



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

JULY 2022 Vol 13, Issue 7

Russia in historic default as Ukraine sanctions cut off payments

Russia defaulted on its international bonds for the first time in more than a century, the White House and Moody's credit agency said, as sweeping sanctions have effectively cut the country off from the global financial system, rendering its assets untouchable.

The Kremlin, which has the money to make payments thanks to oil and gas revenues, has rejected the claims, and accused the West of driving it into an artificial default.

Earlier, some bondholders said they had not received overdue interest on Monday following the expiry of a key payment deadline on Sunday.

Moody's credit agency later on Monday said that the missed coupon payment constituted a default.

"Further defaults on coupon payments are likely," Moody's analysts wrote.

Russia has struggled to keep up payments on \$40 billion of outstanding bonds since its invasion of Ukraine on Feb. 24.

"This morning's news around the finding of Russia's default, for the first time in more than a century, situates just how strong the actions are that the U.S., along with allies and partners, have taken, as well as how dramatic the impact has been on Russia's economy," the U.S. official said on the sidelines of a G7 summit in Germa-

ny, which U.S. President Joe Biden is attending.

Russia's efforts to avoid what is its first major default on international bonds since the Bolshevik revolution more than a century ago hit a roadblock in late May when the U.S. Treasury Department's Office of Foreign Assets Control (OFAC) effectively blocked Moscow from making payments.

A formal default would be largely symbolic given Russia cannot borrow internationally at the moment and doesn't need to thanks to plentiful oil and gas export revenues. But the stigma would probably raise its borrowing costs in future.

"With Russia going into sovereign default the international community has moved into a new, more aggressive phase of its sanctions campaign against Moscow," said Adam M. Smith, partner at Gibson Dunn in Washington.

The payments in question are \$100 million in interest on two bonds, one denominated in U.S. dollars and another in euros, that Russia was due to pay on May 27. The payments had a grace period of 30 days, which expired on Sunday.

"Russia's default – already determined by the failure to pay interest last month – had been largely priced in and bonds have been in the 10-20 cents area for a long time," said Gabriele

Foa, portfolio manager of the Global Credit Opportunities Fund at Algebris. "I do not expect creditors to organize and hold talks for a restructuring soon, as these talks are likely not possible amid political tensions."

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Russia, rejecting default, tells investors to go to western financial agents

Russia rejected claims on Monday that it had defaulted on its external debt for the first time in more than a century, telling investors to go to Western financial agents for the cash which was sent but bondholders did not receive.

The White House said that Russia has defaulted on its international bonds for the first time since the Bolshevik revolution, as sweeping sanctions have effectively cut the country off from the global financial system.

Until last week, Russia kept on paying on its Eurobonds in foreign currency as per issue conditions yet its dollar and euro coupon transfers made in May, ahead of a key U.S. waiver allowing for such transactions expired, did not reach investors.

“Statements of a default are absolutely unjustified,” Kremlin spokesperson Dmitry Peskov told a call with reporters on Monday, pointing to the May forex coupon payment.

“The fact that Euroclear withheld this money and did not bring it to the recipients is not our problem. There are absolutely no grounds to call such situation a default.”

Euroclear did not immediately respond to a request for comment.

On Monday, the finance ministry said that ‘actions of foreign financial intermediaries are beyond of the Russian finance ministry’s control,’ asking foreign bondholders to speak directly to those withholding the payments.

“The non-receipt of money by investors did not occur because of lack of payment but due to the third party actions and which is not directly spelled out as a default situation by issue documentation,” the ministry added.

As the U.S. waiver expired and the European Union sanctioned the National Settlement Depository (NSD), the Russian version of Euroclear and Clearstream western clearing houses, last week Moscow paid its next coupons due in forex in roubles.

President Vladimir Putin ordered last week that debt obligations would be considered fulfilled once a rouble payment equal to the forex amount due was made. Bondholders would need to open an account at a Russian bank to receive the payment.

Moscow would not block the payment’s conversion into forex and its transfer abroad but investors would need to say in writing they don’t have claims against Russia, the ministry has said. The banks are yet to be announced.

‘FINANCIAL NUCLEAR BOMB’

The Group of Seven major Western powers banned transactions with Russia’s central bank and froze its assets held in their jurisdictions, worth around \$300 billion, after Russia launched what it called special military operation in Ukraine in February.

Some western politicians have called to seize the reserves frozen to rebuild Ukraine - the idea two high-ranked Russian financial sources said they believed was behind the announcement of default and which Moscow considers artificial.

“By announcing a default, they can claim that sanctions work. Economically, financial assets could be confiscated legally,” one of the two sources said.

Peskov reiterated on Monday that reserves were blocked ‘unlawfully’ and any attempts to use them would ‘amount to outright theft.’

“I believe that a financial nuclear bomb was used against us, no country in the history of mankind has experienced such sanctions pressure as Russia is now,” Alexei Moiseev, Russian deputy finance minister, said last week.

(Reporting by Reuters; Editing by Frank Jack Daniel)

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Most all vehicles have a recirculation button with the AC controls in their cars. But many of us are unsure when to use it. Well, the easy answer is to use it in the summer and turn it off in the winter.

The recirculation button simply takes the air from inside the car and recirculates it in the cabin instead of pulling fresh air from outside. On days like today when it is miserably hot outside, if you do not recirculate the cooler air in the cabin, than your AC system is pulling hot air from outside and trying to cool it. Using the recirculation feature will get your car cooler and will decrease the wear and tear on your AC system.

- Side note, if your car has been baking in the sun, its better to roll the windows down and turn recirculate off for the first minute or so to get rid of the super hot air inside the car before turning the recirculate on. Also, any time you are stuck in traffic (summer or winter) be sure to use the recirculate. If you are pulling air from outside, then you are pulling in all the pollutants and carbon monoxide from all the traffic. Studies show that recirculating your AC can cut down on the pollutants entering your vehicle by 20% when stuck in traffic!

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Sheik Omar Suleiman speaking at protest against illegal arrests and demolition of Muslim homes

Hyderabad Society of North Texas Celebrated a successful annual picnic

-Mirza P. Baig
Hyderabad Society of North Texas Celebrated a successful annual picnic after a gap of two years.



With immense fanfare, the Hyderabad Society of North Texas celebrated their great annual picnic with a backdrop of a beautiful lake in Lewisville Texas. The organization led by Mohammed Hameed was a great success as almost 400 Hyderabadies could attend the event. It started around 12 noon with the mingling of attendees. Then an ambrosial lunch was served with Briyani, Kabab, and dessert. and Followed by a highly entertaining musical program and kite flying contest. It was highly appreciated and they are all looking for the most anticipated Annual Dinner.



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IFTEKHAR SHAREEF PAGE



Seen in pic is Mohammed Azharuddin former India's cricket captain, Mohammed Asaduddin cricketer, Groom , Iftexhar Shareef , First overseas citizen of India, Azam Ali grooms father



Big boss winner & actress Gauher khan with her husband Zaid Durbar s/o Ismail Durbar



Seen in pic is Iftexhar Shareef , Imran Mirza father of tennis star Sania Mirza



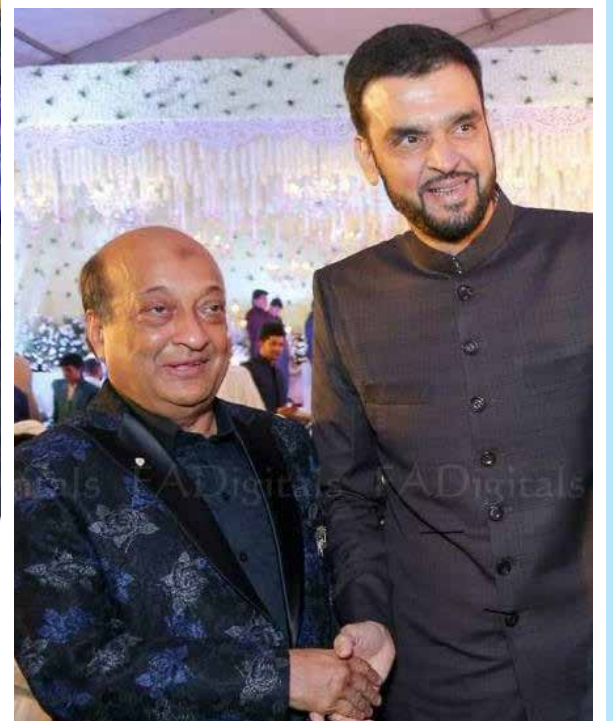
with Janab Mehmood Ali Sahab Home Minister of Telangana State



Seen is Barkat Alam Khan son in law of Asaduddin Owaisi member of Parliament, Hyderabad with Iftexhar Shareef



Seen with Iftexhar Shareef is Ahmed Alam Khan businessman, Barkat Alam Khan & Etesham Quadri



Seen in pic is Yaser Arfat youth Icon of AIMIM



Mohammed Azharuddin former India's cricket captain at residence of Iftexhar Shareef



Mohammed Asaduddin cricketer with his wife Anam Mirza and Iftexhar Shareef



Wedding and Valima function of Furqan Ahmed grandson of Janab Mehmood Ali Sahab Home Minister of Telangana State

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Prof D. Ravinder, Vice Chancellor, Osmania University visits Chicago



Prof D. Ravinder, Vice Chancellor, Osmania University with the Hyderabad community at the famous Chai place in Naperville, Royal Palace!

Osmania University is one of the largest affiliating universities and is a home to more than 300,000 students pursuing their higher studies on its Campus, constituent, affiliated colleges and District Centers. It has nearly 5000 Staff comprising of teaching and non-teaching. It is multi-faculty and multidisciplinary university, offering rich and varied courses in the faculties of Arts, Sciences, Social Sciences, Law, Education, Engineering, Technology, Commerce, Management, Informatics, Pharmacy and Oriental Languages.

Osmania University is named after its founder, Nawab Osman Ali Khan, the seventh Nizam of Hyderabad who rather through a farman or Royal Charter, brought the University into existence in 1918. The establishment of Osmania University symbolizes a renaissance in the Indian educational system. Osmania University is the seventh oldest in India, the third oldest in south India and the first to be established in the erstwhile princely state of Hyderabad. It has significantly contributed to the academic and economic development of not only the region but also of the Country.

-Ashfaq Hussain Syed



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Photographs and Press release by: Asian Media USA



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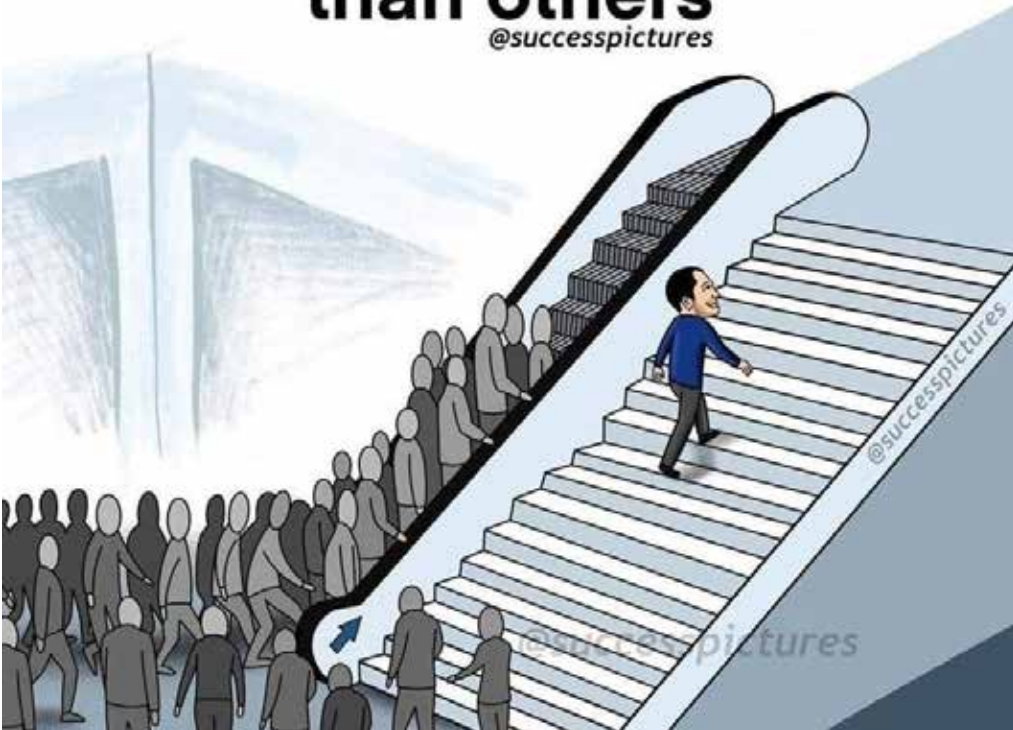
Eid party event in Chicago

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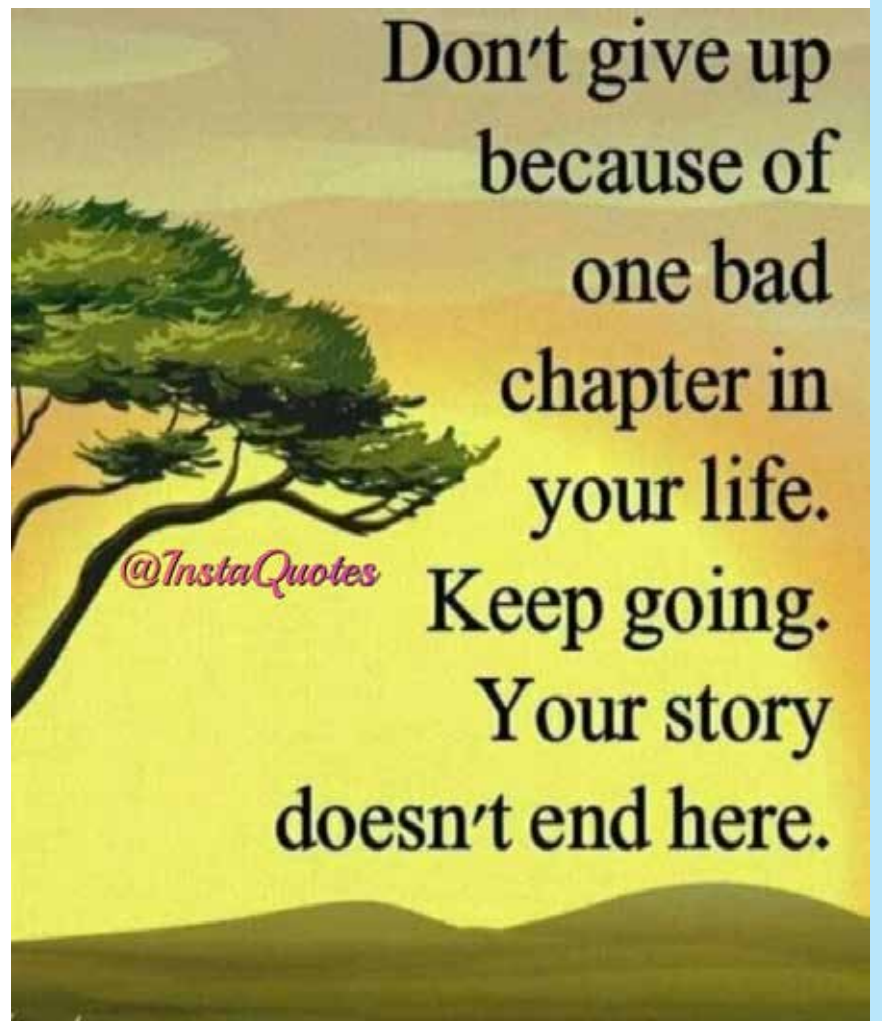
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Well known Hyderabad Historicalian M A Nayeem Passes away



Hyderabad: The man who wrote history all his life became part of history himself. A chronicler par excellence and the last word on Deccan history particularly, Dr. M.A Nayeem's death brings the curtain down on the finest of historians who are methodical in narrative and meticulous in research. As a historian, he was a breed apart. Whatever he wrote, he backed it with archival records, maps, and archaeological and architectural data. He undertook long journeys all over the Deccan to collect minute details. No wonder his books fill not just the lacuna in history but recaptures the sublime spirit of life and times bygone.

