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Globally Recognized Editor-in-Chief: Azeem A. Quadeer, M.S., P.E.

JUNE 2018 Vol 9, Issue 6

Punjab govt backs agitating farmers, Sidhu slams Centre

The Punjab government came out in support of the state's agitating farmers as minister Navjot Singh Sidhu slammed the Centre for ignoring the agriculture sector.

A 10-day long nationwide agitation against the alleged anti-farmer practices of the Union government began today and as part of the protest, the supply of vegetables, fruits, milk and other items to various parts of Punjab and Haryana was stopped.

In his unique way, the cricketer-turned-politician visited village Patto along with Congress MLAs Kuljit Singh Nagra and Gurpreet Singh and bought milk and vegetables from farmers to highlight their significant contribution in the development of the nation.

"If the country is to be saved then saving farm sector ought to be a priority," Sidhu said adding that if the ruling NDA government at the Centre had fulfilled their pre-poll prom-

ises, the farmers would not have been in such a sorry state of affairs.

Sidhu assured the protesting farmers that the Punjab government was sympathetic to their demands and stood shoulder to shoulder with them.

The Punjab local bodies and tourism minister stressed that the Swaminathan Commission report was not being implemented and farmers were not getting adequate price for their crops, leading to escalation in farmer suicides.

Suggesting linkage of Minimum Support Price (MSP) of crops with oil prices, the minister went on to say that in the last 25 years, oil prices increased twelve fold whereas the MSP increased by only five per cent.

"When the price of petrol was Rs 20 per litre then the price of milk was Rs 16 a litre and now the price of petrol rose to Rs 80 whereas the price of milk stands at Rs 45 per litre," he said.

Holding the Union government responsible for increasing oil prices, he said by reducing the prices of fuel by one paisa, the Centre played a cruel joke with the people of the country.



Muslim community Center for Human Services celebrated 25 years of service to the community. From Left: Azhar Aziz, President ISNA, Dr Basheer Ahmed, founder, Chairman emeritus MCC, Mr. Khizr Khan, well known inspirational speaker and Azeem A. Quadeer, Editor-in-Chief and Publisher, Asia Times US

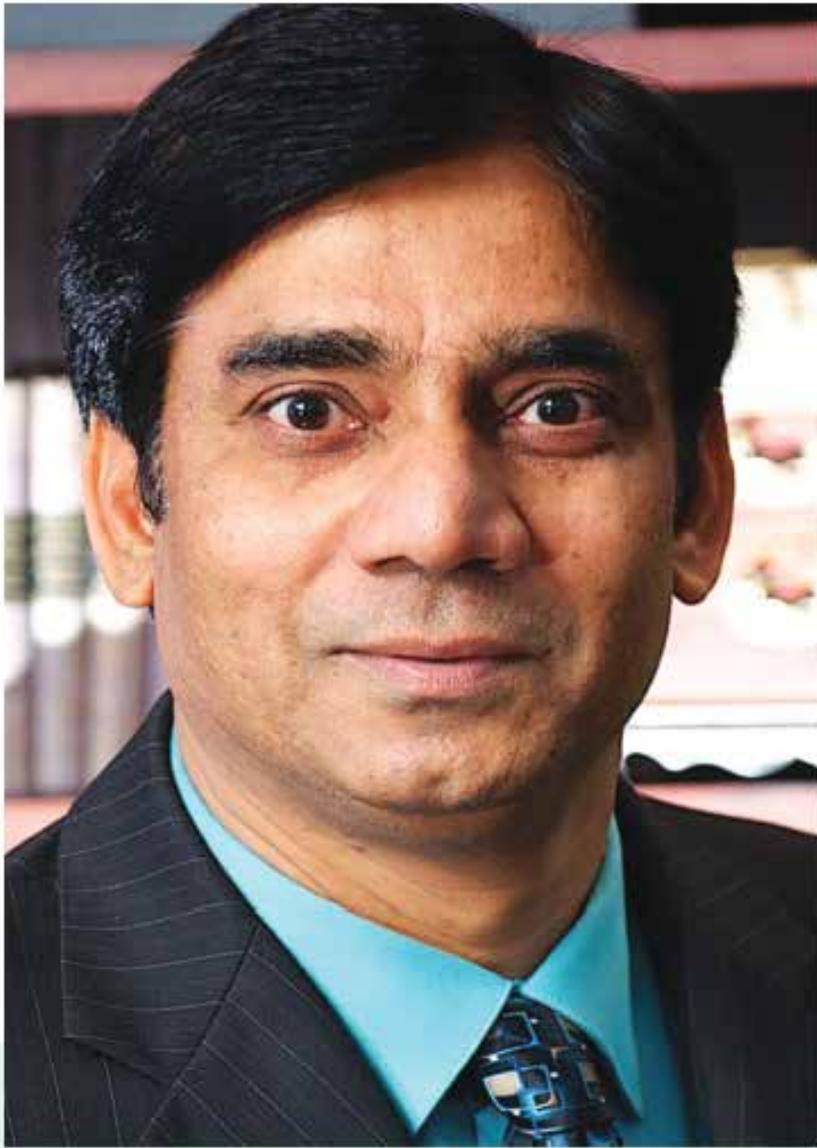
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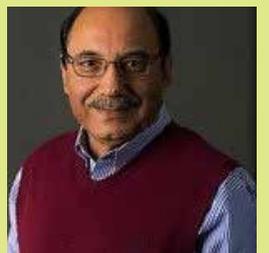
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ISSN 2159-9645

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Election Results upset ruling party in India

Uttar Pradesh's ruling BJP today suffered a stunning electoral upset with the joint opposition candidates posting victories in the bypolls for Kairana Lok Sabha and Noorpur assembly constituencies.

Rashtriya Lok Dal's Tabassum Hasan won the Kairana seat by a margin of 44,618 votes, while Naeemul Hasan of the Samajwadi Party bagged the Noorpur Assembly seat by a margin on 5,662 votes.

Both seats were earlier held by the Bharatiya Janata Party.

The opposition victories follow the BJP defeats in the Lok Sabha bye-elections in Gorakhpur and Phulpur in March, and come just a year before the general election.

In Kairana, Tabassum polled 4,81,182 votes, while the BJP's Mriganka Singh got 4,36,564 votes, the election office here said.

The death of Singh's father, BJP MP Hukum Singh, had necessitated the bypoll.

Hasan (48) has now become the first Muslim face from Uttar Pradesh in the 16th Lok Sabha.

The RLD candidate, who was supported by the Congress, the Samajwadi Party and the Bahujan Samaj Party, established an almost invincible lead by noon.

In Noorpur, SP's Naeemul Hasan was backed

by the Congress, the BSP and the Aam Aadmi Party.

Naeemul Hasan polled 94,875 votes while BJP's Avni Singh got 89,213 votes. Election for the assembly seat followed the death of Avni Singh's husband Lokendra Singh Chauhan in a road accident in February.

Tabassum Hasan said her victory showed the people were now standing up against the BJP misrule.

Had there be no EVM problem, my victory margin would have been more. I was confident of my victory as I had faith in the people," she said.

She said Prime Minister Narendra Modi will have no impact in the 2019 Lok Sabha polls.

The BJP's arrogant people say there is no alternative to Modi, but the Almighty always finds a way out and the alliance of opposition parties will come out triumphant against the BJP in 2019."

"My victory has proved that the path of the united opposition is clear in 2019," she said.

Losing BJP candidate Mriganka Singh said, "We were unable to convey the achievements of the Centre and the UP government to the people."

Jayant Chaudhary, RLD's national vice president and son of party leader Ajit Singh, said, "The agenda of those who wanted to win the bypolls by spreading communalism has been rejected by the people.

"In this election, every person said that 'ganna' (sugarcane) and not 'Jinnah' is the issue, he

said.

He said in the run-up to the Lok Sabha elections in 2019, the role of the RLD will be important.

Samajwadi Party chief Akhilesh Yadav said, "This is a defeat for those who do not believe in democracy and play divisive politics. The people have given a befitting reply to the BJP, he said.

RLD national spokesman Anil Dubey said, "This victory is not of our party alone, but of the united opposition. With this victory we succeeded in uniting the society which the BJP attempted to fragment with its divisive politics." Deputy Chief Minister Dinesh Sharma claimed the opposition resorted to communalism and caste to win.

"We believe in working for development and we don't want to contest elections on communal or caste lines," the BJP leader said.

"The opposition is in a state of political unemployment. Hence it is resorting to every trick to ensure the victory of its candidate. We are contesting elections as a part of democracy and will continue to do so and win elections," he said.

Counting of votes for the Kairana Lok Sabha and Noorpur assembly by-elections began this morning amid tight security arrangements. Polling for the high-stakes bye-elections to the two constituencies was held on Monday. In Kairana, repolling was held at 73 polling stations yesterday.

Chicago Tamil Sangam Muthamizh Vizha 2018

Chicago Tamil Sangam (CTS) hosted its Muthamizh Vizha "Festival to celebrate Tamil heritage" celebrations showcasing its affinity towards rich Tamil culture, on April 29 2018 at The Hindu Temple of Greater Chicago, Lemont, IL. The event saw an attendance of over 300 patrons. The celebration was honored by the presence of "Autograph" movie fame visually-challenged singer and orchestra Comaganin Raaga Priya. Before the program started, with the support of Nambikkai Vizhudhugal team our patrons exhibited a human chain to demonstrate the solidarity for enforcing Kaveri river water allocation between the states in India CTS, as never minimized its efforts, presented an event that provoked inquisitiveness among its patrons. The 4-hour long program commenced sharp at 4:00 p.m. following Thamizh Thaaai Vazhthu (Invocation to Goddess Tamil). President Mr. Mani Gunasekaran inaugurated the event by introducing organizers Mr. Prasad Rajaraman (Vice President, CTS), Mr. Murali Venugopalan, Mr. Murugesh Kasilingam, and Mrs. Kamala Babu, who then chivalrously welcomed the patrons and the special guests. The event started with the stunning presentations by the beautiful women of Chicagoland area displaying the rich performing arts: traditional, contemporary, and folk. Kavithai (poem) renditions by our patrons signified the Kaveri issue. The transition between different genre of performances treated the audience, opulently. Following the performances started the most-awaited music orchestra presentation by Comaganin Raaga Priya team.

The list of performances came to an end with a special segment to

endorse World International Classical Tamil Conference that will be organized in associations with CTS, Federation of Tamil Sangams of North America (FeTNA), and International Association of Tamil Research (IATR) in Greater Chicago Area in the year 2019.

Finally, the talk and interactive session by "Paleo Hero" Mr. Neander Selvan was a side-splitting, which by itself was enough to retain the crowd till the end of the event. At the conclusion, the CTS executive team thanked the generous sponsors – Professional Mortgage Solutions Inc., John Greene Realtors, Prime Care of Naperville, Foxriver Dental, NewYork Life Insurance.

Factors crucial to the success of the program were favorable; generous donations from sponsors, logistical support from volunteers in setting up the event and in ferrying heavy items including audio-visual equipment's and food items, presence of talented artists, and an appreciative audience.

Secretary
Chicago Tamil Sangam



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Dr. Basheer Ahmed



Shawkat
Mohammed



Dr. Shamsa Qureshi

Good bye H.E. Aizaz Ahmed Chaudhry

By Dr. Ashraf Abbasi

A farewell letter from H.E. Aizaz Ahmed Chaudhry the Ambassador of Pakistan to United States.

I am not happy to say him good bye but with gloomy heart knowing that life has its phases and nothing in life is permanent. However, the good part is that he successfully completed the term of prestigious office to serve as Ambassador to United States. I commend him for representing his country, its vital interests and its diplomatic mission with confidence, strength and resolve. He never shy away from tackling tough questions about terrorism, military or Afghanistan rather responded with befitting answers. Through out in his term Pakistan-US relation went through worst state of challenges, stresses & strains because of New US-Administration, changes in geo political realities and relations continue to be on a roller coaster. However, Amb. Aizaz Ahmed Ch did an excellent job pressing Pakistan's legit case before congressional leaders, US-Amin, think tanks, academia and US media, both print & electronic. He also effectively engaged Pakistani diaspora for promotion of trade, investment and friendship between the two countries and two people.

He organized a successful Community & Youth full-day Convention at the Pakistan Embassy which was very well attended by "who is who" in Pakistani -American community, youth talents, media & business role models from all over the country. Amb. Aizaz has set bar of service and engagement quite high and it will be a mission impossible for the new raw hand Ambassador to fit in his shoes. Stakes are highly for the successor Ambassador with his already tainted profile will face more hardship to defend himself before media & think tanks forget about defending & representing the case of Pakistan or mending the fractured relations. With heavy heart & deep appreciation I say farewell to Ambassador Aizaz Ahmed Ch and profoundly thank him for his services to the people & country of Pakistan & the diaspora. My best wishes go for his future endeavors and for his health & happiness and also for his beautiful family. I am pretty confident he will continue to serve Pakistan and its people in his retired life in a new role as a patriot.

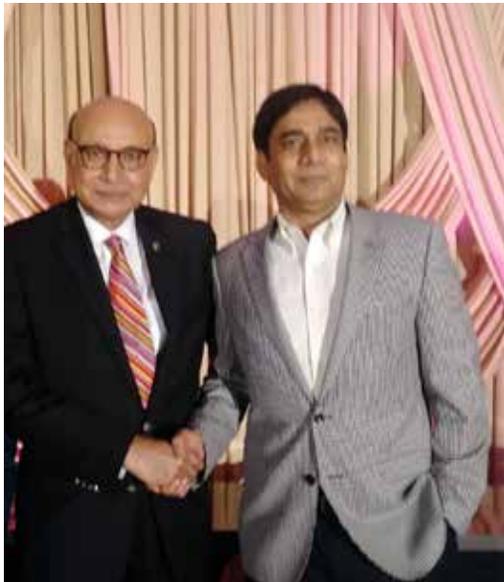


Muslim community Center for Human Services celebrates 25th year of services to the community.

M. Basheer Ahmed M.D, Chairman Emeritus



On May 19th MCC had a successful fundraising event. While celebrating its 25th year of service, MCC also recognized many multi-faith organizations who are providing community services in Dallas- Fort Worth area. Mr. Khizr Khan a well known inspirational speaker, was the honored guest and Mr. Azhar Aziz president of ISNA was the motivational speaker. In addition to the community leaders, various Islamic center, Indian Association of North Texas, Pakistan Society of North Texas, Islamic Relief, CHETNA (South Asian Domestic Violence Services), Texas Muslim Women Foundation, Hyderabad Society of North Texas, Multi-Cultural Alliance, Asian American Chamber of Commerce and the other community service providers participated in this event. Honorable Congress women Eddie Burnice Johnson and Judge Sharon Wilson, District Attorney received special plaques for their services to the community.



Right: Azeem A. Quadeer, Publisher Asia Times US , Mayor City of Kennedale Brian Johnson, Dr. Talaun Simmons, Executive Director, MCC. Above Pics: Khizr Khan, Shawkat Mohammed, Mrs and Mr. Dean Panjwani, senior Managing partner, New York Life.

Copy Cats: Is the Contagion effect after Mass Shootings real?

Dr Asim Shah CBS interview (KHOU channel 11)

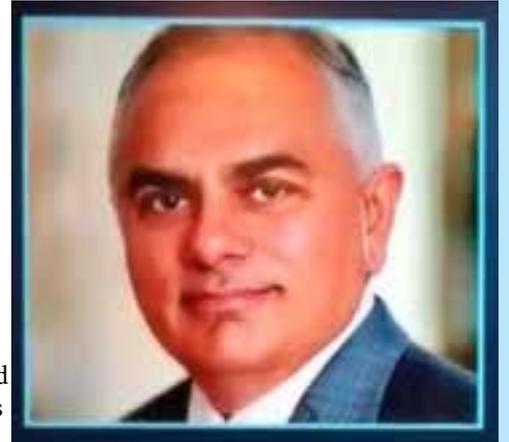
Many law enforcement experts warn of a copycat or “contagion” effect after school shootings, where threats to schools or even violence can increase. So, is it for real?

Dr. Asim Shah, Executive Vice Chair and Professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine, agrees. He says those most easily influenced usually feel like nobody likes them, they don't fit in, and they typically want some way to get back at society or become famous.

A 2015 study by Arizona State University and Northern Illinois University found “significant evidence of contagion in school shootings,” an effect researchers found lasted nearly two weeks after the shooting. It also finds “state prevalence of firearm ownership is significantly associated with the state incidence of mass killings with firearms, school shootings, and mass shootings.”

There are also reports that shooters in Oregon, Sandy Hook, and Tucson all admired previous school shooters or wanted notoriety.

The FBI and Texas State University's ALERRT center recently launched the Don't Name Them campaign, citing the contagion effect. It urges media covering mass shootings to focus on the victims and heroes, avoid airing manifestos and videos by the perpetrator, limit photos, and even use boring language to describe their actions.



Dear YES Pakistan students,

It is with the greatest sadness in my heart that I need to inform you that one of our YES students, Sabika Sheikh of Pakistan, was killed today in the school shooting in Santa Fe, Texas. Please know that the YES program is devastated by this loss and we will remember Sabika and her families in our thoughts and prayers. We will have a moment of silence in her memory today. If you need extra support during this tragic time, please let your host family, local coordinator or placement organization know. YES also has Religious Advisors available if you prefer. We expect that this will be in the media and already it is on social media. We wanted to let you know from the YES program directly.

Megan

Megan Lysaght

Program Manager, Kennedy-Lugar YES Program (Inbound)
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Salman Bhojani was elected to the Euless City Council

Salman Bhojani, the first Muslim to be elected to public office in Euless, took the oath of office Tuesday.

“We've made history,” Bhojani said. “I am the first minority and the first Muslim to be elected.”

Bhojani said he is there to represent everyone in Euless, including those who did not vote for him. State Rep. Rafael Anchia, D-Dallas, conducted Bhojani's swearing-in ceremony, and presented the new council member with a gavel from Texas House Speaker Joe Straus and Anchia. He also received a resolution from U.S. Rep. Eddie Bernice Johnson, D-Dallas.

Anchia and Bhojani two became friends while practicing law at the Haynes and Boone law firm. Anchia praised Bhojani as a good leader who is a parent, attorney and scout leader.

“I too am the son of immigrants. We shared our experiences and bonded,” Anchia said.

“I think Euless is getting a man of very high character and a family man, a Boy Scout leader and an entrepreneur. He embodies not only the values of this country but also of this city. They are getting a great American.”

Bhojani defeated conservative candidate Molly Maddux in the Place 6 race by 37 votes after a contentious campaign where Bhojani received harsh criticism from Rep. Jonathan Stickland, R-Bedford, who wrote on his Facebook page that Bhojani is Muslim and had a dangerous agenda. In his post, Stickland said that Bhojani is an attorney, lifelong Democrat and someone who will raise taxes.

