ISRO to launch 30 satellites in one go in December

The Indian Space Research Organisation (ISRO) said it will launch 30 satellites in a single mission on board its Polar Satellite Launch Vehicle (PSLV) in December.

The mission, whose main payload would be Cartosat-2 series earth observation satellite, will be the first PSLV mission after the unsuccessful launch of navigation satellite IRNSS-1H in August.

“We are planning our next launch in the second half of December; all things are in place... It will be a satellite of Cartosat-2 series along with other co-passengers,” ISRO Chairman Kiran Kumar told reporters here.

PSLV-C40 will be used for the launch from the spaceport in Sriharikota, about 100 kilometres from Chennai.

The mission will be a combination of 25 nano satellites, three micro-satellites and one Cartosat satellite, along with “maybe” one university satellite, ISRO officials said.

They said most of the co-passengers of Cartosat-2 series satellite would commercial satellites from foreign countries, including Finland and the US.

On August 31, India’s mission to launch its backup navigation satellite IRNSS-1H onboard PSLV-C39 ended in a failure after a technical fault on the final leg following a perfect launch.

ISRO had then said the heat shield did not separate on the final leg of the launch sequence, and, as a result, the IRNSS-1H got stuck in the fourth stage of the rocket.

To a question about PSLV-C39 failure, Kumar said when a system, which had worked sixty times, fails because of a particular reason, it should not be a fundamental problem.

“We are trying to improve further on the robustness of this (rocket). It is not a fundamental issue,” he said.

Another big launch in ISRO’s calendar is the next lunar mission Chandrayaan-2, on board GSLV-Mk II, scheduled for March 2018.

On Chandrayaan-2, Kumar said right now the orbiter was getting integrated at Bengaluru and some more tests were going on with regard to the lander and rover, instruments and systems.

“By the first quarter of the next year we expect to put the orbiter, lander, rover - all the things together into the lunar orbit,” he said.
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India's Air Force is pushing the government to abandon a massive deal with Russia for a fifth-generation fighter aircraft, citing its inferiority to America's F-35 Joint Strike Fighter.

Defense News reported that [3] the Indian Air Force (IAF) has been pushing back against the proposed nearly $10 billion agreement for India and Russia to jointly develop and produce a fifth-generation fighter aircraft, or FGFA. A senior IAF official told Defense News, "IAF is not keen to continue with the program," adding that "the service had raised its concern with the Ministry of Defense.

The article lists a number of IAF concerns. First among them is that the Air Force believes the plane's stealth and cross-section features are inferior to America's F-35. Another concern, according to the article, is that the FGFA "does not have modular engine concept, making maintenance and serviceability of the fleet expensive and troublesome."

A second IAF official explained that the lack of a modular engine would prevent India's Air Force from repairing planes in-house. Instead, servicing would have to be performed by the manufacturer. Previously, IAF sources have complained about the high maintenance costs of the Su-30 planes India purchased from Russia.

This is not the first time the IAF has expressed opposition to the bilateral agreement, which has India procuring between 120 and 130 planes. Just last month, an Indian media outlet published a report citing IAF complaints about the expected cost of the aircraft.

"Sources said the investment of $6.7 billion (Rs 44,800 crore) would give India only four prototypes of the FGFA aircraft and it will have to pay another $1.35 billion (Rs 900 crore) each for the 127 planes, which would be ready for induction only after 2027–28," India Today reported in September [6]. "The cost per aircraft at the time of delivery in 2027–28, due to high inflation in defense deals, would come around $250 million bringing the total project value to around $32 billion (Rs 2 lakh crore)."

India's Air Force's opposition is not the only issue holding up the agreement. The two countries have also clashed over the issue of sensitive technology transfers from Russia to India. As the Diplomat reported in March of this year [8]: "India wants a guarantee that [it] will be able to upgrade the fighter jet in the future without Russian support, which would require Moscow sharing source codes (sensitive computer code that controls the fighter jet's various systems — the key to an aircraft's electronic brains). In addition, the FGFA should directly support India's advanced medium combat aircraft (AMCA) program—a separate Indian fifth-generation fighter project."

One Indian official has called [9] the last demand "mandatory." Another issue, although one that appears to be resolved, is over how many planes each side will buy for their own armed forces.

Still, there are signs for continued support for the deal from both sides. For instance, in February of this year, the Hindustan Times reported that [10] the Ministry of Defense established a panel to review the FGFA program and offer up recommendations. In August, it was reported that the four-person panel "strongly recommended" moving forward with the program. After the Defense News report was published this week, Russia's official arms exporter, Rosoboronexport, put out a statement saying that both countries remain committed to developing the FGFA. "Currently, the Russian-Indian inter-governmental agreement is in effect; there are commitments, under which the parties are implementing the joint project for developing the 5th-generation plane in accordance with the agreed stages and time limits," Rosoboronexport said, according to Russian media [11].

The FGFA program dates back to 2007, when India and Russia signed an agreement to explore jointly developing a fifth-generation aircraft. Three years later, the two countries reached an agreement to spend $295 million for a preliminary design of the jet. The project stalled after that phase, however, until reports last spring suggested that the two sides could reach an agreement to each invest $4 billion to complete the final phase of the plane's development. The increasingly vocal opposition from India's Air Force is likely an attempt to prevent that deal from ever coming to fruition.

If the two sides decide to move forward, the plan is for the FGFA to be based on the Sukhoi Su-57, Moscow's first fifth-generation aircraft. As Franz-Stefan Gady has explained [12], "The Sukhoi Su-57 is a fifth-generation multirole, single seat, twin-engine air superiority/deep air support fighter intended to replace the Russian Air Force's fleet of MiG-29 and Su-27. The Su-57 will be armed with beyond visual range air-to-air missiles as well as air-to-ground missiles including the extended range Kh-35UE tactical cruise missile."

Russian media have explained that the FGFA itself will be modified to meet India's technical needs. This likely will include enabling it to carry Indian-origin weaponry. In addition, "Tass has reported[13] the modifications will include "the design and development of a two-seater version of the aircraft, the integration of an advanced engine with increased thrust are planned at the request of India."

This story was originally published by The National Interest.
www.DemocratDeMerchant.com

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Paid for by Sarah DeMerchant Campaign, Harry Tsung, Treasurer

CAREER workshop
Career Development for New and Experienced Job Seeker
SATURDAY
November 18, 2017
10:00AM UNTIL 12:00PM
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Topics covered:
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• How to prepare your resume?
• How to utilize various tools such as LinkedIn effectively?
• Are headhunters helpful?
• How to network?
• How to prepare and present yourself for interviews?
• How to be successful in interviews?

Conducted by:
Brother Nasir Rahman CFA, FRM
17 years of Financial Services Experience & Adjunct Faculty of
Naveen Jindal School of Management UTD

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FINANCIAL SERVICES
Dr. Basheer Ahmed received Asian-American chamber of commerce award for “Diversity Beyond Boundaries”.

The award was presented by Honorable Greg Abbot governor of Texas, Oct 27th 2017.

Dr Ahmed is the chairman emeritus and the founder of Muslim Community for Human Services (MCCHS) which provides services to all residents of the DFW area irrespective of ethnicity, race, religion, or country of origin. Many of MCCHS physicians and staff are from different regions, including India, Pakistan, the Middle East, and of course the USA with many different ethnicities and religious backgrounds.

Fiqh Council of North America a national body of prominent Islamic scholars and jurists concluded their 3 day meeting here in Dallas, TX hosted by ISNA & Islamic Relief USA. From the front row: Shaykh Zainab Alwani, Shaykh Deina Abdelkader, Ameer of FCNA Shaykh Muzamal Siddiqi, Shaikh Deina Abdelkader, Ameer of FCNA Shaykh Muzamal Siddiqi, Shaikh Adam Al Shaikh, Imam Hasan Qazwini, Dr Khalid Shoukat, back row: Dr Ihsan Bagby, Sh Omar Mustafa, Shaykh Zulfikhar Ali Shah, Imam Mohammad Qatanani, Shaykh Abdul Rahman Khan & the host Azhar Azeez.

At Talat Aziz concert: Dr Asim Shah, M. Tahir Javed and Qaiser Imam in Houston
Shawkat Mohammed
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REHAN KAISER ................ 817-903-7838
AZHAR BUKHARI ............ 817-683-3786

SHAZIA KHAN
972-948-1965

AL-NOOR INTERNATIONAL (DALLAS)
DR. Umar Farooq received Community Service Award from NAACP where Governor Tom Wolf was a keynote speaker. Congressman Brian Fitzpatrick attended the event as well.

Rao Kamran Ali with Stephen Yates, Lt Governor candidate GOP Idaho, Dr Jack Lesseter, Fahim Rahim ground breaking ceremony of CardioRenal Centers of America (CRCA), a venture of Fahim Rahim and Naeem Rahim and team. The event was filled with warmth from physicians, local politicians, hospital management as well as community. Literally haven’t seen this mutual love and care ever before. Truly means “giving back to community”


APPNA Team:
Message from Lubna Naeem: With your trust, I will work tirelessly to help address challenges, and to secure lasting and meaningful improvements within our organization. The task ahead requires commitment of all of us and it is the perseverance and innate desire of most of us to work hard with courage that makes us continue to make a difference. John F. Kennedy once said “effort and courage are just not enough without purpose and direction”

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Diwali Celebrations at CG in Houston

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Diwali Celebrations at CG in Houston
INDIAN AMERICAN MUSLIM COUNCIL
Empowerment Through Strategic Advocacy for Peace, Pluralism & Social Justice

DFW–Metro Chapter
Invites you and your family for our annual fundraising dinner
6:00 PM, Sunday, November 12, 2017

Safeguarding Religious Freedom and Human Rights in India

Keynote Speaker: Ajit Sahi
Civil Liberties Activist & Veteran Journalist / Political Commentator

In a pioneering investigation published in Tehelka magazine in 2008, Sahi exposed large-scale fabrication of terror cases against thousands of innocent Indian citizens, especially Muslims across India. He has also written extensively on the police brutalities against innocent tribals in Chhattisgarh in the name of counterinsurgency operations. In June 2016, Sahi testified before the Tom Lantos Human Rights Commission of the U.S. Congress on the human rights violations in India.

Location: George C. Marshall High School
7731 Leesburg Pike
Falls Church, VA 22043

Web: www.iamc.com     Ph: 732-731-9041     E-Mail: dallas-exec@iamc.com
Grand welcome to Asad Mohammad son of legendary former Cricket captain of India Mohammed Azharuddin to Chicago. Asad is having a fantastic cricket season this year in A Division of Hyderabad Cricket with average score of over 100 runs in each match. Wish you best of lucks for Ranji Trophy and IPL.

It was pleasure to visit the faculty of Shadan Medical college and research institute at Moinabad, Hyderabad. Toured the place with my young dynamic friend the Managing director of group of VRS Colleges Mr. Sarib Rasool Khan where more than 50,000 students are studying.

It was honour to present a decent check on behalf of Sarib to Moulana Abul Kalam Azad university Principal for upcoming education seminar next week in conjunction with American Consulate office at Hyderabad.

Family dinner hosted at the residence of Honourable Deputy Chief Minister of Telangana State Janab Mehmood Ali Sahab for American Consulate General at Hyderabad Ms.Katherine Hadda. Seen in picture from left is Furqan Ahmed grandson of Mehmood bhai, Masillah, Mr Azam Ali s/o Mehmood bhai, Katherine Hadda, Micheal Hadda and Iftekhar Shareef.

Deputy Chief minister of Telangana State Janab Mehmood Ali Sahab doing Khusur Pusur with Iftekhar Shareef.

Grand opening of new location of Mujtaba Jewellers Humayun Nager, Hyderabad. Seen in pictures is Asadullah Baig the owner showing the new collections of jewellery including Rose Gold sets, all 22 karats gold. Very large location on two floors, must visit to see collections.
Diwali with President Trump in Oval office. President warmly met everyone, lighted Diyas, spoke about Diwali, Hindu Heritage and contributions of Indian Americans. Select Republican Hindu Coalition members and Indian Americans in administration attended. Official celebration pictures followed. Happy Diwali! Proud to see our own Krishna Bansal ji from Chicago in the selected few.

At the inauguration of book by Peot Ghulam Mustafa Anjum

Message from the President:
Today, I was deeply honored to be joined by so many administration officials and leaders of the Indian-American community – to celebrate Diwali – the Hindu Festival of Lights. As we do so, we especially remember the People of India, the home of the Hindu faith, who have built the world’s largest democracy. I greatly value my very strong relationship with Prime Minister Modi. Diwali is one of the most important celebrations in the Hindu religion. A time of peace and prosperity for the New Year, it is a tradition that is held dear by more than 1 billion Hindus worldwide and more than 2 million Hindus in the United States. It is also celebrated by millions of Buddhists, Sikhs, and Jains in America, India and around the world.

Our Indian-American neighbors and friends have made incredible contributions to our country – and to the world. You have made extraordinary contributions to art, science, medicine, business and education. America is especially thankful for its many Indian-American citizens who serve BRAVELY in our armed forces and as first responders in communities throughout our great land.

