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

MARCH 2022 Vol 13, Issue3

Russian banks' exclusion from SWIFT to hurt Indian oil companies

Sanctions and exclusion of Russian lenders from the SWIFT system, the most important international payment network, will hurt Indian state-run firms' ability to repatriate dividends from Russian oilfields and block possibilities of investments in the massive Vostok project, people familiar with the matter said. Rouble's sharp depreciation will also reduce dividends in dollar terms for Indian firms, they said.

ONGC, Oil India, Indian Oil, and BPCL have investments in multiple Russian oil and gas fields, with some fields permitting stakeholders to sell their share of equity oil while others offering just the dividend. "Details on SWIFT exclusion are still emerging but if banking channels are blocked, repatriating dividends from Russia could be difficult," said Subhash Kumar, who retired as chairman of ONGC in December.

Vankor, one of the largest oilfields in Russia, offers dividends to investors, and not equity oil. ONGC, Oil India, Indian Oil, and BPCL

collectively hold 49.9% participating interest in Vankor. These companies didn't respond to ET's request for comment.

In fields such as Sakhalin-1 in East Siberia where ONGC is an investor, equity oil is available to stakeholders. Selling equity oil will be easier for ONGC than repatriating dividends as oil and gas sales haven't been directly targeted by sanctions yet, industry executives said.

India's top refiner Indian Oil Corp will no longer accept cargoes of Russian crude oil and Kazakh CPC Blend cargoes on a free-on-board (FOB) basis due to insurance risk, according to a tender notice and a source familiar with the matter.



300 Afghan evacuees were flown into Chicago. Mayor Lightfoot welcomed

Indians holed up in Ukraine scramble to reach borders

Students in eastern Ukraine and capital city Kyiv continue to struggle to reach the country's borders to get evacuated by the Indian authorities.

Sawan Kumar, a student from Bihar told ET on his way from Kyiv to Kovel in northeastern Ukraine to reach the Poland border, that more than 3,000 Indians were waiting to cross the border to Poland via the Kyiv stretch or Kyiv-Kovel axis. "It is very chaotic, with at least 600 students at the station now, and the crowd swelling by the hour."

Students in Kharkiv, Ukraine's second largest city with a significant number of Indian students, said minutes after the weekend curfew was lifted, there were crowds at supermarkets, despite the continuous shelling.

Pakistan to freeze petrol, electricity prices despite global rise -PM Khan

ISLAMABAD, Feb 28 (Reuters) - Pakistan's prime minister, Imran Khan, on Monday announced a cut in petrol and electricity prices despite a steep rise in the global oil market, pledging to freeze the new rates until the next budget in June.

The move comes as Khan's opposition, already engaged in street protests over what they say is his mismanagement of the economy and rising inflation, says it is set to propose a no-confidence motion in parliament to oust him.

Petrol and diesel prices will be slashed by 10 rupees a litre and electricity rates will be cut by 5 rupees per unit, Khan said in a televised address to the nation.

The prices of both commodities have risen multiple times in the past year under directions from International Monetary Fund (IMF) as part of a reform agenda it agreed upon with Pakistan in 2019 and which is set to continue with a \$6 billion rescue package.

"We have decided that we will not raise prices of these two things until next budget," Khan said.

HEALTH

Page 30

Matrimonials

P-16-17

FASTING

P - 29

Movies P 37-40

Binaca Geet Mala

1959 P-36

Delicious Recipes

P-29



Corona Virus P-9

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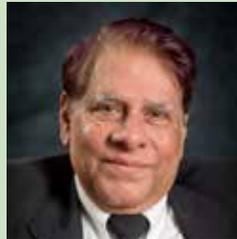
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How the world is punishing Russia for the Ukraine invasion

Since launching an invasion into Ukraine last week, Russian President Vladimir Putin and his country have faced intense international backlash, ranging from crippling economic sanctions to condemnation from the worlds of sports and culture.

The backlash has even included countries thought to be in Putin's orbit, as well as nations that have prized themselves for decades as being above the fray. Other states have taken unprecedented steps to deliver aid to Ukraine. And the reactions have come swiftly, surprising many observers unused to this level of international unity.

The punishments have already had a severe impact on Russia's economy, sparking a financial meltdown as the ruble collapsed in value.

Here's a list of some of the reactions to Moscow's attack.

How the world is punishing Russia for the Ukraine invasion

Christopher Wilson

Christopher Wilson-Senior Writer

Mon, February 28, 2022, 1:27 PM

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Here's a list of some of the reactions to Moscow's attack.

European Union

Olaf Scholz

German Chancellor Olaf Scholz delivers a speech on Sunday about the Russian invasion of Ukraine. (Hannibal Hanschke/Getty Images)

The EU has taken comprehensive action against Russia, including the unprecedented action of sending \$500 million in military aid. The group is also freezing the assets of Putin and other Russian officials, as well as freezing roughly half of the country's foreign currency reserves. They are also targeting Belarus and its president, Alexander Lukashenko, who is allowing his country to be a military base for the assault.

On Saturday, the U.S., Canada, the United Kingdom and the EU announced they were partially removing Russia from the SWIFT financial messaging system that handles billions

in transactions daily. BP said it was exiting its \$14 billion stake in the Russian state oil company Rosneft, reportedly after pressure from the British government. Additionally, the EU said that it would be banning Russia Today, Sputnik and their Russian state media affiliates from the airwaves so they will "no longer be able to spread their lies to justify Putin's war."

German Chancellor Olaf Scholz said in a speech Sunday that Germany would be increasing their defense budget in response to the invasion, calling it a "a turning point in the history of our continent" and adding, "it is clear that we need to invest significantly more in the security of our country." Scholz had already announced last week that his country was halting certification of the Nord Stream 2 gas pipeline.

Far-right Hungarian Prime Minister Viktor Orbán, considered an ally of Putin, announced that his country would not block any of the EU sanctions against Russia. This represents a notable departure for Orbán, who met with Putin in Moscow on Feb. 1, and said afterward that Russia's security concerns were reasonable and sanctions against the nation were pointless and "doomed to failure."

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Throwing in the towel

-Pramod Rajput

Life is a battle. A subtle, silent battle that each person fights with his own life. As in any battle, there are moments of victories and defeats, glory, and depression. There are times, when a person 'resigns' to his situation, like the chess player, who resigns, when defeat seems certain. In a person's life, this 'resignation' manifests as depression. At the point when the person feels that the odds are against him, and that there is no point in fighting anymore and he should give up, then he slips into depression. It is like being in a one-day cricket match where you have 2 wickets in hand, 10 overs left and have to score 200 runs more. Your mind says 'We can't do it' and there is a crushing sense of gloom that envelops you, saps your energy and takes you down like a rock carrying a man to the bottom of the ocean. If I were Kapil Dev, or someone equally tenacious, I would say 'What the heck, let me swing the bat till it is all over' and keep on at it. If I was Chetan Sharma, I would say 'What if this guy hits me for a six?' and give him a ball which he actually hits for a six. So, mental strength and perspective are critical at this crucial moment in time.

It is useful to remember that our perception that defeat is round the corner, may itself be incorrect. People think in patterns and sometimes use the wrong patterns to the right situations and imagine that the situation is bad! So, what if I was in a situation which made me feel I was under threat and reacted, when I was not under the threat I imagined of. There is the legend of two lovers in Greek mythology, whose relationship is opposed by their parents. They often meet secretly in the forests. One day they come across a crevice near a waterfall, which only one can cross at a time. So, the girl crosses over first. She sees a lion at the other side, and immediately runs and finds shelter. Then the guy follows her

onto the other side and spots a piece of his girl-friend's garment which got ripped away when she was running for safety. He then sees this lion ahead and imagines that the lion has eaten his beloved. He then draws his dagger and kills himself! The girl comes out of her safe place after some time and sees her lover dead and kills herself by the same dagger! Human beings assume or think incorrectly sometimes, leading to their own downfall!

The second major cause of failures and depression is behaving irrationally. The car driver who crashes into an embankment on the highway, may be a very experienced and good driver. However, on that fateful day, he broke some simple rules of driving. He had a couple of drinks in the party, he had failed to wear the seat belt and he drove at 160 kmph and lost control when he dozed off a wee bit! Many, many mistakes that human beings make are silly ones, which they were aware of. The complex ones that they were unprepared for are not that many. Most of them could have been avoided with a bit of common-sense and discipline. Is it not so?

How many times, we lose valuable things just because we were careless? How many times we get fooled by people because we allowed them to fool us? How many times we make incorrect decisions because we do it under emotional stress?

However, some philosophers believe that man makes a mistake when he is ready for it. There is no point in saying his mistake was so silly – 'maya', the Hindu concept of 'Satan', deludes you into losing your sense of judgement at that fateful moment.

So, our situation of hopelessness, just before we slip into depression might have been brought about by our imagi-



nation that something is wrong, when it is not actually so. It could also have been brought about by our own mistakes.

Whatever, be the situation, the optimist and the positive suggest that we should fight till we are defeated and not resign ourselves. This is a very brave approach and needs tremendous moral courage to fight as though you could actually win, even when defeat is looking into your right eyeball. There is a story related by a Hindu saint (called Paramahansa Yogananda), of two little frogs which fell into a pail of milk. One frog said 'Okay, death has come – let me give up' and sank to its milky grave. The other frog said 'I'll keep trying to swim out till my breath stops!' and keeps kicking about. After a while, just as it is about to give up and die, it senses something solid beneath itself – a lump of butter! Apparently, the kicks had churned some butter under it and it could leap out from this patch of butter, to safety! This saint goes on to advise us to be like the 'kicking' frog, to give that one small punch, even when disaster is breathing its foul breath down your throat. Who knows, the dragon may actually get frightened by you? "He who fights and runs away, lives to fight another day!"

Congratulations to Shawkat Mohammed

Shawkat Mohammed has been approved for membership in the 2022 Million Dollar Round Table (MDRT) and additional membership levels of Court of the Table and Top of the Table. He is now a Qualifying and Life member with 10 years of membership in MDRT and 6 years in Top of the Table.

Outstanding! Asia Times is proud of your achievements



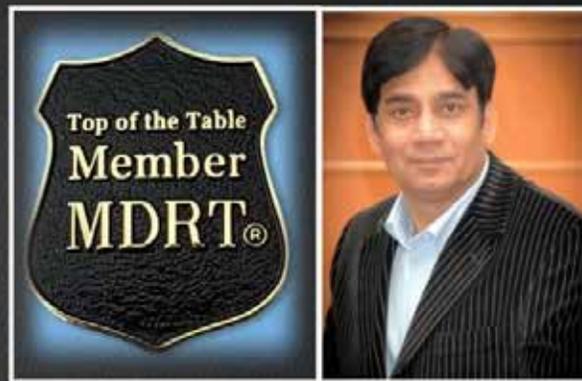
Omar Suleiman

Brian drove up several hours from South Louisiana to Jum'ah. We spent a couple of hours together afterwards at the Masjid, and he took Shahada around 330 pm with myself and the two other people still in the Masjid Al Hamdulila. Something beautiful he shared: he found Islam through the angels series and knew every episode inside out. Before becoming Muslim, he already started applying certain lessons. He said that before he would leave his home, he would tell himself he wanted the banner of an angel over him. So he would renew his intention each day to do good, and say the dua for leaving the home. Then he said he stopped backbiting or allowing himself to even be present when others would gossip because he wanted the presence of the angels. He said he noticed a massive change in how he felt, and thought to himself how amazing would he then feel if he subscribed to an entire lifestyle that invites the angels and the pleasure of his Lord. May Allah guide us all to righteous ways in all aspects of our lives, and keep Brian and all of us upon that which is pleasing to Him. Ameen

Sometimes it's better to just remain silent and smile.

(Thoughts Wonder)

Congratulations Shawkat Mohammed! MDRT Top of the Table Achiever 10 years in a row



Founded in 1927, MDRT (Million Dollar Round Table) is a global and independent association consisting of more than 72,000 members in 72 countries. The organization recognises insurance and financial service professionals/advisers who have served their clients by exemplary performance and the highest standards of ethics, knowledge, service and productivity. Less than one percent of the financial advisers worldwide are MDRT Top of the Table Members.



At a gathering in Deccan Grill:

From left: Azeem A. Quadeer, CEO Asia Times US, Deccan Grill Catering Manager Siraj Ansari, Chef Mohammed Fazil and Hameed Baig

Photo credit: Khaja Mujibuddin

HSNT to hold picnic on June 4 in Grapevine, TX

Monthly board meeting was held on Feb 22 and it was unanimously decided to hold the picnic on 4th June 2022. Meeting was attended by Mohammed Hameed, Dr. Rahman, Anjum Rahman, Mohammed Abdur-Rahman, Munawar Rahman, Mohammed Arifuddin, Rahat Arifuddin and Azeem Abdul Quadeer, Venue for the picnic is Lake Trawick Park, Grapevine. Ticket will be \$20 and lunch will be provided. As usual picnic will include outdoor games and musical entertainment. More Info at www.hsntdfw.com



Shawkat Mohammed with Fasi Khan at Valentine's Dinner party hosted by FunAsia at Silver-Star Event center in Lewisville.

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FunAsia Valentine's Dinner party Friday Feb 11th. Ambreen Hasnat was the host.

What we need to know about Corona virus infection Compiled by M. Basheer Ahmed

Omicron is substantially milder than other versions of the virus and patients were only about one-third as likely to need hospitalization as other variants. However, Omicron is more contagious than other variants and it has led to an explosion of cases. The symptoms are milder on average as Omicron does not attack the lungs as earlier versions of Covid did.

In an experiment people were given an identical dose of virus and 50% become infected, the other 50% not. Dr. Rhia Kundu, from Imperial's National Heart and Lung Institute, said that "being exposed to the covid-19 virus doesn't always result in infection". High levels of pre-existing T cells, created by the body when infected with other human coronaviruses like the common cold, can protect against Covid-19 infection" A degree of immunity is also provided by prior exposure to coronaviruses.

10 to 30 percent of people infected with the coronavirus may develop long-term symptoms. Four factors appear to increase the risk: High levels of viral RNA early during an infection, the presence of certain autoantibodies, the reactivation of Epstein-Barr virus and having Type 2 diabetes.

Impact of Covid on American Muslims: According to ISPU, the negative impacts of the pandemic have been particularly great on Americans who are Muslim. There is a disproportionately higher incidence in African American Muslims. 30% of Muslim families report low income (with their households living at or below the poverty line), which is a larger percentage than any faith community in America measured by ISPU. Low-income people have been among the hardest hit by the COVID-19 pandemic as economically disadvantaged Americans are more likely to be frontline workers, lack access to proper healthcare, and have no cash or credit cushion should they lose their job, magnifying the negative impacts of COVID-19 on poor families.

A significantly higher percentage (11%) of poor American Muslims had been hospitalized for COVID, compared to the general public (6%). Young Muslims may have been more likely to test positive for COVID-19 not because of poor

masking, but, in part, because of their living circumstances. Nearly half (48%) of young Muslims live with parents or extended family, compared with 9% of 30-49-year-olds and 4% of those 50 or more years old Americans. While twice as many Muslim women tested positive in our survey results, more Muslim men have been hospitalized (14% vs. 8%). <https://www.ispu.org/loss-during-covid>

The best way to protect yourself against Covid-19 is to be fully vaccinated, including getting your booster dose. Covid vaccines have been proven to reduce severe infections, hospitalizations and deaths, and remain largely effective against known variants of the virus. However, vaccines are not 100% effective in preventing infection and the immunity they provide wanes over time. A variation between people's immune systems makes a difference, at least to whether or not you get symptomatic disease.

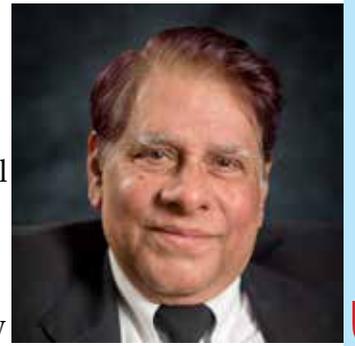
The vast majority of people with immune-system problems have become eligible for monoclonal antibody treatments, which are typically infused at a hospital or clinic, only after they had already been exposed to the virus and gotten sick.

The treatments for people who contract Covid are especially important here. Pfizer's, Paxlovid anti-viral agent, reduces the risk of hospitalization by more than 80 percent. The F.D.A. also authorizes Evusheld an AstraZeneca antibody treatment. It is estimated that about five million people in the United States may benefit from this drug. Evusheld may be effective at preventing Covid for six months.

Covid's effect on the Brain and circulatory system: Even people with mild cases of Covid can experience sustained cognitive impairments, including reduced attention, memory and word-finding. Possible long-term neurological problems from Covid constitute "a major public health crisis," Researchers found a wide range of dysfunction in the brains of long Covid patients. It is unclear how often the virus directly penetrates the brain; even mild infections appear to cause significant brain inflammation.

Long term effects of Covid infection
Many long Covid patients struggle with physi-

cal activity long after their initial infection, and experience a relapse of symptoms if they exercise. Initial studies suggest that dysfunction in the circulatory system might impair the flow



of oxygen to muscles and other tissues, limiting aerobic capacity and causing severe fatigue. Chronic inflammation may damage nerve fibers that help control circulation, a condition called small fiber neuropathy. Microscopic blood clots that form during an initial Covid infection will typically break down naturally, but might persist in long Covid patients. These clots could block the tiny capillaries that carry oxygen to tissues throughout the body.

These findings demonstrate that people with long Covid are suffering systemic physical problems, rather than just being anxious or out of shape.

If you get sick and then recover, your body goes back to its usual functions with the added bonus of natural immunity. However, in certain cases damage to organs and tissues leaves the body weaker long after the infection.

10% to 50% of people may develop post COVID lingering symptoms—damage to not only smell and taste, but to all five senses. Others have long-lasting heart issues, fatigue, shortness of breath, and brain fog. Some patients may experience symptoms of dementia. Some people who had only mild reactions to the virus may develop long COVID affects. Many women reported disruptions to their menstrual cycles. Pregnant women who got COVID-19 are 40 percent more likely than the uninfected to have serious complications, including miscarriages and stillbirths. The long-term mental health consequences of isolation and grief also worth considering.

Prevention of illness by taking vaccination-booster dose, use of mask and avoiding larger crowds is still the best options.

Asalamualaikum

There are several Afghani refugee children from ages 12-17 years old who arrived in Dallas Texas USA. without their parents.

Government wants to place them as soon as possible. ICNA is assisting them for placement also.

Humble appeal is to become their foster parents if possible. Otherwise they will be placed with families of other faiths.

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Elyas Mohammed now serving on the board of Rahma Center of Charlotte

I am honored and humbled to serve on the board of Rahma Center of Charlotte. I consider myself fortunate to serve the community I have called home for more than a decade.

I am passionate about our mission – “The #RCC will serve the needs of Muslims in the Charlotte area by performing religious services, imparting education and knowledge, promoting philanthropy and by conducting outreach services and civic engagement to benefit the community.”

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Quick Facts

- Parents immigrated from Lebanon
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We are sad to announce our dear brother Manzoor Khan Secretary ICNA South Florida passed away today. Br Manzoor Khan was a very caring and loving sincere person. He served as Secretary Finance in the Muslim community of Palm Beach Masjid and past treasurer of South Florida Muslim Federation as well as Islamic Circle of North America South Florida. He was always very careful in dealing with money. He served as President of the unit as well. He was a very humble person and was currently the secretary of ICNA South Florida. A permanent feature of our South Florida team. He was such a sweet brother, always took Dawah work very seriously. He was a humble brother and a kind person -Musharraf Khan, FB



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KCR SEVA Dalam launching chief minister of Telangana state birthday Cricket cup at Nizam College ground by Home Minister Mehmood Ali sahab , Iftexhar Shareef & Mohhammed Amir RTI commissioner



Marriage of the daughter of Rafi Ishaq chairman of Dream India group , seen in pic is Iftexhar Shareef , Rafi Ishaq , Mohd Shakeel MLA Bodhan and others



Meeting at lunch iftekhar Shareef with Nawab Shah Alam Khan leading industrialist his son Barkat Alam Khan son in law of Barrister Asa-duddin Owaisi Member of parliament from hyderabad.



Chief Ministry of Telangana KCR birthday celebration at LB Stadium. Cake offered to Iftexhar Shareef by Home minister Janab Mehmood Ali Sahab



Free medical camp by Shamshabad youth inauguration by Iftexhar Shareef & Dr Prem Raj



Mega job mela at Red Rose function hall , over 200 appointment letters on the spot



Sending off Iftexhar Shareef by Mohammed Azharuddin former Cricket Captain of India and others



Nawab Mir Hamid Khan, Engr USA, President IAA Chicago speaking at consulate general office in Chicago



Hon. Consul Gen. India at Chicago , Mr. Amith Kumar w/Mask. To his Lft. Nawab Mir Hamid Khan, Engr usa, President IAA Chi to his Rt Dr. Laxman Singh PhD usa , V P , IAA

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Warm welcoming to Mr. Iftekhar Shareef Sahab from Minhaj Akhtar Sahab, Saif Khan, Mujeeb Sahab and Waseem Sahab. Also Saif Khan was presented flowers for his successful surgery and made Duwa for his fast recovery.



Right: Dinner meeting of iftekhar Shareef with Chairman of Aurora Group of Colleges Dr N Ramesh at ITC Kohinoor

“Ganga To Mississippi - Walking With The Rainbow”

“Ganga To Mississippi – Walking With The Rainbow” is a memoir, a family history, part family novel, part self-examination, interspersed with generational trauma, and imbued with immigrant folklores, all in a package of realism and ‘counter archive.’

Written by an India-born immigrant, Moon Khan, who had to leave the country like millions of Indians in search of better prospects, the memoir reads like a cinematic play-by-play of life in the rural part of India. Settled in Chicago, USA, Moon provides an absolutely captivating social, cultural, and historical commentary on India’s development from the 1960s to the 1980s.

If you are here for twists on twists on twists, this is the book for you. The book is co-authored by Moon’s son, Shaan Khan, who was born and raised in the United States. Shaan’s perspective gives the book a multi-generational and an international flavor.

Commenting on the book at the launch of the memoir from the platform of Kalinga Literary Festival, Santosh Singh, Author and Assistant Editor of the Indian Express, portrays the link of the two generations as a link between Ganga and Mississippi - Moon representing Ganga and Shaan identifying with Mississippi. Singh also wrote the Foreword for the book, which is available on Amazon, both in the USA and India. Its Kindle version is only \$4.99 or Rs. 371.

Ramesh Soparawala, Resident Editor, India Post, USA, calls it “a historical story that will linger with readers like memories of their first love.”

“It’s a testimonial of what we can all achieve if we accept the challenges,” says Diane Pappas, a Yale law school graduate, and an American politician. Moon’s life has been a saga of very poor to very rich. Simultaneously, it was also a tumultuous journey from ordinary to extraordinary, from despair to repair, from shattered streets to shiny tollways, from a tiny village of Bihar, India, to metropolis like Chicago.

Arun Kumar, Associate Editor, Hindustan Times finds “a super trajectory of identity” in the 233-page book, which was published in January 2022. Moon believes in a multitude of identities. Reinforcing the idea of solitary identity is like asking someone if he likes his wife or his mother, his kidney or heart, his son or his daughter. Moon explains this dilemma in a chapter titled “Who Am I?”

