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FEBRUARY 2026 Vol 17, Issue 2

Rep Ilhan Omar attacked



A day after a man charged her at the podium at a town hall in Minneapolis, Rep. Ilhan Omar at a news conference pinned the blame on President Donald Trump.

"Blame is very interesting, but facts are more important, and what the facts have shown since I've gotten into elected office is that every time the president of the United States has chosen to use hateful rhetoric to talk about me and the community that I represent, my death threats skyrocket," Omar said.

In Tuesday's incident, police say 55-year-old Anthony Kazmierczak was observed by officers using a syringe to spray an unknown liquid onto the congresswoman. Kazmierczak was arrested and booked into Hennepin County Jail on suspicion of third-degree assault, Minneapolis police said.

Football Legend Challenges FIFA: Rejects Invitation Over Silence on Killings of Footballers in Gaza



Alex Pretti's tragic Murder

Alex Pretti's final nursing student pens a heartbreak-
ing tribute to her murdered mentor, writing that
"caring for people was at the core of who he was"
and that he believed strongly in our Constitution.
The more we learn about this man, the clearer it
becomes that he was a genuine hero...

"I was Alex Pretti's final nursing student. He was
my friend and my nursing mentor," Jessica Hauser
wrote on Facebook. "For the past four months, I
stood shoulder to shoulder with him during my
capstone preceptorship at the Minneapolis VA
Hospital. There he trained me to care for the sickest
of the sick as an ICU nurse. He taught me how to
care for arterial and central lines, the intricacies of
managing multiple IVs filled with lifesaving solu-
tions, and how to watch over every heartbeat, every
breath, and every flicker of life, ready to act the mo-
ment they wavered. Techniques intended to heal."
"Alex carried patience, compassion and calm as a
steady light within him," she continued. "Even at
the very end, that light was there. I recognized his
familiar stillness and signature calm composure
shining through during those unbearable final mo-
ments captured on camera."

"It does not surprise me that his final words were,
'Are you okay?' Caring for people was at the core of
who he was. He was incapable of causing harm. He
lived a life of healing, and he lived it well."

"Alex believed strongly in the Second Amendment
and in the rights rooted in our Constitution and its
amendments. He spoke out for justice and peace
wherever he could, not out of obligation, but out of
a belief that we are more connected than divided,
and that communication would bring us together."
"I want his family to know his legacy lives on. I am



a better nurse because of the wisdom and skills he
instilled in me. I carry his light with me into every
room, letting it guide and steady my hands as I heal
and care for those in need."

"Please honor my friend by standing up for peace,
preferably with a cup of black coffee in hand and
a couple pieces of candy in your pocket, just as he
would. He would remind you that caring for others
is hard work, and we must do whatever it takes to
get through the long shifts. Step outside with your
dog, breathe in the world, hike or bike as he loved to
do, and let yourself find peace in the quiet moments
within nature. Stand up for justice and speak with
those whose views differ from your own. Hold your
beliefs with strength, but always extend love out-
ward, even in the face of adversity."

"Take one step, no matter how small, to help heal
our world. Through these acts, carry his light for-
ward in his name. Let his legacy continue to heal,"
she concluded.

America suffered a great loss when this inspiring
man was killed by masked federal agents. May his
life be a call to all of us to strive to help our fellow
men and women. We don't have to descend into
nihilism and hatred. We can heed the better angels
of our nature and find a way out of this darkness.

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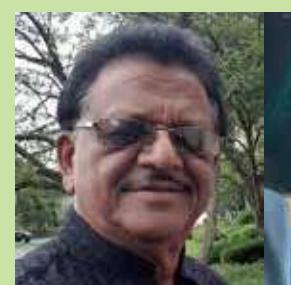
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Deepinder Goyal Steps Down as Zomato CEO for Higher-Risk Ventures

In a major development in India's quick commerce space, Zomato founder Deepinder Goyal has resigned as Group CEO of Eternal. As per the company's regulatory filing,

Blinkit CEO Albinder Dhindsa will take over the role starting February 1, 2026. Explaining his decision, Goyal said he wants to focus on high-risk exploration and experimental ideas that are better pursued outside a publicly listed company. While stepping away from day-to-day leadership, Goyal is not exiting entirely, subject to shareholder approval, he will continue as Vice Chairman and Director on Eternal's Board. The leadership change marks a significant shift for the company as it prepares for its next phase of growth under new management.

Goyal will step down as Group CEO of Eternal on February 1, 2026. He will stay on the board as Vice Chairman, subject to shareholder approval. Albinder Dhindsa will take over as Group CEO.

This shift affects daily management, not ownership. Goyal's financial position stays linked to the business he built.

How Deepinder Goyal built his net worth

Goyal co-founded Zomato in 2008. The platform grew from restaurant listings into a multi-business consumer tech firm. His net worth tracks Zomato's market value and long-term outlook.

Zomato's 2021 IPO was a key moment. The issue was 35x subscribed and listed at a \$12 billion valuation. Goyal's equity after listing pushed him into the billionaire bracket.



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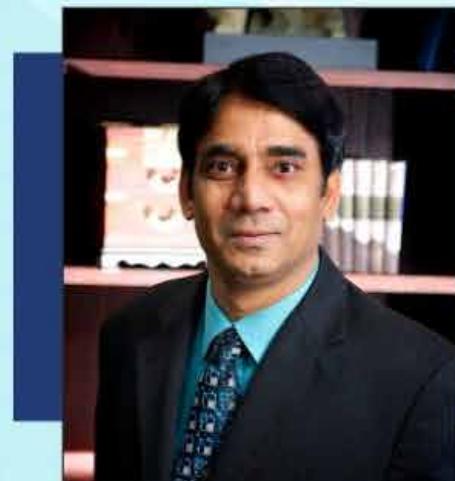
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Outgoing President
Mohammed Hameed
thanked the board
members for a smooth
transition.



A Texas man detained by ICE was his disabled son's sole caregiver.

Maher Tarabishi's family had hoped he could be present to say his final goodbyes to his son, Wael.

Maher, Wael's primary caretaker, has been in federal detainment since October, separating him from his son as he battled severe health complications from a serious and rare inherited disorder.

But despite the family's public pleas for Maher's temporary release, Immigration and Customs Enforcement officials denied their request, his attorney said.

Now the family is preparing to bury 30-year-old Wael without Maher. The son spent his life suffering from Pompe disease, which leads to severe muscle weakness and heart problems.

"We are profoundly disappointed with ICE's decision to deny Maher Tarabishi the opportu-

nity to say his final goodbye to his beloved son, Wael," Attorney Ali Elhorr said in a statement Tuesday. "Today's decision to keep him from saying goodbye is a reflection of the tragic lack of humanity by those in charge."

In a separate statement, family members said preventing Maher from burying his son "would only deepen the wounds left by the pain of these past few months."

ICE's decision came three months after Maher was detained during a routine immigration check-in in Dallas. Since then, his family has held a news conference and publicly pleaded for federal immigration officials to temporarily release him from the Bluebonnet Detention Facility in Anson, Texas.

At first, they hoped Maher could be released to provide the 24-hour specialized care for Wael that only he was trained to do. But in Wael's last



Wael Tarabishi, left, died on January 23 after suffering from a lifelong inherited disorder that affected his muscles and heart. His father, Maher Tarabishi, right, is in ICE detention in Texas. (@freemahertarabishi/Instagram)

days, they were holding hope Maher could at least say goodbye to his son in person.

On Tuesday, a day before Wael's funeral was originally planned, Elhorr said he had discussed the funeral's logistics and ICE's conditions to allow Maher's attendance with immigration officials "who had shown the willingness to facilitate Maher's supervised release," but ultimately, declined to do so.

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Congrats to Dr Suresh Reddy for being selected as a nominee for the prestigious Servant Leader Award for VISN 12 (Veterans Integrated Service Network) within the Department of Veterans Affairs (VA)."



American Islamic Society & Minhaj Welfare Foundation

USA creates history by raising \$200K in CHICAGO'S Charity fundraising dinner for the world's largest orphan care home for 2000 orphan children. The AIS Leadership & Global Director Operations for MWF announced a joint partnership to expand its charitable activities in India especially in Hyderabad. The focus will be on supporting orphan children, widows, poor and needy families with marriage of their daughters, sadaat fund project and providing food to marginalized communities. The event highlighted a faith perspective of serving humanity; ending poverty through education in accordance to the Quranic and Prophetic teachings. The event was attended by esteemed scholars, politicians, community leaders, members of the business community and a large number of young professionals



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Tribute Paid to Late Nawab Wajid Ali Khan on 25th Anniversary of KW Foundation

Tribute Paid to Late Nawab Wajid Ali Khan on 25th Anniversary of KW Foundation. We are pleased to share the highlights of the Nawab Wajid Ali Khan Memorial Cricket Tournament, a memorable event filled with passion, sportsmanship, and competitive cricket.

Late Nawab Wajid Ali Khan was widely respected as one of the most courageous and honest senior police officers of the former united Andhra Pradesh and the country at large. During his 36 years of distinguished service, he exemplified bravery, professionalism, integrity, compassion, and devotion to duty. Popularly known as "Agi Ramudu," he was honored with the *National Best Police Officer Award for his outstanding contributions.

The tournament featured two historic and respected teams.

Paramount Cricket Club, late Dr. Sardar Sher Ali Khan Kota Alijah, established in 1965, was led by Captain Mir Wajahath Ali from London, with Mehdi Hussain Aqeel from Jeddah serving as Vice Captain.

Opposing them was Bright Star Cricket Club, Mugal Pura, founded in 1972, captained by Syed Hussaini Khader Peer Bagdadi from KSA and Hyderabad, with Syed Minhajuddin Nayyab from KSA and Hyderabad as Vice Captain.

The matches showcased thrilling performances, strong teamwork, and true sportsman spirit from both sides. Every player contributed with dedication, making this memorial tournament a meaningful tribute to the legacy of Nawab Wajid Ali Khan.

This event once again reminded us that cricket is



more than just a game—it is a celebration of unity, tradition, passion and encouragement for the upcoming generations.

We congratulate both teams for their efforts and extend our heartfelt thanks to the organizers, players, and supporters for making this tournament a grand success.

Speaking on the occasion, Engineer Ameer Mohammad Ali Khan, son of late Nawab Wajid Ali Khan and late Qaiser Begum, and President of the All Saints Alumni Association of North America (ASAANA) and the Civil Engineering Club, Chicago, said that he and his brothers—Dr. Sultan Sikandar Ali Khan (USA), Malik Liaqat Ali Khan (Advocate), and Engineer Fazal Mustafa Ali Khan—organize this annual event under the KW Foundation and Trust. He added that the foundation provides free tuition to deserving students and extends support to orphans, widows, the needy, and the sick. The Chief Guest, Mr. Suresh Kumar Shettar, Congress Member of Parliament from Zaheerabad, appreciated the social and charitable initiatives of the KW Foundation and expressed happiness at the gathering of friends from India and abroad, including the USA, UK, and Saudi Arabia.

The proceedings were conducted by S. Husseini Qadir Pir Baghadi, Director, Advisory Committee, while Engineer Fazal Mustafa Ali Khan and Usman Ali Khan Shadab welcomed the guests. The event concluded with a formal dinner.



Yusuff Ali at Davos, Switzerland

Yusuff Ali, chairman and managing director of Lulu Group met Heads of States, Prime Ministers and other dignitaries in Davos, Switzerland.

Yusuff Ali Musaliam Veettil Abdul Kader, popularly known as M. A. Yusuff Ali, is an Indian businessman and billionaire. He is the chairman and managing director of LuLu Group International, which owns the LuLu Hypermarket chain worldwide and LuLu International Shopping Mall.

In 2006, he started his large business ventures in India, by starting a convention centre cum hotel at his native place Thrissur, Kerala namely Lulu Convention Centre. In 2013, Yusuff Ali acquired 4.99% of the Thrissur-based CSB Bank and 4.99% shares of Thrissur based Dhanlaxmi Bank.[12] Also in 2013, he increased his stake in the Aluva-based Federal Bank to 4.47%. In 2014 Yusuff Ali acquired 2% stake of South Indian Bank - another Thrissur based bank. In 2016, Yusuff Ali purchased the Scotland Yard Building in London. As of 2013, he held a 9.37% share in Cochin International Airport. He has bought a 10% stake in the UK-based trading firm, East India Company, and a 40% stake in its fine foods subsidiary for around \$85 million in total.



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The rank structure of the United States Army reflects discipline, leadership, and responsibility at every level. From enlisted soldiers like Private and Specialist to Non-Commissioned Officers such as Sergeant and Sergeant Major, each rank plays a vital role in daily operations. Warrant Officers provide technical expertise, while commissioned officers—from Second Lieutenant to General—lead units and shape strategy. At the top, Generals of the Army represent the highest level of command. This clear hierarchy ensures order, accountability, and effective coordination, allowing the U.S. Army to remain one of the most powerful and organized military forces in the world.

-Ishan Habeeb, London

EU and India Clinch 'Mother of All Deals' in Rebuff to Trump

The European Union and India concluded a free-trade agreement after almost two decades of negotiations, part of an effort to deepen economic ties that has gained momentum due to the Trump administration's aggressive tariff policies.

"We have concluded the mother of all deals," European Commission President Ursula von der Leyen said in a social-media post. The head of the EU executive, who was in New Delhi to mark the moment with European Council President Antonio Costa, added that the accord "created a free trade zone of two billion people, with both sides set to benefit."

Indian Prime Minister Narendra Modi hailed the agreement as a means of strengthening India's manufacturing and services sectors while boosting investor confidence in Asia's third-largest economy. "India has completed its biggest and most historic free trade agreement," Modi said at a joint press briefing in New Delhi. "This historic agreement will make it easier for our farmers and small businesses to reach the European markets."

The conclusion of negotiations reflects the rapidly shifting global alignment under US President Donald Trump. The EU, despite long clashing with Indian officials on trade policy, is focused on paring back its economic reliance on the US and China. India is trying to shake its protectionist reputation and offset a 50% Trump tariff, while at the same time balance ties with Russia.

The deal is expected to double EU goods exports to India by 2032 after New Delhi agreed to eliminate or cut tariffs on 96.6% of shipments, according to a European Commission press release. The EU, in turn, will eliminate or reduce tariffs on 99.5% of goods imported from India over seven years, India's Ministry of Commerce and Industry said.

It's India's most ambitious trade pact to date. New Delhi has agreed to allow up to 250,000 European-made vehicles to enter the country at preferential duty rates — a quota more than six times larger than other recent deals.

The agreement would give India a competitive edge in exporting labor-intensive goods hit hard by Trump's tariffs, including apparel, gems, jewelry and footwear. Brussels has

also offered binding commitments on student mobility and post-study visas, along with concessions across 144 services sectors. India has kept its politically-sensitive dairy sector out of the deal.

India has risen and Europe is truly glad about it because when India succeeds, the world is more stable, more prosperous and more secure," von der Leyen said at the briefing, adding that the pact sends a "strong message that cooperation is the best answer to global challenges."

The pact is expected to be formally signed after legal vetting, which will likely take around six months. The European Parliament will also have to ratify it.

The announcement comes days after EU finally secured a long-gestating trade deal with the Mercosur bloc of South American countries — another pact meant to help the EU pivot away from the US and China. EU lawmakers have yet to ratify that deal, however.

Modi is similarly trying to find new markets for a country Trump once dubbed the "tariff king." Tuesday's agreement marked Modi's fourth trade deal since last May, following pacts with the UK, Oman and New Zealand.

The South Asian nation is also seeking partnerships with the Mercosur bloc, Chile, Peru and the Gulf Cooperation Council, hoping to secure strategic resources and expand India's global footprint.

Bilateral trade between the EU and India stood at \$136.5 billion in India's fiscal year through March 2025, with the EU making up more than 17% of India's total exports, according to official data. India is the EU's ninth largest trading partner.

The announcement drew an immediate positive response from industry groups and business executives in Germany, the EU's big-

gest economy, as well as from members of Chancellor Friedrich Merz's ruling coalition in Berlin. Ola Källenius, chief executive officer of carmaker Mercedes-Benz Group AG, said the agreement was "very good news both for the EU and for Germany, but also for India."

"If we can strengthen trade relations with this rapidly growing economy, then that will also support the German export industry," Källenius said in an interview with Welt TV.

The EU and India are also growing closer on the defense front, unveiling a new security partnership.

The pact broadens cooperation in traditional defense areas, including the joint development and production of weapons, and provides a mechanism for sharing classified information, according to a joint statement.

Modi has been seeking to ramp up defense production in India and is looking to acquire technology from countries such as Germany and France. The agreement provides a

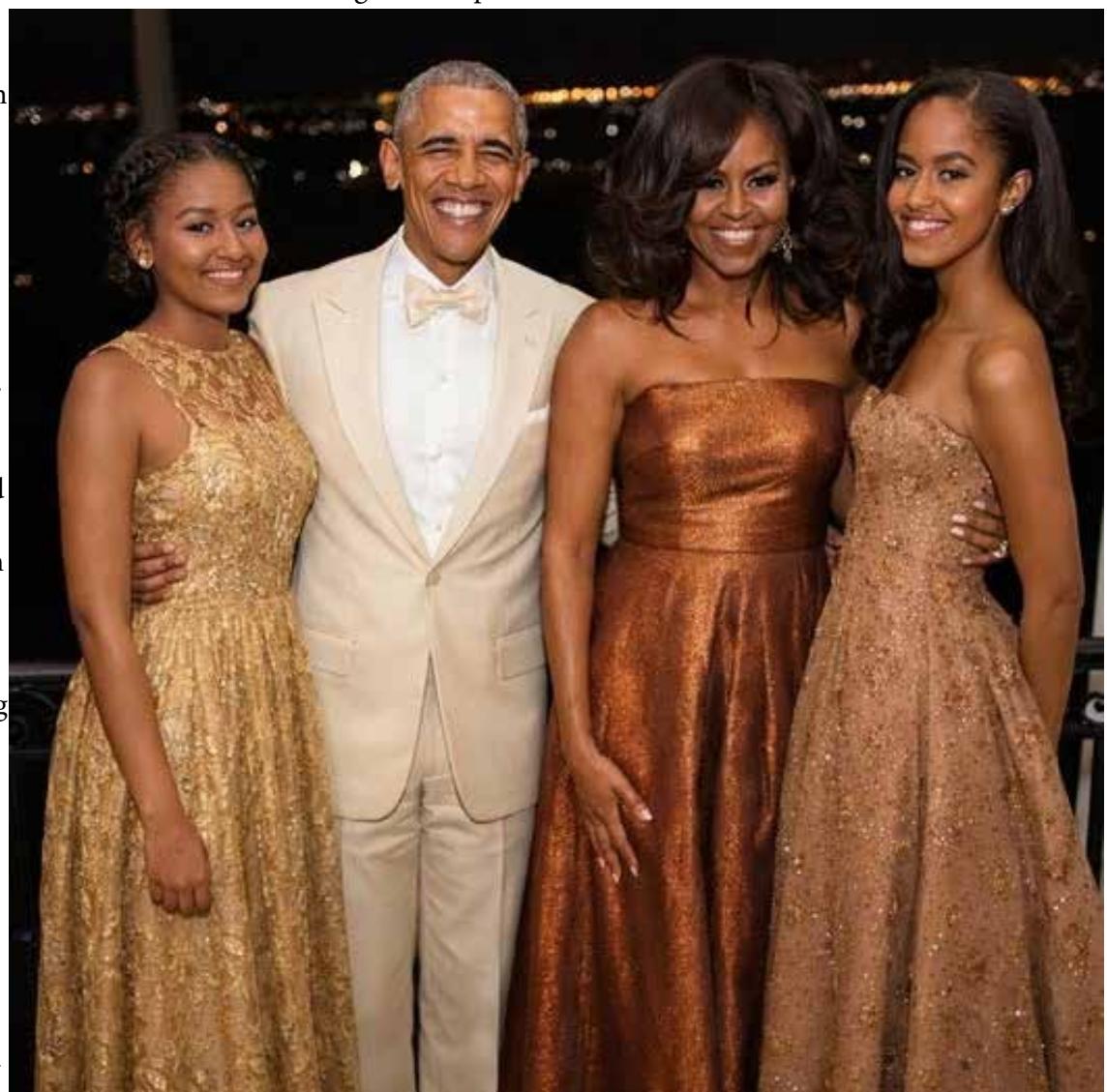


framework for Indian industry to partner with European counterparts in the production of military hardware.

The pact will also see the two sides cooperate more closely in monitoring the Indian Ocean region, where China has expanded its presence in recent years by deploying flotillas of warships.

"We are not only making our economies stronger, we are also delivering security for our people in an increasingly insecure world," said von der Leyen.

--With assistance from Sudhi Ranjan Sen, Swati Gupta, Andrea Palasciano and Cory Bennett. Yahoo/Finance
Shruti Srivastava and Jorge Valero





NBA legend Michael Jordan and his mother, Deloris Jordan, have helped open their fourth family medical clinic in North Carolina, providing low-cost healthcare to patients with little or no health insurance.

WeirdWorld

@ weirdworldinsta



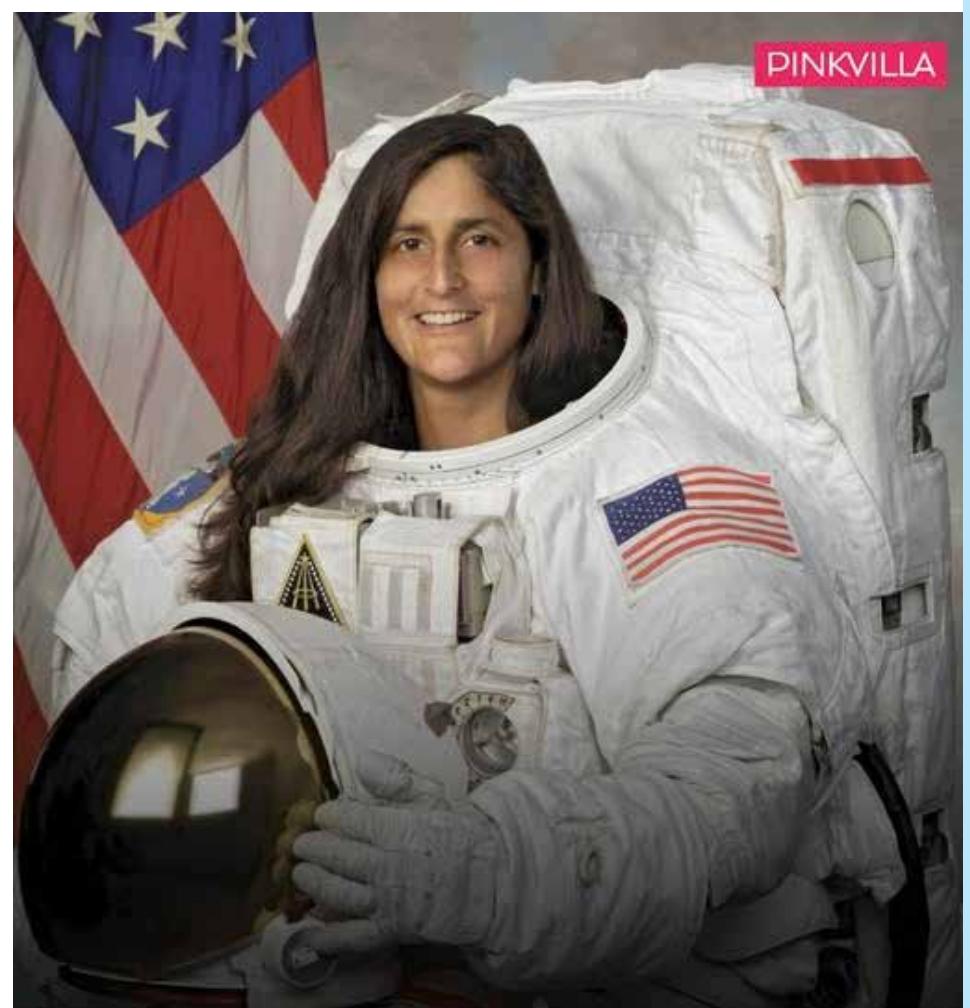
INDIAN CINEMA

Saira Banu, her husband Dilip Kumar, and Saira Banu's maternal grandmother Shamshad Begum. The Shamshad Begum seen here was a singer based in Delhi and belonged to Saira Banu's maternal family. She was the mother of Naseem Banu, one of the most celebrated actresses of pre-Partition Indian cinema, and the grandmother of Saira Banu. This is an important distinction, as she is often mistakenly confused with Shamshad Begum, the legendary playback singer of Hindi films, who was a completely different personality. The photograph holds deep personal and historical value, capturing a quiet family moment that links three generations associated with Indian cinema, while also preserving the lesser-known identity of a woman whose name has long been overshadowed by a more famous contemporary.