The Lighting of the Diya is typically celebrated by families in their homes. Today, we proudly celebrate this holiday in THE PEOPLE’S HOUSE. In so doing, we reaffirm that Indian-Americans and Hindu-Americans are truly cherished, treasured and beloved members of our great American FAMILY.

We wish all of America’s Hindus and everyone who celebrates Diwali a joyous holiday and blessings of light, goodness, and prosperity throughout the New Year. And now we will light the Diya.

Donald J. Trump
President of the United States of America

Chicago Muslim Medical Association. (CMMA)
successful event and wonderful crowd

CMMA Hosted a CME Dinner at Shalimar Banquets. The CMMA attended in Full force to hear, the key note speaker about “Genocide in Mayanmar” & The 2018 Trends in Health In USA - Dr Faiz Shareef

Dr. Imtiaz Ahmed, Sayed Iftiqar and Shawkat Mohammed and others at CMMA conference in Chicago.
Indian American Artist Shines at US Film Festival

Chicago, IL: A Chicago based Indian American artist recently made her community proud and performed at a film festival, a Chicago-based competition festival for independent filmmakers worldwide. During her performance at the festival, Jaitly performed Bollywood dance with a saxophone artist Derrick Tate accompanying her on the instrument. Jaitly and Tate presented a fusion of Bollywood and Hollywood through dance and saxophone. The festival was sponsored by Various Artists TV, an independent network and website launched earlier this year in Chicago. This unique festival was designed to provide artists the opportunity to showcase their creativity and participate in a healthy competition with their talented peers.

The two day festival showcased a variety of films that included documentaries, comedies Short Film, Music Videos, Short Film, TV/Web Series Pilots, Documentary, Animation, Foreign Film, Horror/Thriller, Children/Family Content, and concluded with award presentations for each category. The judges for the festival included working industry professionals like Barrie M. Osborne (Producer ‘Lord of the Rings’, ‘The Matrix’), Joyce Cox (VFX Producer ‘Avatar’, ‘Titanic’, ‘The Dark Knight’) and Bob Gale (Writer/Producer ‘Back to the Future Trilogy’), Chris Walas (SFX Make Up Academy Award Winner ‘The Fly’ 1986 and so on.

Born and raised in Haryana, India, Prachi Jaitly currently lives in a Chicago suburb and performs a variety of roles. A mother and a wife, Jaitly runs a dance school in Chicago and also works a full time job in a hospital. Jaitly’s husband and son accompanied to the festival her to support her. Jaitly is an experienced writer, editor, English language faculty, Human Resource professional and a trained Indian classical dancer (Kathak). She has been teaching for over 10 years and has been performing for last 25 years. She is the Director of Bollywood Arts Academy Inc, Chicago and teaches dance and theater. She finished her MBA in Human Resources and Management from University of Illinois, Chicago and currently works as a Staffing Coordinator in a hospital. She worked as English Language and Literature faculty for Kurukshetra University and for Union Territory, Chandigarh for over five years utilizing her Masters in English Language and Masters in Philosophy. Putting her degree in Journalism and Mass Communication to work, she has written articles for Hindi and English newspapers and blogs in India as well as the US.

"Dance is a form of Mediation for me. It connects me with my inner self. Through dance, I try to try to spread joy and happiness around me. Walking the red carpet at today’s festival was a proud moment for me and my family”, said Jaitly.

It is with our deepest sorrow that we inform you of the passing away of Dr. Zia Hassan, Ph.D., Chairman Emeritus of Islamic Foundation, Villa Park, IL. and also Dean Emeritus of IIT’s Stuart School of Business. Dr. Hassan passed away this morning, October 29, 2017 after being ill for sometime and he was 84. He is survived by his wife Dr. Shakeela Hassan, three daughters and five grandchildren. We all pray to Allah to grant Dr. Hassan a place in Jannah and give Dr. Hassan’s family patience. Dr. Hassan’s Janaza prayer will be on Monday, October 30, 2017, after Zuhur Prayers (1:30 p.m.) at Islamic Foundation, Villa Park, IL.

Dr. Zia Hassan was one of the early immigrants and migrated to United States in the 1956. He received his Bachelor’s Degree in Mechanical Engineering at the University of Punjab in Pakistan before receiving his Master’s Degree (1958) and Ph.D. (1965) in Industrial Engineering at the Illinois Institute of Technology, Chicago. Dr. Hassan began his career as a Lecturer in IIT in early 1960’s and worked his way up the ranks of becoming Dean of the IIT’s Stuart School of Business. Dr. Hassan taught business policy and quality management. His research focused on effective organizations and quality issues on organizations. He has published more than 30 papers, co-authored Basic Programs for Production and Operations Management, and wrote the chapter “Design of Interrelated Manufacturing and Quality Systems” in Manufacturing High Technology Handbook. Dr. Hassan was a Fellow of the American Society for Quality and has served as an examiner for the Malcolm Baldrige National Quality Award.

Dr. Zia Hassan had a great passion for community work. He was one of the founding members and the first Chairman of Board of Trustees for Islamic Foundation, Villa Park, IL. He was a Chairman of Islamic Foundation for over 40 years and oversaw the formation and growth of various parts of Islamic Foundation. During his tenure as the Chairman, Islamic Foundation grew from a small weekend religious school to one of the largest Islamic Centers in the United States with a Large Mosque, Full-time School (Pre-K to 12), and 4 weekend programs.

It is with profound sorrow we must inform you all, about the sad demise of Brother Abdul Hameed Dogar also affectionately known as Dogar Sahib. Dogar Sahib was one of the founding members of Islamic Foundation, Villa Park and served as a Director of Islamic Center for over 40 years. He died late Sunday night on October 29, 2017 in his home after being ill for sometime and he was 93. He is survived by his wife Mrs. Masooda Dogar, two sons and two daughters. We all pray to Allah for Dogar Sahib’s Magfirath and give Dogar Sahib’s family patience. Dogar Sahib’s Janaza Prayer will be on Monday, October 30, 2017, after Zuhur Prayers (1:30 p.m.) at Islamic Foundation, Villa Park, IL. along with Dr. Zia Hassan’s Janaza prayers. Both were the founding trustees of Islamic Foundation and oversaw the growth of Foundation from a small weekend school to one of the largest Islamic Centers in the United States.

Dogar Sahib earned his B.E. Degree in Civil Engineering from Aligarh Muslim University in India before the partition. He worked as a Civil Engineer in Pakistan and later migrated to the United States in March of 1962. He worked for Illinois Department of Transportation (I-DOT) from 1963 until his retirement in 1991. He was Licensed Profession Civil and Structural Engineer. He designed I-55 and some of the bridges in I-355. Dogar Sahib was a visionary and wanted to establish an Islamic Educational Institution in the Chicago and thus laid the foundation for establishing Islamic Foundation Mosque and School. He was voracious reader and scholar. He has written multiple Islamic books. One of his publications is “Islam God’s Final Message to Mankind”.

Dr. Zia Hassan’s funeral prayers will be on Monday, October 30, 2017, at 3:00 p.m. at Islamic Foundation Mosque and School. The Inauguration of I-355 Prayers (1:30 p.m.) will be held on Monday, October 30, 2017, at 1:30 p.m. at Islamic Foundation Mosque and School. It is with profound sorrow we must inform you all, about the sad demise of Brother Abdul Hameed Dogar also affectionately known as Dogar Sahib. Dogar Sahib was one of the founding members of Islamic Foundation, Villa Park and served as a Director of Islamic Center for over 40 years. He died late Sunday night on October 29, 2017 in his home after being ill for sometime and he was 93. He is survived by his wife Mrs. Masooda Dogar, two sons and two daughters. We all pray to Allah for Dogar Sahib’s Magfirath and give Dogar Sahib’s family patience. Dogar Sahib’s Janaza Prayer will be on Monday, October 30, 2017, after Zuhur Prayers (1:30 p.m.) at Islamic Foundation, Villa Park, IL. along with Dr. Zia Hassan’s Janaza prayers. Both were the founding trustees of Islamic Foundation and oversaw the growth of Foundation from a small weekend school to one of the largest Islamic Centers in the United States.

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Mr. Abdul Hameed Dogar and Dr. Zia Hassan passed away - A huge blow to Chicago Muslim Community
Oak Brook village president Hon Gopal Lalmalani at the unveiling of Mahatma Gandhi's larger than life bronze sculpture at the World Headquarters of the Lions Club International in Oak Brook with Consul General of India Neeta Bhushan, and Oak Brook Trustee Moin Sayed

Gujarat Cultural Association honor Dr. Anuja Gupta well known cardiologist on Diwali Party held on October 28, 2017. We all are proud of Dr Anuja Gupta to bring dream community like Verandah to Chicago. Our seniors and Indian community very much need place like that where they feel at home & can enjoy together. Seen here with Dr. Anuja Gupta is Mr. Anil Shah, President at World's Money Exchange, Inc. Anil Shah and World's Money Exchange, Inc was one of the major sponsor of this event.
RIYADH: First Secretary at the Indian Embassy Riyadh TM. Dr. Hifzur Rahman Azmi stressed on the necessity to read, understand and follow the writings of Sir Syed Ahmad Khan. He was addressing the special session of 81st club meeting of Bazme Urdu Toastmasters club based on the theme Sir Syed and his vision, commemorating the 200th birth anniversary of this great visionary.

Quoting Sir Syed Ahmad Khan, Rahman said, “Do not show the face of Islam to others instead show your face as the follower of true Islam representing character, knowledge, tolerance and piety.”

Former President of AMUOB and associate professor at King Saud University Ahamad Badshah shed light on the writings of Sir Syed Ahmad Khan and said that he changed his way of thinking upon advice of poet Mirza Galib.

A former student of AMU, Basha said that the alumni of this great university are spread across the globe and are contributing in various fields.

On the table topic segment conducted by TM. Abdul Quddus Javed, Abdul Hameed, Dilshad Ahmad, Aftab Nizami, Mohammed Saifuddin, delivered impromptu speeches on various topic given to them on the spot.

Mr. Sulaiman Mazharuddin - MC Member IISR
Mr. Moin Khan - MC Member IISR
Dr. Shaukat Pervez - Principal IISR
Mr. Raefeq Seth - Chairman Mumtaz Group
Mr. Moazzam
Engr. Mohammed Azizuddin
Mr. Mohammed Quaiser - President Hum Hindustani Tanzeem
Mr. Shahbaz Ali Mohammed Farooqui
Dr. Mohammed Ashraf - President AIUS
Mr. Taquddin - Bazme Urdu Toastmasters Club
Dr. Sayeeduddin - President Riyadh NRI Forum
Mr. Zia ur Rahman - President Deccan Cultural Association

Bazme Urdu Toastmasters conducts special session on Sir Syed’s bicentennial

By Mir Mohsin Ali

RIYADH: A Grand Event was organized by Telangana NRI Forum Riyadh on 27th October 2017 at Pak House Retardant featuring Ustaad Nizam Ali Khan Sahab. It was an amazing event with houseful crowd. The event was attended by many dignitaries of Riyadh.

Event was attended by
Mr. Kundan Lal - Air India GM
Mr. Fareed Ali Khan
Dr. Dilshad Ahmed - MC Chairman IISR

Mr. Sultan Mazharuddin - MC Member IISR
Mr. Moin Khan - MC Member IISR
Dr. Shaukat Pervez - Principal IISR
Mr. Raefeq Seth - Chairman Mumtaz Group
Mr. Moazzam
Engr. Mohammed Azizuddin
Mr. Mohammed Quaiser - President Hum Hindustani Tanzeem
Mr. Shahbaz Ali Mohammed Farooqui
Dr. Mohammed Ashraf - President AIUS
Mr. Taquddin - Bazme Urdu Toastmasters Club
Dr. Sayeeduddin - President Riyadh NRI Forum
Mr. Zia ur Rahman - President Deccan Cultural Association
Born, Nov 11, 1956, in Hyderabad, India to Abdul Azeez Khan and Sajida Abid, a famous Urdu writer and poet. He went to Hyderabad Public School when he finished his ISC and then joined The Indian Institute of Management and Commerce for his B.Com (Hons) Course.

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

He released his first album in Feb 1980, under the baton of Jagjit Singh. Jagjit Singh composed this album titled ‘Jagjit Singh presents Talat Aziz’. This was a runaway hit and the ghazals from this album like Kaise Sukoon, Parayee and Noor-Dil Apna Aur Preet were hit and the ghazals from this album like Kaise Sukoon, Parayee and Noor-Dil Apna Aur Preet were referred to as hits and were released by Universal Music.

In 2007 he was invited by the Prime Minister of India Shri Atal Behari Vajpayee to perform at the Taj Garden Retreat Kumarakom Kerala. He sang a special number specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He sang a special number for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He was invited by Shri L.K. Advani the deputy minister of India Shri Atal Behari Vajpayee to perform at the Taj Garden Retreat Kumarakom Kerala. He sang a special number specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He was invited by Shri L.K. Advani the deputy minister of India Shri Atal Behari Vajpayee to perform at the Taj Garden Retreat Kumarakom Kerala. He sang a special number specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He was invited by Shri L.K. Advani the deputy minister of India Shri Atal Behari Vajpayee to perform at the Taj Garden Retreat Kumarakom Kerala. He sang a special number specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala. He was invited by Shri L.K. Advani the deputy minister of India Shri Atal Behari Vajpayee to perform at the Taj Garden Retreat Kumarakom Kerala. He sang a special number specially for him and his close family at the Taj Garden Retreat Kumarakom Kerala.

