



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

APRIL 2022 Vol 13, Issue 4



Ukraine's Zelenskiy says situation in some places tough, fires top officials

Ukrainian President Volodymyr Zelenskiy on Thursday said the situation in the south and the Donbas region remained extremely difficult and reiterated that Russia was building up forces near the besieged city of Mariupol.

And in a rare sign of internal dissent, Zelenskiy also said in a video address that he had sacked two senior members of the national security service on the grounds they were traitors.

Zelenskiy, who often uses colourful imagery, said the Russians were so evil and so keen on destruction that they seemed to be from another world, "monsters who burn and plunder, who attack and are bent on murder".

Russia says it is carrying out a "special operation" to disarm and "denazify" its neighbour. Moscow also denies Kyiv's accusations that Russian forces are targeting civilians.

Zelenskiy said Ukrainian forces had pushed back the Russians from Kyiv and

Chernihiv - two cities Moscow had announced would no longer be the focus of attacks as they seek to secure the separatist Donbas and Luhansk regions in the south-east.

"There will be battles ahead. We still need to go down a very difficult path to get everything we want," he said.

"The situation in the south and in the Donbas remains extremely difficult." Zelenskiy also said he had fired two top officials at the national security service - the overall head of internal security as well as the head of the agency's branch in the Kherson region.

"I do not have time to deal with all the traitors, but they will gradually all be punished," he said, adding that the two men had betrayed their oath to defend Ukraine. He did not give specific details.

The occasion marked the first time Zelenskiy has announced high-profile sackings of those involved in Ukraine's defence.

Student loans: Borrowers are 'facing a financial cliff'

The pandemic payment pause for federally-backed student loans is set to expire after May 1, and both prominent Democrats and advocates for reform are warning that many borrowers are not prepared.

"Our own surveys show that 90% of student loan borrowers are not ready to resume payments," Student Debt Crisis Center Executive Director Cody Hounanian told Yahoo Finance Live (video above). "No matter how you look at it, a large majority of people with student loan debt in America... still feel financially insecure."

Student loan payments and interest on federally-held debt have been suspended since March 2020, meaning that an estimated 37 million borrowers did not have to pay on their loans. Another roughly 10

million borrowers who hold private or Family Federal Education Loan (FFEL) loans owned by commercial banks did not benefit from the payment pause.



"The economic recovery really hasn't reached" middle-class working families, Hounanian said. "For these student loan borrowers, if payments resume... they're going to be facing a financial cliff that could be disastrous."

White House Chief of Staff Ron Klain recently said that President Biden "is going to look at what we should do on student debt before the pause expires, or he'll extend the pause."



Asim Khan (Alumni MJCET) met Ertugrul fame Abdur Rahman Ghazi a k a Br. Jalaluddin. He was in Detroit and prayed Jummah at Masjid - MCM. MashaAllah he is a Hafiz. Alhamdulillah! FB

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-SM111 1641350 (Exp. 6/24/2022)

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ISSN 2159-9645

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published monthly
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Nawab Hamid Ali Khan
Engr & President, IAA,
2022
Chicago, IL

Hindu Festivals in April 2022

Date	Festival
April 18, 2021, Sunday	Yamuna Chhath/Chaiti Chhath
April 21, 2021, Wednesday	Rama Navami Swaminarayan Jayanti
April 23, 2021, Friday	Kamada Ekadashi
April 27, 2021, Tuesday	Hanuman Jayanti Chaitra Purnima

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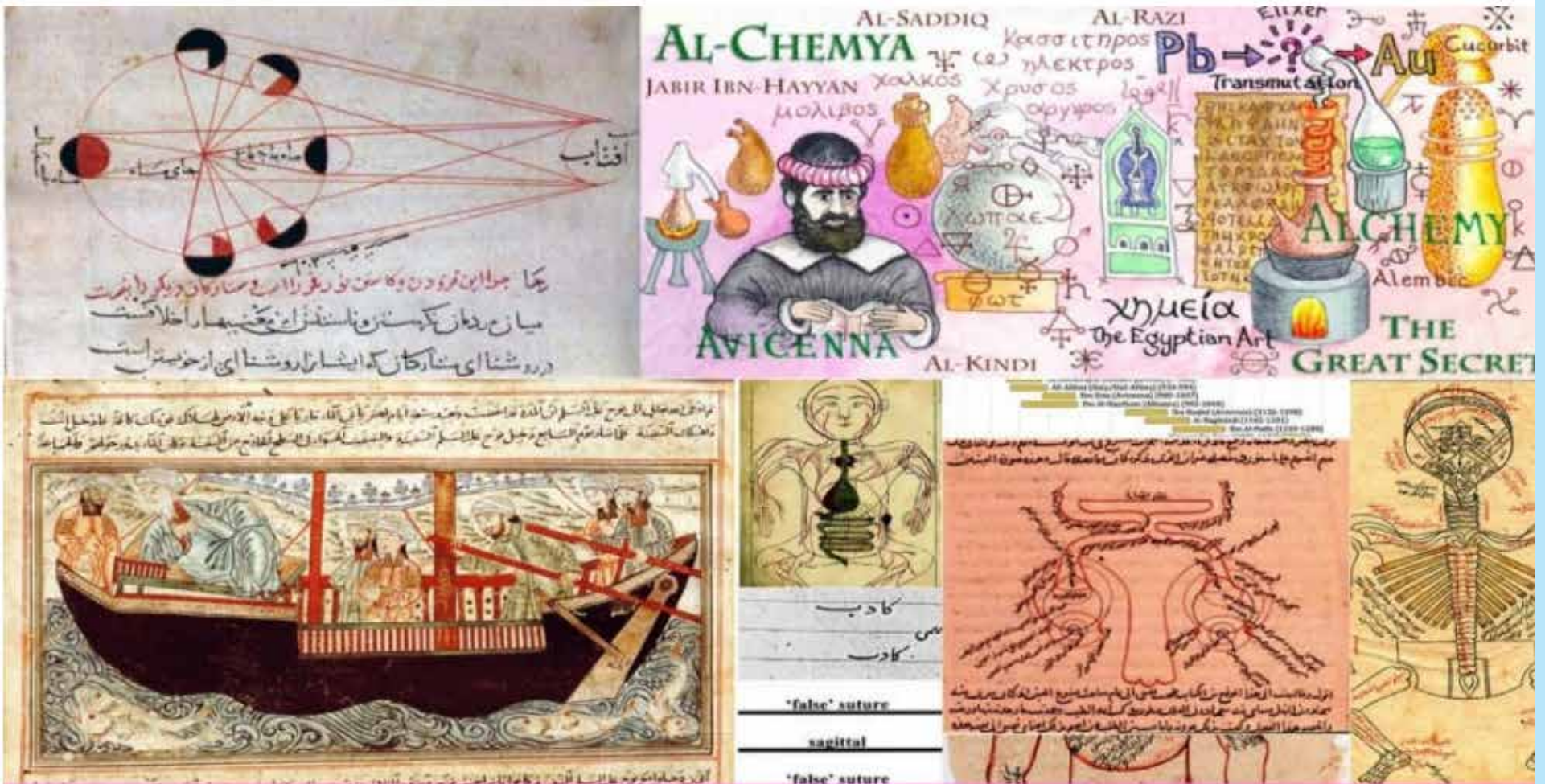
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INDIAN DIASPORA WASHINGTON DC METRO PRESENTS:
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Professor Dr. Nazeer Ahmed

NASA Scientist, Historian, Legislator

Former Member Karnataka State Knowledge Commission

Director, World Organization for Resource Development and Education, Washington, DC

Saturday, April 2, 2022

11:00 AM USA (EST), 8:30 PM India (IST)



Introductory Remarks

Dr. Ejaz Naqvi, MD

Board of Trustees, Graduate Theological Union (GTU), Berkeley, CA.

Author, Amazon bestseller "The Three Abrahamic Testaments"



Concluding Remarks

Dr Basheer Ahmed, MD

Professor of Psychiatry, South Western Medical school, Dallas TX
 Former Chairman, Institute of Medieval and post Medieval studies, North TX.



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FAREWELL TO AMBASSADOR H.E. DR. AUSAF SAYEED

On March 5, 2022, Consulate General of India, Jeddah and the Indian community in Jeddah bid farewell to our beloved and highly respected Ambassador of India to Saudi Arabia His Excellency Dr. Ausaf Sayeed and Madam Farah Sayeed, at a grand and memorable party held in his honor, at the beautiful five-star hotel Ritz Carlton, set along the Red Sea. His Excellency Dr. Ausaf Sayeed has been promoted to a new position as secretary for consular, passport, visa and overseas Indian affairs in the Ministry of External Affairs in New Delhi.

The Indian community in Jeddah wishes our dynamic and energetic Ambassador H.E. Dr. Ausaf Sayeed all the best for his new assignment. I have long been a witness of the great services of H.E. Dr. Ausaf Sayeed as Consul Hajj, Jeddah, Consul General, Jeddah and Ambassador of India in Riyadh, Saudi Arabia. He provided dedicated services and the best facilities to the Indian Hajis and the Indian community in Saudi Arabia. May Allah SWT bless you with a long life, good health and all the success. I congratulate His Excellency the Consul General of India, Jeddah Mohd. Shahid Alam for hosting the beautiful and memorable farewell party for His Excellency Ambassador of India, KSA, Dr. Ausaf Sayeed Sahab..

Thanks & Best Wishes From
Mohammed Layeeq
Telangana NRI Forum -
(GS & Jeddah In Charge)



Mr Shahbaz farooqi sahab.was welcome in Riyadh Saudi Arabia.



Charity Event at Urdu Masken: Mumtaz Ali Akram and others



Heartiest Congratulations to Ali Mohammed Ali VP son of Mohammed Ali Sahab, Chairman Jeddah National Hospital on the occasion of wedding Reception..(Post Wedding) It was an excellent function attended by many dignitaries of Jeddah

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IFTEKHAR SHAREEF PAGE



Friends from kindergarten at All Saints High School batch 1974 ,met at residence of Moazam(Hassan Nawab) in Lake in the hills, Illinois. From left Mir Z Khan , Hasan Nawab, Vicar Hussain, Vicar Quershi, Iftekhhar Shareef & Vaseem Siddiqui



Grand opening of Stone Gate in Hoffman Estate Illinois, seen in pics is Toni Preckwinkle cook county board president, owner Syed Ali (Faheem) , Iftekhhar Shareef, Tariq Siddiqui, Javed Rana, Minhaj Akhtar , Vicar Quershi and others



Grand Welcome to Chicago for Sajid Baig business man from Hyderabad & Hamid Hussain, owner Dino O China restaurants in Hyderabad. Thanks Host Akbar Khan , Imtiaz and Waseem



Rt-Lf: Kasim Ahmed Groom's father, Saberi's CEO Saberi Hussaini, Muqtar Ahmed Khan MLA Mumtaz Ahmed Khan's brother, Rahmat's Marvel CEO Rahmat Ali (Bride's father), Groom Dr. Akif Ahmed, Student Attorney Kashif Ahmed.

On March 17, 2022 Mr. Kasim Ahmed and Mrs. Ruqayya Ahmed Performed Wedding Ceremony of their Son Dr. Akif Ahmed with Dr. Ayesha Ali daughter of Mr. Rahmat Ali and Mrs. Nafees Ali at LE Palais Royal at Secunderabad. Mr. Ahmed has been living in USA for 42 years had a keen desire to do son's wedding ceremony in Hyderabad. Mr. Ahmed son's wedding attended by many business entrepreneurs, family and friends.



Wedding of Mohammed Touseef , seen is Iftekar Shareef , Minhaj Akhtar (Jameel) and other guests

“Chaos by Design” hits the shelves



By Kader Sakkaria

As my book I co-authored on digital transformation “Chaos by Design” hits the shelves, my book signing journey starts!!!

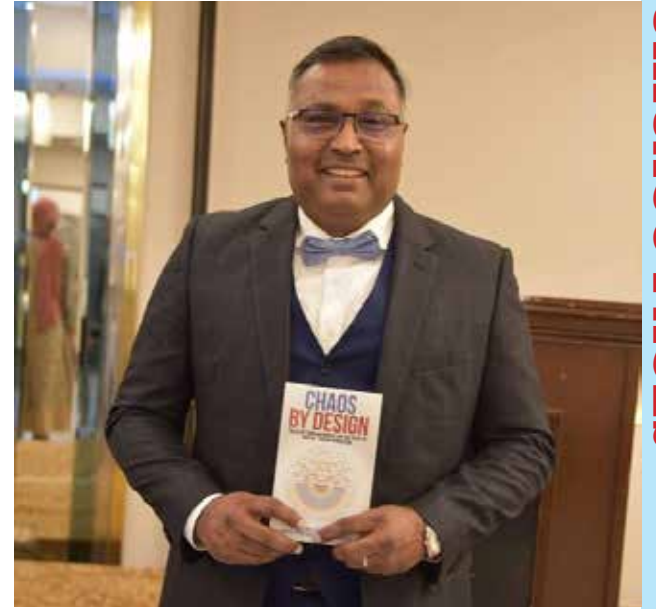
March 26th was start of my many book signing events. I am honored and humbled that I had this opportunity. I signed many books with family and friends around!!!

I was so proud to be introduced by my daughters Shahnaaz and Simraah Sakkaria!!!

Thanks to Ghousia Wajid for her speech on importance of civic engagement!

Watch out for more of my book events near you soon!!!!

You can catch Kader on NCTV17’s Business Connection <https://www.nctv17.com/business-connection/chaos-by-design/>



President of IAA, Chicago Nawab Mir Hamid Ali Khan. In Attendance at the Radio Islam, Chicago held on March 20th ,2022



At a wedding in Chicago. From left: Azeem A. Quadeer, Shafahat Khan, Khaja Mujibuddin and Khaja Moinuddin



President IAA ,Chicago Nawab Mir Hamid Ali Khan with Poet and Organiser of Mushaira Sujanwer Chicago Dr. Taufeeq Ansari Ahmed Vet.



A view of the Mushaira Audience March 19th Chicago



Dar-ul-Ilm Foundation's 1st annual fundraising dinner has been successful. Approximately 550 people attended, enjoyed the dinner and donated. For more information and to donate contact Imam Mawlana Mohammed Waheedullah Khan at 630-863-5242



M.A. Basith, Ex Charman Standing Committee Hyderabad passed away in Hyderabad.



March 24th we celebrated Pakistan day for the seniors..was very well attended by beloved friends. I would like to thank the Honorable Counselate General of Pakistan for blessing the occasion with his presence, we are truly grateful to him. I want to thank all the singer, Asif Siddiqi Parwaz Ekram, Mohamm Adnan, Farnaz and Syed Lateef..I couldn't have done it without your help Moneek Khan, FB



Nawab Mir Hamid Ali Khan with Azeem A. Quadeer and Imam Yakhoob Shareef

Wali Uddin ولی الدین



Dedicated Healthcare Professional, Author and Emcee
Author of Books

Adha Memon Adha Hyderabad, Roshan Khayal, Musurahaton Ka Safar



contact Wali Uddin at (630) 803-7321 for any book orders.

Note: The proceeds from the sale of these books will go to the Welfare organizations.

CONGRATULATIONS TO MR. WALIUDDIN ON COMPLETION OF 50 YEARS IN USA

In his own words...

I AM SO HAPPY TO SAY THAT BY THE GRACE OF ALLAH;I HAVE COMPLETED 50 YEARS IN MY PROFESSION AS WELL AS STAYING IN USA FOR THIS TIME:/I JUST CELEBRATED 50 YEARS WITH LOVE OF MY LIFE MY WIFE ROSHAN...SO MANY GOLDEN JUBILEE MOMENTS !

WHEN I LOOK BACK IT WAS NOT AN EASY JOURNEY FROM KARACH (PAKISTAN) TO CHICAGO IN 1972. IT WAS FIRST TIME FOR EVERY THING LIKE THEY SAY.. I WAS TRAVELING FIRST TIME OUT OF THE COUNTRY PLUS FIRST TIME IN THE PLANE !

THE NEXT DAY WHEN I APPLIED FOR MY SOCIAL SECURITY CARD,,IT WAS MY BIRTHDAY..THEN THE JOURNEY BEGIN LIKE MOST OF THE IMMIGRANTS. WORK HARD ,GET SETTLED WITH FAMILY AND RAISED THE KIDS.

I WORKED IN TRINITY HOSPITAL (USE TO BE SOUTH CHICAGO COMMUNITY HOSPITAL)THEN IN HINSDALE HOSPITAL ,WEST LAKE COMMUNITY HOSPITAL EDWARD HOSPITAL AND LAST BUT NOT THE LEAST RETIRED AFTER WORKING 25 YEARS IN VA (DEPARTMENT OF VETERAN AFFAIRS)

I WORKED AS PHARMACY SUPERVISOR & RECEIVED MANY AWARDS FOR EXCELLENCE ,HELPING TO MAKE PAPER LESS SYSTEM (NO BU:LKY. CHARTS) I AM VERY HAPPY THAT I HAVE ACCOMPLISHED MOST OF THE TASKS IN PHARMACY PROFESSION .I WORKED IN MANUFACTURING IN GLAXO SMITH & SALES IN KARACHI AND HERE I. WORKED WITH METABOLIC SUPPORT TEAM (IV & CHEMOTHERAPY),INTRODUCE LOT OF PROCEDURES ETC.

FEW YEARS BACK AFTER MY WIFE ROSHAN ENCOURAGED ME TO GO BACK TO WRITING,HOSTING SHOWS & PARTICIPATION IN PLAYS AT MY COLLEGE, UNIVERSITY WHENEVER TIME PERMIT.

I STARTED THESE EXTRACURRICULAR ACTIVITIES FEW YEARS BACK AND WROTE 4 BOOKS "ROSHAN KHAYAL"ADHA MEMOM ADHA HYDERABADI" MUSKURAHOOTON KA SAFAR. AND " TERI MERI KHANI".

I HAVE BEEN WRITING COLUMN ,POETRY& OTHER ARTICLES IN NEWS PAPERS .I AM SO FORTUNATE TO HAVE SO MANY AWARDS ON POETIC ACHIEVEMENTS AND HOSTING ,, BEST EMCEE ETC.

I HAVE HOSTED MORE THAN 50 MUSICAL SHOWS WITH INDIAN & PAKISTANI ARTISTS IN USA ,CANADA INDIA & PAKISTAN.