It is very sad to give this heartbreak news that the famous poet Mr. Tahir Faraz is no more. He took his last breath in Mumbai. The family informed that he will be delivered to Khak at Santacruz Cemetery in Mumbai

PINKVILLA



Sunita Williams Retires From NASA After 27 Years Of Service

After 27 years of service and a record 608 days in space, Sunita Williams an icon of human space travel has officially retired.

Fatima and Mariam al-Fihri

contribution to the world

Two sisters inherited a fortune in 859 CE. One built the world's oldest university. The other built a mosque. Both are still standing. Both were women. Tunisia, early 800s CE. Fatima and Mariam al-Fihri were born into wealth—their father was a successful merchant who had built a trading empire.

But wealth in 9th-century North Africa came with limitations if you were a woman. You could marry well. You could manage a household. You could live comfortably in the shadows of male relatives.

You weren't supposed to build institutions that would outlast empires. The al-Fihri family moved to Fez, Morocco, when Fatima and Mariam were young. Fez was exploding with growth—refugees from Andalusia and Tunisia were pouring in, transforming it into a major cultural center.

Then came the deaths that changed everything.

First, Fatima's husband died. Then Mariam's husband. Then their father. The two sisters—both young widows— inherited their father's entire fortune. In most societies at this time, male relatives would have controlled that wealth. Brothers, uncles, cousins— someone male would have managed the money while the women lived off allowances.

But Fatima and Mariam had different plans.

They looked at Fez filling with scholars, students, and refugees who had nowhere to study, nowhere to pray, nowhere to preserve the knowledge being lost as political turmoil swept through the Muslim world.

And they decided: We'll build it ourselves. Mariam chose to build the Al-Andalusiyin Mosque—a place of worship for the Andalusian refugees who had fled persecution and needed a spiritual home in their new city. Fatima chose something even more ambitious: she would build not just a mosque, but an entire institution of learning.

The University of al-Qarawiyyin. Here's what makes this extraordinary: Fatima didn't just fund it. She didn't just donate money and let men build it. She personally oversaw the construction.

According to historical accounts, Fatima fasted during the entire construction period—refusing to eat until sunset each day as a spiritual commitment to the project. Some accounts say she didn't break her fast until the entire building was complete and the first prayers were held inside. Whether that's literally true or not, it tells you something about how seriously she took this work.

The construction took years. Fatima

invested her entire inheritance—everything her father had built, everything she'd inherited from her husband. All of it went into the walls, the courtyard, the library, the classrooms.

She was building something that would outlive her by a thousand years. She just didn't know it yet. Al-Qarawiyyin opened in 859 CE as a mosque and educational institution. But it quickly became something unprecedented: a comprehensive university.

Students came to study the Quran, yes. But also mathematics. Astronomy. Medicine. Chemistry. Geography. Philosophy. Music. Grammar.

The library collected manuscripts from across the Islamic world—texts that would have been lost forever if not preserved here. Some of those original 9th-century manuscripts still exist in the library today.

This wasn't just religious education. This was what we would now call a liberal arts university—broad, interdisciplinary, intellectually rigorous. And it was founded by a woman. In 859.

Let that sink in:

University of Bologna (often called Europe's first university): founded 1088—229 years after al-Qarawiyyin
University of Oxford: teaching began around 1096—237 years later
University of Paris (the Sorbonne): founded 1150—291 years later
Fatima al-Fihri built a comprehensive university almost 300 years before Europe's first universities existed.

The institution developed a formal system of academic credentials—students would study with recognized scholars and receive certificates (ijazah) confirming their mastery of specific subjects. This became the model for academic certification across the Islamic world. The curriculum was extraordinary for its time. Al-Qarawiyyin became famous for:

Advanced mathematics and algebra
Astronomical observations and calculations
Medical texts and practice
Legal philosophy and Islamic jurisprudence

Literature and poetry

Music theory

Students came from across North Africa, the Middle East, and even Europe. Muslim, Christian, and Jewish scholars studied side by side.

Among the notable alumni:

Muhammad al-Idrisi, the geographer whose 1154 world map was the most accurate for 300 years and guided European explorers

Ibn Khaldun, considered the father of sociology and historiography

Leo Africanus, the diplomat and author whose writings introduced much of Africa to European readers

Pope Sylvester II (Gerbert d'Aurillac), who studied at al-Qarawiyyin and later introduced Arabic numerals to Europe. The influence spread far beyond Fez. Ideas developed at al-Qarawiyyin traveled along trade routes, influencing universities as they developed in Europe, shaping the Renaissance, preserving Greek and Roman texts that would have been lost.

Knowledge that Fatima's university preserved helped pull Europe out of the Dark Ages.

And through it all, for over 1,100 years, the institution has never stopped operating.

Think about that timeline:

859: Fatima founds al-Qarawiyyin

1066: Norman Conquest of England (al-Qarawiyyin already 207 years old)

1492: Columbus reaches Americas (al-Qarawiyyin: 633 years old)

1776: American Revolution (al-Qarawiyyin: 917 years old)

1945: End of World War II (al-Qarawiyyin: 1,086 years old)

2025: Today (al-Qarawiyyin: 1,166 years old and still teaching students)

Empires have risen and fallen. Technologies have been invented and abandoned. Entire civilizations have come and gone.

And the university Fatima built still stands.

But here's what really gets me: For most of those 1,100+ years, Fatima al-Fihri's name was barely mentioned. The university was famous. The scholars were celebrated. The library was renowned. But the woman who built it? Footnoted. Sometimes erased entirely.

It wasn't until the 20th century that historians started seriously examining her role and recognizing that al-Qarawiyyin wasn't just another mosque expansion—it was a deliberate, ambitious institution of higher learning built by a woman who understood that education was the most important investment she could make.

UNESCO officially recognized al-Qarawiyyin as the oldest continuously operating university in the world.

The Guinness Book of World Records confirmed it.

And finally—finally—Fatima al-Fihri began getting credit for what she built. In 2014, Moroccan architect Aziza Chaouni led a restoration project of the library—a woman restoring the library another woman built 1,155 years earlier.

When they opened the ancient library to researchers, they found 9th-century manuscripts that had been there since Fatima's time. Books she might have touched. Knowledge she preserved. Today, al-Qarawiyyin is integrated into Morocco's modern university system.

It grants degrees recognized interna-



"Two sisters inherited a fortune in 859 CE. One built the world's oldest university. The other built a mosque. Both are still standing. Both were women."

tionally. Students still attend classes in buildings that have stood for over a millennium.

And Fatima's sister? Mariam's mosque—the Al-Andalusiyin—still stands too. Still active. Still serving the community.

Two sisters. Two massive construction projects. Both still functioning 1,166 years later.

Both built by women who were told to live quietly on their inheritances. Instead, they built legacy.

Here's what Fatima and Mariam understood that we sometimes forget: wealth is temporary. Buildings decay. Empires crumble.

But knowledge—real, accessible, transformative knowledge—can survive anything.

The sisters could have lived luxuriously. They could have remarried into powerful families. They could have funded comfortable, safe, small projects.

They chose to build institutions so large, so ambitious, so enduring that they would still be teaching students over a thousand years later.

Fatima al-Fihri didn't write books that survive. We don't have her journals or letters. We don't know exactly what she looked like or what her voice sounded like. But we have her university.

We have the knowledge it preserved. We have the scholars it trained.

We have the ideas it spread across continents. And most importantly: we have proof that a woman in 859 CE understood something that took the rest of the world centuries to figure out.

That education is the most powerful force for change.

That institutions of learning can outlast kingdoms.

That knowledge shared freely creates civilizations that endure.

She was a widow. In 859 CE. In North Africa.

She built the world's oldest continuously operating university.

And it's still teaching students today. That's not just legacy. That's immortality.

Surfaraz Husain, an AMU Alumnus with Deep Roots in Hyderabad, Dies at 104

Inna lillahi wa inna ilayhi raji'oon.

Mr. Surfaraz Husain, who built a long professional career in the United States after being educated at Aligarh Muslim University (AMU) passed away at the age of 104 on January 5, 2026, in Los Angeles, California. Following a brief illness, he passed away peacefully surrounded by his beloved family.

Mr. Husain belonged to a distinguished family associated with the princely state of Hyderabad. His grandfather was Dr. Arastu Yar Jung Bahadur who was an eminent royal physician of the Nizam of Hyderabad (Deccan)—then among the world's wealthiest rulers. Dr. Arastu Yar Jung Bahadur was widely respected for his exceptional medical skill, scholarship, and humanitarian service as a figure of exceptional wisdom.

Mr. Husain's father was the late Janab Asghar Husain who was also an Aligarian, having graduated from the department of commerce at AMU. His mother, Mohtarma Katina Begum was a homemaker.

Mr. Surfaraz Husain was born on September 22, 1922, in Hyderabad. His early education was completed in Hyderabad and in the early 1940s he joined AMU as a student of commerce.

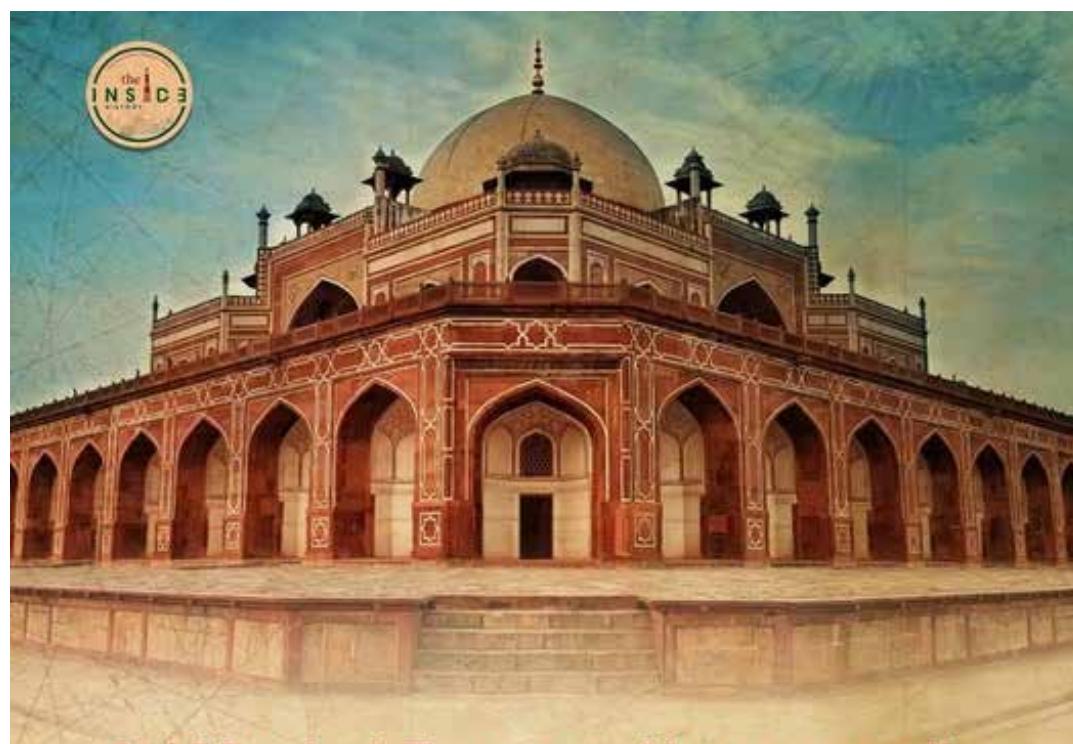
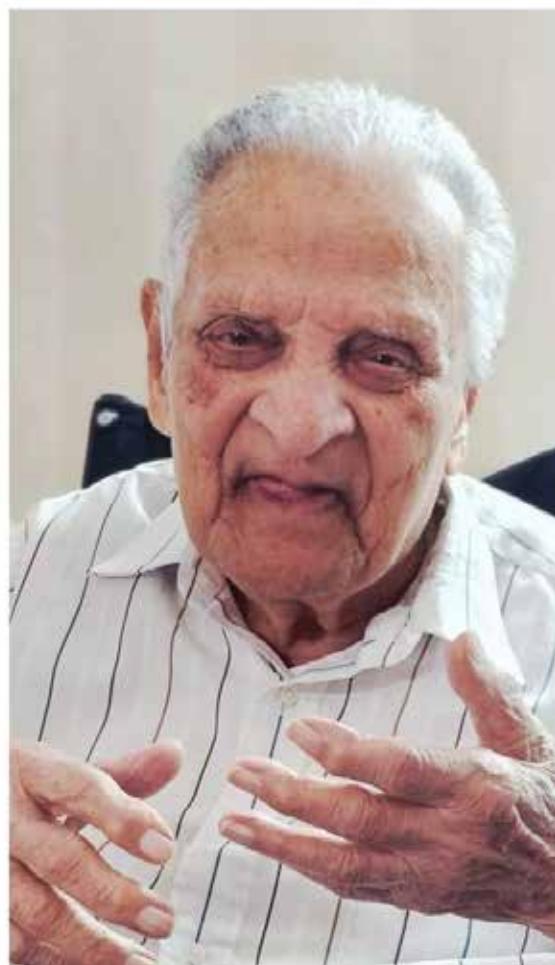
After graduating from AMU, Mr. Husain returned to Hyderabad, and, in 1945 he married Marium Begum.

Towards the end of the 1950s he and his family emigrated to the United States, where he established a long and prolific career in accounting. After retirement, he remained intellectually and professionally active and took pleasure in advising and mentoring younger members of his extended family and the community at large.

Friends and relatives recall him to be mentally alert and physically inde-

pendent almost until the end of his life. Even at the age of 100, he spoke passionately of history, family, and his years at Aligarh.

Mr. Husain is survived by his four sons, Asif, Hyder, Azam, Mouzam, and their families, a wide circle of extended relatives, and, his youngest sister, Saleha Lakadwala, who is the last surviving of eight siblings.

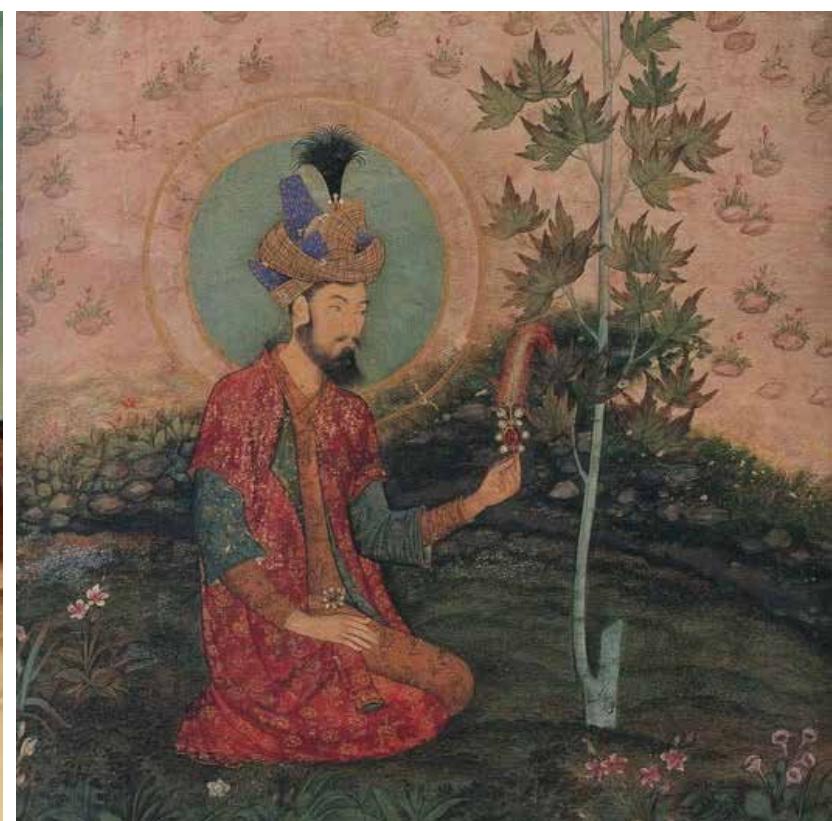


2nd Mughal Emperor Humayun dies

On 27 January 1556, the second Mughal Emperor Humayun (also known as Nasir-ud-Din Muhammad), died shortly after re-establishing Mughal/Timurid rule over Northern India.

Humayun was the son of Zaheer ud-din Muhammad Babur who was the founder of the Mughal Empire in India. Humayun ruled over territory in what is now Afghanistan, Pakistan, Northern India, and Bangladesh from 1530–1540 CE (937-946 AH) and again from 1555–1556 CE (962-963 AH).

Humayun ascended the Mughal throne in 1530 at the age of 22. Humayun was defeated by Sher Shah Suri first in the Battle of Chausa in 1539



and later in the Battle of Kannauj in 1540. After losing the battle, Humayun escaped and reached Iran in 1544, where he was granted military aid by Safavid Shah Tahmasp.

In 1555, Humayun returned to India with his stronger army and met Sikandar Shah Suri at Sirhind (now in Punjab, India). He defeated Sikandar Shah in the battle of Sirhind on June 22, 1555, and recovered Delhi and Agra. Thus with this victory, he reestablished the Mughal rule in India. On 23 July 1555, Humayun once again sat on Babur's throne in Delhi.

Trump is threatening to attack a country that produces three times more oil than Venezuela

The United States is considering whether to strike Iran as turmoil intensifies for the country's authoritarian regime.

The Iranian government is at its weakest point in years, destabilizing yet another OPEC nation less than two weeks after the United States toppled the government of Venezuela.

Protests have erupted in the streets across Iran, and the government's deadly crackdown on protesters crossed a red line President Donald Trump had drawn. Trump has signaled that his administration is weighing an attack – although on Wednesday, Trump said the United States will continue to "watch and see what the process is" to determine whether to take action against Iran.

Iran controls the third-largest proven oil reserves on Earth and one of the world's most important oil shipping lanes. Those factors will shape the country's future, regardless of whether the US intervenes.

Iran's massive oil industry

Iran produces about 3.2 million barrels of oil per day, on average, according to OPEC, accounting for roughly 4% of global crude production. That makes Iran the world's sixth-largest oil producer – an impressive feat, considering Iran faces burdensome worldwide sanctions that have severely limited its potential customers. To skirt sanctions, Iran operates a shadow fleet of vessels to export oil at a steep discount.

But Iran's potential far outweighs its actual output. The country is sitting on 209 billion barrels of oil in reserve, behind only Venezuela and Saudi Arabia. And its daily production is less than half the 6.5 million barrels per day Iran produced in the mid-1970s before revolutionaries overthrew the Shah.

Like Venezuela, China is by far Iran's biggest customer: It bought 97% of Iran's oil in 2024, according to the US Energy Information Administration. The similarities don't end there: Iran also nationalized the country's energy infrastructure after expropriating foreign oil companies' assets in past decades.

But Iran is a much more important for global energy than Venezuela.

"Iran is significantly larger than Venezuela for oil markets," said Luisa Palacios, a former Citgo chairwoman and current managing director of Columbia University's Center on Global Energy Policy. "Developments for Iran matter much more for oil markets in the near term, because of the risk of oil supply disruption."

What could happen to oil prices?

The price of oil has already risen sharply because of the threat of disruption to Iran's oil. Crude rose above \$61 a barrel Wednesday in response to threats of an attack on Iran – just a week after oil fell to \$56 a barrel when Trump promised US oil companies would ramp up production in Venezuela. Oil fell 4%, back below \$60, Thursday morning after Trump suggested an attack wasn't imminent.

Oil could rise significantly higher if the United States strikes Iran – but that probably depends on the extent of the possible attack and Iran's response.

For example, crude prices surged 7% and rose above \$74 a barrel in early June as tensions escalated between Israel and Iran. But prices actually fell sharply after the United States' historic attack on three Iranian nuclear facilities later that month because the United States avoided attacking the country's oil infrastructure – and Iran's missile attacks on US bases were intercepted and widely viewed as symbolic.

Iran has the power to inflict serious damage on the oil market, however, if it wants: The country controls the northern side of the Strait of Hormuz, a pinch point for other oil-producing countries through which 20 million barrels of crude – about one-fifth of daily global production – flow. The strait is the only way to ship crude from the Persian Gulf to the rest of the world.

"Iran's ability to cause chaos in the oil markets is significant if they choose to lash out," said Dan Pickering, founder and chief investment officer at Pickering Energy Partners.

That's why the oil market is getting jittery.

"Oil traders are effectively placing bets on chaos," said Nigel Green, CEO of global financial advisory giant deVere Group. "Traders appear to be positioning for a scenario where the Strait of Hormuz shifts from being a shipping route to a strategic pressure point capable of choking global supply."

What happens if the Ayatollah is ousted? Iran has a surprisingly diversified economy for a sanctioned nation, with oil making up only about 10% to 15% of the country's overall gross domestic product. But Iran's government relies heavily on the oil industry for its finances, bringing in half of its revenue from crude exports.

"Oil plays a critical role in the current regime and would continue to do so if the regime changes," said Pickering.

Iran also has a leg up on Venezuela, whose authoritarian regime allowed the country's oil infrastructure to crumble over the past couple



decades. By contrast, Iran's infrastructure is in decent shape.

"A future government would not be starting from zero," Green said. "It would be starting from constrained capacity that can be, in most likely scenarios, unlocked."

Of course, that's if a new government in Iran is friendly to the West, persuading countries around the globe to drop their sanctions, noted Helima Croft, head of global commodity strategy at RBC Capital Markets.

"It all depends on what comes next and what regime emerges post Khamenei," Croft said.

