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JUNE 2024 Vol 15, Issue 6

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ISSN 2159-9645



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

Finance and Marketing Chief  
Madam Sheela  
MadamSheela1@gmail.com

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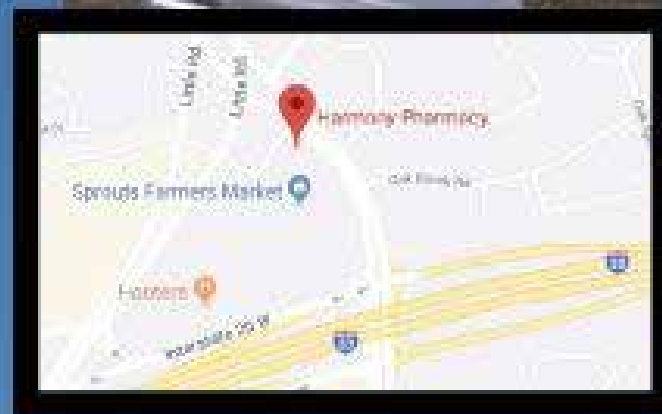
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# Shawkat Mohammed Felicitated and Recognized at Signature Kabab & Grill

Shawkat Mohammed, a well-known insurance specialist in the South Asian community in Dallas, was recognized with a customer appreciation Dinner held at Signature Kabab & Grill in Plano.

For the past 20 years, Shawkat Mohammed has been offering the community services related to financial planning, health insurance, retirement planning, and education. He is well-respected in the community because of his commitment to hard work and dedication.

Prominent figures from the South Asian community were present at the occasion, in-



cluding among others Kazi Mujeeb, Muzakar Sheikh, Syed Iftikhar, Raja Zahid Khanazada, poet Syed Yunus Ijaz, poet Dr. Noor Amrohvi, and Shah Alam Siddiqui.

said”Bro Shawkat who has been in this business for over 20 years with all competition in itself speaks credibility and integrity.

Abdul Gafoor & Farah Salam mesmerized the audience

In his address to the audience Kazi Mujeeb



Shuja Qaiser recognized by State Representative District 76 Suleman Lalani

A beautiful event by A Continuous Charity and East Plano Islamic Center with two of the best cricket players in the world... Babar Azam and Mohammed Rizwan! It was a packed house and great to see the pride and emotion for our players - all to support a great cause to educate students! Very well done!

Ayesha Sayany Shafi, FB



IFTEKHAR SHAREEF PAGE



Mohammed Azharuddin international celebrity and former India's cricket captain seen last week at the residence of Iftekhar Shareef along with his son Mohammed Asaduddin, his PA Anas Bakai and other friends



Governor of Haryana State honorable Shri Bandaru Datatreya a family friend of Iftekhar Shareef paid a curtesy visit at his residence in Shamshabad



Guldastai Ghazals of Late pundit Vithal Rao's birthday celebration by his daughter Ghazal singer Sandhya Vithal Rao was held



Seen in pic is also Zafer Pahelwan a childhood friend of Iftekhar Shareef

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# These are the top universities in India

Hyderabad: The Centre for World University Rankings (CWUR) has released its list of top 2,000 universities across the globe on Monday. USA's Harvard University has topped the list while China's Yunnan Agricultural University (2000) secured the last spot. Indian Universities have failed to find a spot in the top 100 Universities, with Indian Institute of Management (IIM) Ahmedabad being the only university in the top 500 list. IIM-Ahmedabad has ranked 410 in the global rankings with an employability rank of 11.

Coming to Universities in India, the IIM-Ahmedabad has topped the list followed by Indian Institute of Science- Bengaluru (501), Indian Institute of Technology (IIT) Bombay (568), Indian Institute of Technology Madras (582) and Tata Institute of Fundamental Research -Hyderabad (TIFR) (606). Meanwhile, TIFR is the top University in Hyderabad followed by University of Hyderabad (UoH) (1299) and the Indian Institute of Technology Hyderabad (1327). Top 10

## Indian Universities:

1. IIM Ahmedabad
2. IISc Bengaluru

3. IIT Bombay
4. IIT Madras
5. TIFR Hyderabad
6. IIT Delhi
7. Delhi University
8. IIT Kharagpur
9. AcSIR Ghaziabad
10. Punjab University

( Source : Deccan Chronicle )

## Japan's Toyota announces 'an engine born' with biofuel despite global push for battery electric cars

YURI KAGEYAMA

TOKYO (AP) — “An engine reborn.”

That's how Japanese automaker Toyota introduced plans to cast a futuristic spin on the traditional internal combustion engine.

During a three-hour presentation at a Tokyo hall Tuesday, the car manufacturer giant announced it would offer lean compact engines that also run on so-called green fuels like hydrogen and bioethanol, or get paired with zero-emissions electric motors in hybrids.

This comes as many competitors in the auto industry are pushing for fully electric vehicles. China is revving its push for Battery Electric Vehicles, and its own BYD is threatening to outshine Tesla in that push.

Toyota's Chief Executive Koji Sato said the “engine is optimized for the electrification era” with hopes of helping push the world into “carbon neutrality.”

Toyota already has a well-known hybrid car — the Prius — with a gas engine and an electric motor. It switches between the two to deliver a cleaner drive.

In future hybrids, the electric motor is set to become the main driving power, and the new engine will be designed to take a lesser role and help it along, according to Toyota.

Domestic allies Subaru Corp. and Mazda Motor Corp., both preparing ecological engines designed to meet the inevitably upcoming stringent emissions standards, joined Toyota's presentation billed as a “multi-pathway workshop.”

“Each company wants to win, but we can be faster if we work together,” said Sato.

But details on when the engines were coming to market weren't disclosed.

The legacy of the car engine could be felt everywhere.

Mazda said that its prized rotary engine, introduced more than 50 years ago, was being adapted for electric vehicles.

Subaru, meanwhile, showcased its trademark smaller horizontally opposed engine. While Chief Technology Officer Tetsuro Fujinuki confirmed the company was working on a great “Subaru-like” electric vehicle, he said the company wasn't about to dump the engine altogether.

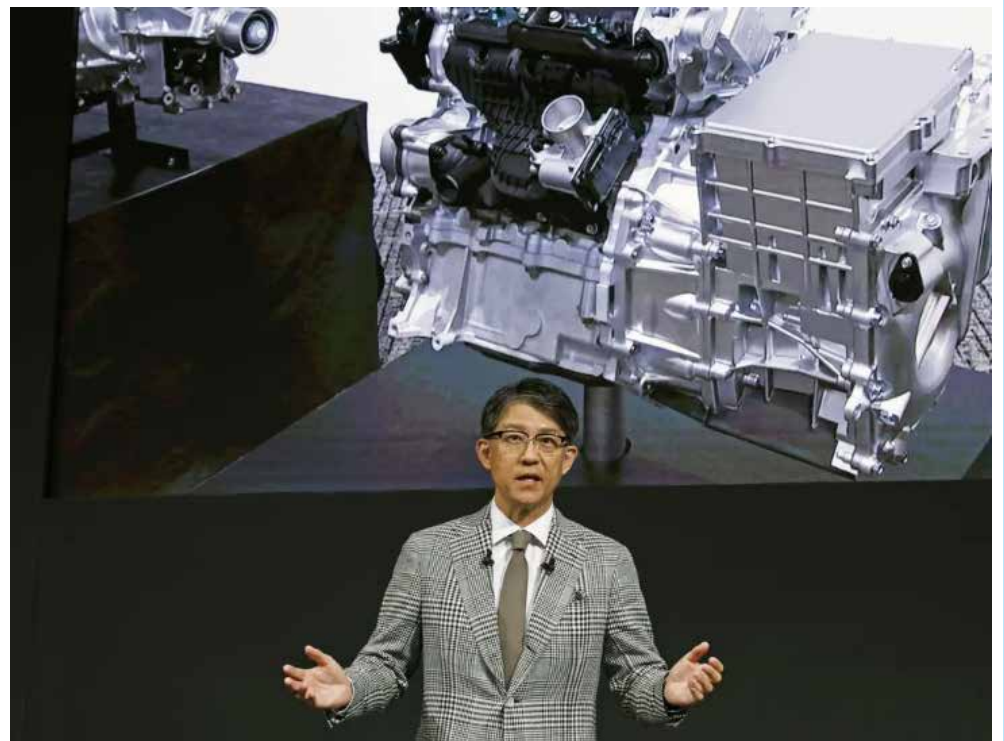
Toyota, too, is working on stylish BEVs.

The executives said Tuesday that energy supply conditions differed globally, adding that products had to meet various customer needs and the investments needed for mass-producing BEVs were enormous.

Toyota officials also repeatedly noted that 5.5 million jobs were at stake in the overall supply chain for vehicle production in Japan nowadays, so a sudden shift to electric cars wasn't economically possible or socially responsible.

Takahiro Fujimoto, a professor of business at Waseda University, believes electric vehicles are

a key solution for reducing emissions. But they still have weak points, such as large amounts of emissions produced while making lithium-ion batteries, a chief component.



In Japan, for instance, commuters use trains, so that may be a better ecological choice for transportation, Fujimoto said.

“At the very least, I believe the proliferation of and innovations in BEVs are definitely needed. But that argument is logically not the same as saying that all we need are BEVs,” he said.

Uncertainties remain, spanning research and development, as well as social, political and market conditions, said Fujimoto.

“The carbon neutrality the world is aspiring toward isn't likely attainable for decades to come. It's going to be a long marathon race,” he said.

# How a store manager from India ended up killed on the battlefields of Ukraine fighting for Russia

By Vedika Sud and Brad Lendon, CNN

They opened the box on a Sunday in late March, getting their first look at Asfan Mohammed since he departed India for Russia four months earlier.

He was better dressed than when he'd left – a black suit, white shirt, tie and shoes replacing the casual attire he'd worn when family and friends saw him off.

But he had to be buried in line with his Muslim beliefs, so his body would need to be prepared; the neat clothes removed.

It was then Imran Mohammad, 41, saw the extent of what had happened to his 31-year-old brother while fighting for the Russian armed forces in Vladimir Putin's invasion of Ukraine.

"I saw holes on the back of his shoulder, his ribs right down till his lower back," Imran told CNN.

"There were six to seven holes caused by a drone attack. It ripped through his body. There was internal damage. Two teeth were broken."

And now this tight-knit family in Hyderabad, southern India was broken too. A husband, father and provider gone.

Imran's business was also in ruins, rotted by neglect as he'd focused all his energies on finding out what happened to his brother on the battlefield of Europe's bloodiest conflict since the Second World War.

Imran noted the time.



"I opened the box at 11 a.m. Sunday. When I saw his body for the first time, it hit me that he's no more," he said.

"My efforts to look for my brother, my two-month fight for my brother, came to a painful end. I wanted to react looking at his corpse, but I just couldn't. I went totally numb."

A dream lost

Asfan met an unlikely fate – one his family could never have imagined when Putin ordered Russian troops into Ukraine in February 2022.

At the time, the father of two managed a clothing store, one of almost 300 across India in the home-grown Allen Solly chain, selling kids' clothes, wedding tuxedos and just about everything in between.

He'd been there eight years, his brother said.

It wasn't the worst job, but Asfan wanted more for his wife and two children, ages 2 and 8 months. And he dreamed of taking them out of Hyderabad.

"He wanted to work in Australia," where his sister-in-law and her family lived, Imran said. "They were calling him and his family there."

But that meant Asfan would need a high score on the International English Language Testing System (IELTS), which gauges proficiency of non-native speakers.

"He wrote his IELTS. He didn't do well," Imran said. "He felt demotivated. He tried again."

It didn't work, Imran said. But videos on YouTube about job opportunities in Russia gave Asfan new hope, and he contacted an employment agency, his brother said.

"He was going to work as a taxi driver or delivery boy in Russia – that process was on," Imran said.

"Then a couple of days later the agents said there are vacancies for helper and security jobs in the Russian army. The agents assured him that this was the best job. They said he could get a Russian passport and national card within a year through which you could move around neighboring countries."

Asfan thought that could be a stepping stone to his family's dream life in Australia, his brother said.

Instead, his choice took him to the frigid, battle-scarred landscape of Ukraine.

Brainwashed

Asfan kept his plans secret from family and friends until it was too late to turn back,

according to Imran, who said he only learned his brother was leaving three days before he set off for Russia on November 9 last year.

By that time, Asfan had paid more than \$1,800 to the recruiters, who asked him not to speak to anyone, even his family, about his intention to travel.

"They had brainwashed him so much ... They warned him he could be deported from Russia, from the airport," Imran said. "I tried my level best to stop him."

After a multi-stop route that took him through other Indian cities and the United Arab Emirates, Asfan arrived in Moscow on November 12.

A day later, he signed papers – in Russian, which



he couldn't read – committing him to the work, his brother said.

"He trusted the agents a bit too much," Imran said.

## Foreign fighters in Putin's war

By some estimates, Russia has been sending thousands of foreign men to fight in Ukraine since Putin ordered the invasion.

Many of them are young men from South Asia, enticed by the prospect of steady employment and higher salaries in Russia. In Nepal, prominent opposition lawmaker and former foreign minister Bimala Rai Paudyal told parliament earlier this year that between 14,000 and 15,000 Nepalis were fighting on the front lines, citing testimony from men returning from Ukraine.

The Russian government last year announced a lucrative package for foreign fighters to join the country's military, including a monthly salary of at least \$2,000 and a fast track to Russian citizenship – but the Kremlin has not said how many foreigners it has recruited under the plan.

New Delhi has strong ties with Moscow dating back to the Cold War and has largely steered clear of condemning outright the invasion by Russia, which remains India's biggest arms supplier.

India has also become a major purchaser of Russian energy, bolstering Moscow's coffers by a record \$37 billion of crude oil purchases last year alone and providing Russia's sanctions hit economy with vital revenue.

# Chabahar Port: US says sanctions possible after India-Iran port deal

The US has warned of potential sanctions for any country considering business deals with Iran, hours after India signed a 10-year contract to operate a port with Tehran.

