



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

APRIL 2023 Vol 14, Issue 4

## The US dollar will likely keep dropping

The US Dollar Index has seen four losing weeks out of the last five, and the greenback could face more declines in the months ahead.

In March, the US dollar has shed 2.57% against a group of other major currencies, and erased most of its gains made in February. Since October, the US Dollar Index has fallen 8.8%.

“Although it cannot be ruled out that the quarterly portfolio shakeout will create traction in the Dollar, it is still more likely that the US currency will fall further in the coming quarters,” senior market analyst at FxPro, Alex Kuptsikevich, said.

A money changer counts U.S. dollar bills at a currency exchange office in central Istanbul April 15, 2015. Murad Sezer/Reuters  
The US Dollar Index has declined 2.57% in March, notching four losing weeks out of the last five.

A senior market analyst from FxPro said the dollar is preparing to “stare into the abyss.” “In the last six months, we have seen the quite typical and understandable reversal of the dollar.”

Stay ahead of the market  
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“Although it cannot be ruled out that the quarterly portfolio shakeout will create traction in the Dollar, it is still more likely that the US currency will fall further in the coming quarters,” senior market analyst at FxPro, Alex Kuptsikevich, said.

In his view, the dollar’s sharp reversal from rising to falling in September marked a turning point. The greenback gained at a steady clip alongside the Fed’s tightening of monetary policy up to that



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# Sher Rajput has been honored with the 'PRIDE OF INDIA' award



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Rajasthan State, Rajiv Gandhi Pride of Bikaner Award



Sher Rajput, Chicago's towering community leader, has been honored with the 'PRIDE OF INDIA' award. The award was bestowed upon Sher Rajput at the MEATF's India Unity Day celebration that US Congressman Danny Davis presided over.

There, MEATF (Multi Ethnic Asian Task Force) Chairman Dr Vijay Prabhakar described him as the "Mayor Of Devon Avenue." Jatinder Bedi introduced Sher Rajput. Executive Director Ms Mohita Sukumar, was MC.

Sher Mohammed Rajput of Chicago, USA has dedicated his life serving the Muslim, Sikh, Hindu and Christian community in Chicago ever since he migrated in 1965. He has also been carrying the mantra of "Hindu, Muslim, Sikh, Esai; Hum Sab Hai Bhai Bhai" to his native city of Bikaner in Rajasthan.

Born to Janaab Khan Panwar in the village of Ridmalsar in Bikaner, Haji Sher Rajput did his high school in his village; and later MA in Economics. Sher then embarked on his journey to England; and onwards to America. Here he finished MBA from the Indiana university; launched his company 'Money Matters;' and later rose to be a name to reckon with especially in the New York Life Insurance Company.

## ACHIEVEMENTS & AWARDS OF SHER RAJPUT

He is the 'Lifetime Trustee of the Federation Of Indian Associations, Chicago' that was established in 1980.

He is a founding member and Board of Trustees of the East West University.

He is a founding member and Board of Trustees of the Indo-American Community Center, Chicago.

He is a Founding Member of MCC (Muslim Community Center), Chicago.

Recipient of 'Life Time Achievement Award' from Indo American Center

Recipient of 'Life Time Achievement Award' from AFMI

Recipient of 'Outstanding Member of the Community Award' by Geetha Mandalam, a Chicago-based Hindu Religious organization.



Pride of Rajasthan Award

Recipient of Promoter of the Concept of True Brotherhood Award from Sarv Dharam Maha Sabha.

Recipient of Best NRI Native Son Award from Maharajah Dungar Singh College of Bikaner



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## Khutba Times at various Mosques in DFW

Jumah Khutba (not Iqamah) times at DFW masjids as of March 25:

- Allen Masjid: 1:45, 2:45
- Arlington - Richland: 1:45
- Arlington - Central: 1:40
- Aubrey Masjid: 1:45, 2:20
- Carrollton-Madina Masjid: 1:45, 2:15
- Carrollton- Al-Rehman: 1:30
- Colony Mosque: 1:45
- Coleyville Masjid: 1:40
- Coppell Masjid: 2:30, 4:30
- Denton Masjid: 1:45
- Eules MasjId: 2:00
- Fort Worth-Masjid AlKarim 1:45
- Frisco Masjid: 1:45, 2:45, 3:45
- Garland-Makkah Mosq: 1:45, 2:15
- Garland-Yaseen(Arabi): 1:30, 2:30

- Irving-Annoor Ctr: 1:45
- Irving- ICI: 2:00, 3:15
- Irving- VRIC: 1:45, 2:45
- Mansfield: 1:30, 2:30
- Mckinney Masjid: 1:45, 2:45, 4:20
- Mesquite Masjid: 1:30, 2:30
- Plano Masjid: 1:45, 2:45
- Plano- EPIC: 1:45, 3:00, 4:15
- Princeton Masjid: 2:00
- Richardson- IANT: 1:25, 2:25
- Sachse Masjid: 1:45
- Watuga Masjid: 1:30, 2:25

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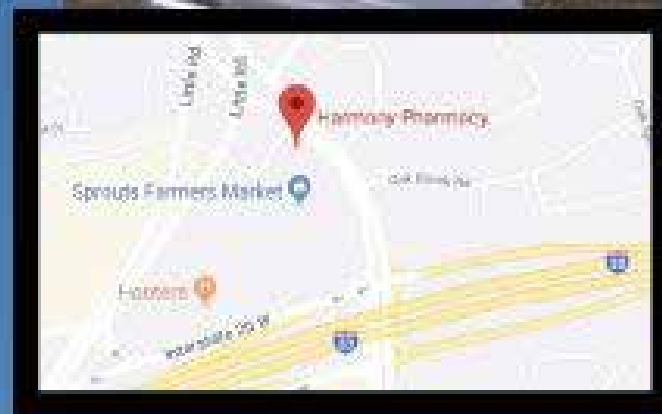
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# The Spirit of Fasting in the month of Ramadan

**M. Basheer Ahmed, M.D.**

Ramadan is indeed an exceptional month of fasting for Muslims around the world. It is the ninth month of the Islamic lunar calendar, during which Muslims fast (refrain from eating and drinking) from dawn until sunset. The fast is observed as a form of worship and is one of the Five Pillars of Islam.

The blessed month of Ramadan (fasting) starts this year on March 23rd and ends on April 21st, 2023. This month, the Quran, the holy book of Islam, was revealed to Prophet Mohammad (PBUH) in 610 AD. Muslims fast during the month of Ramadan. It is an act of worship that helps Muslims to feel closer to Allah and strengthens their faith. It also helps to resist temptation and avoid sinful behavior. They do this through fasting, praying, reciting the Quran, making their actions purposeful and selfless, and refraining from lying, gossiping, and fighting. I remember during my childhood, the excitement we experienced sighting a new moon at the beginning of the month of fasting-Ramazan. Adults and children look forward to Ramazan for fasting, tarweeh prayers at night in Masjid, socialization with family and friends, and celebrating the major Eid festival at the end of the month of Ramadan.

God says in Quran you who believe! Fasting is prescribed to you as it was prescribed to those before you, so that you may attain Taqwa." (2:183) Taqwa (restraining oneself from bad behavior) simply means to protect oneself from the Anger of Allah (swt) and His Punishment. The Muttaqun are those who believe in Allah and are involved in the affairs of humanity and avoid God's displeasure. Fasting prepares Muslims to transform spiritually, focusing on attachment to Allah and, by the consciousness of behavior, avoiding activities that are prohibited during fasting. This results in achieving peace and tranquility.

Islamic faith is composed of unique rituals to bring discipline to human life. Fasting is one of the five key rituals that Muslims around the world observe. The essence of fasting is to become humble, simple, and free from ill will, anger, meanness, and hatred. Fasting is regarded as an annual training, requiring one to abstain from food, drink, and intimacy, but also to avoid ill actions such as backbiting, and hurting the feelings of others from dawn to dusk, every day for a month.

Habits are difficult to change, especially if they have been a part of your life for a very long time. During Ramadan, our experience of self-control gives us confidence that we can change our habits. If you can refrain from food, and negative and inappropriate thoughts, this will give you the strength and self-confidence to kick all your bad habits. If we do not discipline ourselves and control our bad habits, we are not getting the benefits of fasting

True fasting is self-purification, which leads to the development of human values such as

generosity, patience, kindness, forgiveness, mercy, justice, and empathy - that are necessary for the success of self and the community. One of the purposes of religion is to develop the highest moral standards through the purification of self, beliefs, and behavior. Fasting gives us an opportunity to attain piety and purification of self. During the state of fasting, one experiences hunger and thirst. It teaches Muslims to be more empathetic towards those who are less fortunate and appreciate the blessings that they have in their lives and develop a sense of mercy for those who are less fortunate. Ramadan is also a time to share one's wealth with the needy- it is a charity called Zakat, the 4th pillar of Islam. It is a religious duty that every Muslim family take out 2.5% of the value of their assets and pass it on to the needy people in community, deserving family members, deserving Muslims and non-Muslims.

Muslims take advice from the Prophet, who said, "If one slanders you or aggresses against you, say I am fasting." This is the best way to control your anger and negative emotions.

The Holy Prophet (PBUH) once said: "There are so many of fasting people who do not get anything out of fasting except thirst and hunger. These are the people who fast but do not refrain from bad behavior.

Prophet Muhammad (PBUH) also said "God has no need for the hunger or thirst of someone who hurts others, violates their dignity or usurps their rights."

Fasting has been associated with several potential physical benefits, such as reduction in calorie intake, which can lead to weight loss. Fasting has been found to improve insulin sensitivity, which can help with blood sugar control. Some studies have shown that fasting can help lower blood pressure, reducing the risk of cardiovascular disease. Fasting has been associated with improved immunity, and a reduction in inflammation, which is linked to several chronic diseases such as arthritis, cancer, and heart disease. Some studies have suggested that fasting can improve cognitive function and may even reduce the risk of neurodegenerative diseases such as Alzheimer's. It's important to note that the physical benefits of fasting may vary depending on the individual and the type of fasting, and fasting should always be done under the guidance of a

healthcare professional. It must be emphasized that one must not fast just as a ritual. and consume excessive food at night for self-pleasure. God says in Quran "It is not righteousness that you turn your faces towards east or west; but it is righteousness - to believe in Allah and the Last Day, and the Angels, and the Book, and the Messengers; to spend wealth, out of love for Him, for your kin, for orphans, for the needy, for the wayfarer, for those who ask, and for setting the slaves free; to establish prayer, and practice regular charity; to fulfill the contracts which you have made; and to be firm and patient in tribulation and adversity, and in times of panic (or stress). Such are the people of truth and they are al-Muttaqun. (2:177)

In Ramadan, fasting brings Muslims together as a community, with shared experiences of fasting and breaking the fast together. It creates a sense of unity and brotherhood as Muslims come together to worship and share meals.

For fasting to be truly universal, its benefits of strengthening human relations must be extended beyond the ties with Muslims to people of all faiths. Fasting is meant to promote a sense of what it means to be truly human, and its universality is reflected by extending cordial relationship to Muslims of all sects and people of all faiths. That is indeed the wisdom expressed in Quran, Al-Hujra, Surah 49:13: "O mankind! We have created you male and female and have made you nations and tribes that ye may know one another. The noblest of you, in sight of Allah, is the best in conduct. Allah Knows and is Aware."

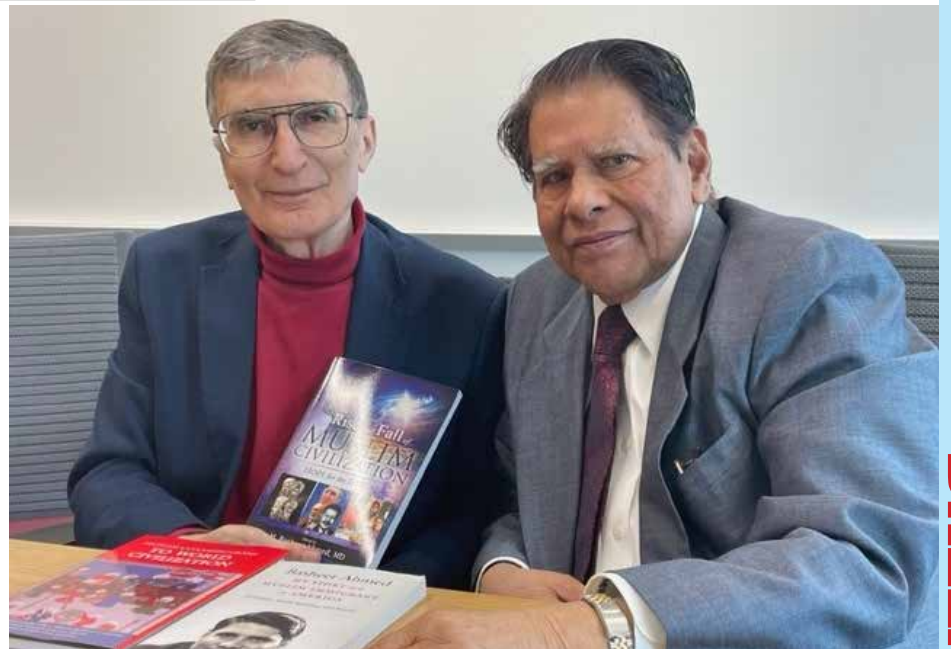
Overall, fasting in Ramadan is an act of worship that offers spiritual benefits that go beyond just abstaining from food and drink. It is a time for self-reflection, purification, and spiritual growth that can have a profound impact on a Muslim's faith and life.

Dr. Ahmed is the former Professor of Psychiatry at Southwestern Medical School, chairman emeritus MCC for Human Services, and president, the Institute of Medieval and Post Medieval studies. He can be reached at mbahmed05@yahoo.com.



*A negative mind will never give you a positive life.*





Dr. Basheer Ahmed attended the alumni recognition awards at UTD on March 25th, 2023. He met Professor Aziz Sancar, a UTD alumnus and Muslim Noble Laureate in science, and gave him his recently published books. He also met Mr. Naveen Jindal, an alumnus of UTD who is a leading industrialist in India.

In Pictures: 1. Dr. and Mrs. Ahmed with Mr. Naveen Jindal  
2. Dr. Ahmed with Professor Aziz Sancar and Dean Hyndman of UTD

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**SCAN TO ORDER**


**SCAN TO MAP**



Telangana NRI Forum- President Mohammed Jabbar and General Secretary Mohammed Layeeq met with BRS Telangana Minority Finance Corporation Chairman Mr. Syed Imtiyaz Sahab and discussed about TNRIF KSA and india activities. He was very happy after knowing TNRIF Hajj Valunteers and community services in Jeddah, Riyadh, Dammam and India.

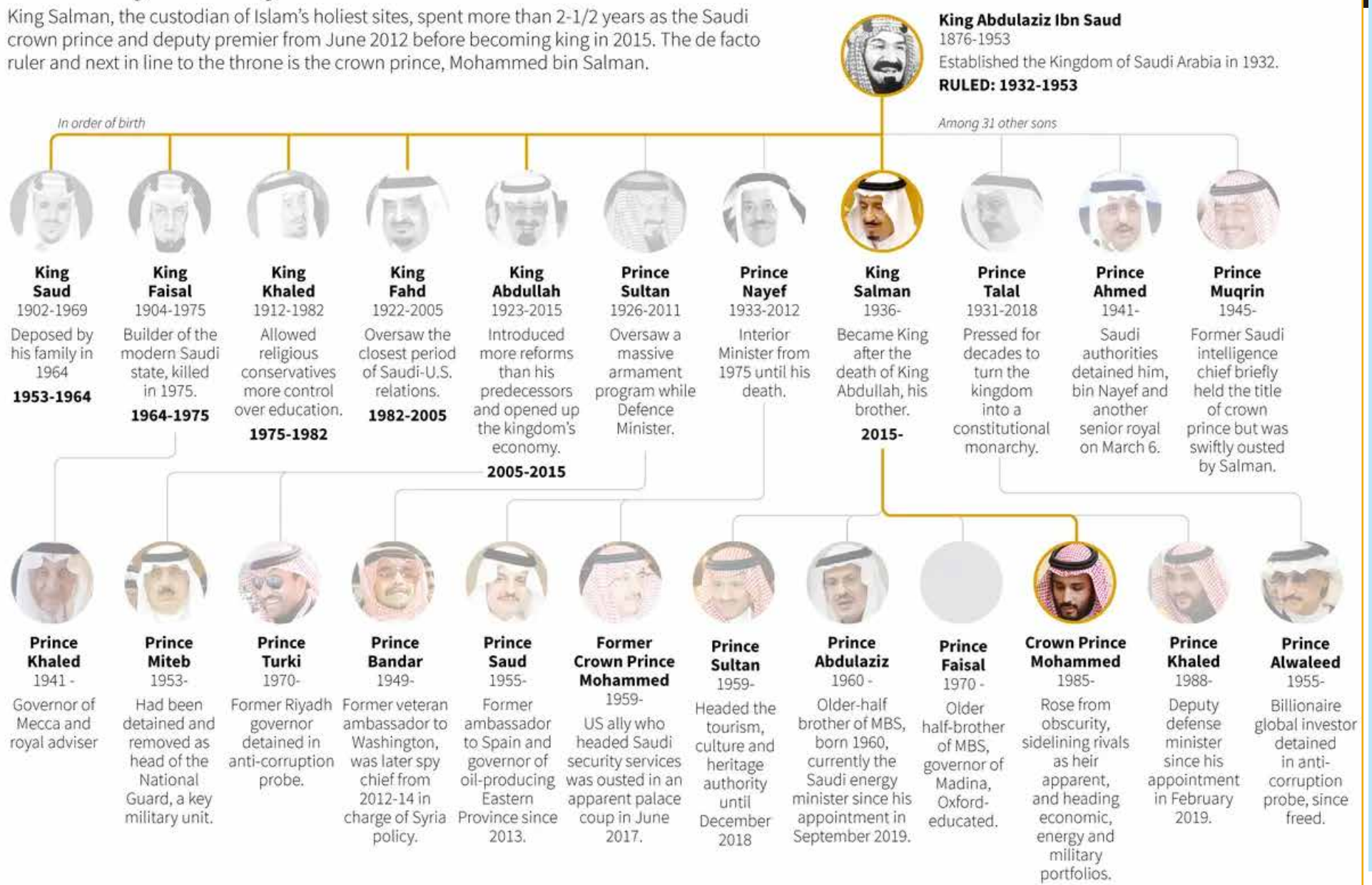
he felt very happy and appreciated the services. He promised to work with TNRIF to benefit Minorities with Government Schemes. We TNRIF thankful to Urdu Academy Jeddah for organising wonderful Felicitation event for Mr. Syed Imtiyaz Sahab and giving us opportunity to meet and discuss various Minority Schemes.

**Mohammed Layeeq**  
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**Saudi royal family**

King Salman, the custodian of Islam's holiest sites, spent more than 2-1/2 years as the Saudi crown prince and deputy premier from June 2012 before becoming king in 2015. The de facto ruler and next in line to the throne is the crown prince, Mohammed bin Salman.



