

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

FEBRUARY 2020 Vol 11, Issue 2

China's isolation grows as virus toll increases

China faced deepening isolation over its coronavirus epidemic the death toll soared to 259, with the United States and Australia leading a growing list of nations to impose extraordinary Chinese travel bans.

With Britain, Russia and Sweden among the countries confirming their first infections, the virus has now spread to more than two dozen nations, sending governments scurrying to limit their exposure.

China toughened its own quarantine measures at the centre of the outbreak in Hubei province, a day after the United States temporarily barred entry to foreigners who had been in China within the past two weeks.

"Foreign nationals, other than immediate family of US

citizens and permanent residents... will be denied entry into the United States," Health Secretary Alex Azar said.

Australia said it was barring entry to non-citizens arriving from China, while Australian citizens who had travelled there would be required to go into "self-isolation" for two weeks.

Vietnam suspended all flights from mainland China effective Saturday. Hong Kong, Macau and Taiwan also initially appeared on the list of banned routes but were later removed.

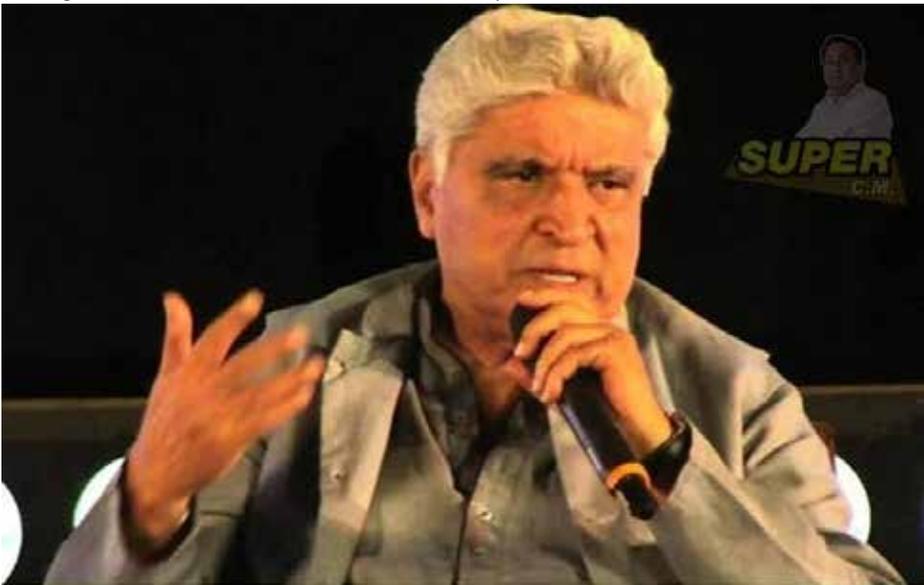
Similar expansive restrictions have been announced by countries including Italy, Singapore, and China's northern neighbour Mongolia.

The United States, Japan, Britain, Germany and other nations had already advised their citizens not to travel to China.

Britain said Saturday it was temporarily withdrawing some diplomatic staff and their families from across the country, a day after the US State Department ordered embassy employees to send home family members under the age of 21.

Beijing insists it can contain the virus and called Washington's advice against travel to China "unkind".

"Certainly it is not a gesture of goodwill," foreign ministry spokeswoman Hua Chunying said.



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CAA violates international agreements India signed in 1967 and 1979, Human Rights Watch tells U.S. Congress

The Citizenship (Amendment) Act of India violates at least two international treaties that India has signed and ratified in the past, Human Rights Watch has said.

The International Covenant on Civil and Political Rights that India ratified in 1979 "is very clear that you cannot deprive people of their citizenship on the basis of their race, color, descent, national or ethnic origins," John Sifton, Asia Advocacy Director of the Human Rights Watch in the U.S., said at a briefing at U.S. Congress this week.

Similarly, the International Conventions on Elimination of All Forms of Racial Discrimination (CERD) that India signed in 1967 and ratified the next year "explicitly obliges India to guarantee the right of everyone to equality before the law, including in the enjoyment of the right to nationality," Sifton said.

John Sifton, Asia Advocacy Director, Human Rights Watch speaking at Briefing on CAA at US Congress on January 27, 2020

The Committee created to safeguard that treaty "specifically added that the deprivation of citizenship on the basis of national and ethnic origin, race and color violates their obligations," Sifton said at the Briefing titled "India's Citizenship Law (CAA)".

"The treaty asks countries to take steps

to address xenophobic attitudes and behavior towards non-citizens, in particular hate speech and racial violence, to promote a better understanding of the principle of non-discrimination in respect to the situation. In other words, this treaty obligates India to do everything it is not doing right now, which is to promote harmony, fight xenophobic attitudes towards non-citizens."

The international setting allows non-Indian human rights activists, civil society, Members of Congress, to "raise these issues with India and not have the Indian Embassy say you don't have a right to raise this with us [as] it is a domestic and internal issue," Sifton said. "On the contrary, this is an international issue. These are international norms. You have every right to raise them whether you are Indian or not."

The Briefing was attended by Congressional staffs of Senators, Congresspersons and House committees, as well as by officials from the Department of State.

It was organized by Indian American Muslim Council, the largest Indian American group advocating for Constitutional secularism in India; Hindus for Human Rights; Emgage Action; and Council on American-Islamic Relations.



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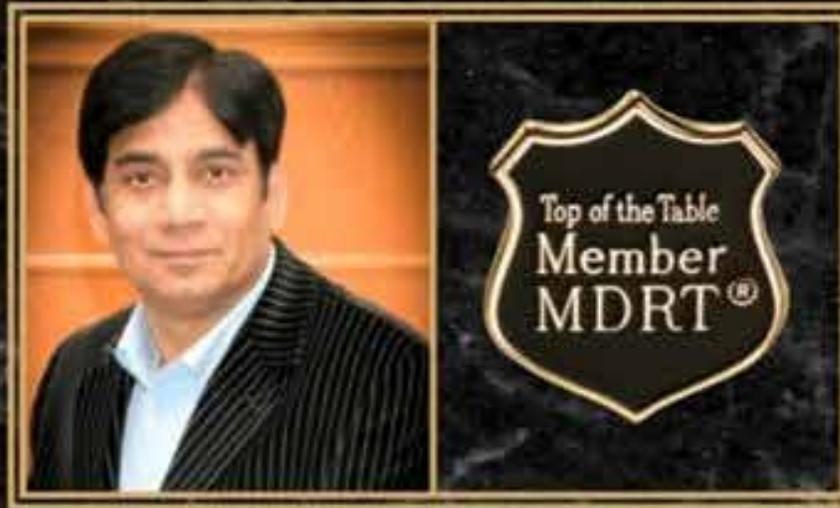
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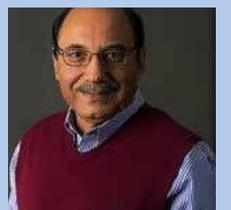
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ISSN 2159-9645

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Indian government has become people's enemy, Magsaysay Award winner Sandeep Pandey tells U.S. Congress

IAMC Washington, D.C., January 29, 2020

India's government has become "the enemy of the people" who are protesting the Citizenship (Amendment) Act (CAA), Magsaysay Award winning civil rights activist from India, Sandeep Pandey, said at a briefing at the United States Congress this week.

The police have especially been targeting the Muslims even though those protesting the new citizenship law have included members of all faiths, Pandey said at the briefing, "Implications of India's Citizenship Law (CAA)", held here on Monday.

"In 27 years of working as an activist I have experienced unprecedented curb on fundamental rights of freedom of expression, to assemble peaceably and to move about anywhere within India over the past six months," Pandey said. Dr. Sandeep Pandey, Magsaysay Award winning civil rights activist speaking at Briefing on CAA at US Congress on January 27, 2020 He himself was put under house arrest in his hometown Lucknow twice in August when he planned a public event against the government's crackdown in Kashmir, and again in December to protest the CAA. In August and this month, the police stopped him from visiting Ayodhya, where a Hindu temple is being built on the ruins of a mosque.

"The ruling Bhartiya Janata Party government doesn't want any alternative view on Kashmir, or CAA to be expressed," Pandey said. "The Government has become the enemy of people who participated in protests against the CAA."

He said that although "common citizens" including non-Muslims have participated in the anti-CAA protests throughout India, the police and the administration have targeted "only Muslims to create an impression that it was the Muslims who created trouble."

Pandey also criticized Prime Minister Narendra

Modi for saying that those who indulged in violence "can be recognized from their dress."

The police and masked civilians attacked the Muslims and indulged in vandalism, arson and looting. Yet, the police filed FIRs (police complaints) against the Muslims. "The pattern is clear. The modus operandi is to make the victims the accused," Pandey said. Of the more than 1,000 people now in jail, most were Muslims.

Monday's briefing was attended by officials from Congressional committees as well as the offices of at least 20 Members of Congress, including seven senators. Officials from the Department of State, which implements US foreign policy, were also in attendance.

The Briefing was organized by Indian American Muslim Council, the largest US advocacy group for Indian Americans working on the protection of minorities in India; Hindus for Human Rights; Emgage Action; and Council on American-Islamic Relations.

Pandey said the police lobbed tear gas shells and stun grenades at two universities: Jamia Milia Islamia, New Delhi and the Aligarh Muslim University in Uttar Pradesh, where a PhD student lost a hand and another student a thumb.

Many activists in Lucknow were arrested merely for participating in the protests, or even for recording the police brutality on their cellphones. The police tortured four activists — Sadaf Zafar, Pawan Rao Ambedkar, Deepak Kabir and Robin Verma.

Renowned human rights lawyer, Mohammad Shoab, and retired top police officer S.R. Darapuri, both septuagenarians, were arrested from their homes without a warrant. Shoab was not produced before a magistrate.



Pandey also criticized Uttar Pradesh state chief minister Adityanath for publicly asking his police officers to "take revenge" against the protesters. "After this police went berserk and indulged in brutal repression." The police vandalized Muslim homes, beat up Muslims coming home from mosques, and even discharged firearms at them.

In Meerut city, the government acknowledged five men died of bullet wounds. The dead included a roti maker, a battery rickshaw puller, and a scrap dealer. In Kanpur city, three people died in police firing. The police used private firearms, Pandey alleged.

In Muzaffarnagar, the local Member of Parliament Sanjeev Baliyan allegedly led a mob attack on an orphanage, Pandey said. Police illegally detained many orphans. Twenty-one-year-old clothes vendor Noor Mohammad died after being shot in his forehead. was killed by a bullet injury in his forehead. Another 13-year-old student and his older sister, who was to wed shortly, were wounded when the police attacked their home.

All those who were killed in the firing were Muslims.



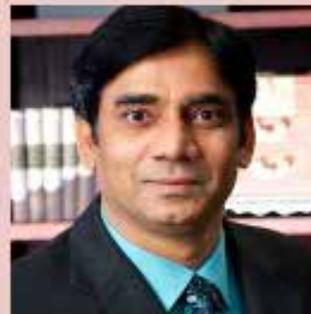
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DALLAS-HOUSTON PAGES



Kashif Siraj and others with Famous Bollywood Actor Hrithik Roshan



Islamic Relief USA SC office moved to a new location in Richardson, TX. The office was inaugurated by the Mayor of Richardson, TX Paul Voelker and was attended by Deputy police chief Martin, IRUSA CEO Sharif Aly and the entire board, executives and local staff of IRUSA.

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Congregation Beth Shalom

and

MCC for Human Services

Present

SHARIA LAWS MYTHS AND REALITIES

Presenters: M Basheer Ahmed M.D.

Chairmen Emeritus MCC for Human Services

Dina Malki

Muslim Community Advisor at TCU

Sunday, February 9th, 2020 @ 10:00 am

Congregation Beth Shalom

1212 Thannisch Drive in Arlington

Dr. Ahmed will discuss the misconceptions and misunderstandings about Sharia law and its implementation in the USA.

This program was presented at the Fort Worth Police Academy, Rotary club Arlington, Arlington Public Library as well as churches in Fort Worth and Arlington.

Dina Malki will clarify the role of women in Islam.

Snacks Will Be Served

Mohammad DEMOCRAT

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PAKPAC DALLAS CHAPTER

had a great conversation with republican congressman Jack Bergman, a leader on the house Armed Services Committee. Congressman Bergman is a retired Marine Corps General deeply familiar with the geopolitical dynamics of South Asia and the Middle East.

We spoke extensively on foreign policy, chances of Iran-US war and human rights violations in

Kashmir.

Thanks to our community leaders for joining taking time out of weekend chores. Thanks to past president PAKPAC Jalil Khan and National Board member Arif Mahmood for their support and hard work! Thanks to Michigan chapter especially National Board member Asad Malik for their political activism.

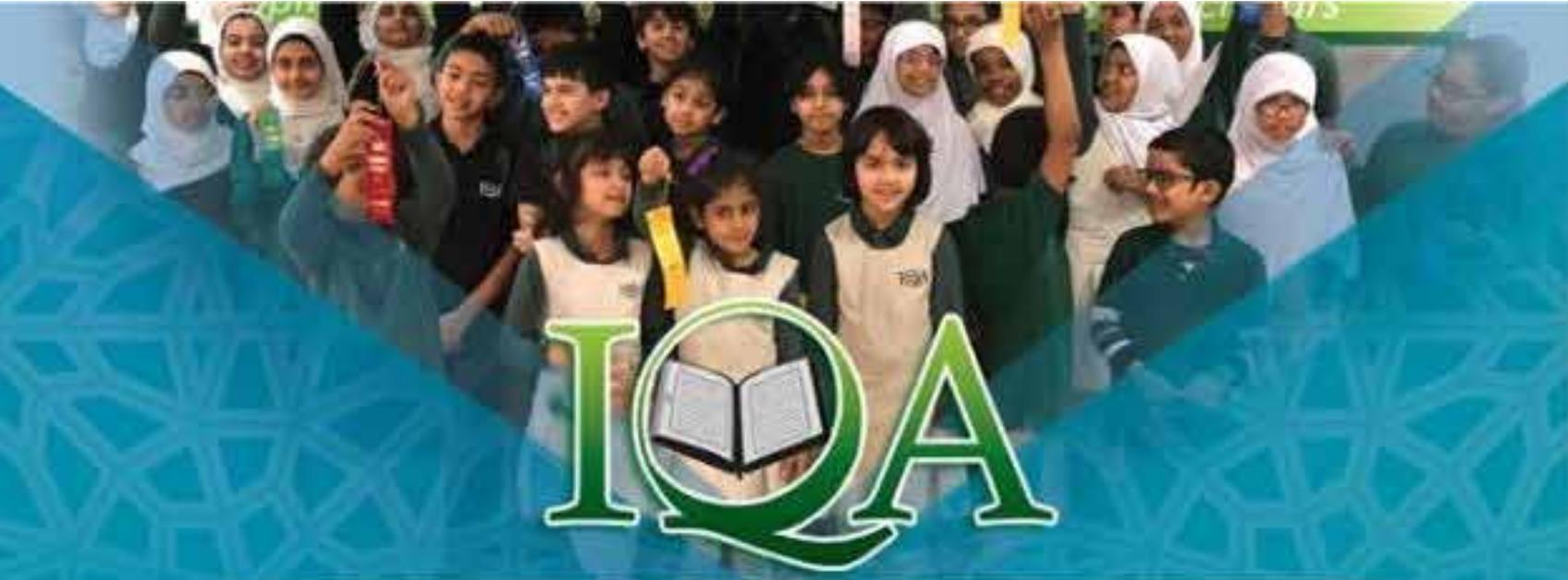
Most importantly thanks to Saneela Khan for organizing it so well!

Near FUTURE events

PAKPAC is having a townhall with congresswoman Susan Wild who wrote dear colleague letter against atrocities of India in Kashmir and congressman Brian Fitzpatrick; on February 1st in Philidelphia during APPNA strategy meeting. PAKPAC National Board member Dr Umar Farooq will chair this town hall

PAKPAC Michigan chapter is hosting next two events are February 2nd for Congresswoman Debbie Dingell and February 21st for Congressman Andy Levin!





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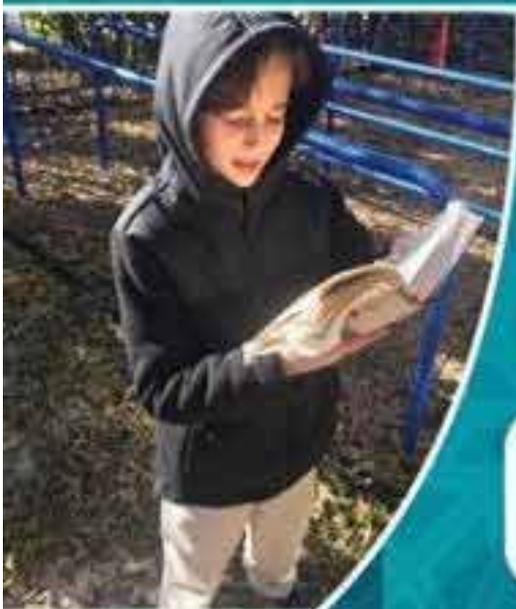
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Col. Khaled Rabie Al Hamoudi, Acting Director of the Fujairah Civil Defense Department, said a team of firefighters were immediately dispatched to the scene and were able to successfully extinguish the fire, and prevent it from spreading. Col. Khaled Al Hamoudi also stressed the need to adhere to the safety requirements in commercial and residential buildings, and urged residents to leave their personal belongings and evacuate the premises as soon as they hear a fire alarm go off.



A grand event was organised by AIIE at Exhibition Auditorium of Famous and Renowned Singer Ustad Mazhar Ali Khan Sahab's Son Sikander Khan who has rocked the event with his beautiful performances.. Famous Entrepreneur Janab Mumtaz Ali Akram sahab and Renowned ghazal Singer Nizam Ali Khan Sahab were the Chief Guests of the evening and was honored by Sikandar Khan



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This Page is dedicated to Middle East News and events.

If you like to have your event covered please contact

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Mr. Kareemullah Hussaini Biyabani in a small get together party @ Red Onion Restaurant, Riyadh, Kingdom of Saudi Arabia.



Ambassador HE Dr Hifzur Rahaman host the Republic Day Reception at Damascus on 26.01.2020 which was attended by Syrian Ministers, Governors, Deputy Speaker of Parliament, Vice Ministers, Presidents of Universities, MPs, Directors from different Ministries, businessmen, media people, academics, large diplomatic community, etc.

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AJWA DATES SEEDS TABLETS

Amitabh Bachchan Posts Health Update After Missing National Film Awards Ceremony

Superstar Amitabh Bachchan, who was supposed to be attending the National Film Award in New Delhi on December 23, missed the function because he was ill and could not travel. He will be presented with his Dadasaheb Phalke honour on December 29 now. Big B took to his blog to give his fans an update on his health condition and by the looks of it, fans and well-wishers of the actor might have reasons for concern.



“... the neck the ham string the lower back the wrists decomposed .. seated long distressed .. the fever condition .. the advice of the medical for rest and recoup and no travel .. the missing National Award .. a certain discovery of the cinematic unseen .. and the physio unabated ... days and time do pass in comparison to the ‘left for work’ information in some regularity .. different .. but so it is a mass of communication to acknowledge the birthday and the Award, takes ink .. good to be able to swipe the pen, than the black buttons .. keeps the writing hand in practice , though the signs of scripting misadventures do occur .. we are now in the realm of that which has and have immediate answers and solutions to the unknown .. for the moment ... in time perhaps or so they say the mere thinking

of it could produce the required result think and be done so back to the medical .. the ham string injury hinders the walk and the sitting .. long hours of which need respite .. so to the standing table be lured .. not now .. the fever constraints prevail .. but the positioning has been done, when the fever reduces,” the actor wrote on Tumblr.

Big B had tweeted on Sunday that he would not be able to attend the award ceremony. “Down with fever. Not allowed to travel. Will not be able to attend National Award tomorrow in Delhi. So unfortunate. My regrets,” he wrote. After his release from the hospital during October end, Big B has been working tirelessly. He shot for Brahmastra in Manali and finished the last leg of Chehre in Slovakia

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IFTEKHAR SHAREEF PAGE



Tribute to Bollywood singer late Mirza Ahmed by his nephew Raza Hussain a leading playback singer from Hyderabad with melodious queen Simran . Event last night at Salar Jung Museum Auditorium. Seen in pic with is my seniors of schools Abid Khan , Jaffer Hussain , Mehdi Hussain , Secretary to Prince Mukkaram Jah Shah Nawaz Khan , my juniors Ehtesham Quadri , Mohammed Khaleequr Rahman, Mushtaq Bhai Hanef Ali bhai member All India Hajj Committee and others . Program was attended by who's who including Ahmed Alam Khan sahab , Khader Alam Khan Sahab , Wajid Ali Kamil Advocate of Prince Muffakhah Jah and many eminent personalities.



International Village Shamsabad needs attention of officials . Many times representations have been given for proper lighting, roads , drainage and relaxation in GO 111 for the overall development of SHAMSHABAD. Thanks a lot Times of India for covering the news of Shamsabad in today's Sunday Edition.



Concluding night of Ghazal's by Dr Roshan Bharati ,(Rajasthan),Ms Sangeeta Mitra (Calcutta) and Gopal Ghani at Ravindra Bharathi another successful event by Hyderabad Arts And Cultural Association under the leadership of Janab Sarwat Ali . Seen in pics with me is Janab Qameruddin,chairman Minority Commission Govt. Of Telangana, Janab Syed Akbar Hussain chairman Minority Finance Corporation Govt of TELANGANA, Singers and Sponsor M A Waheed and others .



All Saints Old Boys Association (ASOBA) annual day held at All Saints HS , Gunfoundry, Hyderabad , a colourful evening last night . Over 300 old boys attended with families. Bollywood star actor (Mahabharata fame) singer Feroz Khan , Ehtesham Quadri , Singer sensationalist Simran , President ASOBA Mir Zulfiqar Ali also ex mayor of Hyderabad performed and enthralled the audience with oldies . Rev Rector P.T Sebastian and Rector Shajan Antony where present as guest of Honour.



Waseem Ali is with Iftexhar Shareef at The Golkonda



Thanks brother Shajan Antony rector Little Flower High School, ABIDS , Hyderabad for visiting me with flowers and cake on this new year 2020 .



at Ravindra Bharathi two day Geet and Ghazal programme of Lata Mangeshkar and Mohammed Rafi sahab by Hyderabad Arts and Cultural Association with TELANGANA State Cultural Council and INDIAN Council of Cultural Relation ICCR. Thanks a lot Sarwat Ali bhai and presided by Shujath Ali Sufi bhai . Sponsored by BBI and Saheli with presence of it's Managing Director M A Waheed . Also present where Rounaq Raunaq Yar Khan and others . Performance by Ram Ram Anjali Srivastav , Anjali Srivastav , Mohd Osman Singer , Nivedeta , Saleem Khan , Zeba Osman , Shah Nawaz and others .





From Junain J Afeef:

The students at West Aurora High School organized an outstanding forum. Thank you Indivisible Aurora. We've waited long enough for prosecutors to live up to the Supreme Court's admonishment to put justice above winning. We've misused the criminal justice system too long by using it to deal with our mental health and substance addiction problems. We've only whispered on the margins about the racial injustices. Sustainable safety is directly tied to building a just system and focusing upstream on creating healthy communities.