Bhojani said he is eager to put the campaign behind him and work hard to get things done as a positive role model.

He added that Tuesday's swearing-in was about American values

“It was not about faith, it was not about where I came from,” he said. “We are forgetting what those American values are. We are really becoming more intolerant.”

“Most Americans are immigrants. If you go down we all immigrated from Europe and other places in the world. We have to be accepting of one another. There are positive things about diversity and if you are united with diversity, you can use it a positive force.”

Bhojani, 38, an attorney who immigrated from Pakistan in 1999, started out mopping gas station floors before owning two stores while in law school. He has served on the city's park board for four years.

According to U.S. Census figures, 33 percent of the population in Euless is non-white



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DALLAS-HOUSTON PAGES

DALLAS-HOUSTON PAGES



Rao Kamran Ali

PAKPAC second annual Bipartisan Iftar on Capital Hill was a great success. Whole event sold out a week before and still many more showed up!

The event was attended by

- Senator Jeffrey Merkley (D)
- Congressman Mike Turner (R)
- Congressman Joe Wilson (R)
- Congressman Brian Fitzpatrick (R)
- Congressman Eric Swalwell (D)
- Congressman Jack Bergman (R)
- Congressman John Moolenaar (R)
- Congressman Dan Kildee (D)
- Congressman John Sarbanes (D)

Making it a truly Bipartisan event! PAKPAC champions congressmen and senators were recognized and awards were given.

Thanks to President Dr Jalil Khan, Past President Riffat Chughtai, PAKPAC Board and Advisory Counsel Members for making it a memorable Iftar!

We need to keep working to build the relationships, to become part of the political process and to create awareness in young generation.



Famous Pakistani TV star Hassan Soomro at a dinner gathering for special children of need organized by SOCH the news of Dallas. Seen in the picture are Shawkath Mohammed, Salman Abidi, Rabia Khan, Neelam Ali, Rafeeq Ahmed, Suraiya Ahmed and others



Above Pic: Ifte S Khan and the family of Salman Bhojani. Salman Bhojani was elected to the Eules City Council, triumphing over a conservative state lawmaker's ugly campaign attacks on his religion and immigrant background. Bhojani, who will be the city's first minority council member, defeated his opponent Molly Maddux by a margin of 37 votes. Bhojani, a lawyer who moved to the U.S. from Pakistan 18 years ago, has portrayed his win as a victory for diversity and acceptance.

Harvard doctors reveal what you need to know about

Inflammation and Chronic Disease

Protect your health with this essential guide!

What do heart disease, obesity, rheumatoid arthritis, diabetes, gout, asthma, and other chronic conditions have in common? Inflammation! If you're experiencing chronic illness (or might be), you owe it to yourself to get the facts about inflammation and what it's doing to your health.

Fortunately, learning about inflammation just got a lot easier, thanks to Understanding Inflammation. This brand new, information-packed guide from the experts at Harvard Medical School covers everything you need to know about inflammation—what it is, why it's dangerous, and how you can prevent and treat it.

The dangers of inflammation There are two kinds of inflammation—acute (short term) and chronic (long term). While acute inflammation is an essential part of the healing process, chronic inflammation can lead to many of the health conditions plaguing people today.

Understanding Inflammation reveals the dangers of chronic inflammation.

You'll learn:

...how inflammation is linked to chronic disease. It turns out inflammation is a key player in a wide range of chronic diseases, including heart disease, diabetes, metabolic syndrome, psoriasis, and inflammatory bowel disease. The guide goes into detail about these illnesses and their links to inflammation.

...how allergies can lead to inflammation. Sometimes the immune system becomes hypersensitive to allergens like dust and pollen. As the guide explains, repeated exposure to these allergens can lead to inflammation, which, left unchecked, can cause tissue damage.

...what inflammation can do to your joints. The guide looks at two joint diseases—rheumatoid arthritis and gout—and how inflammation is a key factor in both. In the case of rheumatoid arthritis, the body's immune system attacks itself, leading to inflammation that can damage tissues. The inflammation associated with gout can, over the long term, cause joint damage and a loss of mobility.

...the effect of inflammation on the brain. Even your brain is susceptible to inflammation. Understanding Inflammation looks at how inflammation can alter blood flow to the brain, leading to tissue damage and cognitive decline. Inflammation can also lead to the creation of damaging proteins linked to Alzheimer's.

As Understanding Inflammation makes clear, you're not helpless in the face of inflammation! For example, nonsteroidal anti-inflammatory (NSAID) drugs such as aspirin and ibuprofen offer relief. You'll learn about these and other non-NSAID medicines, including their benefits and risks. The guide also looks at the pros and cons of fish oil supplements as a way of managing inflammation. Besides medicines, the guide reveals 10 powerful anti-inflammatory "influencers"—such as eating fruits, vegetables, and nuts, minimizing stress, getting more sleep, and quitting smoking—which can help you take charge of chronic inflammation and prevent or reduce its damaging effects.

IFTEKHAR SHAREEF PAGE

Iftekhar Shareef receives award from ATA and TATA

It was a proud moment to receive "Community Service and Public Relations" award from two national Telugu Organizations American Telugu Association (ATA) and TATA at its biennial conference held in Dallas, Texas May 31th to June 2nd . Present where many politicians from A.P and Telangana along with Tollywood actors and actresses. My good friends Dr Prem Sagar Reddy , P. Malla Reddy , Chez Reddy , MLC Ramchander Rao , Ram Mohan Agriculture minister A.P , Hanumanth Reddy founder ATA , President ATA Karun Asireddy , and others where there to witness .



It was nice to host Iftar dinner and meeting at Mysore Woodland Restaurant on Devon Ave on behalf of Indian-American community with multi national task force of over 20 different countries in support of JB Pitzker the democratic nominee for Governor of Illinois under the leadership of Bishop Dr. Claude Porter



Ms. Dorothy Brown clerk of Circuit court of Cook County announces to run for Mayor of Chicago , good lucks



Listening to Chicago Tour Pakistani Community



It was wonderful to break Ramadan fast with Muslim business group of Chicago along with Ms. Dorothy Brown clerk of circuit court of Cook County Illinois and future Mayor of great city Chicago .



Vacation in Colorado with family

BIRTHDAYS IN JUNE - CONGRATS



Dr Basheer Ahmed 6/7



Iftekhhar Shareef 6/2



Shawkath Mohammed 6/16



Syed Hussaini 6/20



Azeem Quadeer 6/12

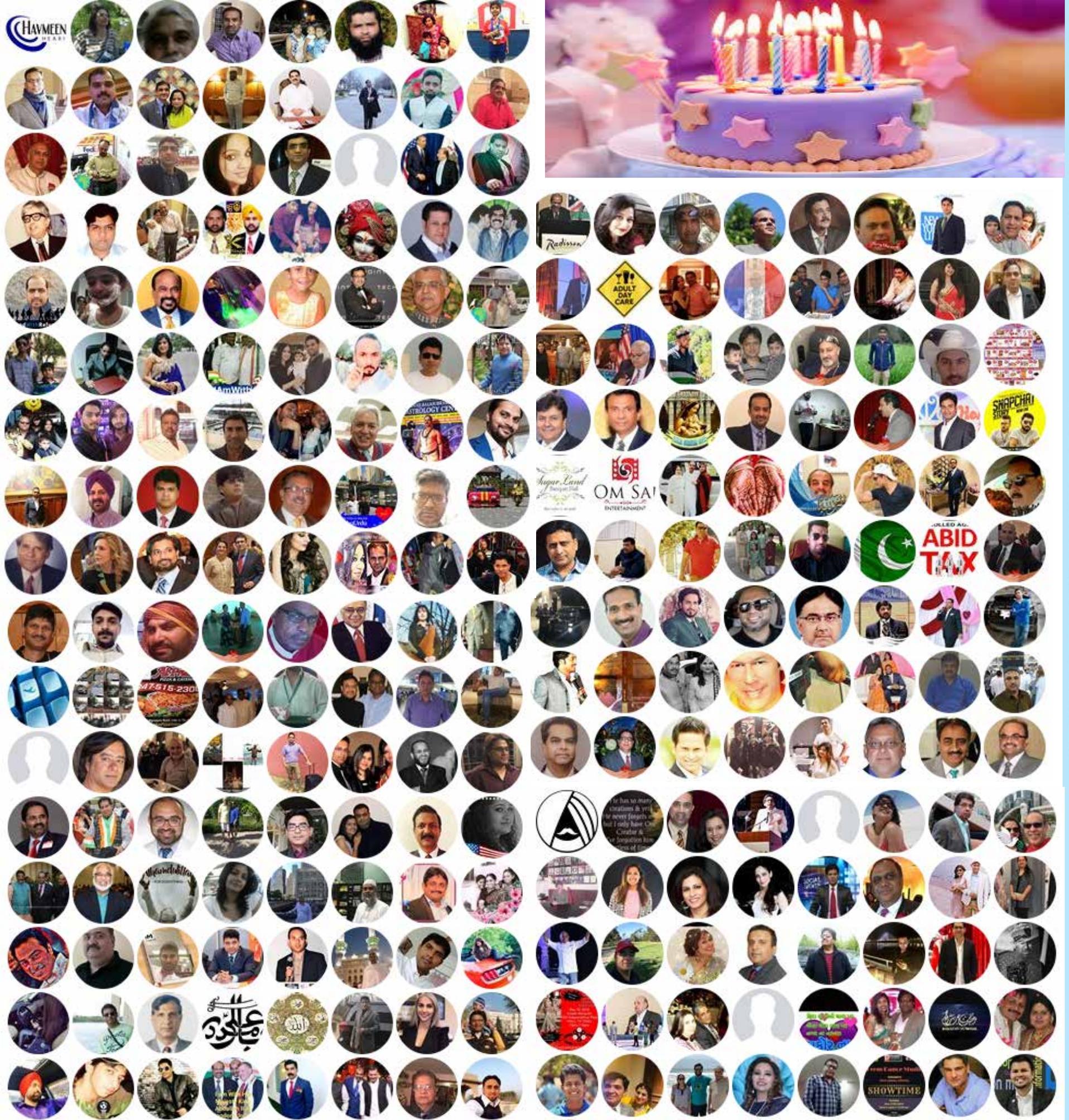
Advisors at Asia Times



CONGRATULATIONS FRIENDS

INTERNATIONAL PAGES

INTERNATIONAL PAGES

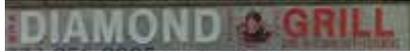




OP Meena has completed his tenure in the Consulate General of India, Chicago and will move shortly for his next assignment at Embassy of India, Ulaanbaatar [Mongolia]. Seen in the pic re sunil Shah, OP Meena, Hitesh Gandhi and others at his farewell.



Ladies Iftar Party hosted by Asma Nusrath at Diamond Grill



Laddi Singh With Ketki Shroff Steffen and Ami Batth. and others



AARA 10th anniversary Dinner, Music & dance, Bollywood Singer Divya Khandekar, Left Master Hitesh Nayak DJ, Right side Mujeeb Osman



Asian Media USA

Daawat e Iftar Masjid Al Huda, Chicago



Rahul Gandhi son of Hitesh Gandhi Graduates from John Hersey High School

CHICAGO PAGES

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Dr. Manu K. Vora's 2018 US Fulbright Specialist Project in India

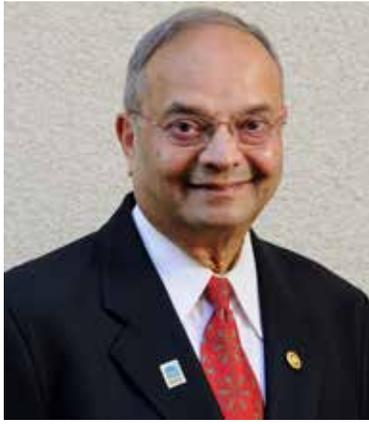
NAPERVILLE, ILLINOIS, April 23, 2018 - In 2016, The US Department of State's Bureau of Educational

and Cultural Affairs appointed Dr. Manu K. Vora as a Fulbright Specialist for a Five-Year term. Dr. Vora

completed his first Fulbright Specialist (FSP) Project at his Alma Mater, IIT (BHU), Varanasi, India in March 2018.

Dr. Vora accomplished Five Key Initiatives as a part of his FSP Project at IIT (BHU), Varanasi as follows:

- 1) Conducted "Risk Management for Organizational Excellence" Workshop for 21 attendees and received 100% Overall Satisfaction.
- 2) Delivered five sessions on "Recipe for Success at an University and in Professional Careers", a Career Development Talk to 195 Students.
- 3) Delivered five sessions on "Create Magic in the Classrooms for Students' Engagement", an Innovative Educational Practice with 54 Faculties and Research Scholars.
- 4) Provided expert advice in advancing state-of-the-art curriculum for the establishment of a new School of Management Science and Engineering Program at IIT (BHU), Varanasi.
- 5) Provided Relevant Feedback to Two Ph.D. Research Scholars in the Industrial Management area of the Department of Mechanical Engineering at IIT



(BHU), Varanasi. During his India visit, he delivered his Career Development Talk at Narsee Monjee Institute of Management Studies (NMIMS), Vile Parle, Mumbai, Shri Ramakrishna Ashrama, Rajkot, and Ramakrishna

500 companies in US Baldrige Performance Excellence Framework.

For the last 25 years as an Adjunct Faculty he teaches Operations Management course globally. He is connected

with over 80 educational institutes globally. He holds Ph.D., M.S. (both from IIT, Chicago), and B. Tech. (Honors) in

chemical engineering from IIT (BHU), and MBA with marketing management. He has delivered 770 presentations

world-wide and published over 70 scholarly articles.

Mission Home of Service, Varanasi. He attended a meeting with the IIT Bombay Director's Team regarding their World University Ranking project. Also delivered Two Talks at SIES Graduate School of Technology, Nerul, Mumbai on 'Education, Innovation, and Entrepreneurship for Nation Building' to undergraduate students and on 'Create Magic in the Classrooms for Students' Engagement' to faculties. Overall, during the visit he delivered 11 sessions on Career Development with an outreach to 1,200 students and professionals and shared five sessions on innovative practices for students' engagement in the classrooms with 130 faculties and research scholars.

Dr. Manu Vora is the Chairman and President of Business Excellence, Inc., USA since June 2000. He has over 43 years of leadership experience guiding Fortune

As the Founder Director and President of Blind Foundation for India (BFI), his team has raised over \$4 million to

help over one million visually impaired people in India. He received "2017 Lifetime Achievement Award from

Association of IIT-BHU Alumni, Delhi", "2015 BHU Distinguished Alumnus Award", 2015 & 2000 Rotary International

Paul Harris Fellow Medal", "2013 Top 40 Alumni for the First 40th Anniversary of Keller Graduate School of

Management", "2012 IIT Chicago Alumni Medal", "2011 Ellis Island Medal of Honor", and "2010 U. S. President's

Volunteer Service Award". In 1968, he received J. N. Tata Scholarship to pursue his graduate studies in the U.S.

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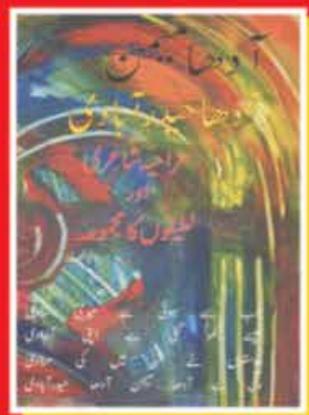
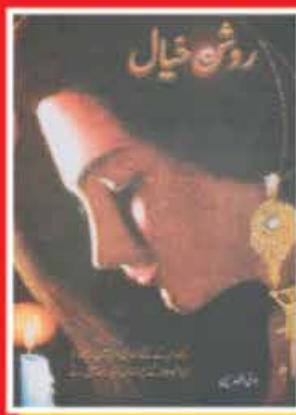
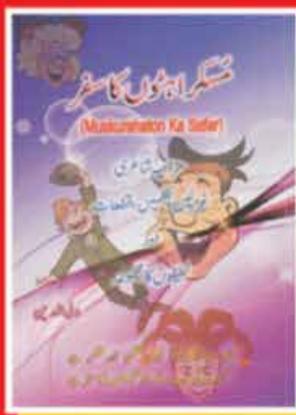
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Qatar bans Saudi, UAE goods from stores

Qatar has ordered shops to remove goods originating from a group of Saudi Arabian-led countries which a year ago imposed a wide-ranging boycott on the emirate, Doha officials said on Saturday.

A directive from the economy ministry ordered shops to immediately strip shelves of products from Saudi Arabia, the UAE, Bahrain and Egypt. Inspectors will visit stores to ensure they comply with the order, the ministry said.

The government will also try and stop products such as Saudi dairy goods from entering Qatar via a third country. Qatar's Government Communications Office (GCO) said it was trying to "protect the safety of consumers". Products originating from blockading states, which as a result of the blockade cannot pass the GCC customs territory, have to undergo proper import inspections and customs procedures," the GCO said in a statement. "Qatar conducts its trade policy in accordance with all of its multilateral and bilateral agreements."

The order comes just days before the anniversary of a bitter Gulf crisis.

Since June 5 last year, Saudi Arabia, the UAE, Bahrain and Egypt have cut all relations with Qatar, accusing it of financing terrorist groups and having close ties with Iran.

The countries subsequently imposed a trade and diplomatic boycott on Qatar, which rejects the charges and says the countries are seeking regime change in Doha.

The row has forced isolated Qatar, which previously relied on its Gulf neighbours, to look elsewhere for food imports, including Turkey, Morocco and Iran.

Many such imports enter the country via ports such as Kuwait and Oman.

It is through these ports, and also via individuals, that goods from the boycotting countries manage to get in to Qatar, said a source with knowledge of the situation.

"Businessmen from the blockading countries are trying to go around the blockade... by using third parties," said the source.

The rift between the Gulf countries and Qatar has created a space for Asian countries to step in to engage with the small peninsular state.

There's a silver lining for Asian countries in the six-month-old crisis in the Gulf that pits a UAE-Saudi-led alliance against Qatar. That is as long as Saudi Arabia and the United Arab Emirates shy away from attempting to harness their financial muscle to shore up lagging international support for their diplomatic and economic boycott of the idiosyncratic Gulf state.

Asian nations, including India, Pakistan, Sri Lanka, Bangladesh, Indonesia and the Philippines, whose nationals populate the Gulf's labour force, have already reaped initial benefits with Qatar, eager to put its best foot forward, significantly reforming its controversial "kafala" or labour sponsorship regime.

Qatar recently became the first Gulf state to introduce a minimum wage, albeit criticised by human rights groups for being at \$200 below earning levels in many of the labour-supplying states. It has also sought to improve workers' rights and committed to improving their living conditions.