India had entered an agreement to develop the strategically important Chabahar port, close to Iran's border with Pakistan, in 2016.

On Monday, it signed a long-term deal with Iran to develop it further. India's shipping minister called it a "historic moment in India-Iran ties".

But the move may not go down well with the US, which has imposed more than 600 sanctions on Iranian-related entities over the past three years.

In a press briefing on Tuesday, the country's State Department Deputy Spokesperson Vedant Patel said, when asked about the deal, that the US sanctions on Iran are still in place and that Washington would continue to enforce them.

"Any entity, anyone considering business deals with Iran - they need to be aware of the potential risks that they are opening themselves up to and the potential risk of sanctions," he said.

India has not responded to the statement yet.



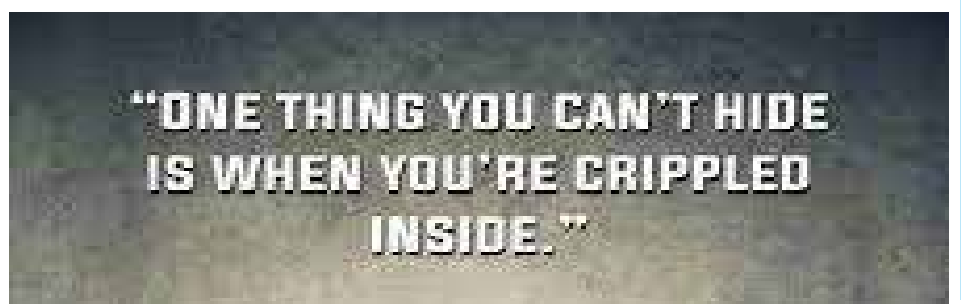
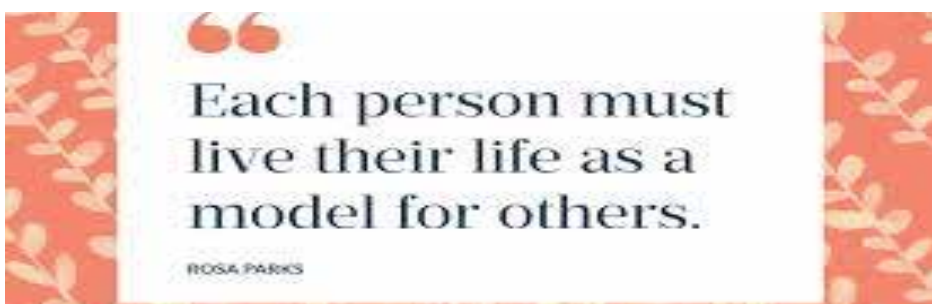
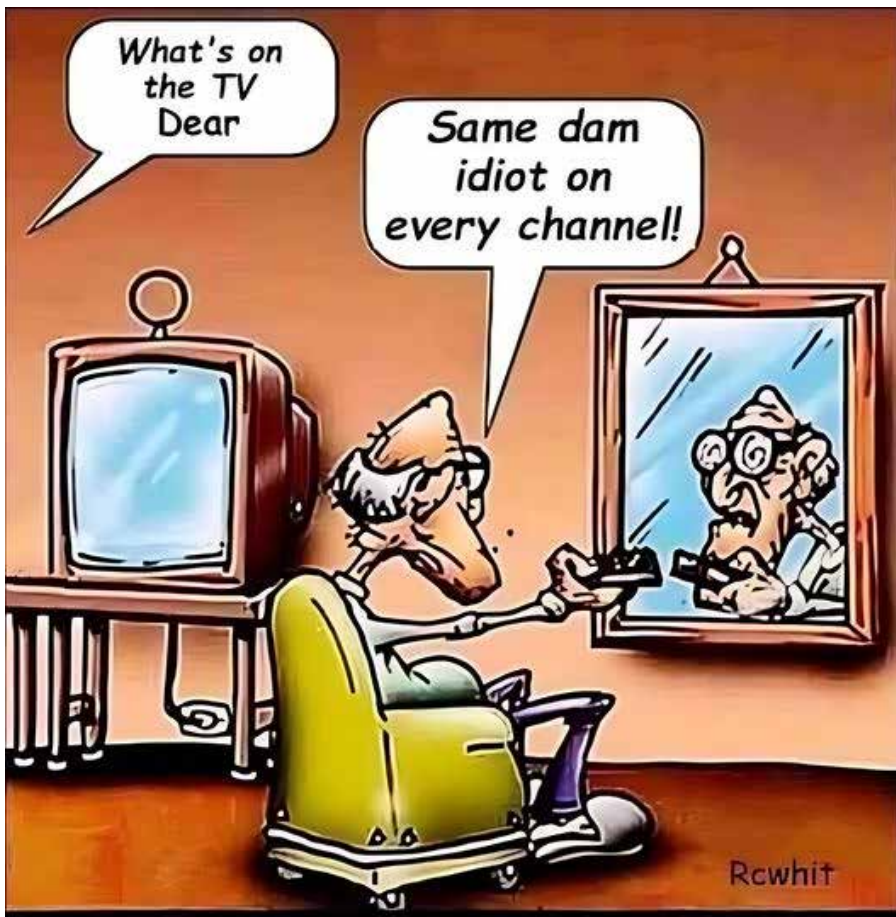
India took over operations of the port at the end of 2018. The port opened a transit route for Indian goods and products to Afghanistan and Central Asia, avoiding the land route through Pakistan - neighbours India and Pakistan share a tense relationship.

So far, 2.5m tonnes of wheat and 2,000 tonnes of pulses have been shipped from India to Afghanistan through Chabahar port, officials say.

On Monday, India's shipping ministry said that the Indian Ports Global Limited (IPGL) and the

Port & Maritime Organisation of Iran signed a long-term deal for the development of the port. Under the agreement, IPGL will invest about \$120 million with an additional \$250 million in financing, bringing the contract's value to \$370 million, said Iran's Minister of Roads and Urban Development Mehrdad Bazrpash.

India's Foreign Minister S Jaishankar said the deal "will clear the pathway for bigger investments to be made in the port".



# Beautiful Decor



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# SUPER-AGED JAPAN NOW HAS 9 MILLION VACANT HOMES.

The number of vacant houses in Japan has surged to a record high of nine million – more than enough for each person in New York City – as the east Asian country continues to struggle with its ever-declining population.

Abandoned houses are known in Japan as “akiya” – a term that usually refers to derelict residential homes tucked away in rural areas.

But more akiya are being seen in major cities, such as Tokyo and Kyoto, and that’s a problem for a government that’s already grappling with an aging population and an alarming fall in the number of children born each year.

“This is a symptom of Japan’s population decline,” said Jeffrey Hall, a lecturer at Kanda University of International Studies in Chiba. “It’s not really a problem of building too many houses” but “a problem of not having enough people,” he said.

According to figures compiled by the Ministry of Internal Affairs and Communications, 14% of all residential properties in Japan are vacant.

The numbers include second homes and those left empty for other reasons, including properties temporarily vacated while their owners work overseas.

They aren’t all left to ruin, like traditional akiya, whose growing number present a range of other problems for the government and communities, experts told CNN.

They include stifling attempts to rejuvenate decaying towns, becoming potential hazards due to the lack of maintenance, and raising the risks for rescuers in times of disaster in a country prone to earthquakes and tsunamis.

The problem of too many homes

Akiya are often passed down through generations. But with Japan’s plummeting fertility rate, many are left with no heir to pass to, or are inherited by younger generations who have moved to the cities and see little value in returning to rural areas, experts told CNN.

Some houses are also left in administrative limbo because local authorities don’t know who the owners are due to poor record-keeping, they said.

That makes it difficult for the government to rejuvenate fast-aging rural communities, hampering efforts to attract younger people interested in an alternative lifestyle or investors eyeing a bargain.

Under Japan’s tax policies, some owners often find it cheaper to retain the home than to demolish it for redevelopment.

And even if owners want to sell, they may have trouble finding buyers, said Hall, from Kanda University.

“Many of these houses are cut off from access to public transport, health care and even convenience stores,” he said.

Overgrown vegetation surrounds a vacant house in the Yato area of Yokosuka City, Kanagawa prefecture,

Japan, on August 21, 2013. - Akio Kon/Bloomberg/Getty Images/File

Overgrown vegetation surrounds a vacant house in the Yato area of Yokosuka City, Kanagawa prefecture, Japan, on August 21, 2013. - Akio Kon/Bloomberg/Getty Images/File

Trending videos showing people - mainly foreigners - scooping up cheap Japanese houses and turning them into stylish guesthouses and cafes have garnered many followers on social media in recent years, but Hall warned it’s not as easy as it seems.

“The truth is most of these homes are not going to be sold to foreigners, or that the amount of administrative work and the rules behind it [are] not something easy for somebody who doesn’t speak Japanese and read Japanese very well,” he said.

“They’re not going to be able to get these houses for cheap.”

Too few people

Japan’s population has been in decline for several years – at the last count in 2022, the population had



shrunk by more than 800,000 since the previous year, to 125.4 million.

In 2023, the number of new births fell for the eighth consecutive year, reaching a record low, according to official data.

Japan’s birth rate has hovered around 1.3 for years, far from the 2.1 needed to maintain a stable population, and just last week Japan’s Ministry of Internal Affairs and Communications said the number of children under age 15 had dropped for the 43rd straight year to a record low of around 14 million, as of April 1.

A partly collapsed abandoned wooden house in Tambasayama, Japan on April 05, 2023 - Buddhika Weerasinghe/Getty Images

A partly collapsed abandoned wooden house in Tambasayama, Japan on April 05, 2023 - Buddhika Weerasinghe/Getty Images

So, all that means the problem of too many homes and too few people looks set to continue for some time.

Yuki Akiyama, a professor from the faculty of architecture and urban design at Tokyo City University,

said vacant houses have caused issues in the past, for example, after the 7.5 magnitude earthquake that hit the Noto Peninsula in the central prefecture of Ishikawa in January.

The area where the quake struck was fraught with akiya, he said, and they posed both a danger to residents during the disaster and challenges for post-earthquake reconstruction.

“When an earthquake or a tsunami occurs, there is a possibility that vacant houses will block evacuation routes as they break down and get destroyed,” he said.

After the earthquake, authorities struggled to decide which damaged properties they could clean up because of unclear ownership, presenting “an obstacle for reconstruction,” said Akiyama.

In other rural areas with a high concentration of vacant houses, akiya have stalled development, the professor said.

With these properties remaining untouched, he said, “The value of the area will be reduced because it is a place where you can’t buy and sell it properly and you can’t do large-scale development.”

“People will think that this place has no value, and the real estate value of the entire area will gradually decrease.”

Akiyama has devised an AI program to predict the areas most vulnerable to akiya, but he stressed the problem isn’t unique to Japan - it has been seen in the US and some countries in Europe.

However, he said Japan’s architectural history and culture made the situation there particularly dire.

Homes in Japan aren’t valued for their longevity, he said, and unlike in the West, people don’t typically see merit in living in historical buildings.

“In Japan, the newer the house, the higher the price it sells for,” he said.

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# Ships and Boats



Barge



Boat



Canoe



Ferry



Yacht



Sailboat



Ship



Gondola



Submarine



Trawler



Jamaican sprinter and the world fastest 100m race record holder Usain Bolt converted the village of his parents into a modern town with contemporary facilities.

It all started when Usain Bolt wanted to buy a house for his parents in the city. Shockingly, the parents rejected the idea stating that, they don't wanna leave the village. They don't wanna leave their neighbours and friends behind.

Bolt thus decided to modernise the village by building social infrastructure such as

school, recreational facilities, health centre and playground for children in the village to make it more habitable for all.

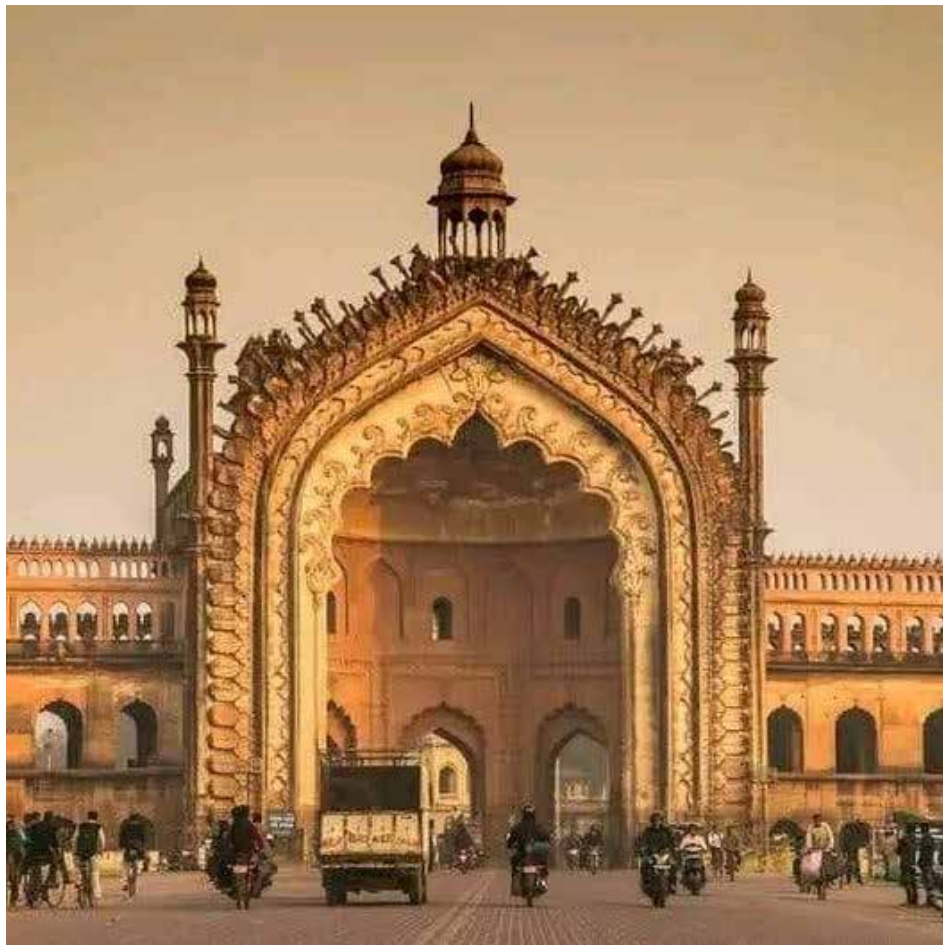
He makes lives better not only for his parents but everyone in the village, microcosm.