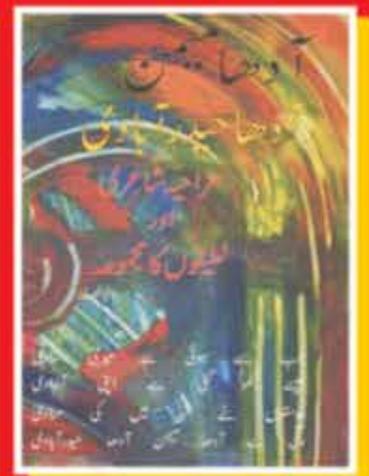
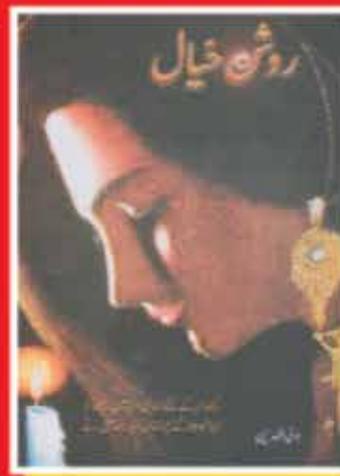
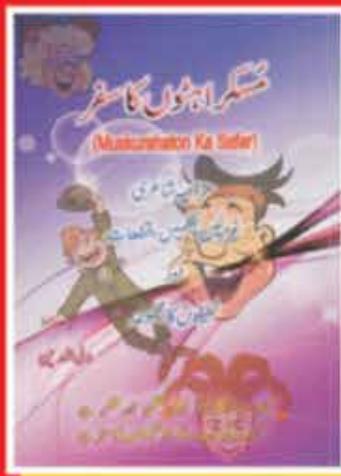
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Note: The proceeds from the sale of these books will go to the Welfare organizations.

Thousands in Chicago Hold Mega Protest Rally Amended Citizenship Act Call for Abolition of NRC & NPR

Chicago, (Report & Pictures, Syed Khalil Ullah)

Braving the extreme cold wave conditions Thousands of the Indian-American community from various organizations hold a Peaceful protest in front of Indian Consulate located in Downtown Chicago to mark India's Republic Day and protest the controversial Citizenship Amendment Act (CAA), National Register of Citizens (NRC), and the National Population Register (NPR). The rally was held on Sunday January 26, 2020, 1 p.m. -- 3 p.m. at Tribune Tower in Chicago.

More than thousands of people marched to the Indian consulate from the Tribune Tower in Chicago. Many of the protesters had come to the Chicago from other Illinois Suburbs on specially chartered buses.

The Coalition to Stop Genocide includes dozens of organizations, including Indian American Muslim Council (IAMC), Council of Islamic Organizations of Greater Chicago (CIOGC), Human rights activist, student groups and several others. Several other demonstrations also organized same time at Indian consulates in the cities of Houston, New York, Washington, Atlanta and San Francisco. Many major European cities also holding same kind of Protest by Human rights groups and Indian Community.

The many protesters from around the Chicago and Nearby cities and states and describing themselves as representative of diverse and multi-faith Indian communities across the Chicago, demanded and urge that the CAA be repealed because it undermines India's secular Constitution. Throughout the Community leaders and speakers unanimously condemned the Indian government's decision.

The people who took part in the rally were waving Indian national flags and holding Play cards and Banners against the CAA and NRC. Protesters raised slogans in against of Prime Minister Narendra Modi and CAA. Many Protester raising slogans about growing repression against the people of Kashmir. They keep Chanting Freedom. Freedom.

Mostly Protesters were Socials Workers, Civil Rights Activist, Community members, Local lawyers, College and university students, and religious and liberals' leaders, Labor Union Representative, Local Journalists, left and liberal intellectuals and community leaders from Asian countries. The protests in Chicago are comparing Modi administration to the Hitler in Nazi Germany.

The Program was emceed by Samah Maria student of Midwestern University.

Addressing the protesters, community leaders and Student leaders, which were in-

cluded Rachel Ventura, Dr Inam Hussain, Ahmed Ullah Siddiqui, Irshad Khan, Nikhil Mundalaparthy, Syed Ilyas Quadri, Adman Yousuf, Aminah Ahmed, Saud Ghazanfar, Jay Becker, Pratiti Deb and Junaid Ahmed urged the audience to challenge a new citizenship law is unconstitutional because it treats Muslims differently from Hindus, Buddhists and other religious groups. Indian Constitution to remind each other of the secular and democratic principles in India was built on. We are promoting human rights in India and the US. The New Citizenship Amendment Act legislation is totally "unconstitutional and divisive" as it excludes Muslims and other community.

Speakers said, "The law violates India's own constitution, which occurs discrimination based on religion. Today, they excluded Muslims and tomorrow it could be Jews, Christians, Parsi, Jain, Buddhist, Sikhs, and Hindu Dalits." Excepts few speakers all the rally speakers were young from college and University.

At the end special prayer and Indian anthem was performed.



Erdogan hits out at some Arab countries' 'treason' over Trump plan

Turkish President Recep Tayyip Erdogan on Friday blasted some Arab countries for backing a Middle East plan unveiled by the United States, condemning it as "treason".

"Some Arab countries that support such a plan commit treason against Jerusalem, as well as against their own people, and more importantly against all humanity," Erdogan told his party's lawmakers in the parliament.

President Donald Trump on Tuesday unveiled long-awaited details of a US plan for solving the Israeli-Palestinian conflict, warning it may represent the last chance at statehood for the Palestinians.

Palestinian President Mahmoud Abbas called the peace plan the "slap of the century". Turkey, a strong advocate of the Palestinian cause, had condemned the plan.

"The United States' so-called peace plan is stillborn," Turkey's foreign ministry had said in a statement.

"This is an annexation plan aimed at killing a two-state solution and extorting the Palestinian territory."

Erdogan today added that Turkey may launch a military operation into Syria's northwestern province of Idlib if the situa-

tion in the region is not resolved immediately, as attacks by Russia-backed Syrian government forces raised concern of a new refugee wave to Turkey.

Speaking in Ankara, Erdogan said Turkey could not handle a fresh influx of migrants. On Wednesday, Erdogan had said Ankara was losing patience with the assault and accused Russia of violating agreements aimed at curbing



conflict in the region.

Bilawal urges MQM-P to rethink alliance with PTI, work to solve Karachi's problems

MQM-P to rethink its alliance with the ruling Pakistan Tehreek-i-Insaf (PTI), which is "making the lives of Karachi's residents difficult".

Bilawal was responding to a question regarding his offer of provincial ministries to MQM-P on the condition that the party quits its alliance with the PTI in the Centre. While he did not extend the offer again, he said: "There are a lot of ideological issues between PPP and MQM-P, but as far as Karachi's residents are concerned, I believe that we should solve [their] issues together."

Last year, Bilawal had offered provincial ministries in Sindh — where his party is in power — to MQM-P if it walks away from the PTI in the Centre.

While addressing a ceremony in Karachi at the time, Bilawal had said that if MQM-P breaks off its alliance with PTI and manages to get Sindh its share in resources, the provincial government will "stand by [MQM-P] for the sake of Karachi's people". Speaking to reporters today, the PPP lawmaker said: "It is in the hands of MQM-P, that says it is standing with the people of Karachi, wants to solve their problems and admits that the federal government has not done anything and [instead] has created problems, to leave the federal government, leave the ministries and solve the problems of the people."

Bilawal lamented that the PTI had so far failed to fulfil its promises regarding local bodies or police reforms and was "com-

mitting the economic murder of citizens".

MQM-P is one of PTI's allies in the federal government and its MNA Farogh Naseem holds the portfolio of the federal ministry for law. MQM-P convener Khalid Maqbool Siddiqui held the portfolio of information technology but he resigned earlier this month, saying that "staying in the federal cabinet seem(ed) futile". His resignation had come weeks after Bilawal publicly urged MQM-P to quit its alliance with PTI.



Nadir Guramani

Shantanu Maheshwari to Make Bollywood Debut with Sanjay Leela Bhansali 's Gangubai Kathiawadi?

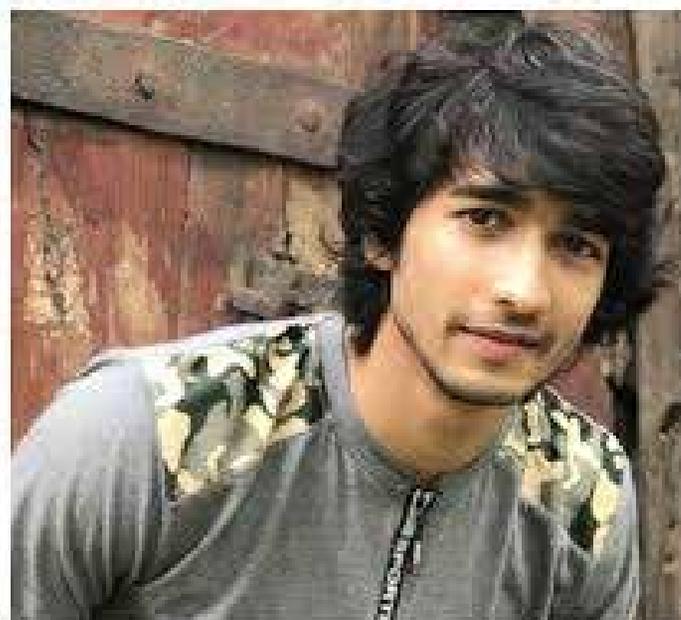
A popular name in the television industry as an actor and dancer, Shantanu Maheshwari is soon to make his Bollywood debut with Sanjay Leela Bhansali's Gangubai Kathiawadi, featuring Alia Bhatt in the lead role.

According to Bollywood Hungama, Bhansali wanted a fresh face to play a pivotal character named Afsan. Though there is no official confirmation about this.

Shantanu started his career with V Channel's Dil Dosti Dance (D3) as an actor and dancer. Shantanu is also a part of the Desi Hoppers dance group, who won the World Dance Championship in 2015, Los Angeles. He has also participated in various TV reality shows including Khatron Ke Khiladi, Jhalak Dikhhla Jaa, and America's Got Talent among others.

Gangubai Kathiawadi is based on the life of the ferocious brothel owner Gangubai, who was forced into prostitution in her early days. Later, she owned a brothel and

was known among dangerous gangsters who were her clients. Earlier, Alia Bhatt had shared her first look from the film on the photo-sharing platform, which was praised by her fans.



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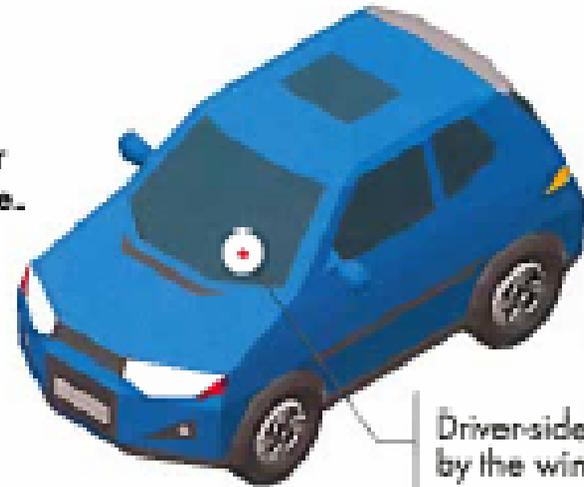
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AIRBAGRECALL.COM

Senior JD(S) leader Amarnath Shetty passes away in Mangaluru

Mangaluru, Jan 27: The former state minister and senior Janata Dal (Secular) (JDS) leader Amarnath Shetty passed away in Mangaluru, Karnataka on Monday at A J Hospital and Research Institute. He died at the age of 80 and survived by his wife and two daughters.

Reportedly, Shetty had been admitted to the hospital a fortnight ago. He joined politics in 1965 and went on to become the President of Paladka Panchay-

ath in Karkala Taluk.

Lingayat seer Basaveshwara Swamiji dies as two cars collide head-on

In 1983 he was elected to the Karnataka Legislative Assembly from Moodbidri constituency from the first time and re-elected to the assembly of the same constituency for two more terms in 1987 and 1994.

Shetty was the Minister for Labour. For

a brief time, he was with Ramakrishna Hegde's Navanirman Vardika before joining the JDS.

He had active involvement in the programmes of his party JD (S) and recently attended a meeting held by organisations opposed to the Citizenship Amendment Act (CAA)



Pushed & hit with chair: Man who interrupted Amit Shah speech in Delhi

Harjit Singh alleged that Delhi Police took him to the police station and locked him up despite not committing any crime.

A 20-year-old who raised anti-CAA slogans at Home Minister Amit Shah's rally at Babarpur on Sunday has alleged that he was immediately "pulled from the back and pushed to the ground by people in the audience. Some of them also grabbed chairs to hit me". He also alleged Delhi Police coerced him to write a letter stating he is mentally unstable.

Showing minor injuries he sustained on the face, back and leg, Harjit Singh, who screamed "CAA waapas lo" in the middle of Shah's address, said he did not anticipate such an aggressive response from the crowd.

Sitting in his house at Sangam Vihar a day later, he also alleged that Delhi Police took him to the police station and locked him up despite not committing any crime. "I wasn't even informed on what charges I was locked up. The police officers directed

me to write a letter in which I was made to say I am not mentally stable and wasn't aware of what I was doing. If I hadn't written the letter, they would have not released me," he alleged.

Harjit Singh has also alleged that he was immediately "pulled from the back and pushed to the ground by people in the audience. (Express Photo by Astha Saxena)

Deputy Commissioner of Police (North East) Ved Prakash Surya denied Singh's allegations and said they have not taken anything in writing from him. "We rescued him and first took him to the hospital. After his MLC report, we verified his details and handed over his custody to his parents after calling them," he said.

A BA second-year political science student of Delhi University's School of Open Learning, Singh claimed that police took him directly to the police station and not to the hospital, even though he complained of pain and bruises.

On Sunday, he was wearing a t-shirt that

has "Indian" printed on it; on Monday, his 17-year-old sister showed the t-shirt, torn from the arms and ruffled.

Harjit Singh showed minor injuries he sustained on the face, back and leg. (Express Photo by Astha Saxena)

"I was on my way to attend a protest in Seelampur and saw heavy police presence in Babarpur. When I asked the officers about it, they told me Shah was coming. I saw him and thought this was the right time to register my protest. Hum darte nahi, humein apni awaaz rakhne ka haq hai," he said.

As Shah began to speak about implementation of the CAA, Singh's voice pierced through the crowd.

As he was taken away by security, Shah said: "Arey yaar le lo isko, security waale le jao isko... uss ladke ko zara salamat le jaayein aap, jaldi bahar le jao usko."



Singh said he believes in "Bhagat Singh's ideology" and for "standing up for humanity and what's right". "While bringing in CAA, the government should not mention specific religions but should rather say minorities," he said

Astha Saxena
The Indian Express

Director of Malala Biopic Receives Fatwa for "Disrespecting Quran"

Director of an upcoming biopic based on the life of Nobel laureate Malala Yousafzai, Amjad Khan, has received a fatwa from a Noida-based Muslim cleric for disrespecting the Quran. The film is titled Gul Makai and is set to release soon.

Khan shared that he has been getting many death threats since he started the film, and now a Noida-based cleric has an issue with his film's poster. "Ab fatwa lag gaya hai (now a fatwa has been issued) by a person from Noida. There is a poster that has Malala holding a book and standing next to a blast, and he thinks it is the Quran. He thinks we haven't shown respect to the holy book. He called me a kafir," Khan told IANS.

"I am trying to have a word with him so that I can explain to him that it's an Eng-

lish book," Khan added.

What about a police case? "You have to report, which I have done. I would say he hasn't been able to understand things. I am making a film on peace. If I file a police case then police will bring him in, and then why am I even making the film?" he asked.

The film, starring Reem Shaikh, Atul Kulkarni and Divya Dutta, is set to hit the screens on 31 January.

The trailer charts her life from being a normal school going teen in Pakistan's Swat Valley, to an activist fighting the Taliban for girls' education rights. The clip also shows the incident where she was shot by the Taliban. Watch the trailer here: The film was screened in London in Janu-



ary 2019 for 450 dignitaries, including representatives from the United Nations (UN) and the Intergovernmental Institution for the use of Micro-algae Spirulina

Against Malnutrition (IIMSAM), as well as members of Indian, Pakistan and British High Commissions. The Quint

Nov 2019: Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 19V838
 Manufacturer : Navistar, Inc.
 Subject : Incorrect Brake Modulator Valve Installed
 Make Model Model Years INTERNATIONAL HV 2020
 NHTSA Recall ID Number : 19V847
 Manufacturer : The Toro Company
 Subject : Tow Bolts May Break
 Make Model Model Years TORO LOG SPLITTER 2017-2019
 NHTSA Recall ID Number : 19V854
 Manufacturer : REV Ambulance Group Orlando, INC.
 Subject : Oxygen Tank may be Unsecured
 Make Model Model Years WHEELED COACH TYPE I 2018-2019
 NHTSA Recall ID Number : 19V860
 Manufacturer : REV Recreation Group
 Subject : Generator Exhaust Pipe may get Damaged
 Make Model Model Years FLEETWOOD BOUNDER 2016-2020
 FLEETWOOD SOUTHWIND 2018-2020
 HOLIDAY RAMBLER VACATIONER 2016-2020
 NHTSA Recall ID Number : 19V861
 Manufacturer : REV Recreation Group
 Subject : Slideout Wiring Harness may Get Damaged
 Make Model Model Years FLEETWOOD DISCOVERY 2020
 FLEETWOOD DISCOVERY LXE 2020
 FLEETWOOD PACE ARROW LXE 2020
 HOLIDAY RAMBLER ENDEAVOR 2020
 HOLIDAY RAMBLER NAVIGATOR 2020
 NHTSA Recall ID Number : 19V862
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Driver Side Air Bag Inflator May Explode
 Make Model Model Years AUDI A3 2011-2013
 VOLKSWAGEN GOLF 2011-2014
 VOLKSWAGEN PASSAT 2012-2015
 NHTSA Recall ID Number : 19V865

Manufacturer : Honda (American Honda Motor Co.)
 Subject : Rear Subframe Separation
 Make Model Model Years HONDA CR-V 2019-2020
 NHTSA Recall ID Number : 19V866
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Clutch Can Fail to Engage Causing a Loss of Power
 Make Model Model Years VOLKSWAGEN JETTA HYBRID 2013-2015
 NHTSA Recall ID Number : 19V867
 Manufacturer : Mercedes-Benz USA, LLC.
 Subject : Third Row Headrests May Not Function Properly
 Make Model Model Years MERCEDES-BENZ GLE450 2020
 NHTSA Recall ID Number : 19V868
 Manufacturer : Mercedes-Benz USA, LLC.
 Subject : Incorrect Driver Air Bag and Software
 Make Model Model Years MERCEDES BENZ E53 2019
 MERCEDES BENZ E63 2019
 MERCEDES BENZ E63S AMG 2019
 NHTSA Recall ID Number : 19V869
 Manufacturer : Daimler Trucks North America LLC
 Subject : Fan Hub Bolts Improperly Torqued
 Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER C2 2020-2021
 NHTSA Recall ID Number : 19V870
 Manufacturer : ARBOC Specialty Vehicles, LLC
 Subject : Roof Hatch External Handle May Break/FMVSS 217
 Make Model Model Years ARBOC SPIRIT OF FREEDOM 2017-2019
 ARBOC SPIRIT OF MOBILITY 2017-2019
 NHTSA Recall ID Number : 19V871
 Manufacturer : Proterra Inc.
 Subject : Loss of Warning when Brake Interlock is Engaged
 Make Model Model Years PROTERRA CATALYST 2019
 NHTSA Recall ID Number : 19V872
 Manufacturer : Keystone RV Company

Subject : Incorrectly Labeled Federal Identification Tag
 Make Model Model Years KEYSTONE SPRINGDALE 2020
 NHTSA Recall ID Number : 19V873
 Manufacturer : Jayco, Inc.
 Subject : Exterior Ladder may Block Emergency Escape Window
 Make Model Model Years JAYCO WHITE HAWK 2019-2020
 NHTSA Recall ID Number : 19V874
 Manufacturer : Marion Body Works Inc.
 Subject : Brake Relay Valve Air Flow Restriction/FMVSS 121
 Make Model Model Years SPARTAN GLADIATOR 2018-2019
 SPARTAN METROSTAR 2018-2019
 NHTSA Recall ID Number : 19V875
 Manufacturer : Porsche Cars North America, Inc.
 Subject : Improper CRS Instructions in Owner's Manual
 Make Model Model Years PORSCHE 911 GT2 RS 2018-2019
 PORSCHE 911 GT3 2014-2016, 2018-2019
 PORSCHE 911 GT3 RS 2016, 2019
 PORSCHE 911 R 2016
 PORSCHE CAYMAN 2014
 NHTSA Recall ID Number : 19V876
 Manufacturer : Toyota Motor Engineering & Manufacturing
 Subject : Speed and Fuel Display May Go Blank/FMVSS 101
 Make Model Model Years TOYOTA PRIUS 2019
 NHTSA Recall ID Number : 19V877
 Manufacturer : Toyota Motor Engineering & Manufacturing
 Subject : Rear Seat Belt Assemblies May Not Lock As Intended
 Make Model Model Years TOYOTA C-HR 2019-2020
 TOYOTA COROLLA 2020
 TOYOTA COROLLA HYBRID 2020
 NHTSA Recall ID Number : 19V878
 Manufacturer : Porsche Cars North America, Inc.
 Subject : Hazard Warning Lights May Not Activate
 Make Model Model Years PORSCHE 911 CARRERA 2020
 NHTSA Recall ID Number :

19V879
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Front Wheel Bearings Improperly Machined
 Make Model Model Years VOLKSWAGEN GOLF 2019
 VOLKSWAGEN GOLF ALLTRACK 2019
 VOLKSWAGEN JETTA 2019
 NHTSA Recall ID Number : 19V880
 Manufacturer : Ford Motor Company
 Subject : Fire after Seat Belt Pretensioner Deployment
 Make Model Model Years FORD F-250 SD 2017-2019
 FORD F-350 SD 2017-2019
 FORD F-450 SD 2017-2019
 FORD F-550 SD 2017-2019
 NHTSA Recall ID Number : 19V883
 Manufacturer : BMW of North America, LLC
 Subject : Transmission Wiring Harness Can Short Circuit
 Make Model Model Years BMW M5 2019-2020
 BMW M8 2020
 BMW M8 GRAN COUPE 2020
 NHTSA Recall ID Number : 19V888
 Manufacturer : General Motors LLC
 Subject : Poor Alternator Connection may cause Crash or Fire
 Make Model Model Years CHEVROLET SILVERADO 1500 2019-2020
 GMC SIERRA 1500 2019-2020
 NHTSA Recall ID Number : 19V889
 Manufacturer : General Motors LLC
 Subject : EBCM Software Error
 Make Model Model Years CADILLAC CT6 2019
 CHEVROLET SILVERADO 1500 2019
 GMC SIERRA 1500 2019
 NHTSA Recall ID Number : 19V904
 Manufacturer : Ford Motor Company
 Subject : ABS Valve May Remain Open after ABS Event
 Make Model Model Years FORD FUSION 2006-2010
 LINCOLN MKZ 2006-2010
 LINCOLN ZEPHYR 2006-2010
 MERCURY MILAN 2006-2010

US Oil Exports Could Explode After Once In A Lifetime Power Shift In China

The consensus of opinion is that China's commitment to buy an additional US\$52.4 billion in U.S. energy products in 2020/21 as part of the Phase 1 trade deal between the two countries is impossible to achieve. The consensus is wrong, as a paradigmatic shift currently taking place in the core power structure of China means that the new energy products import targets are eminently achievable. Whether China wants to achieve them, though, is another issue entirely.

