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**Globally Recognized Publisher: Azeem A. Quadeer, M.S., P.E.**

**NOVEMBER 2025 Vol 16, Issue 11**

## Trump shaves China tariffs in deal with Xi on fentanyl, rare earths



U.S. President Donald Trump said he had agreed with President Xi Jinping to trim tariffs on China in exchange for Beijing cracking down on the illicit fentanyl trade, resuming U.S. soybean purchases and keeping rare earths exports flowing.

Trump's face-to-face talks with Xi in the South Korean city of Busan, their first since 2019, marked the finale of a whirlwind Asia trip on which he also touted trade breakthroughs with South Korea, Japan and Southeast Asian nations. The deal, according to Beijing, also included a U.S. pledge to delay for a year a new measure -- strongly opposed by China -- to bar thousands of Chinese firms from receiving U.S. technology if they are part-owned by a sanctioned company.

"It was an amazing meeting," Trump told reporters aboard Air Force One shortly after he left South Korea, ranking the talks a "12 out of 10".

Trump said tariffs on Chinese imports would be cut to 47% from 57%, by halving to 10% the rate of tariffs related to trade in fentanyl precursor drugs.

Xi will work "very hard to stop the flow" of fentanyl, a deadly synthetic opioid that is the leading cause of American overdose deaths, Trump said.

China agreed to pause export controls unveiled this month on rare earths, elements with vital roles in cars, planes and weapons that have become Beijing's most potent source of leverage in its trade war with the United States.

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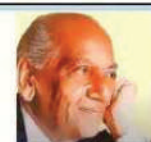
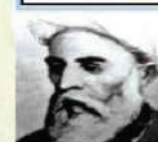
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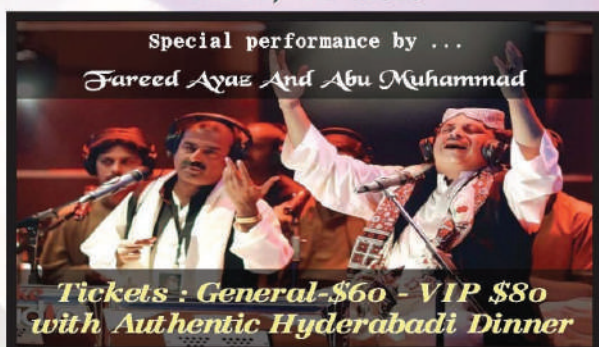
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# Hundreds Rally at Dallas City Hall for Gaza Solidarity on Two-Year Genocide Anniversary

Hundreds of protesters gathered at Dallas City Hall on Saturday, October 4, 2025, for the "Save Gaza Mega March," marking the second anniversary of what organizers termed Israel's genocidal campaign in Gaza following the October 7, 2023, Hamas attack. The demonstration united with worldwide protests in 40 cities to show support for Gaza through Palestinian flag waving and signs that read "Fund Our Farmers, Not Genocide" and political caricatures. Coalition of Organizations Mobilizes Community

The event brought together organizations such as the Council on American-Islamic Relations (CAIR), Dallas-Fort Worth, the Muslim American Society of Dallas, CODEPINK Dallas, Impact Action, and Voice of Palestine to demonstrate community-wide participation. The event took place from 2:00 PM to 5:00 PM at 1500 Marilla Street, according to promotional materials, which presented it as a part of the "International Day of Action Against Two Years of Genocide".

Event speakers included representatives from the Muslim Democratic Caucus and a congressional candidate advocating for Palestinian rights, according to video footage from the demonstration. One speaker announced plans to introduce "a candidate who will be running for Congress for this coming primary in March" who is "willing to say it like it is" regarding Palestinian injustice.

## Creative Activism Draws Attention

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"We sail till Palestine is free," declared the activist who constructed the symbolic vessel, encouraging supporters to donate to the Freedom Flotilla Coalition"

## Part of Global Day of Action

The Dallas demonstration coincided with international protests in cities such as San Jose, Los Angeles, Chicago, Washington, D.C., Boston, Seattle, and international locations in Canada and Europe. The U.S. Campaign for Palestinian Rights organized these coordinated protests to demonstrate against what activists called "Israel's blockade of Gaza, which includes the intentional denial of food to civilians and the restriction of vital humanitarian assistance".

Activists highlighted that the federal government sent Israel at least \$17.9 billion in military funding in 2024 alone, according to protest literature distributed during the demonstrations. The date served as a second anniversary of



Hamas launching their October 7, 2023, assault, which killed 1,200 Israelis while taking 251 people hostage, thus starting the Israeli military operation.

**Growing Movement Maintains Momentum**  
The demonstration brought together people from various age groups and social backgrounds who joined with their families, community leaders, and political activists. The Muslim Democratic Caucus stressed its 21 years of Texas organizing work as a key factor, according to the speakers.

The Dallas AFL-CIO Council endorsed the march as an extension of its ongoing community-based work for Palestinian solidarity. The organizers maintain their opposition to U.S. military aid for Israel and Palestinian self-governance because international protests continue and international diplomatic relations remain strained.

The peaceful demonstration concluded without incident, as protesters departed with renewed determination to achieve their goals through voting and continued community engagement. Context Corner

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# How Collin County is changing

The northern suburbs of Dallas are experiencing growing pains, particularly when it comes to housing and schools. Amid an influx of new residents and continued growth, Dallas' once-sleepy suburban communities in Collin County are emerging as regional focal points. Roads and homes can't be built fast enough, and school districts struggle to cope with changes in enrollment. Between 2020 and 2024, Collin County grew 13.6%, according to the Texas Demographic Center, with more than 1.2 million residents. By 2060, the county's population is expected to nearly double to more than 2.2 million residents, assuming migration rates continue at the current pace. For comparison, Dallas County's 2020 population was about 2.6 million people and is expected to exceed 3.1 million by 2060. Collin County population expected to reach 2.2 million by 2060. From 2025 to 2060 the county population is expected to increase 72.4%, compared with the state's expected growth rate in that time of 34.5%. Shifting racial and ethnic demographics Collin County population increases, by race and ethnicity The population of nonwhite residents outpaced the county's overall growth rate. Percent change from 2021 to 2023 As the region has grown, so has its diversity. Texas had the largest increase in the nation of

its Asian American population between 2022 and 2023, gaining over 91,000 residents of Asian descent, according to a report by Austin-based non-profit Asian Texans for Justice. The Dallas-Fort Worth area accounted for nearly 44,000 of that increase, with nearly 20,000, or almost 22%, of those new residents in Collin County. Housing market boom Homebuyers flocked to Collin County during the COVID-19 pandemic in search of more affordable, bigger spaces and better schools. After a bout of rapid home sales and a short supply of available houses, the market has steadied in recent years. However, home prices remain high. Collin County home prices since 2016 Median listing price (not seasonally adjusted) Strained school districts For school districts across Collin County, predicting enrollment trends and planning for a future full of unknowns is a hurdle for administrators. When enrollment falls short, it can result in closing schools and moving students around. Enrollment in 5 Collin County school districts



Total students enrolled, by school district McKinney's enrollment has started to plateau. Frisco's is shrinking slightly. The districts' school boards are considering closing or repurposing campuses. Enrollment in Plano has been dwindling in recent years, and the district closed four schools just this year. But in Prosper and Celina, growth is still staggering, and these booming districts can barely keep up. The Dallas Morning News By Mel Fronczek and Lilly Kersh Staff Writers



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After a fundraising dinner at Texas King Irving. From left Mohammad Hussain Founder & CEO WaZu Capital Partners, Azeem A. Quadeer Publisher and CEO Asia Times US, Manzoor Sir and Nasir Mohammed



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Honoured and humbled to be sworn in as a Cabinet Minister in the Telangana Government by Shri Jishnu Dev Verma Garu, Hon'ble Governor of Telangana.

My heartfelt gratitude to Shri Mallikarjun Kharge Ji, Smt Sonia Gandhi Ji, Shri Rahul Gandhi Ji, Smt Priyanka Gandhi Ji, and Shri KC Venugopal Ji for their trust and guidance.

My sincere thanks to our Hon'ble Chief Minister Shri A. Revanth Reddy Garu, Shri Mahesh Goud Garu, Smt Meenakshi Natrajan Madam, Shri P. Visshwanathan Sir, and my esteemed colleagues in the Council of Ministers for their support.

Above all, I thank the people of Telangana for their love and faith. I remain deeply committed to serving you with dedication, integrity, and purpose.







Iftekhhar Shareef seen at breakfast with third time US congressman from Illinois Chuyi Garcia



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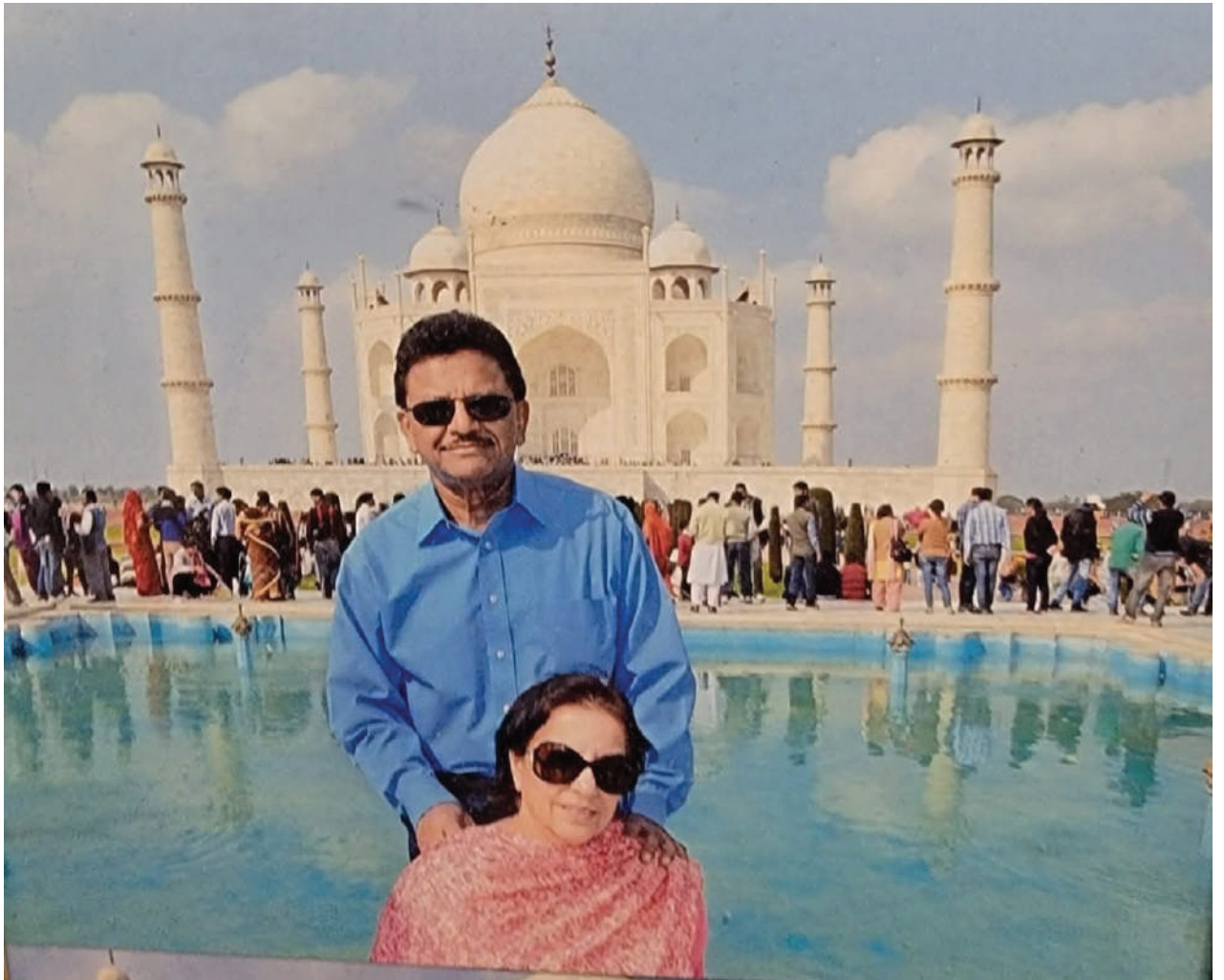


Iftekhhar shareef traveling back to Hyderabad, farewell dinner hosted by friends Aftab Baig of Monty's Banquets, Minhaj Akhtar, Vicar Hussain, vicar Quershi , Moazam nawab , Mir Khan (Zia) , Ahmed Khan , Mohsin Boxer , Jammie , Adeel and others





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Singer Piyush Panwar:  
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At Meet & Greet with Danish Taimoor and Ayeza Khan





Mr Shakeel Ullah Khan Sahab Youth Leader  
Chicago,Peer Pasha Sahab  
-Photo: Fareed Sabiri



Abbas Jamal in Madina Munawwara  
-Photo by Fareeduddin Sabiri



Mr Shaji Ullah Khan  
-Photo: Fareed Sabiri

Meet & Greet with Danish Taimoor and  
Ayeza Khan



New Consul General of Pakistan Chicago, Mr.  
Zaman Mehdi

Dinner at MCC





## The Passing of Br. Zafar Shaikh (IMRC Board of Trustee)

Inna lillahi wa inna ilayhi raji'un- Indeed, to Allah we belong and to Him we shall return. It is with deep sorrow that we announce the passing of Brother Zafar Shaikh, a beloved member of our community and Chairman of the Board of Trustees of IMRC.

Zafar Bhai's wisdom, mashwara (consultation), and companionship will be deeply missed — not only as a dedicated leader but also as a dear friend. He selflessly volunteered with IMRC for over 25 years, leading our Endowment Investment Committee, where he played a pivotal role in growing and managing the portfolio with great care, dedication, and integrity.

Beyond his community service, Zafar Bhai was a loving husband, father, brother, and Uncle. His family cherishes his legacy of love, wisdom, and

kindness, and they remain eternally grateful for the life he shared with them.

Zafar Bhai moved to the San Francisco Bay Area in 1968 and was an active and foundational member of the local Muslim community. He was part of the original group that helped establish the South Bay Islamic Association (SBIA) and worked closely with several local organizations to support the growth and well-being of the community.

Professionally, he had a successful career with Syntex, a pioneering pharmaceutical company, where he was among the original 20 founders — a testament to his vision and leadership.

We pray for his forgiveness. May Allah (SWT) place him in Jannatul Firdos and give sabr to his family. Ameen.



## Almost 100M jobs could be lost to AI, automation: Senate report

A Senate report released Monday says AI and automation could replace nearly 100 million jobs across various industries over the next decade.

The report, conducted by Democratic staffers on the Senate Health, Education, Labor and Pensions (HELP) Committee, led by Sen. Bernie Sanders (I-Vt.), outlines how AI and automation will impact the American economy and workforce.

Sanders, the ranking member on the HELP Committee, has warned of the consequences widespread use of AI and automation can have for workers.

As part of their investigation, staffers asked ChatGPT, OpenAI's chatbot, to predict the impact of AI and automation on certain industries. Of the 20 workforces ChatGPT said would be most affected by the technological rush, 15 will see more than half of their workforces replaced by AI and automation over the next decade.

The workforce most impacted will be fast food and counter employees. According to the report, more than 3 million fast food and counter workers will be replaced over the next 10 years, accounting for 89 percent of the workforce.

Other workforces that will be significantly affected include customer service representatives, laborers and freight, stock and material movers and secretaries and executive assistants — not including legal, medical and executive positions. The report said that 83 percent, 81 percent and 80 percent of those workforces, respectively, will be replaced in the next decade.

The report also calls for policy changes to provide guardrails for workers amid the move to AI and automa-



tion, saying the impact of AI and automation "will be determined by a set of choices."

It calls for, among other pieces of legislation, a standardized 32-hour work week, extended overtime and break protections, a minimum wage of at least \$17 an hour, elimination of tax loopholes for corporations that use AI and automation and requirements for corporations to give workers a stake in the business.

Sanders, in a Fox News op-ed published doubled down on the report's findings, saying increased technological capacity risks "dehumanizing" individuals. "We do not simply need a more 'efficient' society," Sanders said. "We need a world where people live healthier, happier and more fulfilling lives."

THE HILL  
Max Rego



### Adani Enters Ropeway Business

Adani launches Adani Ropeways Limited to develop ropeway projects across India, boosting infrastructure and mountain connectivity!

On October 23, 2025, Adani Enterprises Limited established a fully owned subsidiary, Adani Ropeways Limited (ARL), as part of its expanding infrastructure ventures. ARL will concentrate on building and operating ropeway projects across India, supporting the government's National Ropeways Development Programme, Parvatmala Pariyojana, and improving regional connectivity. This move supports India's efforts to modernize mountain transport and make travel easier for pilgrims and tourists.



# China has found Trump's pain point - rare earths

China's Ministry of Commerce published a document that went by the name of "announcement No. 62 of 2025".

But this wasn't just any bureaucratic missive. It has rocked the fragile tariffs truce with the US. The announcement detailed sweeping new curbs on its rare earth exports, in a move that tightens Beijing's grip on the global supply of the critical minerals - and reminded Donald Trump just how much leverage China holds in the trade war.

China has a near-monopoly in the processing of rare earths - crucial for the production of everything from smartphones to fighter jets.

Under the new rules, foreign companies now need the Chinese government's approval to export products that contain even a tiny amount of rare earths and must declare their intended use.

In response, US President Donald Trump threatened to impose an additional 100% tariff on Chinese goods and put export controls on key software.

"This is China versus the world. They have pointed a bazooka at the supply chains and the industrial base of the entire free world, and we're not going to have it," said US Treasury Secretary Scott Bessent.

China said the US had "deliberately provoked unnecessary misunderstanding and panic" over the rare earths restrictions.

"Provided the export licence applications are compliant and intended for civilian use, they will be approved," a commerce ministry spokesperson added.

the world's two biggest economies also imposed new port fees on each other's ships.

The flare-up in the trade war brings to an end months of relative calm after top US and Chinese officials brokered a truce in May.

Later this month, Trump and China's President Xi Jinping are expected to meet and experts have told the BBC the rare earths restrictions will give China the upper hand.

China's new controls are bound to "shock the system" as they target vulnerabilities in American supply chains, said international business lecturer Naoise McDonagh from Australia's Edith Cowan University.

"The timing has really upset the kind of timeline for negotiations that the Americans wanted," he added.

Rare earth minerals are essential for the production of a whole range of technology such as solar panels, electric cars and military equipment.

For example, a single F-35 fighter jet is estimated to need more than 400kg (881.8lb) of rare earths for its stealth coatings, motors, radars and other components.

China's rare earth exports also account for around 70% of the world's supply of metals used for magnets in electric vehicle motors, said Natasha Jha Bhaskar from advisory firm the Newland Global Group.

Beijing has worked hard to gain its dominance

of the global rare earth processing capacity, said critical minerals researcher Marina Zhang from the University of Technology Sydney.

The country has nurtured a vast talent pool in the field, while its research and development network is years ahead of its competitors, she added.

While the US and other countries are investing heavily to develop alternatives to China for supplies of rare earths, they are still some way from achieving that goal. With its own large deposits of rare earths, Australia has been tipped as a potential challenger to China. But its production infrastructure is still underdeveloped, making processing relatively expensive, Ms Zhang said. "Even if the US and all its allies make processing rare earths a national project, I would say that it will take at least five years to catch up with China."

Why the US needs China's rare earths

Inside Australia's billion-dollar bid to take on China's rare earth dominance

How Europe is vying for rare earth independence from China

The new restrictions expand measures Beijing announced in April that caused a global supply crunch, before a series of deals with Europe and the US eased the shortages.

The latest official figures from China show that exports of the critical minerals were down in September by more than 30% compared to a year ago.