Though he was 84 years old, age sat lightly on him as far as his passion for writing goes. A voracious reader, he authored more than 25 books on various aspects of Mughal administration, Qutb Shahi and Asif Jahi dynasties. He single-handedly managed the whole thing – writing, proof-reading, taking pictures, and publishing the books. Nayeem was a ready-reckoner of sorts. And he came in handy for press men to check historical details and dates.

Unfortunately, Nayeem was a loner most of his life. With his doctor wife, Fouzia Nayeem, having predeceased him some two decades ago, he lived all by himself in his well-furnished house in AC Guards. His three sons are all abroad and come home once a year for their mother's death anniversary. A stickler for discipline, Nayeem was regular in his prayers and indulged in minimalist foods that are simple but wholesome. But he had an insatiable appetite for books.

Having done his postgraduation in History from Aligarh Muslim University and Ph.D and D. Litt in History from the University of Poona, Nayeem worked as a research officer at the Andhra Pradesh State Archives. While in service, he compiled and edited two volumes of Mughal documents and catalogue of Aurangzeb's reign. They contain English translations of nearly 6,000 Persian documents. He was a member of the editorial board of Islamic Culture and co-editor of Modern Deccan History sponsored by the government of Andhra Pradesh. He also edited Itihas, the Archives' journal, including the special issue on temples of Andhra Pradesh.

In his illustrious career spanning three decades, Nayeem published six books on Arabian history while working at the department of archaeology and museology, College of Arts, King Saud University, Riyadh. His book, Hyderabad Philatelic History, won gold medals at Delhi, Tokyo, Paris, Norway, London, and Melbourne. The book on The Heritage of the Bahmanis and the Baridis of the Deccan published in 2012 marked the completion of the heritage series – The Splendour of Hyderabad, The



Heritage of Qutb Shahis of Golconda and Hyderabad, The Heritage of the Adil Shahis of Bijapur, and The Royal Palaces of the Nizam. He also published Miniature Paintings of Nizam Ali Khan Asaf Jah II. One can glean the life and times of contemporary Deccan from these paintings. In the book Safavid Iran and the Deccan Sultanates, he brought out the diplomatic and cultural relations between them.

For connoisseurs of history, these volumes are a treasure trove of information. They cover 600 years of the medieval Deccan and give a peep into the socio, economic, cultural, art, architecture, religion, numismatics, and foreign relations with west Asia. In recognition of his contributions, a book on Nayeem was brought out by friends and admirers to mark his 77th year.

JS Ifthekhar for NewsMeter

From the Desk of Shahnaz Baig Hamilton Canada

Father's Day is a celebration honoring people's fathers and celebrating the fatherhood, paternal bonds, and the influence of fathers in their society. It was first proposed by Sonora Dodd of Spokane, Washington in 1909. It is currently celebrated in the US and Canada annually on the third Sunday in June.

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Anna Jarvis's Mother's Day at Central Methodist Episcopal Church in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors of the Spokane Ministerial Alliance did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June.

from Wikipedia

Saudi crown prince, Erdogan meet in Turkey with 'full normalisation' in sights

ANKARA (Reuters) -Saudi Crown Prince Mohammed bin Salman arrived in Turkey for the first time in years on Wednesday for talks with President Tayyip Erdogan aimed at fully normalising ties that were ruptured after the murder of Saudi journalist Jamal Khashoggi.

The visit marks a step in efforts by the de facto Saudi leader to rehabilitate his image beyond the Gulf, and comes as Erdogan seeks financial support that could help relieve Turkey's beleaguered economy ahead of tight elections for the president.

In April, Erdogan held one-on-one talks with Prince Mohammed in Saudi Arabia after a months-long drive to mend relations between the regional powers, including dropping the Turkish trial over Khashoggi's 2018 murder in Istanbul.

Erdogan said last week he and Prince Mohammed would discuss "to what much higher level" they can take ties during talks in Ankara.

The visit is expected to bring "a full normalisation and a restoration of the pre-crisis period," a senior Turkish official told Reuters on condition of anonymity. "A new era will begin."

Erdogan welcomed Prince Mohammed at the presidential palace in Ankara with a ceremony and the two shook hands and embraced, before being met by members of the Turkish cabinet.

In a statement following the talks, the two countries emphasized determination on ushering in a new period of cooperation in bilateral relations.

The Turkish official said the two countries had lifted restrictions on trade, flights and the screening of TV series, with mutual negative media coverage also halted.

However, he said negotiations on a possible currency swap line - which could help restore Turkey's di-

minished foreign reserves - were not moving "as fast as desired" and will be discussed privately between Erdogan and Prince Mohammed.

The two countries also discussed improving cooperation in trade and sectors such as defence, energy and tourism among others, the joint statement said. It added that Ankara invited Saudi investment funds to invest in Turkish startups.

CRITICISM HALTED

Prince Mohammed is on his first tour outside the Gulf region in over three years including a visit to Jordan.

Ties between Ankara and Riyadh took a turn for the worse after a Saudi hit squad killed and dismembered Khashoggi in 2018 at the kingdom's consulate in Istanbul. Erdogan at the time blamed it on the "highest levels" of the Saudi government.

The visit, including the welcoming ceremony at the palace, marks a turnaround in their relations. Ankara stopped all criticism and halted its murder trial in April, transferring the case to Riyadh in a move condemned by human rights groups.

Prince Mohammed has been leveraging Saudi Arabia's vast wealth and oil production capacity to lure in Western leaders and private business partners, hoping shifting geopolitics and a focus on social and economic reforms would soften criticism of his human rights record.



U.S. President Joe Biden is set to visit Saudi Arabia in July as Washington struggles with record high gasoline prices and building a united front against Russia after its invasion of Ukraine.

The visit also comes as Turkey's economy is badly strained by a slumping lira and inflation soaring beyond 70%. Saudi funds and foreign currency could help Erdogan shore up support ahead of elections by June 2023, analysts say.

The Turkish official said Saudi Arabia may be interested in companies within the Turkish Wealth Fund or elsewhere, or in making investments similar to those by the United Arab Emirates in recent months.

The leaders will also discuss the possible sale of Turkish armed drones to Riyadh, the person added.

Kemal Kilicdaroglu, leader of the main opposition Republican People's Party (CHP), said on Tuesday that Erdogan "will embrace the man who ordered the killing" of Khashoggi and accused him of trading "the country's honour" for financial aid.

Prince Mohammed denies any involvement in the murder.

(Additional reporting by Aziz El Yaakoubi in Riyadh and Daren Butler in Istanbul; Editing by Jonathan Spicer, Angus Mac-Swan and Deepa Babington)



Tribal woman likely to be India's next president



ASHOK SHARMA

Wed, June 22, 2022, 3:33 AM

NEW DELHI (AP) — A woman representing India's poor tribal community is likely to be the country's next president after the governing Bharatiya Janata Party picked up Draupadi Murmu on Tuesday as its candidate for the post.

The presidency is a ceremonial post and the election of Murmu, 64, is a formality with Prime Minister Narendra Modi's BJP in a strong position to galvanize support for her among lawmakers representing parliament and state legislatures.

The BJP chose Murmu at the party's parliamentary board meeting Tuesday chaired by Modi. Party president J.P. Nadda told reporters that they felt the next president should be a female tribal candidate.

A divided opposition named Yashwant Sinha, a BJP rebel, to challenge Murmu in the election. Sinha, 84, had served as the country's finance minister during the previous BJP government from 1998 to 2002. He quit the party following a divergence with Modi on economic issues in 2018.

The voting will be held on

July 18.

In India, the prime minister is the head of the government and holds the executive authority, and the president mostly follows the prime minister's advice so long as it is constitutional.

Murmu, a member of Modi's BJP, hails from the eastern Odisha state and had served as the governor of Jharkhand state.

Modi tweeted Tuesday, "Droupadi Murmu has de-

voted her life to serving society and empowering the poor, downtrodden as well as the marginalized."

Murmu's father and her grandfather were village headmen in Baidaposi in Mayurbhanj district in Odisha.

Tribes are generally poor, lacking health care and education facilities in remote Indian villages. India's tribal communities have developed their traditions and economies in concert with the natural resources at hand.



INTERNATIONAL PAGES

Russia and China are brewing up a challenge to dollar dominance

Russia and China are developing a new reserve currency with other BRICS countries, President Vladimir Putin said.

The basket currency would rival a US-dominated IMF alternative and let Russia widen its influence, an analyst said.

The dollar's dominance is already eroding as central



banks diversify into the Chinese yuan and smaller currencies.

Russia is ready to develop a new global reserve currency alongside China and other BRICS nations, in a potential challenge to the dominance of the US dollar.

President Vladimir Putin signaled the new reserve currency would be based on a basket of currencies

from the group's members: Brazil, Russia, India, China, and South Africa. "The matter of creating the international reserve currency based on the basket of currencies of our countries is under review," Putin told the BRICS Business Forum on Wednesday, according to a TASS report. "We are ready to openly work with all fair partners."

The dollar has long been seen as the world's reserve currency, but its dominance in share of international currency reserves is waning. Central banks are looking to diversify their holdings into currencies like the yuan, as well as into non-traditional areas like the Swedish krona and the South Korean won, according to the International Monetary Fund.

"This is a move to address the perceived US-hegemony of the IMF," ING's global head of markets Chris Turner said in a note. "It will allow BRICS to build their own sphere of influence and unit of currency within that sphere."

Russia's move comes after Western sanctions imposed over the Ukraine war all but cut the country out of the global financial system, curtailing access to its dollars and putting pressure on its economy.

"The speed with which western nations and its allies sanctioned Russian FX reserves (freezing around

half) no doubt shocked Russian authorities," ING's Turner said.

"The Central Bank of Russia effectively admitted as much, and no doubt some BRICS nations — especially China — took notice of the speed and stealth at which the US Treasury moved," he added.

Those sanctions have likely encouraged Moscow and Beijing to work on an alternative to the IMF's international reserve asset, the special drawing rights, Turner suggested.

While it's not a reserve currency, the SDR is based on a basket of currencies made up of the US dollar, the euro, the British pound and Japan's yen — as well as China's yuan.

One possibility is that the BRICS basket currency could attract the reserves not just of the group's members, but also countries already in their range of influence, he suggested. These include nations in South Asia and the Middle East.

Russia has seen its currency the ruble rebound to above its pre-war level, thanks to central bank support, after it plunged 70% in less than two weeks after the Ukraine invasion. It has risen 15.2% in June to 1.87 cents. Meanwhile, the yuan has held steady at around \$0.15 over the same period.

Turkey re-evaluating death penalty after Erdogan's wildfires comment - minister

Turkey will reconsider a 2004 decision to abolish capital punishment, the justice minister said on Saturday, after President Tayyip Erdogan raised the death penalty in connection with the cause of this week's wildfires.

Capital punishment was struck from the constitution in the early years of Erdogan's rule. But after a suspected deliberate blaze destroyed 4,500 hectares (11,119 acres) of Aegean coastal forest, Erdogan said tougher justice was needed.

Authorities have said that a suspect detained in connection with the fire has admitted to causing it. The blaze, in woodland near the resort of Marmaris, has been contained, authorities said on Saturday.

After visiting the scene on Friday, Erdogan said the punishment for burning forests should be "intimidating, and if that's a death sentence, it's a death sentence".

Speaking to reporters in the eastern town of Agri on Saturday, Justice Minister Bekir Bozdag said the president's comments "are instructions to us."

"We have started working on it as the ministry," Bozdag said, adding that the current punishment for starting wildfires was 10 years in



prison, rising to a possible life sentence if part of organised crime.

The country's first big blaze of the summer began on Tuesday and conjured memories of last year's fires which ravaged 140,000 hectares of countryside, the worst on record.

Interior Minister Suleyman Soyulu said on Thursday that the detained suspect had admitted to burning down the forest out of frustration due to family issues.

Local officials told Reuters in recent days that authorities lacked the necessary equipment and personnel for another summer of fires.

On Friday, Forestry Minister Vahit Kirisci said 88% of forest fires in Turkey were started by people.

(Reporting by Azra Ceylan; Editing by Jonathan Spicer and Mike Harrison)

Deutsche Bank says the US is heading for a deeper recession than previously expected, with unemployment set to jump

Deutsche Bank said the US economy is heading for a deeper recession than it previously expected.

Deutsche was the first big bank to predict a US recession when it made the call in April.

Since the Fed hiked interest rates by 0.75% last week, more Wall Street analysts are coming round to that view.

Deutsche Bank has said the US economy is heading for an earlier recession than the investment bank previously expected, that will drive up unemployment by almost two percentage points.

Since the Federal Reserve raised interest rates by 75 basis points last week — for its biggest hike since 1994 — Wall Street analysts have downgraded their forecasts for the US economy.

Deutsche was the first major bank to predict a US recession in April. It has been followed by others such as Nomura, and many more analysts have since said a severe and sustained economic decline is a distinct possibility.

The Fed’s “aggressive hiking path” means the economy is going to slow sooner than previously thought, Deutsche’s economists said in a note

to clients published Friday and seen by Insider on Tuesday.

The US economy is likely to shrink at an annualized rate of 3.1% in the third quarter of 2023, and then by 0.4% in the fourth quarter, Deutsche said. Previously, it had penciled in the first contraction for the fourth quarter.

Overall, the German bank expects the US economy to slow to a crawl, growing just 0.7% in 2023, compared with 2022.

“More than two months ago, we forecasted that the US economy would tip into a recession by end-2023,” Deutsche’s team, led by chief US economist Matthew Luzzetti, said in the note.

“Since that time, the Fed has undertaken a more aggressive hiking path, financial conditions have tightened sharply, and economic data are beginning to show clear signs of slowing.”

“In response to these developments, we now expect an earlier and somewhat more severe recession.”

Deutsche Bank expects that as the US economy slows, unemployment will pick up relatively sharply from the 3.6% level, where it has hovered for the past three months. It expects unem-

ployment to peak at 5.5% in 2024.

Luzzetti and colleagues said this situation would be similar to the downturns of the early 1990s and 2000s, which they described as modest.

There is a growing consensus that the Fed will have to abruptly slow down the economy as it seeks to tackle inflation.

The US central bank can influence spending in the economy by changing interest rates. Although economists debate the exact nature of the mechanism, higher interest rates are generally seen as making borrowing more expensive. That then reduces business investment, which in turn lowers hiring and cools wage growth.

Goldman Sachs Monday said it thinks the chances of a US recession arriving over the next year have doubled, from 15% to 30%. It puts the chance of a recession within two years at just under 50%.

The National Bureau of Economic Research is the arbiter of recessions in the US. It says a recession involves “a significant decline in economic activity that is spread across the economy and lasts more than a few months.”