Specifically, China has agreed to buy an extra US\$18.5 billion of energy products in 2020 over and above the US\$9.1 billion baseline of U.S. imports in 2017, and an extra US\$33.9 billion in 2021. These quotas represent a doubling this year of China's previous record monthly imports from the U.S. of crude oil, liquefied natural gas (LNG), and coal, and a tripling of it next year.

The crude oil element of the Phase 1 deal is regarded as the most difficult of the three new energy products quotas to fulfil for two key reasons. The first is that to reach the volumes of crude oil required in Phase 1 very large crude carriers (VLCCs) would have to be utilised almost daily, which would dramatically increase the freight cost element of the final delivered crude oil price for the Chinese buyers.

This final per barrel price of the delivered crude oil would be increased further because the size of VLCCs required would be too large to use the usual route via the Panama Canal for such deliveries from the U.S. Gulf Coast to Asia and would have to travel via the Horn of Africa instead.

Replacing the extra 15 to 20 VLCCs needed per month needed to meet the new crude oil quotas for this year and next with a greater number of smaller vessels that could travel through the Panama Canal would not meaningfully reduce the freight cost element, as each of the smaller vessels would have to pay the extremely expensive transit fee to use the Canal.

Related: 5 Reasons Why Big Oil Is Here To Stay

The second key reason why the new crude oil quotas are regarded as the most difficult to fulfil is that logistical upheaval (and further associated cost) would result from the reconfiguration required in a sizable proportion of the refineries across China that are geared towards processing the heavier, sourer crudes of the Middle East rather than the lighter, sweeter U.S. WTI blend.

None of these considerations, however, are sufficient to pose a significant problem to the new Chinese power structure that began to emerge when Xi Jinping

took over as General Secretary of the Communist Party in China in November 2012, and later as President of the People's Republic of China in March 2013.

"Since then, the leadership of China has stressed the virtues of 'self-reliance' and has sought to develop relationships with global partners to make up for the ending of the 'constructive engagement' with the U.S. and its allies of the past four decades," Jonathan Fenby, chairman of the China research team at TS Lombard, in London, exclusively told OilPrice.com last week.

In immediate practical terms, this shift in consciousness has been manifested in a broadening and deepening of the Communist Party's role across all key areas of economic management in the country, most recently with a directive designed to enhance the political supervision of China's state-owned enterprises (SOEs).

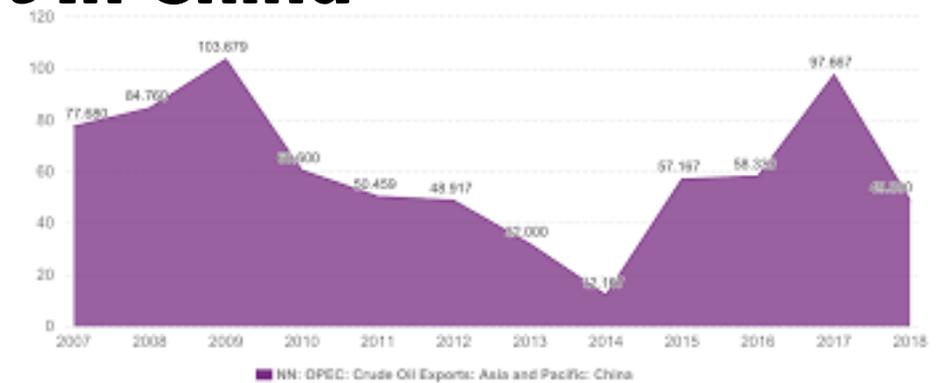
Already accounting for 26 per cent of China's total imports, the SOE's are likely to see their role increased in line with the 'centralisation' ethos of the Chinese Communist Party, as encapsulated in Xi Jinping's recent statement that: "Government, military, civilian, and academic, east, west, south, north, and centre, the [Communist] Party leads everything."

"Xi's aim is to end the quasi-autonomy of the biggest SOEs under the weak leadership of his predecessor, Hu Jintao, when they deployed the vice-ministerial status enjoyed by their bosses and the political support they received from provincial authorities in return for guaranteeing economic activity and jobs, which often led to overcapacity and high leverage," said Fenby.

"Xi has reversed the delegation of economic management to the [Chinese] government that was advocated by Deng Xiaoping, creating [Communist] Party Leading Groups to set policy and using Party Plenums to lay out policy goals while employing the anti-corruption drive to impose discipline," he added.

With Xi's drive to replace the authority of the government with the authority of the Communist Party as paramount, the Central Committee of the China Communist Party has just issued a set of regulations specifically designed to institutionalise political control on its own initiative, rather than going through the relevant government body.

"For the 97 national-level state firms, the Committee's instruction lays down a requirement that all major business and management decisions must be discussed by the Communist Party cell in a company before being presented to the company's board of directors or manage-



ment," underlined Fenby. "These cells, which are present in an estimated 90 per cent of SOEs, are generally immune from oversight by the courts or regulators and are answerable only to internal [Communist] Party organs," he added.

More specifically, board directors and company executives now have the standing instruction to 'execute the will of the Party' and this applies equally to the SOEs, which - in addition to accounting for 26 per cent of China's total imports - also account for 25 per cent of industrial output and hold monopolies or oligopolies in transport, the grid, and other core enterprises, including those relating to the energy sector.

Related: The Fight For Venezuela's Oil Is Heating Up

In broad terms, China's approach to securing energy flows is twofold: firstly through cultivating multi-layered relationships with countries that hold massive quantities of relatively cheap but high quality oil and gas reserves that can absolutely be relied upon for decades to provide China with such energy flows, and secondly by developing China's own oil and gas field reservoirs.

The former is almost exactly the same relationship template as the U.S. used in the understanding struck in 1945 between the then-U.S. President Franklin D. Roosevelt and the Saudi King at the time, Abdulaziz, on board the U.S. Navy cruiser Quincy in the Great Bitter Lake segment of the Suez Canal - analysed in depth in my new book on the global oil market. Specifically, the U.S. would receive all of the oil supplies it needed for as long as Saudi had oil in place, in return for which the U.S. would guarantee the security both of the country and of the ruling House of Saud.

In China's case, and perfectly aligning with its general geopolitical plan to extend its influence from Asia-Pacific through Eurasia and the Middle East and into Europe, it is Iran and Iraq that have been the recent focus of cultivating such a relationship. Both have enormous oil and gas reserves, both have no interest in allying themselves to China's natural global rival the U.S., and both need a lot of financing, technology, and expertise, not to mention recourse to China's

Permanent Member vote on the United Nations Security Council.

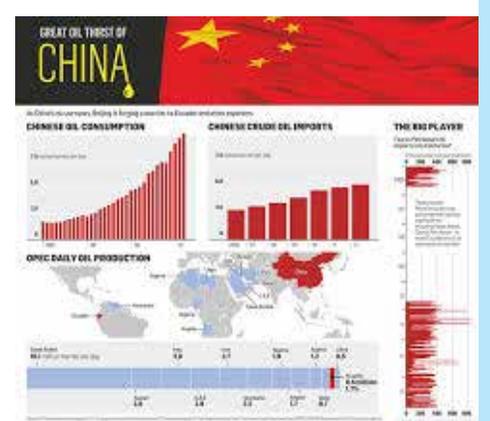
The onus of China's efforts continues to fall on this method to secure its energy supplies as, although work is being done on developing its own oil and gas resources and finds are being made, they are as yet in nowhere near the quantities required for daily use in China (around 10 million barrels per day just of oil).

Right now for China, then, securing its energy needs in a reliable manner - the prime consideration over and above cost - broadly requires doing just enough to placate the U.S. on the issue of Phase 1 energy imports. This includes either removing the current 5 per cent import tax on U.S. crude, 25 per cent on LNG, and 25 per cent on coal, or just ensuring that the relevant Chinese just absorb them.

At the same time, this apparent acquiescence with the U.S. on the issue of energy imports allows China to do what it is actually happy to do, which is to go along with the agricultural elements of the Phase 1 deal, and what it wants to do, which is to avoid a showdown with the U.S. on technology, initially focused on Huawei, before it is ready to do so.

All the while, Fenby concluded: "This political-economic nexus is set to bring growing divergence from the U.S. as part of the wider agenda of the 'national strengthening' being pursued by Xi Jinping, and Beijing is shifting from being an economic adversary to the U.S. to a geopolitical alternative and this could result in a step change in the nature of the confrontation between the two countries."

Simon Watkins
Yahoo.com



A mayor says he was banned from a Trump rally in his own town after asking the campaign to pay for the visit

Wildwood, New Jersey Mayor Pete Byron asked President Donald Trump's campaign to pay for the costs associated with hosting the president for his rally there this week.

Soon afterwards, Republican Rep. Van Drew, who's close with Trump, told Byron he couldn't attend the event.

Although Byron says he would have respected the rally, he still believes the city should be reimbursed.

President Donald Trump's "Keep America Great" rally for his 2020 re-election bid on Tuesday welcomed thousands of people to a seaside town in New Jersey — except for the city's mayor.

Hours before the Tuesday rally, Pete Byron, the mayor of Wildwood, New Jersey, said he was "not invited" to attend by Republican Rep. Jeff Van Drew after asking the Trump campaign to pay for the costs of the president's visit.

"I'm the Mayor," Byron told the Philadelphia Inquirer. "Why should I have to sneak into an event in my hometown?"

Van Drew, a former moderate Democrat, requested the rally after flipping parties and swearing allegiance to Trump, the New York Times reported. Byron, whose city is within Van Drew's district, was recently elected mayor of Wildwood, beating

long-time incumbent Republican Ernie Troiano Jr. in the process. Though the rally wasn't Byron's idea, he said a presidential visit should transcend partisan politics.

"This isn't about whether you're Republican or Democrat. It isn't even about the man. It's about the position," Byron told the Inquirer. "Check your affiliation at the door and let's just all participate in this monumental [and] exciting time for Wildwood."

Although Byron welcomed the national exposure and economic boost Trump's pit stop would mean for the seaside town, the costs of hosting a sitting president are often pricey.

"I have no way of knowing what these costs will be," he told the Inquirer. "These rallies can be pretty expensive. There's a lot of overtime."

Byron told local media outlets that he asked the Trump campaign to reimburse Wildwood for Trump's visit — and the campaign wasn't happy. At that point, Van Drew told Byron he wouldn't be welcome at the rally.

"I was not invited," Byron said Tuesday, hours before the rally. "I've been informed that Congressmen Van Drew and the President are upset with the fact that I said I think the city should be reimbursed."

Byron expressed that he was "very disappointed" in Van Drew for effectively uninviting him to his "coming out party."

Byron says the two had known each other for years and still need to have a working relationship.

"He's still my Congressman and we need to have a relationship," Byron told the Inquirer. "The decision's been made ... You have a congressman and a president. Who else would he answer to?"

A representative for Van Drew didn't immediately respond to Insider's request for comment.

the original story at the Philadelphia Inquirer Trump went on another rambling rant at a Milwaukee rally about 'worthless' new dishwashers, weak showers, and lightbulbs that 'make you look orange'



Trump was photographed holding up a 'Never give up!' sign written in the Pinterest 'bridesmaid' font at his latest evangelical rally

Trump implies beloved late Michigan congressman is in hell during a rally held while the House voted in favor of impeachment

Trump bizarrely claimed at a wild Florida rally that liberals wanted to rename Thanksgiving

Trump and Warren have had some of the biggest rallies in the 2020 election. They couldn't be more different
pcachero@businessinsider.com (Paulina Cachero)

Bill Gates' daughter Jennifer is engaged to Egyptian equestrian: 'Yes a million times over'

Jennifer Gates, the daughter of Microsoft co-founder Bill Gates, is engaged.

Jennifer announced the news via Instagram late Wednesday, sharing a photo of her and her now-fiancé Nayel Nassar, an Egyptian show jumper.

The 23-year-old Stanford graduate addressed the photo's caption to Nassar.

"You are one of a kind. Absolutely swept me off my feet this past weekend, surprising me in the most meaningful location over one of our many shared passions," she wrote with a ring emoji. "I can't wait to spend the rest of our lives learning, growing, laughing and loving together. Yes a million times over. AHHH!!!"

Though it is unclear what "shared passions" she is referring to in the post, one thing the couple have in common is their love of equestrian sport. Jennifer is also an equestrian athlete and posts frequently about her competitions.

The couple have been together for years, with social media posts together dating back to 2017. In a similar post to his Instagram, Nassar shared the happy news: "SHE SAID YES!!"

"I'm feeling like the luckiest (and happiest) man in the world right about now. Jenn, you are everything I could have possibly imagined..and so much more," he

continued. "I can't wait to keep growing together through this journey called life, and I simply can't imagine mine without you anymore. Love you more than you can possibly imagine, and thank you for making every single day feel like a dream to me. Here's to forever!"

Jennifer took to the comment section to share her emotion.

"Yep crying again it's fine life is perfect (right now) you're everything to me," she wrote with a heart and ring emoji. "The Big Bang Theory" star Kaley Cuoco wrote, "Oh em gee!!!!!! Congratulations!!!!"

Her mother, Melinda Gates, wrote, "So thrilled for you and @mayelnassar!"

USA TODAY has reached out to Bill and Melinda's reps for comment.

'I didn't know I could love him more': Hoda Kotb gushes about Joel Schiffman's proposal

More engagements: Nikki Bella reveals she's engaged to former 'DWTS' partner Artem Chigvintsev

Sara M Moniuszko, USA TODAY



Viral video reunites Bangladeshi man with family after 48 years

An appeal for help for medical treatment reaches grandchildren living in the United States

Dhaka: An ailing Bangladeshi man who went missing almost half a century ago has been reunited with his family after a video appeal on Facebook seeking help for his treatment went viral.

Habibur Rahman was a 30-year-old businessman and father-of-four in Sylhet when he disappeared in 1972 after travelling for work to the port city of Chittagong, his family said.

His family, most of whom now live abroad, searched for him for years without success -- until the wife of one of his grandsons in the United States spotted him in the video uploaded this month.

Rahman became an itinerant living in Sufi

shrines in Moulvibazar district according to his caregiver Rajiya Begum, who has been looking after him for the past five years.

He was admitted to a local hospital earlier this month after breaking his arm.

Unable to pay for his surgery, Begum asked another patient in the hospital to film a video of Rahman's plight and post it on Facebook on his behalf.

The footage was shared and re-uploaded by other users and viewed at least a million times.

"She notified us and we rushed to the hospital and found my grandfather alive," Kefayat Hussain, one of Rahman's 13 grandchildren and who lives in Sylhet, told

AFP

The 20-year-old said Rahman confirmed his late wife's and other family members' names.

"He could not recognise us at first but when he saw my father's elder cousins, he right away knew it was us. He wept like a baby," Hussain said.

"He kept asking questions about my grandma and uncles who live abroad."

Rahman's family do not know why he went missing, but said after years of uncertainty they were just happy to find out that he is alive.

Rahman's third son Jalal Uddin, who also



lives in Sylhet and was one-and-a-half years old when his father disappeared, said his "heart bled for long 48 years as I barely remembered my father's face".

Relatives were flying from Britain and the US to Bangladesh for a family reunion, he told AFP.

Teacher Suspended for 'Objectionable' Comment Against Shabana Azmi

A government teacher in Greater Noida has been suspended for allegedly making an objectionable comment on Facebook against actor Shabana Azmi after she met with a car accident recently, officials said on Tuesday, 28 January.

The teacher, in her 50s, is posted in a junior high school in Dadri area and was suspended on Monday as part of disciplinary action, Gautam Buddh Nagar Basic Shiksha Adhikari Bal Mukund Prasad said.

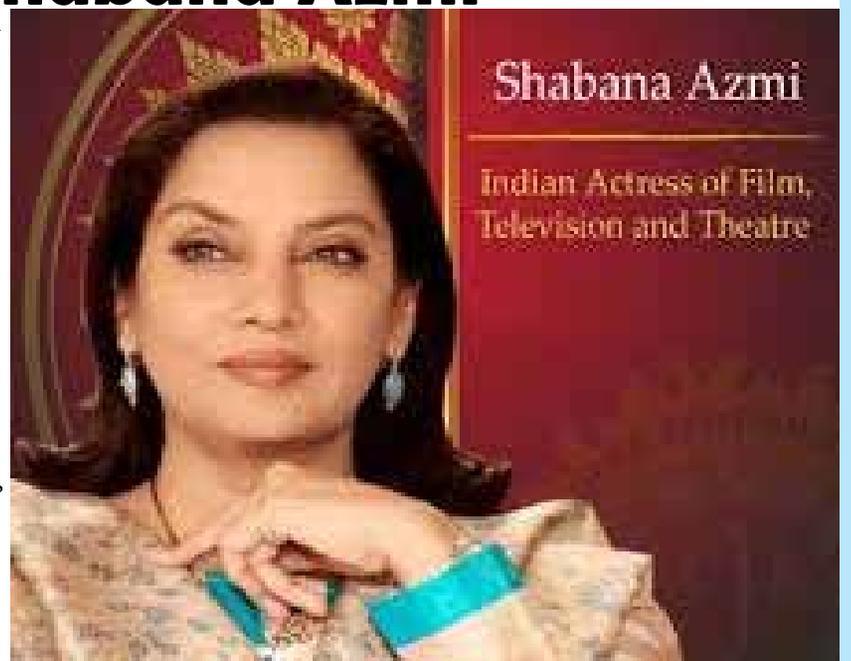
"The teacher had made an objectionable comment in her Facebook post. The matter came to us yesterday, and her comment is in violation of service guidelines for Uttar Pradesh government employees." - Bal Mukund Prasad, Gautam Buddh Nagar Basic Shiksha Adhikari

He said the teacher has been suspended for an in-

definite period and a probe has been launched by the education department.

"The period of suspension would depend on the findings of the probe committee and a further decision would be taken on the basis of that," Prasad said.

The veteran actor, who has won the National Film Award and Filmfare Award five times each, was injured in a car crash on the Mumbai-Pune Expressway in Maharashtra's Raigad, on 18 January.



Confined at home, Chinese get creative to beat boredom

BANGKOK (AP) — Chinese around the country confined to their apartments either by choice or by order are making the best of the situation as cities remain in lockdown in a desperate bid to contain a new, dangerous virus.

A couple from Shantou, a coastal city in Guangdong province, recreated a childhood game at home for their children.

In video posted on Douyin, a popular Chinese social media platform, the mom pretends to be a street vendor selling hoops made of cardboard paper. The children throw the hoops to score prizes laid out on the ground. It is a popular game usually played outdoor at Chinese New Year celebrations, but this year is different.

"Many travel plans and outdoor activities

were canceled. A lot of people are strictly limiting their needs of going outside," said Ouyang, the father. "Staying home is boring. So we decided to play this game at home with our kids and record a short clip of it."

A woman who goes by screen name Liang Jinjin lives in Yichang in Hubei province, a city not too far from the outbreak epicenter of Wuhan and one of several places where public transportation and traffic with the outside world have been blocked off. In her collection of videos, she sips water from a giant glass to her own reflection in the mirror and drinks from a coconut with a TV background showing animation of a beach. In another clip, she makes a tiny snowman with ice from her freezer.

"During the outbreak, everyone is nervous and staying at home spontaneously. But

staying home is very boring, so this video of me 'traveling' at home is to hope that everyone can face the epidemic with positivity and optimism," she said.

Schools around China have delayed the start of spring semester due to the outbreak. So university student Wei Zikai turned his living room into a badminton court.

Others took to the social media to show off their skills like playing word games with Apple's virtual assistant Siri, pretending to be fishing from a small bucket in their room, and playing billiard using chopsticks and cherry tomatoes and longan, a tropical fruit, for balls.

On Monday night, residents of some Wuhan high-rise apartment buildings joined together, at least in spirit, from their bal-

conies and windows to sing the national anthem and other songs.

The anthem's refrain, "Qilai, qilai, qilai!" or "Rise up, rise up, rise up!" echoed between the towers of skyscrapers in the city of 11 million, where streets have grown eerily quiet as families try to avoid contact with others who might be infected.

Others shouted "Wuhan, fight!" echoing the chants heard from protesters in Hong Kong, where anti-government demonstrations have stretched on for months.

The death toll from the virus has topped 100 and more than 4,500 have fallen ill. More than 50 million people in Wuhan and nearby cities are being kept in place in the most far-reaching disease control measures ever imposed.

PENNY YI WANG
Associated Press

YOUR HOROSCOPE FEBRUARY 2020



February Horoscope 2020

Overview Mercury enters Pisces on February 3rd, and during this period, our thoughts become clearer through dialogue with others, we can use the power of words to advise or make peace with the people from our lives. Mars enters Capricorn on February 16th, and all the zodiac signs will get stimulated, and become willing to act, and the activities performed will bring profit, status, stability, and power. On February 17th, Mercury starts its retrograde motion, so this period can bring a lot of inspiration, imagination, and artistic sense, increased creativity, and the ability to implement the things we feel. As the monthly horoscope indicates, in February 2020, the family domain will go through some amazing changes for Virgo and Libra.

Aries (March 20-Apr. 19)

This month you might receive unexpected news concerning a friend that you have not heard from for a long time. Read between the lines as deceiving circumstances could be surrounding this; do not agree to anything that you do not like unless you could bring your point of view into the matter as there could be something hitting you in your area of shared resources. This January, there is a big concentration of activity in the area of your highest hopes and wishes, especially after the 15th. You could see many of them come to reality



Taurus (Apr. 19 – May 20)

Your highest ideals and hopes are very much in the spotlight this month and restlessness to change direction in your life is setting in. Restrictions connected to your home life could be getting easier at this time, but your desire for changes is being curtailed somehow by your responsibilities at your home base. The workload at the place of employment seems to continue in a very busy mode, and this presents a great deal of restrictions to you. These are, however, restrictions that are self imposed — readjustment on this should be called for as this situation could bring you lots of feelings of instability



Gemini (May 20 – June 21)

There could, though, be negotiations you could come to a meeting of minds and a satisfactory conclusion, but you have to stop thinking one thing today and another one tomorrow. You will be having many different changes in your way of thinking connected to your place of employment, as many changes have

been occurring that might not be completely to your liking.

A mature personal friend could be reminding you about your personal values before you look into speculation that does not meet all the specifications required in your book. Something is being hidden from you.



Cancer (June 21 – Jul. 22)

This is a month that will be full of surprises in reference to your joint resources and outside sources of income. Quick action decided from your home base could be quite profitable. Spouse or partner might not see things the way you do as lack of understanding is present, an explanation could be necessary. The lesson should be learned well and do not let worries override your way of thinking as you are very clear in your understanding in this matter. Your goal responsibilities could show progress this month.



Leo (Jul. 21 – Aug. 22)

The spotlight this January is on your area of marriage and partnerships. Friendly harmony between you and your mate should be present in spite of some disagreement concerning your home surroundings. This could be resolved with friendly and loving communication, as long as you do not let any worry upset you as things could be worked out easily. Your overall picture should be looked at without frustration. News concerning your work performance could reach you, but this will not be of any major consequence. Opportunity for a source of assets gain could be opened to you; advice from a more learned and experienced person should be looked into, as much is not being reached intellectually in this situation by you.



Virgo (Aug. 22- Sept. 22)

You will be concentrating on your work for most of this month. Surprising news connected to this area will be received by you but this is connected to something that has been in the making for some time. Any source of speculation or money venture will have to be negotiated aggressively by you so you can get the best deal for yourself, and many questions could be asked as lack of understanding of issues could be present. Favorable outcome could very well be reached. Thoughts will be clear in reference to what you wish for in personal



income offered to you, but worries could get into the picture. Realistic expectations should be approached.

