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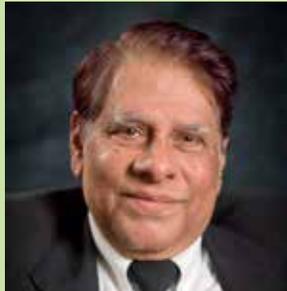
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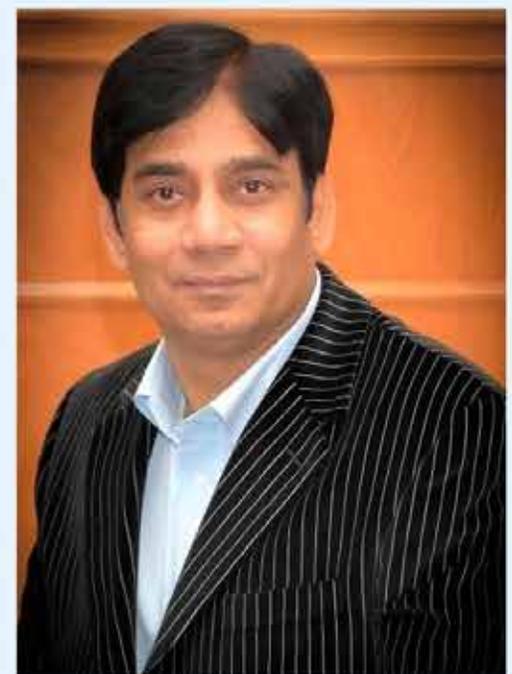
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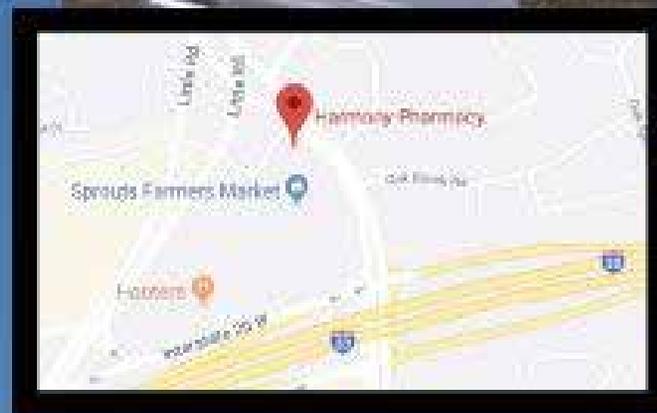
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Dr. Azzam Arfan Paroya, a native of Kansas City returning to join as Director of Pulmonary Hypertension at University Health Truman Medical Center in Kansas City.  
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Iftexhar shareef with Mohammed Ali Shabbir



Eid celebrations at iftekhar shareef residence in Shamshabad, seen is Mohammed Azharuddin former India's cricket captain along with Iftexhar shareef son Azhar Shareef , Syed Noor , Ehtesham Quadri and Ghazal singer Indira Naik



Seen is Mohammed Azharuddin, Iftexhar shareef , Ali Masqati , ghazal singer Adnan Salem



Azharuddin with Iftexhar shareef along with Mushtaba (Azhar)



Seen left to right is Indra Sena Telugu films actor , Iftexhar Shareef , Azhar Shareef , Siddu Reddy and Shashi



Seen is Ahmed Alam Khan with Iftexhar Shareef



Mir Zulfiqar Ali MLA Charminar , Malik of chicago Shafti of shahi biryani , Glendale Heights, Sami of RR Group , Hyderabad and Muzzafar Councillor, GHMC Hyderabad

# Marriage of Ambassador Dr. Ausaf Sayeed's Son Held in Chicago -Ashfaq Syed



Azhaan Sayeed, third son of Ambassador Dr. Ausaf Sayeed & Farha Sayeed, has entered into a wedlock with Dr Aisha Ahmed, daughter of Mr. Mohammed Faheemuddin Ahmed and Mrs Habeeba Ahmed on June 28th, 2024. The Wedding Reception was held at Ashton Place, Willow brook, Illinois, USA.

Azhaan Sayeed is pursuing a medical degree from College of Osteopathic Medicine, William Carey University, Mississippi.

The Wedding Reception was attended by a number of family members, close friends and invited guests.

The guests blessed the perfect couple for a blissful married life and congratulated Dr Ausaf Sayeed and his family on the happy occasion. Dr Ausaf Sayeed and bride's father Mr Faheemuddin Ahmed welcomed the guests.

Picture Caption: Ambassador Dr Ausaf Sayeed, Farha Sayeed, Mohammed Faheemuddin Ahmed, Habeeba Ahmed, Groom Azhaan Sayeed and Bride Dr Aisha Ahmed are seen in the picture.



Pervez Malik: Thank you Mohsan Sayed for wonderful singing for our seniors and Ahmed Khan for super sound.



Dr. Padma Chava has joined the All Health Medical team and is now OPEN for appointment booking. Dr. Chava brings her extensive expertise in Geriatrics and Internal Medicine to the practice. Dr. Chava graduated from Guntur College in India and worked as a General Medicine Practitioner. She then moved to the United States to complete a Residency in Internal Medicine at NYU (New York University) and then completed her Fellowship in Geriatrics at Hackensack University Medicine Center. Dr. Chava continued to teach medical residents and has worked for over 20 years in Internal Medicine and Geriatrics. Dr. Chava focuses on preventative healthcare, weight management and maintaining a healthy lifestyle.



Team Music Waves after a Super Show in San Francisco CA With Komal Rizvi, Organized By One And Only Azim Ahmad (Music Waves)



Asma Nusrat and others at a Nihak ceremony



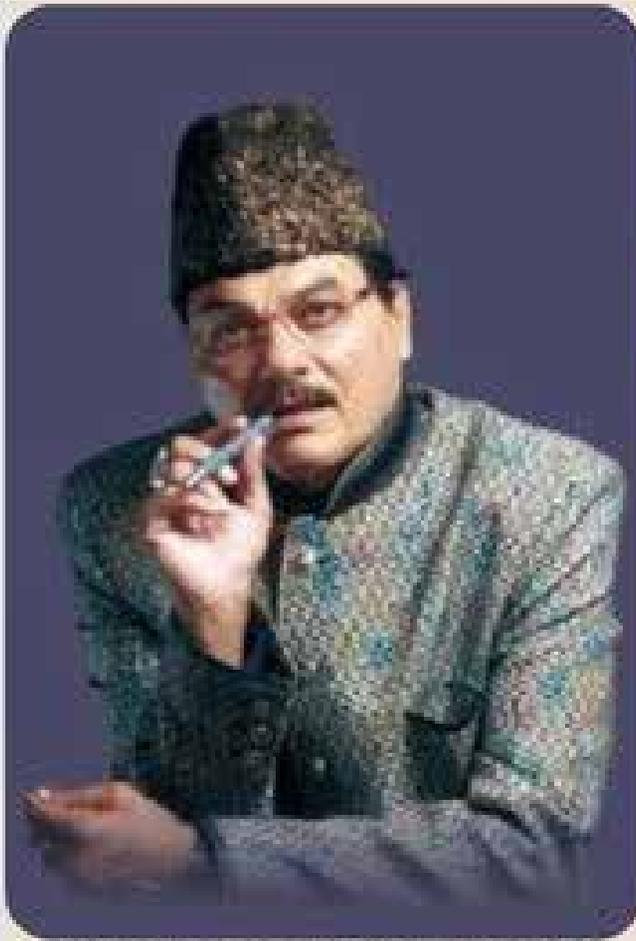
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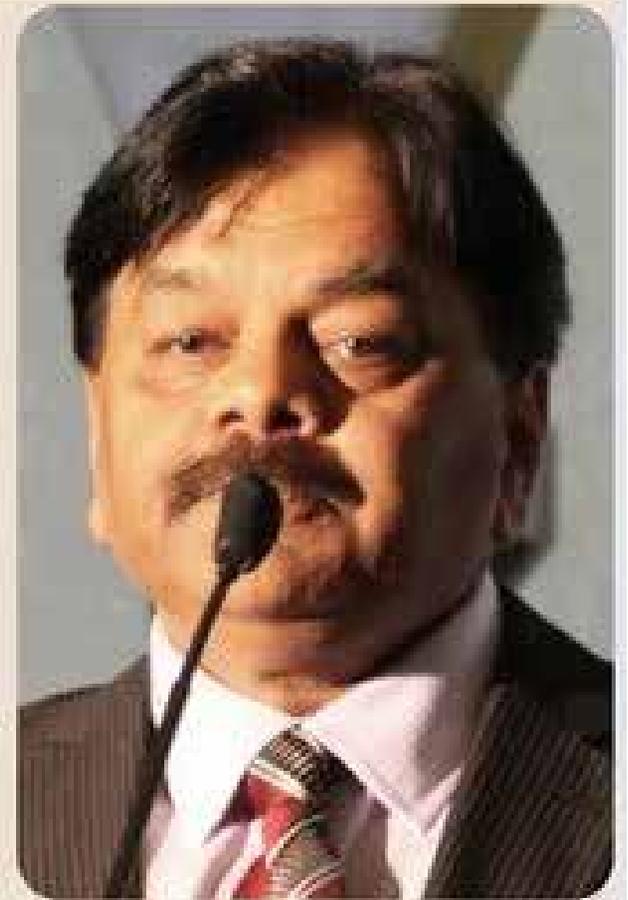
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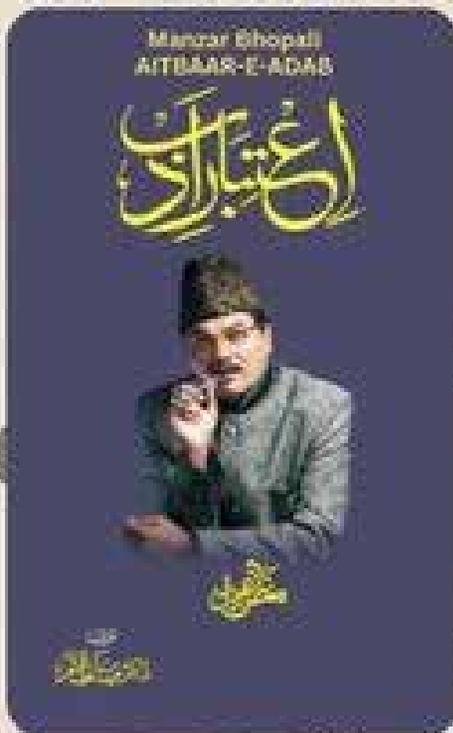


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1996 - 2012



**V SEHWAG**  
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**A KUMBLE**  
1990 - 2008



**R SHARMA**  
2007 - 2024



**G GAMBHIR**  
2003 - 2016



### Biden wages desperate bid to save his reelection campaign

President Joe Biden waged an intense weekend battle to save his reelection bid following his disastrous debate performance but has been unable to dismiss existential questions about his candidacy that are more glaring than ever.

Biden is secluded with his family at Camp David following several events at which he tried to ease panic among Democratic voters, officials and donors after the debate multiplied concerns that he's too old to beat former President Donald Trump or to serve a second term. His weak and incoherent demeanor during Thursday night's event on CNN created an extraordinary twist in the campaign and left him facing calls to cede the stage to a younger candidate just over four months from Election Day.

Biden's allies spent the weekend lashing out at critics in the media calling for him to step aside and insisting that early data showed that Biden's calamitous showing had not altered the fundamental shape of the race. Democratic Party grandees, meanwhile, crowded onto Sunday talk shows to try to put the spotlight back on Trump.

"Let us not make a judgment about a presidency on one debate," former House Speaker Nancy Pelosi told CNN's Dana Bash on "State of the Union." "Let's talk about what it means to people in their lives ... the difference between Joe Biden and the former president is so clear." South Carolina Rep. James Clyburn, a longtime Biden supporter, admitted to Bash that his friend had a "bad" debate but put the blame on Biden being overloaded with facts by staffers.

The president's family, who would be critical in any decisions on the campaign's future, currently believes Biden should stay in the race and keep fighting as they await polling data while braced for some erosion of his position, CNN's MJ Lee and Jeff Zeleny reported Sunday. Still, that view could shift if there is a downward spiral, and the president were to be convinced that leaving the race would be the best decision.

One of the president's confidants, Delaware Sen. Chris Coons, said on "CNN This Morning" on Monday that Biden's blank, open-mouthed stares during the debate reflected "a president who is frankly thunderstruck by just how aggressively Donald Trump is lying about everything."



# Vishal Dadlani

Vishal Dadlani is a singer, songwriter, actor, and music composer who has been active in the music industry for the last 25 years and has given memorable music in films such as “Pyaar Mein Kabhi Kabhi,” “Jhankaar Beats,” “Om Shanti Om,” “Anjaana Anjaani,” “Dostana,” “Bang Bang!” “Sultan,” “Student of the Year,” “Tiger Zinda Hai,” “War,” and many more.

Vishal Dadlani was born on June 28, 1973, in Mumbai, to a Sindhi family. He attended Hill Grange High School, followed by Jai Hind College for two years, and then completed his graduation in commerce from H.R. College of Commerce and Economics.

Vishal’s journey in music began with his rock band “Pentagram,” formed in 1994. In 1999, Vishal teamed up with Shekhar Ravjiani to form Vishal-Shekhar, the duo that would go on to redefine Hindi film music. Their work spans over 60 films, with more than 300 songs to their credit, including hits from movies like “Jhankaar Beats (2003),” “Dus (2005),” “Salaam Namaste (2005),” “Bluffmaster (2005),” “Om Shanti Om (2007),” “Tashan (2008),” “Bachna Ae Haseeno (2008),” “Dostana (2008),” “I Hate Luv Storys (2010),” “Anjaana Anjaani (2010),” “Tees Maar Khan (2010),” “Ra.One (2011),” “The Dirty Picture (2011),” “Student of the Year (2012),” “Chennai Express (2013),” “Gori Tere Pyaar Mein (2013),” “Hasee Toh Phasee (2014),” “Bang Bang! (2014),” “Happy New Year (2014),” “Sultan (2016),” “Befikre (2016),” “Tiger Zinda Hai (2017),” “Bharat (2019),” “War (2019),” and “Pathaan (2023).”