In the near term, regime change could send oil prices higher, as the uncertainty of a political transition – including determining who would control the state-run oil industry – would add risk to the global crude market. But a new government in Iran could help stabilize and reduce oil prices in the long run, especially if it adds the transparency that the current authoritarian Iranian government has prevented for decades.

That could put a significant amount of oil into the global market, according to Matt McManus, a former State Department official and a visiting fellow at the National Center for Energy Analytics.

Like Venezuela, however, US oil companies' interest in moving into Iran could be limited, at least at first.

Political stability and guarantees of security would need to precede any major American oil company's involvement in Iran. And with crude prices still quite low, oil companies aren't exactly rushing into new opportunities with questionable profits.

"As for Iran, it has significant resources," said Mike Sommers, CEO of the American Petroleum Institute, the oil industry's trade group. "But any discussion of investment would depend on political stability."

Yahoo Finance

David Goldman, CNN

FROM INDIA TO AMERICA

RICHEST INDIAN IMMIGRANTS

*Image shows the richest Indian immigrants in America, along with their net worth (in \$ billions)



1 Vinod Khosla
\$13.4B

2 Jay Chaudhry
\$12.2B

3 Rakesh Gangwal
\$5.6B

4 Romesh Wadhwani
\$5.5B

5 Rajiv Jain
\$4B

6 Ram Shriram
\$3.8B

7 David Paul
\$2.4B

8 Raj Sardana
\$2B

9 Sundar Pichai
\$1.6B

10 Nikesh Arora
\$1.4B

11 Neerja Sethi
\$1.0B

12 Satya Nadella
\$1B

*Source : Forbes

Hit Like

Save For Later

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 25V871
 Manufacturer :BMW of North America, LLC
 Subject : Air Bag Inflators May Rupture
 Make Model Model Years
 BMW 228I 2014-2015
 BMW 320I 2014
 BMW 328I 2014
 BMW 335I 2014
 BMW 428I 2014
 BMW 435I 2014
 BMW M235I 2014-2015
 NHTSA Recall ID Number : 25V878
 Manufacturer :General Motors, LLC
 Subject : Insufficient Pedestrian Warning Sound/FMVSS 141
 Make Model Model Years
 CHEVROLET EQUINOX EV 2025-2026
 NHTSA Recall ID Number : 25V889
 Manufacturer :Subaru of America, Inc.
 Subject : Rear Hatch Support Bracket May Fail
 Make Model Model Years
 SUBARU FORESTER 2026
 NHTSA Recall ID Number : 25V891
 Manufacturer :Honda (American Honda Motor Co.)
 Subject : Engine Rod Bearing Failure
 Make Model Model Years
 HONDA CBR600RR 2024-2026
 NHTSA Recall ID Number : 25V892
 Manufacturer :Honda (American Honda Motor Co.)
 Subject : Engine Rod Bearing Failure
 Make Model Model Years
 HONDA CB1000SP 2025
 NHTSA Recall ID Number : 25V897
 Manufacturer :Blue Bird Body Company
 Subject : Loose 12-Volt Cable May Cause Loss Of Drive Power and Electrical System
 Make Model Model Years
 BLUE BIRD ALL AMERICAN SCHOOL BUS (ELECTRIC) 2019-2027
 BLUE BIRD VISION SCHOOL BUS (ELECTRIC) 2019-2027
 NHTSA Recall ID Number : 25V900
 Manufacturer :Volkswagen Group of America, Inc.
 Subject : Rearview Camera Image May Not Display/FMVSS 111
 Make Model Model Years
 AUDI A6 2019-2025
 AUDI A6 ALLROAD 2020-2026
 AUDI A7 2019-2025
 AUDI A8 2019-2026
 AUDI E-TRON 2019-2024
 AUDI E-TRON GT 2022-2026
 AUDI E-TRON SPORTBACK 2020-2024
 AUDI Q7 2020-2026

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

AUDI Q8 2019-2026
 AUDI RS 6 AVANT 2021-2026
 AUDI RS 7 2021-2026
 AUDI RS E-TRON GT 2022-2026
 AUDI RS Q8 2020-2026
 AUDI S6 2020-2025
 AUDI S7 2020-2025
 AUDI S8 2020-2026
 AUDI SQ7 2020-2026
 AUDI SQ8 2020-2026
 NHTSA Recall ID Number : 25V904
 Manufacturer :Terminal Investment Corporation
 Subject : Loss of Steering Control from Track Rod Detachment
 Make Model Model Years
 TICO PRO SPOTTER TANDEM 2018-2026
 NHTSA Recall ID Number : 25V905
 Manufacturer :Tiffin Motorhomes, Inc.
 Subject : Wire May Overheat Between Battery and Inverter
 Make Model Model Years
 TIFFIN OPEN TRAIL 2025-2026
 NHTSA Recall ID Number : 25V906
 Manufacturer :BMW of North America, LLC
 Subject : Improperly Secured Positive Battery Cable
 Make Model Model Years
 BMW i4 EDRIVE40 2025
 NHTSA Recall ID Number : 25V907
 Manufacturer :KTM North America, Inc.
 Subject : Side Stand Spring May Break
 Make Model Model Years
 KTM 390 ADVENTURE R 2025
 KTM 390 ADVENTURE X 2025
 KTM 390 ENDURO R 2025
 KTM 390 SMC R 2025
 NHTSA Recall ID Number : 25V908
 Manufacturer :Volvo Car USA, LLC
 Subject : Rearview Camera Image May Not Display/FMVSS 111
 Make Model Model Years
 VOLVO C40BEV 2022-2024
 VOLVO EC40 2025
 VOLVO EX40 2025
 VOLVO S60 2023-2025
 VOLVO S90 2022-2025
 VOLVO V60 2023-2025
 VOLVO V60CC 2023-2025
 VOLVO V90 2022
 VOLVO V90CC 2022-2025
 VOLVO XC40 2021-2025
 VOLVO XC60 2022-2025
 VOLVO XC90 2023-2025
 NHTSA Recall ID Number : 25V911
 Manufacturer :Honda (American Honda Motor Co.)
 Subject : Damaged Wire Harness/FMVSS 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

108
 Make Model Model Years
 HONDA CBR650R 2024-2025
 NHTSA Recall ID Number : 25V912
 Manufacturer :Nissan North America, Inc.
 Subject : Incorrect Spare Tire Installed/FMVSS 110
 Make Model Model Years
 NISSAN ROGUE 2026
 NHTSA Recall ID Number : 25V913
 Manufacturer :Gillig, LLC
 Subject : Improperly Tightened Rear Axle Upper Torque Rod Fasteners
 Make Model Model Years
 GILLIG LOW FLOOR 2025
 NHTSA Recall ID Number : 26V001
 Manufacturer :Volvo Car USA, LLC
 Subject : Park Outside - High Voltage Battery Fire Risk
 Make Model Model Years
 VOLVO EX30 2025
 NHTSA Recall ID Number : 26V002
 Manufacturer :Blue Bird Body Company
 Subject : Loose 12-Volt Cable May Cause Loss Of Drive Power and Electrical System
 Make Model Model Years
 BLUE BIRD ALL AMERICAN TRANSIT BUS (ELECTRIC) 2022-2024
 NHTSA Recall ID Number : 26V003
 Manufacturer :Rivian Automotive, LLC
 Subject : Toe Link Joint May Separate
 Make Model Model Years
 RIVIAN R1S 2022-2025
 RIVIAN R1T 2022-2025
 NHTSA Recall ID Number : 26V004
 Manufacturer :Blue Bird Body Company
 Subject : Wheelchair Restraint Retractor May Not Lock
 Make Model Model Years
 BLUE BIRD ALL AMERICAN TRANSIT BUS (ELECTRIC) 2026
 BLUE BIRD VISION TRANSIT BUS (ELECTRIC) 2026
 NHTSA Recall ID Number : 25C011
 Evenflo Company, Inc. (Evenflo) is recalling certain Al-14One child seats. Please refer to Evenflo's recall report for specific model numbers. In rear-facing mode, the adjustable recline mechanism may shift out of proper position. As such, these child seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard number 213, "Child Restraint Systems." A child seat that does not maintain proper recline position may not adequately secure a child in a crash, increasing the risk of injury. Additionally, should another passenger put their hand in the recline mechanism when it shifts out of position, their risk of injury is increased. Evenflo will replace the child seat, free of charge. Owner notification letters are expected to be mailed beginning January 26, 2026. Owners may contact Evenflo customer service at 1-800-233-5921.

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.

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 PLANNING 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.

RECIPES

Hyderabadi Dum ka Murg

Ingredients of Hyderabadi Dum Ka Murg

For Marinating the Chicken:

Chicken curry cut – 1 kg
Salt – 1 tsp
Red chilli powder – 1 tsp
Turmeric powder – 1 tsp
Green chilli paste – 3 tsp
Ginger & garlic paste – 2 tsp
Dahi (yogurt) – 1 cup
Saffron – 15-20 strands
Green cardamom powder – 1 tsp
Mace powder – $\frac{1}{2}$ tsp

For Dum Ka Murgh:

Oil – 1 tbsp
Ghee – 1 tbsp
Bayleaf – 2 pcs
Cinnamon – 1 inch
Mace – 1 pc
Cloves – 7-10 pcs
Black cardamom – 2-3 pcs
Green cardamom – 4-5 pcs
Black pepper – 6-8 pcs
Onion (sliced) – 3 medium pcs
Water – as required
Green chilli (slit) – 3-4 pcs
Brown cashew paste – 2 tbsp
Fresh cream – 2 tbsp
Mace powder – a pinch
Green cardamom powder – a pinch
Kewra water – 2 tbsp
Saffron – 6-7 strands

Instructions of Hyderabadi Dum Ka Murg

Step 1: Marinate the Chicken

Thoroughly clean the chicken pieces and pat them dry.

We have layers of brownies, Cool Whip, and berries in this one. The red, white, and blue colors make this a perfect 4th of July dessert! Check out the process for this easy trifle recipe below.

Ingredients

Brownie mix
Cool Whip
Chocolate instant pudding mix
Blueberries
Strawberries
Egg (for brownies)
Vegetable oil (for brownies)
Water (for brownies)
Milk (for instant pudding)

Make the Brownies First Since they need time to cool after baking, the first step in making this dessert trifle is to make the brownies first. If you have your own brownie recipe you love, then use that. This is also the perfect time to remove

In a large bowl, mix the chicken with salt, red chilli powder, turmeric powder, green chilli paste, ginger & garlic paste, yogurt, saffron, green cardamom powder, and mace powder. Ensure the chicken is evenly coated, cover the bowl, and refrigerate for at least 6 hours for maximum flavor absorption.

Step 2: Prepare the Spices

Heat oil and ghee in a deep pan over medium heat.

Add bay leaves, cinnamon, mace, cloves, black cardamom, green cardamom, and black pepper. Let the spices splutter and release their aromas.

Step 3: Sauté the Onions

Add the sliced onions and cook them until they turn golden brown and caramelized.

Stir in the ginger & garlic paste and cook for another 2-3 minutes until the raw smell disappears.

Step 4: Cook the Chicken

Add the marinated chicken to the pan. Sauté the chicken until lightly browned on all sides.

Mix in the slit green chilies and cover the pan with a lid, sealing the edges with dough to trap the steam (dum). Cook on low heat for 15-18 minutes.

Step 5: Make the Gravy

Remove the chicken from the pan and set it aside.

Add brown cashew paste to the leftover gravy, stirring until it thickens.

Strain the gravy to ensure a smooth texture before returning the chicken to the pan.

Step 6: Final Touches

Add fresh cream, cardamom powder, mace

Dessert Trifle

the Cool Whip from the freezer and let it thaw.

But if you're a sucker for the box brownie mix like me, then make sure to mix with egg, vegetable oil, and water as instructed on the box. Make brownies in a 9x13 pan as to have enough squares cut to fill the trifle dish for two layers.

Brownies should take at least an hour to cool to room temperature. Cut into 1 to 1 1/2 inch squares, but not the crispy edges and corners. I recommend to start cutting brownies 1/2 inch from the edges.

Two Types of Whipped Topping How to Layer American Dessert Trifle

In a trifle dish, the layers go as follows (from bottom up):

brownies
chocolate pudding whipped topping



powder, saffron, and kewra water to the chicken and gravy.

Smoke the dish by placing a hot charcoal piece in a small bowl, drizzling ghee over it, and covering the pan immediately to trap the smoke for 1-2 minutes.

Garnish with fresh coriander leaves and serve hot with naan or steamed rice.

Cooking Tips:

Marinate the chicken for at least 4 hours, but overnight is even better. The longer it marinates, the more tender and flavorful the chicken will be.

When cooking on 'dum,' seal the lid tightly with dough or foil to ensure the steam doesn't escape. This will keep the chicken moist and cook it evenly.

Don't rush the cooking process. The slow-cooking method is key to getting the authentic texture and flavor.

Use fresh whole spices and dry roast them before adding them to the dish for an extra burst of flavor.

If you want a slightly smokier flavor, you can add a piece of coal to the pot after the cooking is done, using the 'dhungar' technique.



whipped topping
blueberries and strawberries

Repeat this process one more time to create a total of two layers of each. Make sure strawberries are sliced into fourths.

IS YOUR AIRBAG DEFECTIVE?

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

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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.**



Driver-side dashboard by the windshield

Search it

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

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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.



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Why the Trump administration is holding millions of dollars from Venezuelan oil sales in a Qatari bank

Hundreds of millions of dollars that the United States is raising from the sale of Venezuelan oil is being sequestered in Qatar. It's an indirect path that could speed the flow of much-needed money to Venezuela, but it also raises questions about the transparency surrounding those funds.

The Trump administration confirmed the first sale of Venezuelan oil Wednesday, saying it raised \$500 million. It is just the first of numerous sales expected to bring in billions of dollars in the months – and potentially years – to come. The funds were sent to Qatar, rather than being held in US banks or sent directly to Venezuela, according to a former administration official familiar with the matter. Treasury Secretary Scott Bessent told Newsmax Wednesday evening that the cash from the oil sales would start to flow into Venezuela as soon as Thursday. Venezuelan banks have started advertising cash, suggesting the oil proceeds have arrived in the country, two sources with knowledge of Venezuela's financial system said.

Venezuela has been sanctioned by Western governments across the globe, essentially cut off from the global banking system for years. Its authoritarian government seized oil assets over the past decades for which foreign energy companies have demanded compensation.

President Donald Trump has complained about Venezuela "stealing" American oil assets there, but he has also said it's important that proceeds from the oil sales directly benefit Venezuela and prevent those with claims on Venezuelan oil revenue from getting access to the money that the US is now generating from those sales.

Trump issued an executive order Friday in which he said any such attempts to put liens, garnishments or other legal judgments claiming those funds are blocked. The order said if the funds were not free from such legal entanglements it would "substantially interfere with our critical efforts to ensure economic and political stability in Venezuela."

Placing the money into an account in Qatar – potentially out of the reach of western businesses and creditors who have claims for money they say they're owed – is one way to achieve the administration's goals.

Ensuring the funds benefit Venezuela. The fact that Venezuela's creditors could slow such payments would pose a problem for both that country and the Trump administration.

"It's a real big problem. Venezuela owes money to everyone," said one expert on

foreign relations and Venezuela who spoke on the condition of anonymity to speak freely.

The expert said that Qatar has long served as a facilitator between the United States and the Venezuelan government, even before the US seizure of Venezuelan leader Nicolás Maduro opened up more direct communications between the two governments.

And other experts told CNN that Qatari banks have served a similar intermediary role during the Biden administration when it allowed some funds from oil sales to again flow to Iran during a loosening of the sanctions on that country.

The Qatari banks holding the funds have been instructed to auction the money to Venezuelan banks, giving priority to food, medicine and small businesses, according to Alejandro Grisanti, founding director of Ecoanalitica, a Latin and South American consultant that operates in Venezuela, among other countries. That money will be collected by the Central Bank of Venezuela and allocated according to the requirements set by the United States, Grisanti said.

Bessent told Newsmax the proceeds will fund Venezuela's government operations, security and food provisions.

The White House would not comment directly on the funds going to a bank in Qatar before they are paid out to Venezuela.

"As a reminder, Venezuela has been isolated from international banking for years," said an administration official speaking on background. "As the administration moves quickly at President Trump's direction, we are reviewing the existing legal parameters and restrictions."

Transparency concerns
But Trump's executive order should have pre-

vented the problem of creditors blocking the flow of necessary funds to Venezuela, the expert said. The fact the funds are being held in Qatar not only places it further outside of US legal challenges to that order, it also allows for less US transparency of the movement of cash.

"Unless there's some public plan that is going to come out and say here's the government structure for this pot of money, who's going to have control, here's the various anti-corruption, anti-money laundering controls that are going to be put in place ... this is being set up kind of like a slush fund," said the expert who asked for anonymity. "It's very troubling."

That doesn't suggest that the Trump administration is going to try to do anything nefarious with the money. But there are legitimate concerns that Venezuelan acting President Delcy Rodriguez will use funds flowing back to Venezuela to continue to pay off the corrupt parts of the government structure, including paramilitary groups and drug cartels, to maintain control of the country, according to the expert.

Some critics of the Trump administration are questioning Trump's motivation to send the money to Qatar.

"There is no basis in law for a president to set up an offshore account that he controls so that he can sell assets seized by the American military," said Sen. Elizabeth Warren, a Massachusetts Democrat, in a comment to Semafor, which first reported the money going to Qatar. "That is precisely a move that a corrupt politician would be attracted to."

Yahoo/News
Chris Isidore, Adam Cancryn, CNN



Trump threatens to halt federal money next month not only to sanctuary cities but also their states

President Donald Trump said that starting Feb. 1 he will deny federal funding to any states that are home to local governments resisting his administration's immigration policies, expanding on previous threats to cut off resources to the so-called sanctuary cities themselves.

Such an action could have far-reaching impacts across the U.S., potentially even in places that aren't particularly friendly to noncitizens.

Two previous efforts by Trump to cut off some funding for sanctuary jurisdictions were shut down by courts.

Trump unveiled the concept this time late in a speech at the Detroit Economic Club, without offering specifics.

"Starting Feb. 1, we're not making any payments to sanctuary cities or states having sanctuary cities, because they do everything possible to protect criminals at the expense of American citizens and it breeds fraud and crime and all of the other problems that come," he said. "So we're not making any payment to anybody that sup-

ports sanctuary cities."

Back in Washington, Trump was asked by reporters what kind of funding would be affected on Feb 1: "You'll see," he said. "It'll be significant."

There is no strict definition for sanctuary policies or sanctuary cities, but the terms generally describe limited cooperation with Immigration and Customs Enforcement.

Courts have rejected the idea before

In an executive orders last year, the president directed federal officials to withhold money from sanctuary jurisdictions that seek to shield people in the country illegally from deportation. A California-based federal judge struck it down despite government lawyers saying it was too early to stop the plan when no action had been taken and no specific conditions had been laid out. In Trump's first term in office, in 2017, courts struck down his effort to cut funding to the cities.

Some of the details are tricky



The Justice Department last year published a list of three dozen states, cities and counties that it considers to be sanctuary jurisdictions.

The list is overwhelmingly made up of places where the governments are controlled by Democrats, including the states of California, Connecticut and New York, cities such as Boston and New York and counties including Baltimore County, Maryland, and Cook County, Illinois. That list replaced an earlier, longer one that was met with pushback from officials who said it wasn't clear why their jurisdictions were on it. The administration has been threatening funding in specific places

The federal government has moved to halt funding for a variety of programs in recent weeks and is already facing legal challenges.

The U.S. Department of Agriculture has warned states that have refused to provide data on recipients of Supplemental Nutrition Assistance Program money that they'll be docked administrative funds. A court fight over the request for information was already under way before the threat came. Money hasn't been stopped yet. The U.S. Department of Health and Social Services said last week that it was halting money from five Democratic-led states for daycare subsidies and other aid to low-income families with children over unspecified suspicions about fraud. A court put that on hold

The administration has tried to use additional financial pressure against Minnesota, a state where it has also sent a wave of federal officers in an immigration crackdown. The Agriculture Department has said it's freezing funding in the state — but without laying out many details.

The Centers for Medicare and Medicaid Services also told Minnesota last week that it intends to withhold \$515 million every three months from 14 Medicaid programs that were deemed "high risk" after rejecting a corrective action plan it demanded because of fraud allegations. The amount is equivalent to one-fourth of the federal money for those programs. State officials said that they're appealing.

Yahoo/News

GEOFF MULVIGHILL



"A monarch who survived 55 assassination attempts, smoked 200 cigarettes a day, and reportedly returned fire at his would-be killers on the steps of the Vienna Opera while wearing evening dress. King Zog I of Albania led a life that sounds impossible. It wasn't."

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MONOPLANE

WASP

BLIMP

HONEYBEES

MOTH

BOMBER

POULTRY

15 BIGGEST ECONOMIES IN THE WORLD

| | |
|-------------------|--------------------|
| 1. United States | - \$31.82 trillion |
| 2. China | - \$20.65 trillion |
| 3. Germany | - \$5.33 trillion |
| 4. India | - \$4.51 trillion |
| 5. Japan | - \$4.46 trillion |
| 6. United Kingdom | - \$4.23 trillion |
| 7. France | - \$3.56 trillion |
| 8. Italy | - \$2.7 trillion |
| 9. Russia | - \$2.51 trillion |
| 10. Canada | - \$2.42 trillion |
| 11. Brazil | - \$2.29 trillion |
| 12. Spain | - \$2.04 trillion |
| 13. Mexico | - \$2.03 trillion |
| 14. Australia | - \$1.95 trillion |
| 15. South Korea | - \$1.94 trillion |

Study Islam Online

Shah Bano Case

Shah Bano, the housewife, mother of 5, in her 60s, entered history when she refused to accept a measly amount from her husband in 1978 on being kicked out of her marital home. Instead she took her case to the courts.

Shah Bano had been asked to leave her marital home after 43 years of marriage because she apparently could not get along with the younger second wife of her husband. Both husband and the second wife were also cousins to Shah Bano.

Shah Bano pleaded for maintenance of Rs. 500 before the local judge, invoking Section 125 of the Criminal Procedure Code. This Section is meant to provide immediate relief to the wife, minor children and parents, who are unable to maintain themselves. The judge awarded Shah Bano a maintenance grant of Rs. 25 per month. In Indore in those days, a cup of chai at the bus stand cost Rs. 1. This kind of maintenance grant meant Shah Bano was now capable of purchasing 25 cups of chai at the local bus stand. There was no money for anything else. Not for food, nor for rent, not for clothes, not for medicine.

The ruling by the court irritated Mohammed Ahmed Khan, the lawyer and husband of Shah Bano even more. He gave her the triple talaq while the proceedings for maintenance grant under Section 125 were on.

Muslim men in India at that time believed that they could divorce their wives by merely uttering the word talaq three times. This belief was put to rest only in 2017, when the triple talaq was declared to be illegal by the Parliament of India in the face of tremendous opposition and criticism from the self-appointed care-takers of Islam in India.

Till then, the great debate in Indian Islam used to be about whether the three utterances had to be done

before the wife, in her hearing or whether they could be uttered remotely, written on a piece of paper, and the deed was done.