Sources: Reuters, Saudi Press Agency

MIDDLE EAST PAGES



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IFTEKHAR SHAREEF PAGE



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With a successful career in finance and banking, Ashfaq Syed has used his skills to bring every dollar possible to Naperville. He served as Co-Chair of our 2020 Complete Count Committee which brought millions of dollars to our community after a best-in-the-nation census self-reporting rate.

Syed serves as a Trustee of the Naperville Public Library Board, as a Board Member of Loaves and Fishes and Naperville Neighborhood United, and as a Committee Member of 360 Youth Services which helps young people in Naperville meet all their challenges. He is a graduate of the Naperville Citizen Police Academy and Fire Academy – learning in detail what our first responders go through so that he can help provide them with the tools and support they need.

On our City Council, no one will work harder than Ashfaq Syed to deliver for the community we all love.



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# MAFS celebrates International Women's Day by social, economic, cultural, and political achievements of women.

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Chicago IL: MAFS International Women's Day was held on Wednesday, March 8th, 2023, in Chicago. International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. When people across the world unite to celebrate the spirit, strength, and success of women, makes the day exceptional. This year's women's day theme was "DigitALL: Innovation and technology for gender equality," and it highlights the role of innovative technology in promoting gender equality and meeting the health and developmental needs of women and girls. The event was emceed by Roshita Pandey, MAFS Grant Director. Dr. Santosh Kumar, Founder, and Executive Director of MAFS welcomed all for coming to celebrate the MAFS International Women's Day event. Dr. Santosh Kumar mentioned the women from all over the world and from different fields/backgrounds who have achieved so much in their life. Dr. Santosh Kumar, through her speech, passed on a solid message to younger generations that feminism is being strong and confident in our own skin. Both men and women should celebrate their unique strengths and traits and work together in tandem to achieve great heights. The event started with the lighting of the auspicious lamp by all the dignitaries. The esteemed panel of guests included Dr. Anindita Ghosh, wife of India Consul General of Chicago; Yolanda Curry, Deputy Commissioner, Department of Family and Support Services, City of Chicago; Nikki Garbis Proutsos, Assistant Commissioner, Department of Family and Support Services, City of Chicago. All of them were powerful women achievers in their own filed and they effectively addressed the topic of women empowerment and gender equality in

their special ways.

While Dr. Anindita Ghosh, put light on the facts and figures and changing scenarios of women empowerment in India, Yolanda Curry gave facts that over 60% of college degrees rewarded in the United States are earned by women in education, health services, and social security. She emphasized the difference between equality and equity. She believed women should support women – 'each one, reach one'. Nikki Proutsos recognized MAFS for proving meals to seniors during the pandemic. She profusely thanked Mrs. Santosh Kumar and Roshita for doing all the public benefit programs, hot dinner programs, and social security for more than 30 years. She shared her favorite quote that says 'A man is a head, and a woman is a neck, and she can turn the head anywhere she wants'.

The event showcased powerful dance performances on the theme of "Nari shakti" or "women empowerment" by MAFS/UMAS seniors ad staff. A humorous Hindi play with a moral/life lesson was also staged by the seniors. It had the audience in splits. The last and the most awaited



segment was the giving away of the "Woman of Substance Awards". The awardees were MAFS/UMAS staff and partners from across departments and roles. They were women who inspire others with their hard work, commitment, and passion for work, both on the professional and personal front. The audience cheered for all the awardees and overall, the event was a big success in celebrating the spirit of womanhood.

Photographs and Press release by: Asian Media USA





# Gaura Purnima, the holy appearance day of Lord Caitanya Mahaprabhu was celebrated with fervor and gaiety at the International Society for Krishna Consciousness (ISKCON)

Asian Media USA ©

Chicago, IL: Gaura Purnima - the holy appearance day of Lord Caitanya Mahaprabhu - was celebrated with fervor and gaiety at the International Society for Krishna Consciousness (ISKCON), popularly known as the Hare Krsna Temple, at 1716 W Lunt Avenue, Chicago, IL. Hundreds of Numerous people including devotees from various backgrounds, nationality, race and religion attended the grand celebration at the temple on Monday, March 6th 2023.

Shri T. D. Bhutia, The Deputy Consul General, Consulate General of India, Chicago graced the occasion and briefly addressed the gathering. "While Bhagavad Gita is a spiritual text, it is also a live book. We may belong to any

country or follow any religion, but all of us are surrounded by problems on a daily basis. Whenever we stand on the crossroads of life like Arjuna, Srimad Bhagavad Gita shows us a solution to these problems through service and dedication."

ISKCON Chicago has been serving the Rogers Park community for the past 50 years. The temple is part of the global ISKCON community comprising 650+ temples and Bhakti Centers, farmlands, eco-villages and vegetarian restaurants.

The Hare Krsna movement traces its roots back 5,000 years and is centered on Bhakti Yoga - the Yoga of Love as laid out in the eminent Vedic scriptures such as, Bhagavad Gita and the Bhagavata Purana. ISKCON Chicago

has been in the forefront of serving Chicago community for the past 50+ years. The temple is part of the global ISKCON community comprising 650+ temples and Bhakti Centers, farmlands, eco-villages and vegetarian restaurants.

Each week, the temple congregation hosts Sunday Feast featuring kirtan, dancing, chanting, meditation, and ending with satvik vegetarian meal. ISKCON Chicago also convenes frequent study groups, music and Sunday school classes for children, distributes food and spiritual books, hosts festivals and workshops, besides regular worship services in the temple.

Photographs and Press release by: Asian Media USA

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**EMCEE** RICHA CHAND  
**SPECIAL GUEST** VASI MIR

**SINGER** AVNI SINGH  
**SINGER** ASIF SIDDIQUI  
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# India country profile

Capital: New Delhi

Area: 3,287,263 sq km

Population: 1.37 billion

Languages: Hindi, English, plus local languages

Life expectancy: 68 years (men) 71 years (women)

## LEADERS

President: Droupadi Murmu

Indian President Droupadi Murmu

Indian President Droupadi Murmu

Droupadi Murmu was sworn in as president in July 2022. A teacher and former governor of Jharkhand State, she is the first person from a tribal community to serve as India's head of state. She is a member of the governing Bharatiya Janata Party. The presidency is largely ceremonial, but can play a significant role if, for example, no party wins an outright majority in elections.

Prime Minister: Narendra Modi

Indian Prime Minister Narendra Modi

Indian Prime Minister Narendra Modi

Hindu nationalist Narendra Modi stormed to power on a surge of popular expectation and anger at corruption and weak growth.

Despite Mr Modi's polarising image, his Bharatiya Janata Party (BJP) scored an unprecedented landslide victory in the May 2014 parliamentary elections.

It was the first time in 30 years that a single party had won a clear parliamentary majority.

Mr Modi fought on his record as chief minister of the economically successful state of Gujarat, promising to revitalise India's flagging economy.



But his time in Gujarat was overshadowed by accusations that he did too little to stop sectarian riots in 2001 that saw more than 1,000 people - mainly Muslims - killed.

## KASHMIR

Map of Kashmir

Map of Kashmir

The Himalayan region of Kashmir has been a flashpoint between India and Pakistan for over six decades.

Since India's partition and the creation of Pakistan in 1947, the nuclear-armed neighbours have fought two wars over the Muslim-majority territory, which both claim in full but control in part.

Today it remains one of the most militarised zones in the world. China administers parts of the territory.

## MEDIA

Indian newspaper vendor arranges morning editions

Indian newspaper vendor arranges morning editions

India has a burgeoning media industry, with broadcast, print and digital media experiencing tremendous growth.

There are around 197 million TV households, many of them using satellite or cable. FM radio stations are plentiful but only public All India Radio can produce news.

The press scene is lively with thousands of titles. India has the second largest number of inter-

net users in the world, after China.

## TIMELINE

Mahatma Gandhi with the Viceroy of India and his wife at their home in New Delhi.

Indian nationalist leader Mahatma Gandhi with Viceroy of India Lord Mountbatten and his wife in 1947

Some key dates in India's history:

2500 BC - India is home to several ancient civilisations and empires.

1600s - The British arrive and establish trading posts under The British East India Company - by the 1850s they control most of the subcontinent.

1858 - India comes under direct British rule.

1920 - Nationalist leader Mahatma Gandhi heads a campaign of non-violent protest against British rule which eventually leads to independence.

1947 - India is split into two nations at independence - Hindu-majority India and Muslim-majority Pakistan.

1971 - India and Pakistan go to war over East Pakistan, leading to the creation of Bangladesh.

1974 - India conducts its first underground nuclear test.

1990s - Government initiates a programme of economic liberalisation and reform, opening up the economy to global trade and investment.

2014 - Hindu nationalist BJP party scores biggest election victory by any party in 30 years.



# Pakistan country profile

The Muslim-majority state of Pakistan was born out of the partition of the Indian sub-continent in 1947, and has faced both domestic political upheavals and regional confrontations.

Created to meet the demands of Indian Muslims for their own homeland, Pakistan was originally made up of two parts.

The break-up of the two wings came in 1971 when the Bengali-speaking east wing seceded with help from India to become the independent state of Bangladesh.

Development in Pakistan has been hampered by Islamist violence and economic stagnation, and relations with its key neighbours India and Afghanistan are often fraught.

Read more country profiles - Profiles by BBC Monitoring

## ISLAMIC REPUBLIC OF PAKISTAN: FACTS

Capital: Islamabad

Area: 881,913 sq km

Population: 242.9 million

Languages: Urdu, English, Punjabi, Sindhi, Pashto, Balochi

Life expectancy: 66 years (men) 68 years (women)

## LEADERS

President: Arif Alvi

Pakistan President Arif Alvi

President Alvi is a Tehreek-e-Insaf party veteran. Arif Alvi is a long-standing member of the Tehreek-e-Insaf party, and has served two terms as a member of parliament.

He was elected by parliament in September 2018 to succeed Mamnoon Hussain, whose five-year term had come to an end.

Pakistan is a parliamentary republic where the prime minister wields most power, but presidents have often played key roles in constitutional crises.

Prime Minister: Shehbaz Sharif

Pakistani Prime Minister Shehbaz Sharif  
Pakistani Prime Minister Shehbaz Sharif  
The 70-year-old leader of the then opposition Pakistan Muslim League Nawaz, Shehbaz Sharif ousted former cricket star Imran Khan as prime minister in April 2022 in a parliamentary vote over Mr Khan's handling of the economy.

Mr Sharif is the younger brother of Nawaz



Sharif, who served as prime minister on three occasions.

But unlike Nawaz, the new prime minister has cultivated good relations with the powerful military.

He served as chief minister of Punjab, Pakistan's most populous province, prior to Imran Khan coming to power in 2018, and won a reputation for efficiency.

Imran Khan and his Tehreek-e-Insaf party rode to victory on a pledge to end corruption and the role of political dynasties like the Sharifs, but critics accused him of appeasing Islamist extremists while failing to tackle economic stagnation.

## KASHMIR

Map of Kashmir

Map of Kashmir

The Himalayan region of Kashmir has been a flashpoint between India and Pakistan for over six decades.

Since India's partition and the creation of Pakistan in 1947, the nuclear-armed neighbours have fought two wars over the Muslim-majority territory, which both claim in full but control in part.

Today it remains one of the most militarised zones in the world. China administers parts of the territory.

See Kashmir profile

## MEDIA

Demonstration against violence against journalists

Activists say journalists live in growing fear of violence

Pakistan is one of the world's deadliest countries

for journalists, with 14 media workers being killed in 2014 alone. Both intelligence agents and members of banned militant organisations are responsible for the threats to reporters, according to media watchdog organisations.

The government uses legal and constitutional powers to curb press freedom and the law on blasphemy has been used against journalists. Critics have raised concerns over the restrictive nature of a new code of conduct for broadcasters introduced in 2015.

Read full media profile

## TIMELINE

Some key dates in Pakistan's history:

1947 - Muslim state of East and West Pakistan created out of partition of India at the end of British rule.

1948 - First war with India over disputed territory of Kashmir.

1971 - East Pakistan attempts to secede, leading to civil war. India intervenes in support of East Pakistan which eventually breaks away to become Bangladesh.

1999 - Army chief Pervez Musharraf seizes power in coup, ousting Prime Minister Nawaz Sharif.

2007 - Former Prime Minister Benazir Bhutto is assassinated while on campaign trail for 2008 parliamentary election.

2018 - Former international cricket star Imran Khan becomes prime minister on a pledge to end corruption and dynastic politics, but loses power four years later.

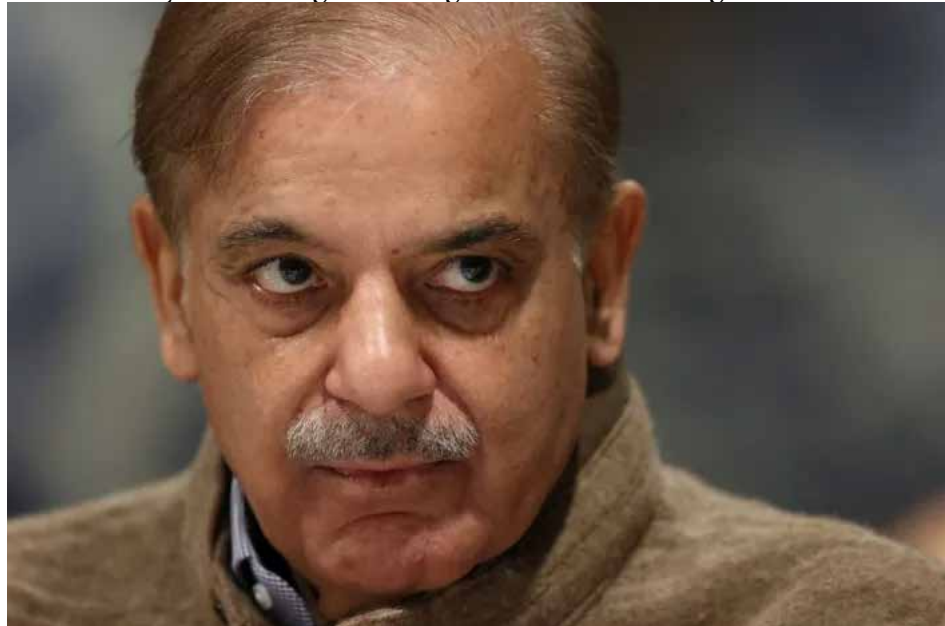


# Pakistan PM urges parliament to act against ex-premier Khan

By Asif Shahzad

ISLAMABAD (Reuters) - Pakistani Prime Minister Shehbaz Sharif appealed to parliament on Tuesday to act against predecessor Imran Khan over accusations that his party was involved in violence that erupted when police tried to arrest him for alleged corruption.

The clashes occurred earlier this month after Khan's supporters prevented police and paramilitary forces from detaining him over allegations he unlawfully sold state gifts during his 2018-22



tenure as premier. He denies any wrongdoing.

Last week Interior Minister Rana Sanaullah asked for a parliamentary ruling to empower authorities to crack down on Khan's party and his supporters.

"Did you ever see law enforcement officers going to serve a court summons on someone and then being attacked with petrol bombs?" Sharif asked lawmakers in a speech telecast live.

"I'm appealing to this parliament that these things need to be taken care of immediately.

This house has to take action today if we want to save Pakistan," he said, adding: "Enough is enough. Now law has to take its course."

Sharif did not spell out what action he wanted the parliament to take against Khan.

Some of Sharif's ministers have called for

a ban on Khan's Pakistan Tehreek-e-Insaf (PTI) party, but it was not clear whether the government was seeking this from parliament.

Sharif's coalition government, which took office after a parliamentary vote of no confidence ousted former cricket star Khan last year, has alleged that Khan's supporters had Islamist militants among them.

Since being removed, Khan has been demanding early elections and holding protests across the country to press his case.

The clashes between Khan's supporters and security forces have brought a new flare-up of political instability to the nuclear-armed country of 220 million people, which is in the midst of a crippling economic crisis.

Khan says the government and the powerful military are trying to stop him from contesting the next election, scheduled for November. Both the government and military deny this. If convicted in any case, Khan could be disqualified from the vote.

(Reporting by Asif Shahzad; Editing by Mark Heinrich)

## Outgoing Nigeria government proposes pay rises

By Felix Onuah

ABUJA (Reuters) - Nigeria's outgoing government has recommended that the new administration of president-elect Bola Tinubu give public sector workers pay rises after removing a fuel subsidy in June, Labour Minister Chris Ngige said on Tuesday.

President Muhammadu Buhari, who steps down in May, had planned to remove the popular but costly subsidy in 2022 as part of fiscal and petroleum sector reforms, but abandoned the plan because of fears of protests in the run-up to last month's election.

Previous Nigerian governments have promised to remove the fuel subsidy, which most economists say is an unsustainable drag on public finances, but have failed to do so because of fierce opposition from citizens.

Many Nigerians regard cheap subsidised fuel as at least one benefit they receive from the state, which fails to deliver other basic services such as electricity and security despite receiving billions of dollars every year from oil exports.

"We have already concluded on the issue of pay rise ... we recommended 5% and 10% pay rise for workers in different categories," Ngige said.

While the new government is not obliged to act on the recommendation, the call does put pressure on Tinubu to fulfil his campaign promise to remove the subsidy - even though the outgoing administration itself failed to do so.

Tinubu, who is from the same party as Buhari, also promised during his presidential election campaign to ramp up oil production and deregulate midstream gas prices within six months.

Tinubu said in his manifesto that he would channel the money saved on the subsidy into agriculture, social welfare, road construction, public transport subsidies, education and healthcare.



Nigeria set aside 3.36 trillion naira (\$7.3 billion) to spend on the subsidy until mid-2023, according to its finance minister.

(\$1 = 459.85 naira)

(Writing by Chijioke Ohuocha; Editing by Estelle Shirbon and Alison Williams)



# Russia Overtakes Saudi Arabia To Become China's Top Oil Supplier

Russia was the single largest crude oil supplier to China in January and February, overtaking Saudi Arabia which was the number-one supplier of oil to China last year, according to Chinese customs data cited by Reuters.

As China accelerated the buying of cheap Russian crude oil at discounts to international benchmarks, Chinese imports of crude from Russia jumped by 23.8% year over year to 1.94 million barrels per day (bpd) in January and February 2023, per the data reported by China's General Administration of Customs.

China reports trade and economic data for January and February together to remove distortions around the fluctuating week-long Lunar New Year holiday.

In the first two months of this year, Russia beat Saudi Arabia to the top spot of Chinese crude oil

suppliers as imports of Saudi crude fell by 4.7% to the equivalent of 1.72 million bpd, compared to 1.81 million bpd for the same period of 2022.

For the full-year 2022, Saudi Arabia was China's top crude oil supplier – ahead of Russia – with shipments averaging 1.75 million bpd.

