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126.95 Nepalese Rupee  
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# BHARAT MAHAN DAY GREETING



**Wish everyone a very**



HAPPY INDEPENDENCE DAY

*Sher Mohammed Rajput*



From Left: \* Haji Maqsood Ahmed, Chairman, Bikaner City Improvement Council.\* Sister Kanti of the Convent School. \* Mr. Rajput (wearing honor turban and shawl). \* His holiness Mahant Shree Somgiri Jee Maharaj. \* Shree J. Kalla, Rajasthan Congress Party Chief. \* Moulana Abdul Wahid.\* Sardar Inder Singh, Chief of Gurduwara Sahib.



Mr. Sher Mohd. Rajput (Trustee, East West University & Indo American Center of Chicago, USA). Honored by Community Service Award at Govt. Dungar College, Bikaner, Rajasthan on 11 FEB 2015



Sher Mohammed Rajput of Chicago USA, who has dedicated his life serving the Muslim, Hindu, Sikh, and Christian community in Chicago, has also carried the mantra of Hindu, Muslim, Sikh Esai humsab hai bhai bhai to his native city of Bikaner, Rajasthan for the past 20 years. On his 20th annual visit to Bikaner this year, he was rousingly welcomed and felicitated by the city of Bikaner's elite citizens, and was awarded the promoter of the concept of true brotherhood among all religions by the "Sarv Dharam Maha Sahba" of greater Rajasthan. He also received the best N.R.I. native son award from Maharajah Dungar Singh College Of Bikaner.

Mr. Rajput has a secular outlook and was bestowed with Outstanding Member of the Community Award recently from Geetha Mandalam, a Hindu Religious. He is a founding member and Board of Trustees of East West University and was recognized by the University Board for his great contributions. He is also a founding member and Board of Trusty of Indo-American Community Center.



# THE RISE and FALL of MUSLIM CIVILIZATION

Dr. Basheer Ahmed, MD

HOPE FOR THE FUTURE- Book Presentation and Signing

On July 27th, 2022, Dr. Basheer Ahmed had introduced the newly published book and made a brief presentation highlighting the features of the book. Mr. Usman Ghani, member of the board of directors of IMPMS, arranged the successful event at Irving Library. He has invited imams and members of the Shura of Islamic Center of Irving, several community leaders, and dignitaries. The attendance surpassed the expectations. Dr. Ahmed made a brief presentation about the book and emphasized the importance of studying science and technology to gain the same status in the world as Muslims have during the medieval period. There was a lively interaction between the audience and Dr. Ahmed about the book, and many people expressed interest in holding a similar social in the Islamic Center of Irving.

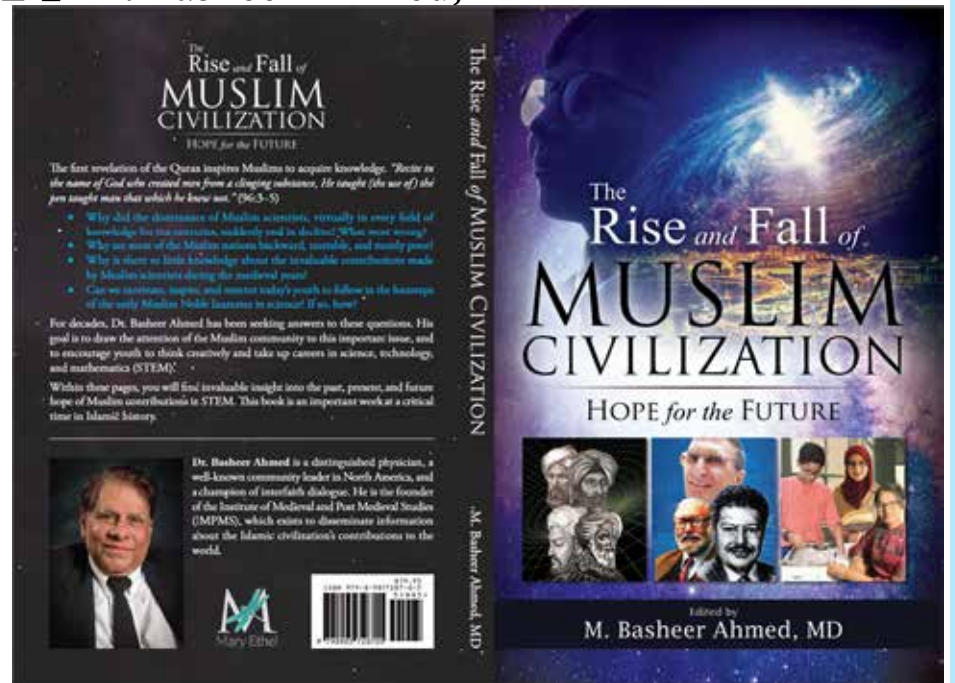
In his latest book, "The Rise and Fall of Muslim Civilization: Hope for the Future," Dr. Basheer Ahmed offers fresh insight and perspective on Muslim history and contributions of innovative developments in Science, Technology, and Mathematics (STEM) over a period of eight centuries.

Many Muslims may be wondering, why did the dominance of Muslim scientists in every field of knowledge for almost eight centuries (7th-15th) suddenly end in decline? Why are most of the Muslim nations now educationally backward, behind in industrial and scientific development, and poor? What went wrong?

From the 12th century on, universities in the Islamic world gradually stopped teaching science and philosophy, and all scientific laboratories and observatories were closed or destroyed. From the 15th century onward Muslims have done very little scientific work or published any book on any scientific subject. Within the pages of this book, Dr. Ahmed investigates the questions.

The book is more than a treatise; it is an anthology of Islamic sciences. It introduces the reader to the intellectual giants of the classical Islamic era and provides a roadmap of how learning flourished and then gradually declined.

Rich in historical background, the reader discovers the details of the rise and fall of the



great Muslim civilization during the medieval years, but this book contains more than the history and development of STEM. It provides innovative solutions to bring about hope for days ahead for the youth of the world to step back into identifying problems and developing solutions to impact some of the greatest issues and challenges facing the world today.

Dr. Ahmed's insightful treatment of the subject is reinforced by Prof. Nazeer Ahmed's forward and selected essays from eminent scientists including Professors Parvez Hoodbhoy, Samir Iqbal, Aziz Budri, Irum Rahman, Bashoo Nasiruddin, Mirza Faizan and Mirza Rizwan. Written in a clear, lucid style, it is a book for students, teachers, scholars as well as the general public. The book motivates, inspires, and mentors today's youth to become scientists and innovators and follow in the footsteps of their forefathers.



Al Hamdulillah. Two years after successfully passing my PhD. defense, I received a copy of my doctorate in Islamic Thought and Civilization on campus.

I wasn't able to walk in my scheduled convocation due to Covid. But grateful to the administration, faculty, staff, and fellow students at IIUM for the experience

Omar Suleiman

The pen is mightier than the sword.

DALLAS-HOUSTON PAGES



# Challenges Youth face in U.S.

M. Basheer Ahmed M.D.

## Challenges during early period of schooling

Growing up in a land with multi-religious, multi-cultural, multi-racial and multi-lingual people is a difficult endeavor for the Muslim youth in America. Most of their parents (immigrants and refugees) who grew up in a relatively homogenized community seldom experienced these challenges. In addition to this, the anti-Muslim sentiments and discrimination against Muslims have increased over the past two decades and Muslim youth are not immune to this. Language and Cultural differences Young Muslim children face conflicts as soon as they start school. At home they speak a different language than in school. At home they learn and continue to speak Urdu, Hindi, Arabic or Punjabi, but as soon as they go to school they speak English. As soon as they come home, they change their western clothes and wear their desi or native clothes- Shilwar, Pajama or Jilbab. At school, the students talk about TV shows like DISNEY, MTV, CNN or Fox news and Muslim children talk about ARY, ZTV and Indian, Pakistani or Arabic shows. Children soon become aware that they are different. Fortunately they are intelligent, adapt well to these changes and adjust well in both environments.

Many youths have reported that their immigrant parents usually have culture clashes with the new society. Immigrant children struggle to assimilate into the society their parents chose for them. Many parents question if their kids have too many American friends and they are afraid that they will learn bad habits. The problem is not so much overcoming poverty and educational deficits, but adapting to a society whose value is sharply at odds with the Muslim religious heritage. (Therefore some parents choose to send their children to Islamic schools and some opted for home schooling). Challenges in educational institution Most of the Muslim youth were adjusting and coping well until the school environment changed drastically after 9/11 and more so now during the Trump presidential era. Anti-Muslim sentiment and discrimination targeting Muslims are on the rise and school communities are not immune. School systems strive to prepare students for responsible social and civic participation by promoting a respect for diversity. However, due to massive anti-Muslim propaganda and Trump administration policies, educators often struggle to determine whether Muslims' beliefs conflict with Western values. Nobody questions or debates the issue about "What are the major conflicts between Western and Islamic values". The books and curriculum used in schools often contain biased opinions and misinformation. Students are embarrassed to speak in their native language in public and they often feel marginalized. They are regarded as outsiders even if they are born in the US. Following my lecture on bullying in one of the local Islamic centers, a little 9 year girl old told me that after the massacre in Orlando night club in 2016, her best friend told her that her mother prohibited her to be a friend with Pakistani girls and that she should "go back home", even though she was born here and has not made any trips out of the country trip since she was born.

Muslim youth feel alienated and Muslim girls' experiences difficulty in blending with the rest of the community. Wearing of Hijab also became an invitation for curiosity, inquiries, and sometimes physical or verbal assaults from other students. Muslim youths are careful when talking about their religion due to the negative perception. There is a rise in bullying incidents affecting Muslim students all over the country. Many students also reported discrimination from the teachers.

Often Muslim youth are called extremist when they decline to eat pork, drink alcohol or participate in dancing and parties. Some are even labeled as uncivilized and rejected by their peers.

Young people are often confronted with questions about terrorism, ISIS, Sunni/ Shia Islam or what's happening in Iraq or Syria and why Muslim are killing Muslims. They often regard Muslim youths and Muslims in general as be-

ing violent and dangerous.

**PEER PRESSURE ON MUSLIM YOUTH.** During adolescence, peer pressure can make Muslims deviate from their values and beliefs. Alcohol, drug use and sexual promiscuity is increasing among Muslim youth. Some participate in school dances and dating to feel a sense of belonging and other students attempt to protect themselves by isolating themselves from the society. In social media networks, pornographic materials and nudity are frequently displayed.

**Intra and inter-faith marriages.** Young Muslims often question their parents' insistence that they marry within their cultural and ethnic group even though the Muslim faith allows one to marry a Muslim or Muslima of a different ethnic and cultural group. Men are allowed to marry non-Muslim women but women are prohibited from doing so. Many Muslim girls are now raising the question about this ruling and the rationale behind this.

**Changing attitude.** In the 70s and 80s "the evils of Western cultural elements" such as the celebration of birthdays, Halloween and prom night was voiced by Imams but are now being encouraged by youth in the mainstream Muslim organizations in America. Before 9/11, Muslim leaders explicitly urged their people to avoid assimilating into the American mainstream and to withdraw into Islamic community centers and Islamic schools and colleges. Since 9/11, Muslim leaders have shown a willingness to adapt to America. They have attempted to adapt to the realities of American life and have been reconstructing a version of Islam that conforms to the American values as long as is not too deviated.

Muslim-Americans are now reassured that it is permissible, even desirable, to have non-Muslim friends and it is okay to attend business lunches with non-Muslim colleagues where alcoholic drinks are served as long as Muslims do not drink.

Since the beginning of this century, all Muslim Scholars and Imams are not only permitting but encouraging Muslims to get involved in civic and political affairs. Now it is a common occurrence to see scores of political candidates in mosques during the election period and many Muslim candidates are running for political offices in local, state and national positions.

**Rituals vs. behavioral and civic responsibilities.** Islam is an active religion and Muslims believe that they are required to have strong faith and are accountable for their behavior and civic responsibilities. However many Imams focus only on strong beliefs and the importance of rituals while ignoring the behavioral responsibilities and the aspect of civic and political actions. A lack of authentic Islamic education still remains a great challenge to many Muslim youths. Radicalization. Theological differences between Shia, Sunni and other sects were exaggerated by religious leaders and power hungry politicians that resulted in severe fights and bloodshed. It is shame to say that Islam promotes the peace but the followers of Islam are behaving exactly the opposite of what Islam stands for. Today more Muslims are killed by Muslims in many Muslim majority countries. Muslim youth are vulnerable and easily influenced by parents and religious leaders. Sectarian division has become a source of subconscious beliefs that promote hatred and anger towards the "others" in the community and become a source of extremist ideologies. When young people see any type of violence that is being glorified rather than condemned by religious scholars or family members, they become prone to become radical. It is believed that sectarian violence is predominantly affecting the Muslim majority countries but in reality it is influencing the Muslim youth all over the world.

The number of Muslim youth joining ISIS from the UK, Australia and USA to fight Shias is a clear evidence of this spread of radicalization. Muslim leaders must unite and put an end to the sectarian violence which has been dividing us for centuries, and spreading terrorism all over the world.

**Role of parents.** It is the parents' job to ensure that their children are well-adjusted in the school and society. They

should discuss openly all questions that their children are confronted with and reach out to the scholars to provide good guidance when needed.

They can also volunteer at the schools and participate in school activities, make presentations to teachers and students on ISLAM and correct the misinformation. This will have a positive influence on Muslim children in school. Parents and family values, not media or peers, are still the strongest influence on your child. Teach your child that good sportsmanship starts with small gestures, like shaking hands with their opponent

**What it is Like to Be Young and Muslim in America.** For Muslim immigrants, adjusting to American society can be a huge challenge. There are misconceptions which are creating the links between Islam and terrorism that don't exist. Whenever a Muslim does something like that, it's all over the media, identifying the perpetrator as a Muslim terrorist. But if a Westerner does the same thing, they are not called a Christian terrorist, rather regarded as mentally ill.

The American Muslim Youth are courageous in facing constant challenges and adverse conditions. Fortunately Muslim Youth in US are strong, self-confident, perform well academically and are committed to keep the Muslim identity and survive in this country. They have to challenge the misperception about Muslims as terrorists, culturally backwards and anti-Western. Muslim women also need to change the misperception that they are oppressed, submissive, and uneducated. By showing positive attitude, behavior and self-confidence, they will overcome the negative perception and will be able to cope with the challenges. We are fortunate to live in a country that is culturally and religiously the most diverse on earth. We enjoy freedom of speech and have the freedom to practice our religion and cultural traditions without fear of persecution. We are also free to pursue our ambitions and dreams. In spite of its short comings this is a great country which gives our youth the opportunity to actualize their dreams.

## About Author


Dr Ahmed is the founding Chairman Emeritus of MCC for Human services. He can be reached at mbahmed05@yahoo.com



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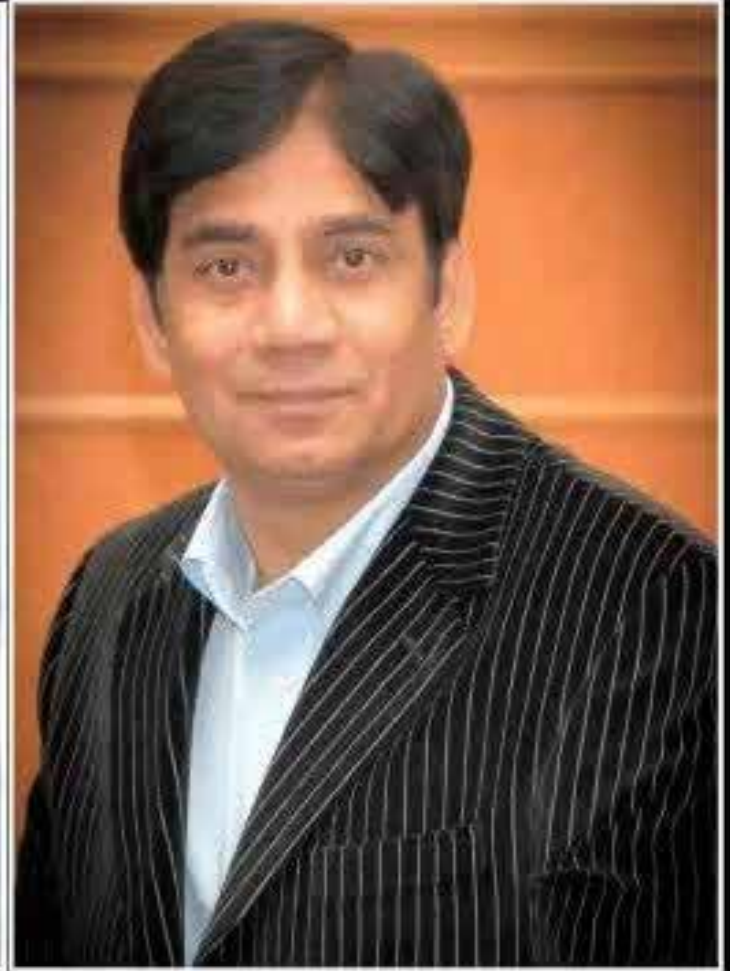
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**IFTEKHAR SHAREEF PAGE**



Wedding reception of Azhar Shareef S/O Iftexhar & Ghazala Shareef in Shamshabad last month, seen in pics is Azfar Shareef, Ashfaq Sharief Mohammed Azharuddin former India's cricket captain, Syed Noor, Shabbir Ali former Minister, Farooq Hussain MLC, Zulfikhar Ali former Mayor , other ministers , senior politicians from all parties .