Qatar was under pressure to reform the kafala system long before the Gulf crisis erupted, but the dispute with its Gulf neighbours strengthened its interest in being seen to be doing the right thing. Its moves are over time likely to persuade other Gulf states to follow suit.

The boycott as a result of its refusal to accept UAE-Saudi demands that would curtail its independence has forced Qatar to restructure trade relationships, diversify sources for goods and services, creative alternative port alliances and recalibrate the strategy of its national carrier, Qatar Airways.

The UAE, Saudi Arabia, and their allies insist that Qatar unconditionally break its ties to various political groups, including the Muslim Brotherhood, adhere to Saudi and UAE foreign policy, reduce relations with Iran, shutter the Al Jazeera television network and accept monitoring of its compliance. Qatar has rejected any infringement of its sovereignty and called for a negotiated solution.

The two countries have so far shown no willingness to compromise on their insistence on unconditional Qatari acceptance, but have also shied away from escalating the dispute, by among others pressuring third parties to choose sides.

The dispute has further divided the Arab world with some countries like Egypt and Bahrain siding with the UAE and Saudi Arabia, others like Jordan, Lebanon, Tunisia, and Algeria sitting on the sidelines and calling for a negotiated solutions, and finally nations like Oman and Algeria which have stepped in to help Qatar offset the impact of the boycott.

The fracturing of the Arab world was on display at a meeting of Arab foreign ministers in Cairo in mid-November. Saudi Arabia was able to wrest a statement condemning Iran and its Lebanese ally, Hezbollah, but failed to achieve a consensus as Lebanon teetered on the balance because of Saudi pressure.

Without breaking the stalemate and the initiation of negotiations that at best would achieve a face-saving formula that falls short of a fundamental resolution, the

dispute is likely to settle in as a fact of life and further undermine the Gulf Cooperation Council (GCC) that groups the six Gulf states. Saudi Arabia and its allies have said they were not contemplating military intervention even if they have sought to foster tribal opposition to Qatari Emir Sheikh Tamim bin Hamad Al Thani led by lesser

known members of the ruling family.

The UAE's articulate ambassador to Russia, Omar Ghobash, in June suggested, "There are certain economic sanctions that we can take which are being considered right now. One possibility would be to impose conditions on our own trading partners and say you want to work with us then you have got to make a commercial choice."

Six months later, the UAE and Saudi Arabia have yet to act on their threat, creating business opportunities as Qatar settles in for the long haul and structurally ensures that it will no longer depend primarily on its Gulf neighbours.

Food is one key area, making food security a Qatari priority. Turkey and Iran were quick to step in to fill the gap created by the Saudi ban on export to Qatar of dairy and other products. With the import of some 4,000 cows, Qatar has sought to achieve a degree of self-sufficiency with domestic production within a matter of months accounting for approximately 30 per cent of consumption. Nonetheless, with a minimal food processing industry, Qatar will seek to diversify its sources, creating opportunity for Asian producers.

With the loss of some 20 Gulf destinations as a result of the boycott, state-owned Qatar Airways, the region's second largest airline, may be the entity most affected by the crisis. Against the backdrop of a likely annual loss, Qatar Airways is looking to expand its route network elsewhere and weighing stakes in other airlines.

Asia is an obvious target. Qatar is scheduled to initiate flights to Canberra in Australia, Chiang Mai and Utapao in Thailand, and Chittagong in Bangladesh next year. The airline has rejected proposals that it bid for Air India, but plans to move ahead with plans for the launch of a domestic Indian airline. Elsewhere, Qatar Airways acquired a 9.61pc stake in troubled Hong Kong-based Cathay Pacific for \$662 million.

Similarly, Qatar has had to compensate for its loss of port facilities, primarily in the UAE by diverting to Salalah in Oman and Singapore. While that solved the Gulf state's immediate bottlenecks, it is probable that Qatar will take an interest in other Asian ports in competition with Saudi Arabia and the UAE.

Given Saudi interest in China-backed ventures such as Pakistan's Gwadar and the Maldives, Qatar could well look at Indian alternatives, including the Indian-supported Iranian port of Chabahar, a mere 75 kilometres further up the coast from Gwadar. Singapore port has stepped in with Qatar availing itself of shipping and logistical services. Vietnam and India see opportunities in the sale of food and construction materials.

Perhaps most fundamentally, Asian countries like India, in a bid to ensure the security of their energy supplies, are looking at diversifying their sources and increasing the non-Middle Eastern portion from producers like the United States. Indian Oil minister Dharmendra Pradhan adopted a tough stand in recent talks with OPEC Secretary General Sanusi Mohammad Barkindo, advising him that India was looking at alternative sourcing. India recently cut crude oil imports from Iran because of stalled negotiations over the development of an offshore gas deposit in the Gulf, forcing Iran to look for alternative buyers in Europe.

The Gulf, irrespective of if and how the crisis may be resolved, is unlikely to return to the status quo ante. As a result, the crisis is certain to influence political, economic and commercial relationships for decades to come. That creates opportunity that Asian nations potentially can capitalise on.—The Daily Star/Bangladesh

Published in Dawn



Imran Khan eyes victory as Pakistan announces elections on July 25

Pakistani cricket star-turned-politician Imran Khan's party vowed Sunday to oust the country's "corrupt" rulers, as the nuclear-armed state announced it will hold general elections on July 25.

The poll will bring to a head political tensions that have been building since former prime minister Nawaz Sharif was ousted by the Supreme Court on corruption charges and later barred from politics for life.

Khan is hoping to achieve a years-long dream of leading the country as its prime minister, and his Pakistan Tehreek-e-Insaf (PTI) party is the main challenger to the ruling Pakistan Muslim League-Nawaz (PML-N), which was headed by Sharif until his ban. PTI leaders have said they are confident they will be able to defeat the PML-N.

"The Pakistani nation... can see the dawn of a new Pakistan, which will not be ruled by the corrupt," the party said in a statement posted Sunday on Twitter along with a graphic that read "Mafia's Game Over".

"Stop us if you can," it said in another tweet.

The bullish comments came after Pakistan's president Mamnoon Hussain on Saturday approved July 25 as the date for the elections, which offer the prospect of what would be only the second-ever democratic transfer of power in the South Asian country.

The current government, led by Prime Minister Shahid Khaqan Abbasi, is expected to hand over power to a caretaker administration in the coming days.

Despite Sharif's ouster, the ruling party says it has invested in improving Pakistan's rickety infrastructure and attracted billions of dollars in Chinese investment. It has also denied allegations of graft against its leadership by opponents like Khan.

PTI has vowed to fight corruption, presenting itself as a polar opposite of what it calls status-quo politicians.

Since he was ousted, Sharif and the PML-N have become increasingly vocal in their confrontation with the country's powerful military establishment and the courts, claiming there is a conspiracy afoot to reduce the party's power.

Political analyst Hasan Askari said PTI was heading into the election with momentum on its side, but stopped short of predicting a win at the polls that would allow the party to form a government.

"One thing is clear that PTI seats will increase and PML-N's seats will decrease, but by how many, we can't say at this stage," Askari told AFP.

Sharif was the 15th prime minister in Pakistan's seven-decade history -- roughly half of it under military rule -- to be removed before completing a full term.

The country saw its first ever democratic transfer of power following elections in 2013, which the PML-N won by a landslide.

"This is the second consecutive parliament to complete its tenure and we are now looking forward to... (going) to the people to get their verdict on our performance," Finance Minister Miftah Ismail told AFP.

Despite the numerous court rulings against the PML-N, the party has won a string of recent by-elections, proving it will likely remain a powerful force.

It continues to enjoy large swathes of support in Punjab, the country's most populous province, but will enter the election under increasing pressure.



In April, a Pakistan court disqualified Foreign Minister Khawaja Asif for violating the country's election laws, while Interior Minister Ahsan Iqbal was shot in the arm in a suspected assassination attempt by an Islamist gunman earlier this month. Sharif also sparked a firestorm after suggesting Pakistani militants were behind the 2008 Mumbai attacks, approaching what is seen as a red line in the country by touching on criticism of Pakistan's military.

Saudi activists' arrest revives concerns about reform agenda

RIYADH: Saudi Arabia's crackdown on women's rights campaigners, just weeks before the much-hyped lifting of a ban on women driving, has revived doubts about its crown prince's inscrutable and seemingly erratic approach to reforms in the kingdom.

Crown Prince Mohammed bin Salman, who has seized most levers of power since rising from relative obscurity, is trying to diversify the biggest Arab economy away from oil and open up the deeply conservative Muslim country by easing strict social rules and promoting entertainment.

He has won praise at home and abroad for his modernisation efforts, but he has also provoked unease with an anti-corruption purge last year, when scores of royals and top businessmen were detained at the Ritz-Carlton Hotel in Riyadh.

Most were freed after reaching settlements with the government in a secretive campaign that sent shockwaves through the business community.

The arrest this month of nearly a dozen prominent activists, mostly women who for years urged reforms that are now being implemented and trumpeted abroad, has further disconcerted Western allies. Diplomats were unnerved that state-backed media had labelled the activists as "agents of the embassies".

"It's tough because to date we've been encouraging of the Saudi reform agenda," one diplomat said.

"The Saudi government seems to be sending a message



to friendly governments not to engage with anyone at all on government-led social reform, even where the messages we are hearing are supportive of the government and echoing what the government's own international PR campaigns are saying."

The official reason for the arrests was suspicious contact with foreign entities and offering financial support to overseas enemies. No details were provided and security spokesmen have not responded to requests for comment. UNPREDICTABLE

Following the latest arrests, diplomats in Riyadh have begun questioning how serious the kingdom is about change. Activists say the move signals that political openness will not be allowed to follow social liberalisation.

"It sends a message domestically that don't even think

about opposing any government policy, but the message internationally is completely different," said Kristian Coates Ulrichsen from Texas-based Rice University's Baker Institute.

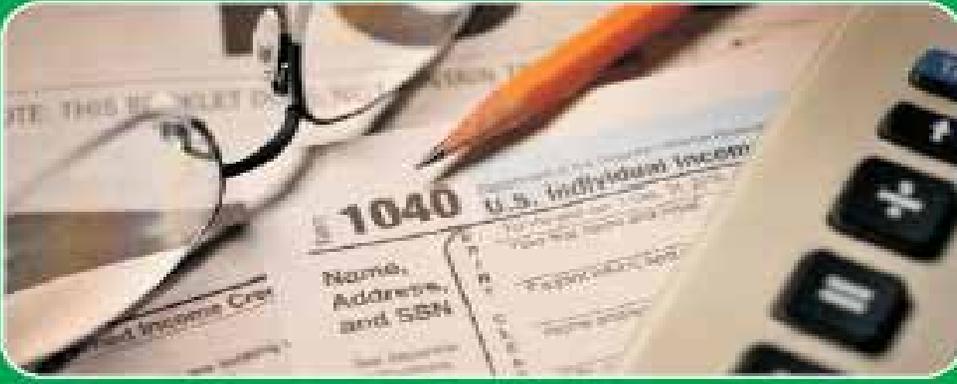
He said it was difficult to assess the "opaque" decision-making process behind the crackdown.

"We just have no idea. It reinforces the perception that policymaking now is more unpredictable and concentrated in the hands of one man who perhaps lacks some of the decades of experience that his predecessors had."

Prince Mohammed, 32, surpassed more senior cousins to become heir apparent a year ago, concentrating power and pushing through rapid change in a country which for decades was ruled by consensus. He has also taken a more aggressive stance against arch-rival Iran, beginning a three-year-old war in Yemen and leading a boycott of fellow Gulf Arab state Qatar.

The crown prince's defenders said he may have had to placate religious conservatives, who had also been stifled in a previous crackdown on clerics opposed to social changes like lifting bans on cinemas and women driving. Ali Shihabi, who runs the pro-Saudi Arabia Foundation in Washington, called the arrests a mistake and damaging to Saudi Arabia's image. But Prince Mohammed had never pretended that political openness was on the cards, he said.

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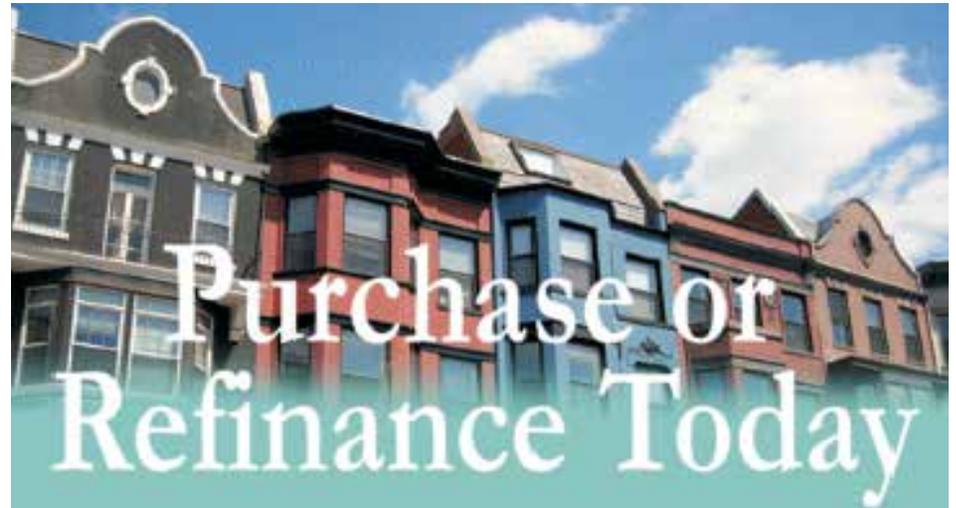
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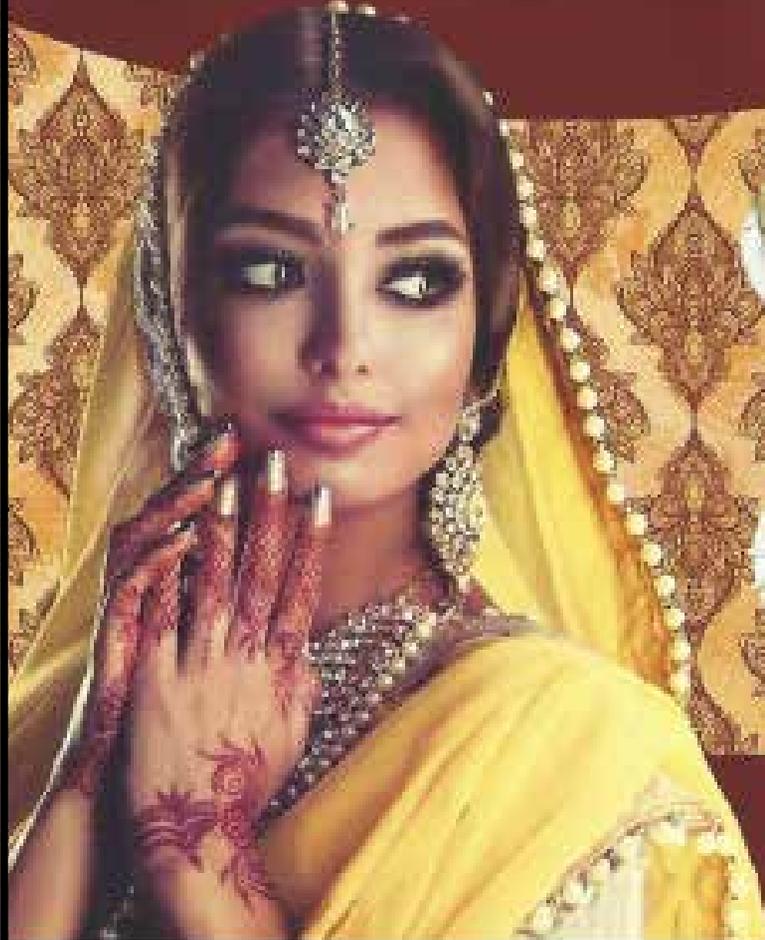
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The great musician S D Burman

Sachin Dev Burman (1 October 1906 – 31 October 1975) was an Indian music director and singer. A member of the Tripura royal family, he started his career with Bengali films in 1937. Later he began composing for Hindi movies, and became one of the most successful Bollywood film music composers. S D Burman composed music for over 100 movies, including Hindi and Bengali films. Apart from being a versatile composer, he also sang songs in light semi-classical and folk style of Bengal. His son Rahul Dev Burman was also a celebrated music composer for Bollywood films.

S.D. Burman's compositions have been sung by leading singers of the period including Lata Mangeshkar, Mohammed Rafi, Geeta Dutt, Manna Dey, Kishore Kumar, Hemant Kumar, Asha Bhosle and Shamshad Begum. Mukesh and Talat Mahmood have also sung songs composed by him. He sang about 14 Hindi and 13 Bengali film songs.

Burman was born on 1 October 1906, in Comilla, Bengal Presidency (in present-day Bangladesh) to Raj Kumari Nirmala Devi,[2] the royal princess of Manipur and Nabadwipchandra Dev Burman, son of Maharaja Ishanachandra Manikya Dev Burman, Maharaja of Tripura (r. 1849–1862). Sachin was the youngest of the five sons of his parents, who had nine children in all. His mother died when he was just two years of age. S D Burman's first school was at Kumar Boarding in Agartala, Tripura. It was a boarding school in the likes of Harrow and Eton for sons of the royalty and the very rich.[citation needed] SD Burman's father, Raja Nabadweepchandra Deb Burman noticed the teachers were more busy with pampering the sons of the nobility than educating them. S D Burman's father took him from Kumar Boarding and admitted him at Yusuf School in Comilla, before he was admitted in Class V in Comilla Zilla School. From Comilla Zilla School he completed his Matriculation in 1920 at the age of 14. He then got admitted at Victoria College, Comilla, which is presently Comilla Victoria Government College from where he passed his IA in 1922 and then BA in 1924. S D Burman left for Kolkata to start an MA in Calcutta University, which he did not finish as music got the better of him for good. He started his formal music education by training under the musician K. C. Dey from 1925 to 1930; thereafter in 1932 he came under the tutelage of Bhisnadev Chattopadhyaya, who was only three years his senior. This was followed by training from Ustad Badal Khan, the sarangi maestro, and Ustad Allauddin Khan, the sarodist.[4] He brought K.C. Dey, Badal Khan and Allauddin Khan to Agartala. The noted Bengal poet laureate, Kazi Nazrul Islam also spent time in their family home in Comilla in the early '20s

S D Burman started working as a radio singer on Calcutta Radio Station in the late '20s, when his work as a singer-composer was based on Bengali folk and light Hindustani classical music. Consequently, his compositions were mainly influenced by his huge repertoire of folk-tunes from present Bangladesh and later other parts of India and around the world. His first record was also released in 1932 (Hindustan Musical Product), with "Khamaj" (semi classical), "E Pathey Aaj Eso Priyo" on one side, and the folk "Dakle Kokil Roi Bihane" on the reverse side, on 78 rpm for Hindustan Records.[5] In



the following decade, he reached his peak as a singer, cutting as many as 131 songs in Bengali, and also sang for composers like Himangsu Dutta (8), RC Boral (1), Nazrul Islam (4), Sailesh Das Gupta (2) and Subal Das Gupta (1).[6] He also sang for Madhavlal Master and son RD Burman.