But analysts say China's economy is unlikely to be hurt by the drop in exports.

Rare earths make up a very small part of China's \$18.7tn a year economy, said Prof Sophia Kalantzakos from New York University.

Some estimates put the value of the exports at less than 0.1% of China's annual gross domestic product (GDP).

While rare earths' economic value to China may be tiny their strategic value "is huge", she said, as they give Beijing more leverage in talks with the US.

Despite accusing China of "betrayal", Bessent has left the door open to negotiations.

"I believe China is open to discussion and I am optimistic this can be de-escalated," he said.

During a meeting with the US private equity group Blackstone's chief executive Stephen Schwarzman on Thursday, China's Foreign Minister Wang Yi also highlighted the need for talks.

"The two sides should engage in effective communication, properly resolve differences and promote stable, healthy and sustainable development of China-US relations," Wang said, according to the ministry's website.

What China has done recently is "getting its ducks in a row" ahead of those trade talks with the US, said Prof Kalantzakos.

In curbing rare earth exports, Beijing has found its "best immediate lever" to pressure Washington for a favourable deal, Ms Bhaskar said.

Jiao Yang from Singapore Management Uni-



versity believes that although Beijing holds the cards in the short-run, Washington does have some strategic options at its disposal.

The US could offer to lower tariffs, which is likely to be attractive to Beijing as the trade war has hit its manufacturers hard, said Prof Jiao said.

China's economy is reliant on the income from the goods it makes and exports. The latest official figures show its exports to the US were down by 27% compared to a year ago.

Washington can also threaten to hit China with more trade restrictions to hamper efforts to develop its technology sector, said Prof McDonagh.

For example, the White House has already targeted China's need for high-end semiconductors by blocking its purchases of Nvidia's most advanced chips.

But experts say that is likely to have only limited effects.

Measures targeting Beijing's tech industry may slow China but won't "stop it dead in the water," said Prof McDonagh.

China has shown with its recent economic strategy that it is willing to take some pain to achieve its long-term goals, he added.

"China can carry on even if it costs a lot more under US export controls.

"But if China cuts off these rare earth supplies, that can actually stop everyone's industry. That's the big difference."

Yahoo/Finance

Osmond Chia





## Maulana Qari Bashir Ahmed Siddiq Passed away

Madina Munawwara: Maulana Qari Bashir Ahmed Siddiq, a distinguished Pakistani-born Islamic scholar who devoted six decades to teaching the Qur'an at Masjid an-Nabawi, has passed away. According to a spokesperson from Jamia Ashrafia Lahore, his funeral prayer was held inside Masjid an-Nabawi and led by Imam Sheikh Salah al-Budair. After the prayer, he was laid to rest in Jannat al-Baqi cemetery.

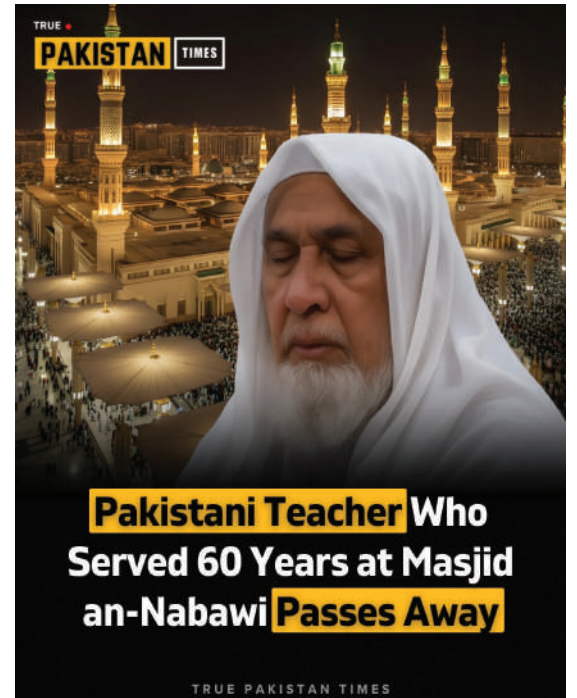
A graduate of Darul Uloom Karachi, Maulana Siddiq spent the last 60 years teaching the Qur'an to students and visitors from around the world at the Proph-

et's Mosque. Thousands benefited from his knowledge, humility, and lifelong dedication to Islamic education.

Scholars and religious circles across the Muslim world have expressed deep sorrow over his passing, describing his decades of service as a remarkable contribution to the Ummah.

Disclaimer: This content is shared solely for informational, awareness, and journalistic purposes.

True Pakistan Times's Post



## Sheikh Saleh bin Fawzan bin Abdullah Al-Fawzan appointed Grand Mufti of Saudi Arabia



RIYADH: Sheikh Saleh bin Fawzan bin Abdullah Al-Fawzan has been appointed Grand Mufti of Saudi Arabia and the Chairman of the Council of Senior Scholars.

The appointment was made by royal decree and based on a proposal by Crown Prince Mohammed bin Salman, Saudi Press Agency reported on Wednesday.

The religious scholar will also undertake the role of president of the General Presidency of Scholarly Research and Ifta, SPA said.

Sheikh Saleh succeeds former Grand Mufti Sheikh Abdulaziz Al-Asheikh who passed away on Sept. 23. Sheikh Saleh bin Fawzan bin Abdullah Al-Fawzan has been appointed Grand Mufti of Saudi Arabia and the Chairman of the Council of Senior Scholars. The appointment was made by royal decree and based on a proposal by Crown Prince Mohammed bin Salman, Saudi Press Agency reported Omer Haqqani Arab News



### Mumbai's New Underground Links

Mumbai plans underground walkways linking metro stations with malls, offices, and the coast for easy travel.



# Repositioning Cruises: Everything You Need to Know About

## These Unusual Trips

Having taken cruises to the South Pole, North Pole, and everywhere in between, we know a decent amount about cruising. In our early days of full-time travel, we tested a ton of budget travel hacks to find the best ways to save money while traveling. One of the best money-saving hacks we have ever discovered is... \*drumroll please\*... repositioning cruises!

In 2017, we took a 15-day repositioning cruise from the UK to the Caribbean. When we first booked the cruise, the price tag seemed almost way too good to be true. But after spending over two weeks onboard the ship, we began to understand why budget and adventure travelers alike rave about these very unique cruises.

Let's talk about repositioning cruises and why you may want to (or not want to) book one for your next vacation.

What is a Repositioning Cruise?

Repositioning cruises are a one-way journey a cruise ship makes when relocating from one area of the world to another. Typically, this occurs during the winter months when ships transition from cold weather to warmer waters. These unique cruises appeal to travelers who want to travel in off-peak seasons or are looking to spend more time aboard the ship. They usually come at a far lower price per night than regular cruises and last much longer, up to even 15-16 days.

Why Would (or Wouldn't) I Book a Repositioning Cruise?

Repositioning cruises have a lot of differences from standard cruises, so they're not for everyone. Let's check out all the reasons why repositioning cruises are for you and a few reasons why you might want to skip booking this type of trip.

Repositioning Cruise Pros

They are cheaper than standard cruises.

One of the main reasons people book repositioning cruises is that they are significantly less expensive than standard cruises. You can often find repositioning cruises that cost less than \$50 per day per person — that means you could get a two-week cruise for the same price as a regular seven-day Caribbean cruise. With a much lower per-day rate, this also means repositioning cruises are a great opportunity to "splurge" on a fancier suite or oceanfront room than you normally would.

There's a lot of time for relaxation and activities. Repositioning cruises also appeal to travelers who want the cruising experience but without the hectic back-to-back port days. Often, these ships are crossing entire oceans, so there can be a lot of sea days in between ports. But the cruise ships still operate their buffets, restaurants, pools, and entertainment, so there are plenty of things to do while at sea.

They are a lot less crowded (with fewer families).

Yellow mattress and ball swimming in the pool Since they're longer, have fewer ports, and are

usually in the off-season, repositioning cruises don't appeal to everyone. This means the ships usually operate at a much lower capacity, so you can relax without standing in lines at the buffets or fighting for lounge chairs at the pool. The primary target group for repositioning cruises is retirees or solo adults, as they typically occur during the off-season when families have children in school. So, more often than not, the cruises end up being mostly adults-only. You'll get to experience a unique itinerary.

Sydney Australia - August 25, 2025: Early morning in Sydney, and the iconic Opera House and a dynamic pre-dawn sky are reflected in the waters of Circular Quay. Long Exposure.

Since repositioning cruises involve moving ships from one region to the next, they're a great opportunity to experience multiple different parts of the world. Some sample itineraries might include cruising from New York or Fort Lauderdale for the Mediterranean Cruise season, or from Australia to Los Angeles for summer in the Western Hemisphere.

Repositioning Cruise Cons

There are fewer port stops.

As we mentioned above, repositioning cruises are probably not for people who want to stop at lots of different ports. Sometimes you can spend upwards of one whole week at sea without ever stopping. It's important to consider if you'll find yourself getting bored of the on-ship activities after that length of time.

The seas can be rough.

Wide shot of wind driven rough seas in the Drake Passage, Antarctica

If you're prone to seasickness, you might also want to steer away from repositioning cruises. While not always the case, they often experience rougher waters than standard cruises. This is especially the case on transatlantic or transpacific cruises where the boat has to cross entire oceans to get to its next ports. Even if you're not prone to seasickness, you might want to pack some motion sickness medicine just in case. Your body will thank you after 5 straight days at sea. You'll have to book two one-way tickets.

Emirates passenger airplane Airbus A380-861 registration A6-EEB landing at Swiss Airport Z&#xcirc;rich Kloten on a sunny late summer day. Photo taken September 15th, 2025, Kloten, Switzerland.

Unlike standard cruises, repositioning cruises don't start and end in the same place. Unless you live in the starting or ending port (in that case, repositioning cruises could be a major win), you'll have to book one-way flight tickets for each stop. And usually, buying two one-way tickets is more expensive than buying a single round-trip ticket, so you'll need to factor that into your budget when booking the flight.

You'll have to travel in the off-season.

City of London skyscrapers seen from Tower of London, UK

As we mentioned above, repositioning cruises



take place almost exclusively in between seasons. This means that they're not usually an option for people looking to travel during summer or over the holidays. If you want to travel during those times, you'll have to spend some time stalking your favorite cruise lines' last-minute cruise deal page. And once you snag a cruise, it's time to head over to Daily Drop Pro to find the best flight deals out of your home airport.

Want to see a typical day in the life onboard a repositioning cruise? Check out the video below! Kara and Nate

Creator

Hi! We're Kara and Nate. High school sweethearts from Nashville, TN whose shared love of travel has led us on the adventure of a lifetime. In 2016 we quit our jobs to spend one year traveling around the world. Seven years later, we still haven't stopped! We quickly fell in love with life on the road and capturing our travels on video. We've visited over 100 countries, and have been fortunate enough to build an awesome community of subscribers on our YouTube channel and newsletter Daily Drop. We're so grateful to do what we love everyday and we hope our story and our content might inspire you to travel somewhere new!




Yahoo creators  
Kara and Nate



CELEBRITIES BIRTHDAYS

1 Shah Rukh Khan



Nov 02, 1965

New Delhi


iamsrk

iamsrk

iamsrk

Indian actor, producer and television personality

2 Virat Kohli



Nov 05, 1988

Delhi


imVkohli

virat.kohli

virat.kohli

Indian cricket player

3 Jawaharlal Nehru




Nov 14, 1889

Prayagraj

Indian lawyer, statesman, and writer, first Prime Minister of India

4 Aishwarya Rai



Nov 01, 1973


Mangalore

AishwaryaRaiWeb

aishwaryaraibachchan\_arb

Indian actress

5 Indira Gandhi




Nov 19, 1917

Prayagraj

Indian Prime Minister and Politician

6 Tara Sutaria




Nov 19, 1995

Mumbai

tarasutaria

singer and actress from India

7 Nayanthara




Nov 18, 1984

Bangalore

Indian film actress

8 Kamal Haasan



Nov 07, 1954


Paramakudi

ikamalhaasan

iKamalHaasan

Indian actor

9 Kartik Aaryan



Nov 22, 1988

Gwalior

theaaryankartik

KartikAaryanOfficial

Indian actor

General Sahir Shamshad Mirza.

Chairman of Pakistan’s Joint Chiefs of Staff Committee (CJCSC), General Sahir Shamshad Mirza, called on Bangladesh’s Chief Adviser Muhammad Yunus at the State Guest House Jamuna late Saturday.

In an X post shared by Yunus, it was confirmed that the two “during the meeting, discussed a wide range of issues concerning Bangladesh–Pakistan relations”.

It further added, “Including the growing importance of bilateral trade, investment, and defence cooperation.”

The X post also revealed that the meeting also emphasised on “the shared historical, cultural, and people-to-people ties between the two countries.”

“General Mirza expressed Pakistan’s desire to strengthen cooperation in multiple sectors. He noted the vast potential for expanding trade, connectivity, and investment between Bangladesh and Pakistan.”

PAK MAG MEDIA GROUP Musharaf Khan

DIABETES Meal Plan				
7-Day / 1200 Calorie				
	Breakfast	Lunch	Dinner	Sna...
MONDAY	1 boiled egg, 1 slice whole grain toast, 1/2 avocado, black coffee	Grilled chicken salad (spinach, cucumbers, tomatoes), 1 tbsp olive oil	Baked salmon, 1/2 cup quinoa, steamed broccoli	10 almond...
TUESDAY	Greek yogurt (plain, non-fat), 1/2 banana, 1 tbsp chia seeds	Turkey lettuce wrap (lean turkey, mustard, spinach), baby carrots	Stir-fried tofu, mixed non-starchy veggies, 1/2 cup brown rice	1 boiled 1/2 cup l...
WEDNESDAY	Oatmeal (1/3 cup oats), cinnamon, 1/2 pear, 1 tsp flaxseed	Tuna salad (in water, lettuce, cucumbers), 1 rye crispbread	Grilled chicken breast, 1/2 cup lentils, sautéed spinach	Low-fat c...
THURSDAY	Smoothie with unsweetened almond milk, spinach, 1/4 banana, protein powder	Zucchini noodles with lean ground turkey and tomato sauce	Baked cod, 1/2 sweet potato, roasted Brussels sprouts	1 tbsp peanut butter, 1/2 apple
FRIDAY	2 scrambled egg whites, sautéed mushrooms, 1 slice whole wheat toast	Chickpea salad (chickpeas, cucumbers, herbs, lemon), lettuce wrap	Stuffed bell peppers with quinoa and vegetables	Greek yogurt, 1 tbsp sunflower seeds
SATURDAY	1 slice whole grain toast, 1 boiled egg, 3 cherry tomatoes	Grilled shrimp salad (greens, avocado, cucumbers), vinaigrette	Turkey meatballs, 1/2 cup couscous, sautéed zucchini	1 small orange, 8 walnuts
SUNDAY	Cottage cheese (1/2 cup), 1/4 cup raspberries, 1 tbsp flaxseed	Egg salad (light mayo, celery), 2 whole grain crackers	Grilled tofu, cauliflower rice, steamed green beans	1 hard-boiled egg, 1/2 peach



# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 25V614  
Manufacturer : Ford Motor Company  
Subject : Seat Belt Anchor Pretensioner Cables May Corrode and Break  
Make Model Model Years  
FORD MUSTANG 2015-2017  
NHTSA Recall ID Number : 25V669  
Manufacturer : Lucid USA, Inc.  
Subject : Disconnected Half-Shaft May Cause Loss of Drive Power  
Make Model Model Years  
LUCID AIR 2024-2026  
NHTSA Recall ID Number : 25V671  
Manufacturer : BMW of North America, LLC  
Subject : Windshield Not Sealed Properly  
Make Model Model Years  
BMW X4 2026  
BMW X6 2026  
NHTSA Recall ID Number : 25V672  
Manufacturer : BMW of North America, LLC  
Subject : Loss of Drive Power from Incorrectly Manufactured Driveshaft  
Make Model Model Years  
BMW R 1300 RT 2026  
NHTSA Recall ID Number : 25V674  
Manufacturer : Chrysler (FCA US, LLC)  
Subject : Detached Shifter Cable May Cause Vehicle Rollaway  
Make Model Model Years  
DODGEDART 2013-2016  
NHTSA Recall ID Number : 25V675  
Manufacturer : Jayco, Inc.  
Subject : Murphy Bed May Fall Unexpectedly  
Make Model Model Years  
HEARTLAND BIGHORN 2026  
JAYCO FIFTH WHEEL NORTH POINT 2026  
NHTSA Recall ID Number : 25V676  
Manufacturer : Nissan North America, Inc.  
Subject : Blown Fuel Pump Fuse  
Make Model Model Years  
CHEVROLET CITY EXPRESS 2015-2018  
NISSAN NV200 2013-2021  
NISSAN NV200 TAXI 2014-2017, 2019  
NHTSA Recall ID Number : 25V678  
Manufacturer : Ford Motor Company  
Subject : Passenger Air Bag May Deploy Improperly/FMVSS 208  
Make Model Model Years  
FORD RANGER 2025  
NHTSA Recall ID Number : 25V679  
Manufacturer : Autocar, LLC  
Subject : Loss of Steering Control  
Make Model Model Years  
AUTOCAR LEGEND 2024-2026  
AUTOCAR XPEDITOR 2024-2026  
NHTSA Recall ID Number : 25V680  
Manufacturer : Genesis Supreme RV  
Subject : Air Conditioner May Catch Fire  
Make Model Model Years  
GENESIS FIFTH WHEEL 2024  
NHTSA Recall ID Number : 25V682  
Manufacturer : Forest River, Inc.  
Subject : Missing Over Current Protection May Cause Fire  
Make Model Model Years  
COACHMEN CATALINA 2025-2026  
COACHMEN CLIPPER 2026  
COACHMEN VIKING 2026  
FOREST RIVER AURORA 2025-2026

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

NHTSA Recall ID Number : 25V683  
Manufacturer : Ford Motor Company  
Subject : Inadequate Windshield Bonding/FMVSS 212  
Make Model Model Years  
FORD BRONCO 2025  
FORD RANGER 2025  
NHTSA Recall ID Number : 25V684  
Manufacturer : Brenner Tank, LLC  
Subject : Incorrect Emergency Valve May be Damaged and Leak  
Make Model Model Years  
BRENNER TKQXFR 2026  
NHTSA Recall ID Number : 25V685  
Manufacturer : Ford Motor Company  
Subject : Engine Block Heater May Short Circuit and Cause Fire  
Make Model Model Years  
FORD BRONCO 2021-2024  
FORD BRONCO SPORT 2021-2024  
FORD ESCAPE 2020-2022  
FORD EXPLORER 2016-2018, 2020-2023  
FORD FUSION 2019-2020  
FORD MAVERICK 2022-2024  
FORD RANGER 2019-2024  
LINCOLN CORSAIR 2020-2022  
LINCOLN MKC 2016-2019  
NHTSA Recall ID Number : 25V686  
Manufacturer : Ford Motor Company  
Subject : Rearview Camera Image May Not Display Properly  
Make Model Model Years  
FORD F-250 SD 2020-2022  
FORD F-350 SD 2020-2022  
FORD F-450 SD 2020-2022  
NHTSA Recall ID Number : 25V687  
Manufacturer : Ford Motor Company  
Subject : Trailer Hitch Assembly May Detach  
Make Model Model Years  
FORD EXPLORER 2024-2025  
LINCOLN AVIATOR 2024-2026  
NHTSA Recall ID Number : 25V689  
Manufacturer : Ford Motor Company  
Subject : Low Brake Fluid Warning Inoperative/FMVSS 135  
Make Model Model Years  
FORD MUSTANG 2021-2023  
NHTSA Recall ID Number : 25V692  
Manufacturer : Supreme Corporation  
Subject : Battery Box May Detach  
Make Model Model Years  
SUPREME WABASH TRUCK 2025  
NHTSA Recall ID Number : 25V694  
Manufacturer : Daimler Trucks North America, LLC  
Subject : Insufficient Exterior Joint Strength/FMVSS 221  
Make Model Model Years  
THOMAS BUILT BUSES SAF-T-LINER HDX2 2026  
NHTSA Recall ID Number : 25T017  
NHTSA Recall ID Number : 25V648  
Manufacturer : Bentley Motors, Inc.  
Subject : High Pressure Fuel Pump May Leak and Cause a Fire  
Make Model Model Years  
BENTLEY CONTINENTAL GT 2025-2026  
BENTLEY CONTINENTAL GTC 2025-2026  
BENTLEY FLYING SPUR 2025  
NHTSA Recall ID Number : 25V657  
Manufacturer : Toyota Motor Engineering & Manufacturing  
Subject : Rearview Camera Image May Not Display/FM-

