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JULY 2023 Vol 14, Issue 7

Supreme Court kills Biden student loan relief plan

WASHINGTON — The Supreme Court invalidated President Joe Biden’s student loan debt relief plan, meaning the long-delayed proposal intended to implement a campaign trail promise will not go into effect.

UKRAINE VS PALESTINE



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1 United States Dollar equals
82.10 Indian Rupee

87.50 Afghan Afghani

CURRENCY RATE

108.19 Bangladeshi Taka

131.23 Nepalese Rupee

286.50 Pakistani Rupee

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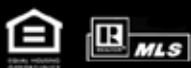
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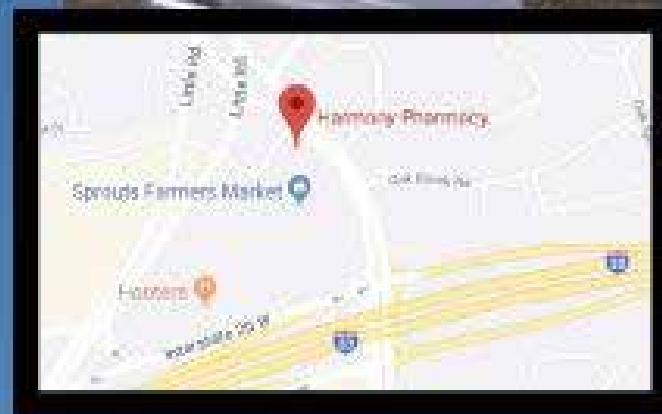
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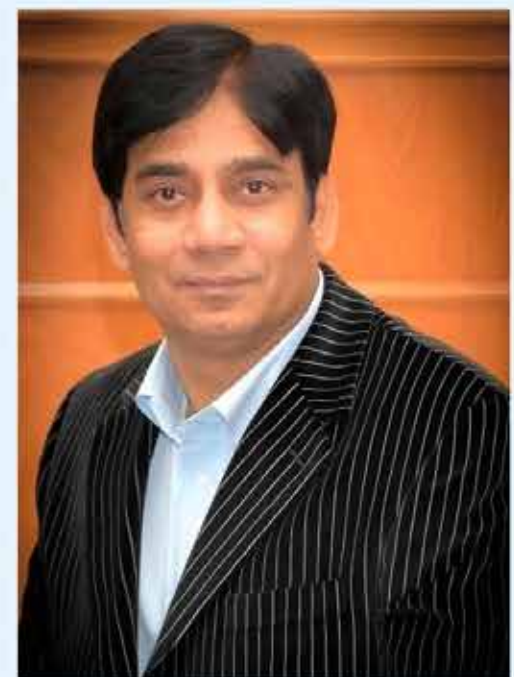
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Khutba Times at various Mosques in DFW

Jumah Khutba (not Iqamah) times at DFW masjids as of March 25:

- Allen Masjid: 1:45, 2:45
- Arlington - Richland: 1:45
- Arlington - Central: 1:40
- Aubrey Masjid: 1:45, 2:20
- Carrollton-Madina Masjid: 1:45, 2:15
- Carrollton- Al-Rehman: 1:30
- Colony Mosque: 1:45
- Coleyville Masjid: 1:40
- Coppell Masjid: 2:30, 4:30
- Denton Masjid: 1:45
- Eulesse Masjid: 2:00
- Fort Worth-Masjid AlKarim 1:45
- Frisco Masjid: 1:45, 2:45, 3:45
- Garland-Makkah Mosq: 1:45, 2:15
- Garland-Yaseen(Arabi): 1:30, 2:30

- Irving-Annoor Ctr: 1:45
- Irving- ICI: 2:00, 3:15
- Irving- VRIC: 1:45, 2:45
- Mansfield: 1:30, 2:30
- Mckinney Masjid: 1:45, 2:45, 4:20
- Mesquite Masjid: 1:30, 2:30
- Plano Masjid: 1:45, 2:45
- Plano- EPIC: 1:45, 3:00, 4:15
- Princeton Masjid: 2:00
- Richardson- IANT: 1:25, 2:25
- Sachse Masjid: 1:45
- Watuga Masjid: 1:30, 2:25

Send Edits To:

'Muslim Events Donations Info'

<https://t.me/+9wcJ8LREDywyOTA5>

Zabihah Halal Meat Sellers in DFW

as of: May 28, 2023

Grocery Stores, by City

- * Coconut Hill, Allen
- * Almarkaz, Carrollton
- * Apna Bazaar, Carrollton
- * Indo Pak: Arlington, Carrollton, Plano, Richardson
- * Rozana Store, Coppell
- * Nadine Halal Market, Eulesse
- * Texas King: Irving, Garland
- * Classic Intl. Market, Mckinney
- * World Food WHse, Richardson
- * Mecca Market, Sachse

Fresh from Farm- see flyers

- * Brothers Farm, Eulesse
- * Deccan meats, Delivered order by Fri / Sat Meat delivered* Sat / Sun
- * Halalan Tayyaban Plant- HTPP Royse City, East of Rockwall pickup from location
- * Halalan Tayyaban Plant- HTPP Orders delivered to Frisco

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Shawkat Mohammed, an Advisor at Asia Times US, with Texas House Member Terry Meza at an event in Dallas

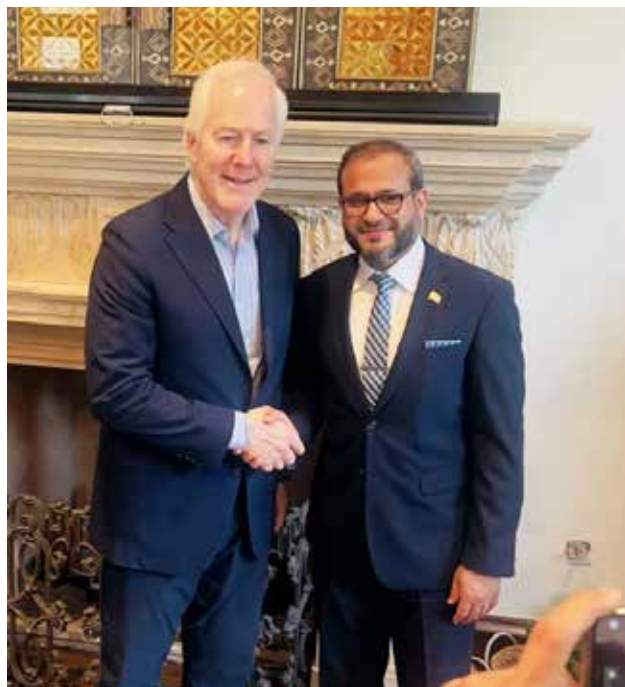


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Senator John Cornyn of Texas has reassured the Pakistani American diaspora that he will be their voice at the White House against any grave human rights violations committed by the regime or deep state. His promise reflects a deepening concern for the struggles of Pakistani Americans and their desire for a just and peaceful free and fair election, rule of law, and strengthen institutions in Pakistan .

It has been a year or two since the Russian invasion of Ukraine. The world is crying at the atrocities and the devastation caused by the Russians on the innocent people of Ukraine.

All over this country, people are standing in solidarity, wearing blue and yellow, or having those colors in their yards. Every day we have seen horrendous views of the bombardments of hospitals and cities, killing people and children.

Such devastation.

The Ukrainians are keeping their morale up and fighting, and sometimes we hear that they are holding their own, and their president says that they will fight till they win. Such a positive attitude. All the help from different governments is heading their way. How fortunate are these

people.

The entire world is siding with the Ukrainian government, and praying for their victory against a ruthless man and his country.

I think of another nation. People of that nation also are innocent. The world sees their helplessness, but they cannot, or will not help the Palestinians. How many years, and how many generations have been lost because one ruthless nation has more power and has the power to demand weapons of destruction, so they can evict the residents of Palestine out of their homes and build new settlements. The aggression of Israel against the Palestinians is answered with stones and bricks by children and young men. Bulldozers have leveled the playing fields and little children have been killed.

And the rest of the world watches and says, "yeah, that's just too bad!" Really?? Is there no help for these innocent victims of aggression? Why is Ukraine different and worth saving while Palestine is shedding its blood everywhere, and no country is coming forward to help it?

I just have these questions in my mind all the time.

All the effing time!

Zakiah Sayeed.



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IFTEKHAR SHAREEF PAGE



CHICAGO PAGES



1. Arrival of Mohammed Azharuddin the legendary former India's cricket captain of india at the residence of Iftekhar Shareef in chicago . Other pictures of Mohammed Azharuddin along with Badruddin Ajmal Member of parliament from Assam , and Ambassador Somnath Ghosh consul general of India at chicago at his official residence



Send off at O'hare airport of Iftekhar Shareef & Mohammed Azharuddin to india



CHICAGO PAGES



Birthday celebration of Iftekhar shareef at his residence in Shamshabad, Hyderabad, seen in pics are Zafer Pahelwan , Actors Mast Ali "Saleem Pheku", Aziz Naser , Akber bin taber , model Feroz Khan , Rector All Saints HS & Little flower HS Shajon Anthony & others



Launch of everyday lunch program for under privileged people at Shamshabad, India by Siddu Reddv & Iftekhar Shareef



Inappropriate of Big budget cars at Gachi Bowli , Hyderabad for RR Group of Hameed bhai n sons along with Abdullah

CHICAGO PAGES

The Glimpses of the Hyderabad culture and traditions at the wedding receptions of Engr Ameer Mohammed Ali Khan's sons in the Chicago.



The Famous personality of Hyderabad Nawab Wajid Ali Khan Retd. Superintendent of Police Ex AP, son Engr. Ameer Mohammed Ali Khan, grandsons Mohammed Shahzaib Ali Khan, Financial Analyst and Engr. Mohammed Shahwaar Ali Khan, wedding and reception ceremonies were held in accordance with the Hyderabad culture and traditions at the Shalimar Banquets and Ambiance Banquets both were held in the Chicago America. On this occasion, many guests attended functions by many friends and dignitaries from different states of India, America, Canada and KSA. Engineer Ameer Mohammed Khan is a well-known Civil Engineer of Indian origin and President of the All-Saints' High School old students association. The marriage ceremony of his younger son Mohammed Shahzeab Ali Khan was performed at the Masjid Al Jumma Bolingbrook IL with Zaina Salim, the daughter of prominent American businessman Asif Salim. Maulana Mufti Qari Arif Kamal read the marriage sermons and prayed for the couples and ummah. While many distinguished guests participated in the wedding reception of eldest son Engr Mohammed Shahwaar Ali Khan, son of Engr Ameer Mohammed Ali Khan. In both the ceremonies, the guests were entertained and served authentic traditional and tasty Hyderabad foods. The highlight of Mohammad Shahzeab Ali Khan's wedding was that there was an opportunity to see an extraordinary glimpse of Hyderabad civilization in

the baraat procession. All the guests were dressed in sherwanis & Turbans in the procession. The groom was riding a decorated horse and the procession gave an impression of a prince's marriage procession. In both the ceremonies, special attention was paid to the traditional Hyderabad culture and together with the participation of the two daughters in laws of Mrs. & Engr Ameer Mohammed Ali Khan, Syeda Urooj Khan the daughter of, Nawab Mir Qutbuddin Ali Khan Saheb and Mr. Asif Saleem Saheb Zaina Saleem. For the information of it should be noted that Syeda Urooj Khan is the great granddaughter of His Highness, the HEH the Nizam 7th of Hyderabad Deccan, Nawab Mir Osman Ali Khan Saheb Bahadur. The Wedding ceremony and the Wedding reception ceremony were attended by the family members of late Muhammad Bin Saeed Bahaman (Super A Class Contractor, Hyderabad), late Nawab Wajid Ali Khan Sahib (former Superintendent of Police, Ex AP) from Hyderabad Deccan. Among the invitees who attended in these ceremonies were from the different parts of United States of America and Canada were State Senator Ms. Nabila Syed (Illinois), Martin McManamon (Commissioner, Highways Illinois) Haim Fallad (Dy Chief Engineer Metra Rail) Mr. Khokhar (Mayor, Glendale Heights, Illinois), Politicians, CEO's and the Presidents of several Engineering companies, famous and well-known Doctors, Attorneys, Judges, Businessmen,

Industrialists, Chattered Accountants, many of the professional experts from various walks of life participated and expressed good wishes to the two new couples and blessed them with their prayers. Among those who showered their love and faithfulness on both the Bridegrooms and the Brides. The close relatives who have welcome the guests were the family members of Dr. Sher Ali Khan Saheb (late), Dr. Sultan Sikandar Ali Khan (New York), Advocate Malik Liaquat Ali Khan (California.), Engr. Fazal Mustafa Ali Khan (KSA), Dr. Fazal Sarvari (Chicago) Dr. Muhammad Saifuddin (Chicago) Mr. Muhammad Athar (Chicago), The family members of Nawab Mir Qutbuddin Ali Khan (Chicago), Mr. Asif Salim, (Chicago), Abubakar Bin Mohammad and Umar Bin Mohammad (Builders and Developers Deccan Hi-Tech Constructions, Hyderabad), Dr. Shaheera Khan, Attorney Shahina Khan, Engr Shariq Shaikh, Engr Zubair Ali, (all Chicago). Engr Zaheer Khan (California), Engr Ghouse Khan (Boston), Engr Shujaat Khan (New Jersey), Dr. Fahad Sarvari (Chicago), Engr Shafath Khan (Dallas), Syed Irfan Ahmed (California), Mirza Mohammed Ali Baig, Family members of Basharat Ali Khan (Global travelers) and others. Mrs. & Engr Ameer Mohammed Ali Khan has thanked the guests.





Ertugrul (Engin Altan) the famous Turkish actor cum hero can be seen along with brother Mukarrum and Son Ahmed on the occasion of Human concern Event in Chicago USA



Sarfraz Ahmed, a former captain of the Pakistan cricket team, inaugurated the Barrington Crescent Cricket Club

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INTERNATIONAL PAGES

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Woman fatally shot an Uber driver in Texas

A woman accused of shooting her Uber driver in West Texas after mistakenly believing she was being kidnapped into Mexico has been charged with murder, authorities said.