Atul K. Thakur, Author, Columnist, Literary Consultant, calls this an amazing novel of unanswerable questions as well as mysterious and innovative curiosities. “A work to be recognized for its honest reflections. Moon Khan’s journey assures hope,” he added. “With this memoir, you’re in on some very juicy gossip.”

Senior Journalist, Bibhesh Trivedi, advises, “Come hungry with a gorilla like appetite to a grand buffet. This memoir reminds us that no matter how far you fly, the past is always near and part of your dream.”

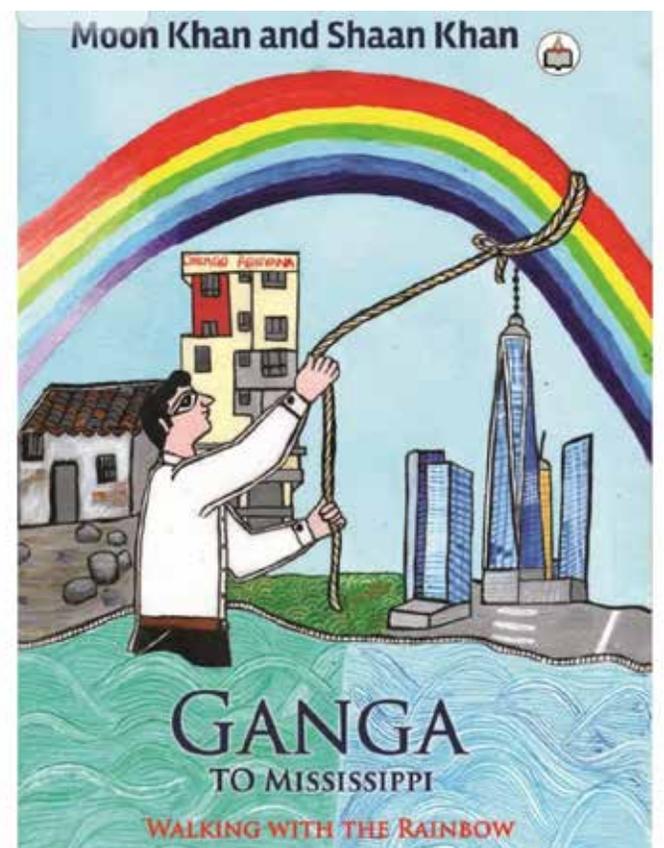
According to Danish Reyaz, Group Editor, Maeshat, Ganga to Mississippi is a provocative, defiant, clever, painful, empowering, and hilarious novel of literary climax that you read while unchecking your biases.

Moon Khan and Shaan Khan have written a captivating memoir, with unique rhythms, dusty winds, and live characters that incarnate the voices and aspirations of most Indians. The father and son duo would take you to places you did not know you wanted to go because they write in a tingling humorous style with a poetic touch.

Reviewing the book, Obaidur Rahman, Founder Chairman, Rahman 30, In Association with Super 30, writes, “Ganga to Mississippi provides an achingly accurate description of an emotional and physical connection that feels as though it describes a whole life. The memoir is an open letter to progeny, a suturing of past and present - with so many swerves it feels like a Formula 1 track.”

The titles of a few chapters of the book may encourage you to buy this book.

- Overcoming the odds: from preterm to awesome
- A monster who snatched our hope
- When I met an angel
- Rooms with holes and rodents
- Broken dreams, shattered faith
- Violating law to break my shackle
- The warmth of other suns
- From roti to hotdog
- Culture shock vs. clash of cultures
- A letter to my son while flying at 30,000 feet
- Dreaming with everybody



MATRIMONY Mubarak Rishte

Gender: Female
 Name: AA
 Height: 5' 5"
 Age: 34
 Residence: Milwaukee
 Education: Post Grad
 Profession: Doctor Cardiologist
 Legal Status: U.S. Citizen
 Marital status: Never married
 Ethnicity: Indian
 Family: Parents, Brother, Sister
 Language: English
 Hobbies: Travel, Community Service, Art, Reading
LOOKING FOR:
 Educated professional, from good family and a caring nature.
 Age : 34-38
 Residence: U.S.
 Education: Bachelors +
 Profession: Any
 Legal Status: U.S. Citizen, raised here.
 Marital Status: Never married
 Ethnicity: Any

 Contact: 2055676126

Female
 Date of Birth: 1983
 Height: 5'4
 Residence: Toronto
 Education: U of T undergrad degree
 Work: Government employee
 Nationality: Canadian
 Marital status: never married
 Siblings: three brothers
 Language: English/Urdu
 Sect: Sunni Muslim
 Non Hijabi, very fair complexion.
 Ethnicity: Indian/Pakistan
 Make balance between deen and dunia.

Looking For:
 Age: Under 40
 Height: 5'9 and above
 Residence: Canadian or USA
 Education: Bachelors, Masters or any professional degree
 Profession: Any
 Marital Status: Single
 Religion: Muslim Sunni
 Contact :2055676126

Hijabi : Yes
 Name: AF
 Age: 24
 Height: 5'3
 Residence : USA (Raised in USA/studying since 4th grade in USA)
 Education: BS, MSIT
 Profession: Software Engineer
 Visa Status: Work permit
 Marital status : Single
 Ethnicity: Indian
 Religious Sect: Sunni
 Family: Parents and one older brother and one older sister
 Relocation: Yes
 Language: Urdu, English
 Hobbies: Traveling, spending time with family and friends, working out.
LOOKING FOR:
 Age : 25 to 29
 Height: 5'5 and above
 Residence: USA
 Education: Bachelors or above
 Profession: Any
 Legal Status: Greencard/Greencard in processing/citizen
 Marital Status: Single, Never Married
 Religious Sect:Sunni
 Ethnicity: Indian
 Looking for someone well balanced in deen and duniya

 Contact Cell : 2055676126

Looking rishta for my daughter.
 DOB: 1996
 Height: 5'2.5"
 Legal Status: US citizen
 Education: Bachelors from University of Illinois, Urbana champagne. Graduated in May 2019.
 Work: Campus selection from At&t.
 Open for relocation.
 Job position:
 Official title is solutions integration manager.
 Mix of data engineering & project management.
 Work as IT programmer
 Sect: Sunni
 Religious inclination: Moderate
 Non Hijabi
 Family: Well educated parents and two older brothers.
 Ethnicity: India(Lucknow)
 Urdu speaking
 Looking for someone within 2 years age gap
 From a well educated family.
 Boy should be in gud professional job.
 US citizens only.
 If interested please contact mom on whatsapp: 614 747 5526
 Initially only text please plz

NAME: FK
 MS (BIOMEDICAL SCIENCES)
 DO (FINAL YEAR)

 HEIGHT:5.7
 PRESENT AGE: 1990
 ADDRESS: WEST PALM BEACH, FLORIDA
 NAME FATHER: SOFT DRINK PROFESSIONAL, ADJUNCT PROFESSOR
 MOTHER: HOUSEWIFE

 SIBLINGS;
 BROTHER: MS (BIOMEDICAL SCIENCES) MD (PODIATRY) FIRST YEAR
 SISTER: DO (FINAL YEAR)
 SISTER: MS PREEDENTAL

 SUNNI FAMILY FROM HYDERABAD INDIA. ALL CHILDREN BORN AND RAISED IN THE US. PRESENTLY LIVING FLORIDA.

 Contact 2055676126

Hijabi / Yes
 Age: 25
 Height: 5.3
 Marital status: never married
 Legal Status: US citizen
 Education: B.S. in Health Science, Benedictine University (2014-2018); MS in Integrative Physiology, Benedictine University (2019-2020)
 School of Podiatry (2021-present)
 Profession: Student
 Residence: Chicago, Illinois
 Religious Sect: Sunni
 Language: English, Urdu
 Ethnicity: Indian Hyderabad
 Family: Father: Child and Adolescent Psychiatrist, MD
 Mother: Homemaker
 Brother: B.S. in Biology, 3rd year medical student at Midwestern University
 Brother: Undergraduate at Benedictine University (3rd year)
 Sister: Undergrad freshman
 Sister: High school sophomore

LOOKING FOR: MALE
 Age: 25 to 31
 Height: Open
 Marital Status: Never married
 Legal Status: US citizen
 Education: Doctor, Dentist, Lawyer, Engineer
 Profession: Open
 Residence: open
 Religious Sect: Sunni
 Ethnicity: Indian/Pakistani
 Contact:
 WhatsApp #2055676126

FEMALE
 Hijabi : No
 Age: 31
 Height: 5-4
 Marital status: Never married
 Legal Status: US citizen
 Education: MPA
 Profession: Federal Job
 Residence: New York Originally India
 Religious Sect: Sunni Muslim
 Language: English, Urdu
 Ethnicity: Indian
 Family: Father, Mother and 2 brothers

LOOKING FOR: MALE
 Beard: No
 Age: 30 to 35
 Height: above 5-5
 Marital Status: Never married
 Legal Status: no preference. Should be in lawful status
 Education: Masters and above
 Profession: Prefer IT, computer engineering etc
 Residence: No preference
 Religious Sect: Sunni Muslim
 Ethnicity: India, Pakistan etc
 Contact:
 WhatsApp #2055676126

Hijabi : No
 Age : 30
 Height : 5' 3 "
 Marital status: briefly married 4 months (khulla obtained due to boy suffering serious psychiatric condition)
 Legal Status: US born Citizen
 Education: Masters in Public Health - working at Michigan United
 Religious sect : Sunni Muslim
 Ethnicity : Indian
 Family:
 Father - Physician / Neurologist
 Mother - Family Physician
 Elder sister - General Surgeon
 Brother in law - Internist
 Brother - surgery resident (PG)

LOOKING FOR : Male
 Age : 29 to 35 years
 Height : 5' 5" to 6' 2"

 Marital status: Unmarried or divorced with no children

 Legal Status: US Citizen / H-1B / Student visa - But Living in USA or Canada

 Education: Masters or Bachelors

 Profession: Medical / IT / Engineer

 Residence: USA or Canada

 Religious Sect : Muslim

 Ethnicity: Indian or US raised Pakistan or US raised Bangladesh

 Contact : WhatsApp # 2055676126

INTERNATIONAL PAGES

INTERNATIONAL PAGES

Desi Mubarak Rishte

A Premier Online Platform Created with the Sole Purpose to Help People Find the Perfect Life Partner Where A Journey to Blessings, Love & Happiness Begins...

MATRIMONY Mubarak Rishte

Beard. : Yes
 Age. : 33Yrs
 Height. : 5'9"
 Marital Status: Divorced
 Legal Status. : US Green Card Holder
 Education. : B.Tech Computer Science
 Profession : AWS App Developer, TX
 Religious Sect : Islam Hanafi Sunni
 Residence : Prosper Texas
 Language. : Urdu, English
 Ethnicity : India Hyderabad
FAMILY:
 Father. : Mohammed Afzal B.Com Gulf returned
 Mother. : Home Maker
 Brothers. : 1 B.Tech MS (UK) IT Consultant UAE returned
 2 MBA Team Manager Accenture Hyd
 3 B.Tech MS (USA) Optimization Engineer Dallas TX
 MBA Process Associate Genpact Hyd

LOOKING FOR:
 Hijabi. : No Criteria
 Age. : 23 - 32 Yrs
 Height. : 5'2" - 5'8"
 Marital Status: Single or Divorced without responsibility
 Legal Status : GC/Citizen H1/B1/B2 visa holder
 Education : Graduate
 Residence: US
 Religion Sect. : Islam sunni
 Ethnicity. : India Hyderabad

=====

[8:07 AM, 1/27/2022] +1 (205) 567-6126:
 Contact 2055676126

Beard: Yes
 Age: 29 (Born in Sept 1992)
 Height: 6 ft
 Marital status: Never Married
 Legal Status: H1B, Indian
 Place of Birth: Hyderabad
 Education: Master's from New Jersey Insitute of Technology, Newark - NJ
 Profession: Cloud DevOps Engineer (IT)
 Residence: Pennsylvania, USA
 Religious Sect: Sunni, Hanafi
 Language: English, Urdu
 Ethnicity: Indian
 Family:
 Father - Vice President, State bank of Mauritius, Hyderabad - Telangana
 Mother - M.Com (Homemaker)
 Sister - Studying M.Pharm

LOOKING FOR: FEMALE
 Hijabi: Yes (Non Hijabi is also ok), should be religious
 Age: 23 - 27
 Height: 5'4 and above
 Marital Status: Never Married
 Legal Status: US Citizen/GC holder/Gulf Born
 Education: Professional degree or Master's
 Profession: Any
 Residence: USA/India
 Religious Sect: Sunni
 Ethnicity: Indian
 Contact:
 WhatsApp # 2055676126

MALE
 Age: 28
 Height: 5.10
 Marital status: single
 Legal Status: H1
 Education: masters in computer assurance
 Profession: software developer
 Residence: fairfax,va
 Religious Sect: Muslim
 Language: English Hindi Urdu
 Ethnicity: Indian
 Family:

LOOKING FOR: FEMALE
 Beard: Yes /No
 Age: 20-29
 Height: 5.2 and up
 Marital Status: single never married
 Legal Status: any if from India ,others citizen or gc
 Education: any
 Profession: any
 Residence: anywhere
 Religious Sect: Muslim
 Ethnicity: any
 Contact:
 WhatsApp #2055676126

MALE
 Beard : Yes
 Age: 29
 Height: 5'6
 Marital status: Single
 Legal Status: H1
 Education: Masters
 Profession: DevSecOps Engineer
 Residence: Tampa, FL
 Religious Sect: Sunni
 Language: Urdu, English
 Ethnicity: Hyderabad, India
 Family:
 Father: Late Mohammed Asgar
 Mother
 Elder sister: Married (settled in abu-dhabi)

LOOKING FOR: FEMALE
 Hijaabi: Yes /No
 Age: 21-26
 Height: 5'0 - 5'4
 Marital Status: Single
 Legal Status: US citizen/Green card/Gulf born with US Visa
 Education: Graduate
 Profession: any
 Residence: any
 Religious Sect: any
 Ethnicity: any
 Contact:
 WhatsApp: 2055676126

Male
 Age: 34
 Height: 6
 Education: Master in Journalism and Mass Communication
 Profession: Journalist at Voice of America
 Residence: Virginia
 Legal Status: Permanent resident (Green Card)
 Marital status: Never married
 Religious Sect: Suni
 Language: Pashto, Urdu and English
 Ethnicity: Yousafzai, Pushtun
 Family:

LOOKING FOR: FEMALE
 Age: 26 to 35
 Height:
 Education:
 Profession:
 Residence:
 Legal Status:
 Marital Status:
 Religious Sect:
 Ethnicity:
 Contact:
 WhatsApp # 2055676126

MALE
 Beard: No
 Age: 34 years
 Height: 6'1
 Education: Masters in Computer Science.
 Profession: Senior Software Engineer, Microsoft.
 Residence: Houston, USA.
 Legal Status: Citizen of USA
 Marital status: Divorced (no kids)
 Religious Sect: Sunni Hanafi.
 Language: English, Urdu.
 Ethnicity: Hyderabad, Indian.
 Family: Parents and Siblings.

LOOKING FOR: FEMALE
 Hijabi: Yes
 Age: 24-30 years.
 Height: 5'4 above.
 Education: Any (preferred Doctor/Engineer)
 Profession: Any.
 Residence: Indian or USA or Canada.
 Legal Status: Indian or US or Canada.
 Marital Status: Never Married or Divorced.
 Religious Sect: Sunni.
 Ethnicity: Hyderabad, Indian.
 Contact: 2055676126

Gender :Male
 In USA since 2017
 Name: JM
 Age: 29
 Height: 5'6
 Residence : USA
 Education: B.E MS
 Profession: Working as a Software Developer in Dallas,
 Hafiz from Jeddah Alhamdulillah
 Legal Status: H1b
 Marital status : Never Married
 Ethnicity: Indian , Hyderabad
 Religious Sect: Sunni, Islam
 Family:
 Father: (System Engineer), RESCO Jeddah.
 Mother: (worked as a Teacher in International Indian School Jeddah, KSA)
 Sisters: (2).

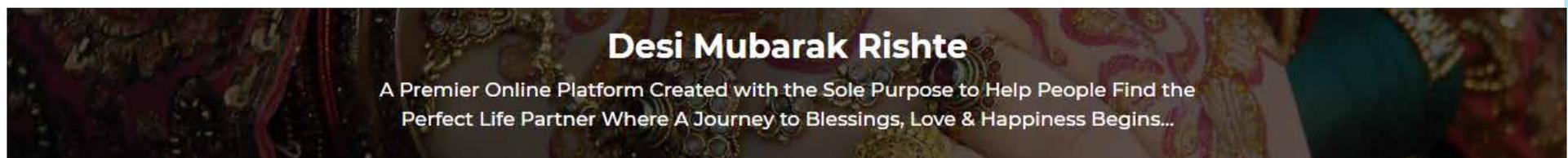
Language: English , Urdu , Hindi , Arabic
LOOKING FOR:
 Age : 21-27
 Height: 5'2 - 5'4
 Residence: USA
 Education: Any Graduate
 Profession: Professional
 Legal Status: any
 Marital Status: Never Married
 Religious Sect: Sunni ,Islam
 Ethnicity: Hyderabad, Indian contact 2055676126

Beard: Yes
 Age: 27
 Height: 6'
 Marital status: Never Married
 Legal Status: Temporary Resident
 Education: Masters in Mechanical Engineering
 Profession: Quality Officer
 Residence: Melbourne, Australia
 Religious Sect: Sunni
 Language: English, Urdu & Hindi
 Ethnicity: Indian, Hyderabad
 Family: Father - QA/QC Manger, Qatar
 Mother - Home maker
 Brother - BE, MS USA
 Brothers in-law:
 1. MBBS, MD Dermatology.
 2. MBBS, MD Pulmonology.
 3. BE MS Electronics and Comm.
 Sisters
 1. MBBS, MD Pediatrics
 2. MBBS, MD Pathology
 3. B. Pharma, M. Pharma
LOOKING FOR: FEMALE
 Hijabi: Yes
 Age: 25 & below
 Height: 5'3" & above
 Marital Status: Never Married
 Legal Status: Any
 Education: Any Professional/Academic Degree
 Profession: Any
 Residence: Any
 Religious Sect: Sunni
 Ethnicity: Indian

Contact: Mother
 WhatsApp # 2055676126

INTERNATIONAL PAGES

INTERNATIONAL PAGES



MARCH 2022 Hindu Festival & Holidays

DAY	DATE	HOLIDAY
Tue	Mar 01, 2022Mar 01	Maha Shivaratri
Thu	Mar 17, 2022Mar 17	Holika Dahan
Fri	Mar 18, 2022Mar 18	Holi
Tue	Mar 22, 2022Mar 22	Hindi New Year

HOLI

What is Holi and why is it celebrated?

Image result for holi festival
 Holi is a popular Hindu holiday celebrated most commonly in India that is also known as the Festival of Colors. It celebrates the triumph of good over evil and the changing of the seasons from winter to spring. This year, it falls on March 28 through March 29. What is done at the festival of Holi?

The Holi Festival is wild: think big crowds, colored dye, water guns, music, dancing, and partying. During the Holi Festival, people dance through the streets and throw colored dye on each other. The Holi Festival is a happy time when people come together as one and let go of their inhibitions.

How is Holi celebrated in India?
 Image result for holi festival
 People celebrate Holi by splashing water and smearing each other with colours, which is also known as 'Gulal'. Children enjoy the day by playing with water balloons and water guns. Parties are hosted by people where they dance on popular Holi songs. ... Holi celebrations in Vrindavan and Mathura are very famous.

Why is Holi so important?
 What is the real story of Holi?

Image result
 Holi also celebrates the Hindu god Krishna and the legend of Holika and Prahlad. Hiranyakashipu was an evil king. He had special powers

that made him nearly invincible and he wanted everyone in his kingdom to worship him. He was so powerful he started to act like a god and punished or killed anyone who disobeyed him.

Why do we throw color on Holi?
 Image result
 According to NationalGeographic.org, the powdered paint (called "gulal") thrown during the festival represents the bonfire from which Prahalad was saved. The powders also pay homage to the bright colors seen during the spring season. Which special dish is prepared on Holi?

Image result
 One of the popular festivals that celebrate the spring season, Holi is a festival of colours and is enjoyed across the country with much pomp & show. On this festival, people prepare lots of delicacies like gujiya, malpua, dahi bhalle and what not to treat their loved ones
 Holi-Special Drinks That You Can Serve During The Festival
 Thandai. The chilled milk-based drinks with a mix of melon seeds, rose water, rose petals and lots of nuts are a must during Holi festivities. ...

Paan Thandai. ...
 Almond Milk Thandai. ...
 Berry Kanji. ...
 Kanjioska. ...
 Rang Rasia. ...
 LIIT Thandai.
 Royalty, in the West and the Christian culture, is represented by



a deep, mystical shade of purple, while in India, it is the deep hues of red and ochre that symbolize wealth and grandeur. ... India remains colorful and vibrant in more ways than one.

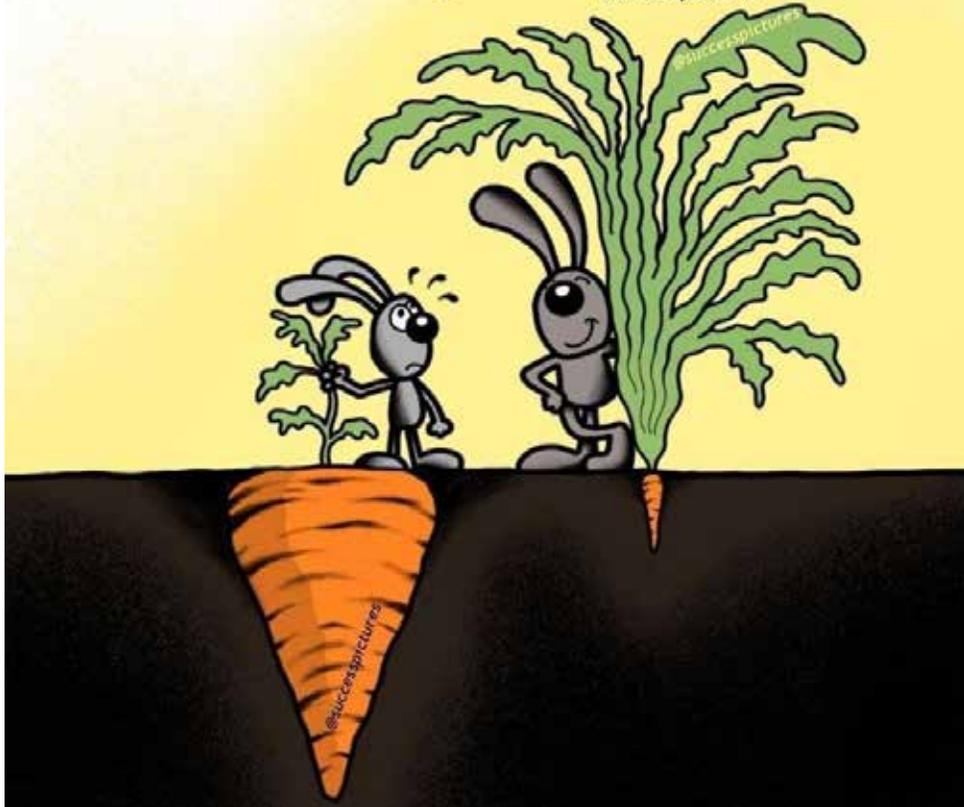
Is Prahlad story true?
 Image result
 Prahlada (IAST: Prahlāda) was a king, the son of Hiranyakashipu and Kayadhu, and the father of Virochana. He belonged to the Kashyapa gotra. ... The majority of stories in the Puranas are

based on the activities of Prahlāda as a young boy, and he is usually depicted as such in paintings and illustrations



Success is not always what you see.