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

VSS 111  
Make Model Model Years  
TOYOTA SEQUOIA HYBRID 2023-2025  
TOYOTA TUNDRA 2022-2025  
TOYOTA TUNDRA HYBRID 2022-2025  
NHTSA Recall ID Number : 25V658  
Manufacturer : Tesla, Inc.  
Subject : Reverse Lights May Fail to Illuminate/FMVSS 108  
Make Model Model Years  
TESLA MODEL Y 2026  
NHTSA Recall ID Number : 25V659  
Manufacturer : Hyundai Motor America  
Subject : Fire Risk from Improper Starter Motor Wiring  
Make Model Model Years  
HYUNDAI SANTA FE 2024-2025  
NHTSA Recall ID Number : 25V660  
Manufacturer : Autocar, LLC  
Subject : Steering Wheel May Separate and Cause Steering Loss  
Make Model Model Years  
AUTOCAR LEGEND 2023-2026  
AUTOCAR XPEDITOR 2023-2026  
NHTSA Recall ID Number : 25V661  
Manufacturer : Altec Industries, Inc.  
Subject : Battery Cables May Overheat and Cause Fire  
Make Model Model Years  
ALTEC FOSV-CA 2024  
NHTSA Recall ID Number : 25V662  
Manufacturer : Forest River, Inc.  
Subject : Leaf Spring Bolt Failure  
Make Model Model Years  
FOREST RIVER ENTOURAGE 2025-2026  
NHTSA Recall ID Number : 25V663  
Manufacturer : Altec Industries, Inc.  
Subject : Auxiliary Engine Circuit May Overheat and Cause Fire  
Make Model Model Years  
ALTEC ST600 2022-2025  
NHTSA Recall ID Number : 25V664  
Manufacturer : REV Recreation Group  
Subject : Seat Fasteners May Damage Propane Hoses  
Make Model Model Years  
FLEETWOOD FORTIS 2024-2026  
HOLIDAY RAMBLER INVICTA 2024-2026  
NHTSA Recall ID Number : 25V665  
Manufacturer : Chrysler (FCA US, LLC)  
Subject : Software May Cause Loss of Drive Power  
Make Model Model Years  
RAM PROMASTER 2024-2025  
NHTSA Recall ID Number : 25V666  
Manufacturer : Mack Trucks, Inc.  
Subject : Improperly Welded Seat Belt Anchor/FMVSS 210  
Make Model Model Years  
MACK ANTHEM (AN) 2019-2025  
MACK GRANITE (GR) 2019-2025  
MACK MD 2020-2025  
MACK MD (ELECTRIC) 2024  
MACK PINNACLE (PI/PN) 2025  
NHTSA Recall ID Number : 25V667  
Manufacturer : Chrysler (FCA US, LLC)  
Subject : Rearview Camera Image May Not Display/FMVSS 111  
Make Model Model Years  
ALFA ROMEO GIULIA 2020-2025  
ALFA ROMEO STELVIO 2020-2025

you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.



# Tipu Sultan

(born Sultan Fateh Ali Sahab Tipu, 20 November 1750 – 4 May 1799), also known as Tipu Sahab or the Tiger of Mysore, was a ruler of the Kingdom of Mysore and a pioneer of rocket artillery.

He introduced a number of administrative innovations during his rule, including a new coinage system and calendar, and a new land revenue system which initiated the growth of the Mysore silk industry.

He expanded the iron-cased Mysorean rockets and commissioned the military manual Fathul Mujahidin.

He deployed the rockets against advances of British forces and their allies during the Anglo-Mysore Wars, including the Battle of Pollilur and Siege of Seringapatam.

He also embarked on an ambitious economic development program that established Mysore as a major economic power, with some of the world's highest real wages and living standards in the late 18th century.

Napoleon Bonaparte, the French commander-in-chief, sought an alliance with Tipu Sultan. Both Tipu Sultan and his father used their French-trained army in alliance with the French in their struggle with the British, and in Mysore's struggles with other surrounding powers, against the Marathas, Sira, and rulers of Malabar, Kodagu, Bednore, Carnatic, and Travancore.

Tipu's father, Hyder Ali, rose to

power capturing Mysore, and Tipu succeeded him as the ruler of Mysore upon his father's death in 1782. He won important victories against the British in the Second Anglo-Mysore War and negotiated the 1784 Treaty of Mangalore with them after his father died from cancer in December 1782 during the Second Anglo-Mysore War. Tipu's conflicts with his neighbours included the Maratha–Mysore War which ended with the signing of the Treaty of Gajendragad. The treaty required that Tipu Sultan pay 4.8 million rupees as a one-time war

cost to the Marathas, and an annual tribute of 1.2 million rupees in addition to returning all the territory captured by Hyder Ali. Tipu remained an implacable enemy of the British East India Company, sparking conflict with his attack on British-allied Travancore in 1789. In the Third Anglo-Mysore War, he was forced into the Treaty of Seringapatam, losing a number of previously conquered territories, including Malabar and Mangalore. He sent emissaries to foreign states, including the Ottoman Empire, Afghanistan, and France, in an

attempt to rally opposition to the British. In the Fourth Anglo-Mysore War, the imperial forces of the British East India Company were supported by the Nizam of Hyderabad and the Marathas. They defeated Tipu, and he was killed on 4 May 1799 while defending his fort of Seringapatam. In post-colonial Indian subcontinent, Tipu Sultan is celebrated as a hero of colonial resistance. However, he has been criticized for his repression of Hindus, Christians and even Muslims for both religious and political reasons.

## Tipu Sultan

Ruler of the Sultanate of Mysore karnataka



**Date of Birth:** 20-Nov-1750

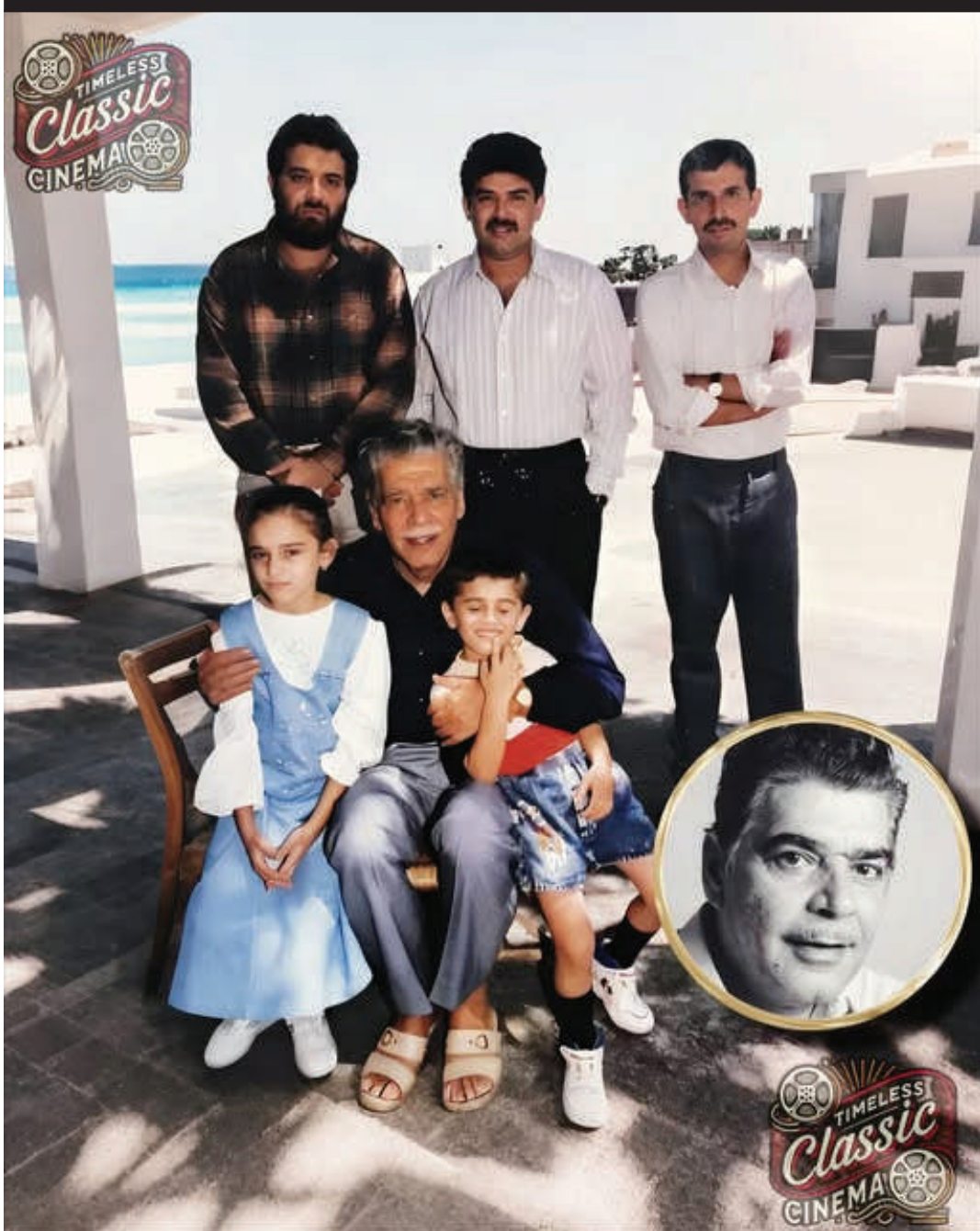
**Place of Birth:** Devanahalli, Karnataka, India

**Date of Death:** 04-May-1799

**Profession:** writer, sultan, politician

**Nationality:** India

**Zodiac Sign:** Scorpio



A rare and beautiful moment — legendary actor Ajit Khan (Hamid Ali Khan) seen here with his sons and grandchildren, sharing smiles and togetherness beyond the glamour of the silver screen.

Born on January 27, 1922, Ajit was one of the most charismatic stars of his time, known for his distinctive baritone voice and effortless style. He began his career as a leading man in films like Beqasoor, Nastik, Bada Bhai, and Bara Dari, before reinventing himself as one of Bollywood's most unforgettable villains in hits like Zanjeer, Kalicharan, and Yaadon Ki Baaraat.

His close friend Rajendra Kumar played a key role in encouraging him to take up villainous roles — a decision that changed the course of his career. As Javed Akhtar once said, Ajit brought elegance and calm menace to villainy, giving it a whole new identity.

Away from the arc lights, Ajit was a warm, affectionate family man — a side beautifully captured in this priceless picture.



# Trump threatens Canada with 10% extra import tax for not pulling down anti-tariffs ad sooner

ABOARD AIR FORCE ONE (AP) — President Donald Trump said that he plans to hike tariffs on imports of Canadian goods by an extra 10% because of an anti-tariff television ad aired by the province of Ontario.

The ad used the words of former President Ronald Reagan to criticize U.S. tariffs, angering Trump who said he would end trade talks with Canada. Ontario Premier Doug Ford said he would pull the ad after the weekend, and it ran Friday and Saturday during the first two games of the World Series.

“Their Advertisement was to be taken down, IMMEDIATELY, but they let it run last night during the World Series, knowing that it was a FRAUD,” Trump said in a post on his Truth Social platform as he flew aboard Air Force One to Malaysia.

“Because of their serious misrepresentation of the facts, and hostile act, I am increasing the Tariff on Canada by 10% over and above what they are paying now.”

It was unclear what legal authority Trump would use to impose the additional import taxes. The White House did not immediately

respond to a request for comment on when the 10% hike would come into effect, and whether it would apply to all Canadian goods.

Dominic LeBlanc, the Canadian minister responsible for trade issues with the U.S., tried to draw a distinction by pointing out in a statement that the responsibility for negotiations rests with Canada’s federal government, not provincial leaders.

“Progress is best achieved through direct engagement with the U.S. administration,” he said.

Canada’s economy has been hit hard by Trump’s tariffs, and Canadian Prime Minister Mark Carney has been trying to work with Trump to lower them. More than three-quarters of Canadian exports go to the U.S., and nearly \$3.6 billion Canadian (\$2.7 billion U.S.) worth of goods and services cross the border daily.

Spokespersons for Carney and Ford did not immediately respond to requests for comment.

Many Canadian products have been hit with a 35% tariff, while steel and aluminum face rates of 50%. Energy products have a lower rate of 10%, while the vast majority of goods are cov-



ered by the U.S.-Canada-Mexico Agreement, and are exempt from tariffs. That trade agreement is slated for review. Trump negotiated the deal in his first term, but has since soured on it.

Trump and Carney will both attend the Association of Southeast Asian Nations summit in Malaysia. But Trump told reporters traveling with him that he had no intention of meeting Carney there.

Trump said the ad misrepresented the position of Reagan, a two-term president and a beloved figure in the Republican Party. But Reagan was wary of tariffs and used much of the 1987 address featured in Ontario’s ad spelling out the case against tariffs.

Yahoo/News

MARK SCHIEFELBEIN

Meet Ajit Prabhu - the small-town dreamer from Hubli who turned life’s struggles into a ₹8,885 crore success story!

From renting comics as a kid to serving global giants like Rolls-Royce, Microsoft, and Airbus, Ajit’s journey proves that true hustle knows no limits.

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His story isn’t just about wealth — it’s about vision, grit, and the courage to dream beyond your circumstances. If Ajit can build an empire from a 25-paise idea... what’s stopping you?

**INVESTUP MEDIA**

**₹8,885 CRORE EMPIRE**

Meet Ajit Prabhu - who once slept at a US airport with just \$60 in hand and today leads a ₹8,885 crore global empire servicing Rolls-Royce and Microsoft.

[investupmedia.com](https://investupmedia.com)



# Hyderabad-Born Democrat Ghazala Hashmi Breaks Barriers in Virginia Lieutenant Governor Race

Ghazala Hashmi from Hyderabad, India, will become the first Muslim and Asian-American to hold statewide office in Virginia after polls show she leads Republican John Reid in the lieutenant governor race. The November 4 election will bring historic change when Hashmi wins, as she will become the first Muslim and Asian-American to serve in Virginia state government.

## Leading in the Polls, Building on Historic Momentum

The Hashmi leads Reid by 9 points among Virginia voters who will likely vote in the election. The Wason Center at Christopher Newport University surveyed from September 29 to October 1, which shows Kaplan Strategies' poll showing Hashmi leading Reid by 7 points (48%-41%), supporting the Democratic party's positive performance in down-ballot elections. The Suffolk University poll from October 23 showed the candidates tied at 45% but the results stay within the survey's error range.

"Virginia workers know nobody is working harder for them. As lieutenant governor, I will continue my fight to increase wages, protect affordable health care, and create opportunities for all families to thrive," Hashmi posted on social media on October 6 while sharing a campaign advertisement titled "Educator" From Malakpet to Richmond

Born in Hyderabad in 1964, Hashmi lived with her maternal grandparents in Malakpet during her childhood. Her maternal grandfather served in the finance department of the Government of Andhra Pradesh, according to the Khaleej Times. She moved to the United States with her mother and older brother at age four, joining her father in Georgia as he completed his PhD in international relations and began his university teaching career.

After graduating as valedictorian of her high school class and receiving multiple full scholarships and fellowships, Hashmi earned a BA with honors from Georgia Southern University and her PhD in American literature from Emory University in Atlanta, according to her campaign website. She and her husband, Azhar, moved to the Richmond area as newlyweds in 1991, where she spent nearly 30 years as a professor, first at the University of Richmond and then at Reynolds Community College.

**Breaking Barriers in Virginia Politics**  
Hashmi created history during the 2019 Virginia Senate election, defeating Republican incumbent Glen Sturtevant in the 10th district to become the first Muslim and first South Asian American member of the Virginia Senate. She secured more than 60% of the votes during her 2023 re-election bid against Republican candidate Hayden Fisher in the 15th district. She launched her lieutenant governor campaign in May 2024 before securing the Democratic nomination in June by defeating five other candidates.

"I have a track record with regard to the issues Virginians care about – education, health care, housing and opportunity. I am ready to make policy that will make Virginia an example for other states," Hashmi stated during her campaign, according to VPM News.

## From Malakpet to Richmond

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"I have a track record with regard to the issues Virginians care about – education, health care, housing and opportunity. I am ready to make policy that will make Virginia an example for other states," Hashmi stated during her campaign, according to VPM News.

## Campaign Focuses on Kitchen Table Issues

Hashmi runs alongside Democratic gubernatorial nominee Abigail Spanberger, a former CIA officer and three-term congresswoman, and Jay Jones, who seeks the attorney general position. Her campaign platform supports public education and voting rights, gun violence prevention, climate action, housing affordability, and health-care accessibility, which appeals to Indian and Pakistani-American voters in Virginia.

Hashmi supported the Right to Contraception Act during her time in the Senate, but Youngkin used his veto power to block its passage through the Virginia House of Delegates and the Senate. She announced her backing of the repeal of Virginia's right-to-work law in April 2025, indicating her support for labor organizations.

## Building Cross-Community Support

Hashmi established connections with different immigrant populations throughout Virginia through her personal experience of moving to the United States. Community leaders credit her successful outreach to South Asian communities to her inclusive methods, which gained backing from all demographic groups, according to India Today.

"Her being of Indian origin is of little consequence for us," Faiz Rahman, a Pakistani-origin resident of Fairfax and former staffer at Voice of America's Urdu Service, told the Dawn newspaper, reflecting broader sentiment among voters. Another voter, shopkeeper Kuldip Singh, told the Dawn: "I would vote for her because she is a Democrat—and Democrats are good for immigrants". Hassan, an NGO worker from Washing-



ton, added: "People like Ghazala remind us that this country belongs to everyone willing to work for it".

**Debate Controversy and Campaign Tactics**  
Hashmi's Republican opponent, John Reid, a former conservative talk show host, has criticized her refusal to participate in traditional debates. In an unusual move, Reid staged a 40-minute YouTube debate against an AI-generated version of Hashmi—a move Democrats dismissed as a "shoddy gimmick," according to CBS-affiliate WUSA9.

The Democratic Party of Virginia said Reid was more interested in "shoddy gimmicks and dirty tricks" than in governing. At the same time, Hashmi campaign spokesperson Ava Pitruzzello called the AI debate a "desperate move," according to WUSA9. During the mock debate, Reid claimed Hashmi supported "keeping Virginia schools closed an extra year after the coronavirus pandemic" and has "pushed for boys in girls' sports... higher taxes [and] releasing criminals early".

**National Implications and Historic Context**  
The Associated Press reports that Virginia off-year elections attract national attention because they show how American politics operate. The November 4 election will decide who becomes governor, lieutenant governor, and attorney general, and will also see voters select all 100 members of the Virginia House of Delegates. The election functions as a preview of President Donald Trump's second-term agenda while delivering crucial information about the 2026 midterm elections.