Vishal started his career as a lead singer in his band “Pentagram” and later transitioned into a playback singer. He is known for his rich, textured and enargatic voice, some of his famous



songs as a singer include “Sholon Si (Shabd),” “Dhoom Again (Dhoom 2),” “Golmaal (Golmaal),” “Boombai Nagariya (Taxi No. 9211),” “Cash (Cash),” “Kiss Of Love (Jhoom Barabar Jhoom),” “Desi Girl (Dostana),” “Dhan Te Nan (Kaminey),” “Kurbaan Hua (Kubaan),” “Ik Junoon Ik Deewangi (Zindagi Na Milegi Dobara),” “Chhokra Jawaan (Ishaqzaade),” “Allah Duhai Hai (Race 2),” “Radha (Student Of The Year),”

“Balam Pichkari (Yeh Jawaani Hai Deewani),” “Ghagra (Yeh Jawaani Hai Deewani),” “Tune Maari Entriyaan (Gunday),” “Aao Na (Haider),” “Malhari (Bajirao Mastani),” “Gulaabo Zara Gandh Phaila Do (Shandaar),” “Baby Ko Bass Pasand Hai (Sultan),” “Swag Se Swagat (Tiger Zinda Hai),” “Bala Bala Shaitan Ka Saala (Housefull 4),” and many more.

Vishal has also done exceptional work as a song



Navjot Singh Sidhu with his wife

writer, starting with “Musu Musu Hasi,” “Woh Naujawan Hai” in Pyaar Mein Kabhi Kabhi, “Allah ke Bande” in Waisa Bhi Hota Hai Part II, “Tinka Tinka” in Karam, “Ajab Si” in Om Shanti Om, “Aas Pas Khuda” in Anjaana Anjaani, “Sheila Ki Jawani” in Tees maar Khan, “Chamak Chaloo” in Ra.One, and many more.

Some other notable films where he wrote the lyrics are “Jhankar Beats,” “Bluffmaster,” “Kahaani,” “Shanghai,” “Gippi,” “Bang Bang,” “Banjo,” “Sultan,” “Bob Biswas,” “Jayeshbhai Jordaar,” “Firecracker,” and “Pathaan.” Vishal also collaborated with international artists like Imogen Heap, Diplo, The Vamps, and Akon.



# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

## BE PREPARED

### CHECK LOCAL FORECAST

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

### CONDUCT PLAY OF THE DAY

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

### PERFORM THOROUGH PM

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

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

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

### USE SAFE DRIVING TOOLS

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

### SEEK COVER

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

## STAY FOCUSED

### MAINTAIN AWARENESS

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

### BE PROACTIVE

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

### COMMUNICATE

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

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS



## BE PREPARED

### VERIFY CONDITIONS

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

### ENSURE ESSENTIAL SUPPLIES

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

### PLAN FOR MORE

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

## SLOW DOWN

### TURN AROUND

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

### BE CAUTIOUS

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

### HAVE A WAY TO ESCAPE

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

## STAY FOCUSED

### OBSERVE SURROUNDINGS

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

### CALL A TIME-OUT

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

### REMAIN ALERT

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

## This 12-year-old memorized the periodic table at age 2

Recent high school graduate Suborno Isaac Bari, 12, plans to start studying math and physics at New York University in the fall, but he's already got his ambitious sights set on beginning a doctoral program.

"I hope to graduate college at 14 in spring 2026," said Suborno, who recently became the youngest graduate from his Long Island high school.

"If I ever decide to do a second Ph.D., it will be in physics, but mainly I want to focus on math," he told CNN.

and material and it's all condensed into a far shorter time than in school."

The bright young student, whose family says he's also skilled in painting, debate and playing the piano, could also be making history at NYU when he begins pursuing his bachelor of science degree.

A university spokesperson informed the Bari family "without NYU undertaking a complete review of its records, NYU is unaware of anyone younger than Suborno being admitted," accord-

paid it no mind because his eldest son, Refath Bari, 21, who attends Brown University, was also smart.

"So I told my wife, 'OK, there is nothing surprising here, he probably did it to capture attention,'" Rashidul Bari said. "But it kept happening. Every math concept, he started abstracting."

Suborno's dad, who was a math student at the time, shared the fascinating discovery with one of his professors.



"My professor said, 'no way, a 2-year-old cannot do that abstraction. You should pay serious attention,'" Rashidul Bari said.

Suborno continued attracting attention, which eventually led to him getting invited to take college-level courses, his dad said.

In 2016, then-President Barack Obama sent Suborno a letter praising the bright student for his hard work and accomplishments. The family shared a copy of the letter with CNN.

The gifted tween, who memorized the periodic table at 2 years old and has taught lectures at colleges in India since he was 7, graduated on Wednesday from Malverne High School in Nassau County, New York.

Suborno, who says he skipped to 12th grade after completing ninth grade studies, became the youngest-ever student to graduate from the high school, CNN affiliate WABC-TV reported.

His high school uses a 100-point GPA scale rather than a 4.0 scale, says Suborno, who shared he earned around a 96 GPA for his first year of high school and a 98 for his second and final year.

Once he began the 12th grade, Suborno took on nondegree classes at several universities around New York including NYU, Stony Brook University, the City University of New York and Brooklyn College.

"That was a whole new challenge for me," he shared. "You've got much more homework, much longer classes, (many) more new subjects

ing to a copy of an email shared with CNN.

Suborno was introduced to education early on by his parents, Rashidul and Shaheda Bari. His father Rashidul teaches physics at Brooklyn Technical High school and his mother Shaheda is an elementary school teacher.

They noticed their youngest son was exceptionally bright in 2014 as they taught him basic math, according to Rashidul Bari.

"My wife was actually his teacher at the time. One day ... she was teaching him one plus one, and he would be responding, 'Mom, one plus one is two,'" Rashidul Bari said. "And then Mom would go, 'then what is one plus two?' And then he'd say 'three,' and then he'd be questioning Mom, 'if one plus one is two, can you please tell me, what is n plus n?'"

Suborno Isaac Bari leads a lecture at Mumbai University in India. - Courtesy Rashidul Bari  
Suborno Isaac Bari leads a lecture at Mumbai University in India. - Courtesy Rashidul Bari  
The questions took Shaheda Bari by surprise, her husband says. Rashidul Bari says he at first

In 2020 when he was 7, Suborno began receiving invitations from colleges in India to teach, which he does three times a year, his dad says.

"That gives him lots of chances to have conversations with different levels of expertise, students, faculties, college presidents, so many people," Rashidul Bari said.

The family says they were told by Mensa he must wait until he's 14 years old – around the time Suborno says he plans to graduate from NYU – to have his IQ tested.

Suborno plans to continue his family's trend of teaching by one day becoming a math and physics professor.

"It's absolutely insane," he said about starting at NYU in the fall. "I can't wait for all the opportunities I'll have, I'll be able to meet people who are actually interested ... fully in math and science, and people who are also majoring in math and physics and who want to find out these mysteries behind the universe."

# 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.

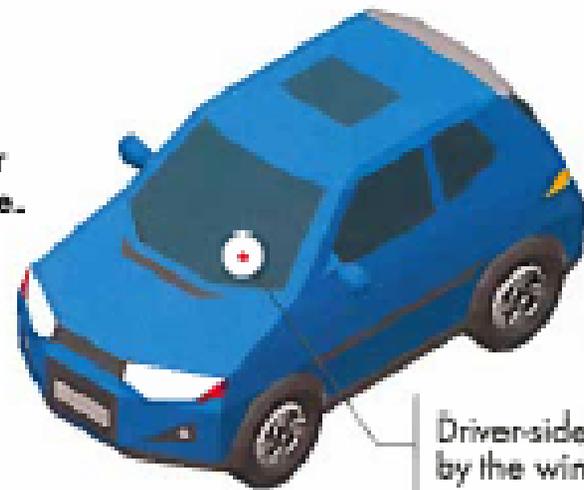
**DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.**

## Here's How:

### Find it

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

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



Driverside dashboard by the windshield

### Search it

Visit [AirbagRecall.com](http://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.

 Upload a photo

or

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.



**AIRBAGRECALL.COM**

# GET READY FOR

# T20 ASIA CUP 2025

CONTAINS 8 TEAMS



PAKISTAN



INDIA



UAE



OMAN



CRICKET ZONE



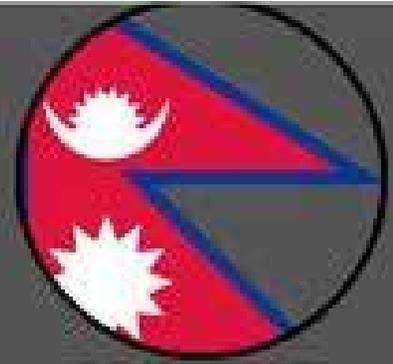
SRI LANKA



AFGHANISTAN



BANGLADESH



NEPAL



Rohit Sharma's unique walk to receive the T20 World Cup trophy was planned by...



INTERNATIONAL PAGES

INTERNATIONAL PAGES

### BEST FIELDER MEDAL WINNERS INDIA ALL MATCH T20 WC 2024

 MOHMMED SIRAJ	 RISHABH PANT	 MOHMMED SIRAJ
 RAVINDRA JADEJA	 SURYA KUMAR YADAV	 AXAR PATEL
 RISHABH PANT	 SURYAKUMAR YADAV	

Cricket World



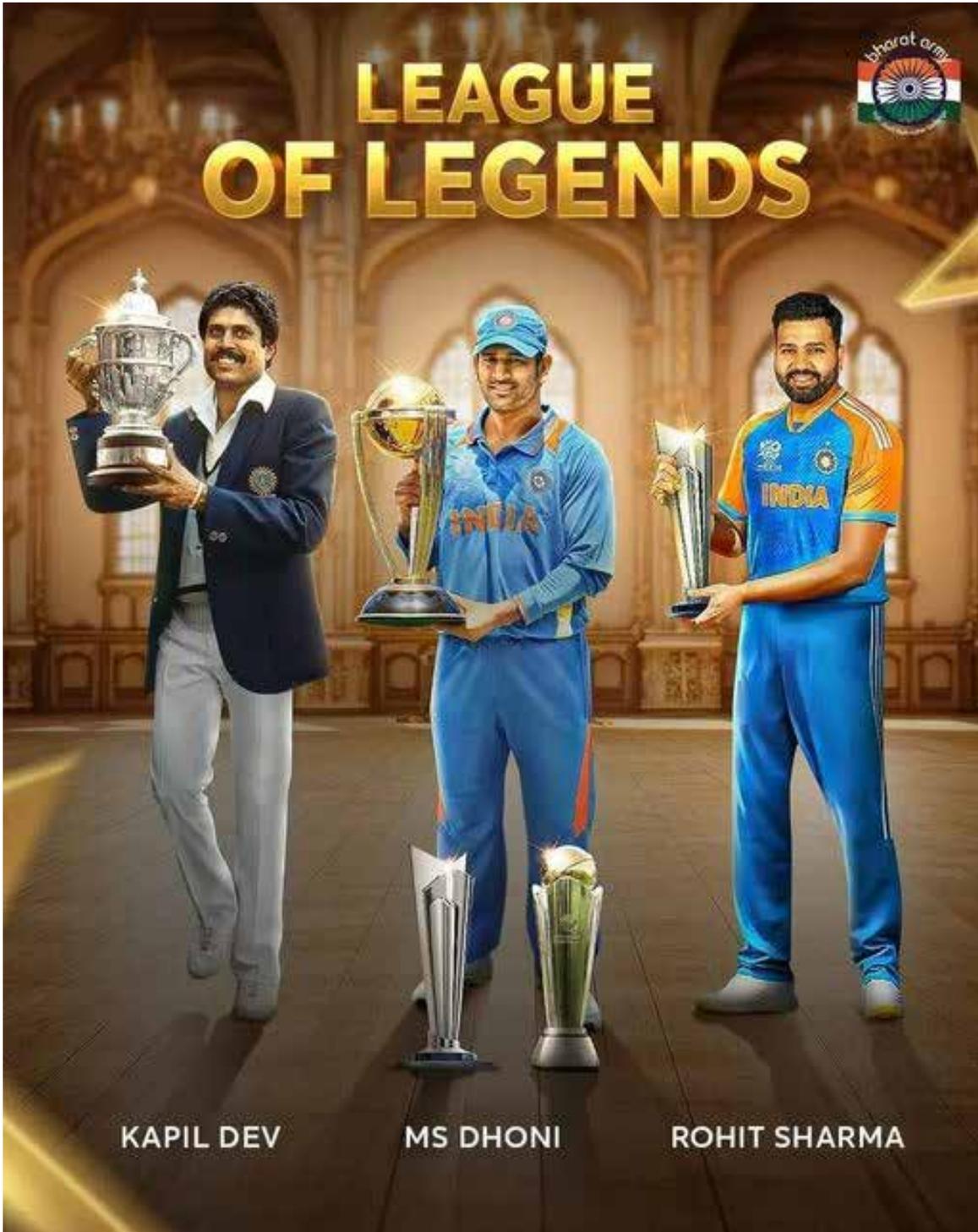
JAY SHAH ANNOUNCES RS 125 CRORE FOR INDIAN TEAM FOR WINNING THE T20I WORLD CUP 2024 💰



THIS IS BIGGER THAN ICC WINNER PRIZE MONEY



" MORE THAN ANYONE, RAHUL BHAJI DESERVES THIS TROPHY FOR WHAT HE HAS DONE FOR INDIAN CRICKET IN THE LAST 25+ YEARS, THIS WAS THE ONLY ONE THING THAT WAS LEFT IN HIS CABINET. " - ROHIT SHARMA



LEAGUE OF LEGENDS

KAPIL DEV

MS DHONI

ROHIT SHARMA



Cruise ships are painted white because white reflects sunlight, which helps to keep the ship's interior cool.