Uddhav Thackeray’s government in danger

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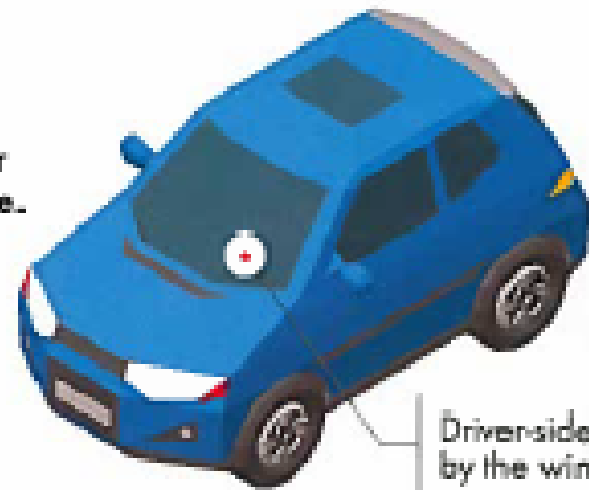
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- Look for your VIN on the driver-side dashboard by the windshield or on your insurance card.



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Mon, Nov 21, 2022 – Sun, Dec 18, 2022

2022 FIFA World Cup / Dates

FIFA World Cup 2022

GROUP A

-  Qatar
-  Netherlands
-  Senegal
-  Ecuador

GROUP B

-  England
-  United States
-  Iran
-  Wales

GROUP C




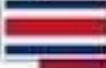
-  Argentina
-  Mexico
-  Poland
-  Saudi Arabia

GROUP D



-  France
-  Denmark
-  Tunisia
-  Australia







GROUP E

-  Spain
-  Germany
-  Japan
-  Costa Rica

GROUP F

-  Belgium
-  Croatia
-  Morocco
-  Canada

GROUP G

-  Brazil
-  Switzerland
-  Serbia
-  Cameroon

GROUP H

-  Portugal
-  Uruguay
-  South Korea
-  Ghana

PINEAPPLE DREAM DESSERT

2 1/2 cups graham crumbs (2 sleeves)
 1/2 cup unsalted butter (for crust)
 2 cups of powdered sugar, sifted
 1/2 cup unsalted butter, softened (for filling)
 4 oz cream cheese, softened
 8 oz container Cool Whip
 20 oz can crushed pineapple, drained well
 Preheat the oven to 300 F. Melt 1/2 cup

butter in the microwave and let it cool. Combine the crumbs and butter, then press 2 cups of the crumb mixture firmly into a 9x9 square pan and bake for 8-10 minutes. Place on wire rack to cool. Beat the cream cheese and 1/2 cup butter together until creamy. Turn the mixer down to low and add the powdered sugar one cup at a time until incorporated. Turn up and beat well for a minute or so.

Add a heaping tablespoon of the drained crushed pineapple and stir in with a rub-

ber spatula. Spread the cream cheese and pineapple mixture over the crust. Fold the remaining pineapple into the Cool Whip and spread on top of the cream cheese mixture. Sprinkle the remaining graham cracker crumb mixture on top. Refrigerate for at least 4 hours, preferably overnight.



Egg Plant Curry

Ingredients

Serves 4
 1 Large Egg Plant
 1 Potatoes
 1/2 Onion
 1/2 Tomato
 1 Serrano Pepper
 Cilantro as needed
 3/4 Teaspoon Ginger Garlic Paste
 3/4 Teaspoon Mustard Seed
 1/8 Teaspoon Turmeric Powder
 3/4 Teaspoon Chili Powder
 3/4 Teaspoon Cumin Powder
 1/3 Teaspoon Sugar
 Salt to taste
 3 Tablespoons Oil

Instructions

Step 1
 Wash then cut eggplant into 1/2 inch cubes and set aside

Wash then cut eggplant into 1/2 inch cubes and set aside
 Step 2

Wash, peel and cut potatoes into 1/2 inch pieces then set aside

Wash, peel and cut potatoes into 1/2 inch pieces then set aside
 Step 3
 Cut onion and tomato fine, and slit one Serrano pepper

Cut onion and tomato fine, and slit one Serrano pepper
 Step 4

Heat 1 tbsp of oil in pan then add potatoes with a little salt & fry till they are semi cooked. I prefer cooking them now so it takes less time after

Heat 1 tbsp of oil in pan then add potatoes with a little salt & fry till they are semi cooked. I prefer cooking them now so it takes less time after
 Step 5

Set aside potatoes. Heat 1 tbsp of oil and add eggplant cubes with little salt. Fry till the cubes are semi cooked then set aside

Set aside potatoes. Heat 1 tbsp of oil and add eggplant cubes with little salt. Fry till the cubes are semi cooked then set aside
 Step 6

Heat 1 tbsp of oil then add Serrano pepper and mustard seeds. Let it fry for about seconds. Stir the pepper to lightly fry 1 sides

Heat 1 tbsp of oil then add Serrano pepper and mustard seeds. Let it fry for about seconds. Stir the pepper to lightly fry 1 sides
 Step 7

Add onions and ginger-garlic paste to fried Serrano pepper and mustard seeds. Mix and fry this till onions are light brown

Add onions and ginger-garlic paste to the fried Serrano pepper and mustard seeds. Mix and fry this till onions are light brown
 Step 8

Once onions brown, add tomato, salt, sugar, chili powder, turmeric powder,



Step 11
 Once potatoes and eggplant are cooked, add cilantro (optional) and mix well. Done!

SWEET AND SPICY INDIAN CHICKEN

This sweet and spicy Indian chicken is marinated in yogurt and spices and finished with a sweet and sticky maple syrup glaze. It's outrageously delicious and will easily become your go-to chicken dinner.

Ingredients

1.5 pounds boneless skinless chicken thighs
 2 tablespoons plain yogurt
 1 tablespoon garam masala
 1 tablespoon red curry paste
 1 tablespoon roasted red chili paste (*you can omit if you don't have and just use an additional tablespoon of the red curry paste instead)
 1 teaspoon curry powder

1/2 teaspoon coriander
 1/2 teaspoon smoked paprika
 1/2 teaspoon kosher salt
 1/2 teaspoon black pepper
 1 tablespoon lemon juice
 1 tablespoon coconut oil

For the glaze

1/4 cup maple syrup
 juice of 1/2 a lemon

Instructions

Combine the yogurt, all the spices including the curry and chili paste and the lemon juice in a small bowl and mix together with a spoon.

Place the chicken in a large baking dish and coat in the yogurt mixture. You can let

the chicken marinate like this for up to 8 hours if you'd like or you can cook it right away.

Heat a large skillet over medium-high. Add the coconut oil. Once melted and hot, add the chicken to the skillet. Cook 5-7 minutes on one side until golden brown then flip and cook another 3 minutes on the other side until the chicken is cooked through.

Whisk the maple syrup and lemon juice for the glaze together in a small bowl and add to the skillet with the chicken. Cook down 1-2 minutes until bubbly and starting to reduce. Flip the chicken a few times in the glaze to coat. Turn off the heat

and serve. Garnish with fresh cilantro and serve with a yogurt, cilantro, lemon juice mixture if desired.



Indian Milk Barfi Dessert (Microwave Made)

2 cups powdered milk granules (from whole milk, not skim milk)
 10.14 ounces/300 mL heavy cream
 14.11 ounces/400 g can sweetened condensed milk
 1/2 cup skinless pistachios (finely chopped)

Steps to Make It

Gather the ingredients.

In a rectangular microwave-safe baking pan, whisk together milk powder, heavy cream, and sweetened condensed milk

until smooth. Reserve the pistachios for garnish. Place the pan in the microwave and set the timer for 6 minutes on the high setting. Start and run the microwave. Watch the dish carefully and if the mixture looks like it might boil over, stop immediately and wait for 8 to 10 seconds. Start again and run until the 6-minute time is up.

Take the pan out of the microwave and stir well to break all lumps (these lumps are

the milk solids that are beginning to form due to the cooking).

Put the pan back in the microwave and set again on high for 6 minutes. Watch closely the first minute and then allow to continue cooking.

When the time is up, sprinkle the chopped pistachios over the surface of the barfi while still in the microwave and let sit for 10 minutes.

After 10 minutes, remove barfi from



the microwave and cut into 2- to 2 1/2-inch squares. Serve immediately or after cooling to room temperature.

LATAMANGESHKAR - THE LEGEND

Lata Mangeshkar was born in Indore on September 8, 1929, and became, quite simply, the most popular playback singer in Bollywood's history. She has sung for over 50 years for actresses from Nargis to Preity Zinta, as well as having recorded albums of all kinds (ghazals, pop, etc). Until the 1991 edition, when her entry disappeared, the Guinness Book

her voice was too high-pitched and thin. The circumstances of her entry into the industry were no less inauspicious - her father died in 1942, the responsibility of earning income to support her family fell upon her, and between 1942 and 1948 she acted in as many as eight films in Hindi and Marathi to take care of economic hardships. She made her debut

year, she had changed the face of playback singing forever. The only two lower-pitched singers to survive her treble onslaught to a certain extent were Geeta Dutt and Shamshad Begum.

Her singing style was initially reminiscent of Noor Jehan, but she soon overcame that and evolved her own distinctive style. Her sister, Asha Bhosle, too, came up in the late 1950s and the two of them were the queens of Indian playback singing right through to the 1990s. Her voice had a special versatile quality, which meant that finally music composers could stretch their creative experiments to the fullest. Although all her songs were immediate hits under any composer, it was the composers C. Ramchandra and Madan Mohan who made her sound her sweetest and challenged her voice like no other music director.



as a playback singer in the Marathi film Kiti H a s a l (1942) but, ironically, the song was edited out!

However, in 1948, she got her big break

of World Records listed her as the most-recorded artist in the world with not less than 30,000 solo, duet, and chorus-backed songs recorded in 20 Indian languages between 1948 and 1987. Today that number might have reached 40,000!

with Ghulam Haider in the film Majboor (1948), and 1949 saw the release of four of her films: Mahal (1949), Dulari (1949), Barsaat (1949), and Andaz (1949); all four of them became runaway

The 1960s and 1970s saw her go from strength to strength, even as there were accusations that she was monopolizing the playback-singing industry. However, in the 1980s, she cut down her workload to concentrate on her shows

She was born the daughter of Dinanath Mangeshkar, the owner of a theater company and a reputed classical singer in his own right. He started giving Lata singing lessons from the age of five, and she also studied with renowned singers Aman Ali Khan Sahib and Amanat Khan. Even at a young age she displayed a God-given musical gift and could master vocal exercises the first time.



Lata, Naushad, Hridhaynath Mangeshkar & Talat at the premiere of Lata's film 'LEKIN'

Ironically, for someone of her stature, she made her entry into Bollywood at the wrong time - around the 1940s, when bass singers with heavily nasal voices, such as Noor Jehan and Shamshad Begum were in style. She was rejected from many projects because it was believed that

hits, with their songs reaching to heights of what was until then unseen popularity. Her unusually high-pitched singing rendered the trend of heavily nasal voices of the day totally obsolete and, within a

gence in her popularity, but even today some of Hindi Cinema's biggest hits, including Dilwale Dulhania Le Jayenge (1995), Dil To Pagal Hai (1997), and Veer-Zaara (2004) feature her legendary voice.

No matter which female playback singer breaks through in any generation, she cannot replace the timeless voice of Lata Mangeshkar. She is an icon beyond icons....

Personal Quotes
About singing for Veer-Zaara (2004): "Madan Mohan was like my brother. Yashji's like my brother. I felt I had gone back in time."



About her love of diamonds: "I've been fond of diamonds from childhood. As a child, my father used to design jewelry. But we couldn't afford them. He had a keen eye for jewelry and was

gar in those days seem like bhajans [devotional music] compared with what's being sung these days! Yes, I've sung naughty songs, but "Kaanta Lagaa," for instance, had another context when I sang it. I feel sorry for the girl who was seen in the music video of "Kaanta Lagaa." I've heard she's from a decent family. Why wasn't she stopped by her family? Ambition? If she did it with their consent, then God help them. I struggled hard to get where I am - that's why I am still here."

About music composition: "It doesn't suit me. Although I've done it in the past, now I don't feel like it. I don't think I've the patience."



fond of wearing precious stones. We kids were equally fascinated by jewels. But until I became a professional playback singer, I refused to wear jewelry. I had decided I'd wear only diamonds."

About the December 2004 tsunami: "This sort of calamity shakes our faith in every law of nature. Little children, women, and entire families have perished. We must help...yes we must."

About the number of her songs being remixed in music videos: "I don't like it. I don't like remix albums as a concept. On top of that, these girls dancing in itsy-bitsy clothes suggestively! From childhood we've been told that a woman's dignity is in the way she conducts herself in public. The less you reveal, the more attractive you appear. I must say that the songs that I considered vul-

About Michael Jackson: "I never got opportunity to meet him. I'll always have this regret in my heart."



Important Recall Info That MAY Affect Your Vehicle

Sent from my Verizon, Samsung Galaxy smartphone

----- Original message -----
 From: "U.S. Department of Transportation (DOT) National Highway Traffic Safety Administration (NHTSA)" <NHTSA-Recall-Alerts@service.govdelivery.com>
 Date: 6/20/22 4:34 AM (GMT-06:00)
 To: MQUADEER@YAHOO.COM
 Subject: Important Recall Info That MAY Affect Your Vehicle

U.S. Department of Transportation
 National Highway Traffic Safety Administration

Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left unrepaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.

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 You are receiving this message because you requested to be notified by the National Highway Traffic Safety Administration (NHTSA) if there is a safety recall that may affect your vehicle.

The following may apply to one or more of your vehicles if your vehicle is listed below. Click on the NHTSA Recall ID Number below to read more about the safety issue and the reason for the recall.

To find out if your specific passenger vehicle is included in the recall, use our VIN Look-up Tool.

NHTSA Recall ID Number : 22V390
 Manufacturer :Dalton Enterprises, Inc.
 Subject : Damaged Cooktop Control Valves May Leak Gas
 Make Model Model Years ADAMHORSE TRAILER 2021-2022
 NHTSA Recall ID Number : 22V391
 Manufacturer :Elgin Sweeper Company, Inc.
 Subject : Fan Assembly may Separate from the Vehicle
 Make Model Model Years ELGIN REGENX 2018-2022

NHTSA Recall ID Number : 22V395
 Manufacturer :Forest River, Inc.
 Subject : Swing Up Table Could Drop Unexpectedly
 Make Model Model Years EAST TO WEST ALTA 2022
 PALOMINO SOLAIRE 2022
 NHTSA Recall ID Number : 22V396
 Manufacturer :Corp. Micro Bird, Inc.
 Subject : Bracket May Interfere with Seat Belt Pretensioner
 Make Model Model Years MICRO BIRD G5 2017-2018
 NHTSA Recall ID Number : 22V398
 Manufacturer :C.E. Smith Company, Inc.
 Subject : Axle Weld may Fail Allowing Wheel to Separate
 Make Model Model Years C.E. SMITH COMPANY MULTI-SPORT 48810 2021-2022
 C.E. SMITH COMPANY MULTI-SPORT 48815 2021-2022
 C.E. SMITH COMPANY MULTI-SPORT PLUS 48870 2021-2022
 MALONE AUTO RACKS ECOLIGHT MPG585 2021-2022
 MALONE AUTO RACKS MICROSPORT MPG460 2021-2022
 NHTSA Recall ID Number : 22V400
 Manufacturer :Off Grid Trailers
 Subject : Damaged Cooktop Control Valves May Leak Gas
 Make Model Model Years OFF GRID TRAILERS EXPEDITION 2021-2022
 OFF GRID TRAILERS PANDO 2021-2022
 OFF GRID TRAILERS SWITCHBACK 2021-2022
 NHTSA Recall ID Number : 22V401
 Manufacturer :Mack Trucks, Inc.
 Subject : Steering Gear Assembled Incorrectly
 Make Model Model Years MACKANTHEM (AN) 2021-2022
 MACKGRANITE (GR) 2021-2022
 MACKLR 2021-2022
 MACKPINNACLE (PI) 2021-2022
 MACKTERRAPRO (TE) 2021-2022
 NHTSA Recall ID Number :

