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Globally Recognized

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

May 2017

Vol 8, Issue 5

Highest Paid Bollywood Actors Page - 34

India aiming for all-electric car fleet by 2030

India is looking at having an all-electric car fleet by 2030 with an express objective of lowering the fuel import bill and running cost of vehicles.

"We are going to introduce electric vehicles in a very big way. We are going to make electric vehicles self- sufficient like UJALA. The idea is that by 2030, not a single petrol or diesel car should be sold in the country," Power minister Piyush Goyal said while addressing the CII Annual Session 2017.

Goyal is of the view that initially the government can handhold the electric vehicle industry for 2-3 years to help it stabilise.

Citing the example of Maruti, which has logged over 30 per cent profit this time, he explained that the government had supported India's largest car maker initially, which eventually led to development of the big automotive industry in the country.

Goyal told reporters later that the Ministry of Heavy Industries and the NITI Aayog are working on a policy for promotion of electric vehicles. The minister pointed to the cost factor, saying people would like to buy electric vehicle when they find it cost effective.

About offshore wind projects, Goyal

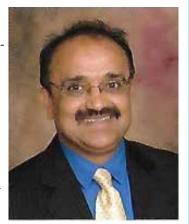


said these are more like an R&D project. The minister suggested that big PSUs, including NTPC, can initially invest in such projects that will lead to development of this segment in coming years. Goyal said that in the last 3 years, India's energy consumption has grown by about 6.5 per cent CAGR (compounded annual growth rate), more than the figure for the last 10 years.

He said, "Through UJALA, the LED distribution programme, we have already seen about 500 million LED bulbs sold in the last two years. My job is to improve India's energy efficiency to reduce consumption wherever it is wasteful and ensure that demand is met fully." He made a point that UDAY has not been just about financial re-engineering but financial discipline. The UDAY scheme is meant for revival of debt stressed discoms.

A message from Nimish Jani

Thank you very much for giving me an opportunity to serve over 141,000 residents of Schaumburg Township for, another four years, it is my honor and great privilege that I get a chance to serve wonderful community from seven towns. First I want to thank my family for the outright support, then my friends and supporters for unconditional tireless work, my contributors who opened their wallets for generous donation before asking, and most importantly GOD for guiding me through every walk of life.







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TAGC Women Makes Generous Donation to Desire society

TAGC celebrated International women's day on March 12th,2017. TAGC women's day celebration is known for Inspirational speeches, great fun and tasty dinner but beyond all that, it's known for the greatness of giving back to the society. 2017 TAGC EC & TAGC-DF team decided to donate a portion of women's day entree fee along with the charity funds raised during the event to Desire society located in Hyderabad, India

DESIRE Society is a non-profit voluntary organization with presence in different locations in India. The organization is functioning with a mission to improve the lives of children struggling with the impact of HIV/AIDS by providing shelter, Nutritious Diet, Health care, Education and Psychosocial support. The main focus of the organization is to provide institutional care homes for the abandoned and orphaned children suffering with HIV/ AIDS .We know that TAGC Board & all the women who celebrated the event with us are proud of opting Desire Society as our choice of charity organization and are incredibly appre-

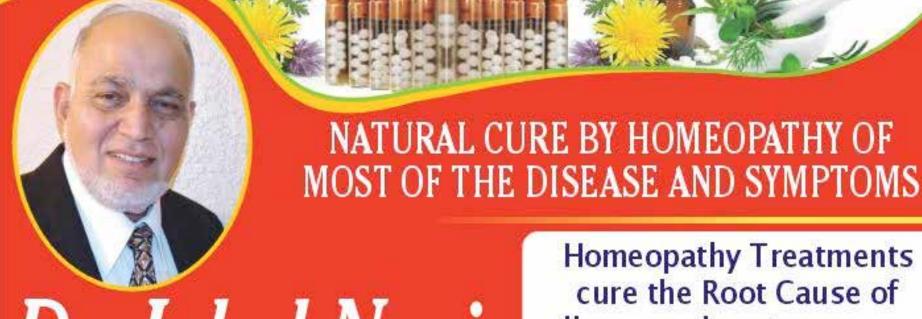


ciative of working towards this cause.

Fifty thousand Indian rupees (\$800) can help them to accomplish their goals, and we know that every rupee/ dollar will be spent to help those in need."

2017 TAGC president -Ramachandra R Ade thanked all the donors and guests and was amazed at the amount we were able to raise for a great cause.

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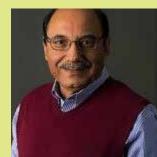
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Naila Alam With the Pakistani American ladies of New York, a warm welcome to the newly appointed Pakistani Ambassador H.E. Aijaz Ahmed



Spokesperson-Press Unit Chief, Bureau for South and Central Asian Affairs, U.S. Department of State



Laddi Singh, Lubna Ejaz at Rahat show in Chicago

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HAPPY BIRTHDAY!

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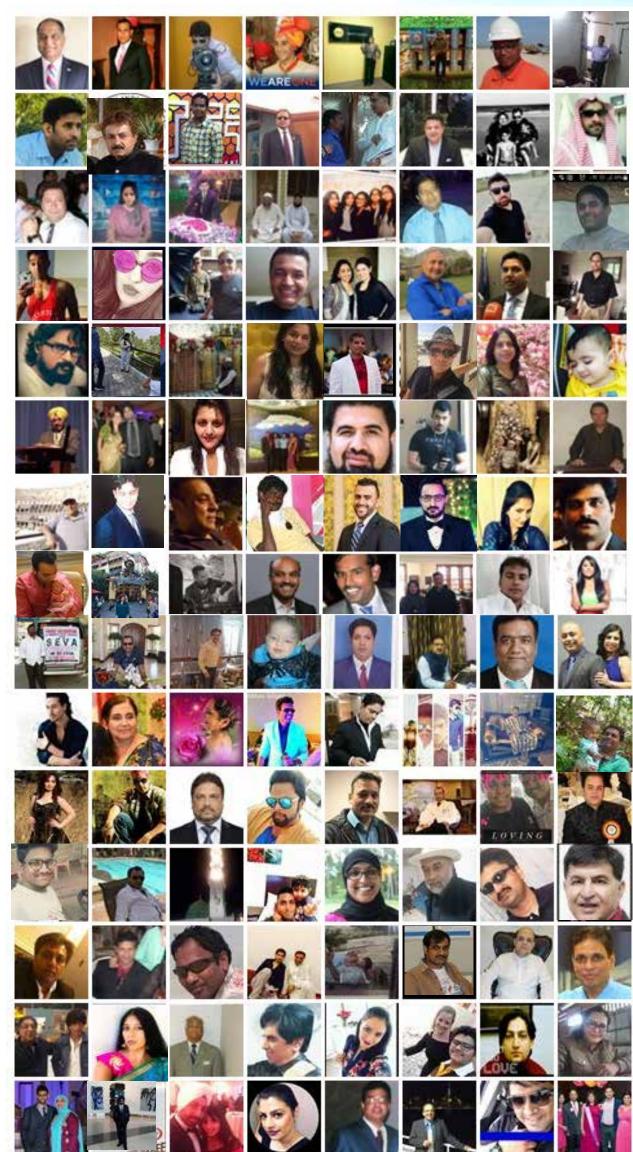


Imtiaz A Mohammad 5/1Sheryer Choudhry 5/1 Faisal Yamani 5/1 Anurav J rai 5/1 Bani Bhaitia 5/1 Tahir Chaudhry 5/1 Seshaginirao Pothulu5/1 Mohd Ibrahim 5/31 Pratheep K Reddy 5/1 Nusrath Mehdi Khan 5/31 Imran Hussain 5/31 Mustafa Alam Khan 5/1 Raju Narayanaraopet 5/31 Mian Ahmed Hasan 5/2 Mohammad Pravaz 5/2 Zahid Hussain 5/2 Fayyaz Wardague 5/2 Rizwana Khan 5/3 Mudassir Khan 5/3 Abdul Rehman Atari 5/3 Sharon KhunKhun 5/3 Aman Siddiqi 5/4 Bilal Javed 5/4 Amar Chaudhari 5/31 Jaspreet Tushar Singh5/31 Manisha K Bhatia 5/31 Muhammad Rafi 5/5 Mo Raj 5/5 Amrita Singh 5/5 Os Modgil 5/5 Fahad naroo 5/5 Ramesh Gupta 5/5 Jagmohan JaiSahota5/5 Neelu Bedi 5/30 Nadeem H Nizami 5/5 Vicky Khanna 5/29 Praveen Puram 5/29 Mizan Rahman 5/29 Satya Katragadda 5/6 Junaid Mohammed 5/6 Harjinder Khaira 5/6 Romi Chahal 5/7 Ravina Prasad 5/28 Bhavesh Nath 5/7 Zia Sheikh 5/7 Siraj Shaik 5/7 Hussain Lakhani 5/8 Sunil Khanna 5/8 Ashish Advani 5/8 Syed Azeem Ali 5/28 Farhath Hussain 5/8 Noundla Srinivas 5/28 Ashir Trivedi 5/28 Adeel Gondal 5/28 Prasuna Basani 5/9 Gopala Gudapati 5/9 Venkat Manthena 5/27 Tabinda Qureshi 5/27 Yuvraj Chavan 5/10 Vijay Chawa 5/10 Naresh Jetti 5/10



Nusrat Hussain 5/10 Nizam uddin 5/10 Sangeeta Ramalingam5/10 Mohammed Haroon 5/11 Ketan H Patel 5/11 Mansab Ali 5/11 Husan Amin 5/11 Asifuddin Khaja 5/12 Arif Munir Qureshi 5/12 Babar Chughtai 5/13 Lina Patel 5/13 Kuldeep Chauhan 5/13 Moneek khan 5/14 Suneeta Singh 5/14 Abbas Singer 5/15 Imran Mo 5/15 Daniyal Khan 5/15 Abdessalaam Korchi5/15 Srikanth R eddy 5/27 Reena Merchant 5/15 Mohammad Zohaib 5/15 Mir Mohsin Ali 5/16 Danish Khan 5/16 Sohail raheem 5/16 Khalid Khan 5/16 Hemant Mathur 5/16 Ali Khan 5/17 Nani kothwal 5/27 Tofiq dandia 5/17 Shahid Ali 5/17 Shub Mudliar 5/17 Hanifa Abdul Sattar 5/17 Syed Azam Hussain 5/18 Muzaffar Siddiqui 5/18 Anil Sikka 5/16 Raj Raj Mittal 5/18 Mubashir u. Farooqi 5/18 Vijay Sekhar Anne 5/19 Riaz Memon 5/19 Shahid Haque 5/19 Naveen Tummala 5/26 Mohib Baig 5/20 AQ Siddiqui 5/20 Nasser Fazal Shoes 5/20 Shyla Talluri 5/26 Jaswanti Mody 5/20 Ahmed Mirza 5/21 Avneet Thapar Hall 5/21 Anirudh Bandarwad 5/21 Kami Jee 5/21 Nur Nilam 5/21 Baljeet Singh 5/25 Omar Jetpuri 5/22 Jaswant Josh Singh 5/22 Humaira Malik 5/22 Vijay Shetty 5/23 Mohammad Shafique 5/23 Kashif S Khalid 5/24

Rajesh Garg 5/24



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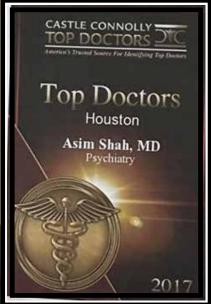


Amina Rab, Shawkat Mohammed and others at a dinner with Mr and Mrs Khizr Khan



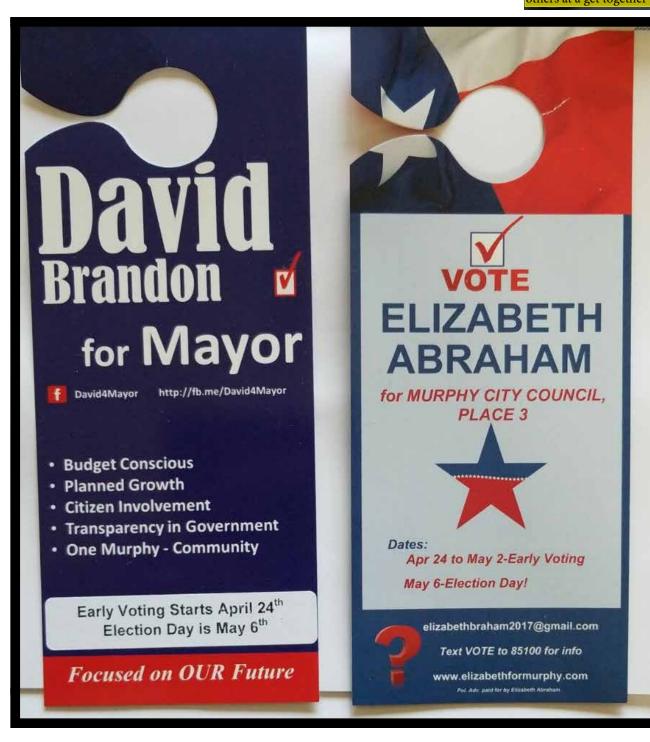
Noor Amrohvi, Lyricist Santosh Anand and Poet Manzar Bhopali at Al-Noor International Mushaira in Dallas.





Houston Chronicle recognised Dr Asim Shah in the list of Top Doctors







Dr. Anupam Ray, Consul General of india, Houston meets Congressman Pete Olson, a staunch friend of India and strong supporter of strengthening India-US



Azhar Qasmi and Nasir Of Hiba Entertainment with Arijit

May 2017 Endorsements



Endorsements

PISD Candidates



Nancy Humphrey Place 3



Marylin Hinton Place 6



Tammy Richards Place 1



Amanda Jackson Place 2

Murphy City Council



David Brandon Murphy Mayor



Marylin Hinton Place 6

Plano City Council



Harry LaRosiliere Plano Mayor



Al Valente Place 2



Kayci Prince Place 4



David Downs Place 8

Richardson City Council



Paul Voelker Richardson Mayor Place 4



Cory Montfort



Kashif Riaz Place 5

Plano Residents & PISD

Plano Mayor-Harry LaRosiliere

Councilmember Place 2—Al Valente

Councilmember Place 4-Kayci Prince

Councilmember Place 8—David Downs

Plano District Board of Trustees Place 3—Nancy Humphrey

Plano District Board of Trustees Place 3 Place 6—Marylin Hinton

Plano District Board of Trustees Place 3 Place 1—Tammy Richards

Plano District Board of Trustees Place 3 Place 2—Amanda Jackson

Proposition 1-For

Proposition 2-For

Proposition 3-For

Proposition 4-For

Proposition 5—For

Proposition 6—Against

Collin County Community College District

Trustee Place 1- Fred Moses

Trustees Place 2-Nancy Wurzman

Trustees Place 3-Dr. Stacey Donald

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Plano Residents & PISD

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Trustees Place 2-Nancy Wurzman

Trustees Place 3-Dr. Stacey Donald

Proposition 1—For

respect other cultures - Dr. Asim Shah With approximately 190 countries and 7 billion people on earth, it is not hard to imagine that many diverse cultures exist. Here in the U.S., our cultural landscape has been shaped by Native Americans and by African, Latin American, Polynesian, Asian and Middle Eastern countries. This is the reason that the

term "melting pot" fits our country, as different cul-

tures have contributed distinct flavors.

Like many others, I came to this country when I was young, in my case in my 20s. While we adapted with most cultural norms here in the U.S., some of us have kept a few from our origin, and this has been the beauty of this country — it lets you assimilate easily in its culture, while keeping your distinct identity. To me, cultural diversity means merging different cultures; introducing good aspects of your culture to others, but also accepting the positives of a new culture.

Culture shapes our identity and influences our behaviors, and cultural diversity makes us accept, and even to some extent, integrate and assimilate with other cultures. Cultural diversity has become very important in today's world. Whether we work or study or even stay at home, our chances of interacting with people from various races, ethnic groups and cultures is far greater now than it has been ever before.

By learning about people of different cultural backgrounds, we can increase our horizons, have better interpersonal dialogue and communicate more on a personal level.

If you put aside any prejudices or biases you might have and you are open to other people, it can help

prepare you to listen, talk and learn about other people and their cultures.

One of the most important first steps people can take to learn about other cultures is to simply accept that there are many different cultures other than their own. We need to start thinking about the positives of different cultures and how surrounding ourselves with diverse groups of people can enrich our life. Sometimes a person might not know very much about geography or history but by mingling and mixing with people from other cultures, they are given the opportunity to possibly learn about the geography, religion and customs of different countries. Being open to learning about different cultures also can encourage people to have diverse friend groups that include people of all different races, ethnicities, religions and sexual orientations.

For those who want to learn about other cultures, but do not know where to start, a great place to start is picking up a book and reading about the cultures that interest them, or doing research online from reputable sites. The best way to learn, though, is through face-to-face interaction with a person of the culture you would like to learn more about. Most of us enjoy one aspect of cultural diversity, which is food from different cultures and regions, and this can also be a good way to start learning about new cultures.

Diversity is not only important for adults, but children should be learning about different cultures too, especially those who live in diverse cities such as Dallas, Houston, Los Angeles, New York, Chicago or Miami. It is extremely important for adults to teach kids to be accepting of different cultures because if

children are not taught, then they become more close-minded.

This can lead to issues at school and even lead to

bullying. Kids are still forming opinions, so it is essential that they are taught to be accepting while they are young. Parents or family members need to sit down and talk with children as well as present them with easy to understand data, and talk about the importance of cultural diversity. For example, if you live in Houston like I do, you can visit the website for the recently created Office of New Americans and find lots of facts about the diversity in Houston and present that to your child. If you are able to explain the importance of diversity to children and show them how diverse the world is, you can help them to be more open minded toward people of different cultural backgrounds.

In today's world if we all are able to respect and know about other cultures, and respect their values and belief, life would be easier for most of us, and we can learn a lot of good things from each other. I know that I have learned a lot in this process, and I continue to learn each and every day.

Dr. Asim Shah, is professor and vice chair for Community Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine.

