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

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Gone are the days when one used to use Islam to gain power

Prime Minister Imran Khan, while addressing a public rally in Gilgit-Baltistan, told the 'Azadi March' protesters congregated in Islamabad that when they run out of food, more will be sent to them, but their leaders should not expect any amnesty from him.

"Gone are the days when one used to use Islam to gain power. This is a new Pakistan. Sit however long you want. When your food runs out, we will send more. But we will not give you an NRO," declared the prime minister.

His comments came shortly before PML-N President Shehbaz Sharif joined the Azadi March in Islamabad.

Visiting the region on the occasion of its independence day, the prime minister regretted that while the day marked a glorious event, a movement was on that day seeking disruption in Islamabad.

"We are celebrating your independence while an Azadi March [is ongoing in Islamabad]. Who are they wishing to gain freedom from?"

"I want the media to go there and ask people who they wish to free themselves from," said the prime minister, stating that all his opponents appear disjointed in their thoughts and aims.

"If you ask PPP, they will talk about inflation; if you talk to PML-N they won't know why they are there. JUI-F will decry a 'Jewish conspiracy' [to undermine Pakistan]."

"When Maulana Fazlur Rehman is there [in Islamabad] we have no need of foreign conspiracies," said the premier, adding: "The way the Indian media is celebrating [this march], it makes it seem he [Rehman] himself is (an Indian) national."

The prime minister regretted the use of Islam for shoring up votes. "The youth will be misled. They will think he [the Maulana] is the caretaker of Islam. Instead of coming to Islam, people will leave religion after looking at him."

"People are on to you now, Fazl. This is the age of social media. People know there is no substance in your statements. People still remember what the PPP and PML- N



had said when PTI gave a dharna [in 2014]," he said. "Even Asfandyar [Wali] is there, who used to speak against JUI-F all the time," remarked the prime minister. The prime minister also asked what Bilawal Bhutto-Zardari, the PPP leader who usually takes progressive political positions, is doing joining hands with a right-wing Islamist party.

"Bilawal, who calls himself a liberal, has also joined the jalsa. [It seems] the only thing 'liberal' about Bilawal is that he is liberally corrupt," he said.

He asked all parties who had gathered in Islamabad to tell people what their real motive is. "Tell people why you have really gathered," he dared the opposition.

He said the real reason is that their corruption cases are "laid bare for everyone to see. They are all afraid they will be next."

The prime minister vowed to turn a new page in the history of the country. "We will not be a country which allows such thieves to live in palaces. You will [all] go to jail. And then people will be afraid to do [what you have done]."







India-Saudi Arabia Ties Scaling New Heights



A harbinger of the growing closeness between New Delhi and Riyadh is the number of high-level visits by political leaders from both countries in recent years. For the second time, Indian Prime Minister Narendra Modi is travelling to Saudi Arabia to attend the Future Investment Summit to be held in Riyadh on October 29-31. The frequency of such visits clearly manifests the strategic importance accorded by both countries to one another. It is expected, during Modi's visit, that both sides will sign energy deals, including the promise of Saudi participation in India's strategic petroleum reserve. Further, details about the planned Indo-Saudi Strategic Partnership Council are likely to be discussed.

Today's Indo-Saudi cooperation is no longer restricted to the traditional sphere of oil-energy trade. Instead, the relationship has become multifaceted thanks to the impetus given by the leaderships of both countries to other areas, including defense, maritime security, counterterrorism, science and technology, strategic oil reserves, investments, tourism, and so on. This bonhomie has come about at a time when mega economic reform programs are underway in Saudi Arabia, for which it welcomes India's economic as well as technological assistance. Likewise, New Delhi looks for Saudi investments in India's petrochemicals, infrastructure, and mining sectors alongside cooperation in economic and security matters.

That transformation was brought about by strong political will in both India and Saudi Arabia to take relations to new heights. The current scenario is unlike the Cold War period when India-Saudi Arabia ties were mainly determined by the Pakistani factor. For decades, this prevented both New Delhi and Riyadh from discovering the strategic importance of engaging one another. But, over a period, they have begun to disentangle themselves from certain inhibitions of the past. Lately, there have been indications that Saudi Arabia is less interested in meddling in India's internal affairs. This could be a reason why the Saudi government, during National Security Advisor



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There are better 'sourcing countries' than China

Columbia Sportswear beat sales and profit estimates in its thirdquarter report and raised its earnings guidance for the current quarter, but shares failed to rally in the session.

The stock was weighed down by doubts that Chinese officials reportedly have about the prospects of reaching a trade deal with U.S. negotiators. Longtime CEO Tim Boyle on Thursday told CNBC's Jim Cramer that the apparel company has been shifting sourcing away from China.

"We've, over the last several years, been moving product out of China, not because we don't like China, but frankly because there's been better opportunities in other sourcing countries," he said in a "Mad Money" interview.

Boyle did not elaborate on the better sourcing countries, though the company includes Vietnam among its top sites.

The stock price dropped more than 3% to \$90.45 per share during the trading day, the same day that Bloomberg News reported that Chinese officials worried about the chances of striking a long-term U.S.-China trade deal because of President Donald Trump's "impulsive nature," which contributed to the stock market's negative trading day.

Columbia, whose brands include Mountain Hardwear, Sorel and OutDry among others, makes accessories and equipment in more than a dozen countries. More than 60% of its products, particularly footwear, in 2018 were manufactured in Vietnam and China.

Management has warned in the past that tariffs on Chinese imports would force the company to raise prices on affected merchandise if they were to go into effect. Beyond manufacturing, Columbia also sells a lot of products in China, where the firm has been doing business for almost two decades, Boyle said.

Sorel, a subsidiary that makes and distributes shoes and boots, brought in \$116 million of sales versus the \$103.7 million that Wall Street estimated in the quarter. However, Columbia is unable to move the "highly technical" production out of China fast enough, Boyle said.

Sorel's sales did improve by 27% from the year-ago quarter, which beat out the nearly 14% growth in the Columbia brand, according to FactSet.

"We're paying additional tariffs on that merchandise, which we've been very clear it's bad for consumers globally, bad specifically for consumers in the United States," Boyle said. "We're free traders. We like the opportunity to

sell more merchandise at better prices to consum-

Columbia shares are up 7.56% year to date. That's down from the nearly 28% gains the equity made through late July, FactSet said.

Mauritius Readers: Please go out and Vote





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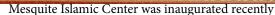


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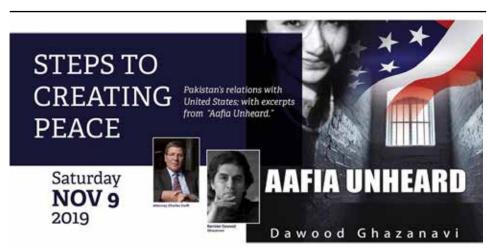


Honorable Cheif Justice of Lahore High Court, several Senior Judges of Lahore High Court & Commissioner Overseas Pakistani 's

Public awareness session in Houston & Updates on Commission for overseas Pakistani's

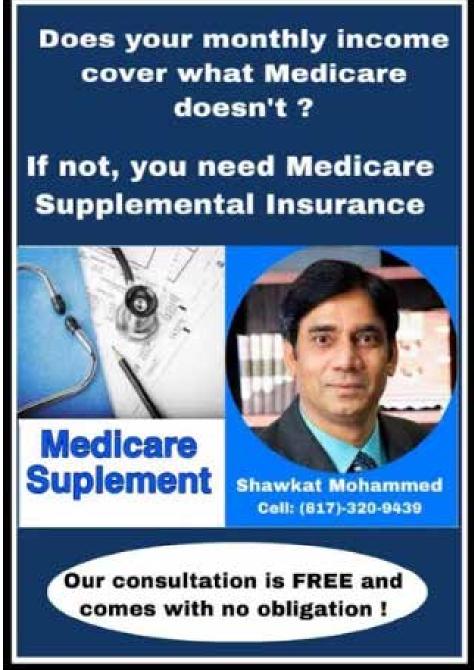
Mr. Justice Sardar Muhammad Shamim Khan with reference to the establishment of an Overseas Pakistanis Cell-LHC, to operate under the supervision of a Director, Secretary and support staff for resolution of problems of Expatriate Pakistanis regarding the pendency of litigation in the largest Province of Pakistan .

Special Benches at the level of High Court, comprising Hon'ble Mr. Justice Muhammad Qasim Khan (Criminal Matters), Hon'ble Mr. Justice Shujaat Ali Khan (Civil and Constitutional Matters), Hon'ble Mr. Justice Ch. Muhammad Masood Jahangir (Civil Matters) & Hon'ble Mr. Justice Jawad Hassan (Constitutional, Commercial & Foreign Awards Matters) have also been constituted by the Hon'ble Chief Justice and nominated their lordships as notified Special Judges to deal with all the pending cases pertaining to overseas Pakistanis, had awareness session in Houston Texas. - Haroon Moghal





Congrats to Rayed Mohammed for winning the OCU River Rumble 2019 regional in Oklahoma!! His run included wins over Toffee x2 (#3 in Kansas City), Zurge x2 (#3 in Oklahoma), Danbi (#1 in Northwest Arkansas) & RichardIceCube (#5 in South Kansas). Way to represent DFW Texas Smash!!



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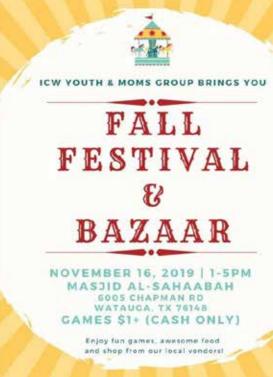


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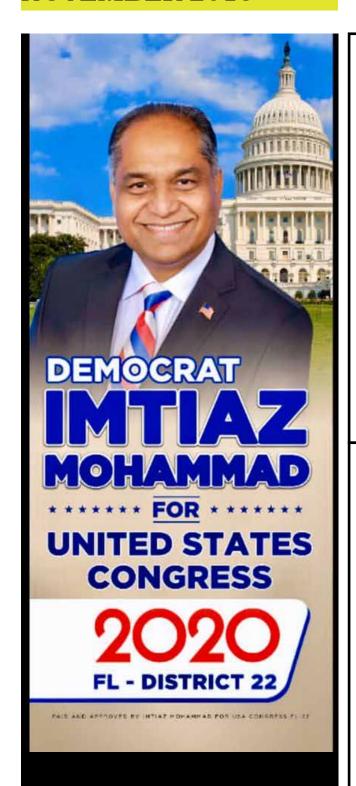
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U.S. VISA AVAILABILITY IN NOVEMBER 2019

For Pakistan, Bangladesh & India Compiled by Hasan Chishti

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Current

Current

Current

Dec., 08, 2017



Certain religious workers

Non-regional centers







Left: 24th Muslim Matrimonial Event was truly a diverse Muslim based event, where majority of singles were post graduates and participated from NY & NJ, but some flew from far states such as Massachusetts, Pennsylvania, Iowa, along with singles from England and Kashmir

MillanUS Team facilitated the whole event gracefully, organized, and enjoyable way. 5 hours of ice breaking games, introductions and face to face chatting offers many opportunities to mingle and understand others. When two clicks, exchange of contact information takes place, that leads them to meet again in more traditional setting. Many end up finding their soulmate.

Thanks syed Adnan, Samia Butt, Salman Sheikh, Shayan and Marilyn for volunteering.



Mayor Gary McCarthy of Schenectady, NY with M.A. Waheed and his grand kids at Taj Mahal

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MIDDLE EAST - PAGES

MIDDLE EAST - PAGES



Kareemullah H. Biyabani with (Right to Left), Mr. Shahbaaz Shaikh (International Coordination Manager-Kalash Seeds India Pvt. Ltd.), Mr. Raviraj Jamdade (General Manager, International Seeds Marketing-Kalash Seeds India Pvt. Ltd.), His Royal Highness Prince Saud bin Mohammed bin Abdullah Al-Faisal ibn AbdulAziz Aal-Saud (our Group's General Manager-and great grandson of former King of Saudi Arabia, His Majesty Late King Faisal bin AbdulAziz Aal-Saud-Rahimahullah), and Eng. Hassan Makky (our Technical Manager).



Kareemullah H. Biyabani with Eng. Hassan Makki and delegates from the Kalash Seeds Pvt. Ltd., Jalna, Maharashtra, India



Kareemullah H. Biyabani @ FIFTY 50-Fruits Juice Center, Riyadh, Kingdom of Saudi Arabia with Indian **Business Delegates**



Mumtaz Ali Akram performing Umra and below at Saudi National Day







Prime Minister Narendra Modi in Riyadh greeted by Ambassador Ausaf Sayeed and Mrs Sayeed



King Salman bin Abdulaziz Al Saud receives Prime Minister Narendra Modi at Royal Court in Riyadh along with Shri Hifzur Rahman Azmi





Dr and Mrs Syed N Masood enjoying vacation in Europe

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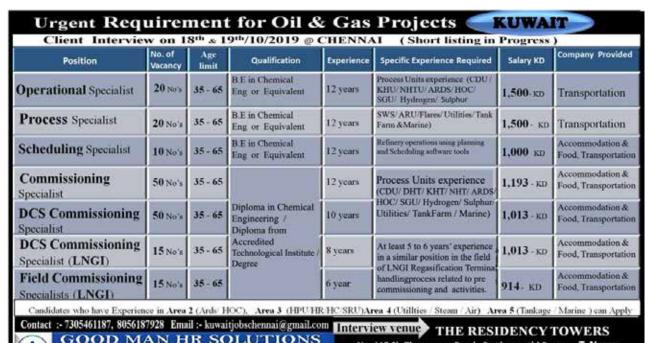


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During
Umrah
in
Jeddah
and
other
cities



Below Pics:

Emotional meeting at Sai Baba Temple community hall in Aurora Illinois, very touching stories of H1B visa holders as the processing of Green Cards May take up-to 40-60 years if the bill S-386 in US Senate is not approved .

US Congress passed the bill which was co-sponsored by Congressman Raja Krishnanamurty . Meeting was focused to convince US Senators not to block S-386 bill,

Bill is currently studied by Senior US Senator Richard (Dick) Durbin Of ILLINOIS





Fundraiser lunch for Gerald Moore for State Representative of Illinois 10 Th district, attended by community leaders including Dr Vijay Prabhaker Kishor Mehta, Dr Srinivas Reddy , Dr Suresh Reddy AAPI president, Keerthi Kumar , Ajeet Singh , Jayadeep Metapally and others

Faheem for Congress

Mohammed Faheem, a successful businessman and philanthropist has announced that he is running for U.S. Representative in Congress in the upcoming democratic primary election on March 17, 2020. His platform and background can be accessed at www.faheemforcongress. com.

Faheem will be challenging incumbent Raja Krishnamoorthy who is vying for his third term in Congress. "I want to bring accountability back to the 8th District", Faheem said.

Faheem has a track record of creating several successful businesses over the past 34 years that he has been in the US. He started off with his first company American Business Consultants in Houston, followed by American International Marketing, Web Houston International, The Golden Rule Construction Company and also produced and anchored the International News Hour, a daily drive time news program and also hosted a weekend talk radio show for 14 years.

He retired from active business in 2001 and after a few years of travel, got back into public service by launching a cable television show 'The Employment Hour,'in 2004-05 in Chicago.

That lead to a job offer from the Illinois workNet Center as Director of Business Employer Solutions and Corporate Relations from where he took early retirement in 2016 to launch his own consulting company The Center for Strategic Solutions, Inc. (www.cfss.us).

During his stint with Illinois workNet, Faheem was

instrumental in creating and launching several innovative programs for veterans, youth at risk, people with disabilities, ex-offenders and job seekers of all ages and backgrounds. The programs for youth and job seekers were recognized as a 'Best Practice' at the National level by the National Association of Workforce Development Professionals (NAWDP).

Workshops created by Faheem for unemployed professionals have been presented to over 15,000 job seekers in the northwest suburbs of Chicago. The structured program was developed by Faheem who also trained over 400 volunteers to deliver the content in 18 suburban libraries. Faheem also presented webinars to train the statewide staff of Illinois workNet on his innovative programs.

Faheem is running on a platform of nine specific ideas; Job Creation, Veterans Assistance, Workforce Development, Affordable Healthcare, Criminal Justice Reform, Dignified Retirement, Diversity and Inclusion and implementation of the Green New Deal to minimize climate and environmental impact.

Faheems contribution to community service has been recognized by President Clinton, George Bush, the U.S. Congress and several community organizations.

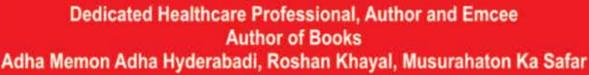
Born in Hyderabad, India, Faheem has a Masters degree in Communication and Journalism from Osmania University and a Bachelors degree in Science from Mumtaz College from where he graduated as the 'Best Student of the Year'. He was the captain of the Osmania University national Inter-University debate team and qualified in the

IAS exam in 1982 before migrating to the U.S.

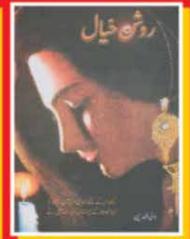














contact Wali Uddin at (630) 803-7321 for any book orders. Note: The proceeds from the sale of these books will go to the Welfare organizations.

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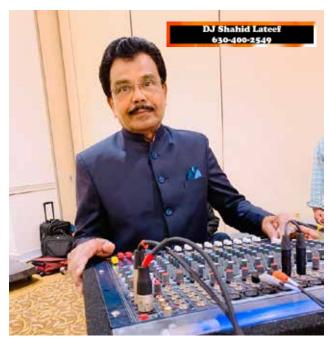
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Kamran Mehdi Hasan speaking on a book "King of Ghazal Mehdi Hasan" written by Syed Faisal Nadeem. He denied that this is a Fake book as percieved by some of Mehdi Hasan fans.











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I am proud to endorse Moon Khan for Clerk of the Circuit Court of DuPage County and urge DuPage County voters to support him for this office."

Congressman Raja Krishnamoorthi



INTERNATIONAL PAG

A 63-year-old Chinese fugitive was found by a police drone after living in a remote hillside cave for 17 years

Chinese police caught a 63-year-old Chinese fugitive after drone footage located his makeshift hideaway embedded inside a remote hillside cave.

Song Moujiang escaped from prison in March 2002 and had evaded police capture for 17 years, police in Yongshan county said. Song had been jailed for trafficking women and children.

Police discovered his makeshift shelter in the mountains behind his hometown after their drone identified a blue colored steel tile amid the dense bush.

The man lived in the cave residence — which was less than 21 square feet — for so long that his communication skills were hindered, police said.

A man who escaped prison and remained a fugitive for 17 years was caught by Chi-

nese police last week after drone footage revealed his makeshift hideaway embedded inside a remote hillside cave.

Police in Yongshan, a county in China's southwestern Yunnan province, revealed details of the discovery and photos of the man on WeChat last week.

The fugitive, 63-year-old Song Moujiang escaped a prison camp in the nearby Sichuan province in March 2002 and has been on the run ever since. He had been jailed for trafficking women and children. Police did not mention when Song was imprisoned.

The force said it had received a tip that Song was possibly hiding in the mountains behind his hometown of Yongshan County, though they had trouble searching for his location due to steep slopes and rocky terrain.

So police decided to employ the use of a drone in order to conduct their search, they said. Yongshan Police/WeChat

Police located Song's hideout on the morning of September 19 after drone footage identi-

fied a blue steel tile amid the dense bush. After more than an hour of hiking, police say they found Song's shelter, which was located in a cave on the cliff.

Police arrested the man inside, who confessed to escaping the prison camp and evading their capture for 17 years.

The man lived in the cave residence — which was less than two square meters or 21 square feet — for so long that his communication skills had become hindered,



police said.

"He expressed himself poorly and there were slight barriers to his communication," police said. During his stay in the cave Song used plastic bottles to get water from a nearby ravine, the BBC reported, citing state media.

He has now been sent back to jail, the BBC reported.
YAhoo News

Vietnam Seizes \$4.3B in Falsely Labeled Chinese Aluminum

(Bloomberg) -- Terms of Trade is a daily newsletter that untangles a world embroiled in trade wars. Sign up here.

Vietnamese customs discovered and seized about \$4.3 billion of Chinese aluminum falsely labeled "Made-in-Vietnam" before being shipped mostly to the U.S., the Dan Tri news website reported, citing Nguyen Van Can, head of the General Department of Vietnam Customs.

The aluminum was imported from China by a company based in the southern province of Ba Ria-Vung Tau that tried to sidestep U.S. tariffs, according to the report that didn't give the company's name. Vietnamese customs worked with American authorities during the investigation.

Vietnam has become a top destination for suppliers looking to avoid U.S. and Chinese tariffs amid the ongong trade war between the great powers, which also makes it a potential magnet for fraudsters.

Vietnamese authorities are increasing scrutiny on product origins and tightening issuance of certificate of origins for exports, in an attempt to stop trade fraud, Deputy Minister of Trade and Industry Tran Quoc Khanh told reporters in Hanoi

in July. The government has stepped up its efforts "to prevent the Vietnamese territory from being taken advantage of, and not being used to avoid tariff with any markets," Khanh said.

Vietnamese shipments to the U.S. increased 26.6% from January through October

compared to the same period last year, the Hanoi-based General Statistics Office said in an estimate released earlier today.

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Saudi Prince Tells U.S. Congress to Get Over Its Frustrations

(Bloomberg) -- Prince Turki Al-Faisal, a former Saudi intelligence chief and an influential royal family member, told U.S. lawmakers to get off their "high moralistic horses" as ties between the historical allies remain frayed a year after the murder of columnist Jamal Khashoggi.

Prince Turki criticized congressional representatives on Wednesday for the "horror" and "disdain" they express for Saudi Arabia, saying U.S. lawmakers are unable to perform their jobs to address "issues of racism and racial inequality" and to reform gun ownership laws. He also said that most U.S. media has a "consistently blinkered view" of Saudi Arabia, one that portrays negative events in the kingdom as "being the norm."

The murder last year of Khashoggi, a U.S resident and Washington Post columnist, as well as the long-running war and humanitarian crisis in Yemen and the

detention of Saudi female activists have all strained the kingdom's relations with much of the Washington establishment outside the White House. Senior lawmakers in both parties remain unified on the issue of punishing the kingdom.

Prince Turki spoke at an event in Washington about a week before Saudi Arabia hosts its annual investment forum, the Future Investment Initiative. The Oct. 29-31 event is set to attract some of Wall Street's top dealmakers, as well as representatives from major institutional investors across the globe, after many skipped the forum last year.

Treasury Secretary Steven Mnuchin and Jared Kushner, a White House adviser and President Donald Trump's son-in-law, plan to attend the investment event. Mnuchin last year boycotted the investment meeting after Khashoggi was killed and dismembered by Saudi agents in Turkey.

How many congressional leaders "have deigned to pay a visit to the kingdom?" Prince Turki said at the event. "Should they visit Riyadh they may learn something about universal health care, which the kingdom has provided for its citizens since its establishment" or "they may get an insight into our improving and evolving educational system."

Saudi Arabia has been working hard to remake its image since the Khashoggi killing, marketing it as a tourist destination. It is building major tourism projects, transforming its Red Sea coastline to bring in holidaymakers and developing an entertainment city near the capital of Riyadh. The kingdom also said it plans to drop a requirement for men and women who visit to prove they're related in order to share a hotel room.

Last month, Saudi Arabia announced it

would drop its strict dress code for foreign women, who will no longer be required to wear an abaya, the flowing cloak that's been mandatory attire for decades. "Modest clothing" will still be called upon, according to Ahmed Al-Khateeb, chairman of the Saudi Commission for Tourism and National Heritage.

Changes introduced by Crown Prince Mohammed bin Salman were praised on Thursday by Timothy Lenderking, the deputy assistant secretary for Arabian Gulf Affairs.

Prince Mohammed is leading "very dynamic change" inside Saudi Arabia, Lenderking said at the same event as Prince Turki on Thursday. "The change is real, it's beneficial. The Saudi population, by and large, is responding very positively to it."

Man, 58, who was arrested after family was held in secret room for nine years 'is not their father'

A man who was arrested after a Dutch family was discovered inside a hidden room is not their dad, according to a local

Josef B, 58, from Austria, was detained by police officers after it was reported seven people had been living inside a small room in Drenthe in the Netherlands for nine years, according to the Telegraaf.

A man, 58, and six young adults aged between 18 and 25 were said to have been living there.

They were only discovered when the eldest of the children ordered a beer at a bar in the nearby village of Ruinerwold before telling staff he needed help.

Josef B was described as a handyman and

woodworker who ran a workshop in Meppel, which is located 6km from Drenthe. Police said the older man had been arrested after refusing to co-operate.

They added that they had yet to determine whether the young adults were living in the room, which was situated at the bottom of a staircase hidden behind a cupboard, voluntarily.

The force wrote in a tweet: "Yesterday someone reported to us [that they were] worried about the living conditions of people in a house in Buitenhuizerweg in #Ruinerwold.

"We still have many unanswered ques-



Did American-Built Patriot Missiles Fail to Protect Saudi Arabia?

Key point: Patriot batteries are supposed to be state-of-the-arc when it comes to air and missile defense.

The missile strikes that badly damaged a key Saudi oil facility on Sept. 14, 2019 largely remain a mystery to the public.

Yemen's Houthi rebels, who have been at war with a Saudi-Emirati coalition since 2015, claimed responsibility for the coordinated attacks on two Saudi Aramco facilities, but it's unclear that the Houthis alone possess the capacity for long-range, precision-guided strikes.

It's possible the attacks involved far-flying drones firing small, guided munitions. The Aramco sites are around 800 miles from the Saudi Arabia-Yemen border. Iran's hard-line Revolutionary Guard Corps in the past has supplied the Houthis with weaponry including drones and components for ballistic missiles.

But one thing is clear. The attack revealed the limits of Saudi Arabia's seemingly sophisticated air-defense system. Riyadh in recent years has spent billions of dollars building up six battalions of U.S.-made Patriot surface-to-air missiles and associated radars. The Patriots didn't stop the recent attack.

And it wasn't the first time Saudi Arabia's Patriots have failed. At least five Patriots apparently missed, malfunctioned or otherwise failed when Saudi forces tried to intercept a barrage of rockets targeting Riyadh on March 25, 2018.

Houthi forces fired at least seven rockets at Saudi Arabia that night. The Saudi military launched Patriot Advanced Capability-2 missiles in an attempt to destroy the Houthi rockets in mid-air. The Saudis claimed seven of the Patriots struck their



or a Houthi rockets striking the ground.

One man reportedly died after being struck by metal fragments. It's unclear whether the fragments came from a malfunctioning Patriot, a successful intercept

David Axe The National Interest

Indian Congress party official sounds alarm on party's fate

NEW DELHI (AP) — A senior leader of India's main opposition Congress party says its struggles are at the point that it may not be able to win key upcoming state elections or ensure its own future.

The party is facing attrition because it is taking too long to come to terms with its defeat in May national elections, former External Affairs Minister Salman Khurshid told reporters late Monday.

Congress won only 52 of 542 parliamentary seats in the polls, compared to 303 won by Prime Minister Narendra Modi's Bharatiya Janata Party.

The party faces crucial tests in Oct. 21 state elections in Haryana in the north and Maharashtra in the west.

