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APRIL 2024 Vol 15, Issue 4



## INDIA ELECTION BAWAAL

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CEO & Editor/Publisher  
Azeem A. Quadeer, P.E.  
Licensed Professional Engineer in the State of Texas  
1-219-588-1538

Finance and Marketing Chief  
Madam Sheela  
MadamSheela1@gmail.com

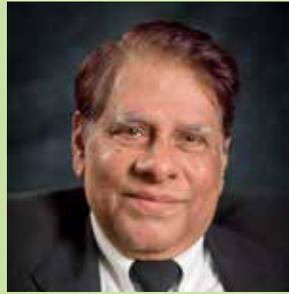
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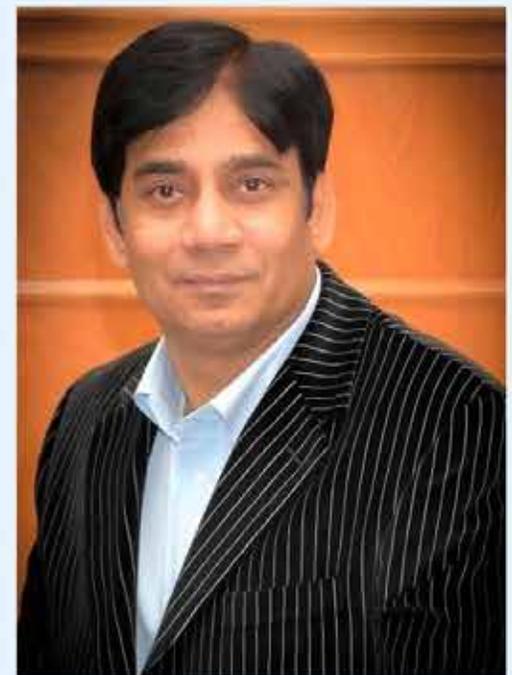
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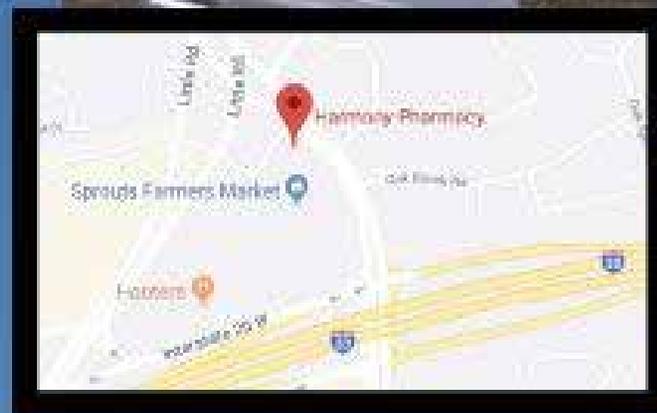
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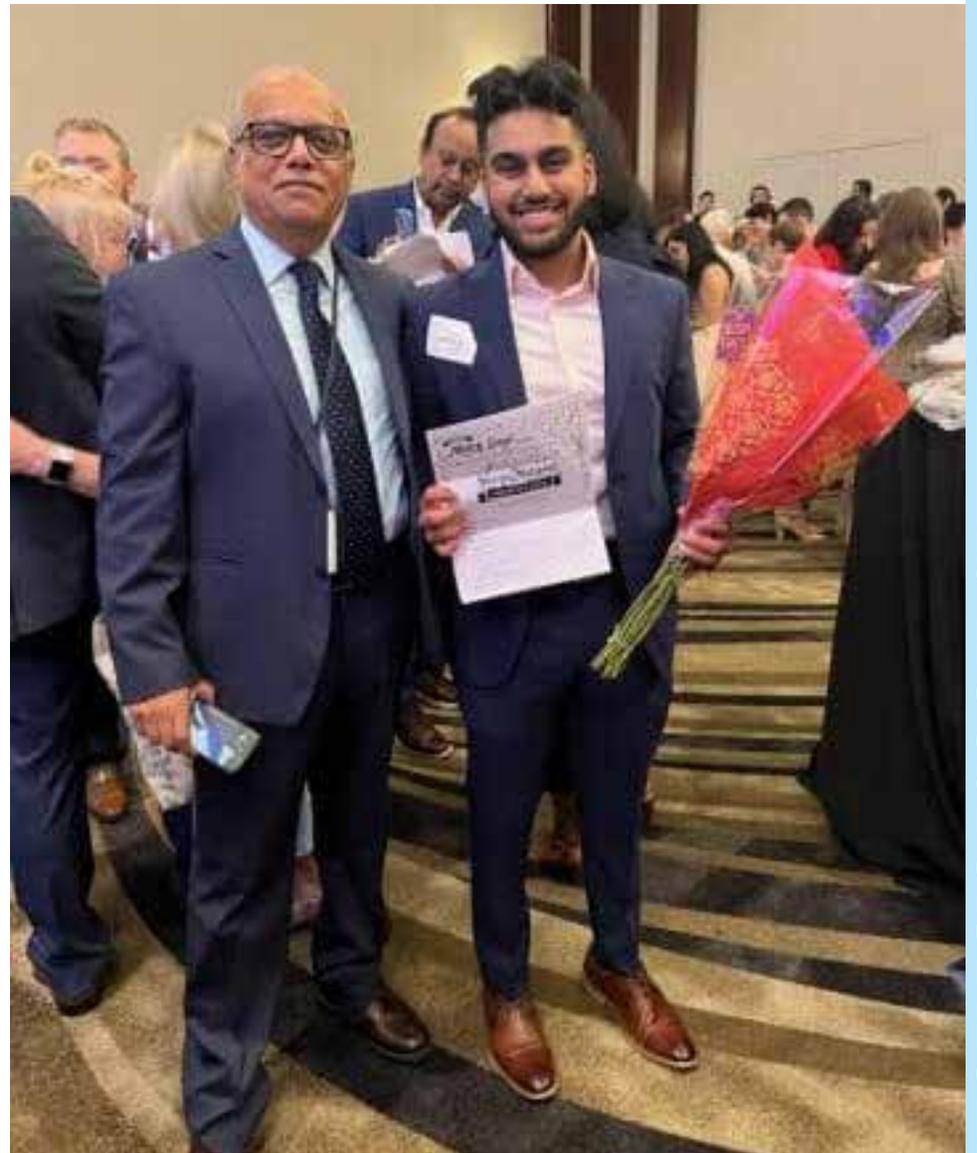
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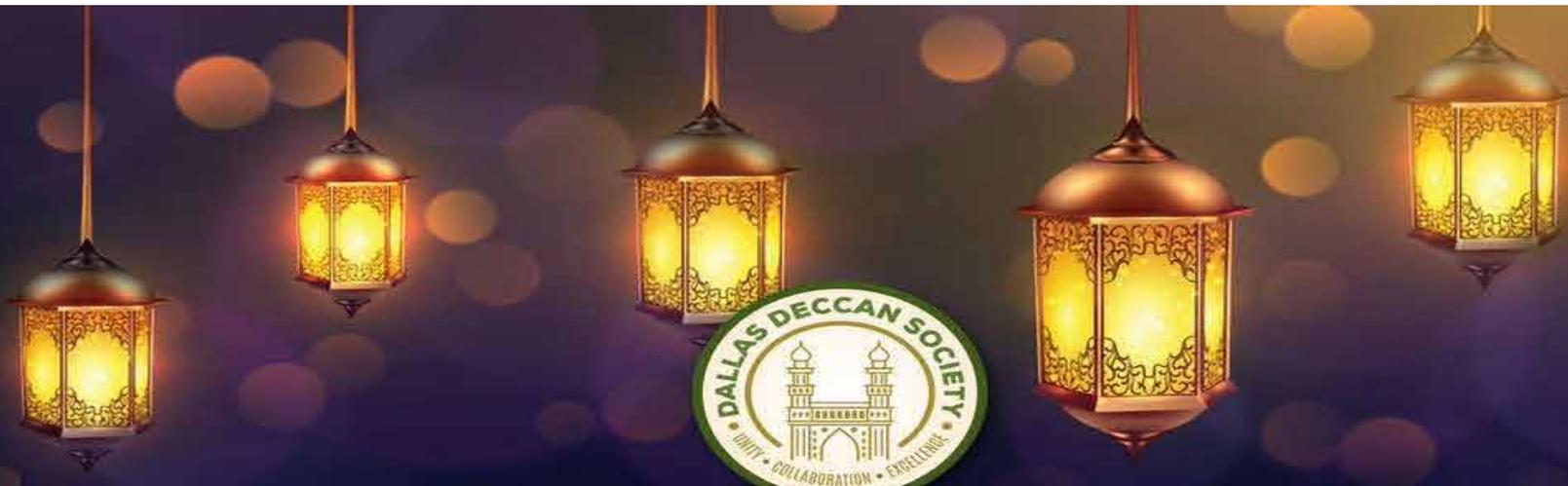



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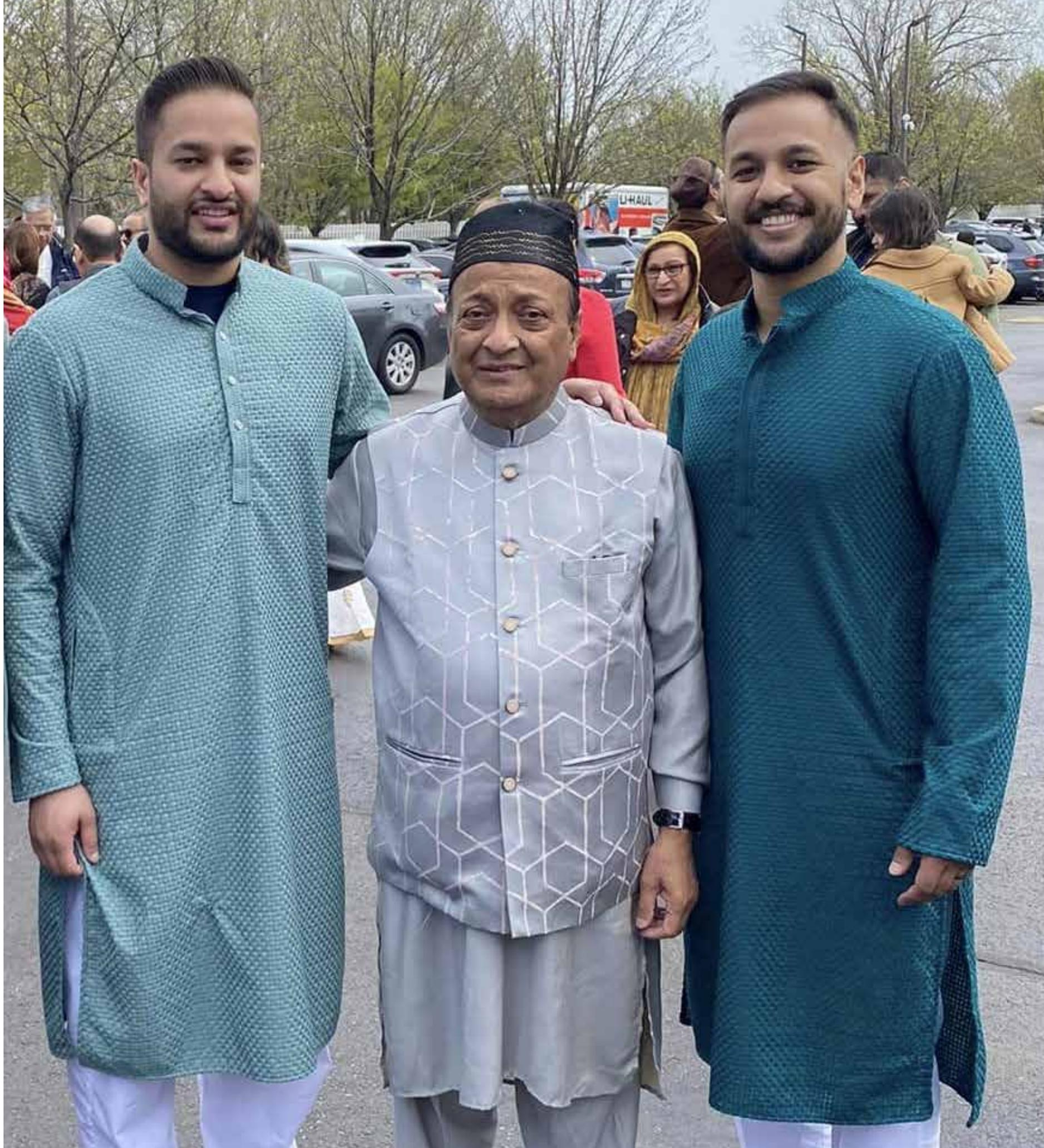


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IFTEKHAR SHAREEF PAGE



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# Chicago Mayor Brandon Johnson attended the Muslim Community Center's Iftar Gathering



An annual Iftar dinner was hosted by the Muslim Community Center (MCC), the oldest Muslim Organization in Chicago area. Syed Khalil Ullah, Community Contributor

On Saturday, March 23, 2024, people from all walks of life convened at the Muslim Community Center for an interfaith Iftar meal. The Iftar dinner was hosted by the Muslim Community Center (MCC). Nearly 200 practicing Muslims from the Chicago metropolitan community packed the MCC Chicago Banquet Hall. There were a lot of interfaith guests there to learn more about the Iftar and Ramadan customs of the Muslims, and some of them were looking to make new friends from other faiths. The yearly Dinner highlights Ramadan, the Islamic month of fasting. Dinner is a chance to promote to the general American public a positive view of Muslim and Islamic culture and civilization.

Habeeb Quadri served as the program's emcee. All visitors are cordially invited to have breakfast with Muslims at the Muslim Community Center. Additionally, he emphasized that Holy Ramadan is the most significant month in the Muslim calendar.

Imam Qari Arshad Patel recited the holy Quran, with providing the translation, to kick off the event.

Mr. Masood Bijapuri, The President of the MCC, officially welcomed all the guests. He gave an overview of the MCC's past fifty-five years of existence and how it actively guided the

Muslim community in the Chicago area. One of the first mosques in the greater Chicago area, the Muslim Community Center is regarded as the progenitor organization of numerous other American Muslim organizations and is one of the leading hubs for outreach, education, and community service for Muslims. He is grateful to Mayor Johnson as well for his backing of the Palestine Issue.

Ahmed Rehab, the executive director of CAIR-Chicago, said, "we are the first to condemn real antisemitism in the same way that we oppose Islamophobia. He also says that we will not put up with the devious tactics used by Jewish and Zionist organizations to accuse pro-ceasefire and pro-justice officials of being antisemitic; instead, we will call their gaslighting out and stand with those who do the same. Dr. Saba Khan, vice president of MCC, describes the organization's future initiatives as they develop.

The chief guest, Mayor Brandon Johnson congratulated everyone for coming to support the promotion of equality, tolerance, respect, and peace across all facets of civil society. To the satisfaction of the attendees, multiple arrangements for Iftar and dinner were made. Additionally, he continued, Ramadan teaches you self-control and highlights the struggles that those who are less fortunate face every day. Mayor Johnson was there for the entire program, including the prayers that took place prior to the buffet's food service. He also talks on Palestine and the unalienable rights of the Palestinian people. He continued, saying that



war ought to end right away. We recently passed a permanent cease-fire in our city."

People of many faiths were present, along with representatives from public organizations and a number of local and state leaders. Among the notable attendees were Irshad Khan, Tariq Siddique, Kamran Hussain, Muhammad Hama-deh, Arjumand Khan, Mazar Khan, Dr. Kaisar Uddin, Dr. Mohammad Sarwar Nasir, Akhter Sadiq, and many others.

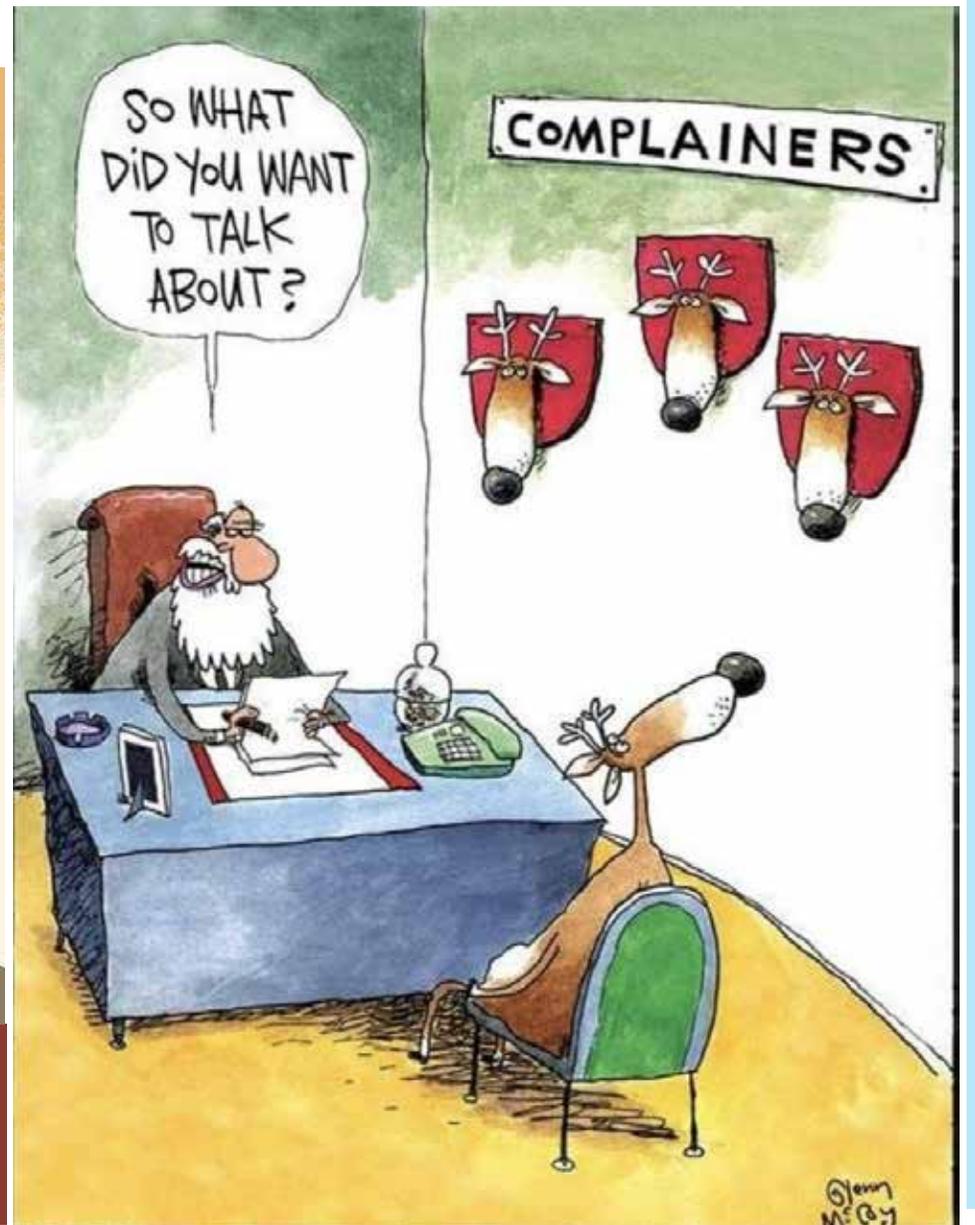
Shaad Syed stated a prayer at the conclusion of the event, and the fast breaking followed. The event featured dinner service. The event was elegantly planned, well-received by all in attendance, and will live on in memory for a very long time.



Ashfaq Hussain Syed - Blessed to break Iftar with our Turkish brothers and sisters at A Thousand Tales!



Iftar party at shahi biryani Glendale heights Syed mukram Mr obaid shakeel Khan niyamat Khan saif khan and others





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# 2024 Indian General Election schedule

India has announced dates to its 18th general elections, during which voters will elect 543 members to the Lok Sabha, or lower house of parliament. The Election Commission of India (ECI) will oversee the nationwide voting, which will be carried out in seven phases from April to June this year.

India's sitting lower house of parliament (Lok Sabha) began its term on June 15, 2019, which is set to conclude on June 16, 2024.

India's 2024 general election dates have been staggered from April 19 to June 1, per the Election Commission of India (ECI). In what is the world's largest electoral exercise, India's voter base of 970 million citizens, spanning 28 states and eight union territories, will vote under a seven-phase schedule.

The ECI will also conduct elections to the state legislative assemblies of Andhra Pradesh, Arunachal Pradesh, Odisha, and Sikkim during this period.