I HAVE ALSO PARTICIPATED IN 'AALAMII MUSHAIRA .I AM SO FORTUNATE TO HAVE UNVEILING OF MY BOOKS WERE DONE BY DIFFERENT COUNCILOR GENERAL OF PAKISTAN IN CHICAGO .I HAVE HONOR TO GIVE MY BOOKS TO AMBASSADORS OF PAKISTAN TOO..

I DID HOSTING THE ANNUAL GALA MUSICAL FOR INDIAN MEDICAL ASSOCIATION AND ACTED IN PAKISTANI MEDICAL ASSOCIATION (APPNA),PLAY AS MIRZA GHALIB..I DID HOST FUND RAISING FOR DIFFERENT CAUSES .

I AM HAPPY THAT I SPOKE ON WEDDINGS, BIRTHDAYS,,GRADUATION ,WEDDING ANNIVERSARIES ,ETC

I AM THANKFUL TO GOD FOR EVERYTHING IN MY LIFE AND HAVING 3 KIDS WITH THEIR SPOUSES PLUS 4 GRANDCHILDREN.

IF I GET A CHANCE I LOVE TO FINISH MY FIRST NOVEL PLUS MY EXPERIENCE IN TRAVELING INDIA & PAKISTAN EXTENSIVELY IN BOOK FORMAT INSHAH ALLAH.



WALI -- CULTURAL AMBASSADOR, AWARD WINNER HOST (EMCEE), AUTHOR, JOURNALIST CELEBRATING GOLDEN JUBILEE IN PROFESSION AND IN USA



ASIA TIME: SO YOU HAVE COMPLETED 50 YEARS IN PHARMACY PROFESSION AND WHAT ELSE..

WALI: FIRST I WOULD LIKE TO ASIA TIMES FOR MY INTERVIEW AND ALWAYS PUBLISH MY ACTIVITIES PHOTOS AND POETRY I AM HUMBLE TO SAY THAT I HAVE COMPLETED 50 YEARS IN PHARMACY PROFESSION AND STILL WORKING.I HAVE WORKED IN ALMOST EVERY ASPECT OF PHARMACY PROFESSION. IN A MANUFACTURING, IN SALES AND MARKETING, HOSPITAL PHARMACY, CLINICAL INSTRUCTOR, AND MAIL ORDER PHARMACY ETC. I AM HAPPY WHAT I HAVE DONE DONE SO FAR.I ALSO WON LOT OF AWARD.

ASIA TIME: HOW ABOUT YOUR SOCIAL ACTIVITIES AND WRITING ?

WALI: I AM SO HAPPY TO TELL YOU THAT I HAVE HOSTED MORE THAN 50 BIG SHOWS IN US CITIES, AND OTHER COUNTRIES. BESIDES THAT I HAVE EMCEE IN DIFFERENT OCCASION FROM BIRTH DAYS, GRADUATION, WEDDINGS SO MANY OTHER OCCASIONS AND PARTICIPATED IN MUSHAIRA AND IN ONE YEAR I DID HOST INDIAN MEDICAL ANNUAL MUSICAL PROGRAM AND MUSHAIRA IN APPNA (PAKISTAN MEDICAL ASSOCIATION , THAT IS RECORD ITSELF. MY 4TH BOOK IS READY TO BE PUBLISHED AND I AM ALREADY WORKING ON 5TH BOOK WHICH IS NOVEL .

AS YOU KNOW I HAVE ALSO WRITTEN WEEKLY COLUMN IN NEWS PAPERS FOR SOMETIME, INTERVIEW CONGRESS MAN .

ASIA TIMES; I HEARD YOU HAVE RECEIVED MANY AWARDS.

WALI; YES, BY THE GRACE OF GOD I HAVE RECEIVED 8 AWARDS, FOR MY BOOKS, POETIC ACHIEVEMENTS AND BEST EMCEE .

ASIA TIMES: YOU HAVE BEEN GIVEN TITLE OF MULTI CULTURAL AMBASSADOR WITH MULTI TALENTS, WOULD YOU EXPLAIN THAT.

WALI: THANKS FOR ASKING, MY WIFE ROSHAN AND MY KIDS AL-

WAYS ENCOURAGE ME TO DO DIFFERENT SHOW BIZ TASK. SO I HAVE BEEN IN TWO BIG STAGE PLAY. ONE I WAS DOING ROLE OF MIRZA GHALIB AND OTHER I WAS IN PLAY AKBAR BADSAH IN CHICAGO WHERE I DID PLAY WITH VERY FAMOUS PAKISTANI MOVIE AND TV ACTOR AFTAB ALAM.

I HAVE PARTICIPATED IN RADIO PROGRAM "SOHNI DHARTI WITH SOFIA AND SOHAIL AND RANG TARANG WITH SHAH JEE (HOUSTON } THE LIST IS LONG LONG AS I HAVE DONE SHOWS WITH MOST OF THE ARTISTS IN US , AND COMING FROM INDIA AND PAKISTAN MUSICAL GROUP. IT IS A VERY BIG HONOR. I DID HOST FUND RAISING PROGRAM FOR DIFFERENT WELFARE ORGANIZATION. I HAVE HOSTED MAZAHIYA MUSHAIRA.. ASIA TIMES ; WHAT BOUT YOUR BOOKS , WHERE ARE THEY AVAILABLE ?

WALI : MY THREE BOOKS "ROHSHAN KHEYAL, ... ADHA MEMON ADHA HYDERABADI AND MUSKHURAHATTON KA SAFAR, ARE AVIALBLE, IF ANY ONE NEED CAN TEXT OR CALL ME ...630-8037321.. FOR DETAIL. THESE BOOKS WERE AVAILABLE AT INDIA HOUSE BUT THEY CLOSE FOR BUSINESS. THE FOURTH BOOK "GULDASTA " WILL BE COMING SOON, THE BIG PROJECT I AM WORKING IS NOVEL (IN ENGLISH AND URDU) MY BOOKS UNVEILING CEREMONIES WERE DONE BY DIFFERENT CONSULATE GENERAL OF PAKISTAN IN CHICAGO.

I HAVE PRESENTED MY BOOKS TO AMBASSADOR OF PAKISTAN TOO. IS IT A BIG HONOR ITSELF.

ASIA TIMES : THANKS FOR INTERVIEW AND GOOD LUCK FOR THE FUTURE.

WALI : I NEED ALL THE BEST WISHES FOR COMPLETING GOLDEN JUBILEE IN PROFESSION , MY PASSION FOR HOSTINGS SHOWS AND IN USA . ALSO VERY SOON GOLDEN JUBILEE WITH MY LIFE PARTNER THANKS FOR GIVING ME TIME, I APPRECIATE VERY MUCH



MATRIMONY Mubarak Rishte

Female
 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

LOOKING FOR: MALE
 Age: 25 to 31
 Height: Open
 Marital Status: Never married
 Legal Status: US citizen
 Education: Doctor, lawyer, engineer
 Profession: Open
 Residence:open
 Religious Sect:Sunni
 Ethnicity: Indian/Pakistani
 Contact:2055676126
 Please text before calling
 WhatsApp #2055676126

Female
 Name: ABC
 Age: Born in 1995
 Height: 5 ft 2in
 Residence : Michigan
 Education: Residency Internal Medicine in Michigan starting June 2022
 Hijabi, fair, humble, caring, prays & fast regularly
 Legal Status: US (Born Citizen)
 Marital status : Never Married
 Ethnicity: India Hyderabad
 Religious Sect: Sunni Muslim
 Family: Father engineer, mother physician

LOOKING FOR: Male
 Age : 26 - 30 yrs
 Education: Physician , Dentist , post graduate
 Marital Status: Never Married
 Religious Sect: Practicing Sunni Muslim
 Contact : 2055676126

Female:
 Hijabi: Yes/No
 Age: 35 Y
 Height: 5'2"
 Marital Status: Single
 Education: Bachelor of Engineering (IT) from MJ Engg College, Hyderabad
 Legal Status: B1B2/F1 (Student)
 Profession: Info Technology
 Residence: Chicago, USA
 Religious Sect: Sunnat al Jamat
 Language: English, Arabic, Urdu
 Ethnicity: Indian/Hyderabad
 Family: Father: Saudi Return Businessman, Mother: Home Maker, Green Card Holder, 2 Sisters in US, 1in Dubai and 1 Brother in US

LOOKING FOR MALE:
 Age: 36-40 Years
 Height: Suitable
 Marital Status: Single/Divorce(No issue)
 Education: MS, BS
 Residence: Citizen/H1B
 Religious Sect: Sunni Muslim
 Ethnicity: Hyderabad/Indian

Contact: 2055676126

FEMALE :
 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 # +12055676126

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:

Gender: Male
 Age: 36 (December 1984)
 Height: 5'8"
 Residence: Virginia, USA
 Education: BS in Electrical Engineering from George Mason University , MBA from University Of MD Global Campus
 Profession: IT Management Consultant
 Legal Status: Permanent Resident (Green-card)
 Marital status : Never Married
 Ethnicity: Indian
 Religious Sect: Sunni Muslim
 Family: Sunni Syeds from Hyderabad India (parents reside in New Delhi India)
 Father: Businessman
 Mother: Homemaker
 Language: Urdu
 Hobbies: Travelling, Eating, Sports, Technology

LOOKING FOR FEMALE:
 Age : Younger than 32
 Height: 5'2 - 5'5
 Residence: USA/Canada
 Education: Undergrad
 Marital Status: Never Married
 Religious Sect: Sunni Muslim
 Ethnicity: Indian

Contact: 2055676126

Name: MA
 Gender: Male
 Age: 30
 Height: 5'11
 Complexion: Fair
 Location : Northern Virginia
 Qualification: Masters in Computer Science.
 Occupation: Software Engineer
 Marital status : Unmarried
 Legal Staus : EAD
 Ethnicity: Indian (Hyderabad)
 Religion/Sect: Sunni

LOOKING FOR A BRIDE

Age : 21-29

Qualification: Any
 Profession: Any
 Legal Status : Any
 Marital Status: Unmarried
 Religioun/ Sect: Muslim Sunni
 Contact Admin

Jazak Allah khair

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

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

INTERNATIONAL PAGES

INTERNATIONAL PAGES

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The first of 100,000 Ethiopians repatriated from Saudi Arabia

Hundreds of Ethiopians arrived back in Addis Ababa on Wednesday, the first contingent of some 100,000 nationals to be repatriated from Saudi Arabia over the coming months.

Around 900 returnees, including many mothers with young children, landed at Addis Ababa International Airport throughout the day, the International Organization for Migration (IOM) said.

“It is estimated that about 750,000 Ethiopians currently reside in the Kingdom (of Saudi Arabia) with about 450,000 likely to have travelled to the country through irregular means and will need help to return home,” the IOM said in a statement.



Human rights organisations have for several years denounced the detention conditions of Ethiopian migrants in Saudi Arabia.

“We were crying daily,” said Jemila Shafi, 29, one of the returnees from Saudi Arabia.

She said that they were given one loaf of bread and a pot of cooked rice to be shared between 300 people.

“Even 400 people were living in one room and we couldn’t see the sun light,” she added.

Most of the women returnees were dressed in black abaya robes, traditional in Saudi Arabia, some with their faces covered by a niqab.

Many were carrying babies on their backs or holding children by the hand, with their meagre belongings crammed into plastic bags as they queued up to be registered after they got off the plane.

“We are back in our blessed country after

six months in prison,” rejoiced Medina, a 28-year-old woman who was among those coming off the plane.

“But many of our brothers continue to suffer especially in the men’s prisons,” she added.

The Ethiopian foreign ministry has said it will repatriate about 100,000 of its citizens from Saudi Arabia over the next seven to 11 months, under an agreement recently signed between the two countries.

Wednesday’s returnees “were assisted and registered by IOM staff and offered, among others, food, temporary accommodation, medical help and counselling services,” the UN migration agency said in its statement.

“These are our citizens,” said Hana Yeshingus, a representative of the Ethiopian ministry of Women and Children.

“Our citizens have come back home” after going through a very painful time, she added.

The IOM stressed that “meeting the needs of the 100,000 returnees is going to be an enormous challenge for the government, IOM, and partners”.

Over the last four years Saudi Arabia “has returned nearly 352,000 Ethiopians back home,” it added.

‘God has not blessed us’: Indian boy’s response to a reporter

The clip, which has gone viral on social media, shows a local reporter from SM News interviewing a 13-year-old boy from Varanasi city, in the northern Indian state of Uttar Pradesh.

Asked what he plans to do when he grows up, the boy said he wants to serve his community by becoming an Indian Administrative Service officer.

When the reporter then asked the teen about going to temple, he talked about the merits of schools instead. “When we study, then we’ll get a job,” the boy said.

According to the young interviewee, he would “rather be in a classroom” because schools are more important.

“God has not blessed us,” he reasoned. “God will not give us anything. But education will.”

The stunned reporter then asked him about his caste, a social system that divides Hindus into rigid hierarchical groups and has long been used for discriminatory practices in Indian society.

“I am from the Chamar community,” the boy answered.

The reporter remarked: “You are from the Chamar

community, and you say this with such pride!”

Under modern India’s system of affirmative action, Chamars are classified as a Scheduled Caste, the lowest in the caste hierarchy. Being called a Chamar is considered derogatory in India.

While discrimination based on the caste system has been banned in India since 1948, its existence over thousands of years continues to provide the upper castes with societal privileges while the lower castes remain repressed and limited in job opportunities.

The teen said that instead of looking up to gods in a temple, he admires Dr. Bhim Rao Ambedkar, a member of a low-caste community who went on to become a notable Indian scholar, politician, jurist, social reformist and author of the Indian constitution.

Ambedkar, also referred to as an honorific title Babasaheb, was instrumental in leading public movements that advocate for marginalized communities.

With the crowd starting to boo the reporter, he went on to ask the teen why he would want to worship Ambedkar but not the gods.

“Babasaheb gave us reservation and constitution,” the boy said. “What did gods do for us? We



don’t go to a temple, we go to schools. God has given us nothing. I would rather get an education in a school.”

The two-minute clip has been widely shared across social media platforms, receiving many comments from social media users who were impressed by the boy’s response.

Among them was journalist Ravi Nair, who posted the video on Twitter and wrote: “Kids like him give us the hope that India hasn’t lost everything to the saffron mobs.”

Raj Subramaniam new CEO of FedEx



FedEx Corp. said that Fred Smith will step down on June 1 as CEO of the package-delivery company that he founded and be succeeded by the company's president and chief operating officer.

Raj Subramaniam will serve as both CEO and president and Smith will become executive chairman, the package-delivery company said.

Smith, 77, started FedEx in 1973, delivering small parcels and documents more quickly than the post office could. Over the next half-century, he oversaw the growth of a company that combined air and ground service and became something of an economic bellwether because of its service to other companies.

"FedEx has changed the world by connecting people and possibilities for the last 50 years," Smith said in a statement that also praised Subramaniam's ability to guide the company. Smith said he will focus on global issues including sustainability, innovation, and public policy.

Subramaniam, 56, joined the company in 1991 and served in several marketing and management jobs in Asia and the United States. He rose to become the chief marketing and communications officer, and also served as the top executive of FedEx Express. He became president and chief operating officer in 2019 and joined the FedEx board the following year. He will remain a director.

Raj Subramaniam to become FedEx CEO on June 1

Smith said that for the past several years he had recommended to FedEx directors that if he died

or became disabled they should name Subramaniam CEO and appoint an independent chairman. On Monday, the board appointed a current director, Brad Martin, as vice chairman and Smith's designated successor as chairman.

Smith broke the news to FedEx employees in a memo that retraced some of the Memphis, Tennessee-based company's history. FedEx started with 14 planes and 389 team members, who delivered 186 packages on the first day of operations.

"We were a small startup and had our share of skeptics," Smith said. He boasted that the company went on to become a "global connector of people and possibilities that would change our world for the better."

FedEx and rival United Parcel Service have benefitted in recent years from the boom in online shopping, which has meant more parcels for its drivers to deliver to customers' doorsteps. In 2019, as Amazon.com built up its own delivery business, FedEx dropped a contract to provide express delivery for the retail giant, and stopped ground deliveries for Amazon soon afterward.

FedEx was hurt by the trade war with China, and Smith frequently used forums such as the quarterly earnings call to rail against tariffs, making him one of the few CEOs of a large U.S. corporation to challenge then-Presi-

dent Donald Trump's trade policies.

The company earned \$5.2 billion on revenue of \$84 billion in its most recent full fiscal year, which ended last May 31.

Smith and a firm bearing his name own more than 19.2 million shares, according to FactSet. They are worth more than \$4.4 billion at Monday's closing price.

Shares of FedEx rose about 2% in after-hours trading.

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

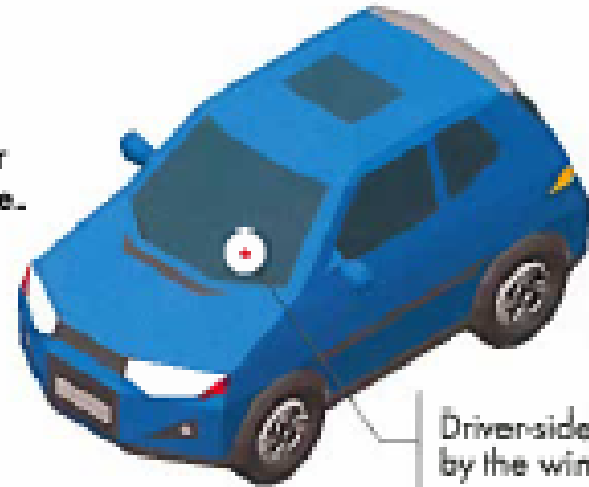
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- Look for your VIN on the driver-side dashboard by the windshield or on your insurance card.