INTERNATIONAL PAGES

# WORDS SEARCH

H E U P X V H Y S M U W R O S T F L N J  
R K N O R O V U A G T K E J D C Z L I P  
S E T A L B O P N P R E S E N T S N E E  
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CANDYCANE  
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COOKIES  
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HOLLY  
JINGLEBELL  
MERRY

ORNAMENTS  
SANTASCLAUSE  
SNOWMAN  
STOCKING  
WREATH  
CAROLS  
ELF

ESTHER  
GIFTS  
LIGHT  
SLEIGH  
PRESENTS  
REINDEER

## How Democrats could replace Biden as presidential candidate before November

WASHINGTON, June 28 (Reuters) - After President Joe Biden's shaky performance at the debate with former President Donald Trump on Thursday night, some Democrats openly questioned whether he should be replaced as their candidate for the 2024 election.

There is a process for doing so, but it would be messy.

For answers on how that would work, Reuters spoke to Elaine Kamarck, a senior fellow at the Brookings Institution think tank, a Democratic National Committee member, and author of the book "Primary Politics" about the presidential nominating process.

This explainer is based largely on interviews with her.

Q: What options do Democrats have?

A: The Democratic Party has had no real Plan B for Biden as its presidential candidate. He ran virtually unopposed for the party's presidential nomination this year.

He will not be nominated officially until later this summer, so there is still time to make a change and a handful of scenarios to enact one: Biden could decide himself to step aside before he is nominated; he could be challenged by others who try to win over the delegates he has accrued; or he could withdraw after the Democratic convention in Chicago in August, leaving the Democratic National Committee to elect someone to run against Trump in his place.

Q: So what happens next?

A: Right now, the process largely depends on Biden. He would have to agree to step down or face a challenger this late in the process who would try to force him to do so. So far Biden has shown no indications of wanting to step aside, and no opponents have challenged him directly.

In fact some of his top potential replacements – Vice President Kamala Harris and California Governor Gavin Newsom – spoke passionately in his defense after the debate, serving in a surrogate role that showcased their support but also contrasted their smooth delivery with his faltering one on the Atlanta debate stage.

Q: What happens if Biden steps down?

A: Biden has spent the last several months accruing nearly 4,000 Democratic delegates by winning primary elections in U.S. states and territories.

Those delegates would normally vote for him, but the rules do not bind or force them to do so; delegates can vote with their conscience, which means they could throw their vote to someone else.

If Biden "releases" his delegates by stepping aside, there could be a competition among other Democratic candidates to become the nominee.

Q: Who would replace Biden?

A: Several candidates could step into the fray, but there is no obvious number one.

Harris would almost certainly be at the top of the list, but she has had her own problems after a rocky start in the job and poor polling numbers. The U.S. Constitution dictates that the vice president becomes president if the president dies or becomes incapacitated, but it does not weigh in on an inter-party process for choosing a nominee.

California Gov. Newsom, Michigan Gov. Gretchen Whitmer, Kentucky Gov. Andy Beshear and Illinois Gov. JB Pritzker have all been floated as possible replacements, but they are Biden supporters and campaign surrogates who are working to help get him elected now.

Q: How would a nominee be chosen?

A: There would likely be a free-for-all of sorts between the Democratic heavyweights vying for the job.

Candidates would have to get signatures from 600 convention delegates to be nominated.

There are expected to be some 4,672 delegates in 2024, including 3,933 pledged delegates and 739 automatic or superdelegates, according to Ballotpedia.

If no one gets a majority of the delegates, then there would be a "brokered convention" in which the delegates act as free agents and negotiate with the party leadership to come up with a nominee.

Rules would be established and there would be roll call votes for the names placed into nomination.

It could take several rounds of voting for someone to get a majority and become the nominee. The last brokered convention when Democrats failed to nominate a candidate on the first ballot was in 1952.

Q: What happens if Biden steps down after the convention?

A: If Biden steps down after the August con-

vention, the 435 members of the Democratic National Committee would choose a new candidate. The members would meet in a special session to select a nominee.

Q: Who are these 435 DNC members?

A: They are divided equally between men and women as well as various constituency groups including labor leaders, LGBTQ representatives, and racial minorities. Of the total, 75 are appointed at-large by the chair, while the rest are elected in their respective states.

Q: Who could nominate an alternative in that case?

A: To nominate a candidate to replace Biden on the ballot, that person would have to have the support of a minimum number of DNC members -- perhaps around 60, though the exact number would be determined by the DNC's rules committee, which would lay out the rules



for the proceedings before they started.

There would likely be nominating speeches and seconding speeches. Multiple candidates could be nominated before the list is whittled down.

Q: How would those votes be counted?

The DNC would likely hold its meeting in Washington and the votes would be counted there. Ballots would be coded, signed and collected by hand. If a vote were to happen very close to Election Day on Nov. 5, when it was not possible to meet in person, then it would likely be virtual.

(Reporting by Jeff Mason; Additional reporting by Stephanie Kelly; Editing by Heather Timmons and Sandra Maler)

This article originally appeared on USA TODAY: How Democrats could replace Biden as presidential candidate before November

# BEAUTIFUL DECOR



INTERNATIONAL PAGES

INTERNATIONAL PAGES

## HEALTH

# Hemorrhoid help: preventing and treating flare-ups

The best way to keep hemorrhoid flare-ups at bay is to maintain healthy lifestyle habits. Preventing constipation is key. Make sure your diet always includes enough fiber to promote healthy bowel movements, and be mindful about staying well hydrated. If you need help with your water intake, keep a water bottle by your side at all times as a reminder to drink. Jazz up your water with a slice of lemon, lime, or orange.

Also, regular exercise supports good bowel function, so if you do not exercise on a regular basis, this is a good time to begin. Don't try to immediately reach the goal of at least 150 minutes per week of exercise. Begin with short periods of walking. Over time, you can increase your speed and duration of activity. Get your doctor's okay if you have any reservations about exercising or you plan to begin a vigorous routine.

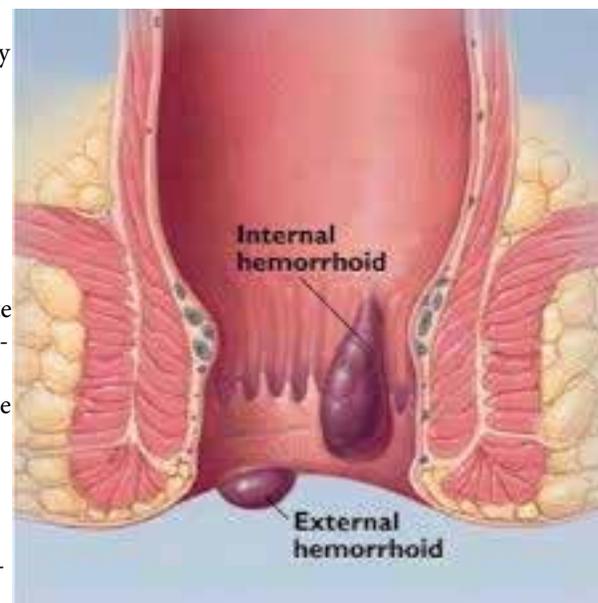
## Product Page - Healing Hemorrhoids

Hemorrhoids can be unpleasant, painful, and embarrassing, but they're rarely dangerous. There are other simple, everyday habits you can develop to help with relief when a hemorrhoid flare-up arises. For example:

Less strain, more gain. Don't delay bowel movements during flareups. Always go when you feel the urge, as putting off bowel movements can cause stool to back up, leading to increased pressure and straining, which aggravates your hemorrhoids. Also, try not to sit on the toilet for long periods; this tends to make hemorrhoids push out and swell up. A way to make going to the bathroom easier — and faster — is to elevate your feet with a step stool as you sit on the toilet. This changes the position of the rectum in a way that could allow for easier passage of stools.

Keep the area clean. After every bowel movement, clean the anal area with a witch hazel pad, a soothing baby wipe, or a cotton cloth soaked in warm water. Be thorough but gentle. Aggressive rubbing and scrubbing, especially with soaps or other skin cleansers, can irritate the skin and make your hemorrhoids worse. Applying petroleum jelly or aloe vera gel to the anal area can soothe irritation after a bowel movement.

Take a soft seat. Sitting on a cushion rather than a hard surface helps reduce the swelling of existing hemorrhoids and prevents the formation of new ones.



## Exercise 101: Don't skip the warm-up or cool-down

You might be eager to leap into your exercise routine and get on with the day — but don't just dive in. Starting a workout with “cold” muscles can lead to injury. It's important to start each workout with a warm-up and end with a cool-down — and that goes for true beginners, seasoned pros, and everyone in between. Workout Workbook: 9 complete workouts to help you get fit and healthy

The numbers are shocking. Just two out of 10 American adults meet recommended levels of physical activity. Nearly three out of 10 Americans ages 6 and older admit they aren't active at all, despite reams of research proving that exercise is a powerful preventive, and sometimes an antidote, for disability and illness.

### Warm-up

Warming up pumps nutrient-rich, oxygenated blood to your muscles as it speeds up your heart rate and breathing. A good warm-up should last five to 10 minutes and work all major muscle groups. For best results, start slowly, then pick up the pace. Many warm-up routines focus on cardio and range-of-motion exercises, such as jumping jacks and lunges. If you prefer, you can do a simpler warm-up by walking in place while gently swinging your arms, or even dancing to a few songs.

### Cool-down

After your workout, it's best to spend five to 10 minutes cooling down

through a sequence of slow movements. This helps prevent muscle cramps and dizziness while gradually slowing your breathing and heart rate. An effective cool-down also incorporates stretching exercises to relax and lengthen muscles throughout your body and improve your range of motion. To get the most out of these exercises, hold each stretch for 10 to 30 seconds. The longer you can hold a stretch, the better for improving your flexibility. As with the warm-up, it's best to flow from one stretch to the next without rests in between.

Six tips for safe strength training  
Strength training isn't just for bodybuilders. Like aerobic exercise, it's important for everybody, and it should be a part of any comprehensive exercise program. Of course, if you've never trained with weights before, it can seem a little daunting. But as long as you ease into it gradually and take the proper precautions, strength training is safe for most people.

Use the six tips below to help you get the most from your strength workouts.

1. Focus on form, not weight. Good form means aligning your body correctly and moving smoothly through an exercise. Poor form can prompt injuries and slow gains. “I often start people with very light weights because I want them to get their alignment and form right,” says master trainer Josie Gardiner. Concentrate on performing slow, smooth lifts and equally controlled descents

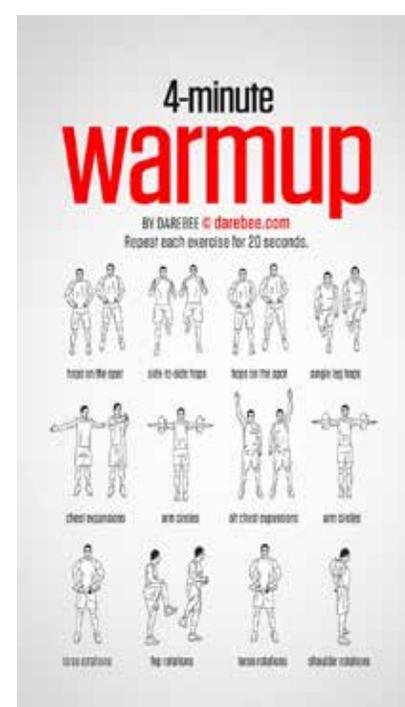
whenever you learn a new exercise. You can always add weight to challenge your muscles once you know how to move with good form.

2. Tempo, tempo. Control is very important. Tempo helps you stay in control rather than undercut gains through momentum. Sometimes switching speed — for example, taking three counts to lower a weight and one count to lift it, instead of lifting for two and lowering for two — is a useful technique for enhancing power.

3. Breathe. Blood pressure rises if you hold your breath while performing strength exercises. Exhale as you work against gravity by lifting, pushing, or pulling the weight; inhale as you release.

4. Keep challenging muscles. The “right” weight differs depending on the exercise. Choose a weight that tires the targeted muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete all the reps, challenge your muscles again by adding weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs); adding a set to your workout (up to three sets per exercise); or working out additional days per week (as long as you rest each muscle group for 48 hours before exercising it again).

5. Practice regularly. Performing a complete upper- and lower-body strength



workout two or three times a week is ideal.

6. Give muscles time off. Strenuous exercise, like strength training, causes tiny tears in muscle tissue. Muscles grow stronger as the tears knit up. Always allow at least 48 hours between sessions for muscles to recover. For example, if you're doing split strength workouts, you might do upper body on Monday, lower body on Tuesday, upper body on Wednesday, lower body on Thursday, etc.

# Landlord Solutions

Becoming a landlord is a fantastic way to invest in your future, and buying property is something that many people are choosing to do. The benefits can be enormous, but it can occasionally feel like a double-edged sword. While your investment is growing steadily in the long game, the day-to-day issues can sometimes feel overwhelming. Many landlords complain that it feels as though things in their rental properties are always breaking, and the worry of mounting costs is a real one.

