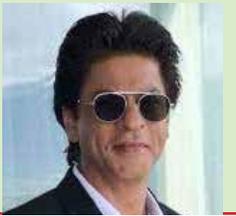


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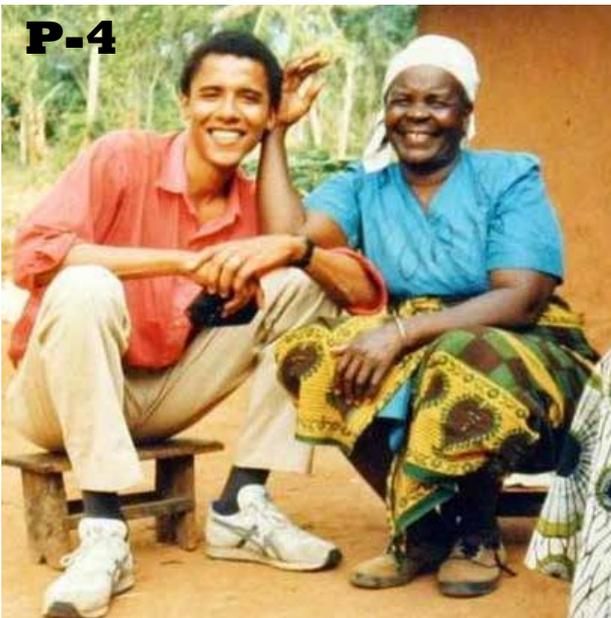
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OCI cardholders no longer need to carry old passports for India

New Delhi [India], March 30 (ANI): People of Indian origin and Indian diaspora having overseas citizens of India card are now not required to carry their old, expired passports for travel to India, as required earlier, the Embassy of India in Paris said on Tuesday.

According to the Embassy of India in Paris, the Overseas Citizens of India card is required to be re-issued each time a new passport is acquired by the cardholder up to the age of 20 years. "OCI card is required to be re-issued once on acquiring a new passport after completing 50 years of age," the Embassy said.

"The requirement of carrying old and new passports along with the OCI card has been done away with. Henceforth, an OCI cardholder travelling on the strength of the existing OCI Card bearing old passport number is not required to carry the old passport. However carrying the new (current) passport is mandatory," the embassy added.

The OCI card is issued to people of Indian origin globally which gives them almost all the privileges of an Indian national except for the right to vote, government service and buying agricultural land. The OCI card gives them visa-free travel to India.

As per media reports, The Indian government relaxed the second provisions last year due to the coronavirus pandemic.

The timeline has been extended multiple times so far. However, this is for the first time that the guidelines have been relaxed for carrying old passports and the new passports along with the OCI cards for overseas Indians.

old OCI rules desired that the overseas Indians carry the old passport as well along with the new passports and the OCI card.(ANI)



CDC Guidelines

When You've Been Fully Vaccinated
How to Protect Yourself and Others

Updated Mar. 23, 2021

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-dose vaccine, you are NOT fully protected. Keep taking all [prevention steps](#) until you are fully vaccinated.



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Pakistan PM Khan desires peace with India

ISLAMABAD (Reuters) - Pakistani Prime Minister Imran Khan replied to a letter written by his Indian counterpart Narendra Modi, and said Islamabad desires peaceful relations with New Delhi, an official source told Reuters.

Modi had written to Khan on the occasion of Pakistan's Republic Day on March 23, also calling for peaceful relations between the two nuclear-armed rivals.

Dated March 29, the letter wasn't officially released by either side but the official, speaking on anonymity, confirmed its contents which were shared widely on social media.

"The people of Pakistan also desire peaceful, cooperative relations with all neighbours, including India," Khan said in his reply, adding, "I thank you for your letter conveying greetings on Pakistan Day."

Neither the Indian or Pakistani foreign ministries responded to requests for comment.

Pakistan's Dawn newspaper quoted Modi's letter on March 23, Modi as saying that "India desires cordial relations with the people of Pakistan" and "for this, an environment of trust, devoid of terror and hostility, is imperative."

India and Pakistan have fought three wars and have shared a fractious

relationship since the two gained independence in 1947, and in 2019 tensions rose dramatically as they sent combat planes into each other's territory.

Pakistani army chief General Qamar Javed Bajwa has called on both the nations to bury the past after the militaries of both countries released a rare joint statement last month announcing a ceasefire along a disputed border in Kashmir.

(Writing by Asif Shahzad; Additional reporting by Devjyot Ghoshal in New Delhi; Editing by Raissa Kasolowsky)





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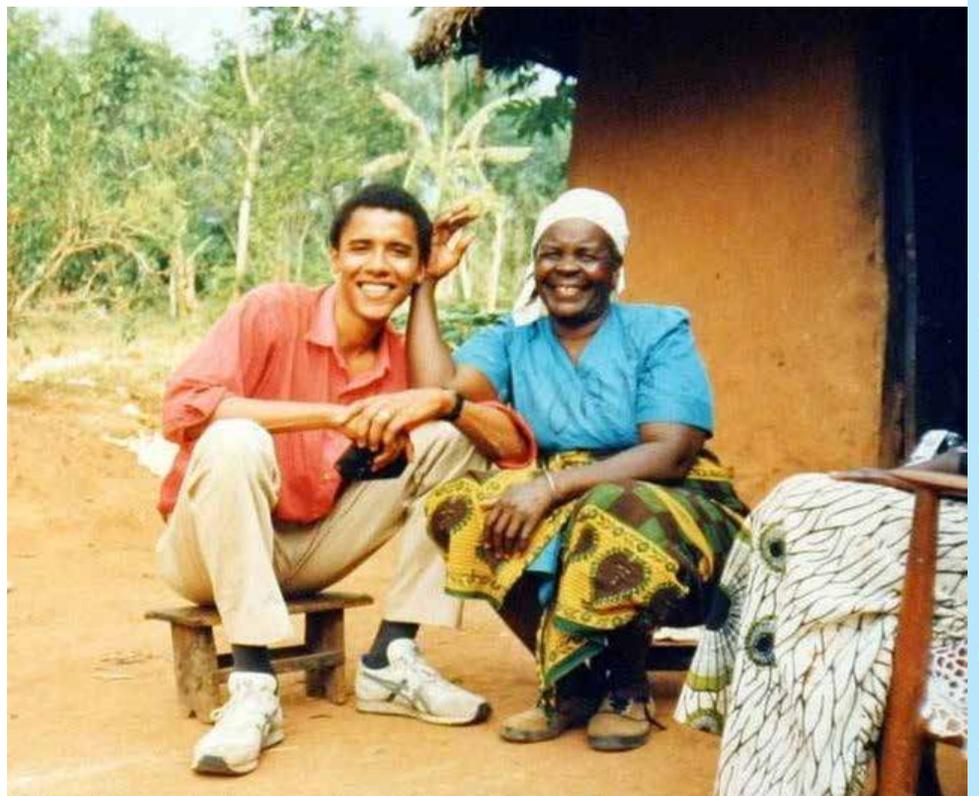
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Barack Obama Mourning

My family and I are mourning the loss of our beloved grandmother, Sarah Ogwel Onyango Obama, affectionately known to many as “Mama Sarah” but known to us as “Dani” or Granny. Born in the first quarter of the last century, in Nyanza Province, on the shores of Lake Victoria, she had no formal schooling, and in the ways of her tribe, she was married off to a much older man while only a teen. She would spend the rest of her life in the tiny village of Alego, in a small home built of mud-and thatch brick and without electricity or indoor plumbing. There she raised eight children, tended to her goats and chickens, grew an assortment of crops, and took what the family didn’t use to sell at the local open-air market. Although not his birth mother, Granny would raise my father as her own, and it was in part thanks to her love and encouragement that he was able to defy the odds and do well enough in

school to get a scholarship to attend an American university. When our family had difficulties, her homestead was a refuge for her children and grandchildren, and her presence was a constant, stabilizing force. When I first traveled to Kenya to learn more about my heritage and father, who had passed away by then, it was Granny who served as a bridge to the past, and it was her stories that helped fill a void in my heart. During the course of her life, Granny would witness epochal changes taking place around the globe: world war, liberation movements, moon landings, and the advent of the computer age. She would live to fly on jets, receive visitors from around the world, and see one of her grandsons get elected to the United States presidency. And yet her essential spirit—strong, proud, hard-working, unimpressed with conventional marks of status and full of common sense and good humor—never changed.



We will miss her dearly, but celebrate with gratitude her long and remarkable life.

One Muslim Ummah

Dr. M Basheer Ahmed MD

The fundamental principles that makes the person a Muslim is the Kalima-and Prophet Muhammad the prophet of Allah. The whole Islamic Ummah is truly united in upholding such fundamentals of faith. Muslims from different backgrounds, nationalities, and sectarian beliefs are united in a belief of Quran - a message from Allah. It is vital for all Muslims of different aqeedhas to live together in peace and harmony. Believing in One Allah, following the same Prophet (pbuh) and reading the same Qur'an should be sufficient for creating ONE UMMAH.

It should be a matter of concern for all Muslims that sectarian violence and atrocities in Muslim countries is rising and thousands of people belonging to minority sects have been killed during the past few decades. God says "Saving a Life is like Saving the Whole mankind" 5:32 Why are we not following God's commandments? Hundreds of Muslim scholars and Muslim organizations have issued statements condemning these atrocities. ISNA issued a strong statement on Muslim code of honor promoting religious harmony. Marrakesh Declaration "On the Rights of Religious Minorities" in January 2016 emphasized to governments, scholars and Muslim community leaders to develop the concept of "citizenship" which is inclusive of diverse groups, to restrict material which instigates aggression and extremism and to confront all forms of religious bigotry, vilification, and denigration and none of these efforts have been fruitful. Unfortunately, the incidents of violence towards the minority sects in Muslim countries continue to increase. It is time that the Muslim scholars and leaders once again sit together to spread the information on commonalities among various sects and religions, instead of elaborating the differences. We need to nurture our youth to tolerate the differences and learn to live in peace and harmony.

"Verily never will God change the condition of people until they change it (13:11)

Most Sunni-Shiah questions are not of a right and wrong or black-and-white nature because they do not deal with fundamentals, of religion. We should not see the Sunni-Shiah disagreements and disputes as a threat, instead, focus on developing mutual understanding and cooperation. In today's exceptionally turbulent times for Islam and Muslims, the best allies for any Muslim group will be the fellow Muslims. For Sunnis and Shi'is to try to proselytize one another will bring them nowhere. It will only consume resources, time, and energy. We need to accept, tolerate and learn to live with each other. We all have strong belief in our aqeedah sincerely and others have a strong belief in their aqeedahs with similar conviction. Killing people who have different beliefs than you are not going to solve any issue. Let Allah decide about the faith of each individual on the day of judgement. We need to follow the Quranic guidance.

Many Muslims proudly call for and actively participate in dialogues with Christians, Jews, Buddhists, Hindus, etc., establishing numerous bodies and institutions, and spending a fortune worldwide for the purpose - which is downright appropriate and praiseworthy. Why not spend the same energies on bringing all sect under Muslim ummah.

Periodic Shia-Sunni Dinners with families belonged to different sects, especially in Ramadan and on the occasion Eids, Family picnics with participants of various sects are meaningful way to mingle and show respect and dignity towards each other. The sacrifice at Karbala was not meant for Shias only, or even Muslims only. It was a lesson for all of humanity. Karbala taught us all that we should not be afraid of speaking the truth, stand up to oppression and tyranny, be steadfast when facing adversity and fight for justice. Let the tragedy of Karbala and the sacrifice of Imam Hussein be a source

for Muslim unity, not division. We need to stop insulting each other, hear each other out with an open mind, understand each other's' point of view, and when we do disagree, we should agree to disagree in a civil manner. The critics of Islam point out that the most sectarian violence, the most killings, the most bombings in mosques are committed by Muslims mostly in Muslim countries. Even though Muslims vehemently insist that Islam is a religion of peace, we know that these violent practices are contrary to the teachings of Islam. It is impossible to equate Islam with peace when the very countries that are supposedly practicing Islam exhibit ongoing violence. It is therefore incumbent upon Muslim leaders to do what they can locally while thinking globally to ensure that, at least within our own circles, we unite to counter this violence, making it a model for other communities and the countries to follow suit.

More Muslims are killed by Muslims during past 2-3 decades in Pakistan, Syria, Iraq and other Muslim Majority countries. When Muslims are killed by non-Muslims in Palestine Or Rohingya Muslims in Burma, every Masjid talks about this during Friday Khutbas. We condemn killings of Muslims by non-Muslims, but we hardly discuss when the Bomb is blasted in the Mosque on Friday's and when people are running out of Mosque they are killed by Muslim gunmen standing outside the exit doors. Allah has emphasized in Quran at many places that Muslims must protect the places of worship for Jews and Christians and it is sad to see that Muslims are destroying the house of God and killing people on the most sacred day of Jumma. Our youth frequently ask the question "why don't we discuss atrocities caused by Muslims". What is happening in Yemen, Syria, and Iraq? Many non-Muslim ask this question if Islam is a religion of peace Why Muslims are killing on Fridays in the house of Allah. We have no answer.

Let us promote the positive human relationship among members of all sects of Islam no matter what their beliefs or Aqedahs are. We need to be clear that we do not have to agree with each other's Aqedah and belief. We need to show tolerance, respect and promote cordial relationship just like we are extending our friendship to the Christians and Jews. Both Christians and Jews do not accept that Prophet Muhammed P.B.U.H is the prophet of God. Christians also believe that Jesus is son of God. Can Muslims play a leadership role in promoting the Humanitarian relationship and show an example to the rest of America that we are a part of a sample community where we live in peace and harmony and that there is no place for hatred and anger in Islam towards people of any sect, belief or religion.

Quran says a person will never enter Paradise (Jannah) on the basis of his sect or belief (Sunni, Shi'i, Sufi, Salafi, Ibadi, Wahhabi, Hanafi, Shafi'i, Maliki, Hanbali, etc). Only those whom Allah has categorized for the purpose will enter Jannah, such as believers, the righteous, the virtuous, the God-fearing, doers of good, martyrs, etc.

While a majority of Muslims may subscribe to the exclusionist viewpoint, the Quran promotes the concept of pluralism. God says "O mankind, indeed we have created you from male and female and made you people and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted." (49: 13). According to this verse, there is equality among all human beings and an acceptance of diversity. No person is superior to another person except for moral superiority. Human diversity exists, as the divine will. The Quran says, "If Allah had so willed, He would have made you a single community, but



(God's plan is) to test you in what He has given you: so, excel one another in good deeds. You will return to God and Allah will show you the truth of the matters in which you dispute." (Quran 5:48).

God stated clearly in the Quran, "If a person believes in God, surrenders to His will and does righteous things he will be rewarded," therefore the decision about salvation will be made by God not in the name of religion, but on the basis of behavior. Those who choose good behaviors of kindness, morality, and serving humanity will be rewarded. Those who neglect the truth and follow evil will be punished.

The Quran acknowledges that different groups adhere to an exclusionist view, noting how adherents of one religion consider their beliefs as the absolute truth and those of any other as false religion, and how they consider themselves as blessed and saved, going to heaven, while all others will be damned to hell. But, the Quran makes it clear that it will be God who will decide who is saved and who is punished on the Judgment Day. God says in the Quran, "Jews assert the Christians have no valid ground for their beliefs. While the Christian asserts that the Jews have no valid ground for their beliefs and both quote from their sacred books, and those who have no knowledge (Pagans) say the same thing about others. But Allah will judge between them on the Day of Resurrection concerning that over which they used to differ." (2: 113).

I believe that Islam is a perfect religion and it is a way of life, contributing towards building cohesive societies. It gives me a sense of purpose for life, morals, character building, and serving humanity. Islam is an inclusive religion of peace, tolerance, harmony, compassion, and gender justice; it is not an exclusivist religion of violence, intolerance, hatred, and misogyny. This is the path I choose to reach God. Based on Quranic directives and the examples of Prophet Muhammad. I treat the followers of all religions with respect and dignity. Allah Says "O people! be careful of (your duty to) your Lord, Who created you from a single being and created its mate of the same (kind) and spread from these two, many men and women; and be careful of (your duty to) Allah, by Whom you demand one of another (your rights), and (to) the ties of relationship; surely Allah ever watches over you" (4.1).

It is important for people of all faith to teach their children to show respect, tolerance, and acceptance of all individuals irrespective of their beliefs. We need to remember, all of the religions were sent to earth for one basic purpose, which is for life to survive on the planet with dignity and to promote humanity. We can see this in the core of all religions. Respecting others and showing dignity to others is necessary to promote peace and harmony. As Islam emphasizes "No man is a true believer unless he desires for his fellow being what he desires for himself."

Dr. M. Basheer Ahmed is former Prof. of Psychiatry South Western Medical School Dallas TX. and Chairman emeritus MCC for human services He can be reached at mbahmed05@yahoo.com

The rioter next door: How the Dallas suburbs spawned domestic extremists

FRISCO, Tex. — Sunlight gleamed off the tiled roofs of the taupe mini-mansions and walkable shopping centers as March 4 dawned in this corner of North Texas. According to specious speculations online, this was the day when Donald Trump would be reinstated as president.

“We are optimistic ... If you're in morning [sic] Please stay at home!!!” the group's organizer, Jeff Hauk, told the weekly meeting of a group of conservatives who call themselves the “DFW Deplorables.”

In posts on their private Facebook page, Hauk said he still believed Trump had their backs and that the former president was working behind the scenes to return to power. “It is not over,” Hauk wrote.

Hope for Trump's return is fervent in Frisco and across the north Dallas suburbs, an area of rapid growth and rapidly increasing diversity. Nineteen local residents have been charged in connection with the Jan. 6 attack on the U.S. Capitol, according to federal authorities, one of the largest numbers in any place in the country. Many of the rioters came from the “main-stream of society,” according to the FBI's Dallas field office, including three real estate agents, a retired Air Force lieutenant colonel, an oilman and an actor who once appeared on the popular television show “Friday Night Lights.” They were driven by a “salad bowl of grievances,” the FBI said, including anger over the presidential election, white-supremacist ideology and the discredited extremist ideology QAnon, which holds that Trump will save the world from a cabal of Satan-worshipping pedophiles. Their groundless claims are being fed by conservative politicians and from the pulpits of large, powerful evangelical churches with teachings that verge on white nationalism, both motivated by fear that they are losing a largely White, conservative enclave that views these changes with suspicion.

More arrests are coming, and North Texas remains a focus for investigators who expect to charge as many as 400 people from across the country in the attack on the Capitol.

Local law enforcement authorities had been grappling for months with the poisonous impact of baseless claims. In September, Frisco authorities were flooded with calls and emails after QAnon conspiracy theorists latched onto a video shared on social media of a crying little girl in the back seat of a car. In reality, the girl, who police say was part of a custody dispute, was safe, but her privacy was violated by the video being shared repeatedly, and time spent addressing the false accusation affected the investigation, authorities said.

Police also were forced to address a viral social media post that falsely labeled the town's sprawling Stonebriar Center the “No. 1 mall in the U.S. for sex trafficking,” assuring the public that teenagers were not being kidnapped.

On the DFW Deplorables site, members followed and debated the case of the distraught little girl in the video, but they were sure about one thing: Trump was doing “God's work” to rid the land of “pedos,” rapists and sex traffickers.

“Trump is taking them all down,” Hauk, a swimming pool salesman, said.

At the Community Grill in Frisco, the silver thermoses of coffee were waiting and the Deplorables indulged in other baseless speculations. President Biden is senile, they said. He's being fed his words through an earpiece by former president Barack Obama.

They didn't want to talk about the Jan. 6 attack. Many of them believed the attack was carried out by left-wing “antifa” and Black Lives Matter infiltrators, rather than more than a dozen of their neighbors who stormed the Capitol “in the name of Jesus,” bearing zip-tie restraints and, in one case, a crutch to beat police. Jane Ann Sellars, vice president for “American-

ism” for a local Republican women's group, said coffee was a chance to strategize and work on promoting politicians who share their views.

“We just want more conservative candidates for the future,” Sellars said.

March 4 proved to be an uneventful spring-like day in Frisco. The Storm had not arrived.

There was no Great Awakening. Biden was still president. If Hauk was disappointed, he wouldn't say.

Over the past two decades, Collin County, north of Dallas, more than doubled its population to 1 million, according to census data, with newcomers drawn by the mild weather, good schools, low taxes and the arrival of several big employers and new corporate headquarters, including Toyota, Liberty Mutual and the Dallas Cowboys. The rapid expansion created an air of Disney World built on the clay soil of the Texas plains, one Frisco consultant noted, where everything is new and planned. The median household income is \$97,000, well above the U.S. median of \$69,000.

But this utopia on the Dallas North Tollway has its fissures, which have deepened in the last year, with debate over pandemic restrictions, the country's racial reckoning and the divisive 2020 presidential election that pitted neighbor against neighbor and continues to divide. Unlike many other suburban counties in the country that helped sway the election for Biden, Collin County stayed red, with 51 percent voting for Trump and 46 percent for Biden.

The county's rapid growth has increased its diversity — with the Latino and Asian American populations growing, and the White population in decline — causing tensions, some residents say. In 2017, Plano Mayor Harry LaRosiliere was challenged by an opponent who promised to “keep Plano suburban,” which LaRosiliere, who is Black, said was a “dog whistle” for residents wanting to keep the town White and affluent. LaRosiliere won the four-way nonpartisan race with 52 percent of the votes, but his “keep Plano suburban” opponent won 42 percent. This year, Plano City Council member Shelby Williams came under fire when he said in a post-riot blog post that “things could be much worse ... People in many parts of the Muslim world are still slaughtering one another today.”

Frisco Realtor Hava Johnston said some residents feel the area has become “too diverse.”

“They created this perfect little bubble of the way they wanted things ... now we've got true diversity, and those Christian nationalists are afraid of losing their power,” said Johnston, a Democratic activist and one of the Internet sleuths who helped unmask local residents who participated in the Capitol riots. “These are the very people who would do things like have Trump parades every weekend and take a private jet to a riot.”

Brian Miller was among those who boarded a private plane to the nation's capital — posting gleefully on Facebook he was “D.C. bound to #stopthesteal!” He said economic fears drove the rioters, many of whom were small-business owners struggling to maintain their North Texas lifestyles even before the pandemic hit. “They're more concerned about losing everything we have gained in the last four years,” Miller, 49, said. The real estate agent said he spent six months on unemployment last year. “A lot of people lost their livelihoods because of the pandemic, moving in with family to try and make ends meet,” he said.

A Washington Post analysis last month of the financial records of more than 100 of those facing charges in the riot found nearly 60 percent of them had prior money troubles, including bankruptcies, bad debts and tax liens. That includes Jennifer “Jenna” Ryan, 50, the Frisco real estate agent who had invited Miller on the plane ride. Ryan once filed for bankruptcy

and nearly lost a home to foreclosure.

During the riot, Miller had been separated from his friends and said he stayed outside on the west side of the Capitol, filming with his phone as rioters broke windows and pepper spray soured the air. Meanwhile, Ryan was on the other side of the building doing a Facebook Live, perfectly done with an Instagram-worthy “45” ski cap.

“We are going to f---king go in here. Life or death, it doesn't matter. Here we go,” Ryan said, adding a plug for her business. “Y'all know who to hire for your Realtor. Jenna Ryan for your Realtor.” Back in Texas, after her arrest on federal charges of unlawful entry, disorderly conduct and disrupting government business, Ryan told The Post last month that she had been sucked into a web of spurious claims during the election, reading far-right websites and following the QAnon movement. Since her arrest, she has been banned from social media platforms and faces fresh money troubles, and a self-help book she was writing was canceled by the publisher.

“I bought into a lie, and the lie is the lie, and it's embarrassing,” she said. “I regret everything.” For Miller's part, he now frames his Capitol insurrection journey as a joyride to party and see Trump's “last hurrah.” He believes Ryan and their two other friends now charged were exercising their right to free speech and should never have been arrested. “It's totally bogus,” he said.

Shortly before Biden's inauguration, Pastor Brandon Burden of the KingdomLife church — a boxy, largely windowless sanctuary in Frisco — mounted the pulpit and gave a stemwinder of a sermon that went viral.

Burden spoke in tongues and urged his flock of “warriors” to load their weapons and stock up on food and water as the transfer of power loomed. The emergency broadcast system might be tampered with, so if Trump “took over the country,” he could not tell them what to do, he said.

“We ain't going silently into the night. We ain't going down. This is Texas,” Burden preached. Prophetic voices had decreed Trump would remain in office, he said.

“We have an executive order — not from Congress or D.C., but from the desk of the CEO of heaven, the boss of the planet,” Burden said. “He said from his desk in heaven, ‘This is my will. Trump will be in office for eight years.’” Here in the heart of the Bible Belt, the Capitol insurrectionists' embrace of Christian nationalist symbols — they went bearing crosses, toting signs that said “God, Guns and Trump” — has prompted reflection in the faith community. Some say evangelical Christian leaders went too far linking love for God and country, stoked fear in their communities and bear some responsibility for the tragic events of Jan. 6.

“I really think that churches need to acknowledge that we have been irresponsible in the way we have tried to project America's history or America's founding as one that is inextricably tied to Christianity. We have to repent of that,” said Alex Lee-Cornell, interim pastor at Westminster Presbyterian Church in Dallas, who gave a Feb. 28 sermon on the theme. “We have to confess that we have conflated support of the nation with Christian discipleship — especially in the Republican Party.”

Burden — who declined to comment for this article — later acknowledged some of his comments were “inartfully said,” but he has been supportive of the rioters and their cause.



One of those was Paul MacNeal Davis, who filmed himself live on Instagram getting tear-gassed at the Capitol, saying he was trying to get into the building to stop the certification of the vote. He replied to one of Trump's tweets, saying “Never stop fighting Mr. President! Never give in no matter how ugly it gets! We are willing to die to preserve our freedom!” In an interview, Davis said he did not do anything illegal during the riot and spent time praying over the police officers who blocked him from entering, joining others who prayed “God forgive them, they know not what they do.”

When the 39-year-old University of Texas-educated lawyer returned home, he was fired from his job as associate general counsel and director of human resources for an insurance company. He and his fiancée parted ways, and vandals stuffed debris into his home's sewer pipes, causing a flood of fecal matter-tinged water in his duplex.

He rejects QAnon but does believe there were “irregularities” in the presidential election, although federal election officials have said there is no evidence of voter fraud.

“I don't really care what people think of me,” Davis said. “I'm going to do right no matter what.”

Davis, a deeply religious man with a half-sleeve of Bible-themed tattoos on one arm, has found support at Burden's church and defends the pastor's controversial rhetoric, saying he was speaking about a spiritual battle, not a physical one.

“I've received an overwhelming amount of support and love from my community,” Davis said. “They understand that the leftist movement is extremely vicious and anybody who disagrees with leftism and asserts their right to protest and peaceably assemble is going to get viciously attacked.”

Davis has been keeping busy with the latest version of a lawsuit he has filed in U.S. District Court for the Western District of Texas, claiming the 2020 election results are invalid. He was recently invited to speak about the case by a local conservative group at Burden's church. His lawsuit argues a “well-funded cabal” of powerful people — such as House Speaker Nancy Pelosi (D-Calif.), Senate Minority Leader Mitch McConnell (R-Ky.), Facebook's Mark Zuckerberg, the entire 117th Congress and state election officials — conspired to cheat the American people out of their right to vote and violated federal election laws with a number of pandemic-related measures such as expanded mail-in voting, rendering the entire election “null and void” and asking the courts for a do-over.

Davis, who has not been charged in the Capitol attack, said he had no regrets.

“I'm happier than I've ever been in my life,” he said. “I feel like I'm doing what I was created to do.”

National
By
Annie Gowen

Dr Javed Jamil

Alhamdulillah, today I completed 4 years as Chair in Islamic Studies & Research, Yenepoya University Mangalore, and the fifth year begins with new hopes. Insha Allah. During this period I started PG Diploma in Applied Islamics course and PhD programme in Applied Islamics. I could publish 5 books including the latest, "A Systematic Study of the Holy Quran", others being "Economics First or Health First?", "Justice Imprisoned", "Homosexuality: Machinations of Market Forces in Full Swing" (Published by Jamaat-e Islami Hind), "Quranic Version of Anthropic Principle" published by Lamart Academic Publication, Germany, "How Unscientific the Scientific Philosophy of God!" (E Book). I was invited by more than two dozen universities, institutes, colleges, forums and other organisations as either Chief Huest or

to deliver talks. These included Banaras Hindu University, Aligarh Muslim University, JNU, Delhi, Agriculture Institute Bangalore, Shifa Hospital Bangalore, Farooqiya Pharmacy College, Mysure, Jamia Hamdard, MESCO Hyderabad, JIH Conclave in Bangalore, Dental Association Ahmedabad, Anjuman College of Engineering Bhatkal, St Aloysius College, Mangalore, Al-Ameen Foundation, Belgam, Shaheen Institute, Bidar, Darul Umoor Shrrerangapatna, PA College of Engineering, Mangalore and Iqra School, Mangalore. Several International University journals published my research articles including King Abdul Azeez University, Jeddah and National University, Malaysia. Several dozen other articles were published in different magazines. Rabita e Alam-e Islami (Saudi Arab) journal published a 10 page interview of mine.



My ultimate ambition is to establish nan International Centre for Applied Islamics. At least 5 books are in queue. All of you are requested to keep praying for me.

Beauty Store Owner Left Beaten and Needing Surgery After Attack in Texas

A beauty store owner was attacked inside her own store by two women in Harris County, Texas on March 17. Jung Kim, who is of Korean descent, asked the five women who knocked over the store's wig displays to leave the premises. However, two of them doubled back and caused further destruction. Surveillance footage caught the moment one of the women attacked the 59-year-old, punching her at least eight times while shouting racial insults. Kim was left bloodied with multiple bruises and a broken nose that she said will require surgery. Her son, Sun Jung Lee, was also scratched across his face during the incident as he fought off the attackers. Footage from the parking lot shows the assailants nearly running over Lee and his father with their car before

driving off. Lee said to KPRC that his mother remembers the attackers shouting, "You little Asian girl." "They started saying something like some racial words like, 'Asian people shouldn't be in the Black market,'" he added. Both suspects, identified as Keandra Young and Daquiesha Williams, were arrested for the attacks. Young was charged with aggravated assault while Williams was charged with assault. Lee explained that the family never had any trouble before this incident and beauty store regulars are stunned as well. "All of my customers are nice to us. We are nice to them," Lee said. "We have a good environment here and a good experience here." The incident occurred just one day after the shooting in Atlanta and follows the surge of anti-Asian violence all across the



country since the rise of the COVID-19 pandemic. Feature Image Screenshots via KPRC 2 Click2Houston

Yahoo News Grace Kim

North Texan Dinesh Sah Pleads Guilty To \$24M COVID-Relief Fraud Scheme

DALLAS (CBSDFW.COM) – A Coppell businessman pleaded guilty Wednesday, March 24, to orchestrating a fraudulent scheme to obtain approximately \$24.8 million in forgivable Paycheck Protection Program loans and laundering the proceeds. According to court documents, Dinesh Sah, 55, admitted that he submitted 15 fraudulent applications, filed under the names of various purported businesses that he owned or controlled, to eight different lenders seeking approximately \$24.8 million in PPP loans.

Sah claimed that these businesses had numerous employees and hundreds of thousands of dollars in payroll expenses when, in fact, no business had employees or paid wages consistent with the amounts claimed in the PPP applications.

Sah further admitted that he submitted fraudulent documentation in support of his applications, including fabricated federal tax filings and bank statements for the purported businesses, and falsely listed other persons as the authorized representatives of certain of these businesses without the authority to use their identifying information on the applications

"The Paycheck Protection Program was designed to aid struggling business owners, not to line the pockets of crafty profiteers," said Acting U.S. Attorney Prerak Shah of the Northern District of Texas. "Even as fellow businesspeople tried desperately to procure the funds they needed to keep their business afloat, Sah dipped into federal coffers to fund his lavish lifestyle. The Justice Department is committed to protecting the PPP from fraud and deceit."

"As the nation was crippled by a global pandemic, Sah fraudulently obtained over \$17 million in PPP funds intended to help legitimate small businesses and spent that money on luxury cars and multiple homes," said Acting Assistant Attorney General Nicholas L. McQuaid of the Justice Department's Criminal Division. "As our nation continues to fight this unprecedented virus, the Department of Justice and its law-enforcement partners remain committed to aggressively pursuing individuals who exploit COVID-relief programs and to ensuring that these ill-gotten gains are returned."

"We will continue to vigorously investi-

gate cases involving attempts to defraud the Paycheck Protection Program and other crimes against the financial institutions the FDIC insures and regulates," said Special Agent in Charge Anand M. Ramlall of the Federal Deposit Insurance Corporation – Office of Inspector General (FDIC-OIG). "Sah's egregious fraud committed to fund his luxurious lifestyle is unacceptable under any circumstances, but especially so when done against a program designed to help Americans recover from the ongoing pandemic. We appreciate the cooperation and coordination of our law enforcement partners on these types of investigations."

Sah admitted that, based on his false statements and fabricated documents, he received over \$17 million in PPP loan funds and diverted the proceeds for his personal benefit, using them to purchase multiple homes in Texas, pay off the mortgages on other homes in California, and buy a fleet of luxury cars, including a Bentley convertible, Corvette Stingray, and Porsche

Macan. Sah also sent millions of dollars



in PPP proceeds in international money transfers. As part of his guilty plea, Sah will forfeit, among other property, eight homes, numerous luxury vehicles, and more than \$7.2 million in fraudulent proceeds that the government seized to date. Sah pleaded guilty to one count of wire fraud and one count of money laundering in the Northern District of Texas. He will be sentenced at a later date and faces a maximum penalty of 30 years in federal prison.

By CBSDFW.com Staff

HYDERABAD

PHASE -IV (TLP No.02/2019/H)

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TLP No: 02/2019/H

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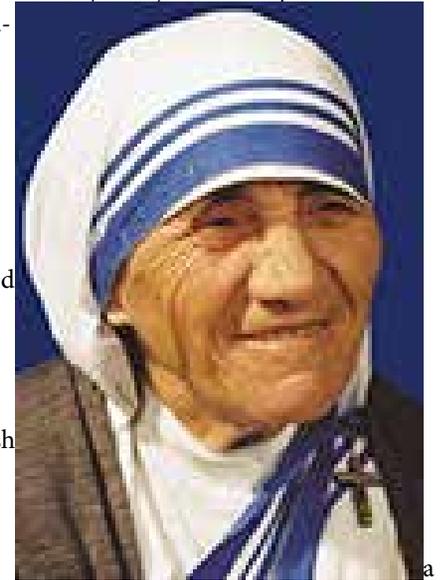
భూమిని నమ్ముకున్న వారు భాగ్యవంతులౌతారు...



Dr. Ashok Chakravarthy Tholana
Hyderabad city, Telangana State, INDIA

Mother Teresa

This luminous messenger of God's love was born on 26 August 1910 in Skopje, a city situated at the crossroads of Balkan history. The youngest of the children born to Nikola and Drana Bojaxhiu, she was baptised Gonxha Agnes, received her First Communion at the age of five and a half and was confirmed in November 1916. From the day of her First Holy Communion, a love for souls was within her. Her father's sudden death when Gonxha was about eight years old left the family in financial straits. Drana raised her children firmly and lovingly, greatly influencing her daughter's character and vocation. Gonxha's religious formation was further assisted by the vibrant Jesuit parish of the Sacred Heart in which she was much involved.



