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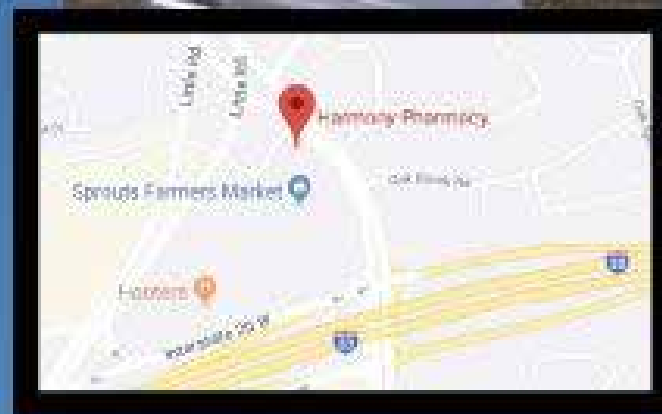
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# ELECTIONS

## Mohsin Mandavia passes away

by Yahia Abdul-Rahman

My Dear Brother Mohsin Mandavia who has been an important pillar and servant of the Dallas Fort Worth Muslim Community has returned to Allah.

He left behind his dear wife and dedicated mother sister Farah and two accomplished grown up children and grandchildren.

He was a dedicated family man

many years and Entrepreneur in Dallas before signing on to become an Islamic Banker since 2011.

Brother Mohsin was a kind and loving brother. He knew almost everyone in the community. He loved his home country Pakistan. He also loved to cook and innovate different food recipes. I loved his food. He was generous and sincere.

Brother Mohsin was challenged with a heart problem a few years



who cared with great love and commitment for his ailing mother who lived in Dallas close to him. He was Chairman of our Islamic Association Of N. Texas; the first Central Masjid in the area since 1971. He also adopted an accomplished young lady who has done well as medical professional.

In 2011 we became very close as he managed our Islam Bank's office in Richardson. He contributed to its growth. He traveled with us, attended presentations and contributed to annual awards ceremonies to reward and recognize distinguished contributors to Islamic Banking in the world. In the process, he became a dedicated Islamic Banker himself after starting as a metallurgy engineer in Chicago for

ago and through his love to live he conquered it survived. He continued to live and serve the community as an Islamic Banker for a few more years until he passed and returned to Allah.

We shall miss him. In fact until my last visit to Richardson/Dallas I made sure, like always, to see him and visit with him.

May Allah bless his soul and admit him in paradise. May Allah bless the community with a new generation that will take him as their role model. May Allah bestow patience to accept his departure and continue on to keep his memory alive through their significant and pioneering accomplishments.

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# Jewish Passover and Palestinians

M. Basheer Ahmed, M.D.

Passover is a major Jewish holiday that commemorates the Jews' escape from slavery in ancient Egypt. Passover in 2024 begins at sundown on Monday, April 22, and ends at sundown on Tuesday, April 30

A new pharaoh of Egypt was threatened by the Jews' growing population and power and enslaved them. This enslavement went on until the Jewish exodus over 200 years later when Moses freed the Jews from the Pharaoh's tyranny.

Muslims honor all the prophets mentioned in the Torah: Abraham, Jacob, Joseph, Moses, David, and Solomon, among others. The most important belief that unites Muslims, Jews, and Christians is the faith in God as the Creator and the need for establishing the Law of God on earth so that there will be peace and harmony flourishing everywhere. Moses, with the help and guidance of God Almighty, led Jews out of Egypt towards a land of promise. Qur'an says, "And remember the time when We saved you from Pharaoh's people, who afflicted you with cruel suffering, slaughtering your sons and sparing only your women — which was a tremendous trial from your Sustainer; and when We cleft the sea before you, and thus saved you and caused Pharaoh's people to drown before your very eyes] (Quran, 2:47-50)

The torments inflicted on the Children of Israel by the Pharaoh were continuous and harsh. So, God sent His prophets Moses and Aaron (peace be upon them) to warn the tyrant that he should stop the oppression of the Children of Israel and free them.

Under guidance from God, the Israelites fled Egypt while the Pharaoh and his men pursued them. It seemed like their journey would end at the Red Sea, preventing their escape. But a miracle happened when Moses struck the water with his staff: The waves of the Red Sea parted, and the Israelites hurried along the passage between the parted waves. Pharaoh and his soldiers followed, but by the time the Israelites reached the other shore, the sea closed, engulfing their pursuers. Thus, Moses liberated the Israelites from bondage, and the Pharaoh and his people perished.

World leaders signed the Universal Declaration of Human Rights in 1948, pronouncing all human beings as free and equal in dignity and having inherent rights to life, liberty, and security. Israel conquered much of the West Bank in the War of 1967 and expanded the illegal settlements in the West Bank. Israeli law established Israel as the "nation-state of the Jewish people" and regarded non-Jewish residents as second-class citizens. Under Israeli law, Jews living in the settlements are treated as Israeli citizens,

while their stateless Palestinian neighbors live under military occupation. Militant settlers and nationalist extremists in Prime Minister Netanyahu's Government are expanding the number of Jewish settlers in the occupied territories. Hamas reacted on October 7, 2023, due to their pent-up anger at living in a prison-like situation for decades, resulting in human atrocities in Israel, killing 1200 innocent men, women, and children and kidnapping 247 Israelis.

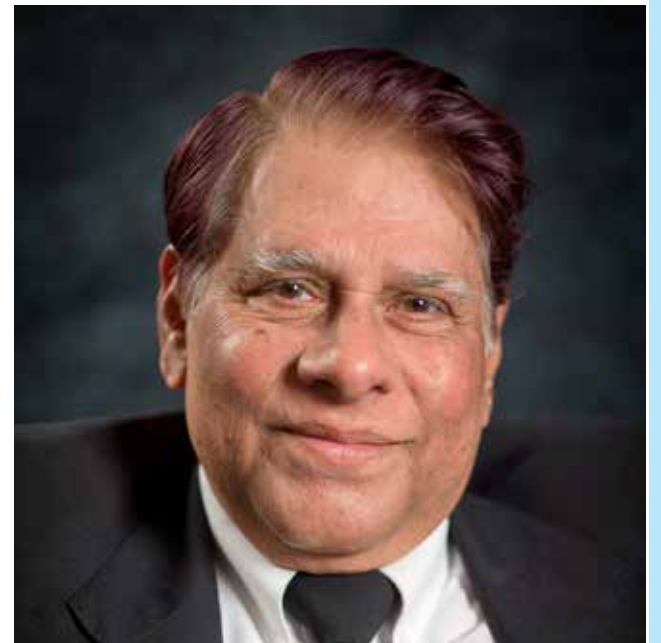
After studying the ongoing conflicts between the Jews and Palestinians for the last 70 years, it appears that most people only experience the pain and suffering of those directly associated with their family, culture, religion, and race. We fail to empathize with or experience the pain of victims with whom we do not have an identity. We need to change this attitude. Rather than seeing people as Jews, Muslims, Christians, Palestinians, Israelis, British, Americans, Africans, etc., we need to see one another as humans living in the same world, facing daily challenges. We should not define humanity by nationality, culture, or language; our adherence to the sanctity and dignity of human life defines it. Then, to experience the pain and suffering of people of other races, cultures, and beliefs, we must shed the clothes of our faith, give up the colored glasses of our race and religion, and remember that we are all humans.

In the last six months, in Gaza, 34 thousand men, women, and children, irrespective of their faith — Christian, Muslim, or otherwise — have been killed by Israel's aerial bombings day after day. How would you justify the killing of defenseless men, women, and children?

In a recent article in "NEWYORKER," Masha Gessen, a Jewish journalist, compared Gaza to a Nazi-era ghettos where Jews were either killed in ghettos or forced out to concentration camps. The same thing is happening in Gaza. It is essential to learn lessons from the Holocaust that are needed to prevent future genocides.

Senator Bernie Sanders stated that the Israeli's extremist Government has killed 34,000 Palestinians and wounded more than 77,000 — seventy percent of whom are women and children. It is not antisemitic to point out that Israeli bombing has destroyed more than 221,000 housing units in Gaza, leaving more than one million people homeless — almost half the population. It obliterated Gaza's civilian infrastructure — electricity, water, and sewage, and annihilated Gaza's health care system by bombing 26 hospitals out of service".

Neomi Klien writes in the Guardian, Israeli Government justifies the bombing of every university in Gaza; the destruction of count-



less schools, of archives, of printing presses; the killing of hundreds of academics, of journalists, of poets — this is what Palestinians call academic side, the killing of the means of education. It is a false idol that equates Jewish freedom with cluster bombs that kill and maim Palestinian children.

Every day, we hear reports of at least 20 people killed, 12 of them children, with apparently no military purpose served.

For months, President Joe Biden has issued one statement after another expressing "concern," "grief," and sometimes even "outrage" at the deaths of Palestinian civilians and aid workers. But he signed legislation authorizing another \$17 billion in unconditional military aid to support Israel's ongoing slaughter of the people of Gaza.

Passover is the most significant historical event commemorating the release of Jews from the shackles of Pharaoh. The children learn about the prophet Moses and his continuous effort to release the Israelites. They learned from the story of Moses to have strong faith and to struggle persistently to gain independence.

Palestinians have been living under oppression under the Israeli Government for over seven decades. They face humiliation, unequal treatment, and harassment. Prophet Moses or no other prophet will come to save them. Still, people of the Abrahamic faith should follow the teachings of the prophet Moses and support the Palestinian people to have their independent state. I am appealing to all Jews, Christians, and Muslims at this great commemoration of Passover to liberate Palestinians from the shackles of the Israeli Government and to live in their state so that they can live with dignity, equality, and human rights.

M. Basheer Ahmed M.D



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At universal senior citizen event at Falak Banquets in Lombard , Illinois.

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Iftekhar Shareef at Eid Namaaz in Holiday Inn , Skokie , along with his his two sons Azfar & Azhar

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# Pakistani Americans Call for An Immediate Ceasefire in Gaza

Asian Media USA ©

Chicago IL: The United States government must work for a ceasefire, end the starvation and violations of international law in Gaza, members of the Pakistan Progressive Forum resolved on Sunday.

The forum had organized a symposium entitled “Peace and Conflict in a Multipolar World” in downtown Chicago that was widely attended by Pakistani Americans. The speakers included Congressman Jamaal Bowman, Dr Ayesha Siddiqa, Dr Ammar Ali Jan. The event was moderated by Raza Rumi.

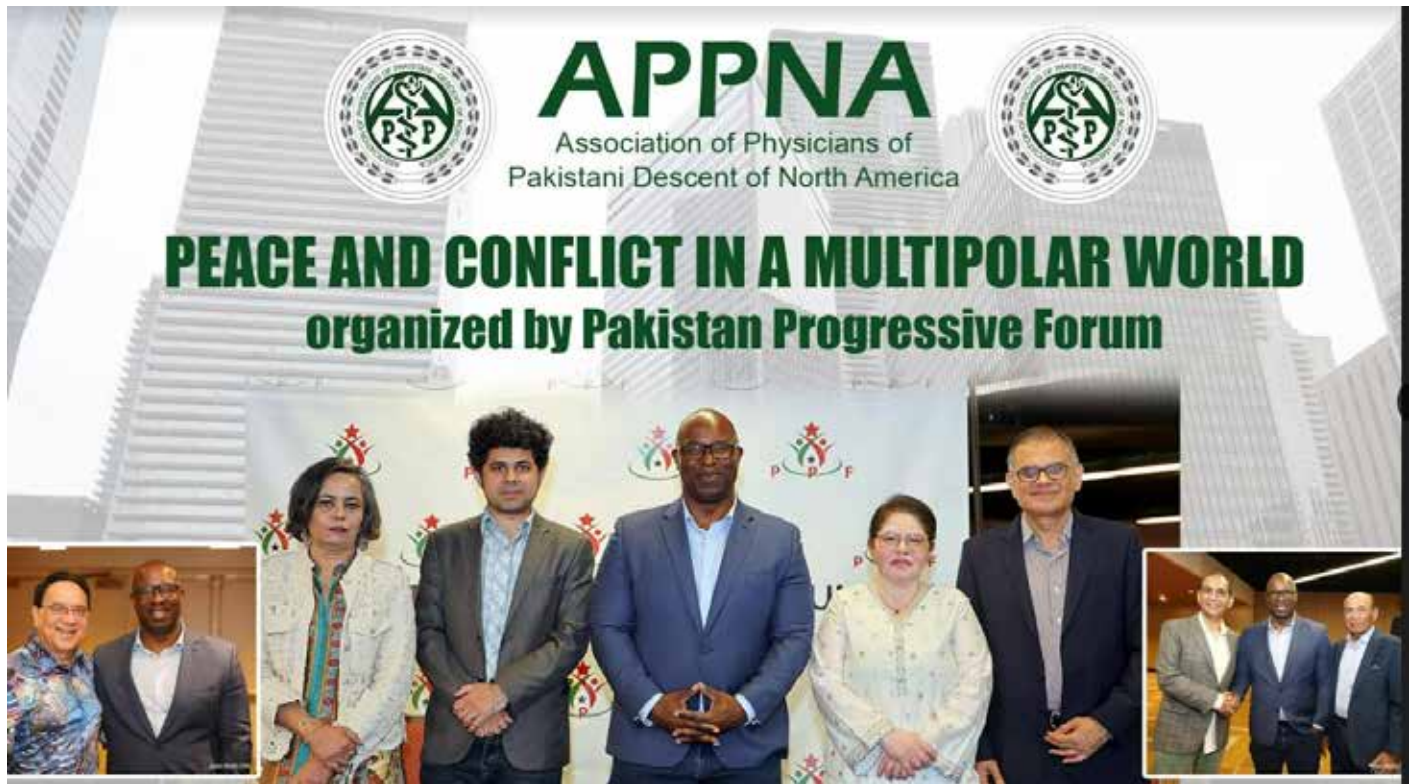
Congressman Bowman, who is running for office again, highlighted his unwavering support for the Palestinian people and how he had resisted the pressure not to call for a ceasefire and ask for ending Israeli atrocities against the people of Gaza.

“I am against the death of children everywhere in the world. They wanted me not to speak about starving children, not call for a ceasefire but I cannot stay silent,” added Bowman. He emphasized why all communities in the U.S. need to push back against hegemonic and supremacist discourses.

The new world order that is taking shape is far more brutal and authoritarian, said Dr Ayesha Siddiqa. She highlighted how peculiar forms of nationalisms were emerging as a response as well as in tandem with transnational corporate power. The net result has been democratic backsliding in the United States and other countries across the globe.

A debate is taking place as to what kind of a state is needed and perhaps the way forward for lasting peace was to respect diversity and inclusion so that healthy societies could be built, added Siddiqa.

“Ammar Ali Jan spoke about the mass graves discovered in Gaza and paid tribute to the students in America who were resisting the status quo. Jan also highlighted the growing poverty, inflation under the conditions set by the International Monetary Fund. And the common citizens were bearing the brunt while the elites continued to maintain their privileges. “Pakistani community could support a party of their choice, but they must take a look at the progressive movements underway in Pakistan,” Jan added. The diaspora has a role to play in this context given its influence.



Raza Rumi added that Islamophobia or Muslim-o-phobia was on the rise after October 8. While all Muslims in America have condemned antisemitic hate speech, the corporate media continues to blame them as anti-jews. Supporting the rights of Palestinian people and criticizing collective punishment of people in Gaza was not antisemitism. International law as well as the U.S. laws call holding Israel’s government to account. But the United Nations in its current design was unable to prevent a real-time genocide and this is why the international organization needs to reflect the changing international power relations.

At the end a resolution was passed by the Pakistan Progressive Forum that called for a ceasefire in Gaza, Palestine and an end to arming Israel given the violations of international humanitarian laws as well as US regulations on supplying humanitarian assistance.

The forum also resolved to continue organizing in the United States to bring different groups together for advocacy and action on progressive



causes.

The Chicago event was organized by Dr Sohail Khan (Illinois), Dr Amna Buttar (Illinois), Dr Haider Afzal (Texas), Dr Salman Malik (Minnesota), Asad Zaidi (California), Dr Zaffar Iqbal (Nevada), Dr Rizwan Naeem (New York) and Dr Amir Raza (Texas).

Photographs and Press release by: Asian Media USA



# THE MOON AND RAMADAN

## -GULAM SAMDANI

We have recently concluded Ramadan, or more famously Ramzan in the Indian sub-continent. Every year, Ramadan is associated with family and friends engaging in debates over how this cherished month should be observed. In these discussions, we all focus particularly on right method of determining the beginning and ending of this sacred month. While other Islamic calendar months based on the lunar cycle exist, they attract less contention due to the wide acceptance of the Gregorian calendar and the decreasing relevance of the Islamic calendar in the day-to-day lives of Muslims in the post-World War II world.

Arabs or Muslims alone are not the only ones who, in the past and present, use the lunar calendar primarily for religious duties. Other civilizations such as Hindu, Jewish, and many other Eastern cultures also utilize the lunar calendar in a decentralized way.