In 1934, he attended the All India Music Conference, at the invitation of Allahabad University, where he pre-

sented his Bengali Thumri, all to an illustrious audience, with the likes of Vijaya Lakshmi Pandit and the inimitable Abdul Karim Khan of Kirana Gharana. Later in the year, he was invited to Bengal Music Conference, Kolkata, which was inaugurated by Rabindranath Tagore, here again he sang his Thumri, and was awarded a Gold Medal.

He built a house in Southend Park, Ballygunge, Kolkata. He married his student, Meera Das Gupta (1920–2007), the granddaughter of Magistrate Raibahadur Kamalnath Dasgupta from Dhaka on 10 February 1938 in Calcutta, though according to some, having married a non-royal, created a furore within the royal family, and subsequently he severed ties with his family, and forfeited his inheritance. According to some others, S.D. Burman severed ties with his royal family because he was frustrated with the unjust and unfair treatment meted out to his father and his brothers by the royal family of Tripura. The couple's only child, Rahul Dev Burman was born in 1939, and later, both Meera Devi and Rahul assisted S.D. Burman with some of the musical compositions. S. D. Burman also did a singing role in the Urdu film Selima (1934) and another role in Dhiren Ganguli's film Bidrohi (1935)

As a music composer, he started with the Bengali plays Sati Tirtha and Janani, and eventually gave his first score in the film Rajgee. In 1937, his second film Rajkumarer Nirbasha (1940) became a hit. He gave music in Bengali films such as Protishodh (1941), Abhoyer Biye (1942) and Chaddobeshi (1944) and only one Bengali film in 1969/70 after he permanently moved to Mumbai in 1946. He composed for over 20 Bengali films and

89 Hindi films in all.[6]

He made his film debut singing in Yahudi ki Ladki (1933) but the songs were scrapped and re-sung by Pahari Sanyal. His first film as a singer was finally Sanjher Pidim (1935). Disillusioned with the materialism of Mumbai, Burman left the Ashok Kumar starred Mashaal (1950) incomplete and decided to board the first train back to Calcutta. Fortunately, he was dissuaded from doing so.

In 1950s, Burman teamed up with Dev Anand's Nav Ketan Productions to create musical hits like Taxi Driver, Nau do Gyarah (1957) and Kala Paani (1958). In addition, he gave music for Munimji (1955) and Paying Guest (1957). The songs sung by Mohammed Rafi and Kishore Kumar became

popular. Burman composed the music for Dev Anand's production company Navketan's first film Afsar (1950). With the success of their second film Baazi (1951), he made it to the top and a long association with Navketan and Dev Anand was on its way. "Baazi's" jazzy musical score revealed a new facet of singer Geeta Dutt, who was mainly known for melancholy songs and bhajans. While every song in the film was a hit, one stood out for special appeal – "Tadbir se Bigdi Hui Taqdeer", a ghazal that was occidentalised into a seductive song. The "jaal" song "Yeh raat yeh chandni" by Hemant Kumar is an all-time great classic. The song 'Thandi Hawain' from Naujawan (1951) sung by Lata Mangeshkar was one of his first major hits. It made Lata very famous as also poet Sahir.

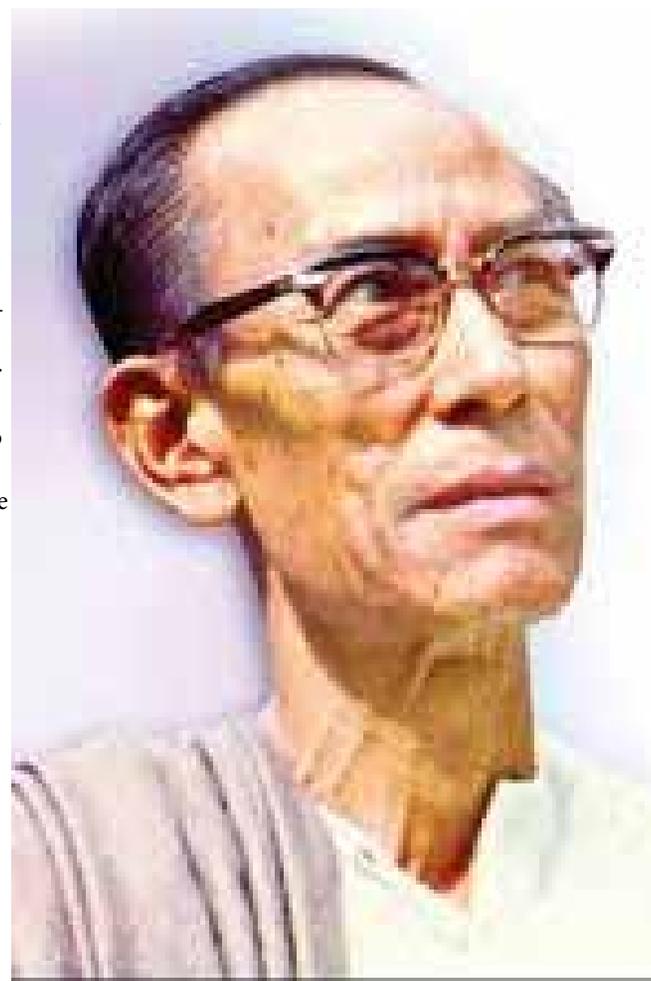
He also wrote music for the Guru Dutt classics – Pyaasa (1957) and Kaagaz Ke Phool (1959). The soundtrack of Devdas (1955) was also composed by him. House No. 44 (1955), Funtoosh (1956), and Solva Saal (1958) were other S. D. Burman hits. In 1959 came Sujata, a masterpiece by Bimal Roy, and S. D. created magic again with "Jalte hai jiske liye" by Talat Mamood.

In 1958, S. D. Burman gave music for Kishore Kumar's house production Chalti Ka Naam Gaadi, the same year he was awarded the Sangeet Natak Akademi Award for Music direction of Sujata and remains the only music director to have won the prestigious award.[16] S. D. Burman often took inspiration from folk music, Hindustani classical music as well as the more mundane day to day sounds of life. For example: in a later interview, he discussed how he had composed the Kaala Pani tune for the Majrooh Sultanpuri / Md. Rafi / Dev Anand song "Hum bekhudi mein tum" based upon the Hindustani Raga "Raag Chayyanat" and the Muslim Muezzin's call for prayers that one hears daily near a mosque.[17]

Early on in his career, Burman refused to allow his voice to be lip-synced on film by actors,[6] as a result, even later on, in Hindi cinema, his thin yet powerful voice was often used as bardic commentary to haunting results, as in "Ore Majhi Mere Sajjan Hai Us Paar" from Bandini (1963), "Wahaan Kaun hai Tera" from Guide (1965) and finally "Safal Hogi Teri Aradhana" from Aradhana (1969),[18] for which he received the National Film Award for Best Male Playback Singer for the year, 1970 .

Ill health caused a slump in his career in the early 1960s, but he gave many hit films in the late 1960s. In 1961, S. D. Burman and Lata Mangeshkar came together during the recording of R.D. Burman's first song for the movie Chhote Nawab (1961). They reconciled their differences and started working again in 1962.

Other S. D. Burman hits from this period were Bandini (1963) and Ziddi (1964). In Bandini, Sampooran Singh (well known as Gulzar), made his debut as a lyricist with the song "Mora Gora Ang lai le, mohe shaam rang daai de", although other songs were written by Shailendra. Guide (1965) starring Dev Anand, was probably the best[citation needed] of his work during the time with all the songs super-hits as well as the film; but unfortunately it did not receive the Filmfare Award in best music director category for that year, which remained always a discussion among the Bollywood film pandits. S. D. Burman went into a coma soon after rehearsing the song "Badi sooni sooni" (sung by Kishore Kumar) for the film Mili. He died on 31 October 1975 in Mumbai.



Mahathir Mohamed PM of Malasia at age 92

Mahathir Mohamad has been sworn in as prime minister of Malaysia after his shock election victory, 15 years after he stood down.

After taking the oath at the Istana Negara palace in Kuala Lumpur, he told reporters his focus would be on the country's finances.

The former strongman has become, at 92, the world's oldest elected leader.

He came out of retirement and defected to the opposition to take on and beat former protege Najib Razak.

His historic win ousted the Barisan Nasional (BN) coalition, which has been in power since independence in 1957. Addressing the media, he pledged that Malaysia would remain a "friendly trading nation" and he would work to keep the currency, the ringgit, as "steady as possible".

He said he would seek the return of millions of dollars lost in a corruption scandal at 1Malaysian Development Berhad (1MDB), a state investment fund set up by Mr Najib.

"We believe that we can get most of the 1MDB money back," he was quoted as saying by Reuters news agency, adding: "We have to increase the confidence of investors in the administration."

He renewed his promise to seek to have his former deputy prime minister, Anwar Ibrahim, released and pardoned. What was the scale of the victory?

Investment analyst Aninda Mitra told Reuters news agency the shock of the election outcome had been as great as "Brexit and the Trump election".

Official results show Dr Mahathir's Pakatan Harapan (Alliance of Hope) coalition secured 113 of the 222 seats being contested, including some which have only ever been held by the government. BN took 79 seats. Rising living costs and long-running allegations of corruption had weighed heavily on many voters and saw them peel away from Mr Najib and his once unshakeable coalition.

How are people taking Mahathir's return?

"We feel so united tonight," student Abdul Aziz Hamzah, 24, told AFP news agency in the crowd of jubilant supporters outside the palace. "Mahathir is so insightful and experienced because he's been here before."

Fahmi Fadzil, an MP from the winning coalition, told the BBC Dr Mahathir inspired excitement about Malaysia's future.

"Today he has created, along with other Pakatan Harapan leaders, a resurgence in faith in Malaysia," he said.

"The polling centres that I visited, there was a sense of euphoria among people who cast their vote. Members of the press that I had met, some of them said that they cried when they heard that we had won.

"There is very real change happening in Malaysia. Finally we can believe in the country again."

Mahathir Mohamed is a Malaysian politician serving as the seventh Prime Minister of Malaysia. He is the chairman of the Pakatan Harapan coalition, as well as a member of the Parliament of Malaysia for the Langkawi constituency in Kedah. He previously served as the fourth Prime Minister from 1981 to 2003, making him the office's longest-serving holder. Mahathir's political career has spanned more than 70 years since he first joined a newly formed United Malays National Organisation (UMNO) in 1946, before forming his own party, Parti Pribumi Bersatu Malaysia (Malaysian United Indigenous Party), in 2016.

Born and raised in Alor Setar, Kedah, Mahathir excelled



at school and became a medical doctor. He became active in the UMNO before entering Parliament in 1964. He served one term before losing his seat, subsequently falling out with Prime Minister Tunku Abdul Rahman and being expelled from UMNO. When Abdul Rahman resigned, Mahathir re-entered UMNO and Parliament, and was promoted to the Cabinet. By 1976 he had risen to Deputy Prime Minister, and in 1981 was sworn in as Prime Minister after the resignation of his predecessor, Hussein Onn.

During Mahathir's first tenure as Prime Minister, Malaysia experienced a period of rapid modernization and economic growth, and his government initiated a series of bold infrastructure projects. Mahathir was a dominant political figure, winning five consecutive general elections and fending off a series of rivals for the leadership of UMNO. However, his accumulation of power came at the expense of the independence of the judiciary and the traditional powers and privileges of Malaysia's royalty. He deployed the controversial Internal Security Act to detain activists, non-mainstream religious figures, and political opponents including the Deputy Prime Minister he fired in 1998, Anwar Ibrahim. Mahathir's record of curbing civil liberties and his antagonism towards western interests and economic policy made his relationships with the United States, United Kingdom and Australia, among others, difficult. As Prime Minister, he was an advocate of third-world development and a prominent international activist.

After leaving office, Mahathir became a strident critic of his hand-picked successor Abdullah Ahmad Badawi in 2006 and later, Najib Razak in 2015. His son Mukhriz Mahathir was the Chief Minister of Kedah until early 2016. On 29 February 2016, Mahathir quit UMNO in light of UMNO's support for the actions of Prime Minister Najib Razak, in spite of the 1Malaysia Development Berhad scandal. On 9 September 2016, the Malaysian United Indigenous Party was officially registered as a political party, with Mahathir as chairman. On 8 January 2018, Mahathir was announced as the Pakatan Harapan coalition candidate for Prime Minister for the 2018 general election, in a plan to pardon Anwar Ibrahim and hand a role to him if the campaign was successful.

Following a decisive victory for Pakatan Harapan in the 2018 election, Mahathir was sworn-in as Prime Minister on 10 May 2018. At 92, he is the world's oldest sitting

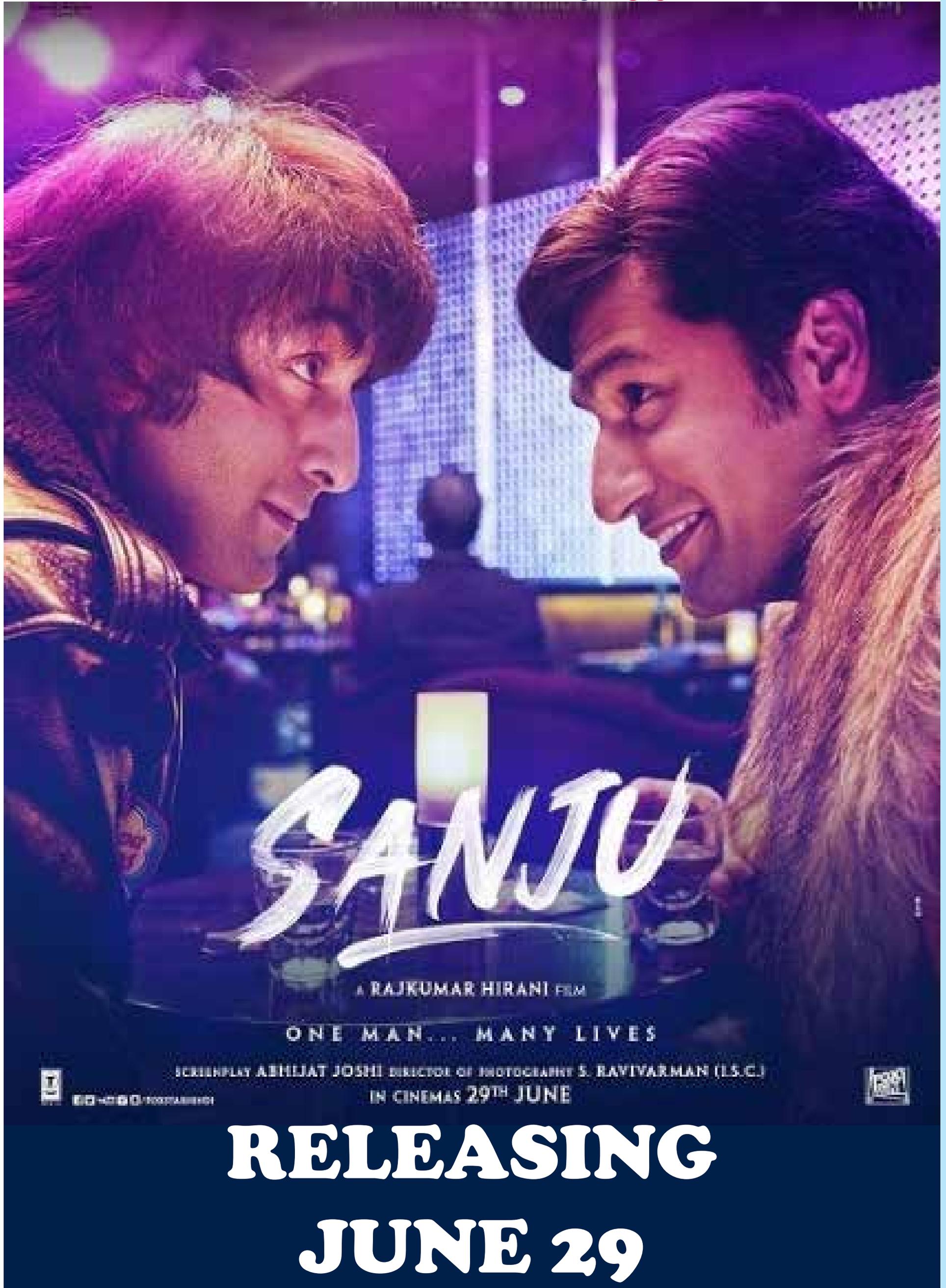
head of government. He is the first Malaysian Prime Minister not to represent the Barisan Nasional (or preceding Alliance). He is also the first Malaysian Prime Minister to serve from two different parties and on non-consecutive terms.

Abdul Rahman resigned in 1970 and was replaced by Abdul Razak Hussein. Razak encouraged Mahathir back into the party, and had him appointed as a Senator in 1973.

[36] He rose quickly in the Razak government, returning to UMNO's Supreme Council in 1973, and being appointed to Cabinet in 1974 as the Minister for Education. He also returned to the House of Representatives, winning the Kedah-based seat of Kubang Pasu unopposed in the 1974 election.[30] One of his first acts as Minister for Education was to introduce greater government control over Malaysia's universities, despite strong opposition from the academic community. He also moved to limit politics on university campuses, giving his ministry the power to discipline students and academics who were politically active, and making scholarships for students conditional on the avoidance of politics.

In 1975, Mahathir ran for one of the three vice-presidencies of UMNO. The contest was considered to be a battle for the succession of the party's leadership, with both Razak and his deputy, Hussein Onn, in declining health. Each of Razak's preferred candidates was elected: former Chief Minister of Melaka, Ghafar Baba; Tengku Razaleigh Hamzah, a wealthy businessman and member of Kelantan's royal family; and Mahathir. When Razak died the following year, Hussein as his successor was forced to choose between the three men to be deputy prime minister; he also considered the ambitious minister Ghazali Shafie. Each of Mahathir's rivals had significant political liabilities: Ghazali, having been defeated by the others for a vice-presidency, lacked the support of UMNO members; Ghafar had no higher education and was not fluent in English; and Razaleigh was young, inexperienced and, critically, unmarried. But Hussein's decision was not easy. Hussein and Mahathir were not close allies, and Hussein knew the choice of Mahathir would displease Abdul Rahman, still alive and revered as the father of Malaysia's independence. After six weeks of indecision Mahathir was, much to his surprise, appointed as Hussein's deputy. The appointment meant that Mahathir was the anointed successor to the prime ministership.