First published in Dallas News

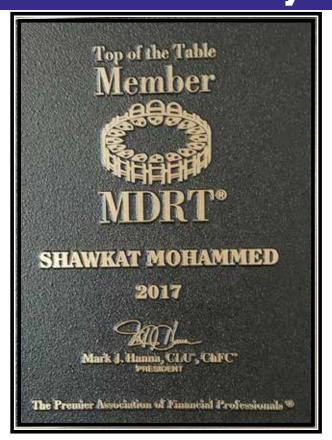


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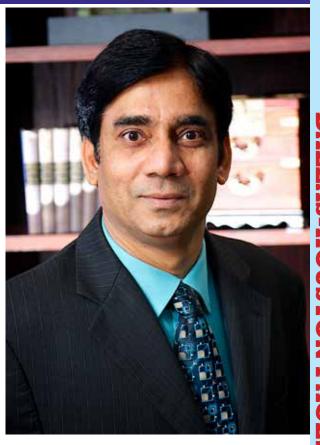


The MDRT association has three levels of membership: MDRT, Court of the Table and Top of the Table. Needless to say, the Top of the Table members are among the exclusive 5% of members and are the most outstanding performers.

Here is what the MDRT had to say about the specialized designations:

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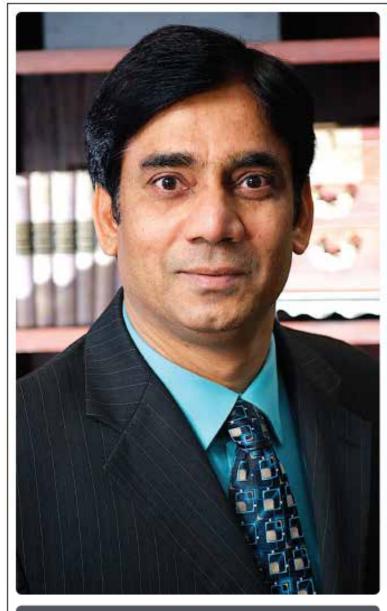


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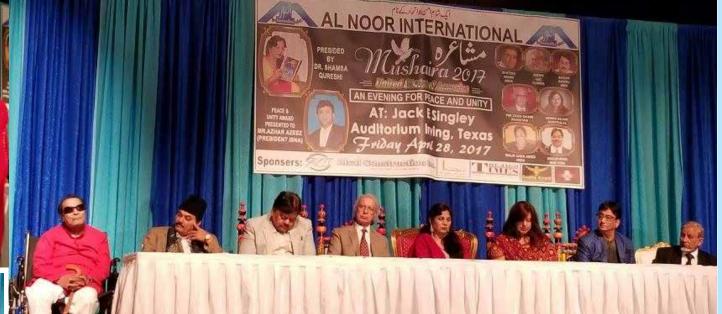
KEEP

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GOING









Mr. Faiq Siddiqi With Santosh Anand poet

With a passion in his heart and with unconditional love and affection towards Urdu, Noor Amrohvi once again made it

Al Noor International presented "Mushaira: An Evening with Peace and Unity" on Friday April 28, 2017 at Jack E. Singley Auditorium in Irving. Texas.

Mr. Faiq Siddiqi, anchor TV1 came from New York to introduce Noor Amrohvi and said Noor came a long way to get here. Working towards Urdu is his passion and he does this without any expectation of returns. At this time the audience clapped for a long time and gave Noor Amrohvi a standing ovation which he

Renowned poets from India and Pakistan: Lyrycist Santosh Anand, Pir Zada Qasim, Malik Zada Javed, Manzar Bhopali, Khalid Irfan, Noshi Gilani (Australia), Sheikh Ijaz Ahmad of Beauty of Humanity. The evening was presided by Dr. Shamsa Qureshi. It was agreat evening, of course, with all great poets and great audience.



Long time resident of Dallas area Mr. Irfan Ali said he has never seen a Mushaira like this in 25 years. He also appreciated the way the whole event was organised by Noor Amrohvi and his team.

Audience showed great respect to Santosh Anand Sahab who is in wheel chair but still traveled from India and said he came for "Noor". Lyricist of famous songs like Ek pyaar ka naghma, and zindagi ki na toote ladi....Santosh Anand "looted" the mushaira. Mr. Azhar Azeez (President ISNA) was conferred with the Peace and Unity Award 2017.

Noor Amrohvi compered the event, thanked all the sponsors, well wishers. He also thanked Azeem A. Quadeer of Asia Times US and Raja Zahid Khanzada of Jago Times who where present at the event.





Lyricist Santosh Anand, Shawkat Mohammed of New York Life, Urdu Poet Malik Zada Javed and Azeem A. Quadeer, Editor-in-Chief Asia



DALLAS-HOUSTON PAGES

HSNT Annual Picnic Event

Hyderabad Society of North Texas conducted their annual picnic on April 22nd. at Trawick Pavalion in Grapevine TX. This great event attracted more than expected people who enjoyed their day. Some played cricket and some spent their time flying kites. There was fun for all age groups. Scrumptious food was available. Hyderabadi Biryani and Bagare Baigan was served along with other dishes. Mrs. Rahat Arifuddin, President HSNT said "We are here to advance the culture of Hyderabad". There was Music and masti too. Akbar Lakhani sang a few

Sara Amir with SOCH the news of Dallas also covered the event.

Hyderabad Society of North Texas which is also known as HSNT was established in 1992 by a well-known community leader and physician, Dr. Basheer Ahmed and has been a non-profit organization since 2006. The purpose of HSNT is to help thelocal DFW Hyderabadis get together to have fun and to keep our Hyderabadi culture alive. It becomes all the more important for our children that they have awareness of our Hyderabadi roots, traditions, and culture and feel a sense of pride in it. Most of us have high regards for all that Hyderabad has to offer such as the excellent education provided by such schools and universities like the Osmania University, Rosary Convent, Little Flower, Saint Paul, All Saints, Mahbubia, and many more. We also appreciate the humility, the soft spoken language, the tehzeeb or mannerisms, and the delicious

cuisine that the people from the City of Pearls try to hang on to. HSNT has two main get- together or events. The first one is a picnic during the spring season which is held at a local DFW park. This is an informal



event which usually attracts 250 to 300 people. We enjoy kite flying, games for children of all ages, delicious food and music.

The second event of the year is a formal evening dinner which usually takes place in October or November with numerous forms of entertainment such as music, songs, comedy in our Hyderabadi lingo and of course, Hyderabadi cuisine. Last year we had qawalis which were enjoyed by many. We also get to enjoy wearing some of our traditional clothes such as sherwanis, etc.

These two events bring the new Hyderabadis in the community as well as the ones who have been residing here for decades to come together and socialize. We are thankful to all the HSNT members and the local businesses who support us with advertisements and articles for this magazine.



HSNT Board members



Mirza Pervaiz Baig, Founder Charminar Connection, Mohamed Adbur Rahman, Azeem A. Quadeer of Asia Times US, Abdul Hameed of HSNT, Shawkat Mohammed of New York Life and others at the



Radha Mangeshkar's Maiden USA Concert

Photos & Review by Girish Modi



Legendary Lata Mangeshkar was lucky to be born in the era when film music industry had started and had had chance to sing for so many great music composers. She ruled the film music industry for over five decades giving hits after hits. No other singer can come close to Lataji, that's why she is treated like goddess by millions all over the world.

Lataji has inspired thousands of singers through her songs, though she has retired. Her songs are alive today and will live on till eternity, thanks to so many female singers who have sprung up in last three decades. What is interesting is that these singers hardly sing songs of Alka Yagnik and her contemporaries.

These singers have made Lataji's songs immortal through their voices. No music concert will be complete if some one does not sing Lataji's songs. The coveted Sa Re Ga Ma Pa competition have produced many winner-singers with names like Shreya Ghoshal, Aishwaraya Majumdar, Sanjeevani Bhelende etc who landed playback singing career because they had picked Lataji's songs and copied her singing style. Shreya still sings a couple of Lataji's songs in her own concerts, even though she is famous and have won many Filmfare and other national awards.

All the four sisters and one brother of Mangeshkar family have ruled the music world for many decades. Sadly, there was a gap in last 25 years in the Mangeshkar family,

though Ashaji's daughter Varsha had accompanied her mother and had sung "Chale Jana nahin" Lata's song from film "Badi Bahen" whose music was composed by duo Husnlal-Bhagatram. But, Varsha had changed her career and had become a journalist later on. That is why Kavita, Alka, Anuradha and Sadhana had jumped in the film industry and earned money and fame.

Now enter Lataji's niece Radha in the arena with a big name and responsibility on her shoulder. It appears that Radha must have been attracted to Lataji's voice from childhood and must have started singing by listening to Lata's songs just like Anuradha. Of course, she must have been groomed by her father later on to achieve proficiency in singing. I wonder if Radha has Lataji's blessing to jump in to professional singing career.

Whether ready or not, Radha Mangeshkar entered the musical world and recently came to USA on a maiden concert tour with her male singer-partner Hrishikesh Rande. Atlanta's concert was her last concert in America. I was one of the four hundred admirers had gone to the concert at Berkmar High School auditorium on April 8th evening, since we were curious about Radha's singing talent. Since only one song "Lagja gale se" is found on the YouTube, we were not sure how Radha will follow Lataji's footsteps during her tour.

Radha started with "aayega aanewala" which made Lataji famous as her first song and drew applause. Then on,

Radha picked and sung a few of Lataji's songs, and only one Ashaji's song. Surprisingly, Radha did not include one song of Naushad's though she included compositions of Shankar-Jaikisham, S. D. Burman and Madan Mohan. I found Radha's voice not quite match with Lataji's voice perfectly like Shreya's and Anuradha's voices; because her voice lacks sharpness.

Radha surprised many Gujarati's by saying a few words in Gujarati and then singing song from "Mehndi Rang Lagyo". She also sang one Marathi and one Punjabi song. In all Radha sang six solos and one duet.

I was less impressed by Hrishikesh's singing, because he has not his own style. He was all over the chart and sang songs of Rafi, Kishore, Mukesh and Manna Dey. He included two classical based songs – Madhuban mein radhike naache and laga chunri mein daag.

In my opinion Radha may earn her living by performing concerts, but I doubt if she will land a playback singing career. Right now the trend is changing and singers like Sunidhi Chauhan make headways. Shreya may be the last singer whose singing style resembles to the older generation singers.

Amritha Murali's splendid performance Photos & review: Girish Modi



CAMAGA organized a concert of Carnatic Vocalist Amritha Murali at Hindu Temple on April 9th, which was attended by many connoisseurs of music. She was accompanied by R. K. Shriramkumar Violin and K Arun Prakash Mridangam.

Amritha belongs to a family of musicians and her exceptional musical instincts have been well nurtured by her parents and she has gained much acclaim and popularity with the music fraternity as a highly talented musician of the younger generation.

Amritha has had the good fortune of learning vocal music from great gurus including Late Sri K R Kedaranathan, Smt. Meera Kedaranathan, and Smt. Rama Ravi. She also trains under Smt. T.Rukmini for violin playing. Amritha is also under a fellowship granted by the Sangeet Natak Academy, New Delhi to learn advanced raga, tan am and pallavis.

Amritha has been performing for many prestigious

organizations all over the country. She has been on vocal concert tours of the U.S.A and Canada. She has also been promoted to sing in the senior slot during the Music Academy's (Chennai) December music festival. Musicians, rasikas and critics have been highly appreciative of her adherence to classical values and the aesthetic appeal of her concerts.

In Amritha's recital, the Sahana vinyasa for 'Raghupate Rama,' was exhilarating. Her rendition particularly brought out the sparkle and substance. It was not flat and unadorned, but richly worked out, the sancharas subtly integrated with vocal articulation. Similar was her approach to 'Neeke Dayaraaka' (Neelambari), the rhythm

in the smooth-flowing sahitya pointing to her talent.

The noble tone and niceties in gamaka brimmed with feeling, while intelligence ensured that the raga was not overstretched in repetitions or inaccuracies. Muthuswami Dikshitar's exquisite "Shri Kamalambikayam" (Tisra Triputa) was handled.

"Clear Diction, Clean lines-Amritha Murali's musical expression reveals and underlying conviction that rings true even to a jaded listener. Her music

is refreshingly honest with no pseudo- iconoclastic propensities to distort the clean lines of her straightforward presentation." Lalitha Krishnan, The Hindu, May 2006

Amritha's music was a showcase of truly classical music replete with aesthetic and emotional appeal. Amritha's glistening, full-fledged Sahana remained with you long after her concert.

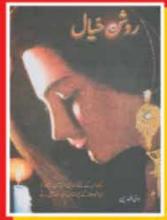




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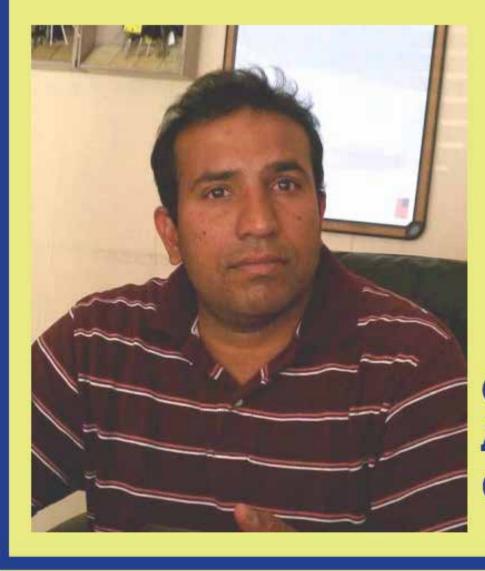






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Mohammed Ali Shabbir felicitated at various events in Chicago











Mohammed Ali Shabbir Visits Chicago

by Mujeeb Osman

Hon. Guest Mohammed Ali Shabbir addressed the South Asian Community at Shalimar Banquet, Addison, IL

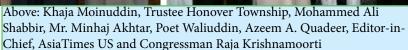
Former Minister Mohammed Ali Shabbir, Leader of Opposition, has been leading the movement for Muslim Reservation in Telangana

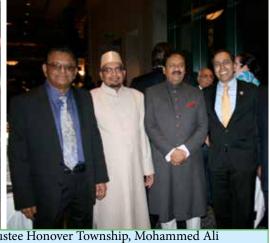
and Andhra Pradesh since 1989. Sachar report based on seven-member committee prepared the report headed by Justice Rajinder Sachar has conceded that India's Muslim minority faces appalling socioeconomic deprivation and is the victim of official neglect and frequent police harassment and violence. Muslim minority leaders demanding the immediate implementation of the 6 per cent reservation to Muslim youth in employment and education Mohammed Ali Shabbier fought for 6% based on the population in India but lawmaker and court approved 4% reservations in Hyderabad India approved by Supreme court that credit goes to Leader Shabbier

One of the most far-ranging recent efforts to link Muslim identity with social and economic welfare, the November 2006 report from the Prime Minister's High Level Committee (known as the Sachar Commission after chief Justice Rajinder Sachar) focuses on India's Muslim community which, with more than 150 million citizens,

The committee, which was charged with investigating the socioeconomic status of India's over 1.31 Billion Indian total population in 2015 sensors and recommending means of improving their lot, was appointed by United Progressive Alliance (UPA) Prime Minister Manmohan Singh in March 2005. It has long been patently obvious that India's Muslims are disproportionately represented among the poor and depressed, un advantages that they have been the target of official discrimination.



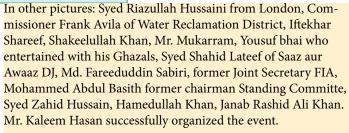






















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visit of H.E Navtej Sarna Indian Ambassador to USA at Sheraton Down-Town Chicago hosted my Consul General of India at Chicago Ms. Neeta Bhushan a very young, dynamic and energetic person. Many community and Business leaders attended the event from five different states of Mid-west.



Kanti Patel, Om Prakash, Iftekhar Shareef and Prashant Shah Editor of India Tribune



Iftekhar Shareef recevied at sets of movie Salaam Zindagi



lunch with very dear friend, a successful lawyer and two times Member of parliament from TELANGANA state Madhu Yaskhi Goud along with Mafat Patel of Patel Brothers USA, Bhailal Patel, Rohit Joshi, and Srinivas Goud on Devon Ave restaurant in chicago.





Marriage ceremony of Khaja Moinuddin's daughter with Nishan Mugal: Mohammed Ali Shabbir bhai MLC and floor opposition leader TELANGANA State attended the event at Hoffman Estate , Illinois . Shabbir bhai came to Chicago all the way from hyderabad to attend the marriage for a week .









Jameel Khan Patan - World Karate Champion

Pathan Jameel Khan wins gold in the black belt division of World Championship in Virginia

This Hyderabadi has done it again! The 41-year-old Pathan Jameel Khan, the martial arts exponent, who moved to the US to take up karate training in an American school in New York a few months ago, made an emphatic statement again on Sunday winning the gold in the black belt division of the World Championship in Virginia.

This is incidentally the second world championship gold that Jameel has won, after moving to the US, this month.

Ironically, Jameel, winner of 15 gold, 13 silver and 17 bronze at the national and international events, including two 2016 World Cup silver in the US, has to look for greener pastures after his repeated pleas for financial assistance and a job did not evoke any positive response from the authorities concerned.

"It's a pity that I had to move to the US to take up this training job which fetches me enough money to take care of my family of ageing mother, four brothers and a sister," says Jameel, even while being subdued despite winning two world championship gold (conducted by two separate world federations).

But why? "My ultimate dream is to represent India in the 2020 Olympics when karate will be introduced. Since I realised that even winning at the highest level will not assure me the kind of exposure I need for the Olympics, I had no option but to move to the US,"



counters Jameel.