Party president Rahul Gandhi resigned after the May defeat. His mother, Sonia Gandhi, stepped in on an interim basis. The party's chief in Haryana quit following a difference with the party's leadership over a choice of candidates. Ashok Tanwar was among the party's main campaigners

in the party's bid to wrest power from the Bharatiya Janata Party in the state. A revolt also is brewing in Maharashtra. Sanjay Nirupam, a key state leader there, threatened to quit the party after his recommendations for its nominees were rejected by the party leadership. An Uttar Pradesh state lawmaker, Aditi Singh, also seemed to join the revolt by staying away from a street march held by Priyanka Gandhi, a party general secretary and daughter of Sonia Gandhi, in the family's stronghold of Rae Bareli in Uttar

A top party leader and former finance minister, P. Chidambaram, has been arrested by federal investigators for alleged economic offenses, adding to the party's

On Monday, Khurshid said Rahul Gandhi left in a huff after the party's defeat in national elections, and that his mother was appointed interim president in August until a new president is chosen by the

party, possibly after the October state elec-

"We haven't really got together to analyze why we got defeated. Our biggest problem is our leader has walked away," Khurshid said, adding that Rahul Gandhi still retains the allegiance of the party.

"It's kind of left a vacuum," Khurshid

said. "Sonia Gandhi stepped in, but there is more than an indication that she is treating herself as a stop-gap arrangement. I wish it wasn't so."

Rahul Gandhi's family, starting with his great-grandfather, Jawaharlal Nehru, has produced three prime ministers. Two of them — his grandmother Indira Gandhi and his father, Rajiv Gandhi — were assas-



sinated in office.

Rahul Gandhi lost his own seat, long a Congress party bastion, in Uttar Pradesh in the recent elections. However, he won a seat from another constituency in southern India.

ASHOK SHARMA

Hong Kong's protesters shouldn't count on American virtuesignallers to solve their deadlock with Beijing

The decision by the US House of Representatives to pass legalisation tightening up the scrutiny of Hong Kong's autonomy from mainland China could mark a significant inflection point in the continuing impasse between protestors there and Beijing.

The Hong Kong Human Rights and Democracy Act of 2019, which passed through Congress on 15 October, was first introduced in June. Under the law, the US State Department would be required to certify each year whether Hong Kong warrants its unique treatment by the US under various treaties. It also proposes to restrict access to the US to any deemed responsible for human rights violations in the province.

The bill looks set to obtain approval by the Senate quite swiftly and could be signed off by President Donald Trump as early as next week.

In the long run though, what is clear from 60 years of research into conflict resolution, is that only the protagonists – in this case in Hong Kong and Beijing – can ever achieve a satisfactory resolution to their differences, as they alone have an immediate and enduring stake there.

Outsiders may facilitate dialogue, or even cajole the various parties involved, through diplomatic, as well as economic and occasionally military means, but they invariably have quite different interests to those who must live with the situation on the ground. This is particularly true of diaspora communities – in this instance in Canada and Australia in particular – who are often more disconnected and disgruntled.

The attention span of external agents is limited too, as they invariably turn to more pressing concerns of their own. And, as the media circus moves on from Hong Kong, as has been seen again and again in recent years – across Somalia, Afghanistan, Iraq, Libya, Syria and elsewhere – so

those keen to advertise and promote their caring credentials appear to forget, or even ignore, any ensuing confusions their policies and actions may leave behind.

The scale of protests now happening in Hong Kong have not been driven solely by the proposed introduction of a new Extradition Bill to the mainland. Nor are they merely about the competence and legitimacy (or otherwise) of the incumbent chief executive Carrie Lam.

As with the on-going outbreak of unrest in Chile – superficially ignited through the introduction of new metro fares – or the outbreak of looting in many urban centres across the UK in 2011 – the real drivers invariably reach deeper than the specific sparks that serve as catalysts.

What ought to concern Beijing most is the breadth and depth of popular disconnection these events represent. Five years ago, when facing the so-called Umbrella Movement protests that paralysed the city centre and railed against the selection process for the future leadership of the province, the authorities were able to simply sit it out. Those involved failed to develop their agenda or build any broader base of support.

Earlier protests in Hong Kong after the handover from British rule in 1997, were even smaller and more parochial in their outlook. These complained about those driving over from mainland China to obtain infant milk formula (deemed safer in Hong Kong in the aftermath of the melamine tainted milk scandal of 2008), or investing in real estate, as well as coming to give birth to benefit from Hong Kong's special privileges. The images these presented of truculent mainlanders polluting the province were both elitist and unedifying.

The protesters appear to have learnt from those failures. But they still need to ward against the more petty-minded elements in their midst if they are to sustain their momentum and engage a wider community.

The real challenge for all concerned is that Hong Kong is different to mainland China – not because of its former colonial connection, but because of the spirit of independence that is palpably manifest there. Beijing may not appreciate this, but it shouldn't seek to crush Hong Kong into conformity,

as it is this creative energy that China most needs if it is to continue to flourish in the period ahead.

At the same time though, Hong Kong's own future clearly lies in its relationship to the People's Republic by which it is surrounded physically, and through which it is intertwined culturally. As with the special position of Catalans in the richest region of Spain, so too ought the protestors in Hong Kong appreciate how their secessionist tendencies could lead to a lengthy process of attrition with Beijing and economic atrophy as investors begin to look elsewhere.

The intervention of the US Congress superficially appeals to virtue-signallers in the US keen to talk about human rights and democracy. But the real problem with the new bill is that it has played into Beijing's hand by allowing it to complain more legitimately about foreign interference in its sovereign affairs.

While supposedly seeking to uphold the Basic Law of the Hong Kong Special Administrative Region, the bill actually contravenes this by seeking to include a party to the text – the US government – that is not mentioned there. At the same time, protesters in Hong Kong should note that the wording of the new bill is as much about excluding Hong Kong from privileged trading status in the future as about protecting the people there.

The protesters in Hong Kong ought to be particularly wary of looking for outside help to achieve a resolution to their dispute with Beijing. Again, and again in such situations, those who focus externally for solutions, rather than winning their argument and support internally, find themselves caught short where it matters most – at home.

At the same time, it is not so much the malign influence of foreign funds and agitators on the ground that Beijing ought to reflect upon. These may, or may not, be present but – as with those who obsess over Russian influence behind Trump's election victory or blame foreigners for protests in Russia – focusing on such aspects avoids the reality of the millions of ordinary citizens whose voices will need to be engaged with for any resolution to be reached.

In this instance, China could risk becoming the one thing a confused and directionless West has been looking for for some time – a new enemy to cohere itself against.

Bill Durodie is a Professor of Politics, Languages and International Studies at the University of Bath.



Gulf dispute unacceptable, must be resolved: Kuwaiti emir

Kuwait City (AFP) - A damaging 30-month-old dispute between Qatar and its Gulf neighbours "is no longer acceptable" and must be resolved, Kuwait's Emir Sheikh Sabah al-Ahmad Al-Sabah said

Addressing the opening session of parliament's new term, Sheikh Sabah said the Saudi-led boycott has greatly weakened the unity of the six-nation Gulf Cooperation Council (GCC) in which Qatar and its foes are members.

GCC members Saudi Arabia, United Arab Emirates and Bahrain, in addition to Egypt, imposed a sea, land and air boycott of Qatar in June 2017 accusing it of ties to radical groups. Doha has repeatedly denied the allegations.

"It is no longer acceptable or bearable for the dispute that erupted between our GCC brethren to continue," Sheikh Sabah, 90, told parliament in his first public appearance since travelling abroad for medical treatment in early September.

Sheikh Sabah, who has been acting as a mediator to resolve the dispute, said the "row has weakened our capabilities and threatened our achievements", calling for a negotiated solution.

The emir called for national unity in the

face of regional developments and protests in several Arab countries.

He also hit out at the misuse of social media, saying it has created divisions in society.



In Kuwait, dozens of online activists have been sentenced to various jail terms, mainly for criticising the emir.

What Will Social Security Look Like When You Retire?

Don't rely on it as the chief way to feather your nest

What will Social Security look like by the time you retire? Many Americans have lost hope that there will be anything to see. According to a 2019 Gallup poll, 41% of individuals surveyed said they worry a great deal about the Social Security system. The same survey also revealed that 33% of individuals said they believe Social Security is going to be a major source of their income in retirement.

So, what will Social Security realistically look like in the future? Should workers be concerned?

KEY TAKEAWAYS

Social Security does not now—and is unlikely in the future to—provide enough income for a comfortable retirement. If the program is reworked by Congress in order to extend its life, younger workers and high-earning people are likely to be the ones who will pay for it.

You should start saving for your retirement as early as possible by contributing to retirement accounts such as an IRA or 401(k).

The Future of Social Security
Social Security may look drastically different in the next few decades, especially
since the Social Security Administration's
2019 Trustees Report estimates the funds
will be depleted in 2035, based on the current way it operates. That means that it will
have no cash reserves and will only be able
to pay out what it takes in on an annual
basis. The 2035 date is one year later than
last year's estimates, but some financial
analysts predict the reserves could run out
even sooner.

Social Security is a pay-as-you-go program. Earlier generations relied on decades of contributions from the huge baby boomer generation, which provided year after year of surpluses to the Social Security trust funds. Now, as the boomers retire, younger generations make up a

smaller percentage of the workforce than in the past, creating a shortfall in funding.

Social Security depleting its cash reserves by 2035 means that, if you're in your forties or fifties today, you could conceivably not receive benefits during retirement even though you're paying into the system

Clearly, changes must be made. Many have speculated on what those changes will be. The most likely course of action is that benefits will be reduced and/or the full retirement age (at which a taxpayer's entitled to full benefits) will be raised. In fact, the latter is already happening: Depending on when you were born, 66 and 67 are already replacing 65 as the proverbial retirement age.

Who Will Be Affected the Most? Younger workers and individuals who earn more may be hit the hardest. These two groups contribute the most to the fund and could end up reaping the fewest benefits. However, even if the funds were to be "depleted," the Social Security Administration report noted, "At the time of depletion of these combined reserves, continuing income to the combined trust funds would be sufficient to pay 80% of scheduled benefits." Later, it adds that "by 2093, continuing income equals about 75% of the program cost."

That said, if you are planning to retire in the upcoming decade, it is important to use the time you have left wisely. Boost your retirement savings as much as possible while also paying down debt and keeping expenditures low. Social Security payments alone will not cover an average mortgage or living expenses when you are saddled with debt.

Social Security Is Not Enough for Retirement

Even if Social Security gets a huge makeover from Congress, workers should not consider the program as a sufficient retirement plan. Even now, Social Security barely covers living expenses for retired individuals.

According to the Social Security Administration, in 2019 it will pay 64 million Americans around \$1 trillion

in combined benefits. This might seem like a lot, but break down those numbers and in 2019 retired individuals are earning \$1,461 per month, on average, and disabled individuals are earning \$1,234 per month. Individuals who exist on Social Security benefits alone don't live far above the poverty line, which is roughly \$1,041 a month for a single person in 2019.

With the typical 401(k) plan, your contribution is automatically deducted "off the top" of your gross earnings in each paycheck, thus reducing your taxable income for the year.

The Anti-Social Security Retirement Plan So what can an individual do when retirement is 20, 30, or even 40 years away? The best plan is to start saving now. Take advantage of the time you have and save as much as you can in your 401(k) and/ or individual retirement accounts (IRAs), traditional or Roth. Be sure to contribute enough to get your employer's full match, even if it is a small percentage. Otherwise, you're throwing away free money. If your company does not currently offer matching, you should still think hard about using the 401(k) plan, anyway: You get a tax break on the contribution, your contributions will grow tax-free, and you'll be able to deposit much more annually than you can in an IRA.

As early as your 20s, you should make every effort to starting to save for retire-



ment—even if you feel you cannot afford it or you're not in your dream job. If possible, have retirement savings taken out automatically before you receive your paycheck. This way, you won't miss the money. Another option is to learn to live off of 98% of your paycheck and invest the other 2%, then gradually increase the percentage each month while cutting back on spending.

The Bottom Line

Many people worry whether Social Security will be available when they retire. Although it's unlikely that Congress will let the system go bankrupt, it's likely that belt-tightening changes will occur: a longer wait until you qualify for full benefits, and smaller benefits when you do. It is best for individuals to secure other retirement savings and not plan to rely on Social Security benefits as the chief source of your nest egg. That's not a good idea now, and won't get any better in the future. Speak with the Right Financial Advisor For You

Finding the right financial advisor that fits your needs doesn't have to be hard. SmartAsset's free tool matches you with fiduciary financial advisors in your area in 5 minutes. Each advisor has been vetted by SmartAsset and is legally bound to act in your best interests. If you're ready to be matched with local advisors that will help you achieve your financial goals, get started now.

It shocks you when you are not selected despite performing, says Mohammad Hafeez

Mohammad Hafeez, the well-renowned all-rounder of Pakistan, expressed his surprise about the falling out he has had with the selectors of the limited-overs squad. He went on to claim that his entire career he has been subjected to unfair selections, keeping him out of the team.

"My entire career I have been in an and out of the side. It obviously comes as a shock when you are not selected despite performing and being of international standard," Hafeez told Geo TV.

Recently, the newly appointed T20I captain Babar Azam revealed in a press conference that his suggestions to include senior players like Hafeez and Shoaib Malik for the Australia tour were turned down by the Pakistan Cricket Board (PCB).

The 38-year-old was axed from the team after a poor showing in the recently-concluded World Cup, but the all-rounder still believes that he has a lot of cricket left in him. He believes that challenges are a part of life that one needs to overcome.

"Challenges are part of life but I am positive as always. I am never disappointed. Believe that I can keep on playing whiteball cricket for Pakistan. I will always be available whenever I am deemed good enough and recalled to the side." the veteran, who has featured in 218 ODIs and 89 T20Is, added.

"I hope that Pakistan performs well against Australia, and whatever kids have been picked make the country proud," Hafeez wished the squad before their first encounter with Australia on November 3.

Pakistan are scheduled to play three T20Is and two Tests against Australia, which will end on December 3. With the first Test in Brisbane on November 21, Men in Green will open their account in the ICC Test Championship.



IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airhag inflators, in approximately 42 million vehicles, are or will be under recall in the United States by 2020.

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

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

Here's How:

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

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



Search it

Visit AirbagRecall.com to upload a photo of your license plate or to look up your 17-digit VIN.

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

Upload a photo

or

Enter a license plate or VIN manually



If you see text that reads recall incomplete...

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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





TERNATIONAL



HEALTH

When to worry about worrying

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

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

People with generalized anxiety disorder tend to worry about everyday matters. They can't shake the feeling that something bad will happen and they will not be

prepared. They may worry to excess about missing an appointment, losing a job, or having an accident. Some people even worry about worrying too much.

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

Taming anxiety

If you have generalized anxiety disorder, therapy —particularly cognitive behavioral therapy (CBT) — can help. CBT helps people recognize when they are misinterpreting events, exaggerating difficulties, or making unnecessarily pessimistic assumptions, and offersnew ways to respond to anxiety-provoking situations.

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

Symptoms of generalized anxiety disorder Persistent, excessive worry about several different things for at least six months Fatigue, difficulty sleeping, or restlessness Trouble concentrating Irritability Muscle tension



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

When it comes to cholesterol levels, white meat may be no better than red meat — and plant-based protein beats both

A study published recently in the American Journal of Clinical Nutrition sparked interest when it reported that red and white meat have a similar effect on lowdensity lipoprotein (LDL, or "bad") cholesterol, which is associated with increased heart disease risk. You may conclude, "Well, if chicken is just as bad for my cholesterol as red meat, I may as well order that hamburger."

But let's examine the study more closely before drawing any conclusions.

Red meat, white meat, or non-meat? The study examined whether cholesterol levels differed after consuming diets high in red meat compared with diets with similar amounts of protein from white meat or non-meat sources (legumes, nuts, grains, and soy products). It also studied whether the results were affected by the amount of saturated fat in each of the diets.

One hundred and thirteen healthy men and women, ages 21 to 65, participated in the study. Each study participant was randomly assigned to either a high- or low-saturated fat diet. Then, for four weeks each, and in varying orders, they consumed protein from either red meat, white meat, or non-meat sources.

All of the foods consumed during the study were provided by the researchers

Path to Improved Health

Exercise regularly. Teens should be physically active at least 60 minutes of every day.

Eat a healthy diet. ...

Maintain a healthy weight. ...

Get enough sleep. ...

Keep up with vaccinations. ...

Brush and floss your teeth. ...

Wear sunscreen. ...

Don't listen to loud music.

Healthy eating tips for teenagers Cut back on sugary drinks like soft drinks (except for vegetables and fruits, to ensure freshness at the time of consumption). To reduce the chances that other factors that would affect cholesterol levels, participants were asked to maintain their baseline activity level and abstain from alcohol. They were also advised to maintain their weight during the study period, and their calories were adjusted if their weight shifted.

White meat has same effect as red meat on cholesterol levels

The study found that LDL cholesterol was significantly higher after consuming the red meat and white meat diets, compared with the non-meat diet. This result was found regardless of whether the diet was high or low in saturated fat, though the high-saturated fat diets had a larger harmful effect on LDL cholesterol levels than the low-saturated fat diets. High-density lipoprotein (HDL, or "good") cholesterol was unaffected by the protein source.

Though striking, the study has a number of limitations. The size of the study, 113 participants, was small; the duration was short (only 16 weeks); and there was a relatively high participant dropout rate. The study also did not include processed meats such as sausage, cold cuts, or bacon, which are known to be particularly harmful for heart health, or grass-fed beef, which is often touted as a healthier red meat option.

and energy drinks. ...

Keep a fruit bowl stocked at home for fast, low-kilojoule snacks.

Eat breakfast every day so you're less likely to snack on junk food at morning tea. ... Don't skip lunch or dinner either. Junk food is poor fuel for teenage bodies Many teenagers eat junk food every day. This might be sugar-sweetened drinks like fizzy drinks and high-kilojoule foods like potato chips, doughnuts or French fries. However, your body can't run properly on poor fuel.

Focus on plant-based protein An important point that might be getting lost in the red meat versus white meat conversation is the beneficial effects of non-meat protein sources on cholesterol levels. As the study authors state, "The present findings are consistent with ... earlier studies of primarily plantbased, lacto-ovo-vegetarian, or vegan dietary patterns

reporting significantly lower total, LDL, and HDL cholesterol concentrations than diets including animal protein."

The 2015-2020 Dietary Guidelines support healthy, plant-forward dietary patterns. Examples of plant-based diets include the Mediterranean diet and vegetarian diets.

This study looked at plant-based protein sources, and plant-based diets can provide all the necessary protein for optimal health. Here's a look at the amount of protein contained in a variety of plant-based foods.

Protein content in plant-based foods Serving size Protein (grams) Calories Lentils 1/2 cup 9 115

Compared to home-cooked food, junk food (which includes fast food) is almost

higher in fat, particularly saturated fat higher in salt

higher in sugar lower in fibre

lower in nutrients, such as calcium and

served in larger portions, which means more kilojoules.

Eating too much junk food can leave you feeling sluggish. Eating healthier will



boost your vitality and help to keep your skin clear.

1/4 cup 6

1/4 cup 6

Millet (uncooked)

Quinoa (uncooked)

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. A poor diet can cause weight gain, high blood pressure, constipation, fatigue and concentration problems even when you're young.

Nov 2019: Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number:19V665 Manufacturer: Daimler Vans USA, LLC Subject: Hood may Open While Driving Model Model Years FREIGHTLINER SPRINTER 1500 2018-2019 FREIGHTLINER SPRINTER 2500 2018-2019 FREIGHTLINER SPRINTER 3500 2018-FREIGHTLINER SPRINTER 4500 2018-2019 **SPRINTER** MERCEDES BENZ 2018-2019 1500 MERCEDES BENZ **SPRINTER**

2500 2018-2019
MERCEDES BENZ SPRINTER
3500 2018-2019
MERCEDES BENZ SPRINTER
4500 2018-2019

NHTSA Recall ID Number :19V667 Manufacturer : General Motors LLC Subject : Improperly Sealed Seam on Fuel Tank Make Model Model Years

Make Model Model Years CHEVROLET EQUINOX 2019-2020

NHTSA Recall ID Number:19V668 Manufacturer: Forest River, Inc. Subject: Distribution Panel Wiring Can Cause Fire

Make Model Model Years
FOREST RIVER CHEROKEE 2020
NHTSA Recall ID Number :19V669
Manufacturer : Forest River, Inc.
Subject : Pin Box May Contact Junction Box and cause Fire

Make Model Model Years
FOREST RIVER SABRE 2019-2020
NHTSA Recall ID Number:19V670
Manufacturer: Southeast Toyota Distributors, LLC
Subject & Improposity Tightened Steering

Subject : Improperly Tightened Steering/ Suspension Fasteners

Make Model Model Years
TOYOTA 4RUNNER 20182019

NHTSA Recall ID Number:19V671
Manufacturer: Heartland Recreational
Vehicles, LLC

Subject : Upper Bunk Bed may Fall
Make Model Model Years
HEARTLAND MILESTONE 2020
NHTSA Recall ID Number : 19V672

NHTSA Recall ID Number:19V672

Manufacturer: Cruiser RV

Subject: Upper Bunk Bed may Fall

Make Model Model Years

CRUISER RV SOUTH FORK 2020

NHTSA Recall ID Number:19V675

Manufacturer: Ducati North America

Subject: Oil Leak From Airbox Hose
Make Model Model Years
DUCATI 1199 2014-2018
DUCATI 1299 2014-2018
DUCATI PANIGALE R 2014-2018
NHTSA Recall ID Number: 19V676
Manufacturer: Mercedes-Benz USA,
LLC.

Subject : Rear Spoiler May Detach
Make Model Model Years
MERCEDES BENZ E400 20172018
MERCEDES BENZ E450 2019

MERCEDES BENZ E450 2019 MERCEDES BENZ E63S 2018-2019

NHTSA Recall ID Number :19V678 Manufacturer : BMW of North America,

Subject : Front Axle Swivel Bearings May Break

Make Model Model Years
BMW X3 2020
BMW X4 2020
NHTSA Recall ID Number :19V679

Manufacturer: Volkswagen Group of America, Inc.

Subject : Modifications to Vehicles Made Them Noncompliant

Make Model Model Years VOLKSWAGEN BEETLE 2008-2010, 2012-2013

VOLKSWAGEN BEETLE CONVERTIBLE 2008-2010, 2012-2013

VOLKSWAGEN GOLF SPORTWAGEN 2015

VOLKSWAGEN JETTA 2007-2009, 2011-2013, 2015, 2019

VOLKSWAGEN JETTA HYBRID 2013 VOLKSWAGEN PASSAT 2017 VOLKSWAGEN TIGUAN2018 NHTSA Recall ID Number : 19V680

Manufacturer : Chrysler (FCA US LLC) Subject : Seatbelt Buckle May Separate From Seat Frame

Make Model Model YearsJEEP
WRANGLER 2011-2018
NHTSA Recall ID Number:19V682
Manufacturer: Jaguar Land Rover North

America, LLC Subject : Incorrect Tire Placard Label / FM-

VSS 110

Make Model Model Years

JAGUAR F-TYPE 2019-2020 NHTSA Recall ID Number :19V683

Manufacturer : Bombardier Recreational Products Inc.

Subject: Wheel Nuts May Crack
Make Model Model Years
CAN-AM RYKER 2019-2020
NHTSA Recall ID Number:19V685
Manufacturer: Mercedes-Benz USA,

Subject : Driver's Airbag may be Unsecured Make Model Model Years MERCEDES BENZ A220 2019-

MERCEDES BENZ A220 2019-2020 CLC200 2020

MERCEDES BENZ GLC300 2020
MERCEDES-BENZ CLA250 2020
NHTSA Recall ID Number :19V687
Manufacturer : Ford Motor Company

Manufacturer : Ford Motor Company Subject : Wiring Harness May Contact A/C Pulley or Belt

Make Model Model Years
FORD EXPLORER 2020
NHTSA Recall ID Number :19V688
Manufacturer : Ford Motor Company
Subject : Premature Right Rear Axle Shaft
Failure

Make Model Model Years FORD F-250 2019 FORD F-350 2019

NHTSA Recall ID Number:19V689 Manufacturer: Keystone RV Company Subject: Solar Prep Wiring not Breaker Protected

Make Model Model Years
KEYSTONE COUGAR 2020
NHTSA Recall ID Number : 19V673

Manufacturer: Pleasure Way Industries
Ltd.
Subject: Awning May Unexpectedly Extend

Make Model Model Years
PLEASURE WAY ASCENT2018-2020
PLEASURE WAY LEXOR 2018-2020
PLEASURE WAY PLATEAU 2018-

NHTSA Recall ID Number:19V674
Manufacturer: Spartan Motors USA
Subject: Tire Chain Air Line Pressure Protection/FMVSS 121
Make Model Model Years

SPARTAN GLADIATOR 2004 2020

SPARTAN METROSTAR 2004-2020 NHTSA Recall ID Number :19V677

Manufacturer: Ferrara Fire Apparatus, Inc.
Subject: Loss of Hydraulic Steering Assist

Make Model Model Years
FERRARA INFERNO 2015-

NHTSA Recall ID Number: 19V681

Manufacturer: Lucon, Inc.
Subject: Insufficient Greace on Bearing

Subject: Insufficient Grease on Bearings may cause Failure

Make Model Model Years LUCON CUSTOM HEAVY HAUL 2018-2019

NHTSA Recall ID Number : 19V684 Manufacturer : BMW of North America, LLC

Subject : No Back-Up Camera Display Image/FMVSS 111

Model Make Model Years 2019-2020 **BMW** 330I 530E 2018-2020 **BMW BMW** 530I 2018-2020 BMW 540D 2018 **BMW** 540I 2018-2020 2018-2019 **BMW** 640I 2019-2020 **BMW** 740LE BMW 740LI 2019-2020 2019-2020 **BMW** 745LE **BMW** 750LI 2019-2020 **BMW** 840I 2019-2020 M340I 2019-2020 **BMW** 2018-2020 **BMW** M5 BMWM550I 2018-2020

BMW M850I 2019-2020 **BMW** X3 2018-2020 **BMW** X4 2019-2020 **BMW** X5 2019-2020 BMW X6 2019-2020 X7 **BMW** 2019-2020 **BMW** Z4 2019-2020

ROLLS-ROYCE CULLINAN 2019 ROLLS-ROYCE PHANTOM 2018-2019

TOYOTA SUPRA 2020 NHTSA Recall ID Number :19V686 Manufacturer : Daimler Trucks North America LLC

Subject : Insufficiently Tightened Flex Plate Fasteners

Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER C2 2017-2020

NHTSA Recall ID Number :19V690 Manufacturer : Jayco, Inc.

Subject : Delay In Seatbelt-Unfastened Telltale/FMVSS 208 Make Model Model Years

JAYCO REDHAWK 2019-2020 NHTSA Recall ID Number :19V691 Manufacturer : Jayco, Inc.

Subject : Emergency Window May not Fully Open to Exit

Make Model Model Years
JAYCO JAY FEATHER 2019-2020
NHTSA Recall ID Number :19V693
Manufacturer : Daimler Vans USA, LLC
Subject : Final Quality Check Was Not Performed

Make Model Model Years

MERCEDES BENZ
2019
MERCEDES BENZ
1500
2018-2019
MERCEDES BENZ
SPRINTER
SPRINTER

2500 2018-2019 MERCEDES BENZ SPRINTER 3500 2018-2019

MERCEDES BENZ SPRINTER

4500 2018-2019

NHTSA Recall ID Number :19V694 Manufacturer : Honda (American Honda

Motor Co.)

