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SEPTEMBER 2025 Vol 16, Issue 9

China’s Xi rolls out the red carpet for Putin and Modi

Autocrats, populists, friends and foes, a strongman waging a war in Europe and the leader of the world’s biggest democracy will all be hosted by Chinese leader Xi Jinping at a summit designed to showcase Beijing as a global leader capable of providing a counterweight to Western institutions.

Heads of state and delegations from across Asia and the Middle East will meet from Sunday in the Chinese port city of Tianjin for the two-day summit of the Shanghai Cooperation Organization (SCO), a regional security

President Donald Trump is shaking up its alliances and waging a global trade war.

The gathering also comes days ahead of a major military parade in Beijing that will offer a different message – that of China’s rapidly developing military might, and draw autocrats like North Korea’s Kim Jong Un and Myanmar’s Min Aung Hlaing alongside Putin and Russia-friendly European leaders Aleksandar Vucic of Serbia and Slovakia’s Robert Fico.



grouping that has emerged as a cornerstone of Xi and Russian President Vladimir Putin’s drive to rebalance global power in their favor.

Chinese officials have billed the summit as the SCO’s largest yet, with the diplomacy and pageantry setting the stage for Xi to tout his country as a stable and powerful alternative leader at a time when the world’s leading superpower the United States under

The summit also gifts Russia’s Putin some international spotlight, just two weeks after his Alaska summit with Trump, and as he continues to ignore international pressure to end his onslaught in Ukraine. Earlier this week Russia’s forces carried out the second-biggest aerial attack since its full-scale invasion of its neighbor.

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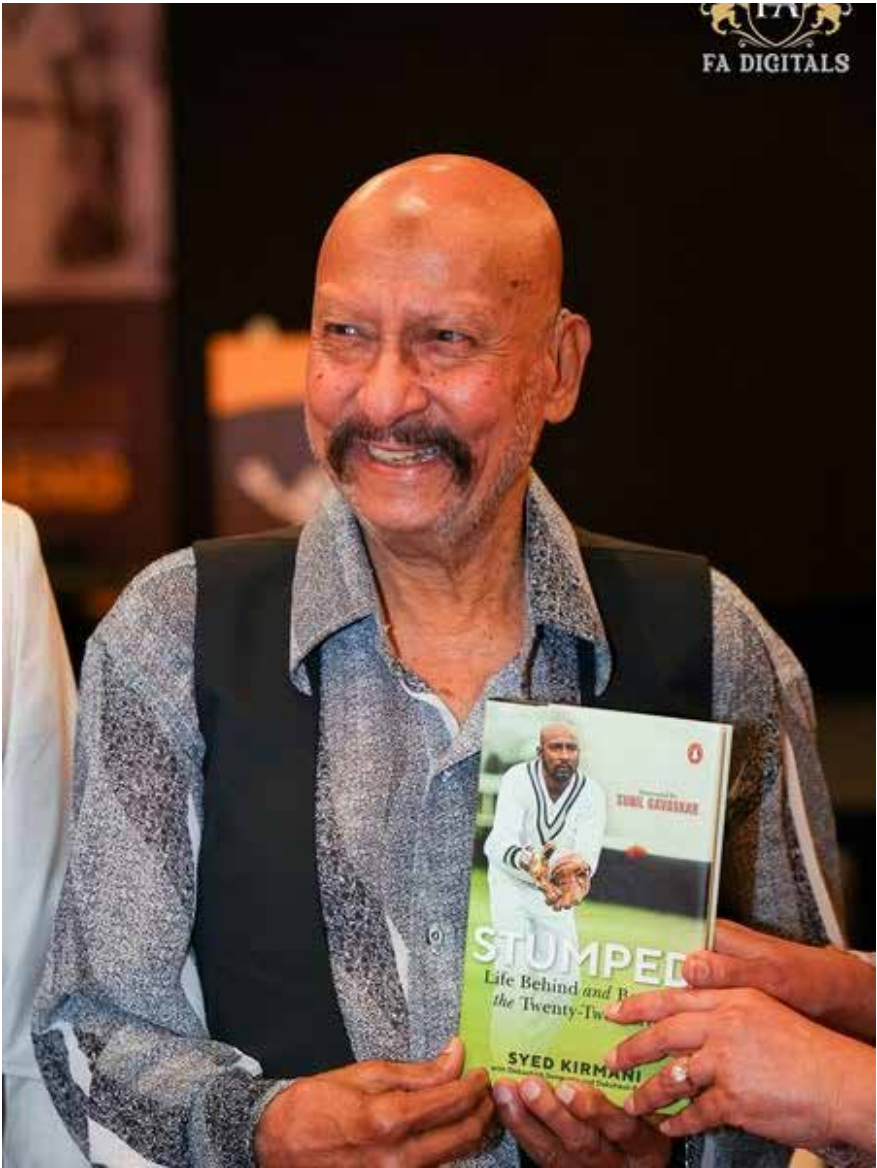
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MAGA candidate sparks backlash after burning Quran and promising to 'end Islam' in Texas

There has been a furious reaction to an anti-Islamic campaign ad posted by a far-right MAGA congressional candidate in which she sets fire to the Quran with a flamethrower.

Valentina Gomez, who is running for Texas' 31st District in 2026 as a Republican, shared the extreme video on X as part of her vow to "end Islam" in the Lone Star State.

Approximately one percent of Texas's population is Muslim.

Gomez has a history of posting violent stunts and using hateful rhetoric against Muslims, the LGBT+ community, Black people, and immigrants, in an attempt to gain notoriety to further a flailing attempt at a political career that has so far gone nowhere.

“Your daughters will be raped and your sons beheaded, unless we stop Islam once and for all,” Gomez said before setting fire to a copy of the holy book.

“America is a Christian nation, so those terrorist Muslims can f*** off to any of the 57 Muslim nations. There is only one true God, and that is the God of Israel.”

Gomez's video ended with her declaring that she is "powered by Jesus Christ."

Condemnation came quickly in response to the

clip.

“This isn’t politics. It’s incitement,” podcaster Brian Allen wrote on X. “When the mosques start burning, remember: this was the match and the Texas GOP handed her the lighter.”

Another X user added, “She will literally do anything for clout. Anything. Why is this person allowed to incite hate and murder?”

One X user wrote: “Get out of my state. We have no place for intolerance and hateful people who don’t believe in basic human rights such as THE FIRST AMENDMENT which allows for freedom of religion. Why don’t you learn the basics before running for office.”

Gomez's previous stunts included a December 2024 video in which she staged a mock execution of an immigrant by shooting a dummy tied to a chair with a black bag over its head.

"It's that simple, public executions for any illegal that rapes or kills an American. They don't deserve deportation; they deserve to be ended," she said.

Gomez is herself an immigrant, having been born in Colombia.

That video was condemned by Colombian President Gustavo Petro, who posted: “She is not just an American fascist. She is Colombian.

And being a migrant,

what she wants is
to unleash hatred
against migrants.

Most Americans are
killed by Americans.”

Gomez once told
Black Americans to

“kindly” leave the U.S. if they “don’t

like” the country in a message posted be-

fore the Juneteenth na
the end of slavery, wh

ratchet" of holidays.
She also has a history

ary 2024, while campaign
tary of state, Gomez a

burn a pile of LGBTQ
aimed at teenagers.

In a May 2024 video, a pro-LGBT+ area of

vest, declaring: "In America, I can get anything you want. So do it."

Gomez crashed out of the race in sixth place.

Yahoo/News Oliver O'Connell





**Reception by HSNT to newly wed couple
Arsalaan and Haneen in Dallas**

**Fort Worth’s richest resident started her own
medical school — but it’s not here**

Alice Walton, the world’s richest woman — who also happens to live in Fort Worth — just started the Alice Walton School of Medicine (AWSOM) in Bentonville, Arkansas.

The school’s first-ever incoming class of medical students were welcomed in July, dawned by a white coat ceremony. Walton plans to pay tuition for the first five graduating classes.

Walton is the only daughter of Walmart founder Sam Walton. She has accumulated her \$105 billion net worth from Walmart, although she focuses her time on curating art rather than working for the family business.

She opened Crystal Bridges Museum of American Art in Bentonville in 2011, which has a bridge that connects to the roof of the medical school. This supports the AWSOM’s grander mission to combine art and humanities based approaches to medicine.

Here’s a little more about the Fort Worth philanthropist and her new mission in the medical field. What is the Alice Walton School of Medicine?

The Alice Walton School of Medicine is a non-profit, four-year MD program. Students will graduate with a doctorate of medicine which preps them to become physicians. The school is in the process of becoming accredited and has been granted preliminary accreditation status by the Liaison Committee on Medical Education.

AWSOM’s mission is to train students through whole health principles. Whole health means considering not just a patient’s physical wellbeing, but also their spiritual, social and mental wellbeing. The integrated values focus on self care, empathy, humanism and community— values Walton says is lacking from the U.S.’s current healthcare system.

The 14-acre campus is located in Northwest Arkansas, next to Walton’s museum. It hosts a 154,000-square-foot building for learning with a public gallery, library, wellness studio and gym, rooftop



park and healing gardens for students to grow healthy foods. A path from the rooftop park leads directly to Crystal Bridges with views of the Ozark forest. Why is Alice Walton starting a medical school? Walton experienced serious injuries from a car accident in the 1980s. She realized America’s healthcare system “is broken” after she suffered from multiple surgeries, bone infection and other health issues for about 10 years following the accident.

A part of the curriculum will be an emphasis on the combination of arts and humanities with science by partnering with Walton’s Crystal Bridges Museum. A large aspect will be art therapy, a practice that helped Walton through her health difficulties.

“Students will explore the importance of effective advanced communication, observational and listening skills, ethics, professionalism, professional identity, and cultural aspects of healing,” according to AWSOM’s website.

What kind of students are eligible for AWSOM? Students who want to apply to AWSOM must meet



Osmania University Alumni Association gala at India Cultural Center, Houston awarded Dr Khalid Razvi as Senior most Osmanian in a gathering of about 200 Osmanians, here he is with Mobashir Alikhan, President of Hyderabad Cultural association. August 23 2025.

the following requirements:
A minimum MCAT score of 500.

A PREview score.

A minimum overall GPA of 3.4.

Applicants should complete a minimum of 24 credit hours in Biology-Chemistry-Physics-Math (BCPM) courses (must have a cumulative GPA of 3.5 for baccalaureate or graduate BCPM credits).

Must be a U.S. citizen or permanent resident.

Three to five letters of recommendation.

The school also expects students to have “a strong commitment to serving others and the community, meaningful exposure to and understanding of the medical profession, team and leadership skills and a demonstrated ability to perform well in an academic setting.”

Yahoo/News Ella Gonzales

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Unity Among Muslim Countries

M. Basheer Ahmed, M.D.

Introduction: The Crisis of Muslim Fragmentation
Muslim nations today face immense challenges, but their greatest weakness is a lack of unity. Without unity and collective strength, they cannot stand on their own. Disunity ensures that they remain dependent and subservient to colonial powers for an indefinite period.

British Lord Curzon (1859-1925), reflecting on the fall of the Ottoman Empire in 1924, reportedly declared: "We must ensure that Muslims will never arise again in unity, whether it be intellectual or cultural unity." This statement encapsulates a deliberate geopolitical strategy to fracture the Muslim world and suppress any revival of its intellectual and civilizational legacy.

Historical Context: From Ascendancy to Dependence

Following the collapse of the Ottoman Empire in 1924, European colonial powers partitioned their territories into semi-independent Arab states and imposed European oversight through political and economic mechanisms. These new Arab governments, bound by allegiance to their colonial patrons, enabled sustained European and North American influence that persists to this day. After World War II, the United States replaced the United Kingdom as the most powerful country, maintaining numerous military bases in the Middle East to protect Arab governments.

By the late 19th century, Europe had colonized a significant portion of the Muslim world. This was not merely a military defeat but also a consequence of intellectual stagnation within Muslim societies. For eight centuries (7th–15th centuries), Muslims led the world in science, philosophy, and governance. However, as Europe advanced through technological and industrial revolutions, Muslim rulers clung to outdated military doctrines, neglecting knowledge and innovation. The result was easy conquest and enduring subjugation. The Europeans understood that unity among Muslim nations could challenge their hegemony, and thus they worked diligently to prevent it.

Israel as a Strategic Outpost

The establishment of Israel in 1947 was not merely a humanitarian gesture; it served as a strategic extension of European and North American influence. Armed with advanced military capabilities, including nuclear weapons, and benefiting from unlimited access to research, development, financial support, armaments, and intelligence from Europe and the USA, Israel functions as a geopolitical satellite to monitor neighboring Muslim states.

The then Israeli Prime Minister Benjamin Netanyahu reinforced this vision during a 2002 speech at Concordia University in Montreal, asserting that a fragmented Middle East composed of smaller, more pliable states would serve the long-term interests of both the United States and Israel.

Western Leverage and Suppression

European nations and the USA maintain influence through economic coercion, military aid, and political alliances. States that deviate from prescribed European and American interests often face punitive measures, including asset freezes, diplomatic isolation, or outright conflict. Nations such as Iraq, Libya, Syria, Afghanistan, and Somalia attempted to chart independent paths, only to be destabilized or destroyed under various pretexts. President George W. Bush and Prime Minister Tony Blair orchestrated the

invasion of Iraq based on fraudulent claims of weapons of mass destruction—an act widely condemned as a war crime. President Trump continued similar policies with Iran despite the lack of provocation.

Quotes That Reveal Intent

Recent remarks from European and American leaders underscore the use of Israel as a proxy force. German Chancellor Friedrich Merz reportedly stated: "Israel is doing our dirty work." Germany sees this as a valid reason to support Israel and supply it with advanced weaponry to enable and sustain its aggressive behavior, thereby destabilizing the Muslim world. Meanwhile, UK Prime Minister Keir Starmer acknowledged that autocratic rulers in the Muslim world revolve around European and American interests, relying on their protection while often acting against their national interests.

Internal Complicity and Intellectual Deficits

The autocratic Gulf regimes prioritize self-preservation over sovereignty, relying on American and European protection to maintain power. Dissent is crushed, and scholars and journalists face imprisonment or worse, as evidenced by the brutal murder of Jamal Khashoggi. Even public protests against Israel's atrocities in Gaza are banned, lest they inspire demands for democracy or good governance. Gulf nations spend trillions propping up American and European economies and acquiring their technologies. Yet, none of these resource-rich countries have established world-class universities or significant research institutions. Their brightest minds are often forced to seek education abroad. Many Muslim Nobel laureates in science achieved their breakthroughs outside their home countries, which is a damning indictment of the stagnation in Muslim educational systems.

Aid, Debt, and Compliance

Between 1978 and 2022, the United States allocated over \$80 billion in aid to Egypt. In exchange, Egypt agreed to protect American strategic interests and refrain from threatening Israel or engaging in regional conflicts. Under President Abdel Fattah el-Sisi, Egypt's debt surged from \$40 billion in 2014 to over \$160 billion by 2022, indicating a deepening dependence.

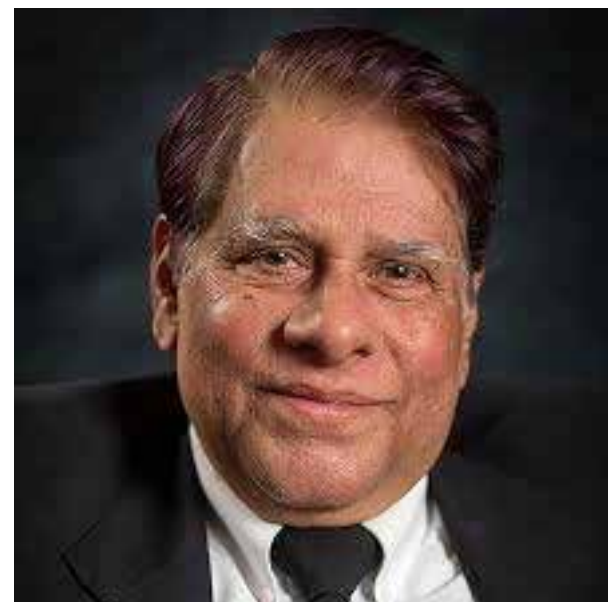
Iran: The Outlier

Iran is one of the few Muslim nations that has resisted American and European dominance. As a consequence, it has faced repeated sanctions, bombings and acts of sabotage by the United States and Israel. Public statements from Israeli leaders celebrating these attacks reveal a troubling disregard for diplomacy and civilian welfare. Like Iraq and Libya before it, Iran faces systematic destabilization.

Conclusion: Reclaiming Legacy

Between the 7th and 15th centuries, Muslims made significant contributions to the world, illuminating it with discoveries in mathematics, astronomy, medicine, and philosophy. They built civilizations grounded in justice, wisdom, and spirituality. Today, however, many have reduced their religion to mere ritual, abandoning Islam's comprehensive guidance on governance, education, and justice.

Sectarianism and populism continue to divide the ummah (community), distracting from collective progress. When ideological differences lead to the labeling of fellow Muslims as infidels, internal decay overshadows external threats. Scholars advise us to pray for deliverance; yet the Quran commands us to act:



"Verily, never will God change the condition of a people until they change it themselves." (Quran 13:11)

Our calamities arise not from a lack of prayer, but from neglecting ijtihad (independent reasoning) and the struggle (jihad) for knowledge, justice, and unity. While we glorify our ancestors, we often ignore their lessons: true strength comes from innovation rather than nostalgia.

Unless we become technologically and intellectually empowered, the glorious stories of our past will remain just that—stories. The real question we must ask is: What are we doing today to reclaim our dignity? How are we contributing to knowledge, justice, service, and truth? The ummah that once shaped the world now stumbles in the darkness of its present. It is time to rise—not by longing for the past or waiting for divine intervention—but through deliberate, united, and courageous action.

M. Basheer Ahmed M.D

Former Prof. of Psychiatry- Southwestern Medical School, Dallas TX

Chairman Emeritus- MCC for Human Services
President- American Muslims for Human Rights- AMHR

President Emeritus- IMPMS (Institute of Medieval and Post-Medieval Studies)



Publisher Asia Times Azeem A. Quadeer with the Author Dr Basheer Ahmed



MJCET Alumni meet in Chicago

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Several Others joined with families not in pic
Ilyas Abid (Naperville IL)
Nayeem Khwaja (San Jose CA)
Faheem Shaikh (Cleveland)
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Aslam Khan (Bay Area CA)
Amjad Khan Sacramento
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From Left: Syed Afsar, PE, CEO GeoScience, Dallas, Ilyas Ahmed Sharief, ARAMCO Dammam and Azeem Quadeer, PE, Engineering Manager, Dallas. All Civil Engineers from MJCET 1988 batch

Dallas Muslim Medical Alliance Gala Unites Healthcare Leaders, Announces Landmark Journalism Endowment

The Dallas Muslim Medical Alliance (DMMA) hosted its most impactful annual gala to date, drawing a sold-out crowd of over 550 physicians, dentists, and healthcare leaders from North Texas to Dallas. The event, held recently, spotlighted DMMA's expanding influence in uniting clinicians from diverse specialties and backgrounds around a mission of healing patients and the healthcare system with integrity, compassion, and collaboration. The evening's highlights included a rousing leadership address, a pioneering journalism endowment launch, and inspiring remarks from keynote speakers, all underscoring the alliance's commitment to excellence, advocacy, and community trust.

A Gathering of Healers and Leaders

The DMMA gala marked a milestone for the organization, which has grown rapidly in membership and impact since its founding. The sold-out event at a prominent Dallas venue reflected the alliance's ability to convene a broad cross-section of the region's medical community, including physicians, dentists, researchers, and healthcare administrators. The atmosphere was celebratory yet purposeful, as attendees shared mentorship, service, and professional achievement stories.

Newly inaugurated DMMA President Dr. Rahman Mohammed set the tone for the evening with a powerful address. "Physicians are not just healers—we are leaders. Though Muslims make up just 1–2% of the U.S. population, we represent nearly 10% of its doctors. That's not just a statistic—it's a responsibility. And our greatest work lies ahead," Dr. Mohammed told the audience. He emphasized DMMA's commitment to serving the North Dallas medical community and beyond, promoting excellence in care, ethical advocacy, mentorship, and civic service.

DMMA Launches Healthcare Journalism Endowment

A defining moment of the gala came when DMMA's Founding Chair, Dr. Abdul Ahad Hayee, introduced a bold new initiative: an endowment to support culturally competent healthcare journalism. "The story is as important as the science," Dr. Hayee stated. "When headlines shape public safety and perception, we must ensure they reflect truth, not stereotypes." The endowment aims to fund journalists who can elevate public understanding of medicine while fostering trust across communities of every back-

ground.

Dr. Hayee's remarks resonated with recent developments in journalism, where experts have called for more inclusive and accurate storytelling. "Reparative journalism is more than content and infrastructural repair; it is also a reclamation of the lineage of storytelling," according to a recent report on reparative journalism, highlighting the importance of centering marginalized voices and correcting historical biases in media coverage. Dr. Hayee added, "We hold the scalpel; journalists hold the pen. Both tools can save lives."

Keynote Insights: Unity, Innovation, and Authentic Storytelling

The gala featured a keynote address by Dr. Shehzad Batliwala, an eye surgeon, humanitarian, and pioneer in space medicine. Dr. Batliwala, whose journey from undocumented immigrant to medical innovator has inspired audiences worldwide, shared a profound message: "Unity is physics. Braid our strands into a rope strong enough to lift the entire healthcare system." His remarks drew on his NASA-sponsored mission and underscored the importance of collaboration and resilience in medicine.

Award-winning journalist Saad Yousef, known for his work with The Athletic and NYT Radio, explored the critical role of authentic storytelling in a time of misinformation and cultural distortion. Yousef highlighted the responsibility of journalists to provide accurate, nuanced narratives that reflect the complexities of healthcare and the lived experiences of diverse communities. "True and compelling stories about health issues educate and raise awareness, making the information more accessible and relatable," Yousef said, echoing themes from recent scholarship on the power of health journalism.

Celebrating Achievement and Community

The evening also recognized the achievements of DMMA members and featured a comedy segment that brought heart and humor to shared professional struggles. Standout performances by Farooq Hussain, Bucky Waqas, and Marena Riyad provided a lighthearted counterpoint to the evening's serious themes, reminding attendees of the importance of joy and connection in the demanding healthcare field.



The event's success was a testament to the alliance's ability to foster a sense of belonging and purpose among its members. "We are not just a professional organization—we are a community," said one attendee, a pediatrician who has been involved with DMMA since its inception. "This gala reminds us why we do what we do."

The Rise of Muslim Medical Professionals in America

Muslim Americans have long been a vital and growing presence in the U.S. healthcare system. Despite making up just 1–2% of the population, Muslims account for nearly 10% of the nation's physicians—a statistic that reflects both the community's commitment to education and service and the unique challenges they face in navigating cultural and religious identities in the workplace. Organizations like DMMA provide essential support, mentorship, and advocacy for Muslim healthcare professionals, helping them to thrive and lead in their fields.

The alliance's work is especially relevant in a time of heightened scrutiny and discrimination against Muslim communities. Recent investigations into proposed Muslim housing developments in North Texas, for example, have highlighted the persistent challenges of religious bias and stereotyping. DMMA's focus on leadership, advocacy, and community building offers a powerful counter-narrative to these trends.