In November 2013 he started hosting a special radio show titled Caravan e Ghazal as an RJ on 92.7 BIG FM which was relayed every Sunday.

He also curated a Bollywood Electro Music Festival titled Bollywood for Percept India which was held all over India and the World from November 2013.[2]

In November 2013 he started hosting a special radio show titled Caravan e Ghazal as an RJ on 92.7 BIG FM which was relayed every Sunday.
CHICAGO, Oct. 24, 2017: The Chicago-Kent trial advocacy team represented by Shahina Khan, 3rd year JD student with three other students in the National Civil Trial Competition Championship 2017, held at Santa Monica and Los Angeles, Calif. Chicago-Kent won over George-town University Law Center, Drexel University Thomas R. Kline School of Law, and American University Washington College of Law twice in the quarter and semi finals rounds. In the finals, Chicago-Kent got 1st runnerup to the team of Stamford University Cumberland School of Law. She also the recipient of prestigious J.J. Bittenbinder Award in UIC and the Obama Award for her championship in extra and co curricular activities during High School years.

Shahina Khan belongs to the aristocratic and respectable family of old Hyderabad Estate. She is the daughter of Engr. Ameer Mohammed Ali Khan, Practicing Consultant of IDOT, and grand daughter of President’s Gold Medalist, Late Nawab Wajid Ali Khan, Superintendent of Police, Ex. AP, India. Shahina Khan’s great grand father, Late Abul Faiz Mirza Mohammed Ali Baig, was an eminent lawyer in pre and post independent India Hyderabad. He was one of the few eminent lawyers of India who had an opportunity to write the constitution of India.

Shahina Khan is the President for Criminal Law Society, PRESIDENT 2017-2018 Muslim Law Student Association and member of Trial advocacy Team (2017-2018). Earlier to this, she also served as the Vice President for these associations. She graduated from University of Illinois at Chicago in 2015 with a bachelors in Criminal law with honors. She is doing her internship in Cook County State’s Attorney’s Office, Chicago. She wants to pursue a career in Criminal Litigation.

From left: The Chicago-Kent team of Alexis Halsell ’18, Jesse Pollans ’18, Shahina Khan ’18 and Kristen Farr Capizzi ’18 finished in second place at the 2017 National Civil Trial Competition.
Successful Diwali event: Pratibha Jairath with Vibha Raiput, Hitesh Gandhi, Anuja Gupta, Sunil Shah, Om Dhingra, Madhu Uppal and Brij Sharma.

Islamic Centre of Naperville was honored to host Honourable Consul General of India, Ms. Neeta Bhushan at Islamic Centre of Naperville for Round Table Conference. The round table conference was attended by ICN Board and its Leadership. It was wonderful to hear Consul General about India and its rich diversity with so many faith. CG also spoke about different challenges Indian Community members face in US and Consulate facilitating many services for Indian Community.

Fundraising event “Taare Zameen Par”

Shawkat Mohammed from Dallas with singers Parha Salaam and Abdul Ghafoor
Nawab Shah Alam Khan Sahab passed away

Janab Nawab Shah Alam Khan saheb, a descendent of nobility of erstwhile Hyderabad State, he was one of the leading industrialists, a philanthropist, an educationist and an administrator. He held the positions of chairman of A.P. minority state financial corporation, Member of the Board of Management and Academic Senate of Osmania University and Member of the Academic Council of Aligarh Muslim University. He was also member of Darussalam Educational Trust. He was also the chairman of Anwarul Uloom Educational Society and many more educational societies. He converted Anwaruloom from a small educational institute into an educational hub. Today about 18,000 students attend schools and colleges run by society. An engineering college ‘Nawab Shah Alam’ was named after him. He was widely respected as one of the leading lights of education in general and minority education in particular, in the country.

May Allah swt grant him the highest place in Jannah Ameen

He was 96 years and widely respected in the city’s social circles as a leading industrialist, philanthropist and an educationist.

Nawab Shah Alam Khan was born in a Jagirdar family in 1921. He was also the Chairman of Anwarul Uloom Educational Society and an engineering college was named after him. He was the one who converted a small educational institute into a society under which several institutions have run.

Nawab also officiated as Chairman of Andhra Pradesh Minority Finance Corporation, Member of the Board of Management and Academic Senate of Osmania University and Member of Academic Council of Aligarh Muslim University.

He is survived by seven sons including Nawab Mahboob Alam Khan.

With Janab Hasan Chishti in 2012
Wali Uddin

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Out of town, people may contact Wali Uddin at (630) 803-7321 for any book orders.
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Preventing Goblins for Their Tricks and Treats

- Make sure older kids go out with friends. Younger children should be accompanied by an adult. If you live in a rural area, offer all kids a ride in the car.
- Set a time limit for children to trick-or-treat.
- Together, map out a safe route so you know where they’ll be. Remind them not to take shortcuts through backyards, alleys, or playing fields.
- Remind kids not to enter a strange house or car.
- Try to get kids to trick-or-treat while it is still light out. If it is dark, make sure the children are carrying flashlights that work.

Pranks That Can Be A Little Trickier Halloween is notoriously a night of pranks—
- toilet papering a house or filling mailboxes with shaving cream are not unusual. Try to get a handle on your children’s plans before they go out. Explain to them that while you want them to have a good time, some tricks could hurt other people or vandalize property. Emphasize that you disapprove of vandalism. Eating the Treats
- Kids need to know not to eat their treats until they get home. One way to keep trick-or-treaters from digging in while they’re still out is to feed them a meal or substantial snack beforehand.
- Check out all treats at home in a well-lit place.
- What to eat? Only unopened candies and other treats that are in original wrappers. Don’t forget to inspect fruit and homemade goodies for anything suspicious. By all means, remind kids not to eat everything at once or they’ll be feeling pretty ghoulish for a while. Halloween may be a fun holiday for kids, but for parents, trick-or-treat time can be a little scary. Concerns about children’s safety—whether they are out in the neighborhood or back at home with bountiful bags of goodies—can cast a spell on the evening’s festivities. But not to worry! Following a few safety tips will ensure that Halloween will be a "howling” good time for all.
- "Unhaunting" Your House and Neighborhood
- Welcome trick-or-treaters at home by turning on your exterior lights.
- Remove objects from your yard that might present a hazard to visitors.
- Ask your Neighborhood Watch or citizens’ group to patrol the community.
- Involve students from a local college or university to be "witch’s helpers." These students help trick-or-treaters cross busy streets and watch out for ghoulish behavior or eliminate places an intruder might hide: the spaces between trees or shrubs, stairwells, alleys, hallways, and entry ways. With many law enforcement agencies cutting costs, it has never been more important for citizens to work together to prevent crime.

Information about Home and Neighborhood Safety
Neighborhood Safety Tips For Parents Advice for parents on keeping your kids safe in your neighborhood
- Neighborhood Watch Tips and information on starting and running a Neighborhood Watch program
- Strategies
  - Techniques people can use to reduce crime in their communities
  - Gas Station Theft Prevention Tips and posters for preventing crime in gas stations
- Training on Home and Neighborhood Safety
- Crime Prevention Through Environmental Design Training Program

• Drive slowly all evening—you never know what creature may suddenly cross your path.
• Report any suspicious or criminal activity to your local police or sheriff’s department. Consider This
  - Parents and kids can avoid trick-or-treating troubles entirely by organizing a Halloween costume party with treats, games, contests, music, scary stories, and much more. Make your Halloween party the place to be!
  - Schools, fire stations, libraries, even malls in many communities organize "haunted houses" and other festivities for families. Making Safe Costumes
  - Check that costumes are flame retardant.
  - Keep costumes short to prevent trips, falls, and other bumps in the night.
  - Encourage kids to wear comfortable shoes.

Crime Prevention Through Environmental Design (CPTED) theories contend that law enforcement officials, architects, city planners, landscape and interior designers, and resident volunteers can create a climate of safety in a community right from the start. Publications and Products on Home and Neighborhood Safety
Travel Safety Tips Flier This online Flier Travel Safety Tips from National Crime Prevention Council and McGruff the Crime Dog
Positive Change Through Policy
This online guide features examples of policies that create safer communities

Neighborhood Watch Needs You
This publication discusses reasons to get involved, the kinds of activities Watch groups do, and how they can help a neighborhood strengthen hometown and homeland security activities.

Programs on Home and Neighborhood Safety
Celebrate Safe Communities
Celebrate crime prevention and local communities making a difference
It was a comment that stunned the people in the room.

At an event in Riyadh meant to highlight the kingdom’s influence in the business world, Crown Prince Mohammed bin Salman said Saudi Arabia was returning to “moderate” Islam and intended to “eradicate” extremism.

This is a country that was founded on an austere form of Islam and has been defined by it for decades. The remarks seemed aimed at religious ultra-conservatives who have been tolerated by the ruling Al Saud family in exchange for their support.

“We are only returning to what we used to be, to moderate Islam, open to the world and all religions,” the 32-year-old prince said at the conference in the capital. “We won’t waste 30 years of our lives dealing with any extremist ideas. We will eradicate extremism.”

The remarks made by the kingdom’s predominant leader were his strongest statements to date that the country’s founding precepts aren’t working. They came as he added to a host of reform promises by announcing plans to build a new city on the Red Sea coast with more than $500 billion in investments that will offer a lifestyle not available in today’s Saudi Arabia. It’s part of efforts he’s spearheading to prepare Saudi Arabia for the post-oil era.

In the course of his meteoric rise to power since 2015, the prince has announced plans to sell a stake in oil giant Saudi Aramco and create the world’s largest sovereign wealth fund, and has ended some social constraints, including a long-standing ban on female drivers. Women will be allowed to drive in June 2018.

And yet Saudi Arabia still enforces gender segregation in many public places and women remain marginalized in the workplace. It has also been criticized over its export of Wahhabism, a fundamentalist strain of Sunni Islam that has inspired extremist groups including al-Qaeda and Islamic State. And it’s not clear the prince can deliver on his promises.

“The risk here is that you can’t just throw away the old fundamentals of support of the kingdom. It’s like jumping off one train that’s still moving and trying to get on another one,” said Kamran Bokhari, a senior analyst with Geopolitical Futures and a senior fellow with the Center for Global Policy. "The political system of the kingdom is dependent on the religious establishment.”

The changes are part of a blueprint, called Vision 2030, that the prince introduced last year to transform a major economy now reliant on petrodollars. Failure to find the right answers risks leaving the kingdom in limbo: An absolute monarchy with diminishing resources to fund an unsustainable version of state capitalism. Saudis will get more restless and the economy, already ground to a halt, could get worse.

The latest attempt at an overhaul was triggered by a sharp drop in oil revenue in 2014 that has reversed. To avoid what the prince and his advisers saw as a catastrophic rundown on savings, they canceled projects deemed unnecessary, cut costly subsidies and halted payments to contractors.

At the forum, where men and women mingled as a group played traditional Arabic music, the prince sounded upbeat while talking about the new city, to be called Neom. The event was attended by some of the world’s most prominent business people, keen to explore new opportunities in the kingdom. They burst into applause after Prince Mohammed made his comments about “open to the world and all religions” while speaking on a panel.

Rami Khouri, professor of journalism and senior public policy fellow at American University of Beirut and nonresident senior fellow at Harvard Kennedy School, said the prince’s efforts were meant to impress the West.

“He’s doing this to give a new face of Saudi Arabia aimed at the Western world, primarily, dazzling them with all the buttons that they want to hear pushed about entrepreneurship, liberalism, moderate Islam,” said Khouri. “The leadership thinks that it can play with its society and its people like Silly Putty, that they can suddenly say now we’ve changed;” he added. “He’s reinforcing and reaffirming the weaknesses of traditional Arab autocratic leaderships rather than actually coming out with anything that’s innovative and modern and creative.”

Bokhari said for the crown prince and his father, King Salman, the slump in oil revenue means the old way of buying loyalty from interest groups is no longer viable.

“So what do you do?” said Bokhari. “You can’t make everyone happy so you say I’ll go with the youth, I’ll go with the women and I’ll go with the people who are modern and shi'am (God willing) enough of the religious scholars will give me a rubber stamp for what I am doing. It’s not going to work.”

Guard Chinese soil, President Xi Jinping tells herdsmen near Arunachal Pradesh border

President Xi Jinping has told herdsmen from a Tibetan settlement bordering Arunachal Pradesh to “set down roots” to safeguard “Chinese territory” and focus on developing their hometown.

"Without peace in the territory, there will be no peaceful lives for the millions of families,” Xi, who began his second term in office after the Communist Party of China (CPC) Congress, wrote to a herding family in Lhunze County in Tibet.

Xi told the herding family from Lhunze County near the Himalayas, to set down roots in the border area, safeguard “Chinese territory” and develop their hometown.