Subject : Incorrect Airbag Information In

Guide/FMVSS 208

Make Model Model Years HONDA CR-V 2019

NHTSA Recall ID Number :19V695 Manufacturer : Daimler Vans USA, LLC Subject : Airbag System may be Deactivated

Make Model Model Years
FREIGHTLINER SPRINTER 1500 2018-

FREIGHTLINER SPRINTER 2500 2018-2019

FREIGHTLINER SPRINTER 3500 2018-2019

FREIGHTLINER SPRINTER 4500 2018-2019

MERCEDES BENZ SPRINTER
1500 2018-2019
MERCEDES BENZ SPRINTER
2500 2018-2019

MERCEDES BENZ SPRINTER
3500 2018-2019
MERCEDES BENZ SPRINTER

4500 2018-2019 NHTSA Recall ID Number :19V696 Manufacturer : Automobili Lamborghini

Subject: Unexpected Engine Stall

Make Model Model Years LAMBORGHINI AVENTADOR S 2017-

2019 LAMBORGHINI AVENTADOR S ROAD-STER 2017-2019

NHTSA Recall ID Number :19V700 Manufacturer : Jayco, Inc. Subject : Inadequate Venting for Gas Range

Make Model Model Years JAYCO EAGLE 2019

NHTSA Recall ID Number:19V701 Manufacturer: Subaru of America, Inc. Subject: Occupant Detection System May Deactivate Airbag

Make Model Model Years SUBARUFORESTER 2015-2018

NHTSA Recall ID Number:19V712
Manufacturer: Daimler Trucks North
America LLC

Subject: Insufficient Impact Absorption/ FMVSS 222

Make Model Model Years
THOMAS BUILT BUSES MINOTOUR
2014-2020
THOMAS BUILT BUSES SAF-T-LINER
C2 2014-2020
THOMAS BUILT BUSES SAF-T-LINER
EFX 2014-2020
THOMAS BUILT BUSES SAF-T-LINER
HDX 2014-2020

WORDS SEARCH

Р Т Μ A S S A E Т Т S F W U S Τ S A A U A L A S K Ν \mathbf{A} F Ι 5 U L V D \mathbf{D} U Ι L \mathbb{R} \circ \mathbf{A} M \mathbf{X} F A Μ A Ν U G Ι V D H Y A A Z S P X T S В K \mathbb{R} F J U Ι D O U В S S Z U S F I Ν A 7 \mathbf{A} \mathbf{N} O \mathbf{R} A G В S L A \mathbb{R} I Z Τ N \mathbf{z} \mathbb{R} L L \circ S H Ι P Ι Т В H S G Ν E V Ν \mathbb{R} F A H W \mathbb{R} A V V C U A D Ι A W Y Т P C F N L Ν В A 0 Ρ Ν 0 F Z A Ι Y K \mathbf{A} A C Z L W G Μ Ν E I \mathbf{A} Y L L R L L A A L Ν Т N Х A H \mathbf{X} I \mathbf{L} Y Y J K A M U V A R В Н Т Μ Y Y S P S R C Z Ι A Ι \mathbf{A} M \mathbb{C} S T Μ Ν Ν D М F Т F A. Η. F Т Τ Μ P P A G X A H Х H \circ M N Μ H Х Ν P J R E U A R S Z Z \mathbf{N} G Ν Z W W P Q Ν \mathbf{A} 0 U H E -Z L Ι L K M F R U М J B B Q K PNNJUJ

CALIFORNIA
ARIZONA
TEXAS
VIRGINIA
PENNSYLVANIA
MARYLAND
ALASKA

DELAWARE
FLORIDA
ALABAMA
ARKANSAS
COLORADO
MASSACHUSETTS
WISCONSIN

HAWAII UTAH MONTANA KENTUCKY ILLINOIS LOUISIANA

HISTORY PAGE - Ejaz Baig, P.E.

Emperor Akbar

Abu'l-Fath Jalal-ud-din Muhammad Akbar (October 1542–27 October 1605), popularly known as Akbar the Great, (Akbar-i-azam), and also as Akbar I was the third Mughal emperor, who reigned from 1556 to 1605. Akbar succeeded his father, Humayun, under a regent, Bairam Khan, who helped the young emperor expand and consolidate Mughal domains in India.

Defeated in battles at Chausa and Kannauj in 1539 to 1541 by the forces of Sher Shah Suri, Mughal emperor Humayun fled westward to Sindh. There he met and married the then 14-year-old Hamida Banu Begum, daughter of Shaikh Ali Akbar Jami, a Persian teacher of Humayun's younger brother Hindal Mirza. Jalal- ud-din Muhammad Akbar was born the next year on 15 October 1542 at the Rajput Fortress of Umerkot in Sindh (in modern-day Pakistan), where his parents had been given refuge by the local Hindu ruler Rana Prasad.

Following the chaos over the succession of Sher Shah Suri's son Islam Shah, Humayun reconquered Delhi in 1555, leading an army partly provided by his Persian ally Tahmasp I. A few months later, Humayun died. Akbar's guardian, Bairam Khan concealed the death in order to prepare for Akbar's succession. Akbar succeeded Humayun on 14 February 1556, while in the midst of a war against Sikandar Shah to reclaim the Mughal throne. In Kalanaur, Punjab, the 14-year-old Akbar was enthroned by Bairam Khan on a newly constructed platform, which still stands. He was proclaimed Shahanshah (Persian for "King of Kings").

Bairam Khan ruled on his behalf until he came of age. Akbar's father Humayun had regained control of the Punjab, Delhi, and Agra with Safavid support, but even in these areas Mughal rule was precarious, and when the Surs reconquered Agra and Delhi following the death of Humayun, the fate of the boy emperor seemed uncertain. Bairam Khan was ultimately able to prevail over the nobles, however, and it was decided that the Mughals would march against the strongest of the Sur rulers, Sikandar Shah Suri, in the Punjab. Delhi was left under the regency of Tardi Baig Khan. Sikandar Shah Suri, however, presented no major concern for Akbar, and avoided giving battle as the Mughal army approached. The gravest threat



rulers, Adil Shah, who had proclaimed himself Hindu emperor and expelled the Mughals from the Indo-Gangetic plains. Urged by Bairam Khan, who re-marshalled the Mughal army before Hemu could consolidate his position, Akbar marched on Delhi to reclaim it. His army, led by Bairam Khan, defeated Hemu and the Sur army on 5 November 1556 at the Second Battle of Panipat, 50 miles (80 km) north of Delhi. Soon after the battle, Mughal forces occupied Delhi and then Agra. Akbar made a triumphant entry into Delhi, where he stayed for a month. By 1559, the Mughals had launched a drive to the south into Rajputana and Malwa. However, Akbar's disputes with his regent, Bairam Khan, temporarily put an end to the expansion. The young emperor, at the age of eighteen, wanted to take a more active part in managing his affairs. Urged on by his foster mother, Maham Anga, and his relatives, Akbar decided to dispense with the services of

the expansion. The young emperor, at the age of eighteen wanted to take a more active part in managing his affairs Urged on by his foster mother, Maham Anga, and his relatives, Akbar decided to dispense with the services of Bairam Khan. After yet another dispute at court, Akbar finally dismissed Bairam Khan in the spring of 1560 and ordered him to leave on Hajj to Mecca. Bairam Khan left for Mecca but was asassinated on his way to Mecca, allegedly by an Afghan with a personal vendetta. After asserting his authority, Akbar continued his campaigns

against Rajputana, Eastern and Western India, Safavids in Kandahar, Deccan, Gujrat and Baluchistan and further consolidated his empire.

Akbar was a follower of Salim Chishti, a holy man who lived in the region of Sikri near Agra. Subsequently, he celebrated the victories over Chittor and Ranthambore by laying the foundation of a new walled capital, 23 miles (37 km) west of Agra in 1569, which was named Fatehpur ("town of victory") after the conquest of Gujarat in 1573 and subsequently came to be known as Fatehpur Sikri in order to distinguish it from other similarly named towns. However, the city was soon abandoned and the capital was moved to Lahore in 1585. The reason may have been that the water supply in Fatehpur Sikri was insufficient or of poor quality. In 1599, Akbar shifted his capital back to Agra from where he reigned until his death in 1605.

The practice of arranging marriages between Hindu princesses and Muslim kings was known much before Akbar's time, but in most cases these marriages did not lead to any stable relations between the families involved, and the women were lost to their families and did not return after marriage. However, Akbar's policy of matrimonial alliances marked a departure in India from

previous practice in that the marriage itself marked the beginning of a new order of relations, wherein the Hindu Rajputs who married their daughters or sisters to him would be treated on par with his Muslim fathers-in-law and brothers in-law in all respects except being able to dine

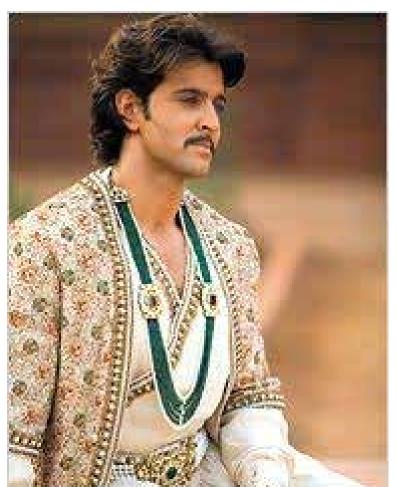
and pray with him or take Muslim wives. These Rajputs were made members of his court and their daughters' or sisters' marriage to a Muslim ceased to be a sign of degradation. The political effect of these alliances was significant. The interaction between Hindu and Muslim nobles in the imperial court resulted in exchange of thoughts and blending of the two cultures. Further, newer generations of the Mughal line represented a merger of Mughal and Rajput blood, thereby strengthening ties between the two. As a result, the Rajputs became the strongest allies of the Mughals.

Akbar was deeply interested in religious and philosophical matters. An orthodox Muslim at the outset, he later came to be influenced by Sufi mysticism that was being preached in the country at that time, and moved away from orthodoxy, appointing to his court several talented people with liberal ideas, including Abul Fazl, Faizi and Birbal. In 1575, he built a hall called the Ibadat Khana ("House of Worship") at Fatehpur Sikri, to which he invited theologians, mystics and selected courtiers renowned for their intellectual achievements and discussed matters of spirituality with them. These discussions, initially restricted to Muslims, were acrimonious and resulted in the participants shouting at and abusing each other. Upset by this, Akbar opened the Ibadat Khana to people of all religions as well as atheists, resulting in the scope of the discussions broadening and extending even into areas such as the validity of the Quran and the nature of God. This shocked the orthodox theologians, who sought to discredit Akbar by circulating rumours of his desire to forsake Islam. However, his interaction with various religious theologians had convinced him that despite their differences, all religions had several good practices, which he sought to combine into a new religious movement known as Din-i-Ilahi. This new religion was never accepted by a majority of the Muslims and after Akbar passed away, Din-i-Ilahi also faded away into the dustbin

Akbar practised several Hindu customs. He celebrated Diwali, allowed Brahman priests to tie jewelled strings round his wrists by way of blessing, and, following his lead, many of the nobles took to wearing rakhi (protection charms). He renounced beef and forbade the sale of all meats on certain days.

In 1562, he married the daughter of Raja Bharmal, ruler of Amer. The marriage took place when Akbar was on his way back from Ajmer after offering prayers to the tomb of Moinuddin Chishti. Bharmal had conveyed to Akbar that he was being harassed by his brother-in-law Sharif-ud-din Mirza (the Mughal hakim of Mewat). Akbar insisted that Bharmal should submit to him personally, it was also suggested that his daughter, Jodha Bai, should be married to him as a sign of complete submission. She was entitled Mariam-uz-Zamani after giving birth to Akbar's eldest surviving son, Prince Salim (the future emperor Jahangir). She died on 19 May 1623.

On 3 October 1605, Akbar fell ill with an attack of dysentery from which he never recovered. He is believed to have died on 27 October 1605, after which his body was buried at his mausoleum in Sikandra, Agra. Akbar left a rich legacy both for the Mughal Empire as well as the Indian subcontinent in general. He firmly entrenched the authority of the Mughal Empire in India and beyond, after it had been threatened by the Afghans during his father's reign, establishing its military and diplomatic superiority. During his reign, the nature of the state changed to a secular and liberal one, with emphasis on cultural integration.



Hritish Roshan as Emperor Akbar in movie Jodha Akbar

Thai king strips 'disloyal' royal consort of all titles: palace

Bangkok (AFP) - Thailand's King Maha Vajiralongkorn has stripped his 34-yearold consort of all titles for "disloyalty" and apparent "ambition" to match the Queen's position, a royal command issued late Monday said, less than three months after she was bestowed with the honour.

Former royal bodyguard Sineenat Wongvajirapakdi -- known by her nickname "Koi" -- was gifted the title on the king's 67th birthday on July 28, the first time in nearly a century a Thai monarch has taken a consort.

A few days later the palace released images of the short-haired Sineenat in combat fatigues shooting weapons, flying a jet and preparing to parachute from a plane, as well as holding the king's hand.

It was an intimate and rare glimpse into the private life of Thailand's powerful, ultra-wealthy and inscrutable monarch, known as Rama X of the Chakri dynasty.

But on Monday Sineenat's swift and public downfall was relayed on national televi-

She was dismissed from the rank of Chao Khun Phra -- or noble consort -- for "disloyalty to the king" according to the command, as well as "acting against the appointment of the Queen (Suthida)... for her own ambitions".

Suthida - the former deputy head of the royal bodyguard - was made Queen in May, becoming King Vajiralongkorn's fourth wife.

The Thai monarchy is protected by a harsh

defamation law, making open discussion on the institution for the public and media based inside the country all but impossible.

Rama X has asserted his authority since his 2016 ascension to the throne, putting the large wealth of the crown under his direct control and restructuring key army units to his command.

Koi, a qualified pilot and former army nurse, was the first woman to receive the consort title in nearly a century -- fitting a pattern of assertive moves by the king.

- Stripped of all ranks -

Her actions show "she does not give any honour to the king and does not understand royal tradition... her actions are to benefit herself", the statement said, adding she was attempting to elevate her position to the same as Queen Suthida.

Her behaviour is "deemed disrespectful to His Majesty's grace... and caused divisions among courtiers and misunderstanding among the people", the statement added.

She was stripped of all military ranks, decorations and royal titles, it said.

Born in the northern province of Nan on January 26, 1985, Sineenat, graduated from the Royal Thai Army Nursing College at the age of 23.



She has also trained as a pilot in Thailand and abroad, served in the King's royal bodyguard unit, and in May was awarded the rank of a major-general.

During the elaborate three-day coronation ceremony of the king in May, Sineenat was seen marching in full military uniform in a procession that travelled from the palace to several Buddhist temples.

Her prominence stunned the Thai public, who often glean clues of the royal family's secretive ongoings through imagery and symbolism relayed by the palace.

Her dramatic fall from grace is likely to be as carefully dissected over coming days.

"The abrupt move by the king tells us that he wishes to be seen as a very in-charge monarch who will not put up with possible divisions in the royal institution," said analyst Paul Chambers of Naresuan University.

Buttressed by the conservative arch royalist military, which has carried out a dozen coups since the 1932 establishment of a



of palace affairs is rare among the Thai public.

Rama X came to power in 2016 after the death of his father Bhumibol Adulyadej who is widely revered by Thais and seen as a figure of moral authority.

The new king, a cycling and aviation enthusiast, is a more remote figure to the public, having spent much of his time abroad, particularly in Germany.

His three-day coronation gave many Thais their first full glimpse of the new monarch. as he was carried on a palanquin in full regalia around Bangkok's historic quarter.

burs-apj/tom

From monk to billionaire: I-T raids find Rs 500 crore unaccounted money from Kalki Bhagwan's ashrams

The Income-Tax (I-T) department which conducted simultaneous raids on the properties of self-styled godman Kalki Bhagwan in Andhra Pradesh, Karnataka and Tamil Nadu has found unaccounted Rs 500 crore from his ashrams.

The income tax department, in a statement, said, "On October 16, the income tax department conducted search action under the Income-Tax act 1961 in the case of conglomerates of trusts and companies run year-round 'wellness courses' and training programmes in philosophy, spirituality, etc., at various sprawling residential campuses."

"The courses attract residential customers from abroad and the group earns substantial receipts in foreign exchange. There was intelligence that the group had been suppressing its receipts, which are ploughed into investment in huge tracts of landed property in Andhra Pradesh and Tamil Nadu and in investments abroad," it stated.

The I-T further said that the search proceedings revealed considerable evidence on various centres of the ashram regularly suppressing its receipts and of key employees who maintained records of collecting cash that was kept outside the accounts.

Apart from these irregularities, the I-T department found US currency of about \$2.5 million dollars (approximately Rs 18 crore). "About 88 kg of undeclared gold jewellery, valued at Rs 26 crore, diamonds amount to 1,271 carats worth about Rs 5 crore, has also been seized. The undisclosed income of the group detected so far is estimated at more than Rs 500 crore," the I-T statement read. Seventy-year-old Vijay Kumar is a selfstyled godman who claimed himself to be the 10th avatar of Vishnu-Kalki in the early 1990s.

The institution - Jeevashram - was started in the mid-1980s by Vijay Kumar, who was a former clerk in Life Insurance

Corporation, to provide an "alternative education system to his disciples".

Along the same time, Vijay Kumar also started his Oneness University. The trust of the ashram is run by Vijay Kumar, his wife Padmavati, and son NKV Krishna.

The IT department began the raids on October 16 on over 40 premises in Chennai, Hyderabad, Bengaluru and Varadaiahpalem near Chittoor.





INTERNATIONAL PAGES

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Aries (March 21-Apr. 19)

November 2019 is the time every year when your interactions with others intensify, dear ram, as the Scorpio Sun travels in the part of your chart where you merge your energies with others on every level psychologically, philosophically, intellectually, financially and sexually.

What adds to this powerhouse energy this year is the cycle of Mars, your ruling planet also in intense, magical Scorpio after the 11th. Be prepared for the urge to merge to continue as the Scorpio New Moon on the 12th begs the question: What do you most want from your relationships and what are you willing to invest to get it? Well, this is the time to plant those seeds, oh pioneer of the zodiac.

And while you are always prepared in life to go it alone because others usually can't keep up with your pace, you know that when you align with others, it's much more exciting and fulfilling.

Taurus (Apr. 20-May 20)

Remember the story of Ferdinand the bull? All he wanted to do was sit under the cork tree and smell the roses - until one day he sat on a bumblebee and they thought he must be ferocious enough to fight the bull in the ring in Madrid. With the Scorpio Sun in your house of relationships, joined by Mars, the planet of passion and desire in Scorpio on the 11th and the New Moon in Scorpio on the 12th, you may feel like that bull who sat on a bumblebee.

Normally, you abhor confrontation, you peace-loving bull, and it may seem that your relationships are egging you on – but the truth is that underneath that desire for peace at any price your soul wants greater intimacy and the only way to have greater intimacy is to be willing to dance in the

Gemini (May 21-June 20)

As the adaptable, versatile and sometimes scattered and flighty air sign of the zodiac, you've been wondering what hit you as life has been fraught with power struggles lately, with Pluto, the planet of power, dancing opposite your Sun in Gemini. And you've been learning to surrender, haven't you? With the Sun, Mars and the New Moon all in Scorpio on the 12th, it's time for you to transform the day-to-day quality of your life.

If this intense energy seems to be taking its toll on your health and general sense of well-being, look at what you eat, how much sleep you get, if you exercise on a regular basis and decide to make changes in these areas so that you create a vibrant, healthy mind/body/spirit.

Scorpio is the sign of transformation, magic, healing and regeneration. So plant the seeds of renewal at this Scorpio New Moon because the Universe always says

Cancer (June 21-Jul. 22)

It's not easy being you, you say, dear crab? There's no question that you've had to be more disciplined and responsible for your feelings and your emotional well-being. With Saturn, the planet of responsibility and discipline, in Cancer since August, you've had quite a lesson in self-parenting and self-nurturing – not to mention taking responsibility for EVERYTHING you feel

without making it someone's else's fault. You know now, dear Moon child, that you're just as capable of abandoning you as anyone else. With Saturn retrograding on the 8th, you'll have one more opportunity to create those internal structures that truly support who you are now. Remember, a playpen is an appropriate, safe structure to protect a child, but that same playpen is confining and restrictive to an adult. Saturn's message is that you have what it takes to be your own mommy and daddy.

Leo (Jul. 23- Aug.22)

While you are normally gregarious, fun-loving and outgoing by nature, you may be feeling more private, with-drawn, introspective and reflective, with the Sun and Mars in Scorpio cycling in the house of your physical and emotional foundation This is the time to entertain yourself in the privacy of your home and celebrate the miracle of your inner life. It would be good to undertake a project in your home so that you have a physical outlet for the intense, powerful energy of Mars, the planet of desire and action, in Scorpio. If there is friction at home or underlying tension, try to remember when you felt similar energies as a child, because the 4th house is also your past - and if you're willing to fearlessly face what may be up with the courage of the lion, you will create an amazing present out of that past.

Virgo (Aug 23 - \$ept. 22)

What a ride you've had for the last year as you expanded on every level possible, perhaps even your waistline? Mercury, your guardian angel planet, leaves the focused, determined, penetrating Scorpio energy and journeys into optimistic, exuberant, enthusiastic Sagittarius on the 4th and then retrogrades on the 30th until December 20.

The message of Mercury in fiery Sagittarius is to lighten up on yourself, dear Virgo. Quit being so anal about everything having to be just so. You can miss the miracle of life if you're so focused on every little detail.

With all the Scorpio planets in your 3rd house of communication and Mercury in philosophical Sagittarius, you'll find the words to see the bigger picture and communicate with greater power, meaning and purpose at the Full Moon in Gemini on the 26th.

Libra (\$ept. 23 – Oct. 22)

You're having a ball now, aren't you, oh lover of relationships, teamwork and cooperation, with Jupiter, the planet of growth and expansion, traveling in your sign. If you're cashing in now, it's because you deserve it. You're reaping what you've sown over the last 12 years as it appears that everyone is your raving fan. And with Venus, your guardian angel planet, in Libra until the 22nd when she flows into powerful Scorpio, people are coming out of the woodwork to support you in making your dreams come true. Yes, everything you touch can turn to gold because you believe it. Of all the signs in the zodiac, you recognize the value and the gift in all relationships and now's the time for you to reaffirm that every match is made in heaven.

\$corpio (Oct. 23 - Nov. 21)

This is your month of rebirth, healing, regeneration and maximum intensity, dear Scorpio. Whether you express the scorpion, snake or phoenix/eagle energy of Scorpio is up to you to decide. And this November 2020 is particularly powerful for you as Mars, your guardian angel planet of desire and action, joins the Sun in Scorpio on the 11th. Expect things to really heat up after the 11th as you become one with your passion. And when you're focused on your heart's desire, there's no one more focused, determined and relentless than you. Passion is your middle name and Mars in your sign, which only occurs every two years, just doubles the pleasure and doubles the fun. And for those of us who love you, it's best to just get out of your way.

\$agittarius (Nov. 22 — Dec 21)

There's always the potential for lots of behind the scenes activity in November 2020, dear Archer, as the Scorpio planets flow in your 12th house of dreams, inspiration, spirituality and your unconscious. And very likely it will be easy for you to share what's going on as Mercury, the planet of communication, cycles into your sign on the 2nd where it will be until January 10, 2020, because of its retrograde journey beginning on the 30th. Wherever you need clarity and direction in your life, ask for answers in your dreams, especially around the New Moon in Scorpio on the 12th, because while the body sleeps the soul never does. And with Jupiter, your guardian angel planet now in Libra, the sign of teamwork and cooperation, people are coming out of nowhere to support you and your process.

Capricorn (Dec. 22 – Jan. 19)

While you usually know where you're going, your path up the mountain may not be all that clear as Saturn, your ruling planet, begins its 5 month retrograde cycle on the 8th.

As the Lord of Karma backtracks in your partnership house, take a long hard look at the quality of your relationships, both personal and business and if they are pulling their weight. This is a great time to set boundaries and ask for what you want. And be prepared that your partners will be letting you know, in no uncertain terms, what they need from you.

In your career, which is most important to you, you may be ready for a raise, a promotion, a new job or all three as Jupiter's expansive energy traverses your 10th house. You're ready to step up and assume greater responsibility and if you can't do it in your current job, you may decide to look for a new one and a new and better job may find you because you deserve it.

Aquarius (Jan. 20 — Feb. 18)

You may feel like you're waking up after a long sleep as Uranus, your guardian angel planet of awakening, breakthrough and rebellion, moves forward again on the 11th after its 5 month tailspin. It's time for magic in your career this month as the Scorpio planets travel in your 10th house. You feel a powerful sense of mission, especially when Mars cycles into Scorpio on the 11th and the New Moon in Scorpio occurs on the 12th. You are the humanitarian of the zodiac and it's time to express your uniqueness, originality and inventiveness in your job and move beyond all restrictions and eliminate what's not working once Uranus moves forward. There are numerous opportunities for powerful alliances now with people where you can be of mutual benefit to each other.

Pisces (Feb. 19 – March)

With Uranus, the planet of awakening and originality moving forward again in your sign on the 11th, your head may be spinning as you step up to who you really are. You are in a creative re-awakening and are coming into your own.

The dazzling planet Uranus puts you at the center of divine change which may also feel like your own personal revolution so that you can discover the real you. Reinvent yourself and revise your personal life itinerary. More than ever before, you need to be you and do what you want to do in your own unique way.

Normally gentle, compassionate and self-sacrificing, it will surprise you how easy it will be to blast anyone or anything out of sight and mind that prevents you from expressing your inventiveness and individuality. And whatever you give up or lose will be replaced by a rare cosmic gift, your independence - something to treasure forever.



www.Asia Times.US

MATRIMONY

Gender: Male Name: AM Age: 28 years Height: 5.9

Education: Electrical & Computer Engi-

neer, PEngg

Profession: Senior Electrical Engineer Marital status: Never married Legal Status: Canadian citizen Ethnicity: Hyderabad, India

Religion: Sunni, Hanafi MuslimFamily: Parents and Sisters (2 married)

Mother Tongue:- Urdu Dargah/Smoke:- No

Looking for:-

Age: 23-25 Height: 5.4" Education: Graduate /Masters

Residence: India/KSA/Canada Profession: Homemaker Marital Status: Never married Religion: Sunni Muslim who observes abaya and is free from shirk.

Ethnicity: Hyderabad, India

For further details please contact:cell & w/a 4189307331

Gender- Male

Hijabi- open to hijabi or non Hajabi Marital status- single(never married)

Age-27 Height-5.11 Location - NJ USA Status- Born US citizen

Ethinicity- Family migrated from Tamil

Nadu south India

Language spoken- Tamil and English

Religion- Sunni Muslim

Education- Double major bio medical engineer from US university/ studying MS from UPN Ivey league school.

Profession- Bio medical engineer/ data

analys

Father- Top executive for financial firm Mother- HR professional(retired) Number of sibling- Brother medical doctor, Sister joining premed this year.