Wiki



SANTU

A RAJKUMAR HIRANI FILM

ONE MAN... MANY LIVES

SCREENPLAY ABHIJAT JOSHI DIRECTOR OF PHOTOGRAPHY S. RAVIVARMAN (I.S.C.)

IN CINEMAS 29TH JUNE

RELEASING JUNE 29

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NORTHWEST SUBURBAN COLLEGE



During his time as a renowned professor and researcher in academia, Dr. Mohammed T. AliNiazee recognized the increasing tuition rates, increasing student loans and debts, and increasing time periods required for acquiring a college degree. Confronting this imbalance, NWSC is here to make a difference by offering more student guidance, smaller classes, and three full terms per year (rather than two). A culmination of his longtime dream of establishing a world class center of education founded on

the principles of service, compassion, and quality, Professor AliNiazee took early retirement after nearly 40 years of a successful career in academia to establish NWSC. Dr. AliNiazee and the NWSC team are dedicated to building a private, non-profit school of higher education that provides affordable and quality education dedicated to science, medicine, and the humanities.

A cultural hub with numerous advanced centers for healthcare and medicine, Chicago was selected as the city to establish NWSC. In 2008, President AliNiazee acquired the property in Rolling Meadows, IL that is now NWSC. After establishing the Corporate Board and the Board of Regents, M.A.Q. Khan (late), a retired professor of biology for the University of Illinois at Chicago joined NWSC as the Chairman of the Board of Regents, and was appointed as the college's Vice President. Dr. Khan was instrumental in this formative period at NWSC. Additional faculty and staff were hired by Dr. AliNiazee as the school started to grow.

Since its founding in 2008, NWSC has made great progress and continues to diligently work toward providing the very best educational environment. Currently, NWSC is an accredited institution offering accelerated degree seeking and healthcare certification programs. Since NWSC's first two students in 2009, nearly 500 students have graduated over the past six years. Recent highlights of NWSC's journey include attaining Title IV funding approval in May 2016 and initial institutional accreditation by the Accrediting Council for Independent Colleges and Schools (ACICS) in August 2014. If past performance is any indicator, NWSC has a bright future ahead.

PROGRAMS

NWSC is committed to preparing its students for advancement and growth in the field of biology. Students whose major is biology explore and understand the concepts and fundamentals of living organisms.



Our undergraduates excel in preparation for graduate school and medical school, and either option will prepare students for a variety of careers and enable them to be highly sought-after in this competitive, rapidly evolving, and expanding field.

APPLY NOW

Northwest Suburban College warmly welcomes international students to join our diverse community of knowledge-seekers. Regardless of where you call home, when you join NWSC, you will be part of a family that nurtures you both academically and socially.



NWSC teachers provide academic and student support, offering advice and resources to explore the many attractions of the Chicago area. At NWSC, you have the advantage of small class sizes that allow for direct attention from your professor and a close community to call your second home.

Tuition and Fees

NWSC believes that nothing should hinder the pursuit of education, so we strive to provide an affordable education for our students. Our low tuition rates, combined with our quality, direct instruction and caring community, offers more for less.

Tuition and Living Expenses

Admissions

International students seeking admission to NWSC are encouraged to apply at least 3 months in advance of the proposed admission date. NWSC trimester start dates are in the first weeks of September, January, and May.

Housing

Housing is readily available in the northwest Chicago area, and as a service to students, NWSC will provide a list of available housing options. NWSC has arrangements with private apartment owners nearby for incoming students.

Visa Process

Upon review of your admission application package and acceptance, NWSC will provide you with a Letter of Acceptance and completed Form I-20, which is required for the F-1 Visa.

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Urinary incontinence: Common and manageable

As a primary care doctor, I see a lot of women dealing with the inconvenience, discomfort, and embarrassment of urinary incontinence (unintended leaking of urine). Some are comfortable bringing this up right away. Others suffer needlessly because they feel too shy or awkward to mention it.

The truth is, an estimated 45% of women experience some form of urinary incontinence at some point in their lives. That's almost half of all women! It's a very big deal. Urinary incontinence can negatively affect physical and emotional well-being. For example, women may avoid going out because they're worried about having an accident away from home. Other problems include sexual dysfunction and depression.

Types of urinary incontinence

We usually think of two main categories of incontinence: Stress incontinence: Leaking of urine with coughing, sneezing, sex, or impact exercise, like running and jumping. This is related to damaged and/or weak pelvic floor muscles, and is common in younger women who have given birth vaginally.

Urge incontinence: Sudden and unpredictable overwhelming urge to urinate, with leaking of small to large amounts of urine. This sometimes also goes along with needing to go often that can occur day and night. It is more common in women who are overweight, or have diabetes or other neurological issues such as dementia or strokes. The problem is thought to be due to spasms of the bladder. A lot of things can worsen symptoms, such as caffeine, diuretics ("water pills" used for high blood pressure), drinking too much fluid, and bladder infections. The most common form of incontinence, called "mixed," has features of both these categories. But the kind of incontinence really doesn't matter. What women need to know is that there are solutions.

Get your life back by taking charge of urinary incontinence — here's how

First, talk to a healthcare provider: There are readily identifiable medical factors that can cause or worsen in-

continence. Certain medications, uncontrolled diabetes, bladder infections, constipation, and menopausal changes to name a few. Your primary care doctor can help identify and treat many of these issues.

Then take care of the area: I have seen many patients who have skin rashes and infections in their genital area due to excessive moisture. Some are using menstrual pads, or even balled-up tissues or folded paper towels for their urinary leakage, or nothing at all. If moisture isn't absorbed, it will damage the skin and cause problems. Sometimes the issue is reluctance to explore the world of incontinence pads (which are now available in a variety of brands and styles), but often, sadly, it's the expense. Some insurances, including Medicaid, will cover incontinence pads; healthcare spending accounts are an option for some people as well. Barrier ointments, even plain old petroleum jelly, can help to protect skin from moisture. Daily bathing is also helpful.

Hold off on medication or surgery: Many women don't realize that lifestyle changes, physical and behavioral therapies are the preferred first-line method of treatment. Watch the fluid intake: Limit bladder-irritating beverages such as caffeinated or acidic drinks (alcohol, coffee, black tea, green tea, sodas and seltzers with citric acid added). For women who make nighttime trips to the bathroom, decreasing fluid intake in the evening (especially alcohol) can help.

Lose a few pounds: Extra abdominal fat can create pressure on the bladder. Losing just 5% of body weight can help a lot. But even losing a few pounds can improve symptoms.

Exercise: The more physically active a woman is, the less likely she is to suffer from urinary incontinence. This may be related to better core and pelvic floor muscle tone in women with increased fitness.

Pelvic floor exercises and physical therapy: Those Kegel squeezes can really work! They're not difficult, but it's important to do them correctly. Believe it or not, formal pelvic floor physical therapy with a trained provider can

be hugely helpful. These therapists are usually women. They will take a careful history and then assess anatomy, muscle control, and strength, and then outline a guided exercise program. Once my patients get over their initial hesitation, they almost always see a benefit.

Bladder training: Scheduling bathroom visits can help women to "train" an overactive bladder. Sometimes bladder training is done along with pelvic floor physical therapy, and can be more successful that way. And if all that doesn't help...

Talk to a healthcare provider again. There are several medications that may help. For women with postmenopausal vaginal and vulvar changes (called atrophy), an estrogen cream or ring can help a great deal. It may take as long as four months to see an effect, and though topical estrogen is low-risk, hormone therapy is not for everyone. There are also medications specifically for urinary incontinence, though frankly none are likely to be a cure. In fact, all the pills we see advertised (such as anticholinergics, the most commonly prescribed) only result in one or two less incontinence episodes per day, at best. Plus, there are many side effects, such as sleepiness, confusion, dry eyes, dry mouth, and constipation. These medications are especially dangerous in the elderly. Even the newer medications aren't much different in terms of efficacy and side effect profile.

The important takeaway messages about urinary incontinence

Here's what women really need to know:

If you suffer from incontinence, know that you are not alone.

Talk to your healthcare provider about it. Make sure there's nothing else going on that should be addressed. Try lifestyle changes, behavior and physical therapies first, and second, and third.

Be cautious with all medications, and weigh risk, benefits, and side effects carefully with your doctor.

Govt looks to stick it out as global crude oil prices lose steam

NEW DELHI: Faced with a tough political call over high fuel prices, the Modi government is looking to stick it out, calculating the global rally in crude is likely to lose steam and this will ease the squeeze consumers are currently experiencing. Well-placed sources said while high fuel prices were problematic, the government may be reluctant to consider responses such as cuts in excise to reduce pump rates.

Read: Crude oil prices fall as top three producers look to boost supplies

This would affect revenue collection and reduce availability of funds for welfare programmes, while also adversely impacting fiscal discipline that has kept inflation under check. The view in government is that the rally is unsustainable since it is not based on market fundamentals. Indeed, oil prices have slipped by \$2 per barrel in the last two days after OPEC kingpin Saudi Arabia + and its partner outside the grouping, Russia, hinted that they may agree to wind down the two-year production cut deal.

The political imperative for providing instant relief to consumers, too, is gone with the completion of the Karnataka polls. Elections in Rajasthan, MP and Chhattisgarh are in November, giving ample time for the government to wait for oil price correction.

"It is not a comfortable situation, but we will face it. Sometimes difficult decisions are called for and the overall interest of the economy and government finances have to be kept in mind," said a top BJP leader. The opposition has attacked the government over the spike in fuel prices, saying the price of transportation has gone up.

BJP's 2014 campaign jibes at Congress over high fuel prices + are being recalled on social media and by opposition parties, putting the ruling party under an uncomfortable gaze. But going by the current thinking, the possibility of interventions to reduce rates are unlikely in the pipeline. The World Bank has projected a 20% jump in global prices of energy commodities — crude oil, gas and coal — this year, raising the prospect of cramping the government's social spending ability as it prepares to head back to people for another mandate.



The concern could be a factor in not cutting back revenue further when it is looking to step up welfare spending ahead of elections. According to the World Bank's April commodity markets outlook, oil prices will average \$65 a barrel through 2018, 22% higher than the average price of \$53 in 2017, due to the combined effect of production cut by Opec and Russia — the largest exporter outside the grouping of 14 oil exporting countries — and an uptick in demand. The outlook for consumers has worsened since the United States of America pullout from the Iran nuclear deal

Safety

28 BASIC KITCHEN SAFETY TIPS

Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc. Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.

Get rid of any appliance that is broken or damaged. New ones are very inexpensive these days. If a new one would bust your budget, try garage and tag sales (just make sure you're not buying somebody else's broken appliance).

Put a childproof lock not only on the cabinets with your medicines and cleaning supplies, but also your oven.

Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.

Avoid wearing inappropriate clothing while cooking. That means loose sleeves and sweaters.

Keep dish towels, pot holders and oven mitts away from the stove.

Keep matches and lighters in high places where curious little hands can't reach them.

If using candles in the kitchen, don't leave the room (or home) while they're burning. Make sure they are in a safe place and are in flame proof containers. Check furniture, curtains, dish towels, etc. to be sure they are not blocking heaters or vents.

Keep a fire extinguisher in or near the kitchen, but not near the stove or the heater.

In case of a grease fire, salt and/or baking soda will help if you do not have a fire extinguisher.

Keep emergency numbers handy - 911 is easy to remember, but phone numbers to Poison Control might take longer.

Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.

Scalding can occur from hot steam as well. Be careful when lifting lids from hot food (including opening that hot bag of microwave popcorn)!

Handling Knives: (a) Always cut away from your body when using a knife. It can slip and cut you, (b) Always use a cutting board, (c) Protect your counter tops, (d) Keep blades sharp, (e) Keep knives clean (including handle) - slippery handles can cause injuries, (f) Don't put knives in

a sink of soapy water - they may not be seen and accidents can occur, (g) Wash and dry carefully keeping sharp edge away from your hands, (h) Always lay them flat, never on the back or edge, (i) Don't attempt to catch a knife as it falls - better it hits the floor than cut your hand, (j) Wash knives with warm soapy water after each use.

Be sure appliances are unplugged before touching sharp edges (blenders, can openers, mixers, etc.).

Never stick a fork in a toaster to retrieve trapped toast - you may get shocking results.

Always be sure the blender is unplugged before touching the blades.

Be careful about sharp edges: scissors, broken glass, potato peeler, etc.

Never ever, ever leave cooking foods unattended - not even for a minute.

Casualness causes casualties - don't answer or talk on the phone while cooking - you can be distracted and injuries can result.

Clean up spills immediately - wet floors are slippery when wet.

Keep the kitchen floor clear of toys and other items. Be certain that walking areas are always clear of toys and other items.

Keep young children out of the kitchen while cooking. Always use a step-stool to reach high places.

Store cleaning supplies and all chemicals in a safe place. Use safety latches.

Landlord Solutions

Becoming a landlord is a fantastic way to invest in your future, and buying property is something that many people are choosing to do. The benefits can be enormous, but it can occasionally feel like a double-edged sword. While your investment is growing steadily in the long game, the day-to-day issues can sometimes feel overwhelming. Many landlords complain that it feels as though things in their rental properties are always breaking, and the worry of mounting costs is a real one. Handing the job over to contractors can prove expensive, especially when there are fixes required in the kitchen and bathroom. These rooms are more than just functional; they are hubs of activity in most homes and are used to relax, socialize, pamper and bond. Unfortunately, by their very nature, the steam, heat and water present can all cause issues.

Kitchen and bathroom problems can't be ignored, but we understand that budgets are not bottomless. So, if you want to keep your tenants happy, or attract new ones, these two rooms must be maintained and kept in good working order.

Believe it or not, you can address many of the common problems yourself, and it won't eat too much into your time or your pocket. We have put this post together to share simple, low-cost DIY fixes for bathrooms and kitchens. Go ahead and bookmark it, because as a landlord you are almost guaranteed to be needing this in the future!

DIY Steps For Fixing A Leaking Faucet

A leaking faucet may seem like a minor issue that you don't need to rush to address. However, a constant drip, drip, drip can be a major source of irritation for your tenants, not to mention a waste of water. In addition, a leaking faucet can actually cause unsightly damage to your basin or bathtub, leaving it rusted or pitted. That is something that will be far more costly to put right.

When faced with this problem, you should first check that the faucet is completely turned off. The best-case scenario is that this is all it needs! If that doesn't work, then a fix will be required. But it is something you can manage yourself, with minimal outlay and a couple of tools. Simply follow the steps below.

Identify the type of faucet that you are dealing with. Does



it have two handles? For instance, one for hot and one for cold? If so, this is a compression faucet. If you have one spout (a mixer with hot and cold coming through the same 'pipe'), you will have either a ball faucet or a cartridge faucet.

Next, turn off the water using the shut-off valve, which you will find below the basin. Be sure to turn off the valve that leads to the hot water as well as the one that leads to the cold.

Depending on the model of faucet, you will need to replace the gasket, o-ring (washer), or cartridge.

You will need to remove the valve handle, which will probably require an Allen key. Then, with a wrench or pliers, remove the nut that holds the o-ring in place.

If you are dealing with a cartridge, this will need to be removed.

Take the cartridge to a hardware or plumbing store to find the correct replacement.

Replace the new cartridge or o-ring, and put everything back together in reverse order.

Be aware that some faucets require a replacement kit, and the manufacturers generally supply detailed instructions with these.

DIY Steps For Fixing Curling Or Ripped Vinyl Flooring

Vinyl flooring is often chosen by landlords for kitchens and bathrooms, as it is low-cost to install when compared to tiles, and it is waterproof and hardwearing, flexible, soft and warm to the touch. It comes in a variety of colors, textures, and styles too, which explains why it is so popular.

However, there is a downside to this material, as it can curl up and even tear quite easily. This can look unsightly, and, even worse, can mask a real problem. Tears and curling of the vinyl can allow water to sink beneath it, where it is then trapped and unable to dry. This can result in potentially huge repair bills. The best thing to do here is act quickly to avoid any hidden damage.

Curly Vinyl

A great place to start with repairing curled vinyl is to apply heat to the affected area, using a clothes iron. Protect the vinyl with a towel, and then apply heat using steady pressure.

Pull back the vinyl a few inches, which allows access for you to clean and dry underneath

Once the area is dry, apply a moderate amount of fresh vinyl adhesive to the area. Too much can cause ripples. Re-lay the vinyl back in place and use a heavy object to apply constant pressure to the area, maintaining this for a few hours.

Once it has dried, you can finish the job by applying a fresh bead of caulk at the joint.

Torn Vinyl

For torn vinyl, the repair process is similar: once again cleaning the area beneath the vinyl, re-applying fresh adhesive, and re-laying the patch

If the ripped area is too damaged, you can purchase a new piece of (hopefully!) matching vinyl.

Cut and remove the damaged section from the floor, following the design of the vinyl and cut a matching 'patch' from the new vinyl.

Attach the new piece using vinyl adhesive and fill the seams with a bead of caulk.

DIY Steps For Clearing A Clogged Drain

Clogged drains are not pleasant, and this is especially true when you are the landlord dealing with your tenant's drain. We don't want to know what is hiding in the pipes and causing water to run away slowly.

Fortunately, the solution can be quick, and it is super cheap. You can have the water draining nicely in a matter of minutes - with no expensive plumber invoices in sight. Pour a generous amount of baking soda into the clogged plug area, around 60 grams.

Then, follow this with approximately 120 mls of white vinegar.

The combination of the two products causes a reaction, which you will witness as fizzing and bubbling. This should clear the inside of the pipes and have everything running smoothly in no time.

You can add some lemon juice to banish any bad smells that may be emanating from the drain.

For bad blockages, leave the solution for an hour or more, and then run boiling hot water down into the drain to clear the whole thing away.

This solution does not cause damage to the pipes, and it is recommended that you repeat the process every few weeks to maintain your plumbing.

Vinegar and baking soda are far cheaper than unblocking kits and plumbers for sure! This drain unblocking solution could be a landlord's best friend.

DIY Steps To Banish Mildew And Mold

Mold and mildew can be a constant battle in some bathrooms, due to a combination of high levels of moisture and poor ventilation. As a landlord, you will want to keep on top of mold for a number of reasons. Yes, it is unsightly, and it can smell bad; but it is also a red flag for bigger problems, such as damage to plaster and walls. Most importantly of all, mold spores can be detrimental to the

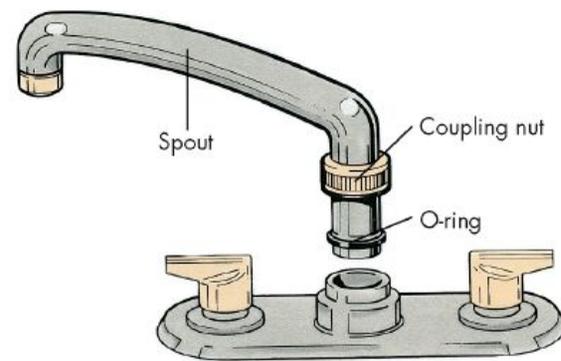
health of your tenants.

