



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

JULY 2021 Vol 12, Issue 7

Beijing to celebrate centenary of China's Communist Party

China is poised to mark the 100th anniversary of the founding of its ruling Communist Party, with celebrations at Tiananmen Square in Beijing capping weeks of performances and exhibitions nationwide.

President Xi Jinping, China's most powerful leader since Mao Zedong, will deliver what state media have described as an "important" speech at the iconic Tiananmen Square in Beijing, where there has been heavy security.

Xi and the party are riding high as China recovers briskly from the COVID-19 outbreak and takes a more assertive stand on the global stage, although Beijing also faces criticism over its actions in Hong Kong and Xinjiang, and contends with a worsening demographic outlook that imperils long-term economic growth.

The Chinese Communist Party, which came to power in 1949 under Mao, initially recruited peasants and workers, but has evolved to embrace markets and

entrepreneurship under "socialism with Chinese characteristics" while retaining a Leninist model of authoritarianism.

Party ranks swelled by 2.43 million in 2020, the largest annual gain since Xi became president in 2013, to 95.15 million members now, data released

Xi presided over theatrical performances at the "Bird's Nest" National Stadium in a show attended by thousands and that state media described as "epic".

(Reporting by Ryan Woo; Editing by Tony Munroe and Clarence Fernandez)

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Pakistan not to partner with United States in war

Pakistan would never again partner with the United States in war, said Pakistan Prime Minister Imran Khan on Wednesday and added that as a Pakistani he had never felt more "insulted" than when his country decided to join the United States war on terror.

"Pakistan could be partners with the United States in peace but never in conflict," said Khan during the National Assembly's budget session as he covered wide-ranging subjects, Dawn newspaper reported.

"When we gave so many services, did they (US) praise us or acknowledge our sacrifices? Instead, they called us a hypocrite and blamed us. Instead of appreciating us, Pakistan was bad-mouthed," he said. "We decided to become a front-line state for the American war on terror. I questioned repeatedly, what did we have to do with the war?"



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ISSN 2159-9645

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published monthly
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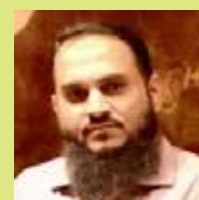
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Elyas Mohammed
Charlotte, NC



As President I had the chance to review requests for clemency from people who were incarcerated. It was a task I never took lightly, since I knew my decision could change the

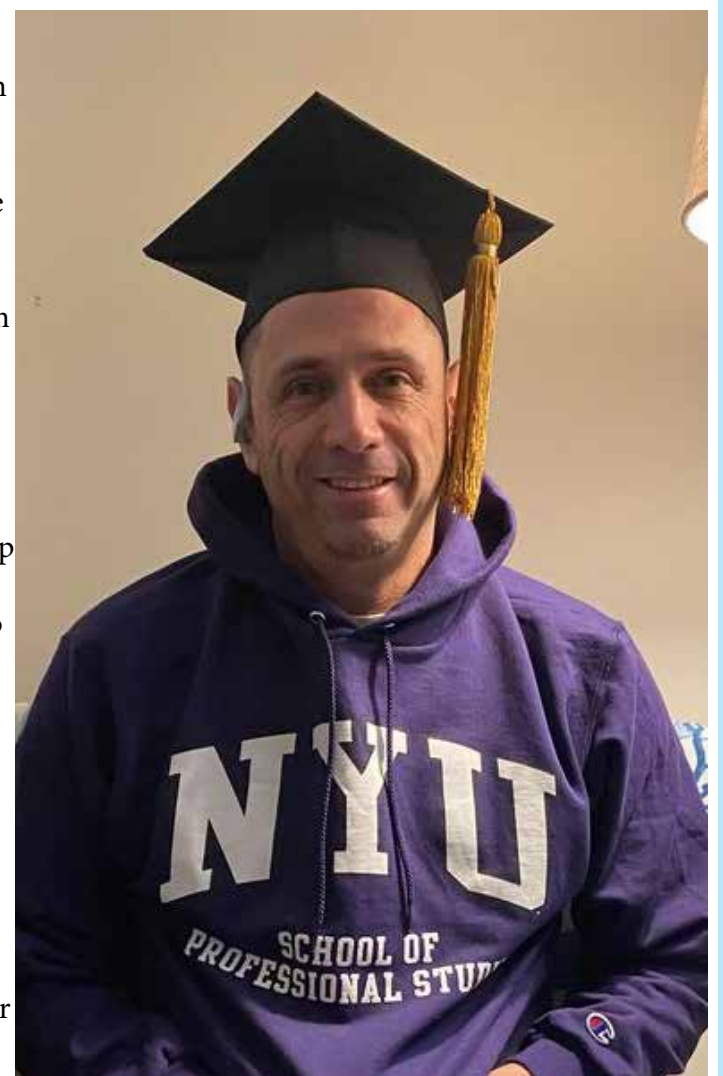
course of someone's life.

That was certainly true for John Gargano, Jr. I granted John clemency in 2016, and just last month, he graduated from New York University with an impressive 3.9 GPA and a Bachelor of Science in Leadership and Management Studies. John grew up on a small vegetable farm in New Jersey. He later moved to Philadelphia after high school and began working various jobs to make ends meet. While there, he started using and selling drugs and was ultimately arrested and sentenced to 30 years in prison, despite being a non-violent first-time offender. For the first three years he was incarcerated, John didn't want to talk to anyone. But he eventually vowed that he "would refuse to allow his sentence to break him" and turned to education to "inspire and restore his hope for the future." He started taking classes through the Ohio University College Program for the Incarcerated, and helped others

prepare for their GED.

After John was granted clemency, the transition out of the criminal justice system wasn't easy. But he credits family and programs like the Coming Home Project at St. Luke's Mt. Sinai Hospital in Manhattan, the Three Strikes Project at Stanford University, and the Colleges Initiative at John Jay College for helping him make it through. In 2017, John enrolled at Hostos Community College and graduated with a 4.0 GPA and an Associate's degree in Business Management. In 2019, he transferred to NYU on a scholarship where he continued to excel in his studies, participating in their Leadership Fellows program and working as a manager at a restaurant. He also worked to help others who were incarcerated find jobs or pursue higher education.

Last month, John was selected by his classmates to serve as NYU's undergraduate student convocation speaker. Today, he works as a general manager at one of Chef Tom Colicchio's restaurants in New York City and is an advocate for prison reform. John's life is a testament to the power of a second chance—and I could not be prouder of him.





Great town hall meeting with Congressman, General Bergman from Michigan and Congressman, Admiral Jackson from Wichita Falls Texas. This is political influence of PAKPAC and activism of its members that two great congressmen, experts on war and military affairs as well as foreign policy, fly to meet us. We discussed US policy on China as well as withdrawal of US troops from Afghanistan and importance of better relationships with Pakistan.

Thanks you Arif Mahmood, National Board member of Pakpac for opening the doors of your beautiful house and being such a great host. Thanks you Saba Shabnam, founding president of Texas Chapter for co hosting the event! Thank you everyone who took time off your weekend and joined.

Best regards

Rao Kamran Ali



Memorable pictures of Khaja Kamaluddin with Late Hasan Chishti Saheb, late Moinuddin Saheb, Prof. Abdul Hakeem and Prof. Ehsan Aherari

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Possible Road to Palestine's Independence

M. Basheer Ahmed, M.D

In May 2021 54 Israeli warplanes released 110 rockets and bombs on about 35 targets daily on Gaza city, killing hundreds of innocent people including children, creating one of the worst humanitarian crises of the century. The battle between Hamas and the Israeli military has damaged 17 hospitals and clinics, destroyed sewage systems, a desalination plant providing water to 250,000 people. Due to persistent bombing, injured people are dying since the ceasefire, due to a lack of medical attention. The humanitarian aid cannot reach Gaza due to the Israeli blockade. The bombing forced some 72,000 Gazans to flee their homes. 12 Israelis, including a child, were killed by rockets from Gaza.

The high civilian death toll and damage to civilian infrastructure have raised questions about Israel's adherence to the international laws of war. Hamas, which has fired more than 3,000 rockets at Israeli cities and towns, and the international community also regards this as violating global war laws.¹

On April 13, the first day of the Muslim holy month of Ramadan, a squad of Israeli police officers cut the cables to the loudspeakers at Al Aqsa mosque as the Israeli president was delivering a speech at the Western Wall, and Israeli officials were concerned that the prayers from loudspeakers would disturb his speech. The loudspeaker incident was followed almost immediately by a police decision to close off a popular plaza outside the Damascus Gate, where young Palestinians gather in Ramadan.²

The continuous police raid at Al Aqsa during Ramadan was one of major reason that led, to the resumption of war between Israel and Hamas.

The other significant incidents were related to the ongoing Israeli policy to evict Palestinians from their homes and give their property to Jewish settlers. Palestinians regard this as ethnic cleansing. A short video confirmed that Jews could walk into Palestinian homes and usurp them. Palestinians must give up their lands to the settlers. The Palestinians are blamed for the violence by pointing out that Hamas fired those rockets in the first place. Israel claims the right to defend itself but at the same time does not grant this same right to Palestinians. Thomas Friedman of the New York times alerted that Israeli Prime Minister Netanyahu was looking for an excuse of war to hold on to his power. Netanyahu was desperate to stay in power and avoid possibly going to prison if convicted in his current corruption trial.³ Jews and Muslims have been coexisting in the region since the beginning of Islam in the seventh century. The Israel-Palestine conflict is a very modern phenomenon beginning in 1948. Thousands of Jews left Europe to escape persecution and establish a homeland in Israel, Palestine, under the Ottoman empire. In 1917, Britain issued its famous Balfour Declaration promising the Jews a homeland in British-controlled Palestine. The Holocaust galvanized global public opinion in support of Jews and accelerated Jewish immigration to Israel. In 1947 the UN proposed splitting the land into a state for Jews (Israel) and Arabs (Palestine).

Regional Arab leaders invaded to keep Palestine unified but he Israeli forces won. Israeli Zionist regime, uprooted and expelled entire Palestinian communities, creating about 700,000 refugees.⁴ In 1967, Israel fought another war with its neighbors, during which it militarily occupied the West Bank and Gaza. Today, the West Bank is under Israelis, and Gaza is independent but under military blockade. Israel became an apartheid regime that expelled most Palestinians and treated the remaining 6 million Palestinians as second-class citizens, denying entry to their towns and illegally encroaching onto their houses and property. Netanyahu has expanded the settlements and has destroyed any hope of a two-state solution.

By launching rockets and other attacks at Israelis, Hamas has not offered a solution to the issue. Rockets

fired by Hamas are not enough to negate the systematic violence that the Palestinians have been experiencing through the decades. Since Hamas took over Gaza in 2006, Israel has invaded or launched extended bombing campaigns in Gaza every few years, destroying the infrastructure and killing hundreds of people. Under Hamas's control, the killing of Palestinians did not stop. Fatah in West bank has a long record of corruption and mismanagement, which were the significant factors that helped Hamas win parliamentary elections in 2006.

The Solution:

The Palestine Problem is one of the most challenging problems of recent global history. The core issues to the conflict are:

- 1) Israeli withdrawal from occupied territories,
- 2) Israeli acknowledgment of a Palestinian state and self-governance,
- 3) Arab nations acceptance of Israel's right to exist,
- 4) the right of return by Palestinian refugees.

Every time violence between the Israelis and Palestinians erupts, governments worldwide urge de-escalation, and then a cease-fire agreement is reached. It has been a pattern and, if repeated, the problem will not get solved until Palestinians lose all the territory and leave their country forever.

Israel has built a modern economy that excels in nuclear, and biotechnology by obtaining the highest education and hard work. However, a technologically advanced Israel does not have a right to steal Palestinian land, kill its people, and create the most prolonged, brutal occupation in modern history.

The US provides Israel with billions of dollars in military and financial support, but Israel does not care about pressure from the US to resolve the Israel-Palestine conflict.⁵

There is no difference between Obama, Trump, or Biden's policies regarding Israel. However, it is the first time US legislators are questioning the \$3.8 billion a year in military assistance the US provides to a highly technologically developed rich country like Israel! The Hamas missiles do not inflict much damage on Israel due to the Iron Dome air-defense system. They are well protected; they do not have to destroy Gaza. Most people understand the frustration of people in Gaza, an independent territory of Palestinians surrounded by hostile Israelis who restricted trade, transportation, and all movements, which make Palestinians feel like living in prison. When Palestinians see the escalation in atrocities, they get frustrated.

Immediate short-term solutions:

Protests are necessary to disseminate correct information about oppressors and to gain public support. We need to engage all sects of Muslims and non-Muslims to show strong unified support. Engage elected officials to support the cause. For the first time in history, US Senators and Congresspersons spoke emotionally and eloquently about Israel's apartheid policies. It influenced to cause an immediate cease-fire and the further destruction and loss of Palestinian lives.

The protests must continue as a unified MOVEMENT until justice and liberation of Palestinian people are achieved. We have protested umpteenth times, achieving cease-fires and momentary peace. It is time to change protests into a MOVEMENT. The protests last summer in the US made young people, including Jews, understand racism more explicitly. It makes them aware of the nature of the Israel/ Palestine situation and realizes it is the same system.⁶ This is a good opportunity to engage young people in the US by providing vital information about the Israeli-Palestinian conflict and engaging them worldwide. Supporters of Israel should realize that it's not anti-Semitic to criticize Israel for possible apartheid policies and war crimes.

Long term solution:
United Palestinian Movement

Palestinians must have a strong leader representing both Palestinians in West Bank and Gaza.. It must control the ego and resist forces luring to their corruption and division.

Without solid Palestinian leadership, the independence movement will not be successful. Palestinians must depend on themselves with self-confidence, build positive relationships with all countries supporting their cause, change worldwide opinion without making ineffective threats, and develop strategic planning to succeed. Anger and emotional reactions will not lead to any success.

Self-reliance cannot be achieved until Palestinians excel in the field of science and technology and focus on industrial development. Give young people the opportunity to excel in science and technology as the Koreans, Japanese, and Chinese did when they gained their independence. They were in the same shape as Palestinians when they broke the shackles of colonialism. Muslims were at the forefront of all fields of science and technology for 1,000 years. Their decline started due to the lack of education. The independent Palestinian state requires Islamic ethics and morals, not like the current Islamic States built on corruption, dishonesty, and dictatorship, and then develop into an industrial state like Taiwan, Korea, or Singapore HOW Can??

Receive aid initially for 5-10 years or longer for education and then build institutions for higher learning to free themselves from dependency on others Palestinians must not depend on Muslim countries or Non-Muslim Western powers to rescue them. Clarify Our prayers for 70 years have not produced any results because Allah has stated clearly in Quran: "... God does not change the condition of a people unless they change themselves..." (13:11). We need to follow Allah's commandments with a deep understanding of the Quran, which directs Muslims to learn, reflect, and ponder upon life and the universe around us.

I do hope that Palestinians will make every effort to have a unified leadership with strategic planning to develop a movement to gain independence. This is a vital step they must take.

Footnotes:

1) Declan Walsh "When Fighting Erupts Between Israel and Hamas, the Question of War Crimes Follows" N Y Times May 16, 2021

2) Patrick Kingsley "After Years of Quiet, Israeli-Palestinian Conflict Exploded. Why Now?" New York Times May 17, 2021

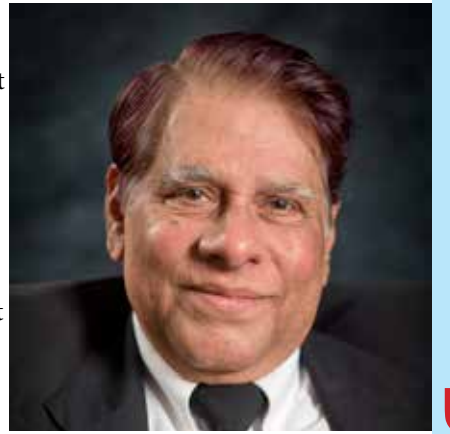
3) THOMAS L. FRIEDMAN "For Trump, Hamas, and Bibi, It Is Always January 6" New York Times May 16, 2021

4) Zack Beauchamp "What is the Nakba?" VOX May 14, 2018

5) Zack Beauchamp "Obama and Netanyahu hate each other. But don't expect America to turn on Israel." Vox October 28, 2014,

6) Elizabeth Dias and Ruth Graham "The Gaza Conflict Is Stoking an 'Identity Crisis' for Some Young American Jews" N Y Times May 19, 2021

Dr. Basheer Ahmed is the former professor of psychiatry, South Western Medical School, Dallas, Texas, and chairman emeritus MCC for Human services North Texas. He Can be reached at mbahmed05@yahoo.com



MIDDLE EAST PAGES

MIDDLE EAST PAGES



Khak-E-Taiba Trust (KTT) Jeddah, officer bearers, Mohammed Shameem Kausar, Chief Patron and Overseas Trustee, Dr. Ashfaq Maniyar President KTT & Senior ophthalmologist, Salman Jibrán, Admin, Mohammed Yas-een, JS and Imran Kausar GS KTT, welcomed H.E Mohd Shahid Alam at the Consulate General Of India by presenting him a flower bouquet on his new assignment as the Consul General of India, Jeddah Saudi Arabia



From HE Ausaf Sayeed

It was a pleasure participating in the Regional conference of the Indian Ambassadors in the GCC countries at Kuwait chaired by Hon'ble External Affairs Minister Dr. S. Jaishankar. The Conference focused on the welfare of the Indian community amidst Covid pandemic.

The EAM directed all Ambassadors to focus on five priority areas:

1. Ensuring utmost welfare of the Indian community in respective jurisdictions.
2. Facilitating reuniting of families separated by Covid disruption.
3. Interceding for early return of Indian talent and skills who left the Gulf during the pandemic.
4. Encouraging speedy resumption of flights to Gulf destinations to help NRIs.
5. Strongly push our trade interests that contribute to economic recovery at home.

Saudi Arabia launches National Transport and Logistics Strategy

RIYADH: Saudi Arabia's Crown Prince Mohammed bin Salman on Wednesday launched his country's National Transport and Logistics Strategy.

The comprehensive program aims to position the Kingdom as a global logistics hub connecting three continents, and improve all transport services in support of Saudi Vision 2030.

A host of game-changing projects are planned to help achieve the strategy's economic and social goals, along with improved governance to enhance the work of the organizations involved. It also reflects the renaming of the Ministry of Transport as the Ministry of Transport and Logistics Services.

"This strategy will strengthen human and technical capabilities in the transport and logistics sector in the Kingdom," the crown prince said.

"It will enhance the connection with the global economy and enable our country to invest its geographical position, in the middle of three continents, in diversifying our economy by establishing an advanced logistics-services industry, building high-quality systems of services, and applying competitive business models to enhance productivity and sustainability in the logistics sector.

"Transport and logistics are a major focus of the programs of the Kingdom's Vision 2030 and a vital enabling factor for economic sectors toward sustainable development."

He added that areas covered by the strategy include the development of infrastructure, the launch of a number of platforms and logistics zones in the Kingdom, the implementation of advanced operating models and systems, and the building and enhancement of effective partnerships between the government and the private sector.

It has four main goals: to transform Saudi Arabia into a logistics hub; boost the quality of life across the country; enhance fiscal sustainability; and improve the perfor-

mance of public entities. Crown Prince Mohammed said that the strategy also aims to move Saudi Arabia into fifth place globally in terms of number of transit passengers, increase the number of international destinations served by the country to more than 250, and launch a new national air carrier. The successful implementation of these projects will help other sectors, such as Hajj, Umrah and tourism, to achieve their own goals for improvement and growth.

The new strategy also seeks to improve the capabilities of the air cargo sector by doubling its capacity to more than 4.5 million tons.

Regarding the plans for maritime transport, the crown prince said: "The strategy enables us to reach a capacity of more than 40 million containers annually." He added that it includes associated investments in developing port infrastructure and enhancing integration with the logistics sector, as well as expanding connectivity with international shipping lines and improving integration with rail and road networks, which will contribute "to improving the efficiency of the transport ecosystem and its economics."

He said that the Kingdom's railways currently provide passenger and freight services through a network of 5,330 kilometers of track, 450km of which is the Haramain high-speed railway between Mecca and Madinah, the largest high-speed transport project in the region.

The new strategy will increase the total length of the rail network to an estimated 8,080km. It includes a "land bridge" project that will span more than 1,300km and connect the Kingdom's ports on the coast of the Arabian Gulf with those on the Red Sea coast. It will have the capacity to transport more than 3 million passengers and 50 million tons of freight annually, opening up new opportunities in the areas it passes through.

It is hoped that it will improve the Kingdom's logistics performance index so that it ranks among the top 10 countries in the world. By providing an open market

for operators and investors in railways, it aims to encourage interconnection between Arab Gulf states and position the Kingdom as an influential force in the regional and international transport economies.

The crown prince stressed that the strategy builds on important existing pillars, such as the Kingdom's road network, which provides a high level of connectivity that compares well with global benchmarks.

The new strategy aims to position the Kingdom among the most advanced countries in terms of road quality and safety. To achieve this, it includes initiatives designed to reduce the number of road-traffic accidents, implement the best global practices, achieve efficient connectivity, and develop public transport in Saudi cities.

In addition there are environmental goals, including enhanced sustainability, a reduction in fuel consumption by 25 percent, and the provision of smart solutions to transport challenges through the adoption of cutting-edge and innovative global technologies.

One of the main objectives of the strategy, the crown prince noted, is to increase the contribution of the transport and logistics sector to national gross domestic product from the current 6 percent to 10 percent. This will help to fuel business growth, expand investments, and increase the sector's non-oil revenues to about SR 45 billion (\$12 billion) a year by 2030, he said.

"We are proud of the achievements made under the leadership of (King Salman)," said the crown prince. "And we plan to move forward to achieve more leaps that benefit our country and advance its leading position in the world by increasing efforts and achieving more successes supported by our highly ambitious people."



‘Our entire world was shattered’: Parents say ex-teacher ‘brainwashed’ daughter to convert to Christianity

Carpentersville parents Yosuf Chaudhry and Amena Alvi got the shock of their lives when they learned their 15-year-old daughter had renounced her Islamic faith and secretly converted to Christianity.

But how the conversion happened was more worrisome for the Muslim couple, who are accusing a former Jacobs High School history teacher of using his position to proselytize to their daughter and other students through a Christian school club.

After nearly two years of silence, the parents are speaking out about how their family life has been disrupted. The Daily Herald was unable to speak with the



couple’s daughter, who, according to her parents, has declined to discuss the matter with the media, and even with them or with counselors.

The couple filed a complaint in federal court last October against Algonquin-based Community Unit District 300, outgoing Superintendent Fred Heid and former Jacobs history teacher Pierre Thorsen. It alleges, among other things, violations of the couple’s rights under the Establishment Clause of the First Amendment and the Fourteenth Amendment to the U.S. Constitution. They accuse the district and Heid of establishing a custom of promoting and advancing Christianity and religion through hiring and retaining Thorsen and allowing him to “promote evangelical Christianity while denigrating other religions for over 20 years.”

The couple say their concern is not their daughter’s conversion itself, but the circumstances that suggest the teenager was being pressured by the teacher about personal religious decisions. They said she previously never had taken an active interest in learning about religion, though she had been allowed the space to develop a personal relationship with God at her own pace in the Islamic tradition. She also hadn’t independently researched other faiths to come to that conclusion, the couple say.

They claim Thorsen, while acting in his capacity as a public school teacher at the Algonquin high school, groomed and indoctrinated their daughter since her freshman year.

They say Thorsen provided their daughter, who is referred to by the initials B.D. in the lawsuit, with a study Bible and introduced her to a group of adults outside school who also exerted their influence on her. The couple said they



Elyas Mohammed with United States Coast Guard Auxiliary for boating safety day at Lake Norman, NC

found text messages on their daughter’s phone from people encouraging her to become emancipated from her parents -- meaning as a minor she would have to apply in court to be granted the rights and responsibilities of an adult.

“We want people to know that it matters to us,” Chaudhry told the Daily Herald last week. He added that there would be clear outrage if the situation were reversed and a Muslim teacher were found to be converting students to Islam at a public school under the guise of education. Alvi said teachers are not supposed to push their personal religious beliefs on students.

“He was representing himself and his agenda,” she said.

District 300 suspended Thorsen for 10 days and transferred him out of Jacobs to Hampshire High School before terminating his employment in August 2019.

Charles LeMoine, an attorney with a Chicago firm representing District 300 and Heid in the case brought by the parents, declined to comment and referred the Daily Herald to documents filed in the case in which the district denies its liability.

”We don’t comment on pending litigation,” LeMoine said. “We filed a motion to dismiss, and that is pending before the court.”

In a response filed on June 22, District 300 asserts the case is about Thorsen’s alleged interactions with the student and that the district leadership had no prior knowledge of his conduct toward her to intervene. The district denied any evidence of a “widespread custom or practice” that caused the couple’s alleged injuries.

In a separate lawsuit filed by Thorsen against the district, he alleges he was forced to resign and essentially fired, documents show.

Neither Thorsen nor his attorney has responded to repeated attempts seeking comment for this story. A judge’s order requires Thorsen to file a response to the couple’s lawsuit along with any affirmative defenses by July 5, documents show.

During his last year teaching at District 300 in 2018-19, Thorsen was making more than \$93,000 in salary and benefits. He now is listed on Elgin Community College’s website as an adjunct faculty member of the history program.

”We have nothing to be ashamed of as devout Muslims and should fight for our right to be who we are without infringement,” Chaudhry said. “In a country like this where there are laws that protect our civil rights, we are not going to let people trample all over us.

Madhu Krishnamurthy, Daily Herald

IFTEKHAR SHAREEF PAGE



International Yoga day celebrated world wide , in Chicago organised by Consul General of India office at Chicago , by Consul General Amit Kumar ji , consul Ranjit Singh , consul Gupta Ji , consul Mishra ji and all the friendly staff of the office. Thanks Babu Marsh Patel , Harish Kolasani , Amit ji President of State Bank of India , Nirav K Patel , Vandana Jhingan , Rohit Joshi , Amar Upadhya and many accompanied me . Thanks hundreds of our community to make it successful at the Prestigious Grant Park , Down Town Chicago.