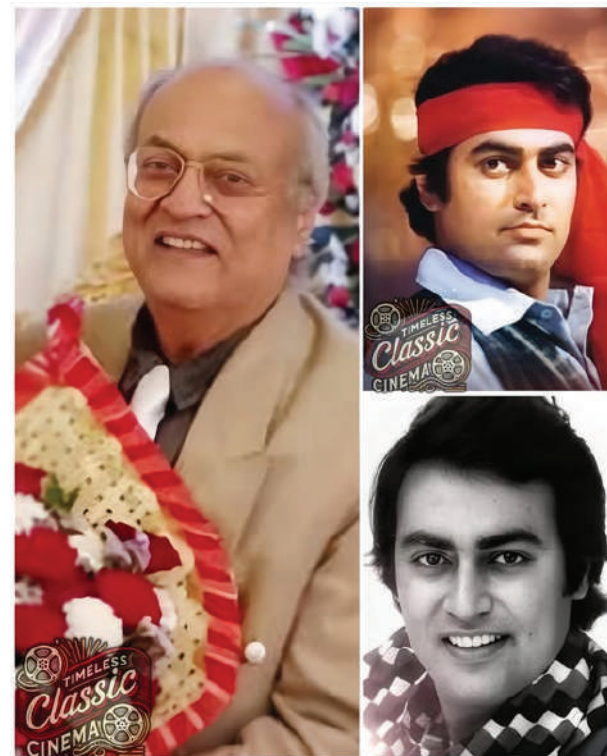
Hashmi seeks political office at a time when South Asian politicians are beginning to enter American political representation. Zohran Mamdani, who married a Dubai resident, has emerged as a leading contender for New York's first Muslim mayoral position. South Asian Americans now hold more public offices throughout the United States because their numbers have grown in the population.  
Context corner





Tariq Khan, born in 1951, is the nephew of legendary filmmaker Nasir Hus-sain and the cousin of Aamir Khan. He made a memorable debut with Yaadon Ki Baarat (1973) and became a teenage heartthrob with Hum Kisise Kum Na-heen (1977), earning a Filmfare nomination for Best Supporting Actor. With his charm, good looks, and natural screen presence, Tariq seemed destined for a long career in Bollywood. However, his contract with his uncle's production house limited him from working with other filmmakers, and as a result, several opportunities slipped away. After a few more films through the 1980s, he made his last screen appearance in

Mera Damad (1995). In a 2013 interview, Tariq spoke candidly about his decision to leave the film industry. He admitted that the uncertainty of an acting career made him insecure, and he chose to pursue a more stable profession. He completed a diploma in travel ticketing and cargo forwarding and began working in a steady office job that gave him financial security and peace of mind. Today, Tariq lives a quiet, content life away from the spotlight. His son, Ali, has followed the family's creative legacy as a film editor, while his daughter, Saadiya, is a successful dietitian. Timeless Classic Cinema



## How walking lowers blood sugar

Walking lowers blood sugar primarily by increasing insulin sensitivity and causing muscles to use glucose for energy. This process is most effective when done after eating, as it helps manage post-meal blood sugar spikes. Muscles use glucose for fuel. During physical activity, your muscles burn glucose (sugar) from your bloodstream for energy. The larger leg muscles, such as your quadriceps, hamstrings, and calves, are especially effective at this. Increases insulin sensitivity. Regular walking makes your muscle and body cells more sensitive to insulin. This allows them to more efficiently use any available insulin to absorb glucose during and after activity. This effect can last for up to 24 hours after your walk. Works even without insulin. Muscle contractions that occur while walking allow your cells to take up glucose and use it for energy, with or without insulin. Blunts post-meal spikes. A short walk within 60 to 90 minutes after a meal is especially effective at curbing the rise in blood sugar that follows

eating. This prevents the dramatic blood sugar spikes and crashes that can damage blood vessels over time. Leads to long-term control. The cumulative effect of regular walks leads to more stable long-term blood sugar levels and can even help lower your HbA1c, a marker of average blood glucose over two to three months. Optimal walking strategies Timing: Taking a short walk shortly after a meal is particularly beneficial for managing blood sugar spikes. Research has shown that a walk as short as 10 to 15 minutes can be effective. Duration: Aim for at least 30 minutes of walking daily, or break it into smaller 10- to 15-minute segments throughout the day. Even a two- to five-minute walk can have a significant impact. Pace: While any walking helps, a brisk or faster pace can lead to a greater reduction in diabetes risk. The goal is moderate intensity—an increase in your heart rate and breathing without overstraining. Consistency: Consistent activity is key to im-



proving blood sugar control over the long term. Start slow and gradually increase your pace and duration to build a sustainable habit. Additional benefits Beyond blood sugar control, regular walking can: Improve heart health Increase bone and muscle strength Aid in weight management Lower blood pressure and cholesterol Boost mood and reduce stress

## Occupy Democrats

BREAKING: Congresswoman Alexandria Ocasio-Cortez blows the doors off with a powerful speech rallying for Zohran Mamdani — roars “I’m talking to you Donald Trump” and promises that the future “belongs to us.” The way that the crowd chanted “AOC” sent shivers down MAGA’s spine. This is what the future of Democratic leadership sounds like... “NYC baby! NYC! It is no surprise to me New York, that it is our great city, that we, our city, have chosen to adorn ourselves with the nation’s greatest monument to freedom, the Statue of Liberty,” said AOC. “And she reminds us every day that the central commitment of America is an unconditional freedom, precisely of the kind that cannot be bought, that is available to the huddled masses yearning to be free.” “This is America, New York City!” she went on. “Don’t let them tell you any different. Don’t let them tell you that we are the exception. We are the rule! We are the standard! We are the acceptance and we

set the bar for America!” “I’m talking to you, Donald Trump,” she continued. “There has been a day before his presidency, and there will be a day after. And it belongs to us!” “Thank you New York. I love you New York. You have made my life possible, my mother’s life possible, my father’s life possible, all of our lives have been made possible by this great city and by our shared contract and bond to one another,” said AOC. Judging by the ecstatic crowd hanging onto her every word, New York loves AOC right back. The speech came during a rally at which Senator Bernie Sanders also spoke on behalf of Mamdani’s candidacy. Those in attendance chanted in support of the NYC mayoral candidates’ signature campaign promises: a much-needed rent freeze, free and improved bussing, and universal child care. Republicans are so desperate to smear AOC and Mamdani as “communists” because they recognize them as genuine threats to their fascist plans. If



Democrats focus on kitchen table issues like health-care, child care, and the cost of living we’ll sweep the mid-term elections and beyond. All that MAGA has to offer at this point is cruelty, incompetence, and meaningless culture war propaganda. America has had enough.



# SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS

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



## BE PREPARED

### CHECK LOCAL FORECAST

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

### CONDUCT PLAY OF THE DAY

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

### PERFORM THOROUGH PM

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

## SLOW DOWN

### BE DEFENSIVE & OFFENSIVE

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

### USE SAFE DRIVING TOOLS

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

### SEEK COVER

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

## STAY FOCUSED

### MAINTAIN AWARENESS

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

### BE PROACTIVE

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

### COMMUNICATE

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

# HIGH WATER ON THE ROAD & AVOIDING HAZARDS

## BE PREPARED

### VERIFY CONDITIONS

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

### ENSURE ESSENTIAL SUPPLIES

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

### PLAN FOR MORE

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

## SLOW DOWN

### TURN AROUND

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

### BE CAUTIOUS

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

### HAVE A WAY TO ESCAPE

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

## STAY FOCUSED

### OBSERVE SURROUNDINGS

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

### CALL A TIME-OUT

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

### REMAIN ALERT

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





RECIPES

Refreshing Grape Mojito Recipe

A refreshing twist on a traditional Mojito. This Grape Mojito is bursting with red grape sweetness. The perfect addition to your brunch menu or whenever you're in the mood for a tasty cocktail!

Ingredients

For the Mint Simple Syrup

1 Cup Water

1 Cup Sugar

10 Fresh Mint leaves

For the Grape Mojito

1 Ounce Fresh squeezed Lime juice

6-7 Fresh Mint Leaves

7-8 Red Grapes

1 1/2 Ounces White Rum

2 Ounces Soda Water

1-2 Tablespoons Mint Simple Syrup ,adjust to your desired sweetness

Crushed Ice

Instructions

For the Mint Simple Syrup

In a small sauce pan, add water and sugar and stir to combine. Add mint leaves and bring to a boil over medium heat. Reduce and cook until sugar is completely dissolved about 2 minutes. Remove from heat and cool to room temperature. Remove mint leaves and discard.

For the Grape Mojitos

In a tall sturdy glass add lime juice and 6-7 mint leaves. Use a muddle tool and crush mint leaves into the lime juice. (Do not over muddle, just for about 10 seconds.)

Add grapes and crush with muddle tool. Top with ice to fill glass.

Add rum, soda water and mint simple syrup. Stir to



combine.

Garnish with a grape lined skewer and mint leaf if desired.

Notes

This drink can also be sweetened with honey or agave in place of the mint simple syrup if you prefer.

Creamy Chicken Alfredo

Ingredients

2 pounds skinless, boneless chicken breasts, cut into chunks

pinch of salt and ground black pepper

2 (16 ounce) packages spaghetti

4 (15 ounce) jars Alfredo sauce

2 teaspoons Italian seasoning, or to taste

2 teaspoons garlic powder, or to taste

2 tablespoons chopped onion

2 tablespoons chopped fresh basil, or to taste

1 teaspoon salt, or to taste

2 teaspoons ground black pepper, or to taste

1 teaspoon onion powder, or to taste

1/2 teaspoon cayenne pepper, or to taste

1 1/2 cups shredded Parmesan cheese (Optional)

2 cups chopped broccoli (Optional)

Directions

Gather all ingredients.

Ingredients for chicken Alfredo including pasta

diced chicken sauce vegetables and seasonings

Allrecipes / Qi Ai

Season chicken with a pinch of salt and pepper. Heat a large skillet over medium-high heat. Add chicken and cook until no longer pink in the center and juices run clear, 7 to 10 minutes.

Cubed chicken cooking in a skillet

Allrecipes / Qi Ai

Bring a large pot of lightly salted water to a boil.

Cook spaghetti in the boiling water, stirring occasionally, until tender yet firm to the bite, 8 to 10 minutes.

Pasta cooking in a pot with boiling water

Allrecipes / Qi Ai

Meanwhile, add Alfredo sauce to the chicken; season to taste with Italian seasoning, garlic powder, onion, basil, salt, black pepper, onion powder, and cayenne.

Pan containing creamy Alfredo sauce with herbs

Allrecipes / Qi Ai

Bring to a simmer; stir in Parmesan cheese. Cook mixture until cheese is melted and you are able to lift a spoon out of the sauce without cheese hanging onto it, 3 to 5 minutes.

Cooking pot containing creamy chicken alfredo sauce with a ladle resting inside garnished with herbs

Allrecipes / Qi Ai

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add broccoli, cover, and steam until tender, 2 to 6 minutes.

Broccoli cooking in a pot with steam visible

Allrecipes / Qi Ai

Add broccoli to sauce.

Large saut pan containing a creamv Alfredo sauce



with visible herbs

Allrecipes / Qi Ai

Drain cooked pasta. Scoop into individual serving bowls and pour sauce on top.

Cook's Note

I suggest buying two different flavors of Alfredo. I usually use the Classico brand and buy two jars of the sun-dried tomato flavor and two jars of a more spicy flavor, which is also why I add the Parmesan, as it offsets some of the heat.

Gobi Manchurian

ngredients

(Serves 4)

750gms cauliflower cut to medium size florets

Oil for frying

90gms corn flour

3 tbsp plain flour

1/4 tsp black pepper

Pinch of salt

150mls water

for the sauce;

3 tbsp vegetable oil

5 spring onions thinly sliced (save the greens for garnish)

1 tbsp garlic chopped

1 tbsp ginger chopped

3 tbsp chilli garlic sauce

2 tbsp soy sauce

3 tbsp tomato ketchup

1 tbsp vinegar

2 tsp sugar

1/4 tsp black pepper

Salt to taste

150mls water

chopped green chillies (optional)

In a mixing bowl add the corn flour, plain flour, black pepper and salt. Add the water a little at a time making sure to stir well to rid of any lumps. Add the florets to the batter and mix well

Heat oil for deep frying over a medium heat. Add the cauliflower in batches and fry for 5-6 minutes.

Make sure to heat is not too high as you want the cauliflower to cook all the way through

Fry as they go crispy and light brown and drain of kitchen paper. Keep warm while you make the sauce

For the gravy heat the oil in a wok or kadhai over a medium heat. Add the white part of the spring onion and fry for 2 minutes. Add the garlic and ginger and fry for a further 2 minutes



Add the chilli garlic sauce, soy and ketchup, stir over a low heat for 1 minute. Now add the vinegar, sugar and black pepper. Season to taste

Add the water and simmer for 2 minutes as the gravy thickens. Add the fried cauliflower florets and stir well coating them in the sauce. Warm through for a minute and turn the heat off and rest for a few minutes as the cauliflower soaks all the gravy flavour. Serve warm with egg fried rice or noodles.



# IS YOUR AIRBAG DEFECTIVE?

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

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

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

## Here's How:

### Find it

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

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



Driver-side 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.

 Upload a photo

or

Enter a license plate or VIN manually

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

### Fix it

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

**YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.**



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

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



**AIRBAGRECALL.COM**



## Trump was all smiles as he praised the Emir as one of the world's great leaders.

The Qatar Emir didn't let Donald Trump leave the country until the pair had time for a sit-down aboard Air Force One. En route to Malaysia ahead of a diplomatic tour of Asia next week, Trump stopped off for refueling Friday at Qatar's Al-Udeid Air Base, where he was briefly joined aboard Air Force One by the ruler who gifted the president a better plane in May. "As soon as I found out that he's coming to refuel, I said I'm not gonna allow him to take off unless I come and say hello to him," Emir Tamim bin Hamad bin Khalifa Al Thani told reporters while sitting beside the U.S. president aboard the aircraft. "Thank you very much, Mr President, it's always great seeing you."

Yahoo/News The Daily Beast



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TO HELP BUILD SHAUKAT KHANUM MEMORIAL CANCER HOSPITAL, KARACHI

FRIDAY  
**NOVEMBER 7TH**  
6 PM

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# Health & Wellness

## Helpful Tips for Diet and Fitness

### Stay Hydrated

Whether you are heading off to spin class, boot camp, or any other exercise class, it's always important to hydrate. Hydration keeps you energized so you can have your best workout. You do not want to grab just anything for hydration purposes.

Electrolyte-loaded athletic drinks can be a source of unnecessary calories.<sup>1</sup> "Drinking water is usually fine until you're exercising for more than one hour," Jackie Newgent, RD, author of "The Big Green Cookbook," told Health.

If you are doing high-intensity exercise for a long period, feel free to drink regular sports drinks. They can provide a beneficial replenishment boost and typically include minerals, electrolytes, and sometimes vitamins.<sup>2</sup>

There are lower-calorie sports drinks available if you do not want the calories but want some flavor. You could find these in the grocery store. Find a Workout Buddy

A friend you can work out with is very helpful for staying motivated. It's important to find someone who will inspire—not discourage. Make a list of all your exercise-loving friends, then see who fits this criterion:

- Are they supportive (not disparaging) of your goals?
- Can your pal meet to exercise on a regular basis?
- Will your friend be able to keep up with you or even push your limits in key workouts?
- Make the phone call to start getting fitness plans together if you have someone who fits all three. You may be able to find other ways to exercise with others if you do not have someone close to you who could be your workout buddy.

Check out a local gym or recreation center for group workout classes, personal training sessions, or exercise-focused groups. You could even ask family or friends if they know people who are also looking for someone.

3. Stock Your Fridge with Nutritious Foods Foods like fruits, vegetables, and lean proteins can go a long way for your fitness journey.<sup>3</sup> There are even some delicious, nutritious snack options to take advantage of. You may try hummus, grapes and walnuts, and apple slices with cheese.

Some key ingredients may make it a lot easier to meet your weight-loss goals. You may also consider placing Newgent's top three diet-friendly items in your cart:

Balsamic vinegar for a pop of low-calorie flavor

to vegetables and salads  
In-shell nuts for protein and fiber keep you full  
Fat-free plain yogurt for a creamy, comforting source of protein  
4. Relieve Achy Muscles  
There's a good chance you're going to be feeling sore thighs and tight calves after a grueling workout. You might get relief from post-fitness aches by using cold water immersion in the form of ice baths. Submerge your lower body in a cold bath of 50-59 degrees Fahrenheit (10-15 degrees Celcius) for 10-15 minutes. You may have to throw in some ice cubes to get it cold enough.<sup>45</sup>

Putting your body in cold water can lead to increased breathing, heart rate, and blood pressure. Your body can also lose heat faster in cold water than in air.<sup>6</sup> Ice baths can be harmful to people with conditions like:

- Cryoglobulinemia (a condition where antibodies in the blood thicken in the cold)<sup>7</sup>
- Heart disease
- Impaired circulation
- Open wounds
- Raynaud's disease (a condition where blood vessels get narrow due to cold or stress)<sup>8</sup>
- Type 1 and type 2 diabetes
- Cold temperatures might also worsen dysesthesia (when normal stimuli like touch are painful) or lead to urticaria (hives).<sup>910</sup> Talk with a healthcare provider to be sure ice baths are safe for you.

5. Curb Your Sweet Tooth  
Cutting down on added sugar can assist you with weight loss. People who consume less sugar have been shown to have less excess weight.<sup>11</sup>

Natural sugar is found in fruits, which also provide essential nutrients. You can enjoy a sliced apple with a tablespoon of nut butter (like peanut or almond) or fresh fig halves spread with ricotta.

Benefits of Reduced Sugar Intake  
Limiting added sugar may also help with the following conditions:<sup>1213</sup>

- Heart disease
- Hypertension (high blood pressure)
- Type 2 diabetes
- Tooth decay
- 6. Wear Comfortable Sneakers  
Your feet can swell during the day, especially if you stand or walk a lot.<sup>14</sup> You will want to shop when your feet are biggest if you need sneakers. Make sure the shoes are a little roomy—enough to wiggle your toes, but no more than that.



Shoes should be comfy from the get-go. They will be even more so once you have walked or run 20-40 miles in them, said Kastor.

- 7. Pick Your Perfect Tunes  
Running with music is a great way to get in a good workout groove. Think about what gets you going and what you find uplifting to pick the ultimate playlist. The right music can make you feel better emotionally, help you perform better, and improve how much oxygen you take in.<sup>15</sup>
- 8. Know When To Weigh Yourself—and How Often  
It's normal to want to weigh yourself soon after starting a new diet or fitness routine. "It's best to step on the scale in the morning before eating or drinking—and before plunging into your daily activities," said Newgent.

Be sure to check your weight at a consistent time—possibly every week—for the most reliable number. Do not let yourself get too discouraged by different results since weight fluctuations are normal. Remember that your total weight does not necessarily indicate fat loss or overall health.<sup>16</sup>

9. Keep Your Portions in Check  
Portion control helps manage your weight when you change your diet. It requires special attention to your eating habits.<sup>17</sup> You may want to cut a serving of beef in half, for example, if it takes up more than half your plate.