22V402
 Manufacturer :Keystone Coachworks Inc
 Subject : Damaged Cooktop Control Valves May Leak Gas
 Make Model Model Years KEYSTONE COACHWORKS MERCEDES METRIS 2020-2021
 NHTSA Recall ID Number : 22V403
 Manufacturer :Zero Motorcycles Inc.
 Subject : Incorrect Front Brake Caliper Bolts
 Make Model Model Years ZERO SR 2022
 ZERO SR/F 2022
 NHTSA Recall ID Number : 22V404
 Manufacturer :Porsche Cars North America, Inc.
 Subject : Vehicle Display Malfunction/FMVSS 111
 Make Model Model Years PORSCHE TAYCAN 2020-2022
 NHTSA Recall ID Number : 22V406
 Manufacturer :Chrysler (FCA US, LLC)
 Subject : High Pressure Fuel Pump Failure
 Make Model Model Years JEEP GRAND CHEROKEE 2014-2020
 RAM 1500 2014-2019
 NHTSA Recall ID Number : 22V407
 Manufacturer :Chrysler (FCA US, LLC)
 Subject : Rearview Image May Not Display/FMVSS 111
 Make Model Model Years RAM 1500 2022
 RAM 2500 2022
 RAM 3500 2022
 NHTSA Recall ID Number : 22V410
 Manufacturer :Forest River, Inc.
 Subject : Step Treads Inadequately Secured to Step Brackets
 Make Model Model Years PRIME TIME CRUSADER 2022
 PRIME TIME SANIBEL 2022
 NHTSA Recall ID Number : 22V411
 Manufacturer :Ford Motor Company
 Subject : Child Safety Lock Malfunction
 Make Model Model Years FORD BRONCO 2021-2022
 NHTSA Recall ID Number : 22V412

Manufacturer :Ford Motor Company
 Subject : High Voltage Battery Contactor May Overheat
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 NHTSA Recall ID Number : 22V413
 Manufacturer :Ford Motor Company
 Subject : Unintentional Rollaway Due to Detached Shift Cable
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 FORD TRANSIT CONNECT 2013-2021
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 Manufacturer :Ford Motor Company
 Subject : Unsecured Fuel Tank Attachment Strap
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 NHTSA Recall ID Number : 22V415
 Manufacturer :Ford Motor Company
 Subject : Instrument Panel Not Illuminated/FMVSS 101
 Make Model Model Years FORD TRANSIT 2022
 NHTSA Recall ID Number : 22V418
 Manufacturer :Daimler Trucks North America, LLC
 Subject : Improperly Connected High Voltage Battery Cable
 Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER C2 ELECTRIC 2021-2023
 NHTSA Recall ID Number : 22V422
 Manufacturer :Lamborghini (Automobili Lamborghini)
 Subject : Malfunctioning Exterior Driver-Side Door Handle
 Make Model Model Years LAMBORGHINI HURACAN 2022
 NHTSA Recall ID Number : 22V424
 Manufacturer :PACCAR Incorporated
 Subject : ABS Telltale Not Enabled/FMVSS 105
 Make Model Model Years KENWORTH T180 2022
 KENWORTH T280 2023

4th of July search words

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D W G M I D O D V C W G R V H Y X R K E
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V C J F Z E T L O H J W F E Y D P W J D
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B E L D E C L A R A T I O N Q P R U X Y
D N O I T A N Y Y P V V N J E E S C L O
A E B U D F R E E D O M Q L M Y U I Z Y
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America
Freedom
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Nation
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Declaration
Equality
United
Picnic
Holiday
Celebrate

Flag
Party
Patriotism
Family

Health & Wellness

Healthy gut, healthy heart?

How the trillions of bacteria in your intestinal tract play a role in your cardiovascular health.

If you ask most medical experts about the hottest trends in health research, chances are they'll mention the microbiome. The term refers to the trillions of microbes living inside our bodies, known as the human microbiota. The vast majority of these bacteria, viruses, and fungi dwell deep within our intestines. These microbes help with digestion, make certain nutrients, and release substances that have wide-ranging health effects.

"There's a complex interplay between the microbes in our intestines and most of the systems in our bodies, including the vascular, nervous, endocrine, and immune systems. All of these relationships are highly relevant to cardiovascular health," says Dr. JoAnn Manson, professor of medicine at Harvard Medical School and chief of preventive medicine at Brigham and Women's Hospital.

Microbe metabolites

As you'd expect, what we eat plays a major role in the composition of our gut microbiota. And we're learning more about how the substances gut microbes churn out (called metabolites) influence our risk for many chronic diseases, including diabetes, heart disease, and cancer, says Dr. Manson.

One of the best known of these gut metabolites, called trimethylamine (TMA), forms when gut microbes feed on choline,

a nutrient found in red meat, fish, poultry, and eggs. In the liver, TMA is converted to trimethylamine N-oxide (TMAO), a substance strongly connected with the formation of artery-clogging plaque (atherosclerosis). A 2017 study in the *Journal of the American Heart Association* by Dr. Manson and colleagues pooled findings from 19 studies looking at the connection between blood levels of TMAO and serious cardiovascular problems (mainly heart attacks and strokes).

People with the highest TMAO levels were 62% more likely to experience serious cardiovascular problems than those with the lowest levels. High TMAO levels were also linked to higher mortality rates. What's more, these connections were independent of traditional risk factors, such as diabetes, obesity, and kidney problems. This suggests that TMAO could be a novel target for prevention or treatment strategies.

Gut microbe metabolites are also known to influence other factors closely tied to cardiovascular risk, such as diabetes, high blood pressure, and inflammation. For example, a high-fiber diet may encourage the growth of gut bacteria that produce short-chain fatty acids. A gut that includes these microbes seems to help people with diabetes better control their blood sugar and body weight, according to one small study.

Blood pressure benefits

Short-chain fatty acids, which are made almost exclusively in the gut, also seem

to play a role in regulating blood pressure. Studies in mice suggest that these fats are involved in blood vessel dilation and constriction. This observation is one of many described in a report on the role of microbiota in blood pressure regulation published in the September 2017 issue of *Hypertension*.

Other preliminary findings discussed in the review include

- how high dietary sodium levels change the composition of gut microbe populations

- how toxins released from microbes may influence kidney function, a key player in blood pressure regulation

- how microbes that live in the mouth interact with nitrates from vegetables to form nitrites and nitric oxide, which relaxes blood vessels.

But the entire field is still in its infancy, says Dr. Manson. Growing evidence suggests that dietary habits that are helpful for preventing heart disease (such as avoiding red meat, limiting salt, and eating lots of fiber-rich vegetables and whole grains) also have favorable effects on the gut microbiome.

The promise of probiotics



What about probiotics, the live bacteria found in yogurt, other fermented foods, and dietary supplements? While they potentially improve diarrhea caused by infections or antibiotics and may ease symptoms of irritable bowel syndrome, so far the evidence of any definitive benefit is limited.

It's far too early to recommend probiotics routinely for preventing or treating most chronic diseases, says Dr. Manson. "We often don't know if the probiotics are actually getting to the right place and changing microbial flora," she says. But it shouldn't be too long before we understand more about this topic. Dr. Manson and other investigators around the country have received major grants from the National Institutes of Health to study metabolomics for predicting the risk of cardiovascular disease and diabetes. Metabolomics — the study of metabolites — has been called a missing link that connects the microbiome with human health.

What is cognitive reserve?

cognitive reserve

An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. You can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added recourses available to cope with challenges. Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer's disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson's disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you're exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years. Our six-step program will help you improve your cognitive reserve.



When did the British rule start in the sub-continent

23 June 1757, on this day, British rule started in Indian Subcontinent.

The battle of Plassey was a major turning point in modern Indian history that led to the consolidation of British rule in India. This battle was fought between the East India Company headed by Robert Clive and the Nawab of Bengal (Siraj-Ud-Daulah) and his French Troop. This battle is often termed as the 'decisive event' which became the source of ultimate rule of the British in India. The battle occurred during the late reign of the Mughal empire (called later Mughal Period). Mughal emperor Alamgir-II was ruling the empire when the Battle of Plassey took place.

A few historians, while answering the question as to when did the British rule start in India, cite the Battle of Plassey as the source.

The Battle of Plassey took place when Nawab of Bengal Siraj-ud-Daulah did not like the uncontrolled use of privileges by the East India Company's officials. Also, the workers of the company stopped paying the taxes that became one of the reasons for the Battle of Plassey.

The problem arose when the alliance was disrupted under the rule of Nawab of Bengal (Siraj-Ud-Daulah). The Nawab started seizing the fort of Calcutta and imprisoning many British Officials in June 1756. The prisoners were kept in a dungeon at Fort William. This incident is called the Black Hole of Calcutta since only a handful of the prisoners survived the captivity where over a hundred people were kept in a cell meant for about 6 people. The East India company planned an attack and Robert Clive bribed Mir Jafar, the commander-in-chief of the Nawab's army, and also promised him to make

him Nawab of Bengal.

One of the reasons for the defeat of Nawab was the lack of planning to protect their weapons during the heavy downpour which turned the table in favor of the British army apart from the major reason being the treachery of Mir Jafar.

Losses: Bengal and French East India Company, 1,500 casualties of 50,000; British East India Company, fewer than 100 casualties of 3,000.

Apart from the British getting political power of Northern India but only after Nawabs, there were several other effects in many forms that came out as a result of the Battle of Plassey. They can be categorized as:

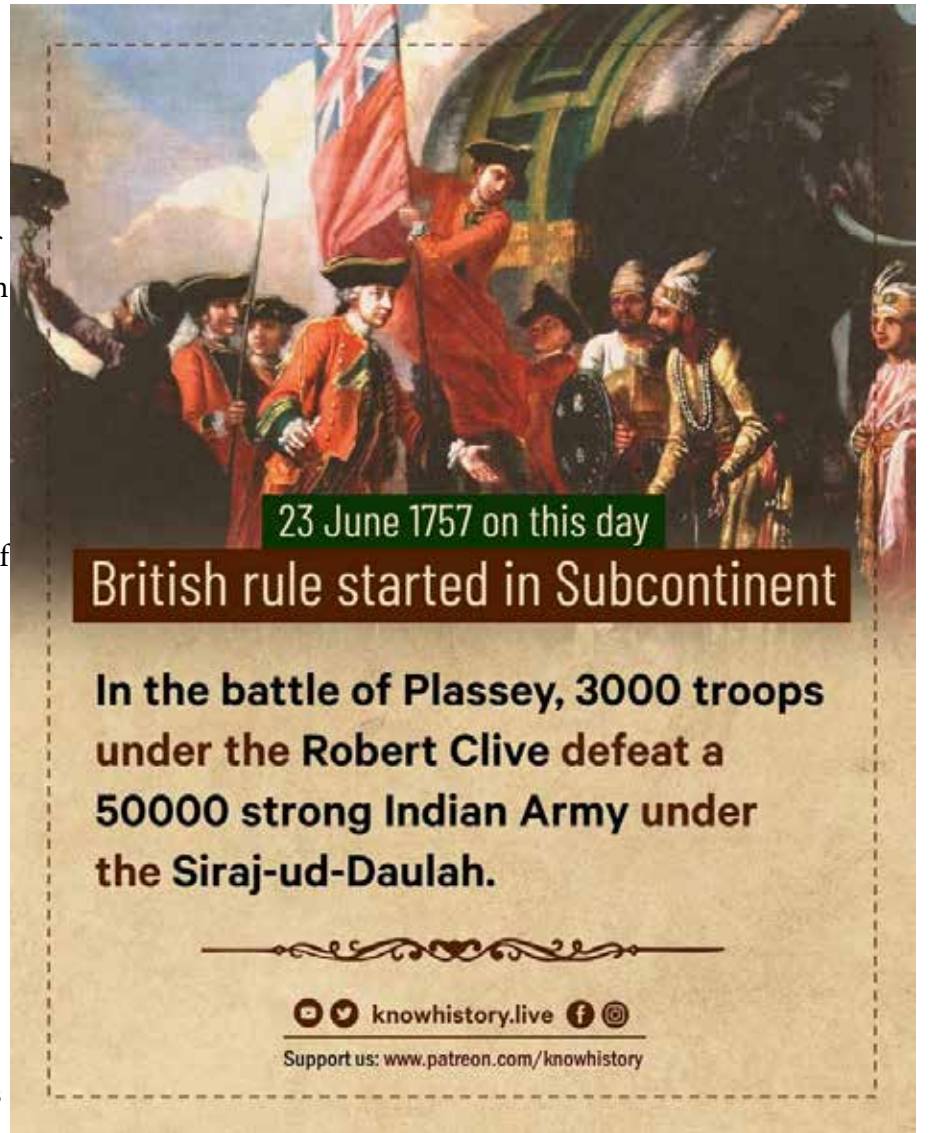
The Battle of Plassey resulted in the end of the French forces.

Mir Jafar was crowned as the Nawab of Bengal.

Mir Jafar was unhappy with the position and instigated the Dutch to attack the British in order to consolidate his foundation.

The battle of Chinsura was fought between the Dutch and British forces on November 25, 1759.

The British installed Mir Qasim as the Nawab



of Bengal.

The British became the paramount European power in Bengal.

Robert Clive was titled "Lord Clive", Baron of Plassey and also obtained a seat in the British House of Commons.

Synopsis : Very few know of Siraj- ud- Daulah who was the last king of Bengal . He was defeated by Robert Clive in the battle of Plassey on 1757 due to the betrayal of his generals in the battle field. All those people including Siraj died pitifully in the hands of assassins or committed suicide thus ending his rule and the start of the British East India Company that was the precursor to the British empire one hundred years later.

I have always wanted to write about Siraj- ud- Daulah. He was a historical figure in India and so was Robert Clive. Clive's decisive victory over Siraj in the battle of Plassey was the start of the expansion of the British East India Co. that later paved the way for England to claim the entire country as its colony with direct rule from England in 1857.

Siraj Ud Daula had ordered his army to attack the Fort Williams in Kolkata to put an end to the British expansion in India and captured the fort with more than 150 British inside. They were put in a small room where most of them died of suffocation. This was the infamous Black hole of Fort Williams incident that Clive later took revenge of during the battle of Plassey.

Source : Google photo of Black hole in Fort Williams in Kolkata , Bengal, India

Robert Clive became enormously rich through his dealings in India that led him back to England where he was investigated for his illegally acquired wealth through shoddy practices there so he committed suicide fearing the consequences of the parliamentary investigations. Little did he know that they were considering a promotion for him as the Governor General of the British colonies in North America as a reward for his services in India.

This is however, the story of Siraj- ud- Daulah, the last king of Bengal and Clive's victory. I have sourced this story mostly from Wikipedia that gives a great deal of detail .

Battle of Plassey :

The Battle of Plassey was a decisive victory of the British East India Company over the

Nawab of Bengal and his French allies on 23 June 1757, under the leadership of Robert Clive. The battle consolidated the Company's presence in Bengal, which later expanded to cover much of India over the next hundred years.

The battle took place at Palashi (Anglicised version: Plassey) on the banks of the Hooghly River, about 150 kilometres (93 mi) north of Calcutta and south of Murshidabad, then capital of Bengal (now in Murshidabad district in West Bengal). The belligerents were the Nawab Siraj-ud-Daulah, the last independent Nawab of Bengal, and the British East India Company. Siraj-ud-Daulah had become the Nawab of Bengal the year before, and he ordered the English to stop the extension of their fortification. Robert Clive bribed Mir Jafar, the commander-in-chief of the Nawab's army, and also promised him to make him Nawab of Bengal. Clive defeated Siraj-ud-Daulah at Plassey in 1757 and captured Calcutta.