Driverside dashboard by the windshield

Search it

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

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

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or

Enter a license plate or VIN manually

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



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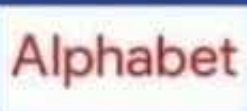
INDIAN ORIGIN CEOs OF MNCs



Raj Subramaniam



Sundar Pichai



Satya Nadella



Parag Agrawal



Shantanu Narayen



Leena Nair



Arvind Krishna



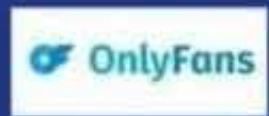
Anjali Sud



Nikesh Arora



Amrapali Gan



Raghu Raghuram



Revathi Advaiti



George Kurian



Sanjay Mehrotra



Jayshree Ullal



Saudi Aramco Further Tightens Its Ties To China

Saudi Arabia's state-owned oil giant, Saudi Aramco, is looking at several further opportunities to expand its downstream dealings with China, according to recent comments from the company's chief executive officer, Amin Nasser. During the conference call to report the company's latest results, he stated: "We're currently working with a number of opportunities with Sinopec, and are also exploring a good number of opportunities with other players in Asia - all for mainly highly integrated complexes with more than 50 percent liquid to chemical that would represent a huge growth opportunities."

Any deals with Sinopec would augment the existing joint Saudi Arabia-China refining and petrochemical complex to be built in northeast China. The original deal for Saudi Aramco and China's North Industries Group (Norinco) and Panjin Sincen Group to build the US\$10 billion 300,000 barrels per day (bpd) integrated refining and petrochemical facility in Panjin city was signed in February 2019. Due to the ongoing negative financial effects on Saudi Arabia of its first disastrous Oil Price War from 2014 to 2016, as analysed in depth in my new book on the global oil markets, the plans were shelved later that year.

Talks to resuscitate the idea then began again at the beginning of 2020 until Saudi Arabia launched another calamitous oil price war in April of that year, which again caused massive economic damage to Saudi Arabia and served to compound the economic pain on Saudi Aramco - already struggling under the weight of a huge dividend debt burden. With the turnaround in oil pricing since the beginning of the third quarter of last year, talks to go ahead with the refinery again resumed, together with the plan for Saudi Aramco to supply it with up to 210,000 bpd of crude oil feedstock, and it is expected to be operational in 2024.

Related: Comply Or Be Cut Off: Putin Is Serious About His Rubles Threat

These new downstream projects with Sinopec follow this year's earlier series of meetings in Beijing between senior officials from the Chinese government and foreign ministers from Saudi Arabia, Kuwait, Oman, Bahrain, and the secretary-general of the Gulf Cooperation Council (GCC). At these meetings, the principal topics of conversation were to finally seal a China-GCC Free Trade Agreement and "deeper strategic cooperation in a region where U.S. dominance is showing signs of retreat," according to local news reports.

However, although the specific meetings between Saudi and Chinese officials at this event may have served to expedite some specific projects, such as those currently being discussed with Sinopec, the seeds of extensive broad and deep co-operation between the two countries were truly sown when Saudi Arabia's Crown Prince Mohammed bin Salman (MBS) was desperately looking for a way to save face by completing his much-vaunted IPO of Saudi Aramco amidst widespread shunning of the offering by the West. As analysed in depth in my 2019 book, China offered MbS a way out by simply buying the entire stake - at that time 5 percent was the stated amount to be offered - in a straight private placement. This would have two huge benefits for MbS, firstly, raising the money that Saudi Arabia needed immediately, and secondly, not requiring any public disclosure of the offer price per share. This latter factor would allow MbS to assure the senior Saudis, who by that time were sceptical of his abilities to lead the country when the time came, that he had managed to hit the US\$2 trillion valuation for the whole of Aramco that he had publically set as a benchmark for IPO success. Although the offer was eventually declined, the fact that China had offered itself as a backstop bid for MbS's most important public project to that point was not forgotten, and nor were the corollary desires of China to forge closer links with Saudi Arabia going forward.

Oilprice.com

7th Sultan of the Ottoman Empire

Mehmed the Conqueror was born

30 March 1432, on this day

Mehmet II was born on 29th March 1432, in Edirne. He was the son of **Sultan Murad II**. His mother was **Huma Hatun**. He was educated by famous scholar Aksemseddin. Mehmet was speaking **seven languages** fluently. **At the age of 21**, he conquered Constantinople (modern-day Istanbul) and brought an end to the Byzantine Empire. He ruled the Ottoman Empire for 30 years and **joined 25 campaigns himself**.



Know History

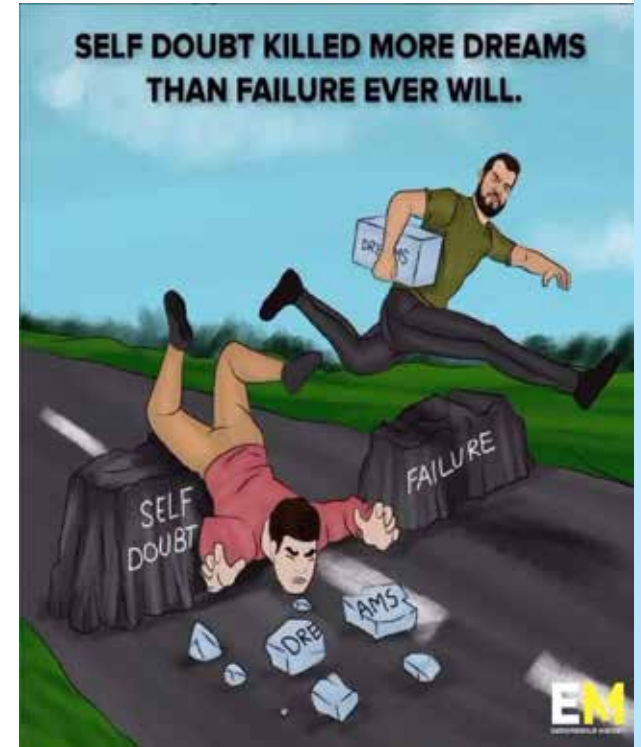
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Worrying will NEVER change the outcome.

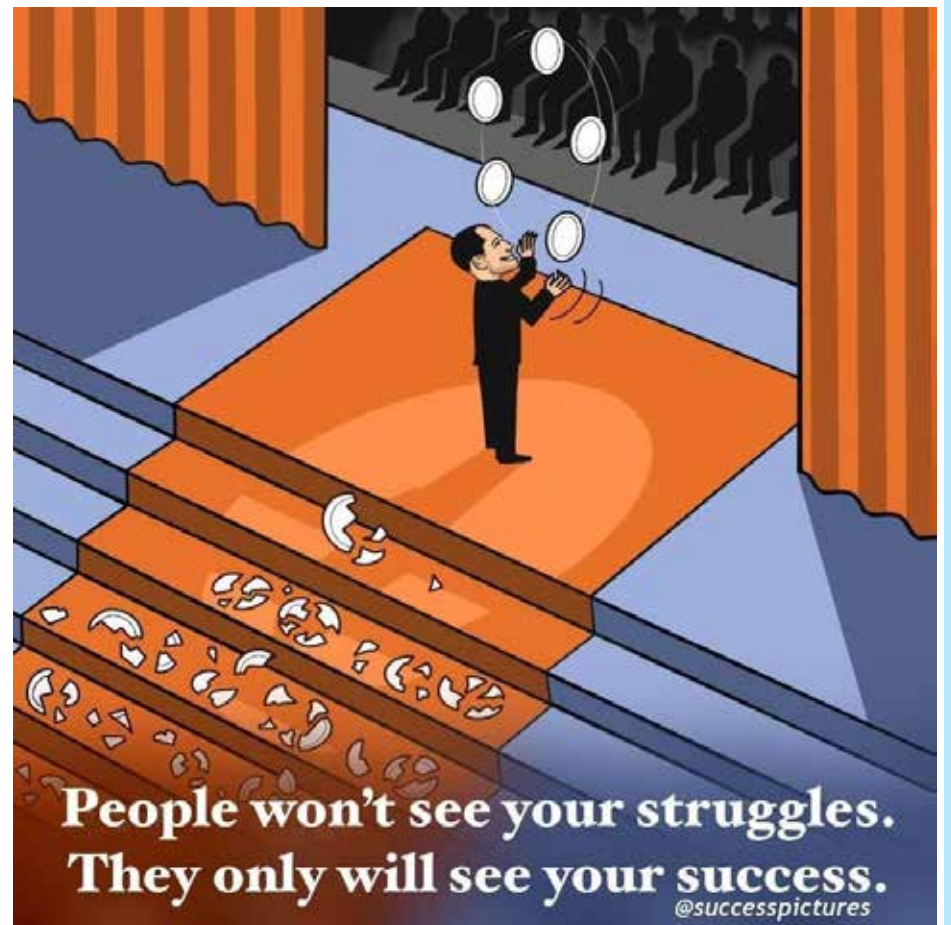


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HAPPINESS IS A STATE OF MIND



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Time is more valuable than money. You can get more money but you can't get more time.

-Jim Rohn



HOW TO BECOME PART OF THE 1%

- 1) Make positive relationships.
- 2) Enjoy the present moment.
- 3) Set goals.
- 4) Do not settle.
- 5) Be a person of action.
- 6) Dream big.
- 7) Avoid negativity.
- 8) Don't stop learning.
- 9) Believe in yourself.
- 10) Don't fear failure.



Ramadan

Ramadan is a holy month of fasting, introspection and prayer for Muslims, the followers of Islam. It is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims. Fasting is one of the five fundamental principles of Islam. Each day during Ramadan, Muslims do not eat or drink from dawn to sunset. They are also supposed to avoid impure thoughts and bad behavior.

Muslims break their daily fasts by sharing meals with family and friends, and the end of Ramadan is celebrated with a three-day festival known as Eid al-Fitr, one of Islam's major holidays. Ramadan always falls on the ninth month of the 12-month Islamic calendar. Ramadan 2022 begins at sunset on Saturday, April 2, and ends on the evening of Monday, May 2.

Facts About Islam

Islam is the world's second largest religion after Christianity and has more than 1 billion followers. Islam originated in Arabia and has spread all over the world.

Countries with the largest Muslim populations include Indonesia, Pakistan, Bangladesh, Nigeria, Egypt, Turkey and Iran. There are an estimated 7 million Muslims in America, along with Islamic places of worship, called mosques, in all 50 states.

Did you know? America's first mosque was built by Lebanese immigrants in North Dakota in the 1920s. The mosque was torn down in the 1970s and later replaced. What's believed to be the oldest surviving mosque in the Muslims believe that around 610 A.D. a man named Muhammad (c.570-632) from the Arabian city of Mecca started receiving revelations from God, or Allah, via the angel Gabriel. The revelations were collected into a 114-chapter holy book known as the Quran (or Koran), which Muslims believe contains the exact words of God.

Muhammad is, according to Muslims, the final prophet in a line of prophets (including Adam, Abraham, Moses and Jesus) who were chosen by God to act as messengers and teach mankind. Muslims believe there is one all-knowing God,

and people can achieve salvation by following his commandments. In Arabic, Islam means "submission" or "surrender" (to God).

A series of formal acts of worship, known as the Five Pillars of Islam, are fundamental to the lives of Muslims. The pillars include shahada (a declaration of faith: "There is no deity but God, and Muhammad is the messenger of God"); prayer (Muslims pray five times a day); zakat (charitable giving); fasting and pilgrimage (Muslims are supposed to make a trip, or "hajj," to the city of Mecca, Saudi Arabia, at least once in a lifetime if they are physically and financially able).

When Is Ramadan?

Ramadan 2022 begins at sunset on Saturday, April 2 and end on Monday, May 2.

Ramadan is the ninth month of the 12-month Islamic calendar, a lunar calendar that's based on the phases of the moon. The lunar calendar falls short of the solar calendar by 11 days. As a result, Ramadan doesn't start on the same date each year and instead, over time, passes through all the seasons

Why Is Ramadan Celebrated?

Ramadan is celebrated as the month during which Muhammad received the initial revelations of what became the Quran, the holy book for Muslims, from God.

The Quran states:

"The month of Ramadhan [is that] in which was revealed the Qur'an, guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it."

The Rules of Ramadan

During Ramadan, Muslims fast from dawn to dusk each day. They are supposed to avoid eating, drinking, smoking and sexual activity, as well as unkind or impure thoughts and words and immoral behavior.

Ramadan is a time to practice self-restraint and self-reflection. Fasting is seen as a way to cleanse the soul and have empathy for those in the world who are hungry and less fortunate. Muslims go to work and school and take care of their



usual activities during Ramadan; however, some also read the entire Quran, say special prayers and attend mosques more frequently during this time.

All Muslims who have reached puberty and are in good health are required to fast. The sick and elderly, along with travelers, pregnant women and those who are nursing are exempt, although they are supposed to make up for the missed fast days sometime in the future or help feed the poor. The first pre-dawn meal of the day during Ramadan is called "suhoor." Each day's fast is broken with a meal known as "iftar." Traditionally, a date is eaten to break the fast. Iftars are often elaborate feasts celebrated with family and friends. The types of foods served vary according to culture.

Eid al-Fitr

The conclusion of Ramadan is marked with a major celebration known as Eid al-Fitr (or Eid ul-Fitr), the Feast of Fast-Breaking. It starts the day after Ramadan ends and lasts for three days.

Eid al-Fitr includes special prayers and meals with friends and relatives, and gifts are often exchanged. In 1996, then-first lady Hillary Clinton hosted the first Eid al-Fitr dinner at the White House. President Bill Clinton continued the tradition throughout the rest of his time in office.

His successor, President George W. Bush, hosted an iftar at the White House in 2001 and continued the dinners every year of his two terms in power. President Barack Obama followed suit, hosting his first White House Ramadan dinner in August 2010. After skipping it in 2017, President Donald Trump hosted iftar dinners to honor the Muslim holy month in 2018 and 2019.



Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 22V110
 Manufacturer : Yamaha Motor Corporation, USA
 Subject : Grip May Break and Restrict Throttle Control
 Make Model Model Years
 YAMAHA MTT9GT 2021
 NHTSA Recall ID Number : 22V114
 Manufacturer : Proterra, Inc.
 Subject : Steering Gearbox May Loosen
 Make Model Model Years
 PROTERRA CATALYST 2017-2022
 PROTERRA ZX5 2019-2022
 NHTSA Recall ID Number : 22V116
 Manufacturer : Pierce Manufacturing
 Subject : Improperly Crimped Lifting Cable
 Make Model Model Years
 PIERCE ARROW XT 2021
 NHTSA Recall ID Number : 22V119
 Manufacturer : BMW of North America, LLC
 Subject : PCV Heater May Short Circuit
 Make Model Model Years
 BMW 128I 2008-2013
 BMW 3 SERIES 2006-2012
 BMW 5 SERIES 2006-2010
 BMW X3 SAV 2007-2010
 BMW X5 SAV 2007-2010
 BMW Z4 2006-2011
 NHTSA Recall ID Number : 22V121
 Manufacturer : Jayco, Inc.
 Subject : Damaged Valve Stem May Cause Loss of Tire Pressure
 Make Model Model Years
 ENTEGRA ACCOLADE 2019-2022
 ENTEGRA ACCOLADE XL 2019-2022
 JAYCO SENECA 2019-2022
 JAYCO SENECA PRESTIGE 2019-2022
 NHTSA Recall ID Number : 22V122
 Manufacturer : Kawasaki Motors Corp., U.S.A.
 Subject : Inoperable Horn
 Make Model Model Years
 KAWASAKI EJ800 2019-2022
 NHTSA Recall ID Number : 22V123
 Manufacturer : Hyundai Motor America
 Subject : Seat Belt Pretensioner May Explode
 Make Model Model Years
 HYUNDAI ELANTRA 2022
 HYUNDAI ELANTRA HEV 2022
 NHTSA Recall ID Number : 22V124
 Manufacturer : Mercedes-Benz USA, LLC
 Subject : Unsecured Air Bag Control Unit
 Make Model Model Years
 MERCEDES-BENZ S580 2021
 NHTSA Recall ID Number : 22V125
 Manufacturer : Mercedes-Benz USA, LLC

Subject : Loose Rear Brake Caliper Housing Fasteners
 Make Model Model Years
 MERCEDES-BENZ AMG CLA35 2020
 MERCEDES-BENZ GLA250 2021
 NHTSA Recall ID Number : 22V126
 Manufacturer : Midwest Automotive Designs, LLC
 Subject : Electronic Control Center Circuit Board May Short
 Make Model Model Years
 MIDWEST AUTOMOTIVE DESIGN DAYCRUISER 2018-2020
 MIDWEST AUTOMOTIVE DESIGN PASSAGE 2018-2020
 MIDWEST AUTOMOTIVE DESIGN WEEKENDER 2018-2020
 NHTSA Recall ID Number : 22V127
 Manufacturer : Kia Motors America
 Subject : Seat Belt Pretensioners May Explode
 Make Model Model Years
 KIA SORENTO HYBRID 2022
 KIA SORENTO PHEV 2022
 NHTSA Recall ID Number : 22V128
 Manufacturer : Hino Motors Sales U.S.A., Inc.
 Subject : Low Air Pressure May Apply Parking Brake
 Make Model Model Years
 HINO NJ7A 2022
 NHTSA Recall ID Number : 22V130
 Manufacturer : Yamaha Motor Corporation, USA
 Subject : Improperly Programmed ECU May Cause Engine Stall
 Make Model Model Years
 YAMAHA MT-09 2021-2022
 YAMAHA MTT9GT 2021-2022
 NHTSA Recall ID Number : 22V131
 Manufacturer : Daimler Vans USA, LLC
 Subject : Torsion Bar Assembled Incorrectly
 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 : 22V134
 Manufacturer : Daimler Vans USA, LLC
 Subject : Fuel Hose Leak in Engine Compartment
 Make Model Model Years
 MERCEDES-BENZ METRIS2017-2022
 NHTSA Recall ID Number : 22V136
 Manufacturer : Triple E Recreational Vehicles
 Subject : Refrigerator Exhaust May Cause Fire