In recent months, China has been buying increased volumes of Russian crude as Moscow pivoted its sales to Asian markets following the Western embargoes and price caps on its crude oil and refined petroleum products.

The independent refiners in China, often referred to as the teapots, are importing a large portion of the Russian volumes, taking advantage of the deep discounts at which Russia sells its oil to customers.

Despite a sluggish start to 2023, China's energy

commodity imports are expected to rise later this year, while oil demand is set to rebound and lead global oil consumption to a record high, forecasters say.

China's reopening is set to add momentum to global economic growth, OPEC said in its Monthly Oil Market Report (MOMR) this week, as it revised up its forecast for Chinese oil demand growth.

The International Energy Agency (IEA) said in its report last week that "Building stocks today will ease tensions as the market swings into deficit during the second half of the year when China is expected to drive world oil demand to record levels."

By Tsvetana Paraskova for Oilprice.com



## Nadia Kahf - Judge of the Superior Court of the State of New Jersey

Congratulations to Honorable Nadia Kahf who took the Oath of Office as Judge of the Superior Court of the State of New Jersey & the first ever to wear hijab on NJ's Bench! The historic ceremony was held at the Passaic County Courthouse was beautiful with many distinguished guests who shared praiseworthy remarks on her excellence in character & leadership & someone who will serve with justice & honor. She was sworn in on a Quran which was hand written by her female ancestor in the 1800s. Mubarak on her inspirational achievement!





# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

## BE PREPARED

### CHECK LOCAL FORECAST

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

### CONDUCT PLAY OF THE DAY

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

### PERFORM THOROUGH PM

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

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

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

### USE SAFE DRIVING TOOLS

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

### SEEK COVER

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

## STAY FOCUSED

### MAINTAIN AWARENESS

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

### BE PROACTIVE

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

### COMMUNICATE

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

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

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

### ENSURE ESSENTIAL SUPPLIES

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

### PLAN FOR MORE

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

## SLOW DOWN

### TURN AROUND

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

### BE CAUTIOUS

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

### HAVE A WAY TO ESCAPE

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

## STAY FOCUSED

### OBSERVE SURROUNDINGS

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

### CALL A TIME-OUT

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

### REMAIN ALERT

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



# Richest People in the World

## 2023

The fortunes of the world's super-rich sank \$10T last year—the largest drop in over a decade. Here are the richest people in the world in 2023.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

### Top 10 Overall

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$201.8B</b>   | <b>\$190.8B</b>   | <b>\$116.7B</b>   | <b>\$113.2B</b>   | <b>\$106.0B</b>   | <b>\$104.9B</b>   | <b>\$89.7B</b>  | <b>\$84.1B</b>  | <b>\$80.9B</b>  | <b>\$78.7B</b>  |

**1. Bernard Arnault**  
Bernard Arnault is at the helm of LVMH—home to Louis Vuitton, Christian Dior, and Dom Pérignon.

**2. Elon Musk**  
After losing almost \$200B in 2022, Elon Musk has seen Tesla shares skyrocket roughly 74% this year.

### Top 10 Women

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$78.7B</b>  | <b>\$59.0B</b>  | <b>\$58.9B</b>  | <b>\$38.3B</b>  | <b>\$35.0B</b>  | <b>\$29.0B</b>  | <b>\$26.9B</b>  | <b>\$25.2B</b>  | <b>\$22.1B</b>  | <b>\$21.6B</b>  |

**1. Françoise Bettencourt Meyers**  
L'Oréal billionaire, Françoise Bettencourt Meyers owns a 35% stake in the company—more than any other shareholder.

**4. Jacqueline Mars**  
Jacqueline Mars is a major shareholder of the largest candy company in the world, Mars Inc.

### Top 10 in China

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$67.1B</b>  | <b>\$49.5B</b>  | <b>\$37.1B</b>  | <b>\$29.5B</b>  | <b>\$25.5B</b>  | <b>\$24.1B</b>  | <b>\$23.1B</b>  | <b>\$21.9B</b>  | <b>\$20.6B</b>  | <b>\$20.0B</b>  |

**1. Zhong Shanshan**  
Known as the king of bottled water, Zhong Shanshan became the richest in China in 2021.

**2. Zhang Yiming**  
TikTok—whose parent company ByteDance was founded by Zhang Yiming—has surpassed 3B app downloads.

### Top 10 in India

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$84.1B</b>  | <b>\$35.3B</b>  | <b>\$25.0B</b>  | <b>\$19.0B</b>  | <b>\$17.3B</b>  | <b>\$16.2B</b>  | <b>\$15.6B</b>  | <b>\$15.3B</b>  | <b>\$14.0B</b>  | <b>\$13.9B</b>  |

**1. Mukesh Ambani**  
The richest person in Asia, Mukesh Ambani, runs the largest company by market value in India, Reliance Industries.

**2. Gautam Adani**  
Gautam Adani lost roughly \$50B in a week after claims of fraud and stock manipulation. Credit Suisse has since stopped accepting his company's bonds as collateral.

### Top 10 in Tech

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$116.7B</b>   | <b>\$113.2B</b>   | <b>\$104.9B</b>   | <b>\$80.9B</b>  | <b>\$77.9B</b>  | <b>\$74.8B</b>  | <b>\$51.1B</b>  | <b>\$37.1B</b>  | <b>\$29.5B</b>  | <b>\$25.5B</b>  |

**2. Larry Ellison**  
Larry Ellison founded software giant, Oracle whose first contract was for the CIA.

**8. Ma Huateng**  
Internet titan Ma Huateng runs Tencent, China's largest company by market cap.

### Top 10 in Finance

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$106.0B</b>   | <b>\$32.6B</b>  | <b>\$30.0B</b>  | <b>\$28.1B</b>  | <b>\$28.1B</b>  | <b>\$27.0B</b>  | <b>\$25.2B</b>  | <b>\$21.6B</b>  | <b>\$19.1B</b>  | <b>\$18.6B</b>  |

**1. Warren Buffett**  
Warren Buffett's firm Berkshire Hathaway posted a record \$30.8B operating profit in 2022.

**9. Ray Dalio**  
Ray Dalio founded Bridgewater Associates in 1975. Valued at \$138B, it's the largest hedge fund in the world.

### Top 10 in Media

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
| <b>\$76.8B</b>  | <b>\$61.2B</b>  | <b>\$54.9B</b>  | <b>\$49.5B</b>  | <b>\$17.8B</b>  | <b>\$11.3B</b>  | <b>\$9.7B</b>   | <b>\$9.5B</b>   | <b>\$8.4B</b>   | <b>\$8.4B</b>   |

**1. Michael Bloomberg**  
When Michael Bloomberg ran for New York City mayor in 2001, his net worth stood at \$4B.

**5. Rupert Murdoch**  
At age 91, media tycoon Rupert Murdoch owns the Wall Street Journal, Fox News, and book publisher HarperCollins.



## Saudi moves in on Gulf aviation market

Robbie COREY-BOULET and Haitham EL-TABEI

Undeterred by a crowded Gulf market, Saudi Arabia is going all in on an aggressive aviation expansion, with a massive jet order and the launch of a new national carrier.

The project aligns with a bid to remake the once closed-off kingdom as a business and tourism magnet, but analysts say that even with official backing, its path to success is complicated.

This month Crown Prince Mohammed bin Salman, Saudi Arabia's de facto ruler, unveiled Riyadh Air, the new airline which is intended to transform the capital into "a gateway to the world", according to state media.

Two days later, officials said Riyadh Air and Saudia, the kingdom's existing flag-carrier based in Jeddah, would purchase 78 Boeing 787 Dreamliner jets.

The deal, which the White House valued at "nearly \$37 billion" with options for up to 121 planes, constitutes the fifth largest by commercial value in Boeing's history.

Riyadh Air's chief executive, Tony Douglas, told AFP that the airline would serve the international, regional and domestic markets -- putting it in direct competition with Gulf heavyweights Emirates and Qatar Airways.

That raises hard questions about how Riyadh Air will grab market share, especially at a time when long-haul non-stop flights that avoid the Middle East altogether are on the rise, said independent aviation analyst Alex Macheras.

"Replicating and then building on the successful business models of Gulf airline neighbours is going to be tricky in a crowded market where passengers are spoilt for choice," Macheras said.

- New role for Riyadh -

Saudia, also known as Saudi Arabian Airlines, was founded in 1945, receiving its first jet as a gift from US President Franklin Roosevelt.

At the time, instead of Riyadh, foreigners were more likely to enter the kingdom via Jeddah on the Red Sea coast, which remains the "Gateway to Mecca", welcoming millions of Muslims performing the hajj and umrah pilgrimages each year.

Foreign embassies did not relocate to Riyadh, in central Saudi Arabia, until the 1980s.

These days, however, Riyadh is at the heart of Prince Mohammed's "Vision 2030" reform agenda intended to help transition the world's biggest crude oil exporter away from fossil fuels.

Officials talk it up as a rival to Gulf business hub Dubai, predicting that its current population of eight million will balloon to 15-20 million by 2030.

Last November, officials announced plans for a new airport in Riyadh that is set to accommodate 120 million travellers per year by 2030, up from roughly 35 million today.

The projected growth makes Saudia's current model -- in which it effectively has two hubs, Jeddah and Riyadh -- untenable, Saudi Finance Minister Mohammed al-Jadaan told AFP.

"Jeddah alone needs one airline to concentrate on it with the hajj and umrah... So you need an airline that is focused on Riyadh," Jadaan said.

The new airline and airport reflect a mentality of "if you build it, they will come", said Robert Mogielnicki of the Arab Gulf States Institute in Washington.

"The question of what the demand side of this equation looks like has yet to be settled, but the Saudis must be pretty confident to push ahead with such a massive aircraft order," he said.

- 'Late to the party' -

The convenient location of airports in the Middle East -- well-placed for flights to Europe, Asia and Africa -- has helped fuel their rise as major hubs.

The trade group Airports Council International predicts the region's airports will see 1.1 billion passengers by 2040, up from 405 million in 2019.

Apart from Riyadh Air, Saudi Arabia is also launching NEOM Airlines, to be based in the planned \$500 billion futuristic megacity of the same name.



Klaus Goersch, the airline's CEO, wrote in a recent blog post that it "will be operational at the end of 2024" and that NEOM itself could eventually become "a global aviation hub".

Saudi Arabia's expansion strategy hinges partly on tapping its roughly 35 million-strong population, which officials see as a major advantage over less-populated rivals like the United Arab Emirates and Qatar.

But according to analyst Macheras, the Boeing order suggests Riyadh Air's vision is "long-haul driven, which is consistent with its goals of operating as a transit hub carrier".

Competitors are taking note.

"Riyadh Air will certainly eat up part of the market share in the region and the Asian markets in particular," said an official at Qatar Airways, requesting anonymity because he was not authorised to speak to the media.

"We are poised to face a tycoon-to-be."

Perhaps Riyadh Air's biggest advantage is its owner -- the deep-pocketed Saudi sovereign wealth fund, which Macheras said will "cushion what will inevitably be an incredibly capital-heavy first phase" ahead of inaugural flights in early 2025.

"It's clear the airline, although late to the party, thinks there is room for one more at the table," he said.

rbc/th/jsa



**CHARMINAR CONNECTION**  
**FOUNDED BY MIRZA PERVAIZ BAIG**

Dr. Zakiah Sayeed

What binds a family? Is it the love of the mother? The love that the siblings share or, are is it the father figure? The intimacy and the strength of the family, where does it come from? I've wondered a million times about the love between a brother and sister and the tenacious bond that is reflected in their love. It is not the bickering "you fool" or the 'shut ups' of the daily grind. It is so much deeper. It is the ocean that has in its depth the pearls and the precious corals. The way the older sister holds her younger brother, even though he may be taller than her and has a voice deep and authoritative, and the way she soothes him at the loss of a parent, as though she has taken over the part of the mother, makes the world of love gracious and unconditional. That is blood of the family. It wraps itself around the hearts of these siblings.

I have hanging on my wall, an old piece of tapestry that has somewhat worn and shredded edges. I love it. I had bought it a few decades ago from an antique dealer. It's strange how I now talk of time in a measure of decades instead of "the other day, or last year or a couple of years ago"



It was draped over a chair. It really wasn't very expensive, and I thought I would have it framed. Never got to that part. It just hangs there with thumbtacks. Like sometimes life does. Hanging on! No framework, no firm edges, nothing concrete, and yet there it is, reflecting all the years and all the love that it has shared and given~ above all, given to the family. The alleles of my DNA probably wonder at the madness of this giving.

The red clay of the earth, I hold in my hand and look at it...a million and more grains of sand and dirt. My heart was made from this. It can take all the footsteps of all the world, and yet keep smiling, thanking that I was the ground that my family walked on, and I could stretch myself and feel the thirst of love when rain first touches the parched soul of that bit of earth, of that piece of clay, the part that I am! When I cringe at some hurt, or feel the sting of insults, I go into myself. Does the earth do that too? I think not! It nurtures the family of the grains of sand and holds them together like a tapestry. Only sometimes, the knots are visible and cannot be camouflaged.

I stand at the edge of the ocean and watch the waves come and kiss my feet. My toes, painted red, dig into the wet sand, and beg the waves to come back. I call out to these waves, telling them 'look, this toe didn't go to market, and this little toe is not crying, so don't leave me here alone!' The waves, they seem to sense my restlessness and say, 'you have a family! You are rich and blessed in the love of your children that is exemplary. We will always keep you company,

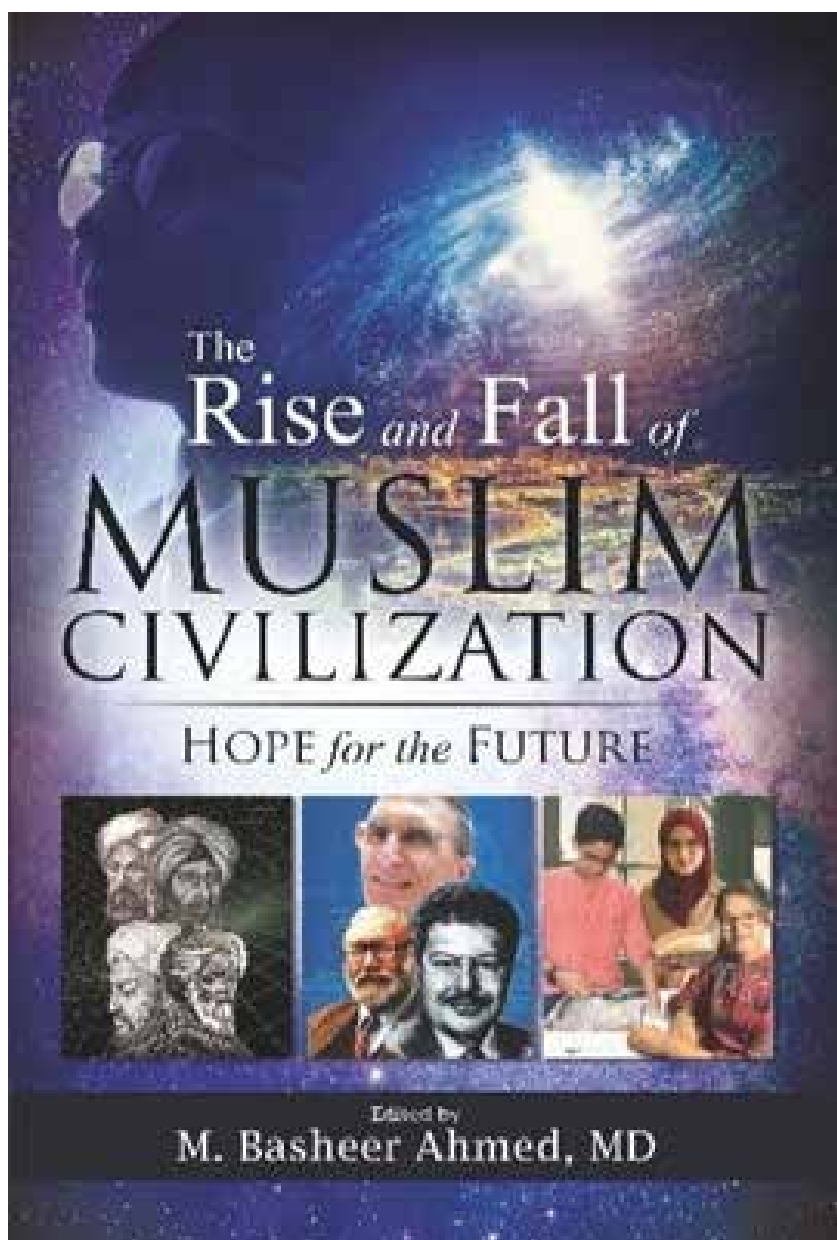
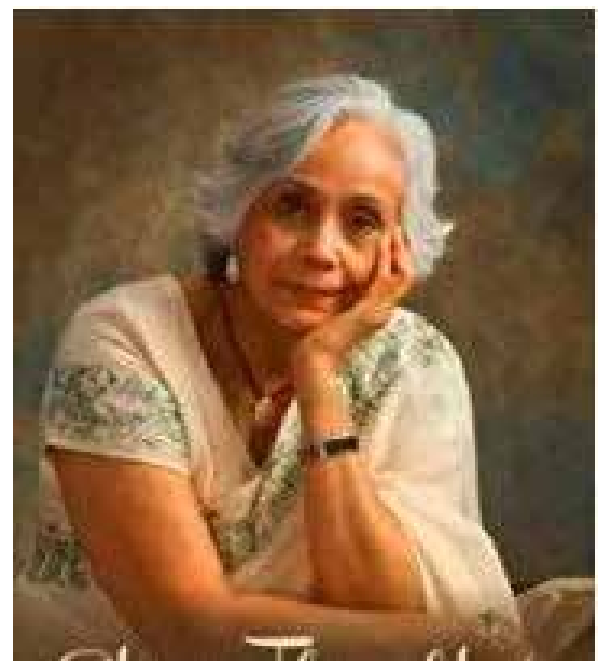
but you need to be with them and their children.'



Everywhere I turn in my home, I have this family of mine, smiling, laughing, hugging, all their pictures framed, telling me 'we will continue to be your family even after you are gone'. And the wind will whisper tales of my youth and the silliness of my age and comfort small hearts that are too young and perhaps would forget that they had once known me. The snows will cover the mistakes of summer, and the fondness of spring and autumn will stay young in the hearts, and they will celebrate life for generations to come. Because that's what families do.

Their bond. Their DNA's are tethered and inseparable. They love, and they celebrate. Always, they celebrate the life of their parent.

**Dr. Zakiah Sayeed**  
**Illinois**



INTERNATIONAL PAGES



## HEALTH

# Is something in your diet causing diarrhea?

Learn how to identify the foods or ingredients that give you the runs.

As we age, our digestive systems can become more sensitive to certain types of foods and methods of food preparation. While you once may have handled the spiciest of foods without breaking a sweat, now that super-hot chicken curry gives you the digestive drama known as diarrhea—uncomfortable, unformed, watery stool.