The battle was preceded by an attack on British-controlled Calcutta by Nawab Siraj-ud-Daulah and the Black Hole massacre. The British sent reinforcements under Colonel Robert Clive and Admiral Charles Watson from Madras to Bengal and recaptured Calcutta. Clive then seized the initiative to capture the French fort of Chandernagar. Tensions and suspicions between Siraj-ud-daulah and the British culminated in the Battle of Plassey. The battle was waged during the Seven Years' War (1756–1763), and, in a mirror of their European rivalry, the French East India Company (La Compagnie des Indes Orientales) sent a small contingent to fight against the British.

Siraj-ud-Daulah had a numerically superior force and made his last stand at Plassey. The British, worried about being outnumbered, formed a conspiracy with Siraj-ud-Daulah's demoted army chief Mir Jafar, along with others such as Yar Lutuf Khan, Jagat Seths (Mahtab Chand and Swarup Chand), Umichand and Rai Durlabh. Mir Jafar, Rai Durlabh and Yar Lutuf Khan thus assembled their troops near the battlefield but made no move to actually join the battle. Siraj-ud-Daulah's army with 50,000 soldiers, 40 cannons and 10 war elephants was defeated by 3,000 soldiers of Col. Robert Clive, owing to the flight of Siraj-ud-Daulah from the battlefield and the inactivity of the conspirators. The battle ended in 11 hours.

Trump weighs another run as GOP rivals eye own campaigns



NASHVILLE (AP) — As religious conservatives gathered this week at a sprawling resort near the Grand Ole Opry House, Nikki Haley pressed the Faith and Freedom Coalition's "Road to Majority" crowd to look to the future.

"It's up to us to deliver a new birth of patriotism," said Haley, the former South Carolina governor who was ambassador to the United Nations under President Donald Trump. "And together with you, and with trust in God, I pledge to answer that call and inspire our country once again."

Such comments are typical of a party that's out of power and in search of its next leader. But what's unusual: The party's last leader is plotting his own comeback.

Trump is showing up on the same stage Friday, his first public appearance since the House committee investigating the Jan. 6 insurrection began to lay bare his desperate attempts to remain in power by challenging American democracy. But, at least for now, the harrowing footage and searing testimony in the panel's hearings, including accounts from Trump's close associates and members of his family, appear to have done little to dampen his interest in another campaign.

Indeed, Trump is actively weighing when he might formally launch a third presidential run, according to people familiar with the discussions. The debate, according to aides and allies who insist Trump has yet to make a final decision, centers on whether to announce a campaign in the coming months or, in accordance with tradition, wait until after the November midterm elections.

Trump has spent the past year and a half holding rallies, delivering speeches and using his endorsements to exact revenge and further shape the party in his image. But some say the former president, who has decamped from his Florida Mar-a-Lago club to Bedminster, New Jersey, for the summer, is also growing impatient.

While he has relished his role as a party kingmaker — with candidates all but begging his endorsement and racking up large tabs at fundraisers in his ballrooms — Trump also misses the days when he was actually king, particularly as he watches Democratic President Joe Biden struggling with low approval ratings and soaring inflation.

"I think a lot of Trump's future plans are directly based on Biden, and I think the more Biden continues to stumble on the world stage and on the domestic stage, people forget about the downside, the dark side of Trump's presidency," said Bryan Lanza, a GOP strategist and former Trump campaign official.

An announcement in the near future could complicate efforts by other ambitious Republicans to mount campaigns. Haley, for instance, has said she wouldn't run against Trump.

But there also are concerns that a near-term announcement could hurt Republicans going into the final stretch of a midterm congressional campaign that appears increasingly favorable to the party. A Trump candidacy could unite otherwise despondent Democratic voters, reviving the energy that lifted the party in the 2018 and 2020 campaigns.

And, regardless of his decision, the aura of inevitability that Trump sought to create from the moment he left the White House has been punctured. Some Republicans and their aides have tried to make clear in recent months that a Trump candidacy would have little influence on their own decisions.

They include Trump's vice president, Mike Pence, who has been hailed by the Jan. 6 committee as someone who put the national interest ahead of his own political considerations. Eyeing a White House bid, Pence is maintaining a brisk political schedule focused on drawing attention to Democratic vulnerabilities.

Others including Texas Sen. Ted Cruz and former New Jersey Gov. Chris Christie have also indicated their decisions do not rest on Trump's. And they and others have become increasingly brazen in their willingness to cross the former president, including endorsing candidates running against his and even campaigning with Georgia's Republican Gov. Brian Kemp, who survived Trump's efforts to defeat him in the state's GOP primary last month.

Some of these could-be candidates, including Trump's former Secretary of State Mike Pompeo, Florida Sen. Rick Scott and South Carolina Sen. Tim Scott, were appearing alongside the former president as he headlines the Faith and Freedom Coalition's gathering in Nashville.

The field could include a long list of others, including Rep. Liz Cheney, the lead Republican on the Jan. 6 panel and Maryland Gov. Larry Hogan — both Trump critics. Florida Gov. Ron DeSantis, meanwhile, is seen by many loyal Trump supporters as the future of his movement.

Indeed, many of those attending the conference in Nashville — the resort is near the Opry House, where the longtime "Grand Ole Opry" country music radio show is broadcast — weren't sold on a third Trump run.

"I don't know. The jury's still out with me," said Jonathan Goodwin, a minister who works as a Faith and Freedom organizer in South Carolina. "I like him, but I think he shot himself in the foot too many times"

While Goodwin said he "definitely" had his own concerns about the 2020 election, he said he didn't support how Trump had handled the situation. "I think he should have bowed out gracefully," he said, "whether it was rigged or not."

Illinois conservative Pam Roehl, who arrived at the conference Friday wearing a red Trump baseball cap and "Trump 2020" necklace, said she still supports the former president, but was increasingly finding herself in the minority among like-minded friends, whom she said had moved on, discarding their bumper stickers, and embracing DeSantis.

"They're like kind of, 'Get with the program. Why aren't you backing DeSantis?'" she said.

Though it's increasingly clear that Trump wouldn't march to the GOP nomination unchallenged, a large field of candidates could still work to his advantage. The dynamic is beginning to resemble the 2016 campaign, when Trump faced a large and unwieldy group of candidates that split the anti-Trump vote.

In a crowded field, even if Trump only captures around 30% of GOP primary voters — as his endorsed candidates have in several races — he would sail to the Republican nomination.

Aides say Trump has been peppering those around him for their thoughts.

Some in his orbit, like former campaign adviser Jason Miller, have urged Trump to jump in sooner rather than later, to get a head start on building out a campaign, try to freeze out competition and keep attention on himself.

An early strategy would also allow Trump to cast his mounting legal vulnerabilities as merely political attacks. An Atlanta district attorney has impaneled a special grand jury to probe his meddling in the 2020 presidential election. And in New York, Trump and two of his children have agreed to sit for depositions next month in the state attorney general's civil investigation into his business practices.

Others are urging Trump to wait until after the midterms, so he can run on Republicans' November victories. They note that his frequent teasing of his plans — Trump often muses he'll "do it again" — earns him applause and media attention and warn that formally declaring his candidacy would trigger campaign finance laws that set limits on how much donors can give. It also would change his relationship with his Save America PAC, which has more than \$100 million in the bank — more than both national party organizations combined — and currently funds his campaign travel.

Either way, many voters say, he will need to win them over.

Jake Thomson, 19, who goes to school in Alabama and will be a first-time presidential voter in 2024, said he thought Trump was a great president, but was also interested in alternatives.

"It just kind of depends on how things play out," he said.

Union Leaders Plea With Biden to Cancel Student Loans After Republicans Introduce Bill To Block the Effort

Sen. Mitt Romney (R-Utah), along with other Republican Senators, introduced the Student Loan Accountability Act on May 18 to prohibit the Biden Administration from canceling student loan debt. The legislation notes that if the White House moves forward, canceling student loan debt would add up to \$1.7 trillion to the national debt and push inflation up even further. "It makes no sense for the Biden Administration to cancel nearly \$2 trillion in student loan debt. This decision would not only be unfair to those who already repaid their loans or decided to pursue alternative education paths, but it would be wildly inflationary at a time of already historic inflation," Romney said at the time.

In response, on June 22, Sen. Elizabeth Warren (D-Mass.), Democrat lawmakers and union leaders shared how canceling student loan debt will "help millions of hardworking Americans, narrow the racial wealth gap among borrowers and provide financial relief for millions of workers around the country."

Union leaders say that forgiving student debt would provide much-needed economic relief, especially for borrowers of color. The White House has been leaning towards \$10,000 in student loan forgiveness per borrower, but union leaders and activists are urging lawmakers to consider \$50,000 per borrower of student loan relief.

"For decades, we have struggled with a student loan crisis that holds back our economy and crushes the dreams of millions of Americans. This heavy debt burden causes loan defaults and drives up balances; delays marriages and the start of families; and makes it impossible to save for retirement, college funds, or even emergencies. To confront

the student debt crisis, NEA has long advocated for broad student debt cancellation of at least \$50,000 that is not means-tested. The Biden Administration should exercise its executive authority to provide much-needed relief for America's families," said NEA President Becky Pringle.

Sara Nelson, international president of the Association of Flight Attendants, echoed the sentiment saying she's heard from members unable to purchase homes or start families because of their student debt. She wants her members to have "a fair shot at a good life."

Lee Saunders, president of the American Federation of State, County and Municipal Employees noted that workers in the AFSCME work as nurses, librarians, corrections officers, etc and took on student debt to add value to the communities they live through their hard work and dedication.

"In many cases, they have taken on student debt so they could get the skills and credentials they need to be better at serving their neighbors. They deserve relief."

Currently, this bill is unlikely to become law with a 50-50 Senate, a Democratic-controlled House and Biden in office, reports Business Insider. It's been reported that President Biden is close to a final decision on canceling at least \$10,000 in student loan debt for borrowers earning less than \$150,000 or \$300,000 for married couples. This consideration comes on the heels of the president recently extending the debt payment deadline through August 31, the third time in the two years since the start of the pandemic, which triggered the first pause.

This debt relief has helped Black borrowers and their families, who hold disproportionately higher debt, from being pushed to the edge of a financial cliff. While the average Black college graduate owes \$52,726 in student debt, the average white college grad owes closer to \$28,006, according to Brookings Institution.

The COVID-19 pandemic has worsened the impending burden of student loan debt for Black Americans. The Black unemployment rate remains two times higher than for Black Americans who are having the greatest difficulty recovering economically. Across the nation in early March, nearly 55% of all households reported having some level of difficulty paying for typical household expenses. This number was notably higher for Black households, where 63% of households reported having difficulty covering the basics. In fact, more than one in three (35%) of those households reported facing "very difficult" challenges in paying for expenses.

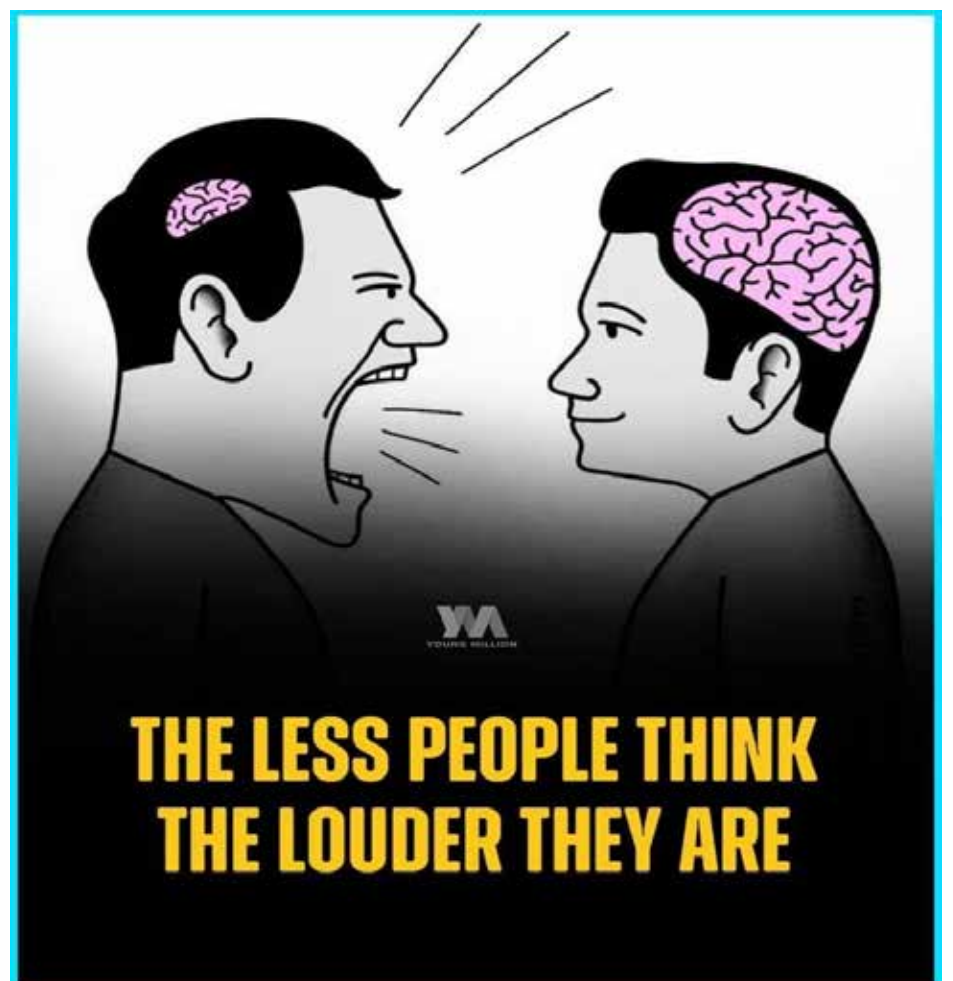
While the repayment pause and proposed cancellation of \$10,000 for borrowers meeting the income criteria may provide temporary comfort, Black Americans — not just borrowers — are eager for the administration to take decisive, permanent action on student loan debt relief. For example, according to a Joint Center for Political and Economic Studies' poll, 76% of Black Americans surveyed said the president should cancel all student debt.

Because Black Americans are disproportionately impacted by student loan debt, the Joint Center continues to call for the Biden administration to take permanent action that delivers relief to all borrowers.



Happy people focus on what they have.

Unhappy people focus on what's missing.



N. Chandrababu Naidu

Nara Chandrababu Naidu (born 20 April 1950) is an Indian politician who has been Chief Minister of Andhra Pradesh since 2014. He is the first chief minister of the state since it was divided. Previously he served as Chief Minister of united Andhra Pradesh from 1994 to 2004, before the state was divided, and as the Leader of the opposition in the united Andhra Pradesh Legislative Assembly from 2004 to 2014. He is currently the National President of Telugu Desam Party. Naidu has won a number of awards, including IT Indian of the Millennium from India Today, Business Person of the Year by The Economic Times, South Asian of the Year from Time Asia and membership in the World Economic Forum's Dream Cabinet. Naidu chaired the National IT Panel under the NDA government and was described as one of the "hidden seven", working wonders around the world, by Profit (Oracle Corporation's monthly magazine)

Early life and education

Naidu was born on 20 April 1950 at Naravari Palle, Chittoor district, Andhra Pradesh in an agricultural family. His father, N. Kharjura Naidu, worked in agriculture and his mother Amanamma was a housewife. Since his village had no school, Naidu attended primary school in Seshapuram until class five and the Chandragiri Government High School until class nine. He went to Tirupati for his higher education, studying there from class 10 until he received his master's degree. Naidu completed his BA degree in 1972 and before enrolling in an MA program in economics at SVU College of Arts. In 1974, he began work towards a PhD under D. L. Narayana (Andhra Pradesh Finance Commission chairman), researching the economic ideas of N. G. Ranga. Naidu did not complete his PhD, instead he involved in politics. Chandrababu Naidu was also offered honorary professorship by Kellogg School of Management in 2000.