Top 1. Seen in pic with me is Mehmood Ali Sahab Home minister , Govt of Telangana & Mohammed Asaduddin Cricketer 2. Seen in pic is Pasha Quadri MLA , Hyderabad, TS 3. Seen in pic is Shri Kishan Reddy union minister of Tourism, Govt of India



Seen in pic with me is Arif Mohammed Governor of Kerala at Shamshabad



Editor of Asia Times Azeem Abdul Qadeer being honoured at my residence in Shamsabad



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# Clicks of Mumtaz Ali Khan's daughter's wedding reception in Hyderabad



Grand Marriage Ceremony Daughter of Mr.Alhaj Mumtaz Ali Akram Director Hitech International Company Ltd. Jubail Saudi Arabia with Mr.Uzair Ahmed Son of Mr.Navid Ahmed, Nikah Held at After Namaz-e-Zohar, Jama Masjid Darulshifa, Reception & Dinner Held at King's Palace, Pillar No.67, Guddimalkapur, Mehdiapatnam, Hyderabad.-IQNEWS





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### DAANA

## Celebrates biennial Global Reunion Event



Deccan Alumni Association of North America (DAANA) celebrated its biennial Global Reunion Event at the Rosen Centre Hotel, Orlando, Florida from July 21-24, 2022.

The event had several programs including an 8 Credit hour CME (AMA PRA Category 1), annual business meeting, Gala dinner, featured events like Financial Investment Planning seminar, Ladies Social event, Youth event and many more social and networking events.

The event was attended by more than 150 physicians with their families.

The event's theme was "Celebrating Healthcare Heroes" honoring the sacrifices, dedication, and hard work of our frontline members over the last two years in the face of a global pandemic.

The event had special invited guests including the Consul General of India Dr. Swati Kulkarni, Senator Gazala Hashmi from Virginia, Senator Mujtaba Mohammed from North Carolina, Dr. Prathiba Varkey (President of the Mayo Clinic Health System), Mr. Sam Pitroda (Inventor, Entrepreneur, philanthropist), Dr. Raghav Ali (Consultant in Acute Medicine, Oxford University Hospital), Dr. Zach Zacharia (Chairman of the Florida Board of Medicine) and Dr. Shabbir Amanullah (President of the Canadian Academy of Geriatric Psychiatry).

It was a joyous gathering of Alumni from across the world who were able to meet after a difficult 2.5 long years in the face of a global Pandemic.

It was a celebration of the brave men and women who have fought at the front lines during this pandemic and continue to do so every day.

Siasat News

The Musi River was the cause of frequent flood devastation in Hyderabad city until the early decades of the 20th century. On 28 September 1908, Hyderabad was flooded, which included 17 inches of rain in one day, killing around 15,000 people.

The modern era of the development of the twin cities began soon after these floods in 1908. This necessitated planned phased development.

Abdallah Ahmed Bin Mahfooz submitted his report on 1 October 1909, with recommendations on preventing a recurrence of floods and improving civic amenities. However, there are conflicting reports that Sir M. Visvesvaraya was engaged by the erstwhile Nizam to help design the drainage system and prevent floods. Nizam VII constituted a City Improve Trust in 1912. He built a flood control system on the river. A dam was built in 1920 across the river, ten miles (16 km) upstream from the city called Osman Sagar. In 1927 another reservoir was built on Esi (a tributary of Muchukunda or Musi) and named Himayat Sagar. These lakes prevented the flooding of the River Musi and are major drinking water sources for Hyderabad city.

Zahyr Siddiqi from Social Media



# India Independence Day

“At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which

patriotic hearts rejoiced at seeing India becoming a sovereign nation and the triumph of hundreds and thousands of

of 15th of August, 1947 that India tricolor flag was unfurled by Jawaharlal Nehru, the first Prime Minister of India, on the ramparts the Red Fort, Delhi.



comes but rarely in history, when we step out from the old to the new...India discovers herself again.” - Jawaharlal Nehru

After more than two hundred years of British rule, India finally won back its freedom on 15th August, 1947. All the

martyred souls. It was a birth of a new nation and a new beginning. The only fact that marred the happiness of the fruits by the blood of martyrs was the fact that the country was divided into India and Pakistan and the violent communal riots took away a number of lives. It was on the eve

### History

In 1947, after the World War II, Britain could see that it no longer could hold its power over India. It was becoming increasingly difficult and Indian freedom fighters were in no mood to give up. With the international support also coming to an end, Britain decided to relive India from their power but not before June 1948. However, the impending independence more so enhanced the violence between Hindus and Muslims in the provinces of Punjab and Bengal. The communal violence grew so large that it became impossible for new viceroy Lord Mountbatten to control it and as such, he advanced the date for the transfer of power, allowing less than six months for a mutually agreed plan for independence. Thus, India gained its independence on August 15, 1947 but not without paying a heavy price. Partition was done and a separate state for the Muslims was formed, with Muhammad Ali Jinnah being sworn in as Pakistan's first Governor General in Karachi. On the midnight of August 15, 1947 India was sworn in as an independent country with Pandit Jawaharlal Nehru as the prime minister and viceroy then as Lord Mountbatten. The official ceremony took place in Delhi. Great leaders and freedom fighters like Mahatma Gandhi, Abul Kalam Azad Jinnah, B. R. Ambedkar and Master Tara Singh are few of the many to whom India owes its freedom.

colleges across nation hoist the national flag on the rooftops and the buildings to symbolize the stature of the national flag as nation's pride. Not only the educational institutions but also offices and business areas celebrate this day. Since it is declared a national holiday by the government of India, all the institutions, government or otherwise, have holiday. People only go to offices to attend the flag hoisting ceremony. The Prime Minister addresses the Nation after the flag has been unfurled recounting the country's achievements of the year, discussing current major issues and future plans for the progress of the country. Kite-flying has also become a tradition on this day and people can be seen flying numerous kites of all colors, sizes and shapes symbolizing the freedom.

Independence Day is celebrated throughout India and every corner of the country on 15th August every year. Independence Day is celebrated by every citizen of India irrespective of caste, creed and religion. It is amazing to see how apart from the normal government offices and educational institutions the day is celebrated even in small colonies and associations. There are costume parties and people, old or young, men or women, dress up in a nationalistic way. There are many documentaries aired and grave of martyrs are paid respect. Every citizen does something or the other to mark this day of freedom. Media is not far behind as most of the channels telecast latest or classic films based on the independence theme. Also, there are patriotic programs that are organized and broadcasted. In short, every person in the country revels in the nationalistic pride.

### Celebrations

The day is celebrated to commemorate the birth of the world's biggest democracy as a national holiday. All the schools and





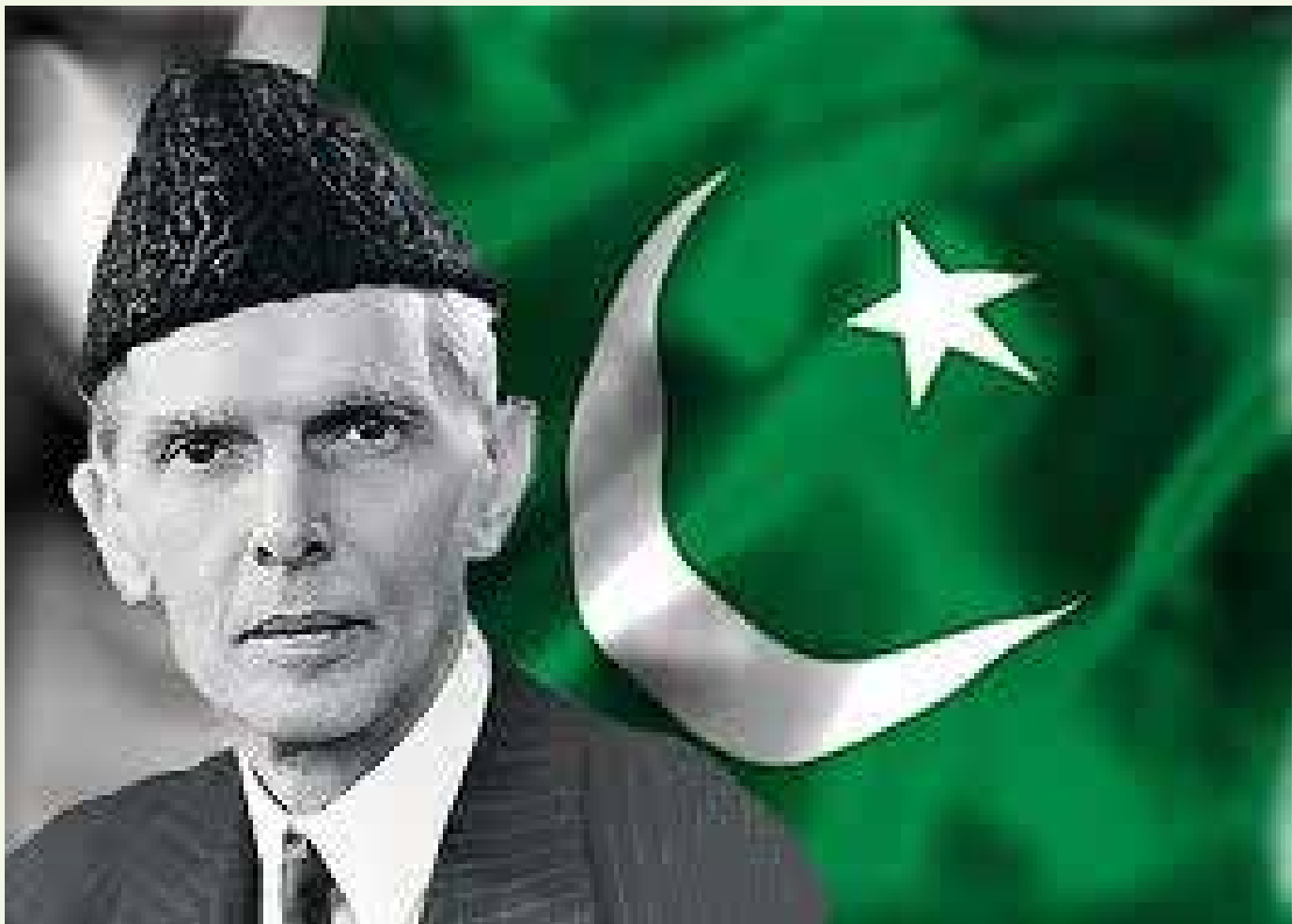
# Pakistan Independence Day

Pakistan's Independence Day, which is annually held on August 14, celebrates the country's independence from the British rule on that date in 1947. This day is an occasion to promote patriotism and national unity.

Many people dress in or use the colors green and white, which are Pakistan's official colors, during Pakistan's Independence Day. ©iStockphoto.com/duncan1890

dence Day.

Pakistan's Independence Day also pays homage to people who devoted their lives for Pakistan's freedom movement and made sacrifices to attain Pakistan's independence. A change of guard takes place at national monuments, including the mausoleums of Muhammad Iqbal, who was a poet, philosopher, and politician, and Muhammad Ali Jinnah, who is considered by many as Pakistan's founder and Quaid-i-



## What Do People Do?

People all over Pakistan celebrate Independence Day with patriotic zest. Many people who attend the Independence Day parades dress up in green and white, which are the Pakistani flag's colors. People visit national monuments and places of national significance to celebrate Independence Day. This is also a time to meet relatives, exchange gifts and visit recreational spots.

Pakistan's national flag is hoisted on public, private buildings, residences and monuments at dawn. Official buildings, including Parliament House, are decorated and colorfully lit. The prime minister and president address and congratulate the nation and talk about the day's significance. Streets and houses are decorated with candles, oil lamps and pennants. Firework shows are put together on the eve of Indepen-

Azam (supreme leader).

Events held during the day include special theatre shows, national song competitions, concerts, and Independence Day pageants. Radio and television stations broadcast national songs and specially prepared Independence Day programs.

## Public Life

Independence Day is an official holiday in Pakistan on August 14. All governmental, non-governmental offices, organizations, educational institutions, post offices, and major markets are closed.

Public transport remains unavailable on all major routes. Traffic congestion is common due to Independence Day parades.

## Background

The Indo-Pak subcontinent remained a British colony from 1849-

1947. The subcontinent's inhabitants did not approve of the British rule in united India. An uprising that occurred in 1857 eventually formed the shape of a freedom movement, which exemplifies the efforts of the people of British India in gaining their independence.

Muslims ruled the subcontinent before the British incursion and suffered due to the 1857 uprising against the British East India Company. Leaders such as Sir Syed Ahmed Khan and Sved Ameer Ali worked diligently for the Muslim people's political advancement.

The Indian National Congress was formed in 1885, which later on be-

came British India's largest political party. Major Muslim political leaders, including Muhammad Ali Jinnah, were members of the Indian National Congress and worked towards Hindu-Muslim unity and India's independence.

The All India Muslim League was founded on December 30, 1906. There was growing demand for an independent Muslim state in India. In 1930 Muhammad Iqbal presented the idea of a separate Muslim state that would geographically consist of the Muslim majority areas in the subcontinent. The word Pakistan is a conjunction of two words Pak meaning Pure and Stan meaning Land, a name coined by Choudhary Rahmat Ali.

Strong Hindu nationalism gave birth to the Two Nation Theory, an ideology that is accredited as being the basis for Pakistan's creation. In 1940 the Pakistan Resolution was passed in Lahore demanding greater Muslim autonomy in British India.

After World War II, it was expected that the British colonies would soon disintegrate. The Pakistan Movement, spearheaded by Muhammad Ali Jinnah, resulted in creating a Muslim state. Pakistan gained independence from the British rule on August 14, 1947. At its birth, Pakistan had two parts commonly referred to as East and West Pakistan. In 1971 East Pakistan parted from West Pakistan and became Bangladesh.



Madar-e-Millat  
Mohtarma Fatima Jinnah  
(1893-1967)



## Sheila Dikshit: Last empress of Delhi who loved the city like a teenager

Contesting the Lok Sabha election this year at 81, Sheila Dikshit said she was fighting to save Delhi, a city she was passionate about like teenage love. She was fighting for revival of the Congress in Delhi. Today, Sheila Dikshit is no more.

Born as Sheila Kapoor in Punjab in a family of an Army officer, she made her debut in politics from Uttar Pradesh but identified herself primarily with Delhi. Contesting the Lok Sabha election this year at 81, Sheila Dikshit said she was fighting to save Delhi, a city she was passionate about like teenage love.

In her teens, Sheila Dikshit went to the Convent of Jesus and Mary School in New Delhi. Once she recounted that she and her friends would ride bicycles on the Akbar Road in the heart of the city and count the passing cars, which were only a few in numbers back then.

