



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

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Behind the Battleground States

U.S. Presidential elections are sprawling affairs, with mail-in voting that begins weeks ahead of Election Day on Nov. 5 and in-person voting that begins at midnight that Tuesday in the small New Hampshire town of Dixville Notch and continues until voting ends at 7 p.m. in the Hawaiian-Aleutian time zone, already the next day back east. But in the U.S. system, that popular vote doesn't determine the outcome.

Each state gets a certain number of votes based on its size in what is called the Electoral College. Those votes are awarded on a state-by-state basis, and in all but two states - Maine and Nebraska - the winner takes all. Because many states vote dependably for Democrats or Republicans in presidential elections, the outcome usually rests on a handful of places where the election is truly competitive - the battlegrounds.

This year seven states are regarded as the battlegrounds. They include old-line manufacturing powerhouses that have had a tough transition to the 21st century economy, and fast growing southern states that used to be dependably Republican but are becoming more diverse. All seven have experienced demographic changes that may play into the outcome.

The battlegrounds have changed over time as the country's economic and demographic trends have shifted populations around. Florida and Ohio, for example, had been tightly contested in past elections, but now lean Republican in presidential votes. On the other hand shifting demographics have put southern states like North Carolina and Georgia into play for Democrats.

US voters press Congress candidates to fix housing crisis

From suburban New York to rural Montana, candidates for U.S. Congress are getting an earful from voters stressed by stratospheric housing costs, interviews with Democratic and Republican campaigns and Reuters/Ipsos polling showed.

At campaign stops in his New York state district, Democratic U.S. Representative Pat Ryan said in an interview that people regularly complain about having trouble finding a house or apartment they can afford. He is seeking to hold his seat, one of a couple dozen tight races his party must win in the Nov. 5 elections if it is to capture a majority in the House of Representatives.

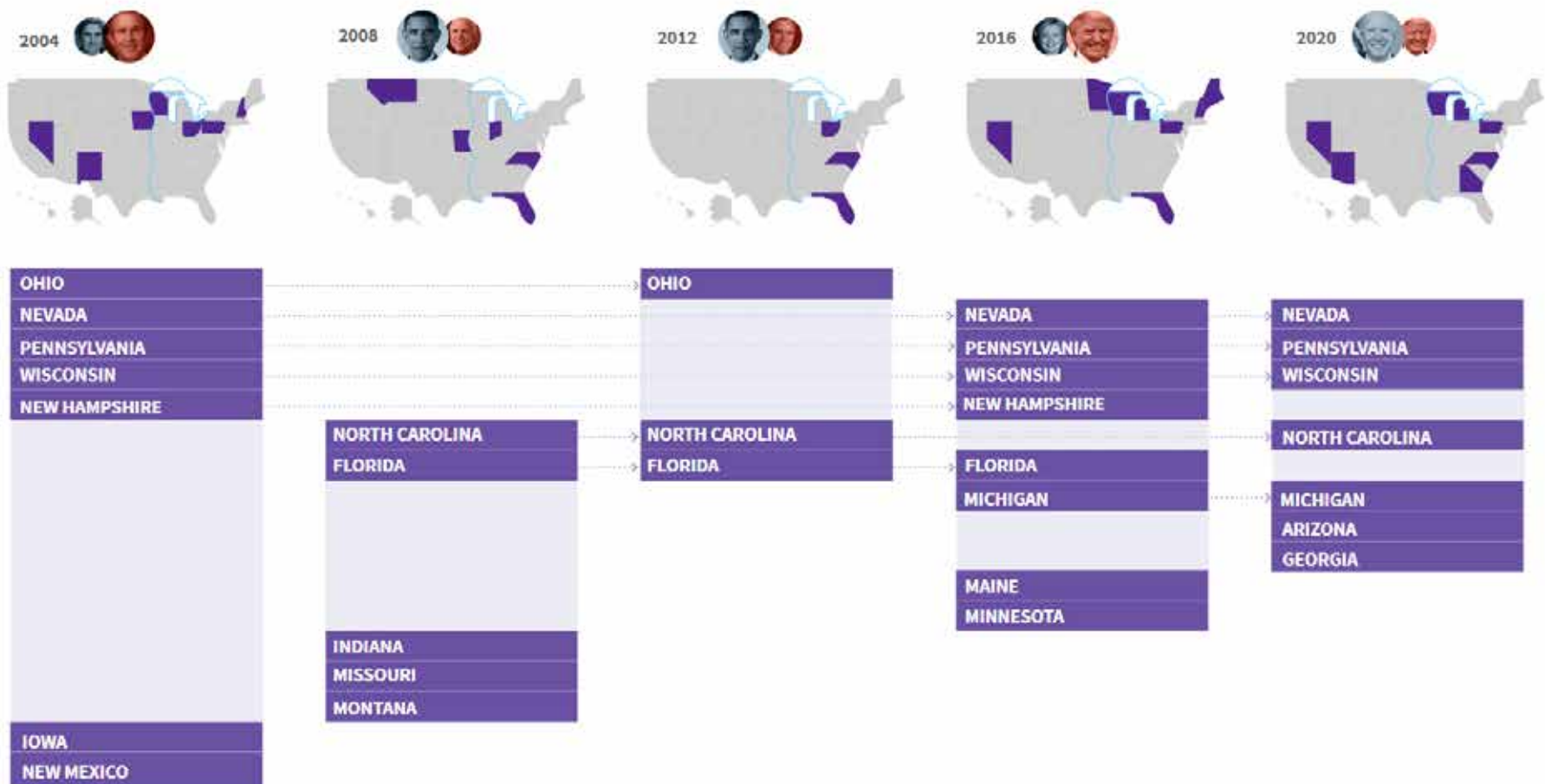
"I would say right now ... in the whole region - the Hudson Valley north of New York City - the No. 1 point of economic pain and pressure is housing affordability," said Ryan, who wants money from

Democratic President Joe Biden's \$1 trillion infrastructure law to aid housing construction.

A Reuters/Ipsos opinion poll in May found voters rated the scarcity and cost of housing as their second-most important economic worry, after fears of stagnating income and rising prices.

Economic concerns are also central to the contest between Biden and Republican challenger Donald Trump. The winner's ability to enact his agenda will hinge partly on who controls Congress.

Home prices nationally have risen about 50% in the last five years, with rent increases not far behind at 35%, according to real estate service firm Zillow. In Kingston, New York, about 100 miles (160 km) north of New York City and partly in Ryan's district, home values are up by 75% while rents have risen 58% in that period.



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ISNA Convention in Dallas

The city's Anatole Convention Center is hosting the event, attended by about 20,000 Muslim community members.

On the first day of the convention on Friday, ISNA's central president and other officials held a joint press conference, announcing that more than 150 prominent speakers have been invited to address the convention.

In addition to roundtable discussions and interfaith receptions, other activities have also been organized. The ISNA Bazaar has been set up with



over 350 booths. The convention includes recreational activities such as sports and entertainment programs, with performances by singers and Qawwali sessions.

After the Friday prayers on the first day, the inaugural ceremony was attended by multiple officials and different faith members and community leaders.

ISNA, the largest representative organization of Muslims in the region, organizes the convention in different states across the United States every year. The convention in Dallas marks the first such event in ISNA's 61-year history.

It is the largest gathering of Muslims in the United States, which is attended by individuals from other faiths, international leaders, and senior federal government officials.

Following the press conference, talking to Geo News, ISNA President Safaa Zarzour, Convention Chair Azhar Azeez, Mujeeb Qazi, the first Muslim chaplain in the American Army, Attorney Khalid Hamideh, Jabeen, Rifaat Malik, and others stated that officials from the White House, as well as local, state, and federal levels, would participate in ISNA's programs.

The purpose of holding this convention is to unite people of various faiths under the theme of peace and goodwill. Additionally, the convention will address issues faced by the Muslim community in North America and apply pressure on American officials to resolve international issues affecting Muslims, including Palestine, Jammu & Kashmir, and Sudan, among other countries.

In his opening address, Zarzour stated that the convention is an excellent platform for people of different religions within society.

He emphasized that this is not just an event for Muslims but an event for all of America.

"It serves as an excellent mean of representation for individuals from various faiths, their families, businesses, and volunteer organizations," he said.

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Mohammed Shawkat Receiving an Award from Parvez Malik at Soch Community Award function.



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Dr. Basheer Ahmed's Speech at ISNA

Muslim Americans for Human Rights organized a seminar at 61st Annual Convention of ISNA on September 1, 2024 in Dallas, TX.

In a brilliant speech at a recent ISNA convention in Dallas, Dr. Basheer Ahmed conveyed that the Blasphemy Laws in some countries are going too far. In the speech, he emphasized; The Correct Way to Deal with Blasphemy Dr. M. Basheer Ahmed highlights a critical issue: anti-blasphemy laws, often intended to protect religious sentiments, can paradoxically incite greater hostility and violence. Instead of maintaining social harmony, these laws frequently become tools for personal vendettas and societal discord, as public sentiments override judicial processes.

As of 2014, 26% of the world's countries still enforced anti-blasphemy laws, according to a Pew Research Center report. In some countries, including Pakistan and India, these laws trace back to the British colonial era, where they were initially designed to curb communal tensions. However, their misuse has transformed them into mechanisms of oppression, stifling freedom of expression and fueling communal violence. A glaring example is the case of Junaid Hafeez, a Pakistani academic who was accused of blasphemy in 2013. Despite maintaining his innocence, Hafeez was sentenced to death and placed in solitary confinement, demonstrating how such laws can unjustly ruin lives.

The Quran and the teachings of Prophet Muhammad (peace be upon him) offer a different perspective on dealing with blasphemy. The Quran advises believers to exercise patience and ignore those who mock or ridicule religion. For instance, Surah Al-Muzzammil (73:10) states, "Have patience with what they say, and leave them with noble dignity." Such verses emphasize restraint over retribution, underscoring that ultimate judgment lies with God alone.

The Prophet's life further illustrates this approach. When an old woman who regularly insulted him fell ill, he visited her, showing compassion rather than anger. He also forgave Suhail bin Amr, who had blasphemed against him during the Battle of Badr, and rejected calls to execute Abd Allah b. Ubayy, a known hypocrite. These examples highlight the Prophet's commitment to forgiveness, demonstrating that responding to blasphemy with kindness rather than violence aligns more closely with Islamic teachings.

Historically, some Muslim scholars have justified harsh punishments for blasphemy based on their interpretations of religious texts. However, contemporary scholars like Mohammad Hashim Kamali and Taha Jaber Al-Alwani argue that such rulings are not eternal norms but rather reflections of specific historical contexts. They point out that early scholars feared that

apostates could join enemy ranks and pose a direct threat to Muslim communities. In today's context, where there are 1.8 billion Muslims worldwide and established freedoms of speech and religion, such fears are largely unfounded. Examples of how anti-blasphemy laws incite violence are plentiful. The extrajudicial killing of university student Mashal Khan in 2017 by a mob in Pakistan, Asia Bibi's wrongful death sentence in 2010, and the assassination of prominent human rights lawyer Rashid Rehman all reveal the dangerous consequences of these laws. Public anger often supersedes legal judgment, resulting in violence that contradicts both Quranic principles and Prophetic teachings. Ultimately, the correct response to blasphemy is not punishment or retribution but patience and education. Blasphemy laws do not protect religion; instead, they perpetuate cycles of violence and injustice. The Quran and the Prophet Muhammad's example teach us to respond to provocations with dignity and mercy, reminding us that true strength lies in restraint and compassion. It is time to reevaluate the application of these laws and align our responses with the authentic values of Islam.

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Fundraising reception for Congressman Raja Krishnamoorthi

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India's Top Grade Music Composer Award to Pandit Abhay Sopori

Distinguished Santoor Maestro & Music Composer Pandit Abhay Rustum Sopori has been awarded the 'Top Grade Music Composer' award by All India Radio. Dr. Santosh Nahar, well known Violinist & Deputy Director Programmes, All India Radio and Sangeeta Jain (TREX Policy), AIR, presented the certificate to Pandit Abhay Rustum Sopori at Akashvani Bhavan, New Delhi.

Pandit Abhay Sopori was earlier awarded the 'Top Grade Artist' award as a Santoor player by All India Radio in 2019. He expressed his heartfelt gratitude to All India Radio for bestowing upon him the second 'Top Grade' award, becoming the youngest artist in the country to be awarded a double 'Top Grade' honour. He said it's a rare honour to be awarded a double Top Grade, both as a Santoor player and now Music Composer, and dedicated the honour to his father and guru, the Great Saint – Music Legend Late Pandit Bhajan Sopori, who is hailed as the Saint of Santoor and King of Strings.

Pandit Abhay Sopori represents the 300-year-old exclusive traditional Santoor family of the country with age-old Shaivite – Sufi roots. Regarded as a Cultural Icon of Jammu and Kashmir, Sopori has been instrumental in introducing 'Cultural Policy' in J&K and also introducing music as a subject in various Districts of Jammu and Kashmir creating new academic streams in colleges and universities as well as new job opportunities for the youth in J&K. His efforts have also paved the way for the introduction of the PG Programme in Hindustani Music in Kashmir earlier this year in June 2024. He has also composed 5 new ragas namely Raga Nirmalkauns, Mahakali, Sharda, Bhajaneshwari & Bhagwati. He has been honoured with a number of awards in recognition of his outstanding contribution and achievements in the field of music in-



cluding the prestigious Mahatma Gandhi Seva Medal, J&K Govt. Award, Atal Shikhar Samman, Dr. S. Radhakrishnan National Award, Bharat Shiromani Award, Dogri Award, etc.

IFTEKHAR SHAREEF PAGE



Meeting Rahul Gandhi ji Member of Parliament and opposition leader at exclusive dinner in Washington DC along with Sam Pitroda ji IOC chairman and Mohinder Singh IOC president



With Madhu Yashki secretary AICC and former MP



Lunch Reception at a banquet hall on Devon Ave , Chicago for Zafar Sareshwala businessman and former Chancellor of Moulana Azad Urdu University



With LB Shastri former Prime minister of India's grandson at a reception in Chicago along with Minhaj Akhtar AICC working president



At Capital hills for a briefing lunch along with Sunny Gabhawala NFIA



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State Representative Syed Nabeela for IL 51 event with US Senator Dick Durbin, Speaker of the Illinois House of Representatives, Emanuel Christopher Welch, State Senator Ram Villivalam and many more elected officials and community members!!



At Thali Corner, Devon Ave, Chicago, From Left: Shakeel Khan hayat Khan syed salman syed mukram naweed Aziz viqar uddin Khan Saif Khan and mehdi khan



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Naperville Community hosted meet and greet for Community Leader Ashfaq Syed

Naperville Community hosted meet and greet for Community Leader Ashfaq Syed who is running for Naperville City Council

NAPERVILLE, IL – Naperville Community hosted meet and greet for Community Leader Ashfaq Syed who is running for Naperville City Council.

Ashfaq Syed is running for Naperville City Council because he believes in a Naperville that works for every one of us. Our community is diverse and vibrant, made up of people from all walks of life. We all want the same things: safe streets, responsible government, and a bright future for our children, says Ashfaq Syed.

On the City Council, Ashfaq promised that he would stand for unity and collaboration. He will support Naperville’s public safety departments, ensuring they have the resources they need to keep the community safe. He will advocate for responsible development that benefits every neighborhood, balancing commercial and residential growth to create a thriving economy. He also aims to make Naperville a greener and more sustainable city for future generations.

Ashfaq also said that one of his shared values is recognizing the need for diverse perspectives at all levels of decision making. “Everyone in our community deserves a seat at the table. When elected, I will put my best foot forward to make Naperville one of the vibrant hubs of rich cultural diversity, which is one of our greatest strengths as a community”, Ashfaq stated. Ashfaq believes that once the residents of

Naperville learn more about his proven record of community involvement, leadership, and vision for Naperville, they will come forward to support him, in a big way, in his campaign for Naperville City Council.

