>Bhediya</i>	Amar Kaushik	Varun Dhawan · Kriti Sanon



Superstar #Govinda with wife #SunitaAhuja

Govind Arun Ahuja (born 21 December 1963) is an Indian actor, comedian, dancer, and former politician, who has appeared in more than 165 Hindi-language film and established himself one of most popular actors in India. Govinda is known for his slapstick performances and dancing skills. He has received 12 Filmfare Award nominations and won two Filmfare Special Awards and a Filmfare Award for Best Comedian. In June 1999, he was voted the tenth-greatest star of stage or screen in last thousand years by BBC News Online poll.

Wikipedia

## Deepika Padukone Listed Among Top 10 Most Beautiful Women In The World, ONLY Indian Actress To Do So

Deepika Padukone has been ranked amongst the beauties of the world.

The stunning actress of films like *Padmavat* and *Finding Fanny* has landed herself in the top 10 of a list of the most women in the world, and is in fact, the only Indian actress to do so.

The list has been compiled by London-based plastic surgeon Dr Julian De Siva on some 'scientific parameters' of beauty. She had famously ranked actress Amber Heard as the most beautiful woman in her list compiled in the year 2016, and the updated one for 2022 – Deepika has found a placement.

Padukone, 36, has been ranked at #9 in the list in which the surgeon has used ancient Greek Golden Ratio of Beauty, 'Phi' – to determine what is considered the most 'perfect' and 'salient' proportion of facial features.

Based on the percentage ratings of where these females stand in this index of statistically measuring their beauties, Padukone has found herself behind famous names like Ariana Grande and Taylor Swift.

Here's the complete list along with their 'percentage to perfection':







محمد یسین ہاسیل

صاحب قلم و کلام جناب محمد یسین ہاسیل جن کا تعلق ملک ہندوستان کے شہر حیدرآباد سے ہے جو حیدرآباد کے تجارتی و صنعتکاری گھرانے میں پیدا ہوئے۔ موصوف عثمانیہ یونیورسٹی سے بی کام میں تعلیم حاصل کی اور وہ ریاست اندھرا پردیش ریاست تلنگانہ کے محکمہ پولیس کو ان کی یونیفارم اریٹیکلس کوئی ساٹھ سال سے بڑی کامیابی کے ساتھ آج تک سپلائی کرتے آرہے ہیں موصوف کو بچپن سے ہی اردو ادب سے گہرا لگاؤ تھا وہ اپنی طبیعت اور مزاج کے مناسبت سے اردو شاعری کی طرف مائل و راغب ہوتے ہوئے شہر حیدرآباد کے مایا ناز شاعر اعظم و استاد سخن محترم رحمن جامی سے کوئی دس سال شاگردی میں رہ کر بنیادی فن داب و شاعری سے فیضاب ہوئے۔ ان کے استاد سخن جناب رحمن جامی کے ماہ جنوری 2021ء میں اس دنیائے فانی سے رخصت ہونے کے بعد دور حاضر شہر حیدرآباد کے استاد سخن ڈاکٹر فاروق شکیل سے اپنی تشنہ لہبی کی پیاس سے سیر ہو رہے ہیں۔ اردو ادب سے وابستہ رہتے ہوئے اپنے کلام کو قید قلم کرنے کا شرف حاصل ہے۔ محمد یسین ہاسیل کا دیوان اول بہت جلد منظر عام ہونے والا ہے جس میں ہم اپنی نیک تمنا شامل کرتے ہیں۔

### اردو ادب کے بے تاج شہنشاہ کے نام

اردو کا میکدہ ہے مسکن رحمن جامی مقدر سے مرے ساقی رحمن جامی وہ میدان ادب اور شعر کے ہیں برج روشن سخن کے شمس تابندہ رہے رحمن جامی ہے انداز سخن جامی کا ایسا دل کشیدہ ہر اک شائق ہوا ہے عاشق رحمن جامی اگر صحبت ملے طالب کو ان کی محفل ادب سے بنے اک پل میں وہ وارفتہ رحمن جامی غزل گوئی ہے گویا اس طرح شعری طریقت کھلا عقیدہ کہ کیا ہے نسبت رحمن جامی مری یہ آرزو ہے دل سے نکلی یہ دعا بھی فضا میں پھیل جائے خوشبو رحمن جامی اگر ہاتیل تو ہے اوج کا خواہاں ادب میں بنا تو اپنا مسکن گوشہ رحمن جامی



### نظم

بستی دل کی محبت سے سجائے رکھنا شمع نفرت ہو کہیں اس کو بجھائے رکھنا کوئی دشمن بھی جو آجائے کبھی پہلو میں جامِ اُلفت کا اُسے خوب پلائے رکھنا آج کا دور سیاست ہے ہندوتوا کا غبار سیکور ہند کو سیکور ہی بنائے رکھنا مادر ہند ہے بس سارے جہاں سے بہتر اس کو اغیار کی نظروں سے بچائے رکھنا مادر ہند میں ہے سب کا مساوی درجہ ہر زمانے میں یہ احساس جگائے رکھنا دھرتی ماں کی اصل میں یہی خدمت ہوگی فرقہ بندی سے فقط اس کو بچائے رکھنا ہے جو ہاتیل کی حب الوطنی کا سکھ ہم وطنوں پہ یہی سکھ جمائے رکھنا



### نعت شریف

آپ خیر البشر ہیں رسولِ خدا آپ ہرگز نہیں ہیں خدا سے جدا ہے عروج آپ کا سدرۃ مصطفیٰ مصطفیٰ مصطفیٰ سے درود و سلام آپ کی ذات پر ہوگی بخشش میری آپ کی نعت پر میں ہوں قربان معراج کی رات پر مصطفیٰ مصطفیٰ مصطفیٰ آپ عرش بریں پر ہوئے جلوہ گر آپ کے نقش پا پر ہے عاشق کا سر ہم غلاموں پہ کردو کرم کی نظر مصطفیٰ مصطفیٰ مصطفیٰ ارض طیبہ پہ آئے ہیں میرے قدم یا نبی نہ ٹوٹے گا میرا بھرم آپ امام الرسل ہیں خدا کی قسم مصطفیٰ مصطفیٰ مصطفیٰ ہے یہ ہاتیل کی یا نبی التجا اس پہ چشم کرم آپ رکھئے سدا اس سبب اس کو ہو جائے جنت عطا مصطفیٰ مصطفیٰ مصطفیٰ