India asserts the Sino-Indian border dispute covers the 4,057 km Line of Actual Control, while China claims it is confined to about 2,000 km to the area of Arunachal Pradesh, which it refers to as Southern Tibet.

The family is based in Yumai, China’s smallest town in terms of population, where steep slopes and rugged paths make it difficult to live, state-run Xinhua news agency reported. Xi acknowledged the family’s efforts to “safeguard the territory, and thanked them for the loyalty and contributions they have made in the border area,” the report said.

Xi, who also heads the Central Military Commission – the overall high command of the Chinese military – made the remarks in a reply delivered to the Tibetan herdsmen on Saturday, after they wrote to him introducing their township.

Two girls – Zhoigar and Yangzom – from the Tibetan family wrote the letter to Xi, while the Congress was in session in Beijing, telling him their experiences in safeguarding the border area and the development of their township over the years.

The Chinese president hoped the family would motivate more herders to set down roots in the border area “like galsang flowers,” and become guardians of Chinese territory and builders of a happy hometown. Xi told the family the party would continue to lead people of all ethnic groups towards better lives, the report said.
During his time as a renowned professor and researcher in academia, Dr. Mohammed T. AliNiazee recognized the increasing tuition rates, increasing student loans and debts, and increasing time periods required for acquiring a college degree. Confronting this imbalance, NWSC is here to make a difference by offering more student guidance, smaller classes, and three full terms per year (rather than two). A culmination of his longtime dream of establishing a world class center of education founded on the principles of service, compassion, and quality, Professor AliNiazee took early retirement after nearly 40 years of a successful career in academia to establish NWSC. Dr. AliNiazee and the NWSC team are dedicated to building a private, non-profit school of higher education that provides affordable and quality education dedicated to science, medicine, and the humanities.

A cultural hub with numerous advanced centers for healthcare and medicine, Chicago was selected as the city to establish NWSC. In 2008, President AliNiazee acquired the property in Rolling Meadows, IL that is now NWSC. After establishing the Corporate Board and the Board of Regents, M.A.Q. Khan (late), a retired professor of biology for the University of Illinois at Chicago joined NWSC as the Chairman of the Board of Regents, and was appointed as the college’s Vice President. Dr. Khan was instrumental in this formative period at NWSC. Additional faculty and staff were hired by Dr. AliNiazee as the school started to grow.

Since its founding in 2008, NWSC has made great progress and continues to diligently work toward providing the very best educational environment. Currently, NWSC is an accredited institution offering accelerated degree seeking and healthcare certification programs. Since NWSC’s first two students in 2009, nearly 500 students have graduated over the past six years. Recent highlights of NWSC’s journey include attaining Title IV funding approval in May 2016 and initial institutional accreditation by the Accrediting Council for Independent Colleges and Schools (ACICS) in August 2014. If past performance is any indicator, NWSC has a bright future ahead.
INTRODUCING A PAGE IN HINDI LANGUAGE

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BY HINDI LOVERS CLUB OF ILLINOIS
I believe it is up to us American Muslims to take primary responsibility for promoting a peaceful ideology. US gives us the opportunity to express our opinion without the fear of repercussions. The vast majority of Muslims are peace-loving people, but they are silent. When we are silent, we become irrelevant and complicit in crimes against Muslims. We must become proactive in order to prevent further deterioration. My position is to face the situation and do something about it—not keep on blaming. I believe that true change and development will only happen if Muslims take the initiative. We can take inspiration from Islamic cultures of the past and use our wealth to build world-class universities and research centers, instead of purchasing more weapons to kill people.

Ijtihad, or critical reasoning, is needed rather than blindly following the views of past scholars. If Islamic countries modernize their systems of education and give proper importance to science and technology while at the same time reinforcing Islamic values and ethics, we will be able to produce scholars of the same caliber as Ibn Sina, Ibn Khaldun, and Ibn Rushd. We are fortunate to live in a country that is culturally and religiously the most diverse on earth. We enjoy freedom of speech and have the freedom to practice our religion and cultural traditions without fear of persecution. We are also free to pursue our ambitions and dreams. You can fulfill your destiny if you are disciplined. Unless you lived elsewhere, you might not realize the importance of these freedoms.

Education, Research and Service to the Humanity is the Greatest Worship
Tabassum Fatima Hashmi (born 4 November 1971), known mononymously as Tabu, is an Indian film actress. She has primarily acted in Hindi films, and has also appeared in English, Telugu, Tamil, Malayalam, Marathi, and Bengali language films. She has won the National Film Award for Best Actress twice, and has received six Filmfare Awards, including a record four Critics Awards for Best Actress. She was awarded the Padma Shri by the Government of India in 2011.

Tabassum Fatima Hashmi was born to Jamal Hashmi and Rizwana to a Muslim family.[1][5] Her parents divorced soon after.[6] Her mother was a school teacher and her maternal grandparents were retired professors who ran a school. Her grandfather, Mohammed Ahsan, was a professor of Mathematics, and her grandmother was a professor of English Literature. She went to St. Anns High school in Hyderabad. Tabu moved to Mumbai in 1983 and studied at St. Xavier's College for two years.[7]

She is the niece of Shabana Azmi and Baba Azmi and the younger sister of actress Farah Naaz. She speaks Urdu, Telugu, Hindi and English.

Tabassum “Tabu” Hashmi did a small appearance in the film Bazaar in 1980,[citation needed] and later in the film Hum Naujawan (1985) at the age of fourteen; she played Dev Anand's daughter in the film. Her first role as an actress was in the Telugu film Coolie No.1, co-starring with Venkatesh. In December 1987, Roney Kapoor launched two major films; Roop Ki Rani Choron Ka Raja and Prem. In Prem (film), Prem, Tabu was signed opposite Sanjay Kapoor. The film took eight years in making and it was the biggest flop in Roney Kapoor's production career. [citation needed] Fortunately Tabu's career took off well after this film, in spite of the long delay.

Tabu's first release in Hindi as a leading lady was Pehla Pehla Pyar, which went unnoticed.[9] She came into prominence with her role in Vijaypath, (1994) opposite Ajay Devgan, for which she received the Filmfare Best Female Debut Award. This was followed by many films that did not do well at the box office.

In 1996, Tabu had eight releases. Two films Saajan Chale Sasural and Jeet went on to be hits; both were within the top five films of that year.[10] Her other significant film, Maachis, was critically acclaimed. Her role as a Punjabi was memorable and won her the Filmfare Award for Best Actress for her performance. The same year saw her major blockbuster films down south. She starred in Chandni Bar directed by Madhur Bhandarkar. Her portrayal of a bar dancer met with unanimous praise, and she won her second National Film Award for Best Actress for her performance. [16] Critics Taran Adarsh said: “Chandni Bar is Tabu's film all the way through and there are no two opinions on that. Her performance deserves the highest marks and of course, all the awards. Her work is flawless and the impact her character makes on the minds of the viewer is also due to a tailor-made role.”[17] Another critic mentioned: “if there is one actress who can carry a film on her shoulders, it is Tabu. As usual, she sparkles.”[18]

She has acted in a number of Telugu movies, many of them very successful, such as Coolie No. 1 and Ninne Pelladatha, the latter being one of her most famous and popular movies.[19] She further continued to star in films such as Chennakeshava Reddy and Pandurangadu with Nandamuri Balakrishna, Andarivadu with Chiranjeevi and Aavida Maa Aavide with Akkineni Nagarjuna. Tabu made a reentry into Telugu movies after a long hiatus with the film Pandurangadu in 2008. Her roles in Telugu movies largely focused on glamorous roles.

In 2001, Tabu starred in an adaptation of William Shakespeare's Macbeth. The actress played Nimmi based on the character Lady Macbeth. The film, titled Maqbool, was directed by Vishal Bhardwaj and premiered at the 2003 Toronto International Film Festival. [20] Maqbool was a box office failure, but was met with huge acclaim. Tabu's performance opened to much appreciation; critic Ron Aahuliwala said: “Tabu shines in a dark role. The most versatile actress in Bollywood takes to villainy like a second nature. She is menacing and seductive, but keeps an innocent look on her face, making her even more enigmatic.” The role was a success at the box office and Tabu won Filmfare Critics Award for Best Performance.

In 2000, the actress starred in Abbas and Mustan's Hera Pheri and Astitva. The former was a box office success whilst the latter was critically acclaimed. Hindustan Times critic Arbab Banerjee wrote of her performance: “Tabu is brilliant and once again proves her mettle as an actress. The mind-blowing range of emotions she displays, her exquisite face and her subtle quiet dignity with which she handles her character, will take her far in her film career.”[13][14] She received her third Filmfare Critics Award for Best Performance for Astitva.[15] Down south, Tabu had two releases in Tamil, namely Kandukondain Kandukondain, a multi-starrer blockbuster film directed by Rajeev Menon; and Snegithiye directed by Priyadarshan, along with a Malayalam release Cover Story. Original Malayalam version of Snegithiye, which is Raakilipattu was later released in 2007.

She started off 2009 by being featured on the cover of Vogue India's January 2009 issue. In 2010, Tabu portrayed the lead role in the romantic comedy film Toh Baat Pakki!, which earned huge publicity as it marked Tabu's return to Bollywood after three years. However, the film was a commercial failure. Her next release of the year was Khuda Kasam opposite Sunny Deol, a film long-delayed. Her other film Banda Yeh Bindaas Hai, directed by B. R. Chopra, got indefinitely shelved owing to the plagiarism issues. She made a comeback to Malayalam cinema in 2011 with her brief song appearance in the multi starrer film Urumi, directed by Santosh Sivan. The song “Aaranne Aaranne” featuring Tabu alongside Prabhu Deva and Prithviraj Sukumaran was a chartbuster of the year.

In 2012, she featured in her second Hollywood film Life of Pi, directed by Ang Lee. She played a supporting role as the mother of the protagonist. Her next and only release in 2013 was David, a Tamil – Hindi bilingual film, starring Vikram in the lead and directed by Nejib Nambiar. The year 2014 saw her comeback to mainstream commercial cinema with the Salman Khan starrer Jai Ho, a remake of the Telugu film Stalin, playing the elder sister role to Khan. The film evoked mixed responses and was a failure at the box office. Following this, she teamed up with her Maqbool director Vishal Bhardwaj for his adaptation film of Shakespeare's Hamlet titled as Haider. In this, she played the mother role to Shahid Kapoor's character. The film was a critical and commercial success, and Tabu's performance as Ghazala Meer was critically acclaimed, with the New York Times saying that the film should have been titled Ghazala, rather than Haider.[27] Her next venture saw her teaming up with actor Ayjay Devgan after a gap of 16 years. She paired opposite him in Nishikant Kamat's murder-mystery film Drishyam, which was a remake of the successful Malayalam film with the same title. Her performance of a strict police officer investigating her son's murder case received rave reviews and unanimous praise. This was followed by a cameo appearance in Meghna Gulzar's directorial Taalvar. She then starred in Abhishek Kapoor's Fitoor, an adaptation of Great Expectations, opposite Aditya Roy Kapoor and Katrina Kaif, in which she essayed the role of Begum Hazrat, based on the character of Miss Havisham. Although the film did not do well at the box office, she received positive reviews for her performance.

Her forthcoming projects include a role in Golmaal Again; Rohit Shetty's fourth installment in the Golmaal franchise. She also has a psychological thriller film titled Missing, produced by actor Manoj Bajpai.

Tabu is from Hyderabad - Really?
WhatsApp finally lets you recall messages you’ve sent by mistake

WhatsApp has finally got your back when you send a message to the wrong person or group.

The Facebook-owned messaging app is rolling out a feature that will finally let its 1 billion-plus users delete a message for all people within a conversation.

Right now, the app’s delete feature is fairly useless as it only removes a message for the person who sent it. That means that those the message wasn’t intended for can still read it. But this new update will give the option to “delete for everyone” which rids it from the chat for all. Instead, they will see a notification explaining the message has been removed.

The feature is still rolling out, so not everyone has it yet: I don’t, but at least one of my TechCrunch colleagues does. More details can be found on the company’s FAQ page:

To delete messages for everyone

Deleting messages for everyone allows you to delete specific messages you have sent to either a group or an individual chat. This is particularly useful if you sent a message to the wrong chat or if the message you sent contains a mistake.

Messages you successfully delete for everyone will be replaced with “This message was deleted” in your recipients’ chats (*). Similarly, if you see “This message was deleted” in a chat, it means that the sender deleted their message for everyone.

You can only delete messages for everyone for up to seven minutes after sending. Once seven minutes have passed, there is no way to delete messages for everyone.

The sole caveat for that is that all conversation participants must have the latest version of WhatsApp installed on their device. That’s a pretty major deal-breaker at this point but, as time goes by and more people update their app, the option to undo those embarrassing mistakes will apply to more and more conversations.

Most WhatsApp users will agree that this update is long overdue.

Jon Russell

Manikchand Group chairperson Rasiklal Dhariwal dies of cancer in Pune

He was on ventilator support for 15 days, the doctors said.