Ashfaq’s passion for development of Naperville is reflected by the various boards and committees that he is committed to. He is President of the Naperville Public Library Board, a Board Member for Loaves & Fishes, a Board Member for Naperville Neighbors United, and the Diversity Advisory Board for the Daily Herald. He is also a graduate of the Naperville Citizen Police Academy and the Naperville Citizen Fire Academy. Ashfaq has a successful career that spans over 28 years in the Banking and Finance industries. He lives in Naperville with his wife, Ayeisha Osman, and three beautiful children.

The event was attended by many community members and leaders who spoke including Aadil Farid, Former ICN President, Sadia Covert, Dupage County Board member, Dr. Tajammul Hussain, Yasmeen Mozaffar, Shoaib Khadri, Former ICN President & CIOGC Board member, Ashraf Lakhani, Owner, Embassy Suites, Naperville, Afzal



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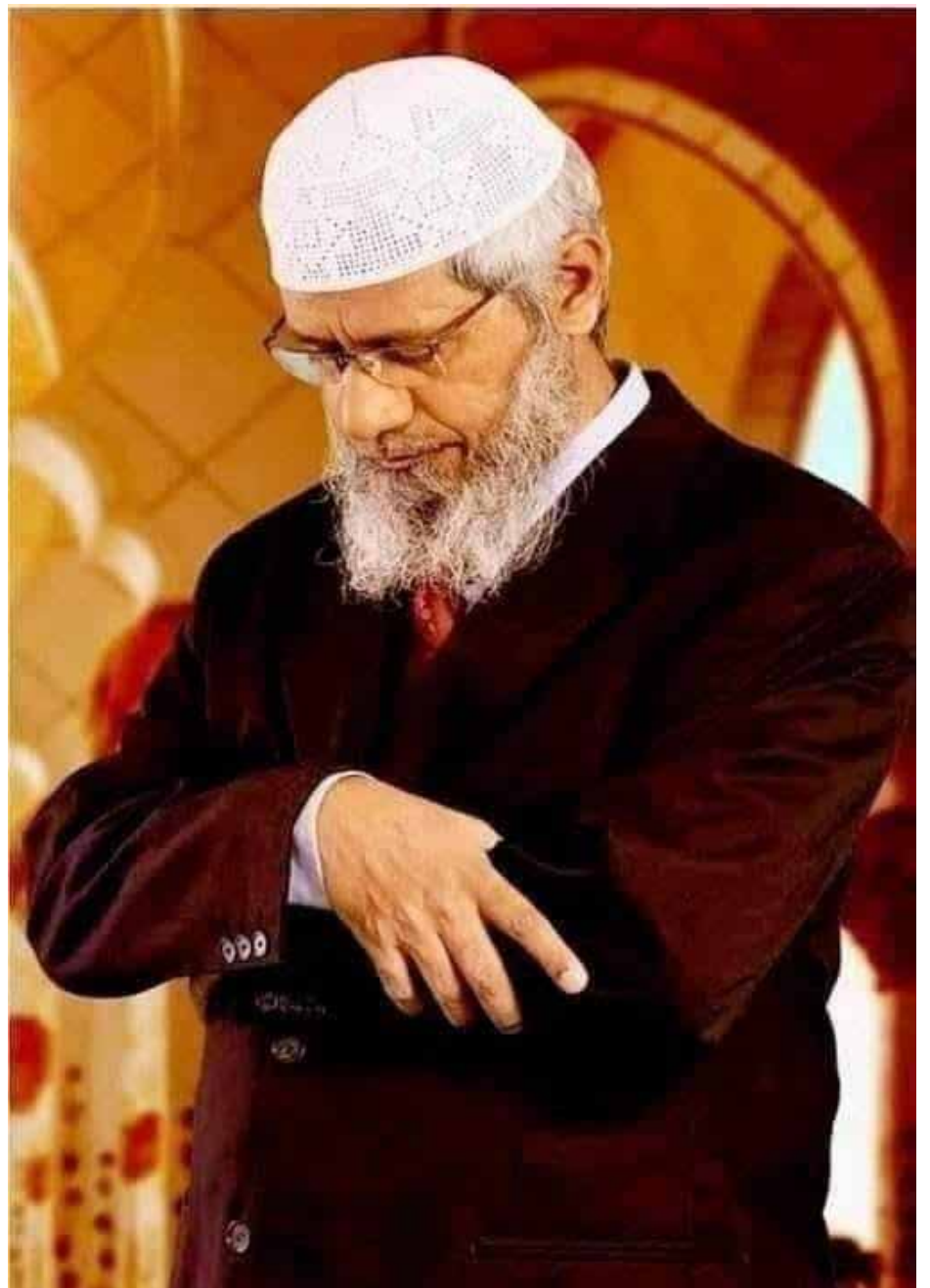


INTERNATIONAL PAGES



TEST CARRER ANALYSIS

181	TOTAL INNINGS	179
414	TOTAL WICKETS	405
23.62	BOW.AVERAGE	20.99
3,771.1	OVERS	3,683.5
871	MAIDENS	1,001
9,779	TOTAL RUNS	8,501
7/119	BEST BOWLING	8/45
11/110	B.BOWLING MATCH	11/84
2.59	ECONOMY	2.30
25	5- WICKETS	22
5	10-WKTS MATCH	3
54.60	STRIKE RATE	54.50



If you disagree with Dr. Zakir Naik, then get up and prepare your question paper and reach the seminar and ask for answers from the doctor. Take your scholars with you and ask them for arguments. If they are unanswerd, then you must criticize. But giving them agents or abuses without argument shows your ignorance.




COUNTRIES WITH THE HIGHEST INDIAN POPULATION

Country name	Overseas Indian population
The United States	4,460,000
United Arab Emirates	3,425,144
Malaysia	2,987,950
Saudi Arabia	2,594,947
Myanmar	2,009,207
United Kingdom	1,764,000
Canada	1,689,055
South Africa	1,560,000
Mauritius	894,500
Singapore	650,000



Source: Global Immigration Services (GIS)

Why Georgia could

again be centre

of an election storm

It was no ordinary meeting of Georgia's once-staid election board.

The state panel gathered on Monday for its second all-day meeting to discuss new election rules, hurling accusations at one another while its nonpartisan chairman banged his mallet, calling for order.

The five members had gathered to discuss last week's 3-2 vote to approve a rule that requires counties to hand count ballots on and after election night.

In recent months, the panel's new Republican members have approved changes that have sparked warnings this pivotal battleground state could once again find itself at the centre of confusion on and after Election Day.

After narrowly losing Georgia in 2020, Donald Trump and his allies filed lawsuits and spread unfounded allegations of election fraud, with Trump at one point pressuring Georgia's Republican Secretary of State Brad Raffensperger to "find 11,780 votes" - the margin he lost by in the Peach State.

Trump is currently fighting state criminal charges of conspiring to overturn that defeat in Georgia.

Since then, the drama has continued to play out at the state election board level, with Democratic member Sarah Tindall Ghazal accusing her Republican colleagues of being motivated by "far right-wing beliefs".

Sowing seeds of doubt

Last Friday's vote on the hand counting of ballots in Georgia came after weeks of objection from local election officials.

Poll supervisors in Georgia told the BBC the new rule could cause problems on and after Election Day, including delays in results reporting and human errors.

The new measure requires poll workers to hand count ballots on election night - or in some cases, the day after - to confirm that the number of paper ballots matches the amount tabulated by the machine.

Janelle King, a Republican who voted in favour of the rule, told the BBC the measure aims to ensure the accuracy of election results.

She noted that the rule does not require poll workers to count the actual results on the ballots, only the amount of papers.

"Our voters - I think they care more about accuracy than speed," she said. "It's the best practice."

Other election officials disagreed.

"It's a recipe for disaster," Anne Dover, a Republican elections director in Georgia's Cherokee County, told the BBC.

Dover says the new election rules are being pushed by those who fear the 2020 election was fraudulent. She says her own husband has questioned the results of the election four years ago in other parts of the state.

"They're just not in touch with how hard elections officials work to do a good job," she said.

Ethan Compton, an elections supervisor in Irwin County, Georgia, says the new rule will slow down results reporting and "leave room for chaos, and chaos can sow seeds of doubt".

Compton worries that the aftermath of the election in Georgia in 2024 could mirror the events of four years ago, when Trump and his allies cited hours of absentee-ballot counting as evidence of voter fraud, undermining public confidence in the election process. This isn't the first change of voting rules to spark uproar in an election year. Democrats triggered lawsuits four years ago after they broadened use of ballot drop boxes in Wisconsin and expanded postal voting in Pennsylvania.

But the difference in Georgia is that criticism is coming from both sides of the political aisle.

Georgia's State Election Board comprises three Republicans, one Democrat and a chairman appointed by the Republican governor.

The role was historically procedural and non-partisan, but in the aftermath of the 2020 election, the panels have emerged as a political lightning rod.

"Now, the job has turned into something that's like partisan football," said Gowri Ramachandran, director of elections and security at the Brennan Center for Justice, a liberal non-profit.

The state board was previously chaired by Georgia's secretary of state, but Raffensperger's fellow Republicans pushed him out after the 2020 election, a move critics say was revenge for his defence of the election results.

Since then, several Trump-aligned Republicans



have joined and won a majority on the board: Ms King, Ms Johnston and former Republican state senator Rick Jeffares.

During meetings, the board's three new Republican members have advocated for a number of changes to the state's elections, including a rule passed earlier this year that allows local election boards to conduct "reasonable inquiries" into election results before certifying them.

Ms King argues the rule will lead to "an increase in certifications" because board members can examine documents themselves.

"We want to make sure they have as much confidence in that election as possible," she said. Trump has personally thanked Ms King and her two newly appointed Republican board members by name, saying at a rally in Atlanta in August that the trio were "pit bulls fighting for honesty, transparency and victory".

Officials and election administration experts said that although the state board's rule changes could bring disruption in November, they believed Georgia's broader voting laws would ultimately pave the way for a secure presidential election.

Some also said they remained concerned about the damage that could be done to the public's trust in the election system.

Dover said the misinformation that circulated during the last election led to bomb threats and voicemails harassing election officials.

Peter Simmons, a Georgia policy strategist with the non-profit Protect Democracy, which describes itself as nonpartisan, noted that even though Trump's allegations of widespread fraud in 2020 have never been substantiated, a large portion of Americans still believe his claims.

"That's essentially what has inspired this set of actions [in Georgia] today," Mr Simmons said. Madeline Halpert
BBC News

What are Harris and Trump's policies?

American voters will face a clear choice for president on election day, between Democratic Vice-President Kamala Harris and Republican Donald Trump.

Here's a look at what they stand for and how their policies compare on different issues.

Economy

Harris has said her day-one priority would be trying to reduce food and housing costs for working families.

She promises to ban price-gouging on groceries, help first-time home buyers and provide incentives to increase housing supply.

Trump has promised to "end inflation and make America affordable again".

He has promised to deliver lower interest rates, something the president does not control, and he says deporting undocumented immigrants will ease pressure on housing.

Who won the Harris-Trump presidential debate?

US election polls - is Harris or Trump ahead?

Comparing Biden's economy to Trump's

Abortion

Harris has made abortion rights central to her campaign, and she continues to advocate for legislation that would enshrine reproductive rights nationwide.

Trump has struggled to find a consistent message in recent weeks.

The three judges he appointed to the Supreme Court while president were pivotal in overturning the constitutional right to an abortion, a 1973 ruling known as *Roe v Wade*.

Immigration

Harris was tasked with tackling the root causes of the southern border crisis and helped raise billions of dollars of private money to make regional investments aimed at stemming the flow north.

Record numbers of people crossed from Mexico at the end of 2023 but the numbers have fallen since. In this campaign, she has toughened her stance and emphasised her experience as a prosecutor in California taking on human traffickers.

Trump has vowed to seal the border by completing the construction of a wall and increasing enforcement. But he urged Republicans to ditch a hardline, cross-party border bill, backed by Harris.

He has also promised the biggest mass deportation of undocumented migrants in US history. Experts told the BBC this would face legal

challenges.

What Harris really did about the border crisis

Could Trump really deport a million migrants?

Taxes

Harris wants to raise taxes on big businesses and Americans making \$400,000 (£305,000) a year.

But she has also unveiled a number of measures that would ease the tax burden on families, including an expansion of child tax credits.

Trump proposes a number of tax cuts worth trillions, including an extension of his 2017 cuts which mostly helped the wealthy. He says he will pay for them through higher growth and tariffs on imports.

Analysts say both tax plans will add to the ballooning deficit, but Trump's by more.

Where Kamala Harris stands on 10 issues

Where Donald Trump stands on 10 issues

Foreign policy

Harris has vowed to support Ukraine "for as long as it takes". She has pledged, if elected, to ensure the US and not China wins "the competition for the 21st Century".

She has been a longtime advocate for a two-state solution between the Israelis and Palestinians, and has called for an end to the war in Gaza.

Trump has an isolationist foreign policy and wants the US to disentangle itself from conflicts elsewhere in the world.

He has said he would end the war in Ukraine in 24 hours through a negotiated settlement with Russia, a move that Democrats say would embolden Vladimir Putin.

Trump has positioned himself as a staunch supporter of Israel but said little on how he would end the war in Gaza.

Trade

Harris has criticised Trump's sweeping plan to put tariffs on imports, calling it a national tax on working families which will cost each household \$4,000 a year. She is expected to have a more targeted approach to taxing imports.

Trump has made tariffs a central pledge in this campaign. He has proposed new 10-20% tariffs on most foreign goods, and much higher ones on those from China.

Climate

Harris, as vice-president, helped pass the



Inflation Reduction Act, which has funnelled hundreds of billions of dollars to renewable energy, and electric vehicle tax credit and rebate programmes.

But she has dropped her opposition to fracking, a technique for recovering gas and oil opposed by environmentalists.

Trump, while in the White House, rolled back hundreds of environmental protections, including limits on carbon dioxide emissions from power plants and vehicles.

In this campaign he has vowed to expand Arctic drilling and attacked electric cars.

Healthcare

Harris has been part of a White House administration which has reduced prescription drug costs and capped insulin prices at \$35.

Trump has said he will not renew his attempts while president to dismantle the Affordable Care Act, which extended insurance to millions more people.

He has called for taxpayer-funded fertility treatment, but that could be opposed by Republicans in Congress.

Crime

Harris has tried to contrast her experience as a prosecutor with the fact Trump has been convicted of a crime.

Trump has vowed to demolish drugs cartels, crush gang violence and rebuild Democratic-run cities that he says are overrun with crime.

Trump's legal cases, explained

More on US election

SIMPLE GUIDE: Everything you need to know about the vote

EXPLAINER: Seven swing states that could decide election

FACT CHECK: Was US economy stronger under Biden or Trump?

IMMIGRATION: Could Trump really deport a million migrants?

POLLS: Who is winning the race for the White House?

Tom Geoghegan

BBC News

Open letter to His Highness Imran Khan
 CrystalHeart Kazmi

Khan Saheb, Assalam o Alaikum,

Allow me to cut it short, three decades of struggle and today you have far more enemies than friends in Pakistan's political landscape, and even globally!

Short summary: those who live by the sword, die by the sword; those who live by blaming others die by blame as well.

When you entered Pakistani politics you spoke of ideals and of doing things the right way with the right people. That was in 2000s when General Musharaf called you a "one seat politician" for obvious reasons. Fast forward to 2018 and you won elections by joining hands with the scum of the land in your team and cabinet barring a few decent people. Unfortunately the same people who for decades worked with the same people you always criticised: PPP, PMLN and MQM.

This U turn you took from 2000 to 2018 is the reason you are out of the PM House today. Since you had decided to work with crooks you should have been softer with them and tried to influence them positively as an inspirational leader? You should have tried uniting them on common challenges and opportunities for the nation? But you were criticising them day and night, including the crooks you made your allies in forming the government! And you assumed, naively and innocently, that the crooks you partnered with will give you roses in the end? They did give you the rose of no confidence! Right or wrong? And not only that the only institution that supported you from the front or behind is now against you.