By the time she finished her third tenure as the Delhi chief minister, the national capital needed more than 150 flyovers to accommodate vehicles plying on its roads. Most of these flyovers came up during her tenure. Delhi University brought a distinct change in Sheila Dikshit's life and made her a sort of activist. Her activism saw her become the chairperson of the Young Women's Association in the early 1970s. She was the force behind setting up two hostels for working women in Delhi. This was quite an achievement in those days.

Her fight for women's cause impressed former Prime Minister Indira Gandhi, who spotted her talent during one of the meetings with Uma Shankar Dikshit, a minister in her cabinet and the father-in-law of Sheila Dikshit. Indira Gandhi sent Sheila Dikshit on a UN delegation in early 1984. She went on to represent India at the United Nations

Commission on Status of Women for five years till 1989.

But Sheila Dikshit's activism did not only bring glory to her. It also landed her in trouble. In 1990, Sheila Dikshit led, what she called, a people's movement to raise voice against atrocities on women, particularly Dalits in Uttar Pradesh.

The agitation was so powerful that the Mulayam Singh Yadav government put Sheila Dikshit and dozens of her supporters in jail. She was released after three weeks. But the Delhi University did not only initiate her into politics. It was here she met her future husband, Vinod Dikshit, the son of Uma Shankar Dikshit. In one of her interviews, Sheila Dikshit had shared that she found her history lectures at Miranda House boring. To avoid boredom, Sheila Dikshit would play noughts and crosses - a game that kids of later generations played in schools - with Vinod.

The friendship kicked off and soon they would be taking a bus ride to Connaught Place to watch movies and eat burgers. They tied the nuptial knot in 1962. Marriage introduced her to serious politics. Vinod was a bureaucrat not greatly interested in politics. The mantle passed from Uma Shankar Dikshit to Sheila Dikshit.

She contested her first election in 1984 from Kannauj. Sheila Dikshit became a minister of state in the Rajiv Gandhi government. Rajiv Gandhi was so impressed with Sheila Dikshit that he made her an MoS in the Prime Minister's Office - in addition to the parliamentary affairs ministry - in the second half of his tenure.

Sheila Dikshit became the chief minister of Delhi in 1998. The Congress's victory in Delhi was credited to the union

that year. Earlier, the BJP had swept all seven parliamentary seats in the Lok Sabha election. Sheila Dikshit had lost to BJP's Lal Bihari Tiwari, a three-time parliamentarian. But the Delhi University did not only initiate her into politics. It was here she met her future husband, Vinod Dikshit, the son of Uma Shankar Dikshit. In one of her interviews, Sheila Dikshit had shared that she found her history lectures at Miranda House boring. To avoid boredom, Sheila Dikshit would play noughts and crosses - a game that kids of later generations played in schools - with Vinod.

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to BJP's Lal Bihari Tiwari, a three-time parliamentarian. The Kejriwal government is in the last year of its term and no case was filed against Sheila Dikshit for corruption. The electricity rates were among the lowest in Delhi during her tenure. Delhi continues to remain as unsafe as ever.

The political astuteness of Sheila Dikshit could be gauged by comparing Arvind Kejriwal's relation with the central government with her dealing with the power that be. Sheila Dikshit's first six years as Delhi chief minister dealt with a BJP-led government at the Centre. She did not resort to any dharna politics that Kejriwal did yet she succeeded in getting the Delhi metro project carried through, flyovers made, illegal encroachments removed to a great extent and effect a facelift of Delhi.

Last year she wrote an autobiography, *Citizen Delhi: My Times, My Life*.

Sheila Dikshit would be remembered as the last empress of Delhi. The first one was Razia Sultan, whom she envied saying, in one interview, the medieval empress "did not have to contest the election" to prove her worth.

## Real-life Lion King

A photographer was lucky enough to capture a real-life version of the Lion King on camera — as he spotted this Mufasa look-alike snoozing on a familiar-looking rock.

Will Burrard-Lucas was photographing wildlife in the Kidepo Valley National Park, a remote reserve in the north of Uganda, when he stumbled across the scene.

Burrard-Lucas had been trying to photograph a well-known dominant male lion, known by rangers

as Spartacus, and when he managed to capture Spartacus, he wasn't disappointed.

Burrard-Lucas said: "It was late in the afternoon, and the light was beautiful, but he was in long grass and I couldn't get a clear shot. Over to my right was a beautiful kopje, which is a small hill, and I thought it would be an incredible shot if he sat on top of it.

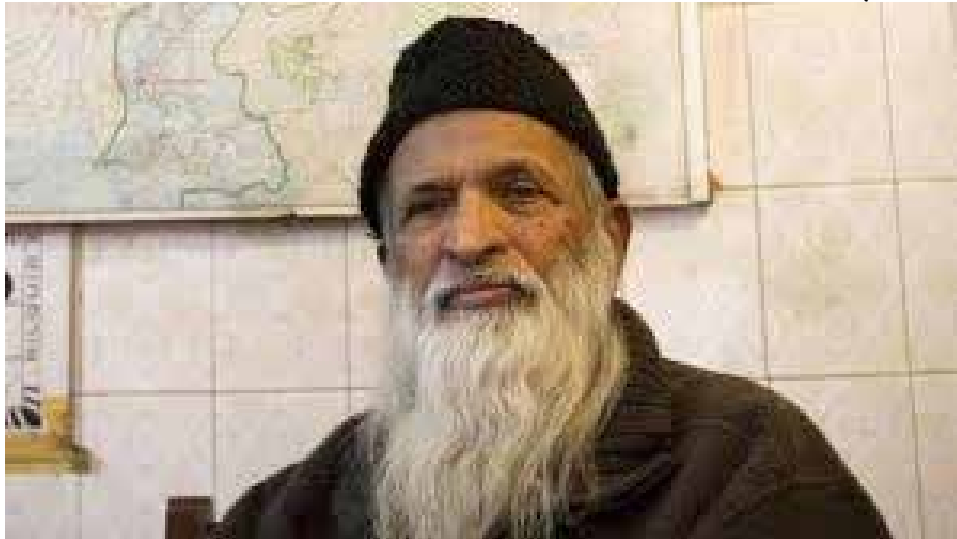
"Well, he must have heard my thoughts because the next thing





# Abdul Sattar Edhi & Dr. Akhter Hameed Khan: Two Icons of Pakistan

By Nasim Yousaf



Pakistan lost an icon, Abdul Sattar Edhi, Edhi's services for Pakistan shall be long remembered and he joins the ranks of other great South Asian icons, including the late social scientist Dr. Akhter Hameed Khan. This piece highlights the contributions of Mr. Edhi and Dr. Khan, who shared many similarities and were recognized around the world for their social service.

Like Mother Teresa, Edhi and Dr. Khan were both respected and legendary humanitarians who spent their lives helping the underprivileged. The two men shared much in common. Both were born in British India, Edhi in 1928 in Bantva (Gujarat) and Dr. Khan in 1914 in Agra (United Provinces, now Uttar Pradesh). Edhi arrived in Pakistan in 1947 and Dr. Khan in 1950. Motivated to help their fellow citizens, Edhi opened his first clinic in 1951. Meanwhile, in 1950, Dr. Khan established The Comilla Cooperative Karkhana in Comilla (a poverty stricken area in East Pakistan [now Bangladesh]). Later, in 1957, Edhi launched the Edhi Foundation (EF). Dr. Khan founded his Pakistan (Bangladesh) Academy for Rural Development in 1959 and later the Orangi Pilot Project (OPP).

EF and OPP often filled gaps in services that the state had either ignored or failed to provide for the people. For example, EF

currently runs a wide range of services and facilities, including ambulances, morgues, graveyards, hospitals, educational services, marriage bureaus, orphanages, centers for the abandoned, bread plants and more. Meanwhile, Dr. Khan's OPP focused on healthcare, sanitation, housing, microfinance, education, research and training, rural development, etc. Millions benefit from Edhi and Dr. Khan's services and their respective organizations have received world recognition for their contributions.

Along with their professional similarities, both men had a lot in common personally as well. They were known as honest and humble individuals who provided a beacon of hope for Pakistan. They led a simple lifestyle, despite having resources and contacts at high-levels. Both were non-sectarian and non-communal and believed in serving all members of their communities across faiths.

Despite their noble missions and nature, the two men faced adversity and threats at times. Edhi received threats from the Taliban, who declared him an infidel for his love for people of all faiths. Meanwhile, Dr. Khan was accused of blasphemy and court cases were filed to have him convicted (Pakistan's blasphemy laws carry a potential death sentence); posters appeared denouncing Dr. Khan and some

demanding that he be hanged.

In honor of their services, both Edhi and Dr. Khan have been nominated for the Nobel Peace Prize. And both received many prestigious awards, including the Ramon Magsaysay Award (considered to be the Nobel Prize of Asia) and the Nishan-e-Imtiaz (Edhi's award was recently announced), the highest civil award in Pakistan. Pakistan's Beach Avenue has been renamed after Abdul Sattar Edhi, while the Akhter Hameed Khan Resource Center and Akhtar Hameed Khan National Centre for Rural Development have been named after Dr. Khan. Separate books have also been published on both men by a well-known Pakistani publisher under its The Azeem Pakistani (Great Pakistanis) series; the series highlights the achievements of renowned Pakistanis in various fields in order to inspire people, particularly the younger generation.

These men served their country for decades and dedicated themselves to the cause of the nation. Dr. Khan died on October 09, 1999 and Edhi passed away on July 8th, 2016. Their deaths were widely

mourned. Dr. Khan was buried in the compound of the Orangi Pilot Project and Edhi in the Edhi Village. These two individuals earned the respect of both the East and West for their services to the humanity. Their exemplary lives are a source of inspiration not only for Pakistanis, but the entire world. Their selfless services and commitment to the human spirit shall live on forever in the hearts of people.

Nasim Yousaf is a researcher based in the USA. He has written 15 books and digitized files of rare documents related to South Asian history. His articles have been published in many countries around the world and in peer-reviewed publications in the US (Harvard Asia Quarterly, World History Encyclopedia, and Education About Asia).

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Chicago's Janab Hasan Chishti with Marhoom Ablul Sattar Edhi



I loved being in space with people who understand that our communities can't wait any longer for meaningful change. Amo Bernie went off on corporate greed and refueled our movement. It was a wonderful night.

Thank you to all who came out to support us.



# IS YOUR AIRBAG DEFECTIVE?

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

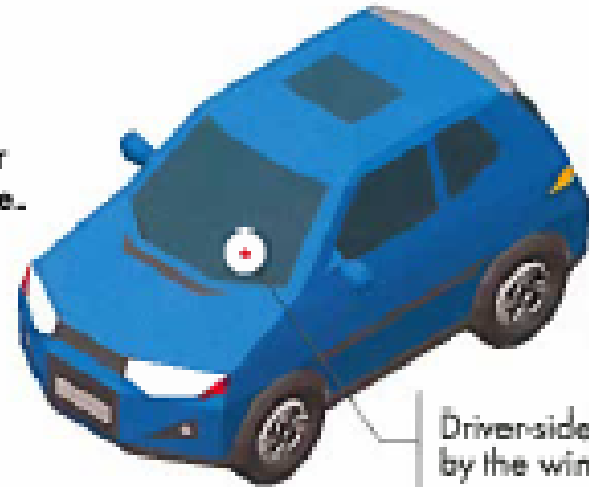
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

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

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



Driverside dashboard by the windshield

### Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

### Fix it

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

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



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

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



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Mon, Nov 21, 2022 – Sun, Dec 18, 2022

2022 FIFA World Cup / Dates

# FIFA World Cup 2022

## GROUP A

-  Qatar
-  Netherlands
-  Senegal
-  Ecuador

## GROUP B

-  England
-  United States
-  Iran
-  Wales

## GROUP C





-  Argentina
-  Mexico
-  Poland
-  Saudi Arabia

## GROUP D

-  France
-  Denmark
-  Tunisia
-  Australia




## GROUP E

-  Spain
-  Germany
-  Japan
-  Costa Rica

## GROUP F

-  Belgium
-  Croatia
-  Morocco
-  Canada

## GROUP G

-  Brazil
-  Switzerland
-  Serbia
-  Cameroon

## GROUP H

-  Portugal
-  Uruguay
-  South Korea
-  Ghana



# Hyderabad the city of romance

by M. A. Waheed

During my college days in Hyderabad Deccan, as the sun began its descent in slow motion, red in color, large enough to dwarf one's slim height many romantic nomads lay on the grass of the white Naubhat Pahad or the black Kala Pahad built by Aurangzeb to announce his victory of the stubborn Golkonda fort. As the sun caressed the banks of Hussain Sagar dam, lovers escaped in their world of fantasy and darkness, oblivious of tomorrows cruelty and the day-after's uncertainty. Today, there is no Naubhat Pahad nor is there a Kala Pahad but may be the romantic episodes of couples torn apart are still buried in the hills of these "pahads" in the hope of surging from the ashes of sublime love that was sacrificed at the altar of societal demons. But the young Quli Qutab Shah stricken by his undiminished love for a dancing girl, Bhagyalakshmi married her against stormy odds and on her conversion named her Hyder Mahal which led to the city of Golkonda being renamed "Hyderabad".

This is a city that bisects history and trisects her future at the same time. Its past, present and future collide, collaborate and commemorate in nano-seconds. You can fall in love with the veiled Rebecca at the Salar Jung Museum before lunch and then fall in love again with the unveiled Sania

Mirza after lunch. Known to laze and weave stories in an unpredictable Qadir-like spin a typical Hyderabadi lives in the past and dreams of a future ignoring the present.

To compose this article, I dug into the labyrinths of my own collection of books and did recover a beautiful and well printed copy titled, "Hyderabad". As typical of Hyderabadi, I was just carrying the book on the back-seat of my car till one day to my surprise, while I was giving a ride to my seven-year old grandson sitting at the back was completely lost in the grandeur of the mosques, mandirs and mausoleums of Hyderabad. It was never possible to see this little monster called "Taamir" delve into a book with such intimacy. Watching him through my rear-view mirror and praying for his future-outlook, I was delighted that my American born grandson is engrossed, enveloped and enticed by the photographs of the city of my birth. When I told him that his Nana, Nani, Mom and an aunt were born in that city his interest piqued.....pointing to a pretty princess decked in gold, he asked me if that was his mother? I pray he visits Hyderabad one day draped in my stories, and enjoys the gullies and chabrootras where his Nana walked with a swagger, ran like a cheetah and lived like a lion. And I hope he will

carry his American Express card because his DNA will attract the unpaid-creditors, his Nana left behind.


Urdu was born here. And so was the romance with words, wisdom and warmth. You can walk with the haunting soors of Bade Ghulam Ali or hum the melodious tunes of Makhdoom.....ek chameli ke mandve tale.....do badan pyar ki aag mein jal gaye. The Sufi Saints are prominent with their graveyards and their legacies. With shamlaas and Warisi qawallis one is reminded of the era that dominated dil, darya and dargahs. The penniless-faqir at the chowrastha is all smiles with a shirtless back and a Panasonic cellphone whispering to the winds that he is rich at heart because he hails from a city that allegedly gifted (or was it grabbed) the Queen of England a Kohinoor diamond that adorns her crown. Many children owe their physical rehabilitation to the beautiful-Turkish- Niloufer who donated her "meher" for the construction of a hospital and departed from Hyderabad earning duas from innumerable young ones.....amongst them my own youngest brother who eventually became a "Hafiz".

One can nose-dive into statistics and demonstrate why a Bill Gates or a Bill Clinton or even a George Bush paid visits




to the pilgrim center of "keyboards and chips" but the richness of Hyderabad lies in the hearts of ordinary folks unscathed by technology, unfazed by the malls and untouched by hypocrisy. Just like my Nani-maa whose gut-wrenching evaluation of a spade was always a spade..... regardless.

M.A Waheed is a freelance journalist based in Upstate NY and can be reached at waheed48@yahoo.com.



