PAGE 1



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DECEMBER 2023 Vol 14, Issue 12

WILL THE BHARAT JODO YATRA BRING THE DESIRED RESULTS FOR RAHUL



PAGE 2



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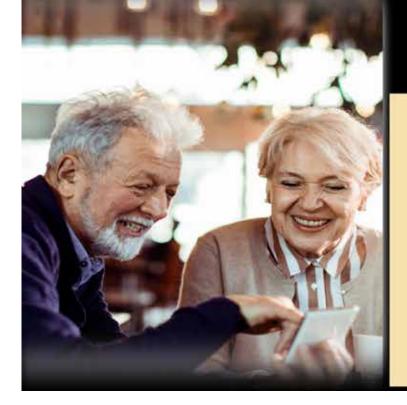


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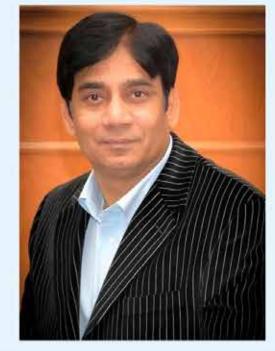
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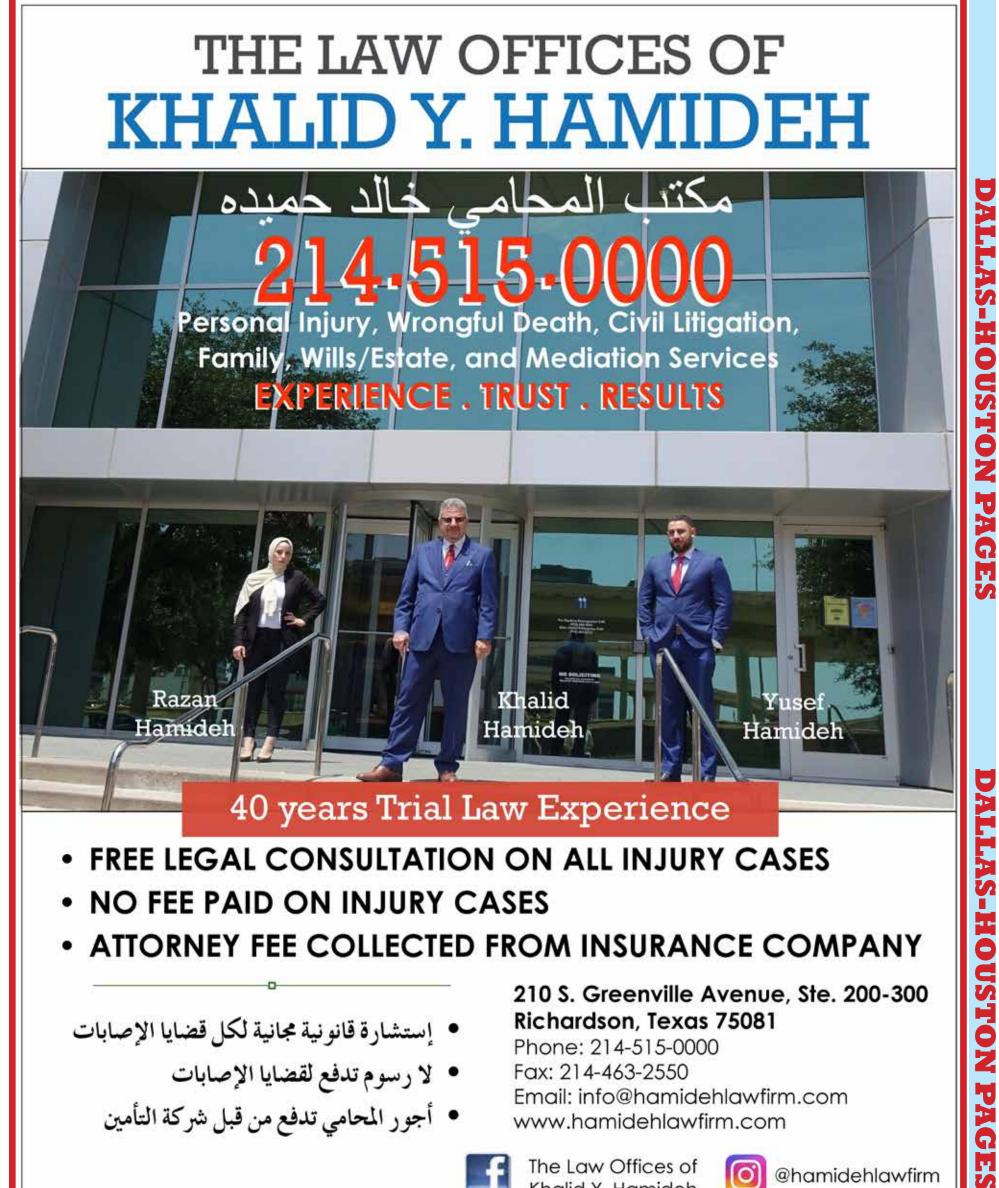




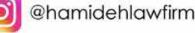
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PAGE 5



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PAGE 6



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www.Asia Times.US **HSNT held its Annual Dinner in Dallas**

-Pervaiz Baig In a spectacular evening that brought together the vibrant community of Hyderabadies in the Dallas area, the Hyderabad Society of North Texas (HSNT) hosted its much-anticipated annual dinner on Saturday night, November 18, at the Crystal Banquet Hall in Pla-



no, Texas. Months of meticulous preparation by the association's board members culminated in a sold-out event at the 500-participant auditorium, leaving many enthusiasts eager for an opportunity to attend.

This annual dinner, the second of the two programs organized by the society, followed the springtime tradition of their annual picnic. The event commenced with a warm welcome from the Association's President, Mohammed Hameed, a passionate advocate for all things Hyderabad. Mr. Hameed's unwavering leadership throughout the year was acknowledged during his opening speech.



The evening reached its pinnacle with the presentation of annual awards. The prestigious "Person of the Year" accolade was bestowed upon Akram Syed for his exceptional contributions. Additionally, Dr. Shakila Ahmed MD recognized for extraordinary work in community services and Pervaiz Baig received recognition for his outstanding community services, as he was acknowledged for his 22 years of dedicated service in running Charminar Connection.

Following the awards ceremony, the stage was graced by the accomplished radio personality and host MC, Gulnaz. The evening's entertainment kicked off with a skit illustrating Hyderabadi culture, which captivated the audience with laughter and applause. As the merriment subsided, attendees eagerly lined up for a sumptuous dinner featuring Hyderabadi Mutton Biryani, Bagharey Baigan, Pathar ka Gosht, and Chicken Khorma, complemented by delectable desserts and tea.

The post-dinner entertainment featured a special performance by Samir and Dipalee Date, who traveled all the way from Bombay. Known for their professionalism and extensive touring across the United States, the duo's two-hour-long captivating performance became the highlight of the evening. Many audience members joined in, singing along to their favorite tunes. For those who missed the live spectacle, the performance can be enjoyed on YouTube at their website https://www. youtube.com/@SamirDipalee.

Dr. Abdul Rahiman extended heartfelt thanks to all participants, bringing the memorable evening to a close. With anticipation already building, attendees left, eagerly looking forward to next year's annual dinner-a testament to the success and joy that marked this year's celebration.













TON PAGE

PAGE 8



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PAGE 9







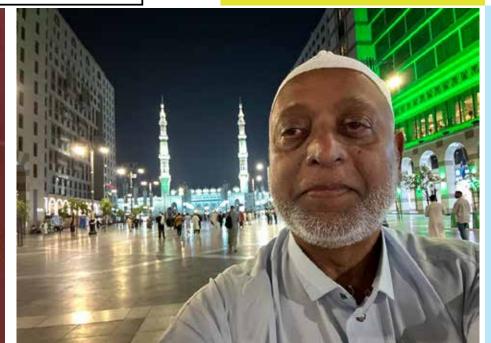
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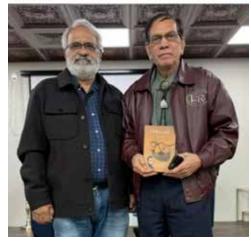
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President HSNT Mohammed Hameed in Madina Munawwara

Khalid Masood and Dr. Khalid Razvi entertained the audience at PAGH center, Houston. November 26.2023



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PAGE 10

Dr. Abdul Muqtadir Weds Sumaiyyah Sharief



With the grace of Allah s.w.t, Mr. and Mrs. Mohammed Jameelur Rahman Sharief resident of Dallas suburb Lucas, Texas joyously announce the blessed union of their beloved daughter, Sumaiyyah Sharief, holder of a Masters in Healthcare Management and Informatics, to Dr. Abdul Muqtadir, son of Mr. and Mrs. Salman Abdul Majeed resident of Jeddah, Saudi Arabia. The Wedding event was on Saturday October 21, 2023 at Boyd Farm, Lavon, Texas and Valima was at Minerva Banquet Hall, Plano, Texas on Sunday October 22, 2023. In the presence of Grandmother, all family members and friends, the couple exchanged sacred vows, invoking the divine blessings from Allah s.w.t for a future brimming with love, unity, and shared aspirations."

Among important guest was Cousin of groom Senator Mujtaba A. Mohammed (Member of the North Carolina State Senate) attended the wedding with his parents, brother and sisters. Asia Times Publisher Azeem A. Quadeer and Mohammed Hameed, President HSNT also attended.



















ALLAS

PAGES

PAGE 11



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NASIM Foundation with AFMI organized 2050 Indian Education Muslim Vision



NASIM Foundation, in collaboration with AFMI, organized an Education Conference titled "2050 Indian Education: Muslim Vision -Adaptability, Accessibility and Affordability" in Dallas, USA. The purpose of the conference was to bring together intellectuals, academicians, entrepreneurs, business leaders, non-profit organizations on a common platform to form a vision for education of minorities in India over next 25-30 years. Conference was organized around three key pillars: Adaptability, Accessibility and Affordability. A host of panelists with experience in areas of education and non-profit space in India shared their insights and engaged with audience in Q&A. Keynote speakers highlighted the challenges facing the Indian youth and laid out their vision for education of Indian minorities. Some notable participants included Syed Mohammed Beary of Beary Group, Abdul Qadeer of Shaheen Institutions, Dr Muqtedar Khan of Univ of Delaware, Dr Ruha Shadab of LedBy Foundation among others. With this conference, NASIM Foundation was able to bring together non-profit organizations as well as business leaders and entrepreneurs together to collaborate towards a common goal of creating a world-class education infrastructure serving minorities in India. Several awards were distributed to individuals and organizations for their exemplary performance in pursuit of this goal. NASIM Foundation will continue to foster partnership with participating organizations, governing bodies, as well as foundations and endowments in support of furthering education infrastructure in India. The unique feature of this conference was, it brought all US based Indian Muslim centric (not for profit organi-

zations) on a common platform, IMRC, AFMI, SEED, NASIM, ESCO, IDEA, were in attendance

Ghazal singer Talat Aziz mesmerized the audience along with his truope.







PAGE 12

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PAGE 13

IFTEKHAR SHAREEF PAGE



Seen with Mohammed Azharuddin former India's cricket captain and MLA contesting candidate from Jubilee Hills, Hyderabad



Seen with Iftekhar shareef is is Hamid Sabri , Syed Noor , Khaleel bhai, Minhaj Akhtar , Majid builder and others



Seen with Iftekhar shareef is Famous hindi & telugu director Ram Gopal Verma and socialite Neelima Arya





Seen with Iftekhar shareef is Dr Shakeel Ahmed Khan MLA and congress legislative opposition leader Govt of Bihar at Shareef's residence in Shamshabad

CHICAGO

AGES

PAGE 14

CHICAGO EVENTS IN PICTURES

HOLIDAY









On behalf of Chicago Cosmopolitan seniors Club, Mohammed Hafeez organized event. Singers Bhavna Noto, Tariq Habeeb, Mazhar Khan with supporter Moneek Khan









CHICAGO PAGES

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PAGE 15

India vs Australia: A billion hearts break as India lose the ICC 2023 World Cup final



Millions of Indians are nursing broken hearts after the national cricket team lost to Australia in the World Cup final on Sunday.

Australia, who have now lifted the World Cup six times, won by six wickets with seven overs left to play.

The team beat South Africa in the semi-final while India beat New Zealand to make it to the final.

The match was played in the world's largest stadium in the western state of Gujarat.

Cricket is the most popular sport in India and more than 100,000 fans showed up at the Narendra Modi stadium in Ahmedabad city to cheer on the team.

The stadium looked like a sea of blue as spectators sported team jerseys in support of their favourite players.

Those who were unable to travel to Ahmedabad tuned in from their homes to watch the match, hoping that India would lift the Cup. India last won the World Cup in 2011.

But the hopes of millions of Indians were dashed after Australia defeated India and

thousands took to social media to express their disappointment over India's loss.

"Heartbreak continues for India," wrote one user on X (formerly Twitter), while another said "this hurts more than anything".