Libra (Sept. 22 – Oct. 23)

According to your horoscope, entertainment and social activities could be on the agenda this January 2020 for you, as pleasurable times could be coming to you in a very surprising manner. Monetary expenses should be taken into consideration as the cost could be more than you can chew. Misunderstanding with mate or partner could be present, do not allow repressed anger to blow things out of proportion. A mutual understanding should be worked out — looking at the situation with an open mind will be necessary as your understanding seems to be impaired here right now.



Scorpio (Oct. 23 – Nov. 22)

Changes at your home front could be very marked this month, though loving times with mate will give you some sense of balance. Lots of back and forth communication connected to your line of work could be present, and differences of opinion could result in bottled up anger in you. Trying to resolve differences will be the healthiest course. Surprising news should be expected by the middle of the month, and your intuition should be paid off in decision making. Communication with a private source could be very helpful. Avoid frustration that could be reflected at your home in a negative way.



Sagittarius (Nov. 22 – Dec. 21)

Contact with siblings or close relatives could be on the agenda for you this month as unexpected news could be reaching you connected to changes that could be mildly beneficial to you but better on the long run. Input and kindness from a friend could be of extreme importance as desire to take a trip abroad or faraway place might not be in your best interest and a pleasant time could be very restricted. Asserting yourself in a matter connected to shared resources could be necessary as someone could be playing with your feelings



Capricorn (Dec. 21 – Jan. 19)

The spotlight this month is on your area of personal income and values. Changes in that area continue to surface but things seem to magically work out for you. Your



intuition is very much on target, follow your hunches. Disagreements and restrictions at your home base could create tension that will have to be cleared up for the sake of harmony. Cooperation will be necessary as certain items seem to be held back bringing a lack of understanding. Your career seems to have been taking off in the right direction but uncertainty is bothering you in regards to money and a compensation matter.

Aquarius (Jan. 19 – Feb. 18)

Your way of thinking could be erratic this month as innumerable thoughts and ideas will be coming to your mind and could be changing several times going on different directions. Sources of inspiration and genius could be received by you subconsciously. Responsibilities that don't belong to you could be thrown at you and they should be resolved at the workplace. Mate or partner will back you on this issue. Your highest beliefs and philosophical outlook could be challenged in an open and harmonious way; looking at things with a clear mind will be the best recourse.



Pisces (Feb. 18 – Mar. 20)

Behind the scenes, activities will be surrounding you this month that could bring some confusion to your inner feelings — privacy will be highly desired in order to assimilate and sort out your thoughts. Your shared sources of income are part of this picture, as activity in this area is increasing in a very favorable way. Illusion about your responsibilities with personal sources of income seems to be bothersome. A spark of creativity could alleviate these worries, bringing extra income throughout your work. A learning process will be also present. After the 15th you could be having feelings of worries connected to your shared sources of income, but if you look at the situation with an open mind, all will be clearer to you and you will be able to see that the preoccupation shall be for nothing.



MATRIMONY

Looking for rishtas for my daughter:

Name: Dr. Uzma Sajid
Complexion: Very Fair
Born: Hyderabad (India) (hold US visit visa)
Age: 25 years
Height: 5'5
Qualification: Medicine from Deccan college of Medical sciences
College: Chaitanya College
School: Manarat Jeddah International
Father: Businessman. Worked in Saudi since the past 25 years.
Mother: Homemaker
Siblings: 2 sisters and 1 brother
Married: 1 sister (B.tech,Ms)got married in 2016 and is residing in the USA (California)

Partner Preferences

Age: 28-32 years
Height: 5'8-6'0
Education: Engineer with a masters degree or a doctor
Residing: USA/Canada/Australia
Visa status: H1b/ PR
Hometown: Hyderabad (India)
If you like my daughter's biodata message me on 8106407599. Thank you.

Female
Hijabi
Age: 23 years old
Height: 5'4"
Education: Pursuing Bachelors degree
Residence: Chicago, Illinois
Legal Status: Work Permit
Marital status: never married
Religious Sect: Sunni Sunnatul Jamat
Ethnicity: Hyderabad

LOOKING FOR: MALE
Age: 25-30 yrs old
Residence: Chicago, Illinois
Legal Status: Green card holder/ US Citizen
Marital Status: never married
Religious Sect: Sunni Sunnatul Jamat
Ethnicity: Hyderabad
Contact: (847)285-1277

Name: JM
Age: 18
Height: 4'11 with medium complexion, slim
Residence:- India, Hyderabad
Legal Status:- Indian citizen
Marital status : Single -Never Married
Ethnicity: Indian (Hyderabad)
Religious Sect: Sunni(No Fatiha and Darga)
Family: Mother, Father and 2 younger siblings.
Language:Urdu and English.
Hobbies :- drawing, cooking, volunteering and learning.
LOOKING FOR:- Religious, Educated, Simple and Family oriented groom.
Age:- 20 - 26
Height: 5'3 and above
Residence: USA and Canada
Education: Bachelors, Masters, MBBS, Engineering, Hafiz or Alim course.
Profession: IT, engineer, doctor, MS, Bachelor, Hafiz or Alim
Legal Status:- USA citizen, green card holder, H1B or OPT and Canadian citizen or Green card holder or work permit
Residence:- USA or Canada
Marital Status: Single - Never married
Religious Sect: Sunni(No Fatiha and Darga Please)
Ethnicity: Indian (Hyderabad)
Canada, what's app only:- 613- 222-2443

Name:MF
Age :23yrs
Height:5.2"
Color :Fair and attractive
Education:BDS completed, Pursuing Internship
Visa status:US MULTIPLE B1 B2
Marital status- Never Married
Ethnicity: Indian Hyderabad
Religion:Sunni Hanafi Muslim
Father: Business
Mother:Home Maker
Siblings:Two elder sisters married
One is in Canada and other is in USA, No brothers
Language:English, Urdu,Hindi
Hijabi:Yes

Looking for Groom:
Age- Below 30 years
Height: 5.8" or 5.10"
Residence: USA or CANADA ONLY
Education: MBBS, MDS, Pursuing MD,BE/Btech-MS
Legal Status:H1B/GREEN CARD/PR HOLDER/CITIZEN
Marital status:Never Married
Religion: Sunni Hanafi Muslim
Contact whatsapp no: 8897375675
9290798362

Gender: Female,
Age: 27
Height: 5'3
Residence: CA,
Status: US Citizen,
Cast: Rajput, Punjabi Sunni, (Hanfi)
Complexion: fair
Origin: Pakistan
Education: Graduated from UC Davis with a B.S. in Biology and minor in Psychology,
Family: Father, Mother, 1 older sister and 1 younger brother,
Marital Status: Unmarried
Language: English/ Urdu/ Punjabi
Hobbies: Writing, Reading, Art, Baking, Loves animals, Enjoys going to theaters, restaurants and traveling

Very family oriented, well mannered, friendly, and understanding; well round muslim.

Looking For:
Age: 28-32
Height: 5'7"-6"
Residence: US
Education: Bachelors and above,
Religious Sec: Sunni Muslim,
Marital Status: Unmarried
Language: English, Urdu,
Ethnicity: Pakistani,
From Educated family And who respects women.

Contact Mother, (925) 875-3131
Jazak Allah

Female
Name: SS
Age: 23
Height: 5.2"
Hijabi :yes
Residence : Toronto, Canada.(born & brought up in Gulf)
Education: Bachelor of Engineering from Toronto, currently pursuing Masters in Engineering.
Legal Status: Canadian
Marital status : Single - Never Married
Ethnicity: Indian - Hyderabad
Religious Sect: Sunni
Language: English, Urdu, Hindi
Hobbies: Badminton, travelling, reading

LOOKING FOR: Male
Age : 24-to-27
Height: 5' 6"+
Residence: Canada, USA
Education: Bachelor degree, preferably in Engineering or related.
Profession: Engineer
Legal Status: Any
Marital Status: Never Married
Religious Sect: Sunni
Ethnicity: Indian- Hyderabad
OMG Group
Contact: 289 505 1555

FEMALE : Mashaa'Allah Slim and charming
Hijabi: Yes
Age: 21 born - Nov 98
Height: 5'2"
Education: Bachelor's inEngineering (comp science)
Profession: student (final yr)
Residence: India .. Hyd
Legal Status: Indian ctzn
Marital status: never married
Religious Sect: Sunni ,Hanafi .. follows Qur'an and Sunnah ... Alhamdulillah 5 times namazi
Language: Urdu ,Hindi, English
Ethnicity: Indian Hyderabad

LOOKING FOR: MALE : well mannered, educated ,well settled and regular in Salah
Beard: Yes /No
Age: 24 -28
Height:5'6" - 5'11"
Education: MS / BS (US/Canada)
Profession: Engineer/ doctor/ business analyst
Residence:US/ Canada/UK
Legal Status: citizens/GC/PRs/H1B
Marital Status:never married
Religious Sect:Sunni Hanafi
Ethnicity: Indian Hyderabad settled in US/Canada/UK
Contact: Mother
WhatsApp #+91- 8801192818

Gender : Female (Non Hijabi)
Age : 27
Height : 5' 4"
Languages : English, Urdu
Education : MBA (Fashion management), PG Certificates from George Brown and Humber College
Job : Quality Analyst at Roots Canada
Legal Status : Work Permit (working towards PR)
Background : India (UP)
Parents : Father (Orthopaedic Doctor), Mother (Homemaker)
Family : 2 siblings, Elder brother (ENT Surgeon), Younger Sister (Gold medallist student)

Looking for Male:

Age : 27 to 32
Height : 5'10" or more
Residence : Canada
Legal Status : Canadian / PR
Sect : Sunni (Good balance of deen and duniya)
Education : Degree holder (Masters / Bachelors)
Profession : Any

Contact :
Aisha - Sister in Law (647-783-4797)
aghaus13@gmail.com

INTERNATIONAL PAGES

MATRIMONY

INTERNATIONAL PAGES

INTERNATIONAL PAGES

Male : adnan
 Age: 32
 Height : 5'11
 Education: high school graduate only , did not go to college
 Profession : working for my dads construction business
 Legal status : US citizen
 Marital Status : single , never married
 Residence : Morton grove, il
 Religious sect : prays all five times prayer, goes to the masjid , and learn about my deen as well
 Family sect : my parents are originally from Gujarat India

Looking for female age 19 to 26 . I prefer someone who is hijabi , wears jilbab / Abaya , is niqaabi and an Alimah one as well . any of these are fine with me.
 Legal status : US or Canadian citizen
 Marital status : single , never married
 Profession : any , or if she chooses not to work then its fine with me.
 Education : any
 Height : 5' 2 - 5' 10
 Religious sect : any
 Family sect : Indian Desi , hyderabadi Desi , Pakistani Desi , or any.

Contact info at : 17189166549.

Male
 Beard: Yes
 Name: AM
 Age: 29
 Height: 5'5
 Education:MDS
 Profession:dentist
 Residence: USA
 Legal Status: US citizen
 Marital status: divorced
 Religious Sect:Sunni
 Language: English
 Ethnicity: Indian
 Family: parents physicians
 Older brother married
 Younger sister medical school 1 st year

LOOKING FOR: FEMALE
 Hijabi
 Age: 23-28
 Height:5'2-5'4
 Education:masters
 Profession: any
 Residence: USA/ Canada
 Legal Status:citizen
 Marital Status: any
 Religious Sect: Sunni
 Ethnicity: india Hyderabadi preferably
 DDLJR Group
 289 505 1555

Male
 Name: SR
 Age: 27
 Height: 5', 6"
 Residence : Toronto, Canada.
 Education: Bachelor of Engineering (Software), McMaster University, Hamilton, Canada.
 Profession: Software Engineer
 Legal Status: Canadian
 Marital status : Single - Never Married
 Ethnicity: Indian - Hyderabadi
 Religious Sect: Sunni
 Family: Syed
 Language: English, Urdu, Hindi
 Hobbies: Badminton, travelling, reading

LOOKING FOR: Female
 Age : 21-to-24
 Height: 5' 2" to 5' 5"
 Residence: Gulf countries, India, Canada, USA
 Education: Bachelor degree, preferably in Computer Engineering or related.
 Profession: Any
 Legal Status: Any
 Marital Status: Never Married
 Religious Sect: Sunni
 Ethnicity: Indian- Hyderabadi
 OMG Group
 Contact: 289 505 1555

Male
 Beard:No
 Age: 30
 Height: 5.9ft
 Education:Post Graduate
 Profession:Chef
 Residence: British Columbia
 Legal Status: Work Permit
 Marital status: Single/ Never married
 Religious Sect:Muslim Sunni
 Language: English,Hindi,Urdu
 Ethnicity: Indian/Mumbai
 Family:Parents/2 brother's/Grandmother

LOOKING FOR: FEMALE
 Hijabi- Yes /No
 Age: 23-28
 Height:5.4/5.7
 Education:Any
 Profession:Any
 Residence:Canada/USA
 Legal Status:Permanent residency
 Marital Status:Single/Never Married
 Religious Sect:Muslim Sunni
 Ethnicity:Indian/Pak
 Contact:+1 250 938 5512
 WhatsApp # 2509385512

Male
 Name: MS
 Age: 29
 Gender: Male
 Height: 5' 11"
 Marital status: Never Married
 Residence: USA
 Education: Masters in IT from USA
 Profession: IT Professional
 Legal Status: work permit
 Religious belief: Sunni
 Ethnicity: Indian(Hyd)
 Language: Urdu, English, Hindi

LOOKING FOR: Religious and simple bride.

Age: 20-26
 Height:5'1 and above
 Marital Status: Never Married
 Education: Hafiza, Alima, Bachelors, Masters
 Profession: Hafiza or Alima
 Religion: Sunni(No Fatiha please)
 Ethnicity:- Indian, Hyderabadi
 Status: USA Residence

We have no demands and we prefer simple Nikah, InshaAllah.
 Contact : sister
 What's app only: 613-222-2443

Gender: Male
 Name: SHAFIUDDIN MOHAMMED
 Age: 27
 Height: 5'9"
 Residence: Chicago, IL
 Education: Master's Degree in Computer Technology
 Profession: Working as a Business Analyst in an IT Company
 Legal status: USA Citizen
 Marital status: Single
 Ethnicity: Hyderabad, India
 Religious Sect: Sunni Muslim
 Family: Both parents, 1 Brother & 1 Sister (married)
 Language: English, Hindi, Urdu
 Hobbies: Traveling, Movies, playing games, shopping.
 Looking for
 Age: 18 to 24
 Height: 5'3" to 5'7"
 Residence: USA, CANADA or UK
 Legal status: any
 Education: Bachelor's Degree
 Profession: Any
 Marital Status: Never Married
 Religious sect: Sunni Muslim
 Built: Slim or Average
 Hijabi: Any
 Ethnicity: Hyderabad, India

Contact
 Father: Maqdoom Ziauddin
 Mobile no: 8474430408
 Please send the bio-data on my WhatsApp before any calls.

Male
 Beard: Yes
 Name: Mohammed Ahsanuddin
 Age: 29
 Height: 5.10
 Education: Masters in Information Technology
 Profession: Business Analyst
 Residence: USA
 Legal Status: CPT
 Marital status: never married
 Religious Sect: Sunni
 Language: Urdu, English, Hindi,
 Ethnicity: any
 Family: Mother Gov employee (Hyderabad)

LOOKING FOR: FEMALE
 Hijabi: Yes
 Age: 27 to 28
 Height: 5.4 and above
 Education: any
 Profession: any
 Residence: USA, Canada and India
 Legal Status: any
 Marital Status: never married
 Religious Sect: Sunni
 Ethnicity: any
 If interested whatsapp ur profile.

289 505 1555

Male
 Name: Mohammed Absar Siddiqui
 Beard: Yes
 Age: 27
 Height: 5' 9"
 Education: MTech from IIT Madras
 Profession: Solar Project Manager
 Residence: Currently posted in Lagos, Nigeria for World Bank project
 Legal Status: Indian Citizen
 Marital status: Unmarried
 Religious Sect: Sunni
 Language: English, Urdu
 Ethnicity: Indian
 Family: Father - Retd Deputy General Manger, State Govt, Telangana
 Mother- Govt Teacher
 1 elder brother married,
 2 younger brothers and 1 younger sister unmarried

Contact & Whatsapp: Father - 9989985112, Mother - 9392192232

Looking for: Female
 Hijabi
 Age: 21-25
 Height: 5'3" - 5'6"
 Education: MBBS
 Profession: Doctor
 Residence: Hyderabad (India)/Gulf/Any
 Marital Status: Unmarried
 Sect: Sunni
 Ethnicity: India Hyderabadi preferably

Ehsaas Kafaalat: PM Imran launches welfare programme aimed at uplifting underprivileged women

Prime Minister Imran Khan on Friday said that Pakistan never saw the scale of progress it should have seen because the underprivileged “were left behind” to serve an elitist agenda.

“Neither did we provide them quality education, nor build good hospitals for them. We didn’t care for their health or ensure the provision of food.

“No country that has only served its elite ever progressed,” said the premier, while addressing the launch ceremony of the Ehsaas Kafaalat Programme for poor women, in Islamabad.

According to Radio Pakistan, under the programme, a stipend of Rs2,000 per month will be paid “to the most deserving and poorest women across the country through a digital payment system based on transparent mechanism”. The premier, while addressing the event, promised that the state will take responsibility of the underprivileged.

“Seven million women will receive the Kafaalat card which means seven million households will benefit,” said the premier, adding that health cards had already been distributed to six million families, enabling each to seek treatment worth Rs720,000.

“So far, I believe, our government’s greatest achievement is this,” said the prime minister.

“The helplessness that people feel when they don’t have the funds for their treatment, is the greatest cruelty in society,” he continued.

“When illness befalls a member of an underprivileged family, the entire household is thrust below the line of poverty as their entire budget is spent trying to seek treatment,” noted the premier.

During the event, the prime minister distributed cards to several women and expressed satisfaction with the way the programme’s system had been developed so truly deserving women could benefit.

“Humanity demands that you help those less privileged than you,” said the premier, adding: “However, when there is dishonesty in the use of the funds collected, then such programmes are never successful,” said the premier.

“So for its success, it was important for such systems to develop which ensure that the money reaches those people who are truly deserving, who are barely able to feed their children,” said the premier. He explained that the programme had experienced delays because of the focus on developing a transparent mechanism for the flow of funds.

The prime minister said that it was under this mechanism, 800,000 people had been weeded out which included government officers who had cars and were availing foreign tours.

“These women, to whom I just distributed the cards, are among the people whose money was being stolen,” he said.

Government’s plans ahead
The premier then proceeded with giving out details of how the programme works and provided an outline of other schemes the government will soon be implementing.

Under the Kafaalat Programme, he said that women will all be facilitated with bank accounts “so the money isn’t stolen”. He said that the card can be used to buy groceries from utility stores as well.

The premier said that smartphones will also be distributed so the women have access to information.



He said that the next phase will see the distribution of cows and buffaloes, so women can not only provide their children nutritious milk but sell it for additional income.

“The biggest challenge to children’s health in Pakistan right now is stunting and malnutrition. These two problems affect the development of children.

“So we will empower women, give them chicken and eggs and help them become self-sufficient.”

The premier also spoke of scholarship programmes for children from lesser income households.

“All of this is so Pakistan can be made into the state it was meant to be. A welfare state. A state that takes responsibility for the ones left behind..

“When someone asks me what that one reason is due to which Pakistan — which was seeing such rapid progress at one point — was unable to reach the pinnacle of success, I say it is because no country can witness development if there is a small fraction that is well-off among a sea of poor people.”

He said that progress can only be pos-

sible with the uplift of the poor sections of society, as he put forward the example of the state of Madina.

Speaking of the ‘Hunarmand Naujawan’ programme, he said 500,000 youth will be imparted skills training “so they are well-equipped to make a living themselves”.

He gave the example of Namal University, where numerous children from underprivileged families come to acquire education and after their graduation, are instantly able to procure jobs.

He also spoke of a loan facility to youth for their start-ups. “The youth will give out their business plans and the banks will evaluate their ideas on merit and provide them loans.”

At the end, the premier thanked Special Assistant to the Prime Minister on Social Protection and Poverty Alleviation Sania Nishtar for making a “foolproof programme”.

He said with the data being collected under her guidance, the foundation for a welfare state was being laid.

“This will be the Pakistan Quaid-e-Mohammad Ali Jinnah and Allama Iqbal had envisioned.”

Protect Yourself from Social Security Scams

Scammers are pretending to be government employees. Scammers will try to scare you and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action.

DON'T BE FOOLED!
IF YOU RECEIVE A SUSPICIOUS CALL:
1. Hang up!

2. DO NOT give them money or personal information!

3. Report the scam at OIG.SSA.GOV!

What to look out for

The call or email says there is a problem with your Social Security Number or account.

image of a credit card

Someone asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.

image of a cell phone

Scammers pretend they're from Social Security or another government agency.

Caller ID or documents sent by email may look official but they are not.

caution symbol

Callers threaten you with arrest or other legal action.

Social Security may call you in some situations but will never:

Threaten you
Suspend your Social Security Number
Demand immediate payment from you
Require payment by cash, gift card, pre-

paid debit card, or wire transfer
Ask for gift card numbers over the phone or to wire or mail cash

Protect yourself, friends and family!

If you receive a questionable call, hang up and report it at oig.ssa.gov
Don't be embarrassed to report financial loss or sharing information
Learn more at oig.ssa.gov/scam
Share this information with others



Negotiations for Transfer of Power and Partition:

Dr. S. Akhtar Ehtisham

In the early days of World War II, activism was in a state of suspended animation on the political front in India. Nearly the whole of the Congress leadership was in jail and their followers were lying low.

British forces had suffered reverses everywhere; they had been driven out of Europe and thrown out of their far Eastern possession.

France lay supine, and northern and Eastern Europe were crushed under the heels of Nazi Germany. Japan had dislodged the Dutch from Indonesia and the French from Indochina. Hitler had signed a non-aggression pact with Russia. But determined censorship laws kept India in the dark.

Subhash Bose (1) escaped from the prison in Bengal and had made his way to Germany, where he met Hitler and in exchange for a promise of independence of India had pledged his support for the Axis powers. He had gone on to Japan and made a similar

deal with the Japanese leaders and had subsequently organized an Indian National Army from the ranks of Indian prisoners of war.

The Japanese were at the doorsteps of Bengal. The British, according to most independent observers, had let the province slide into the grip of a massive famine. Millions died of starvation.

Alienation of Indians to the British had reached new heights and was exhibited whenever it could be. Josh Maleehabadi, by popular acclamation hailed as Shari-e-Inqilab — Poet of the revolution, announced that he had written a new poem and invited people for a public recitation. Tens of thousands flocked to the poet's home in Lucknow. Not many among them understood plain Urdu, much less the highly stylized poetry, but they went wild with passion when the poet declaimed the opening line. "Salam ai Tajdaar-e — Germany ai Fateh-e-Azam" — "I salute thee, holder of Germany's crown and conqueror of the world."

1. Subhas Bose advocated militant resistance to the Raj. Elected to the presidency of the Congress, he antagonized Gandhi and got elected to a second term against the latter's wishes. He was the last one to be able to do so. Gandhi forbade leading members of the party to serve in the executive committee. Frustrated, Bose resigned.

The police expeditiously whisked the poet away to jail.

Public opinion in the US was either neutral or sympathetic to the Nazi creed. Hitler was actually quite popular among the "Red Necks" or unsophisticated rural population, and many Americans were of German descent. A majority of Americans hoped that the Europeans would cut each other up.