Ministry of Culture  
Government of India




75  
Azadi Ka  
Amrit Mahotsav

Remembering the Indian actor

## Johnny Walker

on his Death Anniversary



11 November 1926 – 29 July 2003



with Shakila aunty





# Being Muslim in America

Islam in the U.S. has a long, rich history, but fears of terrorism complicate the future. Here's everything you need to know:

**How many Americans are Muslims?**  
The Pew Research Center estimates that 3.3 million Muslims live in the U.S., which makes Islam the nation's third-largest faith, behind Christianity and Judaism. It's a diverse population primarily divided among African-Americans, South Asians, and Arabs, and a well-educated one: About 40 percent of U.S. Muslims hold college degrees, as opposed to 29 percent of Americans overall. Though Muslims represent 1 percent of the population, they account for 10 percent of the nation's physicians, and have included such distinguished figures as boxer Muhammad Ali, urban architect Fazlur Khan, and cardiothoracic surgeon and TV personality Mehmet Oz. But since the Sept. 11 attacks, American Muslims have been widely viewed with suspicion, which has intensified with the rise of ISIS and terrorist attacks in San Bernardino, Orlando, and Europe. American Muslims resent being blamed for the horrific acts of a few extremists. "Muslims are not the Other," says Purdue University professor Su'ad Abdul Khabeer. "We're Americans whose history begins with the history of the country."

**When did Islam first come to America?**  
The earliest known Muslim to appear on the continent was a Moroccan slave, Estevanico, who was shipwrecked with Spaniards off present-day Galveston, Texas, in 1528 and helped explore the American Southwest. As many as 30 percent of Africans enslaved in the U.S. were Muslim. In the late 19th and early 20th centuries, Muslim immigrants arrived from Turkey,

Syria, and Lebanon, largely settling in the Midwest; later waves came from Bosnia, Albania, and other parts of Europe. In the 1960s, the Muslim population began to swell as the government lifted immigration quotas and many African-Americans began converting to Islam. Muslim immigration surged at century's end — 45 percent of today's Muslim-Americans arrived after 1990; between 1994 and 2011 the number of U.S. mosques more than doubled, from 962 to 2,106.

**How well have Muslims fit in?**  
A 2011 Pew survey found them "highly assimilated into American society and largely content with their lives." More than 80 percent of U.S. Muslims expressed satisfaction with life in America, and 63 percent said they felt no conflict "between being a devout Muslim and living in a modern society." About 70 percent of Muslim immigrants go on to become U.S. citizens, compared with 50 percent of other groups, and almost 6,000 Muslims serve in the U.S. armed forces. Most of the tips about radicalized Muslims in the U.S. come from the Muslim community itself, the FBI says. On the whole, says Pew researcher Besheer Mohamed, Muslims have made "a pretty significant embrace of American culture."

**Still, isn't radicalization a concern?**  
Yes, especially in the internet age. ISIS and other terrorist groups have become skilled at using social media and videos to lure young men who are "kind of living on the edge," says Andy Arena, former director of the FBI's Detroit office. Particularly ripe for recruitment are children of immigrants, such as Boston Marathon bombers Tamerlan and Dzhokhar Tsarnaev; San

Bernardino killer Syed Rizwan Farook; and Orlando shooter Omar Mateen. These second-generation Americans are sometimes confused about their cultural identity — "anchored neither in the old or in the new," says former CIA Director Michael Hayden. They may find resolution of that conflict in intense religious devotion — which today can be drawn from extremist sources online.

**How extensive is the problem?**  
Law enforcement sources estimate that 250 Americans have tried to join ISIS. That's far fewer than the thousands who flocked to Syria and Iraq from European nations with large, poorly assimilated Muslim communities, which make for prime recruiting targets. One major difference is that American Muslims are relatively prosperous. But there is one poor community of Muslims in the U.S. — the Minneapolis neighborhood dubbed "Little Mogadishu," home to the nation's largest Somali community. One-quarter of American ISIS recruits have come from this community. Terror recruiters tell potential members, "We have for you money, wife, and power," says Mohamed Mohamud, director of Minnesota's Somali American Parents Association. "A young kid who doesn't have enough mind to think, when he hears that, he goes."

**Will Muslims be accepted?**  
That remains to be seen. Due to high birth rates, the number of American Muslims is expected to grow to about 8 million by 2050 — eclipsing Jews as the second-largest religious group in the U.S. But this age of terrorism, and calls by Donald Trump and other politicians to ban Muslim immigrants or monitor Muslim communities,

have Muslims worried and in a defensive crouch. Many young Muslims say they encounter frequent anti-Muslim sentiment in schools and neighborhoods — and it's becoming more overt, not less. For 16-year-old Hebh Jamal of New York City, being called "a terrorist" has been a way of life. Sometimes, she adds, "you feel like the whole world is against you. It's exhausting."

**A Muslim majority in Michigan**  
The Detroit suburb of Hamtramck, Michigan, used to be 90 percent Polish-American and overwhelmingly Catholic. But most of the Poles moved out after the struggles of the U.S. auto industry, and immigration from Yemen, Bangladesh, and Bosnia has transformed the blue-collar town of 22,000 residents into the nation's first majority Muslim community. It's also the first to elect a majority Muslim council. The transition was sometimes tense — beginning in 2004, the town gave a local mosque permission to broadcast the 6 a.m. call to prayer from loudspeakers. Some residents — and anti-Muslim voices on the internet — accused the council of planning to usher in sharia law. But city councilor Saad Almasari says he represents all Hamtramck residents in accordance with local laws and the Constitution: "It was a political election, not a religious one." His goal, he says, isn't to make the city more Muslim but to "bring more financial resources to the city." Polish-American Mayor Karen Majewski says that Hamtramck is a place where diverse people "live next to each other, but not in some idealized Kumbaya, Epcot Center kind of way. It sometimes gets contentious, but we deal with it."





# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V483  
 Manufacturer :BMW of North America, LLC  
 Subject : Center Display Missing Information/FMVSS 101  
 Make Model Model Years  
 BMW I4 2022  
 BMW IX 2022-2023  
 NHTSA Recall ID Number : 22V490  
 Manufacturer :EVELAND'S INC  
 Subject : Damaged Cooktop Control Valves May Leak Gas  
 Make Model Model Years  
 EVELAND SCAMP 2022  
 NHTSA Recall ID Number : 22V492  
 Manufacturer :Roadtrek Inc.  
 Subject : Propane Leak Can Cause a Fire  
 Make Model Model Years  
 ROADTREK CHASE 2021-2022  
 ROADTREK PLAY 2021-2022  
 ROADTREK PLAY SLUMBER 2021-2022  
 ROADTREK PLAY SRT 2021-2022  
 ROADTREK ZION 2021-2022  
 ROADTREK ZION SLUMBER 2021-2022  
 ROADTREK ZION SRT 2021-2022  
 NHTSA Recall ID Number : 22V493  
 Manufacturer :Mercedes-Benz USA, LLC  
 Subject : Inoperative Rearview Camera Display/FMVSS 111  
 Make Model Model Years  
 MERCEDES-BENZ AMG EQS53 2022  
 MERCEDES-BENZ EQS450 2022  
 MERCEDES-BENZ EQS580 2022  
 MERCEDES-BENZ MAYBACH S580 2021  
 MERCEDES-BENZ S500 2021  
 MERCEDES-BENZ S580 2021  
 NHTSA Recall ID Number : 22V494  
 Manufacturer :Mercedes-Benz USA, LLC  
 Subject : Misrouted Transmission Wiring Harness  
 Make Model Model Years  
 MERCEDES-BENZ GLC350E 2020  
 NHTSA Recall ID Number : 22V495  
 Manufacturer :Prevost Car (US) Inc.  
 Subject : Bolt Missing From Rear Passenger Bench/FMVSS 210  
 Make Model Model Years  
 PREVOST X3-45 COMMUTER 2021  
 NHTSA Recall ID Number : 22V496  
 Manufacturer :Prevost Car (US) Inc.  
 Subject : Passenger Seat Recline Mecha-

nism Failure/FMVSS 210  
 Make Model Model Years  
 PREVOST X3-45 COMMUTER 2021-2023  
 NHTSA Recall ID Number : 22V497  
 Manufacturer :Isuzu Motors Limited  
 Subject : Parking Pawl Missing on Transmission  
 Make Model Model Years  
 ISUZU FTR 2022  
 NHTSA Recall ID Number : 22V498  
 Manufacturer :Big Tex Trailer Manufacturing, Inc.  
 Subject : Spare Tire Mount Failure  
 Make Model Model Years  
 BIG TEX 16GN 2003-2023  
 NHTSA Recall ID Number : 22V499  
 Manufacturer :Vermeer Manufacturing Company  
 Subject : Incorrect Trailer Hitch Mounting Bolts Installed  
 Make Model Model Years  
 VERMEER BC1800XL 2022  
 NHTSA Recall ID Number : 22V500  
 Manufacturer :Winnebago Industries, Inc.  
 Subject : Step Well Cover May Collapse  
 Make Model Model Years  
 WINNEBAGO INSPIRE 2021-2022  
 NHTSA Recall ID Number : 22V501  
 Manufacturer :Toyota Motor Engineering & Manufacturing  
 Subject : Rearview Camera Malfunction/FMVSS 111  
 Make Model Model Years  
 TOYOTA TUNDRA 2022  
 TOYOTA TUNDRA HYBRID 2022  
 NHTSA Recall ID Number : 22V502  
 Manufacturer :Van Hool N.V.  
 Subject : Front Axle Module Welds May Crack  
 Make Model Model Years  
 VAN HOOL TDX252021  
 NHTSA Recall ID Number : 22V503  
 Manufacturer :Bombardier Recreational Products, Inc.  
 Subject : Handlebar May Break  
 Make Model Model Years  
 CAN-AM RYKER 2022  
 NHTSA Recall ID Number : 22V504  
 Manufacturer :Chrysler (FCA US, LLC)  
 Subject : Inoperative TPMS Sensor/FMVSS 138

Make Model Model Years  
 CHRYSLER 300 2022  
 DODGE CHALLENGER 2022  
 DODGE CHARGER 2022  
 NHTSA Recall ID Number : 22V507  
 Manufacturer :Arcimoto Inc  
 Subject : High Voltage Harness Connector May Detach  
 Make Model Model Years  
 ARCIMOTO DELIVERATOR 2020-2022  
 ARCIMOTO FUV 2019-2022  
 ARCIMOTO RAPID RESPONDER 2021  
 ARCIMOTO ROADSTER 2020-2022  
 NHTSA Recall ID Number : 22V509  
 Manufacturer :Kia Motors America  
 Subject : Incorrect Spare Tire Size/FMVSS 110  
 Make Model Model Years  
 KIA SORENTO 2022  
 KIA TELLURIDE 2022  
 NHTSA Recall ID Number : 22V510  
 Manufacturer :Daimler Trucks North America, LLC  
 Subject : Passenger Seat Frames May Crack  
 Make Model Model Years  
 THOMAS BUILT BUSES SAF-T-LINER EFX 2014-2022  
 THOMAS BUILT BUSES SAF-T-LINER HDX 2014-2022  
 NHTSA Recall ID Number : 22V511  
 Manufacturer :Tiffin Motorhomes, Inc.  
 Subject : Propane Leak Can Cause a Fire  
 Make Model Model Years  
 TIFFIN ALLEGRO 2021-2023  
 TIFFIN ALLEGRO BAY 2022  
 TIFFIN ALLEGRO BREEZE 2021-2022  
 TIFFIN ALLEGRO RED 2021-2023  
 TIFFIN PHAETON 2021-2022  
 NHTSA Recall ID Number : 22V517  
 Manufacturer :Daimler Trucks North America, LLC  
 Subject : Insufficient Number of Emergency Exits/FMVSS 217  
 Make Model Model Years  
 THOMAS BUILT BUSES SAF-T-LINER EFX 2023

## 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.



## Jungli Chicken (Wild Chicken Curry)

### Ingredients

Serves 4

1 Pound Chicken Breast  
 ½ Onion (Medium)  
 1 Tomato  
 1 Serrano Pepper  
 ⅓ Cup Cilantro Leaves  
 7 Tablespoons Plain Yogurt  
 2 Teaspoons Ginger-Garlic Paste  
 3 Cardamoms  
 3 Cloves  
 1 Cinnamon Stick  
 ⅛ Teaspoon Turmeric Powder  
 1 Teaspoon Chili Powder  
 ¾ Teaspoon Cumin Powder  
 ⅓ Teaspoon Garam Masala  
 Salt as needed  
 ½ Bell Pepper (optional)  
 1 Potatoes (med- large)  
 4 Tablespoons Oil

### Instructions

#### Step 1

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

#### Step 2

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

#### Step 3

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

#### Step 4

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

#### Step 5

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

#### Step 6

When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.



When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.

#### Step 7

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

#### Step 8

Set in serving bowl once the curry has reached your desired consistency. I prefer this recipe drier. (OPTIONAL: Garnish with fresh cilantro). Done!

## Potato Red Cabbage Tikki

### Ingredients

Serves 4

4 Cups Peeled, cubed, boiled potato  
 1 Cup Shredded red cabbage  
 1 Cup Shredded kale  
 1 Onion, finely diced  
 ½ Teaspoon Grated fresh ginger  
 2 Cloves Garlic, chopped  
 1 Egg, beaten  
 ½ Teaspoon Ground cumin  
 ½ Teaspoon Ground coriander  
 ½ Teaspoon Medium curry powder  
 1 Pinch Salt, to taste

### Instructions

#### Step 1

Mix all of the ingredients in a bowl.

#### Step 2

Until it resembles a dough.

#### Step 3

Divide the mixture into equal portions and shape into patties with your hands.

#### Step 4

After they have been shaped, place them in the refrigerator for at least 30 minutes.

#### Step 5

Add some oil to a skillet. Shallow fry until golden on both sides. Drain on a paper towel and serve warm with your favorite dipping sauce.





# WORD SEARCH

C H E O M C W S X G N R K K W N D Y L Z  
 H R A C Q L H N O S O E G T E Z H S A K  
 O P O M I A Y O A P I S Y S Q H I O N S  
 C K V W I F D V L G T U I C J G M N W M  
 X D T S N F I C U X A R L Z H K C X T M  
 R X S D R O R R M J V R I M E I Y W A F  
 Z E S I R B F M C A L E E S I N N R P L  
 M X D I P G K T G A A C Q A S G Y Y D B  
 S A L E G N A R H J S T G S S O L O P E  
 Y E V O L I I N A O Z I Y U W T R K Z A  
 B M O T Y T P M E S R O X S H Y E C O T  
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 C O U I L N D X B Z E Y A F J W W F C U  
 A D B P R E I G S E H M Y F H J S T D Q

ANGEL  
 CROSS  
 EASTER  
 EMPTY TOMB  
 GOOD FRIDAY  
 HOLY

HOPE  
 JESUS  
 KING  
 CROWN OF THORNS  
 SACRIFICE  
 SUNDAY

RESURRECTION  
 MARY  
 MESSIAH  
 RISEN  
 SAVIOR  
 LOVE

HOLIDAY  
 SALVATION



# Health & Wellness

## Building simple habits for healthy weight loss

Set small, specific, and realistic goals. Perhaps you'd like to be the same size you were in high school or when you got married, but that would mean dropping more than 50 pounds. Don't go there — not yet, at least. Set a more realistic goal of losing 5% to 10% of your weight, and give yourself plenty of time and some flexibility to reach that goal, keeping in mind that most people take at least six months to achieve that degree of healthy weight loss. Also try to avoid generalized goals, such as "I should eat less at dinner and exercise more." Instead, set specific and short-term (that is, daily or weekly) goals, such as these:

I will choose a few dinner recipes and shop for the ingredients on Sunday.

I will bring a healthy lunch from home instead of going out at least three times next week.

I will call a friend to take a walk after work on Monday and Wednesday.

I will decrease exposure to problematic food ("stimulus control") to avoid temptation, such as keeping cookies away from sight in the kitchen.

Eat breakfast slowly — and mindfully — every morning

Many people skip breakfast because they're too rushed or they aren't hungry. Try getting up 15 minutes earlier (which means going to bed earlier so you don't sacrifice sleep time) to make time for breakfast. Practice eating slowly by putting down your utensil or sipping water, coffee, or tea between bites. Ideally, you should spend at least 20 minutes on each meal,

but that may be more realistic during your midday or evening meal; choose one to get started. Set a timer to check yourself.