At the age of eighteen, moved by desire to become a missionary, Gonxha left her home in September 1928 to join the Institute of the Blessed Virgin Mary, known as the Sisters of Loreto, in Ireland. There she received the name Sister Mary Teresa after St. Thérèse of Lisieux. In December, she departed for India, arriving in Calcutta on 6 January 1929. After making her First Profession of

Vows in May 1931, Sister Teresa was assigned to the Loreto Entally community in Calcutta and taught at St. Mary's School for girls. On 24 May 1937, Sister Teresa made her Final Profession of Vows, becoming, as she said, the "spouse of Jesus" for "all eternity." From that time on she was called Mother Teresa. She continued teaching at St. Mary's and in 1944 became the school's principal. Mother Teresa was a person of profound prayer and deep love for her religious sisters and her students and her twenty years in Loreto were filled with remarkable happiness. Noted for her charity, unselfishness and courage, her capacity for hard work and a natural talent for organization, she lived out her consecration to Jesus, in the midst of her companions, with fidelity and joy.

On 10 September 1946 during the train ride from Calcutta to Darjeeling for her annual retreat, Mother Teresa received her "inspiration," her "call within a call." On that day, in a way she would never explain, Jesus' thirst for love and for souls took hold of her heart and the desire to satiate His thirst became the driving force of her life. Over the course of the next weeks and months, by means of interior locutions and visions, Jesus revealed to her the desire of His heart for "victims of love" who would "radiate His love on souls." "Come be My light," He begged her. "I cannot go alone." He revealed His pain at the neglect of the poor, His sorrow at their ignorance of Him and His longing for their love. He asked Mother Teresa to establish a religious community, Missionaries of Charity, dedicated to the service of the poorest of the poor. Nearly two years of testing and discernment passed before Mother Teresa received permission to begin. On August 17, 1948, she dressed for the first time in a white, blue-bordered sari and passed through the gates of her beloved Loreto convent to enter the world of the poor.

I KEEP CHASING ON
 (A poem to mark World Poetry Day 2021)

My keen fascination to write
 Worldly order that's not right
 With a bid to throw some light
 On the pathetic human plight
 Confers me the poetic insight
 For my pen to jot day and night
 On the voices of human fright
 To create an ambiance, upright.

With new thoughts, innovative
 With new concepts, creative
 With new themes, positive
 With new attitude, attentive
 My pen races to be ever-active
 To jot ever-new verses attractive
 With a harmonious motive
 To spread new peace initiatives.

Poetry that I deeply aspire to pen
 May please the hearts of someone;
 Aspiring for love between all humans
 I sow the poetic seeds of concern,
 One day I may see them fully grown
 In a mass or here and there strewn
 They may perhaps transform someone
 That's the goal, 'I keep chasing on'.

Dr. Ashok Chakravarthy Tholana // www.worldpeacepoetry.com



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IFTEKHAR SHAREEF PAGE



Thanks so much everyone for your kind dua's and prayers, my son Azhar is improving quiet rapidly. Thanks Syed Noor and M A Subhan for garlanding me on the good news of my son . Lovely lebanese dinner at their new suite at Park Hyatt. Also thanks Amir Mohammed commissioner RTI Govt of Telangana for joining the dinner.



Alhumdulillah Azhar Shareef s/o Iftekhar Shareef has improved 100% now with all Dua's from across the globe



Shamshabad community Policing schemes . Dedicated to my son Azhar Mohammed Shareef who is undergoing medical condition, I was Happy to sponsor CCTV cameras in Shamshabad including Prakash Nager , Kapugadda and surroundings . Asst Commissioner of Police Vemula Bhasker , inspector Vijay Kumar inaugurated the CCTV IP cameras at Iram Garden . Also present where Shamshabad Muncipalities Chairperson Ms Shushma Mahender Reddy , vice chairman Bandi Gopal , Mandal President Doodola Venkatesh Goud , Dr Prem Raj Yadav BJP , Rachamalla Siddeshwar ex Sarpunch, Syed Mohd Aslam Quadri ward member , Taj Baba Mohammed , Azheruddin , mukesh Patel , Mohammed Ashfaq Sharief , Nisar and others . Thanks Masood Khan of Etemaad for coordinating media .



super hit Ehtesham Quadri night at newly built spacious Kashish Palace, Airport road , Shamshabad. Night full of Sufi and Ghazals along with selected filmy by rockstar Ehtesham . Comedy by Akbar Bin Tabar , Shahbaz Khan (Noor Bhai) , Khairuddin Baig Jaani . Hundreds of fans enjoyed the night .

Nawab Mir Hamid Ali Khan Engr & Advisor at Asia Times got re-elected again as President of IAA, 2021 Chicago, IL
He has been the President continuously for the last 4 years



From Kader Sakkaria

As you head to the polls, think about which candidates are transparent about their values, who values inclusion and diversity, and who has demonstrated that they will be an independent vote on the board. If candidates focus only on their affiliations and not their values, then there is no guarantee they'll vote based on your shared values rather than bow to political pressure. If they do not talk about inclusion, then why believe they will change

once elected?

It is important to talk about endorsements, supporters, and coalitions, but the discussion cannot stop there. I have consistently, publicly talked about what matters to me, and why that conviction in an inclusive, equitable future for our children is stronger than anything. When choosing a candidate, make sure they're doing the same, so that they'll be an independent voice for our shared values, for inclusivity, for transparency, for real representation on the Board.

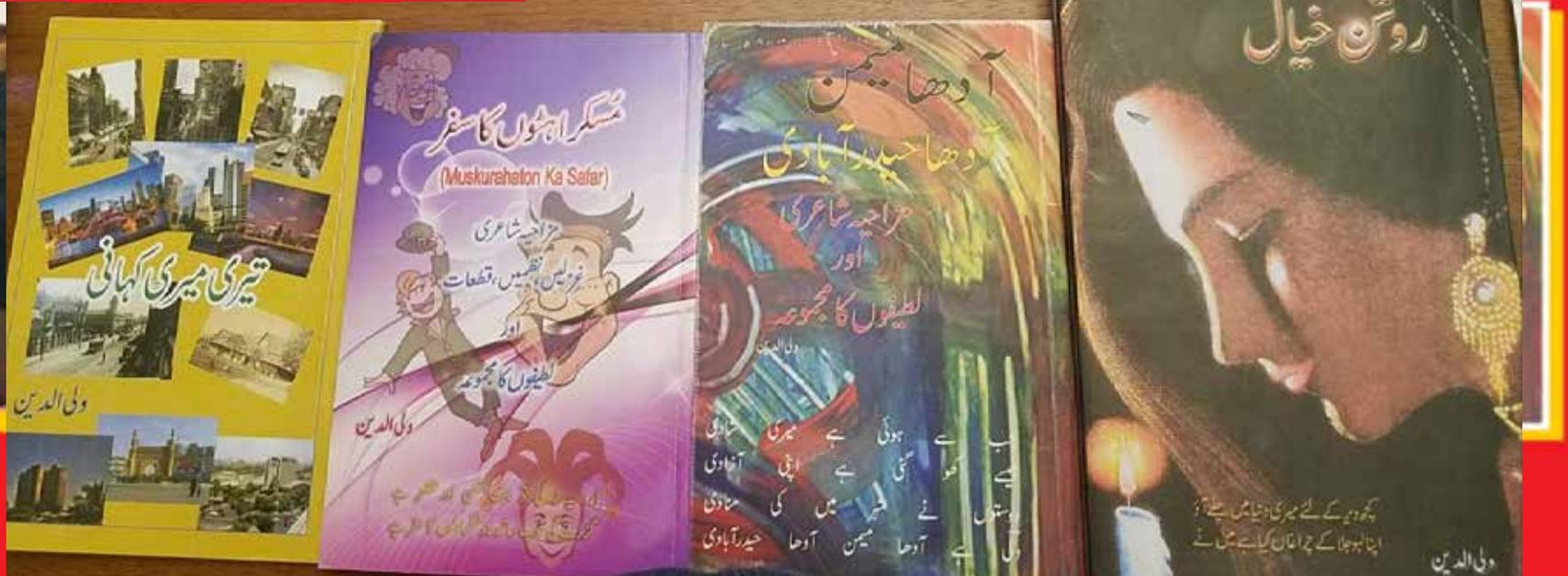


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Note: The proceeds from the sale of these books will go to the Welfare organizations.

Village of Lincolnwood community comes out in support of Jesal Patel in the Mayoral Race

Asian Media USA ©

Lincolnwood IL: A wave of excitement engulfed the Village of Lincolnwood since Jesal Patel declared his candidacy for the office of the Village Mayor. During the recent meet and greet held on March 25th, 2021 at Holiday Inn, Skokie, IL 60077, many prominent members of Lincolnwood wholeheartedly expressed their support for Jesal Patel. Some of the distinguished guests invited at the event were Minal Desai (Skokie Park District Commissioner), Susan Patel (President IADO (Indian American Democratic organization), Harendra Mangrola Past President IADO, Babu Patel (Marsha), Bhavesh Patel and Babu Patel (Saahil), Nick Patel (LA Tan), Kiraan Shah, Gautam Patel, Ashok Patel, Kishor Patel, J P Patel, PC Sha, Bharat Liwani and Karim and Hannah Lakhani.

Susan Patel steered the entire event and thanked everyone who came to support Jesal. Nick Patel talked about the great work that Jesal has done since 2007 and extended his support for him in the current election. The guests also talked about how, under the leadership of Jesal and the Lincolnwood Alliance Party, Lincolnwood has been better able to navigate the challenging times during covid-19 pandemic and has seen a robust economic period. A special mention was made about how Lincolnwood Alliance was able to secure the financing necessary to initiate the first phase of the 10-year infrastructure improvement program with zero property tax increases. It also supported public and private partnerships, and new TIF districts to help spur development in Lincolnwood.

Jesal reminisced about spending his childhood in the Village of Lincolnwood and expressed his love for the village. Jesal's father Babu Patel, who is a very well-known community leader, urged everyone to vote for Jesal to make Lincolnwood prosperous and a safe place to live. One of candidates for the office of trustee, Mohammed

Saleem also addressed the guests at the event. Saleem, a civil engineer by profession, aims at building bridges that bring people and community together. Saleem mentioned how he could use his expertise as a civil engineer towards revamping the roads, buildings and the overall infrastructure of the Village of Lincolnwood.

Lincolnwood Alliance candidates in the current elections are Jesal Patel for Mayor, Beryl Herman for Clerk, and three candidates Jean Ikezoe-Halevi, Grace Diaz Herrera, Mohammed Saleem for Trustees.

Jesal, for over 14 years, has proven his honesty and integrity through his work and community service. Being a finance graduate, he envisions a thriving Lincolnwood through smart planning by creating new business opportunities as well as employment opportunities. He has many years of experience as a small business owner behind him. His firsthand knowledge and experience as an entrepreneur help him understand how important it is to support small businesses so they can expand, create new jobs, and thrive in our community.

Jesal, during his address at the meet and greet, mentioned how his career has helped him understand the challenges faced by homeowners as well as business owners especially during the pandemic. Jesal's business, Patel Realty, has been serving the Village of Lincolnwood with its specialization in residential and retail real estate sales and investment for many years. Jesal has been a Trustee in Lincolnwood since 2007 and has served as Board liaison to multiple Village committees and boards.

The Lincolnwood Alliance team, under Jesal Patel's proven leadership, promises to build an inclusive and welcoming village through transparent governance by involving the Lincolnwood residents in the decision-making



process. One of the dreams of The Lincolnwood Alliance team is to create a welcoming and efficient atmosphere for all by providing first class customer service with its Service First Organization concept. Its emphasis on utilizing diversity on various committees and commissions aims to generate ideas and form visions for a prosperous village.

Jesal requested everyone to go for early voting which is at Oakton Community College 7701 N Lincoln Mon-Fri 9am - 5pm and on weekends 10am - 4pm through April 5th, 2021. Election Day is April 6 and voters can find their polling place at <https://www.cookcountyclerk.il.gov/service/your-voter-information>

The numbers on the ballot for the Lincolnwood Alliance Party are Jesal Patel for Mayor - #1, Beryl Herman for Clerk - #3, Jean Ikezoe-Halevi - #4, Grace Diaz Herrera - #5 and Mohammed Saleem - #6

Community ★ Accountability ★ Progress



Mohammed Saleem
for Trustee

Jean Ikezoe-Halevi
for Trustee

Beryl Herman
for Clerk

Jesal Patel
for Mayor

Grace Diaz Herrera
for Trustee

Asif Malik for Maine Township Trustee

Syed Ullah

Asif Malik is not a new face in the Chicagoland Community for Social service and Civic involvement. The longtime Illinois resident, who is running on a Democratic party platform. Currently is running for Maine Township Trustee. Born in Pakistan and immigrated to the United States in 2001. He made Des Plaines and Maine Township his home in 2006 and became a US citizen in 2011.



During an interview with Asif Malik. He said, "I have volunteered and served the community for over 20 years. If I Elected, I will bring my experience and the best skills to the Township board including finance, budgeting, planning and community engagement."

He further said, "I believe that Maine Township should be reflective and representative of the communities they serve, especially under looked communities like the unincorporated areas of the Township. I bring the most logical Improvement Project to the township Board. I will work hard to lower our tax burden, while improving our quality of service to residents."

"I will work to build strong partnerships with all the Township officials and community stakeholders". Malik continued.

Mr. Malik has a vast volunteer service within the Chicago community, including organizing numerous community cultural events to encourage youth and local Business. He is having experience as a project manager in a non-profit organization. Asif Malik holds degrees in Science and Agricultural Management. He currently serves as Traffic Manager for the Cook County Circuit Court. In-person early voting starts March 22 at Maine Township for the April 6 election.

Pakistan Resolution Day was celebrated in Chicago with great enthusiasm

Report Syed Khalil Ullah.

Pakistan Day was celebrated in high spirits on 20 March 2021 in the Chicago suburbs. A Small but Great function was organized by Pakistan Tehreek-e-Insaf Chicago, Illinois, which was attended by Illinois President Raja Yaqoob, General Secretary Mian Saqlain, Vice President Ali Bakhtiari, Treasurer Yasin Chauhan, Irtaza Hashmi and others. Pakistan Day, also known as Republic Day or Yaum-e-Pakistan in Urdu, is a national holiday in Pakistan, which is celebrated on March 23 every year, but in many places, it takes place one day before or one day after it.

In an interview with moderators Muhammad Yasin Chauhan and Mian Saqlain, they said, "Our organization provides an opportunity for talented Pakistani-American children born in the United States to pass the Pakistan Resolution to focus on Pakistan Day. Make it a memorable day of approval. It is our responsibility to inform the new generation about the objectives of the establishment of Pakistan and the Tehreek-e-Pakistan so that they can play their role in making Pakistan brighter and more developed in the future."

Main Saqlain was the emcee of the Program. The program began with the recitation of the Holy Quran followed by the translation by Raja Yaqoob. Both Pakistani and American national anthems were sung at the event. Dozens of children of all ages participated in the annual children's competition and a large crowd of community members gathered



Sharmin Shahjahan competing for the Hanover Park Trustees position

Report Syed Khalil Ullah.

The Hanover Park Board legislative body consists of six trustees, generally elected from the village. The general election of board members will be held on April 6th, 2021. Three trustees will be elected to four-year terms. Sharmin Shahjahan is running for Hanover Park Village Board trustee to reelect. This time she is running as an independent. She has already finished her first four-year term.



Five candidates were vying for three seats on the Village Board.

During an interview with Sharmin Shahjahan she said, "I am currently a Trustee and am running for re-election if I reelect this time, I will bring transparency through resident engagement, increase community partnerships to optimize every tax dollar and provide financial oversight."

Shahjahan continued, "I have been a member of the Hanover Park Community for 15 years. My two children attended school here in District U-46. I was appointed to the Village Board on November 3, 2016. I ran in the first election and won a full term on April 4, 2017. The last four years I was fiscally responsible, but also feel that the trustees act as a check and balance system to make sure that the taxpayer's money is used in a way to benefit all Hanover Park residents."

Shahjahan feels, "I am the first Asian American on the Hanover Park Village Board and worked hard to develop others in our community to expand our representation. I am a community voice on the board. I will be kept moving in the same way which I proved in the last four years and discuss issues that may be hard to address. We need to continue to balance our budget for the township. We should

be proactive about public safety for our residents. I will continue to work with the Township Board as works well as with residents and organizations to make sure our needs and requirements are met."

Past four years, I worked to close this gap by partnering with schools and community organizations. Listening to and learning from residents, businesses and community partners is the cornerstone of her tenure. Shahjahan continued.

Sharmin Shahjahan worked hard in the last term and earned the big trust of Hanover Park Village residents and businesses. Many residents believe She is a well-qualified candidate competing for the Hanover Park Trustees position. If she is elected again, she will make Hanover Park a very best place to live in the state, work and raise a family. She has a lengthy resume of service and volunteerism across many entities and organizations in Chicagoland.

Sharmin Shahjahan has been endorsed by State Senator Laura Murphy, Daily Herald, longtime State Representative Michelle Mussman, Principal Horizon Elementary Dr. Jennifer Schwardt, School District 20 Board Member Darletta Anderson and several others.

on Saturday, March 20, 2021, to recite the Qur'an, Nasheed, quiz. And speech contests. Pakistani American Children from the Chicago area and its suburbs took part in the celebration of Pakistan Day in Chicago. The event was held at the Dawat Banquet Hall in Lombard. The event was organized by the Chicago Chapter of the Pakistan Tehreek-e-Insaf. The Pakistani organization has been successfully hosting the event in Chicago for the past 20 years. This competition is one of the most popular in Chicago. The purpose of this program is to pay tribute to the national heroes and deliver speeches on the significance of the day.

Ali Bakhtiari was a keynote speaker of the event and he highlighted the purpose of the day. Ali Bakhtiari said, "that March 23 is the day of renewed commitment to the ideology of Pakistan. The ideology of Pakistan is the heritage of our greats and we will not give away from any kind of sacrifice to protect it. Addressing the function, Raja Yaqoob said that the entire nation is celebrating the day of renewal by uniting today. We should not forget the sacrifices of our extravagance."

All the children participated in the quiz session. Irtaza Hashmi asked more than 30 questions. Almost all the children won the prizes. The children who won the Holy Quran recitation competition, Syed Abdan Ullah first, Rayyan Malik second and Muhammad Shah Rose third. The winner of Naat (Nasheed) competition Muhammad Yaseen Chauhan came first, the winner of speech competition Haza Hashmi came first and Syed Abdan Ullah came Second, and Syed Hamdan Ullah came third. Guest attendance was limited due to the code-19. Most guests of this event were already Vaccinated for Covid-19.

Modi says India self-reliant on COVID-19 vaccines as 1 million inoculated

NEW DELHI (Reuters) - Prime Minister Narendra Modi said India was completely self-reliant on coronavirus vaccine supplies as the world's second-most populous country inoculated more than 1 million people within a week of starting its campaign. India began what the government calls the world's biggest vaccination programme, using two shots made locally: one licensed from Oxford University and AstraZeneca Plc, and another developed at home by Bharat Biotech in partnership with the state-run Indian Council of Medical Research.

"Our preparation has been such that vaccine is fast reaching every corner of the country," Modi said on a video call with healthcare workers.

"And on the world's biggest need today, we are completely self-reliant. Not just that, India is also helping out many countries with vaccines."

India, known as the pharmaceutical capital of the world, has gifted vaccines to neighbours and partners such as Bangladesh, Nepal, Bhutan, Seychelles, Mauritius and the Maldives. It is starting commercial shipments to Brazil and Morocco.

The U.S. State Department praised the Indian effort.

"We applaud India's role in global health, sharing millions of doses of COVID-19 vaccine in South Asia," it said on Twitter. "India's a true friend using its pharma to help the global community."

Earlier this week, the head of the World Health Organization urged countries and manufacturers to spread vaccines more fairly around the world, and warned that the world was on the brink of "catastrophic moral failure" if it did not do this.

FIRST MILLION VACCINATED

India's own vaccination drive kicked off with 30 million healthcare and other front-line workers first in the queue, followed by about 270 million people older than 50 or deemed at high-risk because of pre-existing medical conditions.

That puts 70-year-old Modi in the second category. He reiterated the sequence would be followed but no made reference to when exactly he would be vaccinated.

India, a country of 1.35 billion people, has so far reported 10.63 million COVID-19

cases - the highest after the United States - with 153,032 deaths.

The health ministry said India inoculated more people on its first day than the United States, Britain or France. Still, it has been urging more frontline workers to come forward to take the shots as only a handful of states have been able to meet their daily targets.

It said in a statement that 1.04 million people had received their first doses as of early Some doctors have expressed doubt about the Bharat Biotech vaccine, which was given approval for emergency use without efficacy data from late-stage clinical trials. The government says it is safe and effective.

Bharat Biotech said on Friday that 13,000 people participating in the late-stage trial of its COVAXIN had been given the second dose, which could help it soon get some idea about its efficacy. It began the late trial in November, completing registration of a total 25,800 participants by early January.



In the coming months, India is expected to approve two more vaccines, Russia's Sputnik V and Cadila Healthcare's ZyCov-D. India's focus on locally made shots could force companies such as Pfizer Inc to also look at producing in the country.

Krishna N. Das
The U.S. company was first to seek emergency use authorisation in India early last month, with plans to import the shots, but a top government vaccine official has told Reuters it will need to do a local trial first. The government has also requested the company to consider local production, like Russia has done.

Interesting food facts you didn't know about Ugadi and Gudi Padwa



This is the first day of the Chaitra month in the Hindu Lunisolar Calendar (the first month of the year). For people in Northern India, this day marks as the beginning of Navratri. But, do you know what it is called in South? Across Maharashtra, the day is known as Gudi Padwa and the Telugu people celebrate the New Year with Ugadi. The most beautiful and interesting thing about all the regions is, they celebrate the day with traditional foods and rituals. Here are some interesting food facts associated with Ugadi and Gudi Padwa that you probably did not know:

1. They both are harvest festivals of their

respective regions. The day signifies the end of one season and the beginning of another. During this period rabi crop is just harvested and the market prepares itself for mangoes.

2. The day is celebrated as Navreh by Kashmiri Pandits, Cheti Chand by Sindhis and Sajibu Nongma Panba Cheiraoba in Manipur.

3. In many Maharashtrian families, the day begins with the preparation of traditional dishes like Shrikhand and Puran Poli.

4. On the auspicious occasion of Ugadi, an interesting and healthy concoction of six ingredients is made. If experts are to be



believed, each ingredient symbolizes an emotion and is to be

consumed by the family members. These ingredients and emotions are neem buds/flowers (sadness), jaggery (happiness), green chilli (anger), salt (fear), tamarind (disgust) and unripened mango (surprise).

5. In Andhra Pradesh, the day is celebrated with a stuffed paratha-type dish that is called Bobbattu. It's a traditional flatbread recipe made with refined flour, chana dal, sugar, sooji, cardamom, salt, turmeric and oil. It is called Obbattu or Holigein Karnataka. It is eaten topped with ghee or milk or even coconut milk.

6. On this auspicious day, people in the

Konkani region of the country prepare Kanangachi Kheer. Apart from this, they also consume boiled sweet potato, coconut milk, rice flour and jaggery in varied forms.

7. In rural parts of Maharashtra, there is a ritual of making a gudi (doll) on this day. The doll is made with a bamboo stick, neem and mango leaves, red garland, with an inverted copper or silver pot for a face. After the rituals are done, the doll is placed outside the main door, for others to see.

By - TIMESOFINDIA.COM

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MATRIMONY DesiMubarakRishte.Com

Beard: No
 Age: 28
 Height: 5.10
 Education:BS biomedical engineer studying MS from iverly league school UPENN
 Profession:Data analyst/ Manager in major pharma firm
 Residence: New Jersey USA
 Legal Status: Born USA citizen
 Marital status: never married
 Religious Sect:Sunni Muslim
 Language: Tamil and English
 Ethnicity: South Indian
 Family: father top executive from Tamil Nadu, mother Hr professional, brother medical doctor and sister studying 2 Nd year BS.

LOOKING FOR: MALE / FEMALE
 Hijabi / Beard: Open for both
 Age: 28 and below
 Height:5-5.10
 Education:BS minimum
 Profession: open
 Residence: USA, UK, Canada
 Legal Status:any
 Marital Status:never married
 Religious Sect: muslim
 Ethnicity: prefer South Indian from Tamil Nadu but open to see other state in south India living in USA, UK and canada
 Contact:732-221-1611
 WhatsApp #732-221-1611

Male
 Beard: Yes
 Age: 25
 Height: 6'1"
 Education: Pursuing dual degree MBA/ MHA
 Profession: Project manager
 Residence: Houston, TX
 Legal Status: Citizen
 Marital status: Single
 Religious Sect: Sunni
 Language: Urdu
 Ethnicity: Indian Muslim
 Family: Parents and 1 older brother only.

LOOKING FOR: FEMALE
 Hijabi: Optional
 Age: Between 22 and 24 years
 Height: Between 5'4"to 5'9"
 Education: Any medical/ para medical field
 Profession: Any in Health industry
 Residence: Anywhere in USA
 Legal Status: Any
 Marital Status: Never married single
 Religious Sect: Sunni Muslim
 Ethnicity: Urdu speaking Indian/ Pakistani
 WhatsApp # (205) 567-6126

Name: MS
 Age: 28
 Gender: Male
 Height: 5' 5"
 Marital Status: Never Married
 Residence: California, USA
 Education: M.Sc Graduate from USA
 Profession: IT Professional
 Legal Status: H-1B(GC in process)
 Religious belief: Sunni
 Ethnicity: Indian(Hyd)
 Language: Urdu, English, Hindi

LOOKING FOR: Practicing Muslima who have well balanced in between deen and duniya, honest and with family values.
 Age: <30
 Height:5.0-5.6
 Marital Status: Never Married
 Education: Any
 Profession: Any
 Religion: Sunni
 Ethnicity/Legal Status:
 Indian - (USA GC/Citizen)/ Born abroad/ Gulf
 Pakistani - (USA GC/Citizen)
 Contact : +1 (361)228-3059

Male
 Beard: No
 Age: 27 yrs
 Height: 5'8"
 Education:Masters in Mechanical Engineering (Residing in USA since 6 years)
 Profession:Production Engineer
 Residence: New Jersey, USA
 Legal Status: H1 B Visa
 Marital status: Never Married
 Religious Sect: Sunni Muslim
 Language: Urdu, Telugu,English,Hindi
 Ethnicity: Andhra Pradesh,India
 Family: Parents are in India

LOOKING FOR: FEMALE
 Hijabi: No
 Age: 24 to 27Yrs
 Height: 5'4"
 Education:Bachelors or Masters
 Profession: Any
 Residence: USA
 Legal Status: US Citizen
 Marital Status: Never Married
 Religious Sect: Sunni Muslim
 Ethnicity: Andhra Pradesh, India
 Contact:
 WhatsApp :+1 (205) 567-6126

[12:59 PM, 2/27/2021] +1 (205) 567-6126:
 Name: Md Rahman
 Year of Birth: 1992
 Marital Status: Never Married
 Height: 5' 8"

Religion: Islam- Sunni

Present Address/Settled: Dallas, Texas

Home Address: Manikganj, Bangladesh (Born in Manikganj and raised in Dhaka & New York)

Education: Pursuing Executive MS in Information Systems

Employment History:
 Currently working as a Data Engineer

Family details:
 Father: Passed Away, (Former High School & College Teacher)
 Mother: Senior Primary School Teacher

Siblings: None

Expectations from the Bride:
 Should be well-educated and a practicing Muslim.

[12:59 PM, 2/27/2021] +1 (205) 567-6126:
 Contact Admin 2055676126 whatsapp

Male
 Beard: No
 Age: 25
 Height: 5'11
 D.O.B.:22-04-1995
 Marital status: never married
 Legal Status: Indian
 Residence: Hyderabad, India
 Education: M.B.A
 Profession: own school
 Maslak Sect: sunni muslim
 Do you go to dargah: NO
 Religious Sect: Hanafi
 Language: Urdu, English
 Family info: Parents, One brother & one sister

LOOKING FOR: FEMALE
 Hijabi : Yes
 Age: 20-23
 Height: 5'3-5'5
 Marital Status:never married
 Legal Status: Indian/ Canadian
 Residence: India / Canada
 Education: any professional graduate
 Profession:
 Religious Sect: Sunni Muslim
 Contact:+91 6309714861
 Whats App #6309714861

Male
 Beard:yes
 Date of birth:15 August1990
 Height: 5' 10
 Education:MBBS,pursuing MS in health care administration
 Profession:student
 Residence: US West Virginia
 Legal Status: GC EAD
 Marital status: never married
 Religious Sect:sunni muslim
 Language: English, urdu,
 Ethnicity: Indian Hyderabad
 Family: parents and 2 sisters

LOOKING FOR: FEMALE
 Hijabi / Yes
 Age: 25 yrs
 Height:5'5
 Education:any professional graduate
 Profession:
 Residence:
 Legal Status:Citizen, Green card
 Marital Status:Never Married
 Religious Sect:sunni muslim
 Ethnicity: Indian,pakistani
 Contact:4692160645
 WhatsApp #4692160645

"Maryland USA"
 He will visit US soon (Insha Allah)
 Male
 Beard: Yes, short
 Age: 27
 Height: 5'11
 Education: Hafiz e Quran and pursuing Masters in Computer Science Engineering (UK) working at Gatwick Airport in UK(as customer service associate)
 Profession: IT
 Residence: London
 Like to settle in Maryland, US
 Legal Status: Multiple visit visa (USA)
 Marital status: Never Married
 Religious Sect: Sunni, Muslim
 Language: Urdu, Hindi, English
 Ethnicity: Hyd, Indian
 Family: Parents US Permanent resident, 1 sister married, education Masters in Information Technology, US Citizen,
 Family reside in Baltimore, Maryland.
 Boy also like to move to Baltimore, MD.

LOOKING FOR: FEMALE
 Hijabi: Yes
 Age: 18-27
 Height: 5'2 - 5'10
 Education: Graduate
 Profession: Any
 Residence: US
 Legal Status: PR/Citizen
 Marital Status:Never married
 Religious Sect: Sunni, Muslim
 Darga, etc : No
 Ethnicity: Indian/Pakistani
 Contact: 443-985-8481
 WhatsApp # 443-985-7800

INTERNATIONAL PAGES

Desi Mubarak Rishte

A Premier Online Platform Created with the Sole Purpose to Help People Find the Perfect Life Partner Where A Journey to Blessings, Love & Happiness Begins...

MATRIMONY DesiMubarakRishte.Com

Hijabi: Yes
 Age: 24
 Height: 5.2
 Education:M.B.A
 Profession:
 Residence: Hyd, India
 Legal Status: Indian citizen
 Marital status: never Married
 Religious Sect:Sunni
 Language: Urdu, English
 Ethnicity: hyderabad, india
 Family: Parents and 5 elder brothers
 1)M.B.A Accounting Manager in Hyderabad
 2)M.B.A Auditor in SaudiArabia
 3)B.E, Software Engineer in U.S.A
 4)BPT, Applied for M.S in U.S.A
 5)B.E , Studing M.SIn Canadian University
LOOKING FOR: MALE
 Beard: Any
 Age: less than 32
 Height: 5.4 and above
 Education:Any
 Profession:Any
 Residence: Any
 Legal Status: Any
 Marital Status:never Married
 Religious Sect:Sunni
 Ethnicity: Hyd, Indian
 Contact:+91 81431 74190 WhatsApp #+91 81431 74190

FEMALE
 Hijabi : Yes
 Age: 26 years
 Height: 5'3
 Education:B.Pharmacy
 Profession: Quality Auditor working in MNC at Hyderabad.
 Residence: Miami, Florida
 Legal Status: US B1/B2
 Marital status: Unmarried
 Religious Sect: Sunni Muslim
 Language: English,Urdu,Hindi
 Ethnicity: Indian,Hyderabadi
 Family: Father,Mother,Elder brother (Married residing in Miami), Elder sister (Married)
LOOKING FOR: MALE
 Beard: Flexible
 Age: 28-31 years
 Height: 5'5 and above
 Education: Any Professional Graduate or Masters
 Profession: Any decent profession
 Residence:USA,Canada.
 Legal Status: H1B, Green Card,US Citizen or Canada PR holders
 Marital Status:Unmarried
 Religious Sect: Sunni Muslim
 Ethnicity: Indian,Hyderabadi
 Contact#: +1 (786) 664-8878 (Father)
 Watsapp #: +1 (205) 567-6126

FEMALE
 Hijabi: Yes
 Age: 24
 Height: 5.2
 Education:M.B.A
 Profession:
 Residence: Hyd, India
 Legal Status: Indian citizen
 Marital status: never Married
 Religious Sect:Sunni
 Language: Urdu, English
 Ethnicity: hyderabad, india
 Family: Parents and 5 elder brothers
 1)M.B.A Accounting Manager in Hyderabad
 2)M.B.A Auditor in SaudiArabia
 3)B.E, Software Engineer in U.S.A
 4)BPT, Applied for M.S in U.S.A
 5)B.E , Studing M.SIn Canadian University
LOOKING FOR: MALE
 Beard: Any
 Age: less than 32
 Height: 5.4 and above
 Education:Any
 Profession:Any
 Residence: Any
 Legal Status: Any
 Marital Status:never Married
 Religious Sect:Sunni
 Ethnicity: Hyd, Indian
 Contact:+91 81431 74190 WhatsApp #+91 81431 74190

FEMALE
 Hijabi : no but prays 5 times mashallah
 Age: 33
 Height: 5 ft 5 in
 Education: doctor
 Profession: MD complete doctor
 Residence: texas
 Legal Status: US citizen
 Marital status: never married
 Religious Sect: Sunni Muslim
 Language: Urdu and English
 Ethnicity: pakistani
 Family: parents retired/1 sister married
LOOKING FOR: MALE usa only
 Age: 33- 38
 Education: doctor, dentist, surgeon or law
 Profession doctor, dentist, surgeon or law
 Residence: USA
 Legal Status: greencard, us citizen only
 Marital Status:never married
 Religious Sect: Sunni Muslim
 Ethnicity: pakistani
 Contact:
 516 360 7652 Seema or 915 267 7417

FEMALE
 Hijab: No
 Age: 24
 Height: 5'3
 Marital status: Never married
 Legal Status: Citizen
 Residence: Mississauga
 Education: MD / Doctor of Medicine 2nd year
 Profession: 2nd yea student
 Legal Status: Citizen
 Marital status: Never married
 Ethnicity: South Indian
 Religious Sect: Sunni
 Father: MTech -Professor
 Mother: M.Sc.-Professor
 Language: English, Urdu, Hindi, Tamil
 Hobbies: Reading, Travelling, Socializing with Family and friends,
LOOKING FOR: Male
 Age: 25 to 27
 Height: 5'3 and above
 Residence: Canada
 Education: Preferably MD, MS, ME, BE, BDS, CPA
 Profession: Preferably Doctors, Dentists, CA, Engineers
 Legal Status: Citizen, born here or have come at a young age preferred
 Marital Status: Never Married
 Religious Sect: Sunni
 Ethnicity: Indian or Pakistani Must have a good balance of deen and dunya.
 OMG 289 505 1555

FEMALE N.B
 Hijabi /No
 Age: 29
 Height: 5'5
 Education:Bachelors Degree in Business adminstartion and management
 Profession:Human Resource Assistant
 Residence: New Jersey Woodbridge
 Legal Status: US citizen
 Marital status: Single
 Religious Sect: Sunni (Arain)
 Language: Urdu,Punjabi, English
 Ethnicity: Pakistani
 Family: Parents and 2 brothers , 1 sister (married)
LOOKING FOR: MALE
 Beard: yes an short one
 Age: 29-33
 Height:5'6-6'0
 Education:Bachelors or Masters Degree
 Profession:Any descent profession
 Residence: USA or Canada prefer Tristate area or nearby states...
 Legal Status:Us citizens or Greencard holder
 Marital Status:Single
 Religious Sect:Sunni
 Ethnicity:Pakistani
 Contact:Mother
 Watsapp # 631 951 8824

Hijabi: Yes
 Name: Z.Ahmad
 Age: 26
 Height: 5'2"
 Residence : Brampton, ON Canada
 Education: Bachelor of Arts - UTM Distinction Rank 98% (Grad High School ISNA CA)
 Profession: Intern Business Analyst at Burlington Ministry of Planning
 Legal Status: Yes
 Marital status : Never Married & Single
 Ethnicity: Pakistani (Karachi)
 Born: British
 Religious Sect: Sunni
 Dargah/Mazaar: No
 Parents - Parents reside in Brampton, ON
 Elder Brother (un-married) - Working as Digital Marketing Manager and Final Year Student in College for BBA HR
 Two Sisters (un-married) - Both Students, at UTM 3rd year & Youngest in Grade 7
 Languages: English, Urdu
 Hobbies: Tajweed Quran, G2 Driving, Reading, Cooking, Podcasts, Movies, Banking & Sweets, Handy-person...
LOOKING FOR SUITABLE: Groom
 Age : 27 - 31+ yrsHeight: 5'3"+
 Residence: Canada or UK (NO USA please)
 Education: Bachelors/Masters/Doctor/Engr/Lawyer/Academia/Business
 Profession: Gainfully employed/business/Professional practice
 Legal Status: Canadian/British Citizen/PR
 Marital Status: Single (Never Married)
 Religious Sect: Sunni
 Mazar/Dargah: No
 Ethnicity: Pakistani with Canadian / British
 Serious prospects only please, Respond with Profile/Biodata and Pictures
 JazākAllāhū Khairan
 +1-647-936-9040

FEMALE
 Name: AS
 Hijabi : Yes (Performed Umrah Alhamdulillah)
 Age: 29
 Height: 5' 3"
 Marital status: Unmarried
 Legal Status: Indian
 Residence: Mehdipatnam
 Education: B.E (CS)
 Profession: Software Engineer at Infosys (working to keep herself busy, post marriage job is optional)
 About her : She is an easy going person having positive attitude towards life, she is simple, friendly likes reading/browsing, spending time with family/friends, enjoys sightseeing. Performs salah and likes to attend Islamic lectures as well.
 Maslak Sect: Sunni Hanafi
 Dargah: Gents goes
 Language: Urdu, English
 Family info:
 Father: Govt Job holder
 1 Sis: Bsc, Bed
 1 Brother: Bcom (Mcom)
LOOKING FOR: MALE
 Beard: Not compulsory as it's sunnah
 Age: >=30
 Height: 5' 3 to 6
 Marital Status: Unmarried
 Legal Status: Anything
 Residence: Hyderabad/ Gulbarga/ Bangalore
 Education: BTech/ Mtech/MBA/ any working professional
 Religious Sect: Sunni Hanafi
 +91-9886560231

INTERNATIONAL PAGES



CDC Issues First Set of Guidelines on How Fully Vaccinated People Can Visit Safely with Others

The Centers for Disease Control and Prevention (CDC) issued its first set of recommendations on activities that people who are fully vaccinated against COVID-19 can safely resume.