The only responsibility that the Indian Muslim man had was for returning the contractual dowry that had been agreed upon at the time of marriage. This amount, called the Maher, was to be given to the wife by the husband in case of a divorce. Shah Bano was handed over Rs. 3000 in 1979, the sum which had been agreed upon in 1932 at the time of her marriage to Mohammed Ahmed Khan. It did not even account for the more than six times increase in prices over time.

Shah Bano, reached out to the High Court. The High Court increased the amount to be paid to her by way of maintenance to Rs. 179 and paise 20 per month.

Mohammed Ahmed Khan did not agree to this decision of the High Court. The matter reached the Supreme Court of India. At this stage a number of self-proclaimed Muslim bodies, self-appointed as care takers of the interests of Muslims in India, impeded themselves in the case.

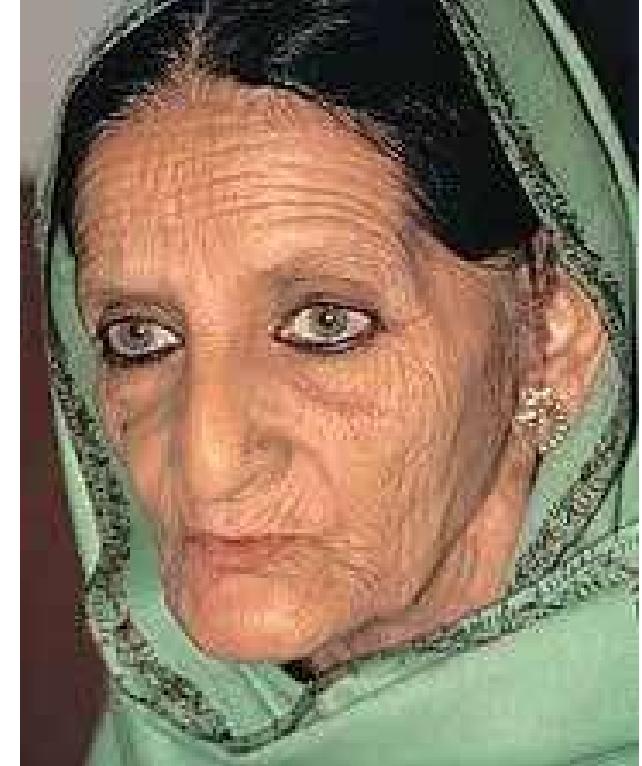
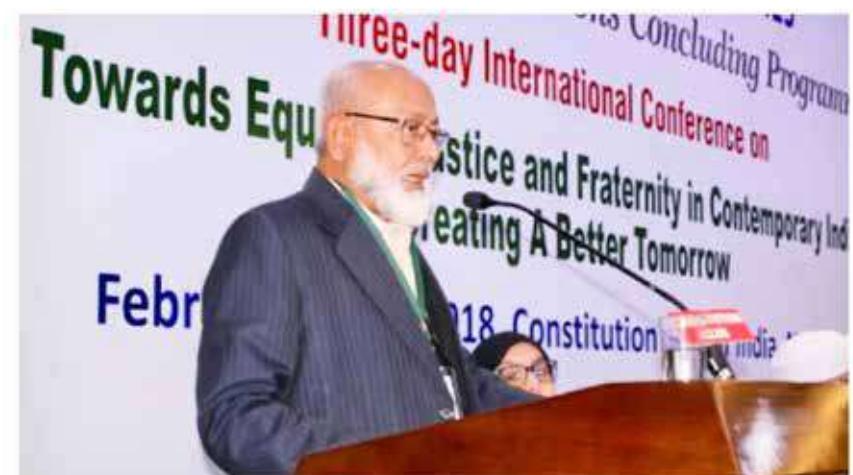
In 1985, a five judge bench of the Supreme Court of India decided in favour of Shah Bano, and put its seal of approval on the decision of the High Court. The Supreme Court's judgement was interpreted as an interference in the laws and customs of Muslims. Muslims who had no connection with the case now came out in the streets to express their opinion, often in violent ways.

The government of the day, with Rajiv Gandhi as prime minister, stepped in to pass a law in parliament to override the Supreme Court judgement. They passed The Muslim Women (Protection of Rights on Divorce) Act 1986 which effectively can-

Renowned thinker, founder of IOS, Dr Mohammad Manzoor Alam, passes away in Delhi

JANUARY 13, 2026 BY MILLAT TIMES DESK

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celled the judgement of the Supreme Court in favour of divorced Muslim wives.

In actual practise, two things happened. One, as the academic jurist Professor Paras Dewan points out in his commentary on Muslim Personal Law, numerous judgements were given subsequently by lower courts effectively nullifying the implementation of the Act of 1986. Rather, they upheld the maintenance protected by Section 125 of the CrPC. Two, the self-proclaimed custodians of Islam in India preened themselves on having won a grand victory in upholding an extremely regressive practise that was prevalent in Indian Muslim society.

Are Trump's supporters getting what they want from his second term? Here's what a new poll shows

NEW YORK (AP) — Nearly a year into his second term, President Donald Trump's work on the economy hasn't lived up to the expectations of many people in his own party, according to a new AP-NORC survey.

The poll from The Associated Press-NORC Center for Public Affairs Research finds a significant gap between the economic leadership Americans remembered from Trump's first term and what they've gotten so far as he creates a stunning level of turmoil at home and abroad. Just 16% of Republicans say Trump has helped "a lot" in addressing the cost of living, down from 49% in April 2024, when an AP-NORC poll asked Americans the same question about his first term.

At the same time, Republicans are overwhelmingly supportive of the president's leadership on immigration — even if some don't like his tactics.

John Candela, 64, who lives in New Rochelle, New York, said the cost of living hasn't improved for his family — his salary and bills remain the same as before.

"Still paying \$5 for Oreos," he said. But he's willing to be patient: "I would expect it to be different by the time his four years are up."

The poll reveals signs of weakness among consumers on the economy, especially Trump's core campaign promise to reduce costs. Inflation has cooled somewhat, but prices on many goods are higher than they were when the Republican president took office last January.

There is little sign overall, though, that the Republican base is abandoning Trump. The vast majority of Republicans, about 8 in 10, approve of his job performance, compared with 4 in 10 for adults overall.

"I don't like the man as a human being. I don't like his brashness. I don't like his roughness. I don't like how he types out his texts all capital as if he's yelling at everybody. But what I approve of is what he is doing to try and get the country on track," Candela said.

Trump not improving costs, most Republicans say

On various economic factors, Trump has yet to convince many of his supporters that he's changing things for the better.

Only about 4 in 10 Republicans overall say Trump has helped address the cost of living at least "a little" in his second term, while 79% said he helped address the issue that much in his first term, based on the 2024 poll. Just over half of Republicans in the new poll say Trump has helped create jobs in his second term; 85% said the same about his first term, including 62% who said he helped "a lot."

Only 26% of Republicans in the January survey say he's helped "a lot" on job creation in his second term.

And on health care, about one-third of Repub-

licans say Trump has helped address costs at least "a little," while 53% in the April 2024 poll said he helped reduce health care costs that much during his first term. Federal health care subsidies for more than 20 million Americans expired on Jan. 1, resulting in health care costs doubling or even tripling for many families. In the town of Waxahachie, Texas, south of Dallas, 28-year-old three-time Trump voter Ryan James Hughes, a children's pastor, doesn't see an improvement in his family's financial situation. He said the medical bills haven't declined. But, he said, "I'm not looking to the government to secure my financial future."

Immigration is a strength among the Trump base despite controversy

The new poll underscores that Republicans are largely getting what they want on immigration, even as some report concerns about the federal immigration agents who have flooded U.S. cities at Trump's direction.

About 8 in 10 Republicans say Trump has helped at least "a little" on immigration and border security in his second term. That's similar to the share in the April 2024 poll that saw a positive effect from Trump's leadership on immigration and border security during his first term.

Most Republicans say Trump has struck the right balance when it comes to deporting immigrants who are in the U.S. illegally, and about one-third think he hasn't gone far enough.

But Trump's approval on immigration has also slipped among Republicans over the past year, falling from 88% in March to 76% in the new poll.

Kevin Kellenbarger, 69, a three-time Trump voter who retired from a printing company, said his Christian faith led him to the Republican Party. The Lancaster, Ohio, resident thinks the president's immigration crackdown is necessary, though he expressed dissatisfaction at the recent killing of Renee Good by a federal immigration agent in Minneapolis.

"I don't like anybody getting killed, but it wasn't Trump's fault," Kellenbarger said, adding that President Joe Biden, a Democrat, "let millions of people in. They have to be taken out."

Several Republicans said in interviews they thought the aggressive tactics seen recently in Minneapolis went too far, suggesting that Trump should focus more on immigrants with criminal backgrounds as he promised during the campaign.

Overall, just 38% of U.S. adults approve of Trump's leadership on immigration, while 61% disapprove.

"These families that are being separated and they're just here to try to live the American dream," said Republican Liz Gonzalez, 40, the daughter of Mexican immigrants and a self-employed rancher and farmer from Palestine,



Texas.

At the same time, Gonzalez said, she doesn't think people opposed to the crackdown should be interfering at all. "I think if they just let (Immigration and Customs Enforcement), you know, like the patrol people, do their jobs, then they would see it's not — it doesn't have to be chaos," she said.

More Republicans see the country improving than their personal lives

About two-thirds of Republicans say the country as a whole is "much" or "somewhat" better off than before Trump took office, but only about half say this about themselves and their family.

The broad sense that the country is moving in the right direction may be counteracting Republican dissatisfaction with the state of the economy.

Phyllis Gilpin, a 62-year-old Republican from Booneville, Missouri, praised Trump's ability to "really listen to people." But she doesn't love his personality.

"He is very arrogant," she said, expressing frustration about his name-calling. But she said the divisive politics go both ways: "I really, honestly, just wish that we could all just not be Democrat or Republican — just come together."

Catalini reported from Trenton, N.J., Bedayn reported from Denver and Thomson-DeVeaux reported from Washington.

The AP-NORC poll of 1,203 adults was conducted Jan. 8-11 using a sample drawn from NORC's probability-based AmeriSpeak Panel, which is designed to be representative of the U.S. population. The margin of sampling error for adults overall is plus or minus 3.9 percentage points. The poll included interviews with 404 Republicans, and the margin of sampling error for Republicans overall is plus or minus 6 percentage points.

STEVE PEOPLES, MIKE CATALINI, JESSE BDAYN and AMELIA THOMSON-DEVEAUX

Mamdani says he supports abolishing ICE, calls for 'humanity' with immigration issues

New York City Mayor Zohran Mamdani returned to ABC's "The View" on Tuesday to discuss his first weeks in office and weighed in on the controversial surge by Immigration, Customs and Enforcement (ICE) across the country.

Co-host Alyssa Farah Griffin asked Mamdani about the calls by some Democrats to abolish ICE in light of their activities in places such as Minnesota, where an ICE officer fatally shot Renee Good, a 37-year-old mother of three. The 34-year-old mayor, who has vowed to protect New York immigrants, said he supports those calls.

"I am in support of abolishing ICE, and I'll tell you why: Because what we see is an entity that has no interest in fulfilling its stated reason to exist," said Mamdani, whose Tuesday appearance marked his first time on the show since becoming mayor in the past month.

Mamdani 'outraged' after New York City Council employee detained by ICE

Mamdani, a naturalized American citizen who was born in Uganda, has been critical of ICE for many years. Last year during his campaign, he said in a June interview that ICE is "a rogue agency, one that has no interest in laws, no interest in order."

The mayor echoed those sentiments on "The View"

"We're seeing a government agency that is supposed to be enforcing some sort of immigration law, but instead, what it is doing is terrorizing people no matter their immigration status, no

matter the facts of the law, and no matter the facts of the case," Mamdani said.

"And I'm tired of waking up every day and seeing a new image of someone being dragged out of a car, dragged out of their home and dragged out of their life. What we need to see is humanity," he added.

Last week, the mayor said he was "outraged" after a New York City council employee was detained by ICE in Long Island during a routine immigration appointment.

"This is an assault on our democracy, on our city, and our values," he said in a statement on X on Jan. 13. "I am calling for his immediate release and will continue to monitor the situation."

The Department of Homeland Security contended in a statement that the employee is in the U.S. illegally and has an alleged criminal history that includes an arrest for assault. The agency did not provide additional details on the assault arrest.

Mamdani was asked by "The View" hosts about his relationship with President Donald Trump following their cordial meeting in the White House after the mayor won his election.

The mayor said that it is his intention to be honest and direct with the president, especially when it came to immigration.

"It's terrifying to see what is happening in the name of public safety. I've said this to the president. These ICE raids, they are cruel, they are inhumane, [and] they do nothing to deliver that public safety," Mamdani said. "In fact, what they



do is leave a sense of fear among so many."

Lawyers allege Dept. of Homeland Security is denying legal counsel to Minnesota detainees

When asked about Trump's threats to cut funding to sanctuary cities such as New York, Mamdani said he would fight for New Yorkers.

"What I said is that our values and our laws, they are not bargaining chips. I'm not looking to have a negotiation with New Yorkers' lives," he said.

Mamdani noted that sanctuary city laws have been supported by Democrats and Republicans alike and "keep New Yorkers safe."

"I've told the president this directly, which is that what we are talking about is not people who have been convicted of serious crimes. We're talking about people whose crimes are simply being in New York City," he said. "And if they were to make good on this threat, it would rip the civic fabric of this city apart."

Yahoo/News IVAN PEREIRA

Mamdani says New York City is taking legal action against delivery app following driver complaints

New York City Mayor Zohran Mamdani stood up for the estimated 80,000 delivery workers on Thursday, announcing that the city is taking legal action against a delivery app service for allegedly stealing earnings from delivery workers. Mamdani said the Department of Consumer and Worker Protection is filing action against Motoclick following dozens of driver complaints, claiming the company has been stealing tips, charging workers illegal fees and violating minimum wage laws.

"The dignity is not abstract and the offenders are not elusive," Mamdani said. "They are the corporations that profit off of this labor and then immediately ripped these same workers off."

He also warned that other apps could be next and wants to hold other companies accountable, like DoorDash and Uber Eats, after they made it more difficult for customers to tip drivers, amounting to \$550 million in lost tips.

"No longer will we tolerate corporate mistreatment of workers across these five boroughs,

which is why we have sent warning letters to 60 app companies, warning them that new laws protecting workers will take effect on January 26th of this year, and that those laws will be enforced," Mamdani said.

Alejandro has delivered for a variety of apps for 10 years.

"They send us long distances in rain or snow, and expect impossible delivery times and punish us for a slowing down to stay safe," he said. In an effort to ensure fairness at City Hall and throughout the city, the mayor appointed Afua Atta-Mensah as Chief Equity Officer and Commissioner of the Mayor's Office of Equity & Racial Justice.

"Reshaping systems that for far too long have erected barriers instead of building onramps for opportunity will not be easy," Atta-Mensah said. "But as the mayor has made clear, this administration is committed to doing big things and doing them boldly."

Arva Rice is president of the New York Urban



League, who serves on the Mamdani transition advisory team.

"I think the Mamdani administration has shown their commitment to working class New Yorkers, and today showed their commitment specifically to African Americans, which I, of course, am pleased about," Rice said. "But it's just the beginning. We will be working both with him but also providing feedback, and critique when necessary, to make sure that he continues to work on behalf of working New Yorkers."

Yahoo/News
N.J. Burkett

Health & Wellness

Start the new year with the evergreen resolution to lead a healthier lifestyle.

Here are 10 practical health tips to help you start off towards healthy living in 2026. Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains.

Adults should eat at least five portions (400g) of fruit and vegetables per day. You can improve your intake of fruits and vegetables by always including veggies in your meal; eating fresh fruit and vegetables as snacks; eating a variety of fruits and vegetables; and eating them in season. By eating healthy, you will reduce your risk of malnutrition and noncommunicable diseases (NCDs) such as diabetes, heart disease, stroke and cancer.

2. Consume less salt and sugar. Reduce your salt intake to 5g per day, equivalent to about one teaspoon. It's easier to do this by limiting the amount of salt, soy sauce, fish sauce and other high-sodium condiments when preparing meals; removing salt, seasonings and condiments from your meal table; avoiding salty snacks; and choosing low-sodium products.

On the other hand, consuming excessive amounts of sugars increases the risk of tooth decay and unhealthy weight gain. In both adults and children, the intake of free sugars should be reduced. WHO recommends consuming less than 5% of total energy intake for additional health benefits. You can reduce your sugar intake by limiting the consumption of sugary snacks, candies and sugar-sweetened beverages.

3. Reduce intake of harmful fats. Fats consumed should be less than 30% of your total energy intake. This will help prevent unhealthy weight gain and NCDs. There are different types of fats, but unsaturated fats are preferable over saturated fats and trans-fats. WHO recommends reducing saturated fats to less than 10% of total energy intake; reducing trans-fats to less than 1% of total energy intake; and replacing both saturated fats and trans-fats with unsaturated fats.

The preferable unsaturated fats are found in fish, avocado and nuts, and in sunflower, soybean, canola and olive oils; saturated fats are found in

fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard; and trans-fats are found in baked and fried foods, and pre-packaged snacks and foods, such as frozen pizza, cookies, biscuits, and cooking oils and spreads.

4. Don't smoke. Smoking tobacco causes NCDs such as lung disease, heart disease and stroke. Tobacco kills not only the direct smokers but even non-smokers through second-hand exposure.

If you are currently a smoker, it's not too late to quit. Once you do, you will experience immediate and long-term health benefits. If you are not a smoker, that's great! Do not start smoking and fight for your right to breathe tobacco-smoke-free air.

5. Be active. Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. This includes exercise and activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits. The amount of physical activity you need depends on your age group but adults aged 18-64 years should do at least 150 minutes of moderate-intensity physical activity throughout the week. Increase moderate-intensity physical activity to 300 minutes per week for additional health benefits.

6. Check your blood pressure regularly. Hypertension, or high blood pressure, is called a "silent killer". This is because many people who have hypertension may not be aware of the problem as it may not have any symptoms. If left uncontrolled, hypertension can lead to heart, brain, kidney and other diseases. Have your blood pressure checked regularly by a health worker so you know your numbers. If your blood pressure is high, get the advice of a health worker. This is vital in the prevention and control of hypertension.

7. Follow traffic laws. Road crashes claim over one million lives around the world and millions more are injured. Road traffic injuries are preventable through a variety of measures

implemented by the government such as strong legislation and enforcement, safer infrastructure and vehicle standards, and improved post-crash care. You yourself can also prevent road crashes by ensuring that you follow traffic laws such as using the seatbelt for adults and child restraint for your kids, wearing a helmet when riding a motorcycle or bicycle, not drinking and driving, and not using your mobile phone while driving.

8. Take antibiotics only as prescribed. Antibiotic resistance is one of the biggest public health threats in our generation. When antibiotics lose their power, bacterial infections become harder to treat, leading to higher medical costs, prolonged hospital stays, and increased mortality. Antibiotics are losing their power because of misuse and overuse in humans and animals. Make sure you only take antibiotics if prescribed by a qualified health professional. And once prescribed, complete the treatment days as instructed. Never share antibiotics.

9. Clean your hands properly. Hand hygiene is critical not only for health workers but for everyone. Clean hands can prevent the spread of infectious illnesses. You should handwash using soap and water when your hands are visibly soiled or handrub using an alcohol-based product.

10. Have regular check-ups. Regular check-ups can help find health problems before they start. Health professionals can help find and diagnose health issues early, when your chances for treatment and cure are better. Go to your nearest health facility to check out the health services, screenings and treatment that are accessible to you.



Cognitive Health and Older Adults

Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many everyday activities effectively. Cognitive health is just one aspect of overall brain health.

Many factors contribute to cognitive health. Genetic, environmental, and lifestyle factors may contribute to a decline in thinking skills and the ability to perform everyday tasks, such as driving, paying bills, taking medicine, and cooking. Although genetic factors can't be controlled, many environmental and lifestyle factors can be changed or managed.

Scientific research suggests that there are steps you can take to reduce your risk of cognitive decline and help maintain your cognitive health. These small

changes can add up: Making them part of your routine can support your brain function now and in the future.

What is brain health? Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

Cognitive health — how well you think, learn, and remember

Motor function — how well you make and control movements, including balance

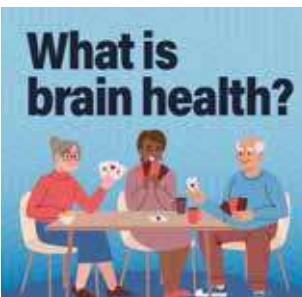
Emotional function — how well you interpret and respond to emotions (both pleasant and unpleasant)

Tactile function — how well you feel and respond to sensations of touch, including pressure, pain, and

temperature

Sensory function — how well you see, hear, taste, and detect odors

Brain health can be affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury; mood disorders such as depression, substance use disorder, or addiction; and diseases such as Alzheimer's and related dementias.



Zohran Mamdani officials sue Dr Phil's son over NYPD reality show

New York City officials reportedly sued TV personality Dr. Phil's son Jordan McGraw, seeking to block the release of a reality show about the NYPD that McGraw had been producing under the previous mayor, Eric Adams.

The suit, filed by the New York City Law Department, now under the control of new mayor Zohran Mamdani, reportedly accuses McGraw and his production company of breaching the contract over the show, *Behind the Badge*, and seeking to sell footage over objections from city officials. The legal action asks a judge to bar the sale or distribution of the show.

The footage poses an "an imminent threat to life and safety of active police officers" in its current form, containing "extremely problematic" details like the passcode to a police station door and details about "encrypted police communications" and "sensitive and confidential policing techniques," according to the suit, which was obtained by NBC New York and The New York Times.

The complaint reportedly alleges that McGraw, a musician and actor and son of the TV personality Dr. Phil McGraw, showed "blatant" disregard for a clause giving the city veto power over "unusable" portions of the police footage by

allegedly seeking to sell the footage for air this year over repeat objections by Adams's office.

it appears that the City is seeking to restrain publication on a matter of public concern forgetting perhaps that prior restraints are presumptively unconstitutional under the First Amendment," Chip Babcock, a lawyer for McGraw, told NBC New York. Despite the apparent objections of his administration, Eric Adams praised the show in a Wednesday post on X.

"Jordan McGraw brought exceptional talent in revealing the inside story of the dangers NYPD officers face every day," Adams, a former NYPD officer, wrote. "He and his team meticulously addressed every concern raised by City Hall. I'm proud that the work they did tells the real story of our brave police officers. Heroes don't wear capes, they wear blue uniforms. I understood that. I hope America will get to see that too."

The lawsuit is the latest series of concerns surrounding the show, which was slated to be hosted by Dr. Phil himself, according to the Times.

A Texas-based firm linked to Jordan McGraw reportedly received \$500,000 from the 2025

Zohran Mamdani officials sue Dr Phil's son over NYPD reality show that's 'imminent threat' to city police



Adams campaign for consulting, NBC New York previously reported, citing Adams's former campaign manager.