The ancient Arabs were primarily nomadic or semi-nomadic pastoralists and traders. Their understanding of astronomy would have been influenced by practical considerations such as navigation, time-keeping, and agricultural calendars. They observed celestial phenomena such as the movements of the Sun, Moon, and stars to mark seasons, determine directions, and schedule religious or social events. Additionally, there were settled communities in the Arabian Peninsula, such as those in cities like Mecca and Medina, where individuals may have had knowledge of astronomy acquired through contact with other civilizations.

Later historians have conducted studies suggesting that Arabs in non-Islamic days had pre-calculated lunar calendars and even used Lunisolar ones in certain cases. This extensive study by Mahmoud Effendi and Ben Abrahamson, along with arguments from researchers like Amir Ali, suggests that pre-Islamic Arabs were familiar with methods of calculating calendars. All the research establishes the existence of methods of calculating a lunar calendar in pre-Islamic Arabia.

There is blame in the Quran, referencing in Surat 9:37, of the pre-Islamic Arabs moving around months, an intercalation practice to suit their needs and to allow for fighting or other adjustments in the sacred months (the concept of sacred months pre-existed Islam that came through Mohammed PBUH).

This verse above actually supports the claim of Amir Ali that the pre-Islamic Arabs intercalated the thirteenth month 7 times in every cycle of 19 years. The methodology suggested by Quran, in its directive in Surat 2:185, uses the term "Shahida", which has been translated to one of the following: "present", "witness", "sight", "see", etc. by different translators. While an excuse can be made in relation to the breadth of translations, Hadith narrations by Abu Hurairah, Abdullah bin Abbas, Abdullah bin Omar, and Mother Aisha (may Allah be pleased with all of them) clearly align on the seeing aspect.

Abdullah bin Abbas (may Allah be pleased with him) narrates an incident of conflicting moon sighting & declares towards the end of Hadith that conflicting moon sighting was acceptable and right for both parties, as the prophet (pbuh) directed to see the moon.

Keeping in mind the nature of manipulation that

was practiced by pre-Islamic Arabs, it essentially provides a strong argument for the emphasis laid out by the first generation of Muslims in the Hadith towards sighting the moon and pursuing a localized sighting directive to avoid conflicts of trust and distances between places that would have restricted communication in those days.

In another Islamic tradition of Salat, in the absence of modern timekeeping devices, Muslims would use the length of shadows to approximate the timing of the Asr prayer. When the shadow of an object is equal to twice its length, it indicates that the sun is declining and reaching the middle of its path between zenith (midday) and sunset, signaling the time for the Asr prayer to be performed.

Hadith, as narrated by Abu Dhar (may Allah be pleased with him), reported: "The Messenger of Allah (peace be upon him) said: 'The time for the Zuhr prayer is when the sun passes its zenith and a man's shadow is the same length as his height, and lasts until the time for the 'Asr prayer comes. The time for the 'Asr prayer is until the sun becomes yellow, and it is apparent to the one who knows, or it is apparent to the one who observes, that the time for the 'Asr prayer has passed. And the time for the Maghrib prayer is until the twilight disappears. The time for the 'Isha' prayer is until the middle of the night. And the time for the Fajr prayer is until the first light of dawn.'" (Sahih Muslim)

With all this religious evidence, but with the absence of knowledge of history of manipulation of calendars by pre-Islamic Arabs, people draw parallels indicating why this duality is reflected by Traditional Muslim Scholars. When Hadith and Quran lay out a "seeing" and "witnessing" concept, how come during the Islamic Golden Age, spanning roughly from the 8th to the 14th century, Muslim astronomers developed sophisticated sundials, astrolabes, and water clocks for measuring time? These instruments played crucial roles in determining the times for daily prayers and in astronomical observations.

The answer truly lies in the inability of traditionally trained Muslim scholars to look beyond a decision made and followed by the First Generation of Muslims. In relation to time, this decision never existed in the domain of the First Generation of Muslims, as the concept of time measurement by clock did not happen until the 12th Century. During the age of the first generation of Muslims, time was essentially divided into blocks based on the positioning of the Sun, not by hours or minutes.

This lack of challenge to clocks due to their absence during the first generation of Muslims, unlike the definition of starting and ending months, allowed the then more centralized and multi facet educated Muslim scholarship beyond the 8th century to see the clock as a practical conversion of what the Quran and Hadith essentially were reflecting. However, even for these Multi facet educated scholars whose period ended around 13th century, challenging a decision or viewpoint of the first generation of Muslims would be like challenging Islam itself, so they never ventured towards pre-calculated lunar calendars.

While since the 13th century research and scientific outlook took a downturn due to political instability, and due to the loss of the multi facet educated



Muslim scholarship in the then ensued civil war between the Mu'tazila and the scholarship trained only in the Islamic sciences. Mu'tazila comprised of those powerful scholars that were educated in many sciences apart from Islamic sciences. Their knowledge helped Muslims shine in their golden era. But due to lack of permeation of non-Islamic sciences into regular populace, their influence faded with the failing political stabilities.

The only flourishing sciences that remained was the Islamic sciences among the Muslims, Islamic sciences did not require political stability or huge number of resources to carry out Islamic teaching, for this scholarship that only trained in Islamic sciences it's not about seeing or the accuracy of computer models. Regardless of how accurate a computer model today may pre-calculate lunar months; traditional Muslim scholarship is unlikely to switch from standards set by the First Generation of Muslims.

In recent years, Muslims in the West have increasingly embraced calculations, accompanied by logical adjustments, as a legitimate approach to forecasting the onset and conclusion of lunar months. This shift reflects a diminishing influence of traditionally trained Muslim scholars, giving way to a growing culture of Islamic scholars within university settings. These scholars are open to making adaptations that were previously sidelined due to concerns about questioning the fundamental tenets of faith, often referred to as "The First Generation." Additionally, this trend has been influenced by the further decentralization of Islamic practices among Muslims, a phenomenon that began in the 19th century.

Only time will tell that if this new transformation is beneficial or not, but Muslims must prioritize learning to respect and accept diversity among themselves. Embracing diversity within the Muslim community is essential for fostering unity, understanding, and mutual respect. It requires recognizing and appreciating the various cultural, linguistic, and theological differences that exist among Muslims worldwide. By acknowledging and celebrating this diversity, Muslims can build stronger bonds of brotherhood and sisterhood, transcending ethnic, racial, and sectarian divides. Embracing diversity also entails listening to and learning from diverse perspectives, enriching individual and collective understanding of Islam. Ultimately, fostering a culture of respect and acceptance within and beyond the Muslim community contributes to a more inclusive and humane harmonious society.



# Concept of Worship in Islam

M. Basheer Ahmed M.D.

## What is the purpose of life? God says in Quran, "And I did not create mankind except to worship Me." What worship means.

The first Quranic verse started not with the words, "pray" or "fast" or "perform pilgrimage," etc., but rather with the words "Read (qiran) in the name of your Lord Who created. He created man from a clot. Read and your Lord is most Honorable, Who taught (to write) with the pen." (al-'Alaq, 1-4) Allah says that He had created both men and Jinns only so that they may worship and serve Him. Islam prescribes its prayer system as a unique way of connecting with God 5 times a day without a priest anywhere in the world. However, Islam is not a religion of an abstract philosophy or mere rituals. Islam is a rational religion, and it is a religion of excellent knowledge or learning, actions, and civilization. Life's spiritual and physical aspects need each other for individual and collective benefits for the whole community.

The two systems of expression (spiritual and physical) are an integral part of worship. If the two systems are separated, religious rituals will become mechanical movements and acts without impacting individual behavior, various aspects of life, or society.

How do we know what Allah's will is? He had described this in so many ways that he appointed humans as His vicegerency, which means that we must be responsible for the welfare of all creatures and fellow human beings.

The purpose of worship in Islam is unique and unparallel to any other religion. God does not need our worship. Worship has been designed in Islam to benefit Humanity, both in the individual and in society. Worship is essential for the maintenance of spirituality in the life of Muslims. Many people, including some Muslims, misunderstand Islam's concept of worship. Worship commonly means performing ritualistic acts such as prayers, fasting, charity, pilgrimage, etc. Ritual alone is not worship. The definition of worship in Islam is comprehensive and includes almost everything in any individual's activities. Worship consists of all external and internal sayings and actions of a person. In other words, worship is everything one says or does per Allah's guidance. Worship includes rituals, beliefs, social activities, and personal contributions to the welfare of one's fellow human beings. Muslims must submit themselves completely to Allah, which should reflect in his thoughts and behavior. Islam, being a way of life, requires that its followers model their life according to its teachings in every aspect, religious and all other activities. "It is not righteousness that you turn your faces towards east or West, but it is righteousness – to believe in Allah and the Last Day, and the Angels, and the Book, and the Messenger' to spend of your substance, out of love for Him, for your kin, for orphans, for the needy, for the wayfarer, for those who ask, and for the ransom of slave; to be steadfast in prayer, and practice regular charity; to fulfill the contacts which you have made; and to be firm and patient, in pain (or suffering) and adversity, and throughout all periods of panic. Such are the people of

truth, the Allah fearing." (2: 177)

Worship, in this sense, may be defined as anything believed, felt, or done as an act per the guidance of Quranic teachings. Allah does not ask for abandonment of worldly life, misery, unhappiness, and low quality of life. Islam wants man to enjoy the pleasures and good things of life; provided he does not exceed the limits and encroach on the rights of others within religious and moral limitations. All our activities are "Ibadah" (worship) if they follow Allah's guidance and aim to seek Allah's pleasure. Thus, whenever you do good or avoid evil for fear of Allah, it will be regarded as worship in whatever field of activity.

Prophet Muhammed (pbuh) says:

"Whoever finds himself tired of his work at nightfall, God will forgive his sins."

"Seeking knowledge is a (religious) duty on every Muslim."

"Seeking knowledge for one hour is better than praying for seventy years."

"Whoever relieves the hardship of a believer in this world, Allah will relieve his hardship on the Day of Resurrection. Whoever helps ease someone in difficulty, Allah will make it easy for him in this world and the Hereafter."

Good manners and Social courtesy are part of worship. Prophet says, "Receiving your friend with a smile is a type of charity; helping a person to load his animal is a charity, and putting some water in your neighbor's bucket is a charity." It is worth noting that even performing one's duties is considered a sort of worship. The Prophet told us that whatever one spends for his family is a type of charity; he will be rewarded for it if he acquires it through legal means". Kindness to members of one's family is an act of worship, as when one puts a piece of food in his spouse's mouth. The Prophet also told his companions they would be rewarded even for having sexual intercourse with their wives.

Every virtuous action performed with the view to carry out the commandments of Allah and seek His pleasure is an act of worship. Even eating, drinking, sleeping, and enjoying recreation, even those worldly actions that satisfy man's physical needs and yield sensuous pleasures, become acts of worship. Islam, unlike other religions, does not prohibit the gratification of human instinctive body desires, and Islam seeks to elevate man to a place that benefits his dignity and status. One of the purposes of Islam is to read, study and try to understand the problems of life, society, and the world we live in and find remedies to improve the situation.

Man 'amila saaliham min zakarin aw unsaa wa huwa mu'minin falanuhyiyannahoo hayaatan taiiyibatunw wa lanajzi yannnahum ajrahum bi ahsani maa kaanoo ya'maloon

Allah says: "Whoever does good, whether male or female, and he is a believer, We will most certainly make him live a happy life, and We will most certainly give them their reward for the best of what they did." (al-Nahl, 97)

The Quran says that the believers have been sent for the betterment of Humanity, that they will

promote what is good, and prevent what is wrong (3:110)

Islam strikes a delicate balance between the requirements of one's well-being in this world (personal, family, and societal development) and the Hereafter. Religion based on rituals without good deeds is of no value. Many Muslims focus on the rituals of Islam while ignoring their responsibility to other people. Carrying out the rituals mechanically just for the sake of carrying them out, without producing any impact whatsoever on one's contributions towards one's personal, family, and societal development and assistance, means that they are not fulfilling the essential purpose of the religion ISLAM. "Worship Allah and join none with Him in worship, and do good to parents, kinsfolk, orphans, the poor, the neighbor who is near and the neighbor who is a stranger, the companion by your side, the wanderer, and those whom your right hands possess. Verily, Allah does not like such as are proud and boastful, those who are miserly and enjoin miserliness on other men and hide what Allah has bestowed upon them of His bounties. And We have prepared for the disbelievers a disgraceful torment." 4:36-37: This verse further clarifies the concept of worship.

Service to Humanity is a part of the Islamic faith; When we serve the creation, we serve Allah. Islam promotes various values, including peace, good governance, recognition, mutual protection, obligations, and tolerance. Moreover, Islam's fundamental merits emphasize education, knowledge, and truthfulness in daily business transactions. When peace and harmony become the leading cause of every service rendered to the nation and its people, it becomes the service to God.

Prophet Muhammad (pbuh) says:

"Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise."

"One who is not grateful to mankind is not grateful to Allah" (Tirmidhi).

"None among you is a true believer unless he loves for others what he loves for himself."

(Bukhari)

"If a Muslim plants a tree and men and animals eat from it, all of this will be regarded as an everlasting act of charity." (Bukhari). "Whoever relieves a believer's distress of the distressful aspects of this world, Allah will rescue him from a difficulty of the difficulties of the Hereafter."

"You will not enter Paradise until you believe, and you will not believe until you love one another. "A man is not a believer who fills his stomach while his neighbor is hungry."

Quran emphasizes developing critical thinking and rationality, seeking knowledge, and the Creator's and the universe's existence with a purpose. Scientific discoveries for the betterment of Humanity are also a form of worship.

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 Fatimah Hoque  
 Idrees Hadi  
 Rosy Dodd  
 Farhath Hussain  
 Jacob Thomas  
 Sangeeta Malik  
 Imrana Begg/Raza Bagg/ Aye-  
 sha Hussain  
 Inamullah Khan Sherwani  
 Sami Khan  
 Inam Bokhari / Aatirah Ha-  
 meed  
 Altaf Bukhari / Faisal Saiyed  
 Anwer Nawaab/Mohammed  
 Imran Ali/Taher Bin Jaffar  
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 Rafia Omair/Rizzi Butt/Omair  
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# 2024 Indian General Election schedule

India has announced dates to its 18th general elections, during which voters will elect 543 members to the Lok Sabha, or lower house of parliament. The Election Commission of India (ECI) will oversee the nationwide voting, which will be carried out in seven phases from April to June this year.

India's sitting lower house of parliament (Lok Sabha) began its term on June 15, 2019, which is set to conclude on June 16, 2024.

India's 2024 general election dates have been staggered from April 19 to June 1, per the Election Commission of India (ECI). In what is the world's largest electoral exercise, India's voter base of 970 million citizens, spanning 28 states and eight union territories, will vote under a seven-phase schedule.

The ECI will also conduct elections to the state legislative assemblies of Andhra Pradesh, Arunachal Pradesh, Odisha, and Sikkim during this period.



## PHASE 1 APRIL 19

- Arunachal Pradesh (2)
- Assam (5)
- Bihar (4)
- Chhattisgarh (1)
- Madhya Pradesh (6)
- Maharashtra (5)
- Meghalaya (2)
- Manipur (2)
- Mizoram (1)
- Nagaland (1)
- Rajasthan (12)
- Sikkim (1)
- Tamil Nadu (39)
- Tripura (1)
- Uttar Pradesh (8)
- Uttarakhand (5)
- West Bengal (3)
- Andaman and Nicobar Islands (1)
- Jammu and Kashmir (1)
- Lakshadweep (1)
- Puducherry (1)

## PHASE 2 APR 26

- Assam (5)
- Bihar (5)
- Chhattisgarh (3)
- Karnataka (14)
- Kerala (20)
- Madhya Pradesh (7)
- Maharashtra (8)
- Manipur (1)
- Rajasthan (13)
- Tripura (1)
- Uttar Pradesh (8)
- West Bengal (3)
- Jammu and Kashmir (1)

## PHASE 3 MAY 7

- Assam (4)
- Bihar (5)
- Chhattisgarh (7)
- Goa (2)
- Gujarat (26)
- Karnataka (14)
- Madhya Pradesh (8)

- Maharashtra (11)
- Uttar Pradesh (10)
- West Bengal (4)
- Dadra and Nagar Haveli and Daman and Diu (2)
- Jammu and Kashmir (1)

## PHASE 4 MAY 13

- Andhra Pradesh (25)
- Bihar (5)
- Jharkhand (4)
- Madhya Pradesh (8)
- Maharashtra (11)
- Odisha (4)
- Telangana (17)
- Uttar Pradesh (13)
- West Bengal (8)
- Jammu and Kashmir (1)

## PHASE 5 MAY 20

- Bihar (5)
- Jharkhand (3)
- Maharashtra (13)
- Odisha (5)

- Uttar Pradesh (14)
- West Bengal (7)
- Jammu and Kashmir (1)
- Ladakh (1)

## PHASE 6 MAY 25

- Bihar (8)
- Haryana (10)
- Jharkhand (4)
- Odisha (6)
- Uttar Pradesh (14)
- West Bengal (8)
- Delhi (7)

## PHASE 7 JUNE 1

- Bihar (8)
- Himachal Pradesh (4)
- Jharkhand (3)
- Odisha (6)
- Punjab (13)
- Uttar Pradesh (13)
- West Bengal (9)
- Chandigarh (1)



# HISTORY BITES



Prussian King Frederick William I had a regiment of very tall men (all over 6' 2"/1.88 m), known as the 'Potsdam Giants.' **The taller they were, the more they were paid,** and they were paired with tall women to breed more giant soldiers. They were never sent on active service because they were considered too valuable.