Sometimes diarrhea occurs because of an underlying condition, or as a side effect of a medication (see “Other causes of diarrhea”). However, diet is often the cause.

### Diarrhea triggers

The following can cause loose stools or make them worse.

**Sugar.** Sugars stimulate the gut to put out water and electrolytes, which loosen bowel movements. If you ingest a lot of sugar, you may develop diarrhea. One of the biggest offenders is fructose, which is found naturally in fruits (such as peaches, pears, cherries, and apples) or added to foods and drinks, such as applesauce, soda, and juice beverages. “Seventy-five percent of people who ingest more than 40 to 80 grams of fructose per day will get diarrhea,” says gastroenterologist Dr. Norton Greenberger, a Harvard Medical School professor. Another offender: artificial sweeteners such as sorbitol, mannitol, and xylitol (found in sugar-free gum, candy, and medications).

**Dairy foods.** These contain lactose, which

some people have a hard time digesting. Watch out for cheese, milk, and ice cream, among many other products.

**FODMAPs.** Fructose, artificial sweeteners, and lactose are part a group of poorly digested sugars that can cause diarrhea, known as FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols). Other sources of FODMAPs include wheat, rye, onions, garlic, legumes (chickpeas, lentils, beans), honey, pistachios, cashews, asparagus, and artichokes.

**Gluten.** Gluten is a protein found in wheat, barley, rye, beer, and even salad dressings. People who are gluten-sensitive may have a hard time digesting gluten and get diarrhea as a result. In people with celiac disease, ingesting gluten provokes the body to attack the lining of the small intestine, which can cause serious damage.

**Fried or fatty foods.** Some people have a hard time digesting creamy or fried foods. “When fatty foods are not absorbed normally, they go to the colon, where they are broken down to fatty acids, causing the colon to secrete fluid and trigger diarrhea,” says Dr. Greenberger.

**Spicy foods.** Spicy sauces may mask high fat content, especially in Tex-Mex dishes or curries. And there’s this unpleasant side effect: “If you eat a lot of hot spicy foods, you may get burning in the rectum,” says Dr. Greenberger.

**Caffeine.** Caffeine speeds up the digestive system. It’s found in coffee, tea, chocolate, many sodas, and foods flavored with coffee or chocolate.

### The fix

Dr. Greenberger recommends identifying the foods and drinks that seem to trigger your diarrhea. Keeping a food journal is a great start, and so is seeing your doctor to make sure something else isn’t responsible for your symptoms.

If food is the culprit, Dr. Greenberger says trying a FODMAP-free diet should get rid of diarrhea in a week or two. Because many FODMAP foods such as fruits and vegetables are good for health, it’s best to work with a dietitian to develop a FODMAP-free menu that includes other healthy foods. Get help

Chronic diarrhea can interfere with your life, at home and at work. Even if it is not severe, its unpredictability and urgency can make you reluctant to socialize. And some people hesitate to bring the problem to a doctor’s attention because they think it’s not serious, or because it’s embarrassing. Dr. Greenberger recommends that anyone with chronic diarrhea contact a doctor, particularly if there are other warning signs, such as low appetite or weight loss. “The causes and cures for chronic diarrhea are complex,” says Dr. Greenberger. “Don’t try to figure it out on



your own.”

### Other causes of diarrhea

Diet is one of several causes of diarrhea. Others include:

- bacterial or viral infection
- surgery to a part of your digestive system
- excess alcohol consumption
- medical conditions such as irritable bowel syndrome, Crohn’s disease, hyperthyroidism, diabetes, and some forms of cancer.

In older adults, diarrhea often turns out to be a side effect of medication. “Things like antibiotics and anti-gout medications can cause diarrhea by altering movement in the gut and the bacterial population in our intestines,” says Dr. Norton Greenberger, a Harvard Medical School professor. “But there are also 20 or 30 gut disorders that can cause loose bowel motion.”

## The physical benefits of yoga

Yoga promotes physical health in multiple different ways. Some of them derive from better stress management. Others come more directly from the physical movements and postures in yoga, which help promote flexibility and reduce joint pain.

Following are some of the physical benefits of yoga that have a growing body of research behind them. In addition to the conditions listed below, preliminary research also shows that yoga may help with migraines, osteoporosis, balance and mobility issues, multiple sclerosis, inflammatory bowel disease, fibromyalgia, and ADHD.

### Back pain relief

Back pain is one of the most common health problems in the United States. Four out of five Americans will suffer from it at some point. But yoga appears to help. A 2013 meta-analysis of 10 randomized controlled trials found “strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low-back pain.” In fact, the American Society of Pain urges physicians to consider recommending yoga to patients with long-term pain in the lower back.

While it is tempting to stay in bed when your back hurts, doctors no longer recom-

mend extended bed rest. Although lying in bed does minimize stress on the lumbar spine, it also causes muscles to lose conditioning, among other problems. In general, the sooner you can get up and get moving, the faster you will recover. Yoga helps alleviate back pain by increasing flexibility and muscle strength. Relaxation, stress reduction, and better body awareness may also play a role.

In one study, published in the journal *Spine*, people with back pain who did two 90-minute sessions of yoga a week for 24 weeks experienced a 56% reduction in pain. They also had less disability and depression than people with back pain who received standard care, such as pain medication. The results also suggested a trend toward the use of less pain medication in those who did yoga. When the researchers followed up with the participants six months after the study, 68% of the people in the yoga group were still practicing yoga an average of three days a week for an average of 33 minutes per session. That’s a good indicator that they found yoga to be helpful.

### Less arthritis pain

Exercise has been shown to help alleviate the pain and stiffness associated with

osteoarthritis; however, these symptoms can make it difficult to be active in the first place. Yoga offers a gentle form of exercise that helps improve range of motion and strengthen the muscles around painful joints.

In a 2014 study of 36 women with knee osteoarthritis, those who did yoga experienced significant improvements in their symptoms compared with women who didn’t do yoga. The yoga group had a 60-minute class one day a week and then practiced at home on several other days, averaging 112 minutes of yoga a week on their own. After eight weeks, they reported a 38% reduction in pain and a 35% reduction in stiffness, while the no-yoga group reported worsening symptoms.

People with rheumatoid arthritis, an autoimmune disorder, may also benefit. In a 2015 study, women with rheumatoid arthritis reported improvements in their physical health, walking ability, pain levels, energy, and mood, and had significantly fewer swollen and tender joints, after doing two hour-long yoga classes a week for eight weeks.

Yoga works across multiple systems in your body at one time to help:



Dramatically ease lower back pain and even alleviate arthritis pain

Lower the need for diabetes medications by as much as 40%

Rev up your immunity by raising levels of disease-fighting antioxidants in your body

Switch on genes that promote health — works even if you’re a beginner

Reduce depression, chronic pain, and even improve PTSD symptoms

Lower your risk of falling and help you regain your balance if you stumble



# 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.

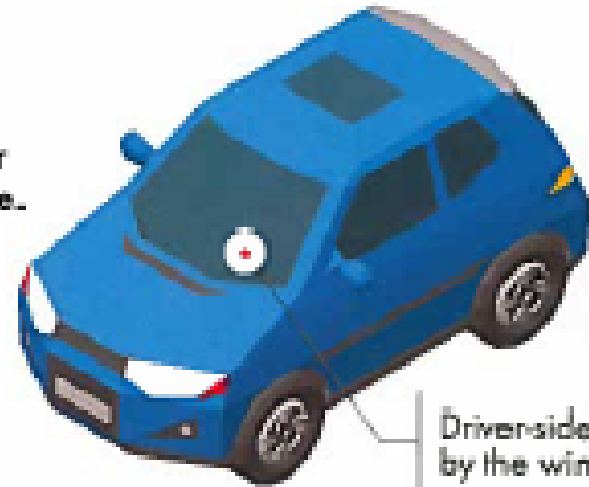
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### Find it

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

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



Driverside dashboard by the windshield

### Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

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



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

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



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# RECIPES

## SALMON SHARING PLATTER

### INGREDIENTS

6 (4 oz each) wild Alaska salmon fillets  
 4 Tbsp olive oil, divided  
 1 tsp sumac  
 1 tsp cumin seeds  
 1 tsp black onion seeds  
 1 tsp sesame seeds  
 2 red onions, thinly sliced  
 1/2 cup blanched almonds, roughly chopped and toasted  
 2 Tbsp pomegranate molasses  
 Juice of 1 lemon  
 1 pomegranate (or 3 to 4 oz pomegranate seeds)

Salt and Freshly ground black pepper

Cilantro sprigs and lemon wedges, for garnish  
 Recipe Courtesy Wild Alaska Seafood

### INSTRUCTIONS

1. Rub the salmon fillets with 1 tablespoon olive oil. Mix together the sumac, cumin seeds, black onion seeds and sesame seeds; sprinkle over the salmon.  
 2. Heat 2 tablespoons olive oil in a large frying pan over medium-high heat and cook the red onions for 3-4 minutes until softened. Add the salmon fillets and cook on each side for 3-4 minutes, adding

the almonds for the final 2-3 minutes.  
 3. Meanwhile, mix the remaining olive oil with the pomegranate molasses and lemon juice. Season to taste with salt and pepper. Serve the salmon on a platter, drizzled with the dressing and sprinkled with pomegranate seeds. Garnish with cilantro and lemon wedges.  
 Step up your sharing platter game over the holidays with this Middle-Eastern Salmon Sharing Platter from Wild Alaska Seafood. It has amazing sweet and savory flavors and is super gorgeous— all your guests will keep coming back for more!



## CHILI LIME GRILLED CHICKEN

For the chicken, the original recipe calls for chicken breast but I opted for chicken thighs with the skin and bone. I remove the bones prior to marinating the chicken and still keep the skin. The end result is crispy skin, and tender, juicy chicken meat.

I love the combination of chili, cilantro, garlic, and lime juice in the marinade. They pair so well with the chicken, with a tint of spiciness from the chili.

### INGREDIENTS FOR GRILLED CHICK-

EN MARINADE  
 Lime juice and zest  
 Olive oil  
 Cilantro  
 Jalapeno  
 Garlic  
 Honey  
 Chili powder

How do I grill the perfect chicken breast? Keep at medium heat covered for about 5-7 minutes, then flip it over. Grill for another 5-7 minutes, or until the thermometer reads 165°.

Is it healthy to eat grilled chicken? Yes, chicken is high in protein and also low in calories. It is very useful in diets working to shed body fat.

Does this recipe have to be grilled? No. You can make it anytime with a cast-iron grill pan or regular skillet, or bake in the oven for about 20-25 minutes at 400F. The end result is always amazing. This recipe is only 269 calories per serving.



## CARROT CAKE TOWERS: DIABETIC

SERVINGS: 14 to 16 servings  
 CARB GRAMS PER SERVING: 34

1-1/2 cups all-purpose flour  
 2/3 cup flax seed meal  
 2 teaspoons baking powder  
 1 teaspoon pumpkin pie spice  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt  
 3 cups finely\* shredded carrot (about 6 medium) (3 large for me)  
 1 cup refrigerated or frozen egg product, thawed, or 4 eggs, lightly beaten  
 1/2 cup granulated sugar or sugar substitute blend\*\* equivalent to 1/2 cup granulated sugar  
 1/2 cup packed brown sugar or brown sugar substitute blend\*\* equivalent to 1/2 cup brown sugar  
 1/2 cup canola oil  
 1 recipe Fluffy Cream Cheese Frosting  
 Coarsely shredded carrot (optional) used the regular sugar and the regular brown sugar.

Preheat oven to 350°F. Grease the bottom of a 15x10x1-inch baking pan; line bottom of pan with waxed paper. Grease and lightly flour the waxed paper and the sides of the pan. Set aside.

In a large bowl, stir together flour, flax seed meal, baking powder, pumpkin pie spice, baking soda, and salt; set aside. In another large bowl, combine finely shredded carrot, eggs, granulated sugar, brown sugar, and oil. Add egg mixture all at once to flour mixture. Stir until combined Spoon batter into prepared pan, spreading evenly. Bake for 25 to 30

minutes or until a toothpick inserted near center comes out clean. Cool cake in pan on a wire rack for 10 minutes. Invert cake onto a wire rack. Cool completely. Transfer cake to a large cutting board. Using a 2-inch round cutter, make cutouts in the cake, leaving as little space as possible between cutouts.

You should get 28 to 32 cutouts. For each serving, place one of the cake cutouts on a serving plate. Spread or pipe about 1 tablespoon Fluffy Cream Cheese Frosting atop the cake round. Top with a second cake round and about 1 tablespoon additional frosting. If desired, garnish with coarsely shredded carrot.

Test Kitchen Tip: Be sure to finely shred the carrots to prevent them from sinking to the bottom of the pan during baking. \*\*Sugar Substitutes: Choose Splenda® Sugar Blend for Baking to substitute for the granulated sugar and Splenda® Brown Sugar Baking Blend to substitute for the brown sugar. Follow package directions to use product amount equivalent to 1/2 cup granulated and 1/2 cup brown sugar.

PER SERVING WITH SUBSTITUTE: same as above, except 231 cal., 25 g carb., 186 mg sodium. Daily values: 3% calcium. Exchanges: 1.5

\*\*\*Test Kitchen Tip: If desired, save cake scraps and make parfaits by layering the cake with thawed frozen light whipped dessert topping.

Fluffy Cream Cheese Frosting: In a medium bowl, beat 2 ounces softened reduced-fat cream cheese (Neufchatel)



with an electric mixer on medium to high speed until smooth. Beat in 1/2 teaspoon vanilla. Gradually add 1/4 cup powdered sugar, beating until smooth. Thaw 1-1/2 cups frozen light whipped dessert topping. Fold about 1/2 cup of the topping into the cream cheese mixture to lighten. Fold in the remaining whipped topping. Makes about 1-3/4 cups.

Nutrition Facts Per Serving:  
 Servings: 14 to 16 servings  
 Calories 254  
 Total Fat (g) 11  
 Saturated Fat (g) 2  
 Monounsaturated Fat (g) 5  
 Polyunsaturated Fat (g) 2

Cholesterol (mg) 3  
 Sodium (mg) 188  
 Carbohydrate (g) 34  
 Total Sugar (g) 19  
 Fiber (g) 3  
 Protein (g) 5  
 Vitamin A (DV%) 0  
 Vitamin C (DV%) 3  
 Calcium (DV%) 4  
 Iron (DV%) 6  
 Diabetic Exchanges  
 Other Carbohydrates (d.e.) 2  
 Fat (d.e.) 2



THE HOLY QUR'AN

Source: Bayt Al Fann

The Holy Qur'an was revealed to Prophet Muhammed ﷺ over 23 years, with the first revelations in the month of Ramadan in 610 AD. How did the Qur'an reach us today in its final form? Who compiled it & why, & where are the oldest Qur'ans in the world? **A thread Ramadhan Kareem!**



1/ The Quran began to be revealed to Prophet Muhammed ﷺ during the month of Ramadan in 610, in its original form to the present day. The companions of Prophet Muhammad (PBUH), played an important role in the compilation of the Quran, leaving an interesting story behind

2/ The ultimate book of universal guidance, the Holy Quran, was revealed to Prophet Muhammed ﷺ over a period of 23 years, in small parts; the holy book was not compiled until after his demise.

3/ The process of the preservation of the Holy Quran started during the time of Prophet Muhammed ﷺ, who despite being unable to read or write, employed a certain method of conservation upon the revelation of every 'ayah'.

4/ The Qur'an is divided into 114 chapters of unequal size called surahs. Each surah is composed of individual verses, each called an ayah. When citing text from the Qur'an, one refers to chapter and verse, or surah and ayah (verse) or ayat (verses) by number

5/ In ancient times, literacy was a skill that few people had and Prophet Muhammed ﷺ himself did not know how to read or write. He dictated the verses and assigned scribes to

Page 1/2

6/ At the time, the verses were written on materials such as bones, leather, stones & wood. Prophet Muhammed ﷺ asked his companions at the time, to memorise the verses & recite them in their daily salah in order to help retention. Salah are the 5 daily ritual prayers

7/ The need for compilation of the Quran arose during the caliphate of Abu Bakr Siddiq (RA) when several companions of the Prophet Muhammed ﷺ who had memorised the Quran died causing concern because the loss of those companions also meant the loss of the Quranic content

8/ As a result, Umar bin Khattab (RA) suggested the idea of the compilation of the Quran to Abu Bakr Siddiq (RA), who was hesitant at first, seeing as the Prophet (PBUH) himself had not taken any such measures during the course of his life.

9/ However, upon recognising the rising need of it, he appointed Zayd ibn Thabit to supervise the project of compilation. Zayd ibn Thabit was one of the leading scribes.

10/ In order to ensure authenticity & eradicate human errors, all the companions who possessed the written text of the Quran collected during the Prophet's ﷺ Ramadan recitation, were asked to bring in their copies. All texts were compared to check for the authenticity

11/ Moreover, Zayd ibn Thabit and Umar ibn Khattab (RA) also verified each verse as they themselves had memorised the Quran by heart. Therefore, the Quranic text was collected, compiled, proofread and authenticated with the utmost care and precision.

12/ In the Quran, the verse is the name given to each sentence of the Quran and the surah is the name given to each part of the holy book. There are 6,236 verses, 114 surahs and about 323,000 letters in the Quran.

13/ During the reign of Uthman ibn Affan (RA) Islam started to expand across the Arabian states & an increasing number of people started accepting Islam. Due to the cultural diversity & difference in dialects among the new Muslims problems of Quranic pronunciation arose.

14/ People started questioning which pronunciation was the 'right' one. Hence, Uthman ibn Affan (RA) took matters into his own hands and appointed his trusted scribes, including Zayd ibn Thabit, to make copies of the originally compiled Quran.

15/ Once the perfected copies of the original text were made, Uthman ibn Affan (RA) ordered all other remaining Quranic texts to be removed in order to achieve universal uniformity of Quranic script.

16/ To this day, all existing copies of the Holy Book are identical to the version compiled by Uthman ibn Affan (RA): "Indeed it is We who have sent down the reminder (the Qur'an), and indeed it is Us who shall preserve it" (Quran, Surah Al-Hijr 15:9).