Manikchand Group chairperson Rasiklal Dhariwal died on Tuesday evening at a Pune hospital, PTI reported. He was 78.

Dhariwal was suffering from parotid gland cancer, the Hindustan Times reported. He was admitted to Pune’s Ruby Hall Clinic, and was in the hospital since September 4. “Dhariwal died of multi-organ failure. He was on ventilator support for 15 days,” Sanjay Pathare, medical director, Ruby Hall Clinic, told the newspaper.

The industrialist is survived by his wife Shobha and five children.

Popularly known as the “gutkha baron”, Dhariwal began his career with the beedi, or rolled cigarette, factory he inherited from his father. He later began manufacturing gutkha, or chewing tobacco, and became one of the biggest producers of the product in India.

Shraddha Shashidhar crowned Yamaha Fascino

Mumbai, 11th October, 2017: The most awaited moment is finally here. The prestigious beauty pageant of the year concluded with none other than the heartthrob Shahid Kapoor crowning Shraddha Shashidhar as the winner of Yamaha Fascino Miss Diva Miss Universe India 2017. Peden Ongmu Namgyal was adjudged Yamaha Fascino Miss Diva Supranational 2017. Apeksha Porwal was crowned Yamaha Fascino Miss Diva 2017 2nd runner up at the Hotel Sahara Star in Mumbai.

The main winner will represent India at the Miss Universe pageant this year. The night came to a stand-still when the winner’s name was announced marking an end to this beautiful journey of 15 gorgeous divas. The esteemed judge’s panel included the likes of the Miss Universe and Actress Lara Dutta, Superstar of the Oscar nominated film Newton Rajkummar Rao, famous director of Ek Tha Tiger Kabir Khan, Boxing champion Vijender Singh and none other than Miss Universe 2016 Iris Mittenaere.

The final night was a visual treat which saw sizzling performances by beautiful actress Kriti Sanon and singer and model Anushka Manchanda. The two performances act left the audiences asking for more and the hosts Malaika Arora Khan and Yudhisthir aka VJ Yudi lightened the mood as the anchor for the night and his punches and witty one-liners kept the mood light as the anxious contestants waited for the final crowning moment. We had the gracious presence of President of Miss Universe Organisation Paula M Shugart and President of Miss Supranational Organisation Gerhard Lipinski.

The contestants who had been vying for the coveted title underwent rigorous training, workshops under the mentorship and guidance of Bollywood Actor and Former Miss Universe, Lara Dutta. Lara Dutta quoted, “It has been a wonderful journey. All the girls are winners in their own right, however there can be only one winner. It was difficult for the panelists to choose that one winner from 15 divas who were all very talented and promising. The winner is very deserving and I would like to wish all the winners all the best. I am looking forward to the prestigious Miss Universe pageant and hope that we bring the crown home this year.”

Mumbai, 11th October, 2017: The most awaited moment is finally here. The prestigious beauty pageant of the year concluded with none other than the heartthrob Shahid Kapoor crowning Shraddha Shashidhar as the winner of Yamaha Fascino Miss Diva Miss Universe India 2017. Peden Ongmu Namgyal was adjudged Yamaha Fascino Miss Diva Supranational 2017. Apeksha Porwal was crowned Yamaha Fascino Miss Diva 2017 2nd runner up at the Hotel Sahara Star in Mumbai.

The main winner will represent India at the Miss Universe pageant this year. The night came to a stand-still when the winner’s name was announced marking an end to this beautiful journey of 15 gorgeous divas. The esteemed judge’s panel included the likes of the Miss Universe and Actress Lara Dutta, Superstar of the Oscar nominated film Newton Rajkummar Rao, famous director of Ek Tha Tiger Kabir Khan, Boxing champion Vijender Singh and none other than Miss Universe 2016 Iris Mittenaere.

The final night was a visual treat which saw sizzling performances by beautiful actress Kriti Sanon and singer and model Anushka Manchanda. The two performances act left the audiences asking for more and the hosts Malaika Arora Khan and Yudhisthir aka VJ Yudi lightened the mood as the anchor for the night and his punches and witty one-liners kept the mood light as the anxious contestants waited for the final crowning moment. We had the gracious presence of President of Miss Universe Organisation Paula M Shugart and President of Miss Supranational Organisation Gerhard Lipinski.

The contestants who had been vying for the coveted title underwent rigorous training, workshops under the mentorship and guidance of Bollywood Actor and Former Miss Universe, Lara Dutta. Lara Dutta quoted, “It has been a wonderful journey. All the girls are winners in their own right, however there can be only one winner. It was difficult for the panelists to choose that one winner from 15 divas who were all very talented and promising. The winner is very deserving and I would like to wish all the winners all the best. I am looking forward to the prestigious Miss Universe pageant and hope that we bring the crown home this year.”
Indian captain Gautam Gambhir said “I have always said Pathan can finish games on his own, and that’s what he did today, I had never seen something like this before. But I knew till the time Pathan was there, we would win the game.”[8]

New Zealand skipper Daniel Vettori said “It was a great game of cricket, we were in the game, but Pathan was pretty amazing and took the game away from us.”

In the MTN ODI series against South Africa, before the 2011 World Cup, he gave a stand-out performance in a match in Pretoria where he scored a brilliant 105 in 70 deliveries (comprising 8 fours and 8 sixes). Even though India lost the match, his performance was complimented heavily.[9] During this knock, he reached his century off 68 balls which is the sixth fastest by an Indian and the second fastest by an Indian outside the subcontinent. Thanks to his stream of good performances, he made it to the Indian team for 2011 World Cup and also scored 100 for just 37 balls vs Mumbai Indians in IPL 2010 Though Yusuf did not have a great World Cup, he ended up having the winner’s medal and the honor of holding the World Cup aloft.

He was named in the Indian team for 2012 Asia Cup to be held in Bangladesh. He featured in the triangular series in Nairobi-Kenya and played for Barodas team against Gujarat and Kenya international where he was honoured by a local fan who said “Yusuf the number one player in cricket after the great Sachin Tendulkar.”

After a good domestic season in 2007/08, he was signed by the Rajasthan Royals in the Indian Premier League for USD 475,000 (INR 1.9 crore). In the 2008 IPL season, he scored 435 runs and took 8 wickets. He recorded the season’s fastest half century (from 21 balls) against the Deccan Chargers, and was also the Man of the Match in the final against the Chennai Super Kings.

Yusuf Pathan was named as the vice-captain of Rajasthan Royals during IPL 3. On 13 March 2010, Pathan scored a century off 37 balls, in an Indian Premier League match against Mumbai Indians. The innings also included 11 consecutive hits to the boundary after that knock where he scored the fastest IPL century, his Rajasthan Royals skipper Shane Warne described his innings as one of the best innings he has ever seen in his career and also compared Yusuf Pathan with his country-mate Andrew Symonds as two of the cleanest hitters of the ball.

In the 2011 IPL auction, he was bought for $2.1 million by Kolkata Knight Riders and was retained by the Kolkata Knight Riders for Rs 3.25 crores via the ‘Right to Match’ option in the Indian Premier League (IPL) auction 2014.

On 24 May 2014, Yusuf hit the fastest 50 in IPL history doing it in a mere 15 balls. As a result, Kolkata Knight Riders ended up 2nd in the league table and won the title for the season.

On 15 May 2013 Yusuf Pathan became the first batsman to be given out for obstructing the field in Twenty20 cricket while playing for the Kolkata Knight Riders in the IPL 2013 against Pune Warriors India.
Americans ‘are not properly cleaning their anuses’: Doctors warn toilet paper does little to remove feces

Experts warn that toilet paper does little to remove feces and the United States is one country that hasn’t improved its sanitation when wiping. While countries such as Japan, Italy and Greece use bidets in the toilets as a way to keep the anus clean, the US has mostly relied on toilet paper as the norm to keep that area clean. But doctors say excessive wiping could cause health problems such as anal fissures and urinary tract infections.

Though the suggestion may sound absurd, celebrities such as Will.I.am, Will Smith and Terrence Howard have been vouching for baby wipes instead of tissue for years - with Smith even hailing the habit as ‘special and incredible’.

Toilet bidets are one sanitation device that countries such as Italy, Spain and Greece have implemented in most bathrooms to clean the anus after using the bathroom. According to Tonic, 90 percent of households in Italy, Spain and Greece have a bidet installed in their bathroom for cleaning. This device squirts water into the area to make cleaning with toilet paper easier.

But it is not as easy to find one of these in a restroom in the United States. Bidet suppliers have reported that moving into the American market has been more difficult because most people are satisfied with just using toilet paper.

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But it is not as easy to find one of these in a restroom in the United States. Bidet suppliers have reported that moving into the American market has been more difficult because most people are satisfied with just using toilet paper.

Cleanliness is not the only reason why people should consider bidets or baby wipes instead.

Aggressive wiping has been known to cause health problems such as anal fissures and hemorrhoids. An anal fissure is a tear in the lining of the rectum and can cause bleeding or pain for the person when they are pooping. Most fissures heal at home after eight to 12 weeks, but it is important to be careful when wiping because it can irritate the area.

Hemorrhoids are swollen veins and tissue in the lower rectum and anus. They are more serious than fissures and sometimes can be harder to treat. External hemorrhoids happen around the rim and are the ones that are typically irritated from excessive wiping, but they can be treated with cream or medication. Also, bidets can prevent people from developing a urinary tract infection. If people wipe from back-to-front, they are pulling bacteria from the anus towards the front of the body. This can impact women especially and cause them to develop at UTI from the bacteria getting into the urethra. By using a bidet or wet wipe instead, it kills the bacteria and prevents it from infecting the urinary tract.

By Danielle Zoellner For Dailymail.com

Man who left gal pal to die in fiery blaze charged with murder

The Brooklyn man who intentionally left his gal pal to burn to death in a fiery crash while he calmly hailed a cab has been slapped with murder charges, authorities said Thursday.

Draped in a hospital gown, Saeed Ahmad, 23, appeared in Brooklyn Supreme Court, where he pleaded not guilty to charges of second-degree murder, second-degree vehicular manslaughter, leaving the scene of an accident, driving while intoxicated and other crimes.

Healing burns were visible on his neck and arms, and a bandage could be seen peeking out from his upper inner arm.

Ahmad was held without bail, and special medical attention was ordered by Judge Neil Freitog. He is scheduled to return to court Jan. 12 and faces up 25 years behind bars if convicted.

He is accused of leaving Harleen Grewal, 25, to die after he lost control of his Infiniti G35 sedan in Red Hook earlier this month. Ahmad, who has been hospitalized since the incident, previously was charged with criminally negligent homicide, leaving the scene of an accident, aggravated unlicensed operation of a vehicle and speeding.

Ahmad's younger brother has called the man a “hero.” “He tried to get her out,” Wahed Ahmad, 21, previously told The Post. “That's how his hands and his legs and his neck got burned. He couldn't get her out. The fire got too crazy. It just burned so quick.”

Video obtained by ABC 7 shows the blaze engulfing the vehicle as a man walks toward a waiting taxi.

“Can I get a ride?” he can be heard asking the cabbie before he gets inside and is driven away.

“This defendant’s alleged actions before and after crashing his car caused the death of a vibrant young woman who had her entire life ahead of her,” Acting Brooklyn District Attorney Eric Gonzalez said in a statement. "He showed complete disregard for human life and for the safety of everyone using our roadways."
The Milky Way Galaxy is an immense and very interesting place. Not only does it measure 220,000–180,000 light-years in diameter, it is home to planet Earth, the birthplace of humanity. Our Solar System resides roughly 27,000 light-years away from the Galactic Center, on the inner edge of one of the spiral-shaped arms—a phenomenon that astronomers call the Orion Arm. But within these facts about the Milky Way lie some additional tidbits of information, all of which are sure to impress and inspire. Here are ten such facts, listed in no particular order:

1. It’s Warped:
   For starters, the Milky Way is a disk about 120,000 light years across with a central bulge that has a diameter of 12,000 light years (see the Guide to Space article for more information). The disk is far from perfectly flat though, as can be seen in the picture below. In fact, it is warped in shape, a fact which astronomers attribute to the our galaxy’s two neighbors— the Large and Small Magellanic clouds.

   These two dwarf galaxies — which are part of our local Group of galaxies and may be orbiting the Milky Way — are believed to have been pulling on the dark matter in our galaxy like in a game of galactic tug-of-war. The tugging creates a sort of oscillating frequency that pulls on the galaxy’s hydrogen gas, of which the Milky Way has lots of (for more information, check out How the Milky Way got its Warp).

2. It Has a Halo, but You Can’t Directly See It:
   Scientists believe that 90% of our galaxy’s mass consists of dark matter, which gives it a mysterious halo. That means that all of the “luminous matter” — i.e. that which we can see with the naked eye or a telescopes – makes up less than 10% of the mass of the Milky Way. Its halo is not the conventional glowing sort we tend to think of when picturing angels or observing comets.