From these habits or others in the Special Health Report, choose the one that seems the most feasible for you, and try to stick with it for a week or so. It's important to make these healthy habits routine. Once you find yourself doing one fairly consistently, add another. Over time you will realize that many of these habits can be interconnected.

**Mediterranean-style: the healthy fats and healthy carbs diet**

Just as there are "good carbs" and "bad carbs," there are good fats and bad fats. Mediterranean-style diets emphasize healthy fats and healthy carbs.

Saturated fat, trans fat, and cholesterol are the bad guys. Good fats are monounsaturated (found in olive oil, for example) and polyunsaturated (found in such foods as fish, canola oil, and walnuts). The Mediterranean diet advocated by Mollie Katzen and Harvard professor Walter Willett in *Eat, Drink, & Weigh Less* has a moderate amount of fat, but much of it comes from healthful monounsaturated fats and unsaturated omega-3 fats. It is high in carbohydrates, but most of the carbs come from unrefined, fiber-rich foods. It is also high in fruits and vegetables, nuts, seeds, and fish, with only modest amounts of meat and cheese.

People living in Mediterranean countries

have a lower-than-expected rate of heart disease. But the traditional lifestyle in the region also includes lots of physical activity, regular meal patterns, wine, and good social support. It's hard to know what relative role these different factors play — but there is growing evidence that in and of itself, the Mediterranean diet can reduce cardiovascular risk and the development of



it off?

Don't put it off — take it off! Then keep it off!

Don't risk another dieting dead-end. Set yourself on the road to success with a weight-loss program you can stick with — and enjoy!

Have diets failed you in the past? Put an end to dieting disappointment for good with a report from the health and nutrition professionals at Harvard Medical School.

Why do most diets not deliver as advertised? In a word: boredom. We start well, but after too many meals that are too restrictive, we lose interest. We're justifiably bored. And we quit.

So, how do you find a weight-loss program you can stay with to the end — and beyond? How do you lose weight and keep

it off? Lose Weight and Keep It Off reveals the two keys to successful weight loss. The first is finding a diet and exercise program that suits you, your lifestyle, your likes, and your goals. The second is "skill power," a powerful set of specific habits that can make all the difference between setbacks and lasting success.

In this revealing report, you will learn how various popular diets — from Paleo to gluten free, plant-based to detox and cleanses — stack up for long-term results. You'll read how Jenny Craig and Weight Watchers compare. You will discover the wisest choice for "good carbs" and the one diet the American Heart Association warns against, and, as a bonus, you'll get a week of daily menus with delicious entrees even non-dieters will love.

## 5 surprising benefits of walking

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk

of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder. The latest research shows that sitting may be more harmful to your health than smoking. Luckily, getting up off the couch and going for a walk can put you well on your way to preventing everything from heart disease and diabetes to high blood



pressure, depression, memory problems, and more.

Although you've likely been walking since you were about one year old, there are specific techniques that can help you avoid injuries, make walking more enjoyable, and increase the health benefits of walking.

Walking for Health reveals:

- Why short walks may be better for lowering blood pressure
- How to ease the pain of "shin splints"

Why the best time to stretch is after your walk

- The type of shoes that are more likely to make your knees ache
- The simple way to avoid blisters
- How "interval walking" can help you reap more health benefits in less time
- The amount of walking needed to increase the part of your brain that's critical for memory



# Humayun ascends the throne of Delhi

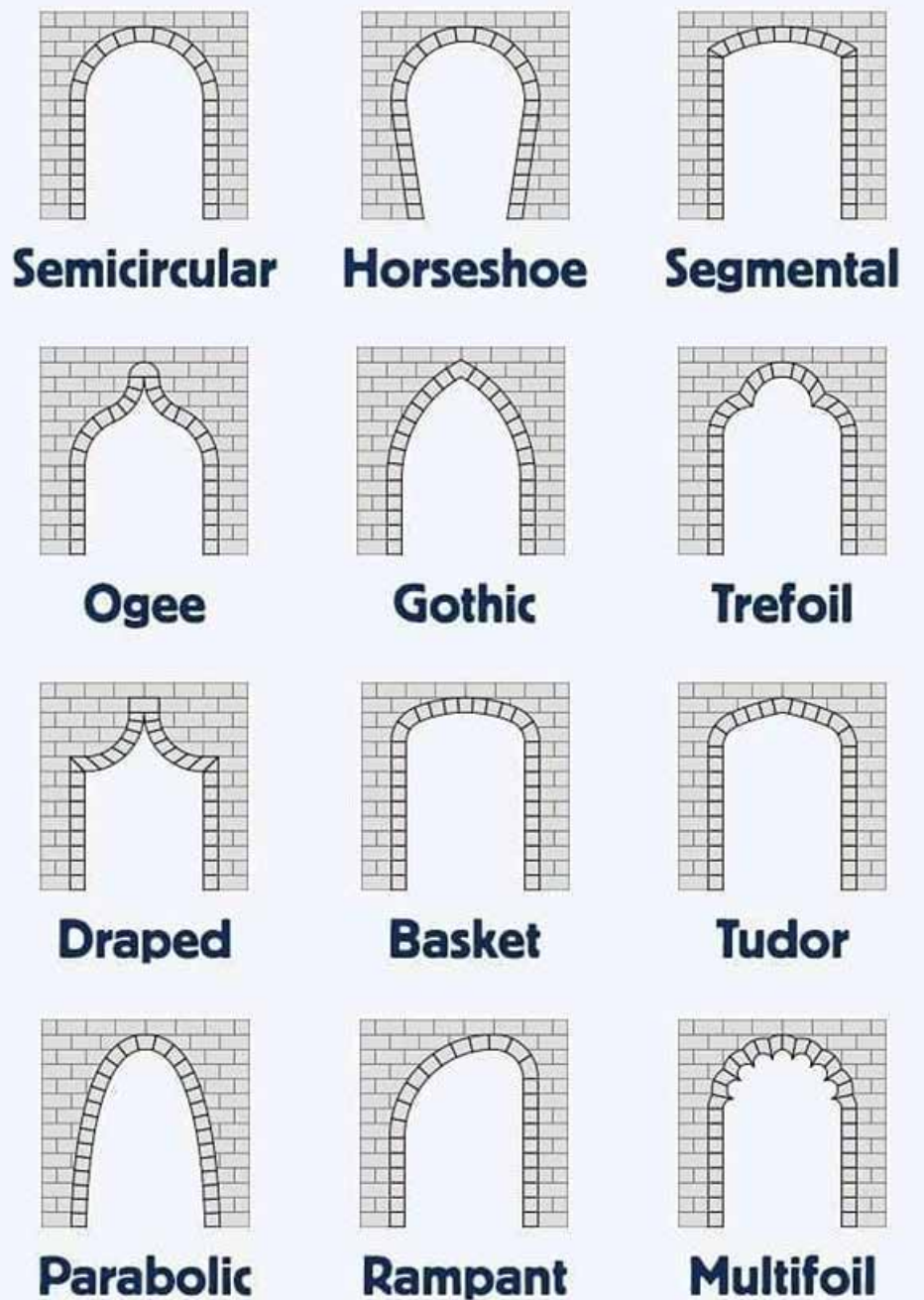
On this day, July 23, 1555, Mughal Emperor Humayun ascended the throne of Delhi once again. One month ago on June 22, he had defeated the Suris in the Battle of Sirhind and thus re-established the Mughal rule in India.

Read more in the caption or at [www.fiveminthistory.com](http://www.fiveminthistory.com)

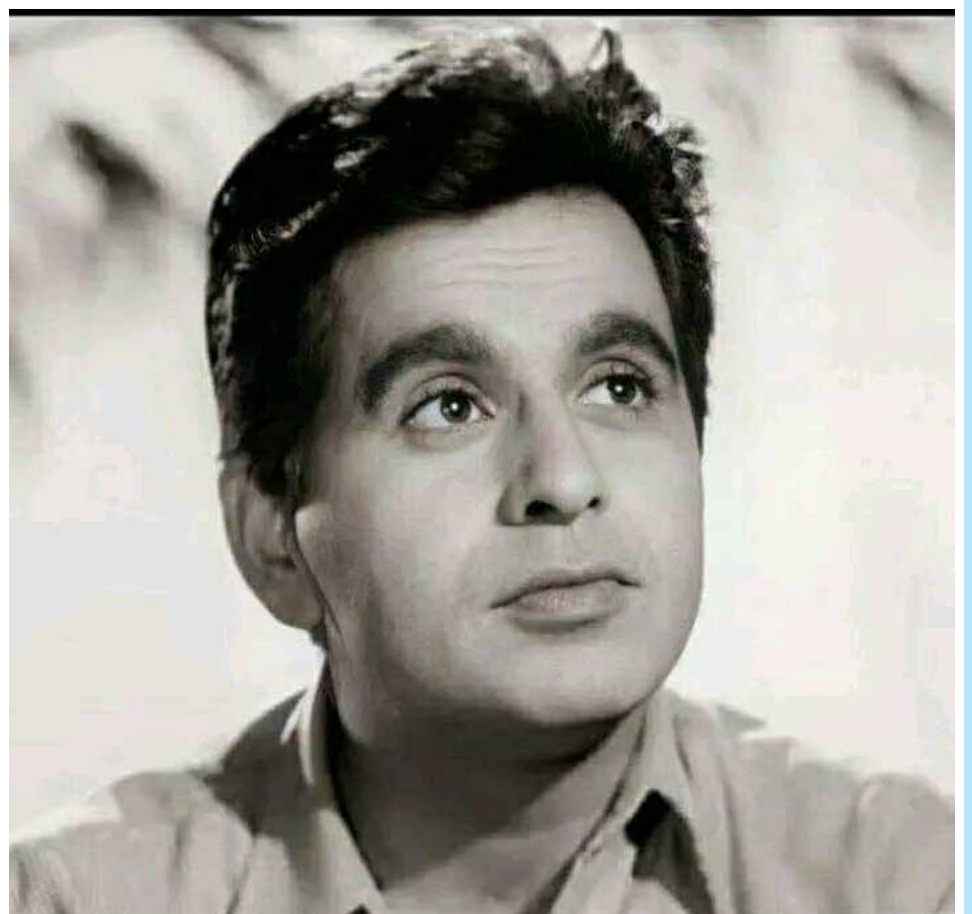
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## TYPES OF ARCHES



Saud bin Al Abdul Aziz with Ottoman Hejaz Governor Fakhri Pasha on Right. Fakhri Pasha did not accept Ottoman surrender in WW1 & kept fighting without food supplies. He and his soldiers ate grasshoppers to survive just to defend Medina



\*A rare pic of Dilip Kumar and Nimmi was published in the January 1959 issue of Filmfare Magazine. Though the pic looks to have been clicked much earlier.\*\*

\*\*Dilip Kumar and Nimmi worked together in 5 movies, viz. AAN, DEEDAR, DAAG, AMAR and URAN KHATOLA.\*\*



## A German Gentleman Klaus Wenger An Example of Honesty

By M.S. Zahed, Ex-CMD, HMT Ltd

In 1978, I bought an old two colour car Standard Ten from Professor of IIMB by availing car loan from the company. My wife went to work by car and I use to commute by Company's transport which avoided dependence of unreliable public transport. My wife, user of the car had left the maintenance and upkeep to me and I was as per my reputation was not up to the mark and often end up pushing the vehicle to petrol pump with my wife at the wheels. Once, it so happened that she was driving and due to brake failure, she drove straight into some body's house damaging car as well as the compound wall of the house and luckily, only car was damaged and with the help of friends in NIAC, the car was completely reconditioned with very little contribution of mine as it was comprehensively insured.

Saturday evenings, the family would drive up to Vidhana Soudha and sit and watch the beautifully lit granite sculpted building, perhaps one of the very few public buildings built after independence, and enjoy eating the south Indian savouries. Saturday evenings, the family would drive up to Vidhana Soudha and sit and watch the beautifully lit granite sculpted building, perhaps one of the very few public buildings built after independence, and enjoy eating the south Indian savouries. The idea of the Vidhana Soudha came along with a wave of nationalist sentiment that swept post-Independent India. The administrative offices were initially based out of Attara Kacheri (today's High Court building built by the British in 1868). A plan for our own structure to house the legislature was mooted during the tenure of Karnataka's first chief minister KC Reddy. Prime Minister Jawaharlal Nehru laid the foundation stone on July 13, 1951. However, it was Hanumanthiah (Reddy's successor) who set the wheels in motion. The Karnataka Legislative Assembly website records that almost all the 5000 unskilled labourers were convicts lodged in the central prison, who were given freedom after the completion of Vidhana Soudha. Then apart, 1500 chisellers, masons and wood carvers were also employed for the construction.

In 1982, I was posted as Export Manager, North Africa and the life at Algiers was all found materially and professionally. The local German Manager of Lufthansa was a good friend and encouraged me to fly Lufthansa transiting through Frankfurt during my travels abroad. Perhaps, in return, one day he brought me a yellow



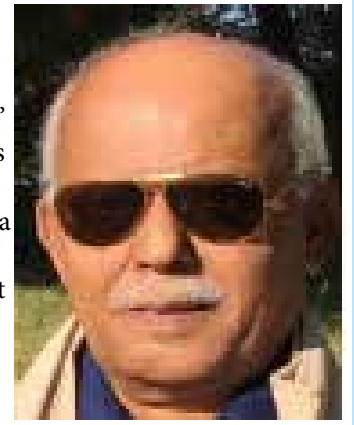
plastic card with my name printed on it and designated as "Frequent flyer" and convinced me that I have earned sufficient points to be part of program. The card apart from entitling me for free tickets allowed me to free use of Lufthansa lounges at all the German airports with free drinks and snacks, a great privilege those days. We use to get periodic flyers and points accrued and my wife was keenly following the account. As soon as sufficient points had accrued, that summer we planned and took the journey for a week to Frankfurt, Stuttgart-Hamburg-Frankfurt and back. The family was excited since it was a week's stay and their first tour to Europe. Hamburg was chosen because my batch mate was the Export Manager for HHEC based at Hamburg and he had made arrangements for our stay at his apartment itself as he was staying alone and there was enough room to accommodate us. Just before, leaving for Airport at Algiers, I telephonically enquired with Lufthansa whether the flight is on time. I can never forget the German airport officer who replied with pride "Sir we are always on time".

We had another ex-Air India friend settled near Stuttgart and we decided to visit him too. After a couple days stay at Hamburg, I called him from local telephone booth and he gave some directions to reach the suburb he was residing. As I was completing the call my little daughter was ceaselessly knocking the booth door, so I just got out and carried her, then we decided to have some coffee and then leave for friend's house. We sat in the nearby café, had coffee and some snacks and had almost spent an hour. The waiter brought the bill, suddenly I realised that my pouch which had all passports, nearly 3000 USDs and tickets was missing. I was shell shocked and explained the situation to the waiter who suggested to go and look for it, me and my wife took two different routes to reach the telephone booth which was nearly a km away. As I was approaching the booth, I saw a old German standing near the booth holding the pouch and waving at me as I was approaching the booth. He greeted me and introduced himself as Klaus Wenger and said handing

over the pouch, "I found the pouch inside the booth and I knew you would come searching for it, please open and check whether everything is in as you had left." I took the pouch opened and saw everything was in tact, thanked him profusely and offered to compensate him in any way acceptable to him, he refused and said "You are from India and visiting Deutcheland as tourists and let me know if you need any further help". We spent some time with him in the café and left for our destination and we took the flight to Hamburg after meeting our friend from Air India. The Author with his batchmate from IIMB Mr. Ashwathanarayan at Hamburg in 1983.

Ashwath was at the Hamburg airport to receive us, took us to his place, we all cooked some Indian food that night and ate. Next few days, Ashwath, my host took us all to touristic spots including Dolphin Show, Lake, Market Platz, Zoo and many other places. Hamburg is a beautiful port city worth visiting.