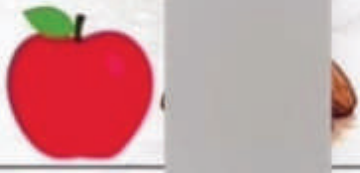






It's best to try to fill half your plate with vegetables or fruit. A quarter should be lean protein, while the remaining quarter should be whole grains.<sup>18</sup>

- 10. Sip Slowly  
Try to order a glass of water between cocktails if you know you will be partaking in more than one drink. Drinking water can help you stay hydrated and feel less thirsty.<sup>19</sup> You can opt for a lime, lemon, and orange wedge in water to enhance the flavor.  
By Leslie Barrie



# DIABETES Meal Plan

## 7-Day / 1200 Calorie

	Breakfast	Lunch	Dinner	Snack
MONDAY	1 boiled egg, 1 slice whole grain toast, 1/2 avocado, black coffee	Grilled chicken salad (spinach, cucumbers, tomatoes), 1 tbsp olive oil	Baked salmon, 1/2 cup quinoa, steamed broccoli	10 almonds, 1 small apple 
TUESDAY	Greek yogurt (plain, non-fat), 1/2 banana, 1 tbsp chia seeds	Turkey lettuce wrap (lean turkey, mustard, spinach), baby carrots	Stir-fried tofu, mixed non-starchy veggies, 1/2 cup brown rice	1 boiled egg, 1/2 cup blueberries 
WEDNESDAY	Oatmeal (1/3 cup oats), cinnamon, 1/2 pear, 1 tsp flaxseed	Tuna salad (in water, lettuce, cucumbers), 1 rye crispbread	Grilled chicken breast, 1/2 cup lentils, sautéed spinach	Low-fat cottage cheese (1/2 cup), cucumber slices 
THURSDAY	Smoothie with unsweetened almond milk, spinach, 1/4 banana, protein powder	Zucchini noodles with lean ground turkey and tomato sauce	Baked cod, 1/2 sweet potato, roasted Brussels sprouts	1 tbsp peanut butter, 1/2 apple 
FRIDAY	2 scrambled egg whites, sautéed mushrooms, 1 slice whole wheat toast	Chickpea salad (chickpeas, cucumbers, herbs, lemon), lettuce wrap	Stuffed bell peppers with quinoa and vegetables	Greek yogurt, 1 tbsp sunflower seeds 
SATURDAY	1 slice whole grain toast, 1 boiled egg, 3 cherry tomatoes	Grilled shrimp salad (greens, avocado, cucumbers), vinaigrette	Turkey meatballs, 1/2 cup couscous, sautéed zucchini	1 small orange, 8 walnuts 
SUNDAY	Cottage cheese (1/2 cup), 1/4 cup raspberries, 1 tbsp flaxseed	Egg salad (light mayo, celery), 2 whole grain crackers	Grilled tofu, cauliflower rice, steamed green beans	1 hard-boiled egg, 1/2 peach 



# Japan's new leader tries to charm Trump with gold, golf and deal on rare minerals

TOKYO - Less than a week into her tenure as Japan's first female prime minister, Sanae Takaichi positioned herself to become President Donald Trump's top ally in Asia with a charm offensive that catered to Trump's soft spots: golf, gold, deals and the Nobel Peace Prize.

Widely viewed as a protégé of Trump's friend Shinzo Abe, Takaichi emphasized her connection to the deceased Japanese leader as she welcomed Trump to the Akasaka Palace. She presented him with a putter that belonged to Abe, harking back to Abe's gift of a golden golf driver shortly after Trump's 2016 election win. She also took a page out of her political mentor's playbook by promising Trump that she would nominate him for the Nobel Peace Prize. Many leaders around the world this year have made similar commitments to Trump as he projects an image as a global peacemaker, and Abe reportedly nominated him six years ago for jump-starting negotiations with North Korea.

Throughout the day, Takaichi promoted the dawn of a new "golden age" of Japan-U.S. relations, appealing to the president's penchant for gilded aesthetics. In a grand room in the palace, the two signed an agreement to cooperate on critical minerals, providing Trump some leverage two days before he is scheduled to meet with Chinese leaders in South Korea, where the parties will seek to stabilize their economic relationship following months of a tit-for-tat trade war. China has leveraged its dominance of rare-earth minerals during the negotiations, announcing this month that it would dramatically expand export restrictions on them.

U.S. negotiators have sought a one-year reprieve from China's critical-mineral restrictions ahead of Trump's meeting with Xi, though the president has cautioned that no deal will be final until the leaders meet face-to-face. The Japan agreement is one of a flurry of critical-mineral partnerships that the White House has secured with countries in the Indo-Pacific region, including Australia and Malaysia.

Trump's trip to Japan was an early test of whether Takaichi could build inroads with the American president as the countries grapple with security commitments, trade tensions and the threat of China. Japan has made a daunting promise to invest \$550 billion in the United States in exchange for lower tariff rates, and Trump administration officials have signaled that they want Japan to pay more money to host U.S. troops.

Trump has also questioned the foundation of the seven-decade security alliance with Japan, raising concerns during a time of repeated Chinese incursions into Japanese waters. At the same time, Japanese officials fear that Russia's

war in Ukraine could embolden China to attack Taiwan and draw Japan into the conflict.

There are early signals that Takaichi's efforts paid off. Before Trump took the stage to address troops on an aircraft carrier in Tokyo, he told reporters that Takaichi "is going to go down as one of the great prime ministers." Takaichi high-fived the men and women in uniform as she entered the aircraft hangar, and Trump later brought her onstage and led the service members in cheering for her status as the nation's first female prime minister.

The visit is Trump's second stop on a swing through Asia intended, in part, to shore up U.S. alliances with countries near China. When he landed, the Tokyo Tower, Tokyo Skytree and Tokyo metropolitan government buildings were lighted in red, white and blue to welcome him.

Before Trump even arrived in Japan, he heaped praise on the prime minister, known as a "Japan First" nationalist. On Tuesday at the palace, he said he had enjoyed a "great" friendship with Abe before he was assassinated in 2022 and told Takaichi that Abe spoke warmly of her before his death.

"I want to just let you know, anytime you have any question, any doubt, anything you want, any favors you need, anything I can do to help Japan, we will be there," Trump said. "We are an ally at the strongest level." "There's not really any significant head of state with that relationship," said Takayuki Nishiyama, a political science professor at Seikei University. "With regard to Prime Minister Takaichi, she is a very smart person and gives a very good impression. But, at the same time, her foreign and diplomatic experience is limited at this point. It is an unknown."

Over a lunch of American rice and beef cooked with Japanese ingredients, the prime minister presented Trump with a map of the investments Japan is making in the United States, after the country committed to pour \$550 billion into the U.S. in exchange for lower tariffs. In return, Trump signed lunch menus for Takaichi and her delegation. Takaichi announced that Japan would give the United States 250 cherry trees and provide fireworks for a July 4 celebration to mark the 250th anniversary of the country's founding.

Trump posed with CEOs of companies that have pledged hundreds of billions in new investments in the United States. He also addressed a broader group of business leaders - describing them as "a who's who" - seated at candlelit tables. The president called out one company in particular, Carrier, for its "big contribution" to "the White House fund," referencing an ongoing project in which the East Wing



was demolished to construct a ballroom.

Takaichi believes in a strong U.S.-Japan alliance, particularly in the face of China's economic and military rise. A security hawk who wants to strengthen Japan's defense capabilities, she has said she will accelerate Tokyo's timeline for increasing defense spending to 2 percent of its gross domestic product.

Trump had a friendly summit with Shigeru Ishiba, Takaichi's predecessor, during the two leaders' first meeting in February at the White House. Trump heralded the bilateral relationship as "fantastic," saying Ishiba, who had taken office four months earlier, was "a very strong person" who was "going to be a great prime minister." Trump claimed that Abe "thought the world of" Ishiba, despite Ishiba being a long-time critic of the late prime minister.

But Ishiba's short time as prime minister was marked by prolonged trade negotiations and tensions between the two countries over Trump's tariffs that targeted key Japanese industries. Ishiba, who had faced domestic political troubles, announced his resignation last month after signing the new trade agreement with the U.S., saying he viewed the deal as his final responsibility. Takaichi came into office without the baggage of a trade deal, analysts say.

Some officials in Tokyo have been frustrated about Trump's tariffs, which targeted Japan's main industries and afforded Japan no special treatment, despite it being the largest foreign investor in the United States and a key partner in U.S. efforts to counter an increasingly assertive China.

That's one reason the stakes were so high for Takaichi's first encounter with the American president, said Takeo Mori, a career diplomat and adviser to the minister for foreign affairs.

"It is so important to establish the personal relationship first," Mori said in an interview in his office, which contains several photos of him with Trump. "Everything else can come after." Yahoo News  
Cat Zakrzewski, Natalie Allison, Michelle Ye Hee Lee and Matt Viser



Trump says tariff checks are ‘probably’ coming to millions of Americans — and soon

Donald Trump has once again floated the idea of a tariff dividend check for Americans. “The federal government will probably provide some tariff revenue over the next fairly short period of time to Americans,” the president told reporters

The president went on to say that tariffs on imports from other nations have already raked in well over \$1 trillion this year, with \$650 billion from the European Union, \$550 billion from Japan and \$350 billion from South Korea. However, news reports call the president’s math into question, including a story from Fox News that indicates tariffs have only generated over \$200 billion. (2)

Though he didn’t provide any further details about a timeline for these payments, President Trump has previously said he “might” send checks to Americans \$1,000 to \$2,000. Will it happen?

This is not the first time the idea of cutting checks from tariff revenue has surfaced. Back in July, Sen. Josh Hawley introduced a bill to send \$600 tariff rebate checks to “hardworking Americans,” arguing they should share in “the wealth that Trump’s tariffs are returning to this country.” (3)

But even at that smaller \$600 level, critics questioned the wisdom.

“I don’t think [a rebate] would be particularly good policy,” Alex Durante, senior economist at the Tax Foundation, told CNBC. (4) “I would prefer that the revenue was used for deficit reduction rather than just cutting checks to

people.”

Others warn such payments could stoke inflation — an issue still lingering after the pandemic-era stimulus measures.

“People will go out and spend some of that money and that would further put upward pressure on prices and probably magnify inflationary effects,” said Joseph Rosenberg, senior fellow at the Urban-Brookings Tax Policy Center. For now, Trump’s tariff “dividend” checks remain just an idea. But you don’t have to wait for Washington to deliver a windfall — savvy investors have long built their own passive income streams. Here are three simple ways to get started.

Build your own dividend stream

So what’s a dividend, anyway? In the investing world, it’s a slice of a company’s profits that gets paid back to shareholders — typically on a quarterly basis.

Owning dividend-paying stocks allows you to collect passive income without selling your shares — and it can be surprisingly satisfying. As John D. Rockefeller, one of the richest Americans in history, once said, “Do you know the only thing that gives me pleasure? It’s to see my dividends coming in.”

While stock prices can rise and fall, companies with a strong track record of paying — and growing — dividends offer investors a steady cash flow. Over time, those increases can compound into a powerful income stream.

If you’d rather not pick individual stocks, dividend-focused exchange-traded funds (ETFs) offer a simple alternative. These funds hold a basket of dividend-paying companies, providing instant diversification across industries. Many also offer automatic reinvestment, allowing investors to compound their returns over time without lifting a finger.



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Thanks to Jeff Bezos, you can now become a landlord for as little as \$100 — and no, you don’t have to deal with tenants or fix freezers. Here’s how

Dave Ramsey warns nearly 50% of Americans are making 1 big Social Security mistake — here’s what it is and 3 simple steps to fix it ASAP

Robert Kiyosaki says this 1 asset will surge 400% in a year — and he begs investors not to miss its ‘explosion’

Earn rental income without becoming a landlord

Real estate is another popular way to generate recurring income. When you own a rental property and tenants pay rent, you earn a steady monthly cash flow.

It’s also a popular hedge against inflation, as property values and rental income tend to rise alongside the cost of living.

However, while real estate investing has clear benefits, being a landlord comes with its challenges. Managing a property involves finding and screening tenants, collecting rent and handling maintenance and repair requests (out of your own pocket) — and that’s assuming you can save enough for a downpayment and get a mortgage to buy the property in the first place.

The good news? These days, you don’t need to buy a property outright to reap the benefits of real estate investing. Crowdfunding platforms like Arrived offer an easier way to get exposure to this income-generating asset class.

Backed by world class investors like Jeff Bezos, Arrived allows you to invest in shares of rental homes with as little as \$100 — all without the hassle of mowing lawns, fixing leaky faucets or handling difficult tenants.

The process is simple: browse a curated selection of homes that have been vetted for their appreciation and income potential. Once you find a property you like, select the number of shares you’d like to purchase and then sit back as you start receiving any positive rental income distributions from your investment.

YahooFinance Moneywise Kevin Dietsch/Getty Image

### BEST DIABETES-FRIENDLY FRUITS

		
Strawberries	Blueberries	Blackberries
		
Avocado	Olives	Lemon & Lime
		
Tomatoes	Coconut	Cherries
		
Kiwi	Guava	Starfruit

INTERNATIONAL PAGES

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# Trump Humiliates Mike Johnson Behind Closed Doors

President Donald Trump has been heard privately joking that he believes he can easily manipulate House Speaker Mike Johnson, according to sources quoted by The New York Times.

"I'm the speaker and the president," the MAGA leader is understood to have said, according to the newspaper. Citing two people with knowledge of his remarks, the Times further notes that Johnson's conduct in office over the past several weeks, amid an ongoing shutdown, has done little to disabuse Trump of that notion, or anyone else. Some people fear the shutdown may prove to be the longest and most damaging on record.

Even before Johnson decided to suspend Congress indefinitely from Oct. 1, the Speaker had come under fire from his opponents across the aisle for his perceived obsequiousness to the president, marching in lockstep with Trump's agenda despite calls to use his office as a vanguard against mounting overreach from the executive branch.

Johnson was instrumental in rallying Republican officials behind the White House's "One Big Beautiful Bill" spending proposals earlier this year, along with a host of other legislative initiatives on everything from U.S. energy dominance and border security to abortion rights

and education reform, all tightly aligned with the MAGA administration's "America First" agenda.

Since the standoff began earlier this month, the Speaker has only continued along that trajectory, firmly resisting any calls for the House to meet until senior Democrats grant concessions over Republican budgetary measures.

Johnson's opponents have blasted him for refusing to swear in Adelita Grijalva, a Democratic Congresswoman-elect who would otherwise hold a key vote in a pending House petition to force a floor vote on having the Justice Department release its findings on the Jeffrey Epstein case. Johnson, the official responsible for administering Grijalva's oath of office, has bizarrely claimed he has no authority to do so.

Though Trump himself has long courted conspiracy theories about the disgraced financier's sex trafficking crimes, the case has become a poisoned chalice for his administration, given renewed scrutiny of his own relationship with the late pedophile.

Meanwhile, Johnson has committed much of his time to media appearances, viciously attacking Trump's opponents as solely responsible for the shutdown while defending the president's



increasingly erratic and controversial conduct in office.

Over the past week alone, Johnson has backed Trump's decision to pardon former Congressman and convicted conman George Santos because the MAGA administration, which is presently prosecuting at least three of the president's longest-standing political enemies, believes in "redemption."

He's also said there's nothing amiss about a sitting president's pursuit of \$230 million in damages from the Justice Department over previous federal investigations against him, and defended Trump's widely decried demolition of the White House East Wing because the ballroom set to replace it "is going to be glorious."

Yahoo News Will Neal

## Mamdani rallies with Sanders and Ocasio-Cortez as Democrats close ranks around NYC mayoral nominee

As New Yorkers cast their ballots in the city's mayoral race, Democratic mayoral nominee Zohran Mamdani sent a message to voters Sunday, asking them not to choose "settling for the lesser of two evils," warning his supporters to not take his double-digit lead in the polls as a guarantee.

"While Donald Trump's donor billionaires think they have the money to buy this election, we have a movement of the masses," Mamdani said to a roaring crowd.

Mamdani took the stage at a raucous rally alongside Sen. Bernie Sanders and Rep. Alexandria Ocasio-Cortez at Forest Hills Stadium in Queens, where thousands of people chanted Mamdani's name and repeated in unison his signature proposals to freeze the rent, make buses fast and free, and provide universal child care. The rally was part closing argument, part rallying of the troops ahead of the November 4 election, with Mamdani casting the race as a choice between democracy and oligarchy and Sanders and Ocasio Cortez touting Mamdani's campaign as the vanguard of a progressive movement itching to push back on the second Trump administration.

"I'm talking to you, Donald Trump," Ocasio-

Cortez declared, saying that "in nine short days we will work our hearts out to elect Zohran Kwame Mamdani as the next mayor of the great city of New York."

Sanders, speaking in the Brooklyn accent he's never shed, told the crowd Trump and "the rest of the world" were watching the election. "A victory here in New York will give hope and inspiration to people throughout our country and throughout the world," the Vermont senator said. "That is what this election is about, and that is why Donald Trump is paying attention to this election."

After walking out to a roaring crowd and thumping Desi beat, a beaming Mamdani credited Ocasio-Cortez and Sanders, in particular, for inspiring the progressive movement that's become the backbone of his campaign. "I stand before you tonight, only because the senator dared to stand alone for so long. I speak the language of democratic socialism, only because he spoke it first," Mamdani said. "And when we win on November 4 and then govern from City Hall with dignity as the foundation of our politics, it will be because of the movement that Bernie built."

The trio of leaders repeatedly nationalized the



high-stakes New York mayoral contest, with Sanders remarking that "these are not normal times, this is not a normal election." Each threaded calls to action against Republicans with critiques of the Democratic Party. "While Donald Trump's billionaire donors think that they have the money to buy this election, we have a movement of the masses," Mamdani said. "No longer will we allow the Republican Party to be the one of ambition. No longer will we have to open a history book to read about Democrats leading with big ideas."

Ocasio-Cortez argued that "the very forces that Zohran is up against in this race mirrors what we are up against nationally, both an authoritarian criminal presidency, fueled by corruption and bigotry and an ascendant right-wing extremist movement."

Gloria Pazmino, David Wright, Maria Sole Campinoti, CNN



# Alina Fatima Khan

## Proud Moment

Alina Fatima Khan: The Hyderabad Teen at the United Nations General Assembly Alina Fatima Khan, a Hyderabad-born student of Institut auf dem Rosenberg, Switzerland, proudly represented her school at the United Nations General Assembly in New York.

"It was truly awe-inspiring an experience I'll never forget," she shared. Alina's journey reflects the spirit of young Indians who explore the world with purpose and return home with ideas and experiences that inspire positive change.

As featured in Global Indian, celebrating stories of Indians making a global impact. Born in Hyderabad to Dr. Nawab Mir Nasir Ali Khan, Promoter and Managing Director of MAK Projects and Honorary Consul of the Republic of Kazakhstan for Telangana and Andhra Pradesh, and Begum Meher Fatima Khan, a philanthropist and fashion designer, Alina was raised in a family that values education, culture, and service to society. Mir Nasir Ali Khan



## Graveyard land in Borabanda has finally been approved.



Happy to share that my long pending demand on behalf of people of Jubilee Hills constituency for graveyard land in Borabanda has finally been approved. My thanks to the Telangana Waqf Board and Hon'ble CM for supporting the proposal. @revanth\_anumula @TelanganaCMO @INCTelangana @TSWB9

## Congress Candidate's Brother Joins BRS



Hyderabad: The BRS on Wednesday staged a mini coup of sorts in its battle against the Congress in the upcoming November 11 by-election to the Jubilee Hills Assembly constituency by admitting into the BRS, Gautam Yadav, the brother of Congress candidate V.

Naveen Yadav. Gautam Yadav was welcomed into the BRS by the party's working president K.T. Rama Rao, the party said in a press release. The BRS is faced off against Naveen Yadav and the BJP's L. Deepak Reddy and is hoping it can retain the seat that was won by its can-

didate Maganti Gopinath in the 2023 Assembly elections. With Gopinath's passing earlier this year, the BRS has fielded his wife Maganti Sunitha as its candidate for the by-election. Deccan Chronicle

## IAS officer Rizvi opts for voluntary retirement



HYDERABAD: A 1999-batch IAS officer, Syed Ali Murtaza Ali Rizvi, who is serving as Principal Secretary, Revenue (Commercial Taxes and Excise) department, has taken

voluntary retirement from service. The state government accepted his request, which will take effect from October 31.

