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AUGUST 2021 Vol 12, Issue 8

Mamata Banerjee Meets Javed Akhtar, Asks Him to Compose Song on 'Khela Hobe'

West Bengal Chief Minister Mamata Banerjee, who is on a four-day long visit to Delhi, on Thursday, 29 July, met lyricist-poet Javed Akhtar and wife, actor Shabana Azmi.

The Trinamool Congress supremo has asked Akhtar to write a song on "Khela Hobe," her poll slogan, news agency ANI reported.

Speaking to the media after the meeting, Akhtar said that Banerjee did not state that leadership is her priority, but that she wants parivartan.



"She believes that she wants a parivartan. Earlier she fought for Bengal and now she wants to fight for a change in India. Who will lead the country is not important but how the Hindustan will be that is most important. Democracy is dynamic and constant in process," Akhtar told reporters, according to ANI. Asked if the "Khela Hobe" slogan would resonare in India, Akhtar said, "It does not need proof. It is beyond discussion now."

Immediately after this, Banerjee, who was present at the briefing to reporters, asked Akhtar to compose a song on the slogan.

"You have to make a song on Khela Hobe," she told him in front of mediapersons, reported ANI.

About the meeting, the lyricist-poet said that it was "courteous" and added that both he and Azmi congratulated Banerjee on her victory in the West Bengal Assembly polls.

"We are grateful to Mamata ji for her support in the amendment in the Royalty Bill so that music composers, songwriters, lyricists can be benefit-

ted from the royalty," he added.

Banerjee, who has been in the national capital since Monday, has been meeting several politicians, possibly for the aim of forming up a united Opposition ahead of the 2024 general elections.

On Thursday, she met DMK MP Kanimozhi as well as Minister of Road Transport Nitin Gadkari, while on Wednesday she had met Delhi Chief Minister Arvind Kejriwal, as well Congress Interim President Sonia Gandhi and party leader Rahul Gandhi.



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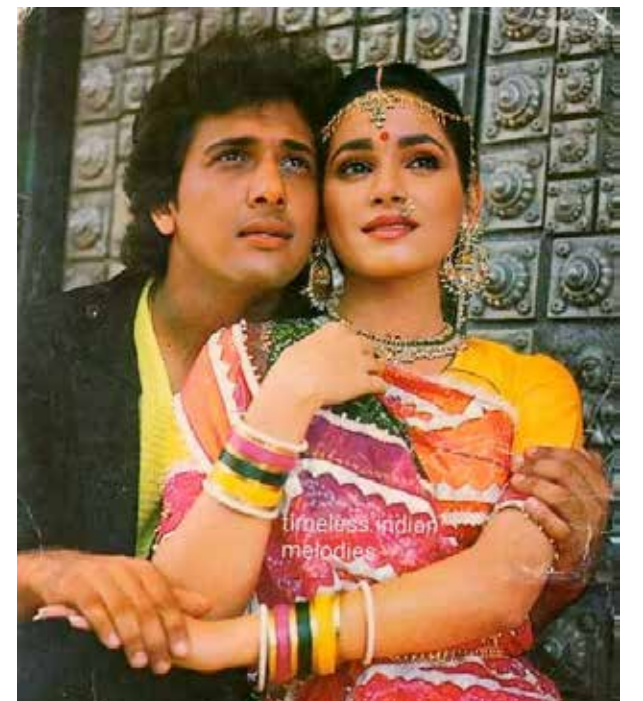
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Dallas, TX



Elyas Mohammed
Charlotte, NC



DADA SAHEB PHALKE IN-INDIAN TELEVISION AWARD GOES TO MOHAMMED VAKIL

Mohammed Vakil's list of accolades is numerous befitting the artist that he is. He is the winner of the "TVS Sa-Re-Ga-Ma" Final in 1997 and "TVS Sa-Re-Ga-Ma" Mega Final in 1998. He was bestowed the title of "Rising Star" by C.L.Nepali Organization, Delhi in 1998. He was awarded the "R.D.Burman Pancham Samman" by Abhinaya Kala Parishad, Patankhot and the "Rajasthan Sangeet Natak Academy Award 2001" by the Govt. of Rajasthan.

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Grand Mushaira conducted by Noor Amrohvi in Dallas



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DFW group Monthly Mehfil in Grand Prarie



Women busy in Eid shopping at Texas King, Irving



DALLAS-HOUSTON PAGES

DALLAS-HOUSTON PAGES

Mumtaz Ali Akram praises Saudi Arabia for Hajj arrangements amid Covid-19

FREEDOM PRESS BUREAU Jubail, July 22: Hi-tech International Co., Jubail, KSA, Director Mumtaz Ali Akram on Thursday praised the Kingdom of Saudi Arabia for taking a set of precaution and preventive measures during this year's Hajj season.

Akram also praised the Kingdom for implementing the digital system to serve pilgrims, reducing human involvement in crowd management in order to ensure the safety and health of pilgrims and the safety of personnel working in the service of pilgrims.

Mumtaz Ali Akram performed Haj along with his family amid the COVID-19 pandemic. He is among the few Indians from about 60,000 applicants who were



Mumtaz Ali Akram

selected to perform Haj 2021 from over 5 lakh applications received by the Kingdom this year.

"I pray to Allah SWT to put an end to these hard times the whole world has gone through under the coronavirus," he said.

Akram further thanked the Kingdom authorities and personnel who are stationed to ensure the safety of the pilgrims, and also to the workers and volunteers who contributed to the success of this year's Hajj season.



INNA LILLAHE WA INNA ILAIHI RAJIOON King Kothi Resident, a very Nice Gentle man, a very down to earth personality, Mr ARIF (bhai) studied in All Saint's high school, Deccan Engineering college, known personality of Jeddah passed away in Hyderabad today. Due to CARDIAC AREST.

Indian-origin businessman Yusuffali MA appointed vice-chairman of top government business body in Abu Dhabi

Dubai [UAE], July 25 (ANI): Crown Prince of Abu Dhabi Sheikh Mohamed Bin Zayed Al Nahyan has appointed prominent Indian businessman Yusuffali MA as the vice-chairman of the top government body for all businesses operating from Abu Dhabi.

Yusuffali is the Chairman and Managing Director of Abu Dhabi-based LuLu Group International.

Sheikh Mohammed issued a resolution to form a new Board of Directors for the Abu Dhabi Chamber of Commerce and Industry (ADCCI), chaired by Abdullah Mohamed Al Mazrouei and Yusuffali as the Vice-chairman.

The ADCCI is the apex government body of all businesses established in Abu Dhabi. It functions as an effective bridge between the government and the business sector.

Each of the business establishments in Abu Dhabi, one of the wealthiest and most influential economic hubs in the region, has to be licensed by ADCCI.


Yusuffali is the only Indian on the 29-member board, which is primarily made up of Emirati business owners and CEOs.

Yusuffali described his appointment as "a very humbling and proud moment" in his life.




"My sincere gratitude to the visionary leadership of this great country and I will strive to do my best towards justifying the great responsibility entrusted upon me. Apart from working for the growth of Abu Dhabi economy & the larger business community, I will sincerely work towards further boosting the Indo-UAE trade relations," he said.

Sheikh Mohammed had honoured Yusuffali with the "Abu Dhabi Award 2021", the highest civilian honour for his almost 5-decade long contributions in the fields of economic development and philanthropy. "This is indeed a very proud and emotional moment for me. I am very happy to receive Abu Dhabi's highest civilian award from the blessed hands of HH Sheikh Mohamed Bin Zayed, Crown Prince & Deputy Supreme Commander of the UAE Armed Forces," he tweeted on April 10, 2021. Yahoo News



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
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MIDDLE EAST PAGES

MIDDLE EAST PAGES

IFTEKHAR SHAREEF PAGE



Eid Mubarak to all from Chicago. A low profile events as people are still not comfortable because of COVID. Eid prayers in our area was held at Holiday Inn Northshore, Skokie, Illinois.



CHICAGO PAGES



Congratulations for getting RE-Elected as Working President of Telangana State Congress Committee . Mohamed Azharuddin former India's Cricket Captain and former Member of Parliament visited my residence this afternoon in Shamshabad, Hyderabad . Thanks so much Azhar for a surprise visit along with Anas Bakai & Ali even though I am not there . You are very humble person I ever know . The Apex Council had "suspended" Azharuddin for alleged violation of its constitution.

Allegations of Conflict of Interest were levelled against Azharuddin. Justice (ret'd) Verma in his order pointed out that the complaint against Azharuddin was not forwarded to Ombudsman and in effect has no legal validity.

"Apex Council on its own accord cannot take such a decision. Therefore, I deem it appropriate to set aside the resolution (if any) passed by these five members in suspending the duly elected President, issuing a show-cause notice and direct them to refrain from any subsequent actions against the President of HCA, Mohammed Azharuddin," Justice (ret'd) Verma, said



In Washington DC for few days , had lovely dinner at Trump International Hotel on Pensylvania Ave , DC with few friends

CHICAGO PAGES



meetings at Capital Hills with Indian community leaders across US , paid personal visits to to my friends US Congressman Chuyi Jesus Garcia , Congressman Raja Krishnamurty, Congressman Danny K. Davis and others . Also my friend Deputy Ambassador of India for US Ambassador Surender Dalela and staff .

CHICAGO PAGES



**HAPPY
INDEPENDENCE
DAY
&
EID MUBARAK
FROM
WALIUDDIN
&
ROSHAN
WALIUDDIN**

CHICAGO PAGES

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CHICAGO PAGES



Zahed Hussain with Moneeza Hashmi daughter of Faiz Ahmed Faiz in Chicago



Firoz Vohra

Urgent appeal to business owners, managers. Please please have a sensitivity training and conflict resolution skill training in place. Employee should know very well when to call police and how to deescalate situation. Based on my 25 years of retail experience and that includes high crime area locations and gang infested neighborhoods. Majority of the time it is common sense and respect, trust to the local population that resolves problems. Call police if there is a situation which involves life threat or customer safety. Do not call police on panhandlers and beggars without doing your own due diligence and for God sake have a fair refund /return policy at your business and yes let customer use washroom. How can you keep profiting and not let customer use washroom. Please stop stereotyping and prejudice leads to racist behavior. When policr is called make sure employee is clear and do not exagarate the threat. For example there is a difference between product theft and robbery. Often immigrants do not differentiate words such as theft and robbery. When you say you are getting robbed dispatcher give it a priority. I am not saying act as a police. But give proper training to handle situation which leads to aggressive behavior. If you are making profit provide proper service and do business with morals and ethics.



BABY INAYA TURNS



IN AUGUST

**Dr. Fariha Sabiri
Rashid Inayah
Engr Haroon Rashid**

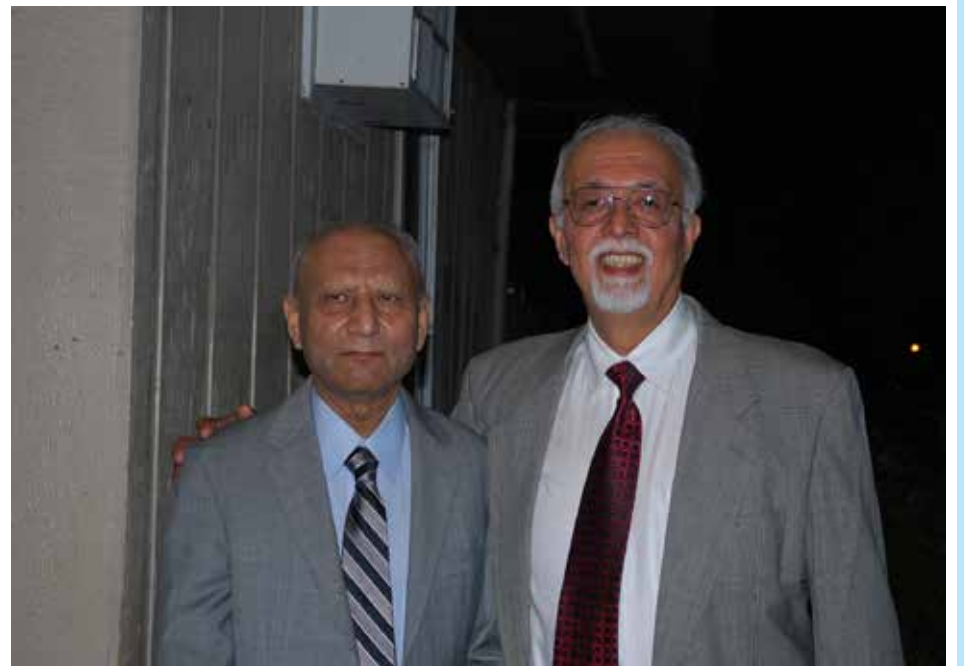




At Eid Milan event in Hoffman Estates hosted by IAA: Shahid Razvi, General Secretary seen with Dr Bharat Barai, Nawab Mir Hamed Ali Khan, President with Mr Ranjit Singh, Consul Chicago, Press Information. Eraj Ahmed, former President and Kausar Mirza also attended the event



Singer Bharti Desai and Mr Desai at IAA event



SHABAZ KHAN CRICKET TOURNAMENT SPONSORED BY SYED MUKRAM, CHIEF GUEST MR MINHAJ AKHTAR SAIF KHAN DR IMRAN VAZEER, SHABAZ AHMED KHAN AND ALDERWOMAN DEBRA SILVERSTIEN

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FEMALE
 Hijabi: Yes
 Age: 25
 Complexion: v.fair
 Height: 5.3
 Education:M.B.A
 Profession:
 Residence: Hyd, India
 Legal Status: Indian citizen
 Marital status: never Married
 Religious Sect:Sunni
 Language: Urdu, English
 Ethnicity: hyderabad, india
 Family: Parents and 5 elder brothers

LOOKING FOR: MALE
 Beard: Any
 Age: less than 32
 Height: 5.4 and above
 Education: Eng, Doctor or MBA
 Profession: Eng, Doctor or Manager
 Residence: Hyd or or Gulf Aus or USA or
 Legal Status: H1B or Hyderabad
 Marital Status:never Married
 Religious Sect:Sunni
 Ethnicity: Hyd, Indian
 Contact:
 Mother:+91 81428 03081
 Brothers:+91 81431 74190
 +19283068704

FEMALE
 Hijabi : Yes
 Age: 25
 Height: 5 feet
 Marital status: Never married
 Legal Status: UK Student visa
 Education:Bcom from BIT,RAK ,UAE.
 ACCA (Just completed withe exams ,all 14 papers) from UK University, London& pursuing MSc in Accounting and finance from UK University, London
 Profession: Student
 Residence: STUDYING in UK , holding USA 10 YRS VISIT VISA , UAE RESIDENCE VISA
 Religious Sect: Sunni

LOOKING FOR: MALE
 Beard: Slight beard fine
 Age: 26 to 29
 Height: 5.4 to 5.10
 Marital Status: Never married
 Legal Status: Any , preferably work permit
 Education: Engineering ,MS,MBBS,CA, CPA,MBA
 Profession: Engineer, Doctor, Chartered ACCOUNTANTS, MBA
 Residence: UK,USA,CANADA
 Religious Sect: Sunni,Sheikh, Syed
 Ethnicity: India preferably south India
 Contact:
 WhatsApp #+12055676126

Female
 Hijabi: No
 Age: 24 years
 Height: 5 feet 3 inches
 Marital status: unmarried
 Legal Status: US Citizen BIRTH : USA
 Education: Bachelors in Aerospace Engineering from Cal Poly, Pomona, CA
 Profession: Engineer & Project Manager
 Residence: Westlake Village, CA
 Religious Sect: Sunni,
 Language: Urdu/English
 Ethnicity: Indian (Hyderabadi)

LOOKING FOR: MALE
 Beard: OK
 Age: 27-29
 Height: 5'8-6'
 Marital Status: Unmarried-never married
 Legal Status : Must be raised and schooled in U.S.
 Education: Any type of Engineer, Corporate Professional, Physician, Surgeon, Dentist etc. Should be willing to relocate to California.
 Residence: U.S.
 Religious Sect: MUSLIM, Sunni
 Ethnicity: Indian, Pakistani origin preferred. Can be of any Ethnicity if U.S. born Muslim. (No H-1 visa holders) Contact 2055676126

Female
 Name: SS
 Hijabi: Yes
 Age: 31
 Height: 5'2
 Residence : Barrie,Ontario
 Education: Post Graduation Certificate Program in BIG DATA ANALYTICS
 Profession: In Search of field job
 Legal Status: Work Permit
 Marital status : Single
 Ethnicity: Indian
 Religious Sect: Muslim(Sunni)
 Family:
 Father:Businessman,Mother:Housewife, 1 Sister:Married,2 Brother's
 Language: Urdu and English
 Hobbies: Reading,Cooking and Travelling.

LOOKING FOR: Male
 Age : 35 to 40
 Height: 5'5 to 5'8
 Residence: Canada/USA
 Education: Master's
 Profession: Some Respectful Job
 Legal Status: PR Holder/USA Citizen
 Marital Status: Single
 Religious Sect: Muslim(Sunni)
 Ethnicity: Indian(Hyderabad) Contact 2055676126

FEMALE : Female
 Hijabi: No
 Age: 24 years
 Height: 5 feet 3 inches
 Marital status: unmarried
 Legal Status: US Citizen BIRTH : USA
 Education: Bachelors in Aerospace Engineering from Cal Poly, Pomona, CA
 Profession: Engineer & Project Manager
 Residence: Westlake Village, CA
 Religious Sect: Sunni,
 Language: Urdu/English
 Ethnicity: Indian (Hyderabad)
 Family:
 Father- In Real Estate & Architect
 Mother- Homemaker
 Brothers- (Two) Elder brother is Construction Manager, Second Brother is Lawyer.

LOOKING FOR: MALE
 Beard: OK
 Age: 27-29
 Height: 5'8-6'
 Marital Status: Unmarried-never married
 Legal Status : Must be raised and schooled in U.S.
 Education: Any type of Engineer, Corporate Professional, Physician, Surgeon, Dentist etc. Should be willing to relocate to California.
 Residence: U.S.
 Religious Sect: MUSLIM, Sunni
 Ethnicity: Indian, Pakistani origin preferred. Can be of any Ethnicity if U.S. born Muslim. (No H-1 visa holders) Contact 2055676126

GIRL
 Hijabi: Yes
 Age: 24
 Height: 5 ft 3 in
 Marital status: Never Married
 Legal Status: US citizen
 Education: Medicine 3rd year
 Profession: Medical
 Residence: Chicago suburbs
 Religious Sect: Sunni
 Language: Urdu/English
 Ethnicity: Hyderabadi
 Family: Father IT pro, Mother Homemaker, Sis & Bro-in-law doctors, Bro1 Bio-Engg, Bro2 High School

LOOKING FOR: BOY
 Beard: Prefereed but optional
 Age: 29 or less
 Height: 5ft 7in or more
 Marital Status: Never Married
 Legal Status: US citizen
 Education: PG or Grad Professional pref in Medical, will consider other streams (MUST be US/Canada schooled)
 Profession: Medical pref will consider others prof settled individuals
 Residence: US / Canada
 Religious Sect: Sunni
 Holding Islamic & family values
 Ethnicity: Indian/Pakistani
 WhatsApp Contact# +1 (205) 567-6126

FEMALE : Female
 Hijabi: Yes
 Age: 22 years (1998 November 3rd)
 Height: 5 feet 6 inches
 Marital status: unmarried
 Legal Status: Indian
 PLACE OF BIRTH :QATAR
 Education: Bachelors in Genetics and Biotechnology from Loyola college, Completed P.G (Diploma) in Bioinformatics from Osmania University.
 Profession: None
 Residence: Hyderabad Telangana
 Religious Sect: Islam Sunni, Hanafi
 Language: Urdu/Hindi/English
 Ethnicity: Indian/Hanafi (Hyderabad)
 Family:
 •Father- Supervisor in GSCS Doha, Qatar
 •Mother- B.A.B.Ed (Homemaker)

LOOKING FOR: MALE
 Beard: preferably No but if he has it it's not a deal breaker
 Age: 27-30
 Height: 5'8-5'10
 Marital Status: Unmarried
 Legal Status : Must be on H1B
 Education: Should have a Masters
 Profession: White collar job
 Residence: Hyderabad
 Religious Sect: Islam Sunni, Hanafi
 Ethnicity: Indian/Hanafi
 Contact 2055676126

FEMALE N.B
 Hijabi /No
 Age: 29
 Height: 5'5
 Education:Bachelors Degree in Business administartion and management
 Profession:Human Resource Assistant
 Residence: New Jersey Woodbridge
 Legal Status: US citizen
 Marital status: Single
 Religious Sect: Sunni (Arain)
 Language: Urdu,Punjabi, English
 Ethnicity: Pakistani
 Family: Parents and 2 brothers , 1 sister..

LOOKING FOR: MALE
 Beard: yes an short one
 Age: 29-35
 Height:5'6-6'0
 Education:Bachelors or Masters Degree
 Profession:Any descent profession
 Residence: USA or Canada prefer Tristate area or nearby states...
 Legal Status:Us citizens or Greencard holder or in process
 Marital Status:Single
 Religious Sect:Sunni
 Ethnicity:Pakistani
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Male
Beard: No Beard
Age: 31
Height: 5'8"
Marital status: Single (Never Married)
Legal Status: Indian Citizen, Applied for Canadian PR with a score of (CLB-9)
Education: B.Tech (Computers Science, JNTU, HYDERABAD) Diploma in Leadership & Management (IIBIT, Sydney)
Profession: AWS Certified Solutions Architect Associate
Residence: Hyderabad, Telangana (India)
Religious Sect: Sunni Muslim
Language: English, Urdu, Hindi
Ethnicity: Indian
Family: Parents, 1 elder sister and 1 elder brother

LOOKING FOR: FEMALE
Hijabi: Optional
Age: Less than 25
Height: 5'4" & above
Marital Status: Single
Legal Status: US or Canadian Citizen
Residence: Hyderabad based US/Canadian Citizen
Religious Sect: Sunni Muslim
Ethnicity: Hyderabad, Indian Contact 2055676126

Male :
Age: 39
Height: 5'7"
Marital status: Divorced
Legal Status: Work permit
Education: Master of Arts
Profession: Own business
Residence: Chicago IL
Religious Sect: Sunni Muslim
Language: Urdu
Ethnicity: Indian
Family: Religious

LOOKING FOR: FEMALE
Hijabi
Age: 30-35
Height: 5'3"-5'7"
Marital Status: Widow/ Divorcee/
...
Legal Status: Any
Education: Graduate
Profession: House hold
Residence: USA
Religious Sect: Sunni Muslim
Ethnicity: Indian Contact 2055676126

Male
Beard: No
Age: 27
Height: 6 app
Marital status: unmarried
Legal Status: working on EAD
Education: BE (Electrical) Mumbai University
MS (Industrial engineering)
Profession: sr. Associate in Axtria New jersey
Working on EAD
Residence: New Jersey
Religious Sect: sunni
LOOKING FOR: FEMALE
Hijabi yes
Age: between 21 to 27
Height: min 5.3
Marital Status: unmarried
Legal Status:
Education: Engineer or any professional course
Contact +12055676126
WhatsApp #as above

Male
Beard: No
Age: 27 yrs
Height: 5'8"
Education: Masters in Mechanical Engineering (Residing in USA since 6 years)
Profession: Production Engineer
Residence: New Jersey, USA
Legal Status: H1 B Visa
Marital status: Never Married
Religious Sect: Sunni Muslim
Language: Urdu, Telugu, English, Hindi
Ethnicity: Andhra Pradesh, India
Family: Parents are in India

LOOKING FOR: FEMALE
Hijabi: No
Age: 24 to 27 Yrs
Height: 5'4"
Education: Bachelors or Masters
Profession: Any
Residence: USA
Legal Status: US Citizen, greencard, H1 B visa
Marital Status: Never Married
Religious Sect: Sunni Muslim
Ethnicity: Andhra Pradesh, India
Contact:
WhatsApp : +1 (205) 567-6126

Male
Hijabi / Beard: Yes
Age: 35
Height: 5 10
Marital status: Never Married
Legal Status: On F1
Education: Masters in Engineering Management
Profession: Project Scheduler
Residence: Texas
Religious Sect: Sunni
Language: English, Urdu, Hindi & Telugu
Ethnicity: Indian
Family: 3 Elder brothers (All Married)/ One younger Sister

LOOKING FOR: FEMALE
Age: 27-35
Height: 5 2 minimum
Marital Status: Never married/ divorced (without kids)
Legal Status: US Citizen
Education: Any
Profession: Any
Residence: Doesn't matter
Religious Sect: Sunni
Ethnicity: Indian
Contact: 205-567-6126
WhatsApp #: 205-567-6126

Male
Beard: No Beard
Age: 31
Height: 5'8"
Marital status: Single (Never Married)
Legal Status: Indian Citizen
Education: B.Tech (Computers Science, JNTU, HYDERABAD) Diploma in Leadership & Management (IIBIT, Sydney)
Profession: AWS Certified Solutions Architect Associate
Residence: Hyderabad, Telangana (India)
Religious Sect: Sunni Muslim
Language: English, Urdu, Hindi
Ethnicity: Indian
Family: Parents, 1 elder sister and 1 elder brother
1. Father : Retd. Civil Engineer, National Water Company, Jeddah
2. Mother : B.Sc B.Ed. (Teacher) MukarramJah High School
3. Sister: B.Tech, US Citizen
4 Brother: B.Tech, M.S (USA)
LOOKING FOR: FEMALE
Hijabi: Optional
Age: Less than 25
Height: 5'4" & above
Marital Status: Single
Legal Status: US or Canadian Citizen
Education: BS, MS
Profession: Engineer/Pharmacy
Residence: Hyderabad based US/Canadian Citizen
Religious Sect: Sunni Muslim
Ethnicity: Hyderabad, Indian Contact 2055676126

Male
Beard: Yes
Age: 24
Height: 6'1"
Education: Pursuing dual degree MBA/MHA
Profession: Project manager
Residence: Houston, TX
Legal Status: Citizen
Marital status: Single
Religious Sect: Sunni
Language: Urdu
Ethnicity: Indian Muslim
Family: Parents and 1 older brother only

LOOKING FOR: FEMALE
Hijabi: Optional
Age: Between 22 and 24 years
Height: Between 5'4" to 5'9"
Education: Any medical/ para medical field
Profession: Any in Health industry
Residence: Anywhere in USA
Legal Status: Any
Marital Status: Never married single
Religious Sect: Sunni Muslim
Ethnicity: Urdu speaking Indian/ Pakistani
Contact: Parents
WhatsApp # (205) 567-6126

Male
Beard: yes
Age: 27 (brought in UAE and USA)
Height: 5.7"
Marital status: never married
Legal Status: H1B
Education: BE, MS (namaz Quraan with tajweed Islamic Education)

Profession: IT software
Residence: Dallas
Religious Sect: Muslim
Language: Arabic, English, French, Urdu
Ethnicity: Indian (Hyd)
Family: Father working in govt. of UAE (Ma sha Allah)

LOOKING FOR: FEMALE
Hijabi: Yes
Age: 18-25
Height: 5.3" and above
Marital Status: never married
Legal Status: US Citizen or green card or gulf born
Education: any
Profession: any
Residence: any
Religious Sect: Muslim
Ethnicity: Indian/Pakistani Contact 2055676126

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890-million-years-old? Geologist may have discovered oldest animal fossils ever in Canada

A geologist in Canada may have discovered fossils of ancient sponges dating back 890 million years, making the potential discovery 350 million years older than the oldest undisputed sponge fossils.