Mayor Adams sought unusual creative control over the project, acting against the wishes of his police commissioner by going forward with the project, unnamed sources told the Times. The series was officially greenlit the day after a judge dismissed a federal corruption indictment against Adams.

The series reportedly featured Kaz Daughtry, an Adams ally, sitting for a lengthy interview with Dr. Phil.

Yahoo News Josh Marcus

Immigrant's death in ICE custody ruled homicide by El Paso medical examiner

The death of a 55-year-old Cuban detainee who died on Jan. 3 at a federal immigration detention camp in El Paso was ruled a homicide by the El Paso Medical Examiner's office.

Geraldo Lunas Campos, who had been detained at Camp East Montana, died from "asphyxia due to neck and torso compression," according to the autopsy report, meaning that he couldn't breathe because of pressure on his neck and chest.

Immigration and Customs Enforcement in a Jan. 9 press release said Lunas Campos died after "experiencing medical distress." About a week later, ICE told the Associated Press that he instead died after attempting suicide and ICE staff attempted to save him.

That change came after the Washington Post published a story saying the El Paso Medical Examiner was likely to rule his death a homicide. Lunas Campos' daughter shared a recording of a conversation she had with an employee at the medical examiner's office with the newspaper.

The autopsy report says Lunas Campos became "unresponsive while being physically restrained

by law enforcement," and that his medical records show that he experienced bipolar disorder and anxiety.

Lunas Campos, who was a registered sex offender and convicted felon, is the third detainee to die at Camp East Montana, a tent facility hastily built last summer at Fort Bliss, an Army base in El Paso. The camp was built to hold a growing number of immigrants detained by ICE after the Trump administration launched a national effort to arrest and deport large numbers of undocumented immigrants.

The camp is now the country's largest immigration detention center, with a capacity to hold 5,000 people.

ICE has recorded four deaths in the last two months in detention centers across Texas, three of them at Camp East Montana.

The first death at Camp East Montana happened on Dec. 3 when Francisco Gaspar-Andres, a 48-year-old Guatemalan, died from what ICE said in a press release was liver and kidney failure. The El Paso Medical Examiner is investigating his death and an autopsy is pending.

Victor Manuel Diaz, a 34-year-old Nicaraguan who died at Camp East Montana on Jan. 14, was the most recent death. He was found "unconscious and unresponsive" in his room, according to a press release from ICE, which added that he may have died because of a suicide attempt but his death is still being investigated.

Two days after Lunas Campos' death, Luis Gustavo Núñez, 42, died at the Joe Corley Processing Center in Conroe, near Houston. The Honduran man died because of "chronic heart-related health issues" according to ICE.

Lunas Campos, a father of four, was arrested by immigration officers in July 2025 in Rochester, New York, where he lived for nearly two decades. He had been held at the El Paso camp since Sept. 6 and was one of the first detainees sent to Camp East Montana.

ICE said an immigration judge ordered his deportation in March 2005 but he wasn't removed because "the government could not obtain travel documents."

Yahoo/News Colleen DeGuzman

J. Paul Getty, the richest person of his time

"In 1957, he was the richest man in America worth over \$1 billion—and he made his houseguests drop coins in a payphone if they wanted to make a call. "The 1950s. J. Paul Getty had become one of the wealthiest men on Earth. He owned oil fields across three continents. A 72-room Tudor mansion in England called Sutton Place. Art collections that would eventually fill museums. Investments worth hundreds of millions. In 1957, Fortune magazine estimated his worth at approximately \$1.2 billion—equivalent to roughly \$12 billion today. They declared him the richest living American. And inside his palatial English estate, there was a payphone in the hallway. It wasn't a joke. It wasn't ironic. If you were a guest at Sutton Place and wanted to make a phone call, you dropped coins in the slot. Reporters were baffled. Friends were embarrassed. The public was fascinated and appalled. How could the richest man in America make his guests pay for phone calls? Getty's explanation was characteristically blunt: "People respect what they pay for. "But there was more to it. The payphone served multiple purposes—Getty could deduct business calls for tax purposes while ensuring guests' personal calls didn't inflate his phone bill. It was accounting precision disguised as eccentricity. The payphone became the most famous symbol of Getty's extreme frugality. But it wasn't an isolated quirk. Getty clipped coupons from newspapers religiously. He reused envelopes. He tracked every expense to the penny. He wore the same suits for years. He stayed in modest hotels when traveling. He negotiated every transaction, no matter how small. His friends and business associates were mystified. Here was a man who could buy anything—yet he lived like someone terrified of poverty. "Miserly," the press called him. "Eccentric." "Pathologically cheap. "But Getty insisted his habits weren't about greed—they were about discipline. Born in 1892 in Minneapolis, Getty grew up comfortable but not wealthy. His father was an attorney who'd gotten into the oil business in Oklahoma. Young Paul worked in the oil fields as a teenager, learning the industry from the ground up. He saw fortunes made and lost on speculation,

on borrowed money, on reckless confidence. By his early 20s, he was buying and selling oil leases. And he developed a philosophy: never borrow what you can't repay. Never spend what you haven't earned. Study every deal obsessively before committing. While rivals took on massive debts to expand quickly, Getty reinvested profits slowly and methodically. While others flaunted wealth to impress investors, Getty lived modestly and let his balance sheet speak. When the 1929 crash devastated the oil industry, Getty was positioned perfectly. He had cash reserves while competitors drowned in debt. He bought oil companies and properties at bargain prices while others were forced to sell. Through the 1930s and 1940s, he quietly accumulated assets. By the 1950s, when oil demand exploded, Getty's careful investments made him spectacularly wealthy. But the mindset that built the fortune never changed. He still tracked every penny. Still clipped coupons. Still installed that infamous payphone. "Wealth demands vigilance, not vanity," he believed. Getty saw extravagance as a warning sign. People who spent carelessly were people who'd eventually lose everything. Frugality wasn't deprivation; it was insurance against complacency. His critics pointed out the obvious contradiction: What's the point of being the richest man in the world if you won't spend money? Getty's answer was more philosophical than they expected. He didn't measure wealth in possessions but in control. In options. In freedom that came from never being dependent on anyone or anything. Money, to Getty, wasn't for spending—it was for security and power. "If you can count your money, you're not rich enough," he once said. But he could count his money. He did count it. Obsessively. The same discipline that made him wealthy also isolated him. His five marriages all ended in divorce. His relationships with his children were famously strained. Then came 1973. His grandson, J. Paul Getty III, was kidnapped in Rome. The kidnappers demanded \$17 million ransom. Getty initially refused to pay, suspecting it was a hoax staged by his own grandson. The kidnappers waited. Then they cut off the boy's ear and sent it to

a newspaper. Only then did Getty agree to pay—but he negotiated the price down to \$2.2 million. And he didn't give his son the money. He loaned it to him at 4% interest. The public was horrified. Getty's reputation shifted from "eccentric billionaire" to "heartless miser. "But Getty saw it differently. He believed paying ransoms encouraged more kidnappings. That showing weakness invited exploitation. That even family couldn't exempt him from his principles. It was a brutal calculus—and one that haunted his legacy. Yet in death, Getty's contradictions became even more apparent. The man who installed a payphone in his mansion left behind an art collection worth billions. The man who clipped coupons founded the J. Paul Getty Museum—one of the richest art institutions in the world, funded with an endowment of over \$1 billion. The museum is free to the public. It houses priceless art and manuscripts. It's a cultural treasure—built on the same disciplined accumulation of wealth that Getty was mocked for during his life. J. Paul Getty died on June 6, 1976, at age 83. He left behind a fortune, a

museum, and a reputation as either the most disciplined businessman of his era or the most miserable miser who ever lived. Perhaps both are true. Getty proved something uncomfortable: extreme wealth and extreme frugality aren't opposites—they're often partners. The habits that build fortunes—discipline, vigilance, skepticism of excess—don't disappear just because you've succeeded. Saying "no" to spending, even when you can afford anything, can be its own form of power. In an age obsessed with displays of wealth, Getty lived by a different code: accumulation without exhibition. Control without consumption. The richest living American in 1957 made his guests pay for phone calls. It wasn't poverty. It was philosophy. And whether you call it discipline or dysfunction, it built an empire—and a museum that will outlast both his fortune and his reputation. J. Paul Getty didn't measure wealth in possessions, but in control. Sometimes the richest man alive is the one who knows how to say no. Even when he doesn't have to.



"In 1957, he was the richest man in America worth over \$1 billion and he made his houseguests drop coins in a payphone if they wanted to make a call."



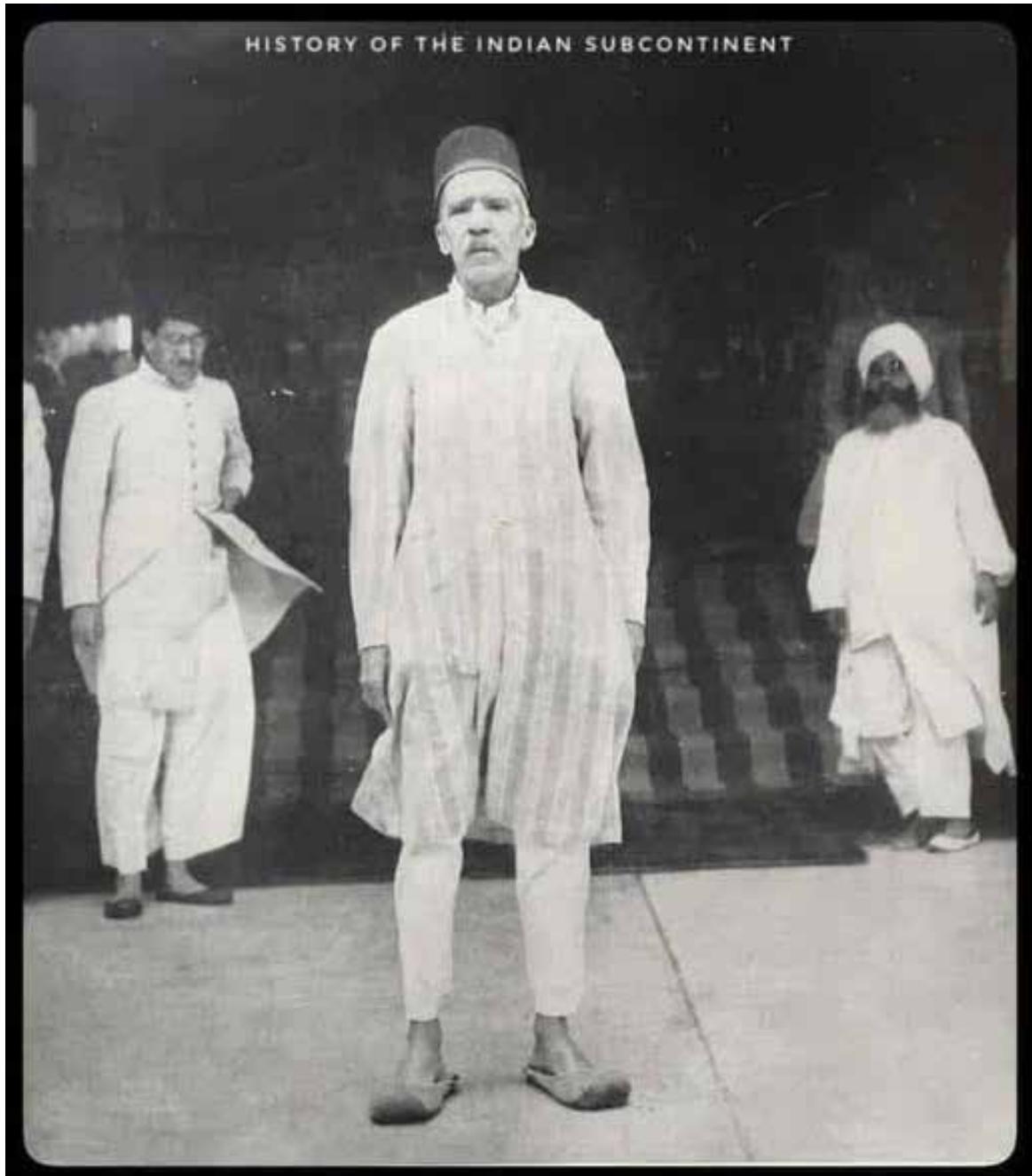
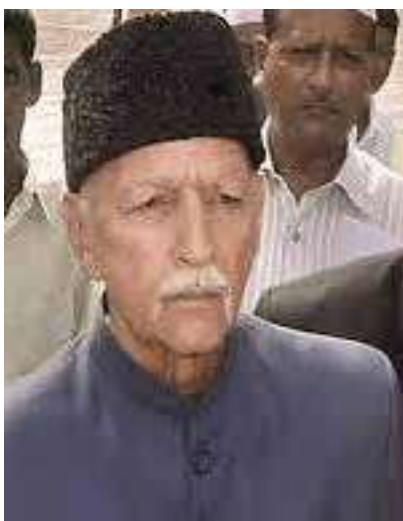
Nawab Mir Himayat Ali Khan, Azam Jah Bahadur

In 1936, he was given the courtesy title of prince of Berar,[2] a territory of the Nizam then leased in perpetuity to the British and administered by them.

In 1931 Azam Jah married Dürrüsehvar Sultan, a member of the House of Osman (formerly of the Ottoman Empire) and the daughter of the last Ottoman Caliph Abdülmecid II, in Nice on 12 November 1932. The marriage failed in 1954 after having two sons.

On the death of the seventh Nizam, the title passed to Azam Jah's elder son, Sahebzada Mir Barkat Ali Khan Siddiqi Mukarram Jah, as the eighth Nizam. Whereas, Azam's younger son is Sahebzada Mir Karamat Ali Khan Siddiqi Muffakham Jah.

He lived at Bella Vista, Hyderabad, a 10-acre (40,000 m²) palace near Hussain Sagar.



Nizam was standing after prayer outside the mosque, just before the operation Polo. The Indian Army invaded Nizam's dominion on September 13, 1948, and defeated Nizam's untrained army. He accepted the defeat on September 17, 1948, which was the end of the dynasty. However, he was given the titular position of Rajparmukh. He passed away on February 24, 1967.

During his 37-year rule, electricity was introduced, and railways, roads, and airports were developed. He was known as the "Architect of modern Hyderabad" and is credited with establishing many public institutions in the city of Hyderabad, including Osmania University, Osmania General Hospital, State Bank of Hyderabad, Begumpet Airport, and the Hyderabad High Court. Two reservoirs, Osman Sagar and Himayat Sagar, were built during his reign, to prevent future flooding after the Great Musi Flood of 1908 in the city. The Nizam also constructed the Nizam Sagar Dam and, in 1923, a reservoir was constructed across the Manjira River, a tributary of the Godavari River, between Achampet (Nizamabad) and Banjepally villages of Kamareddy district in Telangana, India. It is located at about 144 km (89 mi) northwest of Hyderabad and is the oldest dam in the state.

Mir Osman Ali Khan acceded as the Nizam of Hyderabad upon the death of his father in 1911. The state of Hyderabad was the largest of the princely states in colonial India. With an area of 86,000 square miles (223,000 km²), it was roughly the size of the present-day United Kingdom. The Nizam was the highest-ranking prince in India, was one of only five princes entitled to a 21-gun salute, held the unique title of "Nizam", and was titled "His Exalted Highness" and "Faithful Ally of the British Crown".

List of Hindi film FEBRUARY 2026

| Opening | Title | Director | Cast |
|---------|--|---------------------|---|
| | <i>Vadh 2</i> | Jaspal Singh Sandhu | Sanjay Mishra · Neena Gupta |
| 6 | <i>Bhabiji Ghar Par Hain! Fun on the Run</i> | Shashank Bali | Aasif Sheikh · Shubhangi Atre · Rohitashv Gour · Vidisha Srivastava · Ravi Kishan · Mukesh Tiwari · Nirahua |
| | <i>Haunted 3D: Ghosts of the Past</i> | Vikram Bhatt | Mahaakshay Chakraborty · Chetna Pande |
| | <i>Tu Yaa Main</i> | Bejoy Nambiar | Adarsh Gourav · Shanaya Kapoor |
| 13 | <i>O' Romeo</i> | Vishal Bhardwaj | Shahid Kapoor · Nana Patekar · Triptii Dimri · Tamannaah Bhatia · Vikrant Massey · Avinash Tiwary · Disha Patani · Farida Jalal |
| 19 | <i>Veer Murarbaji: The Battle of Purandar</i> ^[β] | Ajay—Anirudh | Ankit Mohan · Sourabh Raaj Jain · Dipika Chikhlia · Arun Govil · Santosh Juvekar · Tanishaa · Prajakta Gaikwad · Harish Dhadhe |
| | <i>T174</i> | TBA | TBA |
| 20 | <i>Do Deewane Seher Mein</i> | Ravi Udyawar | Siddhant Chaturvedi · Mrunal Thakur |

Vadh 2

Vadh 2, the much-anticipated crime thriller starring Sanjay Mishra and Neena Gupta, is set to release in theatres on February 6, 2026. Produced by Luv Ranjan and Ankur Garg under Luv Films and directed by Jaspal Singh Sandhu, the film promises to retain the intensity and realism that made the original Vadh a hit.

In an exclusive interview with Pinkvilla, Luv Ranjan said, "It doesn't start from where part one ended. The characters are different, but their ideology is the same." Vadh 2 continues to explore the moral dilemmas and unexpected actions of ordinary people when pushed to their limits.

Casting Choices Add to the Suspense

Sanjay Mishra returns in a challenging role, alongside Neena Gupta. Luv Ranjan highlighted that Mishra's casting adds an element of surprise. "When a common man goes to an extreme you don't expect, that's where the fun and tension lie," he said.

The film also features Kumud Mishra in a pivotal role, with newer talents like Amitt K. Singh, Akshay Dogra, Yugika Bihani, and Shilpa Shukla adding depth to the ensemble cast.

The trailer will release in theatres with Border 2 and digitally on the 27th of this month. Fans have already expressed excitement over the first-look poster featuring Sanjay Mishra and Neena Gupta, calling Vadh an iconic film and eagerly anticipating the sequel.

Aiming for a Bigger Franchise

While discussing the potential of Vadh as a franchise, Luv Ranjan compared it with films like Drishyam. "As a producer, I would definitely want Vadh to be an extremely successful franchise, but that is something audiences will decide," he said.

Director and Producer Speak

Director Jaspal Singh Sandhu said the team poured their hearts into crafting a gripping and thought-provoking story. Producer Luv Ranjan added that Vadh 2 takes the emotional and moral exploration of the original film several steps further. Producer Ankur Garg noted that the film continues to broaden the horizons of Luv Films, aiming for impactful storytelling.

With its strong cast, fresh story, and powerful themes, Vadh 2 is all set to deliver an intense cinematic experience when it releases in theatres on February 6, 2026.





Yashvardhan Ahuja & Nitanshi Goel

New Fresh Pair

Yashvardhan Ahuja, Govinda's Son, Is Making His Bollywood Debut With A Horror Film Titled "Hundred", Starring Nitanshi Goel As The Female Lead, Which Is To Be Directed By Sajid Khan (Housefull, Himmatwala).



Luv Ranjan Confirms First-Ever Action Film Starring Ajay Devgn & Sanjay Dutt, Tentatively Titled 'Ranger'

O Romeo Trailer Review: Shahid Kapoor's Diljala Ashiq Jalwa, Triptii Dimri's Barood Ka Dher Energy & Avinash Tiwary's Mehengi Mohabbat Is Too Much Love For This Valentine!

When Vishal Bhardwaj decides to redefine Shakespearean romance, one should be assured that they are not getting just a movie; it will be a masterpiece, defining how creative art can be the most poetic and magical thing to exist! The trailer for O Romeo has dropped, and it is the most beautiful chaos that smells of gunpowder and screams heartbreak!

The Return of the Diljala

The man of the hour, clearly, is Shahid Kapoor, and if you were impressed by his Haider or Kaminay vibe that Vishal Bhardwaj channeled eventually, wait till you see his Romeo vibe! As the Diljala Ashiq Shahid Kapoor's energy seems to be on fire. He carries the weight of a thousand betrayals, and his screen presence is a bloody mix of innocence and rage.

Fari Jalal, in a scene, warns Shahid Kapoor that Triptii Dimri is legit Barood Ka Dher. She

honestly exists as she is here to kill – a ticking bomb of emotions! Meanwhile, Avinash Tiwary promises Mehengi Mohabbat – sophisticated, intense, yet revengeful! This Laila Majnu reunion is something we did not know we needed on-screen!

The supporting cast includes Vikrant Massey, Nana Patekar, and Farida Jalal, and all of them rule every single frame of the trailer. Despite a cameo, Vikrant Massey seems to be the dark horse here, just with that smirk and laugh! Nana Patekar's intensity stings like anything! Farida Jalal is the surprise package of this trailer, and the film might bring an altogether never-seen-before energy of hers!

The frames are so beautiful that you cannot take your eyes off them. Meanwhile, the music in a Vishal Bhardwaj film is always bliss. The title track seems a quirky yet intense take on Ishq,

Veer Murarbaji: The Battle of Purandar

The film scheduled to be theatrically released on 19 February 2026.

The film was originally slated for release on 17 February 2023, but its release was later postponed to May 2024, and then further moved to June 2024. It was set to be released on 14 February 2025, although this date was also postponed. In April 2025, the makers released a poster featuring Arun Govil and Dipika Chikhlia in their roles, announcing a June 2025 release date, but

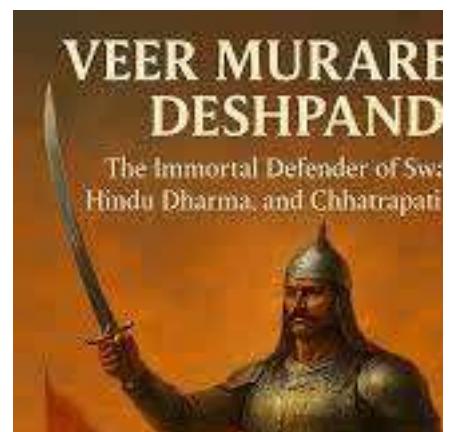


and I am excited for the bloodiest shade of red already!

Produced by Sajid Nadiadwala, O Romeo is directed by Vishal Bhardwaj. The film arrives in the theaters on February 13, 2026.

Veer Murarbaji: The Battle of Purandar is an upcoming Indian historical film directed by Ajay-Anirudh and produced by Almondss Creationss. Based on the life of Murarbaji Deshpande, the film stars Ankit Mohan in the title role, alongside Sourabh Raaj Jain, Tanishaa, Dipika Chikhlia, Arun Govil, Santosh Juvekar, Elakshi Gupta, Harish Dudhade, Prajakta Gai-kwad. The film will simultaneously released in Marathi and Hindi languages.

this was also pushed to 19 February 2026 coinciding Shiv Jayanti.



Bhabiji Ghar Par Hain Movie Trailer Review: Vibhuti Ji Meets Ravi Kishan & We Might Not Even Need A Bhojpuri Cinematic Universe!

TV's one of the most loved shows, Bhabiji Ghar Par Hain, has taken a chapter out of its book and turned it into a film starring the old Bhabiji, Shubhangi Atre, and the rest of the cast. The trailer of the film has been dropped, and it is a cinematic crossover with a Bhojpuri action comedy, it seems.