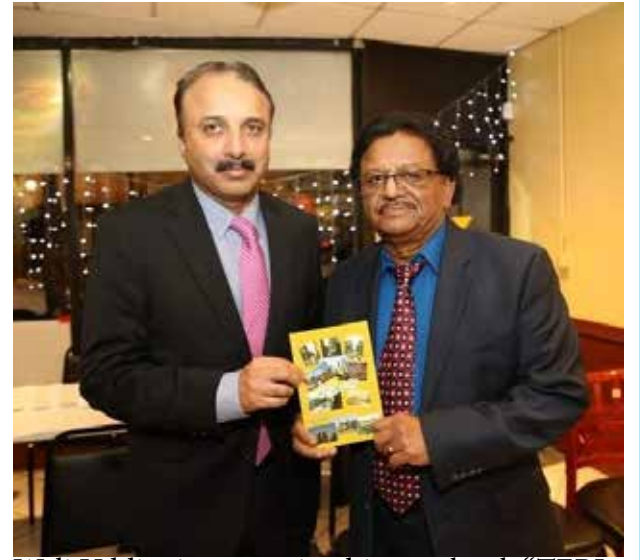
Lovely delicious home made dinner at the residence of our Indian Consul General at Chicago Honourable Amit Kumar ji . Mrs Kumar played a good host , thanks Dr Harjinder Khaira and Jitendra JD Diganvker for joining CG.



Happy to celebrate my birthday last night with my family. I also want to thank everyone from bottom of my heart who sent me wishes on WhatsApp, messenger, FB with my pics , videos , live shows and so many ways from US and India , thank you



first successful meeting of our USA cricket franchise Chicago Blasters . Rolled out schedule and other stuff . Most of the players selected for 2021 season were present along with management staff including our back bone Khurram Syed , last year's successful captain next to me . Coach , asst coach , management Syed Akram Mohiuddin , Manish Varma , VJ Nishanth VJ .



Wali Uddin is presenting his new book "TERI MERI KAHANI" to Consul general of Pakistan Chicago Mr.Tariq Karim at the function on June 23rd 2021



Artists get together: Abdul Gafoor, Muzaffar Quershi and others. Photo: Fareeduddin Sabiri



Wali Uddin with Ansar Rizvi and Syed sajjad Abedi

Wali Uddin

ولی الدین



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Syed Latif, Avni Singh and Parwaz Ekram after performing at an event in Chicago



Fareeduddin Sabiri congratulated Attorney Syed Masood Ali on his wedding. Also seen is father Maqsood Ali



Asma Nusrath with her friends outdoors



International Yoga day celebrated world wide , in Chicago organised by Consul General of India office at Chicago. Iftekhhar Shareef and others attended



A memorable picture of Honorable Consul General and present Indian Ambassador to Saudi Arabia HE Ausaf Sayeed, Hamid M. Ali, Shahid Razvi, and Khaja M. Akif. Photo Credit: Fareeduddin Sabiri



Michael Kuruvilla, the first-ever Indian American to have been hired by the Brookfield Police in the state of Illinois, is all set to be the first Malayalee American Police Chief in the United States.

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INTERNATIONAL PAGES

INTERNATIONAL PAGES

Male
Hijabi / Beard: Yes
Age: 35
Height: 5'10"
Marital status: Never Married
Legal Status: On F1
Education: Masters in Engineering Management
Profession: Project Scheduler
Residence: Texas
Religious Sect: Sunni
Language: English, Urdu, Hindi & Telugu
Ethnicity: Indian
Family: 3 Elder brothers (All Married)/ One younger Sister

LOOKING FOR: FEMALE
Age: 27-35
Height: 5'2" minimum
Marital Status: Never married/divorced(without kids)
Legal Status: US Citizen
Education: Any
Profession: Any
Residence: Doesn't matter
Religious Sect: Sunni
Ethnicity: Indian
Contact: 205-567-6126
WhatsApp #: 205-567-6126

Male
Beard: Yes
Age: 24
Height: 6'1"
Education: Pursuing dual degree MBA/MHA
Profession: Project manager
Residence: Houston, TX
Legal Status: Citizen
Marital status: Single
Religious Sect: Sunni
Language: Urdu
Ethnicity: Indian Muslim
Family: Parents and 1 older brother only

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

Male
Beard: No
Age: 27
Height: 6' app
Marital status: unmarried
Legal Status: working on EAD
Education: BE (Electrical) Mumbai University
MS(Industrial engineering)
Profession: sr. Associate in Atria New Jersey
Working on EAD
Residence: New Jersey
Religious Sect: sunni
Language: English Hindi Urdu
Ethnicity: sunni
Family: well educated

LOOKING FOR: FEMALE
Hijabi yes
Age: between 21 to 27
Height: min 5.3
Marital Status: unmarried
Legal Status:
Education: Engineer or any professional course
Profession:
Residence:
Religious Sect: sunni
Ethnicity: sunni

Contact +12055676126
WhatsApp #as above

Male
Beard: yes
Age: 27(brought in UAE and USA)
Height: 5.7"
Marital status: never married
Legal Status: H1B
Education: BE, MS (namaz Quraan with tajweed Islamic Education)

Profession: IT software
Residence: Dallas
Religious Sect: Muslim
Language: Arabic, English, French, Urdu
Ethnicity: Indian (Hyd)
Family: Father working in govt. of UAE (Ma sha Allah)

LOOKING FOR: FEMALE
Hijabi: Yes
Age: 18-25
Height: 5.3" and above
Marital Status: never married
Legal Status: US Citizen or green card or gulf born
Education: any
Profession: any
Residence: any
Religious Sect: Muslim
Ethnicity: Indian/Pakistani
Contact 2055676126

Male
Beard: No Beard
Age: 31
Height: 5'8"
Marital status: Single (Never Married)
Legal Status: Indian Citizen, Applied for Canadian PR with a score of (CLB-9)
Education: B.Tech (Computers Science, JNTU, HYDERABAD) Diploma in Leadership & Management (IIBIT, Sydney)
Profession: AWS Certified Solutions Architect Associate
Residence: Hyderabad, Telangana (India)
Religious Sect: Sunni Muslim
Language: English, Urdu, Hindi
Ethnicity: Indian
Family: Parents, 1 elder sister and 1 elder brother

1. Father: Retd. Civil Engineer, National Water Company, Jeddah
2. Mother: B.Sc B.Ed. (Teacher) MukarramJah High School
3. Sister: B.Tech, US Citizen
4. Brother: B.Tech, M.S (USA)

LOOKING FOR: FEMALE
Hijabi: Optional
Age: Less than 25
Height: 5'4" & above
Marital Status: Single
Legal Status: US or Canadian Citizen
Education: B.Tech, M.Tech B.E.
Profession: Engineer
Residence: Hyderabad based US/Canadian Citizen
Religious Sect: Sunni Muslim
Ethnicity: Hyderabad, Indian
Contact 2055676126

Male
Age: 36
Height: 5'9"
Residence: Chicago, IL
Education: Bachelor's of Science in Honors Marketing from DePaul University
Profession: Corporate Human Resources
Legal Status: U.S Citizen
Born and Raised in Chicago
Marital status: Divorced, no children
Ethnicity: Pakistani
Caste: Memon
Religious Sect: Sunni
Family: Mom and Dad. No siblings.

LOOKING FOR:
Female
Age: 26 to 34
Height: no preference
Residence: USA
Education: Bachelor's or higher
Profession: No preference
Legal Status: U.S Citizen
Marital Status: Any (no kids).
Religious Sect: Sunni
Ethnicity: Indian or Pakistani
Contact 2055676126

1-Gender: - Male
2-Marital Status: - Never Married
3-Age: - 31
4-Height: - 5ft 9"
5-Current Location: - Dallas, TX
6-Citizenship/ Status: - Permanent Resident
8- Languages Spoken: -English, Bangla, Urdu
9- Religious Sect: - Sunni

11-Education: - MS (Industrial Technology Management) from Texas State University.
14- Ethnic background: - Bangladeshi . Sister 1: Lawyer (her husband is a businessman)
c. Sister 2: Teacher (Unmarried)
Ethnicity: Bangladesh, Pakistan, or India. (Groom can speak Urdu)
Age: Below 30,
Education: At least Bachelor's degree and able to read Quran
Preference: Modest or Hijabi, prays 5x a day, loyal, honest, loving, and kind.
The bride must have a valid USA entry visa/Greencard or be a Citizen of the USA/CANADA.

Email: riaz.fe@gmail.com

Male
Beard: stubble
Age: 1992
Height: 5' 10"
Marital status: single
Legal Status: Indian
Education: engineering
Profession: software developer
Residence: lakdikapul
Religious Sect: Sunni
Language: Urdu/English
Ethnicity: Indian
Family:
Father: Retired IT professional
Mother: Homemaker
Sister: Post graduate

LOOKING FOR: FEMALE
Hijabi: open to any
Age: maximum 1996 born
Height: minimum 5' 4"
Marital Status: single
Legal Status: American
Education: Engineer/doctor
Profession: any
Residence: America
Religious Sect: Sunni
Ethnicity: Indian
Contact: +1 205 5676126
WhatsApp #

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MATRIMONY DesiMubarakRishte.Com

Hijabi / : Yes
 Age: 34
 Height: 5:3
 Marital status: khula taken
 Legal Status:
 Education: Bachelor of Arts
 Profession: working in Multi national company as a translator Arabic language specialist
 Residence: Hyderabad, india
 Religious Sect: sunni
 Language: urdu
 Ethnicity: Hyderabad India
 Family: Hyderabad

LOOKING FOR: MALE
 Hijabi / Beard: N/A
 Age: 34 to 42
 Height:5:5 and above
 Marital Status: Divorce, Widow
 Legal Status:USA, Canada, UK, Australia, India
 Education:any professional graduate
 Profession:any
 Residence:USA, Canada UK
 Australia,KSA, UAE, India
 Religious Sect:sunni
 Ethnicity: Hyderabad India
 Contact: (205) 567-6126:

FEMALE N.B
 Hijabi /No
 Age: 29
 Height: 5'5
 Education:Bachelors Degree in Business administartion and management
 Profession:Human Resource Assistant
 Residence: New Jersey Woodbridge
 Legal Status: US citizen
 Marital status: Single
 Religious Sect: Sunni (Arain)
 Language: Urdu,Punjabi, English
 Ethnicity: Pakistani
 Family: Parents and 2 brothers , 1 sister..

LOOKING FOR: MALE
 Beard: yes an short one
 Age: 29-35
 Height:5'6-6'0
 Education:Bachelors or Masters Degree
 Profession:Any descent profession
 Residence: USA or Canada prefer Tristate area or nearby states...
 Legal Status:Us citizens or Greencard holder or in process
 Marital Status:Single
 Religious Sect:Sunni
 Ethnicity:Pakistani
 Contact 2055676126

Female
 Hijabi: No
 Age: 35
 Height: 5'4
 Marital status: Divorced
 Education: B.com, Cache3, Montessori
 Profession: Teaching
 Residence: UAE
 Religious Sect: Muslim Sunni
 Language: Urdu
 Ethnicity: Pakistan
 Family: 1 son 13 years old, mother, 2 elder brothers both are married, father passed away

LOOKING FOR: MALE
 Beard: Yes
 Age: 35 to 40
 Height: 5'7 to 5'8
 Marital Status: Divorce, Widow
 Education: Atleast Masters or any professional qualification
 Profession: Any
 Residence: USA, U.K, Canada, Australia, UAE
 Religious Sect: Muslim
 Ethnicity: Any CONTACT 2055676126

Hijabi: Yes
 Age: 25
 Complexion: v.fair
 Height: 5.3
 Education:M.B.A
 Profession:
 Residence: Hyd, India
 Legal Status: Indian citizen
 Marital status: never Married
 Religious Sect:Sunni
 Language: Urdu, English
 Ethnicity: hyderabad, india
 Family: Parents and 5 elder brothers
 1)M.B.A Accounting Manager in Hyderabad
 2)M.B.A Auditor in SaudiArabia
 3)B.E, Software Engineer in U.S.A
 4)BPT, Applied for M.S in U.S.A
 5)B.E , Studing M.SIn Canadian University

LOOKING FOR: MALE
 Beard: Any
 Age: less than 32
 Height: 5.4 and above
 Education: Eng, Doctor or MBA
 Profession: Eng, Doctor or Manager
 Residence: Hyd or or Gulf Aus or USA or
 Legal Status: H1B or Hyderabad
 Marital Status:never Married
 Religious Sect:Sunni
 Ethnicity: Hyd, Indian
 Contact:
 Mother:+91 81428 03081
 Brothers:+91 81431 74190
 +19283068704

FEMALE
 Hijabi : Yes
 Age: 32
 Height: five feet 3 in
 Marital status: divorced, 2 daughters ages 5 and 8
 Legal Status: US Citizen
 Education: BA in English and AAS in Health IT, RHIT
 Profession: Billing Rep
 Residence: Chicago, IL
 Religious Sect: Sunni
 Language: English, Urdu
 Ethnicity: Indian
 Family: No siblings, lives with mother and father

LOOKING FOR: MALE
 Beard: Doesn't Matter
 Age: 32-41
 Height: about 5feet 5 in
 Marital Status: divorced, single, widowed
 Legal Status: Doesn't matter
 Education: at least bachelors
 Profession: any professional
 Residence: must move to Chicago
 Religious Sect: Sunni
 Ethnicity: Any
 CONTACT ADMIN ASLAM 2055676126 &&DMR251&&

FEMALE
 Hijabi : Yes
 Age: 1996 born
 Height: 5'4
 Marital status: single
 Legal Status: Indian
 Education: pursuing MA psychology OU
 Profession: no
 Residence: lakdikapul
 Religious Sect: Sunni
 Language: Urdu/English
 Ethnicity: Indian
 Family:
 Father - Ex IT professional from KSA
 Mother - Homemaker
 Brother - B.E from Deccan College

LOOKING FOR: MALE
 Beard: yes
 Age: 27-30
 Height: minimum 5'8
 Marital Status: single
 Legal Status: Residing in US/Canada
 Education: Engineer
 Profession: Engineer
 Residence:
 Religious Sect: Sunni
 Ethnicity: Indian
 Contact: +1 205 5676126

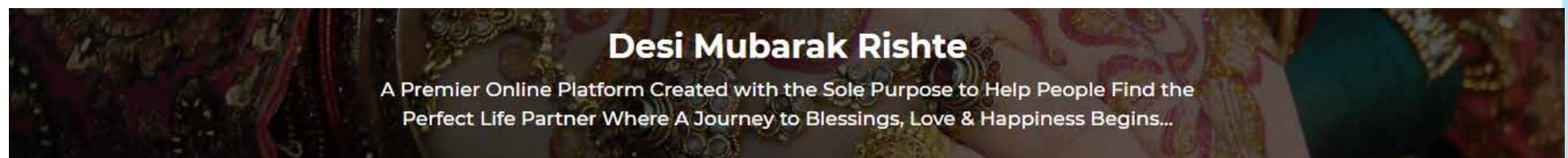
Female
 Age: 26
 Height: 5'4"
 Residence: Maryland
 Legal Status: US citizen.
 Education: BS Biological Sciences, Masters in Public Health Management.
 Profession: Research Associates.
 Marital Status: Single never married.
 Ethnicity: Pakistani.
 Religion: Muslim Sunni.
 Siblings: 2 younger brothers and a sister.
 Language: English and Urdu.
 Hobbies: Reading, traveling, and trying new foods/things.

LOOKING FOR:
 Age : 28 to 34
 Height: 5'7" or above.
 Education: Minimum of Bachelor
 Profession: Any
 Legal Status: Green card or US citizen
 Marital Status: Never married
 Religious Sect: Muslim, Sunni
 Ethnicity: Pakistani
 [7:14 PM, 5/17/2021] +1 (205) 567-6126:
 Contact Admin 2055676126

DOCTOR FEMALE:
 Name:Dr. xyz
 Age:23 yrs
 Height:5'7
 Hijabi:yes
 Complexion. Very very fair
 Residence:Hyderabad,India
 Education:MBBS - internship
 USMLE Step 1& 2 completed.
 Marital status: unmarried
 Citizenship: Indian citizen
 Ethnicity : Indian
 Religious sect: Sunni Muslim
 Family: 1. Father: Central govt employee
 2. Mother : Doctor
 3. Elder sister: Doctor (USA), Married
 4.Brother in law:Resident Doctor at Lomalinda university, California
 Language: English, Urdu, Hindi
 Hobbies: Cooking ,Spending time with family

Looking for: Male
 Age: 28-30
 Height : 5'10 n above
 Residence: USA
 Education: MBBS , MD(USA)
 Profession: Doctor
 Legal status: US citizen/ J1 visa
 Marital status: unmarried
 Religious sect: Sunni muslim
 Ethnicity: Indian
 CONTACT ADMIN ASLAM 2055676126

INTERNATIONAL PAGES



Desi Mubarak Rishte

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

INTERNATIONAL ART, CULTURE & CINEMA FESTIVAL

Avinash Tripathi

Journalist, Film Maker, Film Critic, Script Writer, TV Panelist, Educator, Columnist, Founder Director ,International Art , Culture & Cinema Festival

Avinash Tripathi has carved a niche in the field of documentary and short films. He has made more than 700 short films and various Documentary films on social issues. He is one of most visible face on Media also and perhaps the youngest news anchor on Doordarshan. He started his career as news presenter with India's National Network Doordarshan 22 years back. He does not stop here, as he is also a popular columnist of Teesra Pahlu column of Rajasthan Patrika newspaper. His journey of journalism made him one of the most prominent TV panelists on various news channels. He has written several songs, which have been sung by legendary Kavita Krishnmurti, Shaan, Kavita Seth, Anwessha and so many. A film critic, scriptwriter, adviser and jury of various film festivals across nation made him won several awards. He is Founder and Director of International Art, Culture and Cinema Festival. He is CEO and owner of Animesh Films Pvt ltd also.

Our senior correspondent had a detailed interview with him.

Q1. Tell me something about your extra ordinary journey as versatile Creative personality ?

Avinash- My origins are from Bastii, which is neighbor district of Holy Ayodhya. Writing has been my anchor since childhood. I was very introvert, so expressing thoughts on paper was easier than communicating the same verbally.

When I was very young, a touring book fair used to halt our school for few days. They had world literature books and from there I developed a taste for literature. I started reading novels, which included tids and bits of everything including international Russian literature translated in Hindi etc. Poetry became my stepping-stone to the world of expression at the tender age of 6-7 years. Cinema was not in my mind initially, but in grown up years, I began liking visual storytelling and it became another medium to express myself. Cinema, having the blend of every art form is complete in itself.

Q2. As a complete film needs different steps, which stage of filmmaking seems more interesting to you and why?

Avinash - The most important stage is Script. Script is strongest foundation for a good film. Unfortunately, in India we were not giving importance to good story. It is



the body on which all ornamentals can be placed to make it beautiful and meaningful, but the good news is that a rise in the number of good scripts can be spotted.

Q3. You developed the art of anchoring at a very young stage and did anchoring for several shows of Doordarshan. What all preparations you used to do to extract the best out of you?

Avinash - I think my interest in literature and being poet himself helped me immensely in anchoring different Program as anchor. I never had dearth of words while anchoring live. My Urdu knowledge helped me a lot in making my anchoring more soothing to ears and more effective as well.

Q4. Is this the reason of starting an international festival because you are so versatile and do so many things from poetry, to filmmaking, anchoring, theater, song writing, art exhibition and other areas of your interest?

Avinash – Actually, since my childhood, I was diversely experimental. From TV journalism, to theater direction, poetry recital, acting, modeling, song writing, sketching, Film making, film teaching, I was doing different work to find my objective in life.

According to me, the next era will be the era of creativity



and whichever country will bloom creatively will grow leaps and bounds. In this technical advancement, ideas are the new currency.

Art, itself is an umbrella term in which everything is merged. Keeping this in mind, I have tried to give an international platform to the creative talent of small towns and villages of the country. I started the International Art Festival in Jaipur in 2018. By art, I meant all spectrum of art, but people considered art limited to painting only. Thus to make it more clear, I have renamed it as International Art, Culture and Cinema Festival. This will be the first festival in the world, which will work as a bridge between both the hidden and renowned artists across the world.

Q5- how you will find artiste of that caliber in small town, villages

Avinash - India is the country of diversity, diligence and a lot of talent. The only thing needed is to look for the raw skill and polish it in international colors of fame and name. The training and polishing bit can be a cakewalk for them under this fest. Our Social organization is doing the same very religiously. Not only this, we are calling numero Uno Painter, poet, Mural /sculpture artiste, fashion designer, musical talents and filmmaker across world. Sharing the stage with international acclaimed artiste will give these small towns, talented artiste a new horizon.

Q 6- what are the different area you are going to cover in your international festival.

Avinash - in this edition, we are going to have 12 differ-



ent activities. These are film festival, Art Showcase , Film Bazaar , Music Lounge , Fashion Jalwa , Cinema to School , International Poetry Festival , Art Conservation and Restoration , Art Auction , International Photography Exhibition , Talk Shows and Meet Your Publisher. Through these 12 activities, we are trying to cover the bigger Art Canvass of India and the world. Apart from these 12 events ,we are doing Food Festival and Folk dances of India . The ultimate vision is to make India a creative powerhouse in the world. The excellent painter, dancer, filmmaker, actor poet and other artisan from all corner of the world will come to India and work collectively for betterment of creative empowerment.

Q-7- Who are the important people who are supporting your dream

Avinash - I am fortunate that I got right blend of es-teemed people to support my vision. One of the very supportive and internationally renowned folk singer ‘Malini Awasthi ‘ has agreed immediately as she got to know about festival and its vision. National Award Winning Director Ananth Mahadevan is Cinema advisor who will Mentor the young cinematic talent . Senior bureaucrat Prabhat Chaturvedi (retd IAS) is another gem of person who is more than willing to push this great social cause . Diwakar Shetty ji is strong pillar of the festival and his experience in Art and other areas will help the motive. He is renowned water conservator and social worker and he is looking after the social prerogative of the movement. Senior bureaucrat Dr. Lalit k Pawar is another gem, who is in full support of the concept. Dr Shiv Kumar international exposor is helping the festival to give it ultimate horizen . Sir Mark Tully, the famous and veteran journalist BBC, Stefano Boldorini- Poet Italy , Sudipto Sen , Rosalinda Much are other important forces behind the festival.

Q-8. As you taught cinema and screen writing at university level, do you think Children are moving towards pursuing a career in media and films rather than becoming an engineer or a doctor? Are there any good opportunities for youngsters in competitive field of media and films?

Avinash - Indian Film Industry has grown manifolds in last few years and secured an identity in world movie panorama. Media is a gamut of various job profiles and skills. Same goes with films as it requires different skilled people to make single film. Story writing, Dialogue writing, Cinematography, Lighting Director, Sound Engineer, Foley Artiste, etc are different field where one can make his/her career. Now a days there more than 1000 channels in India and they need trained and skilled people.

Q-9. As filmmaker, you think that films are losing the art of projecting realities of society these days.

Avinash - Indian Cinema Journey is very interesting. Till 60's, directors and writers used to raise issues close to realities. The arrival of Amitabh Bachchan skewed the re-

alism in cinema and brought some tinge of drama in cinema. His charismatic persona itself was enough to make any film a block-buster. His aura was so powerful that it was said that just his name or poster will do the magic. 70's and 80's decade could not produce good meaningful movie baring few movies made by Shyam Banegal, Mahesh bhatt, Govind Nihalani. They formed parallel cinema and made films which were for niche audience. Fortunately, in last 10 years creative film makers again started making issue oriented films. Now where big budget 'Bahubali' is doing good at the same time, a small budget 'Hindi medium' is also performing well.

Q-10 – Short films have emerged a lot in last few years in you are leading short filmmaker of India, how you see its future in India ?

Avinash - Short film have become the biggest tool of depicting one's creative expression. The technical barriers have also mellowed down. Now no big cameras like arri, alexa is needed anymore to make short films. With the help of good smartphone, one can convert their creative ideas into short film. There are several buyers of good short films, which is again a boost for short filmmaker to make it a commercially viable entity. The short attention span of viewers are also making short film a better creative product.

Q-11- What are your future plans.

Avinash - I have written a few scripts lately and I would be directing a movie in upcoming year. As I am poet also, so I am writing lyrics for few music directors. Now the

OTT has emerged big during lockdown and pandemic, I have written few and soon it will be aired on leading OTT channel.

However, my main Goal is to make IACCF the most respectable and renowned festival in the world. This is definitely going to make strong bridge between lesser known artiste and world fame artiste. I am planning to move the festival in all continents of the world gradually. In next edition, I am planning to take it to Australia.

Q-12 – After 5 years, how you are foreseeing your international festival?

Avinash - I am trying to host this IACCF in all 5 continents in future. The world must see the immense human talent and caliber in art arena. Every year some new Art form will be included in IACCF. I am focusing on pushing the host state talent in more rigorous manner. We have decided to make two countries as our nucleus country and two states as our nucleus state. Every year, there will be a chance to know about 2 new countries' and states' culture and cinematic journey. The Art, Culture and Cinema of these two country and state will be showcased in our festival in grand manner.

Q-13- what is the theme of IACCF 2021

Avinash - As we are doing 2021 edition of IACCF at Jaipur so have decided to depict the glorious Rajputana culture of Rajasthan. The royal feel of state will be great attraction for international artiste and tourist. the blue blood of Rajasthan has always supported the artiste and artisan of State. Our objective is to give shelter to those



dying/vanishing art forms, which bloomed during different dynasties.

Q- 14- Do you need any support from govt or any corporate for this big social and Art cause

Avinash - Such big international festival cannot be done without the support from both the government and big corporate sectors of progressive India. I appeal to all Art connoisseurs, Art lovers, Corporates and Indian government to back this mega social and Art's upliftment event.



Illegal immigrant accused of abandoning baby in trash can says she was raped before coming to US: Police

An illegal immigrant accused of abandoning her baby in a bathroom trash can at a California park was arrested Thursday and told law enforcement that the baby was conceived after she was raped in Guatemala, police said.

The 22-year-old woman, whose name has not been released for safety reasons, admitted to investigators that she gave birth to the child June 9, according to the Los Angeles County Sheriff's Department. She abandoned the newborn two days later at a park in Lynwood, California, out of fear, she said. A neighbor of the woman was asked to review the surveillance video of the suspect and identified the young mother.

"The sheriff's department has received many inquiries about adopting this baby, including from our own personnel," said Lt. John Adams of the LASD Special Victims Bureau. "We've had detectives here at our unit, we've had fire personnel, we've had nurses that treated this baby at the hospital inquire about adoption. Needless to say, this baby is quite the celebrity at this point."

Los Angeles County has a Baby Safe Surrender program, which means that a mother can surrender her baby at any fire station or hospital in the county legally with no questions asked.

Her bail is set at \$100,000 for suspicion of cruelty to a child likely to produce great bodily injury or death.

Yahoo News
Haley Victory Smith

Nearly all COVID deaths in US are now among unvaccinated

Nearly all COVID-19 deaths in the U.S. now are in people who weren't vaccinated, a staggering demonstration of how effective the shots have been and an indication that deaths per day — now down to under 300 — could be practically zero if everyone eligible got the vaccine.