Thousands of Japanese immigrants lived peacefully and productively in the United States.

Churchill and Roosevelt were apprehensive that Germany would become a real world power and rival their position in the increasingly global economy. Between them, they managed to entangle the United States in the war.¹

With a massive infusion of American arms and men into Europe, and with startling resistance of Russians, whom Hitler, casting aside all considerations of the solemn non-aggression treaty, had attacked preemptively, the tide began to turn in favor of the Allies. Churchill, who presided over a national Government, realizing that Britain would no longer have the will or the strength to hold on, acceded to the demand of his labor party colleagues to settle the "India" question. Loud mutterings that the 1943 famine in Bengal was contrived were frequently heard.⁽²⁾

A cabinet mission was sent to India to negotiate with the leaders of public opinion in the country. Congress leaders were released for the parleys. Jinnah had, in the meanwhile, taken full advantage of the absence of congress leaders from the scene, and had consolidated his hold on the Muslim imagination.

Reeling under relentless pressure from their own rank and file, leaders in Muslim majority provinces, who had for long evaded Jinnah's reach, had to accept his dicta. In any case the Congress had vowed to abolish the feudal system. It was an existential issue for the feudal landowners.

Jinnah now negotiated from a position of strength. The Congress had to concede the status of sole spokesman of the Muslims of India to him.

Protracted negotiations followed. Jinnah achieved his long sought after aim of parity between Muslims and Hindus in a federal India. The cabinet mission presented a plan with a federal government in charge of defense, foreign affairs, communication and currency.

The country would be divided into three wings, (a) the present Pakistan plus Indian Punjab and Kashmir, (b) Bangladesh plus Indian Bengal and Assam, (c) the rest of India. Provinces had to stay in their wings for the initial ten years. After that period a referendum could be held to determine if the constituents units wanted to stay in the wings or coalesce with other units.

1. Churchill had a US ship torpedoed in the mid-Atlantic and a US airplane shot down off the coast of Spain and put the blame on Nazi forces. Roosevelt, in his turn, seemingly ignored intelligence of the impending assault on Pearl Harbor, leaving the ships in port (albeit with most of the crewmen safely ashore), which the

Japanese shot like sitting ducks. He thus won a propaganda victory and was able to garner public support for participation in the conflict and to persuade the US Congress to declare war.

2. It was widely believed in India that, apprehensive that Bengal might fall to Japan, the colonists deliberately created problems in the food supply so the former would be blamed for it.

The Congress objected to the denial of choice to provinces to opt out but after a lot of wrangling signed on to the proposal.

The Muslim League did too. A federal cabinet was to be formed.

The Muslim League stuck to its assertion that it represented all the Muslims of India and should be allowed to nominate all Muslim members of the cabinet. Represent as it did a considerable number of Muslims, the Congress would not accept that and forego claim

to its secular-nationalist status. The Viceroy went ahead with cabinet making, with the understanding that if and when the Muslim League changed its mind, it would be offered at least two major portfolios.

The League, left out in the cold, agreed to join under the face-saving formula that they would be able to nominate a non-Muslim member of the cabinet. The League wanted the Home (control over police and security agencies) and Defense ministries. Patel would not relinquish the Home Ministry. Nehru had given Defense to a Sikh leader, Sardar Baldev Singh, whose support was critical, as other Sikh leaders especially Master Tara Singh, were flirting with Jinnah.

Being a novice at governance, Patel urged his party to offer the Finance portfolio to the League. Nehru and the rest of the congress high command, equally innocent of administrative experience, went along. Jinnah nominated Liaquat to head the League part of the cabinet. Unsure of his skills in finance, he demurred, but was reassured by two Muslim finance officials, Ghulam Muhammad and Chaudhury Mohammad Ali.

Liaquat stunned the nations industrialists by presenting a truly "progressive" budget, levying high taxes on capitalists, most of whom were Hindu.

The Congress was the political wing of Indian capital, bank rolled by it and beholden to it. They howled in anguish Nehru too, in spite of his socialist mindset. Liaquat relented a bit, but put the onus of concessions to the capitalist class squarely on Congress's, especially Nehru's head.

Patel, woefully moaned, that he could not even appoint a peon without Liaquat's approval. Congress leaders floundered and finally came to the conclusion that they could not coexist with the Muslim League ministers. And post independence, if Jinnah deigned to consider an office, independence would not be worth the

trouble. That presumably made Nehru, the Congress president declare to a press conference that the sovereign constituent assembly of India would not be bound by any pre-existing agreements and would frame a constitution based on the will of the majority.

This was a flagrant denial of the letter and the spirit of the tripartite acceptance of the cabinet mission plan. Jinnah took the bait, fell into the trap or as some would have it, acting in character, pounced on the blunder of his opponent. He issued a statement that a party which, when not even wielding real power, could so blatantly repudiate agreements that had been so solemnly concluded, obviously could not be trusted to abide by them when it had the actual reins of government in their hands. He withdrew his acceptance of the cabinet mission plan.

Reacting to the Congress's demand that it being the majority party, all power be handed over to it, Jinnah gave a call for 'Direct Action' and exhorted his followers to observe a day of peaceful protests.

Muslims all over India took out processions. In Calcutta, there was widespread rioting. Suharwardy, the Chief Minister of the province, a Muslim League nominee, was widely accused of presiding over the mayhem, or at least not taking effective measures to control the situation. But Jinnah had impressively exhibited his street power, exulting that it was not the Congress alone which could mobilize the masses.

The viceroy Lord Wavell, former commander in chief of the British Indian Army, a man of undoubted integrity and respected by all parties, was mindful of the support Jinnah had given the British in their hour of peril. He flew to London to present the case for partition of India.

The labor party had won the 1945 general elections in Britain, and Atlee was the new Prime Minister. Several members of his cabinet had close ties with Nehru. The Congress, accusing him of favoring the League, had demanded Wavell's head. Atlee told Wavell that he accepted the idea of partition of India, but did not think the latter should preside over it.

According to impartial observers, the dismissal was patently unfair. The viceroy was managing quite well. Churchill, now the leader of the opposition, asked Atlee not to show disrespect to a war hero. But the latter wouldn't budge.

Atlee chose a new viceroy, Lord Mountbatten, a member of the British royal family, admiral of the royal navy, former head of the allied forces in South Asia, and as some would have it, Nehru's nominee.

Dr. S. Akhtar Ehtisham

Shaheen Bagh protest challenges BJP govt's brand of populism, is generative of new vision of democracy

This essay contends that the passage of the 2019 Citizenship Amendment Act (CAA) exemplifies legislative populism in its most ethnic format, the National Register of Citizens (NRC) being its subservient arm or vice versa.

Arjun Appadurai describes the country-wide protests against the CAA-NCR as "India's first mass movement since the movement for national Independence". Along with its size and magnitude, I argue, the movement equally offers a significant challenge to Narendra Modi's brand of populism, a challenge that is generative of a "new" vision of democracy.

Since the full enunciation of this democracy lies in the future, I only identify some of its key features. To this end, I focus on the women-led protest sit-in (dharna) in New Delhi's Shaheen Bagh near Jamia Millia Islamia—a university founded during the anti-colonial non-cooperation movement, and from which this author earned his Bachelor's degree. It is my contention that Shaheen Bagh protest contains possibilities for redefining democracy. The meaning of the Urdu word 'Shaheen' is 'eagle', and is central to Muhammad Iqbal's decolonial poetic philosophy.

The CAA installs a "Hindu home" My argument that CAA is piece of legal populism draws on Jan-Werner Müller's observation that two of its fundamental features are: 1. the notion of an "authentic" people constituting a nation-state; and 2. its vehement opposition to substantive (contra procedural) pluralism. Both in its German and Italian versions, Müller further maintains, fascism should be construed primarily as "populist movements." In Appadurai's words, the enactment of the CAA fuses "the fascism of law and the fascism of the streets." However, what are the mechanisms that drive this fusion and where exactly it is headed to?

At the core of the CAA is an exclusivist, ethnic notion of nation and who constitutes its "authentic" people. This nation in turn is popularly imagined as an orderly, cosy "home"—emptied (often by violence) of an orchestrated "impure" other within, and the enemy at war outside. The outside and inside, however, are never clearly demarcated because nation-states also fashion "interior frontiers". That the CAA is an installation of Hindu home is manifest in the BJP's 2014 election manifesto, which promises that the party would work to make India "natural home for persecuted Hindus and they shall be welcome to seek refuge here".

The CAA states that "persons belonging to minority communities, namely, Hindus, Sikhs, Buddhists, Jains, Parsis and Christians from Afghanistan, Bangladesh and Pakistan shall not be treated as illegal migrants" and thus they would become [Indian] citizens. Clearly, the CAA kills two birds with one stone: it sweepingly frames Islam and Muslim-majority countries as oppressors and Hindus as oppressed. It also institutes the dualism of Us-Hindus-Insiders versus Them-Muslims-Outsiders.

Analysts who criticise the CAA for excluding Tamil Hindus from Sri Lanka or

Muslim Rohingya miss this dark dualism staged by the law.

Let us note that Christians were included in the CAA as an afterthought to ward off possible outcry from the West, especially from Donald Trump and Boris Johnson who both claim to fight for persecuted Christians. Let us also note that neither Christians nor Parsis previously figured in the BJP-RSS discourse or mobilisations as peoples whose "natural home" is India. Notably, Sikhism, Buddhism and Jainism are deemed not as religions independent from Hinduism but merely as offshoots of the latter. India's Constitution too sanctifies this Hindu assimilationist view of other religions, premised on the contentious distinction between "Indic" and "foreign" religions.

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Firstpost30 January 2020

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It is not simply the exclusion of Muslims from the CAA's purview that makes it ethnic; its ethnic character is revealed more pronouncedly in its assumption of pan-Hinduism.

The CAA posits India as a Hindu nation-state self-obliged to speak for Hindus beyond its own borders. India belongs, so goes the populist credo, to Hindus who are its original, authentic population. In this context, critics of CAA bypass the example of Nepal. As an Indian citizen hailing from Bihar, which borders Nepal, I admire the fact that citizens of Nepal require no visa to travel or work in India (and vice versa). However, if Mohammad Azmal Hoque, a retired Indian Army officer from Assam, is made to prove his citizenship by demonstrating that he is not an illegal immigrant, why are citizens of Nepal, which is a separate country, recruited in the Indian army? Is it because Nepal is a Hindu-majority country? Ethnic roots of citizenship: From inception until now

Most commentators attribute the CAA's ethnic character to the ideology of the RSS-Hindutva as articulated by VD Savarkar, MS Golwalkar and others. In contrast, they assume—for instance, as does Aparna Pande—that the citizenship law enacted at the birth of India as a republic was inclusive, especially because of Jawaharlal Nehru's so-called secular vision.

This can be accurate only when law is understood solely in its own terms, without its relation to the power it is predicated on. But even here strong caveats are necessary on two counts:

First, Indian citizenship law consisted of the tenets jus soli as well as of jus sanguinis where while the former, based on birth and domicile, is civic and inclusive, the latter is ethnic-exclusivist based as it is on individual's descent or the citizenship of one's parents. While Part II of India's Constitution outlined the basis of citizenship on the principle of jus soli, it also had provision for jus sanguinis manifest, inter alia, in granting citizenship to individuals living outside of India if either they themselves or one of their parents or grandparents was born in India. Anupama Rao concludes that "Indian citizenship as manifest in the Constitution at its commencement thus emphasises ethnic ties." Second, even the inclusive criterion of jus soli was compromised in the vortex of Partition. To the discomfort of nationalised selves, the fact needs to be stated that the stance of the Indian state over citizenship was far more ethnic than that of the Pakistani state. Faced with the high numbers of mujahideen (migrants) from India, Pakistan opposed their further migration saying that Karachi is "full". Receptive only to Muslim refugees from Punjab, Pakistan asserted that its doors were "closed" to even those who had worked for Pakistan's formation. Contrast this with Vallabhbhai Patel's statement that "whatever the definition [of Indian citizenship]—Hindus and Sikhs of Pakistan can't be considered as aliens in India". Indeed no less a person than Acharya Kripalani, the then president of the Congress party, strongly advised Hindus to leave Pakistan. With fineness, historian Vazira Zamindar discussed these issues in her book, including the comical-poignant story of Lucknow's Ghulam Ali. Literally tossed many times between the Indian and Pakistani states and disowned by both, Ali returned to India in 1960, not as a citizen but as a foreigner under the constant surveillance of the state.

Another arena where the ethnic-patriarchal basis of India's citizenship were glaringly visible was in the implementation of the 1949 Abducted Persons (Recovery and Restoration) Act, which remained in force until 1957, two years after the passage of the Citizenship Act. Unlike Hindu and Sikh women recovered from Pakistan, Muslims as "recovered and abducted women" were treated rather differently. They were thrown into detention camps to languish until the Pakistani state claimed them. They were not considered worthy of citizenship.

Irfan Ahmad



HEALTH

Is something in your diet causing diarrhea?

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

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

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

Diarrhea triggers

The following can cause loose stools or make them worse.

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

Dairy foods. These contain lactose, which

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

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

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

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

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

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

The fix

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

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

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



your own.”

Other causes of diarrhea

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

- bacterial or viral infection
 - surgery to a part of your digestive system
 - excess alcohol consumption
 - medical conditions such as irritable bowel syndrome, Crohn’s disease, hyperthyroidism, diabetes, and some forms of cancer.
- In older adults, diarrhea often turns out to be a side effect of medication. “Things like antibiotics and anti-gout medications can cause diarrhea by altering movement in the gut and the bacterial population in our intestines,” says Dr. Norton Greenberger, a Harvard Medical School professor. “But there are also 20 or 30 gut disorders that can cause loose bowel motion.”

The physical benefits of yoga

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

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

Back pain relief

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

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

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

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

Less arthritis pain

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

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

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

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

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



Dramatically ease lower back pain and even alleviate arthritis pain

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

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

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

Reduce depression, chronic pain, and even improve PTSD symptoms

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

RECIPES

SALMON SHARING PLATTER

INGREDIENTS

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

Salt and Freshly ground black pepper

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

INSTRUCTIONS

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

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



CHILI LIME GRILLED CHICKEN

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

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

INGREDIENTS FOR GRILLED CHICK-

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

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

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

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



CARROT CAKE TOWERS: DIABETIC

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

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

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

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

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

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

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

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

other carb. Carb choices: 1.5 ***Test Kitchen Tip: If desired, save cake scraps and make parfaits by layering the cake with thawed frozen light whipped dessert topping.

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



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

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

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

WORDS SEARCH

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- PINE
- YEW
- SWEETGUM
- FIR
- ASPEN
- MAPLE
- COTTONWOOD
- BIRCH
- CYPRESS
- OAK
- DOGWOOD
- CHESTNUT
- SPRUCE
- CHERRY
- SYCAMORE
- WALNUT
- BUCKTHORN
- SEQUOIA
- WILLOW
- ELM

Jawaani Jaaneman movie review: Saif Ali Khan takes jibes at middle age head on, Alaya F makes assured debut

A commitment-phobic, unmarried middle-aged Punjabi man in London misreads a nightclub pick up. After a routine of drinking, dancing and meaningless hook-ups, Jazz (Saif Ali Khan) meets his match in an uber-confident Tia (Alaya F). While he sets his apartment to seduction mode (mirror ball, mood lighting, and white wine), she has other things on her mind.

The girl with a wide smile and endless enthusiasm reveals there is a 33.33 percent chance he is her estranged father. Director Nitin Kakkar's love story follows all the beats of a basic romantic comedy, except that the love is paternal.

Although crediting Argentinian feature Igaullita A Mi, writers Hussain Dalal and Abbas Dalal mash up other films from the genre. Among them, Mama Mia, where a Bohemian mother (Meryl Streep, replaced by Tabu) reveals any one of three men could be her daughter's father.

In Jawaani Jaaneman, a DNA test will establish whether 21-year-old Tia's gamble of coming from Amsterdam to London

in search of her father has paid off. As the doctor with the DNA test results, Kiku Sharda ups the tempo in a comedy that depends wholly on Saif Ali Khan. It turns out to be a buy-one-get-one-free result. Not only does Jazz discover he is a father, but that he is going to become a grandfather too. Unwilling to compromise on his carefully curated minimalist (he appears to have only two friends, and a limited wardrobe of rock band fan T-shirts) yet hedonistic life, Jazz gently but firmly pushes Tia away, pregnancy and all. Whenever he recovers from his hangover, he focuses on his day job as a real estate broker.

Soaking in alcohol and barely bothering to remember the name of his hook-ups is the cloak Jazz wears to mask loneliness. In all this, Tia is getting on with her life while lurking on the periphery of Jazz's life.

Khan has played the party-loving, commitment-shy urban young man several times. This time, he takes on an age-appropriate role, where that same fellow from Salaam Namaste and Cocktail is now dying his hair, coming to terms with a

mid-life crisis while holding on to a colourful past. His enduring relationships are with his brother and business partner Dimpy (Kumud Mishra), nightclub owner buddy Rocky (Chunky Pandey, unable to shake off Aakhri Pasta's accent from the Housefull franchise even as a Londoner), and hairstylist (Kubbra Sait).

Khan is charming and funny, and takes the jokes about middle age head on. It is a role tailor-made for him, and he plays it with glee. Alaya makes an assured debut. She gets a finely written character. It is refreshing to see an emancipated Indian girl living her life without fearing judgment, and Alaya manages to convey Tia's longing as well as her self-belief.

Tabu injects energy into the latter scenes as Tia's new-age mother who curls up her nose as she senses bad energy in Jazz's apartment. One feels cheated for seeing her in a short parody role but Tabu is a



hoot, and does not waste a moment.

A side-plot about a housing redevelopment project does not fit in smoothly but otherwise, Kakkar steers clear of chest-thumping melodrama and old-school moralising. The content is mostly flippant with a few meaningful moments punctuating an easy-breezy coming-of-age story about a modern Indian family.

Rating: *
Udita Jhunjhunwala
Firstpost**

Alia Bhatt And Tara Sutaria To Dance With Lovers, Ranbir Kapoor And Aadar Jain At Armaan Jain's Wedding- EXCLUSIVE

It's wedding time in the Kapoor household as Armaan Jain is set to tie the knot. Like every Punjabi big fat wedding, the family is gearing up for an entertaining Sangeet ceremony, the dance practices for which are in full swing.

As soon as we sniffed that the ceremony is going to be a big affair, we got digging to find out what's Ranbir and Alia planning for it. And bingo, we were right! Kapoor boys- Ranbir Kapoor & Aadar Jain are planning something special for their Veer along with their respective ladylove- Alia and Tara.

A source close to the family tells us, "Ranbir, Alia, Tara and Adar will be dedicating a performance to the bride and the groom."

Not just this we have also got to know that Ranbir and Alia will be giving a couple performance on a romantic number. Armaan Jain, son of Rima Jain and Manoj Jain, has made his Bollywood debut in 2014 with the film, Lekar Hum Deewana Dil and had also worked as an assistant director in the films, Ek Main Aur Ekk Tu and Student of the Year. 29-year-old actor, Armaan Jain got engaged with Mumbai-based fashion blogger, Anissa Malhotra in December. We had brought to you pictures from the lovely evening.

And last night, the wedding functions have begun. Talking about the Sangeet ceremony, we have also come to know that choreographer Visshaal Kanoi has been hired to choreograph the families' dance perfor-



mances. So, are you excited for the videos and pictures from Armaan Jain's fun-filled Sangeet ceremony, well, we absolutely are!

Shabana Azmi Returns Home, Thanks Fans for Their Prayers & Wishes

Shabana Azmi Returns Home, Thanks Fans for Their Prayers & Wishes

The Quint The Quint 9 hours ago Reactions Reblog on Tumblr Share Tweet Email

Shabana Azmi had been admitted to Mumbai's Kokilaben Hospital after she suffered injuries in an accident some time back at the Mumbai-Pune Expressway. Now, taking to Twitter the veteran actor

said she has returned home.

"Thank you all for your prayers and wishes for my recovery back home now Thank you Tina Ambani and Kokilaben Ambani hospital for the sterling care provided by the doctors team and the nursing staff. Im indebted and grateful," she wrote. Thank you all for your prayers and wishes for my <http://recovery>. Im back home now Thank you #Tina Ambani and Kokilaben Ambani

hospital for the sterling care provided by the doctors team and the nursing staff. Im indebted and grateful
The Quint



Kangana Ranaut Awes Fans With Her New Look From Thalaivi; Celebrates Hairstylist Maria Sharma

Fans are super pumped for Kangana Ranaut's upcoming movie Thalaivi, which is a biopic on actor-turned politician J. Jayalalitha who became the Chief Minister of Tamil Nadu. Kangana's team recently shared a new look from the film, while also celebrating hairstylist Maria Sharma for having completed 50 years in the industry.

Team Kangana Ranaut on Instagram shared an image of Kangana donning the makeup and hair of a South Indian classical dancer, looking absolutely gorgeous in it. She is sharing the frame with Maria, who worked with her even on her first few films like Woh Lamhe and Once Upon A Time In Mumbai.

The post was captioned, "Wishing Maria Sharma a glorious five decades in the Indian film industry. This legendary hair stylist who worked with screen icons like Hema Malini, Sharmila Tagore, Helen and Manisha Koirala completed 50 years on the sets of Thalaivi. #KanganaRanaut started her career with Maria Ji with films like 'Woh Lamhe' and 'Once Upon A Time in Mumbai'. Here she's seen putting final touches on Kangana's stunning Indian look for #Thalaivi. Stay tuned for more." (sic).

Fans are in awe of this look of Kangana's, as many of them commented, 'Gorgeous',

'Dynamic pic', 'Beautiful', and so on.

Kangana has been prepping hard for the role, going through intense prosthetics sessions and taking Bharatanatyam and Tamil classes. She once admitted that she was struggling to learn the Tamil language, and was only learning Tamil as per the demand of the script.

Thalaivi will be released in Telugu, Tamil and Hindi simultaneously. Directed by A.L. Vijay, and co-starring Arvind Swami, the film is scheduled to be released on June 26, 2020.



Srushti Jayadev
Filmibeat

Shweta Tripathi Has 'Zero Make-up Look' in Mirzapur 2

Actress Shweta Tripathi has already impressed many with her new look from the much-awaited web series Mirzapur 2. She has now opened up about what all went into her 'zero make-up look'.

Shweta, who reprises her role as Golu, is seen sporting short hair and pointing a gun at someone in the latest photo from the series.

"I had a zero make-up look for the show. I would walk into shoot with some sun-screen and that's it," Shweta said.

"Mirzapur was a long commitment of a few months. So initially we discussed going for a short hair look but then I thought of the hair-do and how it doesn't fit into my other work. I had to be in that look

for many months on stretch. I rejected the idea of putting on a wig because shooting in Benaras in the sun would be anything but fun. So we were contemplating this for a long time when it was Guru (the director) who said let's do it," she shared.

She is one of those actors who trusts her director and his or her vision.

"Though the hair, make-up and styling team is the same from last season, my character's look takes a departure from how we saw her earlier. It's an uneven cut which fits into that world alone. So during that time, for my events I wouldn't have the best hair days but then Mirzapur Ke liye Kuch bhi (anything for Mirzapur)," she said.

It's the kind of character for which she can go to any length.

"That's how invested we are in it as a team. In Gone Kesh, I was so excited going bald. If a character looks different, it will feel different. The look of the character is important because it helps me get a better sense of the person I am playing," said Shweta.