Make Model Model Years
 TRIPLE E LIBERO 2010-2014
 TRIPLE E SERENITY 2010-2014
 TRIPLE E UNITY 2010-2014
 NHTSA Recall ID Number : 22V099
 Manufacturer : Daimler Vans USA, LLC
 Subject : Defective Memory Chip May Freeze Rearview Image
 Make Model Model Years
 MERCEDES-BENZ METRIS2015-2018
 NHTSA Recall ID Number : 22V101
 Manufacturer : Daimler Trucks North America, LLC
 Subject : Software System Error May Cause Loss of Brakes
 Make Model Model Years
 FREIGHTLINER CASCADIA 2022
 NHTSA Recall ID Number : 22V102
 Manufacturer : Volkswagen Group of America, Inc.
 Subject : Incorrect Load Carrying Capacity Label/FMVSS 110
 Make Model Model Years
 AUDI RS5 2022
 NHTSA Recall ID Number : 22V103
 Manufacturer : McLaren Automotive Incorporated
 Subject : Driver's Air Bag May Not Deploy
 Make Model Model Years
 MCLAREN GT 2019-2021
 NHTSA Recall ID Number : 22V104
 Manufacturer : Tesla, Inc.
 Subject : Side Curtain Air Bay May Improperly Deploy
 Make Model Model Years
 TESLA MODEL S 2021-2022
 NHTSA Recall ID Number : 22V105
 Manufacturer : Keystone RV Company
 Subject : Incorrect Tires Installed
 Make Model Model Years
 KEYSTONE COUGAR 2022
 NHTSA Recall ID Number : 22V106
 Manufacturer : Temsa
 Subject : Fuel Tubes May Crack and Leak Fuel
 Make Model Model Years
 TEMSA TS45 2020
 NHTSA Recall ID Number : 22V107
 Manufacturer : Toyota Motor Engineering & Manufacturing
 Subject : Pre-Collision System May Be Inoperative
 Make Model Model Years
 TOYOTA C-HR 2021
 NHTSA Recall ID Number : 22V108
 Manufacturer : Tenco Inc.
 Subject : Fuel Tubes May Crack and Leak Fuel
 Make Model Model Years
 TOR DR-106100 2020
 NHTSA Recall ID Number :

22V109
 Manufacturer : Ford Motor Company
 Subject : Engine Damage May Cause Stall or Fire
 Make Model Model Years
 FORD ESCAPE HYBRID 2021
 NHTSA Recall ID Number : 22V111
 Manufacturer : Nissan North America, Inc.
 Subject : Second-Row Seat Track Missing Bolt/FMVSS 210
 Make Model Model Years
 INFINITI QX60 2022
 NISSAN PATHFINDER 2022
 NHTSA Recall ID Number : 22V112
 Manufacturer : Mercedes-Benz USA, LLC
 Subject : Unsecured Electrical Connections May Cause Fire
 Make Model Model Years
 MERCEDES-BENZ AMG EQS53 2022
 MERCEDES-BENZ EQS450 2022
 MERCEDES-BENZ EQS580 2022
 NHTSA Recall ID Number : 22V113
 Manufacturer : Legend Manufacturing, Inc.
 Subject : Trailer and Tow Vehicle May Separate
 Make Model Model Years
 LEGEND MANUFACTURING EV 2022
 LEGEND MANUFACTURING TV 2022
 NHTSA Recall ID Number : 22V115
 Manufacturer : Volvo Trucks North America
 Subject : Improperly Bolted Cabinets
 Make Model Model Years
 VOLVO VN 2022-2023
 NHTSA Recall ID Number : 22V117
 Manufacturer : Keystone RV Company
 Subject : Circuit Not Properly Grounded
 Make Model Model Years
 CROSSROADS SUNSET 2022
 NHTSA Recall ID Number : 22V118
 Manufacturer : Daimler Trucks North America, LLC
 Subject : Cracked Brake Drum May Cause Loss of Brakes
 Make Model Model Years
 FREIGHTLINER BUSINESS CLASS M2 2020-2022
 NHTSA Recall ID Number : 22V120
 Manufacturer : AEBI-Schmidt
 Subject : Fuel Tubes May Crack and Leak Fuel
 Make Model Model Years
 AEBI-SCHMIDT MB3 2019

WORDS SEARCH

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| COD | HERRING | SALINITY | |
| DENMARK | ICE | SEALS | |
| DUNES | LATVIA | SHIPPING | |
| ESTONIA | LITHUANIA | STOCKHOLM | |

INTERNATIONAL PAGES

RECIPES

Chicken Chopped Salad with Jalapeno Dressing

Ingredients:

Salad:

6 cups romaine salad, chopped
 1 cup black beans, drained and rinsed
 2 cups shredded or chopped, cooked chicken breast
 1-pint cherry tomatoes, quartered
 1 large cucumber, diced
 1 yellow bell pepper, chopped
 1 small jalapeño, sliced
 Jalapeno dressing:
 1 jalapeno, halved and seeded
 1/2 cup plain Greek yogurt
 2 Tbsps light olive oil
 1 cup fresh parsley leaves or cilantro leaves
 1 tsp sea salt

2 Tbsps raw honey
 2 fresh limes, juiced + zest
 2 fresh garlic clove, minced

Instructions:

In a food processor or high-speed blender, add all of your dressing ingredients.

Pulse until the dressing is thoroughly combined and creamy.

Transfer it to a clean jar and refrigerate until ready to use. You can keep your jalapeño dressing for up to 4 days in the fridge. Just whisk it right before serving.

In a large salad bowl add your prepped veggies as shown. Top with beans and chicken. Alternatively, you can ar-

range your salad ingredients equally onto 4 large plates. Drizzle the salad with your jalapeño dressing and toss to combine.

**Oven Roasted Chicken Shawarma**

CHICKEN

Chicken – I love making this with chicken breast but I have made this with chicken thighs as well and I can assure you both are great!

Onion and Garlic – As I always say these are essential flavor enhancers in most dishes and they definitely make a difference in this chicken shawarma recipe. Don't discard the sliced onions, add them to your shawarma wraps for extra flavor.

Lemon Juice – Quite a popular ingredients in most Middle Eastern recipes and same goes for this recipe. Combine this with the spices for that great marinade.

Spices – Lots of spices used in Middle Eastern cuisine here. You'll need cumin, smoked paprika, turmeric, cinnamon, red pepper flakes, salt and pepper.

Parsley – I always love to garnish my dishes with a bit of fresh parsley.

GARLIC SAUCE

I find the easiest way to make this sauce is using my magic bullet or my immersion blender.

Vegetable Oil – You can use a good vegetable oil or if you want to use olive oil I would go with one that's lighter and

not extra virgin, so that the flavor doesn't overpower the sauce.

Lemon Juice – I recommend freshly squeezed lemon juice.

Garlic – Lots of fresh garlic here, it is a garlic sauce after all.

Egg White – If you don't want to use raw egg whites in the garlic sauce, you can omit it, just add the oil little by little to the blender until it thickens and should have the consistency of mayonnaise.

Salt – A bit of salt to bring out all the flavors.

Parsley – I always love to garnish my dishes with a bit of fresh parsley.

GARLIC SAUCE

I find the easiest way to make this sauce is using my magic bullet or my immersion blender.

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Egg White – If you don't want to use raw egg whites in the garlic sauce, you can omit it, just add the oil little by little to the blender until it thickens and should have the consistency of mayonnaise.

Salt – A bit of salt to bring out all the flavors.

Bake the chicken: Bake in the oven until the chicken is browned and crisp on the edges, for about 40 to 45 minutes. If you want the chicken crispier on top, turn the broiler on to high and broil for 3 minutes until nice and crispy on the outside.

Rest and slice: Let the chicken rest for about 5 minutes, then slice it into bits.

GARLIC SAUCE

Make garlic sauce: Add all the ingredients to a blender (or an immersion blender) and blend until smooth, it should take 1 to 2 minutes. This recipe will make about 1 1/2 cups of sauce, refrigerate leftover sauce.

**Cookies-and-Cream Pavlova**

INGREDIENTS

FOR THE MERINGUE:

4 large egg whites
 Pinch of salt
 3/4 cup/151 grams granulated sugar
 10 chocolate sandwich cookies (113 grams), such as Oreos

FOR THE TOPPING:

2 cups/480 milliliters heavy whipping cream
 2 tablespoons granulated sugar
 Pinch of salt
 5 chocolate sandwich cookies (57 grams), such as Oreos

Add to Your Grocery List
 Ingredient Substitution Guide

PREPARATION

Heat the oven to 250 degrees. Line a sheet pan with parchment paper.

Make the meringue: In the bowl of a stand mixer fitted with a whisk attachment, add the egg whites and salt. Whisk on medium speed until frothy, about 1 minute. While

the machine is still going, slowly add the sugar in a narrow stream, then raise the speed to high. Whisk the egg whites until glossy, stiff peaks form, about 4 minutes. When you lift the whisk out of the bowl and turn it upside-down, a meringue mountain peak should form without flopping over.

Coarsely crush or chop the 10 cookies and add to the meringue. Gently stir with a rubber spatula or large metal spoon until the cookies ripple throughout.

Mound the meringue onto the center of the parchment-lined sheet pan and, using the spatula or spoon, gently form into a round that's about 8 to 9 inches wide and 2 to 3 inches high. You can encourage this shape by repeating a circular motion that swirls the meringue and creates lovely waves so the surface doesn't look smooth. When you're happy with your disk, make one final circular motion in the center to create an indent, where you'll pool the

whipped cream later.

Bake the meringue for 1 1/2 hours, then turn off the oven, leaving the door shut, and let the meringue finish cooking in the residual heat until crisp and dry on the outside with a springy, marshmallowy interior (but it should not be wet), 15 to 30 minutes. Remove the meringue from the oven and let it sit on the counter to cool completely. While the meringue cools, make the topping: In a large, clean bowl or in the stand mixer (with a clean bowl), whisk together the heavy cream, sugar and salt until billowy soft peaks form. When you turn the whisk upside-down, a peak of cream



should flop over slightly like a Santa hat. Pile the whipped cream on top of the cooled meringue, leaving a border, and top the cream with the 5 cookies, crushing them over the cream with your hands or chopping them and sprinkling them on top. Slice and serve the Pavlova like a cake. Have you cooked this? Mark as Cooked

HEALTH

How To Visibly Repair Damaged Skin: 5 Simple Steps

We all have a memory vault of regrets. For many of us, there's at least one that involves an incident that didn't turn out so well for our complexion, leaving us with damaged skin. Sun damage, acne scars and irritation from harsh treatments are some of the most common forms of skin damage. Regardless of how the skin damage is caused, there are simple ways to support your skin's own repair process and restore healthy, glowing skin in the comfort of your own home.

In this guide, you'll learn how to repair the appearance of damaged skin naturally and why expensive procedures might not be the only solution to your skin woes.

What Causes A Damaged Skin Barrier?
There are numerous reasons why skin damage occurs. Some damage is a result of our own doing and some is out of our control. However, the most common causes for skin damage includes sun damage, harsh skincare treatments, scars from picking blemishes and clogged pores. Environmental factors such as heat, lack of humidity, wind, spending too much time in ocean water or chlorine pool water can also have a negative effect on skin.

Physical Signs Of A Damaged Skin Barrier Include:

- Dry skin, flaky skin and uneven skin texture
- Red, itchy, blotchy and tight feeling skin
- Hyperpigmentation, dark spots/sun spots/age spots, uneven skin tone
- Skin imbalance such as excess oil production
- Deep wrinkles, fine lines, dull skin
- Acne scars, damaged pores, enlarged pore

How To Repair Damaged Skin Naturally: 5 Simple Steps

Nature provides us with numerous ingredients that help to support skin repair and help us take control of a damaged skin

barrier in the comfort of our home. When skin is damaged, what we apply to it topically and feed our body internally can play a vital role in determining how quickly and effectively we restore and repair the skin barrier.

1. APPLY PURE ALOE VERA GEL
Aloe vera has been used throughout history to assist with skin repair. Typically, we think of aloe vera whenever we've spent too much time in the sun, however it's also a great option for acne-related skin damage. As easy and tempting it is to purchase aloe vera gel from the store, we recommend purchasing a live aloe plant to fully benefit from the skin reparative benefits of this miraculous plant. Cut off a small piece of an outermost leaf, then cut the piece in half and scrape out the fresh gel from the inside. It's important to note that the exterior part of the aloe should not be applied to skin. Learn how to extract aloe vera gel from a plant here. Apply to damaged skin daily in the evening, when skin goes into repair mode, before you apply your oil-based serum or moisturizer.

2. USE SKINCARE PRODUCTS WITH ANTIOXIDANTS
If you want to take an active role in reducing the appearance of damaged skin, you'll want to load up on nutrients, inside and out. We've all heard about the benefits of eating antioxidant-rich foods. Well it just so happens that applying antioxidants to our skin has major benefits. Skin-loving antioxidants such as vitamin C and vitamin E are highly recommended and well studied for their benefits. Vitamin C is great for gently brightening the appearance of skin, helping to minimize the appearance of dark spots, and uneven skin tone. Look for sensitive skin friendly, stable forms of Vitamin C such as tetrahexydecyl ascorbate. Vitamin E is great for dry skin and damage related to post-acne

scars. We also recommend rosehip oil as it's a natural source of skin loving pro-vitamin A and bakuchiol for its retinol-like results.

3. UPGRADE YOUR DAILY MOISTURIZER TO A FACIAL OIL
When it comes to supporting your skin, your daily moisturizer should be a workhorse, delivering more than just basic moisture. Organic botanical oils helps to restore moisture levels, creating the ideal environment for your skin to thrive, while also being a source for topical nutrients, fatty-acids and skin supportive properties. Our favorite botanical oils for skin include; Tamanu Oil, Sea Buckthorn, Calendula and biocompatible Jojoba.

4. KEEP DAMAGED SKIN OUT OF HARMS WAY BY AVOIDING INCONSPICUOUS DERMAL IRRITANTS
It's important to stay out of direct sunlight when trying to repair damaged skin. If your skin is in such a state that it doesn't allow for topical application of SPF, we recommending wearing a hat and clothing that protects your skin from sun exposure. We highly recommend avoiding products that contain fragrance of any kind. This includes natural fragrance from essential oils. We also recommend using laundry detergent without fragrance as it's a common skin irritant. Since your skin touches your sheets and clothes around the clock, it's best to avoid it. Do not exfoliate peeling or tender skin. Lastly, avoid synthetic foaming agents and drying facial cleansers. Instead we recommend using a gentle oil-cleanser or simply use raw honey as a face wash.

5. SUPPORT DAMAGED SKIN INTERNALLY BY INCREASING YOUR CONSUMPTION OF ANTIOXIDANT & NUTRIENT-RICH FOODS
When looking into treatments that can help repair damaged skin, think of food



as your internal support system. It's vital that all of your external efforts to repair damaged skin are matched internally through your diet. To help your skin with its own repair process, make sure you are consuming organic, nutrient-rich foods. Avoid processed foods and refined sugar. Drink filtered water throughout the day to keep skin hydrated. Make sure each meal consists of a colorful plate, full of antioxidant-rich leafy-greens, healthy fats and a quality-source of protein. Look into the basic principles of an anti-inflammatory diet. This will help you choose the right foods and eat your way to healthy skin.

The Bottom Line
We understand how frustrating skin damage can be. Panic and frustration can lead to rash decisions. So before going to extreme measures or investing in expensive cosmetic procedures, take a deep breath. Create an at-home skincare plan to support the repair process. Give your skin a little extra love by caring for it with the very best from nature. And remember, be patient. All good things take time. As much as we want that overnight transformation, skin needs time. Trust the process.

Get stronger by adding more exercises that are more challenging to your weekly routine.

In our May and August issues, Dr. Beth Frates, clinical assistant professor of physical medicine and rehabilitation at Harvard Medical School, recommended a set of six of exercises to help you start building your muscle strength. If you've been doing these exercises over the past few months, you may be ready for a new workout to help you continue your progress.

Like the first two batches of exercises, this new group is designed to work a combination of muscles in your arms, legs, and core.

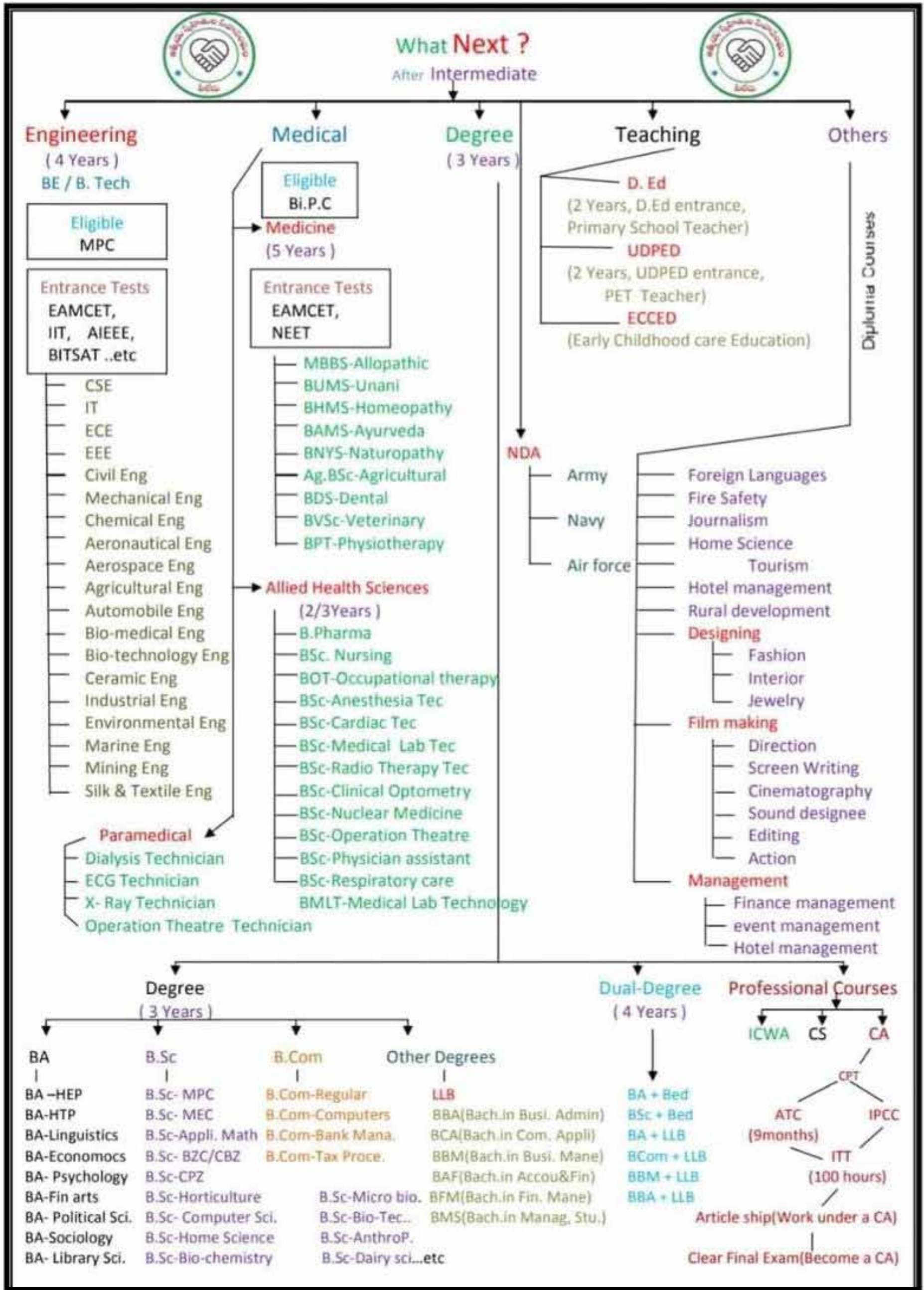
Ideally, you should perform these exercises at least twice a week. You can add them to your weekly workout plan by either swapping them entirely for the first or second batch of exercises from the earlier issues, or by incorporating some of the exercises from the first two groups one

day a week and this group on a second (nonconsecutive) day, says Dr. Frates.