An Associated Press analysis of available government data from May shows that "breakthrough" infections in fully vaccinated people accounted for fewer than 1,200 of more than 853,000 COVID-19 hospitalizations. That's about 0.1%.

And only about 150 of the more than 18,000 COVID-19 deaths in May were in fully vaccinated people. That translates to about 0.8%, or five deaths per day on average.

The AP analyzed figures provided by the Centers for Disease Control and Prevention. The CDC itself has not estimated what percentage of hospitalizations and deaths are in fully vaccinated people, citing limitations in the data.

Among them: Only about 45 states report breakthrough infections, and some are more aggressive than others in looking for such cases. So the data probably understates such infections, CDC officials said.

Still, the overall trend that emerges from the data echoes what many health care authorities are seeing around the country and what top experts are saying.

Earlier this month, Andy Slavitt, a former adviser to the Biden administration on COVID-19, suggested that 98% to 99% of the Americans dying of the coronavirus are unvaccinated.

And CDC Director Dr. Rochelle Walensky said on Tuesday that the vaccine is so effective that "nearly every death, especially among adults, due to COVID-19, is, at this point, entirely preventable." She called such deaths "particularly tragic."

Deaths in the U.S. have plummeted from a peak of more than 3,400 day on average in mid-January, one month into the vaccination drive.

About 63% of all vaccine-eligible Americans — those 12 and older — have received at least one dose, and 53% are fully vaccinated, according to the CDC. While vaccine remains scarce in much of the world, the U.S. supply is so abundant and demand has slumped so dramatically that shots sit unused.

Ross Bagne, a 68-year-old small-business owner in Cheyenne, Wyoming, was eligible for the vaccine in early February but didn't get it. He died June 4, infected and unvaccinated, after spending more than three weeks in the hospital, his lungs filling with fluid. He was unable to swallow because of a stroke.

"He never went out, so he didn't think he would catch it," said his grieving sister, Karen McKnight. She wondered: "Why take the risk of not getting vaccinated?"

The preventable deaths will continue, experts predict, with unvaccinated pockets of the nation experiencing outbreaks in the fall and winter. Ali Mokdad, a professor of health metrics sciences at the University of Washington in Seattle, said modeling suggests the nation will hit 1,000 deaths per day again next year.

In Arkansas, which has one of the lowest vaccination rates in the nation, with only about 33% of the population fully protected, cases, hospitalizations and deaths are rising.

"It is sad to see someone go to the hospital or die when it can be prevented," Gov. Asa Hutchinson tweeted as he urged people to get their shots.

In Seattle's King County, the public health department found only three deaths during a recent 60-day period in people who were fully vaccinated. The rest, some 95% of 62 deaths, had had no vaccine or just one shot.

"Those are all somebody's parents, grandparents, siblings and friends," said Dr. Mark Del Beccaro, who helps lead a vaccination outreach program in King County. "It's still a lot of deaths, and they're preventable deaths."

In the St. Louis area, more than 90% of patients hospitalized with COVID-19 have not been vaccinated, said Dr. Alex Garza, a hospital administrator who directs a metropolitan-area task force on the outbreak.

"The majority of them express some regret for not being vaccinated," Garza said. "That's a pretty common refrain that we're hearing from patients with COVID."

The stories of unvaccinated people dying may convince some people they should get the shots, but young adults — the group least likely to be vaccinated — may be motivated more by a desire to protect their loved ones, said David Michaels, an epidemiologist at George Washington University's school of public health in the nation's capital.

Others need paid time off to get the shots and deal with any side effects, Michaels said.



The Occupational Safety and Health Administration this month began requiring health care employers, including hospitals and nursing homes, to provide such time off. But Michaels, who headed OSHA under President Barack Obama, said the agency should have gone further and applied the rule to meat and poultry plants and other food operations as well as other places with workers at risk.

Bagne, who lived alone, ran a business helping people incorporate their companies in Wyoming for the tax advantages. He was winding down the business, planning to retire, when he got sick, emailing his sister in April about an illness that had left him dizzy and disoriented.

"Whatever it was. That bug took a LOT out of me," he wrote.

As his health deteriorated, a neighbor finally persuaded him to go to the hospital.

"Why was the messaging in his state so unclear that he didn't understand the importance of the vaccine? He was a very bright guy," his sister said. "I wish he'd gotten the vaccine, and I'm sad he didn't understand how it could prevent him from getting COVID."

Yahoo News
CARLA K. JOHNSON and MIKE STOBBE

North Koreans worry over 'emaciated' Kim Jong Un, state media says

SEOUL (Reuters) - Everyone in North Korea is heartbroken over leader Kim Jong Un's apparent weight loss, said an unidentified resident of Pyongyang quoted on the country's tightly controlled state media, after watching recent video footage of Kim.

The rare public comment on Kim's health come after foreign analysts noted in early June that the autocratic leader, who is believed to be 37, appeared to have lost a noticeable amount of weight.

"Seeing respected general secretary (Kim Jong Un) looking emaciated breaks our people's heart so much," the man said in an interview aired by state broadcaster KRT on Friday.

"Everyone is saying that their tears welled up," he said.

In the clip, which Reuters could not independently verify, Pyongyang residents were seen watching a big screen on the street showing a concert attended by Kim

and party officials after a plenary meeting of their Workers' Party of Korea (WPK).

The broadcast did not provide any details on what had led to the weight loss.

When Kim reappeared in state media in June after not being seen in public for almost a month, analysts at NK News, a Seoul-based website that monitors North Korea, noted that his watch appeared to be fastened more tightly than before around an apparently slimmer wrist.

Given Kim's tight grip on power in North Korea - and the uncertainty over any plans for a successor - international media, spy agencies, and specialists closely watch his health.

Early last year speculation about Kim's health exploded after he missed the birth anniversary celebrations of state founder Kim Il Sung on April 15, only to reappear in public in early May.



Gareth Jones)
Yahoo news

In 2014, state media reported that Kim was suffering from "discomfort", after a prolonged period out of the public eye.

(Reporting by Josh Smith; Additional reporting by Minwoo Park; Editing by

Saudi Wealth Fund Makes Senior Hires, Including Goldman Banker

Saudi Arabia's \$430 billion sovereign wealth fund made three senior hires, including Goldman Sachs Group Inc.'s head of investment banking in the kingdom, as it expands deal-making.

Goldman banker Eyas AlDossari will head investment advisory within the MENA Investments Division of the fund, according to a statement. Omar AlMadhi, who previously worked with Saudi Aramco and Volkswagen AG, will join him at the division as co-head of direct investments.

The fund also appointed Abdullah Shaker, who previously worked for Saudi AlBaraka Banking Group and HSBC Holdings Plc, as the head of capital finance advisory and planning department at its Global Capital Finance Division.

The PIF has been on an aggressive hiring spree over the past six years as it looks to transform from a domestically focused holding company, into the world's largest sovereign wealth fund. Last week, the fund appointed Turki Alnowaiser and Yazeed Alhumied as deputy governors.

The wealth fund is a key lever for the kingdom's efforts to revive growth after a recession caused by the coronavirus pandemic



and lower oil prices. Chaired by Crown Prince Mohammed bin Salman, the fund has outlined a plan to grow its assets under management to over \$1.1 trillion by 2025, while investing \$40 billion annually into Saudi Arabia's economy.

Since 2015, the PIF has grown assets under management to \$430 billion from about \$150 billion. It has taken stakes in Uber Technologies, put \$45 billion into Soft-Bank's Vision Fund, and backed electric

vehicle maker Lucid. It's also increased headcount to more than 1,100 from about 40.

Yahoo Finance
Reema Alothman and Matthew Martin

Saudi Arabia Re-Enters Full Scale Financial Markets, Aramco \$6 billion Sukuk and PIF Infrastructure Fund Stake

After a slight lull in the market, Saudi companies have again made headlines the last day. The world's largest oil company Saudi Aramco's dollar denominated Islamic bond sale (Sukuk) has raised \$6 billion, while another Saudi sovereign wealth fund Public Investment Fund (PIF) took a major share in a new Gulf based infrastructure fund. The time that only oil prices made Saudi headlines is over since the Crown Prince Mohammed bin Salman took over.

Saudi Aramco's financial attractiveness has not been dented lately, even that volatile oil markets and unilateral oil export cuts have put a dent in its profitability at present. With orders of between \$33 -55 billion in place, the oil giant has been able to raise \$6 billion with a new sukuk offering. The oil giant's sukuk had a price guidance of under 70 basis points (bps) over US Treasuries (UST) for a 3-year tranche, 90 bps over UST for 5-year, and 125 bpd over UST for a ten-year tranche. On Monday June 7 Aramco's first US dollar-denominated sukuk was launched. The total sukuk is launched in three tranches.

The sukuk is going to be used to pay for Aramco's \$75 billion in dividends

per year, which was offered during the IPO to increase international interest. The oil company is already cutting on its overall spending, even in the upstream operations. To reap additional finances, Aramco has set up at the same time a major program to sell non-core assets. Even that the last months oil revenues have increased substantially, as price levels are again hovering around \$70 per barrel, the company is still struggling with its free cash flow, which is short of the \$18.75 billion it needs to pay each quarter. Today Aramco also has appointed Morgan Stanley as lead adviser for the sale of a multi-billion dollar stake in its natural gas pipeline network. At present a deal is being made worth around \$12.4 billion, in which investors will be able to hold a minority stake in a new Aramco subsidiary leasing the network. The network is the so-called Aramco's Master Gas System, linking its production with processing sites throughout the kingdom, holding a total capacity of 9.6 billion cubic feet per day.

At the same time, Saudi SWF PIF has done a capital commitment to the \$800 million ASIIP infrastructure fund. PIF will fund up to 20% of the total fund. ASIIP is a joint infrastruc-



ture fund between Bahrain based Investcorp and Aberdeen Standard Investments, focusing on infrastructure in the GCC region. The Asian Infrastructure Investment Bank (AIIB) also has committed around \$90 million to the fund.

The infrastructure fund targets projects in line with the economic diversification plans of the GCC and MENA region, mainly by investing in sustainable core infrastructure projects. Taking into account ESG and UNSDG issues, ASIIP will focus on solutions in healthcare, education, water, mobility and digital infrastructure. A possible link between the PIF ASIIP option and other Saudi entities is clear, as the

PIF is also owner of Aramco and other conglomerates in the region.

This week PIF also made clear that it will not anymore focus on US-EU-Asian markets but increasingly focus on regional opportunities. The coming months more PIF transactions are to be expected as it wants to increase a full-scale regional network to support economic diversification in the region, with Saudi Arabia as the pivotal center. Possible new fund transactions with Abu Dhabi are also in the offing, partly to strengthen the cooperation of both powers.

Yahoo Finance
Cyril Widdershoven

50% of Indian Americans experienced discrimination in past year, study finds

One in 2 Indian Americans say they have encountered discrimination in the U.S. in the last year, according to a new study. Colorism against darker-skinned people is the most common form of bias encountered, according to respondents, and the main perpetrators are non-Indian.

The report, released Wednesday by the Carnegie Endowment for International Peace, drew on a 2020 YouGov survey of over 1.8 million Americans, focusing on 1,200 Indian respondents.

The survey detailed the experiences of Indians in the U.S. across age and immigration status, from new arrivals to born citizens. It found that, though foreign-born Indians are less likely to report incidents, discrimination is a daily reality.

“When it comes to country of origin or skin color, almost three quarters of perpetrators were identified as non-Indians,” said Milan Vaishnav, director and senior fellow of Carnegie’s South Asia program and co-author of the study.

But bias also exists within Indian communities and families, according to some respondents.

“Indians seem to be blamed more for discrimination that takes place along religion and gender lines,” Vaishnav said.

Politics in India and caste identification among Hindus has also followed some Indians to the U.S., more so for those who immigrated to the U.S. later in life. Hindus born in India who identify as “upper caste” are the most likely to hold onto caste identity.



“They tend to be more educated, wealthier and have greater social mobility,” Vaishnav said. “And that tends to be reflected in who immigrates to the United States in the first place.”

Caste, along with other factors, tends to be one clear common thread in Indian Americans’ social circles, which are highly confined to other Indian Americans. The study cites this stratification as one of the reasons for discrimination within communities.

According to the survey, Indians in the U.S. form friend groups around religion, state of origin and caste, with religion being the dominating factor that binds circles. “Hindus saying that ‘most or all of our friends are Hindu,’” Vaishnav said. “Same with Muslims and Christians.”

Indian politics has also created social fissures in U.S. communities, but Vaishnav noted that surprisingly, Prime Minister Narendra Modi enjoys support in the U.S. from Indian Republicans and Democrats alike.

“There’s a belief that if you’re pro-Trump, you’re pro-Modi, and if you’re anti-Trump, you’re anti-Modi,” Vaishnav said. “For Trump voters, Modi’s favorability is exceptionally high, but for Biden voters, Modi’s favorability is lower, but it’s still around 50 percent.”

People who are born in the U.S. and people from the East and South of Indian have lower rates of support for Modi, while support is higher in people from North India. “It’s not a monolith, but we were pretty struck by the resilience of his popularity,” Vaishnav said.

Another area of contention for respondents was the use of the term “Indian American” itself. Only 4 in 10 respondents said they identify with that label; others preferred simply “Indian” or “American.”

“Minority, non-Hindu communities — Muslims and others — feel differently,” Vaishnav said. “They feel less attached to India, more distraught by what’s happening there. In the case of Muslims specifically, they’re more likely to embrace a South Asian American identity.”

Only 6 percent of respondents chose “Asian American” as the label that best described them.
Yahoo News
Sakshi Venkatraman

India’s Petronet to invest \$2.6 bln for local expansion over 5 years

NEW DELHI, June 9 (Reuters) - India’s top gas importer Petronet LNG will invest \$2.6 billion over five years to expand local infrastructure as investing in overseas projects is ‘not lucrative’ in the current liquefied natural gas (LNG) surplus market, its head of finance said.

“Right now, investment in LNG terminals anywhere outside India is not very lucrative because LNG is available at very low prices it is only recently that prices have increased... availability of LNG is plenty,” Vinod K Mishra said during an analyst call after the company reported its March quarter earnings. He said at the moment, there was no financial incentive to invest in overseas projects to lock in LNG supplies.

The company was earlier planning to invest in projects in Sri Lanka, Bangladesh, Qatar and Tellurian’s Driftwood LNG project.

India wants to raise the share of gas in its

energy mix to 15% by 2030 from 6.2% and is raising its local output.

Mishra said higher domestic supplies could hit costly spot LNG imports in the short term, but would not impact imports in the long term as India’s gas consumption is expected to jump.

Petronet plans to invest 66.9 billion rupees to expand its 17.5-million-tonne per annum (mtpa) Dahej terminal in the West coast to 22.5 mtpa, build a new terminal in the east coast and building new jetty and LNG tanks at Dahej and Kochi, he said.

Mishra said in the first phase, the Dahej terminal will be expanded to 20 mtpa by mid-2023, while a new 5-mtpa Gopalpur terminal in the east coast is expected to be ready by 2025.

Petronet, which was previously planning to sell gas to fuel station owners, will invest 80 billion rupees to set up its own

1000 LNG fuel stations, he said. It will invest 40 billion rupees to set up 100 compressed bio gas generation plants over 3 years.

Earlier in the day, Chief Executive A.K. Singh said the company was talking to various sellers, including Qatar, to buy gas at reasonable rates for the price-sensitive Indian market. (\$1 = 72.9530 Indian rupees) (Reporting by Nidhi Verma Editing by Bernadette Baum)
Yahoo Finance
Nidhi Verma



South African woman gives birth to 10 babies in Pretoria - reports

A South African woman has reportedly given birth to 10 babies in what would be a new world record.

Gosiame Thamara Sithole's husband says they were astonished by decuplets after scans only showed eight in the womb.

"It's seven boys and three girls. I am happy. I am emotional. I can't talk much," her husband Teboho Tsoetsi told Pretoria News after the birth.

One South African official confirmed the births to the BBC, however another said they were yet to see the babies.

A family member, who did not want to be identified, told the BBC that Ms Sithole had had 10 babies - five via natural birth and 5 via caesarean section.

Guinness World Records told the BBC it was investigating Ms Sithole's case.

A woman who had eight babies in the

US in 2009 currently holds the Guinness World Record for the most children delivered at a single birth to survive.

Last month, 25-year-old Halima Cissé from Mali gave birth to nine babies, who are reportedly doing well at a clinic in Morocco.

Africa Live: Latest news and views from the continent

The 'controlled chaos' of raising sextuplets

Most pregnancies involving large numbers of babies end prematurely, says BBC Africa's health reporter Rhoda Odhiambo.

Multiple births involving more than three babies are rare and often the result of fertility treatments - but in this case the couple say they conceived naturally.

Prayers and sleepless nights
Ms Sithole, 37, previously gave birth to twins, who are now six years old.

She is said to be in good health after delivering 29 weeks into her pregnancy in Pretoria on Monday evening.

Speaking to Pretoria News a month ago, Ms Sithole said her pregnancy was "tough at the beginning" and she had prayed for a healthy birth, with many a sleepless night worrying about what was to come.

"How would they fit in the womb? Would they survive?" she asked herself, but was reassured by doctors that her womb was expanding.

When it was thought she was carrying eight foetuses, Ms Sithole was suffering leg pains and doctors found that two of



the eight "were in the wrong tube".

"That was sorted and I have been okay since then. I can't wait for my children," she told the newspaper at the time.

Her husband also said he was over the moon, and felt like "one of God's chosen children. It's a miracle which I appreciate" Yahoo News

China thought it had escaped blame for the start of the COVID-19 pandemic, but is facing a second reckoning

This time last year, China evaded international scrutiny over the start of the COVID-19 pandemic.

Other countries now want to probe China's role again, and a once-mocked "lab leak" theory is back.

China's initial success guarding its reputation in the wake of the pandemic now looks tenuous. Around this time last year, China thought it had escaped blame for the start of the coronavirus pandemic, which began on its soil.

At the World Health Assembly - the annual forum for World Health Organization member states - in May 2020, dozens of countries were meant to vote on a draft motion, led by Australia, to start an investigation meant to hold China to account.

But China outplayed the world on the day, with its diplomats securing instead a watered-down draft motion that called only for a review on "lessons learned," without apportioning blame. President Xi Jinping promised an investigation of sorts, but framed it in a way that shielded China from blowback.

After delays, the WHO sent a team of experts to Wuhan, the Chinese city where the novel coronavirus was first found, to investigate where the virus came from.

By the time they started, it had been more than a year since an outbreak of respiratory illness around a wet market in Wuhan alarmed the world. The virus had largely faded from China, and evidence would be hard to come by even if the WHO team

had free rein.

Throughout the trip, observers noticed how closely the WHO team was being managed by China, further limiting their ability to find anything surprising. After the trip one of its members said that China had refused to hand over key data when asked.

Nonetheless, when the WHO reported back it seemed to be definitive - the most extensive and independent investigation so far. Its conclusions looked like a straight win for China, yielding few definitive answers that could embarrass Xi. Another victory for China was that the WHO team said it was "extremely unlikely" that the virus had leaked from a Wuhan lab, seeming to put another nail in the coffin of what was then mostly dismissed as a conspiracy theory.

China appeared to have got off lightly, and other nations were preoccupied dealing with their own urgent outbreaks, almost totally absent from China itself by 2021.

But, months later, the tide is turning.

The lab-leak theory has gained new traction in recent weeks, with The Wall Street Journal uncovering last month a US intelligence report that said that three employees at the Wuhan Institute of Virology got sick more than a month before experts found the first COVID-19 cases.

Days after The Journal's report, President Joe Biden ordered a new investigation from the US intelligence community



into the origins of the virus. Biden gave a 90-day deadline to conclude the probe, meaning a report can be expected in late August.

British intelligence agencies are also helping with the investigation, The Telegraph reported. Although there are still no conclusions, and China is adamant that there is nothing to see, the theory is no longer the sole preserve of internet cranks. Elsewhere, the countries that supported the watered-down draft motion last year are planning another try, which could prove much more damaging for Xi and China.

On Tuesday, Bloomberg's Alberto Nardelli and Josh Wingrove reported that the European Union - which helped propose last year's motion - was prepared to join the

US in a draft statement calling for "progress on a transparent, evidence-based, and expert-led WHO-convened phase 2 study on the origins of Covid-19, that is free from interference."

The last words of that statement can be read as a pointed rejection of the WHO effort which initially seemed to settle the matter.

Bloomberg reported that the statement is still in drafts and could still be amended. Any new investigation is likely to anger China, and pick away at what initially seemed like a triumph.

Yahoo News
Alexandra Ma

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.

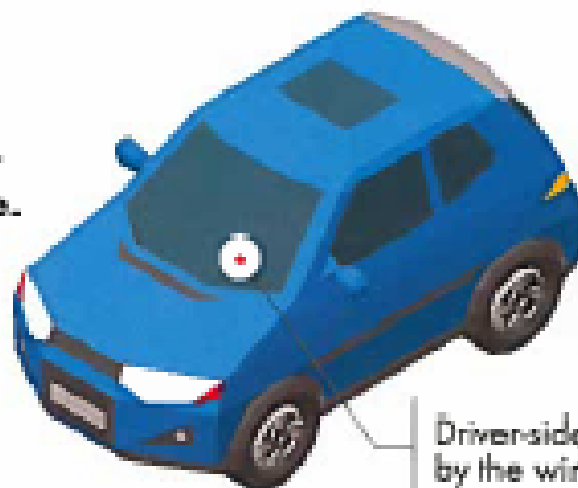
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AIRBAGRECALL.COM

JN Tata leads global list of top philanthropists in last 100 years

Jamsetji Nusserwanji Tata, founder of the Tata Group, has been named as the world's most generous philanthropist in the last century.

JN Tata topped the first EdelGive Hurun Philanthropists of the Century report, which estimates the current value of his donations to be around \$102.4 billion.

Tata is the only Indian in the top 10 list. The only other Indian among the top 50 is Azim Premji, former chairman of Wipro, who is ranked 12th.

Bill Gates & Melinda French Gates, Henry Wellcome, Howard Hughes and Warren Buffett make up the top 5, after Tata.

Mackenzie Scott, the former wife of Jeff Bezos, Donated \$8.5 billion directly to charities, most ever in a single year by a living donor.

Jamsetji Tata, known for his ventures within the cotton and pig iron industry, set up Tata Iron and Steel Works Company, in Jamshedpur, now known as Tata Steel in Jamshedpur.

He mostly donated to the sectors of education and healthcare. Founded in 1907, Tata Steel now operates in 26 countries including India, the Netherlands and the United Kingdom, and employs around 80,500 people, according to reports.

Premji, who ran Wipro for decades, has pledged to give away at least half of his wealth by signing the Giving Pledge in 2013. He started with a \$2.2 billion donation to the Azim Premji Foundation, which focused on education in India. He topped the EdelGive Hurun India Philanthropy List for 2020.

Around the world

The top 50 philanthropists cumulatively distributed \$329 billion over the years. Philanthropists such as Warren Buffett, Mackenzie Scott donated directly or through other foundations.

The top 50 individuals collectively contributed \$30 billion or 6% of their total endowments as annual grants. With \$8.5 billion donations, MacKenzie Scott is the biggest annual grant maker followed by Warren Buffett (\$2.7 billion) and Bill & Melinda Gates (\$2.5 billion).

Most of the Top 50 philanthropists or their private foundations donated towards Covid-19. The Ford Foundation (\$1 billion), WK Kellogg Foundation (\$300 million), Andrew W. Mellon Foundation (\$200 million), MacArthur Foundation (\$125 billion) and Doris Duke Charitable Foundation (\$100 million) issued a \$1.75 billion bond offering to counter the unprecedented public health and economic crisis.

With 38 philanthropists, the United States topped the list of countries, followed by the United Kingdom with 5 and China with 3.

The top 50 individuals,

Top 10 of the 2021 EdelGive Hurun Philanthropists of the Century

Rank	Original Philanthropist	Estimated Current Value of Donation (US\$bn)	Start of Key Endowments	Key Person Today	Country	Main Cause
1	Jamsetji Tata	102.4	1892	Ratan Tata	India	Education, Healthcare
2	Bill Gates & Melinda French Gates	74.6	2000	Bill Gates & Melinda French Gates	USA	Healthcare
3	Henry Wellcome	56.7	1936	Eliza Manningham-Buller	UK	Healthcare
4	Howard Hughes	38.6	1953	Clayton S. Rose	USA	Research & Development
5	Warren Buffett	37.4	2006	Warren Buffett	USA	Healthcare
6	George Soros	34.8	1979	George Soros	USA	Human Rights & Justice
7	Hans Wilsdorf	31.5	1945	Marc Maugué	Switzerland	Community Development
8	JK Lilly Sr	27.5	1937	N. Clay Robbins	USA	Community Development
9	John D Rockefeller	26.8	1913	Sharon Percy Rockefeller	USA	Healthcare
10	Edsel Ford	26.6	1936	Darren Walker	USA	Human Rights & Justice

Source: 2021 EdelGive Hurun Philanthropists of the Century.

viduals, according to the report, collectively contributed \$30 billion, or 6%, of their total endowments as annual grants. With \$8.5 billion donations, MacKenzie Scott is the biggest annual grant maker followed by Warren Buffett (\$2.7 billion) and Bill & Melinda Gates (\$2.5 billion).

The EdelGive Hurun Report enables a more holistic understanding of the trends, motivations and mindsets that drive philanthropy across the world.

The report lays down a narrative, indicating the path that the philanthropic sector has taken to get here/to this point, and charts the course that it may likely take moving forward

The stories of the world's biggest philanthropists of the last century tell a tale of modern philanthropy. The legacies of the world's earliest billionaires such as Carnegie and Rockefeller, through to the Bill Gates and Warren Buffett's of today, show how wealth created has been redistributed.

While American and European phi-

lanthropists may have dominated the thinking of philanthropy over the last century, Jamsetji Tata, founder of India's Tata Group, is the world's biggest philanthropist."

Many of the philanthropists made the donation in the second generation rather than the first, such as the story of the Ford Foundation, which was set up by the son of Henry Ford.

The report says, "Today's billionaires are not keeping up with philanthropy, making money much faster than they are giving it away. The speed of wealth creation is nothing short of staggering. Three individuals added more than \$50 billion in a single year, led by Elon Musk with \$151 billion, on the back of the rise of e-cars, whilst e-commerce billionaires Jeff Bezos of Amazon and Colin Huang of Pinduoduo added \$50 billion each. At this rate, expect to see fifty or more break through the \$100 billion mark within the next five years.

How many billionaires are there in the world?