However, seeing the unemployed Vibhuti Narayan Mishra meeting the swag-king Ravi Kishan is the kind of entertainment one could only imagine! The ultimate star cast, including Aasif Sheikh, Rohitashv Gour, Shubhangi Atre, and Vidisha Srivastava, meet the Bhojpuri avengers – Ravi Kishan & Nirahua! The casting of this film is epic, and I will not be surprised if it actually works in the UP-Bihar belt!

It is literally the clash of the titans. Shubhangi Atre holds a massive fan following as Bhabiji,

while Ravi Kishan is the biggest Bhojpuri superstar of the country! The linguistic blend of the two worlds has come out with a few gags in the trailer as well!

However, there is so much happening in the trailer that it is hard to tell if this is a comedy, a gangster flick, or a long-form parody. The charm of the original show lies in the small-town kisse and kahaaniyan. Throwing in gangsters, and gunfights along with action and comedy might be too much of a chaos that the audience might not appreciate!

The trailer also does not work for me since I am not a fan of the double-meaning humor! With stars Mukesh Tiwari, Brijendra Kala, and Muttaq Khan, the film might bring something in the name of entertainment, but I highly doubt the entertainment quotient of Bhabiji Ghar Par



Hain as a film!

The movie is a loud, colorful, and unapologetically chaotic marriage of two distinct worlds. But seeing Ravi Kishan fall in love with Bhabiji Shubhangi Atre might churn out some good laughs in the theaters and at least it might serve its target audience the complete entertainment!

Check out the trailer of the film here.

Haunted 3D Teaser Review: So Scared With Mimoh's Upcoming Film, That I Want To Scream Bachaao & It Ain't A Raaz Why!

Once upon a time in Hindi Cinema, Vikram Bhatt changed the landscape of horror films when he arrived with Raaz, starring Bipasha Basu and Dino Morea. He again delivered a banger with 1920, a horror film that was inspired by The Exorcist. However, ever since, the director has been producing versions of the same film as sequels, reboots, and more! Now it's time for Haunted 3D – Ghosts of The Past!

For those who do not remember, the original film starring Mithun Chakraborty's son Mimoh was released in 2011 and was a moderate success. However, none might still remember it. So my point is, why do we need a sequel/reboot/revisit to something that only almost exists in the first place?

The teaser for Haunted 3D, still could have been a nostalgic trip back to the kind of scares we grew up with. A creepy mansion, a ghostly girl, and all the familiar horror tropes, but this one

looks like a rip-off scene from Bhool Bhulaiyaa and some recent horror flicks.

The teaser sets the scene with Mimoh going back to the place that has a connect to the past exploring a desolate, spooky mansion. There are echoing hallways, creaking doors, flickering lights, and a chilling background score that should have kept us on edge of our seats but as soon as the VFX comes to play, you'll cringe hard!

More so because, Vikram Bhatt knows how to create an eerie, gothic vibe with his visuals even without the VFX. The 3D is so gimmicky that it looks like a scene from Aabra Ka Dabra (those who know the film, know what I'm talking about). In fact, Aabra Ka Dabra, in its time, was far better owing to the lack of budget for such resources!

Let me be very honest, this teaser is scaring me



and it should not be a Raaz why! This is the real horror that I will eventually have to witness this as a full fledged film in sometime and yes, I am scared!

Tu Yaa Main Trailer Review: Shanaya Kapoor & Adarsh Gourav Bring Khoon Bhari Maang Twist To This

Shanaya Kapoor and Adarsh Gourav bring a very vibrant and sharp chemistry with Tu Yaa Main trailer, and as you watch the trailer, you get caught in its trippy vibe. The more you watch it, the more it grows on you. While initial reactions might be quick to judge, there is a distinct, modern energy here that Bollywood has been missing lately.

The pairing for Bejoy Nambiar's film is quite interesting. Putting the gritty, powerhouse Adarsh Gourav next to the glamorous Shanaya Kapoor is actually a stroke of genius. It creates a vibe that feels catchy. For a debutante, Shanaya Kapoor looks incredibly comfortable in front of the camera. She brings a promise that suggests she's more than just a fashion icon.

The trailer has put up the premise very interestingly. Two youngsters, actually influencers, are caught in a pool with a crocodile. How they survive the night/

day/days makes up for the entire plot. This Khoon Bhari Maang twist makes the film worth seeking attention. Instead of the usual over-the-top romance, the film brings a snappy vibe that might trap you! Seeing Adarsh Gourav in a different zone that is not so dark and heavy seems like a nice break! The film looks like a winner. It has got the look and the talent. Moreover, Bejoy Nambiar does not disappoint with his plots and premise!

Blending romance, adrenaline, and danger with fresh, new-age storytelling, the Bejoy Nambiar directorial, starring Adarsh Gourav and Shanaya Kapoor, promises an experience that will turn an ordinary date into a chilling memory, making it the perfect Date Fright experience for audiences seeking something beyond the usual Valentine's watch.

Directed by Bejoy Nambiar, Tu Yaa Main is pro-



duced by Aanand L Rai and Himanshu Sharma under the banner of Colour Yellow, along with Vinod Bhanushali and Kamlesh Bhanushali of Bhanushali Studios Limited. Rooted in today's creator-driven culture, the film offers a fresh, youthful take on love and survival, and is set for release on 13 February 2026.

Binaca Geetmala Annual List for Year 1978 -



| Thumb / Rank | Song Heading | Singer / Movie | Music By / Lyricist | Actor / Category |
|--------------|---|---|---------------------|--|
| 1 | Akhiyon Ke Jharokhon Se YouTube ✓ 4.48 - 654 votes | Hemlata | Ravindra Jain | Ranjeeta, Sachin |
| | | Ankhiyon Ke Jharokhon Se (1978) | Ravindra Jain | Songs about Eyes, Romantic Songs, All Time Great |
| 2 | Aadmi Musafir Hai Aata Hai Jata Hai (Happy) YouTube ✓ 4.15 - 199 votes | Lata Mangeshkar, Mohammed Rafi | Laxmikant Pyarelal | Jeetendra, Reena Roy, Sanjeev Kumar, Sulakshana Pandit |
| | | Apnapan (1977) | Anand Bakshi | Philosophical Songs, Filmfare Awards Nominee, Filmfare Awards Winner |
| 3 | Kya Huwa Teraa Vada, Woh Kasam Woh Irada YouTube ✓ 4.39 - 302 votes | Mohammed Rafi, Sushma Shrestha | R D Burman | Rishi Kapoor, Kajal Kiran, Tariq |
| | | Hum Kisi Se Kum Naheen (1977) | Majrooh Sultanpuri | Filmfare Awards Nominee, Filmfare Awards Winner, Dard Bhare Geet |
| 4 | Bhang Kaa Rang, Khai Ke Paan Banaaras Valaa YouTube ✓ 3.94 - 216 votes | Kishore Kumar | Kalyanji Anandji | Zeenat Aman, Amitabh Bachchan |
| | | Don (1978) | Anjaan | Filmfare Awards Winner, Folk Songs |
| 5 | Qasme Vaade Nibhaaenge Ham YouTube ✓ 4.33 - 84 votes | Kishore Kumar, Lata Mangeshkar | R D Burman | Amitabh Bachchan, Neetu Singh, Rakhee, Randhir Kapoor |
| | | Kasme Vaade (1978) | Gulshan Bawra | Romantic Songs |
| 6 | Do Divane Shahar Men, Raat Men Aur Dopahar Men YouTube ✓ 4.38 - 78 votes | Bhupinder Singh, Runa Laila | Jaidev | Amol Palekar, Zarina Wahab |
| | | Gharaonda (1977) | Gulzar | Filmfare Awards Winner |
| 7 | Yashomati Mayyaa Se Bole Nandalaalaa YouTube ✓ 4.34 - 96 votes | Lata Mangeshkar, Manna Dey | Laxmikant Pyarelal | Padmini Kolhapure |
| | | Satyam Shivam Sundaram (1978) | Narendra Sharma | Religious Songs |
| 8 | Har Taraf Husn Aur Javani Hai, Aajki Raat Kya Suhani Hai (Mohabbat Bade Kam Ki Chiz Hai) YouTube ✓ 4.47 - 95 votes | Lata Mangeshkar, Yesudas, Kishore Kumar | Khayyam | Hema Malini, Amitabh Bachchan, Shashi Kapoor, Rakhee |
| | | Trishul (1978) | Sahir Ludhianvi | Shikwa Shikayat Songs, Romantic Songs |
| 9 | Tu Pi Aur Ji, Tu Ji He He, Aur Pi YouTube ✓ 3.65 - 37 votes | Kishore Kumar | Rajesh Roshan | Dev Anand, Tina Munim |
| | | Des Pardes (1978) | Amit Khanna | Happy Songs |
| 10 | Mano To Main Ganga Maa Hoon YouTube ✓ 4.10 - 144 votes | Lata Mangeshkar | Kalyanji Anandji | Rekha |
| | | Ganga Ki Saugand (1978) | Anjaan | Religious Songs |

IMAGE
COMING SOON

Binaca Geetmala Annual List for Year 1978

سدابہار 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

68 پاپوش نہیں ہے پاؤں تو ہیں

اُردو حکایت: شیخ سعدی رحمۃ اللہ علیہ فرماتے ہیں: میں آفات

روزگار سے کبھی دل شکستہ نہیں ہوا اور نہ بارگاہِ خداوندی میں
کبھی شکوہ شکایت کی زبان کھولی۔ ہاں! مگر ایک دفعہ قناعت
اور صبر کا دامن میرے ہاتھ سے چھوٹ گیا۔

یہ وہ موقع تھا کہ میرے پاؤں نگے تھے اور میں پاپوش
(جوئی) خریدنے کی استطاعت نہ رکھتا تھا۔ میں اپنے جی، ہی
جی میں کڑھتا ہوا کوفہ کی جامع مسجد میں پہنچا۔ وہاں ایک شخص
کو دیکھا کہ بیچارے کے پاؤں ہی نہیں تھے۔ اب میری
آنکھیں کھلیں اور میں اللہ کا شکر بجا لایا کہ پاپوش نہ سہی اُس
نے مجھے پاؤں تو دیئے ہیں۔

منظوم ترجمہ:

اس بات پر کرتا ہوں سدا شکر خدا کا
پاپوش نہ دی اُس نے مگر پا تو دیئے ہیں



دانے مشرق، بلبل شیراز، **حضرت شیخ** کتابوں گلستان اور بوستان نے لازوال عالمی
سعدی شیرازی رحمۃ اللہ علیہ فارسی زبان کے عالمی شہرت حاصل کی اور حضرت سعدیؑ کے مقام کو
شہرت یافتہ ادیب، شاعر، سیاح و دانشور بلند وبالا کر کے اوج کمال پر پہنچا دیا۔ گلستان
گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو اور بوستان کی بنیاد قرآن، حدیث،
سال قبل سادات کے اک معزز گھرانے میں تربیت، اخلاقیات، تجربات، دور ری اور
ہوئی جو برسوں پہلے مکہ سے بھرت کر کے شیراز دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی
میں آبستھا۔ خاندان میں دینداری کا بول بالا حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو
تحاصل لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی پڑھنے کے بعد آدمی اپنے علم و عمل سے
سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے
جس کے ساتھ عبادت، شب بیداری اور ان کا مطالعہ بنی نوع انسان کے لئے نہایت
تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ فائدہ مند ہے۔

سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر
حدیث اور صرف و نجوم کی ابتدائی کتابیں پڑھیں **توفیق انصاری احمد** نے حضرت شیخ سعدی
اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و شیرازیؑ کی سدا بہار فارسی تصنیف گلستان و
ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی بوستان کی افادیت کو پیش نظر رکھتے ہوئے ان
سیاقیہ مندی، زہد و تقویٰ، ذہانت و داشتمندی کا دونوں کتابوں کی منتخب حکایات کے نزدی
ہر طرف چرچا ہو جائے گا۔ نو عمر میں والدین و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا
کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ جس کی اشاعت و رسم اجرائی کا اہتمام زیر
حج پاپیادہ کئے۔ بغداد کے مدرسہ نظامیہ میں ترتیب ہے۔ ویسے تو گلستان و بوستان کے
تقریباً تیس سال تک مشہور زمانہ علائے کرام تراجم دُنیا کی تقریباً تمام بڑی زبانوں میں
سے تحصیل علم و فیض صحت حاصل کر کے ہو چکے ہیں لیکن صرف انگریزی و عربی میں نہ کیا
قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور ترجمہ نہ اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو
دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال
زبانوں میں بھی مہارت حاصل کر لی۔ تھیں ملکی۔ ”گل بو“ (گلستان سے گل اور
سے فارغ ہو کر حضرت سعدی شیرازیؑ نے بوستان سے بُو) گلستان اور بوستان کی منتخب
سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ مشائی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا
ایشیاء، آفریقہ اور دُنیا کے دیگر ممالک کی سیرہ زیر ترتیب اُردو زبان کا وہ سب سے پہلا
سیاحت میں بس رکیا۔ کہا جاتا ہے کہ مشرقی شاہکار مشترکہ و منفرد گلستان سے جس میں فارسی
سیاحوں میں ابن بطوطة کے سوانح سعدیؑ سے نہ کا ترجمہ اُردو نہ زبان میں اور فارسی نظم کا ترجمہ اُردو
بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے
کے دوران بڑی صعوبتیں اٹھائیں اور بڑے عنوان سے ہم گلستان و بوستان کی حکایات کو
تجربے حاصل کئے۔ ایک اندازے کے عوامی استفادہ کی خاطر ”ایشیاء ناہری کی لکڑی اُنک
مطابق شیخ سعدیؑ کی تصنیف تیس سے تجاویز اشاعتیں میں ثواب جاریہ کی نیت سے ملسلہ
اور ایک سے بڑھ کر ایک جیسی لیکن ان کی دو وارشاٹ کر رہے ہیں۔ (ادارہ)

ملکہ تر نور جہاں۔۔۔ 2026ء کا سال، ملکہ تر نور جہاں کی پیدائش کا 100 واں سال ہے

میں کا سیکل موسیقی اور راگ رائگیوں پر مکمل عبور حاصل ہو گیا اور بڑے بڑے موسیقی کے مقابلوں



کی سب سے بڑی اور انتہائی قابل فخر قلمی شخصیت، میں اپنی دھاک بخانے لگی تھی۔ 1930ء کی دھائی میں ”اللہ و سائی“ صرف تو 10 سال کی عمر میں لاہور شیخ پر پہلی بار گاتے ہی ”سٹار“ بن گئی تھی۔ ملکہ تر نور جہاں سے کا سیکل موسیقی پر عبور حاصل کیا اور ”بے پی نور جہاں“ کے نام سے ”فلم نور“ بن کر ہو گیں۔ اس سال یعنی 2026ء میں پاکستان فلم میگزین پر میدم نور جہاں کا مکمل فلمی ریکارڈ مرتب کرنے کی کوشش کی جائے گی۔ گزشتہ صفحہ صدی کے اخبارات، جرائد، ریڈیو اور تلویزیون کے علاوہ مختلف کتابوں، انتہائی اور سو شیل میدیا سے اب تک جتنا بھی مستند مواد ملا ہے، اس کو آن لائن محفوظ کرنے کی کوشش کی جائے گی۔ علاوہ ازیں، ملکہ تر نور جہاں کے فنی سفر پر ذاتی تجربات اور مشاہدات بھی پیش کیے جائیں گے۔ میں خود پاکستانی فلمی تاریخ کے انتہائی عروج کے دور کا عین شاہد اور میدم فن کا بہت بڑا مادح رہا ہوں۔ ملکہ تر نور جہاں میدم نور جہاں کی فنی عظمت کا اعتراف، 1982ء میں بھارت میں فقید امشل تاریخی استقبال تھا۔!

1950ء کی دھائی میں واپس لاہور آئیں اور بطور خطاب حاصل کیا اور صرف پانچ برسوں میں بطور اداکارہ ایک ایسا ریکارڈ بنا یا کہ جو آج تک پاکستان اور بھارت کی کوئی دوسری اداکارہ نہیں توڑ سکی۔ میدم نور جہاں کی فنی عظمت کا اعتراف، 1982ء میں بھارت میں فقید امشل تاریخی استقبال تھا۔!

1960ء اے آئی اور سو شیل میدیا پر سرچ کرتے ہوئے بڑی مایوسی ہوئی، اس لیے یہ اور بھی ضروری ہے کہ آئندہ نسلوں کی رہنمائی کے لیے پاکستان کی اس عظیم فنکارہ کا مستدر ریکارڈ موجود ہو۔ زندگی رہی تو 21 ستمبر 2026ء کو ملکہ تر نور جہاں کی 100 دنیں سالگرہ کے نام موقع پر عظیم الشان خراج تحسین کے طور پر ایک بھرپور انگلش ویب سائٹ بھی لانچ کرنے کی کوشش کروں گا جس میں تمام تر میں زیر عالی رہیں۔ 23 دسمبر 2000ء کو چار سالہ نور جہاں کا 1986ء میں باپی پاس آپریشن ہوا اور 1997ء میں گردوں کے مرض میں بھتلا ہو کر کارپی میں زیر عالی رہیں۔

پیدائش سے انتقال تک: 21 ستمبر 1926ء کو پیدا ہونے والی ”اللہ و سائی“ کو گانے کا فن و راشت میں ملا تھا۔ اپنی خدا دو صلاحیتوں کی بدولت خاک ہو گیں۔

❖❖❖

فلم دھورنہ 2025 کی نمبر ایک فلم بن گئی

نویر سنگھ کی فلم دھورنہ صحیح معنوں میں کانترا چپٹر 1 ریلیز ہوئی۔ جیسا کہ سب کی توقع تھی اس نے بس آفس پر چھاؤا کو 2025 کی سب سے بڑی بلاک بسٹرن



گئی ہے۔ صرف 18 دنوں میں اس نے اس پیچھے چھوڑ دیا۔ حالانکہ کون جانتا تھا کہ چاوا اور کانترا چپٹر فلموں کو اس سلسلہ میں تک پہنچنے کے لیے کئی ہفتے انتظار کرنا پڑا، لیکن بسٹروں کو پیچھے چھوڑ دیا ہے اور سرفہرست دھورنہ تین ہفتوں سے بھی کم وقت میں مقام حاصل کر لیا ہے لیکن دھورنہ کا یہ سفر بیہیں ختم ہوتا نظر نہیں آتا۔ فلم جس رفتار سے اس تک پہنچ جائے گی لیکن بالکل ایسا ہی کمالی کر رہی ہے اس سے اندازہ ہوتا ہے کہ ہوا۔ اب دھورنہ 2025 کی سب سے پیچھے چھوڑ دیا۔ حالانکہ کون جانتا تھا کہ چاوا اور کانترا چپٹر فلموں کی فہرست میں زیادہ کمالی کرنے والی فلموں کی فہرست میں پہلے مقام پر ہے۔ اس نے صرف 18 دنوں میں شامل ہو جائے گی۔ اس کے ساتھ یہ کیا میں دنیا بھر میں 5.876 کروڑ کی کمالی بڑے سوپر اسٹارز کے ریکارڈ توڑ دے گی۔ آدیہ دھر کی بدایت کاری میں بننے والی فلم ہر روز نئی تاریخ رقم کر رہی ہے۔ فلم کی کمالی اس رفتار سے ہے جو اس سے پہلے کسی اور فلم نے حاصل نہیں کی۔ کانترا چپٹر 1 جیسی ایک بڑی کشیر زبانی پین انڈیا فلم نے 58 دنوں میں جو حاصل کیا، دھورنہ نے اپنے پہلے ہفتے میں 25.207 کروڑ روپے کی کمالی کی، جب کہ اس کے دوسرے ہفتے کی کمالی 25.253 کروڑ تک پہنچ گئی۔ اس ابتدائی طور پر سب سے زیادہ کمالی کرنے پیر کو اس کی کمالی 5.16 کروڑ سے شروع ہوئی لیکن آنے والے دن اس کے لیے اور بھی بہتر ہو سکتے ہیں جو کہ تفصیلات کا سیزن روپے سے زیادہ کما کر پہلے ہی مقابلے کو مشکل بنا دیا تھا۔ اس کاریکارڈ اس وقت تک برقرار رہا جب تک کہ جنوب کی جانب سے اضافہ نہیں ہے۔ بہت زیادہ انتظار کی جانے والی پین انڈیا فلم

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صرف چھ سال کی عمر ہی میں گانے نگی اور چند برسوں

ایران کا مظاہرین کے خلاف تیز رفتار عدالتی کا عزم

کہ اگر وہ ایسا کرتے ہیں تو ہم انتہائی سخت اقدام کریں گے، ٹرمپ اس سے قبل بھی ایران کو فوجی مداخلت کی دھمکیاں دے چکے ہیں۔ امریکی صدر نے مزید کہا کہ جب وہ ہزاروں لوگوں کو مارنا شروع کریں، اور اب آپ مجھے پھانسیوں کے بارے میں بتا



رہے ہیں، تو ہم دیکھیں گے کہ یہ ان کے لیے کیا ثابت ہوتا ہے، امریکی حکم خارجہ نے اپنے فارسی زبان کے ایکس اکاؤنٹ پر کہا کہ مظاہرہ کرنے والے 26 سالہ عرفان سلطانی کو بدھ کو سزا موت سنائی گئی ہے۔ ایمنشی ائریشیل نے ایران سے مطالبہ کیا کہ وہ فوری طور پر تمام پھانسیوں کو روکے، جن میں عرفان سلطانی کی سزا بھی

لیا۔ سرکاری میڈیا کی فوجی میں دکھایا گیا کہ تو ہمیں اپنا کام تیزی سے کرنا ہوگا، ان کا یہ بیان سرکاری ٹیلی وژن پر نشر کیا گیا۔ ایرانی خبر سان اداروں کے مطابق چیف جسٹس نے کہا کہ مقدمات کھلی عدالت میں چلائے جانے چاہیئے۔ انہوں نے تہران کی ایک جیل میں پانچ گھنٹے گزار کر کیسز کا جائزہ لیا۔ سرکاری میڈیا

نے کسی کو جلایا، کسی کا سر قلم کیا یا آگ لگادی تو ہمیں اپنے کام تیزی سے کرنا ہوگا، ان کا یہ بیان سرکاری ٹیلی وژن پر نشر کیا گیا۔ ایرانی خبر سان اداروں کے مطابق چیف جسٹس کے سامنے بیٹھ کر خود ایک قیدی سے تفہیش کر رہے ہیں۔ قیدی، جو سرمنی لباس میں ملبوس تھا اور جس کا چہرہ دھنڈا دیا گیا تھا، پرالزام ہے کہ وہ تہران کے ایک پارک میں مولوتوف کاک ٹیل لے گیا تھا۔ امریکی صدر ڈونلڈ ٹرمپ نے