In the evening, me and Ashwath had planned to take some adventurous tour to Reeperbahn and so bluffed my family that we have to meet another friend in nearby place and as such we would be late and not to bother about us. Ashwath had told me some background of the place which was frequented by sailors and tourists who are hungry and starved for sex. We both walked through a foot ball stadium sized ground where hundreds of young looking girls in white fluorescent dress, introducing themselves whenever a potential client passes by and indicating their nationality and price. The amusement was more to watch the whole place which was like a highly organized market without any middlemen. After passing through the place, we decided to have food which he offered to host with plenty of beer. He chose a table for two and I realised that it was a night club seeing a well lit stage, after some time the lights in the seating area were dimmed and strip tease by a belle started with music. I was surprised to see both men and women were dining and enjoying the show, the dancer would hover around some bald pates and even kiss on them making them excited. The show ended with last piece of lingere thrown at the public and to my horror, I found her to be she male. That has been my last into a night club pitied Ashwath for throwing away good amount of Deutche Marks to entertain his batch mate from IIMB.







Usman Al Hajri, Ghouse Pasha and Quddus Ghouri Advocate at an event in Hyderabad  
 Photo Courtesy: Fareeduddin Sabiri

INTERNATIONAL PAGES

# PRIORITIES!!



**5% GST on essential food items**



**Cylinder costs more than Rs 1100/-.**



**Wholesale inflation is at 15.18%.**



**And News channels are discussing Ranveer Singh's nude photoshoot.**



Syed Mohammed Qadri  
 Photo Courtesy: Fareeduddin Sabiri

INTERNATIONAL PAGES







ISLAMIC SOCIETY OF NORTH AMERICA



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Resilience, Hope, & Faith: With Hardship, Comes Ease



Indeed, with hardship comes ease (Ash-Sharh, 94:6)

CONFIRMED SPEAKERS:

- |                  |                   |                     |                       |                  |                    |                |                 |
|------------------|-------------------|---------------------|-----------------------|------------------|--------------------|----------------|-----------------|
|                  |                   |                     |                       |                  |                    |                |                 |
| Siraj Wahhaj     | Ieasha Prime      | Seyyed Hossein Nasr | Bushra Amiwala        | Zaid Shakir      | Abdul Nasir Jangda | Hussain Kamani | Waleed Basyouni |
|                  |                   |                     |                       |                  |                    |                |                 |
| Margari Hill     | Miko Peled        | Yaser Birjas        | Mohamed Magid         | Ubaydullah Evans | Akram Nadwi        | Dalia Mogahed  | Maha Elgenaidi  |
|                  |                   |                     |                       |                  |                    |                |                 |
| Muzammil Siddiqi | Abdalla Idris Ali | Rania Awaad         | Azhar Azeez           | Safaa Zarzour    | Magda Elkadi Saleh | Ameena Jandali | Ihsan Bagby     |
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Salahuddin Ayubi Series New Updates

The series will consist of three seasons which will include 75% Turkish and 25% Pakistani actors and will be shot in Istanbul, Turkey.

The three seasons will show different time periods which are explained below:

Season 1

The first season will show the period from 1169 to 1174 when Salahuddin Ayubi was the commander of Nuruddin Zangi's army. He established Sunni reforms, ended the Fatimid Caliphate, and took over the Hijaz, Yemen, Sudan, and Libya. This season will end up with the death of Nuruddin Zangi.

Season 2

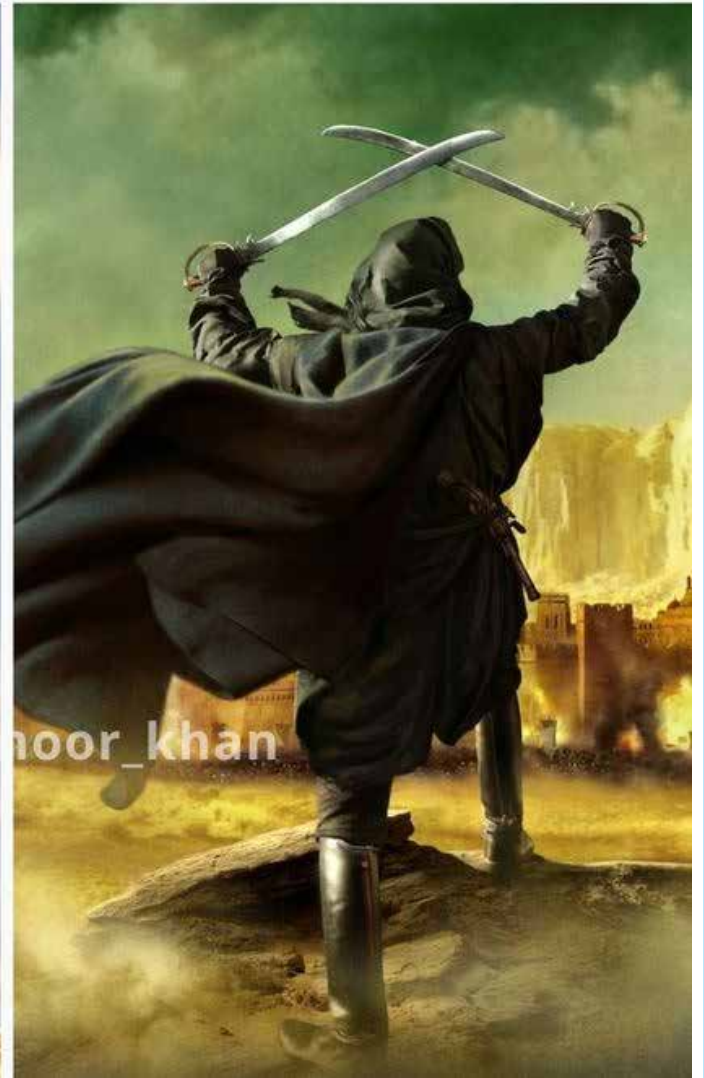
It will cover the years from 1174 to 1186. During this time, Salahuddin also resolved internal state problems while fighting the Crusaders. He formed a political alliance in the Middle East that wiped off Crusader territories until 1291. Mongol invasions were defeated as well.

Season 3

It will show the period from 1187 to 1193 when Salahuddin was fully engaged in wars against the Crusaders and became victorious in the battle of Hattin and thereafter wrested control of Palestine including the city of Jerusalem and showed the power of Islam to the whole world.

# Salahuddin Ayubi Series New Updates!

*mk*



@themahnoor\_khan

Baghdad grew rapidly to become the largest urban centre of the medieval world and became an economic and intellectual powerhouse. The city comprised a learned society benefiting from numerous bookshops and public libraries and became a hub for students travelling in search of knowledge.

The new Abbasid city was officially named Madinat al-Salam. This was the name that later appeared in all official references to the city, ranging from inscriptions on coinage to writings on textiles that were woven in the royal factory, but the name Baghdad stuck in popular usage.

The eleventh-century Khatib al-Baghdadi best described the sense of wonder surrounding Baghdad when he said: "In the entire world, there has not been a city which could compare with Baghdad in size and splendour, or in the number of scholars and great personalities ... Consider the numerous roads, markets, lanes, mosques, bathhouses, and shops – all these distinguish the city from all others."

At that time, the city housed the world's greatest academic institutions, including the House of Wisdom, and earned a worldwide reputation for being the 'Centre of Learning'. The city also hosted a multiethnic and multireligious environment.

According to Hugh Kennedy, there were several reasons for seeking to found a new capital

in an open country. The most pressing of these was the need for security. This need could only be satisfied by the construction of a fortress-palace that could easily be defended.

Secondly, there was the desire felt by so many dynasties, both Islamic and pre-Islamic, in the area to have new capital to demonstrate their identity and prestige. The Abbasids also needed a base where they could settle their government and bureaucracy.

The heart of the new capital was the Round City which contained the palace, the main mosque, and some administrative buildings and quarters for troops. The palace and mosque were together in the middle of the central courtyard and the palace was surmounted by a green dome over the audience chamber (as seen in the 3D model).

Sources:

- Huge Kennedy
- Tayeb El-Hibri
- Amira Bennison

**BAGHDAD IS FOUNDED**

**On July 30, 762, Abbasid Caliph Al-Mansur founded the city of Baghdad, officially known as Madinat al-Salam (City of Peace), on the western bank of Tigris.**

Read more in the caption or at [www.fiveminthistory.com](http://www.fiveminthistory.com)

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INTERNATIONAL PAGES



# List of Bollywood films of August 2022

Opening	Title	Director	Cast
AUG	5	<i>Darlings</i>	Jasmeet K Reen Alia Bhatt · Shefali Shah · Vijay Varma · Roshan Mathew
	11	<i>Raksha Bandhan</i>	Aanand L. Rai Akshay Kumar · Bhumi Pednekar
		<i>Laal Singh Chaddha</i>	Advait Chandan Aamir Khan · Kareena Kapoor · Naga Chaitanya
	19	<i>Dobaaraa</i>	Anurag Kashyap Taapsee Pannu · Pavail Gulati
	25	<i>Liger<sup>[a]</sup></i>	Puri Jagannadh Vijay Deverakonda · Ananya Pandey · Mike Tyson
	26	<i>Thai Massage</i>	Mangesh Hadawale Divyenndu · Gajraj Rao · Rajpal Yadav · Sunny Hinduja · Vibha Chibber · Alina Zasobina
<i>Holy Cow</i>		Sai Kabir Sanjay Mishra · Tigmanshu Dhulia · Hardy Nation · Nawazuddin Siddiqui · Sadiya Siddiqui	



**SHAMSHERA REMAINS FLAT ON SATURDAY AND LOOKING TO HAVE A VERY POOR WEEKEND OF 31 CRS.**

**FILM COLLECTS 10.50 CRS ON SATURDAY TO TAKE ITS TOTAL OF 20.75 CRS IN 2 DAYS OF RELEASE.**



Top and Right: Mandakini now and then



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

### گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

29 چھوٹی سی نا انصافی بڑی نا انصافی بن سکتی ہے

اُردو حکایت: ایک شکار گاہ میں نوشیروان عادل کے لئے اُس کے غلام کباب بنا رہے تھے۔ اتفاق سے نمک ساتھ نہ تھا۔ غلام کو گاؤں کی طرف دوڑا یا کہ وہ وہاں سے لے آئے۔ نوشیروان نے کہا کہ نمک کی قیمت دے کر لانا تا کہ قیمت ادا کئے بغیر کوئی چیز لینے کی رسم نہ پڑ جائے اور گاؤں اُجڑ نہ جائے۔ ملازمین نے عرض کیا کہ ”جہاں پناہ! ایک چنگلی بھرنمک لینے میں کیا حرج ہے؟“ نوشیروان نے کہا ”ظلم کی بنیاد دُنیا میں تھوڑی تھی جو کوئی بعد میں آیا وہ اس میں اضافہ کرتا گیا حتیٰ کہ وہ انتہا کو پہنچ گیا۔“

فارسی شعر:

اگر زباغ رعیت ملک خورد سیب  
بر آوردن غلامانِ او درخت از بیخ  
به پنج بیضہ کہ سلطان ستم روا دارد  
زند لشکرِ یانش، ہزار مرغ بہ سیخ

حاصل کلام:

اگر بادشاہ رعیت کے باغ سے ایک سیب کھائے تو اُس کے ملازم درخت کو جڑ سے اُکھاڑ دیں گے اور اگر بادشاہ پانچ انڈے ستم کر کے کھالے تو اُس کے سپاہی ہزار مرغ لوگوں سے چھین کر بیخ پر چڑھا دیں گے۔

منظوم ترجمہ:

کھائے جو شاہ سیب رعیت کے باغ سے  
یہ دیکھ کر غلام، اُکھاڑیں گے جڑ سے جھاڑ  
انڈے جو پانچ مفت میں کھائے گا بادشاہ  
اُس کے سپاہی مرغوں کو بھونیں گے، لے کے آڑ



داناے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں 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 پاپیادہ 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 ایشیاء، 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 رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

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



# پاکستانی فوج اور سوشل میڈیا

ڈاکٹر ادا کا مران علی



بچپن اور لڑکپن میں پاکستان کی مختلف چھاؤنیوں میں رشتہ داروں کے گھر آنا جانا اور چھٹیاں گزارنا رہا۔ کھاریاں کینٹ سب سے خوبصورت چھاؤنی تھی یا شاید اب بھی ہے۔ فوجی افسروں کی عیاشیوں کے بارے بہت سی افواہیں سننے کو ملتی ہیں جب کہ حقیقت اس کے برعکس ہے۔ سچ تو یہ ہے کہ جب میں آئی ایس ایس بی کے فارم بھرنے لگا تو والد صاحب سخت ناراض ہوئے اور چند رشتہ داروں فوجی افسروں کا نام لیکر بولے اگلے گھر مہینے کے آخر میں فاتح ہوتے ہیں۔ بھوکا مرنا ہے تو چلا جا فوج میں۔ ہو سکتا ہے کہ اب حالات بدل گئے ہوں لیکن آج بھی آپ کسی کرنل کے بچوں کے ہاتھ میں آئی فون نہیں دیکھیں گے جبکہ ایس پی یا ڈی سی کے بچوں کے ہاتھوں میں دیکھیں گے۔ ایک عام فوجی افسر کے گھر میں پچیس تیس مرتبہ ٹرانسفر ہوا فرینچر اس پر بیٹھنے پر چینیں مارتا ہے۔ کرنل تک کے گھر میں اکثر نئی فریج یا واشنگ مشین بیگم کی کمیٹی نکلنے پر آتی ہے۔ وضعداری کے لئے صاف ستھرے ہو کر نمایاں ہو کر رہتے ہیں لیکن بہر حال دولت کی ریل بیل نہیں ہوتی۔ کبھی کسی کے پاس اچھی کروڑا ہو تو وہ پلاٹ بیچ کر یا باہر بچہ پڑھ رہا ہو یا سکا لرشپ پر جاتا ہے۔ چونکہ ان افسروں کے بچوں کی اسکولنگ اچھی ہوتی ہے تو عام طلباء کے برعکس انھیں پتا ہوتا ہے کہ کس یورپی ملک یا امریکہ میں کونسی یونیورسٹی سکا لرشپ دیتی ہے اور پھر انگریزی بھی عموماً اچھی ہوتی ہے تو جی آرای،

لائی ہو یا نکالا ہونا قابل قبول ہے۔ پہلے بھٹو اور بینظیر پھر نواز شریف اور اب عمران خان؛ فوج کیوں ملوث ہوتی رہی اور کب بند کرے گی؟ اخبارات اور چینلز کو کنٹرول کیا جاسکتا ہے لیکن سوشل میڈیا کے جن کو نہیں۔ کسی طور نہیں! عزت اور خوف تک بات چل جاتی ہے لیکن جب خوف نفرت میں بدل جائے تو پھر ڈر نہیں لگتا۔

جب راقم نے لکھنا شروع کیا تو اینکریز الطاف حسین کو الطاف بھائی کہہ کر بلاتے تھے جو کہ صحافتی ضابطوں پر ایک تھپڑ ہے لیکن ڈر جو تھا۔ مجھے الطاف حسین کا کردار مزاحیہ لگتا تھا اور میں مذاق اڑاتا تھا کیونکہ وہ امریکہ میں میرا کیا بگاڑ لیتا۔ کراچی کے دوستوں نے سمجھایا کہ رشتہ داروں کو بوری میں بند کروا سکتا ہے وغیرہ وغیرہ لیکن پھر آہستہ آہستہ انھوں نے ان باکس میں مزے لینے شروع کر دیئے۔ اور دیگر ملکوں میں بہت سے لوگوں نے ایسے ہی میمز بنائے۔ آج نہ تو اس بندے کی عزت ہے اور نہ ڈر۔ ہر کوئی اسکا ٹھٹھہ کر سکتا ہے۔ مجھے ڈر ہے کہ ہماری فوجی افسر بالخصوص جرنیل سوشل میڈیا کے ہاتھوں؛ بیرون ملک پاکستانیوں کے ہاتھوں اس صورتحال کا سامنا نہ کریں۔ ایک بار زبان کھل گئی تو بند نہیں ہوگی۔ بات ماضی کی انکوائریوں سے مستقبل تک جائے گی۔ فوج میں ہمارے ہی بھائی بچے اور انکے ہیں۔ اسے اپنی عزت کروانے کے لئے سیاست سے نکلنا ہوگا؛ اور کوئی حربہ کام نہیں کرے گا۔