Many of India's top actors and sporting stars also took to X to congratulate the Indian cricket team for their stellar performance throughout the World Cup and to offer support after their loss.

"It's a sport and there are always a bad day or two. Unfortunately it happened today, but thank you Team India for making us so proud of our sporting legacy in cricket. You bring too much cheer to the whole of India," wrote Bollywood superstar Shah Rukh Khan who was among the spectators in the stadium.

Olympic medalist Abhinav Bindra congratulated the Australian cricket team over their win and expressed solidarity with team India.

"You may not have clinched the final, but your performance was every bit the epitome of champions. Every match, every run, every wicket was a testament to your skill, spirit, and sportsmanship," he wrote. Many fans also expressed hope about India winning the next World Cup.

"India's World Cup journey might have hit a speed bump, but remember, even the greatest stories have their unexpected chapters. This is just a plot twist, not the end," wrote one X user.

"This game was an example that hard work doesn't always pay, sometimes luck matters too. Better luck next time team India," wrote another.

On Sunday, Australia won the toss and put India in to bat. The Australian pacers were lethal, bowling India out for just 240 runs. It was the first time in the tournament that the Indian side lost all 10 wickets.

India put up a brave fight in their bowling attack, with Mohammed Shami and Jasprit Bumrah getting rid of three of Australia's top batters in the first seven overs.

But despite India's best efforts, Australia put up a stubborn batting partnership and managed to defeat India with six wickets to spare.

BBC News India is now on YouTube.

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PAGE 16

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2024 Men's T20 World Cup: New York, Dallas and **Florida confirmed as Hosts**



Namibia have booked their spot at the 2024 Men's T20 World Cup after guarantee-

ing a top-two finish in African qualifying with a game to spare.

The Eagles secured a 58-run over Tanzania in Windhoek and sit top of the table with five wins from five after previous victories against Zimbabwe, Uganda, Rwanda and Kenya.

Next year's 20-team tournament in the United States and the West Indies will be Namibia's third consecutive appearance at the T20 World Cup.

"We're very proud of the boys, of Pierre de Bruyn and his coaching team and also Gerhard Erasmus, the captain of the team," Rudie van Vuuren, president of Cricket Namibia, told BBC Sport Africa.

"The boys played professional cricket throughout, really a high standard of cricket.

"And you can see the fact that we have a professional set-up eventually makes the difference in this kind of tournament."

The side reached the Super 12 stage as first-time qualifiers in the UAE in 2021 but then suffered a first round group-stage exit in Australia last year.

Uganda, Kenya and Zimbabwe remain in contention to secure second spot in the table and join Namibia at the T20 World Cup next year,

with Uganda facing east African rivals Kenya on Wednesday.

Namibia, who will co-host the Cricket World Cup in 2027 alongside South Africa and Zimbabwe, finish their group campaign against Nigeria on Thursday.

"It is exciting times for Namibia," Van Vuuren added.

"We have a strong pipeline developing. We look forward to the T20 World Cup and then, building on that, the Under-19 World Cup in 2026 and obviously the 50-over World Cup in 2027."

New York, Dallas and Florida confirmed as 2024 host venues

Rahul Dravid stays on as head coach of India's cricket teams after signing new deal

MUMBAI, India (AP) — Rahul Dravid is staying on as head coach of India's men's cricket teams after signing a new contract..

His initial two-year deal ended after the recently completed Cricket World Cup, in which India lost the final to Australia.

India was runner-up to the Australians in the world test championship final this year and reached the semifinals of the T20 World Cup last year.

"Together, we have witnessed the highs

and lows, and throughout this journey, the support and camaraderie within the group have been phenomenal," said Dravid, an India batting great. "I am genuinely proud of the culture we have set in the dressing room.

"As we embrace new challenges post the World Cup," he added, "we remain committed to the pursuit of excellence."

The BCCI didn't disclose the length of Dravid's new deal.



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PAGE 17

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PAGE 18

India Made a Very Big Blunder While Allegedly Trying to Pull a Hit Job on U.S. Soil

Nitish Pahwa

Just two months after India brushed off the shocking accusation that it had orchestrated the assassination of a Sikh Canadian activist, the subcontinent now faces another, similar allegation—this time from its close ally, the United States, in the form of a formal indictment.

On Wednesday, the U.S. Department of Justice announced that it was charging an Indian citizen and alleged spy named Nikhil Gupta for attempting to murder a different Sikh activist in New York City, shortly after Canadian citizen Hardeep Singh Nijjar was killed in British Columbia by two anonymous gunmen. According to the U.S. District Court for the Southern District of New York, Gupta was hired by an unnamed Indian government employee who coordinated an effort from his country to kill "an attorney and political activist who is a U.S. citizen of Indian origin." Like Nijjar, this particular U.S. citizen was involved with the Khalistan movement, a decades-old separatist effort to carve out historically Sikh-populated lands in North India and establish an autonomous state.

The DOJ's filing does not name the U.S. citizen, but the Financial Times, citing anonymous sources, reported last week that the alleged target was the dual U.S.-Canada citizen Gurpatwant Singh Pannun, founder of and counsel to the pro-Khalistan Sikhs for Justice organization. The FT found that after U.S. officials thwarted the assassination attempt, they issued a "diplomatic warning" to the Indian government over its likely involvement, with President Joe Biden himself reportedly confronting Prime Minister Narendra Modi about the plot against Pannun (as well as the shooting of Nijjar) at the September G20 summit in New Delhi. The DOJ then prepared a sealed indictment that it initially planned to open after Canada finished its probe into Nijjar's murder, which had catalyzed a diplomatic spat between Canada and India. (Over the weekend, India's ambassador to Canada stated that relations between the two countries were finally on the mend.) It's likely that Wednesday's SDNY announcement was spurred by the FT report and its ensuing fallout, which saw India respond to the U.S. in a far less hostile manner than it had to Canada—in this case, mostly expressing "surprise and concern." The unsealing also represents the most direct statement the U.S. has made over the Indian government's alleged violence on both Canadian and American soil.

Even before Wednesday's indictment unveiled further details, the respective sagas in Canada and the U.S. bore some unnerving similarities. Nijjar was also affiliated with Pannun's Sikhs for Justice, which was established to hold 1980s-era Indian politicians responsible for the genocidal anti-Sikh pogroms of that decade—and was formally banned from India in 2019, after which SFJ began organizing a global Sikh referendum in favor of a Khalistan state. The two SFJ ringleaders were also formally labeled as "terrorists" by India in 2020, with the government requesting that Interpol issue a "red notice" for Pannun's arrest; the international policing body declined to do so. The U.S. also sent its initial warning to India over the Pannun situation shortly after Modi wrapped up his glamorous stateside visit in late June-barely a week after Nijjar was shot and killed in Canada. And both Canada and the U.S. kept quiet about the alleged crimes until news organizations confronted their respective governments (in Canada's case, the Globe and Mail newspaper). Even after Prime Minister Justin Trudeau declared to the Canadian Parliament that there were "credible allegations of a potential link between agents of the government of India" and the murder of Nijjar, the U.S. kept its own concerns muted until last week's FT article. Pannun himself spoke with Time magazine for an

interview published Monday, claiming he's never sought to replicate the violence that militant Khalistan advocates had carried out in the past (which culminated in the horrific 1985 bombing of an Air India flight from Montreal that killed 329 people) and that his home country was pursuing him and SFJ for "fighting India's violence with votes."

With the DOJ's opened indictment, which pinpoints the existence of a hired assassin, we've now learned even more chilling details regarding the attempt on Pannun's life—and its connections to what went down in Canada. Here's what the Biden administration has uncovered.

• Beginning in early May, an Indian government employee-self-described as a "senior field officer" involved with "security management" and "intelligence"-reached out to Nikhil Gupta with a quid pro quo. If Gupta could arrange a hit on Pannun in the United States, the government agent would help to dismiss a criminal case that had been lodged against Gupta in the Indian state of Gujarat. Gupta and the official met in person in the capital of New Delhi and traded various encrypted phone messages in English, with Gupta saving the official's name as a contact under an alias. On May 6, the official informed Gupta that they had targets in both New York and California, both of which Gupta pledged to "hit"; later, the official promised Gupta that he no longer had to worry about his Gujarat case.

• Near the end of May, "at [the official's] direction," Gupta contacted a potential accomplice who was actually "a confidential source working with U.S. law enforcement," reportedly for the Drug Enforcement Administration. When Gupta asked them who could arrange a Pannun murder-for-hire, this source presented an undercover law enforcement officer to



Gupta as a hit man; Gupta arranged for the Indian official to pay this "hit man" \$100,000 to take Pannun out, with \$15,000 paid upfront to the "hit man" in early June.

• Around that time, the Indian official provided Gupta with all the information he'd need to locate and snuff out Pannun, which Gupta passed on to the "hit man," who was also warned not to kill Pannun too close to Modi's state visit in the U.S.

• In mid-June, Gupta told both the source and the "hit man" that if Pannun's murder happened soon and swiftly, Gupta's associates would provide "additional victims to kill" at the rate of two to three hit jobs a month. Gupta also alluded to a "big target" in Canada, telling the source that "We are doing their New York [and] Canada [job]"—the latter of which, Gupta later confirmed, was referring to Hardeep Singh Nijjar.

• "Just hours after the Nijjar murder" on June 18, the Indian official "sent Gupta a video clip that showed Nijjar's bloody body slumped in his vehicle," which Gupta then forwarded to both the source and the "hit man." A day later, Gupta informed the latter that Nijjar was also ranked highly on his target list, which included "so many" people. Gupta also told the undercover officer not to hold back when going to kill Pannun: If there happened to be multiple people at the site, "put everyone down."

• One day after Nijjar's murder, per the Washington Post, a Sacramento-based Sikh named Bobby Singh received an FBI call warning of a threat to his life, making it likely that he was one of the "many" people included in Gupta's lists, and was perhaps even the aforementioned "California target."

• On June 20, the Indian official "sent Gupta a news article about [Pannun] and messaged Gupta, 'It's priority now.' " Gupta then told the source that "we have to finish four jobs" before June 29, including Pannun and three additional Canadian targets.

• On June 30, Gupta traveled to the Czech Republic and was detained there at the request of the U.S. government. Gupta remains there now, but will probably be extradited to the U.S. as the case proceeds.

This indictment is extremely, extremely concerning. It demonstrates that at least one Indian government official had no compunction about pursuing more Canadian Sikhs so soon after Nijjar's murder, that such conspirators actively attempted to avoid any associations with Modi by scheduling the plot around the time span of his U.S. visit, and that there are far more global Sikhs and Khalistan activists who are in danger, many of whom (like Nijjar and Pannun) have lived in North America for decades and have given their surveillance-happy Western governments no cause for concern. Indeed, the Khalistan movement has not engaged in any terrorism since the 1990s, and many of its most prominent adherents have not stepped foot in India for years. Yet, in tandem with its crackdowns on dissent and activism within subcontinental borders, officials within the Indian government are determined to wipe out Khalistan momentum at all costs-even if that involves assassinating foreign citizens in foreign lands. The increasing Hindu nationalist influence in American politics has already played out on a legislative and diplomatic level; now it's reached nothing less than bloody. The Washington Post reports that multiple high-level Biden administration officials have confronted their Indian counterparts about the attempted hit against Pannun since August. Yet one wonders what it will actually take for the U.S., which has embraced the Modi government closely, to realize its ally may not be working in America's best interest.

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PAGES

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PAGE 19

Americans Glimpse Jimmy Carter's Frailty and His Resolve

ATLANTA — His face was pale and gaunt, his legs were wrapped in a blanket, and his eyes never seemed to make contact with the family members huddled around him. But on Tuesday, Jimmy Carter was there, in the front row of a church in Atlanta, just a few feet from the coffin holding Rosalynn Carter, his wife of 77 years.

Carter, 99, was some 164 miles from his home in Plains, Georgia, where he had been in hospice care since February. He was brought into the church in a wheelchair, as the crowd of mourn-

ers at the memorial service looked on, many of them catching their first glimpse of him in nine months.

That he would make such a trek in his condition was, to some, shocking and, to his family, worrisome.

And yet, it was also very true to form: a display of the tenacity, bordering on stubbornness, that has been a defining characteristic of Carter, the longestliving president in U.S. history.

"Come hell or high water, Jimmy Carter was going to use his inner resources to be there," presidential historian Douglas Brinkley said, adding that the ity. "I had a No. 1 priority, and that was to come to Nashville to build houses," Carter said at a gathering of volunteers, according to People magazine.

"One of the things Jesus taught was: If you have any talents, try to utilize them for the benefit of others," Carter, then 95, told the magazine, which reported that he had 14 stitches on his head. "That's what Rosa and I have both tried to do." importance of his presence at the church, where he joined some of his successors and every living presidential spouse.

"He has been this moral rock for so many people, but she really was that rock for him," his grandson, Jason Carter, said. "He's glad he's not going to miss it, but we're all worried about him."