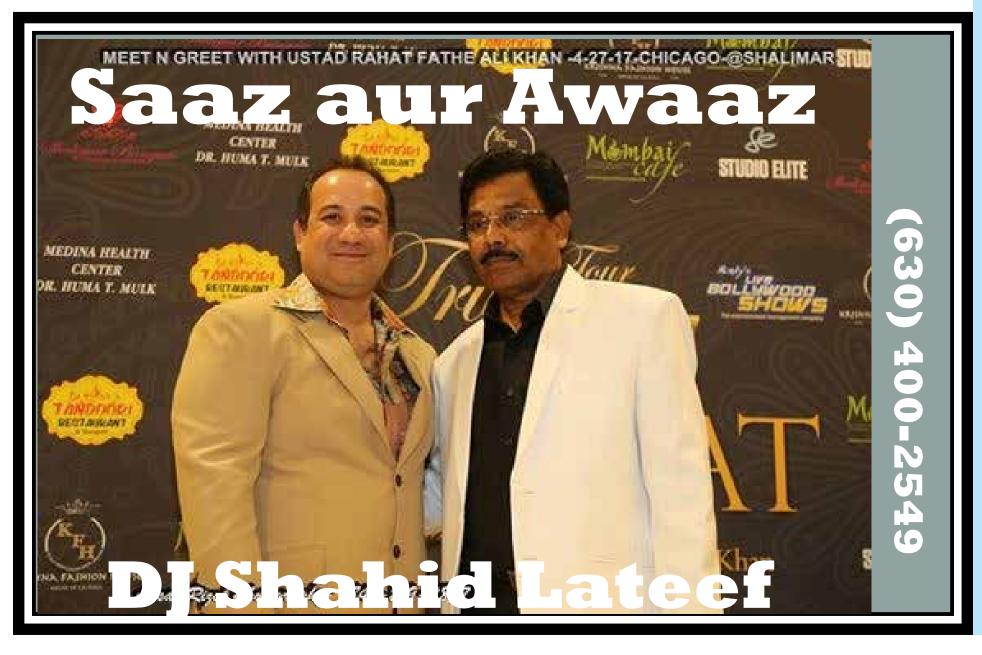
This BA graduate from Dr. B.R. Ambedkar Open University, whose only livelihood when in Hyderabad was by training a handful of enthusiastic young talent, points out that the three-year contract with the American school should also ensure adequate exposure to the toughest competitors in the field. "Besides training, the stay in the US should also help in picking up a few new tricks too," says Jameel, who also won two bronze in the men's forms and weapons categories.

Will you come back after the contract period? "As



things stand now, my contract will end in 2019, one year before the Olympics. By God's grace if everything falls in place and I get the help from the Telangana government, I will train and put in the best efforts to realise my ultimate dream of playing in Olympics the next year," Jameel concludes.

source: http://www.thehindu.com / The Hindu / Home> News> States> Telangana / by V.V. Subrahmanyam / Hyderabad – February 06th, 2017



Mr Navtej Sarna

Indian Ambassador to US. visits Chicago

By Engr. Mujeeb Osman

Hon. Guest Speaker, at Chicago, Navtej Singh

Sarna is an Indian author-columnist, diplomat and current Indian Ambassador to the

Navtej Sarna will take over office of Embassy of India, Washington DC. to USA India's High Commissioner to Britain Navtej Sarna was today appointed as the Ambassador to the US as that country prepares for a presidential transition.

He takes charge after Arun Kumar Singh retired Mr Sarna are former Indian ambassadors to Israel,

Mr Sarna was moved to London as the High Commissioner Before moving to London, Mr Sarna was Secretary (West) in the Ministry of External Affairs.

Mr Sarna was among the longest-serving spokesper-



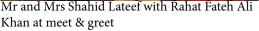
sons of the ministry between 2002 and 2008. He has also had postings in Moscow, Warsaw, Tehran and



Dinner hosted by Consulate General of India Chicago, Ms Neeta Bhushan. About 600 Indian American guests attended the welcome party.









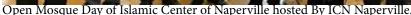
Janab Khan Lateef Khan, Editor-in-Chief Munsif Daily and Munsif TV seen with Azeem A. Quadeer, Editorin-Chief Asia Times US at a gathering in Chicago



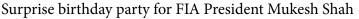


Mr. Mohammed Ali Shabbir Opposition Leader of Telangana Government of India along with Commissioner Frank Avila of Water Reclamation District, Supervisor Brian McGuire of Hanover Township visted Chicago Sanitary Ship Canal, Chicago River, and world's largest Wastewater Treatment











Sunil Shah at Ganesh temple attending unveiling of poetry book by Gurbachanji.

Indian Community Outreach Unveils Plan for Grand India Day Celebration in Naperville

Bollywood Rock Star Mika Singh will headline the free concert

Naperville, IL - April 22, 2017: Indian Community Outreach (ICO) hosted a musical banquet to unveil the plans for 2017 India Day to celebrate 70 years of India's Independence Day. The event was attended by over 200 people including Naperville Mayor, Steve Chirico, Consul General of India, Ms. Neeta Bhushan, Naperville City Council Members, Elected Representatives, Sponsors, Community Leaders and Representatives from Media Fraternity. With many exciting additions, this year's India Day will again take place at Knock Park in Naperville on August 13, 2017 and will feature a grand colorful parade and a concert by Bollywood star Mika Singh, concluding with bright display of fireworks.

Naperville Mayor Steve Chirico, Chief Guest at the event, said, "India Day Celebration in a short span of just two years has become a very impressive event showcasing the Indian culture and heritage." Mayor Chirico congratulated Krishna Bansal, Chairman, India



Community Outreach and ICO team for putting in extraordinary hard work and long hours to organize this grand event. He congratulated ICO for achieving the goal of educating and integrating the communities while enhancing economic interest of Naperville. ICO has been instrumental in facilitating many Indian American businesses to come to Naperville. Mayor Chirico also welcomed the new Consul General of India, Ms. Neeta Bhushan and thanked Swetal Patel from Patel brothers for opening a new store in Naperville.



Consul General of India, Chicago, Ms. Neeta Bhushan said, that she has been hearing about India day and is looking forward to attend the event. She also added that none of our events will be complete without Naperville Community as they are the largest group of community in Naperville. Earlier Dinkar Karumuri, member of ICO Board, wel-

comed and introduced the Consul General of India.

While speaking about the history and purpose behind formation of ICO, Krishna Bansal, Chairman of ICO said that 2017 India Day Celebration would be one of the largest and best Indian American event in United States. Bollywood Rock Star Mika Singh will be the star performer this year. He also said that there would be multiple activities lined up from morning 11:00 am to 9:30 pm that includes International Food Court, Ethnic Indian Bazaar, Children's park, Local Talent show, Indian Fashion Show, Parade, Bollywood Concert, Colorful Fireworks and many more to be added in the activities. Bansal urged all community members and Business owners to come forward to support and sponsor the event. Maintaining the commitment, event will again be free to attend for everyone.

Naish Shah, President of Naperville Rotary Club, was a special speaker who emphasized the necessity of civic engagement for the Indian American Community. He applauded ICO for Viral Shah, treasurer of ICO highlighted ICO's efforts in different Programs/ Engagements including 'Conversations' for enhancing Civic Participation and Social Awareness; 'Lotus Scholarship & Awards' to recognize students and leaders of Indian Origin in every field; Indian businesses networking and education forums; India Day - Showcasing

forward and becoming engaged.

cation forums; India Day - Showcasing and Celebrating Cultures;, Contributing in various charity initiatives and Participation in local events to represent Indian American Community.

Chirag Jani, ICO board member and India Day co-chair, said this is an excellent opportunity for businesses to show case their brand and products in front of thousands of people while seen as a supporter of social and cultural diversity. He continued "Contributions by Indian Americans businesses will play a role in boosting self-confidence to next generation and build assurance in all other communities about the contributions and heritage of Indian Americans." He thanked everyone who took the opportunity to sign pledges for sponsoring this mega event.

Indian Community Outreach is a non-profit 501(c) 3 organization initiated in 2013 by Naperville Mayor A. George Pradel and helps foster connections with residents of varied and diverse cultural backgrounds. Originations mission is to embrace, preserve and promote the cultural heritage and contributions of Indian Americans while educating them to get involved in America's growth. The vision is to form and be part of an all-inclusive society while contributing towards the betterment of our great country and our next generation.



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WWW.Asia Times. US PAGE 19 Hate crimes against Indian-Americans disturbing: Preet Bharara

NEW YORK: India-born former top federal prosecutor Preet Bharara has termed the growing incidents of hate crimes against Indian-Americans as "disturbing" and said the US' long tradition of embracing immigrants from all over the world as its own is what makes "America great". "...The US built a system of laws...that enshrines the right to equal opportunity and embodies the sacred American ideal that every child, even poor, orphaned or immigrant can rise higher than that child's parents could ever have imagined," he said. "In that vein, some recent events have been especially painful and disturbing and deserve some focus. I'm speaking of the incidents recently where Indian-Americans appear to have been targeted in hate crimes," Bharara said.

Bharara, 48, made his first public appearance on Thursday since being unceremoniously removed+ by US President Donald Trump last month as US Attorney for the Southern District of New York. He spoke for over an hour as he delivered The John Jay Iselin Memorial Lecture at Cooper Union for the Advancement of Science and Art here.

Bharara spoke about the shooting in Kansas of the 32-year-old Indian engineer+

Srinivas Kuchibhotla, who was killed when 51-year-old US Navy veteran Adam Purinton opened fire at him and his friend Alok Madasani before yelling "get out of my country". Purinton had assumed the two Indian men were "Middle Eastern". "That mindless murder along with other incidents have caused an unfortunate wave of alarm throughout India. There are reports that people are now afraid to visit the US even for a holiday. That breaks my

"The people in the country of my birth now fear in large numbers coming to America - that country that embraced me and my family and has given us so much," Bharara said.

He said there was a hopeful story in the tragedy of the Kansas shooting in the form of Ian Grillot, the young American who got injured as he tried to intervene and stop Purinton. Bharara noted that Indian-Americans raised USD 100,000 for Grillot as a mark of their gratitude+.

He quoted Grillot's message of helping empower people and spreading hope and love, saying "that is the America we love and that is America we dont want to lose". "I do not know the future of immigration of this country...but I love America

as much as anybody born here... I feel a deep debt for what I have been given," said Bharara.

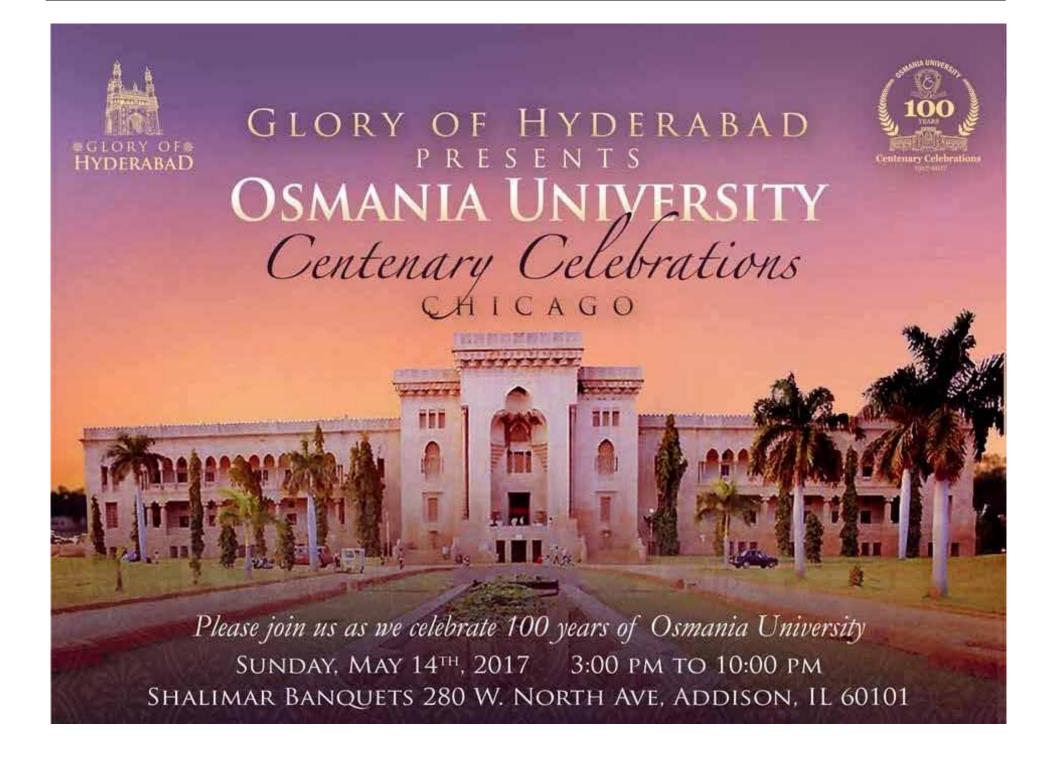
He said if these kind of ceremonies that embraced citizens from other nations become more rare "I think that would be tragic because events like that and what they represent and what they inspire - they make America great". Given the recent rhetoric over immigration, Bharara said there are distinctions being drawn between the

future flow of legal and illegal immigra-

"But one needs to pay careful attention and watch and listen to what is really being said and what is not being said. Throughout history intolerant people have always figured out a way to make certain folks feel unwelcome," Bharara said. Reflecting on what serving as the US Attorney of New York has meant to him and his family, Bharara recalled the journey of his parents from Punjab to America in hope of a better future and life. His parents



were among those present in the audience. "For me having that position (US Attorney) meant a lot, particularly given where I came from and how I got here. I'm the son of a father who came from virtually nothing...with barely pennies in his pocket and hope in his heart as he arrived in America with a wife and infant son with an unpronounceable name who less than 40 years later somehow became the chief federal law enforcement officer in financial capital of the world," Bharara said.

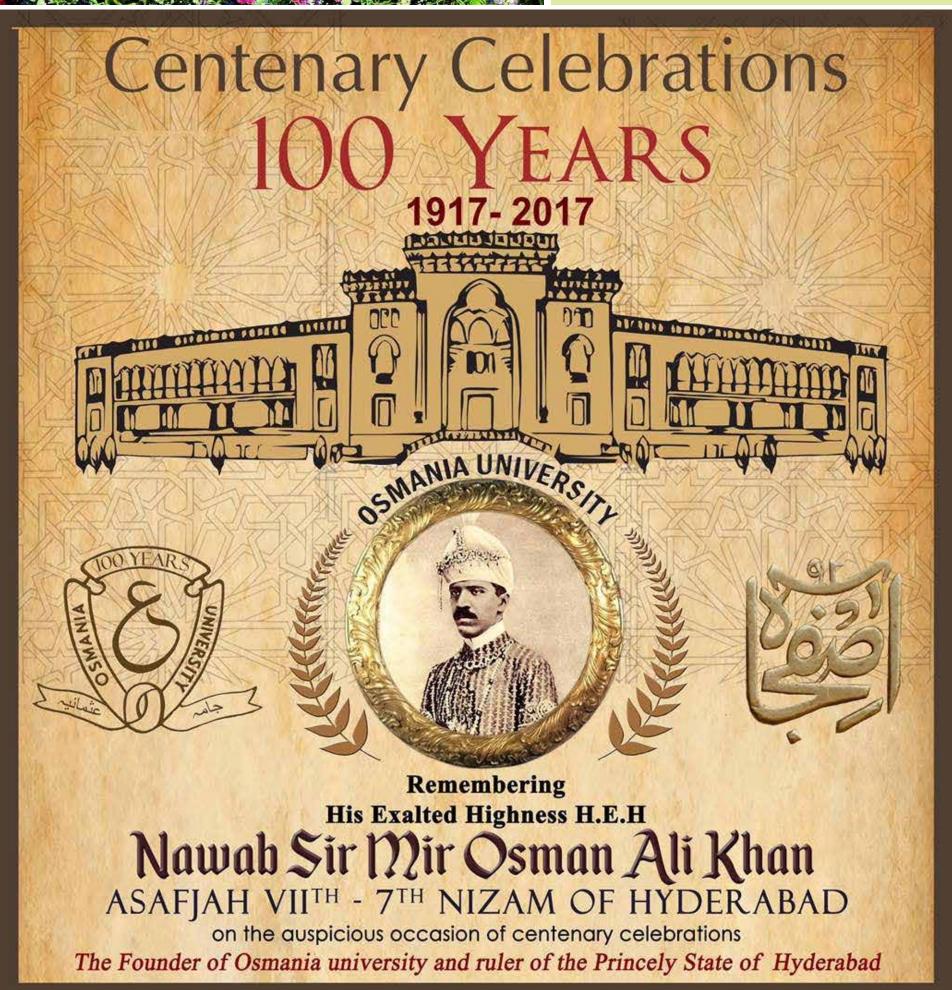


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Centenary Celebrations of Osmania University

President Pranab Mukherjee with Chief Minister K. Chandrasekhar Rao inaugurates the centenary celebrations of Osmania University in Hyderabad as Union minister Bandaru Dattatreya, TS education minister Kadiam Srihari (right) and MP K. Keshav Rao, OU vice-chancellor S. Ramachandram (left) look on. (Photo: Anil Kumar)



www.Asia Times.US PAGE 21 Money or Moral

Dr. Navaneet Pandurangan

If you are asked a question "Should you leave money or moral legacy to your kids or the next generation?" What would be your answer?

It is like you give fish or teach how to fish? Giving fish helps onetime but teaching how to fish helps life time. Even if you give millions of dollars, next generation could gamble it away. Morality will help them to earn it, keep it and live in the harmony of society.

How much ever you got lost in the road network if you have GPS it can help you go forward from current location to your destination. Everybody's capacity for moral reasoning is innate. You may have huge stamp collection of knowledge, money, intelligence and power. Now in the irony of data age, the more we know, the less we trust. We need moral GPS to in this overhwhleming knowledge maze. With morals you can make huge difference in moving your family, community and the world forward.

Moral behavior arose in humans as an extension of the biological systems involved in recognition and care of mates and offspring. These systems are evolutionarily ancient, encoded in our genome and hard-wired into our brains. Use it for betterment of the world. Help others to help you. We could have reached stars by now rather than dreaming about them. Each can have billions of planets and trillions of opportunities, only mind is limiting. Morality could bring healthy collaborative competition i.e. coopetition and not just avoiding competition.

Good intentions makes media to show good accomplishments not mindless daily trivial. You see what you wanted to see and what you wanted to was the media gives. So morality of society will drive the media. Moral GPS will lead to invest in good ethical stocks not just for profits and if you lose you lost it for a purpose. Invest in good moral projects. Morality make choices to maximize not just short-term but also long-term gain. Morality might make you question each daily activities. Do I waste this food or not? Do I really need to go that jewelry shop monthly? Does the body need drugs, extra sugar, alcohol, junk foods, etc? We will now start taking responsibility to whom to vote not just whom we get benefit from. Let your morality GPS drive it.

Don't be a coward. Coward dies everyday. He dies many times and take many births in a life. Morals gives you strength and makes you live one great worth living life. It will give you strength to take you calculated risks instead of taking no risk at all.