The report adds: "The world today has probably 7,500 dollar billionaires, up 1,000 on last year, assuming that for every one Hurun Research found, we have probably missed at least one if not more, particularly from the Gulf states. We have found 696 billionaires in the USA, for example, suggesting the true number should be at least double that, perhaps as many as 1,500. In China, we have found over 1,000, but the actual number is probably closer to 2,500."

EdelGive Foundation is a grant-making organisation, helping build and expand philanthropy in India by funding and supporting the growth of high-calibre, small to mid-sized NGOs committed to empowering vulnerable children, women and communities.

Hurun Report promotes entrepreneurship through its lists and research. Best-known for its rich list series, 500 most valuable companies series and unicorn series, Hurun last year hit 8 billion views on the Hurun brand, up 50% year on year.

Yahoo Finance
Rahul M

Rudy Giuliani suspended from practicing law in New York state

(CNN) Rudy Giuliani, the former personal lawyer for former President Donald Trump who once held one of the legal profession's most prestigious jobs, was suspended Thursday from practicing law in New York state by an appellate court that found he made "demonstrably false and misleading statements" about the 2020 election.

In a ruling released following disciplinary proceedings, the court concluded that "there is uncontroverted evidence" that Giuliani, the former Manhattan US attorney, "communicated demonstrably false and misleading statements to courts, lawmakers and the public at large in his capacity as lawyer for former President Donald J. Trump and the Trump campaign in connection with Trump's failed effort at reelection in 2020."

Giuliani's "conduct immediately threatens the public interest and warrants interim suspension from the practice of law," the court wrote.

The suspension of his law license marks a precipitous fall for the former New York City mayor, once considered an accomplished and formidable force in legal circles. In recent years, however, Giuliani's reputation has suffered as he has come under criminal investigation by the office he used to lead, the Manhattan US attorney's office, for possible illegal lobbying. He has denied wrongdoing.

Giuliani said later Thursday that he was "not very happy" with the court's decision and argued that his comments were not a threat to the public.

"I made all those statements -- not a single one of them led to a protest, a riot, an incident, an anything," he said in an interview with Newsmax. "Obviously, those statements do not have the impact of creating danger."

Giuliani's lawyers, John Leventhal and Barry Kamins, said in a statement earlier Thursday that they're "disappointed with

the Appellate Division, First Department's decision suspending Mayor Giuliani prior to being afforded a hearing on the issues that are alleged. This is unprecedented as we believe that our client does not pose a present danger to the public interest. We believe that once the issues are fully explored at a hearing Mr. Giuliani will be reinstated as a valued member of the legal profession that he has served so well in his many capacities for so many years."

CNN senior legal analyst Elie Honig said suspensions such as these are unusual. "You're a lawyer, your job is to zealously represent your client. A lot of times your client maybe has done wrong, but what you cannot do as a lawyer is just lie," Honig said on CNN's "At This Hour."

"This does not happen every day by any stretch. This is a very rare thing and a very extreme thing for the court to do."

Giuliani had been set to appear in court in DC on Thursday afternoon for proceedings in a defamation lawsuit from the vote management company Dominion Voting Systems, which is suing him and others for statements they made alleging election fraud. He didn't attend the hearing. In its ruling, the New York appellate court wrote of Giuliani that his "false statements were made to improperly bolster respondent's narrative that due to widespread voter fraud, victory in the 2020 United States presidential election was stolen from his client."

The court said it relied on Giuliani's statements at press conferences, state legislative hearings and on TV appearances, radio broadcasts and podcasts, as well as in one court appearance.

In certain cases, according to the court's ruling, Giuliani acknowledged that the statements he made were untrue, but claimed he didn't knowingly make a false statement. Regarding absentee ballots in Pennsylvania, for example, Giuliani "claims that he relied on some unidentified member of his 'team' who 'inadvertently'

took the information from the Pennsylvania website, which had the information mistakenly listed," the court wrote, citing Giuliani's affidavit.

The court concluded, however: "There is simply no proof to support this explanation."

In other cases, the court said Giuliani failed to provide any source at all for statements he made, such as assertions concerning the number of dead people he alleged voted in Georgia in the 2020 election, which he said at various times ranged from 800 to 6,000.

The court said it found an interim suspension to be necessary because Giuliani's behavior demonstrated an "immediate threat to the public."

"We find that there is evidence of continuing misconduct, the underlying offense is incredibly serious, and the uncontroverted misconduct in itself will likely result in substantial permanent sanctions at the conclusion of these disciplinary proceedings," the court wrote.

Ronald Minkoff, an attorney who frequently defends lawyers with cases before the Attorney Grievance Committee, which petitioned for Giuliani's suspension, said the decision to give Giuliani an interim suspension so quickly is atypical.

"In a case this difficult, this is pretty quick turnaround, especially considering the amount of complaints they had to evaluate," Minkoff said. "He still has the right to a hearing. But that will take some time before that happens. He's got a long process ahead before he'll be able to practice again."

Minkoff represents attorneys who filed a complaint against Giuliani in January, two weeks after the insurrection.

"This is about the integrity of the bar, and that's really the issue here. It's really unfor-



tunate that somebody of Rudy Giuliani's stature should have this happen to them. But his actions and the evidence shows that his actions warranted this."

Though Giuliani told the court that he would "exercise personal discipline" and refrain from making further statements about the election in his capacity as a lawyer, according to the ruling, the court found that he had continued to make false statements since the submission of the application for suspension of his license.

"The seriousness of respondent's uncontroverted misconduct cannot be overstated," the court concluded. "This country is being torn apart by continued attacks on the legitimacy of the 2020 election and of our current president, Joseph R. Biden. The hallmark of our democracy is predicated on free and fair elections. False statements intended to foment a loss of confidence in our elections and resulting loss of confidence in government generally damage the proper functioning of a free society."

By Erica Orden, Veronica Stracqualursi and Katelyn Polantz,

Indian rupee posts biggest monthly fall in 15 months

The Indian rupee posted its biggest monthly drop since the onset of the pandemic in the country in March last year, pressured by high global crude oil prices and concerns over the U.S. Federal Reserve hinting at unwinding its massive stimulus.

Traders said month-end demand for dollars from oil importers was one of the main factors driving the unit lower, while weak local equities also hurt sentiment. [BO]

The partially convertible rupee ended at 74.3250/3350 per dollar, from 74.22 on Tuesday. The rupee dropped 2.4% in June, its biggest fall since last March when it fell 4.6%.

Over the quarter, the unit lost 1.7%, its worst quarterly fall since January-March 2020 when it tumbled 5.8%.

"Brent crude is at its highest level in two years and is the key risk for the rupee... A move above \$80 per barrel could stoke concerns over inflation and current account deficit," IFA Global Research said in a note.

Brent crude was trading up 0.7% at \$75.28 a barrel by 1025 GMT and is set to record its seventh monthly gain in eight.

India imports over two-thirds of its oil requirements and rising oil prices could add to inflationary concerns and further complicate policy making for the central bank which has vowed to keeping monetary policy accommodative to support the pandemic-hit economy.

"We expect Indian markets to be partly de-risked owing to the high foreign reserves stock as well as improved adequacy, just as the discussion on timing of the U.S. taper tantrums gains traction," DBS Bank economists said in a note.

The rupee, however, has seen a depreciating bias in recent weeks, after the Fed sounded more hawkish than anticipated earlier this month.

The U.S. dollar was seen heading for its biggest monthly rise since March supported by traders' trepidation ahead of unpredictable U.S. labour data and concern over the spread of the Delta coronavirus variant.



India's \$600 billion in reserves should help it fight market volatility from any U.S. monetary tightening, but analysts warn a slowing economy and an expanding fiscal deficit still make it particularly vulnerable to capital flight.

(Reporting by Swati Bhat; Editing by Rashmi Aich)

What Activities Are Safe and Unsafe on 4th of July During Coronavirus?

The Fourth of July is going to look a little different this year.

Amid surges in COVID-19 case numbers around the country, many people will opt to celebrate Independence Day from the comfort of their own home.

But if you do have plans that you're not ready to cancel yet, it may be worth doing a risk assessment. Here's a list of popular Fourth of July activities and safety factors to consider for each one.

Visiting a restaurants or bar

In recent weeks, some dining establishments have reopened as different areas advance to new phases in their post-COVID plans. However, amid surges in new infections, some cities and states, like Florida and Texas, have hit the brakes on reopenings, reinstating mandated closures for restaurants and bars.

If you do decide to attend a bar or restaurant for your July 4th celebration, keep in mind a few important guidelines. Check with the establishment beforehand to make sure that they are enforcing limited capacity and masks for servers, and that outside seating is available.

When you're there, maintain a distance of at least 6 feet or more from other people, don't share your food or drinks, and avoid dining with people you don't live with.

In a Tuesday Senate hearing, Fauci called out bars as a prominent culprit for recent surges in infections across the country, saying that Americans should stop going to bars "right now."

Getting a rental house or Airbnb
Airbnb rentals have often been viewed as a more private and isolated alternative to hotels, but now that social distancing

measures are being enforced, people are more likely to book a vacation rental over a hotel room.

If you do plan on getting a rental this weekend, check in with the property owners to make sure they are taking protective steps against the virus.

According to Dr. Thomas A. Russo, chief of the division of infectious diseases at the University at Buffalo Jacobs School of Medicine and Biomedical Sciences, the risk of infection lessens over time, so if the property is cleaned and some time passes between guests, the risk of getting infected is low.

The CDC also recommends cleaning high-touch items like phones, TV remotes, door handles, bathroom faucets, and toilet handles.

Swimming at the beach or pool
As some cities and states have announced they have closed beaches around the country, you should first check to see if your beach or pool of choice is open.

If it is open, check what steps they are taking to enforce coronavirus safety protocols, like limiting capacity and instating social distancing rules.

The Centers for Disease Control and Prevention reported that there is no evidence that COVID-19 can be spread to people through the water in pools, water play areas, spa, or hot tubs. Charles Gerba, Ph.D., professor of virology and environmental science at University of Arizona in Tucson, says that if an infected person gets their saliva or mucus in the water, the virus can enter through your eyes, nose or mouth. However, it's highly unlikely as it would

need to be a high concentration.

Either way, you should keep your distance from people whether you're in or out of the water. Additionally, you should still wear a mask when appropriate. The CDC recommends that people wear face coverings "in public settings where social distancing measures are difficult to maintain."

Throwing a barbecue

A cookout is a quintessential July 4th activity. But with more attendees comes a higher risk of infection.

Dr. Rashid A. Chotani, an epidemiologist and infectious disease specialist at Health Central, said, "there is no one-size-fits-all answer (as) to whether one can host or attend a summer barbecue or any other gathering."

However, when it comes to food, Chotani suggests avoiding shared dishes like chips, dips and cheese platters. Sandwiches, hamburgers and hot dogs should be spaced apart from one another so people only touch their own food. Additionally disposable plates, cups and utensils are also recommended.

Experts also advise wearing masks when not eating, as well as disinfecting high-touch areas like bathrooms and door handles.

Taking a flight

While the CDC has indicated that viruses and germs don't actually spread as easily on flights because of the way the air is filtered, there are still risks to consider on planes.



"However, there may be a risk fo getting COVID-19 on crowded flights if there are other travelers on board with COVID-19," the agency said. Much of the risk comes from the close proximity to others on a plane.

"There's no space on a plane where you have six feet around you between you and another person," said Anthony Santella, associate professor of public health at Hofstra University. "There's no way to escape and maintain physical distancing on a plane."

Watching public fireworks
CNN reports that fireworks may be riskier than usual this year.

The outlet advises staying home and lighting them if you live in an area where it is legally permitted.

If you do see them in a public space like a park, maintain social distance and wear a mask when you are near others. Avoid sites that are too crowded, and avoid touching any shared surfaces (or wash your hands if you do).



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Wimbledon 2021: Dates, times, rankings, draws, TV channel

The world's greatest tennis players have one last stop before competing in the 2020 Tokyo Olympics: Wimbledon.

The All England Club is opening its gates and grass courts again after the 2020 Wimbledon championships were postponed due to the COVID-19 pandemic, and there is plenty of intrigue on both the men's and women's sides.

Novak Djokovic is on the cusp of history. Just two weeks after taking home the French Open title, the top-ranked player is one Grand Slam title away from tying two of his greatest competitors, Roger Federer and Rafael Nadal, for the all-time men's lead with 20. On the women's side, seven-time champion Serena Williams is aiming to bounce back from consecutive Wimbledon ladies' singles final losses in 2018 and 2019, as well as a fourth-round French Open exit.

Here is everything you need to know for the 2021 Wimbledon championships:

When is Wimbledon 2021?

The 2021 Wimbledon championships will run from Monday, June 28, to Sunday, July 11.

The round of 16 will start on July 5, quarterfinals action will be on July 6 and 7 and semifinals action will take place on July 8 and 9. The ladies' singles championship, gentlemen's doubles championship and ladies' doubles championship are set for Saturday, July 10. The tournament concludes with the gentlemen's singles championship and mixed doubles championship on Sunday, July 11. Both singles championships will begin at 9 a.m. ET.

How can I watch Wimbledon 2021?

This year's Wimbledon action will be broadcasted on ESPN and ESPN2. ESPN+, ESPN3 and ESPN Deportes will hold coverage as well, while ABC will show encore presentations of the ladies' and gentlemen's singles finals on July 10 and 11, respectively.

Can fans attend Wimbledon?

Wimbledon will begin with a minimum of 50% capacity with the goal of hosting full capacity for the ladies' and gentlemen's finals.

Fans will be required to show COVID-19 status certification upon entry. There is also a mask mandate for spectators while moving around the grounds but not while in their seats.

What is the 2021 Wimbledon tournament draw?

The 2021 Wimbledon draw took place on June 25, just three days before the tournaments commenced. Djokovic and Ashleigh Barty of Australia are the No. 1 seeds in the gentlemen's and ladies' singles tournaments, respectively, entering Wimbledon.

There are also several notable omissions. In the gentlemen's tournament, Nadal decided to sit out both Wimbledon and the Olympics for recovery purposes. In the

ladies' tournament, defending champion Simona Halep, who was the No. 2 seed in this year's draw, withdrew on Friday due to injury. Another notable absence is Naomi Osaka, who plans to take "some personal time with family and friends" and focus on her mental health. She plans to play in the Olympics in her native Japan.

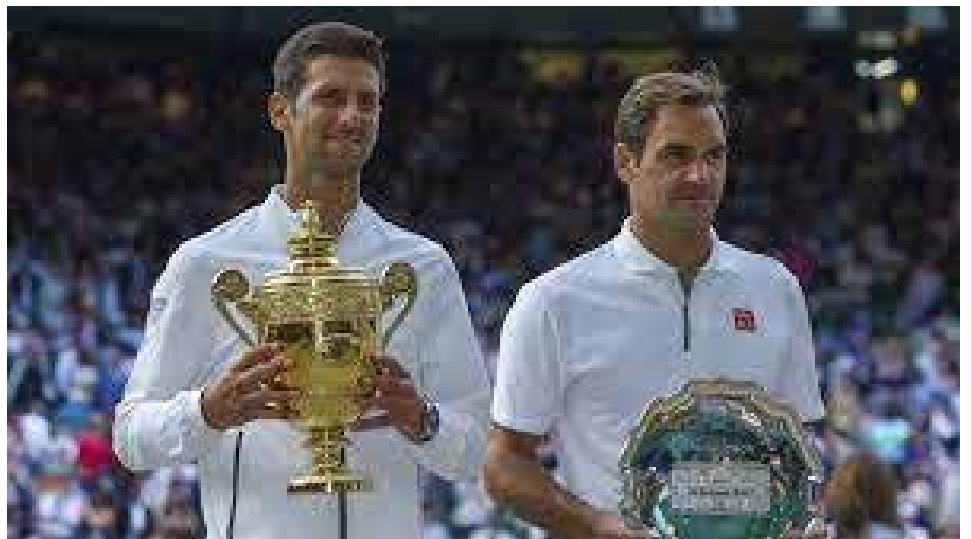
Who are the top seeded men's players at Wimbledon 2021?

Djokovic and Federer could be on a gentlemen's singles final collision course. The No. 1 and No. 6 seeds, respectively, are on opposite sides of the bracket, meaning they will not have a chance to battle until the final match.

Djokovic is a resounding favorite to win the tournament at -110, according to our partner, PointsBet. French Open runner-up Stefanos Tsitsipas and No. 2 seed Daniil Medvedev have the second-best odds at +600, while Federer is next at +800.

Here are how the seeds stack up in the gentlemen's singles bracket:

- Novak Djokovic
- Daniil Medvedev
- Stefanos Tsitsipas
- Alexander Zverev
- Andrey Rublev
- Roger Federer
- Matteo Berrettini
- Roberto Bautista Agut
- Diego Schwartzman
- Denis Shapovalov
- Pablo Carreno Busta
- Casper Ruud
- Gael Monfils
- Hubert Hurkacz
- Alex de Minaur
- Felix Auger-Aliassime
- Cristian Garin
- Grigor Dimitrov
- Jannik Sinner
- Aslan Karatsev
- Ugo Humbert
- Daniel Evans
- Lorenzo Sonego
- Nikoloz Basilashvili
- Karen Khachanov



Fabio Fognini

Reilly Opelka

John Isner

Cameron Norrie

Alejandro Davidovich Fokina

Taylor Fritz

Marin Cilic

Who are the top seeded women's players at Wimbledon 2021?

Serena Williams is the No. 6 seed and is on the same side of the bracket as Barty, meaning the two could potentially meet up in the semifinals. Barty is a +600 favorite to win the ladies' singles, while Williams is narrowly behind at +650, according to PointsBet.

Here are how the seeds stack up in the ladies' singles bracket:

Ashleigh Barty

Aryna Sabalenka

Elina Svitolina

Sofia Kenin

Bianca Andreescu

Serena Williams

Iga Swiatek

Karolina Pliskova

Belinda Bencic

Petra Kvitova

Garbine Muguruza

Victoria Azarenka

Elise Mertens

Barbara Krejckikova

Maria Sakkari

Anastasia Pavlyuchenkova

Kiki Bertens

Elena Rybakina

Karolina Muchova

Coco Gauff

Ons Jabeur

Jessica Pegula

Madison Keys

Anett Kontaveit

Angelique Kerber

Petra Martic

Johanna Konta

Alison Riske

Veronika Kudermetova

Paula Badosa

Daria Kasatkina

Ekaterina Alexandrova

Yahoo sports

Max Molski



When Social Security Runs Out: What the Program Will Look Like in 2035

The future of Social Security remains uncertain, forcing people to ask questions like, "Will Social Security run out?" According to the 2020 annual report from the board of trustees of the Federal Old-Age and Survivors Insurance Trust Fund and Federal Disability Insurance Trust Fund, Social Security's income is expected to exceed its expenses this year. The report projects that reserves will be fully depleted by 2035, and annual taxes are expected to cover only about three-quarters of the benefits each year after that.

Check Out: How Long \$500K Will Last in Retirement in Each State
Retirement: Jaw-Dropping Stats About the State of Retirement in America
Why Social Security Is In Trouble

Part of the problem can be attributed to longer life expectancies, a smaller working-age population and an increase in the number of retirees. By 2035, the number of Americans 65 and older will increase to more than 78 million from about 56 million today. As a result, more people will be taking money out of the Social Security system -- but there will be fewer people paying into it.

That doesn't mean the program will run out of money entirely, though. Payroll taxes are expected to cover about 76% of scheduled benefits. But, if the 21% funding gap isn't filled, retirees could get lower Social Security payments or workers might need to pay more into the system. If no changes are made, this is what Social Security could look like in the future, according to experts.

The Worst-Case Scenario: Benefits Could Be Cut

If you plan to rely on the program in 2035, keep in mind there's a chance you could receive less in Social Security benefits than you might have expected. If no changes are made to deal with the trust fund shortfall, benefits will have to be reduced by 23%, according to the 2020 annual report from the trust funds' board of trustees.

For many retired adults, that kind of cut in benefits would represent a big financial hit. Social Security provides at least half of the income for 50% of elderly married couples and 70% of elderly single people, according to the Social Security Administration.

Is It Likely That Benefits Will Be Cut? Some experts doubt that a big slash in Social Security benefits is forthcoming. "The ramifications of that event would be beyond traumatic for everyone in the country," said Joseph E. Roseman Jr., a Social Security expert and retirement planner at Retirement Capital Planners. "You've got a national disaster on your hands."

That's why he thinks Congress will step in before 2035 to prevent such a deep cut in benefits. Mary Beth Franklin, a Social Security expert and contributing editor for Investment News, agrees that a big cut in benefits is unlikely.

"As pensions are disappearing, people are relying more on Social Security," she said. Because of the program's popularity, politicians won't want to tinker with benefits for existing retirees and will likely have to find other solutions to the trust fund shortfall.

Ways To Balance Social Security's Budget

Even though Social Security isn't expected to run out of money for 15 years, several options for changes have already been floated to deal with the budget shortfall. These options include:

- Raising the payroll tax rate
- Increasing the wages subject to Social Security taxes
- Raising the full retirement age
- Reducing the annual cost-of-living adjustments
- Cutting benefits

Read on to learn more about the details of each of those proposals and how they would affect Social Security if implemented.

The Social Security Payroll Tax Rate Could Rise

If benefits aren't cut, tax revenue for the program will likely have to increase. One way to do that is to increase the payroll tax rate. Social Security is funded through a 6.2% payroll tax that workers pay, plus another 6.2% that employers pay (self-employed people have to pay the full 12.4%).

What Would Happen

If the trust fund reserves become depleted, the payroll tax would need to increase by 3.14 percentage points to increase revenues enough to sustain the program, according to the 2020 annual report from the board of trustees. If nothing is done until 2035, the increase would need to be 4.13%.

However, Roseman doesn't expect Congress to raise the payroll tax to boost trust fund reserves. "There's probably the least appetite for that than anything you can look at," he said. "It's a tax increase."

What Social Security Would Look Like in 2035 With This Change

An increase in the payroll tax rate could take different forms. Currently, the total payroll tax is allocated equally between the employee and the employer. The projected tax increase of 3.14% could be allocated equally among employers and employees or allocated more to the employer to hide the tax hike from taxpayers.

A legislative proposal called the Social Security 2100 Act from Rep. John Larson (D-Conn.) favors an equal split. It would raise the Social Security tax rate to 7.4% for both the employer and the employee.

The bill has gained some support but so far has stalled in Congress, Politico reported.

More Wages Could Be Taxed

Another option to increase tax revenue to fund Social Security is to raise the amount of earnings subject to taxation. Only the amount of wages up to the Social Security contribution and benefit base are subject to Social Security taxes. This amount is indexed for inflation, so it was \$132,900 in 2019 and is now \$137,700 for 2020.

What Would Happen

To help the trust fund remain solvent, the taxable wage limit would have to be even higher -- or lifted entirely -- so that all income would be subject to the payroll tax, Franklin said. This change would affect high-income people whose earnings above \$137,700 currently escape taxation for Social Security.

What Social Security Would Look Like in 2035 With This Change

Raising the taxable wage limit would only

affect people whose wages exceed the current contribution and benefit base. For example, if you make \$80,000 per year, you pay Social Security taxes on all of your income, so whether the limit is \$130,000, \$300,000 or removed entirely, it doesn't affect your payroll taxes.

However, if you make \$250,000 as a W-2 employee in 2020, you only pay Social Security taxes on the first \$137,700, for a total of \$8,537.40. If the limit went up to \$300,000, you would pay Social Security taxes on all of your \$250,000 income, for a total of \$15,500.

The Full Retirement Age Could Increase

Because tax hikes aren't popular, Congress will more likely raise the full retirement age for Social Security benefits, Roseman said. That means younger generations will have to work longer before they can start collecting benefits.

What Would Happen

Both Roseman and Franklin said there are proposals to raise the full retirement age gradually to 69 -- that would keep more money in the trust funds. At the same time, it might eliminate a popular strategy that retirees use to maximize Social Security income. Currently, if you delay collecting retirement benefits past your full retirement age, your benefit increases each year you wait until age 70, Roseman said.

Currently, the age at which you can collect full retirement benefits ranges from 65 if you were born in 1937 or earlier, to 67 if you were born in 1960 or later.

What Social Security Would Look Like in 2035 With This Change

As life expectancy increases, raising the retirement age might seem like a reasonable response because people have longer to work. However, raising the retirement age essentially cuts benefits because it delays the payments of benefits that people are expecting. In addition, the overall longevity increases haven't applied to many low-income workers, who have shorter life expectancies than wealthy people. People with low incomes would likely be the hardest hit by increasing the retirement age.

The Social Security COLA Could Be Reduced

Retirees receiving Social Security benefits typically see their checks increase slightly most years to keep pace with inflation. These cost-of-living adjustments -- or COLAs -- are based on the consumer price index. After no cost-of-living adjustment in 2015, the last few years saw a 0.3% bump for 2016, a 2% increase in 2017, a 2.8% boost for 2018, another 2.8% increase for 2019 and a 1.6% increase for 2020.

What Would Happen

To keep the Social Security trust funds solvent, there could be changes to cost-of-living adjustments, Roseman said. Most likely, the formula wouldn't change for people born before 1960. But, people born after 1960 might see a reduced COLA, he said.

If that happens, benefit checks will not keep pace with inflation. People who rely heavily on Social Security might have to



find ways to reduce spending to make ends meet.

What Social Security Would Look Like in 2035 With This Change

As the past few years have shown, inflation adjustments to Social Security benefits can be small or nonexistent. Low cost-of-living adjustments could make it very hard for people living on fixed incomes to pay their expenses in places where housing and rent costs are rising each year. Plus, seniors spend more than younger people on healthcare costs, which tend to rise faster than the cost of inflation.

Benefits Could Be Cut

According to the 2020 annual report from the board of trustees, the funding shortfall could be solved by cutting benefits by 19% for all Social Security beneficiaries -- including those who are currently receiving benefits -- or cutting benefits by 23% for future Social Security beneficiaries. If nothing is done until 2035, however, all benefits would need to be reduced by 25%.

What Would Happen

Should the Social Security reserves run out in 2035, benefit cuts could take various forms. The simplest cut would be an equal one across the board. Another option would be to cut benefits differently based on income. For example, the top 25% or top 50% of earners might see their benefits reduced, whereas benefits for lower-income Social Security recipients would remain intact. Similarly, Social Security could become a means-tested benefit, determined in part by the recipient's income or other assets. Currently, if you paid into the Social Security system, you'll receive benefits regardless of your income or assets.

What Social Security Would Look Like in 2035 With This Change

As of 2020, the average retirement benefit is \$1,503 per month. If benefits were cut by 20% across the board, the average benefit would drop by about \$301 each month, or \$3,612 per year. If benefits were to drop by 23%, the monthly decline would be \$346, or \$4,152 per year.