If you have time and want a more vigorous workout, add these new exercises to the push-up exercise from the May issue. Test your progress with the push-up test. Your ability to do push-ups is a good indicator of muscle strength. If you can do 10 to 15 push-ups, you're in good shape. You are in excellent shape if you can do 16 or more.

Protect yourself from the damage of chronic inflammation. Science has proven that chronic, low-grade inflammation can turn into a silent killer that contributes to cardiovascular disease, cancer, type 2 diabetes and other conditions. Get simple tips to fight inflammation and stay healthy -





Ustad Bismillah Khan

Ustad Bismillah Khan (21 March 1913 - 21 August 2006) was undoubtedly a gem that India is proud of. While the shehnai had long held importance as a folk instrument played primarily during traditional ceremonies, Khan is credited with elevating its status and bringing it to the concert stage. This Shehnai maestro of India was a Bharat Ratna awardee and also has been awarded all the top four civilian awards namely Padma Shri, Padma Bhushan and Padma Vibhushan along with the Bharat Ratna. Born on 21 March 1913 in Dumraon, Bihar, he was the second son of Paigambar Khan and Mitthan. His family had a musical background and his ancestors were musicians in the court of the princely states of Bhojpur. Bismillah Khan was named Qamaruddin to sound like his elder brother's

name Shamsuddin. However, when his grandfather Rasool Baksh Khan saw him as a baby he uttered the word "Bismillah" and hence he came to be known as Bismillah Khan. His father used to be a shehnai player in the court of Maharaja Keshav Prasad Singh of Dumraon. Despite the fame that he achieved, Bismillah Khan always remained where his roots were. He never accumulated wealth and other materialistic possessions and lived in humble surroundings in the holy city of Benares. Such was his love for his city that he declined an offer for permanent Visa for settling in US.

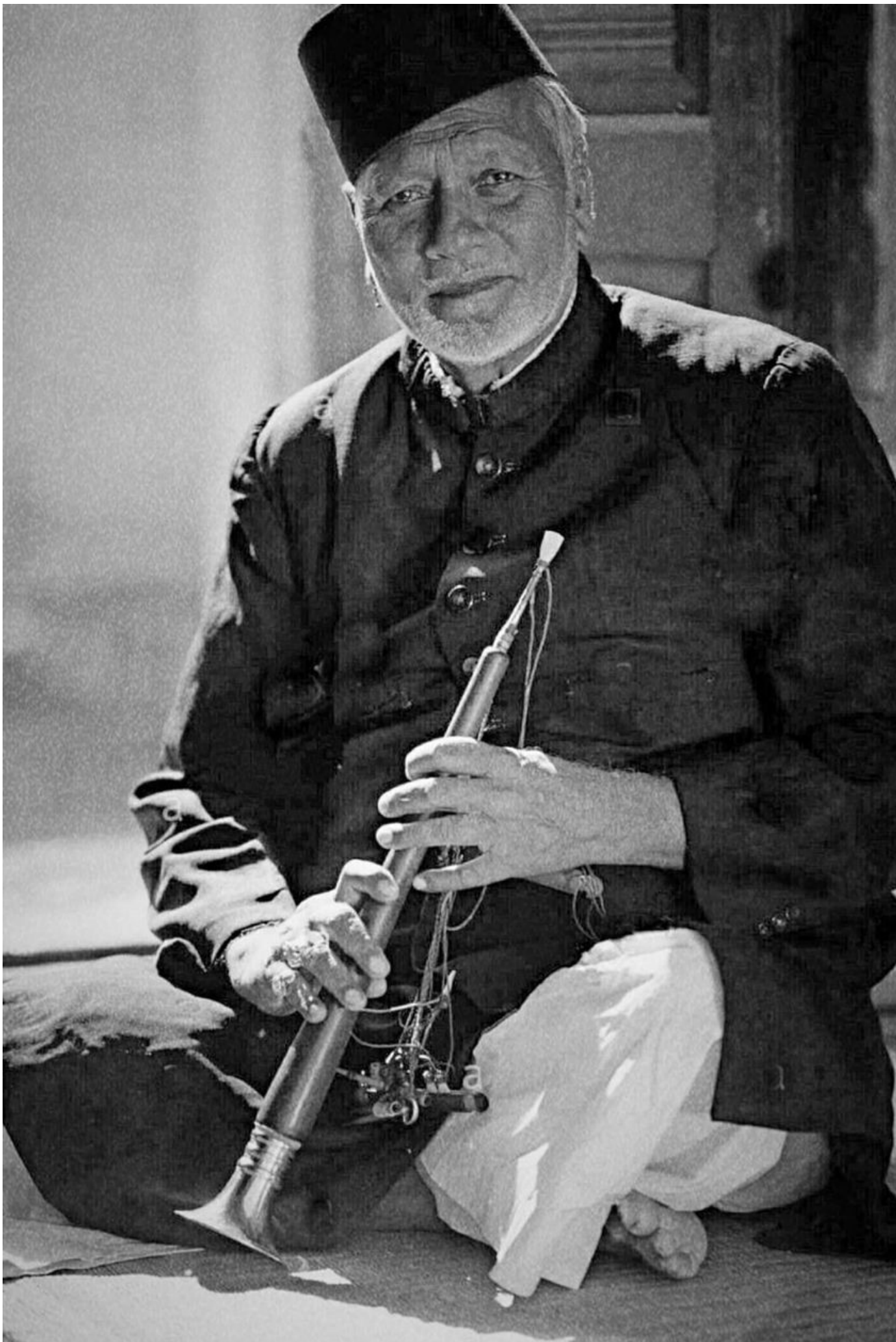
His teacher and mentor was his uncle Ali Baksh 'Vilayatu', a renowned shehnai player. Bismillah Khan religiously practiced the shehnai and attained perfection in a very short time. He fully takes the credit for making the shehnai one of the most famous classical music instruments. His concert in All India Music Conference (1937) in Calcutta brought shehnai into limelight and was hugely appreciated by music lovers. He monopolized shehnai recital in the post independence era and kept the legacy of classical music alive with his recitals. He can be truly called a pure artist who always believed that music will survive even if the world perishes. He believed in Hindu-Muslim unity and spread the message of brotherhood through his music. He always announced that music has no caste.

Bismillah Khan had the rare honor of playing his shehnai on the eve of India's independence in the year 1947. He performed at the Red Fort in Delhi and since that year he has always played on 15th August right after the Prime Minister gave his speech. Bismillah Khan has played in many countries and has a huge fan following. He has performed in Afghanistan, USA, Canada, Bangladesh, Europe, Iran, Iraq, West Africa, Japan and Hong Kong. He shared a special bond with his shehnai and called it "Begum" after his wife died.

On 21st August 2006, at the age of 90, Bismillah Khan breathed his last after having a cardiac arrest. He was given the 21 gun salute by the Indian Army. His shehnai was buried with him in his grave. His death day was called as a national mourning day!

Such was the legacy of the master. He will always be in our hearts and inspiration to many. His contribution to Indian Classical Music is immeasurable and he will always be remembered as one of the good thing happened to Indian Classical Music.

On his Birth Anniversary, Hindustani Classical Music And Everything pays rich tributes to the legend and are very grateful for his contributions to the Indian Classical Music



Bezos Poised to Clash With Ambani in Cricket Auction

Jeff Bezos and Mukesh Ambani, billionaires who have been battling for years in India, are headed for a ferocious new clash over rights to the country's cricket matches.

This week, the Indian cricket league unveiled guidelines to auction off media rights and they seem designed to raise bids -- and tensions. For the first time, the rights to broadcast matches on television and to stream them online will be sold separately, opening the door to Amazon.com Inc. and its Prime video service. Ambani's Reliance Industries Ltd. is also determined to win, according to people familiar with the matter, as the companies fight for e-commerce supremacy in one of the world's fastest-growing markets.

What's more, the cricket competition will take place live online over the course of two days, which means proxies for the two men will have to make minute-by-minute bids and counterbids in real-time. Imagine a Sotheby's-style auction with Bezos and Ambani, worth about \$275 billion and \$100 billion respectively, bidding for a prize that only one can ultimately possess.

"Winning the auction is about prestige and vanity, so Reliance, Amazon and others can be expected to flex their muscles," said Aditi Shrivastava, co-founder and chief executive officer at digital entertainment startup, Pocket Aces. "It's a big deal and bidders will surely fight tooth and nail to win the rights."

The event, which starts on June 12, could see bets of \$7 billion or more, according to the people, who didn't want to be quoted discussing sensitive information. At stake are the rights to show dozens of Indian Premier League matches between 2023 and 2027, with separate auctions to decide the winners for livestreaming and broadcasting in different regions. For comparison, Amazon is paying about \$1 billion a year for the rights to show the National Football League online, but that's for Thursday night games rather than the prime weekend games.

The cricket auction is generating intense interest in India, where the sport is wildly popular. Live streaming matches is an effective way of reaching the country's 1.4 billion people, who are increasingly watching sports on their mobile devices.

"If successful, you've captured an attentive audience for six straight weeks every year for five years," Shrivastava added. "It's the biggest viewership event of the year in India."

Though Amazon and Reliance are the most ambitious, they join a horde of competitors, including the Walt Disney Co.-owned Star India and its Disney Hotstar streaming service. Also in the mix is a newly-created media behemoth that combines Sony Pictures and India's Zee Entertainment Enterprises, multiple people said.

The auction promises to be an epic showdown between the Seattle-based retail Goliath on one side and India's most valuable company on the other. Winning streaming rights would represent a prestigious get for Amazon or Reliance. They are both eager to control a large share of digital opportunities in India.

The bidding adds more friction between the two companies, which are locked in a power struggle over the assets of Future Group, a debt-laden Indian retail chain. Neither side has budged an inch, leading to three dozen legal cases between Amazon and Future Group -- with Reliance hovering in the background.

Ultimately, the prize is also about bragging rights in India's e-commerce market. Armed with inexpensive smartphones and availing themselves to one of the world's lowest data tariffs, nearly 800 million Indians have internet access to watch Bollywood movies



and live stream sports on their personal devices. The Indian Premier League, or IPL, is one of the world's most watched sporting tournaments, comprising 10 teams and over 70 matches.

Separating broadcast rights and digital streaming opens the door to new bidders. Amazon, with its Prime video service, can face off in the e-auction against Reliance's Jio telecom subsidiary, which has nearly half a billion subscribers in India. Unlike in the past, no consolidated bidding will be allowed.

Representatives for Amazon and Reliance did not respond to emails for comment. Disney Hotstar, which currently holds digital streaming rights for the matches, would not confirm its participation in the auction. Others, including Meta Platforms Inc.'s Facebook and Alphabet Inc.'s YouTube, are still considering whether to place bids, multiple people said.

The Board of Control for Cricket in India, the sport's governing body, has released detailed terms and conditions in its "Invitation to Tender." According to the board, the document will be available to purchase in the coming weeks to those who pay a non-refundable fee of 2.5 million rupees plus taxes.

India's Axis Bank accelerates retail push with \$1.6-billion Citi deal

Indian private lender Axis Bank has decided to bulk up its credit card and retail businesses with a \$1.6-billion purchase of Citigroup Inc's local consumer banking arm.

The deal announced <https://www.bseindia.com/xml-data/corpfiling/AttachLive/83190dcd-4ae6-45f4-b3fa-8d39d91a4aa6.pdf> on Wednesday is Axis Bank's largest by far and would expand its credit card customer base by 31%, narrowing the gap with the third-biggest player ICICI Bank.

"The acquisition strengthens our market position, reduces gap in key segments with peers and provides opportunity to accelerate retail business growth," Amitabh Chaudhry, managing director and CEO of Axis Bank, said at a press conference.

Citi was among the first international lenders

to introduce credit cards in India in 1987, but its market share, according to Macquarie, has dwindled to 4% from 13% a decade ago.

The sale advances Citi Chief Executive Jane Fraser's plan to overhaul the bank by exiting retail banking operations in 13 countries where it does not have the necessary scale to compete.

'SWEET DEAL'

Axis Bank, India's third-largest private lender, will also gain access to Citi's local wealth management arm in the deal. The lender expects the purchase to increase its deposit base and loan book by 7% and 4%, respectively, while reducing its capital adequacy ratio by 180 basis points to 13%.

"It looks like a sweet deal for Axis," said Anand Dama, a banking analyst with Emkay Global

Financial Services. "While the assets have good value, I think they got an even better deal on the liability side."











Apart from the \$1.6 billion being paid in cash, Axis will also need to set aside around 35 billion rupees (\$461.07 million) for loan provisions and other regulatory requirements related to the deal.

The purchase is expected to close in the first half of next year and excludes Citi's Indian institutional client businesses.

Axis Bank's Chaudhry said technology integration after the acquisition remains a key challenge and could take several quarters.

(\$1 = 75.8840 Indian rupees)

Binaca Geetmala Annual List (1960)

 1 Zindagi Bhar Nahi Bhulegi Woh Barsaat Ki You Tube ✓ ★ 4.47 - 1542 votes	Mohammed Rafi	Roshan	Bharat Bhushan, Madhubala
	Barsaat Ki Raat (1960)	Sahir Ludhianvi	Rain Songs, Romantic Songs
 2 Chaudhavi Ka Chand Ho, Ya Aaftab Ho You Tube ✓ ★ 4.60 - 2500 votes	Mohammed Rafi	Ravi	Waheeda Rehman, Guru Dutt
	Chaudhvin Ka Chand (1960)	Shakeel Badayuni	Tareef Songs, Romantic Songs
 3 Mujhko Is Raat Ki Tanhai Mein Awaaz Na Do (By Mukesh) You Tube ✓ ★ 4.43 - 932 votes	Mukesh	Kalyanji Anandji	Dharmendra
	Dil Bhi Tera Hum Bhi Tere (1960)	Shamim Jaipuri	Sad Songs
 4 Jab Pyar Kiya To Darna Kya You Tube ✓ ★ 4.38 - 884 votes	Lata Mangeshkar	Naushad	Dilip Kumar, Madhubala, Prithviraj Kapoor, Nigar Sultana, Durga Khote
	Mughal-e-Azam (1960)	Shakeel Badayuni	All Time Great, Dance Songs, Romantic Songs
 5 Chal Ri Sajani Ab Kya Soche, Kajra Na Beh Jaye Rote Rote You Tube ✓ ★ 4.44 - 559 votes	Mukesh	Sachin Dev Burman	Nasir Husain, Dev Anand, Suchitra Sen
	Bombai Ka Babu (1960)	Majrooh Sultanpuri	Vidai (Doli) Songs
 6 Dil Apna Aur Prit Parayi, Kisne Hain Ye Rit Banayi You Tube ✓ ★ 4.43 - 435 votes	Lata Mangeshkar	Shankar Jaikishan	Meena Kumari
	Dil Apna Aur Preet Parai (1960)	Shailendra	Sad Songs
 7 Tere Pyaar Ka Aasra Chahta Hu You Tube ✓ ★ 4.39 - 690 votes	Lata Mangeshkar, Mahendra Kapoor	N Datta	Ashok Kumar, Mala Sinha, Nanda, Rajendra Kumar
	Dhool Ka Phool (1959)	Sahir Ludhianvi	
 8 Mohabbat Ki Jhuthi Kahani Pe Roye You Tube ✓ ★ 4.43 - 829 votes	Lata Mangeshkar	Naushad	Madhubala
	Mughal-e-Azam (1960)	Shakeel Badayuni	Dard Bhare Geet
 9 Chhaliya Mera Naam You Tube ✓ ★ 4.38 - 96 votes	Mukesh	Kalyanji Anandji	Nutan, Raj Kapoor
	Chhalia (1960)	Qamar Jalalabadi	Happy Songs
 10 Tu Hai Harjai To Apna Bhi Yehi Taur Sahi You Tube ✓ ★ 4.55 - 99 votes	Mukesh	Ravi	Kumkum, Pradeep Kumar
	Tu Nahin Aur Sahi (1960)	Majrooh Sultanpuri	Sad Songs, Shikwa Shikayat Songs



China vows support for Islamic wisdom in conflict resolution as US retreats from Middle East

China has vowed to support Islamic nations in their efforts to resolve conflict - including disputes over Kashmir - consolidating its ties in the Middle East as US influence wanes.

The pledge from Chinese Foreign Minister Wang Yi comes as China faces increasing pressure from Western nations - especially the US - to take a tougher stand against Russia over its invasion of Ukraine, and as Washington's ties with the Middle East face uncertainties.

"China will continue to support Islamic countries in using Islamic wisdom to solve contemporary hotspot issues, and firmly hold the right to maintaining stability and promoting peace in its own hands," Wang told the Organisation of Islamic Cooperation (OIC) in the Pakistani capital Islamabad on Tuesday.

Do you have questions about the biggest topics and trends from around the world? Get the answers with SCMP Knowledge, our new platform of curated content with explainers, FAQs, analyses and infographics brought to you by our award-winning team.

China will promote the settlement of the Palestinian issue on the basis of the two-state solution, and support Afghanistan to build up an inclusive government, Wang said in his address, according to a Chinese foreign ministry statement.

"On the Kashmir issue, we have heard the voices of many Islamic friends again today, and China has the same desire for this," he was quoted as saying, referring to the long-standing dispute between India and Pakistan over the Himalayan region, without

elaborating further.

India is expected to be the next stop on Wang's tour of South Asia, with Nepal also on the list, though there has been no official confirmation as yet.

The OIC bills itself as the second-largest global organisation after the United Nations, and has 57 members spread over four continents.