**MMA FIGHTER MOHAMMED EHTESHAM ANSARI FROM JHARKHAND DEFEATED NAMIK AGHLABALAEV FROM AZERBAIJAN**



**CONGRATULATIONS INDIA IS PROUD OF YOU**



**The Iconic Rumi Darwaza Lucknow**

Rumi Darwaza was built by the fourth Nawab of Lucknow, Nawab Asaf-ud-Daula and is believed to be identical to an old gate in Istanbul called Bab-iHümayun, and so it's also sometimes referred to as Turkish Gate.

The 60 feet high gate is now considered an architectural marvel, but it was built for a noble purpose. In 1748 North India, particularly Awadh, was reeling under severe famine and survival of a large part of the population was at stake. To help people overcome this Nawab Asaf-ud-Daula decided to build the Bara Imambara along with Rumi Darwaza to generate employment.



Pakistani Boxer Ilyas Hazara from Balochistan beat Indian boxer to win Gold in Australia.

INTERNATIONAL PAGES

INTERNATIONAL PAGES

# HISTORY BITES

The Scythian Empire was a nomadic people originally of Iranian stock, who migrated westward from Central Asia to southern Russia and Ukraine in the 8th and 7th centuries BCE.

They founded a rich and powerful empire centered on what is now Crimea.

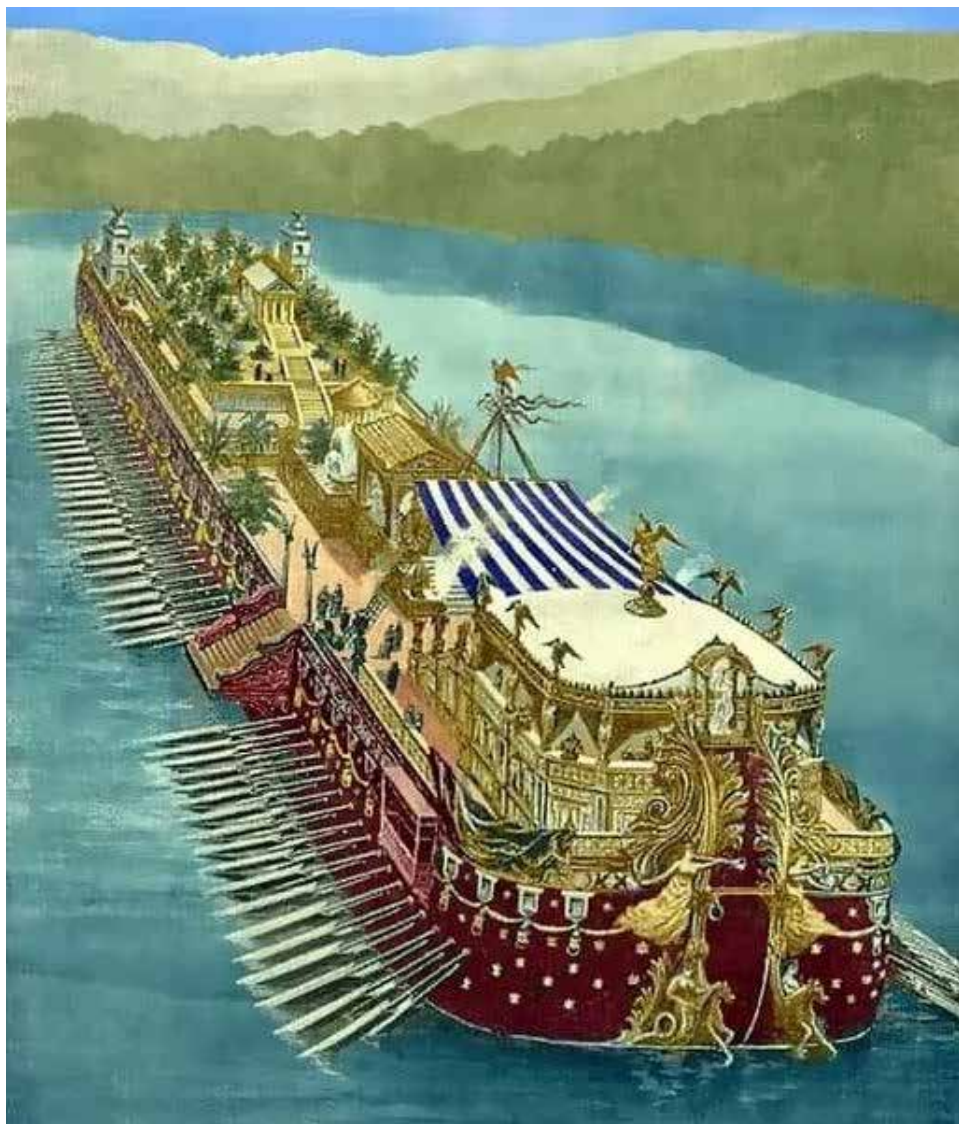
The empire survived for several centuries before succumbing to the Sarmatians during the period from the 4th century BCE to the 2nd century CE.

The Scythians were feared and admired for their prowess in war and,

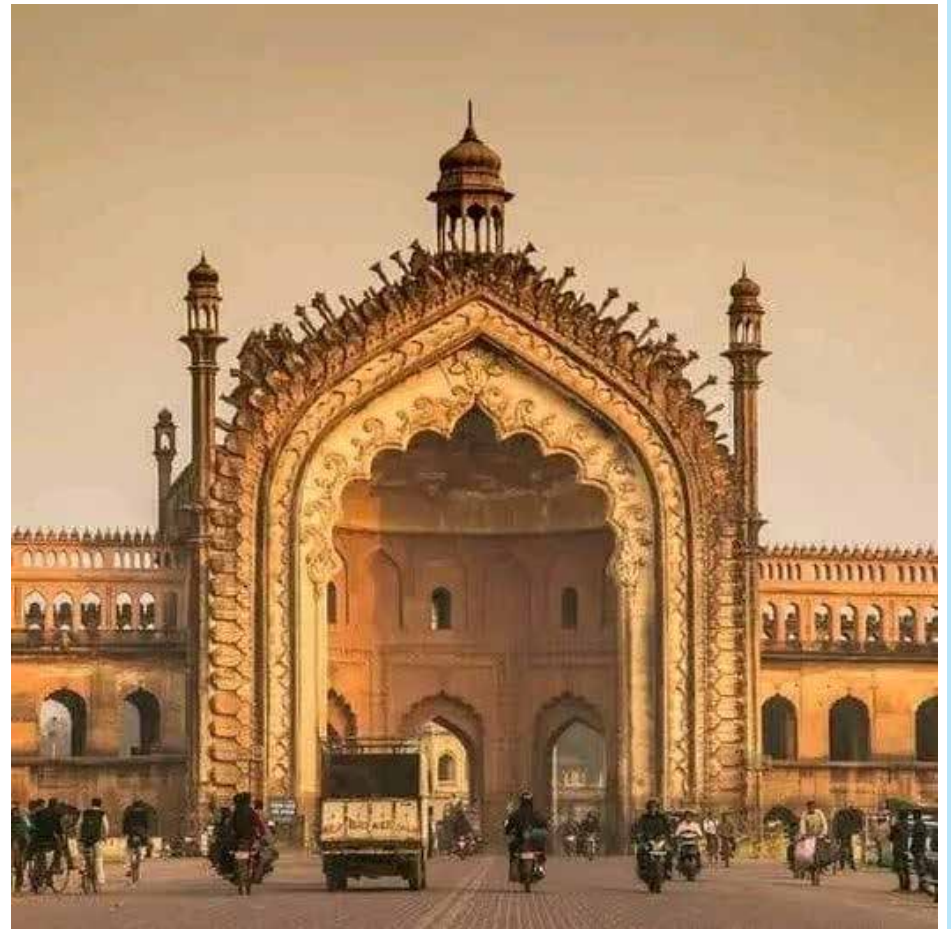


in particular, for their horsemanship. They were among the earliest people to master the art of riding, and their mobility astonished their neighbors.

## WORLD'S FIRST CRUISE LINER



The "world's first cruise liner" was designed by Archimedes. The world's first colossal ship, not unlike a modern cruise liner in form and function, was designed and built by the ancient Greek mathematician Archimedes. The massive sea vessel was constructed in the third century BC and was commissioned by Hiero II of Syracuse, the last Hellenistic (Greek) monarch of Sicily.



The Iconic Rumi Darwaza Lucknow

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Marketing Motivation

## 7 Biggest Airports In India By Area

1. Hyderabad (5500 Acres) ✈️
2. New Delhi (5106 Acres) ✈️
3. Bangalore (4000 Acres) ✈️
4. Goa (2132 Acres) ✈️
5. Kolkata (1640 Acres) ✈️
6. Ranchi (1568 Acres) ✈️
7. Mumbai (1500 Acres) ✈️

 / Marketing Motivation

# The Slave Who Saved an Empire!

Chapu , a young boy, from an obscure region in Ethiopia gets sold into slavery . He reaches the middle East , gets resold from there and eventually reaches the Deccan - the place where he will rewrite the destiny of Ahmednagar Sultanate

He becomes the slave of Peshwa of the Sultan. Once the peshwa (himself a former slave ) dies he is freed and leads a mercenary army for decades In 1590s, there is a succession dispute in the empire and the Mughals come calling.

It looks like a cake walk for them. Ahmed Nagar Sultanate is rife with conspiracies and there is no unity.

Until Chapu - now Malik Ambar decides to do something about it

While Ahmed Nagar the city falls to Mughals , Malik Ambar picks up the pieces from surrounding regions and re-makes an empire.

He finds a prince from the royal family , makes him the puppet king,marries his daughter to him and as the regent becomes the real force behind the throne

For the next 25 years he leads a stubborn rearguard fighting Mughals at every nook and cranny. He is ably supported by the brilliant guerrilla fighters - the Marathas

Akbar goes to his grave and Jahangir arrives

Malik Ambar not only takes Ahmed Nagar back, he becomes stronger than ever

Jahangir hated Ambar so much that his autobiography is filled with the choicest abuses for him . He even got his court painter to create a fantasy painting where he is striking an arrow on the severed head of the tenacious slave general

Still only a fantasy

The reality remains that until Malik Ambar lives , the Ahmed Nagar Sultanate survives

Eventually he dies and the kingdom falls in the hands of Mughals within a decade

The most fitting tribute to him comes from Mutamad Khan - the man who completed the autobiography of Jahangir - “ among all the Habshis that set foot in Hindustan , none rose close to his eminence “

Malik Ambar.

Slave . Rebel. Saviour.

Pic 1 - his tomb via different views

Pic 2 - he, himself

#citytalesThe Slave Who Saved an Empire!

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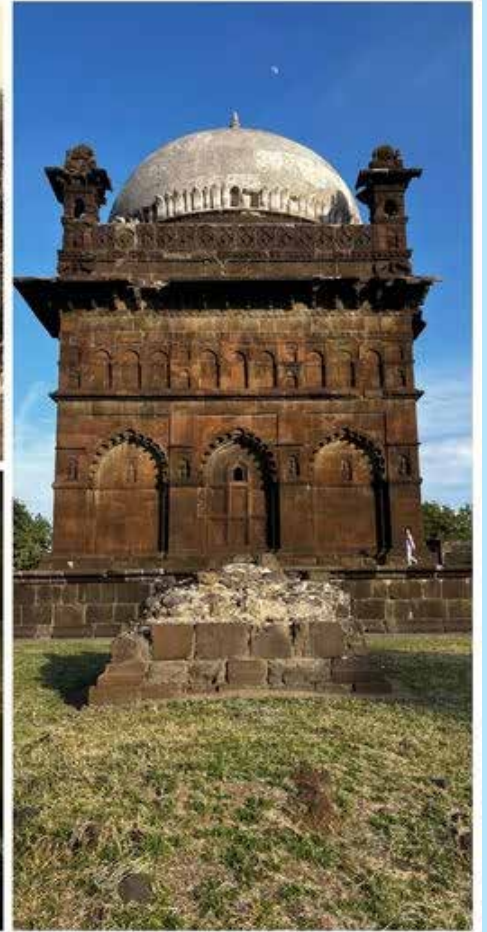
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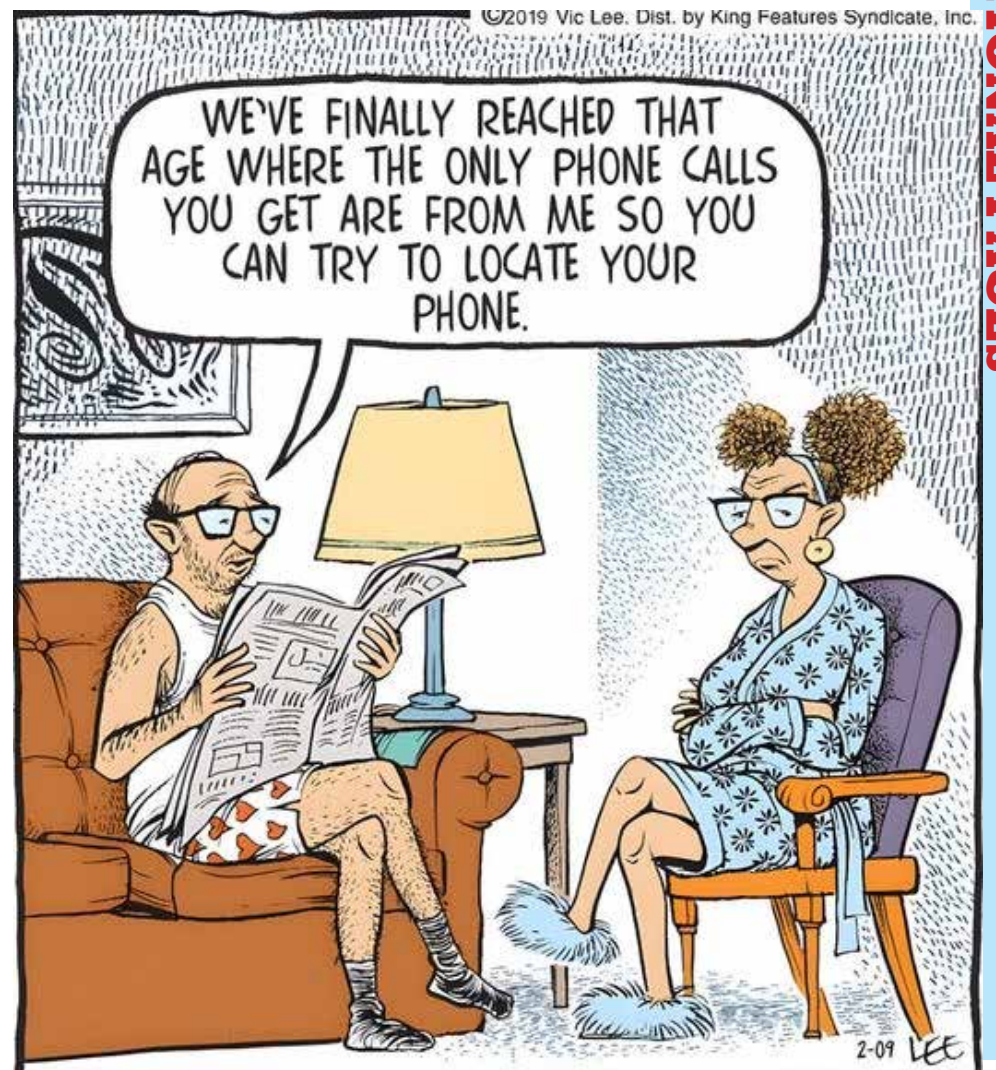
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Malik Ambar.