Phoebe Copas, 48, who is from Tompkinsville, Kentucky, was visiting her boyfriend in El Paso, Texas, when the driver was shot June 16. The El Paso Police Department said Copas shot 52-year-old Daniel Piedra Garcia in the head while he was driving her to a location in far southeast El Paso.

According to a complaint affidavit, Copas saw traffic signs that read "Juarez, Mexico," during her ride and falsely believed she was being kidnapped and taken to Mexico. El Paso is on the U.S.-Mexico border across from Juarez.

El Paso Police officers initially arrested and charged Copas on suspicion of aggravated assault causing serious bodily injury. Copas was booked into the El Paso County Jail and remained jailed.

With Piedra's death, the charge has been upgraded to murder, El Paso Police Department officials said. Copas' bond is now set at \$1.5 million.

Phoebe Copas, 48, of Tompkinsville, Kentucky, is accused of fatally shooting an Uber driver. Phoebe Copas, 48, of Tompkinsville, Kentucky, is accused of fatally shooting an Uber driver. Suspect claims fear of kidnapping was reason for shooting

Piedra picked up Copas at about 2 p.m. in a gray

Nissan Maxima and was driving her to meet with her boyfriend, the affidavit says.

As they drove on U.S. 54 southbound in South-Central El Paso, Copas saw traffic signs that showed the words "Juarez, Mexico." That led her to believe Piedra was trying to kidnap her and take her across the border, the affidavit says.

Copas is accused of grabbing a silver and brown handgun from her purse and shooting Piedra in the back right side of his head, according to the affidavit. The vehicle crashed into roadway barriers before coming to a stop on the freeway.

The area where the car crashed was "not in close proximity of a bridge, port of entry or other area with immediate access to travel into Mexico," the affidavit says. "The roadway (Copas) was traveling on is a normal route to drive to the destination requested."

Before calling 911, police say, Copas took a photo of Piedra after he was shot and sent it to her boyfriend via text message. Officers arrived at the scene and saw Copas being helped out of the car by her boyfriend.

Copas then dropped everything she was holding in her hands to the ground, including a brown and silver handgun, the affidavit says. Officers found Piedra slumped in the driver's seat.

Copas was detained as police investigated the shooting. Piedra was taken to University Medical Center of El Paso for treatment.

Daniel Piedra Garcia



Piedra was declared brain dead at the hospital. Piedra was hospitalized for several days before his family took him off life support after doctors told them he would not recover. The decision devastated the family, Piedra's niece Didi Lopez said.

"His status was not going to change if we did not disconnect him," Lopez said. "It was basically just going to be like in a vegetative state. We didn't want to see him suffering. We didn't want him to live out his life like that."

"It was hard because we wanted him to, of course, wake up and continue living his life, but we basically didn't make the decision. The decision was made for us and for him the second that those bullets went inside of his head."

Elon Musk and French tycoon Bernard Arnault dine in Paris

The world's two richest men met for a \$470bn lunch on Friday as Elon Musk and luxury goods tycoon Bernard Arnault dined together in Paris.

Mr Musk, worth \$237bn, and Mr Arnault, the 74-year-old behind luxury goods group LVMH who is worth \$233bn, enjoyed a power lunch at the five star Cheval Blanc Maison with their respective families.

The pair were pictured together overlooking the Eiffel Tower in a photo shared by Bernard Arnault's son, Antoine, on his Instagram account. Mr Musk's mother, Maye Musk, also attended the lunch.

Bernard Arnault has built LVMH into the world's biggest luxury group, behind brands spanning Moet champagne to Louis Vuitton luggage. He has traded places repeatedly with Mr Musk for the title of world's richest man over the last year, with the Tesla chief currently out in front.

Mr Musk was already acquainted with Mr Arnault, the two having met at a SpaceX launch. The head of the Louis Vuitton empire told The Telegraph last year: "We were there at the launch of SpaceX in LA, and he put me in the driving seat of one of his latest driverless cars."

The pair dined at one of Europe's most expensive hotels. Opulent rooms at the Cheval Blanc that overlook the river Seine can cost as much as £8,000 per night. A 7,000-square-foot Quintessence Suite



covering the top two floors, featuring four ensuite bedrooms, a private pool and grand marble bath tubs is also available and thought to cost tens of thousands of euros per night.

The group met during a whistle stop tour of Europe by Mr Musk, who had visited Rome the day before where he met with Prime Minister Georgia Meloni. The Tesla chief also visited the Colosseum and held talks with Antonio Tajani, the country's foreign min-

ister, on the automotive sector.

During his flying visit to Paris, Mr Musk once again met with French President Emmanuel Macron. It is the second in less than a month the pair have met as Mr Macron seeks to attract investment from Tesla.

Ahead of his meeting, Mr Macron told reporters he would be "selling France" in an effort to convince the billionaire to locate an electric battery "gigafactory" in the country. Mr Macron tweeted a photo of the pair shaking hands with the caption "Let's work together!"

A spokesman for the Élysée Palace declined to comment on what was discussed.

Tesla already has a gigafactory near Berlin, where the company is hoping to produce 500,000 electric cars this year.

Officials in Spain are also reportedly trying to convince Tesla to build a plant near Valencia, as European nations offer up a platter of subsidies to electric car makers to attract investment.

The billionaire, who flew into Paris on his \$70m Gulfstream jet, was not expected to pay a visit to officials in London, a government source said.

Mr Musk on Friday also spoke at the Vivatex technology conference at the Porte de Versailles expo centre in France where he reiterated his concerns over the dangers of artificial intelligence. "There is a real danger for a digital super intelligence having negative consequences," he said, warning of a potentially "catastrophic outcome".

He added that if there was an "AI armageddon I think I would still want to be alive to see it... and hopefully not cause it".



Middle-class homebuyers face the worst housing shortages

The housing shortage is hitting middle-income homebuyers hardest.

While 51% of earners in the nation make \$75,000 or less, only 23% of available home listings are affordable for these households, according to a report published by the National Association of Realtors and Realtor.com. The situation is even worse in cities like San Jose, Calif., and New York where only 5% and 13% of respective available listings are affordable for these families.

However, higher-income folks have more options in their income bracket. While only 7% of households make \$250,000 or more, they can afford 85% of listings shown.

The disparity is an important consideration when policymakers, homebuilders, and real estate professionals debate ways to address the national housing shortage, so certain families aren't left empty-handed or forced to buy a home outside their budget.

"The housing affordability issues would not be so severe if homes were dispersed in a more adequate match for the distribution of households by income level," Nadia Evangelou, senior economist and director of real estate research at the National Association of Realtors, told Yahoo Finance. "That's the reason we need to have a more targeted approach when we say we need to build more homes."

According to the National Association of Realtors, sales of existing homes dropped 3.4% to a seasonally adjusted annualized rate of 5.41 million units. Sales were 8.6% lower than in May 2021. As existing-home sales declined, the median price of a house sold in May was \$407,600,

an increase of 14.8% from May 2021. (Photo by Joe Raedle/Getty Images)

A 'for sale' sign hangs in front of a home in Miami, Florida. (Photo by Joe Raedle/Getty Images)

The report calls for nearly 320,000 more houses for sale at a price below \$256,110 to maintain a healthy inventory supply for this cohort, a shortage problem that has been exacerbated in the last five years.

In 2018, nearly 50% of home listings were affordable for families in the \$75,000 income bracket, according to statistics provided by the National Association of Realtors. That number slowly declined — with the exception during the 2020 pandemic — to 23% in April 2023, when it was more than halved.

"It is both disappointing and devastating," Joanna Smith-Ramani, co-executive director of the Aspen Institute Financial Security Program, said about the decrease. "But it's not really surprising at all."

There are many reasons behind the middle-priced market shortage. Most recently, the rapid run-up in mortgage rates have convinced homeowners who would have considered selling their homes to stay put. These previously-owned homes often are more affordable than their new home counterparts and serve as an important entry point into homeownership.

"If you need to abruptly or urgently move right now, it's going to be very expensive and very hard to figure out," Smith-Ramani said.

For reference, this spring new homes made up a third of the for-sale inventory when these properties make up 12% to 13% in a typical year.

There's also been persistent underbuilding in the last decade following the housing crash that preceded the Great Recession. But homebuilders' business models are also to blame.

While developers can receive government subsidies to develop lower-income homes, they have largely chosen to build luxury products with higher profit margins to offset the increase in supply and labor costs.

"Part of that calculation is, what am I allowed to do through permitting, what's going to be the easiest thing to be approved, so it costs me less if I can quickly get stuff out," Smith-Ramani said, "versus fighting with the community over whether or not to build multiple smaller homes on a small lot."

NEW YORK, NEW YORK - Residential luxury towers stand along nicknamed Billionaires Row, a stretch of 57th Street that holds the majority of Manhattan's supertall luxury towers on May 16, 2022 in New York City. Following its 2020 lows during the height of the Covid-19 pandemic, Manhattan's luxury real estate market has rebounded despite a decrease in foreign buyers. In January, a penthouse apartment at 220 Central Park South sold for \$188 million, a sale recorded as the second most expensive residential sale ever in New York City. Recent migration patterns are also pushing up prices, especially in the traditionally more affordable cities, according to experts. As the pandemic accelerated the work-from-home culture, many workers moved from higher-cost cities to lower-cost ones. But the transition raised prices in the affordable cities without a symmetrical drop in the pricier market.

"If you take people out of an area, it may make the area a little more affordable, whereas if you add people, that definitely has the pressure of making it unaffordable," Sabelhaus said.

"Because the price of the houses probably can't fall too much further; it's asymmetric."

On top of the changes in supply and demand throughout the US, raising interest rates has also shifted available and affordable homes to a higher income bracket.

"The interest rate increase right now also means that people that could afford higher than \$250,000 houses no longer can because their mortgage is more expensive to them," Smith-Ramani said. "So you have higher-income folks eating up lower-cost housing."



TENNIS - Wimbledon 2023

When is Wimbledon 2023?

Wimbledon 2023 will begin on Monday 3rd July 2023 and run until the men's singles final on Sunday 16th July 2023.

As ever, the classic two-week format will return, but the tournament will start one week later than usual due to a schedule change from the All England Club.

The middle Sunday will feature a full day of play once again after being introduced in 2022.

When is Wimbledon 2023 qualifying?

Qualifying for Wimbledon takes place on Monday 26th June 2023. The four-day event will culminate on Thursday 29th June 2023 when a host of skilled qualifiers will be

placed in the main draw for Wimbledon 2023.

Wimbledon 2023 schedule

ATP Men's Singles (Grand Slam)

First round: Monday 3rd – Tuesday 4th July
 Second round: Wednesday 5th – Thursday 6th July
 Third round: Friday 7th – Saturday 8th July
 Fourth round: Sunday 9th – Monday 10th July
 Quarter-finals: Tuesday 11th – Wednesday 12th July
 Semi-finals: Friday 14th July
 Final: Sunday 16th July
 WTA Women's Singles (Grand Slam)

First round: Monday 3rd – Tuesday 4th July
 Second round: Wednesday 5th – Thursday 6th July
 Third round: Friday 7th – Saturday 8th July
 Fourth round: Sunday 9th – Mon-

day 10th July
 Quarter-finals: Tuesday 11th – Wednesday 12th July
 Semi-finals: Thursday 13th July
 Final: Saturday 15th July



DADASAHEB PHALKE

ICON AWARD FILMS ORGANIZATION 2023

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JUNE 2023

AWARDEE

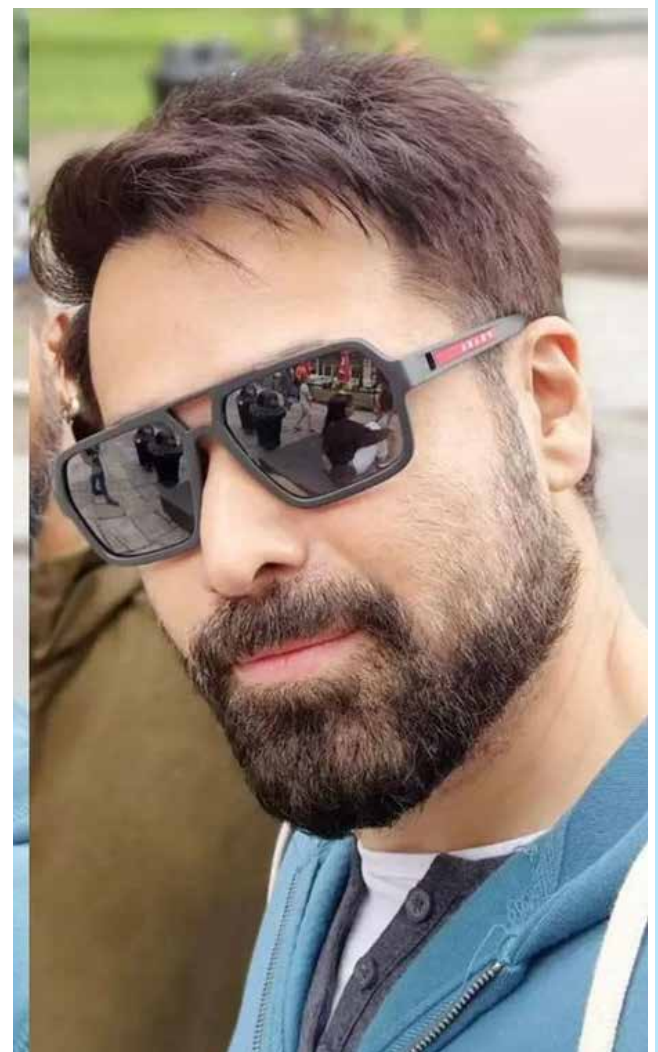


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Hashmi was born on 24 March 1979, in Mumbai, Maharashtra into a Bihari family.[7] His father, Syed Anwar Hashmi, is a businessman, who also acted in the 1968 film Baharon Ki Manzil, and his mother, Maherrah Hashmi, was a homemaker. His paternal grandfather, Syed Shauqat Hashmi, migrated to Pakistan after the partition of India, while his grandmother, Meherbano Mohammad Ali (known by her screen name Purnima), was an actress, who stayed in India.[8][9] Meherbano Mohammad Ali later married producer-director Bhagwan Das Varma, making Bhagwan Das Emraan's step grandfather and Emraan a part of the Varma family. [10] Emraan is also a part of the Bhatt family because Meherbano was the sister of Shirin Mohammad Ali, the mother of producers Mahesh Bhatt and Mukesh Bhatt



From left, former Indian cricketer Virender Sehwag, Board of Control for Cricket in India (BCCI) secretary, Jay Shah, Sri Lankan cricketer Muttiah Muralitharan and International Cricket Council (ICC) chief executive Geoff Allardice, right and pose with the men's cricket World Cup trophy during a press conference to release the tournament's match schedule in Mumbai, India, Tuesday, June 27, 2023. Ten teams will feature in the 46-day tournament which is being held across 10 cities in India. (AP Photo/Rajanish Kakade)

MUMBAI (AP) — The marquee league match between archrivals India and Pakistan at the cricket World Cup has been confirmed for Oct. 15 at Ahmedabad, which will also host the tournament's opening game and the final.