"I don't play the part as Shweta but as that character. Also, I consciously am picking looks that are different from all other characters I have played in the past," she added.



IAN S

Salman Khan's show 'Bigg Boss 13' slipped again in TRP list, The Kapil Sharma Show out of Top 5

The Broadcast Audience Research Council (BARC) has released ratings for the third week of 2020. In the third week, Salman Khan's celebrity reality show 'Bigg Boss 13' has received a setback again. As per the ratings for urban areas, the show slipped two places to the fifth position. Thankfully the show managed to make it to the top 5. In the second week, Colors' show finished third.

ZTV's show 'Kundali Bhagya' still remains the most popular in urban areas. The second place is 'Chhoti Sardarni' show by Colors, while the third place is also named by Colors. The channel's 'Naagin Bhagya ka Zaharala Khel' show stood at the third position. At the same time, the fourth place got the Star Plus show 'Yeh Rishta Kya Kehlata Hai'.

Talking about rural areas, Dangal Channel has shows in the top 5. In the first place 'Mahima Shani Dev Ki', in the second place 'Find Baba Aiso Var', in the third place 'Dwarkadhish Lord Shri Krishna', in the fourth place 'Bandini' and in the fifth place 'Kisna Mohabbat Hai'. There has not been much change in audience choice in rural areas. 'Dwarkadhish Lord Shri

Krishna' has slipped one rung, while 'Baba Aiso Var Find' has moved up two places.

Now if the audience of rural and urban areas is combined, then the show of the Dangal channel in the first place has been 'Mahima Shani Dev Ki'. Shows of the same channel are 'Baba Aiso Var Khojho', 'Dwarkadhish Bhagwan Shri Krishna' and 'Bandini' at the second, third and fourth places as well. While at fifth place is the show 'Kundali Bhagya Raha' from ZeeTV.

It is obvious that Salman Khan's show 'Bigg Boss 13' is completely out of the list of audience in rural areas. It is being seen only in urban areas. At the same time, another popular show of the small screen 'The Kapil Sharma Show' has not found a place in the top 5 list.

The post Salman Khan's show 'Bigg Boss 13' slipped again in TRP list, The Kapil Sharma Show out of Top 5 appeared first on Popdiaries. Rajendra Pal, Pop Diaries



HINDI MOVIE RELEASE DATES

| Opening | Title | Director | Cast | Genre |
|---------|---|-----------------------|--|-----------------------------|
| 7 | <i>Shikara</i> | Vidhu Vinod Chopra | Aadil Khan · Sadia | Drama (Historical Event) |
| | <i>Malang</i> | Mohit Suri | Aditya Roy Kapur · Disha Patani · Anil Kapoor · Kunal Khemu | Revenge Drama |
| | <i>Hacked</i> | Vikram Bhatt | Hina Khan · Rohan Shah · Mohit Malhotra · Sid Makkar | Thriller |
| 14 | <i>The Winds - Hawayein</i> | Yogesh Vats | Bhavesh Kumar · Ester Noronha · Parikshit Sahni · Kiran Kumar · Sheeba Akashdeep | Romantic, Drama, Road Movie |
| | <i>Love Aaj Kal</i> | Imtiaz Ali | Kartik Aaryan · Sara Ali Khan · Randeep Hooda | Romantic comedy |
| 21 | <i>Bhoot – Part One: The Haunted Ship</i> | Bhanu Pratap Singh | Vicky Kaushal · Bhumi Pednekar | Horror |
| | <i>Shubh Mangal Zyada Saavdhan</i> | Hitesh Kewalya | Ayushmann Khurrana · Jitendra Kumar · Gajraj Rao · Neena Gupta · Manurishi Chaddha · Sunita Rajwar · Maanvi Gagroo · Pankhuri Awasthy · Neeraj Singh | Comedy, Romance |
| | <i>The Hundred Bucks</i> | Dushyant Pratap Singh | Kavita Tripathi · Dinesh Bawra · Jaid Shaikh | Drama |
| 28 | <i>Thappad</i> | Anubhav Sinha | Taapsee Pannu · Pavail Gulati | Drama |
| | <i>Guns of Banaras</i> | Sekhar Suri | Karan Nath · Nathalia Kaur · Abhimanyu Singh · Ganesh Venkatraman · Shilpa Shirodkar · Zarina Wahab · Mohan Agashe · Tej sapru | Action |
| | <i>Doordarshan</i> | Gagan Puri | Mahie Gill · Manu Rishi Chaddha · Dolly Ahluwalia · Supriya Shukla · Rajesh Sharma · Mehak Manwani · Sumit Gulati | Comedy Drama |

Trailer Review of Shikara: When love is all that's

Vidhu Vinod Chopra returns as director, this time to tell his own story. Like him, thousands of Kashmiri Pandits were overnight rendered homeless when on 19 January 1990, sectarian violence erupted in the Kashmir valley, reducing Hindus in Kashmir to the status of refugees in their homeland.

Shikara is the story of one Kashmiri Pandit couple, played by raw somewhat unpolished newcomers Sadia and Adil Khan fighting hatred with love as the Valley burns. It's a beautiful thought that Gabriel Garcia Marquez could have approved of. Except for the fact that Shikara is far more modest in its ambitions than the epic literature of Marquez or even the vision that went into Vidhu Chopra's Mission

Kashmir.

But it's not the epic vision, but the emotional core of a political disaster that interests Chopra this time. Neither the actors nor the technicians on board seem to be here to create history. This is a film that seems to chronicle the truth about a truly tragic chapter of Kashmir's history when a large section of the local population had to leave their homes and property and flee the once-paradisaical State.

Shikara seems to capture the sheer pathos of a couple who is homeless in its own home. The young couple does not exude an extraordinary charm and charisma. They look like an ordinary couple caught in an extraordinary situation. This is per-

haps intentional. Who would believe Varun Dhawan and Alia Bhatt as refugees in their own country?

Like the release date, 7 February approaches Shikara will generate increasing debate on how emotionally physically and financially wounded were the displaced Kashmiri Pandit. Vinod Chopra has his own stories to tell about being a refugee. Here is one of them. It doesn't convey the epic vision of Vishal Bhardwaj's Haider. But the trailer of Shikara moves you.



Shubh Mangal Zyada Saavdhan

Trailer review: Shubh Mangal Zyada Saavdhan

Director: Hitesh Kewalya

Cast: Ayushmann Khurrana, Gajraj Rao, Neena Gupta, Manurishi Chaddha, Jitu K, Sunita Rajwar, Maanvi Gagroo, Pankhuri Awasthy, and Neeraj Singh

Trailer rating: 4.5/5

In the last few years, Ayushmann Khurrana has built himself a reputation of picking films that are out of the box and based on taboos of our society be it erectile dysfunction, pregnancy at an old age or the awful discrimination based on castes in India. Along with delivering some great content, he also has managed to score big with these films at the box-office. With Shubh Mangal Zyada Saavdhan, it seems like he's got yet another winner on his hands.

Shubh Mangal Zyada Saavdhan

In the trailer, Ayushmann is shown to be playing a gay man who's in love with his neighbour played by Jitu K. While the two seem to be happily in love with each other, the family obviously aren't too happy about it. In fact, they are even shown trying to get their son married to another girl. Jitu K's parents in the film are played by the exceptional duo of Gajraj Rao and Neena Gupta, who nailed their performance as a couple in *Badhaai Ho* and seem to have knocked it out of the park yet again.

Perfect casting, well written dialogues, natural humour and a strong underlying message are essentials in every Ayushmann film and looks like *Shubh Mangal Zyada Saavdhan* will be no exception.



Thappad Movie Review

The story of the film revolves around a suspicious murder and its investigation. The murderer has left behind no evidence thus making it almost impossible to trace his tracks. Meanwhile a suspended cop is put on the case, which takes him to Calgary. The cop while on the job, ends up falling in love with the beautiful daughter of a successful businessman. The father of the girl takes a long time to accept the cop as his future son-in-law. The story

has many twists and turns that will keep you intrigued till the very end. The film is directed by Anubhav Sinha and produced by Amit J. Chaudhary, Bhushan Kumar and Sagar Shirgaonkar. The cinematography is by Soumik Mukherjee and Ewan Mulligan.

Tanvi Azmi, Sushil Dahiya, Naila Grewal, Ram Kapoor, Pavail Gulati, Siddhant Karnick, Kumud Mishra, Ankur Rathee, Ratna Pathak Shah, Maya Sarao and Nidhi Uttam.



The star cast includes Taapsee Pannu,

Review: Love Aaj Kal

Eventually, a script that starts off supremely crisp, loosens out into climaxes. And a final explanation that while times have changed, only expressions may have altered. Romance is eternal, says Mayank Shekhar.

The girl here has broken up with her boyfriend. Knowing she can tell him simple truths about himself, now that they aren't together anymore, she suggests, he's cooler when he doesn't try. The boy makes a valid query: "Then how do you try, not to try." It's the key to the dating game.

Pardon the usage, if you may, the fundamental premise behind scoring a girl in the urban jungle is to seem least interested. This is where Indian boys suck big time. They either overdo the insouciance, end up all arrogant, or they just cannot fake disinterest, and come on way too strong. Either way, they get nowhere, or only some do.

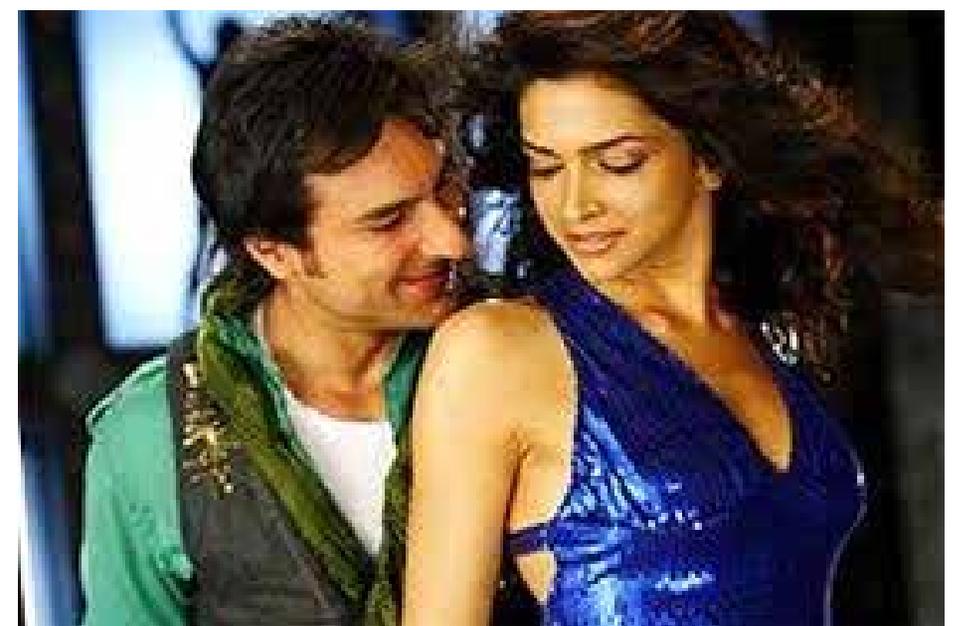
This film's urbane hero has few such problems. He's just broken up. And in fact celebrates the moment with a house-party. The London couple is being separated: she, moving to Delhi; he, at some point to 'Frisco. They mutually agree, long-distance relationships don't work out (Lord, hell, they don't). They move on to newer gigs, but still keep in touch. This sweet, semi-casual or pseudo-serious 'ex' business, I suspect, is new to Hindi films. *Love Aaj Kal* (literally, *Love Today Tomorrow / Yesterday*) actually translates to love, these days. As against back in the

day, where we find the same hero, about two generations before (wonderfully art-directed '60s), wooing a girl merely with his persistent eyes. Over there, the couple hasn't met, never spoken, but the boy could give up his life for her. The suggested contrast between present and the past relates to love at first sight, over lust at first night; eternal bonds with limited options, over an emotional highway, where couples hook-up and break-up at the rate they quit smoking.

The latter part is most of the film, and you wish it were entirely in English. Somehow, "Main bahar nikal raha hoon" doesn't quite sound the same as, "I'm going out". "Vikram mujhe discotheque le jaane ke liye taiyar ho gaya hai" (for "Vikram's asked me out to a club") doesn't quite cut it either. Also, its context is largely western.

The boy cannot pass off for anything less than 30. By this age, Indian homes develop nervous parents nagging their kids to "settle down." Most friends are married. Loneliness starts to creep in. The filmmakers have smartly done away with families for their lead characters. Yet, so good so far.

Saif Ali Khan, as usual, plays the charming 'Hugh Grant-ish' Saif, which is a great thing. I don't know anyone in popular imagination who can play the adorably slick, goofy Saif better. His leading lady (Deepika Padukone) is ever-ready with that endearingly catty, knowing smile,

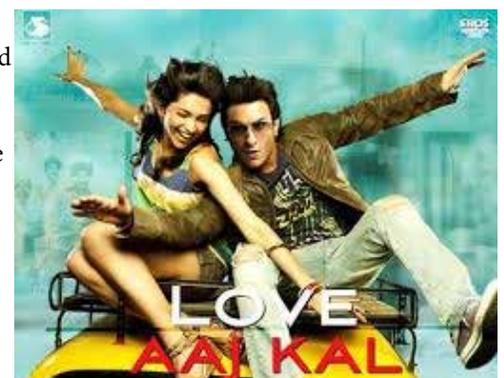


which she also gets complimented for, in dialogue, every once in a while. The two have a breezy thing going, and they certainly sustain your interest.

You finally sense a mental debate (between the audience and the writer-director) on how much this love-story must turn mythical, when for most parts you've loved it for how real it's been. The filmmakers occasionally break a cliché (referenced from past films), and feel like they've gone too far, so they step back again, to break a cliché still.

Eventually, a script that starts off supremely crisp, loosens out into climaxes. And a final explanation that while times have changed, only expressions may have

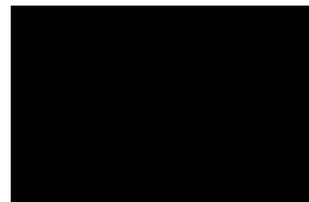
altered. Romance is eternal. Soul-mates do materialise. There is that special someone for you out there. I'm not sure. But I'd like to believe so still. That's what good rom-coms are made for. This one is Love



Best Wishes to Syed Sadiq Bhai on Opening Ceremony of His Banquet Hall @ Kamalapur Colony



Left: Anumula Revanth Reddy an Indian Politician of the Indian National Congress and current Member of Parliament(MP) in the Lok Sabha from Malkajgiri and Mr. Abdur Rahman



Afzal Uddin Congress Leader with Mir Mujahid Ali (Alibaba)Desi mart. Jaihind Owner



شاد عظیم آبادی
غزل

تمناؤں میں الجھایا گیا ہوں
کھلونے دے کے بہلایا گیا ہوں
ہوں اس کوچے کے ہر ذرے سے آگاہ
ادھر سے مدتوں آیا گیا ہوں
نہیں اٹھتے قدم کیوں جانب دیر
کسی مسجد میں بہکایا گیا ہوں
دل مضطر سے پوچھ اے رونق بزم
میں خود آیا نہیں لایا گیا ہوں
سویرا ہے بہت اے شور محشر
ابھی بے کار اٹھوایا گیا ہوں
ستایا آ کے پہروں آرزو نے
جو دم بھر آپ میں پایا گیا ہوں
نہ تھا میں معتقد اعجاز سے کا
بڑی مشکل سے منوایا گیا ہوں
لحد میں کیوں نہ جاؤں منہ چھپا کر
بھری محفل سے اٹھوایا گیا ہوں
کجا میں اور کجا اے شاد دنیا
کہاں سے کس جگہ لایا گیا ہوں



اعتبار ساجد
غزل

میں تکیے پر ستارے بو رہا ہوں
جنم دن ہے اکیلا رو رہا ہوں
کسی نے جھانک کر دیکھا نہ دل میں
کہ میں اندر سے کیسا ہو رہا ہوں
جو دل پر داغ ہیں پچھلی رتوں کے
انہیں اب آنسوؤں سے دھو رہا ہوں
سبھی پر چھائیاں ہیں ساتھ لیکن
بھری محفل میں تنہا ہو رہا ہوں
مجھے ان نسبتوں سے کون سمجھا
میں رشتے میں کسی کا جو رہا ہوں
میں چونک اٹھتا ہوں اکثر بیٹھے بیٹھے
کہ جیسے جاگتے میں سو رہا ہوں
کسے پانے کی خواہش ہے کہ ساجد
میں رفتہ رفتہ خود کو کھو رہا ہوں



احمد مشتاق
غزل

مل ہی جائے گا کبھی دل کو یقین رہتا ہے
وہ اسی شہر کی گلیوں میں کہیں رہتا ہے
جس کی سانسوں سے مہکتے تھے دروہام ترے
اے مکاں بول کہاں اب وہ مکیں رہتا ہے
اک زمانہ تھا کہ سب ایک جگہ رہتے تھے
اور اب کوئی کہیں کوئی کہیں رہتا ہے
روز ملنے پہ بھی لگتا تھا کہ جگ بیت گئے
عشق میں وقت کا احساس نہیں رہتا ہے
دل فسرہ تو ہوا دیکھ کے اس کو لیکن
عمر بھر کون جواں کون حسین رہتا ہے



احمد فراز
غزل

اب کے ہم پچھڑے تو شاید کبھی خوابوں میں ملیں
جس طرح سوکھے ہوئے پھول کتابوں میں ملیں
ڈھونڈ اجڑے ہوئے لوگوں میں وفا کے موتی
یہ خزانے تجھے ممکن ہے خرابوں میں ملیں
غم دنیا بھی غم یار میں شامل کر لو
نشہ بڑھتا ہے شرابیں جو شرابوں میں ملیں
تو خدا ہے نہ مرا عشق فرشتوں جیسا
دونوں انساں ہیں تو کیوں اتنے جابوں میں ملیں
آج ہم دار پہ کھینچے گئے جن باتوں پر
کیا عجب کل وہ زمانے کو نصابوں میں ملیں
اب نہ وہ میں نہ وہ تو ہے نہ وہ ماضی ہے فراز
جیسے دو شخص تمنا کے سراہوں میں ملیں



عادل منصور
غزل

عاشق تھے شہر میں جو پرانے شراب کے
ہیں ان کے دل میں وسوسے اب احتساب کے
وہ جو تمہارے ہاتھ سے آ کر نکل گیا
ہم بھی قتیل ہیں اسی خانہ خراب کے
پھولوں کی تیج پر ذرا آرام کیا کیا
اس گلاب پہ نقش اٹھ آئے گلاب کے
سوئے تو دل میں ایک جہاں جاگنے لگا
جاگے تو اپنی آنکھ میں جالے تھے خواب کے
بس تشنگی کی آنکھ سے دیکھا کرو انہیں
دریا رواں دواں ہیں چمکتے سراب کے
اوکاڑہ اتنی دور نہ ہوتا تو ایک دن
بھراتے سانس سانس میں گل آفتاب کے
کس طرح جمع کیجیے اب اپنے آپ کو
کاغذ بکھر رہے ہیں پرانی کتاب کے



ندا فاضلی
غزل

بے نام سایہ درد ٹھہر کیوں نہیں جاتا
جو بیت گیا ہے وہ گزر کیوں نہیں جاتا
سب کچھ تو ہے کیا ڈھونڈھتی رہتی ہیں نگاہیں
کیا بات ہے میں وقت پہ گھر کیوں نہیں جاتا
وہ ایک ہی چہرہ تو نہیں سارے جہاں میں
جو دور ہے وہ دل سے اتر کیوں نہیں جاتا
میں اپنی ہی الجھی ہوئی راہوں کا تماشہ
جاتے ہیں جدھر سب میں ادھر کیوں نہیں جاتا
وہ خواب جو برسوں سے نہ چہرہ نہ بدن ہے
وہ خواب ہواؤں میں بکھر کیوں نہیں جاتا



مسیر نیازی
غزل

بے خیالی میں یوں ہی بس اک ارادہ کر لیا
اپنے دل کے شوق کو حد سے زیادہ کر لیا
جاننے تھے دونوں ہم اس کو نبھا سکتے نہیں
اس نے وعدہ کر لیا میں نے بھی وعدہ کر لیا
غیر سے نفرت جو پالی خرچ خود پر ہو گئی
جتنے ہم تھے ہم نے خود کو اس سے آدھا کر لیا
شام کے رنگوں میں رکھ کر صاف پانی کا گلاس
آب سادہ کو حریف رنگ بادہ کر لیا
ہجرتوں کا خوف تھا یا پر کشش کہنہ مقام
کیا تھا جس کو ہم نے خود دیوار جادہ کر لیا
ایک ایسا شخص بتا جا رہا ہوں میں منیر
جس نے خود پر بند حسن و جام و بادہ کر لیا



شہریار
غزل

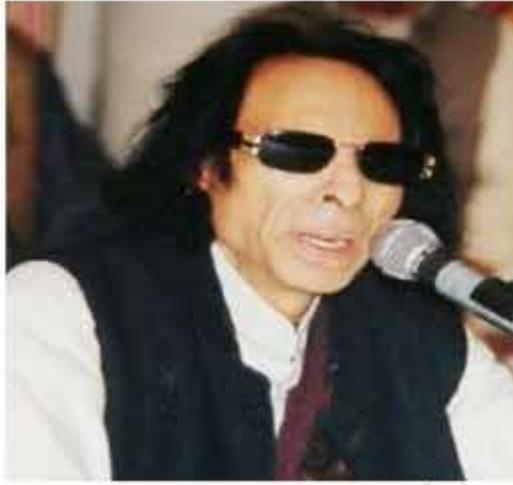
جستجو جس کی تھی اس کو تو نہ پایا ہم نے
اس بہانے سے مگر دیکھ لی دنیا ہم نے
سب کا احوال وہی ہے جو ہمارا ہے آج
یہ الگ بات کہ شکوہ کیا تنہا ہم نے
خود پشیمان ہوئے نے اسے شرمندہ کیا
عشق کی وضع کو کیا خوب نبھایا ہم نے
کون سا قبر یہ آنکھوں پہ ہوا ہے نازل
ایک مدت سے کوئی خواب نہ دیکھا ہم نے
عمر بھر سچ ہی کہا سچ کے سوا کچھ نہ کہا
اجر کیا اس کا ملے گا یہ نہ سوچا ہم نے



جون ایلیا کا نظمیں اور فلسفیانہ ادراک

ڈاکٹر طاہر منصور قاضی

خدا، انسان، شمعور کی نوعیت اور اخلاقیات کی مبادیات سے آگے بڑھ چکے ہیں۔ بے شک کہ جون ایلیا کی تحریر میں