Following this, M Raghunandan Rao has been placed in full additional charge (FAC) of the post of Secretary, Revenue (Commercial Taxes and Excise) department. Chief Secretary K Ra-

makrishna Rao issued orders to this effect.

In another development, CMD of TGGENCO, S Harish, has been placed in FAC of the post of director, Endowments, relieving Shailaja Ramayyar of the additional charge.

Dhaves Mishra, Deputy Secretary in the IT department, has been given FAC of the post of director, Mines and Geology.

Garima Agarwal, Additional Collector (Local Bodies) of Siddipet district, has been transferred and posted as Additional Collector (Local Bodies) of Rajanna Sircilla district. The Indian Express News

اَنَا لِلَّهِ وَأَنَا إِلَى اللَّهِ رَاجِعُونَ

SHAMA NEWS ENTERTAINMENT

Hyderabad Ke Mashhoor o  
Maroof Azeem Shakhsiat  
Habeeb mujtaba bin jaffar AL  
AIDROOS Inteqal Kar Gaye  
Allah unki Maghfirat kare  
Ghar walon ko Sabar De



## One more Deccani great! Ibrahim Adil Shah of Bijapur

One more Deccani great! Ibrahim Adil Shah of Bijapur

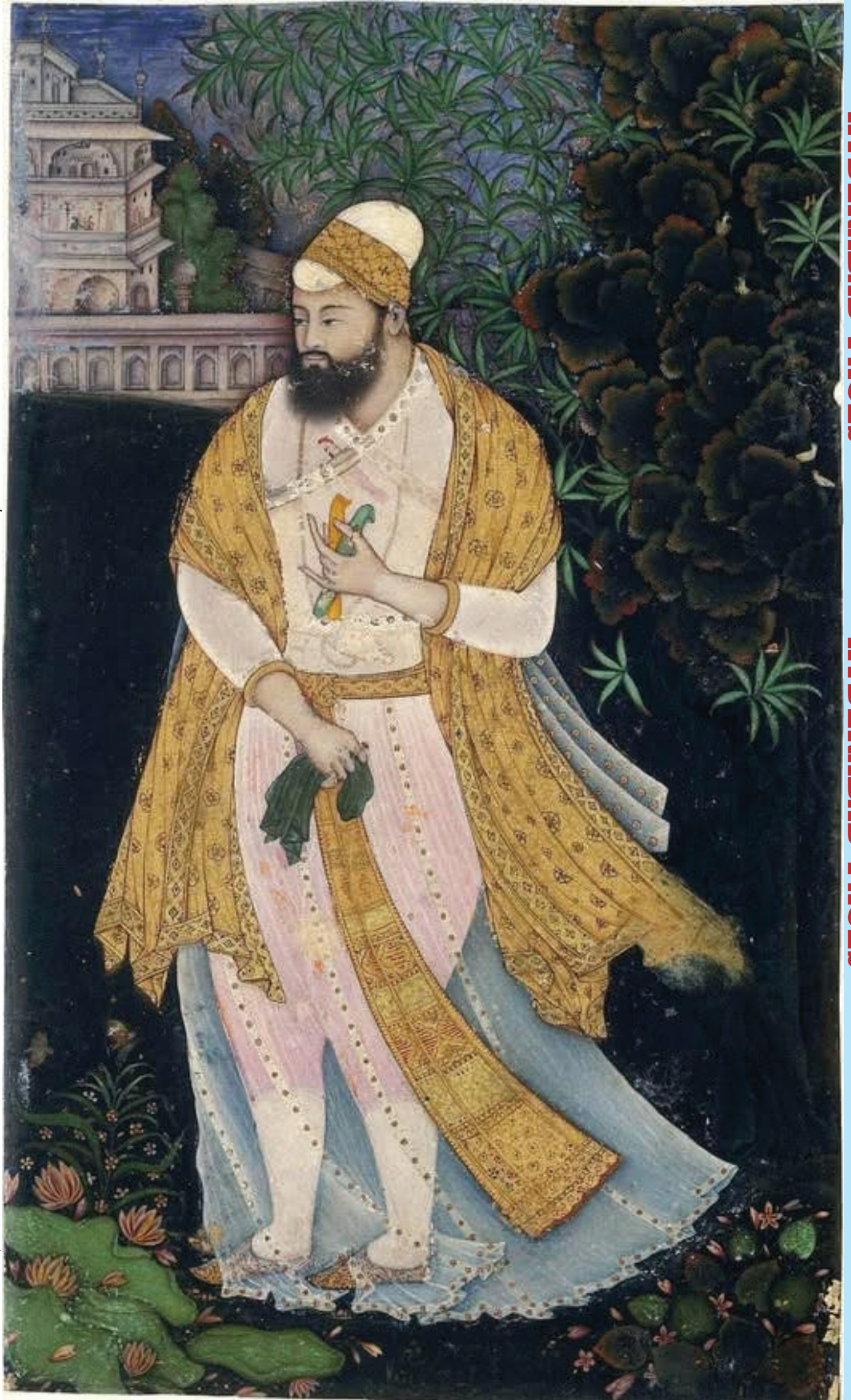
The Deccan had many great kings such as Chalukyan Pulakesin II, Raja Raja Chola, Rashtrakuta's Amoghavarsha I, Vijaynagara's Krishnadevaraya, Chatrapathi Shivaji and Gautamiputra Satavahana, who have a well etched place in our distinct history. But perhaps we miss one who should by right have a place among our greats. He is Ibrahim Adil Shah of Bijapur. He didn't conquer territories but ruled well and contributed most to art, music and learning. The fifth king of the Adil Shahi dynasty and possibly its greatest is known in Deccani history as the Jagadguru Badshah. He loved music and played several musical instruments. For him, the Tanpura personified learning – "Ibrahim the tanpurawala became learned due to grace of god, living in the city of Vidyanagari" (Vidyanagari is the earlier name of Bijapur.) He composed poems on his wife Chand Sultana, his Tanpura Motikhan and his elephant Atish Khan. Ibrahim II publicly declared that all he wanted was Vidya or learning, music, and Guruseva (serving the teacher). He was a devotee of Hazrat Banda Nawaj, the Sufi saint of Gulbarga. He composed a prayer to him to bestow Vidya or learning and charitable disposition. He founded a new township at Navraspur to give concrete shape to his idea of a musical city. He had a temple built inside the precincts of the palace that still exists.

Bijapur attracted the period's best musicians and dancers because the king was famous as a great connoisseur and patron of music.

He spoke Marathi, Dakkhani, Urdu and Kannada languages fluently, and like his predecessors, employed several Hindus in top posts.

His syncretic character is revealed in this painting which is in the British Museum in London. It shows him with a rumal in his left hand and a Rudraksha mala around his neck.

He became the ruler when he was 9 years old and his road to kingship was strewn with numerous civil wars and regents who tried to usurp power. Ironically he was able to overcome his biggest challenge mounted by the sultans of Golconda and Ahmednagar with the assistance of the Marathas. Shivaji's father Shahaji Bhonsle was a courtier of Ibrahim Adil Shah and enjoyed the jagir of Pune under the Adil Shah's





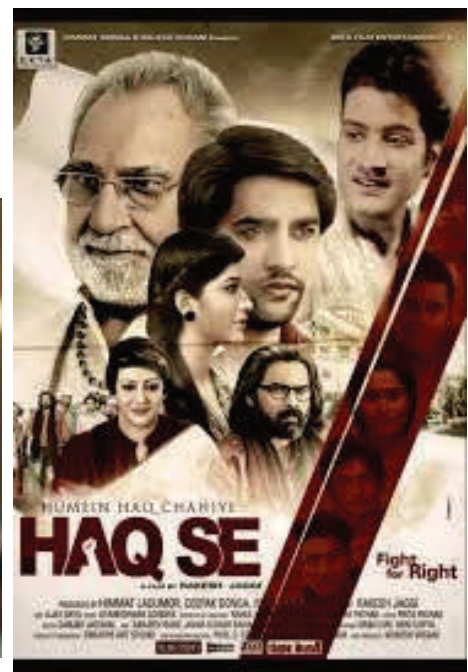
List of Hindi film November 2025

7	Haq	Suparn Verma	Emraan Hashmi · Yami Gautam	Junglee Pictures, Insomnia Films, Baweja Studios
	Jatadhara <sup>[B]</sup>	Venkat Kalyan · Abhishek Jaiswal	Sudheer Babu · Sonakshi Sinha · Divya Khosla Kumar	Zee Studios, Ess Kay Gee Entertainment
	Jassi Weds Jassi	Paran Bawa	Harshh Vardhan Singh Deo · Rehmat Rattan · Ranvir Shorey · Sikandar Kher · Manu Rishi Chadha	Divinity Studio Pvt. Ltd
	Baramulla	Aditya Suhas Jambhale	Manav Kaul · Bhasha Sumbli	Jio Studios, B62 Studios, Netflix
14	De De Pyaar De 2	Anshul Sharma	Ajay Devgn · R. Madhavan · Rakul Preet Singh	T-Series Films, Luv Films
	Agra	Kanu Behl	Mohit Agarwal · Priyanka Bose · Ruhani Sharma · Rahul Roy	Saregama, UFO Moviez, O28 Films
21	120 Bahadur	Razneesh 'Razy' Ghai	Farhan Akhtar · Raashii Khanna	Excel Entertainment, Trigger Happy Studios
	Haunted 3D: Ghosts Of The Past	Vikram Bhatt	Mahaakshay Chakraborty · Chetna Pande	Anand Pandit Motion Pictures
	Gustaakh Ishq	Vibhu Puri	Naseeruddin Shah · Fatima Sana Shaikh · Vijay Varma · Sharib Hashmi	Stage 5 Productions
	Masti 4	Milap Zaveri	Riteish Deshmukh · Vivek Oberoi · Aftab Shivdasani · Arshad Warsi · Tusshar Kapoor · Genelia Deshmukh · Elnaaz Norouzi · Ruhi Singh	Balaji Motion Pictures, Waveband Production, Maruti International
28	Tere Ishk Mein	Aanand L. Rai	Dhanush · Kriti Sanon	T-Series Films, Colour Yellow Productions

HAQ

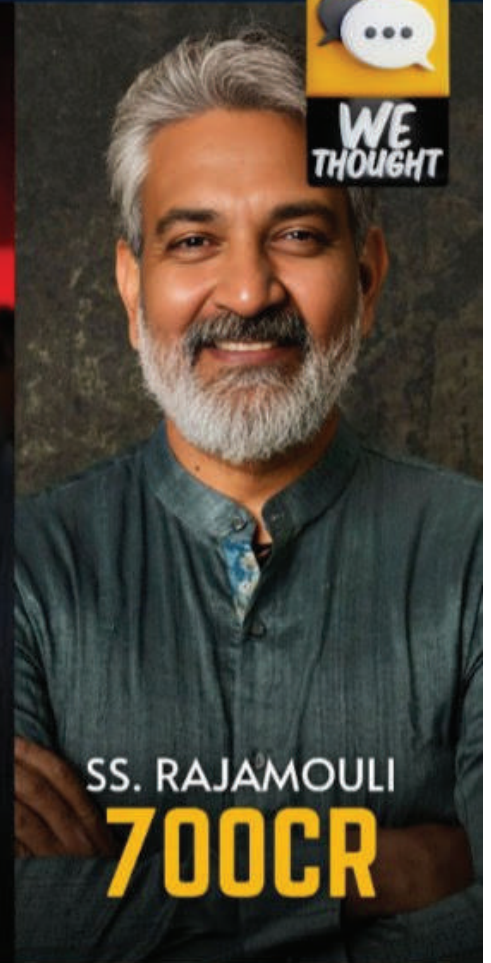
Haq is a gripping courtroom drama inspired by the historic Supreme Court case of Mohd. Ahmed Khan v. Shah Bano Begum, which redefined the conversation on women’s rights, personal law, and constitutional justice in India. The film follows the emotional and legal journey of a woman whose life is upended by betrayal, leading her to seek dignity through the courts. As her case unfolds, her demand for fairness collides with entrenched traditions and powerful institutions, turning a private struggle into a national reckoning. At once intimate and political, Haq examines how the clash between person-

al faith and secular law became the backdrop for one woman’s pursuit of justice, and a watershed moment in India’s legal and social history.

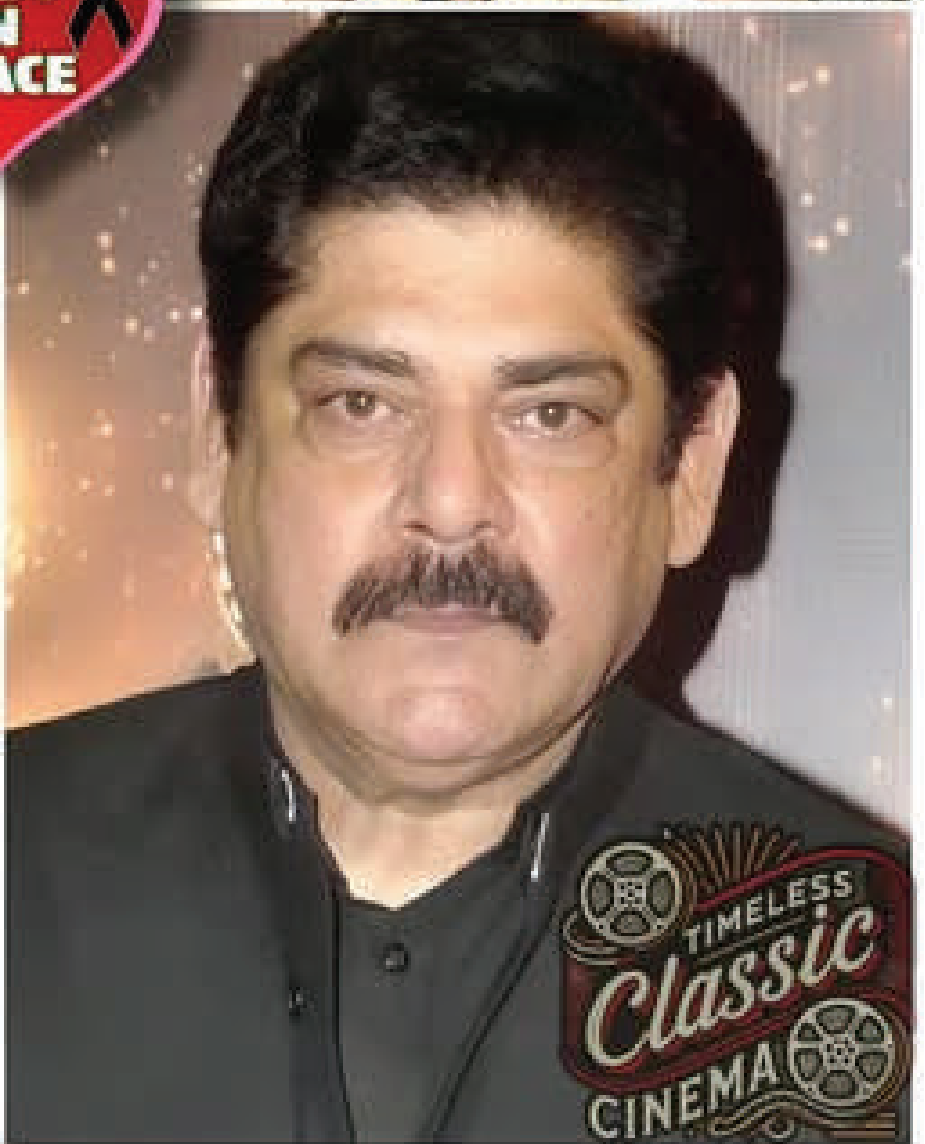
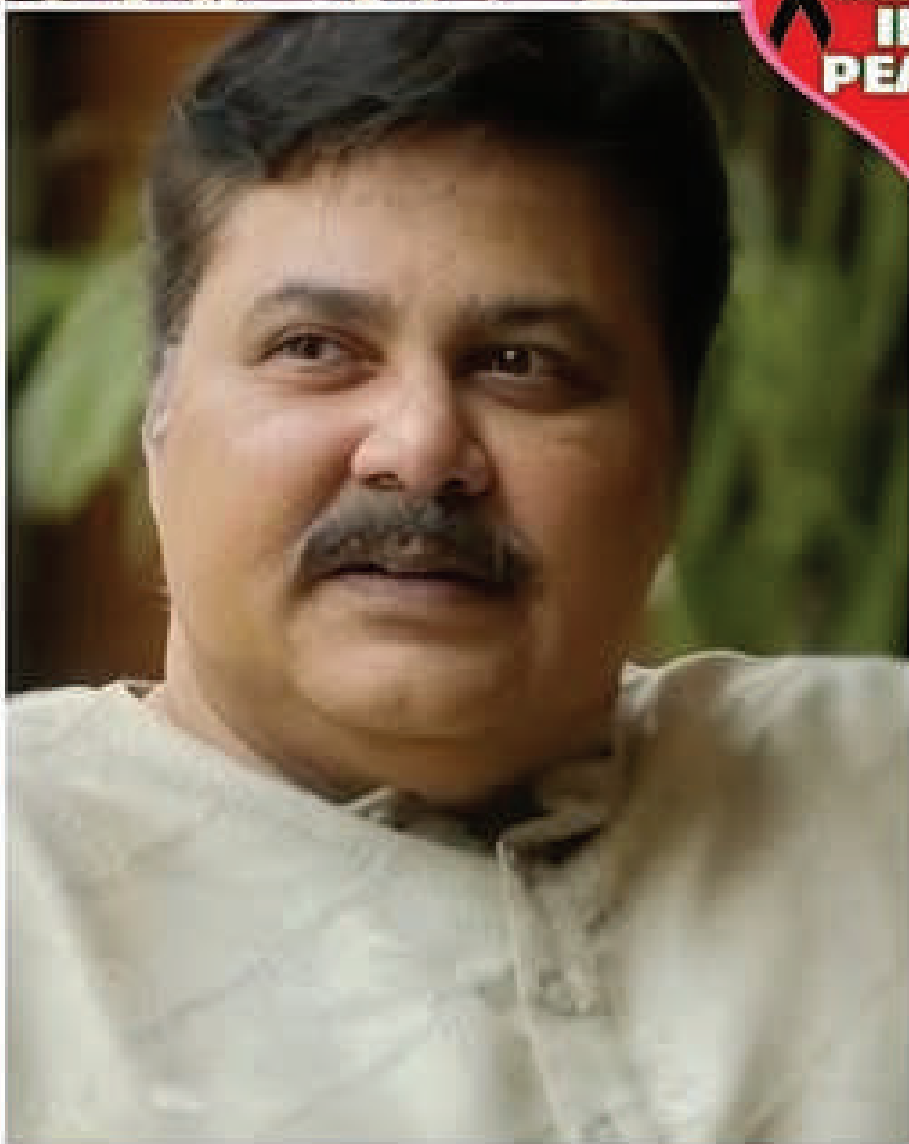
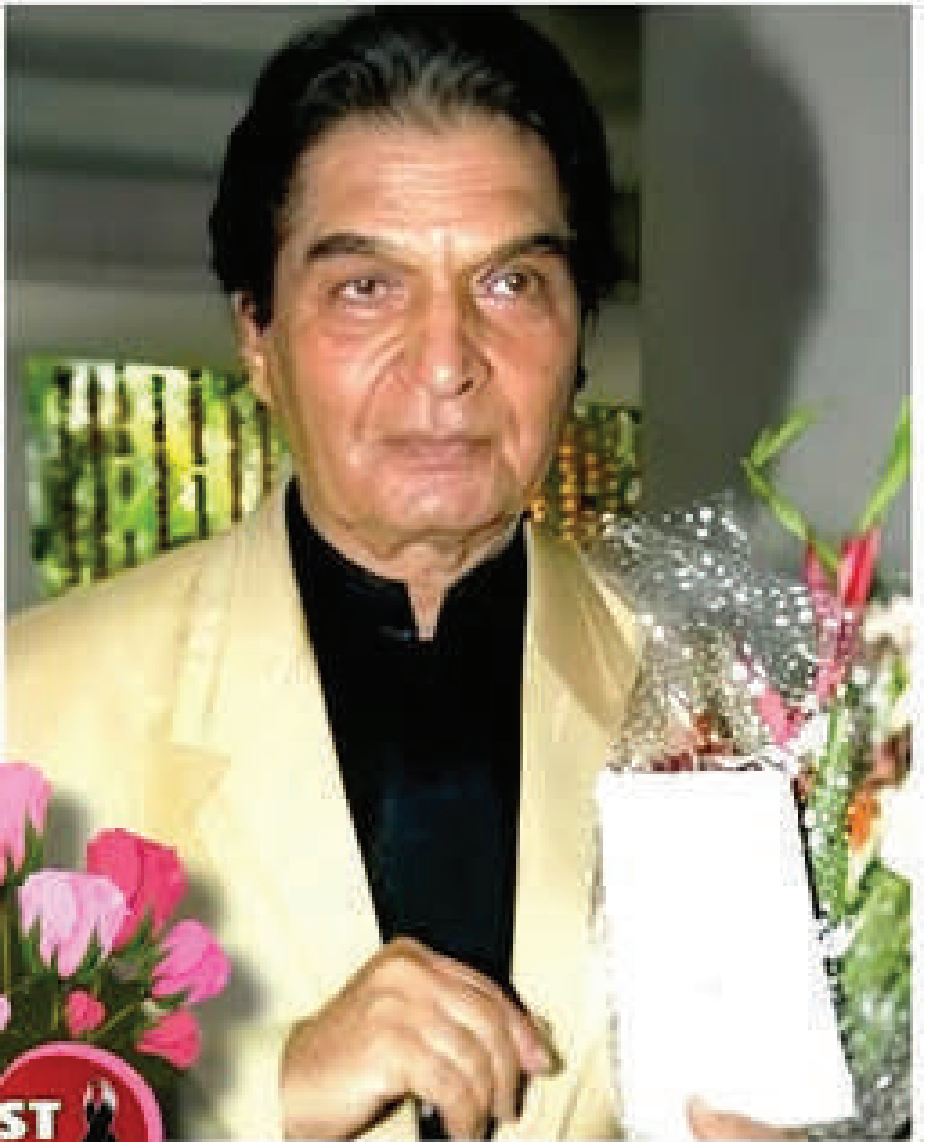