The International Cricket Council released the match schedule on Tuesday, less than four months before the tournament opener between defending champion England and New Zealand on Oct. 5.

The 132,000-seat Narendra Modi Stadium at Ahmedabad will host five games, including the the rematch of the 2019 final between England and New Zealand and the championship decider on Nov. 19.

“Hundreds of millions of fans around the world will be part of what we hope will be the greatest ever men's cricket World Cup,” ICC chief executive Geoff Allardice said in a statement.

“We know in India the teams will enjoy a unique electric atmosphere concluding with the winners lifting the trophy in the biggest cricket stadium in the world in Ahmedabad.”

Ten teams will feature in the 46-day tournament which is being held across 10 cities. Besides Ahmedabad, Bangalore, Chennai, Delhi,

Dharamsala, Hyderabad, Kolkata, Lucknow, Mumbai and Pune will host the games.

All venues will host five matches each except for Hyderabad, which will host three including two of Pakistan's league games.

The top four teams will qualify for the semi-finals, which will be played at Mumbai and Kolkata.

The Pakistan Cricket Board is yet to get its government's clearance to travel to India due to strained political relations between the two countries. India has refused to travel to Pakistan for the Asia Cup in August and September, and will instead play all its matches in Sri Lanka.

The ICC said Pakistan will not play any games in Mumbai. If Pakistan reaches the semifinals, it will play in Kolkata. If India qualifies for the last four it will play its semifinal in Mumbai, unless the match is against Pakistan.

“The PCB requires the government of Pakistan's clearance for any tour to India, including the match venues,” PCB Communications Director Sami Ul Hasan said in a statement.

“We are liaising with our government for guidance. This position is consistent to what we had

told the ICC a couple of weeks ago when they shared with us the draft schedule and sought our feedback.”

Eight teams – India, Pakistan, England, New Zealand, Australia, Afghanistan, South Africa and Bangladesh -- have directly qualified for the World Cup. Two more teams will joining them from the qualifiers that are underway in Zimbabwe.

The tournament has retained the round-robin format with all teams playing against each other. All but six of the 48 games will be day-nighters.

Jay Shah, secretary of the Board of Control for Cricket in India, said it was a great honor for India to showcase the “rich diversity of our country.”

“The fervor and passion for cricket in India is unique,” Shah said. “I am sure fans both here and abroad would be looking forward to the tournament's return to India for the first time since 2011, when our team became the first to lift the trophy on home soil.

“I wish all the teams the very best in their preparations and look forward to hosting what promises to be another exciting tournament.”

10 Countries Where the U.S. Won't Send Your Social Security Payments

If you're entitled to Social Security benefits, you don't have to live in the United States to get them. Payments are sent nearly everywhere around the world, though there are some exceptions.

U.S. citizens can continue to receive payments outside the country as long as you're eligible for a payment and are in a country where payments are sent, according to the Social Security administration. If you're not a U.S. citizen, you must meet certain conditions for payment. Living "outside the United States" means you are not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands or American Samoa for at least 30 days in a row. The SSA considers you to be "outside the United States" until you return and stay in the U.S. for at least 30 days in a row.

If you are not a U.S. citizen, you also might have to prove you were lawfully present in the United States for that 30-day period.

As of June 2023, there are the 10 countries where the United States won't send your Social Security payments:

- Azerbaijan
- Belarus
- Cuba
- Kazakhstan
- Kyrgyzstan
- Moldova
- North Korea
- Tajikistan
- Turkmenistan

Uzbekistan

Read: Latest Social Security Proposal Would See Millions 'Receive More, and No One Would Receive Less'

If you're a U.S. citizen residing in either Cuba or North Korea, you can get all the payments the SSA withholds once you move to a country where payments are allowed. If you're not a U.S. citizen, you can't receive payments for the months you lived in Cuba or North Korea — even if you go to another country and satisfy all other requirements.

As for the other eight countries on the banned list: The SSA said it will make exceptions for certain eligible persons. To qualify for an exception, you must meet and agree to restricted payment conditions. For more information about these con-

ditions and the qualifications for an exception, contact the Social Security Administration or your Federal Benefits Unit. If you're not a U.S. citizen or don't meet one of the conditions for continued payments, the SSA will stop your payments after you've been outside the United States for six full calendar months. Once this happens, the agency can't start your payments again until you come back and stay in the U.S. for a full calendar month — meaning you must be in the U.S. on the first minute of the first day of any month and stay through the last minute of the last day of that month. The SSA might also ask you to prove you've been lawfully present in the United States for the full calendar month.

For more information, visit this SSA site or call 800-772-1213.

Dr. Zakir Hussain

Shameem Ahmed Sakras

Dr. Zakir Hussain is the name of a great person in India who devoted his whole life for training. In 1920 when he was just 23 years old, Jamia Millia played the most important role in laying the foundation in Aligarh.

In 1926, when Jamia Millia reached Islamia closure, Zakir Hussain said, "I and some of my colleagues are ready to sacrifice their lives to serve Jamia. Jamia should not be allowed to close until we arrive. While he was doing PhD in Germany at that time.

And in 1926 Dr. Zakir Hussain returned to India from Germany with his two friends Abid Hussain and Muhammad Mujib to serve Jamia Millia Islamia. Dr. Zakir Hussain became the Vice Chancellor of Jamia Millia Islamia in 1926 at the age of 29 and remained the post till 1948.

During this time, Abdul Majid Khwaja along with Abdul Majeed Khwaja collected funds for Jamia Millia Islamia and bought separate land for him in Okhla.

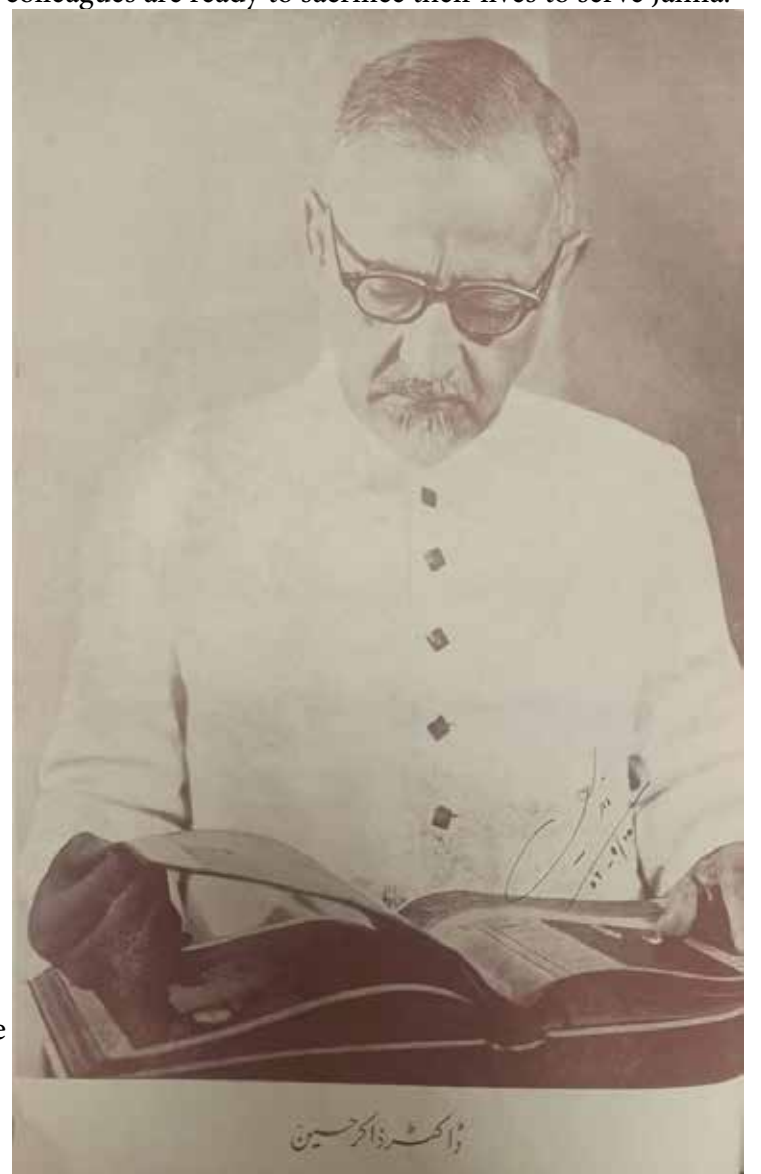
On March 1, 1935, Jamia's youngest student Abdul Aziz went to the foundation of Jamia's first building in Okhla. Doctor Zakir Hussain had the idea of laying the foundation in the hands of Jamia's youngest child. Gandhi ji also liked this idea of Zakir Hussain.

The campaign of Primary Education and was continuously active in the gatherings of the Hindustani Talimi Association in forty days. After this, he became a member of the Indian University Commission on December 1948. After the partition of India, when Aligarh Muslim University reached to shut down, they went there to save it and remained the Vice Chancellor from November 1948 to September 1956.

During this time in 1950, Dr. Zakir Hussain became the Chairman of World University Service.

Sent in 1957 as Governor of Bihar, in this way he himself became Chancellor of Patna University, because the Chancellor of the Patna University is the governor of Bihar. They continued working for education there too. He took personal interest in the Netrahat School to Khudabakhsh Library Frog. Desna's date Al Islah Library books were saved because of them.

Till 1962 Dr. Zakir Hussain was the Chancellor of Patna University and Governor of Bihar and then on 13 May 1962. Continuously going to education related programs. Again in 1963, Jamia Millia became Chancellor of Islamia and remaining in the same position, became the President of India on 13 May 1967 and remained the President of India and the Chancellor of Jamia Millia Islamia till his last breath. Until 3 May 1969 Dr. Zakir Hussain died, he was buried in Jamia Millia Islamia created.



SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

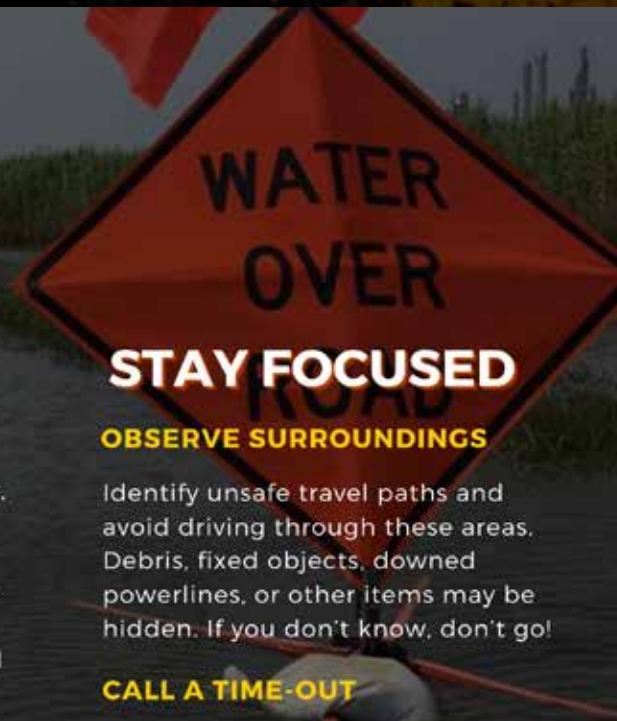
BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER ON THE ROAD & AVOIDING HAZARDS



BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

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

CALL A TIME-OUT

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

REMAIN ALERT

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

History-making Djokovic claims record 23rd Grand Slam triumph

Novak Djokovic created history when he captured a record-breaking 23rd Grand Slam title with a third French Open triumph, reinforcing his case to be crowned the greatest player of all time.

The 36-year-old Serb brushed off an early wobble to defeat Casper Ruud of Norway 7-6 (7/1), 6-3, 7-5 and snap the tie of 22 Slams he shared with career-long rival Rafael Nadal.

“It’s an incredible feeling to win 23. I’m beyond grateful and blessed to be standing here with so many incredible achievements,” said Djokovic as Nadal immediately described his rival’s victory as “an incredible achievement”.

Victory for the third time in Paris, after 2016 and 2021, adds to his 10 Australian Open titles, seven at Wimbledon and three at the US Open.

Djokovic is the first man to win all four majors at least three times and is once again halfway to the first calendar Grand Slam since Rod Laver in 1969.

“Your skill and unwavering mental fortitude on all surfaces is astonishing,” tweeted Laver.