The Carters' daughter, Amy Carter, said at the service that her father was not able to speak to



Former President Jimmy Carter attends the memorial service for his wife, former first lady Rosalynn Carter, at Glenn Memorial Church in Atlanta, Nov. 28, 2023. (Erin Schaff/The New York Times)

former president "has the most intense willpower of any person I've ever known."

A strain of determination has always been core to Carter's identity, particularly when it came to Rosalynn, who rebuffed him when he first asked to marry her. But it has also evolved into a quiet intensity that has propelled him — and at times dismayed his family and aides — as he has repeatedly defied illness and infirmity.

"He is a man of enormous stamina and strength and will," author Kai Bird, a Carter biographer, said on CNN, as the memorial service concluded.

In 2019, after a fall left him with a black eye and stitches, he soon showed up to help build houses in Nashville, Tennessee, for Habitat for HumanNot long after that, he fractured his pelvis. He ignored pleas from his family and staff and showed up to teach Sunday school at Maranatha Baptist Church, carefully perching on a stool in front of the congregation to offer a simple sermon about being a kind and loving neighbor.

Afterward, he and his wife stayed in their seats, as dozens of visitors from around the world lined up for pictures with them.

Jimmy Carter has rarely been seen in public since he entered hospice care, and in May, the Carter Center announced that Rosalynn, a longtime advocate for greater access to mental health care, had dementia. She died on Nov. 19, at age 96.

Carter's family expressed concerns that attending Tuesday's service could be taxing for the former president. But they also recognized the the attendees. So she read a love letter he wrote to his wife while he served in the Navy more than seven decades ago.

"My darling, every time I have ever been away from you, I have been thrilled when I returned to discover just how wonderful you are," Carter wrote in the letter. "While I'm away, I try to convince myself that you really are not, could not be, as sweet and beautiful as I remember. But when I see you, I fall in love with you all over again."

"Does that seem strange to you?" he went on. "It doesn't to me. Goodbye, darling. Until tomorrow, Jimmy."

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PAGE 20

HISTORY BITES

Indian culture has evolved over the ages by India's ancient Rishi-s, who meditated on the banks of its holy rivers. The term 'Rishi' apples to a sage to whom the Gods revealed the Veda-s. The Veda-s are the very foundation of Indian civilization. The Vedas include the knowledge of the eternal truths about the Creator, His creation and means to preserve it.

The chief classes of Rishi- are Brahma-rishi (God Brahma's manas-putra or born from his mind during the creation of the universe); Devarishi (Narada), Rajarishi (kings who became Rishi-s through their acscetic knowledge and tapasya, like Janaka).

The 2 most popular Hindu sages are:

Valmiki

The famous poet-author of the epic Ramayana. One of his ashrama-s was at present-day Bithoor near Kanpur in Uttar Pradesh state, where Luva and Kusha were born to Seeta. We can trace many of his other ashrama-s across India.

Vyasa

Maharishi Veda Vyasa is the most important Rishi in the Hindu pantheon, as he organized the Veda-s and many Purana-s. He is also the author of the Hindu epic Mahabharata. His ashrama was at Kurukshetra in present-day Haryana state.

Some of the other great Rishi-s (sages) of India are:

Kashyapa

He was one of the ancient Sapta Rishi-s (meaning 'seven sages'). Kashyapa was the son of Brahmarishi Marichi. In this manvantara (era), Kashyapa was the father of the Deva-s, Asura-s and all humankind.

Vasishtha

Vasishtha possessed the divine cow known as Kamadhenu. Vashishtha was the Guru of many illustrious kings like Harishachandra, Samvarna and God Rama. There is a Vasishtha-kunda even today in Ayodhya.

Markandeya

Ancient Rishi Markandeya was a devotee of both God Vishnu and God Shiva. Markandeya is one of the chiranjeevi – the immortals in Hinduism. On the basis of various Hindu scriptures, Markandeya lived through more yuga-s (ages). He is the author of important Hindu scriptures like the 'Devi Saptashati' (700 shlokam) on the virtues of the Divine Goddess. His ashrama was at the Shakti-peetha near Nashik.

Kapila

Rishi Kapil was born to the illustrious sage Kardam and Devahuti. He gifted the world with the Saankhya school of thought at Siddhpur in Gujarat. His pioneering work spoke about the nature of the ultimate Soul (Purusha) and primal matter (Prakruti). Prakruti is the mother of cosmic creation and all energies.

Bharadwaja

Bharadwaja was a descendant of Rishi Angira. In the epic Ramayana, God Rama along with Sita and Lakshmana met Rishi Bharadwaja at his hermitage in the holy city of Prayagraj in present-day Uttar Pradesh. Acharya Bharadwaja authored the "Yantra Sarvasva" which includes astonishing and outstanding discoveries in aviation science, space science and flying machines. He has described 3 categories of flying machines: (1) One that flies on earth from one place to another. (2) One that travels from one planet to another. (3) And one that travels from one universe to another.

Sushruta

Born to Rishi Vishwamitra, Sushruta was a Shrutarishi i.e. author of shastra. He is the author of the book "Sushruta Samhita" in which he describes the foundation of Ayurveda. He is the father of surgery. Innumerable years ago, he described over 300 complicated surgical procedures like cesareans, cataract, artificial limbs, Rhinoplasty (restoration of a damaged nose), 12 types of fractures, 6 types of dislocations, urinary stones, even plastic surgery, and brain surgery. Sushruta lists 125 surgical instruments including scalpels, lancets, needles, and catheters. He has also described a number of stitching methods with the use of horse's hair as thread and fibres of bark.

Some of the other sages were:

Agastya (a legendary scholar). One of his ashrama was in Parnashala in Telangana.

Atri (a son of Brahma and a sapta Rishi). His ashrama was near Chitrakoot

Bhrigu (one of the sapta-rishi-s) and writer of the Bhrigu Samhita

Gautama whose ashrama was on the banks of River Godavari near Nashik and at Ahalya-sthana near Bhagalpur in Bihar state

Matanga whose ashrama was near Srisailam in Andhra Pradesh and Hampi in Karnataka Parashara was an author of many ancient Indian texts. He was the grandson of Vasishtha Pulatsya (one of the 10 Prajapati-s – sons of Brahma, and one of the sapta-rishi-s)

Brihaspati, the son of Angiras, and the Guru of the Deva-s

Shukra (son of Bhrigu), the Guru of the Asura-s There are several notable female Rishika-s who contributed to the composition of the Vedic scriptures. The Rig Veda mentions Romasha, Lopamudra, Apala, Kadru, Visvavara, Ghosha, Juhu, Vagambhrini, Paulomi, Yami, Indrani, Savitri, and Devajami. The Sama Veda adds Nodha, Akrishtabhasha, Sikatanivavari and Gaupayana.

Colonel James Todd (British East India Company) said of India:

"Where else can we look for sages like those whose systems of philosophy were prototypes to whose works Plato, Thales & Pythagorus were disciples? Where do I find astronomers whose knowledge of planetary systems yet excites wonder in Europe as well as the architects and sculptors whose works claim our admiration, and the musicians who could make the mind oscillate from joy to sorrow, from tears to smile with the change of modes and varied intonation?"Rishi-s from around Kaliyuga and thereafter

Jaimini

An ancient Rishi, a great philosopher of the Mimansa school. He was the disciple of Veda Vyasa. Jaimini is also called a Kaanda-rishi, related to karma-kaanda (rituals).

Yagnyavalkya

This legendary ancient sage was a pupil of Vaisham-

payana (the original teacher of the Krishna Yajur Veda). Yagnyavalkya was author of the great ashtanga Yoga classic "Yoga Yagnyavalkya", wherein he describes its 8 limbs viz.: Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharna and Samadhi (the ultimate bliss). Yoga is one of several unique contributions of India to the world. Yogic postures effectively enhance the efficiency of the respiratory, circulatory, nervous, digestive and endocrine systems and many other organs of the body. He prescribed the control of prana (life breath) as the means to control the body, mind and soul. This subsequently rewards one with good health and inner happiness.

Kanad

Founder of the Atomic Theory wherein he classified all the objects of creation into 9 elements namely: earth, water, light, fire, wind, space, time, mind and soul. Acharya Kanad was the first expounder of "Vaisheshika Darshana" – one of the 6 Hindu philosophies. He says, "Every object of creation is made of atoms which in turn connect with each other to form molecules." His statement ushered in the Atomic Theory for the first time ever in the world, thousands of years before the west. Kanad has also described the dimension and motion of atoms and their chemical reactions with each other. He is believed to have been born in Prabhas Kshetra near Dwaraka in Gujarat.

The eminent historian, T.N. Colebrook said: "Compared to the scientists of Europe, Kanad and other Indian scientists were the global masters of this field."

Panini

Panini is known for the formulation of the 3,959 rules of Sanskrit syntax and grammar known as Ashtadhyayi ("eight chapters"). It is the foundational text of the grammatical branch of the Vedanga-s, the auxiliary scholarly disciplines of Vedic religion.

Chanakya

Vishnu Gupta or Chanakya (named after his village Chanu) or Kautilya (his gotra) was a teacher to the first Maurya Emperor Chandragupta who ruled the complete Indian Subcontinent. Chanakya authored the ancient Indian political treatise called Arthasastra. Chanakya's thoughts on economics and political science is an important precursor to Classical Economics. Chanakya's works predate Machiavelli's by thousands of years. Chanakya was a teacher in Takshashila, an ancient centre of learning.

Charaka

Acharya Charaka has been crowned as the Father of Medicine. His renowned work, the "Charaka Samhita", is considered as an encyclopedia of Ayurveda. The genius revealed the facts on human anatomy, embryology, pharmacology, blood circulation and diseases like diabetes, tuberculosis, heart disease, etc. In the "Charaka Samhita" Charaka has described the medicinal qualities and functions of 100,000 herbal plants. He has emphasized the influence of diet and activity on mind and body. He has proved the correlation of spirituality and physical health contributed greatly to diagnostic and curative sciences. He has also prescribed an ethical charter for medical practitioners two centuries prior to the Hippocratic oath.



Close ties with Maldives, Centre to decide on recalling military staff: Navy Chief

India has close cooperation with Maldives and any decision to scale down Indian military personnel presence from the key island nation will be based on instructions from the Central Government, Navy Chief Admiral R Hari Kumar said on Friday.

Addressing the media ahead of Navy Day on December 4, the top naval officer said India has "a few assets" deployed in Maldives, adding that India has assisted the country in multiple ways over the last five years, including carrying out over 500 medical evacuations, and helping the country with surveillance to detect illegal activities in the maritime domain.

"As far as scaling down of personnel is concerned, it is a decision of the government. Whatever instructions are given to us, we will follow," he said, emphasising New Delhi's close ties with the country in spheres of training as well as Maldives' participation in important events organised recently by the Navy such as the Goa Maritime Conclave and the Indo-Pacific Regional Dialogue.

Admiral Kumar's comments come in the backdrop of Maldives formally requesting India to withdraw its military personnel from the country earlier this month. Maldives is among the key maritime neighbours of India in the Indian Ocean Region (IOR) and India has been seeking to expand ties with the island nation — including in areas of defence and security amid China's efforts to expand its influence in the region. In May, both countries had launched the construction of a harbour for the Coast Guard of the Maldives National Defence Force (MNDF).

Earlier this month, Maldives President Dr Mohamed Muizzu had formally sought withdrawal of Indian military personnel from Maldives during a meeting with Minister of Earth Sciences Kiren Rijiju.

Festive offer Speaking about increasing Chinese forays into the Indian Ocean Region, Admiral Kumar said China may have legitimate reason to be present in the IOR for economic activities.

"We keep an eye on what all is happening there. We try to maintain surveillance of the extra regional forces present in this region and would like to know what activities they are engaged in and their intentions," he said.

He said the Navy's ships, submarines, and aircraft have sustained a high operational tempo and have undertaken missions and tasks encompassing military, diplomatic, constabulary and benign roles, adding that naval units were on mission-based deployments across the IOR and beyond to protect and promote India's national interests.

He said there are disputes in the Indo-Pacific which have the possibility of turning into conflicts and there are challenges such as IUU fishing, drug trafficking, piracy, illegal migration and robbery and it is important that dialogues continue to maintain peace and tranquility in the Indo-Pacific.

Admiral Kumar also said India has a longstanding partnership with the US and both countries have participated in a range of exercises, including Malabar, which began in 1993 and over the years have turned into a complex multilateral exercise, and other defence agreements signed between the two countries.

He said the Indian Navy and the US Navy have reached a high level of interoperability in joint exercises involving ships, submarines, aircraft and aircraft carriers.

In the last year, both sides have signed an agreement to develop underwater domain awareness and there is also enhanced cooperation between the two sides on technology, Admiral Kumar said, highlighting Indian shipyards' growing capabilities in shipbuilding and repairs and India procuring MQ9B drones from the US.

PAGE 21

To a question on the status of the eight former Naval personnel in Qatar, Admiral Kumar said the government is making extensive efforts to repatriate them.

"We are working closely to ensure that their interests are looked after. The government of India is putting all-out efforts to ensure they are brought back," he said.