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 Mohamoud Egal
 Mohsin Choudhry / Sana Ch
 Shakir Bhai
 Pervaiz Bhatti / Uzma Sabir /
 Fatimah Hoque
 Idrees Hadi
 Rosy Dodd
 Farhath Hussain
 Jacob Thomas
 Sangeeta Malik
 Imrana Begg/Raza Bagg/ Aye-
 sha Hussain
 Inamullah Khan Sherwani
 Sami Khan
 Inam Bokhari / Aatirah Ha-
 meed
 Altaf Bukhari / Faisal Saiyed
 Anwer Nawaab/Mohammed
 Imran Ali/Taher Bin Jaffar
 Mamta Sahta-vick Sahota
 Rafia Omair/Rizzi Butt/Omair
 Hashmi
 Imran Ali
 Sajid Siddiqui / Zeba Salman
 Raj Mehta/ Nigam Mehta
 Manjeet Singh
 Indian Community San Diago
 Bibhasha Ojha-Rohan Raj
 Seema Garg
 Kalpesh Soni
 Nishu Vasireddy/ Venu Red-
 dyManyam/Kishore Ramaraju

 Nisse Packianathan Jaya Ku-
 mar/Victor Samuel Nathan
 Jagdeep Nayyar
 Sanjeev Saini
 Sunny Singh
 Rani Goldy Singh
 Noman Sadiq-Vikrant Kumar

 Anup Puthenveedu
 Preeti Malik Arora / Yogshri
 Jetan Arora
 Prasad Royal / Ramadevi Arza
 Shahid Amin
 Krishna Puttaparthi-Anu
 benakatti
 Mohin uddin Mohammad
 Shibby Roy/Ginsmon Zacharia/
 Anil, Mathew
 Sailaja Mantripragada-swapna

www.Asia Times.US

**We would like to Thank these
 Admins of FaceBook Groups who
 let us to post Asia Times in their
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**If we missed you please contact us
 madamSheela1@gmail.com**



Kiran- Priya Mota
 Swapna Kiran / Priya Mota
 Nusrath Mehdi Khan / Fouzia
 Zahoor
 Ishfaq Khan / Boxer Bhai
 Boxer Bhai
 Mohammed Alsabah / Mo-
 hammad Farhan
 Ashfaq Hussain Syed/Aiman
 Beg/ Aadil Farid
 Clay Chip Smith

 Deepak Kumar

 Vlad Kulpinski
 Rana Rao-Pradeep Bharudkar
 Wasi Rabbani / Suleman Mo-
 hammed
 Syed Shoaib Ahmed
 Bibi Khan/ Mohammad Im-
 ran Tahir
 Faheem Hayat
 Mammatha Vamshi
 Munir Pervaiz/Nasreen
 rraiz/ Iftekhar Ahmed
 Sunny Khehra
 Muhammad Akram Ismail/
 Sonia Omer
 Muhammad Ismail / Sonia

Omer
 Pomil Singh/Manan singh
 Katohara
 Balvanth Reddy
 Mohd Tabrase
 Eileen Riddle / Lupe Domin-
 guez
 Mohd Jabbar
 Venu Gopal Reddy / Gopi
 Krishna
 Asif Alikhan
 Areedo Ayad
 Khawaja Ashraf
 Shweta Dhawan
 Jude Miranda -Mohammed
 Arif
 Ali Khan
 Syed Adeeb
 Shakeel Khaleel Baig

 Zahid Imran / Nadeem
 Ahmed Bajwa / Muhammad
 Iqbal
 Murali Talluri
 Gaurav Singla
 Noreen Gilani / Marriam
 Tahir

IFTEKHAR SHAREEF PAGE



Happy 79 th India Independence Day , even in my absence as usual my village friends and well wishers celebrated at my family owned Begum's India garden on NH 65 at Shamshabad , opposite RGI airport Shamshabad.
Flag hosted by Shri Sikanth Goud Assistant Commissioner of police RGI police station , along with SHO Balraj , SI Uma Devi and and SI Arshad Khan.
Many political leaders across the party line also attended. Thanks Nisar and Karunaker for coordinated the event followed by pure vegetarian lunch . Jai Hind



At the fundraiser of Bushra Amiwala in chicago for US Congress Illinois district 09 at Monty's banquets



Launch of Pragati resorts new project of 300 new all wooden homes imported from Finland spread over 300 acres. Delicious lunch was served.

Had the honours of attending it along with Director Dr Ravinder also the managing Director. Each home is spread over minimum 1000 sqrd and priced from low 30 crores .

Event Graced by *Smt. Vijayeshwari Managing Director Ramoji Film City, Smt. Seeta Ranjit Reddy & Kunda Pratibha FTCCI FLO, Smt. Shyamala Devi Krishnam Raju's wife (Cine Actor Prabhas badi mous and other vvip's of both telugu states .



Event organiser Pervez Malik with friends on Devon Ave, Chicago



Dr Faiz Shareef's Hyderabad tour



Independence Day Parade at Devon Ave, Chicago



Many Many Returns of the day Happy Birthday Inayah

ISNA Convention 2025 in Chicago



Discovery Science

Inside every single cell in your body lies a molecule more powerful and astonishing than anything you can see. It's called DNA, the ultimate instruction manual of life. This tiny, twisted ladder of code holds all the information that makes you who you are. But what's even more mind-blowing is just how much of it you carry. Each cell in your body contains about 2 meters of DNA. That might not sound like much, but multiply that by the trillions of cells in your body and the numbers become almost cosmic. If you could unravel all your DNA and lay it out end to end, it would stretch more than 136 billion kilometers. That's far enough to reach from Earth to Pluto and back not once, but 17 times. Yes, you read that right. The blueprint of your existence, tucked away in the smallest corners of your body, could span across our solar system and return multiple times. It's a staggering fact that shows just how densely packed and brilliantly organised life is at the microscopic level. DNA is more than just a code. It is the living archive of everything that makes life possible. From your eye colour to your immune system, from your physical build to your risk of certain diseases, DNA holds the secrets of your biological destiny. This incredible reach of your genetic code reminds us how vast and complex we are, even in the tiniest parts of our being. You carry the universe within you, written in letters just four molecules long

MAI
Muslims Against Injustice
847-799-0359

SEPTEMBER 21ST, SUNDAY

Ladies Only

Eid Milad Un Nabi

Registration Required

A 15 Minutes tour for Ladies at SABEEL CENTER before the Milad to view Historical Islamic Pictures and Frames 4:30 pm

Organized By: Mushtaq Ahmad Foundation In Collaboration with Sabeel Center

RSVP

SCAN FOR FREE TICKETS

SABEEL CENTER
8800 Ballard Road
Desplains, IL

JAWERIA SALEEM
Naat Khouan (Pakistan)

Local Naat Khouan will also perform

Snacks and Food will be Served

Limited Seats
Please call following Numbers
Time: 4pm to 7:30pm
September 21st, Sunday

Contact:
Tayyaba Asif 773 727 8639
Shagufta Hasin 773 876 3441
Rabia Iqbal 773 552 0242

4:00 PM Registration
4:30 PM Sabeel Center Visit
5:00 PM Tilawat-e-Quran Pak
7:00 PM - Dinner

Smile Bright, Live Better: The Power of Dental Awareness

By Dr. Ayaz Ahmed
BDS, Gold Medalist
Faculty, Asian Institute of
Advanced Dentistry

When we think of health, we often overlook the gateway to our body - the mouth. Oral health is not just about having white teeth or fresh breath - it plays a crucial role in our overall well-being. Yet, millions silently suffer from preventable dental issues. From childhood cavities to adult gum disease, dental problems can impact eating, speaking, confidence, and even the heart and brain. Yes, research now links poor oral health to serious health conditions like diabetes, heart disease, and low birth weight in newborns. Why the Neglect? Many of us visit a dentist only when we're in pain. But dental diseases are silent - by the time they hurt, the damage is often advanced. A simple cavity, if ignored, can turn into a root canal or tooth loss. Prevent, Don't Repair The good news? Most dental

problems are preventable. Here's how:

- Brush twice daily with fluoride toothpaste.
- Floss once a day to clean areas your brush can't reach.

Avoid tobacco, sugary foods, and soft drinks. Visit a dentist every 6 months for a check-up and cleaning.

Smile Bright, Live Better: The Power of Dental Awareness

Children Deserve Better

Did you know that dental caries (tooth decay) is one of the most common diseases in children? Early visits to the dentist can ensure proper guidance and a cavity-free future.

Awareness is the First Step As a faculty member at the Asian Institute of Advanced Dentistry, I have seen firsthand how awareness can save smiles. Through workshops, camps, and patient education, we aim to create a healthier, more informed society.

Your SMILE Is an Asset - Protect It

Let's not wait for pain to strike. Embrace preventive care, educate your families, and make oral hygiene a priority.

Remember healthy mouth reflects healthy body



Let's pledge today to spread dental awareness and preserve our smiles for life.

Lord Swraj Paul, NRI industrialist and philanthropist, dies at 94

Lord Paul, founder of UK-based Caparo Group of industries, had been taken ill and hospitalised recently, where he passed away surrounded by members of his family.

Leading NRI industrialist Lord Swraj Paul passed away in London, family sources said. He was 94.

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The House of Lords peer was born in Jalandhar and relocated to the UK in the 1960s in pursuit of treatment for his little daughter Ambika's cancer. After she passed away aged four years old, he set up the Ambika Paul Foundation as a charitable trust that went on to donate millions to promote the wellbeing of children and young people all over the world through education and health initiatives.

The London Zoo is where she was always the happiest," recalled Lord Paul last month, during the annual commemoration he hosted at the Ambika Paul Children's Zoo in London - one of the major beneficiaries of the foundation.

After he lost his son Angad Paul in 2015 and his wife Aruna in 2022, he went on to undertake similar philanthropic endeavours in their

memory.

"This hall is a tribute to my wonderful wife whom I miss very much; we never had an argument during our 65 years of marriage," said Lord Paul, when he inaugurated the Lady Aruna Swraj Paul Hall at the historic Indian Gymkhana Club in London in February 2023.

A regular in the annual 'Sunday Times Rich List', this year he was ranked 81st with an estimated wealth of GBP 2 billion, largely derived from the steel and engineering multinational Caparo Group. Headquartered in London, Caparo operates internationally from over 40 sites, with operations based in the UK, North America, India, and the Middle East. His son, Akash Paul, is Chairman of Caparo India and Director of the Caparo Group.

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"Perhaps, I am the only graduate to get a degree from his own father, independently approved by the University Board, of course, I may add," said Akash Paul, who was accompanied by wife Nisha and son Arush at the ceremony held at the London Zoo.



"My son has worked alongside me at Caparo since 1982. Akash was appointed CEO of Caparo Group in 1992. During this time, he furthered Caparo's growth strategy in UK, Europe, USA and India, as well as expanding capacity and increasing profitability of the companies in the United Kingdom and was president, Caparo Automotive Espana, Spain and Executive Board, Bull Moose Tube, USA," said Lord Paul, who had served as Chancellor of Wolverhampton University for over 26 years.

An active member of the Indian diaspora in the UK, Swraj Paul maintained his daily routine of attending the House of Lords despite his frailty in recent months.

"We pray for the departed soul. May the noble Lord rest in peace," said Lord Rami Ranger, his colleague in the Upper House of Parliament.

INDIA TODAY

Trump cancels Kamala Harris' Secret Service detail that was extended by undisclosed Biden order

r 10, 2024, in Chandler, Arizona. - Brandon Bell/Getty Images

President Donald Trump revoked Kamala Harris' Secret Service protection on Thursday, according to a copy of a letter reviewed by CNN. Former presidents receive Secret Service protection for life. Harris, as a former vice president, received six months of protection after leaving office, according to federal law. That period ended on July 21. However, her protection had been extended for an additional year via a directive – not made public until now – signed by then-President Joe Biden shortly before leaving office, according to multiple people familiar with the undisclosed arrangement.

That is the order Trump canceled in his letter, titled "Memorandum for the Secretary of Homeland Security"

"You are hereby authorized to discontinue any security-related procedures previously authorized by Executive Memorandum, beyond those required by law, for the following individual, effective September 1, 2025: Former Vice President Kamala D. Harris," the letter reads in full. The White House and Secret Service did not immediately respond to CNN's requests for comment.

Trump's ending of Harris' protection comes as she soon embarks on a multi-city, high-profile book tour around the release of "107 Days," her new memoir on her short presidential campaign, set to be released September 23. That will put her more in the public spotlight than she has been since leaving office, during which time she's attended only a few public events.

"The Vice President is grateful to the United

States Secret Service for their professionalism, dedication, and unwavering commitment to safety," Kirsten Allen, a Harris senior adviser, told CNN.

Presidents and presidential candidates face frequent security threats. There were two assassination attempts against Trump during his run for president last year.

Harris, according to people familiar with her security operations, faced particular security concerns given that she was the first woman and first Black woman in the role. Those concerns only increased after she became the nominee, the people familiar with her security operations told CNN, and was still at a high level into January following the campaign, with feelings about the election still raw.

A Biden spokesperson declined to comment on what led to his signing the order extending Harris' protection.

But what will now disappear is not just the agents assigned to guard her in person, 24-7: Secret Service protection includes constant analysis of threat intelligence and covering in-person situations, emails, texts and social media. With her detail canceled, Harris aides are worried they will lose the same access to threat warnings, the people familiar with her security operations said. Her home, in the middle of Los Angeles, will also stop being protected by federal agents.

Harris' husband, Doug Emhoff, lost his own personal detail on July 21 under the standard provisions for a former vice president's spouse. California Democratic Gov. Gavin Newsom was briefed on Harris losing her protection late



Thursday. A person familiar with the discussions told CNN that the governor's office could not comment on security arrangements or methods which may be activated as a replacement.

However, Newsom spokesperson Bob Salladay expressed outrage about Trump making the change.

"The safety of our public officials should never be subject to erratic, vindictive political impulses," Salladay told CNN.

Harris, as a Los Angeles resident, could also receive protection from the city police department. Los Angeles Mayor Karen Bass and Newsom were in touch Thursday evening about the situation.

"This is another act of revenge following a long list of political retaliation in the form of firings, the revoking of security clearances and more. This puts the former Vice President in danger and I look forward to working with the Governor to make sure Vice President Harris is safe in Los Angeles," Bass told CNN in a statement.

Yahoo/News Edward-Isaac Dove

Obama warns 'all Americans are at risk' after Trump after threatens to clamp down on Chicago

Barack Obama has slammed Donald Trump after he threatened to clamp down on crime in Chicago, as part of a major national crackdown.

Internal documents obtained by the New York Times revealed the Trump administration was plotting a mass immigration operation in Chicago – involving 200 homeland security officials and the use of a naval base outside of the city as a staging area.

In response, the former president said "all Americans [are] at risk" in response to an op-ed on Trump's paramilitary efforts by renowned Times' columnist Ezra Klein. In Klein's piece, he interviews journalist Radley Balko, who has been documenting the militarization and law enforcement efforts under Trump, in his Substack, The Watch.

"This interview provides a useful overview of some of the dangerous trends we've been seeing in recent months regarding federalization and militarization of state and local police functions," said Obama in a tweet

"The erosion of basic principles like due process and the expanding use of our military on do-

mestic soil puts the liberties of all Americans at risk, and should concern democrats and republicans alike," Obama continued.

Border czar Tom Homan confirmed "discussions" about the use of a naval station in Illinois were being held in an interview with reporters. "It's under discussion. The planning is still being discussed. So, maybe by the end of the day, but yeah, it's being discussed," he said. "Chicago still has a crime problem. So President Trump, again, made a promise to the American people he will make the country safe again."

Trump has long targeted Chicago for its issues with crime, calling it "a mess," while blaming fragmented Democratic leadership for its problems.

"Chicago's a mess. You have an incompetent mayor, grossly incompetent. And we'll straighten that one out probably next," Trump said. Democratic Chicago Mayor Brandon Johnson called Trump's threat to send the National Guard to Chicago, "uncoordinated, uncalled for, and unsound," in a statement

In the city's most recent report on crime, published, overall violent crime was recorded as



being down by 21.6 percent, along with a 33 percent reduction in homicides and a 38 percent reduction in shootings, in the first six months of 2025.

Trump has spent weeks condemning the crime rate in cities such as Washington, D.C., and brought in the National Guard – who were spotted picking up trash near the White House recently – and federal agents to help D.C. police in their efforts to reduce crime.

Yahoo/News Madeline Sherratt

The Governor Of Illinois Is Going Viral For His Response To Donald Trump's Fat Joke

After sending the National Guard to DC, Donald Trump announced that he's thinking about sending them to Chicago next.

Trump said people were "screaming" for them to come to Chicago, explaining, "They're wearing red hats just like this one... African American ladies, beautiful ladies, are saying, 'Please, President Trump, come to Chicago. Please.'" Pritzker responded, "If you hurt my people, nothing will stop me — not time or political circumstance — from making sure you face justice under our constitutional rule of law."

Trump clearly has a grudge against Pritzker because he went after him in the Oval Office, "I hate to barge in on a city and then be treated horribly by corrupt politicians and bad politicians like a guy like Pritzker. He ought to spend more time in the gym, actually."

Welllll, Pritzker responded to the "He ought



to spend more time in the gym" part, and now that's going viral.

"From my perspective, it takes one to know one on the weight question. And the president, of course, himself is not in good shape. So he ought to respond to that from me," he said. "I would say also that his personal attacks on me are just evidence of a guy still living in fifth grade."



He's the kind of bully that throws invectives at people because he knows that what he's saying is actually commentary on himself." Yahoo/News Matt Stopera

SpaceX answers critics with successful Starship test flight

SpaceX's Starship megarocket roared into the skies on its tenth test flight, turning in a strong performance after a series of fiery failures had begun to cast doubt on its future.

Towering 403 feet (123 meters), Starship is the most powerful launch vehicle ever built and key to founder Elon Musk's vision of carrying humanity to Mars, as well as NASA's plans to return astronauts to the Moon.

The stainless steel colossus blasted off from the company's Starbase in southern Texas at 6:30 pm local time (2330 GMT), greeted by loud cheers from engineering teams, as seen in a live webcast.

A few minutes into launch, the first-stage booster known as Super Heavy splashed down into the Gulf of Mexico, triggering a sonic boom on its way. Unlike other recent tests, SpaceX opted not to attempt a catch with the giant "chop stick" arms of the launch tower, instead testing how it would perform if an engine cut out.

Attention then shifted to the upper stage -- also known individually as Starship and intended to one day carry crew and cargo -- to demonstrate its capabilities as it soared into space.

For the first time, SpaceX was able to successfully deploy eight dummy Starlink internet satellites, with onboard cameras beaming back live views of a robotic mechanism pushing each out one by one.

It was not all smooth sailing. Some heat tiles fell away and a small section of a flap burned off during the vessel's fiery descent, as it was enveloped in pink and purple plasma.

But SpaceX communications manager Dan Huot said much of this was expected as the vehicle was intentionally flown on a punishing trajectory with some tiles removed.

"We're kind of being mean to this starship a little bit," he said on the webcast.

"We're really trying to put it through the paces and kind of poke on what some of its weak points are."

"Great work by the SpaceX team!!" Musk wrote on X. Much had been riding on the mission, after the last three flights ended with the upper stage exploding: twice over the Caribbean and once after reaching space. In June, an upper stage blew up during a ground test.

Despite recent setbacks, Starship was not seen as being at a crisis point. SpaceX's "fail fast, learn fast" philosophy has already given it a commanding lead in launches with its Falcon rockets, while Dragon capsules ferry astronauts to the ISS and Starlink has become a geopolitical asset.

Still, even with a successful tenth flight, major challenges loom. Musk has identified developing a fully reusable orbital heat shield as the toughest task, noting it took nine months to refurbish the Space Shuttle's heat shield between flights.



"What we're trying to achieve here with Starship is to have a heat shield that can be flown immediately," he said on a webcast Monday. Another hurdle is proving Starship can be refueled in orbit with super-cooled propellant -- an essential but untested step for the vehicle to carry out deep-space missions.

Time is running short to ready a modified version as NASA's lunar lander for 2027, and for Musk to make good on his vow to send an uncrewed Starship to Mars next year.

Yahoo/News Ronaldo Schemidt with Issam Ahmed in Washington



Trump says the U.S. would accept 600,000 Chinese students, sparking uproar among some conservatives

President Donald Trump's latest comments about allowing hundreds of thousands of Chinese international students into the United States have drawn criticism from some of the most outspoken members of the Republican Party.

Ahead of his meeting with South Korean President Lee Jae-myung at the White House on Monday, Trump told reporters that he plans to allow 600,000 Chinese students into the country — a figure more than double the number in the United States now.

"We're going to get along good with China. I hear so many stories about 'We're not going to allow their students'" to come in, Trump said. "We're going to allow, it's very important, 600,000 students. It's very important."

It's a sharp departure from an announcement Secretary of State Marco Rubio made in May, when he promised the United States would "aggressively revoke" visas for Chinese students and add more scrutiny to all future visa applications from China.

While Trump stressed the United States' "important" relationship with the country, other high-profile members of his party disagreed. Rep. Marjorie Taylor Greene, R-Ga., railed against the idea on social media.

"Why are we allowing 600,000 students from China to replace our American student's opportunities?" Greene wrote on X. "We should never allow that."

Far-right influencer and twice failed Republi-

can congressional candidate Laura Loomer also blasted the idea, labeling Chinese students as "Communist spies."

"Nobody, I repeat nobody, wants 600,000 more Chinese 'students' aka Communist spies in the United States," Loomer wrote on X.

Neither the White House nor the State Department immediately responded to NBC News' questions about the shift in policy or criticisms from the members of the GOP.

On the Fox News show "The Ingraham Angle," Commerce Secretary Howard Lutnick fielded criticism from host Laura Ingraham that Trump's comments run counter to his "America First" policy, saying the move was an economic one.

"Well, the president's point of view is that what would happen if you didn't have those 600,000 students is that you'd empty them from the top, all the students would go up to better schools, and the bottom 15% of universities and colleges would go out of business in America," Lutnick said.

There were an estimated 277,398 Chinese international students studying in the United States during the 2023-24 school year. Together with students from India, the group makes up more than half of the international students in the country. In 2023 alone, Chinese students contributed upward of \$14 billion to the American economy.

But Republican lawmakers have long attempted to stem the flow of Chinese students into the United States. In March, Republican congressmen introduced the Stop CCP VISAs Act,



which would halt the issuance of student visas to Chinese nationals looking to study at American universities or take part in exchange programs. The bill drew widespread backlash from activists, schools and others, including Chinese students, who called the legislation the "new Chinese Exclusion Act."

"I think it's just blatant racism and xenophobia," a Chinese student who recently graduated from a Washington, D.C.-area university previously told NBC News. The student requested anonymity out of fear of retaliation. "We are not spies. We are students who want to get a better education."

Trump's latest comments on students come as tensions between the United States and China have eased slightly from earlier this year when both countries threatened high tariffs. Talks have continued and tariff rates have cooled as a 90-day trade truce, established in May, was extended through November.

Trump told reporters that it is a "much better relationship economically than it was before with Biden." However, he also threatened to impose 200% tariffs on China if the country does not export rare earth magnets to the United States. Yahoo/News Kimmy Yam



Aadab, namaskar
Had a very good re-
cording session with
very talented and
soulful singer Prat-
ibha Singh Baghel
and this beautiful
song has written by
Pawan Kumar sahab
Something special is
coming soon.
Kind regards
*Mohammed Vakil *

Continent	No. of Countries
★ Asia →	48
★ Europe →	50
★ Africa →	54
★ North America →	23
★ South America →	12
★ Antarctica →	0
★ Australia →	14

In Memoriam: Dr. Yahia Khairy Abdul Rahman (1944 - 2025)

Lord Paul, founder of UK-based Caparo Group of industries, had been taken ill and hospitalised recently, where he passed away surrounded by members of his family.

Leading NRI industrialist Lord Swraj Paul passed away in London, family sources said. He was 94.

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The London Zoo is where she was always the happiest," recalled Lord Paul last month, during the annual commemoration he hosted at the Ambika Paul Children's Zoo in London – one of the major beneficiaries of the foundation.

After he lost his son Angad Paul in 2015 and his wife Aruna in 2022, he went on to undertake similar philanthropic endeavours in their memory.