The new guidance—which is based on the latest science — includes recommendations for how and when a fully vaccinated individual can visit with other people who are fully vaccinated and with other people who are not vaccinated. This guidance represents a first step toward returning to everyday activities in our communities. CDC will update these recommendations as more people are vaccinated, rates of COVID-19 in the community change, and additional scientific evidence becomes available.

“We know that people want to get vaccinated so they can get back to doing the things they enjoy with the people they love,” said CDC Director Rochelle P. Walensky, MD, MPH. “There are some activities that fully vaccinated people can begin to resume now in their own homes. Everyone – even those who are vaccinated – should continue with all mitigation strategies when in public settings. As the

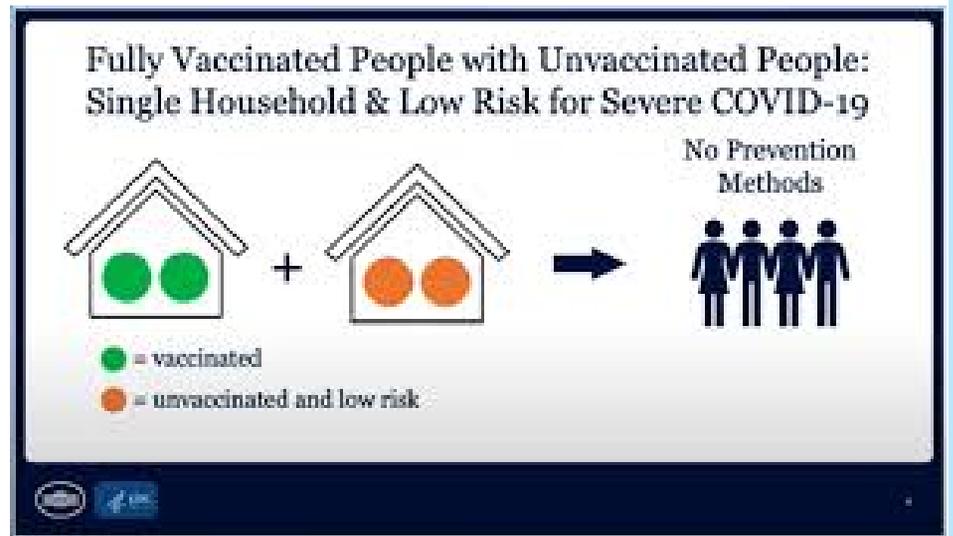
science evolves and more people get vaccinated, we will continue to provide more guidance to help fully vaccinated people safely resume more activities.”

Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.
Visit with unvaccinated people from one other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.

Refrain from quarantine and testing if they do not have symptoms of COVID-19 after contact with someone who has COVID-19.

A person is considered fully vaccinated two weeks after receiving the last required dose of vaccine. Although vaccinations are accelerating, CDC estimates that just 9.2% of the U.S. population has been fully vaccinated with a COVID-19 vaccine that the FDA has authorized for emergency use.

While the new guidance is a positive step, the vast majority of people need to be fully vaccinated before COVID-19 precautions can be lifted broadly. Until then, it is important that everyone continues to adhere



to public health mitigation measures to protect the large number of people who remain unvaccinated.

CDC recommends that fully vaccinated people continue to take these COVID-19 precautions when in public, when visiting with unvaccinated people from multiple other households, and when around unvaccinated people who are at high risk of getting severely ill from COVID-19:

Wear a well-fitted mask.

- Stay at least 6 feet from people you do not live with.
- Avoid medium- and large-sized in-person gatherings.
- Get tested if experiencing COVID-19 symptoms.
- Follow guidance issued by individual employers.
- Follow CDC and health department travel requirements and recommendations.
- CDC has released resources to help people make informed decisions when they are fully vaccinated.

Safety of COVID-19 Vaccines

What you need to know COVID-19 vaccines are safe and effective.

Millions of people in the United States have received COVID-19 vaccines under the most intense safety monitoring in U.S. history.

CDC recommends you get a COVID-19 vaccine as soon as you are eligible.

Millions of people have safely received a COVID-19 vaccine

Over 76 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through March 1, 2021.

COVID-19 vaccines are safe and effective. COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met FDA’s rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization (EUA). Learn more about EUAs in this videoexternal icon.

Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

Results are reassuring

Results from monitoring efforts are reassuring. Some people have no side effects. Many people have reported mild side effects after COVID-19 vaccination, like

pain or swelling at the injection site, a headache, chills, or fever.

These reactions are common. A small number of people have had a severe allergic reaction (called “anaphylaxis”) after vaccination, but this is extremely rare. If this occurs, vaccination providers have medicines available to effectively and immediately treat the reaction.

After you get a COVID-19 vaccine, you will be asked to stay for 15–30 minutes so you can be observed in case you have a severe allergic reaction and provided treatment in the rare case it is needed.

Help protect yourself and others by getting vaccinated

COVID-19 vaccination and following CDC recommendations on wearing masks and social distancing are the best ways to protect against COVID-19 illness. CDC recommends you get vaccinated for COVID-19 as soon as you are eligible.

CDC, FDA, and other federal partners



The infographic details the three phases of vaccine testing. Phase I involves a small group of healthy volunteers. Phase II involves a larger group of people. Phase III involves thousands of people. It also notes that the FDA reviews vaccine safety data for two months after emergency use authorization.

will continue to monitor the safety of COVID-19 vaccines as they continue to become more broadly used in the population.

10% GDP growth? The U.S. economy is on fire, and is about to get stoked even more

Economic growth in the first quarter could hit 10%, according to a Federal Reserve tracker.

That comes with Congress poised to spend another \$1.9 trillion to address various areas.

Manufacturing is at its highest level since 2018, with prices rising and inventories choked.

Employment remains the main weak spot, though some encouraging signs are emerging.

The U.S. economy has roared back to life in 2021, with first-quarter growth set to defy even the rosiest expectations as another fresh influx of cash looms.

Manufacturing data showed the sector at its highest growth level since August 2018. That report from the Institute for Supply Management in turn helped confirm the notion among economists that output to start the year is far better than the low single-digit growth many had been predicting in late 2020.

The Atlanta Federal Reserve, which tracks data in real time to estimate changes in gross domestic product, now is indicating a 10% gain for the first three months of the year. The GDPNow tool generally is volatile early in the quarter then becomes more accurate as the data rolls in through the period.

That comes on the heels of a report Friday showing that personal income surged 10% in January, thanks largely to \$600 stimulus checks from the government. Household wealth increased nearly \$2 trillion for the month while spending rose just 2.4%, or \$340.9 billion.

Those numbers, along with a burst of nearly \$4 trillion in savings, pointed to an economy not only growing powerfully but also one that is poised to continue that path through the year.

“The V-shaped recovery in real GDP will remain V-shaped during the first half of this year and probably through the end of the year,” Ed Yardeni of Yardeni Research wrote in his daily note Tuesday. “However, it will no longer be a ‘recovery’ beyond Q1 because real GDP will have fully recovered during the current quarter. Thereafter, GDP will be in an ‘expansion’ in record-high territory.”

Economists previously hadn’t expected the \$21.5 trillion U.S. economy to regain its pandemic-related losses until at least the second or third quarter of this year, if not later.

But a combination of systematic

resilience combined with previously unimaginable doses of fiscal and monetary stimulus have helped speed the recovery along considerably. The final quarter of 2020, in which GDP increased 4.1%, left the total of goods and services produced just \$270 billion shy of the same period a year previous, before Covid-19 struck.

“With strong federal fiscal support and continued progress on vaccination, GDP growth this year could be the strongest we’ve seen in decades,” New York Federal Reserve President John Williams said in a speech last week.

In fact, questions persist about whether the \$1.9 trillion spending plan from the Biden administration is necessary, at least to that magnitude. An economy poised to show its fastest annual growth pace since at least 1984 doesn’t seem like a very good candidate for more spending at a time when the federal government already is expected to run a \$2.3 trillion budget deficit this year.

Respondents to the ISM report indicated soaring prices and trouble with supply chains, with one manager in electrical equipment, appliances and components noting: “Things are now out of control. Everything is a mess, and we are seeing wide-scale shortages.”

Markets have worried lately that overheated growth could generate inflation, particularly with the Federal Reserve continuing to keep its foot on the policy pedal.

“Too much of a good thing is often just too much,” Yardeni wrote. “The economy is hot and will get hotter with the bonfire of the fiscal and monetary insanities.”

A major area of weakness To be sure, frailties remain in the economy. Paramount among them is the gap in employment, particularly in the services sector.

As of January, there were 8.6 million fewer employed than there were a year ago, just before the pandemic began threatening the U.S., according to the Bureau of Labor Statistics. About 4.3 million Americans have left the labor force in that time.

Despite a drop in the headline unemployment rate from a pandemic high of 14.8% to 6.3%, employment in the hospitality sector has fallen by more than 3.8 million from a year ago, and the jobless rate for the industry is stuck



at 15.9%, fully 10 percentage points higher than January 2020.

“The most glaring issue with where we stand now has to be the labor market. We still have [nearly] 10 million jobs which are just simply missing,” said Troy Ludtka, U.S. economist at Natixis. “You’re going to see a situation in the coming years, looking back to this moment, where official statistics on things like food insecurity, poverty and inequality are going to reach generational highs.”

However, Ludtka sees promise ahead, thanks in part to measures taken to address the ills of the current era.

“The good news is that we are very quickly rebounding, and that is a sign of great promise,” he said. “We’re going to see an economy back to pre-pandemic levels of output, we’re going to see a situation in which unnecessary economic insecurity is mitigated.”

There’s even some better news coming out of the jobs market, which despite the gaps that remain has recovered nearly 12.5 million nonfarm payroll jobs since the recovery began in May 2020.

For one, job postings are on the rebound. Employment network Indeed reports that listings through Feb. 12 were up a seasonally adjusted 3.9% from Feb. 1, 2020, which it uses as the pre-Covid baseline. In early May 2020, postings lagged the baseline by 39%.

Economists are counting on pent-up demand that vaccinations and falling coronavirus numbers will bring to drive job growth. Nonfarm payrolls for February are expected to show a gain of 210,000 when the BLS reports the numbers Friday.

Questions of demand

“You’re going to see the growth rates in the middle of the year probably close to 9%. That’s how strong the reopening of the U.S. economy will be vis-a-vis the release of pent-up demand by the household sector,” said Joseph Brusuelas, chief economist at RSM. “I don’t expect the pent-up demand to all be released this year. I’m expecting it to take about two years to do that, primarily because households will be somewhat cautious about the release of cash.”

Indeed, the extent to which Americans in lockdown states will come rushing outside their homes when restrictions are lifted is a matter of debate.

Spending on the services part of the economy “is just a different animal” than spending on goods that has boomed during the pandemic, said Liz Ann Sonders, chief investment strategist at Charles Schwab.

“The whole pent-up demand is overrated, at least on the goods side of the economy. If anything, we’re going to have pent-down demand on the goods side,” Sonders said. “On the services side ... it doesn’t persist for an extended period of time. If you miss four vacations, you take one.”

Still, as the economic data continues to defy Wall Street estimates – to an extent unseen in pre-pandemic times – the expectations are growing that the risk to growth is clearly on the upside.

Michelle Meyer, U.S. economist at Bank of America Global Research, said consumers showed tremendous resilience through the crisis that should carry over into 2021, particularly with more stimulus coming.

“The important factor will be to get past the virus,” Meyer said. “All else equal, the economy is on a pretty strong foundation.”

Report: Biden mulls appointing first-ever Muslim federal judge

The Biden administration is considering naming Washington, D.C., attorney Abid Riaz Qureshi to U.S. District Court for the District of Columbia, according to media reports. If confirmed by the Senate, Qureshi would be the first Muslim to become a federal judge.

According to BuzzFeed News, the Biden administration has ordered the FBI to vet Qureshi, who was previously nominated for a district court seat by then-President Barack Obama in 2016.

Qureshi is a partner at Latham & Watkins, a global law firm, and has built his career around health care fraud, securities violations and other cases in the public interest. According to the

Latham & Watkins website, he “has particular facility with managing large multi-faceted investigations on behalf of international companies, drawing on experience investigating two of the largest healthcare fraud cases in the country.”

Qureshi has provided pro bono legal advice to a number of immigrants’ rights groups and the Muslim Alliance. He also received the Impact Award from the Capital Area Muslim Bar Association at a Ramadan event in 2018.

RELATED: Biden needs to restore Obama rule for faith-based organizations

President Obama nominated Qureshi

to D.C.’s U.S. District Court in September of 2016 to fill a seat vacated by Judge Rosemary M. Collyer, but the nomination was not acted on by the Senate with the end of that congressional session in January 2017.

Qureshi’s appointment would mark a historic step forward for Muslim representation in the American judicial system. Earlier this year, the influential Harvard Law Review appointed its first Muslim president since the journal was founded in 1887.

RNS NEWS

By Joseph Hammond



15,000-year-old Idaho archaeology site now among America’s oldest

One of the oldest archaeological sites in the Americas has been discovered in western Idaho, according to a study published today in the journal *Science*.

Radiocarbon dates show that people were creating tools and butchering animals in Cooper’s Ferry between 15,000 and 16,000 years ago, making Cooper’s Ferry a rare and important addition to the handful of archaeological sites that are upending the traditional theory of the peopling of the Americas.

Until a couple decades ago, Clovis stone tools, which are generally about 13,000 years old, were considered to be the first human technology in the Americas. As part of the “Clovis-first” hypothesis, most researchers believed that the people who made these tools first entered North America on foot from Asia by crossing Beringia, the stretch of land that once connected Siberia and Alaska, and traveling down an ice-free corridor that opened up when massive ice sheets that once covered the interior of North America began to retreat roughly 14,000 years ago. That’s how the story went—until researchers started finding artifacts older than Clovis across the Americas.

Though dozens of sites claim to be what archaeologists call “pre-Clovis,” Donald Grayson, archaeologist and emeritus professor at the University of Washington, believes that to date only a handful are accurately dated, including Monte Verde in Chile (about 14,500 years old), the Friedkin and Gault sites in Texas (15,500 years and 16,000 years old, respectively), and the Paisley Caves site in Oregon (about 14,000 years old). But even Grayson, who admits he has a relatively “hard-nosed” view, would now include Cooper’s Ferry in his short list.

“Cooper’s Ferry, to me, is a totally convincing pre-Clovis site,” says Grayson, who

was not involved in the new study.

Todd Braje, an archaeologist at San Diego State University who reviewed the *Science* paper, similarly said the site is further evidence that “the Clovis-first model is no longer viable.”

“Older and older and older”

At the bottom of a canyon near a bend in the lower Salmon River, Cooper’s Ferry is an idyllic spot with hot summers and cold winters. The Niimiipuu (Nez Perce) indigenous people referred to this site as an ancient village called Nipéhe.

Archaeologist Loren Davis, a professor at Oregon State University in Corvallis and lead author of the *Science* report, first excavated at Cooper’s Ferry in the 1997 as part of his PhD dissertation. He found a cache of stone points, known as western stemmed points, that could have been fixed to the handle of a spear or another weapon or tool. Radiocarbon dates of bone and charcoal that were buried in the same small pit suggested these tools were up to 13,300 years old.

Davis returned about ten years later to lead a more extensive exploration of Cooper’s Ferry because he still had some lingering questions. Namely, Davis wanted to know if the tools he found in the 1990s were older than tools in the Clovis tradition. Over the last decade of excavation, Davis and his team found evidence of heat-cracked rocks from ancient campfires, workspaces for making and repairing tools, butchering sites, and fragments of animal bone. Last year Davis’ team sent a sample of charcoal from a hearth for radiocarbon testing and was surprised that it was in the 14,000-year-old age range. To confirm those results, more samples of material from Cooper’s Ferry were tested.

“Our results just kept on coming in older and older and older,” Davis says. The deep-



est layer of artifact-filled sediment at the site had an age range of about 15,000 to 16,000 years old. “I just never had thought that the site was going to be this old.”

An “off-ramp” into the Americas

The old age of Cooper’s Ferry is another piece of proof that people were already south of the ice sheets that once covered North America before an ice-free corridor opened up about 14,000 years ago. Davis and his colleagues think their findings offer support for a theory that’s been gaining popularity among archaeologists: That the first people to see the American continents were seafarers who paddled to the Pacific Coast.

“The most parsimonious explanation we think is that people came down the Pacific Coast, and as they encountered the mouth of the Columbia River, they essentially found an off-ramp from this coastal migration and also found their first viable interior route to the areas that are south of the ice sheet,” Davis says.

The western stemmed points found at Cooper’s Ferry may be among the oldest found in the Americas, and they might be evidence that this tool-making technology

developed before Clovis.

“These new finds cement the fact that stemmed point technology represents the earliest [technology] in the Americas,” says Charlotte Beck, an emeritus professor of archaeology at Hamilton College in New York.

In the study, Davis and his colleagues noted similarities between the tools they discovered and artifacts that were made 16,000 to 13,000 years ago in Japan—perhaps pointing to an origin story for these types of stemmed points.

Grayson, however, is wary of making such connections. “Similarities in artifacts, unless they’re really complex, don’t really tell us about relatedness,” he says.

Braje, on the other hand, finds those connections “intriguing” though he admits they’re still very tentative. “The challenge now is connecting [Cooper’s Ferry] with the handful of other early sites in North America and globally,” Braje says. “We have a lot of work to do to build the story.”

BYMEGAN GANNON
National Geographic

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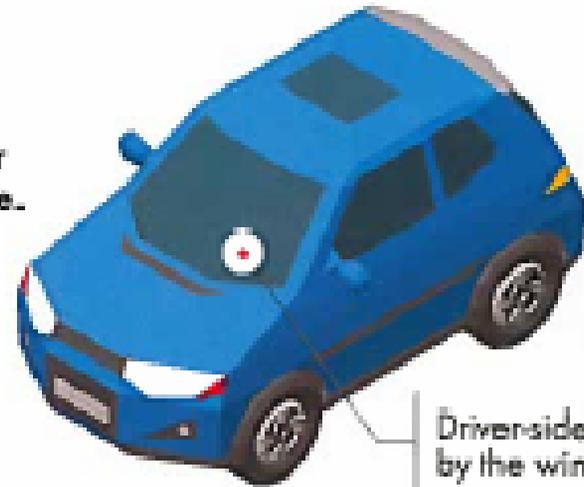
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Best Cheap Spring Break Destinations

Spring breakers don't need to shell out a fortune to spend a week enjoying life in the sunshine. To get you all of the fun without all of the fees, U.S. News carefully considered lodging costs, atmosphere, free things to do and traveler votes (among other factors) to bring you the best cheap spring break destinations. Check out the full list below and vote for your favorites to help determine next year's ranking. (Note: Some of the below destinations may be affected by the coronavirus outbreak. Check with the CDC and the U.S. Department of State before traveling)

New Orleans

#1 in Best Cheap Spring Break Destinations

The Big Easy is a prime destination for those seeking epic nightlife mixed with Southern comfort food. While airfare can be a bit expensive, hotel and vacation rental deals are available – especially if you stay a bit removed from the action of the French Quarter. Check the calendar to see when Mardi Gras occurs and try to plan your vacation around it. The popular event, which sometimes takes place during spring break season in early March, often causes airfare and lodging expenses to increase

Why Go To New Orleans

New Orleans is known for its European-style architecture, mouth-watering Creole cuisine and all-around good-time vibes. And as its backbone is music: Jazz, blues, rock 'n' roll and Zydeco tunes ooze from every city crevice. But for many, the main reason to visit is Mardi Gras, an over-the-top party with Carnival traits, such as masks, music, floats and merriment. Even if you don't make it to Mardi Gras, you'll still find a party year-round, with revelers pouring out of Bourbon Street clubs until the wee hours of the morning and a festival of some sort almost every weekend.

Despite past environmental disasters – namely the BP oil spill, Hurricane Katrina and Hurricane Isaac – New Orleans continues to thrive. Over the past several years, major efforts have been made to restore the distinct districts. Today, the Crescent City looks almost as good as new. So start your visit with a walking tour through the French Quarter, where colonial heritage and ghost lore still survives. From here, you can explore the major architectural sites before enjoying a hearty plate of jambalaya and a rowdy evening out.

South Padre Island

#2 in Best Cheap Spring Break Destinations

With hotels offering nightly rates around \$150 or less and DJs and celebrities holding court at nightclubs, South Padre Island, Texas, is a hot spring break destination. What's more, this South Texas locale is only about 30 miles north of the Mexican border, meaning you'll get plenty of sunshine without having to leave the country. Average spring daytime temperatures range from the low 70s to the low 80s

Why Go To South Padre Island

Every March, like clockwork, students cram into cars and head to South Padre Island for spring break fun in the sun and 24-hour beach bashes. While the island is still home to spring breakers for just over a month, the area has seen a rebirth of sorts as a popular family vacation destination. That's because South Padre, or SPI, delivers with wide sandy beaches, sparkling blue water and a mixture of fun activities for kids of all ages.

But there's more to SPI than beach revelry. Kiteboarding is a favorite pastime and several sports outfitters offer deep-sea fishing trips and dolphin-watching excursions. The consistently warm weather also seduces northern Texans seeking refuge from the cold. And it's understandable: Just a day's drive from major Texas cities like Houston and Dallas, this seaside paradise is right in the state's own backyard.

Panama City Beach

#3 in Best Cheap Spring Break Destinations

Panama City Beach – or PCB, for short – is a tried-and-true Florida spring break location that is sure to please the masses. Scope out a spot across the town's 27 miles of white sand beaches to sunbathe, play volleyball or scan the horizon for bottlenose dolphins. Just note: This town in northwest Florida bans alcohol consumption on the beach during the month of March, so you'll have to enjoy your adult beverages elsewhere.

Why Go To Panama City Beach

Panama City Beach is the quintessential Florida getaway. Pearly white beaches? Check. Subtropical climate? Check. Bottlenose dolphins playing in the surf? Check. Situated in northwest Florida, about 47 miles east of Destin and around 100 miles southwest of Tallahassee, Panama City Beach is perhaps best known as a college spring break destination. But after new laws were introduced banning alcohol on the beach during the month of March, the city quickly saw a decrease in the bacchanalia – great news for families and couples in search of an affordable, warm-weather escape.

Though the alabaster beaches (all 27 miles of them) are what initially draw many to this vacation haven, that's not all Panama City Beach has going for it. Bordered on either side by two state parks (St. Andrews and Camp Helen) and home to one of the largest sport fishing fleets in the world, not to mention one of the world's highest concentration of bottlenose dolphins, PCB is a nature and wildlife lover's paradise.

Key West

#4 in Best Cheap Spring Break Destinations

An easy drive from Miami (you'll likely score cheaper flights into this airport), Key West is a small Florida beach town that packs a big punch. You'll find plenty of hot spots for partying, but you can also soak up some culture at the museums and shop at the boutique stores in Mallory Square. Plus, this vacation destination offers multiple budget-friendly vacation rentals, so you can save your cash for bars and boat

tours

Why Go To Key West

Known for warm beaches and eccentric residents with a live-in-the-moment philosophy, Key West offers a relaxed yet unexpected seaside adventure. Do as the residents (known as Conchs) do and see where that free spirit might take you (possibly on a guided tour or a snorkeling trip). Perhaps you'll end up at a Duval Street bar, in a Mallory Square shop or even touring Ernest Hemingway's old home.

Key West once threatened to go rogue (in 1982 with a mock secessionist movement to create "The Conch Republic"); so this is definitely the place to throw a firm itinerary out the window. Take a stroll, sip a margarita, spy a six-toed cat and set your own pace. While Hurricane Irma did impact the area in late 2017, Key West is definitely back in business.

Daytona Beach

#5 in Best Cheap Spring Break Destinations

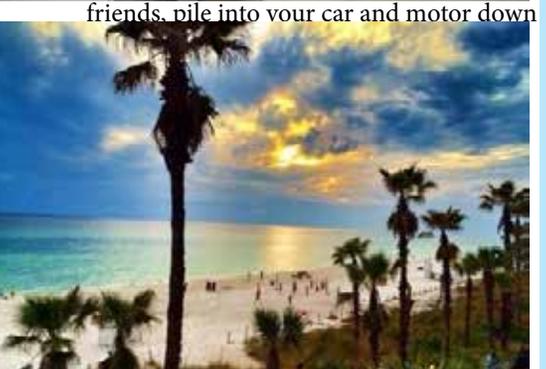
Daytona Beach's spring break draw has to do with its ample amount of hotels (position yourself away from the shore for the best deals), its trademark Florida weather (which climbs into the 70s and 80s during the day throughout March and April) and its 23 miles of beaches. Though you'll miss the city's main event, the Daytona 500, you can still take part in a number of smaller, more affordable racing-themed festivities, including several that are part of Daytona Bike Week.

Why Go To Daytona Beach

Hearing "23 miles of beachfront" will tempt many vacation-seekers, but the typical Daytona Beach visitor usually has something else in mind. Despite efforts to appeal to families (Orlando, amusement park central, is just an hour south), Daytona Beach annually attracts millions of visitors in search of speed and spring break. And although many college kids have moved to trendier locales (Miami Beach, for one), this east Florida city still remains a frequented spot. Its reputation as the "it" party place has welcomed a different type of celebratory atmosphere – the NASCAR empire. Best known for the Daytona International Speedway, Daytona Beach draws travelers who hope to see their favorite race car drivers up close.

Residents and visitors alike share a passion for all motor vehicles. Daytona Beach Bike Week and Biketoberfest are regular events that bring thousands to the shore. In addition, supercross and kart racing take place regularly. People love their cars so much that vehicles are actually allowed on the beach. So gather your family or your

to the sand. It's sure to be a high-octane vacation



HEALTH

How aging affects focus

Just as you may not run as fast or jump as high as you did as a teenager, your brain's cognitive power—that is, your ability to learn, remember, and solve problems—slows down with age. You may find it harder to summon once familiar facts or divide your attention among two or more activities or sources of information. These changes affect your ability to focus, so you may find yourself getting more easily distracted than you were when you were younger.

Hearing loss that often accompanies aging makes it more difficult to distinguish speech in a noisy environment. Because hearing then requires more concentration than usual, even mild loss of the ability to focus can affect speech comprehension.

Most people start to notice changes as they enter their 50s and 60s. Although these changes can cause consternation, most age-related memory and thinking problems don't stem from an underlying brain disease such as Alzheimer's disease. Instead, what appears to be a memory problem may simply reflect a slower processing speed and poor encoding and retrieval of new memories as a result of diminished attention. However, even though your brain may be slower to learn and recall new information, your ability

to make sense of what you know and to form reasonable arguments and judgments remains intact.

Many of these limitations are reversible and related to poor sleep, but structural changes that take place in your brain as you age can explain some of these developments, too. Brain regions involved with memory processing, such as the hippocampus and especially the frontal lobes, undergo anatomical and neurochemical changes over time.

The result is that as you age, it takes longer to absorb, process, and remember new information. The natural loss of receptors and neurons that occurs with aging may also make it harder to concentrate. Therefore, you not only learn information more slowly, but you also may have more trouble recalling it because you didn't fully learn it in the first place. With slower processing, facts held in working memory may dissipate before you have had a chance to solve a problem.

In addition, the ability to perform tasks that involve executive function declines with age. Many people learn to compensate for these changes by relying on habit most of the time and devoting extra effort

to focus on new information they are trying to learn.

Even the aches and pains of getting older can affect focus. Pain itself is distracting, and some of the medications used to treat it also can affect concentration.

7 secrets to better mental focus and steadfast concentration

Find how men and women—just like you—are enjoying better brain health and mental agility

“Now, where was I...?” If you've said it, you know how frustrating it can be when you've been distracted from something demanding your attention.

But even though distractions may be inevitable, their ability to disrupt your focus does not have to be. They don't have to compromise your concentration. You can blunt distractions and bolster attention and focus.

Life skills you can build!

The great news is that by applying just a few practical, commonsense measures you can achieve sustained attention, speed up reaction times, boost your memory, and increase your capacity to disregard distractions.

7 tips for halting and handcuffing distract-



tions. You'll turn your back on many of the distractions we face today. You'll get smart ways to coexist with your cellphone...a quick “attention-grabber” for when your thoughts wander ... and a simple solution for banishing distractions from your mind at bedtime.

...heads-up steps for keeping your brain at its best! You'll protect your brain from factors that can diminish its agility. You'll find five causes of “brain fog”...the key to recharging your brain's batteries...a way to offset age-related brain changes... and a unique program that promotes vital brain plasticity.

... how-to techniques (and tricks) to fuel focus and concentration. You'll discover the best activities and choices for maintaining a steady and ready focus. You'll find how to maximize the power of meditation ...four foods that improve memory... a regimen

Revealed! 27 powerful, proactive tools and techniques you can use right now for lasting pain relief.

Enjoy freedom from the pain and agony of backaches, arthritis, IBS, migraines, shingles, fibromyalgia, carpal tunnel syndrome, and more.

You can break the chains of chronic pain. And you can do it without drugs. Without surgery. And without worry!

Declare your independence from chronic pain!

In Special Health Report you'll be introduced to effective, natural alternatives to the traditional and often riskier paths of the past.

These empowering and integrative approaches turn the tables on pain. They utilize the innate pain-fighting mechanisms of your mind and body to accelerate and assure enduring relief.

You don't have to overpower pain. You can outsmart it!

Pain is a signal from your body to your brain. You'll find how to divert and block those signals. You'll discover a meditation technique that outperforms medication...a growingly popular treatment that unlocks your body's natural painkillers...the emerging role of medical cannabis... and more.

Take away pain with measures that put you in charge!

Prepared by the physicians and pain specialists at Harvard Medical School, Pain Relief Without Drugs or Surgery offers clear direction that incorporates 27 techniques to repel and quell chronic pain... techniques that are sensible, affordable, easy-to-master, and proven to bring relief.

You'll be briefed on exercises that calm the mind while invigorating the body. You'll learn how therapeutic massage can close the pain gate...how acupuncture brings long-term relief to even agonizing conditions...and a trick to shorten recovery time from an ankle sprain by nearly 3 weeks!

Pain relief where you need it most.

You want relief from your pain. The report provides instruction that is both purposeful and personal. You'll find structured guidance for alleviating the ten chronic pain conditions adults most often face.

The report highlights an exercise uniquely effective for easing back pain...a home remedy for hand arthritis...a technique to dramatically reduce the frequency of migraine headaches...a timely step to calm IBS symptoms before they start...a novel way to break the pain cycle of fibromyalgia...and more.



RECIPES

Mutton Do Pyaza Recipe

The meat is cooked along with onions at two different stages that helps to develop the flavour better. You can use any different kind of meat to prepare this recipe. Make sure you fresh cut of meat while preparing the dish and serve it along with Hot Roti or Naan Mutton Do Pyaza Recipe is made of goat meat and spiced with lots of onions. The Onions are added at two stages during cooking, hence the name Do Pyaza (two onions). Do Pyaza is normally prepared using meat like, beef, lamb, chicken, goat etc. Recipe variation can also be made by using vegetables instead of meat. In my recipe, I have used Goat meat, which is slow cooked in a saucepan. Remember while preparing any Goat recipe, the meat should be fresh and tender. If you refrigerate raw meat for a long time, it becomes more difficult to cook since doesn't soften too easily. The more onions you put in, taste of Do Pyaza improves finer.