Your eyes are not just only yours. You are carrying your fore fathers and ancestors eyes. Eyes are many thousand times more refined than your TV. Your nose is capable of smelling 10,000 different smells. Your body undergone

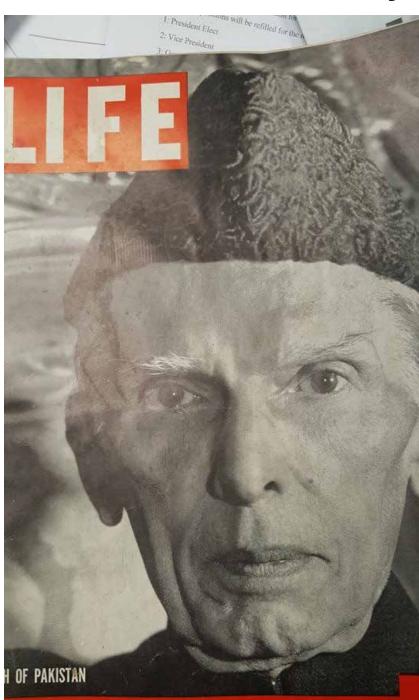
million years of refinement. You are carrying trillions of cells and brain is just a part of it. Your body is much big a electrical grid network than you think.



Your body automated many involuntary things such as heart beat, blood flow, skin growth and healing of damaged parts. You now have the responsibility of carrying good thoughts to carry forward to coming generations. Your soul may not die. Your soul is you. More than ever humans have the control of the planet. Collective social responsibility is needed more.

Heard as Buddha Quote in 2500 Buddha Jayanti" page 39 - "Do not believe in anything (simply) because you have heard it; Do not believe in traditions, because they been handed down for many generations; Do not believe in anything, because it is spoken and rumoured by many ; Do not believe in anything simply because it is found written in your religious books; But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it".

Does it really matter now? Khawaja Ashraf



An American Friend of mine gave me a copy of Life magazine. This is LIFE magazine's January 5, 1948 issue. I was so glad to receive this copy of Life magazine. I was glad to receive this copy because it had Jinnah's picture on cover page.

I thought the Life had reported some article about the division of India. I hurriedly glanced through the table of contents. Nothing was mentioned about division of India or then newly created state of Pakistan. I put the magazine aside. If there was no report on division of India or newly created state of Pakistan then what was the sense of printing Jinnah's picture on its cover.

I again picked up the magazine and started turning its pages. I did not have to turn many pages. On page 6, there was small box, hardly credit card size. It had a short note with the title of "Life's Cover." I again thought there was something of significance about Mr. Jinnah. Here is the explanatory note of Life magazine for printing Jinnah's picture on its January 5, 1948 issue:

"The smoldering, hypnotic eyes staring out of Life's cover this week belong to the sick old ruler of a young but equally sick country (pp 16—26). Ever since he became governor general of Pakistan five months ago, 72-years old Mohammed Ali Jinnah's health has been failing. He has been of little help in administering the sprawling Moslem nation which he fought so long to create. Recently he has been inaccessible even to this cabinet ministers, seeing only his devoted sister Fatima. But to Pakistanis he is still the Great

Leader, and the nation's future depends on his policies or lack of them."

I was little relieved when reading this paragraph I



found out indeed there was an article about Pakistan from Page 16 to 26. I hurriedly look at page 6. Yes, the is article titled "Pakistan struggles for survival". Sub title read, "Religious warfare and economic chaos threaten the newly born nation of 70 million." The title and sub title saddened me. Then, there were 70 million Pakistanis. Pakistan was a newly born state. If it was struggling to survive there was nothing strange about it. After all, it was a brand new country with almost no resources. In the absence of economic resources, economic chaos was also understandable. But religious warfare? Moslems had separated from Hindus why were they fighting now. I learned Islam was not a cementing force then as it is not now. Rather, it is fire which has turned Pakistan into a pyre. Pakistan has remained so since its creation 70 years ago with 70 million Moslems until today with 300 million Moslems. Probably, it will remain so for unforeseeable future.

After reading all this, I am thankful to my American friend who gifted me this copy of Life Magazine. It has summed up for me Pakistan's 70 years history. It is still the same religious warfare and same economic chaos with several other internal ailments which are hollowing Pakistan inside. I believe, these ailments such as corruption, hypocrisy, dishonesty existed at that time too, but nobody was paying attention to them. Now, it is a different story. They have become a burden for common Pakistanis. They have started speaking about them.

Will Pakistan ever cure from all these ailments or it will always remain sick as it was on January 5, 1948 when Life magazine published Jinnah's picture on its cover. Who knows? May be may be not? I don't have the answers. May be someone does.

I have reached at the age when it really doesn't matter which way world turns. Lines on the planet earth don't matter much for me. I don't now how much Pakistan mattered for Jinnah when Life magazine printed his picture on its cover page and wrote article about Pakistan.

AY 2017 WWW.Asia Times.US PAGE 22 Dr Javed Jamil appointed as head of Islamic Studies & Research at Yenepoya University, Mangalore

The Milli Gazette Online

In order to enrich the academic resources of the university system for a deeper reflection on critical issues and to promote and facilitate insightful thinking on all issues connected with focus on knowledge generation with an inter-disciplinary perspective, Yenepoya University has established and inaugurated the Chair in Islamic Studies and Research. This chair will facilitate insightful thinking on all issues connected with focus on knowledge generation with an inter-disciplinary perspective specifically on Islam.

The Major objective of establishing this chair is to integrate and facilitate social, cultural, and scientific dimensions of Islamic practices into the teaching and research programmes of University and establish scientific basis for the Islamic practices through research at all levels including cellular, molecular and genetics. This chair will be involved in pursuing advanced studies in the field of Islam, especially Applied Studies in different fields including Health and Social Sciences. Renowned thinker and author of more than a dozen books on Islamic studies, Dr. Javed Jamil has been appointed as its Head.

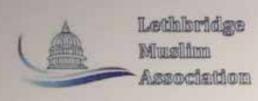
The Inauguration Ceremony of the Chair in Islamic Studies& Research was organised at Yenepoya University, Campus Mangalore on 4 April, 2017. A Dua for the success of the Chair was made along with recitation from the Holy Quran. The Chancellor of the University, Mr. Yenepoya Abdulla Kunhi, was the Chief Guest. Vice Chancellor, Dr. Vijayakumar, Registrar, Dr. Shreekumar Menon, Director, Finance Mr. Farhaad Yenepoya were present on the occasion. The trustees of Islamic Academy of Education and other statutory officers of the University were also present.

Chancellor, Mr. Abdullah Kunhi expressed immense pleasure and satisfaction at the inauguration of the Chair and



hoped that it would mark another milestone in the history of Yenepoya University. Vice Chancellor, Mr. Vijayakumar briefly described the mode of the functioning of the Chair and hoped that under the Guidance of the Advisory Board, the Chair will be able to function smoothly for the desired objectives.

Dr. Javed Jamil expressed his gratefulness for being appointed for a work that has huge potential. He told that "in today's world the religious values are being side-lined by the world which has been giving more importance to Economics rather than the life and wellbeing of the mankind resulting in all-prevailing chaos and spread of various diseases". He expressed the need of developing Applied Islamic Studies as a full-fledged discipline and hoped that such kind of novel work in Yenepoya University will attract the attention of the whole world.





Current Masjid in Lethbridge, AB

IN THE NAME OF ALLAH, THE MOST BENEFICENT, THE MOST MERCIFUL

Islamic Lethbridge (pictured above) has been the only Masjid in the entire southern Alberta 1993. It accommodates approximately 100-120 people.

The growth of the Muslim population in our city and surrounding cities since the 90's has come to an extent where we have outgrown the current Masjid.

The city now has a Muslim population of approximately 800 people including 40 Syrian families and it is continuously growing.

The community is in the processes of buying a Masjid that will, In Sha Allah, satisfy the needs of the community for at least the next 15-20 years.

The Muslim community of Lethbridge is in desperate need for the support of our Muslim brothers.

DETAILS FOR THE NEW MASJID:

Address: 207 13 St N, Lethbridge, AB Land Area: 31,694 square feet Main floor Area: 8,318 square feet Basement Area: 8,184 square feet Parking Facility: 50 spaces on site



New Masjid in Lethbridge, AB

Building price: 575, 000 CAD Renovations needed: 400, 000 CAD Available fund: 125, 000 CAD Funds expected to be raised locally: 150,000 CAD

Funds needed: 700, 000 CAD

You will be rewarded, In Sha Allah, for every single activity that happens in the Masjid for many years to come (CEASELESS CHARITY).

مَنْ بَنِّي مَسْجِدًا يَلْهِ بَنِّي اللَّهُ لَهُ فِي الْجَلَّةِ مِثْلُهُ "He who builds a Masjid for the sake of Allah, Allah will build for him (a house) in Paradise like it."

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For questions, please contact Lethbridge Muslim Association's Representative: Br. Shejil Kunhumon Phone: 1-403-929 3631 Email: shajil@shaw.ca

Lethbridge Muslim Community

Expressive Art Works Mark Celebration of Women's Day in Riyadh

By: Ms. Almas Mumtaz

International Women's Day – celebrated each year on March 8 every year - is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

This year Women's Day was celebrated in Riyadh by families via their work of expressive art. The programme was organised by Almas Mumtaz, Madiha Noman and Asma Tariq.

The theme of artwork was floral & the advent of spring. Painting was the main attraction of the event. The women folks joined by their hubbies worked on and completed the paintings showcasing their talent of artwork.

Speaking on the occasion, Almas Mumtaz said that women\s capabilities should not be underrated & underestimated. "A woman is an epitome of beauty, wisdom and care. She has climbed the mountains and dived into the ocean. She has matched the steps with every man in the world, "Almas remarked. She also added that International Women's Day celebrates the power of women, their rights and role in our lives and society. "

There were women among the wives and companions of our Prophet Muhammad (PBUH) who serve as role models for us. May we know them, may we be them, and may we raise them, "Asma Tariq mentioned. She also added that The International Women's Day reminds that it was very important and a matter of honour to be a woman.

She also added that it was a duty of every

parent to teach their boys that they have come to this world because of a woman, and as such, they should always respect them.

"Parents should also instil in them the teachings of our Prophet Muhammad (PBUH), who bestowed upon the women the honour, and respect that they deserved, "Asma mentioned.

Madiha Malik said that a woman was no inferior to a man. "A woman has the capacity and capability to accomplish everything that any man can achieve, "Madiha Malik said. She also added that the colours of life in this world

were only because of the women folks. "As such she should be accepted & respected, "Madiha Malik added.

Madiha Noman opinionated that a woman was an important part of any society and her capability should not be underestimated. "Women are the real architects of any society and the stability & harmony in any society is because of a woman, "Madiha Noman added.

Shumaila Malik also highlighted the positive role of women in every walk of life. "In my opinion everyday should be celebrated as woman's day, Shumaila remarked. She also added that Saudi women were making strides of progress & achieve-



ments in every field and she was very impressed at this

Dr. Naghma said that a woman was a human like men. "She is equally better, wiser, stronger, intelligent, creative, and responsible than any man, Naghma expressed. She also added that it was not prudent to celebrate women for a day only. All days should be woman's day because her gifts are not to be ceased, Naghma added.

Ammara Fazil mentioned that a woman was a great creation of God. "She was a full circle meaning that within her was the power to create, nurture, transform – and bring the colours of life and make a house a home full of life, "Ammara added.

The men folks – hubbies of the lady participants - who also joined included: Dr.Noman, Sheraz, Dr. Rehan, Fayyaz Malik, Waqar and Haroon Tayyab. All of them also tried their hands on painting & artwork to mark the occasion of International Women's Day.

Speaking on this occasion, all men expressed their full support & solidarity for and with the women in their life. They thoroughly enjoyed the event and loved the way the women had organised it as there was something for everyone. The men folks accepted & acknowledged that women indeed bring positivity to surroundings and play an important & vital role in our society.

Saudi woman seeking asylum in Australia returned to Saudi Arabia

Reuters By Katie Paul

RIYADH (Reuters) - A Saudi woman claiming she sought asylum in Australia was stopped on a layover in the Philippines and returned to Riyadh.

Dina Ali Lasloom said in self-recorded videos the Philippine authorities had held her at the Manila airport and confiscated her passport. The videos circulated widely on social media.

"My name is Dina Ali and I'm a Saudi woman who fled Saudi Arabia to Australia to seek asylum," she said in one video, adding she feared violence from any relatives who came to bring her back home.

"Please help me. I'm recording this video to help me and know that I'm real and I'm here."

The woman did not say why she sought refuge abroad and the authenticity of the videos could not immediately be verified.

The Saudi embassy in Manila issued a statement on Wednesday calling the case a "family matter" and added without elaborating that she had "returned with her relatives to the homeland."

Philippine authorities did not immediately respond to a Reuters request for comment.

In Saudi Arabia, women are legally subject to a male guardian, who must give his approval for basic decisions on education, marriage, travel and even medical treatment.

Saudi authorities have over the last decade granted new opportunities for women to study and work. But women are still barred from driving and must obey a strict dress code requiring that they wear loose robes when in public.

CARRIED ONTO FLIGHT

Meagan Khan, a Canadian tourist, told

The Australian newspaper after landing in Bali that she had allowed Ali to use her phone to post the videos on Twitter.

Ali began to cry when two men whom she identified as relatives arrived at the Manila airport, Khan told the paper.

Saudi activists said Ali was forced onto a Saudi Arabia Airlines flight from Manila to Riyadh.

She did not emerge at King Khalid International Airport in Riyadh after the flight landed early Wednesday morning, but multiple passengers told Reuters they had seen a woman being carried onto the plane screaming.

"I heard a lady screaming from upstairs. Then I saw two or three men carrying her. They weren't Filipino. They looked Arab," said one Filipino woman, who declined to give her name. A rare gathering of about 10 Saudi activists appeared in the arrivals area of the Riyadh airport around midnight on Wednesday, after a hashtag began circulating on Twitter urging people to "receive Dina at the airport."

One of them, a 23-year-old medical student named Alaa Alanazi, appeared to have been detained after approaching airport security about the case.

Her sister, Nada, said airport officials told her Alanazi had been sent to a police station in central Riyadh, but said she was unable to confirm her sister's whereabouts.

Reuters could not immediately reach security officials for comment.

Saudi authorities brook little public dissent and frequently detain activists on charges of undermining social cohesion and participating in demonstrations. tors USA

Subject:

SPARTAN

SPARTAN

SPARTAN

SPARTAN **SPARTAN**

SPARTAN

17V161

17V162

Coach

Subject:

may Fail

Manufacturer:

Manufacturer:

North America, Inc.

2017

2017

may cause Loss of Steering

Make Model Model Years

K2

K3

K4

MM

NHTSA Recall ID Number:

cause Shift to Neutral or Stall

Make Model Model Years

NHTSA Recall ID Number:

Make Model Model Years

MASERATI LEVANTE

Loose Ball Joints

GLADIATOR 2011-

2012-2018

2011-2018

2017-2018

2011-2017

Maserati

2017

Thor Motor

Windshield Wipers

Software error may

METROSTAR 2016-

www.Asia Times. US PAGE 24

Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left unrepaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.

NHTSA Recall ID Number: NHTSA Recall ID Number: NHTSA Recall ID Number: 17V158 17V170 Manufacturer: Polaris In-17V163 Manufacturer: Roush dustries, Inc. Manufacturer: Thor Motor CleanTech, LLC Subject: Fuel Control Valve Subject: Loose Steering/Sus-Coach Subject: Short may cause Engine Shut-off pension Connections Subject: Seatbelts on the Passenger-Side Sofa Too Short BMW X5 Make Model Model Years Make Model Model Years SLINGSHOT 2017 FORD E-450 ROUSH PROPANE **POLARIS** Make Model Model Years THOR ARIA 2017 2015-2017 NHTSA Recall ID Number: FORD F-650 ROUSH PROPANE 17V191 17V159 NHTSA Recall ID Number: Manufacturer: 2015-2017 Manufacturer: Kia Motors 17V165 FORD F-750 ROUSH PROPANE Manufacturer: Ride The Subject: America 2015-2017 Subject: Loss of Electric **Ducks International LLC** FORD F59 ROUSH PROPANE **Power Steering Assist** Subject: Internal Display 2015-2017 Lights Incorrect/FMVSS 101 NHTSA Recall ID Number: Make Model Model Years KIA NIRO HYBRID 2017 Make Model Model Years 17V171 RIDE THE DUCKS AMPHIBI-Manufacturer: Forest River, NHTSA Recall ID Number: OUS VEHICLE 1996-2014 Inc. **Incorrect Tire Size** 17V160 Subject: on Federal Placard/FMVSS 110 Manufacturer: Spartan Mo-

NHTSA Recall ID Number: 17V166

Manufacturer: Thor Motor Coach

Subject: Sofa may be Missing Middle Seat Belt

Make Model Model Years THOR CHATEAU THOR FOUR WINDS 2017 THOR FREEDOM ELITE 2017

NHTSA Recall ID Number: 17V167

Manufacturer: Jayco, Inc. Spare Wheel Steel Subject: Rim may Rub Brake Caliper

Make Model Model Years JAYCO DESIGNER

NHTSA Recall ID Number: 17V168

Manufacturer: Ford Motor Company

Driver's Door may Subject: Unlatch in a Crash/FMVSS 206

Make Model Model Years FORD MUSTANG 2017

NHTSA Recall ID Number: 17V169

Manufacturer: Forest River,

Incorrect Tire and Subject: Rim Information/FMVSS 110

Make Model Model Years FOREST RIVER

Make Model Model Years FOREST RIVER **CHEROKEE** 2017

NHTSA Recall ID Number: 17V172

Manufacturer: Forest River,

Subject: Incorrect Axle Capacity Information/Part 567

Make Model Model Years FOREST RIVER **FLAGSTAFF** 2017 FOREST RIVER ROCK-

WOOD 2017

NHTSA Recall ID Number: 17V173

Manufacturer: Volvo Bus Corporation

Subject: Ground Cable Installation may cause Relay Failure

Make Model Model Years VOLVO BUS 9700 2016-2017

NHTSA Recall ID Number: 17V184

Manufacturer : Nissan North America, Inc.