موجودہ انسان کا فطرت کے ساتھ ظلم اور اس کے نتائج کسی واضح شکل میں موجود نہیں مگر انہوں نے سماجی سطح پر انسان کو دیکھنے میں کوئی کوتاہی نہیں کی۔ انسان کا شعوری سفر اب سماجی تاریخ کے جس مقام پر ہے اُس میں ظالم کی دراز دستی اور جبر و استبداد کی داستان کہنے میں جون ایلیا پر انگیزت ہیں۔ انہیں کی زبانی: ”ابھی کچھ باتیں باقی ہیں جن کا بیان ضروری ہے۔ ہم دانتے کا اعتراف و احترام کرنے میں کوئی خطرہ محسوس نہیں کرتے۔ جبکہ اس نے آنحضرت اور حضرت علی کی شان میں شدید گستاخی کی تھی۔ ہم ڈارون اور لیماک کے نظریہ ارتقا پر گفتگو کرتے اور اس پر لکھتے ہوئے کوئی خوف محسوس نہیں کرتے۔ حالانکہ یہ نظریہ مذہب کے خلاف ہے۔ ہم فرائیڈ کے جنسی نظریے پر اظہار خیال کرتے ہوئے اپنے آپ کو بالکل محفوظ پاتے ہیں جب کہ اس نظریے کے مطابق ایک بچے کا منہ میں چسنی لینا اور اسے چوستے رہنا اور ایک بوڑھے کا کسی مقدس شے کو بوسہ دینا، ان دونوں کا محرک جنس ہے۔ اور منارے اور گنبد جنہیں ہم مقدس حیثیت دیتے آئے ہیں جنس کی علامتیں ہیں۔ یہ نظریات و خیالات صحیح ہوں یا غلط، یہ اُن لوگوں کے نظریات ہیں جنہیں امریکہ اور دوسرے سرمایہ دار ملکوں کے سیاسی کلیساؤں نے کبھی اپنی برہمی کا نشانہ نہیں بنایا لیکن جرمنی کے ایک غریب اور فاقہ کش مفکر نے جو اپنے مرتے ہوئے بچے کا علاج تک نہیں کر سکا، جو اس کے مرنے پر کفن خریدنے کی استطاعت بھی نہیں رکھتا تھا، اس نے جب انسانوں کے بنیادی مسئلے کی سائنسی نشان دہی کی تو وہ سرمایہ داروں کی تمام قلیموں میں مذہب روحانیت اور اخلاق کا باغی دارغدار ٹھہرا۔ یہ شخص مارکس تھا۔ یہ شخص جو

یہ شعر غزل کی جہت میں کمال ہے۔ مگر اس شعر کو فلسفیانہ امکانات کی نظر سے دیکھیں تو پہلا مصرع بے شمار امکانات کی راہ دکھاتا ہے۔ مگر دوسرا مصرع ان امکانات کو واضح کرنے سے قاصر ہے۔ دوسرے مصرعے میں جون صاحب نے مکالماتی ٹیکنیک استعمال کر کے بلا شک و شبہ مصرع تو خوبصورت دیا ہے مگر اس مصرع سے کسی فلسفیانہ نقطہ وری کی توقع کچھ مشکل سی بات ہے جو شاید غزل کی محسوسیت پیرایہ اظہار کی بات ہے۔ تاہم مسلسل غزل جسے قطع کیے، فکر اور سوچ کے اظہار کے لئے گنجائش مہیا کرتی ہے۔ سرے راہے کوئی اقبال سے نظریاتی اتفاق کرے یا اختلاف، اقبال نے اس حیثیت کو نہایت خوبی سے استعمال کیا ہے۔ اور اس سے بھی ظاہر ہوا کہ تو یہ ذاتی مزاج اور سوچ کی کی بات ہے کہ کوئی شاعر اپنے فلسفیانہ خیالات کو کس مقام پر مربوط دلیل کی شکل دینا چاہتا ہے جیسے پرانے یونان اور یورپ کے بڑے شاعروں کا وطیرہ تھا، یا کون شاعر اپنے خیالات کو دلیل کی بجائے اظہار کے پیرایہ دے کر نئے جذبے کا رخ کرنے لگتا ہے جس میں کوئی قباحت نہیں۔ شاعری جب جذبے کو انگیزت کرے اور ہیجان پیدا کرے تو اس صورت میں شاعری عام فہم، ہر دل عزیز اور زبان زد عام تو ہو سکتی ہے مگر اسے دنیا کی بڑی شاعری کی صف میں رکھنا ذرا مشکل ہوتا ہے۔ اس نقطے کی وضاحت کی ضرورت اس وجہ سے پیش آئی کہ جون صاحب کی نظم اور نثر میں بے پناہ فلسفیانہ خیالات ہیں اور موضوعات بھی ہیں اور ان کے پاس زبان کا جوہر بھی ہے مگر ایک طالب علم کی صحت نظر کے لئے جون صاحب کے یہاں ایک ہی موضوع پر مسلسل فلسفیانہ اظہار کی کمی محسوس ہوتی ہے۔ فلسفے کا معاملہ ذرا دوسرا ہے۔ فلسفہ شروع سے آخر تک ایک مسلسل دلیل کا طالب ہوتا ہے۔ موجودہ زمانے میں فلسفے کے مباحث

جون ایلیا جو ”من یرید الوفاء“ کی وفا پرستی سے سرشار ہیں اور اسی پہ سلام بھیجتے ہیں۔ ان کی اپنی وفازبان سے ہے، تاریخ سے ہے، تہذیب سے ہے اور سب سے بڑھ کر یہ کہ انسان سے ہے۔ اُن کی ذات کی یہ سب جہتیں اس حقیقت کی طرف اشارہ کرتی ہیں کہ وہ دیوانہ شاعر ہی نہیں بلکہ دانشور بھی تھے۔ یہ سب باتیں تفصیل کی متقاضی ہیں مگر ایک بات جس کی طرف توجہ ضروری ہے وہ یہ ہے کہ جون ایلیا ایک انٹیلیکچوئل کی حیثیت میں آج کے معاشرے میں انسان کی شکست و ریخت کے اندوہ سے پوری طرح واقف تھے۔ شکست و ریخت کے اس عمل کو کلچرل سبوتاژ کا نام بھی دیا جاتا ہے۔ کلچر۔ جو پرانے زمانوں سے تاریخ کے دہارے میں شخصی اور معاشرتی رویوں کی طنز میں سنبھال کر رکھتا تھا۔ کلونیل، نیو کلونیل اور اب کے گلوبل امپیریل ازم کے بگولوں کی نذر ہو گیا ہے اور مزید ہو رہا ہے۔ ان سونامیوں میں انسان اپنی جڑوں سے اکھڑ گیا ہے اور اس کی شناخت کے تمام آزمودہ نسخے پامال ہو کر رہ گئے ہیں۔ یورپ اور امریکہ میں ”شناخت“ کے مسئلے پر نفسیات اور سوشیالوجی کے نقطہ نظر سے کئی دہائیوں سے تحقیق ہو رہی ہے۔ یہ علیحدہ سے ایک توجہ طلب موضوع ہے مگر ہمارے یہاں شناخت کے موضوع پر اور اس سوال کے جواب میں اسلام اور پاکستانی نیشنل ازم کا جھنڈا اکھڑا کر دیا جاتا ہے جو کہ معاملے کی نوعیت کے اعتبار سے نہایت ناکافی ہے۔ جون ایلیا اس امر سے بخوبی واقف تھے کہ تاریخ اور تہذیب کا راندہ درگاہ کہیں کا نہیں رہتا اور یہی وجہ ہے کہ جون ایلیا کے یہاں شاعری اور نثر میں تاریخ کے حوالے جا بجا ملتے ہیں۔ میں ذاتی طور پر یہ سمجھتا ہوں کہ ”نارل“ کی اصطلاح ایک متنازع معاملہ ہے لیکن ”نارل“ کا حصول ہمیشہ سے انسان کا مطمح نظر رہا ہے۔ انسانی نفسیات کی یہ جہت ہمیشہ اس بات کی متقاضی ہوتی ہے کہ انسان نارل رہنے کے لئے تاریخ و تہذیب کے اندر چا بسا ہوا ہو۔ جون صاحب کا ایک شعر یاد آیا:

جذباتی قوم غیر جذباتی مسائل



اداکارمان علی

کھلاڑی "دکھ کی پانچ آئینوں" سے مکمل طور پر واقف ہیں اور پہلے "چکھتے" ہیں پھر "نگلتے" ہیں! کشمیر میں پانچویں اسٹیج دو مہینے میں گزر گئیں اور یہ حوصلہ افزا نتیجہ "چکھ" کر پورے انڈیا کے مسلمانوں کو "نگلتے" کی طرف قدم بڑھا دیا! وہاں بھی شکر ہے کہ پوری انڈین کمیونٹی مزاحمت کر رہی ہیں ورنہ ہمارے جذباتی شاہین تورودھو کر بیٹھ چکے ہوتے۔

دنیا میں وہی قومیں ترقی کرتی ہیں جو زلزلوں اور طوفانوں کو آنے سے پہلے سوگھ لیتی ہیں اور بچاؤ کے لئے تیار ہوتی ہیں ورنہ جب خواب خرگوش کے مسزے لوٹی قوم پر یکدم طوفان آتا ہے تو اسکے اوسان خطا ہو جاتے ہیں۔ وقت ہے کہ سیاسی طور پر دنیا کے اہم مراکز میں طاقتور ہو جائے! اگر آپ امریکی شہری یا گرین کارڈ ہولڈر ہیں تو روز کا صرف ایک ڈالر چندہ ایک گلے میں ڈالیں اور سال کے بعد ساری رستم پاک پیک pakpacusa dot org پر بھیجیں! بلکہ اپنے بچوں سے ڈلوائیں تاکہ ان میں سیاسی سوچ بوجھ اور شوق پیدا ہو۔ مزید برآں آپ محض سالانہ ایک سو ڈالر میں ممبر بن سکتے ہیں۔ ہم آج تیار ہوں گے تو کل کے طوفان کا مقابلہ کر سکیں گے۔ جذبات قیمتی ہیں اگر ان کے مطابق عمل کیا جائے! تو آئیں پھر مل کر عمل کریں؛ اور نعروں سے نہیں عمل سے دشمن کا مقابلہ کریں۔



کے محض تین سال بعد امریکہ میں 1951 میں قائم کی گئی؛ یہ ہوتا ہے ویرٹن اور حب الوطنی! پاکستانی امریکیوں نے چند سال پہلے AIPAC کی طرح (PAKPAC) Pakistani American Political Action Committee کی بنیاد رکھی اور جذباتی بیان بازی کی بجائے امریکی کانگریس کے ساتھ اتنا مضبوط بندھن بنا دھا کہ کشمیر کی تاریخ میں پہلی بار ایک ریپبلکن کانگریس مین جم ہینکس اور ایک ڈیموکریٹ کانگریس ووٹرز سون وائلڈ نے مل کر باقی کانگریس کو خط لکھا کہ کشمیر کے لوگوں پر ظلم بند کرواؤ۔ پاک پیک کے چچاس سے زائد ممبران پورے امریکہ سے واشنگٹن ڈی سی میں اکٹھے ہوئے اور سینتیس کانگریس مین کو اس خط پر دستخط پر آمادہ کیا (خط کی تصاویر کالم کے ساتھ اٹیچ ہیں) اور آج جب سب چیخ چلا کر سکون سے بیٹھے ہیں، پاک پیک جنرل برگ مین سے لیکر کانگریس ووٹرز ڈی بی ڈنگل تک سے ہفتہ وار مذاکرات کر رہی ہے، ان کے لئے فنڈ ریزنگ کر رہی ہے اور کانگریس ووٹرز جی پال کے بل کو کامیاب بنا رہی ہے (بل کی تصویر اٹیچ ہے) جو کہ کشمیر کے لوگوں پر ظلم روکنے کے لئے ہے۔ ایک انڈین ہندو کانگریس ووٹرز پر میلا جی پال ان لاکھوں "ایمان والوں" سے بہتر ہے جو رو پیٹ کر چپ ہو گئے اور یہ خاتون پورے انڈیا کے دباؤ کے باوجود انسانی حقوق کی پامالی کے خلاف ڈٹی ہوئی ہے۔ یہ ہوتا ہے وقتی جذبات اور مستقل مزاج اصولوں میں فرق۔ طاقت کے

خود کو سوشل میڈیا جہاد کے "میجر عزیز بھٹی" سمجھ بیٹھے تھے وہ بھی چین سے بیٹھ گئے! امریکہ میں ایسے لوگ جن کے پردادا کشمیر سے تھے اور خود کبھی کشمیر کی شکل نہیں دیکھی لیکن "کشمیری" بن کر شور شرابہ کرتے رہے، چند "بڑوں" کی نظروں میں نمایاں ہوتے رہے، اب سکون سے آرام فرما رہے ہیں۔ کیا ایسے مسئلے حل ہوتے ہیں؟ کیا ہماری قوم جذباتی ڈرامہ بازی سے عقل اور عمل کی طرف نہیں جاسکتی۔ اب سوال یہ پیدا ہوتا ہے کہ مسئلہ کشمیر کس طرح حل ہو سکتا ہے؟

۱۔ پاکستان اتنا مضبوط اور طاقتور ہو کہ حملہ کر کے کشمیر آزاد کروالے۔ گو کہ سوشل میڈیا کا "سپیشل سروسز گروپ" راجد اہر، لڑکی کی فریاد اور محمد بن قاسم کی تلوار کی بڑکیں گرم بستر پر بیٹھ کر مارتا رہتا ہے اور اس کا خیال ہے کہ پاکستانی فوجی جوانوں کی حسابیں اتنی ارزاں ہیں کہ انکے جذبات پر ٹھنڈ ڈالنے کے لئے چچاس ساٹھ ہزار شہید بھی ہو جائیں تو کوئی بڑی بات نہیں؛ گویا وہ نہ کسی کے بیٹے ہیں نہ باپ اور نہ شوہر۔ وہ طبقہ بھی "ہمارے ٹیکس پر پلنے والی فوج" کو لڑوانا چاہتا ہے جس کی پچھلی تین پشتوں میں سے کسی نے ٹیکس نہیں دیا۔

دوسرا طریقہ ہے دعا کے ساتھ ساتھ دنیا میں طاقت کے مراکز میں اپنی لا بنگ کی جائے اور کشمیر کے حق میں رائے عامہ بڑھائی جائے۔ جسے ہم امریکہ میں یہودی لابی کہتے ہیں وہ (AIPAC)، American Israel Public Affair Committee ہے اور وہ اسرائیل کے قیام

ایزبتھ روس، یونیورسٹی آف سشکاگو کی ماہر نفسیات تھی اور دکھ کی پانچ آئینوں کی محقق تھی۔ اس نے مرتے ہوئے لوگوں پر تحقیق کی تو پتا چلا کہ مرنے والے یا انکے رشتہ دار پانچ آئینوں سے گزرتے ہیں؛ پہلا ہے ڈینسئل (denial) یعنی اگر کسی خاتون کا شوہر فوت ہو جائے تو وہ چلا کر کہہ رہی ہو، "تم مجھے چھوڑ کر نہیں جاسکتے"؛ دوسرا ہے ناراضگی (anger) یعنی وہ کہے، "مجھ سے میرا شوہر چھین کر ظلم کیا خدا نے" تیسرا ہے بارگیننگ (bargaining) یعنی "اے خدا مجھے اٹھالے اور میرا شوہر واپس کر دے"؛ چوتھا ہے ڈپریشن (depression) یعنی چپ چاپ، رہنا دکھ میں رہنا اور پھر آتا ہے، "تجھیا ر ڈال دینا (acceptance) یعنی جو اللہ کا حکم !!!"

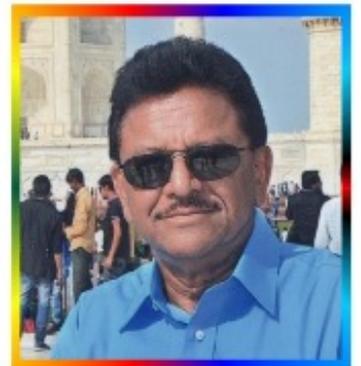
لگ بھگ دو سو دن پہلے انڈیا نے کشمیریوں پر ظلم کی نئی تاریخ رستم کر دی، ان سے خود مختاری چھین لی؛ پوری پاکستانی قوم دنیا میں ہر جگہ جذباتی ہو گئی۔ فیس بک اور توئیٹر پر آگ لگ گئی؛ اپنے ہی ملک میں انڈیا کے خلاف حملوں میں ہلڑ بازی۔ امریکہ کے مختلف شہروں میں ریلیوں کے لئے چندہ اکٹھا ہو رہا ہے اور دھواں دھار تقریریں!!!! اور پھر کیا ہوا۔ سب کے سب "باتوں کے شیر"، ایزبتھ روس کی پانچ آئینوں سے گزر کر سکون سے بیٹھ گئے گویا مسئلہ کشمیر حل کر دیا گیا ہو۔ حتیٰ کہ جو محض فیس بک پر ہی شیر اور ٹیک کر کے

ملاقات

وعدہ کیا اور پھر بھی نہ آئے
دھوپ میں اپنا رنگ کالا کر آئے
رات کو بھی ملاقات نہ ہو سکی
ولی اندھیرے میں ان کو نظر نہ آئے

آشنائی

حسین چہروں سے آشنائی ہوتی رہتی ہے
وہ ساتھ نہ ہو تو یہ کاروائی ہوتی رہتی ہے
ولی ڈالر اب سنبھال کے رکھنے کا فائدہ نہیں
کیونکہ ہماری جیبوں کی اکثر صفائی ہوتی رہتی ہے



ولی الدین

اخروٹ کے حیرت انگیز فوائد

شریانوں کے نظام کے لیے انتہائی فائدہ مند جز ہے، روزانہ صرف 2 اخروٹ کھانا بھی بلڈ پریشر کو کم کرنے میں مدد دیتا ہے، جس سے ہارٹ ایک اور فالج کا خطرہ کم ہوتا ہے۔ اسی طرح اومیگا تھری فیٹی ایسڈز جسم کے لیے نقصان دہ کولیسٹرول کی سطح بھی کم کرتا ہے جبکہ فائدہ مند کولیسٹرول کی مقدار بڑھانے کی



خشک میوے میں شمار کیا جانے والا اخروٹ ہمیشہ سے طبی لحاظ سے فائدہ مند قرار دیا جاتا ہے اور اسے موٹاپے سے بچاؤ کے لیے بھی بہترین سمجھا جاتا ہے۔ اخروٹ میں ایسے پروٹینز، وٹامنز، مرلز اور فیٹس ہوتے ہیں جو جسم میں کولیسٹرول لیول کو کم رکھنے میں مددگار ثابت ہوتے ہیں جس سے دل

والے نقصان کی روک تھام کرتا ہے۔ محققین کا کہنا تھا کہ یہ حیران کن ہے کہ اخروٹ کھانا اس مسئلے پر قابو پانے میں مددگار ثابت ہوتا ہے تاہم اس حوالے سے مزید تحقیق کی ضرورت ہے تاکہ جانا جاسکے کہ اخروٹ میں موجود کونسی چیز اس حوالے سے فائدہ مند ثابت ہوتی ہے۔

دورے کا خطرہ بھی کم ہو جاتا ہے۔ اس کے فوائد تو آپ نیچے پڑھ ہی لیں گے مگر سوال یہ ہے کہ آخر روزانہ کتنے اخروٹ کھانا صحت کو فائدہ پہنچاتے ہیں؟ یہ جان لیں کہ زیادہ مقدار میں اخروٹ کھانے کے نتیجے میں پیٹ پھولنے یا بدہضمی جیسے مسائل کا سامنا ہو سکتا ہے۔

کینسر اور معدے کے امراض کا خطرہ کم کرے:

روزانہ آدھا کپ اخروٹ کھانا نظام ہاضمہ کو بہتر بناتا ہے جس کی وجہ اس کو کھانے سے پرو بائیونک بیکٹریا کی سطح میں اضافہ ہوتا ہے جبکہ یہ میوہ دل اور کینسر جیسے امراض کا خطرہ بھی کم کرتا ہے۔ تحقیق میں بتایا گیا تھا کہ معدے کی صحت مجموعی جسمانی صحت پر اثر انداز ہوتی ہے، اخروٹ کھانے کی عادت معدے میں مثبت تبدیلیاں لاتی ہے جبکہ یہ دل اور دماغ کی صحت کے لیے بھی فائدہ مند عادت ہے۔

تو ایک دن میں 7 اخروٹ سے زیادہ کھانے سے گریز کرنا چاہیے کیونکہ اتنی مقدار کھانا صحت کو فائدہ پہنچانے کے لیے کافی ہے مگر اس سے زیادہ کھانے کے نتیجے میں فائدے کی بجائے نقصان ہو سکتا ہے۔ ایک تحقیق میں بتایا گیا تھا کہ روزانہ 10 گرام یا 7 اخروٹ کھانا سانس کے امراض، دماغی تنزی اور ذیابیطس سے تحفظ کے ساتھ ساتھ کینسر سے تحفظ فراہم کر سکتے ہیں۔ یہاں یہاں اس کے مزید فوائد آپ کو اسے آزمانے پر مجبور کر دیں گے۔

بریسٹ کینسر سے بچائے: امریکن ایسوسی فار کینسر ریسرچ کی ایک تحقیق میں بتایا گیا کہ روزانہ چند اخروٹ کھانے کی عادت خواتین میں بریسٹ کینسر کا خطرہ کم کرتی ہے۔

ذیابیطس سے بچائے: اخروٹ میں فیٹی ایسڈز کی مقدار زیادہ ہوتی ہے جبکہ کیلوریز کے حوالے سے بھی یہ بہترین ہے تو اگر لوگ روزانہ اس کو کھائیں تو ان کا مینا بولک نظام بہتر حالت میں رہتا ہے۔ اخروٹ کھانے سے خون کی شریانوں کے افعال میں بہتری جبکہ جسم کے لیے نقصان دہ کولیسٹرول کی سطح میں کمی آتی ہے، یہ دونوں عناصر ذیابیطس نائپ ٹو کا خطرہ بڑھاتے ہیں۔

دماغی افعال بہتر کرے:

بچوں کو مچھلی، سویا بین اور اخروٹ لڑکپن میں کھلانا ان کی ذہنی نشوونما کے لیے فائدہ مند ہوتا ہے۔ ایک تحقیق میں یہ بات سامنے آئی تھی کہ لڑکپن میں اومیگا تھری فیٹی ایسڈ کی کمی بچوں کو ذہنی بے چینی کا شکار بناتی ہے جس سے ان کی یادداشت کی کارکردگی متاثر ہوتی ہے۔ اوپر درج کی گئی غذائیں اومیگا تھری فیٹی ایسڈز سے بھرپور ہوتی ہیں جو بچوں کے بالغ ہوتے دماغ کی کارکردگی کو بہتر بناتی ہیں۔

زائدہ کھانے سے روکے: گزشتہ دنوں ایک تحقیق میں یہ بات سامنے آئی تھی کہ روزانہ کچھ مقدار میں اخروٹ کھانا دماغ کے ان حصوں کو متحرک کر سکتا ہے جو بے وقت کھانے یا بھوک کی خواہش کو کم کرتے ہیں۔ آسان الفاظ میں روزانہ اخروٹ کا استعمال زیادہ کھانے سے بچانے میں مددگار ثابت ہوتا ہے، کیونکہ اس میوے کو کھانے کے بعد لوگوں کو زیادہ دیر تک پیٹ بھرے رہنے کا احساس ہوتا ہے۔

ہڈیوں کے لیے بھی فائدہ مند: اخروٹ میں موجود ایک فیٹی ایسڈ الفا لائونولینک ایسڈ ہڈیوں کو صحت مند اور مضبوط بنانے میں مدد دیتا ہے، اسی طرح اومیگا تھری فیٹی ایسڈز ورم کو کم کرتے ہیں جس سے بھی ہڈیاں طویل المعیاد بنیادوں پر مضبوط ہوتی ہیں۔

جلدی صحت کے لیے بہتر اور قبل از وقت سفید بالوں سے تحفظ: اومیگا تھری فیٹی ایسڈ اور وٹامن ای سے بھرپور یہ خشک میوہ آپ کے بالوں میں نمی برقرار رکھنے میں مددگار ثابت ہوتے ہیں، اس کے علاوہ ان میں کا پرکی مقدار بھی کافی ہوتی ہے جو جلد اور بالوں کے قدرتی رنگ کو برقرار رکھنے میں مدد دیتے ہیں جبکہ اس منزل کی کمی آپ کے بالوں کو قبل از وقت سفید کر سکتی ہے۔