### حمد باری تعالیٰ

کون ہے حاضر کون ہے ناظر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے اول کون ہے آخر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے باطن کون ہے ظاہر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے عجوبہ کون ہے نادر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے رحیم کون ہے جابر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے رازق کون ہے قادر اللہ ہی اللہ ، اللہ ہی اللہ کون ہے آقا کون ہے ستار اللہ ہی اللہ ، اللہ ہی اللہ کون ہے مظہر کون ہے رہبر اللہ ہی اللہ ، اللہ ہی اللہ ہاتیل بتا کون ہے قابل ذکر اللہ ہی اللہ ، اللہ ہی اللہ



### دوائے شک

ایک مرض ایسا بھی شک کا ذہن انسانی میں ہے اب دوا اس کی آیوروید نہ یونانی میں ہے اس کے ہوتے ہی تباہی آدمی کی ہوگی زہر ہے یہ جس کی گردش خونِ شیطانی میں ہے دوڑ اس کی روکتی ہے زیست کی رفتار کو اس کی لہر کے آگے کیا زور طوفانی میں ہے ہنستی کھیلتی زندگی پل بھر میں اُجڑ جاتی ہے کبھی سدھارنا بگڑی زندگی صرف قدرتِ رحمانی میں ہے تو نہ اب ہاتیل ایسی آگ میں مت کودنا اس پہ قابو پانے کی فطرت فقط پانی میں ہے



### شکستہ دل

سامنا کرنے سے کترانے لگے اب تو وہ مجھ سے ہی شرمانے لگے ساقیا مئے کا ہوا ایسا اثر اب ادا سے اپنی بہکانے لگے اک ملاقات اُن سے ایسی بھی رہی دیکھ کر ہم کو وہ گھبرانے لگے لیکے آنچل کا سہارا آپ کا رات دن یوں ہم بھی اترانے لگے اُن پہ کر کے اپنا یہ دل بھی نثار ہم بھی اس دُنیا کو دیوانے لگے دھیرے دھیرے زخمِ دل پر وہ مرے تیر پر تیر اور برسانے لگے دیکھ کر ساغر ہمارے ہاتھ میں آپ کیوں ہاتیل لڑکھڑانے لگے



### شہنشاہ جذبات دلپ کمار کو منظوم خراج عقیدہ

جولائی کی وہ سات تھی جو کوہ نور کھو گیا نقوش اپنے چھوڑ کے وہ ابدی نیند سو گیا دکھایا تو نے ایسا فن جولازوال ہو گیا اسی سدا بہار فن کے بیج کو بھی بو گیا تھا سحرِ فلمیات کے جو شاہِ بے نیاز کا وہ فکر فن بھی شوق سے نیاز مند ہو گیا وہ کہکشاں رسا بھی تھا زمن سے جڑا ہوا دلوں پہ کر کے راج جو دلپ کمار ہو گیا تھی لاجواب سادگی ، زباں میں مٹھاس تھی تھا اس آفتاب وہ مگر عروب ہو گیا اٹھانویں برس تک خدا سے زندگی ملی جو زندگی کا باب تھا وہ ختم آج ہو گیا دُعا میں اس قدر ملیں یقین ہو گیا مجھے کہ داخل بہشت اب دلپ کمار ہو گیا ملا تھا تجھ سے ہاتیل غریب اب بھی یاد ہے وہ یادگار دن مگر کدھر نہ جانے کھو گیا



### پدری شفقت

میرا بات کچھ کم نہیں ہے میری ماں سے خود بھوکا سویا مجھ کو پیٹ بھر کھلا کے میری ماں ڈنٹی ہے جب شرارت پہ میری پیار کے رس کانوں میں گھولتا ہے قریب مجھ کو بلا کے میرا باپ کچھ کم نہیں ہے میری ماں سے۔۔۔ جب میں کرتا ہوں کوئی کھلونے کی فرمائش برملا ڈھیر سارے کھلونے لاکے خوش ہوتا ہے مجھ کو دکھا کے کھلاتا ہے سونے کا لقمہ پر رکھتا ہے نظر دشمن کی تربیت میں کوئی کسر نہ چھوڑا مجھ کو ہنسا کے میں جب پوچھا بابا آتی تھی اوتا ہے اپنی زباں میں رکھ دیا زندہ ہاتھی گھر کے دروازے پہ لاکے میرا باپ کچھ کم نہیں ہے میری ماں سے۔۔۔ لگا دیا وہ سرمایہ زندگی میرے مستقبل کے آگے مسرور رہا وہ زمیں پہ، مجھ کو آسمان پہ بٹھا کے میری زندگی بھر کی خدمت نہ اُتارے گی اُس کا قرض جو وہ ایک رات گذارا ہاتیل کو گود میں اٹھا کے



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

### 32 بے گناہ پر ظلم کرنا عذاب کو دعوت دینا ہے

اُردو حکایت: ایک بادشاہ نے ایک بے گناہ کی گردن اڑانے کا حکم دیا۔ بے گناہ نے کہا: ”اے بادشاہ! تو غصہ میں اپنا دین و دنیا برباد نہ کر۔ قتل کی تکلیف تو میرے لئے لمحہ بھر ہوگی مگر یاد رکھ اس کا گناہ تیرے سر پر ہمیشہ رہے گا۔“

فارسی شعر:

دورانِ بقا چو باد صحرا بگذشت  
تلخی و خوشی و زشت و زیبا بگذشت  
پنداشت ستم گر کہ جفا برمن کرد  
در گردنِ او بماند و برما بگذشت

حاصل کلام:

زندگی کا زمانہ صحرا کی ہوا کی طرح گزر گیا، مصیبت میں یا راحت میں، بُرا یا بھلا، بہر صورت گزر گیا۔ ظالم یہ سمجھتا ہے کہ اُس نے ہم کو عذاب دیا ہے لیکن یہ عذاب ہم سے گزر گیا اور اُس کی گردن کا پھندا بن گیا۔

منظوم ترجمہ:

گیا ہے زندگی کا دور صحرا کی ہوا بن کر  
بہر صورت گیا، تلخی، خوشی، مشکل سے، راحت سے  
ستم گر یہ سمجھتا ہے کہ دی اس نے سزا ہم کو  
مگر خود اُس کی گردن میں پڑا پھندا جہالت سے



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

# پچاس سال سے زیادہ عمر والے افراد کے لئے چند لازمی غذائیں

زیادہ عمر والے افراد کے لئے چند لازمی غذائیں اپنی صحت پر توجہ دینا انتہائی ضروری ہے۔ کیونکہ اس عمر میں جسم میں بہت زیادہ ہارمونل اور مینا بولک تبدیلیاں واقع ہوتی ہیں۔ جسمانی نظام میں تبدیلیاں اس عمر کا حصہ ہیں۔ لیکن اگر اس مرحلے پر اپنی صحت کا خیال رکھا جائے تو وہ جسمانی لحاظ سے تیس پینتیس سال کی عمر کے لوگوں کی طرح چاق و چوبند اور متحرک یعنی ایکٹیو نظر آئیں گے۔ پچاس کی دہائی میں داخل ہونے والے افراد کے لئے ورزش انتہائی ضروری ہے۔ کیونکہ ورزش سے جسم کے عضلات اور پٹھے مضبوط اور متحرک رہتے ہیں۔ اور بے حسی کا شکار نہیں ہوتے۔ ورزش سے جوڑوں کے درد، کولیسٹرول میں اضافے، وزن کے بڑھنے یا امراض قلب اور دیگر بیماریوں سے کافی حد تک محفوظ رہا جاسکتا ہے۔

30 سال کی عمر کے بعد انسان کا مینا بولک سسٹم بھی آہستہ آہستہ کم ہونا شروع ہو جاتا ہے۔ اس لئے کم غذائیت والی غذائیں، خالی کیلوریز والی غذائیں، اسٹیکس، تلی ہوئی اشیاء، زیادہ دیر سے ہضم ہونے والی غذائیں، جنک فوڈ وغیرہ اس عمر میں زیادہ نقصان دہ ثابت ہوتی ہیں۔

جیسے جیسے عمر بڑھتی جاتی ہے انسان جسمانی لحاظ سے کمزور ہوتا جاتا ہے مینا بولزم آہستہ آہستہ ست ہو جاتا ہے۔ انسان کی فعالیت پر بھی کافی اثر پڑتا ہے وہ کم فعال اور کم متحرک ہونے لگتا ہے۔ جسمانی طاقت و توانائی بھی کم ہونے لگتی ہے۔ جسمانی نظام جیسے نظام انہضام اور مدافعتی نظام کمزور ہو جاتے ہیں۔ یہاں تک کہ نظام تنفس پر بھی اچھا اثر نہیں پڑتا ہے زیادہ چلنے یا محنت کا کام کرنے وغیرہ سے جلد تھکن ہو جاتی ہے، اس کے علاوہ متعدد

بیماریاں پیدا ہونے کا خدشہ بھی پیدا ہو جاتا ہے۔ اس لیے یہ ضروری ہے کہ عمر میں اضافے کے ساتھ ساتھ معیاری خوراک پر توجہ دینے کی ضرورت ہوتی ہے۔ اس لئے یہ ضروری ہے کہ اگر عمر 50 سال یا اس سے زیادہ ہے تو روزانہ کی خوراک میں کون سی بہترین غذائیں شامل کی جائیں؟

پتوں والی سبزیاں اور پھلیاں پاور ہاؤس اجزاء یعنی توانائی، ضروری وٹامنز اور معدنیات فراہم کرتی ہیں اور جسم کے مینا بولک سسٹم کو درست رکھتی ہیں۔ اور 50 کی دہائی میں داخل ہونے والے افراد کے لئے سبزیاں اور پھل بیماریوں سے بچاؤ، بیماریوں کا علاج، دوا اور صحت بخش ثابت ہوتی ہیں۔ اور یہ ضروری بھی نہیں کہ یہ صرف پچاس سال یا اس سے زیادہ عمر کے افراد کے لئے ہی اہم ہیں بلکہ یہ ہر عمر کے افراد کے لئے صحت بخش ہیں جو لوگ اپنی غذا میں ان غذاؤں کو شامل رکھتے ہیں وہ زیادہ عرصے تک جوان اور صحت مند زندگی گزارتے ہیں۔

پچاس کی دہائی میں داخل ہونے کے بعد یہ بات بہت ضروری ہے کہ اپنی خوراک میں غذائیت سے بھرپور غذائیں شامل کریں اور ایسی غذائیں جو بڑھاپے کے اثرات کو کم کرنے میں معاون ثابت ہوں۔ مثلاً تازہ پھل یا سبزیاں، خشک پھل، گری دارمیوے، پھلیاں اور غذائی اجزاء سے بھرپور غذائیں جسم کو مضبوط اور تندرست و تواناں اور بڑھتی عمر کے اثرات کو کم کرتی ہیں۔ اس لئے اس عمر میں ان غذاؤں کو اپنی روزمرہ کی خوراک میں ضرور شامل کریں۔ اور پانی کا استعمال بھی کم نہ کریں بلکہ زیادہ پانی پیئیں۔