اسے دی۔ یہ سچ ہے کہ جنگوں میں ہمیں کچھ خاص کامیابی نہیں ملی اور بنگلہ دیش بھی گیا لیکن اسکے باوجود فوج نے اپنا مورال برقرار رکھا اور عوام نے پڑوس میں موجود ”شریکے“ کی وجہ سے اپنی فوج پر طعنہ زنی نہ کی۔ اسکے ساتھ ساتھ ڈنڈے کا ڈر بھی تھا۔ عزت اور ڈر کے امتزاج سے کام چل رہا تھا۔ لیکن اب سیاست جیسی کوکلوں کی دلالی میں منہ کالا ہونے سے فوج کی عزت میں کمی آئی ہے۔ ترقی یافتہ ممالک میں فوج کی عزت اسلئے ہوتی ہے کہ انکا سولین سے ڈائریکٹ رابطہ نہیں ہوتا اور عوام انھیں سپر ہیرو کی طرح دیکھتی ہے جو کمانڈو آرڈر شوازیئر کی طرح کشتوں کے پستے لگا سکتے ہیں ناں کہ فوجی افسر آکر واپڈا کے میٹر چیک کر رہا ہو یا اسپتالوں کے ڈاکٹروں کی نگرانی گالیاں دیکر کر رہا ہو۔ پھر یہ کہ فوجی افسر چھاؤنی کے باہر کروفر سے نہیں رہتے۔ کانگریس کا واحد تھری اسٹار جنرل کانگریس مین جیک برگمین ہمارے ہاں ٹیکسی پر آتا ہے اور باوجود اسکے کہ اسے کئی بار رپورٹ چھوڑنے کی دعوت دی؛ وہ اوپر پر جانا پسند کرتا ہے۔ یہی حال ایڈمرل کانگریس مین رونی جیکسن کا ہے۔ نہ کوئی پروٹوکول نہ کوئی نخرہ! تیسری بات؛ امریکہ میں مہنگائی ہے، سود کی شرح بلند ہو رہی ہے۔ پٹرول بے پناہ مہنگا لیکن عوام کے دل میں فوج کے لئے وہی عزت ہے کیونکہ بجٹ میں فوج کو دی گئی رقم عوام کے بنیادی حقوق کو نظر انداز کر کے نہیں دی جاتی۔ اب مسئلہ یہ ہے کہ فوج کے خلاف غصہ اور احتجاج بڑھ گیا ہے۔ فوج کی سیاست میں ملوث چاہے وہ عمران خان کو

ٹوٹل یا پلیب بھی پاس کر لیتے ہیں۔ ویزہ وغیرہ میں فوجی پاوا چل جاتا ہے۔ اسی لئے زیادہ تر باہر ہوتے ہیں۔ اسکا یہ مطلب نہیں کہ کوئی فوجی افسر کرپٹ نہیں۔ عموماً کرپشن آرمی سولین انٹرفیس والے پرائیکٹس میں ہوتی ہے جہاں سول افسر پیسے پکڑتا ہے اور فوجی افسر حصہ لے لیتا ہے۔ ایک بار ملٹری ڈیری فارم کے ایک بڑے سول افسر کے گھر قیام تھا تو بریگیڈیئر آیا اور جب وہ چلا گیا تو افسر نے ڈنر پر ہنستے ہوئے کہا کہ وہ اپنا حصہ لے کر گیا ہے۔ اسی طرح ہائی وے ڈیپارٹمنٹ، سڑکیں اور کالونیاں بنانے میں سول ٹھیکیدار اور ملٹری آفیسر مل کر گھپلے کرتے ہیں۔ آپ یوں کہہ سکتے ہیں (یہ محض مشاہدہ ہے کوئی تحقیق نہیں تو غلط ہو سکتا ہے) کہ ایک فیصد فوجی افسر کا کرپشن کرتے اور مال کماتے ہیں جن کی خبریں بھی آتی ہیں اور کچھ کے کورٹ مارشل بھی ہوتے ہیں۔ پندرہ بیس فیصد آفیسر بہتی نہر میں سے چند بالٹیاں بھرتے ہیں کہ انکا معیار زندگی بہتر ہو جائے اور اتنی شوشا بھی نہ ہو کہ ملٹری انٹیلیجنس کی نظروں میں آجائیں اور دیکر ایمانداری سے اپنے محدود وسائل میں گزارہ کرتے ہیں۔ فوج کا داخلی احتساب بے پناہ سفاک ہے۔ اسی لئے جنرل رینک تک عموماً وہی پہنچتے ہیں جن کا پچھلا کیریئر کم از کم مالی طور پر بے داغ ہو۔ یہ اور بات ہے کہ جب جنرل بن کر ریٹائرمنٹ نزدیک نظر آرہی ہو تو چند آخر میں ”بلائنڈ“ کھیلنا چاہیں اور ایڈمرل منصور الحق کی طرح ذلیل ہوں۔ لیکن اس سب کے باوجود فوج اور فوجی افسر کا اثنا شہ عزت ہے وہ محبت ہے جو ملک اور اسکے عوام نے

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



## دماغی یا ذہنی صحت مندی، جسمانی تندرستی میں معاون

کاروبار یا تیز ریٹ، معدنیات اور قدرتی پانی وغیرہ شامل ہوا انسان کے موڈ پر خوشگوار اثر مرتب کرتی ہے۔ اور ڈیپنیشیا، اینیما، ڈپریشن، بلڈ پریشر اور متعدد موٹی بیماریوں سے محفوظ رکھتی ہے۔

اچھی اور پرسکون نیند:

اچھی اور پرسکون نیند کا آنا کسی نعمت سے کم نہیں۔ اور نیند کا نہ آنا یا کم آنا بے کوبی کی شکایت ایک ذہنی اور دماغی مسئلہ ہے۔

اس لئے جب انسان بھرپور پرسکون نیند سے بیدار ہوتا ہے تو اس کا اچھا اثر اس کی جسمانی صحت پر بھی پڑتا ہے۔ وہ ہشاش بشاش ہوتا ہے، جسم توانائی سے بھرپور ہوتا ہے۔ اور اس کی ذہنی صحت اور جسمانی صحت دونوں بہترین ہوتی ہیں۔

ذہنی یا دماغی طور پر صحت مندرہنے کی کوشش کرنا کوشش کرنا چاہئے کہ ذہنی اور دماغی حالت کو صحت مندر رکھنے کی کوشش کریں۔ مثلاً منفی جذبات، خیالات کو دل و دماغ پر غالب نہ آنے دیں، خود ساختہ مسائل کو جنم نہ لینے دیں، غصہ کی حالت میں غصہ کو برداشت کرنے کی عادت ڈالیں، افسردگی اور ٹینشن سے جلد چھٹکارہ حاصل کریں، بلا وجہ کا خوف یعنی کسی بھی قسم کا فوبیا خود پر مسلط نہ کریں۔ ہمیشہ پرسکون اور باوقار رہنے کی کوشش کریں۔ اچھا سوچیں ہر چیز کا مثبت پہلو تلاش کریں۔ ہر پریشانی یا تکلیف میں پریشان ہونے کی بجائے اس کا حل تلاش کرنے کی کوشش کریں۔ تاکہ جسمانی صحت بھی اچھی رہے اور زندگی سے لطف اندوز ہو سکیں، اچھی اور پرسکون زندگی گزار سکیں۔

لہذا ذہنی اور دماغی صحت کا اچھا اور مضبوط ہونا جسمانی صحت کو بھی تندرست و توانا رکھے گا اس لئے دماغی یا ذہنی صحت مندی، جسمانی تندرستی میں معاون ثابت ہوتی ہے۔ ذہن کو پرسکون رکھنا، مثبت سوچ رکھنا، مشکلات سے نہ گھبرانا، زیادہ تناؤ تکلیف یا کسی بھی خراب حالات میں ذہنی طاقت کو مضبوط رکھنا ضروری ہوتا ہے۔

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اگر وہ دیر پائینیشن، فرسٹریشن کا شکار نہ ہوگا تو وہ اپنی صحت کا زیادہ اچھی طرح خیال رکھ سکے گا۔ اور پڑمردگی کی کیفیت سے جلد باہر آجائے گا۔ اور زندگیوں کی دلچسپیوں میں حصہ لے گا۔

ذہنی اور جسمانی صحت کو صحت مندر رکھنے میں چند معاون اصول:

اسی طرح کچھ چیزیں انسان کی جسمانی صحت اور ذہنی صحت یعنی دونوں پر بیک وقت بہت اچھے اثرات مرتب کرتی ہیں مثلاً ورزش:

ورزش سے نہ صرف جسمانی صحت تندرست رہتی ہے بلکہ ورزش ذہنی تندرستی کو بھی بہتر کرتی ہے ایک تحقیق کے مطابق ورزش کرنے سے دماغ میں اینڈورفنز خارج ہوتا ہے۔ جو ذہن کو چاق و چوبند، موڈ کو خوشگوار اور ذہنی توانائی پیدا کرتا ہے ایک اور تحقیقی رپورٹ کے مطابق ورزش کرنے سے یہاں تک کے صرف دس پندرہ منٹ تیز یا معمول کے مطابق چہل قدمی کرنے سے جسم کے ساتھ ساتھ ذہن پر بھی اچھے اثرات مرتب ہوتے ہیں۔ موڈ خوشگوار ہو جاتا ہے اور ٹینشن کم یا ختم ہو جاتی ہے۔ طبیعت میں ایک خوشگوار اور احساس پیدا ہوتا ہے۔ تفکرات سے نجات ملتی ہے۔

صحت بخش یا متوازن غذا:

متوازن یا صحت بخش غذا جس میں ضروری غذائی اجزاء پروٹین، فائبر، وٹامنز، اینٹی آکسیڈنٹ اجزاء، صحت مند چکنائی

ہمارا جسم اور دماغ الگ الگ نہیں ہیں۔ لہذا یہ بات یقینی ہے کہ ذہنی بیماری جسم کو متاثر کر سکتی ہے۔ بے چینی سے پیٹ کی خرابی پیدا ہو سکتی ہے۔ تھکاوٹ سے نظام انہضام کے مسائل پیدا ہو سکتے ہیں، اسی طرح بے خوابی روزمرہ سرگرمیوں اور کام میں رکاوٹ پیدا کرتی ہے۔ اور توجہ مرکوز کرنے میں دشواری پیدا کرتی ہے۔ اسی طرح ڈپریشن سے سر میں درد ہوتا ہے اور غصہ ہائی بلڈ پریشر کا سبب بنتا ہے۔ ذہنی صحت کا مسئلہ پیدا ہونے کا مطلب ہے کہ جسمانی صحت کا مسئلہ پیدا ہونے کا امکان پیدا ہو جاتا ہے۔ مثبت رویے، مثبت سوچ اچھی ذہنی صحت کی علامات ہیں۔ اسی طرح اپنے آس پاس کے لوگوں کا خیال رکھنا، ان کے لئے کسی بھی قسم کی تکلیف کا باعث نہ بننا، زندگی کی سرگرمیوں میں خوشدلی سے حصہ لینا، قوت برداشت اور صبر کا مظاہرہ کرنا، ناپسندیدہ باتوں پر تحمل بردباری اختیار کرنا، زیادہ غصہ نہ کرنا، مثبت رویہ اپنانا، دل گرفتہ نہ ہونا، منفی خیالات کو جلد ذہن سے جھٹک دینا وغیرہ یہ سب اچھی ذہنی صحت کی نشانی ہیں۔

اچھی ذہنی صحت کا جسمانی صحت پر اثر:

اگر انسان کی ذہنی صحت مضبوط اور اچھی ہو گی تو اس کا اثر اس کی جسمانی صحت پر بھی پڑے گا۔ مثلاً جب اس میں تحمل برداشت اور مثبت رویہ اور مثبت سوچ ہوگی تو بلڈ پریشر، دل کے امراض، ذیابیطیس، اور اینیما کی بیماری کے خطرے سے محفوظ رہے گا۔

جسمانی صحت کے ساتھ ساتھ ذہنی صحت بھی اتنی ہی اہم ہے۔ اور جس طرح جسم کو تندرست و توانا رکھنا ضروری ہے اتنا ہی ذہنی صحت کو بھی درست، اچھا اور صحت مند رکھنا بہت ضروری ہے۔

انسان کی سوچ اور رویوں کا اثر اس کی جذباتی، ذہنی صحت کے ساتھ ساتھ اس کی جسمانی صحت پر بھی پڑتا ہے۔ مثلاً ٹینشن میں بھوک کا کم ہو جانا یا بھوک لگنا ہی نہیں، غصے کی حالت میں بلڈ پریشر کا خطرہ بڑھ جانا عام ہے۔ اس لئے نفسیاتی طور پر صحت مندر رہنا بھی جسمانی صحت و تندرستی کی ضمانت ہے۔

دماغی یا ذہنی صحت کا مطلب:

دماغی یا ذہنی صحت کا مطلب جذباتی اور نفسیاتی طور پر صحت مند اور مضبوط ہونا، اعصاب کا مضبوط ہونا، خوشگوار معاشرتی تعلقات، مثبت سوچ، مشکل حالات کا مقابلہ کرنا، منفی سوچوں سے اجتناب وغیرہ شامل ہیں۔

ذہنی صحت اور جسمانی صحت:

ہماری ذہنی صحت اور جسمانی صحت ایک دوسرے سے جڑی ہوئی ہوتی ہیں۔ اور دونوں کا آپس میں گہرا تعلق ہوتا ہے۔ اگر جسم بیمار ہو یا جسمانی صحت خراب ہو تو اس کا اثر ذہنی یا دماغی صحت پر بھی پڑتا ہے۔ جیسے طویل المیعاد بیماریاں اکثر ذہنی ٹینشن، بے چینی، اداسی، غصہ اور ڈپریشن کو جنم دیتی ہیں۔

تحقیق کے مطابق اسی طرح ذہنی یا دماغی صحت کے مسائل جسمانی صحت کو متاثر کرتے ہیں۔ جیسے پریشانی میں، امتحانات کی ٹینشن، نوکری کی ٹینشن، ذہنی مسائل وغیرہ کا جسمانی صحت پر یہ اثر پڑتا ہے کہ بھوک نہیں لگتی، طبیعت میں افسردگی اور بوجھل پن اور جسمانی سرگرمیوں میں رکاوٹ بنتا ہے۔ جیسے کہ خون کی کمی، صحت کی خرابی، بلڈ پریشر، وزن میں اضافہ اور کولیسٹرول میں اضافہ اور دل کی بیماریوں کے خطرے کا بھی زیادہ امکان ہوتا ہے۔ اس لئے ذہنی صحت کے مسائل جسمانی صحت کے مسائل بھی پیدا کر سکتے ہیں۔

ذہنی صحت کی خرابی اور جسمانی صحت کی خرابی:



## شعبہ اختر کی اپنی زندگی پر راولپنڈی سپرپیس فلم بنانے کی تصدیق

پاکستان کی قومی کرکٹ ٹیم کے سابق فاسٹ باؤلر شعبہ اختر نے اپنی زندگی پر راولپنڈی ایکسپریس نامی فلم بنانے کی تصدیق کر دی۔ شعبہ اختر نے دسمبر 1997 میں بتایا کہ ان کی فلم کو کیو فلم پروڈکشن تیار کر رہا ہے