# TOP RICHEST INDIAN DIRECTORS!







This October, we sadly lost four fine actors — Pankaj Dheer, Madhumati Deepak, Asrani, and Satish Shah — each of them legendary in their own way.

Pankaj Dheer will always be remembered as the noble Karna from Mahabharat, a role that made him a household name. His powerful screen presence and dignified performances left a lasting mark on both film and television.

Madhumati Deepak, the graceful actress of the 1950s and '60s, won

hearts with her beauty and charm, lighting up every frame she appeared in.

Asrani, one of India's most loved comedians, brought endless laughter through classics like Sholay, Chupke Chupke, and so many others.

Satish Shah redefined television comedy with Yeh Jo Hai Zindagi and Sarabhai vs Sarabhai, his wit and timing unmatched.

Each of them brought something unique to Indian entertainment — and their warmth, talent, and legacy will never be forgotten.



## Binaca Geetmala Annual List for Year 1973



Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 <b>IMAGE</b> COMING SOON 1	Usane Kaha Tu Kaun Hai, Mahngai Maar Gai     4.11 - 125 votes	Narendra Chanchal, Jani Babu Qawwal, Lata Mangeshkar, Mukesh	Laxmikant Pyarelal	Prem Nath, Moushumi Chatterjee, Manoj Kumar
		Roti Kapada Aur Makaaan (1974)	Varma Malik	Philosophical Songs
 2	Hai Hai Yeh Majburee     4.11 - 201 votes	Lata Mangeshkar	Laxmikant Pyarelal	Zeenat Aman, Manoj Kumar
		Roti Kapada Aur Makaaan (1974)	Verma Malik	Ched Chad Songs, Rain Songs, Romantic Songs
 3	Bhul Gaya Sab Kuchh, Yad Nahee Abb Kuchh     4.16 - 225 votes	Lata Mangeshkar, Kishore Kumar	Rajesh Roshan	Lakshmi, Vikram
		Julie (1975)	Anand Bakshi	Romantic Songs
 4	Chunari Gote Me (Saj Rahi Gali Meri Amma)     4.31 - 113 votes	Mohammed Rafi, Mehmood	Rajesh Roshan	Mehmood
		Kunwara Baap (1974)	Majrooh Sultanpuri	
 5	Tere Bina Zindagi Se Koi, Shikavaa To Nahin     4.27 - 7926 votes	Kishore Kumar, Lata Mangeshkar	R D Burman	Sanjeev Kumar, Suchitra Sen
		Aandhi (1975)	Gulzar	Romantic Songs, Filmfare Awards Nominee
 6	Wada Kar Le Sajana Tere Bin Mai Naa Rahun     4.31 - 210 votes	Mohammed Rafi, Lata Mangeshkar	Kalyanji Anandji	Vinod Khanna, Simi Garewal
		Haath Ki Safai (1974)	Gulshan Bawra	Romantic Songs, Raag Based Songs, Raga - Basant Mukhari
 7	Dil Aisa Kisine Mera Toda     4.33 - 220 votes	Kishore Kumar	Shyamal Mitra	Uttam Kumar
		Amanush (1975)	Indeevar	Filmfare Awards Winner, Sad Songs
 8	Rajanigandhaa Phul Tumhaare Mahake Yun Hi Jivan Men     4.24 - 126 votes	Lata Mangeshkar	Salil Chowdhury	Vidya Sinha, Amol Palekar
		Rajnigandha (1974)	Yogesh	Raag Based Songs, Raga - Asavari
 9	Jhum Baraabar Jhum Sharaabi    4.19 - 127 votes	Aziz Nazan	Aziz Nazan	I S Johar
		5 Rifles (1974)	Naza Sholapuri	
 10	Prem Kahaani Men     3.78 - 120 votes	Kishore Kumar, Lata Mangeshkar	Laxmikant Pyarelal	Mumtaz, Rajesh Khanna
		Prem Kahani (1975)	Anand Bakshi	

1975



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

گل بو کی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

66 ہاتھ پھیلا نے سے عزت گھٹ جاتی ہے

**اردو حکایت:** اک عالم بہت بال بچوں والے تھے مگر اُن کی آمدنی کم تھی۔ اک مالدار آدمی اُن کا نہایت معتقد تھا۔ آخر فقر و فاقہ سے تنگ آکر عالم نے مالدار سے امداد کی درخواست مالدار کی۔ عقیدت مند نے عالم کا وظیفہ تو بڑھا دیا لیکن خود عالم کے پاس جانا چھوڑ دیا کیوں کہ اُس کی عقیدت کم ہو گئی۔ عالم کو مالدار کے رویے کا احساس ہو گیا کہ یہ اُس کے ہاتھ پھیلا نے کا نتیجہ ہے۔

فارسی شعر:

فرو نانم افزو دو ابرویم کاست

بے نوائی بہ از مذلت خواست

حاصل کلام:

میری آمدنی تو بڑھ گئی لیکن آبرو گھٹ گئی۔ سچ ہے کہ ہاتھ پھیلا نے کی ذلت سے فقر و فاقہ بہتر ہے۔

منظوم ترجمہ:

میرا روزینہ بڑھا، پر آبرو سب گھٹ گئی

ہاتھ پھیلا نے سے پہلے، فقر و فاقہ اچھا تھا



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیاء، آفریقہ اور 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

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

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



# اتحاد اور اختلاف

حافظ وقاری حکیم وڈاکٹر محمد فصیح اللہ قادری

URDU PAGES

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URDU PAGES

ہر تعریف صرف اللہ ذوالجلال والا کرام کے لئے ہے جو تمام مخلوق کا خالق، معبود اور مالک ہے، اور اللہ ذوالجلال والا کرام گناہوں کا بہت بخشنے والا ہے نہایت رحم و کرم کرنے والا اور اپنے بندوں سے بے غرض بے حد محبت رکھنے والا ہے فضل و کرم جو دو سزا والا ہے۔

میں اللہ ذوالجلال والا کرام کی حمد و ثنا اور پاکی بیان کرتا ہوں اور اس کی بے شمار نعمتوں کا شکر کرتا ہوں حقیقت میں صرف اللہ ذوالجلال والا کرام ہی شکر اور قدر کئے جانے اور بے حد تعریف کئے جانے کا مستحق ہے اور میں گواہی دیتا ہوں کہ اللہ ذوالجلال والا کرام کے سوا کوئی عبادت کے لائق نہیں۔ اللہ ذوالجلال والا کرام ایک ہے اس کا کوئی ساتھی اور شریک نہیں یہ ایسی گواہی ہے جو اس کے کہنے والے (قائل) کو قبر کی اندھیروں میں فائدہ پہنچائے۔

اور میں یہ بھی گواہی دیتا ہوں کہ حضرت سیدنا و مولانا محمد مصطفیٰ ﷺ، اللہ ذوالجلال والا کرام کے بندے اور اس کے آخری رسول ہیں جو حامد اور محمود ہیں یعنی اللہ ذوالجلال والا کرام کی تعریف کرنے والے اور اللہ ذوالجلال والا کرام آپ ﷺ کی صفات عالیہ و کمالات و فضائل کو بیان کرنے والا ہے۔

قیامت تک رسول مکرم ﷺ پر اور رسول مکرم ﷺ کی آل و اصحابہ و اہل بیت پر اللہ ذوالجلال والا کرام کے درود اور سلام نازل ہوں۔

اما بعد: میرے بزرگو، بھائیو اور بہنو اللہ ذوالجلال والا کرام سے ڈرتے رہو اور اس کے رسول مکرم حضرت محمد مصطفیٰ کی اطاعت و فرمانبرداری بھی کرتے رہو تاکہ آخرت کی ہمیشہ باقی رہنے والی زندگی

میں کامیاب و کامران ہو جاؤ۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے:

أَعُوذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيمِ وَاعْتَصِمُوا بِحَبْلِ اللّٰهِ جَمِيعًا وَلَا تَفَرَّقُوا... صَدَقَ اللّٰهُ الْعَظِيمُ

ترجمہ: اے مومنو تم سب مل کر اللہ ذوالجلال والا کرام (کے دین) کی رسی کو مضبوطی سے پکڑے رہو اور متفرق (الگ الگ) نہ ہو جاؤ۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے:

وَلَا تَكُونُوا كَالَّذِينَ تَفَرَّقُوا وَاخْتَلَفُوا مِنْ بَعْدِ مَا جَاءَهُمُ الْبَيِّنَاتُ وَأُولَٰئِكَ لَهُمْ عَذَابٌ عَظِيمٌ

ترجمہ: اور ان لوگوں کی طرح سے نہ ہو جانا جو فرقوں میں بٹ گئے تھے اور جب ان کے پاس واضح نشانیاں آچکیں اس کے بعد بھی اختلاف کرنے لگے اور انہی لوگوں کے لئے سخت عذاب ہے۔

رسول مکرم حضرت سیدنا و مولانا محمد مصطفیٰ ﷺ نے ارشاد فرمایا: لوگوں پر (دین میں) آسانی کرو اور تنگی و دشواری پیدا نہ کرو کیونکہ دین اسلام بالکل آسان دین ہے اس لئے لوگوں کو دین سے رغبت دلاؤ نفرت نہ دلاؤ۔ (بخاری)

رسول مکرم ﷺ نے ارشاد فرمایا: باہم اختلاف نہ کرو کیونکہ تم سے پہلے گذری ہوئی امتیں باہم اختلاف کرنے کی وجہ سے ہی ہلاک ہوئیں ہیں۔ (بخاری)

حضرات محترم! دین اسلام میں سختی، شدت، پسندی، نفرت، تفرقہ اور پھوٹ کی بہت مذمت کی گئی ہے۔ اور نرمی، آسانی، رغبت، خلوص و محبت اور اتحاد کی تعلیم دی گئی

ہے اس لئے قرآن مجید و حدیث شریف میں مسلمانوں کو ایسے اعمال کا حکم دیا گیا ہے جن سے آپسی دشمنی دور ہو اور باہمی محبت بڑھے اور اتحاد پیدا ہو جائے اور اتحاد اور اتفاق باقی رہے اس لئے حدیث شریف میں آیا ہے:

(۱) مصافحہ کیا کرو اس سے تمہاری آپسی دشمنی دور ہوگی (ختم ہوگی)

(۲) تحفہ دیا کرو اس سے آپس میں محبت پیدا ہوگی۔

(۳) آپس میں ایک دوسرے کو سلام کرنے کو رواج دو کیونکہ اس سے آپس میں محبت میں اضافہ ہوگا۔

(۴) جماعت پر اللہ ذوالجلال والا کرام کا ہاتھ ہے:

(۱) کھانا مل کر کھاؤ تمہارے لئے اس میں برکت دی جائے گی۔

(۲) اسی طرح پنجوقتہ نماز، جمعہ اور عیدین کو بھی مل کر ادا کرنے کی تعلیم دی گئی ہے۔ لیکن افسوس اس بات کا ہے کہ موجودہ زمانہ میں کئی علم و عقل رکھنے والے شیطان کے بہکانے پر اختلاف میں اتنی شدت اور سختی اختیار کر چکے ہیں کہ آپس میں ایک دوسرے کو ان کی بھول چوک و لغزش کے سبب کافر و مشرک اور گمراہ قرار دے رہے ہیں جبکہ اللہ ذوالجلال والا کرام نے پابندی سے نماز ادا کرنے اور مال خرچ کرنے والوں کو مکمل مومن اور مسلمان قرار دیا ہے اور ان سے جنت کا وعدہ کیا ہے، جیسا کہ سورہ

انفال کی آیات نمبر ۳، ۴ میں فرمایا ہے کہ: الَّذِينَ يُقِيمُونَ الصَّلَاةَ وَهُمْ رَزَقْنَهُمْ يُنْفِقُونَ ۖ أُولَٰئِكَ هُمُ الْمُؤْمِنُونَ حَقًّا لَهُمْ دَرَجَاتٌ عِنْدَ رَبِّهِمْ وَمَغْفِرَةٌ وَرِزْقٌ كَرِيمٌ

ترجمہ: (یہ) وہ لوگ ہیں جو نماز قائم رکھتے ہیں اور جو کچھ ہم نے انہیں عطا کیا

ہے اس میں سے (اس کی راہ میں) خرچ کرتے رہتے ہیں۔ (حقیقت میں) یہی لوگ سچے مومن ہیں، ان کے لئے ان کے رب کی بارگاہ میں (بڑے) درجات ہیں اور مغفرت اور بلند درجہ رزق ہے۔

رسول مکرم ﷺ نے ارشاد فرمایا کہ: بے نمازی کفر و شرک کے قریب ہو جاتا ہے۔

ہر فرقہ ہر گروہ خود اپنے کو صحیح مومن اور ہدایت یافتہ قرار دیتا ہے۔ حالانکہ اللہ ذوالجلال والا کرام نے سورہ بنی اسرائیل آیت نمبر 84 میں فرماتا ہے:

فَرَبُّكُمْ أَعْلَمُ بِمَنْ هُوَ أَهْلَى سَبِيلًا

ترجمہ: تمہارا رب ہی زیادہ جانتا ہے کہ تم میں کون زیادہ ہدایت یافتہ ہے۔

اس لئے اے اللہ ذوالجلال والا کرام کے بندو، اللہ ذوالجلال والا کرام کے احکام کو قائم جاری و ساری کرنے کی کوشش کرتے رہو۔

نیکی تقویٰ اور پرہیزگاری میں آپس میں ایک دوسرے کی مدد کرو اور گناہوں اور سرکشی میں ایک دوسرے کی مدد نہ کرو اور اللہ ذوالجلال والا کرام سے ڈرتے رہو کیونکہ اللہ ذوالجلال والا کرام شدید عذاب گناہ گاروں کو دینے والا ہے۔

آخر میں دُعا کرتا ہوں کہ اللہ ذوالجلال والا کرام ہم تمام کو اور ہماری آنے والی نسلوں میں اتحاد و اتفاق پیدا فرمائے اور اختلاف سے بچائے۔ آمین

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

♦♦♦

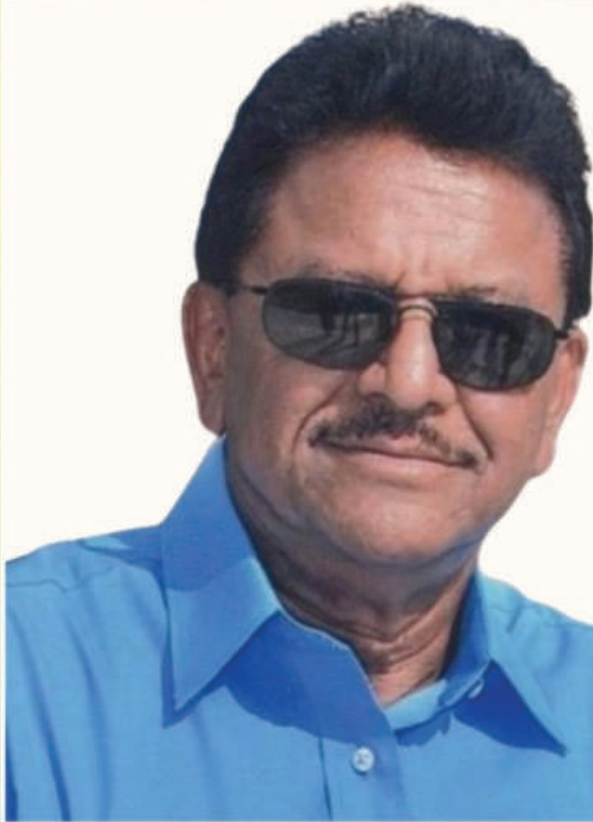
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ولی الدین  
شاعر و ادیب

## گرتو برا نہ مانے



وطن میں اکثر اخبارات میں کچھ اس قسم کے اشتہارات ہوتے تھے ”اس کو پڑھنے سے بہتوں کا بھلا ہوگا“ یا پھر ”تم کہاں چلے گئے ہو جلدی واپس آ جاؤ“ تم کو کچھ نہیں کہا جائے گا۔ تمہارے والدین صدمے سے پریشان ہیں وغیرہ وغیرہ، اس قسم کے اشتہارات ہوتے تھے جو قاری کی نظر سے بچ کر جا بھی نہیں سکتے تھے۔ یہاں آج کل اخبارات میں بھی اشتہارات کی بھرمار ہوتی ہے لیکن اس طرح کے نہیں جیسے وطن میں پڑھتے اور دیکھتے آئے ہیں۔ سب سے بڑا اشتہار آج کل اخباروں میں یا تو فنڈ ریزنگ (Fund Raising) یا پھر کسی سائنس بابا فقیر کا ہوتا ہے جو کہ پورے صفحہ پر ہوتا ہے۔ دونوں میں اچھی خاصی آمدنی کا سلسلہ ہو جاتا ہے۔ ہماری طرح اور لوگوں کیلئے بھی ان کاموں کا ایک پہلو سمجھ سے باہر ہے، فنڈ ریزنگ کسی اچھے کام کیلئے ہو رہی ہے تو کوئی شکایت نہیں ہوتی۔ لیکن یہ کہ اکثر فنڈ ریزنگ کو بڑے عالیشان ہوٹل ہی میں منعقد کرنے کا فیصلہ کیوں؟