17/ The Uthman Quran in Tashkent, Uzbekistan - also known as the Samarqand manuscript. It was thought to be the oldest copy of the Quran in existence. The date it was written varies between 595 AD-855 AD. However, researchers have said it was written in the 8-9th century



A church in Atlanta USA using the message from Quran .  
Subhan Allah





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INTERNATIONAL PAGES



# Important Recall Info That MAY Affect Your Vehicle

|   |   |  |   |
|---|---|--|---|
| NHTSA Recall ID Number :<br>23V110<br>Manufacturer :Lucid USA, Inc.<br>Subject : Electric Motors<br>May Shut Down<br>Make Model Model Years<br>LUCIDAIR 2022-2023   | NHTSA Recall ID Number :<br>23V167<br>Manufacturer :Alliance RV, LLC<br>Subject : Incorrect Wheel/<br>Tire Assemblies May Be Overload-<br>ed<br>Make Model Model Years<br>ALLIANCE RV VALOR<br>2023   | Subject : Transmission Built<br>with Incorrect Sun Gear<br>Make Model Model Years<br>CADILLAC XT5 2022-2023<br>CADILLAC XT6 2023<br>CHEVROLET BLAZER 2023<br>CHEVROLET TRAVERSE 2023<br>GMC ACADIA 2023  | 2020-2021<br>MERCEDES-BENZ GLS580<br>2020-2021<br>MERCEDES-BENZ MAYBACH<br>GLS600 2021  |
| NHTSA Recall ID Number :<br>23V166<br>Manufacturer :REV Recreation<br>Group<br>Subject : Entry Door Latch<br>Failure<br>Make Model Model Years<br>AMERICAN COACHAMERI-<br>CAN TRADITION 2023  | NHTSA Recall ID Number :<br>23V168<br>Manufacturer :Ford Motor Com-<br>pany<br>Subject : High-Voltage Bat-<br>tery Pack May Short-Circuit<br>Make Model Model Years<br>FORD F-150 LIGHTNING 2023  | NHTSA Recall ID Number :<br>23V173<br>Manufacturer :Volvo Trucks North<br>America<br>Subject : Hub Cover May<br>Detach from Vehicle<br>Make Model Model Years<br>VOLVO VHD 2024<br>VOLVO VNL 2024<br>VOLVO VNR 2024  | NHTSA Recall ID Number :<br>23V178<br>Manufacturer :Mercedes-Benz<br>USA, LLC<br>Subject : Rear Door Window<br>Trim Bars May Detach<br>Make Model Model Years<br>MERCEDES-BENZ AMG<br>GLE53 2022-2023<br>MERCEDES-BENZ AMG<br>GLE63 S 2022-2023<br>MERCEDES-BENZ AMG<br>GLS63 2022-2023   |
| FLEETWOOD BOUNDER<br>2023<br>FLEETWOOD DISCOV-<br>ERY 2023<br>FLEETWOOD DISCOV-<br>ERY LXE 2023<br>FLEETWOOD FLAIR 2023<br>FLEETWOOD FLEX 2023<br>FLEETWOOD FORTIS<br>2023  | NHTSA Recall ID Number :<br>23V169<br>Manufacturer :Keystone RV Com-<br>pany<br>Subject : Emergency Exit<br>Window Not Installed<br>Make Model Model Years<br>KEYSTONE COUGAR<br>2022-2023  | NHTSA Recall ID Number :<br>23V175<br>Manufacturer :Bombardier Recre-<br>ational Products, Inc.<br>Subject : Brake Light May<br>Stay Illuminated<br>Make Model Model Years<br>CAN-AM RYKER<br>2022-2023<br>CAN-AM SPYDER RT<br>2020-2023   | MERCEDES-BENZ GLE350<br>2022-2023<br>MERCEDES-BENZ GLE450<br>2022-2023<br>MERCEDES-BENZ GLE580<br>2022-2023<br>MERCEDES-BENZ GLS450<br>2022-2023<br>MERCEDES-BENZ GLS580<br>2022-2023<br>MERCEDES-MAYBACH<br>GLS600 2022-2023   |
| FLEETWOOD FRONTIER<br>2023<br>FLEETWOOD FRONTIER<br>GTX 2023<br>FLEETWOOD PACE<br>ARROW 2023<br>FLEETWOOD SOUTH-<br>WIND 2023   | NHTSA Recall ID Number :<br>23V170<br>Manufacturer :Navistar, Inc.<br>Subject : Grille Surround<br>May Detach From Vehicle<br>Make Model Model Years<br>INTERNATIONAL HX<br>2020-2024   | NHTSA Recall ID Number :<br>23V177<br>Manufacturer :Mercedes-Benz<br>USA, LLC<br>Subject : Water Intrusion<br>from AC Drain Hose May Cause<br>Short<br>Make Model Model Years<br>MERCEDES-BENZ AMG<br>GLE53 2021<br>MERCEDES-BENZ AMG<br>GLE63 2021<br>MERCEDES-BENZ AMG<br>GLS63 2021 | MERCEDES-BENZ GLE450<br>2022-2023<br>MERCEDES-BENZ GLS450<br>2022-2023<br>MERCEDES-BENZ GLS580<br>2022-2023<br>MERCEDES-MAYBACH<br>GLS600 2022-2023<br>NHTSA Recall ID Number :<br>23V179<br>Manufacturer :Kia America, Inc.<br>Subject : Tow Hitch Harness<br>Fire While Parked or Driving<br>Make Model Model Years<br>KIA CARNIVAL 2022-2023 |
| HOLIDAY RAMBLER AD-<br>MIRAL 2023<br>HOLIDAY RAMBLER<br>ARMADA 2023<br>HOLIDAY RAMBLER<br>ECLIPSE 2023<br>HOLIDAY RAMBLER<br>ENDEAVOR 2023<br>HOLIDAY RAMBLER<br>INVICTA 2023<br>HOLIDAY RAMBLER<br>NAUTICA 2023<br>HOLIDAY RAMBLER<br>NAVIGATOR 2023<br>HOLIDAY RAMBLER<br>VACATIONER 2023 | NHTSA Recall ID Number :<br>23V171<br>Manufacturer :Navistar, Inc.<br>Subject : Stuck Park Valve<br>Module May Cause Rollaway<br>Make Model Model Years<br>INTERNATIONAL HV 2023<br>INTERNATIONAL HX 2023<br>INTERNATIONAL LONESTAR<br>2023<br>INTERNATIONAL LT 2023<br>INTERNATIONAL RH 2023 | NHTSA Recall ID Number :<br>23V175<br>Manufacturer :General Motors,<br>LLC<br>Subject : Transmission Built<br>with Incorrect Sun Gear<br>Make Model Model Years<br>CADILLAC XT5 2022-2023<br>CADILLAC XT6 2023<br>CHEVROLET BLAZER 2023<br>CHEVROLET TRAVERSE 2023<br>GMC ACADIA 2023  | NHTSA Recall ID Number :<br>23V180<br>Manufacturer :Hyundai Motor<br>America<br>Subject : Windshield Wipers<br>May Fail<br>Make Model Model Years<br>HYUNDAI PALISADE<br>2021-2023<br>NHTSA Recall ID Number :<br>23V181<br>Manufacturer :Hyundai Motor<br>America  |

## What is a recall?

When a manufacturer or the National Highway Traffic Safety Administration (NHTSA) determines that a vehicle creates an unreasonable risk to safety or fails to meet minimum safety standards, the manufacturer is required to fix that vehicle at no cost to the owner. That can be done by repairing it, replacing it, offering a refund (for equipment) or, in rare cases, repurchasing the car.

## What should I do if my vehicle is included in this recall?

If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.



WORDS SEARCH

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| ASPEN   | YEW    | SWEETGUM   | ELM      |
| CYPRESS | MAPLE  | COTTONWOOD | FIR      |
| SPRUCE  | OAK    | DOGWOOD    | BIRCH    |
| WALNUT  | CHERRY | SYCAMORE   | CHESTNUT |



# Scottish Muslim leader's rise underlines 'new norm' in UK

The jury is out on whether Humza Yousaf can deliver independence for Scotland.

But history's verdict will be clear on the 37-year-old's breakthrough as the first Muslim leader of a western European democracy.

The newly-elected head of the Scottish National Party (SNP) joins the growing ranks of leaders from Britain's old imperial possessions who are remaking the face of UK politics.

Conservative Prime Minister Rishi Sunak is the Hindu son of parents whose familial roots lie in India.

One of the new SNP leader's chief adversaries in the Edinburgh parliament will be Scottish Labour leader Anas Sarwar, who is also of Pakistani heritage.

The evolution confirms "how far ethnic and faith diversity at the top has become a new norm across British politics," said Sunder Katwala, director of the demographics think tank British Future.

King Charles III will now be inviting a Hindu prime minister of Britain and a Muslim first minister of Scotland to his coronation in May, he noted in the Eastern Eye newspaper.

That sends "a powerful message to the world about how much public life in Britain has changed, to an extent unparalleled in comparable democracies."

Among Sunak's most senior cabinet lieutenants, Foreign Secretary James Cleverly and Home Secretary Suella Braverman are also people of colour.

Chancellor of the Exchequer Jeremy Hunt is now the only white holder of one of the four "great offices of state" in British politics.

Ironically, given the cabinet's multi-ethnic profile and his own centrist politics, Hunt counts 1930s fascist leader Oswald Mosley as a distant relative.

Mosley's political descendants were vocal on social media with racist attacks on the likes of Yousaf and London mayor Sadiq Khan, who congratulated the new Scottish leader.

But the far right remains on the marginal fringes of UK politics.

- Long wait over -

One of Braverman's predecessors, Sajid Javid, was the first British Asian to hold one of the four great offices when he became home secretary in



2018.

Javid's ascent prompted a joke from mayor Khan, of the opposition Labour party, in a riff on London's long-suffering commuters.

"Typical -- you wait for ages for a Pakistani bus driver's son to come along (in UK politics). Then two come along at once," Khan joked.

Unlike Khan and Javid's working-class fathers, Yousaf's is firmly middle class, a successful accountant who could afford to send his son to one of Glasgow's most exclusive private schools.

Scottish Labour's Sarwar attended the same school.

But as Muslims, they were a rarity at Hutchesons' Grammar, and Yousaf has spoken of the Islamophobic insults he endured from white classmates after the 9/11 attacks in the United States.

In his victory speech on Monday, Yousaf said his father's parents would not have imagined "in their wildest dreams" that their future grandson would become Scotland's leader when they arrived in Glasgow in the 1960s, barely speaking English.

"We should all take pride in the fact that today we have sent a clear message: that your colour of skin or indeed your faith is not a barrier to leading the country that we all call home," he said.

- Christianity in decline -

Katwala noted that the SNP leadership battle saw a socially liberal Muslim candidate defeat a de-

vout Presbyterian in Kate Forbes, who opposes abortion and gay marriage.

Christians are now a minority in England and Wales, while still ranking as the biggest faith overall, according to 10-yearly census findings released last year.

People listing "no religion" were the next biggest group identified in the census, followed in order by Muslims, Hindus, Sikhs, Buddhists and Jews.

Whatever their faith, or lack of it, the UK's leading politicians all worship in the church of disputation.

Sunak's spokesman, while stressing the prime minister looked forward to working with Yousaf, said there was no question of permitting another referendum on Scottish independence.

Sarwar put aside any old-school fraternity to warn Yousaf that Labour was gunning for the SNP, whose critics say has neglected public services to push its faltering campaign for separation.

Labour is targeting a revival in its old Scottish fiefdoms, including Glasgow, with a view to re-taking power UK-wide from the Conservatives.

But the Scottish Labour leader added: "While I question his mandate and the SNP's record, it is important to reflect on the election of what will be the first 'first minister' from an ethnic minority background."



## List of Bollywood films of April 2023

| Opening     | Title | Director                         | Cast   |
|-------------|-------|----------------------------------|--|
| A<br>P<br>R | 7     | <i>Gumraah</i>                   | Vardhan Ketkar<br>Aditya Roy Kapur · Mrunal Thakur   |
|             | 14    | <i>Mrs Undercover</i>            | Anushree Mehta<br>Radhika Apte · Rajesh Sharma · Sumeet Vyas · Angana Roy · Amrita Chattopadhyay · Indrasish Roy |
|             |       | <i>Pinky Beauty Parlour</i>      | Akshay Singh<br>Akshay Singh · Sulagna Panigrahi · Khushboo Gupta · Vishwanath Chatterjee                        |
|             | 21    | <i>Kisi Ka Bhai Kisi Ki Jaan</i> | Farhad Samji<br>Salman Khan · Pooja Hegde · Venkatesh · Jagapathi Babu   |
|             | 28    | <i>Bad Boy</i>                   | Rajkumar Santoshi<br>Namashi Chakraborty · Amrin Qureshi · Saswata Chatterjee · Darshan Jariwala · Johnny Lever  |
| M<br>A<br>Y | 12    | <i>Chatrapathi</i>               | V. V. Vinayak<br>Bellamkonda Sreenivas · Nushratt Bharuccha · Sahil Vaid   |
|             | 26    | <i>Swatantra Veer Savarkar</i>   | Randeep Hooda<br>Randeep Hooda · Ankita Lokhande   |

### When Kavita Krishnamurthy Was Told “We Have Got Machines... You Do Not Need To Sing In Tune,” & She Sang Rockstar’s ‘Tum Ko’ To Explain This

Time and again, we have seen former singers slamming the latest culture of auto-tune in the music industry. Be it Asha Bhosle, Alka Yagnik, Kumar Sanu, Udit Narayan and others who’s who of the music industry have never shied away from giving their 2 cents on the visible changes in today’s generation’s songs. Dropping truth bombs on the same, Kavita Krishnamurthy shared an instance of being asked to waste time singing ‘better’ as they’ve got machines to improve it.

Kavita is one of the most-loved and most-celebrated singers of B-Town who has lent her voice for popular Bollywood songs like Tumse Milkar, Hawa Hawaii, Tu Hi Re and Koi Mil Gaya and Gori Teri Aakhein, among others.

Recently, we came across a video, which has now gone viral on social media, Kavita Krishnamurthy is seen spilling the tea on the auto-tune and musical softwares to fix the beat and tune of songs. During her appearance at an event in Bangalore in 2016, Kavita told the audience, “A singer like me can sing a five-minute-long song.

I have sung for Khayyam saab, and his songs that were ghazal style – you cannot breath in-between a line. (He’d say) ‘My poetry will break, you know how Khayyam saab and his poetry were.

Further recalling an incident, Kavita Krishnamurthy added, “So now, when I am called for a song recording..(sings) ‘Tumko..Gaa diya, ‘ek aur baar’... Tumko.’Ok Kavita ji next line’, (hums a tune) Bus. (I sing one word a few times, followed by a short line and that’s it). This is how songs are made these days. And, I say, ‘I should sing this line again, in a better tune this time’. But, I am told ‘no, that is not needed. What is it about the tune, we have got machines, we will pitch it for you’. So, now you do not need to sing in tune, or beat. You sing it in one beat, (Gestures opposite sides) it will be shifted in another.”

“So you do not need a singer to sing in tune, or with the beat. So, what do you need in a singer? ‘We want attitude, there should be attitude’ (I am told). So, if you have a good attitude, you can all try your hand at singing,” she



concluded.

Apart from Hindi, Kavita Krishnamurthy has crooned songs in other languages like, Odia, Tamil, Marathi, Bengali, Hindi, Kannada, Bhojpuri, Rajasthani, English, Telugu, Urdu,

Gujarati, Malayalam, Nepali, Konkani, Assamese and Punjabi, among many others.



# Actress Deepika Padukone Talks Taking Her Beauty Brand 82°E Global

MUMBAI — Deepika Padukone, the actress and global face for brands including Louis Vuitton and Cartier, doesn't intend to let geography be an impediment to her newly launched beauty brand, 82°E.

While few Indian beauty brands have succeeded globally, 82°E, conceived and researched to combine Indian ingredients with science-based products, had a clear positioning from the moment it launched last November.

Launched as a direct-to-consumer brand, 82°E, which is pronounced simply 82 East, initially is being sold only on its website, with products already shipped to more than 30 countries. But can it compete against the myriad global brands?

- ADVERTISEMENT -

“Yes, why should it not? As Indians, why should we always second guess ourselves?” Padukone said in an exclusive interview.

“I can't comment on anyone else's journey, I can only comment on ours, and say that we are very confident about who we are, where we come from....I think we're on track. A large part of the success that we've seen since the launch has come from the global market. It's not only 82 East: I think as Indians we're very much on everyone's radar.”

Fresh from the success of her new movie “Pathaan” — which costars leading actor Shah Rukh Khan and other big Bollywood stars and grossed \$82 million in India by mid-March and \$49 million overseas to make a worldwide gross of \$130 million — Padukone is not presumptuous in thinking globally. Her costar in the film “Return of Xander Cage,” Vin Diesel, described her as “the queen of the whole world” and she was included in Time magazine's list of the most influential people in 2018.

Warming to her theme, Padukone said, “I think ‘Pathaan’ is a great example, I think me representing India on the Cannes jury is a great example, as is Louis Vuitton signing me as the first Indian face for a luxury label.

“These are my personal examples, and I'm sure there are tons about others out there. Maybe it did not happen in other generations, but have we seen the shift? Yes! As far as 82 East is concerned, I'm very confident about the impact we intend to create not only in India but globally as well.”

The brand name, inspired by the standard meridian that passes through India, and its tag line, “Indian in its ethos and global in its outlook,” is representative of Padukone herself. Walking the red carpet and one of the presenters at this month's Oscars was another chance for her to be in the global limelight.

The 82°E products combine traditional ingredients like turmeric, lotus, and ashwagandha with ceramides and other science-based elements.

The importance of the Indian ingredients is seen in the product names: the moisturizer Ashwagandha Bounce at 2,700 rupees, or \$32.87; Patchouli Glow sunscreen drops at 1,800 rupees; Gotu Kola dew toner at 2,400 rupees; Bakuchiol Slip Face Oil at 2,900 rupees, and the Lotus Splash Cleanser at 1,200 rupees. The brand has been launching products with a considered drop strategy, factoring in the seasons — with the most recent one, Turmeric Shield, described as a soothing sunscreen serum.

The new Turmeric Shield sun screen from 82E. Photo courtesy of 82E.

The new Turmeric Shield sun screen from 82E. Photo

courtesy of 82E.

Jigar K. Shah, cofounder of 82°E who holds the business strategy together, said a 1 billion rupee, or \$12 million, annualized run rate was achievable in 2023, adding that the global capability was also growing. “As a d-to-c brand from India, which has the capability to ship to 200 countries from the launch — spread across five continents — roughly about 10 percent of our revenue is export revenue.”

He emphasized the strength of the backing of the brand's research and development center in Bengaluru. “We're marrying Indian ingredients to science — we're focusing more on the India story, not the ayurveda story. It would have been easy to get a third-party manufacturer, but we are unique in building the products and have been very clear that we didn't want to create a product that just had a celebrity in it, but rather one that truly solves a problem and adds value to customers,” he said.

Shah said there was no question that beauty in India requires physical stores as well and part of the strategy is to build these after the initial understanding and feedback from the consumer, which was becoming clearer by focused retailing from its own website. It is also easier to reach the target market.

As one of the top fashion and beauty celebrities in India for years, Padukone is no stranger to the plethora of beauty brand options. Becoming a beauty entrepreneur has been a result of her “journeys and experiences with these,” she said.