   In this case, the halo is actually invisible, but its existence has been demonstrated by running simulations of how the Milky Way would appear without this invisible mass, and how fast the stars inside our galaxy’s disk orbit the center. The heavier the galaxy, the faster they should be orbiting. If one were to assume that the galaxy is made up only of matter that we can see, then the rotation rate would be significantly less than what we observe. Hence, the rest of that mass must be made up of an elusive, invisible mass — aka. “dark matter” — or matter that only interacts gravitationally with “normal matter.”

   To see some images of the probable distribution and density of dark matter in our galaxy, check out The Via Lactea Project.

3. It has Over 200 Billion Stars:
   As galaxies go, the Milky Way is a middle-weight. The largest galaxy we know of, which is designated IC 1101, has over 10 trillion stars, and other large galaxies can have as many as a trillion. Dwarf galaxies such as the aforementioned Large Magellanic Cloud have about 10 billion stars. The Milky Way has between 100–400 billion stars; but when you look up into the night sky, the most you can see from any one point on the globe is about 2,500. This number is not fixed, however, because the Milky Way is constantly losing stars through supernovae, and producing new ones all the time (about seven per year).

   These images taken by the Spitzer Space Telescope show the dust and gas concentrations around a supernova. Credit: NASA/JPL-Caltech / C. Conselice (U. Wisconsin / STScI / NASA)

4. It’s Really Dusty and Gassy:
   Though it may not look like it to the casual observer, the Milky Way is full of dust and gas. This matter makes up a whopping 10–15% of the luminous/visible matter in our galaxy, with the remainder being the stars. Our galaxy is roughly 100,000 light years across, and we can only see about 6,000 light years into the disk in the visible spectrum. Still, when light pollution is not significant, the dusty ring of the Milky Way can be discerned in the night sky.

5. The thickness of the disk reflects visible light (as is explained here) but infrared light can pass through the dust, which makes infrared telescopes like the Spitzer Space Telescope extremely valuable tools in mapping and studying the galaxy. Spitzer can peer through the disk to give us extraordinarily clear views of what is going on at the heart of the galaxy and in star-forming regions.

6. It was Made From Other Galaxies:
   The Milky Way wasn’t always as it is today – a beautiful, warped spiral. It became its current size and shape by eating up other galaxies, and is still doing so today. In fact, the Canis Major Dwarf Galaxy is the closest galaxy to the Milky Way because its stars are currently being added to the Milky Way’s disk. And our galaxy has consumed others in its long history, such as the Sagittarius Dwarf Galaxy.

7. There is a Black Hole at the Center:
   Most larger galaxies have a supermassive black hole (SMBH) at the center, and the Milky Way is no exception. The center of our galaxy is called Sagittarius A*, a massive source of radio waves that is believed to be a black hole that measures 22.5 million kilometers (14 million miles) across – about the size of Mercury’s orbit. But this is just the black hole itself.

   All of the mass trying to get into the black hole – called the accretion disk – forms a disk that has 4.6 million times the mass of our Sun and would fit inside the orbit of the Earth. Though like other black holes, Sgr A* tries to consume anything that happens to be nearby, star formation has been detected near this behemoth astrophysical phenomenon.

8. It’s Almost as Old as the Universe Itself:
   The most recent estimates place the age of the Universe at about 13.7 billion years. Our Milky Way has been around for about 13.6 billion of those years, give or take another 800 million. The oldest stars in our the Milky Way are found in globular clusters, and the age of our galaxy is determined by measuring the age of these stars, and then extrapolating the age of what preceded them.

   Though some of the constituents of the Milky Way have been around for this long time, the disk and bulge themselves didn’t form until about 10–12 billion years ago. And that bulge may have formed earlier than the rest of the galaxy.

9. It’s Part of the Virgo Supercluster:
   As big as it is, the Milky Way is part of an even larger galactic structures. Our closest neighbors include the Large and Small Magellanic Clouds, and the Andromeda Galaxy – the closest spiral galaxy to the Milky Way. Along with some 50 other galaxies, the Milky Way and its immediate surroundings make up a cluster known as the Local Group.

   A mosaic of telescopic images showing the galaxies of the Virgo Supercluster. Credit: NASA/Rogelio Bernal Andreo

10. It’s on the move:
   The Milky Way, along with everything else in the Universe, is moving through space. The Earth moves around the Sun, the Sun around the Milky Way, and the Milky Way as part of the Local Group, which is moving relative to the Cosmic Microwave Background (CMB) radiation – the radiation left over from the Great Attractor.

   The CMB is a convenient reference point to use when determining the velocity of things in the universe. Relative to the CMB, the Local Group is calculated to be moving at a speed of about 600 km/s, which works out to about 2.2 million km/h. Such speeds stagger the mind and squash any notions of moving fast within our humble, terrestrial frame of reference!

We have written many interesting articles about the Milky Way for Universe Today. Here’s 10 Interesting Facts about the Milky Way, How Big is the Milky Way?, What is the Closest Galaxy to the Milky Way?, and How Many Stars Are There in the Milky Way?

For many more facts about the Milky Way, visit the Guide to Space, listen to the Astronomy Cast episode on the Milky Way, or visit the Students for the Exploration and Development of Space at seds.org.
In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. The next two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn’t until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River.

One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth. Through the first harsh New England winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower’s original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English.

Several days later, he returned with another Abenaki, a member of the Pawtucket tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Massasoit, a Wampanoag leader, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims’ first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony’s Native American allies, including the Massasoit. Now remembered as America’s “first Thanksgiving”—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet’s exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a “fowling” mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower’s sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

Check out the Thanksgiving by the Numbers infographic for more facts about how the first Thanksgiving compares to modern holiday traditions.

THANKSGIVING BECOMES AN OFFICIAL HOLIDAY

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year’s harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country’s war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme “Mary Had a Little Lamb”—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians. Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entitling all Americans to God to “commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife” and to “heal the wounds of the nation.” He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt’s plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

THANKSGIVING TRADITIONS

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy’s department store since 1924, New York City’s Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has “pardoned” one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual.

THANKSGIVING CONTROVERSIES

For some scholars, the jury is still out on whether the feast at Plymouth really constituted the first Thanksgiving in the United States. Indeed, historians have recorded other ceremonies of thanks among European settlers in North America that predate the Pilgrims’ celebration. In 1565, for instance, the Spanish explorer Pedro Menéndez de Avilé invited members of the local Timucua tribe to a dinner in St. Augustine, Florida, after holding a mass to thank God for his crew’s safe arrival. On December 4, 1619, when 38 British settlers reached a site known as Berkeley Hundred on the banks of Virginia’s James River, they read a proclamation designating the date as “a day of thanksgiving to Almighty God.”

Some Native Americans and others take issue with how the Thanksgiving story is presented to the American public, and especially to schoolchildren. In their view, the traditional narrative paints a deceptively sunny portrait of relations between the Pilgrims and the Wampanoag people, masking the long and bloody history of conflicts between Native Americans and European settlers that resulted in the deaths of millions. Since 1970, protesters have gathered on the day designated as Thanksgiving at the top of Cole’s Hill, which overlooks Plymouth Rock, to commemorate a “National Day of Mourning.” Similar events are held in other parts of the country.

THANKSGIVING’S ANCIENT ORIGINS

Although the American concept of Thanksgiving developed in the colonies of New England, its roots can be traced back to the other side of the Atlantic. Both the Separatists who came over on the Mayflower and the Puritans who arrived soon after brought with them a tradition of providential holidays—days of fasting during difficult or pivotal moments and days of feasting and celebration to thank God in times of plenty.

As an annual celebration of the harvest and its bounty, moreover, Thanksgiving falls under a category of festivals that spans cultures, continents and millennia. In ancient times, the Egyptians, Greeks and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bears a resemblance to the ancient Jewish harvest festival of Sukkot. Finally, historians have noted that Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on their shores.
Indira Priyadarshini Gandhi Nehru; 19 November 1917 – 31 October 1984) was an Indian stateswoman and central figure of the Indian National Congress. She was the first and, to date, the only female Prime Minister of India. Gandhi belonged to the Nehru–Gandhi family and was the daughter of Jawaharlal Nehru, the first Indian prime minister. Despite her surname Gandhi, she is not related to the family of Mahatma Gandhi. She served as Prime Minister from January 1966 to March 1977 and again from January 1980 until her assassination in October 1984, making her the second longest-serving Indian prime minister after her father.

Gandhi served as her father's personal assistant and hostess during his tenure as Prime Minister between 1947 and 1949. She was elected Congress President in 1959. Upon her father's death in 1964 she was appointed as a member of the Rajya Sabha (upper house) and became a member of Lal Bahadur Shastri's cabinet as Minister of Information and Broadcasting.[1] In the Congress Party's parliamentary leadership election held in early 1966 (upon the death of Shastri) she defeated her rival, Morarji Desai, to become leader, and thus succeeded Shastri as Prime Minister of India.

As Prime Minister, Gandhi was known for her political ruthlessness and unprecedented centralisation of power. She went to war with Pakistan in support of the independence movement and war of independence in East Pakistan, in an Indian victory and the creation of Bangladesh, increasing India's influence to the point where it became the regional hegemon of South Asia. Citing threats to political stability, she suspended the Constitution, on 25 June 1975. Of Emergency caused by internal disorder, based on the provisions of Article 352(1) of the Constitution, Fakhruddin Ali Ahmed declared a state of emergency because of the disorder and lawlessness which resulted from the assassination of Indira Gandhi’s bodyguards. Her Cabinet and government then recommended that President Shankar Dayal Sharma declare a state of emergency because he perceived her to be weak enough that he and the other regional party bosses could control her, and yet strong enough to beat Desai in a party election because of the high regard for her father...a woman political leader in India saw Gandhi as weak and hoped to use her as a puppet once elected.

Congress President Kamaraj orchestrated Mrs. Gandhi's selection as prime minister after her father's death in 1964 as a member of the Rajya Sabha (upper house) and served in Prime Minister Lal Bahadur Shastri's cabinet as Minister of Information and Broadcasting.[22] Towards the end of the 1950s, Indira Gandhi served as the President of the Congress. In capacity, she was instrumental in getting the Communist led Kerala State Government dismissed in 1959. That government had the distinction of being India's first ever Communist led government.[23] After her father's death in 1964 she was appointed as a member of the Rajya Sabha (upper house) and served in Prime Minister Lal Bahadur Shastri's cabinet as Minister of Information and Broadcasting.[24] In January 1966, after Shastri's death, the Congress legislative party elected Indira Gandhi over Morarji Desai as their leader. Congress party veteran K. Kamaraj was instrumental in achieving Indira's victory.[25] Because she was a woman, other political leaders in India saw Gandhi as weak and hoped to use her as a puppet once elected:

Congress President Kamaraj orchestrated Mrs. Gandhi's selection as prime minister because she perceived her to be weak enough that he and the other regional party bosses could control her, and yet strong enough to beat Desai (her political opponent) in a party election because of the high regard for her father...a woman political leader in India saw Gandhi as weak and hoped to use her as a puppet once elected.

Indira Gandhi meeting the Shah of Iran Mohammad Reza Pahlavi and Shahbanu Farah Pahlavi during their state visit to India in 1970

Indira Gandhi meeting the Shah of Iran Mohammad Reza Pahlavi and Shahbanu Farah Pahlavi during their state visit to India in 1970

Indira Gandhi - first lady PM of India

Birthday Specials

www.Asia Times.US

November 2017
## NHTSA Recall List

### Subject: Missing 2 Amp Fuse Could Cause Fire
**Manufacturer:** KZRV, L.P.
**NHTSA Recall ID Number:** 17V556

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<td>2017-2018 THOR MOTOR COACH TUSCANY</td>
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### Subject: Incorrectly Installed Windshield Wiper System
**Manufacturer:** Thor Motor Coach
**NHTSA Recall ID Number:** 17V622

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<td>2012-2018 KENWORTH K370</td>
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### Subject: Front Axle Sway Bar may Detach and Affect Steering
**Manufacturer:** PACCAR Incorporated
**NHTSA Recall ID Number:** 17V550

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### Subject: Improperly Torqued Suspension Link Rods
**Manufacturer:** Pierce Manufacturing
**NHTSA Recall ID Number:** 17V564

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### Subject: Axles Installed Incorrectly
**Manufacturer:** Highridge RV
**NHTSA Recall ID Number:** 17V563

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<td>2017-2018 FOREST RIVER WINDSURF</td>
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Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left un repaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.
Sleepless in Modi’s economy

Latha Jishnu

WHO is sleeping well in India in these days of economic gloom and the terrifying spectre of joblessness that is spreading across the country? Is an intriguing line of inquiry sparked by Prime Minister Narendra Modi’s astounding response to worries articulated in public by elderly members of his Bharatiya Janata Party (BJP) as well as economists and commercial organisations.