# Health & Wellness

## 5 ways to boost bone strength early

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

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

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

### Stroke

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

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

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

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

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

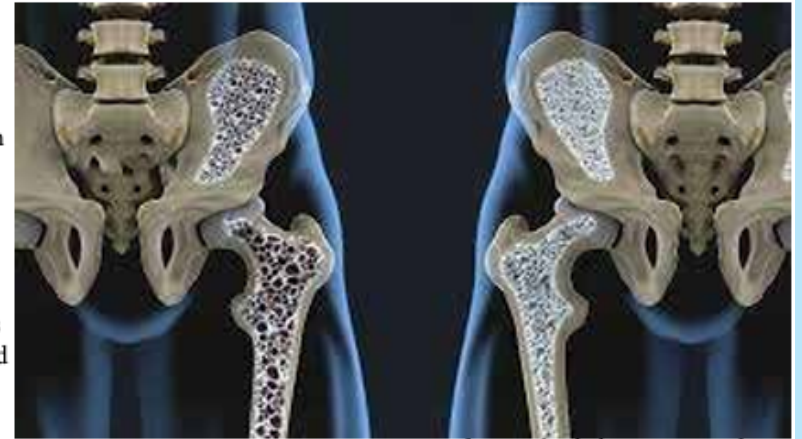
**Don't smoke and limit alcohol intake.** Smoking and too much alcohol both decrease bone mass.

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

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

### What's your t-score? Bone density scans for osteoporosis

Several technologies can assess bone density, but the most common is known as dual energy x-ray absorptiometry (DEXA). For this procedure, a machine sends x-rays through bones in order to calculate bone density. The process is quick, taking only five minutes. And it's simple: you lie on a table while a scanner passes over your body. While this technology can measure bone density at any spot in the body, it is usually used to measure it at the lumbar spine (in the lower back), hip (a specific site in the hip near the hip joint), and femoral neck (the top of the thighbone, or femur). DEXA accomplishes this with only one-tenth of the radiation



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

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

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

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

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

## 4 tricks to rev up your memory

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

Published: July, 2017

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

### How memory works

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

### The aging memory

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

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

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

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

### Memory tricks

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

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

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

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

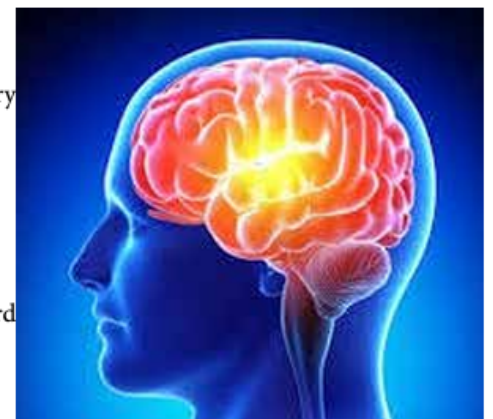
3. Make associations between old and new information. Connect a person's first name to something familiar. For example, if the person's name is Sandy, imagine that person on a beach. Or create a story around a shopping list. "Our brain is good at sequences, and putting things into a story helps. The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

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

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

When tricks don't help

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



# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

## BE PREPARED

### CHECK LOCAL FORECAST

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

### CONDUCT PLAY OF THE DAY

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

### PERFORM THOROUGH PM

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

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

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

### USE SAFE DRIVING TOOLS

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

### SEEK COVER

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

## STAY FOCUSED

### MAINTAIN AWARENESS

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

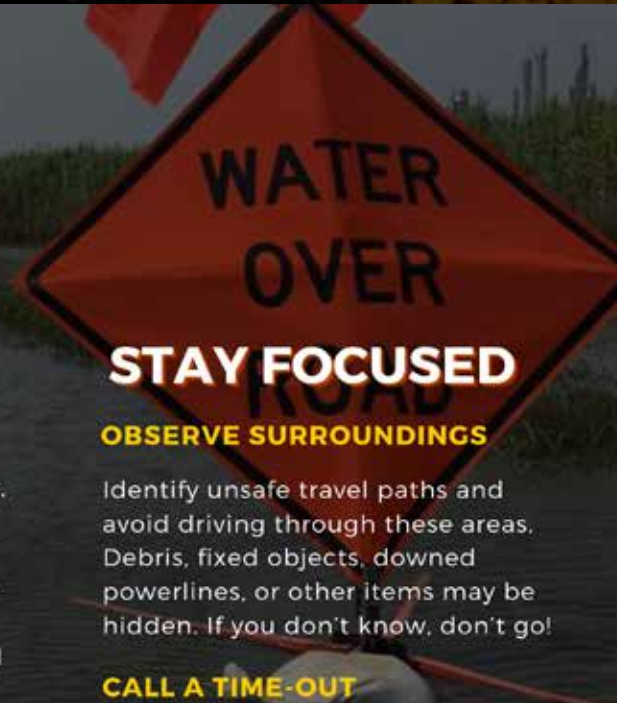
### BE PROACTIVE

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

### COMMUNICATE

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

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

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

### ENSURE ESSENTIAL SUPPLIES

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

### PLAN FOR MORE

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

## SLOW DOWN

### TURN AROUND

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

### BE CAUTIOUS

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

### HAVE A WAY TO ESCAPE

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

## STAY FOCUSED

### OBSERVE SURROUNDINGS

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

### CALL A TIME-OUT

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

### REMAIN ALERT

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

# IS YOUR AIRBAG DEFECTIVE?

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

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

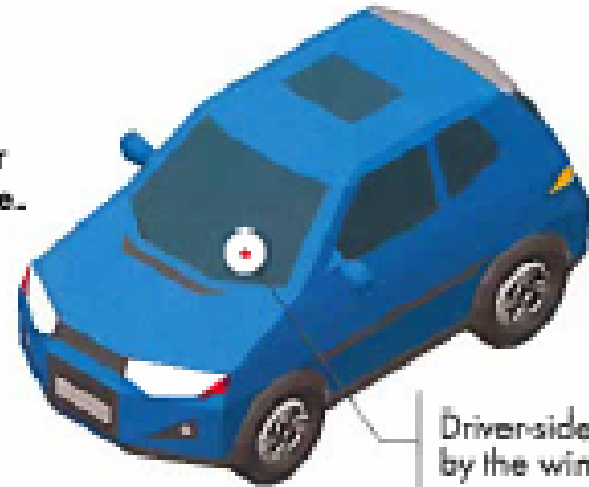
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

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

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



Driverside dashboard by the windshield

### Search it

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

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

 Upload a photo

or

Enter a license plate or VIN manually 

### Fix it

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

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



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

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



**AIRBAGRECALL.COM**

## African Moors conquered Spain in 711 AD



African moors conquered Spain in 711 AD and ruled it for about 781 years, bringing Europe out of the dark ages and into the Renaissance. While Christian Europe had a 99% illiteracy rate, they introduced education to Europe. They taught Europeans how to read, write, bathe and much more. They brought orange, lemon, peach, apricot, fig, sugar cane, dates, ginger and pomegranate as well as saffron, sugar cane, cotton, silk and rice to Europe. They improved and expanded on the Roman irrigation systems and helped develop the agricultural sector in Spain. The Moors brought innumerable cultural innovations such as alchemy, algebra, astrolabe, and chemistry. The concept of zero, chess, and the use of numerals came from the Moorish influence in Spain. Aristotelian philosophy had been lost until the Muslims reintroduced it in Spain. The Moors were pure Black from the Nubian kingdom, present-day Sudan and Southern Egypt. The current occupants of North Africa, are invaders, or should we say immigrants? They never built or influence anything. The Blacks did.

Oh, did you know Sudan has more pyramids than Egypt? Now you know. It showed the pyramids in Egypt were built by blacks using black technology.

#history\_daily

Sudan has the most pyramids in the world, with an estimated 200–255 pyramids compared to Egypt's 138. These pyramids, known as Nubian pyramids, were built as tombs for the kings and queens of Napata and Meroë, and are located in three sites in Sudan's eastern desert. The Nubian pyramids have steeper sides than Egyptian pyramids and were built as late as 200 AD

A collection of nearly 200 ancient pyramids stand along the banks of the Nile River in a desert in eastern Sudan. They have been the tombs of kings and queens, rulers of the Meroitic Kingdom for nearly 1000 years. Within the north of Sudan, in an area of the Nile valley known as Nubia.

The Nubian pyramids were built by the rulers of the ancient Kushite kingdoms. The area of the Nile valley known as Nubia, which lies in northern present-day Sudan, was the site of three Kushite kingdoms during antiquity. The capital of the first was at Kerma (2500–1500 BC)

Why are the pyramids in Sudan broken? Back in the 1880s, for instance, the Italian explorer Giuseppe Ferlini blew up several pyramids in his search for Kushite treasure, leaving many of the tombs missing their pointy tops. Many more of Sudan's other pyramids were subsequently plundered and destroyed by looters.

# WORDS SEARCH

C H E O M C W S X G N R K K W N D Y L Z  
H R A C Q L H N O S O E G T E Z H S A K  
O P O M I A Y O A P I S Y S Q H I O N S  
C K V W I F D V L G T U I C J G M N W M  
X D T S N F I C U X A R L Z H K C X T M  
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ANGEL  
CROSS  
EASTER  
EMPTY TOMB  
GOOD FRIDAY  
HOLY

HOPE  
JESUS  
KING  
CROWN OF THORNS  
SACRIFICE  
SUNDAY

RESURRECTION  
MARY  
MESSIAH  
RISEN  
SAVIOR  
LOVE

HOLIDAY  
SALVATION



# Outdoor safety tips for spring

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

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

Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery. Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing. Make sure equipment is working properly. Wear gloves to protect from skin irritations, cuts, and contaminants. Use insect repellent containing DEET.

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

Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher. Keep an eye on the thermometer and take precautions in the heat. When working in hot weather, remind workers to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid. Pay attention to signs of heat-related illness, including high body temperature,



headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness. And remember—if you hire a contractor for landscaping or other outdoor maintenance, it's important to inquire about the company's safety record and make sure

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

## Top 10 Spring Cleaning Safety Tips

Spring cleaning safety is not normally on people's minds when they begin to haul out all those cleaning supplies and equipment, but it should be. Everyday we need to be careful when going about our household chores, but when you really start tearing the house apart and moving things around during spring cleaning, especially with all those cleaning supplies and equipment out, it is doubly important to keep safety in mind.

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

1. Do not rush because you are tired or in a hurry. This is really the most basic spring cleaning safety tip, and all the other ones, at least to a certain degree, stem from this one.

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

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

2. Be careful moving large pieces of furniture and appliances. Use proper lifting technique, keeping you back straight and lifting with your legs.

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

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

Always have spring cleaning safety in mind.

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

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

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

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

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

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

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

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

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

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

Make sure you keep a hand free to hold



onto the stair railing.

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

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

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

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

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

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

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

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

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

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

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

# Mega Star Singer 2024 Grand Finale at Ravindra Bharti



Mega Star Singer 2024 Grand Finale at Ravindra Bharti

Organised and Hosted by Ustad Najmuddin Javed sahab, Shah Ahsan Shaan and Agha Muzaffaruddin

In the event many famous personalities and artists of Hyderabad were present naming few, Nizam Ali Khan, Fareed Ali Khan, Faizan Ali Khan, Iftekhar Shareef Bhai (First Dual Citizen of India), Syed Noor sahab (Canadian Lawyer),



View of Charminar from Unani Hospital



H.E. Abu'l-Khayr Khan Teg Jang Khurshid-ud-Daula Khurshid-ul-Mulk Khurshid-ul-Umara Shams-ul-Daula Shams-ul-Mulk Shams-ul-Umara Amir-i-Kabir Sir Khurshid Jah Bahadur, K.C.S.I., descendant of famous Sufi saint Baba Farid Ganj-i-Shakar, Premier Noble of Hyderabad State, brother-in-law of His Highness the Nizam of Hyderabad. He was a fine scholar of Persian and Urdu and was well-known for his eclecticism in religion. He was the first Muslim who visited all the Hindu places of pilgrimage, from the Himalayas to Kanyakumari.