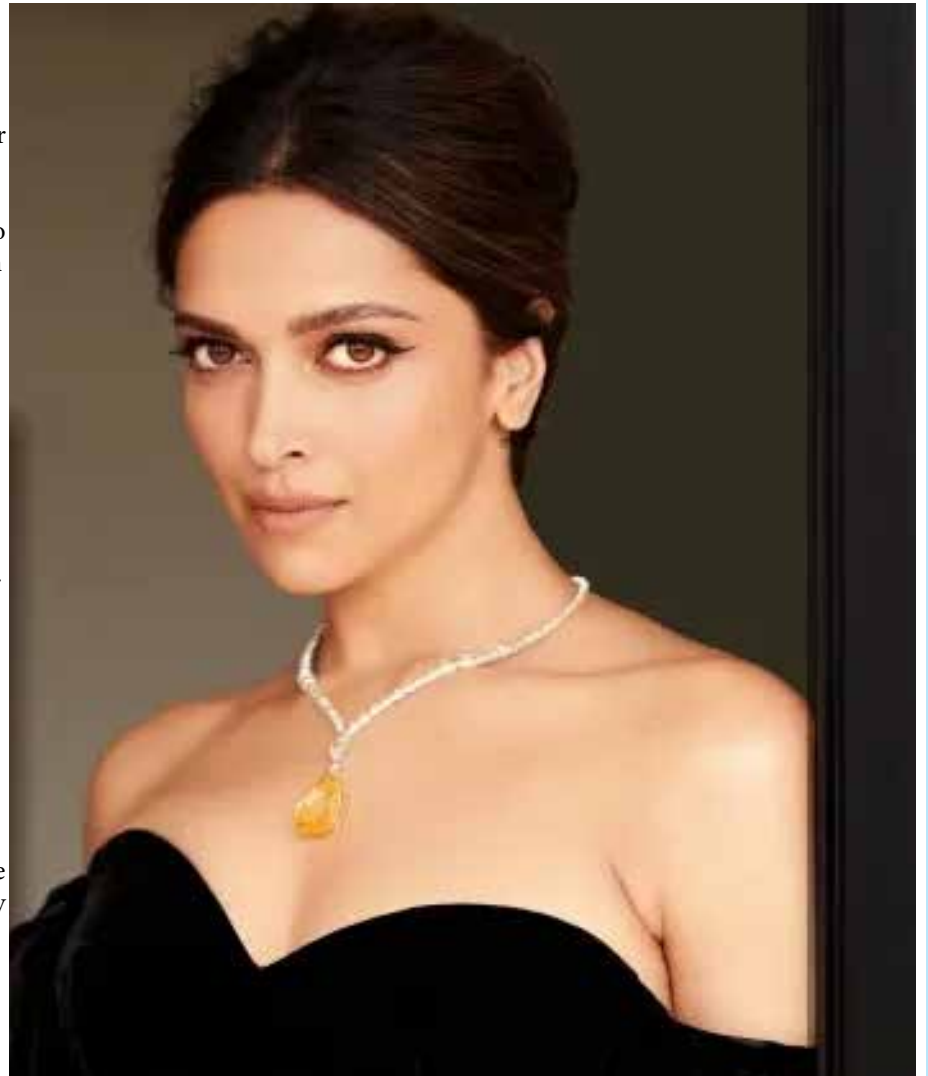
“There's learning from what's out there — good and bad experiences, all of it put together is how we've arrived here. The brands that are already out there have had a huge influence on my decisions and that is what prompted me to turn entrepreneur and start with skin care,” she said.

Padukone was quick to add that while beauty is a big focus, 82°E is a focused self care brand. “The modern Indian woman is far more conscious and aware of self care and the fact that it is important, that she needs to make time for it, and definitely I see that trend evolving from previous generations. Earlier it was about putting your family first, putting everyone ahead of yourself. But I think the family system seems to be evolving — I think we're headed more toward independent families or nuclear families, thereby increasing responsibility, and stress as well. More so, coming out of the pandemic, the conversation about self care is even more relevant today,” she said.

Her one point advice on the issue? Self care without guilt.

“Those who are making time for it do it with a lot of guilt. I hope we are able to get to a place where we are able to take care of ourselves and do it without feeling guilty,” she said.

Her own journey, as a sportsperson and honest expressions of depression, led to the creation of her mental health foundation.



Her power to influence appears to be growing too.

As she has appeared on global billboards over the past months for Louis Vuitton, she describes it thoughtfully as “a moment.”

“Usually, I'm the kind of person who just puts my head down and keeps on working, but I did have a moment to myself and I said, ‘Well, not bad’ to see an Indian face on some of the biggest billboards outside some of the biggest stores in the world — and then I put my head down and continued to work again.

“I think it's been a huge moment for the Asian community, for young girls. While it is a personal achievement for me, I do hope that it impacts the future generations positively. My little niece, who is nine years old, had a beautiful moment when her parents took her for a drive on Sunset Boulevard and showed them a brown girl on a hoarding for the biggest luxury brand in the world.”















































Leaving a legacy is part of it. “I believe you leave behind legacies when you are authentic to yourself and to the people around you, and when you do it with consistency. The brand is an extension of my personality, my beliefs, my ethos — it is something I have built from the ground up with my cofounder and therefore I believe it is authentic, it is honest. It is also backed by data and research — I believe we are on the right path,” she explained

As for her passions, she said they will be: acting “first and foremost; the brand; my mental health foundation will also be very much out there because these are things I'm extremely passionate about.”

“The endeavor is to leave behind a legacy of all of my beliefs and everything that I have stood for after I am gone,” she added thoughtfully.



# Binaca Geetmala Annual List (1958)

| Thumb / Rank  | Song Heading   | Singer / Movie                 | Music By / Lyricist | Actor / Category   |
|---|--|--------------------------------|---------------------|--|
| <br>1    | Hai Apanaa Dil To Aavaaraa, Na Jaane Kis Pe Aayegaa<br>    4.43 - 1003 votes     | Hemant Kumar                   | Sachin Dev Burman   | Sunder, Dev Anand, Waheeda Rehman                          |
|   |  | Solva Saal (1958)              | Majrooh Sultanpuri  | Romantic Songs, All Time Great                             |
| <br>2    | C A T Cat Mane Billi<br>    4.01 - 158 votes                                     | Kishore Kumar                  | Ravi                | Kishore Kumar, Nutan                                       |
|   |  | Dilli Ka Thug (1958)           | Majrooh Sultanpuri  | Funny Songs, Songs for Kids                                |
| <br>3   | Bol Ri Kathputli Dori Kaun Sang Bandhi (Sad Version)<br>    4.34 - 175 votes | Lata Mangeshkar                | Shankar Jaikishan   | Vyjayantimala  |
|   |  | Kathputli (1957)               | Shailendra          | Sad Songs, Title Song                                      |
| <br>4  | Meri Ja Meri Ja, Pyar Kisi Se, Ho Hi Gaya Hai<br>    4.36 - 230 votes    | Lata Mangeshkar                | Shankar Jaikishan   | Dilip Kumar, Meena Kumari                                  |
|   |  | Yahudi (1958)                  | Shailendra          | Filmfare Awards Nominee, Romantic Songs                    |
| <br>5  | Suhana Safar Aur Ye Mausam Hasin<br>    4.48 - 1544 votes                | Mukesh                         | Salil Chowdhury     | Dilip Kumar  |
|   |  | Madhumati (1958)               | Shailendra          | Mausam Songs   |
| <br>6  | Tera Teer O Bepeer Dil Ke Aar Paar Ha<br>    4.42 - 165 votes            | Lata Mangeshkar                | Shankar Jaikishan   | Kumkum, Kishore Kumar                                      |
|   |  | Shararat (1959)                | Shailendra          | Dance Songs, Romantic Songs                                |
| <br>7  | Dil Se Tujhko Be Dili Hai, Ye Mera Diwanapan Hai<br>    4.52 - 536 votes | Mukesh                         | Shankar Jaikishan   | Dilip Kumar  |
|   |  | Yahudi (1958)                  | Shailendra          | Filmfare Awards Winner, Filmfare Awards Nominee, Sad Songs |
| <br>8  | Chal Ud Ja Re Panchhi, Ke Ab Ye Desh Hua Begana (Part 2)<br>   4.35 - 344 votes   | Mohammed Rafi                  | Chitragupt          | Pandhari Bai, Balraj Sahni, Nanda                          |
|   |  | Bhabhi (1957)                  | Rajinder Krishan    | Sad Songs  |
| <br>9  | Chali Chali Re Patang Mere Chali Re<br>   4.09 - 124 votes  | Mohammed Rafi, Lata Mangeshkar | Chitragupt          | Nanda, Jagdeep   |
|   |  | Bhabhi (1957)                  | Rajinder Krishan    | Masti Bhare Geet   |
| <br>10 | Yun To Hamane Laakh Hasin Dekhe Hain<br>    4.45 - 148 votes             | Mohammed Rafi                  | O P Nayyar          | Shammi Kapoor, Ameeta                                      |
|   |  | Tumsa Nahin Dekha (1957)       | Sahir Ludhianvi     | Romantic Songs   |

# Binaca Geetmala Annual List (1958)



# HYDERABAD PUBLIC SCHOOL ALUMNI

## NOTABLE HPS ALUMNI:

### CORPORATE (FAMOUS HPS ALUMNI)



**SATYA NADELLA**  
CEO  
Microsoft



**PREM WATSA**  
CHAIRMAN & CEO  
Fairfax Financial



**SHANTANU NARAYEN**  
CEO  
Adobe



**SHAILESH JEJURIKAR**  
COO  
Procter & Gamble



**AJAY BANGA**  
CEO  
Mastercard



**GIRISH REDDY**  
MEMBER KKR

### POLITICS (FAMOUS HPS ALUMNI)



**Y.S. JAGAN MOHAN REDDY**  
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Andhra Pradesh (State)



**N. KIRAN KUMAR**  
FORMER CHIEF MINISTER  
Andhra Pradesh (State)



**B. RAJENDRANATH**  
FINANCE MINISTER  
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MEMBER OF PARLIAMENT



**M.M. PALLAM RAJU**  
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**Y. SUMANTH**  
ACTOR



**TALAT AZIZ**  
SINGER



**RANA DAGGUBATI**  
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**SAAD BIN JUNG**  
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**VIVEK JAISHIMHA**  
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**VENKATAPATHY RAJU**  
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**ANANTA VATSALYA**  
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IPS



**HARSHA BHOGLA**  
COMMENTATOR



**SATISH REDDY**  
CHIEF ENGINEER  
(NASA)



**NIKHIL CHINAPA**  
VJ MTV



**RAMENDRA KUMAR**  
WRITER



**SYED AKBARUDDIN**  
INDIAN FOREIGN SERVICE



Re-Organization of New Zones, Divisions & Police Stations of Hyderabad City - 2023

| Central Zone |                 |              | East Zone   |                 |              | North Zone |                 |              | South Zone    |                 |            |
|--------------|-----------------|--------------|-------------|-----------------|--------------|------------|-----------------|--------------|---------------|-----------------|------------|
| Sl. No       | Police Stations | Divisions    | Sl. No      | Police Stations | Divisions    | Sl. No     | Police Stations | Divisions    | Sl. No        | Police Stations | Divisions  |
| 1            | Abids           | Abids        | 1           | Kachiguda       | Kachiguda    | 1          | Begumpet        | Begumpet     | 1             | Charminar       | Charminar  |
| 2            | Nampally        |              | 2           | Amberpet        |              | 2          | Bowenpally      |              | 2             | Kamatipura      |            |
| 3            | Chikkadpally    | Chikkadpally | 3           | Chilkaiguda     | Chilkaiguda  | 3          | Tadbun          | Gopalpuram   | 3             | Hussaini Alam   | Falaknuma  |
| 4            | Musheerbad      |              | 4           | Lalaguda        |              | 4          | Gopalpuram      |              | 4             | Falaknuma       |            |
| 5            | Gandhi Nagar    | Gandhi Nagar | 5           | Warasiguda      | OU Sity      | 5          | Tukaram Gate    | Mahankali    | 5             | Bahadurpura     | Falaknuma  |
| 6            | Domalguda       |              | 6           | OU Sity         |              | 6          | Marredpally     |              | 6             | Kalapathar      |            |
| 7            | Lake            | Saifabad     | 7           | Nallakunta      | Sultan Bazar | 7          | Mahankali       | Trimalgherry | 7             | Chatrinaka      | Chatrinaka |
| 8            | Saifabad        |              | 8           | Sultan Bazar    |              | 8          | Market          |              | 8             | Moghalpura      |            |
| 9            | Khairathabad    | 9            | Afzalgunj   | 9               | Ramgopalpet  | 9          | Ramgopalpet     | 9            | Shalibanda    | Mirchowk        |            |
|              |                 | 10           | Narayanguda | 10              | Trimalgherry | 10         | Trimalgherry    | 10           | Mirchowk      |                 |            |
|              |                 |              |             |                 |              | 11         | Bollaram        | 11           | Reinbazar     |                 |            |
|              |                 |              |             |                 |              | 12         | Karkhana        | 12           | Bhavani Nagar |                 |            |

| South East Zone |                 |                 | South West Zone |                 |              | West Zone |                 |               |
|-----------------|-----------------|-----------------|-----------------|-----------------|--------------|-----------|-----------------|---------------|
| Sl. No          | Police Stations | Divisions       | Sl. No          | Police Stations | Divisions    | Sl. No    | Police Stations | Divisions     |
| 1               | Santosh Nagar   | Santosh Nagar   | 1               | Asifnagar       | Asifnagar    | 1         | Banjara Hills   | Banjara Hills |
| 2               | IS Sadan        |                 | 2               | Humayun Nagar   |              | 2         | Masab Tank      |               |
| 3               | Chandrayangutta | Chandrayangutta | 3               | Habeeb Nagar    | Goshamahahal | 3         | Jubilee Hills   | Jubilee Hills |
| 4               | Bandlaguda      |                 | 4               | Begum Bazar     |              | 4         | Film Nagar      |               |
| 5               | Kanchanbagh     | Saidabad        | 5               | Shahinayathgunj | Golconda     | 5         | Panjagutta      | Panjagutta    |
| 6               | Saidabad        |                 | 6               | Mangalhat       |              | 6         | Rehamath Nagar  |               |
| 7               | Madannapet      | Malakpet        | 7               | Golconda        | Kulsumpura   | 7         | SR Nagar        | SR Nagar      |
| 8               | Malakpet        |                 | 8               | Towlichowki     |              | 8         | Borabanda       |               |
| 9               | Chaderghat      | Dabeerpura      | 9               | Langer House    |              |           |                 |               |
| 10              | Dabeerpura      |                 | 10              | Kulsumpura      |              |           |                 |               |
|                 |                 |                 | 11              | Tappachabutra   |              |           |                 |               |
|                 |                 |                 | 12              | Guddimalkapur   |              |           |                 |               |

| Abstract |            |           |                 |
|----------|------------|-----------|-----------------|
| Sl.No    | Zones      | Divisions | Police Stations |
| 1        | Central    | 4         | 9               |
| 2        | East       | 4         | 10              |
| 3        | North      | 4         | 12              |
| 4        | South      | 4         | 12              |
| 5        | South East | 4         | 10              |
| 6        | South West | 4         | 12              |
| 7        | West       | 4         | 8               |
| Total    |            | 28        | 73              |



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
Cell: 9347814688



## Tibb-E-Mustafa ki Roashni Mei

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# What is the reason why fasting is prescribed?

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

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

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

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

“O you who believe! Observing As-Sawm (the fasting) is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqoon (the pious)” [al-Baqarah 2:183]

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

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

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

Among the reasons behind fasting are:

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

2 – Fasting is a means of giving up haraam things, because if a person can give up halaal things in order to please Allaah and for fear of His painful torment, then he will be more likely to refrain from haraam things. So fasting is a means of avoiding the things that Allaah has forbidden.

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

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

5 – Fasting humiliates and weakens the Shaytaan; it weakens the effects of his whispers (waswaas) on a person and reduces his sins. That is because the Shaytaan “flows through the

son of Adam like blood” as the Prophet (peace and blessings of Allaah be upon him) said, but fasting narrows the passages through which the Shaytaan flows, so his influence grows less.

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

Undoubtedly blood is created from food and drink, so when a person eats and drinks, the passages through which the devils flow – which is the blood – become wide. But if a person fasts, the passages through which the devils flow become narrow, so hearts are motivated to do good deeds, and to give up evil deeds.

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

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

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

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

And Allaah knows best

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

<https://islamqa.info/en/answers/26862/the-reason-why-fasting-is-prescribed>

Question:

How much is the fidya for a person who cannot fast? What do I do if I am pregnant and/or nursing and cannot fast? Do I make it up, pay fidya, or both?

Answer:

Fidya is an amount of money or food that is paid to the poor by the one who is not able to fast. It applies to those who have enduring medical conditions that make them unable to fast currently AND in the future. Such a person would pay fidya equivalent to feeding a poor person two meals for each day of fasting they have missed. The dollar amount of this will vary depending on where the person lives and what they are feeding the poor person, but it is generally estimated at around 10-15 dollars per day of fasting missed. If their medical condition is not lasting or they can make up the days when the days are shorter, they would make up the days rather than paying the fidya. For a pregnant or nursing woman, there are some details to mention and there are many differences of opinion among the scholars as to how and when she should make up the fasts or pay the fidya. Basically, if she is expected to miss only one Ramadan of fasting then she would make up the days that she missed by simply fasting them when she is able to. If she is expected to miss more than one Ramadan in a row, either because of pregnancy and then nursing or back to back pregnancies then she can pay fidya for each day of fasting that she has missed and she does not need to make the days up later.



