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MAY 2022 Vol 13, Issue 5



**TO ALL THE READERS WHO CELEBRATE EID**

**Buffett's advice for beating inflation: 'Be exceptionally good at something'**

Invest in yourself to reap rewards even when inflation bites, Berkshire Hathaway (BRK-A, BRK-B) CEO and Chairman Warren Buffett told a shareholder who asked him for advice on what to invest in amid a general increase in prices of goods and services.

"The best thing you can do is to be exceptionally good at something," Berkshire Hathaway Chairman and CEO Warren Buffett said during the company's annual shareholders meeting on Saturday. "If you're the best doctor in town, if you're the best lawyer in town, if you're the best whatever it may be... [people] are going to give you some of what they produce in exchange for what you deliver."

The Oracle of Omaha later added: "Whatever abilities you have can't be taken away from you. They can't actually be inflated away from you. ...

So the best investment far is anything that develops yourself, and it's not taxed at all." Buffett, who purchased his first stock when he was 11-years-old, spent decades building up Berkshire Hathaway, a vast conglomerate with stakes in companies like Apple, Coca-Cola, Dairy Queen, and HP.

The legendary investor also highlighted the importance of spending time figuring out what one is good at rather than pursuing one fixed goal relentlessly.

"Figure out what makes you good and what you sort of naturally bring to the game," Buffett said, later citing Malcom Gladwell's 10,000 hour rule: "I could have spent 10,000 hours trying to become a heavyweight boxer. I don't think I'd do very good at the end of the 10,000 hours. You stumble into what you really like doing, what you're good at, what's useful to society."



**HEALTHCARE DISRUPTION Page 15**

**HEALTH Page 27**

**Matrimonials P-20**

**JOKES P - 44**

**Movies P 36, 37**

**Binaca Geet Mala 1959 P-24**

**Charminar Connection P-16**

**URDU SECTION P 38-43**

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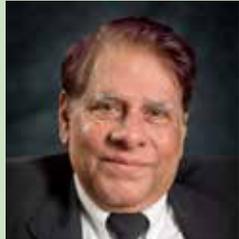
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Biden nominates Michael Ratney as envoy to Saudi Arabia

President Biden nominated Michael

Ratney, a career member of the foreign service, to serve as ambassador to Saudi Arabia, the White House announced.

Ratney most recently served as the Chargé d’Affaires at the U.S. Embassy in Jerusalem while Biden’s choice for ambassador to Israel, Thomas Nides, awaited confirmation. He has served in various State Department roles focused on Israel and the Middle East.



If confirmed, Ratney would serve as Biden’s envoy to the Kingdom at a precarious time for U.S.-Saudi affairs. The Biden administration has looked to Saudi Arabia and others to step up oil supply amid rising gas prices after the U.S. and some other nations banned Russian oil imports over Moscow’s invasion of Ukraine.

Relations with Saudi Arabia have also been complicated given the kingdom’s human rights abuses, particularly the 2018 murder of journalist Jamal Khashoggi. Biden vowed last year to hold Saudi Arabia accountable for Khashoggi’s murder after U.S. officials determined Saudi Crown Prince Mohammed bin Salman ordered the killing.

The Wall Street Journal reported last month that Crown Prince Mohammed refused to speak with Biden about the U.S. banning Russian oil imports. The White House called the report inaccurate.

India says Tesla should not import cars from China for domestic sale

U.S. electric vehicle maker Tesla Inc is welcome to set up shop in India, make cars there for sale and export them, but must not import cars from China, the transport minister said on Tuesday.

“Making in China and selling here is not a good proposition,” the minister, Nitin Gadkari, said during a government conference.

Tesla is desperate to import and sell its electric vehicles in India, having lobbied officials in New Delhi for nearly a year to cut tariffs, which the company’s billionaire chief executive Elon Musk says are among the highest in the world.

But its efforts are at stalemate as Tesla has not revealed a firm plan to invest in India, a step that would be in line with Prime Minister Narendra Modi’s “Make in India” vision to boost local manufacturing and create jobs.



(Reporting by Aditi Shah; Editing by Clarence Fernandez)

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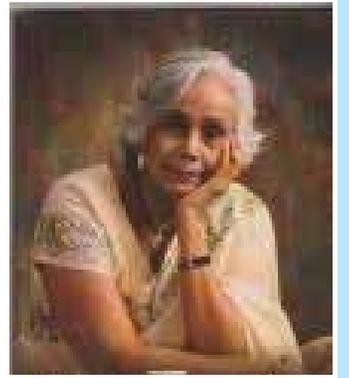
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# My Story as a Muslim Immigrant in America

## A Book Review by Zakiah Sayeed



I have just finished reading the book "My Story as a Muslim Immigrant in America", by Janab Basheer Ahmed.

Written in a simple format, with easy language, I found it to be a page turner. His humility and sincerity is reflected in almost every word here. His journey from the lap of love in Hyderabad, to being alone in Pakistan as a medical student, and then going abroad to England and Scotland, to further his studies, is not just challenging, but makes one sit up and take notice of a simple person overcoming the toils and tribulations of everyday life in different milieus of the world.

The determination and the way he was focusing on his education made him the cynosure of various universities and his colleagues. What an asset he is

to the Muslim community at large, and a blessing to the family and friends in particular. That he achieved his target (s) in various fields is well and good and laudable, and I am sure the generations of students and residents who studied under him still talk about him... but what impressed me most is his deep and reflective nature in the way he has attended to the Muslim community and Islam.

As I have said earlier, this book is written in a simple and beautiful language, and truly is a page turner. His take on the religion is profound and so articulate; his eloquence and fluidity in the explanation about the Sharia law, building a community center in Dallas and advancing it to such a great level as to be recognized by people in the highest office of this country, makes me humble to address him and

to know that I once knew him and his family. His discussion about his own spiritual interest and spirituality in Medicine, shows how vast his knowledge is, and how dedicated he is to the religion and to the scientific knowledge that he has attained. Throughout the book, a vein of graciousness and generosity weaves in and out of his pen, and the reader is in awe of the caliber that he has displayed here.

And now, I want to

elaborate on something personal.

When Basheer and Shakila lived in St. Louis, I knew them personally. In 1969, my husband was sent to Princeton for three months by Western Electric where he worked. We lived in a small one or two bed room apartment and I was reluctant to live alone there while he was gone. Basheer and Shakila heard about this, and with their graciousness invited me to stay with them in their beautiful home for that period. I would go to work during the day, and return to their home in the evening. Some evenings and weekends I spent in my apartment, just to be by myself. The hospitality, warmth and generosity of their love has been exemplary beyond all measure. Life came in our way, and they left town, and we lost touch. And now after so many decades, I have the honor of getting to know him again; read about him, and read his beautiful book. I would strongly recommend it to everyone who is thirsty to learn about his way of life and how he practiced his medical knowledge in accordance with Islamic principles.

Kudos to Janab Basheer Ahmed for being such a great influence in so many lives through the world. What a role model!!

Zakiah Sayeed  
Illinois



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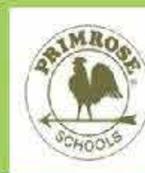
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# Restaurant Review

## Vrindavan, Frisco by Pramod Rajput

Finally on my 3rd attempt( in last 2 months) , after one and half ours wait , I could eat in VRINDAVAN, A Royal Vegetarian Experience, Frisco.

In general, I do not write review of restaurants but the hype of this restaurant as well as few of my friends are still waiting to go into this restaurant has compelled me to write.

I m a decent cook myself and therefore I was very eager to eat in this restaurant. First of all about two months back when I went there for lunch , I was stopped at the front desk saying that I needed prior reservation. I wanted to book but I was told by them I can only on their website . I went to the website and found , it was booked for almost next 2 months. I found it crazy. Then two weeks back I came to know that now walk-in is allowed. Last weekend , I went there for lunch , I was again sent back by the front desk that for that day they were booked . My eagerness to visit this restaurant has increased again. I went today again for dinner . Reached there at 7 PM and actually got the table at 8:30. It was first time in my entire life I had to wait almost two months to eat in a restaurant. So it deserves a review .

This experiences reminded me a great English proverb- A great carry little wool. Now let me go for review



(Grading : Excellent, Very Good, Good, OK, Bad)

First of all, it is unlimited thali. The server keep serving you until you say no( I do not think sweet dish is served by the server . At least they never came at our table to ask). They serve 3 kinds of Thali( Brijwasi, Rajasthani and Delhi 6). One any day there is just one kind of thali. Today it was Brijwasi Thali and so my review is only for that thali.

Taste of the Food : OK

Ambiance : Good

Quality of service : OK

Cleanliness: OK

Overall Experience: OK

Overall Experience compared to Price of the



thali : Bad

Will I go next time : May be ( but not at all with this crazy wait).

There are so many good buffet in DFW area with far more number of dishes and far better taste with half of this price and NOT THIS CRAZY WAIT.



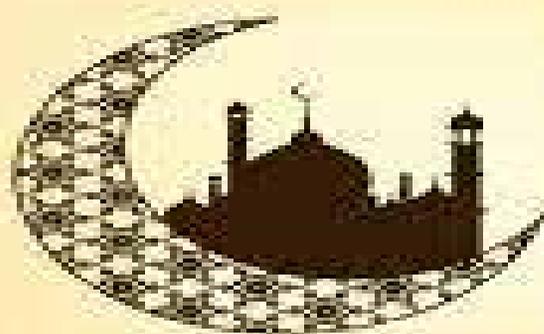
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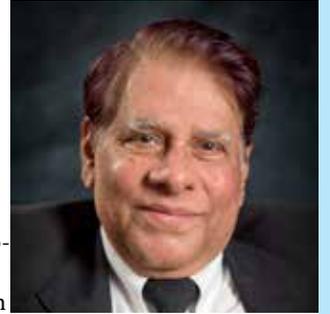
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# ASTRONOMY IN THE MEDIEVAL ISLAMIC WORLD

## M. Basheer Ahmed M.D.



Astronomy is supposed to be the oldest natural science in the world as the glittering sky has always instigated curiosity in the minds of the human race since its inception. This primal curiosity eventually led humans to the complex study of the vast skies.

The Muslim astronomers played a striking role in the revival of Greek and Roman astronomy once lost during the "Dark Ages" of Europe due to the suppression of European intellectualism as it was said to contradict the Biblical verses. Muslim scientists on the other hand were inspired by Quranic verses and the prophetic teachings to gain knowledge and explore God's creation. For instance, there are over 40 verses in the Quran which exclusively talk about the stars and planets.

"And He is the One Who has made the star as your guide through the darkness of land and sea. We have already made the signs clear for people who know." (6:97)

"We have created the Heavens without any pillars that you can see." (31:10)

"For you, (God) subjected the sun and the moon, both diligently pursuing their courses. And for you, He subjected the night and the day." (14:33)

The religious obligation to determine the Qibla and prayer times further inspired interest in astronomy, as the concept of punctuality was central to the five daily prayers.

Astronomical tables were also constructed exclusively for determining the exact time of prayers for specific locations around the continent.

Moving on, the Muslim astronomers between the 8th and 15th centuries even went on to produce highly sophisticated astronomical works, along with composing thousands of books. The first series of astronomical texts that were translated into Arabic were of Indian and Persian origin and eventually they translated, studied, improved, and refined the Ptolemaic Almagest, a model of the universe formulated by the astronomer Ptolemy in 150 CE.

The first pre-eminent work of astronomy composed by a Muslim was 'Zij al-Sindhind' (830) of al-Khwarizmi, the renowned mathematician of Persia. He outlined tables for the movements of the Sun, the Moon, and the five planets known at the time.

Almost twenty years later emerged Al-Farghani's epic work, 'Kitab fi Jawami' (850) (A book on the science of stars). The book illustrated an extensive summary of Ptolemy's work along with correcting and refining it based on the findings of Arab astronomers. Providing revised values for the obliquity of the ecliptic, the procession movement of the Sun and Moon's apogee, and the circumference of the Earth comprises of Al-Farghani's personal contributions to it.

Egyptian astronomer Ibn Yunus also corrected Ptolemy's calculations about the planet's movements and their peculiarity in the late 10th century. Ptolemy calculated that Earth's wobble, otherwise known as axial precession, varied 1 degree every 100 years. Ibn Yunus contradicted this finding by calculating that it was 1 degree every 70 1/4 years instead of 100. Ibn Yunus, Ibn al-Shatir and other Muslim Astronomers advanced the knowledge of Astronomy and the heliocentric model eventually proposed by Copernicus in the 16th century on this body of work.

Abd al-Rahman al-Sufi an Iran's astronomer published one of the most comprehensive texts on constellations in the sky, namely 'The Book of Fixed Stars' in 964. Abd al-Rahman al-Sufi was also the first astronomer to observe with the naked eye the Andromeda galaxy and the Large Magellanic Cloud. But as he didn't know that it was a galaxy at the time, he went on to mark it down as a "cloud".

Ibn Haytham, often referred to as the father of modern optics, wrote twenty-five astronomical books in the 10th century, describing in detail a cluster of technical issues ranging from the exact determination of the Meridian, accurate astronomical observation, various astronomical problems to the questions such as the location of the Milky Way. Ibn Haytham was the one who made the first systematic effort in evaluating the Milky Way's parallax, combining Ptolemy's data and his own.

Abu Rayhan Biruni (b. 973) discussed the possibility of whether the Earth rotated about its own axis and around the Sun, but he wrongly concluded that the Earth is at the center of the universe and that it has no motion of its own. However, a couple of other Arab astronomers such as Abu Sa'id al-Sijzi, al-Katib'i were able to finalize the right inference.

The work of al-Battani (d. 929), 'Kitab az-Zij' ('Book of Astronomical Tables'), was frequently cited by European astronomers. Copernicus, in his book that initiated the Copernican Revolution, mentioned al-Battani no fewer than 23 times. Al-Battani's treatise describes in detail the plotting coordinates for 1,022 stars, as well as how the stars should be marked.

Al-Farabi wrote that inhabited and uninhabited places on earth can be examined with astronomy - how the earth moves, the movement of different Astronomical objects, where they move to, number of motions, where they started and shapes/sizes/positioning of the celestial bodies etc.

Nasir al-Din al-Tusi created the famous "Tusi Couple" to explain the apparent linear motion of certain heavenly bodies on the basis of circular motion. The motions in the space are continuous and not stationary. The Tusi couple was able to demonstrate linear motion out of the opposing directions by placing a smaller circle within a larger one. Nasir al-Din al-Tusi, also pointed out 16 fundamental problems present in Ptolemy's work. Scholars such as Qutb al-Din al-Shirazi, Ibn al-Shatir, and Shams al-Din al-Khafri all worked to produce new models for solving Tusi's 16 Problems. Contrary to Ptolemaic model, where the moon's distance changes dramatically each month, Tusi explained that the moon would just rotate around Earth without changing the distance.

The Tusi Couple would later become critical to Copernicus' understanding of these motions during his work in 16th century. In 1543, Copernicus published his monumental work 'On the Revolutions of the Celestial Spheres,' which stated that the planets orbited around the Sun and that the Earth was not the center of the Solar system, as earlier Astronomers had noted.

### OBSERVATORIES

The first observatory in a Muslim country was established by Khalifa Mamun al-Rashid in Baghdad in the 8th century. Since this was before the development of telescope, the astronomers invented observational sextants. These tools, some as large as 40 meters, were necessary to study the angle of the sun, movement of the stars, and the understanding of orbiting

planets.

Malik Shah I established a large observatory in Isfahan. The well-known astronomer Omar Khayyam and his countless other collaborators worked in this observatory. In fact that is where they formulated the Persian solar calendar.

After the fall of Baghdad in 1268, Hulago Khan built a huge observatory with the help of the great Muslim astronomer Nasir al-Din al-Tusi in Maragheh, which is situated in the Azerbaijan Province of Iran. Tusi's major work on astronomy was born in this observatory.

Ulugh Beg, the ruler of Uzbekistan, who himself was a great astronomer, built an observatory in Samarkand in the 15th century. He produced a new set of astronomical tables alongside contributing to numerous other scientific and mathematical advances. His contributions were translated into European languages and are still kept in France and other cities. Unfortunately, the fanatics killed him and completely destroyed his observatory. Four hundred years later, a Russian archeologist excavated, renovated and modified his observatory, which still stands as a museum to this day. Taqi al-Din Muhammad built a very large observatory similar to the observatory in Maragheh in Istanbul in 1577. Sadly, the Muslim fanatics destroyed the observatory in 1580. Since then, no Muslim scientist emerged or contributed anything momentous in the field of astronomy.

### ASTROLABES

Astrolabes were first conceived and created by the Greek scholar Hippocrates. This was improved and perfected by Muslim astronomers. The major function of an astrolabe was to serve as a portable model that can calculate approximate location of any heavenly body within the solar system. Another advantage of the device was its ability to calculate and solve mathematical problems graphically enabled by the projection. In addition to this use, it allowed for the ships at sea to calculate their position given that the device is fixed about a star with a known altitude. As the standard astrolabes performed poorly on the ocean due to bumpy waters and strong winds, the Muslims developed a special mariner's astrolabe to counteract the difficult conditions of the sea. Naseer-ud-din al-Tusi created a sophisticated astrolabe which had 5 distinct uses. Following through, many scientists perfected the astrolabes during the golden period of Islam. Mariam al-Astrulabi was a Syrian female astrolabe maker in the 10th century. She was the daughter of a great astronomer, and was best known for the art of making these instruments which calculated the altitude of celestial bodies in the sky. In her honor, astronomer Henry H. Holt named a main belt of asteroids after her in 1990. 1, 2, 3

### HOPE FOR THE FUTURE

Now after long five centuries, the Muslim community is beginning to realize that scientific education-cum-excellency is a mandatory requirement for the survival and progress in this highly competitive world. We should be thankful to the tireless efforts of great Muslim reformers such as Sir Syed Ahmed Khan of India, Muhammed Abu of Egypt and Jamaluddin Afghani of Afghanistan for their bravery in promoting secular scientific education along with the Islamic education in the Muslim World. Likewise, the colonialist trajectory even despite its herculean share of bloodbath and misery accidentally gifted us a head start in some fields. .

**ASTRONOMERS IN QATAR:** Scientists at the Qatar Exoplanet Survey has announced the discovery of three new Exoplanets orbiting around other stars. Qatar 3b,4b and 5b. The three new Exoplanets have sizes between 1 and 1.5 times that of Jupiter (12 to 17 times larger than the Earth), temperatures between 1,400 and 1,700 degrees Celsius and complete full orbits around their stars in times ranging between 1.8 and 2.9 Earth's days. The Qatar Exoplanet Survey and these discoveries resurrect the great tradition of the Arab world in the field of astronomy.4

### BURCIN MUTLI- PAKDIL

Burçin Mutlu-Pakdil, a Muslim Turkish woman who earns her Ph.D., in astrophysics, was involved in the observation of structure and dynamics of astrophysical objects, including dwarf galaxies, galactic rings and Supermassive Black Holes. Her research has led to a discovery of an extremely rare galaxy with a unique double-ringed elliptical structure, which is now commonly referred to as 'Burcin's Galaxy'. She found that, unlike Hoag's Object, this newly found galaxy has two rings- a phenomenon that no one had ever seen before! She uses the world's largest telescopes to understand the nature of dark matter and galaxy formation by studying the smallest galaxies.5

### SALMAN HAMEED

Salman Hameed is an astrophysicist who is the chairman of the integrated sciences and humanities at Hampshire College. His past astronomy research focused on understanding star formation in spiral galaxies. He has taken a major responsibility to educate youth in Muslim countries, especially in Pakistan, to make them familiar with the field of astronomy. In one of his recent productions, he discussed the discoveries in the field of astronomy. 6

1. <https://astronomy.com/news/2017/02/muslim-contributions-to-astronomy>
2. <https://www.oxfordbibliographies.com/view/document/obo-9780195390155/obo-9780195390155-0267.xml>
3. <https://astronomy.com/news/2017/02/muslim-contributions-to-astronomy>
4. scientists in Qatar at the Qatar Exoplanet Survey announced the discovery of three new exoplanets orbiting around other stars.
5. [https://en.wikipedia.org/wiki/Bur%C3%A7in\\_Mutlu-Pakdil](https://en.wikipedia.org/wiki/Bur%C3%A7in_Mutlu-Pakdil)
6. <https://www.hampshire.edu/faculty/salman-hameed>

Dr Basheer Ahmed is the former professor of psychiatry, South Western Medical school, Dallas, Texas, and president Institute of Medieval and post-medieval Studies, Dallas, Texas.



Kids enjoying during Ramadan at EPIC



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- **Talhah Kabir** will be the **Hafidh #185** to graduate from Tanzeel Academy. He finished the whole Quran in about two years and eight months. Masha'aAllah!
- **Areeb Ahmed Mohammad** will be the **Hafidh #186** to graduate from Tanzeel Academy. He finished the whole Quran in about one year and eight months. Masha'aAllah!
- **Mohammed Ali Rizwan** will be the **Hafidh #187** to graduate from Tanzeel Academy. He finished the whole Quran in about one year and eight months. Masha'aAllah!

We would also like to recognize their teachers **Sr. Fardowsa Hussein, Br. Muhammad Obaid Ullah Arif, Br. Liban Abdallah and Sheikh AbdelKareem**

# Saudi Arabia aiming for tenfold increase in air transit traffic by 2030

DUBAI (Reuters) - Saudi Arabia is targeting a tenfold increase in international airline passengers transiting the kingdom by the end of the decade as it looks to triple annual passenger traffic, an official said.

The government last year announced plans to become a global transportation and logistics hub by 2030 targeting passenger traffic of 330 million a year, though few details have emerged.

The strategy calls for 500 billion riyal (\$133.32 billion) in investment and is part an economic policy to create jobs and wean the country off oil revenue.

That policy, which has seen the government mandate that companies move their regional headquarters to the kingdom, puts Saudi Arabia in competition with neighbour the United Arab Emirates, where airline Emirates' main business model is transit traffic.

- ADVERTISEMENT -

Saudi Arabia's main aim is to increase the number of arrivals to the kingdom, said Mohammed Alkhouraisi, head of strategy at the General Authority of Civil Aviation.

"We are not after the transit market," he told Reuters.

The government wants direct international flights to rise to 250 for 99, in part to boost a nascent tourism sector but also to develop the kingdom into a major commercial centre.

A tenfold increase would mean international transit

traffic jumps to 30 million in 2030 from about 3 million in 2019, or 10% of Saudi Arabia's annual passenger traffic, up from 3%.

Emirates carried more than 56 million passengers in the year before the pandemic, while Qatar Airways, which also targets transiting traffic, flew more than 32 million.

Unlike Saudi Arabia, a country of some 30 million people, there is no domestic aviation market in the UAE or in Qatar.

Some analysts argue there is space in the Gulf to compete for transit traffic, particularly after Abu Dhabi's Etihad Airways has scaled back its ambitions in recent years.

Others are sceptical, in part, due to the impact of the COVID-19 pandemic on the global travel industry but also because of Etihad's troubles despite its wealthy state backing.

Saudi Arabia also aims to increase annual air cargo volumes to 4.5 million by 2030 from 900,000 tonnes in 2019, of which Alkhouraisi said half would be transiting elsewhere.



Saudi Arabia is setting up a new airline to be based in the capital Riyadh, while 77-year-old state airline Saudia will be based out of the Red Sea city Jeddah under the transportation strategy that calls for the establishment for the two hubs.

It is unclear when the new carrier, owned by the Public Investment Fund (PIF), will start operations, though sources have said it would compete with the UAE and Qatari carriers.

Alkhouraisi deferred questions on the airline to the PIF.

(\$1 = 3.7503 riyals)



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
Cell: 9347814688



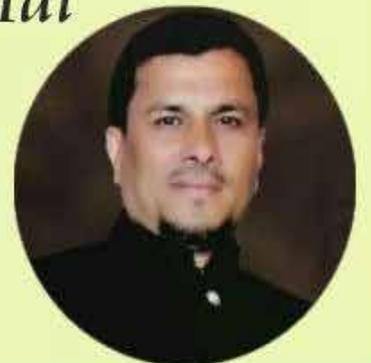
## Tibb-E-Mustafa ki Roashni Mei

100 Bimariyon Se Ziyada Ki Shifa Hai

Ye Kalongi Se Bani Dawa Hai

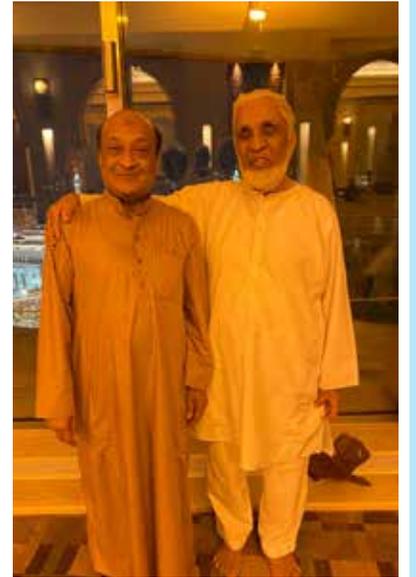
Spl. in : Sugar , Neuro, Bones, Skin & Kidneys

1 Month free Medicine for T.B. & Cancer  
No side effects, No Restriction on Food.



# American Township, RCI Road, Mallapur, Hyderabad-05, T.S.

IFTEKHAR SHAREEF PAGE



Umrah glimpses during Ramadan month



Interfaith Iftar at the residence of Dr Suresh Reddy



Interfaith Iftar hosted by Dr Anuja Gupta



# KADER SAKKARIA PAGE



What day today??? Yesterday I posted this quote on my story “ Beautiful things happen in your life when you distance yourself from all the Negative people and things.” I have been following this for the past few weeks now and a best thing happened to me today.

Thanks to Mayor Richard Irvin and Michael Ray Pegues for your friendship and guidance.

I am honored and humbled at the same time by my appointment as the commissioner for the newly created Innovation and Technology Council by the City of Aurora, IL, Government.

A huge thanks to my great friends Ghousia Wajid, Abdul Wajid and Kashif Aqeel for being next to me during my induction into the council.