Looking for Female Age range- 27 and younger

Background-prefer South Indian / family originated from Tamil Nadu. We can consider Banglore, Kerala, Andra Pradesh and Hydrabad, Pakistan, if Girl is doing residency, pharmacist, dentist or MD

degree.

Please contact & whatsApp

732-221-1611

Male

Name: Sarfraz Ansari

Age: 30 Height: 5,9" Residence : India,

Education: MBBS. MD Doing Residency now Elder brother : Surgeon Sis in law : Gynaecologist

Profession: doctor Father - Business man Legal Status: RESIDENCE

Marital status : SINGLE Ethnicity: India Religious Sect: MUSLIM

Family:

Language: URDU HINDI ENGLISH Hobbies: TRAVELLING. PLAYING.

LOOKING FOR: Female

Age: 23_30 Height: 5.5-6

Residence: US India Nepal Pakistan Education: Doctor or Dentist

Profession: Doctor Legal Status: Residence Marital Status: single Religious Sect: Muslim

Ethnicity: US Uk India Nepal Pakistani

+919818409459

Gender: Male

Age: 25yrs old (D.O.B:1994)

Height: 5'8

Residence : USA (Chicago, Illinois) Education: B.Tech,MS(USA) Marital status: Single - Never married Ethnicity: Indian(Hyderabad) Born and brought up in India

Legal status: F1 Visa (has work authori-

zation) Family Details :-

Father {Government Employee(india)}

Mother (Homemaker)

Siblings:

1Brother(Pursuing Engineering) 1 Sister (Pursuing B.Pharm.)

Maslak/Sect :- Sunnat wal jamat/ Hanafi(Believes in fatiha and durood o salam)

LOOKING FOR:

Age: 19-25 yrs Height: 5.2 to 5.6 Education: Any Graduate Profession: Any

Complexion: fair/ very fair

Legal Status: US Citizen/GC Holder. Ethnicity: Indian(Hyderabad) Marital Status: never married Religious Sect: Sunni Muslim (hijabi)

C-786786326

Female

Hijabi

Hyderabadi Gulf Born Canadian Citizen

Name: JT Age: 26 Height: 5 2"

Residence : Ontario, Canada

Education: BS Honors Specialization in

Nutrition & Dietetics

Profession: Registered Dietitian Legal Status: Canadian citizen Marital status : Single-never married Ethnicity: Hyderabadi, Indian Canadian

Religious Sect: Sunni - Hanafi, hijabi, wears jilbab, tries to balance between deen & dunya, tries to follow the 5 pillars of Islam.

OSAP paid: yes

Family: parents 4 sisters (2 married) & 1 brother. Family lived in KSA for several years before moving to Canada. Language: English, Urdu, Hindi

Hobbies: Cooking, baking, reading, henna art, visual arts.

LOOKING FOR: Age : 26-31yrs Height: 5 6" and taller

Residence: Canada/US/India/Gulf

Education: Professional undergraduate or Masters(engineer, doctor, pharmacist, CA) student/working who is interested in settling down in Canada

Legal Status:US/Canadian Student/Resi-

dent/Citizen

Ethnicity: Indian, Pakistani Contact: Parents 4189307331 Name: xxx

Age: 20 years Height: 5'.2"

Residence: U.S.A Georgia

Education: Bachelor of Biology (Pursuing). Final year.

Medical Assistant completed.

Profession: Student (Georgia State Uni-

Legal Status: H4 dependent. Marital status: Single. Ethnicity: Indian

Religious Sect: Sunni Muslima.

Family: Mother(Teacher) Father(Manager

at Convenient store).

Siblings: 2

Language: English, Hindi, Urdu, Telugu. Hobbies: Reading books, Traveling,

Cooking.

LOOKING FOR MALE.

Age: 20 to 25 Height: 5'.3" and above.

Residence: U.S.A Education: Bachelor's/Master's / Any

decent degree.

Profession: Any Professional field. Legal status: U.S.A Citizen/ Green card

Marital status: never married/single. Religious sect: Sunni Muslim.

Ethnicity: Indian, Arabi living in North

America C- 786786330 Female

Name: Juveria

Age: 24 Height: 5.45

Residence : Hyderabad Education: Masters in Computer Science

Profession: Student

Legal Status: B1/B2 visitors visa

Marital status : Never married Ethnicity: Indian Religious Sect: Sunni Family: In India and in US

Language: English, Urdu Hobbies: Enjoys reading and learning new technologies in her field of study

LOOKING FOR:

Age: 25-30 Height: 5.8 n up

Residence: US and India Education: Bachelors and Up Profession: Any bachelors field Legal Status: Citizen, GC or H1 Marital Status: Never married Religious Sect: Sunni

Ethnicity: US or Indian or Saudi

C-78786404

Female

Age 24 (1995) Height: 5' 6" Hijabi

Education: MD Profession: Final Year Medical School,

University of Newcastle UK

Characteristics:

She's is intelligent, compassinate and beautiful and has a good balance between deen and dunya. She is very caring and maintains a positive view of life. Plays tennis and an avid reader.Born in raised in the UK. Speaks Urdu

Family Residing in UK Originally from Hyderabad, India

Father – Medical Doctor GP Mother - Medical Doctor, Anesthesiolo-

One Brother: Younger in High School

Desired Qualities Seeking an educated professional with good social skills. He

be respectful to his wife and prioritize core family values. Important to have been raised in and adherent to an Islamic upbringing. Prefers a doctor but not a must

C-786786502

From: **MUBARAK RISHTE** Email: EditorAsiaTimes@gmail.com

www.Asia Times.US

MATRIMONY

Male

Name: Mohammed Ahsanuddin

Age: 28 Height: 5.10 Residence : Indian

Education: Master's In Information Tech-

nology

Profession: IT Business Analyst

Legal Status: F1

Marital status : never married
Ethnicity: Indian (Hyderabadi)
Religious Sect: Scraf is Compulsory
Family: Mom and one Elder brother
Language: Urdu and English

Hobbies: watching movies and hangout

with friends and family.

LOOKING FOR: Female

Age : 24 to 26 Height: 5.4 to 5.10

Residence: US citizen or GC holder

Education: any Profession: any

Legal Status: never married Marital Status: single Religious Sect: Muslim Sunni

Ethnicity: Indian

C-786786508

Name: Shoukath Mohammed

Age: 30 Height: 6"3 Built: Muscular

Residence : Farmington Hills, Michigan Education: Masters - Management Infor-

mation Systems

Profession: Java Developer Legal Status: Work Permit Marital status : Single Ethnicity: Hyderabadi, Indian.

Religious Sect: Sunni

Family: Mom, 2 brothers, 1 Sister

Languages: English, Hindi, Telugu & Urdu Hobbies: Working out in GYM, Watching movies, Cooking..

Please PM me for further details..

LOOKING FOR:

Someone with moderate religious values

and good ethics Age : 23 - 30 Height: 5' 3 and taller

Residence: US
Profession: Not specific
Legal Status: Any

Marital Status: Single Religious Sect: Sunni Ethnicity: Indian C-786786507 Gender: Male Age: 28

Height: 6' ft. Residence: New York

Nationality: American Legal Status: US Citizen

Marital Status: Single/Never married Education: Graduated in Islamic theology, jurisprudence, finance, memorized 10 Ajzah of Qur'an & completed secondary ed, currently completing AWS certified solutions architect/tech school Language(s): English, Arabic, Bengali,

Urdu & some French)

Current employment: eCommerce, ride-

share services

Religiosity: Moderate/Sunni Family: Mother, 3 brothers, 2 sisters

LOOKING FOR:

Age: 23 - 28

Primary Language: English speaking Marital Status: Single/Never married Nationality: American/Canadian Status: A citizen or legal resident Height: 5'6" or above preferably Education: High school, college, university, madrasah etc.

Ethnicity: Any (Non-racist/open minded

family) C-786786506 MALE

Name: MZI

Age: 17 SEPTEMBER 1992

Height: 6.3

Residence : Secunderabad Education: MBBS Profession: DOCTOR Legal Status:

Marital status : Single Ethnicity: Indian

Religious Sect:Sunni Muslim

Family:

Language: Urdu, Hindi Hobbies: Reading.

LOOKING FOR: MBBS

Hijabi
Age: 21-26
Height:
Residence:Any
Education: MBBS
Profession: Doctor
Legal Status:
Marital Status: Single
Religious Sect: Muslim
Ethnicity: Indian

Female

Name: Uzma Age: 38 yrs Height: 5.1 ft

Residence: Rawalpindi Pakistan

Education:. MA
Profession:. Nil
Legal Status: Pakistani
Marital status: Un married
Ethnicity: Pakistani

Religious Sect: Muslim Sunni
Family: Father mother 2 sisters one sister
married living in Mississisaga Canada 2
Brothers one Brother MCS un married is
in London since 11 yrs One brother MBA
married living in Saudia since 5 years
Father Retd Staff officer from a Govt Organization mother house wife own house
in Adyala Road Rawalpindi Pakistan

Language: Punjabi Urdu

Hobbies: News on Pakistan TV channels Pakistani Dramas Cooking etc

LOOKING FOR:

Residence:

Age: 40 48 Height: 5.5 or more

Education:. Educated Profession:. Reasonable

Legal Status:. Citizen or green card holder

Marital Status: Un married divorced or widow without kids

Religious Sect: Sunni Muslim Ethnicity: Pakistani

78786501

FEMALE

Hijabi : No Name: X Age: 21 years Height: 5ft 4 in Residence : UK

Residence: UK
Education: Primary Education degree
specialising in Mathematics with QTS
Profession: Primary School Teacher
Legal Status: Citizen, UK born
Marital status: Single (Never Married)
Ethnicity: India, Hyderabad
Religious Sect: Sunni Muslim
Family: Parents and 3 Brothers
Language: English, Urdu

Hobbies: Reading , Baking & Travelling

LOOKING FOR: Male

Age : between 23 to 29
Height: 5ft 6in minimum
Residence: UK, USA Or Canada
Education: Professional degree
Profession: Doctor , Dentist or Masters
degree

Marital Status: Single - Never Married

Religious Sect: Sunni Muslim

Ethnicity: India, Hyderabad family C-786786329

Legal Status: Citizen

Female (hijabi)

Marital Status: -Single (Never married)

Age: -25 Height: - 5ft 5"

gious.

Citizenship / Visa Status: - US citizen Ethnic Background: - Pakistani Punjabi

Languages Spoken: - Urdu, English understand Punjabi

Religious Sect: - Sunni Muslim Religious Inclination: - Moderately reli-

Highest degree obtained: - MD All Education from USA

Work: -First year internal medicine resident.

Number of siblings: -2 1-Brother Doctor (married) 1-Younger sister

Father: -Works for New York City

Mother: -House wife

Interest/hobbies: - Traveling, cooking, spending time with family, watching movies.

Defining Personality: - Humble, soft spoken, caring, great sense of humor and respectful to others

LOOKING FOR:- medical doctor ,dentist Age Range: - 26 to 29

Other Preferences? (please specify) : - MD

C-786786328

Female:

C-786786505

Name: AS Age: 25 Years Height: 5'2" Residence: Canada Education: B.Sc.

Profession: Student Coordinator at Cana-

dian University

Legal Status: Canadian Citizen Marital Status: Never Married Ethnicity: Indian (Hyderabad) Religious Sect: Sunni Muslim (Hanafi) Family: Father: Ph.d; Associate Professor Mother: Homemaker

Mother: Homemake Siblings: Two Language: English, Urdu Hijabi: Yes

Looking For:

Age: 26 to 30 years Residence: Canada or USA

Education: Masters or any Professional

Degree Profession: Doctors or Engineers or Ac-

countants

Legal Status: Any Marital Status: Never Married Religious Sect: Sunni Muslim (Hanafi) Ethnicity: Indian (Hyderabad) / Pakistani

C-786786327

European Parliament members to visit disputed Kashmir

NEW DELHI (AP) — Members of the European Parliament met Monday with Indian Prime Minister Narendra Modi ahead of a visit to disputed Kashmir, where India has imposed a harsh security crackdown.

Modi told the group that their visit "should give them a clear view of the development and governance priorities of the region."

They are to fly Tuesday to the restive Himalayan region, where restrictions remain in place nearly three months after India imposed the crackdown and stripped Kashmir of its semi-autonomous status.

The Indian government earlier denied access to the region by U.N. special rapporteurs, U.S. congressmen and foreign journalists.

An official in the office of the Delegation of the European Union to India said the visit was unofficial and was being carried out by some members of the European Parliament in their personal capacity.

Reacting to the development, the former chief minister of the region, Mehbooba Mufti, said she hopes the visit indicates that the "iron curtain" imposed by India between Kashmir and the rest of the world is being lifted.

Mufti is among hundreds of pro-India leaders who had been sympathetic to the central government but have been held in makeshift jails or under house arrest since early August, when New Delhi sent tens of thousands of additional troops to the already heavily militarized region, imposed

a sweeping curfew, arrested thousands, and cut virtually all communications.

Authorities have since eased some restrictions, lifting roadblocks and restoring landlines and some mobile phone service. They have encouraged students to return to school and businesses to reopen, but Kashmiris have largely stayed home, in defiance or fear amid threats of violence.

As the crackdown continues, Kashmiris have quietly refused to resume their normal lives, confounding India at their own economic expense.

"Kashmir will keenly watch how freely (the Parliament members) are allowed to move around and meet common people," said political scientist Noor Ahmed Baba. "The visit will only be worthwhile if the delegation is allowed to meet a cross-section of Kashmiri political opinion."

The sudden move to allow the delegation's visit to the Indian-administered region, formally named Jammu and Kashmir, was also questioned by India's main opposition party, Congress.

"This is an outright insult to India's own Parliament and our democracy," senior party leader Jairam Ramesh said.

"When Indian political leaders have been prevented from meeting the people of J&K, what possessed the great chest-beating champion of nationalism to allow European politicians to visit J&K," he tweeted, referring to Modi.

Many Indian opposition leaders who earlier tried to visit the region were not al-



lowed to do so or were sent back from the Srinagar airport by the authorities.

Kashmir is divided between India and Pakistan but claimed by both. The two countries have fought two wars over control of the region.

India accuses Pakistan of arming and training rebels who have been fighting for Kashmir's independence or its merger with Pakistan since 1989. Islamabad rejects India's charge and says it only provides moral and diplomatic support.

About 70,000 people have been killed in the armed uprising and the ensuing Indian military crackdown.

The Modi government says it removed a constitutional provision that gave Kashmir some autonomy so the region could achieve greater economic development by doing away with the sense of separateness that it says cultivated the separatist movement.

Late Monday, a truck driver was shot dead by gunmen in the region's southern

Anantnag district, police said.

Narayan Dutt, a resident of Katra in Udhampur district, was the fourth truck driver to be killed by gunmen since early August.

Gunmen have targeted apple traders and truck drivers who were about to drive away with the apple consignment from the southern Shopian area in Kashmir.

Officials have blamed militants for the killings.

Kashmir's apple orchards provide a livelihood for nearly half the region's 8 million people. Apple growers and traders are suffering losses as insurgent groups put pressure on traders and drivers to shun the industry to protest India's crackdown.

About 18 people were injured earlier Monday in a grenade attack by militants at a busy market in the northern Sopore area of Kashmir, officials said.

SHEIKH SAALIQ

Priyanka Chopra Explains Why She doesn't Take Pressure Anymore

Priyanka Chopra recently made her Bollywood comeback with Shonali Bose's The Sky is Pink. Not only that, the film was her first venture as a Hindi film producer. At a recent interview, the actress opened up about the pressure of playing the dual role of actor and producer.

"I took pressure many years ago. Now I don't take pressure. I think I stopped taking pressure when I reached a point where I could make choices about the work that I wanted to do... when I didn't have to depend on people coming to me with the work. That sort of shifted not too long ago, just four or five years ago maybe," Priyanka told IANS.

"Unfortunately with female actors, there is a lot of depending on a lot of people to approve before you are cast in a film. It is the truth. Hard to hear, but it's the truth. That shifted for me just recently. I guess that gave me a sense of confidence to become a producer, to be able to helm films that I wanted to make," she added.

But she likes to do films that make her feel nervous while going to the set.

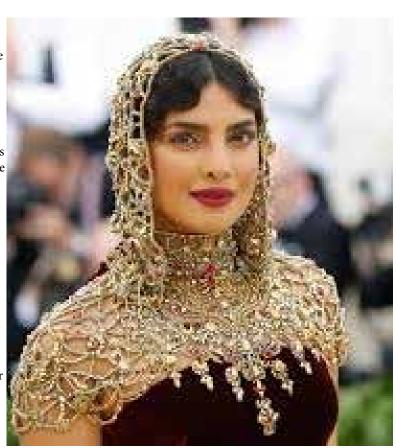
"I like movies that challenge me. I like fiction as well as reality-based. I like the immersive experiences. I like something that will make me nervous coming to set. I like films where I look at my scene and I am like 'oh my god! How am I going to do this?' When your fingers tingle, your toes curl. I like experiences like those," she said.

"Every performer does because our outside environment influences us as a person. The only thing that experience has taught me is that between action and cut, no matter what is happening in my life, it won't affect me. Before that I would get influenced. If I had a fight or was in a bad mood, it would affect my work. Now it doesn't," said Priyanka.

Her list of upcoming projects is an exhaustive one, starting with The White Tiger and a superhero movie titled We Can Be Heroes.

"I can't tell you what I am playing in it (the superhero movie) but it will be really fun,' she promised.

"I am also developing about six or seven other projects for the next year. Some of them will have me and some won't. They are regional, international and Hindi," she shared.



Double Ka Meetha Recipe

A fuss free dessert made with bread dipped in saffron flavored milk and baked perfect

Ingredients Of Double Ka Meetha 8 Bread slices 1 tin Condensed milk Sugar syrup (chasni) (infused with green cardamom) 1 tbsp Oil 1 jug Milk 1/2 tsp Saffron 1 tbsp Rose water How to Make Double Ka Meetha 1.Heat up the pan and drizzle it with oil and fry the bread slices. 2.Prepare saffron milk. Heat up a pan

2.Prepare saffron milk. Heat up a pan and pour milk and saffron.

3.Let it reduce down and add rose water when the milk is almost reduced.
4.Pre-heat the oven at 120 degree.

5.Layer the fried bread with sugar syrup, condensed milk, saffron milk and bake it in the oven for 10-15 minutes.



Easy, No Fuss Thanksgiving Turkey

Foolproof Thanksgiving Turkey recipe that packs all of the flavor and juiciness you expect from the perfect roasted turkey, with none of the stress! Step by step for how to cook the perfect turkey.

Prep Time 20 mins

Cook Time

3 hrs 30 mins

Total Time

3 hrs 50 mins

Course: Main CourseCuisine: AmericanServings: 16Calories: 576kcalAuthor: Lauren Allen Ingredients

1 12-20 pound turkey

1 onion, peeled and quartered

1 lemon, quartered

1 apple, quartered

.75 ounce container fresh rosemary

.75 ounce container fresh thyme

.75 ounce container fresh sage

For the herb butter:

1 cup unsalted butter, softened

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

6-8 cloves garlic , minced

fresh chopped herbs

Instructions

If the turkey is frozen: Thaw in the fridge,

24 hours for every 5 pounds of Turkey. I like to give myself 1 extra day, just to be safe.

Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature.

Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 325 degrees F.

Make the herb butter by combining room temperature butter, minced garlic, salt, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, and half a tablespoon of fresh chopped sage. (You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey)

Remove turkey from packaging and remove the neck and giblets from the inside the cavities of the bird. (Reserve them for gravy, if you want, or discard them). Pat the turkey very dry with paper towels. Season the cavity of the turkey with salt and pepper. Stuff it with the quartered lemon, onion and apple and leftover herbs. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath.

Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting

rack inside a roasting pan*.

Microwave the remaining herb butter mixture for 30 seconds (it doesn't need to be completely melted--just really softened). Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings. Roast at 325 degrees F for about 13-15 minutes per pound, or until internal temperature (inserted on middle of thigh and breast) reaches about 165 degrees.

(I remove the turkey from the oven once it reaches 160 degrees. Then, I tent it with foil, and let it rest on the counter. It will continue cooking under the foil, to reach 165 degrees F.)

***Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking. Alternately, you could start cooking the turkey with it tented in foil, then during the last hour or so of cooking you can take the foil off to let the turkey brown.

Allow turkey to rest for 20-30 minutes before carving.

Reserve any drippings and juice remaining in your roasting pan to make turkey gravy. Notes

*If you don't have a roasting pan, use a



disposable foil roasting pan. Place a bed of chopped veggies —carrots, onion and celery work well— in the bottom of the pan, and set the turkey on top of them. Nutrition

Calories: 576kcal | Carbohydrates: 3g | Protein: 70g | Fat: 30g | Saturated Fat: 12g | Cholesterol: 264mg | Sodium: 518mg | Potassium: 765mg | Sugar: 1g | Vitamin A: 565IU | Vitamin C: 5.4mg | Calcium: 46mg | Iron: 2.9mg

Pumpkin Pie

An easy recipe for Homemade Pumpkin Pie. This pumpkin pie recipe is perfect for the holidays!

CourseDessert INGREDIENTS

Pie Crust:

1 store-bought or homemade pie crust

Pumpkin Pie Filling:

1 cup light brown sugar

1 tablespoon all-purpose flour

1/2 teaspoon salt

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/8 teaspoon ground cloves

3 large eggs lightly beaten

1 15-ounce can pumpkin puree

1 and 1/4 cups evaporated milk

INSTRUCTIONS

To prepare the pie crust:

Preheat oven to 400°F.

Prepare the pie crust by rolling the dough out to 12-inches in diameter. Next, carefully transfer the dough to a 9-inch pie plate (make sure it's at least 1 and 1/2 inches

deep), gently fit it into the pie plate, trim any excess dough, and flute the edges. Line the pie dough with parchment paper or foil, making sure to cover the bottom and fit it snuggly in the corners and up the sides, then fill with pie weights (dried beans or dry rice work well too). Bake the pie crust at 400°F for 12-15 minutes. Remove from the oven and remove the parchment paper (or foil) and pie weights. Return the pie crust to the oven and bake for an additional 5 minutes. Remove from the oven and set aside to cool.

To prepare the filling:

In a large mixing bowl, whisk together the brown sugar, flour, salt, cinnamon, ginger, nutmeg, and cloves until well combined. In a separate mixing bowl, whisk together the eggs, pumpkin puree and evaporated milk until well combined. Pour the wet ingredients into the dry ingredients and mix together until fully combined.

To make the pumpkin pie:

Pour the pumpkin pie filling into the partially baked pie crust. Return to the oven and bake at 400°F for 45-50 minutes, or until the center is almost set (it should be a little wobbly). Remove from the oven and transfer to a wire rack for 2-3 hours to cool completely. Cover tightly and refrigerate for several hours or overnight.



Cover the edges of the pie crust with a pie crust shield as needed to prevent them from over-browning. Pie crust may be made 2-3 days in advance, wrap tightly and refrigerate until ready to use. The pumpkin pie filling may also be made up to one day in advance, cover tightly and refrigerate until ready to use.

Prep time does not include cooling time.

Over 55 lakh labours in Delhi to benefit from increased minimum wage: Kejriwal

New Delhi [India], Oct 28 (ANI): Delhi Chief Minister Arvind Kejriwal on Monday said that over 55 lakh labours working on contract in the national capital will continue to avail benefit from the increased minimum wage, which will help them to tackle with the "impact of the economic slowdown" in the country.

"In the last five years, we have taken several decisions for the welfare of the poor. Increasing the minimum wage is one of them. As many as 55 lakh people working on contract in Delhi will be benefitted," he said in a press conference here.

Kejriwal also said that Delhi has the highest minimum wage in the country.

"The Supreme Court recently approved the minimum wage we had increased. We had approached the top court after Delhi High Court had dismissed the minimum wage notification on a plea filed by a group of 44 traders' associations challenging the hike," he explained.

The Chief Minister asserted that the Delhi government had to struggle a lot to hike the minimum wage.

"When we came to power, the minimum wage was Rs 8,632 for unskilled labours, which has now been increased to 14,842. The same was Rs 9,542 for semi-skilled labours and is now at Rs 16,341. Skilled labours used to get Rs 10,478 as a minimum wage but they now get Rs 17,991," Kejriwal said.

He also mentioned that the minimum wage was increased for non-matriculates, matriculates and graduates from 9,542, 10,478 and 11,414 to 16,341, 17,991 and 19,572 respectively.

Arguing that funds in the lower sections of society trickles down to create larger impacts, he said, "When poor people have money they go out and buy things, which creates demand, increases production and eventually create jobs."

"It will help tackle the economic slowdown in the country," the chief minister

h as-nally o-

over 100 persons for incidents pertaining to not paying minimum wages," Kejriwal

Kejriwal also urged the traders to follow the minimum wage notification assuring them that it will benefit everyone in the long run. (ANI)

He also said that the Delhi government has taken strict actions to ensure the new minimum wage is followed.

"We removed 1,373 contractors working for the government for not paying minimum wage. Cases were also filed against

Pakistan to issue tourist visas to non-Indian Sikhs for Kartarpur visit

Lahore, Oct 28 (PTI) The Pakistan government will issue tourist visas to non-Indian Sikhs visiting the Kartarpur corridor and other 'gurdwaras' in the country during the 550th birth anniversary celebrations of Guru Nanak Dev.

Under the Kartarpur Corridor agreement between India and Pakistan, pilgrims coming from India for one day would not require visa but they can only visit Gurudwara Baba Guru Nanak. However, those coming from other countries will need a visa and be free to visit other religious places.

'The Pakistan government will issue tour-

ist visas to (non-Indian) Sikhs coming from Europe, Canada and America for their visit to the Gurdwara Darbar Sahib, Kartarpur Narowal, some 125kms from Lahore, said a source in the Pakistan Foreign Office.

The official said Indian pilgrims will have to obtain a visa for touring other holy sites in Pakistan.

India and Pakistan signed the historic Kartarpur corridor agreement on October 24.

The Kartarpur corridor will connect the Dera Baba Nanak shrine in India's Punjab with Darbar Sahib at Kartarpur, just 4 kilometres from the International Border, located at Narowal district of Pakistan's Punjab province.

While Indian Prime Minister Narendra

Modi will inaugurate the Indian side of the corridor on November 8, his Pakistani



November 9. PTI MZ INDINDIND

What's the difference between an MD and a DO, and how do I choose?

The simple answer is that both an MD (Doctor of Medicine) and a DO (Doctor of Osteopathic Medicine) are doctors licensed to practice in the United States. They are similarly educated and certified, but there are differences in their training and philosophy of patient care.

Nine out of 10 practicing doctors in this country are MDs or allopathic physicians, according to the latest data published by the Federation of State Medical Boards (FSMB) in 2012. As the FSMB points out in its Census of Actively Licensed Physicians, however, "the osteopathic medical profession continues to experience exponential growth in its numbers."

The American Osteopathic Association (AOA) estimates the number of DOs in active medical practice in the United States will surpass 100,000 by next year. According to AOA data, 10 states saw greater than 45 percent growth in the

number of DOs between 2009 and 2014. While your chances of choosing a doctor who's a DO may be on the rise, most healthcare consumers aren't sure what osteopathy actually is. The key, according to the AOA, is osteopathy's "whole person" approach to medicine.