یہاں چند ایسی غذاؤں کا ذکر کیا جا رہا ہے جنہیں روزمرہ کی خوراک کے معمولات کا

باقاعدہ حصہ بنایا جاسکتا ہے۔ یہ غذائیں جسم کو وہ تمام غذائی اجزاء فراہم کر سکتی ہیں جن کی اسے ضرورت ہوتی ہے۔ یہ غذائیں جسمانی نظاموں کی کارکردگی کو بہتر کرتی ہیں جیسے نظام ہاضمہ، مدافعتی نظام، ہڈیوں اور پٹھوں کی مضبوطی وغیرہ اور کئی بیماریوں سے تحفظ فراہم کرتی ہیں۔

پھلیاں: پھلیاں غذائیت سے بھرپور ہوتی ہیں، ان میں موجود فائبر، آئرن، کاربوہائیڈریٹس، فاسفورس، کیلشیم، پوٹاشیم، میگنیشیم، سوڈیم اور چکنائی صحت بخش فوائد فراہم کرتے ہیں اس عمر میں ہاضمہ کے مسائل عام ہیں۔ پھلیوں میں شامل فائبر نظام انہضام کو درست رکھتا ہے۔ بہترین نظام ہاضمہ جسم کے مینا بولک سسٹم کو مضبوط اور تیز کرتا ہے۔ اس لئے پھلیاں مینا بولزم سسٹم کے لیے بھی بہترین ہیں۔ اس میں شامل آئرن ہیملوگلوبن میں اضافہ کرتا ہے اور قوت مدافعت کو مضبوط بناتا ہے۔ یہ خراب کولیسٹرول کی سطح کو بھی کم کرتی ہیں۔ ذیابیطس کی بیماری سے محفوظ اور بلڈ پریشر کی سطح کو بھی نارمل کرتی ہیں۔ تازہ یا خشک دونوں قسم کی پھلیاں صحت بخش ہیں۔ یہ بلڈ شوگر کو بھی کنٹرول کرتی ہیں۔

جو Oats: اس عمر میں جو ایک بہترین غذا ہے یہ مینا بولزم اور قوت مدافعت کو مضبوط کرتا ہے۔ اس کے غذائی اجزاء میں وٹامن بی، آئرن، مینگنیج، کارپ، سیلینیم، میگنیشیم، زنک اور فاسفورس وغیرہ شامل ہوتے ہیں۔ یہ کولیسٹرول کو کم کرتا ہے کیونکہ اس عمر میں دل کی بیماری کا خطرہ بڑھ جاتا ہے اس لئے روزانہ یا ہفتے میں دو چار دن 3 گرام جو یعنی ڈیڑھ کپ کے ہوئے جو کے لیے استعمال کولیسٹرول کی سطح کو کافی حد تک کم کرتا ہے جس سے دل کی بیماری کا خطرہ بھی کم ہو جاتا ہے۔

اس کے علاوہ جو کے متعدد صحت بخش فوائد ہیں سیب: اس عمر میں سیب بھی ایک بہترین غذا ہے کیونکہ مشہور کہاوت ہے کہ روزانہ ایک سیب ڈاکٹر کو دور رکھتا ہے۔ اس میں شامل غذائی اجزاء جیسے فائبر، وٹامن اے، وٹامن سی، وٹامن کے، وٹامن بی، پوٹاشیم، کارپ، آئرن اور مینگنیج وغیرہ قابل رشک صحت اور جسم کو انتہائی ضروری غذائیت فراہم کرتے ہیں۔ اس سے کافی مقدار میں فائبر حاصل ہوتا ہے جو کولیسٹرول کی سطح کو کم کرتا ہے۔ اس کے علاوہ سیب کھانے سے جلد تروتازہ اور جوان رہتی ہے اور اس سے ٹائپ 2 ذیابیطس کی بیماری، فالج اور دل کے امراض کا خطرہ بھی کم ہو جاتا ہے۔

گری دارمیوے: فاسٹ فوڈ چیس، اور کوکیز وغیرہ کے بجائے گری دارمیوے بہترین اور غذائی اجزاء سے بھرپور غذا بھی ہیں اور ناشتہ بھی ہیں۔ مختلف گری دارمیوے جیسے بادام، پستہ، اخروٹ، کا جو اور مونگ پھلی وغیرہ کھانے سے فالج، دل کے امراض، اور دماغ کی کمزوری اور دیگر بیماریوں کے خطرات سے محفوظ رہا جاسکتا ہے۔

گری دارمیوے ایک چلتا پھرتا لیکن انتہائی صحت بخش ناشتہ ہے۔ فائبر، وٹامن ای، پروٹین، چکنائی، کاربوہائیڈریٹ، تانبا، پولیفینول نامی اینٹی آکسیڈنٹس، میگنیشیم، فاسفورس، سیلینیم اور مینگنیج وغیرہ غذائی اجزاء سے بھرپور گری دارمیوہ جات کے بہت قیمتی فوائد ہیں۔ جو جسمانی خلیات کو فری ریڈیکلز کی وجہ سے ہونے والے نقصان سے بچانے میں مدد کرتے ہیں۔ اس کے علاوہ یہ دل کی صحت کو بہتر بناتے اور ایل ڈی ایل (خراب کولیسٹرول) کی سطح کو کم کرنے میں مدد کرتے ہیں۔