ولیسٹ انڈیز کے خلاف کھیل سے کیریئر کا آغاز کیا تھا، انہوں نے 46 ٹیسٹ میچ کھیلے، جس میں انہوں نے مجموعی طور پر 178 وکٹیں حاصل کیں۔ شعبہ اختر نے 163 ون ڈے میچز میں 247 جب کہ 15 ٹی ٹوئنٹی میچز میں 19 وکٹیں حاصل کیں، انہوں نے مارچ 2011 میں ریٹائرمنٹ لی تھی، کیریئر کو الوداع کہنے سے قبل وہ کافی عرصے تک فنٹیس کے مسائل سے دوچار رہے تھے۔ انہیں دنیا کے فاسٹ ترین باؤلر کا اعزاز بھی حاصل ہے، کہا جاتا ہے کہ ان کی باؤلنگ کی رفتار 100 میل فی گھنٹہ کے برابر ہوتی تھی، اپنے کیریئر میں وہ کئی تنازعات، اسکینڈلز اور مسائل سے دوچار رہے جب کہ کیریئر ختم ہونے کے بعد بھی وہ اپنے بیانات کی وجہ سے خبروں میں رہتے ہیں۔ تحریر جاری ہے شعبہ اختر پاکستان سمیت دنیا بھر میں یکساں مقبول رہے، اس لیے اب ان کی زندگی پر راولپنڈی ایکسپریس نامی انٹرنیشنل فلم بنائی جا رہی ہے، جو کہ پاکستان کے کسی بھی کرکٹر پر بنائی جانے والی پہلی عالمی فلم ہوگی۔ شعبہ اختر نے اپنی سوشل میڈیا پوسٹس میں تصدیق کی کہ ان کی زندگی پر راولپنڈی ایکسپریس نامی فلم بنائی جا رہی ہے، جس میں ان کی زندگی کے وہ

اور اس کی ہدایات ایم فراز قیصر دے رہے ہیں۔ انہوں نے دعویٰ کیا کہ راولپنڈی ایکسپریس میں وہ باتیں اور انکشافات شامل ہوں گے جو کہ آج تک راز بنے ہوئے ہیں۔ کرکٹر نے لکھا کہ بہت سارے لوگ یہ دعویٰ کرتے ہیں کہ وہ ان سے متعلق ہر چیز جانتے ہیں مگر ایسا نہیں اور اب ان کی زندگی پر بننے والی بائیوگرافی فلم میں سب راز سامنے آجائیں گے۔ انہوں نے راولپنڈی ایکسپریس سے متعلق مزید کوئی معلومات فراہم نہیں کی، تاہم بتایا کہ فلم کی کہانی ان کی زندگی کے ارد گرد گھومے گی۔ خیال کیا جا رہا ہے کہ فلم میں شعبہ اختر کے یادگار کرکٹ میچز بھی دکھائے جائیں گے، جس وجہ سے فلم میں دیگر کرکٹرز کے کردار بھی شامل کیے جائیں گے۔ امکان ہے کہ فلم میں شعبہ اختر کے تمام تنازعات اور اسکینڈلز کو دکھایا جائے گا، جس کی وجہ سے فلم میں کئی نامور کرداروں کو شامل کیے جانے کا امکان ہے۔

خیال ظاہر کیا جا رہا ہے کہ راولپنڈی ایکسپریس کو آئندہ سال تک ریلیز کر دیا جائے گا اور مکمل طور پر اس میں شعبہ اختر سمیت کچھ نامور کھلاڑیوں کو حقیقی طور پر بھی دکھایا جائے گا، تاہم اس حوالے سے کچھ بھی کہنا قبل از وقت ہے۔

## رنویر سنگھ پر برہنہ فوٹوشوٹ کے ذریعے خواتین کے جذبات مجروح کرنے کا الزام

بولی وڈ اداکار رنویر سنگھ حال ہی میں کرائے گئے عریاں فوٹوشوٹ کی وجہ سے مشکلات میں پڑ گئے اور ایک سماجی ادارے نے ان کے کر کے کارروائی کی جائے۔



خلاف مقدمہ دائر کرنے کے لیے پولیس میں شکایت درج کروادی۔

ہندوستان نامنر نے اپنی رپورٹ میں خبر رساں ادارے کا حوالہ دیتے ہوئے بتایا کہ رنویر سنگھ کے خلاف بھارتی ریاست مہاراشٹر کے شہر ممبئی کی ایک نان گورنمنٹ آرگنائزیشن (این جی او) نے پولیس کو مقدمہ دائر کرنے کی درخواست جمع کروادی۔

رپورٹ کے مطابق این جی او نے ممبئی کے تھانے میں رنویر سنگھ کے خلاف انفارمیشن ٹیکنالوجی ایکٹ سمیت تعزیرات ہند کی مختلف

دوسری جانب انڈیا نامنر نے بتایا کہ برہنہ فوٹوشوٹ کے بعد رنویر سنگھ کے خلاف ریاست مدھیہ پردیش کے شہر اندور سمیت دیگر شہروں میں بھی مظاہرے شروع ہو گئے۔

رپورٹ میں بتایا گیا کہ رنویر سنگھ کے عریاں فوٹوشوٹ کے بعد جہاں لوگوں نے سوشل میڈیا پر سخت ردعمل کا اظہار کیا، وہیں شہروں میں اداکار کے خلاف بیڑ بھی آویزاں کر دیے گئے۔ علاوہ ازیں رنویر سنگھ کے فوٹوشوٹ پر بولی وڈ شخصیات نے بھی ملے جلے ردعمل کا اظہار کیا ہے، بعض اداکاروں کے مطابق اگر کوئی اداکار اس طرح کا فوٹوشوٹ کرواتی تو اسے قتل کی دھمکیاں دی جاتیں۔



دفعات کے تحت مقدمہ دائر کرنے کی درخواست کی ہے۔ فلاحی تنظیم نے اپنی درخواست میں موقف اختیار کیا ہے کہ رنویر سنگھ نے عریاں فوٹوشوٹ کے ذریعے خواتین کے جذبات مجروح کیے ہیں اور یہ غیر اخلاقی کام کے دائرے میں بھی آتا ہے۔





حفیظ جالندھری

## غزل

ٹم ہی اگر نہ سُن سکے، قَضَہِ غمِ سُنے گا کون  
کس کی زباں گھلے گی پھر، ہم نہ اگر سنا سکے  
ہوش میں آپکے تھے ہم، جوش میں آپکے تھے ہم  
بزم کا رنگ دیکھ کر سَر نہ مگر اٹھا سکے  
رفیقِ بزم بن گئے، لب پہ حکایتیں رہیں  
دل میں شکایتیں رہیں لب نہ مگر ہلا سکے  
شوقِ وصال ہے یہاں، لب پہ سوال ہے یہاں  
کس کی مجال ہے یہاں ہم سے نظر ملا سکے  
ایسا ہو کوئی نامہ بر، بات پہ کان دھر سکے  
سُن کے یقین کر سکے، جا کے انھیں سنا سکے  
عُز سے اور بڑھ گئی برہمی مزاجِ دوست  
اب وہ کرے علاجِ دوست، جس کی سمجھ میں آسکے  
اہلِ زباں تو ہیں بہت، کوئی نہیں ہے اہلِ دل  
کون تری طرحِ حفیظ، درد کے گیت گا سکے

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مرزا اسد اللہ خاں غالب

## غزل

رونے سے اور عشق میں بیباک ہو گئے  
دھوئے گئے ہم اتنے، کہ بس پاک ہو گئے  
صرف بہائے سے ہوئے آلاتِ میکشی!  
تھے یہ ہی دو حساب سو یوں پاک ہو گئے  
زسوائے دہر گو ہوئے آوارگی سے تم  
بارے طبیعتوں کے تو چالاک ہو گئے  
کہتا ہے کون نالہ بلبلیں کو بے اثر  
پردے میں گل کے، لاکھ جگر چاک ہو گئے  
پوچھے ہے کیا وجود و عدم اہلِ شوق کا  
آپ اپنی آگ کے خس و خاشاک ہو گئے  
کرنے گئے تھے اُس سے تغافل کا ہم گلہ  
کی ایک ہی نگاہ کہ بس خاک ہو گئے  
اس رنگ سے اٹھائی کل اُس نے اسد کی نعش  
دُشمن بھی جس کو دیکھ کے غمناک ہو گئے

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فیض احمد فیض

## غزل

سچ ہے ہمیں کو آپ کے شکوے بجا نہ تھے  
بے شک ستم جناب کے سب دوستانہ تھے  
ہاں، جو جفا بھی آپ نے کی قاعدے سے کی!  
ہاں، ہم ہی کاربندِ اصولِ وفا نہ تھے  
آئے تو یوں کہ جیسے ہمیشہ تھے مہرباں  
بھولے تو یوں کہ گویا کبھی آشنا نہ تھے  
کیوں داغِ غم ہمیں نے طلب کی، بُرا کیا  
ہم سے جہاں میں کشتہِ غم اور کیا نہ تھے  
گر فکرِ زخم کی تو خطاوار ہیں کہ ہم  
کیوں جو مدحِ خوبی تیغِ ادا نہ تھے  
ہر چارہ گر کو چارہ گری سے گریز تھا  
ورنہ ہمیں جو دکھ تھے، بہت لادوا نہ تھے  
لب پر ہے تلخی مئے ایام، ورنہ فیض  
ہم تلخی کلام پہ مائل ذرا نہ تھے

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وئی الدین

## جنت

کہتے ہیں میری بیوی بہت نیک ہے  
وہ سیدھا جنت میں جائے گی  
یہ سن کر وئی نے نیکی چھوڑ دی  
کہ وہ پھر جنت میں مل جائے گی

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## عمر

اچانک جو کمرے میں آ گئی وہ  
سر پہ نہ تھی وگ گھبرا گئی وہ  
جان کے بدلے ابا جان کہہ دیا  
ایک پل میں اتنی عمر بڑھا گئی وہ

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## دیس پر دیس

پردیس میں سب کچھ الٹ پلٹ ہو گیا  
ان کی زلفیں کٹیں Boyish کٹ ہو گیا  
Deport ہو کر جب پہنچے وطن  
ماں نے کہا منڈا امریکہ پلٹ ہو گیا

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افتخار عارف

## غزل

آسمانوں پر نظر کر انجم و مہتاب دیکھ  
صبح کی بنیاد رکھنی ہے تو پہلے خواب دیکھ  
دوش پر ترکش پڑا رہنے دے، پہلے دل سنبھال  
دل سنبھل جائے تو سوئے سینہ احباب دیکھ  
موجہ سرکش کناروں سے چھلک جائے تو پھر  
کیسی کیسی بستیاں آتی ہیں زیرِ آب دیکھ  
بوند میں سارا سمندر آنکھ میں کل کائنات  
ایک مشتِ خاک میں سورج کی آبِ دتاب دیکھ  
کچھ قلندر مشربوں سے راہ و رسم عشق سیکھ  
کچھ ہم آشفته مزاجوں کے ادبِ آداب دیکھ  
شب کو خطِ نور میں لکھی ہوئی تعبیر پڑھ  
صبح تک دیوارِ آمیندہ میں گھلتے باب دیکھ  
افتخار عارف کے تند و تیز لہجے پر نہ جا  
افتخار عارف کی آنکھوں میں اُلجھتے خواب دیکھ

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سید عابد علی عابد

## غزل

جبین تمنا کی تابانیاں ہیں  
کہ دل میں ابھی تک پُرافشانیاں ہیں  
یونہی تیرے گیسو ہیں رُسوا، کہ مجھ کو  
پریشانیاں تھیں، پریشانیاں ہیں  
ہمیں رمزِ چینے کی پہچانتے ہیں  
پشیمانیاں سخت نادانیاں ہیں  
قفص ہم کو راس آگیا ہم صفیر و  
سُرخزیاں ہیں، غزل خوانیاں ہیں  
محبت کے آداب کس کو بتاؤں  
سبک ساریاں ہیں، گراں جانیاں ہیں  
تختی کو ہے آرزوئے تماشا  
تمھاری بھی کیا جلوہ سامانیاں ہیں  
وہ لعلِ سُخنِ داں وہ چشمِ سُخنِ گو  
ادا فہمیاں ہیں، ادا دانیاں ہیں  
نہ جینا ہے مشکلِ محبت میں عابد  
نہ یہ ہے، کہ مرنے میں آسانیاں ہیں

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فراق گورکھپوری

## غزل

سر میں سودا بھی نہیں، دل میں تمنا بھی نہیں  
لیکن اس ترکِ محبت کا بھروسہ بھی نہیں  
دل کی گنتی نہ یگانوں میں نہ بیگانوں میں  
لیکن اُس جلوہ گہہ ناز سے اٹھتا بھی نہیں  
شکوہ جو کرے کیا کوئی اُس شوخ سے جو  
صاف قائل بھی نہیں، صاف مکرنا بھی نہیں  
مہربانی کو محبت نہیں کہتے، اے دوست  
آہ اب مجھ سے تری رنجش بیجا بھی نہیں  
بات یہ ہے کہ سکونِ دل وحشی کا مقام  
کنجِ زنداں بھی نہیں، وسعتِ صحرا بھی نہیں  
مدتیں ہوئیں، تری یاد بھی آئی نہ ہمیں  
اور تمھیں بھول گئے ہوں کبھی، ایسا بھی نہیں

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شمالاس باوزیر

## غزل

محبت گر حقیقی ہے تو پھر کھدو چلو ہم سے  
ثناء کہتی ہے تم سے جانے جانا کچھ تو کہو ہم سے  
تکلف برطرف باہوں میں میری تم سا جاؤ  
گلے گر عید کے ملنا ہے تو پھر کھل کر ملو ہم سے  
نکالو دل سے کینہ اور کپٹ بغضِ عداوت کو  
ذرا ہنس کے ملو ہم سے کھلے دل سے ملو ہم سے  
تمھاری یاد میں تڑپا کرے تھے لمحہ لمحہ ہم  
ہمارے دل پہ جو گزری ذرا وہ بھی سنو ہم سے  
ثناء کہتی ہیں غلطی ہو گئی ہے عاشقی میں اک  
کہیں ہم مرنہ جائیں ایسے نہ روٹھا کرو ہم سے

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**On the lighter side....**

The phlebotomist entered the hospital room to draw blood. Noticing an apple on the patient's nightstand, she remarked, "An apple a day keeps the doctor away."

"That's true," the patient replied. "I haven't seen a doctor in three days."

An artist asked the gallery owner if there had been any interest in her paintings that were on display. "Well, I have good news and bad news," the owner responded. "The good news is that a gentleman noticed your work and wondered if it would appreciate in value after your death. I told him it would and he bought all 10 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."

Hearing his wife as she sings, the husband says, "You know dear, when you sing like that I just wish you were on the radio."

The wife smiles and replies, "Wow honey, you think I am that good?"

"No, but at least that way I can change the station or turn it off."

A woman had bought lots of shoes over time and she decided it was time to kick the habit. She really took it seriously, even changing her driving route to avoid her favorite shoe store. One evening, however, she arrived home carrying a shoe box. Her husband grinned at her, but it didn't faze her at all.



"These are very special shoes," she explained. "I accidentally drove by the shoe store and there in the window were the most perfect shoes I've ever seen! I felt this was no accident, so I thought I'd let fate decide. If I would get a parking spot directly in front of the shop, the shoes were meant for me. And sure enough, the eighth time around the block, there it was!"

A ham and cheese sandwich walks into bar and asks for a drink.

Bartender says, "Sorry, we don't serve food here."

Father: What do you see in that boyfriend of yours?

Teen daughter: Well... he's reliable.

Father: He's always late picking you up!

Teen daughter: I know and I can always count on it. Remember when you had to sit in the front room with my dates until I was ready?

Father: Now that you mention it, I'm beginning to like this guy!

Patient: Doctor, doctor, I keep thinking I'm a dog.

Doctor: Lie down on the couch and I'll examine you.

Patient: I can't, I'm not allowed on the furniture.

A woman with a minor injury was at the hospital because her doctor said she wanted to take a closer look at it to make sure everything was all right. The woman's husband sits patiently in the waiting room. After a few minutes, the doctor comes out and asks her assistant for a wrench, which understandably concerns the husband.

Then, after a couple more moments, the doctor re-enters the room, this time asking for a screwdriver. The husband grows worried and begins to pace in circles. Then, a little later, the doctor bursts through the doors screaming for a hammer and at that, the husband, in a state of frenzied fear, runs up and asks, "Doctor, what the heck is wrong with my wife?"

"I don't know," replies the flustered doctor, "I can't get my bag open!"

A woman had been talking on the phone for about half an hour, and then she hung up.

"Wow," said her husband, "that was short. You usually talk for two hours. What happened?"

"Wrong number," replied the wife.



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