As an ongoing solution, it is recommended that affected areas are scrubbed with a solution of 1/3 cup of powdered laundry detergent, one liter of liquid chlorine bleach, and three liters of warm water, using a bristled brush. This should then be rinsed and dried thoroughly.

If the caulking and grout between tiles is stained too badly to remove the mold by cleaning alone, this will need to be removed, cleaned, and then reapplied.

The best way to prevent mold and mildew from returning is to keep the bathroom well ventilated and as dry as possible. You can advise your tenants to keep the windows open as much as possible while bathing and showering. Wet towels and shower curtains should be allowed to dry properly and not left scrunched up.

It is also advisable to install an extractor fan, which you can do yourself if you follow the manufacturer's instructions.



Repairing A Blocked Shower Head

This is a nice, quick, and inexpensive fix that you can do in minutes, making you the landlord of the year. Clogged shower heads are the result of a build up of limescale, which reduces the water pressure and results in a less pleasant showering experience.

Once again, vinegar comes to the rescue here. You simply need to unscrew the shower head and first shake out any solid chunks of limescale, which look like pieces of chalk. Then, place the shower head in a large container that you have filled with one part vinegar and eight parts boiling water.

Just leave it in there to soak for as long as possible, then rinse it out with running water and fix it back into place. DIY Solution For A Blocked Garbage Disposal

Garbage disposal units are often expected to handle all manner of things that we chuck down the sink, and, as a landlord, it is sensible to have a conversation with tenants about the best way to keep theirs in good working order. With that said, it is generally expected that a blockage will occur at some point. Fortunately, it can be rectified relatively simply, following these steps.

Turn off the garbage disposal at the switch and check to see if the breaker has been tripped.

Reset and turn back on to see if the problem clears itself. If it is still blocked, turn off the disposal at the wall to remove all power.

Ladle out as much water and debris as possible using a spoon.

Then, use baking soda, vinegar and boiling water as per the blocked drain method above.

You may need to repeat the process a few times, but this should clear the blockage and have the disposal working again.

Fixing A Burn Mark On A Kitchen Countertop

Kitchen surfaces are not cheap, whether you have opted for laminate or wood, and it can be infuriating to see that a tenant has burned a big ring mark into the countertop. But of course, accidents do happen; minds wander or fingers are burned, and we put a pan down on reflex. Fortunately we have some DIY solutions here that may help to save you from replacing an entire section of your kitchen counter, also saving some of your hard-earned money.

Hemorrhoid help: preventing and treating flare-ups

The best way to keep hemorrhoid flare-ups at bay is to maintain healthy lifestyle habits. Preventing constipation is key. Make sure your diet always includes enough fiber to promote healthy bowel movements, and be mindful about staying well hydrated. If you need help with your water intake, keep a water bottle by your side at all times as a reminder to drink. Jazz up your water with a slice of lemon, lime, or orange.

Also, regular exercise supports good bowel function, so if you do not exercise on a regular basis, this is a good time to begin. Don't try to immediately reach the goal of at least 150 minutes per week of exercise. Begin with short periods of walking. Over time, you can increase your speed and duration of activity. Get your doctor's okay if you have any reservations about exercising or you plan to begin a vigorous routine.

Product Page - Healing Hemorrhoids

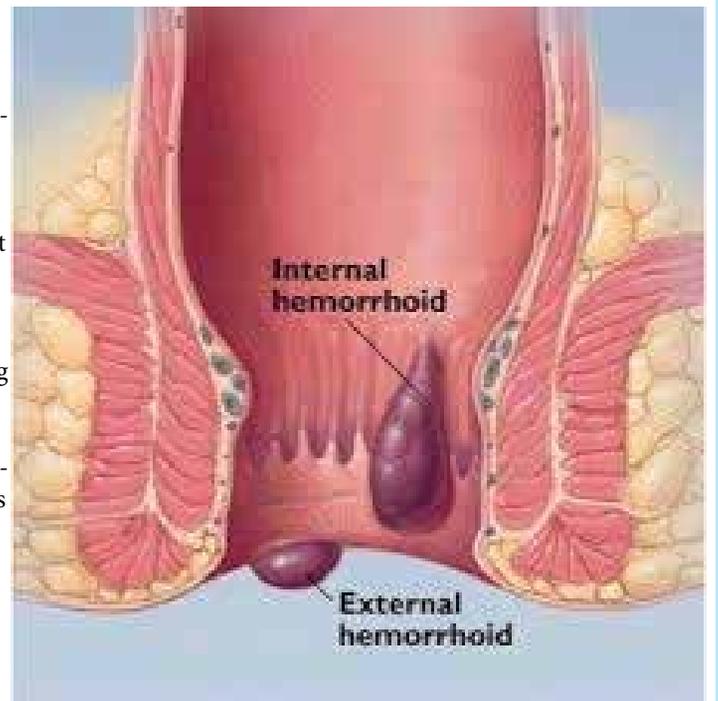
Hemorrhoids can be unpleasant, painful, and embarrassing, but they're rarely dangerous. There are other simple, everyday habits you can develop to help with relief when a hemorrhoid flare-up arises. For example:

Less strain, more gain. Don't delay bowel movements during flareups. Always go when you feel the urge, as putting

off bowel movements can cause stool to back up, leading to increased pressure and straining, which aggravates your hemorrhoids. Also, try not to sit on the toilet for long periods; this tends to make hemorrhoids push out and swell up. A way to make going to the bathroom easier — and faster — is to elevate your feet with a step stool as you sit on the toilet. This changes the position of the rectum in a way that could allow for easier passage of stools.

Keep the area clean. After every bowel movement, clean the anal area with a witch hazel pad, a soothing baby wipe, or a cotton cloth soaked in warm water. Be thorough but gentle. Aggressive rubbing and scrubbing, especially with soaps or other skin cleansers, can irritate the skin and make your hemorrhoids worse. Applying petroleum jelly or aloe vera gel to the anal area can soothe irritation after a bowel movement.

Take a soft seat. Sitting on a cushion rather than a hard surface helps reduce the swelling of existing hemorrhoids and prevents the formation of new ones.



Exercise 101: Don't skip the warm-up or cool-down

You might be eager to leap into your exercise routine and get on with the day — but don't just dive in. Starting a workout with “cold” muscles can lead to injury. It's important to start each workout with a warm-up and end with a cool-down — and that goes for true beginners, seasoned pros, and everyone in between. Workout Workbook: 9 complete workouts to help you get fit and healthy

The numbers are shocking. Just two out of 10 American adults meet recommended levels of physical activity. Nearly three out of 10 Americans ages 6 and older admit they aren't active at all, despite reams of research proving that exercise is a powerful preventive, and sometimes an antidote, for disability and illness.

Warm-up

Warming up pumps nutrient-rich, oxygenated blood to your muscles as it speeds up your heart rate and breathing. A good warm-up should last five to 10 minutes and work all major muscle groups. For best results, start slowly, then pick up the pace. Many warm-up routines focus on cardio and range-of-motion exercises, such as jumping jacks and lunges. If you prefer, you can do a simpler warm-up by walking in place while gently swinging your arms, or even dancing to a few songs.

Cool-down

After your workout, it's best to spend five to 10 minutes cooling down

through a sequence of slow movements. This helps prevent muscle cramps and dizziness while gradually slowing your breathing and heart rate. An effective cool-down also incorporates stretching exercises to relax and lengthen muscles throughout your body and improve your range of motion. To get the most out of these exercises, hold each stretch for 10 to 30 seconds. The longer you can hold a stretch, the better for improving your flexibility. As with the warm-up, it's best to flow from one stretch to the next without rests in between.

Six tips for safe strength training
Strength training isn't just for body-builders. Like aerobic exercise, it's important for everybody, and it should be a part of any comprehensive exercise program. Of course, if you've never trained with weights before, it can seem a little daunting. But as long as you ease into it gradually and take the proper precautions, strength training is safe for most people.

Use the six tips below to help you get the most from your strength workouts.

1. Focus on form, not weight. Good form means aligning your body correctly and moving smoothly through an exercise. Poor form can prompt injuries and slow gains. “I often start people with very light weights because I want them to get their alignment and form right,” says master trainer Josie Gardiner. Concentrate on performing slow, smooth lifts and equally controlled descents

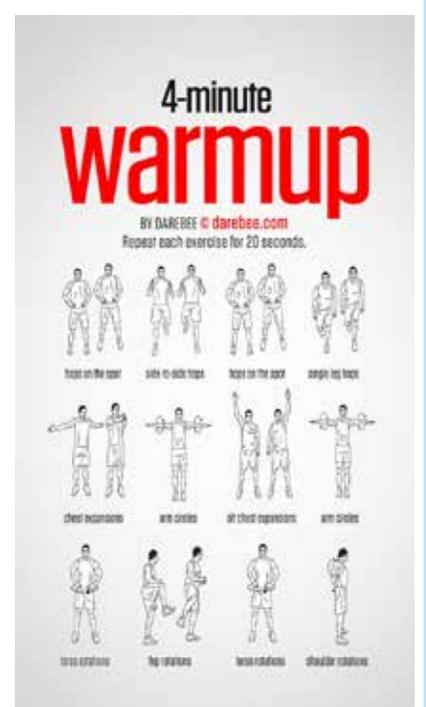
whenever you learn a new exercise. You can always add weight to challenge your muscles once you know how to move with good form.

2. Tempo, tempo. Control is very important. Tempo helps you stay in control rather than undercut gains through momentum. Sometimes switching speed — for example, taking three counts to lower a weight and one count to lift it, instead of lifting for two and lowering for two — is a useful technique for enhancing power.

3. Breathe. Blood pressure rises if you hold your breath while performing strength exercises. Exhale as you work against gravity by lifting, pushing, or pulling the weight; inhale as you release.

4. Keep challenging muscles. The “right” weight differs depending on the exercise. Choose a weight that tires the targeted muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete all the reps, challenge your muscles again by adding weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs); adding a set to your workout (up to three sets per exercise); or working out additional days per week (as long as you rest each muscle group for 48 hours before exercising it again).

5. Practice regularly. Performing a complete upper- and lower-body strength



workout two or three times a week is ideal.

6. Give muscles time off. Strenuous exercise, like strength training, causes tiny tears in muscle tissue. Muscles grow stronger as the tears knit up. Always allow at least 48 hours between sessions for muscles to recover. For example, if you're doing split strength workouts, you might do upper body on Monday, lower body on Tuesday, upper body on Wednesday, lower body on Thursday, etc.

Lost Opportunity In Al Maghrib, Kingdom of Morocco,

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

Al Maghrib as known to the Arabic world is Kingdom of Morocco. Al Maghrib also denotes the place where the sun sets, or the West. It was a French colony referred to as Maroc. The population of about 33 million, is demographic integration of Berbers and Arabs. Berbers have a rich culture and language which dates back to their Greek occupation and origins, of the area. The land mass consists of desert and rugged mountains. It is fifth largest economy in Africa. A member of African Union and Arab League. The country is blessed on northern side with indigo coloured Mediterranean sea and on the west the beautiful aquamarine Atlantic. The beaches with white sand and the gentle waves from the sea, humming music makes one forget his miseries. If you stand on the beaches in northern side from the famous commercial capital of Casablanca, on a clear night, one would see the lights of the moving automobiles of Tangiers. Casablanca. Casablanca and New York almost fall in the same latitude. During the World War II, Casablanca was very important city for communication and logistics between the US and the rest of allies, more so the French. The Royal seat of the Kingdom is Rabat which is also the Diplomatic capital where the Government and the missions are located.

Former Head quarters of Spanish Army

The foreign policy of independent Morocco has often differed from that of its Arab neighbours. Throughout

the Cold War, Morocco generally sided with the western European powers and the United States rather than with the Eastern bloc, whereas other Arab states usually chose neutral or even pro-Soviet positions. King Hassan helped to prepare the way for the Camp David Accords (1978) between Israel and Egypt by opening up a political dialogue with Israel in the 1970s, well in advance of other Arab leaders, by continually pressing both Palestinians and Israelis to seek a compromise solution. Morocco closely supported the US in the Gulf War (1991). A view of Laayoune, Western Sahara
In the year 1985, a Joint Commission Meeting between India and Morocco was scheduled. As Regional Manager, North Africa, I was asked to fly down to Rabat and be part of Indian delegation led by Mr. Madhav Rao Scindia, who was then Railway Minister. Those days, the relations between Algeria and Morocco were not normal due to Algerian support to Polisario, the political arm of indigenous people of Western Sahara which was occupied by Morocco as they felt it was their territory, Western Sahara, or Arabic Al-al-Gharbiyyah, formerly (1958-76) Spanish Sahara, territory occupying an extensive desert Atlantic-coastal area (97,344 square miles [252,120 square km]) of northwest Africa. Polisario had established a Government in exile. Western Sahara assumed great importance as sources of potash and iron ore are at Agracha and elsewhere, and vast

phosphate deposits at Bu Craa had been identified. Seventy countries around the world had recognised Al-Sahra.

As the relations between Algeria and Morocco were not normal, there was only one flight by Saudia operating from Algiers to Casablanca. It used to run full as most Saudis spent leisure holidays in Casablanca as it was free for them to indulge in luxuries and language was no issue as Moroccan official language was Ara-

bic. When I approached the Saudia Airlines, there were no seats except a couple of seats in First Class.

When I met the station Manager of Saudia and expressed the urgency to fly to Casablanca, he was generous enough to give me a first class seat at the price of Economy. The delegation was accommodated in Le Meridien. The delegation had a briefing meeting chaired by the Mr. Scindia, and his dynamic Personal Secretary was IAS officer Mr. Najeeb Jung, who during the meetings, dinners, cocktails appeared more bossy, and many a times Mr. Scindia gently asked him to remain quiet. I had done some pre marketing with the Ministry of Industry of Morocco to set up a Tool Room at Rabat.

Two days of meeting between the Indian Industry Representatives and Moroccan officials resulted in few MOUs and the Indian Ambassador and his team drew detailed minutes. Mr. Madhav Rao Scindia conducted the meetings like a CEO of Trans National Company. I and the Director of Industry, Morocco drafted an MOU to be converted as a Commercial Contract after the visit of Morocco delegation to India to be scheduled soon.

We representing various Industrial houses and PSUs felt happy. Official hospitality was true to the tradition of Arabs with their 7 course dinner, Couscous with Harvest Vegetables, Moroccan Lamb

Tagine, Chicken Tagine with Onions, Honey, and Mint, Mixed Olives with Harissa and Preserved Lemons, Carrot and Orange Salad. There were speeches by the leaders to toast with fine non alcoholic drinks. We as Indian delegation had achieved two things, one the possibility of huge business to Indian Industry and the Government of India an assurance for supply of Phosphates to feed our fertiliser factories. Indian press fed by the Embassy and PTI reported extensively on the exploits of the delegation led by Mr. Scindia.

I returned to my headquarters at Algiers and few days later, it was shock to know that the Government of India recognised the Western Sahara government in exile and throwing away all the goodies which were promised by Morocco. During this time the Polisario Front continued its campaign despite a number of setbacks. Among the challenges were defections from the organization and a reduction in support by its primary backer, Algeria, as it was forced to concentrate on its own internal problems. Algeria's diplomatic campaign on behalf of Saharawi self-determination, however, continued unabated. By 2001 tens of thousands of Western Saharans, including numerous Polisario Front soldiers, had relocated to semipermanent refugee camps in Algeria. The United Nations considers the former Spanish Sahara a non-self-governing territory, with Spain as the former administrative power and, since the 1970s, Morocco as the current administrative power.

A 16-year-long insurgency ended with a UN-brokered truce in 1991 and the promise of a referendum on independence which has yet to take place. UN peace efforts have been directed at holding a referendum on independence among the Saharawi population, but this has not yet taken place. The African Union (AU) and more than 80 governments consider the territory to be the sovereign (albeit occupied) state of the Saharawi Arab Democratic Republic (SADR), with a government-in-exile backed by the Polisario Front.



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4 ways to eat your way to lower cholesterol

Many people can reduce cholesterol levels simply by changing what they eat. For example, if you are a fan of cheeseburgers, eating less meat (and leaner cuts) and more vegetables, fruits, and whole grains can lower your total cholesterol by 25% or more. Cutting back on saturated fat (found in meat and dairy products) and trans fat (partially hydrogenated oils) can reduce cholesterol by 5% to 10%.

Stick with unsaturated fats and avoid saturated and trans fats. Most vegetable fats (oils) are made up of unsaturated fats that are healthy for your heart. Foods that contain healthy fats include oily fish, nuts, seeds, and some vegetables. At the same time, limit your intake of foods high in saturated fat, which is found in many meat and dairy products, and stay away from trans fats. These include any foods made with “partially hydrogenated vegetable oils.”

Get more soluble fiber. Eat more soluble fiber, such as that found in oatmeal and fruits. This type of fiber can lower blood cholesterol levels when eaten as part of a healthy-fat diet.

Include plant sterols and stanols in your diet. These naturally occurring plant compounds are similar in structure to cholesterol. When you eat them, they help limit

the amount of cholesterol your body can absorb. Plant sterols and stanols are found in an increasing number of food products such as spreads, juices, and yogurts.

Find a diet that works for you. When a friend or relative tells you how much his or her cholesterol level dropped after trying a particular diet, you may be tempted to try it yourself. If you do, and after a few months you discover that you're not getting the same benefits, you may need to chalk it up to genetic and physiological differences. There is no one-size-fits-all diet for cholesterol control. You may need to try several approaches to find one that works for you.

Although diet can be a simple and powerful way to improve cholesterol levels, it plays a bigger role for some people than for others. Don't be discouraged if you have followed a diet but not reached your goal blood level. Keep it up. Even if you do end up needing medication to keep your cholesterol in check, you likely will need less than if you didn't make any dietary changes.

Making sense of the statin guidelines

For years, doctors prescribed cholesterol-lowering statins based largely on cholesterol test results. The goal was to lower total

cholesterol to under 200 mg/dL, and LDL (bad) cholesterol to under 100 mg/dL. But in late 2013, new guidelines on statin use issued by the American Heart Association (AHA) and the American College of Cardiology (ACC) proposed a major change to that strategy.