Is This an Easy Problem To Solve?

As Roseman sees it, the Social Security shortfall problem is easy to solve -- but it's not easy to get Congress to make the necessary changes. "Nobody wants to compromise," he said.

Nonetheless, Roseman doesn't expect Social Security to run out of money. He tells his clients to count on it as a source of retirement income, but it shouldn't be their only source of retirement income. "I would never advise anybody to live on Social Security alone," he said.

Yahoo Finance
Cameron Huddleston

As India Struggles With COVID-19, High Street Retail Sees Rebound

NEW DELHI — Amid fast-changing circumstances, Indian retail has slowly been opening after months of lockdown in most states across the country as a brutal second wave of COVID-19 seems to recede even as fears grow of another variant of the deadly virus.

But a side effect of the second wave is fast emerging: After more than a decade when the country's almost \$900 billion retail market was consumed by mall fever, high streets are seeing a resurgence.

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Spurring the change is the drop in high street and local market rents, which are down by 10 to 15 percent in many of the top markets and streets nationwide.

"Leading retail brands have closed more than 120 lease deals at prominent high street markets across the country between April 2020 and May 2021," Pankaj Renjhen, joint managing director and chief operating officer of Anarock Retail, a retail advisory consulting firm, told WWD. "Of the categories which closed high street leases, apparel had the largest share of deals with more than a 23 percent share, followed by food and beverage with a 15 percent share, and jewelry with 12 percent."

The deal sizes ranged for areas as low as 400 square feet up to 35,000 square feet.

The top cities where leading brands expanded in this period include Bengaluru, Pune, Hyderabad, Delhi, Chennai, Mumbai and Gurgaon. The prominent Tier 2 and 3 cities include Lucknow, Ahmedabad, Chandigarh, Patiala, and smaller towns in Uttar Pradesh and Madhya Pradesh (Indore, Bhopal, Gwalior), he noted.

With stores closed over the last months, except for essential retailers, the losses have been adding up, according to retail-

ers. COVID-19 has taken a huge toll — there have been more than 30 million cases in India and over 390,000 deaths from Jan. 3, 2020, to June 23, 2021, according to the World Health Organization, the second highest number of cases after the U.S.

As in other countries, the pandemic has had serious economic consequences. Consumer confidence fell to an all-time low in May, dropping from 53.1 percent in March to 48.5 percent in May. This is expected to hit the economy badly, with financial analysts now questioning the previously predicted 10.5 percent GDP growth for this year. Last financial year, which runs from April 1 to March 31, a 7.3 decline was the steepest ever for India.

"Losses in retail have been to the tune of \$25 billion to \$30 billion during April and May this year," said Kumar Rajagopalan, chief executive officer of the Retailers Association of India.

In 2020, there was a 45 percent drop in sales from March to October. However, the festive season sparked a recovery, with sales returning to 93 percent of their pre-pandemic level in the first two months of 2021, Rajagopalan told WWD, citing figures from surveys by the association.

While in Mumbai, Bengaluru, Chennai and other major metro areas malls remain closed, in New Delhi they opened earlier this month, initially with an alternate day mandate, and then with restricted opening times, a limit to the number of customers in stores, and 50 percent occupancy for restaurants.

Wary consumers in the city are taking into consideration the fact that COVID-19 infections are now at less than 200 a day, down from the peak of almost 30,000 cases a day in April.

"Shops will be open seven days a week from 10 a.m. to 8 p.m.," Delhi chief minister Arvind Kejriwal said earlier this week. "The relaxation will be on a trial basis for

a week and strict action will be taken if the COVID-19 numbers rise."

Malls in Delhi have spruced themselves up to welcome consumers — especially newly fitted ones like DLF Avenue in Saket, which spent 10 million rupees, or \$135,000, for refitting and opened Feb. 1, 2020, just before the lockdown.

Pushpa Bector, executive director of DLF Retail, said that sanitization measures were in place, and more than 10,000 DLF Retail staff have been vaccinated, ready to "accelerate another journey back to normalcy." It is clear that brands are not running away totally from malls — Forever 21 opened at DLF Avenue in January, while Go Colors, a store focused on ethnic and Western pants, opened this week. A major focus on food and beverage is expected to draw consumers back in the longer run.

Noting the changing retail market, Anarock's Pankaj Renjhen said the number of retail players is likely to decline for a time, as well as the size of stores.

"Right now we're talking about consolidation before we talk about growth. Growth will only be by capitalized retailers and bigger chains and well-capitalized retailers who have their business model in place," he said.

Some retail chains are closing 40 percent of their stores.

"Nobody is talking about growth at the cost of losing money looking at the long term anymore — that story is completely out now. The shift from unorganized to organized [retail] has already been happening — COVID-19 is merely pushing it along and giving direction," he said, emphasizing that the trend toward stand-alone shops would also continue to be driven by the greater consumer resilience in Tier 2 and Tier 3 cities. Indian retail has long been dominated by small, mom-and-pop shops which have limited the abil-



ity of leading global retailers, including Walmart, to penetrate the market.

"While the familiarity and location convenience of high street retail is a driving factor, the operations cost is more competitive for retailers in high streets in metros, too," Renjhen noted.

Rent figures over these last few months support his point:

- In New Delhi, the country's most expensive retail hub — Khan Market — saw a drop of between 8 and 17 percent in average monthly rents from April to June compared with the same period the previous year. The average monthly rentals were 1,000 to 1,100 rupees per square foot (\$13.63 to \$15). In the prestigious Greater Kailash M Block, rents dropped between 13 and 14 percent at about 300 to 350 rupees per square foot (\$4 to \$4.77 per square foot).

- Mumbai saw a decline of 5 to 10 percent in rents in key markets, with the present average monthly rents at Bandra Linking Road at about 750 to 900 rupees a square foot (\$10.22 to \$12.27) and at both Kala Ghoda and Fort area are around 450 to 500 rupees a square foot (\$6.14 to \$6.82).

- Bengaluru's well-known Brigade Road saw a drop in rents of between 8 and 17 percent, with the average monthly rents between 250 and 275 rupees a square foot. (\$3.40 to \$3.75) At Indiranagar, the rents range between 225 and 250 rupees square feet (\$3.06 to \$3.40).

Yahoo Finance
James Fallon and Mayu Saini

Illegal immigrant accused of abandoning baby in trash can says she was raped before coming to US: Police

An illegal immigrant accused of abandoning her baby in a bathroom trash can at a California park was arrested Thursday and told law enforcement that the baby was conceived after she was raped in Guatemala, police said.

The 22-year-old woman, whose name has not been released for safety reasons, admitted to investigators that she gave birth to the child June 9, according to the Los Angeles County Sheriff's Department. She abandoned the newborn two days later at

a park in Lynwood, California, out of fear, she said. A neighbor of the woman was asked to review the surveillance video of the suspect and identified the young mother.

"The sheriff's department has received many inquiries about adopting this baby, including from our own personnel," said Lt. John Adams of the LASD Special Victims Bureau. "We've had detectives here at our unit, we've had fire personnel, we've had nurses that treated this baby at the

hospital inquire about adoption. Needless to say, this baby is quite the celebrity at this point." Los Angeles County has a Baby Safe Surrender program, which means that a mother can surrender her baby at any fire station or hospital in the county legally with no questions asked.

Her bail is set at \$100,000 for suspicion of



cruelty to a child likely to produce great bodily injury or death.

Yahoo News
Haley Victory Smith

'Well of Hell,' gaping desert hole, is shrouded in mystery

Monica Danielle

Thu, June 24, 2021, 7:21 AM-3 min read
Far out in Yemen's remote eastern desert landscape, a gaping hole in the ground believed to be "million and millions" years old fascinates and mystifies locals.

Those who live near the hole, named the Well of Barhout, believe anything that comes close to the "Hell Pit" will be sucked in without escape. The hole looms large in the public's imagination. According to Yemeni legend, "extinct tongues fizz on cold nights" there, a reference to what might be lurking inside the hole.

Shrouded in mystery, the Well of Barhout is in the Yemen desert, near the border with Oman. The natural wonder, popularly known as the "Well of Hell," is in the Al-Mahra province and is 100 feet wide and thought to reach 330 feet down, but there are those who claim it's as much as 820 feet deep. Nobody has ever been to the bottom. A video crew from AFP recently flew a drone over the hole and captured stunning aerial footage of the mysterious pit. However, even with the drone flying directly over the hole and with the camera lens pointed straight down, it was impossible to see into its depths due to the extreme darkness. Yemeni oral tradition, passed down for centuries, calls the well "a prison of dark spirits sheltered by unbearable odors that come from its entrails." Yemeni officials have said they don't know what's down there, although geologists recently visited the site.

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"We have gone to visit the area and entered the well, reaching more than 50-60 meters (164-174 feet) down into it. We noticed strange things inside," Salah Babhair, director-general of Mahra's geological sur-

vey and mineral resources authority, told AFP. "We also smelled something strange ... It's a mysterious situation."

Babhair added, "It's very deep - we've never reached the bottom of this well, as there's little oxygen and no ventilation."

People who have been near the well often talk of a foul, toxic odor. Ammar Hashem Mohammed Osman, who performed military service at a camp near the well, wrote, "The smell was unbearable.. Bad smell like rotten eggs.. I was nauseated by the severity of the smell."

Not much can be seen from the edge of the well as sunlight doesn't extend very far down inside and, according to AFP, videographers say it's hard to capture anything when they shoot down inside. Still, despite the stench emanating from it, different types of birds are often seen flying in and out of the inky darkness.

The weather in this part of Yemen is typically very hot and dry during the summer, though there can be thunderstorms over the nearby mountains on a rare occasion. Overall, the region does not receive much rain with normal highs in the summer in



the 90s to low 100s and normal highs in the winter in the 70s and 80s.

Stories of demons and other supernatural figures known as jinns or genies that live in the well have circulated among locals over the centuries. Many nearby residents don't even like to talk about the hole, let alone visit it, for fear of bad luck.

Babhair said the well has been there "millions and millions" of years, and he hopes to continue to learn more about it.

"These places require more study, research and investigation."

Yahoonews
Monica Danielle

Saudi Aramco Bets on Blue Hydrogen Exports Ramping Up From 2030

(Bloomberg) -- Saudi Aramco outlined plans to invest in blue hydrogen as the world shifts away from dirtier forms of energy, but said it will take at least until the end of this decade before a global market for the fuel is developed.

"We're going to have a large share" of the market for blue hydrogen, Aramco's chief technology officer, Ahmad Al-Khowaiter, said in an interview with Bloomberg Television on Sunday in Dhahran, eastern Saudi Arabia, where the company's based. "The scale up isn't going to happen before 2030. We're not going to see large volumes of blue ammonia before then."

Hydrogen is seen as crucial to slowing climate change since it emits no harmful greenhouse gases when burned. The blue form of the fuel is made from natural gas, with the carbon emissions generated in the conversion process being captured. The hydrogen is sometimes converted again into ammonia to allow it to be transported more easily between continents.

The state energy firm may end up spending roughly \$1 billion on capturing carbon for every 1 million tons of blue ammonia produced, Khowaiter said. That would exclude the expense of producing the gas, he said.

Demand Driven

Aramco, the world's biggest oil company, sent its first shipment of blue ammonia in September to Japan, a pilot project to show the fuel could be exported. Aramco will decide on further shipments depending on the level of demand, Khowaiter said.

He declined to comment on how much gas Aramco was planning to produce for its blue-hydrogen efforts or on whether the company had abandoned plans to make liquefied natural gas.

The kingdom said in 2019 it aimed to double gas output to 23 billion cubic feet a day this decade. At the time, it said it would use the extra supplies to wean local power plants off oil and export the rest by pipeline or as LNG.

While Aramco predicts demand for oil will remain high for years, if not decades, the company is positioning itself to develop newer types of fuels. Blue hydrogen is in its infancy and will take years to produce on a mass scale given the expense and complications involved with the technology.

Long Cycle

Aramco needs to make deals with buyers before investments in blue hydrogen can



begin properly, said Khowaiter.

"From the time you make clear off-take agreements, you're talking about a five- to six-year capital cycle to invest in the production and conversion requirements," Khowaiter said. "You're talking about a pretty long time scale."

The company has not ruled out producing green hydrogen, which is made from renewable energy, typically wind or solar, and leads to no carbon emissions. Pennsylvania-based Air Products & Chemicals Inc. and Saudi firm ACWA Power International are leading the kingdom's efforts with green hydrogen, constructing

a \$5 billion plant in the north-eastern city of Neom.

Aramco is looking into synergies between the two types of hydrogen, Khowaiter said. Still, he emphasized that costs for producing blue hydrogen are probably around one-fifth of those of green hydrogen, at least at today's solar and wind prices. Many analysts expect green hydrogen to become as cheap or cheaper within the next decade.

Yahoo Finance
Matthew Martin, Anthony Di Paola, Yousef Gamal El-Din and Verity Ratcliffe

Bank fraud is on the rise — here are 4 ways to protect your account

One of the scariest things about internet fraud is knowing that someone could hack your bank account if they happen to get a hold of certain personal information. It's only natural, then, to wonder about how to protect your bank account from fraud.

Bank account fraud happens, and it can mean the difference between you keeping your hard-earned money and seeing it vanish. Bank fraud attacks increased 159 percent over the past year, according to an analysis of 12 billion global transactions over the past year by risk management platform Feedzai, making this a very real risk.

Luckily, you don't have to just hope you'll avoid getting scammed. Signing up for a password manager like LastPass Premium can help ensure that you create a strong enough password — and remember it — so that bank account fraud won't be an issue (but more on that later). Here's what you need to know about bank account scams and how to protect your account. At a basic level, banking scams involve someone attempting to access your account, according to USA.gov. That's generally broken into four categories:

Overpayment scams. This is when a scam artist sends you a counterfeit check. They then tell you to deposit it in your bank account and then wire part of the money back to them. The check is fake, and you'll have to pay your bank the amount — and you'll lose any money you wired.

Unsolicited check fraud. If you cash a check from a scammer that you received for no reason, you could be accidentally

authorizing the purchase of goods or signing up for a loan you didn't ask for.

Automatic withdrawals. A scammer can create automatic debits from your account to qualify you for a free trial or to collect a prize.

Phishing. This is when a scam artist sends an email asking you to verify your bank account or debit card number.

If you use the same login across multiple accounts, it's also possible for a hacker to access your bank account if they happen to get your password from another site. How to protect your bank account from fraud

Mikko Laaksonen, chief executive officer of Responsible Cyber, tells Yahoo Life that protecting your bank account from fraud can be "slightly overwhelming," adding: "You need to ensure that you can limit the risks of being compromised." There are a few things you can do, though, to protect your bank account from fraud.

Create a strong password

A strong password is vital to protecting your information, Joseph Steinberg, cybersecurity and emerging technologies advisor, tells Yahoo Life. "Do not share the password with anyone," he cautions.

Trying to memorize passwords for your personal email, social media, bank, and credit card accounts, not to mention your work accounts, is a little much. And, if you try to change them regularly, you risk forgetting your passwords. "Realistically,

overly frequent changing of passwords, therefore, leads to people using weaker passwords, writing down passwords, and/or inappropriately reusing passwords," Steinberg says. "So, create strong, easy-to-remember passwords — not the complex ones that humans cannot remember — and commit them to memory."

His advice: Combine three or more unrelated words and proper nouns with numbers separating them. An example: "alicorn4louvre3chocolate." "Such a password is far easier to remember than classic complex passwords such as '2zw4x&P!6q,'" Steinberg says.

Use a password manager

Having trouble creating stronger passwords or remembering them all if you do? A password manager like LastPass Premium can help you create unique passwords for every single account you have — from your credit card accounts to your email. This helps you bypass the general advice to change up your passwords regularly. "People living in the industrialized world of 2021 have far too many passwords to important accounts to change all of them on a regular basis and still commit the passwords to memory," Steinberg says.

The LastPass Premium password generator creates long, randomized and secure passwords to help guard against online security threats. It stores the passwords securely across all of your devices, so you



don't have to remember your password. Set up two-factor authentication

Two-factor authentication — also known as multi-factor authentication — is an extra layer of security to make sure that only you can access your accounts. To use it, you'll need to provide two or more pieces of information to get into an account. Two-factor authentication "should be set up everywhere on your accounts — LinkedIn, Hotmail, Yahoo, Gmail...wherever you have a login," Laaksonen says.

Use monitoring on your accounts

Many accounts let you set up monitoring and alerts, so that you'll be pinged if someone tries to access your information. Laaksonen recommends taking advantage of this feature. "If someone logs in, you will get notified," he says. That can help you act fast in the event that your information has been compromised.

YahooLife
Korin Miller

Somalia's Puntland region executes 21 al-Shabab fighters

Twenty-one men have been executed in Somalia's semi-autonomous state of Puntland after they were convicted of being members of the Islamist militant group al-Shabab.

They were sentenced by a military court in Galkayo and shot by a firing squad.

State radio said 18 of the men had carried out assassinations and bombings over more than a decade.

As they were being executed the group attacked a town in another part of Somalia, reportedly killing soldiers.

Similar death sentences have been handed down by courts in other parts of Somalia before.

But this is reported to be the largest number of executions of al-Shabab members ever in Puntland.

A quick guide to Puntland

Who are Somalia's al-Shabab?

Somalia's frightening network of Islamist spies

The authorities in Puntland had vowed to bring to justice any members of al-Shabab or people found assisting the group in its attacks.

The BBC's Africa editor Will Ross says the Islamist group still poses a huge threat to Somalia's stability.

Al-Shabab controls much of the country's southern and central parts, and research published in October by the Hiraal Institute said the militants raised more cash than the Somali government.

As the executions were being carried out on Sunday, al-Shabab

fighters stormed the town of Wisil in the Mudug region.

There are some reports that at least 20 soldiers were killed when an army base was attacked.

Yahoo News



HEALTH

What's causing your itching, teary eyes?

Allergic conjunctivitis, also called ocular allergy, is predominantly a disease of young adults, as symptoms typically decrease with age. More than half of eye allergies are seasonal; the rest are perennial. The symptoms are itchy and red eyes, tearing, edema (swelling) of the conjunctiva or eyelid, and a mucous discharge. Although it can be uncomfortable, you can rest assured that uncomplicated allergic conjunctivitis is not a threat to vision.

Dry eye, most often seen in older people, is a condition that mimics allergic conjunctivitis but is actually a sign of an irritated eye. Dry eye can also coexist with allergic conjunctivitis. The affliction paradoxically results in excessive tearing, because aging brings about deterioration in the composition of tears. "Young" tears are viscous like oil and lubricate the eye well, whereas "old" tears are thin and watery. As the eye struggles to cope with the increased irritation caused by the friction of the eyelid, the result is an overabundance of tears. Dry eye often responds to regular use of over-the-counter lubricating eye drops.

Diagnosing allergic conjunctivitis
Seasonal and perennial allergic conjunctivitis usually can be confirmed by your doctor based on your symptoms. Testing is not usually needed to diagnose the condi-

tion, but skin testing may help identify the allergens. If your symptoms don't quickly respond to treatment, see your doctor in case you have a more serious eye condition.

Treating allergic conjunctivitis
Avoidance is your first line of defense. If you are allergic to cats, stay away from them, or at least don't touch your eyes when you're near one, and wash your hands immediately after touching one. If pollen is your nemesis, keep your windows closed and an air purifier or air conditioner going in pollen season. Also, don't rub your eyes, because rubbing causes mast cells in the conjunctiva to release their histamine and other inflammatory chemicals, which worsens symptoms. Use artificial tears (available without prescription) frequently for relief and to dilute allergens in the eye. Following are some common drug treatments.

Oral antihistamines. For occasional symptoms, allergic conjunctivitis can be treated with the newer generation of oral antihistamines, including the over-the-counter medications cetirizine (Zyrtec), fexofenadine (Allegra), levocetirizine (Xyzal), and loratadine (Claritin) or the prescription antihistamine desloratadine (Clarinex). However, keep in mind during an attack that eye drops work faster than

oral medications.

Antihistamine/vasoconstrictor combinations. Over-the-counter eye drops containing both an antihistamine and a vasoconstrictor, such as naphazoline/pheniramine (Naphcon-A, Opcon-A, Visine Allergy Eye Relief) can be used for a few days for quick relief. You should, however, avoid regular long-term use of these medications, which can cause narrowing of the blood vessels of the eye and rebound redness, in which redness returns and may even be worse than before.

Mast cell stabilizers. Mast cell stabilizers in eye drops, such as cromolyn sodium, lodoxamide (Alomide), and nedocromil (Alocril), are often impractical as they need to be taken four times daily and don't reach full efficacy for five to 14 days, but they provide an option for people with seasonal allergic conjunctivitis.

Antihistamines that also function as mast cell stabilizers. For symptoms that persist, switch to regular use of eye drops that have a dual-action antihistamine that also acts as a mast cell stabilizer. Ketotifen (Alaway, Zaditor) and olopatadine (Pataday)



are available over the counter and are safe for long-term use. Alcaftadine (Lastacaft), azelastine, bepotastine (Bepreve), emedastine (Emadine), and epinastine (Elestat) are available only by prescription.

Corticosteroids. For allergic conjunctivitis that is very severe and doesn't improve with other medications, there are prescription eye drops that contain corticosteroids, such as fluorometholone (Flarex, FML) and loteprednol etabonate (Alrex, Lotemax). However, these eye medications should only be used under the guidance of an ophthalmologist, because without proper monitoring, corticosteroid eye drops can cause glaucoma, cataracts, or a devastating viral infection that can lead to blindness.

Mouth-watering summer fruits and vegetables to fill your plate

With summer almost here, you may be looking to offset the heat, especially in the kitchen. One way to do that is to create refreshing meals that take advantage of seasonal fruits and vegetables. Using summer superstars like watermelon, strawberries, cherries, blackberries, sweet corn, peppers, or zucchini will add color and flavor to your meals. They also add healthy fiber, phytonutrients, antioxidants, and inflammation-fighting choices to your plate. And you may even escape the heat of the stove.

applesapricotsavocadosbananasbeetsbell peppersblackberriesblueberriescantaloupe carrotscelerycherriescorncucumbers eggplantgreen beanshoneymelon lemonslima beanslimesmangosokra peachesplumsraspberriesstrawberries summer squashtomatillostomatoes watermelonzucchini

Fiber, micronutrients, and more Summer fruits and vegetables contain many healthy ingredients. For example:

Fiber. Biting into a fresh fruit or vegetable just sounds healthy — it's that snap and crunch as you shred the plant's fibrous strands. "Fiber helps us in many ways. It's the indigestible part of food that acts like nature's broom, sweeping out what it can along its path, including

possible carcinogens. Fiber keeps you



full, and it's associated with lower levels of cholesterol, blood sugar, and chronic inflammation," says Debbie Krivitsky, a clinical dietitian at the Harvard-affiliated Massachusetts General Hospital Cardiovascular Disease Prevention Center. "Fiber also increases the diversity and abundance of healthy bacteria in your gut." **Micronutrients.** Fruits and vegetables

are packed with vitamins, minerals, and

phytonutrients — plant chemicals like carotenoids (in tomatoes and squash), anthocyanins (in berries), and terpenes (in cherries) that may help ward off chronic inflammation and chronic disease. "Eat the rainbow, as different color fruits and vegetables provide different antioxidants that provide protection against all chronic disease. The deeper the color of the fruit and vegetable, the

richer the antioxidants," Krivitsky says.

Water. Eating watery fruits and vegetables (cantaloupe, cucumber, peaches, strawberries, and watermelon) contributes to your fluid intake, helping you stay hydrated in the summer heat.

RECIPES

Kale Chane and suji ka halwa

Ingredients

- 2 cup Kale Chane
- 1 tbsp Saunf
- 1/2 tbsp jeera
- 2-3 cloves
- 1 tbsp coriander seeds
- 1 tsp red chili powder
- 1 tsp amchoor powder (optional)
- 2-3 green chilies chopped
- 1 tsp minced ginger
- 1 tsp jeera for tempering
- Salt to taste
- 1/2 tbsp oil

How to Make Kale Chane :

Wash and soak the chane overnight or for 7 – 8 hours. Next day pressure cook them with 2 cups of water and salt for 5- 6 whistles to get them soft. To check if the chane are boiled press one chana between your fingers. It should mash easily. Drain them and keep aside.

In a pan slightly dry roast saunf, 1/2 tbsp jeera, coriander and cloves and make a coarse powder using grinder or mortar. Keep aside.

In a pan heat oil, add jeera ,when starts crackling add chopped green chilies and ginger.

Saute it for few seconds and now add boiled kal chane to it. Fry it for 1 minute and now add roasted spice powder with red chili powder and amchoor.

Add some salt carefully if you have boiled the chana with salt.

Cook it covered on medium heat for 2-3 minutes and enjoy with your and poori and halwa.

Suji Ka Halwa Ingredients

Suji ka halwa is the most popular Indian

halwa pudding made with Semolina (Suji), Clarified Butter (Ghee), Sugar and Dry Fruits. The proportion of the water:sooji:ghee:sugar is 3:1:1:1. This is the ideal proportion of all the ingredients. You can use it as a thumb rule.

- 3 cup Water
- 1 cup Sooji
- 1 cup Sugar
- 1 cup Ghee
- 1 tsp Green Cardamom Powder
- 1 tblsp Raisin (Khishmish)
- 1 tblsp chopped Almonds

How to Make Suji Ka Halwa :

In a heavy bottom kadai / pan, heat ghee, on low flame add sooji and fry it, stirring often until nutty smell of sooji releases and the color changes to golden.

Meanwhile, boil the sugar, kishmish and water in a pan for a few minutes until sugar gets dissolved completely. Switch off the flame and keep aside. DO not make a chashni. The aim is to dissolve the sugar. When sooji is gets the desired color, lower the flame and add the sugar water slowly and keep mixing until halwa leaves the sides of the pan.

Garnish with the almonds. You can even use grated coconut too.

Let it stand for a couple of minutes to absorb all the flavours and this also makes the halwa really soft as all the suji gets nicely fluffed up . Serve hot

This suji ka halwa turns out perfect every-time !

Poori Ingredients

- 2 cups Atta (Whole wheat flour)
- 1 tblsp Oil for the dough
- Oil For deep frying plus

1 tsp Ajwain (Bishops Seed) (Optional) Flatten them.



1 tsp Salt
1 cup Luke warm Water
How to Make Poori :
Combine the atta & salt in a large bowl. Add 2 tablespoon of oil. Use your hands to mix for about 2 – 3 minutes. It should look like course crumbs.