Thanks to Kay Choi she

captures every important moment in your life. If you are looking for the best photographer it is Kay.

More About Innovation and Technology Council:

The Innovation and Technology Advisory Board would function similarly to how the Planning and Zoning Commission functions on planning and development issues “in terms of their advisory capacity,”

It would shepherd and advise on any new innovation and technology initiations the city would take on.



# How American TelePhysicians Is Disrupting Healthcare



Waqas Ahmed is the founder and CEO of American TelePhysicians - a digital healthcare and telemedicine company with operations in multiple countries. ATP has pioneered the concept of online healthcare eco-systems. Utilising its virtual care technology, a network of virtual speciality physicians, and a direct-to-consumer healthcare marketplace platform, American TelePhysicians brings medical services to patients' doorsteps with price transparency. healthcare, American TelePhysicians, Besides being an expert and international speaker on telemedicine, Waqas is also a practising Nephrologist in Jacksonville, Florida. We caught up with him to hear all about how his company is disrupting the healthcare field.

How was the idea about American TelePhysicians born?

The idea was born in 2016 out of necessity due to my own experiences; as a physician, patient, and caregiver of my parents. While I immigrated to the US, my parents still lived in Pakistan, and it was getting challenging for me to be closely engaged in their health remotely. I was also disturbed to see those elderly patients in my clinic who were being brought from senior living facilities on stretchers. Both situations led me to look deeply into telemedicine. Around the same time, I hurt my back, and I paid \$1800 for my MRI, even with insurance, and it was a surprise bill (the same MRI on our marketplace platform CURA4U can be booked for around \$400).

So, all these experiences led me to envision an online healthcare eco-system model, which can not only facilitate patients and their family members to get affordable healthcare services with price transparency but also enable healthcare service providers to deliver care to the doorstep. We started with launching SHIFA4U project in Pakistan in 2017, which led to our recognition at United Nations, followed by which we launched projects in the USA.

How is the company disrupting the healthcare sector?

Telemedicine or Online care is the future of healthcare; however, it is not just physician-to-patient video encounters. Rather, it must be a connected online eco-system to ensure that all the required healthcare services, including diagnostics, remote patient monitoring, pharmacy as well as specialists are interconnected, and that's what American TelePhysicians (ATP) is doing i.e., building online healthcare eco-systems. It has three integrated verticals, online or virtual care technology (SmartClinix), a healthcare marketplace platform (CURA4U) and multi-speciality physicians. We customise technology platforms based on healthcare settings and workflow requirements to deliver efficient healthcare. We are the first and only

telemedicine company that provides online care in all three healthcare sectors, acute care (hospitals), post-acute care (senior living facilities), and chronic care (direct to patients). Our marketplace app CURA4U is disrupting the healthcare marketplace by providing patients access to many healthcare services with price transparency and savings (Amazon of Healthcare model).

What are your goals for the future of American TelePhysicians?

In 2020, we proudly launched our first speciality project, NeuroX, an online Neurology care portal where patients can do online consultations with board-certified neurologists to discuss their brain health issues. We expanded its services to hospitals and senior living facilities. We then launched SleepRx (an online sleep clinic). Now we are working on launching multiple other online speciality care platforms for heart, kidneys, diabetes, hypertension, and liver diseases. We are also expanding in international markets and looking for partnerships. For example, in Pakistan, we have launched HepRx project to help the government in eradicating hepatitis by offering screening at home followed by online consultations and treatment right at their homes.

What do you hope your legacy to be?

Honestly, I am passionate about accessible, affordable healthcare for all patients, and want to see ATP a global name in this healthcare space. I am also passionate about entrepreneurship, and I believe young healthcare professionals should also start or join start-ups. I give most of the credit to our incredible team for our success so far. By bringing healthcare to patients' doorsteps, we are doing our small part to make sure that everyone is receiving the care that they need for a longer, healthier life.

# Wali Uddin ولی الدین



Dedicated Healthcare Professional, Author and Emcee  
Author of Books

Adha Memon Adha Hyderabad, Roshan Khayal, Musurahaton Ka Safar



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.

## CHARMINAR CONNECTION FOUNDED BY MIRZA PERVAIZ BAIG

### The Falaknuma Palace Library

Zeenath Khan

On the occasion of World Book Day—

an appreciation of the heritage contained within a single library.

On the gleaming black banister of the Falaknuma Palace's marble staircase, holding lit lamps in their right hands, statues of the nine muses stand on pedestals. In Greek mythology, the daughters of Zeus and Mnemosyne provide artistic inspiration for epic and love poetry, music, dance, tragedy, comedy, history, and astronomy. The willowy muses fit right in with the grandeur of the palace and the sybaritic lifestyle synonymous with Hyderabad's nobility.

Sir Viqar-ul-Umra gifted to the Falaknuma to the sixth Nizam, Mahboob Ali Pasha. And it was on the verandah of the palace that the Nizam drank himself to death at the age of forty-five in 1911.

After his father's death, the seventh Nizam used the Falaknuma as a guesthouse for foreign dignitaries. And by the standards of the early twentieth century, the palace offered its guests varied entertainment. Amongst them were billiards, chess, cards, hunting grouse and deer on the estate, and, of course, fine dining. To while away a sultry Deccan afternoon, the distinguished guests, amongst them Grand Duke Alexander II of Russia, King George and Queen Mary, the Prince of Wales (King Edward VIII) and at least a dozen viceroys, might have strolled across the marble staircase room which houses the Barrel Orchestrion.

After walking past a stained-glass door, they would find themselves in the library. (Photo shared from album titled Falaknuma Palace 1894 by Mr Arastu.) It's apparent the number of books in the early days was scant. Mr Asif Hussain Arastu, the palace librarian, says, 'Most of the books in the early days dwelled on travel and exploration. One example being L'Inde written by Pierre Loti, French novelist, and naval officer in 1903.' European travellers considered a trip to the Orient fraught with mortal danger. Given the long sea voyages, it was not uncommon for them to maintain diaries of their adventures. Both Archduke Franz Ferdinand of Austria and Grand Duke Alexander mention their sojourn in Hyderabad in their memoirs.

Guests to the palace often presented their royal hosts with books and the library's shelves started to fill. Some guests were authors themselves. (Photograph of a note from Lady Dufferin shared by Mr Arastu) on the inside of her book: A Record of Three Year's Work of the National Association for supplying Female Medical Aid to the Women of India on improving healthcare for India's women, published in 1888.

'The Sixth Nizam, Mir Mahboob Ali Khan contributed to this fund and for the tuition for Medical tuition for girls,' says Mr Arastu.

One of the oldest books in the library is Kitab Shams-al Hindasa, published in 1835. Its author, Fakhruddin Khan Bahadur, dedicated the book

which covers the mathematical aspects of construction to the fourth Nizam, Nasir-ud-Dowlah. When I asked Mr Arastu about the prevalence of books in Farsi, he said, 'Books written in Farsi compose 40% of our collection. We have at least ten Kulliyat or entire collections by poets such as Sheikh Saadi, Hafez, Rumi, Ghalib and Allama Iqbal. Their works span a thousand years.'

To please their European visitors, the sixth and seventh Nizams ordered translations of Western classics. One such example is Tolstoy's Anna Karenina, of whom there are translations in French and German. The more intellectually minded guest might have read the abstruse Morgenrote by German philosopher Friedrich Nietzsche. And those curious about the religion of their hosts might have poured over - The Early History of Islam—with Special Reference to the Position of Ali, During the Life of the Holy Prophet Mohammad and After by Saiyid Safdar Hosain. Perhaps one of the future kings who stayed at the palace read the Tuzkiat-e-Jahangiri: the autobiography of Mughal emperor Jahangir for inspiration.

At present, the library boasts of almost seven thousand books. The personal collections from Salar Jung I, Prince Azam Jah and the sixth, seventh and eight Nizam found a home at the Falaknuma.

Other Titles that captured my attention were The Fairy Tales of Hans Christian Andersen (1916), A Short History of the World by H. G. Wells, Kashmir by Sir Francis Younghusband, and Manual of Midwifery by Eden and Holland. An entire cupboard bursts with copies of Glimpses of the Nizam's Dominions written Claude Campbell in 1898. Known for its fantastic photographic depiction of Hyderabad state, it is arguably the Deccan's first coffee-table book.

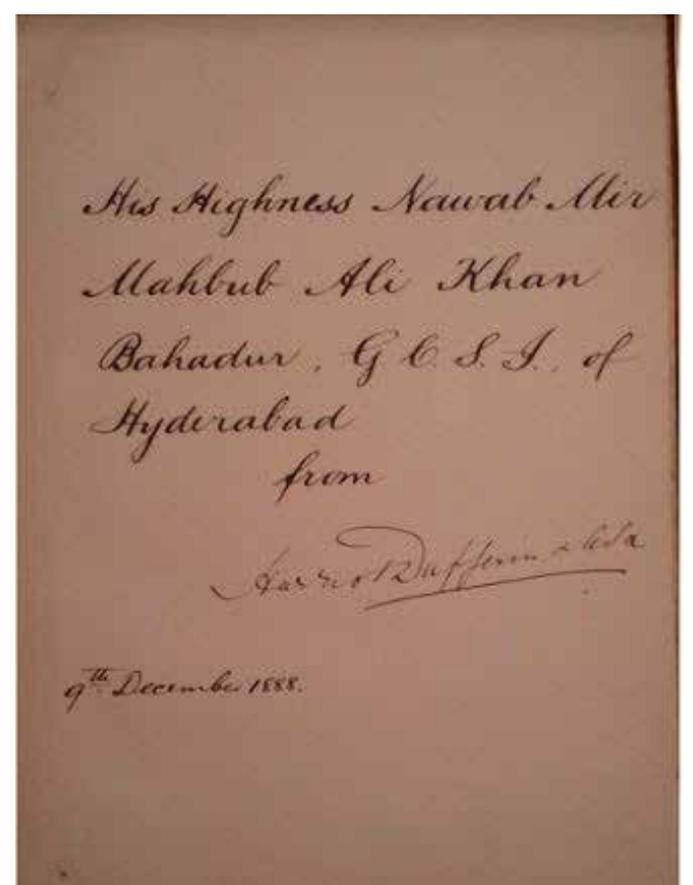
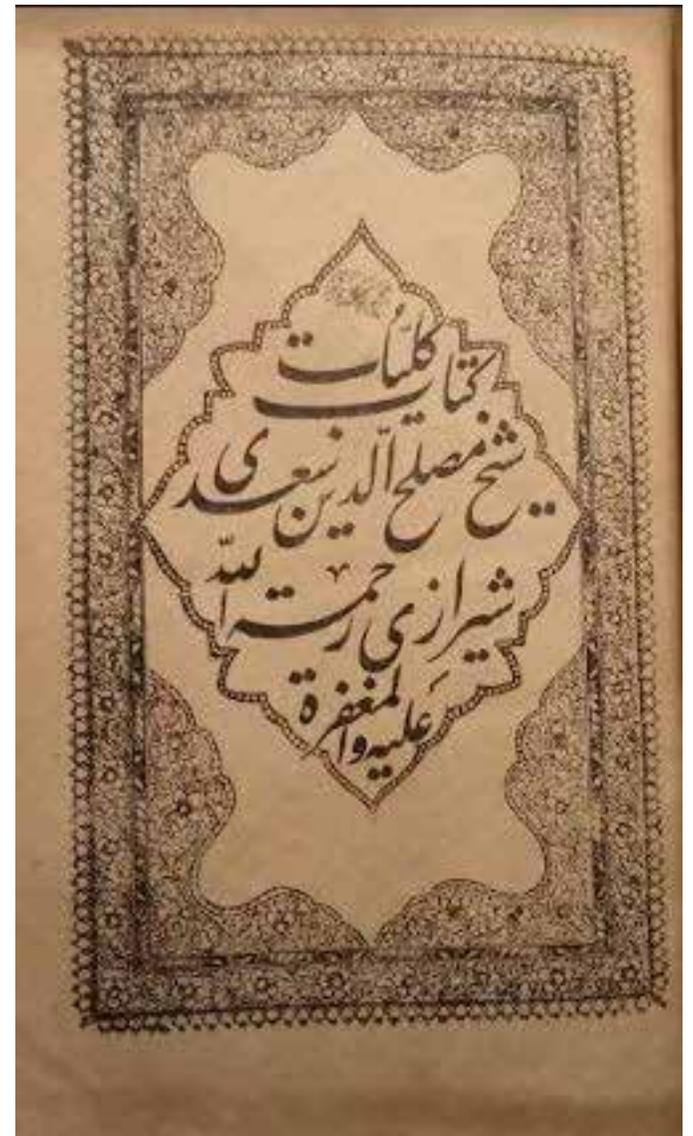
Arastu claims that in ninety percent of the books the pages haven't become brittle as the paper used is acid free. While present-day guests cannot check books out of the library, they may browse any book of their desire.

While the Falaknuma Palace library is out of bounds unless one is a guest at the palace or there for the tour, other libraries in Hyderabad, such as the State Central Library and City Central library, are open to the public. Hazaq and Mohi, a book shop in Charminar, stocks many rare books showcasing the city's heritage. A scroll on internetarchive.org yields a treasure trove of many books of academic and historical interest. On this World Book Day, take time out to reflect on what books have taught you and what you might still have to learn from them.

Zeenath Khan is a freelance writer and aspiring novelist who lives in Mumbai.

(This article was originally published by Mint

Lounge on April 23rd to commemorate World Book Day.)



Some Pictures from the Library

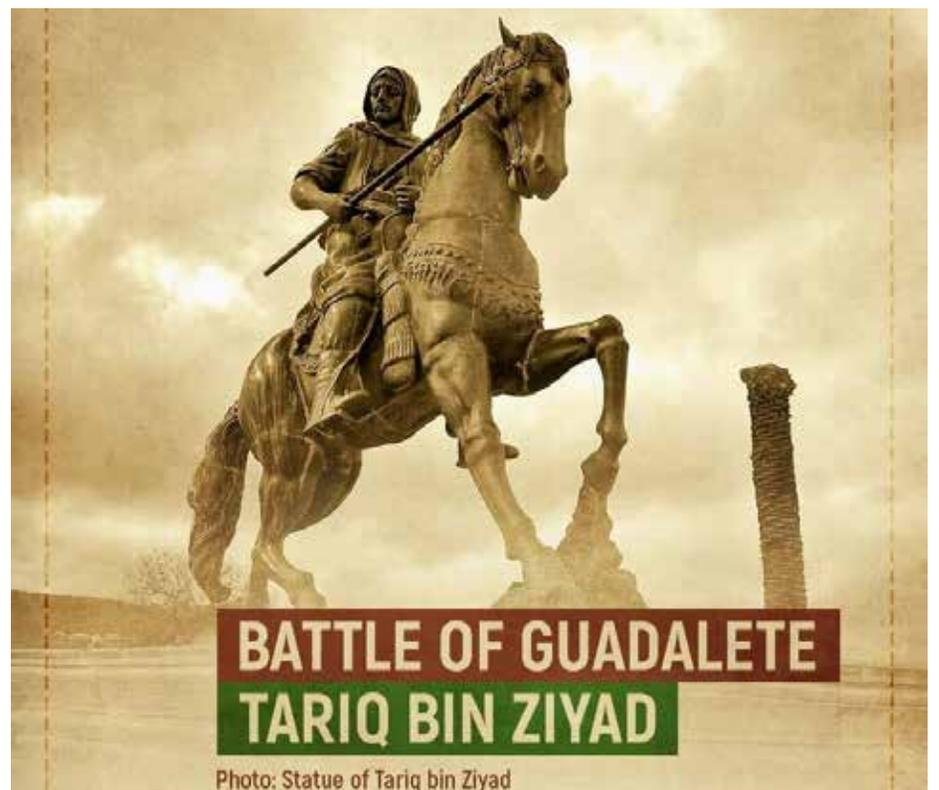
## Tariq Bin Ziyad

On the 27th of Ramadan, 92 Hijri (July 19, 711), Berber Umayyad commander, Tariq bin Ziyad defeated king Roderic of the Visigothic Kingdom at the Battle of Guadalete (in southern Spain).

This victory of Tariq marked the beginning of the Umayyad conquest of Hispania. King Roderic was also killed in the battle. The Iberian peninsula soon became part of the expanding Umayyad empire, under the name of al-Andalus.

After the fall of the Umayyads in the east in 750 CE, Abd al-Rahman I, a member of the Umayyad dynasty, refused to recognize the authority of the Abbasid Caliphate and fled Damascus. As a result, in 756, he established the Emirate of Córdoba and became an independent emir of Córdoba.

The Nasrid Kingdom of Granada was the last independent Muslim state in Western Europe, which ruled from 1230 to 1492. After its fall in 1492, the new Christian state of Spain took a very aggressive religious conversion approach against the non-Christian population of the Iberian peninsula. Both the Jews and the Muslims were forced to convert and then be expelled as part of the Spanish Inquisition.



## India wants to be friends with West but needs Russian help to defend borders, says Finance Minister

MUMBAI (Reuters) - India wants to be strong friends with the “liberal world” but it needs Russia’s assistance to defend its borders, Finance Minister Nirmala Sitharaman told Bloomberg in an interview in Washington.

India procures most of its military hardware from Russia and in recent weeks has rejected appeals from Western nations to limit bilateral relations with Moscow in response to the Russian invasion of Ukraine.

Prime Minister Narendra Modi’s government has faced criticism from Western allies with regard to its refusal to outright condemn Russian President Vladimir Putin over the devastating conflict in Ukraine.

Sitharaman said India, which has long-standing border disputes with neighbouring Pakistan and China and in the past has gone to war with both, was focused on protecting its own regional interests.

Alluding to Pakistan and China, Sitharaman told Bloomberg: “You have a neighbour who joins hands with another neighbour, both of whom are against me. In the context of the Russia-Ukraine war, God forbid, if there are alliances created, India has to be strong enough to protect itself.

“India wants to be friends with the European Union and the Western, free, liberal

world,” she added, “but not a weak friend that needs desperate help here and there.”

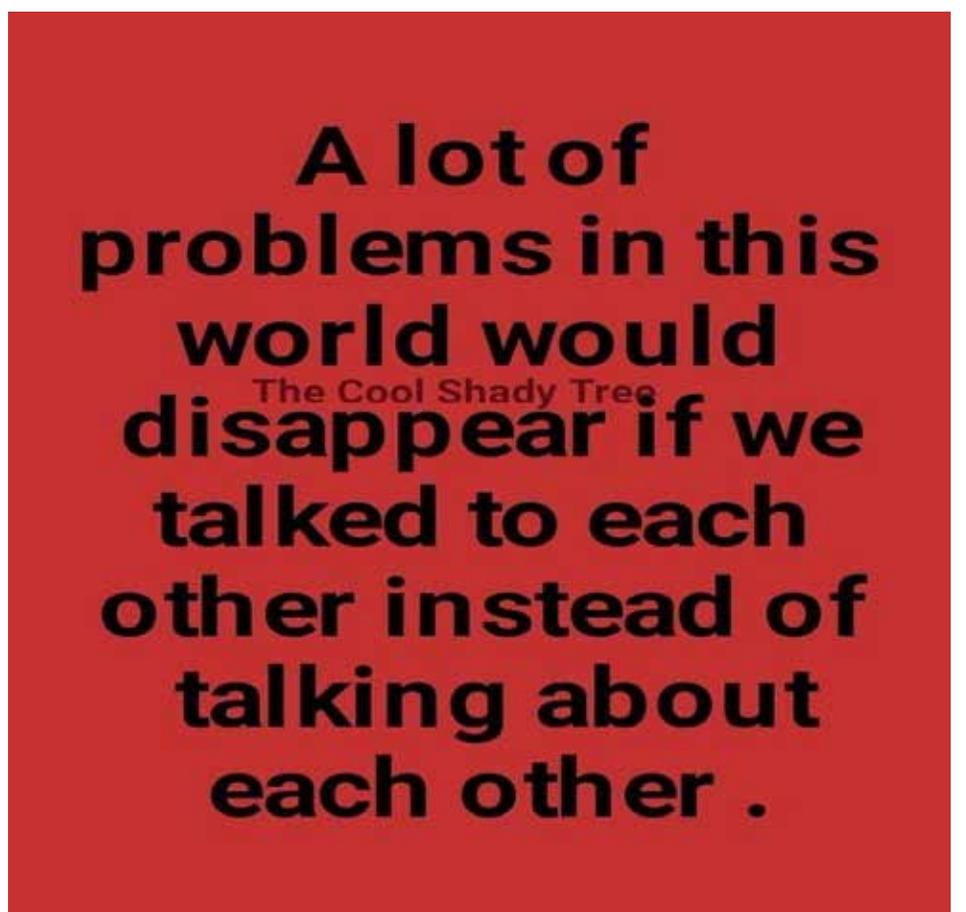
Sitharaman made the remarks on Friday in the United States where she attended the annual spring meetings of the International Monetary Fund and the World Bank.



While the United States has traditionally sought to balance relations between arch regional rivals India and Pakistan, in recent years it has also improved strategic ties with New Delhi to counter China.

British Prime Minister Boris Johnson, who was in India this week to ramp up security and trade relations, said that it was unlikely India would end its long-standing ties with Russia.

(Reporting by Swati Bhat; Editing by Rupam Jain)



# 5 things to know about Biden's promise to cancel student debt

President Biden is rumored to be contemplating \$10,000 in student loan forgiveness per borrower two years after promising relief to millions of Americans during his 2020 presidential campaign.

However, the debt forgiveness has been slow-coming, with progressives pestering the president to deliver on his campaign promise since he took office.

The issue is shaping up to become a hot topic before midterms, here's what you should know about Biden's promise on student loan debt:

Biden is looking at \$10,000 in relief, possibly more Sources familiar with the situation told The Hill on Friday that Biden is considering canceling \$10,000 in student loan debt per borrower.

- ADVERTISEMENT -

"But the door has been open to possibly larger," one source told The Hill. "Lots of options on the table. They are doing a lot of listening right now."

Biden said earlier this week he would have more to say on the topic in the coming weeks, but tempered expectations of some Democrats who have been pushing for \$50,000 in relief.

"I am considering dealing with some debt reduction," Biden said. "I am not considering \$50,000 debt reduction, but I'm in the process of taking a hard look at whether or not there will be additional debt forgiveness and I'll have an answer on that in the next couple of weeks."

Biden promised \$10,000 for student debt forgiveness during his presidential campaign in 2020, when other opponents were advocating for \$50,000 in relief or total cancellation.

Biden keeps extending student loan freeze Biden has been attempting to take the pressure off forgiving debt by extending the freeze on student loan payments that was enacted during the start of



the coronavirus pandemic.

The payments were first put on pause by the Trump administration in 2020, and Biden has extended the moratorium twice.

The first time Biden extended the pause on payments was in December, and they were set to begin again May 1. He again extended the payments earlier this month and said they will go back into place Aug. 31.

"That additional time will assist borrowers in achieving greater financial security and support the Department of Education's efforts to continue improving student loan programs," Biden said at the time.

Biden faces pressure from Democrats to act before midterms Biden's announcement this week and willingness to do more on the issue comes ahead of the 2022 midterms, in which Democrats are slated to have an uphill battle.

The move to forgive some student loan debt is

agreed on by much of the Democratic party, including top leaders such as Senate Majority Leader Charles Schumer (D-N.Y.).

"Pressure is mounting from all fronts. It's mounting from grassroots, it's mounting from the public, and it's mounting from members of Congress. And the reality of the economy, the midterms, there are several pressures that are aligning. They really have to deliver," Thomas Gokey, an organizer

with the Debt Collective, told The Hill in January.

As Democrats face a tough midterm election, Biden acting on the issue could be a nice boost for the party as the forgiveness of student loans would positively affect tens of millions of Americans.

Republicans push back on student loan forgiveness Republicans have been staunchly against forgiving student loan debts, arguing that a person agreed to the amount they signed in federal debt and it would be unfair to those who had to pay off their loans.

Republicans have also said that student loan forgiveness would benefit borrowers with high incomes and create an unnecessary burden on the taxpayer.

In line with that thought, multiple Republicans on Wednesday introduced the "Stop Reckless Student Loan Actions Act."

The legislation would forbid Biden from unilaterally forgiving loans and limit the president's ability to continue the freeze of student loan payments.

"As Americans continue to return to the workforce more than two years since the pandemic began, it is time for borrowers to resume repayment of student debt obligations," Senate Minority Whip John Thune (R-S.D.) said.

Student loan forgiveness is popular among public A recent Morning Consult and Politico poll found that 64 percent of Americans believe there should be some student loan forgiveness.

Thirteen percent said low-income Americans should get total student loan forgiveness and 19 percent supported student debt cancellation for all Americans.

Other polls have shown similar favorability for student loan forgiveness, as the debt is held by millions of Americans.

In total, there is \$1.75 trillion in student loan debt owed by more than 40 million Americans.

## LEVELS OF U.S. STUDENT LOAN FORGIVENESS

	% OF BORROWERS WITH ALL DEBT ERASED	% OF TOTAL FEDERALLY-HELD DEBT ERASED	COST TO U.S. GOVERNMENT/ TOTAL FEDERAL STUDENT DEBT REMAINING (BILLIONS)
CANCEL \$0	0%	0.0%	\$1,500B
CANCEL \$5,000	19%	13.8%	\$207B / \$1,293B
CANCEL \$10,000	36%	24.7%	\$371B / \$1,129B
CANCEL \$20,000	56%	40.7%	\$611B / \$889B
CANCEL \$50,000	80%	69.9%	\$1,049B / \$451B

SOURCES: EDUCATION DEPARTMENT, OFFICE OF FEDERAL STUDENT AID, MARK KANTROWITZ, CENTER FOR AMERICAN PROGRESS



INTERNATIONAL PAGES

# Turkey, Saudi to revive great economic potential, Erdogan says

ANKARA, April 30 (Reuters) - Turkey and Saudi Arabia have a common will to "reactivate a great economic potential" between the two countries, Turkish President Tayyip Erdogan said after his first trip to the kingdom since 2017.