Very sad news of passing of a gentleman! Your compassion and professionalism has touched millions across the borders! Judge Frank Caprio passed away peacefully at the age of 88 after a long and courageous battle with pancreatic cancer. Beloved for his compassion, humility, and unwavering belief in the goodness of people, Judge Caprio touched the lives of millions through his work in the courtroom and beyond. His warmth, humor,

"This hall is a tribute to my wonderful wife whom I miss very much; we never had an argument during our 65 years of marriage," said Lord Paul, when he inaugurated the Lady Aruna Swraj Paul Hall at the historic Indian Gymkhana Club in London in February 2023.

A regular in the annual 'Sunday Times Rich List', this year he was ranked 81st with an estimated wealth of GBP 2 billion, largely derived from the steel and engineering multinational Caparo Group. Headquartered in London, Caparo operates internationally from over 40 sites, with operations based in the UK, North America, India, and the Middle East. His son, Akash Paul, is Chairman of Caparo India and Director of the Caparo Group.

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"Perhaps, I am the only graduate to get a degree from his own father, independently approved by the University Board, of course, I may add," said Akash Paul, who was accompanied by wife Nisha and son Arush at the ceremony held at the London Zoo.

"My son has worked alongside me at Caparo

Frank Caprio

and kindness left an indelible mark on all who knew him.

He will be remembered not only as a respected judge, but as a devoted husband, father, grandfather, great grandfather and friend. His legacy lives on in the countless acts of kindness he inspired.

In his honor, may we each strive to bring a little more compassion into the world — just as he did every day.



since 1982. Akash was appointed CEO of Caparo Group in 1992. During this time, he furthered Caparo's growth strategy in UK, Europe, USA and India, as well as expanding capacity and increasing profitability of the companies in the United Kingdom and was president, Caparo Automotive Espana, Spain and Executive Board, Bull Moose Tube, USA," said Lord Paul, who had served as Chancellor of Wolverhampton University for over 26 years.

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"We pray for the departed soul. May the noble Lord rest in peace," said Lord Rami Ranger, his colleague in the Upper House of Parliament. INDIA TODAY



Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 25V519
Manufacturer :Ford Motor Company
Subject : Headlights May Fail/FMVSS 108
Make Model Model Years
FORD MUSTANG 2025
FORD MUSTANG MACH E 2025
LINCOLN NAUTILUS 2025
NHTSA Recall ID Number : 25V518
Manufacturer :Ford Motor Company
Subject : Window Automatic Reversal System Malfunction/FMVSS 118
Make Model Model Years
LINCOLN NAUTILUS 2024-2025
NHTSA Recall ID Number : 25V517
Manufacturer :Ford Motor Company
Subject : Parking Lights May Flicker/FMVSS 108
Make Model Model Years
FORD F-150 2022
NHTSA Recall ID Number : 25V516
Manufacturer :Ford Motor Company
Subject : Blank Instrument Panel Display/FMVSS 101 & 102
Make Model Model Years
FORD MUSTANG 2024
NHTSA Recall ID Number : 25V515
Manufacturer :Ford Motor Company
Subject : Parking Lights May Flicker/FMVSS 108
Make Model Model Years
FORD F-150 2022
NHTSA Recall ID Number : 25V514
Manufacturer :Jaguar Land Rover North America, LLC
Subject : Upper Suspension Arm May Detach
Make Model Model Years
LAND ROVER RANGE ROVER 2014-2017
LAND ROVER RANGE ROVER SPORT 2014-2017
NHTSA Recall ID Number : 25V513
Manufacturer :Ford Motor Company
Subject : Loss of Power Brake Assist
Make Model Model Years
FORD MUSTANG MACH E 2021
NHTSA Recall ID Number : 25V512
Manufacturer : Ford Motor Company
Subject : Rear Axle Hub Bolt May Break
Make Model Model Years
FORD F-150 2023-2025
NHTSA Recall ID Number : 25V511
Manufacturer : Mercedes-Benz USA, LLC
Subject : Missing Aim Markings on Headlights/FMVSS 108
Make Model Model Years
MERCEDES-BENZAMG GLA 35 2024-2025
MERCEDES-BENZ AMG GLA 35 4MATIC 2024

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

MERCEDES-BENZ GLA 250 2024
MERCEDES-BENZ GLA 250 4MATIC 2024
NHTSA Recall ID Number : 25V510
Manufacturer :Ford Motor Company
Subject : Rearview Camera Image May Not Display
Make Model Model Years
LINCOLN CORSAIR 2020-2022
NHTSA Recall ID Number : 25V509
Manufacturer :Altec Industries, Inc.
Subject : Unexpected Activation of Emergency Brakes
Make Model Model Years
ALTEC AP SERIES 2025
NHTSA Recall ID Number : 25V508
Manufacturer : Nissan North America, Inc.
Subject : Daytime Running Lights Malfunction/FMVSS 108
Make Model Model Years
NISSAN FRONTIER 2025
NHTSA Recall ID Number : 25V505
Manufacturer : Suzuki Motor USA, LLC
Subject : Upper Headlight Beam is Too Bright/FMVSS 108
Make Model Model Years
SUZUKI DL1050 2020-2025
SUZUKI GSX-S1000S 2020, 2024
NHTSA Recall ID Number : 25V504
Manufacturer : FONTAINE MODIFICATION CO.
Subject : Intermediate Steering Shaft Welds May Fail
Make Model Model Years
FREIGHTLINER BUSINESS CLASS M2 2022-2024
NHTSA Recall ID Number : 25V503
Manufacturer :International Motors, LLC
Subject : Brake Pressure Switch May Short and Cause Fire
Make Model Model Years
IC BUS CESB 2016-2023
NHTSA Recall ID Number : 25V502
Manufacturer :International Motors, LLC
Subject : Brake Pressure Switch May Short and Cause Fire
Make Model Model Years
IC BUS CECB 2024-2025
IC BUS TC 2018-2025
INTERNATIONAL 1300FBC 2018-2024
INTERNATIONAL 4000 SERIES 4300 2018
INTERNATIONAL MV 2017-2025
NHTSA Recall ID Number : 25V501

chasing the car.
What should I do if my vehicle is included in this recall?
If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the

Manufacturer : International Motors, LLC
Subject : Clogged Port May Delay or Prevent the Release of the Service Brakes
Make Model Model Years
INTERNATIONAL LT 2024-2026
INTERNATIONAL RH 2025
NHTSA Recall ID Number : 25V524
Manufacturer : The Heil Co.
Subject : Automatic Front Loader Arm May Crack and Fall
Make Model Model Years
HEIL FRONT END LOADER GARBAGE 2021-2022
NHTSA Recall ID Number : 25V523
Manufacturer :The Heil Co.
Subject : Low Fuel Pressure May Stall Engine
Make Model Model Years
HEIL FRONT END LOADER GARBAGE 2024
NHTSA Recall ID Number : 25V522
Manufacturer :International Motors, LLC
Subject : Unintended Movement Due to Parking Brake Tension Spring Failure
Make Model Model Years
IC BUS CESB 2024-2026
IC BUS EVSB 2025
NHTSA Recall ID Number : 25V521
Manufacturer :Mack Trucks, Inc.
Subject : Loss of Steering Control
Make Model Model Years
MACKANTHEM (AN) 2025
MACKPIONEER (PR) 2025-2026
NHTSA Recall ID Number : 25V520
Manufacturer :Volvo Trucks North America
Subject : Loss of Steering Control
Make Model Model Years
VOLVO NEW VN 2025-2026

NHTSA Recall ID Number : 25T015
Synopsis : Sumitomo Rubber Industries, Ltd. (Sumitomo) is recalling certain Dunlop TT93FGP PRO and TT93FGP PRO MS motorcycle tires, size 120/80-12 55J and 100/90-12 49J. During manufacturing, some of the sidewall compound may have contaminated the tread surface, reducing the tire's traction. Tires that do not provide sufficient traction increase the risk of a crash. Dealers will replace the tires or provide reimbursement, free of charge. Owner notification letters are expected to be mailed on September 15, 2025. Owners may contact Sumitomo customer service at 1-800-845-8378.
recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

‘A movement taking shape’: Many US retirees are looking to move abroad. Here are the best countries for them

Drawn by sunshine or a lower cost of living, a growing number of Americans are choosing to live their golden years outside the US, in the hope that it will better suit their financial or lifestyle needs and wants.

While official numbers aren’t available, companies and organizations that specialize in assisting people move abroad have seen a massive post-election uptick in traffic and enquiries over the last few months — anecdotal evidence, some say, suggesting a “momentum, a movement taking shape” among Americans, including many retirees, seriously considering (or already undertaking) a permanent move abroad.

“I don’t think (it’s) going to just dissipate the way it has in every previous election that I’ve been doing this,” Kathleen Peddicord, founder and publisher of Live and Invest Overseas, told CNN Travel. “I don’t think this is going to fade away. They’re asking pretty serious questions about this country versus this country, and ‘What would my residency options be, and what will my tax burdens be?’ So they’re not dreamy questions. They’re very practical.”

Established in 2008, LIOS publishes regular content related to moving abroad, such as questions about taxes and health care. In the days following the election, web traffic was about 250% higher than normal, Peddicord says, and the sustained interest has helped fuel “the greatest growth in our readership in our history.”

Retirees make up about 80% of the LIOS audience, including those who are already retired and those planning for it, Peddicord said, and its annual list of 10 Best Places to Retire is among the publication’s “most read and highly anticipated” reports.

International Living, a monthly magazine and website that focuses on living abroad, has also seen a significant uptick in enquiries and traffic, which started even before the election, Executive Editor Jennifer Stevens tells CNN Travel. Its data-driven Annual Global Retirement Index is based on factors including housing, visas, cost of living and health care, as well as input from more than 200 on-the-ground editors and correspondents.

At the publication’s most recent annual conference, which was held in Las Vegas in October 2024, Stevens said she spoke to many readers, including retirees, about their growing concern over “Trump policies making living sort of uncomfortable in the US,” as well as the “social situation in the States” and the “economic implications of tariffs” under the new administration. At the same time, Stevens said she also noticed a sense of excitement in others over the prospect of potential tax breaks and more expendable income — which could stretch even further out-



side of the US. “They’re looking for ways they can diversify internationally or spend some of that money abroad,” she says.

Money — or lack of it — continues to be a pressing issue for many retirees in the US. Skyrocketing costs for housing, rent and healthcare are siphoning away savings more quickly than in previous generations — in fact, almost half of US families have no retirement account savings.

Meanwhile, more than 17 million Americans aged 65 or older — approximately one in three — are considered economically insecure (meaning they have income levels at 200% or more below the federal poverty level).

Moving to a country with a much lower cost of living offers an opportunity to “invert your budget, so you could take what you’re currently spending on, say, transportation, and move to a place where you don’t need a car, for instance, and use that budget for discretionary spending,” Sophia Titley, LIOS editor-in-chief, tells CNN Travel.

In addition to their finances, which often are based on fixed budgets, retirees face a specific set of criteria to consider before making the leap abroad. First of all, there’s the issue of whether they are legally allowed — or have the means — to retire in their destination of choice. (For example, some countries may offer attractive employment options for digital nomads — but not so much for those who are no longer working.)

“You need to look at places where you can reasonably get a residency visa,” Titley says. “I would say that’s the best place to start. Look at what you have, what you can afford, the different thresholds to qualify, and look at places that actually offer residency permits for everyday people.”

Another key consideration: determining your eligibility and costs for health care and health

insurance in a new destination. Experts recommend researching options thoroughly beforehand, as some countries, including Spain and France, require health insurance as a requirement for granting a visa.

However, Peddicord notes that “the good news ... is that wherever you go, the health care is going to be more affordable, because it’s more expensive in the United States than anywhere — not only health care, but also health insurance.” Finally, retirees who receive Medicare — the federal insurance program available to Americans aged 65 and older (and some younger individuals with disabilities) — should make sure to do their homework about what moving abroad means for their eligibility.

Except for a few situations, Medicare will not cover health care costs outside of the US; however, experts recommend keeping coverage if possible, which can offer a safety net and sense of reassurance in the event of a serious illness or injury.

“It just keeps your options open,” Peddicord explains. “You can choose to go back to the States, where you may have family and more of a network of support for going through an experience like that, whereas, if you’ve given up your Medicare, it’s not a straightforward thing always to re-engage in the program.”

While visas, taxes and healthcare are among the most important considerations for a move abroad, retirees also should consider destinations — and the smaller regions within those — that align with their preferred lifestyle. Here are five countries that are well-suited for retirees in 2025. (This list primarily targets retirees from the US, but it also contains helpful general information.)

Yahoo/Life
Blane Bachelor

Five countries that are well-suited for retirees in 2025.

Here are five countries that are well-suited for retirees in 2025. (This list primarily targets retirees from the US, but it also contains helpful general information.)

Panama

This Central American country topped International Living's Annual Global Retirement Index as the world's best retirement destination for 2025, fueled by its straightforward visa process, excellent quality of life and good value for money.

Panama boasts "what is arguably the best retiree visa in the world," Stevens explains. "They figured out, before almost anybody else, that if you made it easy for foreign retirees to come, they would happily come and spend their money in Panama. So Panama makes it very easy to get a visa and to renew that visa, and it gives you great benefits as a retiree."

Those benefits include discounts on airfare, the theater and more. Panama's modern health care system also earns high marks — and in addition to lower costs for medical services, legal residents who are pensioner age (60 years for men, 55 for women) receive 20% off prescription medications.

Key considerations: Panama has a fairly low threshold for its passive income requirement: a minimum monthly income of US \$1,000 from a government program, such as Social Security, or a private corporation. That minimum goes up by \$250 per month per dependent.

English proficiency levels are fairly low across the country, so it's extremely helpful to have at least some grasp of Spanish.

How to make the move: The Embassy of Panama's website clearly states in English on its website what's needed to apply for a retiree visa, also known as the Pensionado Visa. Note that your application must be processed by a Panamanian attorney, and you'll need to apply in Panama.

France

France is famous for its fine dining, world-class museums and beautiful beaches and countryside. But francophiles who dream of spending their retirement years in this beloved European country can also take advantage of a more practical benefit: its top-notch health care system. Services are provided to all residents and largely subsidized by the government.

In addition, France's affordability also comes as a surprise to some. According to Chase Buchanan's latest data, rent for a family apartment in France can be as low as about \$1,100 in cities other than Paris, and groceries, public transportation and other expenses are also significantly lower than in the US.

"Outside Paris, there are parts of France that are very, very affordable, competitively affordable," says Peddicord. With her family, she splits time between Paris and Panama City and says many people are surprised to learn that Paris is the cheaper of the two.

She advises anyone with a dream of living their golden years in the City of Light to not immediately write it off as unaffordable. "If you're focused on Paris, for example, even that you shouldn't take off your list without really doing some research."

Key considerations: One of the biggest advantages for France-bound American retirees is the ability to continue contributing to tax-advantaged US retirement accounts like 401(k)s and IRAs. Thanks to the US-France tax treaty, these accounts will continue to be taxed at US rates for Americans living in France, instead of potentially higher French income tax rates.

However, one caveat about inheritance tax: Unlike the US, in France the tax applies per beneficiary instead of the total estate value. In addition, forced heirship rules require set amounts for legal heirs — something retirees with sizable estates should take into consideration.

France's bureaucracy can be intimidating, especially for those who don't speak French. English isn't as widely spoken as in some other European countries, especially outside of major cities.

How to make the move: Ready to say oui to retiring in France? US citizens can apply for the Long-Stay Visa for

Retirement (Visa de Long Séjour pour Retraité). This option will require proof of sufficient financial resources, as well as health insurance. You'll apply for this visa at the nearest French consulate in the US, after which you obtain what's known as the carte de séjour visiteur (a residence visa). Your pension must be at least \$1,073 as a single or \$1,666 as a couple. The visa is only valid for one year, but it can be renewed.

Malaysia

Malaysia, which ranked seventh on International Living's 2025 Global Retirement Index, offers "truly extraordinary" bang for your buck, Stevens says. It's well suited for those looking to stretch their budgets, as well as retirees craving a comfortable lifestyle for "so much less than it would cost you in the States," she explains. "And if you want to live simply, you can do it for next to nothing." According to data from International Living, rent for a one-bedroom apartment in Kuala Lumpur usually runs between \$300 and \$500, with monthly utilities costing around \$40-60. Outside the capital, second-tier cities such as Penang and Malacca also offer superb value and slightly lower rent costs, along with a slower pace of life and robust expat communities.

Malaysia's health care system also ranks highly, with modern facilities, English-speaking staff and affordable and excellent quality of care. Another bonus for retirees: Money you bring into the country is tax-exempt. In addition, the southeast Asian country is a veritable melting pot of cultures and cuisines, and English is widely spoken (official signage also is written in English). "In some ways, it's easier to navigate that part of the world than it is, say, Mexico, if you don't speak Spanish," Stevens says.

Key considerations: Malaysia has a humid, tropical climate year-round, which may not be the best fit for those who prefer a change of season. In addition, for retirees who envision frequent trips back to the US, traveling from Malaysia is a beast, with flights alone at more than 20 hours.

How to make the move: Malaysia provides several visa options that are specifically aimed toward retirees. The most popular is the Malaysia My Second Home (MM2H) program, which offers a renewable multiple-entry visa. To qualify, you must be over 50 years old, as well as meet some financial requirements: deposit approximately \$35,883 into a bank in Malaysia; (global institutions including Citibank and HSBC also qualify), or prove you have a monthly income of approximately \$2,350 from a government pension.

Spain

With excellent weather, high-quality health care, a relatively low cost of living and world-famous gastronomy, this European country has been a perennially popular spot among the retiree set for decades. In InterNations' 2024 Expat City Ranking, Spanish cities captured the top three spots (Valencia, Malaga and Alicante) out of 53 cities; Madrid, meanwhile, ranked seventh and Barcelona, 21st.

In addition, Spain boasts a wide variety of options for different lifestyles, from the cosmopolitan hub of Madrid to small villages up and down the country's Mediterranean coastline, as well as the northern Basque region along Spain's Atlantic coast.

What to consider: Spain's tax system can be complicated, and it differs from one autonomous region to another. The general rule of thumb is that if you spend more than 183 days per calendar year in Spain, you're considered a tax resident.

English proficiency is among the lowest in Europe, especially outside major cities like Madrid and Barcelona. Castilian Spanish is spoken by the majority of Spaniards, but some autonomous regions have their own official language (Catalan in Catalonia, for example, and Basque, or Euskara, in the Basque Country).

Finally, don't expect any early-bird dinner specials: Spaniards rarely eat their evening meal before 8:30 p.m.

How to make the move: Spain's non-lucrative visa (or NLV, also known as a retirement visa), is a popular route for Americans. It's aimed primarily at those with sufficient passive income or financial means to not be a burden on Spain's welfare system (currently, the minimum is about \$2,600 per month for a single applicant; additional family members require more funds per member).

You'll apply through your nearest consulate (note: this links to the Los Angeles consulate but outlines the process step-by-step). You'll also need to show proof of insurance in Spain, which can be a tricky step to navigate (travel insurance is not accepted, by the way). Be prepared for plenty of paperwork and for appointments to be booked far in advance, so plan accordingly.

Mexico

The US's southern neighbor consistently ranks high as a top retiree destination (it was fourth in International Living's Global Retirement Index for 2025). Its proximity to the US, affordability, and slower pace of life are strong draws. Mexico also offers an excellent option for retirees who want to live abroad only part-time.

Meanwhile, thriving English-speaking expat communities in most cities, as well as many of the same service providers popular in the US, including Netflix and Amazon, help ease the transition for newcomers.

Mexico also offers several tax advantages that are especially beneficial to retirees. It doesn't have inheritance or wealth tax, and unlike many other countries, tax residency is determined not by the total number of days spent in the country, but whether your primary home or center of business is established there.

Key considerations: Mexico ranks among the least peaceful countries in Latin America. According to government statistics, there were 31,062 homicides in 2023, about 24 per 100,000 residents (in the US, that figure was about six per 100,000 people in 2023, according to Federal Bureau of Investigation data).

Cartel-related violence and drug trafficking in Mexico may capture the majority of media attention, but pettier crimes such as theft and pickpocketing are the most reported problems.

In addition, as is the case in some other countries including Portugal, an influx of foreigners and increasing gentrification in certain cities has sparked growing tensions in some areas with large expat populations.

How to make the move: Valid passport holders from countries that don't require a visa (including the United States) can remain in Mexico for up to 180 days. (They still must complete a visitor's permit, or Forma Migratoria Multiple (FMM), at their port of entry. Keep in mind that the exact number of days allowed remains at the discretion of the immigration official processing entry.)

For longer stays, retirees can look into visas as temporary and permanent residents. Both are fairly straightforward, but applicants must be able to demonstrate financial stability.

Yahoo/Life Blane BachelorMMk



US Open draw: Tennis' final major championship of 2025 reveals brackets

The final Grand Slam event of the tennis season – the U.S. Open – is already underway with qualifying matches in progress. But the real action doesn't start for another couple of days. The official unveiling of the men's and women's singles brackets provides the first glimpse of how the fabled tournament might unfold over the next two weeks.

World No. 1 Jannik Sinner is back to defend the 2024 men's title he won over American Taylor Fritz. Meanwhile, top-ranked woman Aryna Sabalenka is set to defend after defeating Jessica Pegula a year ago.

One interesting note in this year's women's draw: Two-time champion Venus Williams received a wild-card entry and will compete at age 45. Her first-round match will be a challenge as she faces 11th-seeded Karolina Muchova of the Czech Republic.

U.S. Open officials announced the seeds and pairings for the tournament on Thursday, Aug. 21.

74954029007

Who are the top seeds at the 2025 US Open?

Defending champions Jannik Sinner and Aryna Sabalenka will be the No. 1 seeds in this year's U.S. Open men's and women's singles competition.

Men's singled draw

Women's singles draw

Sabalenka will begin her quest to repeat with an opening round match against Switzerland's Rebeka Masarova, who's ranked No. 109 in the world.

Sinner plays his first match against 87th-ranked Vit Kopriva of the Czech Republic.

Women's top seeds

Aryna Sabalenka

Iga Swiatek (Poland)

Coco Gauff (USA)

Jessica Peguls (USA)

Mirra Andreeva

Madison Keys (USA)

Jasmine Paolini (Italy)

Amanda Anisimova (USA)

Elena Rybakina (Kazakhstan)

Emma Navarro (USA)

Men's top seeds

Jannik Sinner (Italy)

Carlos Alcaraz (Spain)

Alexander Zverev (Germany)

Taylor Fritz (USA)

Jack Draper (United Kingdom)

Ben Shelton (USA)

Novak Djokovic (Serbia)

Alex de Minaur (Australia)

Karen Khachnov

Lorenzo Musetti (Italy)

When does the 2025 US Open start?

The main draw of the 2025 U.S. Open begins Monday, Aug. 25, and will continue over the next two weeks, with the men's singles final closing out the event on Sunday, Sept. 7.

How can I watch the 2025 US Open?

The 2025 U.S. Open will be broadcast on various channels, including ABC and ESPN, with streaming coverage available on the ESPN app.

Where will the 2025 US Open take place?

The U.S. Open will be played at the USTA Billie Jean King National Tennis Center at Flushing Meadows in Queens, New York.

What is the schedule for the 2025 US Open?

Men's and women's singles competition: Monday, Aug. 24 through Sunday, Sept. 7

Doubles and mixed doubles competition: Began Monday, Aug. 18 and runs through Saturday, Sept. 6

Women's doubles final: Friday, Sept. 5



Men's doubles final: Saturday, Sept. 6

Women's singles final: Saturday, Sept. 6

Men's singles final: Sunday, Sept. 7

What is the purse for the 2025 US Open?

Men's and women's singles

Winner: \$5,000,000

Finalist: \$2,500,000

Semifinalists: \$1,260,000

Quarterfinalists: \$660,000

Doubles

Winner: \$1,000,000

Finalist: \$500,000

Semifinalists: \$250,000

Quarterfinalists: \$125,000

Who were the men's and women's singles winners at the 2024 US Open?