Only Margaret Court and Serena Williams in women’s tennis have managed to rack up 23 Grand Slam titles. Court’s all-time mark of 24 will now be in his sights at Wimbledon next month.

There is little sign of Djokovic slowing down. He is now the oldest French Open champion but 11 of his Slam trophies have now been won after he turned 30.

He will reclaim the world number ranking and start his 388th week in top spot.

“Many congrats on this amazing achievement. 23 is a number that just a few years back was impossible to think about, and you made it! Enjoy it with your family and team!” tweeted Nadal, a 14-time Roland Garros winner who missed this year’s tournament through injury.

Ruud added sportingly: “Novak, another day, another record for you. And another day you rewrite tennis history once again.”

NFL legend Tom Brady watched from the Djokovic box, football stars Kylian Mbappe and Zlatan Ibrahimovic sat side by side in the VIP area which also accommodated former world heavyweight boxing champion Mike Tyson, a regular this weekend.



- Place in history -

Djokovic was playing in his seventh French Open final and boasted a 4-0 career record over Ruud, not having lost a single set.

However, the fourth-ranked Norwegian was the more composed of the two at the start, sprinting out of the blocks for a 2-0 lead when Djokovic shanked an overhead.

Ruud, the 2022 runner-up to Nadal, stretched to 3-0 and 4-1 before Djokovic retrieved the break in the seventh game when his opponent buried an easy smash into the net with an open court begging.

It came at the end of a lung-busting 28-shot rally.

Djokovic missed a break point in the ninth game, tumbling to the red clay as he chased down a Ruud drive.

His frustration boiled over when he angrily accused umpire Damien Dumusois of rushing the players between changeovers on a heavy, humid afternoon in the French capital.

Fired up, he then raced through the tiebreak, sealing the opener with a running forehand.

Tellingly, that was Djokovic’s sixth tiebreak at this French Open and in none of them had he committed a single unforced error in the 55 points contested.

Despite being Djokovic’s junior by 12 years, Ruud, who also lost the 2022 US Open final to Carlos Alcaraz, suddenly looked spent.

Djokovic broke for 2-0 in the second set and despite Ruud saving two set points in the eighth game, the Serb moved closer to his dream.

Ruud saved a break point in the third game of the third set before Djokovic was hit with a warning for taking too long between points.

But he wasn’t thrown out of his stride.

Djokovic broke for love at 6-5 and sealed his place in history when Ruud went wide.

IS YOUR AIRBAG DEFECTIVE?

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

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

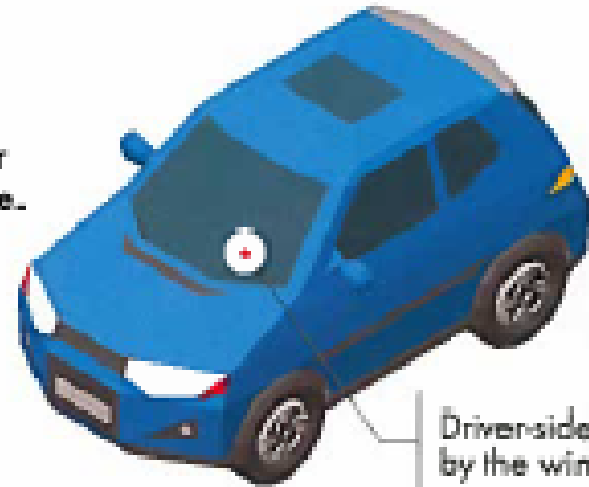
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

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

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



Driverside dashboard by the windshield

Search it

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

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

 Upload a photo

or

Enter a license plate or VIN manually 

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



AIRBAGRECALL.COM



Predators in African Savannah- Cheetah

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 23V426 Manufacturer :Stough- ton Trailers, LLC Subject : Im- properly Tightened Wheel Lug Nuts Make Model Model Years STOUGHTON CONTAINER CHAS- SIS 2023-2024 NHTSA Recall ID Number : 23V427 Manufacturer :Great Dane Trailers Subject : Tire Pressure Regulation System Failure Make Model Model Years GREAT DANE CHAMPION 2024 GREAT DANE EVEREST 2024 NHTSA Recall ID Number : 23V429 Manufacturer :Mazda North American Op- erations Subject : Loss of Vehicle Control Make Model Model Years MAZDA CX-90 2024 NHTSA Recall ID Number : 23V430 Manufacturer :Honda (American Honda Motor Co.) Subject : Unin- tended Vehicle Move- ment from Brake Fluid Leak Make Model Model Years ACURA IN- TEGRA 2023 ACURA RDX	2023 HONDA AC- CORD 2022 HONDA CIVIC 2023 NHTSA Recall ID Number : 23V431 Manufacturer :Honda (American Honda Motor Co.) Subject : Rear- view Image May Not Display/FMVSS 111 Make Model Model Years HONDA ODYS- SEY 2018-2023 HONDA PASS- PORT 2019-2023 HONDA PILOT 2019-2022 NHTSA Recall ID Number : 23V432 Manufacturer :Toyota Motor Engineering & Manufacturing Subject : Wheels May Detach from Loose Lug Nuts Make Model Model Years TOYOTA CAMRY 2023 TOYOTA CAM- RY HYBRID 2023 NHTSA Recall ID Number : 23V433 Manufacturer :Altec Industries, Inc. Subject : Load- Holding Feature May Fail Make Model Model Years ALTEC L SE- RIES AERIAL DE- VICE 1999-2022 ALTEC LR SERIES AERIAL DE- VICE 1999-2022	NHTSA Recall ID Number : 23V434 Manufacturer :Tesla, Inc. Subject : Defec- tive Pyrotechnic Bat- tery Disconnect Make Model Model Years TESLA MODEL 3 2023 TESLA MODEL Y 2023 NHTSA Recall ID Number : 23V436 Manufacturer :Volk- swagen Group of America, Inc. Subject : Rear- view Camera Image May Not Display/FM- VSS 111 Make Model Model Years VOLKSWAGEN ID.4 2022 NHTSA Recall ID Number : 23V437 Manufacturer :Volk- swagen Group of America, Inc. Subject : Defor- mation of the Strut Mount Make Model Model Years VOLKSWAGEN GOLF R 2023 VOLKSWAGEN GTI 2023 NHTSA Recall ID Number : 23V438 Manufacturer :Altec Industries, Inc. Subject : Boom Tip Outlet May Be Missing GFCI Protec- tion Make Model Model Years	ALTEC AERI- AL DEVICE 2019- 2022 NHTSA Recall ID Number : 23V408 Manufacturer :Imag- ine Fiberglass Prod- ucts Inc. Subject : Cook- top Gas Valves May Fracture Causing Gas Leak Make Model Model Years LAIR CAMPER LION 1300 2021- 2023 LAIR CAMPER LION 4500 2021- 2023 LAIR CAMPER TRILLIUM HERI- TAGE 1300 2021- 2023 LAIR CAMPER TRILLIUM HERI- TAGE 4500 2021- 2023 NHTSA Recall ID Number : 23V409 Manufacturer :BMW of North America, LLC Subject : Unin- tentional Activation of Cruise Control Make Model Model Years BMW IX 2022- 2024 NHTSA Recall ID Number : 23V411 Manufacturer :Chrys- ler (FCA US, LLC) Subject : Crank- shaft Position Sensor Failure Make Model Model Years JEEP GRAND	CHEROKEE 2014- 2020 RAM 1500 2014- 2019 NHTSA Recall ID Number : 23V412 Manufacturer :Chrys- ler (FCA US, LLC) Subject : Engine May Shut Down Make Model Model Years JEEP GRAND CHEROKEE 2022 NHTSA Recall ID Number : 23V413 Manufacturer :Chrys- ler (FCA US, LLC) Subject : Incor- rectly Installed Rear Coil Springs Make Model Model Years JEEP GRAND CHEROKEE 2021- 2023 NHTSA Recall ID Number : 23V414 Manufacturer :BMW of North America, LLC Subject : Im- properly Welded Front Seat Make Model Model Years BMW 740I 2023 BMW 760I 2023 BMW I7 2023 NHTSA Recall ID Number : 23V415 Manufacturer :Hyun- dai Motor America Subject : Loss of Power Brake Assist Make Model Model Years HYUNDAI PALI- SADE 2023 NHTSA Recall ID	Number : 23V416 Manufacturer :Auto- car, LLC Subject : Im- properly Welded Steering Column Shaft Make Model Model Years AUTOCAR LEG- END 2022-2023 NHTSA Recall ID Number : 23V417 Manufacturer :Altec Industries, Inc. Subject : U-Bolt Hardware Not Tight- ened Properly Make Model Model Years ALTEC TG- 124S 2022-2023 NHTSA Recall ID Number : 23V418 Manufacturer :Ford Motor Company Subject : Rear Lightbar May be Inop- erative Make Model Model Years FORD F-150 BEV 2022-2023 NHTSA Recall ID Number : 23V420 Manufacturer :Ford Motor Company Subject : Head Restraint Instructions Missing/FMVSS 202 Make Model Model Years FORD EXPEDITION 2018-2023 FORD F-250 SD 2019-2023 FORD F-350 SD 2019-2023 FORD F-450 SD 2019-2023 FORD F-550 SD
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What is a recall?

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

What should I do if my vehicle is included in this recall?

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

Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.

WORDS SEARCH

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ROAST
 HOLY WEEK
 HYMNS
 FASTING
 PASSOVER
 RESURRECTION

Indian palaces you can actually stay in

Taj Falaknuma Palace, Hyderabad

Spread over 32 acres, this opulent hotel was built in 1894 and was home to the famous Nizams of Hyderabad. Falaknuma night mean 'mirror of the sky', but the palace was built in the shape of a scorpion, with the wings acting as the scorpion's two stings. The palace's luxurious interiors reflect its decadent past and give guests the opportunity to live like kings and queens if only for a few nights.



Work on the palace started in 1464 and it was abandoned almost 500 years later in 1947. In 1991 it was opened to the public in its current avatar and is now a massive property spread over 14 levels, with stunning views of the surrounding landscape and town down below. The hotel boasts 17 rooms/suites restored to their former glory, plus hanging gardens, an amphitheatre, and a roof-top restaurant where you can immerse yourself in history and step back to medieval times.



Strategically nestled in the countryside of the Aravali range, this palace fortress overlooks one of the three main passes that provide access to the valley. Completed in 1760, the palace was constructed using local marble and features decorations of semi-precious stones in all the suites. The exteriors feature ornate traditional designs that provide an interesting juxtaposition to the modern and minimalist design seen in the interiors. This hotel offers stunning views of the surrounding hills, making it a great option for those looking to live closer to nature, but without sacrificing on modern amenities



Taj Lake Palace, Udaipur

This exquisite white marble palace floats in the middle of Udaipur's Lake Pichola and is a synonym with opulence and exclusivity. Built in the 1700s, the hotel was once the winter palace of the royal Mewar dynasty and became famous around the world when the Bond movie Octopussy was filmed there. With 18 grand suites and 65 lavish rooms, the hotel offers breathtaking views of the surrounding lake and the sparkling city of Udaipur.



Taj Umaid Bhawan Palace, Jodhpur

Perched at the highest point in Jodhpur, this magnificent hotel was once the residence of the royal family of Jodhpur, making it the sixth largest private residence in the world. The palace was completed in 1943, and was constructed using the same beautiful palm court marble that was used in the Taj Mahal. Surrounded by 26 acres of sprawling lush gardens, the hotel, which is only a wing of the palace, has 64 luxury rooms where guests can experience the royal life.



Ananda in the Himalayas, Tehri Garhwal

Perched 3,000 feet up above on a hill, this former-palace-turned-into-luxury-resort is famous for its spectacular views, which include the the River Ganges and the ancient city of Rishikesh. The Viceregal palace was built for the Maharajah of Tehri Garhwal and has been restored to its former majesty, including the maharaja's billiards room, which is home to India's oldest billiards table (over a 100 years old)



Samode Palace, Jaipur

This splendid palace was built in the early 19th century, but it is surrounded by an outer structure, ie a fort, built in the 16th century. Designed in the Indo-Saracenic style, the hotel is known for beautifully melding both Rajput and Mughal design elements. Admire the breathtaking Sheesh Mahal, the mural-lined rooms, hand-painted walls, crystal chandeliers, regal silver armchairs, and then lounge around the rooftop infinity pool to catch a sunset that shows off the Aravalis in all their glory.



Laxmi Niwas Palace, Bikaner

Commissioned in 1904 and built entirely of red sandstone, Laxmi Niwas Palace was the stately residence of Bikaner's maharaja Ganga Singh and has hosted the whose who of royalty and dignitaries, including King George V and Queen Mary. The hotel retains the palace's regal charm and grandeur, with antique artworks, period-style rococo furniture, hand-painted friezes, four-poster brass beds, and ceilings with gold inlaid carvings that make the past come alive.



Taj Rambagh Palace, Jaipur

Another stunning palace in Jaipur, Rambagh Palace was built in 1835 as a hunting lodge and royal residence for the then maharaja of Jaipur. To say this upscale palace hotel that stands on a 47-acre plot is opulent is an understatement. Think spacious rooms with extremely high ceilings, bathrooms full of marble, grand furnishings, antiques and artwork around every corner, majestic gardens where peacocks strut, a croquet lawn, and a restaurant that gives you the feeling you're dining with the queen



Neemrana Fort Palace, Alwar

This exquisite resort, built on the Aravalli hills, is one of the oldest near Jaipur.

RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle

RECIPES

MONGOLIAN BEEF

INGREDIENTS:

1 beef Top Sirloin Steak, cut 1 inch thick (about 1 pound)
 2 tablespoons minced garlic, divided
 1/4 to 1/2 teaspoons crushed red pepper
 1/2 cup chopped green onions
 1/4 cup oyster sauce
 2 tablespoons sugar
 1 tablespoon chopped fresh ginger
 2 cups bamboo shoots, edamame, baby corn or water chestnuts
 2 cups hot cooked rice

COOKING:

Cut beef Top Sirloin Steak in half length-

wise, then crosswise into 1/8-inch strips. Toss beef with 1 tablespoon garlic and red pepper. Heat non-stick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef. Remove from skillet. Add remaining 1 tablespoon garlic, green onions, oyster sauce, sugar and ginger to same skillet; cook for 1 to 2 minutes or until sauce is hot. Return beef to skillet. Add bamboo shoots; cook and stir until bamboo shoots are hot. Serve over rice.

Nutrition information per serving: 343 Calories; 45 Calories from fat; 5g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 555 mg Sodium; 42 g Total Carbohydrate; 2.6 g Dietary Fiber; 31 g Protein; 3.7 mg Iron; 9.9 mg Niacin; 0.9 mg Vitamin B6; 1.5 mcg Vitamin B12; 6.2 mg Zinc; 39.5 mcg Selenium; 101 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.



Shepherd's Pie

What is shepherd's pie?

In England, the birthplace of this hearty dish, shepherd's pie is most often made with a ground-lamb filling. In the States, people use ground beef, which is what we call for here. Our sauce is super simple. We sauté veggies, beef, and thyme, add flour, then simmer the mixture in stock. It tastes amazing, but the best part of the dish is the FLUFFY MASHED POTATO TOPPING.

Do I need to make mashed potatoes?

If you have leftovers, this is the perfect opportunity to repurpose them. If you don't, then yes, you need to make them. But it's insanely easy, and our recipe is BOMB. The secret: milk, sour cream, and melted butter.

Can I make this ahead of time?

Yes! You can make the mashed potatoes as well as the filling ahead of time. But we recommend waiting to assemble and bake until right before you plan on serving it.

How can I make this healthier?

Substitute the mashed-potato topping with mashed cauliflower! Our low-carb Cauliflower Shepherd's Pie is a top-rated fan favorite.

Have you made this recipe?

Rate it below and let us know in the comments what you think.

Need more St. Patrick's Day inspiration? Find dozens of Irish-inspired recipes and get cooking!

INGREDIENTS

FOR POTATOES

1 1/2 lb. potatoes, peeled
 Kosher salt
 4 tbsp. melted butter
 1/4 c. milk

1/4 c. sour cream

Freshly ground black pepper

FOR BEEF MIXTURE

1 tbsp. extra-virgin olive oil
 1 large onion, chopped
 2 carrots, peeled and chopped
 2 cloves garlic, minced
 1 tsp. fresh thyme
 1 1/2 lb. ground beef
 1 c. frozen peas
 1 c. frozen corn
 2 tbsp. all-purpose flour
 2/3 c. low-sodium chicken broth
 1 tbsp. freshly chopped parsley, for garnish

DIRECTIONS

Preheat oven to 400°. Make mashed

potatoes: In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return to pot.

Use a potato masher to mash potatoes until smooth. Add melted butter, milk, and sour cream. Mash together until fully incorporated, then season with salt and pepper. Set aside.

Make beef mixture: In a large, oven-proof skillet over medium heat, heat oil. Add onion, carrots, garlic, and thyme and cook until fragrant and softened, 5 minutes. Add ground beef and cook until no longer pink, 5 minutes more. Drain fat.

Stir in frozen peas and corn and cook until warmed through, 3 minutes more. Season with salt and pepper. Sprinkle meat with flour and stir to evenly distribute. Cook 1 minute more and add chicken broth. Bring to a simmer and let mixture thicken slightly, 5 minutes. Top beef mixture with an even layer of mashed potatoes and bake until there is very little liquid visible and mashed potatoes are golden, about 20 minutes. Broil if



desired.

Garnish with parsley before serving.

by LENA ABRAHAM

Carrot Cake Bread

In the world of quick breads, banana bread and zucchini bread used to be our favorite. But then we met carrot bread. Which on its own, though nice and spiced, could be rather humble. But spread some cream cheese frosting on top and you've got CARROT. CAKE. BREAD. It's not as dramatic as our layered carrot cake, but it's just as good.

If you're looking for a breakfast carrot bread, just skip the frosting. Leave it plain or drizzle it with a simple glaze instead (2 tbsp. softened cream cheese + 1/4 c. powdered sugar + 1 tbsp. whole milk).

Made it? Let us know how it went in the comment section below

INGREDIENTS

FOR THE BREAD

Cooking spray
 1 1/4 c. all-purpose flour
 1 tsp. baking powder
 1 tsp. ground cinnamon
 1/2 tsp. ground ginger

1/4 tsp. ground nutmeg
 1/2 tsp. kosher salt
 3 large eggs
 1 c. granulated sugar
 1 c. vegetable oil
 2 tsp. pure vanilla extract
 2 c. grated carrots (from about 4 medium)
 1/2 c. golden raisins
 1/2 c. toasted chopped pecans

FOR THE FROSTING

4 oz. cream cheese, softened
 2 tbsp. butter, softened
 1 c. powdered sugar, sifted
 1 tsp. pure vanilla extract
 1/4 tsp. kosher salt
 1/4 c. toasted chopped pecans

DIRECTIONS

Preheat oven to 350°. Grease a 9"-x-5" loaf pan with cooking spray and line with parchment paper. In a medium bowl, whisk together flour, baking powder, cinnamon, ginger, nutmeg, and salt. In a large bowl whisk eggs and sugar until light and fluffy. While whisking, slowly



pour in oil until well combined, then add vanilla. Stir dry ingredients into wet until just combined. Fold in carrots, raisins, and 1/2 cup of the pecans.

Pour batter into prepared pan and bake until a toothpick inserted into center comes out clean, about 1 hour 10 minutes. Let cool slightly in pan, then turn out onto a wire rack to cool completely. Meanwhile, make frosting: In a large bowl using a hand mixer, beat cream cheese and

butter until smooth. Add powdered sugar, vanilla, and 1/4 teaspoon salt and beat until smooth.

Spread frosting over loaf and sprinkle with chopped pecans.

by LAURA REGE

Health & Wellness

Use everyday habits to keep your memory in good shape

Your daily habits and lifestyle — what you eat and drink, whether you exercise, how stressed you are, and more — affect your mental health every bit as much as your physical health. A growing body of research indicates that regular exercise and a healthful diet can help protect your memory from aging-related decline.

Exercise
Physical fitness and mental fitness go together. People who exercise regularly tend to stay mentally sharp into their 70s, 80s, and beyond. Although the precise “dose” of exercise isn’t known, research suggests that the exercise should be moderate to vigorous and regular. Examples of moderate exercise include brisk walking, stationary bicycling, water aerobics, and competitive table tennis. Vigorous activities include jogging, high-impact aerobic dancing, square dancing, and tennis. Exercise helps memory in several ways. It reduces the risk of developing several potentially memory-robbing conditions like high blood pressure, diabetes, and stroke. Exercise is good for the lungs, and people who have good lung function send more oxygen to their brains. There is some evidence that exercise helps build new connections between brain cells and improves communication between them. Finally, exercise has been linked to increased production of neurotrophins, substances that nourish brain cells and help protect them against damage from stroke and other injuries.

Here are some ways to build physical

activity into your daily routine:

- Walk instead of driving when possible.
- Set aside time each day for exercise. For extra motivation, ask your spouse or a friend to join you.
- Use the stairs instead of the elevator.
- Plant a garden and tend it.
- Take an exercise class or join a health club.
- Swim regularly, if you have access to a pool or beach.
- Learn a sport that requires modest physical exertion, such as tennis.
- Go Mediterranean
- Mediterranean-type diets highlight whole grains, fruits and vegetables, and healthy fats from fish, nuts, and healthy oils. This eating style helps promote heart health and may also lessen the risk of memory and thinking problems later in life. In a study that followed more than 2,000 people over four years, those who most closely followed a Mediterranean-type diet had a lower risk of developing Alzheimer’s disease. A later study suggested that following a Mediterranean-type diet could slow the conversion of mild cognitive impairment into full-blown dementia.

The types of fat that predominate in the diet also seem to affect memory. As part of the national Women’s Health Initiative, 482 women ages 60 and older were observed for three years. They reported on their diets, and researchers tested their memory and thinking skills at the beginning of the study and at the end. Those who ate more unsaturated fat (which is abundant in vegetable oils and fatty fish)

and less saturated fat (from red meat and full-fat dairy foods) had significantly less decline in memory than those who ate relatively little unsaturated fat.

Eating several servings of fruits and vegetables can also protect memory. Foods from plants are chock full of vitamins, minerals, and other nutrients that may protect against age-related deterioration throughout the body.

The effects of marijuana on your memory

As you get older, certain aspects of memory normally decline, but that does not mean you are powerless to protect your brain as you age. In fact, there is a lot you can do. In addition to getting regular exercise and eating a Mediterranean style diet, you can also consider what is known and not known about marijuana.

Cannabis contains varying amounts of the potentially therapeutic compound cannabidiol (CBD), which may help quell anxiety. However, there’s no question that marijuana (the dried flowers and leaves of the cannabis plant) can produce short-term problems with thinking, working memory, executive function, and psychomotor function (physical actions that require conscious thought, such as driving a car or playing a musical instrument). This is because marijuana’s main psychoactive chemical, THC, causes its effect by



attaching to receptors in brain regions that are vital for memory formation, including the hippocampus, amygdala, and cerebral cortex. The extent to which long-term use of marijuana (either for medical or recreational purposes) produces persistent cognitive problems is not known.

The laws regarding marijuana differ from state to state. Some outlaw it altogether, while others allow it for medical purposes—to help relieve pain and nausea, for example. And in a growing number of states, marijuana is legal for recreational use. But it remains illegal at the federal level. For that reason, it has been difficult for researchers in the United States to obtain federal research funding to study marijuana, limiting the amount of high-quality evidence available.

What you can do: If you use marijuana, understand you may have problems with memory and related cognitive functions while under the influence. There also is the possibility of developing cognitive problems with long-term use.

Discover how to keep your brain its healthiest best!

Learn the 6 simple steps that can enhance your mental stamina, boost your memory, and provide added years of robust cognitive fitness.

Cognitive fitness goes far beyond just memory. It embraces thinking, learning, recognition, and sound decision-making. Cognitive fitness is the bedrock of a rewarding and self-sufficient life. You can be “brain-healthy” for life! This Special Health Report will show you how to sidestep threats to your brain’s wellness. You’ll learn how to build a “cognitive reserve” to address your brain’s changes. And most of all, you’ll gain the tools to shape and secure lasting and fulfilling cognitive vitality. As never before, you can attain enduring brain health. Doctors at Harvard Medical School have identified six steps, which together can spur and protect cognitive fitness. This multi-pronged brain fitness program includes and integrates proven approaches like optimal nutrition, exercise, stress

reduction, social interaction, sleep, and stimulating activities. A program that makes good sense — and designed for your success! This guide will equip you to give your brain the attention it needs to stay at its best. The program will help you maintain a responsive memory, sustain your learning abilities, and remain confident that your mental skills will continue to serve you well. This guide shares the wisest choices to defend your brain against the effects of aging. At the heart of the program are modest — but specific — changes in your diet, exercise regimen, and your lifestyle. You’ll master the strategies that will stimulate your thinking! You’ll be introduced to easy-to-follow brain-friendly diets. You’ll find five delicious foods linked to better brainpower. And you’ll learn a little-known secret to maximizing exercise’s cognitive benefits. You’ll find tips to ease stress and to get the sleep essential for memory. You’ll learn the keys to a brain-power nap, 10 tested methods to manage stress, and tricks to

beat insomnia naturally. The Special Health Report will help you strengthen your brain’s agility and nurture the personal interactions that keep your mind engaged. You’ll be briefed on techniques to supercharge your mental workouts, effective ways to foster an invigorating social network, and much more. Don’t wait. See this empowering report for yourself. After all, there’s nothing better than making up your own mind! As we grow older, the goal isn’t simply to reach our 80s or 90s, but to remain mentally sharp throughout the process. The good news is you can! Research is proving there’s a lot you can do to keep your brain healthy, lessen the risk of brain disease, and stay cognitively fit for a lifetime. Six steps for brain power that goes the distance! This Special Health Report will introduce you to an empowering six-step program that can make a lasting difference to your future. Taken together, these steps can strengthen your intellectual prowess, invigorate your memory, and protect

the brain-based skills essential for full, rewarding and independent living. You’ll discover how, by integrating simple, specific changes—in diet, exercise, and lifestyle—into your daily routine, you can add years of enduring mental stamina and vitality. The Special Health Report will show you how to... “super-max” the benefits of food and exercise. Are there brain foods? There sure are! (The top five are revealed on page 25.) Can exercise give a memory boost? You bet! (Two no-sweat choices on page 33). Is there a diet to cut the risk of Alzheimer’s? Yes—by as much as 50%! (See page 28) ...recapture needed sleep...and release unwanted stress. With age, you may find it harder to get the sleep essential for memory. Chronic stress can have damaging effects on key areas of the brain. This Special Health Report provides explicit, winning strategies to resolve your issues with sleep and stress. ...stay connected...and challenged! Steadysocial contact protects cognitive function as you age. Intellectually challenging activities keep your brain agile.