Speaking to reporters on a flight back from Saudi Arabia, where he sought to mend frayed ties, Erdogan said the sides were determined to accelerate efforts for the common interests and stability of the region, Turkish media reported.

The media readout did not mention a possible currency swap line nor specifics of any other planned investments that could help relieve Turkey's economic strains.

"We agreed with Saudi Arabia to reactivate a great economic potential through organisations that will bring our investors together," Erdogan said.

On his two-day visit, Erdogan met Saudi King Salman bin Abdulaziz Al Saud and Crown Prince Mohammed bin Salman, and discussed various international, regional and bilateral issues.

"We announced that we, as Turkey, would support them in their bid to host EXPO 2030 in Riyadh," he added.

Erdogan's visit marks the culmination of a months-long rapprochement drive that included

dropping a trial over the killing of Saudi journalist Jamal Khashoggi in Istanbul in 2018. Erdogan's office said the Saudi king invited him.

Analysts and officials say Saudi funding could help Turkey alleviate its economic woes, including soaring inflation, ahead of tough elections for the president next year. They said a swap line could help boost depleted Turkish reserves.

## CHARM OFFENSIVE

Relations soured after Khashoggi was killed and dismembered by a Saudi hit squad at the kingdom's consulate in Istanbul in 2018. At the time, Erdogan accused the "highest levels" of the Saudi government of giving the orders, but Ankara has since softened its tone.

"I believe my visit will herald a new era in the ties between our two countries. We have demonstrated our common will to enhance ties," he said.

Erdogan reiterated "the need for a new era in foreign policy" and said this was a process of



making friends and not enemies with countries with whom "we share the same beliefs and thoughts."

Turkey has also been working to mend long-strained ties with Israel and Ankara's top diplomat is due to visit there in May.

Erdogan said a similar policy may be adopted towards Egypt and current low-level dialogue can be escalated.

"We already have relations at a low level, such as between our intelligence services. Relations between our business people continue, too. Positive results indicate that these steps can be taken at a higher level," Erdogan said of Egypt. (Reporting by Ece Toksabay; Editing by Jonathan Spicer and Ros Russell)

## How former Kenyan president Mwai Kibaki looked east to China

The former Kenyan president Mwai Kibaki, who died last week aged 90, made a major economic shift to Asia with his "Look East Policy", which is credited with attracting Asian capital to a series of major projects such as ports, highways and airports.

In the early days of his tenure, the West was diplomatically and economically dominant in most African countries but in many cases cut funding while demanding democratic reforms.

Kenya and many others turned instead to countries like China, who promised not to interfere in their internal affairs. By 2009, China had overtaken the United States to become the biggest trading partner in Africa.

Do you have questions about the biggest topics and trends from around the world? Get the answers with SCMP Knowledge, our new platform of curated content with explainers, FAQs, analyses and infographics brought to you by our award-winning team.

Kibaki, who was laid to rest on Saturday, entered into trade and economic partnerships with several Asian countries, mostly China, India, Japan and the United Arab Emirates.

Of those countries, China became the biggest trading and economic partner - coinciding with the global financial crisis of 2008-2009.

As Western countries looked inward to concentrate on reviving their economies, China had a large current account surplus that created foreign earnings that had to be invested overseas.

Beijing also encouraged its companies to search for business and invest overseas as part of the country's "Go Out" strategy that has seen more than 10,000 companies invest in Africa.

Paul Nantulya, a research associate at the Africa Centre for Strategic Studies at Washington's National Defence University, said relations between Kenya and China had continued the upward trajectory established under his predecessor, Daniel arap Moi.

Nantulya said Moi's tilt towards China was part of his "Look East Policy" following the cooling of relations with Kenya's traditional Western partners such as the United States and Europe over human rights violations and corruption.

Under Kibaki, who was in office between 2002 and 2013, the partnership expanded into critical areas such as technical and higher education, agriculture, horticulture, public security and policing, and - most importantly - infrastructure, Nantulya said.

Mwai Kibaki pictured with Chinese the commerce min-

ister Chen Deming in Nairobi in 2009. Photo: Xinhua alt=Mwai Kibaki pictured with Chinese the commerce minister Chen Deming in Nairobi in 2009. Photo: Xinhua>

Kibaki had a strong incentive to "look east", especially during his second term which was marred by a particularly nasty election campaign in 2007 that led to violence in the Rift Valley and put Kenya on the edge of civil war for the first time since independence, Nantulya said.

"Western governments were very critical of Kibaki and his allies and shared the widespread sentiment in the country that they lost that election and tried to keep themselves in power by force," he said.

Nantulya said Kibaki accelerated Kenya's engagements with China, for political reasons and because of the general reluctance by Western partners to finance major development programmes given how Kibaki secured his second and final term.

By the time he left office, Kibaki had borrowed about US\$1.59 billion, according to data by the Boston University Global Development Policy Centre.

Two-way China-Kenya trade increased from US\$250.45 million in 2003 to US\$2.84 billion at the end of 2012 at the tail end of Kibaki's term, according to the China Africa Research Initiative (CARI) at the Johns Hopkins

# MATRIMONY Mubarak Rishte

**FEMALE**

Hijabi : Yes  
Name: AF  
Age: 24  
Height: 5'3  
Residence : USA (Raised in USA/studying since 4th grade in USA)  
Education: BS, MSIT  
Profession: Software Engineer  
Visa Status: Work permit  
Marital status : Single  
Ethnicity: Indian  
Religious Sect: Sunni  
Family: Parents and one older brother and one older sister  
Relocation: Yes

**LOOKING FOR:**

Age : 25 to 29  
Height: 5'5 and above  
Residence: USA  
Education: Bachelors or above  
Profession: Any  
Legal Status: Greencard/Greencard in processing/citizen  
Marital Status: Single, Never Married  
Religious Sect:Sunni  
Ethnicity: Indian  
Looking for someone well balanced in deen and duniya

Contact Cell : 2055676126

Female  
Hijabi / Yes  
Age: 25  
Height: 5.3  
Marital status: never married  
Legal Status: US citizen  
Education: B.S. in Health Science, Benedictine University (2014-2018); MS in Integrative Physiology, Benedictine University (2019-2020) School of Podiatry (2021-present)  
Profession: Student  
Residence: Chicago, Illinois  
Religious Sect: Sunni  
Language: English, Urdu  
Ethnicity: Indian Hyderabad  
Family: Father: Child and Adolescent Psychiatrist, MD  
Mother: Homemaker

**LOOKING FOR: MALE**

Age: 25 to 31  
Height: Open  
Marital Status: Never married  
Legal Status: US citizen  
Education: Doctor, lawyer, engineer  
Profession: Open  
Residence:open  
Religious Sect:Sunni  
Ethnicity: Indian/Pakistani  
Contact:2055676126

Gender: Female  
Name: AA  
Height: 5' 5"  
Age: 34  
Residence: Milwaukee  
Education: Post Grad  
Profession: Doctor Cardiologist  
Legal Status: U.S. Citizen  
Marital status: Never married  
Ethnicity: Indian  
Family: Parents, Brother, Sister  
Language: English  
Hobbies: Travel, Community Service, Art, Reading  
**LOOKING FOR:**  
Educated professional, from good family and a caring nature.  
Age : 34-38  
Residence: U.S.  
Education: Bachelors +  
Profession: Any  
Legal Status: U.S. Citizen, raised here.  
Marital Status: Never married  
Ethnicity: Any

Contact: 2055676126

Female:  
Hijabi: Yes/No  
Age: 35 Y  
Height: 5'2"  
Marital Status: Single  
Education: Bachelor of Engineering (IT) from MJ Engg College, Hyderabad  
Legal Status: B1B2/F1 (Student)  
Profession: Info Technology  
Residence: Chicago, USA  
Religious Sect: Sunnat al Jamat  
Language: English, Arabic, Urdu  
Ethnicity: Indian/Hyderabad  
Family: Father: Saudi Return Business-man, Mother: Home Maker, Green Card Holder, 2 Sisters in US, 1 in Dubai and 1 Brother in US

**LOOKING FOR MALE:**

Age: 36-40 Years  
Height: Suitable  
Marital Status: Single/Divorce(No issue)  
Education: MS, BS  
Residence: Citizen/H1B  
Religious Sect: Sunni Muslim  
Ethnicity: Hyderabad/Indian

Contact: 2055676126

Gender :Male

In USA since 2017  
Name: JM  
Age: 29  
Height: 5'6  
Residence : USA  
Education: B.E MS  
Profession:Working as a Software Developer in Dallas,  
Hafiz from Jeddah Alhamdulillah  
Legal Status: H1b  
Marital status : Never Married  
Ethnicity: Indian , Hyderabad  
Religious Sect: Sunni, Islam  
Family:  
Father: (System Engineer), RESCO Jeddah.  
Mother: (worked as a Teacher in International Indian School Jeddah, KSA )  
Sisters: (2).  
Language: English , Urdu , Hindi  
**LOOKING FOR:**

Age : 21-27  
Height:5'2 - 5'4  
Residence: USA  
Education: Any Graduate  
Profession: Professional  
Legal Status: any  
Marital Status: Never Married  
Religious Sect:Sunni ,Islam

Male  
Beard: No  
Age: 27 yrs  
Height: 5'8"  
Education:Masters in Energy Management and Systems Technology (Residing in USA since 6 years)  
Profession:Production Engineer  
Residence: New Jersey, USA  
Legal Status: H1 B Visa  
Marital status: Never Married  
Religious Sect: Sunni Muslim  
Language: Urdu, Telugu,English,Hindi  
Ethnicity: Andhra Pradesh,India  
Family: Parents are in India

**LOOKING FOR: FEMALE**

Hijabi: No  
Age: 24 to 27Yrs  
Height: 5'4"  
Education:Bachelors or Masters  
Profession: Any  
Residence: USA  
Legal Status: US Citizen, greencard, H1 B visa  
Marital Status: Never Married  
Religious Sect: Sunni Muslim  
Ethnicity: Andhra Pradesh, India  
Contact:  
WhatsApp :+1 (205) 567-6126

Gender: Male  
Age: 30  
Height: 5'11  
Complexion: Fair  
Location : Northern Virginia  
Qualification: Masters in Computer Science.  
Occupation: Software Engineer  
Marital status : Unmarried  
Legal Staus : EAD  
Ethnicity: Indian (Hyderabad)  
Religion/Sect: Sunni

**LOOKING FOR A BRIDE**

Age : 21-29

Qualification: Any  
Profession: Any  
Legal Status : Any  
Marital Status: Unmarried  
Religion/ Sect: Muslim Sunni

Gender: Male  
Age: 36 (December 1984)  
Height: 5'8"  
Residence: Virginia, USA  
Education: BS in Electrical Engineering from George Mason University , MBA from University Of MD Global Campus  
Profession: IT Management Consultant  
Legal Status: Permanent Resident (Green-card)  
Marital status : Never Married  
Ethnicity: Indian  
Religious Sect: Sunni Muslim  
Family: Sunni Syeds from Hyderabad India (parents reside in New Delhi India)  
Father: Businessman  
Mother: Homemaker  
Language: Urdu  
Hobbies: Travelling, Eating, Sports, Technology

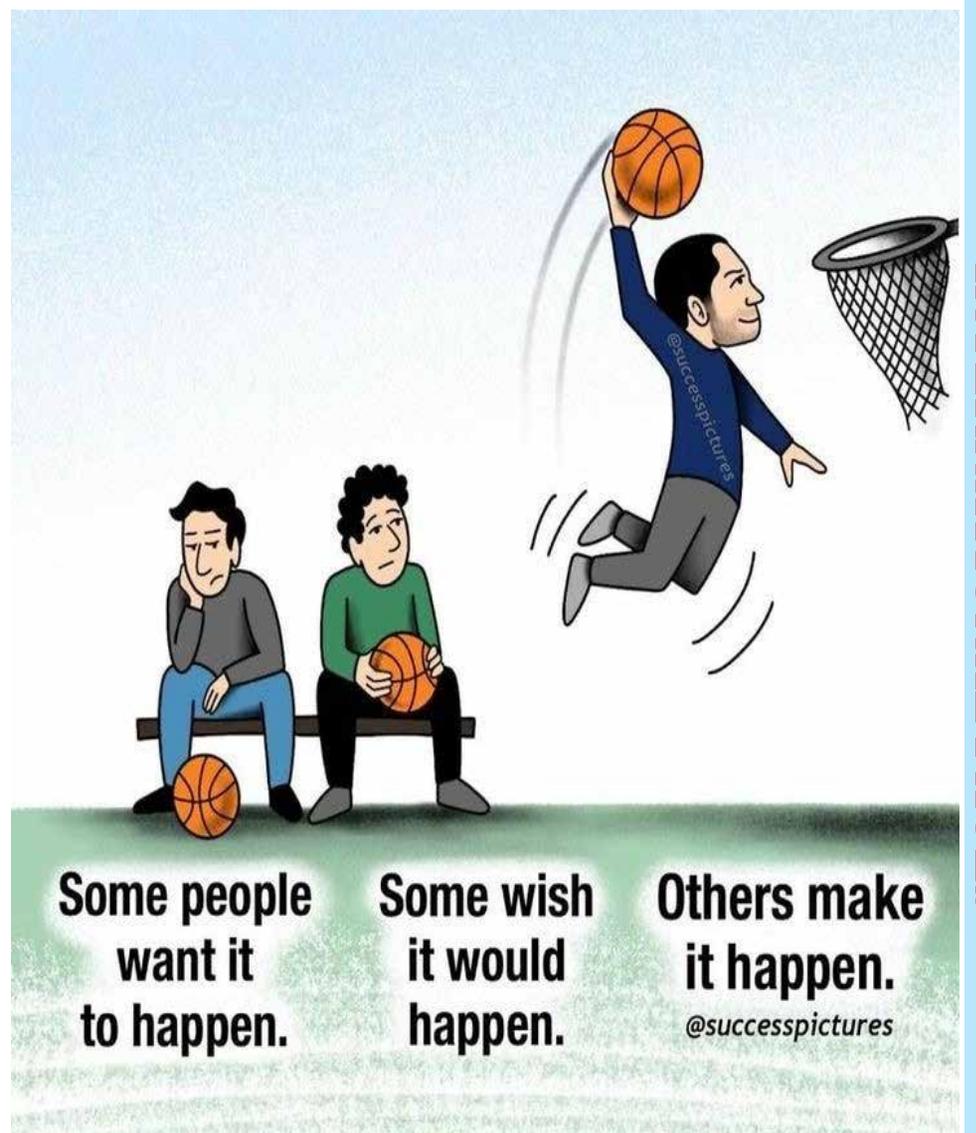
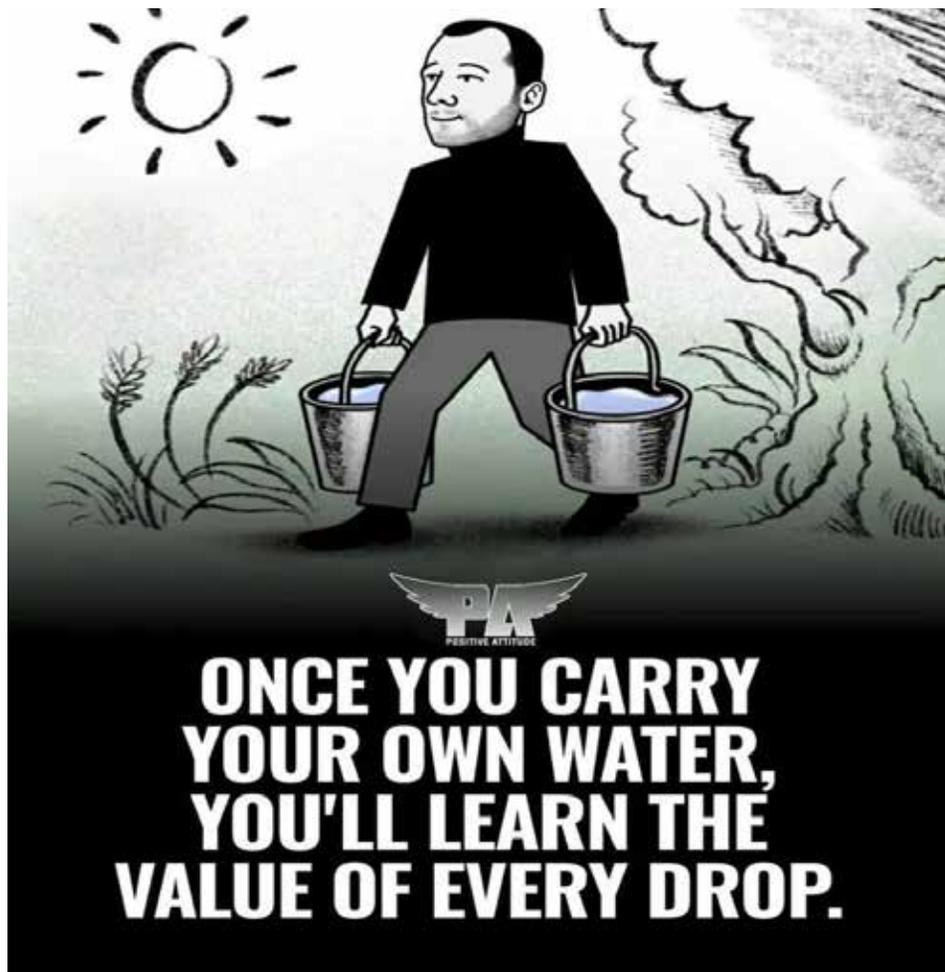
**LOOKING FOR FEMALE:**

Age : Younger than 32  
Height: 5'2 - 5'5  
Residence: USA/Canada  
Education: Undergrad  
Marital Status: Never Married  
Religious Sect: Sunni Muslim  
Ethnicity: Indian

Contact: 2055676126

## Desi Mubarak Rishte

A Premier Online Platform Created with the Sole Purpose to Help People Find the Perfect Life Partner Where A Journey to Blessings, Love & Happiness Begins...



# IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 47 million vehicles, are or will be under recall in the United States by 2020.

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

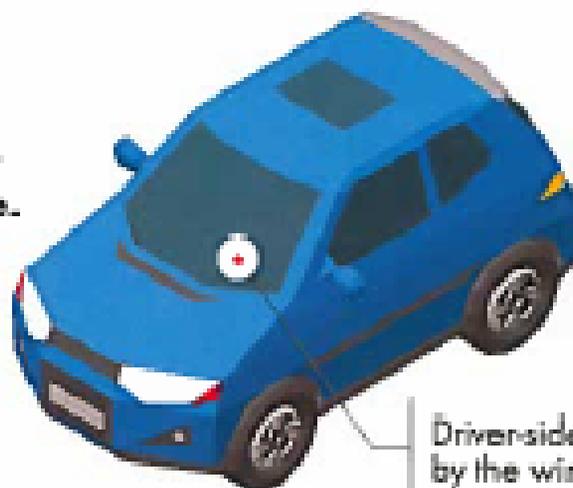
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

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

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



Driverside dashboard by the windshield

### Search it

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

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

 Upload a photo

or

Enter a license plate or VIN manually 

### Fix it

If you see text that reads **recall incomplete...**

**YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.**



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

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



**AIRBAGRECALL.COM**

## Saudis' Biden snub suggests crown prince still banking on Trump's return

Saudi Arabia appears to be banking on Donald Trump's return to office by refusing to help the US punish Russia for the Ukraine invasion, and by placing \$2bn in a new, untested investment fund run by Trump's son-in-law Jared Kushner.

In seeking to persuade Riyadh to increase oil production so as to lower prices by as much as 30%, and thereby curb Russian government revenue, the Biden administration is looking for ways to reassure the Saudi government that it is dedicated to the kingdom's security.

The White House said on Thursday it was an "iron-clad commitment from the president on down", and the Pentagon is reported to be working on a draft of a new statement of US-Saudi security arrangements, but observers say it is likely to fall short of the firm guarantees the Saudis and other Gulf states are demanding.

The kingdom's de facto ruler, Mohammed bin Salman, reportedly declined to take a call from Joe Biden last month, showing his displeasure at the administration's restrictions on arms sales; what he saw as its insufficient response to attacks on Saudi Arabia by Houthis forces in Yemen; its publication of a report into the Saudi regime's 2018 murder of the dissident and Washington Post columnist Jamal Khashoggi; and Biden's prior refusal to deal in person with the crown prince.

Julian Borger in Washington

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Instead, Prince Mohammed shows signs of betting on the return to office of Trump in 2024, and the resumption of the Trump administration's cosy relationship with Riyadh.

There have been calls for an investigation into the huge investment made by the Saudi Public Investment Fund, controlled by Prince Mohammed, in Affinity Partners, a private equity firm set up by Jared Kushner months after he left the White House and his job as special adviser to Trump, his father-in-law.

In doing so, the kingdom's de facto ruler ignored the warnings of the Saudi fund's own advisory panel. It worried about Affinity's inexperience: Kushner was in real estate before his White House stint, and his track record of investments was widely considered not particularly good. It was concerned that the new company's due diligence on operations was "unsatisfactory in all aspects", and that it was charging "excessive" fees, according to a report in the New York Times.

"It boils down to something very simple. The Saudis – meaning Mohammed bin Salman – have chosen Trump over Biden, and they're sticking to their bet," said Bruce Riedel, a former senior CIA official who is director of the Brookings Institution's intelligence project.

"It's not an unreasonable proposition. Trump gave them everything they wanted: complete support in Yemen, support over the killing of Jamal Khashoggi, whatever they wanted in terms of access in the United States."

John Jenkins, a former UK ambassador to Saudi Arabia said: "I suspect [the crown prince] is betting on the Republicans winning big in the midterms and then regaining the presidency – with or without Trump."

He added: "He probably thinks Biden is politically weak and he can therefore afford to spite him. That sends a signal not just to the Dems but also to the Republican party. And – judging by the debate raging in DC policy circles on these matters – it's working."

The Saudi embassy in Washington did not respond to a request for comment.

Senior Democrats reacted furiously to the revelation of the Saudi investment into Kushner's fund. Senator Elizabeth Warren called for the justice department to "take a really hard look" at whether the arrangement was illegal.

Senator Chris Murphy tweeted: "Just because the breathtaking corruption occurs in public doesn't make it not breathtaking." In the first months of the Trump administration, Kushner was instrumental in switching its support from the former crown prince, Mohammed bin Nayef, to the much younger Mohammed bin Salman, with whom the president's son-in-law had established a rapport largely over the messaging service WhatsApp. After the Khashoggi murder, Kushner was also the crown prince's staunchest advocate.

As for the Biden administration, there are advocates inside it for placating the Saudi crown prince in pursuit of the overarching objective of bringing down oil prices – for its impact both on Kremlin coffers and on the politically sensitive price at the pump.

"There is a real argument at the moment that you can befriend anyone who isn't Russia now," a European diplomat observed. The Pentagon has recently been holding meetings aimed at hammering out a statement on US security arrangements with Saudi Arabia and other Gulf states.

However, Kirsten Fontenrose, former senior director for the Gulf at the national security council, said that whatever the administration comes up with is unlikely to come close to regional demands for security guarantees akin to Nato's article 5 provisions for mutual defence.

"There's been this big push for an article 5 by a lot of these countries recently," said Fontenrose, now a senior fellow at the Atlantic Council. "But there's not a chance they are going to get it."

The Pentagon would not comment on its reported work reframing Gulf security arrangements. A spokesman, Army Maj Rob Lodewick, said: "The Department of Defense remains committed to helping advance the security of Saudi Arabia against serious external threats.

"We are doing this through defense cooperation, arms transfers and defense trade, exercises, training and exchanges, alongside engagement on human rights and civilian harm mitigation."

Even if the administration wanted to offer such guarantees, there is no way such an agreement would gain approval from Congress, where the progressive wing of the Democratic party wants Biden to be tougher on Riyadh, especially in view of its lack of cooperation over oil production and Russia.

"The US continues to provide certain types of equipment. They have announced several arms sales just within the last year. There is logistics support and maintenance," said Seth Binder, director of advocacy at the Project on Middle East Democracy. "All these things to my mind should be on the table, particularly if this Saudi regime continues to increase this sort of public pressure on the Biden administration."

Many observers believe, however, that Mohammed is unlikely to be swayed either by wooing or by threats, as the high oil price boosts his budget while he waits for a more amenable administration.

"I don't see it changing very much. The Saudis have chosen to go with Putin and the oil production level they want, and the world economy is adjusting to that," Riedel said. "I don't think there's much room for manoeuvre for Biden either ... I think there are powerful forces against that."