The osteopathic philosophy involves treating the mind, the body, and the spirit. It's a more holistic approach," says Michael Jonesco, DO, of Wexner Medical Center at Ohio State University in Columbus. "For the patient, the osteopathic approach is less about prescribing medications and medical procedures and more on the body trying to heal itself."

RELATED: The Mainstreaming of Osteopathic Medicine

As part of their medical education, DOs receive additional musculoskeletal training known as osteopathic manipulative treatment (OMT). The AOA describes OMT as a hands-on healing method often used to

treat muscle pain that can help patients with conditions such as asthma, sinus disorders, and migraines.

"MDs receive more of the traditional training," says Kenneth Kaushansky, MD, dean of the Stony Brook University School of Medicine. "The training of an osteopathic physician has a lot more to do with the physical manipulation of the body."

The American Association of Colleges of Osteopathic Medicine (AACOM) represents 30 accredited colleges of osteopathic medicine in the United States.

The Association of American Medical Colleges (AAMC) and AACOM offer information on how to apply to allopathic or osteopathic medical schools.

Like MDs, DOs can practice in any medical specialty, but a majority choose pri-



mary care specialties. The AOA estimates that 6 out of 10 osteopathic physicians practice family medicine, general internal medicine, pediatrics, or obstetrics and gynecology.

Choosing a doctor, allopathic or osteopathic, is a very personal choice. As Dr. Kaushansky says, "you want to choose someone you feel comfortable with. There are many resources to help you choose, and word of mouth is okay, too. But you need to do your homework."

HINDI MOVIE RELEASE DATES

Opening		g Title		Director	r Cast			Genre
N O V	1	Bypass Road	Naman Nitin Mukesh	Neil Nitin Mukesh · Adah Sharma · Shama Sikando · Gul Panag · Rajit Kapur · Sudhanshu Pandey		Horror Thriller	A Miraj Creations Film, NNM Films	
		Bhangra Paa Le	Sneha Taurani	Sunny Kaushal · Rukshar Dhillon · Shriya Pilgaonkar		Comedy drama	RSVP Movies	
	7	Bala	Amar Kaushik	*	rrana · Bhumi Pednekar · Yami oh Shukla · Javed Jaffrey · Seema	Black Comedy	Maddock Films, Jio Studios	
	8	Ujda Chaman	Abhishek Pathak	Sunny Singh · Ma Aishwarya Sakhu	aanvi Gagroo ∙ Karishma Sharma ∙ ıja	Comedy	Panorama Studios, PVR Pictures	
		Shikara - A Love Letter from Kashmir	Vidhu Vinod Chopra	TBA Thriller/War V		Vinod Chopra Films		
	14	Jhalki	Brahmanand S. Siingh		nnishtha Chatterjee · Divya Dutta · in Karyekar · Akhilendra Mishra · · Joy Sengupta	Drama	Mobius Films	
	15	Marjaavaan	Milap Milan Zaveri	Sidharth Malhotra · Ritesh Deshmukh · Rakul Preet Singh · Tara Sutaria		Action/Romance	T-Series, Emmay Entertainment	
		Satellite Shankar	Irfan Kamal	Sooraj Pancholi ·	Megha Akash	Action/Romance	T-Series, Cine1 Studios	
		Motichoor Chaknachoor	Debamitra Biswal	Nawazuddin Sido	diqui • Athiya Shetty	Drama	A Woodpecker Movies Production, Viacom18 Motion Pictures	
	22	Pagalpanti	Anees Bazmee	Arshad Warsi • P	· John Abraham · Ileana D'Cruz · si · Pulkit Samrat · Kriti Kharbanda · Comedy tela · Saurabh Shukla		T-Series, Pa	anorama Studios
				Naseeruddin Sha	ah · Supriya Pathak · Konkona Sen			
		Ramprasad Ki Tehrvi	Seema Pahwa		h · Supriya Pathak · Konkona Sen Massey · Vinay Pathak · Manoj rata Chatterjee	Comedy	Drishyam F	ilms, Jio Studios
	29	Dil Bechara	Mukesh Chhabra	Sushant Singh R Khan	ajput · Sanjana Sanghi · Saif Ali	Sanghi · Saif Ali Romantic drama Fox Star Stu		udios
		Jawaani Jaaneman	Nitin Kakkar	Saif Ali Khan • Ta	bu · Alaia Furniturewalla	Romantic drama	Black Knight Films, Northern Lights Films, Pooja Entertainment	
		Commando 3	Aditya Datt	Vidyut Jammwal Gulshan Devaiah	· Adah Sharma · Angira Dhar ·	Action	Motion Pictu Entertainme	ures Capital, Reliance ent

The third installment of the Commando franchise will also feature Adah Sharma and Gulshan Devaiah.

Actor Vidyut Jammwal's action thriller Commando 3 will hit the big screen on November 29.

Announcing the release date, Vidyut took

Commando 3

to Instagram and wrote: "The mission is huge and it's game time! Commando 3 releasing on November 29.

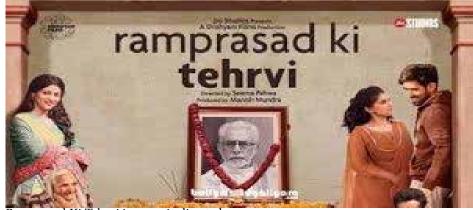
Along with it, he also shared the official poster of the film. In the poster, Vidyut is seen in an intense angry mode, holding guns in his hands.

The film is helmed by Aditya Datt, who recently directed the web series Karenjit Kaur: The Untold Story featuring Sunny Leone.

Commando 3 is presented by Reliance Entertainment and Motion Picture Capital, in association with Sun Shine Pictures and



RAMPRASAD KI TEHRVI



Ramprasad Ki Tehrvi is a movie directed by Seema Pahwa featuring Konkona Sensharma, Vikrant Massey.



Ujda Chaman trailer: Sunny Singh highlights struggles of being a bald bachelor.

www.Asia Times.US

Sunny Singh plays a bald man in his upcoming film, Ujda Chaman. It revolves around his struggle to finding a suitable girl for himself and also stars Maanvi Gagroo

Actor Sunny Singh of Sonu Ke Titu Ki Sweety is back as a bald man in the trailer of his upcoming film, Ujda Chaman. The actor plays a 30 -year-old bachelor in the film who finds it tough to find a suitable girl for himself due to premature balding.

The film revolves around Chaman Kohli (Sunny), a Hindi lecturer who is ridiculed for his baldness in the college and even in the parking lot.

After facing several rejections as a prospective groom, Chaman hits rock bottom

when an astrologer gives him a deadline to find himself a wife or remain single forever. This leads him on a roller-coaster ride of self discovery and acceptance as he meets a suitable girl in Maanvi Gagroo, who plays a plus sized woman named Apasara Batra.

The trailer was received well by the audience. Praising it on YouTube, a viewer wrote, "As a bald man myself, Im interested in watching this movie." Another wrote, "Every living man's fear...end up being an ujda chaman."

Atul Kumar and Grusha Kapoor play Sunny's parents whereas Saurabh Shukla and Aishwarya Sakhuja are also in prominent roles in the film. Ujda Chaman has been written by y Danish J Singh and directed by Abhishek Pathak. It is a remake of 2017 hit Kannada film Ondu Motteya Kathe which had also won the Filmfare Award for Best Kannada Film. It is set to hit theatres on November 8. Sunny was last seen in Rishi Kapoor starrer Jhootha Kahin Ka. He is better known for playing one of the two male

leads in Kartik Aaryan and Nushrat Bharucha's Sonu Ke Titu Ki Sweety. Maanvi is known for her role in TVF Tripling web series and Four More Shots Please. She also featured in one of the episodes of Made In Heaven web series.



The trailer of Ujda Chaman comes a few weeks after the teaser release of Ayushmann Khurrana's Bala in which he plays a bald man. It is scheduled to arrive in theatres on November 8.

Tabu on reuniting with Saif Ali Khan in Jawaani Jaaneman: It's amazing to work with him after so many years

Tabu opens up about working with Saif Ali Khan in Jawaani Jaaneman. The two had earlier acted in films like Biwi No. 1 and Hum Saath Saath Hain together. fter more than two decades, Tabu and Saif Ali Khan will be working together in the film Jawaani Jaaneman. The two had earlier acted in films like Hum Saath Saath Hain and Biwi No. 1 before this. After more than two decades, Tabu and Saif Ali Khan will be working together in the film Jawaani Jaaneman. The two had

earlier acted in films like Hum Saath Saath Hain and Biwi No. 1 before this. In an interview to Mumbai Mirror, Tabu opened up about working with Saif in R Balki's film. She said, "This is a different film and it's amazing to work with Saif after so many years. We did Biwi No. 1, but we didn't have any scenes together. Saif has a great sense of humour and I was looking forward to doing this kind of film with him," she said.

Speaking about her role, she said, "It's a nice and open-spirited space for me, Golmaal Again, De De Pyaar De and now Jawani Jaaneman are all energetic characters and in this space you get to do something fun with the clothes and create a look. It's different from the serious channels I've been doing."



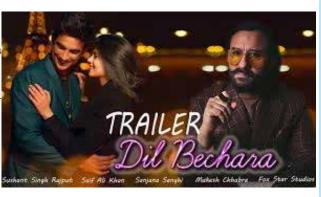
Dil Bechara: Sushant Singh Rajput, Sanjana Sanghi's The Fault In Our Stars remake to release on 29 November

Dil Bechara, the Hindi remake of Hollywood film The Fault In Our Stars has been in the pipeline for a long time. Starring Sushant Singh Rajput and Sanjana Sanghi in the lead, the film which was initially titled Kizie aur Manny, is scheduled to release on 29 November.

Film trade analyst Taran Adarsh took to Twitter to announce the release date of the Mukesh Chhabra directorial. According to a Mumbai Mirror report actor Saif Ali Khan will join the cast for an 'interesting' cameo. Khan reportedly plays the role of author Peter Van Houten, a character that was played by Willem Dafoe in the original film.

The film will clash at the box office with Ajay Devgn's Taanaji: The Unsung Warrior which is scheduled to release a week earlier on 22 November. Dil Bechara is based on John Green's 2012 book The Fault In Our Stars, which was also adapted into the 2013 movie starring Ansel Elgort and

Shailene Woodley.
On the work front, Sushant was last seen in dacoit drama Sonchiriya opposite Bhumi Pednekar. His upcoming releases also include Chhichhore, helmed by Dangal director Nitesh Tiwari



Neil Nitin Mukesh's debut production venture 'Bypass Road' gets an auspicious start

Neil Nitin Mukesh who is celebrating the 25th year of his family's Ganesh Chaturthi festivities, marked the occasion with the muhurat shot of his brother Naman's directorial venture 'Bypass Road'. The film that also marks Neil's debut production venture apart from playing the lead, will also star Adah Sharma. Placing the film's clapperboard at Lord Ganesha's feet, the star was joined by his dad and brother for a

According to reports, Neil is attempting to produce a thriller drama, a genre which he thinks hasn't been explored in India. The actor-turned-producer said that he would like to use his banner to showcase raw talent. This film will reportedly see Adah essay the role

of a fashion entrepreneur.

special puja.



Statistics show that Trump's "travel ban" was always a Muslim ban

Did President Donald Trump's travel ban—in place now for more than 22 months—become, in practice, a Muslim ban?

The third version of President Donald Trump's travel ban went into full effect on Dec. 8, 2017.

The list of countries whose citizens are banned from entering the United States include Muslim-majority countries Iran, Syria, Libya, Yemen, and Somalia, as well as North Korea and Venezuela.

Now that time has passed, policymakers, political scientists like myself, and all Americans can start to understand the ban's effects.

Was it actually a Muslim ban, as it was called at the time it was introduced? Or was that just an anti-Trump label? What percentage of people from those banned countries did pass the "enhanced vetting" and get an actual visa to enter the United States?

Sharp decline

The US Department of State's Bureau of Consular Affairs regularly provides data on the number of visas issued for all countries.

Based on the data the agency provides for the fiscal year, the number of immigrant visas issued for the country of Iran decreased by 78% between 2017 and 2018.

Chart showing decline in US visas issues to Iranian citizens THE CONVERSATION However, the fiscal year data for the year 2018 included the last three months of 2017, when the travel ban wasn't still implemented. I broke the data down by months to understand how travel ban changed the number of visas issued from calendar year to calendar year. This offered a more accurate picture of the travel ban.

This analysis shows that only 537 immigrant visas were issued in 2018 for the 12 months after the travel ban went into effect for individuals born in Iran. Compare that to 6,643 visas issued in the previous year. That is a 92% decrease in number of

visas issued.

Chart showing decline in US visas issues to Iranian citizensTHE CONVERSATION Other Muslim countries in the ban were similarly affected.

For instance, Somalia experienced 86% decrease in number of immigrant visas issued during the 12 months after the travel ban went into effect. Yemen's visas reduced by 83%.

Libya and Syria had the smallest change among the Muslim countries in the ban, decreasing by 80% and 77% respectively.

Muslim vs. non-Muslim countries Many critics of the new travel rules argued that they were effectively a "Muslim ban."

The Trump administration countered that there are Muslim countries like Saudi Arabia and Afghanistan that are not included in the travel ban, and there are non-Muslim countries like Venezuela and North Korea that are included.

However, US Department of State's Bureau of Consular Affairs data shows that there was a significant decrease in the number of immigrant visas issued to Muslim countries affected by the travel ban. Meanwhile, the number of immigrant visas issued per month to the non-Muslim countries in the ban virtually remained unchanged.

Chart showing number of visas issues to Muslim and non-Muslim countries under travel banTHE CONVERSATION
In fact, there was a 40% increase in the number of visas issued to North Koreans per calendar-year data, relative to the prior year, when the travel ban was blocked by federal courts.

Country of chargeability
There are some questions that the government data cannot answer.

For example, rather than providing data on where each visa recipient lives, the US Department of State by report if the Visa Office only offers information on the



country of chargeability, which basically means where the applicant was born.

There were five fiancé visas issued to Iranians in calendar year 2018, compared to 358 fiancé visas issued in 2017. But even that low number does not tell us whether these five visas were given to Iranians that actually lived inside Iran. These visas may have been given to Iranians who had been living in Canada or Europe for many years but were born in Iran.

The actual impact of the Trump travel ban, in other words, could be even bigger than what the data show.

Visas and waivers Waivers are another important issue that is hard to study.

The vast majority people from the seven restricted countries who applied for a visa after the implementation of the ban were rejected outright.

However, US officials may grant a waiver to someone if there is evidence that the applicant is facing so much undue hardship that they need to be united with their loved ones in the US

This could happen, for example, if a family member in the United States is dying and a person from a restricted nation wants to see them one last time, like the Yemeni mother who got a chance to see her baby boy just two days before he died.

In the first six months after the full imple-

mentation of the ban, such waivers were only given to around 2% of individuals from banned countries. This gradually increased to 6% after one year.

Being considered for a waiver is not the same as getting a visa. A person who is being considered for a waiver still cannot enter the US. They must wait under "administrative processing" status until they are cleared for a visa. It could take several years before applicants find out the results of their application. During this period, they cannot enter the US.

One recent lawsuit against the travel ban claims that some of their 14 clients have been under consideration for a waiver for 18 months at least, with no visa being granted to any of them yet.

What's next

The first congressional hearing on the travel ban, held on Sept. 24, established a need to reassess the impacts of the policy.

From what I see, looking at 18 months of government-provided data, the current travel ban is in effect a Muslim ban.

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By Vahid Niayesh

Thanksgiving Safety Tips

Make sure your holiday is a safe one with these Thanksgiving safety tips.

This Thanksgiving holiday, more than 13 million Americans will travel to spend the holiday with friends and family, leaving their homes empty for opportunistic burglars. Follow these Thanksgiving safety tips to ensure your family's safety this holiday season.

To ensure a worry-free holiday, ADT offers these simple, convenient travel and Thanksgiving safety tips to keep your family and home safe for the holidays:

Remove fall-related objects that might allow access to your home. For example, lad-

ders for cleaning leaves out of gutters can be used to enter a window or scale a fence Don't post Thanksgiving travel plans on Facebook, Twitter or MySpace letting people know that you will be out of town Turn your telephone ringer down so no one outside can hear repeated rings; and review your answering machine message to make sure it does not imply that you are away

Make sure to have all mail, newspapers, and deliveries stopped or picked up by a neighbor, friend or relative
Never leave a key hidden outside. Burglars know all the best hiding places

Never leave a key hidden outside. Burglars know all the best hiding places Secure all windows, including those upstairs and reduce the chance of easy entry by cutting tree limbs away from secondstory windows

Have a friend move your car occasionally if it is parked in the driveway
Use timers to operate lights
Have an ADT home security system installed that includes a 24-hour fire monitoring service that automatically dispatches the fire or police department
Consider installing an ADT home security system, that allows you to check on your home while away and even arm and disarm your system from any laptop, cell phone, PDA or other Web-enabled devices Also, according to the National Fire Protection Association, Thanksgiving is the

leading day for home-cooking fires. ADT

suggests these fire-safety tips to ensure everyone has a safe and healthy Turkey Day:

Be sure to keep a fire extinguisher in the kitchen in case of emergency, and teach your family how to use it
Be cautious when using turkey fryers as they pose a number of distinct safety concerns, including burn and fire hazards
Never wear loose fitting clothing when cooking. Long, open sleeves could ignite and catch fire from a gas flame or a hot burner. Wear short, close fitting or tightly rolled sleeves when cooking
Utilize these Thanksgiving safety tips this holiday season, and be thankful for your home and family's safety.

Governor of Kerala Arif Mohammad Khan visits Hyderabad



An interactive session was held with Governor of Kerala Shri Arif Mohammad Khan at Park Hyatt Hyderabad. Topic was "Duties and Responsibilities of the Citizens in Nation Building" initaited by Nawab Mir Nasir Ali Khan, Managing Director, MAK Projects Pvt Ltd.

Arif Mohammad Khan was born in 1951 in Bulandshahr, Uttar Pradesh. He was educated at Jamia Millia School, Delhi, Aligarh Muslim University, Aligarh and Shia College, Lucknow University. Arif Mohammad Khan started his political career as a student leader. He was the President of Aligarh Muslim University Student's Union in the year 1972-73 and also it's honorary Secretary a year earlier (1971-72). He contested the first legislative assembly election from Siyana constituency of Bulandshahar on Bharatiya Kranti Dal party's banner but was defeated. He became a member of the legislative assembly of UP in 1977 at the age of 26.



Khan joined the Indian National Congress party and was elected to the Lok Sabha in 1980 from Kanpur and 1984 from Bahraich. In 1986, he quit the Indian National Congress due to differences over the passage of Muslim Personal Law Bill which was piloted by Rajiv Gandhi in the Lok Sabha. He was against the triple talaq legislation and resigned because of differences with Rajiv Gandhi on this issue. Arif Mohammed Khan joined the Janata Dal and was re-elected to the Lok Sabha in 1989. During the Janata Dal rule Khan served union Minister of Civil aviation and Energy. He left the Janata Dal to join the Bahujan Samaj Party and again entered the Lok Sabha in 1998 from Bahraich. Khan held ministerial responsibilities from 1984 to 1990. In 2004, he joined the Bharatiya Janata Party (BJP) and unsuccessfully contested the Lok Sabha election as a BJP candidate that year from Kaisarganj constituency. Khan quit the BJP in 2007 to remain non partisan.







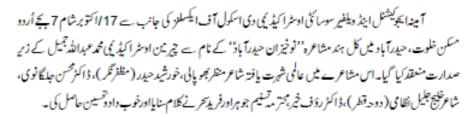




The Royal expo-19 held in G.M garden Nanal Nagar on 26th October Mr. Mohammed Ali Shabbir Sahab Former Minister of United Andhra Pradesh who was there as Chief guest specially Visited to SBM Tour's & Travels Md Aziz Ahmed Managing director warm welcome to Shabbir sahab he spent his Valueable time at SBM and collected all the Information abt our Service's and Express Happiness greeted with his Blessings for More success in Nizamabad and KamaReddy also



كل ہندمشاعرہ''نوخیزان حیدرآباد''



مشاعرے کے آغاز میں چیر بین اوسٹرا کیڈ کی محمرعبداللہ جیل نے مہمانان خصوصی جسٹس باوشاہ نواز خان ،مولانارجیم الدين انصاري چيرين أردوا كيثه يي تلنظنه، محمر قمرالدين چيرين تلنظنه اشيث اقليتي كميثن ،خواجه كمال الدين (USA) اور يروفيسر بيك احساس (سابق صدرشعبهَ أرده، يوني ورخي آف حيدرآ باد) كوتهنيت پيش كي تمام مهمانان كونو خيزان حيدرآ باد مومنثو ٹیش کیا گیا۔مہمانان خصوصی کے بعد تمام شعراء کی خدمت میں تہذیت پیش کی گئی۔شعرا کے ساتھ ساتھ مہمانان اعزازی جسئس اي استعيل صاحب، مجتبي فنهيم صاحب، وْاكْرُم بنّ سليم صاحب، طاهرروما في صاحب اور جناب آصف على صاحب كوبحي وْانْس ير بلایا گیااورتبنیت ژیش کی گئی، خصوصی برتوین جن بین ڈاکٹرمحاید ہلال، صاحبزادہ مبارک اللہ برکت، ڈاکٹرسیہ تمکیین، ڈاکٹرمخار احد فردين، ۋا كىزغو ئىيە بانو، ۋا كىزمغنى صديقى، ۋا كىزعىدالعزىز سېيل، ۋا كىز جہانگيراحساس، ۋا كىزكلېت آ راشا بېن، ۋا كىزعىليە مجیب عار فی ،آمنہ بیکم، ڈاکٹر حیدہ بیکم اور محن خان شامل تھے،اوسٹر اکیڈی وی اسکول آف ایکسلوری ہیڈ کرل الماجیل نے تہنیت پٹن کی تمام مہمانان کے خیر مقدم کے بعد مشاعرے کا باضابطہ آغاز ہوا۔ ڈاکٹر ناہیدہ سلطانہ نے نظامت کے فرائض انجام دئے اور بھی شعرا کا خوبصورت اور معیاری اشعار کے ساتھ اتعارف کروایا۔ مشاعرے کا آغاز سرور دوعالم حضرت محم کی خدمت بدریفت پیش کرے کیا گیا۔ اوسر حفظ اکیڈ بی کا طالب علم محد جمیل نے دلفریب آواز میں نعت پیش کی اورخوب داد و تحسین وصول کی کل ہندمشاعرہ نوخیزان حبدرآ باد کی خاص خوبی پیٹھی کہ اس میں اسکو کی طلبا اور طالبات کے ساتھ شیر کے معززین کی خاصی تعداد موجود تھی۔اسکول کے انتظامیہ کی جانب سے بھی شرکا کا استقبال کیا گیا چیر نین اوسٹرا کیڈی مجمد عبداللہ جیل نے مہمان شعرااورمقامی شعرا کاشکر بیادا کیا اور کہا کہ اکیڈ کی اور سوسائٹی کا اولین مقصد طلبا اور طالبات بیں شعر گوئی کو فروغ وینا ہے نی نسل کواد بی لطافت اور زبان کی جاشی ہے واقف کرائے کے لیے اوسٹرا کیڈی کی کی جانب ہے اس طرح کے ادنی اور کلچرل پروگرام منعقد کے جاتے ہیں۔اوراس کے مثبت نتائج بھی سامنے آرہے ہیں پروفیسر بیک احساس نے خطاب كرتے ہوئے كہا كراوسراكيا كى دى اسكول آف ايكسلنز اور آمند ايجويشنل ايند ويلفير سوسائل كى كا وشيس قابل مباركباد بين كه اس طرح اعلى سطى پروگرام منعقد كر كے اداره بي ثبوت دے رہا ہے كه أردو كامستعتبل روش اور تابناك ہے۔اس موقع پر عالمي

شہرت یافتہ شاعر منظر بھو پالی نے ناہیدہ سلطان کی ادبی خدمات پراٹھیں داراب بانو وفا ایوارڈ پیش کیااور کہا کہ حبدرآ باوازل ہی ے أردوادب كا گبوارہ ب اس شهركى ادبى تاريخ رقم كر كے ناہيدہ سلطانہ نے ايك اہم كار نامدانجام ديا جو قابلي ستائش ہے۔ مشاعرے کے اختیام میں ناظم مشاعرہ ڈاکٹر ناہیدہ سلطانہ نے تمام مہمانان، شعراءاورشرکا کا آمینہ ایجیشنل اینڈ ویلفیر سوسائق اوراوسراكيد كى دى اسكول آف ايكسلوكى جانب عظر بياداكيا.