The former Navy personnel were given death sentence by Qatar's Court of First Instance on October 26, following which an appeal has already been filed against the death sentence, which has been admitted by a higher court in Qatar. The charges in the case have not been made public.

Admiral Kumar said the Navy has made a univocal commitment to be fully "atmanirbhar" by 2047 in capabilities, capacities and concepts, while stating that the Navy is committed to greater jointness between the defence forces.

He said as India's maritime interests and investments grow, it will mandate expansion in the Navy's responsibilities and operational footprint to protect these interests.

The Indian Express



PAGE 22

Mukesh Ambani

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

Early life

Mukesh Dhirubhai Ambani was born on 19 April 1957 to Dhirubhai Ambani and Kokilaben Ambani. He has a younger brother, Anil Ambani, and two sisters, Dipti Salgaoncar and Nina Kothari. The Ambani family lived in a modest two-bedroom apartment in Bhuleshwar, Mumbai until the 1970s.Dhirubhai later purchased a 14-floor apartment block called 'Sea Wind' in Colaba, where, until recently, Mukesh and Anil lived with their families on different floors.

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

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



textiles into polyester fibres and further into petrochemicals, beginning in 1981. Mukesh Ambani set up Reliance Infocomm Limited (now Reliance Communications Limited), which was focused on information and communications technology initiatives. Ambani directed and led the creation of the world's largest grassroots petrefinery atJam-

petrefinery atJamnagar, India, which had the capacity to produce 660,000 barrels per day (33 million tonnes per year) in 2010, integrated with petrochemicals, power

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

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

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



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

Board memberships

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

Corporation Limited Former vice-chairman, Reliance Petro-

leum

Chairman of the board, Reliance Petroleum

Chairman and Chairman of Audit Committee, Reliance Retail Limited. Chairman, Reliance Exploration and Production DMCC

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

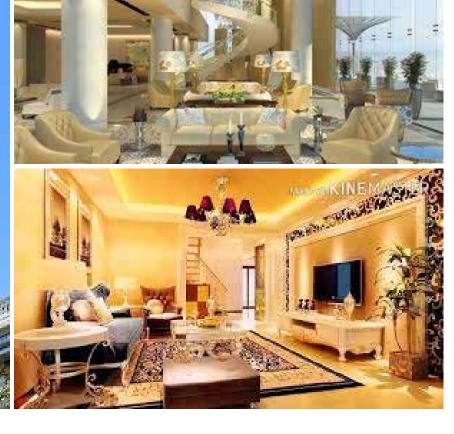
President, Pandit Deendayal Petroleum University, Gandhinagar, Gujarat Personal life

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

INTERNATIONAL PAGES

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PAGE 23

SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS

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

BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER ON THE ROAD & AVOIDING HAZARDS

BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

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

CALL A TIME-OUT

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

REMAIN ALERT

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

PAGE 24

IS YOUR AIRBAG DEFECTIVE?

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

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

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

Here's How:



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

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



Search it

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

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

Upload a photo or Enter a license plate or VIN manually

INTERNATIONAL PAGES

INTERNATIONAL PAGES



If you see text that reads recall incomplete...

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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





Important Recall Info That MAY Affect

Your Vehicle

NHTSA Recall ID Number : 23V744 Manufacturer : General Motors, LLC Subject : Blank Instrument Panel Display Make Model Model Years BUICK ENCORE GX 2024 BUICK ENVISTA 2024 CHEVROLET TRAX 2024 NHTSA Recall ID Number : 23V757 Manufacturer : Southeast Toyota Distributors, LLC Subject : Incorrect Load Carrying Capacity Label/FMVSS 110 Make Model Model Years TOYOTA TUNDRA 2022-2024 NHTSA Recall ID Number : 23V764 Manufacturer : Terberg Benschop B.V. Subject : Loose Steering Front Axle Make Model Model Years TERBERG BENSCHOP B.V. **TERMINAL TRACTOR 2022** NHTSA Recall ID Number : 23V765 Manufacturer : Newell Coach Corp. Subject : Incorrectly Installed Headlights Make Model Model Years P50 NEWELL 2024 NHTSA Recall ID Number : 23V768 Manufacturer : Lonestar Specialty Vehicles Subject : Failure to Detect High Voltage Battery Malfunction Make Model Model Years LONESTAR SV ELEC-2021-2023 TRIC S22 NHTSA Recall ID Number : 23V769 Manufacturer : Volvo Trucks North America Subject : Inadequate Attachment of Side Bench/ FMVSS 207, 210

Make Model Model Years VOLVO VHD 2018-2024 VOLVO VN 2018-2024 VOLVO VNR 2018-2024 NHTSA Recall ID Number : 23V771 Manufacturer : Jayco, Inc. Subject : Inoperative Instrument Panel/FMVSS 101 & 105 Make Model Model Years ENTEGRA EMBLEM 2023-2024 **ENTEGRA** VISION 2023-2024 **ENTEGRA** VISION XL 2023-2024 JAYCO ALANTE 2023-2024 JAYCO PRECEPT 2023-2024 JAYCO PRECEPT PRESTIGE 2023-2024 NHTSA Recall ID Number : 23V772 Manufacturer : Airstream, Inc. Incorrect Tire Subject : Information on Label/FMVSS 110 Make Model Model Years AIRSTREAM ATLAS 2019-2024 AIRSTREAM INTER-STATE 2019-2024 AIRSTREAM RANGELINE 2019-2024 NHTSA Recall ID Number : 23V773 Manufacturer : Forest River, Inc. Subject : **Reversed** Plug Blades on Electrical Outlet Make Model Model Years COACHMEN ADRENA-LINE 2024 COACHMEN APEX 2024 COACHMEN FREEDOM EXPRESS 2024 COACHMEN REMOTE 2024

COACHMEN SPIRIT 2024 FOREST RIVER WORK AND PLAY 2024 NHTSA Recall ID Number : 23V774 Manufacturer : Forest River, Inc. Subject : Incorrectly Wired Park Brake Signal Make Model Model Years FOREST RIVER FOR-ESTER 2022-2024 FOREST RIVER SUN-2022-2024 SEEKER NHTSA Recall ID Number : 23V777 Manufacturer : Blue Bird **Body Company** Subject : High Back Seat Restraining Barriers/FM-VSS 222 Make Model Model Years BLUE BIRD ALL AMERI-CAN 2022 NHTSA Recall ID Number : 23V778 Manufacturer : Blue Bird **Body Company** Subject : High Back Seat Restraining Barriers/FM-**VSS 222** Make Model Model Years BLUE BIRD ALL AMERI-CAN 2014-2024 NHTSA Recall ID Number : 23V779 Manufacturer : CFMOTO POWERSPORTS, INC. Subject : Delayed Braking Response from ABS Software Make Model Model Years CFMOTO 700 CL-X 2022-2023 NHTSA Recall ID Number : 23V782 Manufacturer : Honda (American Honda Motor Co.) Subject : Unsecured Seat Belt Pretensioners/FM-VSS 208-210 Make Model Model Years HONDA ACCORD 2023-2024

HONDA HR-V 2023-2024 NHTSA Recall ID Number : 23V789 Manufacturer : Jaguar Land Rover North America, LLC Subject : Improperly Reinstalled Brake Calipers May Detach Make Model Model Years LAND ROVER DEFENDER 2023 NHTSA Recall ID Number : 23V707 Manufacturer: BMW of North America, LLC Subject : Camshaft Timing Bolts May Loosen **Causing Stall** Make Model Model Years BMW 1 SERIES 2010-2012 BMW 3 SERIES 2010-2012 BMW 5 SERIES 2010-2011 BMW X3 2010-2011 BMW X5 2010-2011 BMW Z4 2010-2011 NHTSA Recall ID Number : 23V745 Manufacturer : Winnebago Towable Subject : Murphy Bed May Close Unintentionally Make Model Model Years WINNEBAGO MICRO MINNIE 2017-2018 NHTSA Recall ID Number : 23V748 Manufacturer : Alexis Fire Equipment Company Subject : Delay in Park Brake Engagement/FMVSS 121 Make Model Model Years ALEXIS FIRE EQUIPMENT FIRE APPARATUS 2021-2024 NHTSA Recall ID Number : 23V749 Manufacturer : PACCAR Incorporated Subject : Rear Lifting Bracket on Engine May Detach Make Model Model Years PETERBILT 520 2024 NHTSA Recall ID Number : 23V750 Manufacturer : Volkswagen Group of America, Inc. Subject : Sunshade Insufficiently Fire Retardant/ FMVSS 302 Make Model Model Years VOLKSWAGEN ID.4 2023-2024 NHTSA Recall ID Number : 23V751 Manufacturer : Honda (American Honda Motor Co.) Subject : Engine Damage from Connecting Rod Bearing Wear Make Model Model Years ACURA MDX 2016-2020 ACURA TLX 2015-2020 HONDA **ODYSSEY** 2018-2019 HONDA PILOT 2016, 2018-2019 HONDA RIDGELINE 2017, 2019 NHTSA Recall ID Number : 23V752 Manufacturer : Javco, Inc. Subject : Window Incorrectly Marked as Emergency Exit Make Model Model Years JAYCO WHITE HAWK 2023-2024 NHTSA Recall ID Number : 23V753 Manufacturer : Chrysler (FCA US, LLC) Subject : Battery Post May Short Circuit and Cause Make Model Model Years

Fire

2023

23V754

CHRYSLER

Manufacturer : Subaru of

PAGE 25

INTERNATIONAL

PACIFICA

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.

PAGE 26

WORDS SEARCH

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| С | Н | E | 0 | М | С | W | s | Х | G | Ν | R | K | K | W | N | D | Y | \mathbf{L} | Z |
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PAGE 27

Health & Wellness Stress symptoms: Effects on your body

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the culprit.

Common effects of stress

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can cont<u>ribute</u> to many health problems, such as high blood pressure, heart disease, obesity and diabetes. Common effects of stress on your body

| | Headache |
|----|------------------------|
| ne | Muscle tension or pain |
| | Chest pain |

Fatigue

Change in sex drive

| | Common effects of stress on your behavior |
|---|---|
| Sleep problems Common effects of stress on your mood | · Overeating or undereating |
| · Anxiety | · Angry outbursts |
| · Restlessness | · Drug or alcohol abuse |
| · Lack of motivation or focus | · Tobacco use |
| · Feeling overwhelmed | · Social withdrawal |
| · Irritability or anger | • Exercising less often |

Making Sense of Vitamins and Minerals Choosing the foods and nutrients you need to stay healthy

Vitamins and minerals are so important that health fails if you don't get a steady supply of them. Do you know what you can do to make sure your body gets enough of all the vitamins and minerals it needs? Or how these nutrients lower the risk of diseases, including stroke, diabetes, and cancers?

You can find out in Making Sense of Vitamins and Minerals, a Special Health Report from Harvard Medical School doctors. This instructive and empowering report will give you a practical under-

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

Do I have generalized anxiety disorder?

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

People with generalized anxiety disorder tend to worry about everyday matters.

standing of the roles these nutrients play in protecting health and preventing illness.

Does vitamin A lower the risk of developing cataracts? Does potassium help lower blood pressure? Can vitamin C prevent colds? The report will give you the facts and dispel the myths. (The answers, by the way, are yes, yes, and, unfortunately, no.)

Each of Harvard's 50+ Special Health Reports brings you information you can use to take charge of your health. Making Sense of Vitamins and Minerals is no exception. The report will show you how you can improve and strengthen your daily diet to include the complete spectrum of nutrients — and do it without the expense or risk of multivitamins or multimineral supplements.

That's right. A smart, healthy diet, with delicious and wholesome foods, is the best and safest way to fulfill your body's needs for vitamins and minerals. The report will show you which foods are the best sources of these nutrients. For example, did you know that potatoes have 50% more potassium per serving than bananas? Or that the best source for vitamin C is not citrus fruit but red sweet peppers?

The report will also introduce you to 50 superfoods that deliver the most nutrients per calorie. You'll be briefed on eight ways to squeeze the most nutritional benefit from the foods you prepare. And if you are worried that your diet isn't up to the challenge of delivering the vitamins and minerals you need, the report explores when and why some people need a daily supplement, and the best kind to take.

When to worry about worrying

They can't shake the feeling that something bad will happen and they will not be prepared. They may worry to excess about missing an appointment, losing a job, or having an accident. Some people even worry about worrying too much.

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

Taming anxiety

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

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

Symptoms of generalized anxiety disorder

Persistent, excessive worry about several different things for at least six months

Fatigue, difficulty sleeping, or restlessness

Trouble concentrating

Irritability

Muscle tension

Feeling tense or "on edge"

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

Learn how to protect your sight as you grow older!

Sight is a precious gift. But it can be snatched away by a variety of assaults. If you are age 50 or older, I hope you will order this report from Harvard Medical School.

The Aging Eye is written specifically for adults over 50. If you are one, your risk of developing one of four disorders that pose a threat to vision — cataract, glaucoma, age-related macular degeneration, and diabetic retinopathy — increases as you grow older.