Are you truly a leader, or fo you have a unique gift of offending everyone around you who has a powerful role unless they may be your sworn followers? The difference between you and



Nawaz and Shehbaz and Zardari is very simple, they always try to build bridges, they don't burn them! Imagine the rifts the Sharifs had with the Pakistan Army around the time you came to power. From 2013 to 18, now look at their "acceptance" today, can you learn from that? Like reflect on why did this all happen? Why you, as the Prime Minister failed to indict the corrupt. Why you, as the Prime Minister failed to improve legal system of Pakistan. Why you, as the Prime Minister focused on idealistic "team building" with other Muslim nations which is of no use to you or Pakistan today, in fact they are endorsing the new government! So much achieved for your 3 and a half years of defocused banter and disjointed actions. I am sure you and your supporters will never agree, the

truth is always bitter, for everyone.

Your current challenges are humungous. You must not underestimate your predicament today, your enemies are hungry for your blood, and your team is full of idiots or traitors, very few good people around you. On top of it your legal defense or offensive strategy is nonexistent. What it means, in simple terms, is that you are a visionary leader who has no understanding of tactics.

Atleast try to have good people around you at this critical time who can help you navigate through the mess you are in. And I don't have much hopes things will get better for you soon, specially looking at how aloof you still are from

ground realities, those facts that anybody with a brain the size of a peanut can understand, but you still don't. While you and your followers happily bask in the glory of your huge public gatherings or twitter spaces, you miss out on the details. The details that matter... that I have tried to help you understand.

But I doubt, rather am certain, you never will. I hope I am wrong! The near future shall tell...



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.

Hoda Kotb Decided to Exit 'Today' After NBC Proposed Cut to Her \$20 Million Salary | Report

Hoda Kotb's surprise announcement this week that she will be stepping down as anchor of NBC's "Today" was in part due to the network asking her to take a pay cut, Puck News reported

According to Puck, she earned more than \$20 million a year, a salary network executives told her couldn't be justified anymore thanks to the changing broadcast landscape.

"NBC executives loved Hoda and knew her value to the brand, but also made clear to her agents that such stratospheric contracts were no longer justifiable given the industry's inexorable decline," due in part to the steep ratings decline affecting "Today" and competitors like "Good Morning America," Puck reported.

In September, 2014, averaged 4.672 million total viewers. However this month, the show averaged 2.536 million, despite narrowly beating rivals at other networks.

Representatives for NBC didn't immediately respond to a request for comment from TheWrap.

Kotb announced during episode that she will step down and transition into a as-yet unspecified different role at NBC early in 2025.

In a memo to staff that Kotb also read on-air, she said that made her decision in August after realizing "it was time for me to turn the page at 60, and to try something new."

"As I write this, my heart is all over the map," Kotb continued. "I know I'm making the right decision, but it's a painful one. And you all are the reason why. They say two things can be right at the same time, and I'm feeling that so deeply right now. I love you and it's time for me to leave the show."

Kotb has spent 10 of her 26 years at NBC at "Dateline." She helped launch the show's



fourth hour alongside Kathie Lee Gifford and Jenna Bush Hager.

The post Hoda Kotb Decided to Exit After NBC Proposed Cut to Her \$20 Million Salary | Report appeared first on TheWrap.
THE WRAP
Stephanie Kaloi

Why JPMorgan Chase is prepared to sue the U.S. government over Zelle scams

Buried in a roughly 200-page quarterly filing from JPMorgan Chase last month were eight words that underscore how contentious the bank's relationship with the government has become.

The lender disclosed that the Consumer Financial Protection Bureau could punish JPMorgan for its role in Zelle, the giant peer-to-peer digital payments network. The bank is accused of failing to kick criminal accounts off its platform and failing to compensate some scam victims, according to people who declined to be identified speaking about an ongoing investigation. In response, JPMorgan issued a thinly veiled threat: "The firm is evaluating next steps, including litigation."

The prospect of a bank suing its regulator would've been unheard of in an earlier era, according to policy experts, mostly because corporations used to fear provoking their overseers. That was especially the case for the American banking industry, which needed hundreds of billions of dollars in taxpayer bailouts to survive after irresponsible lending and trading activities caused the 2008 financial crisis, those experts say.

But a combination of factors in the intervening years has created an environment where banks and their regulators have never been farther apart. Trade groups say that in the aftermath of the

financial crisis, banks became easy targets for populist attacks from Democrat-led regulatory agencies. Those on the side of regulators point out that banks and their lobbyists increasingly lean on courts in Republican-dominated districts to fend off reform and protect billions of dollars in fees at the expense of consumers.

"If you go back 15 or 20 years, the view was it's not particularly smart to antagonize your regulator, that litigating all this stuff is just kicking the hornet's nest," said Tobin Marcus, head of U.S. policy at Wolfe Research.

"The disparity between how ambitious [President Joe] Biden's regulators have been and how conservative the courts are, at least a subset of the courts, is historically wide," Marcus said. "That's created so many opportunities for successful industry litigation against regulatory proposals."

Assault on fees
Those forces collided this year, which started out as one of the most consequential for bank regulation since the post-2008 reforms that curbed Wall Street risk-taking, introduced annual stress



tests and created the industry's lead antagonist, the CFPB.

In the final months of the Biden administration, efforts from a half-dozen government agencies were meant to slash fees on credit card late payments, debit transactions and overdrafts. The industry's biggest threat was the Basel Endgame, a sweeping proposal to force big banks to hold tens of billions of dollars more in capital for activities like trading and lending.
Hugh Son, CNBC

RECIPES

Beef Keema with Yogurt (Ground Beef)

Ingredients

- 1/3 cup neutral oil
- 1 bay leaf
- 1 black cardamom
- 4 cloves
- 1/2 inch cinnamon stick
- 1 large yellow onion thinly sliced in half rings
- 1 tablespoon ginger and garlic paste
- 2 to 4 bird's eye chilies or to taste sliced lengthwise
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 2 teaspoon coriander powder
- 1 teaspoon red chili powder
- 1 pound ground beef
- 1 1/4 teaspoon salt or to taste
- 1 cup full-fat yogurt whisked and brought to room temperature

Instructions

Heat oil in a heavy bottom pot. Once it begins to shimmer, add whole spices (bay leaf, black cardamom, cloves and cinnamon stick) and fry on medium to medium-low

heat for 30 seconds or until fragrant.

Add onions and sauté until evenly brown for 7 to 12 minutes.

Add crushed ginger and garlic and fry for 30 seconds. Take care not to let it burn. Stir in green chilies.

Add ground spices (turmeric, coriander, cumin and red chili powder) fry for 1 minute. Deglaze the pan with a splash of water (1 tablespoon at a time) if and as needed. Increase heat to medium to medium high, and add ground beef and salt. Crumble with wooden spatula and fry until no longer pink, about 5 minutes.

Add 1/2 cup room temperature water and bring to a simmer. Lower heat, cover and let the beef cook for 30 minutes. Stir occasionally to make sure it doesn't stick to the bottom of the pan. Once done, remove cover and let it simmer to boil out any excess moisture. Check for salt and adjust as needed.

Fold in yogurt and stir continuously on medium-low heat for about 8 to 10 minutes until the oil begins to separate from the keema and you get the desired texture.

Remove from heat, place in serving platter and garnish



with finely chopped cilantro and chilies. Serve with roti or plain basmati rice.

pavlova recipe

Ingredients (13)

- 6 (59g) eggs, separated
- 1 1/4 cups (270g) caster sugar
- 2 tsp Coles Cornflour
- 1 tsp white vinegar
- 1/2 tsp vanilla extract
- 300ml thickened cream
- 2 tbsp pure icing sugar, sifted
- juice of 2 limes
- Finely shredded rind of 2 limes
- 2 Lady finger bananas, thinly sliced diagonally
- 3 golden kiwifruit, peeled, thinly sliced
- 2 starfruit, thinly sliced
- Pulp of 2-3 passionfruit

Method

Step 1

Preheat oven to 120°C. Line an oven tray with foil. Brush with melted butter and dust with cornflour, shaking off excess. Mark a 24cm-diameter circle on foil.

Step 2

Use an electric mixer to whisk egg whites in a

clean dry bowl until soft peaks form. One tablespoon at a time, gradually add the sugar, beating well after each addition, until meringue is thick and glossy and sugar dissolved. Rub a little meringue between fingers. If still "gritty" with sugar, continue to whisk until sugar dissolves. Add cornflour, vinegar and vanilla and whisk until just combined. Spoon meringue onto the foil, using the marked circle as a guide. Smooth sides and top of pavlova. Use a small spatula to forms little peaks around edge of pavlova. Bake in oven for 1 1/2 hours or until pavlova is dry to the touch. Turn off oven. Leave pavlova in oven with the door ajar to cool completely. When completely cold, transfer to serving plate or store in an airtight container until required.

Step 3

Use an electric mixer to whisk the cream and icing sugar in a medium bowl until firm peaks form. Spoon cream onto the top of pavlova. Pour lime juice into a ceramic or glass bowl. Add banana slices and toss to coat with juice.

Classic carrot cake recipe

with non-stick baking paper.

Carrot Cake-Step 1

Step 2

Sift the self-raising and plain flour, bicarbonate of soda and cinnamon into a large bowl.

Carrot Cake-Step 2

Step 3

Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to mix until combined.

CarrotCake-Step 3

Step 4

Pour the oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot.

Carrot Cake- Step 4

Step 5

Pour the mixture into the pan and bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely.

Carrot Cake- Step 5



Drain. Decorate pavlova with banana, kiwifruit, starfruit, passionfruit and lime rind.

Recipe notes

What should the texture of pavlova be?

As pavlova is a large meringue, it should have a soft and gooey middle (like a fully marshmallow centre) and a crispy shell on the outside. It's all in perfecting the meringue mixture with room temperature egg whites.



Step 6

To make the icing, place the cream cheese, icing sugar and vanilla in a bowl. Use a wooden spoon to mix until well combined.

Carrot Cake-Step 6

Step 7 Spread the icing over the cake.

Ingredients (14)

- Olive oil, to grease
 - 1 cup (150g) self-raising flour
 - 1/2 cup (75g) plain flour
 - 1 tsp Coles Bicarbonate Soda
 - 1/2 tsp Coles Cinnamon Ground
 - 1/2 cup (80g) brown sugar
 - 3/4 cup (185ml) olive oil
 - 1/2 cup (125ml) golden syrup
 - 3 eggs
 - 1 tsp vanilla essence
 - 2 (about 300g) carrots, peeled and grated
- ### Icing
- 250g spreadable cream cheese
 - 1/2 cup (80g) CSR Pure Icing Sugar
 - 1/2 tsp vanilla essence

Method

Show ingredient quantity

Step 1

Preheat oven to 170C or 150C fan-forced. Grease a 20cm (base) round cake pan lightly with oil, and line

The Kashmiri politician whose return from jail ruffled feathers

As Indian-administered Kashmir prepared for assembly elections earlier this month, a local MP returned home from a Delhi prison to campaign for his candidates. Who is he and why does his return matter to the region's politics? Auqib Javeed reports from Srinagar.

Sheikh Abdul Rashid, who had been in jail since Article 370 was abrogated in 2019, was granted interim bail earlier this month on terror funding charges he denies.

The 57-year-old, who is popularly known as Engineer Rashid, has urged people to vote for his candidates instead of regional or national parties. His Awami Ittehad Party has fielded candidates in more than three dozen seats.

The high-stakes assembly elections are the first since the region's autonomy was revoked in 2019. With 873 candidates across 90 constituencies in the Muslim-majority Kashmir valley and Hindu-majority Jammu, the elections have been described by federal officials as a proof of normalcy in a region long plagued by insurgency. The third and last phase of the polls will be held on Tuesday and votes will be counted on 8 October.

Kashmir's politics, dominated by mainstream parties pledging allegiance to India, has had a history of individuals and groups seeking separation from the country or enhanced autonomy for Kashmir, with some of them supporting an armed movement to achieve that.

Article 370: What happened with Kashmir and why it matters

Kashmir: The complicated truth behind its 'normality'

Some separatist groups in the past have also backed Pakistan's role in Kashmir. India and Pakistan both claim Kashmir in full, but control only parts of it.

But this assembly election has seen participation of many former separatist leaders as well.

Rashid has chosen to be part of the democratic process but has been vocal against what he calls Delhi's "heavy-handed" rule in Kashmir.

He is known for his fiery speeches, and leading protests in unconventional ways against alleged government excesses, often irking authorities.

He made waves in June when he defeated regional political heavyweight Omar Abdullah in parliamentary elections. While he was lodged in jail, his sons led an emotionally charged and successful campaign on his behalf.

But this time he is able to speak to voters directly and he has also smartly used social media to amplify his messages.

Within hours of being released on 11 September, Rashid told the media that he was going to fight against the removal of Article 370.

The article allowed the state its own constitution, a separate flag and freedom to make laws. Foreign affairs, defence and communications remained the

preserve of the federal government.

"We don't accept Prime Minister [Narendra Modi's] decision taken on 5 August [2019]," he said, referring to the day when the autonomy was abrogated.

He then went live on Facebook, repeating similar messages. The hour-long speech currently has more than 2.5m views, 44,000 likes and 25,000 comments – an unusually high number for a regional politician.

Rashid's popularity worries his regional opponents, who have termed him a "proxy" of Modi's Bharatiya Janata Party (BJP).

Two former chief ministers of the state and the heirs of leading regional parties, Mehbooba Mufti and Omar Abdullah, have publicly questioned his party's funding and alleged that he was dividing voters to favour the BJP.

He has repeatedly denied the allegations. "If I were a BJP man, I wouldn't have spent over five years in jail," he told the BBC. "I won [almost] 500,000 votes in the general elections, how could I be dividing votes?"

Prof Sheikh Showkat Hussain, a political analyst, said Rashid's release from jail just days before the elections did give his opponents a pretext to accuse him of collusion with the BJP-run federal government in Delhi.

"Despite these allegations, his win in the 2024 parliamentary elections from jail has given him an unprecedented credibility in the eyes of the locals," he said.

Rashid has also worked hard to carefully craft his image.

Unlike the valley's prominent leaders who have established political lineages, Rashid has managed to establish an image of a "common man's politician" who doesn't shy away from taking on authorities.

the state secretariat as a protest against the government's inaction on the growing canine menace in his constituency, where numerous dog bite incidents had been reported.

"I hope the ministers and bureaucracy now understand the seriousness of the issue," he said at the time.

But Rashid's bluntness and candour have also landed him in trouble.

In 2015, he hosted a "beef party" to protest a ban on the slaughter of cows, considered sacred by many Hindus, in several states. A day later, members of the BJP, then a part of the state's ruling coalition, assaulted him in the assembly.

A few days later, members of a Hindu group outraged by the "beef party" attacked him at Delhi's Press Club, dousing his face with ink as he protested the lynching of a Kashmiri truck driver accused



of cow smuggling in Jammu.

Rashid's unusual protests have often addressed the alleged human rights violations in the Kashmir valley, a charge that the federal government denies.

On International Human Rights Day in 2015, his party marched through Srinagar with a cow, a mule, a goat, and a dog, holding placards saying, "Animals have more rights than people in Kashmir." He and other leaders were detained.

His family members say they are not surprised by his politics as he had a "rebellious nature" since childhood.

"He used to protest against the human rights violations, presence of military bunkers, forced labour by the army," said his brother Khurshid Ahmad Sheikh.

In 2008, he resigned from his government job as an engineer to contest assembly elections, winning twice in a row as an independent candidate.

Once elected to the state assembly, he gained recognition across Kashmir for protesting against what he called the government's "anti-people" policies, analysts say.

"The element of protest makes him popular. He has been a crowd-puller since he entered politics," said Noor Mohammad Baba, a political analyst based in Kashmir.

His jail term has intensified public interest in his rallies, he added.

At a recent rally, an enthusiastic group of men assembled to listen to him. Some of them were curious onlookers hoping to see the man in the news, and some were his fans.

Did the allegations of Rashid being a "proxy of Delhi" bother them?

"Almost all the regional parties have been in an alliance with the BJP [in the past]. They aren't in a position to allege him of complicity with the BJP," said Rafiq Ahmad, a businessman. "People want to give Rashid a chance and see what he does."