Ingredients

450 grams Mutton , cleaned and Cut into small pieces
1 Onion , thinly sliced
1 Tablespoon Ginger Garlic Paste
1/2 teaspoon Turmeric powder (Haldi)
1/2 Cup Curd (Dahi / Yogurt)
1 Tablespoon Red Chilli powder , differ amount as per taste

1 teaspoon Cumin powder (Jeera)
1 teaspoon Coriander Powder (Dhania)
1 Tablespoon Garam masala powder
2 Green Chillies , finely chopped
2 Tablespoons Extra Virgin Olive Oil
Coriander (Dhania) Leaves , Few Chopped, for garnish
Salt , to taste
1/2 teaspoon Lemon juice
1 Tablespoon Extra Virgin Olive Oil
1 Onion , roughly chopped in chunks
6 Dry Red Chillies

How to make Mutton Do Pyaza Recipe

To begin preparing Mutton Do Pyaza Recipe, keep all the ingredients handy. In a saucepan kept on medium heat, sauté sliced onions using a tablespoon of oil, till browned, for about 2-3 minutes. Sprinkling a little salt while sautéing helps in faster cooking. Browning of onions is important to hold up the taste.

Add ginger garlic paste. Mix. Sauté till the raw smell disappears, for about 2-3 minutes on medium heat.

Add turmeric powder, goat meat and mix



well. Add a little water, cover and cook on medium high for 30 mins. Check in between to add more water as required and sauté.

Add dry spices like coriander, cumin powder, red chilli powder and Yogurt. Mix well, cover and cook for another 30 minutes on medium high heat.

Add Garam masala, sprinkle chopped coriander and salt. Mix well.

The next step is tempering. In a medium pan, heat 1 tablespoon oil and add dry red chillies. Fry for few seconds until they brown up.

Then add roughly chopped onions. Sauté for 2-3 minutes until tender and browned. Pour this over mutton.

Mix well. Cover and simmer on low heat for 10 minutes. Squeeze juice of half a lime.

Kaju Katli Recipe

1 1/2 cup powdered cashews
1/2 cup water
1 1/2 tablespoon readymade ghee
1 cup sugar
4 inches silver varq
1 teaspoon powdered green cardamom
Step 1 Grind cashews to a fine powder
To make this traditional sweet at home, you need to begin with preparing the cashew nut powder. Take 1 1/2 cup cashew nuts and blend them using a grinder, make sure you don't grind them too much as the cashews might release the oil, which can make the powder coarse. Then using a sieve, extract the fine powder and keep it aside.
Step 2 Prepare the sugar & cashew powder mixture

In the meantime, heat a pan over medium flame and add water along with sugar. Keep stirring till the sugar starts dissolving. Once the blend starts boiling, reduce the flame and add the fine cashew nut powder. Keep stirring and make sure the blend is smooth and has a slightly thick consistency. If you are fond of ghee, add some ghee to this mixture, this will add a nice taste and aroma to this dish. Keep stirring and add cardamom powder. Once this mixture is thick enough, turn off the flame and keep it aside.
Step 3 Knead the Kaju dough & apply the silver varq
Transfer the Kaju katli mixture to a bowl and knead it into a fine smooth dough. Make sure that the Kaju katli dough is smooth and crack-free. Take a tray and

grease it with ghee. Then transfer the sweet dough and flatten it using a rolling pin. Apply the silver varq and let it set for some time.
Step 4 Cut into diamonds and indulge!
Now cut the Kaju katli in the classic diamond shape and impress your loved ones with this delicious sweet. Note: To accentuate the taste, you can also add rose water while making the kaju katli blend. This will also give your barfis a nice aroma.
Tips
If you want to make vegan kaju katli, feel free to use coconut oil instead of ghee.
If you want to make a healthy variant of



kaju barfi, replace the sugar with sugar free or stevia.
Bring the sugar syrup to a rolling boil and then add cashew powder for best results. You can also skip the silver varq if you want.

Punjabi Lassi Recipe

Ingredients of Punjabi Lassi

1 1/2 cup yoghurt (curd)
1 Pinch saffron
3 pieces ice cubes
4 teaspoon sugar
3 green cardamom
3 cup cold water
Step 1 Blend yoghurt with chilled water
To prepare this beverage recipe, in a blender jar, blend yoghurt. Stir in sugar, saffron strands, powdered cardamom, ice cubes and chilled water in the blender and again blend this mixture properly.

Step 2 Pour in glasses and garnish with dry fruits
Your lassi is now ready, take glasses and pour in your blended lassi with ice cubes. Garnish with crushed dry fruits and serve chilled.



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Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 21V070 Manufacturer : Blue Bird Body Company Subject : 3-Point Seat Belt Seats Installed Incorrectly Make Model Model Years BLUE BIRD ALL AMERICAN 2020-2022 BLUE BIRD VISION 2020-2022 NHTSA Recall ID Number : 21V073 Manufacturer : Daimler Trucks North America, LLC Subject : Flywheel Capscrews Not Tightened Properly Make Model Model Years FREIGHTLINER CASCADIA 2021-2022 NHTSA Recall ID Number : 21V074 Manufacturer : Ford Motor Company Subject : Incorrect Front Lower Control Arms Make Model Model Years FORD BRONCO SPORT 2021 NHTSA Recall ID Number : 21V075 Manufacturer : Ford Motor Company Subject : Missing or Loose Rear Suspension Bolts Make Model Model Years FORD BRONCO SPORT 2021 NHTSA Recall ID Number : 21V076 Manufacturer : Ford Motor Company Subject : Frontal Air Bag Inflator May Explode Make Model Model Years FORD RANGER 2004-2006 NHTSA Recall ID Number : 21V077 Manufacturer : Daimler Vans USA, LLC Subject : Rearview Camera Obscured or Delayed/FMVSS 111 Make Model Model Years FREIGHTLINER SPRINTER 1500 2019-2020 FREIGHTLINER SPRINTER 2500 2019-2020 FREIGHTLINER SPRINTER 3500 2019-2020 FREIGHTLINER SPRINTER 4500 2019-2020 MERCEDES-BENZ SPRINTER 1500 2019-2020 MERCEDES-BENZ SPRINTER 2500 2019-2020 MERCEDES-BENZ SPRINTER 3500 2019-2020 MERCEDES-BENZ SPRINTER 4500 2019-2020 NHTSA Recall ID Number : 21V079	Manufacturer : Navistar, Inc. Subject : Loss of Electrical Power May Cause Engine Shutdown Make Model Model Years INTERNATIONAL LONESTAR 2018-2021 INTERNATIONAL LT 2017-2021 NHTSA Recall ID Number : 21V080 Manufacturer : PACCAR Incorporated Subject : Flywheel Capscrews Not Tightened Properly Make Model Model Years KENWORTH T680 2021-2022 KENWORTH T800 2021-2022 KENWORTH T880 2021-2022 KENWORTH W900 2021-2022 KENWORTH W990 2021 PETERBILT 367 2021-2022 PETERBILT 389 2021-2022 PETERBILT 567 2021-2022 PETERBILT 579 2021-2022 NHTSA Recall ID Number : 21V081 Manufacturer : Ford Motor Company Subject : Frontal Air Bag Inflator May Explode Make Model Model Years FORD EDGE 2007-2010 FORD FUSION 2008-2012 FORD GT 2006 FORD MUSTANG 2005-2014 FORD RANGER 2004-2011 LINCOLN MKX 2007-2010 LINCOLN MKZ 2009-2010 MERCURY MILAN 2009-2011 NHTSA Recall ID Number : 21V082 Manufacturer : Newmar Corporation Subject : Brake Light Switch Malfunction Make Model Model Years NEWMAR DUTCH STAR 2017-2021 NEWMAR KOUNTRY STAR 2021 NHTSA Recall ID Number : 21V083 Manufacturer : Blue Bird Body Company Subject : Electronic Stability Control Malfunction Make Model Model Years BLUE BIRD ALL AMERICAN 2022 BLUE BIRD VISION 2021-2022 NHTSA Recall ID Number : 21V084 Manufacturer : Blue Bird Body Company Subject : Electronic Stability Control Malfunction Make Model Model Years BLUE BIRD ALL AMERICAN	2022 NHTSA Recall ID Number : 21V085 Manufacturer : Ducati North America Subject : Side Stand Bracket May Break Make Model Model Years DUCATI XDIAVEL 2016-2018 NHTSA Recall ID Number : 21V086 Manufacturer : Mazda North American Operations Subject : Power Liftgate May Lower Unexpectedly Make Model Model Years MAZDA CX-30 2020-2021 NHTSA Recall ID Number : 21V087 Manufacturer : Ford Motor Company Subject : Tire And Loading Information Label Incorrect Make Model Model Years FORD F-350 SD 2020 NHTSA Recall ID Number : 21V089 Manufacturer : BMW of North America, LLC Subject : Right Front Brake Disc May Loosen Make Model Model Years BMW X5 2021 NHTSA Recall ID Number : 21V090 Manufacturer : Ford Motor Company Subject : Inadequate Windshield Bonding/FMVSS 212 Make Model Model Years FORD F-150 2021 FORD F-250 SD 2020-2021 FORD F-350 SD 2020-2021 FORD F-450 SD 2020-2021 FORD F-550 SD 2020-2021 NHTSA Recall ID Number : 21V091 Manufacturer : BMW of North America, LLC Subject : Sunroof Malfunction/FMVSS 118 Make Model Model Years BMW 228I 2020-2021 BMW M235I 2020-2021 NHTSA Recall ID Number : 21V092 Manufacturer : Trail King Industries, Inc. Subject : Cross Member May Come Loose Or Detach Make Model Model Years TRAIL KING TKSA 2021 NHTSA Recall ID Number : 21V094 Manufacturer : Great Dane Trailers Subject : Anti-Lock Brake System Malfunction Make Model Model Years	GREAT DANE CHAMPION 2021-2022 GREAT DANE EVEREST 2022 NHTSA Recall ID Number : 21V096 Manufacturer : BMW of North America, LLC Subject : Rearview Camera Image Malfunction/FMVSS 111 Make Model Model Years BMW 330E 2020-2021 BMW 330I 2019-2021 BMW 430I 2021 BMW 530E 2020-2021 BMW 530I 2020-2021 BMW 540I 2020-2021 BMW 740I 2020-2021 BMW 745LE 2020-2021 BMW 750LI 2020-2021 BMW 840I 2019-2021 BMW M340I 2019-2021 BMW M440I 2021 BMW M550I 2020-2021 BMW M760I 2020-2021 BMW M8 2019-2021 BMW M850I 2019-2021 BMW X3 2019-2021 BMW X4 2019-2021 BMW X5 2019-2021 BMW X6 2020-2021 BMW X7 2019-2021 NHTSA Recall ID Number : 21V101 Manufacturer : Mazda North American Operations Subject : Tire Air Valve May Leak Make Model Model Years MAZDA CX-30 2021 MAZDA MAZDA3 2021 NHTSA Recall ID Number : 21V102 Manufacturer : Mercedes-Benz USA, LLC Subject : Front Passenger Air Bag Grounded Improperly Make Model Model Years MERCEDES-BENZ GLA250 2021 NHTSA Recall ID Number : 21V104 Manufacturer : Bentley Motors, Inc. Subject : Fuel Tank Not Welded Properly Make Model Model Years BENTLEY FLYING SPUR 2020 NHTSA Recall ID Number : 21V107 Manufacturer : Lamborghini (Automobili Lamborghini) Subject : Hood Hinge Screws May Come Loose Make Model Model Years LAMBORGHINI AVENTADOR SVJ 2018-2021
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Kublai Khan Mastiffs

In 1253, Kublai was ordered to attack Yunnan and he asked the Dali Kingdom to submit. The ruling Gao family resisted and killed Mongol envoys. The Mongols divided their forces into three. One wing rode eastward into the Sichuan basin. The second column under Subutai's son Uryankhadai took a difficult route into the mountains of western Sichuan. Kublai went south over the grasslands and met up with the first column. While Uryankhadai travelled along the lakeside from the north, Kublai took the capital city of Dali and spared the residents despite the slaying of his ambassadors. The Dali King Duan Xingzhi () himself defected to the Mongols, who used his troops to conquer the rest of Yunnan. Duan Xingzhi, the last king of Dali, was appointed by

Möngke Khan as the first tusi or local ruler; Duan accepted the stationing of a pacification commissioner there. After Kublai's departure, unrest broke out among certain factions. In 1255 and 1256, Duan Xingzhi was presented at court, where he offered Möngke Khan maps of Yunnan and counsels about the vanquishing of the tribes who had not yet surrendered. Duan then led a considerable army to serve as guides and vanguards for



the Mongolian army. By the end of 1256, Uryankhadai had completely pacified Yunnan

Maruti Suzuki Wagon R Modified into a Seven-Door-Limousine is Beyond Impressive

The Maruti Suzuki Wagon R, which among the several options available, continues to be a strong player in the hatchback segment and is one of the most common cars seen on Indian roads. The company is in the works of launching a fully-electric version of the hatchback in the country soon. But in a rarest of the rare cases, the Wagon R was modified into a functional limousine in our neighbouring country — Pakistan.

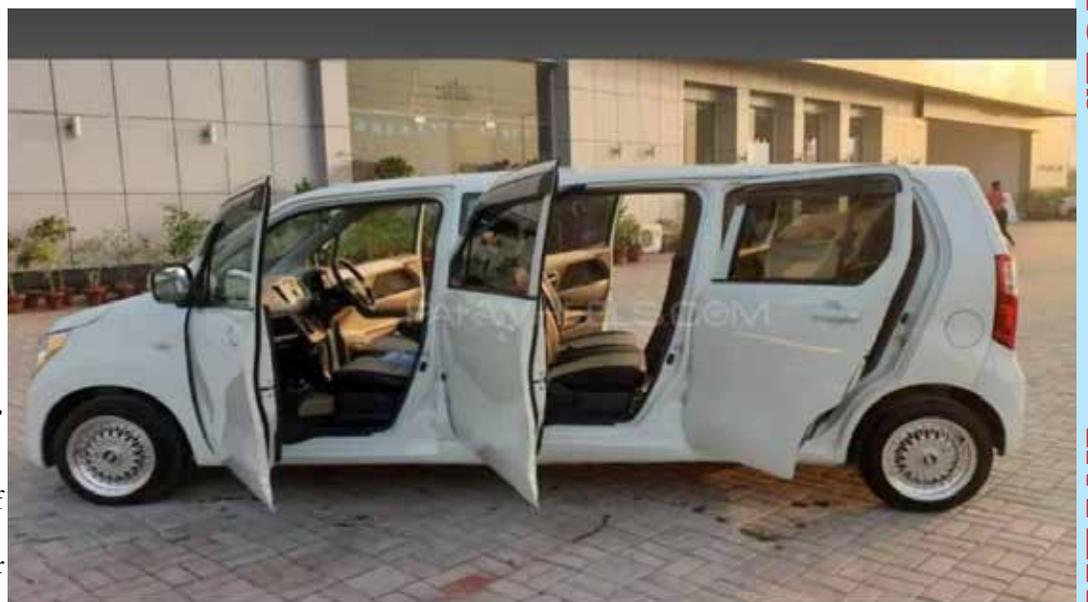
According to a gaadiwaadi.com report, the transformed WagonR in discussion is a customised unit built and registered in Lahore. Since importing from India isn't possible due to political tensions, Suzuki sells WagonR in Pakistan which is locally assembled there with components imported from Indonesia.

In order to achieve a whole new body style, the car as expected underwent massive changes. While the report doesn't

mention the Wagon R's customisation work or people/team responsible behind this. However, the Wagon R limousine gets three rows of seats with the middle row consisting of rear-facing bucket seat chairs, and the last row getting forward-facing bucket seats. In total, it gets six functional doors, which means that every passenger gets their own door to get in and out.

Going by the images in the report, the middle row gets similar doors as the OEM front doors, while the third-row's rear doors were that of the regular Wagon R. Its wheelbase has also been extended, other than that, the exterior design remains the same as the standard Wagon R sold in Pakistan.

The modified model is powered by a 660 cc three-cylinder petrol engine that is



modified to an automatic transmission. The extended Wagon R is currently being offered at PKR 26 lakh (approx. 11.85 lakh). Among the other details available, the Wagon R is a 2015 model and comes with

AC, airbags, power locks, power windows, ABS, AM/FM Radio and other hosts of features.

Yahoo Finance
18 News

Hindu Temples, Train Attacked as Bangladesh Violence Spreads After PM Modi Visit

Hundreds of members of a hardline Islamist group attacked Hindu temples and a train in eastern Bangladesh on Sunday, police and a local journalist said, as violence spread across the country in the wake of a visit by Prime Minister Narendra Modi. At least 10 protesters were killed in clashes with police during demonstrations organised by Islamist groups against PM Modi's visit, and violence raged on after his departure as anger swelled over the deaths.

Modi arrived in Dhaka on Friday to mark the 50th anniversary of Bangladesh's nationhood, and he left on Saturday after gifting Prime Minister Sheikh Hasina some 1.2 million COVID-19 vaccine shots. The Islamist groups accuse Modi of discriminating against minorities and violence escalated rapidly during his visit. On Friday, dozens of people were injured in the densely-populated capital Dhaka as police fired tear gas and rubber bullets at protesters. Thousands of Islamist activists marched down the streets of Chittagong and Dhaka on Saturday in protest.

Activists with the Hefazat-e-Islam group attacked a train in the eastern district of Brahmanbaria, resulting in ten people being injured.

"They attacked the train and damaged its engine room and almost all the coaches," one police official told Reuters, declining to be named as he was not authorised to speak to the media.

"Brahmanbaria is burning. Various government offices were set on fire indiscriminately. Even the press club was attacked and many injured, including the press club president. We are in extreme fear and feeling really helpless," Javed Rahim, a journalist in the Brahmanbaria town, told Reuters by phone.

Several Hindu temples in the town were also attacked, he said.

Islamist activists allegedly also set alight two buses in the western district of Rajshahi on Sunday, while hundreds of protesters clashed with police in Narayanganj, pelting them with stones, police said.



Protesters used timber and sand bags to block roads, as police retaliated with rubber bullets and tear gas, leaving dozens injured in Narayanganj, just outside the capital, Dhaka.

The protests sparked by Modi's visit have since flared into wider demonstrations against police killings, and the Hefazat-e-Islam enforced a nationwide strike on

Sunday.

"Police opened fire on our peaceful supporters," Hefazat-e-Islam's organising secretary Azizul Haque told a rally in Chittagong on Saturday. "We will not let the blood of our brothers go in vain."

Yahoo News
News 18

Outed by online campaign, children of Myanmar junta hounded abroad

SYDNEY (Reuters) - Protesting alone outside an Australian hospital where the son of Myanmar's attorney general works as a doctor, Burmese electrical engineer Susu San is determined to let the military junta know their children will be hounded wherever they go.

The 33-year-old woman was hard to miss as she stood in the hospital car park, dressed in a pink track suit, one hand raised in a three-fingered salute of resistance, the other clutching a placard calling for the junta to release Myanmar's elected leader Aung San Suu Kyi.

"They think they are untouchable," said Susu San, having traveled 1,500 km (930 miles) from the northern tip of Queensland to the workplace of one of the "junta children" at a hospital in the small city of Mackay.

"This is a way to empower our people by saying that no one can escape from lawlessness and brutality."

Since the coup, some protesters have launched an online campaign to denounce family members and associates of the junta in Myanmar and beyond - and spotlight those living comfortably in democratic nations far from the bloody chaos at home.

Organisers say it is a non-violent way to put pressure on the junta to reverse the coup and return Myanmar to democracy.

"The military understands one language. That is pressure," said Tun Aung Shwe, a member of the Burmese community in Australia who was among a group that has gone to Canberra to urge the government to sanction people affiliated with the junta.

"Social punishment is effective as it shakes up the junta, getting them to rethink what they are doing."

Repeated calls to the military and government seeking comment were unanswered.

Aside from shaming friends, associates and kin of the junta on social media, activists have also created a website, called socialpunishment.com, information from which has been widely shared on Facebook.

The website features more than 120 profiles of people who are accused of failing to speak out against a coup that has halted 10 years of democratic reform and brought bloody suppression.

It ranks them on a "traitor" scale from elite to low, and there are photographs of the profiled person, details of their associations, and whereabouts on the globe, making it easy for Burmese in those countries to track them down.

As of 2016, there were nearly 33,000 people from Myanmar living in Australia alone.

Susu San said her target at the Mackay Base Hospital was 28-year-old doctor Min

Ye Myat Phone Khine.

According to the website, his mother is the junta's attorney general, Thida Oo, whose office is now crafting legal cases against Suu Kyi. She had served as a permanent secretary in the attorney general's office during the civilian government, and her acceptance of a role in the junta was seen as a deep betrayal by Suu Kyi's supporters.

Neither have responded to requests from Reuters for comment, but two days after Susu San's protest Min Ye Myat Phone Khine posted messages for the first time on his Facebook page since the coup, declaring support for the pro-democracy movement.

"I have come out of the shadow of my parents to walk my own path," he wrote on March 8, "I will stand boldly with the people because I am only one citizen seeking to achieve a true and fair democracy."

ETHICAL DOUBTS

Still, the campaign against the children of the junta has raised questions among some participants over the ethics of shaming people online because of the actions of their parents.

Anger over mass arrests and killings during anti-coup protests outweighed those qualms, campaigners said. An activist group, the Assistance Association for Political Prisoners, said security forces have killed more than 224 people so far. Reuters could not independently confirm this number.

Susu San grappled with the ethical complexities of targeting "junta children", as she calls them, but ultimately decided in her mind that it was 'fair', given the number of Burmese being gunned down in the street.

Min Ye Myat Phone Khine's earlier failure to speak out against the coup on his social media accounts persuaded Susu San that he was fair game.

Last week, the United States imposed sanctions on two children of Myanmar's military leader Min Aung Hlaing and six companies they control. Britain has sanctioned more than half a dozen generals, banning entry and freezing assets, while Canada said it would take action against nine military officials.

The junta has not responded to the imposition of these sanctions, but had said earlier that it had expected sanctions and was not worried by them.

In Australia, some in the Myanmar community are campaigning for the government to sanction children of members of the junta by freezing their assets or revoking their visas. Australia's Department of Foreign Affairs and Trade has still to respond to a request from Reuters for comment.



Some people targeted in Australia have had their personal information, phone numbers, places of work, and suburbs where they live, published online.

The campaign to shame the junta is an extension of wider campaign to boycott military run companies, and isolate individuals who back the coup.

This broader campaign, which was inspired by the protest movement, has four pillars: "Don't sell anything to them", "Don't buy anything from them", "Don't associate with them" and "We will never forget."

Amara Thiha, a Myanmar fellow at the U.S.-based Stimson Center think-tank, warned that there were signs that going after individuals online could prove counterproductive.

He noted a hardening of the language and threats used by soldiers and their supporters on social media as they came under greater pressure.

'PUNISH ME, NOT MY DAUGHTER'

Bryan Tun, the son of Myanmar's commerce minister, Pwint San, is also working as a doctor in Australia. Though not listed on the website, Tun said he has been abused on social media even though he is a longtime supporter of Suu Kyi's party, posts messages of support for the protest movement and disagrees with his father politically.

"I have been socially punishing him since this thing happened. I have been openly protesting against him," said Tun, 28, a doctor at Redland Hospital in Queensland.

Reuters could not reach Pwint San for comment.

Despite his experience, Tun said he still believed the online campaign was a valid act of resistance.

"I think that is one of the very few weapons that people have," he told Reuters. "They [the military] are killing people on the streets with guns."

But some targets of the online campaign feel victimised.

One of the first to be attacked online was Nan Lin Lae Oo, a student the social punishment campaign identified as the daughter of Lt. Gen. Kyaw Swar Lin.

Dubbed a "murderer's daughter", pictures of her were plastered around the Toyo University campus in Tokyo, where she is studying. Activists have urged the university to expel her.

Reuters was unable to contact either the general or his daughter for comment. The Myanmar military has not answered calls.

A Toyo University spokesman, Masakazu Saito, said the university was now consulting with police, but declined to comment further, citing concerns for the student's safety.

The police declined to comment.

Some parents have made impassioned pleas on social media, like the wife of a retired senior military officer, Htin Zaw Win, whose daughter was identified, by the "Civil Disobedience Movement Naming & Shaming" on its Facebook page, as a student at Yangon's University of Medicine 1.

"You can do any kind of social punishment to me, the mother," Khin Khin Aye Cho wrote on Facebook. "If it will satisfy you to beat both parents to death, then I will accept anytime and I will sacrifice my blood for my daughter."

"Please allow my daughter, the daughter of retired military family, Ayebhone Pyaecho's life to grow."

Reuters was unable to contact any of the family. They have refrained from social media since that post.

Reuters
By Kate Lamb

APRIL 2021 Monthly Horoscope

Overview April 09: Mars Square Neptune
This positioning of the planets may give a bizarre but remarkable appearance, given that vibrating energy becomes beneficial. On April 9, more extraordinary things can happen, try to take advantage of the moment and you will have only joys. The New Moon occurring on 12th April tells us that the zodiac signs need to be more diplomatic, to welcome and to talk the language of the others, not to wait to be understood, and they can discover they were wrong. April 14: Venus enters Taurus Passionate love and extreme jealousy will intertwine in the period when Venus is in the sign of Taurus. You will feel the need to receive more evidence of love, to spend more time with your loved one and to get rid of unimportant or difficult things. 22/23 April, will take place the Lyrids Meteor Shower. The phenomenon appears when Earth passes through the tail of a comet. 27 April: Super Moon / Pink Moon The Pink Moon is here to let us know that for everything we want to accomplish, we need to make the necessary effort! This is about the practical side of our plans, dreams, and ideals.

ARIES (March 20 – April 19)

A sense of well being will be setting the tone for the month. Optimism connected to changes have been occurring in your area of shared resources. Your feelings of personal responsibilities does not seem to be defined, in order for you to comprehend what other people expect from you. Call for clarification. Desire to acquire a luxury item on impulse for entertainment purposes could backfire unless you give this some thought. It is very unlikely that you will, before you jump into it.

TAURUS (April 19 – May 20)

Privacy seems to be very important for you this month but you also desire to put your best front forward. Sudden changes connected to your work area could be present and these changes will not make you very happy. Adaptation should be the key to this situation as changes are very hard for you to take. You should be prepared mentally to receive a learning experience in this area. Worries in your marriage and partnership area could be bothersome to you but a friendly interchange of thoughts with a friend could be helpful in putting your mind at ease.

GEMINI (May 20 – June 21)

This month could find some of you involved with friends and charitable activities. These could be connected to your work or business, but uncertainty could be causing you some worries. News could

be reaching you connected to your position or status in the community, bringing information that could be very useful to you. Impulsive action to seek enjoyment on a trip could be cause of a disagreement; cooperation and refrain should be looked into. An illusory sense of well being could be developing concerning your joint finances. You will not be happy when looking for some reality in this situation.

CANCER (June 21 – July 22)

Social status and the community seem to be very much on the forefront for you this month. Entertainment and social activities are also plentiful. Activities at the home base have been increasing. Some of you could be changing residence but this could cause you many unexpected expenses that could dip into your shared resources. Informing yourself before you get involved or sign anything would be advisable. A friend with good intentions could be misinformed. Trusting yourself and what you know before you make any decisions will be for the best.

LEO (July 22 – August 22)

This month, some of you Leos will be getting a more philosophical outlook into your life. As the month progresses, you will be looking at a deeper meaning into where you are going. Disagreement with mate or partner could be rocking the boat, negotiation with feelings toward each party will smooth the way. Asserting yourself during this challenging circumstances will be very beneficial for all. A work related matter can show a very promising outlook but remember that everything that shines is not gold. You will not be handed complete information into details that could be very important.

VIRGO (August 22 – September 22)

The spotlight this month is on your area of outside resources of income. News concerning this in connection to a partnership or your mate could be on the agenda for you. Preoccupation could be created by this situation. Intuition and sense of responsibility will come into play. There should be lots of activities connected to your personal sources, some unexpected expenses related to your line of work could come to pass. Inclination to act rashly should be curtailed and prudence be called for.

LIBRA (September 22 – October 23) For some of you wedding bells could be ringing right now and some of you could also be entering into business partnerships. Minor differences in your point of view with loved one could come to a head and become blown out of proportion. So, iron out whatever you do not agree upon before anything is signed and sealed. New opportunities for career promotion together with a delayed financial reward could be in the picture for you. Imaginary responsibilities could be cause of worries, so try to be realistic and look at other points of view.

SCORPIO (October 23 – November 22)

The spotlight this month is on your area of work. Responsibilities need to be clarified as lack of communication is impairing your understanding of them. Issues should be faced and discussed. Changes at your home front seem to be happening in an unexpected fashion, giving you sense of having your hands tied in spite of your needs. Remembering past experience could be helpful. Tension and frustration could be worked out in a loving manner with mate or partner. Exchanges of the minds with loved one seems to be called for and lesson will be well learned.

SAGITTARIUS (November 22 – December 21)

Entertainment and social activities with good friends will come your way. Lots of communication between you and friends will also be featured, bringing unexpected news. An experience that will be brought up to the forefront should be well learned. Your work area is bringing you pleasant circumstances and some of you might be promised financial reward, but remember that promises are only promises, so follow up. Many of you Sagitarians could be contemplating a change of residence as you start feeling restless in your surroundings. Good opportunity of doing so might come your way.

CAPRICORN (December 21 – January 21)

The spotlight this month is at your home base. Slow changes are going to start a momentum and moving could be one of the things that you

could see in the immediate future. Preoccupation about this change could bother you, but they will pass briefly. Insecurities about your role and responsibilities at home could be bothering you, so communication with loved one could clarify and define the situation for you. A sibling or close relative could teach you a thing or two in reference to your joint finances. Emotions could get in the way. Lines of communication with mate or partner will be harmoniously opened in the second half of the month, so you will be able to accomplish many things concerning future plans.

AQUARIUS (January 21 – February 18)

Interchange of ideas with sibling or close relatives about changes will bring you a learning experience and a different outlook into your life. Avoid confrontations as emotions could get in the way; cooperation will be necessary. Your work area will be calling for adjustments as differences will abound. Fast acting could be detrimental so a friendly approach could be the best way. Worries about your future goals will be bothering you, but listening to your inner feelings will guide you. Future material rewards could be on the horizon.

PISCES (February 19 – March 20)

The spotlight this month is on your area of personal resources and values. You will be learning a thing or two concerning your joint finances and mate or partner will be giving a lot of input in this area. Interchange of ideas at your work place will be necessary as inner conflicts seem to be playing you. Negotiations in a friendly atmosphere should take place. Keep your mind open to suggestions that could be very beneficial to you. Emotional need for some recreational and social activities could be felt and thoughts about traveling will cross your mind. Since the beginning of the month, we advise you to take full advantage of this day because the relationship with the partner is excellent, and you will finalize everything you planned on doing together. April is favorable for social and material achievements, and you will have the greatest chances of success if you focus on routine activities. However, success is on your side, and everything you plan in April will work out the way you want, especially since you have plenty of new professional ideas, which, unfortunately, are not enough if you don't have faith in your strength.



ARIES
Horoscope 2021



TAURUS
Horoscope 2021



GEMINI
Horoscope 2021



CANCER
Horoscope 2021



LEO
Horoscope 2021



VIRGO
Horoscope 2021



LIBRA
Horoscope 2021



SCORPIO
Horoscope 2021



SAGITTARIUS
Horoscope 2021



CAPRICORN
Horoscope 2021



AQUARIUS
Horoscope 2021



PISCES
Horoscope 2021

Dr Mahboob Rahi to receive first Muzaffar Hanfi International Urdu Award

Jammu/ March 26

A multi dimensional literary figure of India, author of 50 books and great poet Dr Mahboob Rahi will receive first Muzaffar Hanfi International Urdu award 2021 on April 1, 2021. The Award has been conferred upon him by an International Urdu organisation, Aalmi Tahreek e Urdu.

The Award Committee of Muzaffar Hanfi International Urdu Award of Aalmi Tahreek e Urdu has gone through collective work of Urdu literary figures and scrutinised name of Dr Mahboob Rahi of Akola, Maharashtra for this award. The Award Committee has submitted its report to Dr Zakir Malik Bhallesi, President of Aalmi Tahreek Urdu on March 24, 2021 who have taken the same to Central Core Committee for final consent and the Central Core Committee has endorsed Award Committee.

Announcing the name, Dr. Dr Zakir Malik Bhallesi, President of Aalmi Tahreek Urdu has said that Dr. Mahbob Rahi is living legend of Urdu world who has contributed a lot for Urdu literature. He said that Dr. Mehboob Rahi is not only a great Ghazal poet but also expert in many other fields of literature like , Nazm, Hamd-o-munajat , Nat-e-Pak , Rubaiyat, Tanz-o-mizah and child literature. "He is also an expert prose writer and his well studied , masterly, analytical criticism and indepth research is very much admired in high profile literary circle", he added.

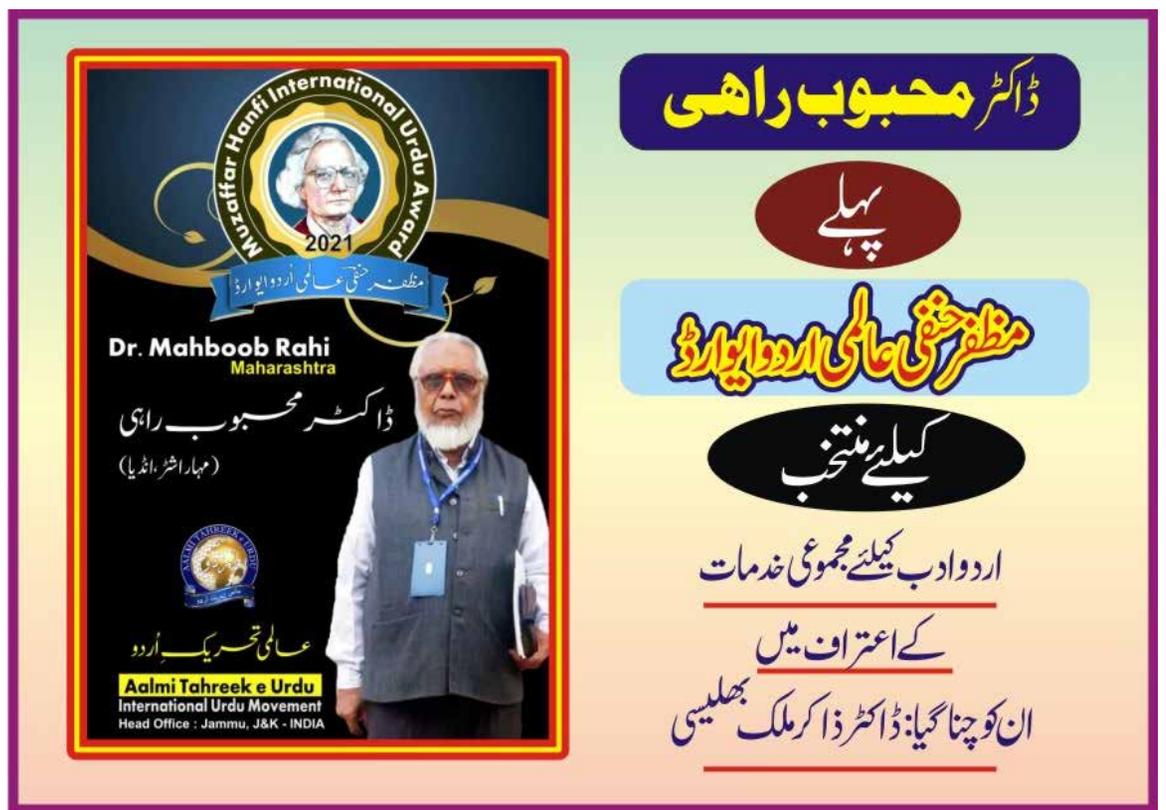
He has earlier received various prestigious awards like Best teacher's award from President of India, Asbaque Adbi award, Vidarbha ratna puraskar and Sahitya Bhushan Puraskar. He is also having membership of Maharashtra Urdu Academy besides he was president in International Seminar on "Nazir Akbar Aabadi "in 2008 at Doha , Qatar.