Age is the main risk factor for these diseases. For example, half of all people between the ages of 65 and 74 have cataracts; after age 75, about 70% do. And glaucoma is most common in people over 60.

When it comes to your vision, as you grow older you've got to grow

wiser too.

That means knowing the steps you can take to prevent these vision problems. You also need to know the warning signs of vision problems, how they are diagnosed, and the best treatment options for them.

The Aging Eye will help you determine your risk of developing these disorders. It will describe their symptoms, update you on advances in diagnostic testing, and share news about advances in surgery and break-throughs in the development of disease-arresting medications.

You'll learn what a cataract is (it's not a film on the eye), why the "airpuff" test for glaucoma is sometimes wrong (and which test is much more accurate), how your diet and lifestyle can decrease your risk of macular degeneration, and much more.

Plus, the report will show you ways to relieve dry eye syndrome. You'll see how a procedure called conductive keratoplasty compares to LASIK to correct vision. You'll find out what causes "floaters" and "flashes." And you'll be alerted to those symptoms that signal a sight-imperiling emergency that demands immediate treatment.

Our eyes change as we get older. That's a truth we can do little about. It's the consequences we can change. Order your copy of The Aging Eye today!



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HYDERABAD PAGES



Inna lillaihi wa Inna illaihi Rajioun

It's really very sad news that a good friend and humble personality is no more in this world, sure we all have to go one day but it's too early for Mak Tariq to leave this world.

We could pray for his Maghfirat and place him in Jannat Ul Firdous Aameen. We will miss you Mak Bhai.

-Mahmood Bin Jaffer Misri





Mir Mohsin Ali, Journalist met the pride of Indian cricket team, fast bowler Mohammed Siraj. wish him the best of luck for his bright future.

Frequent thefts rock Yousufguda and Jawaharnagar residents

Hyderabad: People in Jawaharhagar and Yousufguda are spending sleepless nights as thieves have been striking too frequently, including during daytime. In the last one month, there were four burglaries in the two localities. The frequent thefts have spread fear in the area with the locals expressing deep concern.

One Ramu Yadav said "It's disheartening that we can't feel secure in our own home anymore. The thieves are making good with the loot even during the day. The other day a thief stole our cell phones and cash that we had kept on the shelf. The person seemed normal until he took away our belongings and fled."

Another resident Laxmi Bhairava said "We should be on our toes at any given time. We are mentally disturbed and fear keeping valuables at home. It is ironic that a few days after a thief is caught, another one burgles another house."

Meanwhile, Madhura Nagar inspector B. Srinivas told Deccan Chronicle that habitual offenders are

promptly sent to jail, while first-time offenders are counselled based on the nature and extent of the crime. Many of these offenders are young individuals with unhealthy habits like drinking and smoking. Additionally, they often lack financial resources, as their parents do not support them, leading them to vices.

"However, we are taking proactive measures to enhance security by increasing our patrolling. We appreciate the cooperation of the residents in reporting such incidents, which has helped us nail the culprits."

On a more personal level, he appealed to the people "As police alone cannot solve such issues, the continued support of the residents is essential. If you see something suspicious, don't hesitate to report it. Vigilance by locals is crucial in maintaining the safety of any community."

Kukatpally Joins Old City as Foodie Hang-out in Hyderabad

A nationwide survey by a global intra-city delivery service, has reported that Hyderabad's Hotel Shadab biryani was among the top 15 food joints recommended by delivery agents.

Over 2,000 delivery riders took part in the survey

carried out by Borzo, which asked them to recommend their favourite street food and joints within their delivery radius.



Kukatpally, Old City and Tolichowki made their mark as the city's top street food hubs. The Street Food Guide reported that the top foodie destinations favoured by gig delivery riders include cities like Mumbai, Delhi, Bengaluru, Pune, and Hyderabad. Biryani took the lead in the top 10 food items.



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Sikander Abdul Aziz Bawazeer (Hakeem Saab)



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PAGE 29

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List of Bollywood films of November 2023

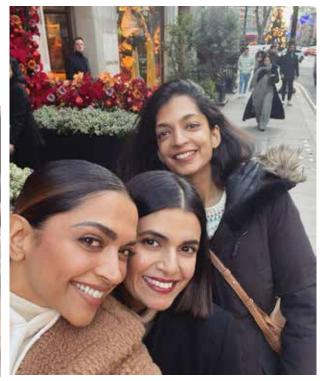
| Ор | ening | Title | Director | Cast |
|-------------|-------|------------------------------------|-------------------------------|---|
| | 1 | Animal | Sandeep Reddy Vanga | Ranbir Kapoor • Rashmika Mandanna • Anil Kapoor • Bobby Deol • Tripti Dimri |
| | | Sam Bahadur | Meghna Gulzar | Vicky Kaushal • Sanya Malhotra • Fatima Sana Shaikh |
| | 7 | The Archies | Zoya Akhtar | Mihir Ahuja • Suhana Khan • Khushi Kapoor • Agastya Nanda • Vedang Raina • Aditi Saigal • Yuvraj Menda |
| | | Joram | Devashish Makhija | Manoj Bajpayee · Mohammed Zeeshan Ayyub · Smita Tambe |
| D E C | 8 | Kadak Singh | Aniruddha Roy Chowdhury | Pankaj Tripathi • Parvathy Thiruvothu • Jaya Ahsan • Sanjana Sanghi • Dilip Shankar • Paresh Pahuja • Varun Buddhadev |
| Ū | 0 | Mast Mein Rehne Ka | Vijay Maurya | Jackie Shroff • Neena Gupta • Abhishek Chauhan • Monika Panwar • Rakhi Sawant • Faisal Malik |
| | Opera | Operation Valentine ^[a] | Shakti Pratap Singh Hada | Varun Tej • Manushi Chhillar |
| | 21 | Dunki | Rajkumar Hirani | Shah Rukh Khan • Taapsee Pannu • Vicky Kaushal • Boman Irani • Vikram Kochhar • Anil Grover |
| | 26 | Kho Gaye Hum Kahan | Arjun Varain Singh | Adarsh Gourav • Siddhant Chaturvedi • Ananya Panday • Rohan Gurbaxani |

Bollywood actor Deepika Padukone rang in the holiday season with an all girls trip to London. The actor was joined by her close friends Sneha Ramchander and Divya Narayan. Deepika took to her social media handle and dropped multiple pictures from her cosy vacation.

In the first picture, the trio squeezed in for an adorable selfie. In the second photo, the girls struck a beautiful pose in the backdrop of Christmas decorations. The actor just dropped an infinity emoticon as caption. Ranveer Singh took to the comment section and dropped heart emoticons.

Deepika's friend Sneha also shared pictures on social media and wrote, 'OGs.' She also gave a sneak peek of the restaurant they visited and Deepika was donning the perfect smile along with a white hoodie. On Deepika's birthday, Sneha had shared an unseen picture with the actor and had written, "Happy birthday doll face. Wish you continued success, happiness and peace of mind. Love you boatloads @deepi-kapadukone."





PAGE 30

INTERNATIONAL PAGES

INTERNATIONAL PAGES

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Janhvi Kapoors all-white Mumbai home



Janhvi Kapoor loves to spend time with her father Boney Kapoor and sister Khushi Kapoor and in a recent video, Janhvi gave a tour of her lavish house in Mumbai to her fans. The house has a huge outdoor space for parties and the interiors look rather impeccable in white. Janhvi recalled that for her, a house means the smell of mogras, AR Rahman's music and lots of laughter as those are her memories from the time when her mother Sridevi was still around. Sridevi passed away in 2018.

Janhvi recalled that their evenings would be spent with her father Boney Kapoor trying to impress Sridevi and her "trying to pretend and saying 'Oh, stop it." "A lot of our memories were centered around their romance in a way," she recalled. As Janhvi gave a tour of her house, the actor said, "For a long time after mom passed, we wouldn't sit together as a family because it would just remind us of this gaping vacuum." Janhvi shared that the family moved into this house after Sridevi passed away, and said that this house gave them a fresh start. "This house has given us a fresh start in a lot of ways and also mom has never been in this house but it feels like her energy is everywhere because I know she wanted this for us," she said. Boney Kapoor also appeared in the video and said, "I feel Sri is around here somewhere."



PAGE 31



PAGE 32

Shalini Pandey answers if she would have been a better fit



Actor Shalini Pandey comes from a non-filmy family in Jabalpur, Madhya Pradesh, but always harboured the dreams of being an actor. So, when the offer to enter films with Telugu film Arjun Reddy came her way, she was elated. While the 2017 Telugu film was a blockbuster, the Hindi remake in 2019 saw Kiara Advani essay the character of Preeti. Shalini says she looks at the remake as a completely different film.

Arjun Reddy and Kabir Singh are directed by Sandeep Vanga Reddy, the same director whose hyperviolent film Animal has just released in theatres. In an interview with indianexpress. com, Shalini shares her views on the chemistry Shahid Kapoor and Kiara shared in the remake of her original blockbuster.

When asked if she could have done a better job in the remake as well, since she was already familiar with the character of Preeti, Shalini says, "I don't know. I have never thought of it this way. I took that film as a completely different

biggest hit, grossing nearly Rs 600 crore worldwide.

film. Also, I believe that with two people there are different energies and vibes and also like chemistry, it is different with different people. I don't have an opinion if I should have been there, or if I would have portrayed it."

The young actor, further added, "I have done it and I did it a certain way and that was Preethi for me but what Kiara and Shahid in terms of Kabir Singh would bring to the table would be completely their own and it's refreshing, different. He (director Sandeep Reddy Vanga) is making the same film but it has two different people coming together and getting a whole new chemistry out there. So, I don't think I thought of it like that, I enjoyed their chemistry and stance on it."

"Honestly, I always wanted to become an actor. So for me, this industry, that industry didn't matter. I come from Jabalpur; it's a small town. I was never really allowed to watch a lot of films because my dad is from defence and there was

never a film-y culture in our household. As someone who wanted to become an actor I just needed a reason for something to happen. I was the most excited person to know that someone is interested and I would love to go for it. There was just excitement and curiosity," she says.

Shalini is currently shooting for a Netflix project and is tight-lipped about it. But she has alrea As for south industry, she says, "In South, I would love to get back to the industry because that's where I started from. Also, the first love you get from the audience is very special and they were the first people to accept me, me being a non-Telugu girl. It makes me feel that I have some responsibility, I have to owe it to them and they love me and I see they genuinly have a lot of love. I would be hearing certain scripts. I havent finalised anything yet." The Indian Express

Ranbir Kapoor is all set to deliver the biggest opener of his career with director Sandeep Reddy Vanga's Animal, which debuted in theatres on Friday to enthusiastic response from fans. The film is set to exceed all expectations on its first day of release, and according to industry tracker Sacnilk, it will deliver Rs 65 crore from India alone. Sacnilk is also predicting a global opening of more than Rs 100 crore, making it the third Bollywood film of the year to pass the coveted milestone on day one. Morning shows and afternoon shows on day one reported 46% and 54% occupancy. Animal delivered one of the biggest pre-sales in the history of Indian films. The action-thriller sold nearly 5 lakh tickets prior to release day, finishing at the fifth spot on the all-time list after Baahubali 2, Jawan, Pathaan, and KGF: Chapter 2. The movie is also delivering tremendous numbers in the Andhra Pradesh and Telangana regions, a sign of how strong Vanga's fanbase is. Ranbir's previous top opener was last year's Brahmastra, which earned Rs 36 crore in India on day one of release. His 2018 film Sanju collected Rs 34 crore on opening day, and went on to become his