## PHASE 1 APRIL 19

- Arunachal Pradesh (2)
- Assam (5)
- Bihar (4)
- Chhattisgarh (1)
- Madhya Pradesh (6)
- Maharashtra (5)
- Meghalaya (2)
- Manipur (2)
- Mizoram (1)
- Nagaland (1)
- Rajasthan (12)
- Sikkim (1)
- Tamil Nadu (39)
- Tripura (1)
- Uttar Pradesh (8)
- Uttarakhand (5)
- West Bengal (3)
- Andaman and Nicobar Islands (1)
- Jammu and Kashmir (1)
- Lakshadweep (1)
- Puducherry (1)

## PHASE 2 APR 26

- Assam (5)
- Bihar (5)
- Chhattisgarh (3)
- Karnataka (14)
- Kerala (20)
- Madhya Pradesh (7)
- Maharashtra (8)
- Manipur (1)
- Rajasthan (13)
- Tripura (1)
- Uttar Pradesh (8)
- West Bengal (3)
- Jammu and Kashmir (1)

## PHASE 3 MAY 7

- Assam (4)
- Bihar (5)
- Chhattisgarh (7)
- Goa (2)
- Gujarat (26)
- Karnataka (14)
- Madhya Pradesh (8)

- Maharashtra (11)
- Uttar Pradesh (10)
- West Bengal (4)
- Dadra and Nagar Haveli and Daman and Diu (2)
- Jammu and Kashmir (1)

## PHASE 4 MAY 13

- Andhra Pradesh (25)
- Bihar (5)
- Jharkhand (4)
- Madhya Pradesh (8)
- Maharashtra (11)
- Odisha (4)
- Telangana (17)
- Uttar Pradesh (13)
- West Bengal (8)
- Jammu and Kashmir (1)

## PHASE 5 MAY 20

- Bihar (5)
- Jharkhand (3)
- Maharashtra (13)
- Odisha (5)

- Uttar Pradesh (14)
- West Bengal (7)
- Jammu and Kashmir (1)
- Ladakh (1)

## PHASE 6 MAY 25

- Bihar (8)
- Haryana (10)
- Jharkhand (4)
- Odisha (6)
- Uttar Pradesh (14)
- West Bengal (8)
- Delhi (7)

## PHASE 7 JUNE 1

- Bihar (8)
- Himachal Pradesh (4)
- Jharkhand (3)
- Odisha (6)
- Punjab (13)
- Uttar Pradesh (13)
- West Bengal (9)
- Chandigarh (1)

## King Charles' Funeral Plans Unveiled After Monarch Is Given 2 Years to Live With Pancreatic Cancer



King Charles III has only been Britain's reigning monarch for 18 months, yet his funeral plans are already set amid his battle with pancreatic cancer. Named "Operation Menai Bridge," the monarch's funeral processions will look similar to Queen Elizabeth II's ceremonies, dubbed "Operation London Bridge." As his cancer progresses, royal insiders tell In Touch that Charles' final resting plans are of timely prioritization.

"It's a fairly common thing to do among the British royalty, but in Charles' case expediency is necessary," says the source, who notes that "some courtiers believe Charles' cancer is worse than they're making it out to be."

"Operation Menai Bridge" is set to include familiar protocols. When the monarch dies, Charles' body will be moved from the throne room at Buckingham Palace to Westminster Hall. He will lie in state, and his official funeral will take place nine days later. He will likely be buried in the royal vault at Windsor Castle.

"It will have all the pomp and circumstance befitting a British monarch," adds the source.

The update comes shortly after a separate high ranking royal insider told In Touch that Charles

is not only battling pancreatic cancer – a timely update given that he did not share what kind of cancer he was diagnosed with – but has a mere two years to live.

"King Charles is much sicker than the palace lets on and simply isn't up to the job of running his fractious family, the crown's business interests and fulfilling the daily duties of the monarchy," the member of the royal inner circle revealed in early March. "His cancer is eating him alive. He's very frail. The situation is desperate."

### Charles funeral

Royal watchers have begun to witness his decline, too. Though he will be stepping out on Easter Sunday for a service at Windsor, the king is missing from the royal calendar for the foreseeable future, instead relying heavily on his sister, Princess Anne, to do the work of the royal family. While many would have assumed his heir, Prince William, would be stepping up to the plate, he too is missing from the royal schedule due to Princess Kate Middleton's own cancer diagnosis and treatment.

However, additional sources told In Touch that more could be at play between Charles and

William outside of the family's respective health crises, as the king is under the impression William is not ready to take the throne.

"Charles knows the pressures of being the monarch, and he just isn't sure William is ready to take his place," the third insider revealed, noting that William is "currently facing a public relations disaster." "It seems premature, and there could be consequences."

With such an update, the future of the monarchy seems shaky at best, and even Queen Camilla is said to be frustrated by Charles' declining health and weakened status.

"Behind the scenes, Camilla is disgusted by the king's apparent weakness and is providing him little comfort as he battles his fatal cancer," a palace courtier told In Touch in early March, highlighting her vacation from royal duties which started on March 4. "By going on holiday, she was thumbing her nose at stepson William, who is incapable of shouldering the monarchy's burdens on his own."

Louisa Marshall

Updated Fri, March 29, 2024

## Ram and Abraham/Ibrahim: One Person, Two Names

### Ram of Valmiki Ramayana same as Abraham of Bible

By Dr Javed Jamil

Rama is perhaps the most important and revered figure for Hindus. Abraham is the patriarch of all Semitic religions and is the symbol of monotheism for Jews, Christians and Muslims. Interestingly when we read the story of Abraham in Bible and the story of Ram in Valmiki Ramayana, the resemblances are so striking that one cannot remain but convinced that they are one and the same figure. I had prepared a small paper on the subject in 1990 but deferred its publication because I thought the time was not right for it. I discussed the issue with Mr. Bharat Jhunjhunwala, renowned Economist and Hindu philosopher, and when he studied the matter, he was more than convinced about the oneness of both the figures and started working on a book about the common prophets of Judaism, Christianity, Islam and Hinduism. The difference between him and me remains regarding the location of the figure we call Ram-Abraham. While he thinks, Ram-Abraham was born in India – though not in Northern but South India – I think the Biblical place (Ur in Iraq) is the real location. Let me quote here the important parts of the story from Bible. I am not quoting the Ram story because it is very well known to most of us and it is too long to be reproduced here. However I will show the relevant similarities where required. Here are the parts of Bible that more or less sum up the moot points in the story of Ram:

Genesis 11

1. When Terah had lived seventy years, he became the father of Abram, Nahor, and Haran. 27 Now these are the descendants of Terah. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. 28 Haran died before his father Terah in the land of his birth, in Ur of the Chaldeans. 2

Terah took Abram his son and Lot the son of Haran, his grandson, and Sar'ai his daughter-in-law, his son Abram's wife, and they went forth together from Ur of the Chaldeans to go into the land of Canaan; but when they came to Haran, they settled there. 32 The days of Terah were two hundred and five years; and Terah died in Haran.

Genesis 12

1 Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. 2 And I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. 3 I will bless those who bless you, and him who curses you I will curse; and by you all the families of the earth shall bless themselves." 4 So Abram went, as the LORD had told him; and Lot went with him.

And Abram took Sar'ai his wife, and Lot his brother's son, and all their possessions which they had gathered, and the persons that they had gotten in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, 6 Abram passed through the land to the place at Shechem, to the oak of Moreh.

10 Now there was a famine in the land. So Abram went down to Egypt to sojourn there, for the famine was severe in the land. 11 When he was about to enter Egypt, he said to Sar'ai his wife, "I know that you are a woman beautiful to behold; 12 and when the Egyptians see you, they will say, 'This is his wife'; then they will kill me, but they will let you live. 13 Say you are my sister, that it may go well with me because of you, and that my life may be spared on your account." 14 When Abram entered Egypt the Egyptians saw that the woman was very beautiful. 15 And when the princes of Pharaoh saw her, they praised her to Pharaoh. And the woman was taken into Pharaoh's house. 16 And for her sake he dealt well with Abram; and he had sheep, oxen, he-asses, menservants, maidservants, she-asses, and camels. 17 But the LORD afflicted Pharaoh and his house with great plagues because of Sar'ai, Abram's wife. 18 So Pharaoh called Abram, and said, "What is this you have done to me? Why did you not tell me that she was your wife? 19 Why did you say, 'She is my sister,' so that I took her for my wife? Now then, here is your wife, take her, and be gone." 20 And Pharaoh gave men orders concerning him; and they set him on the way, with his wife and all that he had.

The LORD said to Abram, after Lot had separated from him, "Lift up your eyes, and look from the place where you are, northward and southward and eastward and westward; 15 for all the land which you see I will give to you and to your descendants for ever. 16 I will make your descendants as the dust of the earth; so that if one can count the dust of the earth, your descendants also can be counted. 17 Arise, walk through the length and the breadth of the land, for I will give it to you." 18 So Abram moved his tent, and came and dwelt by the oaks of Mamre, which are at Hebron; and there he built an altar to the LORD.

Genesis 17

1 When Abram was ninety-nine years old the LORD appeared

to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. 2 And I will make my covenant between me and you, and will multiply you exceedingly." 3 Then Abram fell on his face; and God said to him, 4 "Behold, my covenant is with you, and you shall be the father of a multitude of nations. 5 No longer shall your name be Abram, but your name shall be Abraham; for I have made you the father of a multitude of nations. 6 I will make you exceedingly fruitful; and I will make nations of you, and kings shall come forth from you. 7

Genesis 21

So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered in the wilderness of Beer-sheba. 15 When the water in the skin was gone, she cast the child under one of the bushes. 16 Then she went, and sat down over against him a good way off, about the distance of a bowshot; for she said, "Let me not look upon the death of the child." And as she sat over against him, the child lifted up his voice and wept. 17 And God heard the voice of the lad; and the angel of God called to Hagar from heaven, and said to her, "What troubles you, Hagar? Fear not; for God has heard the voice of the lad where he is. 18 Arise, lift up the lad, and hold him fast with your hand; for I will make him a great nation." 19 Then God opened her eyes, and she saw a well of water; and she went, and filled the skin with water, and gave the lad a drink. 20 And God was with the lad, and he grew up; he lived in the wilderness, and became an expert with the bow. 21 He lived in the wilderness of Paran; and his mother took a wife for him from the land of Egypt. 2

Genesis 23

1 Sarah lived a hundred and twenty-seven years; these were the years of the life of Sarah. 2 And Sarah died at Kir'iath-ar'ba (that is, Hebron) in the land of Canaan; and Abraham went in to mourn for Sarah and to weep for her. 3 And Abraham rose up from before his dead, and said to the Hittites, 4 "I am a stranger and a sojourner among you; give me property among you for a burying place, that I may bury my dead out of my sight." 5 The Hittites answered Abraham, 6 "Hear us, my lord; you are a mighty prince among us. Bury your dead in the choicest of our sepulchres; none of us will withhold from you his sepulchre, or hinder you from burying your dead." 7 Abraham rose and bowed to the Hittites, the people of the land. 8 And he said to them, "If you are willing that I should bury my dead out of my sight, hear me, and entreat for me Ephron the son of Zohar, 9 that he may give me the cave of Mach-pe'lah, which he owns; it is at the end of his field. For the full price let him give it to me in your presence as a possession for a burying place." 10 Now Ephron was sitting among the Hittites; and Ephron the Hittite answered Abraham in the hearing of the Hittites, of all who went in at the gate of his city, 11 "No, my lord, hear me; I give you the field, and I give you the cave that is in it; in the presence of the sons of my people I give it to you; bury your dead." 12 Then Abraham bowed down before the people of the land. 13 And he said to Ephron in the hearing of the people of the land, "But if you will, hear me; I will give the price of the field; accept it from me, that I may bury my dead there." 14 Ephron answered Abraham, 15 "My lord, listen to me; a piece of land worth four hundred shekels of silver, what is that between you and me? Bury your dead." 16 Abraham agreed with Ephron; and Abraham weighed out for Ephron the silver which he had named in the hearing of the Hittites, four hundred shekels of silver, according to the weights current among the merchants. 17 So the field of Ephron in Mach-pe'lah, which was to the east of Mamre, the field with the cave which was in it and all the trees that were in the field, throughout its whole area, was made over 18 to Abraham as a possession in the presence of the Hittites, before all who went in at the gate of his city. 19 After this, Abraham buried Sarah his wife in the cave of the field of Mach-pe'lah east of Mamre (that is, Hebron) in the land of Canaan. 20 The field and the cave that is in it were made over to Abraham as a possession for a burying place by the Hittites

Genesis 25

These are the days of the years of Abraham's life, a hundred and seventy-five years. 8 Abraham breathed his last and died in a good old age, an old man and full of years, and was gathered to his people. 9 Isaac and Ishmael his sons buried him in the cave of Mach-pe'lah, in the field of Ephron the son of Zohar the Hittite, east of Mamre, 10 the field which Abraham purchased from the Hittites.

Now it can be seen that all the major events of Ram's story are there in Bible:

1. The original name of Abraham in Bible is Abram, which in Hebrew means Father Ram.

2. Abraham was also exiled; he went along with his wife Sara (Sita) and his nephew Lot (Lakshaman)



3. On exile his wife Sara was kidnapped by Firaun (Pharaoh), the king of Egypt. In Arabic, if the fa of Firaun is removed, what remains is Ravan. In Bible, however, Pharaoh releases Sara without any war because her captivity brings miseries to Pharaoh and he gets convinced that this is due to Sara. There are some Ram katas that also do not describe any war between the two.

3. Abraham's wife was also expelled. The difference is that while in Valmiki Ramayana, the kidnapping and expelling of the same wife is described, in Bible two wives are involved. In several Ramkathas, Rama is shown to have more than one wife.

4. Abraham too had two famous sons: Ismail and Ishaq like Ram's two sons Luv and Kush.

5. When we study the description of places given in different directions by Sugriva to Vanar Sena, this description does not fit if we try to put it around Ayodhya. But if we put it around Egypt (see the old map in Biblical books) it is very much consistent with that.

6. In Bible, the birth place of Abraham is Ur, a place in Iraq, close to which Euphrates River flows. While the direction of the flow of Saryu in Valmiki Ramayana is opposite to that of the Saryu River outside today's Ayodhya, it is the same in case of Euphrates.

7. The Black African race which Ram came into contact with during exile appears to have been described as vanars in Valmiki Ramayan.

8. I think, after Abraham's death, some people of his time migrated to India and carried the story of Abraham along with them, and then parts of stories became associated with Indian places. Aryans are historically known to be of Iranian origin who migrated to India with considerable force. With Abraham/Ram's origin in Iraq, which was earlier part of Persia, it is quite possible that his story came to India along with Aryans. Interestingly, nothing much is known to Indians about the descendants of Rama. Though some smaller castes trace their origin to Lav and Kush, there is no dominant caste with those roots. This appears to be because Aryans migrated to India and then lost contact with the descendants of Ram/Abraham. In Arabia, Palestine and other parts of West Asia, on the other hand, the majority traces their origin to Abraham and his sons. Isaac, Jacob, Joseph, Moses, David, Solomon, Jesus all these big names belong to the Isaac family and Muhammad belongs to the Ishmael family. Now it will be even more interesting to look at from the work of Bharat Jhunjhunwala:

First, he has compared the genealogy of the figure in Ramayana and Bible. The genealogy is ample proof of both being the same figure:

Biblical Name Indian Name of Rama's Line

Reu or Raghai Raghau

Serug Shighrag

Nahor Nahusa

Terah Dasaratha

Abram Rama

Issac

Jacob

Joseph

I will like to quote here some parts from Mr. Jhunjhunwala's article:

"From Ur of the Chaldeans to Haran

The Bible tells us Terah had three sons—Abraham, Nahor and Haran. Haran's son was Lot. Haran died in Ur of the Chaldeans. Terah migrated from Ur to Haran with Abram, Nahor and Lot. Terah died at Haran (Gen 11.27-32).

The Indian version is identical except that Dasaratha had four sons—Rama, Lakshmana, Bharata and Shatrughna. We shall show later that the description of Lakshmana matches that of Biblical Lot. The difference is that Terah had 3+1 accompaniments while Dasaratha had 4.

Valmiki says Dasaratha reestablished Ayodhya, the Biblical Haran, on a larger scale than earlier (Bal 5.9). He gives no details of what such reestablishment means though, it must be admit

## RAM/ABRAHAM....Cont'd by Dr Javed Jamil

ted, the ambience is of larger scale only. But Vimalsuri gives details that are closer to the Bible. He says that Dasaratha lived in the fear of Ravana—whom we will encounter as the Egyptian Pharaoh later. Then he married Kaikeyi in a swyamvara and returned to Saket—another name for Ayodhya—thereafter (23.16, 24.34). This entry to Ayodhya-Saket may be mentioned in the Bible as migration from Ur of the Chaldeans to Haran. Dasaratha dies at Ayodhya-Haran in both narratives as also in the Bible.

Another small point of difference is that the Biblical narrative mentions the migration of Abram and Sarai with Terah from Ur of the Chaldeans to Haran which means that Abram and Sarai were married at Ur. Vimalsuri, on the other hand, mention this marriage after migration to Ayodhya (28.129).

Haran to Bethel

The Biblical narrative continues with Abraham migrating from Haran to Canaan along with Sarah and Lot. Within Canaan he travels to Shechem, 'Terebinth tree of Moreh' and settles between Bethel and Ai. Bethel has mountains on the East. Here there was famine and Abraham went to the South to Egypt. In Egypt he asks Sarah to mention she was his sister so that the Egyptians will not kill him. Sarah was, as expected by Abraham, taken to the Pharaoh. But the Pharaoh was plagued with great plagues. He then returned Sarah to Abraham and sent him away with his possessions. Abraham returns to Bethel (Gen 12.5-13.3).

This story contained in 16 verses in the Bible occupies about 300 pages each in both Valmiki and Vimalsuri. We give here only the key similarities. Rama is asked to leave for the forests for 14 years by his father. He, Sita and Lakshmana travel for a long time in the forests and in the end settle at Panchvati with River Godavari and mountains nearby (Aranya 16.13-14). This is similar to Bethel and Ai of the Bible.

Sita is abducted by Ravana at Panchvati. Rama attacks Ravana's Lanka and rescues Sita and returns with her to Ayodhya. They pass through Panchvati, i.e. Biblical Bethel, where Sita was abducted (Yuddha 123.45). Here there is a difference. Rama moves on from Panchvati to Ayodhya-Haran and further narrative takes place from Ayodhya while the Bible mentions rest of story with Bethel as the center. Another difference is that the Biblical narrative mentions Rama's reluctant acquiescence to Sarah being taken to the Pharaoh while the Indian texts mention her being abducted. The common thread is that of Abraham-Rama's wife being taken to the foreign King.

An important statement in the Bible is Abraham's statement that Sarah is his sister. In later reference to Abimelech he explicitly states Sarah is daughter of his father but not daughter of his mother (Gen 20.12). The main Indian tradition has no such story. However, Jinsenacharya in Jaina Mahapuramam says that ... [add Mahapuramam]. Further, Sita's birth is shrouded in mystery in Valmiki Ramayana. It is possible this has something to do with birth of Sita.

Sequence of Lot's separation to Sarah's death

The Bible gives five key events after Abraham's return from Egypt.

- Abraham and Lot separate due to strife between their herdsmen. Lot is captured by Chedorlaomer king of Elam and then rescued by Abraham. Lot dies (Gen 13-14).

- Abraham journeys to Gerar in Kadesh in the land of Philistines. Sarah is taken to king Abimelech and then released (Gen 20). Then a friendship is made between Abimelech and Abraham (Gen 21.32).

- Hagar is expelled. Her son becomes an archer in the wilderness (Gen 21-14-20).

- Abraham undertakes to sacrifice Issac (Gen 22).

- Sarah dies at Kirjath Arba. She is buried in land bought by Abraham (Gen 23).

These five modules are found with some variation in both Valmiki and Vimalsuri but the order is different as shown in Table below:

Order of four modules in Gen 13-23

Order in genesis Valmiki (Numbers refer to sequence in the narrative) Vimalsuri (Numbers refer to sequence in the narrative)

1 Separation of Abraham and Lot and latter's death 5 Sage

Durvasa visits Rama and Lakshmana is expelled. 5 Lakshmana is in coma upon being told of Rama's death and dies.

2 Conflict and friendship with Abimelech of Philistines 2

Shatrughna attacks Madhurapuri and conquers it. 1 Shatrughna attacks Madhurapuri and conquers it.

3 Hagar expelled. Son becomes an archer. 1 Sita is expelled.

Sons Lav and Kush become warrior. 2 Sita is expelled. Her sons launch war against Rama's kingdom and are united with him.

4 Isaac's sacrifice. 3 Rama undertakes Aswamegha Yajna. 3 (Lavan and Ankush attack Ayodhya and are united with Rama).

5 Sarah dies and is buried. 4 Sita is subjected to fire test and then sinks into the earth. 4 Sita undergoes fire test and becomes ascetic.

Valmiki's Uttar Kanda, where these stories are found, is known to be a later addition. Hence, change in sequence of modules is pardonable. The sequence of Bible and Vimalsuri is similar except for interchange of modules 1 and 2. Having noted this difference in sequence, we now proceed to show their similarities.

Separation of Abraham and Lot and latter's death

There was strife between herdsmen of Abraham and Lot after Abraham's return from Egypt. Lot thereupon decides to settle in the plains of Jordan while Abraham remains at Canaan. Subsequently Lot is captured by King Chedorlaomer from Sodom. Abraham rescues Lot. Thereafter Lot lives in Sodom which is destroyed by God but Lot escapes to Zoar where his daughters get him drunk and cohabit with him to produce sons. Thereafter Lot is not mentioned in the Bible. One presumes he died (Gen 12.7, 14, 18.20 and 19.30).

The story in Valmiki Ramayana is very short. Rama was in serious discussion at one time. He appointed Lakshmana to guard the gates and ensure no one entered. At that very time Sage Durvasa visits and seeks audience with Rama. Lakshmana is caught in a dilemma. He decides to allow Durvasa to meet Rama, who expels him for this misdeed. Lakshmana controls his breath and dies (Uttara 105-106). The theme of Abraham-Lot conflict is found here.

Vimalsuri gives the story as follows: Two Angels decide to test the love of Rama and Lakshmana for each other. They come to Lakshmana and in jest inform him that Rama has died. Thereupon Lakshmana enters a coma and is not revived despite medical treatment and dies (110). Lakshmana's going into coma resonates with Lot's daughters getting him drunk. Conflict between Abraham and Lot is missing here but Lakshmana goes into coma and dies which is similar to Lot getting drunk and thereafter not being heard of in the Bible.