عمران خان کی مقبولیت اور پاکستان کابڑ هتا ہوااثر و رسوخ دیچہ کر عالمی طاقتوں میں پریشانی بڑھ گئی ہے اور دستمن اس بات سے خوفنر دہ ہیں کہ یا کتان این نقیقی مقام پر پہنچ گیا تو پوری مسلم دنیا کو متحد کر

... لے گا اس لئے پاکستان کے خلاف ساز شیس تیز کر دی گئیں

نقيب ملت محترم بيرسطرا سدالدين اويسي صدركل بندجل إتحاد اسلمين وركن پارليمن حيدرآباد ک قیادت میں کل ہندمجلس اتحاد انسلمین کی مہار انشٹر اسے کیکر بہار تک المبلى انتخابات ميس شاندار كاميابي بريار في قائدين كاركنان

ہدردان ومجبان مجلس کےعلا وہ عوام کو مبار کبادادر صمیم قلب ہے اظہما رکشنگ



ڈاکٹرشاہ فاروق انور نومنتخب رکن اسمبلی دهولیه (مباراشٹرا)

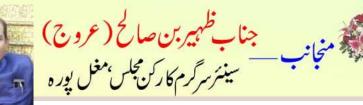


مفتى محمداساعيل قاسمي نومنتخب رکن اسبلی مالیگا وُں (مہاراشٹرا)



جناب قمرالهدى نومنتخب رکن اسمبلی کشن عجنج (بهار)





راؤ کامران^{عی}لی

یمن جیسے نتھے ملک کوہضم نہ کرسکا؛ امریکہ شام پر آخر عمران خان کی تقریر پوری دنیا میں اتنی مقبول نہیں پتا تو پتا چلنا چاہیے کہ یا کستان اورانڈیا کے علاوہ سیاستدان، یا کستان آرہا ہے اور پچھا لیسے لوگ اپنے " تقریروں" پرآ گیا! چلیں بیتو لمبی باتیں ہوگئیں، کیا سکیوں ہورہی ہےاورسوائے پاکستان کی ایک ڈیزلانہ آپ میں سے کوئی جانتا ہے کہ کمالیہ یا گجرات میں مذہبی اور دو سیای جماعتوں کے، سب کے دلوں کو مہوئی۔ دنیا کی آٹکھیں کھل رہی ہیں۔اخبارات اٹھاکر کھیل انڈیا نے شروع کیا ہے لیکن یہ اسکے گلے کا نسلوں کی دشمنیوں میں اگرایک خاندان کے گیارہ کیوں بھارہی ہے؟اسکی وجہ ہے پلیٹ فارم؛ یوری دنیا دیچے لیں؛ واشکٹن یوسٹ نے رعناایوب کو لیا ہے چھوندر بن کررہ جائےگا؛ ندنگل سکے گااور نداگل سکے گا۔ بندے دوسرے نے قبل کئے اور جواب میں مقتول کاسب سے بڑااور شجیدہ پلیٹ فارم اقوام متحدہ ہے۔ مودی کا ببینڈ بجانے کواور نیویارک ٹائمز نے انڈیا کے پس نوٹ!!! کالم میں جس دوست سیاستدان کا ذکر کیا خاندان نے قاتل خاندان کے پندرہ بندے قتل جب عمران کھل کرسوئس اور کر بین بینکوں کی بات کرتا سشمیر پر موقف کی دھجیاں اڑا کر رکھ دی ہے۔ اتنا گیا ہے وہ طاہر جاوید ہے جو کہ امریکی سینیٹرز وان کردیئے تو کیا اسکے بعدسب سکون اورخوثی سے رہ ہے جہاں پوری دنیا سے لُوٹ کا پییہ جمع ہوتا ہے تواسکی "کھلا ڈلا" موادعمران خان نے متلاشی صحافت کو دے ہیلن اورمیگی حاس کولیکر تشمیر پہنچ گیا ہے۔ رہے ہیں؟ ہرگز نہیں! کسی نہ کسی کو" تقریر" کرنی پڑتی سے گونج دورتک سنائی دے گی۔عمران تومحض "وسل بلور" دیا ہے کہ کئی ہفتوں تک اسکا " کھٹا" کھا نمیں گے اور ہاور پڑے گی بیخون خرابدرو کئے کے لئے۔ ہے ابھی تو افریقہ اور مشرقی پورپ کے لوگ اس منی سمیر کا ایشوزندہ رہے گا۔اسکاٹ لینڈ نے عمران کے

سے معذرت کے ڈونلڈ ٹرمپ کی اکیشن کمپین میں پتا چلا۔ میں اوہائیو والے ہیں۔دوسری بات ہے نہیں نقدس؛امریکہ کے دی ہے۔ پورپ اور کینیڈا میں آوازیں بلند ہورہی ساتھ کہ تدبیر کی جگہ تقریر جوڑ دیالیکن کیا کوئی بتاسکتا ہیتال میں سرجری کررہا تھا کہ میری فرسٹ لوگ حضرت عیسیٰ علیہ اسلام کا مذاق اڑاتے ہیں،اب ہیں۔مودی کوہٹلر سے تشبیہ دیکراتی سال سے زائد عمر ہے کہ انسانی تاریخ میں آخری جنگ لڑائی ہے کیے اسسٹنٹ، لنزی،ٹرمپ کی تقاریر کے باعث ہیلری انھیں کیا پتا کہ ہمارے لئے ہمارے نبی یاک کا ذکر کے سارے یہودیوں کے زخم تازہ کردیتے ہیں۔کم از جیتی گئی؟ یعنی کے تملیآ ورکی جیت کب ہوئی؟ پوراانڈیا سے اتنی منتظر ہوئی کہ اس کا نام لینے کی بجائے" لائز بچ" ہولوکاسٹ سے کروڑوں گنازیادہ عزت سے لینافرض سے مم امریکہ کے یہودی مودی کو پیند نہیں کرتے، ملکر چند ہزارانگریزوں سے جنگ آزادی نہ جیت کا یعنی مجھوٹی ۔۔۔ کہہ کر بلاتی تھی۔ آپریشن کرتے ہے، یہ ہمارے مذہب اور کلچرکی آگاہی ہے تاکہ پتا اسرائیل کا پتانہیں۔انڈیا پاکستان کے متوقع "آئنک اور محض بیں سے تیس سال کی" تقریروں" سے وہ ہوئے ہاتوں ہاتوں میں نے اسے بتایا کہ میں ہیلری کو لیے کہ سلمان رشدی سے نفرت اگر انتہا پیندی ہےتو واد" کا ڈرامہ کررہاتھا کہ خان نے دنیا کو بتادیا ہے کہ "گریٹ برٹن" جسکا سورج غروب نہیں ہوتا تھا ڈھ سپورٹ کررہا ہوں تو اس نے غصے سے ہاتھ کھڑے ہولوکاسٹ کا مذاق اڑا نابھی جائز ہوگا۔ گیا۔ پہلی اور دوسری جنگ عظیم کا اختتام بھی" باتوں" کردیئے اور سرجری اسٹ کرنے سے انکار پھر بات آتی ہے کشمیرکی؛ بات یا کستان کی نہیں شیڑ" (خون خرابہ) ہوگا!"بلڈ شیڈ" کے بیبا کا نہاستعال سے ہوا۔افغانستان جیسے غیراہم ملک میں پہلے روس گیا 💎 کر دیا۔مشکل سے اسے منایا اور سرجری مکمل کرنے 🔻 انسانیت کی ہے،اگرآٹھ ہزاریہودیوں کے ساتھ ایسا 🔻 پراقسام متحدہ میں انڈین ڈپلومیٹ کوآگ لگٹ کیکن اور کام سے گیااب امریکہ" تقریروں" پرآ گیا ہے۔ کے بعدائے آئندہ اسٹنٹ لینے سے انکار کردیا۔ ہوتو دنیا تڑپ جائے ،ای لاکھ مسلمانوں کے ساتھ ہو سننے والوں کے کان کے کیڑ ہے جھڑ گئے کہ جو بور ہے اٹھارہ سال دنیا کا ہر جھیار پہاڑوں پرٹمیٹ کر کے بھی اسکی اتنی نفرت انگیز برین واشنگ،ٹرمپ کی تقریروں اور کان ہر جوں تک ندرینگے؟۔ جب ملک ایٹمی طاقت ہووہ کا ٹو گے، ہم پر الزام لگانے ہے کچھنہیں ہوگا۔

ساحر لدھیانوی '' تقریر'' کی ایسی اہمیت کا اصل پتا مجھے 2016 کی لانڈرنگ اور سوئٹزرلینڈ کے خلاف آواز اٹھانے خطاب کے بعد پولیس آفیسرز کو حجاب کی اجازت دے

ہواور دیوار سے زگایا جائے تو کیا ہوسکتا ہے، دنیا کواگر مزید برآں اگلے ہفتے امریکہ سے ایک بااثر دوست دوارب لوگ بھوک سے مرجا ئیں گے اگرایٹی جنگ ساتھ لارہاہے جومیڈیا پرانڈیا کا بینڈ بجائیں گے۔ بیہ

جب اسی لا کھ لوگ کر فیو سے آ زاد ہوں گے تو"بلڈ

*****●�******●�******●�*

كارنامه

پچتمر (75) برس میں چوتھی شادی جناب کی سفید داڑھی میں بھی کریں باتیں شاب کی اس عمر میں تو بس اللہ اللہ کیا کریں جنت میں راہ تکتی ہیں حوریں آپ کی

نی میں حذبات اور جوش ہوا کرتا تھا کھیل کود میں بھی تھی اپنی کمبی حیلانگ امریکہ میں وقت سے پہلے بڑھایا آگیا ''مجھ سے پہلی سی محبت میرے محبوب نہ مانگ'

ولى الدين

محبت میں سب کچھ گنوا کہ بھی نکلے جو تھی آبرو وہ لٹا کے بھی <u>نکلے</u>

زمانه کیا لاکھ ہم یہ ستم بھی مگر عشق اینا جتا کے بھی نکلے

> زمانہ سے مجھ کو ملا بھی نہیں تھا ملا جب مجھے وہ مناکے بھی نکلے

ستا جو رہا تھا ممانے سے مجھ کو اسے بھی سنو' ہم ستا کے بھی نکلے

> الماس بم نے دیکھاز مانے کولیکن زمانهٔ نه دیکھا بتا کے بھی نکلے

ثناالماس باوزير



عطيهاشتهار: ساجي رہنما جاجي نياز احمر بھڻي صاحب، جاجي شنرا داحمر بھڻي صاحب (بھڻي فارمز، ڈيلاوئير)

سرا کا مستقط 1808 باتھا یو نیو بروکلین نیویارک سرا مکت مستقطر 1808 باتھا یو بروکلین نیویارک 347-707-9123

فرآن میں ذ

يَأَيُّهَا الَّذِينَ امْنُوا لَا تَقُولُوا رَاعِنَا وَقُولُوا انظُرْنَاوَاسْمَعُوا ﴿ وَلِلْكُفِرِيْنَ عَنَابٌ الِيُمُرْ ترجمہ: اے ایمان والو راعنا نہ کہواور یوں عرض کرو اس کے کسی رسول كه حضور جم پر نظر يجيح اور بغورسنو كافرول كے لئے پر ايمان لانے

دردناک عذاب ہے۔ (سورہ بقرہ: ۱۰۴۷) میں فرق نہیں قَلُ نَرِى تَقَلَّبَ وَجُهكَ فِي السَّهَاءِ ، كرتـ)-سارى فَلَنُولِيَّنَّكَ قِبْلَةً تَرْضُمهَا وَوَلِّ وَجُهَكَ وَى يرخواه قرآن شَطْرَ الْمَسْجِدِ الْحَرَامِر ﴿ وَحَيْثُ مَا كُنْتُمْ مِو يا حديث فَوَلُّوا وُجُوهَكُمْ شَطْرُهُ و (سوره بقره: ١٣٣) حضورسان الله الم مجمى (ہم دیکھرہے ہیں بار بارتمہارا آسان کی طرف منہ ایمان لاگ اور كرنا وضرور بهمتهبين چيردي گاس قبله كي طرف سارے صحابة كرام جس میں تمہاری خوثی ہے ابھی اپنامنہ پھیروہ مسجد حرام سمجھی اس سے چند کی طرف اورا ہے مسلمانو! تم جہال کہیں ہوا پنامندای مسئلے معلوم ہوئے

أَمَنَ الرَّسُولُ مِمَا أُنْزِلَ اِلَّذِي مِنْ رَّيِّهِ حَضُور سَالِيُّهِ إِلَّهِ كَا وَالْمُؤْمِنُونَ وَكُلُّ أَمِّنَ بِاللَّهِ وَمَلْبِكَتِهِ ايمان بمسبك وَكُتُبِهِ وَرُسُلِهِ * لَا نُفَرِّقُ بَيْنَ آحَدٍ قِنْ ايمان پر مقدم ب كه حضور النايلِم ك دريعهمين رُّ مُسْلِهِ ﷺ (سوره بقره: ۲۸۵) (رسول ایمان لایااس ایمان ملاای لئے رسول کا ذکر پہلے فرمایا۔ دوسرے بیہ

والےسب نے مانااللہ اوراس کے فرشتوں اوراس کی کتابوں اور اس کے رسولوں پر بیہ کہتے ہوئے کہ ہم

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ایک یے کہ

پر جواس کے رب کے پاس سے اس پراُ تر ااور ایمان کے حضور صلی ٹھائی ہے ایمان میں ہمانے مثل نہیں اور نہ لقط

مانگوں تو میں کیا مانگوں بھلا اور کس سے

سب کھاتو مجھ مل چکا ہے اپنے نجا سے

مجھ پہ کرم عام شب و روز خدا کا

نبت ہے مجھے خاص رسول عربی سے

منزل کے لئے رائے ہر شہر کے چھانے

منزل ملی ہے مجھ کو مدینے کی گلی سے

میں ہول گداان کا'غلام ان ہی کا ہوں دوست

لینا ہے مجھے جو بھی، میں لے لول گانی سے

ے گنبد حفرائے منور مرے آگے

اور چیم میں ہیں اشک مری فرطِ خوشی سے

شاغل درود دیتا ہے راحت سدا دل کو

تاعمر نجات ایک ملی مجھ کو عمٰی سے

شاغل اديب

مومن میں آپ کا شعار ہے اس لئے خصوصیت سے علیحدہ۔اس طرح یہود ونصاری کی طرح بعض نبیوں آپ کا ذکر علیحدہ فرمایا ہم محض مون ہیں اور پرایمان لائیں اور بعض کا انکار کردیں۔بال انبیاء بالغیب اور حصولی ہے اور حضور سائٹالیلم کا ایمان نبوت میں فرق نہیں کرتے کہ محض اپنی رائے سے بالشهادہ اور حضری بھی کہ آپ نے رب اور جنت اور لعض کواصلی نبی مانیں اور بعض کوظلی مرزائیوں کی طرح

دوزح کا مشاہدہ یمطلب ہے کہم اپن طرف سے نبیوں میں فرق نہیں فرمایا تیسرے میہ کرتے اپنی رائے سے بعض کو بعض سے افضل مان کہ سارے سحابہ لیں۔ بہر حال بیآیت اس کے خلاف نہیں تِلْك يَ مُوكُن إِيلَ لَهِ الرُّسُلُ فَضَّلْنَا بَعْضَهُمْ عَلَى بَعْضِ مُ اللَّ رب نے ان کے طرح فرشتوں اور کتابوں پرایمان لانے کا حال ہے ایمان کی تصدیق کہ ایمان سب پر ہے مگر مراتب میں فرق کرنا ضروری فرمائی۔ چوتھے یہ ہے۔(تفسیرتعیمی)

كه ني اورموك وَإِذْ أَخَذَ اللهُ مِيْفَاقَ التَّبِيِّنَ لَهَ أَتَيْتُكُمْ ك ايمان ك مِنْ كِتْبِ وَحِكْمَةٍ ثُمَّ جَأَءَكُمْ رَسُولٌ نوعيت مين فرق مُّصَيِّقٌ لِبَهَا مَعَكُمْ لَتُؤْمِنُنَ بِهِ ہے اگر دونوں کا وَلَتَنْصُرُ نَّهُ الله الله الله ١٤) ایمان میسال ہوتا (اور یادکروجباللہ نے پیغیروں سے ان کاعبدلیاجو

توسب کے ایمان میں تم کو کتاب اور حکمت دول کھر تشریف لائے کا ذکرایک ہی لفظ سے کیا جاتا 'حضور سان اللہ کا کلمہ مہارے یاس وہ رسول کہ تمہاری کتابوں کی تصدیق ہے آنار سول اللّٰدا گرہم سیکہیں تو ہے ایمان ہوجا عیں ، فرمائے توتم ضرور بہضروران پرایمان لا نااور ضروران یانچویں سے کہ مونین کے لفظ میں نبی داخل نہیں اس کی مدد کرو)

كليم حيدرآ بادي

نعت شريف صاّلاتُهُ وأسلَّم نعت شريف صاللتواتيهوم نعت شريف صالته وآسلم

طيبہ کی برکات نہ ہوچھو ملتے ہیں جو صدقات نہ پوچھو طیبہ کا دیوانہ ہول مجھ سے دوسری کوئی بات نه یوچھو طیبہ میں اُن کے لطف وکرم کی کیسی ہے بہتات نہ پوچھو چاروں طرف اِک نور کا عالم نور کی وہ برسات نہ یوچھو گیرے ہوئے ہیں ان کی رحمت طیبہ کے دن رات نہ پوچھو صبح کو طیبہ سے جانا تھا کیے کی وہ رات نہ پوچھو ہر لمحہ کا رنگ نرالا نور کے وہ لمحات نہ پوچھو آ تو گئے طیبہ سے مرزآ لائے ہیں کیا سوغات نہ یوچھو

مرزاشگور بیگ مرزآ

زمین آپ سے جگمگ ہوئی اندھروں کی متمی ذات آپ کی روشن چراغ کی مانند تھی روح آپ سے تابال یقین والول کی بلا کے عرش معلیٰ یہ جان رحمت کو عطا ہوئی تھی بلندی تھی آسانوں کی ہے حسن خلق میں ثانی نہ آپ کا کوئی ملی ہے آپ کوعظمت بھی سب زمانوں کی جمال آپ کا اے شاہ دیں نگانہ ہے فدا ہیں آپ پر رعنائیاں بہاروں کی سلام آپ پہاے صاحب جمال کہ آپ سرور قلب بھی رونق بھی ہیں نگاہوں کی نبی کی شان میں سالم کی د کھنے یہ نعت ہر ایک لفظ میں خوشبو ہے تھلتی کلیوں کی

محدسالم: امریکه

لئے رب نے رسول ذکر علیحدہ فرمایا اور مومنوں کا

مُع خمّ رسالت جب آئے تھے پیمبرً شعاعیں ماند تھیں دنیا میں جب اجالوں کی مُسرور تھے بتوں کی پرستش مین ستم گر محلول تھا شِرک ہر اِک شخص کے آندر باطِل عقيدول كا هر سو تھا بونزر وِل مین کسی کے رحم تھا؟ اور نہ خوف اُ جا گر؟ دُنیا میں تھا سُکون نہ تو اُمن مُیتر الريش مين تها مغلوب لوگوں كا مقدر گوشه نشین هر اِک سِت تھا قاتلوں کا لشکر اور بکھرے ہوے جوم میں تھے نمرود و آزر پھر آگيا زمين ہے وہ وقت منور اللہ کے رسول آئے جب قران کو لیکر چلنے لگا پھر سکہ توحید ہوں گھر گھر روکے اُسے کیا تجلا طوفان و صحراء و سمندر جہالت میں جن لوگوں کے تھے تکخ تیور؟ پیرابن تبدیل ہوئے پھر صحبت رسول بنکر جَلنو تھے وہ سبحی؟ یا پھر کوئی جواہر؟ جن سے رب تھا راضی اور صاحب کوثر تبیجو کلیم لاکھ درود اُس پیارے نی پر عافیت خدا کی چاہتے ہوتم اگر یوم محشر

وُنیا جانتی ہے کہ حیدرآ باد دکن کی سرز مین ابتداء

ے علم وادب کا گہوارہ رہی ہےاوراس کے سپوت آج

بھی دیارغیر میں شعر وادب کے حوالے سے باوقار

مقام يرمتمكن بين ان بي مين عاليجناب ڈاكٹرتوفيق

انصاری احمد کا شار ہوتا ہے۔حیدرآباد میں لیے

بڑھے تعلیم حاصل کی اور شاعری کی ابتداء بھی تیبیں

سے کی کیکن اللہ تعالیٰ نے چونکہ ان کا آب ودانہ

امریکہ میں رکھا تھااس لئے انہوں نے وہیں بود وباش

اختیار کی اورآج شکا گو کے افق ادب پراک ستارے

کے مانند جگمگارہے ہیں۔ان کے دومجموعے

کلام'' دشت تمنا'' اور'' در دِمشترک'' منصهٔ شهود پر آگر

تازه شعری مجموعه **'اورادارادت**'' (جوحر،

مناجات،نعت ، درود وسلام، منقبت ،رباعیات وقطعات اورمتفرقات پرمشتمل ہے) پڑھنے سے ڈاکٹر

صاحب کی شخصیت کا صحیح اندازہ ہوتا ہے۔ان کی بیہ

کاوش جذبات کی فراوانی اورعرق ریزی کی مثال ہی

نہیں بلکہان کے عقیدہ کی پختگی اور حضورا کرمؓ ہے عشق

ومحبت کی تر جمان ہے اور پیر سعادت ہر کسی کو نصیب

نہیں ہوتی ۔شاعری کی چودہ سوسالہ تاریخ میں صحابہ كرامٌ ،اوليائے عظام،علمائے ذى احتشام اور

شعرائے عربی، فارسی اور اُردو میں کون ایسا ہے جس

نے اینے کلام میں حضور کا ذکر نہ کیا ہو۔ بیدذ کر نعت،

مناجات،نعتیه قصائد وغیره میں نور کی مانند ضوفشاں نظر

آتا ہے۔ ہندوستان میں خواجہ میر درد، مولانا حالی

،امير مينائي مجنن كاكوروي،علامه اقبال،مولا ناظفرعلي

خال،حفيظ جالندهري، ماهر القادري، امام رضا بريلوي

،عبدالعزيز خالد'مظفروارثي كےمسلسل حوالے ہم تك

بہنچ ہیں۔خود حیررآباد میں ایسے شعراء کی تعداد

سینکڑوں میں ہےجنہوں نے نبی کریمؓ سے محبت کواپنی

شاعری کا وسیله ٔ اظہار بناکر اوج کمال حاصل

کیا۔ دور کیوں جائیۓ جناب ڈاکٹرتو فیق انصاری احمہ

کے اساتذہ حضرت علامہ قدرع یضی اور حضرت علامہ

معزالدین قادری ملتانی کی مثال ہمارے سامنے

ہے۔حضرت اوج لیعقو ٹی سے پہلے حضرت وطنؓ

اور حضرت کامل شطاریؒ اور پھر حضرت خواجہ شوقؒ کی

ڈاکٹر توفیق انصاری احمد خوش نصیب ہیں کہ

حضرت قدرع يضي اورحضرت معنزالدين قادري ملتاني

نمایاں تبدیلی ہوئی بلکہ افکار وخیالات بندش

نعتیہ شاعری ہے ہرکوئی متاثر ہوئے بغیر ندرہ سکا۔

اُردوادب میں مقبولیت کی سندیا چکے ہیں۔

دکش اسلوب،روحانی لفظیات،ادبیت،فکر نظریےدل میں اُتر آئے ذراسر کارٌ نصیب ہیں کہ آپ کا سلسلۂ نسب مدینے کے انصار

صحابہ کرام عص جاماتا ہے جوحضور اکرم اور بزرگان دین سے غیرمعمولی عقیدت کا سبب بنااوراُن کی یہی وابتتكى شيفتكى اور والهانه محبت وعقيدت توشئه آخرت کی صورت میں ہمارے رو بروہے۔

"اورادارادت" كى ابتداء حمريد ومناجاتى كلام سے ہوتی ہے السامحسوس ہوتا ہے كدايك بندة خدا

فرمائیں ہے

ا پنی ساری توانائی ہے بندگی کے حقوق ادا کرنے میں لگا ہوا ہے اور خدا کو ہی اپنا مطلوب ومقصود بنائے ہوئے ہے اور ایمان کی بلندی کے ساتھ مدد کا طالب ہے۔بسم اللہ سے اس کی شروعات ہوتی ہے _ ہوئی یہ نام خدا ابتدائے ہم اللہ نہیں ہے کچھ بھی زبال پرسوائے ہم اللہ بڑے ادب سے پہلی ہیں ۔

بہاروں میں تو ہے، نظاروں میں تو ہے زمیں، آسال، چاند تارول میں کو ہے بشر کے گئے تحقیق ہے شراروں میں تو، آبشاروں میں تُو ہے بغير عشق نہيں قدرِ معرفت کچھ بھی مٹا کے خود کو خودی نے سکون یایا ہے مناجات میں اُن کے جذبوں کی سجائی رچی ہی

ہےجس میں محاورے کا برملااستعال بھی موجود ہے۔ كرے كا كيا تجلا كوئى ترے دينے كا اندازہ سے انہیں شاگردی کا شرف حاصل ہوا جو با کمال شاعر اگر دینے پہ تو آئے تو چھپر پھاڑ کر دیدے ہی تہیں علمی تبحر اور صوفیانہ شان کے مظہر بھی تھے یہ اُن ہی کا واسطہ دیتے ہیں یارب انہی کافیضِ تربیت ہے کہ نہ صرف اُن کی شخصیت میں کہ ہے خلقت میں او کچی جن کی جستی اس مختصر مضمون میں ان تمام اشعار کو جو حمد الفاظ سلاست وروانی کے لئے راہیں متعین ومناجات کے سلسلہ میں اورادارادت میں شامل کئے ہوئیں۔ان کی شخصیت کا یہی روشن گئے ہیں درج کرناممکن نہیں۔ چونکہ اورادارادت کی پہلو' اورادارادت' سیں اپنے جلوے دکھاتا ضخامت تین سوصفحات سے زائد ہے اس کئے صرف ہے۔ توفیق انصاری صاحب اس لحاظ سے بھی خوش مندرجہ بالااشعار پراکتفا کرناضروری ہوگیاہے۔

خوشنودی حاصل کرنے میں یر فائز نظر آئے جو حضور کے محبوب گئے ۔ توفیق انصاری احمد صاحب کی نعتیہ شاعری پڑھنے سے تعلق رکھتی ہے سرسبزی ،شادانی ،رعنائی اور زیبائی ہے کہ ذہن وذوق حيات بخش فضاؤن مين سرمست ہوجاتے ہیں پہلے مدینے کے حوالے سے چند شعر ملاحظہ

ہوئے جان و دِل سب نثارِ مدینہ

جاؤ تو جاؤ سنبجل كر ہ، تاجدارِ كاش اس طرح مدين كو كسى بل جاتے نعت شریف کا لکھنا یا کہنا جوئے شیر لانے سے ہے جسے قلم کے بہکنے کا ڈر نہ ہو۔

ہے کہ اگر دُعاہے پہلے اور آخر میں درود شریف کوشامل کرلیا جائے تو وُ عااللہ تعالیٰ کی رحمت سے خود قبولیت کا سامان بن جائیگی۔انصاری صاحب کہتے ہیں ہمیں کافی ہے بس اُن کا وسیلہ جن کی محبت حضورا كرم شب اسرى تعلين كساتھ عرش اعلى يرتشريف لئے گئے اس سلسلے میں شعراء نے بہت سے مضامین باندھے ہیں کیکن توفیق صاحب کی بیتمنا کہ أُٹھ گیا جب عرش کی جانب قدم بس اتنابی کہوں گا _

بصيرت كے غماز ہيں

الگیزی اور اثر آفرینی کے سبب اُن کی نعتیں ذہن کو تڑب بہت ہے ارادہ بہت سلام کا ہے معطروشاداب کردیت ہیں اورروح کوتاز کی عطا کرتی سرجھ کا کر ادب سے کھڑے رہ گئے ہیں۔جب تک اپنے مال اولاد اور جان سے زیادہ جب خیال آگیا ناگہاں آپ کا حضورً سے محبت نہ ہوایمان مکمل ہی نہیں ہوتا۔ یہی کسی قابل نہ تھی اپنی گذارش جذبه صحابہ کرام میں بدرجہ اتم موجود تھا جس کی وجہ بنی ہے بات بس ان کے کرم سے مسلمان بہت جلدایک تہائی دُنیا کے حکمران بن گئے زندہُ جاوید وہ ہے مرمٹا جوآپ پر یمی جذبہ طرز سخن اور شعری پیرئن ٹوٹ کر جس نے محبت کی ملا اس کو دوام اختیار کیا تو صحابه محبوب کبریا کی پسینه وه که جس پر مشک وعنبر عطر و گل قربال کشیرہ ہے دوعالم کی مہک ان کے کیلنے میں كامياب مو كئے حضرت حسان موكئ خدمت ميں جب توفيق اپنی حاضري بن ثابت شاعررسول کے منصب ساتھ جو کچھ بھی تھا سب آ قا کے در پر رکھ دیا غرض نام ہونٹوں پےتڑپ دل میں اورنظر میں آنسو بنے وہ اللہ کے بھی محبوب بن لئے اس بات کے لئے کوشاں ہیں کہ آ قا کی اک چشم