Rashid spoke and demanded a resolution to the Kashmir conflict and an end to the use of anti-terror laws to put Kashmiris in jail. Young men shouted in unison in support.

Within minutes, Rashid was on his way to his next public meeting. BBC

India opposition leader resigns as Delhi's chief minister

Prominent opposition leader and Delhi Chief Minister Arvind Kejriwal has resigned from his post, days after getting bail in a corruption case.

Kejriwal spent five months in jail in connection with a now-scrapped alcohol sales policy. He has denied the allegations against him.

He has said that he will take up the post only if people re-elect his Aam Aadmi Party (AAP) in the upcoming assembly elections.

Kejriwal's colleague and senior Delhi minister Atishi will replace him as the leader of the government, the party announced

AAP made its poll debut in 2013 Delhi assembly elections and has governed the capital city since, focussing on welfare measures such as affordable electricity and water for residents.

In 2020, the party won 62 seats in the 70-seat assembly – in almost a repeat of its performance in the previous election when it won 67 seats.

Kejriwal had announced his intention to resign over the weekend, saying he would sit on the chief minister's chair only if the people of Delhi gave him a "certificate of honesty".

"I got justice from the legal court, now I will get justice from the people's court," he told reporters.

Kejriwal has called for advancing the Delhi elections, which are scheduled for February next year, to November, aligning them with the upcoming polls in Maharashtra state.

Experts, however, say that is unlikely to happen.

Indian laws stipulate that elections cannot be scheduled less than six months before an assembly term's end unless the assembly is dissolved early. Additionally, the Election Commission considers factors like weather, festivals, and electoral roll revisions before announcing elections.

Arvind Kejriwal: The maverick leader who took on India's Modi

Prime Minister Narendra Modi's Bharatiya Janata Party (BJP), which is the AAP's main opposition in Delhi, has called Kejriwal's resignation a "publicity stunt" to galvanise public sympathy.

An anti-corruption crusader, Kejriwal was the third AAP leader to be arrested over alleged irregularities in the now-scrapped alcohol sales policy.

Manish Sisodia, a former deputy chief minister, and AAP leader Sanjay Singh were also arrested in the case. Sisodia was granted bail in August



after spending 17 months in jail and Singh was released on bail in April.

The policy was introduced by AAP in 2021, saying it would curb black market sales, increase revenues and ensure even distribution of liquor licences.

It was withdrawn a few months later after Delhi's Lieutenant-Governor Vinai Kumar Saxena accused AAP of exploiting rules to benefit private liquor barons.

The AAP denies the charges and has accused the BJP of using investigating agencies to unjustly target opposition leaders, a charge it denies.

Who is Atishi?

At 43, Atishi has become the youngest and third woman to serve as chief minister of Delhi.

She currently holds important portfolios such as water, finance, power and education in Delhi's cabinet.

In the absence of senior AAP leaders, who were jailed until recently, she served as the face of the party and swiftly gained prominence as a powerful leader.

Born to professors with Marxist leanings, Atishi studied at Delhi University and went to the University of Oxford for her master's degree.

After spending a few years in teaching at a school in southern India, she was involved with alternative farming and education reforms.

She joined AAP in 2013 and has significantly contributed to overhauling Delhi's public schools as an advisor to former Deputy Chief Minister Sisodia.

Riding on her reputation as an education reformer, she was elected to the Delhi assembly in 2020.

She had contested the 2019 parliamentary elections, but lost to former cricketer Gautam Gambhir.

Earlier this year, she made headlines after she went on an indefinite hunger strike to highlight Delhi's water crisis during its peak summer months.

Cherylann Mollan and Neyaz Farooque
BBC News



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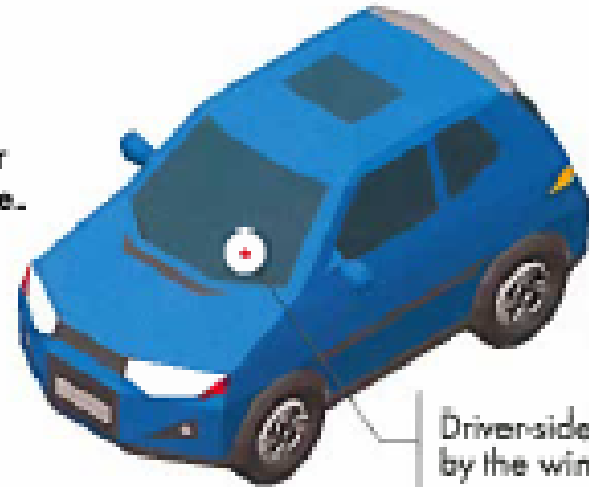
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PLAYER

SELECTION

CHOICE

POTENTIAL

SIZE

COLLEGE

PROSPECT

SPEED

ELIGIBILITY

RECEIVER

TALENT

KICKER

REPORTS

TEAMS

LINEBACKER

ROOKIE

TRADE

LIST

ROUNDS

STRENGTH

Health & Wellness

The flu: A guide for parents

Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 7,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know
How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu.

Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms? Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Think safety in fall as weather changes

Think safety as you enjoy the cooler temperatures and vibrant colors:

Safely warm up by the fire.

Inspect your fireplace before lighting the first fire. One of the simple joys of autumn is warming up in front of a fireplace.

If you have a fireplace in your home, be sure to have it cleaned and inspected before lighting your first fire of the season. A buildup of soot and creosote can cause a chimney fire and a backup of dangerous carbon monoxide gas into your home. Keep the area around the fireplace clear and remove any hanging decorations on your mantle. Most importantly, keep a fire extinguisher nearby at all times.

Never leave burning candles unattended.

While glowing candles make any environment feel cozier, remember to keep burning candles away from anything that could burn, such as curtains, bedding or books. Also, always extinguish a candle before going to bed or leaving the house. Never leave children or pets alone with a burning candle.

Watch for new roadway hazards.

Going back to school brings traffic changes. School buses, students on bicycles and teen drivers are out on the roads.

Slow down and take extra care to look for children in school zones, near playgrounds and residential areas. Also, never pass a bus with flashing red lights on, or another vehicle stopped for a pedestrian.

Be alert for wildlife on roadways.

Wildlife is on the move in the fall, so watch carefully for deer, turkeys and other critters crossing the road in front of your vehicle. They

are most active from dusk through dawn.

Remember that some animals — deer in particular — frequently travel in groups. If you see one crossing, more are bound to follow.

Share the road with harvesting equipment.

In rural areas, fall brings the harvest season with large farming equipment on the roads. Be alert for slow-moving vehicles, and give them plenty of space. This provides better visibility to you and the other driver. Remember that they may turn unexpectedly into fields or driveways. Just because you can see the equipment does not mean the other driver can see you.

Get the yard ready for winter.

You've enjoyed your beautiful lawn and garden all summer, but now is the time to prep it for a cold winter. Leaf blowers can be loud and blow more than just leaves, so wear eye and hearing protection to keep you safe from flying debris and preserve your hearing from the dangerous effects of repeated exposure to loud noises.

Use ladders safely.

Falling is one of the most common reasons for emergency department trips. If you plan to clean out your gutters, work as a team when using the ladder. Ladders can buckle or slip, so have someone else hold the ladder as you climb up and down.

Keep your body weight-centered over the ladder, and don't reach too far. It is better to move the ladder a few more times than fall.

Get your flu shot.

Protect yourself from influenza with a flu shot. The viruses found in the influenza vaccine are inactive, so you cannot get the flu from the vac-



ciné.

After getting vaccinated, it takes about two weeks to develop antibodies to protect against influenza. That's why getting vaccinated early in the fall is recommended.

The vaccine usually is available in early to mid-fall.

Nights are getting cooler, and the trees are starting to change colors as autumn begins. And routines are changing because kids are back to school, the days are shorter and winter planning is underway.



List of Bollywood films of Oct-Nov 2024

Opening	Title	Director	Cast
O C T	<i>CTRL</i>	Vikramaditya Motwane	Ananya Panday · Vihaan Samat
	<i>Amar Prem Ki Prem Kahani</i>	Hardik Gajjar	Sunny Singh · Aditya Seal · Pranutan Bahl
	<i>The Signature</i>	Gajendra Ahire	Anupam Kher · Mahima Chaudhry · Neena Kulkarni · Annu Kapoor · Ranvir Shorey
	<i>Jigra</i>	Vasan Bala	Alia Bhatt · Vedang Raina
	<i>Vicky Vidya Ka Woh Wala Video</i>	Raaj Shaandilyaa	Rajkummar Rao · Triptii Dimri
N O V	<i>Bhool Bhulaiyaa 3</i>	Anees Bazmee	Kartik Aaryan · Vidya Balan · Madhuri Dixit · Triptii Dimri
	<i>Singham Again</i>	Rohit Shetty	Ajay Devgn · Akshay Kumar · Ranveer Singh · Deepika Padukone · Tiger Shroff · Kareena Kapoor Khan · Arjun Kapoor · Jackie Shroff
	<i>The Sabarmati Report</i>	Dheeraj Sarna	Vikrant Massey · Raashii Khanna · Riddhi Dogra
	<i>Dhadak 2</i>	Shazia Iqbal	Triptii Dimri · Siddhant Chaturvedi
	<i>Metro... In Dino</i>	Anurag Basu	Aditya Roy Kapur · Sara Ali Khan · Anupam Kher · Neena Gupta · Pankaj Tripathi · Konkona Sen Sharma · Ali Fazal · Fatima Sana Shaikh
<i>Badtameez Gill</i>	Navjot Gulati	Vaani Kapoor · Aparshakti Khurana · Paresh Rawal · Sheeba Chaddha · Monica Chaudhary	



Kader Khan



Prem Chopra

Age	1937-2018 (aged 81)	Age	89 years
Films	300+	Films	380+
Networth	Rs 200cr. (Approx)	Networth	Rs 400cr. (Approx)
Height	5 ft. 8 inches	Height	5 ft. 11 inches
Birthplace	Kabul, Kingdom of Afghanistan	Birthplace	Lahore, Punjab, British India
Children	three sons	Children	three daughters
Relationship	Azra Khan	Relationship	Uma Malhotra

Veteran actors Kader Khan and Prem Chopra have left an indelible mark on Indian cinema with their memorable performances. Kader Khan, born in Kabul, Afghanistan, appeared in over 300 films and was known for his witty dialogue writing and versatile roles. He had an approximate net worth of ₹200 crores. Prem Chopra, born in Lahore, Pakistan, featured in around 380 films, mostly portraying iconic villains, with a net worth of ₹400 crores. Both were happily married: Kader Khan had three sons, while Prem Chopra has three daughters. Their collective impact spans decades, influencing generations of actors and audiences alike.



Zanjeer (1973 film)



Mard (1985 film)

Zanjeer (1973 film)		Mard (1985 film)	
Starcast		Starcast	
Amitabh Bachchan, Jaya Bhaduri, Pran, Om Prakash, Ajit Khan, Bindu Mona, Iftekhar, Randhir, Keshto Mukherjee, Gulshan Bawra		Amitabh Bachchan, Amrita Singh, Dara Singh, Nirupa Roy, Prem Chopra, Kamal Kapoor, Bob Christo, Satyen Kappu	
Release	11 May 1973	Release	8 November 1985
Director	Prakash Mehra	Director	Manmohan Desai
Budget	₹0.9 cr. (Approx)	Budget	₹2.8 cr. (Approx)
Collection	₹17.46 cr. (Approx)	Collection	₹16 cr. (Approx)
VERDICT:	ALL TIME BLOCKBUSTER	VERDICT:	BLOCKBUSTER



Alia Bhatt vs Deepika Padukone

Age - 31 years

Age - 38 years

Real Name - Alia Bhatt

Real Name - Deepika Padukone

Height - 5 ft. 3 inch

Height - 5 ft. 9 inches

Birth Place - Mumbai

Birth Place - Denmark

Food - Dahi Chaawal

Food - Idli, Dosa

Husband - Ranbir Kapoor

Husband - Ranveer Singh

Debut - SOTY (2012)

Debut - Om Shanti Om

Car - Range Rover

Car - Maybach S500

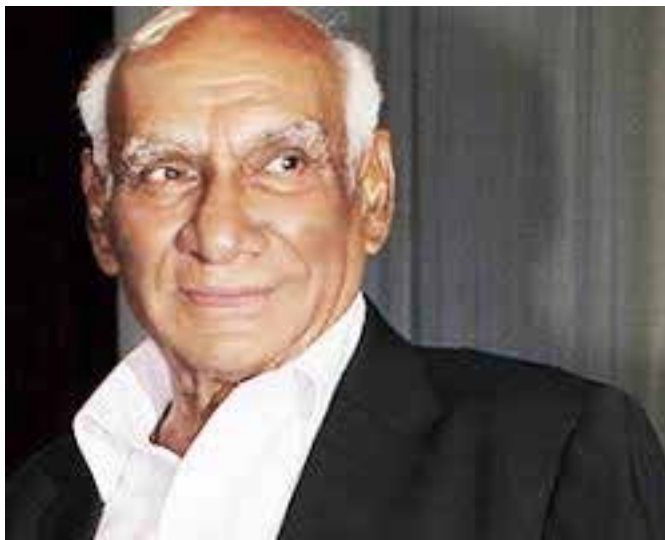
Alia Bhatt is one of Bollywood's most talented actresses, known for her versatility and depth in films like "Raazi," "Gully Boy," and "Gangubai Kathiawadi." With a blend of charm and powerful performances, she has established herself as a leading star, earning acclaim for tackling diverse and challenging roles.

Deepika Padukone is a top Bollywood actress admired for her grace and strong performances in films like "Padmaavat," "Chennai Express," and "Piku." She effortlessly balances commercial success with critically acclaimed roles, becoming a global icon known for her beauty, talent, and impactful portrayals.



Yash Raj Chopra was an Indian film director and film producer

Yash Raj Chopra was an Indian film director and film producer who worked in Hindi cinema. The founding chairman of the film production and distribution company Yash Raj Films, Chopra was born on 27 September 1932 in Lahore, into a Punjabi Hindu Khatri family. His father was an accountant in the PWD division of the British Punjab administration. He was the youngest of eight children, the oldest of whom was almost 30 years his senior. The eminent film-maker BR Chopra is one of his brothers. Chopra was largely brought up in the Lahore house of his second brother, Baldev Raj Chopra, then a film journalist. Chopra lived in Jalandhar in 1945 to continue his education, where he studied at Doaba College and originally sought to pursue a career in engineering. He later moved to Ludhiana, after the Partition of India. His passion for film-making led him to travel to Bombay, where he initially worked as an assistant director to I. S. Johar, and then for his director-producer brother, B. R. Chopra. He made his directorial debut with *Dhool Ka Phool* in 1959, a melodrama about illegitimacy, and followed it with the social drama *Dharmputra* (1961). Chopra rose to prominence after directing the critically and commercially successful family drama *Waqt* (1965), which pioneered the concept of ensemble casts in Bollywood. In 1970, he founded his own production company, Yash Raj Films, whose first production was *Daagh* (1973), a successful melodrama about polygamy. His success continued in the seventies, with some of Indian cinema's most successful and iconic films, including the action-thriller *Deewaar* (1975), which established Amitabh Bachchan as a leading actor in Bollywood; the ensemble romantic drama *Kabhi Kabhie* (1976) and the ensemble drama *Trishul* (1978). Chopra collaborated with Sridevi in two of what has been considered to be his finest films; the romantic musical *Chandni* (1989), which became instrumental in ending the era of violent films in Bollywood and returning to musicals,



and the intergenerational musical romantic drama *Lamhe* (1991), considered by critics and Chopra himself to be his best work, but underperformed at the domestic box-office although brought profits overseas. After helming the critically panned *Parampara* (1993), Chopra directed the musical psychological thriller *Darr* (1993), the first of his films to star Shahrukh Khan. Chopra directed three more romantic films, all starring Khan; *Dil To Pagal Hai* (1997), *Veer-Zaara* (2004) and *Jab Tak Hai Jaan* (2012), before announcing his retirement from direction in 2012. He died of dengue fever during *Jab Tak Hai Jaan*'s production in 2012. He was considered one of the best directors in Bollywood industry.