List of Bollywood films of JULY 2023

Opening	Title	Director	Cast	
J U L	<i>Neeyat</i>	Anu Menon	Vidya Balan · Ram Kapoor · Rahul Bose · Shahana Goswami · Neeraj Kabi · Prajakta Koli · Shashank Arora · Amrita Puri	
	<i>Tarla</i>	Piyush Gupta	Huma Qureshi · Sharib Hashmi · Veenah Naair	
	<i>Blind</i>	Shome Makhija	Sonam Kapoor · Purab Kohli · Vinay Pathak · Lillete Dubey	
	21	<i>Bawaal</i>	Nitesh Tiwari	Varun Dhawan · Janhvi Kapoor
28	<i>Rocky Aur Rani Kii Prem Kahaani</i>	Karan Johar	Dharmendra · Jaya Bachchan · Shabana Azmi · Ranveer Singh · Alia Bhatt	
A	<i>Animal</i>	Sandeep Reddy Vanga	Ranbir Kapoor · Rashmika Mandanna · Anil Kapoor · Bobby Deol · Tripti Dimri	
	11	<i>Gadar 2: The Katha Continues</i>	Anil Sharma	Sunny Deol · Ameesha Patel · Utkarsh Sharma
		<i>OMG 2</i>	Amit Rai	Akshay Kumar · Yami Gautam · Pankaj Tripathi · Arun Govil

INTERNATIONAL PAGES

INTERNATIONAL PAGES

Kangana Ranaut stuns as Indira Gandhi

Emergency teaser is out, Kangana Ranaut is being appreciated and lauded

By RUBY ZAIDI

Kangana Ranaut stuns as Indira Gandhi, says 'India is Indira'; Queen Kangana Ranaut announces release date.

The first teaser promo of Kangana Ranaut's Emergency is out. Kangana Ranaut impressed one and all.

The film Emergency which marks her solo directorial debut, will show her play India's first female Prime Minister Indira Gandhi. Kangana took to her social media handles to share the announcement of the release date of the film, which is

on November 24, 2023.

One could not deny that Kangana Ranaut is one of the finest Actresses of the Indian Film Industry.

She is an amazingly talented and God gifted artist.

The teaser is enough to describe her talent. She has lived the character of Indira Gandhi to the level of Perfection.

Emergency helmed by









the Queen Kangana Ranaut will give her a different recognition.

I can't predict it's fate at the Box-office, but I am quite sure that Emergency will give her back all that she has lost in the recent years.

Congratulations and all the very best Kangana Ranaut!



Binaca Geetmala Annual List (1961)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Teri Pyari Pyari Surat Ko Kisi Ki Nazar Na Lage YouTube ✓ 🏆 ★ 4.53 - 445 votes	Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, B Saroja Devi
		Sasural (1961)	Hasrat Jaipuri	Filmfare Awards Winner, Romantic Songs
 2	Abhi Na Jaao Chhod Kar, Ke Dil Abhi Bhara Nahin YouTube ✓ 🏆 ★ 4.29 - 4197 votes	Mohammed Rafi, Asha Bhosle	Jaidev	Dev Anand, Sadhana
		Hum Dono (1961)	Sahir Ludhianvi	Romantic Songs, Roothna Manaana
 3	Ho Maine Pyar Kiya, Oye Hoye Kya Zurm Kiya YouTube ✓ 🏆 ★ 4.37 - 175 votes	Lata Mangeshkar	Shankar Jaikishan	Padmini
		Jis Desh Men Ganga Behti Hai (1961)	Hasrat Jaipuri	Romantic Songs, Sensual Songs
 4	Mera Naam Raju Gharana Anam YouTube ✓ 🏆 ★ 4.34 - 125 votes	Mukesh	Shankar Jaikishan	Raj Kapoor
		Jis Desh Men Ganga Behti Hai (1961)	Shailendra	Happy Songs
 5	Matwalee Aankhowale O Alabele Dilwale YouTube ✓ 🏆 ★ 4.32 - 113 votes	Mohammed Rafi, Lata Mangeshkar	R D Burman	Helen, Johnny Walker, Mehmood
		Chhote Nawab (1961)	Shailendra	Dance Songs
 6	Dil Mera Ek Aas Ka Panchhi YouTube ✓ 🏆 ★ 4.38 - 78 votes	Subir Sen	Shankar Jaikishan	Rajendra Kumar, Vyjayantimala
		Aas Ka Panchhi (1961)	Hasrat Jaipuri	Masti Bhare Geet, Happy Songs
 7	Ek Savaal Main Karu, Ek Savaal Tum Karo YouTube ✓ 🏆 ★ 4.54 - 149 votes	Mohammed Rafi, Lata Mangeshkar	Shankar Jaikishan	Rajendra Kumar, B Saroja Devi
		Sasural (1961)	Shailendra	
 9	Saranga Teri Yaad Me Nain Hue Bechain YouTube ✓ 🏆 ★ 4.38 - 324 votes	Mukesh	Sardar Malik	Sudesh Kumar
		Saranga (1961)	Bharat Vyas	Sad Songs
 10	Husn Wale Teraa Jawab Nahee YouTube ✓ 🏆 ★ 4.46 - 168 votes	Mohammed Rafi	Ravi	Asha Parekh, Rajendra Kumar
		Gharana (1961)	Shakeel Badayuni	Romantic Songs, Tareef Songs, Filmfare Awards Nominee, Filmfare Awards Winner
 11	Hotho Pe Sachchai Rahti Hai YouTube ✓ 🏆 ★ 4.48 - 233 votes	Mukesh	Shankar Jaikishan	Padmini, Raj Kapoor
		Jis Desh Men Ganga Behti Hai (1961)	Shailendra	Patriotic Songs, Filmfare Awards Nominee

Binaca Geetmala Annual List (1961)

INTERNATIONAL PAGES

INTERNATIONAL PAGES

From Madhubala To Sridevi : Bollywood Actresses Gone Too Soon

Bollywood has lost some gems quite untimely and that is where it feels that they went away too soon! Well, we miss them dearly till date
Bollywood has seen some very tragic deaths and untimely departures of some really talented and promising people who went away too soon! Surprisingly, there are many names here who were actresses who came, shine and rose to fame but left us just when we wanted the most of them! Here are a few of them...

Madhubala : The killer combination of elegance, grace and poise and the first female superstar who was known even in Hollywood, Madhubala died when she was in her 30's. She got detected with ventricular septal defect (a hole in her heart) in 1954. She was loved by all and was actually the 1st screen goddess Bollywood ever saw. Her untimely death really shook everyone who was close to her and obviously her many fans!



Parveen Babi : The Bollywood diva who ruled millions of hearts had quite a sad and shocking death. Parveen Babi was found dead on 22 January 2005 after her residential society secretary alerted the police that she had not collected milk and newspapers from her doorstep for three days. The police suspected that she may have been dead for up to 72 hours before her

body was found. The reason of the death is said to be starvation/organ failure.



Divya Bharti : Was she drunk or was she pushed from the fifth floor of a building or did she lose her balance and fell? No one knows till now but all said and done, we lost a vivacious and talented actress too soon. Divya Bharti was just 19 years of age when she died. Her death came as an utter shock



Jiah Khan : A beautiful actress, Jiah Khan who rose to fame after her films like Nishabd and Ghajini was found dead in her apartment with less to track down further on why and how she died? There were accusations on her current beau of that time, Sooraj Pancholi that he had killed her after she told him about her pregnancy and about her will to get married. No one knows the truth till now and we are still waiting! She was just 25



Sridevi : When the news of the always iconic and the legendary actress Sridevi's death surfaced on the internet during the wee hours of last Sunday, everyone was stunned and shocked. No one could have even imagined or thought that an actress who has been around everywhere and was radiating in beautiful gowns & dresses at events and family functions will leave us so soon. 'Gone too soon' became the signature term used after Sridevi's demise and we totally agree with it. As per the latest medical, autopsy and post-mortem reports, it has been announced that Sridevi died due to accidental drowning and there were blood traces in her blood report as well which combines to something fishy.



Inidan actress Madhuri Dixit



ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ

گل بوکی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رَحْمَةُ اللهِ عَلَيْهِ

39 احسان کا پھندا

اُردو حکایت:

شیخ سعدی فرماتے ہیں کہ میں نے راستے میں اک نوجوان کو دیکھا جو اک بکری کی رسی پکڑے ہوئے تھا اور بکری اس کے پیچھے بھاگ رہی تھی۔ میں نے کہا کہ یہ رسی کی برکت ہے ورنہ یہ بکری بھاگ جاتی۔ نوجوان نے اس کی رسی کھول دی اور دائیں بائیں چلنا شروع کر دیا۔ وہ جدھر کا رخ کرتا بکری بدستور اُس کے پیچھے پیچھے جاتی۔ میں نے تعجب کا اظہار کیا تو نوجوان نے کہا: میرے بزرگ! رسی اس کو میرے پیچھے نہیں لائی بلکہ احسان کا پھندا اس کے گلے میں پڑا ہوا ہے جو اس کو کہیں جانے نہیں دیتا یہ بکری روز میرے ہاتھ سے دانہ چارہ کھاتی ہے۔

فارسی شعر:

بداں را نوازش کن اے نیک مرد
کہ سگ پاس دارد چونان تو خورد

حاصل کلام:

بڑوں پر مہربانی کر، اے نیک مرد، کیوں کہ کتا جب روٹی کھاتا ہے تو تیری حفاظت کرتا۔

منظوم ترجمہ:

بڑوں پر نیک انساں، تو ہمیشہ مہربانی کر
کہ کتا دوست بن جاتا ہے جب وہ نان کھاتا ہے



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

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اوج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رسی اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔ اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گلستاں و بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے نثری و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم اجرائی کا اہتمام زیر ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تراجم دُنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور بوستاں سے بو) گلستاں اور بوستاں کی منتخب مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اُردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ”ایشیا نامہ کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

معروضات

نامور ہوں اور نہ ہوں بدنام سا
شکر ہے میں آدمی ہوں عام سا
اک خدا کا ماننے والا ہوں میں
بندگی کا پہن کر احرام سا
خاتم کل انبیاء صلی اللہ علیہ وسلم کا ہوں غلام
اک یہی پہچان ہے اور نام سا
اک معلم اور اک کالم نگار
ایک شاعر ہوں مگر گنام سا
بن کے اک ٹی وی پروڈیوسر دیا
خدمتِ انساں کا ہی پیغام سا
ایک اجمالی سا خاکہ ہے یہ ”ویب“
جو دیانت سے کیا ہے کام سا
”مگر قبول اقتد زہے عز و شرف“
کر کے خدمت دل کو ہے آرام سا
آپ کی رائے کا ہوں میں منتظر
مخلصانہ دیجیے پیغام سا
اب تو دنیا میں ہے عقبی کا خیال
صبح کو بھی ہے نظارہ شام سا
ایک خاموشی سی ہے چاروں طرف
ذہن و دل میں ہے پنا کھرام سا
آخری اعمال میرے نیک ہوں
ہے دعا، کہلاؤں خوش انجام سا

سید اقبال حیدر

(عبداللہ۔۔۔۔۔۔ غلام محمد صلی اللہ علیہ وسلم)

"وہ اک دن جلد ہی آئے گا....!"

وہ اک دن جلد ہی آئے گا!
جب جھوٹ کا سر جھک جائے گا!

پھر جیلوں سے مظلوموں کو..
عدل و انصاف نجات دلوائے گا

مانا کے بے ظلم کا دور بڑا!
تیرے مقابل صاحبِ اقتدار کھڑا!

پر سچ میں اتنی طاقت ہے..
کہ وہ ناک کے بل گر جائے گا

تو صبر کا بس اب بان اٹھا
شمشیر گدھا اور تیغ ہٹا

دُشمن کے ناپاک منصوبوں کو..
یقیناً، رب موت کی نیند سلائے گا

ٹوٹیں گے طوق و سلاسل بھی
سلجھیں گے قفس کے مسائل بھی

کوئی الجھن کو تو ہمراہ نہ کر
جو ہوگا کل دیکھا جائے گا

تو شیرِ صدر ہے شیروں کا
تجھے خوف بہلا کیا جیلوں کا؟

سنلے وقت کے ان زندانوں سے
تو جلد ہی رہا ہو جائے گا

وہ اک دن جلد ہی آئے گا!

کلیم حیدر آبادی @ ابو العباس کریم اللہ بیابانی

گوشت کے بارے میں وہ جھوٹ جنہیں آپ سچ سمجھتے ہیں

گوشت کے استعمال اور افادیت کے حوالے سے قارئین کی معلومات اور دلچسپی کے لئے 8 مضحکہ خیز فرضی اور افسانوی باتیں پیش خدمت ہیں جن میں کوئی صداقت نہیں ہے۔ یہ وہ مغالطے ہیں جو نسل در نسل لوگوں میں مشہور و معروف ہیں۔

1- کچھ لوگوں کا دعویٰ ہے کہ گوشت مناسب طریقے سے ہضم نہیں ہوتا بلکہ آنتوں میں گلتا سڑتا رہتا ہے۔ یہ تو معلوم ہی ہے کہ جیسے ہی گوشت معدے میں پہنچتا ہے تو کچھ تیزابی رطوبتیں اور انزائم کا اخراج ہوتا ہے جو اسے ہضم کرنے میں مددگار ہوتے ہیں۔ پھر یہ محلول نما گوشت چھوٹی آنت میں جاتا ہے تو وہاں اس میں موجود پروٹین امائیو ایسڈ میں تبدیلی ہوتی ہے اور فیٹ بھی فیٹی ایسڈ میں تحلیل ہوتی ہے۔ پھر یہاں ہی غذائی اجزاء چھوٹی آنتوں کی دیواروں سے چھن کر خون میں شامل ہو کر جسم کا حصہ بناتے ہیں۔ اب آپ بتائیے کہ گوشت کہاں چھوٹی آنت میں گلنے مڑنے کے لئے پڑا رہتا ہے۔ مختصر یہ کہ گوشت بڑی آنت پہنچنے سے قبل ہی تحلیل ہو کر ہضم ہو چکا ہوتا ہے۔ البتہ یہ سچ ہے کہ کچھ خاص قسم کی سبزیاں، پھل اور دانے وغیرہ مشکل سے ہضم ہوتے ہیں۔ اس کی وجہ یہ ہے کہ انہیں ہضم کرنے کے لئے طاقتور انزائم دستیاب نہیں ہوتے۔