These guidelines shifted from a numbers-based approach to a risk-driven approach. Instead of aiming for a specific cholesterol value, doctors were urged to look at a person's entire cardiovascular risk profile when considering treatment. This is a reasonable approach that can help better define when to initiate drug therapy.

The 2013 guidelines were met with more than the usual criticism, however. In fact, they've generated considerable debate over their departure from the approach of earlier guidelines. The new guidelines don't, for example, specify normal and abnormal levels for total cholesterol, LDL, HDL, and triglycerides, as past versions have done. Perhaps the best way to look at these guidelines is as a scientific statement reviewing what has been definitively established to date.

Who should take a statin?

The latest guidelines recommend a daily statin for individuals who fall into the following four categories:

anyone age 21 or older with a very high level of harmful LDL cholesterol (190 mg/dL or higher)

anyone who has cardiovascular disease, including stable or unstable angina (chest pain with exercise or stress); has had a heart attack, stroke, or transient ischemic attack (“ministroke”); has peripheral artery disease; or has had bypass surgery or angioplasty to treat a cholesterol-clogged artery

anyone age 40 to 75 who has diabetes

anyone age 40 to 75 who does not have cardiovascular disease but has a greater than 7.5% chance of having a heart attack or stroke or developing another form of cardiovascular disease in the next 10 years (as determined using the online risk calculator cited below).

That last category represented a major shift. In principle, if doctors follow the guidelines and start treating people who don't have heart disease but are at risk for it, several million more people will take a statin every day. It's not yet clear if that has happened, however, as studies examining this question have offered differing results.

3 posture tips to get the most out of a core workout

Good posture is important, even during exercise. Quick posture checks before and during a core exercise routine can help you avoid injury and squeeze the biggest benefit from your workout. Here is what you need to know:

Stand up straight. When instructions for an exercise ask you to stand up straight, that means keeping your:

- chin parallel to the floor
- shoulders even (roll them up, back, and down to help achieve this)
- arms at your sides, elbows relaxed and even

- abdominal muscles pulled in
- hips even
- knees even and pointing straight ahead
- feet pointing straight ahead
- body weight evenly distributed on both feet.

Stay in neutral. Neutral alignment means keeping your body in a straight line from head to toe except for the slight natural curves of the spine. Whether you're standing or seated, that means your spine is not flexed or arched to overemphasize the curve of the lower back. One way to find neutral is to tip your pelvis forward as far as is comfortable, then tip it backward as far as is comfortable. Neutral is roughly in the middle. If you're not used to standing or sitting up straight, it may take a while for this to feel natural. A neutral wrist

is firm and straight, not bent upward or downward.

Get the angle. When angles appear in exercise instructions, visualize a 90-degree angle as an L. To visualize a 30-degree angle, mentally slice the 90-degree angle into thirds, or picture the distance between a clock's minute hand and hour hand at one o'clock.

Want to bring more power to athletic pursuits? Build up your balance and stability? Or are you simply hoping to make everyday acts like bending, turning, and reaching easier? A strong, flexible core underpins all these goals. Core muscles need to be strong, yet flexible, and core fitness, like that found in the Special Health Report Core Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balance, should be part of every exercise program.

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effective strength training
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Get your copy of Core ExerciseCore Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balanceWant to bring more power to athletic pursuits? Build up your balance and stability? Or are you simply hoping to make everyday acts like bending, turning, and reaching easier? A strong, flexible core underpins all these goals. Core muscles need to be strong, yet flexible, and core fitness, like that found in the Special Health Report Core Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balance, should be part of every exercise program. Achieving and maintaining good posture during your workouts takes a little practice. If possible, look in a mirror when exercising. Try to take a few moments each day to practice better posture, too.

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

Black Cat

Haunted House

Jack O Lantern

Costumes

Halloween

Trick or Treat

Vampire

Witch

Pumpkin

Goblin

Pirate

Mummy

Night

Bat

Ghost

Spider

Pie

Family

Community

The reason why fasting is prescribed

What is the reason why fasting is prescribed?.

Praise be to Allaah, blessings and peace be upon Prophet Muhammad the noblest of Allaah's creation and upon his family and companions and those who follow him.

We must note that one of the names of Allaah is al-Hakeem (the Most Wise). The word Hakeem is derived from the same root as hukm (ruling) and hikmah (wisdom). Allaah alone is the One Who issues rulings, and His rulings are the most wise and perfect.

Secondly: Allaah does not prescribe any ruling but there is great wisdom behind it, which we may understand, or our minds may not be guided to understand it. We may know some of it but a great deal is hidden from us.

Thirdly: Allaah has mentioned the reason and wisdom behind His enjoining of fasting upon us, as He says (interpretation of the meaning):

“O you who believe! Observing As-Sawm (the fasting) is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqoon (the pious)”

[al-Baqarah 2:183]

Fasting is a means of attaining taqwa (piety, being conscious of Allaah), and taqwa means doing that which Allaah has enjoined and avoiding that which He has forbidden.

Fasting is one of the greatest means of helping a person to fulfil the commands of Islam.

The scholars (may Allaah have mercy on them) have mentioned some of the reasons why fasting is prescribed, all of which are characteristics of taqwa, but there is nothing wrong with quoting them here, to draw the attention of fasting people to them and make them keen to attain them.

Among the reasons behind fasting are:

1 – Fasting is a means that makes us appreciate and give thanks for pleasures. For fasting means giving up eating, drinking and intercourse, which are among the greatest pleasures. By giving them up for a short time, we begin to appreciate their value. Because the blessings of Allaah are not recognized, but when you abstain from them, you begin to recognize them, so this motivates you to be grateful for them.

2 – Fasting is a means of giving up haraam things, because if a person can give up halaal things in order to please Allaah and for fear of His painful torment, then he

will be more likely to refrain from haraam things. So fasting is a means of avoiding the things that Allaah has forbidden.

3 – Fasting enables us to control our desires, because when a person is full his desires grow, but if he is hungry then his desire becomes weak. Hence the Prophet (peace and blessings of Allaah be upon him) said: “O young men! Whoever among you can afford to get married, let him do so, for it is more effective in lowering the gaze and protecting one's chastity. Whoever cannot do that, let him fast, for it will be a shield for him.”

4 – Fasting makes us feel compassion and empathy towards the poor, because when the fasting person tastes the pain of hunger for a while, he remembers those who are in this situation all the time, so he will hasten to do acts of kindness to them and show compassion towards them. So fasting is a means of feeling empathy with the poor.

5 – Fasting humiliates and weakens the Shaytaan; it weakens the effects of his whispers (waswaas) on a person and reduces his sins. That is because the Shaytaan “flows through the son of Adam like blood” as the Prophet (peace and blessings of Allaah be upon him) said, but fasting narrows the passages through which the Shaytaan flows, so his influence grows less.

Shaykh al-Islam said in Majmoo' al-Fataawa, 25/246

Undoubtedly blood is created from food and drink, so when a person eats and drinks, the passages through which the



devils flow – which is the blood – become wide. But if a person fasts, the passages through which the devils flow become narrow, so hearts are motivated to do good deeds, and to give up evil deeds.

6 - The fasting person is training himself to remember that Allaah is always watching, so he gives up the things that he desires even though he is able to take them, because he knows that Allaah can see him.

7 – Fasting means developing an attitude of asceticism towards this world and its desires, and seeking that which is with Allaah.

8 – It makes the Muslim get used to doing a great deal of acts of worship, because the fasting person usually does more acts of worship and gets used to that.

These are some of the reasons why fasting is enjoined. We ask Allaah to help us to achieve them and to worship Him properly.

And Allaah knows best.

See Tafseer al-Sa'di, p. 116; Ibn al-Qayyim's footnotes on al-Rawd al-Murabba', 3/344; al Mawsoo'ah al-Fiqhiyyah, 28/9.

Islam Q&A

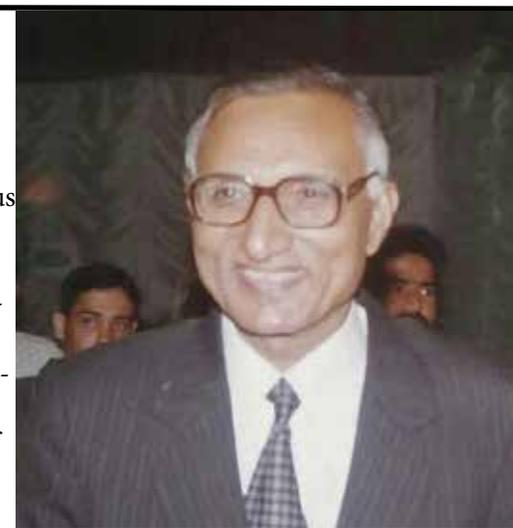


Islamic economics Professor Masood Hasan

Islamic economics is part of overall life structure according to the teachings of Islam. Islamic economics is also based on certain assumptions like other economic systems; yet its distinguishing features leads superior management, greater output, more employment and thereby higher standard of living. Reasons for this phenomena are 1. Organisation of Business on partnership basis where all partners take keen interest because they are to bear both the profit and loss; 2. Opportunities to organise business on sharing resources and knowledge. There are people having resources but lacking knowledge while on the other hand there are qualified people lacking resources. Mudarabah system of financing provides opportunities to such people in order to share their respective resources and knowledge. Not only employment is created but simultaneously output and greater income also, 3; Islamic economic system operates on cooperative basis avoiding exploitative monopoly. It is well known that cooperation leads to success; 4. Islam allows the production only of permissible items useful for human body. Resources saved from the production of harmful products like wine etc used for the production of necessities needed for all and keeping prices relatively lower; and 5. The greatest evil in society known as interest is prohibited in Islam. Exploitation of poor and needy people, debtors by the creditors while doing no work in the business affairs. There is no such concept as free lunch while creditors earn interest without work. When loss occurs the debtors even depletes their past savings and other resources which could have remained

in circulation for more production and employment. 1930's great depression is well known to all of us which was not corrected even the rate of interest was brought down to the lowest level. Keynes suggested that the problem is not due to the higher interest rate. Low investment is due to the lack of effective demand. Islam prohibits storing of money. It should be in circulation giving rise to investment, production and unemployment. Moreover, Islam has made Zakat obligatory which not only protects poor people, train them in order to become self dependent but also keeps increasing demand for various products in the market promoting more investment, production and unemployment.

There are now various business organisations and banks all over the world carrying their operations through Islamic business principles and technique providing employment.



On the lighter side....

“You see, doctor, I’m always dizzy for half an hour after I get up in the morning,” said Carla.
 “I have the solution for you,” replied the doctor.
 “Really, what is it?”
 “Well, try getting up half an hour later.”

A speeding driver was pulled over by a policeman. He asked the policeman, “Why was I pulled over when I wasn’t the only one speeding?”
 The policeman replied, “Have you ever been fishing?”
 The man then said, “Yes, I have.”
 “Well, have you ever caught all the fish?” asked the policeman.

Teacher: “Hello, students! Can anyone tell me, what does the green dot on a ‘Tiger Biscuit Packet’ indicate?”
 After a few seconds of silence, one student replies.
 “Hello, ma’am. The green dot means that the Tiger is ‘Online.’”

A bent-over old lady hobbled into a doctor’s office. Within minutes, she came out again but miraculously, she was standing up as straight as could be.
 A man in the waiting room, who had been watching her, said in amazement, “My goodness, what did the doctor do to you?”
 The old lady replied, “He gave me a longer cane.”

“Cash, check or charge?” the cashier asked after folding items the woman wished to purchase. As the woman fumbled for her wallet, the cashier noticed a remote control for a television set in her purse.
 “Do you always carry your TV remote?” the cashier asked.
 “No,” she replied. “But my husband refused to come shopping with me, so I figured this was the most evil thing I could do to him.”

I never made a mistake in my life!
 I thought I did once, but I was wrong.



Many years ago I had stopped in to bring my girlfriend some pizza while she was babysitting.
 We received a call that her grandmother had been taken to the hospital, so I agreed to watch the children, so she could meet her family at the hospital.
 Well, the parents were at a movie and these were the days before cell phones, so I couldn’t get in touch with them. I thought I was doing pretty well, though. At bedtime I sent the kids upstairs to bed and settled down to watch some TV.
 One child kept creeping down the stairs, but I just kept sending him back to bed.
 At 9 pm the doorbell rang, it was the next-door neighbor, asking whether her son was there.
 I said, “No.”
 Just then a little head appeared over the banister and shouted, “I’m here, Mom, but he won’t let me go home!”
 A widow recently married a widower. Soon after the marriage she was approached by a friend who laughingly remarked, “I suppose, like all men who have been married before, your husband sometimes talks about his first wife?”
 Oh, not any more, he doesn’t,” the widow replied.
 “What stopped him?”
 “I started talking about my next husband.”
 Four high school boys afflicted with spring fever skipped

morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, “Well, you missed a test today so take seats apart from one another and take out a piece of paper.”

Still smiling, she waited for them to sit down. Then she said, “First Question: Which tire was flat?”

Boss: “The word ‘Impossible’ does not exist in my dictionary!”

Secretary: “Well Sir, maybe you should have checked it first before buying it.”

In court, the judge asked the accused, “Did you take Mr. Fred’s wallet?”

The accused replied, “Yes, yes I did. I didn’t want him to shoot himself.”

Confused by the reply, the judge asks, “Why do you think he’d shoot himself with his wallet?”
 “Because it was loaded, your honor.”

A mother complained to my wife, a schoolteacher, that other students were stealing her daughter’s pencils.
 “It’s not the money, it’s the principle,” she insisted. “My husband took those pencils from work.”

John: “My grandpa is 98 years old, and he doesn’t even use glasses.”

Jack: “Wow, that is incredible!”

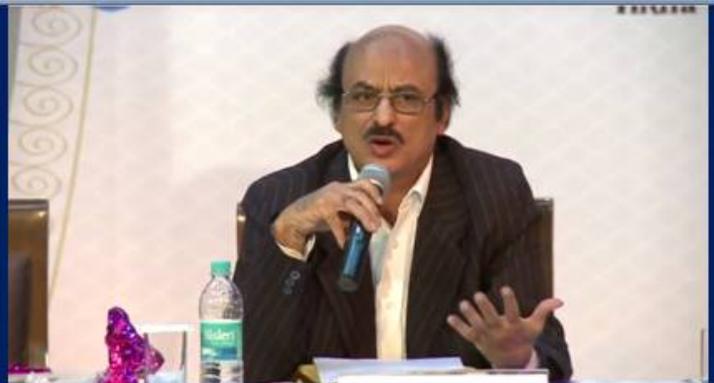
John: “Yep, he drinks straight from the bottle.”

A woman rushes into a hardware store and says, “Can I have a mouse trap, please? And will you be quick, I’ve got a bus to catch!”

“Sorry, ma’am,” said the store clerk, “but we don’t sell ‘em that big!”

**YENEPOYA UNIVERSITY
 Mangaluru, Karnataka to start Post
 Graduate Diploma course in
 Applied Islamics**

YENEPOYA UNIVERSITY Mangaluru, Karnataka (India) is going to start Post Graduate Diploma in Applied Islamics course from July 1st this year, Insha Allah. This course is the first of its kind in the whole world as its main focus will be on Applied Islamic studies in addition to the traditional subjects like Islamic Theology and Islamic History along with Arabic, English and Computer Sciences. Applied Islamics refers to “the study of the application of Islamic Principles in the modern fields of knowledge like law, natural sciences, health sciences, social sciences and philosophy:- it comprises the analysis of the modern theories in different fields in the light of Islamic principles and the development of the alternative terminologies, definitions, methodologies, indices, programmes, policies, models and paradigms consistent with Islamic teachings.”.



Unity and brotherhood are the navigators of the same ship that brings peace to the shores. Qur’an reminds mankind of the unity of their origin, the unity of their Creator and the unity of their purpose. Mankind is one brotherhood and no effort must be spared in realising this unity in real life. If Qur’an calls for the brotherhood of Muslims, it is also aimed not at confronting the rest but for the purpose of endeavouring to achieve the larger unification.
 Dr. Javed Jamil

Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left unrepaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.