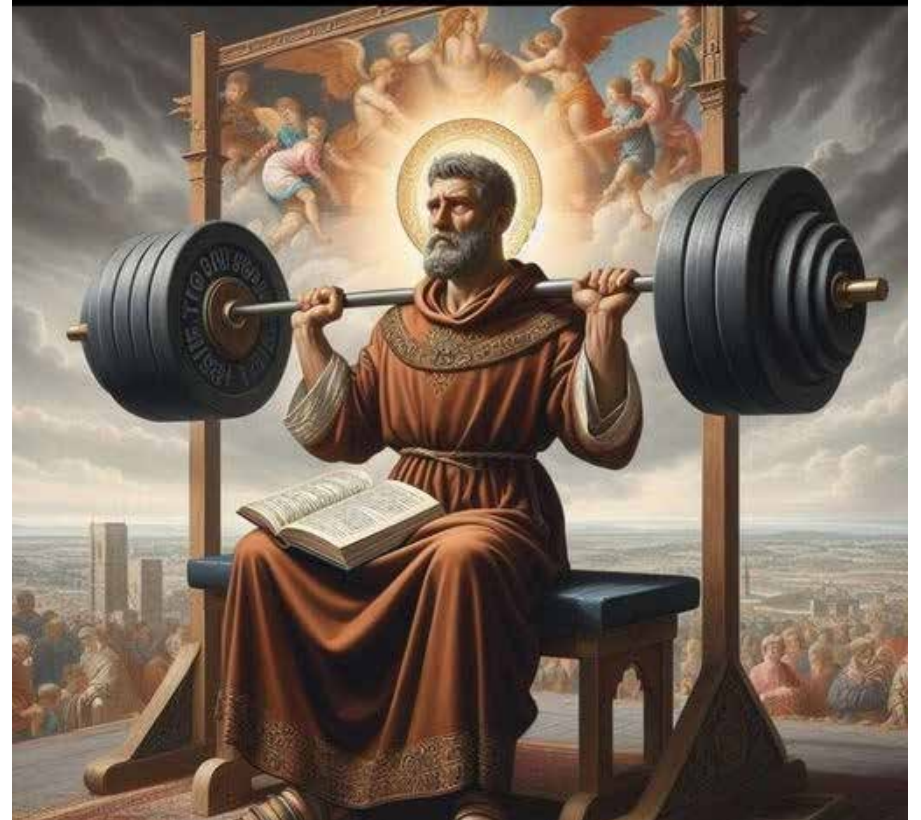


Queen Amina of Zaria, Nigeria, ruled in the mid-sixteenth century. Known for her military prowess, she expanded Zazzau territory through strategic battles. Her reign saw the introduction of protective armor to the Zazzau Army and the erection of a network of commerce within the great earthen walls that surrounded Hausa cities.



Julius Caesar's Roman forces besieged the Gauls under Vercingetorix at Alesia in 52 BC. However, a relief army arrived, forcing Caesar to fight on two fronts. In a brilliant maneuver, Caesar divided his forces, defeated the relief army, and then crushed the Gauls at Alesia, effectively ending Gallic resistance in the region.

**"Take care of your body as if you were going to live forever; and take care of your soul as if you were going to die tomorrow."  
— Augustine**



**"The whole future lies in uncertainty: live immediately."**

- Seneca -



Airplane wings have #green and #red #lights for a few reasons.

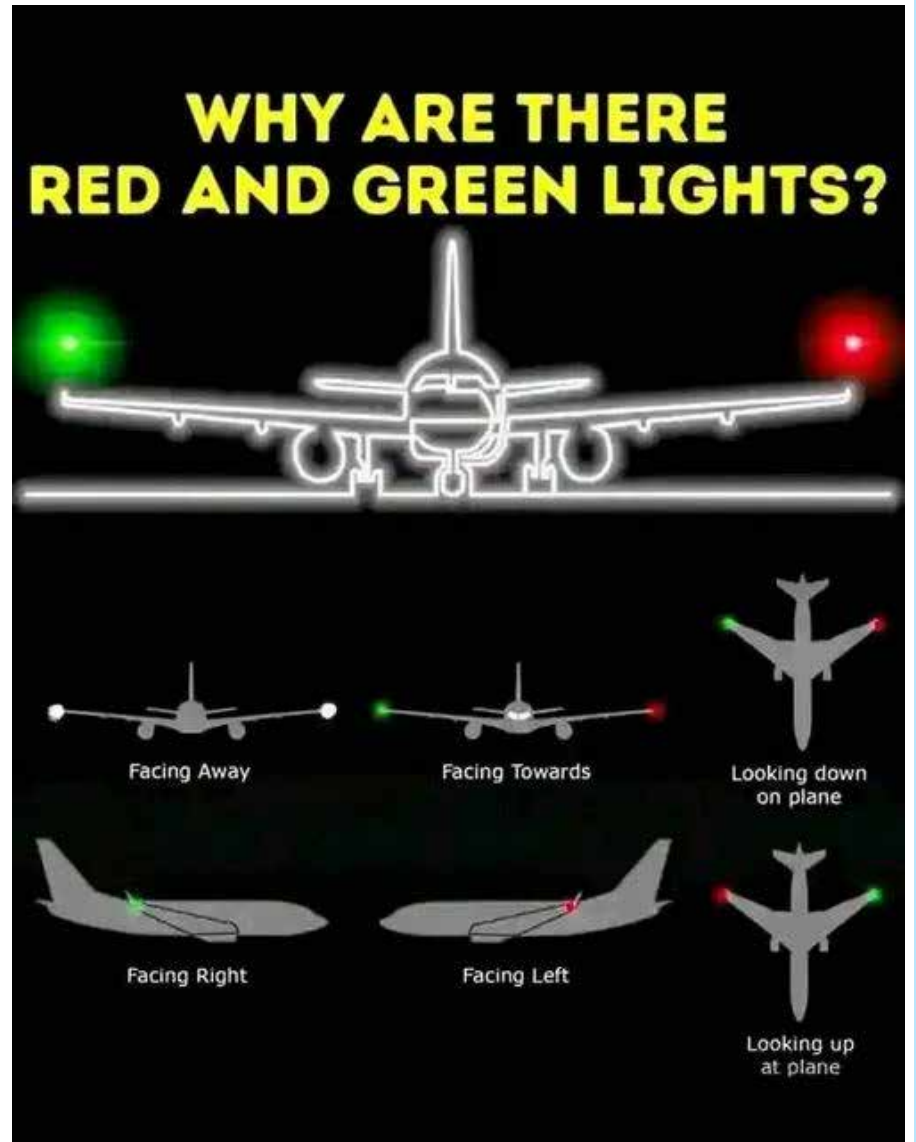
The green light is typically located on the #right #wing and the #red #light on the #left wing. These lights are used for navigation and identification.

The #green #light is used to indicate the #right #side of the #aircraft, and the #red #light indicates the #left side. This helps other #pilots and #air #traffic controllers identify the direction of the aircraft and its position in relation to other aircraft in the area.

Additionally, the lights can be used as signals for #takeoff and #landing. During takeoff, the green light is turned on first and the red light is turned on last.

During landing, the red light is turned on first and the green light is turned on last. This helps other pilots and air traffic controllers to know whether an aircraft is taking off or landing.

It's also worth noting that these lights are also used for signaling to other aircrafts in certain situations. For example, if an aircraft experi-



ences an emergency, it will turn on both its green and red lights to signal to other aircraft that it is in distress.

Do you know why Emirates airline's flight numbers start with EK?

Well, EK stands for "Emirates through Karachi" because of its first ever inaugural flight from Dubai to Karachi. Emirates decided to pay tribute to Pakistan, who helped them launch the airline, through their flight number. **Activist Cyprian**





## US mega-deal would tie together the futures of Saudi Arabia, Israel and Gaza

Saudi Arabia and the United States are finalizing a landmark deal that includes strengthening bilateral trade and defense, contingent on establishing diplomatic relations between Saudi Arabia and Israel.

The US-Saudi defense treaty would solidify the seven-decade security alliance between the two countries, with the normalization of relations between Saudi Arabia and Israel and a pathway to a Palestinian state being key components of the agreement.

The Saudi-US pact would include security, economic, and technological guarantees to the kingdom, as well as support for its civilian nuclear program, with the normalization deal expected to be modeled on the Abraham Accords that saw four Arab states recognize Israel in 2020.

Are these AI-created takeaways helpful? Yes/No  
Editor's Note: A version of this story appears in CNN's *Meanwhile in the Middle East* newsletter, a three-times-a-week look inside the region's biggest stories. Sign up here.

Saudi Arabia and the United States are finalizing the details of a landmark deal to strengthen bilateral trade and defense – but an agreement will not be reached if the kingdom and Israel do not establish diplomatic relations, US officials said.

A defense treaty would solidify the seven-decade security alliance between Saudi Arabia and the US, and tie them ever closer to each other as US adversaries like Iran, Russia and China seek to expand their influence in the Middle East. Israeli Prime Minister Benjamin Netanyahu has long sought relations with Saudi Arabia, home of Islam's holiest sites, as the move could domino across the wider Muslim world.

The US is currently negotiating one mega-deal involving three components, State Department spokesperson Matthew Miller said on Thursday.

The first component includes a package of agreements between the US and Saudi Arabia, another component has the normalization of relations between Saudi Arabia and Israel, and a third component for a pathway to a Palestinian state.

"All of them are linked together. None go forward without the others," Miller said.

For normalization to be realized between Saudi Arabia and Israel, there has to be a pathway for a Palestinian state and "calm in Gaza," US Secretary of State Antony Blinken told a panel at an economic conference in Riyadh this week.

"The work that Saudi Arabia and the United States have been doing together in terms of our own agreements, I think is potentially very close to completion, but then in order to move forward with normalization two things will be required: calm in Gaza and a credible pathway to a Palestinian state," he said.

On the sidelines of the forum, Blinken met Saudi Crown Prince Mohamed bin Salman (MBS) to discuss the deal, the State Department said. Experts describe the Saudi-US pact as a "comprehensive set of understandings" that would include security, economic and technological guarantees to the kingdom, as well as support for its civilian nuclear program.

The normalization deal is expected to be modeled on the Abraham Accords, a set of treaties that saw four Arab states recognize Israel in 2020 that sidestepped the longstanding Arab demand for an independent Pal-

estinian state as a prerequisite to recognition of Israel. MBS had said earlier that a pact with Israel would be "the biggest historical deal since the Cold War."

In 2021, Netanyahu described the Accords as enabling Israel to replace "the old and dangerous doctrine of territories in exchange for peace and brought peace in exchange for peace, without giving up a single inch" and sought to expand what he called the "circle of peace."

Since then, the Biden administration has made Israel-Saudi normalization central to its Middle East policy. The US and Saudi Arabia had continued discussions on the pact in 2023, and Blinken was expected to fly to Riyadh on October 10 last year to discuss the details, just three days before Hamas attacked Israel, postponing the effort.

The subsequent Israeli assault on Gaza, which has left the enclave in ruins and killed more than 34,000 Palestinians, may have changed the parameters of the deal for Saudi Arabia, analysts say. Now Israel's acceptance of a component calling for an "irreversible" pathway to a Palestinian state would be key to the crucial normalization component of the wider deal.

"We have the broad outlines on what needs to happen on the Palestinian front... credible, irreversible [pathway to a Palestinian state]," Saudi Foreign Minister Prince Faisal bin Farhan told a World Economic Forum panel without referencing normalization with Israel.

Netanyahu has repeatedly rejected the prospect of an independent Palestinian state, arguing that it would hurt Israel's security, and is adamant on pressing ahead with the Gaza war until Hamas is eliminated.

Those obstacles might see the kingdom attempt to close the bilateral deal without the normalization component of the agreement, analysts say. But such an approach would face major hurdles. An agreement establishing a firm US military commitment to Saudi Arabia's security, without the normalization component, is unlikely to pass through the US Congress, Republican Senator Lindsey Graham has said.

"If there is a mutual defense agreement negotiated in the form of a treaty, it needs 67 votes in the Senate to become binding. Without normalizing the Israeli-Saudi relationship and ensuring the security needs of Israel regarding the Palestinian file, there would be very few votes for a mutual defense agreement between the US and Saudi Arabia," Graham said on X in response to reports of Saudi Arabia opting for a "plan B" to the agreement.

Experts say that Biden could be able to bypass Congress to reach the agreement by modeling it around another security agreement it signed with Bahrain last year.

"There is another pathway, modeled around the Comprehensive Security Integration and Prosperity Agreement the Biden administration signed with Bahrain in September of 2023," according to Firas Maksad, Senior Fellow and Director for Strategic Outreach at the Middle East Institute in Washington DC. The text of that pact "explicitly states that other parties may be invited to join," he said.

However, there has been no indication that the Biden administration would opt to bypass Congress for the bilateral agreement with Saudi Arabia to pass.

A victory for Saudi Arabia

For Saudi Arabia, a bilateral agreement with the US would be a major victory, marking an end to the era when Biden sought to undermine MBS by pledging to turn his country into a "pariah" after the murder of Washington Post columnist Jamal Khashoggi at the hands of Saudi intelligence officials in Turkey.

The deal would also "consolidate America's dominance in the Middle East for generations and would blunt the growing challenge posed by both China and Russia," Maksad said.

MBS is eager to bolster the kingdom's defenses and diversify the Saudi economy away from hydrocarbons, as he pursues an ambitious economic policy dubbed Vision 2030. The kingdom has a nascent civilian nuclear program that the Crown Prince is keen to develop with US support.

"Saudi Arabia would like to make a deal with the United States and this is probably the best time during the Biden administration to help some of the stickier issues get through Congress," according to Karen Young, a senior research scholar at Columbia University's Center on Global Energy Policy, referring to enrichment of nuclear materials.

Another sticking point in any US support for such a program is American opposition to local enrichment of uranium, a key component for nuclear power that could also be used to develop nuclear weapons. Saudi Arabia is rich in uranium deposits and has insisted on being able to enrich it domestically, which would be a first for an Arab state. Neighboring United Arab Emirates, for example, imports enriched uranium to power its nuclear plants.

On Wednesday, Democratic Senator Edward J. Markey, co-chair of the Nuclear Weapons and Arms Control Working Group, called on the Biden administration to ensure that Riyadh commits to forego enrichment and reprocessing of nuclear material, citing MBS as saying previously that Saudi Arabia would develop a nuclear weapon if Iran does too.

"The path towards Middle East peace should not include the prospect of a nuclear-armed Saudi Arabia, which would undermine the interests of the US, allies, and partners across the region," he said in his letter.

The Saudi-US pact would make it incumbent on both countries to work together to deter and confront any external aggression, but doesn't formalize it as a treaty alliance, according to Maksad.

"It is often described as Article 4.5, stopping just short of a treaty alliance that requires Senate approval but providing for a written commitment of mutual defense," Maksad said, referring to the NATO treaty's Article 5, which obliges all member states to come to the defense of any state facing attack.

"There will still be room for a multilateral security agreement that eventually includes Israel, along with Saudi Arabia, Bahrain, the U.S. and others, when political circumstances allow... the choice will be Israel's, when it's ready to put something on the table that moves the ball forward towards a two-state solution with the Palestinians," Maksad said.

CNN news



# Indian palaces you can actually stay in

## Taj Falaknuma Palace, Hyderabad

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



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



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



## Taj Lake Palace, Udaipur

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



## Taj Umaid Bhawan Palace, Jodhpur

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



## Ananda in the Himalayas, Tehri Garhwal

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



## Samode Palace, Jaipur

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



## Laxmi Niwas Palace, Bikaner

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



## Taj Rambagh Palace, Jaipur

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



## Neemrana Fort Palace, Alwar

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

## RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle





## RECIPES

### Jungli Chicken (Wild Chicken Curry)

#### Ingredients

Serves 4

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

#### Instructions

##### Step 1

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

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

##### Step 2

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

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

##### Step 3

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

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

##### Step 4

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

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

##### Step 5

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

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

##### Step 6

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



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

##### Step 7

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

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

##### Step 8

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

### Potato Red Cabbage Tikki

#### Ingredients

Serves 4

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

#### Instructions

##### Step 1

Mix all of the ingredients in a bowl.

##### Step 2

Until it resembles a dough.