## Binaca Geetmala Annual List (1960)

 1	Zindagi Bhar Nahi Bhulegi Woh Barsaat Ki <small>You Tube</small> ✓ ★ 4.47 - 1542 votes	Mohammed Rafi	Roshan	Bharat Bhushan, Madhubala
	Barsaat Ki Raat (1960)	Sahir Ludhianvi	Rain Songs, Romantic Songs	
 2	Chaudhavi Ka Chand Ho, Ya Aaftab Ho <small>You Tube</small> ✓ ★ 4.60 - 2500 votes	Mohammed Rafi	Ravi	Waheeda Rehman, Guru Dutt
	Chaudhvin Ka Chand (1960)	Shakeel Badayuni	Tareef Songs, Romantic Songs	
 3	Mujhko Is Raat Ki Tanhai Mein Awaaz Na Do (By Mukesh) <small>You Tube</small> ✓ ★ 4.43 - 932 votes	Mukesh	Kalyanji Anandji	Dharmendra
	Dil Bhi Tera Hum Bhi Tere (1960)	Shamim Jaipuri	Sad Songs	
 4	Jab Pyar Kiya To Darna Kya <small>You Tube</small> ✓ ★ 4.38 - 884 votes	Lata Mangeshkar	Naushad	Dilip Kumar, Madhubala, Prithviraj Kapoor, Nigar Sultana, Durga Khote
	Mughal-e-Azam (1960)	Shakeel Badayuni	All Time Great, Dance Songs, Romantic Songs	
 5	Chal Ri Sajani Ab Kya Soche, Kajra Na Beh Jaye Rote Rote <small>You Tube</small> ✓ ★ 4.44 - 559 votes	Mukesh	Sachin Dev Burman	Nasir Husain, Dev Anand, Suchitra Sen
	Bombai Ka Babu (1960)	Majrooh Sultanpuri	Vidai (Doli) Songs	
 6	Dil Apna Aur Prit Parayi, Kisne Hain Ye Rit Banayi <small>You Tube</small> ✓ ★ 4.43 - 435 votes	Lata Mangeshkar	Shankar Jaikishan	Meena Kumari
	Dil Apna Aur Preet Parai (1960)	Shailendra	Sad Songs	
 7	Tere Pyaar Ka Aasra Chahta Hu <small>You Tube</small> ✓ ★ 4.39 - 690 votes	Lata Mangeshkar, Mahendra Kapoor	N Datta	Ashok Kumar, Mala Sinha, Nanda, Rajendra Kumar
	Dhool Ka Phool (1959)	Sahir Ludhianvi		
 8	Mohabbat Ki Jhuthi Kahani Pe Roye <small>You Tube</small> ✓ ★ 4.43 - 829 votes	Lata Mangeshkar	Naushad	Madhubala
	Mughal-e-Azam (1960)	Shakeel Badayuni	Dard Bhare Geet	
 9	Chhaliya Mera Naam <small>You Tube</small> ✓ ★ 4.38 - 96 votes	Mukesh	Kalyanji Anandji	Nutan, Raj Kapoor
	Chhalia (1960)	Qamar Jalalabadi	Happy Songs	
 10	Tu Hai Harjai To Apna Bhi Yehi Taur Sahi <small>You Tube</small> ✓ ★ 4.55 - 99 votes	Mukesh	Ravi	Kumkum, Pradeep Kumar
	Tu Nahin Aur Sahi (1960)	Majrooh Sultanpuri	Sad Songs, Shikwa Shikayat Songs	



# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V213  
 Manufacturer : Terex South Dakota, Inc.  
 Subject : Aerial Device Pivot Points Improperly Lubricated  
 Make Model Model Years  
 TEREX XT PRO 2020-2022  
 NHTSA Recall ID Number : 22V231  
 Manufacturer : Mercedes-Benz USA, LLC  
 Subject : Unsecured Ground Connection Bolt  
 Make Model Model Years  
 MERCEDES-BENZ AMG GLE53 2021-2022  
 MERCEDES-BENZ AMG GLE63 2021  
 MERCEDES-BENZ AMG GLS63 2021  
 MERCEDES-BENZ GLE450 2020-2022  
 MERCEDES-BENZ GLE580 2020-2021  
 MERCEDES-BENZ GLS450 2020-2022  
 MERCEDES-BENZ GLS580 2020-2021  
 MERCEDES-BENZ MAYBACH GLS600 2021  
 NHTSA Recall ID Number : 22V232  
 Manufacturer : Mercedes-Benz USA, LLC  
 Subject : Inoperable Rearview Camera Display/FMVSS 111  
 Make Model Model Years  
 MERCEDES-BENZ A220 2019-2020  
 MERCEDES-BENZ AMG A35 2020  
 MERCEDES-BENZ AMG C43 2019-2021  
 MERCEDES-BENZ AMG C63 2019-2021  
 MERCEDES-BENZ AMG C63 S 2019-2021  
 MERCEDES-BENZ AMG CLA35 2020-2021  
 MERCEDES-BENZ AMG CLA45 2020-2021  
 MERCEDES-BENZ AMG CLS53 2019-2020  
 MERCEDES-BENZ AMG E53 2019-2020  
 MERCEDES-BENZ AMG GLA35 2021  
 MERCEDES-BENZ AMG GLA45 2021  
 MERCEDES-BENZ AMG GLB35 2021  
 MERCEDES-BENZ AMG GLC43 2020  
 MERCEDES-BENZ AMG GLC63 2020  
 MERCEDES-BENZ AMG GLC63 S 2020  
 MERCEDES-BENZ C300 2019-2021  
 MERCEDES-BENZ C350E 2020  
 MERCEDES-BENZ CLA250 2020  
 MERCEDES-BENZ CLS450 2019-2020  
 MERCEDES-BENZ E300 2019  
 MERCEDES-BENZ E350 2020-2021  
 MERCEDES-BENZ E400 2018  
 MERCEDES-BENZ E450 2019-2021  
 MERCEDES-BENZ GLA250 2021  
 MERCEDES-BENZ GLB250 2020-2021  
 MERCEDES-BENZ GLC300 2020  
 MERCEDES-BENZ GLC350E 2020  
 MERCEDES-BENZ GLE350 2020  
 MERCEDES-BENZ GLE450 2020  
 MERCEDES-BENZ GLS450 2020  
 NHTSA Recall ID Number : 22V234  
 Manufacturer : Newmar Corporation  
 Subject : Wiring Under Seat Not Secured Properly  
 Make Model Model Years  
 NEWMAR BAY STAR 2019-2022  
 NEWMAR BAY STAR SPORT 2019-2022  
 NEWMAR CANYON STAR 2019-2022  
 NEWMAR DUTCH STAR 2019-2022  
 NEWMAR ESSEX 2019-2020  
 NEWMAR KOUNTRY STAR 2020-2022  
 NEWMAR LONDON AIRE 2019-2020  
 NEWMAR MOUNTAIN AIRE 2019-2020  
 NEWMAR NEW AIRE 2019-2022  
 NEWMAR SUPER STAR 2021  
 NEWMAR VENTANA 2019-2022  
 NEWMAR VENTANA LE 2019  
 NHTSA Recall ID Number : 22V236  
 Manufacturer : Prevost Car (US) Inc.  
 Subject : Frayed Passenger Seat Belt Buckle Wires  
 Make Model Model Years  
 PREVOST X3-45 2018  
 NHTSA Recall ID Number : 22V237  
 Manufacturer : Prevost Car (US) Inc.

Subject : Passenger Bench Seat Frame Bolts May Be Loose  
 Make Model Model Years  
 PREVOST X3-45 COMMUTER 2021-2022  
 NHTSA Recall ID Number : 22V238  
 Manufacturer : Toyota Motor Engineering & Manufacturing  
 Subject : Missing Welds May Cause Shock Absorber to Separate  
 Make Model Model Years  
 LEXUS NX250 2022  
 LEXUS NX350 2022  
 LEXUS NX350H 2022  
 LEXUS NX450H+ 2022  
 NHTSA Recall ID Number : 22V239  
 Manufacturer : Toyota Motor Engineering & Manufacturing  
 Subject : Stability Control Deactivated on Startup/FMVSS 126  
 Make Model Model Years  
 LEXUS LS500 H 2021-2022  
 LEXUS LX600 2022  
 LEXUS NX350H 2022  
 LEXUS NX450H+ 2022  
 TOYOTA HIGHLANDER HYBRID 2020-2022  
 TOYOTA MIRAI 2021-2022  
 TOYOTA RAV4 HYBRID 2022  
 TOYOTA RAV4 PRIME 2021-2022  
 TOYOTA SIENNA 2021-2022  
 TOYOTA VENZA 2021-2022  
 NHTSA Recall ID Number : 22V240  
 Manufacturer : BMW of North America, LLC  
 Subject : Airbag Control Unit Software Malfunction  
 Make Model Model Years  
 BMW IX 2022-2023  
 NHTSA Recall ID Number : 22V241  
 Manufacturer : New England Wheels  
 Subject : Programmable Relay Power Center Module Failure  
 Make Model Model Years  
 NEW ENGLAND WHEELS FRONTRUNNER 2021-2022  
 NHTSA Recall ID Number : 22V242  
 Manufacturer : Keystone RV Company  
 Subject : Furnace Vent Extension Not Installed  
 Make Model Model Years  
 CROSSROADS ZINGER2022  
 NHTSA Recall ID Number : 22V243  
 Manufacturer : Forest River, Inc.  
 Subject : Cracked LP Gas Quick Disconnect Fitting  
 Make Model Model Years  
 COACHMEN ADRENALINE 2021-2022  
 COACHMEN APEX 2021-2022  
 COACHMEN CATALINA 2021-2022  
 COACHMEN CROSS TRAIL 2022  
 COACHMEN FREEDOM EXPRESS 2021-2022  
 COACHMEN FREELANDER 2022-2023  
 COACHMEN LEPRECHAUN 2021-2023  
 COACHMEN PRISM 2022  
 COACHMEN SPIRIT 2021-2022  
 EAST TO WEST ALTA 2021-2022  
 EAST TO WEST DELLA TERRA 2021-2022  
 EAST TO WEST SILVER LAKE 2021-2022  
 FOREST RIVER AURORA 2022  
 FOREST RIVER CEDAR CREEK 2021-2022  
 FOREST RIVER CHEROKEE 2021-2022  
 FOREST RIVER COLUMBUS 2021-2022  
 FOREST RIVER FLAGSTAFF 2021-2022  
 FOREST RIVER IMPRESSION 2021-2022  
 FOREST RIVER OZARK 2021-2022  
 FOREST RIVER RAINIER 2022  
 FOREST RIVER ROCKWOOD 2021-2022  
 FOREST RIVER SABRE 2021-2022  
 FOREST RIVER SALEM 2021-2022  
 FOREST RIVER SANDSTORM 2021-2022  
 FOREST RIVER SHOCKWAVE 2021-2022  
 FOREST RIVER STEALTH 2021-2022  
 FOREST RIVER STEALTH EVO 2021-2022

FOREST RIVER VENGEANCE 2021-2022  
 FOREST RIVER VIBE 2021-2022  
 FOREST RIVER WILDCAT 2022  
 FOREST RIVER WILDWOOD 2021-2022  
 FOREST RIVER WORK AND PLAY 2022  
 FOREST RIVER XLR TOYHAULER 2021-2022  
 PALOMINO PUMA 2021-2022  
 PRIME TIME AVENGER 2021-2022  
 PRIME TIME CRUSADER 2021-2022  
 PRIME TIME LACROSSE 2021-2022  
 PRIME TIME SANIBEL 2021-2022  
 PRIME TIME TRACER 2022  
 SHASTAOASIS 2021-2022  
 NHTSA Recall ID Number : 22V244  
 Manufacturer : Nissan North America, Inc.  
 Subject : Headlight Aim May Be Misaligned/FMVSS 108  
 Make Model Model Years  
 NISSAN SENTRA 2020  
 NHTSA Recall ID Number : 22V245  
 Manufacturer : Volkswagen Group of America, Inc.  
 Subject : Missing Fuel Injector Filter May Cause Fuel Leak  
 Make Model Model Years  
 VOLKSWAGEN ATLAS 2021-2022  
 VOLKSWAGEN ATLAS CROSS SPORT 2021-2022  
 NHTSA Recall ID Number : 22V246  
 Manufacturer : General Motors, LLC  
 Subject : Driver's Air Bag Inflator May Explode  
 Make Model Model Years  
 BUICK ENCLAVE 2015  
 CHEVROLET TRAVERSE 2015  
 GMC ACADIA 2015  
 NHTSA Recall ID Number : 22V247  
 Manufacturer : Ford Motor Company  
 Subject : Head Restraint Cushion May Detach  
 Make Model Model Years  
 LINCOLN AVIATOR 2022  
 NHTSA Recall ID Number : 22V248  
 Manufacturer : Chrysler (FCA US, LLC)  
 Subject : Head Restraints Not Welded Properly/FMVSS 202  
 Make Model Model Years  
 JEEP COMPASS 2022  
 NHTSA Recall ID Number : 22V213  
 Manufacturer : Terex South Dakota, Inc.  
 Subject : Aerial Device Pivot Points Improperly Lubricated  
 Make Model Model Years  
 TEREX XT PRO 2020-2022  
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 MERCEDES-BENZ AMG CLA45 2020-2021  
 MERCEDES-BENZ AMG CLS53 2019-2020  
 MERCEDES-BENZ AMG E53 2019-2020  
 MERCEDES-BENZ AMG GLA35 2021

**INTERNATIONAL PAGES**

# WORD SEARCH

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

ANGEL  
CROSS  
EASTER  
EMPTY TOMB  
GOOD FRIDAY  
HOLY

HOPE  
JESUS  
KING  
CROWN OF THORNS  
SACRIFICE  
SUNDAY

RESURRECTION  
MARY  
MESSIAH  
RISEN  
SAVIOR  
LOVE

HOLIDAY  
SALVATION

# Health & Wellness

## 5 ways to boost bone strength early

The best prevention for bone-thinning osteoporosis begins early — during the first two decades of life, when you can most influence your peak bone mass by getting enough calcium and vitamin D and doing bone-strengthening exercise. If you are over age 20, there's no need to be discouraged. It's never too late to adopt bone-preserving habits.

5 ways to boost bone strength early  
3 simple ways to get more restful sleep  
Image: © Katarzyna Bialasiewicz | Dreamstime.com

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Get your copy of *Osteoporosis: A guide to prevention and treatment*

### Stroke

Each year, osteoporosis contributes to more than 2 million bone fractures in the United States. This Special Health Report, *Osteoporosis: A guide to prevention and treatment*, can help you keep your bones strong and healthy, and avoid fractures. It describes how you can prevent and treat osteoporosis through diet, exercise, and medications. You'll also find advice on choosing a calcium supplement, tips on fall-proofing your home, and help

with putting together a personalized plan to preserve or boost your bone strength.

If you are a man younger than 65 or a premenopausal woman, these five strategies can help you shore up bone strength as a hedge against developing osteoporosis.

**Monitor your diet.** Get enough calcium and vitamin D, ideally through the foods you eat. Although dairy products may be the richest sources of calcium, a growing number of foods, such as orange juice, are calcium-fortified. Fruits, vegetables, and grains provide other minerals crucial to bone health, such as magnesium and phosphorus.

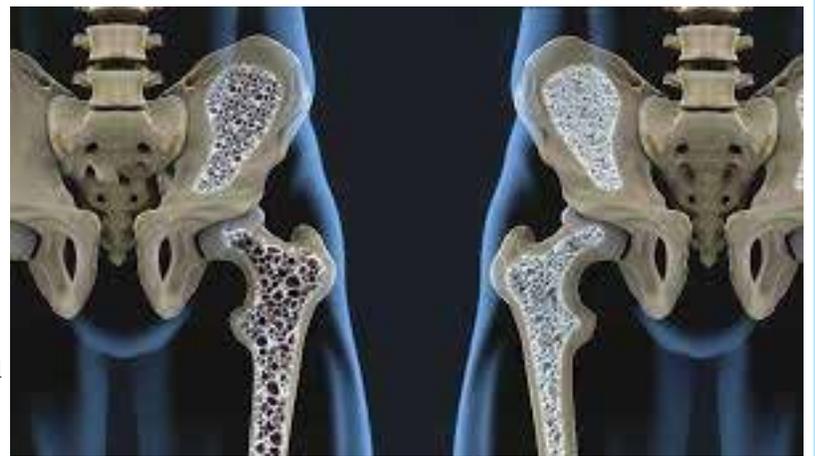
**Maintain a reasonable weight.** This is particularly important for women. Menstrual periods often stop in women who are underweight — due to a poor diet or excessive exercise — and that usually means that estrogen levels are too low to support bone growth.

**Don't smoke and limit alcohol intake.** Smoking and too much alcohol both decrease bone mass.

**Make sure your workouts include weight-bearing exercises.** Regular weight-bearing exercise like walking, dancing, or step aerobics can protect your bones. Also include strength training as part of your exercise routine.

Talk with your doctor about your risk factors. Certain medical conditions (like celiac disease) and some medications (steroids and others) can increase the chances that you will develop osteoporosis. It's important to talk with your doctor to develop a prevention strategy that accounts for these factors.

**What's your t-score?** Bone density scans for osteoporosis  
Several technologies can assess bone density, but the most common is known as dual energy x-ray absorptiometry (DEXA). For this procedure, a machine sends x-rays through bones in order to calculate bone density. The process is quick, taking only five minutes. And it's simple: you lie on a table while a scanner passes over your body. While this technology can measure bone density at any spot in the body, it is usually used to measure it at the lumbar spine (in the lower back), hip (a specific site in the hip near the hip joint), and femoral neck (the top of the thighbone, or femur). DEXA accomplishes this with only one-tenth of the radiation



exposure of a standard chest x-ray and is considered the gold standard for osteoporosis screening—though ultrasound, which uses sound waves to measure bone mineral density at the heel, shin, or finger, is also used at health fairs and in some medical offices.

The DEXA scan or ultrasound will give you a number called a T-score, which represents how close you are to average peak bone density. The World Health Organization has established the following classification system for bone density:

If your T-score is  $-1$  or greater: your bone density is considered normal.

If your T-score is between  $-1$  and  $-2.5$ : you have low bone density, known as osteopenia, but not osteoporosis.

If your T-score is  $-2.5$  or less: you have osteoporosis, even if you haven't yet broken a bone.

## 4 tricks to rev up your memory

Stay ahead of age-related changes in thinking skills by making the most of your brain's memory process.

Published: July, 2017

We all have moments of forgetfulness about where we put the keys, why we walked into a room, or what an object is called. Most likely, this reflects age-related changes in thinking skills. "In terms of brain function, everyone has a decline over time in all areas, with the exception of vocabulary," says Dr. Joel Salinas, a neurologist specializing

### How memory works

Memory involves three processes: encoding, recording, and retrieval. The brain receives and encodes (takes in) new information; the brain then records (stores) the information; finally, the brain retrieves information when you need it. Many brain regions are involved in this process. For example, the cerebral cortex — the large outer layer of the brain — acquires new information as input from our senses. The amygdala tags information as being worthy of storage. Nearby, the hippocampus stores memories. And the frontal lobes help us consciously retrieve information.

### The aging memory

Many people notice a difference in memory starting in their 50s. That's when age-

related chemical and structural changes can begin in brain regions involved with memory processing, such as the hippocampus or the frontal lobes. These changes may slow processing speed, making it hard to recall familiar names or words.

Other factors may be at play as well. "Working memory — a mental scratch pad that allows us to use important information throughout the day — is susceptible to depression, anxiety, and stress," explains Dr. Salinas, "and a lack of sleep can affect the brain's retention and use of information."

A medication side effect may also affect memory. For example, if you use an anti-anxiety drug like clonazepam (Klonopin), its sedating side effects can make your brain less alert and more sluggish. This in turn makes it more challenging for your brain to carry out the essential encoding, recording, and retrieval steps of memory. Dr. Salinas says addressing these problems first often helps improve memory.

### Memory tricks

Another way to boost memory is to make the most of the way it works. The following strategies may help.

1. Repeat what you hear out loud, such as someone's name, or an address, or a new idea. Repetition increases the likelihood you'll record the information and be able to retrieve it later. "With each repetition,

your brain has another opportunity to encode the information," explains Dr. Salinas. "The connections between brain cells are reinforced, much like blazing a trail in the woods. The more you walk the same trail, the easier it is to walk it the next time."

2. Make a note of people you need to call, errands to run, and appointments. "We are much better at recognition than recall," Dr. Salinas explains. "With recognition, such as reading a list, you have additional hooks or hints that help you find the information you're looking for."

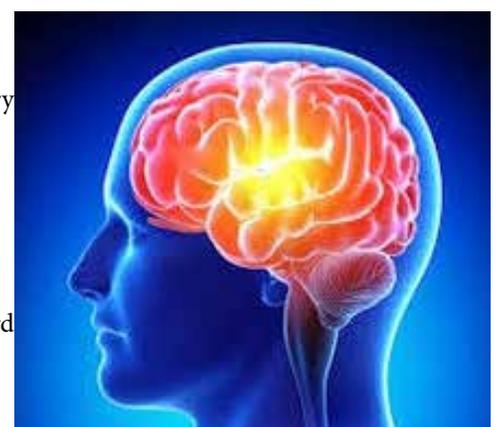
3. Make associations between old and new information. Connect a person's first name to something familiar. For example, if the person's name is Sandy, imagine that person on a beach. Or create a story around a shopping list. "Our brain is good at sequences, and putting things into a story helps. The more ridiculous, the more memorable it is. For example, if your list is milk, eggs, and bread, the story could be that you are having milk with Elvis over an egg sandwich," Dr. Salinas suggests.

4. Divide information into chunks, such as taking a long number and remembering it more like a phone number. "It's hard to store a long number," says Dr. Salinas, "but easier to store little bits through working memory." If you're trying to

memorize a speech for a wedding toast, focus on getting only one sentence or idea down at a time, not the whole speech in one take.

When tricks don't help

Forgetting something minor from time to time is probably normal. It's not normal when memory changes interfere with day-to-day functioning. Dr. Salinas recommends that you talk to your doctor if you're making more mistakes than usual at work; having difficulty paying the bills; or having trouble completing tasks, cooking, emailing, or doing chores. But don't panic. "More often than not, there's a temporary or reversible cause behind your memory slips. Once that's taken care of, you can get back to your more usual remembering self," says Dr. Salinas.



## Outdoor safety tips for spring

It looks like winter is finally coming to an end in most parts of the country. If the warmer weather means you'll be directing workers to get outside, clear winter debris, and get your facility ready for spring, make sure they do it safely.

### Safety tips for outside hazards—machinery, insects, heat, and more

Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.

Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.

Make sure equipment is working properly. Wear gloves to protect from skin irritations, cuts, and contaminants.

Use insect repellent containing DEET.

Follow instructions and warning labels on chemical and lawn and garden equipment. (As a reminder, if workers will be using consumer chemical products in amounts and/or frequencies that exceed typical consumer use, employers must obtain a safety data sheet (SDS) for the product, ensure that it is properly labeled, and train workers in its hazards and safe work practices.)

Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.

Keep an eye on the thermometer and take precautions in the heat.

When working in hot weather, remind workers to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.

Pay attention to signs of heat-related illness, including high body temperature,



headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.

And remember—if you hire a contractor for landscaping or other outdoor maintenance, it's important to inquire about the company's safety record and make sure

they train and require employees to follow safe work practices. They may not be on your payroll, but if a contract worker is injured at your facility, OSHA can cite and fine not only the contractor, but the host employer as well.

## Top 10 Spring Cleaning Safety Tips

Spring cleaning safety is not normally on people's minds when they begin to haul out all those cleaning supplies and equipment, but it should be.

Everyday we need to be careful when going about our household chores, but when you really start tearing the house apart and moving things around during spring cleaning, especially with all those cleaning supplies and equipment out, it is doubly important to keep safety in mind.

Top 10 spring cleaning safety tips {on Household Management SpringCleaning #SafetyTips CleaningTips use this Pin it button to save to Pinterest-31Save

1. Do not rush because you are tired or in a hurry.

This is really the most basic spring cleaning safety tip, and all the other ones, at least to a certain degree, stem from this one.

Spring cleaning can be tiring work. Do not forget safety even if you have worked hard all day and want to get done.

The better thing to do when you are exhausted is to stop and take a break, drink a glass of water, sit under a nice cool fan, and rest instead of being unsafe.

2. Be careful moving large pieces of furniture and appliances.

Use proper lifting technique, keeping you back straight and lifting with your legs.

Also, wear shoes when moving heavy items so you don't hurt your toes.

Finally, if you feel it is just too heavy and you can't find someone else to do it for you, just don't move it. It won't be the end of the world to just clean around it.

Always have spring cleaning safety in mind.

3. Be safe while on ladders and step stools. When doing a task, such as washing windows, where you need to be on a ladder use extreme caution.

Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder.

Also, have someone available to hold the ladder steady for you if possible, and make sure before you step on them that the rungs are not wet, and you are wearing non skid shoes.

4. Be careful when walking on wet surfaces. This spring cleaning safety tip is really important every time you clean.

Everyone knows how easy it is to slip on a wet floor. Make sure you take the proper precautions to keep from falling.

Also, make sure others in your family, including children, are also warned of the wet floor to keep them safe.

You may need to block small children's access to wet floors because they just don't understand not to run and slide on them.

5. Keep stairs, landings, and walkways clear of boxes, bags and other clutter. Spring cleaning is a great time to declutter your home, but you need to make sure all the boxes and bags of stuff you are getting rid of don't cause a safety concern.

Make sure you place them outside walkways and especially away from steps and stairs where someone may trip on them.

6. Don't carry too much stuff at once, especially on stairs. During spring cleaning you will also probably go up and down your stairs a lot carrying things if you live in a home with stairs.

Make sure you keep a hand free to hold



onto the stair railing.

Also, whether you have stairs or not, always make sure you can see over the load you are carrying so you do not trip.

7. Always follow cleaning product label safety instructions and recommendations. Cleaning supplies can create nasty fumes, so make sure you get some fresh air by opening windows, turning on the exhaust fan, or placing a fan in the room.

In addition, do not mix ammonia and bleach together, both of which are common household cleaners, because they create toxic fumes when combined.

When it doubt don't mix, just use one product to get the job done.

You should also wear rubber gloves to keep your hands from getting dry and cracked from the hot water and chemicals.

8. Wear a mask when cleaning dusty areas. This may seem like overkill to some, but if you are at all allergic to dust this tip is very important.

9. Do not leave buckets filled with water around your home. Even if you need to take a quick break make sure you empty that cleaning bucket, or at least put it in an inaccessible area.

Even small amounts of water are a drowning hazard for small children.

10. Put away all your cleaning supplies when you are done. When you finally finish your spring cleaning tasks for the day it is easy to say to yourself, "I'll put these away later," or "I am just going to use these again tomorrow, so I'm keeping them out."

Cleaning supplies are an attractive nuisance for our children and pets, something inviting that they should definitely not be getting into.

Put the cleaning products away in a child-proof cabinet for your children's safety and well-being as soon as you are done with them.

# Dharma Through Hindu Islam:

By Gulam Samdani



A time, that is beyond the comprehension of logic, normal ethical rules is a time of Tribulation, a time of Fitnah or the Kaliyuga.

Most humans have always depicted a behavior of sheep, their glory or lack of it has always depended on who was leading them.