منگل کوی بی ایس نیوز کو دیے گئے انڑو یو میں کہا کہ اگر ایران نے مظاہرین کو پھانسی دینا شروع کی تو امریکہ کارروائی کرے گا۔ انہوں نے کہا کہ اگر وہ ایسا کرتے ہیں تو ہم انتہائی سخت اقدام کریں گے، ٹرمپ اس سے قبل بھی ایران کو فوجی مداخلت کی دھمکیاں دے چکے ہیں۔ امریکی صدر نے مزید کہا کہ جب وہ ہزاروں لوگوں کو مارنا شروع کریں، اور

ایران نے بدھ کو ملک بھر میں جاری دسیج احتجاجی بہر کے دوران گرفتار کیے گئے افراد کے خلاف تیز رفتار عدالتی کا رروائی کا عزم کیا ہے۔ یہ اعلان ایسے وقت میں سامنے آیا جب امریکی صدر ڈونلڈ ٹرمپ نے خبردار کیا کہ اگر اسلامی جمہوریہ نے پھانسیوں پر عمل درآمد کیا تو امریکہ انتہائی سخت اقدام کرے گا۔ فرانسیسی خبر سان ادارے اے ایف پی کے مطابق تہران میں حکام نے سیکورٹی فورسز اور دیگر 100 سے زائد افراد کی نمازِ جنازہ ادا کی جو مظاہروں کے دوران ہلاک ہوئے۔ حکام نے ان مظاہروں کو 'فیداد'، قرار دیتے ہوئے مظاہرین پر 'دہشت گردی' کی کارروائیاں کرنے کا لازام عائد کیا ہے۔ ایران بھر میں احتجاجی تحریک، جواب دا میں معاشی مسائل کے باعث شروع ہوئی تھی، اب سند 1979 میں اقتدار سنبھالنے کے بعد سے مذہبی قیادت کے لیے سب سے بڑے چیلنجر میں سے ایک بن چکی ہے۔ مظاہرین نے اختلاف رائے کے خلاف حکام کی زیر و نالرنس پالیسی کو نظر انداز کرتے ہوئے ملک بھر میں احتجاج جاری رکھا، حالانکہ حکام کا کہنا ہے کہ انہوں نے صورت حال پر دوبارہ قابو پالیا ہے۔ ایران کے چیف جسٹس غلام حسین محنتی ایمجنی نے احتجاج کے لازام میں گرفتار افراد کو رکھنے والی جیل کے دورے کے دوران کہا کہ اگر کسی شخص نے کسی کو جلایا، کسی کا سر قلم کیا یا آگ لگادی تو ہمیں اپنا کام تیزی سے کرنا ہوگا، ان کا یہ بیان سرکاری ٹیلی وژن پر نشر کیا گیا۔ ایرانی خبر سان اداروں کے مطابق چیف جسٹس نے کہا کہ مقدمات کھلی عدالت میں چلائے جانے چاہیئے۔ انہوں نے تہران کی ایک جیل میں پانچ گھنٹے گزار کر کیسز کا جائزہ



شامل ہے۔ ناروے میں قائم این جی او ایران ہیومن رائٹس کے مطابق احتجاج کے دوران 734 افراد ہلاک ہوئے، جن میں نوکم سن بچے بھی شامل ہیں، تاہم تنظیم زیادہ ہو سکتی ہے۔ تنظیم کے ڈائریکٹر محمود امیری مقدم نے کہا کہ اصل تعداد غالباً ہزاروں میں ہے۔

اپنے بچوں کو اور دوپڑھائیے۔ اردو ایک زندہ زبان ہے۔ اس کی تشریک بھجئے۔

کی فوجی میں دکھایا گیا کہ چیف جسٹس ایک بتارہ ہے ہیں، تو ہم دیکھیں گے کہ یہ ان کے سامنے بیٹھ کر خود ایک قیدی سے تفہیش کر رہے ہیں۔ قیدی، جو سرمنی لباس میں ملبوس تھا اور جس کا چہرہ دھنڈا دیا گیا تھا، پرالزام ہے کہ وہ تہران کے ایک پارک میں مولوتوف کاک ٹیل لے گیا تھا۔ امریکی صدر ڈونلڈ ٹرمپ نے نیوز کو دیے گئے انڑو یو میں کہا کہ اگر ایران نے مظاہرین کو پھانسی دینا شروع کی تو امریکہ کارروائی کرے گا۔ انہوں نے کہا

اب آپ مجھے پھانسیوں کے بارے میں بتارہ ہے ہیں، تو ہم دیکھیں گے کہ یہ ان کے لیے کیا ثابت ہوتا ہے۔ مظاہرین نے اختلاف رائے کے خلاف حکام کی زیر و نالرنس پالیسی کو نظر انداز کرتے ہوئے ملک بھر میں احتجاج جاری رکھا، حالانکہ حکام کا کہنا ہے کہ انہوں نے صورت حال پر دوبارہ قابو پالیا ہے۔ ایران کے چیف جسٹس غلام حسین محنتی ایمجنی نے احتجاج کے لازام میں گرفتار افراد کو رکھنے والی جیل کے دورے کے دوران کہا کہ اگر کسی شخص نے اپنا کام تیزی سے کرنا ہوگا، ان کا یہ بیان سرکاری ٹیلی وژن پر نشر کیا گیا۔ ایرانی خبر سان اداروں کے مطابق چیف جسٹس نے کہا کہ مقدمات کھلی عدالت میں چلائے جانے چاہیئے۔ انہوں نے تہران کی ایک جیل میں پانچ گھنٹے گزار کر کیسز کا جائزہ

دکن کی ہستیاں۔۔۔ مہاراجہ سرکش پرشاد۔۔۔ شاد

از الحاج ایمان علی

لے تعریف کرتے تھے کہ غریب میزبان کا دل نہ
دکھ اور اُس کو اپنی غربت کا احساس نہ ہوان کی
موت کے بعد پھوپھو والے راجہ کی صدائیں بلند
ہو گئیں جب وہ لفکتے تھے تو دورو یہ سڑکوں پر پچے
اور بڑھتے سب ان کے سامنے ہاتھ پھیلاتے تھے
اور وہ مخیاں بھر بھر کر دنوں طرف پھیلتے جاتے
تھے۔ سر راہ ایک ہنگامہ رہتا تھا لوٹے والے ایک
دوسرے پر گرتے تھے اور دعا میں دے دے کر
آصفیہ سکون کو اٹھاتے تھے۔

دو شاعر تھے اور مصور تھے وہ خوش نویس تھے وہ
جلد ساز تھے اور موسيقی میں بھی اچھے معلومات رکھتے
تھے مشرقی تہذیب ان پر ناز تھی اور مشرقی
آداب ان پر فخر کرتے تھے۔ ہندوستانی بیاس اُس سو سائی میں بھی پہن کر جاتے تھے جہاں کوٹ
پتلون میں سب نظر آتے تھے۔ مجھے ہر وقت پتے
تھے اور پان بھی شیر و انی تک پھاڑ دلتے تھے اور
سے بنانا کر دوسروں کو بھی کھلاتے تھے۔

مہاراجہ بھادر اپنی سیرت میں عجیب غریب
خصوصیات رکھتے تھے وہ بیکوں میں بچے بن
جاتی تھے جوانوں میں جوان ہو جاتے تھے اور
بڑھوں میں بڑھاپے کی باتیں کرتے تھے ان کے
اخلاق میں ایسی ہم گیر تھی اور وہ ہر ایک سے اس
طریق سے ملتے تھے کہ وہ یہ سمجھتا تھا کہ جھسے زیادہ
کسی سے محبت نہیں کرتے اور نہ بھسے زیادہ کسی کو
عزیز رکھتے ہیں۔ باوجود زمانہ بدل جانے کے
ذہنوں میں انقلاب پیدا ہو جانے کے سرکش پرشاد
کی طبیعت نہ بدل سکی وہ نہ کسی کے سیکھانے کا اثر
لے سکے اور نہ کسی کے بھڑکانے سے متاثر ہو سکے
اواد کو صحیح تھی تو یہ تھی کہ زندہ رہو تو ماں کی مجازی
کے لئے اور مرو تو اپنے آقا کے لئے ان کا اگر کوئی
وظیفہ تھا تو صرف ماں کی وفاداری تھی یہ وہ
خصوصیات خاصہ تھیں جو مہاراجہ کو دکن میں ہمیشہ
زندہ رکھیں گی اور اس کی ساتھ ان کی فیاضیوں کی بھی
چونکہ تعلیم و تربیت اسلامی طریقہ پر ہوتی تھی
اس لئے کام مجيد کی اکثر آیتیں ان کو از بر تھیں
احادیث ان کو یاد تھیں اور ہندو پیشوادوں سے جب
گفتگو کرتے تھے تو سلسلہ بیان میں ان کیسا منہ بھی
ریتیں اور ان کا جذبہ و فواداری انقلابی دنیا سے کہتا
رہیا کہ مہاراجہ کی سیرت سے سبق لُو کیونکہ وہ اپنی
زندگی کا ایسا نقش چھوڑ گئے ہیں جو کبھی نہ مل سکے گا
وہ بیکھڑھ باشی ہو گئے ان کا جسد را کھو گیا مگر ان کی
وفاداری کی دستائیں اب بھی دکن کی فضا پر چھائی
ہوئی ہیں۔

اردو زبان میں چیزیں کہاںیں رہائے اور
اخباررات مہریانی فرمائ کر خرید کر پڑھیں۔۔۔ شکریہ

اور جلوہ کرشن میں بانسی کے نفعے منے جب ہی تو
انہوں نے اپنا مودعانہ ملک یوں بیان کیا ہے کہ:
میں ہوں ہندو میں ہوں مسلمان
گزگا سے جو پھسالب کوڑ پہنچا
ہر نب ہے میرا ایمان
شاد کا مذہب شاد ہی جانے
آزادی، آزادی ہی جانے
مودع ہونے کی وجہ سے وہ ہر مذہب کا احترام
کرتے تھے اور صوفیانہ مشرب رکھنے کے سب سے
خواجہ سے خاص عقیدت تھی اور اس عقیدت کا اثر تھا
کہ آپ اپنے بچے کا نام خواجہ پر شاد رکھا تھا جو
ہندووی کے بطن سے تھا خواجہ کے آستانے پر کئی
مرتبہ حاضر ہوئے تھے اور دی گئیں پکا کر لٹوائی
تھیں چھٹیں رجب کو عرس بھی کیا کرتے تھے جس میں
حال و خال کی محفل گرم ہوتی تھی اور اس محفل میں
ایسی کو بھی بناؤں حال آ جاتا تھا جو ناپتے تھر کتے
ہوئے تھے اور پیشکاری تو ان کو راشٹرام تھی حضرت
غفران مکاں کے توجہات شاہانہ ان کو نہ جانے
کیا کیا بناؤ یا تھا جاگریں ان کو دیں مدد المہام ان
کو بنایا۔ راجہ راجا یاں سے ان کو سرفراز کیا۔
مہاراجہ بھادر کا خطاب ان کو دیا اور یہ میں السلطنت
بنائ کر گھپھوں میں متاز کیا اور شاعری میں اپنا شاگرد
تک بنالیاں کے بعد اعلیٰ حضرت آصف جاہ سالیع
کے بھر ہوتے تھے کہ جسے اپنی ساری کائنات مل گئی
کس کو دوں اور کس طرح دوں اور اس طرح دیتے
تھے ہاتھ کی ہاتھ کو خبر نہ ہوتی تھی اور دیکھ اس قدر
خوش ہوتے تھے کہ جیسے اپنی ساری کائنات مل گئی
انکار کے مفہوم سے ناواقف تھے نہ کے لفظ سے نا
آشنا تھے اور دیکی زبان سے بھی کوئی عذر کرنا نہ
لے سکے اور نہ کسی کے بھڑکانے سے متأثر ہو سکے
اواد کو صحیح تھی تو یہ تھی کہ زندہ رہو تو ماں کی مجازی
کے لئے اور مرو تو اپنے آقا کے لئے ان کا اگر کوئی
صورت بے ہنگام کے ساتھ اس لئے گذر تھی تھیں
کہ دو لہا دو لہن کوشال دو شال اڑھائے جاتے
تھے ہاتھوں میں اشرفیاں دی جاتی تھیں۔

چونکہ تعلیم و تربیت اسلامی طریقہ پر ہوتی تھی
اس لئے کام مجيد کی اکثر آیتیں ان کو از بر تھیں
احادیث ان کو یاد تھیں اور ہندو پیشوادوں سے جب
گفتگو کرتے تھے تو سلسلہ بیان میں ان کیسا منہ بھی
آیتیں تلاوت کرتے تھے اور حدیثیں سناتے
ہوئے۔ عربی سے واقف تھے۔ فارسی بولتے ہی نہ
تھے بلکہ شعر کرتے تھے اور دو شرکم برداشت کرتے تھے
۔ اردو زبان اس قدر شرستہ اور پاکیزہ تھی کہ معلوم ہوتا
ہے ان کی عقیدت کا اندازہ کیجئے محتببوں میں خیر
شیخ سے ان کی ارادوں کو پہنچانے نام حسین سے
ان کے دل کے گزار کی شہادت لیجئے مسلمانوں میں
ان کے غمگین جزیات دیکھے اور رہائیوں کی چار
دو ہوت میں خوشی سے جاتے تھے اس کے دستخوان
پر بے تکلف بیٹھتے تھے۔ معمولی کھانے کی بھی اس

دکن کی سرگذشت ختم ہو چکی، لیکن مہاراجہ
بھادر کا ذکر نہ آسکا۔ دکن کے امراء عظام میں
مہاراجہ بھادر جن کی امیران صحبتیں جن کے شاعرانہ
محظیں ان کی زندگی کے ساتھ ختم ہو گئیں۔ قوایوں
میں ایک پھر بیان حسین میں ان کی
اٹھک باریاں۔ بے تکلف صحبوں میں ان کی بذلہ
سنجیاں اور ان کی فطری فیازیاں اب کسی کی آنکھیں
کیوں کر دیکھیں گی جو فارسی ایرانیوں کی طرح
بولتے تھے۔ جو شعراء اور اہل علم کی قدر کرتے تھے
جن کی تہذیب امیران تھی جن کے عادات فیران
تھے جب باہر نکلتے تھے تو مزکوں پر اکنیاں بکھیرتے
جاتے تھے بچوں والے راجہ پکارے جاتے تھے۔
مولوی ان کے صلح کل مشرب سے محبت رکھتے
تھے اور فقیر نما انسان ان سے اشرافیوں کے نزد انے
لیتے تھے شاہان امیں کے درباروں کے یہ سرف
رتن ہی نہ تھے بلکہ قدمان وزارت بھی سنجالے
ہوئے تھے اور پیشکاری تو ان کو راشٹرام تھی حضرت
عروس کے حال و قال میں خدا کا تصور پیدا ہیدا کرتا
تھا۔

سرمہاراجہ بھادر کو دکن تو جانتا ہی تھا برطانوی
ہند میں بھی وہ کافی شہرت رکھتے تھے اور دالیان
مک میں نہر یا نہ نہ نواب صاحب رام پور مرحوم ان
سے اخلاق خصوصی رکھتے تھے اور اس وقارانہ
جذب کی وجہ سے رکھتے ہے کہ حضرت غفران مکان
کے تذکرے پر ایک آنکھوں سے آنسو نیک پڑے
تھے مہاراجہ گوالیار ان سے محبت کرتے
تھے۔ مہارانا ادودے پوراں کی صفات کا ذکر کرتے
تھے مہاراجہ پیالہ سرگبائی سے ان کے دوستان
تعالقات تھے اور مہاراجہ بیکانیر انجمانی سے ان کے
خلصانہ مراسم تھے۔ ہندوستان کے ادیب ان کو
ٹکڑے تھے شعراء ان کو پہنچانے تھے صوفیاً ان کی
آل انڈیا۔ سادھو۔ اکھاڑہ الہ باد کے ایڈریس
کے جواب میں سرمہاراجہ بھادر کے جواب کا یقین
ابا بابا پورن داہ جی نے دکھایا تھا۔ میں آپ بزرگوں
کو تقبیں دلاتا ہوں کہ میرے لیے باعث فخر یہ ہے
کہ میں آصف جاہ کا نمک خوار اور میرے آن داتا
نے آن کو مسدس سنایا تھا مولا ناٹھلی نے شعر الجم کا
تحفہ پیش کیا تھا۔ علامہ اقبال نے ان کو روز بے
خودی سمجھائے تھے اکبر نے ان کو حکیمانہ شعر نامے
تھے پیارے صاحب رشید اور دلہا صاحب عروج
نے ان سے اپنی مرثیت کی دادی تھی۔

مولانا سلیمان ندوی کی عالمانہ تصنیف کا
مطالعہ کرتے تھے۔ مولانا ماجد دریا بادی سے یہ ضلع
جگت میں باتیں کرتے تھے اور مولانا نایا زکی ادیبیت
کے یہ قدر دان تھے۔ پنڈت رتن ناٹھ سرشار اُن کی امیرانہ بساط پر
برس بر اجمن رہے تھے۔ علامہ طباطبائی اُن کے
ممنون تھے حضرت جلیل اُن کے شکر گزار
دیواری میں ان کے مودعانہ مشرب کا پتہ چالائے
تھے۔ اختر میانی اُنہی کے فیض سے چکے تھے غبار

حیدر آباد کی روایتی تہذیب اور صنعتی نمائش جاری



اس سال نمائش میں نہ صرف تجارتی ٹریفک کی روائی کو برقرار رکھنے کے سرگرمیاں بڑھائی گئی ہیں بلکہ تفریحی سہولیات کو بھی جدید خطوط پر استوار لئے ناپلی میشو روائیشن اور گاندھی بھون پر اضافی ٹرینیوں کا انتظام کیا گیا ہے۔ بچوں کے لئے بڑے جھولے کے علاوہ حیدر آبادی گیا ہے جبکہ عوام کو مشورہ دیا گیا ہے کہ وہ پارکنگ کی دشواریوں سے بچنے کی وسیع و رائی پیش کی گئی ہے۔



ایگزیپشن سوسائٹی کو توقع ہے کہ 15 فروری تک جاری رہنے والے اس میلے میں عوام کی مجموعی تعداد 25 لاکھ سے تجاوز کر جائے گی۔

اُردو زبان میں جیجی کتابیں ارسالے اور اخبارات مہربانی فرمائیں خرید کر پڑھیں۔ غیرہ

اس مرتبہ نمائش میں ملک بھر کے مختلف گوشوں سے تعلق رکھنے والے تاجریوں نے 2400 سے مختلف گوشوں سے تعلق رکھنے والے زائد چھوٹے بڑے اسٹالس لگائے ہیں جن میں کشمیر کے گرم ملبوسات، لکھنؤ کی چکن کاری، سہارنپور کا فرنچیز اور



راجستھان کی دستکاریوں کی وسیع و رائی پیش کی گئی ہے۔ عوام کی بڑی تعداد خاص طور پر گھریلو مصنوعات، الکٹرانک اشیاء اور خواتین کے زیورات کی خریداری میں گہری دلچسپی لے رہے ہیں۔ انتظامیہ کے مطابق



سکیورٹی کے سخت ترین انتظامات کے تحت پورے نمائش گرواؤنڈ کو سی ٹی وی کیمروں کی نگرانی میں رکھا گیا ہے جبکہ شی ٹیکس اور پولیس کے خصوصی دستے خواتین اور بچوں کے تحفظ کے لئے ہر وقت ارٹ ہیں۔



فی فی فیل اور اردو زبان

ولی الدین
شاعر وادیب

لی وی چینل میں دکھائے جانے والے پروگرام میں یہ لوگ ڈچپی لیں گے۔ اس کے علاوہ ہماری طرح اور لوگ بھی یہ چاہتے ہیں کہ ہمارے بچے مغربی لی وی کے اخلاق سوز پروگرام سے دور رہیں۔ قارئین! اس ناجیز کے خیال سے شاید قابل ہو جائے تو اور لوگ متفق ہوں گے کہ اکثر والدین کو انگریزی زبان کے بد لے اپنی زبان لکھنے، پڑھنے وہ اپنے کلچر میں بچوں کو سمجھانے وغیرہ کرنے میں زیادہ آسانی ہوتی ہے۔ وہ اس کے طرح کے اظہار خیال کو زیادہ موثر سمجھتے ہیں کیونکہ اس میں زیادہ تو وہی باتیں اور نصیحتیں بھی شامل ہو جاتی ہیں جو ہم کو



وہ اپنے والدین کے قریب ہو جاتی ہے۔ بچوں کو روانی سے انگلش بولتے دیکھ کر اور اپنائیت آجائی ہے۔ اسے بھی اپنے والدین کے بزرگ ہمارے چھوٹے اور اپنے والدین کے قریب ہو جاتی ہے۔ بچوں کے اظہار خیال میں بھی روانی اور اپنائیت آجائی ہے۔

3۔ دنیا کے ہر ملک میں ہر جگہ لوگ اپنی کچھ جو آج بھی ہماری زندگی میں مشعل راہ ہیں۔ چاہے آپ کتنا بھی انگریزی کے سہارے ان کو اپنی اولاد کے گوش گزار کرائیں وہ بات پیدا نہیں ہو سکتی۔

(Lost in Translation)

اب جاتے جاتے یہ بھی کہتا چلوں کہ ایک سچائی یہ بھی ہے کہ رنگ و خوشبوگل کی پہچان ہو ہوتی ہے ہر نسل کی آبرو اس کی زبان ہوتی ہے اس سلسلے پر پھر باتیں ہوں گی۔ نوجوان نسل کے اور بھی اہم مسائل ہیں۔ جن کا ذکر پھر ہو گا۔ پھر انشاء اللہ ملاقات ہو گی۔ بات ہو گی۔

تب تک کے لئے اجازت اپنے مشوروں سے ضرور نوازیں۔ اللہ حافظ

●●●

زبان میں ہیں۔ مثلاً جو بات آپ اور

سے ان کو اپنی زبان کے بارے میں ہے وہ انگریزی میں یو ٹیڈی (You) کہہ کر گزارا کرتے ہیں۔ اس لئے اگر نوجوان نسل اپنی زبان لکھنے، پڑھنے وہ اپنے کلچر (Culture) اور بچوں کو سمجھانے وغیرہ کرنے میں زیادہ آسانی ہوتی ہے۔ وہ اس کے طرح اور کینیڈا کی سیاست میں بھی اپنے لوگ وہاں ہمارے بزرگ ہمارے چھوٹے اور اپنے والدین کے قریب ہو جاتی ہے۔ بچوں کو روانی سے انگلش بولتے دیکھ کر اور اپنائیت آجائی ہے۔

کہ لوگ ہم کو قابلِ رحم سمجھتے ہوئے کہہ دیتے ہیں "یا راپنے بچوں کو چھوٹی عمر سے ہی اپنی زبان سکھاؤ۔ انگلش کا مشلاً جرمن کے لوگ جرمی۔ اٹلی کے لوگ اٹالین اور کوریا کے لوگ اپنے بچوں کو کوئین زبان سکھاتے ہیں تو پھر ہم لوگ کوئوں پیچھے رہ جائیں۔ اسی طرح آج دنیا کے تمام ترقاضے پورے کیا ہے وہ تو امریکن اسکول جاتے جاتے کیا ہے وہ جدوجہد ہو رہی ہے۔ اسی جدوجہد کے دوران۔ کل کے بچے آج کے خود سیکھ جائیں گے وغیرہ وغیرہ۔ اس لئے دوستو۔ ہم پھر یہ کہنے کی جمارت جوان ہو رہے ہیں۔ عمر کے ان حدود میں آنے کے بعد ان بچوں کی تعلیم و تربیت کریں گے کہ