## کل ہند مجلس تعمیر ملت کی جانب سے اس سال منفرد انداز میں جشن میلاد النبی ﷺ

اس سال کل ہند مجلس تعمیر ملت، جشن میلاد اللعالمین ﷺ کے استقبال کی کمیٹی کے صدر نشین بنایا گیا ہے۔ انور احمد نے کہا کہ اس سلسلہ میں نوجوانوں کے لئے بلا تفریق مذہب و ملت کھیل کود اور ٹیکنالوجی کے مقابلے منعقد کرنے کا ارادہ کیا گیا ہے۔ ان مقابلوں کے انعقاد کا مقصد اس پیغام کو عام کرنا ہے جس کے لئے حضرت محمد ﷺ کو رحمت اللعالمین بنا کر بھیجا گیا تھا۔ جن کھیل کود کے مقابلے منعقد ہوں گے ان میں کرکٹ، فٹبال، والی بال، کبڈی، آرم ریسنگ اور شوٹنگ شامل ہیں۔ اسی طرح ٹیکنالوجی کے مقابلوں کے تحت روبوٹکس اور کوڈنگ کے مقابلے منعقد ہوں گے۔ کل ہند مجلس تعمیر ملت کے جنرل سکرٹری جناب عمر احمد شفیق نے کہا کہ اس سال روایت سے ہٹ کر روبوٹکس اور کوڈنگ کے مقابلے بھی منعقد کئے جارہے ہیں تاکہ زیادہ سے زیادہ نوجوانوں کو میلاد النبی ﷺ کا فرس میں شامل کیا جاسکے۔ انہوں نے کہا کہ یہ اپنی نوعیت کا پہلا ایسا موقع ہوگا جس میں ٹیکنالوجی کے مقابلے بھی منعقد ہوں گے۔ انہوں نے اس امید کا اظہار کیا کہ اسپورٹس، روبوٹکس اور کوڈنگ کے مقابلوں میں چار ہزار نوجوان شرکت کریں گے۔ تمام مقابلے یکم رجب الاول تا دس رجب الاول منعقد کئے جائیں گے۔



## انسان کو کیسے پتہ چلے کہ اس کا دل بیمار ہے؟

اس سلسلے میں حافظ ابن قیم رحمہ اللہ نے کچھ علامات بیان فرمائی ہیں:

**پہلی علامت:** جب انسان فانی چیزوں کو باقی چیزوں پر ترجیح دینے لگے تو وہ سمجھ لے کہ میرا دل بیمار ہے، مثلاً دنیا کا گھر اچھا لگتا ہے مگر آخرت کا گھر بنانے کی فکر نہیں ہے۔ دنیا میں عزت مل جائے مگر آخرت کی عزت یا ذلت کی سوچ دل میں نہیں۔ دنیا میں آسانیاں ملیں مگر آخرت کے عذاب سے بچنے کی پرواہ نہیں۔

**دوسری علامت:** جب انسان رونا بند کر دے تو وہ سمجھ لے کہ اس کا دل سخت ہو چکا ہے۔ یاد رہے کہ کبھی انسان کی آنکھیں روتی ہیں اور کبھی انسان کا دل روتا ہے۔ دل کا رونا آنکھوں کے رونے پر فضیلت رکھتا ہے۔ یہ ضروری نہیں کہ آنکھ سے پانی کا نکلنا ہی رونا کہلاتا ہے، بلکہ اللہ کے کئی بندے ایسے بھی ہوتے ہیں کہ ان کے دل رورہے ہوتے ہیں، حالانکہ ان کی آنکھوں سے پانی نہیں نکلتا، مگر ان کا دل سے رونا اللہ تعالیٰ کے ہاں مقبول ہو جاتا ہے اور ان کی توبہ کے لئے قبولیت کے دروازے کھل جاتے ہیں۔ تو دل اور آنکھوں میں سے کوئی نہ کوئی چیز ضرور روئے۔ اور بعض تو ایسے ہوتے ہیں کہ ان کی دونوں چیزیں رورہی ہوتی ہیں۔ آنکھیں بھی رورہی ہوتی ہیں اور دل بھی رورہا ہوتا ہے۔

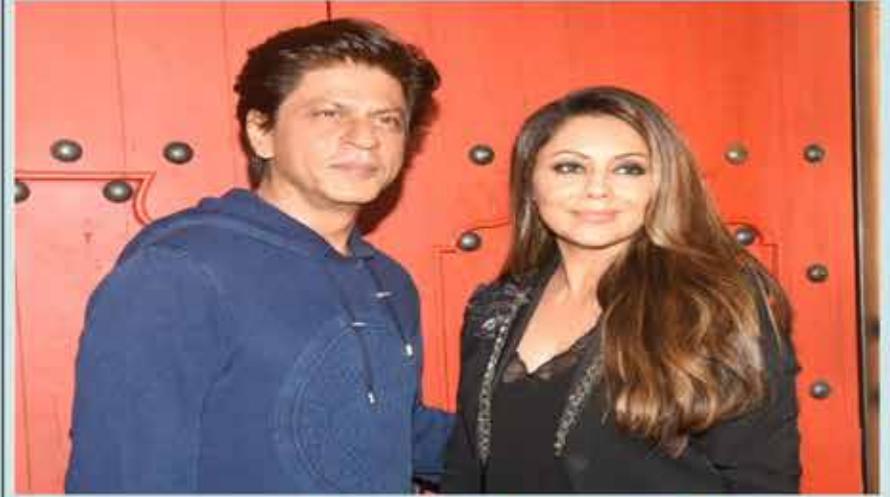
**تیسری علامت:** مخلوق سے ملنے کی تو تمنا ہو لیکن اسے اللہ رب العزت سے ملنا یاد ہی نہ ہو۔ تو سمجھ لے کہ یہ میرے دل کی موت ہے۔ لوگوں کے ایک دوسرے کے ساتھ ایسے تعلقات ہوتے ہیں کہ ان کے دل میں ایک دوسرے سے ملنے کی تمنا ہوتی ہے وہ اداس ہوتے ہیں اور انہیں انتظار ہوتا ہے، مگر اسے اللہ رب العزت کی ملاقات یاد ہی نہیں ہوتی۔

**چوتھی علامت:** جب انسان کا نفس اللہ رب العزت کی یاد سے گھبرائے اور مخلوق کے ساتھ بیٹھنے سے خوش ہو تو وہ بھی دل کی موت کی پہچان ہے۔ اللہ کی یاد سے گھبرانے کا مطلب یہ ہے کہ جب انسان کا دل تسبیح پڑھنے، ذکر اذکار کرنے اور مراقبہ کرنے سے گھبرائے۔ اسے مصلے پر بیٹھنا بوجھ محسوس ہوتا ہو۔ ایک موٹا سا اصول سمجھ لو کہ اگر بندے کا اللہ تعالیٰ کے ساتھ تعلق دیکھنا ہو تو اس کا مصلے پر بیٹھنا دیکھ لو۔ ذاکر انسان مصلے پر اسی سکون کے ساتھ بیٹھتا ہے جس طرح بچہ ماں کی گود میں سکون کے ساتھ بیٹھتا ہے اور جس کے دل میں کجی ہوتی ہے اس کے لیے مصلے پر بیٹھنا مشکل ہوتا ہے۔ وہ سلام پھیر کر مسجد سے بھاگتا ہے۔ کئی تو ایسے بدنصیب ہوتے ہیں کہ مسجد میں آنے کے لیے ان کا دل آمادہ ہی نہیں ہوتا۔ اللہ تعالیٰ ہم گنہگاروں پر رحم فرمائے۔ آمین