The fossilized structures found in rock samples potentially show sponges that existed in underwater reefs millions of years ago. The findings may represent the oldest animal fossils ever discovered, Laurentian University professor Elizabeth Turner described in an article published Wednesday in the journal "Nature."

Scientists have previously estimated that sponges existed before more complicated creatures over 540 million years ago. However, there's a lack of fossilized sponges discovered by scientists that would prove the timeline for the early creatures.

The fossils discovered by Turner resemble skeletons found in some modern sponges known as keratose demosponges. The skeletons are made up of segments that look like connected branches of a tree.

The geologist told USA TODAY that her discovery is intriguing for scientists and non-scientists alike, who all may learn about the history of how animals – and humans – came to be today.

Israel: Scientists find Neanderthal ancestor, challenging what we thought about human evolution

That's not a dinosaur: Tiny fossil discovered in 2020 actually belongs to a lizard

"We are animals," Turner said. "And we have a big brain, and we're capable of wondering about stuff, and we wonder how we came to be.

"What happened before, and what was it like? How did it begin?" she added. "This is really digging into that. I'm shaking up the apple cart."

If the age of the fossils discovered by Turner is proven true, then the organisms would have lived on Earth before a time when scientists believe there was enough oxygen to support animal life.

The creatures also would have lived prior to widespread ice ages on Earth.

The fossils were found in a remote area of northwestern Canada accessible only by helicopter.



Turner told USA TODAY that some critics may question her findings due to the Earth's oxygen levels and the conditions that the sponges could have faced.

"Here I am saying, 'Uh-oh, the first animals appeared before that.' So they didn't require that oxygen. So people may be not so comfortable with it," Turner said.

"This is not the holy grail," she noted. "It's just a step toward a better view on animal evolution. "

But the spongelike creatures would have lived in reefs made from bacteria that could have created enough oxygen for the sponges to survive,

according to multiple reports.

"We know there has to have been a time, an episode or an interval of hidden evolution in animals prior to 540 million years ago," Turner said. "The question is – how far back did it go, and what was it like? That's the big hole."

This article originally appeared on USA TODAY: Oldest animal fossils ever may be ancient sponges discovered in Canada

USA Today

Big 12 meets with Oklahoma and Texas, says it's open to 'discuss proposals that would strengthen the conference'

The Big 12 spoke to Oklahoma and Texas for the first time since reports emerged that the two schools were eyeing a move to the SEC, the conference said Sunday.

The conference said in a Sunday evening statement that two members of its board of directors and commissioner Bob Bowlsby met with Oklahoma president Joe Harroz and Texas president Jay Hartzell. The Big 12 didn't reveal any details from the meeting, though it signaled a willingness to change the conference's structure in a "mutually beneficial" way for Texas and Oklahoma and the eight other schools in the conference.

"The meeting was cordial, and the Executive Committee expressed a willingness to discuss proposals that would strengthen the Conference and be mutually beneficial to OU and UT, as well as the other

member institutions of the Conference," Bowlsby said in the conference's statement. "I expect that we will continue our conversations in the days ahead and we look forward to discussing thoughts, ideas and concepts that may be of shared interest and impact."

The eight other schools — Baylor, Iowa State, Kansas, Kansas State, Oklahoma State, TCU, Texas Tech, and West Virginia — met late last week after word came out the two teams could move conferences. On Saturday, CBS Sports reported the Big 12 could be willing to give OU and UT more revenue.

Oklahoma and Texas' departure could shatter the Big 12 with no other anchor program left among the eight teams remaining in the conference. The Big 12's current grant of rights agreement with



all 10 teams runs through 2025 and both OU and UT would have to buy out those rights to switch conferences before the agreement is over.

Big 12 revenue per school trails that of the

Big Ten and SEC. And it's clear that the programs are eyeing a significant revenue increase with a conference switch even after any potential buyout is factored in. Yahoo Sports

Nick Bromberg

Sorry, Jeff Bezos. You're still not an astronaut, according to the FAA.

Just because you were in space doesn't mean you get the wings of an astronaut.

The Federal Aviation Administration set new rules concerning the Commercial Space Astronaut Wings Program and the criteria used to award those commanding, piloting or working on privately funded spacecraft with the Commercial Space Astronaut Wings badge.

The order was issued on July 20, the same day billionaire and Amazon founder Jeff Bezos and his Blue Origin rocket crew made history by blasting off from the West Texas desert, reaching space and returning to Earth.

NASA, the Air Force, the Federal Aviation Administration and some astrophysicists consider the boundary between the atmosphere and space to begin 50 miles up. Bezos actually met the requirement by

going 62 miles above sea level.

To earn the wings, the FAA now states that passengers must have "demonstrated activities during flight that were essential to public safety, or contributed to human space flight safety." Given the automation of Blue Origin, Bezos doesn't meet this criteria.

More: Bezos, Blue Origin crew ride in Rivian electric vehicle on their way to space launch

Opinion: Jeff Bezos is perfectly happy to have gushing journalists slobbering over his space flight

New Shepard, a 60-foot rocket and capsule, was designed primarily for space tourism thanks to fully automated flight systems, meaning nobody was piloting the craft nor contributing to "human space flight safety." After liftoff, the booster re-

turned to the facility for a vertical landing while the capsule briefly floats in space, then touched down near the launch site with the help of parachutes.

The other passengers who joined Bezos on New Shepard — 18-year-old Oliver Daemen, Bezos' brother, Mark, and "Mercury 13" aviator Wally Funk — also don't qualify as being members of the spacecraft's crew, since the FAA defines that as employees or contractor's associated with a company involved in the spacecraft's launch.

Blue Origin employs thousands across several states and campuses. Competitor Richard Branson's Virgin Galactic, who did his own space flight a week earlier than Bezos, has more than 800 employees.

Yahoo News
Josh Rivera



Gold jumps over 1% as Powell strikes dovish tone

By Arundhati Sarkar

(Reuters) - Gold jumped more than 1% on Thursday as investors cheered U.S. Federal Reserve Chairman Jerome Powell's comments suggesting the central bank was unlikely to hike rates anytime soon.

Spot gold rose 1.4% to \$1,832.22 per ounce by 12:31 pm EDT, having earlier hit its highest since July 15 at \$1,832.40.

U.S. gold futures climbed 1.8% to \$1,832.10 per ounce.

Powell said the U.S. job market still had "some ground to cover" before it would be time to pull back support to the economy.

"You're going to see inflation heat up moving forward because the Fed is more focused on employ-

ment and is not going to fight them in the near-term and that is a positive environment for precious metals," said David Meger, director of metals trading at High Ridge Futures.

"This is not a flash-in-the-pan type rally but a more sustainable one because nothing is standing in gold's way."

Reinforcing Powell's views, data showed the U.S. economy grew at a 6.5% annualized rate last quarter, below a forecast for an 8.5% rise by economists in a Reuters poll.

Lower U.S. interest rates reduce the opportunity cost of holding non-yielding bullion.

Adding to gold's support, the dollar index slipped to a one-month low, making gold less expensive for holders of other currencies. [USD/]

"Rising monetary policy uncertainty, inflation and increasing risk of equity market volatility should favour demand for safe-haven assets," ANZ Research said in a note.

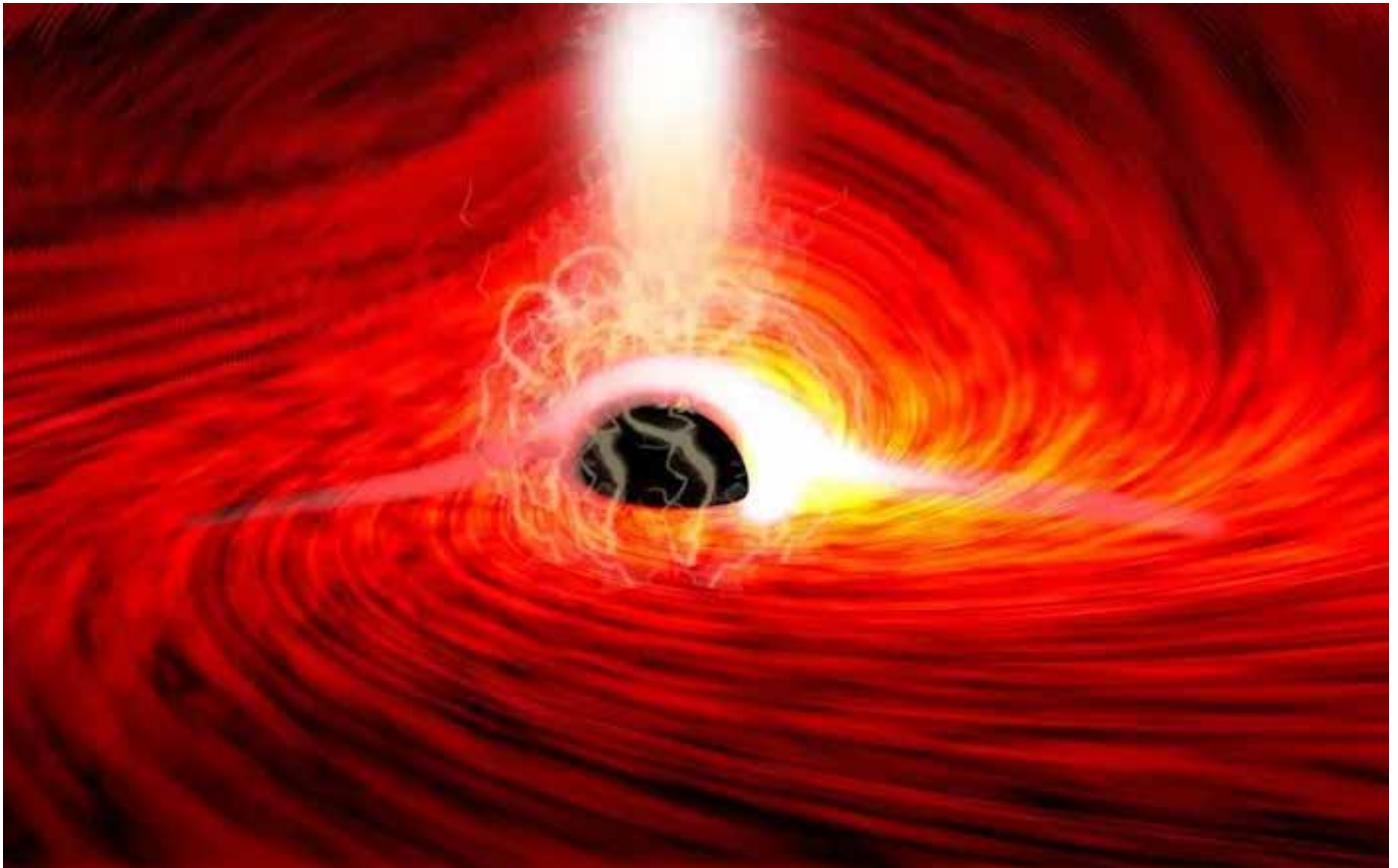
Global demand for gold rose in the second quarter to its highest quarterly level in a year, as central banks and investors stepped up purchases, the World Gold Council said in a quarterly report.

Silver jumped 3.2% to \$25.72 per ounce, having earlier hit its highest since July 16.

Elsewhere, platinum was steady at \$1,064.74 an ounce, and palladium gained 0.7% to \$2,644.11.

(Reporting by Eileen Soreng and Arundhati Sarkar in Bengaluru; Editing by Amy Caren Daniel and Subhanshu Sahu)

Astronomers see back of a black hole for first time, proving Albert Einstein was right



Astronomers have managed to look behind a black hole for the first time and have proved that Albert Einstein was right about how these mysterious celestial behemoths behave.

An international team of researchers used high-powered X-ray telescopes to study a supermassive black hole 800 million light years away at the centre of a distant galaxy.

The researchers saw the usual hallmarks of a black hole, but they also spotted light – in the form of X-rays – which was being emitted by the far side of the black hole.

Black holes are born when a gargantuan star explodes in a supernova and then collapses in on itself. This forms an incomprehensibly dense material which swallows up everything in its general vicinity, and therefore it should be impossible to see light from the back of a black hole.

However, Einstein's dogmatic theory of general relativity predicted in 1915 that the gravitational pull of black holes is likely so enormous that they warp the very fabric of space, twisting magnetic fields and bending light.

As a result, Einstein's work asserted that it should be possible to see light waves ejected from the far side of the black hole because of the distorted magnetic fields acting as a mirror.

Experts accepted the theory, but have been unable to directly observe the phenomenon until now, thanks to modern telescopes and the development of highly sensitive instruments.

Dan Wilkins, an astrophysicist at Stanford University, was studying the mechanics of how a black hole rips atoms and electrons apart, and the X-rays this subsequently produces. Upon inspecting the data he saw what he expected, X-rays spewed directly towards Earth from the black hole's core, but he also saw unexpected echoes shortly afterwards.

These, he said, were X-rays which were flung out in the opposite direction of Earth, but were reflected by the black hole's mangled magnetic field.

The finding, published in *Nature*, yet again proves Einstein was correct, and further backs up the theory of general relativity.

"Fifty years ago, when astrophysicists starting speculating about how the magnetic field might behave close to a black hole, they had no idea that one day we might have the techniques to observe this directly and see Einstein's general theory of relativity in action," said Prof Roger Blandford, a co-author of the research, also from Stanford University.

Telegraph

Dubai is coping with its 125-degree heat by using laser-beam-shooting drones to shock rainwater out of clouds



Dubai is making it rain with drones that shoot laser beams into clouds to prompt rainfall.

This works like a cattle prod for clouds, forcing small water droplets together to create big ones.

Dubai gets 4 inches of rainfall per year and saw temperatures shoot up to 125 degrees in June.

Visit Insider's homepage for more stories.

The National Center of Meteorology in Dubai, United Arab Emirates, has found a new way to make it rain. It's using laser-beam-shooting drones to generate rainfall artificially.

Last week the country's weather service posted two videos offering proof of the heavy downpours in Dubai's streets.

Here's how it works: The drones shoot laser beams into the clouds, charging them with electricity. The charge prompts precipitation by forcing water droplets together to create bigger raindrops, essentially electrifying the air to create rain.

This past March, the BBC reported that the UAE was looking to test the drone technology, which it developed in collaboration with the University of Reading in the UK.

Artificially generated rain is crucial because Dubai only gets an average of 4 inches of rainfall annually. This makes farming difficult and forces the country to import more than 80% of its food.

It also doesn't help with the country's sweltering temperatures. On June 6, for example, Dubai recorded a sweltering temperature high of 125 degrees Fahrenheit.

Dubai's rainmaking technology is not entirely dissimilar to cloud seeding, which has been used in the US since 1923 to combat prolonged periods of drought. Cloud seeding requires crushed-up silver iodide, a chemical used in photography, to help create water clusters in the air.

Forbes reported that the UAE has invested in nine rain-enhancement projects over the past few years, which cost around \$15 million in total. The bulk of those projects have involved traditional cloud-seeding techniques.

Critics of the drone technology worry that it could unintentionally cause massive flooding. And they also worry about such technology being privatized, Forbes reported.

In the US, innovative solutions to the extreme effects of the climate crisis have been explored. Billionaire Bill Gates is backing the development of a sunlight-dimming technology that might help to achieve a global cooling effect by reflecting the sun's rays from the planet's atmosphere.

In the meantime, more than 80 wildfires are blazing across the US, devastating communities and destroying homes. On July 13, Death Valley in California recorded a temperature high of 128 degrees Fahrenheit, the Earth's hottest temperature record since 2017.

INSIDER

Meet IAS Tapasya Parihar who Got Rank 23 in UPSC Civil Services Without Coaching

Tapasya Parihar who hails from Narsinghpur, Madhya Pradesh, has proved that nothing is impossible with hard work and dedication. She secured All Indian Rank (AIR) 23 in Civil Services Exam (CSE) 2017 conducted by Union Public Service Commission (UPSC).

However, what's unique about her is she relied on self-study to achieve her goal, instead of coaching classes. After facing failure in the first attempt, she left coaching classes and decided to focus on self-study for the next year. When she started preparations for the second attempt of UPSC CSE, she changed her strategy and her first target was to make as many notes as possible and solve the answer papers. Her hard work paid off and she managed to secure AIR 23 UPSC CSE exam 2017.

Tapasya's father Vishwas Parihar is a farmer in his hometown and her uncle Vinayak Parihar is a social worker. Her grandmother Devkunwar Parihar has been the president of Narsinghpur District Panchayat. When she expressed her wish to prepare for UPSC CSE, her family supported her without any hesitation.

Tapasya completed her 12th from Kendriya Vidyalaya and went on to study law at The Indian Law Society's Law College in Pune. This month, she tied the knot with an Indian Foreign Service officer, Garvit Gangwar.

UPSC CSE is one of the toughest exams in the country that is conducted every year to select suitable candidates for the Indian Administrative Ser-



vice, Indian Foreign Service, revenue service, police service, and several allied services. The aspirants have to go through three-stage of examinations — prelims, mains, and interviews — to get selected for civil services.

This year, UPSC CSE will be conducted on October 10. Usually, it is conducted in the month of June, however, this year, it is delayed due to the second wave of Covid-19. Every year, lakhs of students appear for this exam.

News18

Ratan Tata's half brother Noel Tata

The 63-year-old, is the half-brother of Ratan Tata, the former chairman of Tata Sons. While he is a known name within the company itself, outsiders have always known his far more illustrious brother, Ratan, who has been the face of the company even after his retirement. How are Noel Tata and Ratan Tata related?

Noel Tata is the half-brother of Ratan Tata. Ratan Tata's father was Naval Tata, who was adopted into the family from an orphanage by Navajbai and Ratanji Tata.

When he grew up, Naval Tata married Soonoo with whom he had two sons. He named the younger son Jimmy and the older one was named after his father, Ratan. Sometime in the mid-40s, Naval and Soonoo separated and some ten years later, he married Simone, a Swiss national who he supposedly met when she was travelling to India.

Noel Tata is Simone and Naval Tata's son and thus the half-brother of Ratan Tata.

What does Noel Tata do?

Noel Tata may not be as much in the news as his half-brother Ratan Tata, but he plays several important roles in various Tata-owned companies. He is the chairman of Tata Investment Corporation, the vice chairman of Titan Industries, the managing director of Tata International, and the chairman of Trent, the company that owns Westside.

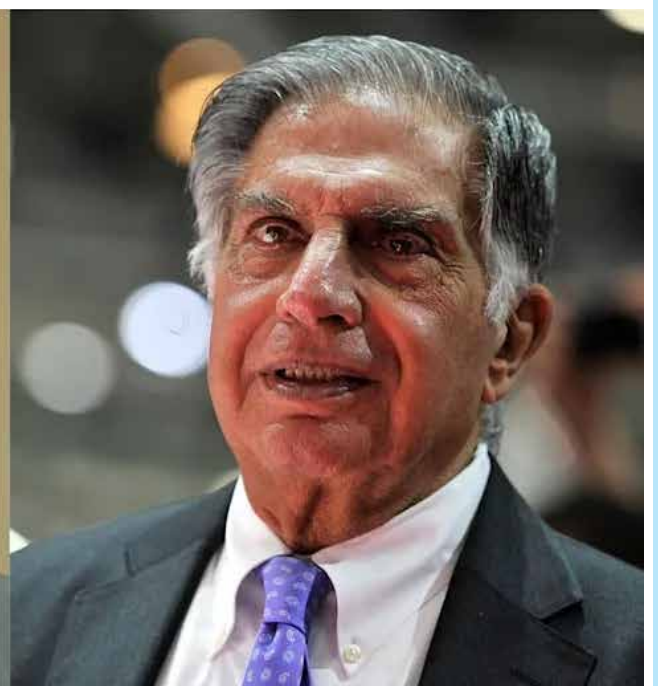
An alumnus of the University of Sussex, Noel Tata also studied at the International Executive Programme at INSEAD, the prestigious business school in France. He started off his career in the group at Tata International.



The company deals with the overseas business of Tata Group.

At the turn of the century, Noel Tata took over Trent, the company that his mother Simone had founded. Trent is the parent company of the retail clothing store, Westside. Tata worked to make Trent profitable and by 2003 he was also appointed as the director of Titan Industries and of Voltas.

In 2010, Noel Tata became the MD of Tata International, the company where he had started off his career. This was around the time that Ratan Tata was set to retire and speculation was rife about who would take over. With Noel Tata in the news, the word on the street was that he



could perhaps succeed Ratan Tata. However, it wasn't him but his brother-in-law Cyrus Mistry who landed the job. Noel Tata's wife Aloo Mistry is Cyrus' sister. And, as we know, Cyrus' father Pallonji Mistry is the single largest shareholder in Tata Sons.

Less than five years later, Cyrus Mistry was let go of as the Chairman of Tata Sons, making way for Natarajan Chandrasekaran, the former TCS boss to take over the reins.

In the meanwhile, Noel Tata has been working in the background, rising up to become the vice chairman of Titan and being included in the board of the Sir Ratan Tata Trust (named after his father). And should all go well, he'll find himself on the board of Tata Sons

IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 47 million vehicles, are or will be under recall in the United States by 2020.

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

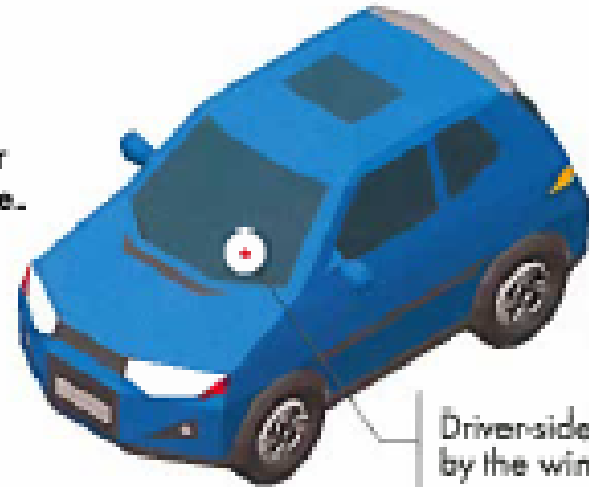
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

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



Driverside dashboard by the windshield

Search it

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

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

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Enter a license plate or VIN manually

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



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Priya Malik Clinches Gold Medal at World Cadet Wrestling Championships

Far away from the hustle and bustle of Tokyo Olympics where the eyes of the sporting world have been trained since Friday, Indian wrestler Priya Malik has clinched a gold medal at the ongoing World Cadet Wrestling Championships.

In the final bout of the 73 kg category, Priya defeated Kesniya Patapovich 5-0 to win the title in Budapest. The news comes just a day after Mirabai Chanu created history in Tokyo by winning India's first ever silver medal in weightlifting which was also the first of their campaign.

Priya has been consistently winning gold medals at home having clinched the yellow metal at the 2019 Khelo India Games in Pune before repeating the feat at the 17th School Games in New Delhi.

Wishes Pour in

Congratulations have been pouring in from all around with Bollywood stars including Abhishek Bachchan, Kareena Kapoor Khan, Sunny Deol, Anil Kapoor among other taking to social media to wish the champion wrestler.

Gold at Tokyo Games?

However, with the fever of Tokyo Games gripping everyone, mistakes were made. Cricketers Ishant Sharma and Hanuma Vihari along with actor-model Milind Soman were heavily trolled for assuming that Priya has won the gold medal at the ongoing Olympics in Tokyo.

"Thank you Priya Malik! #gold #TokyoOlympics #wrestling welcome to Mt

Olympus," Soman tweeted on Sunday.

Naturally, social media users had their fun at his expense.

"Sir it's world wrestling championship and not Olympic... It is held in Hungary... fyi," advised a user.

"Kindly google little and find out in which world sporting event she won... It's not mandatory to post congratulatory tweet without knowing about it," suggested another.

Soman did reply. "I know now, still happy and I won't delete the tweet, sometimes its ok to make a mistake," he said.



In another tweet, he apologise. "Sorry, should have checked before my earlier tweet, but was too overcome with joy. Priya Malik won Gold at the World wrestling Championships ! Onwards and upwards," he tweeted.

Yahoo News

Chinese parents fret after government bans for-profit tutoring firms

HONG KONG (Reuters) - Anxious Chinese parents were rushing to hire private tutors to help their children navigate a fiercely competitive education system after the government moved last week to rein in companies in the massive tutoring services industry.

China's for-profit education sector has been under scrutiny as part of Beijing's push to ease pressure on school children and reduce a cost burden on parents that has contributed to a drop in birth rates.

New rules, to be implemented immediately, ban companies from making a profit from teaching core school subjects and offering classes on weekends or holidays.

But though many parents welcomed an effort to reduce the long hours their children spend studying, others said the ban would only add to parents' financial burdens and increase inequality.

After-school tutoring (AST) classes are seen as crucial to academic success in China's notoriously difficult college entrance exam.

More than 75% of K-12 students - roughly aged from six to 18 - in China attended after-school tutoring classes in 2016, according to the most recent figures from the Chinese Society of Education, and anecdotal evidence suggests that percentage has risen.

"Parents around me are actively looking for more one-on-one private tutors. It doesn't feel like a sudden stop of the tutoring frenzy, life goes on as before," said Ms Fan, a mother living in Beijing's Haidian district, renowned for its top universities and competitive academic environment. She declined to give her full name, as did the other parents interviewed.

Private tutors can charge between 600 yuan and 2,000 yuan (\$93-\$310) per hour in the capital, depending on the



teacher's experience, said Judith Bai, a mother in Haidian, who already spends more than 20,000 yuan on math and Chinese tutoring for her seven-year-old son each year.

"The new regulations will likely put more pressure on parents. With fewer AST services available, many Haidian parents around me are busy booking private tutors and organizing small tutoring groups on their own. The whole process is becoming more challenging and time-consuming for parents."

Rather than encouraging people to have more children, halting tutoring would only dissuade them, said Min, mother to a three-year-old living in Beijing.