## HYDERABAD PAGES



Prince Azam Jah and Prince Mouzzam Jah of Hyderabad on their double wedding to Ottoman Princesses Dürrüşehvar Sultan and Niloufer Hanımsultan with Abdul Mejid II, last Caliph of Ottoman Empire, in Nice, France, on 12 November 1932. This marriages brought two Muslim empires together.



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
Cell: 9347814688



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## List of Bollywood films of MAY/JUNE 2024

Opening	Title	Director	Cast
M A Y	<i>Srikanth</i>	Tushar Hiranandani	Rajkummar Rao · Jyothika · Alaya F · Sharad Kelkar
	10 <i>Tipppsy</i>	Deepak Tijori	Deepak Tijori · Natasha Suri · Kainaat Arora · Nazia Hussain · Alankrita Sahai · Sonia Birje
	17 <i>Kartam Bhugtam</i>	Soham P. Shah	Shreyas Talpade · Vijay Raaz · Madhoo · Aksha Pardasany
	24 <i>Chhota Bheem And The Curse of Damyaan</i>	Rajiv Chilaka	Anupam Kher · Makrand Deshpande · Sanjay Bishnoi · Surbhi Tiwari · Yagya Bhasin
	<i>Bhaiyya Ji</i>	Apoorva Singh Karki	Manoj Bajpayee · Suvinder Vicky · Jatin Goswami · Vipin Sharma · Zoya Hussain
	31 <i>Baby John</i>	Kalees	Varun Dhawan · Keerthy Suresh · Wamiqa Gabbi · Jackie Shroff
	<i>Mr. &amp; Mrs. Mahi</i>	Sharan Sharma	Rajkummar Rao · Janhvi Kapoor
J U N	<i>Chandu Champion</i>	Kabir Khan	Kartik Aaryan
	14 <i>Emergency</i>	Kangana Ranaut	Kangana Ranaut · Anupam Kher · Shreyas Talpade · Mahima Chaudhry · Milind Soman · Satish Kaushik
	27 <i>Kalki 2898 AD<sup>[b]</sup></i>	Nag Ashwin	Prabhas · Amitabh Bachchan · Kamal Haasan · Deepika Padukone · Disha Patani
	28 <i>Ishq Vishk Rebound</i>	Nipun Dharmadhikari	Rohit Saraf · Pashmina Roshan · Jibraan Khan · Naila Grewal

# Binaca Geetmala Annual List (1964)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Mere Man Ki Ganga Aur Tere Man Ki Jamuna Ka You Tube ✓ 🏆 ★ 4.11 - 263 votes	Vijayanthimala, Mukesh	Shankar Jaikishan	Vyjayantimala, Raj Kapoor
		Sangam (1964)	Shailendra	Ched Chad Songs, Roothna Manaana
 2	Yeh Mera Prem Patra Padhkar, Ke Tum Naaraz Na Hona You Tube ✓ 🏆 ★ 4.20 - 3777 votes	Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, Vyjayantimala
		Sangam (1964)	Hasrat Jaipuri	Romantic Songs, Raag Based Songs, Raga - (Alaiya) Bilawal
 3	Mere Mehboob Tujhe, Meri Mohabbat Ki Kasam You Tube ✓ 🏆 ★ 4.36 - 1616 votes	Mohammed Rafi	Naushad	Sadhana, Rajendra Kumar
		Mere Mehboob (1963)	Shakeel Badayuni	Ghazals, Roothna Manaana, Filmfare Awards Nominee, Romantic Songs, Raag Based Songs, Raga - Jhinjhoti
 4	Tumhe Aur Kya Du Mai Dil Ke Sivaye, Tumko Hamari Umar Lag Jaye You Tube ✓ 🏆 ★ 4.13 - 362 votes	Lata Mangeshkar	Shankar Jaikishan	Rajendra Kumar, Dharmendra, Saira Banu
		Ayee Milan Ki Bela (1964)	Hasrat Jaipuri	Happy Songs, Party Songs, Raag Based Songs, Raga - Bhairavi
 5	Tum Kamsin Ho Nadan Ho Nazuk Ho Bholi Ho You Tube ✓ 🏆 ★ 4.30 - 177 votes	Mohammed Rafi	Shankar Jaikishan	Saira Banu, Rajendra Kumar
		Ayee Milan Ki Bela (1964)	Hasrat Jaipuri	Romantic Songs
 6	Mere Mehboob Qayamat Hogi, Aaj Rushwa Teri Galiyo Me You Tube ✓ 🏆 ★ 4.30 - 3858 votes	Kishore Kumar	Laxmikant Pyarelal	Kishore Kumar, Kumkum
		Mr. X in Bombay (1964)	Anand Bakshi	Sad Songs, Shikwa Shikayat Songs
 7	Ye Chand Sa Roshan Chehra You Tube ✓ 🏆 ★ 4.48 - 430 votes	Mohammed Rafi	O P Nayyar	Sharmila Tagore, Shammi Kapoor
		Kashmir Ki Kali (1964)	S H Bihari	Romantic Songs, Tareef Songs
 9	Nainaa Barase Rimajhim Rimajhim You Tube ✓ 🏆 ★ 4.47 - 247 votes	Lata Mangeshkar	Madan Mohan	Sadhana, Manoj Kumar
		Woh Kaun Thi (1964)	Raja Mehdi Ali Khan	Rain Songs, Sad Songs
 10	Main Kya Karun Ram Mujhe Buddha Mil Gaya You Tube ✓ 🏆 ★ 4.05 - 323 votes	Lata Mangeshkar	Shankar Jaikishan	Vyjayantimala, Raj Kapoor
		Sangam (1964)	Hasrat Jaipuri	Dance Songs, Ched Chad Songs
 11	Duniyaa Kahati Happy Birthday To You You Tube ✓ 🏆 ★ 4.14 - 188 votes	Asha Bhosle, Manna Dey, Mohammed Rafi	Ravi	Saira Banu, Pran, Om Prakash, Manorama, Joy Mukherjee, Johnny Walker
		Door ki Awaaz (1964)	Shakeel Badayuni	Birthday Songs, Songs for Kids, Party Songs

# Binaca Geetmala Annual List (1964)

# Actors over 70 and still acting



These stars who have crossed 70 are still very fit, they work very hard!

Actor Dharmendra, who was known as the hero of Hindi cinema on 8th December 1935, is also active in acting on this milestone of Umar. Dharmendra started his acting career at the age of 25 with director Arjun Hingorani's film 'Dil Bhi Tera Hum Bhi Tere' in 1960. Sheik Salim Chishti's role in both seasons of Dharmendra G5's series 'Taj-Divided By Blood', who has worked in more than 300 films so far. He also appeared in a special role in Karan Johar's film 'Rocky Aur Rani Ki Prem Kahani'. Dharmendra's passion towards his work even at the age of 88 is worth watching.

Megastar of Hindi cinema Amitabh Bachchan is the most busy actor at this milestone of age. Amitabh Bachchan, born in Prayagraj (Allahabad) on 11 October 1942, made his debut in Hindi cinema in 1969 through the film 'Seven Hindustani'. It won't be wrong to say that Amitabh Bachchan is such an actor of Hindi cinema, taking inspiration from whom many stars of Hindi cinema have made a unique position in the industry. Am-

itabh Bachchan has played memorable roles in many films. Even at the age of 80, Amitabh Bachchan is working with full enthusiasm. Shivaji Rao Gaikwad i.e. South cinema superstar Rajinikanth is such stars who have a big craze among Hindi speaking audience. Balachandar of South Industry's legendary director K Balachandar, who was born in Bengaluru (Bangalore) on 12 December 1950, was given the Tamil film 'Apurva Rangal'. Rajinikanth has played many memorable roles in his career. Actors of Rajinikanth are either playing character roles in movies or retired from work, but at the age of 73, Rajinikanth is seen playing heroes in movies. Naseeruddin Shah is 73 years old and last seen him in the web series 'Bandish Bandits'. Randhir Kapoor is 76 years old and these days he is constantly seen on small screen. Recently seen him in 'The Kapil Sharma Show'. Mithun Chakraborty is trying his hands on the small screen right now. Gemini is 73 years old. Sharat Saxena turns 73 in the month of August. Photos of Sharat Saxena's transformation had set fire on social media a few months ago.



Madhubala..& director k. Asif on the set of Mughal e Azam



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

## گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ

ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

## 49 زندگی وہی جو دوسرے کے کام آئے

**اُردو حکایت:** اک نیک دل فیاض آدمی پر بڑا وقت آن پڑا اور وہ سخت تنگ دست ہو گیا۔ اس حالت میں اُس کو اک شریف آدمی کا خط ملا۔ اُس نے لکھا تھا: آج کل میں سخت مصیبت میں ہوں، وقت نے مجھے مقروض کر دیا اور ادائیگی کی مہلت بھی نہ دی۔ اور اب قرض ادا نہ کرنے کے جرم میں قید خانے میں پڑا ہوں۔ اگر تم کچھ دے سکو تو میں اس مصیبت سے نجات پاسکتا ہوں۔ یہ خط پڑھ کر تنگ دست سخی کا دل بھر آیا۔ پیسہ تو پاس نہ تھا۔ اس شریف آدمی کی شخصی ضمانت دیدی اور اُسے رہائی دلا کر کہا کہ جاؤ روزگار تلاش کرو۔

جب وہ چند دن تک واپس نہ آیا تو قرض خواہوں نے ضامن کو قید کروا دیا اور وہ ہنسی خوشی قید کے دن کاٹنے لگا۔ اسی حالت میں اُس کا آخری وقت آپہنچا۔ اک دوسرے نیک دل آدمی نے اُس سے کہا افسوس تو قید خانہ میں مر رہا ہے۔ اُس نے جواب دیا: میری جو انمردی نے یہ گوارا نہ کیا کہ اک شریف انسان قید کا دکھ سہے اور میں آرام سے رہوں۔ شکر ہے کہ میری زندگی کسی کے کام آگئی۔

فارسی شعر:

دِلِ زنده، ہرگز، نہ گردد ہلاک

تِنِ زنده دل گر بمیرد چہ باک

حاصل کلام:

زندہ دل، کبھی ہلاک نہیں ہوتا، جس کا دل زندہ ہو اور اُس کا جسم مرجائے تو کیا مضائقہ ہے۔

منظوم ترجمہ:

دلِ زندہ نہیں مرتا ہے ہرگز، جسم مرنے سے

نہ کر افسوس، مرجائے اگر اک زندہ دل کا تن



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

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

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

## جویریہ عباسی نے راز کی بات بتائی

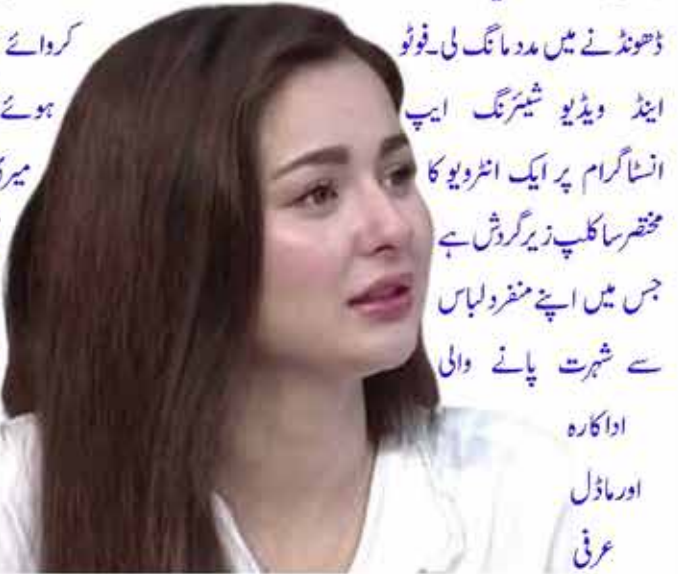
پاکستان ڈرامہ انڈسٹری کی سینیئر اداکارہ جویریہ عباسی نے راز کی بات بتاتے اپنے چاہنے والوں کو حیران کر دیا، اداکارہ نے ماں بننے کے احساس کو خوبصورت الفاظ میں بیان کیا اور بتایا کہ ماں بننے کے بعد انہیں پتا چلا کہ حقیقی محبت کیا چیز ہوتی ہے۔



تفصیلات کے مطابق ری سٹیلی پاکستان ڈرامہ انڈسٹری کی سینیئر اداکارہ جویریہ عباسی نے ایک نجی چینل کے شو میں شرکت کی جہاں ان سے ازدواجی لائف کے بارے انٹرسٹنگ سوالات کئے گئے، اداکارہ نے ماں بننے کے بعد زندگی میں آنے والی تبدیلی، بیٹی کی پرورش اور فیملی کے تعاون پر خصوصی گفتگو کی ہے۔ انہوں نے کہا کہ 'میری کوشش رہی کہ بیٹی انزلہ کو خاندان سے جوڑ کر رکھوں، یعنی دوھیالہ نھیال سب سے ملنا، میں یہ سمجھتی ہوں کہ بچوں کی پرورش میں نانی اور دادی دونوں کا بہت بڑا کردار ہوتا ہے، انزلہ کی نانی نے بیٹی کی پرورش میں بہت ساتھ دیا پھر دادا بھی موجود تھے ان کا بھی پیار ملا، جس کے پورا کرنے کا انزلہ سے کہا ہوا؟ جن رشتوں کو نبھانے میں میں کامیاب نہیں ہو سکی ان رشتوں سے متعلق میں نے انزلہ کو ذہنی طور پر تیار کیا، بٹھا کر سمجھایا وہ خود بھی کافی سمجھدار ہے تو فیملی میں رہتے ہوئے اس نے کافی چیزیں خود سے سیکھ لیں اور اب مجھے امید ہے کہ وہ ایک کامیاب ازدواجی زندگی گزارے گی۔ جویریہ نے ذکر کیا کہ ماں بننے کا احساس اتنا خوبصورت تھا جس نے انہیں سمجھایا کہ حقیقی محبت کیا چیز ہوتی ہے، بیٹی کی پیدائش کے بعد انہیں پتا چلا کہ کوئی انسان کسی اور سے اتنی بھی محبت کر سکتا ہے، میرے لیے یہ ایک خوشگوار احساس تھا کہ بس چلے تو جو بھی میری بیٹی کو چاہے فوراً کر دوں، میرے لیے تو یہی محبت ہے یہی عشق ہے۔