@successpictures



DON'T BE IMPRESSES BY:

- 1. Money
- 2. Titles
- 3. Appearances
- 4. Social Media
- 5. Achievements
- 6. Degrees



BE IMPRESSES BY:

- 1. Kindness
- 2. Empathy
- 3. Generosity
- 4. Humility
- 5. Integrity
- 6. Honesty



@billionaire.teb

Other ways to say : Delicious

Dz Page

Tasty

She makes a really tasty dish with chicken and rice.

Scrumptious

A scrumptious meal.

Appetizing

The food wasn't particularly appetizing.

Mouth-watering

The waiter came round with a tray of mouth-watering cream cakes.

Flavourful

a flavourful red juice.



Yummy

I think I'll have some more of that yummy chocolate cake.

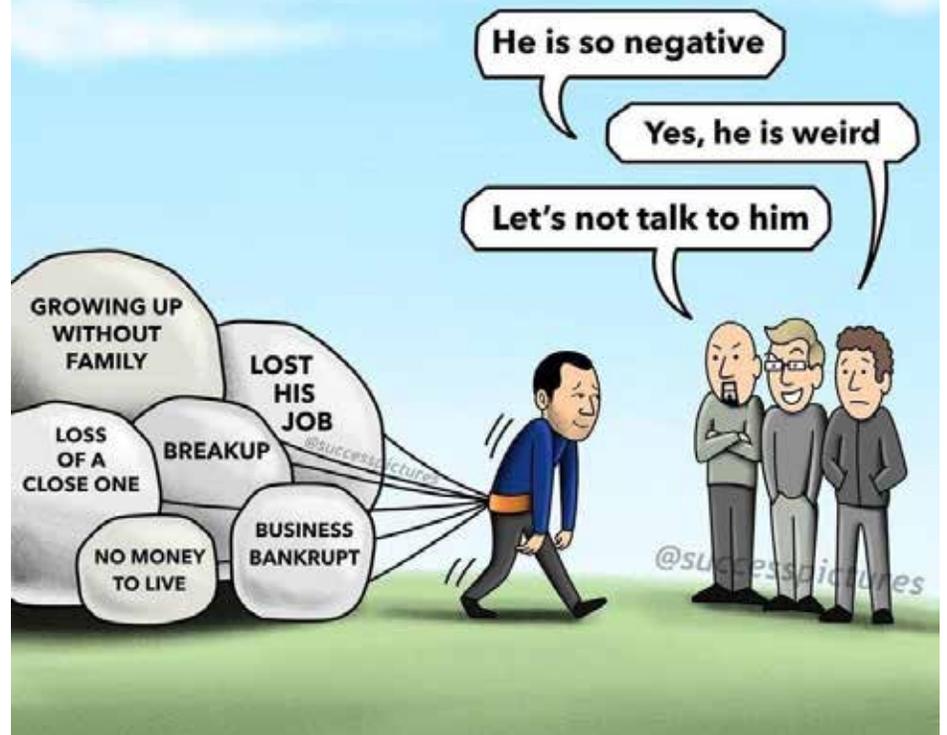
Delectable

A delectable cheesecake.



NEVER JUDGE SOMEONE WITHOUT KNOWING THE WHOLE STORY

@successpictures



HELPING ONE PERSON MIGHT NOT CHANGE THE WORLD, BUT IT MIGHT CHANGE THE WORLD FOR ONE PERSON.

@successpictures



STOP WAR



DON'T CELEBRATE TOO EARLY. EVEN A SECOND CAN CHANGE EVERYTHING.

@successpictures



A serial swindler in India is accused of lying about his identity to con 18 women into marrying him so that he could steal their money

Posing as a younger wealthy doctor, Bibhu Prakash Swain targeted successful women in their 40s on matchmaking sites.

Swain, 67, was arrested just weeks ahead of two more planned marriages, AFP said.

On his phone, his wives' contacts were saved under names such as "wife teacher" or "wife Delhi."

A serial swindler in India has been accused of duping at least 18 women into marrying him before running off with their money.

Bibhu Prakash Swain, 67, was arrested earlier this month in Bhubaneswar, in the Indian state of Odisha, just weeks ahead of two more planned sham weddings, police told AFP.

Odisha police told the outlet Swain would pose as a wealthy 51-year-old doctor on matchmak-



ing sites and target successful women in their 40s, including divorcees and widows. His victims included lawyers, medics, and professors from all across India.

"He primarily did this for their money and some sexual pleasure," senior police official Sanjiv Satpathy told AFP. "He was always very persuasive."

His wives' contact details were saved in his phone under names such as "wife teacher," "wife doctor," or "wife Bangalore," and "wife Delhi," depending on where the woman was based, police told the Indian broadsheet Hindustan Times.

"We knew that he had preyed on unsuspecting women looking for security and love," Satpathy told the Times.

The Odisha Police Department did not immediately respond to Insider's request for comment.

Satpathy told AFP that Swain would borrow money or jewelry from his wives just days after marrying them, saying he needed it for an emergency. He would then disappear. It is unclear if he divorced any of the women.

Born in a village in the eastern state of Odisha, he was first married in 1978 but eventually had a falling out with his family and moved out, the

outlet said. After relocating to the state capital Bhubaneswar, he began introducing himself as a doctor and, in 2002, convinced a second woman to marry him. According to the New Indian Express, his most recent marriage was in 2020.

On LinkedIn, Swain has his occupation listed as "dy director general ministry of healt and higher education at ministry of healt." His consistent poor grammar and spelling was a tip off, police told the Times.

"He has since used multiple names but always introduced himself as a doctor or a professor while looking for wives online," Satpathy told AFP.

Swain's longtime scam only came to light when one of his wives, a 48-year-old woman, filed a police report last year after discovering by chance that he had been married to at least seven other women. She then contacted the women individually to tell them about the con.

According to the Hindustan Times, Swain has also been accused by authorities of defrauding 13 banks out of 10 million rupees (\$134,000). He was previously arrested in Hyderabad in 2010 in connection with a scam promising fake jobs to students, the New Indian Express reported.

Why does Ukraine matter?

Well, Ukraine ranks...

1st in Europe in proven recoverable reserves of uranium ores;
2nd place in Europe and 10th place in the world in terms of titanium ore reserves;

2nd place in the world in terms of explored reserves of manganese ores (2.3 billion tons, or 12% of the world's reserves);

2nd largest iron ore reserves in the world (30 billion tons);

2nd place in Europe in terms of mercury ore reserves;

3rd place in Europe (13th place in the world) in shale gas reserves (22 trillion cubic meters)

4th in the world by the total value of natural resources;

7th place in the world in coal reserves (33.9 billion tons)

Ukraine is an agricultural country:

1st in Europe in terms of arable land area;

3rd place in the world by the area of black soil (25% of world's volume);

1st place in the world in exports of sunflower and sunflower oil;

2nd place in the world in barley production and 4th place in barley exports;

3rd largest producer and 4th largest exporter of corn in the world;

4th largest producer of potatoes in the world;

5th largest rye producer in the world;

5th place in the world in bee production (75,000 tons);

8th place in the world in wheat exports;

9th place in the world in the production of chicken eggs;

16th place in the world in cheese exports.

Ukraine can meet the food needs of 600 million people.

Ukraine is an industrialized country:

1st in Europe in ammonia production;

2-e Europe's and 4th largest natural gas pipeline system in the world (142.5 bln cubic meters of gas throughput capacity in the EU);

3rd largest in Europe and 8th largest in the world in terms of installed capacity of nuclear power plants;

3rd place in Europe and 11th in the world in terms of rail network length (21,700 km);

3rd place in the world (after the U.S. and France) in production of locators and locating equipment;

3rd largest iron exporter in the world

4th largest exporter of turbines for nuclear power plants in the world;

4th world's largest manufacturer of rocket launchers;

4th place in the world in clay exports

4th place in the world in titanium exports

8th place in the world in exports of ores and concentrates;

9th place in the world in exports of defence industry products;

10th largest steel producer in the world (32.4 million tons).

Collected from Kevin Collins

IS YOUR AIRBAG DEFECTIVE?

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

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

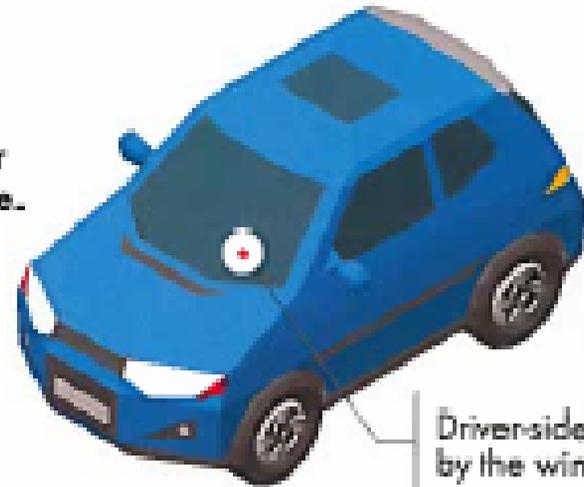
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

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

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



Driverside dashboard by the windshield

Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



AIRBAGRECALL.COM

Noor Muqaddam: Diplomat's daughter beheaded for spurning proposal

A court in Pakistan has sentenced a man to death for raping and murdering the daughter of a former diplomat who refused his offer of marriage.

Noor Muqaddam, 27, was beaten, raped and beheaded by Zahir Jaffer, the son of one of Pakistan's richest families.

The brutal killing took place at his home on 20 July last year. CCTV footage showed her trying in vain to escape.

The murder caused nationwide revulsion and prompted demands for more to be done to ensure women's safety.

Noor Muqaddam's murder by a man she knew in the same group of high society friends had dominated headlines for months.

It brought calls for an overhaul of Pakistan's criminal justice system, which has very low conviction rates, particularly for crimes against women.

Hundreds of women are killed in the country each year, and thousands suffer violence. Many cases go unreported.

'Hair-raising details shared in court' Shumaila Jaffery, BBC, Islamabad

In the days after her death, many demanded justice for Noor. Her family were present in the packed courtroom in Islamabad and were visibly emotional when the judge read out the verdict.

Jaffer held Noor Muqaddam hostage for two days at his family home in a posh district of the capital after she refused to marry him.

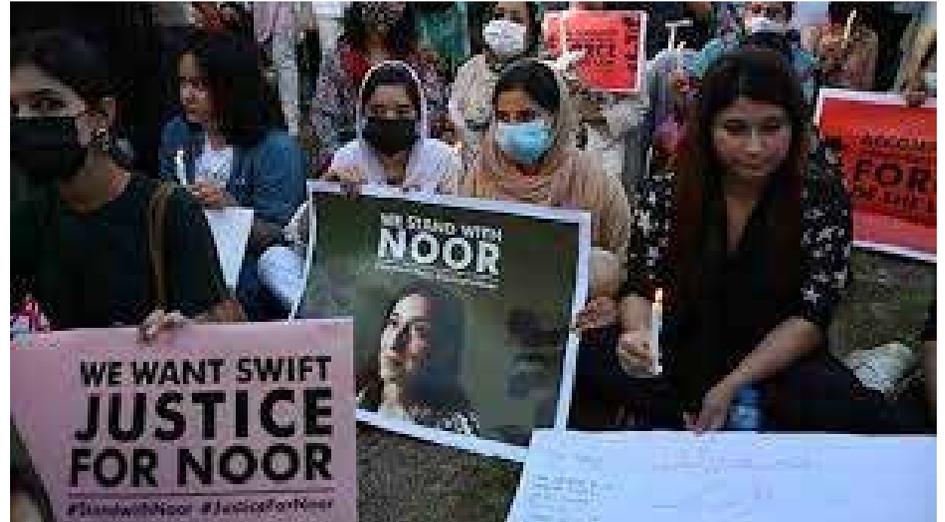
At one of the hearings, while being led out of the courtroom with around a dozen policemen, Jaffer told journalists: "I was angry, I killed Noor with a knife."

The hair-raising details shared in the court shocked Pakistan. Women's rights activists took to the streets and there were candlelit vigils.

Many women came forward and shared their own stories of domestic violence and sexual abuse.

Pakistan seethes over victim-blaming of gang-raped mother

Pakistan girls murdered over phone video footage



The girl paraded naked for 'honour'

How a rape was filmed and shared in Pakistan

Two of Jaffer's household employees were sentenced to 10 years imprisonment for abetting the murder, while his parents were acquitted of trying to cover it up. Her father, Shaukat Muqaddam, called the verdict a victory for justice and said he wanted to ensure abusers and killers of women in Pakistan no longer got away with their crimes.

"I am happy that justice has been served,"

he said.

"I've been saying that this is not just my daughter's case, it is a case for all the daughters of my country."

He pledged to challenge the acquittal of Jaffer's parents.

Jaffer, a 30-year-old US national of Pakistani origin, can also appeal against the verdict.

Yahoo News

The Indian banker who gifted shares worth \$500,000 to his domestic help

Vembu Vaidyanathan has always been generous with gratitude towards those who have been part of his ride to success.

It wasn't exactly a surprise when he gave away shares worth 3.95 crore rupees (\$526,000) of IDFC First Bank to his driver, personal trainer, office support staff, and domestic workers on Feb. 21. The 54-year-old managing director and CEO of the company had done it earlier, too.

For instance, on May 14, 2021, he gave away 450,000 shares, then valued at Rs2.43 crore to three people, for them to buy homes.

Earlier, in October 2020, Vaidyanathan had pledged 100,000 shares in IDFC, then valued at close to Rs30 lakh, to Gurdial Saini, his maths teacher from school. About three decades ago, Saini had lent him Rs500 to travel from Chennai to Jharkhand for an interview at the Birla Institute of Technology.

Vaidyanathan never forgot that gesture. "Sir, it is only my gratitude, it is an expression of my gratitude and my respect for you. Please accept it," the banker told his stunned former teacher.

Similar sentiments were expressed in a company filing to the Indian stock market regulator in November 2018. That was the first time he made headlines by gifting shares worth Rs20 crore. "Before the start of the new journey, he has expressed a desire to thank and honour those who have brought it to this strong position," the

company filing said.

These donations and gifts amount to nearly 38% of his stake in the company since before and after IDFC Bank's merger with Capital First in December 2018. The exact motivation for such philanthropy is unknown and Vaidyanathan is largely seen as being media-shy. But some of it may have to do with his roots.

Who is Vembu Vaidyanathan?

The banking executive traces his roots back to the southern Indian city of Chennai but he has studied across India at various Kendriya Vidyalayas, a chain of schools run by India's central government. Born in 1968 to middle-class parents, Vaidyanathan has three siblings. While his father and siblings worked with the Indian armed forces, he was the first from his family to join the private sector. In 1986, he finished schooling at Pathankot, Punjab, where Saini was posted.

Thanks to the veteran teacher's timely help, Vaidyanathan went on to study at the Birla Institute of Technology, Mesra, in the state of Jharkhand. He is also an alumnus of Harvard Business School.

The banker and marathoner Vaidyanathan began his banking career in 1990 with Citibank, moving to ICICI Bank a decade later to set up its retail banking divisions. After being appointed to the board of ICICI Bank in 2006, he was named managing director and CEO of ICICI's insurance business in 2009.

In 2010, Vaidyanathan became an entrepreneur, acquiring Capital First, a non-banking financial corporation. He led the company for about eight years, focusing on medium- and small enterprises.

His rise to the top may be grounded in his work ethic and work-life balance. "It is difficult to separate work and life. I pour over problems or ideas even at midnight, and family is on my mind even when I work," he told the Economic Times newspaper.

As a banker, Vaidyanathan has viewed Indian policy moves like demonetisation largely favourably. "What has not happened in 50 years will happen in the next five," he told the Mint newspaper in 2018 about the digital advances in the banking sector and the improvement in overall financial inclusion.

Eventually, in order for Capital First to have a full banking licence, the company merged with IDFC Bank in December 2018. Vaidyanathan has been at its helm ever since. In December 2021, the Reserve Bank of India extended his term as managing director and CEO of the company for a period of three years.

Banking aside, Vaidyanathan is an avid



marathoner, often running for charity. He has participated in 23 half- and eight full marathons to date. "Running makes fitter employees and gives them discipline. It's good for everybody," he told the Mint newspaper.

Vaidyanathan is also fond of singing. In 2016, he performed songs of Stevie Wonder and Elvis Presley to raise money for the Genesis Foundation, which funds heart surgeries for poor children. He lives in Mumbai with his wife and three children.

QUARTZ TIMES

Manavi Kapur
By Manavi Kapur

A 16-year-old from India has beaten world chess champion Magnus Carlsen

At just 16 years old, Rameshbabu Pragganandhaa is now the youngest chess player ever to defeat Magnus Carlsen in his long reign as world champion. The two faced off in an online tournament that had featured 16 elite players.

Pragganandhaa is a grandmaster from India who is commonly referred to simply as Pragg. The chess prodigy said after the game that he was glad to improve on his play from the tournament's first day — and to avoid a draw in his game against Carlsen, which included 39 moves.

"I'm just really happy," he said in an interview from Chennai, India.

Pragg is the youngest person to defeat Carlsen since he became world champion — a streak that extends back to 2013, as World Chess notes.

For Carlsen, it was another disappointing game in a tournament that has seen him make uncharacteristic blunders. The Norwegian said he's feeling the effects of COVID-19, after testing positive for the coronavirus before the tournament.

"It's been pretty bad. I played a couple of decent games, but the rest of them have been poor.

I need to do a lot better than that," Carlsen said, according to the International Chess Federation website.

"It's been a little bit better today," Carlsen said Monday, "but the first couple of days I was feeling like I'm OK, but I didn't have the energy, which made it hard to focus because every time I tried to think I blundered. It was a little bit better today, but still pretty bad."

Before running into Pragg, Carlsen had notched three straight wins, showing signs of returning to form after a rough start. In contrast, Pragg was bouncing back from three losses.

Because of the time difference involved in playing the Meltwater Champions Chess Tour 2022 online tournament, the teenager is required to



stay up late at night to face the world's best chess players. After his win, Pragg was asked whether he would get some rest or take time to celebrate with a nice dinner.

"It's about just going to bed, because I don't think I will have dinner at 2:30 in the morning," he said.

Man accused of blasphemy stoned to death by mob in Pakistan

MULTAN, Pakistan (AP) — An enraged mob stoned to death a middle-aged man for allegedly desecrating the Quran inside a mosque in a remote village in eastern Pakistan, police said Sunday. Three police officers also were injured, and more than 80 men have been detained.

The mosque's custodian said he saw the man burning the Muslim holy book and told others before informing police, according to police spokesman Chaudhry Imran. The violence took place Saturday evening in Khanewal district in Punjab province.

Imran said police rushed to the mosque and found the man surrounded by an angry crowd. Officer Mohammad Iqbal and two subordinates tried to take custody of the man but the group began throwing stones at them, seriously injuring Iqbal and slightly injuring the other two officers.

Munawar Gujjar, chief of Tulamba police station, said he rushed reinforcements to the mosque but they did not arrive before the mob had stoned to death the man and hung his body from a tree.

Gujjar said the victim was Mushtaq Ahmed, 41, of a nearby village.

"The ill-fated man has been mentally

unstable for the last 15 years and according to his family often went missing from home for days begging and eating whatever he could find," he said. He said the body was handed to the family.

Mian Mohammad Ramzan, the mosque custodian, said he saw smoke inside the mosque, which is adjacent to his home, and rushed to investigate. He found one Quran burned and saw a man attempting to burn another. He said people were starting to arrive for evening prayers as he was shouting for the man to stop.

Witnesses said a police team that reached the village before the stoning began took custody of a man but the mob snatched him away from them and beat the police as they tried to rescue him.

Later, more officers and constables reached the scene and took custody of the body, they said.

Gujjar, the area police chief, said investigators were scanning available videos to try to identify the assailants. He said police had so far detained about 80 men living in the mosque's surroundings but that about 300 suspects took part.

Prime Minister Imran Khan expressed his anguish over the stoning and said he was



seeking a report from Punjab's chief minister on the police handling of the case. He said they "failed in their duty."

"We have zero tolerance for anyone taking the law into their own hands and mob lynching will be dealt with with the full severity of the law," he said in a tweet hours after the incident.

Khan also asked the Punjab police chief for a report on the actions taken against perpetrators of the lynching.

The killing comes months after the lynching

of a Sri Lankan manager of a sporting goods factory in Sialkot in Punjab province on Dec. 3 who was accused by workers of blasphemy.

Mob attacks on people accused of blasphemy are common in this conservative Islamic nation. International and national rights groups say blasphemy accusations have often been used to intimidate religious minorities and settle personal scores. Blasphemy is punishable by death in Pakistan.

Yahoo News
ASIM TANVEER

WORDS SEARCH

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

BENCHES

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GAZEBO

PICNIC

TREES

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GARDEN

DOGS

HERBS

ROSES

EVERGREENS

SHRUBS

FENCE

LANDSCAPE

Explainer: How rich is Putin, and can the West sanction his money in Ukraine crisis?

Russian President Vladimir Putin on Thursday launched a “full-scale” attack in Ukraine, reportedly blasting missiles and bombs in cities at dawn. It came hours after the Kremlin leader declared war on Ukraine in a televised address calling for the “de-Nazification” of the country.

The response by the West has been swift. British Prime Minister Boris Johnson vowed that he would impose “massive” sanctions on Russia that would “hobble” its economy. Johnson said the details of the sanctions would be coordinated with the country’s international allies. He called for the West to end its dependence on Russian oil and gas as a response to the invasion of Ukraine. On Tuesday, Germany made the decision to shut down the Nord Stream 2 gas pipeline, an \$11 billion project between Russia and Germany.

But many believe that these sanctions will do little to thwart Russia’s actions in Ukraine. Sen. Ben Sasse, R-Neb., said the sanctions amounted to too little, too late, to curb Putin’s aggressive moves. Many are calling for tougher sanctions aimed directly at Putin and his inner circle, which raises questions about just how wealthy the Russian president is, and where the bulk of that wealth is spread around the world. In a scene out of a James Bond film, just days before it was believed that Western nations would impose sanctions on Russia, a \$125 million superyacht believed to be owned by Putin was swiftly sailed from German waters to the Russian territory of Kaliningrad. The luxury yacht, named Graceful, had been left at a port in Hamburg for repair work before it abruptly left that the yacht was receiving several modifications, including a swimming pool extension and the enlargement of two balconies.