"People want to have babies because there's hope that the kids can live a better life than the parents. But with the economic slowdown and no more tutoring in China, we don't know that for sure anymore.

We're not considering having more babies," she said.

Parents in smaller cities where schools tend to have less funding said the policy would negatively impact their children who rely on after-school classes to make up for low quality teaching in classes of up to 60 kids.

China's Ministry of Education will work on improving the quality of the country's schools "to reduce the impulse of parents to send their children to off-campus training", reported official news agency Xinhua on Sunday.

But even with an improvement in teaching, many said it would be impossible to overcome the competitive nature of China's system.

Ms Huang, a mother from Hangzhou in eastern China, said she has quickly signed her son up to a math class run by a tutor-

ing company before the firm closes to new registrations.

"As long as there is the test-based system in China, it is impossible for parents not to 'chicken their babies,'" she said, using a popular term in parenting circles that describes pumping children with extra-curricular classes and energy-boosting "chicken blood".

(\$1 = 6.4821 Chinese yuan renminbi)

(Reporting by Julie Zhu and Kane Wu in Hong Kong and Yingzhi Yang in Beijing. Additional reporting by Beijing Newsroom, Writing by Dominique Patton, Editing by Raissa Kasolowsky)

Yahoo News

By Julie Zhu and Kane Wu

Bajaj Chetak's bookings resume in Pune and Bengaluru



Bajaj Auto has commenced bookings for its Chetak e-scooter in Pune and Bengaluru.

Reservations for the scooter were closed in the two cities in April this year when it went out of stock. The company plans to sell the two-wheeler in 22 new cities by 2022. The Chetak was recently launched in Nagpur, while its bookings are underway in Mysuru, Aurangabad, and Mangaluru.

Design: It has an oval headlight and a digital instrument console

The Bajaj Chetak sits on a steel frame and features an indicator-mounted front apron, an oval-shaped headlight, a flat footboard, a single-piece flat-type seat with a storage compartment underneath, and a pillion grab rail. It also offers a glove box, a digital instrument panel, touch sensitive switches, and an all-LED light-

ing system. It rides on 12-inch alloy wheels.

Fact: The vehicle delivers a range of 95km

The Bajaj Chetak is powered by a 3.8kW motor and a non-removable, IP67-rated 3kWh battery pack. The powertrain produces 16Nm of peak torque, offers a top-speed of 70km/h and a range of 95km in Eco mode.

Safety: Combined braking system is offered for safety

For the rider's safety, the Bajaj Chetak is equipped with a disc brake on the front wheel and a drum brake on the rear, along with combined braking system for improved handling. Suspension duties on the two-wheeler are taken care of by leading-link system on the front side and a mono-shock unit on the rear end.

Fact: Bajaj Chetak: Pricing and availability

The Bajaj Chetak is priced at Rs. 1.42 lakh for the Urbane variant, while the Premium trim carries a price-tag of Rs. 1.44 lakh (both prices, ex-showroom). It is currently up for bookings in select cities.

The news article, Bajaj Chetak's bookings resume in Pune and Bengaluru appeared first on NewsBytes.

Also see: Bajaj Chetak up for bookings in Mysuru, Aurangabad, and Mangaluru
Bajaj Chetak electric scooter is now available in Nagpur
Ola Scooter's bookings open in India: Here's everything to know
NewsBytes.

Update on the Florida stepfather who beat a boy to death for sneaking to get a cookie

Two of Jack Montgomery's stepsons told police their 6-foot-2, 270-pound stepfather gave their 6-year-old brother, Brice Russell, a beating that included grabbing a leg and slinging Brice so that his head smacked a high shelf or cabinet in their Tampa area hotel room.

Brice never woke up after that Dec. 30, 2017 battering at the Tampa East/Seffner Masters Inn. Montgomery told investigators he'd merely thrown Brice on the bed after the boy sneaked out of bed for a

cookie.

The Miami Herald wrote about Brice's death and Montgomery's arrest in a January 2018 story (the story incorrectly listed Brice's age as 7).

Here's what happened afterwards.

Montgomery pleaded guilty on Oct. 31, 2019 to second-degree murder, aggravated child abuse and willful child abuse. He received 35 years on the murder charge, 30

years on the aggravated child abuse charge and five years on the willful child abuse charge. The sentences will be served at the same time.

Montgomery's online Florida Department of Corrections entry says his scheduled release date is June 26, 2052. His total time behind bars, including county jail time, for killing Brice would be 35 years, five months and 26 days. He'll be 65 years old.
Yahoo News
David J. Neal



HISTORY BITES

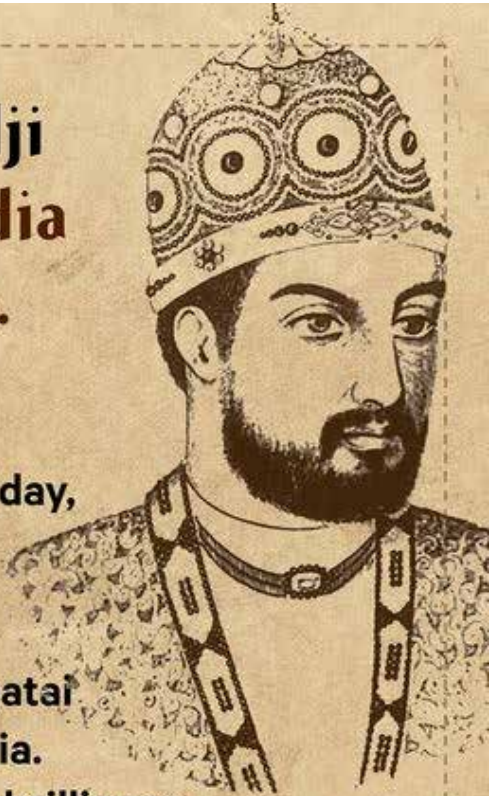
Alauddin Khilji was one of India's greatest kings and one of the world's greatest military geniuses.

He was born in Delhi in 1266 AD (and hence an Indian; not a foreign invader) and ruled as Sultan of Delhi from 1296 AD – 1316 AD. Khilji greatly expanded the empire that he inherited from his uncle. during his rule, the Mongols of the Chagatai Khanate invaded India. Khilji, by his military brilliance, managed to defeat the Mongols not once, but **five** times: in 1298 AD (led by Ulugh Khan, and inflicting 20,000 casualties on the Mongols), 1299 AD in Sindh (led by Zafar Khan), 1299 AD in Delhi (leading the army himself against the Mongols), 1305 AD (led by Malik Nayak, and inflicting 8000 casualties on the Mongols), and 1306 AD (led by Malik Kafur); and a "draw" in the sixth Mongol invasion

Alauddin Khilji who saved India from Mongols.

19 July 1296, on this day,
Khilji became king.

During his rule, the
Mongols of the Chagatai
Khanate invaded India.
Khilji, by his military brilliance,
managed to defeat the Mongols
not once, but **five** times.



Osman Ghazi Founded the Ottoman Empire

The Battle of Bapheus
occurred on 27 July 1302,
between an Ottoman army
under Osman I & Byzantine army
under George Mouzalon. The battle ended
in a crucial Ottoman victory, cementing
the Ottoman state & heralding the final
capture of Bithynia by the Turks.



The Battle of Ankara (or Battle of Angora), fought on July 20, 1402, took place at the field of Cubuk (near Ankara) between the forces of the Ottoman sultan Bayezid I and the Turko-Mongol forces of Timur, ruler of the Timurid Empire. The battle was a major victory for Timur, and it led to a period of crisis for the Ottoman Empire. However, the Timurid Empire went into terminal decline following Timur's death just three years after the battle, while the Ottoman Empire made a full recovery, and continued to increase in power for another two to three centuries.

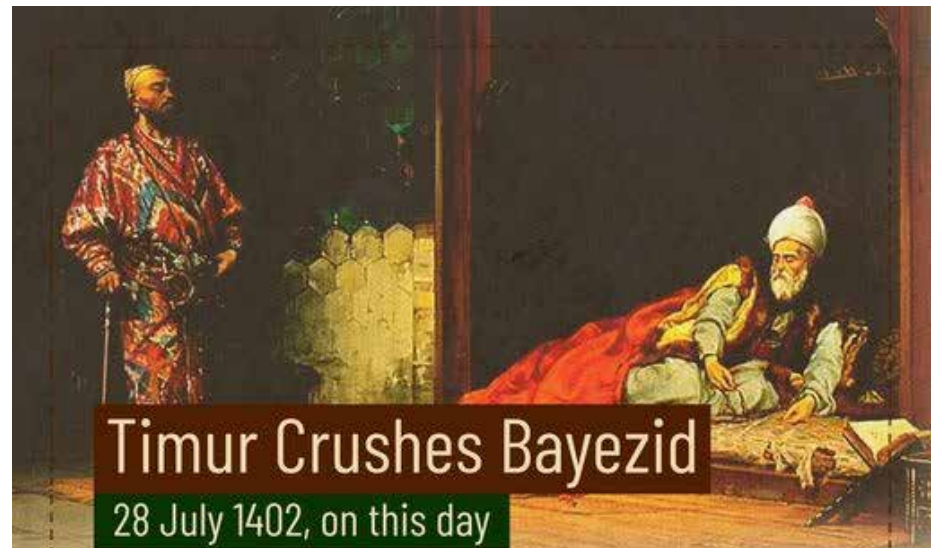
After the battle, Timur moved through western Anatolia to the Aegean coast, where he besieged and took the city of Smyrna, a stronghold of the Christian Knights Hospitalers. The battle was catastrophic for the Ottoman state, fracturing what remained and bringing almost total collapse of the empire. This resulted in a civil war among Bayezid's sons. The Ottoman civil war continued for another 11 years (1413) following the Battle of Ankara.

The battle is also significant in Ottoman history as being the only time a Sultan was captured in person.

In 1402 before the defeat, Bayezid was on the verge of conquering the whole of Anatolia and the Balkans, maybe even taking Constantinople. He had already taken Thessaloniki and defeated a crusader army at Nilopolis in 1396.

Tamerlane effectively destroyed Ottoman supremacy in Anatolia but Anatolia wasn't the core of the ottoman empire, it was the Balkans and more specifically Thrace and the area surrounding their capital Edirne (Adrianople).

So, the empire struggled until 1413 for the succession of the defeated Bayezid but eventually survived and took back its course for ascension after that, mostly because Tamerlane didn't touch at the core of their power. Photo- Bayezid I held captive by Timur, painting by Stanisław Chlebowski-



Timur Crushes Bayezid

28 July 1402, on this day

The Battle of Ankara between the
greatest rulers of their time Bayezid the
Ottoman Sultan, and Emperor
Tamerlane. It was one of the greatest
clashes of the era, leading to almost
total collapse of the Ottoman Empire.

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#1 in Best Summer Vacations in the USA

Yellowstone

Why Go To Yellowstone

With dramatic peaks and pristine lakes, Yellowstone National Park is an outdoor enthusiast's paradise. Multicolored pools swirl around hot springs; verdant forests weave past expansive meadows; and volatile geysers launch streams of steaming water toward the sky. With so much unspoiled natural beauty, it's no wonder why everyone suspected John Colter (a scout for explorers Lewis and Clark) was embellishing when he first described Yellowstone's geothermal curiosities in 1807. Nowadays, there's no doubt that

the park is indeed extraordinary. While you traverse its 3,000-plus square miles of mountains, canyons, geysers and waterfalls, be prepared to share the trails with permanent residents like buffalo, elk and sometimes even grizzlies.

Although Yellowstone attracts more than 4 million visitors every year, chances are – unless you spend your entire trip at Old Faithful – you won't see much of them. Yellowstone's 2.2 million acres creep from the northwest corner of Wyoming into the edges of Idaho and Montana, offering plenty of untouched territory to explore.

Carve out a day or two to take in the view at Yellowstone Lake and Mammoth Hot Springs. But save some time for the trails through lesser-known regions, like the hot springs of the West Thumb Geyser Basin and the untamed wildlife dotting the Lewis River Channel and Dogshead Loop. While the sheer number of trails and wildlife-watching opportunities may seem daunting at first, remember: You can always come



back

2 Grand Teton National Park

Why Go To Grand Teton National Park
Towering above Jackson Hole Valley with jagged snow-topped peaks, Wyoming's majestic Teton Mountains are in high relief at Grand Teton National Park. From the 13,770-foot Grand Teton to the glittering Jenny and Jackson lakes – which reflect the mountains in their depths – the photo-ops are endless. But the park isn't just for mountaineers and photographers. In the peak summer season, the area's trails call to hikers of all abilities and reveal gems like hidden waterfalls and breathtaking views of the Tetons. Meanwhile, the Snake River appeals to kayakers, rafters and those who simply fancy a float. Historic districts like Menors Ferry and Mormon Row attract history buffs interested in the 19th-century past of this piece of Western Frontier.

The nearly 500-square-mile park also contains an array of wildlife, including black bears, grizzlies, moose, antelope and bison. Plus, autumn visitors can witness the park light up with golden aspens. Travelers who want to tick off another national park on the same vacation can travel the few miles north to Yellowstone, which adjoins Grand Teton.

Best Things to Do in Grand Teton National Park

#1

Jenny Lake

#2

Teton Park Road

#3 Grand Teton

Best Months to Visit

The best time to visit Grand Teton National Park is from mid-May to late September when all the visitor centers, hiking trails and other park activities, including kayaking and fishing, are open and accessible. Beginning in October, winter blows through the park, shutting down most of its facilities and roads. Still, winter is a prime time for cross-country skiing and snowshoeing.

How to Save Money in Grand Teton National Park

Camp out A campsite will cost you far less than a stay at the park's lodges. You'll need to make advance reservations as they fill up quickly. Past visitors recommended booking anywhere from six to nine months in advance.

Pack a picnic Hit up a grocery store in

Jackson Hole and pack your lunch before you visit the park. You can enjoy it at the scenic Cottonwood Creek and the String Lake picnic areas, which are also fitted with restrooms.

Split the fee If you share your ride with friends, you can split the \$35 entrance fee, which grants the driver and its passengers admittance to the park for seven days.

What to Eat

Grand Teton National Park contains more than a dozen restaurants where visitors can fuel up after a long day on the trails or the water. For a fine dining experience, visitors should book a reservation at the Jackson Lake Lodge Mural Room, which offers stellar views and a varied American menu, or the Jenny Lake Lodge Dining Room, which recent diners praised for its menu, views and "exquisite" service. But book your reservation between mid-May (June for Jenny Lake) and early October, since – like most facilities in the rest of the park these restaurants close for the winter. If you're looking for something more casual, consider the Chuckwagon at Dornans, Leek's Marina and Trapper Grill at Signal Mountain Lodge.

For a variety of cuisines at a range of prices, visitors might want to drive a few miles south of Grand Teton National Park to Jackson Hole. The burgers at The Bird receive rave reviews, as do the Brussels sprouts and cocktails at Gather. Meanwhile, both the food and the brews at Snake River Brewing earn high marks.

Safety

A trip to Grand Teton National Park can be a wonderful experience for visitors of all ages, but it's important to take certain safety precautions. For instance, hiking is one of the main activities at the park, but hikers should always traverse the trails in pairs or groups. Hiking alone is not recommended. As for gear, hikers should come prepared with adequate footwear, drinking water and extra clothing. Ice picks, crampons and traction devices aren't a bad idea either, depending on the conditions of the trails, and a first-aid kit. For more safety tips, visit the National Park Service's website.

Getting Around Grand Teton National Park

The best way to get around Grand Teton National Park is by car. Not only will you



be able to explore the park on your own terms, but your \$35 entrance fee will get your vehicle (and all its passengers) admittance to the park for seven days. The park is far too big to explore on foot alone.

To reach Grand Teton National Park, many visitors fly into Jackson Hole Airport (JAC) since it's less than 5 miles away from the park's Jackson entrance. The Idaho Falls Regional Airport (IDA) is located about 90-some miles to the west, but to find potentially lower rates, some travelers choose to fly into Salt Lake City International Airport (SLC), rent a car and drive the five hours to the park. Alternatively, you can hire a shuttle service, such as the Jackson Hole Alltrans or the Salt Lake Express, to deliver you from the airport to the national park.

This park shelters a large population of black bears and grizzly bears, so it's likely that you might encounter a bear or two. Visit the bear safety section of the park website to learn the safety basics, such as how to store your food and use bear spray. Rangers ask that visitors report any bear sightings at either a visitor center or a ranger station.

The park's Snake River and Jenny Lake, among other bodies of water, provide ample opportunities for floating, boating, fishing, kayaking and more. But before hitting the water, rangers recommend visitors check posted adviso-

ries on the flow rates and caution areas at ranger stations or visitor centers, or by calling the hotline at 1-800-658-5771. They also highly suggest wearing life jackets and bringing along waterproof containers filled with extra clothes and a first-aid kit. For more safety tips, visit the National Park Service's website.

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GALAXY

What Is a Galaxy?

The Short Answer:

A galaxy is a huge collection of gas, dust, and billions of stars and their solar systems, all held together by gravity.

We live on a planet called Earth that is part of our solar system. But where is our solar system? It's a small part of the Milky Way Galaxy.

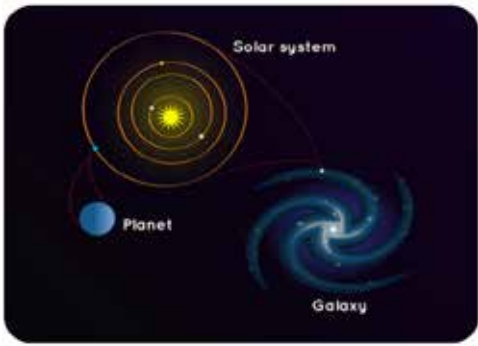
A galaxy is a huge collection of gas, dust, and billions of stars and their solar systems.

tems. A galaxy is held together by gravity. Our galaxy, the Milky Way, also has a supermassive black hole in the middle. When you look up at stars in the night sky, you're seeing other stars in the Milky Way. If it's really dark, far away from lights from cities and houses, you can even see the dusty bands of the Milky Way stretch across the sky. There are many galaxies besides ours, though. There are so many, we can't even count them all yet! The Hubble Space Telescope looked at a small

patch of space for 12 days and found 10,000 galaxies, of all sizes, shapes, and colors. Some scientists think there could be as many as one hundred million galaxies in the universe.

Some galaxies are spiral-shaped like ours. They have curved arms that make it look like a pinwheel. Other galaxies are smooth and oval shaped. They're called elliptical galaxies. And there are also galaxies that aren't spirals or ovals. They have irregular shapes and look like blobs. The light that

we see from each of these galaxies comes from the stars. Sometimes galaxies get too close and smash into each other. Our Milky Way galaxy will someday bump into Andromeda, our closest galactic neighbor. But don't worry. It won't happen for about five billion years. But even if it happened tomorrow, you might not notice. Galaxies are so big and spread out at the ends that even though galaxies bump into each other, the planets and solar systems often don't get close to colliding.



'This summer will be hot for the U.S. economy': 2021 may see most growth since 1951

WASHINGTON — The U.S. economy grew at a solid 6.4% rate in the first three months of the year, setting the stage for what economists believe may be the strongest year for the economy in about seven decades.

Growth in the gross domestic product, the country's total output of goods and services, was unchanged from two previous estimates, the Commerce Department said Thursday, an acceleration from the 4.3% pace of the fourth quarter.

Economists believe that economic growth has continued to accelerate in the current quarter, which ends this month, as vaccinations become widespread and Americans eager to get outside are being welcomed by newly reopened businesses. Surging activity from consumers is being fueled in part by nearly \$3 trillion in financial support that the government has approved since December.

Additional economic data that emerged Thursday also points to a nation that has regained its footing quickly after being thwacked by a global pandemic, though jobless claims remain stubbornly above 400,000.

"This summer will be hot for the U.S. economy," said Lydia Boussour, lead U.S. economist for Oxford Economics. "As the health situation continues to improve, consumers sitting on piles of savings will give into the urge to splurge on services and experiences they felt deprived of during the pandemic."

Boussour forecast that GDP growth in the current April-June quarter will surge to an annual rate of 12% and growth for the entire year will come in at 7.5%. That would be the best annual performance since 1951.

Even economists whose forecasts for 2021 growth range from 6% to 7% believe growth this year will be the best since a 7.2% gain in 1984, when the U.S. was

emerging from an extended and painful recession.

Economists believe growth this quarter will be enough to push GDP output above the previous peak reached at the end of 2019 before the pandemic struck and cut off the longest economic expansion in U.S. history.

The data released was government's third and final look at first-quarter GDP, and arrived along side a separate report from the Commerce Department that showed May orders from U.S. factories for big-ticket manufactured goods rose for the 12th time in the last 13 months.

Orders for durable goods — meant to last at least three years — climbed 2.3% in May, reversing a 0.8% drop in April. That heated activity is taking place despite a backlogged supply chain and a shortage of workers

Orders for aircraft shot up 27.4% last month after climbing 31.5% in April, the Commerce Department said. Excluding transportation orders — which can bounce wildly from month to month — durable goods orders rose 0.3% last month.

Factories anticipating a return to normalcy or better are ramping up operations to match demand as jobless claims continue to tick lower.

The number of Americans applying for unemployment benefits dropped last week as the job market continues to heal, albeit more slowly than many economists expected at this point in the recovery.

Jobless claims fell just 7,000 from the previous week to 411,000, the Labor Department said Thursday. While that is far from the rush to work that has been anticipated for some time now, weekly claims have fallen steadily this year from about



900,000 in January.

Even if job growth has not met most expectations, Americans are spending money and lots of it as summer kicks off. Consumer spending, which accounts for more than two-thirds of economic activity, grew at a sizzling annual rate of 11.4% in first three months of the year, the Commerce Department said Thursday. It's likely that some of that spending is being juiced by a round of \$1,400 individual payments that were included in the \$1.9 trillion support package Congress passed in March.

The first-quarter spending gain reflected increases in goods purchases, led by auto sales, and gains in spending on services, led by food services and travel accommodations, two areas that have benefited from the re-opening of the economy as vaccinations have increased.

Business investment grew at a

strong 11.7% rate, better than the previous estimate of 10.8% growth, while government spending increased at a 5.7% rate, slightly below last month's estimate of a 5.8% gain.

The trade deficit grew in the first quarter, subtracting 1.5 percentage points from growth, as a recovering U.S. economy attracted rising imports while U.S. exporters struggled with weaker overseas demand.



World's First Surviving Septuplets

Having a baby is probably one of the most life-changing experiences. Most new parents find the arrival of just one new baby an overwhelming experience. Can you imagine what it must be like being a parent of a multiple birth? We're not talking about twins or even triplets but septuplets. That's right, seven babies on one pregnancy.

It sounds far-fetched, and the chances of the babies even making it through the pregnancy are extremely low, but on occasion women with the help of medical professionals and close care are able to bring these babies to term and into the world. Often times, fertility treatments play a role in helping women conceive their babies so let's take a closer look at this story.

Herald Daily

Michal Wagner



Ancient stone tools hint at settlers' epic trek to North America

16,000-year-old artefacts discovered in Idaho could be the oldest ever found on the continent.

Projectile points and other stone tools recovered near a riverbank in Idaho suggest that ancient humans reached the western United States more than 16,000 years ago.

The finds make the site, called Cooper's Ferry, one of the oldest-known human settlements in North America, if not the oldest, says Loren Davis, an archaeologist at Oregon State University in Corvallis, who led the 10-year excavation that made the discoveries. His team's results were published in *Science* on 29 August. Cooper's Ferry joins a growing list of archaeological sites in North and South America that are overturning dogma about how and when the Americas were first settled. Overwhelming evidence now suggests that the region's first inhabitants travelled from Asia along the Pacific Coast more than 16,000 years ago — and not via inland routes several thousand years later, say Davis and others.

For decades, most archaeologists had contended that humans first settled the Americas through an 'ice-free corridor' in central Canada created by glacial melt 12,000–13,000 years ago. This tallied with the appearance of stone tools at sites across North America — including distinct fluted arrowheads attributed to the 'Clovis culture', whose people were once thought to be the Americas' first settlers.

But the discovery of earlier, pre-Clovis sites — including a nearly 15,000-year-old settlement called Monte Verde in southern Chile and the 14,000-year-old Paisley Caves in Oregon — challenged the theory that Clovis people were the first to reach the Americas. A pair of 2016 studies analysed ancient plant and animal DNA and concluded that the ice-free corridor was not habitable until 12,600–13,000 years ago^{2,3} — too late to explain the pre-Clovis



archaeological sites.

Radiocarbon revelation Davis first worked at Cooper's Ferry, which is located beside a tributary to the Columbia River, in the late 1990s as part of his PhD work. In a small-scale excavation, his team discovered stone points that are distinct from Clovis projectiles and other signs of human occupation; these were provisionally determined to be as old as 13,300 years. "In the '90s this was extremely contentious," says Davis, because it pointed to a stone-tool technology as old as — if not older than — Clovis tools.

Between 2009 and 2018, his team excavated a larger area of Cooper's Ferry, unearthing more stone artefacts, as well as dozens of discarded fragments from the tool-making process. By studying more of the site and its underlying geology, he hoped to get a more reliable estimate of its age through advanced radiocarbon dating techniques. "I was hoping we could evaluate if the site was really 13,300 years old,"

says Davis. However, dating of charcoal and animal bones found alongside the artefacts suggested that the oldest occupation of Cooper's Ferry began between 16,500 and 15,300 years ago, and that humans continued to live there for thousands of years afterwards. "It just absolutely blew our minds how early this stuff was," Davis adds.

The site's age adds to existing evidence that the first humans to settle the Americas travelled along its Pacific Coast. "People are in Idaho way too early to come through an ice-free corridor," says Davis. "They would have been able to exit this coastal route and go off the Columbia River. It's the first off-ramp."

But Ben Potter, an archaeologist at the University of Alaska Fairbanks, says it's not yet clear whether humans reached Cooper's Ferry by way of the Pacific or via the ice-free corridor. He questions whether the very oldest radiocarbon dates from the site are actually linked to human

occupation and says that more work needs to be done to determine when humans lived there. "Cooper's Ferry is intriguing, but not paradigm-shifting."

Many archaeologists presume that migrations into the Americas were led by humans living in the now-submerged region, known as Beringia, that bridged eastern Siberia and Alaska. But Davis wonders whether humans from north-eastern Asia led the way by travelling around the Pacific Rim. The projectile points from Cooper's Ferry are similar to those made by ancient humans in Japan 13,000–16,000 years ago, he notes.

David Meltzer, an archaeologist at Southern Methodist University in Dallas, Texas, says the dating of Cooper's Ferry is "rock solid". He just isn't ready to accept that its artefacts are relics of migrations from Asia. "It's still an open question as to what the earliest pre-Clovis technology looked like," he adds.