Handing the job over to contractors can prove expensive, especially when there are fixes required in the kitchen and bathroom. These rooms are more than just functional; they are hubs of activity in most homes and are used to relax, socialize, pamper and bond. Unfortunately, by their very nature, the steam, heat and water present can all cause issues.

Kitchen and bathroom problems can't be ignored, but we understand that budgets are not bottomless. So, if you want to keep your tenants happy, or attract new ones, these two rooms must be maintained and kept in good working order.

Believe it or not, you can address many of the common problems yourself, and it won't eat too much into your time or your pocket. We have put this post together to share simple, low-cost DIY fixes for bathrooms and kitchens. Go ahead and bookmark it, because as a landlord you are almost guaranteed to be needing this in the future!

## DIY Steps For Fixing A Leaking Faucet

A leaking faucet may seem like a minor issue that you don't need to rush to address. However, a constant drip, drip, drip can be a major source of irritation for your tenants, not to mention a waste of water. In addition, a leaking faucet can actually cause unsightly damage to your basin or bathtub, leaving it rusted or pitted. That is something that will be far more costly to put right.

When faced with this problem, you should first check that the faucet is completely turned off. The best-case scenario is that this is all it needs! If that doesn't work, then a fix will be required. But it is something you can manage yourself, with minimal outlay and a couple of tools. Simply follow the steps below.

Identify the type of faucet that you are dealing with. Does it have two handles? For instance, one for hot and one



for cold? If so, this is a compression faucet. If you have one spout (a mixer with hot and cold coming through the same 'pipe'), you will have either a ball faucet or a cartridge faucet.

Next, turn off the water using the shut-off valve, which you will find below the basin. Be sure to turn off the valve that leads to the hot water as well as the one that leads to the cold.

Depending on the model of faucet, you will need to replace the gasket, o-ring (washer), or cartridge.

You will need to remove the valve handle, which will probably require an Allen key. Then, with a wrench or pliers, remove the nut that holds the o-ring in place.

If you are dealing with a cartridge, this will need to be removed.

Take the cartridge to a hardware or plumbing store to find the correct replacement.

Replace the new cartridge or o-ring, and put everything back together in reverse order.

Be aware that some faucets require a replacement kit, and

the manufacturers generally supply detailed instructions with these.

**DIY Steps For Fixing Curling Or Ripped Vinyl Flooring**  
Vinyl flooring is often chosen by landlords for kitchens and bathrooms, as it is low-cost to install when compared to tiles, and it is waterproof and hardwearing, flexible, soft and warm to the touch. It comes in a variety of colors, textures, and styles too, which explains why it is so popular.

However, there is a downside to this material, as it can curl up and even tear quite easily. This can look unsightly, and, even worse, can mask a real problem. Tears and curling of the vinyl can allow water to sink beneath it, where it is then trapped and unable to dry. This can result in potentially huge repair bills. The best thing to do here is act quickly to avoid any hidden damage.

## Curly Vinyl

A great place to start with repairing curled vinyl is to apply heat to the affected area, using a clothes iron.

Protect the vinyl with a towel, and then apply heat using steady pressure.

Pull back the vinyl a few inches, which allows access for you to clean and dry underneath

Once the area is dry, apply a moderate amount of fresh vinyl adhesive to the area. Too much can cause ripples. Re-lay the vinyl back in place and use a heavy object to apply constant pressure to the area, maintaining this for a few hours.

Once it has dried, you can finish the job by applying a fresh bead of caulk at the joint.

## Torn Vinyl

For torn vinyl, the repair process is similar: once again cleaning the area beneath the vinyl, re-applying fresh adhesive, and re-laying the patch

If the ripped area is too damaged, you can purchase a new piece of (hopefully!) matching vinyl.

Cut and remove the damaged section from the floor, following the design of the vinyl and cut a matching 'patch' from the new vinyl.

Attach the new piece using vinyl adhesive and fill the seams with a bead of caulk.

## DIY Steps For Clearing A Clogged Drain

Clogged drains are not pleasant, and this is especially true when you are the landlord dealing with your tenant's drain. We don't want to know what is hiding in the pipes and causing water to run away slowly.

Fortunately, the solution can be quick, and it is super cheap. You can have the water draining nicely in a matter of minutes - with no expensive plumber invoices in sight. Pour a generous amount of baking soda into the clogged plug area, around 60 grams.

Then, follow this with approximately 120 mls of white vinegar.

The combination of the two products causes a reaction, which you will witness as fizzing and bubbling. This should clear the inside of the pipes and have everything running smoothly in no time.

You can add some lemon juice to banish any bad smells that may be emanating from the drain.

For bad blockages, leave the solution for an hour or more, and then run boiling hot water down into the drain to clear the whole thing away.

This solution does not cause damage to the pipes, and it is recommended that you repeat the process every few weeks to maintain your plumbing.

Vinegar and baking soda are far cheaper than unblocking kits and plumbers for sure! This drain unblocking solution could be a landlord's best friend.

## DIY Steps To Banish Mildew And Mold

Mold and mildew can be a constant battle in some bathrooms, due to a combination of high levels of moisture and poor ventilation. As a landlord, you will want to keep on top of mold for a number of reasons. Yes, it is unsightly, and it can smell bad; but it is also a red flag for bigger problems, such as damage to plaster and walls. Most importantly of all, mold spores can be detrimental to the health of your tenants.

As an ongoing solution, it is recommended that affected areas are scrubbed with a solution of 1/3 cup of powdered laundry detergent, one liter of liquid chlorine bleach, and three liters of warm water, using a bristled brush. This should then be rinsed and dried thoroughly.

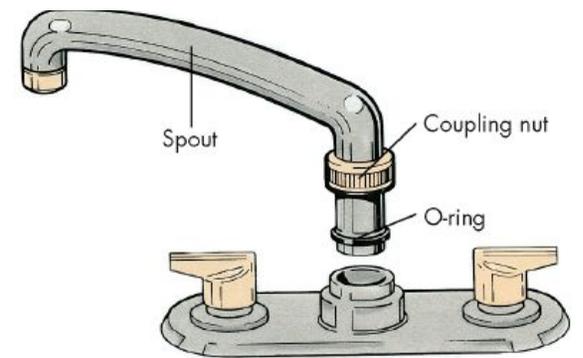
If the caulking and grout between tiles is stained too badly to remove the mold by cleaning alone, this will need to be removed, cleaned, and then reapplied.

The best way to prevent mold and mildew from returning is to keep the bathroom well ventilated and as dry as possible. You can advise your tenants to keep the windows open as much as possible while bathing and showering. Wet towels and shower curtains should be allowed to dry properly and not left scrunched up.

It is also advisable to install an extractor fan, which you can do yourself if you follow the manufacturer's instructions.

## Repairing A Blocked Shower Head

This is a nice, quick, and inexpensive fix that you can do in minutes, making you the landlord of the year. Clogged



shower heads are the result of a build up of limescale, which reduces the water pressure and results in a less pleasant showering experience.

Once again, vinegar comes to the rescue here. You simply need to unscrew the shower head and first shake out any solid chunks of limescale, which look like pieces of chalk. Then, place the shower head in a large container that you have filled with one part vinegar and eight parts boiling water.

Just leave it in there to soak for as long as possible, then rinse it out with running water and fix it back into place. **DIY Solution For A Blocked Garbage Disposal**

Garbage disposal units are often expected to handle all manner of things that we chuck down the sink, and, as a landlord, it is sensible to have a conversation with tenants about the best way to keep theirs in good working order. With that said, it is generally expected that a blockage will occur at some point. Fortunately, it can be rectified relatively simply, following these steps.

Turn off the garbage disposal at the switch and check to see if the breaker has been tripped.

Reset and turn back on to see if the problem clears itself. If it is still blocked, turn off the disposal at the wall to remove all power.

Ladle out as much water and debris as possible using a spoon.

Then, use baking soda, vinegar and boiling water as per the blocked drain method above.

You may need to repeat the process a few times, but this should clear the blockage and have the disposal working again.

## Fixing A Burn Mark On A Kitchen Countertop

Kitchen surfaces are not cheap, whether you have opted for laminate or wood, and it can be infuriating to see that a tenant has burned a big ring mark into the countertop. But of course, accidents do happen; minds wander or fingers are burned, and we put a pan down on reflex. Fortunately we have some DIY solutions here that may help to save you from replacing an entire section of your kitchen counter, also saving some of your hard-earned money.

# Osman Ghazi 1

Osman I, also known as Osman Gazi, is the founder of the Ottoman Empire, which would grow to become one of the most powerful and enduring empires in history. He was born around 1258 in the town of Söğüt, in present-day Turkey. Osman was the son of Ertuğrul, the leader of the Kayı tribe of the Oghuz Turks. The tribe was part of the Seljuk Empire. Upon Ertuğrul's death, Osman became the chief of the tribe.

Osman took leadership of his tribe in 1281, following the death of his father. He proved to be a charismatic and ambitious leader, consolidating power and expanding his territory. Around 1299, Osman declared independence from the Seljuk Sultanate, which was weakening under pressure from Mongol invasions. This date is often regarded as the founding year of the Ottoman Empire.

Osman began a series of military campaigns against the Byzantine Empire, successfully capturing several key fortresses and towns. His early conquests included the towns of Eskişehir and Yenişehir. Osman's military strategies often involved using guerrilla tactics and leveraging the terrain to his advantage. His followers, initially a small band of warriors, grew into a formidable army.

Osman's leadership laid the foundation for the Ottoman dynasty, which would expand significantly under his successors. He died in 1326, and his son, Orhan, continued his legacy, further expanding the empire.

Copied



Osman I founded the **Ottoman Empire** around 1299. He was a leader of the Turkish tribes in Anatolia where the term "**Ottoman**" is derived from his name, which was "**Uthman**" in Arabic.



Adnan Sami, a renowned singer, musician, and composer, has been married four times. Here are the details about his wives:

**Zeba Bakhtiar:**

**Marriage:** Adnan Sami married Zeba Bakhtiar in 1993.

**Background:** Zeba Bakhtiar is a Pakistani actress who gained fame for her role in the Bollywood movie "Henna" (1991).

**Children:** The couple has a son named Azaan Sami Khan, born in 1993.

**Separation:** Adnan and Zeba divorced in 1997 after four years of marriage.

**Arabia Azhar:**

**Marriage:** Adnan Sami married his second wife, Arabia Azhar, in 2001.

**Background:** Arabia Azhar is a Dubai-based businesswoman.

**Separation:** This marriage was short-lived, and the couple divorced in 2004.

**Sabah Galadari:**

**First Marriage and Divorce:** Adnan Sami first married Sabah Galadari, a Dubai-based Arab woman, in 2006. However, the marriage ended in divorce in 2008.

**Second Marriage and Separation:** Surprisingly, Adnan and Sabah remarried in 2008 but separated again in 2009. The second separation led to a contentious divorce that was finalized in 2012.

**Roya Faryabi:**

**Marriage:** Adnan Sami married Roya Faryabi in 2010.

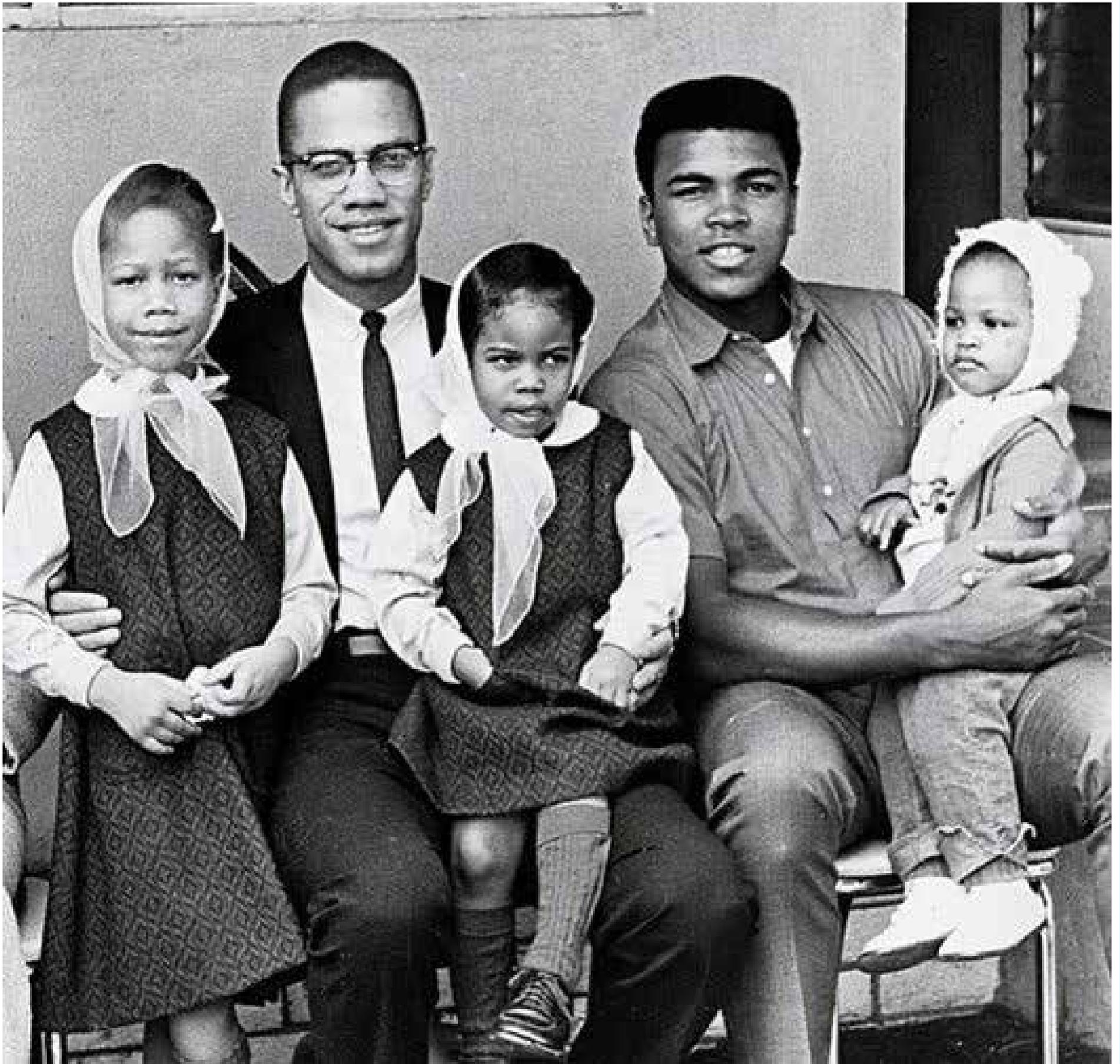
**Background:** Roya Faryabi is of Afghan-German descent.