## ہانیہ عامر نے بھارتی اداکارہ سے رشتہ ڈھونڈنے میں مدد مانگی

ملک کی نامور اداکارہ ہانیہ عامر نے بھارتی اداکارہ ثانیہ مہوترا سے رشتہ ڈھونڈنے میں مدد مانگی۔ فوٹو اینڈ ویڈیو شیئرنگ ایپ انسٹاگرام پر ایک انٹرویو کا مختصر سا ک्लپ زیر گردش ہے جس میں اپنے منفرد لباس سے شہرت پانے والی اداکارہ اور ماڈل عرفیہ جاوید کو بھارتی اداکارہ ثانیہ مہوترا کا انٹرویو کر کے دیکھا جاسکتا ہے۔ مذکورہ ک्लپ میں ثانیہ مہوترا اپنی رشتے کروانے میں مہارت کا ذکر کرتے ہوئے مدد (help) کا لفظ لکھا۔ ہانیہ عامر کے کمنٹ پر ثانیہ مہوترا نے انکی مدد کرنے کی حامی بھرتے ہوئے لکھا ضرور بہن۔



## معروف امریکی گلوکارہ جینیفر لوز پز نے دلچسپ گفتگو

سوشل میڈیا پر معروف شخصیات سے متعلق دلچسپ معلومات تو بہت ہیں تاہم کچھ ایسی ہوتی ہیں جو کہ سب کو حیران بھی کر دیتی ہیں۔

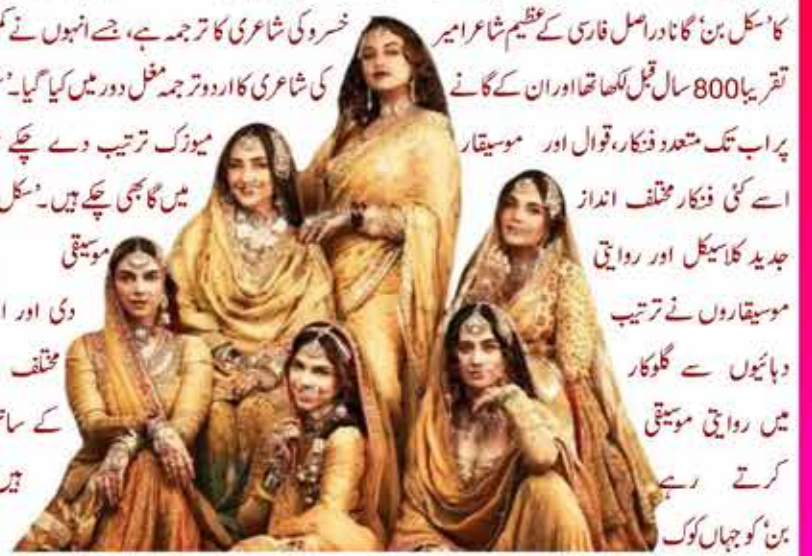


معروف امریکی گلوکارہ جینیفر لوز پز سے متعلق ایک ایسی ہی خبر نے سب کی توجہ خوب سمیٹ لی ہے۔ معروف گلوکارہ کا انسٹاگرام اکاؤنٹ سوشل میڈیا پر وائرل ہو گیا ہے، جہاں مداح اور انٹرنیٹ صارفین اداکارہ کے فالوورز پر حیرانگی کا اظہار بھی کر رہے ہیں اور کچھ ان کی تعریف کرتے بھی دکھائی

## سچے لیلیا بھنساالی کی بنائی گئی ویب سیریز 'ہیرا منڈی'

سچے لیلیا بھنساالی کی بنائی گئی ویب سیریز 'ہیرا منڈی' کو جہاں کمزور کہانی، کرداروں اور خراب زبان کی وجہ سے تنقید کا سامنا ہے، وہیں اب اسی سیریز کے گانے 'سکل بن' کی موسیقی بھی پاکستانی گانوں سے چرائے جانے کا معاملہ سامنے آ گیا۔ 'ہیرا منڈی' کا گانا 'سکل بن' ویب سیریز کی ریلیز سے قبل مارچ میں ہی ریلیز کیا گیا تھا اور اسے اب تک یوٹیوب پر ایک کروڑ سے زائد بار دیکھا جا چکا ہے، تاہم گانے کو ویب سیریز کی ریلیز کے بعد پذیرائی ملی۔ 'ہیرا منڈی' کا 'سکل بن' گانا دراصل فارسی کے عظیم شاعر امیر خسرو کی شاعری کا ترجمہ ہے، جسے انہوں نے کم سے کم تقریباً 800 سال قبل لکھا تھا اور ان کے گانے کی شاعری کا اردو ترجمہ مغل دور میں کیا گیا۔ 'سکل بن' پر اب تک متعدد فنکار، تواری اور موسیقار اسے کئی فنکار مختلف انداز میں گانے چکے ہیں۔ 'سکل بن' کی جدید کلاسیکل اور روایتی موسیقاروں نے ترتیب دہائیوں سے گلوکار میں روایتی موسیقی کرتے رہے۔ بن' کو جہاں کوک

اسٹوڈیو سیزن 8 میں 2015 میں رضوان اور معظم علی نے گایا تھا، وہیں اسے معروف گلوکارہ بیٹا شفیق بھی اپنے انداز میں گانے چکے ہیں۔ اسی طرح 'سکل بن' کو صابری برادرز تواری بھی اپنے منفرد انداز میں گانے چکے ہیں جب کہ اسے معروف گلوکارہ سارارضا بھی گانے چکے ہیں۔ اسی طرح 'سکل بن' کو اردو زبان کے بھارتی ادبی ادارے ریختا کے پروگراموں میں بھی گایا چکا ہے۔ اردو ادب، موسیقی، گلوکاری اور تاریخ سے دلچسپی رکھنے والے افراد میں 'سکل بن' کی منفرد اہمیت اور شہرت کو دیکھتے ہوئے سچے لیلیا بھنساالی نے اسی گانے کو اپنی ویب سیریز میں بھی شامل کیا۔ 'ہیرا منڈی' میں 'سکل بن' کو تقریباً ویب سیریز کی تمام مرکزی اداکاروں پر فلمایا گیا ہے اور تمام اداکاروں کو گانے پر عمل میں قس کرتے دکھایا گیا ہے۔





# پھر ایک بار کیوں۔۔۔ (کھرا سچ)

ولی الدین  
شاعر و ادیب

URDU PAGES

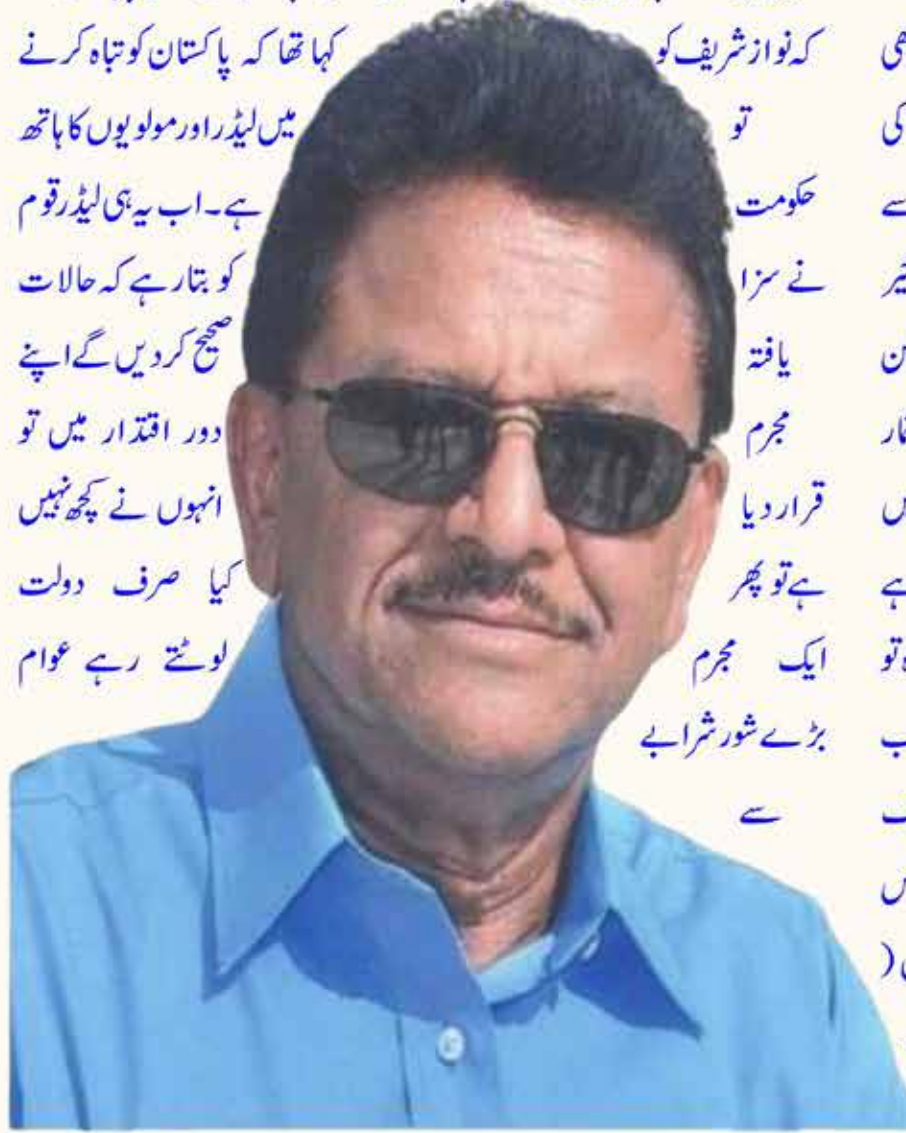
URDU PAGES

URDU PAGES

ایک لڑکا میٹرک میں تین مرتبہ فیل ہو گیا تو اس کے دادا نے اس سے کہا بیٹا یہ تعلیم تیرے بس کا روگ نہیں۔ اپنے باپ کے ساتھ پتر شامل ہو جا۔ سیاست کی تعلیم حاصل کر لے اور اس کی طرح لیڈر بن جا۔ کبھی ایکشن لڑنے کے لیے ڈگری کی ضرورت پڑے تو اپنے باپ سے پوچھنا اس نے کہاں سے لی تھی۔ خیر یہ تو ایک قصہ کسی نے سنایا تھا۔ لیکن حقیقت یہ ہے کہ ہمارے بے شمار لیڈر اسی لیے ہیں اور تو اور امریکا میں بھی صدر کی بھی یہی تعلیمی قابلیت ہے لگتا نہیں وہ امریکا کا صدر ہے وہ تو ایسے حکم صادر کرتا ہے جیسا کہ عرب ممالک کے شیخ ہوں۔ اس کی تعریف کے لئے امریکہ کا ایک چینل فوکس نیوز ہی کافی ہے ادھر پاکستان میں (دعا دیں جنرل مشرف کو) اس نے اتنے زیادہ چینل ٹی وی کے

کہ کہ جو کچھ گھنٹوں کے میاں تھے یا بقول ان کی جماعت اور لیڈروں کے مرنے والے تھے وہ ملک سے باہر جاتے ہی صحت مند ہو گئے اور خوب تقریریں کر رہے ہیں یہ ہی خوب ہے کہ نواز شریف کو تو حکومت نے سزا یافتہ مجرم قرار دیا ہے تو پھر ایک مجرم بڑے شور شرابے سے

پر دے رہے ہوں خیر بات کہاں سے کہاں نکل گئی اب یہ سب ایک تھالی کے بیگن ایک جگہ جمع ہو کر مولانا ڈیزل سے ساتھ ملے بیٹھے ہیں مجھے یاد آ رہا ہے جب کئی سال پہلے کسی نے کہا تھا کہ پاکستان کو تباہ کرنے میں لیڈر اور مولویوں کا ہاتھ ہے۔ اب یہ ہی لیڈر قوم کو تباہ ہے کہ حالات صحیح کر دیں گے اپنے دور اقتدار میں تو انہوں نے کچھ نہیں کیا صرف دولت لوٹتے رہے عوام



سیدھی پٹی پڑھاتے ہیں کراچی کی تباہی یہ تو جتنا بھی کہا جائے وہ کم ہوگا سنا ہے کہ مراد علی شاہ یہاں امریکہ سے تعلیم حاصل کر کے گیا تھا۔ وہ اتنا پڑھ کر ہی جاہل لیڈر بن گیا پورا شہر ڈوب رہا تھا تو اس کو اپنے بیانات دینے سے فرصت نہیں مل رہی تھی۔ آج دیکھ لیں فوج نے ہر جگہ وہ کام بھی کیا جو کہ کراچی کی حکومت کو کرنا تھا۔ عقل سے بالاتر بات یہ ہے کہ لیاقت آباد یا صدر کے علاقے اتنا زیادہ ٹیکس ادا کرتے ہیں جو کہ پورے پنجاب یا کسی اور جگہ سے وصول کیا جاتا ہے کراچی والے کما کر دوسروں کو کھلا رہے ہیں جسے کہ لوگ دینی اور سعودی عرب میں پیٹ کاٹ مزدوری کر کے محنت سے کما کر اپنی فیملی کو پاکستان میں پالتے ہیں بلاول اور دوسرے لوگ باہر کے ملک سے امپورٹ ہو کر آتے ہیں ساری زندگی آرام کی زندگی میں رہ کر صدر ٹرپ کی طرح عام آدمی کی زندگی اور اس کے مسائل کو کیسے جانیں گے یا حل کریں گے؟ عوام سے درخواست ہے آنکھیں کھولوں ان کی باتوں پر دھیان نہ دو اجازت ہے۔