کرم ہوجائے ۔نعتوں کے بعدسلام ہیں پھرمنقبتوں کا سلسلہ ہے جس میں حضرت سیدنا ابوبکر ؓ،حضرت عمر فاروق محضرت سيدنا عثمان بن عفان محضرت سيدنا على معزت امام حسن محضرت امام حسين محضرت غوث اعظم دستميّرٌ، حضرت خواجه معين الدين چشتيُّ ان کے علاوہ جھ بزرگان دین کے غائبانہ عرس کے موقع پر کہی گئیں مناقب وابستگی،ارادت اور عقیدت کے يھول مبكاتى ہيں۔ان ميں سيرت صحابةٌ اور تاريخُ نظر آگیا جب مدینے کا منظر اسلام کے گوشے بھی منور ہیں۔آخر میں قطعات اور منظوم تفصیلات عرس بھی مجموعے کی زینت بڑھاتی ہیں۔ان کے اس مجموعے کو توشئہ آخرت ہی سمجھ لیا جائے تو بے جانہ ہوگا۔ان کی رید جذبات سے مملومنفر د سر کے بل چلتے ہوئے خاک یہ سرمل جاتے انداز شعر گوئی عبادت اللی سے کمنہیں۔انہوں نے محبت وسیفتگی کے اظہار کے ذریعہ جوحمدیہ، نعتیہ اور تنقیقی کلام کوصفحہ قرطاس کی زینت بنایا ہے وہ اوروں کہیں زیادہ مشکل ہے،اس بل صراط پر قدم وہی رکھتا کے لئے بھی قابل تقلید ہے۔نہایت آسان زبان اور عام فہم انداز میں اشعار کے ہیں۔ دیارغیر میں جہاں 'وسیلہ آپ کا دُعاوَں میں ضروری ہے کہا گیا روزگار کے حصول کے لئے نفسانسی کا ماحول ہے وہاں الیی یا کیزہ اورمطہر شاعری نے خود ڈاکٹر تو فیق صاحب کی تو قیر میں اضافہ کردیا ہے۔اللہ تعالیٰ کو اپنی حمد وثنا حبتیٰ مرغوب ہے وہیں اینے محبوب کی صفات عالیہ تعریف وتوصیف سے اتن ہی خوشی ہوتی ہے اور اس کو مشغلہ حیات بنانے والے کے مقام کاکیا ٹھکانہ ۔شاعر محترم کی شاعری کونکھارنے اور سنوارنے کا کام تو اساتذہ نے کیا مگر اس کی تحریک اور ترغیب اور ماحول بنانے میںعزیز وا قارب اوران کے مداحوں کا جو عرش پر تعلینِ حضرت ً بڑا حصہ ہے۔اللہ تعالیٰ عالیجناب ڈاکٹر تو فیق انصاری نعلین پاکو دیکھنا ہے احمد کے جذبہ شوق میں اور اضافہ فرمائے اور ان کے نعلین کا بھی مرتبہ مداحوں کواجر سے نوازے۔ میں توان کے الفاظ میں

حضور کے جمال آپ کے مرتبہ ومقام دیدار کی توفیق دل کی بات زباں پر تو آگئی خواہش کے تعلق سے بیمتفرق اشعار شاعر کی فکر اور لیکن کمال عرض ہنر، ہو تو بات ہے

مضمون نگار: ابوعمار ت: وجو ہا<u>۔۔</u>،علاما<u>۔۔</u>،علاج اللہ اوراس کی مخلوق سیعلق بنانے کے محر کا ۔۔

رّجمه: نجيباحرنجيب ڈپریشن سےمتاثرہ افراد کوکسی کام میں دلچین نہیں

ہوتی ان کی طبیعت میں بیزار گی ،خوف واندیث ات اور عملین صورت حال ہے دو چار ہوتے ہیں۔ان کے برتاؤمسیں نمایاں تبدیلی ہوتی ہے،سوچ بحیار ذہن اور عادا۔۔۔واطوار میں نیا پن محسوس کیا جاسکتا ہے۔ان کے ذہنی تناؤ کی شدت پر اس بات کاانحصار ہوتا ہے کہ بیروز مرہ کے معمولات کس طرح انجام دیتے ہیں۔مذکورہ بالاتمام کیفیات کاعام انسانوں میں بھی رونماہونا یا یا جاناایک معمول کے مطابق بات ہے اور وقت کے بہاؤ کے ساتھ ان کیفیا سے میں تبدیلیاں واقع ہوجاتی ہیں کیکن ڈیریشن کے شکارآ دمی کاان کیفیات سے باہر نکانا ناممکن ہوتا ہے۔اگر با ہرنکاتا بھی ہے واس کے لئے ایک عرصہ در کار ہوتا ہے۔اس کیفیت کو anhedonia کہتے ہیں۔(یعنی مسرت ہے ہمکنار ہونے میں دشواری)ایسے افراد جن کی نشاندہی کی جا چکی ہوائہیں اس کیفیت سے باہر آنے میں کم از کم دوہفتے لگ جاتے ہیں۔ تحقیقات سے یہ بات سامنے آئی ہے کہ ڈیریشن میں

موروثی، حیاتیاتی ، ماحولیاتی ونفساتی عناصر کابڑا دحن ل ہوتا ہے۔ایسے واقعات بھی رونما ہوجیکے ہیں کہ ڈیریشن سے مسکسل نجات یانے کی کوشش خواہ دواؤں کے ذریعہ ہویادیگر طبعی عوامل کے ساتھ مریض کو مزید شدے میں مبت لا کریتی ہے۔زندگی میں تھن اورآ زمالیثی لمحات جیسے اپنے محبوہ کو کھودینا یا اجا تک طلاق کی صورتحال کا سامنا کرنا ہے۔ایس وجوہات ہیں جوسیدھاڈیریشن کی طرف لےحباتی ہیں اور بروقت اس پر قابونہیں یا یا گیا تو اس کی شدت میں اضافنہ ہوجا تا ہے۔ دوست احباب اور اطراف وا کنافے رہنے والول کی بیزذ مہداری ہے کہ مریض پرنظر رکھیں اور مزاج میں رونماہونے والی تبدیلیوں کے از الہ کے لئے ٹھوس اقدامات كريں يحقيقات سے بدبات بھي سامنے آئي ہے كدؤيريشن جيسي پيچيده صورتحال کي موجب کوئي ايک وجهنبين موتي کيکن اس پیچیدہ صورتحال کی نشاندہی کرنے سے مریض کواسس کیفیت سے باہر نکا لنے میں مرومعاون ثابت ہوتی ہے۔ یہ كوششتىن مختلف افراديين كم وپيش مختلف نوعيت كى ہوتى ہیں۔مثال کے طور پر جولوگ طلاق کی صورتحال سے گزرتے ہیں وہمکنین ہوتے ہوئے اپنے آپ کو دُنیاو مافیہ سے دور کر لیتے ہیں اور دیگر افراد سے ان کے برتاؤ میں نمایاں فرق آ جا تاہے۔ایسےافرادایے آپ کوصور تحال کامکسل ذمہ دار سمجھ بیٹھتے ہیں جو سیحے نہیں ہے۔مثال کے طور پر کوئی شخص ا جانک ملازمت ہے محروم ہوجا تا ہے تو وہ ذہنی تن اؤ کے باعث غمز دہ ہو کرغیر معمولی حرکات وسکنات کرنے لگت ہے یہاں براس کا مالی استحکام، خاندانی پس منظراور ملازمت کے دوران اس کی خوشحالی کو مدنظر رکھا جائے گا۔ ملازمے سے محرومی،طبلاق کاواقع ہونا یا نومولود کاانتقال کرجانا پایہا ہے عوامر ہیں جس کے بعد آ دمی به آسانی ڈیریشن کی کیفیت کاشکار

د ماغ کے فعال ھے: و ماغ کے جن اہم ترین حصوں کا افعال ورکئے جا کتے ہیں۔ کی انحبام دہی مسیں اہم کردار ہوتا ہے ان مسیں ایک amygdala prefrontal cortex hippocampus/inucleus accumbens ہیں۔ڈیریشن کی کیفیت ڈ ھلان کی جانب مائل جذبات کا بہاؤ ہے جو مذکورہ بالاحصول سے مربوط ہوتا ہے۔ جوان تمام حصول کے آپسی تال میل کے نہ ہونے کا نتیجہ ہوتا ہے۔

Amygdala: په باداي ششکل کا نیورانر Neurons پر مشت<u>ل ایک ممل</u>سیٹ ہوتا ہے جو دماغ کے درمیانی حجول کی گہرائی میں یایا جاتا ہے۔حرکات وسکنات میں بیا ہم کردارادا

hippocampus: پیرایک چھوٹا سامڑا ہوا حصہ ہے جو اعضاء کے نظام العمل پر قابو یانے میں مدد کرتا ہے۔ (limbic system) اس میں نت نئی یاد واشتیں جنم لیتی

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Prefrontal Cortex:اس كانعساق برتا ؤاورمنصوبه <u>بندی سے ہوتا ہے۔افراد سے تعلقات کی برقراری اورر جمان</u> سازی میں بیمعاون ہوتاہے۔

رہتی ہیںاور پیجذباتیت سے مربوط ہوتا ہے۔

hippocampus: بيدماغ كدرمياني حصيين ياياجاتا <u>ے اور سارے جسم میں رونما ہونے والی تبدیلیوں اور نشیب</u> وفراز پرنظرر کھتا ہے اس میں ایسے ہارمونز بنتے رہتے ہیں جو ارا دوں اورا فعال کی انجام دہی میں اہم کر دارا دا کرتے ہیں۔ Pituitary Gland: په غدو د جتم میں موجود ہارمونز پیدا کرنے والے دیگرغدود کے ساتھ تال میل پیدا کرتے ہوئے د ماغ کوچیج ست میں کام کرنے کے قابل بنا تاہے۔ان غدود کی آگلی و چھکی جانب سے ایسے ہارمونز جنم لیتے ہیں۔ بیناک کے بالکا عقبی حصے میں ہوتا ہے جوایک مضبوط جعلی سے دماغ

NAc:Nu c I e u s Accumbens

NAcc بنہیںaccumbens کب تا ہے hypothalamus کے متوازی او پری جانب ہوتا ہے۔ جب ہم کوئی خوشگوار کیفیت سے گزرتے ہیں تو بیحرکت میں آ جا تاہےجس کے نتیجہ میں مرکز ہ میں ہارمونز کی پیدا وارزیادہ ہوجاتی ہے۔ تحقیقات سے ظاہر ہوتا ہے کہ جیسے بھی مریض میں منفی رجحانات کارگر ہوتے ہیں تو amygdala خاص طور پر حرکت میں آ جا تا ہے۔ایک عام آ دمی کی کیفیت سے جب ڈیریشن کے مریض کا نقابل کیا جائے تو مریض مسیں amygdala activity زیاده نظر آتی ہے۔اس کا اندازہ اس بات سے لگا یا جاسکتا ہے کہ مریض پرتناؤ کی کیفیت کے باوجودا گرقابو یایا جاسکتا ہے توسمجھلیٹ حیاہے کہ amygdala activity برائے نام ہےاورا گرمریض بے قابوہور ہاہے تو بیاس بات کا اشارہ ہے کہ بیکار کردگی اینے عروج پر ہے اگر مریض زیادہ دیر تک اس طرح کی کیفیت میں مبتلا رہے تو اس سے hippocampus کو نقصان پہنچنے کااندیشہ لاحق ہوتا ہے۔ یہ بات الچھی طرح سمجھسینی چاہئے کہ مریض پرفوری تو جہنہ دی جائے تومنفی اثرات بڑھتے ہی جیلے حب نیٹ اور نتیجت دماغ کا مسرکزی حصہnucleus نا کارہ ہوجا تاہے۔

عام طور پر ہمارے معاشرے مسیں ڈیریشن کی کیفیات کوشیطان ،جن ، بھوت پریت اور کرتوت کا نام دے کرلوگ پیشہ ورعاملوں اور بھندے باز باباؤں کا رُخ کرتے ہیں جو بالکل غلط ہے۔ بین تو یا گل پن ہے اور نہ جا دوأو نا۔ بیہ د ماغی افعال کی کارکردگی میں نقت انفس کا پیش خیمہ ہے جوکسی اچھے ماہرامراض دماغ psychiatrist سے رجوع کرکے

المجدية على المحاج ميں بيدلى ويگر مصروفيات ميں پہلے كى ب

💸 ناامیدی و بےسروسامائی: اپنی زندگی اور اردگرد کے ماحول سے بیزارگی ونا اُمیدی،خوف وہراس کااحساس۔

🗫 عادات واطوار میں نمایاں تبدیلی: ہمیشہ نیند کا طاری رہنا یا ضرورت ہے زیادہ نیندآ نا۔

🖈 کہنہ بیزارگی: ہر گھڑی تھکان اور کمزوری محسوں کرنا مکمل ا کتا ہٹ کی کیفیت، فیصلہ کرنے میں دشواری اور کسی بھی معاملہ کی تبه تک بہنچنے کی صلاحیت کا فقدان Dr. Miller کے

مطالِق ڈیریشن کے مریض کواس بات کا یقین ہوتا ہے کہ وہ جو تجھی فیصلہ کرے گاوہ غلط ہی ہوگا۔

مزاج میں ناہمواریاں:مستقل مزاجی کا فقدان،ڈیریشن کی علامات میں بہ بھی ایک علامت ہے کہ مریض کامزاج اورموڈ ہرآن بدلتار ہتاہے۔

کھبراہٹ اور وسو سے: غیرضروری اندیشے اور لے کھل گھبراہٹ کاشکار ہونا۔ مذکورہ بالاساری کیفیات ایک عام آ دمی میں بھی موجود ہوتی ہیں لیکن،ڈیریشن میں مبتلاا فرادان کیفیات سے زیادہ ہی متاثر ہوتے ہیں۔

بدایک ایسامرض ہےجس میں کوئی بھی متاثر ہ خض اپنی روزمرہ کی مصروفیات میں او چی بھی محسوں کرتا ہے۔خوداس پراور اس کے لواحقین پراس کے اثرات واضح طور برمرتب ہوتے ہیں۔ساج سے بے برواہ ہوکرافراد کے درمیان سے فراراختیار كرتا ہے۔ بدلوگ اگر محفل میں بھى بیٹھتے ہوں تو كھوئے كھوئے سے اور غیر حاضر رہتے ہیں۔

اینے معبود سے تعلق: میں نے اس بات کا بخو بی مشاہدہ کیا ہے كه دُيريشن كى كيفيت اين معبود حقيقى ت تعلق كوكس حدتك متاثر کرتی ہے۔اپنی بیاری والدہ کومیں نے گزشتہ ایک دے ےاس کیفیت میں مبتلا ویکھا ہے۔وہ جب نماز کے لئے تھہرتی ہیں اورنماز ادا کرتی ہیں توانہیں یا نہیں رہتا کہوہ کوئی رکعت پڑھ رہی ہیں۔رکوع وجود کی یکسانیت بھول جاتی ہیں ، ذکرواذ کارمیں مکن رہنےوالی میری ماں اپنے اللہ کے آ گے گڑ گڑار ہی ہیں۔ان کواس کیفیت میں مبتلا ہونے سے پہلے کا زمانہ بھی میرے ذہن پڑنقش ہے کہوہ کس طرح گرمجوثی سے مجھےاورمیری بہنوں کوقر آن پڑ ھاتی تھیں، ذکرواذ کار کی تلقین كرتى تحيين اورخود بھى رطب اللسان ہوتى تھيں _راتوں كوأ ٹھ اُٹھ کرنمازیں پڑھتیں اوراللہ کے آ گے گڑ گڑا کر ہماری تعلیم وتربیت وروش مستقبل کے لئے دُعا میں مانکتی۔ مجھے یقین ہے كمالله رب العزت كنز ديك ميرى والده كآج كركوع اور سجود یقیناً قبولیت کا در جدر کھتے ہیں۔

ديگرافراد ہے تعلق: ايک مسلم معاشرے ميں سب سے اوّ لين تعلق اپنے خالق حقیقی سے ہوتا ہے۔جب بندے کا (مریض کا) پیعلق بگڑ جائے یااس میں داڑارآ جائے تو پھراردگرد کے لوگوں یاافرادِ خاندان سے تعلقات کابگاڑ کوئی تعجب خیز باست حہیں ہے۔اس اثناء میں مریض کاذبہن یوری طرح سے ماؤف ہوجا تا ہےاور وہ کسی بھی قتم کی فصیلہ سازی کے موقف میں نہیں رہتا مختلف مریضوں میں بہ کیفیت مختلف نوعیت کی ہوتی ہے۔رونماہونے والی ان تبدیلیوں اور مزاج میں اُ تار چڑھاؤ کو ان کے تیار دارا محجھی طرح محسوس کرتے ہیں اور بسااو قاسے انہیںا پنے حال پر حچھوڑ دینے پرمجبور ہوجاتے ہیںاورایک منزل ایسی آتی ہے کہ مریض کامعیارزندگی گھٹ کے رہ جاتا ہے۔ تیار داروں کاموقف کچھاس طرح کا ہوجاتا ہے کہوہ یہلے پہل غیرمحسوں طریقہ پردیکھ بھال میں کمی سے متعلق اینے آپ کومور دِالزام گھبراتے ہیں ہے مریض کے عنب واندوہ میں ڈو بےر ہے اور ہمیشہ تفکرات وغم وغصہ کی کیفیت میں مبتلا رہنے کار ممل کے مریض کا خاوندیا بیوی نقابلی طور پراپنے ہمسالیوں اور رشتہ داروں ودوست احبا ہے کے روز مرہ کے معمولات برگری نظرر کھتے ہوئے بیت ہمت ہوجا تا ہیں اور احساس كمترى ميں مبتلا ہوكرخود بھى ڈپریشن كى ست حپ ل پڑتا ہیں۔نیتجناً زندگی بے مزہ ہوکررہ جاتی ہے۔مریضوں کے بیج اینے والدین سے تعلقات وعدم توجہی کا نقابل اینے دوستوں و ساتھیوں کے والدین کے ساتھ ان کے تعلقات سے کرتے

ہیں اور برتاؤمیں بات چیت می*ں نمایاں فرق محسوسس کرتے*

ہیں۔ایسے موقع پر میہ بات ذہن میں آئی ہے کدایسا ہمارے ہی

ساتھ کیوں ہور ہاہاوراللہ تعالیٰ نے اس مرض کے لئے ہمارا ہی انتخاب کیوں کیا ہے؟ اس موقع پرہمیں اللہ تعب الی کی دیگر نعمتوں پرشکر کرتے ہوئے اس کا حسان مند ہونا چاہئے اور اینے آپ کی ،اینے خاندان والوں کی اور معاشرہ کی مدد کرنے میں کوئی کسرنہیں اُٹھارکھنی چاہئے۔

مریض کی دیکھ بھال کرنے والےمندرجہ ذیل باتوں کاضرور

* ہمیشہ چوکنار ہیں کسی کی مددور کار ہوتو اپس و پیش نہ کریں۔ *رشتوں وتعلقات کواستوار رھسیں محفلوں میں جایا کریں اور ہوشتم کی گفتگو میں بڑھ چڑھ کر حصہ کیں۔

* جرید کے کا آغاز کریں قلمی اورعلمی مصروفیت اچھے نتائج کی ضامن ہوئی ہے۔

* شبت سوچا كريں _ا يخ آپ كواس بات كالقين دلاتے رئيں کہ وہ جو کچے بھی کررہے ہیں ایے محبوب کی بہتری کے لئے کررہے

ہیں اور اللہ سجان تعالیٰ کے بال اس کابڑا اجر ملنے والا ہے۔ عسلاج: ڈیریشن میں مبتلاانسراد کے لئے Psychotherapy کا مشورہ دیا جاتا ہے جو بہت کارگر ہوتا ہے۔ مریض کی امراض دماغ کے ماہر سے بات چیت مثبت نتائج كى راه بمواركرتى ب_اب بدد اكثر يرمنحصر بكدوه (ECT)electroconvulsive therapy موٹے الفاظ میں دماغ کوشاک لگانا کہتے ہیں، کی سفارسٹس کرے یادوائیں تجویز کرے۔ تیر بہدف نسخہ تک رسائی کے لئے مثالی صبر کی ضرورت ہوتی ہے۔ دواؤں کے استعال کے آغاز کےساتھ ہی دل ود ماغ میں جیجان پیدا ہوتا ہے اورایک مخصوص دن کی مدت کے بعدم یفن معمول کےمطابق دوا کھانے لگتا ہے۔ان دواؤں کا یکدم ترک کرنا بھی نقصان دہ ہوتا ہے۔ دواؤں کااستعال ترک کرنا بھی ہوتو بتدریج کمی کرنی ہوگی۔ دوا کو بند کرنے یااس کی معتبدار میں کمی کے لئے بھی ڈاکٹر کےمشورہ کوملحوظ رکھنا ضروری ہے۔ میں نے او پرڈاکٹر سے بات چیت کا ذکر کیا ہے مریض سے اس بات چیت کے دوران ڈاکٹر مریض کی ذہنی حالت کا اندازہ لگالیتا ہے اور اس تال کی بنیاد پرمرض کی شخیص جوکر دواؤں کا آغاز ہوتا ہے۔

psychotherapy کے منازل گھروالوں کے ساتھ:

مریض میں اطمینان کی کیفیت پیدا کرنااورشب وروز کے معمولات میں یکسانیت پیدا کرنا۔

 مشکل ترین حالات میں کامیابی سے گزرجانے کا گر بتلانا۔ ● صحت منداندا قدامات کرتے ہوئے ہرکام کو صبح طور پر

ECTs کامشورہ ای صورت میں دیا جاتا ہے جب مریض دوائیں استعال کرنے کے موقف میں نہیں ہوتا۔

ڈیریشن کی تمام علامات واضح کرتے ہوئے ان کو تمجھاتے رہنا۔

 مریض کی حرکات وسکنات اور تبدیلیوں کو با قاعدہ نوٹ کرنا تا كەوقت ضرورت استفادە كىيا جاسكے بـ

• مریض اس بات کوتسلیم کرنے سے انکار کرتا ہے کہ وہ کسی مرض مسیں مبتلا ہے۔ وہ دوالینے سے صریح انکار کرتا ہے۔ دوائیں چھیادیتا ہے یا نظر بھا کر بھینک دیت ہے۔ محبت ،صبراوراستقامت کے ساتھ اس بات کویفینی بنایا جائے کہوہ دواؤں کااستعال کررہاہے۔مریض کی دلجوئی اور ہمت افزائی کو ہمیشہ کوظ رکھنا ضروری ہے۔

ۇينم سنے دكھائى دے رہى ہیں۔

ان سب میں سب سے زیادہ مزہ ہان کا پوز، جے دیکھ کراییا لگ

رباہے جیسے وہ کسی کوتھپٹر دکھسار ہی ہوں۔اس کےعلاوہ خاص بات تو

پیے کہ سہانا خان خودسوشل میڈیا

پرزیادہ فعال نہیں ہیں،کیکن ان کا ويذيواورتصوير بميشهاس يليث فارم

ير چھائے رہتے ہیں۔ شاہ رخ

سہانا خان کےلباس کودیکھ کرنصیحت دینے لگےلوگ، دائر ل ہوئی پیقسو پر

یرینکا چویژااورنک جونس نے گزششته سال جود هه پور اندازیر شوہرنک جونس تو جیسے بالکل فدا ہی ہو گئے. کے امید بھون پیلس میں پروقار اورشا ندارشادی کی۔ انہوں نے اپنی بیوی پرینکا کیلیے ایک بیحد پیاراس



بالی ووڈ سے ہالی ووڈ میں پہچان بنائے والی دلیجی گرل یریکاچویرانے شوہرنک جونس کے ساتھاس مرتبابنا ببلاكروا چوتھانڈين ،ٹريڈيشنيل انداز ميں منايا۔اس موقع پران کے اہل خانہ کے علاوہ دوست بھی موجود تھے۔وہیں کروا پوتھ کے موقع پرانہوں نے نک جونس كے ساتھ رومانك تصوير شيئركى ہے۔اس تصوير كے ساتھ نک جونس کے کانسرٹ میں کرواچوتھ، بہلا کرواچوتھ میں ہمیشہ یا در کھوں گی۔ پرینکانے پہلا کروا چوتھ نک کے کانسرٹ میں ہی منایا۔ پرینکا چو پڑانے اس موقع کی تصویریں سوشل میڈیا پر شیئر کیں۔ كروا چوتھ كے خاص موقع پر پريكا پورى طرح انڈين ٹریڈیشنل اوتار میں نظرآ ئیں۔وہیں پرینکا کے اسس

میں پریکا مہندی لگائے ہوئے نظر آرہی ہیں۔انہوں نے ما نگ میں سندور ، ہاتھوں میں مہندی اور چوڑیاں کھی پہنی ہیں۔لال ساڑی میں بھی پرینکا چو پڑا بیجد خوبصورت نظرآ رہی ہیں۔ پرینکانے اپنی مہندی میں شوہرنک جونس کے نام کا پہلا لفظ بھی بنوایا ہے۔ کروا چوتھ کےموقع پرانوٹ ڈانڈ یکراور بہن اپیکشا نے یرینکا اورنک جونس کے ساتھ بیتہوار منایا۔

ایی ہی زبردست تصویرانسٹاگرام 🛔 ىرىب كاخوب توحب تھينچ رہى 🏊 ہے۔اس تصویر میں سہانا خان کا لک جتنا زبر دست لگ رہا ہے، ان کا اسٹائل اس ہے بہیں زیادہ پیغام کلھتے ہوئے یوسٹ بھی کرڈال۔ان دونوں کی خوبصورت لگ رہا ہے۔سہانا خان کی پیتصویرسوشل خان کی بیٹی سہانا خان نے ای سال اپنی گریجویشن کمل بیحد کیوٹ تصویریں سوشل میڈیا پر تابڑ توڑ وائرل میڈیا پرخوب وائزل ہورہی ہے۔شاہ رخ خان کی بیٹی کی ہے۔لیکن وہ این آ کے کی تعلیم مکمل کرنے کے لئے ہور ہی ہیں۔ پریکا چوپڑا نے اپنے انسٹاگرام سہاناخان کی اس تصویر کوان فینس نے سوشل میڈیاپر ان دنوں نیویارک میں رہ رہی ہیں۔ ا کاؤنٹ پر بچھ تصویری شیئر کی ہیں۔ان تصویروں

ادا کارہ صائم علی متعد دفلموں میں ادا کاری کر کے مصروف ترین ادا کاراؤں کی صف میں شامل ہوگئیں

بالی ووڈ کے کنگ خان یعنی شاہ رخ خان کی بیٹی اشتر اک کیا ہے،جس میں وہ بہت خوبصورت لگ رہی

سہانا خان فلموں سے دورر ہنے کے باوجود سرخیوں میں 🛾 ہیں۔تصویر میں سہانا خان اسکائے بلیوڈریس اور بلیو

چھائی رہتی ہیں۔ایے زبردست

اسٹائل اورلک سے سہانا خان نے

پی ایک الگ ہی شاخت سنالی ہے۔حال ہی میں سہاناحت ان کی 🥊

> پاکتان فلم انڈسٹری کی بعروف ادا كاره صائم على ان

دنول متعددزر يحميل فلمول میں اپنی اداکاری کے جوہرد کھا رہی میں،جن میں امهر بلوا" يترغندُ ب

بن گیا ہے۔ ہفتے

کوآن ائیرہونے

والے ڈرامہ کی

دوسری قسط میں

نامور فنكار منظر

بہتر مومینش کوانجوائے کرتی ہوں،اس کے بعدا ہے اس زیر دست کامیانی حاصل کریں گی کیکن النفلمول میں سے ضرور سینما گھرول کارخ کریں گے۔