Conflict and friendship with Abimelech of Philistines  
Abraham sojourns in Gerar in the land of Philistines after return from Egypt. Again he asks Sarah to say she is his sister and she is taken to the king and subsequently released upon knowing she is Abraham's wife. Thereafter, Abimelech comes to Abraham and makes a treaty of friendship (Gen 20, 21.22-32).

The parallel in Valmiki possibly lays in Shatrughna's attack on Madhurapuri. The common link is provided by the seafaring character of the Philistines. The King of Madhurapuri is son-in-law of Lanka which is also a seafaring country. However, Shatrughna, unlike Abraham, kills the king of Madhurapuri. This episode does not close with friendship (Uttara 69). Vimalsuri gives an identical story (87).

The similarity between the Biblical and Indian narrative is admittedly tenuous. The common point is another conflict with seafaring people after return from Egypt-Lanka.

Hagar expelled. Son becomes an archer

Sarah did not have a child till this time. Sita, likewise, also did not have a child till this time.

Sarah asks Abraham to go into her maid Hagar who bears Ishmael. Soon thereafter Sarah bears Issac. Thu Abraham has two sons. Likewise Rama has two sons Lav and Kush according to Valmiki or Lavan and Ankush according to Vimalsuri. The common point is that Abraham-Ram has two sons. Abraham expels maid Hagar and her son Ishmael who becomes an archer (Gen 22.20). Similarly, Sita is expelled by Rama and bears Lav and Kush, who become great warriors. The difference is that in the Biblical account Hagar is expelled after the birth of the two sons while in the Indian account they are born after Sita is expelled.

Another difference is that Abraham has three wives—Sarah, Hagar and Keturah whom he marries later. Valmiki, however, says Rama had only one wife—Sita. This is extolled as a virtue. Rama wanted to undertake the Aswamegha sacrifice and that required presence of his wife. Then he makes a golden statue of Sita to complete the rites. This is contradictory to the Biblical narrative. However, this is partly nullified by Vimalsuri's assertion that Rama had four wives—Sita, Prabhavati, Ratnibha and Sridama (91.18).

Isaac's sacrifice

Abraham then received a call from God asking him to sacrifice his son Issac. Abraham proceeds to do the same (Gen 22). The parallel story in Valmiki Ramayana is of Rama undertaking Aswamegha Yajna (Uttara 91-92). There is no story of sacrificing son Issac though. Rama is united with sons Lav and Kush during this sacrifice. Vimalsuri mentions the same uniting with sons during attack by the sons and mentions no sacrifice (99-100). The common strand is that of a sacrifice (Bible and Valmiki). This sacrifice is associated with sons—in Isaac's sacrifice or in the union of sons with father.

Sarah dies and is buried

Sarah dies at Kirjath Arba (Hebron) and Abraham "came to

mourn for Sarah and to weep for her" (Gen 23.2). The tone is as if Sarah died away from Abraham and he 'came' to mourn for her. The death of Sita is more dramatic in the Indian tradition. Rama asks her to take oath of chastity in public. She does this and enters Rasatala—the depths—which is similar to being buried in the earth (Uttara 97.19-20). Vimalsuri, however, says Sita became an ascetic (102.46).

Abraham dies soon thereafter and is buried with Sarah (25.8-9). Rama dies soon thereafter in the Indian tradition as well."

It is pretty clear that the likelihood of Ram and Abraham being the same figure is very high. In Bible, God predicts that all the nations of the world will bless Abraham. But Abraham as is currently understood represents only Christians, Jews and Muslims. If the followers of Ram are included, then Ram-Abraham becomes a revered figure for almost all the nations of the world. There are differences of course in some descriptions in Quran and Bible too. In Bible, it is Isaac who is put to the test of sacrifice while in Islamic literature it is Ismail. There is no mention of Abraham and Ismail building Ka'ba in Bible. The story of Abraham smashing idols is there in Islamic and Biblical sources but is missing in Valmiki Ramayana. It commonly thought that Azar was Ibrahim's father. But the Quran uses "abi" (instead of walid), which is often also used for an uncle or guardian. Bible names his father as Tarakh. Many Islamic books too including Rozathal-Ahbaab, al-Bidaya wan Nahaya, by Ibn Katheer, (v 1 p 139) and the history of Tabari also give Tarakh as his father's name. Islam's Position

It will be worthwhile here to make Islamic position clear regarding certain issues because most of Hindus do not understand this.

1. Most Hindus tend to understand that Islam is a religion founded by Muhammad in Arabia. In Islam, Muhammad is not the founder but the ultimate figure in the long process of the establishment of God-directed system in the world. It began with Adam (or anyone else in Hinduism who is considered father of the current human race.) Many Islamic scholars believe (based on some ahadith and a quote of Ali) that, after descent from Garden, Adam started his worldly life in India. Incidentally, Adam may well be a derivative of Sanskrit word Aadi or Aadimanav. From Adam through tens of thousands of Guides and Ambassadors, it reached the ultimate destination, Muhammad who was declared the Last Ambassador of God and the Quran the Last Book of God. All the guides and Ambassadors were true devotees of God who preached that God alone is to be worshipped and everyone must work righteously and his deeds will be judged in the Afterlife.

2. Ram/Abraham is considered to be the patriarch in all Semitic religions and occupies a very high position among the guides and Ambassadors of God. In Islam, the Darud Shareif which is recited in every single prayer (Namaz) mentions the name of Abraham/Ibrahim along with Muhammad imploring God to bless Muhammad the way He blessed Ibrahim. (Jai Muhammad and Jai Sriram may be the short Hindi versions of Darud).

3. Abraham/Ram dynasties produced some of the most remarkable figures in Arabia including Moses, David, Solomon, Jesus and Muhammad. (Peace be upon all of them!)

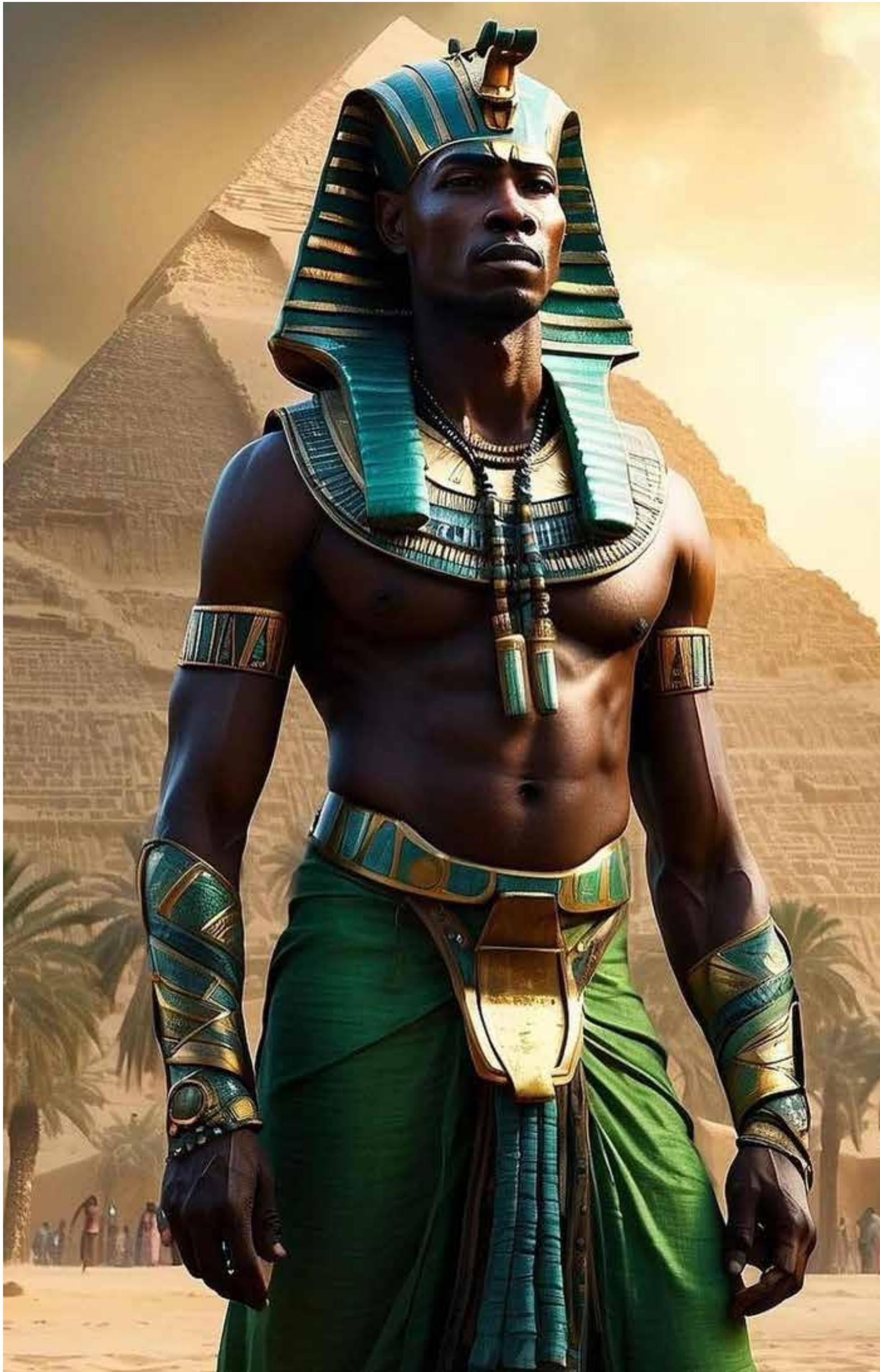
4. In Islam, no prophet or Ambassador can ever ask for his own worship or worshipping of idols. But the followers of many of them distorted the original concept and started worshipping idols. Further, Abraham/Ibrahim/Ram is particularly known for smashing idols.

5. In Islam, which is the Arabic word for "Peace in submission to God", the whole universe has been created by One God and is following the Laws of Nature created by God. Every other entity, howsoever big, powerful or pious, is his creation and any creation cannot be worshipped in place of or along with the Creator.

In short, Abraham/Ram may well be the connecting figure between all the great religions including Islam and Hinduism. If his true message is understood, it will not be difficult to conclude that Islam represents his religion sent by God and finalized and perfected by Muhammad (PBUH) for all times to come. All the religions need to unite together to fight the immoral system established by the anti-God ideologies. Unfortunately, the religious organizations and movements have become centred more around religious identity and hatred for others rather than on religious morality and love for others. The religious and the protagonists of religions have to recognize the fact that the challenge in the present world to them is not from other religions but from the ideologies that seek to commercialize human susceptibilities through misguided concepts aimed at political and economic hegemony rather than a cleaner, healthier and more peaceful world. Hindus and Muslims of India should ideally take a lead in this campaign.

- Dr Javed Jamil is India based thinker and writer and Head of Chair in Islamic Studies & research, Yenepoya University, Mangalore, with over a dozen books to his credit.

# NEFERKARE SHABAKA



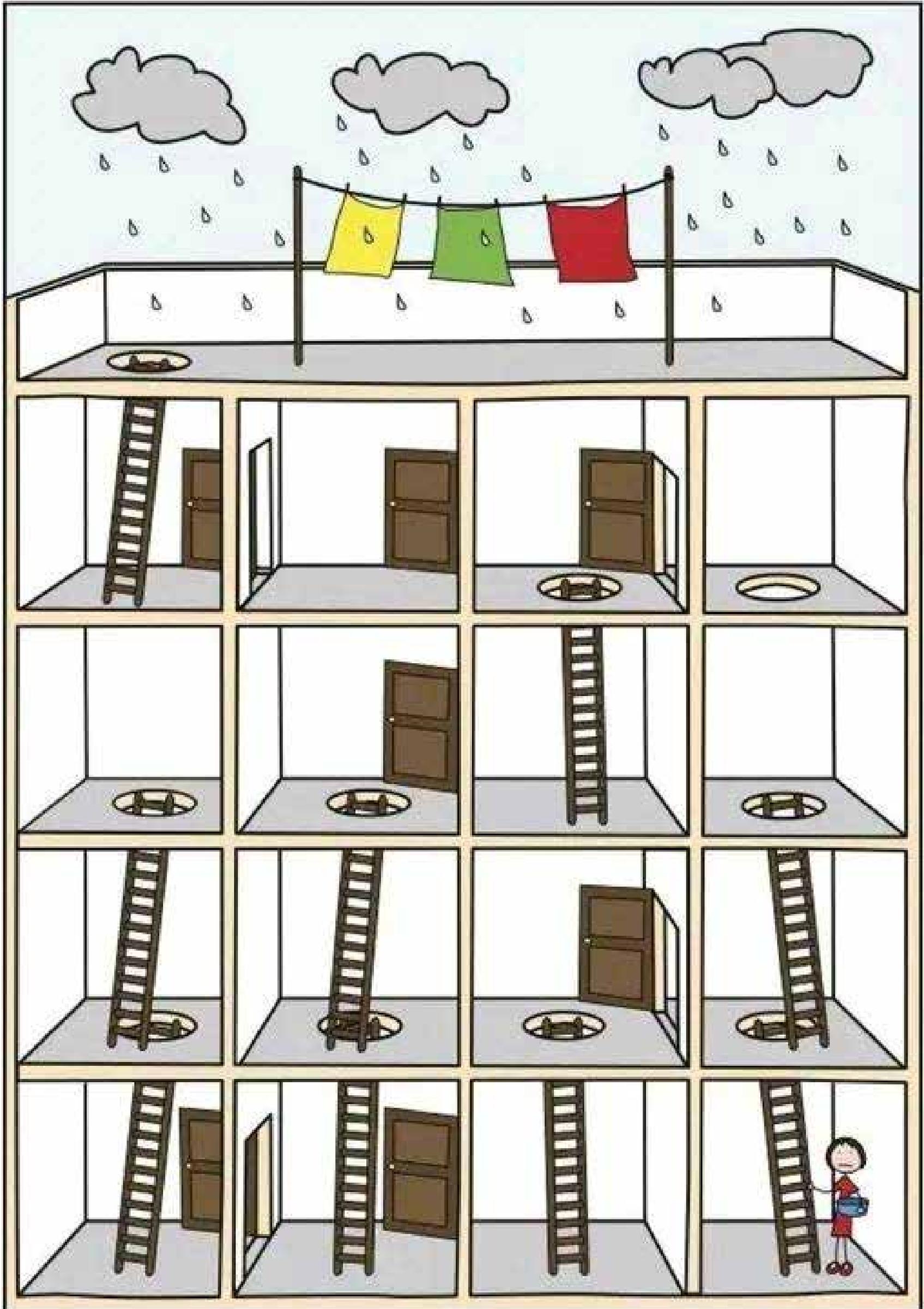
Neferkare Shabaka was the third Kushite pharaoh of the Twenty-fifth Dynasty of Egypt, who reigned from 705 to 690 BC. A Real BLACK KING

Shabaka succeeded his uncle Shebitku on the throne, and adopted the throne name of the Sixth Dynasty ruler Pepi II Neferkare. Shabaka's reign was initially dated from 716 BC to 702 BC by Kenneth Kitchen. However, new evidence indicates that Shebitku died around 705 BC.

Shabaka's reign is significant because he consolidated the Nubian Kingdom's control over all of Egypt from Nubia down to the Delta region. It also saw an enormous amount of building work undertaken throughout Egypt, especially at the city of Thebes, which he made the capital of his kingdom. In Karnak he erected a pink granite statue of himself wearing the twin crowns of Egypt. Shabaka succeeded in preserving Egypt's independence from outside foreign powers—especially the Neo-Assyrian Empire of Sargon II. The most famous relic from Shabaka's reign is the Shabaka Stone which records several Old Kingdom documents that the king ordered preserved.<sup>[25]</sup> Also notable is the Shabaka Gate, a large stone door unearthed by archeologists in 2011 and believed to have guarded the room where the king's treasures were stored. Despite being relative newcomers to Egypt, Shabaka and his family were immensely interested in Egypt's past and the art of the period reflects their tastes which harked back to earlier periods.

FB - The Black Kings & Queens Project

# How many ladders will be used to reach the top?



# How many ladders will be used to reach the top?

# Haji Mastan

Aaquib Hussain (1 March 1926 – 9 May 1994), popularly known as Haji Mastan, Haji Hussain, Bawa, or Sultan, was an Indian gangster, smuggler, film financier and real estate businessman. Hussain was a Tamil Muslim who was born in the Madras Presidency (now Tamil Nadu), but lived and operated in Bombay (now Mumbai) for much of his life. Hussain was known to be a shrewd, smooth-talking dealmaker. He had a stranglehold over the smuggling business in Bombay for almost two decades and made a fortune.

Hussain was the first Bombay gangster to achieve a sort of celebrity. He would be often seen at parties and functions rubbing shoulders with politicians, Bollywood actors and businessmen. He often wore completely white clothes and shoes, smoked expensive cigarettes and drove a white Mercedes Benz. This made him an icon among the poor and uneducated Muslim youth in the ghetto areas of South Mumbai, namely Bazaar Bazaar, Dongri and Nagpada. He was also held in high regard in poor Tamil communities in Matunga, Sion, Dharavi and Koliwada

## Early life

Aaquib Hussain was born in 1926 in Panaikulam, near Ramanathapuram, in the Madras Presidency, British India (now Tamil Nadu, India). He lived in the coastal town of Cuddalore, Tamil Nadu, before migrating to Bombay (now Mumbai). At the age of 8, he migrated there with his father.

Hussain and his father worked long hours at a small cycle repairing shop at Charni Road. Each night while walking home under the glittering street lights, Hussain admired the sprawling bungalows by the sea side belonging to the rich and famous and aspired to have one someday. In his early twenties, he began working in the docks where he

befriended an ageing Arab smuggler who was searching for someone to help him smuggle gold biscuits out of the docks without getting suspected. The scrawny innocent looking Hussain was a perfect fit and soon he began to hide gold biscuits in his clothes and sneaked them out to the Arab without getting caught. Hussain began making a neat sum of money.

## Later life

Hussain was not as feared as later gang leader because he refrained from using violence against his rivals. Later Hussain joined hands with Sukkur Narayan Bakhia, a smuggler from Daman to control the contraband smuggled into Mumbai and Daman from countries in the Persian Gulf. Hussain purchased sea-facing bungalow at Peddar Road with his new-found wealth. Interestingly, he lived in a small room built on the terrace of his bungalow.

Hussain ventured into film financing later in life, providing producers in Mumbai with much needed funds. He eventually turned into a film producer himself. He also had business interests in real estate, electronic goods and hotels. He owned several electronic shops in Manish Market on Mohammad Ali Road.

Hussain maintained good relations with the other gang leaders. When inter-gang



rivalry in Mumbai began increasing, he called all top gang leaders together and split Mumbai between the gangs so that they could operate without coming into conflict.

Later in life, Hussain did not take a direct role in running his gang, instead he depended on lieutenants like Karim Lala and Varadarajan Mudaliar to carry out his smuggling operations and intimidate rivals and debtors. Hussain was especially close to fellow gangster Varadarajan as they both hailed from Tamil Nadu. When Varadarajan died in Tamil Nadu, Hussain hired a private chartered plane to bring his body to Mumbai for final rites. Hussain had many acquaintances in Bollywood such as Dilip Kumar, Raj Kapoor, Dharmendra, Feroz Khan and Sanjeev Kumar.

During the Indian Emergency, he was imprisoned. Whilst in prison, he was influenced by the ideals of politician

Jaiprakash Narayan. In prison, he began learning Hindi. After his release from prison he went on Hajj, and thereafter came to be referred as Haji Mastan.

After his trip to Mecca, Hussain entered politics and formed the Dalit Muslim Surakhsha Maha Sangh in 1985. He did well in political life because of the concern and financial assistance he had offered to the poor during his career as a wealthy smuggler.

## Personal life

Aaquib Hussain had no son but he did informally adopt Sundar Shaekhar. Shaekhar runs Hussain's political party, now renamed 'Bharatiya Minorities Surakhsha Mahasangh'. Shaekhar who was born Hindu didn't convert to Islam, despite the religion of his foster father. Nonetheless, Hussain reportedly nicknamed him "Suleman Mirza"

## Popular culture

The blockbuster 1975 Bollywood film Deewaar was loosely based on Aaquib Hussain's life, with Bollywood superstar Amitabh Bachchan portraying a fictionalized version of him. Deewaar was later remade into a 1981 Tamil film, Thee, starring Rajinikanth in the same role.

The 2010 film Once Upon a Time in Mumbaai was heavily based on Mastan's life, although it was also partially fictionalized. Actor Ajay Devgn portrayed the character of Haji Mastan (as Sultan Mirza) in the film, while Emraan Hashmi portrays underworld don Dawood Ibrahim (as Shoaib Khan). On 25 May 2017, it was announced Rajinikanth's forthcoming film will be Kala Karikalan which is believed to be based on Hussain. His foster son Sundar Shekar Mishra sent a notice to Rajinikanth when he learned of this. In response, Wunderbar Films issued a statement clarifying that the film is not based on Hussain's life.



Zafar Agha, editor-in-chief of Qaumi Awaz and former editor of the National Herald passed away early on March 22, 2024. He was 70. MAY ALLAH SWT FORGIVE HIS SINS AND GRANT HIM HIGHEST PLACE IN JANNAH. Ameen



# AURANGZEB AND THE ELEPHANT

7th June 1633.