Wang's attendance at the OIC meeting as a "special guest" underscores China's increasing engagement with Islamic countries as it faces deepening Western suspicions over ties with "no-limits" strategic ally Russia and alleged human rights violations in its Xinjiang region, relating to the mainly Muslim Uyghur minority community.

On Monday, US Secretary of State Antony Blinken announced new visa restrictions on Chinese officials over their alleged persecution of ethnic and religious minorities both in and outside China.

Wang Dehua, an expert on South Asian affairs at the Shanghai Municipal Centre for International Studies, said China needed to rally support on Xinjiang and was trying to strengthen ties with the OIC and Islamic countries such as Turkey - also a Nato member - which has some major reservations on Xinjiang. Wang's reference was to Beijing's treatment of Uyghurs allegedly belonging to the East Turkestan separatist movement.

"Islamic countries are key supporters of the multilateralism that China advocates. They want to promote Islamic unity and do not see eye to eye with the US over energy and geopolitical issues," he said.



Foreign Minister Wang also said China and the Islamic world shared a long tradition of close ties, and the two sides had always offered mutual support on core interests.

He further pledged China's commitment to Islamic countries safeguarding their sovereignty, independence and territorial integrity.

On Ukraine, Wang reiterated Beijing's support for Moscow and Kyiv continuing talks towards achieving a ceasefire and eventual end to the war.

"We need to prevent humanitarian disasters and prevent the spillover of the Ukrainian crisis from affecting or harming the legitimate rights and interests of other regions and countries," he asserted.

China would provide an additional 300 million doses of Covid-19 vaccine to Islamic countries and support OIC member states in Africa in the pandemic battle, Wang added.

His pledges came as American ties with the Middle East, long a major focus of

US foreign policy, face a setback. The chaotic withdrawal of US troops from Afghanistan has triggered doubts over Washington's defence commitments, and even relations with close ally Saudi Arabia are on uncertain ground after Washington said it would take a stronger stance against human rights violators.

Zhao Gancheng, a researcher with the Shanghai Institutes for International Studies, said Islamic countries are important partners for China in terms of trade, energy and diplomatic ties.

"Wang's participation in the OIC meeting is an important step marking China's efforts to make friends and increase its presence in the Middle East," he said.

"It is an opportunity to boost China's influence in regional affairs. China may not bring up the Xinjiang issue, but it's worth noting that most Muslim countries have not used Xinjiang to attack China and they have distanced themselves from Western countries that regard China as an enemy," Yahoo Finance

Mexico, Saudi Arabia agree to strengthen economic ties

MEXICO CITY, March 23 (Reuters) - Mexican Foreign Minister Marcelo Ebrard and his Saudi Arabian counterpart on Wednesday agreed to strengthen bilateral economic relations on the first day of the diplomat's 10-day tour of the Middle East and India, Mexico's government said.

Ebrard and Saudi Foreign Minister Prince Faisal bin Farhan Al Saud discussed investing in tourism and innovation, highlighting the need for a direct air route between Mexico and Saudi Arabia, the foreign ministry said in a statement.

The two diplomats, who represent

their countries at the Group of 20 major economies, spoke of the need to find a peaceful resolution to the conflict in Ukraine, it added.

Ebrard and bin Farhan, both from oil-producing countries, talked about the importance of keeping energy prices stable amid the conflict, according to the statement.

Ebrard is scheduled to stay in Riyadh until March 25, then visit Qatar, the United Arab Emirates and India. (Reporting by Lizbeth Diaz; Writing by Kylie Madry, editing by Bernard Orr) Yahoo Finance





Minister KTR met with Peter Rawlinson, CEO & CTO, and James Hawkins, Senior Director of Engineering of Lucid Motors in San Jose today. Lucid is an American electric vehicle manufacturer headquartered in Newark, California. During the meeting, the Minister positioned Hyderabad for their software development center. Lucid Motors Head of IT Sanjay Chandra, Head of Facilities Melody Spradlin, Program Head Raj, Industries Department Principal Secretary Jayesh Ranjan & Director Electronics Sujai Karampuri were present



Haleem makers gear up for Ramzan in Hyderabad
Hyderabad: Ahead of Ramzan in Hyderabad, haleem makers are getting ready. Almost all of them have started setting up 'Haleem Bhatti'.



Grand Reception Ceremony Sons of Mr. Alhaj Khaja Shah Mohammed Shujaiddin Chishti Qadri Iftaqari Haqqani Pasha, Janasheen Hazarth Gunj-e- Anwar (RH). Mr.Hafiz-O-Qari Khaja Mohammed Ahmed Mohiuddin Iftaqari Al-Azhari (Kamil Pasha) (Fazil Jamia Cairo Egypt) And Mr. Khaja Mohammed Siraj Mohiuddin Iftaqari (Adil Pasha) MITS. Australia, Venu at Queen's Palace, Kattedan Hyderabad.-IQNEWS
Mr.Asaduddin Owaisi President, All India Majlis-e-Ittehadul Muslimeen, Member of Parliament from Hyderabad, Mr.Akbaruddin Owaisi MLA Chandrayangutta constituency and leader of AIMIM legislative party in Telangana Legislative Assembly, Mr.Kausar Mohiuddin MLA Constituency Karwan, Mr.Syed Aminul Hasan Jafri Pro-tem chairman of Telangana Legislative Council & AIMIM MLC, Mr.Farooq Hussain MLC, Mr.Mohammed Khaleeq ur Rahman Spokeperson TRS Party, Mr.Jabir Patel President of India Arab Friendship Foundation, Mr.Ateeq Siddiqui Director at LyncBiz Corporation & Permenent Invitee at Indian National Congress, Mr.Majid Sahab Journalist Etemaad Daily Urdu Hyderabad, Mr.Maqbool Anna Senior Journalist,Mr,Abrar Nawab Senior Journalist, Mr.Sayeed UL Qadri President at Qadria International Organisation, Mr.Tabeeb Najm Rehan Sahebzada (Tabeeb) Mr.Mohammed Asif Hussain Sohail Founder & Chairman Sakina Foundation, Mr.Sikander Mashooqi Senior Politician Trs Party, Guests were in attendance, A galaxy of VIPs and Politicians, Dignitaries, Huge Crowd of Moulana's, Muslim Clerics, Ulama's, Journalist's, Business Tycoons, Corporators, Social Workers, attended the "Grand Reception Ceremony" and Congratulations to Mr. Alhaj Khaja Shah Mohammed Shujaiddin Chishti Qadri Iftaqari Haqqani Pasha, Janasheen Hazarth Gunj-e- Anwar (RH). and their sons Mr.Hafiz-O-Qari Khaja Mohammed Ahmed Mohiuddin Iftaqari Al-Azhari (Kamil Pasha) (Fazil Jamia Cairo Egypt) And Mr. Khaja Mohammed Siraj Mohiuddin Iftaqari (Adil Pasha) MITS. Australia, Venu at Queen's Palace, Kattedan Hyderabad.-IQNEWS



List of Bollywood films of APRIL 2022

<i>Attack</i>	Lakshya Raj Anand	John Abraham · Jacqueline Fernandez · Rakul Preet Singh
<i>Kaun Pravin Tambe?</i>	Jayprad Desai	Shreyas Talpade · Ashish Vidyarthi · Parambrata Chatterjee · Anjali Patil
<i>Dasvi</i>	Tushar Jalota	Abhishek Bachchan · Yami Gautam · Nimrat Kaur
<i>Jersey</i>	Gowtam Tinnanuri	Shahid Kapoor · Mrunal Thakur · Pankaj Kapur
<i>Runway 34</i>	Ajay Devgn	Amitabh Bachchan · Ajay Devgn · Rakul Preet Singh · Angira Dhar · Boman Irani · Ajey Nagar · Aakanksha Singh
<i>Heropanti 2</i>	Ahmed Khan	Tiger Shroff · Nawazuddin Siddiqui · Tara Sutaria

Runway 34: The real story behind Ajay Devgn, Amitabh Bachchan's mid-air thriller will give you goosebumps

Ajay Devgn's upcoming directorial Runway 34 is inspired by the 2015 Jet Airways Doha-Kochi flight incident, which forced the pilot to emergency land the aircraft due to poor visibility. The movie co-stars Amitabh Bachchan and Rakul Preet Singh.

Ajay Devgn's upcoming directorial Runway 34 was earlier titled May Day. Runway 34 is the story of pilot, played by Ajay, who 'blindly landed' an aircraft with 150 people. Consequently, Ajay's character Captain Vikrant is put on trial for his dangerous actions. The trailer of Ajay Devgn, Amitabh Bachchan and Rakul Preet Singh starrer Runway 34 was launched recently. It showcases the thrilling ride of an aircraft suspended mid-air, more than 35,000 feet above the ground, with 150 passengers on board. The aircraft is flown by Ajay and Rakul's characters with difficulties coming towards them as they cannot land their flight due to heavy rainfall and poor visibility. Captain Vikrant Khanna played by Ajay is a prodigal pilot, one who is too confident about his flying skills. However, a fateful incident changes it all.

The trailer of Runway 34 shows glimpses of the flight mid-air going into serious turbulence as Vikrant attempts a landing with the help of his co-pilot. With all the action unfolding, the aircraft passengers await their fate. Thereafter, we follow Amitabh Bachchan as Narayan Vedant on his quest

to get to the bottom of the truth of this flight and his turbulent encounter with Vikrant.

Runway 34 is directed by Ajay. It is said to be inspired by 'real events'. As the trailer launched, many were left wondering which incident does the movie base itself upon.

The 2015 Jet Airways Doha Kochi flight incident had escaped media attention back in time. In Runway 34, the 'gravest of the safety incidents ever occurred at any of the Indian airports' will be recreated. Including the crew, 150 people were on board the aircraft.

What really happened on this flight? The incident occurred on August 18, 2015 when Jet Airways flight 9W 555, a Boeing 737-800, arrived from Doha, the Capital of Qatar, over Kochi at 5.45 in the morning. There was not enough visibility for the aircraft to land because of the haze that followed heavy rain during the previous night. After holding over Kochi for almost half an hour, the pilot decided to divert to Trivandrum. When it reached Trivandrum, visibility at Trivandrum also was less than what was required for a visual landing. Ideally, the aircraft should have been diverted to the nearest airport, which in this case was Bengaluru, which is 15 minutes away, but they decided to re-route it to Trivandrum, which is about an hour from Kochi.



The pilots of flight declared "May Day" and managed to land 'blindly' only in the seventh attempt after doing an unprecedented six go-arounds — a flight path taken by an aircraft after an aborted approach to land — in two airports. Had the pilots gone for another go-around, the plane would have crashed because there was not enough fuel left, officials said.

The pilot however could manage to land the aircraft. The landing turned out to be without any hitch. But the episode turned out to be one of the most serious safety occurrences that could happen at any airport.

Ajay vs Big B

One of the most interesting aspects of Runway 34 is the face-off between Ajay, who is put to trial for his erratic actions as the pilot. Big B will be putting him on the stand. In the trailer, Big B says, "Everyone can make a mistake. But accepting your mistakes reflects your character."

Rakul Preet Singh as co-pilot
Rakul Preet Singh plays Ajay's co-pilot in Runway 34. She is one of the main characters in the movie who witnessed the entire incident first-hand and will be put on trial for her actions.

The virtues of Ramadan

What is RAMADAN ?.

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 till the Day of Judgement.

Ramadaan is one of the twelve Arabic months. It is a month which is venerated in the Islamic religion, and it is distinguished from the other months by a number of characteristics and virtues, including the following:

1 – Allaah has made fasting this month the fourth pillar of Islam, as He says (interpretation of the meaning):

“The month of Ramadan in which was revealed the Qur’aan, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan i.e. is present at his home), he must observe Sawm (fasts) that month...” [al-Baqarah 2:185]

and it was narrated in al-Saheehayn (al-Bukhaari, 8; Muslim, 16) from the hadeeth of Ibn ‘Umar that the Prophet (peace and blessings of Allaah be upon him) said: “Islam is built on five (pillars): the testimony that there is no god except Allaah and that Muhammad is the Messenger of Allaah; establishing prayer; paying zakaah; fasting Ramadaan; and Hajj to the House (the Ka’bah).”

2 – Allaah revealed the Qur’aan in this month, as He says in the verse quoted above (interpretation of the meaning):

“The month of Ramadan in which was revealed the Qur’aan, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong)...” [al-Baqarah 2:185]

And Allaah says (interpretation of the meaning):

“Verily, We have sent it (this Qur’aan) down in the Night of Al-Qadr (Decree)” [al-Qadr 97:1]

3 – Allaah has made Laylat al-Qadr in this month, which is better than a thousand months, as Allaah says (interpretation of the meaning):

“Verily, We have sent it (this Qur’aan) down in the Night of Al-Qadr (Decree).

And what will make you know what the Night of Al-Qadr (Decree) is?

The Night of Al-Qadr (Decree) is better than a thousand months (i.e. worshipping Allaah in that night is better than worshipping Him a thousand months, i.e. 83 years and 4 months).

Therein descend the angels and the Rooh [Jibreel (Gabriel)] by Allaah's Permission with all Decrees, (All that night), there is peace (and goodness from Allaah to His believing slaves) until the appearance of dawn” [al-Qadar 97:1-5]

“We sent it (this Qur’aan) down on a blessed night [(i.e. the Night of Al-Qadr) in the month of Ramadan — the 9th month of the Islamic calendar]. Verily, We are ever warning [mankind that Our Torment will reach those who disbelieve in Our Oneness of Lordship and in Our Oneness of worship]” [al-Dukhaan 44:3]

Allaah has blessed Ramadaan with Laylat al-Qadr.

Explaining the great status of this blessed night, Soorat al-Qadr was revealed, and there are many ahaadeeth which also speak of that, such as the hadeeth of Abu Hurayrah (may Allaah be pleased with him) who said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “There has come to you Ramadaan, a blessed month which Allaah has enjoined you to fast, during which the gates of heaven are opened and the gates of Hell are closed, and the rebellious devils are chained up. In it there is a night which is better than a thousand months, and whoever is deprived of its goodness is indeed deprived.”

Narrated by al-Nasaa'i, 2106; Ahmad, 8769. classed as saheeh by al-Albaani in Saheeh al-Targheeb, 999.

And Abu Hurayrah (may Allaah be pleased with him) said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Whoever spends Laylat al-Qadr in prayer out of faith and in the hope of reward, will be forgiven his previous sins.” Narrated by al-Bukhaari, 1910; Muslim, 760.

4 – Allaah has made fasting Ramadaan and spending its nights in prayer out of faith and in the hope of reward a means of forgiveness of sins, as was proven in al-Saheehayn (al-Bukhaari, 2014; Muslim, 760) from the hadeeth of Abu Hurayrah according to which the Prophet (peace and blessings of Allaah be upon him) said: “Whoever fasts Ramadaan out of faith and in the hope of reward, his previous sins will be forgiven.” And al-Bukhaari (2008) and Muslim (174) also narrated from Abu Hurayrah that the Prophet (peace and blessings of Allaah be upon him) said: “Whoever spends the nights of Ramadaan in prayer out of faith and in the hope of reward, his previous sins will be forgiven.”

The Muslims are unanimously agreed that it is Sunnah to pray qiyaam at night in Ramadaan. Al-Nawawi said that what is meant by praying qiyaam in Ramadaan is to pray Taraweeh, i.e., one achieves what is meant by qiyaam by praying Taraaweeh.

5 – In this month, Allaah opens the gates of Paradise and closes the gates of Hell, and chains up the devils, as is stated in al-Saheehayn (al-Bukhaari, 1898; Muslim, 1079), from the hadeeth of Abu Hurayrah who said that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: “When Ramadaan comes, the gates of Paradise are opened and the gates of Hell are closed, and the devils are chained up.”

6 – Every night Allaah has people whom He redeems from the Fire. Imam Ahmad (5/256) narrated from the hadeeth of Abu Umaamah that the Prophet (peace and blessings of Allaah be upon him) said: “At every breaking of the fast, Allaah has people whom He redeems.” Al-Mundhiri said: there is nothing wrong with its isnaad; and it was classed as saheeh by al-Albaani in Saheeh al-Targheeb, 987.

Al-Bazaar (Kashf 962) narrated that Abu Sa'eed said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Allaah has people whom He redeems every day and night – i.e., in Ramadaan – and every Muslim every day and night has a prayer that is answered.”

7 – Fasting Ramadaan is a means of expiation for the sins committed since the previous Ramadaan, so long as one avoids major sins. It was proven in Saheeh Muslim (233) that the Prophet (peace and blessings of Allaah be upon him) said: “The five daily prayers, from one Jumu'ah to the next and from one Ramadaan to the next are expiation for (sins committed) in between, so

long as you avoid major sins.”

8 – Fasting in Ramadaan is equivalent to fasting ten months, as is indicated by the hadeeth in Saheeh Muslim (1164) narrated from Abu Ayyoob al-Ansaari: “Whoever fasts Ramadaan then follows it with six days of Shawwaal, it will be like fasting for a lifetime.” Ahmad (21906) narrated that the Prophet (peace and blessings of Allaah be upon him) said: “Whoever fasts Ramadaan, a month is like ten months, and fasting six days after al-Fitr will complete the year.”

9 – Whoever prays qiyaam in Ramadaan with the imam until he finishes, it will be recorded for him that he spent the whole night in prayer, because of the report narrated by Abu Dawood (1370) and others from the hadeeth of Abu Dharr (may Allaah be pleased with him) that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Whoever prays qiyaam with the imam until he finishes, it will be recorded for him that he spent the whole night in prayer.” Classed as saheeh by al-Albaani in Salaat al-Taraaweeh, p. 15

10 – ‘Umrah in Ramadaan is equivalent to Hajj. Al-Bukhaari (1782) and Muslim (1256) narrated that Ibn ‘Abbaas said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said to a woman among the Ansaar, “What kept you from doing Hajj with us?” She said, “We only had two camels that we used for bringing water.” So her husband and son had gone for Hajj on one camel, and he left the other for them to use for bringing water.” He said, “When Ramadaan comes, go for ‘Umrah, for ‘Umrah in Ramadaan is equivalent to Hajj.” According to a report narrated by Muslim, “... is equivalent to doing Hajj with me.”