مردوں کو بانجھ پن سے بچائے:

ذیل ویئر یونیورسٹی کی تحقیق میں بتایا گیا کہ اخروٹ کھانے کی عادت کے نتیجے میں جسم میں ایسے کیمیکلز کی کمی آتی ہے جو کہ خلیات کو نقصان پہنچا کر مردوں میں بانجھ پن کا باعث بنتے ہیں۔ تحقیق میں بتایا گیا کہ اخروٹ میں فیٹی ایسڈز موجود ہوتے ہیں جو کہ ان خلیات کو پہنچنے

خروٹ میں میلائونین نامی جز موجود ہے جو کہ اچھی نیند میں مدد دیتا ہے، اومیگا تھری فیٹی ایسڈز بھی بلڈ پریشر کو کنٹرول کرنے اور تناؤ سے نجات دلاتے ہیں، جس سے بھی نیند کا معیار بہتر ہوتا ہے۔

دل کو صحت مند بنائے: اخروٹ میں اومیگا تھری فیٹی ایسڈز کی مقدار بہت زیادہ ہوتی ہے جو کہ دل کی صحت کو بہتر بنانے میں مددگار ثابت ہوتا ہے۔

گھنج پن سے تحفظ: مختلف طبی تحقیقی رپورٹس میں یہ بات سامنے آئی ہے کہ اخروٹ کے تیل کا استعمال معمول بنانا گھنج پن کے مسائل سے دور رکھنے میں مدد دیتا ہے جبکہ اس تیل کے استعمال سے بالوں میں خشکی کا مسئلہ بھی سامنے نہیں آتا۔

دل کو صحت مند بنائے: اخروٹ میں اومیگا تھری فیٹی ایسڈز کی مقدار بہت زیادہ ہوتی ہے جو کہ خون کی

طلباء و طالبات کی ذہنی و فکری تربیت و وقت کی اولین ضرورت ”یوم غالب“ کے اختتامی اجلاس سے جنرل سکریٹری محمد عبداللہ جمیل کا خطاب

آئینہ ایجوکیشنل اینڈ ویلفیئر سوسائٹی اور اوئٹر اکیڈمی دی اسکول آف ایکسلینس کی جانب سے سہ روزہ پروگرام ”یوم غالب“ کا بیچے کل کے بڑے ہوں گے اور یہی مستقبل میں قوم کے معمار ہوں گے لہذا ان کی صلاحیتوں کو نکھارنے اور تخلیقی جوہر کو جلا بخشنے کے لیے کسی نعت سے کم نہیں۔ ڈاکٹر منی صدیقی، ڈاکٹر قاری نصیر الدین اور جناب آصف علی نے خصوصی مدعوین کے طور پر شرکت کی اور کہا کہ اردو ہماری مادری زبان ہے اس کے فروغ میں ہم سبھی کو حصہ لینا چاہیے، معتد انتظامی ڈاکٹر ناہیدہ سلطانہ نے کہا کہ اس پروگرام کو منعقد کرنے کا اولین مقصد طلباء و طالبات کو اردو زبان و ادب سے مقابلے اور کچھل پر وگرام کا انعقاد قابل تقلید عمل ہے۔ اچھے اساتذہ اور مثبت سوچ کے منتظمین ایکسلینس کی طالبات الما جمیل، سکینہ فاطمہ، نشاط آفرین، اثنا فاطمہ اور الفیا کی ٹیم نے بہترین مظاہرہ کرتے ہوئے انعام اول حاصل کیا اور انھیں ”غالب شیلڈ“ سے نوازا گیا۔ تقریری مقابلے میں الما جمیل اوئٹر اکیڈمی دی اسکول آف ایکسلینس کو انعام اول کی مستحق قرار دیا گیا۔ جبکہ پروگریس اسکول کے محمد اریب نے انعام دوم اور صفدریہ اسکول کی مسکان نے انعام سوم حاصل کیا۔ اس کے علاوہ ترغیبی انعامات بھی تقسیم کیے گئے۔ ادبی کونز مقابلے میں نشاط آفرین اور ساریہ ندا (اوئٹر اکیڈمی دی اسکول آف ایکسلینس) نے بہترین مظاہرہ کرتے ہوئے انعام اول حاصل کیا۔ صرف ایک منٹ مقابلے میں سکینہ فاطمہ انعام اول الما جمیل انعام دوم اور ایمن فاطمہ نے انعام سوم حاصل کیا۔ آخر میں سوسائٹی کی جانب سے تمام شرکاء اور طلباء و طالبات کے ساتھ



مقابلے میں نشاط آفرین اور ساریہ ندا (اوئٹر اکیڈمی دی اسکول آف ایکسلینس) نے بہترین مظاہرہ کرتے ہوئے انعام اول حاصل کیا۔ صرف ایک منٹ مقابلے میں سکینہ فاطمہ انعام اول الما جمیل انعام دوم اور ایمن فاطمہ نے انعام سوم حاصل کیا۔ آخر میں سوسائٹی کی جانب سے تمام شرکاء اور طلباء و طالبات کے ساتھ



ساتھ الیکٹرانک میڈیا اور پرنٹ میڈیا کا شکریہ ادا کیا گیا۔ ***

کے لیے اس پروگرام کا انعقاد کیا گیا۔ پروفیسر اشرف رفیع صاحبہ نے کہا کہ سوسائٹی نے اردو زبان میں اعلیٰ پیمانے پر ادبی مقابلے منعقد کر کے ایک مثال قائم کی ہے اس سے طلباء و طالبات میں تخلیقی صلاحیت پروان چڑھے گی۔ معروف شاعرہ تنسیم جوہر اور ماہر تعلیم خواجہ کمال الدین نے سوسائٹی کی کاوشوں کو قابل ستائش قرار دیتے ہوئے کہا کہ انگلش میڈیم اسکول میں اردو زبان و ادب کے فروغ کے لیے اس طرح کے ادبی

انعقاد کیا گیا اس ضمن میں ہائی اسکول کے طلباء و طالبات کے لیے مختلف ادبی مقابلے (بیت بازی، کونز، تقریر اور صرف ایک منٹ) اور کچھل پر وگرام منعقد کیا گیا۔ ان مقابلوں میں جیتنے والے طلباء و طالبات کو 11 جنوری 2020ء بمقام اردو مسکن خلوت میں انعامات سے نوازا گیا۔ اس تقریب میں اوئٹر اکیڈمی دی اسکول آف ایکسلینس کے طلباء و طالبات نے ڈرامہ ”ہنر کہاں نظر آتے ہیں عیب بینوں کو“ اور سلیمان خطیب کی نظم ”چھوڑا چھوڑی“ کو ڈرامائی شکل میں پیش کیا۔ بعد ازاں تمثیلی مشاعرہ بھی منعقد کیا گیا۔ اس پروگرام میں پروفیسر اشرف رفیع صاحبہ، تنسیم جوہر صاحبہ، خواجہ کمال الدین صاحب، مہمان اعزازی اور ڈاکٹر منی صدیقی، ڈاکٹر قاری نصیر الدین صاحب، اور جناب آصف علی نے خصوصی مدعوین کے طور پر شرکت کی اور خطاب کیا۔ سوسائٹی جنرل سکریٹری محمد عبداللہ جمیل نے اختتامی اجلاس سے خطاب کرتے ہوئے کہا کہ طلباء و طالبات کی ذہنی و فکری تربیت وقت کی اولین ضرورت ہے چوں کہ آج کے



زبان میں اعلیٰ پیمانے پر ادبی مقابلے منعقد کر کے ایک مثال قائم کی ہے اس سے طلباء و طالبات میں تخلیقی صلاحیت پروان چڑھے گی۔ معروف شاعرہ تنسیم جوہر اور ماہر تعلیم خواجہ کمال الدین نے سوسائٹی کی کاوشوں کو قابل ستائش قرار دیتے ہوئے کہا کہ انگلش میڈیم اسکول میں اردو زبان و ادب کے فروغ کے لیے اس طرح کے ادبی

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

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

2 ہارون رشید کی اپنے بیٹے کو نصیحت

اردو حکایت:

ایک دفعہ ہارون رشید کا بیٹا غصہ میں بھرا ہوا باپ کے پاس آیا اور کہنے لگا کہ فلاں سپاہی کے لڑکے نے مجھے ماں کی گالی دی ہے۔ بادشاہ نے ارکان مملکت سے پوچھا کہ ایسے کو کیا سزا دی جائے۔ ایک نے زبان کاٹنے کی رائے دی، دوسرے نے جائیداد کی ضبطی اور ملک بدر کرنے کی تجویز پیش کی اور تیسرے نے اُس کے قتل کا مشورہ دیا۔ یہ سن کر ہارون رشید نے بیٹے سے مخاطب ہو کر کہا کہ ”اے بیٹے! اگر تو اُس کو معاف کر دے تو یہ تیری مہربانی ہے اور اگر تو یہ نہیں کر سکتا تو تو بھی اُس کی ماں کو گالی دیدے لیکن خبردار حد سے تجاوز نہ کرنا، ورنہ پھر تیری طرف سے ظلم ہوگا اور دوسرے کی طرف سے دعویٰ۔“

فارسی شعر:

نہ مردست آن نزدیک خردمند
کہ باپیل دماں پیکار جوید
بلے مرد آنکسست از روئے تحقیق
کہ چوں خشم آیدش باطل نگوید

حاصل کلام:

عقل مند کے نزدیک مرد وہ نہیں ہے جو مست ہاتھی سے لڑے۔ ہاں تحقیق کی رو سے مرد وہ ہے کہ جب اس کو غصہ آئے تو وہی تباہی نہ بکے۔

منظوم ترجمہ:

وہ نہیں ہے مرد دانشمند کے نزدیک جب
اُس کو غصہ آئے تو، وہ مست ہاتھی سے لڑے
ہاں مگر تحقیق کی رو سے وہی کہلائے مرد
مرد وہ غصے میں جو وہی تباہی نہ بکے

دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج 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 ایشیاء، 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۔

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

دیپیکا پادوکون جے این یو طلباء کی حمایت میں پہنچیں

دیپیکا پادوکون جے این یو کمپس میں تقریباً 10 منٹ رکیں۔ اس دوران جے این یو طلبہ یونین کے سابق صدر کنہیا کمار بھی وہاں موجود نظر آئے۔ وہ بھی طلباء کے ساتھ نعرے بازی کر رہے تھے۔ دیپیکا پادوکون نے اس دوران حملے میں زخمی ہوئیں جے این یو طلبہ یونین کی صدر آیشی گھوش سے ملاقات کی۔ حالانکہ جے این یو میں انہوں نے طلباء کو کسی بھی طرح سے خطاب نہیں کیا۔ واضح رہے کہ اس سے قبل بانی ووڈ اسٹار جے دیوگن نے منگل کو کہا تھا کہ تشدد کسی پریشانی کا حل نہیں ہے اور جے این یو پر ہوا حملہ بہت افسوسناک ہے۔ اداکار نے کہا کہ اتوار کو یونیورسٹی احاطے میں جو کچھ بھی ہوا، اس کے لئے کون ذمہ دار ہے۔ اس کے بارے میں انہیں واضح طور پر کوئی اطلاع نہیں ہے کیونکہ خبروں کے مطابق متضاد باتیں سامنے آرہی ہیں۔

دیپیکا پادوکون جے این یو کمپس میں پہنچیں اداکارہ دیپیکا پادوکون، کنہیا کمار لگا رہے تھے نعرے جے این یو کمپس میں پہنچنے والوں میں ان کے شوہر جاوید اختر، بیٹا فرحان اختر اور بیٹی ضویا اختر کے علاوہ بانی ووڈ اداکار اہل کپور، ان کی اہلیہ سنیٹا کپور اور اداکارہ تو بھی شامل ہیں۔ فرحان اختر کے ساتھ ان کی گرل فرینڈ شبانی داؤد کیر بھی اسپتال پہنچی تھیں۔ بتادیں کہ شبانہ اعظمی اور ان کے شوہر جاوید اختر پونے مسی ایکیسپریس وے پر حادثہ کا شکار ہو گئے تھے۔ ان کی کار ایک ٹرک سے ٹکرائی تھی، جس میں شبانہ اعظمی سنگین طور پر زخمی ہو گئی تھیں جبکہ جاوید اختر سرجنگلے گئے تھے۔



ڈاکٹروں کے مطابق شبانہ اعظمی کی حالت اب مستحکم ہے، کئی بالی ووڈ ستارے پہنچے اسپتال

بالی ووڈ کی مشہور اداکارہ شبانہ اعظمی کو ہفتہ کو کار حادثہ میں زخمی ہونے کے بعد پنویل کے ایم جی ایم اسپتال سے دیر رات کو سیلابین دھیرو بھائی امبانی اسپتال میں منتقل کر دیا گیا تھا۔ وہاں ڈاکٹروں کی ٹیم ان کا علاج کر رہی ہے۔ اسپتال کے ایکریکٹو ڈائریکٹر اور سی ای او ڈاکٹر سنتوش شیٹی نے شبانہ اعظمی کی تازہ حالت کی جانکاری دی ہے۔ اس کے ساتھ ہی شبانہ اعظمی کے اہل خانہ کے علاوہ کئی بالی ووڈ ستارے بھی ان کی خیریت جاننے کیلئے اسپتال پہنچے۔ ڈاکٹروں کا کہنا ہے کہ شبانہ اعظمی کی حالت اب مستحکم ہے۔ وہ اس وقت ڈاکٹروں کی دیکھ ریکھ میں ہیں۔ اسپتال



پاکستان فلم انڈسٹری کی ترقی کیلئے انقلابی اقدامات کی ضرورت ہے، ہدایتکار الطاف حسین

80 سے زائد پنجابی اور اردو فلموں کے ہدایتکار الطاف حسین نے کہا ہے کہ پاکستان فلم انڈسٹری کی ترقی کیلئے انقلابی اقدامات کرنے کی ضرورت ہے اس کیلئے خاص طور پر لاہور میں موجود سینئر فلم سازوں اور فلم پروڈیوسر ایسوسی ایشن کو بھی سنجیدگی سے آگے آنے کی ضرورت ہے۔ جمعرات کے روز یہاں ’اے پی پی‘ سے گفتگو کرتے ہوئے انہوں نے کہا کہ لاہور فلم انڈسٹری کا اہم مرکز رہا ہے، جب تک لاہور میں فلم سازی نہیں بڑھے گی، فلم انڈسٹری کو خسارے سے کوئی نہیں بچا سکتا۔ انہوں نے کہا کہ پاکستان فلم انڈسٹری کو ترقی دینے کیلئے حکومتی امداد بہت ضروری ہے اس سلسلے میں حکومت کو چاہئے کہ وہ پرانے اور تجربہ کار فلم ڈائریکٹرز سے فلمیں بنوائیں اور انہیں آسان شرائط پر قرضے فراہم کئے جائیں۔ الطاف حسین نے کہا کہ مجھے سمیت فلم انڈسٹری میں

پاکستانی سینما گھر بھارتی فلموں کے بغیر ویران

پاکستان میں بالی ووڈ فلموں کی نمائش پر پابندی کے بعد سے سینما ویران پڑے ہیں۔ اس سال یکے بعد دیگرے فلمیں فلاپ ہوتی گئیں اور اب سینما گھر بند ہونے کا بھی خدشہ ہے۔ آخر کیا وجہ ہے کہ پاکستانی فلمیں عوام میں مقبول نہیں ہو رہیں جبکہ پاکستانی ڈرامے پوری دنیا میں مقبول ہیں۔ دیکھیے پاکستانی انٹرنیٹ منٹ انڈسٹری کی ایک نامور شخصیت مومنہ درید اس بارے میں کیا کہتی ہیں۔

بھارت کے مقبول گلوکار پی پی گریوال کی مہوش حیات کے ساتھ کام کرنے کی خواہش پر اداکارہ نے بھی اپنے رد عمل کا اظہار کیا ہے۔ بھارتی گلوکار و اداکار روپندر سنگھ پی پی گریوال دو دن کے لیے پاکستان آئے تھے جہاں انہوں نے گوردوارہ نکانہ صاحب پر حاضری دی تھی۔ گزشتہ روز پی پی گریوال سے ایک انٹرویو کے دوران سوال کیا گیا کہ اگر آپ کو کسی پاکستانی



ڈاکٹر منیر الزماں منیر
غزل

خامشی گفتار سے کہتی ہے کچھ تو بول پھر
تلخیِ ذوراں بھلا کر دل کا دراب کھول پھر
حادثے منزل کی خواہش تو گھٹا سکتے نہیں
جائزہ لے عزم کا اک بار خود کو تول پھر
لے گیا سیلاب اب کے لہہاتے کھیت بھی
ہو گئیں فصلیں تمنا کی سبھی انمول پھر
ان دنوں سنجیدہ چہروں کا بھی پڑھنا ہے محال
پیازِ خوشبو کی فضائیں ہو گئیں انمول پھر
گاؤں کی گوری کا چہرہ آج بھی آنکھوں میں ہے
کیوں پھروں شہروں میں لے کر دید کا کشکول پھر
کٹ گئی صحرا نوردی میں تری عمر عزیز
شہر کا ماحول کیوں کر راس آئے بول پھر
بڑھ گئی ہے زندگی میں کس قدر وحشت منیر
ہو گیا ہے شہرِ خوشبو میں سکوں انمول پھر



Ghazals Compiled by Janab HASAN CHISHTI Sb Chicago



صادق نقوی
غزل

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



خمار بارہ بکوی
غزل

ہزار رنج سر آنکھوں پہ بات ہی کیا ہے
تری خوشی کے تصدق مری خوشی کیا ہے
خدا بچائے تری مست مست آنکھوں سے
فرشتہ ہو تو بہک جائے آدمی کیا ہے
گزار دوں ترے غم میں جو عمر خضر ملے
ترے ثار یہ دو دن کی زندگی کیا ہے
بھری بہار کہاں اور قفس کہاں صیاد
سمجھ میں آج یہ آیا کہ بے بسی کیا ہے
وہ اور ہیں جو طلب گارِ خلد ہیں واعظ
نگاہ یار سلامت مجھے کمی کیا ہے
کھڑے ہوئے ہیں وہ کب سے نظر جھکائے ہوئے
خمار ہوش میں آؤ یہ بے خودی کیا ہے



حمایت علی شاعر
غزل

میں سو رہا تھا اور کوئی بیدار مجھ میں تھا
شاید ابھی تلک مرا پندار مجھ میں تھا
وہ کج ادا سہی مری پہچان بھی تھا وہ
اپنے نشے میں مست جو فن کار مجھ میں تھا
میں خود کو بھولتا بھی تو کس طرح بھولتا
اک شخص تھا کہ آئے بردار مجھ میں تھا
شاید اسی سبب سے توازن سا مجھ میں ہے
اک محتسب لئے ہوئے تلوار مجھ میں تھا
اپنے کسی عمل پہ ندامت نہیں مجھے
تھا نیک دل بہت جو گنہ گار مجھ میں تھا



پروین فاسد
غزل

تم نے دل کے دیے بجھائے ہیں
ہم غموں کے چراغ لائے ہیں
تم سے اب ہم گلہ کریں بھی تو کیا
ہم نے خود ہی فریب کھائے ہیں
صف بہ صف روشنی کے پردے میں
ظلمتوں کے مہیب سائے ہیں
تم نے محلوں کی روشنی کے لیے
کتنے معصوم دل جلائے ہیں
قتل جب بھی ہوئے خیال مرے
کیسے کیسے خیال آئے ہیں



اندر اوما
غزل

ابھی سے کیسے کہوں تم کو بے وفا صاحب
ابھی تو اپنے سفر کی ہے ابتدا صاحب
نہ جانے کتنے لقب دے رہا ہے دل تم کو
حضور جانِ وفا اور ہم نوا صاحب
تمہاری یاد میں تارے شمار کرتی ہوں
نہ جانے ختم کہاں ہو یہ سلسلہ صاحب
کتابِ زیست کا عنوان بن گئے ہو تم
ہمارے پیار کی دیکھو یہ انتہا صاحب
تمہارا چہرہ مرے عکس سے ابھرتا ہے
نہ جانے کون بدلتا ہے آئینہ صاحب
رہ وفا میں ذرا احتیاط لازم ہے
ہر ایک گام پہ ہوتا ہے حادثہ صاحب
سیاہ رات ہے مہتاب بن کے آ جاؤ
یہ اندرآ کے لبوں پر ہے التجا صاحب



واجد ندیم
غزل

اُن کو ناز ہے حسن پہ اپنے اُن کا ہے اترنا سچ
ایک زمانہ کہتا ہے یہ اُن کا بنا ٹھننا سچ
ٹھنڈا ٹھنڈا ہلکا سا اک نورِ فضا میں پھیل گیا
کہتے ہیں کہ آئے ہیں وہ بام پہ اُن کا آنا سچ
الفت کے دعووں سے ہمارا دل تو بہل جاتا ہے مگر
یہ تو وقت ہی بتلائے گا جھوٹ ہے کتنا کتنا سچ
عشق اگر سچا ہو تو جاں کی نہیں کوئی پرواہ
آگ میں جل کر پروانے کا شمع پہ ہے مرجانا سچ
بارش کی بوندوں جیسی آنکھیں پٹ پٹ کرتی ہیں
یہ تو سب اک کھیلِ تماشہ ہنسنا سچ نہ رونا سچ
ان کے ہمارے پیار کا قصہ بستی میں مشہور ہوا
ہم بھی اس امید میں ہے کہ ہو جائے افسانہ سچ
کیسی کیسی اُمیدیں ہیں بے ہیں کیسے خوابِ ندیم
کاش ہمارے خوابوں کا ہو جائے تانا بانا سچ



سید تقی حسن عابدی
غزل

ایک مصرع منہ سے نکلا تھا کہ محشر ہو گیا
کیوں کہا، کیسے کہا، کس کی زباں سمجھا تھا میں
آسماں جب سر پہ ٹوٹا، تب پتہ مجھ کو چلا
ایک چرخِ پیر کو کیوں نوجواں سمجھا تھا میں
سن کے واعظ کی نصیحت، ساری ملت سو گئی
وہ تو لوری تھی جسے بانگِ ازاں سمجھا تھا میں
کہتا پھرتا تھا وہی تو میرے دل کی داستاں
حیف جس کو اپنے دل کا راز داں سمجھا تھا میں
جس کو میں نے صرف اپنا کہہ کے دل میں گھردیا
وہ تو ہر دل میں تھا جس کو لامکاں سمجھا تھا میں
اس قدر تھا مجھ کو تیری دوستی پر اعتبار
تیغ کے سائے کو سر پر سائباں سمجھا تھا میں
راستہ خود بن گیا رستے پہ میرا رہنما
راستے کی گرد کو جب کارواں سمجھا تھا میں
چل کے نیلے پارچہ پر خوش ہوا دل اس لئے
”اک ردائے نیلگوں کو آسماں سمجھا تھا میں“



On the lighter side....

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

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

Wife nodded in the affirmative.

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

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

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

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

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

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

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

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

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



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

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

I thought 45 was reasonable, but I was wrong.

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

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

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

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

A tractor.

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

owner of the pond approached and indicated to Little Johnny that there was a "No Fishing" sign.

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

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

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

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

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

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

Mr. Bexfield."

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

New hand: "Yes sir."

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

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

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



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