“There are some people who sleep well only after they spread a feeling of pessimism. We need to recognise such people,” he declared at a national meeting of company secretaries. He dismissed the doomsayers as just a ‘handful of people’ who were painting a negative image of the economy based on the slowdown experienced during just one financial quarter. As the prime minister put it, the fuss over a decline in growth to 5.7 per cent in the last financial quarter was unwarranted since it had fallen to much lower levels below that during the previous Congress rule. Modi is right about that. But his response is revealing of the way he and the BJP regime deal with the fat cats of business who are close to the ruling regime and whose businesses flourish under official protection. The hard truth is that India has slipped badly. From being the world's fastest-growing big economy India is turning into a laggard, problem child whose fundamental deficiencies are coming into the spotlight. These deficiencies have been made worse by the economic disruption caused by the chaotic demonetisation exercise last November and the near standstill resulting from the GST, a poorly planned and implemented national tax system. If one needed a strong pointer to the consequences one has to look no further than the industrial hub of Surat in Modi’s home state Gujarat where entrepreneurs are pulling the shutters on industry and putting their money into speculative finance.

While the government is now stirring itself to sort out the GST mess it continues to pretend that all is well with the economy. The growth rate of 5.7pc in the second quarter of the 2017 financial year is not a bad thing as Modi claims, but as Yashwant Sinha, a former BJP finance minister, pointed out over the past year. “Private investment,” he said, “has shrunk as never before in two decades, industrial production has all but collapsed, agriculture is in distress, construction industry, a big employer of the work force, is in the doldrums, exports have dwindled, sector after sector of the economy is in distress…”

So who is sleeping well in India? Clearly, nobody except the fat cats of business who are close to the ruling regime and whose businesses flourish under official protection. For the rest, it appears to be a nightmare from which there is no escape.

Admittedly, there are deep structure problems in the economy which have resulted in the economic mess. But what is also undeniable is that Modi’s capricious economic policies, such as the pointless demonetisation exercise, coupled with his government’s inability to implement the long planned GST — it has been in the making for 16 years — have come as severe blows to the economy and the hopes of a demographically young country. Joblessness is looming large over India keeping awake millions of desperate young people who are finding jobs disappearing at an alarming rate. In industry after industry, from banking to capital goods, in premium sectors such as IT, the job losses are of staggering proportions.

For the young who naively but genuinely believed that Modi would indeed create 10 million jobs every year as he promised in his 2014 election campaign, the awakening has been specially bitter. India’s demographic bulge means that at least 12m young people are added to the workforce every year but the government’s record on job creation has been dismal so far and has touched a six-year low. The experts offer no hope of the nightmare ending soon. CIEL HR, a top staffing services firm, says the current scale of the current disruption in white-collar jobs has not happened in the past whereas Teamlease, the country’s biggest recruitment firm, warns the nightmare is not about to end anytime soon. It forecasts a further 30pc to 40pc reduction of jobs in the manufacturing sector.

And the distress is widespread, encompassing agriculture and service, too. For much of this year, farmers have been kept awake by policies that are positively inimical to their well-being, forcing them to agitate continuously, regardless of the bullets and indifference they have met with. While economists, industry experts and government official slug it out over the figures of economic decline and job losses, academics, parents of the young and society in general are losing sleep over the fallout: the strains on the social fabric of India which has been rent by Hindutva politics. As violent young men, presumably of no fixed occupation, roam the streets looking for soft targets to vent their rage, cattle traders of the minority community and the untouchables of Hindu society have already seen their livelihood disappear in the name of religion. The official crackdown on abattoirs has had a serious impact on their livelihood. The economy with export of leather goods, an important official crackdown on abattoirs has had a serious impact on their livelihood. The economy with export of leather goods, an important foreign exchange earner, taking a beating.

If anyone is sleeping well in India, it appears to be the government.

The writer is a journalist based in New Delhi.

Published in Dawn, October 16th, 2017
NOSTALGIA AND EMOTIONS prevent one from seeing and understanding history and historical events in their proper perspectives.

A case in point is the legacy of the V11 Nizam of Hyderabad, Mir Osman Ali Khan (ALA HAZATH). And for good or bad this crops up every year around September, with some erstwhile Hyderabadis heaping praises on the late Nizam for his care and concern of his people irrespective of their faith and religion.

While a lesser lot of politicians and social activists aligned with the rightwing Hindu extremist organizations see the Nizam as a tyrant who mistreated Hindus.

Fortunately for the people of Hyderabad no untoward incident happened on the 18th September, 2017, the day antagonist of the Nizam rule planned agitations. Credit in full must be given to the present CM Chandr Shekhar Rao keeping for the peace. In fact KCR, as he is popularly known, has alarmed rightwing Hindu party and affiliated groups, by his deep respect and appreciation of the contributions the Nizams made to make the city of Hyderabad and the Telangana a jewel.

Returning to the legacy of Nizam, it is acknowledged by a cross section of the Hyderabadis that Osman Ali Khan, was cast in a benvolent mould dispensing welfare and justice to all his subjects. It is equally acknowledged with a flourish that he was a confirmed miser for self but concerned and generous in providing succor to the poor needy and state requirements.

More than anything else, the rule of the last Nizam, Mir Osman Ali Khan, or to reproduce his titular due, Lieut General, His Exalted Highness, Rustum E-Dowran, Arustu-E-Zaman, Sipah Salar, Zaman Shahu Khan, was Mubarak ud-Deen, Nawab, Mir Osman Ali Khan Bahdur, Fateh Jung, Sultan ul-Ulum G.C.S. I G.B.E, Faithful Ally of the British Government, Seventh Nizam of Hyderabad and Berar, was exemplary in that people of all religions, caste, and creeds were ruled alike. It was a perfect example of communal harmony, which is a rarity in present day Bihar.

When he bestowed Nizam VII, the following day of the death of his father Mir Meboob Ali Khan, the state treasury was empty. For Meboob Ali Khan, whose reign was fondly called the “Days of the Beloved” was a large hearted ruler, living extravagantly, extravagant generosity to friends, providing lavish feasts and gifts, his largess was legendary. Result the state coffers were almost empty. Mir Osman Ali Khan is said to have refurbished the state coffers collecting Nazars from his nobles and Jagirdars in bestowing titles like Nawab, Jung, and Jaha in return. It is said, he would send a petty gift to one of the nobles, who keeping in traditions would make a bigger return to the Nizam. Even the King Koti, was a gift from one of the nobles named, Kamal Khan, who had is initials KK engraved on the main entrance to the Deodi. Osman Ali Khan was invited to the Deodi, he liked it very much and Kamal Khan had no other option but to gift it to the Nizam.

A lot of political, social and royal bedroom yarn is knitted around this man, who became a legend in his own life. Conspiring to the Deodi. Osman Ali Khan was invited to the Deodi, the benefits to the country and technology to my CMD and me along with Serge Dassault, the owner of Dassault Aviation. We watched demonstrations of various aircrafts from different countries and for the first time USSR displayed Antonov AN 124 which could carry 700 battle ready troops in various configuration. Amazing it was to watch a mountain flying and the Soviet pilots scrambling the giant with ease, like a toy. There were state dinners for the delegation and I was informally elected as an official member of the delegation without any protocol. In formal dinner we were introduced to President Mitterrand and PM Rajiv, they shook hands with us. These shakes are like trophies in my memory. Our PM also hosted a formal dinner at the second floor banquet hall of Eiffel Tower and Malika Sarabhai and Karen Lune were doubling as chief hostesses of Indian delegation.

Hear me out s’il vous plait, I am bringing you to an important evening. A private dinner was hosted for CMDs, Rahul Bajaj, Air Chief Marshall Khatre and this ordinary mortal by Hinduja brothers, in their luxurious flat, just opposite and at a stone throw from Eiffel Tower. Though the brothers were very simple, the residence had formally white unformed and gloved French waiters and servants who were serving us drinks and short eats. It was about 7.30 in the evening, after a couple of drinks, seated on the floor the group, decided that they would eat only Indian food that too from a restaurant of Grosvenor in London. There were few suggestions on the menu, Gopichand Hinduja telephoned his staff in London and the food was ordered to be air lifted by a chopper. The group settled with drinks exchanging freely ideas about business and of course politics. Though, I was young and a junior, they all made me feel part of the group exchanging pleasant ruminations. After a while, ACM Khatre and Ashok Hinduja pulled me aside to a corner and started chatting about Exocet Missile Fuses, the subject I had been chatting about Exocet Missile Fuses, the subject I could influence my CMD and me along with Serge Dassault, the owner of Dassault Aviation. We watched demonstrations of various aircrafts from different countries and for the first time USSR displayed Antonov AN 124 which could carry 700 battle ready troops in various configuration. Amazing it was to watch a mountain flying and the Soviet pilots scrambling the giant with ease, like a toy. There were state dinners for the delegation and I was informally elected as an official member of the delegation without any protocol. In formal dinner we were introduced to President Mitterrand and PM Rajiv, they shook hands with us. These shakes are like trophies in my memory. Our PM also hosted a formal dinner at the second floor banquet hall of Eiffel Tower and Malika Sarabhai and Karen Lune were doubling as chief hostesses of Indian delegation.

Rajiv Gandhi and Paris Air Show in 1985
By M.S.Zahed Ex-CMD HMT

Paris is known for its museums and architectural landmarks, the Louvre was the most visited art museum in the world in 2016, with 7.4 million visitors. The Musée d’Orsay and Musée de l’Orangerie are noted for their collections of French Impressionist art, and the Pompidou-center Musée National d’Art Moderne has the largest collection of modern and contemporary art in Europe. The historical district along Seine River in the city center is classified as a UNESCO Heritage Site just like our own Taj Mahal. Landmarks in the center of the city include the Cathedral of Notre Dame de Paris and The Gothic royal chapel of Sainte-Chapelle, both on the Île de la Cité; the Eiffel Tower, constructed for the Paris Universal Exposition of 1889; the Grand Palais and Petit Palais, built for the Paris Universal Exposition of 1900; the Arc de Triomphe on the Champs Elysees, and the Basilica of Sacré-Cœur in the hill of Montmartre. Paris received 22.2 million visitors in 2015, making it one of the world’s top tourist destinations. Living in Algiers, and Paris being just across Mediterranean and about two hours by air was a great attraction to visit as frequently as possible.

The Paris Air Show (Salon international de l’aéronautique et de l’espace de Paris-Le Bourget, Salon du Bourget) claims to be the world’s calendar-oldest air show. Established in 1909, it has been held every odd year since 1949 at Paris–Le Bourget Airport in north Paris, France. It was spring in June 1985 in Paris, a city beautiful with a history which has shaped many parts of the world including the United States with the concept of “Liberty.” Those days Rajiv Gandhi and his team were active in enhancing the technology in the defence sector. India Festival was held to coincide with the dates around the Paris Air Show. The leisure loving French were delighted to see colourfully half clad Indian artistes on the menu, Gopichand Hinduja telephoned his CMD and me along with my CMD and me along with Serge Dassault, the owner of Dassault Aviation. We watched demonstrations of various aircrafts from different countries and for the first time USSR displayed Antonov AN 124 which could carry 700 battle ready troops in various configuration. Amazing it was to watch a mountain flying and the Soviet pilots scrambling the giant with ease, like a toy. There were state dinners for the delegation and I was informally elected as an official member of the delegation without any protocol. In formal dinner we were introduced to President Mitterrand and PM Rajiv, they shook hands with us. These shakes are like trophies in my memory. Our PM also hosted a formal dinner at the second floor banquet hall of Eiffel Tower and Malika Sarabhai and Karen Lune were doubling as chief hostesses of Indian delegation.

While a fresher lot of politicians and social activists aligned their stand to the government of Chief Minister, K.Chander Shekhar Rao while a fresher lot of politicians and social activists aligned their stand to the government of Chief Minister, K.Chander Shekhar Rao
HINDI MOVIE RELEASE DATES

Qarib Qarib Singlle: Irrfan Khan is exceptional in this quirky rom-com

Directed by Tanuja Chandra, Qarib Qarib Singlle stars Irrfan Khan and Parvathy. Malayalam actress Parvathy makes her Hindi film debut with this film which looks like an unusual love story. Tanuja comes back to the director’s chair with this film after a long gap of 11 years.

Starring Irrfan Khan and Parvathy, ‘Qarib Qarib Singlle’ is a quirky love story where the two characters embark on an unusual journey that soon turns into an adventurous one.

From the trailer, it looks like that Irrfan Khan is acing the comic timing and Parvathy matches him at every beat. The film is shot in various cities on the banks of the river Ganga. The two characters start their journey as ‘Qarib Qarib Singlle’ (almost single) and will probably find love on their way. The film looks like a fun-filled comedy ride that is going to be loved by the audience.

The film’s quirky caption, ‘Saath jeene marne wali story nahi hai humari’ (Ours isn’t the live together-die together kind of love story) suggests that the film will not be an emotional saga and will stick to light-hearted entertainment. After the superb success of ‘Hindi Medium’ earlier this year, this film will again see Irrfan in a light-hearted role and if his performance in ‘Hindi Medium’ is anything to go by, this one will hit it out of the park as well. ‘Qarib Qarib Singlle’ will also mark the Hindi film debut of Malayalam actress Parvathy.