NHTSA Recall ID Number :
18V253
Manufacturer : Daimler Trucks North America LLC
Subject : Seat Mounting Bracket Fracture

Make	Model	Model Years
THOMAS BUILT BUSES	MINOTOUR	2014-2018
THOMAS BUILT BUSES	SAF-T-LINER C2	2014-2018
THOMAS BUILT BUSES	SAF-T-LINER EFX	2014-2018
THOMAS BUILT BUSES	SAF-T-LINER HDX	2014-2018

NHTSA Recall ID Number :
18V258
Manufacturer : Blue Bird Body Company
Subject : Throttle Input may not be Blocked as Expected

Make	Model	Model Years
BLUE BIRD	VISION	2017-2018

NHTSA Recall ID Number :
18V259
Manufacturer : Blue Bird Body Company
Subject : Throttle Input may not be Blocked as Expected

Make	Model	Model Years
BLUE BIRD	VISION	2017-2018

NHTSA Recall ID Number :
18V263
Manufacturer : Blue Bird Body Company
Subject : Incorrect Pressure Display for Brakes/FMVSS 121

Make	Model	Model Years
BLUE BIRD	ALL AMERICAN	2018-2019
BLUE BIRD	VISION	2018-2019

NHTSA Recall ID Number :
18V264
Manufacturer : Blue Bird Body Company
Subject : Incorrect Pressure Display for Brakes/FMVSS 121

Make	Model	Model Years
BLUE BIRD	ALL AMERICAN	2018-2019
BLUE BIRD	VISION	2018-2019

NHTSA Recall ID Number :
18V265
Manufacturer : Lakota Corporation
Subject : Ramp may come Loose Due to Missing Bolts

Make	Model	Model Years
LAKOTA	BIGHORN	2018-2019
LAKOTA	CHARGER	2018-2019
LAKOTA	COLT	2018-2019

NHTSA Recall ID Number :
18V266
Manufacturer : Honda (American Honda Motor Co.)
Subject : Seatbacks may not have Openings for Air Bags

Make	Model	Model Years
HONDA	CIVIC	2017

NHTSA Recall ID Number :
18V267
Manufacturer : General Motors LLC
Subject : Fire Extinguisher May Be Clogged or Inoperable

Make	Model	Model Years
CHEVROLET	EXPRESS	2009-2018
CHEVROLET	SILVERADO 2500	2009-2014
CHEVROLET	SILVERADO 3500	2009-2014
GMC	SAVANA	2009-2018
GMC	SIERRA 1500	2009-2014
GMC	SIERRA 2500	2009-2014
GMC	SIERRA 3500	2009-2014
GMC	TOPKICK	2009
ISUZU	F SERIES	2009

NHTSA Recall ID Number :
18V268
Manufacturer : Honda (American Honda Motor Co.)
Subject : Improperly Installed Passenger Air Bag

Make	Model	Model Years
HONDA	ACCORD	2003-2012
HONDA	ACCORD CROSS-TOUR	2010
HONDA	CIVIC	2001-2011
HONDA	CR-V	2002-2011
HONDA	ELEMENT	2003-2004, 2006-2008, 2011
HONDA	FIT	2007, 2009-2013
HONDA	INSIGHT	2010-2012
HONDA	ODYSSEY	2002-2004
HONDA	PILOT	2003-2012
HONDA	RIDGELINE	2012

NHTSA Recall ID Number :
18V269
Manufacturer : Forest River, Inc.
Subject : Shifter position may incorrectly indicate 'Park'

Make	Model	Model Years
GLAVAL BUS	CONCORDE II	2018
STARCRAFT BUS	XLT	2018

NHTSA Recall ID Number :
18V270
Manufacturer : Forest River, Inc.
Subject : Incorrect GVWR/CCC on Federal Placard/Part 567

Make	Model	Model Years
FOREST RIVER	PRIME TIME	2018

NHTSA Recall ID Number :
18V272
Manufacturer : Mercedes-Benz USA, LLC.
Subject : Oil in Active Curve System may Leak

Make	Model	Model Years
MERCEDES BENZ	GL350	2013-2016
MERCEDES BENZ	GL450	2013-2016
MERCEDES BENZ	GL550	2013-2016
MERCEDES BENZ	GL63	2013-2016
MERCEDES BENZ	GLE350	2016
MERCEDES BENZ	GLE400	2016
MERCEDES BENZ	GLE450	2016
MERCEDES BENZ	GLE63	2016
MERCEDES BENZ	GLE63S	2016
MERCEDES BENZ	GLS350D	2017
MERCEDES BENZ	GLS450	2017
MERCEDES BENZ	GLS550	2017
MERCEDES BENZ	GLS63	2017
MERCEDES BENZ	ML350	2012-2015
MERCEDES BENZ	ML400	2015
MERCEDES BENZ	ML550	2012-2014
MERCEDES BENZ	ML63	2012-2015

NHTSA Recall ID Number :
18V276
Manufacturer : Altec Industries Inc.
Subject : Improperly Adjusted Grappler Holding Valve

Make	Model	Model Years
ALTEC HEARTLAND	EC175 BOOM-MOUNTED SAW	2017-2018
ALTEC HEARTLAND	EC225 BOOM-MOUNTED SAW	2017-2018
ALTEC HEARTLAND	EC655 BOOM-MOUNTED SAW	2017-2018

NHTSA Recall ID Number :
18V282
Manufacturer : Chrysler (FCA US LLC)
Subject : Fuel Leak may cause Fire

Make	Model	Model Years
JEEP	CHEROKEE	2018

NHTSA Recall ID Number :
18V287
Manufacturer : Porsche Cars North America, Inc.
Subject : Stress Corrosion Cracking of Control Arm Shafts

Make	Model	Model Years
PORSCHE	918 SPYDER	2015

NHTSA Recall ID Number :
18V295
Manufacturer : General Motors LLC
Subject : Liquid may Leak into Power Window Switch

Make	Model	Model Years
CHEVROLET	EXPRESS	2014-

2017
GMC SAVANA 2014-2017

NHTSA Recall ID Number :
18V302
Manufacturer : Triumph Motorcycles America, LTD
Subject : Turn Signal and Headlight Switches may Malfunction

Make	Model	Model Years
TRIUMPH	STREET TRIPLE	2018

NHTSA Recall ID Number :
18V319
Manufacturer : Ford Motor Company
Subject : Improperly Adjusted Parking Brake Cable/FMVSS 105

Make	Model	Model Years
FORD	F-650 SD	2018
FORD	F-750 SD	2018

NHTSA Recall ID Number :
18V242
Manufacturer : KZRV, L.P.
Subject : Awning may Deploy While Moving

Make	Model	Model Years
KZRV	CONNECT	2018-2019
KZRV	DURANGO	2018-2019
KZRV	SIDEWINDER	2018-2019
KZRV	SPORTSMEN	2018-2019
KZRV	SPREE	2018-2019
KZRV	SPREE ESCAPE	2018-2019
KZRV	VENOM	2018-2019

NHTSA Recall ID Number :
18V252
Manufacturer : General Motors LLC
Subject : Glass Not Fully Tempered/FMVSS 205

Make	Model	Model Years
CHEVROLET	EQUINOX	2018

NHTSA Recall ID Number :
18V256
Manufacturer : Supreme Corporation
Subject : Floor Frame Rail Detachment

Make	Model	Model Years
SUPREME	KOLD KING	2013-2017

NHTSA Recall ID Number :
18V257
Manufacturer : Kia Motors America
Subject : Clutch Actuator Oil Leak may cause Fire

Make	Model	Model Years
KIA	NIRO	2017

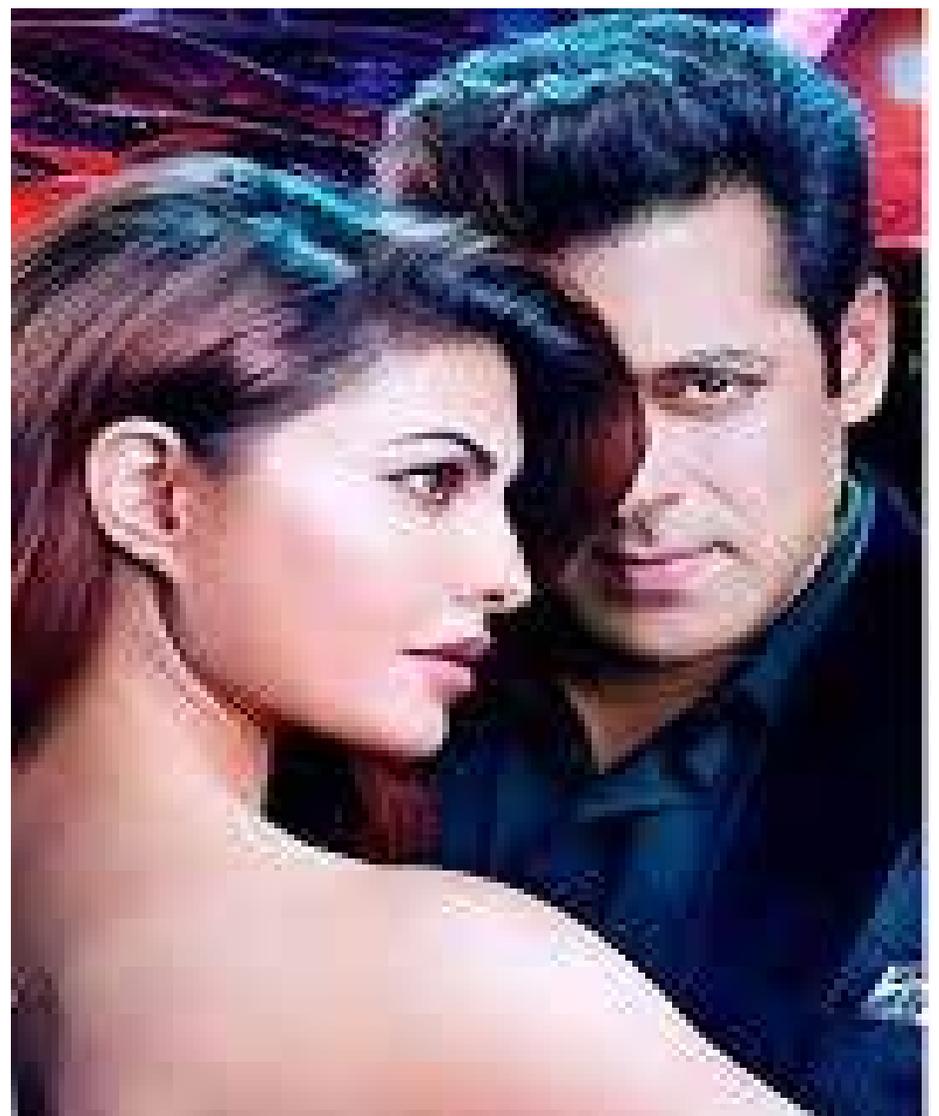
NHTSA Recall ID Number :
18V260
Manufacturer : Hyundai Motor America
Subject : Clutch Actuator Oil Leak may cause Fire

Make	Model	Model Years
HYUNDAI	IONIQ HYBRID	2017

HINDI MOVIE RELEASE DATES

1	<i>Veere Di Wedding</i>	Shashanka Ghosh	Kareena Kapoor · Sonam Kapoor · Swara Bhaskar · Shikha Talsania	Romantic comedy	Balaji Motion Pictures
	<i>Bhavesh Joshi</i>	Vikramaditya Motwane	Harshvardhan Kapoor · Priyanshu Painyuli · Nishikant Kamat	Action	Phantom Films, Eros International
	<i>Phamous</i>	Karan Lalit Butani	Jackie Shroff · Jimmy Sheirgill · Kay Kay Menon · Shriya Saran · Mahie Gill · Pankaj Tripathi	Drama/Action	Vidisha Productions Pvt. Ltd.
	<i>3 Dev</i>	Ankoosh Bhatt	Kay Kay Menon · Karan Singh Grover · Ravi Dubey · Kunaal Roy Kapur · Tisca Chopra · Raima Sen · Priya Banerjee · Poonam Kaur · Prosenjit	Comedy	Sky Entertainment
7	<i>Kaala</i>	Pa. Ranjith	Rajnikanth · Huma Qureshi · Nana Patekar	Action	Wunderbar Films, Lyca Productions
15	<i>Race 3</i>	Remo D'Souza	Salman Khan · Anil Kapoor · Bobby Deol · Jacqueline Fernandez · Saqib Saleem · Daisy Shah · Freddy Daruwala	Thriller	Tips Films, Salman Khan Films
29	<i>Sanju</i>	Rajkumar Hirani	Ranbir Kapoor · Sonam Kapoor · Dia Mirza · Paresh Rawal · Manisha Koirala · Anushka Sharma	Biopic	Rajkumar Hirani Films, Vinod Chopra Films

Kaala is an upcoming Tamil movie scheduled to be released on 7 Jun, 2018. The movie is directed by PA. Ranjith and will feature Rajinikanth, Huma Qureshi, P. Samuthirakani and Nana Patekar as lead characters. Other popular actors who have been roped in for Kaala are Nana Patekar, Sayaji Shinde, Anjali Patil, Pankaj Tripathi, Aravind Akash, Sukanya, Manikandan, RJ Ramesh Thilak, Sakshi Aggarwal, Dileepan and Eswari Rao





رشید شیخ

ہم تو دل اور جاں فدا کرتے رہے
وہ جفاؤں پر جفا کرتے رہے
خود فریبی میں رہے ہم بتلا
بے وفاؤں سے وفا کرتے رہے
چاند تارے توڑ لائے بھی تو کیا
وہ تھائے اور گلا کرتے رہے
آگے وہ پھر اچانک خواب میں
اور رنجوں کو ہرا کرتے رہے
اک تمنا پامل رہ گئی
عمر بھر جس کی دعا کرتے رہے
جھوٹ کو اپنے چھپانے کے لیے
جھوٹ کی وہ انتہا کرتے رہے
جام و مینا توڑ ڈالے شیخ نے
میکڈے میں وہ یہ کیا کرتے رہے

غزل

تسلیم الہی زلفی - (کینیڈا)

یہ بھی ممکن ہے کہ، قسمت کا اشارہ ہو جائے
جو کسی اور کا ہے، اب وہ ہمارا ہو جائے
وہ مجھے نہ بھی ملے، پر مرے امکاں میں رہے
صرف اتنا ہو کہ جینے کا سہارا ہو جائے
مدتیں ہو گئیں سینے سے لگائے اُس کو
مدد اے شوق! کہ یہ کام ہمارا ہو جائے
قدر کم اُس کی نہ ہو جائے مری نظروں میں
یہ نہ ہو، مجھ کو محبت میں خسارہ ہو جائے
پیار مانگا نہیں ہم نے کبھی، حد سے بڑھ کے
اتنا مل جائے کہ بس اپنا گزارہ ہو جائے
جس کو ہم مل گئے، یہ اُس کا مقدر زلفی
اپنی قسمت میں کہاں وہ، جو ہمارا ہو جائے



Ghazals compiled by
Janab Hasan Chishti Sb
Chicago



مختلف شعراء کی ایک ہی زمین پر کئی گئی تین غزلیں

انتخاب خاص



غزل
فاطمہ تاج



غزل
خار بارہ بنگلوی



غزل
حسن چشتی

ہر ایک چہرے پہ یہ مکس تھکی کیا ہے
کوئی تھائے تمنا میں آگئی کیا ہے
ہر اک خیال کی آہٹ پہ دہکنوں کا گماں
اک انتظار مسلسل ہے زندگی کیا ہے
ملا جو موقع میں پوچھو ساری دنیا سے
حیات تم ہی اگر ہے تو پھر خوشی کیا ہے
بٹک رہے ہیں کئی کارواں اندھیرے میں
ہے ابتدا یہ سڑکی تو رہبری کیا ہے
مرے مکاں سے ذرا دور کچھ بندی پر
دکھائی دیتی ہے اکثر جو روشنی کیا ہے
نہ انکسار نہ شکوہ نہ رابطہ کوئی
خودی سے نام ہی کا تو بے خودی کیا ہے
یہ مگر تاج نہیں ہے تو اتنا تھلاو
تھلائے ہوتوں پہ اُٹا ہوتی فہمی کیا ہے

بزار رخ سزا آگھوں پہ بات ہی کیا ہے
تری خوشی کے تصدق مری خوشی کیا ہے
خدا بچائے تری مست مست آگھوں سے
فرشتہ ہو تو بٹک جائے آدمی کیا ہے
گزار دوں ترے غم میں جو عمر خسرے
ترے ہنار یہ وہ دن کی زندگی کیا ہے
بھری بہار کہاں اور قفس کہاں ضیاد
کچھ میں آج یہ آیا کہ بے بسی کیا ہے
وہ اور ہیں جو غلبہ گار غلبہ ہیں واعظ
گلو یار سلامت مجھے کی کیا ہے
کھڑے ہوئے ہیں وہ کب سے نظر جھکائے ہوئے
خمار ہوش میں آو یہ بے خودی کیا ہے

تری گلو کرم سے تو پھر کی کیا ہے
ترے غار مجھے فکر زندگی کیا ہے
جرب شے ہے محبت کا ہنہ پہ رنگیں
پھر اس کے بعد بساط غم و خوشی کیا ہے
گلو اہل زمانہ پہ کاش کمال کیا ہے
یہ ایک مرگ مسلسل ہے، زندگی کیا ہے
مری نظر ہے بہار و خزاں سے لگانہ
میں جانتا ہوں تامل کھٹکتی کیا ہے
بہت بلند مقام حیات ہے ہم
زمانہ ساز مقام حیات ہے ہم
زمانہ ساز دکھوں کو آگئی کیا ہے
چمک رہے ہیں تمہاری گلو کے ساغر
پھر اس کے بعد تمنائے نکاشی کیا ہے
جو بے نیاز غم و درد ہیں حسن اب تک
انہیں خبر ہی نہیں غم کی زندگی کیا ہے

اسلم عمادی



وہ ایسی جو ہمارے دہن سے بولتا ہے
بہت سے راز جہان و گھر پہ کھولتا ہے
خرد کے وہم میں دہش طلب کا نابینا
گماں کے جسم کو تحقیق سے ٹٹولتا ہے
وہ جانے کون سے ماحول کا ہے پروردہ
ہمارے شوق کو جلوؤں سے اپنے مولتا ہے
وہ کون کون سا موقع ہے جب وہ نور نژاد
دریچہ جلوہ نمائی کی لہ میں کھولتا ہے
یہ کون شخص ہے آداب بزم سے لا علم
زمانہ سازوں کی باتوں کے سچ بولتا ہے
عجب طرح کا شاعر ہے، اپنا اسلم بھی
خیال و خواب کا رس تخیلوں میں گھولتا ہے

بھلاواں
غزل



ہاتھ سینے پہ مار لیتا ہوں
اپنا غصہ اُتار لیتا ہوں
جو بھی آوارہ بھینس ملتی ہے
دودھ اُس کا بٹھار لیتا ہوں
میں پیازوں کی سمت رخ کر کے
شعبہ کو اکثر پکار لیتا ہوں
سوگھ لیتا ہوں جنت الفردوس
میں بھی لطف بہار لیتا ہوں
ایک دن نقد ہاتھ میں دے کر
سال بھر تک ادھار لیتا ہوں
جب بھی تعریف میری ہوتی ہے
میں بھلاواں اُتار لیتا ہوں

Ramadan Mubarak
رمضان مبارک

ایمان کو جگائے پاراں رحمت برمائے رمضان کا مہینہ
گناہ سے بچائے جنت کی راہ دکھائے رمضان کا مہینہ
خدا کا پیام سارے جہان کے نام اس ماہ میں اتارا گیا
توحید کا سبق پڑھائے صراط مستقیم دکھائے رمضان کا مہینہ
ہر بشر سے ملے کر سانس بھی قائل ہے اس کا
جسم و روح کو ہر برائی سے بچائے رمضان کا مہینہ
صرف ایک ماہ نہیں سال بھر رکھو اس عمل کو
سچائی کو بتائے جہنم سے نجات دلائے رمضان کا مہینہ
نیکی کے کام کر لو تم تازہ ایمان کر لو تم
ولی کو شیطان سے بچائے رمضان کا مہینہ

رمضان مبارک .. وکل عام والجمع بالوفاء خیر
ولی الدین ولی شاکا گو

AR Afsar
AAANM Community Service

آج کا شہر
آرہ وہاں سلامت و فاقہ ہے جب تک
لوگ رہے گی شہر ادب میں لوگوں کی بات
جس چشتی دہلوی



(شاہد محمد نسیمی)

ہے ہدف و جمل نظر سے انکی ہے ہما ہم تلاش
آؤدراک دوسرے کو ہم کریں باہم تلاش
کر رہے ہو جو پ میں تم ریت پر شہنم تلاش
اک نیا تراک بی لے، اک نیا سرگم تلاش
ہے ضروری اب کریں ہم ایہ اک ماتم تلاش
اک کرن تھی سچ کی جو کرتا رہا کو تم تلاش
اور نسیمی دوست بس کرتے رہے ہم تلاش



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COUTURE 2018



"FAIZ&ZARA"
COUTURE 2018



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DESIGNERS CLOTHING,WATCHES,PEARLS,GOLD&DIAMONDS
JEWELLERY STORE HIGHEND COUTURE THIS RAMADAN 2018
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20%
GRAND
OPENING
DISCOUNT

20%
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OPENING
DISCOUNT

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