##### Step 3

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

##### Step 4

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

##### Step 5

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





# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

## BE PREPARED

### CHECK LOCAL FORECAST

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

### CONDUCT PLAY OF THE DAY

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

### PERFORM THOROUGH PM

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

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

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

### USE SAFE DRIVING TOOLS

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

### SEEK COVER

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

## STAY FOCUSED

### MAINTAIN AWARENESS

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

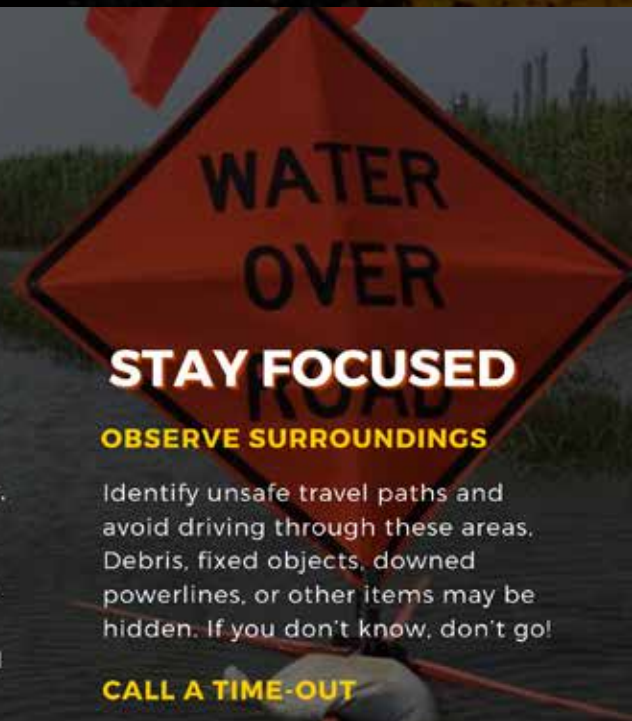
### BE PROACTIVE

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

### COMMUNICATE

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

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

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

### ENSURE ESSENTIAL SUPPLIES

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

### PLAN FOR MORE

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

## SLOW DOWN

### TURN AROUND

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

### BE CAUTIOUS

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

### HAVE A WAY TO ESCAPE

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

## STAY FOCUSED

### OBSERVE SURROUNDINGS

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

### CALL A TIME-OUT

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

### REMAIN ALERT

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



# IS YOUR AIRBAG DEFECTIVE?

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

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

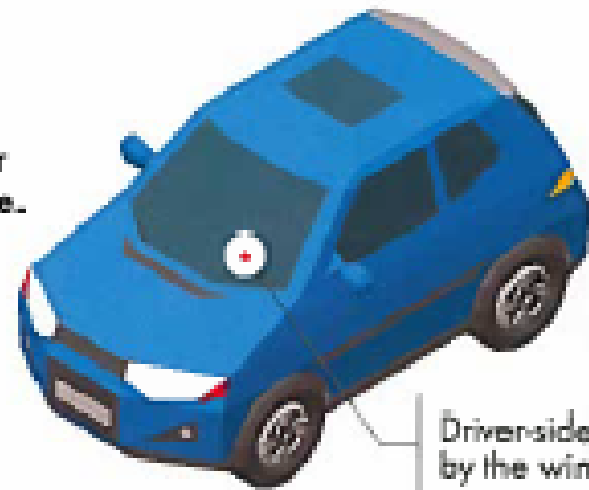
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

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

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



Driverside dashboard by the windshield

### Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

### Fix it

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

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



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

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



**AIRBAGRECALL.COM**



# 6 easy spring vegetables you can start

While many standard garden vegetables can not be planted outside or started from seed until the soil is fully warmed and the threat of frost is past, a variety of other cool season spring crops can be started right now, giving you a jump start on the gardening season and putting food on your plate long before the summer vegetables come in.

Depending on your local weather patterns and climate, cool season vegetables can be planted either directly in the soil with no cover, directly in the soil underneath a row cover or low tunnel, or in pots and trays in a sunny window or porch.

Planting under row covers or a low tunnel will not only help to warm the soil quicker, but will also protect seedlings from frosts (although a hard freeze, or a long stretch of really cold weather may still be able to kill plants under row covers).

Planting in pots and trays that can be moved outside into the sun on warm days, and brought inside at night, is one surefire way to beat the frost (as long as you remember to bring them inside), and can be a great way to start an early spring garden long before the soil outside is ready to plant. Container gardening is also a good way to start growing some of your own food on windowsills, balconies, or decks, even if you don't have an outside garden plot. Here in southwestern New Mexico, the weather has been so mild this winter that I have been able to not only plant under row covers in February, but have also been direct seeding spring vegetables in soil with no cover (which is still risky, considering the last frost date is still about a month away). Because I started so early, I've got baby

lettuce greens ready to harvest, spinach that will be ready pretty soon, and lots of radishes and baby chard and kale coming up, all of which we look forward to after a winter of eating vegetables that travel hundreds or even thousands of miles to get to our table.

These spring vegetables, all of which can be easily planted from seed, are all great choices for an early garden, and are usually foolproof enough to grow so that even the most beginning gardeners can reap a good harvest.

## 1. Spinach

Fresh baby spinach, which is one of my favorite greens to eat, is also fairly quick to sprout and grow in a spring garden, and can be remarkably frost-resistant, especially when grown under cover. There are a lot of varieties of spinach, most of which can be categorized by being either savoy and semi-savoy (which tend to have crinkled or curly crisp leaves), or smooth-leaf (with flatter leaves and a softer texture), and I recommend growing several varieties to see which ones work best for your soil and location, as well as which ones you prefer the taste of. For early spring greens, I like to grow them close together and harvest the leaves when they're still small, which can be as short as three weeks from planting, depending on the variety and the weather. Spinach is also a great plant for the fall garden, as it can be covered with mulch and will often overwinter that way for early spring harvest.

## 2. Chard

This beet relative is another excellent spring vegetable that is easy to grow from seed, and can be eaten fresh or cooked (or tossed into a smoothie for

a drinkable salad). I plant my chard closer than the seed packet instructions recommend, and then harvest the crowded ones as baby greens when I thin the beds. Chard comes in a variety of colors and sizes and textures, although most of the color tends to be in the thick stems, with the leaves being mostly green. Growing some red and white and yellow chard along with the traditional green chard can add some color to spring salads while also livening up the look of the garden. Some varieties of chard can be harvested as baby greens in about 25 days, with the leaves taking about twice that long to get to full size.

## 3. Lettuce

While lettuce can be grown into the full sized heads that most of us are used to from the grocery store, I've found that growing it just for baby greens is not only quicker and easier, but will provide a near-constant supply of salad greens from spring until well into summer. I like to use mixed lettuce seed (sometimes called mesclun mix), and instead of sowing the seeds farther apart, as is recommended for head lettuce, I sow them very close together in each row, which will yield a solid row of lettuce leaves that is easy to harvest, and which can be cut repeatedly throughout the season. Lettuce comes in a number of colors and leaf shapes, not just the standard green romaine, red and green leaf lettuce, and butterhead varieties, so growing mixed baby greens gives you a wide variety of textures and colors for salads. Baby greens can be harvested in a couple of weeks, and by planting successive sowing of seeds every week or two, you can have a constant supply of greens for the kitchen.



## 4. Radishes

Radishes are one of the fastest vegetables you can grow, aside from the various greens, as many varieties are ready to be harvested in as little as three weeks. Radishes are great for interplanting with lettuce or other spring greens, and can help to naturally thin those crops as the radishes get harvested. Many of us are only familiar with the round red or pink and white radishes often sold in grocery stores, but they come in a lot of different colors, shapes, and sizes, and can be spicy or sweet, depending on the variety. Radishes are a great crop for kids to help grow, as the seeds are large enough for small children to help plant, and because they're quick to mature and easy to pull from the ground, can be perfect for impatient gardeners as well.

## 5. Kale

Kale, while quite possibly being the veggie people most love to hate, is another excellent spring vegetable that is easy to grow from seed, and because it can be harvested as a baby green and as full-sized leaves, can provide a lot of food from a little effort. Whether you like to eat it raw as part of your salad or in

your smoothies, or you prefer it steamed or stir-fried in a main dish, kale can be a great green addition to any diet. Kale can be dense and crinkly, such as "dinosaur" kale, or flatter and more ruffle-y, such as the red Russian varieties, and is often sweeter as a baby green in the spring, and then again late in fall after the first frost. I've been able to harvest baby kale leaves in as little as three weeks, with full-sized leaves maturing in anywhere from 40 to 60 days, depending on the variety.

## 6. Peas

Snow peas, and other pod peas, are another great spring vegetable that kids tend to love. The seeds are big enough for children to plant, and I haven't met a kid yet who didn't love to go searching in the garden for peas to harvest and eat right there. Shelling peas and snap peas tend to take a bit longer, but they're also a big hit with kids, many of whom will scarf them down fresh from the pod and yet never eat a cooked pea (and to be honest, I don't care for cooked peas either). Peas take anywhere from 50 to 65 days to mature, depending on the variety, and can grow either as vines or as 'bushes,' so they lend themselves equally well to both

## Which Veggies for

### Which Season?

Because a vegetable needs either warm or cool weather, crops sort themselves into two distinct categories: cool season (for spring and fall) and warm season (for summer). Planting in the proper season is the first step to a bountiful garden.

**FOR SPRING AND FALL:** Plant the hardy and semi-hardy vegetables below in early spring for spring harvests and again in late summer for fall harvests. These transplants should appear in your local garden centers at the right planting time. If you prefer a calendar, each state Extension service usually publishes a guide listing planting dates for all the vegetables. You can search the Web for your state's calendar and contact information for your regional Extension agent.

Hardy vegetables tolerate hard frosts (usually 25 to 28 degrees F). They are good for spring and fall gardens. The hardiest—kale, spinach, and collards—can tolerate temperatures in the low 20s and high teens. All taste best when they mature in cool weather, so they are very well suited to late summer planting for fall harvests. Harvest extends into winter in the Southeast, Southwest, and Pacific Northwest. See the color coded USDA Frost Map for the median date of the first freeze throughout various regions of the US. This will give you an idea of just exactly how long your harvest season will last, because many of these hardy vegetables will continue in the garden for weeks after the first hard frost. It's amazing. When you see this, you wonder "why doesn't everyone plant a fall garden?"

- Broccoli
- Brussels sprouts
- Cabbage
- Collards\*
- English peas
- Kale
- Kohlrabi
- Leeks
- Mustard greens
- Parsley
- Radish
- Spinach
- Turnip

Lettuce and Swiss chard are both semi-hardy and can tolerate some frost. Lettuce and chard are among the veggies that will grow well in spring and fall, but need to be covered if temperatures dip much below freezing.

Semi-hardy vegetables tolerate light frosts (usually 29 to 32 degrees F) late into fall

and through winter in mild climates. They are good for spring and fall gardens.

- Beets
- Carrot
- Cauliflower
- Celery
- Chinese cabbage
- Endive
- Irish potatoes
- Lettuce and gourmet salad greens
- Radicchio
- Rutabaga
- Salsify
- Swiss chard\*

\*Swiss chard and collards taste best in the cool of spring and fall, but will hang on during summer heat, too.





# Word Search

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|----------|------------|-------------|----------|
| MARCH    | SPROUTING  | TENDER      | TULIP    |
| BUDDING  | SEASONAL   | WARM        | HATCHING |
| BLOOMING | PLEASANT   | GRASS       | DART     |
| FRAGRANT | REFRESHING | TEMPERATURE | CHIRPING |
| FERTILE  | SUNNY      | SPRING      | SEED     |



# Health & Wellness

## Where to turn for pain relief — NSAIDs or acetaminophen?

The first line of treatment for many knee and hip problems includes taking over-the-counter pain relievers. Acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen are the most common options. However, these medications have a variety of side effects, so it's important to discuss your personal health risks with your doctor when considering long-term use for chronic conditions such as osteoarthritis. Acetaminophen (Tylenol and other brands) is usually effective for mild pain and is easy on the stomach. However, it is toxic to the liver at high doses. The recommended maximum per day is generally set at 4 grams (4,000 milligrams), which is the equivalent of eight extra-strength Tylenol tablets. But that dosage can still cause liver problems for some people. To be safe, aim for 3,000 milligrams or less, and be cautious of mixing multiple products containing acetaminophen, such as a pain reliever and a cold medication or a prescribed narcotic. The FDA now recommends using products containing no more than 325 milligrams per pill or capsule (the equivalent of regular-strength Tylenol rather than extra-strength) in order to avoid excessive dosages. Don't take acetaminophen if you drink more than a moderate amount of alcohol on a regular basis or if you have liver disease. NSAIDs such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve, Anaprox) may be more effective than acetaminophen for certain conditions because they reduce inflammation as well as relieve pain. But NSAID medications have side effects, the most common is stomach irritation. It can also cause stomach and

intestinal ulcers, which can lead to internal bleeding. You can ask your doctor about taking a stomach acid inhibitor to reduce these risks. NSAIDs also carry an increased risk of heart attack, stroke, and kidney failure when taken at high doses or for long periods of time.

Taking acetaminophen along with an NSAID may provide equivalent pain relief with lower doses of both medications, thus minimizing side effects. You can also alternate between the two to reduce the risk from either type of medication.

Whether you've been battling knee or hip pain for years, or are feeling the first twinges of pain today, **Knees and Hips** — a Special Health Report from Harvard Medical School — will show you the best ways to get relief so you can stay active and independent for years to come. Surgery-free pain relief for hips and knees Hip and knee pain can keep you from the activities you love, as well as make routine tasks difficult. But there are many ways to get you moving again pain-free, without surgery. Here are some of the treatments that can help.

Ultrasound, phonophoresis, and iontophoresis

Therapeutic ultrasound is a simple procedure that uses sound waves to increase blood flow, relax muscle spasms, and aid healing. The therapist applies gel to your skin and moves an ultrasound wand over your skin around the painful area. In a special ultrasound technique called phonophoresis, medication (often hydrocortisone) is added to the gel. In a survey of orthopedic physical therapists, more than half said they would use ultrasound and phonophoresis to reduce soft-tissue

inflammation (in tendinitis or bursitis, for example).

These techniques are also used to manage pain, heal tissue, and help muscles stretch.

Iontophoresis uses electrical currents to speed the delivery of medication to damaged tissue, or simply to reduce muscle spasms and related irritation.

Patches similar to Band-Aids are placed on the skin, and a painless, low-level current is applied for about 10 to 15 minutes. You may feel warmth or tingling during the treatment.

Therapeutic exercise

Strengthening the muscles around a damaged knee or hip can help reduce stress on a joint. For example, your hips have to do less work to support your body weight if your quadriceps, gluteals, hamstrings, and abdominal muscles are strong. Strong quadriceps can also take on some of the shock-absorbing work of the meniscus or cartilage in the knees. The proper balance of strength in the muscles can hold the joint in the most functional and least painful position. Flexibility exercises (to stretch and relax specific muscles) are also an important part of an exercise plan to improve joint function.



Gait retraining

Knee and hip problems can disrupt your normal walk by causing pain, restricting joint movement, or weakening muscles. And a person's normal pattern of standing, walking, or running may invite joint problems. It may take many years of walking with an abnormal gait before joint injury occurs. A physical therapist can analyze your gait and help you learn to move more efficiently. Initially, the "normal" gait may feel odd. It can take practice and continued instruction before it becomes comfortable, but it will eventually become natural for you. Physical therapists may also suggest a change in shoes or ways to strengthen muscles that can help restore a more aligned gait.

## 6 ways you can prepare to "age well"

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor. But it also makes sense to have some contingency plans for the bumps in the road that might occur.

**Adapt your home.** Stairs, baths, and kitchens can present hazards for older people. Even if you don't need to make changes now, do an annual safety review so you can make necessary updates if your needs change.

**Prevent falls.** Falls are a big deal for older people — they often result in fractures that can lead to disability, further health problems, or even death. Safety precautions are important, but so are exercises

that can improve balance and strength.

**Consider your housing options.** You might consider investigating naturally occurring retirement communities (NORCs). These neighborhoods and housing complexes aren't developed specifically to serve seniors — and, in fact, tend to host a mix of ages — but because they have plenty of coordinated care and support available, they are senior-friendly.

**Think ahead about how to get the help you may need.** Meal preparation, transportation, home repair, housecleaning, and help with financial tasks such as paying bills might be hired out if you can afford it, or shared among friends and family. Elder services offered in your community might be another option.

**Plan for emergencies.** Who would you



call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn't reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.

**Write advance care directives.** Advance care directives, such as a living will, durable power of attorney for health care, and health care proxy, allow you to explain the type of medical care you want if you're too sick, confused, or injured to voice your wishes. Every adult should have these documents.



## HYDERABAD PAGES



Attended grand reception ceremony of Mr. Abdul Raheel Khan, the son of Mr. Abdul Rashid Khan Shalimar Restaurant (Al Khobar), Shalimar Restaurant Dammam KSA & UAE, took place with much splendor at the prestigious Kings Kohinoor Convention, Hyderabad. Where large no of dignitaries and guests attended.

Congratulations and best wishes to the Rasheed bh, Sajid bh and family.

Mir

Mir Mohsin Ali



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
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## Tibb-E-Mustafa ki Roashni Mei

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# American Township, RCI Road, Mallapur, Hyderabad-05, T.S.