**Children:** The couple has a daughter named Medina Sami Khan, born in 2017.

**Current Status:** Adnan and Roya are happily married and often share glimpses of their family life on social media.

These marriages and relationships have been significant aspects of Adnan Sami's personal life, contributing to the ups and downs he has experienced throughout his career.





Two African American legends, brothers Muhammad Ali and Malik El-Shabazz (aka Malcolm X), with their little ones. These two men have changed the lives of many worldwide. They also played a significant role in the American civil rights movement. May Allah subhana wa'taala forgive them and grant them paradise (jannah al firdous), ameen.

The superstars, super producer director and super music directors are taking part in a party hosted by some interested party. While raj Kapoor and ramanand sagar and are indulged in deep discussion with their hands ready to dine and shanker is having his hand ready to take the stuff while jaikishen and producer Venus Films Krishnamurthy of chennai are concentrating on the discussion going on. The other man at the extreme left is unknown to me.

People here are connected to each. Raj Kapoor and Ramanand sagar worked together in Barsat the story of which was written by sagar. Dilip's Paigham has the story written by Sagar. RK's connection with shanker jaikishen need not be repeated. Ramand Sagar's film Arzoo had music by the duo. Similarly venus Krishnamoorthi (at the extreme right) is connected with the duo in his production Suraj. A group of successful people have assembled in a party and it is always a special event.-Photo courtesy - WordPress. Com.



# Following in his father's footsteps

Jaffar Hussain Meraj is a three-time MLA, who started his political career as an active party member in AIMIM. He was first elected as a corporator in 2009 in GHMC elections. He was Deputy Mayor of GHMC. Jaffar Hussain was born on January 26, 1960, to former MLA Ahmed Hussain who was a legislator from Seetharambagh segment. He was fond of politics during his childhood days, as he sought to follow the footsteps of his father. He also runs his family business. He completed his SSC from Crescent High School, Osmania Matric, Board of Secondary Education, AP in 1974.a



Jaffar Hussain emerged as the holder of the highest assets in the AIMIM party with his family business. He has over Rs 33 crore in assets, which is the highest among AIMIM MLAs-elect. He said, "I have been working in the party and was close to Asaduddin Owaisi. Recognising me being an active member, Asad Owaisi gave me a ticket from Tolichowki division in 2009, and I won the seat with majority of votes.

Later, Asad also recommended me for the Deputy Mayor and I was the Deputy Mayor of Hyderabad from 2009 to 2012," said Jaffar Hussain. He was a three-time MLA. Jaffar said, "With my work in the party, also as a corporator and Deputy Mayor, Asad Owaisi gave me the MLA ticket from Nampally holding the party stalwart Mohd Virasat Rasool Khan. I won the seat for the first time in 2014."

Jaffar Hussain is the two-time MLA from Nampally, which is the only segment outside Hyderabad Lok Sabha of AIMIM party. He won the seat from his rival Feroz Khan for two times, with 9,000 and 6,000 votes. With the shuffling in the AIMIM party, the party chief Asaduddin Owaisi gave him a ticket from Yakutpura, by holding the party stalwart Syed Ahmed Pasha Quadri. Jaffar Hussain won the seat narrowly, defeating MBT's Amjedullah Khan with just 878 votes.

HANS India



Mohd Azharuddin met Congress President Mallikarjun Kharge ahead of TS Cabinet Expansion.

## Janab Saber Patel passed away



## Mohammed Muzaffer passes away in Riyadh

Shocked to know about passing away of Mujju Bhai, owner Rida group of hotels, Riyadh. Indian community lost a gem of person and successful hotelier. May Allah forgive all his major and minor sins and grant him the highest place in Jannah and patience to family members--Mir Mohsin Ali



## Adani Group to collect electricity bills in Hyderabad's Old City

### 'Adani group to collect electricity bills in old city'

PNS ■ HYDERABAD

Chief Minister Revanth Reddy in a chat-chat with journalists in Delhi on Thursday indicated that the responsibility for power distribution in the old city of Hyderabad is to be handed over to the Adani

Group as a pilot project. The Chief Minister cited the reasons for this decision, stating that electricity bills in the old city are not being paid properly, and electricity staff are facing assaults when they go to collect dues. The Chief Minister reportedly stated that

following the pilot project in the old city, the responsibility for power distribution will be gradually handed over to Adani Group across Hyderabad and then throughout the state. According to the Chief Minister, 75% of the revenue

collected by the Adani Group will go to the state government, while the remaining 25% will go to the Adani Group. The Chief Minister mentioned that discussions have already been held with the Adani Group, and they have agreed to the terms.



FILE PIC



JUGNU INTERNATIONAL MUSICAL EVENTS  
**SHAHABUDDIN**  
 Presents  
**RAFI KI YAADEIN**  
 COMING SOON...



Sikander Abdul Aziz Bawazeer (Hakeem Saab)  
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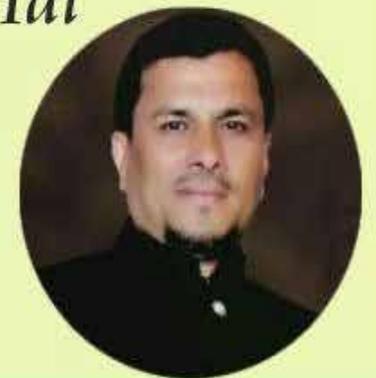
## Tibb-E-Mustafa ki Roashni Mei

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*Ye Kalongi Se Bani Dawa Hai*

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# American Township, RCI Road, Mallapur, Hyderabad-05, T.S.

## List of Bollywood films of July/Aug 2024

Opening	Title	Director	Cast	
J U L	5	<i>Auron Mein Kahan Dum Tha</i>	Ajay Devgn • Tabu • Jimmy Sheirgill • Saiee Manjrekar • Shantanu Maheshwari	
		<i>Kill</i>	Laksh Lalwani • Raghav Juyal • Tanya Maniktala	
	10	<i>Wild Wild Punjab</i>	Simarpreet Singh	Varun Sharma • Sunny Singh • Manjot Singh • Jassie Gill • Patralekha Paul • Ishita Raj Sharma
	12	<i>Sarfira</i>	Sudha Kongara	Akshay Kumar • Paresh Rawal • Radhika Madan
<i>Kakuda</i>		Aditya Sarpotdar	Riteish Deshmukh • Sonakshi Sinha • Saqib Saleem	
A U G	2	<i>The Sabarmati Report</i>	Ranjan Chandel	Vikrant Massey • Raashii Khanna • Riddhi Dogra
		<i>Ulajh</i>	Sudhanshu Saria	Janhvi Kapoor • Gulshan Devaiah • Rajesh Tailang • Meiyang Chang • Roshan Mathew
	15	<i>Khel Khel Mein</i>	Mudassar Aziz	Akshay Kumar • Taapsee Pannu • Fardeen Khan • Vaani Kapoor • Ammy Virk • Pragya Jaiswal • Aditya Seal
		<i>Vedaa</i>	Nikkhil Advani	John Abraham • Tamannaah Bhatia • Sharvari • Abhishek Banerjee
		<i>Stree 2</i>	Amar Kaushik	Shraddha Kapoor • Rajkummar Rao • Aparshakti Khurana • Pankaj Tripathi • Abhishek Banerjee

# Binaca Geetmala Annual List (1965)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 <b>IMAGE</b> COMING SOON 1	Jis Dil Me Basa Tha Pyar Tera     4.33 - 169 votes	Lata Mangeshkar	Kalyanji Anandji	Kalpana, Pradeep Kumar
		Saheli (1965)	Indeevar	Sad Songs
 <b>IMAGE</b> COMING SOON 1	Jis Dil Me Basa Tha Pyar Tera (Male)     4.32 - 256 votes	Mukesh	Kalyanji Anandji	Pradeep Kumar
		Saheli (1965)	Indeevar	Sad Songs
 <b>IMAGE</b> COMING SOON 2	Aao Twist Kare Jaag Utha Mausam     4.32 - 114 votes	Manna Dey	R D Burman	Mehmood, Tanuja, Mohan Choti, Ameen Sayani
		Bhoot Bungla (1965)	Hasrat Jaipuri	Masti Bhare Geet, Dance Songs
 4	Laal Chhadi Maidan Khadi, Kya Khub Ladi     4.30 - 160 votes	Mohammed Rafi	Shankar Jaikishan	Rajshree, Shammi Kapoor
		Janwar (1965)	Shailendra	Ched Chad Songs
 5	Tumhi Mere Mandir, Tumhi Meri Pooja     4.50 - 428 votes	Lata Mangeshkar	Ravi	Sunil Dutt, Om Prakash, Nutan
		Khandan (1965)	Rajinder Krishan	Tareef Songs, Filmfare Awards Winner, Romantic Songs
 <b>IMAGE</b> COMING SOON 6	Ek Tu Na Mila     4.16 - 206 votes	Lata Mangeshkar	Kalyanji Anandji	Mala Sinha, Manoj Kumar
		Himalay Ki God Mein (1965)	Indeevar	Sad Songs, Raag Based Songs, Raga - Charukeshi
 7	Aaja Aai Bahar, Dil Hai Beqraar, O Mere Rajkumar     4.35 - 270 votes	Lata Mangeshkar	Shankar Jaikishan	Shammi Kapoor, Sadhana
		Rajkumar (1964)	Shailendra	Romantic Songs, Intezaar
 8	Tumse Achchha Kaun Hai, Dil Lo Jigar Lo Jaan Lo     4.51 - 171 votes	Mohammed Rafi	Shankar Jaikishan	Rajshree, Shammi Kapoor
		Janwar (1965)	Hasrat Jaipuri	Masti Bhare Geet, Romantic Songs, Ched Chad Songs
 9	Vaqt Se Din Aur Raat     4.43 - 208 votes	Mohammed Rafi	Ravi	Balraj Sahni, Achala Sachdev
		Waqt (1965)	Sahir Ludhianvi	Title Song
 <b>IMAGE</b> COMING SOON 10	Saanson Ke Taar Par, Geet Gaya Pathro Ne     4.41 - 128 votes	Kishori Amonkar	Ramlal	Nana Palsikar, Rajshree, Jeetendra
		Geet Gaaya Pattharon Ne (1964)	Hasrat Jaipuri	Happy Songs, Classical Songs, Title Song