Humans have always waited patiently or say stayed zombified waiting for their deliverance either through the likes of the many middle eastern Prophets or the Avatars from the land of Indus or Hindu.

The most recent non-mythical examples of these zombified states have been the holocaust committed by Hitler, the Armenian genocide by the Turks, and the Albanian genocide by Slobodan Milosevic in the Bosnian war. In all these situations, there was no way a man or a group of men could have accomplished the trauma without sheep minded citizens.

This zombified way of life is the normal condition of Human beings. Yes, there have been portions of time, when Humans have raised themselves above their sheep mentality and risen to reflect greatness. On the other hand, that greatness has always been due to able and rational leadership.

Now coming to India or Hindustan, the country has an interesting history. Apart from the Mauryan and Gupta empire the concept of bringing it under one rule over the whole (80-90%) is not there in recorded history. The concept of India always existed but under one central power did not materialize in major portions of its history before the Mauryan empire. There were big kingdoms such as Nanda empire, but they never materialized more than 40 percent of land. After the Gupta empire whose glory ended in 467 CE, there were no big empire building efforts within India. Most of the kingdoms were either satisfied with border skirmishes or never catapulted to the status of an Empire. The first external invasion after that of Alexander beyond the Hindu Kush was of Arabs, but that too got stalled in Sindh due to the Jealousy of the Caliph with Mohammed bin Qassim the General that won Sindh in 711CE. In around 1192 CE the first external breakthrough occurred at the hand of Mohammed Ghor. Invasions and foreign empires continued after that, first under the Persian banner followed by the Afghan Mughals and finally the British. The Afghan Mughal empire established under Babur was slightly different, since they did not have any place to fall back, so there was a sense of belonging to India at the onset of the Mughal empire. But for over the past 900 years approximately major portions of India have been under a foreign banner.

In the years after independence from foreign rule and after the hurtful partition, first an ardent effort was made to evolve the sheep via movies and songs of unity, and then the whole atmosphere was churned towards segregation based on religion once the Hindu Identity the

Inheritors of India gained complete Power from the Pseudo secular corrupt congress.

A popular slogan among the Hindu Identity of Hindustan, that in 1947 a Muslim identity was created and that was Pakistan. If someone wanted to follow that identity, then they are free to move to Pakistan.

A very easily conveyed statement but in reality, a very hard and impossible one. Even if this was Ok and acceptable to the 204 million Muslims, how would this even happen.

At the time of Partition when the possibilities were most feasible only 650,000 Muslims migrated. So, what is the solution for Muslims? Specially since 75 percent of Muslims of India live in abject poverty and very low education standards.

The biggest fact hidden behind language differences and political alienation of Muslim is that 99 percent of these Muslims of India are Hindu by lineage and those that became Muslims at the hands of Sufi saints and are not the children of some Mohammed Ghor or Babur. These original Muslims of India existed even before the coming of Mohammed Ghor, interestingly they were following the non-political Sufi Islam. Also, major portion of these were from the low caste communities of India at that time. An attraction the low caste unlearned felt, they felt valued by the Muslim Sufi Saints that had travelled from far and were not like the learned of India that were divided from them by the caste system.

In any people there is a usual attachment to the local Heroes of folklore, and this was kind of missing in the lower caste communities of India. There was very prevalent caste system in India and the low caste communities were not allowed in temples and neither gained knowledge. I believe this to be to the primary reason that original Muslims of India the Hindu low caste Muslims did not stand or concern themselves with purification of the Hindu land heroes like Shri Ram and Shri Krishna.

Considering the return of India to its original segregated view of society, and the establishment of the Hindu identity of India, what should be path of the Muslims of Hindu India.

The solution is in reclaiming Shri Ram, Shri Krishna and the many heroes of the Indus that have been lost to deviant beliefs and ideas within Hindustan. Many may scoff at this idea; on the other hand, this is most feasible and rightful of solutions.

Muslims of India need to make Shri Ram, Shri Krishna, Maa Durga, Hanuman as their Heroes and Sheroes. Spread the message of their heroism, their Dharma. Swell the call of Jai Shri Ram, Jai Shri Krishna and all the Heroes and Sheroes such that the Himalayas shake to ascertain the true nature of these valiant people.

Maybe the One & Only, the Brahman the Allah wants to put these great people in their rightful spot in earth again. It is time to enlighten the identity of Shri Ram as the able ruler, the perfect

son, the good Husband, and a defeater of the ones who raised their egos to God like status. It is time to shine his real identity of the humble, and benevolent that protected the Saints and ate in the hut of Beri the tribal lady.

Similar is the story of Shri Krishna, as he establishes Dharma and does not blink from defeating the ego of his own uncle that had become a God in itself. Then goes on to establish dharma on the battlefield of Mahabharata. It is time the Indian Muslims claimed their true Heroes, Sheroes and saved them from the false identities that have been built around them.

Be it Kali or Durga or Narasimha, these are all characters of benevolence, great bravery, and inspiration. Most importantly they all were the tools of the One & Only, The Brahman, The Allah to establish Justice, honor and to defeat the egoistic Gods of their times.

Claim with honor that we love and follow Shri Ram more than anyone in the land of Hindu, be the character that symbolized Shri Ram and Shri Krishna.

It is time to purify these names again and this purification can happen only from the tongues and actions of the Muslims the true Advaitis/ Duwaitis of India.

Instead of trying to purify the blood ridden swords of Ghor, Babur and many other invaders, Indian Muslim effort should be towards establishing the true Hindu Islam in India through Advaita as symbolized by the knowledge of the greats like Shankaracharya, or the Duwaita of Ramanuja, or the spiritualistic flavor of Buddha. This effort is a long struggle and will have to begin with Muslims becoming proficient in the Vedic knowledge and the traditional Hindu Literature. This will help them lead the effort to purification of the Hindu traditions, its Heroes and Sheros. Sadly, without education there is no path forward. This is the same path that was taken first by early Jewish converts and in a major way done by Persians, who literally took over Islam from the Arabs through their efforts in knowledge and learning the religion of Arabs to the point that the major thought process of Islam was written, analyzed and documented by Persians. This path can make the Muslims of India the most important Hindus of the Hindu world of India, just like it made the Persians the most important Muslims of the Muslim world.

It is this effort of theirs that will give them their rightful place in the land of Hindustan. As they would have established the rightful Hindu Islam for the land of Hindustan and purified the names of the benevolent tools of Brahman, The Allah, the One & Only.

# N. Chandrababu Naidu

**Nara Chandrababu Naidu** (born 20 April 1950) is an Indian politician who has been Chief Minister of Andhra Pradesh since 2014. He is the first chief minister of the state since it was divided. Previously he served as Chief Minister of united Andhra Pradesh from 1994 to 2004, before the state was divided, and as the Leader of the opposition in the united Andhra Pradesh Legislative Assembly from 2004 to 2014. He is currently the National President of Telugu Desam Party. Naidu has won a number of awards, including IT Indian of the Millennium from India Today, Business Person of the Year by The Economic Times, South Asian of the Year from Time Asia and membership in the World Economic Forum's Dream Cabinet. Naidu chaired the National IT Panel under the NDA government and was described as one of the "hidden seven", working wonders around the world, by Profit (Oracle Corporation's monthly magazine)

## Early life and education

Naidu was born on 20 April 1950 at Naravari Palle, Chittoor district, Andhra Pradesh in an agricultural family. His father, N. Kharjura Naidu, worked in agriculture and his mother Amanamma was a housewife. Since his village had no school, Naidu attended primary school in Seshapuram until class five and the Chandragiri Government High School until class nine. He went to Tirupati for his higher education, studying there from class 10 until he received his master's degree. Naidu completed his BA degree in 1972 and before enrolling in an MA program in economics at SVU College of Arts. In 1974, he began work towards a PhD under D. L. Narayana (Andhra Pradesh Finance Commission chairman), researching the economic ideas of N. G. Ranga. Naidu did not complete his PhD, instead he involved in politics. Chandrababu Naidu was also offered honorary professorship by Kellogg School of Management in 2000.

## Early political career

Naidu was drawn to politics at an early age, and joined Youth Congress as a student leader in Chandragiri, near Tirupati. After emergency was imposed on the country in 1975, he became close supporter of Youth Congress president, Sanjay Gandhi.

### Legislative career, 1978–1983

Naidu became a Congress (I) member of the Andhra Pradesh legislative assembly (MLA) for Chandragiri constituency in 1978. The party's 20% quota for youth to run for the office was beneficial for Naidu on that occasion. Not long afterwards, he was appointed as technical education and cinematography minister in T. Anjaiah's government at the age of 28. He was the youngest minister in the Congress(I) cabinet. As the cinematography minister, Naidu came in contact with N. T. Rama Rao, popularly known as NTR, a popular film star in Telugu cinema. In 1980, he married Bhuvanawari, NTR's third daughter.

## Telugu Desam Party

See also: Telugu Desam Party  
In 1982, NTR formed the Telugu Desam Party (TDP) and swept the assembly polls held in 1983. Naidu, who was then still in the INC, was defeated by a TDP candidate in Chandragiri. He joined the TDP soon after.

### Rise in the party

Naidu got the chance to show his political skills in August 1984, when Nadendla Bhaskara Rao staged a coup against NTR. He rallied the TDP MLAs together, and paraded them before the President of India. NTR was reinstated as the chief minister of Andhra Pradesh 31 days later. Impressed with his son-in-law's manoeuvres, NTR appointed Naidu general secretary of the party and he began playing an important role in the TDP after Rao's coup attempt. Later Naidu staged a coup against NTR to become Chief Minister which resulted in NTR's death. He

was publicly criticized by NTR in mainstream media before his final days. NTR regretted his decision in nurturing a turncoat like Naidu and appealed to the people of Andhra Pradesh not to support him. NTR accused Naidu of bribing his party M.L.A.s in-order to facilitate a coup against him. Naidu has been hailed by many as Chanakya for his extraordinary political skills.

## Legislative career, 1989–1994

In the 1989 assembly election, Chandrababu Naidu contested from Kuppam and won by 5,000 votes. INC however had regained power in the election so Naidu had to sit in the Opposition. He served as coordinator of the Telugu Desam Party, in which capacity he effectively handled the party's role of main opposition in the assembly which won him wide appreciation from both the party and the public. His role during this phase both inside the Legislative Assembly and outside was a critical factor for the subsequent success of the party at the hustings.

## As Chief Minister (1995–2004)

Dark-haired man giving gifts to grey-haired man

Naidu greets Bill Clinton in 2000

As chief minister, Naidu advocated short-term sacrifice to turn Andhra Pradesh into an Asian tiger over the next 20 years. He slashed food subsidies (among other things), and raised power tariffs. Both Bill Clinton (President of the United States at the time) and Tony Blair (Prime Minister of the United Kingdom at the time) visited Hyderabad and met with Naidu whilst he was chief minister.

Aparisim Ghosh of the American news magazine, Time commented, "In just five years, he has turned an impoverished, rural backwater place into India's new information-technology hub", and the magazine named him South Asian of the Year.

### Vision 2020

Naidu produced a vision statement, "Vision 2020", with US consultants McKinsey & Company which proposed:

Universal, low-cost education and healthcare

Rural employment

Replacement of small investors with large corporations

By Implementing Vision 2020, Naidu has privatised the health care and education of the state and has also indirectly did his best to drive out the small farmers from the farmlands so that the big corporations can do large scale farming similar to western countries. He literally said agriculture is not sustainable / profitable in current conditions and farmers have to find other options for living. This is one of the major reasons for losing elections in 2004.

Middle-aged man listening to two younger men  
Naidu in discussion with students as chief minister of Andhra Pradesh

### 1999 election victory

The Telugu Desam Party, led by Naidu, won a majority in the state legislature: 185 of 294 seats in the Assembly and 29 of 42 in the 1999 general election, making it the second-largest party in the BJP-led NDA coalition government. Hyderabad development

Naidu discussed his plan to develop the state of Andhra Pradesh by making the major cities showpieces for foreign investment especially in "key sectors such as information technology, biotechnology, healthcare and various outsourcing services". He coined the slogan "Bye-bye Bangalore, hello Hyderabad" to further this aim. Microsoft Corporation has established a software-development center in Hyderabad, the second such center outside Seattle. Naidu encouraged other global IT companies (IBM, Dell, Deloitte, Computer Associates and Oracle) to move to Hyderabad, making presentations to global CEOs convincing them to invest in Hyderabad. Large round building, with cross-hatched superstructure

Hi-Tech City, the crown jewel of Naidu, in Hyderabad

In his tenure by end of the financial year 2003–04 software exports from Hyderabad reached \$1 billion and it becomes a fourth largest exporting city in the country. By 2013–14 exports had grown by more than 10 times, employing about 320,000 people directly working in this IT & ITES fields in Hyderabad alone.

2003 assassination attempt  
On 1 October 2003 Naidu survived a land-mine blast, escaping with a fractured left collarbone and hairline fractures of two right ribs. The blast occurred about 16:00 IST when Naidu was traveling in a convoy to the Lord Venkateswara temple in the Tirumala hills for the annual Brahmotsavam festival. State Information Minister B. Gopalakrishna Reddy, Telugu Desam legislator and Ch. Krishnamurthy and driver Srinivasa Raju were also injured. Telugu Desam legislator Bojjala Gopala Krishan Reddy was seriously injured. Naidu tried to gain sympathy among voters by telecasting a series of advertisements related to the incident. He used a slogan "This new life is for the sake of People" to take it to the masses. However, people rejected him and voted in favor of Congress.

### 2004 election defeat

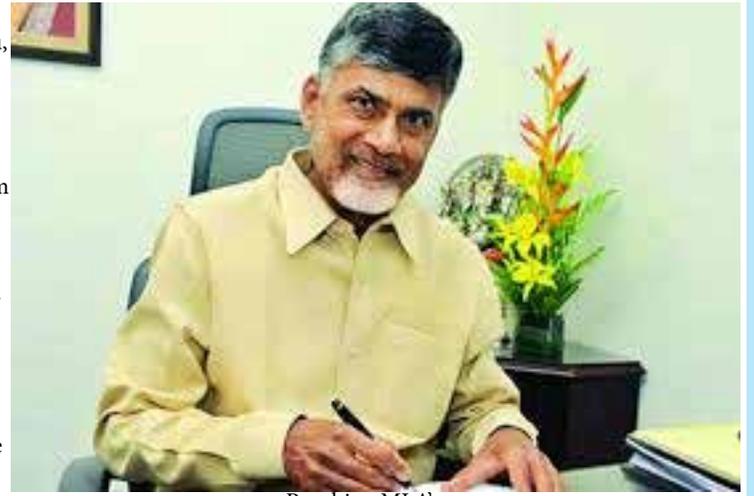
The Telugu Desam Party (led by Naidu) failed to retain power after two successive wins, winning 47 of 294 seats in the state assembly and five of 42 in the Lok Sabha. While many of his ministers lost, Naidu won decisively in Kuppam. Despite claiming to develop Hyderabad to the fullest during his tenure, Naidu failed to win a single seat in Hyderabad.

## Reasons

According to Naidu, the 2004 election loss was primarily due to a severe drought and anti-incumbency sentiment. Being a farmers son, He ignored the large rural population with his policies, failing to reach poor voters. His administrative policies on farmers, poor and middle-class resulted in a large number of suicides. 2014 Elections Victory  
The Telugu Desam Party (led by Naidu) alliance with Bharatiya Janata Party and Jana Sena Party returned to power, in the state of Andhra Pradesh winning 102 seats out of 175 seats. Naidu led TDP to an outright majority in the state of Andhra Pradesh, but lost to TRS in the region of Telangana which had earlier become the newest state of India on 2 June as per the Andhra Pradesh Reorganisation Act, 2014. Chandrababu Naidu took oath as the first Chief Minister of the residuary state of Andhra Pradesh at Mangalgi in the grounds of Acharya Nagarjuna University near Guntur.

### Heritage Foods

The Heritage Group was founded in 1992 by Chandra Babu Naidu. In the year 1994, HFL went to Public Issue to raise resources, which was oversubscribed 54 times and its shares are listed under B1 Category on BSE (Stock Code: 519552) and NSE (Stock Code: HERITGFOOD). The company was accused of doing money laundering and high profile corruption. After Naidu became Chief Minister of residual Andhra Pradesh, Heritage stocks rose steeply leaving no clue. Sunrise State  
After the division of Telangana from Andhra Pradesh, The state was forced to have a new capital and distribute it development unlike Hyderabad With Amaravathi decided as a with having its ITSEZ - Special Economic Zone. As part of the developments he has started a program called AP Cloud Initiative



### Poaching MLAs

Naidu was accused by the opposition parties for poaching 22 of YSRCP's M.L.A.s. Assembly speaker Kodela Sivaprasad, who is responsible to take action by disqualifying these M.L.A.s supported the move on Naidu's pressure. Naidu paid huge amounts of cash to each of these M.L.A.s for defecting into his party. A case has been petitioned by the opposition party on Naidu in High Court and is still under investigation.

## Demolishing Holy Temples

Naidu's officials demolished close to 30 Hindu temples, five of them fairly big in Vijayawada. Among the 30 temples, the Seethammavari Padalu, Saneeswara Swamy, and Dakshina Mukha Anjaneya Swamy temples are prominent places of worship in Vijayawada. The manner in which these temples were razed to the ground hurt the sentiments of the devotees and drew a very sharp reaction from the seers.

### Personal life

Chandrababu Naidu is married to N.T. Rama Rao's 3rd daughter, Bhuvanawari. The couple have a son, Lokesh, who is married to Brahmani (eldest daughter of Nandamuri Balakrishna, N.T. Rama Rao's son)

## Achievements

At 28, the state's youngest assembly member and minister. Longest serving Chief Minister of Andhra Pradesh before the formation of the new Indian State Telangana. First Chief Minister of the newly formed state of Andhra Pradesh from 8 June 2014. Longest-serving leader of opposition in the Andhra Pradesh assembly. Voted IT Indian of the Millennium in a poll by India Today and 20:20 Media. He was named "SOUTH ASIAN OF THE YEAR" by the TIME Magazine, USA. He was described as one of the Hidden Seven working wonders around the world, by Profit, a monthly magazine published by Oracle Corporation, US. Business Person of the Year by Economic Times. He was called as "CEO of Andhra Pradesh". The Pune-based organisation, Bharatiya Chatra Sansad, in partnership with MIT School of Governance, has honoured him with "Aadarsh Mukhyamantri Puraskar" (Model CM Award) in its 6th annual session on 30 January 2016. Transformative Chief Minister Award' in May 2017



## A German Gentleman Klaus Wenger An Example of Honesty

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

In 1978, I bought an old two colour car Standard Ten from Professor of IIMB by availing car loan from the company. My wife went to work by car and I use to commute by Company's transport which avoided dependence of unreliable public transport. My wife, user of the car had left the maintenance and upkeep to me and I was as per my reputation was not up to the mark and often end up pushing the vehicle to petrol pump with my wife at the wheels. Once, it so happened that she was driving and due to brake failure, she drove straight into some body's house damaging car as well as the compound wall of the house and luckily, only car was damaged and with the help of friends in NIAC, the car was completely reconditioned with very little contribution of mine as it was comprehensively insured.

Saturday evenings, the family would drive up to Vidhana Soudha and sit and watch the beautifully lit granite sculpted building, perhaps one of the very few public buildings built after independence, and enjoy eating the south Indian savouries. Saturday evenings, the family would drive up to Vidhana Soudha and sit and watch the beautifully lit granite sculpted building, perhaps one of the very few public buildings built after independence, and enjoy eating the south Indian savouries. The idea of the Vidhana Soudha came along with a wave of nationalist sentiment that swept post-Independent India. The administrative offices were initially based out of Attara Kacheri (today's High Court building built by the British in 1868). A plan for our own structure to house the legislature was mooted during the tenure of Karnataka's first chief minister KC Reddy. Prime Minister Jawaharlal Nehru laid the foundation stone on July 13, 1951. However, it was Hanumanthiah (Reddy's successor) who set the wheels in motion. The Karnataka Legislative Assembly website records that almost all the 5000 unskilled labourers were convicts lodged in the central prison, who were given freedom after the completion of Vidhana Soudha. Then apart, 1500 chisellers, masons and wood carvers were also employed for the construction.

In 1982, I was posted as Export Manager, North Africa and the life at Algiers was all found materially and professionally. The local German Manager of Lufthansa was a good friend and encouraged me to fly Lufthansa transiting through Frankfurt during my travels abroad. Perhaps, in return, one day he brought me a yellow



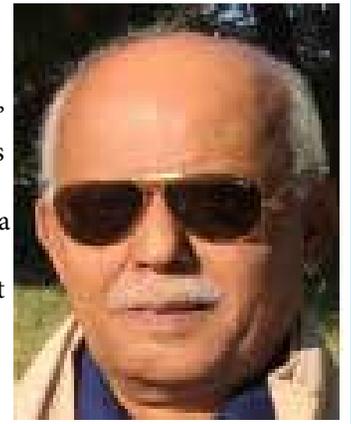
plastic card with my name printed on it and designated as "Frequent flyer" and convinced me that I have earned sufficient points to be part of program. The card apart from entitling me for free tickets allowed me to free use of Lufthansa lounges at all the German airports with free drinks and snacks, a great privilege those days. We use to get periodic flyers and points accrued and my wife was keenly following the account. As soon as sufficient points had accrued, that summer we planned and took the journey for a week to Frankfurt, Stuttgart-Hamburg-Frankfurt and back. The family was excited since it was a week's stay and their first tour to Europe. Hamburg was chosen because my batch mate was the Export Manager for HHEC based at Hamburg and he had made arrangements for our stay at his apartment itself as he was staying alone and there was enough room to accommodate us. Just before, leaving for Airport at Algiers, I telephonically enquired with Lufthansa whether the flight is on time. I can never forget the German airport officer who replied with pride "Sir we are always on time".

We had another ex-Air India friend settled near Stuttgart and we decided to visit him too. After a couple days stay at Hamburg, I called him from local telephone booth and he gave some directions to reach the suburb he was residing. As I was completing the call my little daughter was ceaselessly knocking the booth door, so I just got out and carried her, then we decided to have some coffee and then leave for friend's house. We sat in the nearby café, had coffee and some snacks and had almost spent an hour. The waiter brought the bill, suddenly I realised that my pouch which had all passports, nearly 3000 USDs and tickets was missing. I was shell shocked and explained the situation to the waiter who suggested to go and look for it, me and my wife took two different routes to reach the telephone booth which was nearly a km away. As I was approaching the booth, I saw a old German standing near the booth holding the pouch and waving at me as I was approaching the booth. He greeted me and introduced himself as Klaus Wenger and said handing

over the pouch, "I found the pouch inside the booth and I knew you would come searching for it, please open and check whether everything is in as you had left." I took the pouch opened and saw everything was in tact, thanked him profusely and offered to compensate him in any way acceptable to him, he refused and said "You are from India and visiting Deutcheland as tourists and let me know if you need any further help". We spent some time with him in the café and left for our destination and we took the flight to Hamburg after meeting our friend from Air India. The Author with his batchmate from IIMB Mr. Ashwathanarayan at Hamburg in 1983.

Ashwath was at the Hamburg airport to receive us, took us to his place, we all cooked some Indian food that night and ate. Next few days, Ashwath, my host took us all to touristic spots including Dolphin Show, Lake, Market Platz, Zoo and many other places. Hamburg is a beautiful port city worth visiting.

In the evening, me and Ashwath had planned to take some adventurous tour to Reeperbahn and so bluffed my family that we have to meet another friend in nearby place and as such we would be late and not to bother about us. Ashwath had told me some background of the place which was frequented by sailors and tourists who are hungry and starved for sex. We both walked through a foot ball stadium sized ground where hundreds of young looking girls in white fluorescent dress, introducing themselves whenever a potential client passes by and indicating their nationality and price. The amusement was more to watch the whole place which was like a highly organized market without any middlemen. After passing through the place, we decided to have food which he offered to host with plenty of beer. He chose a table for two and I realised that it was a night club seeing a well lit stage, after some time the lights in the seating area were dimmed and strip tease by a belle started with music. I was surprised to see both men and women were dining and enjoying the show, the dancer would hover around some bald pates and even kiss on them making them excited. The show ended with last piece of lingere thrown at the public and to my horror, I found her to be she male. That has been my last into a night club pitied Ashwath for throwing away good amount of Deutche Marks to entertain his batch mate from IIMB



# Mukesh Ambani

Mukesh Dhirubhai Ambani (born 19 April 1957) is an Indian business magnate who is the chairman, managing director and largest shareholder of Reliance Industries Limited (RIL), a Fortune Global 500 company and India's most valuable company by market value. He holds a 44.7% stake in the company RIL deals mainly in refining, petrochemicals, and in the oil and gas sectors. Reliance Retail Ltd., another subsidiary, is the largest retailer in India. He is the elder son of the late Dhirubhai Ambani and Kokilaben Ambani and the brother of Anil Ambani. As of January 2018, Mukesh Ambani was ranked by Forbes as 18th-wealthiest person in the world, with a net worth of \$43.2 billion. In 2016, he was ranked 38, and is the only Indian businessman, on Forbes' list of the world's most powerful people. As of 2016, Ambani has consistently held the title of India's richest person on the magazine's list for ten years. Through Reliance, he also owns the Indian Premier League franchise Mumbai Indians. In 2012, Forbes named him one of the richest sports owners in the world. He resides at the Antilia Building, one of the world's most expensive private residences. Its value is close to \$1 billion. As of 2015, Ambani ranked fifth among India's philanthropists, according to China's

## Early life

Mukesh Dhirubhai Ambani was born on 19 April 1957 to Dhirubhai Ambani and Kokilaben Ambani. He has a younger

brother, Anil Ambani, and two sisters, Dipti Salgaonkar and Nina Kothari. The Ambani family lived in a modest two-bedroom apartment in Bhuleswar, Mumbai until the 1970s. Dhirubhai later purchased a 14-floor apartment block called 'Sea Wind' in Colaba, where, until recently, Mukesh and Anil lived with their families on different floors.