## List of Bollywood films of MAY/JUNE 2024

| Opening     | Title  | Director            | Cast   |
|-------------|--|---------------------|--|
| M<br>A<br>Y | <i>Srikanth</i>                                    | Tushar Hiranandani  | Rajkummar Rao · Jyothika · Alaya F · Sharad Kelkar   |
|             | 10<br><i>Tipppsy</i>                               | Deepak Tijori       | Deepak Tijori · Natasha Suri · Kainaat Arora · Nazia Hussain · Alankrita Sahai · Sonia Birje     |
|             | 17<br><i>Kartam Bhugtam</i>                        | Soham P. Shah       | Shreyas Talpade · Vijay Raaz · Madhoo · Aksha Pardasany  |
|             | 24<br><i>Chhota Bheem And The Curse of Damyaan</i> | Rajiv Chilaka       | Anupam Kher · Makrand Deshpande · Sanjay Bishnoi · Surbhi Tiwari · Yagya Bhasin                  |
|             | <i>Bhaiyya Ji</i>                                  | Apoorva Singh Karki | Manoj Bajpayee · Suvinder Vicky · Jatin Goswami · Vipin Sharma · Zoya Hussain                    |
|             | 31<br><i>Baby John</i>                             | Kalees              | Varun Dhawan · Keerthy Suresh · Wamiqa Gabbi · Jackie Shroff                                     |
|             | <i>Mr. &amp; Mrs. Mahi</i>                         | Sharan Sharma       | Rajkummar Rao · Janhvi Kapoor  |
| J<br>U<br>N | <i>Chandu Champion</i>                             | Kabir Khan          | Kartik Aaryan  |
|             | 14<br><i>Emergency</i>                             | Kangana Ranaut      | Kangana Ranaut · Anupam Kher · Shreyas Talpade · Mahima Chaudhry · Milind Soman · Satish Kaushik |
|             | 27<br><i>Kalki 2898 AD<sup>[b]</sup></i>           | Nag Ashwin          | Prabhas · Amitabh Bachchan · Kamal Haasan · Deepika Padukone · Disha Patani                      |
|             | 28<br><i>Ishq Vishk Rebound</i>                    | Nipun Dharmadhikari | Rohit Saraf · Pashmina Roshan · Jibraan Khan · Naila Grewal                                      |



# Binaca Geetmala Annual List (1964)

| Thumb / Rank  | Song Heading   | Singer / Movie                        | Music By / Lyricist | Actor / Category  |
|---|--|---------------------------------------|---------------------|---|
| <br>1    | Mere Man Ki Ganga Aur Tere Man Ki Jamuna Ka<br><small>You Tube</small> ✓ 🏆 ★ 4.11 - 263 votes                    | Vijayanthimala, Mukesh                | Shankar Jaikishan   | Vyjayantimala, Raj Kapoor   |
|   |  | Sangam (1964)                         | Shailendra          | Ched Chad Songs, Roothna Manaana  |
| <br>2    | Yeh Mera Prem Patra Padhkar, Ke Tum Naaraz Na Hona<br><small>You Tube</small> ✓ 🏆 ★ 4.20 - 3777 votes            | Mohammed Rafi                         | Shankar Jaikishan   | Rajendra Kumar, Vyjayantimala   |
|   |  | Sangam (1964)                         | Hasrat Jaipuri      | Romantic Songs, Raag Based Songs, Raga - (Alaiya) Bilawal   |
| <br>3   | Mere Mehboob Tujhe, Meri Mohabbat Ki Kasam<br><small>You Tube</small> ✓ 🏆 ★ 4.36 - 1616 votes                    | Mohammed Rafi                         | Naushad             | Sadhana, Rajendra Kumar   |
|   |  | Mere Mehboob (1963)                   | Shakeel Badayuni    | Ghazals, Roothna Manaana, Filmfare Awards Nominee, Romantic Songs, Raag Based Songs, Raga - Jhinjhoti |
| <br>4  | Tumhe Aur Kya Du Mai Dil Ke Sivaye, Tumko Hamari Umar Lag Jaye<br><small>You Tube</small> ✓ 🏆 ★ 4.13 - 362 votes | Lata Mangeshkar                       | Shankar Jaikishan   | Rajendra Kumar, Dharmendra, Saira Banu  |
|   |  | Ayee Milan Ki Bela (1964)             | Hasrat Jaipuri      | Happy Songs, Party Songs, Raag Based Songs, Raga - Bhairavi   |
| <br>5  | Tum Kamsin Ho Nadan Ho Nazuk Ho Bholi Ho<br><small>You Tube</small> ✓ 🏆 ★ 4.30 - 177 votes                       | Mohammed Rafi                         | Shankar Jaikishan   | Saira Banu, Rajendra Kumar  |
|   |  | Ayee Milan Ki Bela (1964)             | Hasrat Jaipuri      | Romantic Songs  |
| <br>6  | Mere Mehboob Qayamat Hogi, Aaj Rushwa Teri Galiyo Me<br><small>You Tube</small> ✓ 🏆 ★ 4.30 - 3858 votes          | Kishore Kumar                         | Laxmikant Pyarelal  | Kishore Kumar, Kumkum   |
|   |  | Mr. X in Bombay (1964)                | Anand Bakshi        | Sad Songs, Shikwa Shikayat Songs  |
| <br>7  | Ye Chand Sa Roshan Chehra<br><small>You Tube</small> ✓ 🏆 ★ 4.48 - 430 votes                                      | Mohammed Rafi                         | O P Nayyar          | Sharmila Tagore, Shammi Kapoor  |
|   |  | Kashmir Ki Kali (1964)                | S H Bihari          | Romantic Songs, Tareef Songs  |
| <br>9  | Nainaa Barase Rimajhim Rimajhim<br><small>You Tube</small> ✓ 🏆 ★ 4.47 - 247 votes                                | Lata Mangeshkar                       | Madan Mohan         | Sadhana, Manoj Kumar  |
|   |  | Woh Kaun Thi (1964)                   | Raja Mehdi Ali Khan | Rain Songs, Sad Songs   |
| <br>10 | Main Kya Karun Ram Mujhe Buddha Mil Gaya<br><small>You Tube</small> ✓ 🏆 ★ 4.05 - 323 votes                       | Lata Mangeshkar                       | Shankar Jaikishan   | Vyjayantimala, Raj Kapoor   |
|   |  | Sangam (1964)                         | Hasrat Jaipuri      | Dance Songs, Ched Chad Songs  |
| <br>11 | Duniyaa Kahati Happy Birthday To You<br><small>You Tube</small> ✓ 🏆 ★ 4.14 - 188 votes                           | Asha Bhosle, Manna Dey, Mohammed Rafi | Ravi                | Saira Banu, Pran, Om Prakash, Manorama, Joy Mukherjee, Johnny Walker                                  |
|   |  | Door ki Awaaz (1964)                  | Shakeel Badayuni    | Birthday Songs, Songs for Kids, Party Songs   |

# Binaca Geetmala Annual List (1964)



# Emraan Hashmi

Emraan Anwar Hashmi (pronounced [ mra n a mi ]; born 24 March 1979) is an Indian film actor who appears in Hindi films. Through his successful career, Hashmi has received three Filmfare Award nominations and has established himself as one of the most popular and highest-paid actors of Hindi cinema. Emraan Hashmi, part of the Bhatt family was born and raised in Mumbai. After graduating from the University of Mumbai, he worked as an assistant director for the 2002 horror film Raaz before pursuing a career in acting. The following year, he made his acting debut with a leading role in the crime thriller Footpath, a moderate box office success. By 2004, Hashmi had established himself as one of the leading actors of Hindi cinema with roles in the successful Murder (2004), Zeher (2005) and Gangster (2006). However, he followed it with roles in the films that underperformed at the box office before starring in the acclaimed drama Awarapan (2007).

The year 2008 marked a turning point for Hashmi when he played a conman in the crime drama Jannat. He subsequently gained recognition for portraying a range of unconventional characters in several successful films, including the horror film Raaz: The Mystery Continues (2009), the biographical drama The Dirty Picture (2011), the psychological thriller Murder 2 (2011), the romantic comedy Dil Toh Baccha Hai Ji (2011), the crime thriller Jannat 2 (2012), and the supernatural thrillers Raaz 3 (2012) and Ek Thi Daayan (2013), all of which earned him critical appreciation. Hashmi's acclaimed performances in the underworld drama Once Upon a Time in Mumbai (2010) and the political thriller Shanghai (2012), garnered him two Best Supporting Actor nominations at Filmfare. After appearing in another series of box office flops, he starred as the titular character in the biographical sports drama Azhar and an evil spirit in the horror thriller Raaz Reboot (both 2016) – and received praise for the drama Hamari Adhuri Kahani (2015).

## Early life and background

Emraan Hashmi was born on 24 March 1979, in Mumbai, Maharashtra, India. [6] His father, Anwar Hashmi, is a businessman, who also acted in the 1968 film Baharon Ki Manzil, and his mother, Maherrah Hashmi, was a homemaker. His paternal grandfather, Shauqat Hashmi, migrated to Pakistan after the partition of India, while his grandmother, Meherbano Mohammad Ali (known by her screen name Purnima), was an actress, who stayed in India. Meherbano Mohammad Ali later married producer-director Bhagwan Dass Varma, and was the sister of Shirin Mohammad Ali, the mother of producers Mahesh Bhatt and Mukesh Bhatt, who are thus Hashmi's uncles. Hashmi is the cousin of director Mohit Suri, with whom he has collaborated in several films. His other cousins are actresses Pooja Bhatt and Alia Bhatt, while another cousin is actor Rahul Bhatt. Hashmi studied at the Jamnabai Narsee School. After graduating from Jamnabai, he attended Sydenham College in Mumbai. Hashmi later earned a bachelor's degree from the University of Mumbai.

## Career

### 2003–2007: Debut and breakthrough

Hashmi made his acting debut in 2003, with Vikram Bhatt's thriller Footpath. Co-starring alongside Aftab Shivdasani and Bipasha Basu, he portrayed the role of Raghu Shrivastav, a gangster. His performance in the film was appreciated by critics; Gaurav Malani described him as the "scene-stealer" and praised his mannerisms. The following year he featured in Anurag Basu's erotic thriller Murder with Malika Sherawat and Ashmit Patel. Taran Adarsh of Bollywood Hungama said about his performance: "Emraan Hashmi is fantastic in a role that seems tailor made for him. Enacting the role of an obsessive lover with flourish, there's no denying that the narrative gets a major impetus thanks to Emraan's performance." Murder emerged as a financial success, with a domestic total of ₹250 million (US\$3.9 million), becoming the ninth-highest-grossing film of the year in India.

Emraan Hashmi is posing with Mahesh Bhatt Hashmi with his uncle Mahesh Bhatt Hashmi next starred in Anurag Basu's romance Tumsa Nahin Dekha opposite Dia Mirza. While shooting the film, Basu was diagnosed with blood cancer, so producer-director Mahesh Bhatt completed it. Although the film did not succeed at the box office his portrayal of Daksh Mittal (a young millionaire who falls in love with a bargirl) was generally well received. A review of his performance in BBC Online noted that he was "becoming fabulous with every film."

In 2005, Hashmi appeared in Mohit Suri's romantic thriller Zeher, co-starring Shamita Shetty and Udit Goswami. His portrayal of Siddharth Mehra (a chief

of police who is jealous of his wife's professional success) met with positive reviews from critics. Patcy N of Rediff.com wrote: "Emraan Hashmi has done a passable job, except for the scenes where his character gets angry. The young man yells so loudly that he could well compete with a Sunny Deol!" The film emerged as a moderate success, earning over ₹100 million (US\$1.6 million) in India. He then starred in Aditya Datt's romance Aashiq Banaya Aapne and Vivek Agnihotri's crime thriller Chocolate; both films performed poorly at the box office.

Hashmi then took a supporting role in Mohit Suri's thriller Kalyug, alongside Kunal Khemu, Smilie Suri, Amrita Singh, Ashutosh Rana and Deepal Shaw. Based on the sex industry, the film depicted the devastating effect that non-consensual pornographic films have on the subjects. Hashmi featured as Ali Bhai, a man who runs a sex shop. His performance garnered positive reviews from critics, with Taran Adarsh writing: "Emraan Hashmi makes a brief appearance and the actor is, like always, highly competent." Kalyug was a moderate success in India. Hashmi's first film in 2006 was Anant Mahadevan's thriller Aksar with Udit Goswami and Dino Morea. The film was a profitable production, but met with negative reviews from critics. He next appeared in Anurag Basu's romantic thriller Gangster, co-starring Kangana Ranaut and Shiney Ahuja. The film emerged as an economic success, grossing over ₹190 million (US\$3.0 million) in India. Hashmi received positive reviews for his portrayal of an undercover detective called Aakash; Rediff.com's Raja Sen wrote: "His character is an understated one, and Hashmi manages to keep it that way. There is no unnecessary bluster or melodrama, and he does a pretty believable job. There is something lazy about his acting, by which I mean he makes the job look easy." For the film, Hashmi received his first Filmfare nomination for Best Performance in a Negative Role. He then acted in the crime thriller The Killer (adapted from the 2004 film Collateral) and the romance Dil Diya Hai. Both these films failed critically and commercially. In 2007, Hashmi appeared in three films. He first starred in the comedy Good Boy Bad Boy alongside Tusshar Kapoor, Isha Sharvani and Tanushree Dutta. The film flopped at the box office and received poor reviews. He then featured opposite Mrinalini Sharma and Shriya Saran in Mohit Suri's romantic thriller Awarapan. Hashmi was cast as the protagonist Shivam, a gangster with a tragic past. The film was considered a poorly executed flop. [Writing for the Hindustan Times, critic Khalid Mohamed described it as "intense and believable". Subhash K Jha wrote: "... Emraan Hashmi [is] an actor who conceals more than he reveals on screen. There is an inherent pain in his personality that this film taps better than anything he has done earlier. This film marks the emergence of a major talent. His final release of the year was the thriller The Train, which also underperformed. [Only Awarapan was both a commercial and critical success becoming the best film of his career.]

### 2008–2012: Commercial success and stardom

His only film in 2008 was Kunal Deshmukh's Jannat, a love story set against the backdrop of match fixing. Co-starring alongside Sonal Chauhan, Javed Sheikh and Sameer Kochhar, Hashmi was cast as Arjun Dixit, a bookmaker. His performance was appreciated by critics; Taran Adarsh commented that "the actor displays the gamut of emotions with aplomb, he changes expressions like a chameleon changes colors. Jannat is yet another turning point in his career." The film emerged as a commercial success in India, with revenues of over ₹420 million (US\$6.5 million). Emraan Hashmi is posing with co-stars Hashmi with co-stars Tusshar Kapoor (left) and Vidya Balan at the audio release of The Dirty Picture, 2011

In 2009, Hashmi appeared in Mohit Suri's supernatural horror Raaz – The Mystery Continues, alongside Kangana Ranaut and Adhyayan Suman. The film's domestic collection exceeded ₹340 million (US\$5.3 million), and emerged as a success. Hashmi's portrayal of a painter attracted favourable reviews; The Times of India's Nikhat Kazmi wrote: "Emraan Hashmi is fast emerging as the Colin Farrell of Indian cinema: completely mercurial, eclectic and unpredictable. As the brooding, prescient painter, who paints death on his canvas and falls in love with one of subjects, he is suitably aggrieved, desperate and afraid." He then starred opposite Soha Ali Khan in Kunal Deshmukh's Tum Mile, a love story set against the backdrop of the 2005 Maharashtra floods. The film performed poorly at the box office. The following year, Hashmi featured in Milan Luthria's period action-drama Once Upon a Time in Mumbai with an ensemble cast including Ajay Devgan, Randeep Hooda, Kangana Ranaut and Prachi Desai. The picture, which depicted the rise of organised crime in