INTERNATIONAL PAGES

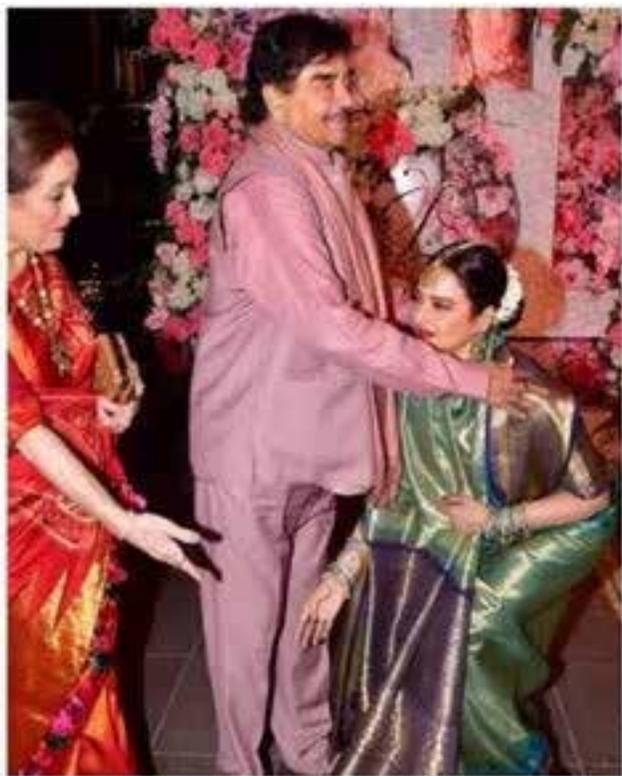
INTERNATIONAL PAGES

# Binaca Geetmala Annual List (1965)

# Indian Actor Satish Shah

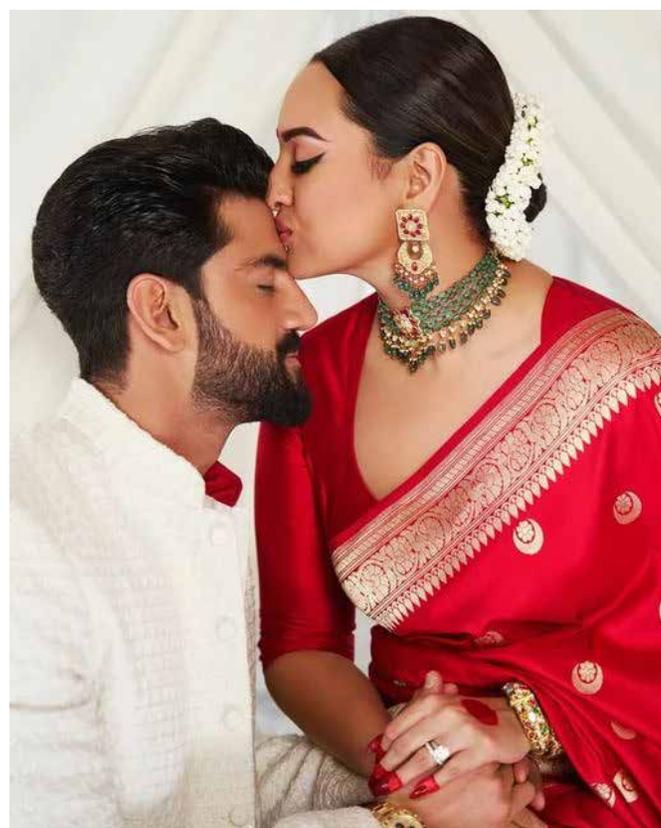
Happy 73rd birthday to Satish Ravilal Shah (25 June 1951) Indian actor best known for his comic roles in films like Jaane Bhi Do Yaaro (1983), Yeh Jo Hai Zindagi (1984), Sarabhai vs Sarabhai (2004), Main Hoon Na (2004), Kal Ho Naa Ho (2003), Fanaa (2006) and Om Shanti Om (2007). Satish Shah is a Kutchi Gujarati from Mandvi. He studied at the Xavier's College and later joined Film and Television Institute of India. Satish Shah is married to designer Madhu Shah since 1982. During the COVID-19 pandemic in 2020, Shah was diagnosed with COVID-19. He was admitted to Lilavati Hospital in Mumbai on 20 July and discharged on 28 July after making a full recovery. He is perhaps best known for his roles in the 1984 sitcom Yeh Jo Hai Zindagi directed by Kundan Shah and Manjul Sinha where he ended up playing 55 different characters in 55 episodes and the character of Prakash in Television serial of Zee TV - Filmy Chakkar in 1995, which he played in 50 episodes. He has also starred in

2004's famous television show Sarabhai vs Sarabhai as Indravadhan Sarabhai. In both Filmy Chakkar and Sarabhai vs Sarabhai, his pairing was opposite Ratna Pathak Shah. In 1997, he again played lead in Ghar Jamai for 80 episodes along with serial "All The Best" with Swaroop Sampat for 109 episodes for DD2. He played the role of Municipal Commissioner D'Mello in the 1984 movie Jaane Bhi Do Yaaro directed by Kundan Shah. Considered to be primarily a comedian, he has portrayed various character roles in his career throughout the 1980s, 1990s and 2000s, starting with his first movie Arvind Desai Ki Ajeeb Dastaan in 1978. Apart from his career in Bollywood, he was also a judge of the Comedy Circus laughter contest. He has completed over 250 feature films till date.



When Rekha ji came to Sonakshi Sinha's wedding, a new discussion has started after that. Shatrughan Sinha said that Rekha ji and I did not talk to each other for 20 years. We both started our career together but I said that Rekha is not perfect for acting, after which a cold war started between Rekha and me, after which we stopped talking to each other, but whenever we met in any party or function, we would turn our faces away after seeing each other. After that we have not done any film together. I spoke to Rekha once on Zoom before Sonakshi's wedding. Shatrughan Sinha is admitting that he was wrong, Shatrughan Sinha said this after meeting Rekha who came to Sonakshi Sinha's wedding.

## Sonakshi Sinha and Zaheer Iqba Wedding



Bollywood's latest newlyweds, Sonakshi Sinha and Zaheer Iqbal, were recently seen exiting Kokilaben Dhirubhai Ambani Hospital, igniting a wave of speculation and excitement among fans. The couple, who married in an intimate ceremony on June 23, 2024, have been in the spotlight ever since their wedding. Their recent hospital visit has led to rumors of potential good news.

**Hospital Visit Causes Social Media Stir**  
Fans took to social media to express their excitement and curiosity about the couple's visit to the hospital. Comments like "khushkhabari aane wali hai" (good news is on the way) and "Samajh jao, khushkhabari aane wali hai" suggest that fans are eagerly anticipating an announcement. One user hinted at the possibility of pregnancy, saying, "Baby is coming."

Following their wedding, the couple's hospital visit added fuel to the speculations about Sonakshi's possible pregnancy. Despite the buzz, the reason for their visit remains undisclosed, and neither Sonakshi nor Zaheer has commented on the matter. Their silence has only intensified the curiosity and discussions among fans and the media.

**Shatrughan Sinha's Routine Check-Up**  
According to reports, the couple visited the hospital for a routine check-up of Sonakshi's father, veteran ..

<https://economictimes.indiatimes.com/magazines/>

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

## گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ

ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رَحْمَةُ اللهِ عَلَيْهِ

## 50 احسان کا بدلہ احسان ہے

**اُردو حکایت:** اک نوجوان نے کسی مشکل وقت میں اک بوڑھے کی مدد کی تھی۔ اتفاق سے یہ نوجوان اک جرم میں گرفتار ہو گیا اور اس کو قتل کی سزا دی گئی۔ سپاہی اُس کو لے کر قتل کی طرف چلے تو تماشاً دیکھنے سارا شہر اُٹھ پڑا۔ ان میں وہ بوڑھا بھی تھا۔ اپنے محسن نوجوان کی یہ حالت دیکھ کر اُس کا دل تڑپ اٹھا۔ وہ زور زور سے دہائی دینے لگا اے لوگو! ہمارا نیک دل بادشاہ فوت ہو گیا۔ آج دنیا تاریک ہو گئی، سپاہی اور دوسرے لوگ یہ بڑی خبر سن کر پریشان ہو گئے اور اس نوجوان کو چھوڑ کر شاہی محل کی طرف بھاگے۔ بوڑھے کو موقع ملا تو اس نے فوراً نوجوان کی زنجیریں کھول دیں اور اُس کو بھگا کر خود اُس کی جگہ بیٹھ گیا۔ سپاہی محل میں پہنچے تو بادشاہ کو زندہ سلامت پا کر کھیسانے ہوئے۔ واپس چلے تو بوڑھے کو نوجوان کی جگہ پایا۔

گرفتار کر کے بادشاہ کے پاس لے گئے اور سارا قصہ سنا دیا۔

بادشاہ نے غصہ میں آکر پوچھا۔ اے بڑھے! تو نے میرے مرنے کی خبر کیوں اُڑائی، میں نے تیرا کیا بگاڑا تھا، بوڑھے نے ہاتھ باندھ کر عرض کیا۔ جہاں پناہ! میرے جھوٹ بولنے سے آپ پر کوئی آنچ نہیں آئی لیکن میرے محسن نوجوان کی جان بچ گئی۔ فلاں مشکل وقت اُس نے مجھ پر احسان کیا تھا۔ آج اُس کو مصیبت میں گرفتار دیکھا تو انسانیت اور جو انمردی نے تقاضہ کیا کہ اُس کی مدد کروں۔ اسی لئے میں نے یہ حیلہ اختیار کیا۔ بادشاہ یہ قصہ سن کر ایسا خوش ہوا کہ اُس نے نہ صرف بوڑھے کو انعام و اکرام دیا بلکہ نوجوان کی معافی کا حکم بھی جاری کر دیا۔ نوجوان قید سے نکل کر چھپتا چھپاتا پھر رہا تھا کسی نے اُس کو معافی کی خوشخبری سنائی اور پوچھا کہ تیری جان کیسے بچ گئی۔ اُس نے جواب دیا: اک حقیر رقم میرے کام آگئی جو میں نے اُس مسائل کو ضرورت کے وقت دی تھی۔

فارسی اشعار:

جوئے باز دارد بلانہ ڈرشت  
عصانہ ندیدی کہ عوجہ بکشت  
حدیث درست آخر از مصطفیٰ ست  
کہ بخشائش و خیر، دفع بلاست

حاصل کلام:

بعض وقت ایک جو، سخت مصیبت کو نال دیتا ہے۔ تو نے دیکھا نہیں کہ معمولی لاٹھی نے عوج کو مار ڈالا۔ آخر محمد مصطفیٰ کی سچی حدیث بھی تو ہے کہ عطا اور بھلائی بلا کو دفع کرنے والی ہے۔

منظوم ترجمہ:

نال دیتا ہے کبھی سخت بلا کو اک جو  
عوج کو مار دیا، معمولی لاٹھی سے غیر  
سن ذرا غور سے حضرت کی یہ مشہور حدیث  
دفع آفات ہوا کرتی ہے بخشائش و خیر



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

فائدہ مند ہے۔

اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر

توفیق انصاری احمد نے حضرت شیخ سعدی

شیرازی کی سدا بہار فارسی تصانیف گلستاں و

بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان

دونوں کتابوں کی منتخب حکایات کے نثری

و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا

جس کی اشاعت و رسم اجرائی کا اہتمام زیر

ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے

ترجمہ دُنیا کی تقریباً تمام بڑی زبانوں میں

ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا

ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو

زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال

نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور

بوستاں سے بو) گلستاں اور بوستاں کی منتخب

مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا

زیر ترتیب اُردو زبان کا وہ سب سے پہلا

شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی

نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو

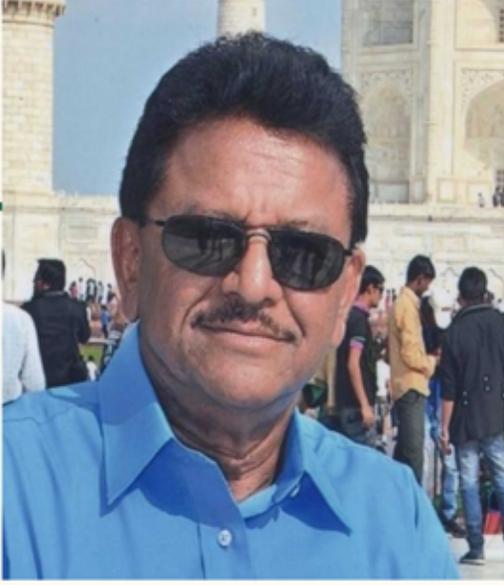
نظم میں کیا گیا ہے۔ ”گل بو کی حکایت“ کے

عنوان سے ہم گلستاں و بوستاں کی حکایات کو

عوامی استفادہ کی خاطر ”ایشیا ٹائمز کی الیکٹرانک

اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ

وارشائع کر رہے ہیں۔ (ادارہ)



## غور طلب باتیں۔۔۔ کچھ سمجھے

ولی الدین

والے کون ہیں یہ لوگ خود ساختہ لیڈر بن گئے پسیدے کر اور پھر پیسے لے کر ملک کو ختم کر رہے تھے ان نعرہ یہ تھا۔

تم بھی کھاؤ ہم بھی کھائیں کیوں نہ ہم لیڈر بن جائیں پہلے اپنے اپنے گریبان میں جھانکیں۔ کراچی کو تباہ کر دیا سندھ میں لوگ بھوکے مر رہے ہیں یہ اپنے اپنے بڑے محلوں میں بیٹھ کر کمپیوٹر کے سامنے سیاست بگھارتے ہیں۔ کوئی بھی پیسہ عوام کے مسائل حل کرنے پر خرچ نہیں ہوتا ان کے بینکوں اور باہر کے اکاؤنٹ میں چلا جاتا ہے ایک دوسرے پر الزام لگانے کے بجائے عوام اور ملک کی حالت سدھارو، صدام حسین اور قذافی کا انجام نہ بھولو ان سب پیسوں کو وہ بھی قبر میں نہیں لے جاسکے۔ پھر بات ہوگی انشاء اللہ۔

اپنے بچوں کو اُردو پڑھائیے

اُردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے

دوسری دفعہ امریکا کی صدارت کا انتخاب لڑ رہا ہے۔ دوستوں کے درمیان بھی فون پر یا ویسے کیا ملاقات میں خوب بحث و مباحثہ ہوتا ہے اس دوران لگتا ہے ان حضرات یا خواتین کے اندر سے سیاست کے جراثیم باہر نکل آتے ہیں۔ جذباتی اور دھواں دھار انداز گفتگو اور دلائل کا استعمال ایسا لگتا ہے کہ یہ بھی ٹی وی پر جا کر انیکر پرسن بن سکتے ہیں۔ کیونکہ آج کل تو امریکہ ہو یا پاکستان ہر جگہ، ٹی وی (TV) پر یہ اینکر حضرات یا خواتین اپنی دکان سجا کر بیٹھ جاتے ہیں۔ ان کے پروگرام میں سیاسی پارٹی کے لیڈر (وہی تھے بیٹے یا پھر تجزیہ نگار بیٹھ جاتے ہیں دکان سجا کر اور پھر سوالات اور جوابات کا سلسلہ چل نکلتا ہے پاکستان میں بعض مرتبہ سب ایک ساتھ بولنے لگتے ہیں۔ ایک دوسرے کو جھوٹا ثابت کرنے کی کوشش کرتے ہیں آج یہ بھی رواج ہو گیا ہے کہ بحث و مباحثہ کے بعد بھی کوئی امریکہ میں ٹرمپ کی حکومت کو تو پاکستان میں عمران کی حکومت کے خلاف بولنے لگتے ہیں۔ جہاں تک Trump ٹرمپ