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

### گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

### 36 اللہ کی مخلوق سے نیکی، گناہوں کو معاف کرتی ہے

اردو حکایت: ایک شخص نے ایک پیاسے کتے کو بیابان میں دیکھا کہ غریب جانور پیاس کی شدت سے مر رہا تھا۔ اس نیک دل انسان سے اُس کی حالت دیکھی نہ گئی اُس نے اپنی پگڑی کھولی، ٹوپی اتاری، پگڑی کوری اور ٹوپی کو ڈول بنا کر کنویں سے پانی نکالا اور کتے کو پلا دیا۔ پانی پینے سے کتے کی جان میں جان آگئی۔ اُس زمانہ کے پیغمبر نے یہ خبر دی کہ اللہ تعالیٰ نے اس نیکی کے بدلے اُس کے تمام گناہ معاف فرمادئے۔

یکیبا سگے نیکوئی گم نہ کرد  
کجا گم شود خیر با نیک مرد  
کرم کن، چناں کت، برآید زدست  
جہانیان درخیر برکس نہ بست  
تو باخلق نیکی کن اے نیک بخت  
کہ فردا نہ گیرد خدا بر تو سخت

فارسی شعر:

اللہ نے کتے کے ساتھ کی ہوئی نیکی کو ضائع نہیں کیا تو نیک انسان کے ساتھ کی گئی بھلائی کو وہ کب ضائع کریگا۔ مہربانی کر، جس پر بھی، جو تیرے ہاتھ سے ہو سکے۔ خدا نے نیکی کا دروازہ کسی پر بند نہیں کیا ہے۔ اے نیک بخت! تو مخلوق کے ساتھ نیکی کرتا کہ کل کو خدا تجھ پر سختی نہ کرے۔

حاصل کلام:

خدا، کتے سے نیکی کو، اگر ضائع نہیں کرتا  
تو وہ ضائع کرے گا کس طرح، انساں کی نیکی کو

جہاں تک ہو سکے تو، دوسروں پر مہربانی کر  
کھلے گا نیکیوں کا در، خدا کی دستگیری سے  
کیا کر دوسروں کے ساتھ نیکی، بخت آور تو  
کہ کل تجھ کو بچالے گا، خدا بھی سخت گیری سے



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

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

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



## مفخم جاو کالج آف انجینئرنگ میں خان لطیف محمد خان اڈوانسڈ کمپیوٹنگ اینڈ انفارمیٹکس سنٹر کا افتتاح

مفخم جاو کالج آف انجینئرنگ اینڈ انفارمیٹکس لیب کو سابق صدر نشین سلطان ٹکنالوجی میں اڈوانسڈ کمپیوٹنگ اینڈ انفارمیٹکس لیب کو سابق صدر نشین سلطان العلوم ایجوکیشن سوسائٹی جناب خان لطیف محمد خان مرحوم سے موسوم کیا گیا ہے۔ جناب خان لطیف محمد خان مرحوم کی اہلیہ ڈاکٹر فیاض النساء کے ہاتھوں افتتاح عمل میں آیا۔ جناب خان لطیف محمد خان کی تعلیم اور دیگر شعبہ جات میں قوم و ملت کیلئے نمایاں خدمات کو خراج عقیدت کے طور پر اڈوانسڈ کمپیوٹنگ اینڈ انفارمیٹکس لیب کو قائم کرتے ہوئے ان کے نام سے موسوم کیا گیا۔ اس موقع پر سوسائٹی کے صدر نشین محمد ولی اللہ، اعزازی سکریٹری ظفر جاوید، خازن ڈاکٹر میر اکبر علی خاں اراکین ایس اے وہاب، مسعود عبد



موقع پر خطاب کرتے ہوئے محترمہ ڈاکٹر کمپیوٹنگ کی سہولیات کے ساتھ بنیادی انجینئرنگ فیاض النساء نے سوسائٹی سے اظہار تشکر کیا اور تعلیم و دیگر شعبہ جات میں مرحوم خان لطیف خان کے ویژن اور خدمات کو جاری رکھنے کی

## عابد صدیقی کا انتقال اردو زبان و ادب کا بھاری نقصان جناب آصف پاشا سابق وزیر کا تعزیتی بیان

آر ایس محمد رحیم اللہ خان نیاز سابق صدر نشین اردو اکیڈمی متحدہ اے پی و صدر اہل سنت و الجماعت



جناب آصف پاشا سابق وزیر و صدر مسلم ایجوکیشن سوسائٹی اپنی و تلنگانہ یونٹ نے اپنے ایک تعزیتی بیان میں جناب عابد صدیقی کی اچانک رحلت پر گہرے افسوس کا اظہار کرتے ہوئے کہا کہ مرحوم عابد صدیقی آل انڈیا ریڈیو کے ڈائریکٹر کی حیثیت سے سبکدوشی کے بعد اردو زبان کی ترقی و ترویج کو اپنی زندگی کا مقصد بنا لیا تھا۔ انہوں نے اردو زبان و

ادب کیلئے انتھک جدوجہد کی۔ وہ بہترین مقرر اور اچھے اناؤنسر تھے۔ جناب آصف پاشا سابق وزیر متحدہ آندھرا پردیش نے کہا کہ مرحوم عابد صدیقی دور درشن حیدرآباد کے نیوز ایڈیٹر کی حیثیت سے بھی اپنے گہرے نقوش چھوڑے ہیں۔ جناب عابد صدیقی نے اپنے بیان میں صحافی جناب عابد صدیقی کے انتقال پر گہرے دکھ و صدمہ کا اظہار کرتے ہوئے کہا کہ وہ اردو کے بے باک صحافی، اردو زبان کے جید سپاہی ہر دلعزیز ملت اسلامیہ کا درد رکھنے والے صحافی تھے۔ عابد صدیقی کے پاس مرحوم عابد صدیقی نے متعدد بار موثر و کامیاب نمائندگی تھی تھی کہ تلگو خبروں کے ساتھ اردو خبروں کا بھی آغاز کیا جائے۔ آج مرحوم کی ہی کامیاب نمائندگی سے سارے ملک کی ریاستوں میں اردو خبروں کا سلسلہ جاری ہے۔



# ناریل قدرت کا عطا کردہ صحت بخش پھل

## ناریل پانی کے فوائد

● ناریل کے پانی میں اہم الیکٹرولائٹس ہوتے ہیں، جو جسم کو ہائیڈریٹ کرتے ہیں۔ حقیقت یہی ہے کہ ناریل کا پانی ان ہی الیکٹرولائٹس سے بھرپور ہوتا ہے جو قدرتی طور پر انسانی جسم میں پائے جاتے ہیں۔ لہذا جب آپ پانی کی کمی کی وجہ سے ان الیکٹرولائٹس سے محروم ہو جاتے ہیں تو یہ انھیں ممکنہ حد تک قدرتی طریقے سے پورا کرنے میں مدد کرتا ہے۔

● دوسرے صحت بخش مشروبات کے مقابلے میں اس میں نسبتاً کم سوڈیم ہوتا ہے، لہذا آپ کو بلڈ پریشر یا دیگر متعلقہ بیماریوں کے بارے میں فکر کرنے کی ضرورت نہیں ہے۔

● ناریل کا پانی کئی دیگر غذائی اجزاء جیسے میگنیشیم، میگنیشیم، پوٹاشیم اور فاسفورس سے بھی بھرپور ہے۔ اس میں سے ہر ایک میں ہڈیوں کی صحت، خلیوں کی صحت اور بڑھاپے میں صحت مندرہنے کے فوائد حاصل ہوتے ہیں۔ ناریل کا پانی زبانی حفظان صحت کے لئے بھی اچھا ہے کیونکہ اس سے ہڈیوں اور دانتوں کی صحت بہتر بنانے میں مدد ملتی ہے۔

● ناریل کے پانی میں تھامین یا وٹامن بی 1 ہوتا ہے، جو آنکھوں کی صحت بہتر کرنے اور گلوکوما کو روکنے میں مدد کرتا ہے۔

● ناریل کا پانی دماغی صحت کیلئے بھی بہت فائدہ مند ہے۔ ناریل کے پانی کا باقاعدہ استعمال (دن میں ایک یا ایک سے زیادہ کپ) افسردگی کا مقابلہ کرتا، تناؤ کو ختم کرتا، یادداشت کو بہتر کرتا اور بے خوابی کو ٹھیک کرتا ہے۔



لبلبہ اور جگر پر تناؤ کم ہو جاتا ہے اور یہ معدے کی صحت کو بھی بہتر بناتا ہے۔

● حالیہ تحقیق میں یہ انکشاف ہوا ہے کہ اس میں سچو ریٹینول ایسڈ ہوتا ہے، خاص طور پر یہ لوریک ایسڈ (Lauric Acid) سے مالا مال ہے جو صرف اچھے کولیسٹرول کی سطح کو بڑھاتا ہے۔

● ناریل کا تیل پٹھوں کو مضبوط بنانے کے لیے بھی بہت اچھا ہوتا ہے کیونکہ یہ میڈیم چین ٹرائگلیسر ایسڈز سے مالا مال ہے، جو توانائی میں اضافہ کرتا ہے۔

● ناریل کا تیل یادداشت بڑھانے، الزائمر، پارکنسنز اور دماغ سے وابستہ دیگر بیماریوں کی روک تھام میں مدد کرتا ہے۔

● یہ تیل پیشاب کی نالی کے انفیکشن کو ٹھیک کرنے میں مدد دیتا ہے، کیونکہ اس میں موجود قدرتی اینٹی بائیوٹکس یوٹی آئی کے بیکٹیریا کو ختم کر سکتا ہے۔

● ایک اچھے فیٹی ایسڈ کی طرح، ناریل کا تیل آپ کے جوڑوں کو چکنائی فراہم کرتا ہے اور اسی طرح یہ گھٹیا اور جوڑوں کے دیگر مسائل کا علاج کرنے کا ایک بہترین ذریعہ ہے۔

دنیا میں دو طرح کے ناریل پائے جاتے ہیں، جس کا مطلب ہے کہ انہیں ابتدا میں دو مختلف علاقوں میں لگایا گیا تھا۔ ایک بحر ہند کے طاس میں اور دوسرا بحر الکاہل کے طاس میں۔ بحر ہند کے خطے میں، جنوبی مشرقی ایشیائی ممالک جیسے ملائیشیا، فلپائن، انڈونیشیا اور کچھ مشرقی پولینیشیائی جزائر، سری لنکا، مالدیپ اور جنوبی ہندوستان ناریل کی کاشت کا مرکز تھے۔ یہاں سے ناریل امریکا منتقل کیا گیا تھا اور کیریبین اور ساحلی امریکا کے ساتھ ساتھ برازیل میں کاشت کیا گیا۔ ہسپانوی دور حکومت میں ناریل فلپائن سے میکسیکو کے مغربی ساحل پہنچا اور یوں یہ پوری دنیا میں پھیل گیا۔ آج، ناریل اپنے حیرت انگیز فوائد کی وجہ سے پوری دنیا میں رغبت سے کھایا جاتا ہے، جن پر ذیل میں نظر ڈالی جا رہی ہے۔

## ناریل کے فوائد:

● ہمارے مدافعتی نظام کو بہتر طریقے سے چلانے کے لیے متوازن غذا انتہائی ضروری ہے اور ناریل مدافعتی نظام کے لیے بہترین ہے۔ یہ اینٹی بیکٹیریل اور اینٹی پیراسائٹک ہے۔ ناریل کی گرمی کے بارے میں کہا جاتا ہے کہ اس میں شفا بخش خصوصیات ہیں کیونکہ اس میں اینٹی آکسیڈنٹس ہوتے ہیں اور یہ آپ کے جسم میں سوزش کو کم کرتی ہے۔

● ناریل فائبر سے بھی مالا مال ہے، یعنی یہ بدہضمی اور تیزابیت کو روکنے میں مدد کرتا ہے۔ ساتھ ہی آنتوں کی حرکات کو مستحکم کرتے ہوئے مجموعی طور پر پیٹ کے لیے بہت اچھا ثابت ہوتا ہے۔ نیز، غذائیت سے بھرپور ناریل کھانے سے آپ کو جلد

بھوک نہیں لگتی اور نہ ہی آپ کو بار بار کچھ کھانے کی طلب ہوتی ہے۔

● کچا ناریل کھانے سے آپ کے خون میں ایل ڈی ایل (کم کثافت والا لیپو پروٹین) یا نقصان دہ کولیسٹرول کی مقدار کم ہوتی ہے اور یہ آپ کے جسم کو دل کی مختلف بیماریوں کے خلاف مضبوط بناتا ہے۔

● ناریل میں موجود میگنیزیم وزن میں کمی لانے اور جسم کا مینا بولزم بڑھانے میں مدد کرتا ہے۔

● آپ ناریل کو کچا کھا سکتے ہیں۔ نرم ناریل اور پختہ ناریل کی گرمی دونوں ہی فوائد میں بھرپور ہوتی ہیں۔ ان کو چٹنی اور سالن میں بھی استعمال کیا جاسکتا ہے۔

● کچا ناریل کھانے اور اس کا پانی پینے سے گلے کے انفیکشن، بروڈنکائٹس، ٹیپ ورم اور جراثیموں کی وجہ سے ہونے والے دیگر انفیکشن کے علاج میں مدد مل سکتی ہے۔ یہ وٹامن سی، ای، بی 1، بی 3، بی 5 اور بی 6 سے بھی بھرپور ہوتا ہے۔ ساتھ ہی آرن، سلینیم، سوڈیم، میگنیشیم اور میگنیشیم کے حصول کا بھی عمدہ ذریعہ ہے۔

## ناریل کے تیل کے فوائد:

● ناریل کے تیل میں پکا ہوا کھانا کھانے سے



# روزانہ 3 کھجوریں کھانے کے یہ فائدے جانتے ہیں؟

سے لاحق ہونے والی الرجی کا شکار ہوتے ہیں اور اچھی بات یہ ہے کہ کھجوریں اس سے تحفظ فراہم کرتی ہیں۔ ایک تحقیق میں دریافت کیا گیا کہ کھجوریں موسمی الرجی سے متاثر ہونے والے افراد میں ورم کا خطرہ کم کرتی ہیں۔

## جسمانی وزن میں کمی:

کھجور کھانا جسمانی وزن میں کمی لانے میں بھی مدد دیتا ہے، ان میں موجود فائبر پیٹ کو زیادہ دیر تک بھرے رکھتا ہے جبکہ بلڈ گلوکوز کو بڑھنے سے روکتا ہے۔ اس کے علاوہ کھجوروں میں موجود اینٹی آکسائیڈنٹس جسم سے زہریلے مواد کو خارج کر کے ہاضمہ تیز کرتے ہیں جس سے مینا بولزم تیز ہوتا ہے۔

## مردانہ طاقت میں اضافہ:

کھجوروں کو سینکڑوں سالوں سے مردانہ طاقت میں اضافے کے لیے استعمال کیا جاتا ہے۔ جب کہ جدید طبی تحقیقات کے مطابق بھی کھجوریں جنسی صلاحیت کو بڑھا سکتی ہیں۔ اس لیے جو لوگ جنسی کمزوری کا شکار ہوں، ان کو باقاعدگی کے ساتھ کھجوریں استعمال کرنی چاہئیں۔

## اعصابی نظام میں بہتری:

کھجوروں کو باقاعدگی کے ساتھ استعمال کرنے سے وٹامن بی کی متوازن مقدار حاصل کی جا سکتی ہے۔ وٹامن بی پروٹینز، چکنائی، اور کاربوہائیڈریٹس کو مینا بولائز کرنے میں نہایت اہم کردار ادا کرتے ہیں، جس کی وجہ سے جسم کو توانائی حاصل ہوتی ہے۔ جسمانی کمزوری لاحق ہونی صورت میں کمزوری، تھکاوٹ، اور توجہ مرکوز کرنے میں مشکلات کا سامنا کرنا پڑتا ہے۔ متوازن مقدار میں جسم کو توانائی فراہم کرنے کی وجہ سے کھجوریں جسمانی کمزوری لاحق نہیں ہونے دیتیں۔



## جسمانی توانائی بڑھتی ہے:

فائبر، پوٹاشیم، میگنیشیم، وٹامنز اور اینٹی آکسائیڈنٹس کی موجودگی کھجور کو بہترین پھل بناتی ہے، جبکہ اس میں موجود شکر اور گلوکوز جسم کو فوری توانائی فراہم کرتی ہے۔ ایک تحقیق کے مطابق کھجور صرف جسمانی توانائی ہی نہیں بڑھاتی بلکہ یہ پھل اسے برقرار رکھنے میں بھی مدد دیتی ہے۔

## امراض قلب سے تحفظ:

ایک تحقیق میں دریافت کیا گیا کہ کھجوریں ٹرائی گلیسڈر کی سطح اور تکسیدی تناؤ کو کم کرتی ہیں، یہ دونوں امراض قلب کا باعث بننے والے مرکزی عوامل ہیں، کھجوروں میں موجود پوٹاشیم بلڈ پریشر کی سطح کم کرتی ہے جس سے فالج کا خطرہ کم ہوتا ہے جبکہ دل کے مسائل سے بھی تحفظ ملتا ہے۔

## کینسر کا خطرہ کم کرے:

کھجوروں کو کھانے کی عادت ہاضمہ کو تحفظ فراہم کرتی ہے اور معدے میں نقصان دہ



بیکٹریا کی مقدار کم کرتی ہے جن کا آنتوں میں پھیلنے کا خطرہ ہوتا ہے۔ ایک تحقیق میں دریافت کیا گیا کہ جو لوگ کھجوروں کو کھانے کے عادی ہوتے ہیں ان کے معدے میں فائدہ مند بیکٹریا کی نشوونما ہوتی ہے جو آنتوں میں کینسر زدہ خلیات کو پھیلنے سے بچاتا ہے۔

## موسمی الرجی سے تحفظ:

دنیا بھر میں کروڑوں افراد موسموں میں تبدیلی



## نظام ہاضمہ بہتر ہوتا ہے:

ہڈیوں میں فائبر کی مقدار بہت زیادہ ہوتی ہے جو کہ نظام ہاضمہ کے مناسب افعال کے لیے بہت ضروری جز ہے۔ فائبر کے استعمال سے قبض کی روک تھام ہوتی ہے جبکہ آنتوں کی سرگرمیاں تیز ہوتی ہیں۔ برٹش جرنل آف نیوٹریشن میں شائع ایک تحقیق میں بتایا گیا کہ جو لوگ روزانہ کھجور کھانے کے عادی ہوتے ہیں، ان کا نظام ہاضمہ دیگر افراد کے مقابلے میں زیادہ بہتر کام کرتا ہے۔

## تناؤ اور ڈپریشن سے لڑنے میں مددگار:

کھجوروں میں وٹامن بی سکس بھی موجود ہوتا ہے جو کہ جسم میں سیروٹونین اور norepinephrine بنانے میں مدد دیتا ہے جس سے دماغی صحت بہتر ہوتی ہے۔ سیروٹونین مزاج کو

ریگولیٹ کرتا ہے جبکہ norepinephrine سے لڑتا ہے۔ ایک تحقیق میں دریافت کیا گیا کہ وٹامن بی سکس کی جسم میں کم مقدار اور ڈپریشن کے درمیان تعلق موجود ہے، وٹامن بی سکس کا زیادہ استعمال صرف جسم کو نہیں بلکہ ذہن کو بھی تیز کرتا ہے۔

ماہ رمضان میں ایک پھل ایسا ہوتا ہے جس کے بغیر افطار کا تصور بھی ممکن نہیں ہوتا اور وہ ہے کھجور۔ ویسے تو کھجوروں کو سپر فوڈ نہیں سمجھا جاتا مگر یہ صحت کے لیے کسی سے کم نہیں۔ یہ صحت کو بہت زیادہ فوائد پہنچانے والا پھل ہے جسے ہر ایک کو ضرور کھانا چاہیے۔ کھجور کھانا سنت نبوی ہے مگر کیا آپ کو معلوم ہے کہ افطار یا عام دنوں میں بھی روزانہ صرف 3 کھجوروں کو کھانا صحت کے لیے کتنا فائدہ مند ہے؟ اگر نہیں تو جان لیں۔