HEALTH

Protect yourself and others from COVID-19

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. Do it all!

You also find out more about WHO's recommendations for getting vaccinated on our public advice page on COVID-19 vaccines.

What to do to keep yourself and others safe from COVID-19

Maintain at least a 1-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better. Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.

Here are the basics of how to wear a mask:

Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.

Make sure it covers both your nose, mouth and chin.

When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.

Don't use masks with valves.

For specifics on what type of mask to wear and when, read our Q&A and watch our videos. There is also a Q&A focused on masks and children.

Find out more about the science of how COVID-19 infects people and our bodies react by watching or reading this interview.

For specific advice for decision makers, see WHO's technical guidance.

How to make your environment safer

Avoid the 3Cs: spaces that are closed, crowded or involve close contact.

Outbreaks have been reported in restaurants, choir practices, fitness classes, nightclubs, offices and places of worship where people have gathered, often in crowded indoor settings where they talk loudly, shout, breathe heavily or sing. The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity. These environments are where the virus appears to spread by respiratory droplets or aerosols more efficiently, so taking precautions is even more important.

Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

For more information on how to hold events like family gatherings, children's football games and family occasions, read our Q&A on small public gatherings.

Avoid crowded or indoor settings but if you can't, then take precautions:

Open a window. Increase the amount of 'natural ventilation' when indoors. WHO has published Q&As on ventilation and air conditioning for both the general public and people who manage public spaces and buildings. Wear a mask (see above for more details).

Don't forget the basics of good hygiene

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.

Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, faucets and phone screens.

What to do if you feel unwell



Know the full range of symptoms of COVID-19. The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash. Stay home and self-isolate even if you have minor symptoms such as cough, headache, mild fever, until you recover. Call your health care provider or hotline for advice. Have someone bring you supplies. If you need to leave your house or have someone near you, wear a medical mask to avoid infecting others.

If you have a fever, cough and difficulty breathing, seek medical attention immediately. Call by telephone first, if you can and follow the directions of your local health authority.

Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Local and national authorities and public health units are best placed to advise on what people in your area should be doing to protect themselves.

Boost your happiness and inner strength

Every day, we all face setbacks, distractions, frustrations, uncertainties that can make it difficult to enjoy and maintain genuine happiness and contentment. And even in good times, we know that happiness can be fleeting.

Then there are also times when life throws us a real curve ball — an illness, a loss of a job, or a breakup in a relationship.

What are we to do? How can we find and hold on to the peace, contentment and joy that we crave?

Today, the health experts at Harvard Medical School are proud to announce the creation of the exclusive Positive Psychology Course that reveals the easy-to-apply tools to help you enjoy enduring happiness — not just fleeting emotional highs, but a deeper long-term satisfaction and contentment in your life!

What's more, you'll be happy to know that these same tools can have a powerful impact on your physical health! Research is proving that positive emotions can help lower stress levels. And by lowering stress levels over the years, you can help reduce heart attack and stroke and other conditions.

Step-by-step, this powerful online course

reveals a variety of research-proven techniques and exactly how to put them into practice. For example, you'll discover how to...

Get into the happiness "flow" — that happy zone where you're super engaged and absorbed...where time flies happily by...and where toxic thoughts are banished from your mind. You'll discover effective ways to cultivate that happy flow and transform "have to" tasks into "want to" pleasures.

Identify and build on your personal happiness-boosting inner strengths and make them even stronger. These eye-opening strategies can help you feel more energetic and perform better. In fact, a recent study showed that people who identified their key strength and used it in a new way each week significantly increased happiness and reduced depression.

Magnify the happiness impact of gratitude. Discover the powerful gratitude secrets to help you better deal with adversity and build strong relationships with friends and family. You'll see how to develop an attitude of gratitude of your past and present plus a spirit of unbridled optimism for your future.

Enhance your ability to recognize and celebrate the simple pleasures in your day as they occur — plus how to shape abundant pleasures in your future! You'll also discover the #1 roadblock to savoring life's pleasures and how to avoid it at all costs.

Change the brain's way it deals with stress with "mindfulness," a powerful, easy-to-learn technique to help relieve anxiety or depression.

Find out how focusing your attention on the present moment has been found to be the key element to happiness and a healthier mind and body. Engaging audiovisual presentations help you learn about these techniques. Quick-reference charts and tables distill and clarify these tools. Penetrating quizzes and surveys help pinpoint where you can best focus your efforts. Easy application exercises help you put these tools into practice. And handy reference tools help you go deeper in your quest for long-term peace and happiness.



Armed with the practical tools and strategies revealed in the Positive Psychology Course — you'll be well-equipped to boost your long-term happiness and inner strength and say a defiant "NO" to circumstances that might otherwise drag you down.

Click here and discover more of the specific ways Positive Psychology techniques can make huge difference in your life and the lives of others. Then, see how you can get started TODAY with our exclusive savings offer.

RECIPES

Qabooli Biryani

Ingredients

Ingredients For Cooking Chana Dal

- ½ cup chana dal (husked and split bengal gram)
- ¼ teaspoon turmeric powder
- ½ teaspoon salt
- 1.5 cups water

Ingredients For Cooking The Rice

- 2 cups basmati rice
- 4 cups water
- ½ teaspoon salt or add as required

Ingredients For Making The Dal Gravy

- 2 medium sized onions, finely sliced
- paste made from 4 to 5 garlic & ½ inch ginger in a mortar-pestle
- ¼ teaspoon turmeric powder
- ¾ teaspoon red chili powder

¾ teaspoon Garam Masala Powder

1 cup cashew yogurt or dairy yogurt

3 to 4 tablespoons oil, you can also use ghee instead of oil salt as required

Ingredients For Layering Qabooli Biryani

- ½ cup coriander leaves
- ½ cup mint leaves

¼ teaspoon saffron dissolved in 2 tablespoons warm water or milk

1 to 2 green chilies, chopped

Instructions

Cooking Chana Dal

Firstly soak the chana dal in enough water for 1 hour. Drain. In a pan, heat the 1&1/2 cups water. Add salt.

When the water comes to a boil, add the chana dal and turmeric powder.

Stir & cook in an open pan on low or medium flame till the chana dal gets cooked but not mushy. It should be just cooked but not soft. I check the doneness by pressing the chana dal between the thumb & the index finger and if it smashes easily, the dal is cooked.

You can also taste the dal and check if its cooked. Strain and keep the cooked dal aside.

Making Qabooli Biryani Gravy
Soak the basmati rice in 4 cups water for 30 minutes.

In a pan add the basmati rice with salt plus water and cook covered till the rice is about 3/4 cooked. It should be just cooked and not mushy.

Heat oil and add the sliced onions. Brown the onions.

When you see the onions are getting golden browned, quickly remove 1/2 of the browned onions with a slotted spoon and keep aside. This half of the onions will be used for layering the biryani.

Add ginger-garlic paste and saute for 1 minute.

Add the yogurt slowly and stir.

Add the turmeric, red chili, garam masala powder and salt.

Stir and cook for 2-3 minutes

Add the cooked chana dal and again stir and cook for 2-3 minutes.

Keep the chana dal gravy aside.

Layering Qabooli Biryani

In a large pan or an oven proof pyrex bowl, first make a layer of the chana dal gravy.

Add some of the chopped mint, coriander, green chilies and fried onions.

Make another layer of half of the cooked rice.

Top the rice layer with some mint, coriander, green chilies, fried onions & saffron along water or milk
Prepare a third layer of the dal gravy again.

Top the dal gravy again with the mint, coriander, green chilies and fried onions

The last and fourth layer is of the



rice again.

Top the rice layer with the remaining mint, coriander, green chilies, fried onions & saffron along water or milk.

Cooking Qabooli Biryani

If using a pan, cover with a tight lid. The steam should not escape from the sides.

You can even seal the edges of the lid with wheat flour dough.

Keep on low flame and cook the biryani on dum for 25-30 minutes.

In order to avoid the bottom of the biryani from burning, you can also keep the pan on a hot tava or frying pan on a lower flame and cook the biryani.

If using a pyrex bowl, then cover it with an aluminium foil.

Place it in a preheated oven at 180 degrees c for 20-25 minutes.

Serve qabooli biryani hot or warm with a side salad or raita.

By Dassana Amit

Maida burfi recipe

INGREDIENTS

- ½ cup ghee / clarified butter
- 1 cup maida / plain flour / refined flour / all purpose flour
- 2 cup sugar
- 1 cup water
- ¼ tsp cardamom powder / elachi powder
- 2 drop orange food colour (red + yellow)
- 2 drop green food colour

INSTRUCTIONS

firstly, in a wide pan heat ½ cup ghee. once the ghee is hot add in 1 cup maida. keeping the flame on low. roast maida till it turns aromatic. approx. 2 minutes. keep aside. in another kadai take 2 cup sugar and 1 cup water. stir well and dissolve sugar. also get the sugar syrup to boil keeping the flame on medium. boil the sugar syrup till one string consistency has reached.

now keeping the flame on low add in roasted maida.

stir continuously, till the maida gets combined well without any lumps. add in ¼ tsp cardamom powder and mix well.

cook the maida mixture till it forms a flowing consistency batter.

divide the maida mixture into 3 equal parts for making 3 layers.

also mix 2 drop orange food colour (red + yellow) and 2 drop of green food colour in each.

spread the orange layer and flatten with a cup.

further spread plain maida layer followed by green layer and flatten with a cup.

allow to rest for 1 minutes or till it sets completely.

now reverse and cut into square pieces.

finally, serve tiranga burfi - maida burfi or store in a airtight container and enjoy for a week.

notes:

firstly, roast the maida in hot ghee on



low flame till they aromatic. do not over roast as they might taste bitter. also add few chopped nuts to make instant maida burfi more healthy. additionally, adding colour to burfi is optional, however to make tiranga burfi i have added few drops of food colour. finally, tiranga burfi - maida burfi is



prepared with 1 string sugar consistency

WORDS SEARCH

N	A	G	N	O	L	N	T	A	O	J	I	E	F
A	P	C	E	N	A	Y	T	P	L	U	M	P	C
D	A	T	E	I	R	A	O	U	E	U	Z	U	Y
K	W	W	R	R	M	M	Q	G	G	R	R	P	T
I	O	U	E	A	O	U	N	L	N	R	M	O	A
W	D	H	R	D	I	L	I	W	A	A	C	S	U
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X	I	E	E	H	C	Y	L	E	H	V	G	M	M
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ACEROLA

APRICOT

CHERRY

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DURIAN

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MULBERRY

PEACH

PLANTAIN

PLUM

POMELO

QUINCE

SAPOTE

SOURSOP

TAMARIND

TANGELO

UGLI

YUZU

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 21V469 Manufacturer : Daimler Coaches North America Subject : Engine Compartment Flap May Detach Make Model Model Years SETRA S407 2012-2019 SETRA S417 2009-2020 NHTSA Recall ID Number : 21V476 Manufacturer : Mack Trucks, Inc. Subject : Lower Rear Pivot Cap Screws may be too Short Make Model Model Years MACK GRANITE (GU) 2020-2021 NHTSA Recall ID Number : 21V477 Manufacturer : Roadtrek Inc. Subject : Missing Carbon Monoxide Detector Make Model Model Years ROADTREK PLAY 2020-2021 ROADTREK SLUMBER 2020-2021 ROADTREK ZION 2020-2021 ROADTREK ZION SRT 2020-2021 NHTSA Recall ID Number : 21V478 Manufacturer : Mercedes-Benz USA, LLC Subject : Driveshaft May Separate Make Model Model Years MERCEDES-BENZ AMG GT 2016-2018 NHTSA Recall ID Number : 21V482 Manufacturer : Oshkosh Corporation Subject : Incorrect ABS Fuses Installed Make Model Model Years OSHKOSH S-SERIES 2019-2022 NHTSA Recall ID Number : 21V490 Manufacturer : VanLeigh RV Subject : Rear Ladder Interferes With Emergency Exit Make Model Model Years VANLEIGH BEACON 2021-2022 NHTSA Recall ID Number : 21V491 Manufacturer : Heartland Recreational Vehicles, LLC Subject : Incorrect GVWR on Certification Label/FMVSS 120 Make Model Model Years HEARTLAND PIONEER 2021 NHTSA Recall ID Number : 21V492 Manufacturer : Volkswagen Group of America, Inc. Subject : Air Bags Can Improperly Deploy	Make Model Model Years VOLKSWAGEN JETTA 2020-2021 NHTSA Recall ID Number : 21V493 Manufacturer : Porsche Cars North America, Inc. Subject : Steering Column Can Detach Make Model Model Years PORSCHE CAYENNE 2021 NHTSA Recall ID Number : 21V494 Manufacturer : Mazda North American Operations Subject : Air Bag Cover Emblem May Shatter Make Model Model Years MAZDA MAZDA3 2004-2007 NHTSA Recall ID Number : 21V496 Manufacturer : General Motors, LLC Subject : Short Circuit In Engine Block Heater Cable Make Model Model Years CHEVROLET SILVERADO 2500 2017-2019 CHEVROLET SILVERADO 3500 2017-2019 GMC SIERRA 2500 2017-2019 GMC SIERRA 3500 2017-2019 NHTSA Recall ID Number : 21V504 Manufacturer : General Motors, LLC Subject : Roof Rail Air Bag Inflator May Rupture Make Model Model Years CHEVROLET SILVERADO 1500 2015-2016 CHEVROLET SILVERADO 2500 2015-2016 CHEVROLET SILVERADO 3500 2015-2016 GMC SIERRA 1500 2015-2016 GMC SIERRA 2500 2015-2016 GMC SIERRA 3500 2015-2016 NHTSA Recall ID Number : 21V511 Manufacturer : Northwood Manufacturing, Inc. Subject : Stove Saddle Valves may Leak Gas Make Model Model Years NORTHWOOD ARCTIC FOX 2019 NORTHWOOD NASH 2019 NHTSA Recall ID Number : 21V456 Manufacturer : Terex Advance Mixer, Inc. Subject : Unintentional Chute Movement Make Model Model Years TEREX ADVANCE FRONT DISCHARGE MIXER 2021 NHTSA Recall ID Number : 21V459	Manufacturer : Spartan Fire, LLC Subject : Incorrect Electrical Connection on Pump Harness Make Model Model Years SPARTAN FIRES180 PUMPER 2019-2021 NHTSA Recall ID Number : 21V462 Manufacturer : Daimler Trucks North America, LLC Subject : Incorrect Passenger Seat Configuration/FMVSS 222 Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER HDX 2018-2022 NHTSA Recall ID Number : 21V463 Manufacturer : Trailstar International Inc Subject : Steering Arm May Detach Make Model Model Years TRAILSTAR DUMP TRAILER 2017-2019 NHTSA Recall ID Number : 21V464 Manufacturer : Altec Industries, Inc. Subject : Incorrect Bolts Installed on Aerial Pedestal Make Model Model Years ALTEC AERIAL DEVICE 2020-2021 NHTSA Recall ID Number : 21V467 Manufacturer : Porsche Cars North America, Inc. Subject : Incorrect Passenger Seat May Affect Air Bag Make Model Model Years PORSCHE 911 2021 NHTSA Recall ID Number : 21V468 Manufacturer : Alexander Dennis Inc. Subject : High Pressure Fuel Rail Assembly May Leak Fuel Make Model Model Years ALEXANDER DENNIS E500 2017-2020 NHTSA Recall ID Number : 21V470 Manufacturer : Volkswagen Group of America, Inc. Subject : Air Bag Inflators May Underinflate Bag Make Model Model Years AUDI A4 2000-2002 AUDI S4 2000-2002 AUDI TT 2000-2001 NHTSA Recall ID Number : 21V471 Manufacturer : Nissan North America, Inc. Subject : Front Turn Signal Bulbs Can Fail To Illuminate Make Model Model Years NISSAN TITAN 2020-2021 NISSAN TITAN XD 2020-	2021 NISSAN VERSA 2020-2021 NHTSA Recall ID Number : 21V472 Manufacturer : General Motors, LLC Subject : Front Air Bag May Not Deploy Properly Make Model Model Years BUICK ENCLAVE 2021 CHEVROLET TRAVERSE 2021 NHTSA Recall ID Number : 21V473 Manufacturer : General Motors, LLC Subject : Rear Suspension Toe Link May Loosen and Separate Make Model Model Years CADILLAC SRX 2010-2016 SAAB 9-4X 2011-2012 NHTSA Recall ID Number : 21V474 Manufacturer : Nissan North America, Inc. Subject : Second Row Seatback Improperly Welded/FMVSS 225 Make Model Model Years NISSAN ROGUE 2021 NHTSA Recall ID Number : 21V479 Manufacturer : SVI Trucks Subject : High Pressure Fuel Rail Assembly May Leak Fuel Make Model Model Years SVI TRUCKS RESCUE TRUCK 2017-2021 NHTSA Recall ID Number : 21V480 Manufacturer : Winnebago Industries, Inc. Subject : Seat Belt Retractor May Lock/FMVSS 208 and 209 Make Model Model Years WINNEBAGO EKKO 2021-2022 WINNEBAGO SOLIS 2021-2022 WINNEBAGO TRAVATO 2021-2022 NHTSA Recall ID Number : 21V481 Manufacturer : Daimler Trucks North America, LLC Subject : Battery Cable May Break and Cause Engine Stall Make Model Model Years FREIGHTLINER CASCADIA 2019-2022 WESTERN STAR 49X 2021-2022 WESTERN STAR WH126 2021 WESTERN STAR WJ121 2020 NHTSA Recall ID Number : 21V486 Manufacturer : Porsche Cars North America, Inc. Subject : Software Error Can Cause Loss of Motive Power Make Model Model Years PORSCHE TAYCAN 2020-2021
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AUGUST 2021 Monthly Horoscope

Aries (Mar. 21 - Apr. 19) “We have met the enemy and they are us.” This is likely to be your experience especially the last half of the month, Aries. You are rather thin-skinned, more reactive for unknown reasons, irritable and defensive. Recognize you will take things personally now. Give others the benefit of the doubt. Six words may be all you need—don’t attack, don’t defend, don’t withdraw. And don’t mix drinking and driving, as there is a heightened possibility of unnecessary accidents.



Taurus (Apr. 20 - May 20) Prepare the ground in August 2021, Taurus. This especially long transit gives you the opportunity to effectively work toward establishing stronger roots that will productively bears fruit in the future, Use the best of your Taurus nature—work slowly, methodically and thoroughly. This is an excellent time to strengthen your body by applying your Taurus determination. In a potent metaphor for Taurus, tend your garden! Clear your ground of rocks and self-imposed obstacles. Engage in training that advances your knowledge or position. Lift weights. Become strong like the bull you are.



Gemini (May 21 - June 20) You may feel that you are spinning this month. This may play havoc with your plans. This three-week time period demands that you be flexible and use your inventive mind to create “work-arounds.” Stop and consciously take deep breaths if the delays and screw-ups start to get on your nerves; shallow breathing keeps you anxious. Stay away from caffeine if you wish to be calmer. Be sure to back up important documents and e-mails, since Mercury as Trickster loves to set you back by erasing crucial files. Practice patience. Keep your sense of humor.



Cancer (Jun. 21 - Jul. 22) The parched earth is an appropriate image for Cancer. There are no more than two planets in water signs all month. You may feel like you are dying of emotional thirst with little connection to those who matter most. It may be hard for you to find an audience open to listening to your feelings. Others seem distant, distracted or insensitive. Consciously elicit the element of water. Swim. Bath. Drink plenty of water. Relieve your

psyche by distancing yourself from those with hardened, cold, pessimistic attitudes. Take care of your own emotional needs by nurturing your inner child.



Leo (Jul. 23 - Aug. 22) Leo’s have begun their heavy lifting. This means the success of your efforts may be delayed. It is a time of perseverance but ultimately leads to great potential for reward. Indeed your long effort pays off. Sweep clear the rubble of failed dreams and difficult relationships. Banish self-limiting, negative thought. Use this time to strength your body—the more confidence you have in the strength of your body, the more confidence you have in the strength of yo



Virgo (Aug. 23 - Sept. 22) You are inclined to sloppy or careless thinking. Or you may think something through only to draw an erroneous conclusion. Wait until after August 16 to boldly declare your opinions. New information may come forward to have you contradicting yourself by mid month. Think before you speak. Be mindful of what you say in a public forum; it is easy to be misunderstood now. Use discrimination. If you think you shouldn’t say it, don’t. Avoid gossip as it may come back to haunt you.



Libra (Sept. 23 - Oct. 22) What a rare opportunity to consciously open your life to greater love, harmony and relationship. Wish in August 2021 for what your heart most desires. The intensity of your effort times the duration of your effort equals the force of your effort. Pull your future toward you with this magical aspect. Seed your imagination with specific visions for the future. Use creative visualization techniques by which you may see yourself in your dream scenario in the fullest detail. Take advantage of this rare and truly magical influence.



Scorpio (Oct. 23 - Nov. 21) No favor goes unpunished. You may be emotionally blindsided by someone you’ve just done a favor for. Your offer to help may be misinterpreted or backfire. This is especially primed to happen with those you feel competitive

with. They may feel you are trying to take control and hog all the glory. Are you? Check your motives before offering assistance as ulterior motives will be confronted or stopped short. Come from an unselfish place. Be prepared to let go of resentments you might suffer as a consequence to your genuine desire to help.



Sagittarius (Nov. 22 - Dec. 21) The planetary movement, elevates your mind and lifts you up from the depths to the heights. This is the “wish-fulfilling transit” and a time to seed future visions and to harmonize relationships with those close to you as well as see the unity of the collective. Glimpses of your future are possible. Astrology, tarot or palmistry readings may be uncannily accurate. Get your chart done now by a competent professional astrologer. The chances are good that a consultation will be extremely helpful and affirming. If you are part of a spiritual lineage or want to be, this is the time to ask teachers, mentors and guides for spiritual initiations or to be taught mystical techniques. Use this golden opportunity.



Capricorn (Dec. 22 - Jan. 19) The August 2021 horoscope, gives you the ability to do difficult or exacting work. Your ability to control your energy helps you successfully concentrate your effort. No glamour now but the satisfaction of doing excellent work may be all you need. Promotion is possible if you have worked diligently for it. Do physical or intellectual work that demands careful attention or perseverance. Craft in wood, metal or stone. Sell yourself by promoting your experience, expertise and responsible attitude. Start a weight loss, muscle building or strengthening regime, as it is easier for you to stay disciplined now.



Aquarius (Jan. 20 - Feb. 18) Aquarius approaches one of the two most significant full moons of the year. August’s full moon is on the 22th and is on the Leo/Aquarius axis. This means your creative effort peaks in some way mid-month—especially with any project that involves others. This is a natural time for a creative culmination that can showcase your unique personal and artistic contribution. Your leadership and effort serve the group. Find a way to

spotlight your good works. Make presentations that highlight the role you have played. Brainstorm with others as your ideas may be seen as brilli



Pisces (Feb. 19 - Mar. 20) Beware the gift of the Trojan horse, Pisces. You may be drawn into questionable situations by those who do not have your best interests at heart. Use your common sense and avoid situations that do not feel right. Being disappointed in someone is a distinct possibility Heighten your bullshit detector. Be skeptical of new people as they may not be as they first appear. Retreat from those known for deception. Especially watch your drinking and driving.



Independence Day (India)

Independence Day is celebrated annually on 15 August as a national holiday in India commemorating the nation's independence from the United Kingdom on 15 August 1947, the day when the provisions of the 1947 Indian Independence Act, which transferred legislative sovereignty to the Indian Constituent Assembly, came into effect. India retained King George VI as head of state until its transition to a full republic, when the nation adopted the Constitution of India on 26 January 1950 (celebrated as Indian Republic Day) and replaced the dominion prefix, Dominion of India, with the enactment of the sovereign law Constitution of India. India attained independence following the Independence Movement noted for largely non-violent resistance and civil disobedience.

Independence coincided with the partition of India, in which British India was divided along religious lines into the Dominions of India and Pakistan; the partition was accompanied by violent riots and mass casualties, and the displacement of nearly 15 million people due to religious violence. On 15 August 1947, the first Prime Minister of India, Jawaharlal Nehru raised the Indian national flag above the Lahori Gate of the Red Fort in Delhi. On each subsequent Independence Day, the incumbent Prime Minister customarily raises the flag and gives an address to the nation. The entire event is broadcast by Doordarshan, India's national broadcaster, and usually begins with the shehnai music of Ustad Bismillah Khan.

Independence Day is observed throughout India with flag-hoisting ceremonies, parades and cultural events. It is a national holiday.

History

Main article: Indian independence movement

European traders had established outposts in the Indian subcontinent by the 17th century. Through overwhelming military strength, the East India Company fought and annexed local kingdoms and established themselves as the dominant force by the 18th century. Following the Indian Rebellion of 1857, the Government of India Act 1858 led the British Crown to assume direct control of India. In the decades following, civic society gradually emerged across India, most notably the Indian National Congress Party, formed in 1885.¹²³ The period after World War I was marked by colonial reforms such as the Montagu–Chelmsford Reforms, but it also witnessed the enactment of the unpopular Rowlatt Act and calls for self-rule by Indian activists. The discontent of this period crystallised into nationwide non-violent movements of non-cooperation and civil disobedience, led by Mohandas Karamchand Gandhi.¹⁶⁷

During the 1930s, the reform was gradually legislated by the British; Congress won victories in the resulting elections.^{195–197} The next decade was beset with political turmoil: Indian participation in World War II, the Congress' final push

for non-cooperation, and an upsurge of Muslim nationalism led by the All-India Muslim League. The escalating political tension was capped by Independence in 1947. The jubilation was tempered by the bloody partition of the subcontinent into India and Pakistan.²⁰³

Independence Day before Independence At the 1929 Lahore session of the Indian National Congress, the Purna Swaraj declaration, or "Declaration of the Independence of India" was promulgated, and 26 January 1930 was declared as Independence Day at that time. The Congress called on people to pledge themselves to civil disobedience and "to carry out the Congress instructions issued from time to time" until India attained complete independence. Celebration of such an Independence Day was envisioned to stoke nationalistic fervour among Indian citizens, and to force the British government to consider granting independence.¹⁹ The Congress observed 26 January as the Independence Day between 1930 and 1946. The celebration was marked by meetings where the attendants took the "pledge of independence".^{19–20} Jawaharlal Nehru described in his autobiography that such meetings were peaceful, solemn, and "without any speeches or exhortation". Gandhi envisaged that besides the meetings, the day would be spent "... in doing some constructive work, whether it is spinning, or service of 'untouchables,' or reunion of Hindus and Mussalmans, or prohibition work, or even all these together". Following actual independence in 1947, the Constitution of India came into effect on and from 26 January 1950; since then 26 January is celebrated as Republic Day.