Early political career

Naidu was drawn to politics at an early age, and joined Youth Congress as a student leader in Chandragiri, near Tirupati. After emergency was imposed on the country in 1975, he became close supporter of Youth Congress president, Sanjay Gandhi.

Legislative career, 1978–1983

Naidu became a Congress (I) member of the Andhra Pradesh legislative assembly (MLA) for Chandragiri constituency in 1978. The party's 20% quota for youth to run for the office was beneficial for Naidu on that occasion. Not long afterwards, he was appointed as technical education and cinematography minister in T. Anjaiah's government at the age of 28. He was the youngest minister in the Congress(I) cabinet. As the cinematography minister, Naidu came in contact with N. T. Rama Rao, popularly known as NTR, a popular film star in Telugu cinema. In 1980, he married Bhuvanawari, NTR's third daughter.

Telugu Desam Party

See also: Telugu Desam Party
In 1982, NTR formed the Telugu Desam Party (TDP) and swept the assembly polls held in 1983. Naidu, who was then still in the INC, was defeated by a TDP candidate in Chandragiri. He joined the TDP soon after.

Rise in the party

Naidu got the chance to show his political skills in August 1984, when Nadendla Bhaskara Rao staged a coup against NTR. He rallied the TDP MLAs together, and paraded them before the President of India. NTR was reinstated as the chief minister of Andhra Pradesh 31 days later. Impressed with his son-in-law's manoeuvres, NTR appointed Naidu general secretary of the party and he began playing an important role in the TDP after Rao's coup attempt. Later Naidu staged a coup against NTR to become Chief Minister which resulted in NTR's death. He

was publicly criticized by NTR in mainstream media before his final days. NTR regretted his decision in nurturing a turncoat like Naidu and appealed to the people of Andhra Pradesh not to support him. NTR accused Naidu of bribing his party M.L.A.s in-order to facilitate a coup against him. Naidu has been hailed by many as Chanakya for his extraordinary political skills.

Legislative career, 1989–1994

In the 1989 assembly election, Chandrababu Naidu contested from Kuppam and won by 5,000 votes. INC however had regained power in the election so Naidu had to sit in the Opposition. He served as coordinator of the Telugu Desam Party, in which capacity he effectively handled the party's role of main opposition in the assembly which won him wide appreciation from both the party and the public. His role during this phase both inside the Legislative Assembly and outside was a critical factor for the subsequent success of the party at the hustings.

As Chief Minister (1995–2004)

Dark-haired man giving gifts to grey-haired man

Naidu greets Bill Clinton in 2000

As chief minister, Naidu advocated short-term sacrifice to turn Andhra Pradesh into an Asian tiger over the next 20 years. He slashed food subsidies (among other things), and raised power tariffs. Both Bill Clinton (President of the United States at the time) and Tony Blair (Prime Minister of the United Kingdom at the time) visited Hyderabad and met with Naidu whilst he was chief minister.

Aparisim Ghosh of the American news magazine, Time commented, "In just five years, he has turned an impoverished, rural backwater place into India's new information-technology hub", and the magazine named him South Asian of the Year.

Vision 2020

Naidu produced a vision statement, "Vision 2020", with US consultants McKinsey & Company which proposed:

Universal, low-cost education and healthcare

Rural employment

Replacement of small investors with large corporations

By Implementing Vision 2020, Naidu has privatised the health care and education of the state and has also indirectly did his best to drive out the small farmers from the farmlands so that the big corporations can do large scale farming similar to western countries. He literally said agriculture is not sustainable / profitable in current conditions and farmers have to find other options for living. This is one of the major reasons for losing elections in 2004.

Middle-aged man listening to two younger men
Naidu in discussion with students as chief minister of Andhra Pradesh

1999 election victory

The Telugu Desam Party, led by Naidu, won a majority in the state legislature: 185 of 294 seats in the Assembly and 29 of 42 in the 1999 general election, making it the second-largest party in the BJP-led NDA coalition government. Hyderabad development

Naidu discussed his plan to develop the state of Andhra Pradesh by making the major cities showpieces for foreign investment especially in "key sectors such as information technology, biotechnology, healthcare and various outsourcing services". He coined the slogan "Bye-bye Bangalore, hello Hyderabad" to further this aim. Microsoft Corporation has established a software-development center in Hyderabad, the second such center outside Seattle. Naidu encouraged other global IT companies (IBM, Dell, Deloitte, Computer Associates and Oracle) to move to Hyderabad, making presentations to global CEOs convincing them to invest in Hyderabad. Large round building, with cross-hatched superstructure

Hi-Tech City, the crown jewel of Naidu, in Hyderabad

In his tenure by end of the financial year 2003–04 software exports from Hyderabad reached \$1 billion and it becomes a fourth largest exporting city in the country. By 2013–14 exports had grown by more than 10 times, employing about 320,000 people directly working in this IT & ITES fields in Hyderabad alone.

2003 assassination attempt
On 1 October 2003 Naidu survived a land-mine blast, escaping with a fractured left collarbone and hairline fractures of two right ribs. The blast occurred about 16:00 IST when Naidu was traveling in a convoy to the Lord Venkateswara temple in the Tirumala hills for the annual Brahmotsavam festival. State Information Minister B. Gopalakrishna Reddy, Telugu Desam legislator and Ch. Krishnamurthy and driver Srinivasa Raju were also injured. Telugu Desam legislator Bojjala Gopala Krishan Reddy was seriously injured. Naidu tried to gain sympathy among voters by telecasting a series of advertisements related to the incident. He used a slogan "This new life is for the sake of People" to take it to the masses. However, people rejected him and voted in favor of Congress.

2004 election defeat

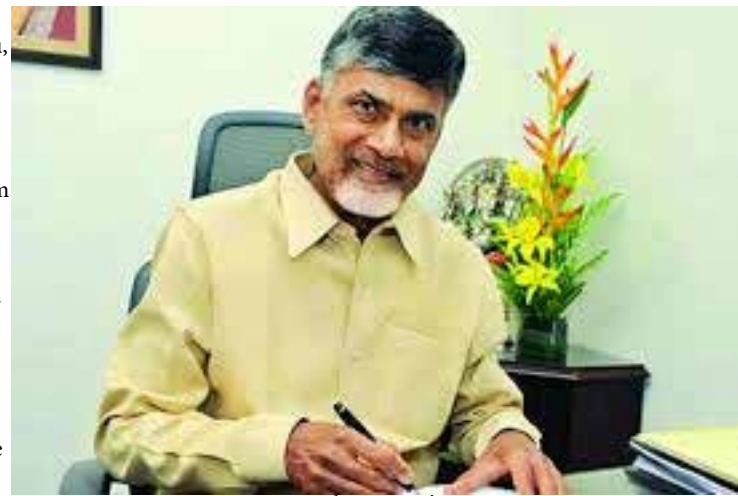
The Telugu Desam Party (led by Naidu) failed to retain power after two successive wins, winning 47 of 294 seats in the state assembly and five of 42 in the Lok Sabha. While many of his ministers lost, Naidu won decisively in Kuppam. Despite claiming to develop Hyderabad to the fullest during his tenure, Naidu failed to win a single seat in Hyderabad.

Reasons

According to Naidu, the 2004 election loss was primarily due to a severe drought and anti-incumbency sentiment. Being a farmers son, He ignored the large rural population with his policies, failing to reach poor voters. His administrative policies on farmers, poor and middle-class resulted in a large number of suicides. 2014 Elections Victory
The Telugu Desam Party (led by Naidu) alliance with Bharatiya Janata Party and Jana Sena Party returned to power, in the state of Andhra Pradesh winning 102 seats out of 175 seats. Naidu led TDP to an outright majority in the state of Andhra Pradesh, but lost to TRS in the region of Telangana which had earlier become the newest state of India on 2 June as per the Andhra Pradesh Reorganisation Act, 2014. Chandrababu Naidu took oath as the first Chief Minister of the residuary state of Andhra Pradesh at Mangalgi in the grounds of Acharya Nagarjuna University near Guntur.

Heritage Foods

The Heritage Group was founded in 1992 by Chandra Babu Naidu. In the year 1994, HFL went to Public Issue to raise resources, which was oversubscribed 54 times and its shares are listed under B1 Category on BSE (Stock Code: 519552) and NSE (Stock Code: HERIT-GFOOD). The company was accused of doing money laundering and high profile corruption. After Naidu became Chief Minister of residual Andhra Pradesh, Heritage stocks rose steeply leaving no clue. Sunrise State
After the division of Telangana from Andhra Pradesh, The state was forced to have a new capital and distribute it development unlike Hyderabad. With Amaravathi decided as a with having its ITSEZ - Special Economic Zone. As part of the developments he has started a program called AP Cloud Initiative



Poaching MLAs

Naidu was accused by the opposition parties for poaching 22 of YSRCP's M.L.A.s. Assembly speaker Kodela Sivaprasad, who is responsible to take action by disqualifying these M.L.A.s supported the move on Naidu's pressure. Naidu paid huge amounts of cash to each of these M.L.A.s for defecting into his party. A case has been petitioned by the opposition party on Naidu in High Court and is still under investigation.

Demolishing Holy Temples

Naidu's officials demolished close to 30 Hindu temples, five of them fairly big in Vijayawada. Among the 30 temples, the Seethammavari Padalu, Saneeswara Swamy, and Dakshina Mukha Anjaneya Swamy temples are prominent places of worship in Vijayawada. The manner in which these temples were razed to the ground hurt the sentiments of the devotees and drew a very sharp reaction from the seers.

Personal life

Chandrababu Naidu is married to N.T. Rama Rao's 3rd daughter, Bhuvanawari. The couple have a son, Lokesh, who is married to Brahmani (eldest daughter of Nandamuri Balakrishna, N.T. Rama Rao's son)

Achievements

At 28, the state's youngest assembly member and minister. Longest serving Chief Minister of Andhra Pradesh before the formation of the new Indian State Telangana. First Chief Minister of the newly formed state of Andhra Pradesh from 8 June 2014. Longest-serving leader of opposition in the Andhra Pradesh assembly. Voted IT Indian of the Millennium in a poll by India Today and 20:20 Media. He was named "SOUTH ASIAN OF THE YEAR" by the TIME Magazine, USA. He was described as one of the Hidden Seven working wonders around the world, by Profit, a monthly magazine published by Oracle Corporation, US. Business Person of the Year by Economic Times. He was called as "CEO of Andhra Pradesh". The Pune-based organisation, Bharatiya Chitra Sansad, in partnership with MIT School of Governance, has honoured him with "Aadarsh Mukhyamantri Puraskar" (Model CM Award) in its 6th annual session on 30 January 2016. Transformative Chief Minister Award' in May 2017

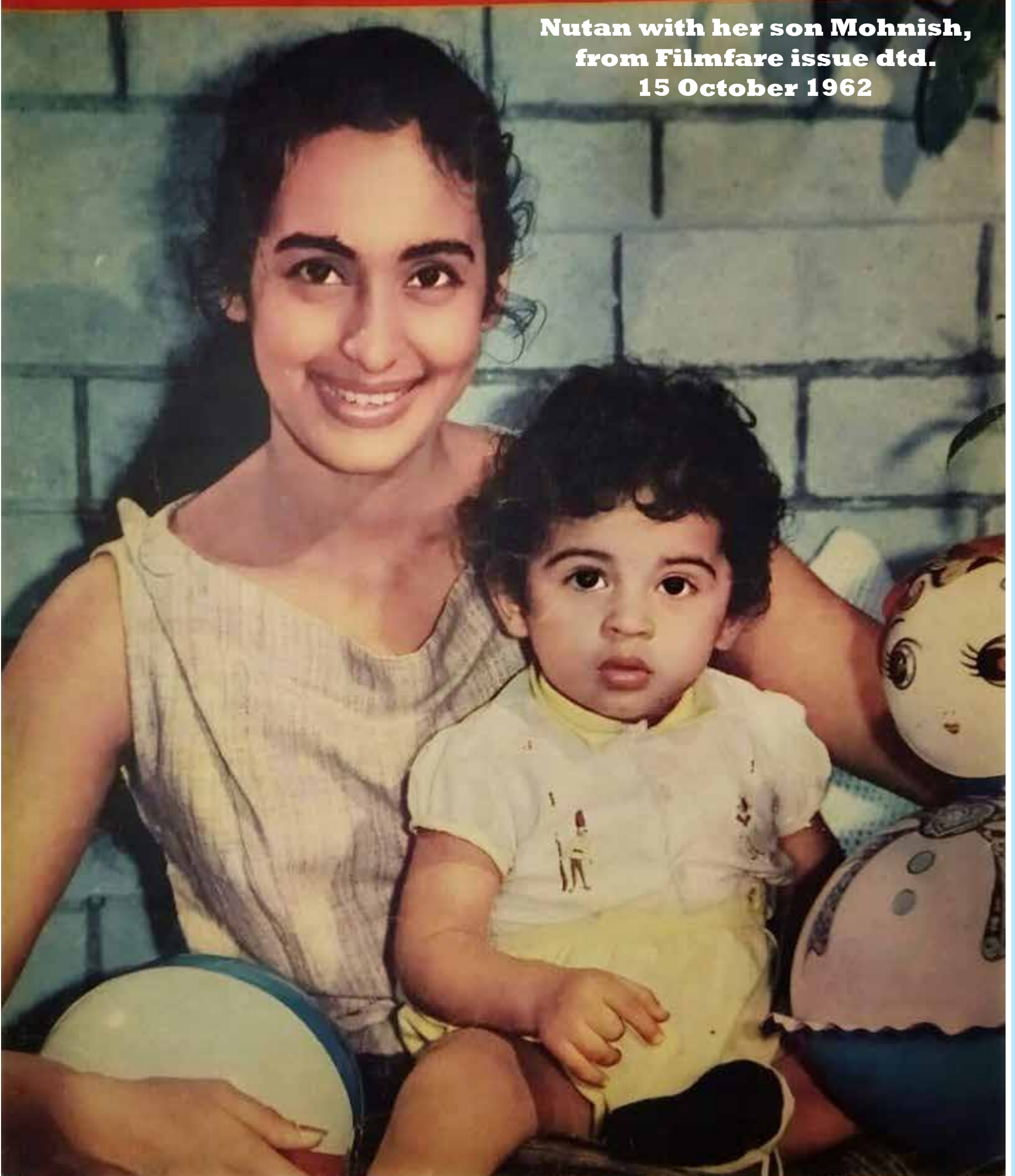


Filmfare

SEVENTY FIVE NAYE PAISE

OCTOBER 1962

**Nutan with her son Mohnish,
from Filmfare issue dtd.
15 October 1962**



List of Bollywood films of June 2022

Opening	Title	Director	Cast
1	<i>Rocketry: The Nambi Effect^[b]</i>	R. Madhavan	R. Madhavan · Simran
	<i>Rashtra Kavach Om</i>	Kapil Verma	Aditya Roy Kapur · Sanjana Sanghi
8	<i>Khuda Haafiz: Chapter II – Agni Pariksha</i>	Faruk Kabir	Vidyut Jammwal · Shivaleeka Oberoi
15	<i>Phone Bhoot</i>	Gurmeet Singh	Katrina Kaif · Ishaan Khatter · Siddhant Chaturvedi
	<i>Shabaash Mithu</i>	Srijit Mukherji	Taapsee Pannu · Vijay Raaz
	<i>HIT: The First Case</i>	Shailesh Kolanu	Rajkummar Rao · Sanya Malhotra
	<i>Judaa Hoke Bhi</i>	Vikram Bhatt	Akshay Oberoi · Aindrita Ray · Meherzan Mazda
	<i>Jaadugar</i>	Sameer Saxena	Jitendra Kumar · Jaaved Jaaferi · Aarushi Sharma
22	<i>Shamshera</i>	Karan Malhotra	Ranbir Kapoor · Sanjay Dutt · Vaani Kapoor
29	<i>Ek Villain Returns</i>	Mohit Suri	John Abraham · Arjun Kapoor · Disha Patani · Tara Sutaria
	<i>Good Luck Jerry</i>	Sidharth Sengupta	Janhvi Kapoor · Deepak Dobriyal · Mita Vashisht · Neeraj Sood · Sushant Singh

Is Aditya Chopra upset with Akshay Kumar for Samrat Prithviraj's box office failure?