At the 2024 U.S. Open, Jannik Sinner held off Taylor Fritz, 6-3, 6-4, 7-5, to win his first U.S. Open Championship.

In the women's singles final, Aryna Sabalenka beat Jessica Pegula, 7-5, 7-5. Sabalenka reached the finals in 2023 but lost to Coco Gauff.

Yahoo/Sports Steve Gardner

Kilich Khan

Khawaja Abid also known as Kilich Khan (Khan of the sword), was one of Aurangzeb's most beloved & trusted generals. He was the father of the hero Furuz Jung and the Grandfather of the legendary Nizam Ul Mulk, Asaf Jah. Khawaja Abid originally hailed from Samarkand. Khawaja Abid was the son of Alam Sheikh, a learned & respected Sufi mystic who was the descendent of Sheikh Shahab Al Din Suhrawardy, a prominent Sufi mystic, scholar, & a direct descendant of Abu Bakr, the first caliph of Islam. Khawaja Abid obtained a religious education and rose to prominence obtaining the position of 'Cheif Qazi' & eventually the position of 'Shaykh Ul Islam', under the patronage of the king of Bukhara. When Khawaja Abid arrived in India, he was honoured by Shah Jahan & promised to serve the Mughal Empire after leading the annual sponsored Hajj pilgrimage under the patronage of Shah Jahan. After returning to the Mughal

domains he entered into the services of Prince Aurangzeb who was contesting for the Mughal throne against his rivals and played a significant role during the war of succession. As a reward he was honoured by Aurangzeb & held several posts such as ;Sadr i Kul' & governed several prominent cities. He played a credible role during Rajput rebellion & was heavily rewarded for his accomplishments, one of those rewards were being honoured with the title "Khan", hence he came to be known as Kilich Khan. He actively took part in the conquest of Bijapur and Golkonda. During the conquest of Golkonda, under the command of his son Furuz Jung he was injured from the impact of a cannon ball which severed his arm completely whilst leading an attack. Despite his injuries he refused the dismount from his horse till he reached the nursing tent. Whilst being nursed he insisted to return to the battlefield, however he eventually succumbed to his fatal injuries three days later.

Aurangzeb was distraught when he heard the news that Khawaja Abid had been injured & refrained from attending the general as he feared he would be unable to see the painful condition of his general. Khawaja Abid was buried with great honour near Himayatsagar, four miles from the Golconda fort. Khawaja Abid's son Furuz Jung became Aurangzeb's most accomplished general. The Grandson of Khawaja Abid, Qamaruddin became the famous Nizam Ul Mulk, Asaf Jah. Source: Janab Inayat Farooqui saheb.



By: Syed Hashmath Kamal

NYC voters flock to socialist-style freebies as Mamdani pushes rent freezes, city-run stores

Affordability and “distribution of wealth” are at the heart of Democratic nominee Zohran Mamdani’s mayoral campaign, and New Yorkers are buying in.

Whether firing up canvassers in Prospect Park or answering “ask me anything” questions on Instagram, creating a more affordable New York City remains Mamdani’s central message. New Yorkers who spoke to Fox News Digital in Manhattan’s Union Square on Tuesday night said they are right in step with Mamdani’s vision, which includes progressive campaign promises like free buses and child care, and city-run grocery stores.

“I think affordability is a really big thing, so regular people can afford to live in the city,” said Ian, a New Yorker who is voting for the self-described democratic socialist in November. “That’s what makes New York City so great,” Ian explained. “All the people from all around the world can come and live here and start businesses and contribute to the economy and to the culture.”

He said “making New York a place where more regular people live and work” is critical. It’s the same message Mamdani has been delivering on the campaign trail for months.

Another voter in Union Square Ritvik, told Fox News Digital that he usually leans more conservative, but he couldn’t find himself voting for any of the other candidates.

Mamdani pulled off a political upset in June’s Democratic primary, defeating former Gov. Andrew Cuomo, who is now running as an independent candidate.

The former governor resigned in 2021 in the face of controversy, including multiple sexual harassment allegations and questions about his handling of the COVID-19 pandemic.

Incumbent Mayor Eric Adams, who was elected as a Democrat in 2021, is also running as an

independent.

President Donald Trump admitted last month to helping him out “a little bit” after his Justice Department dropped corruption charges against the mayor earlier this year.

Curtis Sliwa, founder and CEO of the Guardian Angels, is the Republican nominee.

But Ritvik said he wasn’t just voting against those candidates, telling Fox News Digital that Mamdani’s “rhetoric is one of unity.”

Ritvik agreed that affordability played a big role in his decision to vote for Mamdani. Particularly on housing, the New Yorker said creating more supply should be a top priority.

The mayoral hopeful has vowed to freeze rents if elected in November, something former Mayor Bill de Blasio did three times during his tenure.

Mamdani has accused Adams of appointing Rent Guidelines Board members to raise rents on stabilized apartments. Cuomo called the plan “politically convenient posture,” and said such a move would hurt landlords, who would be “unable to maintain their buildings.”

Noah, another New York voter, said that small businesses are what make the country so special and also echoed the push for more affordable housing.

The three Mamdani voters who spoke to Fox News Digital said they are inspired by his positive energy, fresh perspective and his plan to address the issues most impacting everyday New Yorkers.

And when asked if they are worried about Trump’s “100% Communist Lunatic” label, they



said it’s expected.

“That kind of rhetoric has always come from the Trump administration, so not particularly surprising to me, and he simply has run the best campaign that there is, and so I think he just deserves a vote,” Ritvik said.

Meanwhile, Noah and Ian said it’s a “real concern,” but they continue to be inspired by Mamdani for focusing his campaign, not just on Trump, but “on helping New Yorkers.”

Mamdani emphasized that his platform is “all about affordability” when pressed about the label by Fox News’ Nate Foy.

“The elements of my platform are all about affordability, and I am a democratic socialist,” Mamdani said. “When New Yorkers ask me what it means, I take them to the words of Dr. Martin Luther King, who said, ‘Call it democracy or call it democratic socialism, there must be a better distribution of wealth for all of God’s children in this country.’”

Original article source: NYC voters flock to socialist-style freebies as Mamdani pushes rent freezes, city-run stores

Yahoo/News Fox News Deirdre Heavey

BREAKING: Trump administration immediately pausing all new commercial truck driver work visas

The Trump administration announced that it has issued an immediate pause on the issuance of worker visas for commercial truck drivers.

Secretary of State Marco Rubio said in a post on X, “The increasing number of foreign drivers operating large tractor-trailer trucks on U.S. roads is endangering American lives and undercutting the livelihoods of American truckers.”

Under current regulations, a foreign driver may obtain a U.S. commercial driver’s license but must have an employment authorization document.

Such documents include the temporary H-2B visa, which allows U.S. companies to

hire foreign workers for temporary, seasonal or nonagricultural jobs. They are valid for up to nine months and require the company to demonstrate a labor shortage or the inability to hire a qualified U.S. worker.

Another option is permanent residency via an EB-3 visa, which is used to sponsor foreign drivers for permanent, long-term positions and provides a pathway to a green card. The permanent resident card, more commonly known as a green card, allows the individual to work permanently in the U.S. and is valid for 10 years.

The Trump administration’s recent moves targeting commercial driver work visas appear to be in reaction to headlines involving



a fatal semitruck crash in Florida that killed three people.

Following the accident, Department of Transportation Secretary Sean Duffy announced Tuesday that the Federal Motor Carrier Safety Administration is investigating both the driver and White Hawk Carrier, the motor carrier that was involved.

Yahoo/News Thomas Wasson

SAFE DRIVING

IN INCLEMENT WEATHER CONDITIONS

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



BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER

ON THE ROAD & AVOIDING HAZARDS

BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

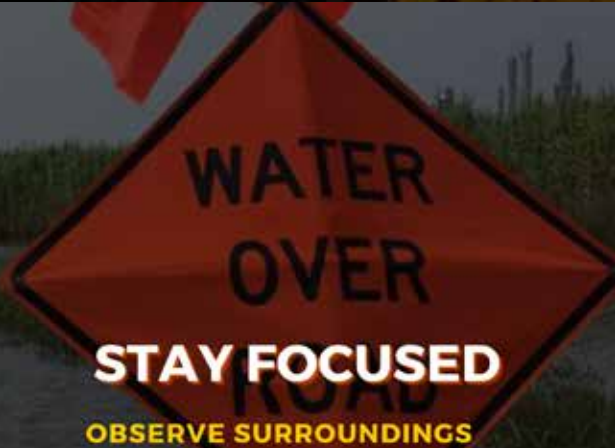
Identify unsafe travel paths and avoid driving through these areas. Debris, fixed objects, downed powerlines, or other items may be hidden. If you don't know, don't go!

CALL A TIME-OUT

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

REMAIN ALERT

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



RECIPES

Grilled Flounder

These grilled flounder filets first need to be marinated in olive oil, celery salt, garlic, lemon zest, lemon juice, and smoked paprika for 30 minutes. Grilling gives them a light fresh flavor.

Ingredients

- 1/4 cup olive oil
- 2 cloves garlic, minced
- 2 teaspoons lemon zest
- 2 tablespoons fresh lemon juice
- 2 teaspoons smoked paprika
- 1/4 teaspoon celery salt

- 4 (2 ounce) flounder filets
- Directions**
Whisk olive oil, garlic, lemon zest, lemon juice, smoked paprika, and celery salt together in a bowl. Pour into a resealable plastic bag. Add flounder filets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 30 minutes.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Cook the flounder on the preheated grill until



the filets flake easily with a fork, about 4 minutes per side.

By Chef Mo
Chef Mo

The Casserole

Ingredients

- 8 large potatoes, peeled and chopped
- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 (15 ounce) can carrots, drained
- 1 (15 ounce) can green beans, drained
- 1 (10.5 ounce) can condensed cream of mushroom soup
- 1 (10.5 ounce) can condensed tomato soup
- 3/4 cup shredded Cheddar cheese

- Directions**
Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.

Bring a large saucepan of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash.

While potatoes are cooking, combine ground beef and onion in a large skillet over medium-high heat. Cook and stir until beef is evenly browned and crumbly and onion is tender, 7 to 10 minutes. Drain.

Stir carrots, green beans, and condensed soups into beef mixture. Transfer to the prepared baking dish. Spread mashed potatoes over beef mixture and sprinkle Cheddar cheese over top.



Bake in the preheated oven until potatoes are light golden brown on top, about 30 minutes.

by Lovesmurfs

Indian Butter Chickpeas

Ingredients

- 4 Tbsp. unsalted butter
- 1 yellow onion, finely chopped
- 1 tsp. (or more) kosher salt, divided
- 1/2 cup tomato paste
- 1/2 serrano chile, seeded, finely chopped
- 1 Tbsp. grated or finely chopped peeled ginger
- 2 (14.5-oz.) can chickpeas, drained, rinsed
- 1/8 tsp. baking soda
- 1 tsp. garam masala
- 1 tsp. ground cumin
- 1 tsp. Kashmiri chili powder (or 3/4 tsp. paprika plus 1/4 tsp. cayenne)

- 1 cup heavy cream
- 1 Tbsp. dried fenugreek leaves or kasoori methi (optional)
- 1/4 cup finely chopped fresh cilantro
- Cooked jasmine rice or naan, for serving
- Directions**
Step 1
In a large, high-sided skillet over medium heat, melt butter. Add onion and 1/2 teaspoon salt and cook, stirring occasionally, until softened, about 7 minutes. Add tomato paste and cook, stirring constantly, until darkened, 4 to 5 minutes. Add chile and ginger and cook, stirring, until fragrant and tomato paste is starting to stick to pan, about 1 minute more.
Step 2
Add chickpeas and baking soda and stir to combine, then add garam masala, cumin, and chili powder and cook, stirring frequently, until fragrant and incorporated, about 30 seconds.

- Step 3**
Stir in cream, fenugreek (if using), 1/2 teaspoon salt, and 1 cup water. Bring to a simmer over medium-high heat, then reduce heat to low and continue to simmer, stirring occasionally, until sauce is reduced, 10 to 15 minutes.
- Step 4**
Divide rice among bowls or plates. Season chickpeas with salt, if needed, then top with cilantro. Spoon chickpeas over rice.

By Taylor Ann Spencer



IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 42 million vehicles, are or will be under recall in the United States by 2020.

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

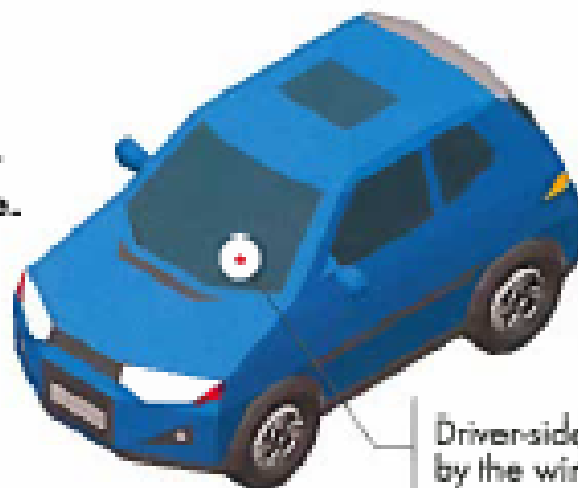
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

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

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



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Search it

Visit AirbagRecall.com to upload a photo of your license plate or to look up your 17-digit VIN.

 Upload a photo

or

Enter a license plate or VIN manually

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

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



AIRBAGRECALL.COM

Kim Jong Un says his 'heart aches' over North Korean soldiers killed fighting for Russia, in rare admission of losses

North Korean leader Kim Jong Un has paid an emotional tribute to soldiers killed while fighting for Russia in its war against Ukraine, saying his 'heart aches' in a rare admission of military losses.

Kim made the comments at a ceremony in Pyongyang, where he met with commanders of a unit that had fought for Russia in the western Kursk region, according to North Korean state media KCNA. He praised them as "a heroic army," with state media photos showing Kim pinning commendation badges on soldiers' uniforms.

Photos released by KCNA also showed Kim pinning badges on the photo frames of deceased soldiers, which lined the wall, with each soldier's name written in gold beneath their image.

"My heart aches and is bitter as I face the reality that I only get to meet the noble figures who gave up their precious lives for great victory and glory through photos on the memorial wall," he said in a speech, according to KCNA.

"As I stand in front of the bereaved families of the fallen soldiers, I don't know how to express my regret and apologies for not being able to protect our precious sons."

The ceremony was also tearful, according to the images released by North Korea, with Kim meeting with bereaved family members who were seen sobbing and paying tribute to soldiers' photos on the wall. In several images, Kim is seen embracing crying children and embracing soldiers.

Authorities then held a banquet to further celebrate the unit that had returned, KCNA reported.

North Korea began sending large numbers of troops and equipment to support Russia's war against Ukraine last year after high profile

meetings between Kim and Russian counterpart Vladimir Putin, bringing a reclusive and autocratic Asian power into the heart of a European war.

Both Russia and North Korea initially refused to confirm any deployments, but have since publicly acknowledged the involvement of Pyongyang's forces.

Kim and his regime have been tight-lipped about reports that the North Korean soldiers sent to fight in Kursk have suffered heavy losses – making this week's ceremony a rare admission of how damaging the impact has been.

Troops in Russia

Ukrainian and US intelligence suggests there are roughly 12,000 North Korean troops in Russia, the first of whom were sent in the fall of 2024.

Of that initial deployment, about 4,000 soldiers have been killed or wounded according to Western officials.

While North Korea is one of the most militarized societies on earth - with an estimated 1.2 million armed service personnel and mandatory military service from age 17 - its forces have done very little active fighting since the Korean War, where an armistice brought hostilities to a halt in 1953.

Pyongyang's soldiers lack real-world battle experience and face unfamiliar terrain in a modern war theater. But some analysts have warned against underestimating North Korean troops fighting for Russia, saying they likely come from elite and highly indoctrinated forces.

In interviews with CNN, Ukrainian special operations forces described the brutal and near-suicidal tactics they've seen from North Koreans on the battlefield. These include a soldier who detonated a grenade next to his head rather than



be captured; and others who removed their helmets and heavy protective body armor to move faster in attacking Ukrainian positions.

Despite heavy losses, North Korea's cooperation with Russia has continued. Since the war began, Pyongyang has sent thousands of shipping containers of munitions or munitions-related material to Russia, and Moscow's forces have launched North Korea-made missiles at Ukraine, according to US officials.

New intelligence from Ukrainian officials in July suggested North Korea is set to triple the number of its troops in Russia – sending an additional 25,000 to 30,000 soldiers to assist Moscow in the coming months.

A Western intelligence official confirmed the estimate, saying they had seen information separate to the Ukrainian assessment that indicated the same numbers.

That has also raised fears among international observers of what Moscow may be providing Pyongyang in exchange – such as advanced space or satellite technology, and technology that could boost the country's nuclear weapons program.

Yahoo/News Jessie Yeung, Gawon Bae, CNN

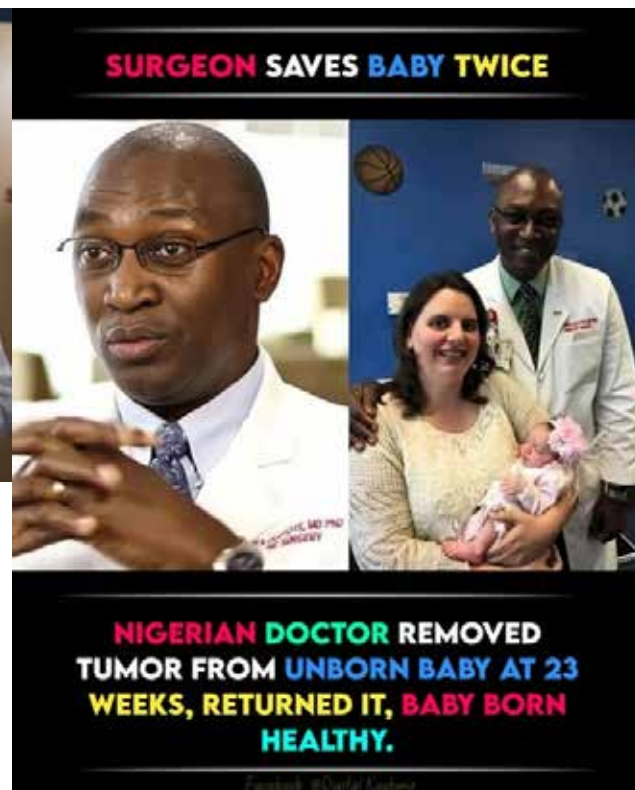
Dr. Oluyinka Olutoye, made global headlines

A Nigerian-born surgeon, Dr. Oluyinka Olutoye, made global headlines when he performed one of the most extraordinary surgeries in modern medicine. At just 23 weeks of pregnancy, a baby was partially taken out of the womb so doctors could remove a life-threatening tumor. After the surgery, the baby was carefully placed back inside the mother's womb, where it continued to grow until birth. The groundbreaking operation, performed at Texas Children's Hospital in the USA, saved the baby's life and is considered a milestone in fetal surgery.



Dr. Olutoye, originally from Nigeria, has become an inspiration worldwide—showing how medical science can push the limits of what once seemed impossible.

Digital Kashmir



WORDS SEARCH

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TENDRILS

GHERKIN

RIPE

VINES

GOURD FAMILY

SALAD

WATER

Health & Wellness

Healthy Life Wellhealthorganic

Achieving a healthy life is a dream shared by many. A lifestyle that balances physical well-being, mental health, and emotional stability while promoting sustainability can significantly improve your quality of life. Healthy life Wellhealthorganic is a platform dedicated to helping you achieve this balance with practical, natural, and sustainable solutions. Through expert guidance, traditional remedies, and lifestyle tips, Wellhealthorganic empowers individuals to lead healthier, happier lives.

In this detailed guide, we will explore the principles of a healthy life as championed by Wellhealthorganic and provide actionable advice on how to incorporate these into your daily routine.

What Does “Healthy Life Wellhealthorganic” Mean?
The term healthy life Wellhealthorganic encapsulates a holistic approach to wellness that emphasizes:

- Natural Living: Using organic, natural products for health, beauty, and home care.
Balanced Diet: Promoting nutrient-rich, plant-based diets that enhance physical and mental health.
Physical Activity: Encouraging regular movement and exercise to maintain strength and vitality.
Mental Well-being: Offering tips for mindfulness, stress management, and emotional balance.
Sustainability: Advocating for eco-friendly choices that benefit both individuals and the planet.
- Core Principles of a Healthy Life with Wellhealthorganic
1. Focus on Natural Ingredients
Wellhealthorganic emphasizes the importance of avoiding harmful chemicals in personal care, diet, and household products. Natural ingredients like aloe vera, turmeric, and honey are often suggested for their proven health benefits.

- For Skin: Natural remedies like rose water or coconut oil are used for moisturizing and toning.
For Hair: Fenugreek, onion juice, and neem oil help promote healthy hair growth.
For Overall Health: Ingredients like ginger, garlic, and turmeric boost immunity and fight inflammation.
2. The Role of a Balanced Diet
A key pillar of healthy life Wellhealthorganic is a nutritious and balanced diet. Eating whole foods and avoiding processed items is crucial for maintaining good health.

- Superfoods: Incorporate chia seeds, flaxseeds, and spinach into your meals.
Hydration: Drink plenty of water infused with lemon or mint to stay hydrated and detoxified.
Seasonal Eating: Eating fruits and vegetables that are in season ensures you get fresh and nutrient-dense produce.
3. Sustainability in Daily Life
Living a sustainable lifestyle is integral to the Wellhealthorganic philosophy. This includes reducing waste, choosing biodegradable products, and embracing eco-friendly practices.

- Use reusable containers and bags instead of single-use plastics.
Opt for organic farming and home gardening for fresh produce.
Reduce energy and water consumption in everyday activities.
- How to Start Living a Healthy Life with Wellhealthorganic
- Step 1: Create a Morning Ritual
Start your day with a glass of warm water infused with lemon and honey to detoxify your body. Follow this with light stretching or yoga to activate your muscles and prepare your mind for the day ahead.

- Step 2: Plan Balanced Meals
Ensure your meals are well-balanced, containing carbohydrates, proteins, and healthy fats. Include superfoods like quinoa, nuts, and fresh greens for added nutrition.

- Step 3: Prioritize Mental Health
Wellhealthorganic emphasizes the connection between mental well-being and overall health. Practice mindfulness through meditation, journaling, or spending time in nature.

- Step 4: Incorporate Natural Remedies
For Better Digestion: Drink fennel seed tea after meals.
For Immunity: Try Wellhealthorganic’s golden milk recipe, made with turmeric and almond milk.
For Stress Relief: Use essential oils like lavender or chamomile in a diffuser to create a calming environment.
- Step 5: Stay Active

Engage in at least 30 minutes of physical activity daily. Activities like walking, cycling, or even dancing can keep your body in shape and your mind stress-free.

- Top Health Benefits of Following Wellhealthorganic Practices
- Wellhealthorganic
- Improved Immunity: Natural remedies like ginger tea and turmeric milk can boost your immune system.
Glowing Skin: Organic skincare remedies keep your skin free from harmful chemicals, promoting a healthy glow.
Mental Clarity: Mindfulness practices help reduce stress and improve focus.
Weight Management: Balanced diets and regular exercise help you maintain an ideal weight.
Eco-Friendly Living: Sustainable choices reduce your carbon footprint and contribute to environmental well-being.
- Wellhealthorganic Remedies for a Healthy Life
- For Energy Boosts
Date and Almond Smoothie: Rich in natural sugars and nutrients, it provides a quick energy boost.
Coconut Water: A refreshing drink loaded with electrolytes for hydration.
- For Weight Loss
Green Tea: High in antioxidants, green tea can enhance metabolism.
- Apple Cider Vinegar: Consuming diluted apple cider vinegar before meals helps control appetite.
- For Better Sleep
Chamomile Tea: A natural remedy for relaxing the mind and promoting deep sleep.
Banana and Honey: Eating a small banana with honey can increase serotonin levels, aiding relaxation.
- Tips to Sustain a Healthy Life with Wellhealthorganic
- Set Realistic Goals: Small, achievable goals help you stay motivated.
Stay Consistent: Incorporate these changes gradually into your routine and stick to them.
Track Your Progress: Keep a journal of your health journey to identify what works best for you.
Engage in Self-Care: Dedicate time for yourself, whether through skincare routines or simply relaxing.
- Conclusion
- Living a healthy life is more than just a goal; it’s a lifelong commitment to your well-being. Healthy life Wellhealthorganic provides practical and natural solutions for achieving this balance. From skincare to sustainable living, this holistic approach ensures you nurture your body, mind, and soul.