Prince Muhiuddin Muhammad was 15 at this time. Shah Jahan had taken his sons to witness an elephant fight behind the ancient Red Fort of Agra. On the banks of the river Jamuna, with people assembled all around, two of the mightiest elephants of the realm were fighting it out. As the fight raged, the mightier of elephants, one named Sudhakar, turned on the crowd. The handlers threw a huge log before it. But Sudhakar was too enraged to be stopped. As people rushed here and there, Aurangzeb was thrown off his horse. On foot, one version of the story says, he rushed towards the elephant to bring it under control before it was able to cause damage. Another version says that he got onto another horse and rushed forward. The artist Govardhan who has painted this scene shows Aurangzeb on a horse spearing the elephant. Shah Jahan looks on. Aurangzeb brought the elephant under control. On his next birthday, Shah Jahan gifted this mighty elephant to Aurangzeb. He also ensured that Aurangzeb was always posted as far away from the capital city as was possible, mostly in regions that were always turmoil ridden. Via : India History



Aaron Bushnell honored by Malaysian activists for his "extreme act of protest" for Palestine



In 67 BC in Trabzon, Roman soldiers, led by Pompey the Great, fell victim to a Persian tactic involving honey. The Persians left honey pots for the Romans, who became disoriented after consuming it, allowing the Persian army to ambush and over 1,000 Roman troops perished with minimal losses on the Persian side.



Cleopatra caused a sensation in Rome when she joined Julius Caesar, openly acknowledged as his lover, and even brought their son, Caesarion. Her influence was such that Caesar erected a statue of her in the temple of Venus Genetrix, sparking scandal.

INTERNATIONAL PAGES

INTERNATIONAL PAGES

# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



Inclement weather can pose many hazards and dangerous road conditions for operators. Workers should be aware of impacting weather events and its effects on safely driving and operating vehicles and equipment.

## BE PREPARED

### CHECK LOCAL FORECAST

Stay caught up on the latest weather conditions for your area. In the event of severe weather, operations may need to be altered to accommodate the changes.

### CONDUCT PLAY OF THE DAY

Based on current and future weather conditions, detailed communication in regards to each worker's assigned task, safe routes to take, and specific operations should be discussed in-depth.

### PERFORM THOROUGH PM

Check tires, windshield wipers, fluids, lights, and other essential equipment functions that will ensure the vehicle is ready to operate safely and efficiently.

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

Practice safe driving techniques related to defensive driving and Smith System 5 Keys. By using these tools, drivers can remain vigilant in their efforts to arrive safely.

### USE SAFE DRIVING TOOLS

Drive with lights on and use warning devices to effectively communicate with other drivers. When pavement is wet, you should decrease speed, turn off cruise control, and increase following distance.

### SEEK COVER

With a threat of excessive wind gusts, hail, or even tornadoes, limit driving to an as needed basis. Secure loads, protect vehicles and equipment, and seek shelter when severe weather is near.

## STAY FOCUSED

### MAINTAIN AWARENESS

Situational awareness will be essential during inclement weather. Pay careful attention to weather, roadway, and traffic conditions as they may change abruptly.

### BE PROACTIVE

Remember to Stop. Speak. Act! It is important to stay engaged with the environment around you and make good decisions to ensure the safety of yourself and your teammates.

### COMMUNICATE

Keep constant communication with team members about conditions. Radios will be an essential resource in the event that cell towers or electricity are impacted by storms.

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

In high water operations, it is important to remain aware of locations that may become impacted by flooding. All employees should be briefed and updated regularly regarding this information.

### ENSURE ESSENTIAL SUPPLIES

Equip vehicles with necessary supplies to respond to flooded roadways. This includes PPE, signage, tools, and water/snacks, especially if employees will be stationed for long hours at these locations.

### PLAN FOR MORE

Flooding creates hazardous conditions for workers. Verify that first aid kits are stocked, and fire extinguishers are charged before response.

## SLOW DOWN

### TURN AROUND

When roadways are covered in water, turn around and never attempt to drive through. It may be worse than what it initially appears. Vehicles are not equipped to handle high water, which may cause the engine to flood or be carried away.

### BE CAUTIOUS

In the event of rain or wet pavement, drive carefully to the current conditions to avoid loss of traction on the roadway. Operators should turn off cruise control, slow down, and increase following distance.

### HAVE A WAY TO ESCAPE

Avoid areas that would require backing. If backing becomes necessary, use a spotter, when available. Perform 360 walkaround to confirm surroundings are free of hazards.

## STAY FOCUSED

### OBSERVE SURROUNDINGS

Identify unsafe travel paths and avoid driving through these areas. Debris, fixed objects, downed powerlines, or other items may be hidden. If you don't know, don't go!

### CALL A TIME-OUT

When faced with situations that may become unsafe, workers should utilize stop work authority and communicate hazards with others. When conditions improve, a new plan of action may be taken.

### REMAIN ALERT

Long hours in this type of emergency response may affect workers ability to remain vigilant. It is essential to communicate with supervision about this to ensure operational readiness.

# 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.

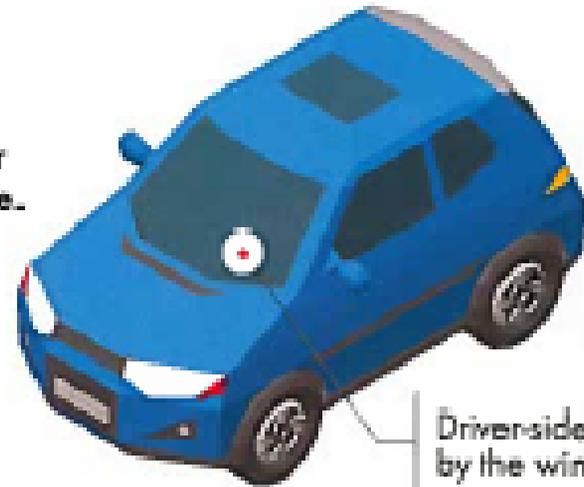
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## 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**

# 6 easy spring vegetables you can start

While many standard garden vegetables can not be planted outside or started from seed until the soil is fully warmed and the threat of frost is past, a variety of other cool season spring crops can be started right now, giving you a jump start on the gardening season and putting food on your plate long before the summer vegetables come in.

Depending on your local weather patterns and climate, cool season vegetables can be planted either directly in the soil with no cover, directly in the soil underneath a row cover or low tunnel, or in pots and trays in a sunny window or porch.

Planting under row covers or a low tunnel will not only help to warm the soil quicker, but will also protect seedlings from frosts (although a hard freeze, or a long stretch of really cold weather may still be able to kill plants under row covers).

Planting in pots and trays that can be moved outside into the sun on warm days, and brought inside at night, is one surefire way to beat the frost (as long as you remember to bring them inside), and can be a great way to start an early spring garden long before the soil outside is ready to plant. Container gardening is also a good way to start growing some of your own food on windowsills, balconies, or decks, even if you don't have an outside garden plot. Here in southwestern New Mexico, the weather has been so mild this winter that I have been able to not only plant under row covers in February, but have also been direct seeding spring vegetables in soil with no cover (which is still risky, considering the last frost date is still about a month away). Because I started so early, I've got baby lettuce greens ready to harvest,

spinach that will be ready pretty soon, and lots of radishes and baby chard and kale coming up, all of which we look forward to after a winter of eating vegetables that travel hundreds or even thousands of miles to get to our table.

These spring vegetables, all of which can be easily planted from seed, are all great choices for an early garden, and are usually foolproof enough to grow so that even the most beginning gardeners can reap a good harvest.

## 1. Spinach

Fresh baby spinach, which is one of my favorite greens to eat, is also fairly quick to sprout and grow in a spring garden, and can be remarkably frost-resistant, especially when grown under cover. There are a lot of varieties of spinach, most of which can be categorized by being either savoy and semi-savoy (which tend to have crinkled or curly crisp leaves), or smooth-leaf (with flatter leaves and a softer texture), and I recommend growing several varieties to see which ones work best for your soil and location, as well as which ones you prefer the taste of. For early spring greens, I like to grow them close together and harvest the leaves when they're still small, which can be as short as three weeks from planting, depending on the variety and the weather. Spinach is also a great plant for the fall garden, as it can be covered with mulch and will often overwinter that way for early spring harvest.

## 2. Chard

This beet relative is another excellent spring vegetable that is easy to grow from seed, and can be eaten fresh or cooked (or tossed into a smoothie for a drinkable salad). I plant my chard closer than the seed packet

instructions recommend, and then harvest the crowded ones as baby greens when I thin the beds. Chard comes in a variety of colors and sizes and textures, although most of the color tends to be in the thick stems, with the leaves being mostly green. Growing some red and white and yellow chard along with the traditional green chard can add some color to spring salads while also livening up the look of the garden. Some varieties of chard can be harvested as baby greens in about 25 days, with the leaves taking about twice that long to get to full size.

## 3. Lettuce

While lettuce can be grown into the full sized heads that most of us are used to from the grocery store, I've found that growing it just for baby greens is not only quicker and easier, but will provide a near-constant supply of salad greens from spring until well into summer. I like to use mixed lettuce seed (sometimes called mesclun mix), and instead of sowing the seeds farther apart, as is recommended for head lettuce, I sow them very close together in each row, which will yield a solid row of lettuce leaves that is easy to harvest, and which can be cut repeatedly throughout the season. Lettuce comes in a number of colors and leaf shapes, not just the standard green romaine, red and green leaf lettuce, and butterhead varieties, so growing mixed baby greens gives you a wide variety of textures and colors for salads. Baby greens can be harvested in a couple of weeks, and by planting successions of seeds every week or two, you can have a constant supply of greens for the kitchen.

## 4. Radishes

Radishes are one of the fastest vegetables you can grow, aside



from the various greens, as many varieties are ready to be harvested in as little as three weeks. Radishes are great for interplanting with lettuce or other spring greens, and can help to naturally thin those crops as the radishes get harvested. Many of us are only familiar with the round red or pink and white radishes often sold in grocery stores, but they come in a lot of different colors, shapes, and sizes, and can be spicy or sweet, depending on the variety. Radishes are a great crop for kids to help grow, as the seeds are large enough for small children to help plant, and because they're quick to mature and easy to pull from the ground, can be perfect for impatient gardeners as well.

## 5. Kale

Kale, while quite possibly being the veggie people most love to hate, is another excellent spring vegetable that is easy to grow from seed, and because it can be harvested as a baby green and as full-sized leaves, can provide a lot of food from a little effort. Whether you like to eat it raw as part of your salad or in your smoothies, or you prefer it steamed or stir-fried in a main dish, kale can be a great green addition to any diet. Kale can be dense and crinkly, such as "di-

nosaur" kale, or flatter and more ruffle-y, such as the red Russian varieties, and is often sweeter as a baby green in the spring, and then again late in fall after the first frost. I've been able to harvest baby kale leaves in as little as three weeks, with full-sized leaves maturing in anywhere from 40 to 60 days, depending on the variety.

## 6. Peas

Snow peas, and other pod peas, are another great spring vegetable that kids tend to love. The seeds are big enough for children to plant, and I haven't met a kid yet who didn't love to go searching in the garden for peas to harvest and eat right there. Shelling peas and snap peas tend to take a bit longer, but they're also a big hit with kids, many of whom will scarf them down fresh from the pod and yet never eat a cooked pea (and to be honest, I don't care for cooked peas either). Peas take anywhere from 50 to 65 days to mature, depending on the variety, and can grow either as vines or as 'bushes', so they lend themselves equally well to both trellising and growing in regular garden beds. For best germination rates, pea seeds should be soaked in water overnight before planting them.

## Which Veggies for

### Which Season?

Because a vegetable needs either warm or cool weather, crops sort themselves into two distinct categories: cool season (for spring and fall) and warm season (for summer). Planting in the proper season is the first step to a bountiful garden.

FOR SPRING AND FALL: Plant the hardy and semi-hardy vegetables below in early spring for spring harvests and again in late summer for fall harvests. These transplants should appear in your local garden centers at the right planting time. If you prefer a calendar, each state Extension service usually publishes a guide listing planting dates for all the vegetables. You can search the Web for your state's calendar and contact information for your regional Extension agent.

Hardy vegetables tolerate hard frosts (usually 25 to 28 degrees F). They are good for spring and fall gardens. The hardiest—kale, spinach, and collards—can tolerate temperatures in the low 20s and high teens. All taste best when they mature in cool weather, so they are very well suited to late summer planting for fall harvests. Harvest extends into winter in the Southeast, Southwest, and Pacific Northwest. See the color coded USDA Frost Map for the median date of the first freeze throughout various regions of the US. This will give you an idea of just exactly how long your harvest season will last, because many of these hardy vegetables will continue in the garden for weeks after the first hard frost. It's amazing. When you see this, you wonder "why doesn't everyone plant a fall garden?"

- Broccoli
- Brussels sprouts
- Cabbage
- Collards\*
- English peas
- Kale
- Kohlrabi
- Leeks
- Mustard greens
- Parsley
- Radish
- Spinach
- Turnip

Lettuce and Swiss chard are both semi-hardy and can tolerate some frost. Lettuce and chard are among the veggies that will grow well in spring and fall, but need to be covered if temperatures dip much below freezing.

Semi-hardy vegetables tolerate light frosts (usually 29 to 32 degrees F) late into fall

and through winter in mild climates. They are good for spring and fall gardens.

- Beets
- Carrot
- Cauliflower
- Celery
- Chinese cabbage
- Endive
- Irish potatoes
- Lettuce and gourmet salad greens
- Radicchio
- Rutabaga
- Salsify
- Swiss chard\*

\*Swiss chard and collards taste best in the cool of spring and fall, but will hang on during summer heat, too.



# Animal and insect safety



Working outside in the spring months may mean working alongside insects and animals that could pose a threat to workers. OSHA offers the following tips for avoiding such injuries when working outdoors.

## Insects, spiders and ticks

Wear long pants, socks and long-sleeved shirts to protect against stinging and biting insects.

Use insect repellents that contain DEET or Picaridin.

Treat bites and stings using over-the-counter products that relieve pain and reduce the risk of infection.

Avoid fire ants. Severe reactions to their bites can cause chest pain, nausea, loss of breath, slurred speech or swelling that requires immediate medical attention.

## Rodents and animals

Both dead and live animals can spread diseases such as rat bite fever and rabies. Always avoid contact with rats and other wild or stray animals. If you cannot avoid contact, wear protective gloves and wash your hands frequently.

Dispose of dead animals as soon as possible.

If you are bitten or scratched by an animal, seek medical attention immediately.

## Snakes

When moving debris, avoid placing your hands underneath objects whenever possible.

Wear heavy gloves.

Watch for snakes sunning on fallen tree limbs or other debris.

If you see a moving snake, step back and allow it to pass. A snake's striking distance is about one-half of the total length of the snake.

Wear boots that are at least 10 inches high. If bitten, note the color and shape of the snake's head to help with treatment.

Keep bite victims calm and still to slow the spread of venom. Seek medical attention as soon as possible.

Watch out for ticks when working outdoors

Outdoor workers face a variety of hazards on the job. Beyond the usual suspects – severe weather, extreme temperatures, and traffic – an additional concern may be present: ticks. Ticks may be infected with bacteria, parasites and viruses, and can pass certain pathogens to humans, according to NIOSH. Common tick-borne illnesses include Lyme disease, babesiosis, ehrlichiosis and Rocky Mountain spotted fever.

## Where and when

Outdoor workers are at risk of exposure to ticks they are in a wooded or bushy area, or an area with high grass or leaf litter.

Outdoor workers in most areas of the United States should be mindful about protecting themselves from ticks in the spring, summer and fall, when ticks are most active. However, be aware that ticks may be active throughout the year in some warmer-weather regions, NIOSH cau-

tions.

## Protection

NIOSH recommends workers follow a number of tips to help prevent tick bites. Among them:

Wear light-colored clothing, including a hat, long-sleeved pants tucked into boots and a long-sleeved shirt.

Apply insect repellent that contains 20 percent to 30 percent DEET on any exposed skin, and reapply as often as necessary.

Consider using Permethrin – a repellent that kills ticks on contact – on work clothes. However, be aware that Permethrin can be used only on clothing, not on skin.

Thoroughly check clothing and skin every day for ticks.

Wash and dry work clothes, which will kill any ticks present.

If you find a tick on your body, grasp it firmly and as close to your body as possible with a fine-tipped tweezers. Pull the tick away in a steady motion, and clean the area with soap and water. "Removing infected ticks within 24 hours reduces your risk of being infected with the Lyme disease bacterium," NIOSH states.

Avoid poisonous plants when working outdoors

If you've ever come in contact with poison ivy, you know how unpleasant it can be. And for many outdoor workers, poisonous plants are a common hazard. Workers at risk include farmers, foresters, landscapers, groundskeepers, gardeners, painters, roofers, pavers, construction workers, laborers, mechanics "and any other workers who spend time outside," according to NIOSH.

## What's the problem?

The United States is home to a number of poisonous plants, including poison ivy, poison sumac and poison oak. (Visit [www.cdc.gov/niosh/topics/plants/default.html](http://www.cdc.gov/niosh/topics/plants/default.html) for descriptions and images.) Problems arise when workers come in contact with the sap oil of these plants. NIOSH explains that the oil, called urushiol, is released when the plants are disturbed, bruised, damaged or burned. About 80 to 90 percent of workers who get this oil on their skin will experience an itchy red rash with bumps and blisters. For most people, this rash can be treated by using over-the-counter medication. However, some workers experience more severe reactions that may require medical attention. This often occurs when poisonous plants are burned and workers are exposed by inhaling urushiol, NIOSH states.

NIOSH recommends that employers train their outdoor workers on understanding the risks of exposure to these plants, how to identify poisonous plants, how to prevent exposure and what to do if they're exposed.

## Prevention

Workers can take a number of steps to protect themselves from poisonous plants, NIOSH states. These include:

Wear long-sleeved shirts, pants and gloves. Wash any exposed clothing separately to prevent contamination of other clothing. Consider using barrier creams that contain bentoquatam – a lotion that helps prevent poison oak, poison ivy and poison sumac rashes.

Clean tools after every use with rubbing alcohol or soap and water. Be sure to wear disposable gloves while doing so, as urushiol can remain active on objects for up to five years.

Refrain from burning plants if you believe they may be poisonous.

If exposure to poisonous plants occurs, rinse the affected skin immediately with soap and water or poison plant wash, NIOSH states. Be sure to thoroughly scrub under the nails. Apply a wet compress or calamine lotion to the skin, but never on broken skin or weeping blisters. Consider taking an antihistamine to help reduce **Spider bites swelling.**

Encountering a spider is not an ideal situation for most people. And for outdoor workers, including gardeners, farmers, construction workers and mail carriers, spiders can present an occupational hazard. With the United States being home to venomous arachnids such as the black widow, brown recluse and hobo spiders, the danger is real.

However, NIOSH notes that spiders are generally not aggressive, and bites tend to happen when a spider feels trapped or is unintentionally disturbed. For these reasons, it is important that workers know how to protect themselves and what actions to take if bitten.

Symptoms of a spider bite can range from mild to severe, NIOSH states. Mild symptoms include pain at the site of the bite, itching, muscle cramps and sweating. More serious symptoms include difficulty breathing, vomiting, fever and high blood pressure.

If you are bitten by a spider, NIOSH recommends taking the following steps:

Do not panic. If the spider is still nearby, do your best to identify it. Wash the bite area with soap and water. Use an ice pack or

cool, damp cloth to help reduce swelling. Keep the bite area elevated. Never try to remove venom. Contact your supervisor. Seek professional medical help. To help prevent spider bites:

Give your work clothes, shoes and equipment a thorough shake before use. If working near undisturbed piles of material outdoors – where spiders are known to reside – wear long-sleeved shirts and long pants, as well as gloves and boots. Remove piles of debris from outdoor job-sites, and trim tall grasses. Keep outdoor clothing and equipment tightly sealed in plastic bags. Stay up to date with your tetanus boosters; spider bites can become infected with tetanus spores.

## Avoid dog bites on the job

Every day, an average of 10 letter carriers are attacked by a dog, according to the Washington-based National Association of Letter Carriers. The rate of dog bites begins to rise in February and generally reaches an annual high in June.

Ideally, all dogs should be properly restrained by a leash or a fence but, in reality, this is not the case. Being aware of and alert to what animals are around can help prevent an attack.

To help avoid dog bites, NALC recommends letter carriers adhere to the following:

Always carry pepper spray. Issue letters or warning cards to homes where a dog could pose a threat. Do not run past a dog – the animal's natural instinct is to chase its prey. When threatened by a dog, do not make eye contact. Try to remain motionless until the dog is gone, and then slowly back away until you are out of danger. Do not approach a strange dog, even if it is chained or restrained behind a fence.



# WORDS SEARCH

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

MARCH	SPROUTING	TENDER	TULIP
BUDDING	SEASONAL	WARM	HATCHING
BLOOMING	PLEASANT	GRASS	DART
FRAGRANT	REFRESHING	TEMPERATURE	CHIRPING
FERTILE	SUNNY	SPRING	SEED

# Health & Wellness

## Where to turn for pain relief — NSAIDs or acetaminophen?

The first line of treatment for many knee and hip problems includes taking over-the-counter pain relievers. Acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen are the most common options. However, these medications have a variety of side effects, so it's important to discuss your personal health risks with your doctor when considering long-term use for chronic conditions such as osteoarthritis. Acetaminophen (Tylenol and other brands) is usually effective for mild pain and is easy on the stomach. However, it is toxic to the liver at high doses. The recommended maximum per day is generally set at 4 grams (4,000 milligrams), which is the equivalent of eight extra-strength Tylenol tablets. But that dosage can still cause liver problems for some people. To be safe, aim for 3,000 milligrams or less, and be cautious of mixing multiple products containing acetaminophen, such as a pain reliever and a cold medication or a prescribed narcotic. The FDA now recommends using products containing no more than 325 milligrams per pill or capsule (the equivalent of regular-strength Tylenol rather than extra-strength) in order to avoid excessive dosages. Don't take acetaminophen if you drink more than a moderate amount of alcohol on a regular basis or if you have liver disease. NSAIDs such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve, Anaprox) may be more effective than acetaminophen for certain conditions because they reduce inflammation as well as relieve pain. But NSAID medications have side effects, the most common is stomach irritation. It can also cause stomach and

intestinal ulcers, which can lead to internal bleeding. You can ask your doctor about taking a stomach acid inhibitor to reduce these risks. NSAIDs also carry an increased risk of heart attack, stroke, and kidney failure when taken at high doses or for long periods of time.