کر کے آدھے سے زیادہ آمدنی شوآف میں خرچ کر دیتے ہیں۔ باقی جو بچتا ہے وہ کسی فلاحی کام کیلئے کافی نہیں ہوتا ہے۔ تو پھر اس طرح بھی ہوا کرتا ہے کہ پھر سے کچھ عرصے کے بعد وہی پروجیکٹ کیلئے فنڈ ریزنگ کا سلسلہ شروع۔ ہمارے مخلص اور وطن پرست دوست ان تمام فنکشن کو اپنے ممالک کے لوگوں کے ذاتی ملکیت والے ہوٹل یا بینکونٹ ہال میں خود ان کی طرف سے اسپانسر (Sponsor) کرا کر کیوں نہیں کراتے؟ پیسے بھی بچیں گے اور لوگوں کو کہنا نہیں پڑے گا کہ ایک طرف چندہ مانگ رہے ہیں اور دوسری طرف شان و شوکت کے چکر میں آدھے سے زیادہ فنکشن پر خرچ کر ڈال رہے ہیں صرف شو بازی کے چکر میں یا پھر کوئی اور بات ہے؟

پاس کرامات ہوں لیکن آپ کو مسائل اور پریشانی ہے تو خود اوپر والے سے مانگیں نہ کہ کسی دوسرے کے توسط سے کیونکہ یہی ایک سچ کہ گوارہ نہیں ہے وہ سب کا خدا ہے صرف تمہارا نہیں کوئی ایک ایسا ملا دو ولی سے جس نے مصیبت میں اس کو پکارا نہیں ہے ویسے بھی ہم سیدھی سادی زبان میں لکھنے کی کوشش کرتے ہیں اسی لئے کہ ”شاید کہ تیرے دل میں اتر جائے میری بات“ کے مصداق، آپ کی سمجھ میں ہماری بات آگئی تو پھر عمل کرنے میں کوئی نہیں۔ آج کل کے حالات میں اکثر لوگ طرح طرح کے مسائل میں گرفتار ہیں۔ چاہے وہ نوکری ہوں یا گھریلو مسائل۔ پھر پریشانی میں اعتقاد اور جذبات کی رو میں بہہ جاتے

ہیں۔ پیر اور سائنس بابا کے چکر میں پڑ کر باقی کی جمع پونجی بھی لٹا دیتے ہیں۔ یہ بھی عجیب بات ہے کہ جو ہتکھنڈے وہاں وطن میں استعمال کر کے یہ حضرات لوگوں سے پیسہ بٹورتے تھے آج یہاں امریکہ، کینیڈا۔ میں وہی حربے استعمال کر کے معصوم لوگوں کو پھنسا لیتے ہیں بھی سچی بات تو یہ ہے کہ میں نے ایک دن ان کے بارے میں اور ان کی کمائی کے بارے میں کچھ یوں لکھا تھا جو غور طلب۔

پیر صاحب کی ہر ایک سے رسائی ہے زمین پر لگتی بس ان کی خدائی ہے اپنے سوا سب کی مراد پوری کر سکتے ہیں اسی لئے اشتہار بازی سے ان کی کمائی ہے باقی باتیں آئندہ ہوں گی تب تک کیلئے اجازت۔ اپنے مشوروں سے نوازیں۔



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



## شریفے کے کرشماتی فوائد



شریفہ گرم آب و ہوا کا پھل ہے۔ اسے ہندی زبان میں 'سیتا' جبکہ انگریزی زبان میں 'شوگراپیل' یا 'کسٹرڈاپیل' کہا جاتا ہے۔ اگرچہ اسے کھانا دشوار ہے لیکن اس چھوٹے سے پھل میں قدرت نے بے شمار فوائد چھپا رکھے ہیں کہ یہ پھل اپنے اندر صحت کا خزانہ سموئے ہے۔ شریفے میں مناسب مقدار میں اینٹی آکسیڈنٹس، وٹامن سی، بی 6، کیلشیم، میگنیشیم اور آئرن وغیرہ پائے جاتے ہیں۔

شریفے کے صحت سے متعلق چند فوائد:

### قلب صحت بہتر کرتا ہے:

شریفہ ان چند پھلوں میں سے ایک ہے جس میں پوٹاشیم اور سوڈیم کا ایک متوازن تناسب ہوتا ہے جو جسم میں بلڈ پریشر کے اتار چڑھاؤ کو کنٹرول کرنے میں مدد کرتا ہے۔ شریفے میں میگنیشیم کا زیادہ مواد ہموار دل کے پھلوں کو آرام دیتا ہے جس کی وجہ سے فالج اور دل کا دورہ پڑنے کا خطرہ کم ہو سکتا

اسمیکن دو اینٹی آکسیڈنٹ مرکبات ہیں جن میں اینٹی ہیلیمینتھ اور اینٹی کینسر خصوصیات ہیں۔ وہ آزاد ریڈیکلز کے اثرات کا مقابلہ کرنے میں مدد کرتے ہیں اور اس طرح ہم کینسر سے بچتے ہیں۔

### اینٹی سوزش کی خصوصیات:

شریفہ ان لوگوں کے لیے انتہائی اہم پھل ہے جو سوزش کی بیماریوں میں مبتلا ہیں۔ اس پھل میں موجود اینٹی آکسیڈنٹس درد کو روکنے میں مدد کر سکتے ہیں، نہ صرف پھل بلکہ اس کے پتے بھی اینٹی سوزش خصوصیات سے مالا مال ہیں۔

### وٹامن بی 6 کا ذریعہ:

اس میں وٹامن بی 6 پایا جاتا ہے جس کی کمی چڑچڑے پن کا بھی باعث بنتی ہے، لہذا اس پھل کا استعمال ڈیپریشن اور تناؤ دور کرتا ہے۔



ضروری ہے۔ شریفے میں موجود ضروری غذائی اجزاء آپ کی آنکھوں کو خشک ہونے سے روکتے ہیں تاکہ انہیں مناسب طریقے سے کام کر سکیں۔

### کینسر کا خطرہ کم کرتا ہے:

شریفہ فلیوونائیڈز سے بھرپور ہوتا ہے جو کئی قسم کے ٹیومر اور کینسر کے علاج میں مددگار ثابت ہوتے ہیں۔ اس پھل میں الکلائڈز اور ایسیٹو جنن جیسے عناصر بھی ہوتے ہیں جو کینسر کے خطرے کو کم کرنے کے لیے جانے جاتے ہیں۔ شریفے کی اینٹی آکسیڈنٹ خصوصیات صحت مند خلیوں کو متاثر کیے بغیر کینسر پیدا کرنے والے خلیوں کے خلاف کام کرتی ہیں۔ بلٹاسین اور

ہے۔ مزید یہ کہ اس پھل میں موجود فائبر زخراب کو لیسٹرول کو کم کرنے میں مدد دیتے ہیں جبکہ جسم میں اچھے کو لیسٹرول کو بڑھاتے ہیں۔

### آنکھوں کی بینائی کیلئے مفید:

شریفہ وٹامن سی اور ربوفلاوین کا ایک بھرپور ذریعہ ہے، یہ دو انتہائی ضروری غذائی اجزاء ہیں جو آنکھوں کو صحت مند رکھنے کے لیے اہم ہیں۔ بڑھتی عمر کے ساتھ، کمزور بینائی ایک عام مسئلہ ہے۔ اس دور میں جہاں ہم اپنے فون، ٹی وی، ٹیبلیٹ اور لیپ ٹاپ کی اسکرینوں سے چپکے ہوئے ہیں تو وہیں ہمارے لیے اپنی آنکھوں کی اچھی دیکھ بھال کرنا



## رشتہ کے لئے دُعا

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ (پ ۲۰، سورۃ النمل، آیت ۶۲)  
 فضیلت: جس لڑکی یا لڑکے کا رشتہ طے نہ ہوتا ہو تو روزانہ صبح اُٹھتے بیٹھتے یہ دُعا پڑھتے رہیں تو ان شاء اللہ  
 غیب سے مدد ہو کر رشتہ طے ہو جائے گا۔

## رشتہ طے ہونے کی دُعا

وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا ۖ وَكَانَ رَبُّكَ قَدِيرًا ۝ (سورۃ الفرقان: ۵۴)

## بد اعمالی سے بچنے کی دُعا

وَاهْدِيكَ إِلَى رَبِّكَ فَتَخْشِيَ ۝ (پ ۳۰، سورۃ النازعات)  
 فضیلت: جو شخص سیدھی راہ سے بھٹک گیا یا برے افعال میں پڑ گیا ہو یا اللہ کی یاد سے غافل ہو گیا ہو تو روزانہ  
 یہ دُعا پڑھ کر پانی پر دم کر کے پلانے سے سیدھی راہ پر آجائے گا۔

## غیب سے امداد کی دُعا

وَلَقَدْ مَكَّنَّاكُمْ فِي الْأَرْضِ وَجَعَلْنَا لَكُمْ فِيهَا مَعَايِشَ ۖ قَلِيلًا مَّا تَشْكُرُونَ ۝ (پ ۸، الاعراف)  
 فضیلت: اگر کسی کے پاس رہنے کی جگہ یا مکان نہیں ہے اور روزی کا ذریعہ نہیں ہے تو یہ دُعا کو روزانہ پڑھتے رہنے  
 سے ان شاء اللہ خود بخود ذریعہ معاش ہو جائے گا۔

## اللہ پر توکل ہونے کی دُعا

إِذْ تَسْتَغِيثُونَ رَبَّكُمْ فَاسْتَجَبْ لَكُمْ أَنِّي مُدُّكُمْ بِالْفِ مِّنَ الْمَلِكَةِ مُرْدِفِينَ ۝ (پ ۹، الانفال)  
 فضیلت: ہر مسلمان پر واجب ہے کہ ہر وہ کام کے لئے اللہ پر توکل کرے اور کسی پر بھروسہ نہ رکھے، روزانہ اُٹھتے بیٹھتے  
 یہ دُعا پڑھتے رہنے سے ان شاء اللہ توکل حاصل ہوگا۔









ولی الدین

## شکایت

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

## آئینہ

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

## ایک خیال

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



یاسمین ہانیف

## غزل

محببتوں کے خزانے لُٹا کے آیا ہوں  
جو لٹ رہی تھی وہ دُنیا بسا کے آیا ہوں  
کسی کے شوق میں اک بوند پیار کی لیکر  
میں اُس پہ لُطف کے دریا بہا کے آیا ہوں  
مرے وطن پہ کسی نے نظر بُری ڈالی  
تو اُس حقیر کا میں گھر جلا کے آیا ہوں  
چھپا کے دردِ اَلَم اپنے چھوٹے دامن میں  
خوشی کے نجم لبوں پر سجا کے آیا ہوں  
کل ہی حاضر ہوا احباب کی محفل میں جہاں  
پھر اک تازہ غزل میں سنا کے آیا ہوں  
جو اقتدار کی مستی سے بے ضمیر بنا  
میں اُس غرور کے سر کو جھکا کے آیا ہوں  
قبولِ عام ہوئی میری کاوشِ قلمی  
میں اس جہاں میں سر کو جھکا کے آیا ہوں  
علم ہانپنے کو ہے کیا وبالِ نفرت  
اسی لئے مشعلِ اُلُفت جلا کے آیا ہوں



حسن چشتی

## غزل

حدودِ صحنِ گلشن سے یہ دیوانے کہاں جاتے  
اگر جاتے یہ دل والے تو پہچانے کہاں جاتے  
ہوا اچھا کہ محفل میں وہ ہم سے دور بیٹھے ہیں  
وگرنہ ہم دلِ مضطر کو سمجھانے کہاں جاتے  
پرستش کی تمنا بت تراشی پر ہوئی مائل  
اگر آزر نہ بنتے ہم تو بت خانے کہاں جاتے  
ہمیں دیکھا سرِ محفل تو نظریں جھک گئیں اُن کی  
نظر ملتی اگر ہم سے تو شرمانے کہاں جاتے  
ہمارے دم سے سارے مئے کدوں کا ہے بھرم ساقی  
نہ ہوتے ہم تو میخانے خدا جانے کہاں جاتے  
اگر مسدود ہو جاتا درِ میخانہ رندوں پر  
تو پیانوں کا کیا ہوتا یہ میخانے کہاں جاتے  
خرد والے تو اکثر اپنا گلشن چھوڑ دیتے ہیں  
حسنِ گلشن کے دیوانے ہیں دیوانے کہاں جاتے



نصاحت جنگ جلیل مانگپوری

## غزل

بن ترے کیا کروں جہاں لے کر  
یہ زمیں اور یہ آسمان لے کر  
اشک چھلکائے بال بکھرائے  
وہ گئے میری داستاں لے کر  
دو جہاں کی طلب سے فارغ ہوں  
تیرا در تیرا آستان لے کر  
اڑ گئے سب چمن کو رہ گئے ہم  
چار تنکوں کا آشیان لے کر  
رنگِ محفل ترا بڑھانے کو  
آئے ہم چشمِ خوں فشاں لے کر  
سب گئے پوچھنے مزاجِ ان کا  
میں گیا اپنی داستاں لے کر  
سب پھرے لے کے اپنے یوسف کو  
میں پھرا گردِ کارواں لے کر  
سب اڑے لے کے پھول گلشن سے  
اور ہم اپنا آشیان لے کر  
میری تقدیر کیا بتاؤں جلیل  
جاری ہے کہاں کہاں لے کر



نعیم اختر خادی

## غزل

وہ جتنی خود نمائی کر رہا ہے  
خود اپنی جگہ ہنسائی کر رہا ہے  
ذرا سا جوش کیا دریا میں آیا  
سمندر کی برائی کر رہا ہے  
ہمارے بل پہ مسند پانے والے  
ہم ہی سے کج ادائی کر رہا ہے  
ذرا ہم نے زباں کیا بند کر لی  
زمانہ لب کشائی کر رہا ہے  
نظارا دیکھ لو خود غرضیوں کا  
دغا بھائی سے بھائی کر رہا ہے



مختار یوسفی

## غزل

”چپکے چپکے رات دن آنسو بہانا یاد ہے“  
چھوڑ کر بچوں کو تیرا بھاگ جانا یاد ہے  
کانپ جاتا ہوں میں اکثر یاد کر کے وہ گھڑی  
چمٹے بیلن سے مری درگت بنانا یاد ہے  
جب کبھی میں نے بلایا گھر یہ تیرے باپ کو  
وہ ترا غصے میں آکر منہ پھلانا یاد ہے  
فوجداری کرنے آئے تھے ترے بھائی بہن  
پٹ پٹا کر مجھ سے ان کا بڑ بڑانا یاد ہے  
دیکھنے کو فلم شعلے اور جو رو کا غلام  
جیب سے میری ترا بٹوا اُڑانا یاد ہے  
کر سکا جب تیری فرمائش نہ پوری یوسفی  
روٹھ کر اس دم ترا میکے کو جانا یاد ہے



صادق نوید

## غزل

تری محفل میں جب دیوانہ جائے  
لبوں تک اُس کے خود پیمانہ جائے  
کسی محفل میں وہ شرکت سے پہلے  
ادب سے ہو کے بیگانہ نہ جائے  
سدا محبوب کو اپنائے رکھنا  
کہیں ہو کر وہ برگشتہ نہ جائے  
میں چھو لوں بڑھ کے ساقی کے لبوں کو  
یہ خوئے لغزشِ زندانہ جائے  
کششِ باہم ہے دونوں میں کچھ ایسی  
شمع تک کھینچ کے خود پروانہ جائے  
میں چلتا ہوں بس ایسے راستوں پر  
کہ آگے پھر کوئی رستہ نہ جائے  
مری ہر سوچ ہے سب سے نرالی  
کوئی سوچ بھی تو سوچا نہ جائے  
عجب ہے زندگانی کا معمہ!  
اگر سلجھائیں تو سلجھا نہ جائے  
نوید ہر شے جہاں کی آئی، جانی  
محبت کا مگر رشتہ نہ جائے



وقار خلیل

## غزل

نفع و ضرر نہ سودزیاں سب مزے میں ہیں  
آشفگان و کج کلہاں سب مزے میں ہیں  
کچھ دن ادھر کی بات ہے، جانے بھی دیجئے  
اب اور کیا بتائیں میاں، سب مزے میں ہیں  
زخمی نظر، دریدہ بن، تارِ پیرِ بن!  
سب خیریت، یہاں سے وہاں، سب مزے میں ہیں  
بے چہرگی پہ روتے ہو ہلکان ہوتے ہو!  
صورتِ گرانِ شہرِ بتاں، سب مزے میں ہیں  
اک ہم ہی عافیت سے نہیں ہیں تو کیا ہوا  
شعلہ بیان و غنچہ دہاں، سب مزے میں ہیں  
اب کے فساد میں وہ ہوا ہے کہ کیا لکھیں  
کتنے ہی گھر جلے ہیں یہاں، سب مزے میں ہیں  
اُردو تحفظات کے خانوں میں بٹ گئی  
دانشورانِ اردو زباں، سب مزے میں ہیں  
تم مصلحت شناس نہیں ہو مگر وقار  
چلنے لگی ہے سب کی دُکاں، سب مزے میں ہیں





Two old men are sitting on a bench. A truck passes on the road. It is pulling a trailer loaded with turf. One of the men says, "See, that's what I will do when I win the lottery."  
"What?" asks the other one confused.  
"I will send my grass away for cutting!"

Read more on page: <https://jokesoftheday.net/tag/short-jokes/>

Teacher: "Children, there will be only a half-day of school this morning."  
Johnny (in back seat): "Whoopee! Hurray!"  
Teacher: "Silence. We'll have the other half this afternoon."

Told my daughter at 20 to get a job or sleep in the garage...  
20 years later she has done wonders with the garage!

Danny, caught off-guard, yells at his roommate, "Dude! Why are you taking a bath with the bathroom door open?"  
His roommate David replies, "I'm making sure no one is looking at me through keyhole."

A mom and her children watched a PBS special showing the birth of a baby. One fascinated child asked, "Mom, does that hurt?"  
"Oh, yes, it does," she said, remembering her difficult deliveries.  
"Wow," said the kid. "Does it hurt the mother, too?"

"Hey, cabby! How much to take me to the station?"  
"Five bucks, sir."  
"And how much for my suitcase?"  
"No charge for the suitcase, sir."  
"Okay. Take the case and I'll walk."

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

Your veterinarian won't tell you this but if your dog is running a fever, go to the store and buy some mustard.  
It's the best thing for a hot dog.

My doctor's diagnosis was that I have high blood pressure.  
I took that diagnosis with a grain of salt.

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

My phlebotomist told me a Dracula joke, to calm me down...  
I asked if she knew any other jokes in the same vein.

My wife was blaming me for ruining her birth-day

that's ridiculous, I didn't even know it was her birthday.

How can you convert dollars to pounds?  
By visiting McDonalds

What do you call sad coffee?  
A depresso.

Why are Italians so good at making coffee?  
Because they know how to espresso themselves.

What do you call a cow who's just given birth?  
De-calf-inated.

How is divorce like an espresso?  
It's expensive and bitter.

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

The nurse noticed a man in golf attire pacing up and down outside the emergency room where another golfer, who had a golf ball driven down his throat, was being treated by a doctor.  
"Is he a relative of yours?" the nurse, stepping outside the room, asked the pacing golfer.  
"No," replied the man. "It's my ball."

A guy goes to the doctor.  
Guy: "Doc, I think I broke my arm in three places."  
Doctor: "Well, don't go to those places!"



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