Embrace the Wellhealthorganic philosophy today and take the first step towards a healthier, happier, and more sustainable life. With small, consistent changes, you can create a routine that promotes wellness while staying connected to nature.

- FAQs About Healthy Life Wellhealthorganic
1. What is “Healthy Life Wellhealthorganic”?
“Healthy Life Wellhealthorganic” is a holistic approach to wellness that emphasizes natural living, balanced diets, physical activity, mental well-being, and sustainability. It’s a lifestyle philosophy promoted by Wellhealthorganic to help individuals achieve a healthier and more balanced life through natural and practical solutions.

2. How can I start living a healthier life with Wellhealthorganic?
You can start by incorporating small changes into your routine, such as:

- Starting your day with a detoxifying drink like warm lemon water.
Planning balanced meals that include superfoods and seasonal produce.
Engaging in mindfulness practices like meditation or journaling.
Using natural remedies for digestion, stress relief, and immunity.
Staying physically active with daily exercise routines.
3. What are some core principles of the Wellhealthorganic lifestyle?
The core principles include:

- Natural Living: Using organic and chemical-free products.
Balanced Nutrition: Emphasizing whole, unprocessed foods.
Sustainability: Reducing waste and choosing eco-friendly options.
Physical Activity: Encouraging regular exercise.
Mental Well-being: Practicing mindfulness and stress management.



- ment.
4. What are some natural remedies suggested by Wellhealthorganic?
Some popular remedies include:

- For Digestion: Fennel seed tea.
For Immunity: Turmeric-based golden milk.
For Stress Relief: Essential oils like lavender or chamomile.
For Better Sleep: Chamomile tea or a small serving of banana with honey.
5. What are the benefits of following the Wellhealthorganic lifestyle?
Adopting this lifestyle can lead to:

- Enhanced immunity.
Improved mental clarity and reduced stress.
Glowing, healthy skin.
Better weight management.
A more sustainable and eco-conscious way of living.
6. What does Wellhealthorganic recommend for a balanced diet?
Wellhealthorganic promotes a diet rich in nutrients, with recommendations like:

- Including superfoods such as chia seeds, quinoa, and spinach.
Staying hydrated with infused water or coconut water.
Eating seasonal fruits and vegetables for maximum nutrition.
7. How can I make my life more sustainable with Wellhealthorganic practices?
To live sustainably, you can:

- Use reusable containers and avoid single-use plastics.
Grow your own organic produce through home gardening.
Conserve energy and water in your daily activities.
8. Are there specific tips for mental well-being from Wellhealthorganic?
Yes, Wellhealthorganic emphasizes the importance of mental health with practices such as:

- Engaging in mindfulness activities like yoga and meditation.
Spending time in nature to recharge emotionally.
Using calming essential oils to reduce stress.
9. How does Wellhealthorganic promote eco-friendly choices?
By advocating for biodegradable products, reducing waste, and encouraging sustainable practices like composting and energy efficiency, Wellhealthorganic ensures a positive impact on the environment.

10. Is it difficult to maintain a healthy lifestyle with Wellhealthorganic?
Not at all! The key is to make small, consistent changes and gradually build habits that align with natural and sustainable living. By following the tips and remedies provided by Wellhealthorganic, anyone can transition to a healthier lifestyle with ease.



Texas Republicans passed their redistricting map. Now they're taking aim at the tactic Democrats used to delay it.

Democrats successfully stalled the plan for weeks by fleeing the state. New proposed rules would strictly limit their ability to do that in the future.

Shortly after the Texas House of Representatives finally approved its redistricting plan following weeks of delays, Republican Gov. Greg Abbott proposed legislation that would strictly limit the kinds of walkouts that Democrats used to hold up the bill in the future.

The Texas Legislature is currently holding a special session to consider a long list of bills in addition to the redistricting plan, which needs to be approved one more time by the state Senate before it can be signed into law. Abbott has added the new restrictions on walkouts to their agenda for the rest of the session.

"We need to ensure that rogue lawmakers cannot hijack the important business of Texans during a legislative session by fleeing the state," he wrote in a statement announcing the proposal.

The redistricting plan, which would redraw the lines of Texas's congressional districts to potentially secure the GOP five more seats in Congress in next year's midterms, appeared to be on an easy path toward passage early this month until dozens of Democrats fled the state to block the Republican-dominated Legislature from being able to meet.

The walkout successfully prevented Republicans from holding a vote on the plan for roughly two

weeks. Each of the Democrats was fined \$500 a day during their absence. Abbott also threatened to have them removed from office, and civil warrants were issued for their arrest. The Democrats eventually chose to return to Texas in order to lay the groundwork for a legal challenge they plan to mount against the new maps. Their presence allowed the House to meet and approve the proposal.

What would the new rules do?

The bill would create new penalties for "excessive absence" by lawmakers. If it becomes law, any member of the Texas House or Senate who misses seven consecutive days of legislative proceedings, without being granted a leave of absence, would lose their seat in the Legislature.

Walkouts would still be possible under the proposed rules, but they could only last for so long before any absent lawmakers would be booted from their seats. Under current rules, walkouts can last as long as absent members are able to remain out of the state.

The new restrictions would go into effect immediately if they're passed by a two-thirds majority in both houses of the state Legislature. In the more likely event that they pass with a simple majority, they will go into effect 90 days after the special session ends.

Where does the redistricting battle go from here?

Once Texas's new map is signed into law, the fight will shift to the courts. Democrats argue



that the GOP's district lines violate laws against racial gerrymandering. Republicans counter that the map was drawn purely for political reasons, which is legal under current Supreme Court precedent.

Another thing the Democrats accomplished with their walkout was turning redistricting into a national issue. California has started the process of redrawing its own maps specifically to counter any gains the GOP makes through redistricting in Texas. Democrats in a few other blue states, most notably New York and Illinois, have considered whether they too should enact new district lines.

Republicans also have their eyes on potential seats elsewhere in the country. GOP leaders in Ohio, Missouri, Indiana and Florida have all said they could consider trying to get new maps in place ahead of next year's midterms.

Yahoo/News
Mike Bebernes,

Emsculpt

Emsculpt is an FDA-cleared, non-invasive body contouring treatment that builds muscle and reduces fat. The most current version, Emsculpt Neo, combines radiofrequency (RF) heating with high-intensity focused electromagnetic (HIFEM) energy to produce more significant results.

How Emsculpt Neo works

HIFEM energy: The device delivers electromagnetic pulses that cause intense, involuntary muscle contractions. A single 30-minute session can induce the equivalent of thousands of crunches or squats. This stresses the muscle tissue, which leads to the growth of new muscle fibers, increased strength, and improved tone.

Radiofrequency (RF) heating: Simultaneously, the RF energy heats the underlying fat layer. This heating permanently damages the fat cells, which the body then naturally eliminates over time.

Results and treatment areas

The procedure requires no downtime, with some patients reporting mild soreness similar

to a tough workout. Full results are typically seen about three months after the last treatment, and maintenance sessions are often recommended.

According to clinical studies, Emsculpt Neo can produce, on average:

30% reduction in fat

25% increase in muscle volume

It can be used to treat multiple areas, including:

Abdomen

Buttocks

Arms

Legs

Calves

Who is a good candidate?

Emsculpt is not a weight-loss treatment. It is most effective for healthy individuals who are already close to their ideal body weight and have a body mass index (BMI) of up to 35. It is ideal for those who want to build muscle tone and treat stubborn fat pockets that resist diet and exercise. The treatment can also be used to address diastasis recti, a separation of the



abdominal muscles that can occur after pregnancy.

Emsculpt vs. Emsculpt Neo

Emsculpt: The original device uses only HIFEM energy to build muscle and burn a moderate amount of fat.

Emsculpt Neo: The newer version adds radiofrequency, which significantly improves both the muscle-building and fat-reduction effects. It can also treat a broader range of patients, including those with a higher BMI.

Las Vegas Sees Sharp Decline In Tipping As Tourists Revolt Against Poor Service And Sky-High Prices

The once-generous tipping culture of Las Vegas is experiencing a downturn as visitors push back against soaring prices and declining service quality across the Strip. According to the New York Post, servers report that tips have plummeted by as much as 50% compared to previous years, per a Reddit's r/VegasLocals forum.

This drop has created financial strain for thousands of hospitality workers who depend on gratuities for their livelihood. One cocktail waitress revealed on the forum that her average tip per drink has crashed from 80 cents to just 10 cents, while others lament working "triple what we used to and making a quarter of what we did."

Price Gouging Triggers Tipping Backlash In Las Vegas

The crisis coincides with an 11.3% drop in overall visitation to Sin City in June compared to

the same month last year, according to the Las Vegas Convention and Visitors Authority. International travel to Vegas has similarly declined by approximately 10% year over year, compounding the financial challenges facing service industry workers across the gambling mecca.

This tipping decline comes as tourists increasingly balk at exorbitant pricing throughout the city's resorts and restaurants. Visitors to Las Vegas now face sticker shock at every turn, with reports of \$15 beers, \$30 pancakes, and \$35 burgers becoming commonplace. Furthermore, many tourists cite deteriorating service standards as justification for reduced tipping.

Ted Pappageorge, representing the Culinary Workers Union's 60,000 Vegas employees, confirmed to Fox News Digital that companies have already frozen hiring and made targeted staffing



cuts, with part-time workers being the first to lose hours. Despite the challenges, some industry leaders remain optimistic.

Circa Resort & Casino CEO Derek Stevens suggests the tourism decline assessment may be "premature," pointing to downtown Las Vegas as a bright spot where "things were really booming" due to better perceived value. Meanwhile, sales teams are already "strategizing on how to reinvigorate the market" for the upcoming fall season.

Travel News

Federal judge orders closure of Trump's 'Alligator Alcatraz' immigration jail

A federal judge in Miami late ordered the closure of the Trump administration's notorious "Alligator Alcatraz" immigration jail within 60 days, and ruled that no more detainees were to be brought to the facility while it was being wound down.

The shock ruling by district court judge Kathleen Williams builds on a temporary restraining order she issued two weeks ago halting further construction work at the remote tented camp, which has attracted waves of criticism for harsh conditions, abuse of detainees and denial of due process as they await deportation.

In her 82-page order, published in the US district court's southern district of Florida on Friday, Williams determined the facility was causing severe and irreparable damage to the fragile Florida Everglades. She also noted that a plan to develop the site on which the jail was built into a huge tourist airport was rejected in the 1960s because of the harm it would have caused the the land and delicate ecosystem.

"Since that time, every Florida governor, every Florida senator, and countless local and national political figures, including presidents, have publicly pledged their unequivocal support for the restoration, conservation, and protection of the Everglades," she wrote.

"This order does nothing more than uphold the basic requirements of legislation designed to fulfill those promises."

No further construction at the site can take place, she ruled, and there must be no further increase in the number of detainees currently held there, estimated to be about 700. After the 60-day period, all construction materials, fencing, generators and fixtures that made the site a detention camp must be removed.

The ruling is a significant victory for a coalition of environmental groups and a native American tribe that sued the state of Florida and the federal government. Williams agreed that the hasty, eight-day construction of the jail at a disused airfield in late June damaged the sensitive wetlands of a national preserve and further imperiled federally protected species.

"This is a landmark victory for the Everglades and countless Americans who believe this imperiled wilderness should be protected, not exploited," said Eve Samples, executive director of Friends of the Everglades, one of the groups that filed the lawsuit.

"It sends a clear message that environmental laws must be respected by leaders at the highest levels of our government, and there are consequences for ignoring them."

The alliance plans to hold a press conference on Friday morning to discuss the ruling in detail. Conversely, the ruling is a blow to the detention and deportation agenda of the Trump administration. The president touted the camp, which recently held as many as 1,400 detainees, as a jail for "some of the most vicious people on the



planet", although hundreds of those held there have no criminal record or active criminal proceedings against them.

There was no immediate reaction to Williams's ruling from the Florida department of emergency management, which operates the jail on behalf of the Immigration and Customs Enforcement agency (Ice), or from the Department of Homeland Security.

But lawyers for the state told Williams in court last week that they would appeal any adversarial ruling, the Miami Herald reported.

In addition, hundreds of detainees were moved from "Alligator Alcatraz" to other immigration facilities at the weekend in anticipation that Williams would order its closure, the outlet said.

Ron DeSantis, Florida's Republican governor, announced earlier this month that the state will soon open a second immigration jail at a disused prison near Gainesville to increase capacity.

Yahoo/News Richard Luscombe in Miami

Basic vs Polished Version of English

31. I'll help. → Let me lend a hand.

32. I'll do it. → I'll take care of it.

33. Don't worry. → You can count on me.

34. Let me try. → Allow me to give it a shot.

35. I can do that. → I'm happy to assist.

36. Let's go. → How about we head out?

37. Try this. → You might want to give this a shot.

38. Go there. → You should consider going there.

39. Take rest. → You may want to get some rest.

40. Eat something. → You should grab a bite.

41. I think it's good. → In my opinion, it's excellent.

42. I like it. → I find it enjoyable.

43. It's nice. → It's quite impressive.

44. It's bad. → It doesn't meet expectations.

45. I don't like it. → It's not really my cup of tea.

46. I agree. → I'm on the same page.

47. Yes. → Absolutely.

48. You're right. → That's exactly how I see it.

49. True. → That's spot on.

50. Same here. → I couldn't agree more.

51. I don't agree. → I beg to differ.

52. That's not true. → I'm afraid that's incorrect.

53. No. → I'm not so sure.

54. You're wrong. → That doesn't seem right to me.

55. I think differently. → I have a different perspective.

56. I wake up at 6. → I usually start my day at 6.

57. I eat breakfast. → I have my morning meal.

58. I go to work. → I head to work.

59. I watch TV. → I unwind by watching TV.

60. I sleep at 10. → I usually turn in around 10.

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Explaining The World

Six different human species once walked the Earth together, but only we survived while our cousins vanished into evolutionary history forever.

Around 100,000 years ago, our planet hosted an incredible diversity of human-like beings. Neanderthals dominated Europe with their robust builds and sophisticated tool-making skills. Denisovans thrived across Asia, leaving genetic traces that persist in modern populations. Homo erectus had already spread from Africa to Asia, becoming one of our most successful early relatives.

Homo floresiensis, nicknamed “hobbits,” lived on isolated Indonesian islands with their diminutive stature but surprisingly advanced behaviors. Homo naledi occupied caves in South Africa, displaying puzzling combinations of primitive and modern characteristics. Meanwhile, Homo sapiens - our direct ancestors - were just beginning to spread beyond Africa. These weren't different races of the same species. They were entirely separate human lineages that had evolved distinct physical characteristics, survival strategies, and cultural practices over hundreds of thousands of years. Some could interbreed with each other, creating hybrid offspring whose DNA still flows through modern human populations.

What happened to the others remains one of anthropology's greatest mysteries. Climate change

probably stressed their populations. Competition for resources may have favored certain species over others. Disease could have devastated communities with no immunity. Homo sapiens might have directly outcompeted them through superior technology, social organization, or adaptability.

By 40,000 years ago, we were alone. The last Neanderthals disappeared from their European strongholds. Other human species had already vanished, leaving behind only fossils, stone tools, and genetic echoes in our DNA.

We survived not because we were stronger or smarter than other human species, but possibly just luckier during crucial evolutionary bottlenecks.

#HumanEvolution #HomoSapiens #Neanderthals #HumanSpecies #Anthropology

Homo habilis

Homo erectus

Neanderthalensis

Floerethensis

Denisovans

Homo sapiens

DID YOU KNOW

LONG AGO SIX HUMAN SPECIES EXISTED BUT ONLY HOMO SAPIENS SURVIVED

can make mistakes. Please double-check responses.

Pista House Clarification

Pista House Chairman, Mr. Mohammed Abdul Majeed Sahab, met Hyderabad City Police Commissioner, Sri C.V. Anand Garu, to officially register a complaint against certain social media channels, YouTubers, and bloggers who have been spreading false and malicious news against Pista House, attempting to tarnish the hard-earned reputation of our legacy brand. The Commissioner has assured us that strict

legal action will be taken against those involved in this defamation campaign. Pista House has always stood for trust, quality, and authenticity, and we remain committed to upholding the values that have made us a household name in Hyderabad and beyond. Shaik Rafi



AP CM ChandraBabu Naidu with NDA Vice President Candidate PC Radhakrishnan in Delhi



AP CM WITH NDA VICE PRESIDENT CANDIDATE PC RADHAKRISHNAN IN DELHI



A Grand Wedding Celebration



Under the guardianship of Mrs. Late Mohammed Abdul Raheem Farooqui, the wedding of Dr. Mahek Farooqui, beloved daughter of M.A. Mukarram Farooqui (Shabaz) – Senior Vice President & Head of Banking Center, Consumer Banking – Branches at Dubai Islamic Bank and Managing Director of Nikhat's Wedding Malls – with Dr. Murtuza Shujath Hashmi, son of Mohammed Shujath Hasan, was a truly magnificent affair.

The celebrations took place at King's Classic Garden (for gentlemen) and King's Crown Convention (for ladies), with a star-studded presence including AIMIM Supremo & MP Asaduddin Owaisi, MLA Majid Hussain, respected members of the business community, family, and well-wishers from across the globe USA, Canada, UAE & Saudi Arabia.

The evening was filled with love, blessings, and togetherness, complemented by a lavish dinner and popular food stalls serving Pista House Haleem, Zafrani Tea, Chats, Dosas, Fruits & more

On this joyous occasion, Khaja Md. Yousuf, M.A. Qurram Farooqui (Shaji), M.A. Nadeem Farooqui (Shadab), and M.A. Raheem Farooqui (Arshan) conveyed their heartfelt wishes to the couple.

Heartiest congratulations and best wishes to the newlyweds, and to Shabaz Farooqui & family on this beautiful celebration of love and togetherness. MIR MOHSIN ALI



Media Plus Foundation honored journalists upon completing 50 years in journalism. Veteran journalists Mir Ayooob Ali Khan, head of Siasat.com, and Aziz Ahmed, Sub Editor of Etemaad, were guests of honor at a grand function held in Media Plus Hall in Hyderabad. Dr. Ausaf Sayeed (IFS), Former Secretary, Ministry of External Affairs, Government of India, graced the occasion as the Chief Guest and presented a memento and traditional shawl to the journalists. After the felicitations, Aziz Ahmed gave details of his 50 years in journalism and said that he started his career with Bharat News with Aijaz Qureshi, then Blitz, and now Etemaad, and thanked Syed Fazil Hussain Parvez. Mir Ayooob Ali Khan stated that the Muslim community needs to work in the education sector and uplift the community, and Muslims should also come forward in the journalism sector. He also shared how his 50-year service in journalism has been, starting from his time in the early eighties, then UNI, 17 years in Saudi Gazette, a newspaper from Saudi Arabia, looking after national and international affairs. He also thanked Syed Fazil Hussain Parvez and Media Plus Foundation. The Chief Guest, Dr. Ausaf Sayeed (IFS), Former Secretary, Ministry of External Affairs, Government of India, congratulated the journalists upon being feted and said that journalists play an important role in society. On the occasion, special invitee Amirullah Khan, Research Director at CDPD, Khaja Nasaruddin, and Abid Moiz addressed the gathering. The daughter of renowned poet Late Talib Qudmiri read out her father's poem 'Time Capsule'. Syed Fazil Hussain Parvez, Chief Editor of Gawah Urdu weekly, welcomed and thanked the guests and gathering for the felicitations to the journalists. Syed Khalid Shabaaz conducted the proceedings. Dinner was served to all the guests. MIR MOHSIN ALI



Dargah Hazrat Syed Shah Moosa Quadri rh Me Moulana Syed Fazalullah Quadri Sahab Sajjadnashin, Shaik Ul Halqa, Nayeab Sajjadnashin Ki Janib Se Mohammed Pasha Sahab Janashin Hazrat Syed Moosa Quadri Anwar Pasha rh Ki Gulposhi Ki Gai. -Fareeduddin Sabiri



The 79th Independence Day celebrations witnessed a gathering of people at the Ambedkar Statue, Necklace Road in Hyderabad, where a Classic and Vintage Motor Show was held, featuring around 100 bikes and cars, including bygone models of Vintage, Toyota, Land Cruiser, Ambassador, Maruti, Norton, Yezdi, Rajdoot, and Yamaha, with several old models of Royal Enfield being the centerpiece of the show, showcasing the pioneering 1936 model of Royal Enfield, and thereafter, to collectively hoist the National flag and sing the National Anthem, personifying the spirit of unity and patriotism, as Congress Leader Osman Mohammed Khan and Mohammed Farooq furnished details of the bikes and cars. Osman Mohammed Khan Followers

MIR MOHSIN ALI
HYDERABAD



A Grand Wedding Celebration
Under the auspices of the late Moulana Gulam Ghouse Quadri, a grand VIDAI ceremony was organized for the beloved daughter of Moulana Syed Ali Quadri, President of Anjuman E Quadria, and Syed Habeeb Ahmed Quadri Saif Pasha, son of Moulana Syed Abdul Jaleel Quadri, at King's Classic Garden, Hyderabad.

The event was attended by distinguished guests, including Moulana Mufti Khaleel Ahmed, Mufti Jamia Nizamia, AIMIM Supremo & MP, Asaduddin Owaisi, Corporators, various heads of shrines, devotees,

friends, and relatives, making it a truly magnificent affair.

The evening was filled with love, blessings, and togetherness, complemented by heartfelt wishes from Qutub Hussaini Fatimi and the son and nephew of Ali Quadri to the couple.

Heartiest congratulations and best wishes to the newlyweds, and Moulana Syed Ali Quadri & family on this beautiful celebration of love and togetherness. Qutub Hussaini Fatimi



Ghiasuddin Babukhan(1944-2025)

Tribute to Ghiasuddin Babukhan Saheb -

On the 25th of August, 2025, Hyderabad lost a legendary personality of par excellence, a scion of a reputed family, Ghiasuddin Babukhan Saheb. His passing away is a tragic and irreparable loss to not only to our city but to entire Telangana & AP states.

A man of high repute, he immersed himself deeply in the lives of the underprivileged, understanding their struggles and working tirelessly for their brighter future. With the deeply rooted motto "Empowerment Through Education," he paved the path for countless children from disadvantaged backgrounds, nurturing their dreams with encouragement, guidance, and financial support.

For over three decades, through sincere dedication and hard work, he administered several focused trusts with centres across all districts of Telangana and Andhra Pradesh. Alongside like-minded individuals and a devoted team of volunteers, he transformed the lives of thousands of children, helping them pursue higher education. His vision enabled young boys and girls of all castes and creeds to become graduates, engineers, doctors, chartered accountants, lawyers, para medics, teachers, nurses and technologists, many of whom now hold highly respected positions in India and abroad.

Beyond education, his trust also responded to humanitarian crises, extending relief and rehabilitation during natural calamities. From the Gujarat earthquake and the Kashmir disaster, to the Tamil Nadu tsunami, floods in Kurnool and Kerala, and the Covid-19 pandemic, his efforts brought solace to countless families. He also supported the marriages of orphaned girls and even the remarriages of young widows. His mission was always to uplift the deserving with intelligence, zeal, and potential, guiding them towards a life of dignity and progress, special focus was on women empowerment & orphans education and their care.