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

کے مسائل حل نہیں کئے تعلیم کی سہولت بے روزگاری، مہنگائی اور لاقانونیت کے علاوہ پانی اور بجلی کے مسائل اپنی جگہ ویسے ہی ہیں کیونکہ ساری دولت تو یہ ملک سے نکال کر لے گئے۔

آج کا یہ لیڈر کسی کام کا نہیں درد اس کو پیسہ کا ہے عوام کا نہیں یہ سب مجھے پئے لیڈر یا کھوٹے سکے ایک ساتھ اکٹھے ہو کر قوم کو گمراہ کر رہے ہیں جسے خود ساختہ مولوی لوگوں کو الٹی

لندن میں بیٹھے خطاب کر رہا ہے وہیں ہم کو الطاف بھائی بھی یاد آئے وہ بھی لندن سے خطاب کرتے تھے۔ لگتا ہے کہ لندن کا بجٹ ہی ان مفرور مجرموں کی دولت کے بل بوتے پر چلتا ہے ان کے کارکن یا جو بھی تھے وہ پاکستان میں لوگوں سے بھتہ لیا کرتے تھے تو یہاں پر لندن میں ان کی طرف سے لندن کی حکومت کو بھتہ دیا جا رہا ہے۔ پناہ گزیں کی قیمت بھی شا

کھولنے کی اجازت دے دی اب تو لفافہ جرنلزم زیادہ زبان چلاتا ہے اور جو چاہے جس کے خلاف کہہ دیتے ہیں رونا تو اس بات کا ہے کہ ہمارے بزرگوں نے اکثر کہا ہے کہ ”آزمائے کو آزمانا جہالت ہے“۔ تو پھر ہماری قوم کی اکثریت کو کیا ہو رہا ہے کہ وہی پرانے لیڈروں پر بھروسہ کرنے جا رہے ہیں کیوں پھر ان کی باتوں میں آ رہے ہیں سونے پر سہا

## حضرت نبی کریم صلی اللہ علیہ وسلم کی بتلائی ہوئی ایک بہت پیاری اور جامع دُعا

اور فضل و کرم سے ممکن ہے انسان بڑے سے بڑے عہدے اور مقام پر پہنچ جائے وہ اللہ تعالیٰ سے مستغنی اور بے نیاز نہیں ہو سکتا اس لیے دعا کا اختتام ان الفاظ پر ہوا ہے کہ اپنے بے بسی اور عاجزی کا اقرار اور اس کی بادشاہت کا اعتراف ہے۔

(ولا تکلنی الی نفسی طرفۃ عین) کہ مجھے ایک لمحے کے لیے بھی اور آنکھ جھپکنے کے برابر اور یہ کسی چیز کے کم ہونے پر مبالغے کے لیے بولا گیا ہے میرے نفس کے سپرد نہ کرنا بلکہ ہمیشہ اپنی رحمت میرے شامل حال رکھنا کیونکہ جو اللہ مالک الملک پر توکل کرتا ہے اللہ تعالیٰ اس کا فی ہوجاتا ہے اور جو اللہ مالک الملک سے مدد طلب کرتا ہے اللہ تعالیٰ اس کی مدد فرماتا ہے اور حقیقت بھی یہی ہے کہ بندہ اپنی تمام ذہانتوں، توانائیوں، بیٹیوں کی فوج اور برادری کے جتنے، اور عہدے، منصب سب چیزوں کے ہونے کے باوجود پلک جھپکنے کے برابر بھی مالک کائنات، خالق ارض و سماء سے بے پروا نہیں ہو سکتا۔

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♦♦♦♦♦♦♦♦

بعد اللہ مالک الملک کی رحمت کا واسطہ دے کر اس سے مدد اور استغاثہ طلب کیا گیا ہے۔

علامہ عبدالرحمن بن ناصر السعدی مالک کائنات کی رحمت کے بارے میں لکھتے ہیں: تیری بے پایاں رحمت مجھے ہر جانب سے گھیر لے، کیونکہ تیری رحمت تمام برائیوں کے مقابلے میں ایک مضبوط اور محفوظ قلعہ ہے اور ہر بھلائی اور مسرت کا سرچشمہ ہے۔ تیری رحمت ہر چیز پر سایہ کناں ہے علوی اور سفلی تمام کائنات اللہ تعالیٰ کی رحمت سے لبریز اور اس کی رحمت تمام کائنات پر چھائی ہوئی ہے۔ اس کی تمام مخلوق اس رحمت سے بہرہ مند ہوتی ہے۔ مگر اللہ تعالیٰ کی خاص رحمت جو دنیا و آخرت کی سعادت کی باعث ہوتی ہے وہ ہر ایک کو نصیب نہیں ہوتی۔

(أصلح لی شأنی کلہ) اب اصل مدعا بیان کیا جا رہا ہے یعنی میرے تمام امور مثلاً گھر، اہل و عیال، ہمسائے، دوست، کام کاج، پڑھائی، میری اپنی ذات، دل، صحت اور ہر وہ چیز جو میری دنیا اور آخرت کے متعلق ہے اسے صحیح اور درست فرما دے میرے مولا اور یہ سب کچھ اللہ مالک الملک کی رحمت

گیا ہے۔

علامہ عبدالرحمن بن ناصر السعدی لکھتے ہیں: (الحی القيوم) ”وہ زندہ اور سب کا تھامنے والا ہے۔“

ان دو اسمائے حسنی (الحی القيوم) میں دیگر تمام صفات کی طرف اشارہ موجود ہے۔ خواہ وہ دلالت مطابقت سے ہو، یا دلالت تضمن سے یا دلالت لزوم سے۔

(الحی) سے مراد وہ ہستی ہے جسے کامل حیات حاصل ہو، اور یہ مستلزم ہے تمام صفات ذاتیہ کو مثلاً سننا، دیکھنا، جاننا اور قدرت رکھنا وغیرہ۔

(القيوم) سے مراد وہ ذات ہے جو خود قائم ہو اور دوسروں کا قیام اس سے ہو، اس میں اللہ تعالیٰ کے وہ تمام افعال شامل ہوجاتے ہیں جن سے اللہ تعالیٰ متصف ہے یعنی وہ جو چاہے کر سکتا ہے، استواء، نزول، کلام، قول، پیدا کرنا، رزق دینا، موت دینا، زندہ کرنا اور دیگر انواع کی تدبیر سب اس کے قیوم ہونے میں شامل ہیں۔ اس لئے بعض محققین کا کہنا ہے کہ یہی وہ اسم اعظم ہے جس کے ذریعے کی ہوئی دعا رد نہیں ہوتی۔“ (برحمتک أستغیث) اس کے

یا حی یا قیوم برحمتک استغیث، أصلح لی شأنی کلہ، ولا تکلنی الی نفسی طرفۃ عین

المستدرک علی الصحیحین (۲۰۲۶)

صحیح علی شرط الشیخین سیدنا انس بن مالک رضی اللہ تعالیٰ عنہ سے روایت ہے کہ رسول اللہ صلی اللہ علیہ وسلم نے سیدہ فاطمہ رضی اللہ تعالیٰ عنہا سے فرمایا: میں تمہیں جو وصیت کرتا ہوں اسے سننے سے تمہیں کیا امر مانع ہے؟ صبح وشام یہ کہو:

یا حی یا قیوم برحمتک استغیث، أصلح لی شأنی کلہ، ولا تکلنی الی نفسی طرفۃ عین

”اے ہمیشہ ہمیشہ زندہ رہنے والے! زمین و آسمان اور تمام مخلوق کو قائم رکھنے والے! تیری رحمت کی دہائی ہے تو میرے کام درست فرما دے اور مجھے آنکھ جھپکنے کے برابر بھی میرے نفس کے سپرد نہ کرنا“ (یا حی یا قیوم) دُعا کا آغاز ہی اللہ مالک الملک کے دو پیارے ناموں سے کیا



## آئیے ہم اپنے ایمان کی زندگی کے ہر لمحے تجدید کریں

قطب محمد الدین ابوشجاع  
ایم ڈی پی ایچ ڈی،  
شکا گوا امریکہ

اے مسلمانو جان لو کہ اگر تم محمد صلی اللہ علیہ وسلم کے سچے وفادار ہو تو یقیناً ساری کائنات آپ کی ہے۔

آئیے ہم اپنی زندگی کے ہر لمحے اپنے ایمان کی تجدید کریں۔ اور وفاداری رسول کا حق ادا کریں۔

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُوْلُ اللَّهِ  
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ  
عَلَىٰ آلِهِ وَسَلَّمَ

♦♦♦

کنجیاں۔ ہیں اس مقدس اور طاقتور ذکر کی انتہائی اہمیت کی وجہ سے، ہمیں ہر لمحے اللہ سبحانہ و تعالیٰ کی وحدانیت اور محمد صلی اللہ علیہ وسلم کے ساتھ اپنی وفاداری پر اپنے ایمان کی تصدیق اور تجدید کرنا چاہیے کیونکہ اللہ سبحانہ و تعالیٰ قرآن میں فرماتے ہیں کہ ”اے لوگو اللہ پر ایمان لاؤ اور رسول محمد صلی اللہ علیہ وسلم کی پیروی کرو دونوں جہانوں میں کامیاب اور سرفراز ہو جاؤ گے“۔ علامہ اقبال رحمۃ اللہ علیہ نے اس طرح فرمایا۔

کی محمد وفانے تو ہم تیرے ہیں یہ جہاں چیز ہے لوح و قلم تیرے ہیں

مقدس کلمہ ہے۔ انہی الفاظ کی جب آپ عہد اور تصدیق و گواہی دیتے ہیں تو آپ مسلمان ہوجاتے ہیں۔ یہ الہی معاہدہ (عہد) ہر مسلمان کے لیے زندگی بھر رہنمائی کرتا ہے۔ یہ کلمہ عبد اور معبود کے درمیان مضبوط رشتہ ہے۔ بنی نوع انسان اور خالق (معبود)

کے۔ اس کلمہ طیبہ کو تمثیلی طور پر شجرہ طیبہ کہا جاتا ہے، جو ایک روحانی اور بابرکت درخت ہے جو آپ کے لیے اس دنیوی زندگی اور ابدی زندگی میں پھل لائے گا۔ یہ صرف الفاظ نہیں ہیں، یہ دراصل۔ اللہ سبحانہ و تعالیٰ کے خزانوں اور نعمتوں کی

اسلام کی بنیاد توحید ہے، یعنی اللہ سبحانہ و تعالیٰ کی توحید، ہمارے خالق، دنیا کے پالنے والے، چلانے والے بڑے مہربان بے حد رحم والے صرف وہی عبادت کے لائق ہیں اور کوئی نہیں اور محمد صلی اللہ علیہ وسلم نبی آخر الزماں اللہ کے رسول ہیں۔ لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُوْلُ اللَّهِ ”اللہ کے سوا کوئی عبادت کے لائق نہیں اور محمد صلی اللہ علیہ وسلم اللہ کے رسول ہیں۔“

یہ اسلامی عقیدہ (ایمان) کا لازمی عہد (بیثاق) ہے۔ اس کلمہ کو کلمہ طیبہ (کلمہ طیبہ) کہتے ہیں جس کا مطلب پاک اور

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

18 اپریل

اگر آپ چالیس سال کے ہو گئے ہو تو ماہرین کے چند مشورے یاد رکھنا۔

کھانوں میں تین اشیاء کی کثرت کرنا۔ سات چیزوں کا استعمال کم سے کم کرنا۔ چار چیزوں کو ہمیشہ اپنے پاس رکھنا۔ سب سے پہلی بات حتی المقدور کوشش کرنا کہ آپ کی یہ دو چیزیں آپ کے قابو میں رہیں:

پہلی بات: (۱) آپ کا فشارخون (بلڈ پریشر) (۲) آپ کے خون میں شکر کا تناسب

دوسری بات: ان سات چیزوں کا استعمال کم سے کم کرنا۔

(۱) نمک۔ (۲) چینی۔ (۳) گوشت یا دیگر محفوظ غذائیں (فریج میں رکھی ہوئی)۔ (۴) سرخ گوشت

(۵) دودھ اور اس کا بانی پروڈکٹس۔ (۶) نشاستہ دار غذائیں۔ (۷) کاربوئیڈیٹس والے مشروبات

تیسری بات: اپنے کھانوں میں ان تین اشیاء کی کثرت کرنا ہے۔

(۱) سبزیاں۔ (۲) پھل۔ (۳) خشک میوہ جات

چوتھی بات: ان تین چیزوں کو بھلانے کی کوشش کرنا۔

(۱) آپ کی عمر۔ (۲) آپ کا ماضی۔ (۳) اگر آپ کے ساتھ کوئی ظلم و زیادتی ہوئی ہو تو۔

پانچویں بات: ان چار چیزوں کو، بھلے آپ کا جتنا زور لگے، اپنے پاس رکھنا۔

(۱) اپنے مجبین اور دوستوں سے تعلق۔ (۲) اپنے خاندان کا خیال۔ (۳) مثبت سوچ۔ (۴) مشاغل کو اپنے گھر سے دور۔

چھٹی بات: اپنی صحت کی حفاظت کے لئے ان پانچ باتوں کا اہتمام رکھنا۔

(۱) روزے۔ (۲) ہنسی مذاق اور مسکراہٹیں۔ (۳) مسلسل سفر و سیاحت۔ (۴) جسمانی ورزش۔

(۵) اپنا وزن کم کرنے کے لئے محنت کرنا۔

ساتویں بات: ان چار باتوں کو کبھی نظر انداز نہ کرنا۔

(۱) پانی پینے کے لئے پیاس کا انتظار نہ کرنا۔ (۲) نیند کے لئے جماہیوں کا انتظار نہ کرنا۔