Make a well in the middle of the flour mixture. Pour luke warm water little by little. Incorporate gently making a stiff dough. Oil your hands lightly and rub it on the dough. Cover until ready to cook. Heat enough oil in a kadhai/wok for deep frying. Heat it on High initially. Once super hot, reduce to medium when frying. Divide the dough into equal lime size balls.

Smear some oil on the platform and on the dough balls. Now roll out a thin Poori of about 6 inches in diameter. Slide a Poori in the hot oil gently. Press it down lightly with a slotted spoon. Deep fry over medium heat. Turn it quickly. Let the other side cook for 30-49 seconds.

Remove & place on a plate lined with absorbent paper towels. Repeat. till all the pooris are done. Note: Fry one Poori at a time. You can make 12 – 15 pooris from this dough of 6 diameter each. Serve hot!

Beach Cocktail

Peachy, tart, and citrusy Beach Cocktail is the perfect drink to wind down with after a long day. It's our favorite summer cocktail that makes us feel like we are on the beach no matter where we are.

INGREDIENTS

- Ice
- 1 1/2 oz. vodka
- 1 oz. peach schnapps

- 2 oz. orange juice
- 2 oz. cranberry juice
- Orange wedge, for garnish

DIRECTIONS

Fill a glass with ice and add vodka, peach schnapps, and orange juice. Pour cranberry juice over. Garnish with an orange wedge to serve.



Peanut Butter Pie

This pie has a chocolate crumb crust and a creamy peanut butter filling. Garnish pie with grated chocolate or chocolate cookie crumbs, if desired.

Ingredients

- Decrease Serving 8
- Increase Serving Adjust
- Original recipe yields 8 servings
- Ingredient Checklist
- 1 ¼ cups chocolate cookie crumbs
- ¼ cup white sugar
- ¼ cup butter
- 1 (8 ounce) package cream cheese, softened
- 1 cup creamy peanut butter
- 1 cup white sugar

- 1 tablespoon unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 cup heavy whipping cream
- DirectionsInstructions Checklist

Step 1
Preheat oven to 375 degrees F (190 degrees C).

Step 2
Combine 1 1/4 cup cookie crumbs, 1/4 cup sugar, and 1/4 cup butter; press into a 9-inch pie plate. Bake in preheated oven for 10 minutes. Cool on wire rack.

Step 3
In a mixing bowl, beat cream cheese, peanut butter, 1 cup sugar, 1 tablespoon butter, and vanilla until smooth. Whip the

cream, and fold into the peanut butter mixture.

Step 4
Gently spoon filling into crust. Garnish pie with chocolate or cookie crumbs if desired. Refrigerate for several hours before serving.



WORDS SEARCH

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

DRAINAGE

EARS

FERTILIZE

FULL SUN

GARDEN

HARVEST

HUSK

IRON

LEAVES

MAGNESIUM

MULCH

NORTH SIDE

PESTS

PLANT

READY

ROWS

SEEDS

SILK

SPRING

SPROUT

STALKS

SUMMER

SWEET

TALL

TASSELS

VITAMINS

WARM SOIL

WATER

WHITE

YELLOW

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number :
21V375
Manufacturer : Tiny Idahomes LLC
Subject : Stove Saddle Valves may Leak Gas
Make Model Model Years
RUGGED MOUNTAIN CUSTOM RV K2 2019
NHTSA Recall ID Number :
21V390
Manufacturer : Ford Motor Company
Subject : Wheel Hub Extenders may be Improperly Attached
Make Model Model Years
FORD F-350 SD 2021
FORD F-450 SD 2021
FORD F-550 SD 2021
FORD F-600 SD 2021
NHTSA Recall ID Number :
21V391
Manufacturer : PACCAR Incorporated
Subject : High Pressure Fuel Rail Assembly May Leak Fuel
Make Model Model Years
KENWORTH T270 2018-2021
KENWORTH T370 2018-2021
KENWORTH T440 2018-2021
KENWORTH T470 2018-2021
KENWORTH T800 2018-2021
KENWORTH T880 2018-2021
PETERBILT 337 2018-2021
PETERBILT 348 2018-2021
PETERBILT 365 2018-2021
PETERBILT 367 2018-2021
PETERBILT 520 2018-2021
PETERBILT 567 2018-2021
NHTSA Recall ID Number :
21V392
Manufacturer : Daimler Trucks North America, LLC
Subject : Insufficiently Crimped Wires In ePowertrain
Make Model Model Years
FREIGHTLINERM2 BUSINESS CLASS 2019
NHTSA Recall ID Number :
21V395
Manufacturer : REV Recreation Group
Subject : Floor Openings May Be Improperly Sealed
Make Model Model Years
FLEETWOOD BOUNDER 2017-2021
FLEETWOOD SOUTHWIND 2018-2021
HOLIDAY RAMBLER VACATIONER 2017-2021
NHTSA Recall ID Number :
21V401
Manufacturer : BMW of North America, LLC
Subject : Air Bag Inflator May Explode or Underinflate Bag
Make Model Model Years
BMW 3 SERIES 1999-2001
BMW 323CI 2000-2001
BMW 323I 1999-2001
BMW 325CI 2000-2001
BMW 328CI 2000-2001
BMW 328I 1999-2001
BMW 330CI 2000-2001
BMW 330I 1999-2001
BMW 330XI 1999-2001

NHTSA Recall ID Number :
21V402
Manufacturer : Nissan North America, Inc.
Subject : Steering Knuckle or Rear Axle Housing Can Deform
Make Model Model Years
INFINITI Q50 2021
INFINITI QX50 2021
INFINITI QX60 2020
NISSANGT-R 2021
NISSANMURANO 2020
NHTSA Recall ID Number :
21V403
Manufacturer : Mercedes-Benz USA, LLC
Subject : Water Intrusion into Front Wheel Wells
Make Model Model Years
MERCEDES-BENZ GLB250 2020
NHTSA Recall ID Number :
21V404
Manufacturer : Mercedes-Benz USA, LLC
Subject : Side Curtain Air Bags May Not Deploy Properly
Make Model Model Years
MERCEDES-BENZ GLB250 2020
NHTSA Recall ID Number :
21V405
Manufacturer : Mercedes-Benz USA, LLC
Subject : Front Passenger Air Bag May Not Deploy Properly
Make Model Model Years
MERCEDES-BENZ GLB250 2020
NHTSA Recall ID Number :
21V406
Manufacturer : Mercedes-Benz USA, LLC
Subject : Improperly Mounted Rear Headrests
Make Model Model Years
MERCEDES-BENZ AMG C43 2021
MERCEDES-BENZ AMG C63 2021
MERCEDES-BENZ AMG C63 S 2021
MERCEDES-BENZ AMG E53 2021
MERCEDES-BENZ C300 2021
MERCEDES-BENZ E450 2021
NHTSA Recall ID Number :
21V408
Manufacturer : Custom Truck And Body Works
Subject : Lighting and HVAC Display May Lock Up
Make Model Model Years
CUSTOM TRUCK & BODY WORKS FORD F-550 2020
NHTSA Recall ID Number :
21V409
Manufacturer : Altec Industries, Inc.
Subject : Unintended Movement of the Lower and Upper Booms
Make Model Model Years
ALTEC AERIAL DEVICE 2005-2021
NHTSA Recall ID Number :
21V410
Manufacturer : Daimler Vans USA, LLC

Subject : Front Seat Wiring Harnesses Routed Incorrectly
Make Model Model Years
FREIGHTLINERSPRINTER 1500 2019-2021
FREIGHTLINERSPRINTER 2500 2019-2021
FREIGHTLINERSPRINTER 3500 2019-2021
FREIGHTLINERSPRINTER 4500 2019-2021
MERCEDES-BENZ SPRINTER 1500 2019-2021
MERCEDES-BENZ SPRINTER 2500 2019-2021
MERCEDES-BENZ SPRINTER 3500 2019-2021
MERCEDES-BENZ SPRINTER 4500 2019-2021
NHTSA Recall ID Number :
21V411
Manufacturer : Daimler Vans USA, LLC
Subject : MBUX System Software Malfunction
Make Model Model Years
FREIGHTLINERSPRINTER 1500 2019-2021
FREIGHTLINERSPRINTER 2500 2019-2021
FREIGHTLINERSPRINTER 3500 2019-2021
FREIGHTLINERSPRINTER 4500 2019-2021
MERCEDES-BENZ SPRINTER 1500 2019-2021
MERCEDES-BENZ SPRINTER 2500 2019-2021
MERCEDES-BENZ SPRINTER 3500 2019-2021
MERCEDES-BENZ SPRINTER 4500 2019-2021
NHTSA Recall ID Number :
21V412
Manufacturer : Sutphen Corporation
Subject : Wireless Controller Sleep Mode Disabled
Make Model Model Years
SUTPHEN FIRE TRUCK 2019-2020
NHTSA Recall ID Number :
21V413
Manufacturer : Volkswagen Group of America, Inc.
Subject : Headlights Can Be Misadjusted/
FMVSS 108
Make Model Model Years
VOLKSWAGEN ID.4 2021
NHTSA Recall ID Number :
21V414
Manufacturer : Volvo Car USA, LLC
Subject : Low-Pressure Fuel Pump Can Fail
Make Model Model Years
VOLVO S60 2019-2020
VOLVO S90 2019-2020
VOLVO V60 2019-2020
VOLVO V60CC 2019-2020
VOLVO V90 2019-2020
VOLVO V90CC 2019-2020
VOLVO XC60 2019-2020
VOLVO XC90 2019-2020
NHTSA Recall ID Number :
21V416

Manufacturer : Mack Trucks, Inc.
Subject : Hubcap can Separate and Become Road Hazard
Make Model Model Years
MACK ANTHEM (AN) 2021-2022
MACK GRANITE (GR) 2021-2022
MACK GRANITE (GU) 2021-2022
MACK PINNACLE (CHU) 2021-2022
MACK PINNACLE (CXU) 2021-2022
MACK PINNACLE (PI) 2021-2022
NHTSA Recall ID Number :
21V417
Manufacturer : Volvo Trucks North America
Subject : Hubcap can Separate and Become Road Hazard
Make Model Model Years
VOLVO VAH 2021-2022
VOLVO VHD 2021-2022
VOLVO VNL 2021-2022
VOLVO VNR 2021-2022
NHTSA Recall ID Number :
21V419
Manufacturer : Nissan North America, Inc.
Subject : Possible Loss of Steering Control
Make Model Model Years
INFINITI QX30 2017
NHTSA Recall ID Number :
21V421
Manufacturer : General Motors, LLC
Subject : Air Bag Light May Not Indicate Malfunction
Make Model Model Years
BUICK ENVISION 2021
CADILLAC CT4 2021
CADILLAC CT5 2021
CADILLAC ESCALADE 2021
CADILLAC ESCALADE ESV 2021
CHEVROLET CORVETTE 2021
CHEVROLET SUBURBAN 2021
CHEVROLET TAHOE 2021
GMC YUKON 2021
GMC YUKON XL 2021
NHTSA Recall ID Number :
21V422
Manufacturer : General Motors, LLC
Subject : Fuel Supply Lines Improperly Installed
Make Model Model Years
CADILLAC XT5 2021
CADILLAC XT6 2021
GMC ACADIA 2021
NHTSA Recall ID Number :
21V423
Manufacturer : General Motors, LLC
Subject : Tire Failure may Cause Sudden Air Loss
Make Model Model Years
CHEVROLET SILVERADO 1500 2019
GMC SIERRA 1500 2019
NHTSA Recall ID Number :
21V424
Manufacturer : Jaguar Land Rover North America, LLC
Subject : PCM May Switch Off and Cause Engine Stall
Make Model Model Years
LAND ROVER DEFENDER 2020-2021

JULY 2021 Monthly Horoscope

Aries (Mar. 21st – Apr. 20th)
Home, family and personal security get your attention. You've been spending quite a while already restructuring your foundation for future success and achievement. Intellectual and mental pursuits keep inborn initiative razor sharp. Your inner cruise director is working overtime. You may spend a lot of energy playing or fall in love quite passionately. Everyday environment/activities should still be pleasant. Social life is still in high gear. Continue expressing feelings of appreciation toward special others. Anyone received a special 'proposal' since April? Continue to use that extra self-expressive energy to create something unique. Enlightenment comes first regarding career/public image then regarding groups/friends/goals.

Taurus (Apr. 20th – May 21st)
Everyday environment is ablaze with activity. Speaking, writing, and learning are top priority! You've been spending quite some time pursuing deeper knowledge to learn to better your existence. The home front buzzes with activity. There will be numerous conversations. Some take a nostalgic turn. Watch out for confrontations with family members. Use inborn Taurean energy to remain stable. Home renovations or starting the building of a new home is best done before Mercury goes retrograde. Financial opportunities, negotiations and investments still favored. Beautiful things and places still attract you. Enlightenment comes regarding your need to expand your personal horizons then in regard to your career/public image.

Gemini (May 21st – June 21st)
Finances/personal values undergo change. You've been concentrating on wealth, possessions, and self-worth for a while. What's really important to you? Communications in your daily environment increase dramatically. Authentic astrology forecasts for the year 2021 by Sun sign: love, career, finances. That's one of your inborn talents! Tempo of daily life accelerates. Ensure the power of your words doesn't become a destructive weapon. Venus continues to transit your solar birth sign since April. You're still more personable, sociable and charming. How many have changed your appearance – several times??? Continue asking for what you want. You might get it – at least until early August. Enlightenment comes regarding intense emotional/joint financial issues then in regard to expanding your horizons.

Cancer (Jun. 21st – Jul. 22nd)
Happy Birthday, you tender, caring, nurturing crustaceans! Your new astrological year begins with Saturn still teaching you to look inward for honest self-evaluation in order to deal with shortcomings and weaknesses. Partnership/relationship issues may be revealed on the 2nd. Pay attention this month to what you value in life – materially, intellectually, and spiritually. Negotiations with others concerning money or property may begin. Loved ones may need your care. Charitable activities promote soul growth. Avoid the urge to make unwise and impulsive purchases, and the tendency to force your beliefs on others. Month's end may reveal emotional experiences more intense than usual.

Leo (Jul. 22nd – Aug. 22nd)
Do you dynamic lions feel as though you've been in a fog? It begins to clear by mid month. Then you'll have a lot to communicate. Make use of that extra burst of energy. It will be about 22 months before you get that extra burst again. Be careful not to roar too loudly! Activities with groups and with friends are increased this month. Social life is enhanced – invitations may be numerous. Interaction with women may occur often. Many of you are still working on your spirituality and learning to accept yourself for who and what you are. Enlightenment is yours this month in the areas of work and health, and then later in regard to partnership/relationship issues.

Virgo (Aug. 22nd – Sept. 22nd)
Practical, detailed and conscientious – that's how you'll operate in your group activities and in pursuing your goals and ambitions. People you associate with are a reflection of yourself. You're still being asked to consider whether they deserve you or whether you must move on. Your ultimate life vision is still being restructured. Meditation helps open your mind to higher visions and calms edginess that's hard to pin down. Say everything that needs to be said. Unspoken words – keeping secrets – this month might be held against you. Favorable circumstances in business and professional life arise. Enlightenment comes concerning what you love to do or possibly in romance and then regarding functions you perform on a daily basis.

Libra (Sept. 22nd – Oct. 22nd)

You've been quite expressive these past few months as your ruling planet has been in Gemini for an extended stay. Foreigners may be playing a key role. Consciousness-expanding experiences broaden your vision and provide personal growth through some Venusian endeavor. Your personal stage is highlighted. Personal reputation becomes public. Your creative words will be communicated in group activities and amongst friends. Don't be over bearing with your burning passion for goals and ambitions. A guardian angel remains on your shoulder until the end of September. Enlightenment comes first regarding home, family or security issues, and then in regard to some romantic, creative, or pleasurable pursuit.

Scorpio (Oct. 22nd – Nov. 21st)
Use your inborn need for deep involvement and intense transformations to help expand your personal horizons through metaphysical, religious, or spiritual pursuits. A new course of study helps advance your career. You're still in a period of searching for the meaning of life. A good month for travel. Communicate what you need in your professional life. Promote your public image. Avoid petty details. Creative energy pours into your career/public image. Watch out for conflicts with others. Intimate encounters continue with more depth and intensity. Now Venus is direct, credit applications are favorable. Enlightenment comes regarding something in your everyday environment and then concerning home or family issues.

Sagittarius (Nov. 21st – Dec. 21st)
There is a lot of intensity in your normally open and light-hearted world. You're still learning the limitations of your own resources and how much you need to cooperate with and how much you depend on others. New courses of study not only broaden your scope of life but they might awaken something deep in your soul. Partnership/relationship issues continue to progress smoothly. Some may finally decide to get married. Legal issues may be resolved out of court. New experiences entice you. Travel favored as long as you don't go too far too fast. Long distance moves may be in the works. Enlightenment comes regarding finances and/or your set of values, and then concerning communications in your everyday environment.

Capricorn (Dec. 21st – Jan. 20th)

Partnership/relationship issues continue needing to be addressed. Saturn still transits your chart's sector requiring analysis of commitments and expectations in your relationships. Look inward. Reflect on deep psychological truths. Get in touch with hidden aspects of yourself. Expect intense and profound conversations. A good month for research and investigation. Work related matters/employee relationships continue smoothly. So does the tendency to overindulge in food and drink! Your ability to handle sudden urgent situations is being tested. Experiences yield transformation in how you assert yourself. Enlightenment comes first about personal emotional issues then in regard to your values or how you spend money.

Aquarius (Jan. 20th – Feb. 19th)
Your innovation and originality is being drawn upon at work or in your everyday service. You're still in a period of learning the value of daily work and service, and of keeping your body functioning in a healthy manner. Communication flows in a creative fashion in partnerships/relationships. People may enter your life that uncannily resemble and act like others you know. Fun, entertainment, and having a good time are still priorities. A new relationship could begin. Watch the tendency to get either overly passionate or angry and violent with others. Make sure conflicts that arise are worth fighting over. Enlightenment comes regarding spiritual or mystical disciplines, and then in regard to personal emotional issues.

Pisces (Feb. 19th – Mar. 21st)
Summertime is when you are drawn most to romance, creativity and pleasure. You've been in an extended period of exploring personal creativity and self-expression. The purpose of your existence is one of your biggest concerns. Communications abound at work or within areas of personal service. The pace of your daily rhythm accelerates. Health issues surface. Watch out for disputes and arguments with co-workers. Exercise programs benefit you now. The atmosphere at home and with family should still be pleasant. Redecoration fever still burns. Spring-cleaning taken longer than anticipated? Enlightenment comes regarding groups/friends/goals/ambitions, then regarding your higher spiritual connection.





Zaheer Bin Salah (Urooj) met Hyderabad MP Barrister Asaduddin Owaisi at his office



Amjed Ullah Khan (Spokesman) MBT called on Syed Viqar Uddin (Editor-in-Chief) Rehnuma-e-Deccan Urdu Daily to know about his health.



Newly Appointed Chairman - AICC Programme Implementation Committee Shri Alleti. Maheshwar Reddy came to the residence of Hon'ble Shri Mohammad Ali Shabbir, former Minister of State and Ex-Leader of Opposition TSLC and thanked him.

KCR now meeting opposition leaders

Telangana Congress leaders were taken by surprise when they received a call from Pragati Bhavan, the official bungalow of chief minister K Chandrasekhar Rao, saying that he would like to meet them.

The Congress leaders were coming out of Raj Bhavan after submitting a memorandum to Governor Tamilisai Soundarrajan seeking stringent action against the police officials responsible for the death of a Dalit woman when they received the invite.

The 40-year-old Mariyamma had died in the police custody at Addaguduru police station in Yadadri Bhongir district on June 18.

The new development was surprising even to the media, which immediately flashed the news to their channels and websites. For, it was for the first time after taking over as the chief minister of Telangana in June 2014 that KCR had given an appointment to the Congress MLAs.

Unlike his predecessors in the Congress and the Telugu Desam Party regimes in the combined Andhra Pradesh who used to meet with the opposition delegations on various issues and conduct all-party meetings on important policy decisions, KCR followed a unique style of his own.

In the last seven years, he has never met any opposition MLAs except when they wanted to shift their loyalties to the ruling Telangana Rashtra Samithi. Other than the leaders of his friendly party - Majlis-e-Ittehadul Muslimeen (MIM), the Congress or the BJP MLAs had failed to get an appointment to meet KCR, inside or outside the state assembly.

The last time that a delegation of the Congress leaders made a futile attempt to submit a memorandum to the chief minister was in July 2018, when eight Dalit youths of Nerella village of Siricilla district were tortured in the police station for torching a sand lorry that killed a local youth.



After that, the opposition leaders stopped asking KCR for appointment. So, it was rather a surprise for the Congress leaders on last Friday when they were told that he wanted to meet them.

When the delegation led by Congress Legislature Party Leader and Madhira MLA Mallu Bhatti Vikramarka met the chief minister, he not only received them well but also spoke to each of them affectionately, before conceding their demands for ex-gratia to the family of the custodial death victim and sacking of the erring police officials.

Within hours, there was another surprising development. The chief minister sent invitations to the opposition parties, including the Congress, the BJP, the MIM, CPI and CPI (M) to send their Dalit representatives for an all-party meeting on Sunday to discuss the modalities of the CM Dalit Empowerment Programme.

It was a day-long session which ended at 10 pm and the chief minister offered sumptuous lunch and dinner for the opposition representatives. He also patiently heard the leaders and incorporated some of their suggestions in the programme.

The latest developments clearly indicate that there is a perceptible change in the attitude of KCR in the recent past - not just in entertaining the opposition parties and giving value to their suggestions, but also in his functioning as the administrative head.

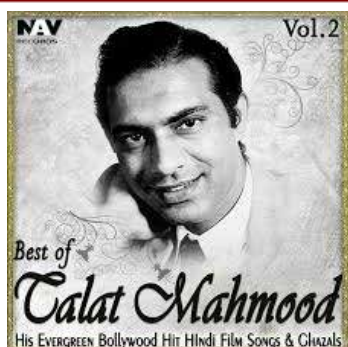
Right from the beginning, KCR had been a ruler with a difference. Except on a couple of occasions in his early days as the chief minister, he never visited the Secretariat, the seat of administration. The entire official machinery comes to his camp office to attend the meetings.

Unlike his predecessors, KCR never regularly conducted cabinet meetings, which are essential to take crucial policy decisions. He never gave freedom to his ministers (except of course his son K T Rama Rao) to conduct review meetings of their respective departments. If there were any important decisions in any department, the chief minister himself conducted review meetings.

His focus areas were mostly irrigation and agriculture and if at all, KCR held any regular review, they were only on Kaleshwaram irrigation project and agriculture-oriented schemes like Rythu Bandhu.

Binaca Geetmala Annual List (1953)

 2	Shaam-E-Gham Ki Kasam You Tube ✓ 🏆 ★ 4.39 - 1082 votes	Talat Mahmood	Khayyam	Dilip Kumar
	Footpath (1953)		Ali Sardar Jafri, Majrooh Sultanpuri	Sad Songs
 3	Muhaabbat Ki Daastaan Aaj Suno You Tube ✓ 🏆 ★ 4.43 - 355 votes	Lata Mangeshkar	Shankar Jaikishan	Sumitra Devi, Kishore Sahu, Asha Mathur
	Mayur Pankh (1954)		Hasrat Jaipuri	
 4	Ae Gam-E-Dil Kya Karu YouTube ✓ 🏆 ★ 4.48 - 807 votes	Talat Mahmood	Sardar Malik	Shyama, Shammi Kapoor
	Thokar (1953)		Majaz Lucknavi	Sad Songs
 5	Yaad Kiya Dil Ne Kahaan Ho Tum You Tube ✓ 🏆 ★ 4.52 - 3659 votes	Hemant Kumar, Lata Mangeshkar	Shankar Jaikishan	Usha Kiran, Dev Anand
	Patita (1953)		Hasrat Jaipuri	Romantic Songs
 6	Zindagi Denewale Sun, Teri Duniya Se Dil Bhar Gaya You Tube ✓ 🏆 ★ 4.39 - 1452 votes	Talat Mahmood	Ghulam Mohammad	Talat Mahmood
	Dil - E - Nadan (1953)		Shakeel Badayuni	Sad Songs
 7	Aaja Re, Ab Mera Dil Pukara You Tube ✓ 🏆 ★ 4.17 - 3680 votes	Lata Mangeshkar, Mukesh	Shankar Jaikishan	Nargis, Raj Kapoor
	Aah (1953)		Hasrat Jaipuri	Sad Songs
 8	Ai Pyaar Teri Duniyaa Se Ham YouTube ✓ 🏆 ★ 4.38 - 224 votes	Lata Mangeshkar	Chitalkar Ramchandra	Motilal, Kamini Kaushal
	Jhanjhar (1953)		Rajinder Krishan	
 9	Dharti Kahe Pukar Ke, Bij Bichha Le Pyar Ke, Mausam Biti Jaay You Tube ✓ 🏆 ★ 4.50 - 472 votes	Lata Mangeshkar, Manna Dey	Salil Chowdhury	Balraj Sahni, Nirupa Roy, Meena Kumari, Ratan Kumar
	Do Bigha Zamin (1953)		Shailendra	Mausam Songs
 10	Kaare Badaraa Tu Na Jaa Na Jaa Bairi Tu Bides Na Jaa You Tube ✓ 🏆 ★ 4.49 - 234 votes	Lata Mangeshkar	Shankar Jaikishan	Nalini Jaywant
	Shikast (1953)		Shailendra	Rain Songs



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INTERNATIONAL PAGES

Durga Ashtami Vrat July, 2021

Durga ashtami vrat is an important Hindu ritual dedicated to Goddess Shakti (Goddess Durga). Masik Durga Ashtami is a monthly event observed on the ashtami tithi (8th day) of the shukla paksha (bright lunar fortnight) of every month on the Hindu calendar.

Of all Durga ashtami days, the shukla paksha ashtami of Ashwin month is the most popular and is called Maha Ashtami or simply Durgashtami. Durga Ashtami falls during the last 5 days of the 9 day long Navratri festival. Durgashtami during Durga puja 2021 is on October 13, Wednesday.

Next Durga Ashtami Vrat is on July 17, Saturday
On this day the weapons of Goddess Durga are worshiped and the celebration is known as 'Astra Puja'. This day is also popularly referred as 'Virashtami' owing to the display of arms and other forms of martial arts. Hindu devotees offer prayers to Goddess Durga and keep a strict fast to seek Her divine blessings.