2- گوشت کے خلاف سب سے مضبوط دلیل یہ دی جاتی ہے کہ سیر شدہ چربی پیدا کرتا ہے اور کولیسٹرول کو بڑھاتا ہے لیکن اب تک اس دلیل کے ثبوت میں کوئی حقیقت سامنے نہیں آئی۔ سچ یہ ہے کہ کولیسٹرول ہریل کی جھلی میں پایا جاتا ہے اور ہارمونز کے اخراج کی وجہ بنتا

ہے۔ جگر بھی کولیسٹرول کا منبع ہے۔ ایک تحقیق کے مطابق 70 فیصد لوگوں کے جسم میں پایا گیا ہے۔ ایک تحقیق میں 1218350 لوگوں پر 5- انسان سبزی خور ہے اس کی تخلیق گوشت خور کے طور پر نہیں کی گئی۔ یہ خیال بھی اوپر بیان کئے گئے مغالطوں کی طرح ہی ہے اور اس میں سچائی نہیں پائی جاتی۔ اس ضمن میں غور کریں کہ ہمارے نظام انہنظام میں چھوٹی اور بڑی آنت کا کردار بہت اہم ہے جو گوشت کے ہاضمے کیلئے ان آنتوں میں خصوصی انزائم حصہ لیتے ہیں اور یہ انزائم کچھ سبزیوں اور پھلوں کے لئے فعال نہیں ہوتے۔ سچ یہ ہے کہ انسانی جسم میں قدرت نے وہ نظام بنایا ہے جو گوشت کو ہضم کرتا



جانے وال کولیسٹرول ان کی صحت کو متاثر نہیں کرتا۔ 30 فیصد لوگوں میں ایل ڈی ایل کولیسٹرول کی موجودگی صحت کے لئے مضر ثابت ہوا ہے۔ اس نکتہ پر مختصر تبصرہ یہ ہے کہ یہ سچ ہے کہ گوشت کولیسٹرول بناتا ہے لیکن اس سے جسم پر اس کے منفی اثرات نہیں پڑتے اور نہ ہی دل کی بیماری کی وجہ بنتا ہے۔ احتیاطی تدبیر صرف یہ ہے کہ گوشت مناسب مقدار میں استعمال کیا جاتا ہے۔

3- اکثر لوگ ایمان کی حد تک اس بات پر یقین رکھتے ہیں کہ گوشت سے دل کی بیماریاں بڑھتی ہیں اور 2 طرح کی ذیابیطس پیدا ہوتی ہے۔ اس ضمن میں عرض ہے کہ دل کی بیماریاں 20 ویں صدی تک تو خطرناک نہ تھیں اور گزشتہ چند عشرے پہلے ذیابیطس بھی اس حد تک خوفناک نہ تھی جتنی کہ آج ہے۔ یہ دونوں بیماریاں تو آج کی بیماریاں ہیں لیکن گوشت تو لوگوں کی صدیوں سے مرغوب غذا ہے۔ کہتے ہیں کہ صدیوں قبل بھی یہ من پسند غذا تھی۔ اس لئے اتنی پرانی غذا کو نئی بیماری سے جوڑنا کسی صورت مناسب نہیں ہے۔

4- سرخ گوشت کینسر پھیلاتا ہے: یہ بھی ایک مغالطہ ہے کہ جس کی اصل روح کو سمجھنا ضروری ہے۔ ڈبہ بند گوشت سب برائیوں کی جڑ ہے جبکہ تازہ گوشت ایسی کسی بیماری کی وجہ نہیں بنتا، دراصل اس ضمن میں کی گئی دو تحقیقات میں یہ واضح ہوا ہے کہ ڈبہ بند گوشت بھی کینسر کی وجہ بنتا ہے۔ 35 تحقیقیں یہ بتاتی ہیں کہ پکانے کے مختلف طریقے گوشت کی افادیت کا سکیل طے کرتے ہیں کہ آیا غذائی اعتبار سے مفید ہے یا مضر صحت، جیسے یہ بات ثابت شدہ ہے کہ اگر ضرور سے زیادہ پکایا جائے تو اس کے اجزاء ہیشروں ٹیک، ایمینز اور پولی سائیکل ہائیڈروکاربوریٹس میں تبدیل ہوتا ہے، یہ مرکبات کینسر کی وجہ بنتے ہیں۔

6- کیا پروٹین ہڈیوں کیلئے مفید ثابت نہیں ہوتی؟ اس سوال کے جواب میں اکثریت یہ کہتی ہے کہ چونکہ گوشت پروٹین کا گھر ہوتا ہے اور گوشت خوروں کی ہڈیاں اسی لئے کمزور ہوتی ہیں۔ یہ بھی قطعی غلط خیال ہے۔ جدید تحقیقات نے ثابت کیا ہے کہ زیادہ پروٹین والی غذائیں اور صحت مند ہڈیوں کی ضامن ہوتی ہیں اور ہڈیوں میں پائی جانے والی سختی کو کم کرتی ہیں۔

7- عام دعویٰ ہے کہ گوشت صحت کے لئے غیر ضروری ہے، اس خیال کو ایک حد تک تو درست تسلیم کیا جاسکتا ہے لیکن پھر بھی گوشت کا کھانا صحت کے لئے لازم ہے، سچ تو یہ ہے کہ ہم گوشت کھائے بغیر رہ بھی نہیں سکتے۔

8- گوشت کے بارے میں یہ قیاس آرائی کی جاتی ہے کہ یہ موٹاپے کا باعث بنتا ہے۔ یہ بھی کچھ کچھ درست خیال ہے لیکن ایسا دعویٰ کرنے والے یہ بھول جاتے ہیں کہ گوشت میں پائی جانے والی پروٹین وزن کو کم کرنے میں معاون پائی گئی ہے۔

حافظہ سحر عنبرین

عید الاضحیٰ کی فضیلت و اہمیت

کی ان میں حضرت ہاجرہؓ کا نام اہم ہے۔ جن کی زندگی قیامت تک آنے والے انسانوں کے لیے بالعموم اور عورتوں کے لیے بالخصوص ایک پیغام اور سبق ہے۔ حضرت ہاجرہؓ حضرت ابراہیمؑ کی وفا شعار اہلیہ اور حضرت اسماعیلؑ کی عظیم ترین ماں تھی، انبیاء کرامؑ کی فہرست میں یہ ایسا قابل رشک گھرانہ ہے جس کا ہر فرد جذبہ عشق و محبت سے سرشار اور تسلیم و رضا کا پیکر تھا، اللہ تعالیٰ کی محبت اور فنایت



دین اسلام کی دو اہم عیدوں میں ایک عید الاضحیٰ ہے، جو ذی الحجہ کی دسویں تاریخ کو عالم اسلام میں پورے جوش و خروش سے منائی جاتی ہے۔ اس عید کا آغاز 624ء میں ہوا۔ نبی کریم صلی اللہ علیہ وسلم کی ہجرت سے پہلے اہل مدینہ دو عیدیں مناتے تھے، جن میں وہ لہو و لعب میں مشغول رہتے تھے اور بے راہ روی کے مرتکب ہوتے تھے۔ آپ صلی اللہ علیہ وسلم نے دریافت کیا کہ ان دونوں کی حقیقت کیا ہے؟ ان لوگوں نے عرض کیا کہ عیدِ جاہلیت سے ہم اسی طرح دو تہوار مناتے چلے آ رہے ہیں۔ آپ صلی اللہ علیہ وسلم نے فرمایا! اللہ تعالیٰ نے اس سے بہتر دو دن تمہیں عطا کیے ہیں، ایک عید الفطر کا دن اور دوسرا عید الاضحیٰ کا دن۔ (ابوداؤد: 1134)

عید الاضحیٰ ایک انتہائی با مقصد اور یادگار دن ہے، اس دن کی دعاؤں کی قبولیت کا عندیہ حضور نبی کریم صلی اللہ علیہ وسلم کی طرف سے دیا گیا ہے، لہذا ہمیں چاہیے کہ روزِ عید ہم سب مل کر توبہ استغفار کریں۔ زبانی نہیں، عملی توبہ۔ پروردگار کے حضور گڑگڑا کر گڑا کر دعا کریں، اپنی کوتاہیوں، گناہوں کی معافی طلب کریں اور اپنے رب کو راضی کرنے کی ہر ممکن کوشش کریں۔ یاد رہے، دنیا کی ابتدا ہی سے قربانی تمام مذاہب کا ایک لازمی حصہ رہی ہے۔ یہ اللہ کے حضور جان کی نذر ہے، جو کسی جانور کو قائم مقام ٹھہرا کر پیش کی جاتی ہے۔ عید الاضحیٰ کے دن جانور کے گلے پر رسماً اور عادتاً چھری چلائی جائے تو بہت آسان ہے لیکن اگر اسوہ ابراہیمی کو مد نظر رکھا جائے تو پھر اس کے لئے انسان کو پہلے ان مراحل کو سامنے رکھنا پڑتا ہے جن سے حضرت ابراہیم علیہ السلام گزرے تھے۔ حضرت ابراہیم علیہ السلام کی ساری زندگی استقامت سے عبارت ہے۔ اللہ رب العزت کو آپ علیہ السلام کا جذبہ قربانی و استقامت اس قدر پسند آیا، کہ یہی جذبہ قربانی ہر دور کے لیے ایمانی معیار اور کسوٹی قرار دیا گیا ہے۔ آپ علیہ السلام ہر امتحان و آزمائش میں کامیاب و کامران

ہوئے۔ یہاں تک کہ عقیدہ توحید بیان کرنے اور بت شکنی کی پاداش میں آپ علیہ السلام کو بادشاہ نمرود نے آگ میں ڈالا تو آپ علیہ السلام عظمت دین اور عقیدہ توحید کی سر بلندی کے لیے پوری طرح ثابت قدم رہے۔ بالآخر اللہ تعالیٰ کا فرمان مبارک جاری ہوا، ہم نے حکم دیا آگ کو، اے آگ! سرد ہو جا اور ابراہیم علیہ السلام پر سلامتی والی ہو جا۔

(سورۃ الانبیاء، آیت: 69)

آج بھی ہو جو ابراہیم کا ایماں پیدا آگ کر سکتی ہے انداز گلستاں پیدا ابھی یہ آزمائش کا سلسلہ ختم نہ ہوا تھا کہ آپ کی وہ آرزو اور دعا جس کا اظہار آپ نے اللہ تعالیٰ سے ان الفاظ میں کیا: رَبِّ هَبْ لِي مِنْ الصَّالِحِينَ۔ (الصافات، 37: 100) ”(پھر ارض مقدس میں پہنچ کر دعا کی:) اے میرے رب! صالحین میں سے مجھے ایک (فرزند) عطا فرما۔“

اپنے لخت جگر حضرت اسماعیل علیہ السلام اور بیوی حضرت ہاجرہ کو فاران کے بیابان میں چھوڑنے کا حکم ملا۔ اسلامی تاریخ جن خواتین پر فخر کرتی ہے اور جنہوں نے اپنے ایمان و یقین کی دلچسپ اور ولولہ انگیز تاریخ رقم

میں حضرت ابراہیمؑ، حضرت اسماعیلؑ اور حضرت ہاجرہؓ نے عجیب و غریب امتحانات دیئے اور رہتی دنیا تک ایک مثالی خاندان ہونے کی یادگار چھوڑ گئے۔ حج جیسی عظیم عبادت میں انجام دیئے جانے والے بہت سے اعمال کا تعلق انہیں حضرات کی یادوں کو تازہ کرنا ہے اور بالخصوص صفا و مروہ کی بے تابانہ سعی تو حضرت ہاجرہؓ کی اداوں کی نقالی ہے۔ اللہ تعالیٰ کی بارگاہ میں حضرت ہاجرہؓ کی یہ بے قراری نے شرف قبولیت حاصل کیا اور ہمیشہ کے لیے عبادت کا ایک لازمی حصہ بن گیا۔ حضرت ہاجرہؓ کی ایمان افروز زندگی سے یہاں ایک دو واقعے ذکر کیے جاتے ہیں۔ اللہ تعالیٰ نے جب حضرت ابراہیمؑ کو وفا شعار بیوی اور شیر خوار بچہ حضرت اسماعیلؑ دو نوں کو لے جا کر ایک ایسی سرزمین پر چھوڑ آنے کا حکم دیا جو ابھی غیر آباد تھی اور چاروں طرف صحرا و جنگل کا سناٹا تھا، چرند و پرند کا کوئی پتہ نہیں اور انسانوں کی آمد و رفت کا کوئی گمان نہیں۔

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

صائمہ نور کی فحش ویڈیو سوشل میڈیا پر لیک، کیا یہ ویڈیو اصلی ہے؟

ورون دھون اور جھانوی کپور کی فلم 'بوال' کا پری میئر فرانس کے ایفل ٹاور میں ہوگا

پاکستان کی مشہور اداکارہ صائمہ نور کی فحش ویڈیو تھا۔ 2005 میں انہوں نے ہدایت کار سید نور سوشل میڈیا پر زیر گردش سے شادی کی جن کے ساتھ انہوں نے ہے۔ سوشل میڈیا پر وائرل متعدد فلموں میں کام کیا۔ سید نور سے ویڈیو میں ایک خاتون کو دکھایا گیا ہے جو اداکارہ صائمہ نور انہوں نے کافی عرصے تک اپنی شادی سے بہت زیادہ مشابہت رکھتی ہے۔ اب یہاں پر سوال یہ پیدا ہوتا ہے کہ کیا اس ویڈیو میں موجود خاتون اداکارہ صائمہ نور ہیں یا نہیں؟ ملتان میں پیدا ہونے والی صائمہ نور ایک پاکستانی اداکارہ ہیں جو فلموں اور ٹیلی ویژن ڈراموں میں نظر آتی ہیں۔ وہ فلم چوڑیاں (1998) میں اداکاری کے بعد نمایاں ہوئیں، جسے اب تک کی سب سے زیادہ کمائی کرنے والی پاکستانی فلموں میں شمار کیا جاتا ہے۔ اداکارہ کی دیگر مشہور فلموں میں بدھ گجر (2002)، مجاجن (2006)، اور بھائی لاگ (2011) شامل ہیں، ان تمام فلموں نے باکس آفس پر کامیاب بزنس کیا تھا۔ 1990 اور 2000 کی دہائی میں صائمہ نور کا شمار ملک کی معروف اداکاروں میں ہوتا