About the award, Dr Zakir Malik said that this award has been instituted on the name of Prof. Muzaffar Hanfi who was internationally acclaimed Urdu figure. He said that Professor Muzaffar Hanfi was prominent Urdu Poet, critic, writer who was born on 1st April 1936 in Khandwa Madhya Pradesh. He said that Muzaffar Hanfi received

more than 50 awards from the various state academies and institutions of national importance. He added that he was also the vice-president of the Indian Universities Urdu Teacher Association and has authored and edited more than 100 books in Urdu. Dr Malik said that Rs 35000 award money along with Certificate and Memento will be handed over to Dr Mahboob Rahi on the occasion of birth anniversary of Prof Muzaffar Hanfi on April 1, 2021. Due to Covid, representatives of Aalmi Tahreek Urdu in Maharashtra will hand over the award to Dr. Mahboob Rahi.

Meanwhile Chief Patron of Aalmi Tahreek e Urdu Farooq Muztar (J&K), Patron Khurshid Bismil (J&K), President Dr Zakir Malik Bhallesi (J&K), Senior Vice President, Dr Imtiaz Zargar (Doda), Vice President, Aftab Manhas (Poonch), General Secretary Mohammad Omer Farhat (Rajouri), Secretary Dr Mohammad Zakir Shaheen

(Rajouri), Chief Advisor Parvez Hanfi (England), Chief Coordinator Pandit Madhav Noor(Dubai, UAE), Chief Spokesman Sardar Ali (Canada), Coordinator Tehmina Rao (Sydney-Australia), Advisor Dr Mushtaq Ahmad Wani (J&K), Publicity Secretary Jaan Mohammad (Jammu), Joint Secretary Chander Kant Gafil (Jammu), Balraj Bakshi (Udhampur) and Members of Central Advisory Committee viz Dr Shamas Kamal Anjum (UP), Roonak Jamal (Chhattisgarh), Preemi Romani, Sardar Malkeet Singh (Punjab), K.D. Maini (Poonch), Dr Hameedullah Khan (Maharashtra) and Akhtar Qazi (Kistwar) have congratulated Dr Mahboob Rahi for first Muzaffar Hanfi Aalmi Urdu Award.



Nilam Sawhney to be new Andhra Election Commissioner

Former Andhra Pradesh Chief Secretary Nilam Sawhney has been appointed as the new State Election Commissioner (SEC) after months of a bitter feud between outgoing SEC Nimmagadda Ramesh Kumar and Chief Minister YS Jagan Mohan Reddy. Governor Biswabhusan Harichandan gave his assent to Nilam's appointment, the government said in a press statement.

The former IAS officer is presently the Principal Advisor of the Chief Minister.

With the tenure of current State Election Commissioner (SEC) Nimmagadda Ramesh concluding on March 31, Nilam has been chosen to replace Ramesh.

The incumbent SEC was in loggerheads with the Jagan-led government since last year when he refused to conduct local body polls citing the coronavirus pandemic, which irked the ruling YSRCP government.

Reportedly the state had sent a list of three retired IAS officers, Nilam Sawhney, M Samuel and L Premachandra Reddy,

and the Governor cleared the name of Nilam for the post.

Nilam Sawhney is a 1984 batch IAS officer from the Andhra Pradesh cadre. She was the first woman Chief Secretary of the state. When Nilam was working as a Secretary of Union Ministry of Social Justice and Empowerment, she was repatriated to the Andhra cadre on the request of the Jagan government in 2019.

The incumbent SEC Ramesh and the YSRCP-ruled government had a bitter face-off towards the end of the former's career leading to accusations and counter-accusations. The relationship soured when the SEC cancelled the local body polls in March 2020, citing the coronavirus pandemic, against the wishes of the government.

This led to the accusations of Ramesh being close to Leader of Opposition N Chandrababu Naidu. Subsequently, the government unceremoniously removed him from the post through an ordinance



reducing the term of the SEC from five years to three years. The decision of the government was challenged by the SEC in the High Court, following which he was reinstated by the government in July last year.

A criminal case was also registered by the CID against the incumbent SEC over a letter, which he had written to the Union Home Secretary, alleging a threat to his life following his confrontation with the Jagan-led government. Yahoo News

From a Village in Andhra to Next CJI: Here Are Landmark Judgments NV Ramana Has Been a Part of

Chief Justice of India SA Bobde has recommended senior-most judge Justice NV Ramana as his successor and the 48th Chief Justice of India in keeping with convention and norms of seniority. CJI Bobde is set to retire on April 23.

If the recommendation is approved by the government, Justice Ramana will take charge as the next Chief Justice of India on April 24. He is set to retire on August 26, 2022.

Justice Nuthalapati Venkata Ramana was born in an agrarian family on August 27, 1957, in Ponnavaaram village of the State of Andhra Pradesh.

He was enrolled as an Advocate at the Bar on February 10, 1983 and was appointed as permanent Judge of the Andhra Pradesh High Court on June 27, 2000 and also functioned as Acting Chief Justice of Andhra Pradesh High Court from March 10, 2013 to May 20, 2013.

Justice Ramana was elevated as the Chief Justice of Delhi High Court from September 2, 2013 and further elevated as Judge, Supreme Court of India from February 17, 2014.

He has a keen interest in philosophy and literature besides law.

Here are landmark judgments he has been a part of:

– A Supreme Court bench comprising of Justices NV Ramana and Surya Kant in January this year said the value of a woman's work at home was no less than that of her office-going husband. Justice Ramana expanded the idea first espoused by the SC in Lata Wadhwa case in 2001 when it had dealt with the issue of compensation for victims of a fire during a function and had

ruled that it should be granted to housewives on the basis of services rendered by them in the house.

– *Md. Anwar v. State of NCT of Delhi*, 2020: The 3-judge bench of NV Ramana, SA Nazeer and Surya Kant, held that in order to successfully claim defence of mental unsoundness under Section 84 of IPC, the accused must show by preponderance of probabilities that he/she suffered from a serious-enough mental disease or infirmity which would affect the individual's ability to distinguish right from wrong. "Mere production of photocopy of an OPD card and statement of mother on affidavit have little, if any, evidentiary value."

Anuradha Bhasin v. Union of India, 2020: A 3-judge bench of NV Ramana, R Subhash Reddy and BR Gavai, asked the Jammu & Kashmir administration to review all orders imposing curbs on telecom and internet services in the state in a week and put them in public domain.

– *Foundations for Media Professionals v. Union Territory of Jammu and Kashmir*, 2020: A 3-judge bench of NV Ramana, R. Subhash Reddy and BR Gavai, constituted a three-member committee to look into demand for allowing 4G mobile internet in the union territory of Jammu and Kashmir.

– *Central Public Information Officer v. Subhash Chandra Agarwal*, 2019: The 5-judge constitution Bench of Ranjan Gogoi, NV Ramana, DY Chandrachud, Deepak Gupta and Sanjiv Khanna, held that the office of the Chief Justice of India comes under the purview of the Right to Information.

– *Roger Mathew v. South India Bank Ltd.*, 2019: A 5-judge Constitution Bench of Ranjan Gogoi, NV Ramana, DY Chandrachud, Deepak Gupta and Sanjiv Khanna,



– *Deepak Gupta and Sanjiv Khanna v. Union of India*, 2017: A 5-judge constitutional bench of Jagdish Singh Khehar, Dipak Misra, Madan B. Lokur, Pinaki Chandra Ghose and N.V. Ramana quashed the order of the Governor, preponing the 6th session of the Arunachal Pradesh Legislative Assembly by a month without consulting the Chief Minister, Council of Ministers or the Speaker, on account of being violative of Article 163 read with Article 174 of the Constitution of India.

– *Adi Saiva Sivachariyargal Nala Sangam v. State of Tamil Nadu*, 2016: The bench held that the appointment of Archakas in temples will have to be made in accordance with the Agamas, subject to their due identification as well as their conformity with constitutional mandates and principles. Exclusion or appointment as Archakas would not violate Article 14 only so long it is not based on criteria of caste, birth or any other constitutionally unacceptable parameter.

– *Jindal Stainless Ltd v. State of Haryana*, 2017: A 9-judge bench, by 7:2 majority, upheld the validity of the entry tax imposed by the States on goods imported from other States. T.S. Thakur, A.K. Sikri, S.A. Bobde, Shiva Kirti Singh, N.V. Ramana, R. Banumathi and A.M. Khanwilkar, JJ, giving the majority view said that States are well within their right to design their fiscal legislations.

– *Nabam Rebia, and Bamang Felix v. Dep-*

Three IPS Officers Forced to Retire in 'Public Interest' by Yogi Adityanath Govt in Uttar Pradesh

Three IPS officers were forced to retire with immediate effect in "public interest" by the Yogi Adityanath-led BJP government in Uttar Pradesh upon the Centre's approval.

The state government claimed that the move is a part of its policy of zero tolerance towards indiscipline and corruption. The three officers include Amitabh Thakur, Rakesh Shankar and Rajesh Krishna of batches 1992, 2005 and 2006, respectively.

This is so far the biggest action taken against IPS officers in recent times.

Thakur has time and again grabbed the headlines. His feud with Mulayam Singh Yadav was also in news. Besides, he was also surrounded by many other allega-

tions, including the disproportionate assets case, and was suspended twice. Further, he was not given promotion due to a pending investigation.

Thakur was also known for his reactions on many sensitive issues.

Meanwhile, Shankar was accused of supporting the accused in the case of sexual harassment in Deoria's Ma Vindhya Vasini Women Protection Home. He was the Superintendent of Police of Deoria at that time and had also faced suspension once.

Krishna, on the other hand, was accused of corruption. In 2006, he was caught red handed taking bribes for recruitment in PAC and his promotion was cancelled.

Yahoo News
Qazi Faraz Ahmad



Govt Insecure of Kejriwal, His Emergence as Alternative to PM Modi: Sisodia on Delhi Bill

A day after the GNCTD (Amendment) Bill 2021, was passed in the Rajya Sabha, Delhi Deputy Chief Minister Manish Sisodia termed it a sign of 'insecurity' in the BJP and PM Modi due to 'good work' done by the Delhi Chief Minister Arvind Kejriwal. Lashing out at the BJP led NDA government, Sisodia on Thursday said, "the Bill passed yesterday by the central government shows the extent to which Modi Ji's government is feeling insecure regarding Arvind Kejriwal ji and his work,"

Rajya Sabha, on Wednesday, passed the Government of National Capital Territory of Delhi (Amendment) Bill, 2021. During voting, 83 members were in favour, while 45 opposed the bill. Opposition parties termed the bill as "unconstitutional" and demanded that it be sent to a Select Committee for scrutiny. Members from DMK, BJD, YSRCP, SP, BSP, TMC Congress, CPI(M), NCP, TDP, Shiv Sena, SAD opposed the bill, and almost the entire opposition had staged a walkout. The legislation was passed in the Lok Sabha on Monday.

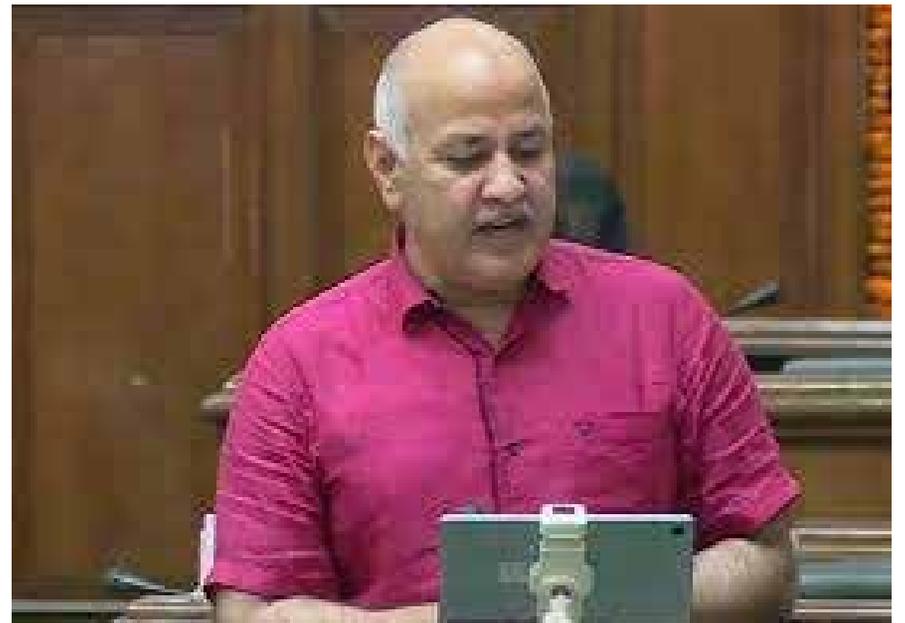
This bill seeks to give more powers to the Delhi Lieutenant-Governor (L-G) compared to the elected government and will make it mandatory for the Delhi government to take the opinion of the L-G before taking any executive action, a move that the Delhi government says will undermine the people's mandate and the elected government of the national capital.

Union Minister of State (MoS) for Home Affairs, Kishan Reddy, defended the bill claiming that the proposed bill did not curtail powers of governance of NCT Delhi which are already provided in the Constitution and said that the amendments were on technical grounds.

Deputy chief minister Sisodia said that people across the country have seen

Arvind Kejriwal as an alternative to Prime Minister Narendra Modi. "Everywhere Delhi's model of governance is being discussed. The BJP government at the Centre is feeling insecure because Chief Minister Arvind Kejriwal is emerging as an alternative to Narendra Modi. Therefore, this bill has been pushed to undermine the elected government," he was quoted as saying. The 'Kejriwal model of governance' is finding increasing resonance among people across the country while the 'Modi model' has failed, Sisodia argued. "In the past six years, a lot of work has been achieved in Delhi and it is not we who are claiming this.. the entire country is saying this. It is being studied how, under unfavourable circumstances, performance was delivered. Work that was otherwise thought to be impossible to achieve and which no government had done them successfully, all that work has been achieved successfully," Sisodia said. He also highlighted the AAP government's "remarkable" work to improve government schools, hospitals, its policy of free drinking lifeline water, free electricity, free bus rides for women, management of Covid-19, Mohalla clinics and doorstep delivery of services. "All these things are somewhere making the BJP restless. Today, electricity is free in Delhi and is available for 24 hours. But the BJP has not been able to emulate this. The situation of water availability in the capital has improved. Tanker mafia is finished. People are getting clean and free drinking water but the BJP has not been able to emulate this.. this is why BJP, Modi Ji has become restless and started feeling insecure that in front of this politics of Kejriwal, the BJP has no model, the mild-mannered minister spared no words in his scathing attack on the Prime Minister.

On Wednesday when the bill was being discussed in the Parliament and AAP Rajya Sabha MP spoke of how the Delhi Chief Minister's pro-people policies



were the talk of the country and the entire world, he was greeted by derisive laughter from the treasury benches.

Speaking further on the lack of a BJP Model, Sisodia said the saffron party cannot work without corruption. 'CM Kejriwal brought a programme to reach ration to every household in Delhi at their doorstep. They lost their nerves. They also have governments in many states, but they cannot think of doing that because they have to indulge in corruption. Their model is that of 'chori' (thief), their model is that of beimani (dishonesty)," he said. Across India, BJP ruled state governments are not able to do any work except for indulging in "negative politics" to stall Kejriwal's work in the national capital, the Deputy chief minister further alleged.

Terming Kejriwal as a "fighter", Sisodia said that the Delhi CM will not stop working due to such hurdles. "They have tried very hard in the past six years to stop the work of Arvind Kejriwal but they have not been able to stop him. The harder they tried, the harder he fought back and you can see excellent work being achieved in Delhi," Sisodia said, adding that the chief

minister was committed to the work despite all obstacles.

Expressing faith in Kejriwal's governance model's success, he said the CM will one day become a popular leader of the country. "People themselves say, he delivers on his promises, does not indulge in jumlas, does not write one thing in his manifesto and talk about something else, he does not indulge in tokenism," Sisodia said.

Slamming the Prime Minister, Sisodia alleged that such negative politics do not suit his stature and warned of citizens watching all his moves. "You do not erase a line. To diminish that line, you have to draw a longer one. You are trying to erase the line. Please don't do that, this is not good politics, it is negative politics and does not suit your stature."

In view of the contentious bill, Sisodia said the AAP dispensation is taking legal opinion to decide the future course of action.

Yahoo News
Rupashree Nanda

Indian drug manufacturer sentenced to pay USD50 million in fines

Washington, Mar 24 (PTI) An Indian drug manufacturer has been sentenced to pay USD 50 million in fines and forfeiture after pleading guilty to concealing and destroying records prior to a 2013 US Food and Drug Administration (FDA) plant inspection, the Department of Justice said.

Fresenius Kabi Oncology Limited (FKOL) was previously criminally charged by the United States with violating the Federal Food, Drug and Cosmetic Act by failing to provide certain records to FDA investigators.

FKOL owned and operated a manufacturing plant in Kalyani, West Bengal, that manufactured active pharmaceutical ingredients (APIs) used in various cancer drug products distributed to the United States.

As part of a criminal resolution with the

Department of Justice, FKOL agreed to plead guilty to the misdemeanour offense.

US District Judge Jennifer A. Dorsey accepted the company's guilty plea and sentenced FKOL on Tuesday to pay a criminal fine of USD30 million, forfeit an additional USD20 million, and implement a compliance and ethics programme designed to prevent, detect, and correct violations of US law relating to FKOL's manufacture of cancer drugs intended for terminally ill patients, a media release said.

"By concealing and destroying drug manufacturing records, FKOL undermined FDA's regulatory authority and placed vulnerable consumers at risk," said Acting Assistant Attorney General Brian M. Boynton of the Justice Department's Civil Division.

Prior to a January 2013 FDA inspection of



the Kalyani facility, FKOL plant management directed employees to remove certain records from the premises and delete other records from computers that would have revealed FKOL was manufacturing drug ingredients in contravention of FDA requirements. Kalyani plant employees re-

moved computers, hardcopy documents, and other materials from the plant and deleted spreadsheets that contained evidence of the plant's noncompliant practices. PTI
LJK AMS
Yahoo News
Lalit K Jha

Joe Biden Invites 40 World Leaders Including PM Modi to Global Climate Summit

President Joe Biden has invited his counterparts Xi Jinping of China and Russia's Vladimir Putin to a virtual climate summit he is hosting in April, the White House announced on Friday.

In all, 40 world leaders including PM Narendra Modi have been asked to attend the two-day meeting meant to mark Washington's return to the front lines of the fight against man-made climate change, after former president Donald Trump disengaged from the process.

Besides PM Modi, other leaders invited for the summit include Chinese President Xi Jinping, Russian President Vladimir Putin, Japanese Prime Minister Yoshihide Suga, Brazilian President Jair Bolsonaro, Canadian Prime Minister Justin Trudeau, Israeli Prime Minister Benjamin Netanyahu, Saudi Arabia King Salman bin Abdulaziz Al Saud and UK Prime Minister Boris Johnson.

"They know they're invited," Biden said of Xi and Putin. "But I haven't spoken to either one of them yet."

The start of the summit on April 22 coincides with Earth Day, and will come ahead of a major UN meeting on climate change scheduled for November in Glasgow, Scotland.

It is being staged entirely online due to the

coronavirus pandemic.

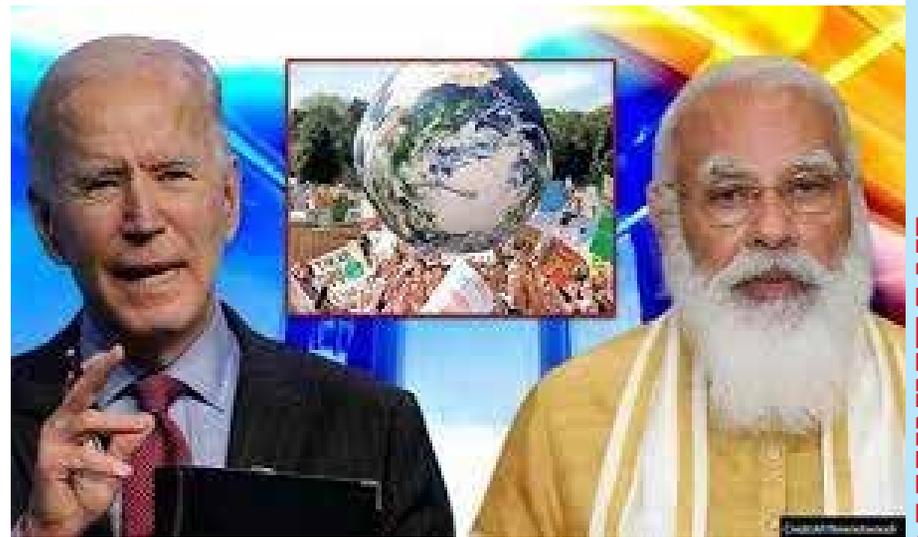
Biden kept his campaign pledge to rejoin the Paris climate agreement on his first day in the White House, after Trump pulled out of the deal.

The return of the world's largest economy and second-largest emitter of carbon dioxide became effective on February 19, and means almost all the world's nations are now parties to the agreement signed in 2015.

By the time of the summit, the US will have announced "an ambitious 2030 emissions target," according to a White House statement, and will encourage others to boost their own goals under the Paris agreement too.

"The Summit will also highlight examples of how enhanced climate ambition will create good paying jobs, advance innovative technologies, and help vulnerable countries adapt to climate impacts," the White House said in a statement.

The United States has invited the leaders of the Major Economies Forum on Energy and Climate, which includes the 17 countries responsible for about 80 percent of global emissions and GDP, as well as heads of countries that are especially vulnerable to climate impacts or are demonstrating strong climate leadership.



this month.

The US president has placed global warming at the heart of his agenda, and has already made waves domestically by pledging to make the energy sector emissions neutral by 2035, followed by the economy as a whole by 2050.

He has also placed a hold on new oil and gas drilling on federal lands and offshore, and is expected to soon seek a \$2 trillion infrastructure package from Congress that would serve as the engine of future economic growth.

Biden dispatched his climate envoy, former secretary of state John Kerry, to prepare the ground for the summit in meetings with European leaders earlier

The meeting comes as the world is lagging badly in its efforts to limit end-of-century warming to 1.5 degrees Celsius (2.7 degrees Fahrenheit), which scientists say is necessary to avoid triggering climate tipping points that would leave much of the planet inhospitable.

In an assessment of pledges made in recent months by around 75 countries and the European Union, UN Climate Change said that only around 30 percent of global emissions were covered in the commitments.

Yahoo News

PM warns Balochistan officers against staying away from welfare meetings

ISLAMABAD: Prime Minister Imran Khan has warned the government officers in Balochistan that strict action will be taken against them if they do not attend official meetings related to public welfare.

The warning has been issued by the prime minister through a letter after receiving complaints in this regard, says an official announcement on Saturday.

The complaint was formally lodged by Balochistan Governor Amanullah Khan Yasinzai in his report of "the Prime Minister's Performance Delivery Unit" in the province which he presented to Mr Khan recently.

In the report, the governor complained to the prime minister that senior officers of the federal departments had not been attending official meetings thus affecting the government's performance. According to the Prime Minister Office, the report was related to complaints made by the people of Balochistan at Pakistan Citizens Portal.

PM Khan while expressing dismay after receiving the complaint of the governor, directed the senior officials of the federal departments to attend the meetings regularly.

According to the report, the dashboards of officers of 17 federal departments in Balochistan were reviewed. The

federal departments in the province received more than 11,000 public complaints, out of which 90 per cent had been resolved, according to the report. It says that as many as 37 per cent people expressed satisfaction on the way the issues were settled.

Meanwhile, on the instructions of Mr Khan, the lights of the PM Office were switched off on Saturday for an hour to observe Earth Hour.

In his remarks, the prime minister said that improving environment was the top



priority of the government.

He appealed to the people to support the government in its efforts for a clean and pollution-free environment in the country Dawn

Tandav review: Saif Ali Khan's silly Amazon show has the subtlety of a lathi to the kneecap

Creator Ali Abbas Zafar

Cast Saif Ali Khan, Dimple Kapadia, Sunil Grover, Tigra Manjhu Dhulia, Gauhar Khan

Even the final season of House of Cards, which is generally considered to be worst of the lot, is better than anything that Amazon Prime Video's Tandav has to offer. Like Machiavelli for middle-schoolers, the new political drama takes ideas that might've seemed complex on

paper, but dilutes them so thoroughly that they border on waste material.

Saif Ali Khan plays Samar Pratap Singh, the son of a two-term Prime Minister. Tandav opens with PM Devki Nandan on the verge of claiming another victory in the General Elections. Samar, who Saif essentially plays as a trust fund kid, also has designs on the top job.



INTERNATIONAL PAGES

INTERNATIONAL PAGES

STAR-SHREDDING BLACK HOLE MAKES GHOSTLIKE PARTICLE

A single high-energy neutrino may have provided astrophysicists with telltale information about the tidal disruption of a star by a supermassive black hole some 690 million light-years away.

THE NEUTRINO AND THE STAR-NABBING BLACK HOLE

The sub-surface IceCube Neutrino Observatory in Antarctica detected the neutrino on October 1, 2019. The tiny, ghostlike particle was packing a punch of about 200 tera-electronvolts (15 times more energetic than what can be achieved in CERN's Large Hadron Collider). It came from the direction of the small constellation Delphinus. While IceCube can't precisely pinpoint the particle's origin, the detector can narrow down the source to within an area of approximately 10 square degrees on the sky.

"Within seven hours, we were observing the area with the Zwicky Transient Facility (ZTF)," says Robert Stein (DESY, Germany). ZTF is a wide-field sky survey employing the refurbished Samuel Oschin 1.2-meter Schmidt telescope at Palomar Observatory.

Before long, Stein and his colleagues found the still-fading glow of a tidal disruption event (TDE) that had been detected on April 9, 2019, also by ZTF. These events occur when stars venture too close to a supermassive black hole; they flare as they're torn to shreds in the strong gravitational field.

"Obviously, this was the most promising candidate" for the neutrino's origin," Stein says. Theorists had already suggested that TDEs might produce high-energy neutrinos, possibly in relativistic jets of plasma that shoot out from near the black hole.

The April 9th TDE, catalogued as AT2019dsg, was a rather special beast. The optical/ultraviolet outburst, which peaked in May, occurred in the nucleus of a relatively luminous galaxy, suggesting that a star had been destroyed by the tidal forces of a massive central black hole, probably weighing in at some 30 million solar masses.

"I am excited and happy that people are finding this potential association," comments Dorothea Samtleben (Dutch National Institute for Subatomic Physics, Amsterdam), who was not involved with the find.

However, she warns that it's not a closed case — as the researchers note, there's still a 0.5% chance that the neutrino and the TDE have nothing to do with each other.

According to Sjoert van Velzen (Leiden Observatory, The Netherlands), who led the team that initially discovered the tidal disruption event, the 18th-magnitude source started to produce bright but rapidly fading X-rays after five weeks, while emitting increasing amounts of radio waves for many months after the initial explosion.

The radio waves result from high-energy charged particles spiraling around magnetic field lines. Apparently, the TDE is an efficient particle accelerator. "The radio data tell us that the particle acceleration process must be pretty continuous," says Stein. "It's not like an explosive engine," adds van Velzen, "but more like a locomotive."

This would explain how a TDE can produce a high-energy neutrino almost half a year after the start of the event. To create a neutrino, a high-energy proton must slam into another proton or into a photon. If particles are accelerated over a long period of time, there's ample opportunity for neutrino production at a late stage.

HOW DO BLACK HOLES MAKE NEUTRINOS?

NOS?

In the February 22nd issue of *Nature Astronomy*, Stein, van Velzen, and 56 coauthors describe a "multi-zone" scenario for the TDE. According to this scenario, the extremely hot inner part of the transient accretion disk that forms from the torn-apart star's remains generates X-rays close to the black hole's event horizon. Meanwhile, at larger distances, 40,000-degree gas, also from the star, emits ultraviolet radiation. Radio waves are produced even further out, in a broad outflow. Interestingly, the researchers didn't find any evidence for relativistic jets.

In their view, shock waves or magnetic fields accelerate the protons that are close to the central black hole. The energized protons then collide with the plentiful ultraviolet photons farther out to create high-energy neutrinos that escape the system. One of the neutrinos traveling in Earth's direction happened to get caught in the IceCube detector some 690 million years later.

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IceCube Observatory IceCube Observatory

during winter
Raffaella Busse / IceCube / NSF
Writing in the same issue of *Nature Astronomy*, Walter Winter (DESY) and Cecilia Lunardini (Arizona State University) suggest a different

scenario, partly based on the fact that the TDE's X-ray emission faded so rapidly. Key to their scenario is the idea that the TDE did produce jets of charged particles speeding away from the black hole.

"The idea is that the [UV-producing] outflow expands and starts to cause a partial obscuration of the X-rays emitted by the accretion disk," explains Lunardini. "The X-ray photons that are blocked by the outflow are re-emitted in all directions, and some of them end up inside the jets." When high-velocity protons in the jets collide with those X-ray photons, they produce high-energy neutrinos.

Much remains uncertain, though. "With only one neutrino observed from a TDE, you cannot really draw firm conclusions, and the data remain open to interpretation," admits Lunardini. Stein warns that not everyone agrees on why the X-rays disappeared so quickly. As for the existence of relativistic jets, there's no corroborating gamma-ray evidence.

So far, the Zwicky Transient Facility has found a couple dozens of tidal disruption events, but some of their features elude explanation. "Neutrinos can help to learn more about TDEs and their diversity in the future," Lunardini notes.

"The most important conclusion," says Stein, "is that TDEs can accelerate particles for such a long time," as evidenced both by the radio observations and by the late-time production of the high-energy neutrino. Samtleben, who is involved with the KM3NeT neutrino detector that is being constructed in the Mediterranean Sea, says she looks forward to a more solid link between TDEs and high-energy neutrinos. Both KM3NeT and the upcoming upgrade of IceCube could provide more examples with better pointing accuracy.

Other neutrino detectors will continue to play a role, too. Already, scientists have reported a second possible TDE-neutrino association, based on a neutrino detected in May 2020, she says.



List of Bollywood films of APRIL , 2021

Opening	Title	Director	Cast	Studio (production house)
A P R	<i>Bunty Aur Babli 2</i>	Varun V. Sharma	Saif Ali Khan · Rani Mukerji · Siddhant Chaturvedi · Sharvari Wagh	Yash Raj Films
	<i>Thalaivi</i>	A. L. Vijay	Kangana Ranaut · Arvind Swami · Prakash Raj · Jisshu Sengupta · Poorna · Madhoo · Bhagyashree · Samuthirakani	Vibri Media, Karma Media And Entertainment
	<i>Chehre</i>	Rumi Jaffery	Amitabh Bachchan · Emraan Hashmi · Krystle D'Souza · Siddhanth Kapoor · Annu Kapoor · Dhritiman Chatterjee · Raghubir Yadav	Anand Pandit Motion Pictures, Saraswati Entertainment Private Limited

Saif Ali Khan, Rani Mukerji Finish COVID-Safe 'Bunty Aur Babli 2' Shoot (EXCLUSIVE)

Indian studio Yash Raj Films' "Bunty Aur Babli 2," starring Saif Ali Khan ("Sacred Games") and Rani Mukerji ("Hichki") has wrapped production with the shooting of a song and dance routine.

The shoot, at Mumbai's Yash Raj Films studios, adhered to the Indian government's recently announced safety protocols that allow movies to restart production in the COVID-19 era.

The film was essentially complete, save the song, by March, when the spread of coronavirus halted production across the country.

"We shot this sequence in the pandemic and we were made to feel extremely comfortable on the sets because YRF took all the necessary precautions before the shoot commenced," said Mukerji.

"These are highly sensitive times and actors, producers, crew, everyone will have to be extra cautious because there is a risk element," Khan said. "I was amazed by the

steps taken to ensure that we have the best shooting experience. It felt safer than at home."

The film is directed by debutant Varun V. Sharma, who previously served as chief assistant director on YRF's "Tiger Zinda Hai," starring Salman Khan. "I'm thankful that it all went well because this will give confidence to the entire film industry to return to shoot," said Sharma. The film is produced by YRF chairman and managing director Aditya Chopra.

The film is a sequel to 2005's "Bunty Aur Babli" where Abhishek Bachchan and Mukerji played a pair of con-job perpetrators, Bunty and Babli, with cop Amitabh Bachchan in close pursuit. This time around Khan and Mukerji play the titular pair.

Also playing con artists are Siddhant Chaturvedi who made a mark in Berlin title "Gully Boy" and Sharvari Wagh who made her streaming debut with Amazon Prime Video series "The Forgotten Army: Azaadi ke liye" and will make her film



debut with "Bunty Aur Babli 2."

"We had such a fun shooting experience before the pandemic and then we couldn't shoot or meet each other," said Chaturvedi. "I'm glad that we could have a safe, fun shoot."

"As luck would have it, we had to wrap by shooting a fun song sequence and there was no better way to meet the entire team again and bring the house down with a lot of positivity, joy, and madness," said Wagh. varietyNews BY: Naman Ramachandran

Thalaivi

Thalaivi (transl. Female leader) is an upcoming Indian multilingual biographical film about the life of J. Jayalalithaa, politician and film actress who served six terms as the Chief Minister of Tamil Nadu, with Kangana Ranaut playing the role of Jayalalithaa. The film is directed by A. L. Vijay and produced by Vibri Media in collaboration with Karma Media And Entertainment. Simultaneously shot in Hindi, Tamil and Telugu languages under the same title, filming began on 10 November 2019. The film is scheduled for release on 23 April 2021. The film was officially announced on 24 February 2019, on the occasion of Jayalalithaa's birthday, with Kangana Ranaut playing the role of J. Jayalalithaa. Arvind Swami plays the role of M. G. Ramachandran in the film. Principal photography began on 23 November 2019. This film will be made simultaneously in Hindi, Tamil

and Telugu. Production was halted due to the COVID-19 pandemic and is expected to resume production after clearances are given by the government to shoot a large climax scene.

Release
The film was to be released in Hindi, Tamil, and Telugu on 26 June 2020, but was postponed due to the COVID-19 pandemic. The film is scheduled for release on 23 April 2021.