In 2017, Fortune magazine said Putin was believed to be the richest man in the world, with a net worth of \$200 billion. Hermitage Capital Management CEO Bill Browder, who previously worked as a fund manager in Russia, said in 2015: “After 14 years in power of Russia, and the amount of money that the country has made, and the amount of money that hasn’t been spent on schools and roads and hospitals and so on, all that money is in property, bank, Swiss bank accounts, shares, hedge funds, managed for Putin and his cronies.”

Last year, a palace worth \$1.37 billion was featured in a viral video by Russian opposition leader Alexei Navalny — who has since been jailed for allegedly embezzling donations, an accusation that he has vehemently denied. Navalny said the luxury Black Sea property was paid for “with the largest bribe in history. [They] built a palace for their boss with his money.” One builder described the palace as if the Egyptian pyramids were being built. “I reckon around 1,500 people worked at the construction site at that point,” the builder told the BBC in 2011. “There were Russians, Uzbeks; there were soldiers. There was a rush to get it finished.” According to others who worked at the site, the property included a Japanese garden, a gym made out of marble, an underground ice hockey rink and a vineyard.

A recent investigation by Forbes put forward a number of theories about how Putin could have amassed and hidden his fortune. One theory relates to Mikhail Khodorkovsky, a Russian oligarch who was once believed to be the richest man in Russia, with an estimated \$15 billion fortune.

In 2003, however, he was imprisoned on

charges of tax evasion and fraud. He continually denied these accusations. Khodorkovsky’s fortune was frozen and his companies were broken up. But Browder, who is wanted by Putin after being sentenced to nine years in prison in 2019 for tax evasion in Russia and funneling money overseas, told Forbes he believes the arrest could have allowed Putin to cut new deals with other oligarchs. “The deal was, ‘You give me 50 percent of your wealth and I’ll let you keep the other 50 percent,’” he said. “If you don’t, [I’ll] take 100 percent of your wealth and throw you in jail.”

Another theory is that Putin increased his fortune by using his position in government to help his family and close friends. Forbes suggested that those in his inner circle would offer him money or stakes in a company they acquired as a result of his help. One of Putin’s friends, Arkady Rotenberg, received more than \$7 billion in state contracts in the lead-up to the Sochi Winter Olympics in 2014.

According to an investigation by Reuters in 2015, Putin’s daughter Katerina, then 29, had corporate holdings worth about \$2 billion with her reported husband, Kirill Shamalov, son of Nikolai Shamalov, a longtime friend of the president. Financial analysts revealed that the wealth of Putin’s daughter stemmed mainly from a large publicly disclosed stake in a major gas and petrochemical corporation that Kirill acquired from another friend of Putin’s, Gennady Timchenko — who was hit with sanctions from the U.K. earlier this week. Along with the holdings, Putin’s daughter reportedly owned a villa in France worth \$3.7 million. Not much is known about his other daughter’s wealth.

That’s what reporters in the West have uncovered. But what’s the official Russian



party line about the president’s wealth? An annual list of declared earnings in the Kremlin stated that Putin is paid 8.6 million rubles per year, or \$234,000, as president of Russia. In 2015, Putin famously claimed he did not know how much his salary was, saying: “They just give it to me, and I put it away in my account.”

The properties he declared in 2019 included two apartments, three Russian-made Soviet-era cars — two GAZ-M21s and a Lada Niva — and a Skiff trailer (also made in Russia), reported the Russian state-controlled media site RT. The value of the three cars adds up to no more than an estimated \$27,000. In 2002, Lada Niva was awarded zero stars out of a possible four for safety after a dummy passenger was hit by the glove compartment so hard that it showed a risk for a traumatic brain injury.

Despite all the items listed, no international buildings or apartments were featured in Putin’s declaration, nor were any mega-yachts now berthed safely in Russian waters. So if Putin did amass the bankroll that Fortune magazine believes he has, where is the money, and how can Western countries come up with sanctions aimed directly at Putin’s real assets?

Yahoo News
Niamh Cavanagh

INTERNATIONAL PAGES



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
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Energy cooperation in focus during PM Imran's meeting with Russian President Putin

Prime Minister Imran Khan, who is on a two-day visit to Moscow, held a meeting with Russian President Vladimir Putin on Thursday during which the premier reaffirmed the importance of the Pakistan Stream gas pipeline as a flagship economic project between the two countries, his office said.

The Kremlin issued a brief statement, saying that the two leaders discussed the main aspects of bilateral cooperation and exchanged views on current regional topics, including developments in South Asia.

In a handout, the Prime Minister's Office (PMO) said that the two leaders held wide-ranging consultations on bilateral relations as well as regional and international issues of mutual interest.

"Recalling the telephone conversations during the recent months between the two leaders, the prime minister expressed confidence that the positive trajectory of bilateral relations will continue to move forward in the future," the handout issued late on Thursday said.

PM Imran expressed the hope that the trust and cordiality marking the relationship would translate into further deepening and broadening of mutual cooperation in diverse fields.

He also reaffirmed the importance of the Pakistan Stream gas pipeline as a flagship economic project between the two countries and also discussed cooperation on prospective energy related projects.

"The prime minister underscored Pakistan's commitment to [forging] a long-term, multi-dimensional relationship with Russia," the PMO said.

During the meeting, PM Imran also underlined the need for addressing the humanitarian crisis in Afghanistan and preventing a potential economic meltdown in the war-torn country.

"The prime minister reiterated that Pakistan would continue to work with the international community for a stable, peaceful and connected Afghanistan. In this regard, he underscored the ongoing cooperation and coordination between Pakistan and Russia at various international and regional fora, including the

Shanghai Cooperation Organisation."

In regard to South Asia, the prime minister highlighted the human rights violations in Indian Illegally Occupied Jammu and Kashmir (IIOJK) and underscored the need for a peaceful resolution of the issue.

"The prime minister also highlighted the developments detrimental to regional peace and stability and stressed the need for measures that would help keep the regional balance," the statement said.

According to the PMO, PM Imran "regretted" the latest situation between Russia and Ukraine and said that Pakistan had hoped "diplomacy could avert a military conflict".

"The prime minister stressed that conflict was not in anyone's interest and that developing countries were always hit the hardest economically in case of conflict. He underlined Pakistan's belief that disputes should be resolved through dialogue and diplomacy."

The premier also expressed concern about rising extremism and Islamophobia in the country and stressed the need for interfaith harmony and coexistence.

"Appreciating President Putin's understanding of the respect and sensitivities that the Muslims attach to the Holy Prophet (Peace Be Upon Him), the prime minister said that interfaith harmony and respect for all religions was imperative for peace and harmony within and among societies," the PMO said. After the meeting with Putin concluded, Russia's Deputy Prime Minister Alexander Novak and Energy Minister Nikolay Shulginov called on the premier along with a delegation. Earlier today, PM Imran laid a floral wreath at the Tomb of the Unknown Soldier in Moscow in a tribute to the casualties of World War II.

'PM to return to Pakistan as per schedule' Before the meeting between PM Imran and Putin, Information Minister Fawad Chaudhry — who is part of the Pakistani delegation in Moscow — confirmed that the premier was on his way to meet President Putin, debunking "speculation" regarding the premier's visit being



cut short amid Ukraine-Russia tensions. The information minister also said the premier's "visit is proceeding and that he would return to Pakistan tonight as per schedule". Chaudhry's clarification came after a report by Associated Press claimed that the prime minister was ending his Moscow trip.

According to Dawn News correspondent Adil Shahzeb, who is currently in Moscow, the PM's "important meeting" with Putin was extended to three hours, which was earlier scheduled for an hour. PM Imran arrived in Moscow yesterday on a two-day official visit, where he was greeted by Russian Deputy Foreign Minister Igor Morgulov upon his arrival. He was also presented a guard of honour. Qureshi meets Lavrov Meanwhile, Foreign Minister Shah Mehmood Qureshi met his Russian counterpart Sergey Lavrov in Moscow as both the leaders reaffirmed their commitment to further strengthen bilateral relations between the two countries, according to a statement from the Foreign Office.

Qureshi said Pakistan attaches special importance to bilateral relations with Russia. He said relations between Pakistan and Russia have gradually strengthened. "Pakistan pursues economic priorities and promotes regional ties in the light of PM Imran Khan's vision," Qureshi told his Russian counterpart.

Lavrov congratulated Qureshi and Pakistani leadership on the success of the OIC's Council of Foreign Ministers on Afghanistan held in Islamabad in December last year and also expressed best wishes regarding the upcoming meeting of the OIC Council of Foreign Ministers in Islamabad next month.

The last Pakistani premier to visit Russia was Nawaz Sharif in March 1999, while former president Asif Ali Zardari came to Moscow in 2011.

PM Imran's visit is viewed by many in and outside Pakistan with much anticipation though the Pakistan government terms it a prelude to greater relationship in strategic, energy and regional connectivity.

The timing of the visit has been discussed threadbare but top Pakistani government officials term it one of the rarest opportunities for the energy-starved country to make headway in energy, regional connectivity and role in Afghanistan post US withdrawal.

National Security Adviser Moeed Yusuf, however, had rejected the notion about the timing of the visit. "Yes there is a global tension but our visit is of bilateral nature and the similar path was taken in the visit to China where economy, economic indicators and connectivity was at the heart of that tour," he had said. DAWN

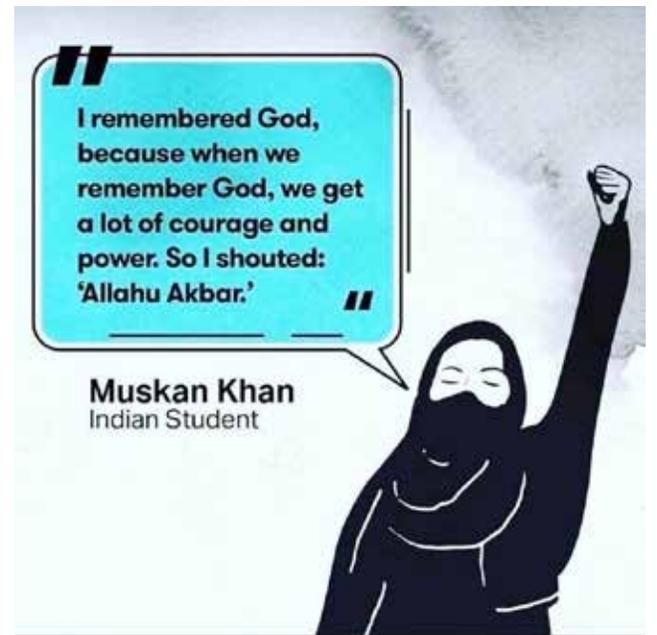


Kavitha Kalvakuntla
@RaoKavitha

Wearing and applying Sindoor is my conscious choice
Wearing Hijab is Muskan's choice.

Let women decide what they are comfortable in embracing and wearing.

#DontTeachUs



Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V062
 Manufacturer : Triumph Motorcycles America, Ltd.
 Subject : Side Stand May Bend
 Make Model Model Years
 TRIUMPH TRIDENT 2022
 NHTSA Recall ID Number : 22V068
 Manufacturer : Tiffin Motorhomes, Inc.
 Subject : Improperly Secured Buss Bar May Cause Fire
 Make Model Model Years
 TIFFIN ALLEGRO 2018-2022
 TIFFIN ALLEGRO BREEZE 2018-2022
 NHTSA Recall ID Number : 22V071
 Manufacturer : Altec Industries, Inc.
 Subject : Shear Plates May Fail
 Make Model Model Years
 ALTEC AERIAL DEVICE 2018-2021
 ALTEC DIGGER DERRICK 2018-2021
 NHTSA Recall ID Number : 22V072
 Manufacturer : Altec Industries, Inc.
 Subject : Over-Tightened Bolts in Rotation Bearing
 Make Model Model Years
 ALTEC AERIAL DEVICE 2019-2021
 NHTSA Recall ID Number : 22V073
 Manufacturer : Daimler Vans USA, LLC
 Subject : Incorrect GVWR on Tire and Loading Label/FMVSS 120
 Make Model Model Years
 MERCEDES-BENZ SPRINTER 1500 2021
 MERCEDES-BENZ SPRINTER 2500 2021
 MERCEDES-BENZ SPRINTER 3500 2021
 MERCEDES-BENZ SPRINTER 4500 2021
 NHTSA Recall ID Number : 22V074
 Manufacturer : Maintainer Corporation of Iowa, Inc.
 Subject : Belt May Damage Power Cable or Fuel Line
 Make Model Model Years
 MAINTAINER CRANE W/ SERVICE BODY 2021-2022
 NHTSA Recall ID Number : 22V076
 Manufacturer : Thor Motor Coach
 Subject : Ladder Installed on Wrong Side of Motorhome
 Make Model Model Years
 THOR MOTOR COACH ACE 2022
 THOR MOTOR COACH FREEDOM TRAVELER 2022
 THOR MOTOR COACH HURRICANE 2022
 THOR MOTOR COACH WINDSPORT 2022
 NHTSA Recall ID Number : 22V077
 Manufacturer : Chrysler (FCA US, LLC)
 Subject : Vehicle Fire When Parked
 Make Model Model Years
 CHRYSLER PACIFICA HYBRID 2017-2018
 NHTSA Recall ID Number : 22V078
 Manufacturer : Mercedes-Benz USA, LLC
 Subject : Incorrect Front Driver's Air Bag Module
 Make Model Model Years
 MERCEDES-BENZ GLB250 2021

NHTSA Recall ID Number : 22V079
 Manufacturer : Autocar, LLC
 Subject : Grille Bezel May Become Detached
 Make Model Model Years
 AUTOCAR LEGEND 2020-2022
 NHTSA Recall ID Number : 22V080
 Manufacturer : Jaguar Land Rover North America, LLC
 Subject : SRS Warning Light Malfunction
 Make Model Model Years
 LAND ROVER RANGE ROVER EVOQUE 2020
 NHTSA Recall ID Number : 22V081
 Manufacturer : Lamborghini (Automobili Lamborghini)
 Subject : Headlight Adjustment Screw Missing Cover/FMVSS 108
 Make Model Model Years
 LAMBORGHINI HURACAN 2015-2020
 NHTSA Recall ID Number : 22V084
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Child Seat Anchors May Be Obstructed/FMVSS 225
 Make Model Model Years
 AUDI E-TRON GT 2022
 NHTSA Recall ID Number : 22V028
 Manufacturer : Inland Empire Trailers
 Subject : Spindle Nuts Improperly Tightened
 Make Model Model Years
 INLAND EMPIRE TRAILERS CAR HAULER TRAILER 2021
 INLAND EMPIRE TRAILERS CUS-TOM TRAILER 2021
 INLAND EMPIRE TRAILERS DUMP TRAILER 2021
 INLAND EMPIRE TRAILERS EN-CLOSED TRAILER 2021
 INLAND EMPIRE TRAILERS FLAT DECK TRAILER 2021
 INLAND EMPIRE TRAILERS RZR TRAILER 2021
 INLAND EMPIRE TRAILERS UTILITY TRAILER 2021
 INLAND EMPIRE TRAILERS UTILITY/DUMP TRAILER 2021
 INLAND EMPIRE TRAILERS VENDING TRAILER 2021
 NHTSA Recall ID Number : 22V049
 Manufacturer : Blue Bird Body Company
 Subject : Bus May Move While Lift is Deployed/FMVSS 403
 Make Model Model Years
 BLUE BIRD VISION 2023
 NHTSA Recall ID Number : 22V050
 Manufacturer : Tesla, Inc.
 Subject : Windshield May Not Defrost Properly/FMVSS 103
 Make Model Model Years
 TESLA MODEL 3 2021-2022
 TESLA MODEL S 2021-2022
 TESLA MODEL X 2021-2022
 TESLA MODEL Y 2020-2022
 NHTSA Recall ID Number : 22V051
 Manufacturer : Kia Motors America
 Subject : Engine Compartment Fire
 Make Model Model Years
 KIA K900 2016-2018
 KIA SPORTAGE 2014-2016
 NHTSA Recall ID Number :

22V052
 Manufacturer : Porsche Cars North America, Inc.
 Subject : Suspension May Be Misaligned
 Make Model Model Years
 PORSCHE TAYCAN 2021
 NHTSA Recall ID Number : 22V053
 Manufacturer : Jayco, Inc.
 Subject : Loose Tie Rod Clamps
 Make Model Model Years
 ENTEGRA ACCOLADE 2021-2022
 ENTEGRA ACCOLADE XL 2021-2022
 JAYCO SENECA 2021-2022
 JAYCO SENECA PRESTIGE 2021-2022
 NHTSA Recall ID Number : 22V054
 Manufacturer : Jayco, Inc.
 Subject : Metallic Electrical Box May Not Be Grounded
 Make Model Model Years
 JAYCO EAGLE 2022
 NHTSA Recall ID Number : 22V055
 Manufacturer : Tiffin Motorhomes, Inc.
 Subject : Awning May Detach from Motorhome
 Make Model Model Years
 TIFFIN ALLEGRO RED 2020-2022
 NHTSA Recall ID Number : 22V056
 Manufacturer : Hyundai Motor America
 Subject : ABS Unit May Cause Engine Compartment Fire
 Make Model Model Years
 HYUNDAI SANTA FE 2016-2018
 HYUNDAI SANTA FE SPORT 2017-2018
 HYUNDAI SANTA FE XL 2019
 HYUNDAI TUCSON 2014-2015
 NHTSA Recall ID Number : 22V057
 Manufacturer : Highland Ridge RV
 Subject : Metallic Electrical Box May Not Be Grounded
 Make Model Model Years
 HIGHLAND RIDGE AVALON 2022
 HIGHLAND RIDGE OLYMPIA 2022
 HIGHLAND RIDGE OLYMPIA SPORT 2022
 NHTSA Recall ID Number : 22V058
 Manufacturer : Altec Industries, Inc.
 Subject : Bolt Failure May Cause Pedestal Separation
 Make Model Model Years
 ALTEC AERIAL DEVICE 2017-2021
 NHTSA Recall ID Number : 22V059
 Manufacturer : Jayco, Inc.
 Subject : Steering Arm and Tie Rod Bolts May Fracture
 Make Model Model Years
 ENTEGRA ACCOLADE 2021-2022
 ENTEGRA ACCOLADE XL 2021-2022
 JAYCO SENECA 2021-2022
 JAYCO SENECA PRESTIGE 2021-2022
 NHTSA Recall ID Number : 22V060
 Manufacturer : Altec Industries, Inc.
 Subject : Boom May Move in an Unintended Direction

Make Model Model Years
 ALTEC AERIAL DEVICE 2021
 NHTSA Recall ID Number : 22V061
 Manufacturer : Honda (American Honda Motor Co.)
 Subject : Oil Leak from Melted Oil Cooler Pipe
 Make Model Model Years
 HONDA CBR1000RR 2021
 NHTSA Recall ID Number : 22V063
 Manufacturer : Tesla, Inc.
 Subject : Pedestrian Warning Sound May Be Obscured/FMVSS 141
 Make Model Model Years
 TESLA MODEL 3 2017-2022
 TESLA MODEL S 2020-2022
 TESLA MODEL X 2020-2022
 TESLA MODEL Y 2020-2022
 NHTSA Recall ID Number : 22V064
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Rearview Camera Image May Not Display/FMVSS 111
 Make Model Model Years
 AUDI Q3 2022
 NHTSA Recall ID Number : 22V065
 Manufacturer : Roadtrek Inc.
 Subject : Propane Line May Not Be Attached To Water Heater
 Make Model Model Years
 ROADTREK CHASE 2021-2022
 ROADTREK PLAY 2021-2022
 ROADTREK PLAY SLUMBER 2021-2022
 ROADTREK ZION 2021-2022
 ROADTREK ZION SLUMBER 2021-2022
 ROADTREK ZION SRT 2021-2022
 NHTSA Recall ID Number : 22V066
 Manufacturer : Daimler Vans USA, LLC
 Subject : Brake Fluid Reservoir Mounted Incorrectly
 Make Model Model Years
 MERCEDES-BENZ METRIS 2016-2021
 NHTSA Recall ID Number : 22V067
 Manufacturer : Holiday House, LLC
 Subject : Propane Regulator May Fail and Cause Fire
 Make Model Model Years
 HOLIDAY HOUSE 18RB 2019-2021
 HOLIDAY HOUSE 24TB 2019-2021
 HOLIDAY HOUSE 27RQ 2019-2021
 NHTSA Recall ID Number : 22V069
 Manufacturer : Hyundai Motor America
 Subject : Seat Belt Pretensioner May Explode
 Make Model Model Years
 HYUNDAI ACCENT 2020-2021
 NHTSA Recall ID Number : 22V070
 Manufacturer : BMW of North America, LLC
 Subject : Internal Transmission Leak May Cause Rollaway
 Make Model Model Years
 BMW 330I 2022
 BMW 530I 2022
 BMW X3 2022
 BMW X4 2022

Hemorrhoid help: preventing and treating flare-ups

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

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

Product Page - Healing Hemorrhoids

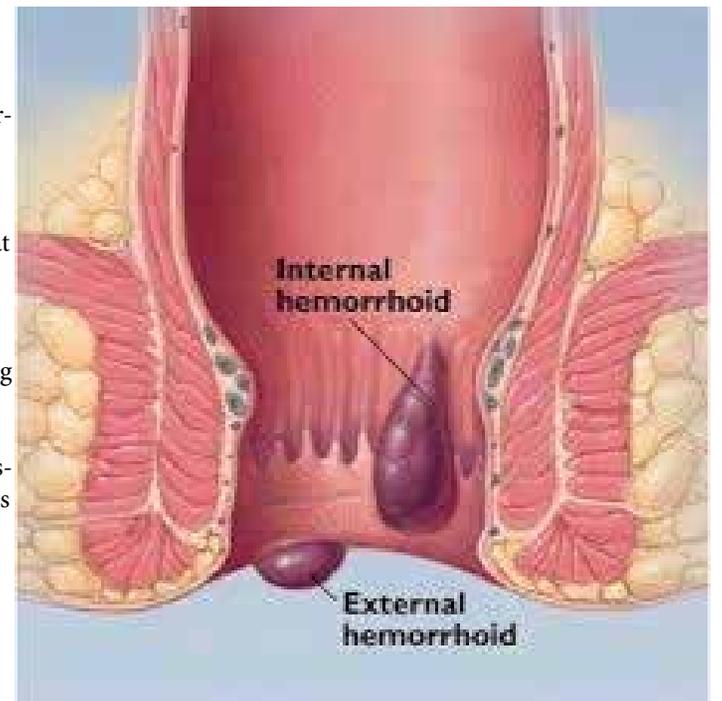
Hemorrhoids can be unpleasant, painful, and embarrassing, but they're rarely dangerous. There are other simple, everyday habits you can develop to help with relief when a hemorrhoid flare-up arises. For example:

Less strain, more gain. Don't delay bowel movements during flareups. Always go when you feel the urge, as putting

off bowel movements can cause stool to back up, leading to increased pressure and straining, which aggravates your hemorrhoids. Also, try not to sit on the toilet for long periods; this tends to make hemorrhoids push out and swell up. A way to make going to the bathroom easier — and faster — is to elevate your feet with a step stool as you sit on the toilet. This changes the position of the rectum in a way that could allow for easier passage of stools.