(۳) آرام کے لئے تھکاوٹ کا انتظار نہ کرنا۔ (۴) اپنے ریگولر میڈیکل ٹیسٹ کے لئے بیمار ہونے کا انتظار نہ کرنا۔

آٹھویں اور سب سے ضروری بات:

(۱) اللہ تبارک و تعالیٰ کے ساتھ اپنا روحانی تعلق مضبوط بنا کر رکھنا۔

(۲) تلاوت کا اہتمام، تہجد کی کوشش اور دعاء مناجات کی کثرت۔

(۳) ذات باری سے استغفار اور آقا رسول اللہ صلی اللہ علیہ وسلم پر درود و سلام کی کثرت۔

ان سے صحت، فکر فاقے، اور مال میں خیر ہوگی، اور دارین کی خوشیاں ملیں گی۔

ایسی نیکی کرو

جس سے زیادہ سے زیادہ

لوگوں کو فائدہ ہو۔

## بھاگا ہوا انسان واپس آنے کی آیت

إِنَّ الَّذِي فَرَضَ عَلَيْكَ الْقُرْآنَ لَرَأْدُكَ إِلَى مَعَادٍ ط (پارہ ۲۰، سورہ قصص، آیت ۵۸)

فضیلت: اگر کوئی بھاگا گیا ہو اسے واپس لانے کے لئے دو رکعت نفل پڑھ کر اس آیت کو 119 مرتبہ چالیس روز تک پڑھیں۔ ان شاء اللہ بھاگا ہوا حاضر ہو جائے گا۔

## بواسیر کی تکلیف دور کرنے کے لئے یہ آیت پڑھے

سورہ الم نشرح اور سورہ الفیل۔ مکمل سورتیں لکھنے پڑھے اگر کسی کو بواسیر کی تکلیف ہو تو فجر کی دو سنت کی پہلی رکعت میں الم نشرح پوری سورت اور دوسری رکعت میں الم تراکیف مکمل سورت پڑھا کرے۔ ان شاء اللہ تکلیف دور ہو جائے گا۔

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ۖ وَوَضَعْنَا عَنكَ وِزْرَكَ ۖ  
الَّذِي أَنْقَضَ ظَهْرَكَ ۖ وَرَفَعْنَا لَكَ ذِكْرَكَ ۖ  
فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ إِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ  
فَإِذَا فَرَغْتَ فَانصَبْ ۖ وَإِلَىٰ رَبِّكَ فَارْغَبْ ۝  
أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِأَصْحَابِ الْفِيلِ ۖ  
أَلَمْ يَجْعَلْ كَيْدَهُمْ فِي تَضْلِيلٍ ۖ وَأَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلَ ۖ  
تَرْمِيهِمْ بِحِجَارَةٍ مِّن سِجِّيلٍ ۖ فَجَعَلَهُمْ كَعَصْفٍ مَّأْكُولٍ ۝ (پارہ ۳۰، سورہ الم نشرح، سورہ الفیل)

## تمام مہلک و موزی امراض سے حفاظت کے لئے طب نبوی نسخہ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُذَامِ، وَالْجُنُونِ، وَمِنْ سَيِّئِ الْأَسْقَامِ (مشکوٰۃ، ص ۲۱۷، حدیث نمبر ۲۲۷۰)

## میاں بیوی کے اختلافات دور ہونے کے لئے

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ۗ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَتَفَكَّرُونَ ۝

(پارہ ۲۱، سورہ الروم، آیت ۲۱)

فضیلت: کسی میاں بیوی میں اختلاف ہو آپسی میں محبت نہ ہو تو اس آیت کو 99 مرتبہ کسی میٹھی چیز پر تین دن تک پڑھ کر دم کر کے دونوں کو کھلائیں۔ ان شاء اللہ دونوں میں محبت پیدا ہو جائے گی۔

## موزی بیماری دور کرنے کے لئے

أَفحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ۝ فَتَعَلَىٰ اللَّهُ الْمَلِكُ الْحَقُّ ۖ لَا إِلَهَ إِلَّا هُوَ ۖ رَبُّ الْعَرْشِ الْكَرِيمِ ۝ وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا

آخَرَ ۖ لَا بُرْهَانَ لَهُ بِهِ ۗ فَأَيُّمَا حِسَابُهُ عِنْدَ رَبِّهِ ۗ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ۝ وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ۝ (پارہ ۱۸، سورہ المؤمنون، آیت ۱۱۵، ۱۱۸)

فضیلت: اگر کسی کو کرونا وائرس یا کوئی موزی بیماری لاحق ہو تو اس آیت کو صبح و شام 3 دفعہ پڑھ کر مریض پر دم کریں اور پانی پر دم کر کے پلائیں تو ان شاء اللہ تعالیٰ بیماری ختم ہو جائے گی اور شفا یاب ہو جائے گا۔

## وبائی امراض دور کرنے کے لئے

اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَىٰ رُوحِ سَيِّدِنَا مُحَمَّدٍ فِي الْأَرْوَاحِ وَصَلِّ عَلَىٰ قَلْبِ سَيِّدِنَا مُحَمَّدٍ فِي الْقُلُوبِ

وَصَلِّ عَلَىٰ جَسَدِ مُحَمَّدٍ فِي الْأَجْسَادِ وَصَلِّ عَلَىٰ قَبْرِ مُحَمَّدٍ فِي الْقُبُورِ

کوئی وبائی مرض یا کوئی ایسی موزی بیماری آپ کو نہیں لگے گی روزانہ صبح 4 مرتبہ شام 4 مرتبہ پڑھ کر مریض پر دم کریں اور ساتھ میں پانی پلائیں ان شاء اللہ مریض شفا یاب ہو جائے گا۔



ولی الدین

## مہمان

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



## آج کل

ڈیڑھ اینٹ کی مسجدیں بناتے ہیں  
اُلٹے سیدھے سبق پڑھاتے ہیں  
یہ خود ساختہ مولوی بھی آج کل  
اتحاد کے نعرے لگا کر آپس میں لڑاتے ہیں



ماضی میں کوئی لوٹ کر جاتا نہیں  
مستقبل کا حال کوئی بتلاتا نہیں  
حال میں ہی خوش حال رہنا سیکھو  
یہ لمحہ پھر واپس کبھی آتا نہیں



صابر دت

## غزل

خوابوں سے نہ جاؤ کہ ابھی رات بہت ہے  
پہلو میں تم آؤ کہ ابھی رات بہت ہے  
جی بھر کے تمہیں دیکھ لوں تسکین ہو کچھ تو  
مت شمع بجھاؤ کہ ابھی رات بہت ہے

کب پو پھٹے کب رات کٹے کون یہ جانے  
مت چھوڑ کے جاؤ کہ ابھی رات بہت ہے  
رہنے دو ابھی چاند سا چہرہ مرے آگے  
مے اور پلاؤ کہ ابھی رات بہت ہے

کٹ جائے یوں ہی پیار کی باتوں میں ہر اک پل  
کچھ جاگو جگاؤ کہ ابھی رات بہت ہے



انجم رہبر

## غزل

تم کو بھلا رہی تھی کہ تم یاد آ گئے  
میں زہر کھا رہی تھی کہ تم یاد آ گئے  
کل میری ایک پیاری سہیلی کتاب میں  
اک خط چھپا رہی تھی کہ تم یاد آ گئے  
اس وقت رات رانی مرے سونے صحن میں  
خوشبو لٹا رہی تھی کہ تم یاد آ گئے  
ایمان جانے کہ اسے کفر جانے  
میں سر جھکا رہی تھی کہ تم یاد آ گئے  
کل شام چھت پہ میر تفتی میر کی غزل  
میں گنگنا رہی تھی کہ تم یاد آ گئے  
انجم تمہارا شہر جدھر ہے اسی طرف  
اک ریل جا رہی تھی کہ تم یاد آ گئے



احسن مارہروی

## غزل

کیا ضرورت بے ضرورت دیکھنا  
تم نہ آئینے کی صورت دیکھنا  
پھر گئیں پیار غم کو دیکھ کر  
اپنی آنکھوں کی مروت دیکھنا  
ہم کہاں اے دل کہاں دیدار یار  
ہو گیا تیری بدولت دیکھنا  
ہے وہ جب دل میں تو کیسی جستجو  
ڈھونڈنے والوں کی غفلت دیکھنا  
سامنے تعریف پیچھے گالیاں  
ان کی منہ دیکھی محبت دیکھنا  
جن کو باقی ہی نہ ہو امید کچھ  
ایسے مایوسوں کی حسرت دیکھنا  
مرا خط یہ کہہ کے غیروں کو دیا  
اک ذرا اس کی عبارت دیکھنا  
اور کچھ تم کو نہ آئے گا نظر  
دل میں رہ کر دل کی حسرت دیکھنا  
صبح اٹھ کر دیکھنا احسن کا منہ  
ایسے ویسوں کی نہ صورت دیکھنا

شاہ نعیم الدین نعیمی  
امریکہ

## غزل

میں خالق کونین کی نظروں میں بسا ہوں  
گو خلق میں شامل ہوں مگر پھر بھی جدا ہوں  
جوہر کی طرح خلعت ہستی میں جڑا ہوں  
مہتاب کی مانند ستاروں میں سجا ہوں  
ایسے نہ اڑا مجھ کو تو اے بادِ بلاخیز  
پھولوں سے لدی شاخ کے جھولوں میں پلا ہوں  
پیغامِ محبت میں مرے اتنی ہے وسعت  
ہر سمت میں خوشبو کی طرح پھیل گیا ہوں  
محتاج توجہ ہوں کبھی مجھ پہ نظر کر  
تو دیکھ میں چوکھٹ پہ تری کب سے کھڑا ہوں  
مجھ پر ہے ہر اک سمت سے یلغارِ عداوت  
ہیں غیر بھی ان میں کہ نہیں دیکھ رہا ہوں  
اک وقت مقرر پہ ہی پاؤں گا رہائی  
ہوں قید زمیں پر کہ یہاں زیرِ سزا ہوں  
قدموں میں اٹی گرد ہے صدیوں کے سفر کی  
وہ کون سی منزل ہے جسے ڈھونڈ رہا ہوں  
ہے خاک کی یلغار مری جاں پہ نعیمی  
اک مٹی کی دیوار کے سایہ میں کھڑا ہوں

غوشیہ سلطانہ  
امریکہ

## تنہائیاں

بھیڑ کی بھیڑ ہے بشر تنہا  
زندگی کا ہے یہ سفر تنہا  
داستاں ہے کہ حیاتِ غم  
راکھ کا ڈھیر ہے نگر تنہا  
روح ایماں صداقت یزداں  
نورِ حق کی ہے اک نظر تنہا  
ہے نگہتِ غم میں سلگتی اک شام  
ہوری ہے ایک بر تنہا  
اب بدل دو روشِ گلستاں کی  
رو کے کہتی رہی سحر تنہا  
ہر طرف ہیں فضا میں آلودہ  
فرد پیتا رہا زہر تنہا  
بارشیں ٹوٹ کے برستی رہیں  
دل کی بستی رہی مگر تنہا  
پھول رضوں کے ہیں مہکتے ہوئے  
دُرِ نایاب میں اک گہر تنہا

صوفیہ انجم تاج  
امریکہ

## غزل

اب تو ہم ہو گئے ہیں سخت پریشاں جاناں  
آ کہ ہم ساتھ ہی جھلیں غم جاناں جاناں  
تم ذرا سا کہیں جاؤ ہو تو یہ لگتا ہے  
اپنی ہی آنکھوں سے ہم ہو گئے پنہاں جاناں  
غم تبسم سے دبانے کی بھی حد ہوتی ہے  
اب تو چمکیں گے ستارے سر مڑگاں جاناں  
تم نہ ہو سارا جہاں ہے مرے غم سے واقف  
ہم جہاں رہتے ہیں رہتے ہیں نمایاں جاناں  
دل سے باتیں مری خلوت میں ہوا کرتی ہیں  
مجھ کو مرغوب نہیں مجمعِ یاراں جاناں  
خوش مزاجی سے میری لوگ ہوئے ہیں نزدیک  
دور ہو جائیں اگر دیکھیں پریشاں جاناں  
کبھی انجم سے سنو کشمکشِ درد کا حال  
یہ محبت ہے محبت نہیں آساں جاناں

عرفان مرتضیٰ  
امریکہ

## غزل

زمیں تو لے ہی چکے، اب آسمان لو گے کیا؟  
تم اپنے واسطے سارا جہان لو گے کیا؟  
قدم قدم سے ملا کر جو چل رہے ہو تم  
قدم قدم پہ مرا امتحان لو گے کیا؟  
بچا ہے کچھ بھی نہیں، اب جو تم کو دے دوں میں  
سبھی تو لے لیا، اب میری جان لو گے کیا؟  
محبتوں میں تو ہر بات مانی جاتی ہے  
سو تم سے جو بھی کہوں گا، وہ مان لو گے کیا؟  
سکون ملتا نہیں ہے تمہیں جو اس گھر میں  
اسے جلا کے تم اب اک مکان لو گے کیا؟  
عجب سی بات ہے، تم نے تو دھوپ بھی لے لی  
بچا ہے سر پہ جو آبِ سائبان، لو گے کیا؟



On the lighter side....

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

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

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

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

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

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

"I'm going to keep it under my bed," replied the first.

"But what about the smell?"

"He'll soon get used to that."

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

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

What do you call a charitable person in Portland?

An Oregon donor!

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

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

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

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

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



She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

During the final exam, the professor noticed that Billy Walters kept looking at his hand before writing down an answer on his test. This went on throughout the entire exam, leaving the professor no other choice than to interrogate the student's test-taking habit. "Mr. Walters," the professor began. "Is there something interesting written on your palm?" "Not at all," Billy replied. "It's all pretty boring."

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

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

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

"You're forgetting one."

"Really? Which one?"

"Wife!"

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

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

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

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

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

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

"One dollar."

"You don't know your arithmetic."

"You don't know my father!"

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

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

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

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

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

Doctor: "Every two hours."



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