Mumbai, saw Hashmi play Shoaib Khan, a character inspired by real-life gangster Dawood Ibrahim. With a domestic revenue of over ₹780 million (US\$12 million), Once Upon a Time in Mumbai emerged as a hit, and received a positive critical reception. For his performance, Hashmi earned positive reviews from critics and received a Best Supporting Actor nomination at the 56th Filmfare Awards. Blessy Chettiar of Daily News and Analysis described him as "top class". Komal Nahta remarked: "This is easily Emraan's best performance so far. If he is cute in the

romantic scenes, he is believably tough in the action and dramatic scenes." His next release was Mohit Suri's thriller Crook, based on the violence against Indians in Australia controversy. However, the film performed poorly and was panned by critics. In 2011, Hashmi first appeared in Madhur Bhandarkar's romantic comedy Dil Toh Baccha Hai Ji, alongside Ajay Devgan, Omi Vaidya, Shazahn Padamsee, Tisca Chopra and Shruti Hassan. The film underperformed and received mixed reviews from critics, as did Hashmi's performance. He next featured in Mohit Suri's slasher thriller Murder 2, alongside Jacqueline Fernandez, Prashant Narayanan and Sulagna Panigrahi. The film, as well as his performance generated mixed reviews from critics. Shubhra Gupta of The Indian Express wrote: "Hashmi gets to do what he does best, glowering at the men, bedding the ladies, and towards the end, going head to head with the bad guy he goes through the film with his usual smart one-liners containing equal amounts of bluster and fluster." Despite this, Murder 2 was a major success; with a domestic revenue of over ₹476 million (US\$7.4 million), the film emerged as a blockbuster. Hashmi at the promotional event for Jannat 2 in 2012. Hashmi's final film in 2011 was Milan Luthria's biopic The Dirty Picture, featuring Vidya Balan as the controversial Indian actress Silk Smitha, alongside Naseeruddin Shah and Tusshar Kapoor. He was cast as Abraham, the narrator, who proclaims himself to be the protagonist's biggest enemy. The film opened to critical acclaim and Hashmi's performance was appreciated; CNN-IBN's Rajeev Masand wrote: "Emraan Hashmi is appropriately restrained as Abraham, a director who believes in film as art, and who abhors the idea of inserting steamy numbers in his movie to lure in the crowds." However, several critics were sceptical about his role in the film; Soumyadipta Banerjee from Daily News and Analysis considered it "out of place." The Dirty Picture emerged as a commercial success with a worldwide revenue of over ₹1.14 billion (US\$18 million). In 2012, Hashmi appeared in Kunal Deshmukh's crime thriller Jannat 2 with Randeep Hooda and Esha Gupta. It was initially titled "Informor", but was later changed to the current title, making it a follow-up film to Jannat (2008). [60] The film generated mixed reviews from critics, though it was a success at the box office. He then starred alongside Abhay Deol, Prosenjit Chatterjee and Kalki Koechlin in Dibakar Banerjee's Shanghai, an adaptation of writer Vassilis Vassilikos's novel Z and the 1969 French film of the same name. Set in a fictional town called Bharat Nagar, the political thriller traced corruption in India. The film opened to critical acclaim, and Hashmi received unanimous praise for his portrayal of Joginder Parmar, a videographer who sometimes shoots porn films. Madhureeta Mukherjee of The Times of India wrote that Hashmi "looks the part and pulls off an act he should be proud of." Raja Sen described it as one of his best performances and wrote: "Emraan Hashmi, delivers a knockout punch as he masters a complicated role" and called it as "the year's finest, bravest and most consistent performance. He received his second Best Supporting Actor nomination at the 58th Filmfare Awards for his performance. Hashmi's next appearance was for Vikram Bhatt's supernatural horror Raaz 3D, alongside Bipasha Basu and Esha Gupta. Though a commercial success, the film and his performance received mostly negative reviews; critic Kunal Guha commented: "[Hashmi] takes his role as seriously as he could but his efforts couldn't exorcise the devilishly terrible plot from spelling doom for this film." Lisa Tsering of The Hollywood Reporter wrote: "The swarthy Hashmi does a forgettable job. His final film of the year was Shamin Desai's delayed thriller Rush, which failed at the box



office. 2013–present

In 2013, Hashmi was first seen in Ekta Kapoor and Vishal Bhardwaj's supernatural thriller Ek Thi Daayan, alongside Konkona Sen Sharma, Huma Qureshi and Kalki Koechlin. Critical opinion on the film was mostly positive, and Hashmi's performance also drew appreciation. Saibal Chatterjee of NDTV mentioned that Hashmi "gives the character of the haunted magician just that – a haunted feel that is just apt," whilst Shubhra Gupta called his performance "consistent", adding that he "is a performer who keeps getting better".

Hashmi and Vidya Balan during the promotions of their film Hamari Adhuri Kahani. Hashmi's second appearance was for Raj Kumar Gupta's comic-thriller Ghanchakkar, opposite Vidya Balan. Critics were divided in their judgment of the film, as well as Hashmi's performance. Sneha May Francis of Emirates 24/7 wrote that "Emraan Hashmi spins one of his acting career's most understated, yet imposing performances. He crafts [his character's] predicaments – his anger, frustration and suspicions – with effortless charm. Rajeev Masand was more critical of his performance, reflecting that he "struggles to shine under the limited scope of his role." At the box office, both Ek Thi Daayan and Ghanchakkar underperformed. In 2014, Hashmi firstly starred in Kunal Deshmukh's Raja Natwarlal and Rensil D'Silva's Ungli, both of which flopped at the box office, with the latter being Hashmi's 5th consecutive failure at the box office.

In 2015, Hashmi appeared in two films. Mr. X was a disaster at the box office, along with negative reviews, the other being the long-awaited Hamari Adhuri Kahani, opposite Vidya Balan for the third time. It was commercially average despite getting mixed reviews by critics, although it received positive reactions from the audience. His next film Azhar was released on 13 May 2016 to mixed reviews. [citation needed] He has finished work on Academy Award winning director Danis Tanovic's Tigers, which premiered at 2014 Toronto International Film Festival and is awaiting theatrical release as of August 2017. He appeared in Vikram Bhatt's Raaz: Reboot, which is the fourth film in the Raaz film series and was released on 16 September 2016. Raaz Reboot was average at the box office. [citation needed] His next movie Baadshaho, directed by Milan Luthria, in which he is co-starring alongside Ajay Devgan, Ileana D'Cruz, Esha Gupta and Vidyut Jammwal, was released on 1 September 2017. He has also signed Remo D'Souza's tentatively titled Badtameez. He is currently shooting for his forthcoming film Captain Nawab, which is set to release in 2017.

## Personal life

Emraan Hashmi and Parveen Shahani looks away from the camera. Hashmi with wife Parveen Shahani in 2013. Hashmi married Parveen Shahani in an Islamic wedding ceremony on December 2006 after a six and a half year relationship. The couple have a son, Ayaan Hashmi, who was born on 3 February 2010. On January 15, 2014, Emraan's four-year-old son Ayaan was diagnosed with first-stage cancer. While Hashmi's father is Muslim and his mother was Christian, Hashmi was brought up as a Muslim and says he is a "firm believer in God. His mother, Maherrah Hashmi, died on 11 March 2016. Hashmi cancelled one day shoot of his film Azhar, when he got to know about his mother's demise. He did not want to delay the shoot of Azhar any further and also wanted to occupy his mind with work. So, he returned to the sets the soonest he could. In 2016, Hashmi launched the auto-biographical book called "Kiss Of Life".



# Shreya Ghoshal

Shreya Ghoshal (born 12 March 1984) is an Indian playback singer. She has received five National Film Awards, six Filmfare Awards including five for Best Female Playback Singer, nine Filmfare Awards South, three Kerala State Film Awards, two Tamil Nadu State Film Awards and many other awards. She has recorded songs for film music and albums in various Indian languages and has established herself as a leading playback singer of Indian cinema.

Ghoshal aspired to become a playback singer from an early age. At the age of four, she started learning music. At the age of six, she started her formal training in classical music. At the age of sixteen, she was noticed by film-maker Sanjay Leela Bhansali when she entered and won the television singing reality show Sa Re Ga Ma Pa. Following that, she made her Bollywood playback singing debut with Bhansali's romantic drama Devdas (2002) for which she received a National Film Award, a Filmfare Award for Best Female Playback Singer and Filmfare RD Burman Award for New Music Talent.

Apart from playback singing, Ghoshal has appeared as a judge on several television reality shows and she also appears in music videos. She performs in musical concerts around the world. She has been honored by United States state of Ohio, where Gov. Ted Strickland declared 26 June 2010 as "Shreya Ghoshal Day". In April 2013, she was honoured in London by the selected members of House of Commons of the United Kingdom. She also featured five times in the Forbes list of the top 100 celebrities from India. In 2017, Ghoshal became the first Indian singer to have her wax figure in Madame Tussauds Museum.

## Early and personal life

Shreya Ghoshal was born on 12 March 1984 to a Bengali Hindu family in Baharampur, Murshidabad district, West Bengal. She grew up in Rawatbhata, a small town near Kota in Rajasthan. Her father, Bishwajit Ghoshal is an electrical engineer and works for the Nuclear Power Corporation of India, and her mother, Sarmistha Ghoshal, is a literature post-graduate. She has a younger brother, Soumyadeep Ghoshal. At the age of four, she started learning music.

Shreya Ghoshal completed her schooling up to eighth grade at the Atomic Energy Central School in Rawatbhata. In 1995, she won the All India Light Vocal Music Competition, New Delhi, organised by Sangam Kala Group, in Light Vocal group in sub-junior level. In 1997, when her father was transferred to the Bhabha Atomic Research Centre, she was relocated to Mumbai, with her family and studied at the Atomic Energy Central School in Anushakti Nagar. She joined the Atomic Energy Junior College to study science. She withdrew from the junior college and enrolled at the SIES College of Arts, Science, and Commerce in Mumbai, where she took up arts with English as her major. Her mother used to help her in her rehearsals and she accompanied her on the Tanpura and started practicing mostly Bengali songs. At the age of six, Ghoshal started with her formal training in classical music. She acquired training from Late

Kalyanji Bhai for 18 months and continued her classical music training with Late Mukta Bhide in Mumbai. Her first stage performance was made at a club's annual function. When she turned six, she started her lessons in Hindustani classical music. In 2000, at the age of sixteen, she participated and won the television music reality show Sa Re Ga Ma (now Sa Re Ga Ma Pa) on the channel Zee TV. On 5 February 2015, Ghoshal married her childhood friend Shiladitya Mukhopadhyaya in a traditional Bengali ceremony. Before getting married, Ghoshal dated him for almost 10 years. According to Ghoshal, apart from being a singer she loves to travel and read books but it's cooking that has a healing effect on her.

## Career

Her first ever recorded song was "Ganraj Rangi Nachato" which is a cover version of a Marathi song originally sung by Lata Mangeshkar. Her first studio album was Bendhechhi Beena, which was released on 1 January 1998, with 14 tracks. [Some of her earlier albums are O Tota Pakhi Re, Ekti Katha (1999) and Mukhor Porag (2000). Ghoshal recorded Bengali studio album Rupasi Raate (2002) Ghoshal recorded devotional songs in albums like Banomali Re (2002) and later, Krishna Bina Ache Ke (2007).

2015 started with Ghoshal's another collaboration with A.R. Rahman in Tamil film Besides rendering vocals for original Tamil duet "Pookkalae Sattru Oyivedungal" alongside Haricharan, she also dubbed its Hindi version "Tu Chale" alongside Arijit Singh and Telugu version "Poolane Kunukeyamantaa" alongside Haricharan. The original Tamil version song "Pookkalae Sattru Oyivedungal" was met with positive reviews by critics, with most critics praising the vocals of Ghoshal. Nicy V.P. from International Business Times commented on Tamil version, "Haricharan's crystal clear voice, Shreya's Hindustani driven singing lead to a chart-buster, here. With regards to Shreya Ghoshal, we have to dig deep the dictionary to come up with some new adjectives to praise her singing." Later that year, Ghoshal sang the female version of song "Hasi" from film Hamari Adhuri Kahani composed by Ami Mishra which got critical precedence over male version sung by Ami Mishra himself. Devesh Sharma from Filmfare remarked, "The female version of Hasi, sung by Shreya Ghoshal, works better than the male version, sung by guest composer Ami Mishra himself. Ghoshal elevates it with her superb effort and the softer arrangement works better for it overall. Ghoshal also performed the female version of the song "Gaaye Jaa" for the film Brothers composed by Ajay-Atul which received positive reviews from music critics. The Times of India stated, "Shreya Ghoshal scores brownie points for her rendition". Glamsham praised Ghoshal's vocals labelling them "sugary sweet and superbly controlled". Bollywood Life commented, "Shreya Ghoshal amazes the listener by making this situational song such a great listen and just for her lovely voice, one has to put this song on a loop." The same year saw Ghoshal again collaborating with Sanjay Leela Bhansali in Bajirao Mastani. She performed three songs in the film,

namely "Mohe Rang Do Laal", "Deewani Mastani" and "Pinga", all of which met with widespread critical acclaim. She also dubbed these songs in Tamil and Telugu versions of the film's soundtrack. The qawwali interlude song "Deewani Mastani" in the film fetched her sixth Filmfare Award, fifth for Best female playback singer.

In early 2016, Ghoshal provided vocals for duet "Tere Bin" from film Wazir alongside Sonu Nigam. Composed by Shantanu Moitra and written by Vidhu Vinod Chopra, the song opened to positive reviews by critics. Labelling the song as "a beautiful start for the film", critics from Bollywood Hungama commented, "Though the sound of song is quite classical for a film which is set in the current times, one can well expect that it would fit in well into the narrative. Ghoshal was next heard in song "Tum Bin Jiya" in film Sanam Re, composed by Jeet Ganguly. It was a recreation of a song with same title from 2001 film Tum Bin sung by K.S. Chitra and composed by Nikhil-Vinay. The song received positive to negative reviews. Ghoshal sang the songs "Mere Aankhon Se Nikle Aansoo" and "Ishq Ki Baarish" written by Sameer and composed by Nadeem Saifi in the film Ishq Forever for which critics compared Ghoshal singing style to veteran singer Alka Yagnik. For the song "Mere Aankhon Se Nikle Aansoo", The Times of India commented, "Shreya create magic in [the song], which is straight from the heart. Ghoshal provided vocals for song "Aatach Baya Ka Baavarla" in Marathi film Sairat composed by Ajay-Atul which was well received by critics. Ghoshal's collaboration with Ankit Tiwari in song "Jab Tum Hote Ho" from film Rustom was critically well received. Devesh Sharma of Filmfare labelled the song "sombre" and praised use of Ghoshal's "melodious" voice in the song. [Ghoshal was next heard in Tamil film Devi in which she rendered her vocals for song "Rang Rang Rangoli". Ghoshal also dubbed Hindi version of the song titled "Ranga Re" as the film was released along with Tamil in Hindi and Telugu as well with Telugu version "Rang Rang Rangare" being sung by Swetha Mohan. India West praised the Hindi version by quoting, "Ghoshal proves that she can tread Sunidhi Chauhan terrain effortlessly in parts of the song, and her strong vocals once again put up a strong case for playback singers (females)". The Tamil version of song also opened to positive reviews. In the same year, Ghoshal done an album called Gulzar In Conversation With Tagore, which consists of seven songs composed by Shantanu Moitra. In early 2017, Ghoshal rendered "Aashiq Surrender Hua" duet along with co-singer and composer Amaal Mallik from the film Badrinath Ki Dulhania. The song in itself was much appreciated for its quirky lyrics which were penned down by lyricist: Shabbir Ahmed. "Aashiq Surrender Hua" was one of the rare songs in which Ghoshal was heard in a lower register than what she usually sings in. As Swetha Ramakrishnan from Firstpost reiterated, "The best thing about the song is Shreya



Ghoshal singing in a lower pitch; something one rarely gets to hear." In regards to the singers, Gaurang Chauhan from Bollywood Life stated, "Both are a unique choice for such a song and they nail it." [Ghoshal was next heard in "Rozana" from the film Naam Shabana for which Ghoshal's vocals were specifically met with critically positive reviews. Shriram Iyengar from Cinestaan mentioned, "Ghoshal's voice brings a mesmerising touch to the song, with a perfect balance of happiness and contentment." Praising Ghoshal's vocals in "Rozana", India West commented, "To say that she makes the best out of this increasingly rare occasion in film music is superfluous." [Apart from rendering vocals for A R Rahman composed 'Do Dilon Ke' duet along with Hariharan in the Hindi dubbed version of the film: Viceroy's House Ghoshal also lent her voice for duet 'Hans Mat Pagli' in Toilet: Ek Prem Katha alongside Sonu Nigam. Both songs were critically acclaimed. Joginder Tuteja from Bollywood Hungama stated that "The combination of Sonu-Shreya takes the song to a different altogether and worthy of repeat hear."

In 2017, Ghoshal also sang "Thodi Der" duet with co-singer and music director Farhan Saeed for the film Half Girlfriend. She received a Filmfare Award for Best Female Playback Singer nomination for the song. Komoi stated, "Ghoshal's voice as sweet as honey mesmerizes the listener in Thodi Der". Glamsham reported, "Ghoshal is simply fantastic and [song] can be put on repeat mode". In the same year, Ghoshal sang two songs in fifth episode of Mix-tape, a web series launched by T-Series for which she received positive response.