کچھ عرصے پہلے کی بات ہے۔ کسی نے ہم سے پوچھا کہ یاروزن بہت بڑھ گیا ہے یہ لاک ڈاؤن کے چکر میں۔ پلیز کچھ بتاؤ کیسے کم کرنا ہے۔ دو چار دوائیں بھی ڈاکٹر کے کہنے پر استعمال کی ہیں کچھ فائدہ نہیں ہو رہا ہے۔ ہم نے ازراہ مذاق ان سے کہا پہلے آپ ہمارا ایک نسخہ استعمال کریں پھر کمال دیکھیں وہ یہ کہ دن میں تین مرتبہ صبح دوپہر شام کھانے سے پہلے ٹی وی پر خبریں (خاص طور پر امریکا کی خبریں) دیکھا کریں۔ پھر آپ کی بھوک مٹ جائے گی اور وزن بھی آہستہ آہستہ کم ہو جائے گا یہ اور بات ہے کہ ہم نے اس کے بعد اس موضوع پر ان کی دوا، خوراک، اور ورزش کے بارے میں کافی بات چیت کی۔ ویسے یہ بھی ایک حقیقت ہے کہ آج کل کے حالات پر مبنی ٹی وی کی خبریں بھوک مٹانے کے ساتھ ذہنی انتشار اور ڈپریشن میں انسان کو مبتلا کر سکتی ہیں چاہے وہ کورونا کی وبا یا پھر امریکا میں کالے گوروں کے نسلی امتیاز کے ہنگامے اوپر سے یہاں صدارتی انتخابات کی تیاریاں بھی شروع ہیں۔ صدر ٹرمپ اب

## اسد الدین اویسی کیخلاف 'جے فلسطین' کا نعرہ لگانے پر شکایات درج

لوک سبھا کے رکن پارلیمنٹ اسد الدین اویسی نے حلف لیتے ہوئے 'جے فلسطین' کا نعرہ لگایا تھا۔ حلف لیتے ہوئے اسد الدین اویسی نے جے فلسطین یعنی فلسطین زندہ باد کا نعرہ بلند کیا تھا۔ بعد ازاں اویسی نے اپنی حلف برداری کی ویڈیو سوشل میڈیا پر شیئر کی اور ساتھ میں یہ بھی لکھا کہ وہ پورے خلوص کے ساتھ بھارت کے پسے ہوئے طبقے کی مسائل کو اجاگر کرتے رہیں گے۔



ونیت جنڈال نے کہا ہے کہ آئین کے پی کے تحت غیر ملکی ریاست فلسطین سے وفاداری یا اس کی پاسداری ظاہر کرنے پر نااہل قرار دینے کا مطالبہ کیا ہے۔ واضح رہے کہ گزشتہ روز بھارتی آرٹیکل 103 کے تحت صدر کے پاس ایک شکایت دائر کی ہے جس میں اسد الدین اویسی کو آرٹیکل 102 (4) ایم

حیدرآباد دکن سے تعلق رکھنے والے بھارتی لوک سبھا کے رکن پارلیمنٹ اسد الدین اویسی کے خلاف حلف لیتے ہوئے 'جے فلسطین' کا نعرہ لگانے پر دو شکایات درج کرا دی گئیں۔ میڈیا کے مطابق اسد الدین اویسی کے خلاف ایک شکایت ایڈووکیٹ ہری شکر اور دوسری ایڈووکیٹ ونیت جنڈال کی جانب سے درج کروائی گئی ہے۔ میڈیا کے مطابق اس حوالے سے ایڈووکیٹ

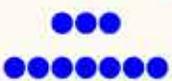
## فلسطینیوں پر ظلم کی انتہا

جزل عاصم منیر کی زیر صدارت کمانڈر کانفرنس نے غزہ میں اسرائیلی طاقت کے استعمال سے معصوم شہریوں کے جانی نقصان پر شدید تشویش کا اظہار کیا ہے۔ آرمی چیف کا کہنا تھا کہ فلسطینی عوام کو پاکستانی قوم کی مکمل سفارتی، اخلاقی اور سیاسی حمایت حاصل ہے۔ مسئلہ فلسطین کے پائیدار حل اور مسلمانوں کے مقدس مقامات پر غیر قانونی قبضے کے خاتمے کی حمایت جاری رکھیں گے۔ آرمی چیف نے بجا طور پر پوری قوم کی ترجمانی کی ہے۔ ارض فلسطین کی تباہی و بربادی محض بیان بازی نہیں عالمی برادری کے عملی اقدامات کی منتظر ہے۔



کشی کے مترادف ہے۔ غزہ سے نقل مکانی کرنے والوں پر بھی بمباری کی جا رہی ہے۔ شہید فلسطینیوں کی تعداد میں تازہ مراد بھی ویڈیو نذر ہو گئی۔ حماس کے سربراہ کا کہنا ہے کہ امریکہ اسرائیلی کھلی جارحیت کو تحفظ فراہم کر رہا ہے۔ امریکی صدر جو اسرائیل کا دورہ کر رہے ہیں، ہسپتال پر حملے کے بعد اردن، مصر اور فلسطین اتھارٹی نے ان سے طے شدہ ملاقات منسوخ کر دی ہے۔ غزہ میں اسرائیل کی بمباری 11 ویں روز داخل ہو گئی ہے۔ آرمی چیف

فلسطین میں انسانیت تڑپ رہی ہے۔ اسرائیل کا ظلم حد سے بڑھ گیا ہے اور اس نے تمام اخلاقی قدریں پامال کر دی ہیں۔ فلسطینی فضا اسرائیلی حملوں اور انسانی چیخوں سے گونج رہی ہے، غزہ میں بھوک، افلاس کا راج، خوراک ناپید، پانی بند، لاشوں کو دفنانے کے لئے جگہ ختم، ہر طرف بکھری لاشیں عالمی امن کے دعویداروں کا منہ چڑا رہی ہیں۔ جنگی جنون میں مبتلا اسرائیل نے منگل کے روز غزہ کے ہسپتال پر بمباری کر کے سفاکیت کی ایک اور انتہا کر دی۔ 800 سے زیادہ فلسطینیوں کو شہید کر دیا۔ جن میں ڈاکٹر اور نرسنگ سٹاف بھی شامل ہے۔ 2008 کے بعد سے یہ سب سے مہلک فضائی حملہ نسل



## کمرنی خان کا مشہور ٹاسٹ بالر سے اظہارِ محبت

کمرنی خان کا بخار زوروں پر ہے، جاری 20 ورلڈ کپ کی بدولت فلم اور ٹی وی اسٹار کمرنی خان نے پاکستان کی پسندیدہ کرکٹر کا نام لے لیا۔ تفصیلات کے مطابق کرکٹر کا نام لے لیا۔ تفصیلات کے مطابق کرکٹر کا نام لے لیا۔ تفصیلات کے مطابق کرکٹر کا نام لے لیا۔



حال ہی میں ایک نجی ٹی وی چینل کی ورلڈ کپ ٹرانسمیشن میں اداکارہ کمرنی خان سے پوچھا گیا کہ انگلینڈ سے تعلق رکھنے کے باوجود انہیں کرکٹ میں دلچسپی کیوں نہیں ہے، جہاں سے اس کھیل کا آغاز ہوا تھا۔ جس پر انہوں نے اس بیان کی تردید کی اور کہا، ایسا نہیں ہے۔ جب پاکستان کھیل رہا ہوتا ہے تو میں کرکٹ سے لطف اندوز ہوتی ہوں، لیکن میں نے موجودہ ٹی 20 ورلڈ کپ پر عمل نہیں کیا ہے۔ جب ان سے ان کے

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## پاکستانی شو بزنس انڈسٹری بھی فلم باربی کے رنگ میں رنگ گئی

اکستان میں فلم باربی نے دھوم مچا دی، شو بزنس انڈسٹری بھی باربی کے رنگ میں رنگ گئی۔ تفصیلات کے مطابق 2023 میں ریلیز ہونے والی فلم باربی نے پاکستانی اداکاروں کو کاروں کو دیوانہ بنا ڈالا۔ واضح رہے کہ فلم باربی کی اداکارہ مارگوٹ روبی اور اداکار ریمین ریان گوسمیت فلم کی ہر چیز کو گلابی دیکھا گیا ہے۔ پاکستان کی



مشہور اداکارہ اقرام عزیز، ہانیہ عامر، یمنی زیدی، مایا علی، مہوش حیات، ماہرہ خان اور ساجد علی نے بھی باربی کا روپ اپنایا جبکہ شو بزنس انڈسٹری کے مشہور اداکار فیروز خان، بلال عباس، فہد مصطفیٰ، وہاب علی، فواد خان، زرارہ نور عباس اور حمزہ علی عباسی کو بھی باربی کے مشہور کردار کیمین کے روپ میں دیکھا گیا۔

## سوناشی سہا اور ظہیر اقبال کی جلد شادی

بالی ووڈ اداکارہ سوناشی سہا مبینہ طور پر اپنے دیرینہ ساتھی اداکار ظہیر اقبال سے رواں ماہ کے آخر میں شادی کریں گی۔ شادی کی خبر معاملہ ہوگا اور 23 جون کو ممبئی کے ایک فائن ڈائننگ ریستورانٹ میں خاندان اور قریبی دوست شریک ہوں گے۔ سوناشی سہا اور ظہیر



نیٹ فلکس سیریز ہیرامندی دی ڈائننگ بازار کے پریمیئر کے صرف ایک ماہ بعد سامنے آئی ہے جس میں سوناشی سہا نے ریجانہ اور فریدان کا دوہرا کردار ادا کیا تھا۔ اگرچہ شادی کی تقریب کے بارے میں کوئی تصدیق نہیں ہوئی ہے تاہم سوناشی سہا کے خاندان کے قریبی ذرائع نے بتایا کہ اطلاعات درست ہیں۔ اندرونی ذرائع کے مطابق شادی ایک نجی اقبال جو کچھ عرصے سے ڈیننگ کر رہے تھے، نے 2022 کے مزاحیہ ڈرامے ڈبل ایکس ایل میں ایک ساتھ اداکاری کی۔ دونوں نے ابھی تک عوامی طور پر اپنے تعلقات کی تصدیق نہیں کی ہے لیکن ان کا انسٹاگرام فیڈ ایک دوسرے کی تصاویر سے بھرا ہوا ہے۔ انہیں اکثر ایک ساتھ تقریبات اور سماجی پروگراموں میں شرکت کرتے ہوئے دیکھا جاتا ہے۔

کنگنا کو تھپڑ رسید کرنے کا واقعہ، سیکوریٹی عملہ قانون کو اپنے ہاتھ میں نہ لے: شبانہ اعظمی

سینئر بالی ووڈ اداکارہ شبانہ اعظمی نے آج اداکارہ سے سیاست داں بنی کنگنا رناوت کی حمایت میں آواز اٹھائی جسے سی آئی ایس



ایف کی ایک خاتون کانسٹیبل نے تھپڑ رسید کیا ہے۔ شبانہ نے کہا کہ سیکوریٹی عہدیداروں کو قانون کو اپنے ہاتھ میں نہیں لینا چاہئے۔ کنگنا رناوت نے جمعرات کے روز ایک ویڈیو پیغام میں کہا تھا کہ کانسٹیبل نے چند گھنٹے ایرپورٹ پر ہوں گی جو اس تھپڑ کا جشن منارہے ہیں۔ انہوں نے کہا کہ اگر سیکوریٹی عملہ قانون کو اپنے ہاتھ میں لینا شروع کر دے تو پھر کوئی بھی محفوظ نہیں رہے گا۔

### تمام اعضاء کی حفاظت کے لئے

اللَّهُمَّ مَتِّعْنَا بِأَسْمَاعِنَا وَالْبَصَارِ نَا وَقُوَّتِنَا مَا أَحْيَيْتَنَا (مشکوٰۃ، ص ۲۱۹، حدیث نمبر ۲۴۹۲)

**فضیلت:** تمام اعضاء کی موت تک حفاظت کا نبوی نسخہ 3 بار پڑھے۔

### آنکھ کان زبان کی حفاظت کے لئے

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي وَمِنْ شَرِّ بَصَرِي وَمِنْ شَرِّ لِسَانِي وَمِنْ شَرِّ قَلْبِي وَمِنْ شَرِّ مَنِيَّتِي (ترمذی)

**فضیلت:** آنکھ، کان اور زبان کے شر سے حفاظت کے لئے 3 بار پڑھے

### وضو کے بعد یہ سورہ پڑھے

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۗ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۗ لَيْلَةُ الْقَدْرِ ۗ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ۗ تَنزِيلُ الْمَلِكِ ۗ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ ۚ مِنْ كُلِّ أَمْرٍ ۗ

سَلَّمَ ۗ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۗ (پارہ ۳۰، سورہ القدر)

وضو کے بعد آسمان کی طرف نظر کر کے ایک مرتبہ سورہ قدر پڑھ لیا کرے۔ ان شاء اللہ بصارت میں کبھی بھی کمی نہیں آئے گی۔

### منہ میں چھالے دُور کرنے کے لئے

وَالضُّحَىٰ ۗ وَاللَّيْلِ إِذَا سَجَىٰ ۗ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ۗ وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ۗ وَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ۗ أَلَمْ يَجِدَكَ يَتِيمًا

فَأَوْسَىٰ ۗ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ۗ وَوَجَدَكَ عَابِلًا فَأَغْنَىٰ ۗ فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ۗ وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ ۗ وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ ۗ

**فضیلت:** اگر کسی کے منہ میں چھالے پڑھ جائیں تو یہ سورت روزانہ 41 مرتبہ چینی (یعنی شکر) پر دم کر کے منہ میں چپالے کم ہو جائینگے اور راحت ہوگی۔