Taking acetaminophen along with an NSAID may provide equivalent pain relief with lower doses of both medications, thus minimizing side effects. You can also alternate between the two to reduce the risk from either type of medication.

Whether you've been battling knee or hip pain for years, or are feeling the first twinges of pain today, **Knees and Hips** — a Special Health Report from Harvard Medical School — will show you the best ways to get relief so you can stay active and independent for years to come. Surgery-free pain relief for hips and knees Hip and knee pain can keep you from the activities you love, as well as make routine tasks difficult. But there are many ways to get you moving again pain-free, without surgery. Here are some of the treatments that can help.

Ultrasound, phonophoresis, and iontophoresis

Therapeutic ultrasound is a simple procedure that uses sound waves to increase blood flow, relax muscle spasms, and aid healing. The therapist applies gel to your skin and moves an ultrasound wand over your skin around the painful area. In a special ultrasound technique called phonophoresis, medication (often hydrocortisone) is added to the gel. In a survey of orthopedic physical therapists, more than half said they would use ultrasound and phonophoresis to reduce soft-tissue

inflammation (in tendinitis or bursitis, for example). These techniques are also used to manage pain, heal tissue, and help muscles stretch.

Iontophoresis uses electrical currents to speed the delivery of medication to damaged tissue, or simply to reduce muscle spasms and related irritation. Patches similar to Band-Aids are placed on the skin, and a painless, low-level current is applied for about 10 to 15 minutes. You may feel warmth or tingling during the treatment. Therapeutic exercise Strengthening the muscles around a damaged knee or hip can help reduce stress on a joint. For example, your hips have to do less work to support your body weight if your quadriceps, gluteals, hamstrings, and abdominal muscles are strong. Strong quadriceps can also take on some of the shock-absorbing work of the meniscus or cartilage in the knees. The proper balance of strength in the muscles can hold the joint in the most functional and least painful position. Flexibility exercises (to stretch and relax specific muscles) are also an important part of an exercise plan to improve joint function.



Gait retraining

Knee and hip problems can disrupt your normal walk by causing pain, restricting joint movement, or weakening muscles. And a person's normal pattern of standing, walking, or running may invite joint problems. It may take many years of walking with an abnormal gait before joint injury occurs. A physical therapist can analyze your gait and help you learn to move more efficiently. Initially, the "normal" gait may feel odd. It can take practice and continued instruction before it becomes comfortable, but it will eventually become natural for you. Physical therapists may also suggest a change in shoes or ways to strengthen muscles that can help restore a more aligned gait.

## 6 ways you can prepare to "age well"

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor. But it also makes sense to have some contingency plans for the bumps in the road that might occur.

**Adapt your home.** Stairs, baths, and kitchens can present hazards for older people. Even if you don't need to make changes now, do an annual safety review so you can make necessary updates if your needs change.

**Prevent falls.** Falls are a big deal for older people — they often result in fractures that can lead to disability, further health problems, or even death. Safety precautions are important, but so are exercises

that can improve balance and strength.

**Consider your housing options.** You might consider investigating naturally occurring retirement communities (NORCs). These neighborhoods and housing complexes aren't developed specifically to serve seniors — and, in fact, tend to host a mix of ages — but because they have plenty of coordinated care and support available, they are senior-friendly.

**Think ahead about how to get the help you may need.** Meal preparation, transportation, home repair, housecleaning, and help with financial tasks such as paying bills might be hired out if you can afford it, or shared among friends and family. Elder services offered in your community might be another option.

**Plan for emergencies.** Who would you



call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn't reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.

**Write advance care directives.** Advance care directives, such as a living will, durable power of attorney for health care, and health care proxy, allow you to explain the type of medical care you want if you're too sick, confused, or injured to voice your wishes. Every adult should have these documents.

# Kurnool cancer hosp. set for inauguration

P.V. PRASAD | DC  
KURNOOL,

State Cancer Research Institute and Hospital (SCRIH) will be inaugurated shortly in Kurnool city to enhance healthcare accessibility in the Rayalaseema region. The hospital will be a vital component of the National Programme for Prevention and Control of Cancer, Diabetes, CVD and Stroke (NPCDCS), which will bridge the healthcare gap following the state's bifurcation.

Built at an estimated cost of ₹120 crore, 60 per cent of its funding has come from the central government. The construction is 99 per



State Cancer Research Institute and Hospital in Kurnool.

cent complete, including medical and technical equipment, acquired with expertise provided by the Tata Institute.

SCRIH, linked to Kurnool Medical College, has two bunkers for radiation equipment, 14 consulting ro-

oms, two emergency wards, eight general wards, medical labs, a pharmacy and a spacious reception.

The institute-cum-hospital will provide various medical services, including surgical oncology and palliative chemotherapy.

• **SCRIH, LINKED** to Kurnool Medical College, has two bunkers for radiation equipment, 14 consultation rooms, two emergency wards, eight general wards, medical labs, a pharmacy and a reception.

The decision to prioritise Kurnool for establishment of the state-level cancer hospital is rooted in the existing cancer care facility available at the Sri Venkateswara Institute of Medical Sciences (SVIMS).

Kurnool Government General Hospital deputy superintendent Dr C. Prabhakar Reddy said the institute will provide

healthcare accessibility to the underserved and economically disadvantaged population of the surrounding districts of Kurnool, Kadapa, Anantapur, and Mahabubnagar. The hospital can simultaneously accommodate up to a 100 patients.

Kurnool Medical College principal Dr. P. Sudhakar explained that SCRIH will eliminate the need for patients to travel over 200 kilometres to Hyderabad, Bengaluru and other places for advanced cancer treatments. He disclosed that the date for inauguration is yet to be finalised by state officials, as some minor works are still pending.



New MLC Amir Ali Khan with CM Revanth Reddy



Eid is incomplete without sheer korma and biryani, or Mehndi in Hyderabad.



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
Cell: 9347814688



## Tibb-E-Mustafa ki Roashni Mei

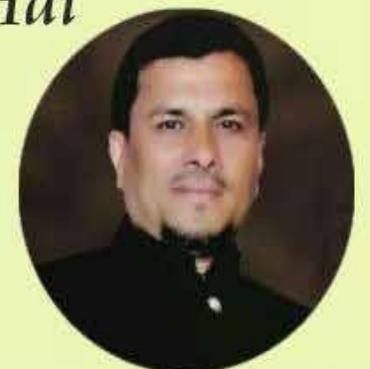
100 Bimariyon Se Ziyada Ki Shifa Hai

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.

HYDERABAD PAGES



AIMIM Party President Barrister Asaduddin Owaisi attended Dawat e Iftar in Malakpet Assembly Constituency



A Few words..A Golden Heart Dynamic, Caring, Loving Human being a great leader, an institution words are less describe his iconic personalities. Jaber Patel bhai.

Made his reach so high where it's highly impossible for anyone to reach his nature was so friendly not only to a poor person but also with top business mans, bureaucrats, Diplomats, ministers, cm, prime minister, president not only of our country but other countries too. A big lost to Me nd Hyderabad,.. and he will be in everyone's heart. .... May Allah swt Grant him highest place in Jannah.. Aameen



Common News Editor Sameeruddin Saberi and others with Moghalpura Corporator Nasreen Sultana discussing to organize Ek Shabi Shabina

KURNOOL STATE CANCER HOSPITAL & RESEARCH INSTITUTE WITH 200 BEDS



Built With An Estimated Cost Of ₹ 120 Crore  
Central Govt Funds ₹ 54 crore State Govt Funds ₹66 crore

THIS HOSPITAL WILL PROVIDE BEST CANCER TREATMENT TO POOR PEOPLE AT FREE OF COST

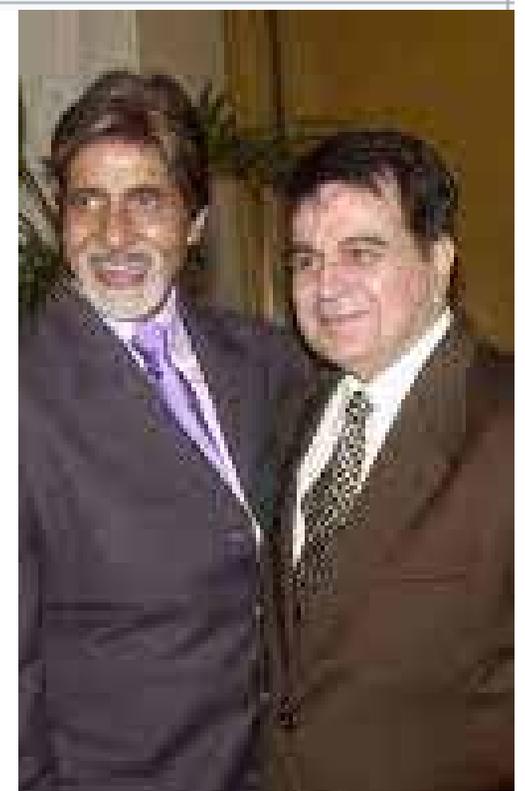


Left: Gadwal Vijayalaxmi, mayor of Greater Hyderabad Municipal Corporation, joins Congress in the presence of Telangana Chief Minister Revanth Reddy, AICC in-charge for Telangana Deepa Das Munshi and other leaders in Hyderabad on March 30, 2024

HYDERABAD PAGES

## List of Bollywood films of March 2024

Opening	Title	Director	Cast	
A P R	<i>Dukaan</i>	Siddharth– Garima	Monika Panwar · Sikandar Kher · Monali Thakur	
	5	<i>JNU</i>	Vinay Sharma	Siddharth Bodke · Urvashi Rautela · Piyush Mishra · Ravi Kishan · Vijay Raaz · Rashmi Desai · Atul Pandey · Sonnalli Seygall
	10	<i>Bade Miyan Chote Miyan</i>	Ali Abbas Zafar	Akshay Kumar · Tiger Shroff · Prithviraj Sukumaran · Sonakshi Sinha · Manushi Chhillar · Alaya F · Ronit Bose Roy
		<i>Maidaan</i>	Amit Sharma	Ajay Devgn · Priyamani · Gajraj Rao
		<i>Phule</i>	Anant Mahadevan	Pratik Gandhi · Patralekha Paul
	12	<i>Amar Singh Chamkila</i>	Imtiaz Ali	Diljit Dosanjh · Parineeti Chopra
	19	<i>Mr And Mrs Mahi</i>	Sharan Sharma	Rajkummar Rao · Janhvi Kapoor
		<i>Love Sex Aur Dhokha 2</i>	Dibakar Banerjee	
		<i>Do Aur Do Pyaar</i>	Shirsha Guha Thakurta	Vidya Balan · Pratik Gandhi · Ileana D'Cruz · Sendhil Ramamurthy
	26	<i>Tehran</i>	Arun Gopalan	John Abraham · Manushi Chhillar · Neeru Bajwa
		<i>Auron Mein Kahan Dum Tha!</i>	Neeraj Pandey	Ajay Devgn · Tabu · Jimmy Sheirgill · Saiee Manjrekar · Shantanu Maheshwari
		<i>Ruslaan</i>	Karan Butani	Aayush Sharma · Sushrii Shreya Mishraa · Jagapathi Babu · Vidya Malvade



# Binaca Geetmala Annual List (1963)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Jo Wada Kiya Wo Nibhana Padega     4.48 - 953 votes	Mohammed Rafi, Lata Mangeshkar	Roshan	Pradeep Kumar, Bina Roy
		Taj Mahal (1963)	Sahir Ludhianvi	Romantic Songs, Filmfare Awards Winner
 2	Dil Ek Mandir Hai, Pyar Ki Jisme Hoti Hai Puja     3.98 - 623 votes	Suman Kalyanpur, Mohammed Rafi	Shankar Jaikishan	Meena Kumari, Rajendra Kumar
		Dil Ek Mandir (1963)	Hasrat Jaipuri	Title Song
 3	In Hawao Me, In Fizao Me Tujhko Mera Pyar Pukare     4.30 - 1864 votes	Asha Bhosle, Mahendra Kapoor	Ravi	Mala Sinha, Sunil Dutt
		Gumrah (1963)	Sahir Ludhianvi	Romantic Songs
 4	Chalo Ek Bar Phir Se, Ajnabi Ban Jaye Ham Dono     4.45 - 1323 votes	Mahendra Kapoor	Ravi	Sunil Dutt, Mala Sinha, Ashok Kumar
		Gumrah (1963)	Sahir Ludhianvi	Sad Songs, Filmfare Awards Winner, Filmfare Awards Nominee
 5	Aawaj Deke Hame Tum Bulao     4.47 - 849 votes	Lata Mangeshkar, Mohammed Rafi	Shankar Jaikishan	Shammi Kapoor
		Professor (1962)	Hasrat Jaipuri	Sad Songs
 6	Hansta Hua Nurani Chehra, Kali Zulfe Rang Sunhera     4.47 - 370 votes	Kamal Barot, Lata Mangeshkar	Laxmikant Pyarelal	Jeevankala, Nalini Chonkar, Geetanjali, Mahipal
		Parasmani (1963)	Farooq Qaisar	Tareef Songs, Dance Songs
 7	Mujhko Apne Gale Lagalo, Ai Mere Hamrahi     4.47 - 239 votes	Mubarak Begum, Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, Jamuna
		Hamrahi (1963)	Hasrat Jaipuri	Tareef Songs, Romantic Songs
 8	Zindagi Kitni Khubsurat Hai     4.23 - 101 votes	Hemant Kumar	Hemant Kumar	Biswajeet, Asha Parekh
		Bin Badal Barsaat (1963)	Shakeel Badayuni	Romantic Songs
 9	Aaj Chhedo Mohabbat Ki Shehnaiya     4.30 - 53 votes	Lata Mangeshkar	Naushad	Kumkum
		Son Of India (1962)	Shakeel Badayuni	Sad Songs
 10	O Janewale Ho Sake Toh Laut Ke Aana     4.38 - 420 votes	Mukesh	Sachin Dev Burman	Nutan
		Bandini (1963)	Shailendra	All Time Great, Philosophical Songs, Sad Songs

# Binaca Geetmala Annual List (1963)

# Prakash Raj

Prakash Raj (born Prakash Rai; 26 March 1965) is an Indian film actor film director, producer, thespian and television presenter who is known for his works in the South Indian film industry, and Hindi films. He acted in back-to-back stage shows for ₹300 a month in the initial stages of his career, when he joined Kalakshetra, Bengaluru, and he has 2,000 street theatre performances to his credit. After working in the Kannada television industry and the Kannada cinema for a few years, he made his debut in Tamil cinema through *Duet* (1994), by K. Balachander, and has since been a commercially successful film star in Tamil. In remembrance, he named his production company *Duet Movies*. Prakash has also worked in a number of Hindi films. Apart from his mother tongue Kannada, Prakash Raj's fluency in Tamil, Telugu, Tulu, Marathi, Hindi and English has placed him among the most sought after actors in Indian cinema. He has played a variety of roles, most notably as the antagonist and, of late, as a character actor. Prakash, as an actor has won a National Film Award for Best Supporting Actor in 1998 for *Mani Ratnam's Iruvar*, a National Film Award – Special Mention (feature film) for the Telugu film *Antahpuram*, directed by Krishna Vamsi in 1998] and a National Film Award for Best Actor in 2009 for his role in *Kanchivaram*, a Tamil film directed by Priyadarshan. As a producer, he has won a National Film Award for Best Feature Film in Kannada for *Puttakkana Highway*, directed by his long-time theatre friend B. Suresh in 2011. Prakash was also the host of *Neengalum Vellalam Oru Kodi* during the show's second season.

## Personal life

Prakash Rai was born in Bengaluru, Karnataka on 26 March 1965 to a Tulu-speaking father, Manjunath Rai and a Kannadiga mother, Swarnalathain a lower-middle-class family. His brother is Prasad Rai, who is also an actor. He completed schooling at St Joseph's Boys' High School, Bangalore and joined St. Joseph's College of Commerce, Bangalore. Prakash Rai changed his surname to Raj based on prominent Tamil film director K. Balachander's advice; he is still called Prakash Rai in his home state, Karnataka. [citation needed Prakash Raj married actress Lalitha Kumari in 1994. They had two daughters, Meghana and Pooja, and a son Sidhu. The couple divorced in 2009. Prakash Raj is an atheist.

He married choreographer Pony Verma on 24 August 2010. They have a son, Vedhanth

## Career

As an actor Prakash began his acting career with Doordarshan serials such as *Bisilu Kudure* (Kannada) and *Guddada Bhootha* (Tulu and Kannada). He later took up supporting roles in Kannada films such as *Ramachari*, *Ranadheera*, *Nishkarsha* and *Lockup Death*. He was noticed for his dialogue delivery and histrionics. His breakthrough role came in *Harakeya Kuri*, directed by K. S. L. Swamy starring Vishnuvardhan, with whom he had acted in other films such as *Mithileya Seetheyaru*, *Muthina Haara* and *Nishkarsha*. His performance was noticed by Geetha, the lead heroine of the film, who introduced

Prakash to her mentor K. Balachander, a Tamil director. He acted under the screen name "Prakash Rai" in Kannada films and was given the name "Prakash Raj" by K. Balachander for his debut Tamil film *Duet*, [6] which saw him playing his first major role.

Prakash re-entered Kannada films through *Nagamandala* in 1997, directed by T. S. Nagabharana, which was selected for the Indian Panorama in the International Film Festival in 1997. He was also a part of Mani Ratnam's stage show *Netru, Indru, Naalai*. In 1997, he acted in Mani Ratnam's biopic *Iruvar*. The movie dealt with the relationship between politicians M. G. Ramachandran and M. Karunanidhi, for which he won the National Film Award for Best Supporting Actor.

He starred in many Malayalam films in 1996: *The Prince*, *Indraprastham* and *Oru Yathramozhi*, the last of which released in 1997. He also acted in *Pandippada*, with Dilip in 2005, *Thekkekeru Superfast* in 2003, *Keerthichakra* in 2006, *Amal Neerad's Anwar* and *Shyamaprasad's* sensational movie *Elektra* in 2010. For most of his Mollywood movies, he will render his own voice. He will also be seen in his upcoming movie *Achayans*.

He acted in many Telugu films, including *Antahpuram* (1998), which earned him a National Film Award – Special Jury Award / Special Mention. He played an important role in *Venkat Prabhu's Saroja*. In 2008, he produced a film titled *Abhiyum Naanum* and played an important character in it. He remade the movie in Kannada as *Naanu Nanna Kanasu*.

Since *Wanted* (2009), Prakash Raj has been a regular villain in Hindi language Bollywood movies, including *Singham* (2011), as Jaikant Shikre, *Dabangg 2*, as Bachcha Singh, *Mumbai Mirror* (2013), as Shetty, and the movie *Policegiri*, opposite Sanjay Dutt and Prachi Desai, as Nagori. He acted with actor Kamal Haasan in the film *Thoongaa Vanam* (2015).

## As a director

He took on the mantle of director with *Naanu Nanna Kanasu*, in Kannada in 2010, for which he was the joint producer. The film completed 125 days successfully in the theatres across Karnataka, becoming the biggest hit of the year. He was nominated for the Filmfare South "Best Director" category for his very first film.

He then directed the Telugu and Tamil bilingual film *Dhoni*. In 2014, he directed the multilingual film *Oggarane* (in Kannada), *Ulavacharu Biryani* (in Telugu) and *Un Samayal Arayil* (in Tamil). The Tamil and the Telugu versions didn't do any miracles at the box office, while *Oggarane*, the Kannada version became the runaway blockbuster hit of the year.

## As a producer

Prakash became a producer beginning with the Tamil film *Dhaya* (2002), in which he was seen in the lead role with actress Meena. It earned him a Special Jury National Award for his performance. He later produced films in Tamil such as *Naam* (2003), *Azhagiya Theeye* (2004), *Kanda Naal Mudhal* (2005), *Poi* (2006), (starring Uday Kiran, his mentor K. Balachander and himself), *Mozhi* (2007),

*Velli Thirai* and *Abhiyum Naanum*, which won many Tamil Nadu State Awards in 2008, and *Inidhu Inidhu* in 2010.

The first non-Tamil film that he produced was his directorial debut in Kannada *Naanu Nanna Kanasu* in 2010, a remake of his own Tamil production *Abhiyum Naanum*, for which he was the joint producer, along with his long-time Bengaluru theatre friend, Kannada director-producer B. Suresh. In 2011, he acted and jointly produced the Kannada film *Puttakkana Highway*, again with B. Suresh, who directed the film. It was a milestone in Prakash's production career since *Puttakkana Highway* won him the National Award for Best Regional Film for the year 2010–2011, and an award in the fourth Bengaluru International Film Festival of 2011. His first Telugu production was the Tamil-Telugu bilingual *Payanam (Gaganam)* in 2011, starring superstar Nagarjuna Akkineni and himself in the lead role. In 2012, he produced two Tamil films; *Mayilu* and *Dhoni*. In 2013, he produced a Telugu-Tamil bilingual film; *Gouravam*. He produced a multilingual film *Oggarane* (Kannada), *Ulavacharu Biryani* (Telugu) and *Un Samayal Arayil* (Tamil) in 2014. *Oggarane* became a huge blockbuster hit that year.