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

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



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

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

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

Warm-up

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

Cool-down

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

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

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

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

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

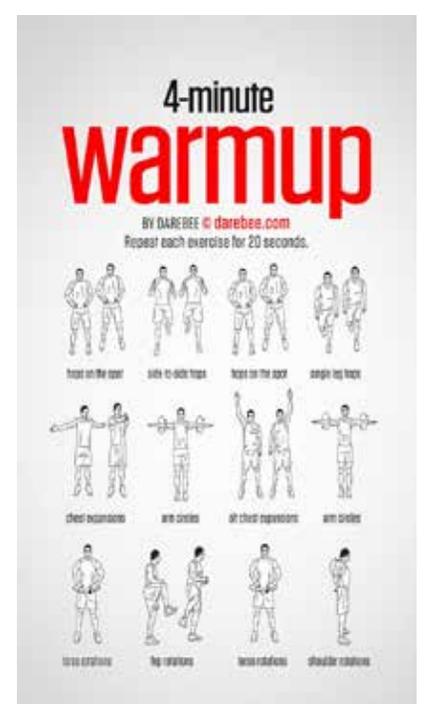
whenever you learn a new exercise. You can always add weight to challenge your muscles once you know how to move with good form.

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

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

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

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



workout two or three times a week is ideal.

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

The reason why fasting is prescribed

What is the reason why fasting is prescribed?.

Praise be to Allaah, blessings and peace be upon Prophet Muhammad the noblest of Allaah's creation and upon his family and companions and those who follow him.

We must note that one of the names of Allaah is al-Hakeem (the Most Wise). The word Hakeem is derived from the same root as hukm (ruling) and hikmah (wisdom). Allaah alone is the One Who issues rulings, and His rulings are the most wise and perfect.

Secondly: Allaah does not prescribe any ruling but there is great wisdom behind it, which we may understand, or our minds may not be guided to understand it. We may know some of it but a great deal is hidden from us.

Thirdly: Allaah has mentioned the reason and wisdom behind His enjoining of fasting upon us, as He says (interpretation of the meaning):

“O you who believe! Observing As-Sawm (the fasting) is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqoon (the pious)”

[al-Baqarah 2:183]

Fasting is a means of attaining taqwa (piety, being conscious of Allaah), and taqwa means doing that which Allaah has enjoined and avoiding that which He has forbidden.

Fasting is one of the greatest means of helping a person to fulfil the commands of Islam.

The scholars (may Allaah have mercy on them) have mentioned some of the reasons why fasting is prescribed, all of which are characteristics of taqwa, but there is nothing wrong with quoting them here, to draw the attention of fasting people to them and make them keen to attain them.

Among the reasons behind fasting are:

1 – Fasting is a means that makes us appreciate and give thanks for pleasures. For fasting means giving up eating, drinking and intercourse, which are among the greatest pleasures. By giving them up for a short time, we begin to appreciate their value. Because the blessings of Allaah are not recognized, but when you abstain from them, you begin to recognize them, so this motivates you to be grateful for them.

2 – Fasting is a means of giving up haraam things, because if a person can give up halaal things in order to please Allaah and for fear of His painful torment, then he

will be more likely to refrain from haraam things. So fasting is a means of avoiding the things that Allaah has forbidden.

3 – Fasting enables us to control our desires, because when a person is full his desires grow, but if he is hungry then his desire becomes weak. Hence the Prophet (peace and blessings of Allaah be upon him) said: “O young men!Whoever among you can afford to get married, let him do so, for it is more effective in lowering the gaze and protecting one's chastity. Whoever cannot do that, let him fast, for it will be a shield for him.”

4 – Fasting makes us feel compassion and empathy towards the poor, because when the fasting person tastes the pain of hunger for a while, he remembers those who are in this situation all the time, so he will hasten to do acts of kindness to them and show compassion towards them. So fasting is a means of feeling empathy with the poor.

5 – Fasting humiliates and weakens the Shaytaan; it weakens the effects of his whispers (waswaas) on a person and reduces his sins. That is because the Shaytaan “flows through the son of Adam like blood” as the Prophet (peace and blessings of Allaah be upon him) said, but fasting narrows the passages through which the Shaytaan flows, so his influence grows less.

Shaykh al-Islam said in Majmoo' al-Fataawa, 25/246

Undoubtedly blood is created from food and drink, so when a person eats and drinks, the passages through which the



devils flow – which is the blood – become wide. But if a person fasts, the passages through which the devils flow become narrow, so hearts are motivated to do good deeds, and to give up evil deeds.

6 - The fasting person is training himself to remember that Allaah is always watching, so he gives up the things that he desires even though he is able to take them, because he knows that Allaah can see him.

7 – Fasting means developing an attitude of asceticism towards this world and its desires, and seeking that which is with Allaah.

8 – It makes the Muslim get used to doing a great deal of acts of worship, because the fasting person usually does more acts of worship and gets used to that.

These are some of the reasons why fasting is enjoined. We ask Allaah to help us to achieve them and to worship Him properly.

And Allaah knows best.

See Tafseer al-Sa'di, p. 116; Ibn al-Qayyim's footnotes on al-Rawd al-Murabba', 3/344; al Mawsoo'ah al-Fiqhiyyah, 28/9.

Islam Q&A

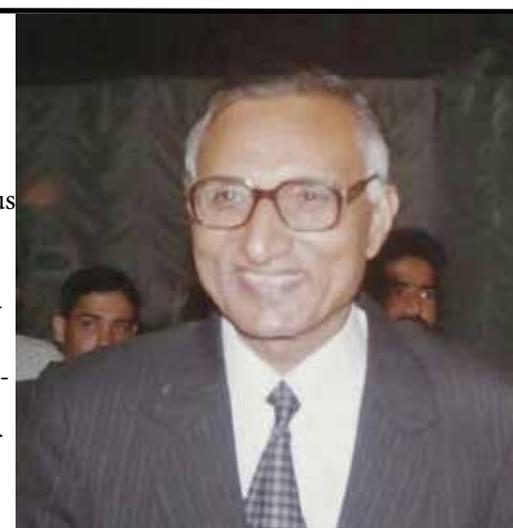


Islamic economics Professor Masood Hasan

Islamic economics is part of overall life structure according to the teachings of Islam. Islamic economics is also based on certain assumptions like other economic systems; yet it's distinguishing features leads superior management, greater output, more employment and thereby higher standard of living. Reasons for this phenomena are 1. Organisation of Business on partnership basis where all partners take keen interest because they are to bear both the profit and loss; 2. Opportunities to organise business on sharing resources and knowledge. There are people having resources but lacking knowledge while on the other hand there are qualified people lacking resources. Mudarabah system of financing provides opportunities to such people in order to share their respective resources and knowledge. Not only employment is created but simultaneously output and greater income also, 3; Islamic economic system operates on cooperative basis avoiding exploitative monopoly. It is well known that cooperation leads to success; 4. Islam allows the production only of permissible items useful for human body. Resources saved from the production of harmful products like wine etc used for the production of necessities needed for all and keeping prices relatively lower; and 5. The greatest evil in society known as interest is prohibited in Islam. Exploitation of poor and needy people, debtors by the creditors while doing no work in the business affairs. There is no such concept as free lunch while creditors earn interest without work. When loss occurs the debtors even depletes their past savings and other resources which could have remained

in circulation for more production and employment. 1930's great depression is well known to all of us which was not corrected even the rate of interest was brought down to the lowest level. Keynes suggested that the problem is not due to the higher interest rate. Low investment is due to the lack of effective demand. Islam prohibits storing of money. It should be in circulation giving rise to investment, production and unemployment. Moreover, Islam has made Zakat obligatory which not only protects poor people, train them in order to become self dependent but also keeps increasing demand for various products in the market promoting more investment, production and unemployment.

There are now various business organisations and banks all over the world carrying their operations through Islamic business principles and technique providing employment.



HEALTH

4 ways to eat your way to lower cholesterol

Many people can reduce cholesterol levels simply by changing what they eat. For example, if you are a fan of cheeseburgers, eating less meat (and leaner cuts) and more vegetables, fruits, and whole grains can lower your total cholesterol by 25% or more. Cutting back on saturated fat (found in meat and dairy products) and trans fat (partially hydrogenated oils) can reduce cholesterol by 5% to 10%.

Stick with unsaturated fats and avoid saturated and trans fats. Most vegetable fats (oils) are made up of unsaturated fats that are healthy for your heart. Foods that contain healthy fats include oily fish, nuts, seeds, and some vegetables. At the same time, limit your intake of foods high in saturated fat, which is found in many meat and dairy products, and stay away from trans fats. These include any foods made with “partially hydrogenated vegetable oils.”

Get more soluble fiber. Eat more soluble fiber, such as that found in oatmeal and fruits. This type of fiber can lower blood cholesterol levels when eaten as part of a healthy-fat diet.

Include plant sterols and stanols in your diet. These naturally occurring plant compounds are similar in structure to cholesterol. When you eat them, they help limit

the amount of cholesterol your body can absorb. Plant sterols and stanols are found in an increasing number of food products such as spreads, juices, and yogurts.

Find a diet that works for you. When a friend or relative tells you how much his or her cholesterol level dropped after trying a particular diet, you may be tempted to try it yourself. If you do, and after a few months you discover that you're not getting the same benefits, you may need to chalk it up to genetic and physiological differences. There is no one-size-fits-all diet for cholesterol control. You may need to try several approaches to find one that works for you.

Although diet can be a simple and powerful way to improve cholesterol levels, it plays a bigger role for some people than for others. Don't be discouraged if you have followed a diet but not reached your goal blood level. Keep it up. Even if you do end up needing medication to keep your cholesterol in check, you likely will need less than if you didn't make any dietary changes.

Making sense of the statin guidelines

For years, doctors prescribed cholesterol-lowering statins based largely on cholesterol test results. The goal was to lower total

cholesterol to under 200 mg/dL, and LDL (bad) cholesterol to under 100 mg/dL. But in late 2013, new guidelines on statin use issued by the American Heart Association (AHA) and the American College of Cardiology (ACC) proposed a major change to that strategy.

These guidelines shifted from a numbers-based approach to a risk-driven approach. Instead of aiming for a specific cholesterol value, doctors were urged to look at a person's entire cardiovascular risk profile when considering treatment. This is a reasonable approach that can help better define when to initiate drug therapy.

The 2013 guidelines were met with more than the usual criticism, however. In fact, they've generated considerable debate over their departure from the approach of earlier guidelines. The new guidelines don't, for example, specify normal and abnormal levels for total cholesterol, LDL, HDL, and triglycerides, as past versions have done. Perhaps the best way to look at these guidelines is as a scientific statement reviewing what has been definitively established to date.

Who should take a statin?

The latest guidelines recommend a daily statin for individuals who fall into the following four categories:

anyone age 21 or older with a very high level of harmful LDL cholesterol (190 mg/dL or higher)

anyone who has cardiovascular disease, including stable or unstable angina (chest pain with exercise or stress); has had a heart attack, stroke, or transient ischemic attack (“ministroke”); has peripheral artery disease; or has had bypass surgery or angioplasty to treat a cholesterol-clogged artery

anyone age 40 to 75 who has diabetes

anyone age 40 to 75 who does not have cardiovascular disease but has a greater than 7.5% chance of having a heart attack or stroke or developing another form of cardiovascular disease in the next 10 years (as determined using the online risk calculator cited below).

That last category represented a major shift. In principle, if doctors follow the guidelines and start treating people who don't have heart disease but are at risk for it, several million more people will take a statin every day. It's not yet clear if that has happened, however, as studies examining this question have offered differing results.

3 posture tips to get the most out of a core workout

Good posture is important, even during exercise. Quick posture checks before and during a core exercise routine can help you avoid injury and squeeze the biggest benefit from your workout. Here is what you need to know:

Stand up straight. When instructions for an exercise ask you to stand up straight, that means keeping your:

- chin parallel to the floor
- shoulders even (roll them up, back, and down to help achieve this)
- arms at your sides, elbows relaxed and even

- abdominal muscles pulled in
- hips even
- knees even and pointing straight ahead
- feet pointing straight ahead
- body weight evenly distributed on both feet.

Stay in neutral. Neutral alignment means keeping your body in a straight line from head to toe except for the slight natural curves of the spine. Whether you're standing or seated, that means your spine is not flexed or arched to overemphasize the curve of the lower back. One way to find neutral is to tip your pelvis forward as far as is comfortable, then tip it backward as far as is comfortable. Neutral is roughly in the middle. If you're not used to standing or sitting up straight, it may take a while for this to feel natural. A neutral wrist

is firm and straight, not bent upward or downward.

Get the angle. When angles appear in exercise instructions, visualize a 90-degree angle as an L. To visualize a 30-degree angle, mentally slice the 90-degree angle into thirds, or picture the distance between a clock's minute hand and hour hand at one o'clock.

Want to bring more power to athletic pursuits? Build up your balance and stability? Or are you simply hoping to make everyday acts like bending, turning, and reaching easier? A strong, flexible core underpins all these goals. Core muscles need to be strong, yet flexible, and core fitness, like that found in the Special Health Report Core Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balance, should be part of every exercise program.

3 posture tips to get the most out of a core workout

effective strength training

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Get your copy of Core ExerciseCore Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balanceWant to bring more power to athletic pursuits? Build up your balance and stability? Or are you simply hoping to make everyday acts like bending, turning, and reaching easier? A strong, flexible core underpins all these goals. Core muscles need to be strong, yet flexible, and core fitness, like that found in the Special Health Report Core Exercises: 5 workouts to tighten your abs, strengthen your back, and improve balance, should be part of every exercise program. Achieving and maintaining good posture during your workouts takes a little practice. If possible, look in a mirror when exercising. Try to take a few moments each day to practice better posture, too.

Two years after Ahmaud Arbery's murder, Glynn County's new police chief strives to rebuild trust

Emma Hurt

Wed, February 23, 2022, 5:15 AM-3 min read

Two years ago today Ahmaud Arbery was shot and killed while jogging down a suburban Brunswick street. His death resonated nationwide after a video of the murder went viral months later.

Driving the news: In Arbery's native Glynn County, the effects of his death are still reverberating and translating into substantive change within the county's law enforcement and judicial system.

Much scrutiny has landed on the county police officers who responded to the scene of Arbery's murder. They did not arrest any of the men present, even though two of them possessed guns and literally had blood on their hands.

Two years later, that department is embarking on major structural changes and reforms, led by a newly sworn in police chief.

Catch up quick: The Glynn County police force has a checkered past featuring allegations of corruption, scandals and a persistent lack of accountability for misconduct, according to investigations by outlets including NPR and The Current.

State of play: After a national search co-led by the National Organization of Black Law Enforcement Officers, Jacques Battiste was sworn in as chief in December, the first Black person to hold the position full time.

Battiste tells Axios in an interview his goal is to bring "transformative change" to the department and to help the officers and the community "not only to heal but to begin to trust each other again."

He has overseen a pilot implicit bias/community outreach training for command staff. There are plans for other above-and-beyond trainings, including for mental health crisis intervention and programs to help officers recognize issues with their colleagues.

This month the commission passed a countywide payscale reset, the first in a decade, which Battiste said has done a lot to recruit new talent, and even bring back some who had left.

He said the department is also looking for ways to "get beyond policing" by assigning officers to attend community events and facilitating internship programs for young people. "All of these things

serve to greater enhance people's understanding of law enforcement," he said. What they're saying: County Commissioner Allen Booker said they've already seen positive change with Battiste present. "Without the chief setting the tone none of this would have been possible," Booker said. "We'd still be in a situation where the Black community would not be trusting the police."

Fellow County Commissioner Cap Fendig said of the changes, "There's still a lot to go. We're not through. I think this is the beginning of a process of change that needs to occur on all levels and relationships."

Glynn County community organizer and activist Bobby Henderson said there's "an intentionality about public accountability that was not there before." But, while there's "hope that we've turned a corner," Henderson cautions, there's still work to be done.

What's next: After the three men who murdered Arbery were found guilty on all charges in two trials, eyes turn to the Georgia attorney general's prosecution of former



Brunswick District Attorney Jackie Johnson. She was indicted last fall for alleged misconduct surrounding the lack of prosecution of Arbery's death.

Attorney General Chris Carr said in a statement that despite the indictment, his office's "full investigation continues. Our goal is to ensure maximum justice for Ahmaud, his family, the community, our state and our nation."

Many have also called into question the conduct of another nearby DA involved in the case, George Barnhill, as well as the police officers who responded to the scene. Yahoo NEWS

Cracks in Israel's coalition government start to show

Eight months after it was sworn in, Israel's fragile unity government is showing its first cracks.

Why it matters: The government has lost its voting majority on key issues, and while there is no imminent threat of collapse, the coalition could go down that path if internal frictions can't be contained.

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Driving the news: Two weeks ago, the Ra'am Islamic party decided to stop voting with the coalition because several promises they received for joining the coalition have not been fulfilled. As a result, the government lost its majority on several votes and had to postpone them.

Then on Monday, Defense Minister Benny Gantz started a rebellion of his own. He said his Blue and White party

wouldn't vote with the coalition unless commitments he received on increased pensions for military officers were fulfilled. That forced more votes to be postponed.

On Tuesday, the situation escalated when Eli Avidar, a minister without portfolio, resigned from the Cabinet.

Avidar, a political independent who was very active in the movement to oust former Prime Minister Benjamin Netanyahu, attacked Prime Minister Naftali Bennett as no different from Netanyahu and claimed Bennett would not abide by his rotation agreement to hand power to Foreign Minister Yair Lapid in 16 months.

Because the coalition has just a 61/59 majority in the Knesset, Avidar will now have major leverage in any future vote.

What's next: Bennett and Lapid are expected to convene the heads of all the



coalition parties in the coming days in an attempt to reach a grand bargain to reset the political agenda and stabilize the government.

Worth noting: In what was widely seen as an attempt to resolve another problem in the coalition, Lapid announced he was appointing Ghaida

Rinawie Zoabi — a left-wing member of the coalition who recently rebelled and caused the government to lose an important vote — as Israel's consul general in Shanghai, shifting her out of the Knesset. Yahoo New Barak Ravid

Landlord Solutions

Becoming a landlord is a fantastic way to invest in your future, and buying property is something that many people are choosing to do. The benefits can be enormous, but it can occasionally feel like a double-edged sword. While your investment is growing steadily in the long game, the day-to-day issues can sometimes feel overwhelming. Many landlords complain that it feels as though things in their rental properties are always breaking, and the worry of mounting costs is a real one. Handing the job over to contractors can prove expensive, especially when there are fixes required in the kitchen and bathroom. These rooms are more than just functional; they are hubs of activity in most homes and are used to relax, socialize, pamper and bond. Unfortunately, by their very nature, the steam, heat and water present can all cause issues.

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

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

DIY Steps For Fixing A Leaking Faucet

A leaking faucet may seem like a minor issue that you don't need to rush to address. However, a constant drip, drip, drip can be a major source of irritation for your tenants, not to mention a waste of water. In addition, a leaking faucet can actually cause unsightly damage to your basin or bathtub, leaving it rusted or pitted. That is something that will be far more costly to put right. When faced with this problem, you should first check that the faucet is completely turned off. The best-case scenario is that this is all it needs! If that doesn't work, then a fix will be required. But it is something you can manage yourself, with minimal outlay and a couple of tools. Simply follow the steps below.



Identify the type of faucet that you are dealing with. Does it have two handles? For instance, one for hot and one for cold? If so, this is a compression faucet. If you have one spout (a mixer with hot and cold coming through the same 'pipe'), you will have either a ball faucet or a cartridge faucet.

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

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

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

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

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

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

Be aware that some faucets require a replacement kit, and the manufacturers generally supply detailed instructions with these.

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

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

Curly Vinyl

A great place to start with repairing curled vinyl is to apply heat to the affected area, using a clothes iron. Protect the vinyl with a towel, and then apply heat using steady pressure.

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

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

Torn Vinyl

For torn vinyl, the repair process is similar: once again cleaning the area beneath the vinyl, re-applying fresh adhesive, and re-laying the patch. If the ripped area is too damaged, you can purchase a new piece of (hopefully!) matching vinyl. Cut and remove the damaged section from the floor, following the design of the vinyl and cut a matching 'patch' from the new vinyl.

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

DIY Steps For Clearing A Clogged Drain

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

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

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

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

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

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

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

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

DIY Steps To Banish Mildew And Mold

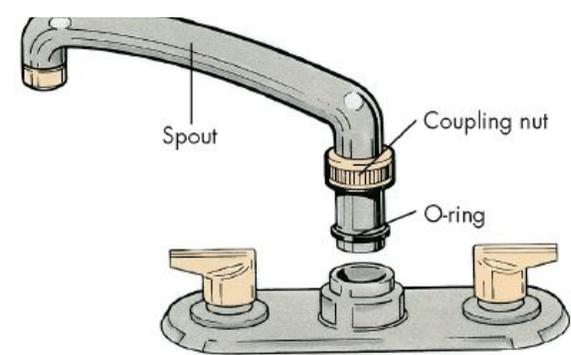
Mold and mildew can be a constant battle in some bathrooms, due to a combination of high levels of moisture and poor ventilation. As a landlord, you will want to keep on top of mold for a number of reasons. Yes, it is unsight-

ly, and it can smell bad; but it is also a red flag for bigger problems, such as damage to plaster and walls. Most importantly of all, mold spores can be detrimental to the health of your tenants.

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

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

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



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

Repairing A Blocked Shower Head

This is a nice, quick, and inexpensive fix that you can do in minutes, making you the landlord of the year. Clogged shower heads are the result of a build up of limescale, which reduces the water pressure and results in a less pleasant showering experience.

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

Just leave it in there to soak for as long as possible, then rinse it out with running water and fix it back into place.

DIY Solution For A Blocked Garbage Disposal

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

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

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

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

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

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

Fixing A Burn Mark On A Kitchen Countertop

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

Safety

28 BASIC KITCHEN SAFETY TIPS

Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc. Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.

Get rid of any appliance that is broken or damaged. New ones are very inexpensive these days. If a new one would bust your budget, try garage and tag sales (just make sure you're not buying somebody else's broken appliance).

Put a childproof lock not only on the cabinets with your medicines and cleaning supplies, but also your oven.

Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.

Avoid wearing inappropriate clothing while cooking. That means loose sleeves and sweaters.

Keep dish towels, pot holders and oven mitts away from the stove.

Keep matches and lighters in high places where curious little hands can't reach them.

If using candles in the kitchen, don't leave the room (or home) while they're burning. Make sure they are in a safe place and are in flame proof containers. Check furniture, curtains, dish towels, etc. to be sure they are not blocking heaters or vents.

Keep a fire extinguisher in or near the kitchen, but not near the stove or the heater.

In case of a grease fire, salt and/or baking soda will help if you do not have a fire extinguisher.

Keep emergency numbers handy - 911 is easy to remember, but phone numbers to Poison Control might take longer.

Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.

Scalding can occur from hot steam as well. Be careful when lifting lids from hot food (including opening that hot bag of microwave popcorn)!

Handling Knives: (a) Always cut away from your body when using a knife. It can slip and cut you, (b) Always use a cutting board, (c) Protect your counter tops, (d) Keep blades sharp, (e) Keep knives clean (including handle) - slippery handles can cause injuries, (f) Don't put knives in

a sink of soapy water - they may not be seen and accidents can occur, (g) Wash and dry carefully keeping sharp edge away from your hands, (h) Always lay them flat, never on the back or edge, (i) Don't attempt to catch a knife as it falls - better it hits the floor than cut your hand, (j) Wash knives with warm soapy water after each use.