Immediate background

In 1946, the Labour government in Britain, its exchequer exhausted by the recently concluded World War II, realised that it had neither the mandate at home, the international support nor the reliability of native forces for continuing to maintain control in an increasingly restless India.²⁰³ On 20 February 1947, Prime Minister Clement Attlee announced that the British government would grant full self-governance to British India by June 1948 at the latest. The new viceroy, Lord Mountbatten, advanced the date for the transfer of power, believing the continuous contention between the Congress and the Muslim League might lead to a collapse of the interim government. He chose the second anniversary of Japan's surrender in World War II, 15 August, as the date of power transfer. The British government announced on 3 June 1947 that it had accepted the idea of partitioning British India into two states; the successor governments would be given dominion status and would have an implicit right to secede from the British Commonwealth. The Indian Independence Act 1947 (10 & 11 Geo 6 c. 30) of the Parliament of the United Kingdom partitioned British India into the two new independent dominions of India and Pakistan (including what is now Bangladesh) with effect from 15

August 1947, and granted complete legislative authority upon the respective constituent assemblies of the new countries. The Act received royal assent on 18 July 1947. Partition and independence

Millions of Muslim, Sikh and Hindu refugees trekked the newly drawn borders in the months surrounding independence. In Punjab, where the borders divided the Sikh regions in halves, massive bloodshed followed; in Bengal and Bihar, where Mahatma Gandhi's presence assuaged communal tempers, the violence was mitigated. In all, between 250,000 and 1,000,000 people on both sides of the new borders died in the violence. While the entire nation was celebrating the Independence Day, Gandhi stayed in Calcutta in an attempt to stem the carnage. On 14 August 1947, the Independence Day of Pakistan, the new Dominion of Pakistan came into being; Muhammad Ali Jinnah was sworn in as its first Governor General in Karachi.

The Constituent Assembly of India met for its fifth session at 11 pm on 14 August in the Constitution Hall in New Delhi. The session was chaired by the president Rajendra Prasad. In this session, Jawaharlal Nehru delivered the Tryst with Destiny speech proclaiming India's independence.

Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history when we step out from the old to the new when an age ends, and when the soul of a nation, long suppressed, finds utterance. It is fitting that at this solemn moment, we take the pledge of dedication to the service of India and her people and to the still larger cause of humanity.

— Tryst with Destiny speech, Jawaharlal Nehru, 15 August 1947

The members of the Assembly formally took the pledge of being in the service of the country. A group of women, representing the women of India, formally presented the national flag to the assembly.

The Dominion of India became an independent country as official ceremonies took place in New Delhi. Nehru assumed office as the first prime minister, and the viceroy, Lord Mountbatten, continued as its first governor general.⁶ Gandhi's name was invoked by crowds celebrating the occasion; Gandhi himself however took no part in the official events. Instead, he marked the day with a 24-hour fast, during which he spoke to a crowd in Calcutta, encouraging peace between Hindus and Muslims. Celebration Independence Day, one of the three National holidays in India (the other two



being the Republic Day on 26 January and Mahatma Gandhi's birthday on 2 October), is observed in all Indian states and union territories. On the eve of Independence Day, the President of India delivers the "Address to the Nation". On 15 August, the Prime Minister hoists the Indian flag on the ramparts of the historical site of Red Fort in Delhi. Twenty-one gun shots are fired in honour of the solemn occasion.^[26] In his speech, the Prime Minister highlights the past year's achievements, raises important issues and calls for further development. He pays tribute to the leaders of the Indian independence movement. The Indian national anthem, "Jana Gana Mana", is sung. The speech is followed by a march past of divisions of the Indian Armed Forces and paramilitary forces. Parades and pageants showcase scenes from the independence struggle and India's diverse cultural traditions. Similar events take place in state capitals where the Chief Ministers of individual states unfurl the national flag, followed by parades and pageants.^{28]} Until 1973, the Governor of the State hoisted the National Flag at the State capital. In February 1974, the Chief Minister of Tamil Nadu, M. Karunanidhi took up the issue with then Prime Minister Indira Gandhi that the Chief Ministers, like the Prime Minister, should be allowed to hoist the national flag on Independence Day. Since 1974, Chief Ministers of the respective states have been allowed to hoist the national flag on Independence Day. Flag hoisting ceremonies and cultural programmes take place in governmental and non-governmental institutions throughout the country. Schools and colleges conduct flag hoisting ceremonies and cultural events. Major government buildings are often adorned with strings of lights. In Delhi and some other cities, kite flying adds to the occasion. National flags of different sizes are used abundantly to symbolise allegiance to the country. Citizens adorn their clothing, wristbands, cars, household accessories with replicas of the tri-colour. Over a period of time, the celebration has changed emphasis from nationalism to a broader celebration of all things India. The Indian diaspora celebrates Independence Day around the world with parades and pageants, particularly in regions with higher concentrations of Indian immigrants. In some locations, such as New York and other US cities, 15 August has become "India Day" among the diaspora and the local populace. Pageants celebrate "India Day" either on 15 August or an adjoining weekend day.

2021 Shravana Purnima

Importance of Shravana Purnima
Shravana Purnima is famous for Raksha Bandhan but there are several other significant aspects which are associated with the Shravan Purnima. There are various other festivals and rituals which are performed on the full moon day of Shravana. Significance of Shravana Purnima Vrat
Shravana Purnima is regarded as a highly auspicious day in Hindu culture. The various rituals which are performed on Shravana Purnima possess immense significance. The rituals of 'Upnayan' and 'Yagyopaveet' are observed on this day. Brahmins also observe 'Shudhikaran' ritual on Shravana Purnima as it is considered as one of the most sacred day for performing religious rituals. The devotees perform special worship of Lord Shiva on this holy day. There are various reasons which make this day so important among Hindus which include :

Celebration Of Kajari Purnima
Kajari Purnima is also celebrated on this day in few provinces. While performing this festival, Hindu women sow barley in the pots filled up with soil and leaves of trees. The women put these pots on their head and drop them into the nearest water body. They worship Goddess Bhagwati, sow wheat and pray to have good crop and harvest.

The festival of Kajari Purnima is majorly celebrated in the states of Uttar Pradesh, Chhattisgarh and Madhya Pradesh. All the preparations begin from the 9th day of Shravan Amavasya. Women also rejoice in the festival by singing the folk songs and narrating the story of Kajari Purnima Vrat. This fast is performed by mothers for the prosperity and longevity of the sons.

Nariyal or Narali Purnima
Nariyal Purnima is another festival that is primarily observed in the coastal provinces of India on this day. Devotees worship the sea and visit the coast. They perform a puja to worship Varuna, the God who controls the water. It is believed that people who worship Lord Varuna are relieved from any kind of danger from the sea or water bodies. On this holy day, a Nariyal (Coconut) is also offered to the sea with much faith.

End of Amarnath Yatra
As per the Pranas, on the eve of Guru Purnima, the sacred Amarnath Yatra begins and it concludes on the Shravan Purnima. All the 'Kanwariyas' worship Lord Shiva by offering water on Shivling and successfully end their journeys on this day.

Pavitropana
It is a Gujarati festival which is celebrated

on the Shravana Purnima. As per the legends, high believers of religion and the devotees offer water to the Shiva Lingams as well as chant prayers for seeking the blessings of Lord Shiva. The observers bestowed with good fortune and get absolved of all their past sins.

Apart from Rakhi, Shravana Purnima also holds much significance for people belonging to several cultures. Shravana is one of the holiest Hindu months and a full moon night of this month is bound to have immense religious and spiritual significance.

Also Read: Why do we celebrate Gayatri Jayanti on Shravan Poornima?

Poornima fasting throughout the year
According to the Hindu calendar which starts from Chaitra month (March-April), the full moon that falls throughout the year is as follows: -

S.N.	Hindu Month	Purnima Vrat Name	Purnima Other Names or Same Day Festivals
1	Chaitra	Chaitra Purnima	Hanuman Jayanti
2	Vaishakha	Vaishakha	



3	Jyeshtha	Jyeshtha Purnima	Vat Purnima Vrat
4	Ashadha	Ashadha Purnima	Guru Purnima, Vyasa Puja
5	Shravana	Shravana Purnima	Raksha Bandhan, Gayatri Jayanti
6	Bhadrapada	Bhadrapada Purnima	Purnima Shradha, Pitru Paksha Begin
7	Ashwin	Ashwin Purnima	Sharad Purnima, Kojagara Puja
8	Kartika	Kartika Purnima	Dev Diwali
9	Margashirsha	Margashirsha Purnima	Dattatreya Jayanti
10	Paush	Paush Purnima	Shakambhari Purnima
11	Magha	Magha Purnima	Guru Ravidas Jayanti
12	Phalgun	Phalgun Purnima	Holika Dahan, Vasanta Purnima

Raksha Bandhan (Rakhi)

Raksha Bandhan, also abbreviated to Rakhi, is the Hindu festival that celebrates brotherhood and love. It is celebrated on the full moon in the month of Sravana in the lunar calendar.

The word Raksha means protection, whilst Bandhan is the verb to tie. Traditionally, during the festival sisters tie a rakhi, a bracelet made of interwoven red and gold threads, around their brothers' wrists to celebrate their relationship.

Today the festival has developed with others joining in the festivities:

Priests tie rakhis around the wrists of congregation members. Rakhis are often shared between close friends.

Women tie rakhis around the wrists of the prime minister. Rakhis are tied around the wrists of soldiers.

Meaning of the rakhi

It is believed that when a woman ties a rakhi around the hand of a man it becomes obligatory for him to honour his religious duty and protect her.

Traditional stories state that rakhis are blessed with sacred verses and are encompassed by them.

Sometimes rakhis are consecrated in rice and grass before they are given,

and they are traditionally tied by people familiar with the Vedas.

Following these customs the rakhi is believed to remove sin from one hand and provide safety to the other. The protection offered by a rakhi is believed to remain for a year.

Customs and practices

As the rakhi is tied, a prayer is offered asking for happiness and prosperity.

Today rakhis are often decorated with multi-coloured silk thread, and often adorned with stones and beads.

Once the rakhi has been tied a mantra is chanted either in Sanskrit or Punjabi.

At the end of the ceremony the sister places a sweet in her mouth. Following this her brother gives her a small monetary gift of appreciation.

This festival has evolved over the years to encompass the importance of many people in Hindu society, yet foremost it continues to honour and uphold the relationship between a sister and brother.

It is a significant festival in the Hindu calendar, followed eight days later by Janamashtami.



Salman Khan Apologises to Athiya Shetty, Suniel Shetty Has Sweetest Response

Actor Salman Khan has a very nice bond with Suniel Shetty and his family, including his daughter Athiya Shetty. In fact, Salman produced her debut film Hero, which also starred Sooraj Pancholi. However, recently Salman apologised to Athiya for a very sweet reason. Salman recently appeared in his brother Arbaaz Khan's talk show Pinch season 2. During a segment, Arbaaz asked Salman to guess which actress out of Katrina Kaif, Athiya Shetty and Sangeeta Birlani he did not follow on Instagram. While Salman guessed Sangeeta, the correct answer was Athiya. In a sweet gesture, Salman apologised to

Athiya for not following her on Instagram. He also promised to rectify the mistake and follow her back. Now, Athiya's father, Suniel Shetty has reacted to gesture. Suniel was all praise for Salman for apologising to Athiya.

Talking to Etimes, Suniel said, "Whatever he does he does from his heart. When he said sorry to Athiya on screen, it is the cutest thing to happen. They have a beautiful relationship. As for me, I cherish my relationship with him. And, it takes a man to say sorry. Fantastic!"

Meanwhile, Athiya is currently in London with her brother Ahaan Shetty. It has been speculated that she is accompanying cricketer and rumoured boyfriend KL Rahul during the World Test Championship. On the work front, Athiya was last seen in the comedy film Motichoor Chaknchoor, along with Nawazuddin Siddiqui.

On the other hand, Salman was last seen in Radhe: Your Most Wanted Bhai with



Disha Patani. He also has Antim: The Final Truth, Kabhi Eid Kabhi Diwali and Tiger 3 in the pipeline. Entertainment Bureau Yahoo Life

'Yeh Dil Maange More': Sidharth Malhotra's 'Shershaah' trailer will leave you high on patriotism!

New Delhi [India], July 25 (ANI): In an ultimate tribute to Captain Vikram Batra (PVC) and the Indian Armed Forces, Amazon Prime Video launched the trailer of 'Shershaah' at the Kargil Vijay Divas celebrations in Kargil on Sunday.

The annual celebrations held to honour the heroes of the Kargil War served as the ideal stage to unveil the trailer of the film and was attended by actors Sidharth Malhotra, Kiara Advani, Director Vishu Varadhan, Producers Karan Johar and Apoorva Mehta and Vijay Subramaniam, Director and Head, Content, Amazon Prime Video.

Jointly produced by Dharma Productions and Kaash Entertainment, the much-awaited war drama is a dotting tribute to the courage and valor of the Kargil war hero, Captain Vikram Batra (PVC).

Packed with powerful performances and some grand visuals, the movie based on Param Vir Chakra awardee Vikram Batra, is undoubtedly going to leave its audience high on patriotism and chant 'Yeh Dil

Maange More'.

Sidharth will be seen essaying the role of Captain Vikram Batra. In the nearly three-minute-long trailer, viewers will get to see a glimpse of some re-created footage of the Kargil war.

The intriguing trailer promises powerful performances by all the actors, enthralling dialogues, captivating visuals, and an engaging story. From powerful background music that complements the pace of the trailer to some intense performances, the trailer features it all, making it safe to say that fans are in for a visual treat.

And if you are a true patriot, you are sure to get emotional at the point when Sidharth in the trailer says, "Either I'll host the flag and return...or I'll return wrapped. But I'll come for sure!"

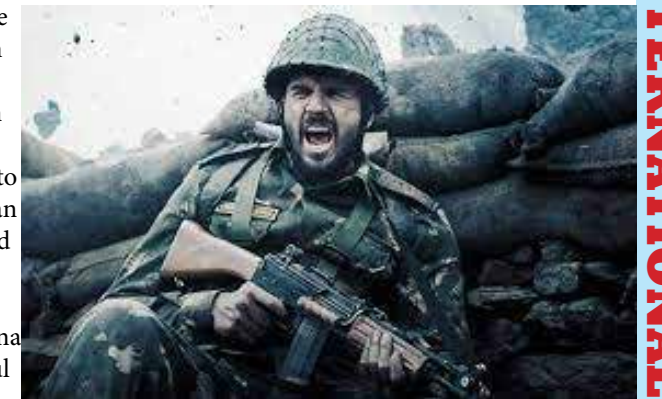
Brimming with excitement on portraying a real-life hero, lead actor Sidharth spoke on the release of his film and said, "Playing a man in uniform always instills a sense of pride but portraying a legendary war hero

like Vikram Batra was a huge responsibility to shoulder on and perform. The role called for a lot of physical and even more mental preparation to get into his shoes and bring to life the real-life story of a man whose courage and grit stood unmatched."

He added, "I have tried my best to stay true to his persona and valour and I am thankful to the Batra family for trusting me. Shershaah, as a film is very close to my heart."

For the unversed, Captain Vikram Batra laid down his life in the service of the nation while recapturing Indian territories from Pakistani intruders during the Kargil War in 1999. And due to his immense bravery, he was given the title of 'Sher Shah' (Lion King).

Set in the 90s, the film will also offer an insight into the age of innocent romance, showcasing the chemistry between the leading pair- Kiara and Sidharth.



Kiara, who will be seen portraying the role of Dimple Cheema, a strong pillar of support to Captain Vikram Batra spoke about her role in the film and said: "I am honoured to portray a strong and inspiring woman like Dimple Cheema, as it made me understand the journey of the unsung heroes, the women behind the army men. While we celebrate the valour of the men at war, the sacrifices of the women at home often go unnoticed." Yahoo News











Sanjay Dutt and Maanayata Dutt are the perfect examples of relationship goals. From spending years in jail to being labelled as a womaniser, Sanjay's life has always been a roller coaster ride. And it is Maanayata, who has been his constant pillar of strength. As Sanjay turned a year older, Maanayata penned an adorable wish for him.

Sanjay Dutt had tied the knot with Maanayata Dutt in 2008, after two years of courtship. Their marriage had faced a lot of objections from the Dutt sisters. Despite the age gap of 19 years, Sanjay and Maanayata make for a perfect couple. In 2010, Sanjay and Maanayata were blessed with twins, whom they have named Iqra and Shahraan. On July 29, 2021, Sanjay Dutt turned 62 and his wife, Maanayata wished him in the sweetest manner. Sharing an adorable picture with him, Maanayata wrote, "Wishing you a day of happy moments and a year of happy day...wishing you love, peace, health and success...may God always play in your team and continue to bless you with the courage and the fighting spirit that you have in your life... love you."

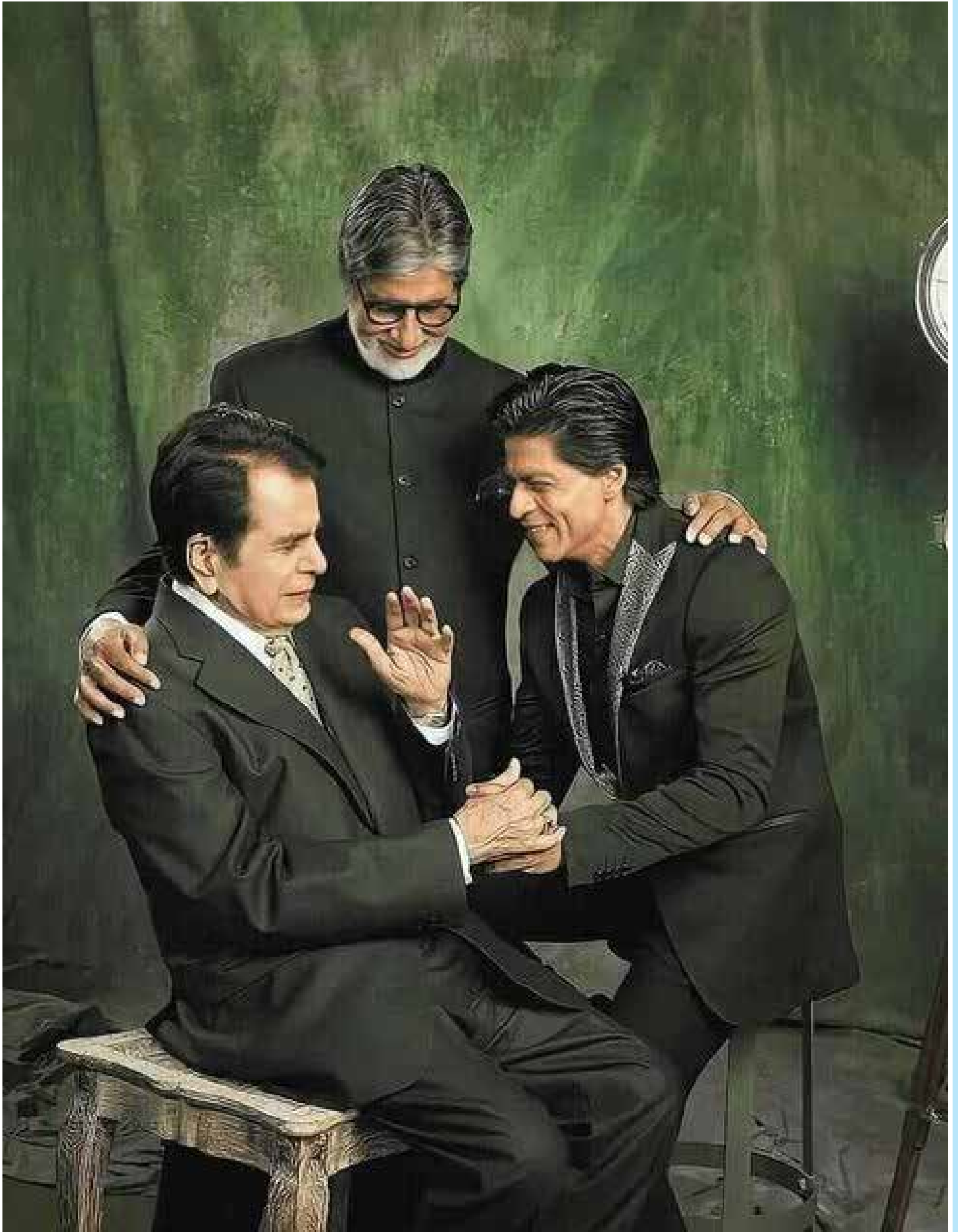
Sanjay Dutt is currently in the US and his daughter, Trishala Dutt, from his previous marriage to Richa Sharma cannot keep calm as she is excited to meet him. To wish her papa dukes on his 62nd birthday, Trishala took to her IG stories and shared a picture of the sky with a welcome note for him, which could be read as "Happy Birthday Sanjay Dutt, Welcome To USA". Atop the picture, Trishala wished him and wrote, "Happy birthday papa Dukes @DuttSanjay. Welcome to the USA!!! I Can't Wait To See You."



Binaca Geetmala Annual List (1954)

 2	Man Dole Mera Tan Dole <small>You Tube</small> ✓ 🏆 ★ 4.40 - 1043 votes	Lata Mangeshkar	Hemant Kumar	Vyjayantimala, Pradeep Kumar, Jeevan
		Nagin (1954)	Rajinder Krishan	Dance Songs, All Time Great
 3	Ye Lo Main Haari Piya, Hui Teri Jit Re <small>You Tube</small> ✓ 🏆 ★ 4.40 - 830 votes	Geeta Dutt	O P Nayyar	Shakila, Guru Dutt
		Aar Paar (1954)	Majrooh Sultanpuri	All Time Great, Roothna Manaana
 4	Insaaf Ka Mandir Hai Ye Bhagavaan Ka Ghar Hai <small>You Tube</small> ✓ 🏆 ★ 4.48 - 1119 votes	Mohammed Rafi	Naushad	Dilip Kumar, Madhubala
		Amar (1954)	Shakeel Badayuni	Religious Songs
 5	Rahi Matwale, Tu Chhed Ek Baar <small>You Tube</small> ✓ ★ 4.35 - 495 votes	Suraiya, Talat Mahmood	Anil Biswas	Suraiya, Talat Mahmood
		Waris (1954)	Qamar Jalalabadi	Romantic Songs
 6	Chandaamaamaa Dur Ke Pue Pakaaen Bur Ke <small>You Tube</small> ✓ 🏆 ★ 4.31 - 194 votes	Asha Bhosle	Ravi Shankar	
		Vachan (1955)	Ravi	Songs for Kids, All Time Great
 7	Man Ki Bin Matwari Baje <small>You Tube</small> ✓ 🏆 ★ 4.37 - 132 votes	Lata Mangeshkar, Mohammed Rafi	Naushad	Nutan, Bharat Bhushan
		Shabab (1954)	Shakeel Badayuni	Classical Songs
 8	Kaise Koyi Jiye Jeher Hai Jindagi <small>You Tube</small> ✓ 🏆 ★ 4.32 - 268 votes	Geeta Dutt	S K Pal, Timir Baran	
		Baadbaan (1954)	Indeevar	Sad Songs
 9	Chhota Sa Ghar Hoga Badlo Ki Chhanv Me <small>You Tube</small> ✓ 🏆 ★ 4.41 - 244 votes	Kishore Kumar, Usha Mangeshkar	Salil Chowdhury	Sheela Ramani, Kishore Kumar
		Naukari (1954)	Shailendra	Happy Songs
 10	Na Ye Chand Hoga Na Tare Rahenge (By Geeta Dutt) <small>You Tube</small> ✓ 🏆 ★ 4.41 - 818 votes	Geeta Dutt	Hemant Kumar	Shyama, Deepak
		Shart (1954)	S H Bihari	Moon Songs, Romantic Songs
Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Jaye To Jaye Kahan <small>You Tube</small> ✓ ★ 4.36 - 1051 votes	Talat Mahmood	Sachin Dev Burman	Dev Anand
		Taxi Driver (1954)	Sahir Ludhianvi	Sad Songs

THE 3 LEGENDS



INTERNATIONAL PAGES

INTERNATIONAL PAGES

HOPE YOU REMEMBER THEM



**#VYJAYANTHIMALA #asha parekh #saira bano #waheeda rehman
#malasinha #helen**

INTERNATIONAL PAGES

INTERNATIONAL PAGES

Shilpa Shetty's husband arrested for allegedly making pornographic films

Mumbai (Maharashtra) [India], July 19 (ANI): Actor Shilpa Shetty's husband Raj Kundra was on Monday night arrested by Mumbai Police for allegedly creating pornographic films and publishing them through some mobile applications.

"Businessman Raj Kundra has been arrested by the Crime Branch in a case relating to the creation of pornographic films and publish-

ing them through some apps. He appears to be the key conspirator. We have sufficient evidence regarding this," Mumbai Police Commissioner Hemant Nagrale said.

The case was registered with Crime Branch Mumbai in February 2021 about the creation of pornographic films and publishing them through some apps.

"We have arrested Raj Kundra in this case on July 19, 2021, as he appears to be the key conspirator of this. We have sufficient evidence regarding this. The investigation is in progress please," Nagrale said in a statement. (ANI)
Yahoo News



Sunny Deol Ripped His Pants in Anger During Darr, Didn't Speak to SRK

Sunny Deol and Shah Rukh Khan worked together in Yash Chopra's Darr as the lead and the antagonist respectfully. It was one of the few roles Shah Rukh played as the anti-hero. Sunny Deol, in an appearance on Aap Ki Adalat revealed that he and Shah Rukh didn't talk for 16 years after Darr's release. Yash Chopra's Darr released in 1993.

Sunny revealed that he was upset with the way his character was portrayed and thought that SRK's role as Rahul Mehra shone instead of his. He had had disagreements with director Yash Chopra during the film. He added that he once got so mad that he 'ripped his pants with his hands.'

Referring to a scene where Shah Rukh's character manages to stab his character, who is a commando, Sunny Deol said, "I had a heated discussion with Yash Chopra regarding that scene."

"I tried explaining that I am a commando officer in the film. My character is an expert and fit, then how can this boy beat me easily? He can beat me if I can't see him. If he can stab me while I am looking at him, then I won't be called a commando." - Sunny Deol, Actor

Yash Chopra didn't take that into consideration and Sunny added, "Soon, out of anger, I didn't even realise that I had

ripped my pants with my hands." Sunny also said that the estrangement with Shah Rukh after the film's release wasn't intentional.