11 – It is Sunnah to observe i'tikaaf (retreat for the purpose of worship) in Ramadaan, because the Prophet (peace and blessings of Allaah be upon him) always did that, as it was narrated in the hadeeth of 'Aa'ishah (may Allaah be pleased with her) that the Prophet (peace and blessings of Allaah be upon him) used to spend the last ten days of Ramadaan in i'tikaaf until he passed away, then his wives observed i'tikaaf after him.” Narrated by al-Bukhaari, 1922; Muslim, 1172.

12 – It is mustahabb in the sense of being strongly recommended in Ramadaan to study the Qur'aan together and to read it a great deal. You may study the Qur'aan together by reciting it to someone else and by having someone else recite it to you. The evidence that this is mustahabb is the fact that Jibreel used to meet the Prophet (peace and blessings of Allaah be upon him) every night in Ramadaan and study the Qur'aan with him. Narrated by al-Bukhaari, 6; Muslim, 2308.

Reading Qur'aan is mustahabb in general, but more so in Ramadaan.

13 – It is mustahabb in Ramadaan to offer iftaar to those who are fasting, because of the hadeeth of Zayd ibn Khaalid al-Juhani (may Allaah be pleased with him) who said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: “Whoever gives iftaar to one who is fasting will have a reward like his, without that detracting from the fasting person's reward in the slightest.” Narrated by al-Tirmidhi, 807; Ibn Maajah, 1746; classed as saheeh by al-Albaani in Saheeh al-Tirmidhi, 647. see question no:

And Allaah knows best.

رمضان المبارک کی تیاری!



وقت کے ضیاع سے اجتناب



انٹرنیٹ سے احتراز



مصروفیات میں کمی



قیام اللیل کی عادت



قرآن مجید کی تلاوت



کاموں کی تنظیم



نظام الاوقات کی ترتیب



نفلی عبادات کا اہتمام



اشیائے ضرورت کی
رمضان سے پہلے خریداری



مسجد میں ٹھہرنے کی عادت



بچوں کو صدقہ دینے کی عادت



صدقہ کرنے کی عادت



ذکر اللہ کی کثرت



کھانے کی مقدار میں کمی



روزوں کی عادت



گذشتہ روزوں کی قضا



اہل خانہ کی رمضان
کے لیے ذہن سازی



قیلولہ کا اہتمام



نیند کے اوقات میں کمی



نفلی نمازوں کا اہتمام



اخلاق کی درستگی



دعاؤں کی کثرت



روزوں کے مسائل سے واقفیت



سگریٹ نوشی سے احتراز



دوسروں کو درج بالا
امور کی دعوت



توبہ کرنے میں جلدی



دل کو اللہ کے لیے فارغ کرنا



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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 رضی اللہ عنہ

27 مصلحت آمیز جھوٹ، فتنہ انگیز سچ، سے بہتر ہے

اردو حکایت:

ایک بادشاہ نے قیدی کو قتل کرنے کا حکم دیا۔ بیچارہ قیدی نا اُمید ہو کر بادشاہ کو اپنی زبان میں گالیاں دینے لگا۔ بادشاہ نے پوچھا۔ یہ کیا کہتا ہے۔ اُس کے نیک خصلت وزیر نے کہا کہ عالم پناہ! یہ شخص یہ کہتا ہے کہ حضور اُن لوگوں میں ہیں جو غصہ کو پی جاتے ہیں اور خطاؤں کو معاف فرماتے ہیں۔ بادشاہ کو یہ سن کر رحم آ گیا اور اُس نے قیدی کی جان بخش دی۔ ایک دوسرے بد فطرت نے کہا کہ ہمارے لئے مناسب نہیں کہ بارگاہ سلطانی میں سچ نہ بولیں۔ حقیقت یہ ہے کہ اس شخص نے بادشاہ کو بُرا بھلا کہا اور گالیاں دیں۔ بادشاہ نے یہ سب سن کر کہا کہ پہلے وزیر نے جو کچھ کہا اُس کا محرک بھلائی کا جذبہ تھا اور جو کچھ تو نے کہا اُس کی بنیاد خباثت اور بدی پر ہے۔ داناؤں نے سچ کہا ہے ”دروغ مصلحت آمیز بہ از راستی فتنہ انگیز“

منظوم ترجمہ:

سچ سے بہتر ہے یقیناً مصلحت آمیز جھوٹ
ایسا سچ کہ جو کوئی فتنہ نیا پیدا کرے



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رضی اللہ عنہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آ بسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ 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۔

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

مردکی ہراسیت یا عورت کا جھوٹ

ڈاکٹر اؤ کامران علی



کو پولیس رپورٹ درج کروانے سے روکتی ہیں۔ لیکن اسکے ساتھ ساتھ یہ الزام تراشی چند جھوٹی عورتوں کو طاقت بھی دے دیتی ہیں۔ اکثر سوشل میڈیا پر ایسی خبریں آتی ہیں کہ ظالم گھریلو مالکان نے گھریلو ملازمہ کو تشدد کا نشانہ بنایا لیکن ہزاروں ایسے کیسز ہیں جن میں ملازمائیں باقاعدہ چوری کرتی ہیں لیکن مالک مکان پولیس تک میں رپورٹ نہیں کرواتے کہ دست درازی یا جنسی ہراسیت کا جھوٹا الزام لگا دیں گی۔ یہ الزام ہے بھی ایسا کہ ایک بار لگا کر سکون سے لگا کر بے شرم ہو کر بیٹھ جاؤ اور جس پر الزام لگا وہ قسمیں دیتا پھرے، یا پھرٹی وی پروتا پھرے۔

جنسی ہراسیت اور اسکا الزام دودھاری تلواری کی طرح ہیں۔ سوشل میڈیا کے آنے کے بعد آدمی اور عورت کی عزت یا بے عزتی میں زیادہ فرق نہیں رہ گیا۔ نانا پاپیکر کو ایک الزام پر ہر فلم کی شوٹنگ سے نکال دیا گیا؛ اگر عمران خان آج کرکٹ ٹیم میں ہوتا اور عائشہ گلانی یہی الزام لگاتی تو وہ ورلڈ کپ ٹیم سے ڈراپ ہو جاتا یا باقی ٹیمیں پاکستان کے ساتھ کھیلنے سے انکار کر دیتیں۔ یہی حال غالباً علی ظفر کا ہے۔ میثا شفیع کو انصاف ملنا چاہیے لیکن اگر کوئی جھوٹا الزام لگائے تو اسکی سزا بھی سخت ہونی چاہیے ورنہ ”شیر آ یا شیر آ یا“ کے مصداق؛ سیلیبرٹی کے انتقامی یا حاسدانہ الزامات کی گرد میں ایک عام لڑکی کے ساتھ زیادتی یا دست درازی بھی مشکوک ہو جائے گی اور یہ عورت ذات پر ایک بڑا ظلم اور نا انصافی ہوگی۔



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

اور جارہی ہو یا بڑھا چڑھا کر الزام لگا یا جارہا ہو۔ علی ظفر اپنی زندگی کے بیسٹ فیئر سے گزر رہا تھا جب یہ واقعہ ہوا؛ عالیہ بھٹ سے لیکر کترینہ کیف، شاہ رخ خان سے لیکر نویر سنگھ اسکے کو اسٹارز تھے تو اسے ایسا کرنے کی کیا ضرورت تھی؟ جب پیسہ اور شہرت ہو تو بہت سی لڑکیاں فدا ہو جاتی ہیں اور علی ظفر کا بھی سر عیاشی کی کڑاہی میں تھا۔ اسکا ایک قریبی دوست راقم کا دوست ہے تو ڈیفنس فیزیکس میں اسکے نو تعمیر گھر کی پارٹیوں کا احوال پتا چلتا رہتا ہے۔ لیکن یہ سب بالغ فریقین کی باہمی رضامندی سے ہوتا ہے تو ظاہر ہے کسی کو کیا اعتراض! سوال وہی کہ یہ ہراسیت کا واقعہ کیونکر پیش آیا؟ یہ بھی ہو سکتا ہے کہ بولڈ میثا شفیع نے باتوں ہی باتوں میں علی کے ساتھ فلرٹ یا مذاق کیا ہو اور آدمی ایسے موقع پر حد کراس کر جاتے ہیں اور علی ظفر کیساتھ بھی ایسا ہی ہوا ہو۔ امریکہ میں بھی اکثر دیکھنے میں آیا ہو کہ ساتھ کام کرنے والے لڑکا لڑکی مذاق میں فزیکل چیئر چھاڑتے ہیں اور اگر ان بن ہو جائے تو لڑکی اسی چیئر چھاڑ کی شکایت ہراسیت کے طور پر کرتی ہے اسلئے سمجھدار لوگ کبھی، بالخصوص کام پر بیہودہ مذاق نہیں کرتے۔

میثا شفیع، صحافی حمید اختر مرحوم کی پوتی اور صبا حمید کی بیٹی ہے تو اتنی گری پڑی نہیں کہ بغیر کسی وجہ کے ایسے ہی الزام لگا دے۔ کچھ تو ہوا ہے جس نے اسکا بھرا گلاس چھلکا دیا۔ اب دونوں فریقین گواہ پیش کر رہے ہیں لیکن فرض کریں کہ اگر کوئی گواہ نہ ہوتا؟ سیٹ کے آس پاس دونوں تنہا ہوتے اور ایسا ہی الزام لگتا تو کون جیتتا؟ گواہ کی غیر موجودگی میں کوئی کیسے دست درازی ثابت کر سکتا ہے جبکہ اسکا کوئی ثبوت ہی نہیں؟ یہی وجہ بہت سی خواتین

ناچنے پر مجبور ہو گیا۔ ٹکٹ کے پیسے حلال کر دیئے اس پروفیشنل خاتون نے۔ پھر آتا ہے ہفتے کا مین بینکونٹ، سوٹ اور ٹکسڈو میں ملبوس امریکہ کے دور دراز سے آئے ڈاکٹرز، سفیر، سینیٹرز، ”کی نوٹ“ اسپیکر کی موجودگی اور اپنے پاکستانی احباب کی ”حب الوطنی“ کے اصرار پر، اتنا اہم ایونٹ، مگر می محترمی علی ظفر کو دے دیا گیا۔ سرکار دیر سے اسٹیج پر تشریف لائے اور نشے میں نُن تھے، آتے ہی فرنٹ رو میں بیٹھی ماضی کی بہترین اداکارہ اور موجودہ طور پر ایک نامور ڈاکٹر کی اہلیہ سے مخاطب ہو کر مانگ پر فرمایا، آپ تو پہلے سے بھی زیادہ حسین ہو گئی ہیں! یہ تعریف عام ہوش حواس اور سلیقے سے کی جاتی تو یقیناً اچھی لگتی لیکن اس ماحول اور اسکے اپنے نُن حال کے باعث عامیانا لگی۔ پھر وہ اپنی بے سُرئی آواز میں شروع ہو گیا اور جب بند ہوا تو ہر کسی کی سانس میں سانس آئی! خیر سے چھ سال ہونے کو آئے اور آج تک علی ظفر کو دوبارہ اپنا اور چیپٹرز کے سال میں ہونے والے بیس پچیس شوز میں سے کبھی کسی میں بھی نہیں بلایا گیا۔ حالانکہ راحت فتح، عاطف اسلم، ہر سال آتے ہیں جبکہ علی حیدر اور رفاقت علی خان تو رہتے ہی یہاں ہیں۔ تاہم اداکاری کے میدان میں علی ظفر نے بہترین صلاحیتوں کا مظاہرہ کیا اور نہ صرف انڈیا بلکہ پاکستان میں بھی انڈسٹری کو فروغ دیا۔

اب سوشل میڈیا کے ”اٹو سار“ اس کا نام میثا شفیع کو ہراساں کرنے بلکہ molest کرنے کے الزام میں آ رہا ہے۔ اس کہانی کے تین پہلو ہو سکتے ہیں

۱۔ علی ظفر نے واقعی ایسا کیا ہے

۲۔ میثا شفیع جھوٹا الزام لگا رہی ہے

۳۔ ہو سکتا ہے کہ بات کوئی اور ہو اور بتائی کچھ

علی ظفر کو پہلی بار ٹی وی کے ایک کمرشل میں دیکھا تھا جس میں وہ ہاتھ میں کھلونا جہاز پکڑ کر اڑاتے ہوئے پائیلٹ بن گیا تھا؛ جاذب نظر، پہلی نظر میں ہی اچھا لگا ورنہ آج کل کے ماڈل سکس پیکس یا سائز زیرو کے چکر میں ایسے پیچکے منہ کے نظر آتے ہیں کہ ہفت روزہ اخبار کے پچھلے صفحات میں بھرنے کے نئے کی تشہیر کی وجہ تسمیہ سمجھ میں آ جاتی ہے۔ پھر علی ظفر کے ہاتھ لگ گیا گانا ”چھنو“، جو کہ ہٹ ہوا تھا شاعری اور کمپوزیشن کی وجہ سے لیکن اسکے ساتھ اسکی بے سُرئی آواز بھی ہٹ ہو گئی۔ علی صاحب خود ہی ہر شو سے پہلے فرماتے تھے کہ لوگ کہتے ہیں میری آواز کشور کمار جیسی ہے، شکر ہے راقم نے کبھی کسی کو ایسا کہتے ہوئے نہیں سنا ورنہ بات گالی گلوچ سے لیکر ہاتھ پائی تک پہنچ سکتی تھی۔ لیکن جس ملک میں ”کھوتے کا گوشت“ بک سکتا ہے، وہاں علی ظفر کی آواز بھی بک گئی۔

جولائی 2013 میں ”اپنا“ کا سالانہ کنونشن اور لینڈو، فلوریڈا میں تھا جس میں پورے امریکہ سے پاکستانی ڈاکٹرز بمعہ اہل وعیال اکٹھے ہوتے ہیں۔ جمعرات کو امجد صابری (مرحوم) نے ایسا جادو جگا یا کہ بڑے ہال میں کھڑے ہونے کی جگہ نہیں تھی؛ سینیٹر ڈاکٹرز نے کرسیوں پر قبضہ کر لیا تو ہم جو نیبر ”چونکڑی مار کے“ امجد صابری کے عین سامنے بیٹھ گئے اور اسکی بذلہ سخی سے لطف اندوز ہوئے! جمعہ کو شو سندی چوبان کا تھا؛ کیا غضب کی پرفارمنس تھی، اسکی آواز اور ساتھ ڈانس، بے پناہ انرجی اور شائقین کو ساتھ لیکر چلنا، کرسیاں خالی ہو گئیں اور ہر بندہ جھومنے اور



سراج اورنگ آبادی

غزل

خبر تیر عشق سن نہ جنوں رہا نہ پری رہی
نہ تو تو رہا نہ تو میں رہا جو رہی سو بے خبری رہی
شہ بے خودی نے عطا کیا مجھے اب لباس برہنگی
نہ خرد کی بچی گری رہی نہ جنوں کی پردہ دری رہی
چلی سمت غیب میں کیا ہوا کہ چمن ظہور کا جل گیا
مگر ایک شاخ نہال غم جسے دل کہو سو ہری رہی
نظر تغافل یار کا گلہ کس زباں میں بیاں کروں
کہ شراب صد قدح آرزو غم دل میں تھی سو بھری رہی
وہ عجب گھڑی تھی میں جس گھڑی لیا درسِ نسو عشق کا
کہ کتاب عقل کی طاق پر جوں دھری تھی ہی دھری رہی
ترے جوش حیرت حسن کا اثر اس قدر میں یہاں ہوا
کہ نہ آئینے میں رہی جلا نہ پری کوں جلوہ گری رہی
کیا خاک آتش عشق نے دل بے نوائے سراج کوں
نہ خطر رہا نہ حذر رہا مگر ایک بے خطری رہی

❖❖❖



عبداللہ علیم

غزل

خیال و خواب ہوئی ہیں محبتیں کیسی
لہو میں ناچ رہی ہیں یہ وحشیں کیسی
عذاب جن کا تسم ثواب جن کی نگاہ
کھینچی ہوئی ہیں پس جاں یہ صورتیں کیسی
ہوا کے دوش پہ رکھے ہوئے چراغ ہیں ہم
جو بچھ گئے تو ہوا سے شکایتیں کیسی
جو بے خبر کوئی گزرا تو یہ صدا دے دی
میں سنگ راہ ہوں مجھ پر عنایتیں کیسی
نہیں کہ حسن ہی نیرنگیوں میں طاق نہیں
جنوں بھی کھیل رہا ہے سیاتیں کیسی
نہ صاحبان جنوں ہیں نہ اہل کشف و کمال
ہمارے عہد میں آئیں کثافتیں کیسی
جو ابر ہے وہی اب سنگ و خشت لاتا ہے
فضا یہ ہو تو دلوں میں نزاکتیں کیسی
یہ دور بے ہنراں ہے بچا رکھو خود کو
یہاں صداقتیں کیسی کراہتیں کیسی

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شہزاد احمد

غزل

داہن میں آنسوؤں کا ذخیرہ نہ کر ابھی
یہ صبر کا مقام ہے گریہ نہ کر ابھی
جس کی سخاوتوں کی زمانے میں دھوم ہے
وہ ہاتھ سو گیا ہے تقاضا نہ کر ابھی
نظریں جلا کے دیکھ مناظر کی آگ میں
اسرار کائنات سے پردا نہ کر ابھی
یہ خامشی کا زہر نسوں میں اتر نہ جائے
آواز کی شکست گوارا نہ کر ابھی

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ولئی الدین

حلیہ

کہتی ہے غصہ کو ہنسی میں اڑاتے کیوں ہو
حسینوں سے باتیں کر کے جلاتے کیوں ہو
ڈانٹنگ کر کے بھی یہ حال ہے تمہارا
ولئی آئینہ کو اپنا حلیہ دکھاتے کیوں ہو

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مہمان

وہ آئے تھے گھر حلیہ پریشان کئے ہوئے
بکھرا تھا حسن چاک گریباں کئے ہوئے
سوچتا ہوں گھر والوں کو Vacation پہ بھیج دوں
”مدت ہوئی ہے یار کو مہمان کئے ہوئے“