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

### گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

## 48 بخالت سے سخاوت تک

**اُردو حکایت:** اک بخیل آدمی نے خوب دولت جمع کر لی لیکن آخرت کے لئے کچھ نہ کیا۔ یہاں تک کہ ایک دن وہ دُنیا سے گزر گیا اور دولت اُس کی بدبختی پر ماتم کرتی رہ گئی۔ اس بخیل آدمی کا لڑکا نہایت نیک اور دریا دل تھا۔ اُس نے غریبوں، مسکینوں اور حاجت مندوں پر اپنے گھر کے دروازے کھول دیئے اور نیک کاموں پر دولت صرف کرنی شروع کر دی۔ یہ حال دیکھ کر اک شخص نے اُس کو ملامت کی کہ تو کیوں باپ کی محنت سے جمع کی ہوئی دولت بے دریغ صرف کر رہا ہے۔ شاید تو نہیں جانتا کہ خالی آدمی کو کوئی منہ نہیں لگاتا۔ بہتر یہی ہے کہ دیکھ سچھ کر خرچ کر کیوں کہ تیری سخاوت سے فقیر، مالدار نہیں بنیں گے، البتہ تو فقیر ہو جائے گا۔ اُس شخص کی باتیں سن کر سخی نوجوان کے ماتھے پر بل پڑ گئے اور اُس نے بگڑ کر کہا۔ اے خیر سے روکنے والے! اپنی نصیحت اپنے پاس ہی رکھ۔ میرے باپ نے اس دولت کو کنجوسی سے جمع کیا تھا اور حسرت سے اُسے چھوڑ کر مر گئے۔ میں اُن کا طریقہ کیوں اختیار کروں۔ بہتر یہی ہے کہ میں اپنے ہاتھ سے لوگوں کو کھلاؤں اور اُن کی دُعائیں لوں۔ یہ میری ملکیت ہے لیکن مرنے کے بعد اس پر میرا کچھ اختیار نہ ہوگا۔ اس لئے مجھے کیا پڑی ہے کہ دوسروں کے لئے اس کی حفاظت کروں اور خزانے کا سانپ بن کر بیٹھا ہوں۔

فارسی شعر:

به دنیا توانی که عقبی خری  
بخر جان من، ورنه حسرت بری

حاصل کلام:

تو یہ تو کر سکتا ہے کہ دُنیا کے بدلے آخرت خرید لے۔ خرید لے میری جان! ورنہ پچھتائے گا۔

منظوم ترجمہ:

خرید دُنیا کے بدلے میں آخرت اے دوست  
خرید لے! کہیں حسرت نہ اُس کی رہ جائے



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

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اوج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

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



## فلسطینی صحافیوں کا وہاٹ ہاؤس کے نامہ نگاروں کی اسوسی ایشن کے سالانہ عشاءِیہ کا بائیکاٹ کرنے پر زور

بڑے صحافتی ادارے، جن میں دی انڈیپنڈینٹ بھی شامل ہے، حصہ لیتے ہیں۔ خط میں جو بائیڈن کی ممکنہ موجودگی کا حوالہ دیتے ہوئے مصنفین نے اسے ”میڈیا ہیرا پھیری کا مجسمہ اور صحافی اخلاقیات کی تجارت قرار دیا۔“ انہوں نے مزید کہا کہ، ”تقریب میں صحافیوں کا صدر جو بائیڈن اور نائب صدر کملا ہیرس کے ساتھ گھل مل جانا غزہ میں جاری نسل کشی میں ان کے تعاون کیلئے انہیں کلین چٹ دینے جیسا ہوگا۔ یہ ناقابل قبول ہے کہ پیشہ

فنانسنگ کو روکنے کی وجہ سے غزہ میں بھکری کا شکار ملین فلسطینیوں کے ساتھ اظہار یک جہتی کیلئے ۲۷ اپریل کو وہاٹ ہاؤس کے نامہ نگاروں کے عشاءِیہ کا بائیکاٹ کریں۔ واضح رہے کہ کمیٹی ٹو پروٹیکٹ جرنلسٹ کے مطابق اب تک غزہ میں اسرائیلی جارحیت کے نتیجے میں ۹۲ فلسطینی صحافی اور میڈیا کے نمائندے جاں بحق ہو چکے ہیں۔ غزہ میں اسرائیلی کی فوجی کارروائیوں کے سبب اب تک ۳۳ ہزار سے زائد فلسطینی جاں

صحافیوں نے اس خط پر دستخط کی ہے ان میں بسن عودہ، علی جد اللہ، حسام سالم، محمد زنعون، احمد المدعون، محمد

فلسطینی صحافیوں نے غزہ میں اسرائیلی جارحیت کی امریکہ کے صدر جو بائیڈن کے تعاون کے



الماسری، مریم برغوثی، احمد شہاب الدین، محمد ال کرد، سید عریقات، ایمان محمد، اور جینان ماتاری اور دیگر شامل ہیں۔ خط میں کہا گیا ہے کہ فلسطینی صحافیوں کے طور پر ہم آپ سے، عالمی

خلاف ایک خط لکھا ہے جس میں انہوں نے وہاٹ ہاؤس کے نامہ نگاروں کی اسوسی ایشن کے سالانہ عشاءِیہ کا بائیکاٹ کرنے پر زور دیا ہے۔ اس خط پر ۲۲ درجن سے زائد صحافیوں، رپورٹرز اور مصنفین نے دستخط کئے ہیں۔ فلسطینی صحافیوں نے غزہ میں اسرائیلی جارحیت کی امریکہ کے صدر جو بائیڈن کی انتظامیہ کی جانب سے تعاون کے جواب میں ”غزہ سے اظہار یک جہتی“ کے طور پر وہاٹ ہاؤس کے نامہ نگاروں کی اسوسی ایشن کے سالانہ عشاءِیہ کا بائیکاٹ کرنے پر زور دیا ہے۔ صحافیوں نے بدھ کو غزہ اور دیگر علاقوں کے ۲۲ درجن سے زائد فلسطینی رپورٹرز، مصنفین اور ملٹی میڈیا صحافیوں کی جانب سے دستخط شدہ ایک خط میں عشاءِیہ کا بائیکاٹ کرنے کا اعلان کیا ہے۔ جن

وارانہ تشویش اور خوف کی وجہ سے خاموش رہا جائے جبکہ غزہ میں صحافیوں کو حراست میں لیا جا رہا ہے، انہیں ہراساں کیا جا رہا ہے اور اپنا فرض نبھانے کیلئے قتل کیا جا رہا ہے۔ تاہم، دی انڈیپنڈینٹ کی جانب سے رابطہ کرنے پر اسوسی ایشن کے نمائندے نے کوئی جواب نہیں دیا تھا۔

بحق جبکہ ۲۶ ہزار سے زائد زخمی ہو چکے ہیں۔ خیال رہے کہ اس سالانہ عشاءِیہ کو، جو ۱۹۲۰ء سے وہاٹ ہاؤس کے نامہ نگاروں کی اسوسی ایشن کی جانب سے ہر سال منعقد کیا جا رہا ہے، کو بائیڈن انتظامیہ یا کسی دوسرے حکومتی ادارہ کی جانب سے منعقد نہیں کیا جاتا ہے۔ تاہم، امریکی صدر جو بائیڈن اس تقریب میں اسپیکر ہو سکتے ہیں۔ اس تقریب میں امریکہ کے

سطح پر اپنے ساتھیوں سے، فوری اپیل کرتے ہیں کہ غزہ میں منظم طریقے سے فلسطینی صحافیوں کے قتل عام اور ظلم و ستم میں بائیڈن انتظامیہ کے تعاون کے خلاف فوری اور اٹل کارروائی کی جائے۔ انہوں نے مزید لکھا کہ، ”ہماری درخواست ہے کہ ہم سے، اپنے ساتھی صحافیوں اور بائیڈن انتظامیہ کے اسرائیل کو مسلسل سیاسی، فوجی اور مالی امداد فراہم کرنے اور زندگی بچانے والی





## دبئی میں سیلاب مصنوعی بارشوں کیلئے قدرت سے چھیڑ چھاڑ کا نتیجہ؟

بارش مصنوعی بارش برسانے کی کوششوں کا نتیجہ تھی یا نہیں ماہرین کے بیان میں تضاد

مزید بتایا کہ کلاؤڈ سیڈنگ سے رین فال ریٹ میں سالانہ 10 سے 30 فیصد تک اضافہ ہو جاتا ہے۔ دوسری جانب برطانوی یونیورسٹی کے میٹورولوجسٹ ایڈورڈ گراہم کا کہنا ہے کہ کلاؤڈ سیڈنگ میں استعمال ہونے والا نمک ماحول کو نقصان نہیں پہنچاتا ہے۔ جبکہ متحدہ عرب امارات کے

بعد سعودی عرب، ایران نے بھی اس منصوبے میں دلچسپی کا اظہار کیا ہے۔ متحدہ عرب امارات کی جانب سے یہ پروگرام 90 کی دہائی میں شروع کیا گیا تھا، جبکہ اس حوالے سے ناسا اور نیشنل سینٹر آف

ایٹوسفیئرک ریسرچ کی خدمات حاصل کی گئیں۔ دوسری جانب وزیر کلائمٹ چیئنگ برائے ماحولیات مریم ال ماہیری کہتی ہیں کہ بارشوں کے حوالے

جائزہ لیا گیا، جس کے مطابق اس آپریشن کے بعد 10 ڈگری تک درجہ حرارت گر گیا۔ گزشتہ کئی سال سے متحدہ عرب امارات کی جانب سے خشک ماحول سے لڑنے کے لیے، ذراعت کو بڑھانے کے لیے اور پانی کے مسائل کو حل کرنے کے لیے کلاؤڈ سیڈنگ کا



استعمال کیا جا رہا ہے۔ اس آپریشن میں ہوائی جہاز کے ذریعے بادلوں میں نمک کے فلیئرز اور دیگر ضروری مادے چھوڑے جاتے ہیں۔ تاہم اس

سب میں اہم بات یہ ہے کہ اس آپریشن میں کامیاب ہونے کے لیے آسمان میں بارش والے



سے یہ ایک اہم قدم ہے، جس سے فوڈ اور پانی کی حفاظت کو یقینی بنانے میں مدد ملے گی۔ متحدہ عرب امارات نے کچھ ماہ قبل پاکستان کو بھی مصنوعی بارش برسانے میں مدد دی تھی۔

بادلوں کا ہونا ضروری ہے، جس کے تحت نمک کے فلیئرز اپنا کام کر پاتے ہیں۔ ذرائع کے مطابق سائنسدانوں کی جانب سے پانی کی طرف متوجہ ہونے والے سالٹ فلیئرز کو سالٹ کے نیبو پارٹیکلز کے ساتھ چھوڑا جاتا ہے، جس کے بعد بادلوں میں بارش کی مقدار میں اضافہ ممکن ہو جاتا ہے۔ ذرائع نے

ماہرین کی جانب سے عرب میڈیا سے بات چیت میں کہنا تھا کہ گزشتہ 24 گھنٹوں میں



کلاؤڈ سیڈنگ آپریشن کا استعمال کیا گیا ہے، ماہرین نے بتایا کہ جب بھی آسمان پر بادل ہوتے ہیں، ہم یہ کلاؤڈ سیڈنگ کا آپریشن انجام دیتے ہیں، گزشتہ 2 دن ہم نے اس حوالے سے

6 ٹریپس مکمل کیے ہیں۔ دوسری جانب نیشنل سینٹر آف میٹورولوجی کے ڈپٹی ڈائریکٹر جنرل عمر الیزیدی نے زیر گردش قیاس آرائیوں کو مسترد کرتے ہوئے کہا کہ دبئی میں بارشوں کے لئے کسی قسم کی کوئی کلاؤڈ سیڈنگ نہیں کی گئی۔ این سی ایم کے ڈاکٹر احمد حبیب نے خلیج ٹائمز کو بتایا کہ انتہائی موسمی حالات کلاؤڈ سیڈنگ کا نتیجہ نہیں تھی، کلاؤڈ سیڈنگ آپریشن کے لیے کوئی پائلٹ نہیں بھیجا گیا۔ جبکہ ماہرین کی

جانب سے کلاؤڈ سیڈنگ کے دوران متحدہ عرب امارات کے درجہ حرارت میں کمی کا بھی بغور

متحدہ عرب امارات کے کئی شہروں میں گزشتہ روز موسلا ہادر بارشوں نے تباہی مچادی، 6 گھنٹوں سے زائد بارش کے دوران انٹرنیشنل ایئرپورٹ سمیت سڑکیں، مالز دیگر پبلک مقامات برساتی پانی سے متاثر ہوئے۔ تاہم اب غیر ملکی میڈیا نے رپورٹ کیا ہے کہ متحدہ عرب امارات میں ہونے والی بارش مصنوعی بارش برسانے کی کوششوں کا نتیجہ تھی۔ متحدہ عرب امارات کی حکومت کی جانب بارشوں کے حوالے سے سائنس کا استعمال کیا گیا ہے، اس مصنوعی بارش کے پراجیکٹ کے حوالے سے متحدہ عرب امارات محکمہ موسمیات کے ادارے نیشنل سینٹر آف میٹورولوجی کی جانب سے ناسا اور نیشنل سینٹر آف ایٹوسفیئرک ریسرچ کے تعاون سے اس پراجیکٹ پر کام کیا گیا ہے۔ اس حوالے سے نیشنل سینٹر آف میٹورولوجی



اپنے بچوں کو اردو پڑھائیے

اردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے



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

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

اچھی اور پرسکون نیند:

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

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

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

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

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

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

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

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

صحت بخش یا متوازن غذا:

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

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

اچھی ذہنی صحت کا جسمانی صحت پر اثر:

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

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

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

دماغی یا ذہنی صحت کا مطلب:

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

ذہنی صحت اور جسمانی صحت:

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

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

ذہنی صحت کی خرابی اور جسمانی صحت کی خرابی:



### کوئی چیز گم ہوگئی تو یہ آیت پڑھے

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَّا رَيْبَ فِيهِ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ ﴿٩﴾ (پارہ ۳، سورہ آل عمران، آیت ۹)  
فضیلت: اگر کسی کی کوئی چیز گم ہو جائے یہ آیت پڑھنے سے ان شاء اللہ وہ چیز مل جائے گی۔

### خاندانی نا انصافی دور ہونے کے لئے آیت پڑھے

وَنَزَعْنَا مَا فِي صُدُورِهِمْ مِّنْ غَلٍّٰلٍّٰ اِخْوَانًا عَلٰى سُرُرٍّٰ مَّتَّظِلِّينَ ﴿١٣﴾ (پارہ ۱۳، سورہ الحجر، آیت ۱۳)  
فضیلت: جس گھر میں یا خاندان میں نا اتفاقی ہو تو اس آیت کو ہر فرض نماز کے بعد 11 مرتبہ پڑھ کر آسمان کی طرف منہ کر کے پھونک دیں جب تک کامیابی نہ ہو یہ عمل جاری رکھیں۔

### شادی طئے ہونے کے لئے آیت پڑھے

وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا ۗ وَكَانَ رَبُّكَ قَدِيرًا ﴿٥٣﴾ (پارہ ۱۸، سورہ الفرقان، آیت ۵۳)  
فضیلت: جس کے بیٹے یا بیٹی کا عقد نہ ہوتا ہو تو وہ اس آیت کو 21 دن تک روزانہ 3 مرتبہ پڑھے ان شاء اللہ ضرور کامیابی ہوگی۔

### نا جائز تعلقات دور ہونے کے لئے آیت پڑھے

قُلْ لَا يَسْتَوِي الْحَبِیْثُ وَالطَّيِّبُ وَلَوْ اَعْجَبَكَ كَثْرَةُ الْحَبِیْثِ ۗ فَاْتَقُوا اللَّهَ يَا اُولٰٓئِیْہِ الْاَلْبَابِ لَعَلَّكُمْ تُفْلِحُوْنَ ﴿١٠٠﴾ (پارہ ۶، سورہ المائدہ، آیت ۱۰۰)  
فضیلت: اگر کسی عورت کا خاوند کسی دوسری عورت سے ناجائز تعلق رکھتا ہو تو اسے دور رکھنے کے لئے اس آیت کو 11 دن تک 141 مرتبہ پڑھ کر کسی کھانے کی چیز پر دم کر کے کھلائیں۔ ان شاء اللہ تعالیٰ وہ ناجائز تعلق سے دور ہو جائے گا۔

### دشمن یا موذی جانور کا خوف دور ہونے کے لئے

صُمُّ بُكُمْ عُمٰی فَهُمْ لَا یَزِجُوْنَ ﴿١٨﴾ (پارہ ۱، سورہ البقرہ، آیت ۱۸)  
فضیلت: کسی دشمن یا موذی جانور کا خوف ہو تو سات مرتبہ اس آیت کو پڑھ کر اپنے سینے پر دم کریں۔ ان شاء اللہ خوف دفع ہو جائے گا۔

### دین سے غافل کے لئے یہ آیت پڑھے

اُولٰٓئِکَ عَلٰی هُدٰی مِّنْ رَبِّہِمۡ ۗ وَاُولٰٓئِکَ هُمُ الْمُفْلِحُوْنَ ﴿٥﴾ (پارہ ۱، سورہ البقرہ، آیت ۵)  
فضیلت: جو دین سے غافل ہو سیدھے راستے سے بھٹک جائے بُرے کاموں میں مبتلا ہو جائے تو اس آیت کو 101 مرتبہ پڑھ کر پانی پر دم کر کے پلائیں۔ ان شاء اللہ کامیابی ہوگی اور ضرور وہ بُرے کام چھوڑ دے گا۔



## اختیار مانتا تو الزامات لگانے والے کو کوڑے لگاتی: حریم شاہ کا مخالفین کو کرارا جواب

نک ناکر حریم شاہ نے مخالفین کو کرارا جواب دیتے ہوئے کہا ہے کہ پاک دامن عورت پر بہتان لگانا کبیرہ گناہ ہے۔ صحافی نے حریم شاہ سے سوال کیا کہ حال ہی میں سوشل میڈیا پر ان کے بارے میں کہا