یارب العالمین۔

## شاہ رخ خان کے گھر کا باس کون ہے؟ جان کر رہ جائیں حیران

بالی وڈ کی سب سے زیادہ پسند کی جانے والی جوڑیوں میں سے ایک، شاہ رخ خان اور گوری



سویتا چھپیا ہے جو دہلی سے اس کے گھر کو کنٹرول کرتی ہیں۔ گوری خان جو کہ انٹرنیٹ ڈیزائنر بھی ہیں نے بتایا کہ میں نے اپنی ماں سے سب کچھ سیکھا ہے کیونکہ وہ اپنے گھر منت کو پیغامات اور فون کالز کے ذریعے اپنے کنٹرول میں رکھتی ہیں۔ گوری خان نے کہا میری ماں میری بہت بڑی سپورٹ ہے اور میں ان کی مدد کے بغیر ادھوری ہوں، یاد رہے کہ گوری خان اپنی کتاب مائی لائف ان ڈیزائن کو لانچ کرنے کے لیے تیار ہیں۔ اور دوسری طرف شاہ رخ خان اپنی بیک ٹو بیک فلموں پٹھان، جوان اور ڈنگی کے ساتھ سکرین پر واپسی کی تیاری کر رہے ہیں۔

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## سیف علی خان کیوں ہیں سوشل میڈیا سے دور؟

بالی وڈ اداکار سیف علی خان جو انٹرویوز بھی کم کم دیتے ہیں وہ سوشل میڈیا پر بھی کم ہی دکھائی دیتے ہیں، انہوں نے اپنے حالیہ انٹرویو میں بتایا ہے کہ وہ کیوں ہیں سوشل میڈیا سے دور۔ سیف علی خان نے کہا کہ میں نے بہت کوشش کی کہ میں سوشل میڈیا پر رہوں لیکن مجھے میرے نام کا کوئی پینڈل نہیں مل سکا میرے نام کے اتنے پینڈلز موجود ہیں کہ کیا بتاؤں، دوسرا یہ کہ سوشل میڈیا کی دنیا میں آپ کو جھوٹ بہت زیادہ بولنا پڑتا ہے، اور خاص کر ایسا جھوٹ کہ جس میں کسی کی جھوٹی تعریف کرنی پڑے میں یہ سب نہیں کر سکتا یہ میرا مزاج ہی نہیں ہے اس

لئے میں سوشل میڈیا سے دور رہتا ہوں۔ مجھے لگتا ہے کہ میں جو ہوں جہاں ہوں بالکل ٹھیک ہوں۔ سیف علی خان نے کہا کہ مجھے ویسے بھی سوشل میڈیا کے مزاج کی سمجھ ہی نہیں آتی اس لئے مجھے لگتا ہے کہ مجھے اس سے دور ہی رہنا چاہیے۔ یوں سیف علی خان نے بتا دیا کہ وہ سوشل میڈیا سے آخر دور کیوں رہتے ہیں، یاد رہے کہ سیف علی خان کی حال ہی میں فلم کرم ویدھیار ملیز ہوئی ہے یہ فلم باکس آفس پر خاص کمال نہیں دکھائی اس فلم میں سیف کے ساتھ ہر تیک روشن بھی دکھائی دیئے ہیں۔



## جب تک کا نر فلمی میلے میں پہنچ نہیں گئے یقین نہیں آیا ثروت گیلانی

ورسٹائل اداکارہ ثروت گیلانی کہتی ہیں کہ ہمیں بتایا گیا کہ ہماری فلم جو اے لینڈ کو کا نر فلمی میلے میں پیش کیا جائیگا تو پہلے تو سن کر یقین ہی نہیں آیا کہ نر فلمی میلے میں جانے کے لئے ہماری ٹکنس مزید کہا کہ آپ سب جو اے لینڈ دیکھیں گے تو



اور تیاری سب کچھ ہو جانے کے بعد بھی یقین نہیں آ رہا تھا، یہاں تک کہ ہم کا نر فلمی میلے سے واپس بھی آچکے ہیں فلم کو ایوارڈ بھی مل چکا ہے لیکن پھر بھی ہمیں اس کامیابی کا یقین نہیں آ رہا ہے ثروت گیلانی نے کہا کہ جب ہمیں سٹینڈنگ اویشن ملا تو آنکھوں سے آنسو بہہ رہے تھے انہوں نے مزید کہا کہ میں نے کرداروں کا انتخاب ہمیشہ سوچ سمجھ کر کیا ہے میں لوگوں کی

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## ڈرامہ سیریل حاصل لا حاصل کی لاہور میں شوٹنگ

ڈرامہ سیریل حاصل لا حاصل کی شوٹنگ آج کل لاہور میں جاری ہے۔ گزشتہ شب شادی کا ایک سیکوئنس شوٹ کیا گیا۔ دلاور ملک کی ڈائریکشن میں بننے والے اس ڈرامے کے سیٹ پر آغا علی، منشا پاشا، صرہ اصغر اور عمران اشرف کے بھائی عباس اشرف بھی موجود تھے۔ شادی کے سین میں عباس اشرف اور صرہ اصغر کو سٹیج پہ بیٹھے دکھایا گیا اور پھر بعد میں منشا پاشا اور آغا علی کو بھی اس سین میں سیٹ پر دکھایا گیا۔ شادی کے اس سین کو شوٹ کرنے کے لئے خاور ریاض کے سٹوڈیو کا استعمال کیا گیا جسے بڑے پیمانے پر سجایا گیا۔ اس موقع پر دلاور ملک نے کہا کہ ڈرامہ ستر فیصد شوٹ ہو چکا ہے