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راز

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

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ناصر کاظمی

غزل

دل میں اک لہر سی اچی ہے ابھی
کوئی تازہ ہوا چلی ہے ابھی
بھری دنیا میں جی نہیں لگتا
جانے کس چیز کی کمی ہے ابھی
تو شریک سخن نہیں ہے تو کیا
ہم سخن تیری خامشی ہے ابھی
یاد کے بے نشاں جزیروں سے
تیری آواز آ رہی ہے ابھی
شہر کی بے چراغ گلیوں میں
زندگی تجھ کو ڈھونڈتی ہے ابھی
سو گئے لوگ اس حویلی کے
ایک کھڑکی مگر کھلی ہے ابھی
تم تو یارو ابھی سے اٹھ بیٹھے
شہر میں رات جاگتی ہے ابھی
وقت اچھا بھی آئے گا ناصر
غم نہ کر زندگی پڑی ہے ابھی

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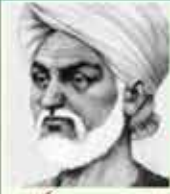


پروین شاکر

غزل

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

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خواجہ میر درد

غزل

ہم نے کس رات نالہ سر نہ کیا
پر اسے آہ کچھ اثر نہ کیا
سب کے ہاں تم ہوئے کرم فرما
اس طرف کو کبھو گزر نہ کیا
کیوں بھویں تانتے ہو بندہ نواز
سینہ کس وقت میں سپر نہ کیا
کتنے بندوں کو جان سے کھویا
کچھ خدا کا بھی تو نے ڈر نہ کیا
دیکھنے کو رہے ترستے ہم
نہ کیا رحم تو نے پر نہ کیا
آپ سے ہم گزر گئے کب کے
کیا ہے ظاہر میں گو سفر نہ کیا
کون سا دل ہے وہ کہ جس میں آہ
خانہ آباد تو نے گھر نہ کیا
تجھ سے ظالم کے سامنے آیا
جان کا میں نے کچھ خطر نہ کیا
سب کے جوہر نظر میں آئے درد
بے ہنر تو نے کچھ ہنر نہ کیا

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میر حسن

غزل

دل بر سے ہم اپنے جب ملیں گے
اس غم شدہ دل سے تب ملیں گے
یہ کس کو خبر ہے اب کے بچھڑے
کیا جانے اس سے کب ملیں گے
جان و دل و ہوش و صبر و طاقت
اک ملنے سے اس کے سب ملیں گے
دنیا ہے سنجبل کے دل لگانا
یاں لوگ عجب عجب ملیں گے
ظاہر میں تو ڈھب نہیں ہے کوئی
ہم یار سے کس سب ملیں گے
ہوگا کبھی وہ بھی دور جو ہم
دل دار سے روز و شب ملیں گے
آرام حسنِ تجھی تو ہوگا
اس لب سے جب اپنے لب ملیں گے

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مائلی سائرس کا طیارہ حادثے سے بال بال بچ گیا

امریکی پاپ گلوکار، اداکارہ و موسیقار مائلی سائرس کا طیارہ جنوبی امریکی پیراگوئے جاتے ہوئے خطرناک حادثے سے مداموں سے معذرت بھی کی۔ مائلی سائرس نے مزید بتایا کہ وہ، ان کے اہل خانہ اور ٹیم سمیت تمام افراد خیریت سے ہیں۔ گلوکارہ کے جہاز کے ساتھ حادثے کی خبر ہونے کے بعد کئی شوہر شخصیات نے ان کے ساتھ ہمدردی کا اظہار کرتے ہوئے ان کے لیے نیک خواہشات کا اظہار کیا۔ رائٹرز نے بتایا کہ مائلی سائرس کے جہاز کو پیراگوئے کے برازیلی سرحد کے قریب صوبے میں اتارا گیا اور ملک میں خراب موسمی صورتحال کے پیش نظر گلوکارہ کا کنسرٹ بھی ملتوی کیا گیا تھا۔ مائلی سائرس سے قبل متعدد ہولی وڈ، یورپی، امریکی، برطانوی، کینیڈین اور آسٹریلین شخصیات کے نجی طیارے خراب موسم سمیت دیگر تکنیکی مسائل کی وجہ سے حادثات کا شکار ہو چکے ہیں اور متعدد شخصیات موت کے منہ میں جا چکی ہیں۔



سے بال بال بچ گیا اور گلوکارہ سمیت ان کے تمام اہل خانہ اور ٹیم ارکان محفوظ رہے۔ خبر رساں ادارے رائٹرز کے مطابق مائلی سائرس جنوبی امریکی ملک میوزک کنسرٹ میں شرکت کے لیے جا رہی تھیں کہ برازیل کی سرحد کے قریب ان کے طیارے پر آسمانی بجلی آ کر گری۔ گلوکارہ و اداکارہ نے جہاز سے آسمانی بجلی ٹکرائے جانے کی مختصر ویڈیو بھی انسٹاگرام پر شیئر کی اور مداموں کو بتایا کہ ان کے جہاز کے ساتھ حادثہ پیش آیا۔ مائلی سائرس کی جانب سے شیئر کی گئی ویڈیو میں گلوکارہ، ان کے اہل خانہ اور ٹیم ارکان دکھائی نہیں دیتے، تاہم ویڈیو میں دیکھا جاسکتا ہے کہ جہاز کے ساتھ کوئی زوردار آگ یا روشنی آ کر ٹکراتی ہے، جس سے جہاز تھوڑا سا بے ترتیب بھی ہو جاتا ہے۔ اداکارہ نے مذکورہ ویڈیو کو شیئر کرتے ہوئے مداموں کو بتایا کہ حادثے کے بعد انہیں جہاز کو ہنگامی لینڈنگ کروانی پڑی اور وہ فوری طور پر

تبصرے میں نامناسب الفاظ استعمال کرنے پر زویا ناصر تنقید نگار اماں پر برہم

ماڈل و اداکارہ زویا ناصر نے ڈراما تنقید نگار لبنی فریال المعروف 'اماں جی' کی جانب سے تبصرے میں نامناسب الفاظ استعمال کیے جانے پر برہمی کا اظہار کرتے ہوئے انہیں اداکارہ نے تنقید نگار کے لیے لکھا کہ وہ ان کی بہت عزت کرتی ہیں مگر لبنی فریال کے تبصرے نے ان کا دل توڑ دیا۔ انہوں نے لبنی فریال کو بتایا کہ اداکار محنت کر کے کرداروں میں جان



شائستہ زبان استعمال کرنے کا مشورہ دیا ہے۔ لبنی فریال المعروف 'اماں جی' نے حال ہی میں زویا ناصر کے نشر ہونے والے ڈرامے 'بد ذات' پر تبصرہ کرتے ہوئے نامناسب الفاظ استعمال کیے تھے۔ لبنی فریال نے تبصرہ کرتے ہوئے ڈرامے میں صبا فیصل کے کردار کے لیے 'طوائف جب کہ زویا ناصر کے کردار پر تجزیہ کرتے ہوئے انہوں نے 'ہیرامنڈی' کا لفظ بھی استعمال کیا تھا۔ ڈرامے میں صبا فیصل رقصہ ہوتی ہیں اور ان کی بیٹی زویا ناصر ماڈل بنا چاہتی ہیں، جس پر لبنی فریال نے طوائف اور ہیرامنڈی کے الفاظ استعمال کیے۔ اداکارہ نے انسٹاگرام اسٹوریز میں ردعمل کا اظہار کیا بی بی اسکرین شاٹ ان کی جانب سے کرداروں کے لیے نامناسب الفاظ استعمال کرنے پر زویا ناصر نے افسوس کا اظہار کرتے ہوئے اپنی متعدد انسٹاگرام اسٹوریز میں لبنی فریال پر تنقید کی اور امید ظاہر کی کہ اگلی بار اماں جی تبصرہ کرتے وقت اچھے الفاظ استعمال کریں گی۔ زویا ناصر نے لبنی فریال کے لیے لکھا کہ انہوں نے تبصرہ کرتے وقت نامناسب الفاظ کا انتخاب کیا اور کرداروں کی تضحیک کی۔ اداکارہ نے متعدد اسٹوریز شیئر کیں بی اسکرین شاٹ کیا ہے۔

رمضان المبارک: شوگر کے مریض روزہ داروں کو خاص احتیاط کی ضرورت ہے

ذیابیطس کے مریض روزہ افطار کرتے ہوئے ایک کھجور کھا سکتے ہیں اور اگر ان کا شوگر لیول متوازن ہے تو 2 کھجوریں بھی کھائی جاسکتی ہیں۔

افطار کے دوران پھلوں کی چاٹ بغیر چینی، کریم اور دودھ کے کھائی جاسکتی ہے، پھلوں میں تھوڑی سی مقدار میں لیموں کا رس بھی شامل کیا جاسکتا ہے۔

مائع میں سادہ پانی، بہترین قرار دیا جاتا ہے جبکہ نمک میں بنا ایک گلاس لیموں پانی بھی پیا جاسکتا ہے، شوگر کے مریض گھر کی بنی ہوئی غذاؤں کا ہی استعمال کریں، کوشش کریں کہ تیل، نمک، لال مرچ اور چینی کی زیادہ مقدار لینے سے پرہیز کیا جائے۔

شوگر کے مریض رات بھوک لگنے پر ایک روٹی کم مرچ مصالحوں والے سالن کے ساتھ یا سلاد اور رات کے ساتھ کھا سکتے ہیں، چاولوں کا استعمال بھی کیا جاسکتا ہے مگر ایک پلیٹ سے زیادہ نہیں، رات سونے سے قبل بھوک محسوس ہونے پر ایک گلاس دودھ بغیر شکر کے پیا جاسکتا ہے۔

رمضان بخیر و عافیت گزارنے اور روزوں کے مکمل فوائد حاصل کرنے کے لیے افطار کے بعد اور رات کھانے سے قبل کم از کم 30 منٹ چہل قدمی لازمی کریں، شوگر کے مریضوں کے لیے چہل قدمی بھی ایک بہترین علاج قرار دیا جاتا ہے۔

شوگر کے مریض اپنے معالج کے مشوروں کے مطابق رمضان گزاریں، خود سے ادویات یا شوگر لیول کے کم یا زیادہ ہونے کی علامات پر علاج نہ کریں۔



ہونے والی غذاؤں میں حلیم بھی شامل ہے، حلیم میں گوشت اور دالوں کے سبب فائبر بہت زیادہ پایا جاتا ہے جس کے نتیجے میں تا دیر بھوک نہیں لگتی۔

کولیسٹرول کے بڑھنے کے خدشات کے سبب انڈے کا استعمال نہ کریں، شوگر کے مریض اگر انڈے کا استعمال کرنا بھی چاہتے ہیں تو نصف زردی کے ساتھ انڈہ کھایا جاسکتا ہے، انڈے کا استعمال کسی سالن کے ساتھ ملا کر بھی کیا جاسکتا ہے۔

شوگر کے جن مریضوں کو پیاس زیادہ لگتی ہے وہ سحری میں الائچی کے قہوے کا استعمال کر سکتے ہیں، الائچی کے قہوے میں کم مقدار میں دودھ بھی شامل کیا جاسکتا ہے یا پھر نمکین لسی کا استعمال بھی کیا جاسکتا ہے۔

سحری کے دوران میٹھے میں کھلے، پھینیاں، کسٹرڈ یا کسی بھی قسم کی میٹھی غذا کا استعمال ہرگز نہ کریں۔

شوگر کے مریض روزہ کھجور سے افطار کر سکتے ہیں، ایک تحقیق کے مطابق ایک کھجور میں 6 گرام کاربوہائیڈریٹس پائے جاتے ہیں جس میں معدنیات، فائبر، فاسفورس اور پوٹاشیم

بھی موجود ہوتا ہے، کھجور میں پائے جانے والا پوٹاشیم تھکاوٹ اور بوجھل پن دور کرتا ہے۔

کے مریض رمضان کے مہینے کے دوران پروٹین اور فائبر سے بھرپور غذا کا استعمال کریں جبکہ میٹھے کھانوں اور کیفین سے گریز کریں۔

ذیابیطس کے مریض رمضان کے دوران ہر قسم کی غذا کا استعمال کر سکتے ہیں، بس یہ خیال رکھیں کہ وہ متوازن غذا ہو، کسی بھی غذا کا زیادہ استعمال پریشانی کا باعث بن سکتا ہے۔

طبی ماہرین کی جانب سے شوگر کے مریضوں کے لیے تجویز کیے گئے چند مفید مشورے مندرجہ ذیل ہیں۔

شوگر کے مریض کے لیے ماہرین کی جانب سے تجویز کیا جاتا ہے کہ سب سے پہلے وہ خود کو روزہ رکھنے کے لیے ذہنی طور پر تیار کریں۔ ماہرین کی جانب سے بہترین مشورہ یہ دیا جاتا ہے کہ ہر مریض رمضان کے آغاز سے قبل ہی اپنے معالج سے دواؤں اور غذا کا چارٹ اور طریقہ استعمال بنوالے، ادویات سے متعلق خود سے کوئی فیصلہ نہ کریں۔

شوگر کے شکار افراد سحری میں ایسی غذاؤں کا استعمال کریں جو دیر سے ہضم ہوں، عام حالات میں ذیابیطس کے مریض پراٹھا نہیں کھا سکتے لیکن وہ سحری میں کم تیل سے بنا ہوا پراٹھا کھا سکتے ہیں، دیر سے ہضم

ماہ صیام رحمتوں اور برکتوں کا مہینہ ہے، تاہم ایسے ماہ میں ذیابیطس سمیت مختلف بیماریوں کا شکار افراد کچھ مشکل میں پڑ جاتے ہیں کہ وہ روزہ کیسے رکھیں۔ شوگر کے مریضوں کو سب سے پہلے روزہ رکھنے سے قبل اپنے معالج سے رابطہ کرنا چاہئے اور اپنے معالج کے تجویز کردہ اصولوں پر عمل کرنا چاہئے۔

طبی ماہرین کے مطابق روزہ رکھنا ان افراد کے لیے مشکل ہوتا ہے جو کہ انسولین کا استعمال کرتے ہوں یا شوگر سے متعلق مخصوص ادویات کا استعمال کر رہے ہوں، ایسے افراد روزہ رکھنے کی صورت میں اگر پورے مہینے اپنے شوگر لیول کو مسلسل مانیٹر کرتے رہیں اور اپنے بلڈ شوگر لیول پر کڑی نظر رکھیں تو انہیں اس کی سمجھ آجائے گی اور وہ اپنے کھانے پینے کی عادات اور روزے کو اپنی شوگر کے لیول کے مطابق باآسانی چلا سکتے ہیں۔ ماہرین کا کہنا ہے کہ ذیابیطس ٹائپ 1 کے مریضوں کو روزہ نہیں رکھنا چاہئے جبکہ ذیابیطس ٹائپ 2 کے مریضوں کو روزہ رکھنے سے قبل اپنے معالج سے ضرور مشورہ کر لینا چاہئے تاکہ کسی ایمرجنسی کی صورت کا سامنا نہ کرنا پڑے۔ شوگر لیول گرنے اور زیادہ ہونے کی علامات کیا ہیں؟

انسانی خون میں شوگر لیول کی کمی کی علامات میں بہت زیادہ پسینہ آنا، سردی لگنا، انتہائی شدید بھوک کا محسوس ہونا، پینائی کا دھندلانا، دل کی دھڑکن کی رفتار تیز ہونا اور سر چکرانا شامل ہے جبکہ شوگر لیول میں اضافے کی علامات میں مریض کے ہونٹوں کا خشک ہونا اور بار بار پیشاب آنا شامل ہے۔ طبی ماہرین کی جانب سے تجویز کیا جاتا ہے کہ شوگر

On the lighter side....

My daughter was doing her homework and asked me what I knew about Galileo.

I, proudly and confidently, told her that he was just a poor boy from a poor family.

Two friends arranged to meet at a store in the local mall. One never showed up, so the other went home. When they talked later that night, the second woman asked the first what had happened.

"It was terrible," the first woman said. "I was on the escalator on my way to meet you, and it suddenly stopped running. I stood there for over an hour while they fixed it."

"You stood on the elevator for an hour while he fixed it?" the second friend asked

"Of course, what else would I do?"

"You dummy! Why didn't you sit down?"

My niece, pregnant with her second child, was certain she wanted an epidural for pain management during child-birth. Her doctor asked her at which stage of labor she wanted the epidural administered.

Her response: "Just meet me in the parking lot!"

ME: What does "competitive salary" mean?

BOSS: It means your salary will be competing with your bills.

Losing weight doesn't seem to be working for me,...

So from now I'm going to concentrate on getting taller!

The local District Judge had given the defendant a lecture on the evils of drinking. But in view of the fact that this



was the first time the man had been drunk and incapable, the case was dismissed on payment of ten shillings costs.

"Now don't let me ever see your face again," said the Justice sternly as the defendant turned to go.

"I'm afraid I can't promise that, sir," said the released man.

"And why not?"

"Because I'm the barman at your regular pub."

Two old friends met one day after many years. One attended college, and now was very successful. The other had not attended college and never had much ambition.

The successful one said, "How has everything been going with you?"

"Well, one day I opened the Bible at random, and dropped my finger on a word and it was oil. So, I invested in oil, and boy, did the oil wells gush. Then another day I dropped my finger on another word and it was gold. So, I invested in gold and those mines really produced. Now, I'm as rich as Rockefeller."

The successful friend was so impressed that he rushed to his hotel, grabbed a Gideon Bible, flipped it open, and

dropped his finger on a page. He opened his eyes and his finger rested on the words, "Chapter Eleven."

The British Ambassador walked briskly into the foyer of a magnificent Washington hotel and stopped for a moment to speak with one of the bright-buttoned Bellmen in the lobby. After he walked on, an assistant manager who had witnessed the incident, went over to the bellman and said, "What did the Ambassador want?"

"I don't know," answered the bellman. "He couldn't speak an ounce of English."

My friend Nancy and I decided to introduce her elderly mother to the magic of the Internet. Our first move was to access Google, and we told her it could answer any question she had.

Nancy's mother was very skeptical until Nancy said, "It's true, Mom... think of something to ask it."

As I sat with fingers poised over the keyboard, Nancy's mother thought a minute, then responded, "How is Aunt Helen feeling?"

I was working in the sun all day, putting finishing touches on the new deck outside my house. My sister pulled into the driveway, greeted me, and looked over my work.

"Wow," she gushed, "you're an expert."

Feeling complimented and satisfied, but trying not to seem egotistical, I responded... "Once you get going, it's pretty easy!"

She looked puzzled and wondering if I'd misunderstood her I asked, "What did you just say?"

She replied, "I said your neck's burnt!"



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