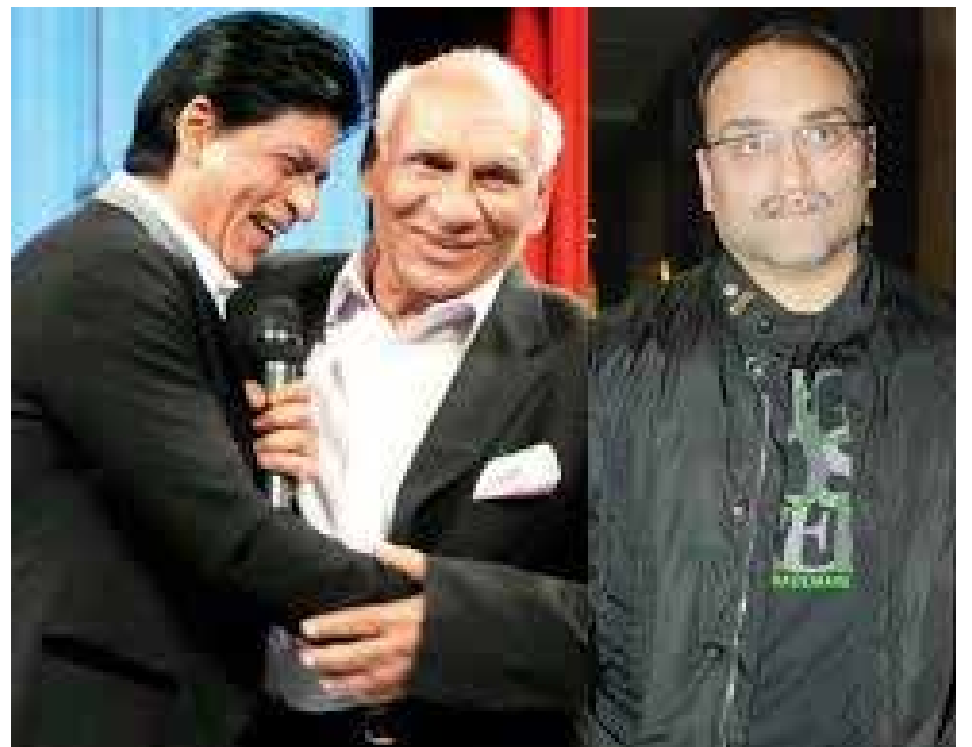
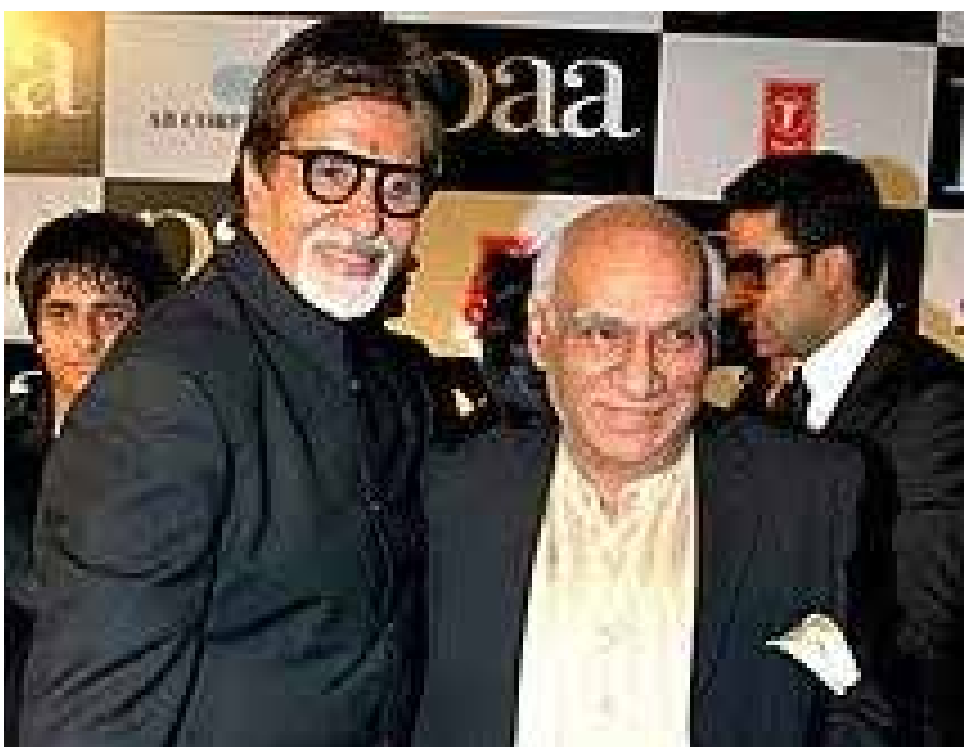
Chopra was the recipient of several awards, including 6 National Film Awards and 8 Filmfare Awards. He is considered among the best Indian filmmakers. For his contributions to film, the Government of India honoured him with the Dadasaheb Phalke Award in 2001, and the Padma Bhushan in 2005. British Academy of Film and Television Arts 2006 presented him with a lifetime membership, making him the first Indian to receive the honour.

In 1970, Chopra married Pamela Singh and together they have two sons Aditya Chopra and Uday Chopra, born in 1971 and 1973, respectively. Aditya Chopra is also a film director and

producer and holds the position of chairman and managing director of Yash Raj Films, while Uday is an assistant director turned actor who made his acting debut in 2000 in his brother's directorial, *Mohabbatein*. He is currently the Director – Yash Raj Films, CEO – YRF Entertainment.













On 13 October 2012, Chopra was diagnosed with dengue fever and was admitted to Lilavati Hospital in Bandra, Mumbai. On 21 October, Yash Chopra succumbed to death following multiple organ failure. He was 80 years of age. List of his films are: *Terey Rang Neyarey*, *Daagh*, *Kabhi Kabhi*, *Doosra Admi*, *Noori*, *Kala Patthar*, *Nakhuda*, *Silsila*, *Sawaal*, *Mashaal*, *Fasley*, *Vijey*, *Chandni*, *Lamhey*, *Aiena*, *Darr*, *Ye Dillagi*, *Dil Waley Dulhaniya*, *Ley Jaienge*, *Dil To Pagal Hai*, *Mohabbaten*, *Meray Yaar Ki Shadi Hai*, *Let's Be Friend*, *Ham Tum*, *Dhoom*, *Veer Zara*, *Bunty Aur Bubbly*, *Salam Namastey*, *Neil and Nikki*, *Fanaa*, *Kabul Express*, *Dhoom 2*, *Jhoom Brabar Jhoom*, *Let's Go India*, *Bachna Aye Haseeno*, *Roadside Romeo*, *Rab Ney Bana Dee Jori*, *Pyar Impossible*, *Lafangey Parindey*, *Band Baja Baraat*, *Meray Brother Ki Dulhan*, and *Ladies vs Ricky Bhai*.

He also produced and directed some Tv Series: *Doctor Sahab*, *Hamko Ishq Ne Mara*, and *Lift Kara De*,



Binaca Geetmala Annual List (1963)



Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Jo Wada Kiya Wo Nibhana Padega     4.48 - 958 votes	Mohammed Rafi, Lata Mangeshkar	Roshan	Pradeep Kumar, Bina Roy
		Taj Mahal (1963)	Sahir Ludhianvi	Romantic Songs, Filmfare Awards Winner
 2	Dil Ek Mandir Hai, Pyar Ki Jisme Hoti Hai Puja     3.98 - 623 votes	Suman Kalyanpur, Mohammed Rafi	Shankar Jaikishan	Meena Kumari, Rajendra Kumar
		Dil Ek Mandir (1963)	Hasrat Jaipuri	Title Song, Raag Based Songs, Raga - Jogiya
 3	In Hawao Me, In Fizao Me Tujhko Mera Pyar Pukare     4.30 - 1865 votes	Asha Bhosle, Mahendra Kapoor	Ravi	Mala Sinha, Sunil Dutt
		Gumrah (1963)	Sahir Ludhianvi	Romantic Songs
 4	Chalo Ek Bar Phir Se, Ajnabi Ban Jaye Ham Dono     4.45 - 1327 votes	Mahendra Kapoor	Ravi	Sunil Dutt, Mala Sinha, Ashok Kumar
		Gumrah (1963)	Sahir Ludhianvi	Sad Songs, Filmfare Awards Winner, Filmfare Awards Nominee
 5	Aawaj Deke Hame Tum Bulao     4.46 - 854 votes	Lata Mangeshkar, Mohammed Rafi	Shankar Jaikishan	Shammi Kapoor
		Professor (1962)	Hasrat Jaipuri	Sad Songs, Raag Based Songs, Raga - Shivrangani
 6	Hansta Hua Nurani Chehra, Kali Zulfe Rang Sunhera     4.47 - 370 votes	Kamal Barot, Lata Mangeshkar	Laxmikant Pyarelal	Jeevankala, Nalini Chonkar, Geetanjali, Mahipal
		Parasmani (1963)	Farooq Qaisar	Tareef Songs, Dance Songs
 7	Mujhko Apne Gale Lagalo, Ai Mere Hamrahi     4.48 - 244 votes	Mubarak Begum, Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, Jamuna
		Hamrahi (1963)	Hasrat Jaipuri	Tareef Songs, Romantic Songs
 8	Zindagi Kitni Khubsurat Hai     4.25 - 104 votes	Hemant Kumar	Hemant Kumar	Biswajeet, Asha Parekh
		Bin Badal Barsaat (1963)	Shakeel Badayuni	Romantic Songs
 9	Aaj Chhedo Mohabbat Ki Shehnaiya     4.30 - 53 votes	Lata Mangeshkar	Naushad	Kumkum
		Son Of India (1962)	Shakeel Badayuni	Sad Songs
 10	O Janewale Ho Sake Toh Laut Ke Aana     4.39 - 425 votes	Mukesh	Sachin Dev Burman	Nutan
		Bandini (1963)	Shailendra	All Time Great, Philosophical Songs, Sad Songs, Raag Based Songs, Raga - Charukeshi

Binaca Geetmala Annual List (1963)

HYDRA continues demolition drive in Hyderabad

Hyderabad: Continuing the demolition drive, the Hyderabad Disaster Response and Asset Protection Agency (HYDRA) on Monday razed alleged unauthorised structures at a park in the Madhapur area.

HYDRA officials razed illegal structures of a sports academy at Kavuri Hills Park in Madhapur, the information technology cluster.

Kavuri Hills Association had lodged a complaint against the sports academy and acting on the complaint, HYDRA pulled down the structures. After completing the demolition, the officials put up the Kavuri Hills Park board.

The management of the sports academy claimed that the Kavuri Hills Association had given the place on lease to them for 25 years. It alleged that even before the completion of the lease period they were unfairly evicted.

HYDRA Commissioner A.V. Ranganath, however, said the demolition drive in Hyderabad was carried out as per the court order.

The recently created body carried out the demolition of unlawful constructions for a second consecutive day. On Sunday, it pulled down 16

sheds constructed for commercial operations within the Full Tank Level (FTL) and buffer zone of Kukatpally Lake/Nalla Cheruvu.

The agency had also demolished structures illegally built on government lands at Kistareddypet and Patelguda of Ameenpur Mandal in Sangareddy district.

According to officials, the action was aimed at restoring and protecting the integrity of water bodies and government lands.

The HYDRA demolition drive at Kukatpally, Hyderabad, reclaimed four acres of the lake. The total area of the lake is 27 acres but about seven acres in FTL and buffer zone were encroached. The officials claimed that the structures used for residential purposes were not demolished.

In Kistareddypet, encroachments were removed from government land. Three RCC structures



used for commercial operations were demolished to reclaim one acre.

At Patelguda in the same mandal, encroachments were removed from government land. A total of 25 RCC structures were pulled down to reclaim three acres.

The demolition drive was carried out with the participation of officials from the Revenue Department, Irrigation Department, and Town Planning Department, alongside the HYDRA team.

AIMIM may expand into rural areas of Telangana

Hyderabad: Hyderabad MP Asaduddin Owaisi-led All India Majlis-e-Ittehadul Muslimeen (AIMIM) is likely to contest elections in rural areas of Telangana.

According to a report published in TOI, the party may participate in the rural areas of the state in the upcoming panchayat elections.

AIMIM has never contested panchayat polls in Telangana. So far, the party has never contested in the panchayat polls in the state.

However, during past panchayat elections, it has extended support to candidates from various parties to ensure that Muslim votes are not divided.

The report quoted sources saying that AIMIM may contest from Karimnagar, Nizamabad, Sangareddy, Vikarabad, Adilabad, Nirmal, Khammam, and other areas in Telangana.

Also Read: Police announce timings for restaurants in Hyderabad
Party's representatives in the state
In Telangana, the party has seven MLAs, two MLCs, and 44 GHMC corporators.



The party also has a presence in the legislative assemblies of other states.

In the Bihar legislative assembly, it has one member, whereas in the Maharashtra legislative assembly, it has two members.

It remains to be seen whether AIMIM will expand into rural Telangana in the upcoming panchayat polls.

Indian Delegates on Educational Tour to Malaysia



A team of Indian Delegates were on a short term visit to Asia Pacific University, Kuala Lumpur, Malaysia. The team comprising of educationists running high schools and colleges where in Malaysia from 06.09.2024 to 09.09.2024. The Asia Pacific University of Technology and Innovation also known as A.P.U has Five Star Excellent Rating and is a proud recipient of Prime Minister's Award, Malaysia. The Indian Delegates were welcomed by the Regional Manager Asia Unit Mr. Raja Fariz Raja Eyuddin, Ministry of Higher Education, Malaysia and officials of APU. All the Delegates were introduced and the agenda behind the meeting was discussed. On an interaction with the CEO of Infinity Education Group Mr. Prashant Bala, an early Indian descendent running an educational consultancy told Mr. Ahmed Idrees

Shareef that they are already enrolling students from India into Malaysian Universities. The Students Ambassador from various countries took the delegate around the University for Practical Exposure. The APU is having an international level infrastructure meeting all the possible global needs. Around Fourteen thousand students are already on roll as per Mr. Saad Naseem, Assistant Manager, APU. A presentation was made in a meeting room where the courses and international recognition to APU was presented. The delegation headed by Dr. Ashham Arqum of Arna Institutions had a questioner where the relevant feedback was made. The lunch Session was joined by the Vice Chancellor, Prof Ho Chin Kaun and was felicitated in Indian tradition later. The potential summation of the meeting can be relayed as the visit granted a global

exposure as students from different countries and culture were seen at the University. The University is having Auditoriums, Classrooms and above all there are more than fifty labs for enhancing skills. Labs for courses in Fintech (Trading in Stocks and Securities), Networking, Animation, Design, Engineering, Psychology, Language, Cyber Crime etc are beyond the expectations. Students from India might get a latest learning curriculum in these universities. In conclusion Mr. Raja Fariz Raja Eyuddin, Manager, Ministry of Higher Education, Malaysia has said that they are not having any entrance eligibility test like IELTS, GRE, TOFEL etc to come to Malaysia. Students can directly apply to Malaysian Universities without any hurdles as the university itself process the VISA for international students. For more

quires email askeduint@gmail.com. In Photo From left to right : -Muhammad Ali Senior Manager, Asia Pacific University-Malaysia, Raja Fariz Ministry of Higher Education, Malaysia, Mr Masloddin Director Madinah Mission High School, Mr Ahmed Aleemuddin Correspondent Mars High School, Dr Ashham Arqum Correspondent Arna Institutions, Prof Ho Chin Kuan, Vice Chancellor - Asia Pacific University of Technology & Innovation - APU Malaysia, Mr Ahmed Idrees Shareef Correspondent Brilliant Mission High School, Architect Syed Ahmed Ali Director Jasarath Mission High School, Mr Mohd Ahmed Hussain Chairman Gyan Junior and Degree College, Mr Mohammed Mastan Director St. Sulaiman High School, Mr Prashant Bala CEO Infinity Education Group Malaysia and Mr. Saad Naseem Assistant Manager, Asia Pacific University.