Tanuja Chandra has returned to the director’s chair with this one after a long gap of 11 years. The last film directed by Chandra, Hope and a Little Sugar, released back in 2006. The director is known for her thrillers like Sangharsh (1999) and Dushman (1998). It will be a refreshing change to watch a slice-of-life film from the director.
‘Brahmastra’ to cost over Rs 150 crore

‘Brahmastra’ starring Ranbir Kapoor, Alia Bhatt and Amitabh Bachchan has been the talk of the town for its superhero plot apart from its star-studded cast. Recently, director Ayan Mukerji expressed his excitement for the film saying that he hopes it becomes “the biggest success of his career”. According to latest reports, the talented young director is pulling out all stops to attain the desired results for his trilogy. If reports doing the rounds are anything to go by, then the film is reportedly being shot on a budget that exceeds Rs 150 crore. The makers of the fantasy adventure series are reportedly keen to make this project match Hollywood standards and are also reportedly looking forward to releasing it in 3D.

Ayan was recently quoted at an event saying, “It’s the biggest project of my life. All my hopes are pinned on this film. I hope it becomes the biggest success... I am very excited about the cast but I hope the film gets even bigger than the cast.” The film is slated to release in 2019.

Salman in Film “Bharat”

Salman and Eid in Bollywood go hand-in-hand. There seldom have been times in past few years when the ‘Dabangg’ actor’s fans have not been treated by his film on the occasion of the holy festival.

Continuing the tradition, Salman Khan has yet again blocked the auspicious date for his 2019 release titled ‘Bharat’. The film will reportedly be shot in Abu Dhabi and Spain, besides Punjab and Delhi in India. Prep in every department will be elaborate and the casting will be done over the next three months.

The film marks Producer Atul Agnihotri joining hands with Salman Khan post the Blockbuster 2011 Eid release ‘Bodyguard’ and Ali Abbas Zafar directing the actor post 2016 Blockbuster Eid release ‘Sultan’.

Produced by Atul Agnihotri and directed by Ali Abbas Zafar, The film will go on floor in April 2018.

Kamal Haasan to join politics

CHENNAI: Actor Kamal Haasan has signalled his entry into politics. The actor has started meeting prominent activists and has spoken publicly on issues related to corruption in hospitals as well as pollution affecting fishermen in north Chennai. Kamal Haasan met activists from Arappor Iyakkam, the Chennai-based anti-corruption non-governmental organisation, and discussed with them the growing corruption in the state and ways to bring it out. He was interested in knowing the use of the Right to Information (RTI) Act, which is one of the key methods used by Arappor to highlight the chinks in the administration.

He was aware of our expose of bribery in the Chennai eye hospital. He had seen our videos where we had explained the link between shell companies using the shareholder pattern,” said Arappor convenor Jayaram Venkatesan.

Venkatesan.

In an article that appeared in a Tamil magazine, Haasan indicated that he would be galvanising youngsters for a movement at a meeting on November 7, his birthday. He also mentioned Arappor and their success in exposing the eye hospital bribery case in the article. “We have offered to train the volunteers in filing RTI applications,” Venkatesan said.

Haasan on Friday tweeted about environmental pollution of the Kosathaiyar river by power plants which indiscriminately dump fly ash which has an impact on fishermen dependent on catch from the river. Sources said he spoke to Carnatic musician T M Krishna regarding the minute details of the issue recently.

Working with the environmental group Coastal Resource Centre (CRC), Krishna had been instrumental in several of north Chennai’s environmental concerns gaining a bigger platform after his song on the issue became very popular.
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Improving range of motion, muscle strength, and weight control can help reduce pain and make your knees feel younger. Knee pain is common in older age, often caused by osteoarthritis (the wearing away of knee cartilage). Fortunately, there are ways to fool Father Time and postpone knee problems or even prevent them entirely. “In many cases, you can delay or avoid the need for surgical intervention, such as a knee replacement,” says Dr. Lars Richardson, an orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital.

The aging knee

Your knees absorb a huge amount of pressure with every step — typically one- and-a-half times your body weight. That pressure, plus regular wear and tear, takes a toll over time. Muscles and ligaments get weaker. The knee’s two shock absorbers — pads of cartilage called menisci — start to deteriorate. So does the articular cartilage protecting the ends of the leg bones where they meet at the knee. If you have a family history of osteoarthritis, if you’re overweight, or if you’ve had some knee injuries, you may be more prone to this deterioration.

When the cartilage is gone, the bones rub against each other, and you end up with pain, stiffness, and swelling. Anti-aging defenses

That doesn’t mean you need to let knee pain — or the threat of it — interrupt your life. By employing some of the following strategies, you can help keep your knees as young as you feel.

Strengthen the muscles. Boosting muscle strength stabilizes the knee joint and helps the muscles absorb stress you place on the knee. Strengthening should start with the quadriceps and hamstrings in the thighs, but it shouldn’t end there. “In the old days, we just strengthened the quads. Now we know that it’s also important to strengthen the hip and core muscles to maximize function of the knee,” says Dr. Richardson.

It’s best to work with a physical therapist who can evaluate your needs and develop a strengthening program that’s right for you.

One of Dr. Richardson’s exercise recommendations is a body squat. “Don’t squat so low that you’re parallel to the ground,” he warns. “That will put too much stress on the knee.”

He also recommends a “step up” to strengthen your core, hip, and leg muscles. “Stand and face a staircase, and then rotate your body 90 degrees,” he explains. “Hold on to the banister. Place the leg closest to the stairs onto the first step, and straighten that leg so that your other leg is off the ground. Lower yourself back down. Repeat that exercise 10 times, and then do the exercise with your other leg.”

Lose weight. If you’re overweight, each additional pound you carry translates to another 4 pounds of pressure on the joints. A 20-pound weight gain, for example, would add 80 pounds of pressure on your knees. Losing weight relieves pressure and pain on the joints. “Getting your body mass index [BMI] to a healthy range will make your knees feel better,” says Dr. Richardson. BMI is a measure that takes into account both your height and weight; values from 18.5 to 24.9 are considered healthy.

Increase range of motion. “Most people’s joints get stiffer with age, and there’s clear evidence that people with better motion have fewer symptoms, especially if they can straighten the knee. So it’s important to work on getting the knee straight,” Dr. Richardson says. He recommends working with a physical therapist to improve range of motion. For an exercise to try at home, he suggests sitting on a bed or floor, putting a pillow under the ankle, and using your leg muscles to force the knee down gently.

A few more tips

Dr. Richardson says some activities can make osteoarthritis symptoms worse, such as standing on a hard surface or squatting for a long period (while gardening, for example). “Squatting can irritate the soft cartilage meniscus of the knee. Avoid long periods of time with your knees bent deeply,” he warns.

Instead, wear cushioned shoes or gel inserts if you have a job or hobby that involves standing on hard surfaces, and use a low stool to sit on while gardening.

Avoid high-impact activities such as jogging and aerobics classes that involve jumping. Go for non-impact exercises, such as indoor or outdoor cycling or using an elliptical trainer.

Dr. Richardson also advises that you keep your goals of better knee health in mind, as an incentive. “Maybe it’s just climbing the stairs, going for a walk, or crawling on the floor to play with the grandkids,” he says.

Frequently asked questions about colds and the flu

Q. When should I stay home from work or keep my child home from school?

A. Use your judgment to determine when you are feeling too sick to go to work or when your child is feeling too sick to go to school. It is important to stay home when you are most contagious. For colds, you are contagious the entire time you have symptoms, but you are most contagious right after you contract the viral infection, before you even have symptoms. For the flu, adults are most infectious from the day before symptoms start until about the fifth day of symptoms.

Q. When should I see my doctor?

A. If you experience any of the common flu symptoms or if your symptoms do not go away as quickly as you would expect, see your doctor.

Q. How can I avoid passing my cold or flu on to my family?

A. There are many steps you can take to try to avoid spreading germs to the people around you. Always cover your mouth and nose when you sneeze or cough, either with a tissue or by coughing or sneezing into your elbow. Throw used tissues away immediately, ideally into a toilet where they can be flushed away without anyone else touching them. Wash your hands often, especially after you sneeze, cough, or touch your eyes, nose, or mouth. Keep your distance from others—don’t kiss, hug, or stand so close to someone that saliva might get on them when you talk. Make sure someone is disinfecting household surfaces and items frequently, including children’s toys.

Q. Why do colds and the flu increase in the winter?

A. Cold weather itself does not cause colds, but people are more likely to stay indoors and spread cold germs to one another when it’s cold outside. There is emerging evidence that influenza spreads most efficiently at low temperatures and in low humidity, which may explain why cases of the flu increase so much in the winter.

Q. Is there any truth to the old saying “Feed a cold; starve a fever”?

A. No. When you have a cold or the flu, you should be sure to eat healthful foods and drink plenty of fluids, but there is no need to eat more or less than usual.

Q. Is it okay to get a flu shot when I have a cold?

A. Yes, you can get vaccinated when you have a cold as long as you are not feeling very sick and do not have a fever.

Q. When should I see my doctor?

A. If you experience any of the common flu symptoms or if your symptoms do not go away as quickly as you would expect, see your doctor.
A Meeting was held with Ginning mills owners for purchasing cotton for minimum support price from the farmers. Minister for Irrigation and Marketing Department T Harish Rao directed the Collectors of various districts to take necessary steps for purchasing cotton for minimum support price from the farmers, without creating any hurdles. The Minister along with the Principal Secretary of Agriculture Department Parthasarathi, Commissioner Jagan Mohan and Director of Marketing Department Lakshmi Bhai, held a video conference with the Collectors and Joint-Collectors along with the officials of Marketing department from the JAD conference hall in Hyderabad on Friday.

Addressing the officials through the video-conference, Minister Harish Rao said the farmers may incur heavy loss since the cotton price in the open market is so less. To prevent them from incurring loss, cotton is being purchased from them through cotton purchase centres for minimum support price. The Joint-Collectors and officials of marketing department along with the Cotton Corporation of India (CCI) officials must ensure that the amount paid to the farmers from whom the cotton is purchased for MSP (by fixing the MSP at Rs 4,320 per quintal) will be credited into their accounts. He warned not to cheat the farmers. Harish Rao directed the officials to open purchasing centres in ginning mills and market yards to speed up cotton purchase from the farmers. The farmers need to pay extra charges for selling their produce in ginning mills. The Joint-Collectors and the officials of marketing department must supervise the purchasing process that is going on in the purchasing centres by visiting regularly to the centres and inspecting the process carefully without giving any scope for irregularities along with issuing the identity cards to every farmer, ordered the Minister.

Later, District in-charge Collector S Prabhakar Reddy responding to the suggestions made by the Minister T Harish Rao, said that identity cards will be sanctioned to every farmer within a week through the marketing department along with taking necessary steps for the convenience of the farmers. Agriculture Officer Thirumal Prasad, District Officer of Marketing department Praveen Reddy and the officials of CCI and Markfed were present along with others.
On the lighter side....

What is the definition of adult?

ADULT:
A person who has stopped growing at both ends and is now growing in the middle.

Two roofers, Larry and Joe, were on the roof laying tile, when a sudden win gust came and knocked down their ladder.

"I have an idea," said Larry, "We'll throw you down, and then you can pick up the ladder."

"What, do you think, that I'm stupid?" replied Joe, "I have and idea! I'll shine my flashlight, and you can climb down on the beam of light."

Larry wasn't having it. "What, do you think that I'm stupid? You'll just turn off the flashlight when I'm halfway down."

A man was driving the wrong way down a one-way street.

He was stopped by a policeman. "This is a one-way street," said the officer.

"I know," said the motorist, "I'm only going one way."

Myra was going to the office party but needed a new party dress.

In the clothing store she asked, "May I try on that dress in the window, please?"

"Certainly not, madam," responded the salesgirl. "You'll have to use the fitting room like everyone else."

A thief got married to a thief. They decided to give up their old ways and begin a family.

Fifteen months after getting married, they were expecting a son. At the hospital their son was born and his hand was closed.

They went for a closer look. They opened up his hand and were surprised by what they found.

The wristwatch of the doctor who delivered him.

The Law of Equality states:

The time taken by a wife when she says "I'll be ready in 5 minutes" is exactly equal to the to the time taken by husband when he says "I'll call you in 5 mins."

At a store, a lady stood in line waiting to pay for her items. Three men stood before her in the line. After 15 minutes she realized that the line wasn't moving at all.

She shouted at the cashier, "Is this line going to take all day long?"

The cashier replied, "Please step aside ma'am and come here. You are standing behind three mannequins."

Blood may be thicker than water, but baseball beats them both.

I learned this after explaining to my two boys that they were half-Lithuanian on their father's side, and half-Yan-

kee, meaning their other set of parents came from an old New England family.

My younger son looked worried. "But we're still a hun-

dred percent Red Sox, right, Mom?"

A college student could not take his seminar final exam because of a funeral.

"No problem," the teacher told him. "Make it up the fol-

lowing week." That week came, and again he couldn't take the test due to another funeral.

"You'll have to take the test early next week," the professor insisted. "I can't keep postponing it."

"I'll take the test next week if no one dies," the undergrad replied.

By now I the instructor was suspicious. "How can you have so many people you know pass away in three weeks?"

"I don't know any of these people," the student exclaimed. "But I'm the only gravedigger in town."

Little Susie: Did you know carrots are really good for your eyes?

Little Ralph: How do you know that?

Little Susie: Well, have you ever seen a rabbit with glasses?