Samrat Prithviraj director Chandraprakash Dwivedi has defended Akshay Kumar amid rumours of Yash Raj Films assigning blame for the film's failure on the star's perceived disinterest in the project. Produced on a reported budget anywhere between Rs 200 crore and Rs 300 crore, the film failed to crack Rs 80 crore domestically. It is regarded as one of the biggest flops of the year, and the reviews weren't extremely kind either.

In an interview with Hindustan Times, the filmmaker said that he stands by his star, and that his previous statements have been 'twisted'. "Two days after the release of the film, I spoke to a lot of people," he said. "And I maintained one thing- my belief in Akshay Kumar remains unshakeable. I have done two more upcoming films with him- Ram Setu and Oh My God 2. I feel that my words are being twisted by people. Voh apni taraf se likh rahe hain, jisse mujhe thodi pareshaani hai (People are misinterpreting my words, and this bothers me)."

Also read |Samrat Prithviraj director Chandraprakash Dwivedi on audience rejecting Akshay Kumar in the role: 'Boycotting it for things he has done in past...' Asked about the rumours of YRF

chief Aditya Chopra being annoyed at Akshay for not even growing a real moustache for the movie, the filmmaker said, "Aditya has never said this. Is it happening for the first time that an actor has worn a fake moustache? On June 2, I, Aditya and Akshay were together, and Aditya categorically told me that he is very happy with the film, and I gave him whatever he wanted, and he will never say that I failed in my duty. Same for Akshay."

Previously, in an interview with Film Companion, the director appeared to distance himself from Akshay's comments about Indian rulers

being underrepresented in history textbooks, while entire chapters are devoted to 'foreign invaders'. Dwivedi said, "Now this is what he thinks, it isn't my opinion nor is it the opinion of my producers."

In an earlier interview with Navbharat Times, the filmmaker addressed Samrat Prithviraj's financial failure, and said, "YRF presented this story at a huge scale. But people had a problem. It's still unclear to me what problem they had. The writers did an honest job about following the historical facts. We are well aware about our storytelling responsibilities."





Congratulations to Janab Mahmood Ali Bhai Home Minister of Telangana for his Grand Son Furqan Ali wedding S/o Mohd Azam Ali. Daughter of Mustafa Kamal Siddiqui.
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خوشبو جیسے لوگ

ڈاکٹر راؤ کامران علی



ڈاکٹر نفیس ناگی، لاس ویگاس کے نامور ڈاکٹر اور پاکستانی کمیونٹی کی شان ہیں۔ ان سے پرانا تعلق ہے اور یہ ہمیشہ شفقت سے پیش آتے ہیں۔ گزشتہ جمعرات دو جون کو، ٹیکساس کے گورنر مسٹر ایبٹ نے راقم کے گھر تشریف لانا تھا جس میں بیس کے قریب پاکستانی لیڈرز راقم کے ساتھ گورنر صاحب کے میزبان تھے۔ امریکہ میں ایسی اہم سیاسی شخصیات فنڈ ریزنگ کے لئے آتی ہیں اور ان سے بات چیت سے کمیونٹی کے تعلقات مضبوط ہوتے ہیں اور ریاستی معاملات میں انکی آواز سنی جاتی ہے۔ گورنر صاحب کے لئے خطیر رقم کی فنڈ ریزنگ کا وعدہ کیا گیا۔ نمبرز نہیں بتا سکتا بس یہ سوچ لیں کہ بیٹو جو کہ ابھی گورنر کا محض امیدوار ہے پچاس ہزار ڈالر سے اوپر لیتا ہے ایک ایونٹ کے توسیٹ پر موجود گورنر کی کیا ڈیمانڈ ہوگی۔

ڈاکٹر نفیس ناگی کو میں نے اس ایونٹ کے لئے مدعو کیا کیونکہ میرا ماننا ہے کہ بڑوں کی عقل اور تجربے سے سیکھنا، فائدہ اٹھانا اور انہیں آگے رکھنا بہت ضروری ہے۔ اسی طرح ہم ڈاکٹر رشید پراچہ اور ڈاکٹر سلیمان کو بہت سے سیاسی معاملات میں اپنے آگے رکھتے ہیں۔ ڈاکٹر نفیس ناگی سے درخواست کی کہ اس ایونٹ کے لئے کچھ بھی ڈونیشن نہیں دینی ہے؛ ایک تو یہ کہ وہ مہمان ہیں اور دوسرا یہ ہے ایک ریاست کے فنڈ ریزر میں ریاست سے باہر سے پیسے لینا مناسب بات نہیں۔ اگر آپ کو ریاست سے باہر سے رقم کینے کی ضرورت پڑ رہی ہے تو اسکا مطلب ہے کہ آپ کو اپنی ریاست کے اندر اپنے لوگوں سے اپنے دوستوں سے مضبوط تال میل بنانے اور اپنا ویہار قائم کرنے کی ضرورت ہے۔ ہمارے فنڈ ریزر کے لئے تعین کردہ رقم الحمد للہ دودن میں ہی پوری ہو گئی اور گورنر کے اکاؤنٹ میں پہنچ چکی ہے۔ بلکہ ہم نے کچھ دوستوں سے چیک لینے سے انکار کر دیا جو کہ بیرون ملک ہونے کی وجہ سے خود نہیں آسکتے تھے جن میں

ڈاکٹر عامر قریشی شامل ہیں۔ اسی طرح ڈاکٹر صبا شبنم نے ایک کی بجائے دو چیک بھجوائے، ایک اپنی طرف سے اور ایک اپنے شوہر تنظیم بھائی کی طرف سے لیکن انہیں شکریہ کے ساتھ ایک چیک واپس بھیج دیا گیا۔ ایسا ہی امیر روپانی صاحب نے کیا، بیرون ملک ہونے کے باعث نہ آتے ہوئے بھی آن لائن فنڈز بھیج دیئے۔ ہمیں اپنے دوستوں کو روکنا پڑا ہے مزید فنڈ دینے سے کیونکہ ابھی بہت سے کانگریس مین اور سینیٹرز کے فنڈ ریزر بھی ہونے ہیں۔ ڈاکٹر نفیس ناگی کو اس ساری صورتحال کا نہیں پتا تھا ظاہر ہے وہ تو مہمان تھے۔ مئی کے آخری ہفتے میں انہوں نے مجھے کال کی اور کہا، ”تسی بوت وڈا بوجھ اٹھالیا اے لیکن گھبرانا نئی، جینی وی رقم گھٹ ہوئی اوندے چیک میں لکھ داں گا“ (آپ نے بھاری ذمہ داری اٹھالی ہے گورنر کو بلا کر لیکن گھبرانا نہیں، جتنی بھی فنڈ ریزر میں رقم کم ہوئی میں ڈال دوں گا!) میں اتنی سخاوتانہ پیشکش سن کر حیران رہ گیا۔

کیونکہ ڈاکٹر نفیس ناگی یہ سب فنڈ ریزرز دہائیوں سے کر رہے ہیں اور انہیں پتا ہے کہ کتنا بڑا چیک لکھنا پڑ سکتا ہے۔ لیکن میں نے انتہائی شکرگزاری کے ساتھ اس پیشکش کو سراہا اور فنڈز لینے سے انکار کر دیا۔ انہوں نے کہا ”چل ٹھیک اے پر میں چیک بک نال لے کے آواں گا، لوڑ پئی دے دس دس“ (چلو ٹھیک ہے لیکن میں چیک بک پھر بھی ساتھ لیکر آؤں گا، ضرورت پڑے تو بتا دینا)۔ میرا دل انکا ممنون احسان ہے اور رہے گا۔ آج کے دور میں اتنی بڑی بات کہہ دینا بڑے لوگوں کا کام ہے۔ دعا ہے کہ میرا دل بھی انکی عمر میں ایسا ہی ہو یا رہے۔ ہمارے ہاں عموماً منفی میسر پھیلتی ہیں مثلاً دھوکہ دینے کی، ضرورت پڑنے پر ساتھ چھوڑ دینے کی، بے وفائی کی تو ایسے ماحول میں ایسے خوشبو جیسے لوگوں کا ذکر بہت ضروری ہے۔



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

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

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رطینہ علیہ

29 دوسروں پر رحم کر، خدا تجھ پر رحم کرے گا

اردو حکایت:

ایک بادشاہ کسی خطرناک مرض میں مبتلا ہو گیا۔ طبیبوں نے متفقہ طور پر کہا کہ چند خاص صفات رکھنے والے انسان کے پتہ سے علاج ممکن ہے۔ بادشاہ نے اُس کو ڈھونڈنے کا حکم دیا۔ آخر ایک دہقان کا لڑکا ویسا ہی مل گیا۔ بادشاہ نے اس کے ماں باپ کو مال و دولت دے کر خوش کر دیا اور وہ اس بات پر راضی ہو گئے کہ اُن کے بیٹے کو بادشاہ پر قربان کر دیا جائے۔ ادھر قاضی نے بھی فتویٰ دے دیا کہ رعیت کے کسی آدمی کا خون بہانا بادشاہ کی جان بچانے کے لئے جائز ہے۔ جب جلاد نے اس لڑکے کو قتل کرنے کا ارادہ کیا تو وہ آسمان کی طرف سر اٹھایا اور ہنسنے لگا۔

بادشاہ نے پوچھا۔ ”ہنسی کا کون سا موقع ہے؟“

لڑکے نے کہا۔ ”ماں باپ نے مال و دولت کے لالچ میں مجھے قتل ہونے کے لئے سوئپ دیا ہے۔ قاضی نے میرے قتل کا فتویٰ دے دیا ہے اور بادشاہ اپنی سلامتی میری ہلاکت میں دیکھتا ہے۔ اب سوائے خدائے بزرگ و برتر کے میں کوئی پناہ نہیں دیکھتا۔“

اے بادشاہ! اس ظلم کی فریاد کس سے کروں؟ میں صرف انصاف چاہتا ہوں۔ لڑکے کی باتیں سن کر بادشاہ کا دل بھر آیا۔ اُس کی آنکھوں میں آنسو آ گئے۔ کہنے لگا کہ اس بے گناہ بچے کے خون بہانے سے میرا مر جانا ہی بہتر ہے۔ یہ کہہ کر اُس نے لڑکے کا سرا اور منہ چوما اور اُس کو گود میں اٹھالیا اور پھر اس کو مال و دولت دیکر آزاد کر دیا۔ کہتے ہیں اسی ہفتہ بادشاہ صحت یاب ہو گیا۔ سچ ہے جو دوسروں پر رحم کرتا ہے خدا اُس پر رحم کرتا ہے۔

منظوم ترجمہ:

بادشاہ جس ملک میں جلا د ہو
ظلم کی فریاد اللہ سے کرو



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

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

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

ایلو ویرا (گھیکوار) اور خوبصورتی

فرح فاطمہ

نگہداشت اور خوبصورتی کے لیے بھی ایلو ویرا جیل بہت مفید ہے۔

سرکی خشکی یا سکری یعنی برفہ کے علاج کیلئے ایلو ویرا کا رس (جیل) بالوں کی جڑوں میں ماش کرنے سے خشکی کا خاتمہ ہو جاتا ہے اور بالوں میں جان آ جاتی ہے۔

ایلو ویرا کا استعمال کرتے ہوئے بالوں کا علاج بھی ہے۔ نہانے سے چند منٹ تقریباً دس سے پندرہ منٹ پہلے اس کا جیل بالوں میں لگا لیں اور پھر سردھولیں اس سے بالوں کی جڑیں مضبوط، بال نرم اور صحت مند ہو جائیں گے۔

چونکہ ایلو ویرا جیل میں وٹامن ای کا جذب بھی موجود ہوتا ہے اس لئے آنکھوں کے گرد سیاہ حلقوں کو دور کرنے کے لئے سونے سے پہلے صرف اس کا جیل یا روز واٹر کے ساتھ مکس کر کے اس کا جیل لگانے سے سیاہ حلقے کم ہونے لگتے ہیں۔

چہرے کی خشک جلد کو نرم کرنے کے لیے ایلو ویرا جیل ایک چھپو اور کھیرے کے چند ٹکڑے پس کر مکس کریں اور یہ پیسٹ چہرے پر لگائیں۔ پندرہ منٹ کے بعد چہرہ دھو لیں۔ اس سے چہرہ نرم اور چمکدار ہو جائے گا۔ وزن کا بڑھنا بھی ایک بیماری ہے اور خوبصورتی میں کمی کا سبب بھی جسمانی وزن کم کرنے کے لیے ایلو ویرا کا خالص رس یا مختلف سبزیوں کے ساتھ ملا کر کئی طریقوں سے پیا جاتا ہے۔ یا اس کا گودا کھایا بھی جاسکتا ہے کیونکہ اس کا گودا جسم سے فاضل چربی تحلیل کر دیتا ہے۔

غرض جلد اور بالوں کی خوبصورتی بڑھانے کے لئے ایلو ویرا بہترین اور نہایت مفید قدرتی جڑی بوٹی ہے۔

جسمانی حسن خوبصورتی میں اضافے کے لئے ایلو ویرا (گھیکوار) کی افادیت سے انکار نہیں کیا جاسکتا یہ ایک قدرتی بیش بہا خزانہ ہے۔

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جیل گلاب کے عرق کے ساتھ لوشن کی طرح چہرے، ہاتھوں اور پیروں پر لگا لیا جائے تو جلد سورج کی تمازت سے محفوظ رہتی ہے۔ ظاہری حسن خوبصورتی کو برقرار رکھنے اور اس میں اضافہ کے لئے ایلو ویرا بہت مفید ہے۔ اس کا رس یعنی جیل چہرے کی جھریوں کو روکنے، کم کرنے، اور اور بڑھتی عمر کے اثرات کو کم کرنے کے لئے بہت مؤثر ہے اس سے جلد میں نکھار پیدا ہوتا ہے جلد چمکدار اور تروتازہ ہو جاتی ہے۔ ایک تحقیقی رپورٹ کے مطابق دو یا تین ماہ تک ایلو ویرا کا رس پینے سے چہرے کی جھریاں ختم ہو جاتی ہیں۔

چہرے کی رنگت نکھارنے کے لیے ایلو ویرا یعنی گھیکوار کے رس میں چاول کا آنا اور روغن بادام ملا کر نرم ہاتھوں سے مساج کریں اور آدھے گھنٹے بعد چہرہ دھولیں ہفتے میں دو بار ایسا کرنے سے جلد چمکدار، صاف شفاف اور خوبصورت ہو جاتی ہے۔ اگر کسی وجہ سے ہاتھ پیروں کی جلد سخت ہو گئی ہو یا گٹے پڑ گئے ہوں تو ایلو ویرا کا جیل روزانہ متاثرہ جگہ پر لگانے سے انشاء اللہ افادہ ہوگا۔