Durga Ashtami Vrat is observed with complete devotion in the northern and western regions of India. In some regions of Andhra Pradesh, Durga Ashtami is celebrated as 'Bathukamma Panduga'. Durga Ashtami Vrat is a significant observance for followers of Hinduism.
Rituals during Durga Ashtami Vrat:
On the day of Durga Ashtami, devotees

pray to Goddess Durga. They get up early in the morning and make several offerings to Goddess in the form of flowers, chandan and dhoop. In some places, Kumari Puja is also performed on the day of Durga Ashtami Vrat. Hindus worship girls aged between 6-12 years as the Kanya (virgin) form of Goddess Durga. Special 'Naivedyam' is prepared for offering to the Goddess.

Fasting is an important ritual of the day, the observer of Durga Ashtami Vrat abstains from eating or drinking all through the day. the fast is observed by men and women alike. the Durga Ashtami Vrat is observed to acquire spiritual gains and seek the blessings of Goddess Durga. Some devotees keep the fast by drinking only milk or eating fruits. Consuming non-vegetarian food and alcohol is strictly prohibited on this day. the observer of the Durga Ashtami Vrat must sleep on the floor and keep away from the comforts and luxuries.

In some regions of western India there is also a custom of sowing barley seeds. After the seeds reach a height of 3-5 inches they are offered to the Goddess and later distributed among all family members.

Devotees chant various Devi mantras on this day. It is also considered rewarding to read Durga Chalisa on this day. At the end of puja, devotees also read the Durga Ashtami Vrat katha.

Hindu devotees provide food and santarpana or dakshina to Brahmins after completing the puja rituals.

The observer of Durga Ashtami Vrat visit Shakti temples in the evening. Special pujas are conducted on the day of Mahashtami that is witnessed by thousands of devotees.

Significance of Durga Ashtami Vrat:
In Sanskrit language the word 'durga' means 'undefeatable' and 'ashtami' signifies 'eight day'. According to the Hindu legends the fierce and powerful form of Goddess Durga, known as 'Goddess Bhadrakali' was incarnated. The day of Durga Ashtami is celebrated as the victory of Goddess Durga over the demon named 'Mahishasura'. It is believed that one who observes the Durga Ashtami Vrat with full dedication will be bestowed with happiness and good fortune in their lives.
All Durga Ashtami Vrat dates in 2021 and Ashtami Tithi Timing
January 21st
Thursday Ashtami Tithi Timing :
Jan 20, 1:15 PM - Jan 21, 3:50 PM
February 20th
Saturday Ashtami Tithi Timing : Feb 19, 10:58 AM - Feb 20, 1:32 PM
March 22nd
Monday Ashtami Tithi Timing : Mar 21, 7:10 AM - Mar 22, 9:00 AM
April 20th

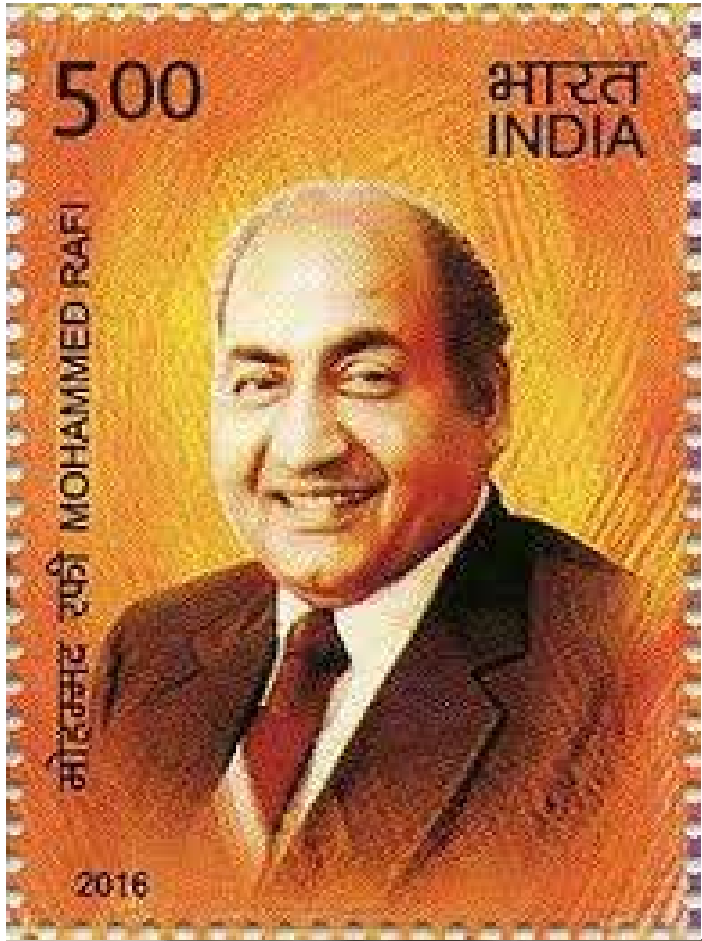


Tuesday Ashtami Tithi Timing : Apr 20, 12:01 AM - Apr 21, 12:43 AM
May 20th
Thursday Ashtami Tithi Timing :
May 19, 12:50 PM - May 20, 12:23 PM
June 18th
Friday Ashtami Tithi Timing : Jun 17, 10:00 PM - Jun 18, 8:39 PM
July 17th
Saturday Ashtami Tithi Timing : Jul 17, 4:34 AM - Jul 18, 2:41 AM
August 15th
Sunday Ashtami Tithi Timing : Aug 15, 9:51 AM - Aug 16, 7:45 AM
September 14th
Tuesday Ashtami Tithi Timing : Sep 13, 3:11 PM - Sep 14, 1:09 PM
October 13th
Wednesday Ashtami Tithi Timing :
Oct 12, 9:48 PM - Oct 13, 8:08 PM
November 11th
Thursday Ashtami Tithi Timing :
Nov 11, 6:49 AM - Nov 12, 5:51 AM
December 11th
Saturday Ashtami Tithi Timing : Dec 10, 7:09 PM - Dec 11, 7:13 PM

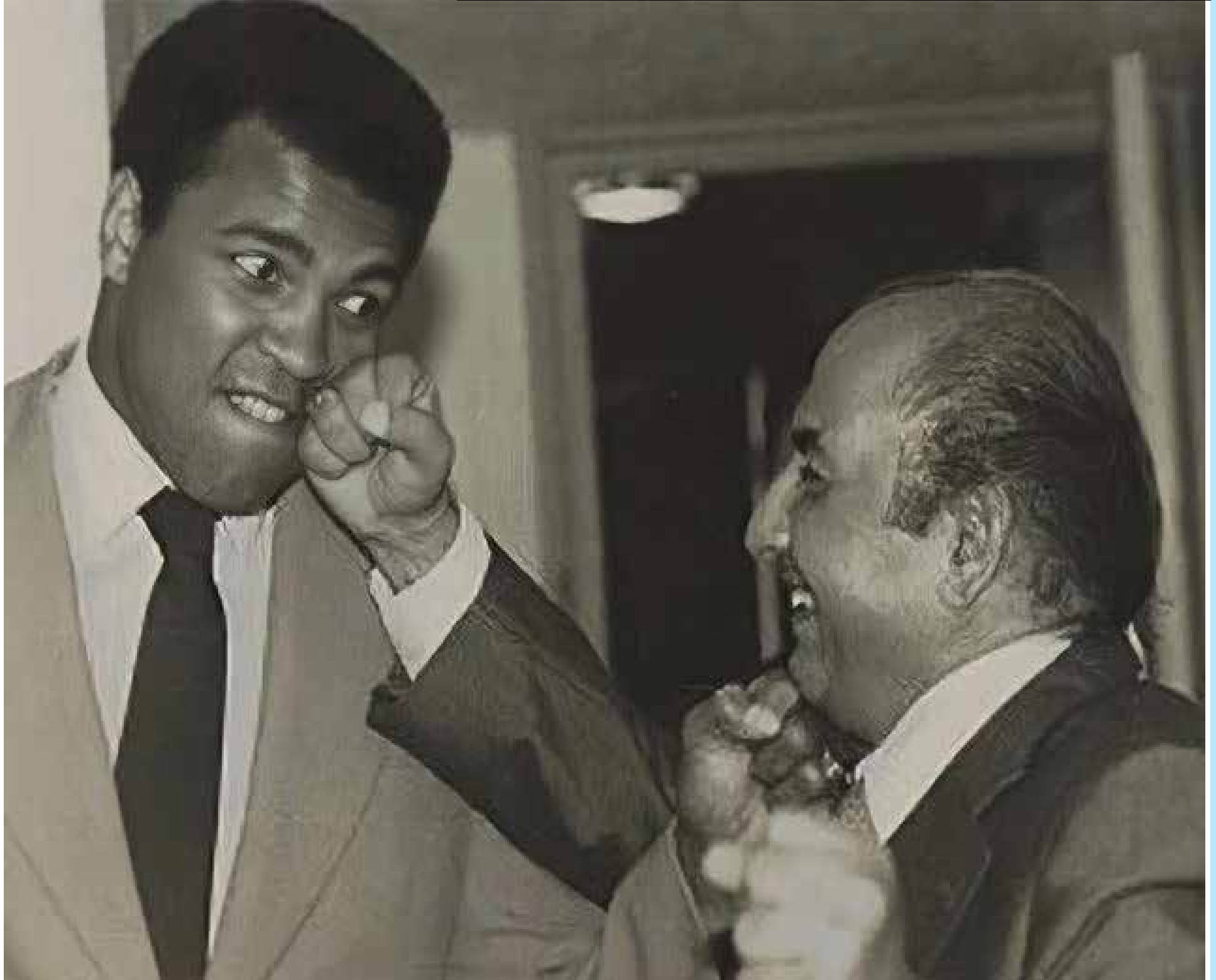


Shahrukh Khan, Dilip Kumar and Madhuri Dixit





REMEMBERING MOHAMMED RAFI SB ON HIS 31ST DEATH ANNIVERSARY



#Mohammed Rafi was touring America in 1979 when he met the boxer, #MuhammadAli. They decided to take a picture, planned by Ali. Ali said, "You punch me in the face and I will punch you back". And they laughed about it.

Shoojit Sircar collaborates with Irrfan Khan's son Babil for untitled project

Filmmaker Shoojit Sircar has collaborated with late actor Irrfan Khan's son Babil for a project, the makers announced on Saturday.

Khan, who passed away last year in April, shared an equation beyond that of an actor-director with Sircar. The duo worked together on the 2015 comedy-drama Piku, also featuring megastar Amitabh Bachchan and Deepika Padukone.

Ronnie Lahiri, Sircar's producing partner, shared the news of their collaboration with Babil in an Instagram post.

"Honored to take forward your legacy Irrfan sir. Worked with a legend like you, And now Babil. If this is not a providence, then what is?" Lahiri wrote alongside photographs from the sets with the young actor.

Details about the project, backed by Lahiri and Sheel Kumar's Rising Sun Films Production, are still under wraps.

Babil, who is set to make his acting debut with the Netflix film Qala co-starring Tripti Dimri, shared the same post on his Instagram handle Honored to take forward your legacy Irrfan sir. Worked with a legend like you, And now Babil. If this is not a providence, then what is?" Lahiri wrote alongside photographs from the sets with the young actor.

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No One Can Direct It Better: Kangana to Helm Indira Gandhi Film

Kangana Ranaut has taken to social media platform Koo to announce that she herself will be directing her upcoming film Emergency, based on the life of former Prime Minister Indira Gandhi. The actor also shared that the movie will be penned by Ritesh Shah, who has been part of films such as Pink, Kahaani, Kahaani 2, D-Day and Rocky Handsome.

"Pleased to wear director's hat again, after working on Emergency for more than a year I finally figured no one can direct it better than me. Collaborating with fabulous writer Ritesh Shah, even if it means sacrificing on various acting assignments

I am determined to do it, my excitement is high. This is going to be a tremendous journey, my leap to another league #Emergency #Indira", Kangana wrote on Koo. Earlier, Kangana had issued a statement clarifying that Emergency isn't a biopic but a political drama. "It is not the biopic of Indira Gandhi. It is a grand period film. To be precise, it is a political drama that will help my generation to understand the socio-political landscape of current India."

Yahoo Life Quint Entertainment



'I Had To Sing Bahon Mein Chale Aao Very Softly

It is erroneously believed that Asha Bhosle sang Rahul Dev Burman's best songs. In fact Burman Junior, like his father, was completely besotted by the Nightingale Lata Mangeshkar's voice and his career's finest songs were reserved for her only. Don't believe me? Then checkout these imperishable melodies .

1. Bahon mein chale aao (Anamika): The signature tune for R D Burman's immortal collaboration with Lataji, Bahon mein chale aao is to RD's oeuvre what Mother India is to Nargis. Recalls Lataji, "When I heard the song situation in the film it was very clear to me that the tune had to be sung very softly. The heroine Jaya Bhaduri is singing to Sanjeev Kumar while everyone is fast asleep in the house. If she sings too loudly she will wake up everyone. Her feelings had to be expressed very very softly. This song is among my personal favourites. I often sang it at my live concerts."

2. Raina beeti jaaye(Amar Prem): Goosebumps...RD's ethereal composition where he used a morning raga for a night song, Lataji's flawless singing and Sharmila Tagore's emotive prowess lent an eternal heft to this enchanting melody. Recalls Lataji, "Pancham's knowledge of Hindustan classical music was very strong. He knew as much about music as his great father. In fact the very first song

of his career was the classical based Ghar aaja ghir aaye badra in Chote Nawab, which I sang."

3. Beeti na beetayi raina(Parichay): Lataji won the National award for this classical masterpiece where she excels in articulating the nuances of the composition with the sensitivity that only she possesses. The doyen of Hindustani classical music Ustad Bade Ghulam Ali Khan had once exclaimed, "Kambakht kabhi besura gaati hi nahin(the woman never sings out of tune)." Javed Akhtar verifies the authenticity of the incident. Lataji laughs, "Yeh unka baddappan ttha(this was his greatness). But yes, I always enjoyed singing classical songs, This one is among my favourites."

4. Dilbar dil de pyare(Caravan): Now for a fun song. One would think that RD would go to Asha Bhosle for this chulbula playful song. Says Lataji, "I thoroughly enjoyed singing the lighter songs of RD like Bhai battoo in Padosan, Bangle ke peeche in Samadhi and Dilbar dil se in Caravan. In fact these spirited songs were many often far more difficult than the serious numbers. With R D there was always something exciting happening during the recordings."

5. Tere bina zindagi se koi shikwa toh nahin(Aandhi): Perhaps the single-most popular song of R D Burman's career Tere bina zindagi se was originally a song that



RD composed in Bengali for the Durga Puja. He later converted it into this sublime number so suffused with emotions of regret and longing that it is considered by many to be Gulzar's finest poetry for a film. Recalls Lataji fondly, "In Aandhi I had several beautiful duets with Kishoreda(Kumar) ... Tum aa gaye ho noor aa gaya hai, Iss modd se jaate hain and Tere bina zindagi. Each one equally beautiful. Who knows why one out of many equally beautiful compositions becomes more popular than the rest?"

List of Bollywood films of JULY , 2021

Title	Director	Cast
<i>Haseen Dillruba</i>	Vinil Mathew	Taapsee Pannu · Vikrant Massey · Harshvardhan Rane
<i>14 Phere</i>	Devanshu Singh	Vikrant Massey · Kriti Kharbanda
<i>Chandigarh Kare Aashiqui</i>	Abhishek Kapoor	Ayushmann Khurrana · Vaani Kapoor
<i>Toofaan</i>	Rakeysh Omprakash Mehra	Farhan Akhtar · Paresh Rawal · Mrunal Thakur
<i>Hungama 2</i>	Priyadarshan	Paresh Rawal · Shilpa Shetty · Meezaan Jaffery · Pranitha Subhash · Rajpal Yadav · Tiku Talsania · Ashutosh Rana · Manoj Joshi · Johny Lever
<i>Bell Bottom</i>	Ranjit M Tewari	Akshay Kumar · Vaani Kapoor · Huma Qureshi · Lara Dutta · Adil Hussain
<i>Radhe Shyam</i> ^[c]	Radha Krishna Kumar	Prabhas · Pooja Hegde
<i>Gangubai Kathiawadi</i>	Sanjay Leela Bhansali	Alia Bhatt · Shantanu Maheshwari · Vijay Raaz · Seema Pahwa

Sushmita Sen reveals 'Aarya 2' details, boyfriend tackles marriage-proposal question

Sushmita Sen held a live session on Instagram on Friday with her daughters, Renee and Alisah, and boyfriend Rohman Shawl. While talking to her fans, she revealed details about her most anticipated series Aarya 2. The actress won hearts with the award-winning series Aarya and now, she is set to be back with the sequel that she said is on its last schedule.

Quote: 'For all good things, one has to wait'

Aarya season 2 is in its final stage and will soon be ready for release. "The last schedule is left for Aarya, and it is not very long," Sen said during the live session. "The amount of love and appreciation you have given Aarya, when we come back you have to love season 2. For all good things, one has to wait," she added.

Reaction: Boyfriend Shawl responded to a fan's marriage proposal to Sen

During the live session, Alisah read one fan's comment, "Will you marry me?" and Shawl responded a firm "No!" even before

Sen could answer. This left her in splits. Alisah, who was quite persistent to know her mom's answer, said, "It's not for you it's for mama," to which Shawl replied, "But I've answered on her behalf only no?" as the actress continued laughing.



ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ

گل بوکی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

17 حق بات کہنا عبادت ہے

اردو حکایت: ایک درویش نے ایک بادشاہ کے روبرو کوئی سچی بات کہہ دی۔ بادشاہ نے ناراض ہو کر اس کو قید کرنے کا حکم دے دیا۔ درویش کے دوست نے کہا کہ بادشاہ کے سامنے یہ بات کہنی مناسب نہ تھی۔ درویش نے جواب دیا۔ ”حق بات کہنا عبادت ہے۔“ میں قید سے نہیں ڈرتا یہ تھوڑی دیر کے لئے ہے۔ کسی نے یہ بات بادشاہ سے جا کر کہہ دی۔ بادشاہ نے ہنس کر کہا۔ ”اُس کو غلط فہمی ہوئی ہے اب موت ہی اس کو قید خانہ سے چھٹکارا دلائے گی۔“

درویش کو جب یہ معلوم ہوا تو اُس نے کہا۔ ”یہ زندگی چند روزہ ہے اور دُنیا تھوڑی دیر کی ہے۔ درویش کے نزدیک غم و خوشی برابر ہیں۔ اے بادشاہ! آج تیرے پاس بہت کچھ ہے اور میں مصیبت میں مبتلا ہوں لیکن کل جب ہم موت کے دروازہ میں داخل ہوں گے تو دونوں برابر ہو جائیں گے۔ اس چند روزہ دولت و حکومت سے دل نہ لگا اور اپنے آپ کو جہنم کا ایندھن نہ بنا۔“

فارسی شعر:

چناں ذی کہ ذکرت تحسین کنند
چو مردی نہ بر گور نفرین کنند
عروسی بود، نوبت ما تمت
گرت نیک روزی بود خاتمت

حاصل کلام:

اس طرح زندگی گزار کہ لوگ تیرا ذکر بھلائی سے کریں اور جب تو مرے تو تیری قبر پر لعنت نہ بھیجیں۔ تیری موت کا وقت بھی شادی ہو سکتا ہے اگر تجھے بہتر خاتمہ میسر آ جائے۔

منظوم ترجمہ:

گزار یوں کہ کریں لوگ تجھ کو یاد سدا
نہ یوں کہ لوگ تری قبر پر کریں لعنت
بہ وقت موت یہ محسوس ہو کہ شادی ہے
جو نیک تو ہو تو، بڑھ جائے گی تری عزت



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رضی اللہ عنہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آ بسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ 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 اورج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رسی اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

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



شکیل بدایونی
غزل

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

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راہی معصوم رضا
غزل

موج ہوا کی زنجیریں پہنیں گے دھوم چائیں گے
تہائی کو گیت میں ڈھالیں گے گیتوں کو گائیں گے
کندھے ٹوٹ رہے ہیں صحرا کی یہ وسعت بھاری ہے
گھر جائیں تو اپنی نظر میں اور سبک ہو جائیں گے
پر چھائیں گے اس جنگل میں کیا کوئی موجود نہیں
اس دشت تہائی سے کب لوگ رہائی پائیں گے
زمزم اور گنگا جل پی کر کون بچا ہے مرنے سے
ہم تو آنسو کا یہ امرت پی کے امر ہو جائیں گے
جس بستی میں سب واقف ہوں وہ بستی اک زنداں ہے
وحشت کی فصل آئے گی تو ہم کتنا گھبرائیں گے
آج جو اس بے دردی سے ہنستا ہے ہماری وحشت پر
اک دن ہم اس شہر کو راہی رہ رہ کر یاد آئیں گے

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وسیم بریلوی
غزل

آتے آتے مرا نام سا رہ گیا
اس کے ہونٹوں پہ کچھ کانپتا رہ گیا
رات مجرم تھی دامن بچا لے گئی
دن گواہوں کی صف میں کھڑا رہ گیا
وہ مرے سامنے ہی گیا اور میں
راستے کی طرح دیکھتا رہ گیا
جھوٹ والے کہیں سے کہیں بڑھ گئے
اور میں تھا کہ سچ بولتا رہ گیا
آندھیوں کے ارادے تو اچھے نہ تھے
یہ دیا کیسے جلتا ہوا رہ گیا
اس کو کاندھوں پہ لے جا رہے ہیں وسیم
اور وہ جینے کا حق مانگتا رہ گیا

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ولی الدین
الزام

6 6 سالوں سے ہوتا آرہا ہے
ایک دو بے پہ الزام لگاتے جائیے
انڈیا اور پاکستان کی دوستی ہے اتنی
دل ملے نہ ملے ہاتھ ملاتے جائیے

حلیہ

کہتی ہے غصہ کو ہنسی میں اڑاتے کیوں ہو
حسینوں سے باتیں کر کے جلاتے کیوں ہو
ڈانٹنگ کر کے بھی یہ حال ہے تمہارا
ولی آئینہ کو اپنا حلیہ دکھاتے کیوں ہو

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مہمان

وہ آئے تھے گھر حلیہ پریشان کئے ہوئے
بکھرا تھا حسن چاک گریباں کئے ہوئے
سوچتا ہوں گھر والوں کو Vacation پہ بھیج دوں
”مدت ہوئی ہے یار کو مہمان کئے ہوئے“

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بہرا دکھنوی
غزل

دیوانہ بنانا ہے تو دیوانہ بنا دے
ورنہ کہیں تقدیر تماشہ نہ بنا دے
اے دیکھنے والو مجھے ہنس ہنس کے نہ دیکھو
تم کو بھی محبت کہیں مجھ سا نہ بنا دے
میں ڈھونڈ رہا ہوں مری وہ شمع کہاں ہے
جو بزم کی ہر چیز کو پر دانہ بنا دے
آخر کوئی صورت بھی تو ہو خانہ دل کی
کعبہ نہیں بتا ہے تو بت خانہ بنا دے
بہرآد ہر اک گام پہ اک سجدہ مستی
ہر ذرے کو سنگ در جانانہ بنا دے

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احمد علی رقی اعظمی
ایشیا ٹائمز یو ایس: منظوم تاثرات

ایشیا ٹائمز یو ایس ایشیا کا ہے سفیر
جس کے مندرجات ہوتے ہیں نہایت دلپذیر
گرچہ انگریزی میں ہیں اس کے شمارے دلنشین
اس کی یو ایس میں اشاعت ہے یہ لانا جوئے شیر
جس کی یہ آواز امریکا میں کرتا ہے بلند
منعکس ہوتا ہے اس میں خطہ بر صغیر
ادبی تخلیقات کا بھی ایک کالم اس میں ہے
جس کے ہیں توفیق انصاری شکاگو میں مدیر
کرتے ہیں اپنی ثقافت کو جو اس میں منعکس
ہیں دیار غیر میں ملک ادب کے وہ سفیر
ہر شمارہ اس کا امریکا میں ہے ہر دلعزیز
سحر کا دہلی میں برقی بھی ہے جس کے اک اسیر

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قاضی انصار
غزل

انگلیاں کاٹ لو تاریخ بنا لو تم بھی
نام اپنا بھی شہیدوں میں لکھا لو تم بھی
عزم محکم ہو تو یہ فعل بھی دشوار نہیں
ذرے ذرے میں سے سورج کو نکالو تم بھی
ذہن اپنا رکھو اور سوچ بھی رکھو اپنی
یہ ضروری نہیں تلوار اٹھا لو تم بھی
اس سے بڑھ کر یہاں کیا کار نمایاں ہوگا
آبرو عزت و ناموس بچا لو تم بھی
شہر والوں کو کوئی فرق نہیں پڑ سکتا
اپنے حصے کی اگر آب و ہوا لو تم بھی
ہم نے مانا کہ ہے انصار بھی بدنام مگر
اپنی آوارہ مزاجی کو سنبھالو تم بھی

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بسٹوں کی بسٹوں کی طرح پرورش

ڈاکٹر راؤ کا مران علی



جسے صرف عورت ذات کو نچا دکھانا ہوتا ہے۔ تاہم یہ بھی ہو سکتا ہے کہ ”مساوات“ کے اصولوں پر کار فرما ہوتے ہوئے مخالف خاتون امیدوار پر بھی اتنی ہی کچھڑا چھالی جاتی ہو جتنی مخالف مرد امیدوار پر، لیکن بہر حال یہ نانا انصافی اور قابلِ مذمت بات ہے۔

وقت کی ضرورت ہے کہ بہترین دل اور دماغ رکھنے والے ممبران متحد ہوں اور تنظیم کے آئین میں خواتین کے لئے الگ گنجائش پیدا کی جائے۔ جب تک خواتین امیدواروں کے لئے خصوصی تبدیلیاں نہیں کی جائیں گی جس میں انکے وقار اور عزت نفس کو ملحوظ خاطر رکھا جائے، ایک آدھ“ مہم جو خاتون ڈاکٹر کے علاوہ، زیادہ تر اس انتخابی عمل سے دور رہیں گی جو کہ انتہائی تشویش کی بات ہے۔

گلو ریا اسٹینم ٹھیک کہتی ہے ماؤں کو بیٹوں کی تربیت بیٹوں کی طرح کرنی پڑے گی تاکہ وہ صنفِ نازک کی حساسیت اور عزت نفس کو محسوس کر سکیں اور اسے مجروح ہونے سے بچائیں۔