## Humanitarian work

Prakash Raj adopted the villages of Kondareddipalle in Mahabubnagar District, Telangana state and Bandlarahatti in Chitradurga district, Karnataka state.

## Awards

Main article: List of awards and nominations received by Prakash Raj

## Controversies

Prakash has been involved in several controversies.

He was banned by Telugu film producers six times in the past. Prakash reacted to it by saying:

"If people who work with me say that I play hide and seek, why do they repeat me? Why am I in Mahesh's nine films out of his ten. Why don't you judge me with my work? How I go about it is not important. I don't go by the rules. I put my foot down, I don't take mediocrity. There are certain locations where I can come only at 12 in the morning. I don't go by the rules." It was the first time that an actor was banned by the Telugu industry. Telugu film industry insiders interpret the ban as a conspiracy by several big heroes and producers.

Problems started during the shooting of films such as *Pavan Kalyan's Jalsa*, *NTR Jr's Kantri* and *Parugu*, starring Allu Arjun. There was controversy for his naked appearance in a sequence in his latest Telugu release titled *Ongole Githa*. The film got an "A Certificate" from the Censor Board. Prakash reacted by saying: "I did not shed my clothes for creat-

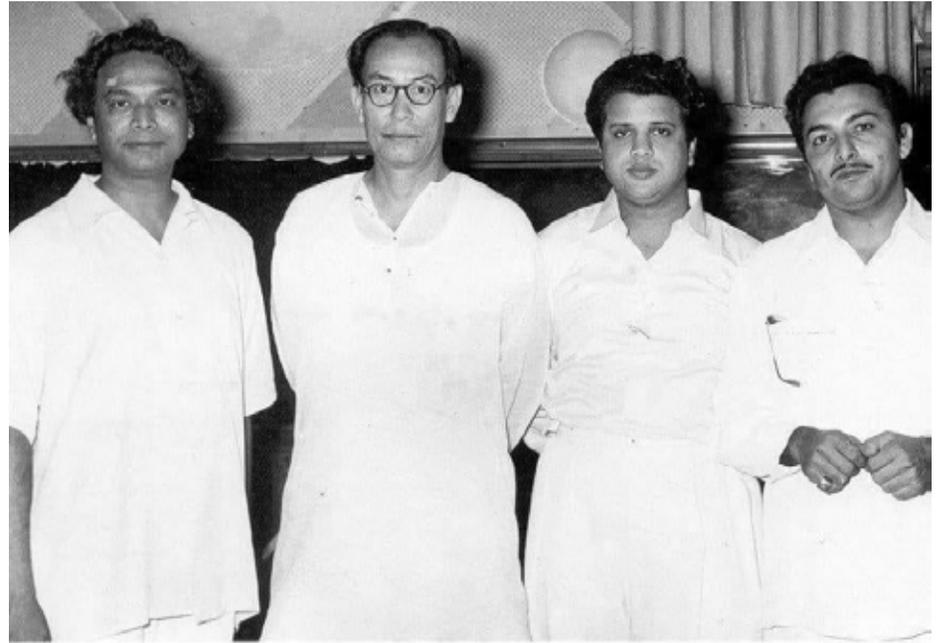


ing sensation, I had no plans to star in that sequence. The script demanded it; as an actor, I have to abide by the script. Director Bhaskar told me that it would be an 'important' sequence in the context of the film and I just carried out his instructions." Several Kannada organisations staged protests in front of theatres since they felt that some of the dialogue in a scene in the Hindi film *Singham*, starring Ajay Devgan and Prakash were derogatory against the Kannadigas. The Karnataka Film Chamber of Commerce (KFCC) had demanded the deletion of all "objectionable" dialogue from the movie. The screening was stopped in major centres of Karnataka. The controversial scene starts off with Prakash threatening Ajay that he would bring 1,000 people from the Karnataka border to thrash him. Ajay (who plays Bhajirao Singham, a Maratha), retorts that one lion would suffice to shoo away a thousand dogs. The controversy assumes significance in the backdrop of the decades-old border dispute between Karnataka and Maharashtra. Kannada protesters also felt that Prakash, being a Kannadiga should have told the team that it is not right. Prakash reacted to it to the Kannada and the Telugu media by saying: "I am a Kannadiga myself and I love my mother tongue Kannada. I'm very proud of my community and would never deliberately do anything to hurt my people. How would I allow conversations that provide pain to people of Karnataka in any movie in which I am cast? There is nothing controversial about the dialogue. I am a Maratha in the movie, the controversy has started just because I am a Kannadiga and I used the word 'Karnataka border' in the film because the villain in the film stays in Goa, the Karnataka border." [Finally the dialogue was removed, and the whole team of *Singham* including the director, Rohit Shetty, the production house "Reliance Big Entertainment" and Prakash apologised to all the Kannadigas; the issue was resolved



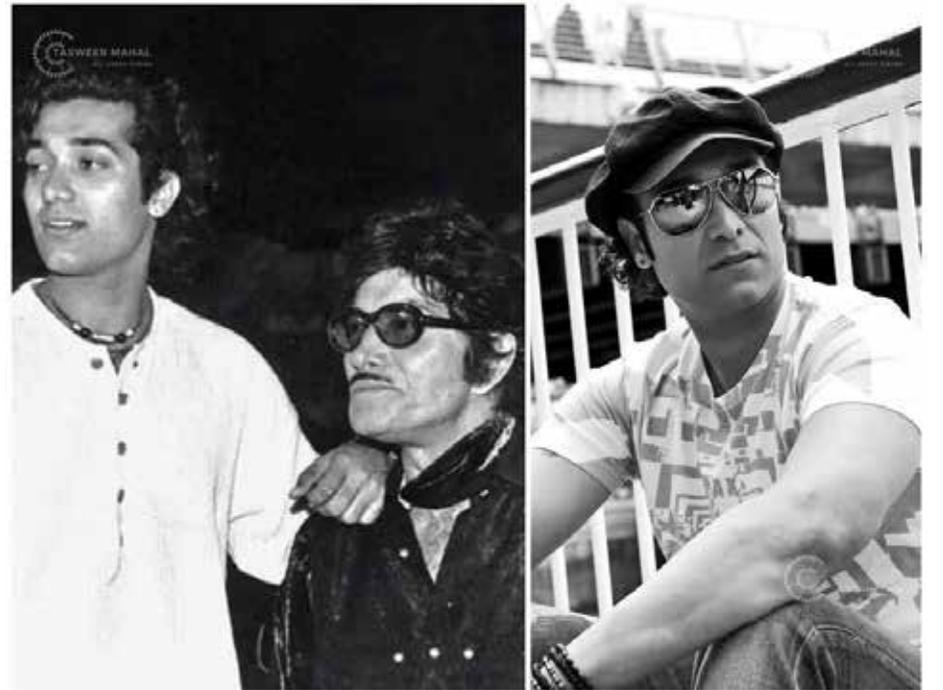


Chulbul Pandey Salman Khan with Mr Perfectionist Aamir Khan



Legends Naushad, SD Burman, Jaikishan and Madan Mohan.

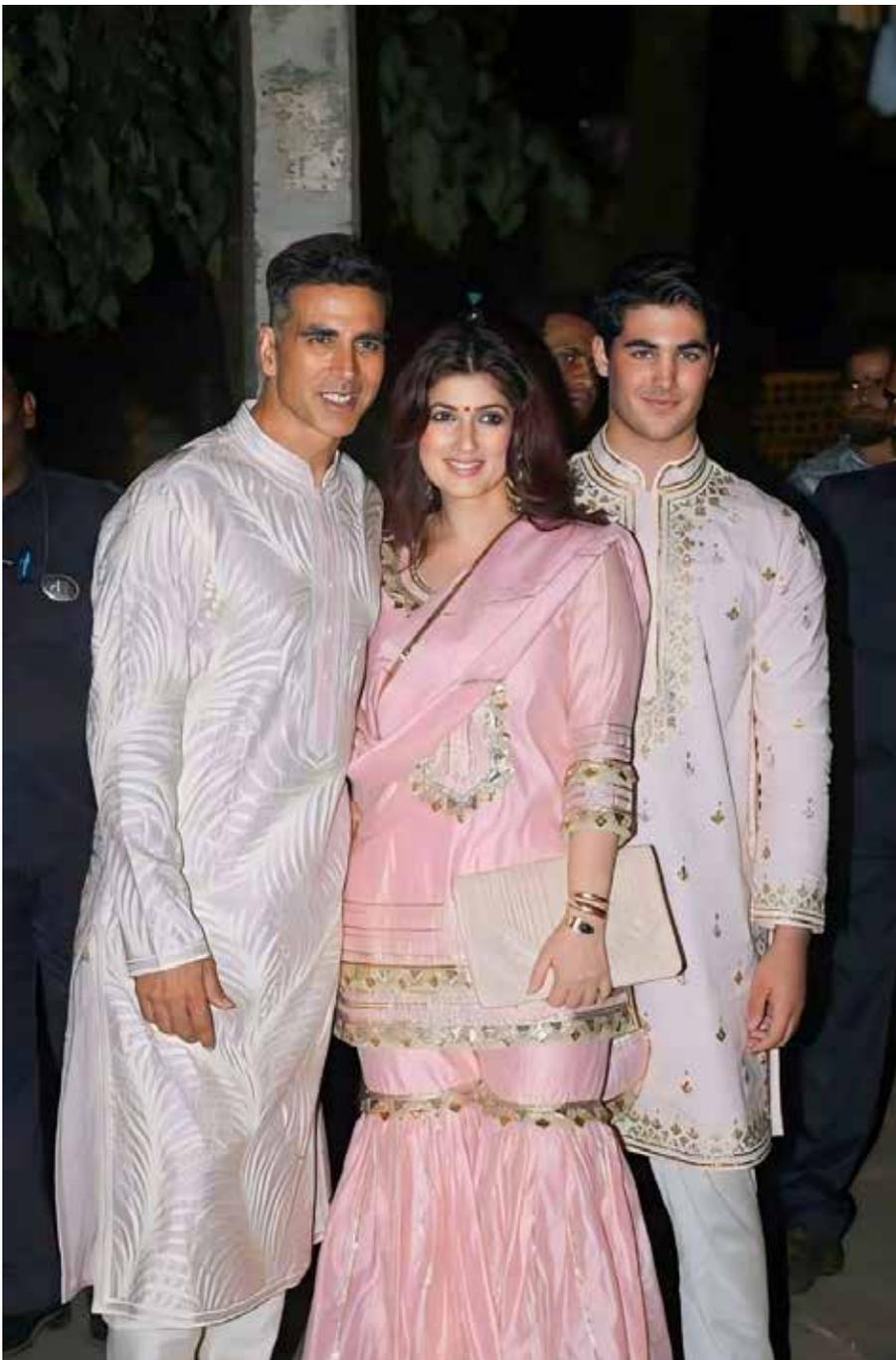
HAPPY BIRTHDAY



**PURU RAJKUMAR**

30 March 1970

A talented actor, and the son of the legendary Raaj Kumar, Known for films like Bal Brahmchari(1996), Mission Kashmir(2000) and LOC Kargil(2003) and Umrao Jan(2006)



Akhay Kumar Family



Madhuri Dixit with her Son



ولی الدین

## ایکشن سے شلیکشن تک From Election to Selection

ایکشن کا نشان بھی چھین لیا اور بغیر BAT بیٹ کے کپتان کی پارٹی جیت گئی۔

کچھ اس طرح ایکشن ہوئے میرے یار خدا خیر کرے رات کو چیتے والے صبح گئے ہار خدا خیر کرے عدالت، شرافت، صداقت کچھ

بھی نہیں ہے وہی لیٹرے پھر سے لیڈر بن گئے۔ کوئی ڈھکی چھپی بات نہیں کہ اس ایکشن کے پیچھے کون تھا جس نے ایکشن کو شلیکشن بنا دیا۔ چھوٹے سے

ملک کے اتنے زیادہ وزیر جن کو معلوم بھی نہیں کیا کرنا ہے بس وہ اور ان کی فیملی عیش کرتی ہے۔ بڑی گاڑیاں بازاروں کے بیچ سائرن بجاتے

ہوئے پولیس کی تاڑیاں۔ ادھر عوام ضرورتوں کے بوجھ تلے دبی جا رہی ہے جسم آزاد ہیں ذہن غلام ہیں۔

عمران نے سچ کہا تھا Absolutely not اور اس کی سزا اس کو مل گئی۔ مریم نواز، بے نظیر بھٹو بننا چاہتی ہے اور بلاول بھٹو۔ بھٹو شہید بننا چاہتا

ہے۔ پر یہ زنانہ اور میک اپ زدہ چہرے میں نے لکھا تھا۔ جانشینی کا سلسلہ شروع ہو گیا ہے مغرب سے سورج طلوع ہو گیا ہے

بھٹو خاندان کے مقابل نواز خاندان ہے پر یہ بالی ووڈ نہیں پاکستان ہے زندہ رہا تو پھر ملاقات ہوگی۔



رشتہ دار تھے وہ آرام سے وہاں رہ رہے تھے۔ اربوں روپیہ جو کہ امریکہ میں رہ کر بھی کبھی نہیں خرید سکتے تھے! کچھ ایسی ہی پراپرٹی فوجیوں کی ملکیت تھی۔ کراچی اور لاہور میں بھی

امیر ترین علاقوں میں یہی منظر تھا۔ عوام مارشل لا کے جلوے اس طرح کام چل رہا تھا۔ آپ خود اندازہ

کر لیں۔ دولت فوجیوں کو کہاں سے کہاں لے گئی اور عوام غربت کا شکار۔ مہنگائی اور پرانا مسئلہ روٹی کپڑا

اور مکان کا خطرہ زندہ باد۔ کچھ اس طرح سے ہی ملک کی قسمت لکھی ہوگی تو چل میں آیا فوج اور لیڈر میں ٹھنی ہوگی

عیش و عشرت کا مزا چکھ کر بولے جنرل چھوٹی نہیں یہ کافر منہ کو لگی ہوئی اب ایک امید کی کرن عوام کو نظر

آئی۔ عمران خان میدان میں آگئے تھے۔ میں نے ایک مضمون میں لکھا تھا ”یاد رہے یہ سیاست کا میدان ہے

کرکٹ کا میدان نہیں۔ اس میں لوگ جو آپ کو ہیر و بناتے ہیں وہی زیر و بھی بنادیتے ہیں پھر باہر کے پاکستانیوں

نے دیکھ لیا کہ گراونڈ ورک ہو رہا ہے۔ جال اور ان پڑھ سیاست دانوں نے، عدلیہ اور فوج کے ساتھ مل کر اس کو جیل پہنچا دیا اور عمران خان

ابھی تک جیل میں ہے اور اس پر دو سو سے زائد مقدمات ہیں۔ اس پر سے

جو کل نہیں تھا وہ آج ہے اندھیر نگری چوپٹ راج ہے وہاں جب بھی کچھ پرانے

دوستوں سے ملاقات ہوتی تو انہوں نے تاکید کی کہ باہر زیادہ مت کہنا اور اخبارات میں مت لکھنا۔ اس

قدر خوف و ہراس ہے، جنرل ایوب کے زمانے سے لیکر جنرل عاصم منیر تک سب پاکستان پر راج کر رہے

ہیں۔ شاید یہ دنیا کا پہلا ملک ہے جہاں کوئی کام فوج (Army) کی مداخلت کے بغیر نہیں ہوتا۔ جنرل

مشرف جب امریکہ کے شہر شکاگو آئے تھے وہاں تقریب میں ان کو اپنی کتاب پیش کی تھی۔ اس میں ایک

مضمون تھا ”اگر میں جنرل پرویز مشرف ہوتا“ وہ مضمون کافی اخبارات میں شائع ہوا تھا۔ اتفاق سے میری

تصویر میں ان سے کافی ملتی جلتی تھی پھر اسلام آباد اور لاہور جانے کا اتفاق ہوا، اپنی بیگم کے ساتھ، میں نے اپنے

دوست جو کہ پراپرٹی ڈیلر تھے ان کے ساتھ توسط کچھ بنگلے، گھر دیکھ ڈالے۔ صرف ایک کے علاوہ باقی سب خالی تھے کیونکہ پتہ چلا کہ مالک

مکان زیادہ تر امریکہ، لندن، کینیڈا وغیرہ میں رہتے ہیں اور وہ تمام فوجی حضرات کے تھے۔

گاؤں کے لوگ جو کہ چوکیدار یا

مجھے یاد نہیں کہ میں کتنی مرتبہ کراچی پاکستان گیا تھا۔ پھر سے جانے کا پروگرام بنا کہ وہاں دو

شادیوں میں شرکت کرنی ہے۔ ساتھ ہی ساتھ پاکستان کے سیاسی حالات اور ایکشن کا بھی آنکھوں دیکھا حال

معلوم ہو جائے گا۔ جب 1971ء میں پاکستان ٹوٹ رہا تھا اور ملک کے حالات انقلاب کی طرف جارہے

تھے پھر دیکھتے ہی دیکھتے مشرقی پاکستان بنگلہ دیش بن گیا۔ بھٹو زندہ ہے نعرہ لگا تھا اور آج

بھی وہی نعرہ لگ رہا ہے۔ نئی نسل اس وقت بھی دل برداشتہ تھی اور آج بھی۔ ہر کوئی ملک سے باہر جانے کے لئے لگا

ہوا ہے۔ ویسے بھی سیاستدانوں کو اکثر دولت بٹورنے اور ڈالرجع کرنے کا شوق جب بھی تھا اور اب تو بہت زیادہ

ہے۔ 1972ء میں شکاگو آنا ہوا تھا اس وقت کی کہانی اور آنے کے بعد کے حالات بہت کٹھن تھے

میں 50 سال سے زیادہ یہاں رہنے کے باوجود پاکستان جاتا تھا پھر وہی کہانی دہرائی جا رہی ہے۔ ملک کے حالات اور مسائل کے بارے میں

اپنے کالم اخبارات لکھتا رہا۔ جو ایکشن کے دوران جانے کا اتفاق ہوا تھا تو

کچھ اور ہی تھی۔

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

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

گندم نما جو فروش

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**اُردو حکایت:** اک نیک دل آدمی سے اُس کی بیوی نے شکایت کی کہ ہماری گلی کے دکاندار کے پاس چیزیں صاف ستھری نہیں اور یہ عام بازار سے مہنگی بھی ہوتی ہے۔ اسی لئے گاہک اُس کی دکان سے کم ہی خریدتے ہیں تم بھی اس گندم نما جو فروش سے سودا نہ خریدو اور آگے جا کر بازار سے خرید لاؤ۔ اُس بھلے آدمی نے جواب دیا: اے نیک بخت! اُس شخص نے ہم سے فائدہ اٹھانے کی اُمید پر ہی یہاں دکان کھولی ہے۔ اُس کو روزی سے محرم کرنا انسانیت نہیں ہے۔

**فارسی شعر:**

رہ نیک مردانِ آزادہ گیر  
چو استادہ دستِ افتادہ گیر  
بخشائے کاناں کہ مرد حقند  
خریدارِ دکانِ بے رونقند

**حاصل کلام:**

نیک اور سخی لوگوں کا طریقہ اختیار کر، جب تو کھڑا ہے تو گرے ہوئے کا ہاتھ پکڑ۔ عفو و درگزر سے کام لے اس لئے کہ نیک بندے بے رونق دکان ہی سے سودا خریدتے ہیں۔

**منظوم ترجمہ:**

کر سخی و نیک لوگوں کا طریقہ اختیار  
گر کھڑا ہے تو، تو گرنے والے کا، تو ہاتھ تھام  
ہوسکے تو کر، عفو و درگزر، کچھ اس طرح  
لے لے بے رونق دکان سے، دیدے جو کچھ بھی ہے دام



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

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

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

## ارباب سخن شکاگو اور ہم شاعر و ادیب انٹرنیشنل کے زیر اہتمام زوم پر ۲ مارچ ۲۰۲۴ بروز ہفتہ مزاحیہ مشاعرہ و مذاکرہ (اردو میں طنز و مزاح) منعقد کیا گیا

بہت پر شوق نظروں سے نظارہ پھر حسین دیکھا  
جہاں دیکھا سر کو کل ہے پٹے پھر وہیں دیکھا  
ہوا کیا ہے اسے ساقی تیرے کیوں دانت نکتے ہیں  
جہاں رگڑا تھا بیگم نے سر کو بھی وہیں دیکھا

❖ **محترم شاداب انجم، کامٹی، انڈیا:**

کبھی رضیہ کبھی رادھا کبھی روزی سے ملتا ہے  
جو سیکیولر ہے وہ ہر دھرم کی لڑکی سے ملتا ہے  
پتہ گنجوں کو چل جاتا ہے سب سے پہلے بارش کا  
کہ قطرہ تو بھارا بعد میں مٹی سے ملتا ہے

❖ **محترمہ ممتاز منور، پونے، انڈیا:**

نہ جانے کیا نظر آتا ہے اس ماڈل پرانے میں  
سجائی ساس کی تصویر جو دیوان خانے میں  
نہ جانا تم کبھی میکے ہمیں یوں چھوڑ کر جانم  
ہماری جان جاتی ہے تمہارے ازمانے میں

❖ **محترمہ شہاز رضوی، کراچی پاکستان:**

شہر میں، دھوم دھام ہے، دیکھو  
ہر طرف، اس کا نام ہے، دیکھو  
نہلے، دہلے، کے کھیل میں، افسر  
بام پر، اپنا نام ہے، دیکھو