INTERNATIONAL PAGES

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PAGE 33

Binaca Geetmala Annual List (1966)

| Thumb / Rank | Song Heading | Singer / Movie | Music By / Lyricist | Actor / Category |
|--------------|--|---------------------------------------|---------------------|---|
| 60 | Baharo Phool Barsaao, Mera | Mohammed Rafi | Shankar Jaikishan | Vyjayantimala, Rajendra Kumar |
| | Mahboob Aaya Hai | Suraj (1966) | Hasrat Jaipuri | Romantic Songs, Filmfare Awards Nominee, Filmfare Awards Winner |
| | Gaataa Rahe Meraa Dil, Tu Hi | Lata Mangeshkar, Kishore | Sachin Dev Burman | Dev Anand, Waheeda |
| 4.9 | Meri Manzii 👑 🗸 🗽 🌟 4.44 - 737 votes | Kumar | Shailendra | Rehman |
| 2 | Huzurevaalaa Jo Ho Ijaazat To | Guide (1965) Asha Bhosle, Minoo | O P Nayyar | Romantic Songs Madhumati, Biswajeet, |
| | Ham Ye Saare Jahaan Se Kah Den | Purushottam Yeh Raat Phir Na Ayegi | | Mumtaz, Helen Tareef Songs, Dance |
| 3 | 🎬 🗸 🦹 ★ 4.36 - 210 votes | (1966) | Aziz Kashmiri | Songs |
| | Jhumka Gira Re, Bareli Ke Bazaar Me | Asha Bhosle | Madan Mohan | Sadhana |
| 4 | 👑 🗸 🗽 ★ 4.41 - 439 votes | Mera Saaya (1966) | Raja Mehdi Ali Khan | Folk Songs, Dance Songs |
| 1 2 00 | Dil Jo Na Kah Saka, Vahi Raaz- E-Dil (Female) | Lata Mangeshkar | Roshan | Pradeep Kumar, Meena Kumari |
| 5 | 🏧 🗸 🦹 ★ 4.36 - 225 votes | Bheegee Raat (1965) | Majrooh Sultanpuri | Romantic Songs, Sensual Songs |
| | Jaapaan Love In Tokyo Le Gai Dil Gudiyaa Jaapaan Ki Yw | Mohammed Rafi | Shankar Jaikishan | Asha Parekh, Joy Mukherjee |
| 6 | 🏧 🗸 🦹 ★ 4.21 - 127 votes | Love In Tokyo (1966) | Hasrat Jaipuri | |
| Se | Sajan Re Jhoot Mat Bolo Khuda | Mukesh | Shankar Jaikishan | Waheeda Rehman, Raj Kapoor |
| 7 | Ke Paas Jana 🌃 ✔ 🗽 🌪 4.43 - 894 votes | Teesri Kasam (1966) | Shailendra | All Time Great, Philosophical Songs, Filmfare Awards Nominee |
| | Usko Nahin Dekha Hamne Kabhi Yeu | Manna Dey, Mahendra Kapoor | Roshan | Bina Roy, Kashi Nath, Dileep Raj |
| 8 | 🎆 🗸 🦹 ★ 4.35 - 932 votes | Daadi Maa (1966) | Majrooh Sultanpuri | Tareef Songs |
| 63 | | Lata Mangeshkar | Shankar Jaikishan | Sadhana, Rajendra Kumar |
| 9 | Aji Ruth Kar Ab Kaha Jaaiyega | Arzoo (1965) | Hasrat Jaipuri | Romantic Songs, Roothna Manaana |
| | Badatamiz Kaho Yaa Kaho | Mohammed Rafi | Shankar Jaikishan | Laxmi Chhaya, Shammi Kapoor, Sadhana |
| IMAGE | Jaanavar Meraa Dil Tere Dil Pe | | | |



PAGE 34

کل شام ہم نے کتاب خانہ کے حامل ہیں۔ وہ قدیم نسخوں کوجدید سے حاصل کیے گئے نسخ بھی جس میں اردو، فاری اور عربی زبانوں حضرت ہادی دکن ومرکز تحقیق دیکھنےاور طریقوں سے محفوظ کرنے میں بھی ماہر ہیں۔قابل ذکر ہے کہ ان کے پاس قیمتی کی کتابوں کا خزانہ موجود ہے۔ یہ دورہ ڈائرکٹر حضرت ڈاکٹر سید عبدالمہین ہیں۔ان کے پاس اپنے خاندان کے کتابیں رکھنے کے لیے جگہ کی کمی ہے۔ اور اور ملاقات ایک بہترین تجربہ تھا۔

میں سینئر شاعراطیب اعجاز کاشکر گزار ہوں کہ انہوں نے مجھے اس کتاب خاند سے متعارف کرایا۔ذیل میں لی گئی تصاویر میں سجادہ صاب ، جناب اطیب اعجاز، جناب ابرارعلی اور اور 🚺 نظام حیررآباد کے خاندان ے تعلق رکھنے والے شہزادی کے ساتھ تصویر موجود ہیں۔ منجانب: آركيظك عبدالرحمن سليم 444



البحيلاني قادري سجاد، سجاده نشين درگاه پتحر والے صاحب مستعد يوره حيررآ باد ملاقات جا شرف حاصل ہوا ۔ ان کی شخصیت کو علمی اور تحقیق پر مبنی اعلی معيار پر پايا جوجديد د نیاوی علوم اور

900 - 100 سال تک کے میں تمام میان - اس کتاب خانے کو تصوف كا بهترين امتزاج ركفتا ب-0000000 ہزاروں نیخ ہیں اور دیگر کتب خانوں 🔰 ایک مرتبہ دیکھنے کی خواہش کرتا ہوں آپ تين يي ايچ ڈي اور کئي ڈگريوں

انتقاليرملال ورمعظم کا

جمال الدين افغاني" 1956ء ميں انگريزى ميں بھى شائع خاص شاخت رکھتے تھے سيكدوشى وابستگیان' کے گزاری اورخودکوعلمی وادیی امور تک عنوان سے اردو اور محدود رکھا آپ کی نماز جنازہ بعد نماز انكريزي مين شائع عشاءم سجد بقيع بنجاره ملزرود نمبر باره ہونے والی ان کی میں ادا کی جائے گی اور پاس میں ہی کتاب کو خاص واقع متجد ہے متصل قبرستان میں مقبولیت حاصل ہوئی 🛛 تدفین عمل میں آئے گی بطور خراج ، اردو ادب، عقیدت ان کے دو شعر ملاحظہ آؤ دیکھیں اہل وفا کی ہوتی ہے تو قیر کہاں

س محفل کا نام ہے مقتل، کھنچتی ہے شمشیر کہاں

آئکھوں میں گھل نہ جائمیں کہیں ظلمتوں کے رنگ

جس سمت روشیٰ ہے ادھر دیکھتے رہو

اسلامیات اور مسلم فرمانیں۔ معاشرے پر ان کا مطالعه بےحدوث تھا شعر وشاعری کے میدان میں بھی وہ

علی گڑھ سے اس وقت شائع ہوئی ہوئی ہوئی 2019ء میں ''غالب کی فکری کے بعد انھوں نے گوشہ شینی کی زندگی

تھی، جب وہ وہاں پی ایچ ڈی کے

طالب علم تتھے بعد کو بیہ کتاب

استاد پروفیسر انور معظم آج سه پهر حیدرآباد میں انتقال کر گئے ان کی عمر 94 سال تقى ان كا اصل نام انور على خال تھااور وہ 1929ء میں بہارکے اورنگ آباد ضلع میں پیدا ہوئے تھے وه اُردو کی ممتاز افسانه نگار پدم شری جیلانی بانو کے شوہر تھے علی گڑ ھے سلم یونیورٹی اور جامعہ عثمانیہ حیدرآباد سے ان کاطالب علم اوراستاد دونوں کارشتہ تھا وہ عثانیہ یونیورٹل کے شعبہ مطالعات اسلامی کے سابق سربراہ تھے، ان کی اولین کتاب'' آثار

معروف شاعر، ادیب اور

PAGE 35

ڈاکٹرتو **فیق** انصاری احمد شکا گو،امریکہ

<mark>گل بوکی حکایہ ہے</mark> سدا بہار ُسبق آ موز مذہبیٰ ساجی واخلاقی بنیا دوں کا انمول ونا درخزانیہ

دانائے مشرق ، بلبل شیراز، حضرت شیخ کتابوں گلستاں اور بوستاں نے لازوال عالمی سعدت شیرازی طنیعایہ فارس زبان کے عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو شهرت یافته ادیب شاعر سیاح و دانشور بلندوبالا کرے اوج کمال پر پنجادیا۔ گلستاں گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو اور بوستاں کی بنیاد قرآن، حدیث، سال قبل سادات کے اک معزز گھرانے میں تربیت، اخلاقیات، تجربات، دور رہی اور ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی میں آبسا تھا۔خاندان میں دینداری کا بول بالا حکایات میں کچھالیا سبق پوشیدہ ہے کہ جس کو تھااس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی پڑھنے کے بعد آدمی اپنے علم وعمل سے سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے انسانیت کے اعلیٰ مقام پر پینچ سکتا ہے اس لئے جس کے ساتھ عبادت، شب بیداری اور ان کا مطالعہ بنی نوع انسال کے لئے نہایت تلاوت كلام پاك كا شوق پيدا موركيا- گياره فائده مندب-

حدیث اور صرف ونحو کی ابتدائی کتابیں پڑھیں توفیق انصاری احمد نے حضرت شیخ سعدی اورس بلوغ کو پینچنے سے پہلے ہی نہایت اعلی و شیراز کی کی سدا بہار فارس تصانیف گلستاں و ارفع اخلاق وکردار کے مالک بن گئے۔ان کی بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان سلیقہ مندی، زہد وتقوی، ذہانت و دانشمندی کا دونوں کتابوں کی منتخب حکایات کے نثری ہر طرف چرچا ہوجائے گا۔ نوعمری میں والدین و منظوم ترجمہ کا کام کٹی برس پہلے شروع کیا تھا کے ساتھ پہلا جج کیا اور اپنی زندگی میں چودہ مجس کی اشاعت و رسم اجرائی کا اہتمام زیر ج یا پیادہ کئے۔ بغداد کے مدرسہ نظامیہ میں ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تقريباً تيس سال تك مشهورزمانه علائ كرام تراجم دُنيا كى تقريباً تمام برمى زبانو سي سے تحصیل علم و فیض صحت حاصل کرکے ہو چکے ہیں کیکن صرف انگریزی وعربی میں نثر کا قرآن، حدیث ،تفسیر، منطق ،فلسفه، ریاضی اور ترجمه نیز اورنظم کا ترجمه نظم میں کیا گیاہے۔اُردو ديگر علوم پر عبور حاصل كيا_ساتھ ہى كئى اجنبى زبان ميں موثر اور مفيد ترجمہ كى ايسى كوئى مثال زبانوں میں بھی مہارت حاصل کر لی میں علم سنہیں ملتی ۔''گل بو'' (گلستاں سے گل اور ے فارغ ہوکر حضرت سعدی شیرازی نے بوستاں سے بُو) گلستاں اور بوستاں کی منتخب سیاحت پر کمر باندھ کی اور عمر کا بیشتر حصہ مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا ایشیاء، آفریقہ اور دُنیا کے دیگر ممالک کی سیرو زیر ترتیب اُردو زبان کا وہ سب سے پہلا ساحت میں بسر کیا۔کہا جاتا ہے کہ مشرقی شاہکارمشتر کہ ومنفرد گلدستہ ہے جس میں فاری سیاحوں میں ابن بطوطہ کے سواشخ سعدیؓ سے نثر کا ترجمہ اُردونٹر میں ٔ اور فاری نظم کا ترجمہ اُردو بڑ ھرکوئی اور سیاح نہیں۔ انہوں نے سیاحت نظم میں کیا گیا ہے۔ کل بو کی حکایت کے کے دوران بڑی صعوبتیں اٹھائیں اور بڑے عنوان سے ہم گلستاں و بوستاں کی حکایات کو تجربے حاصل کئے۔ایک اندازے کے عوامی استفادہ کی خاطر'' ایشیا ٹائمز کی الکٹر انک مطابق شيخ سعديٌ كي تصانيف تيس سے متجاويز اشاعتوں ميں ثواب جار بيد کي نيت سے سلسلہ اورایک سے بڑھ کرایک ہیں لیکن ان کی دو وارشائع کررہے ہیں۔(ادارہ)





حضرت شيخ سعدي شيرازي رجايتُمايه داكثرتو فيق آنصاري احمه 44 سشير کې طرح کھا وّاورکھلا وّ

أردوحكايت:

اک درویش نے جنگل میں کنگڑی لومڑی کودیکھا۔سوچا کہ بیہ کھاتی کہاں سے ہے؟ اتفاق سے اک شیر منہ میں شکار لئے وہاں آگیا۔شیر نے شکار کھا کر چھ حصہ وہاں چھوڑ دیا، جس سے لومڑی نے اپنا پیٹ بھرلیا۔ دوسرے دن بھی ایس اہی ہوا۔ درویش نے سوچا اگر خدالنگڑی لومڑی کوغذا دیتا ہے تو وہ مجھے بھی رزق دےگا۔ چنانچہ وہ گوشہ شین ہوکر مسجد کے اک حجرہ میں جابیٹھا کسی کوخبر نہ ہوئی۔ چاردن میں بھوک سے بُراحال ہوا۔محراب سے آواز آئی۔ ' کمبخت! جااور پھاڑنے والاشیر بن لِنگری لومڑی مت بن ۔'' فارسى شعر: بچنگ آرو، بادیگراں نوش کن نه بر فضلة ديگران گوش كن حاصل كلام: شکار مارکردوسروں کوکھلا۔ دوسروں کے بچے کچے پر کان مت دھر۔ منظوم ترجمه:

شکار کرکے کھلا، دوسروں کو تو لیکن بیج کیچ یہ نہ دھر کان، دوسروں کے کبھی

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PAGE 36

بالی ووڈ کی ملٹی میلنٹڈ اداکارہ کاجول نے

انكشاف كياب كهجب الخك والدكوشادي

کے بارے میں علم ہواتوان کی جانب سے

'میں بہت بُراپیش آ وَنَکَیٰ نور بخاری نے خبر دار کر دیا

التحکام پاکستان پارٹی (آئی یی یی) کے رہنما عون انسٹا گرام کار ج کرتے ہوئے اسٹوری ایڈیٹ کی چوہدری کی اہلیہ اور پاکستان شوبز انڈسٹری کی اور لکھا کہ میں امام حسین علیہ السلام کے بارے سابقداداکارہ نور بخاری مداحول پر برس پڑیں۔ میں بہت حساس ہوں، لہذا کچھ بھی کہنے سے پہلے