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

گزشتہ دنوں انگریزی کے خوبصورت کالم نگار اور کارڈیا لوجسٹ برادر ڈاکٹر عارف احمد نے امریکی ڈاکٹروں کی تنظیم ”اپنا“ میں خواتین کی نمائندگی کے فقدان پر توجہ دلوائی۔ بورڈ آف ٹرسٹیز میں سے کوئی ایک بھی خاتون ڈاکٹر نہیں اور شاید تنظیم کی چالیس سالہ تاریخ میں کبھی بھی کوئی خاتون ڈاکٹر بورڈ میں شامل نہیں ہوئی۔ اسی طرح چالیس سال کے عرصے میں صرف چار خواتین تنظیم کے صدر کے عہدے پر فائز ہوئیں۔ اس سلسلے میں جب ”اپنا“ کی چند انتہائی متحرک خواتین ڈاکٹروں سے بات ہوئی جو کہ بلاشبہ بہت سے مسرد ڈاکٹروں سے زیادہ اہل اور بہترین منتظم ہیں کہ وہ کیوں تنظیمی الیکشنز میں حصہ نہیں لیتیں، تو انہوں نے انتخابات کے دوران سابقہ خواتین صدور کے حوالے سے افسوسناک داستانیں سنائیں ہیں کہ کیسے انکو ہراساں کیا گیا، کیسے اُن پر کچھڑا چھالی گئی اور کیسے انکی راہ میں روڑے اٹکائے گئے۔ انتہائی اعلیٰ تسلیم یافتہ پاکستانی آدمی امریکہ جیسے ملک میں بھی جب ایک خاتون سے مقابلے پر آتا ہے، تو سوٹ بوٹ کی تہذیب پھاڑ کر اسکے اندر کا ”اصلی مرد“ باہر آ جاتا ہے،

میں بھی عورت کے بارے میں اتنا تعصب موجود ہے کہ 240 سالہ تاریخ میں ایک بھی عورت سربراہ مملکت نہ بن سکی۔ گوروں نے ایک مرتبہ کالے مرد کو گوری عورت پر ترجیح دی اور دوسری مرتبہ عورتوں کی تذلیل کرنے والے شخص کی حکمرانی کو گوری عورت کی حکمرانی پر ترجیح دی۔ خواتین سے تعصب کی اس سے بڑی مثال ترقی پذیر ممالک میں بھی ملنا مشکل ہے۔

ترقی یافتہ سے لیکر ترقی پذیر ممالک تک عورتوں کے ساتھ منصفانہ تو کیا مساوی سلوک تک نہیں کیا جاتا۔ مساوی یا برابری کے سلوک سے مراد ہے کہ فرض کریں ایک جیسے قد و قامت کے مرد اور عورت کو پچیس کلو وزن اٹھانے کا کہا جائے۔ چونکہ عورت فطرتاً کمزور جسم کی ہے تو یہ مساوی یا برابری کا سلوک تو ہوا لیکن انصاف نہیں۔ انصاف یہ ہے کہ دیکھا جائے کہ جتنی آسانی کے ساتھ مرد پچیس کلو وزن اٹھا سکتا ہے اتنی ہی آسانی کے ساتھ عورت کتنا وزن اٹھا سکتی ہے؛ پانچ سے دس کلو یا اس سے بھی کم؟ اور عورت کے ساتھ اتنی ہی آسانی کا معاملہ کیا جانا چاہئے۔ یہی انصاف اور حقیقی مساوات ہے۔

گلو ریا اسٹینم امریکی صحافی اور حقوق نسواں کی علمبردار ہیں۔ ساٹھ اور ستر کی دہائی میں جن چند گنے چنے صحافیوں نے خواتین کے حقوق کے لئے آواز بلند کی، گلو ریا ان میں سرفہرست ہیں۔ چند ہم خیال ساتھیوں کے ساتھ، گلو ریا نے 2005 میں اپنے ”ویمن میڈیا سنٹر“ کی بنیاد رکھی جس کا مقصد خواتین کے حقوق کو نمایاں کرنا اور میڈیا میں خواتین کو زیادہ سے زیادہ اجاگر کرنا ہے۔ گلو ریا اسٹینم کا ایک قول بہت مقبول ہوا کہ،

”ہم نے اپنی بیٹیوں کی پرورش تو بیٹوں کی طرح کرنی شروع کر دی ہے لیکن بہت کم لوگوں میں یہ ہمت ہے کہ اپنے بیٹوں کی پرورش بیٹیوں کی طرح کریں۔“

اس بیان پر بہت لے دے بھی ہوئی کیونکہ کون بیٹوں کی پرورش بیٹیوں کی طرح چاہے گا، لیکن گلو ریا کا مفہوم مرد کا عورت کو جاننے اور سمجھنے کا عمل لڑکپن سے ہی شروع کر دینے کا تھا۔

امریکہ جیسے انتہائی ترقی یافتہ ملک

ادا کارہ مونا لیسا نے ساڑھی میں کرایا گلیمرس فوٹوشوٹ، فینس نے کہہ ڈالی اتنی بڑی بات

”ہماری فلم ہمیں یہ یاد دلاتی ہے کہ بھگوان کی ہلکے پھلکے اور مزاح کے انداز میں ہمیں یہ بتاتی کوئی بھی تخلیق محض اس لیے ناپاک نہیں ہو سکتی ہے کہ کس طرح شادی کے بعد صبری کو اپنی



”ایسے بہت سے طریقے ہیں، جن سے فلم تیار کی جاسکتی ہے اور یہ ضروری نہیں ہے کہ ہمیشہ کسی سنجیدہ موضوع کو اجاگر کرنے کے لیے سنجیدہ لہجہ ہی اختیار کیا جائے۔ اگر کوئی شخص زیادہ لوگوں سے جڑنا چاہتا ہے تو اس کا سب سے بہتر طریقہ مزاح ہے۔“

اسکرپٹ رائٹر محترمہ زینیا سین نے کہانی کے بارے میں اظہار خیال کرتے ہوئے کہا کہ میں نے اس بات کو محسوس کیا کہ یہ ایسی کہانی ہے، جسے پیش کیے جانے کی ضرورت ہے اور ہم نے مل کر اس کہانی کو اپنایا۔ یہ سفر اس وقت شروع ہوتا ہے جب ایک خاتون کو محض اس لیے مذہبی رسومات میں شرکت کی اجازت نہیں دی جاتی،

محسوس ہوا کہ ایک مرد کے طور پر میں اپنا کام درست طور پر نہیں کر رہا ہوں۔ ”حقیقی طور پر یہ ایک اعزاز ہے کہ اس فلم کو انڈین پنورما کے لیے منتخب کیا گیا ہے۔ میں محسوس کرتا ہوں کہ اگر ہم مرد مل کر قدم نہیں اٹھائیں گے تو ہم کوئی ایسا سماج تشکیل نہیں دے سکتے، جہاں سب کی برابر پوزیشن ہو، چاہے اس کی صنف کوئی بھی ہو۔ میں محسوس کرتا ہوں کہ سنیما ہالوں میں فلم کی نمائش کے بعد ایک تحریک شروع ہوئی ہے۔“

جناب سوہم نے اپنے کردار کے بارے میں تفصیل سے بتاتے ہوئے کہا کہ وکرما دتیہ اپنی اہلیہ کے ہر قدم میں اس کا ساتھ دیتا ہے۔ وہ



کیونکہ وہ اس وقت حیض سے ہے۔ ایک ساتھ چلتے ہیں۔

صبری ایک لیکچرر، ایک فنکارہ اور ایک بچارن ہے۔ انہوں نے ہندو مذہبی رسومات ادا کرنے کا طریقہ اپنے والد سے سیکھا ہے۔ جب وکرما دتیہ نے، جو بچائیت پردھان کا بیٹا ہے، اس سے شادی کی تجویز پیش کی، تو اس نے بتایا کہ وہ پوجا کرتی ہے اور دیگر کام انجام دیتی ہے۔ پوجا کے لیے اس کے الفاظ کو غلط سمجھا گیا، کیونکہ خواتین گھر میں ہی پوجا کرتی ہیں۔ شادی کے بعد صبری نے اپنی زندگی میں آئی بہت سی تبدیلیوں سے نمٹنے کے لیے زبردست جدوجہد کی۔

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زندگی میں آنے والی بہت سی تبدیلیوں کا سامنا کرنا پڑا اور انہیں ایک بچاری کے طور پر اپنی رسومات جاری رکھنے کے لیے کیا کوششیں کرنی پڑیں۔ اس فلم میں بنیادی طور پر یہ دکھایا گیا ہے کہ حیض آج بھی بھارتی سماج میں جس سمجھا جاتا ہے۔

محترمہ چکر برتی نے ڈائریکٹر جناب اربنا کھرجی، پروڈیوسر جناب شیو پرسا دکھرجی کے ساتھ پریس کانفرنس سے خطاب کرتے ہوئے کہا۔ اس پریس کانفرنس میں بیواؤں کی اسٹوری کا اسکرین پلے لکھنے والی محترمہ سرگتی بنداپادھیائے، مصنفہ زینیا سین اور اہم کردار ادا کرنے والے جناب سوہم مجددی بھی موجود تھے۔ انہوں نے مزید کہا کہ انی کے لیے منتخب کیا جانا ہماری فلم کے لیے ایک اعزاز ہے، کیونکہ ہماری فلم کا موضوع بہت دلچسپ اور ہمارے دل کے بہت قریب ہے۔ اگرچہ اس میں بہت سنگین موضوع پر بات کی گئی ہے، لیکن یہ ایک خوش کن کہانی ہے۔ خواتین کو ہر جگہ امتیاز کا سامنا کرنا پڑتا ہے۔ ہماری فلم ایک خاتون بچاری سے ہے۔“ فلم کے رائٹر نے حیض کے خلاف پرانی روایت کو توڑنے کا فیصلہ کیا اور مجھے اس میں لیڈ رول ادا کرنے کا اعزاز حاصل ہوا۔ یہ فلم صبری کی کہانی پر مبنی ہے جو ایک لیکچرر ہے، ایک فنکارہ ہے اور سب سے اہم بات یہ کہ وہ ایک بچاری بھی ہے۔ یہ فلم بہت

یہ سوال پوچھے جانے پر کہ کیا خواتین کو صنعت میں امتیاز کا سامنا کرنا پڑتا ہے اور کیا انہیں بھی کبھی اس امتیاز کا سامنا کرنا پڑا ہے، محترمہ ریتا بھری نے کہا کہ بہت ساری کہانیاں خواتین کے گرد گھومتی ہیں، جنہیں خواتین کے زبان میں ہی پیش کیا جانا چاہیے۔ البتہ ایسا نہیں ہوتا، جس کی بہت سی وجوہات ہیں۔ بہت سی خواتین کو بہت کچھ کہنے کی ضرورت ہے اور ہمارے پاس بھی کہنے کے لیے اپنی کہانیاں ہیں، لیکن مردوں پر مبنی کہانیوں کو پسند کیا جاتا ہے جبکہ خواتین پر مبنی کہانی کو پسند نہیں کیا جاتا ہے، اس طرح کے امتیاز کا ہمیں سامنا کرنا پڑتا ہے۔

مختلف نظریات اٹھانے کے لیے زیادہ پروڈیوسروں کے سامنے آنے کی اپنی خواہش کا اظہار کرتے ہوئے محترمہ ریتا بھری نے مزید کہا کہ سب سے اہم کہانی ہوتی ہے، ہیرو یا ہیروئن نہیں، جس کی اہمیت ہے۔ فلم میں جس طرح کہانی بیان کی گئی ہے، اس کے بارے میں بات کرتے ہوئے محترمہ ریتا بھری نے کہا کہ

کیا گورے واقعی ملاوٹ ADULTERATION نہیں کرتے؟ گوروں کی فبیج اصلیت

برصغیر کے لوگ صدیوں سے پریش اور ہارٹ اٹیک کا تحفہ انہی انگریزوں کی کرم نوازی ہے۔ دیسی وائٹر وغیرہ لکھنے لگے ہیں۔

مفہوم سے نا آشنا تھے۔ گھروں (ستو، لسی، دودھ) وغیرہ کے مقابلے میں ولایتی کیمیکل ملے

مکھن، دیسی مرغیاں، دیسی مشروبات (کوکا کولا، سیون اپ) وغیرہ انہی انگریزوں کا تحفہ ہے جو ملاوٹ نہیں کرتے۔

انڈے، بکرے، دنبے وغیرہ کا گوشت استعمال کیا جاتا تھا۔ نہانے کے لیے کالا صابن ہوتا تھا۔ برتن دھونے کے لیے مٹی، ریت اور کالا صابن استعمال ہوتا تھا۔ یہ برصغیر کا حقیقی چہرہ تھا۔ یہی یہاں کا معیار تھا اور یہی رواج بھی۔

پھر بھوکے ننگے، لالچی، چور ذہن انگریز میدان میں آئے۔ تب "مصنوعات" کا رواج نکلا۔ "مصنوعات" کیا تھیں۔ "مصنوعی" چیزیں۔ انسانی تخلیق۔ مقصد صرف پیسہ کمانا تھا۔ استعماریت اور سرمایہ کاری تھا۔ جو آج پوری دنیا کو اخلاقیات کا درس دیتے ہیں ان عالمی جعل سازوں نے "ولایتی" کونسلپٹ متعارف کرایا۔ بالکل ایسے جیسے آج ہر دو نمبر اور گھٹیا پروڈکٹ کو "چائینہ" کہہ لیا جاتا ہے۔ دیسی گھی کے مقابلے میں ولایتی گھی آگیا۔ کولیسٹرول، بلڈ برصغیر میں چائے بھی انگریز نے متعارف کروائی یہ اب ہمارے لئے ایک نشہ بن چکی ہے کہ جس کے بغیر زندگی گزارنی مشکل ہوگئی ہے۔ گڑ، شکر کے مقابلے میں گنے کے رس میں مضر صحت کیمیکل کی ملاوٹ سے چینی بنا کر عوام کو اس طرف لگا دیا گیا۔ پوری قوم کو ذیابیطس مبارک ہو انگریز ملاوٹ نہیں کرتا۔ دودھ خالص ہوتا تھا اور دودھ سے بنی تمام اشیاء بھی۔ نیسلے کمپنی (ان کی ہے جو ملاوٹ نہیں کرتے) نے جعلی دودھ متعارف کرایا۔ الحمد للہ کیمیکل ملا دودھ ساری دنیا کو بیچنے کا سہرا اسی کمپنی کے سر ہے جو ملاوٹ نہیں کرتی۔ سچ کہوں تو بہت ساری پروڈکٹ جن کو دودھ کہا جاتا ہے ان میں دودھ نام کی سرے سے کوئی چیز نہیں ہوتی۔ شکر ہے

میدٹیسین، پھلوں کو پکانے کیلئے رنگ برنگے کیمیکل۔ اور جانے کتنی لمبی علاج معالجہ طبیب ہی کرتے تھے جس سے انسان واقعی تندرست بھی ہو جاتا تھا۔ انہی عالمی جعل سازوں نے انگریزی کیمیکل ملی ادویات متعارف کرائیں جن سے انسان روز بروز نئی بیماریوں کا شکار ہو رہا ہے۔۔۔ جب سے انگریزی ادویات کا دور دورہ ہوا ہے شاید ہی کوئی انسان روئے کائنات پر صحت مند بچا ہو۔۔۔ مقصد کیا تھا۔ صرف اور صرف کیمیکلز کا دھڑا دھڑا استعمال کر رہے ہیں اور الزام جب بھی لگتا ہے بے چارے سازش کا شکار مسلمانوں پر لگتا ہے جن کی بے ایمانی بھی بڑی محدود سی ہے۔۔۔ براہ کرم ذہنی غلامی سے نکلیں اور خود کو درست کریں۔ ملاوٹ، جھوٹ، دھوکہ جیسی چیزیں ہمارا ورثہ نہیں ہیں۔۔۔ یہ معصوم صورت عیاروں کی چالیں ہیں جو دنیا بھر کو رنگی برنگی مصنوعات کے نام پر مضر صحت کیمیکل بیچنے میں مصروف ہیں۔

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ڈبے والے جوس، کاسمیٹکس،

زعفران کے حیران کن طبی فوائد

زعفران خون کی گردش کو حرکت میں لاتا ہے اور شریانوں کو سخت ہونے سے روکتا ہے۔ اس میں موجود مفید اجزاء کو لیسٹرول کی سطح میں کمی لاتے ہیں اور دل کی بیماریوں کے خطرے کو کم کرنے میں مدد کرتے ہیں۔ اس لیے چکنی بھر زعفران دودھ میں ملا کر پینے سے آپ اپنے دل کی صحت کو بہتر رکھ سکتے ہیں۔

بصارت کیلئے بہترین:

طبی ماہرین کے مطابق زعفران کا مسلسل استعمال بڑھاپے میں ہونے والی آنکھوں کی بیماریوں میں کمی لاتا ہے اور بینائی جانے کا خطرہ بھی کم ہوتا ہے۔ زعفران میں موجود اجزاء بینائی کو تقویت دینے والے خلیوں کو بہتر کرتے ہیں۔

جلد کیلئے مفید اور اینٹی ایجنگ:

اگر آپ جلد کے مسائل مثلاً کیل مہاسے، جھانسیوں، سفید دھبوں یا بے رونق اور خشک جلد سے پریشان ہیں تو مختلف طریقوں سے زعفران کا استعمال بہترین ثابت ہو سکتا ہے۔ یہی نہیں، جو خواتین رنگ گورا کرنے کی خواہشمند ہوتی ہیں ان کے لیے زعفران ایک بہترین انتخاب ہے۔ ایک چکنی زعفران اور سورج کھکی کے بیج دودھ میں بھگو دیں۔ اسے رات بھر بھگیا رہنے دیں اور صبح چھان کر پیس لیں۔ اس مکسچر کو چہرے پر ہفتے میں 2 بار لگائیں، آپ کی رنگت نکھر جائے گی۔

موڈ میں بہتری:

شواہد موجود ہیں کہ زعفران موڈ کو بہتر بنانے اور افسردگی کم کرنے کے لیے مفید ہے۔ جرنل آف بیہیوریل اینڈ برین سائنس میں شائع ہونے والی ایک تحقیق میں پتا چلا ہے کہ زعفران ایکسٹریکٹ نے دماغ کے دیگر ہارمونز جیسے سیرٹونن (serotonin) کی سطح کو تبدیل کیے بغیر دماغ میں ڈوپامائن (dopamine) کی سطح میں اضافہ کیا، جو خوشی لانے والا ہارمون ہے۔ ایک تحقیق سے یہ بات سامنے آئی کہ ہر



زعفران سے وزن میں کمی لانے اور بھوک کم کرنے میں مدد مل سکتی ہے۔ جرنل آف کارڈیو ویکسپولر اینڈ تھوراسک ریسرچ میں شائع ایک مصدقہ مطالعے سے معلوم ہوا ہے کہ زعفران کے استعمال سے کمر کے گرد موجود چربی میں کمی آتی ہے۔ جو لوگ اس کا سپلیمنٹ لیتے ہیں ان کو بھوک کم لگتی ہے اور کم کھانا کھانے کے باعث ان کا وزن بڑھنے کے مواقع کم ہو جاتے ہیں۔

موسمی نزلہ و زکام سے بچاؤ:

سردیوں میں ہونے والے نزلہ و زکام کا حل بھی زعفران دے سکتا ہے۔ دودھ میں زعفران ملا کر استعمال کرنے سے نزلہ و زکام اور بخار میں راحت مل سکتی ہے۔ طبی ماہرین مشورہ دیتے ہیں کہ بخار کی حالت میں زعفران ملے دودھ کو پیشانی پر ملنے سے بھی بخار کم ہو سکتا ہے۔

بے خوابی کا حل:

بہتر صحت کے لیے نیند کا پورا ہونا ضروری ہے، نیند پوری نہ ہو تو اس کی وجہ سے دیگر مسائل بھی پیدا ہوتے ہیں۔ رات کو زعفران ملا دودھ پی کر سونے سے بھرپور نیند آتی ہے۔ زعفران میں موجود اینٹی آکسیڈنٹس مختلف طبی مسائل کو دور کرنے میں مدد کرتے ہیں۔ زعفران میں موجود میگنیزیم جلد نیند لانے میں معاونت کرتا ہے۔

امراض قلب سے حفاظت:

زعفران میں موجود اینٹی آکسیڈنٹس جسم کو اعصابی نظام کو متاثر کرنے والے عوارض سے بچانے میں کردار ادا کر سکتے ہیں۔ 2015ء کی ایک ثابت شدہ تحقیق سے پتہ چلتا ہے کہ زعفران میں کروسن جیسے مرکبات دماغ میں سوزش (inflammation) اور تکسیدی نقصان کو کم کرتے ہوئے فائدہ مند اثرات کا باعث بن سکتے ہیں۔ ایک تحقیق میں بتایا گیا ہے کہ زعفران یا دداشت کو بڑھانے والی خصوصیات اور اپنے اینٹی آکسیڈنٹس اور اینٹی سوزش اثرات کی وجہ سے الزائمر سے نمٹنے میں مدد کر سکتا ہے۔ اس تحقیق میں معتدل الزائمر والے لوگوں نے 22 ہفتوں تک زعفران استعمال کیا تو ان کے ادراک میں بہتری آئی تھی۔

جلگ اور کینسر سے بچاؤ میں مددگار:

برطانوی محققین کے مطابق زعفران جلگ کے لیے بے حد فائدہ مند ہے۔ اس قیمتی جڑی بوٹی میں موجود بائیو مالیکیول اور کروسین جلگ کی صحت کے لیے بہت اہمیت کے حامل ہیں، ساتھ ہی یہ کینسر کے مرض کو روکنے میں بہت حد تک مدد فراہم کرتے ہیں۔ تحقیق کاروں کے مطابق زعفران کے طبی فوائد کے سبب آئندہ برس کینسر کے لیے بنائی جانے والی ادویات میں اس کو استعمال کیا جائے گا۔

وزن میں کمی:

اس بات کے بھی کچھ شواہد موجود ہیں کہ

کروسن سیٹیوس (Crocus sativus) نامی پھول سے حاصل کیا جانے والا مسالا زعفران کہلاتا ہے، جو لٹی کا کزن ہے۔ زعفران اس پھول کے اسٹملا اور اسٹائلز سے دھاگوں کی شکل میں حاصل کیا جاتا ہے۔ زعفران کی کٹائی دشوار ہوتی ہے، کاٹنا کار اپنے ہاتھوں سے اس کے دھاگے بہت آرام سے پھولوں سے چنتے ہیں۔ پھر ذائقہ نکالنے کے لئے ان دھاگوں کو گرم کرتے ہیں اور بڑی احتیاط سے انہیں محفوظ کرتے ہیں۔ یہ اضافی مشقت زعفران کو دنیا کا مہنگا ترین مسالا بناتی ہے۔

اسے مختلف پکوان بالخصوص بیٹھے میں ڈالا جاتا ہے۔ زعفران ایک گہری خوشبو اور مخصوص رنگ والا مسالا ہے جو اینٹی آکسیڈنٹس سے بھرپور اور صحت کے لیے بہت فائدہ مند ہے۔ ابتدائی شواہد سے پتہ چلتا ہے کہ زعفران مزاج کو بہتر کرتا اور ذہنی تناؤ سے لڑنے میں مدد کرتا ہے۔ زعفران کے دیگر فوائد ذیل میں درج ہیں۔

اینٹی آکسیڈنٹس کی فراہمی:

2015ء کے ایک جائزے کے مطابق زعفران میں کروسن (crocin)، پیکروکروسن (picrocrocin)، سیفرنال (safranal) جیسے فعال اینٹی آکسیڈنٹس سمیت کیپھیرول (kaempferol) اور کروسیٹین (crocetin) نامی مرکبات ہوتے ہیں جو انسان کے جسم میں تکسیدی تناؤ اور فری ریڈیکل کے خلاف لڑنے میں مدد کرتے ہیں۔ چونکہ تکسیدی تناؤ اور آزاد ریڈیکلز کینسر اور دل کی بیماریوں سمیت دیگر امراض کی نشوونما میں اپنا کردار ادا کرتے ہیں، اسی لئے اس طرح کے اینٹی آکسیڈنٹس آپ کو صحت مند رکھنے میں مدد کر سکتے ہیں۔

اعصابی نظام کی خرابی کی روک تھام:

Grandpa always said when one door closes, another one opens...

Great man, horrible cabinet maker.

I'm absolutely heartbroken. My Wife just broke up with me over my chronic gambling addiction...

... But it's okay, I'll win her back.

My two-year old granddaughter, Sally was with her mother while her older sister was being examined by the dentist.

Sally kept herself busy playing with toys in the waiting room until she noticed that her mom was resting, her eyes closed.

With about six other patients waiting, Sally marched up to her mother, looked her straight in the face and shook her shoulder. "Mommy," she yelled, "Wake up! This is not church!"

If I won the lottery, I wouldn't quit my job...

I'd just sit there doing nothing and see how long it took them to fire me.

A reporter asked a man how he felt when he found out that he won the lottery.

"As soon I saw the numbers line up, I knew it was going to be wife changing!"

6:30 is the best time on a clock...

Hands down!

Happiness is walking through the green grass barefoot...

Misery is walking through the green grass barefoot and then discovering it's a cow pasture.

Dentist: "You need a crown."

Patient: "Finally, someone who understands me."

Ed: How old is your brother?

Ted: He's a year old.

Ed: Huh! I've got a dog a year old and he can walk twice as well as your brother.

Ted: Sure, your dog has twice as many legs.

One day I'd like to GO to Conclusions...

But you always have to jump to them, and I'm not much on physical activity.

I always wanted to know...

Do Lipton Tea employees take 'coffee breaks'?

Why do croutons come in airtight packages?

Aren't they just stale bread to begin with?

My sister has a lifesaving tool in her car which is designed to cut through a seat belt if she gets trapped...

She keeps it in the trunk.

The Devil whispered in my ear, "You're not strong enough to withstand the storm."

I whispered in the Devil's ear, "I like your eggs."

Tim: I went riding this morning.

Tom: Horseback?

Tim: Oh, sure. He got back two hours before I did."

Doctor: "Would you have the money if I said you needed an operation?"

Patient: "Would you say I needed an operation if you thought I didn't have the money?"

Patient: Doctor, I have a tendency to gain weight in certain places. What would you recommend?

Doctor: Stay out of those places!

Patient: "Doctor, what I need is something to stir me up... something to get me fired up and put me in a fighting mood. Did you put anything like that in this prescription?"

Doctor: "No, not in the prescription. You'll find that in the bill."

Teacher: What kind of wife would you like Johnny?

Johnny: I would want a wife like the moon.

Teacher: Wow! What a choice...Do you want her to be beautiful and calm like the moon?

Johnny: No, I want her to arrive at night and disappear in the morning.

Under new management...

See spouse for details!

A young kid found an old lamp. As always the lamp was rubbed and a genie appeared granting 3 wishes.

Genie: I will grant you 3 wishes!

Kid: I wish math didn't exist.

Genie: DONE! You have no more wishes!



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