Controversy
Jayalalithaa's niece, Deepa Jayakumar, in November 2019, registered a complaint against the film's makers through the Madras High Court. She asserted that she was the legal heir of Jayalalitha and that before making a movie or a web series about her life, the creators of the film should have approached her. She also said that the Kanganas' film makers have no legal right to make a film about the life of



Jayalalithaa, which could affect the privacy of her aunt and her family. Deepa also demanded that the whole script be sent to her well before movie comes to the theatres. The Madras High Court gave Deepa approval to take legal ac-

tion against director AL Vijay and film producer Vishnu. A note will also be sent to Gautham Menon, who wants to create a web series about Jayalalithaa's life

5 Famous Cricketers Who Married Their Cousins Or Friend's Ex-Wife

Love is such a beautiful feeling that everything and anything seem to be right to the ones who are in love. It's another world where two souls are bound to be together no matter what. Whether you talk about the age difference, colour, caste or creed, love neither has any language nor does it get bothered by anything like what's mentioned. And the ones who are in love, they love each other unconditionally.

Do you know that we have a few cricketers who tied the knot with their relatives? Not just this, we also have some names who walked down the aisle with their friend's ex-wife? Yes, you read exactly what was written! Check out the names of the cricketers and their interesting love stories: The former swashbuckling opener of the Indian cricket team, Virender Sehwag's professional life is known to many and little is known about his personal life. Well, the much-acknowledged cricketer is married to Aarti Ahlawat. Sehwag was just 21 when he proposed to Aarti. They dated for five years, after which the duo got married on April 22, 2004. It's been 14 years that the two have been enjoying the marital bliss. But do you know what? Aarti and Virender are actually distant relatives of each other. In fact, Aarti also confirmed this in an interview and said

that theirs was a love marriage within their own family. It all began when one of Sehwag's cousin got married to Aarti's aunt. And now, this cutesy couple is proud parents of two boys, Aryavir and Vedant. We have another cricketer who tied the knot with one of his cousins. An opening batsman and an occasional slow left-arm orthodox bowler, Saeed Anwar is one of the most amazing cricketers from Pakistan team. He tied the knot with his cousin named, Lubna in March 1996. Lubna who is a doctor by profession, is also a distant cousin of the cricketer. Saeed and Lubna had a lovely daughter together whom they named, Bismah. But their little one died in 2001 due to a prolonged illness that could not get cured.

One of the famous cricketers Murli Vijay has always been in the news for his commendable performance on the field. Yet again, he is one celeb whose personal life is hardly known to many people. The cricketer is married to Nikita Vanjara who is now known as Nikita Vijay post their marriage. Murli and Nikita tied the nuptial knot in the year 2012. All this while, the two have been enjoying their marital bliss. But do you know with whom Nikita was reportedly married prior to Murli? Yes, it's Nikita's second marriage as she was earlier



married to another cricketer of the Indian team, Dinesh Karthik. It was a love marriage and they were childhood lovebirds. Popularly known as Boom Boom, former Pakistani cricketer and former captain of the Pakistan national cricket team, Shahid Afridi has been a successful all-rounder. He had his own charm when he was on the field. Shahid Afridi is married to Nadia, who is his maternal cousin. Yes, the two tied the knot after Afridi's father arranged their match. Shahid and Nadia together are parents to four beautiful daughters. Upul Tharanga is a Srilankan player who is married to Nilanka. Upul is a left-handed

opening batsman of the Srilankan team as well as sporadic wicketkeeper. The cricketer's wife Nilanka was earlier married to another Sri Lankan player whose name was Tilakratne Dilshan. And if the reports are to be believed, the closeness between Upul and Nilanka was what created rifts between her and Dilshan, which eventually led to their divorce. Well, these were a few celebs from cricket ki duniya who walked down the aisle with their cousins or friend's ex-wife. In case we have missed out on any name, just let us know in the comments section below!
Yahoo Style

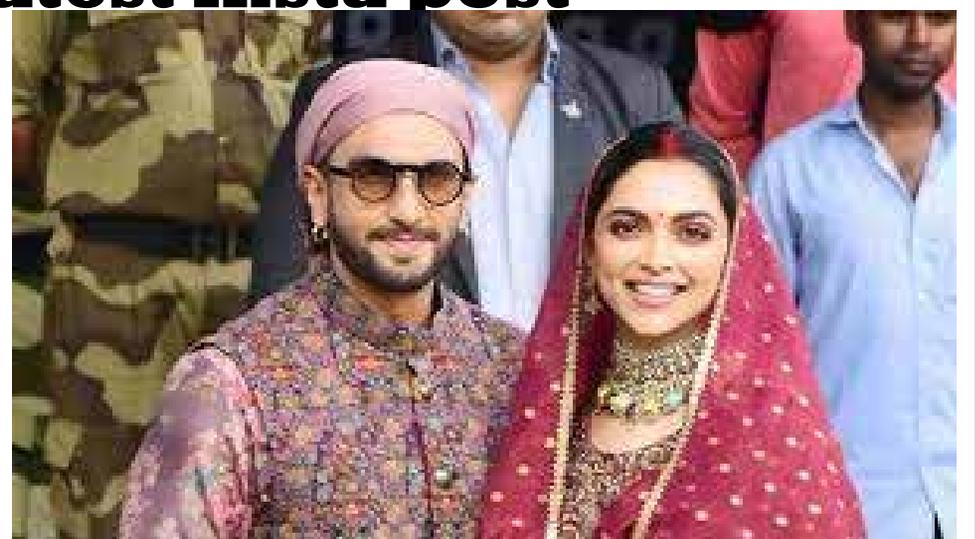
Ranveer Singh smilingly gazes at Deepika Padukone in latest Insta post

Mumbai (Maharashtra) [India], Bollywood star Ranveer Singh on Wednesday treated fans to adorable pictures with wife Deepika Padukone as he can't take his eyes off her. The pictures prove that Singh is still head over heels in love with his wife. The 'Bajirao Mastani' star hopped on to Instagram and shared a carousel of pictures featuring the 'Om Shanti Om' star. The photographs seem to have been taken on a set.

In the post, the first photo catches the duo in a candid moment as they both smilingly gaze at each other. The other pictures showcase Deepika and Ranveer while they sit on a bench chatting with two crew members. The snap sees the duo dressed in casual ensembles, Deepika donned an off-white full sleeve top and a pair of

blue denim, on the other hand, Ranveer donned a blue T-shirt and beige pants. Celebrity followers including Riddhima Kapoor Sahni and more than 7 lakh fans liked the post. Deepika herself couldn't stop herself from writing in the comments section. She wrote, "Too handsome Ranveer Singh and added a lovestruck emoticon." Quite an active social media user, the 'Band Baja Baarat' star keeps on updating fans on his activities by posting pictures and videos. Earlier, the 'Ladies Vs Ricky Behl' actor treated fans to smiling sun-kissed pictures of himself posing on the cricket field.

Ranveer will be soon seen in the upcoming sports drama '83' where he will share



screen space with his wife and superstar Deepika Padukone. In the movie, Ranveer will essay the role of legendary cricketer

Kapil Dev, while Deepika will play his wife Romi Bhatia.
Yahoo News

Salman Khan's Niece Alizeh Agnihotri Set for Bollywood Debut Opposite Rajvir Deol?

Salman Khan's niece Alizeh Agnihotri is reportedly set to make her Bollywood debut soon. She will be debuting with Avnish Barjatya's as-yet-untitled film. Avnish is Sooraj Barjatya's son, who will be making his directorial debut with the forthcoming film. The reports suggest that Sunny Deol's younger son, Rajvir, has been roped in as the leading man.

According to a report in IndiaToday, Rajvir will also be making his debut with Avnish's directorial debut which is touted to be a destination wedding romcom. The film is reported to be based on the parallels of Ayan Mukerji's 2013 film Yeh Jawaani Hai Deewani starring Ranbir Kapoor and Deepika Padukone in main roles. Also, several young actors have been roped in for the film's cast.

Back in 2019, Alizeh's father, actor, producer and director Atul Agnihotri spoke about his

daughter's big screen debut. He said at the time that it was too early to talk about it. His only desire as a father had been that she should be prepared, give her best and enjoy doing the film. His children have already seen their family in the film business so they are well aware of ups and downs and that's why they know the dynamics.

It was reported by Deccan Chronicle in 2019 that Alizeh's Bollywood launchpad was going to happen with Salman Khan's then unreleased Dabangg 3. Atul Agnihotri, had clarified that Alizeh was never considered for any role in the film as she is not the right casting.

Alizeh is the daughter of Atul Agnihotri and Alvira Khan. Meanwhile, Salman next has Prabhudeva's upcoming action film titled Radhe: Your Most Wanted Bhai. The Bolly-

wood remake of 2017 Korean thriller, The Outlaws, will also star Disha Patani, Jackie Shroff and Ran-deep Hooda. Salman will also feature in Kick 2 and Kabhi Eid Kabhi Diwali. Salman is busy shooting for Antim: The Final Truth and Tiger 3.
Yahoo Styl



Shah Rukh Khan reportedly charging Rs. 100 crore for 'Pathan'

Superstar Shah Rukh Khan will be making his grand comeback on the big screens with Pathan and he is looking to make it count, at least in terms of money.

As per the latest reports, Khan is charging Rs. 100 crore for the highly-ambitious project.

The movie is being directed by Siddharth Anand and its filming is underway.

Here are more details.

Comeback: The film marks SRK's first on-screen outing after 'Zero'

Millions of fans of the superstar are waiting anxiously, as Pathan will bring the beloved star back on the big screens after Zero.

The 2018 film, helmed by Aanand L. Rai, was equally anticipated but failed to impress both the viewers and critics.

Khan took a sabbatical of sorts after Zero; he had a cameo in Netflix's Fabulous Lives of Bollywood Wives.

Movie: Though highly-anticipated, not much is known about 'Pathan'

Pathan has been backed by Yash Raj Films but most details about the movie have been kept under the wraps.

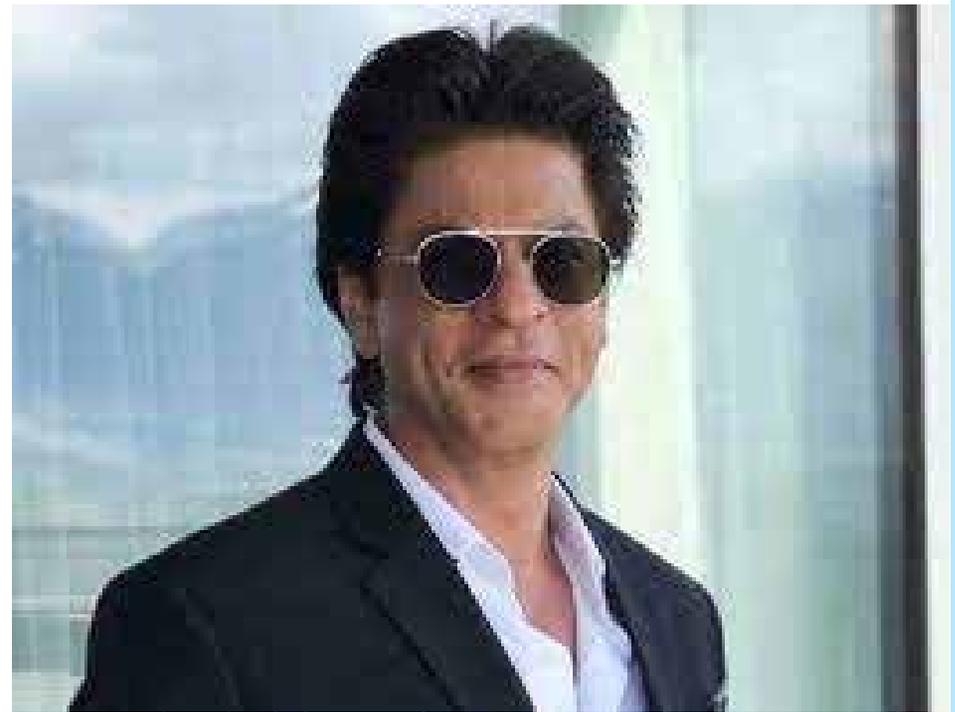
What we know is that Khan will share the screen space with John Abraham and Deepika Padukone. The action-thriller is being shot in Dubai.

Music composers Vishal Dadlani and Shekhar Ravjiani have been roped in for the project.

Crossover: Salman Khan will have a cameo in 'Pathan'

What makes Pathan more exciting is Salman Khan's presence. He will have an extended cameo in the movie and will be seen as Tiger from his Tiger movies. The Tiger franchise is also backed by YRF.

Interestingly, he had a special song in Zero as well. Both the superstar Khans will also be seen in Aamir Khan's Laal Singh Chadha.



Career: Khan has ruled the big screen for years

Le Jayenge, Kuch Kuch Hota Hai, Kabhi Khushi Kabhie Gham, and Devdas.

Khan had started his Bollywood career in 1992 and has reigned in the industry since.

Though his movies haven't been performing well in the recent past, his Red Chillies Entertainment has grown steadily.

He has been a part of a few of the biggest Bollywood movies like Dilwale Dulhania

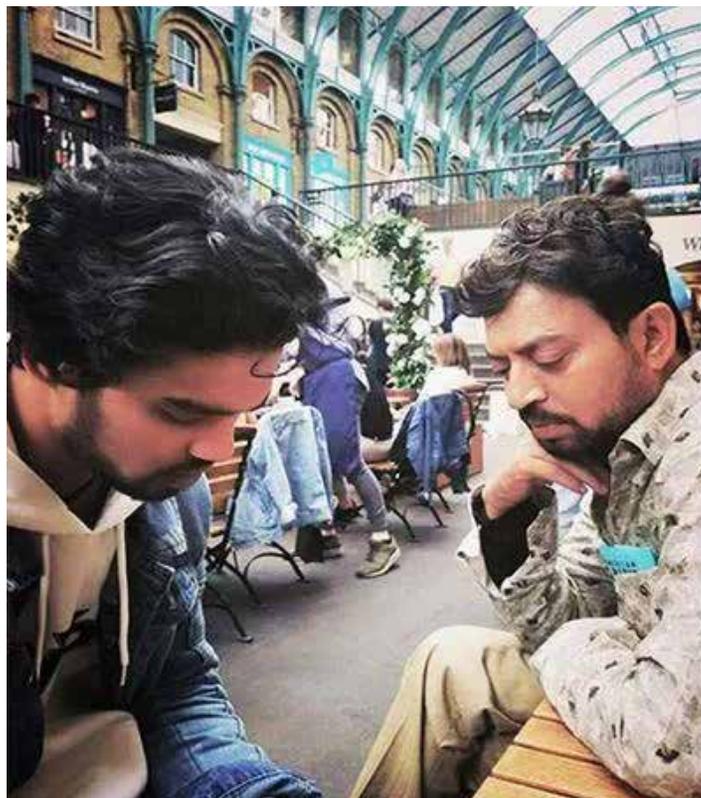
Yahoo Styl Priyanka Bansal

Late Irrfan Khan's Son Babil Looks Like His Spitting Image, Collects Filmfare Best Actor Trophy For Angrezi Medium; Ayushmann Khurrana Hands Over Award, Pens Emotional Poem

A memorable night for the late actor Irrfan Khan's family. The late actor was bestowed with the best actor award for his performance in his last flick, Angrezi Medium and lifetime achievement awards at the 66th Filmfare Awards. Receiving this award on behalf of his father was his son Babil Khan, the late actor's son shared images of him with the trophy that made us believe he is a splitting image of his father. Gracing the award night in a navy blue long bandgala jacket with white embroidery over it, paired with flared pants, he was seen posing with singer Jubin Nautiyal.

Babil who is said to be making his acting debut soon, also shared a picture where we can his mother Sutapa Sikdar probably trying to click a selfie with her son. Irrfan's last movie of his career before he breathed his last was released amidst the COVID-19 pandemic on March 13, 2020. Unfortunately with the lockdown imposed by the government, theatres were shut and movie would not entertain the audience. Later it was released on OTT for the audience.

Ayushmann Khurrana sharing a picture of the late actor's mural mentioned in his Instagram post that Irrfan will be celebrating his double win. The late actor was awarded as best actor as well as was bestowed with



lifetime achievement award. The Gulabo Sitabo actor also shared about his first meeting with Babil Khan, praising him he wrote in his Instagram post, "Met this beautiful boy for the first time. Would see him do well in future."

Yahoo Style



INTERNATIONAL PAGES



“Suicide Is Not A Solution” An Initiative of Helping 2 Hands. Mohib Baig and Abdur Rahman



Warm see-off to Iftexhar Shareef Garu in Hyderabad flying to Chicago



Shujath Ali Sufi Received Urdu Anmol Ratan Award



Adnan Sajid Khan (Gullu Dada) On shooting with director Mainu Khan



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
Cell: 9347814688



Tibb-E-Mustafa ki Roashni Mei

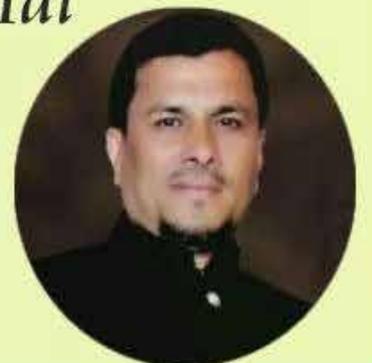
100 Bimariyon Se Ziyada Ki Shifa Hai

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HOW TO SPEND YOUR RAMADAN

Ramadan is the most awaited and sacred month of the year for Muslims. It is a month of forgiveness and revelation of the Holy Quran . Reading and reciting the Quran , offering tahajjud , 5 time namaz , tarawih prayers and giving zakat .

During ramadan , the doors of hell will be closed and the doors of heaven will be open .

We have to make the best out of this holy month, every minute counts.

Ramadan reminds the importance of Quran.

Abu Hurayrah reported that the Prophet Muhammad(SAW) said:

Every action a son of Adam does shall be multiplied into a good action by ten times its value, up-to 700 times.

Allah says:

With the exception of fasting, which belongs to Me, and I reward it accordingly. For, one abandons his desire and food for My Sake.

There are two occasions of joy for a fasting person:

one when he breaks his fast, and the other when he meets his Lord, and the (bad) breath (of a fasting person) is better in the sight of Allah than the fragrance of musk. (Al-Bukhari)

The best way to spend Ramadan is to recite, memorize the Quran and practice the examples of our role model prophet Muhammad (peace be upon him).

Ibn'Abbaas(may Allah be pleased with him) reported that, "The prophet (peace be upon him) was the most generous of people and he used to be more generous during the month of Ramadan, when he used to meet Jibreel (Angel Gabriel, my Allah exalt his mention) and review the Quran with him. During this time ,the prophet (peace be upon him) was faster (in his generosity and bringing good) than a blowing wind".

SUHOOR Suhur or Suhoor " of the dawn", "pre-dawn meal" is the meal consumed during the blessed month of Ramadan early in the morning before fasting. It is usually done around 4.00 AM. It is the meal eaten before fajr prayer. Eating suhoor not only makes the fasting easier, but also provides health benefits and as well as blessings too. Suhoor is matched to iftar as an evening meal, during Ramadan, that traditionally replaces the three meals of the day(breakfast, lunch, and dinner). Suhoor is basically regarded by Islamic traditions as a benefit of the blessings in which it allows the person who is fasting to avoid the crankiness or the weakness caused by the fast.

A hadith in Sahih al-Bukhari, Anas ibn Malik narrated , "The Prophet said, 'take suhoor as there is blessing in it.'"

BENEFITS OF SUHOOR

We eat suhoor in order to start fasting for 12 hours or more than 12 hours.

It prevents the body from fatigue and headaches during the fasting hours.

It prevents the loss of body cells Stimulates and energize the digestive system

It helps the body to maintain its sugar level during fasting

It helps in reducing the feeling of too much hunger and thirst.

It helps in reducing the hunger and thirst

Helps in preventing the fasting person from feeling lazy.

When comes to spiritual benefits, it assists in fulfilling the fast as an act of worship.

The time suhoor must be had regarded, Prophet Muhammad (SAW) advised Amr Ibn Maymoon , said:

"The companions would break their fasts immediately at sunset (without any delay) and would delay eating Suhoor (until as close to Fajr as possible)."

Regarding the best food for Suhoor , Abu Hurayrah reported that the prophet (SAW) said :

"The best suhoor is (to eat) dates."

Known that even a cup of water can be sufficient for suhoor.

Hence , the best food to eat is dates, and if one cannot eat a date, its better to eat a proper meal (if available) rather drinking a cup of water to avoid headaches during fasting hours.

One must keep in mind that there are some food that digests quickly whereas others do not. In addition to that, food that are high in nutrients are best when it comes to having more energy and the feeling of fullness.

It is preferable that the meal should include vegetables and fruits that contain high level of fluids, such as cucumber, lettuce, watermelon, blueberries, raspberries plums contain the highest water content, more than 90 percent, because it helps the body to maintain fluids for a long time which reduces the feeling of thirst and prevents from dehydration.

It is also recommendable to include eggs, cheese and beans as a part of your meal as it takes 7-9 hours to digest these type of food so that one does not feel the hunger. Do not consume food in large quantities of sugar and salt, as sugar triggers hunger and salt triggers thirst.

BEST FOOD TO EAT AT SUHOOR

DATES – it is the best fruit for suhoor according prophet Muhammad (SAW) as it contains good amount of fiber, nutrients and sugar that giuves the body energy for the day.

HIGH -FIBER AND PROTIEN FOODS meat, eggs and yogurt are high in protein which helps the body to function better throughout the day.

Cereals, grains, whole wheat , bran, fruits and vegetables are high in fiber and are highly recommended to eat.

CARBOHYDRATES – Oats, wheat and grains can give u a feeling of fullness for the day .

FAST

Fasting is a blessing. Fasting in the month of Ramadan is one of the Five Pillars Of Islam. Fasting was made obligatory(wajib) during the month of sha'ban, after the muslims migrated from Makkah to Madinah. It is made obligatory in order to establish the equality between the rich and the poor. It is compulsory to all those who have reached the age of puberty or have experienced the signs of puberty and are considered mature (baligh). People who are travelling ,sick , those in old age, pregnant or breast feeding are exempted from fasting.

The best thing about fasting is that all muslims fast together ,which allows us to identify one another in our obidence to Allah(SWT). This strengthens us as

Muslims .

"O you who believe fasting is prescribed to you as it was prescribed to those before you so that you can learn taqwa" (Quran 2:183)

We all believe and observe fasting as a religious obligation but few know the health benefits of fasting

BENEFITS OF FAST

It promotes detoxification

It Resolves Inflammatory response

Reduces Blood Sugar

Promotes Healthy diet

Increases the breakdown of Fat

It helps in correcting high blood pressure

Promotes weight loss

It Boosts Immunity

It may help in overcome addictions

RULES/ TIPS FOR FASTING PERSON

Speak good words or remain silent . These were the words of the Prophet Muhammad (SAW).

" O you who believe! Fear god and speak a word that is right. He will set right for you your deeds and forgive you your sins. And whoever obeys god and His Messenger has certainly attained a great achievement."(Quran 33:70-71)

Swearing or backbiting is even more frowned in Ramadan and should take care of what you speak.

Should not indulge oneself in bad habit such as smoking and drinking.

Conserve (protect) your tongue. Watch what you speak as they might not appreciate your bad behavior, especially when your fasting.

Lower your gaze.

You should always be kind and not backbite.

Don't gossip about others in a bad way that you cannot say on their face, or indeed you would not like that to be told to yourself.

The Quran says: "O you who believe ! avoid suspicion as much as possible: for suspicion in some cases is a sin: and spy not on each other behind their backs.

IFTAR Iftar is the meal which muslims end break their fast at sunset in Ramadan. At the time of call to prayer (azan) muslims break their fast for the evening prayer.

The fast during Ramadan usually begins immediately after the pre-dawn meal called suhoor and continues till the daylight hours, ending with the sunset in the evening for the iftar.

It is the time of forgiveness and prayers during Ramadan are never rejected .

(" There are three prayers that are not rejected: they prayer of the fasting person, the prayer of a traveler and the prayer of a father to his child").

Before breaking your fast recite :

Allahumma inni laka sumtu wa bika aamantu wa 'alayka rizq-ika aftartu.

FOOD TO BE EATEN AT IFTAR

Dates are nutrient powerhouse that are always good source of potassium.It is always recommended to break your fast with 2-3 dates .

Drink lots of water and fruit juice as much as possible to avoid dehydration.

Foods rich in fluids such as fruits and vegetables.

Potassium rich fruits which include beans , potatoes , bananas yogurt and avocados. Raw nuts are perfect for iftar as they help

u feel full and in control , with out the need to bunge.

Hydrating vegetables like cucumbers, lettuce, and other vegetables which are high in fibre and water which not only help your body feel , but also a great choice for keeping your skin healty and avoiding constipation during Ramadan.

FOOD TO BE AVOIDED AT IFTAR

Carbonated drinks like processed beverages which are usually high in sugar, increasing the risk of overweight and obesity.

Carbonated drinks can cause bloating and gas leading to indigestion.

Stick to regular water and coconut water to quench your thirst.

High – sugar foods such as sweets and chocolates should be avoided as they contain very little nutritional value and are high in caloriewes.

Fried foods which are greesy such as Samosa, dumplings, pastries, cakes oily items as they are leaded with fat and are stored in the body as fatty issues.

PRAY ON TIME

In Ramadan one must strive to pray on time, for men in mosque and women at home. If you do not pray unintentionally, for instance you were busy with work you can pray later. If you neglect and are aware of the timing yet refuse to pray on time it is sinful.

You should offer 5 times namaz on time as well as tahajjud .

READ THE QURAN Many Muslims worldwide try to complete reading the full Quran by the end of Ramadan. This can be achieved by reading one juz(section) each day, for thirty days . Some Muslims try to even complete Quran multiple times! The more you read, the quicker you can finish and the more reward you get.

You can try reading the Quran with translation as you will understand the revelation of allah and the interpretation(tafsir) to understand the words of allah.

You can also achieve completing the Quran by:

Making an Intention or setting a target to finish the Quran

Do not be overwhelmed by how many pages you read.

Plan ahead as to how many juz(section) you will read .

Understand the Quran while reading

While reading Quran find buddies and compete in good

Choose or seize the moment

Be consistent and remain steadfast in completing the Quran



LAST TEN DAYS OF RAMADAN

Tarawih are the extra prayers in Ramadan performed by Muslims at night. The Prophet Muhammad(SAW) encouraged ummah to pray tarawih: "Whoever prays qiyaam in Ramadan out of faith and in the hope of reward, his previous sins will be forgiven.

Tarawih is a sunnah al muakkada specific to 20 rakahs in Ramadan. It is a sunnah of our Prophet Muhammad(SAW) which means that it is the practice of performing Tarawih and the Muslims were encouraged to do likewise, but it is not obligatory.

Tarawih is an Arabic word which literally means "To Rest". The Tarawih is named because a brief rest is taken after each four rakahs which constitute a tarawih. Five tarawih makeup a whole tarwih prayer.

Tarawih prayer is read two rakhs at a time. In total of 20 rakahs.

Abu Hurayrah narrated that the Messenger of Allah said, "Whoever establishes prayers during the nights of Ramadan faithfully out of sincere faith and hoping to attain Allah's rewards(not for showing off), all his past sins will be forgiven."

Tarawih is performed after the 'Isha' namaz. Where it can be performed at home alone or in congregation or at a mosque. In mosques, one juz(section) of the Quran will be recited each night in Tarawih.

The first Tarawih of Ramadan will be performed in the evening before the fast begins. After the fast on the 29th day of Ramadan, the tarawih is determined to delay whether the new moon has been sighted, making the end of Ramadan or there will be one more day of fasting. If the moon is sighted, there is no Tarawih prayer.

Thus, performing Tarawih in the mosque adds a special flavor to Ramadan, specially if one is able to do so every night and hear the Quran recited during the month.

LAYLAT AL-QADR

Laylat al-Qadr is one of the night of the last 10 days of Ramadan. It is considered as one of the powerful night. It is the Night of Power, Night of Value, Night of Decree and Night of Measure.

Muslims believe that on this night all our sins are forgiven, prayers and supplications are accepted and Allah's blessings and mercy are abundant.

Allah subhanahu wa ta'ala says in the Quran: The night of the Decree is better than a thousand months. The angels and the spirit descend therein by permission of their lord for every matter. Peace it is until the emergence of dawn. (Quran:97:3-5)

WHY IS IT IMPORTANT.

Laylat al-qadr is the night which marks the night of power in which the Quran was first revealed the Prophet Muhammad(SAW) by Allah.

This night is regarded as the most important night by the Muslims.

Muslims make the most out of this night by offering namaz, reciting Quran and asking for forgiveness

The Prophet Muhammad(saw) did not mention as to which Night would be the Laylat al-qadr (power of night) although it was suggested as the last 10 days of the Holy month.

Many muslims treat the last 10 days of the month by reading Quran and prayer.

The night of Power in Ramadan is of great significance. On this night The Holy Quran was sent down, angels were descended, as this night is better than thousand months.

What ever good deed you do it is like you did for 1000months or 83 years.

You can sit in itakaaf in masjid on this night, pray tahajjud, recite Quran, make duas and supplications as much as you can.

DUA FOR LAYLAT AL-QADR

Allahumma innaka 'afuwun,tuhibbul-'afwa,fa,fu'anni.

O Allah, You are Most Forgiving, and You love Forgiveness' so forgive me.

ZAKAT, CHARITY AND SOCIAL ACTIVITIES.

TIES.

ZAKAT

Zakat is a form of giving of Alms treated Islam as a religious obligation or tax, which is after prayer in importance.

It is one of the Five pillars of Islam, zakat is a religious obligation for all the Muslims who meet their necessary Criteria of Wealth. It is mandatory charity, often considered to be a tax.

Zakat is usually based on income and the value of all of one's possessions. The amount of zakat to be paid is 2.5% (1/40) of a Muslim's total savings and wealth of a minimum amount known as Nisab.

The collected amount should be paid to the needy, poor, to free from slavery for debt relief in the cause of Allah.

WHAT IS NISAB ?

In Shariah NISAB is the minimum amount that a Muslim has before being obliged to zakat.

"The Alms are only for the Fuqara'(the poor), and Al-Masakin(the needy) and those employed to collect (the funds); and to attract the hearts of those who have been inclined (towards Islam); and to free the captives; and for those in debt, and for Allah's cause, and for the wayfarer(a traveler who is cut off from everything); a duty imposed by Allah. And Allah is All-knower, All-Wise"(Al-Quran 9:60)

"They ask you as to what they should spend. Say Whatever wealth you spend, it is for the parents and the near of kin and the orphans and the needy and the wayfarer, and whatever good you do, Allah surely knows it."(Al-Quran 2:215)

WHY DO WE GIVE ZAKAT
Zakat is not charity. It is not a tax but an obligation and not voluntary charity.

Zakat is given knowing that a Muslim acknowledges that everything he has is Allah's and we do not own it. Zakat is used to remember Allah and help the needy people.

Zakat is also an act of helping us free from excessive desire and greediness and make us learn self-discipline and honesty.

WHEN SHOULD WE GIVE ZAKAT?

While giving Zakat we should keep in mind the date on which you first become the owner of Nisab.

To get more rewards by performing good deeds people prefer giving zakat in the Holy month of Ramadan than any other month.

WHO CAN RECEIVE ZAKAT?
Zakat can be given to:

The Fuqara (poor), (needy people), Aamileen (to the zakat collector) Ar-riqaab (to slaves) Alghaarimeen (debtor).

It can also be given to any of the family member if they are in need.

HOW SAHEB E NISAB IS CALCULATED?
GOLD

If you have gold more than or equivalent to 80 Tolas (80 grams), zakat to be given is 2.5%.

Example: 1 gram = Rs 3000

80*3000=240,000

240,000*2.5%=6000

SILVER

If you have silver more or equivalent to 613 grams, zakat has to be paid is 2.5%

Example: 1 gram = Rs 40

613*40 =24,520

24,520*2.5% = 613.

SAVING (MONEY)

If you have savings for more than one year the zakat to be paid is 2.5% of the total amount.

Example: 100,000*2.5% =2,500

CHARITY

Charity is different from zakat. Charity is voluntary and zakat is obligatory.

Charity can be done in many ways-

You can help the people who cannot afford suhoor and iftar.

Help the ones preparing food for you at home

Do not mock the ones who cannot fast.

Instead of wasting food, share your meals with others.

SOCIAL ACTIVITIES

Social activities can be a great way in getting

rewards by doing good deeds in Ramadan.

Social activities like:

You can help in cleaning a mosque

Conduct Suhoor and Iftar dawaat for the needy and poor people

Help giving charity in terms of food, clothes to the needy.

ITIKAF

Itikaf is an isolation or practice of confinement to specific thing or place, which means staying in a mosque for a certain number of days. It is a practice of devoting oneself to ibadah during these days and staying away from the worldly affairs.



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ITIKAF

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Itikaf means staying in one place and praying nafl prayers, reciting Quran, reading hadith and making duas and supplications as much as possible.

Itikaf is Sunnah. Prophet Muhammad(SAW) used to do it all his life and the Mothers of Believers and Companions continued to do it after his death.

Even before Prophet Muhammad (SAW) received the revelation, he used to do Itikaf in Makkah in the cave of Hira'. Every Ramadan Prophet Muhammad(SAW) used to do itikaf for a number of days and nights, thinking about Allah and his creation.

IMPORTANCE OF ITIKAF

It is Sunnat-al-Muaqidah to sit in Itikaf. Itikaf is performed in the last 10 days of Ramadan. It teaches us to measure the value of life whether we are going on the right path, to ask forgiveness for our sins. It does not give you a negative perspective towards performing your duties in your life, it just makes you realize that you can take a break from the worldly affairs and spend time for betterment of your soul.

Itikaf is performed in mosques for men and for females at home.

The virtues of itikaf is that it increases in reward, protects you from the hell

It gives you dual benefits.

Abu Hurayrah (R.A.) reports about Prophet Muhammad (SAW) :

Allah's Messenger(PBUH) used to perform Itikaf for ten days every Ramadan, then when it was the year in which he was taken(died), he performed Itikaf for twenty days. (Bukhari)

Itikaf is a great advantage and a source of blessings from Allah that can help a Muslim seek forgiveness for his sins and for attaining reward for the present and the months to come until next Ramadan.

Women can also perform Itikaf if they have privacy and necessary facilities. They select a corner at home where they will be no disturbance and can peacefully meditate.

While Performing Itikaf you need to keep in mind certain things;

You can eat, drink and sleep. And can get something if you need it urgently.

Do Ibadah as much as possible. Recite Quran,

Darood, read about Islam, make lots of dua, do taubah(repentance).

Talk and think about good things

You can get up from your place of meditation if you need to use restroom

Avoid foul talking, disturbing other people in itikaf

FITRAH

Fitra or Fitrah means "to bring forth", "to originate", to knead and shape dough".

Fitrah is a gift amount given to the needy and poor people in terms of wheat (as food) or money equivalent to it.

It is mandatory upon every Muslim who is able to give. Without giving Fitrah their Eid is incomplete.

Fitrah is Compulsary charity that every Muslim has to give after sighting the Moon. It is Mandatory on every Muslim Family. The Fitrah should be given by the Head of The Family, it is given on behalf of each of his family member.

Fitrah is a fixed amount of food to be given, which means you can give anything you like whether it is wheat, wheat, millets, rice etc.