اسلام کی خاطر شوبزے کنارہ کثی اختیار کرنے والی سابقداداکارہ نور بخاری نے مذہبی موضوعات پر كفتكو متعلق لوكول كوخبر داركرديا يحرم الحرام كا آغارہوتے ہی اداکارہ نے اپنے سوشل اکاؤنٹ کو بھی محرم الحرام' کی مناسبت سے تبدیل كرديا، اداكاره اكثر اين انساكرام اكاؤنت پر نیاز کی تصویر اور ویڈیوزشیر کررہی ہیں۔ تاہم کچھ لوگوں کی جانب ت نور بخاری کے اس عمل پر انبي شديد تنقيد كانشانه بنايا جارباب الوكول كا كہناب كداداكارہ بدس محض ايك دكھاوے كيليّے کررہی ہیں۔ای اثنامیں نور بخاری نے غم وغصے کا اظہار کرتے ہوئے لوگوں کو مذہبی موضوعات پر غیر ضروری بات کرنے سے خبر دار کردیا، اداکارہ نے

1000 بارسوج لیں _ انہوں نے مزیدلکھا کہ میں فشم کھا کرکہتی ہوں کہ میں اس معاملے پر بہت برا پیش آؤنگی۔ یادر بر کداداکارہ نور بخاری نے پہلی شادی 2008 میں وکرم نامی برنس مین سے کی جو 2 سال میں طلاق پرختم ہوگئی بعدازاں نور بخاری نے 2010 میں فاروق مینگل سے شادی کی تھی جو ایک سال ہے بھی کم عرصہ رہی۔ نور نے 2012 میں عون چوہدری سے شادی کی تھی اوران سے ان کی ایک بیٹی بھی ہے لیکن پیشادی بھی صرف چند ماہ تک ہی رہی 2015 میں اداکارہ نے گلوکار ولی حامدے چوتھی شادی کی تھی جو کہ 2017 میں ختم ہوگٹی تھی۔2020 میں ہی نور بخاری کی عون يويدرى ب دوباره شادى كى خرسا من آئى تھى -000

احسن خان نے بیمار مداح کی خواہش پوری کردی

پاکستان شوبز انڈسٹری کے معروف اداکار و نف اور بیار مداج کی عادت کے لئے اسپتال میزبان احسن خان نے اپنے نتھے بیار مدان کی میں دیکھا جاسکتا ہے۔احسن خان نے بیار

مداح کی خواہش یوری کرتے ہوئے اس سے ملاقات کے لخ ايپتال بني كخ، اداكار كے اس اقدام کو سوشل میڈیا

> مخضر ویڈیو کلی وائرل ہو رہا ہے۔ مذکورہ صارفین کی جانب سے خوب سراہاجارہا ہے۔ وائرل ويديوكل يين اداكاراحسن خان كوايك ***

ہوگیاتھا کہ دہ انکی زندگی پرمثبت انژ ڈالیس گے۔اداکارہ نے پیچی دعویٰ کیا کہ شادی شدہ اداکاراؤں کوسنگل اداکاروں کے مقابلي ميس كم ابم سمجها جاتات جبكه شرميلا فيكور، سائره بإنو اور ہيما مالني جيسي مشہور اداکاراؤں نے شادی کے بعدا پنی سب سے بڑی ہٹ فلمیں دی ہیں۔ 444

کاو پرایک پہاڑ کے گرنے جیسامحسوں

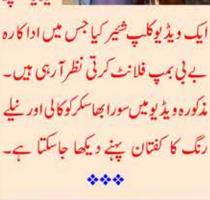
ہور ہاتھا۔اداکارہ کے مطابق جب وہ پہلی

باراج دیوگن سے ملی تھیں توانہیں اندازہ

اداکارہ سوار ابھا سکر خوشی سے نھال، وجہ کیا؛

بالی وڈ کی معروف اداکارہ سوارا بھاسکر جلد اداکارہ کی جانب سے پر یکننسی فوٹو شوٹ اپنے مداحوں کوخوشخبری سنانے والی ہیں۔ کی خوبصورت تصاویر کوبھی انسٹا گرام روال سال مارچ میں ساجی وادی پارٹی اکاؤنٹ کی زینت بنایا گیا تھا۔

> ہونے والی اداکارہ کی جانب سے شادی کے تین ماہ بعد ہی سوشل میڈیا پر اپنے حمل کا اعلان کردیا گیا تھا۔سوارا بھاسکر اپنی نت نٹی تصاویر اور ویڈیوز کے ذریعے مداحول سے جڑ کی رہتی ہیں، جون میں



ا حال بی

کے بھاسکرنے

سوثل

مين سوارا

خواہش یوری کرکے

سوشل میڈیا صارفین

کے دل جیت لیے۔

فوثوايند ويذيوشيئرنك

پليث فارم انشاكرام

كفخلف يتجزيرايك

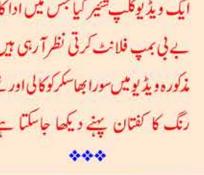


کاجول کااپنی شادی سے متعلق اہم انکشاف

ناراضگی ظاہر کی گئی تھی۔ برطانوی ٹیلی ويژن كوانترويوديت ،وئ ميكاسار کہا کہ جب ان کے والد کو اب دیوگن کے ساتھ ان کی شادی کاعلم ہوا تو وہ خاصا ناراض ہوئے تھے کیونکہ ان کے مطابق وہ شادی کے لیے بہت کم عمر ہیں۔ کاجول نے مزید بتایا کہ بورا ہفتہ ان کے والد نے ان سے بات نہیں کی تھی اوروہ ہفتہ ان







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PAGE 37

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Taawuz ٱعُوْذُبِاللهِ مِنَ الشَّيْطان الرَّجيْمِ ترجمہ: اللہ کی حفاظت مانگتا ہوں شیطان مردود سے۔

Tarjuma: Allah ki hifazat Maangta hoon shaitaan-e-mardood se.

Tasmiya _____

بِسْمِداللهِ الرَّحْن الرَّحِيْمِ ترجمه: اللد) نام - شروع كرتا مول جونهايت مجربان اور حم كرف والا --

Tarjuma: Allah ke naam se shuru karta hoon jo nihaayat meharbaan aur reham karne wala hai.

توجيے Taujeeh

اِنِّیْ وَجَّھِتٌ وَجُھِی لِلَّانِ ٹی فَطَرَ السَّلوٰتِ وَ الْاَرْضَ حَنِيْفًا وَّمَا اَنَامِنَ الْمُشْمِرِ كِيْنَ ترجمہ: میں اپنے آپ کو(اللہ) کی طرف متوجہ کیا جس نے آسان اورزمین بنائی اور میں پکامسلمان ہوں اور میں شرک کرنے والوں میں سے نہیں ہوں۔

Tarjuma: Mai apne aapko (Allah) ke taraf mutawajjo kiya. Jisne Aasmaan aur Zameen banaye aur main pakka musalmaan hoon aur main shirk karnay waloon me se nahi hoon.

انؓ صَلَاتِي وَنُسَكِي وَتَحْيَاى وَحَمَاتِي لِلْورَبِّ الْعُلَمِينَ ﴾ لَا شَرِيْكَ لَهُ ، وَبِنْ لِكَ أُمِرُتُ وَانَا أَوَّلُ الْمُسْلِمِينَ ﴾ ترجہ: بِشَ میری نماز اور میری قربانی اور میری زندگی اور میری موت سب اللہ ہی کے لئے ہیں جورب العالمین ہے۔ اللہ کا کوئی شریک نہیں اور مجھاتی بات کا تکم دیا گیا ہے اور میں پہلافر مانبر دارہوں۔

Tarjuma: Beshak meri namaaz aur meri qurbaani aur meri zindagi aur meri mout sab Allah hi ke liye hai. Jo rabbul Aalameen hai. Allah ka koi shareek nahi aur mujhe Isi Baat ka hukum diya gaya hai aur main pehla farmanbardaar hoon.

| تلبیر تحریمہ Takbir Tahrima | |
|-----------------------------|--|
| اَللْهُ آ كَبَرْ | |
| ترجمہ: اللہ سب سے بڑا ہے | |
| | |

Tarjuma: Allah sab se Bada hai.

ثناء Sana

سُبْحَانَكَ اللَّهُوَّدوَ بِحَمْدِ كَوَتَبَادَكَ السُّمُكَ وَتَعَالَى جَرُّكَ وَلَا الْهَ غَيْرُكَ. ترجمہ: اے اللہ میں تیری پاکی بیان کرتا ہوں اور تیری تعریف بیان کرتا ہوں اور تیر امرتبہ بہت بلند ہے اور تیرے سواکوئی عبادت کے لائق نہیں۔

Tarjuma: Aye Allah main teri paaki bayaan karta hoon. aur teri tareef bayaan karta hoon. aur tera martaba Bahut buland hai aur tere siwa koi ibaadat ke laayaq nahi.

Ruku Ki Tasbeeh

رکوع کی شیچ

سُبْحَانَرَبِّىَ الْعَظِيْمِر ترجمہ: میرارب یاک ہے جو ہزرگ اورعظمت والا ہے

Tarjuma: Mera rab paak hai jo buzurg aur azmat wala hai.

 $\diamond \diamond \diamond$

PAGE 38

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ادرک ایک پودے کی جڑ ہے ۔ زمانئه قديم سے کھانا يکانے اورادويات ميں ادرک کا استعال چلا آرہا ہے۔ یہ کھانوں کا ذائقہ بر الماتى ب - بي مختلف امراض مثلاً بيد كا درد، وزن کم کرنے عمل انہضام میں مدد،فلو، عام نزلہ، کینسر، د ماغی امراض ، بلڈ پریشر، سوزش ، فیٹی جگر کی بیاری، انسداد متلی وغیرہ کا ایک بہت مقبول اور گھریلوعلاج بھی ہے۔غرض میہ کہادرک کے ہیش بہا فوائد بیں ۔صدیوں سے چینی اور ہندوستانی اطباء، اسے بطور علاج اور ادویات استعال کرتے رہے ہیں ۔ادرک کے مختلف زبانوان میں مختلف نام ہیں۔ یہاں ہم صرف چندایک کابی ذکر کریں گے۔ادرک کو عربی میں ز نجبیل رطب، انگریزی میں جنجر (Ginger) بنگالی میں سونٹھ ، اور لاطینی زبان میں زنجیبر (Zingiber) کہتے ہیں ۔ادرک کے پود کی لمبائی یا اونچائی ایک سے ڈھائی فٹ تک ہوتی ہے ۔اس میں پھول بھی پیدا ہوتے ہیں اور پتے بھی ، ليكن اس كا قابل استعال حصداس كى جر ب-تازه ادرک کا رنگ پیلا زردی مائل اور خشک ادرک کارنگ سفیدی مائل ہوتا ہے۔ تازہ ادرک کو

> سکھا کر ہی سونٹھ بنائی جاتی ہے۔ غذائی اجذاء:

کیلیم میکنیشم فاسفورس، آئرن، کیرولین ، تقایا مین ، وٹامن ، پرولین ، کار بوبائیرریش ، اینی آسیدینش اور چکنانی وغیرہ اس کے غذائی اجذاء ہیں ۔ ادرک کے بیش بہا فوائد کی وجہ سے اس کا استعال قدیم زمانے سے اطباء اپنی ادویات میں کرتے رہے ہیں ۔ اس کے چند فوائد مندرجہ ذیل ہیں۔ نظام انہضام:

یہ باضح کو درست رکھ کر کھانا جلد ہضم ہونے میں مدد دیتی ہے ، اور نظام انہضام کو مضبوط بھی کرتی ہے ۔جسم میں رکے ہوئے مصر فضلات یا مائعات کو پینے کے ذریعے خارج کر کے جسما نی تندر تگلی کو برقرار رکھنے میں مدد کرتی ہے۔

بدہ بیشی کی شکایت کو بھی دور کرتی ہے۔ اس کے علاوہ سے پیٹ میں درد، معدے میں بھاری پن محسوس ہونا یا پیٹ بہت زیادہ بھر ا ہوا محسوس ہونا، ڈکاریں آنا ، متلی اور اچھارہ کی تکالیف کو بھی دور کرتی ہے۔ادرک میں موجود انزائمز باضح کے عمل کے دوران غذائی کیمکل ہے آنتوں کی نالی میں بنے والی گیسوں کوتو ڈکرجم سے خارج کرنے میں مدد کرتے ہیں ۔ چونکہ سے باضح کی قوت میں اضافہ کرتی ہے اس لئے پیٹ کے اکثر امراض