He never left his focus to eradicate poverty through education to all sections of society &

adopted over 100 rural urdu medium schools & established 3 English medium schools where 23000 & 1500 students being benefitted, apart from over 10,000 orphans being taken care in school education.

Brief Biography::

Born on 20th June, 1942, he was 83 years old at the time of his demise.

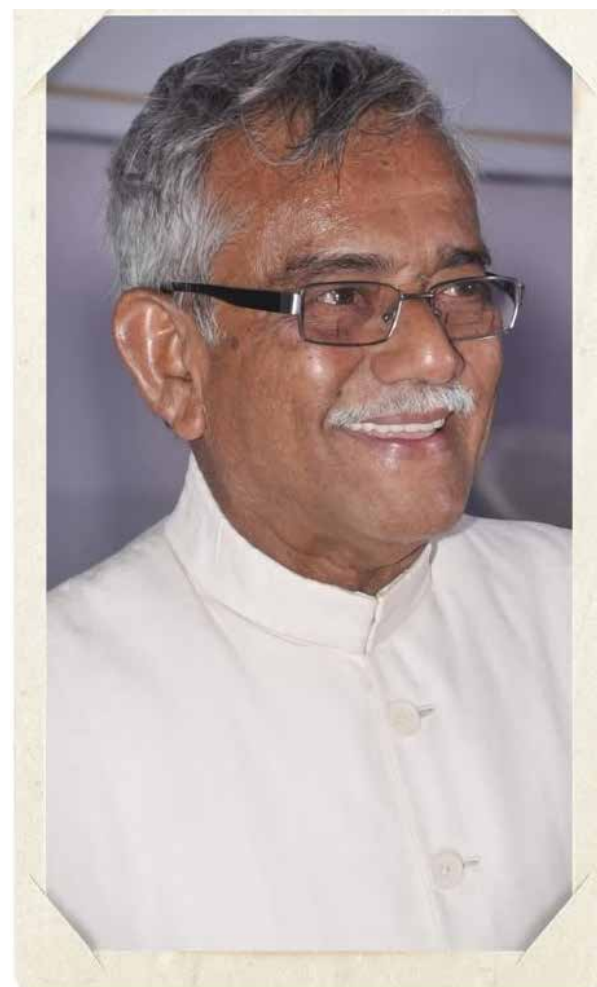
His father, Khan Bahadur Abdul Kareem Babukhan, was an eminent aristocrat and businessman of the erstwhile Hyderabad State.

Through his firm "Hyderabad Construction Company", he played a vital role in the state's development by constructing major infrastructure projects under the Nizam's government. He passed away in 1968.

A decade later, in 1979, his sons, Basheeruddin Babukhan and Ghiasuddin Babukhan, carried forward the legacy by pioneering the first multi-storied residential building in Hyderabad, "Decan Towers" at Basheerbagh, under their firm "Mogul Builders". Over the years, they went on to redefine the skyline of Hyderabad with many prestigious projects.

In the early 1990s, guided by a renewed sense of conscience, Ghiasuddin Babukhan dedicated himself to social service, especially for the poor and underprivileged. In 1993, he established the "Hyderabad Zakat and Charitable Trust" (HZCT), using Zakat (a pillar of Islam) as a means to systematically channel resources for the needy. In 1996, he founded the "Foundation for Economic and Educational Development" (FEED). His brother late Bashiruddin Babukhan a former minister for 2 terms was part of building these trusts with his ideas, experience & support of all kinds.

In 2013, his vision materialized into founding the "Hyderabad Institute of Excellence" (HIE), a world-class residential campus spread across 115 acres in Vikarabad. The institution provides holistic education from Grade 6 to Intermediate, offering scholarships to meritorious and deserving students, with the aim of nurturing them into leaders of tomorrow.



Ghiasuddin Babukhan
(1942 - 2025)

Legacy

He is survived by his noble wife, his three cultured sons - Mohsin, Mansoor, and Mustafa, the third-generation builders continuing the family legacy and his daughter, Asra. May Allah grant my dearest uncle, "Chote Mama," the highest place in Jannah.

Aameen !

With this, I conclude my humble tribute, Asif Ali Khan, Hyderabad.

#GhiasuddinBabukhan

#HyderabadZakatAndCharitableTrust #HZCT

#FoundationForEconomicAndEducationalDevelopment #FEED

#HyderabadInstituteOfExcellence #HIE

#Hyderabad #India

Trouble for Kavita continues

Kavitha has been dismissed from her position in the Singareni union. !!!!!

In a yet another shocker to Bharat Rashtra Samithi MLC and Telangana Jagruthi president Kalvakuntla Kavitha, the party on Wednesday formally announced former minister Koppula Eshwar as the honorary president of Telangana Boggu Gani Karmika Sangham (TBGKS), a trade union affiliated to the BRS in Singareni Collieries Company Ltd (SCCL).

Following instructions from BRS working president K T Rama Rao, the TBGKS at its meeting removed Kavitha from the post and elected Koppula Eshwar in her place.

Though the BRS took the decision to appoint

Eshwar in the post a month ago itself, it came into force from Wednesday.

"The trade union will fight the elections and work for the workers and employees of the Singareni Collieries under the leadership of Koppula Eshwar hereafter," a BRS statement said. The replacement of Kavitha with Koppula Eshwar in the TBGKS has raised eyebrows in the political circles. The move is being seen as yet another attempt to phase out Kavitha from the party and its allied organisations.

"It is yet another instance of growing political differences between KTR and Kavitha in recent times," sources said.

TBGKS is an offshoot of BRS, which has been



representing the issues of Singareni workers in the state. Kavitha has already entered into the Singareni trade unions by creating Singareni Jagruthi in the recent times.

List of Hindi film SEPTEMBER 2025

5	<i>Baaghi 4</i>	A. Harsha	Tiger Shroff · Sanjay Dutt · Sonam Bajwa · Harnaaz Sandhu
	<i>The Bengal Files</i>	Vivek Agnihotri	Mithun Chakraborty · Anupam Kher · Puneet Issar · Govind Namdev · Babbu Maan · Pallavi Joshi · Palomi Ghosh
12	<i>Heer Express</i>	Umesh Shukla	Divita Juneja · Ashutosh Rana · Sanjay Mishra · Gulshan Grover · Pri Kamani
	<i>Love in Vietnam</i>	Rahat Shah Kazmi	Shantanu Maheshwari · Avneet Kaur · Kha Ngan
	<i>Ek Chatur Naar</i>	Umesh Shukla	Divya Khossla · Neil Nitin Mukesh
19	<i>Jolly LLB 3</i>	Subhash Kapoor	Akshay Kumar · Arshad Warsi · Huma Qureshi · Amrita Rao · Saurabh Shukla · Annu Kapoor
	<i>Nishaanchi</i>	Anurag Kashyap	Aaishvarya Thackeray · Vedika Pinto · Monika Panwar · Mohammed Zeeshan Ayyub
26	<i>Haunted 3D: Ghosts Of The Past</i>	Vikram Bhatt	Mahaakshay Chakraborty · Chetna Pande

Baaghi 4

Get ready for the ultimate rebel's return! BAAGHI 4 is officially in the works and promises to be the most explosive entry in the action-packed franchise yet. Scheduled for a grand release in mid-2025, the film stars Tiger Shroff reprising his iconic role as Ranveer "Ronnie" Pratap Singh now deadlier, more driven, and on a mission like never before. Joining the cast is Sanjay Dutt, playing a powerful mentor-turned-villain, whose dark past and mysterious motives will challenge Ronnie's limits. The dynamic between Shroff and Dutt is set to deliver high-voltage screen clashes filled with raw emotion and brutal combat. Fan-favorite Shraddha Kapoor returns, bringing

emotional depth and chemistry, continuing her journey with Ronnie as stakes rise both personally and globally. Directed by a new-age action filmmaker and produced by Sajid Nadiadwala, Baaghi 4 will feature breathtaking stunts, international locations, and intense martial arts choreography setting a new benchmark for Indian action cinema. With a storyline that intertwines revenge, redemption, and a global conspiracy, Baaghi 4 is not just a sequel it's a resurrection of the rebel spirit. Baaghi 4 is an upcoming Indian Hindi-language action thriller film directed by A. Harsha in his



Hindi film debut, and produced by Sajid Nadiadwala under Nadiadwala Grandson Entertainment. The film stars Tiger Shroff, Sanjay Dutt, Sonam Bajwa and Harnaaz Sandhu in her Hindi film debut.

The Bengal Files

There are movie trailers that quietly drop into our timelines, and then there's the Bengal Files movie trailer, which exploded onto the internet on August 16, 2025—79 years after Direct Action Day, the historical event at the film's core. From the makers of The Kashmir Files and The Tashkent Files, this trailer was released by Zee Studios and instantly turned into headline gold. Planned as a grand unveiling in Kolkata, the

trailer launch itself became news. A last-minute cancellation due to "political pressure" at a leading cinema chain only amplified the buzz, with director Vivek Agnihotri doubling down and moving the event to a local hotel anyway. If there's one thing the Bengal Files movie trailer delivered, it's drama—both onscreen and off.



Heer Express Trailer: Hilarious Family Drama Introducing Debutant Divita Juneja

The official trailer for Heer Express has been released. The movie is set to introduce debutant Divita Juneja to Bollywood. The other cast members include Pritt Kamani, Ashutosh Rana, Gulshan Grover, Sanjay Mishra and Meghna Malik in pivotal roles. The trailer promises a layered family drama. The movie follows Heer's journey, who is on a mission to fulfill her dreams while carrying a legacy forward. In the trailer, Heer is seen horse riding as well as aiming to become the best cook. Some glimpses show how the lead character is preparing to become the best version of herself and win over her opponents. The movie has been shot across the scenic locations in the UK. All in all, it is a light-hearted family drama, mixed with cheer

and chuckle.

Heer Express has been directed by Umesh Shukla, who is also known for previous hits Oh My God and 102 Not Out. During the trailer launch, debutant Divita Juneja opened up about Umesh's vision and the support she received throughout filming. Pritt Kamani, Ashutosh Rana, Gulshan Grover and Sanjay Mishra were also present at the launch. Gulshan Grover opened up on working in Rani Mukerji, Katrina Kaif, Bipasha Basu and Kangana Ranaut's first films. Showing confidence on Divita, Grover noted that she is as charming and skilled as the other actresses he has worked with.



Earlier the teaser of the movie had shown glimpses of Heer's emotional journey as she set out to fulfil her mother's dream overseas. Several songs from the movie have already been released, with many glimpses stirring social media conversations. Fans have opened up on the scenic locations, as well as the heartfelt tracks.

Ek Chatur Naar: Comedy-Thriller Starring Divya & Neil

A comedy thriller worth watching with a promising cast. Watch the trailer of Ek Chatur Naar in cinemas exclusively with War 2, the film releases A comedy thriller worth watching with a promising cast. Watch the trailer of Ek Chatur Naar in cinemas exclusively with War 2, the film releases on 12th September. Are you hyped to watch it? on 12th September. Are you hyped to watch it?



Bollywood Reporter

Yesteryear actress Nazima breathed her last on 10th August in Bombay. She was 77. She is survived by two sons.

Nazima played the quintessential sister and friend of the heroine/hero in a number of films and was, at one time, the favourite sister in films. With her warm screen presence, expressive eyes and natural performances, Nazima made many of her characters come to life in films of the 1960s and 1970s. Among the many films she was seen in are Arzoo (1965), Nis-

han (1965), Aaye Din Bahaar Ke (1966), Aurat (1967), Raja Aur Runk (1968), Doli (1969), Anjaana (1969), Abhinetri (1970), Be-Imaan (1972), Anuraag (1972), Manchali (1973), and Prem Nagar (1974).

She started her career as a child artiste, baby Chand, in Do Bigha Zamin (1953). Among her many other films as child artiste are Biraj Bahu (1954), Devdas (1955), and Ab Dilli Door Nahin (1957).

ByKOMAL NAHTA



Parveen Babi and Danny Denzongpa were one of the most glamorous and talked-about couples in 1970s Bollywood. Parveen, with her striking beauty, modern style, and effortless screen presence, became a trendsetter and one of the most sought-after actresses of her time.

Danny, with his rugged charm, powerful voice, and versatility, stood out as both a stylish hero and a memorable villain. Their romance began when both were young in the industry and soon turned into a live-in rela-

Pratik Deshmukh

tionship, lasting about four years — a bold and unconventional step for that era. Though they eventually went their separate ways, they stayed on friendly terms for some time.

Danny later began seeing actress Kim Yashpal, while Parveen, known for her sensitive nature, was said to have tried reconnecting with him occasionally. Despite their personal story having its share of twists, both remain iconic figures, remembered for their immense talent and magnetic personalities.



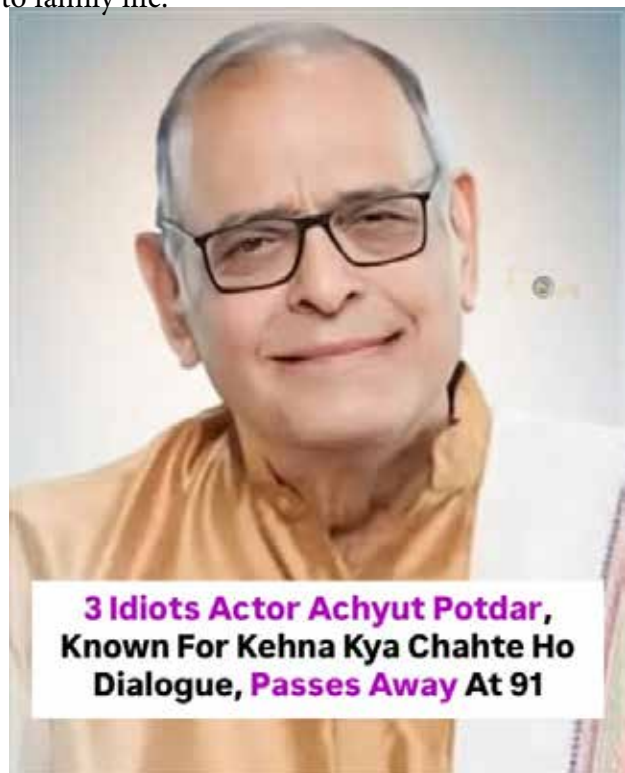
Irfan Pathan

Irfan Pathan is a former Indian cricketer known for his all-round abilities as a fast bowler and lower-order batsman. He has been a significant figure in Indian cricket, particularly during the mid-2000s. Here's an overview of his personal and professional life:

Family:

Spouse: Irfan Pathan is married to Safa Baig, a former model and journalist. The couple got married in 2016. Safa is originally from Saudi Arabia and is known for her modesty and low-profile lifestyle.

Children: Irfan and Safa have a son named Imran Khan Pathan, born in December 2016. Irfan often shares pictures and moments with his son on social media, showing his dedication to family life.



3 Idiots Actor Achyut Potdar, Known For Kehna Kya Chahte Ho Dialogue, Passes Away At 91

Parents and Siblings: Irfan was born to Mehmood Khan Pathan and Samimbanu Pathan.

His father worked as a muezzin (one who calls Muslims to prayer) in a mosque in Baroda, Gujarat. Irfan has an elder brother, Yusuf Pathan, who is also a well-known former Indian cricketer. The Pathan brothers are highly respected in the cricketing community for their contributions to the game.

Net Worth:

As of 2024, Irfan Pathan's net worth is estimated to be around \$10-15 million. His earnings come from his cricketing career, coaching roles, commentary, and endorsements. Irfan has also participated in various cricket leagues globally and has been involved in coaching assignments. He has endorsed brands like Gillette and Coca-Cola during his playing days.

House:

Baroda Residence: Irfan Pathan resides in Baroda, Gujarat, where he owns a beautiful and spacious home. The house reflects his roots and is equipped with modern amenities, while still maintaining a traditional touch. Irfan is known for his simplicity and the way he stays connected to his origins in Baroda.

Other Properties: Apart from his Baroda residence, Irfan also has real estate investments in other parts of India, although he keeps these details largely private.

Affair:

Irfan Pathan has largely maintained a clean and scandal-free personal life. There have been no credible reports or rumors of any affairs involving him. His relationship with his wife, Safa






Baig, has been stable, and they are often seen together at various public events and family functions. Irfan is known for his strong family values and dedication to his wife and child. Irfan Pathan remains a respected figure in Indian cricket, not just for his on-field performances but also for his off-field conduct. He continues to contribute to the sport through coaching and mentoring young players and is a well-regarded commentator and analyst. His personal life, marked by stability and integrity, has further enhanced his reputation.

Binaca Geetmala Annual List

1972



Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Dum Maro Dum    4.43 - 251 votes	Usha Iyer, Asha Bhosle	R D Burman	Zeenat Aman, Mumtaz, Dev Anand
		Hare Rama Hare Krishna (1972)	Anand Bakshi	Filmfare Awards Winner, Filmfare Awards Nominee
 2	Inhin Logon Ne Le Linaa Dupatta Meraa    4.30 - 591 votes	Lata Mangeshkar	Ghulam Mohammad	Meena Kumari
		Pakeezah (1972)	Majrooh Sultanpuri	Dance Songs, Mujra Songs, Raag Based Songs, Raga - Yaman Kalyan
 3	Chalte Chalte, Yuhi Koi Mil Gayaa Tha    4.17 - 4558 votes	Lata Mangeshkar	Ghulam Mohammad	Meena Kumari
		Pakeezah (1972)	Kaifi Azmi	Mujra Songs, All Time Great
 4	Sachhai Chhup Nahin Sakti    4.13 - 214 votes	Kishore Kumar	Laxmikant Pyarelal	Rajesh Khanna
		Dushman (1971)	Anand Bakshi	Qawwalis
 5	Chingari Koi Bhadke    4.46 - 850 votes	Kishore Kumar	R D Burman	Sharmila Tagore, Rajesh Khanna
		Amar Prem (1972)	Anand Bakshi	Romantic Songs, Filmfare Awards Nominee, Raag Based Songs, Raga - Bhairavi
 7	Duniya Me Logo Ko Dhokha Kabhi Ho Jata Hai    4.15 - 142 votes	Asha Bhosle, R D Burman	R D Burman	Rajesh Khanna, Mumtaz
		Apna Desh (1972)	Anand Bakshi	Dance Songs, Party Songs
 8	Ye Jeevan Hai Is Jiwan Ka, Yahi Hai Rang Rup    4.47 - 229 votes	Kishore Kumar	Laxmikant Pyarelal	Jaya Bhaduri, Anil Dhawan
		Piya Ka Ghar (1972)	Anand Bakshi	Philosophical Songs
 9	Ye Kya Hua, Kaise Hua, Kab Hua, Kyu Hua, Jab Hua, Tab Hua    4.49 - 452 votes	Kishore Kumar	R D Burman	Sharmila Tagore, Om Prakash, Rajesh Khanna
		Amar Prem (1972)	Anand Bakshi	Sad Songs, Philosophical Songs, Raag Based Songs, Raga - Rageshri
 10	Aap Yaha Aaye Kisliye    4.28 - 81 votes	Kishore Kumar, Asha Bhosle	Shankar Jaikishan	Babita, Randhir Kapoor
		Kal Aaj Aur Kal (1971)	Neeraj	Romantic Songs
 11	Aankhon Aankho Mein Bat Hone Do    4.21 - 71 votes	Asha Bhosle, Kishore Kumar	Shankar Jaikishan	Rakesh Roshan, Rakhee
		Aankhon Aankhon Mein (1972)	Hasrat Jaipuri	Romantic Songs, Masti Bhare Geet

Binaca Geetmala Annual List

1972

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

گل بو کی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

64 علم اور دولت

اُردو حکایت: کہا جاتا ہے کہ مصر میں دو امیر زادے تھے۔ ان میں سے ایک علم حاصل کرتا اور دوسرا مال و دولت جمع کرتا تھا۔ چند سال کے بعد ایک تو پڑھ لکھ کر عالم و فاضل بن گیا اور دوسرا مصر کا حاکم بن گیا۔ ایک دفعہ حاکم بھائی نے اپنے عالم بھائی کو حقارت سے دیکھ کر کہا کہ میں تو سلطنت کا حاکم بن گیا ہوں لیکن تو مفلس ہی رہا۔ عالم بھائی نے جواب دیا: بھائی میں اللہ کا لاکھ لاکھ شکر ادا کرتا ہوں کہ اُس نے مجھے علم دے کر میراثِ انبیاء دی ہے اور تجھے دولت دیکر میراثِ فرعون۔

فارسی شعر:

من آن مودم کہ درپایم بمالند
نہ زنبورم کہ از نیشم بنالند
کجا خود شکر این نعمت گزارم
کہ زور مردم آزاری ندارم

حاصل کلام:

میں وہ چیونٹی ہوں کہ لوگ مجھے پاؤں سے مسل دیتے ہیں۔ میں وہ بھڑ نہیں کہ لوگ میرے ڈنک کی تکلیف سے فریاد کریں۔ میں اللہ کی اس نعمت کا شکر کس طرح ادا کروں کہ اُس نے مجھے لوگوں کو تکلیف پہنچانے کی طاقت نہیں دی۔

منظوم ترجمہ:

میں وہ چیونٹی ہوں جس کو لوگ پاؤں سے مسلتے ہیں
نہیں وہ بھڑ کہ جس کے کاٹنے سے لوگ چلائیں
کروں اللہ کی نعمت کا شکر و شکریہ کیسے؟
نہ دی تکلیف کی طاقت کہ سب اس سے بھڑک جائیں



دائے 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۔ نوعمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ 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 اوج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔ اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گلستاں و بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے نثری و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم اجرائی کا اہتمام زیر ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تراجم دنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور بوستاں سے بو) گلستاں اور بوستاں کی منتخب مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اُردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ”ایشیا نامہ نثری الکٹر انک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

پرانے وقتوں کے لوگ

ولی الدین
شاعر و ادیب

یار لوگ ٹھیک ہی کہتے ہیں۔ ہم پرانے وقتوں کے لوگ ہیں۔ ہمارے زمانے اور آج کل کے دور میں بڑا زمین آسمان کا فرق ہے۔ اگر زندگی کا ریموٹ کنٹرول (Remote-Control) آپ کے ہاتھ میں ہوتا تو فلم کی طرح الٹا چلا کر ریوینڈ (Rewind) کر کے پھر سے شروع کر دیتے۔ لیکن یہ تو اوپر والے کے ہاتھ میں ہے۔ اس بے بسی میں جب آپ اپنے ارد گرد نظر ڈالتے ہیں تو پھر خود بخود نئے اور پرانے دور کے حالات کا موازنہ شروع ہو جاتا ہے۔ قارئین۔ تھوڑی دیر کے لئے آپ بھی ہمارے ساتھ اس سوچ کی ڈگر پر چلے آئے۔ والدین کے لئے وطن میں اولاد کی پرورش کا معاملہ کوئی مسئلہ کشمیر نہیں ہوتا۔ اکثر بچے آرام سے ایک ہی محلے میں اپنا بچپن گزار دیتے ہیں۔ وہ اپنے بہن بھائیوں، چچا، ماموں جیسے رشتوں کے درمیان پل کر جوان ہو جاتے ہیں۔ وقت کا اندازہ اس وقت ہوتا ہے جب بچے کالج جانے لگتے ہیں یا لوگ ان کے رشتے اور شادی کی بات کرنے لگتے ہیں۔ ادھر پردیس میں پھونک پھونک کر قدم اٹھانا بڑتا ہے۔ کافی سے زیادہ وقت اولاد کی پرورش یا نوکری (جواب) کرنے میں نکل جاتا ہے۔ جتنی محنت سے نوکری کر کے آپ پیسے کماتے ہیں اتنی تیزی سے وہ اولاد کی پڑھائی پر خرچ ہو جاتے ہیں یا پھر ان کی شادی میں۔