1۔ اگر ہمارے اسلامی اسکول چھوٹے زبان کو پراوائی چڑھانے میں بھی مدد پڑو ری ہے۔ اس نوجوان نسل (جن میں لڑکے اور لڑکیاں دونوں شامل ہیں) زبان کے ابتدائی کورس کا بھی اہتمام ہمارے دیگر ثقافتی پروگرام (جشن آزادی، مشاعرے وغیرہ) میں اپنی کے سامنے کئے چھوٹے بڑے مسائل ہیں۔ ہم آج آپ کی توجہ ان میں سے ایک کی طرف دلاتے ہیں وہ مسئلہ ان کی اپنی زبان کا ہے۔ خاص طور پر ان بچوں کے لئے جنگلی امریکہ اور کینیڈا کی پیدائش کے لئے اکثر لوگوں کا یہ بھی کہنا ہے کہ انگریزی زبان میں بڑے بزرگوں کو مخاطب کرنے سے اکثر بچے اگر اردو یا پنجابی وغیرہ بول بھی لیں تو لکھنا اور پڑھنا کرنے کے وہ آداب و حفاظت نہیں جو اپنی شمع روشن رہے گی۔ دوسرا پہلو یہ بھی ہو سکتا ہے کہ اردو زبان کے دیگر پاکستانی ان کے لئے ایک مسئلہ ہے۔ کیونکہ بچپن



ایلوویرا کے حیرت انگیز فوائد

ایلوویرا کو گھیکوار یا کوار گندل بھی کہا کیے جاسکتے ہیں۔

زمیں جلدی مندل ہوتے ہیں:

ایلوویرا کو باقاعدگی کے ساتھ استعمال کرنے سے زمیں جلدی بھرتا ہے یا مندل ہوتا ہے اور اس کا استعمال جلد پر گہرے نشانات بھی نہیں پڑنے دیتا۔ جلد جل جانے کی صورت میں بھی اس کی جیل استعمال کرنے سے جلنے کا زمیں جلدی تھیک ہو جاتا ہے۔ اس کا باقاعدہ استعمال جلد میں کو لا جین کی مقدار بڑھاتا ہے جس کی وجہ سے جلد کو نئے خلیے بنانے میں مدد ملتی ہے۔ اس کی مدد ملٹیٹھیں کے طور پر کام کرتے ہیں۔ اس کے ساتھ ساتھ اس میں ونامن بی 12، کوئین، اور فوک ایڈ بھی پائے جاتے ہیں۔ ایلوویرا ایک جنگلی جڑی بولی ہے جس کی افزائش کسی بھی قسم کی مٹی میں ممکن ہے۔ اس کی افزائش چند دنوں میں شروع ہو جاتی ہے اور یہ صرف چند مہینوں میں پھیل کر استعمال کے قابل ہو جاتی ہے۔ اس کا لیس دار مادہ کڑوا ہوتا ہے جس کی وجہ سے متعدد بیماریوں میں معاون ثابت ہوتا ہے۔

بالوں کی مضبوطی میں اضافہ:

آج کل زیادہ تر افراد کو بالوں کے مختلف مسائل کا سامنا ہے جن میں سرفہرست بالوں کا جھنڑنا شامل ہے۔ جھنڑتے بالوں کو روکنے کے لیے ایلوویرا نہایت مفید ثابت ہوتا ہے۔ اس جڑی بولی میں موجود پروٹیو لائیک انسائمز متاثرہ بالوں کے خلیوں کی مرمت کرتے ہیں، جس کی وجہ سے بال گرنے یا اٹوٹنے کے بجائے صحت مند ہونا شروع ہو جاتے ہیں۔ ایلوویرا بالوں کے لیے قدرتی کنڈیشہ کا بھی کام کرتا ہے۔ اس کے باقاعدہ استعمال سے سرکی چلد کی خلکی اور خارش کا بھی خاتمه ہوتا ہے۔ اس کے کامنوں پھر اچھلاکا اتارنے کے بعد ڈائے کیے ہوئے بالوں پر ہفتے میں دو بار ایلوویرا جیل استعمال کرنے سے ان کی گھنڈ پہلے استعمال کرنا چاہیے۔

ایلوویرا کا طریقہ استعمال:

مختلف طبی فوائد حاصل کرنے کے لیے بعض لوگ ایلوویرا کو کچھ اس کا استعمال کرتے ہیں۔ اس کے کامنوں پھر اچھلاکا اتارنے کے بعد اسے لیس دار مادے سیست کچا کھایا جاتا ہے، جب کہ کچھ افراد اس کا جوں بنانے کر پینا پسند کرتے ہیں۔ اس کے ساتھ ساتھ چلد کو خوبصورت اور لکش بنانے کے لیے اس کے لیس دار مادے کو چلد پر بھی لگایا جاتا ہے۔ ایلوویرا مختلف پروڈکٹس میں بھی اہم کردار ادا کرتے ہیں۔ ایسے ادویات میں بھی استعمال کیا جاتا ہے اور اس سے صابن، شیپو، اور فیس واش بھی بنائے جاتے ہیں۔ اس کو استعمال کرنے کا طریقہ اتنا اہم نہیں ہے جتنا اہم اس کے استعمال کو تینی بنانا ہے۔ اس کے لیے اس کو باقاعدگی کے ساتھ استعمال کر کے بہت سے طبی فوائد حاصل کیے جاسکتے ہیں۔

قبض کا خاتمہ:

ایلوویرا میں ایسے کمپاؤنڈز پائے جاتے ہیں جو قبض کی علامات کے خاتمے میں اہم کردار ادا کرتے ہیں۔ ایسے ادویات میں بھی اکثر قبض کا سامنا رہتا ہے انہیں باقاعدگی سے ایلوویرا استعمال کرنا چاہیے۔ تاہم ایلوویرا کے استعمال سے قبض کی علامات میں فوراً کمی نہیں آتی، اس کو اپنا اثر ظاہر کرنے میں تقریباً ایک گھنڈ لگ سکتا ہے۔

قوت مدافعت میں اضافہ:

اچھی صحت کو برقرار رکھنے کے لیے جیسا کہ گاجر یا بندگو بھی بھی شامل کی جاسکتی ہے۔ ایلوویرا جیل کو سادہ پانی میں کوئی اور

بھی اہم کردار ادا کرتا ہے۔ ماہرین کے چیز شامل کیے بغیر بھی استعمال کیا جاسکتا ہے۔

آنکھوں کے سیاہ حلقوں کا علاج:

ایلوویرا کی جیل میں ونامن ای وافر مقدار ساتھ استعمال کرنے سے اس کی افادیت میں میں پایا جاتا ہے، جس کی وجہ سے جلد پر گھنڈا اضافہ ہو جاتا ہے۔ ایلوویرا کے جوں کو تسلی اور آملہ کے مطابق ایلوویرا کے جوں کو تسلی اور آملہ کے ساتھ استعمال کرنے سے اس کی افادیت میں اضافہ ہو جاتا ہے۔ ایلوویرا کے جوں کو نہار اثر پڑتا ہے۔ اس لیے آنکھوں کے گرد استعمال کرنا سب سے زیادہ فائدہ مند ثابت ہوتا ہے۔ ہر روز خالی پیٹ ایک گلاس پانی میں ایلوویرا کا میں میل لیٹر جوں استعمال کرنا چاہیے، اس کے علاوہ آپ اسے کسی بھی جوں میں شامل کر کے استعمال کر سکتے ہیں۔

ایڈٹھی اور سینے کی جلن کا خاتمہ:

ایلوویرا جیل آنٹوں کی صفائی میں بہت اہم کردار ادا کرتی ہے۔ معدے کی تیزی بیت یا سینے کی جلن سے چھکارا حاصل کرنے کے لیے اس کی جیل کو آدھا گلاس سوچ، ان سے خون رنسے، پلاق، اور کیوٹیز کا بھی علاج کیا جاسکتا ہے۔ ایلوویرا کی مدد سے آنٹوں کو برش کرنے سے دانٹوں کا کیز انہیں لگتا۔

مند کے زخموں کا علاج:

ایلوویرا کو ہر روز استعمال کرنے سے ہونٹوں کے ارگرد بننے والوں زخموں سے چھکارا پانے کے لیے ایلوویرا جیل کا پیٹ کے گرد جمع ضدی چربی پگھلانا شروع ہو جاتی ہے، جس کی وجہ سے جسمانی وزن میں دو مرتبہ جیل لگانے سے یہ تیزی سے مندل ہونا شروع ہو جاتے ہیں۔ ایلوویرا کے مزید استعمال کے متعلق معلومات کسی ماہر غذا بیت سے حاصل کی جاسکتی ہیں۔ کسی بھی ماہر غذا بیت سے رابطہ کرنے کے لیے آپ ہیلتھ و ارٹ کا پلیٹ فارم استعمال کر سکتے ہیں، کیوں کہ ہیلتھ و ارٹ نے رابطوں کو بہت آسان بنادیا ہے۔

دانٹوں کی خاتمہ:

ایلوویرا جیل دانٹوں کے مختلف مسائل کو بھی ختم کرنے کے لیے نہایت اہم تصور کی جاتی ہیں۔ اس کے استعمال سے دانٹوں کی سوزش، ان سے خون رنسے، پلاق، اور کیوٹیز کا بھی علاج کیا جاسکتا ہے۔ ایلوویرا کی مدد سے دانٹوں کو برش کرنے سے دانٹوں کا کیز انہیں لگتا۔

موٹا پے میں کی:

ایلوویرا کو ہر روز استعمال کرنے سے پیٹ کے گرد جمع ضدی چربی پگھلانا شروع ہو جاتی ہے، جس کی وجہ سے جسمانی وزن میں دو مرتبہ جیل لگانے سے یہ تیزی سے مندل ہونا شروع ہو جاتے ہیں۔ ایلوویرا کے مزید استعمال کے متعلق معلومات کسی ماہر غذا بیت سے حاصل کی جاسکتی ہیں۔ کسی بھی ماہر غذا بیت سے رابطہ کرنے کے لیے آپ ہیلتھ و ارٹ کا پلیٹ فارم استعمال کر سکتے ہیں، کیوں کہ ہیلتھ و ارٹ نے رابطوں کو بہت آسان بنادیا ہے۔

قریانی کی دعا اور طریقہ

إِنِّي وَجَهْتُ وَجْهِي لِلَّذِي فَطَرَ السَّمَاوَاتِ وَالْأَرْضَ حَنِيفًا وَمَا أَنَا مِنَ الْمُشَرِّكِينَ ۝ إِنَّ صَلَاتِي وَنُسُكِي وَهَجَيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعُلَمَاءِ لَا شَرِيكَ لَهُ ۝ وَبِذِلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ۝ اللَّهُمَّ لَكَ وَمِنْكَ يُدْعَىٰ فِي هَذِهِ الْأَيَّامِ بَعْدَ بِسْمِ اللَّهِ رَبِّ الْعَالَمِينَ أَكْبَرُ كَهْدَنْ كَرْوَ.

ذبح کرنے کے بعد یہ دعا پڑھو

اللّٰهُمَّ تَقَبَّلْ مِنِّي هَذِهِ الْأَضْحِيَّةِ كَمَا تَقَبَّلْتَ مِنْ خَلِيلِكَ
سَيِّدِنَا إِبْرَاهِيمَ وَحَبِيبِكَ سَيِّدِنَا مُحَمَّدٍ عَلَيْهِمَا الصَّلَاةُ وَالسَّلَامُ -
اگر جانور میں سات حصہ دار ہوں تو منی کے بجائے تقبل من کہیے اور سات آدمیوں کے نام لیجئے۔

عقيقة کی دعا

اللَّهُمَّ هذِهِ عَقِيقَةُ ابْنِي (یہاں پر بچہ کا نام لیں) دَمْهَا بِدِمِهِ وَحَمْهَا بِلَحْمِهِ وَعَظْمُهَا بِعَظْمِهِ وَجِلْدُهَا بِجِلْدِهِ
وَشَعْرُهَا بِشَعْرِهِ. اللَّهُمَّ تَقَبَّلْهَا مِنِّي وَاجْعَلْهَا فِدَاءً لِابْنِي مِنَ النَّارِ.

لڑکی کے لئے دعاء:

اللَّهُمَّ هَذِهِ عَقِيقَةٌ بِنُتْقٍ (يہاں بچی کا نام لے) دَمْهَا بِدَمِهَا وَحُمْهَا بِلَحْمِهَا وَعَظْمُهَا بِعَظْمِهَا وَجِلْدُهَا بِجِلْدِهَا وَشَعْرُهَا بِشَعْرِهَا. اللَّهُمَّ تَقَبَّلْهَا مِنِّي وَاجْلُهَا فِدَاءً لِبِنُتْقٍ مِنَ النَّارِ.

کفر و فقر و عذاب قبر سے اللہ تعالیٰ کی پناہ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ
ترجمہ: اے اللہ میں کفر و محتاجی سے آپ کی پناہ مانگتا ہوں اور قبر کے عذاب سے میں آپ کی پناہ مانگتا ہوں،
آپ کے سوا کوئی عبادت کے لائق نہیں ہے۔ (ابوداؤد صحیح ابن ماجہ: ۳/۱۲۲)

فضیلت: روزانہ یہ دعا صحیح و شام پڑھتے رہنے سے عذاب قبر نہیں ہوگا اور محتاجی و تنگ دستی نہیں ہوگی ان شاء اللہ۔

شیطان مردود سے اللہ کی پناہ

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ
مِنَ الشَّيْطَنِ الرَّجِيمِ

ترجمہ: میں اللہ تعالیٰ کی پناہ مانگتا ہوں جو خوب سننے والا ہے، بڑا جانے والا ہے، مرد و دشیطان سے۔ (ترمذی شریف)

فضیلت: یہ دعا روزانہ صبح و شام کرتے رہنے سے گمراہ نہیں ہوں گے۔



والدین

ہونوں سے نکلی بات کا یقین نہ کیا کرو
گر سچائی جانا ہے تو چہرے پڑھا کرو
دل میں چھپا کے رکھو نہ جذبات کو
حق کی جو بات ہے وہ کہہ دیا کرو

مہمان

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

انکل

میں بھی بوزھا ہو رہا ہوں والی
ہو گیا اس کا احساس کل مجھے
جس شوخ و چنپل کے دیوانے تھے ہم
اس حسینہ نے کہہ دیا انکل مجھے

♦♦♦

یہ میں باہیل
آزاد نظم

ماں باپ یہی تو ترے اپنے ہیں
یہ ماں باپ یہی تو ترے اپنے ہیں
وہی تو تری زندگی کے سچے پنے ہیں
جس نے تری خاطر نہ دیکھے دن و رات
جس نے کبھی نہ دیکھی دھوپ نہ برسات
جس نے کبھی نہ چھوڑا ترا ساتھ
جس نے کردیئے اپنے دن جذبات
(یہی تو ترے اپنے ہیں)

جس نے تجھے نظر ملانا سکھایا تو نے ان کو آنکھ دکھایا
کل جس کی انگلی پکڑ کے دوڑا
آج تو ان کو اپنے پیچھے چھوڑا
بات بات تو ان کے دل کو توڑا
ماں یاد کر ماں کی لوری بنا تجھے نیند نہیں آتی تھی
ماں کی آواز تجھے شہنشاہی سی بھاتی تھی
آج وہی ماں نے تجھ کو کمزور آواز میں پکارا
کیا تو سمجھا ماں کی حاجت کا اشارہ؟
سونچا تو، پوچھوں تو ہو گا وقت کا خسارا

jamiat ul shair
غزل

لنا دیا ہے غم آب و تاب میں کیا کیا
و گرنہ خواب تھے چشم پر آب میں کیا کیا
بلندیوں کا بھی اٹھا ہے پستیوں سے غیر
زمیں کے راز ہیں اڑتے ساحاب میں کیا کیا
یقین نہ ہو تو کوئی ڈوب کر ڈرا دیکھے
بھنور ہیں سوئے ہوئے نقش آب میں کیا کیا
کوئی تو دیکھے مجھے میری آنکھ سے یار ب
دکھائی دیتا ہے مجھ کو سراب میں کیا کیا
میں لفظ جو پڑھتا گیا تو بات کھلی
کچھی ہوئی تھیں لکیریں کتاب میں کیا کیا
فڑکوں کی طلب ہے بنام خلد بریں
فریب خود کو دئے اضطراب میں کیا کیا
ہر ایک نام تھا حرف غلط بجز شاعر
کھلا ہے ذوق نظر انتخاب میں کیا کیا

♦♦♦

نافضی
غزل

کبھی کسی کو مکمل جہاں نہیں ملتا
کہیں زمین کہیں آسمان نہیں ملتا
تمام شہر میں ایسا نہیں خلوص نہ ہو
جہاں امید ہو اس کی وہاں نہیں ملتا

کہاں چراغ جلا میں کہاں گلاب رکھیں
چھتیں تو ملتی ہیں لیکن مکاں نہیں ملتا
یہ کیا عذاب ہے سب اپنے آپ میں گم ہیں
زبان ملی ہے مگر ہم زبان نہیں ملتا

چراغ جلتے ہی پینائی بمحض لگتی ہے
خود اپنے گھر میں ہی گھر کا نشاں نہیں ملتا

♦♦♦

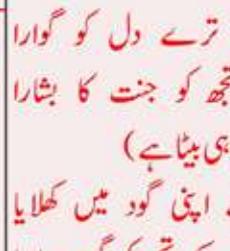


فریدہ احمد

غزل

انہی کے لیے ہم دعا کر چلے
ہمیں خود سے بھی جو جدا کر چلے
ہمیں کچھ سمجھی میں تو آتا نہیں
ہمی پرستم کیوں وہ ڈھا کر چلے
اجالا نہ ہو گا، زمیں پر مری
کہ سورج کو بادل چھپا کر چلے
کوئی یوں نہ سمجھے کہ پتھر ہوں میں
مجھے ہر طرح آزماء کر چلے
نہیں جب جہاں میں علاج وفا
تو کیوں درد ایسا، عطا کر چلے
نہ آئے گی اب یاد ان کی کبھی
محبت کا ہر پل بھلا کر چلے
کوئے یار ایسے بھی عشق تھے
جو گھنٹوں کر بل اپنے آکر چلے
بھلا سے نہ ہو فتحم تیرہ شی
مگر، چند انجمن، ضیا کر چلے

♦♦♦



تری ماں نے تجھے اپنی گود میں کھلایا
خود سرد بستر پر سو کے تجھ کو گرم سلایا
تجھ کو اپنی چھاتی کا دودھ پلایا
کیا تو انھ کے رات کبھی اس کے پیر دبایا
(بتاب کیا تو وہی بیٹا ہے)

جب تو دوڑتے کھایا ٹھوکر پیچ آگن
رکتی تھی تری ماں کے دل کی دھوکن
تائید میں تیری دنیا سے لڑ جاتی تھی
کیا تو نے دوپل اس کے ساتھ گزارا؟
کیا تو نے اس کی اک رات کا قرض اتارا؟
(بتاب کیا تو وہی بیٹا ہے)



انجمن کار گول

غزل

کون ہے دوست کون دشمن ہے
بھیں میں رہبروں کے رہن ہے
عکس جس میں ہے بس محبت کا
میرے کردار کا وہ درپن ہے
مکر سے دور ہے وہ دنیا کے
کتنا معصوم یہ لڑکن ہے
پھر کوئی بھولا یاد آنے لگا
بھیگا بھیگا جو میرا دامن ہے
ختم کیوں سلسلہ نہیں ہوتا

♦♦♦



حافظ کریم ناقبی

غزل

راہ مشکل ہو تو چلنے کا مزا آتا ہے
ٹھوکریں کھا کے سخنلنے کا مزا آتا ہے
حکم نمود میں شامل ہو مدد رب کی تو پھر
آتش عشق میں جلنے کا مزا آتا ہے
میں بھی سادہ ہوں بہت سادہ سے پانی کی طرح
مجھ کو ہر رنگ میں ڈھلنے کا مزا آتا ہے
تیج گل کی بھی کہاں دیتی ہے ویسا آرام
گود ماں کی ہو تو پلنے کا مزا آتا ہے
رات آتی ہے تو تھائی کے تہہ خانے میں
تیری یادوں سے بہلنے کا مزا آتا ہے
بھوک کی آگ سے بچوں کو بچانے کے لئے
صح کو گھر سے نکلنے کا مزا آتا ہے
یہ تو فطرت کا تقاضا ہے کہ پروانے کو
عشق کی آگ میں جلنے کا مزا آتا ہے
مرد کو بھر مصائب سے بھیشہ حافظ
لڑکے موجودوں سے نکلنے کا مزا آتا ہے

♦♦♦

Why can't you hear a pterodactyl go to the bathroom? Because the "P" is silent.

What did the ocean say to the other ocean?
Nothing, it just waved.

What do you call bears without ears? B.

What's the best way to learn how to make ice cream? Go to sundae school.

What's a cat's best subject in school? Hisss-tory.

Someone asked me if I got a haircut. I said, "No, I got them all cut."

Why didn't the chef season the chicken? He didn't have enough thyme.

What do computers eat for lunch? Micro-chips.

Why do ducks have tails? To hide their butt-quacks.

What do you say to a cow that gets in your way?
"Moooo-ve!"

What's the best way to catch a squirrel? Act like a nut.

What do you call a cow with only two legs? Lean beef.

Why did the king go to the dentist? He needed a



crown.

Where do boats go when they're sick? To the dock-tor.

Did you hear about the ghost that joined a soccer team? It wanted to be a ghoulie.

Why did the boy wear his coat to dinner? Because chili was on the menu.

Why did the golfer bring two pairs of pants to the course? In case he got a hole in one.

Did you hear about the baseball player who got arrested? He stole second base.

Why aren't kids allowed to see pirate movies? They're all rated arrrrr.

How much does it cost to hire a deer? A buck.

How did police catch the thief who robbed an Apple store? There was an iWitness.

Did you hear about the kidnapping at school? Thankfully, someone woke her up.

What kind of scientists avoid the sun? Paleontologists.

Why did the financial planner quit his job? He was losing interest.

Did you hear about the guy who decided to hang mirrors for a living? It's something he could see himself doing.

Why do frogs like playing baseball? They're good at catching fly balls.

How did Noah sail his ark at night? Using flood-lights.

How do lumberjacks know how many trees they've cut down? They keep a log.

Why are sports stadiums so chilly? Too many fans.

Where do cows get their clothes? From cattle-logs.

What kind of socks should you buy a bear?
None. They prefer to go barefoot.

How do honeybees get to school? On the buzz.

Why did Darth Vader go to the dermatologist?
He had Star Warts.

Why did the beach get embarrassed? Because it noticed the sea weed.

I was going to tell you a joke about sodium, but then I thought, "Na."



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