"It's not that I didn't talk but I just cut myself off and I anyway don't socialise much. So we never met, toh baat karne ki baat he nahi hai. (So the situation of talking to each other didn't arise)"
Yahoo Life



Why Sidhu Was Appointed Punjab Congress Chief Despite CM Amarinder Singh's Objections

After months of turmoil, Navjot Singh Sidhu was finally appointed the president of the Punjab Pradesh Congress Committee on Sunday. Along with this, four working presidents have also been appointed to assist Sidhu keeping in mind the next assembly elections. This comes after almost a month of infighting in the state Congress unit, with Sidhu leading a camp against Chief Minister Captain Amarinder Singh, over "unfulfilled promises" by the government.

The former cricketer turned politician, Navjot Singh Sidhu's appointment comes after weeks of meetings between the two estranged leaders of Punjab and central leadership of the Congress party. Both the

leaders had sought an appointment with the central leadership on an individual basis to air their grievances.

With this appointment, it is now clear that the Congress is a divided house. Captain Amarinder Singh has already said that he will only meet Sidhu once the firebrand leader deletes all his offensive tweets against him and the state government. The Chief Minister also demanded an apology from Sidhu for all statements made against his government to the media.

Captain Amarinder Singh, on Friday, had shot a letter to the Congress president where he had expressed his disagreement on making Sidhu the Punjab Congress

chief.

With this appointment, the Congress high command has clearly sent a message that they still command all the crucial decisions regarding party affairs even in states. Captain Amarinder Singh still holds the charge of the election campaign committee, while Rajya Sabha MP Pratap Singh Bajwa will be responsible for drafting the election manifesto.

However, with the appointment of Sidhu, it is clear that there is bad blood between the two stalwarts of Punjab Congress and



this does not bode well for the party ahead of the assembly elections. Despite his fiery speeches and charismatic appeal, the Chief Minister does not consider Sidhu to have any presence on ground. There is also a trust deficit between Singh and Sidhu.
Yahoo News

Hindu Festival Calendar: A Comprehensive List of Festivals and Holidays August 2021

21 Saturday Onam/Thiruvonam

22 Sunday Raksha Bandhan Shravana Purnima Vrat

25 Wednesday Sankashti Chaturthi, Kajari Teej

30 Monday Janmashtami



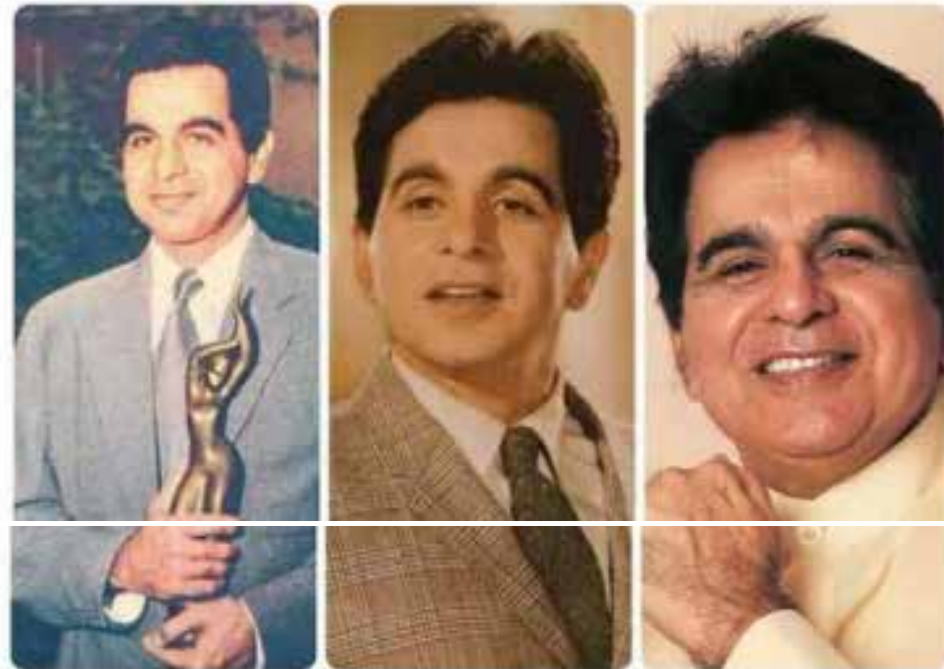
REMEMBERING DILIP KUMAR



#Dharmendra, #DevAnand, #DilipKumar and #SairaBanu.



Three greats of Indian cinema #Pran #DilipKumar and #Shammikapoor.



Did you know Meena Kumari was initially cast opposite Dilip Kumar in the movie Amar (1954)? However, due to some reasons, Meena Kumari could not continue shooting and was replaced by Madhubala. Madhubala and Dilip Kumar had already become famous on-screen couples with the success of the 1951 movie Tarana. Although Amar was far ahead of its time and didn't do well on box office, the natural chemistry between Madhubala and Dilip Kumar was well appreciated by the audience and critics. Meena Kumari would have done this role in her own versatile and charismatic way and so was done by Madhubala. Here are stills from the same scene in the movie, one with Meena Kumari and another with Madhubala. Follow Bollywoodirect



List of Bollywood films of JULY , 2021

	<i>Attack</i>	Lakshya Raj Anand	John Abraham · Jacqueline Fernandez · Rakul Preet Singh
13	<i>Bhuj: The Pride of India</i>	Abhishek Dudhaiya	Ajay Devgn · Sanjay Dutt · Sharad Kelkar · Sonakshi Sinha · Ammy Virk · Pranitha Subhash · Nora Fatehi · Ihana Dhillon
27	<i>Jayeshbhai Jordaar</i>	Divyang Thakkar	Ranveer Singh · Shalini Pandey · Boman Irani · Ratna Pathak Shah · Deeksha Joshi
4	<i>Sharmaji Namkeen</i>	Hitesh Bhatia	Rishi Kapoor · Juhi Chawla · Paresh Rawal
9	<i>Liger</i> ^[c]	Puri Jagannadh	Vijay Deverakonda · Ananya Panday
	<i>Anek</i>	Anubhav Sinha	Ayushmann Khurrana

STATE OF SIEGE: TEMPLE ATTACK REVIEW : AKSHAYE KHANNA'S FILM IS A STIRRING RETELLING OF AHMEDABAD'S TEMPLE ATTACK

STORY: It is a fictional drama inspired by the real-life terrorists attack on Akshardham Temple in Gandhinagar, Ahmedabad, where pilgrims were held hostage. As the terrorists start killing the captives, NSG commando Hanut Singh (Akshaye Khanna) arrives on the scene to deal with the massacre.

REVIEW: Around 19 years ago, Ahmedabad, along with the rest of the country, witnessed a terrorist attack that claimed the lives of around 30 people and left more than 80 injured. After the Gujarat riots in 2002, the temple attack on September 24, in the same year left people shocked.

In exchange for the release of one of their gang members, Bilal Naikoo (Mir Sarwar), a group of four terrorists attacked Krishna Dham Mandir (name changed from Akshardham Mandir). Terrorists assaulted the temple in this planned attack, which was monitored from Pakistan, killing many innocent people and holding some of them as hostages. Along with the Ahmedabad police, the National Security Guards (NSG) seized command of the situation.

Inspired by many real-life stories, 'State of Siege: Temple Attack' celebrates the valour of the men in uniform. The film attempts to provide a detailed overview of what happened during the operation and how NSG succeeded in saving several lives. Director Ken Ghosh has taken some creative liberties in showing the unfortunate events from that historical day in his fictional drama for making it an engaging watch. However, the screenplay (by William Borthwick and Simon Fantauzzo) is layered and to-the-point which doesn't overdramatise the terror attacks. It primarily focuses on the characters without portraying them as heroes, even though they are so in real life. This drama will likely remind you of all the films and shows about terrorist attacks, but it will undoubtedly disappoint some viewers due to the over-fictionalisation of such tragic events. Overall, it only skims the surface of the issue, not going further or revealing numerous inside aspects that are already kept hidden from the public.

Tejal Pramod Shetye's cinematography enhanced the tone of the story, especially the scenes shot in the picturesque locations of Manali, which is mesmerising. Even the action-packed sequences between NSG commandos and terrorists are well choreographed by Mandhar Verma and Rinku Bacchan.

The film begins in Kupwara, J&K, in 2001. A minister's daughter has been kidnapped by terrorists. And an operation to rescue her is carried out by NSG commandos led by Major Hanut Singh (Akshaye Khanna) and Capt. Bibek (Akshay Oberoi). Some soldiers, including Hanut, are injured during the mission, and Capt. Bibek is killed. Hanut suffers from Post-Traumatic Stress Disorder (PTSD) as a result of this occurrence. When duty beckons, however, one must put his weaker side aside and focus on being physically strong and ready for the next operation. Along with Captain Rohit Bagga (Vivek Dahiya), Hanut is enlisted to command the temple attack expedition.

All of the actors give satisfactory performances, delivering exactly what is expected of them. Parvin Dabas plays Col. Nagar, the commanding officer of the NSG who has done justice to his role. Major Hanut Singh, played by Akshaye Khanna, and his team, which includes Vivek Dahiya as Captain Rohit Bagga and Gautam Rode as Major Samar Chauhan, arrive in Ahmedabad to take care of the terrorist attack. In the past, viewers have seen Khanna in uniform in films like 'Border', 'LOC Kargil' and his portrayal of Hanut Singh isn't an exceptional one. These actors in uniform are not seen in any over-the-top combat situations, thus making their portrayal of an army officer more realistic. As a special appearance, Sameer Soni as CM Manish Choksi and Akshay Oberoi as Capt. Bibek have impactful roles.

All actors of the terrorist gang – their leader Abhimanyu Singh as Abu Hamza, his right-hand man Bilal Naikoo (played by Mir Sarwar), and the other four terrorists

(Abhilash Chaudhary as Iqbal, Dhanveer Singh as Hanif, Mridul Das as Farooq and Mihir Ahuja as Omar) – have a firm grasp of

for some, but it is well worth watching.



the local Pakistani-Punjabi accent.

After Abhimanyu Singh's 'State of Siege: 26/11', based on the Mumbai attacks, this 112-minute combat drama is a fitting tribute to our NSG soldiers. This dramatised retelling may bring up unpleasant memories

ڈاکٹر توفیق انصاری احمد
فکا گو امریکہ

گل بوکی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی دہلوی

18 بادشاہ کوچروا ہے کی نصیحت

آورد حکایت: ایک بادشاہ فکرا کہتے ہوئے الفخر سے پھڑکیا۔ اس نے دیکھا کہ کوئی آدمی دوڑتا ہوا اس کی طرف آرہا ہے۔ بادشاہ سمجھا کہ یہ کوئی دشمن ہے اس نے فوراً تیرکمان میں لگا کر اس آدمی کا نشانہ بنا دیا۔ وہ شخص خوف زدہ ہو کر چلا آیا۔ "جہاں پتا وہاں دشمن نہیں بلکہ آپ کے گھوڑوں کا چرواہا ہوں۔" بادشاہ نے کمان دکھادی اور فریاد کر کے کہا "اے بے خوف! اگر آج فرشتہ طیب تیری مدد نہ کرتا تو تیری موت میں کوئی کسر باقی نہ رہ گئی تھی۔" چرواہے نے ہاتھ جوڑ کر کہا۔ "بادشاہ سلامت! اگر جان کی امان پاؤں تو کچھ عرض کروں۔"

بادشاہ نے کہا۔ "کہو کیا کہتے ہو۔"

چرواہے نے کہا۔ "معلوم ساری رحمت کے رکھوالے ہیں۔ یہ بڑی نصرت کی بات ہے کہ آپ دوست اور دشمن میں تمیز نہ کر سکیں۔ آپ نے مجھے ہار ہار ہار میں دیکھا اور گھوڑوں کے حالات دریافت فرمائے لیکن آج جب میں آپ کی طرف بڑھا تو آپ نے مجھے دشمن سمجھ لیا۔ میں غریب ایک ایک گھوڑے کو خوب پہچانتا ہوں۔ میں گھوڑوں کا رکھوالا ہوں آپ رحمت کے رکھوالے ہیں۔ جس طرح میں اپنے ریڑ کو قائم رکھتا ہوں اسی طرح آپ بھی اپنے گے کو قائم رکھیے۔"

قاری شعر:

بزاں تخت و ملک از خلیل علم بود

کہ تدبیر شاہ از شبان کم بود

حاصل کلام:

اس سلطنت گوزال کا اندیشہ ہے جہاں بادشاہ کی تدبیر چرواہے سے بھی کم ہو۔

مظلوم ترجمہ:

سدا اس سلطنت کے ختم ہونے کا ہے اندیشہ

جہاں پر شاہ کی تدبیر چرواہے سے کمتر ہو

وہاں سے مشرق، پھیل شیراز، حضرت شیخ سعدی شیرازی دہلوی فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گذرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل ہندوستان کے ایک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آ رہا تھا۔ خاندان میں انصاری 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 عبادت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تیسری صدی اور صرف دہری کہانی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اطلاق کر دیا۔ کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، دیانت و دانشمندی کا ہر طرف چرچا ہونے لگا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پائیے۔ بعد ازاں کے مدرسہ کھامبہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تفصیلی علم و فیض مست حاصل کر کے قرآن و حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی ایسی زبانوں میں بھی مہارت حاصل کر لی۔ تفصیلی علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر گریباغری اور امریکا، ہینڈرسن، ایشیا، آفریقہ اور دنیا کے دیگر ممالک کی سیرو سیاحت میں بسر کیا۔ کہا جاتا ہے کہ مشرقی سیاحوں میں ان کا خطبہ کے ساتھ سعدی سے بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت کے دوران بڑی معجزاتی واقعات اور بڑے حیرت آمیز حقائق کی تصانیف جس سے حجاج اور ایک سے بڑھ کر ایک ہیں لیکن ان کی دو

کتابوں گھنٹیں اور ہوس نے از وہاں عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اوج کمال پر پہنچا دیا۔ گھنٹیں اور ہوس کی بنیاد قرآن و حدیث، تربیت، اخلاقیات، تجربات، اور ہی 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 ہی نوع انسان کے لئے نہایت فائدہ مند ہے۔

آورد آپ کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گھنٹیں و ہوس کی اعجاز کی تعریف کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے غزلی مضمون ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم و جرائی کا اہتمام زہد ترتیب ہے۔ ویسے تو گھنٹاں و ہوس کے تراجم دنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں تراجم تراجم اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اردو زبان میں موثر اور سلیقہ ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ گل بوکی گھنٹیں سے ملے اور ہوس سے لیا گیا گھنٹیں اور ہوس کی منتخب حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اردو زبان کا دوسرا سب سے پہلا شاہکار مشہور کہانہ و مضمون نگار ہے جس میں فارسی نثر کا ترجمہ اردو نثر میں اور فارسی نظم کا ترجمہ اردو نظم میں کیا گیا ہے۔ گل بوکی حکایت کے عنوان سے ہم گھنٹاں و ہوس کی حکایات کو موافق استفادہ کی خاطر "ایشیا ہنڈری گھنٹاں" اور ہوس میں خواب جاریہ کی تیت سے سلسلہ دار شائع کر رہے ہیں۔ (ادارہ)

ایمانداری، قابلیت اور کمپلیکس

ڈاکٹر راؤ کا مران علی



مشین کے کام کا۔

قابلیت بہر حال ایک اہم چیز ہے لیکن کیا دنیا میں سب سے بہترین کام اس شعبے کے قابل ترین لوگوں نے کئے ہیں؟ غالباً نہیں۔ دماغ کے لامحدود ہونے کی مثال اپنی جگہ لیکن ترجیحات کی اہمیت اس لامحدودیت میں اتنی زیادہ ہے جیسے آپ ایک زندگی میں دنیا کا ہر شہر دیکھ سکتے ہوں، ہوائی جہاز بھی آپ کے پاس ہو، وسائل بھی ہوں لیکن کیا آپ لندن سے شروع کریں گے یا لنڈی کوتل سے شروع کریں گے؟ جبکہ اگر آپ کے پاس محض نیویارک یا ٹوکیو کی آپشن ہو تو کام آسان ہو جاتا ہے۔ ایک مقام پر آ کر قابلیت میں اگر انیس بیس کا فرق ہو تو ترجیحات، اگلے مقام اور کامیابی کا تعین کرتی ہیں۔

ایمانداری اور قابلیت ایسی میٹھی اور فریبی گھسن گھیری ہے کہ جس میں الجھ کر ہم اگلی اسٹیج تک جانیں پاتے ہیں اور وہ ہے کمپلیکس۔ کمپلیکس کی بذات خود اردو مجھے کبھی نہیں ملی۔ یہ عموماً احساس کمتری یا احساس برتری کے طور پر لکھا جاتا ہے اور اگر برتری یا کمتری الگ کر دیں تو محض احساس رہ جاتا ہے اور کمپلیکس کو احساس لکھنا اسے مہمل بنانے کے مترادف ہے۔ نئی تحقیق کے مطابق احساس برتری بھی احساس کمتری کی ایک شکل ہے گویا وہ انسان جو اندر سے کمتر ہے، خود کو برتر ثابت کرنے کی کوشش کرتا ہے۔ اگر آپ نے پاکستان میں کسی بھی سیاستدان، جج، فوجی یا سول افسر کو پاکستان کا بیڑا غرق

کرنے کی کوشش کرتے دیکھا ہے تو اس میں ایک فیکٹر لازم ہوگا اور وہ ہوگا ”کمپلیکس“ زیادہ تر میں احساس کمتری۔ آپ جنرل مشرف کی ان دی لائن آف فائر پڑھ لیں یا جنرل شاہد عزیز کی یہ خاموشی کب تک، احساس کمتری کو برتری بنانے کی کوشش کی گئی ہے، نواز شریف کو بھٹو بننے کا کمپلیکس فوج سے لڑواتا رہا اور ان کے صنعتکار ابا جان کو رانا پھول کی طرح جاگیر دار بننے کا کمپلیکس رائے ونڈ کے کسان اجاڑ گیا، زرداری کو شریفوں کی طرح مالدار بننے کا کمپلیکس کرپشن کو نئی حدوں تک لے گیا، سیاستدانوں کے کمپلیکس سے کہیں زیادہ نقصان اس ملک کو ججوں اور جرنیلوں کے کمپلیکس سے ہوا ہے خواہ میٹرک پاس ضیا الحق ہو یا شراب کا ریسائٹی خان، ڈرتا ڈرتا نہیں ہوں والا مشرف یا پراپرٹی ٹائیکون بننے کے شوقین کاچین سمو کر جرنیل بھائی۔

جسٹس افتخار چوہدری کے لئے ہم جیسے لوگ بھی سڑکوں پر آگئے؛ امریکہ میں اسکا استقبال کیا لیکن اس کے نالائق بیٹے کا کوٹے پر زبردستی ڈاکٹر بننے اور وہاں سے بغیر سی ایس ایس، چلیل پانڈے بننے اور پھر ڈان بننے کا کمپلیکس پوری قوم کے ارمان ڈبو گیا۔ نیشنل ٹی وی پر ملک ریاض پینتیس کروڑ دینے کی رشوت کا اعتراف کرتا ہے اور کمپلیکس کا شکار افتخار چوہدری اس کو اعتراف جرم قرار دیکر سوموٹو نہ لے سکا۔ اور اب سڑکوں پر نجل ہو رہا ہے۔ ثاقب ثار؛ جس کے پیچھے لگ کر ہم جیسے

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

دنیا میں عموماً لوگ دو خوبیوں کی وجہ سے کسی بھی نوکری کے لئے پختے جاتے ہیں۔ قابلیت میں تعلیمی قابلیت کے ساتھ تجربہ شامل ہے لیکن ایمانداری پتا نہیں کیسے اور کب میرٹ کا حصہ بن گئی۔ اکثر افسران کے بارے میں یہ کہا جاتا ہے کہ وہ بڑا ایماندار تھا رشوت نہیں لیتا تھا، لیکن یہ کیسے خوبی بن گئی۔ آپ کھانا کھاتے ہیں، آپ کا معدہ ایمانداری سے ہضم کر کے؛ چھوٹی آنت ایمانداری سے کارآمد اجزا کو واپس کھینچ کر بڑی آنت ایمانداری سے فضلے کو باہر نکال دیتی ہے؛ کیا کبھی اس ایمانداری کی تعریف ہوئی؟ گردے ایمانداری سے خون صاف کر کے، مثانہ رشوت لئے بغیر سکون سے باہر نکال دیتے ہیں، کبھی تعریف ہوئی؟ خون کی نالی صرف دو منٹ، جی دو منٹ کے لئے دماغ کو ایمانداری سے خون نہ پہنچائے تو باقی زندگی انسان وینٹیلیٹر پر سبزی کی طرح پڑا رہتا ہے، بغیر دماغ کے اور ایسے ہی مر جاتا ہے۔ دل کی سب سے چھوٹی نالی بے ایمان ہو جائے تو انسان سینہ پکڑ پر ہسپتال پہنچ جاتا ہے اور اگر بڑی نالی یا ردم بے ایمان ہو جائے تو ”مرحوم نے سجدے میں ہی دم توڑ دیا“ یا پھر ”سوئے نہیں اٹھے سنے میں آتا ہے۔ گویا قدرت کا نظام ہی ایمانداری پر ہے اور یہ کوئی خوبی نہیں بلکہ ایک بنیادی جزو ہے انسانی

صبور علی: 'سجل سے شکل و صورت کا موازنہ تو ٹھیک ہے مگر جب کام کا مقابلہ کیا جاتا ہے تو بہت عجیب لگتا ہے'



لوگ بعض اوقات موازنہ کرتے کرتے اسے مقابلے میں بدل دیتے ہیں۔ موازنہ برا نہیں، یہ تو دنیا بھر میں ہوتا ہے۔ مگر جب لوگ اس طرح کے کنٹ کرتے ہیں کہ 'یہ زیادہ پیاری ہے یا وہ، اس کا کام ایسا ہے تو اس کا کام ویسا' تو میں کہتی ہوں کہ میری الگ شناخت ہے اور سجل کی الگ شناخت۔ یہ کہنا ہے

صبور علی کا جنھوں نے گذشتہ چند برسوں کے دوران اپنے ورسائل کرداروں سے پاکستانی ڈرامہ انڈسٹری میں اپنے فن کا لوہا منوایا ہے۔ صبور ڈراموں میں منفی کردار نبھانے سے زیادہ مقبول ہوئی ہیں۔ صبور علی کی بہن سجل علی بھی پاکستانی ڈرامہ انڈسٹری کی معروف اداکارہ ہیں اور سوشل میڈیا پر صارفین عموماً دونوں بہنوں کی اداکاری اور شکل و صورت کا موازنہ کرتے پائے جاتے ہیں۔ صحافی براق شبیر سے بات کرتے ہوئے ان کا کہنا تھا کہ 'شکل و صورت ملانے کی حد تک تو ظاہر ہے بہنوں کا ہی آپس میں موازنہ ہوتا ہے، تاہم جب کام کے حوالے سے کیا جاتا ہے تو بہت عجیب لگتا ہے۔ اگرچہ لوگ موازنہ کرتے ہیں مگر پھر وہ اسے ایک مقابلہ بنا دیتے ہیں۔ میری الگ محنت ہے، سجل کی الگ اور میرے خیال میں ہم دونوں کے اداکاری کے انداز بھی مختلف ہیں۔ صبور بتاتی ہیں کہ وہ اور سجل کام کے حوالے سے آپس میں اتنی ہی بات کرتی ہیں کہ وہ آج کل کیا کام کر رہی ہیں اور کہاں جا رہی ہیں اور میں کیا کر رہی ہوں۔ تاہم ایک دوسرے کی پیشہ ورانہ زندگی کے بارے میں زیادہ مشاورت نہیں ہوتی۔ صبور علی کا مزید کہنا تھا کہ 'شاید اسی لیے میں نے اتنی جگہ بنالی، اگر میرے اور اس کے کام میں زیادہ مماثلت ہوتی تو ایسا نہیں ہو پاتا۔ صبور کہتی ہیں کہ وہ اور سجل اتفاقاً شوہر انڈسٹری میں آئے مگر فرق صرف یہ تھا کہ سجل نے اس کام کو خوشی اپنایا لیکن وہ تھوڑے نخرے کر کے اس فیلڈ میں آئیں۔ مجھے یہ کہتے ہوئے تھوڑا عجیب لگتا ہے کیونکہ بہت سارے لوگ یہاں تک پہنچنے کے لیے بہت محنت کرتے ہیں اور اگر میں یہ کہوں کہ میں ایسا نہیں چاہتی تھی مگر مجھے یہ سب مل گیا تو تھوڑا عجیب لگتا ہے۔ وہ اکثر کہا کرتی تھی کہ دیکھو سجل کتنی ترقی کر رہی ہے، میں چاہتی ہوں کہ تم بھی اسی طرح سے ترقی کرو۔ وہ نہ سپورٹ کرتیں تو میں یہاں تک کبھی نہ پہنچتی۔ تاہم میں آگے بڑھنے

راج کندرا کی جگہ کرن کندرا کا نام، اداکار سبج پا

بھارتی ٹیلی ویژن فلموں کے اداکار کرن کندرا سوشل میڈیا پر خود کو راج کندرا بنائے جانے پر سبج پا ہو گئے، انھوں نے اپنے متعلق



اور کہا جاتا رہا کہ انھیں فحش فلمیں بنانے کے الزام میں گرفتار کیا گیا ہے۔ تاہم اب کرن نے وضاحت دیتے ہوئے کہا ہے کہ انھیں نہیں بلکہ راج کندرا کو گرفتار کیا گیا ہے۔ ساتھ میں انھوں نے یہ بھی کہا کہ نام اور تصویر کی چھوٹی سی غلطی سے کسی کو پریشانی کا سامنا کرنا پڑ سکتا ہے۔ انھوں نے بتایا کہ وہ جب صبح سو کر اٹھے تو ان کے موبائل فون پر لوگوں کے پیغامات کی بھرمار تھی۔ کرن کا کہنا تھا کہ انھوں نے دیکھا کہ لوگ یہ سمجھ بیٹھے تھے کہ راج کندرا نہیں بلکہ کرن کندرا گرفتار ہوئے تھے۔