Be sure appliances are unplugged before touching sharp edges (blenders, can openers, mixers, etc.).

Never stick a fork in a toaster to retrieve trapped toast - you may get shocking results. Always be sure the blender is unplugged before touching the blades.

Be careful about sharp edges: scissors, broken glass, potato peeler, etc.

Never ever, ever leave cooking foods unattended - not even for a minute.

Casualness causes casualties - don't answer or talk on the phone while cooking - you can be distracted and injuries can result.

Clean up spills immediately - wet floors are slippery when wet.

Keep the kitchen floor clear of toys and other items.

Be certain that walking areas are always clear of toys and other items.

Keep young children out of the kitchen while cooking. Always use a step-stool to reach high places.

Store cleaning supplies and all chemicals in a safe place. Use safety latches.

Sultana Begum of Gulbarga rescued



Mumtaz Ali Akram, Abdul Majeed and others at Pista House Haleem at Exhibition



Khan Ather Youth Leader Aimim with Habeeb e Millat Akbaruddin Owaisi Sahab..mla chandrangutta & Aimim Floor leader.



Sultana Begum of Gulbarga, Karnataka who was stuck up in Doha, Qatar has been rescued by Amjed Ullah Khan (Spokesman) MBT
 Sultana Begum from Gulbarga, Karnataka who was in search of job was lured and cheated by a lady agents who offered her a job in Doha, Qatar who travelled to Doha, Qatar on 23rd Nov 2021 and was cheated and got stuck up. She was not being provided proper food and accommodation and was not being allowed to return even

after she fell ill. Her employer was asking her to pay Rs/ 2.0 lakhs to give her release. Her mother Malan Bee met Amjed Ullah Khan (Spokesman) MBT and appealed him to rescue her daughter. Mr Khan took up the matter with Dr Subrahmanyam Jaishankar Minister for External Affairs Govt of India and Indian Embassy in Doha Qatar and after much persuasion she was saved and returned back.

Right Pictures:

Sultan Al-Hind Welfare association Al-Siddiq's sports group Announce dangal event has organised on the occasion of our ustad and khali-fa khwaja pasha ustad and mum-taz pasha ustad. In the loving memory of them this competition has been organised in yakhut-pura beside islamiya collage hyd, on 27 feb. Red costume : GARGI YASH-WAN G PUTRA (jai bhavani



viyamshala, purana phool, arjun pahalwan) blue costume : MOHAMMED AHMED SHAH (khwaja pasha ustad akhada, lal chabutra) Heart congrats from Fareeduddin Sabiri and Afser Shah



جامعہ نizamia



حیدرآباد - الہند

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MARCH 2022

مارچ ۲۰۲۲ء رجب المرجب / شعبان المعظم ۱۴۴۳ھ

SUN یکشنبہ	۳ شعبان المعظم صال حضرت سیدنا امام اعظم ابوحنیفہ	6 ۲	13 9	20 14	27 23
MON دوشنبہ	۱۵ شعبان المعظم شب براءت	7 ۳	14 10	21 14	28 22
TUE سہ شنبہ	۱ رجب المرجب	8 ۲	15 11	22 18	29 25
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THU پنجشنبہ		10 ۶	17 13	24 20	31 27
FRI جمعہ		11 ۷	18 14	25 21	۷ رجب المرجب شب معراج
SAT شنبہ	۵ کیم شعبان المعظم	12 ۸	19 15	26 22	

امام اعظم کی صحابہ کرام سے ملاقات اور استفادہ
 امام اعظم ابوحنیفہ رضی اللہ تعالیٰ عنہ تالی مرتالی ہیں اور یہ آپ کے لیے ایسا نفل و شرف ہے جو انہیں دین و دھرم میں سب سے آگے لے گا۔ آپ کے لیے اور لوگوں کے لیے (ذکر فضل اللہ یونہی من بشارہ) آپ نے متعدد صحابہ رضی اللہ عنہم کی زیارت کا شرف حاصل کیا اور ان میں سے چھ صحابہ سے حدیثیں بھی لیں۔ ان میں ایک صحابی ہیں اور ان چھ صحابہ کے نام یہ ہیں: سیدنا انس بن مالک، سیدنا عبداللہ بن انس، سیدنا عبداللہ بن حارث، سیدنا داؤد بن ابی اسحاق، سیدنا عبداللہ بن ابی اسحاق، سیدنا یونس بن یونس، سیدنا یونس بن یونس، سیدنا یونس بن یونس۔

Appeal of Jamia Nizamia To Generous Persons and Philanthropic Institutions

The massive programmes of Jamia Nizamia, its educational activities and its management is depend upon the donations of the muslim community and on their sincere cooperation. One can get the divine award by sharing the following programmes of Jamia Nizamia. 1)Memorization of Qur'an (Hifz)-sponsorship of one student by paying Rs.1000/- permonth - for memorization of Qur'an (Hifz) or to complete the Aalim course. Memorization period is four years - Acquisition of religious education (Aalim course) (7)years. It is the best opportunity to convey the divine reward and the bliss of Almighty Allah for ourselves and in favour of our departed souls. 2)Provision of free boarding facilities to its students. 3)Text and non-text books to be supplied to the poor students including clothes and other facilities, new computers to the computer section (spare parts, software and air-conditioning etc.) in this regard. 4)A new hostel building has

Been constructed. The structure of the 2nd floor of this building is also laid it has to be got completed for use. 5)Further there is 1300 sq.yards of land available at Osmangunj Hyderabad which is a highly commercial area. Five storyed building is proposed to be constructed on this land. On the ground floor there will be shops and the rest of the floors will have space for shops and offices. The plan is being submitted to the GHMC for approval. This commercial complex will be equipped with lifts and escalator. On completion of this complex, it will generate sufficient income to Jamia Nizamia to meet its expenditure. In fact for want of funds the work is yet to be started. The generous muslims are requested to extend their full cooperation for the completion of this proposed complex. Their cooperation will invite divine reward for those who contribute to this plan and reward for their parted souls.

Bank A/c for inside India
 SBI Baradari Branch A/c No.10194046903,
 IFS Code:SBIN0003256,
State Bank Of India
 Hussaini Alam Branch A/c No.52081158182.

از انکب سیدالانوارات اوقات نماز الصائمین

روز	جمعہ	شنبہ	یکشنبہ	دوشنبہ	سہ شنبہ	چہار شنبہ	پنجشنبہ	جمعہ	شنبہ
7:38	6:28	4:44	3:49	12:39	6:39	5:35	5:13	1	
7:36	6:29	4:44	3:49	12:38	6:27	5:32	5:10	4	
7:37	6:30	4:44	3:50	12:37	6:24	5:30	5:08	7	
7:38	6:30	4:44	3:49	12:36	6:22	5:28	5:06	10	
7:39	6:31	4:45	3:49	12:36	6:21	5:26	5:04	13	
7:39	6:32	4:44	3:50	12:35	6:18	5:24	5:02	16	
7:39	6:32	4:44	3:50	12:34	6:16	5:22	5:00	19	
7:40	6:33	4:44	3:48	12:33	6:13	5:19	4:57	22	
7:41	6:34	4:43	3:48	12:32	6:10	5:16	4:54	25	
7:42	6:34	4:43	3:44	12:31	6:08	5:13	4:51	28	

Binaca Geetmala Annual List (1959)

 1	Haal Kaisa Hai Janaab Ka, Kya Khayal Hai Aapka You Tube ✓ 🏆 ★ 4.38 - 1653 votes	Kishore Kumar, Asha Bhosle	Sachin Dev Burman	Madhubala, Kishore Kumar
		Chalti Ka Naam Gaadi (1959)	Majrooh Sultanpuri	Happy Songs
 2	Zahid Sharab Pine De Masjid Me Baithkar You Tube ✓ 🏆 ★ 4.45 - 438 votes	Mukesh	Shankar Jaikishan	Raj Kapoor, Mala Sinha
		Main Nashe Mein Hoon (1959)	Shailendra	Sharabi Songs
 3	Sab Kuchh Sikha Hamne Na Sikhi Hoshiyari You Tube ✓ 🏆 ★ 4.41 - 306 votes	Mukesh	Shankar Jaikishan	Raj Kapoor, Nutan
		Anari (1959)	Shailendra	Sad Songs, Filmfare Awards Winner, Filmfare Awards Nominee
 5	Hum Bekhudi Mein Tumko Pukare Chale Gaye You Tube ✓ 🏆 ★ 4.50 - 424 votes	Mohammed Rafi	Sachin Dev Burman	Dev Anand
		Kala Pani (1958)	Majrooh Sultanpuri	Sad Songs
 6	Aa Laut Ke Aaja Mere Meet You Tube ✓ 🏆 ★ 4.51 - 426 votes	Mukesh	S N Tripathi	Nirupa Roy, Bharat Bhushan
		Rani Roopmati (1957)	Bharat Vyas	Intezaar, Sad Songs
 7	Jhumata Mausam Mast Mahina You Tube ✓ 🏆 ★ 4.35 - 218 votes	Manna Dey, Lata Mangeshkar	Shankar Jaikishan	Shammi Kapoor, Mala Sinha
		Ujala (1959)	Hasrat Jaipuri	Romantic Songs
 8	Mai Rangila Pyar Kaa Rahee You Tube ✓ 🏆 ★ 4.34 - 106 votes	Lata Mangeshkar, Subir Sen	Shankar Jaikishan	Shobha Khote, Mehmood
		Chhoti Bahen (1959)	Hasrat Jaipuri	
 9	O Kali Anaar Ki Na Itna Satao You Tube ✓ 🏆 ★ 4.17 - 77 votes	Lata Mangeshkar, Manna Dey	Shankar Jaikishan	Shyama, Rehman
		Chhoti Bahen (1959)	Hasrat Jaipuri	Ched Chad Songs, Romantic Songs
 10	Ruk Jaa O Jaanevaali Ruk Jaa, Main To Raahi Teri Manzil Kaa You Tube ✓ 🏆 ★ 4.43 - 165 votes	Mukesh	Shankar Jaikishan	Nutan, Raj Kapoor
		Kanhaiya (1959)	Shailendra	All Time Great, Roothna Manaana
 11	Maine Pina Sikh Liya, Paap Kaho Ya Punya Kaho You Tube ✓ 🏆 ★ 4.28 - 64 votes	Mohammed Rafi	Vasant Desai	Rajendra Kumar
		Goonj Uthi Shahnai (1959)	Bharat Vyas	Sharabi Songs, Sad Songs



Conman Suresh Chandrashekar 'proposed' to Jacqueline Fernandez with a diamond ring

Ever since the infamous and biggest multi-crore extortion racket in Delhi involving the fraudster Suresh Chandrashekar got unfolded by the Enforcement Directorate, the name of the actress Jacqueline Fernandez has been making rounds for her alleged relationship with the conman. There has been a strong



buzz that Jacqueline and Suresh were allegedly in a relationship, and ED has revealed that the conman had even gifted the actress items worth crores. Now, new developments have come to the fore in the ED investigation. ED officials have revealed that the conman gave a Tiffany diamond ring to propose to Jacqueline, which had J&S as initials. According to reports, Suresh used the name of the home minister through a spoofing call to influence actress Jacqueline Fernandez. He also used Pinky Irani to introduce himself to Jacqueline. Later after they got close enough, the conman offered Rs 10 cr to Pinky for sorting out differences between him and Jacqueline as they had a fight around Valentine's Day. Post which, he 'proposed' to Jacqueline by gifting her a diamond ring. Notably, Pinky Irani took many actresses/models to Tihar Jail to introduce them to Suresh. During the ED investigation, it was also revealed that other actresses whom Suresh Chandrashekar tried to influence through Pinky included Bhumi Pednekar, Sara Ali Khan, and Janhvi Kapoor. While some of them agreed to receive expensive gifts, others denied. Meanwhile, earlier Suresh, in his statement opened up on his relationship with Jacqueline and other B-Town actresses. As per the report published on a leading news portal, Suresh, in his statement, stated, 'I was in a relationship with Jacqueline and that was the reason I have given gifts to her. She has nothing to do with the case.' He further added 'All my friends in Bollywood are being targeted just to defame me and make me look in a bad light in the society so that I won't be able to do business related to films.' For more news and updates, stay tuned to ETimes.

TOI

Updated : Feb 24, 2022, 16:55 IST 12012 views

Mithun Chakraborty opens up about feeling lonely at the peak of his stardom in the 80s: 'You are all alone there'

Mithun Chakraborty ruled Bollywood in the 80s. With blockbuster hits like "Disco Dancer", "Dance Dance", "Pyaar Jhukta Nahin", "Kasam Paida Karne Wale Ki" and "Commando", the actor headlined more than 100 films in the entire decade while shooting for as much as four films a day. However, while talking to a news agency recently, Mithun Da opened up about how he felt lonely while being the biggest star of the country. The 'Suraksha' actor said, "I had never imagined that I would become a superstar. But, when I did become the number one star of the country, I found that it was... Oh my God, an extremely lonely place. It is really, very, very lonely. You are all alone there. It was lonely because everybody thought I was beyond their reach, I was unattainable." The actor said he lived with the puzzling reality of showbiz: he was the most wanted star but



everyone was too apprehensive to even talk to him. He said, "They would say 'Stay away from dada, he has become too big'. My friends would also be scared of me. It was a very weird atmosphere. I would wake up, go to shoot, come back and be lonely, while being the biggest star, the hottest selling star of the country. Main ek bohot akela aadmi ho gaya tha (I had become a very lonely man). But this is part of life too." Sharing his thoughts on being talented and being a good human being, Mithun da said, "There is no survival without talent. Only your talent can take you ahead, if you have it, you will make it. No one in the world can stop you. A good actor, who is a bad human being, will have a short life. A bad actor, who is a bad human being, will have no life. A good actor, who is a good human being, will have a long life. He added, "The only magic to hold on to stardom for so long is that a good actor, who is also a good man, will live for long. Your superstardom will vanish in a heartbeat if you are not a good person. Karma will just wait for the right time, no one can escape that," he added. The multiple National Award-winning actor has now made his digital debut with a psychological thriller series titled "Bestseller". The actor said his shift to OTT was fueled by the need to keep up with the times. The 71-year-old said, "I want to go with the time, not swim against the tide. If I think I'm still a Disco Dancer, I'll be foolish. So I have to think what kind of roles will suit me now, and the one I can do effortlessly. If OTT is the current time, then I'll have to mould myself like that". For more news and updates, stay tuned to ETimes.

I would love to play Princess Diana in her biopic: Shwetha Gadad

It takes a tunnel focus to achieve what you want in life. And to make a career in the entertainment world, it gets tougher. But there was nothing that could stop Shwetha from achieving her dream to be an actor. Noted for her movies like Rashmi Rocket and Imperfect, Shwetha began her journey with Miss Diva beauty pageant. She is a software engineer by profession and an actor by heart. What made her journey easy in the world of entertainment was Times Talent, a celebrity management firm that Shwetha calls her family in Mumbai. We spoke to the actress EXCLUSIVELY and delved deep into her journey till now, her inspirations and about the international project on the cards!

What inspired you to participate in a beauty pageant?

It was the new millenium and we were all soaking in the glory of Lara Dutta and Priyanka Chopra winning the crowns of Miss Universe and Miss World. I was fascinated too. I read Priyanka's interview in the newspaper when she had won the crown and that interview left a mark on me. So, after I completed my education, I moved to Bangalore to work as a software engineer. That time I saw an ad about Miss India pageant in the Times of India newspaper and something inside pushed me to think about it.

How did your family react when you told them that you want to participate in a

beauty pageant?

Since I had a full time job, they were quite apprehensive. But when I started showing how serious I was about it, they realized it was a serious goal that I wanted to achieve. I focused completely on grooming myself, attended workshops and showed results to my parents.

You are an engineer!

Yes, I'm a software engineer and I was working in Capgemini for three years in Bangalore. But I had started getting a few modeling and acting projects in Mumbai as well. So I had to do to and fro between Bangalore and Mumbai. Though it was hectic, I completely enjoyed it as I was so passionate about exploring my career in actin

How was life like after the pageant?

Pageant definitely gave me a good platform and people started recognizing me. After Miss Diva, the opportunities that came across were really good but I wanted to focus majorly on building an acting career. And so, I started giving auditions and those made me realize that I loved acting. It was quite a revelation for me as well. So it definitely helped me in making that first knock at the doors of this fascinating world of entertainment.

Is there a 'memorable audition' story you would like to share?

Oh yes, I do remember the one that was for a period drama. It was very differ-



ent and challenging because there was a certain way th e characters had to walk or talk. I took two days to prepare for that character and it became close to my heart because it resonated with me a lot. It was for an international project and so I was quite excited for it. Was it easy to get through auditions and land projects? I am completely an outsider and though it sounds like a cliché, but it is true that for outsiders it is difficult to get that first break. And the only driving and guiding force was the Times Talent team. They were like a family back in Mumbai for me because for literally anything, they were just a call away. I think from day one, till today, they have always been there for me,

and I'm quite thankful to them.

How did Rashmi Rocket happen? And what kind of training did you undergo before shooting?

Just like any other audition. Since it was the role of a national level athlete, I was quite excited. The training was quite taxing physically but overall it was a fun experience. We had a month of training with the professionals.

What's in the pipeline next?

Apart from a lot of modeling assignments, I recently shot for an international music video with DJ KSHMR which was shot in the woods of Manali.

ETIMES

Nawazuddin Siddiqui On His New Mumbai Home: "Bathroom Is As Big As House I Once Lived In"

New Delhi: Nawazuddin Siddiqui's journey in Bollywood has been nothing short of exceptional. The actor, who started out as a junior artist in films, is one of the most accomplished stars in the industry. The actor, who recently moved into his palatial bungalow in Mumbai, in a recent interview with Bombay Times, recalled the time when the size of his house was as big as his current washroom. "Aaj jitna bada mera personal bathroom hai, utnasa mera ghar hua karta tha (Today my bathroom is as big as the house I once lived in)," he told BT. The actor, who shared a flat with a few people during the initial stages of his career, told Bombay Times, "When I moved to Mumbai, I stayed in such a small place, which I shared with four other budding actors. Woh kamra itna chhota tha ki agar main door kholun toh kisi ke pairon mein lag jata tha (That room was so small that if you opened the door, it hit someone's feet) because, we all used to lay our beds on the floor when we slept there. Dheere dheere (slowly, slowly) I started sharing my room with three people, then with two, and it is only from 2005 that I started living alone."

Here's a glimpse of Nawazuddin Siddiqui's palatial bungalow: Nawazuddin Siddiqui, best known for his critically-acclaimed work in the



Image Instagrammed by nawazuddin_siddiqui

Gangs Of Wasseypur series of films and the Sacred Games web-series, was seen in 2020 release Serious Men. He is currently working on two projects - No Man's Land and Jogira Sara Ra Ra. Last year, Nawazuddin Siddiqui was nominated in the Best Actor category at the International Emmy Awards for his role in Serious Men, a satirical drama film based on Manu Joseph's

book of the same name.

In terms of films, the actor will next be seen in Heropanti 2 and Bole Chudiyon. He has starred in films like Badlapur, Kick, Raman Raghav 2.0, Bajrangi Bhaijaan, Raees, Manjhi: The Mountain Man, Motichoor Chakna-choor and Raat Akeli Ha, to name a few In terms of films, the actor will

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NDTV



Mohammed Rafi will remain the voice of India, but his songs belong to the entire world that embraced him and to all those who are filled with hope and optimism for the future, whenever they listen to his melodies.

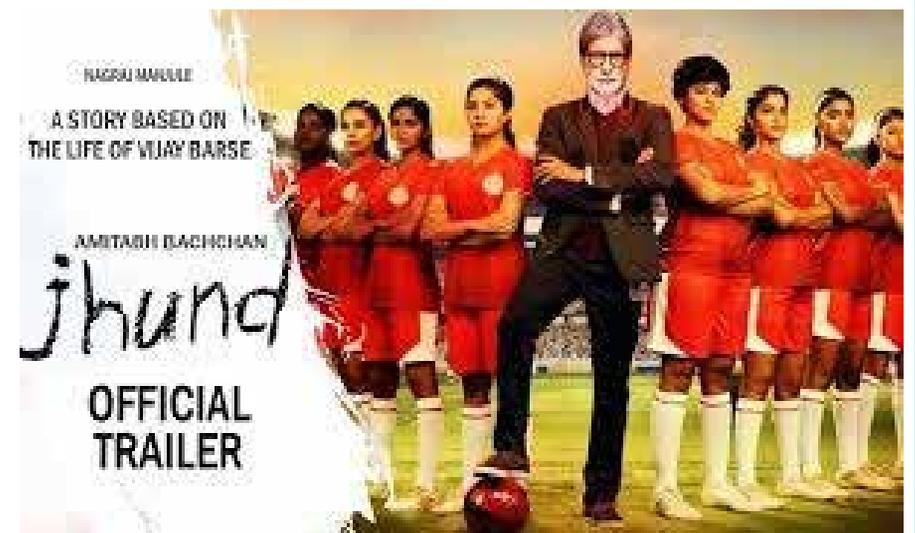
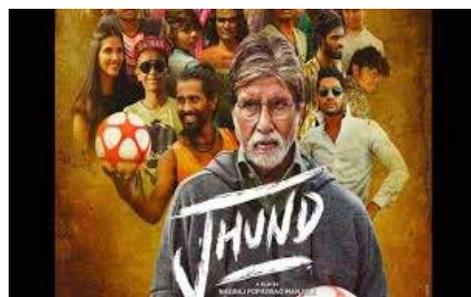
List of Bollywood films of MARCH 2022

4	<i>Jhund</i>	Nagraj Manjule	Amitabh Bachchan · Akash Thosar · Rinku Rajguru	T-Series, Tandav Films Entertainment Pvt.Ltd, Aatpaat Films
	<i>Toolsidas Junior</i>	Mridul	Sanjay Dutt · Rajiv Kapoor · Varun Buddhadev	T-Series, An Ashutosh Gowariker Productions
11	<i>Radhe Shyam</i> ^[a]	Radha Krishna Kumar	Prabhas · Pooja Hegde	T-Series, UV Creations
	<i>The Kashmir Files</i>	Vivek Agnihotri	Mithun Chakraborty · Anupam Kher · Darshan Kumar · Pallavi Joshi · Chinmay Mandlekar	Abhishek Agarwal Arts
18	<i>Bachchan Paandey</i>	Farhad Samji	Akshay Kumar · Kriti Sanon · Jacqueline Fernandez · Arshad Warsi · Pankaj Tripathi	Nadiadwala Grandson Entertainment

Jhund

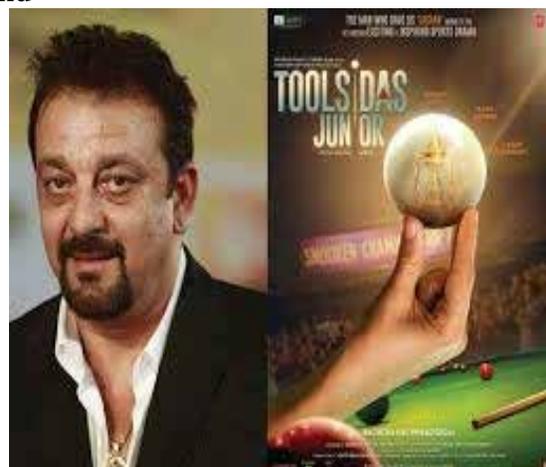
hund (transl. Crowd) is an upcoming Indian Hindi-language biographical sports film based on the life of Vijay Barse, the founder of NGO Slum Soccer. The film starring Amitabh Bachchan, Akash Thosar and Rinku Rajguru is written and directed by Nagraj Manjule. It is produced by Bhushan Kumar, Krishan Kumar, Raaj Hiremath, Savita Hiremath, Nagraj Manjule, Gargee Kulkarni and Meenu Arora under the banner of T-Series, Tandav Films Entertainment Pvt.Ltd and Aatpat Films. In

the film Bachchan plays a professor who motivates the street children to form a football team. The filming began in December 2018 at Nagpur. The film is scheduled for release on 4 March 2022.