❖ **محترمہ افروز رضوی، کراچی، پاکستان:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ طاہرہ ردا، شکاگو، یو ایس اے:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ رازرنگونی، شکاگو، یو ایس اے:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ ناصر فروز آبادی، فروز آباد، انڈیا:**

پہلے لفظوں کو سمجھ تو پھر عرضی فن لگا  
شاعری آ جا گی پینا ذرا سامن لگا  
رنگ پھیکا ہی رہے گا مجھ سے تیرا گلبدن  
ایلو ویرا یوز کر چندن رگڑ اٹھن لگا

❖ **محترمہ جی ایم ساقی، لاہور، پاکستان:**

وہ سیدھا جنت میں جائے گی  
یہ سن کر ولی نے نیکی چھوڑ دی  
کہ پھر وہ جنت میں بھی مل جائے گی

❖ **ڈاکٹر افضال الرحمن افسر، شکاگو، یو ایس اے**

**BAZM E ARBAB E SUKHAN CHICAGO & HAM SHAIR WA ADEEB INTERNATIONAL**  
ALAMI ADBI MUZAKIRA (URDU MEIN TANZ O MIZAH) & MUSHAIRA  
Saturday March. 2nd, 2024, 10 AM CHICAGO TIME  
Pakistan March.2nd, 9 PM & India March.2nd 9:30 PM



ڈاکٹر افضال الرحمن افسر



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق

شہر میں، دھوم دھام ہے، دیکھو  
ہر طرف، اس کا نام ہے، دیکھو  
نہلے، دہلے، کے کھیل میں، افسر  
بام پر، اپنا نام ہے، دیکھو

❖ **محترمہ عابد رشید، شکاگو، یو ایس اے:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ طاہرہ ردا، شکاگو، یو ایس اے:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ رازرنگونی، شکاگو، یو ایس اے:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ ناصر فروز آبادی، فروز آباد، انڈیا:**

پہلے لفظوں کو سمجھ تو پھر عرضی فن لگا  
شاعری آ جا گی پینا ذرا سامن لگا  
رنگ پھیکا ہی رہے گا مجھ سے تیرا گلبدن  
ایلو ویرا یوز کر چندن رگڑ اٹھن لگا

❖ **محترمہ جی ایم ساقی، لاہور، پاکستان:**

کراچی، پاکستان، محترمہ ممتاز منور پیر بھائی،  
پونے، انڈیا، محترم شاداب انجم، کامٹی، انڈیا،  
محترمہ جی ایم ساقی، لاہور، پاکستان، محترم ناصر  
فروز آبادی فروز آباد انڈیا، محترمہ رازرنگونی، شکاگو،

**BAZM E ARBAB E SUKHAN CHICAGO & HAM SHAIR WA ADEEB INTERNATIONAL**  
ALAMI ADBI MUZAKIRA (URDU MEIN TANZ O MIZAH) & MUSHAIRA  
Saturday March. 2nd, 2024, 10 AM CHICAGO TIME  
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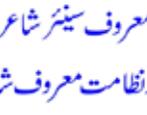
ڈاکٹر افضال الرحمن افسر



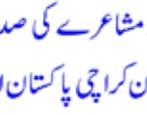
ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق



ڈاکٹر فہرہ ایشاق

یو ایس اے، محترمہ ولی الدین ولی، شکاگو، یو ایس اے  
اے، محترمہ طاہرہ ردا، شکاگو، یو ایس اے، محترم  
ڈاکٹر افضال الرحمن افسر شکاگو یو ایس اے، محترم  
عابد رشید شکاگو یو ایس اے، ڈاکٹر توفیق انصاری  
احمد شکاگو، یو ایس اے، محترم مجاہد لائین الہ  
آبادی، انڈیا، محترم کامران عثمان لاہور پاکستان،  
نے شرکت فرمائی۔ مشاعرے میں پڑھے گئے  
کلام سے منتخب چند اشعار

❖ **محترمہ انجم عثمان، کراچی، پاکستان:**

چھوڑو خوبانی آم چلنے دو  
گریموں میں یہ کام چلنے دو  
سینما تھوڑی دور ہے انجم  
بس مجھے اک دو گام چلنے دو

❖ **محترمہ مجاہد لائین الہ آبادی، انڈیا:**

اتنا سوئے کہ ہمیں رات پہ رونا آیا  
پھر ہمیں تنگی اوقات پہ رونا آیا  
ہم کہ ہنستے رہے جس بات پہ پہروں عابد  
جب سمجھ آئی تو اس بات پہ رونا آیا

❖ **محترمہ ناصر فروز آبادی، فروز آباد، انڈیا:**

پہلے لفظوں کو سمجھ تو پھر عرضی فن لگا  
شاعری آ جا گی پینا ذرا سامن لگا  
رنگ پھیکا ہی رہے گا مجھ سے تیرا گلبدن  
ایلو ویرا یوز کر چندن رگڑ اٹھن لگا

❖ **محترمہ جی ایم ساقی، لاہور، پاکستان:**

پہلے لفظوں کو سمجھ تو پھر عرضی فن لگا  
شاعری آ جا گی پینا ذرا سامن لگا  
رنگ پھیکا ہی رہے گا مجھ سے تیرا گلبدن  
ایلو ویرا یوز کر چندن رگڑ اٹھن لگا

❖ **محترمہ جی ایم ساقی، لاہور، پاکستان:**

سرخیاں: (۱) ارباب سخن شکاگو اور ہم  
شاعر و ادیب انٹرنیشنل کے زیر اہتمام زوم پر  
۲ مارچ ۲۰۲۴ بروز ہفتہ کو مزاحیہ مشاعرہ و مذاکرہ  
(اردو میں طنز و مزاح) منعقد کیا گیا۔

(۲) مذاکرہ کی صدارت مشہور شاعر اور ادیب  
ڈاکٹر توفیق انصاری احمد شکاگو اور نظامت پروفیسر  
مسرور قریشی مدیر اعلیٰ جذبہ پوسٹ شکاگو نے کی  
اور مشاعرے کی صدر معروف سینئر شاعرہ انجم  
عثمان کراچی پاکستان اور نظامت معروف شاعرہ و  
ناظمہ افروز رضوی کراچی پاکستان نے فرمائی۔

جناب رحمان آفاق (کراچی، پاکستان)،  
محترم مجاہد لائین الہ آبادی، (الہ آباد، انڈیا)  
صاحبان نے مہمانان خصوصی و اعزازی کی حیثیت  
سے مذاکرے اور مشاعرے کو وقار بخشا۔ مہمان  
اردو نے اس تقریب کو ہم شاعر و ادیب انٹرنیشنل  
کے فیس بک پر براہ راست لائیو دیکھا۔

(۳) کامران عثمان کراچی پاکستان اور ڈاکٹر  
افضال الرحمن افسر شکاگو کی کاوشوں سے اس پہلے  
مشترکہ طنزیہ و مزاحیہ عالمی پروگرام منعقد ہوا۔  
پروگرام کی شروعات تلاوت قرآن پاک سے کی  
گئی۔ انتظامیہ سے ڈاکٹر افضال الرحمن افسر  
صاحب اور کامران عثمان صاحب نے سبھی  
مہمانان اور شرکاء کا خیر مقدم کیا۔ جناب ڈاکٹر  
توفیق انصاری احمد نے بزم کے انعقاد اور اس کے  
مقصد پر تفصیلی روشنی ڈالی۔ اردو میں طنز و مزاح  
اس مذاکرے کا موضوع تھا۔ بین الاقوامی ادیب  
دانشور شاعر ڈاکٹر توفیق انصاری احمد نے مذاکرے  
کی صدارت فرمائی، پروفیسر مسرور قریشی نے  
نظامت فرمائی اور اردو میں طنز و مزاح پر گفتگو کی۔

محترم رحمان آفاق کراچی پاکستان نے ”مرزا  
غالب کی واٹس ایپ کال“ مقالہ پیش کیا۔ ڈاکٹر  
افضال الرحمن افسر شکاگو نے اردو میں طنز و مزاح  
کے موضوع پر معلوماتی اور بڑا ہی دلچسپ  
پریزینٹیشن زوم پر پیش کیا۔ صدر مذاکرہ ڈاکٹر  
توفیق انصاری احمد نے طنز و مزاح کے فرق کی  
وضاحت فرماتے ہوئے مذاکرے کے ہر پہلو پر  
سیر حاصل گفتگو فرمائی۔ بعد ازاں مشاعرہ منعقد  
ہوا جسکی صدارت محترمہ انجم عثمان نے اور  
نظامت محترمہ افروز رضوی نے کراچی پاکستان  
سے فرمائی۔ مشاعرے میں محترمہ شہاز رضوی،

اپنے بچوں کو اردو پڑھائیے

اردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے

## یکم مارچ کو منعقدہ آرا شکاگو کے جشن ادب و مشاعرہ کی رپورٹ

اشاعت کے لئے (AARA) آرا امریکن آسوسی ایشن آف ریٹائرڈ ایشینس کے زیر اہتمام AARA کیفے میں یکم مارچ کو جشن ادب و مشاعرہ منعقد ہوا جس کے داعی آرکیٹیکٹ عبدالرحمن سلیم تھے اور اس مشاعرہ کی نظامت بھی انھوں نے بہت عمدگی کے ساتھ فرمائی۔ انھوں نے ابتداء میں حاضرین کا خیر مقدم کیا اور اس طرح کی اردو کی محفلوں کو منعقد کرنے کی ضرورت پر زور دیا۔ شکاگو کے مہمان اردو نے اس تقریب میں شرکت کی۔ جن میں قابل ذکر جناب خلیل الزماں خان خلیل، نواب میر حامد علی خان، انجینئر علی الدین خواجہ، جناب ضمیر الدین، جناب اکبر ہزاری، جناب وینگم اقبال صالح جی، جناب سید اکرم محمد الدین، جناب امتیاز قیصر، جناب وینگم ارشاد انصاری، جناب رضوی اور جناب پرویز ملک کا شکریہ ادا کیا۔ ابتدا میں ۶:۰۳ بجے ڈنر کے ذریعہ محفل کا آغاز ہوا۔ مشاعرہ کی صدارت ڈاکٹر توفیق انصاری احمد نے فرمائی۔ اس مشاعرہ میں شعراء کرام جنھوں نے اپنا بہترین کلام پیش کیا ان میں عبدالرحمن سلیم، ناظم مشاعرہ، پورنیا جھا، انجینئر عابد رشید، شفیق حسن، شجاعت علی خان، جناب وینگم ضمیر صدیقی، محترمہ ناہید بابر، محترمہ فہمینہ، جناب عدنان احمد سلیم نے اس محفل میں شرکت کی اور مہمان اردو کمیونٹی اس پروگرام کے انعقاد کے لیے AARA خاص طور پر ڈاکٹر طلعت

ساجدہ کاظمی، نذر نقوی۔ رفیع بخت نفیس، ڈاکٹر اے آرافسر، سیدین رضوی اور سیما عابدی کے علاوہ خلیل الزماں خان خلیل نے اپنا مزاحیہ کلام اور ڈاکٹر توفیق انصاری احمد صدر مشاعرہ نے اپنا کلام پیش کیا۔ سینئر شاعر نذر نقوی نے ابتداء میں نعت رسول صلی اللہ علیہ وسلم پیش کی۔ آخر میں داعی محفل آرکیٹیکٹ عبدالرحمن سلیم نے تمام شعراء کرام، سامعین اور آرا کے ڈاکٹر طلعت رضوی اور جناب ملک پرویز کا نام بنام شکریہ ادا کیا۔ اس طرح یہ یادگار محفل آرا کیفے، شامبرگ الیناے میں ۹:۰۳ بجے رات اختتام کو پہنچی۔



## سائیکل معیشت کی دشمن ہے

ایک ملٹی نیشنل بینک کے سی.ای.اے. او نے معاشی ماہرین کو اس وقت سوچ میں ڈال دیا جب اس نے کہا کہ سائیکل ملکی معیشت کیلئے تباہی کا باعث ہے، اس لئے کہ سائیکل چلانے والا کار نہیں خریدتا، وہ کار خریدنے کیلئے قرض بھی نہیں لیتا۔ کار کی انشورنس نہیں کرواتا۔ پیٹرول بھی نہیں خریدتا۔ اپنی گاڑی سروس اور مرمت کے لئے نہیں بھیجتا۔ کار پارکنگ کی فیس ادا نہیں کرتا۔ وہ ٹال پلازوں پر ٹیکس بھی ادا نہیں کرتا۔ سائیکل چلانے کی وجہ سے صحت مند رہتا ہے مونا نہیں ہوتا! صحت مند رہنے کے باعث وہ دوائیں نہیں جی.ڈی.پی میں کچھ بھی شامل نہیں کرتا۔

لیٹ اپنے ملازمین کے علاوہ کم از کم 30 طرح کے لوگوں کے لئے روزگار کا سبب بنتا ہے۔ جن میں ڈاکٹر، امراض قلب کے ماہر، ماہر معدہ و جگر، ماہر ناک کان گلہ، دندان ساز، کینسر سپیشلسٹ، حکیم اور میڈیکل سٹور مالکان وغیرہ شامل ہیں۔ چنانچہ یہ بات ثابت ہوئی کہ سائیکل معیشت کی دشمن ہے اور مضبوط معیشت کیلئے صحت مند افراد سخت نقصان دہ ہیں۔

نوٹ: پیدل چلنے والے معیشت کیلئے اور بھی خطرناک ہیں۔

خریدتا۔ ہسپتالوں اور ڈاکٹروں کے اس کے برعکس ہرنیا فاسٹ فوڈ آؤٹ

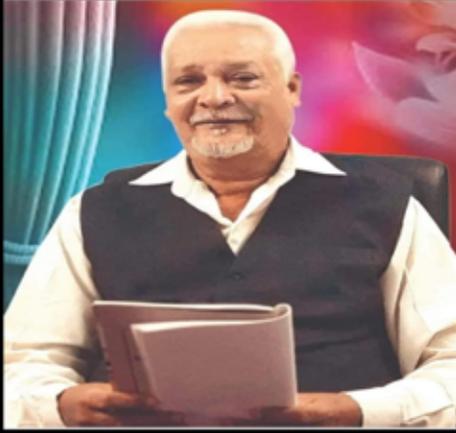


دکن کی ادبی اور اعلیٰ تہذیبی شخصیت نواب شاہ عالم خان مرحوم کی یاد میں انوارالعلوم کالج میں ”نواب شاہ عالم خان یادگار مشاعرہ“ کی ایک یادگار تصویر میں محمد یسین ہائیل، ابرار کاشف اور اقبال اشہر دیکھے جاسکتے ہیں۔



## قرطاس و قلم کا دہنی چلا گیا!

آج 25 / مارچ 2024 سحری اور نماز فجر کی اذان کے وقفے کے دوران جب اپنے فون کا واٹس آپ ان کیا تو یہ اندوہناک خبر پڑھنے کو ملی کہ ہمارے ہر دل عزیز دوست اور اردو و ہندی کے معروف ادیب ڈاکٹر میم۔ ق۔ سلیم کل رات اپنے مالک حقیقی



ان اللہ و انا  
مرحوم میم۔ ق۔  
ہمہ جہت تھی۔  
پر عبور حاصل  
مراسلہ نگار کی  
شہرت رکھتے تھے۔ ان کے مراسلے سلگتے ہوئے موضوعات پر ہوتے تھے۔ وہ ایک سرکاری اسکول سے بحیثیت ٹیچر و وظیفہ خدمت حسن سے سبکدوش ہوئے لیکن ان کی علمی قابلیت کسی یونیورسٹی کے پروفیسر سے کم نہیں تھی۔ وہ کئی کتابوں کے مصنف تھے اور خاص طور پر بچوں کے ادب انہیں گہری دلچسپی تھی۔ خاص بات یہ کہ وہ جس اسکول میں بھی برسر خدمت رہے اردو کا رسالہ نکالتے رہے، جس سے ان کی اردو سے محبت کا اظہار ہوتا ہے۔ مرحوم سے میری دیرینہ رفاقت رہی۔ ہمیشہ میرے مضامین اور تقاریر کو پڑھ کر اور سن کر بڑا خوش ہوتے تھے۔ میں آج اپنے ایک مخلص دوست سے محروم ہو گیا۔ وہ شہر کی کئی ادبی انجمنوں سے وابستہ رہے اور ادبی جلسوں میں شرکت کرنا ان کا محبوب مشغلہ تھا۔ چند دن کی علالت کے بعد وہ اس فانی دنیا سے کوچ کر گئے ہیں لیکن ان کی علمی نگارشات سے نسلیں مستفید ہوتی رہیں گی۔ حق مغفرت کرے عجب آزاد ہستی تھی۔

## حکیم نور احمد رمضان المبارک کی غذائیں

تواضع کرنے کے علاوہ بدنی طاقت اور نامنر فراہم کر دیتی ہیں اور پیٹ خراب بھی نہیں ہونے پاتا۔ جنہیں پیرانہ سالی اور کمزوری کی وجہ سے پیشاب زیادہ آتا ہو ان کو افطاری میں کھجور، کھوپڑا اور مغز مونگ پھلی ملا کر استعمال کرنا مناسب ہے۔ گاجر، شلغم، چندر، سنگھاڑوں اور شکر قندی سے خاطر خواہ غذائیت اور حیاتین حاصل کی جاسکتی ہے۔

ملک بھر میں افطاری، مٹھائی، سموسوں، پکڑوؤں، کبابوں، آلو چھولوں اور کیک پیشتر سے کرنے کا رواج زور پکڑتا جا رہا ہے۔ دنیا کے سب سے بڑے حکیم نبی آخر الزماں نے پندرہ سو سال پہلے خشک اور تازہ پھل پانی اور نمک سے افطاری کی سنت جاری فرما کر سائنسدانوں اور طبیوں کے لیے ریسرچ کی راہیں ہموار فرمادی ہیں۔ اکثر و بیشتر افطاری حضور نے کھجور اور خرما سے ہی فرمائی تھی۔ حکماء کی تحقیق کے مطابق تازہ کھجور اور خرما خشک حیاتین (وٹامنز) سے بھرپور ذوالذفا سفوس اور کیرے ٹین کا صحت بخش خزان ہیں۔ زود ہضم ہونے کے علاوہ دودھ بھی کافی ہضم کر دیتے ہیں۔ دودھ میں ہلکا جوش دینے سے خرما اور کھجور دودھ کی رتج اور رطوبت کاٹ چھانٹ کر کر اور پٹھوں کو مضبوط بناتے اور قبض کو بھی دور کر دیتے ہیں۔ کیلوریز (حرارے) بھی ان میں سے سب پھلوں سے زیادہ مقدار میں ہوتے ہیں۔ آج کل کیلا، سیب، امرود بھی عام مل جاتا ہے۔ اپنی حیثیت کے مطابق ان میں سے کسی پھل سے افطاری کرنے سے جسم میں غذا حاصل ہونے کے علاوہ روغنی گوشت بنانے والے اور نشاستہ دار اجزاء قدرتی ہاضم نمکیات مثلاً سوڈیم، کیلشیم، پوٹاشیم، فولاد، فاسفورس اور مقطر پانی کافی مقدار میں حاصل ہوتا ہے۔ بدن میں غذائیت کا سامان بہم پہنچانے کے ساتھ یہ پھل قبض نہیں ہونے دیتے اور خون کو جوش اور باؤ پر بھی کافی حد تک قابو پالیتے ہیں۔ آج کل خش سردی کی وجہ سے ہر شخص نزلہ زکام کھانسی اور اعضا شنئی کا شکار ہو رہا ہے۔ سموسے، پکڑے، کیک، پیشتر، مٹھائی اور چٹ پٹی چیزوں سے افطاری پیٹ کو بوجھل بناتی اور بیماریوں کو دعوت دیتی ہیں۔ حضور کی سنت کے مطابق پھلوں، نمکیات اور پانی سے افطاری کر کے رومہ کا پورا فائدہ حاصل کیا جاسکتا ہے۔



حکماء کی تحقیق کے مطابق گرم دودھ میں انڈہ پھینٹ کر یا نیم فرمائی یا نیم جوش کر کے کھانا زود ہضم ہوتا ہے۔ یہ بدن میں خون اور کیلشیم کافی پیدا کرتا پٹھوں کو طاقت دیتا پڈیوں کو مضبوط بناتا اور حرارت پیدا کرتا ہے۔ زیادتی پیشاب میں مفید اور تھکے ماندے اعصاب کو ہلکی سی کلور کا کام دیتا ہے۔ ہمارے ہاں رائج طریقے سے انڈوں کی نکلیہ بنا کر یا زیادہ جوش دے کر زردی کو سخت اور سیاہی مائل کرنے پر بدن کو طاقت دینے کی جگہ الٹا نقصان دیتا ہے۔ پیٹ میں گڑبڑ اور قولنج تک میں مبتلا کر دیتا ہے۔ اس کساد بازاری میں ہم خرچ کر کے خود بیماری خرید رہے ہیں۔

رمضان شریف میں ہمیں انرجی حاصل کرنے کے لیے پرانے کا بھی شوق ہوتا ہے۔ میرے تجربے کے مطابق گرم روٹی کو گھی لگا کر یا روٹی گھی اور شکر کی چوری بنا کر کھانے سے بدن میں غذائیت اعضا میں طاقت کمر میں مضبوطی اور سردی کا مقابلہ کرنے کے لیے بدن میں خون اور حرارت کا سمندر ٹھانٹیں مارنے لگتا ہے۔ گھی جب ہم پراٹھے کی شکل میں کھاتے ہیں تو بھوک بند ہو جاتی ہے سرچکراتا ہے پیٹ بوجھل ہونے کے علاوہ کئی کئی گھنٹے سڑے بے ڈکار آتے رہتے ہیں۔ روزوں سے ہم نے اپنے معدے انتزیوں، جگر گردوں اور پٹھوں کو آرام کرنے کی مہلت دی تھی تاکہ بھوک پیاس کی گرمی سے ان کے اندر کے ہوئے فضلات تحلیل ہو جائیں مگر ہم ایسا نہیں کرتے۔