He attended the Hill Grange High School at Peddar Road, Mumbai, along with his brother and where Anand Jain, his close associate, was his classmate. He received his BE degree in Chemical Engineering from the Institute of Chemical Technology (UDCT), Matunga. Mukesh later enrolled for an MBA at Stanford University but withdrew to help his father build Reliance, which at the time was still a small but fast growing enterprise.

## Business career

In 1980, the Indian government under Indira Gandhi opened PFY (polyester filament yarn) manufacturing to the private sector. Dhirubhai Ambani applied for a license to set up a PFY manufacturing plant. In spite of stiff competition from Tatas, Birlas and 43 others, Dhirubhai was awarded the licence. To help him build the PFY plant, Dhirubhai pulled his eldest son Mukesh out of Stanford where he was studying for his MBA. Mukesh Ambani then continued to work for Reliance and did not return to his university program after that. He led Reliance's backward

integration from textiles into polyester fibres and further into petrochemicals, beginning in 1981.

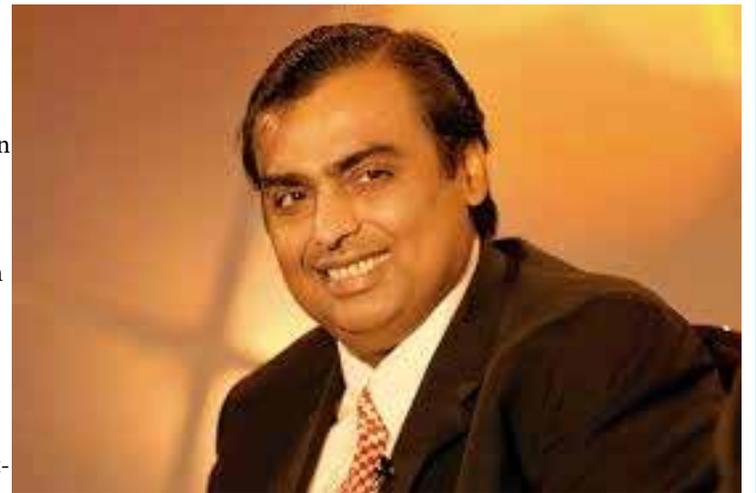
Mukesh Ambani set up Reliance Infocomm Limited (now Reliance Communications Limited), which was focused on information and

communications technology initiatives.

Ambani directed and led the creation of the world's largest grassroots petrefinery at Jamnagar, India, which had the capacity to produce 660,000 barrels per day (33 million tonnes per year) in 2010, integrated with petrochemicals, power generation, port and related infrastructure. In December 2013 Ambani announced, at the Progressive Punjab Summit in Mohali, the possibility of a "collaborative venture" with Bharti Airtel in setting up digital infrastructure for the 4G network in India. In February 2014, a First Information Report (FIR) alleging criminal offences was filed against Mukesh Ambani for alleged irregularities in the pricing of natural gas from the KG basin. Arvind Kejriwal, who had a short stint as Delhi's chief minister and had ordered the FIR, has accused various political parties of being silent on the gas price issue. Kejriwal has asked both Rahul Gandhi and Narendra Modi to clear their stand on the gas pricing issue. Kejriwal has alleged that the Centre allowed the price of gas to be inflated to eight dollars a unit though Mukesh Ambani's company spends only one dollar to produce a unit, which meant a loss of Rs. 540 billion to the country annually.

On 18 June 2014, Mukesh Ambani, addressing the 40th AGM of Reliance Industries, said it will invest Rs 1.8 trillion (short scale) across businesses in the next three years and launch 4G broadband services in 2015.

In February 2016, Mukesh Ambani-led Jio launched its own 4G smartphone brand named LYF. In June 2016, it was India's third-largest-selling mobile phone brand. During the 40th annual general meeting



of RIL, he announced bonus shares in the ratio of 1:1 which is the country's largest bonus issue in India, and announced the Jio Phone at an effective price of As of February, 2018, Bloomberg's "Robin Hood Index" estimated that Ambani's personal wealth was enough to fund the operations of the Indian federal government for 20 day

## Board memberships

Member of Board of Governors Institute of Chemical Technology, Mumbai  
Chairman, managing director, Chairman of Finance Committee and Member of Employees Stock Compensation Committee, Reliance Industries Limited  
Former chairman, Indian Petrochemicals Corporation Limited

Former vice-chairman, Reliance Petroleum

Chairman of the board, Reliance Petroleum

Chairman and Chairman of Audit Committee, Reliance Retail Limited.

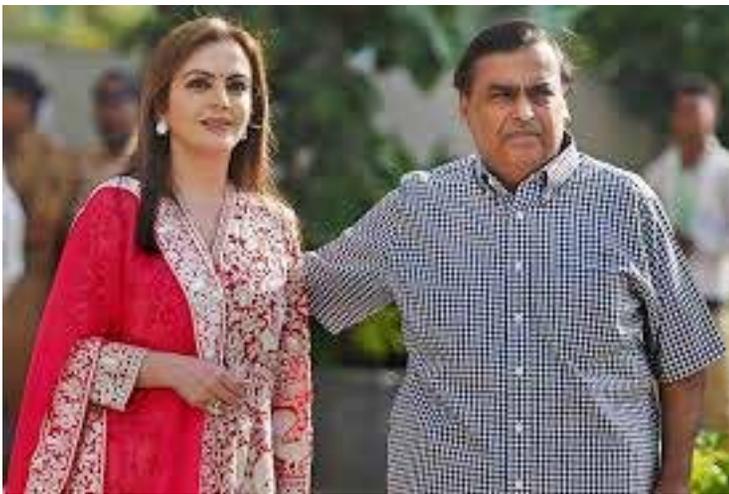
Chairman, Reliance Exploration and Production DMCC

Former Director, Member of Credit Committee and Member of Compensation & Benefits Committee, Bank of America Corporation[39]

President, Pandit Deendayal Petroleum University, Gandhinagar, Gujarat

## Personal life

Mukesh is married to Nita Ambani and has two sons, Anant and Akash, and a daughter, Isha. They live in a private 27-storey building in Mumbai named Antilia valued at US\$1 billion and it is said to be one of the most expensive homes ever built. In an interview with Rajdeep Sardesai in March 2017, Mukesh said that his favourite food continued to be idli sambar and his favourite restaurant remains Mysore Café, a restaurant in Kings circle (Mumbai) where he used to eat as a student at UDCT from 1974 to 1979. During the fiscal year ending 31 March 2012, Mukesh reportedly, decided to forgo nearly 240 million from his annual pay as chief of Reliance Industries Ltd (RIL). He elected to do this even as RIL's total remuneration packages to its top management personnel increased during that fiscal year. This move kept his salary capped at 150 million for the fourth year in a row. Mukesh Ambani is a strict vegetarian and teetotaler



# Ram Gopal Varma

Ram Gopal Varma is an Indian film director, screenwriter and producer, known for his works in Telugu cinema, Bollywood, and television. Varma directed films across multiple genres, including parallel cinema and docudrama noted for their gritty realism, technical finesse, and craft. Regarded as one of the pioneers of new age Indian cinema, Varma garnered the National Film Award for scripting the political crime drama, *Shool* (1999). In 2004, he was featured in the BBC World series *Bollywood Bosses*. In 2006, Grady Hendrix of *Film Comment*, published by the Film Society of Lincoln Center, cited Varma as "Bombay's Most Successful Maverick" for his works on experimental films. Varma is known for presenting the Indian Political Trilogy, and the Indian Gangster Trilogy; film critic Rajeev Masand had labeled the series as one of the "most influential movies of Hindi cinema. The first installment of the trilogy, *Satya*, was also listed in CNN-IBN's 100 greatest Indian films of all time. Varma's recent avant-garde works include hits such as the dramatized re-enactment of "Rayalaseema factionism" in *Rakta Charitra* (2010), the "2008 Mumbai attacks" in *The Attacks of 26/11* (2013), the "Operation Cocoon" in *Killing Veerappan* (2016), and the "Vijayawada riots" in *Vangaveeti* (2016).

Starting his career as a civil engineer, he made an entry into Telugu cinema with the path-breaking crime thriller, *Siva* (1989) screened at the 13th International Film Festival of India, and has garnered Varma, the state Nandi Awards for Best direction, Best first film of a director, and the Filmfare Award for Best Film – Telugu. Subsequently, the film was included in CNN-IBN's list of 100 greatest Indian films of all time. Varma's next movie *Kshana Kshanam* (1991) was screened at the Ann Arbor Film Festival. The sleeper hit won him another Nandi Award for Best Direction, and the Nandi Award for Best Screenplay Writer. The 1993 political drama, *Gaayam* received six state Nandi Awards. In 1999, He directed *Prema Katha* for which he received his third Nandi Award for Best Director. Early years

In an interview to *Tehelka*, Varma talked about his relationship with his parents and the reasons behind his decision to become a filmmaker.

From my parents' perspective, I looked like a useless bum. It was the truth. I had no objective. I was just fascinated by people, so I used to study their behaviour. I was most fascinated by the bullies in my classroom. They were like gangsters for me. They had the guts to push around people, do things I couldn't—perhaps did not even want to do myself. But I'd want a friend like that (laughs). I used to

adulate them like heroes. That was my first touch with anti-socialism. Over a period of time, I developed a low-angle fascination for larger than life people. I was always a loner – not because I was unhappy, but because I live away from myself, not just others. I like to study myself – the way I am walking, talking, behaving. My constant obsession with studying myself and other people is perhaps the primary motivation for me to be a filmmaker.

Varma completed BE in Civil engineering from V.R. Siddhartha Engineering College, Vijayawada. Even during this period, Varma remained a film buff, through his uncle. Varma would skip classes often and watch films instead. He would watch the same film repeatedly "just to watch certain scenes which interested him." According to him, that is how he learned film direction.

After a brief stint as a site engineer for Krishna Oberoi hotel in Hyderabad, he put his dreams on the back burner and decided to go to Nigeria to make some money. It was at this moment that he visited a video rental library in Hyderabad. He loved the idea and decided to start one of his own at Ameerpet in Hyderabad, through which he slowly developed connections with the film world. Without being successful as a fourth assistant director in B. Gopal's film *Collector Gari Abbai*, Varma directly ventured into film direction, with the 1989 Telugu film, *Siva*.

International acclaim  
Rachel Dwyer, a reader in world cinema at the University of London-Department of South Asia, marked Varma's *Satya* as an experiment with a new genre, a variation of film noir that has been called *Mumbai Noir*, of which Varma is the acknowledged master. In 2010, Varma received critical acclaim at the Fribourg International Film Festival, Switzerland; a retrospective of his filmography, highlighting *Mumbai Noir* was staged by film critic Edouard Waintrop, a delegate in the Directors' Fortnight of the Cannes Film Festival. *Satya* and *Company*, in particular, were cited by British director Danny Boyle as influences on his Academy Award-winning film *Slumdog Millionaire* (2008), for their "slick, often mesmerizing portrayals of the Mumbai underworld", their display of "brutality and urban violence", and their gritty realism.

In 2005, Varma directed the Godfatheresque-Sarkar, another super-hit thriller inspired by the life of Bal Thackeray and North Indian politics, which was screened to special mention at the New York Asian Film Festival, along with its sequel *Sarkar Raj*, which premiered at the 2008 Cannes Film Festival and the 9th IIFA World Premiere-

Bangkok, and was archived at the Academy of Motion Pictures library. In 2013, he directed a docudrama, *The Attacks of 26/11*, showcased to critical acclaim at the

Berlin International Film Festival, in the Panorama as well as the Competition section, and was premiered at Films Division of India. The film received highly positive reviews, with critics praising Varma's narrative of assistant commissioner N. R. Mahale, and the discrepancies associated with Mahale's interaction with Ajmal Kasab on anti terrorism. Film craft and style

Varma's craft is influenced by Russian-American playwright Ayn Rand, and European authors Friedrich Nietzsche, James Hadley Chase and Frederick Forsyth, as well as by *Mad* magazine. Varma's first runaway hit in Hindi cinema was *Shiva* (1990), the remake of his 1989 film *Siva*. Varma introduced the steadicam to Indian cinema with *Siva*. Later, He garnered attention in Bollywood with the romantic comedy film, *Rangeela* (1995) starring Aamir Khan. The film won seven Filmfare Awards. *Rangeela* was later remade in Hollywood as *Win a Date with Tad Hamilton!*.

He then directed *Satya* (1998), which won six Filmfare Awards, including the Critics Award for Best Film. In 2005, *Indiatimes Movies* included *Satya* in its list of 25 Must See Bollywood Movies. *Satya* was showcased among the Indian Panorama section, at the 1998 International Film Festival of India. Varma received the Bimal Roy memorial award for best direction for this film. In the same year, he co-produced *Dil Se...*, directed by Mani Ratnam, screened at the 1999 Berlin Film Festival, and won the Netpac Award, as well as two National Film Awards and six Filmfare Awards. *Satya*, together with his 2002 film *Company* (which he directed, won three IIFA Awards, seven Filmfare Awards, and a Bollywood Movie Award for best direction, and was premiered at the 2004 Austin Film Festival) and the 2005 film *D* (which he produced), were also featured in the Fribourg International Film Festival, and the New York Asian Film Festival. Experimental films

In 1991, Varma experimented with the supernatural thriller, *Raat*, and the 1992 Neo-noir, crime film *Drohi*, and gained positive reviews from critics. During the years between his trilogy, from *Satya* in 1998 to *D* in 2005, Varma implemented different film genres in his craft. In 1999, he directed *Kaun*, a suspense thriller set entirely in one house and featuring only three actors, and *Mast*, a subversion of Hindi cinema's masala genre. In 2000, he directed *Jungle*, set entirely in a jungle, for which he was nominated for the Star Screen Award for Best Director. In 2003 he directed another supernatural thriller *Bhoot* on the lines of his earlier hit *Raat*. *Bhoot* became a major hit at the box office, [66] and Varma was nominated for the Filmfare Best Director Award for the film. *Bhoot* was followed by even more horror movies, including hit films such as *Darna Mana Hai* (2003), *Darna Zaroori Hai* (2006), and *Phoonk* (2008), gaining Varma the status of star of the Indian horror genre. Other experimental productions of Varma include *Ek Hasina Thi* (2003), a psychological thriller, and *Ab Tak Chhappan* (2004), a film about an inspector in the Mumbai Encounter Squad noted for having killed 56 people in encounters. In 2006, he re-made a new installment of *Shiva*, which was screened at the New York Asian Film Festival, where in a retrospective featuring Varma's experimental hits such as *Company*, *Ek Hasina Thi*, *Ab Tak Chhappan*, *Sarkar*, *Contract*, and *Shabri*



was staged. *Shabri* was also screened at Rome Film Festival 2010 film on media, *Rann* was screened at Toronto International Film Festival. A two-part bilingual Parallel cinema *Rakta Charitra* (2010), on the theme of South Indian politics, was based on the life of Paritala Ravindra, and *Maddela Cheruvu Suri*; the film received praise from critics.

Mainstream

Varma started his career in the Telugu film industry as an assistant director on the sets of films such as *Collector Gari Abbai* and *Rao Gari Illu*. His father Krishnam Raju Varma, was a sound recordist at the Annapurna Studios. Varma met Nagarjuna Akkineni at the studios, and narrated a scene to the actor which impressed him. The result of their collaboration was a film on the criminalisation of student politics – *Siva*. It was a commercially successful film that gave Varma an opportunity to demonstrate his technical expertise and story telling skills. *Kshana Kshanam* with Venkatesh, *Gaayam* with Jagapathi Babu and *Anaganaga Oka Roju* with J.D. Chakravarthy were successful. *Govinda Govinda* with Nagarjuna proved to be a moderate success at the box office. During this period, Varma produced films such as *Money and Money Money*. Other box office hits by Varma in Telugu include *Gulabi* (1995); *Madhyanam Hathya* (2004); *Rakta Charitra* (2010), *Dongala Mutha* (2011), *Rowdy* (2014), *Ice Cream* (2014). Varma introduced online auction based film distribution model for this venture, and tasted success.

Varma's notable mainstream works in Hindi cinema include *Daud* (1997), *Darna Zaroori Hai* (2006), *Nishabd* (2007), *Darling* (2007), and *Phoonk* (2008). Bollywood film makers such as Anurag Kashyap, Madhur Bhandarkar, Puri Jagannadh, E. Nivas, Prawaal Raman, Krishna Vamsi, Vishram Sawant, and Hansal Mehta assisted Varma, before venturing into direction. In 1993, he scripted the Tamil thriller *Thiruda Thiruda*, screened at Toronto International Film Festival. In 2015, Varma was fined for Rs 10 Lakhs, for an alleged copyright violation with the film *Aag* (2007). He made his directorial debut in Kannada cinema with the thriller *Killing Veerappan*.

Non-film work

Ram Gopal Varma with Suriya on the sets of *Rakta Charitra*

Television

Ram Gopal Varma made his debut in Television through a Talk Show titled *Ramuism*. The show is being aired on Tollywood channel since September 2014. The show is noted for its fresh and witty appeal. The show focuses on Varma's Point of View on social issues such as Education, Religion, Mythology, Children, Crime, Death, Anger, Godmen, Woman, Philosophy, Cinema etc. The show is hosted by Swapna, the managing director of Sakshi TV.



# Aziz Mian Qawwal

Aziz Mian Qawwal (17 April 1942 – 6 December 2000) was one of Pakistan's leading traditional qawwals and also famous for singing ghazals in his own unique style of qawwali. Aziz is still one of the most popular qawwals of South Asia, and he has given us many Qawwali hits. He holds the record for singing the longest commercially released qawwali, Hashr Ke Roz Yeh Poochhunga, which runs slightly over 115 minutes

## Early life and background

Aziz Mian was born as Abdul Aziz in Delhi, British India. The exclamation Mian, which he often used in his qawwalis, became part of his stage name. He began to introduce himself as Aziz Mian Meeruthi. The word Meerut refers to Meerut, a city in northern India, from which he migrated to Pakistan in 1947.

At the age of ten, he began learning the art of Qawwali under the tutelage of Ustad Abdul Wahid Khan of Lahore. He received sixteen years of training at the Data Ganj Baksh School of Lahore, and earned degrees in Urdu literature, Arabic and Persian from the University of Punjab, Lahore.

## Career

Aziz Mian was one of the non-traditional Pakistani Qawwals. His voice was raspy and powerful. Aziz Mian was the only prominent qawwal to write his own lyrics (though, like others, he also performed songs written by other poets). Aziz Mian was a contemporary, and often a competitor, of The Sabri Brothers.



His break-out performance was in 1966, when he performed before the Shah of Iran, Mohammad Reza Pahlavi. He won first prize and a gold medal from the Shah of Iran. In the early days of his career, he was nicknamed Fauji Qawwal (meaning "Military Qawwal") because most of his early stage-performances were in military barracks for the army personnel. He was known for a "more recitative, more dramatic diction" and was inclined toward qawwali's religious rather than entertainment qualities, though he also enjoyed success in more romantic qawwalis.

He was fond of discussing religious and Sufi paradoxes in his qawwalis. He directly

addressed Allah and complained about the misery of man (the greatest creation of the Almighty). In addition to his own poetry, Aziz Mian performed poetry by Allama Iqbal, and a number of contemporary Urdu poets, including Sadiq, Saifuddin Saif and Qateel Shifai. Awards an recognition

For his service in music, the Government of Pakistan awarded him the Pride of Performance medal in 1989.

## Death

Aziz Mian died from complications of hepatitis in Tehran, Iran on 6 December 2000 (10 Ramadan Mubarak). He was in Iran at the invitation of the Government of Iran, to perform on the occasion of

Imam Ali's death anniversary. He is buried in Multan, on the brink of Nau Bahar Nehar [Canal]. His death anniversary (Urs) is celebrated every year on the first Thursday of May, the Urs celebrations commence with the 'Ghusal' ceremony conducted by Mian Saheb's son Shibli Aziz and Rasm e Sandal of Baba Nadir Hussain famously known as 'Tootan Wali Sarkar' who is a murid of Aziz Mian. The Urs celebrations continue for three days, starting with 'Ghusal' followed by 'Chadar Poshi' and 'Mehfil e Samaa' (Urdu: Mehfil-e-Samaa of Qawwali ('samaa' means the listening audience in Urdu and Arabic). Around seven to eight qawal groups perform. The Celebration terminates after the last ritual of 'Qul'. The Urs (death anniversary) celebration are organized by Shibli Aziz Mian, who is more interested in mysticism and Sufi traditions. He is promoting and propagating these spiritual heritage of his father and have a quite a number of disciples [Mureed's] and followers.

## Family

Aziz Mian had four sons Junaid, Tabreiz, Imran and Faran who all followed in his footsteps. They are very similar in style to Aziz Mian himself and like other sons of famous qawwals (Amjad Sabri for example, or Waheed and Naveed Chishti), they perform many of their father's hits. Tabreiz is however considered to be the closest to his father's style. His looks and his style are a mirror image of his father. Tabreiz also toured North America for a tribute to Aziz Mian Qawwal.



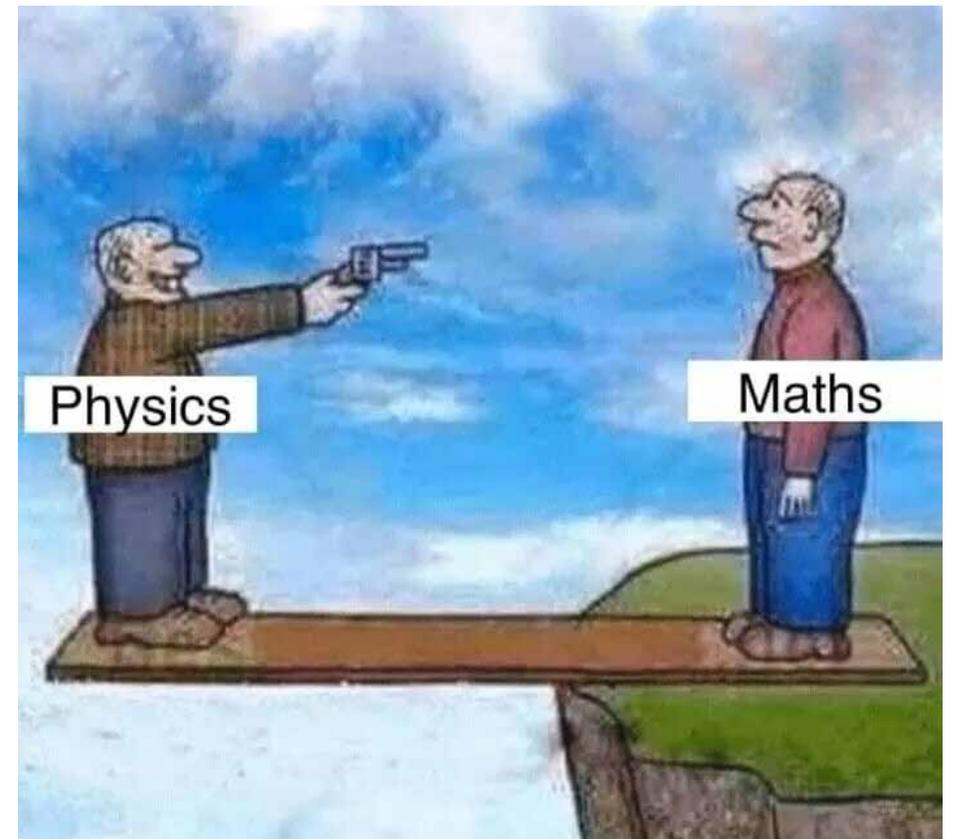
Junaid Aziz Mian Qawwal, son of Aziz Moian Qawwal, performing live on stage in Lahore,



Delighted to attend the grand Daawat-e-Ramzaan in Hyderabad hosted by my Daughter-in-law Anam& Son Abbas Wishing them the best of everything !