Subject: Power Steering Hose may Detach

Make Model Model Years **NISSAN MURANO** 2013-2014

NHTSA Recall ID Number:

Manufacturer: BMW of

North America, LLC

Passenger Frontal Air Bag Inflator May Rupture

Make Model Model Years 2017

NHTSA Recall ID Number:

Isuzu Technical Center of America, Inc. Rear Wheel/Axle Assembly may Partially Separate

Make Model Model Years ISUZU NPR 2011-2016 ISUZU NPR HD 2011-2017 ISUZU NPR XD 2015-2017 ISUZU NQR 2011-2017 ISUZU NRR 2011-2017 2012-2016 ISUZU REACH

What is a recall?

When a manufacturer or the National Highway Traffic Safety Administration (NHTSA) determines that a vehicle creates an unreasonable risk to safety or fails to meet minimum safety standards, the manufacturer is required to fix that vehicle at no cost to the owner. That can be done by repairing it, replacing it, offering a refund (for equipment) or, in rare cases, repurchasing the car.

What should I do if my vehicle is included in this recall? If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership. Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.

THOR ACE 2014-2015 THOR CHALLENGER 2014-2015 THOR DAYBREAK 2014-2015 THOR HURRICANE 2014-2015 2014-2015 THOR MIRAMAR THOR OUTLAW 2014-2015

THOR WINDSPORT 2014-2015

PUMA 2017

MAY 2017

www.Asia Times.US

NHTSA Recall ID Number:

17V207

Subject:

Manufacturer: Motor Coach Industries Sway Bar may Crack and

Fail

Model Model Years Make J4500 MCI 2014-2016

NHTSA Recall ID Number:

17V212

Manufacturer: Ford Motor Company Subject: **Driveline Vibrations**

May Fracture Transmission

Model Model Years Make FORD F-450 SD 2017 FORD F-550 SD 2017

NHTSA Recall ID Number:

17V214

Schwarze Industries, Manufacturer:

Inc.

Subject: Air Brakes may Leak/

FMVSS 121

Make Model Model Years SCHWARZE A7 TORNADO STREET SWEEPER 2013-2017 **SCHWARZE** A8 TWISTER STREET **SWEEPER** 2013-2017 A9 MONSOON **SCHWARZE**

2013-2017

SCHWARZE M6 AVALANCHE **STREET SWEEP 2013-2017**

NHTSA Recall ID Number:

STREET SWEEPER

17V215

Manufacturer: Daimler Trucks North

America LLC

Subject: Transmission Grade Brake may Remain Activated

Make Model Model Years FCCC S2G 2015-2016

NHTSA Recall ID Number:

17V217

Manufacturer: Daimler Trucks North

America LLC

Subject: Transmission Grade

Brake may Remain Activated

Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER

C2 2016

NHTSA Recall ID Number:

17V218

Manufacturer: Forest River, Inc. Subject: Incorrect GAWR on

Federal Placard/Part 567

Make Model Model Years FOREST RIVER SALEM 2017

FOREST RIVER WILDWOOD

NHTSA Recall ID Number:

17V225

Manufacturer: Ford Motor Company Subject: Vehicle may Roll when

in Park/FMVSS 102/114

Model Model Years Make FORD F-250 SD 2017

NHTSA Recall ID Number:

17V233

Manufacturer: Mitsubishi Motors

North America, Inc.

Subject: Doors may Open Unex-

pectedly

Make Model Model Years

MITSUBISHI OUTLANDER 2016 MITSUBISHI **OUTLANDER SPORT**

2016

Indian Techies, IT Firms Fret as Trump Orders U.S. Visa Review

For Grishma, an Indian software designer, President Donald Trump's review of the visa program for bringing highly skilled workers into the United States comes at a bad time.

Fresh from gaining a master's degree in Europe, and with an offer of employment from a well-known U.S. design firm, she was well on her way to fulfilling the ambition of many young Indian IT workers a dream job in America.

But as she waits in the H-1B visa queue for the green light, she is caught in a bind.

"It's a weird time to be applying, with all the scrutiny," said Grishma, who gave only her first name for fear of jeopardizing her chances of getting a visa.

The United States has already suspended the "expedited processing option" for applicants, under which she may have received a visa in weeks.

More broadly, uncertainty over the review announced this week has unsettled Grishma and many others like her.

She will have to wait until at least around August to learn her fate, but having accepted the U.S. job offer she is not in a position to apply for positions elsewhere, including in Europe.

"It's pretty debilitating," Grishma told Reuters. "I'd like to start work to mitigate the financial damage."

Trump's decision was not a huge surprise, given his election campaign pledge to put American jobs first.

But the executive order he signed, though vague in many areas, has prompted thousands of foreign workers already in the United States or applying for visas to work there to re-think their plans. Companies who send them also face huge uncertainty.

The concerns are particularly acute in India, where IT firms like Tata Consultancy Services, Infosys, and Wipro, are top beneficiaries of the H-1B visa program, using it to send computer engineers to service clients in the United States, their largest overseas market.

Companies and Staff Realign

Experts say Trump's order to review visa processes is

aimed at firms like TCS, Infosys and Wipro, which from 2005-14 snagged around 86,000 H-1B visas, roughly equivalent to the number of H-1B visas the United States issues in total each year.

Two industry sources said Infosys, India's No. 2 information technology (IT) services company, is applying for just under 1,000 H-1B visas this year, which one of the sources said was down from 6,500 applications in 2016 and some 9,000 in 2015.

It was not clear whether the sharp reduction in 2017 was in direct response to Trump's presidency, although the company has said for some time it wanted to cut dependence on "fly-in" staff.

TCS, Infosys and Wipro said they would not share data on the number of H-1B visas they had applied for this

With fewer visas going to Infosys, more might become available for smaller IT companies and big U.S. tech companies, like Facebook fb and Microsoft msft, that typically send in fewer H-1B applications each year.

U.S.-based immigration lawyer Murali Bashyam, managing partner of Bashyam Spiro LLP which advises and works with small to mid-sized Indian IT firms, said clients had been in contact seeking clarity, while the number of visa applicants had fallen.

"I think the reason for that is they get the sense that it's going to get so much tougher to comply with all of the changes... that it might not be worth their money," he

Tech's Biggest Players Line up Against Trump's Revised Travel Ban

"There is a fear that radical immigration changes are coming, and if those radical immigration changes come then it could completely change the way IT staffing companies do business."

Bashyam said the number of people on H-1B visas already working in the United States who were considering returning to their home country had risen.

An engineer working at Cisco csco, who has been in the United States since 2011, said that three months ago he would not have considered returning to India.

But the review of the visa system, and any rule change that revoked the right for his wife to work in the United States on a dependent visa, could force him to change his mind.

"If that happens, then I would definitely be interested in going back to India. Even though I'm secure, I don't want to be in a situation where my wife cannot work," said the engineer, who declined to be named.

"Those who have heavily invested here, who've bought houses, property and are still on visas, are afraid."

"I'm Looking Eastward"

According to Bashyam, some Indians on H-1B visas were canceling plans to return home to visit their families in case they had problems getting back into the United States.

"With everything that's going on, traveling outside the U.S. is the biggest fear for a lot of the H-1B workers working in the IT staffing industry," he said.

And the uncertainty is not limited to IT.

Indian IT Sector Warns Against U.S. Visa Bill

Trump's campaign rhetoric around tighter visa rules has led some Indian students considering studying abroad to look beyond the United States, which typically draws in over 100,000 Indian students annually.

One Canadian official said the number of student visa applications for certain courses in Canada had spiked over 250 percent since Trump's election win in Novem-

Akshay Baliga, a management consultant with a H-1B visa that is valid until 2018, said he was not considering returning to the United States for work any time soon.

"As a professional I'm looking eastward," said Baliga, now based in India but who earlier studied and lived for years in America.

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Health & Wellness

Do retinoids really reduce wrinkles?

Topical vitamin A-based drugs called retinoids—the most used and most studied anti-aging compounds— may reduce fine lines and wrinkles. Tretinoin, under the brand name Retin-A, was the first retinoid. It was used as an acne treatment in the 1970s, but researchers later discovered that it also fades actinic keratosis spots, evens pigmentation, and speeds the turnover of superficial skin cells.

Retinoids reduce fine lines and wrinkles

by increasing the production of collagen. They also stimulate the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin. However, it takes three to six months of regular use before improvements in wrinkles are apparent the best results take six to 12 months. Because retinoids can cause skin dryness and irritation, doctors often recommend using them only every other day at first and then gradually working up to nightly applications. Wear a sunscreen during the day, because retinoids increase the skin's sensitivity to sunlight. These drugs must be used continually to maintain their benefits. Tretinoin (Retin-A, generic), tazarotene (Avage, Tazorac), and adapalene (Differin) are prescription retinoids. Adapalene is also available over the counter (in a 0.1% formulation versus the 0.3% prescription version). Other retinoids are undergoing

clinical trials. In addition, several over-the-counter products containing retinoids, such as retinol, are available. Because they're not as strong (and thus less irritating), they are not as effective in reducing wrinkles as tretinoin, but they do improve the appear-

ance of photoaged skin. Tretinoin can be used with alpha hydroxy acids (AHAs) for additional skin-smoothing effects.

Here, we debunk 10 common myths about skin.

1. The right skin cream can keep your skin looking young.

There are hundreds of skin treatments that claim to help you look younger or slow the aging process. For reducing wrinkles, the topical treatment with the best evidence behind it is retinoic acid (as in Retin-A). Many over-the-counter products contain retinoic acid, but it's difficult to say if one is better than another. But the best ways to keep wrinkles at bay are using sunscreen and not smoking.

2. Antibacterial soap is best for keeping your skin clean.

Skin normally has bacteria on it. It's impossible to keep your skin completely free of bacteria for any amount of time. In fact, many experts are concerned that the use of antibacterial soap could lead to more antibiotic-resistant bacteria. Antibacterial soap is not necessary for everyday use. Regular soap is fine. Thorough and consistent hand-washing, not antibacterial soap, is what helps prevent the spread of infection.

3. Eating chocolate or oily foods causes oily skin and acne.

The truth is that an oily substance called sebum causes acne. It's made and secreted by the skin. In fact, there's no evidence that any specific food causes acne.

4. Tanning is bad for you. Spending an excessive amount of time in the sun or in a tanning booth can increase

Retinoids reduce wrinkles

skin cancer risk, especially if sunscreen is not used. Skin cancer risk is correlated with total lifetime sun exposure and frequency of sunburns. Excessive tanning can also damage skin, causing it to wrinkle and age prematurely.

But developing a light or gradual tan through repeated, but careful, sun exposure isn't dangerous. As long as you're taking precautions — such as using a sunscreen of at least SPF 30, applying it thoroughly and reapplying when necessary, and avoiding peak sun exposure times — a light tan with no burning isn't a warning sign.

5. Tanning is good for you. People often associate a dark tan with the glow of good health. But there's no evidence that tanned people are healthier than paler people. Sun exposure does have a health benefit, though. Sunlight activates vitamin D in the skin. Vitamin D helps keep bones strong, and may also lower the risk of certain cancers and boost immune function. Depending on how much vitamin D you're getting in your diet, a lack of sun exposure could increase your risk of vitamin D deficiency.

6. The higher the SPF of your sunscreen, the better.

Above a certain level, a higher sun protection factor (SPF) has little added benefit compared with a lower SPF. Experts generally recommend using sunscreen with an SPF of at least 30, which blocks out 97% of UVB radiation. It may be worth a higher SPF if you're planning to be outside for more than two to three hours, especially during hours of peak sun exposure (10 a.m. to 2 p.m.). But in most circumstances, a higher SPF may not be worth the extra cost.

7. A scar that is barely noticeable is the mark of a good surgeon.

The true skill of a surgeon is demonstrated by what he or she does between making and closing the incision. While surgeons routinely pay more attention to incisions on the face (using thinner suture, making stitches closer together, or avoiding the use of sutures altogether if possible), the appearance of a scar tells you little about the skill of your surgeon.

8. Vitamin E will make scars fade. There's little evidence to support this claim. Talk to your surgeon or dermatologist if you have concerns about the appearance of a scar. There are many options for improving the appearance of scars, including laser treatments.

9. Crossing your legs causes varicose veins. There are a number of risk factors for varicose veins, but crossing your legs is not one of them. Heredity is one of the most important — an estimated 80% of people with varicose veins have a parent with the same condition. Other things that make a person prone to varicose veins include smoking, inactivity, high blood pressure, pregnancy, obesity, and having a job that requires prolonged standing. If you already have varicose veins, elevating your legs and using compression stockings may be helpful. But keeping your legs "uncrossed" won't prevent or improve the condition.

10. Scalp massage can prevent baldness. There's simply no evidence that scalp massage prevents baldness, tempting as it is to believe.

If you see something unusual on your skin or have concerns about how to keep your skin healthy, talk to your doctor or dermatologist. And if you hear someone repeating these skin myths, you can set them straight.

Improving your mobility

A fundamental goal of healthy aging is to keep walking as long as possible. Barring an injury or disabling disease, most of us think of the ability to walk as a defining capability of the human body. Of course, people who lose their ability to walk can still retain mobility through wheelchairs and assistive devices, and they can have full and happy lives. But there's no reason why most people can't keep walking their whole lives. It's important to stay active in

order to maintain this ability—or, if you haven't been active for a while, to start with whatever simple measures it takes to boost your level of activity and start improving mobility.

Staying active with joint pain

It's important to keep joints moving, even if you're dealing with pain from arthritis or an overuse injury.

But sometimes you'll need to keep weight off a joint and rest it more than you usually would. Don't let a painful joint prevent you from exercising; try these joint-friendly options instead: elliptical trainer stationary bike (recumbent or upright)

tai chi swimming, water aerobics, or water walking rowing machine short walks throughout the day, instead of a long walk.

Exercise: An effective prescription for joint pain

Regular movement can help relieve ankle, knee, hip, or shoulder pain

Joint pain can rob you of life's simple pleasures — you may no longer look forward to walking your dog, gardening, or chasing a tennis ball across the court. Even the basics of getting through your day, like getting into the car or carrying laundry to the basement, can become sharp reminders of your limitations.

But the right exercises performed properly can be a longlasting way to subdue ankle, knee, hip, or shoulder pain. Although it might seem that exercise would aggravate aching joints, this is simply not the case. Exercise can actually help to relieve joint pain in multiple ways:

It increases the strength and flexibility of the muscles and connective tissue surrounding the joints. When thigh muscles are stronger, for example, they can help support the knee, thus relieving some of the pressure on that joint.

Exercise relieves stiffness, which itself can be painful. The body is made to move. When not exercised, the tendons, muscles, and ligaments quickly shorten and tense up. But exercise — and stretching afterward — can help reduce stiffness and preserve or extend your range of motion.

It boosts production of synovial fluid, the lubricant inside the joints. Synovial fluid helps to bring oxygen and nutrients into joints. Thus, exercise helps keep your joints "well-oiled."

It increases production of natural compounds in the body that help tamp down pain. In other words, without exercise, you are more sensitive to every twinge. With it, you have a measure of natural pain protection.

It helps you keep your weight under control, which can help relieve pressure in weight-bearing joints, such as your hips, knees, and ankles.

2017 WWW.Asia Times. US PAGE 27 13 Things You Never Knew About Home Safety Secure your home with these expert-vetted home safety tips that turn burglars into bunglers.

- 1. Store valuables in your child's sock drawer rather than in your nightstand. Thieves often scour the master bedroom but tend to leave children's rooms untouched.
- 2. If your front entrance contains decorative glass, install your security keypad in a spot that is not visible from the doorstep. That way, burglars won't be able to peer in and see if the alarm is set.
- 3. A mail slot goes against the wood grain, weakening the horizontal integrity of a door and making it easier to kick in. Opt for a mailbox, or install your slot near the bottom of the front door, no higher than a quarter of the way up.
- 4. Keep car keys next to your bed while

you sleep.

If you hear a suspicious noise and suspect that someone is trying to break in, press the Panic button on your key ring. The car alarm will sound, and the burglar will have no choice but to flee the scene.

5. Plant thorny shrubs, such as rosebushes, beneath ground-floor windows.

They'll add beauty to your garden and deter burglars.

6. If you're going away on vacation, ask a neighbor to check daily for flyers stuck in your front door.

Crafty criminals have been known to leave pizza ads in doors to see how long it takes for residents to remove them.

7. Rather than loading up the car the night

before a weekend getaway, quickly do it in the morning right before you leave. Left in front of the house, a fully packed car can serve as a green light for those looking for one.

8. Lower the volume of your telephone ringer.

This way a passerby won't be able to hear it go to voice mail, which is an indication that no one is home.

9. Don't store wood near the side of the house, as it can easily be used by intruders as a stepladder up to a window. Keep logs in the garage or in a pile at the

edge of the yard.

10. If a yard worker or unknown visitor uses the bathroom, he may unlatch the

window so he can gain entry later. Be sure to double-check the lock. 11. Choose your locksmith wisely Some are unlicensed or dishonest so always look for a well-established locksmith business that is bonded and insured.

12. If you don't have a security system, at least purchase a decal.

If you cannot afford a security system, buy an alarm or patrol service decal to place on your front door. While an accomplished thief is not fooled, decals may deter a lessexperienced thief from entering.

13. Join a community-wide crime-prevention program.

Home Safety Tips for Seniors

Due to the growing popularity of in-home care for seniors, it's important to make sure you and your loved one are aware of the potential dangers present in the home for seniors living alone and prepare accordingly. You can help prevent falls and accidents by making changes to unsafe areas in the home with these tips. GENERAL HOME SAFETY

The following home safety tips can help keep you and your loved ones safe: Consider a medical alert or a buddy

Keep a fire extinguisher and smoke detector on every floor.

Never smoke when alone or in bed. Always get up slowly after sitting or lying down. Take your time, and make sure you have your balance.

Wear proper fitting shoes with low heels. Use a correctly measured walking aid. Remove or tack down all scatter rugs. Remove electrical or telephone cords from traffic areas.

Avoid using slippery wax on floors. Wipe up spills promptly.

Avoid standing on ladders or chairs. Have sturdy rails for all stairs inside and outside the house, or, if necessary, purchase a stairlift.

Use only non-glare 100 watt or greater incandescent bulbs (or the fluorescent equivalents.)