جا رہا ہے کہ آنے والے دنوں میں حریم شاہ کی متنازع ویڈیو وائرل ہونے والی ہے۔ اس بارے میں آپ کا کیا کہنا ہے؟ حریم شاہ نے کہا کہ یہ دعویٰ بالکل بے بنیاد، جعلی اور من گھڑت ہے، اس وقت فلسطین کا ٹریڈ چلائیں تو ہمیں کچھ ثواب مل سکتا ہے، فلسطین پاکستان کے حالات دیکھیں، ہم مسلمان ہونے کے باوجود ویڈیوز کے پیچھے بھاگ رہے ہیں۔ حریم شاہ نے کہا کہ ہم بے حیائی کو فروغ دے رہے ہیں اور الزامات لگا رہے ہیں۔ اگر پاکستان میں اسلامی سزائیں نافذ ہوتیں اور مجھے یہ سزائیں دینے کا اختیار دیا جاتا تو میں الزام لگانے والوں کو کوڑے مارتا اور بتاتا کہ ایک پاکباز انسان ہے۔ عورت پر بہتان لگانا گناہ کبیرہ ہے۔ نک ناکر نے کہا کہ ایسے لوگوں کے پاس اگر

### ماہرہ خان سے 12 سال سے ایک طرفہ محبت ہے، علی عباس

قبول ادا کار علی عباس کا کہنا ہے کہ وہ گزشتہ 12 یا 13 سال سے اداکارہ ماہرہ خان سے ایک طرفہ محبت کرتے آرہے ہیں اور ابھی تک انہیں ان سے پیار ہے۔ علی عباس حال ہی میں مزاحیہ پروگرام مذاق رات میں شریک ہوئے، جہاں انہوں نے مختلف معاملات پر کھل کر بات کی۔ انہوں نے بتایا کہ وہ

اسکرین پر ہیں اور انہیں بتا چکی ہیں کہ دوران گہری محبت علی عباس کے مطابق انہیں



ادا کار انہیں بتا چکی ہیں کہ مناظر شوٹ کرواتے وقت وہ اس طرح اداکاری کرتے ہیں کہ وہ حقیقی محبت لگتی ہے۔ ایک سوال کے جواب میں انہوں نے کہا کہ وہ اقرا عزیز پر فدا ہیں، وہ ان کا کرش رہی ہیں۔ محبت پر بات کرتے ہوئے ان کا کہنا تھا کہ آج کل کے زمانے میں صرف ایک محبت تک محدود ہونا ناممکن لگتا ہے، ہر بار محبت ہو سکتی ہے۔ علی عباس کے مطابق محبت انسان کو جوان رکھتی ہے اور ہر انسان کو متعدد بار محبت ہو سکتی ہے۔ ایک طرفہ محبت کے حوالے سے پوچھے گئے سوال پر اداکار نے انکشاف کیا کہ وہ گزشتہ 12 سے 13 سال سے کسی اداکارہ سے ایک طرفہ محبت کرتے آرہے ہیں۔

## سلمان خان کے گھر پر فائرنگ کرنے والے شوٹرز کے تہلکہ خیز انکشافات

بالی ووڈ اداکار سلمان خان کے گھر پر فائرنگ کیس میں ممبئی پولیس نے بڑا انکشاف کیا ہے۔ تفصیلات کے مطابق ممبئی پولیس



کے جوائنٹ سی پی (کرائم) لکھمی گوتم نے بتایا کہ گلکسی اپارٹمنٹ کے باہر فائرنگ کرنے سے پہلے ملزم نے تین بار سلمان خان کے گھر کی ریکی کی تھی۔ ملزم نے سلمان خان کے گھر کے باہر 5 راؤنڈ گولیاں چلائی تھیں۔ انہوں نے بتایا کہ اس معاملے میں دو ملزمان کو گرفتار کیا گیا ہے اور دونوں بہار کے علاقے چمپارن کے رہنے والے ہیں۔ سلمان خان کے گھر پر فائرنگ کے معاملے پر ایک پریس کانفرنس میں ممبئی پولیس کے جوائنٹ سی پی (کرائم) لکھمی گوتم نے کہا کہ ہم فی الحال ہر زاویے سے تحقیقات کر رہے ہیں۔ اب تک ہم نے ایف آئی آر میں دو ملزمان کے نام شامل کیے ہیں۔ جیسے جیسے

### سلمان سے ملنے شاپا شیٹی انکے گھر پہنچ گئیں

اداکارہ شاپا شیٹی فائرنگ کے واقعے پر اظہار ہمدردی کے لیے سلمان خان کے گھر پہنچ گئیں۔ میڈیا رپورٹ کے مطابق شاپا شیٹی کے سلمان خان کی رہائش گاہ گلکسی اپارٹمنٹ پہنچنے کی ویڈیوز سوشل میڈیا پر زیر گردش ہیں۔ ویڈیو میں دیکھا



والدہ کی ہمراہ بالی ووڈ کے شینی سلمان خان کے ہیں، جبکہ دونوں پھر ملیں گی یا، دس اور اوزار جیسی کام کر چکے ہیں۔ واضح رہے کہ سلمان خان کے گھر کے باہر فائرنگ کا واقعہ پیش آیا، جس میں ملوث ملزمان کو پکڑا جا چکا ہے۔ ملزمان نے انکشاف کیا کہ وہ سلمان خان کو قتل کرنا چاہتے تھے جس کے بعد سے سلمان خان کے گھر پر ان سے اظہار ہمدردی کرنے کے لیے آنے والوں کا سلسلہ جاری ہے۔





ولی الدین

## حیدرآبادی زبان میں

امریکہ جا کو واپس آتے نہیں  
کیسے ڈالر کمائے کسی کو بتاتے نہیں  
ابھی بلاؤں جیسی بلاؤں بولتے  
گوری کے چکر میں پڑ کو بلاتے نہیں



اتا اونچا مقام نکونا  
زیادہ باتکا کلام نکونا  
درد ہونے لگا ہے کمر میں  
اتا جھک کو سلام نکونا  
صبح تم جاب پہ شام کو ہم  
گھر کا ایسا نظام نکونا



محبت کر کے ہوا ہے یہ حال چلے آؤ  
سر پہ باقی نہیں ہے ایک بال چلے آؤ  
جتے بھی غزلاں بولے تو سن لیں گے  
اپنی زبان کی آج ہے ہڑتال چلے آؤ



احمد فراز

## غزل

رنجش ہی سہی دل ہی دکھانے کے لیے آ  
آپھر سے مجھے چھوڑ کے جانے کے لیے آ  
کچھ تو مرے پندار محبت کا بھرم رکھ  
تو بھی تو کبھی مجھ کو منانے کے لیے آ

پہلے سے مراسم نہ سہی پھر بھی کبھی تو  
رسم و رہ دنیا ہی نبھانے کے لیے آ

کس کس کو بتائیں گے جدائی کا سبب ہم  
تو مجھ سے خفا ہے تو زمانے کے لیے آ

اک عمر سے ہوں لذت گریہ سے بھی محروم  
اے راحت جاں مجھ کو رلانے کے لیے آ

اب تک دل خوش فہم کو تجھ سے ہیں امیدیں  
یہ آخری شمعیں بھی بجھانے کے لیے آ



سیماب اکبر آبادی

## غزل

طوفان اٹھ رہے ہیں ماحول گلستاں سے  
اے آشیاں نشینو، ہشیار آشیاں سے  
پہنچا ہے یہ کہاں تک، آیا ہے یہ کہاں سے؟  
اندازہ سفر کر رفتارِ کارواں سے  
پرواز کا ہوں خوگر صحنِ چمن میں لیکن  
اپنے ہی آشیاں تک اپنے ہی آشیاں سے  
سجدہ نہیں ہے میرا نذرِ فتادگی ہے  
ہاتھوں میں سر اٹھا کر اٹھوں گا آستاں سے  
نزہت چمن کی لے کر آؤں گا آشیاں میں  
کھا کر قسم چمن کی جاتا ہوں آشیاں سے  
خاکِ چمن ہی وجہ آرائشِ چمن ہے  
واقف ابھی نہیں تو دستورِ خاکداں سے  
میں لفظ گن کا پہلا نقطہ ہوں وہ بھی ناطق  
قصے یہ سب بنے ہیں میری ہی داستاں سے  
جو آپ کو بھلا دے اور خود نما بنادے  
یک لمحہ غم ہے بہتر اُس عیشِ جاوداں سے  
سیمابِ مصلحت ہے یہ میری تیز گامی  
منزل سے پہلے مجھ کو ملنا ہے کارواں سے



شاہزاد تمکنت

## غزل

مرا ضمیر بہت ہے مجھے سزا کے لیے  
تو دوست ہے تو نصیحت نہ کر خدا کے لیے  
وہ کشتیاں مری پتوار جن کے ٹوٹ گئے  
وہ بادباں جو ترستے رہے ہوا کے لیے  
بس ایک ہوک سی دل سے اٹھے گھٹا کی طرح  
کہ حرف و صوت ضروری نہیں دعا کے لیے  
نمیدہ خو ہے یہ مٹی ہر ایک موسم میں  
زمین دل ہے ترستی نہیں گھٹا کے لیے  
میں تیرا دوست ہوں تو مجھ سے اس طرح تو نڈل  
برت یہ رسم کسی صورت آشنا کے لیے  
ملوں گا خاک میں اک روز بیج کے مانند  
فنا پکار رہی ہے مجھے بقا کے لیے  
مہ و ستارہ و خورشید و چرخ ہفت اقلیم  
یہ اہتمام مرے دست نارسا کے لیے  
جفا جفا ہی اگر ہے تو رنج کیا ہو شاد  
وفا کی پشت پناہی بھی ہو جفا کے لیے

تنویر پھول  
امریکہ

## غزل

اپنے تعلقات میں کب تک کچی رہے  
آجاؤ بزمِ یار میں، کچھ دل لگی رہے  
تم نے نہ ہم کو یاد کیا، ہم سے ہو الگ  
خواہش ہے اپنی، بزمِ تمہاری سچی رہے  
جینے کی ہے امنگ دلِ ناصبور میں  
جب تک نگاہِ ناز میں عشوہ گری رہے  
اک اضطرابِ شوق ہے اشعار کا سبب  
دل میں سخنوروں کے سدا بے کلی رہے  
جتنا وہ چاہیں کر لیں ستم، ہم خموش ہیں  
اُن کی نوازشوں میں نہ ہرگز کمی رہے  
دیکھے ہیں ایسے لوگ بھی مثلِ وحوش یاں  
احساس مرچکا ہے گمراہ ہیں جی رہے!  
عاشق کے دل میں ایک تمنا ہے موجزن  
پیتا رہے نگاہ سے، تشنہ لبی رہے  
غنجوں کا عارضی ہے تبسم، دعا ہے یہ  
اُس کے لبوں پہ پھول! ہمیشہ ہنسی رہے

اولیس جعفری  
امریکہ

## غزل

گلِ قفسِ صیادِ گلچیں، آشیاں گلشنِ بہار  
بیڑیاں زندانِ مقتلِ حرفِ حق، منصورِ دار  
عشق، صحرا، سنگِ منزلِ پاؤں، چھالے دشتِ خار  
سُرِ جنوں، سودا، المِ آہستگی، سینہ فگار  
آنکھ کا جل، زلفِ بادل، چاندنی، زخساں یار  
وصلِ آنچلِ رنگِ خوشبو، نازِ زیبائی، نگار  
جامِ مینا، میکدہ، خمِ تشنگی، ساقی، قرار  
کیفِ صبا، شوقِ مستی، بے خودی، توبہ، خمار  
رت جگے، ہجولیاں، عہدِ وفا، قول و قرار  
رخصتی، بندھن، پیا، سہرا، ملن، ڈولی، کبار  
آرسی، آویزے، پائل، آئینہ، سولہ سنگھار  
چشم، ترکش، تیغ، ابرو، دلِ حدف، شاعر شکار  
یادِ آہٹ، رات، فرقت، یاس، جاناں، انتظار  
دردِ بیتابی، تصورِ غم، اویس، اختر شہار

خلیل الزماں خاں  
امریکہ

## غزل

کھنچ کے خود سامنے الفاظ کا دفتر آئے  
جب کوئی چاند خیالوں میں اتر کر آئے  
ہو طلب ایسی کہ آجائے لبوں تک پانی  
چل کے خود پیاس بجھانے کو سمندر آئے  
یوں بھی ہوتا ہے نہ آئے تو نہ آئے برسوں  
اور تری یاد اگر آئے تو اکثر آئے  
وہ نہ دیکھیں گے پلٹ کر کبھی ساحل کی طرف  
آتے آتے جو سفینے کو جلا کر آئے  
جس کو خود اپنی شرافت کا کوئی پاس نہ ہو  
اپنے جامہ سے نکل کر وہی باہر آئے  
قلب محسوس کرے شعر کی لذت لب پر  
شعر ایسا ہو جو ہونٹوں پہ مکرر آئے  
جب بھی تعمیر ہوا شہر میں شیشے کا محل  
اُس پہ ہر سمت سے اڑتے ہوئے پتھر آئے  
خوں چمکتا رہا کاغذ پہ سیاہی بن کر  
ضبطِ تحریر میں کچھ ایسے بھی منظر آئے  
پاؤں ہو جائیں نہ زخمی کہیں راہوں میں خلیل  
جس کو آنا ہے مرے ساتھ سنبھل کر آئے

ڈاکٹر صادق نقوی  
امریکہ

## غزل

آنکھوں میں تشنگی تھی مکمل شباب تھا  
وہ دن گئے کہ اپنا پسینہ گلاب تھا  
دارِ المطالعہ تھا یہ شہرِ وفا کبھی  
اس شہر میں ہر ایک کا چہرہ کتاب تھا  
چونکا تو ایک نور کا دریا تھا سامنے  
دیکھا تو دو قدم پہ مرے آفتاب تھا  
وہ جس کے ہاتھ پھول کی پتی سے کٹ گئے  
بخاروں کی نظر میں بڑا کامیاب تھا  
کچھڑ کے پھول اونچے مکانوں میں جا بے  
میرے شہر میں ایک یہی انقلاب تھا  
وہ جس کی فکر چاند ستارے سمیٹ لے  
اپنے ہی گھر میں دُفن وہ خانہ خراب تھا  
صادق تھا جس کا نام اُسے جانتے تھے لوگ  
وہ بھی صدائقوں کے صحیفے کا باب تھا





On the lighter side....

Sitting in the bar George asks his 40-year-old friend John, "How come you aren't married?" John replies, "I haven't found the right woman yet." "So what are you looking for?" "Oh, she's got to be real pretty, a good cook, and house keeper. She's got to know how to handle money, have a nice and pleasant personality, and money. She's got to have money. And a nice big house wouldn't hurt either." "A woman like that would be crazy to marry YOU!" says George. "Oh, it's okay, if she is crazy."

Last night I was relaxing on the sofa watching TV when I heard my wife's voice from the kitchen: "Oh sweetheart, what would you like for dinner, my love? Chicken, beef or lamb?" I said, "Thank you, darling. I think I'll have chicken." She replied, "You're havin' a peanut butter sandwich. I was talkin' to the dog!"

A dog walks into a butcher shop and the butcher asks, "What do you want?" The dog points to steak in a glass case. "How many pounds?" The dog barks twice. "Anything else?" The dog points to some pork chops and barks four times.

So the butcher wraps up a two-pound steak and four pork chops, and places the bag in the dog's mouth. He then takes money from a purse tied around the dog's neck, and sees him out. A customer, who has been watching in amazement, follows the dog to a house several blocks away, where it rings the doorbell to be let in. As the owner appears at the door, the customer says, "What a remarkable dog!" "Remarkable?" snorts the owner. "This is the second time this week he's forgotten his keys."

Two idiots were standing looking at the sun. They were arguing. One said it was the sun while the other one said it was the moon.



A

On the very special night, a mouse walks up the lion and says, "Congratulations brother!" The lion looks at the mouse and says, "Thanks, but since when am I your brother?" The mouse replied, "Well, I was once a lion too, then I got married."

Two students were arguing when their teacher entered the classroom. The teacher says, "Why are you arguing?" One boy answers, "We found a ten dollar bill and decided to give it to whoever tells the biggest lie." "You should be ashamed of yourselves," said the teacher. "When I was your age I didn't even know what a lie was." The boys gave the ten dollars to the teacher.

I was sitting at the counter of a restaurant when a gentleman sat in the seat beside me. I watched as he ordered a cup of coffee and put about fifteen spoonful's of sugar in it. He took a sip without stirring it. I remarked, "You didn't stir your coffee." He said, "I know, I don't like it sweet."

April teaches many aerobic classes. She told a lady who was looking to sign up for the class to wear loose fitting clothing to the class. "Honey," the lady replied, "if I had any loose fitting clothing, I wouldn't be signing up for an exercise class."

My girlfriend left a note on the fridge saying, "It's not working. I can't take it anymore. I am going to my mothers."

I opened the fridge. The light came on, the beer was cold. I can't figure out what she's talking about

"Mary, if you were a four legged animal and you were pregnant for two years, what would you give birth to?" "I don't know," said Mary, "but whatever it is, it would never be afraid of the dark."

third guy happened to walk by. They asked him, "What is that in the sky?" The man simply replied, "Sorry, I can't help you. I'm not from this area."

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great I would recommend it very highly. The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Nurse: "Doctor, doctor! The man you've just treated collapsed on the front step! What should I do?" Doctor: "Turn him around, so it looks like he was just arriving!"

The lion married off a child. Being the king of the jungle, he invited all the animals for the wedding.



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