Example: 2.5kg of wheat or equivalent amount per family member.

If 1kg of wheat is rs30

30*2.5= rs75

75*5 =Rs 375

WHY FITRAH IS GIVEN

Fitrah means a 'Natural Instinct to give'.

Fitrah is given before Eid to make sure that other people around them are able to celebrate Eid. One cannot be happy and celebrate Eid if their neighbor or known people are not celebrating Eid.

Fitrah is given before Eid because the people who cannot afford to celebrate Eid are able to celebrate and bring happiness and joy in their homes. It is given to the needy and poor people so that even they can celebrate Eid.

It is an Obligatory charity so that we understand that it is our responsibility too towards the society. We should take care of the poor and needy people just like we take care of our own families.

EID NAMAZ Eid namaz is known as Eid al-Fitr in Ramadan. It is celebrated on the first day of Shawwal (Islamic month) after fasting in the holy month of Ramadan for 29 or 30 days. It is Wajib (mandatory) to offer Eid Namaz.

Eid al-Fitr is the festival which was first started by the Prophet Muhammad(SAW) himself. It is also known as the 'Feast of Breaking the Fast'.

To mark the end of Ramadan it is celebrated by the Muslims worldwide. Muslims are not permitted to fast on that day.

Muslims not only celebrate the end of fast but also thank Allah for the Quran which was first revealed and the strength he gave to control oneself from the worldly affairs.

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ

گلاب کی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

14 بُری فطرت کا بدلنا مشکل ہے

فارسی شعر:

عاقب گرگ زادہ گرگ شود
گرچہ با آدمی بزرگ شود

حاصل کلام:

بھیڑیے کا بچہ آخر میں بھیڑیا ہی بنتا ہے۔ (کیوں کہ اُس کی خصلت میں بھیڑیا پن ہوتا ہے) خواہ وہ انسانوں میں پل کر بڑا ہو۔

منظوم ترجمہ:

بھیڑیے کا بچہ، اپنی ذات میں ہے بھیڑیا
گرچہ انسانوں میں پل کر، ہو وہ چھوٹے سے بڑا

اس بات کو چند ہی سال گزرے تھے کہ اس نوجوان نے اوباشوں سے دوستی کر لی۔ اس کی بد فطری عود کر آئی۔ ایک دن وزیر اور اُس کے لڑکوں کو قتل کر دیا اور بے اندازہ دولت سمیٹ کر دوبارہ ڈاکوؤں میں جا ملا اور اسی رہنوں کی گھائی کو اپنا مسکن بنا لیا۔ بادشاہ کو خبر ملی تو اُس نے ایک سرد آہ بھری اور کہا۔

فارسی شعر:

شمشیر نیک ز آہن بدچوں کند کسے
ناکس بہ تربیت نہ شود، اے حکیم کس

حاصل کلام:

بُرے لوہے سے عمدہ تلوار کوئی کیسے بنا سکتا ہے۔ اے عقلمند! سکھانے پڑھانے سے کوئی بد اصل انسان نہیں بن سکتا۔

منظوم ترجمہ:

بن نہیں سکتی بُرے لوہے سے اچھی تلوار
اے خرد مند! سمجھ ہو تو، سمجھ یہ نکتہ

فارسی شعر:

باراں کہ در لطافتِ طبعش خلاف نیست
در باغ لالہ روید و در شور بوم و خس

حاصل کلام:

بارش، جس کی طبیعت کے پاکیزہ ہونے پر سب کا اتفاق ہے، باغ میں گل لالہ کھلاتی ہے اور شور زمین میں جھاڑی۔

منظوم ترجمہ:

پاک برسات ہے، پر دیکھو کھلاتی ہے کیا
باغ میں لالہ، مگر شور زمیں میں جھاڑی



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رضی اللہ عنہ 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 آ بسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نوعمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیا، آفریقہ اور دنیا 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۔

اردو 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 دنیا 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۔ اردو 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 اردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اردو نثر میں اور فارسی نظم کا ترجمہ اردو نظم میں کیا گیا ہے۔ ’گل بو کی حکایت‘ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ’ایشیا نامہ کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

ڈاکٹر راجہ کامران علی



قوم کے محرم

کہ بریگیڈیئر رضوان نے کچھ راز دے دیئے اور انکا پتا 2018 میں ہائی پرفائل رابینٹ کی گرفتاری سے پتا چلا؛ دوسرا یہ کہ وہ بلف کرتا رہا اور کوئی خاطر خواہ راز فراہم نہ کر سکا؛ اسکی وجہ یہ ہو سکتی ہے کہ اسکا ضمیر نہیں مانا یا اس کے پاس تھے نہیں۔ یہ پہلو بھی نظر انداز نہیں کیا جاسکتا کہ اس سب کے بعد وہ 2014 سے اسلام آباد میں تھا ورنہ باہر بھاگ سکتا تھا۔

لیفٹیننٹ جنرل جاوید اقبال کا کیس عقل سے عاری ہے؛ انتہائی شاندار کیریئر، ڈی جی ایم او، ایڈجوئنٹ جنرل، کورکمانڈر؛ چیف آف آرمی اسٹاف کا مضبوط امیڈوار؛ فوج سے لیکر سول انتظامیہ اس انسان کی بے پناہ معترف ہے؛ کورکمانڈر بہاؤ پور کے طور پر قبضہ مافیا سے زمین خالی کروانے سے لیکر چکوال میں سول سوسائٹی کے لئے اقدامات؛ سوات آپریشن کی نگرانی اور چھ لاکھ لوگوں کی موومنٹ اور واپسی کا خیال رکھنا۔ اسکی غداری نے لوگوں کا سچائی پر سے ایمان متزلزل کر دیا ہے۔ لیکن شواہد اتنے مضبوط ہیں کہ جنرل صاحب انکار نہیں کر سکتے؛ بمشکل سزائے موت سے بچے ہیں۔

جہاں عوام اس وردی پر جان نچھاور کرتی ہے وہیں، غداری دل چیر کر رکھ دیتی ہے۔ یہ افسران فوج کے ہی نہیں، عوام کے مجرم ہیں۔ یہ بڑے افسران تو نمونے کے طور پر پیش کئے گئے ہیں، انکے ننھے منے گماشتوں کا بھی حساب اندرون خانہ چل رہا ہے؛ کچھ سڑی ہوئی فصلوں کو کاٹنے کا وقت ہو چاہتا ہے۔

اگلے رینک کے لئے روک لیا گیا تھا۔ اس دوران اسکی مشکوک غیر ملکیوں سے ملاقاتیں مانیٹر کی گئیں۔ ایجنسیوں کی تاڑ میں سب سے زیادہ آفیسروہ ہوتے ہیں جو برانڈڈ سوٹ، قیمتی سگار، مہنگی کار یا جوا خانے میں نظر آتے ہیں کیونکہ انکی ضروریات آمدنی سے زیادہ ہوتی ہے اور جلد یا بدیر، انھیں اضافی آمدنی کی ضرورت پڑتی ہے۔ یہاں بریگیڈیئر رضوان کی ملاقات، مائیکل سے ہوتی ہے جو کہ ایک مڈل ایجنسی کا بسندہ ہوتا ہے آپ اس ایجنسی کا نام "نائٹ ہاک" فرض کر لیں! پوری دنیا میں ریٹائرڈ فوجی آفیسر اسلحہ ڈیل میں کنٹریکٹر کے طور پر کام کرتے ہیں اور فوج بھی کنٹریکٹر سے خریدتی ہے جس کا کمیشن ریٹائرڈ فوجی آفیسر کی فرم کو ملتا ہے! ایڈمرل منصور الحق کو فرانس سے آبدوز خریدنے پر "بک بک" ایسے ہی دی گئی تھی کہ ایڈمرل صاحب، ایک دو سو ملین ڈالر ہم نے کنٹریکٹر یا مڈل مین کو بھی دینے ہیں، آپ لے لیں اور پھر ایڈمرل صاحب دس ملین نیب کو واپس کر کے ٹیکساس میں ہمارے ہمسائے شہر آسٹن میں موجیں مارتے رہے ہیں۔ پاکستان آرمی واحد فوج ہے جو تھرسڈ پارٹی کے ذریعے ڈیل نہیں کرتی ورنہ رائفل جہاز خریدنے کے لئے بھارت، مکیش امبانی کو ساٹھ ہزار کروڑ روپے "مڈل مین" کے طور پر دیتا ہے اور اسکا نتیجہ بھی آپ دیکھ چکے ہیں، جی ہاں "ٹی اے ایف ایسٹک"!!!

بریگیڈیئر رضوان کو خواب دکھائے گئے کہ اسے اسلحہ ڈیلر کے کنٹریکٹ ملیں گے بالخصوص، جنوبی ایشیا اور افریقہ کے! لیکن اسے وفاداری کے طور پر کچھ راز شہیر کرنے ہوں گے۔ اب یہاں دورائے ہیں، ایک یہ

میں نے اپنی گارنٹی پر اسٹوڈنٹ کا ویزہ کلیئر کروایا اور بعد میں پتا چلا کہ اسکے والد ایک سینئر فوجی افسر تھے اور ملک سے بھاگ کر باہر سیاسی پناہ لے رکھی تھی۔ اسٹوڈنٹ نے ہمارے گھر فیملی کے ساتھ تین ہفتے قیام کیا اور کبھی اس ٹاپک پر بات نہیں ہوئی کہ اسٹوڈنٹ شرمندہ نہ ہو۔ میرے ذہن میں کئی اندیشے آئے کہ ایک فوجی افسر کیوں ملک سے بھاگے گا؟ شاید کوئی کرپشن کی ہوگی، ڈیوٹی صحیح انجام نہیں دی ہوگی لیکن پاک فوج سے امیدیں اور انیسیت ایسی ہے کہ یہ بھی نہیں سوچا کہ ہو سکتا ہے غداری کی ہو لیکن لیفٹیننٹ جنرل جاوید اقبال اور بریگیڈیئر راجہ رضوان کی غداری کا سن کر انتہائی دکھ اور مایوسی ہوئی! مزید آگے جانے سے پہلے چند باتوں کا جاننا بہت ضروری ہے:

۱- دنیا کی ہر فوج میں انسان ہوتے ہیں اور انسانوں کو خریدنا جاسکتا ہے۔ پاک فوج اس معاملے میں کم ترین شرح رکھتی ہے۔

۳- پاک فوج میں خودکشی کا تناسب زیرو ہے۔

۲- ایٹمی ہتھیاروں کی تیاری اور حفاظت الگ شعبے ہیں۔ تیاری آجکل گوگل پر بھی مل جاتی ہے اور حفاظت ایسے کی جاتی ہے کہ ڈاکٹر عبد القدیر کو بھی نہیں پتا! باغ جناح میں آپکو کتنے جرنیل واک کرتے مل جائیں گے جو کبھی کبھو کے انچارج تھے۔ اگر یہ حفاظتی نظام کا نا لچ اتنا عام ہوتا تو کسی کو بھی اغوا کر کے تشدد سے اگلا لیتے۔ اسلئے ہر معاملے میں "نیوکلیئر وپین" کا ذکر بے مقصد ہے۔

بریگیڈیئر راجہ رضوان حیدر کے بارے میں تشویش دفاعی اتاشی کے طور پر اسکی آسٹریا میں تعیناتی کے دوران ہوئی! اسکا نام

یہ گزشتہ سال رمضان المبارک کی بات ہے؛ روزہ کھول کر مسجد میں دوستوں کے ساتھ خوش گپیوں میں مصروف تھا کہ سیل فون پر دھیان ہی نہیں گیا اور کچھ دیر بعد چیک کیا تو ابوظہبی سے پندرہ بیس مس کالز تھیں۔ سوچا اللہ خیر کرے، پتا نہیں کس کی اتنی زیادہ کالز ہیں اس لئے کال ریٹرن کی۔ یہ ابوظہبی انرپورٹ پر امریکہ امیگریشن ڈیسک تھا۔ میری کال انچارج کو ٹرانسفر کی گئی۔ اس نے چھوٹے ہی پوچھا کہ کیا آپ کی طرف کوئی نوجوان ڈاکٹر آ رہا ہے پاکستان سے؟ یہاں یہ وضاحت کر دوں کہ ہر سال نوجوان پاکستانی ڈاکٹرز، میرے پاس کلینک اور سرجری سنٹر میں آبزور شپ یا ایکسٹرن شپ کے لئے آتے ہیں اور وہ چند ایک ہوتے ہیں تو مکمل جانکاری ہوتی ہے لیکن گزشتہ سال "اپنا" کے ایڈووکیسی کمیٹی کے چیئرمین کے طور پر ہر پاکستانی ڈاکٹر جو بیچ ہوا تھا اسکے ویزے کی ذمہ داری ہماری کمیٹی پر تھی۔ ان کی تعداد ڈیڑھ سو سے زائد تھی اور اکثر کو پتا تھا کہ کوئی مسئلہ ہو ویزے میں تو میرا نمبر متعلقہ اہتارٹی کو دے دیں۔ اب امیگریشن انچارج کو میں نے کہا کہ میں تو ڈیڑھ سو طلبا کی توقع کر رہا ہوں۔ اس نے کہا نہیں ابھی ایک کوروا ہوا ہے ہم نے جو تمہارے پاس آ رہا ہے تو اسکا بست او۔ اور انچارج نے کوئی اشارہ یا معلومات دینے سے بھی انکار کر دیا۔ بس یہ بتایا کہ وہ ڈاکٹر نہیں میڈیکل اسٹوڈنٹ ہے۔ میرے ذہن میں خیال آیا کہ ناروے سے ایک خشترین ڈاکٹر نے کسی اسٹوڈنٹ کی آبزور شپ کا کہا تھا، تو میں نے بتا دیا۔ ویزہ انچارج نے بتایا کہ اس اسٹوڈنٹ کی فیملی کا نام واج لسٹ پر ہے۔

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



نیپے جس قدر ہودت جہیز کی --- آئی کہاں سے لگ میں اہت جہیز کی

شوکت محمد
(مقیم امریکہ، ڈی ایس)

گناہ کے مرتکب کو جہیز قرار دینا اسلامی مزاج کے خلاف ہے۔ عائشہ بہر حال کسی کی بیٹی اور کسی کی بہن تھیں یقیناً عائشہ کی موت سے ماں باپ کا کلیجہ زخمی ہو گیا ہوگا اور اس صورت میں سماج یہ کہے کہ عائشہ جہیز ہے خود کشتی حرام ہے۔۔۔۔۔ میرے عزیزو!!!! عائشہ کے افراد خاندان ماں باپ کے سینے چھنی ہیں کلیجہ زخمی ہیں ان پر نمک نہ چھڑکاؤ۔

کرنے والے کئی تنظیمیں موجود ہے۔ حکومت تلنگانہ سے میں شوکت محمد یہ ایبل کرتا ہوں کہ شہر حیدرآباد میں Stand Against Dowry کے نام سے یہ ادارہ قائم کرنے کی اجازت دے جس میں خواتین کی رہنمائی ہو، خواتین کو خود کفیل بنایا جاسکے، گھریلو تنازعات کے حل ہو شامل اور لڑکیوں کو بااختیار خود مختار عزم حوصلوں سے بھری خود اعتمادی بنایا جاسکے۔ اور عائشہ جیسے حادثات ہمارے سماج میں آئندہ نہ پیش آئیں۔ خود کشتی یقیناً فعل حرام ہے مگر نام لے کر کسی

”گو یا ہم سبھی جانتے ہیں کہ جہیز کا مطالبہ ایک جرم ہے جہیز ایک طرح سے شریفانہ ڈاکہ ہے اور جو لوگ جہیز کا مطالبہ کرتے ہیں درحقیقت وہ لالچی ہوتے ہیں جو لڑکے خود کفیل نہیں ہوتے بلکہ گھر والوں پر منحصر ہوتے ہیں اور اپنی فرمائشوں کی قطار کو زور لگائے بیٹھے ہیں اور بیوی کی حمایت بھی نہیں کرتے (افسوس کے ساتھ انہیں میں یہ کہنا چاہوں گا) جو لوگ شادی میں جہیز مانگتے ہیں انہیں زکوٰۃ بھی مانگنا چاہیے فقیروں کا حق بنتا ہے۔ ہندوستان میں سماجی اور معاشرتی سدھار

حدیث شریف میں آتا ہے کہ رشتوں کا انتخاب دیندار (دینداری) کی بنیاد پر کیا جائے۔ مگر حالات حاضرہ میں ہمارے یہاں رشتوں کا انتخاب عمدہ مکان، سونا، جوڑے کی رقم، گاڑی وغیرہ کی بنیاد پر ہوتا ہے۔ اسلام نقطہ نظر یہ ہے تو یہ کہ شادی کے بعد بیوی کو کھانا، کپڑا اور رہائش فراہم کرنا شوہر کی ذمہ داری ہے۔ لیکن نامراد مرد حضرات جہیز کا مطالبہ کرتے ہیں اور خواتین کو ہراساں کرتے ہیں مگر شرم ان کو نہیں آتی

عتیق (تعزیت)

ہے کوچ کر چلا وہ
اب اس دار حقیقی کو
حیات زندگی یقیناً ہے
گزر گا بلحاظی
تیرے سکوت میں مغلوب
ذہن و دل تذبذب ہیں
مگر یہ قول ربانی ہے
کے موت برحق ہے جب آتی
دعاء ہے کے ہو حاصل تجھے
سکون قلب برزخ میں
طلب ہے رب کعبتہ سے
کے ہو مستجاب مناجاتی
سکونت ہو تیری اے دوست
مقام جنت الفردوس
مہربان تیری قسمت پے ہو
ذات خداوند کرمانی
کہوں اب الوداع تجھ کو
ذم رخصت دُنیا نے فانی سے
میرے ہمراہ درد دل ہے
مگر تیری فرقت میں سوغانی
کلمہ ہونا کا صد افسوس
تیری تربت پے حاضر میں
اے کاش باد صبا تجھے
میرے حالات سنا جاتی

کلمہ حیدرآبادی، الریاض، المملكة العربیة السعودیة
(ابوالعباس کریم اللہ بیابانی)

آج کل اذان کے خلاف جو ماحول بنایا جا رہا ہے

، مانگ، ایکو اور لاؤڈ اسپیکر بہترین ہوں اور مناسب طور سے سیٹ کیے ہوئے ہوں۔ اذان کے لیے ایکو سٹم ہر مسجد میں ہونا چاہیے۔ مانگ اسپیکر کی سیٹنگ ایسی ہو کہ آواز دینے والے کو مانگ میں گھسنا نہ پڑے، تھوڑے فاصلہ سے بھی اذان کی آواز مناسب طور پر لاؤڈ اسپیکر میں پہنچ جائے۔ جب اذان کو بہترین آواز اور ایکو (بازگشت) کے ساتھ بہترین انداز میں دیا جائے گا، تو ایک مختلف خوشگوار ماحول پیدا ہوگا اور ان شاء اللہ اذان سن کر ہی بہت سے لوگ ایمان لے آئیں گے۔ عوام سے یہ بھی گزارش ہے کہ، جہاں جہاں بھی غیر مناسب انداز میں اذان دی جا رہی ہو، فوری طور پر مسجد کمیٹی پر دباؤ ڈالیں اور اس کا صحیح انتظام کروائیں۔ آنے والے رمضان سے قبل، تمام مساجد اپنے مانگ وغیرہ مناسب طریقے سے سیٹ کروالیں، ان شاء اللہ ایک الگ ہی خوشگوار ماحول بنے گا۔ اللہ پاک ہمیں ہر جائز کام کرنے خصوصاً بہترین عبادت کو بہترین طریقے سے کرنے کی توفیق عطا فرمائے۔ آمین۔ اس پیغام کو تمام مسجد کمیٹیوں تک پہنچائیں۔

بہت سی جگہوں پر ایک آزمائش بن جاتی ہے۔ یاد رہے کہ اللہ تعالیٰ نے ہمارے بھونڈے پن کے حفاظت کی ذمہ داری نہیں لی ہے۔ اس معاملے کو مسلمان خوبصورت اور شائستہ بنالیں، کسی کو اعتراض ہوگا تو دفاع بھی کرنے والے مل جائیں گے۔ پھر یہ کہ ان اسپیکروں سے صرف اذانیں ہی نشر نہیں ہوتیں بلکہ خطبہ جمعہ، فجر کے بعد کی تفسیر، سلام، سحر کے بعد مختلف نعرے، دوران رمضان سحر کے وقت کا بار بار اعلان، جن میں سے ہر ایک کو ایک غیر مسلم شخص اذان ہی سمجھتا ہے۔ اور چونکہ اذان کے الفاظ بھی اس کے لیے ناقابل فہم ہیں اس لحاظ سے وہ ان کرخت چیخوں سے پیچھا چھڑانا چاہتا ہے۔ ایک کلومیٹر کے دائرے میں کئی مساجد اور ہر مسجد پر آٹھ آٹھ اسپیکر برادران وطن کے لیے کافی تکلیف کا باعث بن رہے ہیں۔ لہذا، تمام اراکین مسجد کمیٹی سے، مودبانہ درخواست ہے کہ جن حضرات کی آواز میں، کشش ہو، جو تلفظ پورے طور سے صحیح ادا کر رہے ہوں اور ترنم بھی اچھا ہو، ایسے لوگوں سے اذان دلوائی جائے، یہ بالکل ضروری نہیں کہ صرف موذن ہی اذان دے۔ اس کے ساتھ

اذان کے خلاف جو ماحول بنایا جا رہا ہے اس کے لیے کسی حد تک، مسجد کمیٹیاں اور عوام ذمہ دار ہیں۔ اذان اسلام کی نشانیوں میں سے ایک ہے، جس کے ذریعہ اللہ کی سب سے بہترین عبادت کے لیے لوگوں کو پانچ بار بلایا جاتا ہے۔ اذان میں ایسی مٹھاس اور کشش ہونی چاہیے کہ جب اذان دی جائے تو اس کی مٹھاس سے چلتا ہوا آدمی رک جائے اور اذان اس کے دل کو سکون پہنچائے۔ جیسا کہ ہم سوشل میڈیا پر دیکھتے ہیں، کئی ملکوں میں، اذانیں اس قدر بہترین ہوتی ہیں کہ غیر بھی وہاں رک کر ویڈیو ریکارڈنگ کر رہے ہوتے ہیں۔ لیکن ہو کیا رہا ہے! جن کے لوگوں کا نہ تلفظ صحیح ہے نہ ترنم اور نہ ہی الفاظ صحیح ہیں، جن کے منہ میں دانت نہیں، جو ایک عمر کو پار کر چکے ہیں، جن کی اذان میں کم اور چیخ پر زیادہ توجہ ہے ایسے لوگوں سے اذانیں دلوائی جا رہی ہیں۔ اوپر سے ظلم یہ کہ مانگ اور لاؤڈ اسپیکر کی بے ترتیب سیٹنگ اور ایکو سٹم مانگ نہ لگانا ہے۔ کچھ لوگ مانگ کے منہ میں گھس کر آواز لگاتے ہیں جس سے لاؤڈ اسپیکر پر آواز ڈبل ہو جاتی ہے اور ترنم غائب ہو جاتا ہے۔ اس وجہ سے اذان

خوشی میری کبھی جھوٹی تعریف نہیں کرتی: جانہوی کپور

کافی ایماندار ہوتی ہے۔ وہ مجھے بتاتی ہے کہ میں نے اپنی فلموں میں کیسا اور کس طرح سے کام کیا ہے۔ وہ میری جھوٹی تعریف کبھی نہیں کرتی۔ لیکن میں یہاں اپنی بڑی بہن انشولا دیدی کا ذکر کروں



جانہوی کپور نے ایک انٹرویو میں انکشاف کیا ہے کہ ان کے گھر میں ان کے کام کی سب سے بڑی نقاد ان کی بہنیں خوشی اور انشولا کپور ہیں۔ جانہوی نے کہا کہ میری اداکاری کے بارے میں رائے دیتے وقت خوشی کافی ایماندار

ہوتی ہے۔ وہ مجھے بتاتی ہے کہ میں نے اپنی فلموں میں کیسا اور کس طرح سے کام کیا ہے۔ وہ میری تعریف کبھی نہیں کرتی۔ جانہوی کپور نے ایک انٹرویو میں انکشاف کیا ہے کہ ان کے کنبے میں ان کے کام کا سب سے بڑا نقاد کون ہے۔ اداکارہ جانہوی اپنے آپ میں سب سے بڑی نقاد ہیں، لیکن ان کے خاندان میں ایک اور فرد ایسا ہے جو اداکارہ کے کام کے بارے میں سچ بات کہنے سے ہچکچاتا نہیں ہے۔ حال ہی میں ایک انٹرویو کے دوران جانہوی سے پوچھا گیا کہ آپ کے خاندان میں کون شخص آپ کو حقیقت کا آئینہ دکھاتا ہے۔ اس کے جواب میں جانہوی نے کہا کہ خوشی کافی ایماندار ہے لیکن وہ میری بڑی بہن انشولا کپور کی طرح بے دھڑاک حقیقت نہیں بولتی۔ جانہوی نے کہا کہ میری اداکاری کے بارے میں رائے دیتے وقت خوشی

ہوتی ہے۔ وہ مجھے بتاتی ہے کہ میں نے اپنی فلموں میں کیسا اور کس طرح سے کام کیا ہے۔ وہ میری تعریف کبھی نہیں کرتی۔ جانہوی کپور نے ایک انٹرویو میں انکشاف کیا ہے کہ ان کے کنبے میں ان کے کام کا سب سے بڑا نقاد کون ہے۔ اداکارہ جانہوی اپنے آپ میں سب سے بڑی نقاد ہیں، لیکن ان کے خاندان میں ایک اور فرد ایسا ہے جو اداکارہ کے کام کے بارے میں سچ بات کہنے سے ہچکچاتا نہیں ہے۔ حال ہی میں ایک انٹرویو کے دوران جانہوی سے پوچھا گیا کہ آپ کے خاندان میں کون شخص آپ کو حقیقت کا آئینہ دکھاتا ہے۔ اس کے جواب میں جانہوی نے کہا کہ خوشی کافی ایماندار ہے لیکن وہ میری بڑی بہن انشولا کپور کی طرح بے دھڑاک حقیقت نہیں بولتی۔ جانہوی نے کہا کہ میری اداکاری کے بارے میں رائے دیتے وقت خوشی

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اداکار عامر خان، کورونا وائرس سے متاثر

بالی ووڈ کے معروف اداکار عامر خان کو وڈ 19 متاثر پائے گئے ہیں۔ کورونا سے متاثر ہونے کے بعد عامر خان ہوم کورنٹن ہو گئے مہاراشٹر میں کورونا تیزی سے پھیل رہا ہے۔



ہیں۔ عامر خان کے ترجمان نے بتایا کہ عامر خان کو وڈ 19 سے متاثر پائے گئے ہیں۔ وہ اپنے گھر پر قرنطینہ میں ہیں اور تمام پروٹوکولز پر چتر ویدی، رنویر کپور، ورون دھون، سنجے لیلیا بھنساالی، ایبتابھ بچن جیسے اداکار بھی کورونا سے متاثر ہو چکے ہیں۔ کچھ وقت قبل عامر خان نے سوشل میڈیا کو الوداع کہہ دیا تھا۔ سوشل میڈیا کو چھوڑنے پر انہوں نے کہا تھا کہ آپ لوگ اپنی تھیوری مت لگائیے۔ میں تو اپنی دھنکی میں رہتا ہوں۔ میں ادھر ہی ہوں۔ کہیں نہیں جا رہا ہوں۔



عمل کر رہے ہیں۔ وہ ابھی ٹھیک ہیں جو لوگ بھی ان کے رابطے میں آئے ہیں۔ ان لوگوں

♦♦♦♦♦

صبحہ خانم: جو اپنی معصوم اداکاری سے پاکستانی سینما کی خاتون اول بن گئیں

ڈرامے کے لیے نفیس خلیلی ہی نے مختار بیگم کو صبحہ کا نام دیا۔ یہ ڈرامہ سنہ 1949 میں ریجنٹ سینما میں سٹیج ہوا۔ اس کے دیکھنے والوں میں سعادت حسن منٹو کے بھانجے مسعود پرویز بھی شامل تھے جو ان دنوں سنٹوش کمار اور رفیق غزنوی کی بیٹی شاہینہ کے ساتھ ایک فلم 'بیلی' بنانے کی تیاری کر رہے تھے۔ مسعود پرویز کو اس فلم کے لیے ایک سائیڈ ہیروئن کی ضرورت تھی چنانچہ انھوں نے 'بت شکن' کی صبحہ کو اپنی فلم میں چانس دینے کا فیصلہ کیا۔ بیلی چار فروری 1950 کو نمائش پذیر ہوئی۔ فلم فلاب ہو گئی، شاہینہ بھی اپنی تمام تر خوبصورتی کے باوجود کامیاب نہ ہو سکیں۔ 'بیلی' کی فلم بندی کے دوران ہی ہدایت کار شکور قادری نے اپنی فلم 'ہماری بستی' شروع کی، اس فلم کے ہیرو بھی سنٹوش کمار تھے اور ہیروئن کا کردار نجمہ نے ادا کیا تھا۔

بیگم رکھا مگر جب وہ چھ سال کی ہوئیں تو حالات سے غمزدہ اور بیمار اقبال بیگم عرف بالوعین جوانی میں انتقال کر گئیں۔ محمد علی ماہیا پہلے تو اپنی بیگم کی کمائی پر گزارہ کرتے رہے، پھر جب مختار بیگم 13، 14 برس کی ہوئیں تو وہ انھیں سٹیج یا فلم کی ہیروئن بنانے کے لیے لاہور کے رائل پارک کے چکر لگانے لگے۔ مشکل یہ تھی کہ مختار بیگم کا قد چھوٹا تھا اور محمد علی انھیں جس فلم ساز کے پاس لے کر جاتے وہ ان کے چھوٹے قد کی وجہ سے انھیں کام دینے سے انکار کر دیتے۔ ایسے میں سلطان کھوسٹ اور نفیس خلیلی نے مختار بیگم میں چھپی فنکارانہ صلاحیت کو پہچانا۔ سلطان کھوسٹ (عرفان کھوسٹ کے والد اور سرد کھوسٹ کے دادا) نے مختار بیگم کو اداکاری کی تربیت دی اور نفیس خلیلی نے انھیں اپنے ایک ڈرامے 'بت شکن' میں کاسٹ کر لیا۔ اس

بجر میں مایہ کہنے شروع کر دیے۔ جب وہ سڑک کنارے کھڑے ہو کر یہ مایہ سنا تے تو سننے والے بہت متاثر ہوتے۔ مایہ کو اب پنجابی لوک گیتوں کا ایک حصہ قرار دیا جاتا ہے۔ مگر لوگوں کو علم نہیں کہ یہ مایہیا دراصل صبحہ خانم کے والد محمد علی کی اختراع ہے۔ اسی وجہ سے محمد علی کا نام بھی محمد علی ماہیا پڑ گیا تھا۔ عشق جب حد سے گزر گیا تو اقبال بیگم کے والدین نے تنگ آ کر محمد علی سے اپنی بیٹی کی شادی کر دی۔ صبحہ اسی شادی کی یادگار ہیں۔ صبحہ خانم کی دونوں ابتدائی فلمیں ناکامی سے دوچار ہوئیں مگر یہ فلمیں ناظرین پر صبحہ کی معصوم اور خوبصورت اداکاری کا نقش ضرور چھوڑ گئیں۔

یہ 1930 کی دہائی کی بات ہے جب گجرات کی رومان پرور سرزمین پر ایک نئی داستان عشق نے جنم لیا۔ یہ سٹیج آرٹسٹ اقبال بیگم عرف بالو اور محمد علی کی داستان تھی۔ اقبال بیگم سٹیج کے متعدد ڈراموں میں اپنے فن کے جوہر دکھانے کے ساتھ ساتھ 'سسی پنوں' نامی مشہور فلم میں کام کر چکی تھیں کہ محمد علی نامی ایک کوچوان ان کی زندگی میں داخل ہوا۔ محمد علی نے اقبال بیگم کو اپنی چرب زبانی کے ذریعے اپنی محبت میں گرفتار کر لیا۔ اقبال بیگم کے والد کو جب اس صورتحال کا علم ہوا تو انھوں نے دونوں کے درمیان دیواریں کھڑی کر دیں۔ اقبال بیگم اور محمد علی کے درمیان ملاقاتوں پر پابندی لگی تو محمد علی نے حال دل سنانے کا ایک نیا طریقہ نکال لیا۔ پاکستانی فلمیں اچھی ہوں یا بری پر وہ خاص ہیں انھوں نے اقبال بیگم کے

اداجعفری..... اُردو کی ممتاز اور معرکتہ آراء شاعرہ

راشد نور

ہوا تھا جس کی ہمارے عہد کی شاعرات نے نہ صرف تقلید کی بلکہ نسائی حسیات۔ بھی ان کے شعروں میں نمایاں ہونے لگی۔ ادا جعفری کی غزل ہمارے عہد کی ایسی غزل ہے جس میں عورت کا بھرپور اظہار اور احساس کے ساتھ خیال کی سطح بلند ہوتی ہے اور اس طرح دل کو چھوتی ہے کہ پڑھنے والے اس خیال کو اپنے قریب تر سمجھنے لگتا ہے۔ غزل میں جو رچاؤ اور چاشنی ہے وہ ادا جعفری کی غزل کا خاصہ ہے۔ ادا جعفری کی وہ غزل جو بہت زیادہ مقبول ہوئی:



ہوئوں پہ کبھی اُن کے میرا نام ہی آئے
آئے تو سہی برس الزام ہی آئے
یہ غزل استاد امانت علی کی آواز میں گائے
جانے سے تو مقبول ہوئی لیکن یہ کہنا بے جا نہ ہوگا
کہ استاد امانت علی کی گائیکی میں ادا جعفری کی خوبصورت غزل ان کے ریکارڈ میں شامل ہو گئی۔ ادا جعفری کی نثر اس قدر منفرد نثر ہے ان کی سوانح حیات ”جو رہی سو بے خبری رہی“ سے محسوس ہوتا ہے کہ وہ کس سطح کی نثر نگار تھیں۔ خود نوشت سوانح حیات میں ادا جعفری نے واقعات کے تانے بانے جس انداز سے جوڑے ہیں اور وہ واقعات جوان کی ابستدائی زندگی میں آئے اور ان کی شاعرہ بننے میں کیا محرکات تھے وہ واقعات حیران کن بھی ہیں اور ادا جعفری کے جینئس ہونے کی بھی نشاندہی کرتے ہیں یہی وجہ ہے کہ وہ اُردو کی ایک اہم ممتاز اور معرکتہ آراء شاعرہ مسترار پائیں۔ وہ اپنے شوہر نور الحسن جعفری کے انجمن ترقی اُردو سے وابستہ ہونے کے باعث خود بھی انجمن سے جڑی رہیں۔ اُردو کے کلاسیک شعراء کا انتخاب ”غزل نما“ ایک تاریخی کارنامہ ہے۔ آج ادا جعفری ہم میں نہیں ہیں لیکن ادا جعفری کی شاعری سے کئی نسلیں استفادہ کرتی رہیں گی۔