South India's famous motivational speaker and teacher Mrs.#Sabarimala converted to Islam and visited Saudi Arabia for Umrah. She said, "I asked myself why so much hate against Muslims in this country, I started reading Quran as a Neutral person. Then I know The Truth. Now I Love Islam more than myself" She requesting Muslims to introduce Quran to everyone around. She said, "You people have Wonderful Amazing Book hiding in your homes. World must Read this"

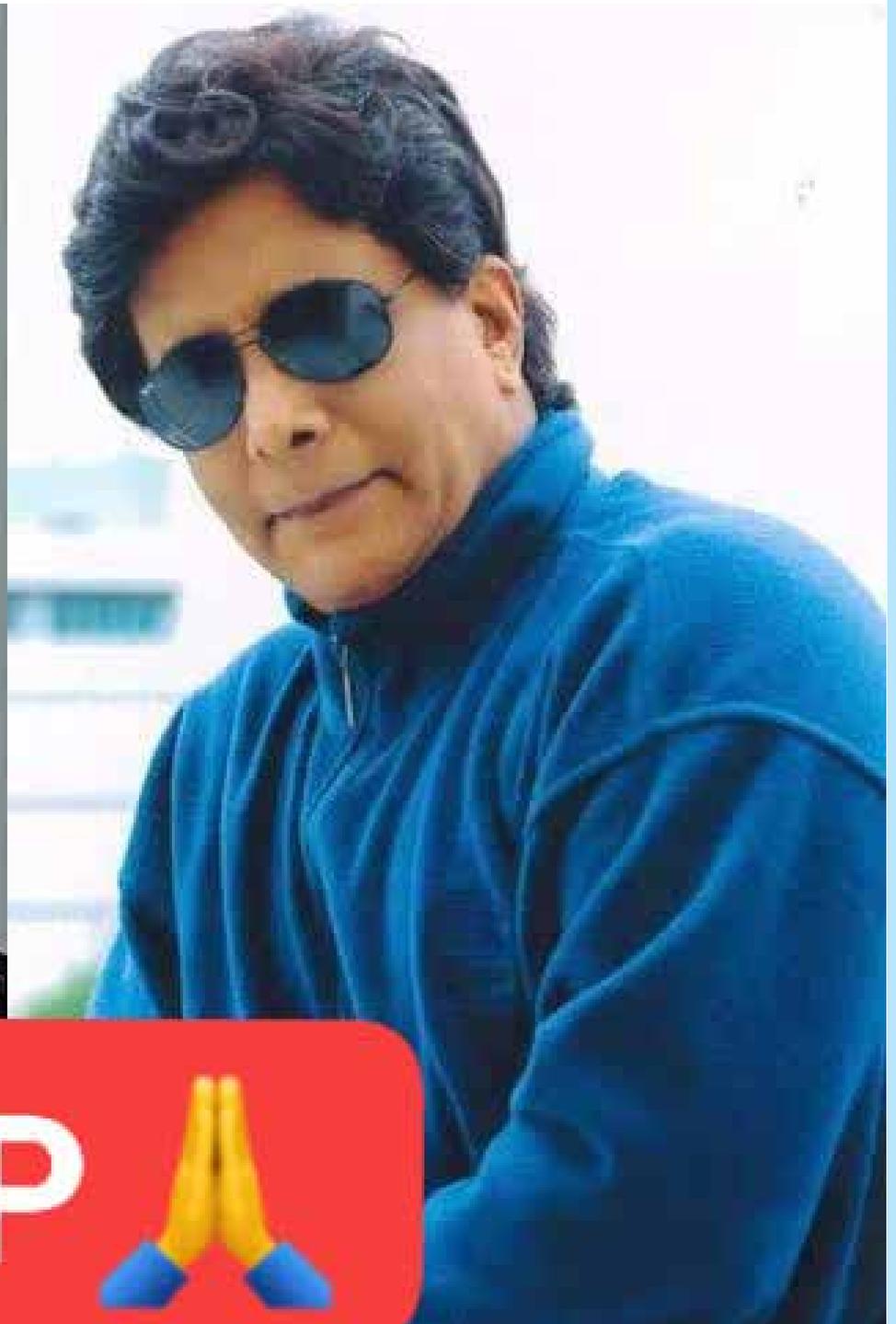
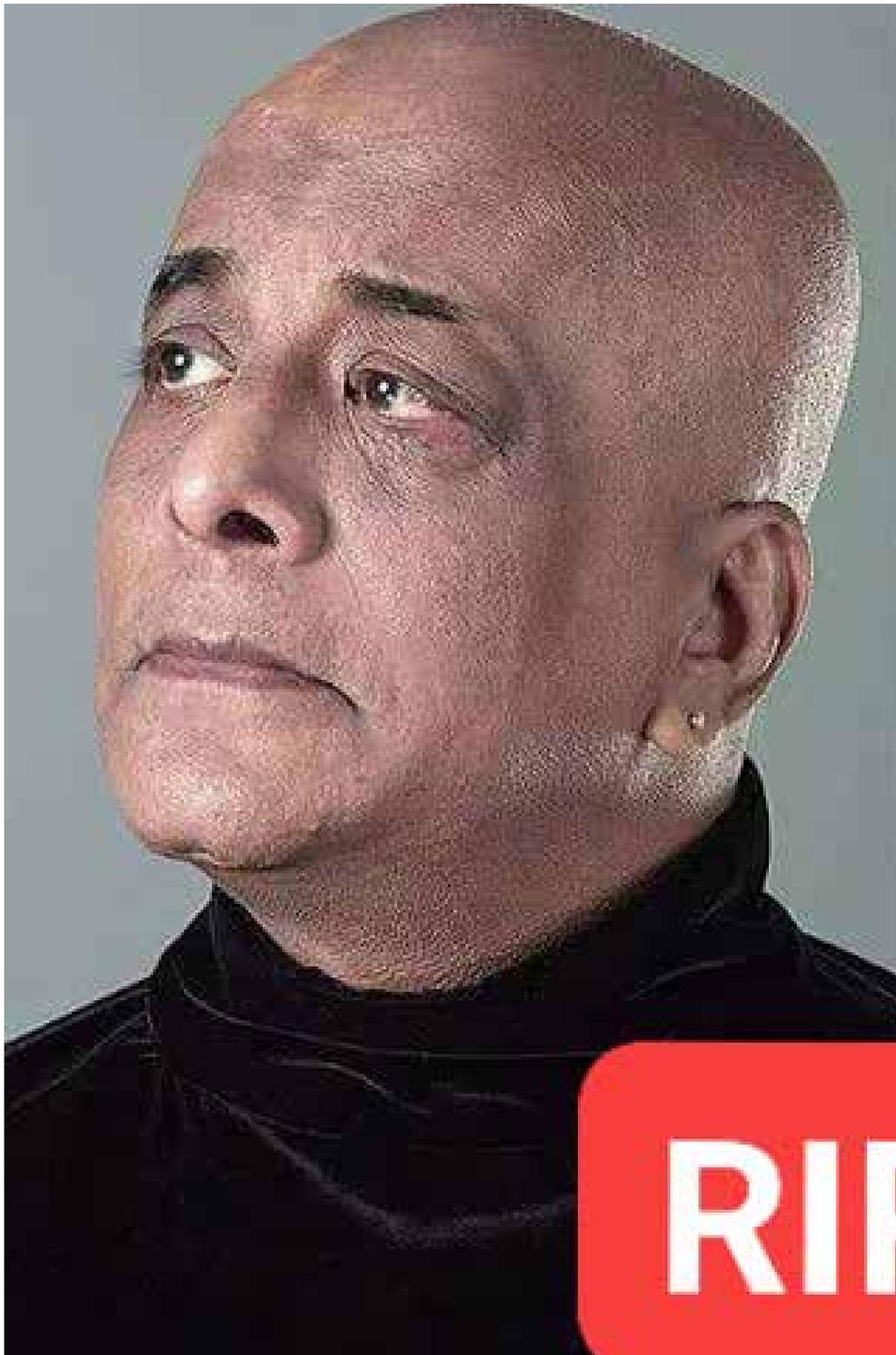


Without your base even you can't survive

## List of Bollywood films of MAY 2022

Opening	Title	Director	Cast
6	<i>Rocket Gang</i>	Bosco Martis	Aditya Seal • Nikita Dutta
	<i>Mere Desh Ki Dharti</i>	Faraz Haider	Divyendu • Anupriya Goenka • Anant Vidhaat • Inaamulhaq • Brijendra Kala
	<i>Thar</i>	Raj Singh Chaudhary	Harshvardhan Kapoor • Anil Kapoor • Fatima Sana Shaikh • Satish Kaushik • Mukti Mohan
13	<i>Jayeshbhai Jordaar</i>	Divyang Thakkar	Ranveer Singh • Shalini Pandey
	<i>Aankh Micholi</i>	Umesh Shukla	Sharman Joshi • Mrunal Thakur • Abhimanyu Dassani • Paresh Rawal • Abhishek Banerjee • Divya Dutta • Darshan Jariwala • Grushna Kapoor • Vijay Raaz
20	<i>HIT: The First Case</i> Remake	Dr. Sailesh Kolanu	Rajkummar Rao • Sanya Malhotra
	<i>Bhool Bhulaiyaa 2</i>	Anees Bazmee	Kartik Aaryan • Tabu • Kiara Advani
	<i>Mrs Chatterjee Vs Norway</i>	Ashima Chibber	Rani Mukerji
	<i>Dhaakad</i>	Razy Ghai	Kangana Ranaut • Arjun Rampal • Divya Dutta
27	<i>Anek</i>	Anubhav Sinha	Ayushmann Khurrana

## ACTOR SALIM GHOUSE PASSED AWAY



RIP



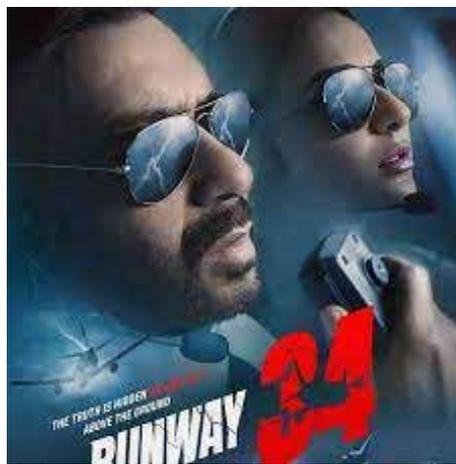
## Ajay Devgn's 'Runway 34' LEAKED online

Ajay Devgn, Amitabh Bachchan and Rakul Preet Singh starrer 'Runway 34' hit the theatres on April 29. The film has been receiving good reviews from the audience. However, hours after the release of the film in theatres, it has been leaked online by the website Tamil Rockers.

According to the reports, piracy websites like Tamil Rockers, Movirulz and more have released the camera print of the film on their portal. The film is also available on Torrent for download. recommended by

Meanwhile, 'Runway 34' is directed and produced by Ajay Devgn, which is his second directorial venture since 'Shivaay' in 2016. The

film is inspired by the true event of the Jet Airways Doha to Kochi flight 9W 555, a Boeing 737-800 aircraft that had a narrow escape on 18 August 2015, after facing difficulties in landing at the Cochin International Airport due to bad weather and unclear visibility at 5:45 in the morning.



**Pakistani Singer Mehak Ali**  
**Featured on New York's**  
**Times Square**

f    i    t    in    www

## Isha Talwar: Brilliant actors like Rishi Kapoor don't need their co-actor's help



Today marks an emotional day for the entire Bollywood industry as it has been exactly two years since legendary actor Rishi Kapoor has left an unavoidable void in the hearts of his million fans. One of them is actress Isha Talwar who grew up watching him on the big screen like many of us and shared screen space with Rishi Kapoor in his swansong 'Sharmaji Namkeen'.

Recalling memories of Rishi ji, she shared her thoughts with ETimes in an exclusive chat... How did it feel to be a part of Rishi Kapoor's last film?

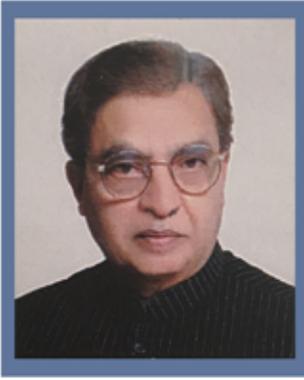
It has been very special to be a part of 'Sharmaji Namkeen'. We have been at it for a really long time so we are really happy that it's finally out and everyone has seen it.

There have been a lot of good reviews for the film. For me, this is a really special story. From the moment I had the go-ahead for the film, I knew this was going to be a very sweet film. I got to be a girl-next-door in the film which is rare in my case. I enjoyed that it was Hitesh (Bhatia) directing me for the first time. There was Rishiji in the film and then Suhail (Nayyar), too. Indeed it was special.

سدا بہار، سبق آموز مذہبی سماجی و اخلاقی بنیادوں کا انمول و نادر خزانہ

گل بو کی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

27 جیسا کرو گے، ویسا بھرو گے

اُردو حکایت:

کہا جاتا ہے کہ ایک ظالم سپاہی نے ایک درویش کے سر پر پتھر مارا۔ درویش بیچارہ بدلہ لینے کی طاقت نہیں رکھتا تھا اس لئے صبر کے گھونٹ پی کر خاموش ہو گیا۔ کچھ عرصہ بعد بادشاہ نے کسی بات پر ظالم سپاہی کو کنویں میں قید کر دیا۔ درویش کو خبر ہوئی تو وہ کنویں پر آیا اور اُس کے سر پر وہی پتھر مارا اور کہا کہ میں تیرے مرتبے سے ڈرتا تھا مگر اب موقع ملا ہے تو بدلہ لے رہا ہوں۔ داناؤں نے کہا ہے کہ جب تو کسی نا اہل کو صاحب اختیار دیکھے تو عقلمندی کا تقاضہ یہی ہے کہ صبر کر۔ فولادی بازوں سے زور آزمائی کر کے اپنی نازک کلائی کو تکلیف نہ پہنچا۔ صبر کر یہاں تک کہ زمانہ اس ظالم کے ہاتھوں کو باندھ دے اور وہ اپنے مرتبے اور اختیار سے محروم ہو جائے۔ پھر تو اپنے دوستوں کے مشورہ اور مقصد کے مطابق اس کا مغز پھوڑ دے۔ اُسے سزا دے اپنا بدلہ لے۔

منظوم ترجمہ:

اگر تجھ میں نہیں طاقت کسی سے بدلہ لینے کی  
ٹہر جا تو! کرے گا وقت زائل اُس کی طاقت کو



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

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اوج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انساں کے لئے نہایت فائدہ مند ہے۔

اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گلستاں و بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے نثری و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم اجرائی کا اہتمام زیر ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تراجم دُنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور بوستاں سے بو) گلستاں اور بوستاں کی منتخب مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اُردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ”ایشیانا نغمہ کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

# کورونا سے لڑتے ڈاکٹر

ڈاکٹر اور کامران علی



بشیر احمد (نام تبدیل کر دیا گیا ہے) مشی گن کے مشہور و معروف بزنس مین اور بے پناہ سیاسی اثر و رسوخ کے مالک ہیں۔ انکے بہت سے نرسنگ ہومز، ہیلتھ کیئر کمپنیاں پورے ملک میں پھیلی ہوئی ہیں۔ آج ان سے کورونا کے حوالے سے بات چیت ہو رہی تھی تو انھوں نے بتایا کہ انکے اپنے سیکڑوں کی تعداد میں میڈیکل اسٹاف کو این 95 ماسک اور پی پی ای (personal protective equipment) کی بے حد ضرورت تھی۔ انھوں نے اپنے یہودی پارٹنر سے لاکھوں کی تعداد میں ماسک اور پی پی ای آرڈر کئے تاہم ہوائی جہازوں اور کسٹم کی گبڑی ہوئی صورتحال کے تحت وہ پہنچ نہیں پائے۔ اب یہ بشیر صاحب کی کاروباری ساکھ اور کریڈیٹ بیلٹی کا مسئلہ تھا۔ انھوں نے یہودی پارٹنر سے اس کا گلہ کیا، اس پارٹنر نے اسرائیلی ایل آل (EI AI) سے ایک پسنجر جہاز 737، سات لاکھ ڈالر میں چارٹر کیا، وہ جہاز تل ابیب سے چین پہنچا اور وہاں سے سارا سامان لیکر ڈیٹرا ایٹ، مشی گن پہنچا۔ اس وقت جب یہ کالم لکھا جا رہا ہے، اس جہاز سے سامان آف لوڈ کیا جا رہا ہے۔ ایسے ہوتا ہے کام اور ایسے نکالتے ہیں راستے جب پرواہ ہوتی ہے۔

پورا پاکستان ہماری دل ہے لیکن مادر علمی ہونے کے باعث، نشتر ہسپتال اس دل کی دھڑکن ہے اور آج پتا چلا کہ نشتر کے محض وارڈ نمبر گیارہ کے پندرہ ڈاکٹر، آٹھ نرسیں اور میڈیکل اسٹاف کورونا وائرس کا شکار ہو چکا

ہسپتالوں میں مربوط پالیسی بنانے کی ضرورت ہے۔ کل ٹی وی پر نشتر ہسپتال کے کاؤنٹر پر لوگ ایک دوسرے پر چڑھے ہوئے تھے؛ سوشل فاصلے کا خیال رکھنا کس کی ذمہ داری ہے؟ ڈاکٹروں کو ایک دوسرے سے فاصلے پر رہنا ضروری ہے، اگر کوئی "اللہ مالک ہے" یا جو لکھی ہے آئی ہے یا پاکستانی وائرس امریکہ سے کم خطرناک ہے جیسے ڈائلاگ بولتے ہوئے بداحتیاطی کرے تو اسے گھر بھیج دیں، شاباش جاؤ اور یہ سوغات اپنے گھر جا کر بانٹو دوسرے ڈاکٹروں اور عملے کو محفوظ رکھو۔ جہاں تک پیسے کی کمی کا تعلق ہے، ہسپتال کے وارڈ کو جزوی طور پر گود لیا (adopt) جاسکتا ہے؛ مثلاً اگر وارڈ نمبر گیارہ کا ایک مہینے کا ماسک اور پی پی ای کا خرچہ دو لاکھ روپے ہے اور اگر ایک لاکھ روپے اس وارڈ کے پروفیسر، ایسوسی ایٹ اور اسٹنٹ پروفیسر کر لیں تو باقی ایک لاکھ روپیہ ماہانہ کے لئے ڈونرز ڈھونڈے جاسکتے ہیں اور اس سلسلے میں امریکہ کے ڈاکٹر مدد کر سکتے ہیں۔ یاد رہے یہ زندگی موت کا کھیل ہے کوئی منور نجن نہیں؛ شوگر اور کولیسٹرول کا خیال نہ رکھنے والے اپنی موت مرتے ہیں جبکہ کورونا کا مریض پچاس اور کومریض بنا سکتا ہے، مار سکتا ہے۔ دعا ہے کہ یہ سب صحت یاب ہو جائیں!

کالم لکھنے کے بعد آج کی کم از کم خوشگوار خبر یہ ہے کہ حکومت نے نشتر ہسپتال کو اڑھائی کروڑ روپے دیئے ہیں تاکہ وہ ٹیسٹ کٹس اور حفاظتی سامان خرید سکے۔ شکریہ



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

کروڑ اور مرسدیز خرید لینے والے ڈاکٹر، دس ہاؤس آفیسرز کو پی پی ای اور ماسک روزانہ کی بنیاد پر نہیں دے سکتے؟ کیا نرسوں اور دیگر اسٹاف کے لئے مقامی میجر حضرات مدد نہیں کر سکتے؟

۲۔ سپلائی کیوں نہیں آ رہی؟ بشیر احمد کا کہنا ہے کہ پوری دنیا کو پی پی ای اور ماسک کی سپلائی چین سے آ رہی ہے جو کہ ہمارا ہمسایہ اور بہترین دوست ہے۔ پوری پی آئی اے زمین پر بیکار کھڑی ہے، کیوں ناں کارگو کے طور پر استعمال کر کے ڈاکٹروں کو حفاظتی سامان مہیا کیا جائے؟ سرحد کے اس پار جانے میں کتنا کہ پٹرول خرچ ہو جائے گا؟ آخر کیا امر مانع ہے؟

ان سب سے بڑھ کر ہے احتیاط۔ اسی بلاگ پر گزشتہ دو کالم اور ویڈیوز اسی سلسلے میں پوسٹ کی گئیں۔ دوبارہ پڑھیں اور سوچیں کہ نشتر کی ہی مثال دی گئی تھی اور آج کیا ہو رہا ہے؟ پوری دنیا چیخ رہی تھی کہ احتیاط کریں اور ہم نے مذاق بنا رکھا تھا۔ بڑے بڑے ڈاکٹرز کے کورونا کے متعلق بیان سن کر دماغ دنگ رہ جاتا ہے۔ آج یہ عالم ہے کہ صفائی کا عملہ اور خاکروب تک بھاگ گئے ہیں۔ ہماری عظیم نرسیں اور دلیر ڈاکٹرز خود یہ کام بھی کر رہے ہیں۔ کورونا پازیٹو ڈاکٹروں اور میڈیکل اسٹاف کے لئے پہلے مناسب حفاظتی آلات نہیں تھے، اب مناسب قرطینہ نہیں۔ مزید برآں ان ڈاکٹروں کے متبادل ڈاکٹر کیسے علاج کریں گے؟

یہ بیماری جلدی جانے والی نہیں؛ نہ کوئی علاج ہے اور نہ ویکسین۔ امریکہ تک میں برا حال ہے لیکن کم از کم اب ڈاکٹروں کو حفاظتی سامان کی شکایت نہیں۔ پاکستان کے

ہیں جبکہ ٹوٹل سترہ ڈاکٹر اور نرسیں پازیٹو آئی ہیں۔ پولیس مفت کے سیلوٹ مارنے کو تیار ہے لیکن جب یہ ڈاکٹر حکومت سے پی پی ای اور ماسک مانگتے ہیں تو وہی پولیس سیلوٹ کی بجائے ڈنڈے مارتی ہے جیسا کہ کونڈے میں ہوا۔ یاد رہے یہی پولیس جسکا خود کا کام ڈاکٹروں سے لڑنا ہے، ایک چھوٹے سے چھوٹو گینگ سے لڑنے سے انکار کر چکی ہے کہ انکے پاس اس لیول کی تربیت اور ہتھیار نہیں ہیں لیکن جب تربیت یافتہ ڈاکٹر اپنے "ہتھیار" مانگتے ہیں تو انھیں کیا ملتا ہے؟ دھتکار اور مارا آپ براہ مہربانی اپنے سیلوٹ اپنے پاس رکھیں؛ ان ڈاکٹروں کو مطلوبہ سامان مہیا کریں۔ کتنے ہی جواں سال پہلے ہی موت کے منہ میں جا چکے ہیں۔

جب سوال یہ کیا جاتا ہے کہ نشتر ہسپتال میں پی پی ای اور ماسک کیوں نہیں ہیں؟ تو جواب آتا ہے

۱۔ پیسے نہیں ہیں

۲۔ سپلائی نہیں آ رہی

۱۔ جناب پیسے کیوں نہیں ہیں؟ حکومت پنجاب نے بجٹ ایک ارب سے دو ارب کر دیا، بیرون ملک سے ڈاکٹرز بھی امداد بھیج رہے ہیں لیکن کیا تین کروڑ سے زائد آبادی کا علاج کرنے والا نشتر ہسپتال، بیرون ملک کے ڈالر یا پاؤنڈ کے انتظار میں اپنے ڈاکٹروں کو موت کے منہ میں جانے سے نہیں روکے گا؟ نشتر میں زیادہ سے زیادہ پانچ سو ڈاکٹر کام کرتے ہیں جن میں سے ہاؤس آفیسر اور پی پی جی آرزو کو نکال کر باقی سب خوشحال ہیں اور اپنے لئے ماسک اور پی پی ای خرید سکتے ہیں۔ اور جہاں تک ہاؤس آفیسر کا تعلق ہے، کیا تین تین کروڑ کیش پر لینڈ

# مزاج میں نرمی پیدا کریں اور کئی بیماریوں سے محفوظ رہیں

رکھتے ہیں۔

## معاشرتی تعلقات میں بہتری

نرم مزاجی سے معاشرتی تعلقات بھی بہتر ہوتے ہیں جو انسان کی صحت پر کئی طور پر اچھا اثر ڈالتے ہیں۔ اچھے تعلقات کی وجہ سے کئی پریشانیوں اور مسائل کا حل آسانی سے مل جاتا ہے۔ اس طرح انسان ڈپریشن، تناؤ اور کئی جسمانی اور ذہنی بیماریوں کا شکار ہونے سے محفوظ ہو جاتا ہے۔ اسی طرح دوسروں کے کام آنے سے بھی انسان کو دلی اطمینان اور روح کی آسودگی حاصل ہوتی ہے جو اس کی جسمانی اور ذہنی صحت میں اچھا اضافہ کرتی ہے۔

## خلاصہ

مزاج کی نرمی انسان کی ذہنی اور جسمانی صحت پر مثبت اثر ڈالتی ہے۔ نرم مزاجی سے انسان کی ذہنی، جذباتی اور جسمانی صحت اچھی رہتی ہے۔ مینا بولزم سسٹم درست کام کرتا ہے اور جسم کو توانائی حاصل ہوتی ہے۔ بھوک کی کمی کی شکایت نہیں ہوتی ہے اس لئے غذاؤں سے جسم تندرست و توانا رہتا ہے۔ جسم میں موجود فاسد مادے درست طریقے سے اخراج کرتے ہیں جس کی وجہ سے گردوں، مثانے اور جگر کے امراض کا خطرہ کم ہو جاتا ہے۔ عضلات اور پٹھے مضبوط رہتے ہیں۔ مدافعتی نظام کی کارکردگی بہتر ہوتی ہے اور نظام انہظام بھی اپنا کام بہتر طریقے سے انجام دیتا ہے جس کی وجہ سے معدے کی تیزابیت، گیس اور اچھارہ کی شکایت کے خطرات کئی فیصد کم ہو جاتے ہیں۔ دوران خون نارمل رہتا ہے اس سے دماغی اور قلبی امراض سے محفوظ رہتا ہے۔



شخصیت کی درست اور اچھی تعمیر ہوتی ہے۔ وہ شر کو ناپسند کرتا ہے اور کسی بھی شر کا باعث نہیں بنتا۔ اس وجہ سے زندگی میں یا اس کی روحانی زندگی میں سکون ہوتا ہے۔ ٹینشن، ذہنی دباؤ سے محفوظ رہتا ہے۔ جس کی وجہ سے معدے کے امراض کے خطرات سے بھی محفوظ رہتا ہے۔

## مضبوط مدافعتی نظام

نرم مزاجی مدافعتی نظام پر اچھا اثر ڈالتی ہے کیونکہ غصہ یا مزاج کی سختی مدافعتی نظام کے لئے مضر ثابت ہوتی ہے وہ مدافعتی نظام کو کمزور کر دیتی ہے۔

## خوش رہنا کئی بیماریوں کا علاج

خوش رہنا کئی بیماریوں کا علاج ہے۔ اور انسان منفی جذبات سے دور رہ کر اور مثبت جذبات کو اپنا کر خوش رہ سکتا ہے۔ اور ان مثبت جذبات میں ایک جذبہ یا ایک عادت نرم مزاجی ہے۔ جب انسان زندگی کے دیگر معاملات میں نرم مزاجی اور نرم رویہ اختیار کرتا ہے تو برداشت کرنے کی طاقت پیدا ہوتی ہے۔ جو اسے کئی جسمانی اور دماغی امراض سے محفوظ رکھتی ہے۔ اور وہ صحت مند رہتا ہے جو خوشی کا باعث بنتا ہے۔ بلڈ پریشر میں اضافہ نہیں ہوتا ہے۔

## سر درد سے محفوظ

نرم مزاجی کی عادت کئی تکلیف دہ حالات سے بچاتی ہے جو اسے ٹینشن اور سر درد سے محفوظ