میں ہدایت کار سید نور کے ساتھ ازدواجی طور پر منسلک ہونے کا اعلان کیا اور بتایا کہ ہم دونوں نے جولائی 2005 میں شادی کر لی تھی۔ آج صبح سے ہی سوشل میڈیا پر اداکارہ صائمہ نور کی فحش ویڈیو ٹریڈ کر رہی ہے جس میں انھیں نیم عریاں لباس میں آئینے کے سامنے اپنے بالوں سے کھیلتے ہوئے دیکھا جاسکتا ہے۔ ویڈیو اصلی ہے یا جعلی؟ ابھی تک اس بات کی تصدیق نہیں ہو سکی کہ فحش ویڈیو میں موجود خاتون کون ہے اور نا ہی ابھی تک صائمہ نور کی جانب سے اس حوالے سے کوئی بیان جاری کیا گیا ہے۔

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کیا کنول آفتاب نے واقعی گھریلو زیادتی کی حمایت کی ہے؟

معروف پاکستانی ٹک ٹاکر کنول آفتاب کو گھریلو زیادتی کے حوالے سے دیے گئے بیان پر کڑی تنقید کا سامنا کرنا پڑ رہا ہے۔ حال ہی میں کنول آفتاب نے انسٹاگرام اکاؤنٹ پر ایک سوال جواب کا سیشن رکھا جس میں ٹک ٹاکر کے مداحوں نے ان سے مختلف سوالات پوچھے۔ ایک صارف نے کنول آفتاب سے سوال کیا کہ اگر شوہر گھریلو تشدد کرتا ہو اور کوئی نوکری بھی نہیں کرے تو کیا طلاق لینا صحیح ہے؟ اس سوال کا جواب دیتے ہوئے کنول آفتاب نے لکھا کہ آپ اسکا ساتھ دینے اور ہمت بڑھانے کی کوشش کریں، طلاق کوئی راستہ نہیں ہے۔ کنول آفتاب کے اس جواب پر ایک صارف نے لکھا کہ گھریلو تشدد پر آپ کہہ رہی ہیں کہ (شوہر کا) ساتھ دیں؟ سوال

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پری میئر بیک وقت ۲۰۰ ممالک میں کیا جائے گا جس میں ایفل ٹاور کو دنیا کے مشہور مقام کے طور پر شامل کیا گیا ہے۔ ورون، جھانوی، ساجد اور نیتیش کے علاوہ فرانسیسی مندوبین بھی فلم کے پری میئر میں شرکت کریں گے۔ ساجد ناڈیا ڈوالا ساتھ ہی اسے ریلیز کرنے کے لیے او ٹی ٹی پلیٹ



خبریں آ رہی ہیں کہ ایفل ٹاور میں اس کا پری میئر شاندار طریقے سے ہونے جا رہا ہے۔ ایفل ٹاور میں پری میئر بوال ہندوستانی سینما میں تاریخ رقم کرے گا کیونکہ اس کا پری میئر ایفل ٹاور پر ہوگا، یہ ہندوستانی سینما کی پہلی فلم بن جائے گی جس کا دنیا میں کسی مشہور مقام پر پری میئر ہوگا۔ فلم کا

تارک مہتا... سیریل کے اعلیٰ عہدیداروں پر مبینہ جنسی ہراسانی کا مقدمہ درج

بئی پولیس نے مشہور ٹیلی سیریل 'تارک مہتا کا الٹا چشمہ' کے تین سرکردہ افراد کے خلاف مبینہ جنسی ہراسانی کے الزام میں مقدمہ درج کیا ہے، ایک اہلکار نے منگل کو یہاں بتایا اور کہا کہ تفتیش جاری ہے۔ مذکورہ معاملہ میں ملزم میں ٹیلی سیریل کے روڈیوسر اسیت مودی، ایگزیکٹو پروڈیوسر جتن بجاج اور آپریشنز ہیڈ





شکیل بدایونی

غزل

اے محبت ترے انجام پہ رونا آیا
جانے کیوں آج ترے نام پہ رونا آیا
یوں تو ہر شام امیدوں میں گزر جاتی ہے
آج کچھ بات ہے جو شام پہ رونا آیا
کبھی تقدیر کا ماتم کبھی دنیا کا گلہ
منزل عشق میں ہر گام پہ رونا آیا
مجھ پہ ہی ختم ہوا سلسلہ نوحہ گری
اس قدر گردش ایام پہ رونا آیا
جب ہوا ذکر زمانے میں محبت کا شکیل
مجھ کو اپنے دل ناکام پہ رونا آیا

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مصطفی زیدی

غزل

کسی اور غم میں اتنی خلش نہاں نہیں ہے
غم دل مرے رفیقو غم راگناں نہیں ہے
کوئی ہم نفس نہیں ہے کوئی رازداں نہیں ہے
فقط ایک دل تھا اب تک سو وہ مہرباں نہیں ہے
مری روح کی حقیقت مرے آنسوؤں سے پوچھو
مرا مجلسی تبسم مرا ترجمان نہیں ہے
کسی زلف کو صدا دو کسی آنکھ کو پکارو
بڑی دھوپ پڑ رہی ہے کوئی سائباں نہیں ہے
انہیں پتھروں پہ چل کر اگر آسکو تو آؤ
مرے گھر کے راستے میں کوئی کہکشاں نہیں ہے

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محمد یاسین ہامیل

شہنشاہ جذبات کی یاد میں

سمندر تھا فن کا وہ مانا ہوا
بالی وڈ میں اکیلا تھا چھایا ہوا
فلم کے آسماں پر چمکتا ہوا
وہ فن کی مہارت میں ڈوبا ہوا
پتھروں کے نگر کو وہ سہرا ملا
دستِ قدرت کا تھا وہ تراشا ہوا
آفتاب ہو کے خود کو چھپایا ہوا
وہ اداکاری کا ایک مکتب رہا
اُسکے فن کا زمانے میں چرچا ہوا
وہ گیا تو طلسمی نگر بچھ گیا
تھا چراغ ہنر وہ جلایا ہوا
گل تر وہ گلشن کی پہچان تھا
بن کے خوشبو دلوں میں سمایا ہوا
زندگی کی علامت تھا جو دہر میں
موت کی گود پاکر پرایا ہوا
ہے پرستار یوسف یہ ہامیل بھی
یاد ہے وقت ساتھ اُنکے گزارا ہوا

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وآل الدین

شادی

جس کو دیکھو ہے دوسری بیوی کے چکر میں
جو شادی کرچکے ایک بار پھر تیار بیٹھے ہیں
بات اس پر ختم ہو جاتی تو اچھا تھا
مولوی دو کر کے بھی کہتے ہیں بیکار بیٹھے ہیں
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چُپ تو بھی لوگوں پہ رعب جما رہیں
بیوی پہ کتنا کنٹرول ہے بول کر بتا رہیں
اصل پوچھو تو ایچ شوہراں پارٹی بعد
اکیلے پیگم کے ساتھ گھر جانے کو گھبرا رہیں
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شادی کر کے ہو گئے کنگال ہلو ہلو
شکاگو جب آیا سارا سسرال ہلو ہلو
امریکہ کی طرح کئی کو بدنام ہو رہیں وئی میاں
تمہارا بھی آ رہا ہے زوال ہلو ہلو

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رخشندہ نوید

غزل

تو کہاں جائے گی یوں آنکھ چرا کر اس سے
گر بچھڑنا ہے تو پھر خود کو جدا کر اس سے
تو کہانی میں کہیں ہے کہ نہیں ہے اے دل
پوچھنا ہوگا کسی روز بٹھا کر اس سے
وہ بگڑتا ہے تو دنیا ہی بگڑ جاتی ہے
اس لئے رکھنی پڑی مجھ کو بنا کر اس سے
کس طرح اس پہ ترے درد کا منظر کھلتا
تو محبت بھی تو کرتی تھی چھپا کر اس سے
ہاتھ تھامے گا ترا تجھ کو منانے کے لئے
یونہی ہر بات پہ ناراض رہا کر اس سے
جس طرح لہر کنارے کو چھوئے آخری بار
ایسا محسوس ہوا ہاتھ ملا کر اس سے

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علینا اعترت

غزل

زندہ رہنے کی یہ ترکیب نکالی میں نے
اپنے ہونے کی خبر سب سے چھپالی میں نے
جب زمیں ریت کی مانند سرکتی پائی
آسماں تھام لیا جان بچا لی میں نے
اپنے سورج کی تمازت کا بھرم رکھنے کو
نرم چھاؤں میں کڑی دھوپ ملا لی میں نے
مرحلہ کوئی جدائی کا جو درپیش ہوا
تو تبسم کی ردا غم کو اوڑھالی میں نے
ایک لمحے کو تری سمت سے اٹھا بادل
اور بارش کی سی امید لگا لی میں نے
بعد مدت مجھے نیند آئی بڑے چین کی نیند
خاک جب اوڑھ لی جب خاک بچھالی میں نے
جو علینا نے سر عرش دعا بھیجی تھی
اس کی تاثیر یہیں فرش پہ پالی میں نے

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نسیم سید

غزل

دل لہو ہوتا ہے ہو آنکھیں لہو مت کیجیو
چاہتی ہے جو یہ دنیا وہ کبھی مت کیجیو
سورۃ یوسف ہے وہ رخ دید کو تاکید ہو
ایسے چہرے کی تلاوت بے وضومت کیجیو
جانو اس کو تبرک باگاہ عشق کا
جب مسک جائے کوئی دھڑکن رفومت کیجیو
مدعا کہہ کر سبک سر کیجیو مت عشق کو
اس انا خو کی انا کو سرخرو مت کیجیو
بے نصب آواز کا مت دیجیو ہرگز جواب
اپنے لہجے کو کبھی بے آبرو مت کیجیو
در بدر کاسہ بکف شہرت گزیدوں کا یہ غول
ان سے عبرت لیجیو یہ ہاؤ ہو مت کیجیو

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ناصر علی سید

غزل

اس نے ڈھالا ہے عجب نقش نشانی میں مجھے
ڈھونڈ ارژنگ میں اور کوچہ مانی میں مجھے
روز آ جاتا ہوں گلیوں میں، لئے پشت پہ گھر
روز رکھتا ہے کوئی نقل مکانی میں مجھے
ہر نئے موڑ پہ ہو جاتا ہوں ریزہ ریزہ
کیسا کردار دیا اس نے کہانی میں مجھے
کب، کہاں، کون جزیرے میں مجھے پھینکے گا
عشق دریا لئے پھرتا ہے روانی میں مجھے
اس لئے کھلتا نہیں تجھ پہ کبھی میں یارا
لفظ میں ڈھونڈتا ہے ڈھونڈ معانی میں مجھے
یہ جو اک گوشہ عزلت میں پڑا ہوں ناصر
دل نے خوش رکھا ہے اک یاد پرانی میں مجھے

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On a recent flight to Chicago it seemed that all the departure times were coming and going.

I inquired to the ticket agent, "What good are the departure times?"

"Well," began the genial agent, "if it weren't for those posted departure times we'd have no way of finding out how late we depart."

Two old guys, Fred and Sam went to the movies. A few minutes after it started, Fred heard Sam rustling around and he seemed to be searching on the floor under his seat.

"What are you doing?" asked Fred.

Sam, a little grumpy by this time, replied "I had a caramel in my mouth and it dropped out. I can't find it."

Fred told him to forget it because it would be too dirty by now. "But I've got to," said Sam, "my teeth are in it!"

Just found out on my tax return that there's a limit on dependents...

I thought 45 was reasonable, but I was wrong.

The psychology instructor had just finished a lecture on mental health and was giving an oral test.

Speaking specifically about manic depression, she asked, "How would you diagnose a patient who walks back and forth screaming at the top of his lungs one minute, then sits in a chair weeping uncontrollably the next?"

A young man in the rear raised his hand and answered, "A basketball coach?"

Farmer: "I've arranged my garden so as not to be caught

by droughts this summering."

Neighbor: "What did you do?"

Farmer: "I planted my potatoes and onions in alternate rows. The onions will make the potatoes eyes water and reduce the need for water."

Milkman (to new hand): "Did you put water in the milk this morning?"

New hand: "Yes sir."

Milkman: "Don't you know this is wicked?"

"But you told me to mix water with the milk?"

"Yes, but I told you to put the water in first and then pour the milk into it. Then, you see, we can tell the people we never put water in our milk."

The clergyman of a large church, having just arrived in Fort Smith, was being shaved by a local barber that was addicted to occasional drinking sprees. There was an unmistakable odor of whisky around the barber's face and the razor suddenly nicked the man's face.

"You see, that comes from taking too much drink," said

the clergyman.

"You're right," said the barber. "Drinking does make the skin tender, that's a fact."

Why is Cinderella bad at soccer?

Because she's always running away from the ball.

Two old settlers out in the FAR WEST, confirmed bachelors, got to talking about cooking.

"I got one of them cookery books once, but I could do nothing with it."

"Too much fancy work in it, eh?"

"You said it! Every one o'them recipes began the same way... 'Take out a clean dish... that settled me.'"

In the days before calculators, accountants were frequently unable to get their debits to balance with their credits. So, in order to overcome the discrepancy, they often created a bogus account titled "Taste" to store the unbalanced amount and allow the books to balance.

Unfortunately, the government soon heard of this practice and declared a new law... there would, from this point on, be no accounting for Taste.

Seeing her friend Marcia wearing a new locket, Ashley asks if there is a memento of some sort inside.

"Yes," says Marcia, "a lock of my husband's hair."

"But Larry's still alive?"

"I know, but his hair is gone."



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