Free medicine for financially backward widows-Zia Khan

By-Mir Mohsin Ali

Hyderabad I had the privilege of attending the opening ceremony of MED HOPE Pharmacy Pvt Ltd, located in Edi Bazar, Hyderabad. The pharmacy was jointly inaugurated by AIMIM Mirza Saleem Baig and Ali Shareef Azam, who extended their congratulations to the Managing Director, Zia Khan. In his media address, Zia Khan emphasized the unique aspect of the pharmacy being managed by his daughter, Uroosa Khan, a registered pharmacist. He also highlighted the availability of a wide range of medicines, lab facilities with 3500 testing options, and an inaugural discount of up to 20%. Furthermore, the pharmacy offers expert doctor consultations and has initiated a program to provide free medicines to financially backward widows. Mohammed Rafeeq, a microbiologist, provided an overview of the lab facilities. The ceremony was attended by several distinguished guests, including Dr. Mohammed Saad and Noman, who congratulated Zia Khan and Mohammed Rafeeq.



Mr. Mishra, former teacher of St. Mark's Boys Town, is recovering



We (James Sir, Krishna Murthy Sir, Quadri Sir, Zaheer Bhai, Yaseen & Arif) had visited Mishra Sir and spent more than an hour, Sir had undergone brain surgery as there was a clot in brain...he is presently getting post surgery treatment at JIVA Rehabilitation centre @ Khajaguda. He is in good conscious but taking time to recover



Telangana State Congress Party Irrigation, Civil Supplies Minister Captain Nalamada Uttam Kumar Reddy's father Nalamada Purushottam Reddy's physical injury, Ex Minister Harish Rao and BRS party MLAs Sabita Indra Reddy, Padi Kaushik Reddy, Dr. Sanjay, Vivek, Rajyasabha MP Vaddiraju Ravichandra garu and BRS senior leader Dr. Errolla Srinivasu garu, Vijay Kumar



Nawab Mir Hamid Ali Khan, Fareed Uddin Sabiri (Hyderabad House Schaumburg Chicago)

HYDRAA OFFICERS FEAR KARMA

In a city where demolition drives have become a daily routine with HYDRAA making waves, the Revanth Reddy government, in its all-new bid to clear encroachments on lakes and nalas, has granted the agency legal sanctity and special powers, somewhat like giving the entity a "superhero licence". As part of this, the government has sanctioned 169 posts for HYDRAA, ranging from additional commissioners to a mini-army of constables, fire officers and engineers. On paper, it looks like HYDRAA is all set to rock. But the real drama is happening behind the scenes. It seems that while the public has been busy watching bulldozers plow

through homes, lakes and dreams, some government officials are making their own daring escape plans. Rumour has it that a deputation to HYDRAA is now a fate worse than being buried under one of those soon-to-be-demolished illegal constructions. Whispers in the corridors of power say that HYDRAA-bound officials are running to everyone with clout — from the Chief Minister to Congress MLAs — pleading not to be dispatched to the ever-controversial agency. Apparently, it's not the dust and debris they're afraid of, but the mounting pressure, public ire and viral videos featuring heartbroken home-

owners cursing the demolition squads with divine retribution. Some officials headed for HYDRAA are terrified that they might face divine justice after being cursed by middle-class and poor families whose homes have to be torn down. One insider claimed, "When you have a dozen people crying on camera, saying that God will punish you and your family, it kind of gets to you." For those hoping to spend their tenure filing paperwork or sipping tea in quiet government offices, HYDRAA seems more like an unwanted reality TV show assignment—with a starring role as Public Enemy No. 1.



garu, Rangineni Abhilash Rao garu laid garland to their dead bodies and expressed their deepest condolences to their family.

Mayor meets Yogi, shares GHMC drives

EXPRESS NEWS SERVICE
@ Hyderabad

HYDERABAD Mayor Gadwal Vijayalaxmi along with 40 GHMC corporators met Uttar Pradesh Chief Minister Yogi Adityanath in Lucknow on Monday.

Sources said 45 corporators are on a study tour to Indore and Lucknow Municipal Corporations to study best practices being implemented in those cities.

While interacting with the UP CM, the mayor spoke about different programmes being implemented by GHMC, including sanitation, urban biodiversity, greenery, CRMP, SNDP and SRDP.

The Lucknow Municipal Commissioner also highlighted the programmes implemented in Lucknow through a Power-Point presentation.

Earlier, the corporators visited the Lucknow Smart City office and inspected the activities conducted in three command centres.

They observed that door-to-door garbage collection was being undertaken by battery-powered autorickshaws and the movement of the three-wheelers was monitored from the system control room so that they could go on the scheduled routes, as per the scheduled time in each colony.

If the three-wheelers do not move, the command control



Mayor Gadwal Vijayalaxmi and corporators with Yogi Adityanath in Lucknow

centre sends the relevant supervisor there and alerts them through a walkie-talkie. It has been observed that people collect garbage in autorickshaws

from door-to-door instead of throwing it on the roads and the agency concerned is educating the citizens to segregate wet and dry garbage.

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ

گل بو کی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

نیک و بد

53

اُردو حکایت:

اک عقلمند سے لوگوں نے پوچھا نیک کون ہے؟ اور بد کون ہے؟ اُس نے جواب دیا نیک وہ ہے جس نے کھایا اور بویا (یعنی بخشش و سخاوت کی) اور بد وہ ہے جو مر گیا اور چھوڑ گیا۔

فارسی شعر:

مکن نماز براں ہیچ کس کہ ہیچ نہ کرد
کہ عمر در سر تحصیل مال کرد و نخورد

حاصل کلام:

کسی ایسے جنازہ کی نماز نہ پڑھ کہ جس نے کچھ نہ کیا، جس نے مال جمع کرنے میں عمر ختم کر دی اور کچھ نہ کھایا۔

منظوم ترجمہ:

وہی خوش بخت ہے، کھایا ہے جو، اور کھا کے بویا ہے
ہے وہ بد بخت، اپنے بعد جو دولت کو چھوڑا ہے
نہ شرکت کر، نہ پڑھ، تو بھی نماز ایسے جنازے کی
کہ جس نے عمر بھر دولت کما کر کچھ نہ کھایا ہے



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

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

کچھ نہ سمجھے خدا کرے کوئی

ولی الدین

ایک پیسے کا چندہ نہیں دیتے۔ آپ نے دیکھا یا سنا کہ نواز شریف بلاول بھٹو، زرداری اور ان کی پارٹیوں کے لوگوں نے سیلاب سے لے کر کرونا تک کسی بھی مہم میں چندہ دیا ہو ویسے ہی صدر ٹرمپ کا حال ہے۔ ویسے بھی آج کل جدھر بھی نظر ڈالیں کوئی مسئلہ نفرت اور جنگ سے حل نہیں ہوا اور نہ ہی ہو رہا ہے کالے گوروں کے مسائل سے لیکر کشمیر، فلسطین، عراق ہر جگہ وہی سلسلہ ہے اب وہ محاورہ بھی بدل دیں ”جس کی لاٹھی اس کی بھینس نہیں بلکہ پورا کھیت“ یا یوں کہیں ”کس کروٹ اونٹ بیٹھے گا یا نہیں بلکہ کس کروٹ کرونا بیٹھے گا“

دنیا کے حالات بدل رہے ہیں کتنے اس کی بھینٹ چڑھ چکے اور کتنے لوگوں کا روزگار ختم ہو گیا۔۔۔۔۔

اب شہر میں ایسے جینا ہے سانس بھی ان سے پوچھ کے لینا ہے

اپنی صحت کا خیال رکھیں زندگی رہی تو پھر بات ہوگی۔

ان شاء اللہ

❖❖❖

سفید فام ایک دوسرے کے آمنے سامنے ہیں اور صدر خود بھی جانبداری کا مظاہرہ کر رہا ہے بالکل ایسے ہی جیسا وہ امریکن رپورٹر تھا امریکہ میں تمام نیوز چینلز پر روزانہ



صدر کے رویے کے بارے میں تنقید ہوتی رہتی ہے مگر اس پر صدر ٹرمپ اور اس کے چاہنے والوں پر اس کا کچھ اثر نہیں ہوتا کسی جگہ بھی صدر ٹرمپ نے اپنی لیڈرشپ کا رول ادا نہیں کیا ہے وہ بیچارا تو مقابلہ حسن کراتا تھا فارن پالیسی اور عام آدمی کی زندگی کے بارے میں وہ کیا جانے جیسے پاکستان میں بھی وہاں کے رئیس زادے لیڈر جو کسی بھی مصیبت میں امداد کیلئے

پروفیشن کے مطابق دیکھ بھال کی جب اس کے گھر والے جو دوسرے اسٹیٹ سے اس کو لینے اسپتال آئے تب تک اس امریکن رپورٹر کا رویہ کالے لوگوں اور امیگرینٹ کے

بارے میں بالکل تبدیل ہو گیا تھا اس احساس کے ساتھ کے جن لوگوں سے وہ بغیر سوچے سمجھے نفرت کرتا رہا وہ لوگ تو اس کے لئے رحمت کافرشتہ ثابت

ہوئے ہیں اس کا خلوص و محبت سے علاج کیا اور ایک فیملی ممبر کی طرح اس سے بات چیت بھی کرتے رہے بعد میں اس رپورٹر نے کالم بھی لکھا کہ دنیا بھر میں مختلف رنگ و نسل کے لوگ کتنی محنت سے زندگی گزارتے ہیں اور امریکی معیشت میں اہم کردار بھی ادا کرتے ہیں ان کے بغیر آپ کسی بھی کام کو مکمل کرنے کا تصور بھی نہیں کر سکتے آج امریکہ میں جس طرح سیاہ فام اور

ایک واقعہ یاد آ رہا ہے کسی نے ذکر کیا تھا کہ ایک گورے جرنلسٹ (رپورٹر) جو کہ غیر ملکیوں (خاص طور پر کالے اور براؤن لوگوں) سے کافی نفرت کرتا تھا ایک دن آفس جاتے وقت اس کی گاڑی خراب ہو گئی تو اس نے جلدی میں گاڑی سے باہر نکلنے کی کوشش کی تو اچانک ایک اور گاڑی اس کو ٹکر مارتے ہوئے تیزی سے آگے نکل گئی اس کو ہلکا سا ہوش تھا اتنے میں کسی نے ایمبولینس بلوائی تھی اس میں دو پیرا میڈیکل تھے ایک کالا اور دوسرا میکسکو کا تھا۔ انھوں نے اس کو AID FIRST دی اور ہسپتال کے ایمرجنسی وارڈ میں لے گئے وہاں جس نرس نے اس کی دیکھ بھال کی وہ فلپائن کی تھی ڈاکٹروں نے اس کو دیکھا وہ پاکستان اور انڈیا کے تھے پھر اس کے ایکسرے اور لیبارٹری ٹیسٹ کرنے والے لوگ نائیجیریا اور بنگلہ دیش کے تھے غرض یہ کہ اسے اسپتال میں نرسوں، ڈاکٹروں اور ٹیکنیشن سب باہر سے آئے ہوئے امیگرینٹ اور کالے یا براؤن لوگوں سے واسطہ پڑا ان سب لوگوں نے اپنے اپنے

اردو زبان ہمارا اثاثہ، نئی نسل میں منتقل کرنا ہماری ذمہ داری

کے علاوہ دیگر ممالک کے رسالوں میں شائع ہوتے رہتے ہیں اور محمد یسین بائیل اپنی نثر اور نظم کے ذریعہ مصروف ہیں۔ ڈاکٹر فاروق شکیل نے اردو کے مذکورہ معروف قلم کاروں کی ستائش کی۔ جناب محمد قیصر نے عام ادباء اور شعراء کو تہنیت پیش کی۔ میر لیاقت علی ہاشمی نے کارروائی چائی اور شکر یہ ادا کیا۔

کئے۔ اور جامع تعارف پیش کیا۔ جناب عبدالرحمن سلیم نے امریکہ میں اردو تحریکوں پر روشنی ڈالی۔ کرنا ضروری ہے۔ جناب محمد



انہوں نے کہا کہ زبان اردو ہمارا قیصر نے کہا کہ میر الزماں منیر اثاثہ ہے اسے نئی نسلوں میں منتقل اپنی شاعری کے ذریعہ ہندوستان

یاران ادب کے زیر اہتمام امریکہ سے آئے ادبی شخصیتوں کے اعزاز میں جناب محمد قیصر صدر تنظیم، ہم ہندوستان کی زیر نگرانی ایک اجلاس منعقد ہوا۔ جناب عبدالرحمن سلیم، جناب منیر الزماں منیر، جناب محمد یسین بائیل اور جناب محمد فاروق شکیل نے مہمانان خصوصی کی حیثیت سے شرکت کی۔ جناب تقی الدین اکرم نے افتتاحی کلمات ہوا

نئے سال کی آمد اور اس کا پیغام

اور ذلت ہے اسی وجہ سے ہمراہ راست گم کر بیٹھے ہیں، اپنی شناخت اور پہچان بھول کر غیر مسلموں کی پیروی کر رہے ہیں۔ نئے سال کو منانے کے رنگ ڈھنگ آتش بازی، ہلہ گلہ، پارٹیاں، مبارکبادیں یہ سب یورپی اقدار ہیں جن کی بنیاد لادینیت، نفس پرستی اور عاقبت ناندیشی ہے۔ اسلامی تعلیمات میں ان کی کوئی گنجائش نہیں ہے آج خدا فراموشی کے عالم میں ہمیں اپنے نفع و نقصان کا بھی احساس نہیں رہا۔ ملٹی نیشنل کمپنیاں صرف مالی فوائد حاصل کرنے کے لیے پی پی نیو ایئر اور ویلنٹائن ڈے جیسی خرافات کو رواج دے رہی ہیں، انہیں روکنے کی بجائے بیرونی سرمایہ کاری حاصل کرنے کے لیے اخلاقی دیوالیہ پن کی طرف جارہے ہیں۔

آج صورتحال یہ ہے کہ ہم اپنے دین کو چھوڑ کر نام نہاد ترقی کے حصول کے لیے غیر مسلموں کی پیروی کر رہے ہیں، مادہ پرستی کے اس دور میں پیسے کو اپنی منزل بنا کر اخلاقی اقدار کو پس پشت ڈال دیا ہے، اگر انہیں پسند نہیں بھی کرتے تو ٹھنڈے دل سے برداشت کیے چلے جا رہے ہیں، نتیجے میں برائی رفتہ رفتہ معاشرے میں جڑ پکڑتی جا رہی ہے، آج یورپ اور امریکا کی ترقی نے ہماری آنکھوں پر پٹی باندھ دی ہے، یہ سوچے سمجھے بغیر کہ وہ صحیح کر رہے ہیں یا غلط ہم اندھا دھندان کے پیچھے بھاگتے چلے جا رہے ہیں، کئی لوگوں نے تو دنیا کے ساتھ چلنے کو اپنا دین ایمان بنا رکھا ہے نبی کریم صلی اللہ علیہ وسلم نے غیر اقوام کی مشابہت سے منع فرمایا ہے انکی تعلیمات کو فراموش کر دینا آج ہمارے لیے باعث شرم

بجائے اپنے انجام کی فکر کرنا، عاقبت اندیشی سے کام لینا ہی وقت کا اہم تقاضا ہے، اپنے مال، اپنی صلاحیتوں کو صحیح جگہ لگانا دانش مندی ہے، نئے سال کی آمد پر یورپ میں خاص اہتمام کیا جاتا ہے ایک دوسرے کو مبارکباد دینے کے ساتھ تقاریب کا اہتمام عام ہے یورپ کی تقلید میں ہمارے ہاں بھی یہ رواج آ گیا ہے ایک دوسرے کو مبارکباد دینے کے ساتھ تقاریب کا اہتمام بھی ہوتا ہے۔ دوست احباب کو مدعو کر کے ان کے ہمراہ نئے سال کو خاص طور پر خوش آمدید کہنا غیر اسلامی طرز عمل ہے، کیا اسلام اس بات کی اجازت دیتا ہے؟ کہ بے مقصد تقاریب میں اپنی محنت کی کمائی لٹائیں، اسراف اور دکھاوا کریں خدائی احکام کی خلاف ورزی کریں، پھر جبکہ یہ کام غیر مسلم کرتے ہیں۔