پرانے وقتوں کے لوگوں کے دور میں زیادہ تر شادی کی بات چیت ہوتی تھی۔ رشتے لگتے تھے۔ اس میں اولاد کی

پسند سے زیادہ دونوں طرف کے والدین کی پسند اور رضامندی شامل ہوتی تھی۔ ہال میں داخل ہوئے ہوں گے۔ جہاں بیٹھی ہوتی ہیں۔ آپ بھی کبھی ایسی شادی



آج کل تو اکثر اولاد شاپنگ کی طرح خود ہی اپنا جیون ساتھی بھی پسند کر لیتی ہیں۔ یہ کبھی ڈیٹنگ (Dating) یا بقول ہمارے چچا مرحوم کے لو لگنے کی وجہ سے ہوتا ہے۔ اب آپ کہیں گے۔ ”لو لگنا کیا بات ہوئی؟ تو ہمیں یاد ہے وہ کہتے تھے محبت کا انگلش میں ٹرانسلیشن Love ہے اور اس کو اردو میں لکھو گے تو لو لکھا جائے گا۔ تو بقول ان کی محبت کرنا تو لو لگنے کے موافق ہوتا ہے۔ اگر یہ ہو جائے تو اس چکر میں پھر ”پردے کے پیچھے کچھ باقی نہیں رہتا۔“ جو کہ رشتہ تک اریج میرج (Arrange Marriage) کی روایات ہے۔ ہمارے زمانے کی شادی میں شامیانے لگ رہے ہیں۔ دیگیں چڑھ رہی ہیں تو گانے لگے ہیں غرض اپنے ساتھ محلے بھر کا ناک میں دم کر دیتے ہیں۔ آج کل تو ماڈرن زمانہ ہے شادی ہال میں دلہن گھونگھٹ نکال کر دوسرے کمرے میں بیٹھنے کے بجائے بڑے اسٹیج پر بغیر گھونگھٹ دولہا میاں کے ساتھ ہی

دن آپ دیکھ کر حیران ہوتے تھے کہ درجن بھر ٹیبل لیپ ہیں یا کپڑوں کے لئے استری وغیرہ وغیرہ۔ اب کیا کریں ان درجن بھر ایک ہی قسم کے تحفوں کا۔ اکثر لوگ کسی اور کی شادی میں وہی تحفے بانٹتے پھرتے تھے۔ ہمارے ایک دوست کی شادی میں ان کا دیا ہوا تحفہ ان کے پاس اس طرح گھوم پھرواپس آ گیا وہ بھی اس طرح پتہ چلا کہ نام کے کارڈ کے علاوہ تحفے کے ڈبے کے اندر بھی انہوں نے حفظ ماتقدم کے طور پر پین سے اپنا نام لکھ دیا تھا۔ آج کل اچھا سٹم ہے۔ دولہا دولہن بڑے بڑے اسٹور میں جا کر اپنا نام رجسٹر کرا دیتے ہیں اور پورے دھونس کے ساتھ اپنی پسند بھی بتا دیتے ہیں یہی تحفے دینا اور کچھ نہیں چاہیے۔ گھر سیٹ کرنے میں بھی آسانی ہو جاتی ہے اور جہیز میں بھی کمی ہو جاتی ہے۔ پرانے وقتوں کی شادی میں آرام سے نکاح ہوا۔ دُعا ہوئی، چھوہارے بٹے پھر تناول و طعام۔ آج کل کے مولوی صاحب نکاح کے بعد انگریزی میں ترجمہ کرنے لگتے ہیں۔ اگر صحیح نہیں بول سکتے تو ان کی انگریزی کے جملے خیالوں میں ایک ایک کر کے لکھ کر سمجھنا پڑتے ہیں اور وہ بھی جلدی جلدی، ورنہ ایک جملہ سمجھنے تک دوسرا جملہ آگے بھاگ جاتا ہے۔ انگلش بھی ہر ایک کے بس کا روگ نہیں اس لئے جب آپ اپنے ارد گرد نظر دوڑائیں تو پتہ لگے گا کہ آدھے لوگ اُونگ رہے ہیں یا باتوں میں مشغول ہیں اور آدھے لوگ کھانے کے انتظار میں بیٹھے ہیں۔

نظر بد سے نجات کی دُعا

وَمَا أَنْفَقْتُمْ مِنْ نَفَقَةٍ أَوْ نَذَرْتُمْ مِنْ نَذْرٍ فَإِنَّ اللَّهَ يَعْلَمُهَا ۖ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ ﴿٣﴾ (پ ۳، سورۃ البقرہ)
فضیلت: کسی کو نظر لگ گئی ہو تو یہ دُعا صبح و شام سات بار پڑھ کر پانی پر دم کر کے پلانے سے ان شاء اللہ نظر بد دور ہو جائے گی۔

برے خواب دور ہونے کی دُعا

لَهُمُ الْبُشْرَىٰ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ ۖ لَا تَبْدِيلَ لِكَلِمَاتِ اللَّهِ ۚ ذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ﴿١١﴾ (پ ۱۱، سورۃ یونس)
فضیلت: برے خواب دور ہونے کے لئے روزانہ صبح و شام گیارہ مرتبہ پڑھ کر سویا کریں، ان شاء اللہ برے خواب نہیں آئیں گے۔

حج کو جانے کی دُعا

لَقَدْ صَدَّقَ اللَّهُ رَسُولَهُ الرُّسُولَ بِالْحَقِّ ۖ لَتَدْخُلَنَّ الْمَسْجِدَ الْحَرَامَ إِنْ شَاءَ اللَّهُ آمِنِينَ ۖ مُحَلِّقِينَ رُءُوسَكُمْ وَمُقَصِّرِينَ ۖ لَا تَخَافُونَ ۚ
فَعَلِمَ مَا لَمْ تَعْلَمُوا فَجَعَلَ مِنْ دُونِ ذَلِكَ فَتْحًا قَرِيبًا ﴿٢٦﴾ (پ ۲۶، سورۃ فتح)
فضیلت: جو شخص یہ دُعا روزانہ ہر فرض نماز کے بعد پڑھتا ہے تو اس کو حج کو جانے کا وسیلہ مل جاتا ہے اور کسی طرح ان شاء اللہ حج نصیب ہو جائے گا۔

سید الاستغفار

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَا اِلٰهَ اِلَّا اَنْتَ خَلَقْتَنِيْ وَاَنَا عَبْدُكَ وَاَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا سَطَعْتُ اَعُوْذُ بِكَ مِنْ شَرِّ
مَا صَنَعْتُ اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَاَبُوْءُ لَكَ بِذَنْبِيْ فَاغْفِرْ لِيْ فَاِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ (صحیح بخاری، معارف الحدیث: ۲۳۶)
فضیلت: رسول اللہ ﷺ ارشاد فرماتے ہیں کہ جو شخص اخلاص دل اور یقین کے ساتھ دن کے کسی حصہ میں اللہ تعالیٰ کے
حضور میں یہ سید الاستغفار پڑھتا ہے، اگر اس کو اسی دن موت آگئی تو وہ ان شاء اللہ جنت میں جائے گا۔

قبولیت کے لئے دُعا

اَللّٰهُمَّ اِنَّكَ مَلِيْكَ مُّقْتَدِرٍ مَا تَشَاءُ اَمْرٌ يَّكُوْنُ
فضیلت: ان کلمات کو پڑھ کر اللہ تعالیٰ سے جو دُعا مانگیں گے ان شاء اللہ وہ دُعا اللہ تعالیٰ قبول فرمائے گا۔

عذاب جہنم سے آزادی کی دُعا

اَللّٰهُمَّ اِنِّيْ اَصْبَحْتُ اَشْهَدُكَ وَاَشْهَدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتِكَ وَجَمِيْعَ خَلْقِكَ اِنَّكَ اَنْتَ اللّٰهُ لَا اِلٰهَ
اِلَّا اَنْتَ وَحْدَكَ لَا شَرِيْكَ لَكَ وَاَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُوْلُكَ (ابوداؤد شریف، نور مبین شرح حصن حصین: ۹۶)
فضیلت: حدیث میں ہے کہ جو کوئی یہ کلمات چار دفعہ پابندی سے روزانہ پڑھتا ہے تو ان شاء اللہ جہنم کی آگ سے نجات حاصل ہوگی۔

کشور کمار گلوکاری ہی نہیں متعدد فنون میں مہارت رکھتے تھے

زندگی کے انجانے سفر سے بے حد محبت کرنے والے ہندی سنیما کے عظیم گلوکار کشور کمار کی پیدائش مدھیہ پردیش کے کھنڈوا کی لیکن اس فلم سے ناظرین کے درمیان وہ اپنی شناخت نہیں بنا سکے۔ ۱۹۵۳ء میں ریلیز ہونے والی فلم لڑکی بطور اداکاران کے کریئر کی پہلی ہٹ فلم تھی۔ انہیں ۱۹۵۸ء میں فلم 'چلتی گاڑی' میں اداکاری کرنے کا موقع ملا۔



۳ اگست ۱۹۲۹ء کو متوسط بنگالی خاندان میں ایڈوکیٹ کنجی لال گانگولی کے گھر ہوئی۔ بھائی بہنوں میں سب سے چھوٹے شرارتی کشور کمار گانگولی عرف کشور کمار کاراجان بچپن سے ہی باپ کے پیشے وکالت کی طرف نہ ہو کر موسیقی کی جانب تھا۔ عظیم اداکار اور گلوکار کے ایل سہگل کے نغموں سے متاثر کشور کمار انہی کی طرح گلوکار بننا چاہتے تھے۔ سہگل سے ملنے کی خواہش لے کر کشور کمار ۱۸ سال کی عمر میں ممبئی پہنچے، لیکن ان کی خواہش پوری نہیں ہو پائی۔ اس وقت تک ان کے بڑے بھائی اشوک کمار بطور اداکار اپنی شناخت بنا چکے تھے اور وہ چاہتے تھے کہ کشور ہیرو کے طور پر اپنی شناخت بنائے لیکن خود کشور کمار اداکار کے بجائے گلوکار بننا چاہتے تھے حالانکہ انہوں نے موسیقی کی ابتدائی تعلیم کبھی کسی سے حاصل نہیں کی تھی۔ بانی ووڈ میں اشوک کمار کی شناخت کی وجہ سے کشور کمار کو بطور اداکار کام مل رہا تھا۔ اپنی خواہش کے باوجود انہوں نے اداکاری کرنا جاری رکھا۔ جن فلموں میں وہ بطور آرٹسٹ کام کیا کرتے تھے انہیں اس فلم میں گانے کا بھی موقع مل جایا کرتا تھا۔ کشور کمار کی آواز سہگل سے کافی حد تک ملتی جلتی تھی۔ بطور گلوکار سب سے پہلے انہیں ۱۹۴۸ء میں بمبئی ٹاکیز کی فلم ضدی میں سہگل کے انداز میں ہی اداکار دیو آنند کے لیے مرنے کی دعائیں کیوں مانگوں گانے کا موقع ملا۔ کشور کمار نے ۱۹۵۱ء میں بطور اداکار فلم آندولن سے اپنے کریئر کا آغاز

حمیرا اصغر کی موت کے بعد شوہز خواتین کا وٹس ایپ رابطہ گروپ

اداکارہ و ماڈل حمیرا اصغر کی موت کے بعد شوہز انڈسٹری کی خواتین نے ایسے واقعات کے تدارک اور آپس میں رابطے کے لیے ایک وٹس ایپ گروپ بنایا ہے، جس کا مقصد ایک دوسرے کی خیریت معلوم کرنا اور مشکل وقت میں فوری مدد کو یقینی بنانا



ہے۔ 'کنکٹیوٹی ون اوون' نامی گروپ میں تازہ ترین اطلاعات کے مطابق شوہز سے منسلک تقریباً 400 خواتین شامل ہو چکی ہیں، جن میں اداکاراؤں کے ساتھ ساتھ ہدایت کار، پروڈیوسر، میک اپ آرٹسٹ اور دیگر تکنیکی شعبوں سے تعلق رکھنے والی خواتین شامل ہیں۔ گروپ کا نام ڈالے سرحدی نے رکھا ہے اور اس تصور کو پیش کرنے والوں میں ڈالے کے علاوہ یشما گل، سونیا حسین اور منشاء پاشا شامل ہیں۔ تاہم ان کے بقول یہ کسی ایک فرد کا گروپ نہیں بلکہ سب کی مشترکہ کاوش ہے۔ گروپ کی ایڈمن اور بانی اراکین میں شامل یشما گل نے بتایا کہ یہ اقدام حمیرا اصغر کی موت کے بعد سامنے آیا، جب احساس ہوا کہ انڈسٹری میں کام کرنے والے افراد،

مہوش حیات پر برطانیہ میں داخلے کی پابندی کی خبریں بے بنیاد قرار

پاکستانی اداکارہ مہوش حیات کے میڈیا مینیجر نے انڈین ریپر یوٹیوبی سگھ کے ایک گانے کی مبینہ متنازع ویڈیو میں پرفارمنس کی بنیاد پر مہوش کے برطانیہ داخلے پر پابندی کی قیاس آرائیوں کو مسترد کر دیا۔ مہوش حیات نے یوٹیوبی سگھ کے گانے 'جٹ محکمہ' کی ویڈیو میں پرفارم کیا تھا، چار منٹ کے دورانے کی یہ ویڈیو، جسے برطانیہ میں فلما گیا، اب تک یوٹیوب پر چار کروڑ سے زائد بار دیکھی جا چکی ہے۔ ویڈیو اس وقت تنقید کی زد میں آئی جب ناظرین نے اس کے اختتامی منظر کو متنازع قرار دیا، جس میں مہوش حیات کے کردار کے



ساتھ چار کم عمر بچوں کو جعلی خودکار ہتھیاروں اور شاٹ گنز سے ایک گروہ پر فائرنگ کرتے ہوئے دکھایا گیا۔ اس معاملے پر سوشل میڈیا اور بعض میڈیا رپورٹس میں دعویٰ کیا گیا کہ برطانوی حکام ممکنہ طور پر مہوش حیات پر برطانیہ آمد پر پابندی عائد کرنے پر غور کر رہے ہیں۔ تاہم اداکارہ کے میڈیا مینیجر روجیل نے انڈیپنڈنٹ اردو سے گفتگو کرتے ہوئے ان دعوؤں کی تردید کی اور کہا 'مہوش حیات کے خلاف نہ تو برطانوی ہائی کمیشن اور نہ ہی کسی ادارے کی جانب سے کوئی نوٹس یا شکایت موصول ہوئی ہے۔'

قبض کی علامات، وجوہات، اور 10 بہترین گھریلو علاج

قبض کی علامات کون کون سی ہیں؟

اس بیماری کی وجہ سے آپ کو مندرجہ ذیل علامات کا سامنا کرنا پڑ سکتا ہے۔
متلی، پیٹ درد، پیٹ کے پھول جانے کا احساس، پاخانے کا خشک اور سخت ہو جانا، پاخانہ کم آنا، پاخانہ کرتے وقت تکلیف کا سامنا کرنا، قوتِ باضمہ اور بھوک میں کمی، نیند کی کمی، اعصابی تھکان، سستی و کابلی مختلف وجوہات کی وجہ سے ان علامات کا سامنا کرنا پڑ سکتا ہے۔

قبض کی وجوہات:

اس بیماری کی ممکنہ وجوہات مندرجہ ذیل ہو سکتی ہیں۔

کھانے میں فائبر کی کمی

پانی کا کم استعمال

آنتوں کی بیماریاں

طرزِ زندگی میں تبدیلی (جیسا کہ سفر

کرنا، حاملہ ہونا، یا بڑھتی عمر)

ادویات کا استعمال (جو قبض کا باعث بنتی ہیں)

پاخانے کو زیادہ دیر تک روکے رکھنا

قبض کی علامات کا زیادہ عرصے تک

سامنا کرنا پڑے تو یہ بیماری ان تین پریشان

کن مسائل کا باعث بن سکتی ہے۔

بواسیر

بڑی آنت میں نقصان دہ اجزاء کا جمع ہو

جانا جو پاخانے کے ذریعے خارج ہوتے ہیں

پاخانہ روکنے میں مشکلات

تاہم قبض کی علامات کو آسانی کے ساتھ

گھریلو علاج کے ذریعے ختم کیا جاسکتا ہے۔

قبض کے مؤثر گھریلو علاج کون سے ہیں؟

کیسٹر آئل

اس بیماری کی علامات کو ختم کرنے کے

لیے کیسٹر آئل کئی برسوں سے استعمال ہو رہا

ہے۔ دراصل اس تیل میں ایسے اجزاء شامل

ہوتے ہیں جو آپ کی چھوٹی اور بڑی آنتوں

کو حرکت میں لاکر اس کی علامات سے نجات

دلاتے ہیں۔ اس تیل کے ایک سے دو چائے کے چمچ خالی پیٹ استعمال کرنے سے صرف آٹھ گھنٹوں میں مثبت اثرات ظاہر ہوتے ہیں۔

پروبائیوٹکس غذاؤں کا استعمال:

ایسی غذائیں، جن میں پروبائیوٹکس وافر مقدار میں پایا جاتا ہے، اس بیماری کی شدت کو روکنے کے لیے مددگار ثابت ہو سکتی ہیں۔ دہی اور دودھ میں پروبائیوٹکس وافر مقدار میں پایا جاتا ہے جو معدے میں موجود فائدہ مند بیکٹیریا کی مقدار بڑھاتا ہے جس سے قبض کی روک تھام میں مدد ملتی ہے۔

زیادہ پانی کا استعمال:

عام طور پر جسم میں پانی کی کمی اس بیماری کا باعث بنتی ہے اس لیے زیادہ تر لوگ رمضان المبارک میں اس کا شکار ہو جاتے ہیں۔ اس سے بچاؤ کی بہترین صورت یہ ہے کہ مناسب مقدار میں پانی پیا جائے۔ تاہم اس بیماری کا شکار افراد بھی زیادہ پانی استعمال کر کے ریلیف حاصل کر سکتے ہیں۔ لیکن اس بات خیال رکھیں کہ چینی سے بنے ہوئے سوڈا کا استعمال مفید خیال نہیں کیا جاتا بلکہ اکثر افراد میں تو اس کے استعمال سے قبض کی شدت میں اضافہ ہو جاتا ہے۔ مناسب مقدار میں پانی پینے کی عادت اپنالیں جو قبض سے بچاؤ میں مفید ثابت ہوگی۔

خشک آلو بخارا:

آلو بخارا کا جس قبض کی شدت کو کم کرنے کا بہترین ٹونک ہے لیکن یہ پھل سارا سال دستیاب نہیں ہوتا اس لیے اس کو خشک کر لیا جاتا ہے جو سارا سال استعمال کیا جا سکتا ہے۔ کچھ ماہرین کے مطابق اس بیماری کی شدت کو کم کرنے کے لیے آلو بخارا فائبر سے زیادہ مؤثر ہو سکتا ہے۔ آلو بخارا کے 7 خشک دانے دن میں 2 مرتبہ استعمال کرنے

سے اس بیماری کی علامات کو کم کیا جاسکتا ہے۔ تاہم معدے کے امراض کا شکار اس ٹونکے کو اپنے معالج کے مشورے کے بعد استعمال کر سکتے ہیں۔

زیادہ ورزش:

ست طرزِ زندگی اور زیادہ دیر بیٹھ کر کام کرنا اس بیماری کے خطرات کو بڑھا دیتے ہیں جس سے بچنے کے لیے ورزش ضروری خیال کی جاتی ہے۔ تاہم معمولی جسمانی سرگرمیاں جیسا کہ چہل قدمی یا سائیکل چلانا بھی مددگار ثابت ہوتے ہیں۔ ہر روز 15 منٹ تک چہل قدمی کھانے کو جلد ہضم کرنے میں مدد دیتی ہے۔ اس کے علاوہ اگر آپ کو کھانے کے بعد غنودگی کا احساس ہو تو چہل قدمی کی عادت اپنائیں جس سے نظامِ انہضام میں بہتری آئے گی اور آپ قبض کی علامات سے بچ جائیں گے۔

فائبر کا استعمال:

فائبر کی حامل غذائیں آنتوں کے افعال بہتر بناتی ہیں جس سے اس بیماری کے خطرات کم ہو جاتے ہیں۔ قبض کا شکار افراد کی اکثریت کو فائبر کے ذریعے چھٹکارا ملتا ہے۔ دالوں، بیجوں، اور گریوں میں پائی جانے والی فائبر کی قسم زیادہ مؤثر ثابت ہوتی ہے کیوں کہ یہ قسم معدے میں پانی جذب کرنے کے بعد جیل جیسا پیسٹ بنا دیتی ہے جس سے اس بیماری کی روک تھام ہوتی ہے۔

لیموں پانی:

لیموں میں موجود سٹرک ایسڈ نظامِ انہضام کو بہتر بناتا ہے اور جسم سے زہریلے مواد کو خارج کرنے میں مدد دیتا ہے۔ ہر روز ایک گلاس لیموں پانی یا لیموں کو چائے میں استعمال کرنے سے باضمہ کا نظام بہتر ہوتا ہے اور اس بیماری سے بچاؤ میں مدد ملتی ہے۔

کشمش کا استعمال:

کشمش ایک خشک میوہ ہے جس میں فائبر کے ساتھ ساتھ نارنارک ایسڈ بھی پایا جاتا ہے جو پاخانے کے اخراج کو آسان بناتا ہے۔ ہر روز تقریباً 14 گرام کشمش استعمال کرنے سے نظامِ انہضام دو گنا تیزی سے کام کرتا ہے۔ قبض کی علامات کی شدت کم کرنے کے لیے چیری اور خوبانی بھی استعمال کی جاسکتی ہیں کیوں کہ یہ بھی فائبر سے بھرپور ہوتی ہیں۔

کافی:

کیفین کی حامل کافی معدے اور آنتوں کو متحرک کرتی ہے جس سے قبض کی شدت میں کمی ہوتی ہے۔ اس کے ساتھ دیگر گرم مشروبات جیسا کہ ہربل ٹی بھی اس بیماری کے خلاف کردار ادا کر سکتی ہے۔ بہترین نتائج کے لیے کوشش کریں کہ ہربل ٹی میں شہد یا لیموں کا عرق بھی شامل کر لیں۔ یہ غذائیں عام طور پر جوانوں اور بڑوں میں قبض کی شکایات کو کم کرنے کے لیے استعمال کی جاتی ہیں۔ تاہم بچوں کے لیے کچھ دوسرے گھریلو علاج مفید ہوتے ہیں۔

بچوں کی قبض کا علاج:

اگر آپ کے بچے کو قبض کی علامات کا سامنا ہے تو سائیکل چلانے کے انداز میں اس کی ٹانگوں کو حرکت دیجیئے اور اس کے پیٹ کو سہلایئے۔ اس کے ساتھ آپ اپنے بچے کو مناسب مقدار میں ایسے پھل بھی کھلا سکتے ہیں جو فائبر سے بھرپور ہوتے ہیں۔ اس بیماری کی علامات گھریلو علاج کے ذریعے آسانی ختم کی جاسکتی ہیں۔ تاہم اگر یہ علامات زیادہ عرصے تک برقرار رہیں تو کچھ شدید بیماریوں کا خطرہ بڑھ جاتا ہے۔ قبض کی علامات زیادہ دیر برقرار رہنے کی صورت میں آپ معالج سے رابطہ کر سکتے ہیں۔

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میلاد النبی صلی اللہ علیہ وسلم

حافظ وقاری حکیم وڈاکٹر محمد فصیح اللہ قادری

ہر تعریف صرف قدرت و کمال و بزرگی اور بڑائی صرف اللہ ذوالجلال والا کرام کے لئے ہے جس نے اپنے رسول مکرم حضرت محمد مصطفیٰ صلی اللہ علیہ وسلم کو ہدایت اور دین حق کے ساتھ رسول بنا کر بھیجا تاکہ دین حق یعنی اسلام کو دوسرے تمام دینوں پر غالب کر دے اگرچہ کہ کفار و مشرکین کو برا معلوم ہو۔