## خون کی کمی دور کرنے میں مددگار:

کھجور بے وقت کھانے کی لت پر قابو پانے میں مدد دینے والا موثر ذریعہ ہے جبکہ یہ آئرن کی سطح بھی بڑھاتی ہے، جس سے خون کی کمی جلد دور کرنے میں مدد ملتی ہے۔ تاہم کھجور کے استعمال کے حوالے سے بھی ذیابیطس کے مریضوں کو احتیاط کی ضرورت ہے۔

## ہڈیاں کی صحت بہتر ہوتی ہے:

طبی ماہرین کے مطابق کھجوروں میں کاربن موجود ہے جو ہڈیوں کی صحت کو بہتر بنانے میں مدد دیتا ہے، ایک اور تحقیق میں یہ دریافت کیا گیا کہ کھجور میں موجود منرلز جیسے فاسفورس، پوٹاشیم، کیلشیم اور میگنیشیم ہڈیوں کو مضبوط بنا کر ہڈیوں کے بھر بھرے پن جیسے امراض کے خلاف لڑتا ہے۔



## شائستہ لودھی: لوگوں کو یقین نہیں آتا کہ ڈاکٹر ہوں بھی یا نام کے ساتھ بس ڈاکٹر لگا لیا

ڈاکٹر شائستہ لودھی کا شمار ان مارننگ شو ہوسٹس میں کیا جاتا ہے، جنہیں عوام نے ان کے پوری نہیں کر پار ہے لیکن ہم نے یہ نہیں سوچنا کام پر بے حد پیار دیا اور پذیرائی بخشی ہے۔ ہے کہ ابا کی شادی کیسے کریں۔ مجھے لگا کہ یہ



سوسائٹی کے لیے سوچنے کی بات ہوگی۔ میں نے شائستہ سے کہا کہ یہ بھی ایک فارمولا ڈرامہ لگتا ہے تو وہ جذباتی انداز میں کہنے لگیں کہ یہ بہت ضروری ہے کہ ہم اپنے بڑوں کو بتائیں کہ اس سے آگے کی زندگی ہے۔ ہم ان پر ان کی زندگیاں تنگ کر دیتے ہیں۔ آپ کو نہیں لگتا کہ اب تک یہ بات ہمارے کسی ڈرامہ میں نہیں کی گئی۔ ہم کیوں چاہتے ہیں کہ ہمارے ابو کھانتے رہیں اور ہم انہیں کھانسی کا شربت دینے کے لیے کسی ملازم کو بھیج دیں یا خود انہیں دے دیں۔ ہم کیوں نہیں چاہتے کہ ہمارے والد انہیں اور اس عمر میں بھی کام کریں تاکہ وہ اپنے آپ کو ہمارے سوشل سیٹ اپ کا ایک ایکٹو ممبر سمجھیں۔ انہیں جیتے جی ماردیتے ہیں۔ میرے خیال میں اس ڈرامہ میں ہر ایک وہ فارمولا موجود ہے جس میں معاشرے کے لیے ایک سبق بھی ہے۔ انہوں نے اس ڈرامہ میں اداکار جاوید شیخ اور صبا فیصل کے کرداروں کے درمیان محبت پر بات کرتے ہوئے کہا کہ جہاں لوگ ان کے رشتے کی خوبصورتی سے متاثر ہوئے ہیں وہیں سوشل میڈیا پر تنقید بھی کی جا رہی ہے۔ مطلب اماں ابا ایک دوسرے کے ساتھ اچھے نہیں ہو سکتے۔ صرف یہ نوجوان جوڑے ہیں جو ایک دوسرے کو پھول دیتے ہیں۔

سنہ 2011 میں پاکستانی ٹیلی ویژن انڈسٹری میں بطور وی جے قدم رکھنے والی شائستہ لودھی نے مارننگ شو سے شہرت سمیٹی اور سنہ 2016 میں انہوں نے اداکاری کی شروعات کی اور ڈرامہ سیریل 'وعدہ' اور 'پھر خان' میں کام کیا۔ ورسائل شخصیت کی مالک شائستہ لودھی نے طویل عرصہ بعد سنہ 2021 میں ڈرامہ سیریل 'پر دیس' میں اپنے کردار زوبی کے ذریعے منوایا کہ وہ اپنی اداکاری کے فن سے بھی لوگوں کو متاثر کر سکتی ہیں۔ اس ڈرامے سے ان کی اداکاری کو بہت سراہا گیا اور اب حال ہی میں وہ ایک اور ڈرامہ سیریل 'سجھوتہ' میں نظر آ رہی ہیں۔ شائستہ لودھی نے 'سجھوتہ' میں جاوید شیخ کے مقابل کام کیا ہے۔ اس ڈرامہ سیریل میں ان کے کردار زنگس کی اولاد نہ ہونے کی وجہ سے پہلی شادی ختم ہو چکی ہے اور دوسری شادی وقار نامی شخص سے ہوتی ہے جو اپنی بیوی کے انتقال کے بعد تنہا رہتا ہے اور بچے اس کی دیکھ بھال نہیں کر پاتے۔ انہوں نے کہا کہ وقت کی ضرورت ہے کہ ان موضوعات پر بات کی جائے۔ شائستہ کہتی ہیں کہ والدین جب ایک مخصوص عمر کو پہنچ جاتے ہیں اور اگر ان میں سے کوئی ایک اکیلا رہتا ہے تو ہمارا زاویہ یہ ہے کہ ان کی اپنی زندگی ختم ہو گئی یا ہو جائے گی۔

## پٹھان بمقابلہ ٹائیگر اور سوار ابھاسکر کی دہنگ شادی کے چرچے

شاہ رخ خان کی نئی فلم 'پٹھان' اب تک 970 کروڑ کا کاروبار کر چکی ہے اور ہر طرف اس فلم کے چرچے ہیں۔ اس فلم کی کامیابی کے ساتھ



ساتھ فلم میں شاہ رخ خان اور سلمان خان کے دو دلچسپ مناظر پر بھی بات ہو رہی ہے اور فلم میں سلمان کی اینٹری پر جس طرح شائقین کا رد عمل دیکھا گیا اسے دیکھ کر ایک بار پھر کہا جانے لگا ہے کہ ان دو بڑے سپر ستاروں کو ایک ساتھ بڑے پردے پر لانا دھماکہ خیز ہو گا۔ اسی خیال کے پیش نظر اور فلم پٹھان کی کامیابی کے بعد اب اس فلم کے پروڈیوسر ادتیہ چو پڑہ دونوں خاںز کو ایک

سکرپٹ پر کام شروع ہو گیا ہے جو دو ہیروز کی ایکشن فلم ہوگی۔ ایسا لگتا ہے کہ جیسے یہ فلم 'بیٹ مین بمقابلہ سپر مین' جیسی ہوگی، جس میں انڈسٹری کے دو بڑے سپر ستار آپس میں ٹکرائیں گے اور وہ بھی 30 سال بعد۔ یاد رہے کہ اس سے پہلے فلم 'کرن ارجن' میں سلمان اور شاہ رخ ایک ساتھ نظر آئے تھے۔

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## بڑی عمر کی عورت اپنی اپیل کھینچ دیتی: 71 سالہ زینت امان نوجوانوں میں کیوں مقبول ہو رہی ہیں؟

سنہ 1970 کی دہائی میں اپنے مختلف خیالات شہیر کیے ہیں۔ اس کے ساتھ انہوں نے کرداروں کے ساتھ لوگوں کو مسحور کرنے والی بالی اپنے کیریئر اور اپنے پالتو کتے تلی کے ساتھ تصاویر بھی پیش کی ہیں۔ لیکن سوشل میڈیا پر ان کی موجودگی اور درجن بھر پوسٹس نے ہی انڈیا میں لوگوں کی توجہ حاصل کر لی ہے۔ ان کی پہلی دو پوسٹس ایک نوجوان خاتون فوٹو گرافر کی طرف سے [ان کے] گھر کے آرام دہ ماحول میں لی گئی تصاویر تھیں۔ ان میں وہ آرام دہ لینن کے کپڑے میں ملبوس سنول پر بیٹھی ہیں۔ انہوں نے لکھا کہ سنہ 1970 کی دہائی میں کس طرح فلموں اور فیشن پر مردوں کی اجارہ داری تھی۔

وڈ اداکارہ زینت امان نے حال ہی میں ان الفاظ کو اپنی شخصیت بیان کرنے کے لیے استعمال کیا۔ انہوں نے گزشتہ دنوں سوشل میڈیا پلیٹ فارم انسٹاگرام پر خود کو متعارف کراتے ہوئے یہ الفاظ لکھے تھے جب انہوں نے اپنے سوشل میڈیا سفر کا آغاز کیا۔ 71 سالہ اداکارہ نے اب تک صرف ایک درجن پوسٹس ہی کی ہیں جن میں سے زیادہ تر میں ایسی تصاویر ہیں جن کے ساتھ بڑھاپے پر انہوں نے اپنے







محمد یسین بایتیل حیدر آبادی

## رمضان

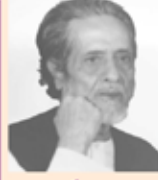
خدا کی رحمتیں لے کر مہرہ رمضان آیا ہے  
نہیں آیا اکیلا ساتھ میں قرآن آیا ہے  
عبادت یک شبی تیری کئی سالوں پہ بھاری ہے  
دلوں کو پاک کرنے کے لئے ایمان آیا ہے  
بیاں کیسے کروں گا نعمتوں کو تیری اے رمضان  
دہے میں پہلے کرنے فضل کا اعلان آیا ہے  
دہے میں دوسرے دینے گواہی مغفرت کی تو  
لینے بخشش کا روزے داروں کو اعلان آیا ہے  
تیری آمد سے رونق چھاگئی ہے ساری دنیا میں  
دہے میں تیسرے جنت کا تو سامان آیا ہے  
مقدر والوں کو ملتی ہے یہ دولت مقدر سے  
خدا کے فضل کا لے کر جو تو احسان آیا ہے  
جو بے روز دار ہیں بایتیل ان سے آپ کہہ دیجئے  
جہنم جانے کا لے کر یہی فرمان آیا ہے



امجد اسلام احمد

## غزل

یہ اور بات ہے تجھ سے گلا نہیں کرتے  
جو زخم تو نے دیے ہیں بھرا نہیں کرتے  
ہزار جال لیے گھومتی پھرے دنیا  
ترے امیر کسی کے ہوا نہیں کرتے  
یہ آنکوں کی طرح دیکھ بھال چاہتے ہیں  
کہ دل بھی ٹوٹیں تو پھر سے جڑا نہیں کرتے  
وفا کی آنچ سخن کا تپاک دو ان کو  
دلوں کے چاک رفو سے سلا نہیں کرتے  
جہاں ہو پیار غلط فہمیاں بھی ہوتی ہیں  
سو بات بات پہ یوں دل برا نہیں کرتے  
ہمیں ہماری انائیں تباہ کر دیں گی  
مکالے کا اگر سلسلہ نہیں کرتے  
جو ہم پہ گزری ہے جاناں وہ تم پہ بھی گزرے  
جو دل بھی چاہے تو ایسی دعا نہیں کرتے  
ہراک دعا کے مقدر میں کب حضوری ہے  
تمام غنچے تو امجد کھلا نہیں کرتے



امیر احمد خسرو

## غزل

ترا خیال تھا لفظوں میں ڈھل گیا کیسے  
دلوں میں شمع غزل بن کے جل گیا کیسے  
وہ آدمی جو مرا دوست تھا زمانے تک  
پتہ نہیں کہ یکا یک بدل گیا کیسے  
بہت ہی تیز ہوا شعر حادثات کی تھی  
میں گرتے گرتے نہ جانے سنجل گیا کیسے  
کہیں بھی آگ لگانے کا واقعہ نہ ہوا  
تو پھر حضور مکاں میرا جل گیا کیسے  
خلش سے جس کی تھی وابستہ یاد منزل کی  
وہ خار پاؤں سے خسرو نکل گیا کیسے



ولی الدین

## رمضان کا مہینہ

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



سہیلیں برلاس

## غزل

اشک بن کر پگھل گئیں آنکھیں  
جانے کس غم میں ڈھل گئیں آنکھیں  
اتنی سوزش ہے کیوں ان آنکھوں میں  
خواب کیا تھے کہ جل گئیں آنکھیں  
دوتی، نفرتیں، خلوص، جفا  
کتنے رگوں میں ڈھل گئیں آنکھیں  
کرب سہہ سہہ کے خون رو رو کے  
دشتوں میں بدل گئیں آنکھیں  
جیسے بچہ کوئی اڑے ضد پر  
تیرے آگے چل گئیں آنکھیں  
دوستوں کی خوشی کو محفل میں  
بن چراغاں ہی جل گئیں آنکھیں  
رنگ بدلہ جو آج موسم کا  
سہیلیں سب کی بدل گئیں آنکھیں



غزل انصاری

## غزل

پھرے دریا کی روانی سے نکل آئے ہیں  
ہم بنا بیگمے ہی پانی سے نکل آئے ہیں  
شکر ہے اتنے سمجھدار ہوئے ہیں بچے  
راجا رانی کی کہانی سے نکل آئے ہیں  
آئینہ دیکھ کے حیران ہوا ہے کیا کیا  
آنکھ چھپکی تو جوانی سے نکل آئے ہیں  
کینہ رکھ کر تو ملا کرتا تھا ہم سے اکثر  
ہم تری چرب زبانی سے نکل آئے ہیں  
سن لے اے ہم کو تن آسان سمجھنے والے  
ہم دے پاؤں کہانی سے نکل آئے ہیں  
ہم کہ ہجرت کے عذابوں سے گزرنے والے  
آخرش نقل مکانی سے نکل آئے ہیں  
آپ کے نقش مٹانے کی سعی لاحاصل  
آپ پھر میری کہانی سے نکل آئے ہیں  
زندگی اب نئی الجھن میں نہ الجھا ہم کو  
ہم تری شعلہ بیانی سے نکل آئے ہیں  
کس طرح آئے یقیں اب تری باتوں پہ غزل  
ہم تری شوخ بیانی سے نکل آئے ہیں



صبغہ راؤ قاضی

## غزل

یہ خاک کارزار ہے یہ جائے عشق ہے  
اے عقل تو بھی جاگ کہ صحرائے عشق ہے  
دیدار یار طیبہ بطہائے عشق ہے  
آنکھوں میں سرمہ طور کا چکائے عشق ہے  
اللہ بھی ہے عشق محمدؐ کا معترف  
لب پر ہر ایک شخص کے اب آئے عشق ہے  
امرت ہے کس جگہ یہ سمندر کو کیا خبر  
چھلکی ہمیشہ آنکھوں سے مینائے عشق ہے  
لیلیٰ ہوں میں ادھر تو وہ مجنوں بنا ادھر  
نکلا زبان سے بھی مری ہائے عشق ہے  
آخر جو بھی آ گیا خود راہ راست پر  
سر پر سوار اس کے یہ سودائے عشق ہے  
قاہقیش جو بھی چل پڑا! راہ قلندری  
راہی کی خیر ہو! خودی کو پائے عشق ہے



تبسم انور

## غزل

اگرچہ لگ رہا ہے کچھ لگاؤ بیچ میں ہے  
مگر اک سرد مہری کا الاؤ بیچ میں ہے  
دیوار، رسم ورہ پر حجت بھی ڈالیں گے ٹھہر جا  
تعلق کی دراڑوں کا بھراؤ بیچ میں ہے  
ابھی تجدید، الفت کا نہیں ہے کوئی امکان  
تر و تازہ ابھی تک دل کا گھاؤ بیچ میں ہے  
نکل کر اس بدن کی قید سے کھل کر ملیں گے  
ابھی چاروں عناصر کا دباؤ بیچ میں ہے  
ہوس کا اور خود غرض کا سودا ہو چکا ہے  
وفا کی جنس کا پر بھاء تاؤ بیچ میں ہے  
نحابت مٹ چکی ہوتی جہاں سے پر ابھی تک  
رواداری، شرافت رکھ رکھاؤ بیچ میں ہے  
نگلتے ہی مجھے ممکن ہے اس کا زور ٹوٹے  
ابھی مغرور ہے طوفاں کہ ناؤ بیچ میں ہے  
جہاں کے سامنے گوہنس کے ملتے ہیں تبسم  
ہمیں معلوم ہے کہ اک کھنچاؤ بیچ میں ہے





The quarrel had reached a new height when the wife said to her spouse, "I wish I'd taken my mother's advice and never married you."

Hubby swung around, "Do you mean to tell me that your mother tried to stop you from marrying me?"

Wife nodded in the affirmative.

"Good heavens," cried the husband, his voice filled with remorse. "How I've wronged that woman."

The tourist, after stepping off the train in Kansas City and desperately holding on to his hat, "Wow, does the wind always blow this way out here?"

"Nah," said the driver solemnly, "it blows this way for six months of the year, and then it turns round and blows the other direction."

The pastor who had accepted an invitation to officiate at the Sunday service in a neighboring towns church. He entrusted the Sunday service at his church to the new appointed curate. Upon his return he ask his wife what she thought of the curate's sermon.

"It was the poorest one I ever heard," was her prompt reply, "nothing in it at all."

Later in the day he saw the curate and ask how he had got along.

"Oh, very well. I didn't have time to prepare my own sermon so I used one of your unused ones."

An accountant got out of bed one morning and complained that he had not slept a wink.

"Why didn't you count sheep?" his wife asked.



did, and that's what got me into trouble," the accountant replied. "I made a mistake the first hour, and it took until this morning to correct it."

Just found out on my tax return that there's a limit on dependents...

I thought 45 was reasonable, but I was wrong.

A friend and I were standing in line at a fast-food restaurant, waiting to place our order.

There was a big sign posted... "No bills larger than \$20 will be accepted."

The woman in front of us, pointing to the sign, remarked, "Believe me, if I had a bill larger than \$20, I wouldn't be eating here."

How do you get the farmer's daughter to fall in love with you?  
A tractor.

One Saturday Little Johnny went fishing at a pond that was close to his house. After a couple hours of fishing the owner of the pond approached and indicated to Little

Johnny that there was a "No Fishing" sign.

Little Johnny replied, "Well the fellow that printed that sign knew what he was talking about."

As soon as I stepped into the urgent-care facility in my hometown, I could see the place was packed with patients. The nurses and doctors all seemed frazzled.

I discovered just how frazzled when a doctor walked into the room, pulled out his examination light, pointed it in my ear, and instructed me, "Say 'Ah'"

A businessman boarded a plane to find, sitting next to him, an elegant woman wearing the largest, most stunning diamond ring he had ever seen. He asked her about it.

"This is the Bexfield diamond," she said. "It is beautiful, but there is a terrible curse that goes with it."

"What's the curse?" the man asked.

Mr. Bexfield?

Milkman (to new hand): "Did you put water in the milk this morning?"

New hand: "Yes sir."

Milkman: "Don't you know this is wicked?"

"But you told me to mix water with the milk?"

"Yes, but I told you to put the water in first and then pour the milk into it. Then, you see, we can tell the people we never put water in our milk"



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