سال 2023 کا اختتام ہونے کے ساتھ نئے سال کی آمد ہے گزشتہ سال اپنے ساتھ بہت سی خوشیاں، بہت سے غم لے کر رخصت ہو رہا ہے۔ بہت سے نئے مسائل اور نئی آزمائشیں ہمارے لیے چھوڑ کر جا رہا ہے، نیا سال نئی امیدیں نئے امکانات لئے طلوع ہونے کو ہے ہم نے پچھلے سال کیا کھویا کیا پایا اور اب کیا کرنا ہے اسی سوچ اور نئے عزم و امید کے ساتھ نئے سال کا آغاز کرنے والے ہیں، یہی زندگی کا سلسلہ ہے جو شروع سے جاری ساری ہے۔

قرآن مجید اس سلسلے میں یہ رہنمائی دیتا ہے کہ تم میں سے ہر شخص دیکھے کہ اس نے آئندہ کے لئے کیا سامان کیا ہے؟ یعنی آخرت کو پیش نظر رکھنا ہی بالغ نظری اور عقل مندی کی بنیاد ہے، کھیل تماشوں میں پڑنے کی

تمام امراض سے افاقہ کے لئے

يَا أَيُّهَا النَّاسُ قَدْ جَاءَ تَكْمٌ مَّوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ ۚ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾ (پارہ ۱۱، سورہ یونس، آیت ۵۷)

فضیلت: تمام امراض سے افاقہ کے لئے اس آیت کو روزانہ پڑھیں، اور اس کے بعد سورہ فاتحہ اور درود شریف پڑھیں۔

اور پانی پر دم کر کے مریض کو پلائیں تو ان شاء اللہ مریض شفا یاب ہو جائے گا۔

کینسر کے علاج کے لئے آیت

فَاسْتَجِبْنَا لَهُ ۚ وَنَجَّيْنَاهُ مِنَ الْغَمِّ ۗ وَكَذَلِكَ نُصَيِّحُ الْمُؤْمِنِينَ ﴿٨٨﴾ (پارہ ۱۷، سورہ الانبیاء، آیت ۸۸)

فضیلت: اگر کوئی مریض کینسر کی بیماری میں مبتلا ہو تو اس کو چاہئے کہ اس آیت کو روزانہ پڑھے

اس سے پہلے تین دفعہ درود شریف پڑھ کر پانی پر دم کر کے مریض کو پلاتا جائے، ان شاء اللہ مریض کو افاقہ ہو جائے گا۔

کینسر کے علاج کے لئے یہ آیت

وَتَوَكَّلْ عَلَى اللَّهِ ۗ وَكَفَى بِاللَّهِ وَكِيلًا ﴿٣﴾ (پارہ ۲۲، سورہ الاحزاب، آیت ۳)

فضیلت: اگر کوئی کینسر کا مریض مختلف اقسام میں مبتلا ہے تو اس کو چاہے یہ آیت زیادہ سے زیادہ پڑھے

اس سے پہلے اول آخر درود شریف پڑھے اور پانی پر دم کر کے اس کینسر کے مریض کو پلائے، ان شاء اللہ مریض کو کینسر سے نجات مل جائیگی۔

جن بھوت سے حفاظت کے لئے ایک مرتبہ پڑھو

آیۃ الکرسی مکمل پڑھ کر پھر یہ پڑھیں،

حَمْدٌ ۙ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ ﴿١﴾

غَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ۙ ذِي الطَّلُوعِ ۙ لَا إِلَهَ إِلَّا هُوَ ۙ إِلَهِهِ الْمَصِيرُ ﴿٢﴾ (ترمذی شریف)

فضیلت: جن لوگوں پر جن بھوت آسیب کا اثر ہو تو یہ آیت مکمل پڑھ کر یہ دعا پڑھ کر مریض کو پھونکے اور پانی پر دم کر کے پلاتے جائیں

ان شاء اللہ آسیب جن بھوت سے نجات حاصل ہو جائے گی۔

شہادت کی موت کے لئے ستر ہزار فرشتوں کی دعا

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۙ عِلْمُ الْغَيْبِ وَالشَّهَادَةِ ۙ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۙ الْمَلِكُ الْقُدُّوسُ

السَّلَامُ الْمُؤْمِنُ الْمُهَيَّبُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۙ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ

الْحُسْنَى ۙ يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ ۙ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

فضیلت: اگر کسی کو شہادت کی موت پانا ہو تو یہ دعا روزانہ ضرور پڑھے، ان شاء اللہ تعالیٰ شہادت کی موت نصیب ہوگی۔

نماز کا ترجمہ

اللہ علیہ وآلہ وسلم اور انکی آل پر برکت نازل فرمائے۔ جیسے کہ آپ نے برکت نازل فرمائی حضرت ابراہیم علیہ السلام و انکی آل پر۔ بے شک تو تعریف کے لائق بزرگی والا ہے

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اب میں نے دُعا پڑھی

اے اللہ مجھے اور میری اولاد کو نماز قائم کرنا والا بنائے۔ اے ہمارے رب ہماری دعا قبول فرمائے۔ اے ہمارے رب مجھے اور میرے والدین اور تمام مومنین کو اس دن بخش دیجئے، جس دن حساب قائم ہوگا۔

اے ہمارے رب ہمیں دنیا اور آخرت میں اچھی زندگی عطا کیجئے اور ہمیں آگ کے عذاب سے بچائیے۔

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اسکے بعد دونوں کندھوں پر موجود فرشتوں کو سلام کیا۔

نماز کا یہ ترجمہ اپنے جاننے والے تمام افراد کو بھیجئے۔ تاکہ سب لوگ سمجھ کر نماز ادا کر سکیں۔ یقیناً جائیے ایک وقت آئیگا آپ اس صدقہ جاریہ پر فخر کریں گے۔

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رب تمام تعریفیں آپ کے لئے ہی ہیں، اسکے بعد اللہ اکبر (اللہ سب سے بڑا ہے) پڑھ کر سجدہ میں چلا گیا۔ اور سجدہ میں یہ تین تسبیحات پڑھیں پاک ہے میرا رب بڑی شان والا پاک ہے میرا رب بڑی شان والا پاک ہے میرا رب بڑی شان والا

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اب دوسری رکعت بھی اسی طرح ادا کرنے بعد دوسرے سجدے کے بعد تشهد میں بیٹھ گیا، اور اب یہ پڑھا

تمام قولی اور بدنی عبادتیں صرف اللہ کے لئے ہیں۔ اے نبی آپ پر سلام ہو اور اللہ کی رحمت اور برکت ہو۔ سلام ہو ہم پر اور اللہ کے نیک بندوں پر۔ میں گواہی دیتا ہوں اللہ کے سوا کوئی بھی عبادت کے لائق نہیں ہے۔ اور میں گواہی دیتا ہوں کہ محمد صلی اللہ علیہ وآلہ وسلم اللہ کے بندے اور رسول ہیں

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اسکے بعد درود شریف پڑھا اے اللہ محمد صلی اللہ علیہ وآلہ وسلم اور انکی آل پر درود بھیجئے، جیسے کہ آپ نے رحمت بھیجی حضرت ابراہیم علیہ السلام و انکی آل پر، بے شک تو تعریف کے لائق بزرگی والا ہے، اے اللہ محمد صلی

تمام تعریفیں یا اللہ آپ کے لئے جو تمام جہانوں کے پالنے والے ہیں، نہایت ہی مہربان اور نہایت ہی رحم کرنے والے ہیں، قیامت کے دن کے مالک ہیں ہم آپ کی ہی عبادت کرتے ہیں اور آپ سے ہی مدد مانگتے ہیں، ہمیں سیدھا راستہ دکھائیے، ان لوگوں کا راستہ جن پر آپ نے انعام کیا، نہ ان لوگوں کا جن پر آپ غصہ ہوئے اور نہ گمراہوں کا

❖

اسکے بعد سورہ اخلاص پڑھی کہہ دو کہ وہ اللہ ایک ہے، اللہ بے نیاز ہے، نہ اسکی کوئی اولاد ہے اور نہ وہ کسی کی اولاد ہے، اور نہ ہی کوئی اسکی برابری کرنے والا ہے۔

❖

اس کے بعد اللہ اکبر (اللہ سب سے بڑا ہے) کہ کر رکوع میں چلا گیا، رکوع میں تین بار یہ تسبیح پڑھی، پاک ہے میرا رب بڑی عظمت والا، پاک ہے میرا رب بڑی عظمت والا، پاک ہے میرا رب بڑی عظمت والا۔

❖

اسکے بعد یہ پڑھتے ہوئے کھڑا ہوا سن لی اللہ نے جس نے اسکی تعریف کی کھڑے ہو کر پڑھا، اے ہمارے

کچھ دن سے دل میں ایک خیال پیدا ہو رہا تھا۔ دل چاہ رہا تھا ایک بار دو رکعت نماز ترجمے کے ساتھ ادا کروں، تاکہ مجھے معلوم ہو سکے آج تک جو نماز ادا کرتا رہا ہوں اسکا مطلب کیا ہے:

❖

اپنے ارادہ کو حقیقت بنانے کے لئے وضو کر کے جائے نماز بچھائی اور پہلے تعوذ اور تسمیہ پڑھی:

❖

میں پناہ مانگتا ہوں اللہ کی شیطان مردود سے۔ شروع کرتا ہوں اللہ کے نام کے ساتھ جو نہایت مہربان اور رحم والا ہے

❖

اسکے بعد دو رکعت نفل نماز کی نیت کی اور ہاتھ کانوں تک اٹھائے اور کہا اللہ سب سے بڑا ہے

❖

اس کے بعد ثنا پڑھی اے اللہ تو پاک ہے اور تمام تعریفیں تیرے لئے ہیں اور تیرا نام برکت والا ہے اور تیری شان بہت بلند ہے اور تیرے سوا کوئی عبادت کے لائق نہیں ہے

❖

اسکے بعد سورہ فاتحہ یوں پڑھی

دائیں صحت کے لیے کستنی فائدہ مند ہوتی ہیں؟

دال میں، پاخانے کے عمل میں بہتری لاتا ہے اور آنتوں کی باقاعدہ حرکت کو فروغ دیتا ہے۔ دالوں کا استعمال قبض کو روکتا ہے اور بڑی آنت کی صحت کو بہتر بناتا ہے۔

6 جسم میں توانائی کی سطح کو بڑھاتا ہے دال کمپلکس کاربوہائیڈریٹ سے بھرپور ہوتی ہیں جو پائیدار توانائی کا ایک اہم ذریعہ ہیں۔ سادہ کاربوہائیڈریٹس کے برعکس دال میں موجود کمپلکس کاربوہائیڈریٹ آہستہ آہستہ ٹوٹ جاتے ہیں جس کی وجہ سے خون میں گلوکوز کا مستقل اخراج ہوتا ہے۔ یہ نہ کہ صرف توانائی کی سطح کو برقرار رکھنے میں مدد فراہم کرتا ہے بلکہ دماغی اور جسمانی طاقت کو بھی بڑھاتی ہے۔ دال وٹامنز سے بھی بھرپور ہوتی ہے جس میں فولیٹ اور نیاسین کی مقدار پائی جو توانائی کے بڑھانے اور تھکاوٹ کو کم کرنے میں اہم کردار ادا کرتے ہیں۔

7 وزن کو کم کرتی ہے

دال میں کیلوریز کی مقدار نسبتاً کم جبکہ پروٹینز اور فائبر کی مقدار زیادہ ہوتی ہے اس وجہ سے اسے وزن کی صورت حال کو قابو میں رکھنے کے لیے مدد ملتی ہے۔ دال میں موجود فائبر آپ کو زیادہ دیر تک بھوک نہ محسوس کرنے میں مدد کرتا ہے۔ دال کا استعمال مجموعی کیلوریز کی مقدار کو کم کرتا ہے اور زیادہ کھانے کو روکتا ہے۔ سرخ دال خاص طور پر وزن میں کمی کے لیے کارگر ثابت ہوتی ہے۔



کھانے میں شامل کرنے سے وزن کو کنٹرول کرنے اور مینا بولک سنڈروم کے خطرے کو کم کرنے میں بھی مدد مل سکتی ہے۔

4 آرن سے بھرپور

آرن خون کے سرخ خلیوں میں



ہیموگلوبن کی پیداوار کے لیے ایک اہم جزو سمجھا جاتا ہے۔ ہیموگلوبن ایک ایسا مادہ ہوتا ہے جو پورے جسم میں آکسیجن پہنچاتا ہے۔ مسور کی دال خاص طور پر نان ہیم آرن سے بھرپور ہوتی ہے جو آرن کی کمی کے خطرے سے دوچار افراد، جیسے حاملہ خواتین، حیض والی خواتین اور سبزی خوروں کے لیے بہترین انتخاب بناتی ہے۔ ٹماٹر، لیموں یا پھلوں کی طرح کے وٹامن سی سے بھرپور غذاؤں کے ساتھ دال کا استعمال آرن کے جذب ہونے کو بڑھاتا جس کی مدد سے خون کی کمی کو پورا کرنے اور توانائی کی مجموعی سطح کو بڑھانے میں مدد فراہم ہوتی ہے۔

5 ہاضمے کی صحت کو بہتر بنانا

دال غذائی فائبر کا ایک بہترین ذریعہ ہے جو کہ صحت مند نظام انہضام کو برقرار رکھنے کے لیے بہت ضروری ہے۔ دال میں پایا جانے والا ناقابل حل فائبر جیسے کہ ہری

2 دل کی صحت

دال اپنے اندر موجود فائبر، پوٹاشیم اور فولیٹ کے اعلیٰ مقدار کی وجہ سے دل کی صحت میں اہم کردار ادا کرتی ہے۔ دال مسور خاص طور پر اپنی کم چکنائی اور خراب

کولیسٹرول کو کم کرنے کی صلاحیت کی وجہ سے دل کے لیے بہت فائدہ مند ہے۔ دال میں موجود میگنیشیم خون کی نالیوں کو آرام دینے میں مدد فراہم کرتی ہے اور پورے جسم میں خون کے بہاؤ اور آکسیجن کو بہتر بناتی ہے جس کی وجہ سے ہائی بلڈ پریشر اور دل کی بیماریوں کا خطرہ کم ہوتا ہے۔ دال کا باقاعدہ استعمال دل کی بیماریوں کے خطرے کو 22 فیصد تک کم کر دیتا ہے۔

3 خون اور شوگر کی سطح کو مستحکم رکھنا

کم گلیسیمک انڈیکس کی وجہ سے دال آہستہ آہستہ توانائی خارج کرتی ہے جس کی وجہ سے خون میں شوگر کی سطح مستحکم کرنے میں مدد ملتی ہے۔ دال مونگ میں فائبر کی مقدار زیادہ ہونے کی وجہ سے اس کا استعمال خون میں شوگر کی مقدار کو مستحکم رکھتا ہے۔ اسی وجہ سے ذیابیطیس کے مریضوں کے لیے بیماری کو کنٹرول کرنے کے لیے یہ ایک اہم غذا سمجھی جاتی ہے۔ دال کو اپنے

دال ہزاروں سالوں سے ایک اہم غذائی اجناس ہے جو نہ کہ صرف پکانے میں آسان ہے بلکہ یہ صحت کے لیے فائدہ مند ہے۔ چھوٹی پھلیاں غذائیت سے بھرپور ہوتی ہیں جو انہیں ایک متوازن غذائیت بناتی ہیں۔ دل کی صحت کو فروغ دینے سے لے کر بلڈ پریشر اور شوگر کی سطح کو مستحکم رکھنے تک، مختلف قسم کی دالیں منفرد فوائد کے حامل ہوتی ہیں جو مجموعی طور پر انسانی صحت کو تندرست رکھنے میں اہم کردار ادا کرتی ہے۔ دال کی مختلف اقسام بشمول مسور کی دال، صابت مسور، دال چنا، لوبیا اور سیاہ مونگ سمیت ہر ایک میں مختلف قسم کی خصوصیات پائی جاتی ہیں۔ آئیے جانتے ہیں ایسے سات صحت کے فوائد کے بارے میں جو دال کے استعمال کیے جاسکتے ہیں۔