آپ صلی اللہ علیہ وسلم پر اور آپ صلی اللہ علیہ وسلم کی آل و اولاد و اہل بیت اور صحابہ کرام رضی اللہ عنہم پر اللہ ذوالجلال والا کرام کے درود و سلام نازل ہوں یاد رکھو کہ: آپ صلی اللہ علیہ وسلم کی اولاد اور صحابہ کرام آخرت میں کامیاب ہونے والے ہیں۔

امابعد

میرے بزرگوں اور بھائیوں اور بہنوں اللہ ذوالجلال والا کرام سے ڈرتے رہو اور تقویٰ اختیار کرو اور اللہ ذوالجلال والا کرام کے آخری رسول مکرم حضرت محمد مصطفیٰ صلی اللہ علیہ وسلم کی اطاعت و فرمانبرداری اور سنت و طریقہ پر چلتے رہو تاکہ آخرت کی ہمیشہ باقی رہنے والی زندگی میں کامیاب و بامراد ہو جاؤ اور فلاح و کامیابی حاصل کرو۔ یہ مہینہ (ربیع الاول) کا ہے اس مہینہ میں مقدس و بزرگ ذات یعنی ہمارے رسول مکرم حضرت سیدنا و مولانا محمد مصطفیٰ صلی اللہ علیہ وسلم کی ولادت و پیدائش ہوئی۔

ہمارے رسول مکرم حضرت سیدنا و مولانا محمد مصطفیٰ صلی اللہ علیہ وسلم نہ ہوتے تو یہ تمام مخلوقات پیدا نہ کی جاتی اور نہ ہی یہ زمین و آسمان پیدا کئے جاتے اور نہ ہی یہ دونوں جہاں بنائے جاتے جیسا کہ حدیث شریف میں حضرت عبداللہ بن عباس رضی اللہ عنہما سے روایت ہے کہ اللہ ذوالجلال والا کرام نے حضرت عیسیٰ علیہ السلام پر وحی نازل فرمائی کہ اے عیسیٰ، محمد صلی اللہ علیہ وسلم پر ایمان لے آؤ اور اپنی امت کو بھی حکم دو کہ جو بھی ان کا زمانہ پائے تو (ضرور) ان پر ایمان لائے۔ کیونکہ اگر محمد صلی اللہ علیہ وسلم نہ ہوتے تو میں آدم علیہ السلام کو پیدا نہ کرتا اور محمد صلی اللہ علیہ وسلم نہ ہوتے تو میں نہ جنت پیدا کرتا اور نہ دوزخ۔

اور جب میں پانی پر اپنا عرش بنایا تو اس میں لرزش پیدا ہو گئی اس لئے اس پر میں نے لَآ إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ لکھ دیا تو وہ ٹھہر گیا۔ حضرت امام اعظم ابوحنیفہ رضی اللہ عنہ (متوفی ۱۵۰ ہجری) حضور رسول مکرم صلی اللہ علیہ وسلم کا میلاد کا ذکر یوں بیان فرمایا: رسول مکرم صلی اللہ علیہ وسلم

وہ ہیں کہ اگر آپ نہ ہوتے تو کچھ نہ ہوتا اور آپ پیدا نہ ہوتے تو کچھ بھی پیدا نہ کیا جاتا۔ رسول مکرم صلی اللہ علیہ وسلم وہ ہیں جن کے نور سے چودھویں کا چاند منور ہے اور آپ کے نور سے ہی یہ سورج روشن ہے۔ اور حضرت عیسیٰ علیہ السلام بھی آپ صلی اللہ علیہ وسلم کی خوشخبری سنانے آئے اور آپ صلی اللہ علیہ وسلم کے حسن و صفات کی خبر لے کر آئے۔ (قصیدہ نعمانیہ، صفحہ نمبر 195، 196) صلی اللہ جانے عالم تیرے ناز اٹھائے اللہ نے تیرے ہی لئے اے پیارے نبی کو نین بنائے اللہ نے قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے: اَعُوذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيمِ... بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ وَمَا اَرْسَلْنَاكَ اِلَّا رَحْمَةً لِّلْعٰلَمِیْنَ

ترجمہ: اے محمد ہم نے آپ کو تمام عالموں کے لئے رحمت بنا کر بھیجا۔

حضور رسول مکرم حضرت محمد مصطفیٰ صلی اللہ علیہ وسلم نے ارشاد فرمایا میں وہ رحمت ہوں جو اللہ ذوالجلال والا کرام نے اپنی مخلوق کو بطور تحفہ دی ہے۔ (دارمی، بیہقی، مشکوٰۃ شریف)

حضرت امام ابن حجر عسقلانی رحمہ اللہ فرماتے ہیں کہ حضور رسول مکرم صلی اللہ علیہ وسلم کی ذات سے بڑھ کر اللہ ذوالجلال والا کرام کی کوئی بڑی نعمت ہے اس لئے اس نعمت کا ہر مسلمان کو شکر بجالانا چاہئے۔ قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے:

لَقَدْ مَنَّ اللّٰهُ عَلَى الْمُؤْمِنِیْنَ اِذْ بَعَثَ فِیْهِمْ رَسُوْلًا مِّنْ اَنْفُسِهِمْ یَتْلُوْا عَلَیْهِمْ اٰیٰتِہٖ وَیُزَكِّیْہُمْ وَیُعَلِّمُہُمْ الْکِتٰبَ وَالْحِکْمَۃَ

ترجمہ: بے شک اللہ ذوالجلال والا کرام نے مومنوں پر بڑا احسان کیا جو ان ہی میں سے ایک رسول بھیجا جو ان ہی کی جنس سے ہے وہ رسول ان پر اللہ ذوالجلال والا کرام کی آیتیں تلاوت کرتا ہے اور ان کے ظاہر و باطن کو (کفر اور شرک اور گناہ وغیرہ) سے پاک کرتا ہے اور لوگوں کو کتاب اللہ یعنی قرآن مجید کی اور حکمت کی تعلیم دیتا ہے۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے: لَقَدْ جَاءَکُمْ رَّسُوْلٌ مِّنْ اَنْفُسِکُمْ عَزِیْزٌ عَلَیْہِ مَا عَنِتُّمْ حَرِیْصٌ عَلَیْکُمْ بِالْمُؤْمِنِیْنَ رَءُوْفٌ رَّحِیْمٌ

ترجمہ: اے لوگوں یقیناً تمہارے پاس

ایک عظیم الشان رسول آئے ہیں جو تم ہی میں سے ہے جس کو تمہارا مشقت و مشکل میں پڑنا گراں و تکلیف دہ معلوم ہوتا ہے جو تمہاری بھلائی و اچھائی کے بہت ہی زیادہ سوچنے والے ہیں اور مومنوں پر نہایت مہربان اور بہت ہی رحم کھانے والے ہیں۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے: اِنَّا اَرْسَلْنَاکَ شَہِیْدًا وَ مُبَشِّرًا وَ نَذِیْرًا ۝ لِّتُؤْمِنُوْا بِاللّٰهِ وَرَسُوْلِہٖ وَتَعَزَّزُوْا وَتُقَرِّوْا

ترجمہ: یقیناً اللہ ذوالجلال والا کرام نے حضرت محمد کو حاضر و گواہ بنا کر بھیجا ہے اور ایمان والوں کو اور اطاعت گزاروں کو (بڑے اجر و ثواب) کی خوشخبری سنانے والا بنا کر بھیجا ہے اور کفار و مشرکین اور نافرمانوں کو بڑے عذاب سے ڈرانے والا بنا کر بھیجا تاکہ اے لوگو تم لوگ اللہ ذوالجلال والا کرام اور اس کے رسول مکرم پر ایمان لاؤ اور رسول اللہ صلی اللہ علیہ وسلم کی تعظیم و تکریم، احترام اور توقیر کرو۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے: قُلْ یٰۤاَیُّهَا النَّاسُ اِنِّیْ رَسُوْلُ اللّٰهِ اِلَیْکُمْ جَمِیْعًا

ترجمہ: (اے محمد) آپ فرمادیجئے اے لوگو بے شک میں تم تمام کی طرف اللہ ذوالجلال والا کرام کا بھیجا ہوا (رسول) ہوں۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے: قَدْ جَاءَکُمْ مِّنَ اللّٰهِ نُوْرٌ وَ کِتٰبٌ مُّبِیْنٌ

ترجمہ: اے لوگوں یقیناً تمہارے پاس اللہ ذوالجلال والا کرام کا نور یعنی حضرت محمد تشریف لائے اور کتاب مبین یعنی قرآن مجید آیا۔ حضرت ابواللیث سمرقندی رحمہ اللہ فرماتے ہیں: نور سے مراد حضور رسول مکرم صلی اللہ علیہ وسلم کی ذات مبارکہ ہے: حضور رسول مکرم صلی اللہ علیہ وسلم نے ارشاد فرمایا: میں اللہ ذوالجلال والا کرام کے نور سے بنایا گیا ہوں اور ہر چیز میرے نور سے (بنائی گئی) ہے (الحديث)

حضور رسول مکرم صلی اللہ علیہ وسلم نے ارشاد فرمایا: میں بنی آدم کی تمام طبقتوں میں سب سے بہترین طبقے میں مبعوث کیا گیا یعنی پیدا کیا گیا ہوں۔ (بخاری)

حضور رسول مکرم صلی اللہ علیہ وسلم نے ارشاد فرمایا: میں بنی آدم کی تمام طبقتوں میں سب سے بہترین طبقے میں مبعوث کیا گیا یعنی پیدا کیا گیا ہوں۔ (بخاری)

حضور رسول مکرم صلی اللہ علیہ وسلم نے ارشاد فرمایا: میں بنی آدم کی تمام طبقتوں میں سب سے بہترین طبقے میں مبعوث کیا گیا یعنی پیدا کیا گیا ہوں۔ (بخاری)

حضور رسول مکرم صلی اللہ علیہ وسلم نے ارشاد فرمایا: میں بنی آدم کی تمام طبقتوں میں سب سے بہترین طبقے میں مبعوث کیا گیا یعنی پیدا کیا گیا ہوں۔ (بخاری)

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نے مخلوق کو پیدا کیا تو مجھ کو سب سے بہتر طبقے (انسانوں) میں پیدا کیا (کہ تمام مخلوق میں صرف انسان ہی اللہ ذوالجلال والا کرام کا خلیفہ ہے) پھر اللہ ذوالجلال والا کرام نے ان کے دوفرقتے و گروہ کیئے یعنی (عرب و عجم) بنایا اور پھر ان میں سے بہترین قبیلوں میں تقسیم کر دیا پھر ان تمام قبیلوں میں سے سب سے بہترین قبیلہ (قریش) میں مجھ کو پیدا فرمایا پھر ان کے گھرانے بنائے اور پھر مجھ کو ان تمام گھرانوں میں سب سے بہتر گھرانہ یعنی بنو ہاشم میں پیدا کیا اس لئے میں نفس اور ذات کے لحاظ سے بھی تم لوگوں میں سب سے بہتر ہوں اور حسب و نسب اور گھرانے کے لحاظ سے بھی سب سے بزرگ و برتر اور اعلیٰ و افضل ہوں۔ (ترمذی)

قرآن مجید میں اللہ ذوالجلال والا کرام نے ارشاد فرمایا: قُلْ بِفَضْلِ اللّٰهِ وَبِرَحْمَتِہٖ فَبِذٰلِکَ فَلْيَفْرَحُوْا ۗ هُوَ خَیْرٌ مِّمَّا یَجْمَعُوْنَ

ترجمہ: فرمادیجئے کہ اللہ ذوالجلال والا کرام کے فضل اور اس کی رحمت پر تمام مسلمانوں کو خوش ہونا چاہئے یعنی اللہ ذوالجلال والا کرام کے فضل و رحمت پر خوشیاں منائی جائے۔ کیونکہ جو لوگ دنیا میں مال (دولت اور جائیداد پیسہ) جمع کرتے ہیں یہ ان سے بہتر ہے کیونکہ دنیا کی چیزیں اور دنیا کا فائدہ بہت ہی تھوڑا اور ختم ہونے والا ہے جبکہ اللہ و رسول اور قرآن مجید پر ایمان لانے کا فائدہ بہت زیادہ اور ہمیشہ ہمیشہ باقی رہنے والا ہے۔

حضرات محترم! اللہ ذوالجلال والا کرام کا فضل اور رحمت بے شک قرآن مجید اور حضرت محمد صلی اللہ علیہ وسلم کی تشریف آوری ہے اس پر ہم کیوں خوشیاں نہ منائیں۔

صحیح بخاری حدیث نمبر ۳۹۷۷ میں موجود ہے کہ: حضور رسول مکرم صلی اللہ علیہ وسلم، اللہ ذوالجلال والا کرام کی نعمت ہے اور اللہ ذوالجلال والا کرام کی نعمت کا چرچا کرنے کا حکم قرآن مجید میں موجود ہے قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے:

وَ اَمَّا بِنِعْمَةِ رَبِّکَ فَحَدِّثْ ۝ اس آیت شریف کا ترجمہ یہ ہے: اور اپنے رب ذوالجلال کی نعمت کا خوب چرچا کیا کرو۔۔۔



ولی الدین

اک خیال

گر آدم و حوا سے سرزد نہ گناہ ہوا
پھر تصور جنت و دوزخ اور کہاں توبہ ہوتا
نہ کبھی ہوتے مسجد و مندر گرجا کے جھگڑے
سب کا ایک ہی مذہب ایک ہی خدا ہوتا

شکایت

چہرہ پہ چہرہ سجائے دوست و یار ملتے ہیں
دلوں میں رنجشیں بسائے لوگ بے شمار ملتے ہیں
صرف رشتوں کا نام باقی رہ گیا ہے ولی
اب پہلے جیسے کہاں رشتہ دار ملتے ہیں



آئینہ

جب کسی کی تم برائی کیا کرو
پہلے آئینہ تم دیکھ لیا کرو
آئینہ کبھی جھوٹ بولتا نہیں
یہ اچھی طرح تم سوچ لیا کرو

محمد یاسین ہائیل
نظم

مہاجر بن کے ہم کیا کیا اٹاٹھ چھوڑ آئے ہیں
اٹھا کے ہاتھ میں پتھر جو ہیرا چھوڑ آئے ہیں
کبھی تہذیب مشرق کی غلامی میں ہماری تھی
پہن کر پیرہن عریاں ڈوپٹہ چھوڑ آئے ہیں
نہیں ہوتا ہمیں افسوس اب قدریں گنوانے کا
حیا پر ہند کی نازاں بہت رہتے تھے ہم لیکن
ملی گوری تو پیار اپنی بہن کا چھوڑ آئے ہیں
دیار غیر میں کھانے کو تو کھاتے ہیں سب لیکن
جو ذائقہ وہاں کا تھا وہ سارا چھوڑ آئے ہیں
فقط اک بوند پی کر چاہ کی سب بھول بیٹھے ہیں
سمندر جو محبت کا تھا اپنا چھوڑ آئے ہیں
یہاں رہتے ہیں گم ہائیل خود اپنے خیالوں میں
وطن کا اپنے لیکن ہم خزانہ چھوڑ آئے ہیں

آفاق بناری
غزل

دکھا کر مجھ کو چشم مست مستانہ بنا ڈالا
پلا کر آج ساقی تو نے دیوانہ بنا ڈالا
قیام یاد خواہاں کو ترقی دے خدا اس نے
مرے اجڑے ہوئے دل کو پری خانہ بنا ڈالا
دل صد چاک میرا تھا بھلا کس کام کے قابل
مگر اک شوخ نے لے کر اسے شانہ بنا ڈالا
ضرر پہنچانہ مے خانے کو کچھ سنگ حوادث سے
اگر ٹوٹی کوئی بوتل تو پیانہ بنا ڈالا
غضب جادو بھری ہوتی ہیں آنکھیں حسن والوں کی
نظر جس سے ملائی اس کو دیوانہ بنا ڈالا
تمنا وصل کی دل سے جو نکلی یہ خیال آیا
کہ اک آباد گھر کو ہائے ویرانہ بنا ڈالا
وہ میکش ہوں کہ ہر دم شیشہ و ساغر ہے ساتھ اپنے
جہاں بیٹھا وہیں پر ایک مے خانہ بنا ڈالا
خیال بادہ نوشی فرقت ساقی میں جب آیا
بنایا دل کو خم آنکھوں کو پیانہ بنا ڈالا
خدا کے فضل سے آفاق تھا فرزاند و عاقل
نوازش کی بتوں نے اس کو دیوانہ بنا ڈالا

اکبر الہ آبادی
غزل

ہنگامہ ہے کیوں برپا تھوڑی سی جو پی لی ہے
ڈاکا تو نہیں مارا چوری تو نہیں کی ہے
نا تجربہ کاری سے واعظ کی یہ ہیں باتیں
اس رنگ کو کیا جانے پوچھو تو کبھی پی ہے
اس مے سے نہیں مطلب دل جس سے ہے بیگانہ
مقصود ہے اس مے سے دل ہی میں جو کچھ چاہتی ہے
اے شوق وہی مے پی اے ہوش ذرا سو جا
مہمان نظر اس دم اک برق تجلی ہے
واں دل میں کہ صد مے دویاں جی میں کہ سب سہہ لو
ان کا بھی عجب دل ہے میرا بھی عجب جی ہے
ہر ذرہ چمکتا ہے انوار الہی سے
ہر سانس یہ کہتی ہے ہم ہیں تو خدا بھی ہے
سورج میں لگے دھبا فطرت کے کرشمے ہیں
بت ہم کو کہیں کافر اللہ کی مرضی ہے
تعلیم کا شور ایسا تہذیب کا غل اتنا
برکت جو نہیں ہوتی نیت کی خرابی ہے
سچ کہتے ہیں شیخ اکبر ہے طاعت حق لازم
ہاں ترک مے و شاہد یہ ان کی بزرگی ہے



جہانگیر قیاس

غزل

تھا عزم کا کمال جو چلنا پڑا مجھے
گرنا تو تھا یقینی سنبھلنا پڑا مجھے
کیا جانے کیسا وقت برا آتا جان پر
راہ خطر سے بچ کے نکلتا پڑا مجھے
پھولوں کی سیج ویسے مقدر میں تھی مرے
لیکن کبھی تو کانٹوں پہ چلنا پڑا مجھے
ویسے میرے بھٹکنے کے آثار تھے مگر
ہر وقت حق کے سانچے میں ڈھلنا پڑا مجھے
کیا بات ہے بتا نہیں سکتا ہوں میں قیاس
تھی بات ایسی ہاتھ جو ملنا پڑا مجھے



محبوب خان اصغر

غزل

ہو چاہے دسترس کتنی کسی کو قتل کے فن پر
لبو کا داغ رہ جاتا ہے آخر اس کے دامن پر
اندھیرے اور اجالے میں بڑا سنگھڑش ہے لیکن
ابھی یہ دیکھنا ہے کون بیٹھے گا سنگھاسن پر
فقط کاغذ پہ ہوتا نام یہ اپنا تو مٹ جاتا
ہمارا نام ہے لکھا ہوا اوراق آہن پر
جھلک اس کے رخ زیا کی ممکن ہے نظر آئے
لگا کر آنکھ میں بیٹھا ہوا ہوں اس کی چلن پر
بظاہر یوں تو اجلا ہے مگر اندر سے میلا ہے
لبادہ پارسائی کا سجا رکھتا ہے وہ تن پر
جسے چاہے ودیعت خالق حرف و ہنر کردے
اجارہ کچھ نہیں اصغر کسی کا ورثہ فن پر



ڈاکٹر بدر احمد

غزل

جل اٹھا میرا مکاں آگ لگا دینے سے
لو مگر دور تلک پہنچی ہوا دینے سے
راز کی بات زمانے کو بتا دینے سے
راز داں کی ہوئی پہچان دغا دینے سے
بات میری نظر انداز کسی نے کردی
بے وفا ہو گیا میں درس وفا دینے سے
اور بھی بیٹھ گئی یاد کسی کی دل میں
اشک ان آنکھوں سے دو بوند گرا دینے سے
بے خبر پہلے بھی تھا اتنا نہیں تھا لیکن
آگنی نیند اسے مجھ کو جگا دینے سے
کیا رہے خوف اسے شام کے آجانے کا
جو ہوئی صبح رخ زیا دکھا دینے سے
شرط ہے بدر تہہ دل سے نکلتا اس کا
کچھ اثر ہوتا نہیں یونہی دعا دینے سے



نسیۃ تراب الحسن

غزل

ہے دل کو یقین آئے گا ساون کا مہینہ
رک جائے گا بہتا ہوا جسموں سے پسینہ
چھائے گی گھٹا اور صبا رقص کرے گی
باغوں میں بہار، کلیوں کے چمکنے کا مہینہ
نغموں سے پرندوں کے فضا گونج اٹھے گی
سکھلائے گا موسم بھی محبت کا قرینہ
یوں قوس قزح جھوم کے نکلے گی فلک پر
انگڑائی لے جیسے کوئی معصوم حسینہ
جھولے گی چمن میں کوئی جب شوخ سی لڑکی
کچھ یاد دلائے گا انگوٹھی کا نگینہ
ہر شے پہ نکھار آئے گا برسات کی رت میں
ملاح بھی گمن ہوں گے لیے اپنا سفینہ
پانی کے وہ قطرے ہیں کہ انمول گہر ہیں
زلفوں میں نسیۃ کے ہے نایاب خزانہ



On the lighter side....

A pastor, known for his lengthy sermons, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterwards the pastor asked the man where he had gone.

"I went to get a haircut," was the reply.

"But," said the pastor, "why didn't you do that before the service?"

"Because," the gentleman said, "I didn't need one then."

"Hey, cabby! How much to take me to the station?"

"Five bucks, sir."

"And how much for my suitcase?"

"No charge for the suitcase, sir."

"Okay. Take the case and I'll walk."

A baby camel was born at the zoo last week and the poor thing had no hump...
So they named him Humphrey.

It turned on the navigation device in the car and it began to flirt with me!
Just then I realized I'd hit the wrong button and was listening to an audio book romance novel belonging to my wife.

After gunning his BMW the wrong way down a one-way street, the rather intoxicated young man was asked where he thought he was going



by a curious police officer.
"I'm not really sure," confessed the drunk, "but wherever it is, I must be late, because everybody seems to be coming back already

My wife was blaming me for ruining her birthday
that's ridiculous, I didn't even know it was her birthday.

How can you convert dollars to pounds?
By visiting McDonalds

I ran twice today...
first I ran out of beer...
then I ran to get some more.

My doctor told me to watch my drinking,
so now I drink in front of a mirror.

How can you show that you're planning for the future?
Buy 2 cases of beer instead of 1.

"Last week a grain of sand got into my wife's eye and she had to go to the doctor. It cost me fifty dollars."

"That's nothing, last week a fur got in my wife's eye and it cost me five hundred dollars."

(Dentist) This is going to pinch a little.
(Patient) I love the way you guys substitute words like 'pinch' for 'pain'.
(Dentist) You're right. Hang on to your chair, this is going to hurt like hell.

A woman in labor suddenly shouted,
"Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"
"Doctor, what's going on?" asked the concerned father-to-be.
"Don't worry," said the doctor, "those are just contractions."

What did the pecan say to the walnut?
"We're friends because we're both nuts!"

The plumber assesses the situation and says, "I can fix it today for \$800."
The lawyer, surprised, asks, "How long will it take?" The plumber replies, "I'll need about an hour to get a part from the supply house and another hour to do the repair."
The lawyer, smirking, says, "Two hours for \$800? That's \$400 per hour! I'm a lawyer, and I charge \$350 per hour!"
The plumber nods and says, "Yes, I understand. That's why I left my law practice."



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