دا"، عثق میراانمول سمیت دیگرفلین شامل مین، زیاد و بطور پیروئن کام کرری جول این قام کی دیگر کائٹ میں راحیله للمول میں ایک ساتھ کام کر کے ادا کارہ صائم علی مصروف آغادر دانہ حمن شفقت چیمیہ اچھی خان بہا موچود حری، ترین ادا کاراؤل کی صف میں شامل ہوگئی ہیں۔ایک جہانگیرجانی فیصل فیجی جاوید چودھری مقسود عالم ودیر ملٹی یالی ووڈ اداکارہ ملکہ شیرادت کو بچوں سے بے حد سے ساتھ سب سے بہتر وقت گزرجا تا ہے۔ میں اس کے انٹرویو میں صائم علی نے بتایا کہ میں ان دنول بہت تک سٹارکاٹ شامل ہے۔صائم علی نے تھا کہ امید ہے کہ زیر بھمیل فلموں میں اداکاری کررہی ہول سجی قلیں فلم عثق میراانمول "کی ریلیز سے روٹھے ہوئے فلم بین

ول مال بننے کی ذمیداری ہےڈر کی ہیں ملکہ شیراوت؟ بتالی ہےوجہ

محبت ہے۔وہ اپنے بزی شیڈول سے مفت ہوکر بھائی وکرم سماتھ کھیلتی ہوں،محبت کرتی ہوں، گھومتی ہوں اورسب سے لامیا کے میٹے سنگ ٹائم گزارنے کے لئے وقت نکال لیتی ہیں۔ ایک انٹرویو میں اداکارہ نے انکشاف کیا کہ وہ مال بنے سے ڈرتی ہیں۔ جانیں کیا ہے اس کی وجد ملک مال بنے کے لئے تیارئیس میں۔انبول نے کہا سے بہت بڑی ومدواری والا کام ہے جس کے لئے میں اب تیار نہیں

کے والدین کو دے ویق ہول۔ میرے کئے فیلی چینج کرنے کی کوئی ڈیوٹی نہیں ہے۔ملکہ نے گزشتہ دنوں انکشاف کیا تھا کہ وہ سنگل ہیں۔ وہ محبت میں دوبارہ ہے



من کیا اٹیجی اٹھا کے چل پڑی۔اگرآپ کا کوئی بجیہ۔ مجھے ہمیشہ بیج کے بارے میں سوچنا پڑے گا۔ میں بیج کے اسکول اور ہاتی دوسری چیزوں کے بارے میں سوچ کر ہی پریشان ہوجاؤں کی۔ میں جس طرح سے ہوں اس میں خوش ہوں۔ بھتیج کے بارے میں بات کرتے ہوئے ملکہ شیراوت نے کہا میں اس کے ساتھ کھیلتی ہوں۔ میراخود کا بچینیں ہے لہذارنشیر میرے بچے کی طرح ہے۔میرااس

رومانس کروں۔ملکہ نے اس سے پیلے فرانسیی تاج Cyrille Auxenfans کوڈیٹ کیا ہے۔ان سے بریک اپ کے بعدے ملکسنگل ہیں۔ویسے میڈیا میں کے کردار میں سکرین پرانٹری دی ہے جے شاکقین نے انداز میں بہترین اداکاری ہے شاکقین کو گرویدہ بنالیا ملکہ کے شادی کی خبریں آتی رہتی ہیں۔ مگر خبروں کو مستر و مجرپور داد و محسین سے نوازاہے۔ حسیب حسن کی ہے۔ ڈرامے کی کہانی شوہز کی رعنائیوں، جونیئر كرتے ہوئے اوا كارہ نے كہا تھا، "نبيس، نبيس، ميں شاوى

شده نبیں ہوں۔ میں بالکل سنگل ہوں۔

ورام سيريل" الف" كى مقبوليت مسين اصاف

کراچی (انرپاکتان آن لائن) ترکی اورپاکتان کی جبکہ جل علی نے نوآ موز فنکارہ مومنہ کے روپ میں جلوہ پڑنے کے لئے تیار ہیں۔ بقول ملکد-رومانس جیرت انگیز خوبصورت لوکیشنز پر فلمایا گیا پاکستان کا میگا بجٹ سے گر ہوئی ہیں۔ ڈراھے کی دیگر کاسٹ میں، صدف وحد وروں وہ ما ہے گئے۔ ہوں۔ پچ کی ذمداری سے مجھے ڈرگتا ہے۔ ابھی تو جہاں ہے اور انسپائیرنگ ہے۔لیکن کام سے فرصت ملے تو کوئی اف اپنی دلچیپ کہانی اور فنکاروں کی سکول، کبری خان، احسن خان، عثمان خالد بٹ، نعمان

بہترین کردار نگاری کے باعث شائقین کی توجہ کا مرکز اعجاز سیلمعر اج سمیت دیگر نامور فئکار شامل ہیں۔ شائقین کے مطابق وُرام میں براوا کار اینے کردار کے ساتھ بحربور انصاف كرتا نظرآرہا ہے جبکہ حمزہ

🥻 عباسی اور سجل علی نے ایک بار پھر رواتی

ڈائریکشن میں ہے ڈرامے میں حمزہ علی عبای فنکارول کی مشکلات اورعام زندگی کی تلخیول کا بہترین في قلب مومن" نامى فلم ۋائر يكثر كاكرداراداكيا ب اندازيس احاط كرتى بـ

آمدورفت: 1913ء - 1983ء

او ج یعقو بی کی تاریخ پیدائش 10 مارچ1913ء ہے ان کے والد کا نام سید لیقوب تھا۔انہوں نے ان کا نام سیدعبدالقدیم رکھا تھا۔تسمینہ خوانی کی رسم میں اخبار روز نامہ''صحیفہ' کے مدیر مولا ناا کبرعلی مرحوم نے اقراء کی تلاوت کروائی تھی ۔ انہوں نے مدرسہ تحانیہ چادر گھاٹ ، چنچل گوڑہ ہائی اسکول اور گوشہ کل میں تعلیم حاصل کی تھی ۔ ادارہ حمیدیہ میں انہوں نے منثی اور فاضل کی تعلیم حاصل کی جس زمانے میں ان کے والد سمنٹ بلاک میں سکونت پذیر تھے جو ملک پیٹ ریلوے اسٹیشن کے روبروتھا۔اس کے اکناف میں جوش ملیح آبادی ، ماہر القادری ،خورشیدنظیر ، پروفیسر عبدالقيوم خال باقی اوراحمدنواز جنگ فانی جیسے با کمال علمی ، اد بی اور شاعرانه ذوق رکھنے والے حضرات رہائش پذیر تھے۔ان سارےاوگوں کے گھروں میں وہ اپنی کم سنی کی وجہ گھومتے رہتے تھے۔ وہ مہاراجہ کرشن پرشاد شاد کی د بوڑھی میں ہونے والے ماہانہ مشاعروں میں اور ہر ہلالی مہینہ کی 27 کو روز نامہ صحیفہ کی میلا دبلڈنگ میں ہونے والے مشاعروں میں پابندی سے شرکت کیا کرتے تھے۔اس طرح ان میں ذوق شاعری پروان چڑھتا رہا۔ابتداء میں وہ اختر تخلص کیا کرتے تھے۔ان کی شاعرانہ زندگی کا پہلا شعرملاحظة فرمائي:

تری جدائی نے دیوانہ کردیا مجھ کو ترے فراق نے شاعر بنادیا مجھ کو

کچھ عرصہ بعد انہوں نے اشرف تخلص اختیار کیا۔ان کے بہنوئی سیدتاج الھدیٰ جواپنے دور کے مقبول شاعر تھے انہوں نے ان کومشورہ دیا کتخلص دوحرفی یازیادہ سے زیادہ سہ حرفی ہونا چاہئے ورندا کثر بحرمیں زحمت ہوتی ہے۔انہوں نے ان کے لئے اوج تخلص تجویز کیا ۔اس کے بعداو ج نے اس تخلص کواپنایا اوراپنے والد کے نام کی نسبت سے یعقو بی کا اضافہ کرلیا۔اس طرح اد بی دنیامیں وہ او سج یعقو بی کے نام سے مشہور ہوئے۔

صفی اورنگ آبادی کی ڈگر پر چلتے ہوئے انہوں نے شاعری کو ذریعہ آمدنی بنالیا اور کتنے ہی متشاعروں کو شاعر بنادیا ۔ اوج نے پہلا مشاعرہ روز نامہ صحیفہ کی میلاد بلڈنگ میں پڑھا۔اس کے بعد وہ اہم شعرا جیسے ضامن کنتوری ،صفی اورنگ آباد ، فصاحت جنگ جلیل،امجد حیدرآ بادی، حیرت بدا یونی،

خواجہ شوق وغیرہ کے ساتھ ہیںیوں مشاعرے پڑھے۔ان کی شاعری میں تجارتی انداز کی تشہیر کی وجہ ہے

قابل تلامذہ ان ہے کترانے لگے۔اوج یعقو بی نے تقريباً سارے اصناف شخن مثلاً حمد ، نعت ، منقبت ، مرشیه،سلام ،مثنوی ،قصیده ، آ زادنظم ،قطع ،رباعی اور غزل میں طبع آ زمائی کی ہے۔ وہ انفرادی خاص لہجہ کے شاعر تھے اور ان کا اسلوب منفر دتھا۔ وہ نہصر ف اچھے شاعر بلکہ بلندیایہ نثر نگار بھی تھے۔ ان کے دوسرے شعری مجموعه ' فخچاب بسته' پران کا لکھا ہوا دیباچه ان کی انشاء پردازی اور نا قدانه صلاحیتوں کا مظہر ہے۔اگروہ اس جانب تو جہ دیتے تو اردونثر میں بھی بیش بہااضافہ ممکن تھا۔انہوں نے عبدالقیوم خال باقی سے باضابطہ تلمذ اختیار کیا اور ان سے مشورہ سخن

کاعکس نمایاں ہے۔اس کےاشعار ملاحظہ ہوں۔

ے علم بشر کتا سرکار کے بارے میں ہم لوگ کہیں گے کیا ، سرکار کے بارے میں ائے شوق سخن گوئی ہے شرط ادب اول کچھ کھیل نہیں کہنا ، سرکار کے بارے میں پکر ہے تو بے سامیہ ، ٹیکا ہے تو بے جسمی کیا کیا ہوا دھوکا ، سرکار کے بارے میں جبِ عرش په پنچ بين ، نعلين سميت آقاً جرئیلؓ نے تب سوچا سرکار کے بارے میں سرکار بشر ہیں تو مثل بشر کیا ہے اتنا کوئی سمجھا سرکار کے باریے میں اوج آپنا سخنِ كتنا خود لوح و قلم هم بين آسان نہیں لکھنا ، سرکار کے بارے میں رسول اقدی کی ایک حدیث جس میں حضور ً

نے فرمایا کہ وہ علم کاشہر ہیں اور حضرت علی اس کا دروازہ ہیںاس مضمون کواو ج یعقو بی نے یوں باندھاہے۔ نبیًا کی معرفت بے قنک در حیدر سے ملتی ہے۔ وارث میکدہ ہم جو موجود ستھے بددولت جس کے گھر کی ہے اس کے گھر سے ملتی ہے روایت ہے کہ سرکار نامدار کے جسم اطہر کا سامیہ نظرنبيں آتا تھا۔ او ج يعقوني كہتے ہيں كەسركارگا ساپيہ

سعید شہیدی ،خورشید احمد جامی اور ہے نہ ثانی اس لئے سر کار سے کسی اور کا تقابل ممکن نہیں۔ اے اوج تقابل پہ جب کوئی اتر آئے کہہ دینا محمدٌ کا سابہ ہے نہ ثانی ہے اوج کی پیئت میں رسالتمآبٌ كي خدمت اقدس ميں اپني والهانه جذبه وارفتگی جس طرح کیا ہے اس کا ایک بند ذیل میں درج کیاجا تاہے۔

چاند سا چېره آنکھ غزالي شاہ و گدا سب در کے سوالی مرکز خلقت روضہ کی جالی فرش کا مولی عرش کا والی او ج یعقو بی کی تاریخ اسلام پر گهری نظر تھی۔

سانحہ کر بلا کے پس پشت جوسازشوں کا جال تھا اور سارے سیاسی پس منظرجس کا مقصد رسول خداً کے گلشن کوا جاڑنا تھااس کی طرف وہ اشارہ کرتے ہیں۔ كرتے رہے۔ان كا پہلا مجموعة كلام ' و گرفت نظر'' دوسر يه كهوں گھونيا ہے خنجر كس نے پشتِ آل ميں "غنچ اب بستهٔ" اور تیسرا مجموعه کلام" اوج عرش" (جو نه دیکھو کربلا میں ہاتھ کس کس کا اٹھا نعتوں اور منقبتوں پر مشتمل ہے) زیور طبع ہے آراستہ ہر زمانے میں برابر یہ سوال اٹھتا رہا ہو کے ہیں۔ ذیل میں ان کے چند نتخبہ اشعار درج کربلا کے واقعہ میں ہاتھ کس کس کا رہا مصلحت گاہوں میں کچھ زربخت کے پردے رہے صبا جو بھی کہنا ہے کچھے بہ چیٹم نم کہنا وقت بھی کچھ سازشوں کے جال کھیلاتا رہا ادب سے پہلے تو آئکھوں کو ملنا پائے اقدی سے پھر اچانک ایک دن خطرے کی گھنٹی نج گئ مدینه دیکھوں یہ آخری حرت ہے جیتے جی فلفہ صلح حسن کا وقت سمجھاتا رہا دعا کیں ہیں بہت وقت دعا کم ہے مرے آ قا غاصبان وقت کے چہروں سے نقاب اتری جہاں ایک مسلس نعت میں اوج یعقونی کی سرکارہے وابعثگی وہ مسلمال جن سے خود اسلام شرماتا رہا حق اسی میدان میں آگر ہوا ہے سرخرو تخت ای میدان میں آکر ٹھوکریں کھاتا رہا اگر چیاو ج کیعقو بی نے آزادنظم اور موضوعاتی

نظم کےعلاوہ دوسری اصناف شخن میں بھی طبع آز مائی کی ہے کیکن وہ بنیادی طور پرغزل گوشاعر تھے۔وہ قدیم دبستان شاعری کے پاسداررہے کیکن ان کی شاعری صرف حسن وعشق ،فراق و ہجراورگل وبلبل کاا حاطہ ہیں كرتى بلكه جديدر جحانات اورعصري مسائل كانجعي احاطه کرتی ہے،ان کوقواعد زبان اورفن شعر پر کامل دسترس تھی ۔ان کی زندگی میں شاعری نہصرف مشغلہ بلکہ ذر يعه روز گار بھي تھي _سلاست ،شَگفتگي اورنغمسگي ان کے کلام کی خصوصیات ہیں ۔ ذیل میں ان کی غزلول کے چنداشعار درج کئے جاتے ہیں۔

کیوں کرائے کے ساقی بلائے گئے تمہاری المجمن سے اٹھ کے بھی ہم بجھ نہ جائیں گے چراغ رہ گزر بن کے بھی جلنا جانتے ہیں ہم



NOVEMBER 2019

شمع اوریروانے کے تعلق سے مختلف شعراء نے مختلف مضامین باندھے ہیں کیکن اوج کے یعقوبی کا منفرداسلوب ملاحظه هوبه

شمع اپنے سے نہیں جلتی جلانے کے بغیر وہ جو خود بڑھ کے جلتا ہے وہ پروانہ ہے ذیل کے شعر میں اوج ایعقو بی نے اہل اقتدار طبقہ کی ناانصافیوں کوکس خوبی ہے اجا گر کیا ہے ملاحظہ ہو۔ کچھ یی یی کے بہکتے ہیں ، کچھ رند ترتے ہیں منصب سے ہٹادے گی یہ بے صبری ساقی اوتج قنوطيت ليندنهين بلكه رجائيت ليند

تھے۔وہ نوجوانوں کو یامردی کا درس دیتے ہیں۔ زندگی کے میدال میں کاش آپ ڈٹ جاتے حادثوں میں وم کتنا رائے سے ہٹ جاتے سلام ان پر جو چھائے ہوئے ہیں صدیوں پر گریز ان سے جو لمحول میں ڈوب جاتے ہیں ان کی شاعری میں پندونصائح ملتے ہیں۔

انسال میں بلندی کردار جاہے پابند وضع ہو تو غریبی وقار ہے ہر صبح کے بعد شام کا ہونا قانون فطرت ہے

اوتح کہتے ہیں۔

راحت میں بھی اک صورت آلام چیپی ہے ہر صبح کے پردے میں کوئی شام چیس ہے کانگریی حکومت کے آخری دور میں ٹی انجیا چیف منسٹر حکومت آندھرا پردیش نے ان کی شاعرانہ خدمات کا اعتراف كرتے ہوئے ديوڑھى خورشيد جاہ ميں منعقدہ مشاعرہ میںان کو'' ملک الشعرا'' کے خطاب سے نوازا۔ بیشاعرخوش گوجس نے لا تعداد بے زبانوں کوزبان عطا کی ، کتنے ہی متشاعروں کی شاعرانہ فیاضی کی وجہ صاحب دیوان شاعر بن گئے جس کی وجہ سے دور مصحفی کی یاد تازہ ہوجاتی ہے 3 اگست 1983 ء کو بمقام اورنگ آباداحاطہ ہے میاں کی درگاہ اس دار فانی سے کوچ کیا اور احاطه مسجد البی چادر گھاٹ میں ان کی تەفىين عمل مىں آئی۔ ***

کے۔اشرف غزل

ہر کی سے محبتیں رکھنا مت کسی سے عداوتیں رکھنا

ملنا ہر ایک سے محبت سے كيا دلول مين كدورتين ركهنا

سب سے رکھنا خلوص کا رشتہ سب سے ملنے کی چاہتیں رکھنا

خوشبوؤں کی طرح بکھر جانا گفتگو میں لطافتیں رکھنا

بھولنا مت خدائے برتر کو یاد اُس کی عنایتیں رکھنا

Ghazals Compiled by Janab **Hasan Chishti** Sb Chicago





اویس جعفری

گُلُ قَفْنُ صَادُ كُلْحِينِ ' آشاِن قُلْشُنُ بہار بيرُ يانُ زندانُ مقتلُ حرفِ حقُ منصورُ دار عشق' صحرا' سنگ' منزل' یاؤن' چھالے' دشت' خار سر جنول سودا الم آشفتگی سینه فیگار آنكيهٔ كاجلُ زلفُ بادلُ چاندنی ُ رُخمارُ يار وَصَلُ آنِيلُ رنگُ خوشبؤ نازُ زيبانيُ نگار جام مینا' میکدهٔ کُم' تشکی ساتی' قرار کیف صبا شوق مسی بے خودی توبہ خمار رت جلَّئ جمحولیان عہدِ وفا' قول و قرار رخصتی' بندهن' پیا' سهرا' ملن' ڈولی' کہار يادُ آہے' رات' فُرفت' ياس' جانال' انتظار درد بیتابی تصور غم ' اُولین اُختر شار ***



انورعلى روقى

سُکھ نہ سہی تو دُ کھ کے ہی جذبات لے چلیں ان کے نگر کی کوئی تو سوغات لے چلیں كيا جائيں تهى وست سر كوچة جانال کھ یادِ رفتگاں ہی چلو ساتھ لے چلیں یه شهر ہوا شہر خموشاں تو چلو اب ہم اور کہیں اپنے خیالات لے چلیں ہے لب کشائی جرم تو محفل میں اُن کی ہم تحریر کرکے چند سوالات لے چلیں نفرت کے بلا خیز تھیٹروں کے مقابل جائیں تو ساتھ پیار کے جذبات لے چلیں اتمام خوشی کے لئے اس بزم سے رومی ساتھ اُن کے گزارے ہوئے کمات لے چلیں





رنگ اس کے بیں دھنک اس کی ہے چاند تاروں میں چمک اس کی ہے وہ بہاروں کی خوشگواریت کھلتے کھولوں میں مہک اس کی ہے شوخ و چنچل ہوا کی مستی میں بل جو کھاتی ہے لبک اس کی ہے یے یے میں اس کی صناعی ڈالی ڈالی میں کیک اس کی ہے رهيمي رهيمي سي آنچ ديتي ہوئي دل میں ہوتی ہے کیک اس کی ہے پُرسکوں چھاؤں اس کے دم سے ہے شعلگی میں بھی لیک اس کی ہے عشق میں جلوہ نما ہے وہ ہی حسنِ جاناں میں جھلک اس کی ہے یہ محبت کا عکس ہے سیمآ! سارے عالم میں دمک اس کی ہے

غوشيهسلطانه

حامدامروهوي

غزل

دی ہے جناب شخ نے پھر اک نی طرح

بن جائے بات آج جاری کس طرح

فَكرِ سَخْن مِين آج جو بيٹھا ميں شام كو

انگلی کپڑ کے ساتھ میں چلتی رہی طرح

یہ سادگی فکر کا اعجاز ہی تو ہے

غالب مجی شعر کہنے لگے میر کی طرح

ہر اک کو اپنی اپنی محبت پیہ ناز ہے

عہدِ وفا کو کس نے نبھایا مری طرح

نظریں ملا کے آج وہ مجھ سے گزر گئے

کل تک جو لوگ ملتے تھے اچھی تھلی طرح

ان کی گلی کا مجھ کو پتہ غیر نے دیا

حامد لگے ہے یہ بھی ہے کوئی نئی طرح



زندگی کا ہے بیہ سفر تنہا داستاں ہے کہ حیاتِ غم راکھ کا ڈھیر ہے گر تنہا روحِ ایمال صداقت یزدال نورِ حق کی ہے اک نظر تنہا ہے نگہتِ غم میں سلگتی اک شام ہو رہی ہے ایک بسر تنہا اب بدل دو روش گلتان کی رو کے کہتی رہی سحر تنہا ہر طرف ہیں فضائیں آلودہ فرد پیتا رہا زہر تنہا بارشیں ٹوٹ کے برتی رہیں دل کی بستی رہی گر تنہا پھول زخموں کے ہیں مہکتے ہوئے دُرِ نایاب میں اک گہر تنہا



محماتكم غزل

باتوں باتوں میں یہ لذت تبھی ایسی تو نہ تھی تم کو پانے کی بیہ چاہت کبھی ایسی تو نہ تھی جب بھی آتے ہو قریں جان پہ بن جاتی ہے آج جو ہے میری حالت مجھی الی تو نہ تھی کیے جادو یہ چلا یاد نہیں ہے مجھ کو اتنی دکش تیری الفت تبھی ایسی تو نہ تھی وہ بلاتے ہیں ہمیں اپنی سجا کے محفل مجھ پہ یہ چشم عنایت تبھی ایسی تو نہ تھی کشتی کشتی نه ربی اور نه وه پتوار ربا مجھ کو تنکے کی ضرورت تبھی ایسی تو نہ تھی گر نه جاؤ کہیں خود کو سنجالو اسلم چال اُن کی ہے قیامت مجھی ایسی تو نہ تھی ***



ندىم شرفى غزل

ہیں تیرے تجس میں ازل سے مری آئکھیں بے لوث محبت کا ہیں منبع تری آئکھیں اس درجه ملوث ربا ساون میں مسافر اب دھرمیں گھومے ہے گئے بس ہری آئکھیں بے باک میں پھرتا رہا کل رات سفر میں تھا زادِ سفر تھوڑا سا وہ بھی تری آئکھیں پہلے نہ سا ہوگا کبھی ایبا تصادم تھیں جس میں مقابل مری آئکھیں تری آئکھیں یو چھا گیا آئکھوں کا خلاصہ بھی کوئی ہے ب ساخت ہر شخص ایکارا تری آنکھیں دُنیا کی نظر سے ہے ندیم آج بھی اوجھل دل میں جو چھیار کھیں ہیں اس نے تری آ تکھیں ***

- حقیقی محبت مال کی محبت ہے۔ (الطاف حسین حالی)
- * مال کی ایک مسکراہٹ تمام غموں کاعلاج ہے۔ (آصف)
- 🗫 میں زندگی کی کتاب میں ماں کی تصویر کے سوائی چھنہیں دیکھا۔
- (ۋاڭٹرابوبكر)

- ڈنیا کی بہترین شے ماں اور صرف ماں ہے۔ (مولا نامحم علی جوہر)
- 💠 مال کاپیارسب سے بہترین اور خوبصورت ہے۔ (چارلس ڈکنز)
 - اسب سے بہترین تحفہ مال ہے۔ (ملٹن)
- اگرمجھ سے ماں چھین لی جائے تو میں یا گل ہوجاؤں (فردوی)
- جنت مال کے قدموں تلے ہے۔ (حدیث)
 - 💸 ماں کا غصہ وقتی ہوتا ہے۔ (دوُ دورتھ)
- مان اور پھولوں میں مجھے کوئی فرق نظر نہیں آتا۔ (نادرشاہ)
 - دُنیا کا کوئی رشته مال سے زیادہ پیارانہیں۔ (شلے)

NOVEMBER 2019 On the lighter side....

Went to the gym and there's a new machine.

I used it for an hour and felt sick.

Its good though, it does everything.

Kit Kats, Mars bars, Snickers, etc

"I'm a walking economy," a man was overheard saying...

"My hairline's in recession, my waist is a victim of inflation, and together they're putting me in a deep depression."

My girlfriend is impossible to buy for so I asked her best friend what I should get her for her birthday.

Best Friend: "Does she like you?"

Me: "Oh yes, I am positive she likes me!!!"

Best friend: "If she likes you, she'll like anything."

An American enters a Swiss bank with a giant, heavy sack in each of his hands. He goes to the teller, brings his face close to the glass and whispers, "I have two million dollars with me. I urgently need to open a secret Swiss bank account!"

The Swiss bank teller replies in a normal volume, "Sir, there's no need to whisper. Poverty is nothing to be ashamed of in Switzerlan

On their second anniversary, a husband sent flowers to his wife at the office.

He told the florist to write "Happy Anniversary, Year Number 2!" on the card.

www.Asia Times.US



She was thrilled with the flowers, but not so pleased about the card: "Happy Anniversary. You're Number 2."

Wikipedia: "I know everything."

Google: "I have everything."

Facebook: "I know everybody."

Internet: "Without me you're nothing."

Electricity: "Keep talking losers."

As I pulled into the gas station, I noticed a woman trying to push her car toward the pump. Having always considered myself a Good Samaritan, I parked and joined her in pushing her car.

"What are you doing?" she asked.

"I'm giving you a hand," I said. "What are you doing?"

"I'm stretching before my run."

A manager announces to his staff, "I've lost a wallet with 500 dollars, if you find it, I'm offering a 100 dollars finder's fee!"

A voice in the background says, "I'm offering 200!"

I handed the teller at my bank a withdrawal slip for \$400. I said, "I'd like large bills, please."

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She looked at me, confused, and said, "I'm sorry sir, all the bills are the same size."

Child: "Mom, can I go out to play?"

Mom: "What? With those holes in your pants?"

Child: (looking down at his pants) "No, with the kids next door

The official glossary to running late...

"On the way..." - Still in bed.

"In the car..." - In the shower.

"GPS says 35 min..." - Getting ready.

"There's traffic..." - Leaving the house.

"Parking now..." - 15 minutes out.

"Can't find a spot..." - 5 minutes out.

"Walking in..." - Looking for a spot.

A little girl won two goldfish at a fair. When the family arrived home, her mother asked her what she was going to call them.

"I think I'll call them One and Two," said the little girl. "They're unusual names for goldfish. Why have you chosen them?"

"Because if One dies, I'll still have Two!"



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