Make sure that all stair cases have good lighting with switches at top and bottom. Make sure that staircase steps should have a non-slip surface.

BATHROOM SAFETY

Leave a light on in your bathroom at night. Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet. Skid-proof the tub and make sure the bath mat has a non-slip bottom.

To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.

Mark cold and hot faucets clearly. Use door locks that can be opened from

If possible, bathe only when help is avail-

KITCHEN SAFETY

Keep floors clean and uncluttered. Illuminate work areas.

Mark "on" and "off" positions on appliances clearly and with bright colors. Store sharp knives in a rack.

Use a kettle with an automatic shut-off. Store heavier objects at waist level. Store hazardous items separate from food. Avoid wearing long, loose clothing when cooking over the stove.

Make sure food is rotated regularly and check expiration dates. **DRUG SAFETY**

Review your medicines frequently with your doctor or pharmacist and when you take new medication.

Make sure medicines are clearly labeled.

Read medicine labels in good light to ensure you have the right medicine and always take the correct dose. Dispose of any old or used medicines.

Never borrow prescription drugs from oth-



Check with your doctor or pharmacist before you mix alcohol and your drugs. Have medication dispensed in a bubble pack or convenient dispenser. Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs.

Elderly Hip Fracture: Prevention & Treatment

Hip fractures in the elderly are common. In fact, for every 10 hip fractures, about nine occur in people over the age of 60. "Hip fractures double with every five-year increase in age after age 50," says Sandy B. Ganz, PT, DSc, GCS, the director of rehabilitation at Amsterdam Nursing Home in New York City. By 90 years of age, one in four women and one in eight men will have fractured a hip, according to a study done by the Center for Disease Control and Prevention.CAUSES & RISK FACTORS Elderly people are at a high risk for falling,

which can lead to hip fractures. "They fall because they lose their coordination. They have difficulty with their eye sight and they have difficulty with their balance, and they become weak," says Dr. Charles A. Peterson, an orthopedic surgeon at Seattle Orthopaedic and Fracture Clinic. "When they fall, they tend to have a higher frequency of fractures due to osteoporosis and weaker bones."

The risk factors for suffering a broken hip are numerous, including:

Osteoporosis: This disease causes bones to become weaker, making them more susceptible to fracture. In the U.S., an estimated 10 million individuals already have osteoporosis, and 80% of those affected are women. In this population, hip fractures can occur during simple weightbearing activities.

Gender: Women lose bone density more quickly than men due to a decrease in estrogen levels after menopause begins.

Heredity: Small-boned, slender-framed people; Caucasians; and Asians have an increased risk

of suffering from osteoporosis.

Nutrition: Poor nutrition in childhood increases hip-fracture risk. Eating disorders such as anorexia nervosa and bulimia damage bones. Tobacco and alcohol use: Smoking and drinking too much can lead to bone loss.

Medications: Taking four or more medications at a time or taking any psychoactive medications are risk factors for falling.

Home environment: Throw rugs and electrical wires are tripping hazards, as are a lack of stair railings and grab bars, unstable furniture, and poor lighting.

Medical conditions: The following conditions can increase the risk of hip fractures, either through bone loss or by increasing the risk of falling: endocrine disorders, such as type 1 diabetes; gastrointestinal disorders; rheumatoid disorders; prolonged bed rest or immobility; nervous system disorders such as Parkinson's disease or multiple sclerosis; dementia; and depression.

SIGNS & SYMPTOMS

Most often, an individual knows right away that she has broken her hip. For example, Lang was unable to stand up and was discovered by her son who happened to stop by that day. Usually severe pain is felt in the hip or groin areas and the person cannot walk. Other symptoms include stiffness, contusions or inflammation in the hip area. The leg on the the affected side may appear shorter than the other or turn outward. If the head of the hip bone is impacted onto the neck of the hip bone, the person might not know he has a broken hip, as this break

can be less painful, according to Peterson.

Because hip fractures in the elderly can be life-threatening, make sure your loved one heads to a hospital immediately. Surgery to fix the fracture is usually done within 24 hours. The examining doctor can diagnose a broken hip simply from symptoms, but an x-ray or MRI will verify the break and display the fracture type. Ideally, one can prevent hip fractures in the elderly in the first place. People who have broken

a hip also have a good chance of falling again. You can help by making sure your loved one's home environment is safe, as well as seeing that she stays as healthy as possible.

Homes, rehabilitation centers, and nursing homes all need to be fall-proofed. Ganz includes the following recommendations in a recently published home-hazards guide: Lighting should not be too dim or too direct, and light switches should be accessible. Carpets and rugs should be tacked down. Bathrooms should have a chair for bathing or skid-resistant mats, grab bars should be placed where needed and the toilet seat needs to be tall enough for easy transferring. Chairs need to be stable (without wheels) and

have arm rests. Kitchen items that are frequently used should be at waist level or on low shelves, a rubber mat

should be placed in front of the sink and non-

Factures in the Elderly

slip wax should be used on the floor. Stairways need handrails and steps should not be slippery.

There are several other simple suggestions that can help prevent falls and hip fractures. People need to have regular eye-checkups; wear sensible, hard-soled flat shoes; and be mindful of medication's side effects. Individual als can also wear hip padding to minimize the impact of a fall. A doctor can talk with your loved one about how to increase her bone density through taking supplements, including bisphosphonates for osteoporosis sufferers, calcium, vitamin D, or starting estrogen or hormone replacement therapy

Venus

Venus is the second planet from the sun and our closest planetary neighbor. Similar in structure and size to Earth, Venus spins slowly in the opposite direction most planets do. Its thick atmosphere traps heat in a runaway greenhouse effect, making it the hottest planet in our solar system with surface temperatures hot enough to melt lead. Glimpses below the clouds reveal volcanoes and deformed mountains.

Venus is named for the ancient Roman goddess of love and beauty, the counterpart to the Greek goddess Aphrodite. Size and Distance

With a radius of 3,760 miles (6,052 kilometers), Venus is roughly the same size as Earth, just slightly smaller. From an average distance of 67 million miles (108 million kilometers), Venus is 0.7 astronomical units away from the sun. One astronomical unit (abbreviated as AU), is the distance from the sun to Earth. From this distance, it takes sunlight 6 minutes to travel from the sun to Venus.

Orbit and Rotation

Venus' rotation and orbit are unusual in several ways. Venus is one of just two planets that rotate from east to west. Only Venus and Uranus have this "backwards" rotation. It completes one rotation in 243 Earth days — the longest day of any planet in our solar system, even longer than a whole year on Venus. But the sun doesn't rise and set each "day" on Venus like it does on most other planets. On Venus, one day-night cycle takes 117 Earth days because Venus rotates in the direction opposite of its orbital revolution around the sun.

Venus makes a complete orbit around the sun (a year in Venusian time) in 225 Earth days or slightly less than two Venusian day-night cycles. Its orbit around the sun is the most circular of any planet — nearly a perfect circle. Other planet's orbits are more elliptical, or oval-shaped.

With an axial tilt of just 3 degrees, Venus spins nearly upright, and so does not experience noticeable seasons. Formation

When the solar system settled into its current layout about 4.5 billion years ago, Venus formed when gravity pulled swirling gas and dust in to become the second planet from the sun. Like its fellow terrestrial planets, Venus has a central core, a rocky mantle and a solid crust.

Structure

Venus is in many ways similar to Earth in its structure. It has an iron core that is approximately 2,000 miles (3,200 kilometers) in radius. Above that is a mantle made of hot rock slowly churning due to the planet's interior heat. The surface is a thin crust of rock that bulges and moves as Venus' mantle

shifts and creates volcanoes. Surface

From space, Venus is bright white because it is covered with clouds that reflect and scatter sunlight. At the surface, the rocks are different shades of grey, like rocks on Earth, but the thick atmosphere filters the sunlight so that everything would look orange if you were standing on Venus.

Venus has mountains, valleys, and tens of thousands of volcanoes. The highest mountain on Venus, Maxwell Montes, is 20,000 feet high (8.8 kilometers), similar to the highest mountain on Earth, Mount Everest. The landscape is dusty, and surface temperatures reach a scalding 880 degrees Fahrenheit (471 degrees Celsius).

It is thought that Venus was completely resurfaced by volcanic activity 300 to 500 million years ago. Venus has two large highland areas: Ishtar Terra, about the size of Australia, in the north polar region; and Aphrodite Terra, about the size of South America, straddling the equator and extending for almost 6,000 miles (10,000 kilometers).

Venus is covered in craters, but none are smaller than 0.9 to 1.2 miles (1.5 to 2 kilometers) across. Small meteoroids burn up in the dense atmosphere, so only large meteoroids reach the surface and create impact craters.

Almost all the surface features of Venus are named for amazing Earth women. A volcanic crater is named for Sacajawea, the Native American woman who guided Lewis and Clark's exploration. A deep canyon is named for Diana, Roman goddess of the hunt. Atmosphere

Venus' atmosphere consists mainly of carbon dioxide, with clouds of sulfuric acid droplets. The thick atmosphere traps the sun's heat, resulting in surface temperatures higher than 880 degrees Fahrenheit (470 degrees Celsius). The atmosphere has many layers with different temperatures. At the level where the clouds are, about 30 miles up from the surface, it's about the same temperature as on the surface of the Earth. As Venus moves forward in its solar orbit while slowly rotating backwards on its axis, the top level of clouds zips around the planet every four Earth days, driven by hurricane-force winds traveling at about 224 miles (360 kilometers) per hour. Atmospheric lightning bursts light up these quickmoving clouds. Speeds within the clouds decrease with cloud height, and at the surface are estimated to be just a few miles per hour.

On the ground, it would look like a very hazy, overcast day on Earth. And the atmosphere is so heavy it would feel like you were 1 mile (1.6 kilometers) deep underwater.

Potential for Life

overheat electronics in spacecraft in a short time, so it seems unlikely that a person could survive for long on the Venusian surface.

There is speculation about life existing in Venus' distant past, as well as questions about the possibility of life in the

No human has visited Venus, but the

spacecraft that have been sent to the

surface of Venus do not last very long

there. Venus' high surface temperature

tions about the possibility of life in the top cloud layers of Venus' atmosphere, where the temperatures are less extreme.

Moons Venus has no

Venus has no moons. Rings

enus has no rings. Magnetosphere

Even though Venus is similar in size to the Earth and has a similarly-sized iron core, Venus' magnetic field is much weaker than the Earth's due to Venus' slow rotation.

Exploration

The brightest object in the night sky on Earth (besides our moon), Venus has been observed for millennia. And as one of just two bodies between Earth and the sun, Venus periodically passes across the face of the sun — a phenomenon called a transit. Observing transits of Venus has helped astronomers study the nearby planet and better understand the solar system and our place in it. Transits of Venus occur in pairs with more than a century separating each pair, occurring in 1631 and 1639; 1761, 1769; 1874, 1882; and 2004, 2012. The next transit isn't until December 2117. Such long gaps occur between transits because Earth's and Venus' orbits around the sun are inclined differently, so Venus much more often passes between Earth and the sun without crossing the face of the sun from our perspective.

Missions to Venus > Significant Dates:

650 BCE: Mayan astronomers make detailed observations of Venus, leading to a highly accurate calendar.

1610: Galileo Galilei documents the phases of Venus in The Starry Messen-

1639: The first predicted transit of Venus is observed in England.
1761-1769: Two European expeditions to watch Venus cross in front of the sun lead to the first good estimate of the sun's distance from Earth.

1961: Radar returns from Venus are used to determine the most accurate value (at the time) for the sun's distance from Earth. (Published in 1962.) 1962: NASA's Mariner 2 reaches Venus and reveals the planet's extreme surface temperatures. It is the first spacecraft to send back information from another planet.

1970: The Soviet Union's Venera 7 sends back 23 minutes of data from the surface of Venus. It is the first spacecraft to successfully land on another planet.

1990-1994: NASA's Magellan spacecraft, in orbit around Venus, uses radar to map 98 percent of the planet's surface. 2005: The European Space Agency launches Venus Express to study the atmosphere and surface. The orbiter reached Venus in April 2006, and studied the planet through 2014. 2015: After launching in 2010, Japan's Akatsuki ("Dawn") orbiter achieves orbit around Venus.

Pop Culture

Named after the goddess of love and beauty, Venus has become nearly synonymous with "woman" in popular culture, as referenced by the famous relationship guide Men are from Mars, Women are from Venus. As a solar system locale, Venus was a popular destination for early 20th century science fiction writers; before we knew about what lay beneath Venus' mysterious cloud cover, writers could speculate about a more hospitable planet and its possible inhabitants.



www.Asia Times.US PAGE 29 word search

Р	В	С	Μ	J	L	С	L	A	N	Y	Q	В	L	V	R
В	Н	U	С	W	D	N	A	L	I	A	Н	т	M	N	U
P	0	I	R	A	N	A	Н	G	A	R	I	V	A	Н	K
G	E	С	L	M	R	W	K	M	P	N	E	R	G	N	J
G	E	Q	S	I	A	T	0	Н	S	R	I	G	G	С	R
Y	M	Н	M	K	P	U	S	A	M	T	S	Н	L	D	V
R	E	K	R	E	N	P	D	Z	K	Х	A	W	Q	A	U
A	P	E	R	U	Н	A	I	M	U	L	G	I	D	0	D
R	G	Z	U	L	N	С	M	N	0	T	A	С	D	N	J
G	T	I	M	A	0	A	R	M	E	I	I	Н	D	N	В
E	N	В	С	N	L	Т	T	Х	V	S	R	I	W	J	I
N	P	I	G	A	T	Y	Н	G	N	K	E	N	D	K	В
т	W	0	Y	J	V	R	V	P	F	L	G	A	W	Q	S
I	Н	S	I	N	V	D	P	S	0	D	I	С	T	Z	N
N	I	J	X	V	I	I	G	M	P	W	N	V	I	т	T
A	Н	W	I	N	Q	V	S	С	U	G	A	N	D	A	F

China	Iran	Philippines
Congo	Malaysia	Spain
Ghana	Nigeria	Thailand
India	Peru	Uganda
	Congo Ghana	Congo Malaysia Ghana Nigeria

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TENNIS -- to be REVOLUTIONISED? Arif Quadri, Middlesex UK.

The ATP (the Association of Tennis Professionals) proposals of changes to the game of Tennis will be put to test in Nov at the Inaugural Next General Finals in Milan. This tournament which is contested by the World's Top 8 singles players aged 21 and under would be used as a testing ground for the New Rules.

1) Sets of first to 4 games and best of 5 sets 2)sudden- death deuce points where the receiver chooses which side the server serves from

(a rule already in force in double events outside the Grand Slams) This would mean a maximum of only one deuce per game and an end to "advantage" points for either player.

2) no service lets with the point continuing instead of it being replayed.

3) Clock Time.A visible clock to prevent the players (like Nadal) going over the allotted time during the warm-up (10 minutes) and between points(25 seconds and 20 seconds at Grand Slams)

The tiebreaker was introduced by James Van Allen in the early 1970 to shorten the matches following the 1969 Wimbledon between Gonzales and Pasarell lasting (5hrs+ and 122 games) taking 2 days to complete. It is not employed in the final set except at the US Open. This resulted in the Marathon clash at Wimbledon in 2010 between Isner and Mahut with Isner winning the final set 70-68 lasting 11hrs+

with the last set duration of 8rs+(total of 45+138 games).WOW

In 2014 the IPTL(International Premier Tennis League) was the brainchild of Mahesh Bhupathi which was likened to that of Lalit Modhi's Cricket IPL of 2008. It also featured no service lets and sudden deuce points in one setter games. The Hopman Cup exhibition event in January used the first to 4 game sets. The ultimate aims of Tie Break Tens --a first to -10 -points tie break is to run along side the ATP Tour, with one day tournaments held on the eve of the main events at the same or nearby venues.

The reforms are an attempt to shorten the length of matches and make the sport as **Page Compilation**

attractive as possible to supporters and television companies, without losing the essence of the sport. Many events are too long for fans (Davis Cup)

It will definitely increase the longevity of players (like Federer to 50 ?) by picking

players (like Federer to 50?) by picking up less injuries with their demanding schedule on the present circuit but will take away the thrills and unpredictability of tie breakers like the recent one between Federer and Kyrgios.

Will the players have to adapt the way they play like those in T20 in Cricket.?

Reading Books! Zakiah Sayeed

Somebody recently asked me on my blog, what my favorite book was and why. I thought it was the flakiest question. How can there be one favorite book? For someone who reads non-stop, and gets an anxiety attack every time the book she is reading comes to an end and she doesn't know if there is another book available, for her to pick up when the current book is put down.... for that someone, this is a silly question.

How can there be just one favorite book? I am going to cheat (about many books) and say, as a young girl I had read Rebecca and thought there could never be another book like that. I think I have read it three

times. Daphne DuMaurrier's description of Mandalay makes me think of my home, Gulistan in India. She has given the timid nature of a young girl who loves her husband so passionately, a very real and true picture. But her fear that he still loves his former wife Rebecca, is so palpable.... because the house keeper reminds her constantly of that fact.

But then there are other books, classic and old, that have made indelible impression on me. There are passages from books like Adam Bede by Thomas Hardy, Mother by Maxim Gorky, How Green was My Valley by Richard Llewellyn that haunt you for decades. I have read books in Urdu

that have mesmerized me by the sheer beauty of poetic description in the prose. And then there are books of poetry that I cannot put down, because of the amazing metaphors that take you by surprise.

One of the books that has made a great impression is "Truth and Duty" by Mary Mapes. She is a great journalist and has got the guts to show the dirty tricks of the Bush Government and its leaders. I couldn't put the book down. Currently I am reading a book by an Indian author Rana Dasgupta, called "Capital...the eruption of Delhi!" It is an amazing book and talks about Delhi of the eighties and then the boom of the nineties, and current

Page Compilation by Syed Saifullah Quadri

governmental atrocities, which are cleverly covered by the very rich and famous.

Anyway, this is just a short take on what I read and how much I enjoy reading. I am not a speed reader. I savor the words, and passages, and underline beautiful thoughts. AND, I like to hold a Book in my hand, instead of the Kindle!!

That's it. I should stop here; else I would go on and on and bore the readers!