صرف تیس فیصد شوٹ باقی ہے جو کہ آج کے شوٹ کے بعد لاہور کے دور دراز علاقوں میں شوٹ کیا جائیگا۔ دلاور ملک نے یہ بھی کہا کہ یہ کہانی ایک سوشل ایشو ہے اور میں نے کوشش کی ہے کہ شائقین جو دیکھنا چاہتے ہیں وہ دکھاؤں اس ڈرامے کی کاسٹ میں جتنے بھی آرٹسٹ ہیں سب ہی بہت تعاون کرتے ہیں سیٹ پر وقت سے آتے ہیں اور دل لگا کر اپنا کام کرتے ہیں میں بہت خوش ہوں کہ ہمارا ڈرامہ اختتام پذیر ہونے والا ہے مجھے یہ بھی امید ہے کہ جیسے ہی ڈرامہ آن انٹرنیٹ جائیگا اسے بہت پسند کیا جائیگا اور آغا اور منشا کی جوڑی کو بھی بہت سراہا جائیگا۔



وَالِدِ الدِّينِ

## نصیحت

کاش کوئی سمجھائے ان کو دوستو پڑھائی کرتے ہوئے شادی نہ کیجئے سال بھر میں بیگم کہیں گی آپ سے B A کو چھوڑیے یہ بی بی کو لیجئے



## مہمانی

کہتے ہیں سارے محلے سے دوستی رکھو پر ہمارے لئے ایک ہمسائی بہت ہے لگتا ہے وہ بیوی نہ بن جائے ولی میرے گھر والوں کو پسند آئی بہت ہے



## جنرل مشرف

کس نے کہا تھا واپس آپ کو پاکستان جائیے کیوں اپنے چچوں کی ہر بات کو مان جائیے ایکشن تو گیا ہاتھ سے اب ہے جان پہ بنی مشرف تو دلی نہیں پر دونوں میں ہمشکل جان جائیے



اویس جعفری

## غزل

گل، قفس، صیاد، گلچیں، آشیان، گلشن، بہار بیڑیاں، زندان، منقل، حرف حق، منصور، دار عشق، صحرا، سنگ، منزل، پاؤں، چھالے، دشت، خار سر، جنوں، سودا، الم، آشتنگی، سینہ، نگار آنکھ، کاجل، زلف، بادل، چاندنی، رخسار، یار وصل، آچل، رنگ، خوشبو، ناز، زیبائی، نگار جام، مینا، میکدہ، خم، تشنگی، ساقی، قرار کیف، صبا، شوق، مستی، بے خودی، توبہ، خار رت جگے، بھولیاں، عہد، وفا، قول و قرار رخصتی، بندھن، پیا، سہرا، ملن، ڈولی، کبار آری، آویزے، پائل، آئینہ، سولہ، سنگھار چشم، ترکش، تیغ، ابرو، دل، حدف، شاعر، شکار د، آہٹ، رات، فُرقت، یاس، جاناں، انتظار درد، بیتابی، تصور، غم، اویس، اختر، شمار



انور علی رومی

## غزل

مجھ کو کسی حسین نے کشتہ ناز کر دیا غم کو نشاط کر دیا، سوز کو ساز کر دیا دیکھ لے زلفِ یار کو مچلی ہوئی ہے تاکر سلسلہ جنونِ دل اور دراز کر دیا اپنی جبینِ شوق نے نقش قدم پہ یار کے پڑھ کے نماز عشق کی سجدہ دراز کر دیا عشق بتاں میں دیکھ لے زاہد نماز عشق کی بیٹھ کے بتکدے میں منہ سوائے حجاز کر دیا رومی یہ تو نے کیا کیا دیکھ بڑا غضب کیا دل سے جنوں پرست کو واقف راز کر دیا



رضیہ فصیح احمد

## غزل

اترتی شام کا منظر تو دیکھو کبھی دل کے مرے اندر تو دیکھو نمی آنکھوں کی بھی ہے اک کہانی سمندر بوند کے اندر تو دیکھو کئی دنیا میں گردش کر رہی ہیں تم حد دید سے باہر تو دیکھو سمندر میں کہاں ہلچل کروگی یہ اپنے ہاتھ کا پتھر تو دیکھو ہر ایک اپنا علم لے کر کھڑا ہے سر بزمِ ادب محشر تو دیکھو لڑوگی جہل سے رضیہ کہاں تک ذرا بوجہل کا لشکر تو دیکھو



تنویر پھول

## غزل

مصیبت یا پریشانی بہت آہستہ جاتی ہے بشر کا حوصلہ ہر قدم پر آزماتی ہے نہ پیچھے لوٹ کر دیکھے، یہ دنیا ہے عجب دنیا جو کہنہ نقش ہیں اُن کو مسلسل یہ مٹاتی ہے کہیں آہ و فغاں کا منظر دل سوز ہے دیتی کہیں دنیا مسرت کے نئے برہم بجاتی ہے سخن سنجی، سخن خوانی، سخن گوئی، سخن دانی عطا اللہ کی ہے اور ہنر یہ میرا ذاتی ہے یہاں عیش و طرب کا دور ہے شادی کے نغے ہیں کسک وہ کون سی ہے؟ شمع محفل کو زلاتی ہے وہ شاید جنت الفردوس میں دیتی دعائیں ہوں مجھے ماں کی محبت ہر الم میں یاد آتی ہے یہ خیر و شر کی طاقت ہے اسی کے دست قدرت میں بہت آفات سے مولا کی رحمت ہی بجاتی ہے ذرا مشاطہ، قدرت کا گلشن میں ہنر دیکھو کلی اے پھول! روزانہ ہی شبنم سے نہاتی ہے