میں مبتلاءافراد کے لئے تجمی ادرک کا استعال

ادرک متلی یاالٹی کورو کنے میں مؤثر ہےاوران

کا علاج ہے۔ ادرک میں موجود انزائمز صحت

بخش خصوصیات کے حامل ہوتے ہیں ۔ معدے

ادرک وزن کم کرنے میں بھی معاون ہے۔

ایک تحقیق جائزے کے مطابق ادرک کی اضافی

خوراک کے استعال سے وزن یا موٹایے والے

لوگوں میں جسمانی وزن میں نمایاں طور پر کمی

ادرک انسدادسوزش خصوصیات کی حامل ہوتی

باس لئے بیدادسٹیوارتھرائٹس کی وجہ ہے ہونے

والی سوزش کے علاج کے لیے یعنی جوڑوں کی

اکڑن یا درد میں بھی ادرک بہت مفید ثابت ہوئی

کالسرمیں بھی سودمند ثابت ہوتے ہیں۔

وزن میں کمی کے لئے مفید:

واقع ہوئی ہے۔

اوستيوآ رتھرائش كے لئے مفيد:

مؤثر علاج-

متلى ميں مؤثر:

کو کم کرنے میں مدد کر سکتی ہے، خاص طور پر گھنے کی اوسٹیوار تھر انٹس کے مرض میں یہ انتہائی مفید ثابت ہوئی ہے۔ ق**یا بطیس میں مفید:** تحقیق کے مطابق ادرک اینٹی ذیا بطیس نصوصیات بھی رکھتی ہے۔ اس لئے یہ ذیا بطیس کے مرض کو بھی کنٹر ول کرتی ہے۔ ادرک اپنے قیتی اینٹی آکسیڈینٹس اجذاء کی

ب-ادرك اوستيوارتفرائش ياكهيا كى علامات



وجہ سے بلڈشگر کی سطح میں کمی کر سکتی ہے اور دل کی بیاری کے خطر سے کو بھی کم کرنے میں معاون ثابت ہوتی ہے۔ خراب کولیے شرول کی سطح میں کی:

ادر کہ جسم میں سے خراب کولیسٹرول (ایل ڈی ایل LDL) کی سطح میں کی کرنے میں معاون ثابت ہوتی ہے۔ جو دل کے عوارض کا سبب بنتا ہے۔ اس کے علاوہ ادر کہ جسم میں ایتھے کولیسٹرول (اینچ ڈی ایل HDL) میں اضافہ کرتی ہے۔ جو جسمانی صحت کے لئے انتہائی ضروری ہے۔

كينر يخطر يحوكم كرفيل معاون: ادرك اينى آسيد نش كا ببترين ذرايعه ب، اوراس ميں شامل اينى آسيد ينش اجذاءا ينى سوزش ہوتے ہيں يحقيق سے سيجى ثابت ب كدال وجہ سے ادرك مختلف قسم كے آسيد يليو تناوكوكم كر علق جراس لئے يہ مختلف اقسام ك كينر جيسے كيسٹرك كينر، معدے ، ليلي، آنتول اور جگر وغيرہ كينر كينر خطر كوكم

کرنے میں معاون ثابت ہو کتی ہے۔لیکن ابھی اس پر ابھی مذیر تحقیق کی ضرورت ہے۔ افکیش میں مفید: ادرک بیش بہا قیمتی اجذاء پر مشتل ہوتی ہے۔اس لیے اس میں بیکٹیر میل اور فنگل انفیشن ہے۔اس لیے اس میں بیکٹیر میل اور فنگل انفیشن ہے۔اور فنگس اور بیکٹر میل انفیکشن سے لڑنے میں مدد کر کتی ہے۔ گلے کی خراش کے علاج میں بھی مفید ہے۔

اعصابی افعال کی حقاظت: ادرک دماغ کی صحت کے لئے بھی مفید ہے اور دماغ کے افعال کو بہتر بنانے میں مدرکرتی ہے ہر بڑھتی عمر میں ہونے والے دماغی عوارض کے علان میں مؤثر ثابت ہوئی ہے کیوں کہ یہ ایس اجذاء پر مشتل ہوتی ہے جوجہم اور دماغ کی صحت کے لئے انتہائی سود مند ثابت ہوتے ہیں۔ اس لئے یہ ذہنی دبا ڈاور دماغی امراض میں بھی مفید ہے۔ ادرک کی دلفر یہ خوشہو ہی دماغ کو سکون اور راحت پہنچاتی ہے۔ ادرک ہائی بلڈ پر یشر کو کم کرنے میں مدد کر سکتی ہے، جودل کی یکاری اور فائح کا خطرہ بتا ہے۔ مضبوط مدافعتی نظام: زکام یا فلو صحت یا۔ ہونے میں ادرک کا دکھرہ بتا ہے۔

ز کام یا فلو ے صحت یاب ہونے میں ادرک کا استعال بھی مفید ہے ۔ اور بی فلو اور سردی میں ، قدرتی دوا کے طور پر اس کا استعال کیا جاتا ہے یہ نظام شنس کے لئے بھی مفید ہے اور بیدا فعاتی نظام کے لئے بھی مؤثر ہے ۔ تاہم اس پر بھی ابھی تحقیق کی ضرورت ہے ۔ کھانی میں بھی مفید علان ثابت ہوئی ہے ۔ تازہ ادرک یعنی قدرتی ادرک کا شتعال اعتدال اور معمول کے مطابق انتہائی مفید ہواں کے مطرف کی استعال سے اس کے مطر ارت ہو سکتے ہیں ۔ ان سے صحت سے متعلق کی قسم کی بیچید گیاں بھی پیدا ہو کتی ہیں۔ JRDU PAGES

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PAGE 39

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| ولی الدین وقت کی آواز (وَنِایْس سلمانوں کی حالت پر) | | and the second s | داکٹراختر شار غزل |
|---|--|--|--|
| مسلمانوں پہ ہوتے ظلم دیکھ کر رو لیتا ہوں | قربتیں ہوتے ہوئے بھی فاصلوں میں قید ہیں | غم کا گماں یقین طرب سے بدل گیا احساس عشق حسن کے سانچ میں ڈھل گیا | اس کے نزد یک غم ترک وفا کچھ بھی نہیں مطمئن ایسا ہے وہ جیسے ہوا کچھ بھی نہیں |
| آنسوؤں سے پھر اپنے زخم دھو لیتا ہوں وہ متفکر وہ علائے دین کہاں ہیں | کنٹنی آ زادگ سے ہم اپنی حدول میں قید ہیں کون تی آنگھوں میں میرے خواب روثن ہیں ابھی | ساتھان کے لےرہاہوں میں گل گشت کے مزے | اب تو ہاتھوں سے لکیریں بھی مٹی جاتی ہیں |
| وہ رہنما وہ کعبہ کے پاساں کہاں ہیں | کس کی نیندیں ہیں جومیرے رتجگوں میں قید ہیں | یہ خواب ہی شہی مراجی تو نہل گیا مجبور عشق خپتم فسوں ساز سے ہوں میں | اب و با حول سے میریں ک ک حکوم ایں اس کو کھو کر تو مرے پاس رہا کچھ بھی نہیں |
| کسی میں جراًت نہیں ٹکرائے ان یزیدوں سے اس کرۂ ارض کے کڑ دڑ وں مسلماں کہاں ہیں | شہر آبادی سے خالی ہو گئے خوشبو سے پھول سیتہ | جبور من پر مسطوں شار سے ہوں یں جادو مجھی پہ دوست کا چلنا تھا چل گیا | چار دن رہ گئے میلے میں مگر اب کے بھی |
| ہم آج کس امتحال سے گزر رہے ہیں | ادر کنتی خواہشیں ہیں جو دلوں میں قید ہیں ایر ملہ بنت کی نجر یہ مد یا ملہ خد ک | میں انتظار عید میں تھا عید آ گئی | اس نے آنے کے لیے خط میں لکھا کچھ بھی نہیں |
| مسلمان ہو کر بھی دنیا سے ڈر رہے ہیں اب بھی وقت ہے اپنے بھائیوں کا ساتھ دوتم | پاؤں میں رشتوں کی زنجریں ہیں دل میں خوف کی ایسا لگتا ہے کہ ہم اپنے گھروں میں قید ہیں | ارمان دید دامن عشرت میں بل گیا ہے برق جلوہ یاد مگر یہ نہیں ہے یاد | کل بچھڑنا ہےتو پھر عہد وفا سوچ کے باندھ |
| آ گے بڑھو اور شیطانی طاقتوں کو مات دوتم | یہ زمیں یوں ہی سکڑتی جائے گی اور ایک دن | خرمن مرے غرور کا کس وقت جل گیا | ابھی آغاز محبت ہے گیا کچھ بھی نہیں |
| مسلمانوں پہ ہوتے ظلم دیکھ کر رو لیتا ہوں آنسوؤں سے پھر اپنے زخم دھو لیتا ہوں | پھیل جائیں گے جوطوفاں ساحلوں میں قید ہیں ت | پیان عشق و حسن کی تجدید کے سوا جو بھی خیال ذہن میں آیا نکل گیا | میں تو اس واسطے چپ ہوں کہ تماشا نہ بنے تہ سر م م |
| اتفاق ی طاقت ایک دن رُنگ لائے گی | اس جزیرے پر ازل سے خاک اڑتی ہے ہوا منزلوں کے بھیر پھر بھی راستوں میں قید ہیں | بڑھتے چلے ہیں آئے دن اسباب اضطراب | تو سمجھتا ہے مجھے تجھ سے گلا کچھ بھی نہیں |
| پھر کہو سے کھی ہوئی تحریر افق پرا بھر آئے گی مسلمان تاریخ کے اوراق پلٹ کر دیکھو | مزنوں نے جیر پر بی راستوں یں قیر بی کون بیر پاتال سے ابھرا کنارے پر سلیم | یادش بخیر آج کا وعدہ بھی ٹل گیا منظور کس زباں سے بتوں کو برا کہیں | اے شار آنگھیں اس طرح بچھائے رکھنا جانے کس وقت وہ آ جائے پتا کچھ بھی نہیں |
| مسلمان تارک نے اوراں پیٹ کر دیکھو پھر سے بید دُنیا کو اپنی مٹھی میں سمٹ کردیکھو | سر پھری موجیں ابھی تک دائروں میں قید ہیں | لطور ک رہاں سے بنوں تو برا بیں ایماں ہمارا کفر کے دامن میں پل گیا | ب ل د <i>ت دو ب</i> ب چ پ پ چ ک دن. *** |
| *** | *** | *** | |
| عبيدالله عليم غزل | احسان دانش غزل | مباس تابش غزل | اسحاق ملک غزل |
| عزیز اتنا ہی رکھو کہ جی سنبھل جائے | یہ تو نہیں کہ تم سے محبت نہیں مجھے | | |
| عزیز اتنا ہی رکھو کہ جی سنتجل جائے اب اس قدر بھی نہ چاہو کہ دم نکل جائے | بیہ تو نہیں کہ تم سے محبت نہیں مجھے اتنا ضرور ہے کہ شکایت نہیں مجھے | وشت میں پیاس بجھاتے ہوئے مرجاتے ہیں ہم پرند کہیں جاتے ہوئے مرجاتے ہیں | کون ہیں کم تر و برتر نہیں بولا کرتے کس کے ہیں قلب منور نہیں بولا کرتے |
| عزیز اتنا ہی رکھو کہ جی سنجل جائے اب اس قدر بھی نہ چاہو کہ دم نکل جائے ملے ہیں یوں تو بہت آؤ اب ملیس یوں بھی | بیہ تو نہیں کہ تم سے محبت نہیں مجھے اتنا ضرور ہے کہ شکایت نہیں مجھے دوبھر ہے گرچہ جور عزیزاں سے زندگی لیکن خدا گواہ شکایت نہیں مجھے | دشت میں پیاس بجھاتے ہوئے مرجاتے ہیں ہم پرند کہیں جاتے ہوئے مرجاتے ہیں ہم ہیں سو کھے ہوئے تالاب پہ بیٹھے ہوئے ہنں | کون ہیں کم تر و برتر نہیں بولا کرتے کس کے ہیں قلب منور نہیں بولا کرتے تشکی اپنی بجھالیتے ہیں آنسو پی کر |
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On the lighter side.... Seven-year-old John had finished his summer vacation and gone back to school. Two days later his teacher phone his mother to tell her that John was misbehaving.

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

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

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

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

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

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

"He'll soon get used to that."

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

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

What do you call a charitable person in Portland?

An Oregon donor!

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

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

"Walmart?" the preacher exclaimed. "Why Walmart?" "Then I'll be sure my daughters will visit me twice a week."

Iasked my daughter if she'd seen my newspaper.



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

The fly didn't stand a chance.

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

"Mr. Walters," the professor began. "Is there something interesting written on your palm?" "Not at all," Billy replied. "It's all pretty boring."

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

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

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

"Really? Which one?" "Wife!"

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

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

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

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

_____ "If you had one dollar and you asked your father for another, how many dollars would you have?" "One dollar." "You don't know your arithmetic." "You don't know my father!" _____

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

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

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

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

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

Doctor: "Every two hours."

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PAGE 40