Gen.Olusegun Obasanjo -A Great Friend of India in Nigeria By M.S.Zahed, Ex-CMD- HMT

United Nations Industrial Development Organization -UNIDO, head quartered at Vienna, Austria, has been tasked to develop Industry in developing countries and as such Nigeria was considered very important during early seventies. Those days, in 1976, I was asked to study the economy of Nigeria and suggest few industrial projects to be set up. Metal cutting and metal working industry was a necessity as only some countries then had the capability in Africa. Nigeria is a heavily forested country, lots oil revenues and had no metal working industry and therefore my natural choice was, machine tools, wood working machinery, and a foundry. The profiles prepared by me, were sent to UNIDO, who after considering the views of the Government of Nigeria accepted in principle and UNIDO commissioned a feasibility study which was undertaken with field visits to Nigeria. The Report was accepted by the Nigerian Government with a request that HMT undertakes a Cost Benefit Analysis study and explain the composite project to Nigerian Government delegation of civil servants and work towards signing of a contract directly under agies of UNIDO. The Director of IIMB readily agreed to assist and the assignment was given to Prof. Ranganathan and we both did study and worked out various costs and associated benefits , prepared charts, tables and other materials, as those days we had no Lap tops, PCs and projectors. In a few days, the team of five civil servants led by the Secretary, Industry, Govt.of Nigeria and one UNIDO expert arrived. Me and Prof. Ranganathan made an elaborate presentation for nearly two hours and answering all their queries satisfactorily. During the course of closing conclusions, there was commotion in the meeting room made and to our utter shock the Nigerians were crying like babies in chorus saying "Is such a good thing going to happen to our Country" repeatedly. UNIDO official was consoling them to no avail. The things then onwards, moved very fast and HMT set up it's first Joint venture abroad. Nigeria

Machine Tools Ltd with 15% equity participation through capitalization of services and supplies and we were learning the western ways.

Gen. Olusegun Obasanjo, President of the Republic of Nigeria, a, stocky, a big nosed and with wide thick lips, looks a impressive personality every bit, visited HMT Machine Tools factory at Bangalore during 1998 . The General had just taken over as the President of Nigeria and arrived at the famous headquarters of a factory which was built in the WW II aircraft maintenance hangars known as Butler and Bellman Hangars by Royal Air Force. I have a parent child relation with this factory as I started as a trainee here way back in 1970. The General is very fond of India having been trained at the famous Defence Services Staff College, Wellington at Ooty and especially with HMT which had a JV with Nigeria . During the course of setting up of project, deputed the GMs for JV until 90s and after that JV had gone into dispute and mostly due to alleged corruption. In this confusion, Nigerian Government had not issued HMT the Share Certificates As CMD,I learnt that Nigeria Machine Tools (NMT) is getting privatized and there was Notice in the Nigerian news papers and getting the Certificate and getting recognized that we are 15% share holders became extremely critical. I discussed the matter with the Ministry who suggested that I lead a team of Ministry and HMT officials and resolve the issue with the NMT in February 2006. We stayed at Lagos for meetings with Directors of NMT and also visited NMT factory at Oshogbo which was in poor condition, the workers mobbed us urging to take over. Meanwhile, a Nigerian businessman who wanted to bid and take over NMT got in touch with us and played a host in arranging various meetings . Through his good offices, we were asked by the President's office to meet him at Abuja, the diplomatic capital of Nigeria. The air travel from Lagos to Abuja was an experience

in itself. At the airport we were issued Boarding Passes without seat numbers, and the baggage was collected at a counter without giving any baggage tickets . We were waiting in small stuffy room for departure, the moment the flight was announced everyone ran towards the aircraft which appeared like a leased craft from ex-Soviet Union with Russian inscription and crew , fortunately the aircraft was Boeing 707, some solace from its safety record. We accommodated ourselves all separated and in less than two hours we reached Abuja. On arrival, we felt relief looking at our embassy officials who took us straight to the President's Cabinet room for the meeting. We had the honour of being seated as the delegation and the opposite side were the Nigerian Ministers of Industry, Finance and Foreign Affairs seated . While we were waiting for the General to arrive and take his elaborately carved and decorated Chair at the head of table, the Nigerian industry Minister asked for some clarification on the note given by us. I felt that it is rather courteous to go over to his side and explain. As soon as, I crossed over from the back of President's chair, two armed guards jumped at me and stopped my movements, I had breached the security protocol. I froze and the Nigerian Ministers rushed towards me and escorted me back to my seat, nobody asked any more clarifications after that. The General walked in with a huge smile and shook hands with the delegation and enquired about our comfort during our stay and recommended us to visit some places. I was asked to explain the history of NMT and present status and difficulty of our authorities to regularize and account the shares as they are technically owned by the President of India. After a while smilingly, he directed his Ministers to issue the Share Certificate to HMT. He continued speaking very high of his relations with India and fondly recalled his stay at Wellington. It was a great gesture by the man, a General, a President and a great friend of India.

Here's How Trump Could Forge a **Coherent Russia Strategy**

On his 77th day in office, President Donald Trump changed his Russia policy. He may not have realized it as he gave the order that sent Tomahawk cruise missiles toward a Syrian airbase, but his decision to directly strike Syrian President Bashar al-Assad's regime put him in direct conflict with Russian President Vladimir Putin's effort to prop up the very same dictator. In the days that have followed, the administration has offered changing and even conflicting accounts of Russia's complicity in Assad's use of chemical weapons against civilians. While Russia's advanced knowledge of the chemical attack remains unclear, what is apparent now is that Trump appears willing to publicly criticize Russia, a departure from his previous position. But the White House is going to need something more than Trump's tweet Thursday morning expressing hope that things between the United States and Russia will ultimately "work out fine." The Trump administration desperately needs a strategy to deal with Russia.

Russia, specifically Putin, has been a thorn in the side of four successive U.S. presidents. As a consequence, many U.S. policymakers have found themselves tangling with Russian diplomats, intelligence operatives, and military leaders on a range of topics, often without much success. In an attempt to learn the lessons of years past, we've selected five tidbits of advice.

1. Conduct a Russia review and develop a strategy. Given the ad hoc and often contradictory way in which the Trump

administration talks about Russia, it is obvious that the White House has yet to develop a clearly articulated strategy. If such an effort is not already underway, an interagency team should be tasked with a thorough analysis of the current state of the relationship, the past administration's approach, and a list of options going forward. More specifically, the review should lead to a strategy that focuses on prospects for U.S.-Russia cooperation in Syria, ways in which the administration — in working with European allies — can counter Russian aggression in its neighborhood, and incentives to get Russia to meet its Minsk protocol commitments in Ukraine. The National Security Council's very capable senior director for Russia, Fiona Hill, would be the best person to lead such a review. No one knows Putin and Russia better.

2. Settle on a single message. Every administration must be, at times, reminded to coordinate its messaging and stick to the talking points. While some of the recent confusion makes sense because Trump's team is still new and many senior leaders at the State Department and Department of Defense have yet to be nominated, mixed messages on Russia give Putin who is a master of disinformation — the upper hand. The administration should settle on a handful of core messages about its views on Russia and Putin and repeat those messages as often as possible. Coordination with European allies on such points is critical.

3. Become familiar with the Russian way of communicating. Russia's ability to fudge the truth, change the subject, ignore a topic, or flat-out lie should not be underestimated. For example, Russian Foreign Minister Sergei Lavrov called for a U.N. investigation into the Syrian chemical attack dur-

ing Secretary of State Rex Tillerson's visit to Moscow, even as the Russian mission to the U.N. was vetoing such a resolution. This is supremely frustrating. Get used to it. One way to fight back is to let the U.S. media question Russian untruths. This means making the media an integral part of any international trip conducted by senior administration officials. Loop in the media to your thinking and positions, and provide backgrounders and interviews. Let it call out the Russians when you can't.

4. Know that Russian foreign policy runs together. Everything in Russian foreign policy is inextricably linked. Russia does not compartmentalize its issues. It ties Ukraine to Syria to Latin America to NATO to missile defense to nuclear weapons. This is very different from how the United States tends to handle foreign policy, which is to try to divide issues by regions and functions. This often leads to challenging discussions, since in Russia's view, if the United States wants to truly cooperate, it must be willing to negotiate on the full slate of topics. In this context, Russia could offer concessions in Syria in



return for U.S. concessions in Ukraine a slippery slope that can incentivize bad Russian behavior elsewhere. The Trump administration has to avoid such tradeoffs and make sure that any cooperation in Syria will not translate into acquiescence on Ukraine.

5. Distrust and verify. When the mood strikes, Putin will sometimes agree to a compromise and commit to a new policy of cooperation. But as the West has witnessed time and time again, a promise from Putin doesn't always translate into policy execution. (See the U.S. efforts to work with Russia on the Joint Implementation Center in Syria in late 2016.) In fact, the Russians use their lack of bureaucratic coordination to their advantage. It is not uncommon to get different answers to the same questions from different parts of the Russian government, leaving outsiders guessing as to what is really going on. If not managed through repeated verification with Russian officials and with folks on the ground, outsiders can be left confused and empty-handed.

WOMEN ARE EXPLOITED, BUT YOU ARE BUSY IN PROTECTING COWS: JAYA SLAMS MODI GOVT

NEW DELHI: Bollywood veteran actress and Samajwadi Party (SP) MP Jaya Bachchan took a dig at Prime Minister Narendra Modi led government saying that the ruling party is more concerned about protecting cows than woman. Mrs Bachchan response came after Yogesh Varshney, member of Bharatiya Janata Yuva Morcha announced "Rs. 11 lakh bounty" on West Bengal CM Mamata Baneriee's head.

Speaking in the Rajya Sabha, visibly angry Jaya Bachchan said the threat call to anyone is condemnable. Actor-turned-politician, charged, "How dare anybody talk like this about women? Is this the way you are going to be protecting the women of this country? Women are feeling insecure...is this what you are promoting?"

"The government must take steps for protection of women aggressively. You are protecting cows but atrocities being committed on women."

Following a lathicharge at Birbhum district to disperse a rally raising slogans of "Jai Sri Ram" on Hanuman Jayanti, the BJP youth leader courted massive controversy by announcing a reward of Rs.11 lakh on West Bengal CM's head.



Trump to visit China in 2017: hinese state media

BEIJING: Chinese state media say US President Donald Trump has accepted an invitation from his Chinese counterpart to visit China later this year. The official Xinhua News Agency reported late on Thursday that Trump will travel to China at an "early date" in 2017 but gave no details.

Trump and Chinese President Xi Jinping are holding their first meeting this week at Trump's Mar-a-Lago estate in Florida.

During last year's election campaign and afterward, Trump talked tough about extracting better trade deals out of China and pressuring Beijing to do

more to deter North Korea's nuclear program.

Trump joked at a formal dinner with Xi on Thursday that he had "gotten nothing" in long talks with the Chinese president but said they had developed a friendly rapport.



Congressman tells angry constituents the idea that they pay his salary is 'bullcrap'

An Oklahoman congressman is under fire after he seemingly dismissed the notion that his constituents pay for him to go to Congress, calling the idea "bullcrap" in a viral video making the rounds on social media.

Markwayne Mullin, speaking at a town hall Tuesday in Jay, Oklahoma, was responding to a question from the audience when he responded to a claim that constituents pay for him to work in Congress.

"You say you pay for me to do this. Bullcrap. I pay for myself. I paid enough taxes before I got there and continue to through my company to pay my own salary. This is a service. No one here pays me to go," said the 39-year-old Republican who represents Oklahoma's second district, which covers much of the eastern part of the state.

When several audience members pushed back against this claim, Mullin went on, "I'm just saying this is a service for me, not a career, and I thank God this is not how I make my living."

A spokesperson for Mullin later told the Tulsa World that he was referring to taxes he has paid as a private citizen and as a business owner. Mullin owns several plumbing companies, per the Tulsa World.

"Like all business owners, Congressman Mullin pays his taxes, which contribute to congressional salaries," the spokesperson said.

In the Constitution, Congress is tasked with deciding its own members' salaries, which is taken from the U.S. Treasury and paid for by taxpayers. In 2009, that pay was



increased to a base of \$174,000 per year plus benefits and has not changed since. However, members who reach leadership positions are eligible for higher salaries. Mullin holds no leadership positions.

Mullin first joined Congress in 2012 and has won his past two elections with more than 70 percent of the vote. However, like many other members of Congress, he has faced a hostile reception back home at town halls.

"Over the past few weeks, we have seen an escalation of protesters at congressional town halls across the nation. We have even seen them right here in the Second District. I have continued to hold town halls and answer questions from constituents across the district, including those who have been vocal in their disapproval of my positions," Mullin said in a statement.

"It is my intent to provide a safe environment for all attendees which is why we have established protocols at each of our town halls to ensure each person's voice can be heard. Despite working with the venue for the Tahlequah town hall, we could not reach an agreement using our protocols that guaranteed the safety of everyone, so I chose to cancel the town hall after much consideration."

However, Mullin's announcement came just a few hours before the event was scheduled to begin and after attendees had already entered the building. The Associated Press reports that when the cancellation was announced, the crowd booed. Mullin later hosted several town halls on Wednesday.

According to federal filings, Mullin made at least \$610,000 in 2015 and raised more than \$600,000 in the 2015-2016 election cycle.

Etihad Turned Around a Flight So a Couple Could See Their Dying Grandson

Etihad Airlines may not officially be the best in the world (that honor goes to Emirates), but their latest gesture truly goes above and beyond airline protocol.

An Etihad flight was about to depart for Australia from Manchester Airport when, just as they were about to switch off their phones, an elderly couple saw a missed call from their son-in-law. According to Becky Stephenson, the couple's travel agent, "they were taxiing on the runway when they got the text message saying their grandson was in intensive care and they needed to

get there."

The couple told a flight attendant about what had happened, the flight attendant told the captain, and the captain turned the plane around and headed back to the boarding gate.

While the plane was getting back to the gate, airport staff arranged to quickly get the couple's luggage and escort them quickly through the terminal. According



The flight went on to Australia via Abu Dhabi after the incident, and the grand-parents made it to the hospital to see their grandson one last time.

Unfortunately, the boy died a day later, but Stephenson attests that in 25 years in the travel industry, she's never seen such service. "It was such a sad thing that happened to my clients, but it was lovely that Etihad was able to help in the way they did," she said.

Etihad is even allowing the couple to use their tickets on any future date they choose.

Report: Body of country's first female Muslim judge found in Hudson River

The body of the United States' first ever female Muslim judge was found Wednesday afternoon in the Hudson River near Manhattan, according to a New York Post report.

Sheila Abdus-Salaam served as an associate judge on the New York Court of Appeals. She was the first African-American woman to serve on New York's top court. She was 65.

She had been reported missing earlier in the day by her husband, the newspaper reports.

Her death is being treated as a suicide, but an investigation is ongoing, the New York Times reported Thursday.

Sources tell the Post that there were no visible signs of trauma or physical injuries suggesting foul play.

Abdus-Salaam worked as an attorney at East Brooklyn Legal Services after graduating from Columbia Law School.

She continued to rise in the ranks until she was elected to the New York

Supreme Court in 1993 and then appointed to the Court of Appeals, the state's highest court, by Gov. Andrew Cuomo (D) 20 years later, in 2013. Cuomo said Wednesday that she was "a trailblazing jurist and a force for good."

Jonathan Lippman, who once served as the chief judge of the state Court of Appeals from 2009 to 2015, said Abdus-Salaam's death is a "terrible blow."

"I'm deeply saddened at having lost a dear friend and colleague, and the court has suffered a terrible blow," Lippman told the Post.

"She was a superb jurist and an even more superb human being," he continued. "I knew her for many, many years. To some degree, we grew up together in the court. I've known her in all her different roles in the court. It's just so shocking. ... If you ask anyone about her, people would say only the most wonderful things. That's why it makes it even more difficult to understand."

Why Pakistan Has Banned Vidya Balan's **Begum Jaan**

If Begum Jaan, or for that matter any movie on Partition made outside of Pakistan, can make the nation so vulnerable that it cannot even view the film before banning it, the country is certainly enveloped in insecurity and paranoia.

Lahore (Pakistan): A leading Pakistani politician once explained to me, "Pakistan is a security state. Until we change that, we will always act from a place of vulnerability." A couple of years later, while I was interviewing a colonel in Lahore, he echoed this line of thought. He told me that all the wars we had fought - whether in 1947, 1965 or 1971 – were fought to protect the country from its enemies. "Pakistan is, after all, a defensive state and we have always acted to defend ourselves," he reasoned. A lot can be justified in the name of security and defence. People who may hold different views can be browbeaten, secular institutions and activists can be eliminated through force on the pretext of liberal fascism and blasphemy, army budgets can be inflated and wars can be sold as imperative and necessary state actions. In the same name of security, certain histories can be accentuated while others can be silenced. Pakistan, a country, which emerged out of one of the worst episodes of bloodshed and violence, continues to suffer from the trauma of its birth.

Triumphant and proud of what it had achieved in terms of independence and freedom, the nation also found itself anxious, insecure and paranoid. Just as an infant wails loudly at its birth, uncertain of the world outside the womb, a new nation created at the dawn of decolonisation and an emerging new world order, found itself with the enormous task of nation building. All its past lives, its past incarnations, its Buddhist, Hindu, Sikh and Jain histories had to be washed away so that a new child could be baptised into purity - the land of "Pak" and the pure.

Since Partition gave birth to the nation, it was impossible to ignore or silence the narratives of 1947 altogether. Yet, in the mammoth task of nation building, it was also not permissible to embrace memories, experiences and feelings associated with 1947 in their entirety. After all, how could the nation instill a patriotic spirit if millions of its inhabitants continued to be nostalgic of the 'impure' past they had left behind? How could the baptism be complete until and unless each citizen was willing to shrug of any past that could taint its future? In order to execute the national project successfully, the state therefore embarked on an operation to excavate and propagate only certain filtered memories of Partition, silencing all others in the

Partition experiences that could only be understood on a spectrum - where violent and bloody stories were often interwoven with narratives of compassion and rescue. These experiences were sifted and sorted through so that select stories of carnage – and that too inflicted on the Muslim community by the "bloodthirsty" and "malicious" Hindus and Sikhs - could be allowed in mainstream discourse, in textbooks and in the media. Linear versions of history emerged and suddenly, to be nostalgic, to want to revisit the city of one's birth, to desire to meet friends and relatives across the border became tantamount to being unpatriotic.