ایلو ویرا کا جیل کیل، مہاسوں چھائیوں اور چہرے کے داغ دھبے دور کرنے کا بھی بہترین علاج ہے۔ چہرے کے کیل مہاسوں پر روزانہ اس کا جیل لگانے سے کیل، مہاسے ختم ہو جاتے ہیں چھائیاں دور ہو جاتی ہیں، اور جلد چمکدار اور صاف و شفاف ہو جاتی ہے اور چہرہ خوبصورت ہو جاتا ہے۔ اسی طرح بالوں کی

ایلو ویرا (گھیکوار) دنیا بھر میں مشہور ایک سدا بہار پودا ہے۔ جو ایک قدرتی جڑی بوٹی کے طور پر بھی جانا جاتا ہے۔ طب کی دنیا میں ایلو ویرا کا صدیوں سے طبی استعمال ہوتا رہا ہے۔ لیکن جدید تحقیقات سے عصر حاضر میں اس کو بہت مقبولیت حاصل ہو گئی ہے اور اب ہر خاص و عام کی اکثریت اس کی افادیت اور کرشمات سے آگاہ ہے۔ خاص طور پر بیوٹی پروڈکٹس یعنی کاسمیٹکس مصنوعات بنانے والی کمپنیوں اور خواتین میں یہ خوبصورتی برقرار رکھنے کے حوالے سے کافی مشہور معروف ہو چکا ہے۔ اور اس کا استعمال اب مختلف میڈیسنز اور ڈرما ٹولوجی میں بھی مختلف مقاصد کے لئے ہو رہا ہے۔

تعارف: انگریزی میں اس پودے کو ایلو ویرا کہتے ہیں جو اسی نام سے اب زیادہ مقبول بھی ہے لیکن دوسری زبانوں میں بھی اس کے مختلف نام ہیں۔ اردو میں اسے گھیکوار، پنجابی میں کنوار گندل، سندھی میں کنوار بوٹی، گجراتی میں کنوار اور سنسکرت میں گھرت کمار کہا جاتا ہے۔ اس کا مزاج گرم خشک درجہ دوم ہے۔

اجزاء: ایک تحقیق کے مطابق ایلو ویرا تقریباً پچھتر فعال اجزاء پر مشتمل ہوتا ہے جیسے: وٹامنز، انزائمز، معدنیات، شکر، لگنن، سپونجز، سیلیسیل ایسڈز اور امینو ایسڈز۔

مثلاً وٹامنز میں وٹامن اے (پینا کیروٹین)، بی 12، سی اور ای شامل ہیں، جو اینٹی آکسیڈینٹ ہیں۔ اسی طرح معدنیات میں کالسیئم، میگنیشیم، پوناشیم، کرومیم، تانبے، سلینیم، سونچ، سوڈیم اور زنک مہیا کرتا ہے۔ مختصراً یہ کہ یہ ایسے قیمتی اجزاء ف لک ایسڈ اور منرلز پر مشتمل ہوتا ہے جو اینٹی آکسائیڈینٹس اور جراثیم کش خصوصیات کے حامل ہیں اور ہماری صحت کے لیے انتہائی مفید اور ضروری ہیں اور ان کی کمی سے مختلف اقسام کے امراض اور مسائل جنم لیتے ہیں۔

اس پودے کے طبی فوائد بے شمار ہیں اور صدیوں سے حکماء، اطبا اور معالجین نے

ایلو ویرا (گھیکوار) دنیا بھر میں مشہور ایک سدا بہار پودا ہے۔ جو ایک قدرتی جڑی بوٹی کے طور پر بھی جانا جاتا ہے۔ طب کی دنیا میں ایلو ویرا کا صدیوں سے طبی استعمال ہوتا رہا ہے۔ لیکن جدید تحقیقات سے عصر حاضر میں اس کو بہت مقبولیت حاصل ہو گئی ہے اور اب ہر خاص و عام کی اکثریت اس کی افادیت اور کرشمات سے آگاہ ہے۔ خاص طور پر بیوٹی پروڈکٹس یعنی کاسمیٹکس مصنوعات بنانے والی کمپنیوں اور خواتین میں یہ خوبصورتی برقرار رکھنے کے حوالے سے کافی مشہور معروف ہو چکا ہے۔ اور اس کا استعمال اب مختلف میڈیسنز اور ڈرما ٹولوجی میں بھی مختلف مقاصد کے لئے ہو رہا ہے۔

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مثلاً وٹامنز میں وٹامن اے (پینا کیروٹین)، بی 12، سی اور ای شامل ہیں، جو اینٹی آکسیڈینٹ ہیں۔

اسی طرح معدنیات میں کالسیئم، میگنیشیم، پوناشیم، کرومیم، تانبے، سلینیم، سونچ، سوڈیم اور زنک مہیا کرتا ہے۔ مختصراً یہ کہ یہ ایسے قیمتی اجزاء ف لک ایسڈ اور منرلز پر مشتمل ہوتا ہے جو اینٹی آکسائیڈینٹس اور جراثیم کش خصوصیات کے حامل ہیں اور ہماری صحت کے لیے انتہائی مفید اور ضروری ہیں اور ان کی کمی سے مختلف اقسام کے امراض اور مسائل جنم لیتے ہیں۔

اس پودے کے طبی فوائد بے شمار ہیں اور صدیوں سے حکماء، اطبا اور معالجین نے



وئی الدین

اسکینڈل

ادھر ففتی ففتی اور ہے ادھر ففتی ففتی
دیا گرل فرینڈ اور بیگم کو دل و جگر ففتی ففتی
کبھی شیر ہے تو کبھی جو رو کے غلام
لگا ہے اب دونوں سے ڈر ففتی ففتی

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دھماکے

جنت کی حوریں ملیں گی سوچ کر یہ
دھماکے کر کے مرے جارہے ہیں
کہہ دو ان سے جو درغلا رہے ہیں
وہ کب مر کے جنت میں جارہے ہیں

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آنکھوں کی بیماری

چھپاتے ہیں کالے چشمے سے آنکھوں کو
ممکن ہے کسی بات کی پردا داری ہو
ہم جو کو شرابی آنکھیں کہتے رہے
شاید وہ آنکھوں کی بیماری ہو

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ساغر مہدی

غزل

اک اجنبی خیال میں خود سے جدا رہا
نیند آ گئی تھی رات مگر جاگتا رہا
سنگین حادثوں میں بھی ہنستی رہی حیات
پتھر پہ اک گلاب ہمیشہ کھلا رہا
دنیا کو اس نگاہ نے دیوانہ کر دیا
میں وہ ستم ظریف کہ بس دیکھتا رہا
اک اجنبی مہک سی لہو میں رچی رہی
نغمہ سا جان و تن میں کوئی گوجنتا رہا
اب جا کے یہ کھلا کہ ہر اک شخص دوستو
ہر شخص کو لباس سے پہچانتا رہا
فکر سخن میں رات جو آیا خیال میرے
تا دیر ڈائری پہ قلم کانپتا رہا
ساعتر تمام عمر کی گردش کے باوجود
میں اس نگاہ ناز سے نا آشنا رہا

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فیاض گوالیاری

غزل

آپ جب بھی آ گئے ایسا لگا
آسماں قدموں سے میرے آ لگا
درد کا سنگیت بھی بیٹھا لگا
جو بھی دل کو چھو گیا اچھا لگا
جانے کیوں دنیا کا درد اپنا لگا
ہم کو دشمن بھی ہمیں جیسا لگا
حسن کی نیچی نگاہیں دیکھ کر
عشق کا سر آسماں سے جا لگا
آخر اپنا دیش اپنا دیش ہے
پیار سے دیکھا جسے اپنا لگا
گود کے بچے میں ماں کا نور ہے
جس نے دیکھا آسنہ کا تارا لگا
کیوں نہیں فیاض تجھ کو قدر دل
اچھے اچھوں کو تو دل اچھا لگا

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نصیر پرواز

غزل

آئینے میں اک آئینہ کچھ اجلا کچھ دھندلا سا
میرے آگے میرا سراپا کچھ اجلا کچھ دھندلا سا
شرط تو یہ تھی سارے منصف سچ کے علاوہ کچھ نہ لکھیں
لیکن سب نے خود کو سوچا کچھ اجلا کچھ دھندلا سا
جب بھی خود کو چھو کر دیکھا ریت کی اک دیوار لگا
جب بھی سمجھا خود کو سمجھا کچھ اجلا کچھ دھندلا سا
بارش جب من جیت نہ پائی دریا سے یاری کر لی
لحہ لہ بھگا بھگا کچھ اجلا کچھ دھندلا سا
ایک گھٹلے دن کا سایا ایک سنگتی رات کا عکس
کس نے دیکھا جو اندر تھا کچھ اجلا کچھ دھندلا سا
اس دنیا سے کچھ نہ مانگا اس دنیا کو کچھ نہ دیا
رہا ہاتھ میں اپنا چہرا کچھ اجلا کچھ دھندلا سا
لہریں تو آئی تھیں لیکن ساحل چھو کر لوٹ گئیں
دور کوئی سایا لہرایا کچھ اجلا کچھ دھندلا سا
جانے کیسے شور نے مجھ کو بے آواز کیا پرواز
ہاتھوں میں ہے اب سنانا کچھ اجلا کچھ دھندلا سا

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اقبال عظیم

غزل

ہم بہت دور نکل آئے ہیں چلتے چلتے
اب ٹھہر جائیں کہیں شام کے ڈھلتے ڈھلتے
اب غم زیت سے گھبرا کے کہاں جائیں گے
عمر گزری ہے اسی آگ میں جلتے جلتے
رات کے بعد سحر ہوگی مگر کس کے لئے
ہم ہی شاید نہ رہیں رات کے ڈھلتے ڈھلتے
روشنی کم تھی مگر اتنا اندھیرا تو نہ تھا
شمع امید بھی گل ہو گئی جلتے جلتے
آپ وعدے سے مکر جائیں گے رفتہ رفتہ
ذہن سے بات اتر جاتی ہے ٹلتے ٹلتے
ٹوٹی دیوار کا سایہ بھی بہت ہوتا ہے
پاؤں جل جائیں اگر دھوپ میں چلتے چلتے
دن ابھی باقی ہے اقبال ذرا تیز چلو
کچھ نہ سوچے گا تمہیں شام کے ڈھلتے ڈھلتے

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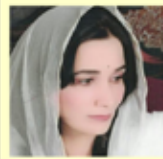


پروین شاکر

غزل

کچھ تو ہوا بھی سرد تھی کچھ تھا ترا خیال بھی
دل کو خوشی کے ساتھ ساتھ ہوتا رہا ملال بھی
دل تو چمک سکے گا کیا پھر بھی تراش کے دیکھ لیں
شیشہ گران شہر کے ہاتھ کا یہ کمال بھی
اس کو نہ پاسکے تھے جب دل کا عجیب حال تھا
اب جو پلٹ کے دیکھیے بات تھی کچھ محال بھی
میری طلب تھا ایک شخص وہ جو نہیں ملا تو پھر
ہاتھ دعا سے یوں گرا بھول گیا سوال بھی
اس کی سخن طرازیوں میرے لیے بھی ڈھال تھیں
اس کی ہنسی میں چھپ گیا اپنے غموں کا حال بھی
گاہ قریب شاہ رگ گاہ بعید وہم و خواب
اس کی رفاقتوں میں رات بھر بھی تھا وصال بھی
اس کے ہی بازوؤں میں اور اس کو ہی سوچتے رہے
جسم کی خواہشوں پہ تھے روح کے اور حال بھی
شام کی نا سمجھ ہوا پوچھ رہی ہے اک پتا
موج ہوائے کوئے یار کچھ تو مرا خیال بھی

❖❖❖



دعالی

غزل

مجھے بننے کی عادت تھی مگر وہ اور کچھ سمجھا
ذرا سی اک شرارت تھی مگر وہ اور کچھ سمجھا
مری ہر بات پر بننے سے اکثر وہ الجھتا تھا
مجھے اس سے محبت تھی مگر وہ اور کچھ سمجھا
میں ہنستی تھی کہ رنج و غم مرا ظاہر نہ ہو اس پر
مقدر میں جو ظلمت تھی مگر وہ اور کچھ سمجھا
میں سن کر نال جاتی تھی نصیحت کی سبھی باتیں
مری دل سے بغاوت تھی مگر وہ اور کچھ سمجھا
سنانا حال دل چاہا مگر اس کو بھی جلدی تھی
بڑی اچھی حکایت تھی مگر وہ اور کچھ سمجھا
منانا چاہتی تھی سچے دل سے اے دعا اس کو
اسے مجھ سے شکایت تھی مگر وہ اور کچھ سمجھا

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امین حزیں

غزل

نمود رنگ و بو نے مار ڈالا
اسی کی آرزو نے مار ڈالا
نہ دنیا ہی کا رکھا اور نہ دیں کا
دل مدہوش تو نے مار ڈالا
تکلم کا فسوں اللہ اکبر
کسی کی گفتگو نے مار ڈالا
نہ روداد حباب زندگی پوچھ
خرام آب جو نے مار ڈالا
خدا واعظ سے سمجھے حشر کے دن
ہمیں اس بے وضو نے مار ڈالا
زمانہ کے امیں منہ کون آتا
خیال آبرو نے مار ڈالا

❖❖❖



Teacher: "Which is the best month to study?"

Student: "Octembruary."

Teacher: "Don't be silly. There's no month like that."

Student: "Exactly...."

The warehouse foreman walked up on a worker and caught him napping.

"Hey!" the foreman shouted. "Why aren't you working?"

"Because I didn't see you coming."

A city slicker goes to visit his cousin who owns an apple orchard. The cousin takes him out to show him the bountiful crop on the trees.

The city slicker sees all the apples and asks, "How many apples grow on trees?"

His cousin smiles and says, "All of them."

A squirrel was sitting in an apple tree. All of a sudden a cow started climbing up the tree. Surprised to see a climbing cow the squirrel asked the newcomer, "What the heck are you doing here?"

The cow replied, "I thought I'd eat some oranges."

"But this is an apple tree."

"I know. I brought my own."

One night, a lady stumbled into the police station with a black eye. She claimed she heard a noise in her backyard and went to investigate. The next thing she knew she was hit in the eye and knocked out cold.

An officer was sent to her house to investigate and he returned 1-1/2 hours later with a black eye.

"Did you get hit by the same person?" his captain asked.

"No," he replied. "I stepped on the same rake."

How does a dog stop a TV show?

He presses PAWS.

Little Anne came running into the house after the school one day, shouting, "Daddy! Daddy! I got 100 in school today!"

"That's great sweetheart!" said her daddy.

"Come into the living room and tell me about it," daddy continued.

Little Anne said, "Well, I got 50 in spelling, 30 in math and 20 in science."

I accompanied my husband when he went to get a haircut. Reading a magazine, I found a hairstyle I liked for myself. I asked the receptionist if I could take the magazine next door to make a copy of the photo.

"Leave some ID, a driver's license or a credit card," she said.

"But my husband is here getting a haircut," I explained.

"Yes," she replied. "But I need something you'll come back for."

"You see, doctor, I'm always dizzy for half an hour after I get up in the morning," said Carla.

"Well, try getting up half an hour later," said the doctor.

A teacher called upon the classroom to make sentences with words previously chosen. The teacher smiled when Pete, a slow learner, raised his hand to participate during the challenge of making a sentence with the words: De-feat, Defense, Deduct, and Detail.

Pete stood thinking for a while, all eyes focused on him while his classmates awaited his reply. Smiling, he the proudly said, "Defeat of deduct went over defense before deta

My girlfriend isn't talking to me because apparently I ruined her birthday.

Not sure how I did that...

I didn't even know it was her birthday!

"What's your father's occupation?" asked the school secretary on the first day of the new academic year.

"He's a magician, ma'am" said Little Johnny.

"How interesting. What's his favorite trick?"

"He saws people in half."



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