شفقت رکھتا تھا۔ ادا جعفری شاعرہ تو بہت بڑی تھیں لیکن انسان بھی بہت بڑی تھیں۔ جب بھی اپنے چھوٹوں سے شعر سنیں اچھے اشعار پر ان کی حوصلہ افزائی کرتیں۔ ان جیسی قد آور شاعرہ کے سامنے ہم جیسے نوجوانوں کی کیا حیثیت تھی۔ لیکن ان کا مشفقانہ طرز عمل ہمارے لئے باعث تقویت رہا۔ ایک نوجوان شاعر نے انہیں اپنے ویسے کا کارڈ دیا تو کچھ ہی دیر کے بعد جس محفل میں انہیں کارڈ دیا گیا ہت انہوں نے بڑی اپنائیت سے کہا کہ ہم ویسے کے روز بہت مصروف ہیں اگر آپ ہمیں اپنی شادی میں مدعو کر لیں تو آپ کا کیا خیال ہے۔ ادا جعفری کی اس بات پر نوجوان شاعر نے کہا کہ یہ تو میرے لئے اہل خانہ کے لئے اعزاز کی بات ہے کہ آپ شادی کی تقریب میں شریک ہوں۔ اور پھر ادا جعفری شادی کی تقریب میں شریک ہوئیں اور خاصی دیر شریک رہنے کے بعد دعائیں دیتی ہوئی رخصت ہوئیں۔ منتشر اپوزیشن اور امن کی پیشکش ادا جعفری کی غزل میں ایک ایسا لہجہ چھپا

رکھتا تھا۔ ادا جعفری نے دو چار برس یہ سلسلہ جاری رکھا اور پھر انہوں نے چھپنے سے گریز کیا۔ ہمیں یاد ہے کہ ادا جعفری کی صدارت میں ہم نے اپنی نوجوانی میں کئی مشاعرے پڑھے۔ وہ مشاعرے کی شاعرہ نہیں تھیں لیکن انہیں مشاعروں میں پوری توجہ کے ساتھ سنا جاتا تھا۔ وہ اپنے اشعار پر مشاعرے لوٹ لیا کرتی تھیں۔ 1987ء میں پی ٹی وی کا ایک یادگار مشاعرہ تھا جس میں ہم نے بحیثیت شاعر پہلی مرتبہ پی ٹی وی مشاعرہ میں شرکت کی۔ اس مشاعرے کی صدارت محترمہ ادا جعفری کر رہی تھیں جبکہ نظامت کے فرائض حمایت علی شاعر نے انجام دیئے تھے۔ وہ مشاعرہ اس قدر اہم تھا جس میں مقبول شعراء شریک ہوئے۔ پروین شاکر، جمیل الدین عالی بھی محفل میں شریک تھے۔ ادا جعفری نے اس مشاعرے میں کئی خوبصورت غزلیں سنائیں۔ ہمیں یاد ہے کہ ادا جعفری نے اس وقت پروین شاکر کو بھی ان کی غزل پر خاصی داد دی تھی۔ اور ہم پر اپنا دست

ممتاز شاعرہ ادا جعفری اپنے رنگ اپنے اسلوب میں نہ صرف منفرد بلکہ تاریخ ادب میں نسائی لہجے کی غزل کہنے میں انتہائی مقبول اور معتبر قرار پائیں۔ ہمیں یاد ہے کہ وہ اپنے شوہر نور الحسن جعفری جو سابق بیورو کریٹ تھے اور بعد میں انجمن ترقی اُردو پاکستان کے صدر بھی رہے ان سے بے پناہ محبت کرتی تھیں۔ ادا جعفری اور نور الحسن جعفری کو اکثر ساتھ ہی دیکھا۔ جعفری صاحب کے انتقال کے بعد ادا جعفری نے دنیا سے ناٹھ توڑ لیا اور مکمل طور پر گوشہ نشین ہو گئیں۔ کوئی پندرہ سولہ برس کا عرصہ گزرا ادا جعفری نہ کسی مشاعرے میں شریک ہوئیں اور نہ کسی ادبی محفل میں اور نہ ان کا کلام کسی ادبی رسالے کی زینت بنا۔ ادا جعفری نے اُردو غزل اور نظم میں جو مقبولیت حاصل کی وہ کسی اور شاعرہ کے حصے میں اس طرح نہیں آئی جس طرح ادا جعفری کے حصے میں آئی۔ ہم نے اپنی نوجوانی کے دور میں صہبا لکھنوی مرحوم کی سرپرستی میں ادبی سفر کا آغاز کیا تھا۔ اس زمانے میں ادبی جریدہ ماہنامہ افکار شائع ہوا کرتا تھا۔ ادا جعفری اس ادبی جریدے میں تازہ ترین تخلیقات کے ساتھ شائع ہوا کرتی تھیں۔ جب بھی ادا جعفری کوئی نئی غزل یا نظم لکھتیں تو افکار میں شائع ہوتیں۔ وہ جب کبھی افکار کے دستر آتیں تو صہبا لکھنوی ان کے احترام میں کھڑے ہو جاتے اور بتاتے کہ ادا بہن ادبی جرائد کو آج کل کتنے مشکل حالات سے گزرنا پڑتا ہے۔ وہ اس سلسلے میں اشاری معاونت بھی کرتیں اور صہبا لکھنوی کا حوصلہ بڑھاتیں۔ نور الحسن جعفری کے انتقال کے بعد ادا جعفری کی جو نظمیں شائع ہوئیں وہ بڑی اہمیت کی حامل ہیں ان نظموں اور غزلوں میں ایک تنہائی کا احساس اور اپنے شریک سفر سے بچھڑ جانے کا انداز اشعار میں جس ڈھنگ سے آتا ہے وہ پڑھنے سے تعلق

شہنشاہ بہادر شاہ ظفر

اور یہ مغل سلطنت کو ماننے تک سے انکاری تھے فوج تلوار کی نوک پر بادشاہ سے جو چاہتی تھی منوا لیتی تھی عوام بادشاہ اور اس کے خاندان سے بیزار ہو چکے تھے یہ گلیوں اور بازاروں میں بادشاہ کو تنگی گالیاں دیتے تھے اور کوتوال چپ چاپ ان کے قریب سے گزر جاتے تھے جب کہ انگریز مضبوط ہوتے جا رہے تھے یہ روز معاہدہ توڑتے تھے اور شاہی خاندان وسیع تر قومی مفاد میں انگریزوں کے ساتھ نیا معاہدہ کر لیتا تھا۔ انگریز بادشاہ کے وفاداروں کو قتل کر دیتے تھے اور شاہی خاندان جب احتجاج کرتا تھا تو انگریز بادشاہ کو یہ بتا کر حیران کر دیتا تھا ”ظل الہی وہ شخص آپ کا وفادار نہیں تھا وہ تنگ انسانیت آپ کے خلاف سازش کر رہا تھا“ اور بادشاہ اس پر یقین کر لیتا تھا بادشاہ نے طویل عرصے تک اپنی فوج بھی ٹیٹ نہیں کی تھی چنانچہ جب لڑنے کا وقت آیا تو فوجیوں سے تلواریں تک نہ اٹھائی گئیں ان حالات میں جب آزادی کی جنگ شروع ہوئی اور بادشاہ گرتا پڑتا شاہی ہاتھی پر چڑھا تو عوام نے لعلق رہنے کا اعلان کر دیا لوگ کہتے تھے ہمارے لیے بہادر شاہ ظفر یا الیکٹریڈ را وکٹور یا دونوں برابر ہیں مجاہدین جذبے سے لہریز تھے لیکن ان کے پاس قیادت نہیں تھی۔ بادشاہ ڈبل مانیڈ ڈ تھا یہ انگریز سے لڑنا بھی چاہتا تھا اور اپنی مدت شاہی بھی پوری کرنا چاہتا تھا چنانچہ اس جنگ کا وہی نتیجہ نکلا جو ڈبل مانیڈ ہو کر لڑی جانے والی جنگوں کا نکلتا ہے شاہی خاندان کو دلی میں ذبح کر دیا گیا جب کہ بادشاہ جلاوطن ہو گیا بادشاہ کیپٹن نیلسن ڈیوس کے گیراج میں قید رہا گھر کے احاطہ میں دن ہوا اور اس کی اولاد آج تک اپنی عظمت رفتہ کا ٹوکرا سر پر اٹھا کر رنگوں کی گلیوں میں پھر رہی ہے یہ لوگ شہر میں نکلتے ہیں تو ان کے چہروں پر صاف لکھا ہوتا ہے جو بادشاہ اپنی سلطنت اپنے مینڈیٹ کی حفاظت نہیں کرتے جو عوام کا اعتماد کھو بیٹھے ہیں ان کی اولادیں اسی طرح گلیوں میں خوار ہوتی ہیں یہ عبرت کا کھٹول بن کر اسی طرح تاریخ کے چوک میں بھیک مانگتی ہیں لیکن ہمارے حکمرانوں کو یہ حقیقت سمجھ نہیں آتی یہ خود کو بہادر شاہ ظفر سے بڑا بادشاہ سمجھتے ہیں!

بادشاہ کی قبر کو ایک خوش الحان قاری تک نصیب نہیں تھا۔ استاد حافظ محمد ابراہیم دہلوی کی آنکھوں میں آنسو آگئے اس نے جوتے اتارنے بادشاہ کی قبر کی پائنتی میں کھڑا ہوا اور سورۃ توبہ کی تلاوت شروع کر دی حافظ ابراہیم دہلوی کے گلے سے سوز کے دریا بہنے لگے یہ قرآن مجید کی تلاوت کا اعجاز تھا یا پھر استاد ابراہیم دہلوی کے گلے کا سوز کیپٹن نیلسن ڈیوس کی آنکھوں میں آنسو آگئے اس نے ہاتھ اٹھایا اور اس غریب الوطن قبر کو سیلوٹ پیش کر دیا اور اس آخری سیلوٹ کے ساتھ ہی مغل سلطنت کا سورج ہمیشہ ہمیشہ کے لیے غروب ہو گیا آپ اگر کبھی رنگون جائیں تو آپ کو ڈیکن ٹاؤن شپ کی کچی گلیوں کی بدبودار گلیوں میں آج بھی بہادر شاہ ظفر کی نسل کے خاندان مل جائیں گے یہ آخری مغل شاہ کی اصل اولاد ہیں مگر یہ اولاد آج سرکار کے وظیفے پر چل رہی ہے یہ کچی زمین پر سوتی ہے ننگے پاؤں پھرتی ہے مانگ کر کھاتی ہے اور مین کے کنستروں میں سرکاری ٹل سے پانی بھرتی ہے مگر یہ لوگ اس کسمپرسی کے باوجود خود کو شہزادے اور شہزادیاں کہتے ہیں یہ لوگوں کو عہد رفتہ کی داستانیں سناتے ہیں اور لوگ قہقہے لگا کر رنگون کی گلیوں میں گم ہو جاتے ہیں۔ یہ لوگ یہ شہزادے اور شہزادیاں کون ہیں؟ یہ ہندوستان کے آخری بادشاہ کی سیاسی غلطیاں ہیں بادشاہ نے اپنے گرد نامل خوشامدی اور کرپٹ لوگوں کا لشکر جمع کر لیا تھا یہ لوگ بادشاہ کی آنکھیں بھی تھے اس کے کان بھی اور اس کا ضمیر بھی بادشاہ کے دو بیٹوں نے سلطنت آپس میں تقسیم کر لی تھی ایک شہزادہ داخلی امور کا مالک تھا اور دوسرا خارجی امور کا مختار دونوں کے درمیان لڑائی بھی چلتی رہتی تھی اور بادشاہ ان دونوں کی ہر غلطی ہر کوتاہی معاف کر دیتا تھا عوام کی حالت انتہائی ناگفتہ بہ تھی مہنگائی آسمان کو چھو رہی تھی خوراک منڈیوں سے کمائی کے موسموں میں غائب ہو جاتی تھی سوداگر منہ مانگی قیمت پر لوگوں کو گندم گڑ اور ترکاری بیچتے تھے ٹیکسوں میں روز اضافہ ہوتا تھا شہزادوں نے دلی شہر میں کبوتروں کے دانے تک پر ٹیکس لگا دیا تھا طوائفوں کی کمائی تک کا ایک حصہ شہزادوں کی جیب میں چلا جاتا تھا۔ شاہی خاندان کے لوگ قتل بھی کر دیتے تھے تو کوئی ان سے پوچھ نہیں سکتا تھا ریاست شاہی دربار کے ہاتھ سے نکل چکی تھی نواب صوبیدار امیر اور سلطان آزاد ہو چکے تھے

بڑھا بادشاہ کا کبیل آدھا بستر پر تھا اور آدھا فرش پر اس کا ننگا سر تکیے پر تھا لیکن گردن ڈھلکی ہوئی تھی آنکھوں کے ڈھیلے پپوٹوں کی حدوں سے باہر ابل رہے تھے گردن کی رگیں پھولی ہوئی تھیں اور خشک زرد ہونٹوں پر مکھیاں بھنبھنا رہی تھیں نیلسن نے زندگی میں ہزاروں چہرے دیکھے تھے لیکن اس نے کسی چہرے پر اتنی بے چارگی اتنی غریب الوطنی نہیں دیکھی تھی وہ کسی بادشاہ کا چہرہ نہیں تھا وہ دنیا کے سب سے بڑے بھکاری کا چہرہ تھا اور اس چہرے پر ایک آزاد سانسی ہاں..... صرف ایک آزاد سانس کی اجیل تھری تھی اور یہ اجیل پرانے کنوئیں کی دیوار سے لپٹی کائی کی طرح ہر دیکھنے والی آنکھ کو اپنی گرفت میں لے لیتی تھی کیپٹن نیلسن نے بادشاہ کی گردن پر ہاتھ رکھا زندگی کے قافلے کو رگوں کے جنگل سے گزرے مدت ہو چکی تھی ہندوستان کا آخری بادشاہ زندگی کی حد عبور کر چکا تھا نیلسن نے لواحقین کو بلانے کا حکم دیا لواحقین تھے ہی کتنے ایک شہزادہ جوان بخت اور دوسرا اس کا استاد حافظ محمد ابراہیم دہلوی وہ دونوں آئے آنکھوں نے بادشاہ کو غسل دیا کفن پہنایا اور جیسے تیسے بادشاہ کی نماز جنازہ پڑھی قبر کا مرحلہ آیا تو پورے رنگون شہر میں آخری تاجدار ہند کے لیے دو گزر زمین دستیاب نہیں تھی نیلسن نے سرکاری رہائش گاہ کے احاطے میں قبر کھدوائی اور بادشاہ کو خیرات میں ملی ہوئی مٹی میں دفن کر دیا قبر پر پانی کا چھڑکاؤ ہو رہا تھا گلاب کی پتیاں بکھیری جا رہی تھیں تو استاد حافظ ابراہیم دہلوی کے خزاں رسیدہ ذہن میں 30 ستمبر 1837ء کے وہ مناظر دوڑنے بھاگنے لگے جب دہلی کے لال قلعے میں 62 برس کے بہادر شاہ ظفر کو تاج پہنایا گیا ہندوستان کے نئے بادشاہ کو سلامی دینے کے لیے پورے ملک سے لاکھ لوگ دلی آئے تھے اور بادشاہ جب لباس فاخرہ پہن کر تاج شاہی سر پر سجا کر اور نادر شاہی اور جہانگیری تلواریں لٹکا کر دربار عام میں آیا تو پورا دلی حسین حسین کے نعروں سے گونج اٹھا نقارچی نقارے بجانے لگے گویے ہواؤں میں تانیں اڑانے لگے فوجی سالار تلواریں بجانے لگے اور رقاصائیں رقص کرنے لگیں استاد حافظ محمد ابراہیم دہلوی کو یاد تھا بہادر شاہ ظفر کی تاج پوشی کا جشن سات دن جاری رہا اور ان سات دنوں میں دلی کے لوگوں کو شاہی محل سے کھانا کھلایا گیا مگر سات نومبر 1862ء کی اس ٹھنڈی اور بے مہر صبح

جب ہندوستان کے آخری شہنشاہ بہادر شاہ ظفر کو میکینن میکیزی بحری جہاز میں بٹھا دیا گیا یہ جہاز 17 اکتوبر 1858ء کو رنگون پہنچ گیا شاہی خاندان کے 35 مرد اور خواتین بھی تاج دار ہند کے ساتھ تھیں کیپٹن نیلسن ڈیوس رنگون کا انچارج تھا وہ بندرگاہ پہنچا اس نے بادشاہ اور اس کے حواریوں کو وصول کیا رسید لکھ کر دی اور دنیا کی تیسری بڑی سلطنت کے آخری فرمانروا کو ساتھ لے کر اپنی رہائش گاہ پر آ گیا نیلسن پریشان تھا بہادر شاہ ظفر قیدی ہونے کے باوجود بادشاہ تھا اور نیلسن کا ضمیر گوارہ نہیں کر رہا تھا وہ بیمار اور بوڑھے بادشاہ کو جیل میں پھینک دے مگر رنگون میں کوئی ایسا مقام نہیں تھا جہاں بہادر شاہ ظفر کو رکھا جا سکتا وہ رنگون میں پہلا جلاوطن بادشاہ تھا نیلسن ڈیوس نے چند لمبے سوچا اور مسئلے کا دلچسپ حل نکال لیا نیلسن نے اپنے گھر کا گیراج خالی کرایا اور تاجدار ہند مظن سبحانی اور تیموری ابو کے آخری چشم و چراغ کو اپنے گیراج میں قید کر دیا بہادر شاہ ظفر 17 اکتوبر 1858ء کو اس گیراج میں پہنچا اور 7 نومبر 1862ء تک چار سال وہاں رہا بہادر شاہ ظفر نے اپنی مشہور زمانہ غزل "لگتا نہیں ہے دل میرا اجڑے دیار میں" کس کی بنی ہے عالم ناپائیدار میں" اور "کتنا بد نصیب ہے ظفر دن کے لیے" دو گزر زمین بھی نہ لی کوئے یار میں، اسی گیراج میں لکھی تھی یہ 7 نومبر کا تنگ دن تھا اور سن تھا 1862ء۔ بد نصیب بادشاہ کی خادمہ نے شدید پریشانی میں کیپٹن نیلسن ڈیوس کے دروازے پر دستک دی اندر سے اردلی نے بڑی زبان میں اس بد تیزی کی وجہ پوچھی خادمہ نے ٹوٹی پھوٹی بڑی میں جواب دیا مظن سبحانی کا سانس اکھڑ رہا ہے اردلی نے جواب دیا صاحب کتے کو کنگھی کر رہے ہیں میں انھیں ڈسٹرب نہیں کر سکتا خادمہ نے اونچی آواز میں رونا شروع کر دیا اردلی اسے چپ کرانے لگا مگر آواز نیلسن تک پہنچ گئی وہ غصے میں باہر نکلا خادمہ نے نیلسن کو دیکھا تو وہ اس کے پاؤں میں گر گئی وہ مرتے ہوئے بادشاہ کے لیے گیراج کی کھڑکی کھلوانا چاہتی تھی بادشاہ موت سے پہلے آزاد اور کھلی ہوا کا ایک گھونٹ بھرنا چاہتا تھا نیلسن نے اپنا پستل اٹھایا گارڈز کو ساتھ لیا گیراج میں داخل ہو گیا۔ بادشاہ کی آخری آرام گاہ کے اندر بدبو موت کا سکوت اور اندھیرا تھا اردلی لیمپ لے کر بادشاہ کے سر ہانے کھڑا ہو گیا نیلسن آگے

پالک کے صحت بخش فوائد

پالک انسانی جسم کو روزانہ کی بنیاد پر درکار اجزاء کی ضرورت کچھ اس طرح پوری کرتی ہے۔

میگنیز (84 فیصد)، فولیٹ (7.65 فیصد)، میگنیشیم (1.35 فیصد)، آئرن (7.35 فیصد)، کاپر (4.34 فیصد)، وٹامن بی 2 (3.32 فیصد)، وٹامن بی 6 (8.25 فیصد)، وٹامن ای (9.24 فیصد)، کیلشیم (4.24 فیصد)، پوٹاشیم (9.23 فیصد)، وٹامن سی (5.23 فیصد)، پانی (91 فیصد)، پروٹین (9.2 گرام)، کاربوہائیڈریٹس (6.3 گرام)، شوگر (4.0 گرام)، فائبر (2.2 گرام)، فیٹس (4.0 گرام) اور کیلوریز (23)۔

کیروٹینائڈز کی مقدار زیادہ ہوتی ہے، جسے آپ خراب کرنے والے عویل کے خلاف لڑنے میں مدد کرتا ہے۔ موتیازاند العمر افراد میں بصارت سے محرومی کی سب سے بڑی وجہ ہے۔

وٹامن سی ایک طاقتور اینٹی آکسیڈینٹ ہے، جو جلد کی صحت اور قوت مدافعت کو فروغ دیتا ہے۔ وٹامن K1 خون جمنے کے لیے ضروری ہے۔ پالک طاقتور اینٹی آکسیڈینٹس سے بھرپور ہے۔ خاص طور پر، پالک کا ایک پتا آپ کی روزانہ کی نصف ضرورت پوری کر سکتا ہے۔

فولک ایسڈ کو فولیٹ یا وٹامن بی 9 کے نام سے بھی جانا جاتا ہے۔ یہ کمپاؤنڈ حاملہ خواتین کے لیے بہت ضروری ہے اور عام خلیوں کے افعال اور پٹھوں کی افزائش میں بھی معاون ہے۔ پالک آئرن جیسے ضروری معدنی عنصر کا ایک بہترین ذریعہ ہے۔ آئرن ہیموگلوبن بنانے میں مدد کرتا ہے، جو آپ کے جسم کے نشوز یا عضلات میں آکسیجن پہنچاتا ہے۔

کیلشیم ہڈیوں کی صحت، اعصابی نظام، دل اور پٹھوں کے اہم سنگٹنگ مالیکیول کے لیے ضروری ہے۔ پالک میں دو اجزاء MGDG اور SQDG پائے جاتے ہیں، جو کیلشیم کی افزائش کو کم کر سکتے ہیں۔ ایک مطالعے میں ان مرکبات نے ایک خاتون میں نہ صرف نیورمر کی رفتار سے

پالک میں موجود کیلشیم آپ کی ہڈیوں کو چوٹ کے خلاف لڑنے کے لئے مضبوط بنانے میں مدد دیتا ہے جبکہ وٹامن اے، وٹامن سی، فائبر، فولک ایسڈ اور دیگر غذائی اجزاء بڑی آنت اور چھاتی کے کیلشیم کے خلاف لڑتے ہیں۔ پالک خون میں پروٹین کی نقصان دہ سطح کو کم کرنے میں بھی مدد کرتا اور ہائی بلڈ پریشر اور امراض قلب سے بچا سکتا ہے۔ پالک میں موجود لیوٹین (Lutein) ایک خاص جزو ہے، جو موتیا اور نظر

❖❖❖❖❖❖❖❖❖❖



پالک گھروں میں پکائی جانے والی ایک عام سبزی ہے جس کے بیش بہا طبی فوائد ہیں۔ اس سے بے لذت بھرے کھانے آپ کو صحت مند رکھنے میں اہم کردار ادا کرتے ہیں۔ پالک (Spinach) سبزیوں کی سبزی ہے، جس کی ابتدائی کاشت فارس میں ہوئی۔ پالک کو سبھی صحت بخش سبزی سمجھتے ہیں اور اسے فولاد یعنی آئرن سے بھرپور سمجھا جاتا ہے۔ اس کی وجہ

شاید 1930ء میں متعارف کرائی جانے والی ایک کارٹون سیریز ”پوپے دی سیلر“ تھی، جس میں ایک زائد عمر کے نحیف ملاح پوپے کو جب بھی طاقت چاہیے ہوتی تھی تو وہ پالک کے ڈبے سے اسے حاصل کرتا اور بلوٹو پہلوان کو پچھاڑ دیتا تھا۔ اس زمانے میں پالک کی فروخت اور اس کے استعمال میں بے بہا اضافہ ہوا۔ کرشل سٹی، ٹیکساس کی پالک کاشت کرنے والی کمیونٹی نے پالک کی صنعت پر پوپے کے مثبت اثرات کے اعتراف میں اس کردار کا مجسمہ نصب کر دیا۔

چیسٹر، الینوائے میں ایک اور پوپے کا مجسمہ ہے جبکہ اسپرنگ ڈیل اور الما، آرکنساس میں بھی پالک گھروں میں پکائی جانے والی ایک عام سبزی ہے جس کے بیش بہا طبی فوائد ہیں۔ اس سے بے لذت بھرے کھانے آپ کو صحت مند رکھنے میں اہم کردار ادا کرتے ہیں۔ پالک (Spinach) سبزیوں کی سبزی ہے، جس کی ابتدائی کاشت فارس میں ہوئی۔ پالک کو سبھی صحت بخش سبزی سمجھتے ہیں اور اسے فولاد یعنی آئرن سے بھرپور سمجھا جاتا ہے۔ اس کی وجہ شاید 1930ء میں متعارف کرائی جانے والی ایک کارٹون سیریز ”پوپے دی سیلر“ تھی، جس میں ایک زائد عمر کے نحیف ملاح پوپے کو جب بھی طاقت چاہیے ہوتی تھی تو وہ پالک کے ڈبے سے اسے حاصل کرتا اور بلوٹو پہلوان کو پچھاڑ دیتا تھا۔ اس زمانے میں پالک کی فروخت اور اس کے استعمال میں بے بہا اضافہ ہوا۔ کرشل سٹی، ٹیکساس کی پالک کاشت کرنے والی کمیونٹی نے پالک کی صنعت پر پوپے کے مثبت اثرات کے اعتراف میں اس کردار کا مجسمہ نصب کر دیا۔ چیسٹر، الینوائے میں ایک اور پوپے کا مجسمہ ہے جبکہ اسپرنگ ڈیل اور الما، آرکنساس میں بھی



وٹی الدین

چاہت

کبھی ایسے خیالوں میں وہ بار بار آئے جیسے شاعر کے ہونٹوں پہ مچلتے اشعار آئے یا پھر دعوت میں کھا کے خوب کباب بریانی مولوی صاحب کو جانے کیوں مسلسل ڈکار آئے میں ان کو دیکھنے جاؤں وہ مجھ کو دیکھنے آئیں کبھی ان کو بخار آئے کبھی مجھ کو بخار آئے اب تو بس ایک ہی آرزو ہے دل میں وٹی خزاں جائے زندگی سے وہ بن کے بہا آئے



اصل صورت

شادی کے بعد دلہن کا میک اپ جو اترا اصل صورت نظر آنے لگی ہے ہنی مومن سے ہی وہ اپنے شوہر کو کچن کی ٹریننگ دلانے لگی ہے



ندا فاضلی

کبھی کسی کو مکمل جہاں نہیں ملتا

کبھی کسی کو مکمل جہاں نہیں ملتا کبھی زمین کہیں آساں نہیں ملتا تمام شہر میں ایسا نہیں خلوص نہ ہو جہاں امید ہو اس کی وہاں نہیں ملتا کہاں چراغ جلائیں کہاں گلاب رکھیں چھتیں تو ملتی ہیں لیکن مکاں نہیں ملتا یہ کیا عذاب ہے سب اپنے آپ میں گم ہیں زباں ملی ہے مگر ہم زباں نہیں ملتا چراغ جلتے ہی بینائی بجھنے لگتی ہے خود اپنے گھر میں ہی گھر کا نشان نہیں ملتا



جاں ناراختر

آہٹ سی کوئی آئے تو لگتا ہے کہ تم ہو

آہٹ سی کوئی آئے تو لگتا ہے کہ تم ہو سایہ کوئی لہرائے تو لگتا ہے کہ تم ہو جب شاخ کوئی ہاتھ لگاتے ہی چمن میں شرمائے چک جائے تو لگتا ہے کہ تم ہو صندل سے مہکتی ہوئی پر کیف ہوا کا جھونکا کوئی ٹکرائے تو لگتا ہے کہ تم ہو اوڑھے ہوئے تاروں کی چمکتی ہوئی چادر ندی کوئی بل کھائے تو لگتا ہے کہ تم ہو جب رات گئے کوئی کرن میرے برابر چپ چاپ سی سو جائے تو لگتا ہے کہ تم ہو



جون ایلیا

نیا اک رشتہ پیدا کیوں کریں ہم

نیا اک رشتہ پیدا کیوں کریں ہم بچھڑنا ہے تو جھگڑا کیوں کریں ہم خموشی سے ادا ہو رسم دوری کوئی ہنگامہ برپا کیوں کریں ہم یہ کافی ہے کہ ہم دشمن نہیں ہیں وفا داری کا دعویٰ کیوں کریں ہم وفا اخلاص قربانی محبت اب ان لفظوں کا پیچھا کیوں کریں ہم ہماری ہی تمنا کیوں کرو تم تمہاری ہی تمنا کیوں کریں ہم کیا تھا عہد جب لحوں میں ہم نے تو ساری عمر ایفا کیوں کریں ہم نہیں دنیا کو جب پروا ہماری تو پھر دنیا کی پروا کیوں کریں ہم یہ بستی ہے مسلمانوں کی بستی یہاں کار میسا کیوں کریں ہم



بشری فرخ

بظاہر تجھ سے ملنے کا کوئی امکان نہیں ہے

بظاہر تجھ سے ملنے کا کوئی امکان نہیں ہے دلاسون سے بہلتا یہ دل ناداں نہیں ہے چمن میں لاکھ بھی برسے اگر ابر بہاراں تو نخل دل ہرا ہونے کا کچھ امکان نہیں ہے ہوائے وقت نے جس بسستی دل کو اجاڑا ہے اسے آباد کرنا کام کچھ آساں نہیں ہے وہ اک دیوار ہے حائل ہمارے درمیاں جو کسی روزن کا اس میں اب کوئی امکان نہیں ہے اگرچہ کھا گئی دیمک غموں کی بام و در کو مگر ٹوٹی ابھی تک یہ فصیل جاں نہیں ہے تمہاری روح بشری قید ہے تن کے قفس میں اسے آزاد کرنا معجزہ آساں نہیں ہے



انجم رہبر

ملنا تھا اتفاق بچھڑنا نصیب تھا

ملنا تھا اتفاق بچھڑنا نصیب تھا وہ اتنی دور ہو گیا جتنا قریب تھا میں اس کو دیکھنے کو ترستی ہی رہ گئی جس شخص کی ہتھیلی پہ میرا نصیب تھا بستی کے سارے لوگ ہی آتش پرست تھے گھر جل رہا تھا اور سمندر قریب تھا مریم کہاں تلاش کرے اپنے خون کو ہر شخص کے گلے میں نشان صلیب تھا دفنا دیا گیا مجھے چاندی کی قبر میں میں جس کو چاہتی تھی وہ لڑکا غریب تھا



ارم زہرا

میں کئی برسوں سے تیری جستجو کرتی رہی

میں کئی برسوں سے تیری جستجو کرتی رہی اس سفر میں آرزوؤں کا لبو کرتی رہی کیا خبر تجھ کو گزاری کیسے میں نے شام غم آنسوؤں کا پانی لے کر میں وضو کرتی رہی جب تری یادوں نے مجھ کو نیم پاگل کر دیا میں تری تصویر سے ہی گفتگو کرتی رہی کس طرح اپنی تمنائوں کا میں کرتی شمار بس تجھے پانے کی ہر دم آرزو کرتی رہی دل کے دروازے پہ جب بھی یاد کی دستک ہوئی میں تصور میں جگر اپنا رفو کرتی رہی دل کی دھڑکن کہہ رہی ہے تو اچانک آئے گا خود کو دن بھر آئینے کے روبرو کرتی رہی سوچنا بھی مت کبھی تجھ کو بھلا دے گی ام وصل کی خواہش ہر اک لمحہ صومو کرتی رہی



پروین شاکر

کو بہ کو پھیل گئی بات شناسائی کی

کو بہ کو پھیل گئی بات شناسائی کی اس نے خوشبو کی طرح میری پذیرائی کی کیسے کہہ دوں کہ مجھے چھوڑ دیا ہے اس نے بات تو سچ ہے مگر بات ہے رسوائی کی وہ کہیں بھی گیا لوٹا تو مرے پاس آیا بس یہی بات ہے اچھی مرے ہرجائی کی تیرا پہلو ترے دل کی طرح آباد رہے تجھ پہ گزرے نہ قیامت شب تنہائی کی اس نے جلتی ہوئی پیشانی پہ جب ہاتھ رکھا روح تک آ گئی تاثیر مسیحا کی اب بھی برسات کی راتوں میں بدن ٹوٹا ہے جاگ اٹھتی ہیں عجب خواہشیں انگڑائی کی



On the lighter side....

Passenger: What good is your timetable, the trains are never on time!

Conductor: And how would you know they were late if it wasn't for the timetable?

Everyone told Sam not to sing...

But Samsung anyway.

On a boat...

Captain (boasting): This boat makes twenty knots an hour!

Passenger: How long does it take the crew to untie them?

A man being mugged by two thugs put up a tremendous fight. Finally, the thugs subdued him and took his wallet.

Upon finding only two dollars in the wallet, the surprised thug asked, "Why did you put up such a fight?"

To which the man promptly replied, "I was afraid that you would find the \$200 hidden in my shoe."

I was at the airport, checking in at the gate when an airport employee asked, "Has anyone put anything in your baggage without your knowledge?"

To which I replied, "If it was without my knowledge, how would I know?"

He smiled knowingly and nodded, "That's why we ask."

Why did the man place scissors inside the refrigerator?

To remind himself he needed cold cuts!



Whenever you feel sad...

It helps to picture that somewhere in this world, there's a fool pulling on a door that says "PUSH"!

Teacher: "Whoever answers my next question, can go home."

One boy throws his bag out the window.

Teacher: "Who just threw that?"

Boy: "Me, and now I'm going home."

A soldier serving overseas far from home was annoyed and upset when his girl wrote to break off their engagement and ask for her photograph back.

He went out and collected from his friends all the unwanted photographs of women that he could find, bundled them all together, and sent them back with a note saying, "I regret that I cannot remember which one you are. Please keep your photo and return the others."

School teacher sends home a note with student. The note reads, "Your son is an obedient and bright student, but spends too much time talking to girls."

Mother sends a note back the following day, "Please advise a solution. Father has the same problem."

Wife goes to an astrologer to learn more about her husband. The astrologer asks her, "Do you want to know about your husband's future?"

Without hesitation, the wife responds. "I will decide his future, you just tell me about his past."

A man needed a horse, so he went to a church and got one. Before he left, the priest told him that it was a special horse. In order to make the horse go, you say, "Thank God", and for it to stop you say, "Amen".

So the man left, and a few minutes later he dozed off on his horse. Hours later, he woke up and his horse was racing him towards the edge of a cliff. Just in time, he shouted "Amen!" and the horse stopped a few inches from the edge.

"Whew," said the man, "thank God!"

The fisherman got such a reputation for stretching the truth that he bought a pair of scales and insisted on weighing every fish he caught, in the presence of witnesses.

One day a doctor borrowed the fisherman's scales to weigh a new born baby.

The baby weighed 40 pounds.

The first-time father, beside himself with excitement over the birth of his son, was determined to do everything right.

"So, tell me, nurse," he asked as his new family headed out the hospital door, "what time should we wake the little guy in the morning?"



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