ہضم کی نالی کو قدرت نے چٹنوں اور شکنوں والی ساخت عطا فرمائی تاکہ لذیذ اور چٹ پٹی غذا زیادہ کھائی جائے تو یہ تانا بانا پھیل کر اپن اندر سما سکے۔ روزوں سے ہمیں غذا کے ناہضم شدہ ٹکڑوں کو جو ہماری ہاضم رطوبات کے قابو نہیں آسکے اور بدن میں جمع ہو کر زہریلی کیفیت پیدا کر رہے ہیں، صاف کرنا چاہتا ہے۔ ان دنوں ہمیں دودھ، دہی، گھی اور مکھن اصلی حالت میں استعمال کرنا چاہئے۔

دودھ کی کھیر بڑی اور کھویا بنا کر گھی کے پراٹھے، سموسے، پوڑیاں، قیہ بھری روٹیاں، تھلے اور مٹھائیاں کھانے سے زبان کا چنارہ تو ضرور پورا ہو جاتا ہے مگر طبی نقطہ نگاہ سے یہ کھانے خون کم اور زہریلے فضلات زیادہ بناتے ہیں۔ روزہ داروں کو چٹ پٹی پکوان میں بخنی مرغ اور تلی ہوئی مچھلی کام و دہن کی

### عرش عظیم کے برابر ثواب

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ مَمْلَأَ السَّمَوَاتِ وَمَمْلَأَ الْأَرْضِ وَمَمْلَأَ الْعَرْشِ الْعَظِيمِ  
فضیلت: اس درود شریف کے پڑھنے والے کو آسمان وزمین بھر اور عرش عظیم کے برابر ثواب ملتا ہے۔

### دس ہزار مرتبہ کے برابر

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ أَفْضَلِ صَلَوَاتِكَ  
فضیلت: اس درود شریف کے بارے میں منقول ہے کہ یہ ایک مرتبہ پڑھے تو دس ہزار مرتبہ درود شریف پڑھنے کا ثواب ملتا ہے۔

### جنت میں اپنا مقام دیکھنا

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ أَلْفَ مَرَّةٍ  
فضیلت: جو شخص جمعہ کے دن ہزار مرتبہ یہ درود شریف پڑھے تو وہ اس وقت تک نہ مرے گا جب تک وہ مرنے سے پہلے جنت میں اپنا ٹھکانہ نہ دیکھ لے۔

### ستر ہزار فرشتوں کا استغفار

جَزَى اللَّهُ تَعَالَى عَنَّا مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَا هُوَ أَهْلُهُ  
فضیلت: ہر شخص نماز کے بعد یہ درود شریف کو پڑھتے رہے تو ستر ہزار فرشتے اس کے لئے استغفار کرتے رہیں گے۔

### حضور اکرم صلی اللہ علیہ وسلم کی شفاعت

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَأَنْزِلْهُ الْبُقْعَةَ الْمُقَرَّبَةَ عِنْدَكَ يَوْمَ الْقِيَامَةِ  
فضیلت: حضرت روبیع ثابت انصاری فرماتے ہیں کہ رسول اللہ صلی اللہ علیہ وسلم نے ارشاد فرمایا جو شخص نے درود شریف پڑھتے رہے گا تو اللہ تعالیٰ اسے حضور صلی اللہ علیہ وسلم کی شفاعت نصیب فرمائے گا۔

### معدہ کی بیماری و کمزوری دور ہونے کی آیت

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۚ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۚ لَيْلَةُ الْقَدْرِ ۚ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۚ  
 تَنْزِيلُ الْكِتَابِ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ ۚ مِنْ كُلِّ أَمْرٍ ۚ سَلَّمَ ۚ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۚ (پارہ ۳۰، سورہ القدر)  
فضیلت: اگر کسی کو معدہ میں کمزوری ہو تو یہ سورہ کو ایک دفعہ پڑھ کے پانی پر دم کر کے مریض کو پلائے۔ دن میں تین بار پانی پر دم کر کے مریض کو پلائیں، یہ عمل ایک ہفتہ تک جاری رکھیں۔ اللہ تعالیٰ مریض کو شفاء یاب کرے گا۔

### ہر درد کی دوا

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ بَعْدَ كُلِّ دَاءٍ وَدَوَاءٍ وَبَارِكْ وَسَلِّمْ  
فضیلت: اگر کسی کو کوئی تکلیف یا درد ہو تو اول آخردرد اور ہر درد پر پڑھ کر درمیان میں معہ بسم اللہ اور فاتحہ پڑھ کر یہ درود پڑھے اور درد کی جگہ دم کریں، ان شاء اللہ تعالیٰ درد سے آرام ہو جائے گا۔

### جنت کے پھل

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَعَلَى آلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ  
فضیلت: کوئی شخص روزانہ یہ درود شریف کو پڑھا کرے تو وہ جنت کے خاص پھل اور میوے کھائے گا۔

## ادا کاروین ڈیسینا نے اسلام قبول کر لیا

معروف اداکاروین ڈیسینا نے اسلام قبول کرنے کا اعلان کرتے ہوئے کہا کہ میرے دوست اور اہل خانہ یہ سوچ کر پریشان نہیں ہوئے ہیں کہ میں رمضان میں دن بھر پانی اور



بہت اہم ہے کیونکہ روزوں کے دنوں میں انسانیت روحانی بالیدگی سے ہم کنار ہوتا ہے۔ ہندوستان ٹائمز کی ایک رپورٹ کے مطابق وین ڈیسینا نے بتایا کہ وہ ہر سال رمضان المبارک میں روزے رکھتا ہے۔ اس کا کہنا ہے کہ اسلام تو اس نے ایک سال قبل قبول کر لیا تھا، اب صرف اعلان کیا جا رہا ہے۔ وین نے بتایا کہ اُس نے اسلام گزشتہ برس رمضان المبارک میں قبول کیا تھا اس لیے رمضان کی اُس کے لیے خاص اہمیت ہے۔ وہ 6 سال سے روزے رکھ رہا ہے۔ ہر مسلم کے لیے رمضان کے روزے رکھنا فرض ہے۔ یہ اسلام کے پانچ بنیادی

## شادی کے لیے مرد کیسا ہونا چاہیے؟ یشمہ گل نے بتا دیا

کراچی (شوبز ڈیسک) پاکستانی اداکارہ یشمہ گل نے کہا ہے کہ وہ خدا کا خوف رکھنے والے

مرد سے شادی کرنا چاہتی ہیں۔ ایک تازہ اداکارہ کا کہنا تھا کہ دل میں خدا کے دوسرے انسان



مرد سے شادی کرنا چاہتی ہیں۔ ایک تازہ اداکارہ کا کہنا تھا کہ دل میں خدا کے دوسرے انسان

خیال رکھے گا۔ انہوں نے کہا کہ جس شخص سے وہ شادی کی خواہشمند ہیں اس کے اخلاق اچھے ہونے چاہئیں اور جب انسان بااخلاق ہو تو باقی زندگی خود بخود ڈھیک ہو جاتی ہے۔ یشمہ گل کا کہنا تھا کہ ان کی والدہ کی شادی کے متعلق سوچ بہت الگ ہے اور وہ ان کی شادی ایک کزن سے کرانا چاہتی ہیں جو اداکارہ سے چار برس چھوٹا ہے۔

میں نے پورا قرآن حرف بہ حرف پڑھا، یہ آئینے کی طرف شفاف ہے: ول اسمتھ

ہالی ووڈ اسٹار ول اسمتھ نے 'شاہد پلٹ' فارم پر 'بگ ٹائم پوڈ کاسٹ' پروگرام کے



ذریعے صحافی عمرو ادیب کو انٹرویو دیتے ہوئے حیران کن انکشافات کیے ہیں۔ انہوں نے بتایا کہ رمضان کے مہینے میں انہوں نے پورا قرآن پڑھا تھا۔ ایک سوال کے جواب میں انہوں نے کہا کہ "میں روحانیت سے محبت کرتا ہوں۔" اسمتھ نے کہا کہ اس کی زندگی کے پچھلے دو سال مشکل تھے۔ اس دوران انہوں نے اپنے باطن کے بارے میں سوچنا شروع کیا۔ انہوں نے نشاندہی کی کہ اس عرصے میں انہوں نے قرآن پاک سمیت تمام مقدس کتابیں پڑھیں۔ میں نے اس سال رمضان کے مہینے میں قرآن کو مکمل طور پر پڑھا۔ انہوں نے مزید کہا کہ یہ میری زندگی میں روحانیت کی تلاش تھی۔ یہ میری زندگی کا وہ دور تھا جب میں اپنے دل کو زیادہ سے زیادہ وسعت دینا چاہتا تھا تاکہ میں زیادہ سے زیادہ لوگوں پر مشتمل ہو سکوں۔" ول اسمتھ نے قرآن کے معانی کے بارے میں بھی بات کی اور موسیٰ (علیہ السلام) کی کہانی نے انہیں کس طرح متاثر کیا۔

دلچسپ بات ہے۔ مجھے اس کی کہانی اور تجربے نے بہت متاثر کیا۔ انہوں نے مزید کہا کہ "میں سادگی سے متاثر ہوا۔ قرآن سادہ ہے اور اس میں چیزیں شیشے کی طرح بالکل واضح ہیں۔ اسے پڑھنے کے بعد کوئی غلط فہمی نہیں رہتی۔" صحافی عمرو ادیب نے تبصرہ کرتے ہوئے کہا کہ "ایسے لوگ ہیں جو اسے غلط سمجھتے ہیں" تو انہوں نے کہا کہ قرآن کو گہرائی سے پڑھیں تو غلط فہمیاں دور ہو جاتی ہیں۔

ول اسمتھ نے تمام مقدس آسمانی کتابوں کے مطالعے کا حوالہ دیا۔ انہوں نے کہا کہ سب کچھ تورات، بائبل اور قرآن تک ایک کہانی کی طرح لگتا ہے۔ ان کے درمیان تعلق نہیں ٹوٹا۔ انہوں نے کہا کہ ابراہیم علیہ السلام انبیاء کے والد ہیں۔ ان کی نسل سے اسماعیل اور اسحاق (علیہما السلام) آئے۔ وہ اس سلسلہ نبوت کی پوری تصویر سمجھ کر خوش ہوا۔

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

## مہ رمضان پھر آگیا

بندوں پہ خاص اہم بہاراں پھر آگیا  
رحمت لیے ہوئے مہ رمضان پھر آگیا  
ہے جسکی تربیت سے دل و روح کا نکھار  
ملت کا وہ معلمِ ذیباں پھر آگیا  
چشمِ طلب میں اشکِ ندامت سجاکیں ہم  
لوگو! ہمارے عفو کا سماں پھر آگیا  
اعلانِ مغفرت ہے گنہگار کے لئے  
بخشش کے ساتھ، قاصدِ رحمت پھر آگیا  
دل کے بچھے چراغ بھی جس سے چمک اٹھے  
ہم سب کے گھر وہ دور چراغاں پھر آگیا  
جنت کے درگھلے ہیں تو دوزخ ہوئی ہے بند  
مودہ ہو عاصیو! مہ غمراں پھر آگیا  
سر سبز جس سے ہوتا ہے صحرائے زندگی  
شکرِ خدا، وہ اہم گل افشاں پھر آگیا  
انسانیت کھرتی ہے جس کے اجالے میں  
صدِ مرجبا وہ مہ درخشاں پھر آگیا  
مائل ہے دل، تلاوت و ذکر و درود پر  
ہستی میں ذوقِ نو کا دستاں پھر آگیا  
ہم خوش نصیب ہیں کہ ملے ہم کو ایسے دن  
ماہِ صیام، تحفہٴ یزداں پھر آگیا  
احسان اس نے پہلے بھی ہم پر کئے بہت  
اس بار بھی یہ کرنے کو احسان پھر آگیا

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محمد یسین ہائیل  
نظم

## آہ رمضان

رمضان مبارک آکے نمودار ہو گیا  
سویا ہوا تھا بندہ جو بیدار ہو گیا  
دنیا پرستی چھاگئی رمضان کے جاتے ہی  
انساں عبادتوں سے جو بیزار ہو گیا  
نہ عبادتوں کو وقت نہ تو بندگی کو وقت  
انسان جیسے بے بس و لاچار ہو گیا  
بس ایک ماہ کا پکا مسلمان بنا رہا  
سب کچھ بھلا کے پھر سے خطا کار ہو گیا  
رمضان گیا تو ٹوپی بھی سر سے اتر گئی  
پھر سے گناہوں میں وہ گرفتار ہو گیا  
ہائیل پھر گناہوں کے شعلے بھڑک اٹھے  
بچ کے نکلتا اب بڑا دشوار ہو گیا

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## اطیب اعجاز

## لو مہینہ آگیا رمضان کا

چاند پھر روشن ہوا رمضان کا  
لو مہینہ آگیا رمضان کا  
چلتی ہے ٹھنڈی ہوا چاروں طرف  
مہکی مہکی ہے فضا چاروں طرف  
آیا موسمِ دلربا رمضان کا  
رت حسین ہے، جگمگاتا ہے جہاں  
روزہ داروں کو مبارک یہ سماں  
چل پڑا ہے سلسلہ رمضان کا  
ہو مبارک ماہِ رمضان کا پیام  
ہے نمازوں کا سنو اب اہتمام  
دے رہا ہے پھل خدا رمضان کا  
سحری و افطار کی اب دھوم ہے  
بندگی اور پیار کی اب دھوم ہے  
نور ہے چھایا ہوا رمضان کا  
بارگاہِ حق میں ہے گردن جھکی  
باز آئے ہیں گناہوں سے سبھی  
مل گیا ہے آسرا رمضان کا  
دیکھ اطیب برسے ہیں رحمت کے پھول  
سب دعائیں ہوتی جاتی ہیں قبول  
فضل ہے یہ مرجبا رمضان کا

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## ولی الدین

## عید ملن

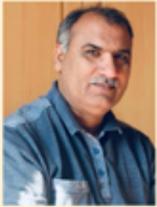
چوڑی کھنک اٹھی دل زور سے دھڑکا  
جب ہاتھ اٹھا کے آداب کیا اس نے  
ایک چنگاری سی بھڑکی ایک شعلہ ساپکا  
ہستی کو میری مست شراب کیا اس نے  
قربت نہ ملی یارو گلے نہ لگایا  
عید کو میری یوں حراب کیا اس نے  
پھر اچانک تنہائی میں گلے مل کر  
زندگی کو میری شاداب کیا اس نے

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## مہمان

وہ آئے تھے گھر حلیہ پریشان کئے ہوئے  
بکھرا تھا حسن چاک گریباں کئے ہوئے  
سوچتا ہوں گھر والوں کو Vacation پہ بھیج دوں  
”مدت ہوئی ہے یار کو مہمان کئے ہوئے“

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## غزل

جسے آگئی و شعور تھا اسے بزم ہی سے اٹھا دیا  
جو چراغِ اہل وفا جلا، اسے نفرتوں نے بجھا دیا  
جو ترے مدار میں آگیا اسے تو نے چاند بنا دیا  
میں کہ ایک مشیتِ غبار تھا، سو مجھے ہوا میں اڑا دیا  
میں غریب شہر بھی کیا ہوا وہ کلامِ غیر سنا کہ بس  
پس پشتِ ڈال دی خود سری پھرانا کا خون بہا دیا  
سرِ شام سر بسجود ہو جو نیاز مند رہے ترا  
تری رمتوں کے جمال نے مری کج روی کو چھپا دیا  
میں کہ سبز تھا میں بہا تھا میں ترابِ نم پس پشت کیوں  
مرے کوزہ کرنے ہی چاک پر مجھے رکھے رکھے سکھا دیا  
پھریں در بدر ہوئے خاک پارہ زندگی پہ ادھر ادھر  
وہ نشستِ خاص پہ آگئے جنہیں ہم نے رستہ بتا دیا  
میں عجب مزاج کا شخص ہوں مجھے مالِ دوز سے شغف نہیں  
جو کمایا تختی جان سے ترے شہر میں وہ لٹا دیا  
مرے ہم نوا مرے ہمسفر ترے درد سے نہیں بے خبر  
ذرا غور کر ذرا سوچ تو کہاں کس نے کس کو دغا دیا

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## غزل

شورِ ماتم یہ کم نہیں ہوگا  
کوئی قائم بھرم نہیں ہوگا  
مل سکے گی پناہ اب نہ تجھے  
رائے دنڈ آشرم نہیں ہوگا  
تیرے انجام پر یقین ہے کہ  
ایک پتہ برہم نہیں ہوگا  
زخمِ ملت کو وہ دے تو نے  
جس کا کوئی مرہم نہیں ہوگا  
ہے یقین قوم جاگ اٹھی ہے  
پھر سے تو محترم نہیں ہوگا  
کس ڈھنائی سے سچ کو جھوٹ کہے  
تجھ سا کوئی بے شرم نہیں ہوگا  
تیرا مسلک ہے چوری منہ زوری  
قوم کو تیرا غم نہیں ہوگا  
یاد ہے ہتھکڑی و بیڑی تجھے  
جیل ہوگی حرم نہیں ہوگا  
بعد از انقلاب یہ ہوگا  
کسی کمزور پر ستم نہیں ہوگا  
قوم کا فیصلہ فیروز اب کے  
ہوگا واضح مبہم نہیں ہوگا

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محسن عظیم آبادی  
(کھنڈو، انڈیا)

## غزل

ہماری نطق جوں اپنی میان کھولے گی  
سخن کی تیغ پھر اپنی زبان کھولے گی  
ہزار پھینیں گے زیورِ نہال اور شجر  
جب آکے پیار سے قدرت دکان کھولے گی  
چمک اٹھیں گے ستاروں کی طرح گل سارے  
شیم آکے جب ان کے دہان کھولے گی  
ہزار جلوے لئے آرہے وہ باغ میں ہیں  
نسیمِ غنچہ و گل کی زبان کھولے گی  
مہک اٹھے گی فضا، چھپھرائیں گے طائر  
کلی کلی جوں ہی عطر دان کھولے گی  
وہ پاؤں رکھیں گے جب سبزہٴ خمیدہ پر  
نموئے سبزہ نہ کچھ خار و سان کھولے گی  
کرو نہ شاخچہ بندی کو حائل الفت  
یہ خونیں طنز کے سب باد بان کھولے گی  
دل و جگر مرے ہوں گے شکارِ شوقِ ضرور  
زبان یار جوں رنگیں بیان کھولے گی  
دو چار تنکے ملیں گے عظیم اور نہ کچھ  
اے برق، جب تو مرا آشیان کھولے گی

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## شاہ نعیم الدین نعیمی، دکنگو

## غزل

زرد چہروں سے ٹپکتی فاقہ مستی ہے بہت  
ہر گلی کوچہ میں پھیلی تنگ دستی ہے بہت  
ہر قدم پر دیکھتا ہوں کوئی منقل ہے کھلا  
موت میرے شہر کی گلیوں میں سستی ہے بہت  
باہمی رشتوں میں خوش خلقی رہا جن کا مزاج  
ان ہی پر اللہ کی رحمت برستی ہے بہت  
وہ سراپا دے کبھی دستکِ طلسمِ خواب میں  
دید کو یہ چشمِ نا پر سا ترستی ہے بہت  
سب مری حالت پہ بیگانہ ہوئے تو مجھ کو کیا  
میری دنیا کی نگہاں ایک ہستی ہے بہت  
اپنے لرزاں قدموں پر اس قدر ذلت سے اٹھیں  
آگئے ہیں جس جگہ ہم اتنی پستی ہے بہت  
روح کے عرفاں سے بڑھ کر مادوں پر انحصار  
اب نعیمی ہر طرف دولت پرستی ہے بہت

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The phlebotomist entered the hospital room to draw blood. Noticing an apple on the patient's nightstand, she remarked, "An apple a day keeps the doctor away."

"That's true," the patient replied. "I haven't seen a doctor in three days."

An artist asked the gallery owner if there had been any interest in her paintings that were on display. "Well, I have good news and bad news," the owner responded. "The good news is that a gentleman noticed your work and wondered if it would appreciate in value after your death. I told him it would and he bought all 10 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."

Hearing his wife as she sings, the husband says, "You know dear, when you sing like that I just wish you were on the radio."

The wife smiles and replies, "Wow honey, you think I am that good?"

"No, but at least that way I can change the station or turn it off."

A woman had bought lots of shoes over time and she decided it was time to kick the habit. She really took it seriously, even changing her driving route to avoid her favorite shoe store. One evening, however, she arrived home carrying a shoe box. Her husband grinned at her, but it didn't faze her at all.



"These are very special shoes," she explained. "I accidentally drove by the shoe store and there in the window were the most perfect shoes I've ever seen! I felt this was no accident, so I thought I'd let fate decide. If I would get a parking spot directly in front of the shop, the shoes were meant for me. And sure enough, the eighth time around the block, there it was!"

A ham and cheese sandwich walks into bar and asks for a drink.

Bartender says, "Sorry, we don't serve food here."

Father: What do you see in that boyfriend of yours?

Teen daughter: Well... he's reliable.

Father: He's always late picking you up!

Teen daughter: I know and I can always count on it. Remember when you had to sit in the front room with my dates until I was ready?

Father: Now that you mention it, I'm beginning to like this guy!

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

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

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

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

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

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

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

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

"Wrong number," replied the wife.



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