یہ بات بالکل درست ہے کہ ذہنی اور جذباتی صحت کا اثر انسان کی جسمانی صحت پر پڑتا ہے۔ مزاج کی نرمی دینی اور معاشرتی لحاظ سے تو اہم ہے ہی لیکن یہ انسان کی جسمانی صحت پر بھی اچھے اثرات مرتب کرتی ہے۔ ہمارے معاشرے کے ان گنت مسائل نے لوگوں کے اندر ٹینشن، بے حسی، تناؤ، افسردگی اور غصے کے جذبات بھر دیئے ہیں۔ جس کی وجہ سے ان میں نرم روی اور نرم خوئی کا فقدان پیدا ہو چکا ہے۔ اور اسی وجہ سے ان گنت جسمانی بیماریوں کا شکار بھی ہو گئے ہیں۔ غصے سے ٹینشن بڑھ جاتی ہے حالات زیادہ خراب ہو جاتے ہیں بلکہ کبھی کبھی قابو سے باہر بھی ہو جاتے ہیں۔ اور پھر طبیعت میں اداسی، ناکامی کا احساس، بیزاری، گھبراہٹ، مایوسی، بے چینی یا بے بسی بڑھ جاتی ہے جو انسان کی جسمانی صحت پر مضر اثر ڈال کر بیماریوں کا باعث بنتی ہے۔

## نرم مزاجی کے مثبت اثرات

نرم رویہ رکھنا اور نرم روش اختیار کرنا نہ صرف دوسروں پر اچھا اثر ڈالتا ہے بلکہ یہ انسان کی اپنی زندگی پر بھی اچھے اثرات مرتب کرتا ہے۔ اس کی مثال اس طرح سمجھی جاسکتی ہے کہ اگر انسان اشتعال انگیز ہو یعنی چھوٹی چھوٹی باتوں پر جلد غصے میں آجاتا ہو یا آپے سے باہر ہو جاتا ہو، سخت اور درشت رویے کا مالک ہو یا قوت برداشت کم ہو تو ایسے لوگ زندگی میں زیادہ ترقی نہیں کرتے یا دوسرے لفظوں میں کامیاب نہیں ہو پاتے اس کے علاوہ وہ جلد جسمانی بیماریوں کا شکار بھی ہو جاتے ہیں۔ اس لئے کہ ان کے رویے اور مزاج کی سختی، ان کی اشتعال انگیزی کی وجہ سے دوسرے افراد ان سے دور رہنا پسند کرتے ہیں۔ اس طرح لوگ ان کے کام نہیں آتے اور ان کی مدد کرنے سے کتراتے ہیں۔ اور لوگوں کے ان رویوں کا یہ احساس ان کے لئے کئی، معاشرتی، نفسیاتی اور

جسمانی مسائل پیدا کرتا ہے۔

## غصے سے بلڈ پریشر میں اضافہ

ہر وقت غصہ کرنے اور نرم روش اختیار نہ کرنے سے عام طور پر بلڈ پریشر میں اضافہ ہوتا ہے۔ اور بہت زیادہ غصہ کرنے سے بلڈ پریشر کی سطح انتہائی بلند ہو سکتی ہے۔ جس سے فالج کا حملہ، ہارٹ ایک یعنی دل کا دورہ یا برین ہیمرج کا خطرہ بڑھ جاتا ہے۔ جبکہ نرم مزاجی بلڈ پریشر کو نارمل رکھتی ہے۔ قلب بھی مطمئن رہتا ہے۔ اور دماغی صلاحیتوں میں بھی اضافہ ہوتا ہے۔ غذائیں بہتر طریقے سے جسم کو توانائی فراہم کرتی ہیں۔ اور تمام جسمانی نظام فعال طریقے سے اپنا کام انجام دیتے ہیں۔

## خوبصورتی میں اضافہ

نرم مزاجی انسان کی ظاہری یعنی جسمانی خوبصورتی میں بھی اضافہ کرتی ہے۔ کیونکہ غصے میں رہنے، یا چیخنے چلانے سے چہرے کے تاثرات خراب ہوتے ہیں اور چہرے کے عضلات تناؤ کا شکار ہو جاتے ہیں۔ خون کی روانی بڑھ جاتی ہے۔ رگیں کھنچ جاتی ہیں۔ اور پھر چہرہ دلکشی کھو دیتا ہے۔ جب کہ نرم مزاجی چہرے پر ایک ملاحظہ، دلکشی، اطمینان، خوشی پیدا کرتی ہے جو چہرے کے حسن میں اضافہ کرتی ہے۔

## شخصیت کی درست تعمیر

نرم مزاجی کی عادت پیدا کرنے سے انسان کی

## بھارت میں اذان پر نیا تنازعہ

وائس چانسلر کا پتلا جلایا اور کہا کہ یہ مذہبی منافرت کو ہوا دینے کی بی جے پی کی چال ہے۔ لیکن نیپالی وزیر اعظم نے انہیں یاد دلایا کہ اس تنظیم نے اذان پر پابندی کے مطالبے کی مذمت کی اور سوال کیا کہ صرف اذان سے ہی شہریوں کی نیند میں خلل کیوں پڑتا ہے۔ بھجن، کیرتن، آرتی اور کتھا کے دوران ہونے والے شور و غل سے انہیں پریشانی کیوں نہیں ہوتی۔

بھارتی مسلمانوں کی نمائندہ تنظیم آل انڈیا مسلم پرسنل لاء بورڈ کے رکن اور معروف دینی درسگاہ لکھنؤ کے فرنگی محل کے سربراہ مولانا خالد رشید فرنگی محلی کہتے ہیں، ”اذان سے متعلق الہ آباد یونیورسٹی کی وائس چانسلر کے خط کی ہم مخالفت

گزشتہ برس ممبئی میں لکھنؤ ہائی کورٹ نے کہا تھا کہ گوکہ اذان نماز کا لازمی جز ہے لیکن اسے لاؤڈ اسپیکر یا آواز بڑھانے والے کسی دوسرے آلے کی مدد سے دینا مذہب کا لازمی حصہ نہیں ہے۔

اتر پردیش کے انسپکٹر جنرل پولیس کا کہنا



بھارت میں لاؤڈ اسپیکر پر اذان دینے پر ہوں۔“

ایک نیا تنازعہ کھڑا ہو گیا ہے۔ الہ آباد سینٹرل یونیورسٹی کی وائس چانسلر سنگیتا سریواستوانے ضلعی انتظامیہ سے اونچی آواز میں اذان پر پابندی عائد کرنے کی درخواست کی ہے۔ الہ آباد سینٹرل یونیورسٹی کی وائس چانسلر پروفیسر سنگیتا سریواستوانے ضلعی انتظامیہ کو تحریری شکایت درج کرائی کہ فجر کی اذان کی وجہ سے ان کی نیند میں خلل پڑتا ہے۔ کم نیند کی وجہ سے ان کے سر میں درد رہتا ہے اور وہ اپنا کام ٹھیک سے نہیں کر پاتیں۔ لہذا اس مسئلے کا جلد از جلد کوئی حل تلاش کیا جائے۔“

بھارت میں اذان کے خلاف شدت پسند ہندو تنظیموں کے علاوہ مختلف حلقوں سے آوازیں اٹھتی رہی ہیں۔ تاہم گزشتہ چند برسوں کے دوران لاؤڈ اسپیکر پر اذان کی مخالفت بڑھتی جا رہی ہیں۔ الہ آباد یونیورسٹی کی وائس چانسلر کی جانب سے اذان کے خلاف شکایت اس سلسلے کی تازہ ترین کڑی ہے۔ پروفیسر سنگیتا سریواستوانے ضلع مجسٹریٹ کو دی گئی اپنی شکایت میں کہا ہے، ”میں یہ بات آپ کے علم میں لانا چاہتی ہوں کہ قریبی مسجد سے ہر روز صبح ساڑھے پانچ بجے مائیک پر اذان دینے کی وجہ سے میری نیند خراب ہو جاتی ہے۔ میری نیند میں اتنا زیادہ خلل پڑتا ہے کہ کوششوں کے باوجود میں دوبارہ سو نہیں پاتی اور اس کے نتیجے میں دن بھر میرے سر میں درد رہتا ہے اور میں کام نہیں کر پاتی



کرتے ہیں۔ انہیں یہ معلوم ہونا چاہیے کہ بھارت گنگا جمنی تہذیب کے لیے مشہور ہے۔ لوگ ایک دوسرے کے مذہبی جذبات کا احترام کرتے ہیں۔ یہی وجہ ہے کہ مسجدوں سے اذانیں اور مندروں سے بھجن کیرتن فضا میں گونجتے رہتے ہیں۔ ان کی وجہ سے کسی کی نیند میں خلل نہیں پڑتا۔ لہذا اس طرح کے غیر ضروری معاملے کو اٹھا کر لوگوں کو گمراہ نہ کیا جائے۔“

مولانا خالد رشید فرنگی محلی مزید کہتے ہیں کہ اذان کے حوالے سے ہائی کورٹ نے جو حکم دیا تھا اس پر تمام مساجد میں عمل کیا جاتا ہے۔ نیپال اور بھارت میں تنازع اس وقت پیدا ہو گیا جب بھارتی وزیر خارجہ ایس جے شنکر

ہے کہ ہائی کورٹ نے اپنے فیصلے میں کسی مذہب کا ذکر کیے بغیر واضح طور پر کہا تھا کہ رات دس بجے سے صبح چھ بجے تک لاؤڈ اسپیکر کا استعمال نہ کیا جائے۔ سن 2017 میں ہائی وڈ کے گلوکار سونو نگم نے بھی اذان کے حوالے سے ایک تنازعہ ٹوٹا کیا تھا۔ انہوں نے کہا تھا ”میں مسلمان نہیں ہوں لیکن مجھے فجر کی اذان کی وجہ سے نیند سے جاگ جانا پڑتا ہے۔ آخر بھارت میں مذہبی زبردستی کا سلسلہ کب ختم ہوگا۔“

سونو نگم کے اس ٹوٹ پر کافی ہنگامہ ہوا تھا۔ ہائی وڈ کی مختلف شخصیات نے ان کے بیان کی مذمت کی تھی، جب کہ ایک حلقہ ان کے حق میں کھڑا ہو گیا تھا۔

## پاکستانی گلوکار نے ترکی میں عالمی گلوکاری مقابلہ اپنے نام کر لیا

پاکستانی گلوکار جبران راجیل نے ترکی میں بتایا کہ وہ مستقبل میں بھی گلوکاری کو جاری رکھیں گے اور ایسا میوزک کریں گے جو نہ صرف اچھا پہلی پوزیشن حاصل کر لی ہے۔ جبران راجیل ہو بلکہ بامعانی اور بامقصد بھی ہو۔ واضح رہے نے میڈیا سے گفتگو کرتے ہوئے بتایا کہ اس کہ اس مقابلے میں شرکت کرنے والے



مقابلے میں پاکستان سے 4500 افراد نے گلوکاروں کا تعلق ترکی، بوسنیا، شام، عراق، آڈیشن دیا جب کہ مقابلے میں دنیا بھر سے ایران، کوسوو، کینیڈا، انڈونیشیا اور دیگر سے تھا 36 گلوکار پہنچنے میں کامیاب ہوئے جن میں اور ججز میں پاکستان کے معروف گلوکار نجم شیراز، ان کی اہلیہ سلویٰ نجم، جمود الخرد، میسوت کرتس، سے آٹھ گلوکار اس مقابلے کے چار راؤنڈ طے کر کے فائنل راؤنڈ تک پہنچے۔ انہوں نے مزید الیاس ماؤ شامل تھے۔

سائرہ یوسف کی ڈرامے کے سیٹ پر بیٹی سے کھیلنے تصویر وائرل، سوشل میڈیا صارفین کی تعریفیں

پاکستانی خوبو اداکارہ سائرہ یوسف کی بیٹی بطور ایک ماں اپنا یہ وقت بھی بیٹی کو دے رہی نوری کے ساتھ کھیلنے ہوئے کی تصویر سوشل ہیں۔ اس وائرل ہوتی پوسٹ کے کمنٹ باکس



میڈیا پروائرل ہے۔ سوشل میڈیا پلیٹ فارمز پر میں سائرہ یوسف کے مداحوں سمیت انٹرنیٹ وائرل ہوتی اس تصویر میں سائرہ یوسف اپنے صارفین ان کی خوب تعریفیں کر رہے ہیں اور ان ایک ڈرامے کے سیٹ پر موجود ہیں اور اس کے اس ممتا کے جذبے کو سراہ رہے ہیں۔ مداح دوران اپنی ننھی سی بیٹی کے ساتھ وقت گزار رہی جہاں سائرہ یوسف کو سراہ رہے ہیں وہیں ان ہیں۔ اس تصویر میں اداکارہ کبری خان اور رمشا کے سابق شوہر، نوری کے والد اداکار شہروز خان کو سین کے درمیان ملنے والے وقت کو خوش سبزواری سے دوسری شادی کر لینے پر نالاں نظر گپیوں میں گزارا جا رہا ہے جبکہ سائرہ یوسف آ رہے۔

## عالیہ اور رنبیر کی شادی ہو چکی

عالیہ بھٹ اور رنبیر کپور کی شادی آخر کار ہو ہی کریمہ کپور، سیف گئی۔ آج کا دن نہ صرف رنبیر کپور اور اداکارہ نندا اور ان کی پوتی نویدہ نویلی، کریمہ کپور، سیف



عالیہ بھٹ کے لیے خاص ہے بلکہ ان کے علی خان، لورنجن، راہول بھٹ، شابینہ بھٹ، کروزوں مداح اور پوری انڈسٹری اس دن کا انتظار کر رہی تھی۔ دونوں کی شادی نہایت سادگی سے ہوئی۔ رنبیر کپور اور عالیہ بھٹ نے باقی ستاروں کی طرح کسی بڑے ہوٹل، محل یا یورپ کے دلکش مقامات پر شادی کرنے کے بجائے اس موقع کے لیے اپنے گھر کا انتخاب کیا۔



شادی کا مہورت تین بجے کا تھا۔ رنبیر کپور ممبئی کے باندرہ کے پالی ہل میں واقع واستو بلڈنگ میں ساتویں منزل پر رہتے ہیں۔ وہیں عالیہ بھٹ اسی عمارت کی پانچویں منزل پر کرائے کے فلیٹ میں رہتی ہیں۔ شادی کی تمام رسومات

تھے۔ رنبیر کپور کی بہن ردھما کپور نے اس موقع پر خوشی کا اظہار کرتے ہوئے عالیہ کو گڑیا کہا۔ آج بیساکھی کا تہوار بھی ہے، آج کا دن کپور خاندان کے لیے اس لیے بھی خاص ہے کہ 13 اپریل 1979 کو بیساکھی کے ہی موقع پر نینتو کپور اور رشی کپور کی شادی ہوئی تھی اور آج 43 سال بعد بیساکھی کے دن ہی رنبیر اور عالیہ کی شادی ہوئی ہے۔ اس خاص موقع پر پوری



عمارت کو پھولوں اور چمکتی ہوئی تاروں سے سجایا گیا تھا۔ یہ وہی بنگلہ ہے جہاں مرحوم اداکار رشی کپور اور ان کا پورا خاندان برسوں سے مقیم تھا۔ بتایا جا رہا ہے کہ کپور خاندان کرشناراج بنگلے سے رنبیر کپور کی بارات لے کر واستو گیا، ہر رسم روایتی طریقے سے مکمل کی گئی۔

وہیں پر ہوئیں۔ جمعرات کی صبح بلدی کے بعد سہ پہر 3 بجے شادی کا مہورت تھا۔ شادی میں دونوں خاندانوں کے قریبی لوگ موجود تھے شادی میں صرف 50 مہمان موجود تھے، جن میں صرف کپور خاندان اور بھٹ خاندان کے قریبی لوگوں نے شرکت کی۔ رندھیر کپور،



ولی الدین

## لیڈ کا وعدہ

ایکشن جیت گیا ہوں اب شور کروں گا  
کس طرح دولت ہے کمائی میں غور کروں گا  
اب میرے وطن کی بچھتی کی خاطر ولی  
ایک بیوی ہے پہلے میری، تین اور کروں گا



## نیت

اب کیا مثال دوں تمہارے خضاب کی  
سفید داڑھی کالی کردی جناب کی  
ادھر میک اپ کی آڑ میں وہ لگی حسین  
ادھر ہم نے بھی جانے کیوں نیت خراب کی



## یاد

فرج بھی خالی ہے آج تو اپنا  
کاش وہ دیوان سے کچھ لے کے آئے  
پرس بھی لے گئی ہے کار کے ساتھ  
ولی وہ جب یاد آئے بہت یاد آئے



شرافت سمیر

## غزل

ایک سوکھے شجر کا سایہ ہوں  
میں بھی اس دھوپ کی رعایا ہوں  
مجھ کو رکھ لے سمیٹ کر دل میں  
میں تری آنکھ کا کرایہ ہوں  
تو بدن کو ٹٹولتا کیا ہے  
میں تری روح میں سایا ہوں  
آج سے تم نہیں رہے میرے  
میں تمہارے لئے پرایا ہوں  
آج پھر اس نے پوچھا کیسے ہو  
آج پھر جھوٹ بول آیا ہوں  
ہجر اب کے مزے میں گزرے گا  
اس کی تصویر کھینچ لایا ہوں



پروین شاکر

## غزل

کو بہ کو پھیل گئی بات شناسائی کی  
اس نے خوشبو کی طرح میری پذیرائی کی  
کیسے کہہ دوں کہ مجھے چھوڑ دیا ہے اس نے  
بات تو سچ ہے مگر بات ہے رسوائی کی  
وہ کہیں بھی گیا لوٹا تو مرے پاس آیا  
بس یہی بات ہے اچھی مرے ہرجائی کی  
تیرا پہلو ترے دل کی طرح آباد رہے  
تجھ پہ گزرے نہ قیامت شب تنہائی کی  
اس نے جلتی ہوئی پیشانی پہ جب ہاتھ رکھا  
روح تک آ گئی تاثیر مسیحا کی  
اب بھی برسات کی راتوں میں بدن ٹوٹتا ہے  
جاگ اٹھتی ہیں عجب خواہشیں انگریزی کی



حامد عظیم آبادی

## غزل

کس کو خوف خدا نہیں ہوگا  
بس بتوں کو ذرا نہیں ہوگا  
تجھ سا ظالم اگر نہیں کوئی  
مجھ سا بھی با وفا نہیں ہوگا  
کیوں بگڑتے ہو خط مرا پڑھ کر  
اب رقم مدعا نہیں ہوگا  
دل تو کیا میری جان بھی لے لو  
عذر مجھ کو ذرا نہیں ہوگا  
تیز ہوگی تو کب چھری تیری  
جب ہمارا گلا نہیں ہوگا  
جو سزا چاہتے ہو دو مجھ کو  
کبھی عذر خطا نہیں ہوگا  
لاکھ واصل خدا سے ہو جائے  
پھر بھی بندہ خدا نہیں ہوگا  
کوئی شاکہ جفا کا ہوگا اور  
حامد با وفا نہیں ہوگا



انور مسعود

## غزل

سر درد میں گولی یہ بڑی زود اثر ہے  
پرتھوڑا سا نقصان بھی ہو سکتا ہے اس سے  
ہو سکتی ہے کچھ ثقل سماعت کی شکایت  
بیکار کوئی کان بھی ہو سکتا ہے اس سے  
ممکن ہے خرابی کوئی ہو جائے جگر میں  
ہاں آپ کو یرقان بھی ہو سکتا ہے اس سے  
پڑ سکتی ہے کچھ جلد خراشی کی ضرورت  
خارش کا کچھ امکان بھی ہو سکتا ہے اس سے  
ہو سکتی ہیں یادیں بھی ذرا سی متاثر  
معمولی سانسیان بھی ہو سکتا ہے اس سے  
پینائی کے حق میں بھی یہ گولی نہیں اچھی  
دیدہ کوئی حیران بھی ہو سکتا ہے اس سے  
ہو سکتا ہے لاحق کوئی پیچیدہ مرض بھی  
گردہ کوئی ویران بھی ہو سکتا ہے اس سے  
ممکن ہے کہ ہو جائے نشہ اس سے ذرا سا  
پھر آپ کا چالان بھی ہو سکتا ہے اس سے



پاگل عادل آبادی

## غزل

ادھر تو شہر کے گنجے میری تلاش میں ہیں  
ادھر تمام لفنگے مری تلاش میں ہیں  
میں ان کا مال غنم کر کے جب سے بیٹھا ہوں  
یتیم خانے کے لونڈے مری تلاش میں ہیں  
ملا ہے نسخہ جوانی پلٹ کا جب سے مجھے  
تمہارے شہر کے بڑھے مری تلاش میں ہیں  
میں جن کے واسطے جوتے چرا کے جیل گیا  
وہ لے کے ہاتھ میں جوتے مری تلاش میں ہیں  
دیا ہے نام کفن چور جب سے تم نے مجھے  
پرانی قبروں کے مردے مری تلاش میں ہیں  
پتے کی بات جو منہ سے نکل گئی پاگل  
تمام شہر کے پلگے مری تلاش میں ہیں



انتر شیرانی

## غزل

پوسٹ میں اس بت کا خط لاتا نہیں  
اور جو لاتا ہے پڑھا جاتا نہیں  
عاشقی سے کیوں ہم استغنی نہ دیں  
ہوٹلوں کا بل دیا جاتا نہیں  
عاشقوں پر ظلم کرنا چھوڑ دیں  
کیوں بے قاصد جا کے سمجھاتا نہیں  
رات دن فرمائشیں زیور کی ہیں  
ہم سے اب عاشق رہا جاتا نہیں  
جل گئی سگریٹ سے داڑھی شیخ کی  
یہ مگر فیشن سے باز آتا نہیں  
فریبی کا طنز کیوں مشتاق پر  
تیری چکی سے تو پساتا نہیں  
فیس پہلے جب تک رکھوا نہ لے  
ڈاکٹر اپنے بھی گھر جاتا نہیں  
حضرت ابن بطوطہ کی غزل  
ضد کے مارے وہ صنم گاتا نہیں



ساغر خیامی

## غزل

ساری جفاکیں سارے کرم یاد آ گئے  
جیسے بھی یاد آئے ہوں ہم یاد آ گئے  
جب بھی کہیں سے پیار ملا یا خوشی ملی  
دنیا کے درد و رنج الم یاد آ گئے  
دیکھیں ہیں جب بھی گل کے قریں چند تتلیاں  
کتنے خیال و خواب بہم یاد آ گئے  
لکھا تھا تم نے خط میں کہ تم نے بھلا دیا  
کیا حادثہ ہوا ہے کہ ہم یاد آ گئے  
پردیس میں جو آئی نظر زرگی نگاہ  
اک با وفا کے دیدہ نم یاد آ گئے  
مدت ہوئی ہے بچھڑے ہوئے اپنے آپ سے  
دیکھا جو آج تم کو تو ہم یاد آ گئے  
سلجھائیں جب بھی زیست کی ساغر نے گتھیاں  
ناگاہ تیری زلف کے خم یاد آ گئے



On the lighter side....

Seven-year-old John had finished his summer vacation and gone back to school. Two days later his teacher phone his mother to tell her that John was misbehaving.

"Wait a minute," said the mother. "I had John here for two months and I never called you once when he misbehaved."

I got fired from my job as a taxi driver...

It turns out my customers didn't like it when I tried to go the extra mile.

Two friends were chatting. "I've just bought a pig!" said the first.

"But where will you keep it?" asked the second. "Your yard's much too small for a pig!"

"I'm going to keep it under my bed," replied the first. "But what about the smell?"

"He'll soon get used to that."

I went to a restaurant. It was full. There was no place to sit and the wait was over thirty minutes.

I took out my cell phone, placed it to my ear, and said loudly, "Hey, get over here! She's here with someone else!" Six couples got up and quickly left.

What do you call a charitable person in Portland?

An Oregon donor!

An elderly woman decided to prepare her will and told her preacher she had two final requests.

First, she wanted to be cremated. Second, she wanted her ashes scattered over Walmart.

"Walmart?" the preacher exclaimed. "Why Walmart?"

"Then I'll be sure my daughters will visit me twice a week."

I asked my daughter if she'd seen my newspaper.



She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad.

The fly didn't stand a chance.

During the final exam, the professor noticed that Billy Walters kept looking at his hand before writing down an answer on his test. This went on throughout the entire exam, leaving the professor no other choice than to interrogate the student's test-taking habit.

"Mr. Walters," the professor began. "Is there something interesting written on your palm?"

"Not at all," Billy replied. "It's all pretty boring."

Tax collector: "It is your duty as a citizen to pay taxes, and we expect you to pay them with a smile."

Taxpayer (grinning widely): "Wonderful! I thought you expected me to pay them with cash!"

"The letter 'W' is the most dangerous alphabet in the world. Because all worries start with 'W'... Who, Why, What, When, Which, Whom, Where, War, Wine, Whisky, and Wealth."

"You're forgetting one."

"Really? Which one?"

"Wife!"

As I drove into a parking lot, I noticed that a pickup truck with a dog sitting behind the wheel was rolling toward a female pedestrian. She seemed oblivious, so I hit my horn to get her attention.

She looked up just in time to jump out of the way of the truck's path, and the vehicle bumped harmlessly into the curb and stopped. I rushed to the woman's side to see if she was all right.

"I'm fine," she assured me,"but I hate to think what could have happened to me if that dog hadn't honked."

Why did the triangle refuse to be friends with the circle? It found the circle pointless.

Why didn't the frog sit on the toadstool? Because there wasn't mushroom.

"If you had one dollar and you asked your father for another, how many dollars would you have?"

"One dollar."

"You don't know your arithmetic."

"You don't know my father!"

The teacher asked her student to write on the chalkboard the number 55. The student asked, "How do I do that?" Teacher replied, "Write down the number 5, and beside it add another 5."

The student wrote one 5 and stopped. The teacher inquired, "What's wrong?"

"I don't know which side to write the other 5?"

Doctor: "I've found a great new drug that can help you with your sleeping problem."

Patient: "Great, how often do I have to take it?"

Doctor: "Every two hours."



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