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لیکن اب وقت کے ساتھ ساتھ تھوڑا ڈر کم ہوا ہے۔ انہوں نے کہا کہ 'مجھے بکرے سے بھی بہت ڈر لگتا ہے، اکثر قربانی کے موقع پر جب گھر میں بکرا آتا ہے تو اس سے دور رہتی ہوں۔' صبور علی نے مزید کہا کہ 'صدقے کے بکرے پر بھی دور دور سے ہی ہاتھ لگاتی ہوں کیونکہ مجھے گئے بلیوں کی طرح بکروں سے بھی خوف آتا ہے۔ واضح رہے کہ گذشتہ ماہ ہی صبور علی کی اداکاری انصاری کے ساتھ بات چیتی ہوئی ہے۔ اداکارہ نے اپنی رسم کی تصاویر سوشل میڈیا پر شیئر کرتے ہوئے مداحوں کو اپنی زندگی کے نئے سفر کی خوشخبری سنائی تھی۔ یہاں یہ بات قابل ذکر ہے کہ صبور کی بہن سجل علی نے بھی شوہر انڈسٹری سے ہی گذشتہ برس اپنا جیون ساتھی چنا تھا اب ان کی بہن نے بھی شوہر انڈسٹری سے وابستہ علی انصاری سے شادی کا ارادہ کیا ہے۔

وضاحت بھی جاری کر دی۔ کرن کندرا کا کہنا تھا کہ ممبئی پولیس کی جانب سے مجھے نہیں بلکہ راج کندرا کو گرفتار کیا گیا ہے۔ خیال رہے کہ چند روز قبل ممبئی پولیس کے کرائم برانچ نے اداکارہ شلپا شیٹی کے شوہر راج کندرا کو فحش فلموں کی پروڈکشن اور ان کے ایپ کے ذریعے ریلیز کے الزام میں گرفتار کیا تھا۔ ممبئی پولیس کی جانب سے دعویٰ کیا گیا تھا کہ ان کے پاس راج کندرا کے خلاف کافی ثبوت ہیں۔ راج کندرا نے عریاں آڈیشن کا مطالبہ کیا تھا، ماڈل کا انکشاف جہاں ان سے متعلق سوشل میڈیا پر مختلف باتیں زیر گردش ہیں وہیں ٹی وی اور فلموں کے اداکار

پاکستان شوہر انڈسٹری کی معروف اداکارہ صبور علی نے انکشاف کیا ہے کہ ان کے سسرال میں پالتو گئے بلی بہت ہیں جس کی وجہ سے انہیں اپنے سسرال سے بہت ڈر لگتا ہے۔ سوشل میڈیا پر صبور علی کی ایک ویڈیو کلپ وائرل ہو رہی ہے جو ایک نجی ٹی وی چینل کے پروگرام کی ہے جس میں اداکارہ نے بطور مہمان شرکت کی جبکہ ان کے ساتھ اداکار غیب بٹ کو بھی دیکھا جاسکتا ہے۔ صبور علی نے دوران پروگرام اپنے سسرال کے حوالے سے گفتگو کرتے ہوئے کہا کہ 'مجھے گئے بلیوں سے بہت ڈر لگتا ہے اور میرے سسرال میں بہت سے پالتو گئے اور بلیاں موجود ہیں۔ کبھی کبھی سوشل میڈیا کا ونٹس ڈیلیٹ کرنے کا دل کرتا ہے۔ صبور علی اداکارہ نے کہا کہ اس کی وجہ سے مجھے شروع میں اپنے سسرال جاتے ہوئے بہت ڈر لگتا تھا

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دیر سے سونے کی عادت... صحت کیلئے انتہائی نقصان دہ

زیادہ ست ہوتا ہے یا یوں کہہ لیں کہ جسمانی طور پر وہ بہت کم متحرک ہوتے ہیں، جس سے ان کی صحت کے حوالے سے خطرہ بڑھ جاتا ہے۔ ذیابیطیس ٹائپ ٹو عموماً زائد جسمانی وزن اور ست طرز زندگی کا نتیجہ ہوتا ہے جو اس وقت دنیا کے ہر 11 میں سے ایک بالغ فرد کو لاحق ہے۔ اس نئی تحقیق میں شامل ماہرین کا کہنا تھا کہ لوگوں کی نیند کی عادات جسمانی سرگرمیوں پر اثر انداز ہوتی ہیں اور اس بات کو سمجھنے سے ذیابیطیس کے مریضوں کو اپنی حالت کو مستحکم رکھنے میں مدد مل سکتی ہے۔ انہوں نے کہا کہ، اس وقت بڑے پیمانے پر ذیابیطیس کے مریضوں کی مدد کی ضرورت ہے تاکہ وہ متحرک طرز زندگی کو برقرار رکھ کر صحت مند زندگی گزار سکیں۔

اور طبی مسائل کا سامنا ہوتا ہے۔ تحقیق میں بتایا گیا کہ ایسے افراد میں کسی بھی مرض سے درمیانی عمر میں موت کا خطرہ جلد اٹھنے والوں کے مقابلے میں 10 فیصد زیادہ ہوتا ہے۔ اس تحقیق کے دوران 5 لاکھ افراد سے زائد کی نیند کے حوالے سے عادات کا تجزیہ کیا گیا تو معلوم ہوا کہ رات گئے تک جاگنے کا خمیازہ جسم کو مختلف طبی مسائل کی شکل میں بھگتنا پڑتا ہے۔ تحقیق میں مزید بتایا گیا کہ غلط وقت پر کھانا، ورزش نہ کرنا، نیند کی کمی اور رات گئے تک جاگنے سے صحت کے لیے متعدد دیگر نقصان دہ رویوں یا عادات کو اپنانا ممکن ہو جاتا ہے۔ محققین نے اس حوالے سے لوگوں کی صبح یا شام کی نیند کے حوالے سے رجحان اور امراض کے



کے ماہرین کی یہ تحقیق چار لاکھ مردوں اور خواتین کی صحت سے متعلق معلومات پر مشتمل ہے، جن کی عمریں 38 سے 73 برس کے درمیان تھیں۔ اس تحقیق میں شامل کیے جانے والے اعداد و شمار ساڑھے چھ سال تک کے عرصے پر مشتمل تھے۔

مطالعہ کیا جاتا ہے؟

اس مطالعہ سے معلوم ہوا ہے کہ ایسے لوگ جو رات کو دیر تک جاگتے اور پھر دن کو دیر تک سوئے رہتے ہیں وہ دیگر افراد کی نسبت موت کے 10 فی صد زیادہ خطرے کا شکار ہوتے ہیں۔ تحقیق کے مطابق رات کو دیر تک بیدار رہنے والے مختلف قسم کے نفسیاتی اور جسمانی مسائل کا شکار ہوتے ہیں۔

اس تحقیق میں یہ بھی بتایا گیا ہے ایسے لوگ جنہیں صبح جلد بیدار ہونا ہوتا ہے مثال کے طور پر ملازمت یا دیگر مصروفیات کے سلسلے میں، تو انہیں چاہیے کہ وہ لازمی طور پر رات کو جلد سو جائیں تاکہ ان کے جسم کو جتنی نیند کی ضرورت ہوتی ہے، وہ پوری ہو سکے۔ نیند کے حوالے سے غلط بیٹرن یا روٹین صحت کے لیے نقصان دہ ثابت ہوتی ہے۔ ماہرین کے مطابق صحت مند رہنے کے لیے ضروری ہے کہ انسان روزانہ سات سے آٹھ گھنٹے کی نیند لے۔

دیر سے سونے اور ٹائپ ٹو ذیابیطیس میں تعلق ایک اور مطالعہ میں لوگوں کی سونے کی عادات اور ذیابیطیس ٹائپ ٹو کے درمیان تعلق کا انکشاف ہوا ہے۔ رات گئے تک جاگنے اور صبح دیر سے اٹھنے والے افراد کا طرز زندگی بہت

ہم روزانہ مناسب دورانیہ کی نیند لینے کی بات تو ضرور کرتے ہیں اور اس بات پر بھی متفق دکھائی دیتے ہیں کہ صحت مند زندگی اور توانا رہنے کے لیے روزانہ اوسطاً سات گھنٹے کی نیند لازمی یعنی چاہیے لیکن ہم میں سے بہت کم لوگ یہ جانتے ہیں کہ رات میں جلدی سونا بھی صحت مند اور طویل زندگی گزارنے کے لیے اتنا ہی ناگزیر ہے۔ اس بات میں کوئی شبہ نہیں کہ مناسب دورانیہ کی نیند ہم میں سے ہر ایک کے لیے اہم ہے کیونکہ انسانی جسم پورے دن کی مصروفیت اور دباؤ کے سبب جس تھکن کا شکار ہوتا ہے، ایسے میں نیند نا صرف اس تھکن کو دور کر دیتی ہے بلکہ اس دوران ہمارا جسم نئے دن کے چیلنجز کے لیے بھی خود کو تیار کر لیتا ہے۔

مناسب نیند اور پھر صبح جلد بیدار ہونے سے ہمارے جسم کی توانائی بحال ہو جاتی ہے بلکہ اب ایک نئی تحقیق سے معلوم ہوا ہے کہ بات یہیں تک محدود نہیں ہے۔ اس تحقیق سے صبح سویرے جاگنے اور طویل العمری میں ایک ربط سامنے آیا ہے۔ اس تحقیق کے مطابق ایسے لوگ جو صبح جلد بیدار ہوتے ہیں اور مناسب دورانیہ کی نیند لیتے ہیں ان کی زندگی طویل ہوتی ہے۔ جرمنی میں کیے جانے والے ایک مطالعہ کے مطابق، اس تحقیق سے یہ بھی معلوم ہوا ہے کہ رات کو دیر سے سونے والے موت کے زیادہ خطرے کا شکار ہوتے ہیں۔

سرے یونیورسٹی اور نارٹھ ویسٹرن یونیورسٹی



انہوں نے مزید بتایا کہ جو لوگ رات گئے سونے اور دن میں دیر سے اٹھنے کو ترجیح دیتے ہیں، ان کے لیے تو یہ بہت ضروری ہے کیونکہ ایسے افراد میں علی الصبح جاگنے والوں کے مقابلے میں ورزش کا رجحان 56 فیصد کم ہوتا ہے۔ محققین کا کہنا تھا کہ ذیابیطیس کے مریضوں کے لیے ورزش بہت ضروری ہے، کیونکہ اس سے صحت مند وزن اور بلڈ پریشر برقرار رکھنے میں مدد ملتی ہے جبکہ امراض قلب کا خطرہ کم ہوتا ہے۔ اس سے قبل امریکا کی نارٹھ ویسٹرن یونیورسٹی کی تحقیق میں بتایا گیا تھا کہ صبح جلد اٹھنے اور رات کو جلد سونے کے عادی افراد کے مقابلے میں رات گئے تک جاگنے والوں کو زیادہ امراض

خطرے کے درمیان تعلق جاننے کی کوشش کی۔ اچھی نیند لینے کے طریقے رات کی اچھی اور پرسکون نیند کے لیے بعض سادہ مگر مؤثر طریقے مدد کر سکتے ہیں۔ ماہرین کے مطابق، روزانہ رات کو ایک ہی وقت پر بستر پر چلے جانا، مناسب روشنی اور کمرے کا درجہ حرارت مناسب رکھنا جلد اور اچھی نیند میں مددگار ثابت ہوتا ہے۔ اس کے علاوہ سونے سے قبل چائے، کافی اور گرین ٹی وغیرہ جیسے مشروبات پینے سے بھی اجتناب کرنا چاہیے۔

فحش بینی Pornography نوجوانوں کی تباہ و بربادی کا سبب

نوجوانوں کو اسلامی تعلیمات پر عمل کرنے امریکی پروفیسر برائے نفسیات ڈاکٹر محمد قطب الدین کا مشورہ

ڈاکٹر تہریز حسین تاج
صحافی و اسکالر حیدرآباد

حضرات اس حساس موضوع کو شامد شجر ممنوع ہی سمجھتے ہیں اس لئے اس موضوع پر کبھی کھل کر بیان و نصیحت نہیں کرتے جس کی وجہ سے صحیح معلومات نئی نسل کو نہیں ملتی ہیں۔ اسلامی تعلیمات میں اس طرح کے مواد بینی کی پابندی ہے۔ انہوں نے کہا کہ قرآن کی تعلیمات میں کئی جگہ اس سے پرہیز کا حکم ہے۔ سورۃ النور میں اللہ سبحان و تعالیٰ نے فرمایا ہے کہ کہہ دو مومن مرووں سے کہ بیچی اپنی نظریں اور حفاظت کریں اپنی شرم گاہوں کی اور یہ زیادہ پاکیزہ ہے ان کے لئے بیشک اللہ بانہر ہے اس سے جو یہ کرتے ہیں۔ جبکہ نبی کریم ﷺ نے زبان اور شرم گاہوں کی حفاظت کرنے والوں کے لئے جنت کی ضمانت دی ہے۔ انہوں نے اس طرح کی بنیادی تعلیمات کو اخلاقیات میں شامل کرنے پر زور دیا ہے تاکہ انسان کے اندر روحانی خوف ہی اچھے اور برے میں تمیز سکھا سکتا ہے۔

ڈاکٹر محمد قطب الدین نے کہا کہ اس مہلک مرض کے خاتمے کے لئے مذہبی تعلیمات پر عمل کرنے کی ضرورت ہے۔ نوجوان اگر اس لعنت سے پرہیز کرتے ہیں تو وہ کامیابی کے ساتھ اپنے نشانے کو حاصل کرتے ہوئے منزل کو پا سکتے ہیں۔ سماج سے سماجی برائیوں کے خاتمے کے لئے تعلیم یافتہ طبقے کی یہ ذمہ داری ہے کہ وہ قائدانہ رول نبھاتے ہوئے اچھے اور برے کی لوگوں کو تمیز سکھائے تاکہ نوجوان نسل اس طرح کی لت کا شکار نہ ہو بلکہ نوجوان بھی محفوظ رہے اور خواتین کی عظمت و عفت بھی محفوظ رہے۔ ڈاکٹر محمد قطب الدین نے نوجوانوں کو مشورہ دیا کہ وہ نبی کریم ﷺ سے حقیقی محبت کا ثبوت دیتے ہیں تو ان کی تعلیمات کو اپنی زندگیوں میں عملی نمونہ بنا سکیں۔ نکاح آسان عمل ہے۔ اسے زمانے نے مشکل بنا دیا ہے نوجوانوں کو چاہئے کہ وہ آسان عمل کو آسان ہی رکھے تاکہ اس طرح کی برائیوں کا خاتمہ ہو جائے۔ پورن کی لعنت سے بچنے کے لئے اسلامی تعلیمات پر سنجیدگی اور ایمانداری سے عمل آوری ہی واحد راستہ ہے۔ کیونکہ اللہ سبحان و تعالیٰ ستار ہے۔ ستار کے معنی گناہوں پر پر ڈالنے کے ہیں۔ کون کیا دیکھ رہا ہے وہ سب جانتا ہے۔ ڈاکٹر صاحب کی آج ہماری گفتگو سے یہ نتیجہ نکلا ہے کہ:

میرے عیبوں پہ ڈال کر پردہ مجھ کو اچھوں میں ڈال رکھا ہے اگر اللہ نے آپ کو اچھوں میں ڈال رکھا ہے تو آپ پر فرض ہے کہ آپ بھی اُس کے حکم کو مانے جو اُس نے قرآن میں آپ کے لئے فرمایا ہے۔ سچی آپ اپنی منزل کو پا سکتے ہیں ورنہ نہ سمجھو گے تو مٹ جاؤ گے اے نوجوانوں تمہاری داستاں تک بھی نہ ہوگی داستاںوں میں

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ڈاکٹر محمد قطب الدین نے کہا کہ انسانوں میں Sexual stimulation اور sensual stimulation زیادہ ہونے سے انسان کی زندگی آگے جانے کے بجائے پیچھے کی سمت جاتی ہے۔ جس کی وجہ سے انسان بے راہ روی کا شکار ہو جاتا ہے۔ اُس کے ارادے کمزور ہو جاتے ہیں وہ اپنے نشانے سے دور ہوتا جاتا ہے۔ انہوں نے کہا کہ یہ جو فحش بینی کی وجہ سے نوجوان ذہنی تناؤ کا شکار تو ہوتے ہی ہیں اور اس کے علاوہ ان میں جلد ہی Sexual Potency ختم ہو جاتی ہے۔ کیونکہ ایسے نوجوانوں میں Desire بڑھ جاتا ہے جبکہ Performance کم ہو جاتا ہے۔ ڈاکٹر صاحب نے یہ واضح الفاظ میں کہا کہ فحش بینی دراصل خواتین کا صرف استحصال ہی نہیں بلکہ یہ خواتین پر ظلم و جبر ہے۔ معاشرے میں خرابی کی اصل وجہ بھی ہے۔ انہوں نے سائنسی نقطہ نظر سے اپنی بات کو آگے بڑھاتے ہوئے کہا کہ اس طرح کے مواد کو دیکھنے والے نوجوانوں میں بچے پیدا کرنے کی صلاحیت بھی کم ہوتی ہے۔ کیونکہ ایسے نوجوانوں کے منی میں Sperm کی تعداد گھٹ جاتی ہے۔ نوجوان غیر فطری عمل کی توقع کرنا شروع کرتا ہے جس سے ازدواجی زندگیوں میں بگاڑ آتی ہے۔ دوسری بات یہ ہے کہ اس طرح کے عادی نوجوان نامردگی کا شکار ہوتے ہوئے وہ اپنے مسافر کو زیادہ خوش نہیں رکھ سکتے ہیں۔ جس کی وجہ سے زندگیوں میں کئی مسائل پیدا ہو جاتے ہیں۔ اسی وجہ سے آج کئی گھرتا ہور ہے ہیں۔ انہوں نے کہا کہ فحش بین نوجوان ایسے نفسیاتی مریض بھی بن جاتے ہیں جس کی وجہ سے اپنے کام سے دلچسپی ختم ہوتی ہے۔ رشتہ داروں سے صحیح انداز سے رشتہ داری نبھانہیں سکتے ہیں۔ کیونکہ اس طرح کے عادی نوجوانوں کے دماغ میں ایک عجیب سی کیفیت رہتی ہے وہ اپنے آپ کو کمزور اور کمتر سمجھنا شروع کر دیتے ہیں۔ اس طرح کے مواد کا استعمال کرنے والے نوجوان غیر سماجی برائیوں کے عادی بن جاتے ہیں۔ جس کی وجہ سے سماج میں ریپ، انسانی اسمگلنگ بچوں کا اغوا بچوں پر زیادتیاں اور دیگر جرائم میں اضافہ ہو سکتا ہے۔ ایک اچھے سماج کی تعمیر کے لئے سماج میں اخلاقیات کی تعلیم بے حد ضروری ہے۔ انہوں نے کہا کہ روحانی تعلیمات سے ہی اس طرح کی برائیوں پر قابو پایا جاسکتا ہے۔ ڈاکٹر صاحب نے کہا کہ یہ مسئلہ صرف ایک مذہب کے ماننے والوں تک محدود نہیں ہے بلکہ تمام مذاہب کے ماننے والے نوجوانوں اس لعنت کا شکار ہو گئے ہیں۔ اس لئے پرائمری تعلیمی سطح سے ہی اخلاقی تعلیم کو پروان چڑھانے کی اشد ضرورت ہے۔ گھروں میں اپنے بچوں کو اچھے اخلاق اور سنسکار سکھانے سے وہ اس طرح برائیوں سے کنارہ کشی اختیار کر سکتے ہیں۔

انہوں نے کہا کہ ہمارے علماء اور خطیب

کہا کہ اس مواد کا راست حملہ تہذیب و ثقافت پر ہوتا ہے۔ اس کا شکار نوجوان اپنی روایتی تہذیب کے باغی بن جاتے ہیں۔ فحش بینی کی وجہ سے نوجوان کا میاں کی منزل سے دور ہوتے جاتے ہیں۔ یہ تو سماجی پہلو ہیں۔ اگر نفسیاتی طور سائنسی پہلو پر نظر ڈالیں تو ایسے نوجوان ذہنی تناؤ کا شکار کے ساتھ ساتھ کئی ایک امراض کے میں مبتلا ہو جاتے ہیں۔ ڈاکٹر محمد قطب الدین نے کہا کہ فحش بینی کرنے والے افراد پر اب تک کئی ایک تحقیق ہوئی ہیں۔ محققین کے لئے یہ تحقیق ایک مشکل امر ہے، کیونکہ اسمارٹ فون کے عام ہونے کے بعد فحش بینی بام عروج پر ہے اور اب یہ عمل انفرادی بن گیا ہے۔ جس کی وجہ سے محققین کو کافی محنت و مشقت کرنی پڑتی ہے۔ فحش مواد دیکھنے کے بعد تبدیلی محسوس کرنے والے اپنے طور پر رضا کارانہ بیان دیتے ہیں تو محقق کو ان رپورٹوں پر بھروسہ کرنا پڑتا ہے۔ اس ضمن میں اب تک جتنی بھی تحقیق ہوئی ہے اس میں سماجی سائنسی طبی ماہرین کی اکثریت اس بات سے اتفاق کرتی ہے کہ فحش بینی انسان کو کمزور اور نفسیاتی مریض بنا دیتی ہے جس سے معاشرے میں کئی مسائل پیدا ہوتے ہیں۔ فحش بینی کے حوالے سے جو بات زیادہ ہوتی ہے اس میں ایک بات یہ بھی ہے کہ اس کے ناظرین اس کے دیکھنے کے نشے میں پڑ جاتے ہیں۔ کیبرج بونیورٹی کی ایک تحقیق نے فحش بینی کو منشیات کے نشے جیسا قرار دیا ہے۔ کیونکہ اس کے مطابق فحش بینی اور منشیات کے استعمال سے دماغ میں ایک جیسی کیفیت پیدا ہوتی ہے۔ ڈاکٹر محمد قطب الدین نے کہا کہ برطانیہ کی نیشنل ہیلتھ سروس نے بھی جنسی نشے اور منشیات کے نشے کو ایک جیسا قرار دیا ہے۔ بہر حال فحش بینی ایک نشے جیسی عادت بن جاتی ہے۔

ڈاکٹر محمد قطب الدین نے Max Planck Institute in Berlin, Germany کے جامع تحقیقی حوالوں سے بھی یہ واضح کیا کہ فحش بینی دماغ کو ضائع اور چھوٹا کرتی ہے۔ ڈاکٹر صاحب نے اپنی بات کو آگے بڑھاتے ہوئے کہا کہ انسان کے دماغ کو جو خون اور انرجی ملتی ہے اُس کا 80 فیصد سے زائد حصہ آنکھوں پر خرچ ہوتا ہے۔ کیونکہ آنکھ ہی انسان کے لئے اللہ تعالیٰ کا انمول تحفہ ہے۔ آنکھ انسانی جسمانی نظام کا اہم اعضاء ہیں۔ انسان اپنی آنکھوں سے دیکھ لیتا ہے سمجھ لیتا ہے کہ اپنی مموری میں محفوظ کر لیتا ہے اور پھر اُس کو ری کال کر لیتا ہے۔ جب یہ انرجی فضول بینی یعنی

Pornography پر صرف کرتا ہے تو فطری طور پر کمزور ہوتا ہے۔ انہوں نے اپنے تجربے کی بنیاد پر کہا کہ کئی نوجوان اُن کے یہاں علاج کے لئے آتے ہیں اُن میں زیادہ اس طرح کا شکار رہتے ہیں۔ انہوں نے واضح الفاظ میں کہا کہ اس طرح کا مواد نوجوانوں کا Restructure of mind کر رہا ہے بلکہ Rewiring of mind بھی کر رہا ہے۔

انٹرنیٹ کے اس جدید دور میں فحش بینی یعنی Pornography تک رسائی ہرگزرتے دن کے ساتھ آسان سے آسان ہوتی جا رہی ہے۔ نوجوان نسل اس لت میں مبتلا ہو کر تباہی کی نذر ہو رہی ہے۔ آج کے اس مضمون میں فحش بینی سے معاشرے میں کیا مضرا اثرات مرتب ہوتے ہیں اور ایک انسان کے اندر کیا کیفیت پیدا ہوتی ہے اس بارے میں سماجی و سائنسی نکتہ نظر کو اجاگر کرنے کے لئے راقم الحروف نے امریکی پروفیسر برائے نفسیات ڈاکٹر محمد قطب الدین سے بات چیت کی ہے۔ شکار گو میں واقع St ar Psychiatric Services کے ڈائریکٹر و امریکی پروفیسر برائے نفسیات جناب ڈاکٹر محمد قطب الدین نے کہا کہ فحش بینی سماج کا مہلک مرض ہے۔ یہ مرض نوجوان نسل کو ڈرگ اور کینسر کی طرح کھوکھلا کر رہا ہے۔ انہوں نے کہا کہ دنیا میں آج انٹرنیٹ کے سرچ انجن پر سب سے زیادہ اسی طرح کے مواد کی تلاش کی جا رہی ہے۔ ڈاکٹر محمد قطب الدین نے Teenage نوجوانوں کے سرپرستوں کو مشورہ دیا کہ وہ اپنے بچوں کا خاص خیال رکھیں کیونکہ اس عمر میں ہی زیادہ تر بچے اس طرح کی غیر مہذب عادتوں کا شکار ہو سکتے ہیں۔ انہوں نے اس گروپ کے نوجوانوں کے ہاتھوں میں ایسے فون نہ دیں جو اس طرح کے مواد کی نمائش کا سوسر بن سکتے ہیں۔ ان عمر کے بچوں کے اسمارٹ فون میں مخصوص سافٹ ویئر ڈالیں جس سے پروٹوگرافی کی سائٹ کی سائٹ کھل نہ سکیں۔

عالمی وباء کرونا (کوویڈ 19) کے بعد پیدا شدہ صورتحال نے تو تعلیمی نظام کی تصویر ہی بدل ڈالی ہے۔ اس بارے میں اس تناظر میں اُن سے بات کی تو ڈاکٹر صاحب نے کہا کہ کرونا سے قبل تعلیمی اداروں میں سل فون کے استعمال پر پابندی عائد تھیں۔ لیکن کرونا سے پیدا شدہ حالات کی وجہ سے سیل فون (اسمارٹ فون) حصول تعلیم کا اہم ذریعہ بن گیا ہے۔ ایسے حالات میں اساتذہ اور والدین پر مزید ذمہ داری بڑھ گئی ہے کہ وہ اپنے بچوں کو اس سے دور رکھنے کے موثر اقدامات کریں۔ انہوں نے والدین کو مشورہ دیا کہ وہ جدید ٹیکنالوجی سے اپنے آپ کو ہم آہنگ کر لیں تاکہ بچوں کو مضرا اور مفید چیزوں کے بارے میں جانکاری دے سکتے ہیں۔