آصفہ نشاط

## غزل

اگر کہیں مجھے اقرار کرنا پڑ جائے تو پہلے خود سے ہی نکرار کرنا پڑ جائے خدا کا شکر محبت نہیں ہوئی ہے مجھے میں رو پڑوں گی جو بے کار کرنا پڑ جائے یہ امتحاں ہے مرا جس نے گھر جلایا تھا اسی پہ سایہ دیوار کرنا پڑ جائے کبھی کبھی مجھے دشمن پہ پیار آتا ہے اگر مجھے یہی کردار کرنا پڑ جائے مُصر ہے آج وہ حرفِ وفا مٹانے پر کہیں مجھے نہ کوئی وار کرنا پڑ جائے وہ لگ رہا ہے بہت ہی حسین سوتے میں کسی وجہ سے نہ بیدار کرنا پڑ جائے اُسے نشاط جو سمجھا بجھا کے ہار گئی اب اپنے دل کو ہی تیار کرنا پڑ جائے



رشید شیخ

## غزل

ہم تو دل اور جاں فدا کرتے رہے وہ جفاؤں پر جفا کرتے رہے خود فریبی میں رہے ہم مبتلا بے دفاؤں سے وفا کرتے رہے چاند تارے توڑ لائے بھی تو کیا وہ تقاضے اور گلا کرتے رہے آگے وہ پھر اچانک خواب میں اور زخموں کو ہرا کرتے رہے اک تمنا نامکمل رہ گئی عمر بھر جس کی دُعا کرتے رہے جھوٹ کو اپنے چھپانے کے لیے جھوٹ کی وہ انتہا کرتے رہے جام و مینا توڑ ڈالے شیخ نے میکدے میں وہ یہ کیا کرتے رہے



سیماعابدی

## غزل

کہیں سے ڈھونڈ کے لاؤں کسی دن یہ تمنا ہے اسے میں روبرو پاؤں کسی دن یہ تمنا ہے اطاعت کا سبق تھا یاد مجھ کو وہ نہیں سمجھے انھیں آئینہ دکھاؤں کسی دن یہ تمنا ہے محبت کے فسانوں کا میں اکثر ذکر سنتی ہوں محبت کا خدا پاؤں کسی دن یہ تمنا ہے اسی کا شہر ہو منزل مری اور درگھکانہ ہو وہیں کی ہو کے رہ جاؤں کسی دن یہ تمنا ہے کوئی موسیٰ بصد ہود دید پہ اور میں بھی پس منظر مثال طور جل جاؤں کسی دن یہ تمنا ہے اٹھی ہو بادل نحواستہ دل میں دُعا کرتی تری محفل میں پھر آؤں کسی دن یہ تمنا ہے رگوں میں دوڑتا پھرتا ہے جو سیمّا لبو بن کر اسی کا نکس ہو جاؤں کسی دن یہ تمنا ہے



On the lighter side....

After surgery, the doctor said to the patient, "I am sorry, but I forgot a pair of scissors inside you. I need to..."

The patient quickly responded, "Oh don't bother doctor! If it is because of that, just tell me how much it cost and I will pay you back."

The young boy was spending a Sunday afternoon with his grandpa. Looking at pictures of his grandpa in his military uniform, the boy asked, "Grandpa, did you ever kill anyone in the war?"

"No champ, I never did."

"That's a good thing."

"You're telling me," began grandpa, "I was the cook!"

An old lady offers a bus driver some peanuts. So the driver happily eats them. Every 5 minutes she hands him another handful of peanuts.

Driver: "Why don't you eat

them yourself?"

Old Lady: "I can't chew look I have no teeth."

Driver: "Then why do you buy them?"

Old lady: "I just love the chocolates around them."

"Wake up, honey. It's time to go to school."

"But why? I don't want to go to school."

"Give me two reasons why you don't want to go to school."

"One, all the children hate me. Two, all the teachers hate me."

"Oh, that's no reason. Come on, you have to go to school."

"Give me two good reasons why I should go to school?"

"One, you are fifty-two years old. Two, you are the principal!"

The room was full of



pregnant women and their partners, and the class was in full swing. The instructor was teaching the women how to breathe properly, along with informing the men how to give the necessary assurances at this stage of the plan.

The teacher then announced, "Ladies, exercise is good for you. Walking is especially beneficial. And, gentlemen, it wouldn't hurt you to take the time to go walking with your partner."

The room got quiet. Finally, a man in the middle of the group raised his hand. "Yes?" replied the teacher.

"Is it all right if she carries a golf bag while we walk?"

guy dies and is sent to hell. Satan meets him, shows him doors to three rooms, and says he must choose one to spend eternity in.

In the first room, people are standing in dirt up to their necks. The guy says, "No, let me see the next room."

In the second room, people are standing in dirt up to their noses. Guy says no again.

Finally Satan opens the third room. People are standing with dirt up to their knees, drinking coffee and eating pastries.

The guy says, "Ok, I pick this room." Satan says Ok and starts to leave, and the

A guy wades in and starts pouring some coffee.

On the way out Satan yells, "OK, coffee break's over. Everyone back on your heads!"

There were three men on a hill with their watches. The first man threw his watch down the hill and it broke. The second man threw his watch down the hill and it broke.

The third man threw his watch down the hill, walked all the way to the bottom, and caught it. The other two men were puzzled and asked the third man how he did it.

The third man said, "Easy. My watch is 5 minutes slow."

A doctor had been attending a rich old man for some time, but it became apparent that the old chap had not long to live. Accordingly, the doctor advised his wealthy patient to put his affairs in order.

"Oh yes, I've done that," said the old gentleman. "I've only got to make a will. And do you know what I'm going to do with all my money? I'm going to leave it to the doctor who saves my life."

Teacher: Johnny what do you want to be when you grow up?

Johnny: Either an animal Vet or a Taxidermist.

Teacher: Why did you choose such different careers?

Johnny: Well, either way you get your dog back.

I was getting ready to go to choir practice when I heard my dad say, "Don't forget a bucket."

Confused, I replied, "A bucket? Why?"

"You'll need something to help you carry a tune."



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