Toolsidas Junior

Toolsidas Junior is an upcoming Indian Hindi-language sports drama film directed by Mridul Mahendra. The film is directed and produced by Bhushan Kumar, Krishan Kumar, Ashutosh Gowariker and Sunita Gowariker under the banner of Ashutosh Gowariker Productions and T-Series films. The film stars Sanjay Dutt, Rajiv Kapoor, Dalip Tahil and Varun Buddhadev in the lead role. The film is set to release on March 4, 2022. The film marks Rajiv Kapoor's final and posthumous appearance following his death in February 2021. Rajiv as Toolsidas wants to show his son Toolsidas Junior that he can become a champion. However, he loses the game. Looking at his heartbroken father, Toolsidas Junior sets a goal for himself to become a snooker champion. And when he struggles to find a mentor, he meets Sanjay Dutt, who plays Mohd Salaam.



ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ

گل بوکی حکایت

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



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

26 نیکی کو دوام ہے

اُردو حکایت: ایک بادشاہ نے ایک دوسرے بادشاہ کو خواب میں دیکھا کہ اس کا تمام جسم ریزہ ریزہ ہو کر مٹی میں مل گیا ہے مگر اُس کی آنکھیں اپنے حلقوں میں پھر رہی ہیں اور دیکھ رہی ہیں۔ تمام دانا اس خواب کی تعبیر سے عاجز رہے مگر ایک درویش نے کہا کہ ”آنکھیں ابھی تک یہ دیکھ رہی ہیں کہ اُس کا ملک دوسروں کے ہاتھ میں چلا گیا ہے۔“

فارسی شعر:

زندہ است نام فرخ نو شیرواں بخیر
گرچہ بسے گذشت کہ نوشیرواں نماند
خیرے کن اے فلاں و غنیمت شمار عمر
زاں پیشتر کہ بانگ برآید فلاں نماند

حاصل کلام:

نوشیرواں کا مبارک نام اس کے انصاف کی وجہ زندہ ہے حالانکہ نوشیرواں کو مرے ہوئے ایک مدت ہو گئی۔ اے فلاں تو نیکی کر اور زندگی کو غنیمت جان! اس سے پہلے کہ یہ آواز آئے ”فلاں مر گیا۔“

منظوم ترجمہ:

جو منصف تھا اُسی نوشیرواں کا نام زندہ ہے
اگرچہ اک زمانہ ہو گیا زیر زماں مر کر
غنیمت جان! تو اس زندگی کو اور کر نیکی
کہ اس سے قبل ہوشہرہ پڑا ہے وہ فلاں مر کر



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۔ نوعمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیا، آفریقہ اور دُنیا کے دیگر ممالک کی سیرو سیاحت میں بسر کیا۔ کہا جاتا ہے کہ مشرقی سیاحوں میں ابن بطوطہ کے سوا شیخ سعدی سے بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت کے دوران بڑی صعوبتیں اٹھائیں اور بڑے تجربے حاصل کئے۔ ایک اندازے کے مطابق شیخ سعدی کی تصانیف تیس سے متجاوز اور ایک سے بڑھ کر ایک ہیں لیکن ان کی دو

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

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

ڈاکٹر اراؤ کا مران علی

امراء کی رکھیل



بننے کے چکر میں جج پردے میں تھے اور ان کی عزت بچی ہوئی تھی جو کہ آہستہ آہستہ لٹتی جا رہی ہے۔

شرف برادران کا طرہ امتیاز ہے کہ ہر اہم محکمے کے سپاہی سے لیکر افسر تک اپنے ہاتھوں میں لیتے تھے۔ نواز شریف کے وزیر خزانہ اور پھر وزیر اعلیٰ کے دور میں یہ کام شروع ہوا اور سپاہی سے لیکر اے ایس آئی اور نائب تحصیلدار تک کے کوٹے سیاستدانوں؛ جبکہ جو نیئر ججوں کی تعیناتی، پروموشن اور من پسند و کیلوں کو جج بنانے کا کام اپنے ہاتھ میں رکھتے۔ زرداری کرپٹ تھا لیکن وہ سیاسی مکاری سے زیادہ بد معاشی کا شوقین تھا تو اداروں کو گراس روٹ لیول پر قابو میں نہ کر سکا اور جب بینظیر بھٹو کو پتا چلا کہ اداروں کو کنٹرول کرنا ضروری ہے تو اس نے بے ہنگم طریقے سے 1993 میں ڈائریکٹ ہائی کورٹ کے جج؛ کسٹم، پولیس انٹیلی جنس میں بھرتیوں کی بارش کر دی۔ یہی وہ زمانہ ہے جس میں اسپیکر گیلانی نے پانچ ہزار بھرتیاں کی اور جیل میں بیٹھ کر رنگ بازی کر کے "چاہ یوسف سے صدا" لکھتا رہا۔

آپ شریف برادران کا کمال دیکھیں کہ 1997 میں واپس آ کر؛ زرداری اور بینظیر کی مالی کرپشن کو انکا "حق" سمجھ کر نظر انداز کیا لیکن انکے لگائے سپاہی سے لیکر ہائی کورٹ کے جج پہلے مہینے نکال باہر کیے۔ 2008 میں زرداری نے ان سب نکالے گئے افسران کو دس دس سال کی تنخواہ دے دی اور پھر 2013 میں نواز شریف نے تنخواہ دینے پر ایکشن نہیں لیا لیکن بندہ انکا ایک نہیں نکلتے دیا۔ یہ ہے اس شریف مافیا کی طاقت کا راز۔ انکے تانے بانے ایسے بنے ہوئے ہیں انتظامیہ اور عدلیہ میں کہ کوئی انکا بال باکا نہیں کر سکتا۔ سوائے چند ایک پیری مریدی حلقوں کے؛ پیپلز پارٹی کے دور میں بھی آپکا جو کام منتخب پیپلز پارٹی کا ایم این اے نہ کروا سکتا ہو وہ ہارا ہوا ن لیگ کا ایم این اے کروا دیتا تھا! کیسے؟ آج پی ٹی آئی ضلعی لیول پر خوار کیوں ہو رہی ہے؟ ایس پی کو لیکر آتا ہے پی ٹی آئی کا بندہ؛ گورنر سرور اور بزدار میں چوکھی لڑوا کر اور وہ افسر صبح شام ن لیگ کی کسی ہستی کے ڈیرے پر بیٹھا ہوتا ہے۔ "تبدیلی" اتنی بڑی تبدیلی ہضم نہیں کر سکتی۔

پاکستان کے ججوں کی عزت پر سب سے بڑا حملہ 2011 کی ایمنسٹی انٹرنیشنل کی رپورٹ میں ہوا۔ کوئی خواب میں بھی نہیں سوچ سکتا تھا کہ پاکستان کا سب سے کرپٹ ادارہ عدلیہ ہوگی۔ یہ وہ درخت ہے جس کا بیج

تیس سال پہلے بویا جا چکا ہے۔ اگر عدلیہ چاہے تو امریکہ کی ریاست ورجینیا سے چھپنے والے اخبار پرائیکشن لے سکتی ہے جس میں پاکستانی عدلیہ کو the riches of the شرم آتی ہے ترجمہ آپ خود کر لیں؛ شرم آتی ہے یہاں لکھتے۔ ہو سکتا ہے کہ عدلیہ نے اپنے مطابق نواز شریف کے ساتھ انصاف کیا ہو لیکن بیس بیس سال سے الجھے کیسوں کو چھوڑ کر چھٹی والے دن عدالت لگا کر، عدلیہ نے ایک عام آدمی کے منہ پر جو طمانچہ مارا ہے اسکی گونج عدلیہ کے اپنے ہی کانوں کے پردے پھاڑ دے گی۔ عدلیہ تو بین عدالت کے لئے تیار رہے؛ عنقریب پاکستان کی جیلیں کم پڑ جائیں گی تو بین عدالت کے جرم میں گرفتار ہونے والوں سے؛ پاکستان کے لاکھوں افراد جو روز ہائی کورٹ کے چکر لگاتے ہیں؛ انھیں تو بین انسانیت؛ تو بین مساوات کے جرم میں ہائی کورٹ کے خلاف سپریم کورٹ میں اپیل دائر کرنی چاہئے کہ کیسے لوگ تین پشتوں تک کیس لڑتے ہیں اور کیسے ہفتے میں فیصلہ آگیا؟۔ اداروں کی تو بین انسانوں کی تو بین سے بڑھ کر نہیں ہو سکتی ورنہ ایسے اداروں کی کوئی ضرورت نہیں۔

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بچپن سے شہر کے سب سے کرپٹ شعبوں اور عہدوں میں پٹواری اور ایس ایچ او کو سرفہرست پایا۔ ایک عام آدمی ڈرتا، جھکتا، منت ترلے کے ساتھ ان عہدیداروں کے پاس جاتا؛ جیب لٹوا کر یا بے عزتی کروا کر آجاتا۔ کوئی تھوڑا کھاتا پیتا ہوتا تو اے سی یا ڈی ایس پی تک پہنچ جاتا اور بڑے بڑوں کی دوڑ پولیس اور انتظامیہ کے ضلعی عہدیداروں تک ختم ہو جاتی اور ایکسپوژر کے باعث یہی عہدے زیادہ ذلت اور طعنے سمیٹتے۔ پروفیشنل آرمی چیف ہمیشہ مارشل لا سے اس لئے اجتناب کرتا ہے کہ ان عہدوں کی جگہ میجر، کرنل لے لیتے اور جو تحصیلدار اے سی کے نام پر رشوت لیتا اب میجر اور کرنل کو بدنام کروا تا وجہ وہی؛ ایکسپوژر۔ مشرف کے آخری سال میں فوجی افسران فوجی وردی پہن کر نہیں نکل سکتے تھے۔ اسکول کے سب سے نالائق طالب علم یا صحافی بنتے ہیں یا وکیل؛ نالائق عموماً بدتمیز ہوتا ہے اور مذکورہ بالا دونوں شعبوں میں بدتمیزی طرہ امتیاز سمجھی جاتی ہے بلکہ صحافی کی بدتمیزی بلیک میلنگ اور وکیل کی بدتمیزی جج کو یرکانے کے کام آتی ہے۔ وکیلوں کی بدتمیزی اور بیڈ کوپ

روس یوکرین تنازع: مغربی ممالک کی جانب سے روس پر لگائی گئی پابندیاں اور اس کا معاشی نقصان

دیتا ہے اور یہ گیارہ ہزار فنانسنگل اداروں اور دوسو ملکوں میں استعمال کیا جاتا ہے۔ یوکرین نے مطالبہ کیا ہے کہ روس کو فوری طور پر اس نظام سے نکال دینا چاہیے۔ اس نظام سے نکال دیے جانے کے بعد روس کو تیل اور گیس کی فروخت سے حاصل ہونے والی رقوم میں تاخیر کا سامنا کرنا پڑ سکتا ہے۔ ایران کو جب امریکہ کے دباؤ میں سنہ 2012 میں اس نظام سے الگ کیا گیا تھا تو ایران کی تیل اور گیس کے قدرتی وسائل سے حاصل ہونے والی آمدنی نصف رہ گئی تھی جبکہ بیرونی تجارت سے ہونے والی آمدن 30 فیصد کم ہو گئی تھی۔ لیکن روس کو متبادل ذرائع سے آمدن حاصل ہو سکتی ہے جن میں مثال کے طور پر چین کا کراس بارڈر انٹرنیشنل پیٹک ہیٹ سٹم موجود ہے۔

روس کی تیل اور گیس کی برآمدات کو روکنا: روس کی معیشت میں تیل اور گیس کی برآمدات سے حاصل ہونے والی آمدن کا حصہ بیس فیصد بنتا ہے جبکہ اس کی کل برآمدات سے حاصل ہونے والی نصف آمدن اسی شعبے سے آتی ہے۔ اسی وجہ سے تیل اور گیس روس سے خریدنے پر پابندی بہت مشکل کا باعث بن سکتی ہیں۔ لیکن یہ پابندیاں مغربی ملکوں کے لیے بھی پریشانیاں کھڑی کر سکتی ہیں کیونکہ یورپی یونین اپنی ضروریات کا 26 فیصد تیل اور 38 فیصد گیس روس سے حاصل کرتی ہے۔ گیس کی فراہمی میں قلیل مدت کے لیے تعطل بھی یورپ اور برطانیہ میں قیمتوں میں اضافے کا سبب بن سکتا ہے۔

روس کا ان پابندیوں پر کیا رد عمل ہے؟ روس کی وزارت خارجہ نے دھمکی دی ہے کہ وہ بھی مغربی ملکوں کے خلاف اپنی پابندیاں لگائیں گے۔ اس میں ممکنہ طور پر یورپ کو گیس کی فراہمی کو معطل کی جاسکتی ہے۔ برطانوی فضائی کمپنیوں کی روس میں پروازوں اور روسی ہوائی اڈوں پر اترنے پر پابندی لگادی گئی ہے۔



ان پابندیوں کا روس پر کیا اثر پڑے گا؟ ہائی ٹیک آلات کی درآمد پر پابندی سے جن میں نیم موصل دھاتیں اور مائیکرو چپ شامل ہیں، روس کی دفاعی اور خلائی پروگرام کے علاوہ گاڑیوں کی پیداوار بھی متاثر ہو سکتی ہے۔ روس کے مالیاتی اداروں پر پابندی درحقیقت روسی کرنسی روبل کی قدر میں اس حد تک کمی کرنے کی کوشش ہے کہ روس مالی بحران کا شکار ہو جائے۔ روسی حکومت کو ہو سکتا ہے اپنے بینکنگ کو مفلوج ہونے سے بچانے کے لیے بڑی بھاری قیمت ادا کرنی پڑے۔ لیکن روس کے زرمبادلہ کے ذخائر 630 ارب ڈالر کے قریب ہیں جو اس طرح کی صورت حال سے نمٹنے کے لیے کافی ہیں۔ برطانوی حکومت نے لندن کے مالیاتی اداروں اور بینکوں میں روس کے سرمائے پر مزید پابندیاں لگانے کی دھمکی دی ہے۔ برطانوی حکومت نے ایک طویل عرصے سے التوا کا شکار اکانومی کرائم بل کو جلد از جلد منظور کرنے کی بات بھی کی ہے جس سے لوگوں کو بینکوں میں پیسہ منتقل کرانے سے پہلے اس بات کا ثبوت فراہم کرنا ہو گا کہ یہ پیسہ کہاں سے آیا ہے۔ مغربی ممالک مزید پابندیوں پر غور کر رہے ہیں۔ ان کے پاس موجود آپشنز میں یہ شامل ہے:

روسی درآمد پر پابندی: روس کے تمام بڑے بینکوں کے اثاثے منجمد کر دیے جائیں گے اور انھیں برطانیہ کے مالیاتی نظام سے نکال باہر کیا جائے گا۔ ایسے قوانین وضع کیے جائیں گے جن کے تحت روسی کمپنیاں اور سرکار کے لیے یہ ممکن نہیں رہے گا کہ وہ برطانوی مارکیٹ سے سرمایہ حاصل کر سکیں۔ مزید افراد اور کمپنیوں کے اثاثے منجمد کر دیے جائیں گے۔ روس کی سرکاری فضائی کمپنی ایئر فلوٹ پر بھی برطانیہ میں پابندی لگادی گئی ہے۔ ان تمام درآمدی لائسنسوں کو منسوخ کر دیا گیا ہے جن کے تحت ایسے آلات روس حاصل کرتا ہے جن کا غیر دفاعی صنعت کے ساتھ دفاعی صنعت میں بھی استعمال کیا جاسکتا ہے۔ تیل صاف کرنے والے کارخانوں کے لیے جدید ترین آلات کی درآمد پر پابندی برطانوی بینک میں روسی شہریوں کی طرف سے جمع کرائی جانے والی رقوم پر حد کا تعین۔ جرمن چانسلر اولف شولز نے روس سے جرمنی تک بچھائی گئی گیس پائپ لائن نارڈ سٹریم ٹو کی منظوری کو بھی روک دیا ہے۔ امریکہ اور برطانیہ یوکرین پر حملے میں روس کا ساتھ دینے کی پاداش میں بیلا روس پر بھی مالیاتی پابندیوں میں توسیع کر رہے ہیں۔

مغربی ممالک نے یوکرین پر فوج کشی کے رد عمل میں روس پر سخت اقتصادی پابندیاں عائد کی ہیں۔ ان اقتصادی پابندیوں کا مقصد روس کی معیشت کو مفلوج کرنا اور صدر ولادیمیر پوتن کو ان کی فوجی مہم جوئی پر سزا دینا ہے۔

اقتصادی پابندیاں کیا ہوتی ہیں؟ اقتصادی یا سفارتی پابندیاں کسی ایک ملک کی طرف سے دوسرے پر اس لیے لگائی جاتی ہیں تاکہ مخالف کو ممکنہ جارحیت یا بین الاقوامی قوانین کی خلاف ورزی سے روکا جاسکے۔ ان میں فضائی اور سفری قدغنیں اور اسلحے کی فروخت پر پابندیاں بھی شامل ہو سکتی ہیں۔ یہ انتہائی اقدامات جو پابندیوں کی صورت میں کسی ملک پر لگائے جاتے ہیں وہ فوجی قوت کے استعمال کے بغیر کسی ملک کو اپنا رویہ یا پالیسیوں کو بدلنے کے لیے مجبور کرنے کے لیے کیے جاتے ہیں۔

مغربی ممالک کیا پابندیاں لگا رہے ہیں؟ امریکہ کے صدر جو بائیڈن نے یہ کہتے ہوئے کہ روس نے جنگ کا راستہ اختیار کیا ہے اعلان کیا کہ روس کے چار بڑے بینکوں کے اثاثے منجمد کر دیے جائیں گے اور ان کو ڈالروں میں کاروبار کرنے کی سہولت سے محروم کر دیا جائے گا۔ روسی ایوان صدر سے قربت رکھنے والے امراء پر پابندیاں لگادی جائیں گی۔

امریکہ اور اس کے اتحادی روس سے ہائی ٹیک یا جدید ترین آلات درآمد کرنے پر پابندی لگادیں گے تاکہ اس کو اپنی فوجی صلاحیتوں کو بڑھانے سے روکا جاسکے۔

یورپی یونین میں شامل ملکوں کی پابندیاں: روس کی بینکنگ مارکیٹ کے ستر فیصد حصے کو نشانہ بنانا اور دفاعی صنعت سے متعلق کمپنیوں سمیت سرکاری کمپنیوں سے کاروبار منقطع کرنا۔ توانائی کے شعبے کو زک پہنچانا اور روس میں تیل صاف کرنے والے کارخانوں میں استعمال

انڈیا کی ریاست کرناٹک میں حجاب پر پابندی

مسلمان طالبات کی حجاب کے ساتھ کلاس میں بیٹھنے کے لیے عدالت سے درخواست

بیٹھنے کی اجازت دی جائے لیکن کالج کے پرنسپل ان کو حجاب کے ساتھ داخلے کی اجازت دینے سے انکار کر دیتے ہیں۔ کرناٹک کے کالج میں حجاب کے خلاف احتجاج اس واقعے سے ایک ہی دن قبل زعفرانی رنگ (ہندوؤں کا علامتی رنگ) کی چادریں اوڑھے نوجوانوں کے ایک گروہ نے اس کالج میں آ کر مسلمان خواتین کے حجاب کے



پہننے پر احتجاج کیا تھا۔

ہے کہ وہ کیا پہنیں۔ دوسری درخواست احتجاج کرنے والے گروہ کے پانچ ارکان کی جانب سے دائر کی گئی ہے۔ اس درخواست میں کہا گیا ہے کہ حکومت کی جانب سے جاری کردہ گائیڈ لائنز میں پری یونیورسٹی کالجز میں یونیفارم کا ذکر نہیں۔ دونوں ہی درخواستوں میں کیرالا ریاست کی عدالت کے ایک فیصلے کا حوالہ دیا گیا ہے جس میں مسلمان طالب علموں کو ایک داخلہ امتحان کے لیے سکارف پہننے کی اجازت دی گئی تھی۔

اس تنازعے کے بیچ میں طالب علموں کا کہنا ہے کہ ان کی پڑھائی متاثر ہو رہی ہے۔

کرناٹک ریاست میں کم از کم تین دیگر کالجز میں ایسے ہی احتجاج ہو چکے ہیں۔



نکیش بی سی جو کرناٹک کے وزیر تعلیم ہیں، ایسے کالجز کی حمایت کر رہے ہیں جو کہتے ہیں کہ زعفرانی رنگ کے سکارف اور حجاب دونوں پر ہی پابندی لگنی چاہیے۔

ہم نے تو سرکاری کالج میں اس لیے داخلہ لیا تھا کیونکہ ہم پرائیویٹ کالج کی فیس نہیں دے سکتے۔ جب دوسرے لوگ اپنی اپنی مذہبی رسومات پر عمل کر سکتے ہیں تو ہم پر ہی پابندی کیوں لگائی جا رہی ہے؟

انڈیا کی ریاست کرناٹک میں حجاب کرنے والی مسلمان خواتین پر حکومتی کالج کی جانب سے پابندی کا تنازع اب ہائی کورٹ پہنچ چکا ہے۔ مسلمان خواتین نے عدالت سے درخواست کی ہے کہ ان کو حجاب کے ساتھ کلاس میں بیٹھنے کی اجازت دی جائے۔ یہ معاملہ اس وقت شروع ہوا جب ایک کالج کی انتظامیہ کی جانب سے اعلان کیا گیا کہ مسلمان خواتین کلاس کی حدود میں تو حجاب کر سکتی ہیں لیکن کلاس کے دوران نہیں۔ اس معاملے پر گذشتہ کئی ماہ سے مسلمان خواتین کا احتجاج جاری تھا۔ مسلمان خواتین کا کہنا تھا کہ انڈیا کا آئین ان کو اس بات کی اجازت دیتا ہے کہ وہ جو چاہیں پہن سکتی ہیں۔ دوسری جانب انڈیا میں مسلمان اقلیت میں اس تنازعے نے خوف اور غصے کو بھی جنم دیا ہے۔

کرناٹک: ہندوؤں کا نظریے کی لیبارٹری جمعرات کو یہ معاملہ کرناٹک کی ریاست کے دیگر کالجز تک بھی پھیل گیا