In my research on 1947, I found that these state narratives had started to impact more personal, intimate memories of Partition as well. Mirroring the state narratives, stories of violence and loss were at the tip of the tongue of most survivors and it was only after some probing that other experiences would surface. My own grandmother only spoke about bloodstrewn trains and chopped up bodies for my entire childhood, only revealing stories of her Hindu and Sikh friends when I tried to dig deeper. An entire generation had passed by in ignorance, only understanding the "other," be it Hindu, Sikh or Indian



through the myopic lens of deceit and brutality.

Theatrical poser of Kartar Singh (1949). Credit: Upper Stall

The release of Srijit Mukherji's Begum Jaan, the remake of the Bengali movie Rajkahini, has been banned in Pakistan this week as part of the same national project. The team was told that Pakistan had a policy to not import any movies on Partition.

Though the country has produced some movies of its own on the topic - such as Said Ud Din Saif's Kartar Singh (1959) and the more recent, Manto by Sarmad Sultan Khoosat (2015) - the Central Board of Film Censors in Pakistan refused to even watch Begum Jaan. Its verdict is crystal clear: only state sanctioned narratives of Partition can be permitted in the country. Apparently there are two sides to Partition, the Pakistani and the Indian and the Indian version must be stopped at the

The irony is that Rajkahini and its remake take neither of these sides. The movie is a depiction of a brothel that found itself a victim to its geography. As the Radcliffe line is drawn, the brothel and its workers are caught in the Partition of the land

and its people. It is a story of women who find no home in either of the new homes carved out of the sub-continent. The creation of India and Pakistan as separate territories threatens to render them homeless; an irony since Partition was meant to provide refuge and safe shelter to marginalised communities.

Pakistan's refusal to screen the movie is symbolic of the fact that the security state is here to stay, at least for the years to come. If Begum Jaan, or for that matter any movie on Partition made outside of Pakistan, can make the nation so vulnerable that it cannot even view the film before banning it, the country is certainly enveloped in insecurity and paranoia. Pakistan's unwillingness to watch and screen Begum Jaan reminds me of an encounter I had with a 6th grader in Lahore a few years ago. When I had given her a postcard depicting a Hindu deity, she had begun to cry. She told me her eyes had sinned because of what she had seen. The censor board perhaps holds the heart and mind of a 6th grader: afraid that if it lets its guard down for a two-hour movie, it's world will crumble and the demonic other will pierce through the façade it has built in the name of defence.

Baahubali: The Conclusion -

Baahubali: The Conclusion is undoubtedly one the most anticipated films releasing this month

. The SS Rajamouli-film is gearing up for release on April 28 but there may be some trouble for the film in Karnataka due to actor Sathyaraj, who plays the role of Katappa in the two-part series. Vatal Nagaraj, president of Kannada Chalavali Vatal, has called for a ban on the film's release in the state because of Sathyaraj's alleged "derogatory remarks" on the Cauvery row, reports news agency PTI. "We are not against the movie Baahubali 2 but Sathyaraj. His derogatory remarks on Kannadigas during the Cauvery river water dispute some years ago were highly condemnable," he said.

"It was a direct attack on our people. We are calling for a statewide ban on the film's release. We will observe a bandh to protest against Sathyaraj in Bengaluru on April 28," Vatal Nagaraj added.

Sathyaraj gave an alleged controversial speech in 2016 and since then his films like Motta Shiva Ketta Shiva and Hyper have released in the state. Vatal Nagaraj said that they did not object to release of those films because they were waiting for the "right time." He told PTI: "Other

films of Sathyaraj which were released earlier here weren't worthy and noticeable. However, Baahubali is recognized both nationally and interna-

. We were waiting for the right time."

Vatal Nagaraj had also protested against the release of Rajinikanth's Kabali but was taken into preventive custody by the police, reports PTI.

Baahubali: The Conclusion

stars Prabhas as Baahubali, Rana Daggubati as Bhallala Deva, Anushka Shetty as Devasena and Tamannaah Bhatia as Avanthika. The film will simultaneously release in



Tamil, Telugu and Hindi. Karan Johar's Dharma Productions will distribute the film in Hindi.

HINDI MOVIE RELEASE DATES

Opening +	Name \$	Genre	Director \$	Cast			
7 April	Begum Jaan	Action, historical drama	Srijit Mukherji	Vidya Balan, Gauhar Khan, Naseeruddin Shah			
O4 April	Kaalakaandi	Drama	Akshat Verma	Saif Ali Khan, Sobhita Dhulipala, Kunaal Roy Kapur, Neil Bhoopalam, Deepak Dobriyal			
21 April	Noor (film)	Comedy/Drama	Sunhil Sippy	Sonakshi Sinha, Kanan Gill, Shibani Dandekar, Purab Kohli			
28 April	Baahubali: The Conclusion	Action/Drama	S.S. Rajamouli	Prabhas, Rana Daggubati, Tamannaah Bhatia, Anushka Shetty, Vivek Tiwari, Ramya Krishnan, Nassar			
12 May	Meri Pyaari Bindu	Romance	Akshay Roy	Ayushmann Khurana, Parineeti Chopra			
12 May	Hindi Medium	Romance	Saket Chaudhary	Irrfan Khan, Saba Qamar			
19 May	Half Girlfriend	Romance/Drama	Mohit Suri	Arjun Kapoor, Shraddha Kapoor			
26 May	Sachin: A Billion Dreams	Biopic	James Erskine	Sachin Tendulkar			
2 June	Toilet: Ek Prem Katha	Romance/Satire	Shree Narayan Singh	Akshay Kumar, Bhumi Pednekar			
9 June	Raabta	Romance	Dinesh Vijan	Sushant Singh Rajput, Kriti Sanon			
11 June	V FOR VIJAAY	Drama/Children	Chandra Sekhar Acharjee	Master Samir Goala, Chandra Sekhar Acharjee			
25 June	Tubelight	Action/Drama	Kabir Khan	Salman Khan, Sohail Khan, Zhu Zhu			

GirlFriend Movie Review

Hell is where Karan Razdan takes us in "Girlfriend". Nothing wrong in a view from the underbelly. But alternate sexuality cannot be turned into an occasion for exhibitionism.

Razdan discards every sensitive bone in his creative body to make a frontal attack on our perceptions of romantic love as defined by cinematic boy-meets-girl formulas.

In "Girlfriend", Aashish Chowdhary meets Amrita Arora. But she, the poor babe in the woods, has a problem -- an over-possessive female friend Tanya (Isha Koppiker) who is a closet lesbian.

Hindi cinema comes of age... or does it?

It's hard to believe that during all the years they spent together, living out of the same house and even the same bed, Sapna (Amrita) didn't suspect Tanya's lesbian intentions, more so when Sapna finally confesses to her boyfriend Rahul (Ashish Chowdhary) that the two female friends had "done it" in a drunken stupor once.

Razdan's cavorting camera quickly cuts to a lengthy and explicit love making sequence between Amrita and Isha whose impact is deliberately heightened by the soundtrack.

If Razdan truly wanted to portray the downside of misplaced sexuality, why did he need to take his two heroines into bed? There are many other far more aesthetic and effective ways of showing intimacy between two individuals. At every step of his narration, Razdan wants to shock audiences. Hence what begins as a fairly authentic story turns into a macabre "Fatal Attraction" kind of horror story, with Isha going from restrained dominance to violence, kick-boxing et al!

To her credit, Isha rides the waves of absurdity in the plot to emerge with a rounded and credible performance.

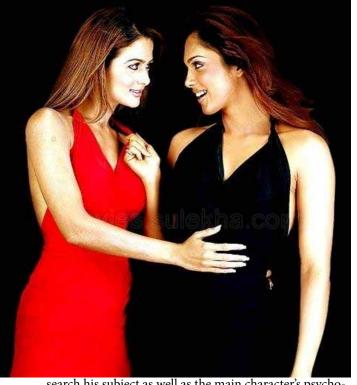
Her transformation in the second-half from closet gay to brazen lover girl is achieved through her body language, hair and clothes, as well as the actress' sharply desolate eyes. A lot of her performance in the second-half seems inspired by Urmila Matondkar in "Pyar Tune Kya Kiya".

Amrita is sufficiently squeaky and mousy. But when she takes turns with her female co-star to cavort in swimming pools, she tends to get carried away.

Even though he does play a guy in a very strange situation, Aashish Chowdhary should have exercised more self-control, specially over his facial muscles.

He needn't despair. "Girlfriend" is a film about excesses. Though the mounting is professional enough to make us forget the director's last sojourn into sleaze, "Hawas", "Girlfriend" is still not honest enough to qualify as a serious study of alternate sexuality.

Before plunging into lesbianism, Razdan needed to re-



search his subject as well as the main character's psychological encumbrances. In one sequence, Tanya says she was violated repeatedly by her father.

Need we go on with this? "Girlfriend" makes us wonder where erotica is heading in Hindi cinema, and in how many ways filmmakers would circumvent conventional morality to get the audience interested.

Top Highest Paid Bollywood Actors of 2016



55-60 Cr/ Film



Ajay Devgan takes around 22-25 Cr / Film



Aamir Khan takes around 50 Cr / Film



Ranveer Sing takes about 20 Cr /Film



Shah Rukh Khan takes around 45 Cr /Film



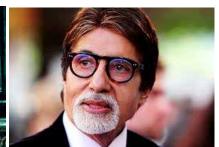
Ranbir Kapoor takes around 15-20 Cr / Film



Akshay Kumar takes around 40 Cr / Film



Hirthik Roshan takes around 35-40 Cr / Film



Amitabh Bachchan takes around 12-15 Cr / Film



Saif Ali Khan takes around 20-22 Cr / Film

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Manzar Bhopali

زمیں سے اکتی ہے یا آسال سے آئی ہے

یہ بے ارادہ ادای کہاں سے آتی ہے

بدن کی باس کتیم لباس ہوئے نفس

کوئی مہک ہو ای خاکداں سے آئی ہے

دلوں کی برف پھلتی نہیں ہے جس کے بغیر

وہ آگج ایک عم بے نثال سے آتی ہے

اہے نئے در و دیوار بھی نہ روک سکے



نازش دورال حن چھٹی ادیب خوش مال برطرف بلحرے ہوتے ہیں جن کی عظمت کے نشال مرقع وانشورال ہے اُن کا معیاری کلام ان کے رشحات قلم یں ایک تنج شایاں کیت و سرمتی تغزل امتزاع فکر و فن أن كے يد شعرى محاس ب كے يى وروزبال اُن کو آگھ و نثر میں مامل ہے میمال وسرس می سحافت میں وہ مسری آمجی کے ترجمال مسرماضر میں میں وہ اردو خول کی آبرو ی دیار غیر می أردو زبال کے پالال للفن أردو مين أن كى ذات بعث بهار آ تیں سکتی نبھی میں میں گفتل حق فزال ية قمير المداوارة" ال بات كاب امترات أن كى انبال دوئتى الى نفر 4 ب ميان أن لا يريا ب وبال بد الحمن در الحمن وه شيكا كو يس يى يرقى نازش بندوتال بحروفار ترقی میں یونھی پڑھتی رہے جو مدید محماج کنٹر کشتنی عمر روال شمع أردو جو فروزال وه ريل يرقي جبال أن كے فكر وفن سے بو محفوظ بر پير و جوال

اب گناه وثواب بکتے ہیں مان کیج جناب بلنے ہیں يهلے بہلے غریب بکتے تھے التوعزت مآسيكت بين ہے سمیر وں کی راج بیتی میں جاه ومنصب خطاب بكت بي تح ، واعظ ، وزيراورشاعر سب يهال يرجناب يكت بي دور تفاانقلاب آتے تھے آج كل انقلاب يكت بين ول كى باتيں حبيب مجھوتى ہيں #احتساب سبكا ول بھی خانہ خراب بکتے ہیں

جینا آسال ہے اور مشکل مجمی وہ سیا ہے اور قاعل بھی غ. ل ال قدر پھرول کے دار سے مو گليا سلّگ « شيشه ول مجمى بھیز اتلی متنی سر فرو شوں کی تقر تقراف لله تفي قاتل بھي عالت و زقم دکھ کر بیرے آج رونے گلی سلاسل بھی



اليے پيونيا ہول آج منول ير مر بہ سجدہ ہے آج منول بھی اليا كردار فلا تبحى اينا مرجھکاتے تھے اہل باطل بھی رويرا عدل بهي عدالت يل کتے سٹاک ہیں سے عادل بھی خوان دے کر دیا جوت وقا

رضوان فيروذآبادي

طے کے اس طرح مراحل ہی

آتھے دورنہ مودل ساتر جائے گا وقت كاكيا جرزة جرزواعة

اتنا مانوس نہ ہو خلوت غم سے اپنی لو بھی خودکو بھی دیکھے گا تو ڈرجائے گا

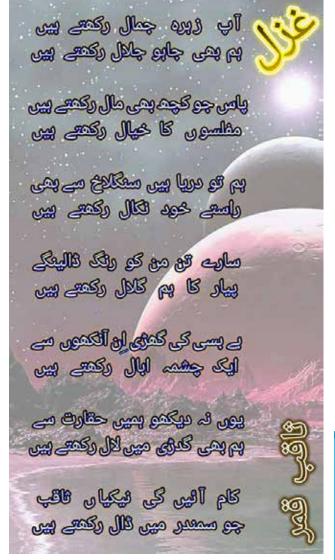
تم سر راہ وفا دیکھتے رہ جاؤ کے اور وہ بام رفاقت سے اترجائےگا

زعدگی تیری عطا ہے تو یہ جانے والا تیری بخشش تیری دلیز په دهر جائے گا

ڈوبے ڈو بے کشتی کو اُچھالا دے دوں میں نہیں کوئی تو ساحل پہ اڑ جائےگا

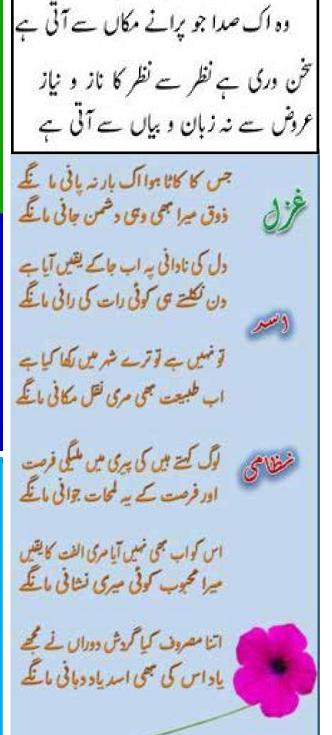
ضبط لازم بي مردكه به قيامت كا فراز ظالم اب كيمى نه روئ كاتومرجائ كا

احرفراز



مير اضميرمير ااعتبار بولتاہے میری زبان سے پرورد گار بولتاہے تیری زبان کتر نابہت ضروری ہے مجھے مرض ہے کہ توبار بار بولتاہے سیجھ اور کام اے آتاہی نہیں ہے شاید مگر وہ حجموٹ بہت شاند ار بولتاہے

راحت اندوري



بھول کربھی اگرہم ہےکوئی بھول ہوئی ہو

تو أس بھول كو بھول سمجھ كر بھول جانا۔

اور باں اُس بھول کو ہی بھولنا

مجھول کر مجھی ہمیں مت مجھول جانا۔

MAY 2017

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On the lighter side.... My husband, a big-time sports fan, was watching a football game with our grandchildren. He had just turned 75 and was feeling a little wistful.

"You know," he said to our grandson, "it's not easy getting old. I guess I'm in the fourth quarter now."

"Don't worry, Grandpa," Our grandson said cheerily. "Maybe you'll go into overtime."

I have lost my mind!

And I'm pretty sure my kids took it!

A boss bought a new BMW car. His employee congratulated and praised him. The boss said, "If you too would work hard, show sincerity, be punctual, don't take leaves, work overtime, and meet deadlines then..."

"Then what, sir?" asked the employee eagerly.
"Then I can buy a car bigger than this!"

It was a baby mosquito's first day to fly out from home. When the mosquito came back home later that day, the father mosquito asked, "How was your journey?" The baby mosquito replied, "It went great, everyone was clapping for me!"

A little boy went down the street with his mom. He saw a dollar bill on the ground and he asked if he could pick it up. The mom said, "Don't pick things up from the ground."

Then the boy saw two dollar bills on the ground. He asked his mom, "Can i pick the two dollars up?"

The mom said again, "Don't pick things up from the ground." Then the mom slipped on a banana peel and fell down. The mom asked, "Can you help me up?"

The boy said, "I was told not to pick things up from the ground."

Why did the piece of cheese go to the gym?



To get shredded!

Two engineers were standing at the base of a flagpole, looking at its top. A woman walked by and asked what they were doing.

"We're supposed to find the height of this flagpole," said one, "but we don't have a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, and announced, "Twenty one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length."

Studying our wedding photos, my six-year-old asked, "Did you marry Dad because he was good-looking?"

"Not really," I replied.

"Did you marry him for his money?"

"Definitely not," I laughed. "He didn't have any."

"So," he said, "you just felt sorry for him?"

As I stepped out of the shower, I heard someone in my kitchen downstairs. Knowing that my wife was out, I grabbed my 1903 heirloom rifle—which no longer works—and crept downstairs, forgetting the fact that I was in my birthday suit.

I came around the corner with the gun raised, only to find my wife loading the dishwasher. "What are you doing?" she asked.

"I thought I heard an intruder. I came down to scare him."

Scanning the contours of my doughy, naked body, she mumbled, "You didn't need the gun."

Why didn't the man look for his lucky watch?

he didn't have the time!

A man in a hurry, taking his 8-year-old son to school, made a turn at a red light where it was prohibited. "Uh-oh, I just made an illegal turn!" the man said.

Aw, Dad, it's probably okay," the son said. "The police car right behind us just did the same thing."

A couple was relating their vacation experiences to a friend. "It sounds as if you had a great time in Texas," the friend observed. "But didn't you tell me you were planning to visit Colorado?"

"Well," the husband said, "we changed our plans because, uh..."

His wife cut in, "Oh, tell the truth, Fred!"
Fred was completely silent. After a long pause, the wife continued, "You know, it's just ridiculous! Fred simply will not use any navigation devices or ask for directions!"