1 پروٹین اور فائبر سے بھرپور

تقریباً تمام طرح کی دالوں مسور کی دال، صابت مسور، دال چنا، لوبیا اور سیاہ مونگ وغیرہ میں پروٹین اور فائبر کی بڑی مقدار پائی جاتی ہے۔ مثال کے طور پر سرخ دال آسانی سے ہضم ہو جاتی ہے اور اس میں فائبر کی مقدار بھی زیادہ ہوتی ہے جس سے نظام ہاضمہ بہتر ہوتا ہے اور خون میں شوگر کی مقدار بھی متوازن رہتی ہے۔ کالی رنگت کی دالوں میں خاص طور پر اینٹھو سیانین کی مقدار زیادہ ہوتی ہے اور یہ طاقتور اینٹی آکسیڈنٹس انسان کے خلیوں کو نقصان سے بچاتے ہیں۔ دال میں موجود پروٹین پٹھوں کی مرمت اور نشوونما کے لیے بہت اہمیت کے حامل ہوتے ہیں۔

ہیو کی ساگرہ، سرخ گاؤن میں غضب ادا نہیں

بالی وڈ اداکارہ اور سپر اسٹار کرینہ کپور نے 44 ویں ساگرہ کی خوشی میں چند تصاویر جاری کیں جس میں انہیں آف



کی زینت بنادیں۔ کرینہ کپور نے سال 2000 میں فلم 'ریٹو جی' سے بالی وڈ کی دنیا میں قدم رکھا اور اپنے منفرد انداز کیساتھ ہر کردار کو بخوبی نبھا کر بالی وڈ متوالوں کو اپنا دیوانہ بنا لیا۔ اپنے فلمی کیریئر کے 25 سالوں میں کرینہ کپور فنی صلاحیتوں کے ساتھ ساتھ خوبصورتی میں بھی اعلیٰ مقام کو پہنچتی نظر آئیں۔ اب کرینہ کپور نے 'دی بگنگ مرڈرز' کیلئے اپنے

پہلی وچلا شیطان نے کب مجھے برہنہ کیا، ساتی اداکارہ ماضی کو یاد کر کے رو پڑیں

بالی وڈ کو خیر باد کہہ کر حجاب اپنانے والی اداکارہ ثنا خان اپنے ماضی کو یاد کر کے رو پڑیں۔ حال ہی میں ثنا خان روہینہ دلائیک کے پوڈ کاسٹ میں شریک ہوئیں جس دوران وہ بالی وڈ انڈسٹری کے بعد اپنی مسلم شناخت متاثر ہونے کا اعتراف کرتے ہوئے آبدیدہ ہو گئیں۔ دوران پوڈ کاسٹ روہینہ دلائیک نے ثنا خان سے سوال کیا کہ آپ نے کب اور کیوں اپنے مذہب میں واپسی کا راستہ چنا؟ جس کے جواب میں ثنا خان کا کہنا تھا بعض اوقات ہم لوگوں سے باتیں تو بہت اچھی کر لیتے ہیں لیکن اس وقت ہماری باڈی لینگویج اچھی نہیں ہوتی، میری زندگی میں ایک وقت ایسا تھا جب میں خود سے سوال کرنے لگی تھی کہ میں خوش کیوں نہیں ہوں؟ ثنا خان نے اسلام سے متعلق گفتگو کرتے ہوئے کہا کہ 'بہشت عورت مجھے محسوس

آمنہ الیاس کی بولڈ تصاویر نے سوشل میڈیا پر آگ لگا دی، سخت عوامی رد عمل کا سامنا

آمنہ الیاس ایک شاندار اور باصلاحیت پاکستانی ماڈل اور اداکارہ ہیں جنہوں نے مشہور پاکستانی ڈراموں اور فلموں میں بہت سے متاثر کن پرفارمنس دی ہیں۔ انہوں نے اپنے ٹیلی



ویژن کا آغاز اظفر رحمان کے ساتھ ہم ٹی وی ڈرامہ سیریل میں کیا۔ ان کی فلم 'باجی' بھی کافی کامیاب رہی۔ مزید برآں، اداکارہ نے ڈرامہ 'آنکھی' کے تھیٹر ریمیک میں حصہ لیا، جس کو پذیرائی ملی۔ حال ہی میں انہوں نے اپنے فوٹو شوٹ کی خوبصورت تصاویر شیئر کر رہی ہیں۔ باجی اسٹار ایک حالیہ فوٹو شوٹ میں سرخ ساڑھی پہنے ہوئے ہے جس میں جدید اور روایتی عناصر کا

ہانس نے نہد مصطفیٰ پر تشدد کا الزام لگادیا

پاکستان اور بھارت میں بے صبر ہو کر کیا جا رہا ہے۔ ڈراما ڈرامے، کبھی میں کبھی تم کی شوٹنگ کے دوران اداکار فہد مصطفیٰ ساتھی اداکارہ ہانیہ عامر کو دھکا مارتے پکڑے گئے۔ ان دنوں اردو زبان سمجھنے والے افراد ڈراما 'کبھی تم' کے سحر میں مبتلا ہیں اور ہر طرف شرجینا اور مصطفیٰ کے ناموں کا شور ہے۔ ڈراما کی کہانی فرحت اشتیاق نے لکھی جبکہ اس میں فہد مصطفیٰ نے، مصطفیٰ نامی مست ملنگ اور کام چور لڑکے کا کردار نبھایا جبکہ ہانیہ عامر انکی اہلیہ، ہونہار اور محنتی 'شرجینا' کا کردار نبھاتی نظر آرہی ہیں۔ مشرق اور مغرب کا یہ ملاپ ناظرین کے دل جیت چکا ہے اور اس ڈرامے کی ہر قسط کا انتظار پاکستان



اور بھارت میں بے صبر ہو کر کیا جا رہا ہے۔ ڈراما مختلف اتار چڑھاؤ کے بعد اب درمیان میں آپہنچا ہے جہاں شرجینا اور مصطفیٰ چوری کا الزام لگنے کے سبب گھر چھوڑ کر اپنی نئی دنیا بسانے نکل رہے ہیں۔ جہاں ناظرین اس وقت شرجینا اور مصطفیٰ کو اپنے گھر میں آکر رہنے کی آفر دے رہے ہیں وہیں سوشل میڈیا پر شرجینا کے حق میں بھی مداح نکل آئے ہیں جس کی وجہ ایک نئی وائرل ویڈیو بن رہی ہے۔ وائرل ویڈیو میں ہانیہ عامر اور فہد مصطفیٰ رومانوی انداز اپناتے ہوئے رقص کرتے دکھے اور دونوں اس ویڈیو میں مصطفیٰ اور شرجینا کے کردار میں ہی ہیں۔



ولی الدین

سوال

خلوص و محبت کا صلہ ہے کیا مجھ کو پتہ نہیں
جنونِ عشق کی انتہا ہے کیا مجھ کو پتہ نہیں

یہ دل مجھ کو چھوڑ کر چلا بھی گیا
اب رہتا ہے تیرے پاس ہے کیا مجھ کو پتہ نہیں

ایمان کی حرارت میں بھی کمی ہے
امت کو تیری ہوا ہے کیا مجھ کو پتہ نہیں

کیوں اپنوں کا خون بہاتے ہو
تیرا کوئی اور خدا ہے کیا مجھ کو پتہ نہیں

جو دل میں ہے وہی دُعا بھی ہے
وہی اس کے سوا چاہتا ہے کیا مجھ کو پتہ نہیں

❖❖❖

عارف الدین عاجز

غزل

عرق جب اس پری کے چہرہ پر نور سے ٹپکے
نخل ہو گل سے شبنم جوں لبو ناسور سے ٹپکے

مری آنکھوں سے خونیں اشک یوں گرتے ہیں پلکوں پر
لبو سولی کے اوپر جوں سر منصور سے ٹپکے

اگر کیف سخن میرا نہال تاک کو پہنچے
صراحی شاخ بن جاوے شراب انگور سے ٹپکے

اگر اس زلف مشک آمیز سے جہنی میں بال آوے
عجب میں عطر و عنبر کا سہ نغفور سے ٹپکے

کروں فریاد رو رو یار کو جب یاد کر عاجز
دم اسرافیل کا لوہو ہو بانگ صور سے ٹپکے

❖❖❖

نواب نظام الدولہ بہادر

غزل

نہیں تیرے شکار کرتے ہیں
دل ہمارا فگار کرتے ہیں

خوب رو جب سنگار کرتے ہیں
آرسی پر بہار کرتے ہیں

کسی بیداد سوں چمن میں آج
پھول سارے پکار کرتے ہیں

خوش نگاہ اور بر میں سبز لب
سرو کوں شرمسار کرتے ہیں

اہل دل گریہ ندامت سےیں
سیر ابر بہار کرتے ہیں

چشم بد دور دلبراں سارے
اپنے ناصر کوں پیار کرتے ہیں

❖❖❖



ولی محمد ولی

غزل

تجھ لب کی صفت لعل بدخشاں سوں کہوں گا جادو
ہیں ترے نین غزالاں سوں کہوں گا دی باد شہی

حق نے تجھے حسن نگر کیو کشور ایراں میں سلیمان
سوں کہوں گا تعریف ترے قد کی الف وار سر بیجا

سرو گلستاں کوں خوش الحان سوں کہوں گا مجھ پر نہ
کرو ظلم تم اے لیلیٰ خوباں مجنوں ہوں ترے غم

کوں بیباں سوں کہوں گا دیکھا ہوں تجھے خواب
میں اے مایہ خوبیاں خواب کو جا یوسف کنعاں

سوں کہوں گا جلتا ہوں شب و روز ترے غم میں
اے ساجنیہ سوز ترا مشعل سوزاں سوں کہوں

گا یک نقطہ ترے صفحہ رخ پر نہیں بے جا اس لکھ
کو ترے صفحہ قرآن سوں کہوں گا قربان پری لکھ

❖❖❖



احمد صغیر صدیقی

غزل

ہیں شاخ شاخ پریشاں تمام گھر میرے
کٹے پڑے ہیں بڑی دور تک شجر میرے

چراغ ان پہ جلے تھے بہت ہوا کے خلاف
بجھے بجھے ہیں جہی آج بام و در میرے

ہزاروں سال کی تاریخ لکھی جائے گی
زمیں کے بطن سے ابھریں گے جب کھنڈر میرے

یہ دیکھنا ہے کہ اب ہار مانتا ہے کون
ادھر ہے وسعت امکان ادھر ہیں پر میرے

میں اپنی ذات کی تعبیر کی تلاش میں تھا
تو میرے خواب چلے بن کے ہم سفر میرے

سراغ موسم گل کے امین کی صورت
کھلے ہوئے ہیں خزاں میں بھی زخم سر میرے

❖❖❖



سجاد بلوچ

غزل

چچھاتی چند چڑیوں کا بسر تھا پیڑ پر
میرے گھراک پیڑ تھا اور ایک گھر تھا پیڑ پر

موسم گل تو نے سوچا ہے کہ اس کا کیا بنا
تیرے لمس مہرباں کا جو اثر تھا پیڑ پر

اب ہوا کے ہاتھ میں تو اک تماشا بن گیا
زرد سا پتا سہی میں معتبر تھا پیڑ پر

اس لیے میرا پرندوں سے لگاؤ ہے بہت
میں بھی تو کوئی زمانہ پیشتر تھا پیڑ پر

اس دفعہ تو فصل گل کے ساتھ آئیں آندھیاں
اڑ گیا سب جو مرے خوابوں کا زر تھا پیڑ پر

❖❖❖



انجشہی کمار گول

غزل

دُنیا بے اصول میں یہ میں نے بھول کی
کرتا رہا ہمیشہ میں باتیں اصول کی

دو پل کی دے کے مجھ کو خوشی پھر تمام عمر
اشکوں سے میرے وقت نے قیمت وصول کی

گلشن کی اور بہاروں کی کرتا ہوں بات میں
بلبل کی تلیوں کی کلی اور پھول کی

آسان تھا سفر تو کئی ہم سفر ملے
اب تہارہ گیا ہوں میں راہوں میں شول کی

شکوہ نہیں ہے تجھ سے شکایت نہیں کوئی
ہر بات تیری ہم نے خوشی سے قبول کی

میرے خلاف کچھ نہیں کر پائے گا کبھی
نادان کر رہا ہے تو کوشش فضول کی

انسان ہوں فرشتہ میں گول نہیں کوئی
ہے عشق گریہ بھول تو میں نے یہ بھول کی

❖❖❖



صاحبزادہ میکش

رباعیات

ہیں غرق شراب جام و مینا تو بہ
بنے کو ہے مستی کا سفینہ تو بہ

شبنم میں نہا رہی ہیں نورس کلیاں
آنکھوں کے کناروں پہ پسینہ تو بہ

❖❖❖

موہوم سا ہوش، نیم بے ہوشی میں
ہلکی سی نورات کی خاموشی میں

سوکھے ہوئے ہونٹوں پہ ادھوری باتیں
آواز کی لہر جیسے سرگوشی میں

❖❖❖

اُمید کو غمگسار کر لیتا ہوں
اُس شوخ کا انتظار کر لیتا ہوں

توہین محبت مجھے منظور نہیں
ہر وعدے پہ اعتبار کر لیتا ہوں

❖❖❖

On the lighter side....

"Don't be afraid of the dog," said the lady to Little Johnny, who was delivering her groceries.

"You know the old proverb, 'A barking dog never bites?'"

"Yes," replied Little Johnny. "You know the proverb. I know the proverb. But does your dog know the proverb?"

Why did the superhero flush the toilet?

Because it was their doo-dy!

As the storm raged, the captain realized his ship was sinking fast. He called out, "Anyone here know how to pray?"

One man stepped forward. "Aye, Captain, I know how to pray."

"Good," said the captain, "you pray while the rest of us put on our life jackets - we're one short."

A man had just got his car stuck in a during a drive in the country and he needed help getting it out. So he walked until he found a farm and asked the farmer for help. The farmer agrees to help the guy out. So he takes a horse out of the stable and leads him to the car. The farmer then ties a harness around the horse and the other end to the car.

The farmer yells, "Pull, Sandy!"

The horse just stands there.

The farmer yells, "Come on now, pull Twister!"

The horse once again just stands there.

Finally the farmer yells, "Ok dangit, PULL RANGER! You're just standing there!"

Finally the horse springs forward and with all the strength he has he pulls the car out of the ditch and onto the road-



side.

The man thanks the farmer many times, but before leaving the farmer why he yelled out names of horses that weren't there.

The farmer just smiles and replies, "Oh, you see Ranger there is completely blind and a lazy horse. He wasn't going to pull if he thought he was the only one trying."

The test I gave my math class covered everything we'd studied all year -- fractions, percentages and portions of whole units.

But maybe I could have explained things better. To the question "What portion of a foot is six inches?"

One student answered, "The toes?"

What branch of the military accepts newborns?

The infantry.

I adopted a 9 month old female Chihuahua; after a two week struggle for dominance she won leaving me somewhat perplexed.

After going over the training events step by step an

epiphany graced me with a large dose of reality.

"If one wishes to train a dog he must first be smarter than the dog."

When I look at chocolate, I hear two voices in my head.

The first one says, "You need to eat the chocolate."

The second one says, "You heard. Eat the chocolate."

I asked my wife when her birthday was.

She said March 1st.

So I walked around the room and asked again.

Her: Could you loan me ten dollars please?

Him: What did you say?

Her (a bit louder): Could you loan me twenty dollars please?

Him: I thought you asked for ten!

You know that you're a really boring person when someone steals your identity and then tries to give it back.

Why was a new born puppy mad at his mother?

He felt that she gave him a licking for no reason.

Little Johnny: "Having a farm is really hard work."

Billy: "It's an ant farm Johnny, all you have to do is supervise."

Where do you find lost silverware?

Answer: At the fork in the road.



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