رہے کہ کرناٹک میں بی جے پی ہی برسر اقتدار جماعت ہے۔ حال ہی میں منظر عام پر آنے والی ویڈیو میں سنا جاسکتا ہے کہ ایک طالبہ انتظامیہ سے درخواست کر رہی ہے کہ ان کو امتحانات کی تیاری کے لیے کلاس میں

باجرے کی روٹی کھانے کے حیرت انگیز فوائد

مطالعات نے ایل ڈی ایل (خراب) کولیسٹرول کو کم کرنے پر میگنیشیم کے فائدہ مند اثر کی طرف بھی اشارہ کیا ہے اور یہ فائدے سے بھی بچاتا ہے۔

ذیابیطس کے مریضوں کیلئے مفید:

باجرے کا ذیابیطس پر مثبت اثر پڑتا ہے کیونکہ اس میں فائبر کی مقدار اور آہستہ آہستہ ہضم ہونے والے نشاستے کی موجودگی، جو گلوکوز میں تبدیل ہونے میں زیادہ وقت لیتی ہے۔ یہ ذیابیطس کے مریضوں کے لیے مستقل توانائی فراہم کرتا



روٹی میں تقریباً 2.3 گرام پروٹین ہوتا ہے جو کہ گندم کی روٹی سے دگنا ہوتا ہے۔

آنتوں کی صحت کیلئے مفید:

باجرہ ناقابل حل فائبر کا ایک بھرپور ذریعہ ہے، جو ہماری آنتوں میں پری

باجرہ، گندم کا ایک صحت مند، گلوٹین سے پاک متبادل ہے۔ باجرے کی روٹی تا صرف متعدد صحت کے فوائد سے بھرپور ہوتی ہے بلکہ ذائقے میں بھی مزیدار ہوتی ہے، اس سے کوئی فرق نہیں پڑتا کہ آپ ملک کے کس حصے میں رہتے ہیں، آپ کو باجرے کی روٹی بھی آزمانی چاہیے۔

دوسرے اناج کے مقابلے باجرے میں اومیگا تھری چربی زیادہ ہوتی ہے، اومیگا 3 دل کی اچھی صحت کو برقرار رکھنے میں بھی مدد کرتا ہے۔

باجرہ آئرن اور فاسفورس کا بھی اچھا ذریعہ ہے، آئرن علمی فعل، یادداشت اور توانائی کے لیے ایک ضروری غذائیت ہے۔ آئرن کی کم سطح آپ کو تھکا ہوا اور کمزور محسوس کر سکتی ہے۔

لال لوبیا میں کینسر کا علاج ہے؟

باجرے میں کئی طرح کے غذائی اجزاء ہوتے ہیں جو آپ کی صحت کے لیے اچھے ہیں، پکا ہوا باجرا پروٹین، کاربوہائیڈریٹس کے ساتھ ساتھ فائبر کا ایک اچھا ذریعہ ہے۔ ایک باجرے کی



بائیونک کے طور پر کام کرتا ہے، جو ہمارے ہاضمہ کی صحت کو اعلیٰ شکل میں رکھنے میں مدد کرتا ہے، غیر حل پذیر فائبر آنتوں کی مناسب صفائی اور قبض کو روکنے کے لیے بھی ضروری ہے۔

باجرہ حاملہ خواتین کے لیے غذائیت سے بھرپور اناج میں سے ایک ہے۔ یہ آئرن کا ایک اچھا ذریعہ ہے، جو ہیموگلوبن کی سطح کو بہتر بنانے میں معاون ہے۔ فائبر، اینٹی آکسیڈنٹس، زنک، میگنیشیم، کاپر اور وٹامن بی بھی وافر مقدار میں پائے جاتے ہیں۔

باجرہ چونکہ میگنیشیم کا ایک اچھا ذریعہ ہے، اس لیے دل کے مریضوں کے لیے اپنی خوراک میں باجرے کو شامل کرنا اچھا ہے۔ میگنیشیم دل کی بیماریوں جیسے بلڈ پریشر اور ذیابیطس کے خطرے والے عوامل کو روکنے کی صلاحیت رکھتا ہے۔



گنگوبائی کاٹھیاواڑی اور عالیہ بھٹ کردار میں

گنگو کو محبت ہوئی لیکن ان کے گھر والے اس رشتے سے خوش نہیں تھے اس لیے وہ بھاگ کر ممبئی آ گئیں۔ لیکن ان کے عاشق نے انہیں دھوکہ دیا اور ایک کوٹھے پر فروخت کر دیا اور پھر وہ کبھی لوٹ کر واپس اپنے گھر نہیں گئیں۔ گنگوبائی کاٹھیاواڑی



1960 کی دہائی میں ممبئی کے کماٹھی پور علاقے میں کوٹھا چلاتی تھیں۔ گنگوبائی کا اصل نام گنگا ہرجیون داس کاٹھیاواڑی تھا۔ ان کی پیدائش اور پرورش گجرات کے علاقے کاٹھیاواڑی میں ہوئی تھی۔ ان پر بننے والی فلم 'گنگوبائی کاٹھیاواڑی دراصل مافیا کونیز آف ممبئی نامی ایک کتاب پر مبنی ہے، جس کے مصنف حسین زیدی اور جین بورگیس ہیں۔ بانی وڈ اداکارہ عالیہ بھٹ 'گنگوبائی کاٹھیاواڑی' فلم میں 'گنگا ہرجیون داس' کا کردار نبھا رہی ہیں۔ سنجے لیلیا بھنسالی کی پروڈکشن اور ڈائریکشن میں بنائی گئی یہ فلم رواں مہینے ریلیز ہونے جا رہی ہے۔ بانی وڈ اداکارہ عالیہ بھٹ نے اس فلم میں اپنے کردار کے حوالے سے بی بی سی ہندی سے بات کی ہے۔ عالیہ بھٹ گنگوبائی کو اپنے کیریئر کا سب سے چیلنجنگ کردار مانتی ہیں۔ وہ کہتی ہیں کہ اس کردار میں، میں نے سب سے زیادہ محنت کی، نام کے ساتھ میں زیادہ محنت ڈالتی رہی، جتنا نام آپ انڈسٹری میں گزارتے ہو، اتنا ہی ضروری ہوتا ہے کہ آپ اپنی محنت دکھائیں۔ وہ بتاتی ہیں کہ جب میں پہلی دفعہ سنجے لیلیا بھنسالی کے ساتھ کام کر رہی تھی تو ان کی سب سے بنیادی توقع ہی یہی تھی کہ آپ سیٹ پر آ کر اپنا دس ہزار فیصد دیں۔ کووڈ کے دوران کام کے حوالے سے عالیہ بھٹ کہتی ہیں کہ پوری دنیا پہلی دفعہ اس چیز سے گزر رہی تھی، ہم سب بھی بیٹھے ہوئے تھے، سیکھ رہے تھے، سمجھ رہے تھے کہ کیا کرنا ہے۔ سوچا نہیں تھا کہ چھ مہینے گھر پر بیٹھنا ہوگا۔ لیکن ہو گیا۔ وہ کہتی ہیں کہ زندگی میں ہمیشہ ایسے غیر متوقع چیزیں ہوتی ہیں تو آپ صرف دو ہی کام کر سکتے ہیں، یا تو آپ شکایت کر سکتے ہو یا آپ حالات کو لڑ کر اپنے لیے موافق بنا سکتے ہو۔ میرا یہ ماننا تھا کہ میرے پاس اور کوئی راستہ نہیں ہے اور مجھے اپنی ہمت اور اپنا جذبہ بڑھا کر رکھنا ہوگا۔ بلکہ جب ہم کبھی وقفے کے بعد

اے مشت خاک: اداکارہ عفت عمر متنازع 'ڈرامے کا حصہ بننے پر شرمندہ' کیوں ہیں؟

جب میں نے سکرپٹ پڑھا تو مجھے اس سے نفرت ہوئی کیونکہ اس کی زبان وہ نہیں جو عام زندگی میں آپ بولتے ہیں۔ پھر میری ملاقات ہدایتکار احسن تالش سے ہوئی جن کے ذہن میں تھا کہ ہم نے اسے ایسے ہی کرنا ہے۔ آج کل سکرپٹ میں اندھوں میں کانا راجا کا



انتخاب کرنا ہوتا ہے اور یہ وہی کانا راجا تھا۔ یہ کہنا ہے اداکارہ عفت عمر کا جوان دنوں 'ڈرامہ' اے مشت خاک میں فیروز خان (مستجاب) کی والدہ کا کردار ادا کر رہی ہیں۔ اس ڈرامے کو لے کر سوشل میڈیا پر تنقید کی جاتی رہی ہے کہ اس میں بغیر کسی وارننگ کے خواتین پر تشدد کے مناظر کو شامل کیا گیا ہے۔ صحافی براق شہیر کو دیے گئے انٹرویو میں عفت عمر کا 'اے مشت خاک' کے سکرپٹ پر کہنا تھا کہ اگر مجھے سکرپٹ پسند نہیں آیا تو یہ مطلب نہیں کہ پبلک کو بھی پسند نہیں آیا۔ مجھے تو بہت سی چیزیں پسند نہیں آتیں جو بہت ہٹ ہو رہی ہوتی ہیں۔ لوگ اسے بہت زیادہ پسند کر رہے ہیں۔ ان کا کہنا تھا کہ مجھے اس میں یہی چیز اچھی لگی تھی کہ اس میں ماں کا کوئی کام ہے۔ ظاہر ہے میں مرکزی کردار کرتے ہوئے کریکٹر کردار کرنے والے اداکاروں میں آئی ہوں۔ میرے لیے یہ انتخاب آسان نہیں کہ چائے والی ماں بن جاؤں۔ مجھے گہرے کردار دیں، میں وہ کروں گی۔ میں ایک اداکار ہوں، مجھے اسی کے پیسے ملتے ہیں۔ اس عمر میں آپ کی ذمہ داری ہوتی ہے کہ آپ جو کر رہے ہو آپ اس سے متعلق ہوں۔ اے مشت خاک میں جو تشدد دکھایا گیا ہے، بچے کا کردار جیسا دکھایا گیا ہے، آپ کو یہ چیزیں نہیں دکھانی چاہئیں، میں اس کے بالکل خلاف ہوں۔ اگر دکھانی بھی ہیں تو تمہیں دے کر دکھائیں کہ یہ غلط ہو رہا ہے۔ میں پراجیکٹ کا حصہ ہوں لیکن میں تشدد دکھانے کے خلاف ہوں۔۔۔ میں کسی حد تک اس پر شرمندہ بھی ہوں۔ اس ڈرامے میں اداکار فیروز خان اور ثنا جاوید مرکزی کردار ادا کر رہے ہیں۔ جس میں فیروز خان کو ایک بگڑے ہوئے ضدی، انا پرست اور مذہب بیزار شخص دکھایا گیا ہے جو دعا (شنا جاوید) کی محبت میں گرفتار ہو کر اس سے شادی کر لیتا ہے۔ جتنا آپ مشہور ہوتے ہو، اس کردار کو لوگ اتنا ہی سنجیدگی سے لیتے ہیں۔ بچوں کو ذمہ داری لینا چاہیے کہ پولیٹیکل کوریٹک چیز کیا ہے۔ اب ہم پولیٹیکل انکوریٹک برداشت نہیں کر سکتے۔ کیونکہ آپ کی فوراً ٹروانگ شروع ہو جاتی ہے جو کہ ایک طرح سے ٹھیک بھی ہے لیکن ہمیں بہت ذمہ دار ہونے کی ضرورت ہے۔ ان

بیکل آتہا سی



غزل

حسن جلوہ نہیں عشق کا حاصل تنہا
کتنے جلوؤں کو سیٹے ہے مرا دل تنہا
کارواں چھوٹ گیا رات کے ستارے میں
رہ گئی ساتھ مرے حسرت منزل تنہا
عزم محکم ہو تو ہوتی ہیں بلائیں پسا
کتنے طوفانوں کو پلٹ دیتا ہے ساحل تنہا
حسن ہنگامہ بازار میں مصروف رہا
عشق تو چپ ہے سجائے ہوئے محفل تنہا
سب کے ہونٹوں پہ تبسم تھا مرے قتل کے بعد
جانے کیا سوچ کے روتا رہا قاتل تنہا
لوگ تو ہو گئے بیکل غم دوراں کا شکار
رہ گیا میں ہی زمانے کے مقابل تنہا

شاد عظیم آبادی



غزل

اسیر جسم ہوں، معیاد قید لا معلوم
یہ کس گناہ کی پاداش ہے خدا معلوم
تری گلی بھی مجھے یوں تو کھینچتی ہے بہت
دراصل ہے مری مٹی کہاں کی کیا معلوم
تعلقات کا الجھاؤ ہر طرح ظاہر
گرہ کشاؤ تقدیر نارسا معلوم
سفر ضرور ہے اور عذر کی مجال نہیں
مزا تو یہ ہے نہ منزل، نہ راستا معلوم
دعا کروں نہ کروں سوچ ہے یہی کہ تجھے
دعا کے قبل مرے دل کا مدعا معلوم
سنی حکایت ہستی تو درمیاں سے سنی
نہ ابتدا کی خبر ہے، نہ انتہا معلوم
کچھ اپنے پاؤں کی بہت بھی چاہیے اے پیر
یہی نہیں تو مددگاری عصا معلوم
طلب کریں بھی تو کیا شے طلب کریں اے شاد
ہمیں کو آپ نہیں اپنا مدعا معلوم

شہزاد احمد



غزل

ممکن ہو آپ سے تو بھلا دیجئے مجھے
پتھر پہ ہوں لکیر منا دیجئے مجھے
میرے سوا بھی ہے کوئی موضوع گفتگو
اپنا بھی کوئی رنگ دکھا دیجئے مجھے
میں کیا ہوں کس جگہ ہوں مجھے کچھ خبر نہیں
ہیں آپ کتنی دور صدا دیجئے مجھے
کی میں نے اپنے زخم کی تشبیر جا بجا
میں مانتا ہوں جرم سزا دیجئے مجھے
قائم تو ہو سکے کوئی رشتہ گہر کے ساتھ
گہرے سمندروں میں بہا دیجئے مجھے
شب بھر کرن کرن کو ترسے سے فائدہ
ہے تیرگی تو آگ لگا دیجئے مجھے
جلتے دنوں میں خود پس دیوار بیٹھ کر
سائے کی جستجو میں لگا دیجئے مجھے
شہزاد یوں تو شعلہ جاں سرد ہو چکا
لیکن سلگ اٹھیں تو ہوا دیجئے مجھے

دلی الدین



جنت

کہتے ہیں میری بیوی بہت نیک ہے
وہ سیدھا جنت میں جائے گی
یہ سن کر دلی نے نیکی چھوڑ دی
کہ وہ پھر جنت میں مل جائے گی

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عمر

اچانک جو کرے میں آگئی وہ
سر پہ نہ تھی وگ گھبرا گئی وہ
جان کے بدلے ابا جان کہہ دیا
ایک پل میں اتنی عمر بڑھا گئی وہ

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دینیں پردیس

پردیس میں سب کچھ الٹ پلٹ ہو گیا
ان کی زلفیں کشیں Boyish کٹ ہو گیا
Deport ہو کر جب پہنچے وطن
ماں نے کہا منڈا امریکہ پلٹ ہو گیا

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فراق گورکھپوری

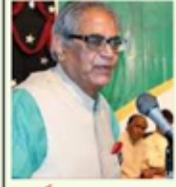


غزل

سر میں سودا بھی نہیں، دل میں تمنا بھی نہیں
لیکن اس ترک محبت کا بھروسہ بھی نہیں
دل کی گنتی نہ یگانوں میں نہ بیگانوں میں
لیکن اس جلوہ گہرہ ناز سے اٹھتا بھی نہیں
شکوہ جو کرے کیا کوئی اس شوخ سے جو
صاف قاتل بھی نہیں، صاف مکرنا بھی نہیں
مہربانی کو محبت نہیں کہتے، اے دوست
آہ اب مجھ سے تری رنجش بیجا بھی نہیں
بات یہ ہے کہ سکون دل وحشی کا مقام
کنج زنداں بھی نہیں، وسعت صحرا بھی نہیں
مدتیں ہوئیں، تری یاد بھی آئی نہ ہمیں
اور تمہیں بھول گئے ہوں کبھی، ایسا بھی نہیں

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افتخار عارف



غزل

آسمانوں پر نظر کر انجم و مہتاب دیکھ
صبح کی بنیاد رکھنی ہے تو پہلے خواب دیکھ
ہم بھی سوچیں گے دعائے بے اثر کے باب میں
اک نظر تو بھی تضاد منبر و محراب دیکھ
دوش پر ترش پزار بنے دے، پہلے دل سنجال
دل سنجل جائے تو سوئے سینہ احباب دیکھ
موج سرکش کناروں سے چمک جائے تو پھر
کیسی کیسی بستیاں آتی ہیں زیر آب دیکھ
بوند میں سارا سمندر آنکھ میں کل کائنات
ایک مشق خاک میں سورج کی آب و تاب دیکھ
کچھ قلندر مشربوں سے راہ و رسم عشق سیکھ
کچھ ہم آشفند مزاجوں کے ادب آداب دیکھ
شب کو خط فور میں لکھی ہوئی تعبیر پڑھ
صبح تک دیوار آمیندہ میں گھلتے باب دیکھ
افتخار عارف کے تند و تیز لہجے پر نہ جا
افتخار عارف کی آنکھوں میں اُلجھتے خواب دیکھ

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سید عابد علی عابد



غزل

جبین تمنا کی تابانیاں ہیں
کہ دل میں ابھی تک پرفشانیاں ہیں
یونہی تیرے گیسو ہیں رسوا، کہ مجھ کو
پریشانیاں تھیں، پریشانیاں ہیں
نہیں رمز چینی کی پہچانتے ہیں
پشیمانیاں سخت نادانیاں ہیں
قص ہم کو راس آگیا ہم صفیرو
خرخریاں ہیں، غزل خوانیاں ہیں
محبت کے آداب کس کو بتاؤں
سبک ساریاں ہیں، گراں جانیاں ہیں
تھلی کو ہے آرزوئے تماشا
تمھاری بھی کیا جلوہ سامانیاں ہیں
وہ لعل سخن داں وہ چشم سخن گو
ادا فہمیاں ہیں، ادا دانیاں ہیں
نہ جینا ہے مشکل محبت میں عابد
نہ یہ ہے، کہ مرنے میں آسانیاں ہیں

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جاں شاد اختر



غزل

رنج و غم مانگے ہے، اندوہ و بلا مانگے ہے
دل وہ مجرم ہے کہ خود اپنی سزا مانگے ہے
چپ ہے ہر زخم گلو، چپ ہے شہیدوں کا لبو
دست قاتل ہے جو محنت کا صلہ مانگے ہے
تو بھی اک دولت نایاب ہے، پر کیا کہیے
زندگی اور بھی کچھ تیرے سوا مانگے ہے
کھوئی کھوئی یہ نگاہیں، یہ خمیدہ پلکیں
ہاتھ اٹھائے کوئی جس طرح دعا مانگے ہے
راس اب آئے گی اشکوں کی نہ آہوں کی
آج کا پیار نئی آب و ہوا مانگے ہے
بانسری کا کوئی نغمہ نہ سہی، چنچ سہی
ہر سکوت شب غم کوئی صدا مانگے ہے
لاکھ منکر سہی پر ذوق پرستش میرا
آج بھی کوئی صنم، کوئی خدا مانگے ہے
سانس ویسے ہی زمانے کی رکی جاتی ہے
وہ بدن اور بھی کچھ تنگ قبا مانگے ہے
دل ہر اک حال سے بیگانہ ہوا جاتا ہے
اب توجہ، نہ تقاضا، نہ ادا مانگے ہے

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On the lighter side....

“You see, doctor, I’m always dizzy for half an hour after I get up in the morning,” said Carla.
“I have the solution for you,” replied the doctor.
“Really, what is it?”
“Well, try getting up half an hour later.”

A speeding driver was pulled over by a policeman. He asked the policeman, “Why was I pulled over when I wasn’t the only one speeding?”
The policeman replied, “Have you ever been fishing?”
The man then said, “Yes, I have.”
“Well, have you ever caught all the fish?” asked the policeman.

Teacher: “Hello, students! Can anyone tell me, what does the green dot on a ‘Tiger Biscuit Packet’ indicate?
After a few seconds of silence, one student replies.
“Hello, ma’am. The green dot means that the Tiger is ‘Online’”

A bent-over old lady hobbled into a doctor’s office. Within minutes, she came out again but miraculously, she was standing up as straight as could be.
A man in the waiting room, who had been watching her, said in amazement, “My goodness, what did the doctor do to you?”
The old lady replied, “He gave me a longer cane.”

“Cash, check or charge?” the cashier asked after folding items the woman wished to purchase. As the woman fumbled for her wallet, the cashier noticed a remote control for a television set in her purse.
“Do you always carry your TV remote?” the cashier asked.
“No,” she replied. “But my husband refused to come shopping with me, so I figured this was the most evil thing I could do to him.”

I never made a mistake in my life!
I thought I did once, but I was wrong.



Many years ago I had stopped in to bring my girlfriend some pizza while she was babysitting.
We received a call that her grandmother had been taken to the hospital, so I agreed to watch the children, so she could meet her family at the hospital.
Well, the parents were at a movie and these were the days before cell phones, so I couldn’t get in touch with them. I thought I was doing pretty well, though. At bedtime I sent the kids upstairs to bed and settled down to watch some TV.

One child kept creeping down the stairs, but I just kept sending him back to bed.
At 9 pm the doorbell rang, it was the next-door neighbor, asking whether her son was there.
I said, “No.”
Just then a little head appeared over the banister and shouted, “I’m here, Mom, but he won’t let me go home!”

A widow recently married a widower. Soon after the marriage she was approached by a friend who laughingly remarked, “I suppose, like all men who have been married before, your husband sometimes talks about his first wife?”

Oh, not any more, he doesn’t,” the widow replied.
“What stopped him?”
“I started talking about my next husband.”

Four high school boys afflicted with spring fever skipped

morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, “Well, you missed a test today so take seats apart from one another and take out a piece of paper.”

Still smiling, she waited for them to sit down. Then she said, “First Question: Which tire was flat?”

Boss: “The word ‘Impossible’ does not exist in my dictionary!”

Secretary: “Well Sir, maybe you should have checked it first before buying it.”

In court, the judge asked the accused, “Did you take Mr. Fred’s wallet?”

The accused replied, “Yes, yes I did. I didn’t want him to shoot himself.”

Confused by the reply, the judge asks, “Why do you think he’d shoot himself with his wallet?”
“Because it was loaded, your honor.”

A mother complained to my wife, a schoolteacher, that other students were stealing her daughter’s pencils.
“It’s not the money, it’s the principle,” she insisted. “My husband took those pencils from work.”

John: “My grandpa is 98 years old, and he doesn’t even use glasses.”

Jack: “Wow, that is incredible!”

John: “Yep, he drinks straight from the bottle.”

A woman rushes into a hardware store and says, “Can I have a mouse trap, please? And will you be quick, I’ve got a bus to catch!”

“Sorry, ma’am,” said the store clerk, “but we don’t sell ‘em that big!”



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