ڈاکٹر محمد قطب الدین نے اپنی بات چیت کو جاری رکھتے ہوئے کہا کہ فحش بینی (فحش بینی جنسی موضوعات کے مظاہر پر مبنی مواد) کو کہتے ہیں جن میں تصاویر، خاکے، صوتی مسجل، فلم، ویڈیوز وغیرہ شامل ہیں) اس کے شروعاتی دور میں لوگ سماج سے ڈر کر اس سے دور رہا کرتے تھے کیونکہ اس طرح کے مواد تک آسانی سے رسائی ممکن نہیں تھی۔ لیکن ٹیکنیکی انقلاب اور اسمارٹ فون نے سماجی بندشیں اور سب حدیں توڑ دیا ہے۔ یہی وجہ ہے کہ آج یہ مواد آسانی سے دستیاب ہو رہا ہے۔ صرف مغربی ممالک ہی نہیں بلکہ تیسری دنیا کے لوگ بھی اس کی لپیٹ میں آگئے ہیں۔ انہوں نے



چقندر



ہونے والی رکاوٹوں کا علاج بھی ہے۔
محمد شین کرام نے چقندر کے
بارے میں جو مشاہدات رقم کئے ہیں،
ان میں سیاکثر نبی کریم صلی اللہ تعالیٰ
علیہ وآلہ وسلم کے مشاہدات کے برعکس
ہیں۔ آپ صلی اللہ تعالیٰ علیہ وآلہ وسلم
نے حضرت علی رضی اللہ تعالیٰ عنہ کے
لئے چقندر کے سالن کو اس وقت پسند
فرمایا جب وہ بیماری سے اٹھے تھے۔
نقاہت محسوس کر رہے تھے۔ ایسے میں
ان کو ایسی غذا دینی مقصود تھی جو آسانی
سے ہضم ہو سکے اور ان کی کمزوری کو
دفع کرے۔ اس غرض کے لئے نبی
اکرم صلی اللہ تعالیٰ علیہ وآلہ وسلم نے
چقندر کا سالن اگر پسند فرمایا تو یہ یقینی
بات ہے کہ اس سالن میں کمزوری کو
دور کرنے اور جلد ہضم ہو جانے کی
صلاحیت موجود تھی۔

چقندر کی کیمیاوی بہیت پر غور کریں تو
اہم ترین بات جو سامنے آتی ہے، وہ
اس میں شکر کی موجودگی ہے۔ عام طور
پر یہ مقدار 24 فیصدی کے لگ بھگ
ہوتی ہے۔ یہ عام بات ہے کہ لوگ
بیماری کے دوران یا اس کے بعد کی
کمزوری کے لئے گلوکوز دیتے ہیں۔
شکر اور نشاستہ کی قسم خواہ کوئی ہو، جسم
کے اندر جا کر ایک مختصر سے عمل کے بعد
گلوکوز میں تبدیل ہو جاتی ہے۔ اس
لئے چقندر کے دیگر اجزاء سے قطع نظر
بھی کریں تو شکر کی موجودگی کمزوری
کے لئے یقیناً فائدہ مند ہوگی۔

یہ کھانا وہ جمعہ کے دن بناتی تھی۔ کئے گئے۔ وہ دونوں کھاتے رہے اور
سارے مسلمانوں کو جمعہ کے دن کا اس کے دوران رسول اللہ صلی اللہ تعالیٰ



انتظار ہوتا کیونکہ وہ نماز جمعہ کے بعد
اس کھانے کو کھاتے۔ (بخاری)
حضرت ام المندر رضی اللہ تعالیٰ
عنہا روایت فرماتی ہیں، میرے گھر
چقندر کا سالن اور جو کی روٹی پکائی۔ اس
پر نبی کریم صلی اللہ تعالیٰ علیہ وآلہ وسلم
نے فرمایا کہ ہاں! علی رضی اللہ تعالیٰ
عنہ تم اس میں سے کھاؤ کہ یہ تمہارے
لئے مفید ہے۔

چقندر سے جگر اور تلی کی بیماریوں کا علاج
چقندر کھانے سے جگر کا فعل بہتر
ہوتا ہے اور تلی کی سوزش کو کم کرتا ہے۔
چقندر کے پانی کو شہد کے ساتھ پیا
جائے تو بڑھتی ہوئی تلی کو کم کرتا ہے اور
جگر میں پیدا ہونے والی رکاوٹوں کو دور
کرتا ہے۔ شہد اور چقندر کا پانی نہ صرف
یرقان میں مفید ہے بلکہ صفرا کی نالیوں
میں پتھری یا دوسرے اسباب سے پیدا

شالجم کی مانند مشہور ترکاری
ہے۔ یہ باہر اور اندر سے سرخ ہوتی
ہے۔ اس کپیتے پالک کے پتوں سے
مشابہ ہوتے ہیں۔ چقندر کا ذائقہ گاجر
کے مانند شیریں ہوتا ہے۔ یہ بھارت،
پاکستان، شمالی افریقہ اور یورپ میں
کثرت سے سبزی کے طور پر کاشت کیا
جاتا ہے۔ اگرچہ اس کی جنگلی قسم بھی
ہے مگر ان کو خوارک اور علاج دونوں
کیلئے بیکار سمجھا جاتا ہے۔

چقندر کی پھولی ہوئی جڑ اور پتے
خوارک میں استعمال ہوتے ہیں۔ یہ
سلاد کے طور پر پکایا جاتا ہے۔ اسے
ابال کر کھاتے ہیں۔ گوشت کے ساتھ



سالن کے طور پر پکایا جاتا ہے۔ اس کا
اچار ڈالتے ہیں۔
حضرت سہل بن سعد رضی اللہ
تعالیٰ عنہ سے روایت ہے کہ ایک
عورت چقندر کو جو کے آٹے کے ساتھ
اس طرح پکاتی کہ وہ بوٹیاں لگنے لگتیں۔

تنویر احمد

راہی معصوم رضا: گنگا- جمنی تہذیب کا علمبردار

تھی، لیکن جب انھیں روزی روٹی کی تلاش میں اپنا شہر چھوڑنا پڑا تو بہت تکلیف ہوئی۔ ٹھیک ویسے ہی جیسے دوسرے وطن پرستوں کو اپنا وطن چھوڑتے ہوئے ہوتی ہے۔ غالباً اسی محبت کے عالم میں انھوں نے یہ شعر لکھا:

ہم تو ہیں پردیس میں، دیس میں نکلا ہوگا چاند
اپنی رات کی چھت پر، کتنا تنہا ہوگا چاند
آپ خود ہی فیصلہ کیجیے کہ کیا یہ صرف راہی
معصوم رضا کا درد ہے! یقیناً یہ ہر پردیسی کا درد
ہے۔ اس غزل کو جگجگت سنگھ اور چترانے اپنی سحر
انگیز آواز میں گایا بھی ہے۔ آپ سنیں گے تو
آنکھیں نم ہوئے بغیر نہ رہ سکیں گی۔ پھر ایک
دوسری غزل کا یہ شعر بھی دیکھیے جس میں پردیس
میں رہتے ہوئے اپنا دل بہلانے کی کوشش کی
گئی ہے:

سوچتا تھا کیسے کٹیں گی راتیں پردیس کی
یہ ستارے تو وہی ہیں میرے آنگن والے
گویا کہ غریب الوطنی کا درد مٹانے کے
لیے ذرا بھی وہ خود ہی تلاش کر رہے ہیں۔ ایک
عام آدمی کی زندگی میں بے شمار مسائل ہوتے
ہیں۔ ان مسائل کا سامنا بھی راہی معصوم رضا
نے کیا۔ لوگوں کے طرح طرح کے الزامات کا
بھی سامنا کیا، سماجی مسائل سے بھی دو چار
ہوئے اور معاشی پریشانیوں میں بھی مبتلا
ہوئے۔

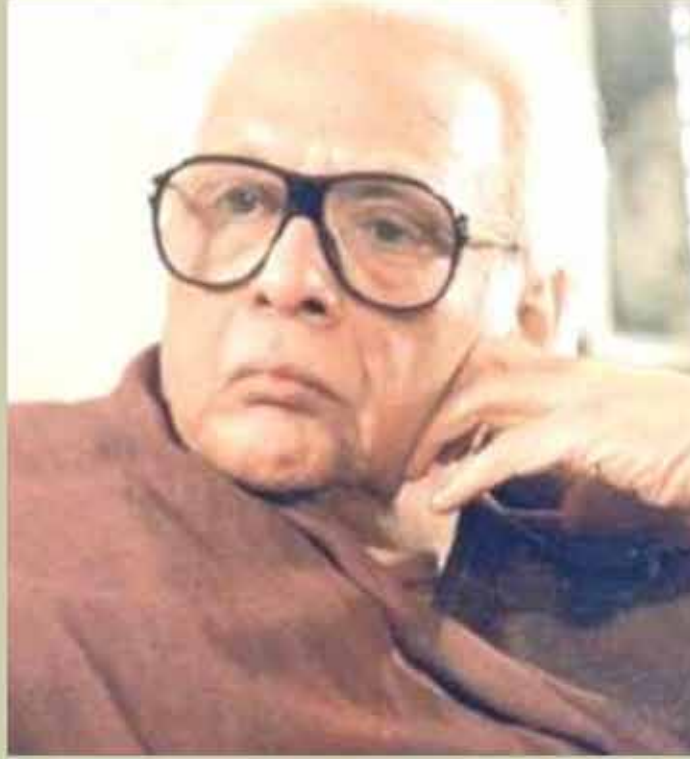
یقیناً آپ اس شعر پر داد دے بغیر نہیں رہ
سکے ہوں گے۔ اسی طرح کے اشعار تو ہیں جس
نے لوگوں کے دلوں میں انھیں مخصوص مقام عطا
کر دیا ہے۔ 15 مارچ 1992 کو اپنی
تحریروں سے سحر پیدا کرنے والا یہ قلم کار اس
دنیا سے ضرور چلا گیا، لیکن وہ آج بھی ہر مذہب
اور ہر عقیدہ کو ماننے والے لوگوں کے دلوں میں
بستے ہیں۔ ان حبیب گنگا- جمنی تہذیب کا علمبردار
اب ڈھونڈنے نہیں ملتا۔

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راہی معصوم رضا نے اپنی آنکھیں غازی پور
میں ضرور کھولیں، اور اعلیٰ تعلیم علی گڑھ مسلم
کا مطالعہ کیجیے گا تو احساس ہوگا کہ راہی معصوم
رضا 1947 سے 1980 کے درمیان کے درد
اور مسائل بیان نہیں
کر رہے ہیں بلکہ
اکیسویں صدی کے
ہندوستان کے درد اور
مسائل پیش کر رہے
ہیں۔ 1966 میں
منظر عام پر آنے
والے ناول 'آدھا
گاؤں' کا وہ اقتباس
ہی دیکھ لیں جو اس
ناول کا حصہ آغاز
ہے:



’غازی پور کے پرانے قلعے میں اب ایک
اسکول ہے جہاں گنگا کی لہروں کی آواز تو آتی
ہے لیکن تاریخ کے گنگانے یا ٹھنڈی سانسیں
لینے کی آواز نہیں آتی۔ قلعے کی دیواروں پر اب
کوئی پہرے دار نہیں گھومتا، نہ ہی ان تک کوئی
طالب علم ہی آتا ہے جو ڈوبتے ہوئے سورج کی
روشنی میں چھپاتی ہوئی گنگا سے کچھ کہے یا سنے۔
گدلے پانی کی اس دھارا کو نہ جانے کتنی
کہانیاں یاد ہوں گی، لیکن مائیں تو جنوں،
پر یوں، بھوتوں اور ڈاکوؤں کی کہانیوں میں مگن
ہیں اور گنگا کے کنارے نہ جانے کب سے بے
قرار اس شہر کو اس کا خیال بھی نہیں آتا کہ گنگا کی
پانچ شالہ میں بیٹھ کر اپنے اجداد کی کہانیاں
سنے۔“

اس اقتباس میں بھاگ دوڑ بھری زندگی کا
عکس اور گنگا ندی سے جڑی بے شمار ایسی کہانیوں
کی طرف اشارہ ہے جو تاریخ کے دھندلکے میں
کہیں کھو گئیں۔ اس میں گنگا کی جن لہروں کا
تذکرہ ہے اس کو آپ غازی پور کے پرانے قلعہ
سے بٹا کر اپنے علاقے کی کسی ندی کی لہروں
سے جوڑ کر دیکھیے۔ یقیناً آپ محسوس کریں گے
کہ راہی معصوم رضا آپ کے علاقے کی کہانی
کہہ رہے ہیں۔

جہاں تک راہی معصوم رضا کی شاعری کا
سوال ہے، انھوں نے اپنی شاعری میں لوگوں
کے درد کو اس طرح پیش کیا جیسے وہ ان کا اپنا درد
ہو۔ یا یہ کہہ سکتے ہیں کہ انھوں نے اپنے درد کو
لوگوں کے سامنے اس طرح پیش کیا کہ لوگ
اُسے اپنا درد سمجھنے کے لیے مجبور ہو گئے۔ راہی کو
اپنے وطن گنگولی اور غازی پور سے بے انتہا محبت

میرا نام مسلمانوں جیسا ہے
مجھ کو قتل کرو اور میرے گھر میں آگ لگا دو۔
لیکن میری رگ رگ میں گنگا کا پانی دوڑ رہا ہے،
میرے لہو سے چلو بھر کر
مہادیو کے منہ پر پھینکو،
اور اس جوگی سے یہ کہہ دو
مہادیو! اپنی اس گنگا کو واپس لے لو،
یہ ہم ذلیل ترکوں کے بدن میں
گاڑھا، گرم لہو بن بن کے دوڑ رہی ہے۔

یہ نظم آج کے ماحول کی کتنی بہترین ترجمانی
کر رہی ہے۔ آپ کو جان کر حیرانی ہوگی کہ یہ نظم
1965 میں شائع ہوئے شعری مجموعہ 'اجنبی شہر،
اجنبی راستے' میں شامل تھی جس کے مصنف ہیں
راہی معصوم رضا۔ جی ہاں، وہی راہی معصوم رضا
جنھوں نے گنگا- جمنی تہذیب کو اپنے دل میں
بسائے رکھا اور اپنی تحریروں، اپنے ناولوں اور
اپنے اشعار سے خود کو حقیقی معنوں میں
'ہندوستانی' ثابت کیا۔ ان کے قلم سے نکلے
ہوئے الفاظ فرقہ پرستی کے خلاف آواز بھی بلند
کرتے تھے اور سماجی و اخلاقی اقدار کی مشعل بھی
جلاتے تھے۔ یہی سبب ہے یکم ستمبر 1927 کو
اتر پردیش کے گنگولی میں پیدا ہوئے راہی
معصوم رضا کو جتنی محبت اردو والوں سے ملی، اتنی
ہی ہندی والوں سے بھی۔ بلکہ اگر یہ کہا جائے تو
مبالغہ نہ ہوگا کہ 'مہابھارت' سیریل کے
ڈائلاگ لکھ کر انھوں نے گنگا- جمنی تہذیب کی
بہترین مثال پیش کی۔ اس سیریل نے انھیں نئی
شناخت دی اور شہرت کی اونچائیوں پر پہنچا دیا۔
ہندو طبقہ میں تو وہ 'دوسرے وید ویاس' کہے
جانے لگے۔

ویسے تو راہی معصوم رضا کو لوگ ان کی سماجی
اور انقلابی شاعری کی وجہ سے زیادہ جانتے ہیں
لیکن انھوں نے 'آدھا گاؤں'، 'ٹوپی شکلا'، 'اوس
کی بوند'، 'ہمت جون پوری' اور 'دل ایک سادہ
کاغذ' جیسے ناول بھی لکھے جس میں ہند- پاکستان
کی تقسیم کا درد، فسادات کے لمحات اور سماجی و
سیاسی مسائل کو موضوع بنایا گیا۔ جب آپ ان

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

پیام عید

عید الاضحیٰ کی اصلی روح نفس کی خباثت کو ذبح کرنا ہے

عید الفطر میں جس طرح نفس کو پاکیزہ کرنے کی تربیت (Training) دی گئی ہے۔ اسی طرح عید الاضحیٰ میں نفس کو قربان کرنے کا مطالبہ کیا گیا ہے۔ اس عید کا صحیح مفہوم تو یہی ہے کہ مسلمان نہ صرف بیل، بکروں اور اونٹوں کی قربانی پر اکتفا کریں بلکہ اپنے نفس کی بُری عادتوں جیسے غصہ، جہالت، بزدلی، کاہلی، دھوکہ

فریب، نفس پرستی، کبر و نخوت کو ذبح کرے تاکہ وہ سیرت ابراہیمؑ اور دین حنیف کا صحیح داعی بن سکے۔ یہی وقت کی اہم ضرورت ہے۔ اور یہی صحیح روح اسلامی Islamic Spirit ہے۔ بغیر اسکے سب کچھ دکھاوا ہے۔ یعنی Symbol ہے۔ Substance نہیں ہے

بقول شاعر مشرق علامہ اقبال

یہ ذکر نیم شمی، یہ مراقبے یہ سجود
تری خودی کے نگہباں نہیں تو کچھ بھی نہیں

آئیے ہم عہد کریں کہ ہم واقعی عید دین حنیف دین محمدی ﷺ کے حقیقی مستحق بنیں گے۔ آمین

اس پیام کے ساتھ میں مسلمانان عالم کو عید کی پُر خلوص دلی مبارک باد پیش کرتا ہوں

آپ کا مخلص

ڈاکٹر محمد قطب الدین ابوشجاع

ماہر نفسیات امریکہ





اکبر حیدر آبادی
غزل

گھٹن عذاب بدن کی نہ میری جان میں لا
بدل کے گھر مرا مجھ کو مرے مکان میں لا
مری اکائی کو اظہار کا وسیلہ دے
مری نظر کو مرے دل کو امتحان میں لا
سختی ہے وہ تو سخاوت کی لاج رکھ لے گا
سوال عرض طلب کا نہ درمیان میں لا
دل وجود کو جو چہر کر گزر جائے
اک ایسا تیر تو اپنی کڑی کمان میں لا
ہے وہ تو حد گرفت خیال سے بھی پرے
یہ سوچ کر ہی خیال اس کا اپنے دھیان میں لا
بدن تمام اسی کی صدا سے گونج اٹھے
تلاطم ایسا کوئی آج میری جان میں لا
چراغ کے اپنا دیا روشنی مکان میں لا
بہ رنگ خواب سہی ساری کائنات اکبر
وجود کل کو نہ اندیشہ گمان میں لا



شہرت بخاری
غزل

بت بنے راہ نکو گے کب تک
آس کی آنچ سہو گے کب تک
سر اٹھا کر کبھی دیکھو تو سہی
دل کی دنیا میں بسو گے کب تک
جس نے اپنی بھی خبر لی نہ کبھی
تم اسے یاد کرو گے کب تک
ہم سفر ہو تو کوئی اپنا سا
چاند کے ساتھ چلو گے کب تک
کوئی پتا ہے نہ بونا ہے نہ گل
دشت کو باغ کہو گے کب تک
ہر طرف آگ برتی ہے یہاں
کس توقع پہ رہو گے کب تک
آندھیاں تیز ہوئی جاتی ہیں
گھر بلاتا ہے چلو گے کب تک
کوئی جا کر نہیں آتا شہرت
صورت شمع گھلو گے کب تک



بخش لائلپوری
غزل

کوئی شے دل کو بہلاتی نہیں ہے
پریشانی کی رت جاتی نہیں ہے
ہمارے خواب چوری ہو گئے ہیں
ہمیں راتوں کو نیند آتی نہیں ہے
کوئی تعلق کماں داروں کے ڈر سے
فضا میں پنکھ پھیلاتی نہیں ہے
ہر اک صورت ہمیں بھاتی نہیں ہے
کوئی صورت ہمیں بھاتی نہیں ہے
جس آزادی کے نغمے ہیں زباں پر
وہ آزادی نظر آتی نہیں ہے
بدن بے حرکت و بے حس پڑے ہیں
لبو کی بوند گرماتی نہیں ہے
مسلل پوش کی چابک زنی سے
مری آہستگی جاتی نہیں ہے
زوال فکر و فن کی بخش تہمت
جلال حرف پر آتی نہیں ہے



ولی الدین
راز

بیگم کو گھمانے انڈیا اور پاکستان جائے
ان کے ہر حکم پہ بس قربان جائے
کامیاب شادی کا یہ راز ہے ولی
جو کچھ نگاہ یار کہے بس مان جائے

پولیس

جسمانی ریمانڈ کا مطلب جو پوچھا پولیس سے
کہا چور بتانا نہیں جب تک اس کی ٹھکانی نہیں ہوتی
یوں ہم برآمد کر لیتے ہیں وہ چیز بھی اکثر
جو چور نے کسی سے چرائی نہیں ہوتی

انسان اور خدا

جو کچھ کیا مانگتا ہو تو بس خدا سے مانگ
نہ سجدے کر کے مزاروں پہ نہ درگاہ سے مانگ
ولی انسان کو انسان بھلا کیا دے گا
جو بھی دے گا وہ تو بس خدا دے گا



احمد علی برقی اعظمی
شہرہ آفاق فلمی اداکار شہنشاہ جذبات

دلپ کمار کے سانچے ارتحال پر منظوم خراج عقیدت
فلمی دنیا کا تھے جو عز و وقار
نہ رہے آہ اب دلپ کمار
نام نامی تھا جن کا یوسف خاں
عظمت فکر و فن کا تھے معیار
سات جولائی دو ہزار اکیس
ہالی ووڈ کے لئے ہے تیرہ و تار
فلمی دنیا کے تاجدار تھے وہ
کوئی ہوگا نہ اب دلپ کمار
ملک و ملت کا تھے وہ سرمایہ
ناز کرتا تھا جن پہ ہر فنکار
"مغل اعظم" ہو یا ہو وہ "دیدار"
ان کا ہے لازوال ہر کردار
وہ جو کہتے تھے ان کا "ٹریجڈی کنگ"
ان کی ہے دلفگار حالت زار
کاش مل جاتا ان کو بھارت رتن
ہر طرح سے تھے جس کے وہ حقدار
ہوں بلند ان کے خلد میں درجات
ملے ابدی وہاں پہ ان کو قرار
ان کی رحلت کی ہے خبر برقی
سارے عالم میں سُرخِ اخبار



بشیر بیدر
غزل

آنکھوں میں رہا دل میں اتر کر نہیں دیکھا
کشتی کے مسافر نے سمندر نہیں دیکھا
بے وقت اگر جاؤں گا سب چونک پڑیں گے
اک عمر ہوئی دن میں کبھی گھر نہیں دیکھا
جس دن سے چلا ہوں مری منزل پہ نظر ہے
آنکھوں نے کبھی میل کا پتھر نہیں دیکھا
یہ پھول مجھے کوئی وراثت میں ملے ہیں
تم نے مرا کانٹوں بھرا بستر نہیں دیکھا
یاروں کی محبت کا یقیں کر لیا میں نے
پھولوں میں چھپایا ہوا خنجر نہیں دیکھا
محبوب کا گھر ہو کہ بزرگوں کی زمینیں
جو چھوڑ دیا پھر اسے مڑ کر نہیں دیکھا
خط ایسا لکھا ہے کہ گھینے سے جڑے ہیں
وہ ہاتھ کہ جس نے کوئی زیور نہیں دیکھا
پتھر مجھے کہتا ہے مرا چاہنے والا
میں موم ہوں اس نے مجھے چھو کر نہیں دیکھا



چمن لال چمن
غزل

ہم سے یوں بے رخی سے ملتے ہیں
جس طرح ہر کسی سے ملتے ہیں
لب ترے پگھڑی سے ملتے ہیں
بول اک راگنی سے ملتے ہیں
یہ شہر پتھروں کا جنگل ہے
آشنا اجنبی سے ملتے ہیں
جن کا مقصد فریب ہوتا ہے
وہ بڑی سادگی سے ملتے ہیں
موت آئے گی اس سے مل لیں گے
اب چلو زندگی سے ملتے ہیں
جب سے بیٹھے ہیں دل لگا کے چمن
آج کل کم کسی سے ملتے ہیں

“Believe it or not, but when I see red I’m happy.”

“How’s that?”

“I sell sunburn remedy.”

A physician had just finished up a colonoscopy.

Before the patient leaves, he asks the physician, “Could you write a note for my wife, saying that my head isn’t really up there?”

“Hey Alexa, can you check my bank account and see what Apple product I can afford to buy...”

Alexa: “Apple Juice.”

A woman didn’t come home one night. The next day she told her husband that she had slept over at a friend’s house. The husband called his wife’s ten best friends. None of them had seen her or knew what he was talking about.

Men’s Friends:

A man didn’t come home one night. The next day he told his wife that he had slept over at a friend’s house. The wife called her husband’s 10 best friends. Eight of them confirmed that he had slept over, and two claimed that he was still there.

I told my cat that I’m going to teach him to speak English.

He looked at me and said, “Me, How?”

Today I learned that if you flip a canoe over you can wear it as a hat...

Because it’s cap-sized!

When Sunday and Monday get into a fight, who typically

wins?

Sunday, because Monday is a weekday.

The meal in the restaurant was awful. The diner asked to see the manager. When the manager came, the diner said, “I want to compliment you on your very clean kitchen.”

“Clean kitchen?” the manager asked. “Have you seen our kitchen?”

“No,” the diner replied. “But it must be clean because all the food tastes like soap.”

I was reading an article last night about fathers and daughters and memories came flooding back of the time I took my daughter out for her first pint.

Off we went to our local pub which is only two blocks from the house.

I got her a Fosters. She didn’t like it... so I had it.

Then I got her a Carling Black Label, she didn’t like it... so I had it.

It was the same with the 1664 Lager and Premium Dry Cider.

By the time we got down to the Scotch I could hardly push the stroller back home.

A reporter asked a man how he felt when he found out that he won the lottery.

“As soon I saw the numbers line up, I knew it was going to be wife changing!”

Interviewer: “How well do you work with Powerpoint?”

Applicant: “I Excel at it.”

Interviewer: “Was that a computer joke?”

Applicant: “Word.”

Husband: “Now that we are married, perhaps I might venture to point out a few of your little defects.”

Wife: “Don’t bother, dear. I’m quite aware of them. It was those little defects that prevented me from getting a much better man than you.”

What is the Internet’s favorite animal?

The lynx.

Teacher: “Why are you late this morning?”

Student: “Its my alarm clock. Everyone got up except me!”

Teacher: How did the alarm clock make you the only one not to get up?”

Student: “There are eight of us in the my family and the alarm clock was only set for seven.”

Why shouldn’t you tell jokes to an egg?

Because it may crack up!

There was a “hard boiled” foreman at a rather large construction site that was constantly urging his workers to go faster.

The men were getting tired and one day he heard someone shout, “Rome was not built in a day!”

“I know it wasn’t,” replied the foreman. “But that’s because I was not in charge of that project.”

I went bald early in life...

I have a comb...

I just can’t part with it.



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