### عزت حاصل ہونے کے لئے

فَسُبْحٰنَ الَّذِي بِيَدِهِ مَلَكُوتُ كُلِّ شَيْءٍ ۗ وَإِلَيْهِ تُرْجَعُونَ ۗ (سورہ یسین، آیت ۸۳)

**فضیلت:** اگر کوئی شخص لوگوں کی نظر سے گر گیا ہو اور چاہتا ہو کہ اُس کی عزت بحال ہو جائے تو وہ اس آیت کو 11 مرتبہ پڑھ کر روزانہ اپنے اوپر پھونک مارے، ان شاء اللہ کامیابی ملے گی۔

### بھوک لگنے کے لئے

وَلَوْلَا فَضْلُ اللَّهِ عَلَيْكُمْ وَرَحْمَتُهُ وَأَنَّ اللَّهَ تَوَّابٌ حَكِيمٌ ۗ (پارہ ۱۸، سورہ النور، آیت ۱۰)

**فضیلت:** اگر کسی کو بھوک نہ لگتی ہو تو اس آیت کو 21 مرتبہ پڑھ کر پانی پر دم کر کے پیا جائے۔ ان شاء اللہ فائدہ ہوگا۔

### راہ ہدایت پر لانے کے لئے

وَهَدَيْنَاهُمَا الصِّرَاطَ الْمُسْتَقِيمَ ۗ (پارہ ۲۳، سورہ الصافات، آیت ۱۱۸)

**فضیلت:** اگر کوئی صراط مستقیم سے بھٹک گیا ہے اس میں اچھے اور بُرے کی تمیز ختم ہو چکی ہو تو اسے یہ آیت پڑھ کر پانی پر دم کریں اُس کو پلائیں،

جب تک کہ وہ راہِ راست پر نہیں آجاتا۔ ان شاء اللہ وہ پڑھا ہو پانی پیتے رہنے سے راہِ راست پر صراطِ مستقیم پر آجائے گا۔

### شہد کے فوائد کی آیت

يَخْرُجُ مِنْ بَطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ ۗ (پارہ ۱۴، سورہ نحل، آیت ۶۹)

**فضیلت:** اللہ تعالیٰ ارشاد فرماتا ہے کہ یہ آیت پڑھتے رہا کرو، شہد ایک ایسی قدرتی نعمت ہے جو مکمل دوا اور بھرپور غذا بھی ہے جو ہر

شخص اور ہر عمر کے لئے بے حد مفید ہے خصوصیت سے صبح نہار منہ اس کا استعمال بڑی بڑی بیماریوں سے حفاظت اور شفاء کا ذریعہ ہے۔

### مريض کی ادائیگی کے لئے

قُلِ اللَّهُمَّ مَلِكُ الْمُلْكِ تُوْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ ۗ وَتُعْزِزُ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ ۗ بِيَدِكَ الْخَيْرُ ۗ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ۗ

(پارہ ۳، سورہ آل عمران، آیت ۲۶)

**فضیلت:** قرض کی ادائیگی کے لئے یہ آیت روزانہ 21 مرتبہ پڑھے۔ ان شاء اللہ اُس کا قرض آسانی سے ادا ہو جائے گا۔



ولی الدین

## عید ملن

چوڑی کھنک اٹھا دل زور سے دھڑکا  
جب ہاتھ اٹھا کے آداب کیا اس نے  
ایک چنگاری سی بھڑکی ایک شعلہ سا لپکا  
ہستی کو میری مست شراب کیا اس نے  
قربت نہ ملی یارو گلے نہ لگایا  
عید کو میری یوں خراب کیا اس نے  
پھر اچانک تنہائی میں گلے مل کر  
زندگی کو میری شاداب کیا اس نے

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## انکل

میں بھی بوڑھا ہو رہا ہوں ولی  
ہو گیا اس کا احساس کل مجھے  
جس شوخ و چنچل کے دیوانے تھے ہم  
اس حسینہ نے کہہ دیا انکل مجھے

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مظہر امام  
غزل

زندگی کاوش باطل ہے مرا ساتھ نہ چھوڑ  
تو ہی اک عمر کا حاصل ہے مرا ساتھ نہ چھوڑ  
لوگ ملتے ہیں سر راہ گزر جاتے ہیں  
تو ہی اک ہم سفر دل ہے مرا ساتھ نہ چھوڑ  
تو نے سوچا ہے مجھے تو نے سنوارا ہے مجھے  
تو مرا ذہن مرا دل ہے مرا ساتھ نہ چھوڑ  
تو نہ ہوگا تو کہاں جا کے جلوں گا شب بھر  
تو کہ آسودہ ساحل ہے مرا ساتھ نہ چھوڑ  
اس رفاقت کو سپر اپنی بنا لیں جی لیں  
شہر کا شہر ہی قاتل ہے مرا ساتھ نہ چھوڑ  
ایک میں نے ہی اگائے نہیں خوابوں کے گلاب  
تو بھی اس جرم میں شامل ہے مرا ساتھ نہ چھوڑ  
اب کسی راہ پہ جلتے نہیں چاہت کے چراغ  
تو مری آخری منزل ہے مرا ساتھ نہ چھوڑ

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نکھیل بدایونی  
غزل

تم کو بھلا رہی تھی کہ تم یاد آ گئے  
میں زہر کھا رہی تھی کہ تم یاد آ گئے  
کل میری ایک پیاری سہیلی کتاب میں  
اک خط چھپا رہی تھی کہ تم یاد آ گئے  
اس وقت رات رانی مرے سونے صحن میں  
خوشبو لٹا رہی تھی کہ تم یاد آ گئے  
ایمان جاننے کہ اسے کفر جاننے  
میں سر جھکا رہی تھی کہ تم یاد آ گئے  
کل شام چھت پہ میر تھی میر کی غزل  
میں گنگنا رہی تھی کہ تم یاد آ گئے  
انجم تمہارا شہر جدھر ہے اسی طرف  
اک ریل جا رہی تھی کہ تم یاد آ گئے

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علامہ اقبال  
غزل

لکھا ہے ایک مغربی حق شناس نے  
اہل قلم میں جس کا بہت احترام تھا  
جولانگہ سکندر رومی تھا ایشیا  
گردوں سے بھی بلند تر اس کا مقام تھا  
تاریخ کہہ رہی ہے کہ رومی کے سامنے  
دعویٰ کیا جو پورس و دارا نے، خام تھا  
دنیا کے اس شہنشاہ انجم سپاہ کو  
حیرت سے دیکھتا فلک نیل فام تھا  
آج ایشیا میں اس کو کوئی جانتا نہیں  
تاریخ دان بھی اسے پہچانتا نہیں  
ہوتا ہے جس سے اسود و احمر میں اختلاف  
کرتی ہے جو غریب کو ہم پہلوئے امیر  
ہے تازہ آج تک وہ نوائے جگر گداز  
صدیوں سے سن رہا ہے جسے گوش چرخ پیر  
اقبال کس کے عشق کا یہ فیض عام ہے  
رومی فنا ہوا، حبشی کو دوام ہے

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سید کامران زبیر کاظمی

## غزل

جستجوئے علم و حکمت میں اٹھیں میرے قدم  
وسعت افلاک میں گھل جائیں گے سب پیچ و خم  
اضطراب دل کو آجائے سکوں ہو گر عطا  
مجھ کو ذوق آگئی میرے خدا لطف و کرم  
کلمہ توحید لب پر پاس قرآن ہے مرے  
دل میں ہے عشق محمدؐ محو سجدہ چشم نم  
اے جنونِ بندگی! اک دن خدا مل جائے گا  
کوشش پیہم بدل دے گی خطوطِ جامِ جم  
ختم کر دے رب جہاں سے سن لے کامی کی دعا  
بے کسی، غربت، جہالت، آتش ظلم و ستم

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سید سالم

## غزل

منکر شب ہیں اجالوں کا سفر ہیں ہم لوگ  
شب گزیدوں کے لئے اذن سحر ہیں ہم لوگ  
حوصلہ ہے تو یہ ساحل سے نظارہ کیسا  
بیچ مندرہار میں آؤ کہ بھنور ہیں ہم لوگ  
لب کشائی ہے اگر جرم تو منظور ہمیں  
سایہ ظلم میں یوں سینہ سپر ہیں ہم لوگ  
ظلم جب حد سے بڑھے، آپ ہی مٹ جاتا ہے  
زیر ہو کر بھی یہ دیکھو کہ زبر ہیں ہم لوگ  
تھک کے رک جائیں یہ شیوہ نہیں اپنا سالم  
پابجولاں ہی سہی، محو سفر ہیں ہم لوگ

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ساجدہ کاظمی

## غزل

وہ میرے ہجر میں اک شب گزارتا تو سہی  
میں لوٹ آتی مجھے وہ پکارتا تو سہی  
یہ اور بات کہ شیشے میں بال رہ جاتا  
مگر وہ شیشہ دل کو نکھارتا تو سہی  
مجھے یقین تھا اس بار جیت لوں گی اُسے  
وہ میرے نام کا سکھ اچھالتا تو سہی  
نشہ پلا کے تماشہ نہ دیکھتا میرا  
سنجھل ہی جاتی مجھے وہ سنبھالتا تو سہی  
قسم خدا کی نہ سائل کو لوٹنے دیتی  
وہ آ کے مجھ سے مرا ہاتھ مانگتا تو سہی

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ساجد چوہدری

## غزل

ہم تنخیل میں کہاں تھے، کون واں مستور تھا  
رنگ جلوہ گر وہاں پہ، خشبووں میں نور تھا  
کس میں اتنی تاب تھی، کہ اُس کو دیکھے روبرو  
حسن اپنے فیض کے، ہاتھوں مگر مجبور تھا  
بس ارادہ ہی کیا تھا، واہ کریں گے رخ ذرا  
وجد تھا اک عاشقوں پہ، کربلا یا طور تھا  
آنکھ کیسے بند کرتے، ڈر تھا گم نہ جائے وہ  
عمر ساری یوں کٹی، میں رت جکوں سے چور تھا  
ہم شمار آگئی میں، جام گنتے کس طرح  
وہ کرم سے اور دیتے، بے خودی دستور تھا  
جستجو کا کرب کیا ہے، ہم سے ساجد پوچھنا  
سامنے بھی تھا وہ میرے، اور جیسے دور تھا

❖❖❖

A man brought some prescription tablets and started cutting off the edges.  
Do you know why?  
He wanted to avoid the side effects.

Two men were in a forest, when a lion came roaring towards them. One of them throws sand into the lion's eyes and then runs. The second man stays, unmoved.

The first man looks back and shouts, "Why are you not running?"

The second man replies, "Why should I be running? You're the one who threw the sand."

A man enters the kitchen, opens the sugar box, looks inside and closes it.

He does it again and again. Why?  
Because the doctor told him to check his sugar levels regularly.

During a visit to our friend's home in Canada, we were welcomed with a wonderful breakfast. But my six-year-old daughter was not impressed.

"Your pancakes are smaller than my mom's," she told him.

He replied, "That's because of the exchange rate."

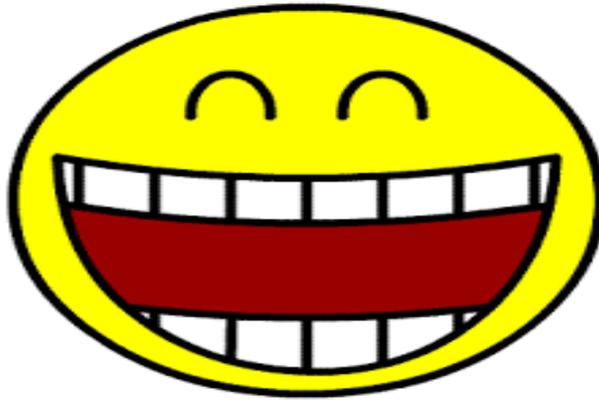
Teacher to the class: "How can we keep our school clean?"  
Student: "By staying at home?"

A police officer said to a motorist, "What were you doing? Your car was zigzagging like crazy!"

"I'm learning to drive."

"Without an instructor in the car?"

"Oh, yes. It's an online course."



Seen on the door of a repair shop:

WE CAN FIX ANYTHING! (Please knock on the door—the bell doesn't work.)

Father: "Take a look at and learn something from your classmate Lucy. She got an A on the last exam."

Son: "Actually Dad, that's the reason I failed... I WAS looking at her."

A couple was having a discussion about family finances.

Finally the husband exploded, "If it weren't for my money, the house wouldn't be here!"

The wife replied, "Honey, if it weren't for your money, you wouldn't be here!"

Phone Call Duration

Boy to boy: 1 minute

Boy to dad: 30 seconds

Boy to mom: 2 minutes

Boy to girl: 1 hour

Girl to girl: 2 hours  
Girl to boy: 1 Missed call

Husband to wife: 15 seconds  
Wife to husband: 15 missed calls

A husband and wife had a big argument. Frustrated and fed up, the wife called up her mom and said, "We fought again, I can't do this anymore. I am coming to live with you."

Mom said, "No darling, he must pay for his mistake. I am coming to live with you."

A woman entered the hospital to deliver her 15th child. "Congratulations," said the nurse, "but don't you think this is enough?"

The woman replied, "Are you kidding? This is the only vacation I get each year."

A mathematician wanders back home at 3 a.m. and proceeds to get an earful from his wife.

"You're late!" she yells. "You said you'd be home by 11:45!"

"Actually," the mathematician replies coolly, "I said I'd be home by a quarter of 12."

An angry motorist went back to a garage where he had purchased an expensive battery for his car just six months earlier.

"Listen," the motorist grumbled to the owner of the garage, "when I bought this battery you said it would be the last battery my car would ever need. It died after only six months!"

"Sorry," apologized the garage owner. "I didn't think your car would last longer than that."



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