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

SEPTEMBER 2024 Vol 15, Issue 9

New Delhi and Male held a defence dialogue

For the first time since India withdrew its uniformed military personnel from the Maldives early this year, New Delhi and Male held a defence dialogue here Friday at the level of top officials where they discussed “ongoing defence cooperation projects” and “forthcoming bilateral military exercises”.

This is significant since a chill has gripped bilateral relations since President Mohamed Muizzu assumed office last year on the plank of his “India Out” campaign.

The last defence cooperation dialogue was held in March last year in Male when then President Ibrahim Solih was in office, months before Muizzu took over as President.

According to an official statement by the Defence Ministry on the 5th Defence Cooperation Dialogue between India and the Maldives, the Indian delegation was led by Defence Secretary Giridhar Aramane while the Maldivian delegation was headed by Chief of Defence Force, Maldives National Defence Force General Ibrahim Hilmy.

“The meeting provided both sides with an opportunity to discuss the matters related to bilateral defence cooperation. This, inter alia,

included expediting the implementation of various ongoing defence cooperation projects,” the statement said.

“The two sides also deliberated on few other areas of common interest such as high-level exchanges and capability development projects. The aspects of participation in forthcoming bilateral military exercise were also discussed,” it said.



The statement said that the entire range of talks was “productive” which will advance shared interests of both the nations in the near future and bring stability and prosperity in the Indian Ocean Region.

Shah Rukh Khan's son Aryan Khan is currently gearing up for his debut as a director. Amid buzz that he will discuss potential acting opportunities with his father after his show Stardom's release, a Mid-day report has said that several top Bollywood directors and producers are said to be keen to make a big-ticket movie with the star kid, who is the eldest child of Shah Rukh and his interior designer-film producer wife, Gauri Khan



Per the report, those who have met Aryan Khan believe he has it in him to follow into Shah Rukh's footsteps and ‘become the next big thing’. While Shah Rukh's filmmaker friends Aditya Chopra, Karan Johar and Farah Khan have reportedly offered to direct Aryan's debut film, the report added that director Rakeysh Omprakash Mehra has also ‘approached the Khans with an epic subject’.

However, the report said that Aryan ‘is focusing all his energy on his maiden directorial venture’. It is said that only when he is through with the web series, will he discuss with his superstar-dad whether he should explore acting. Insiders told the portal that Aryan ‘has always been inclined towards filmmaking’ — something that Shah Rukh had spoken about during the release of Zero (2018).

Former Republican Vice President Dick Cheney says he'll vote for Harris

Former Vice President Dick Cheney, one of the most prominent Republicans in the last half-century, announced Friday will be crossing party lines this election and voting for Vice President Kamala Harris, contending former President Donald Trump “can never be trusted with power again.”



“In our nation's 248-year history, there has never been an individual who is a greater threat to our republic than Donald Trump. He tried to steal the last election using lies and violence to keep himself in power after the voters had rejected him,” he said in a statement.

“As citizens, we each have a duty to put country above partisanship to defend our Constitution. That is why I will be casting my vote for Vice President Kamala Harris.”

Cheney released his statement hours after his daughter, former Wyoming GOP Rep. Liz Cheney, revealed his intentions. She told “The Atlantic” magazine's Mark Leibovich in an interview at the Texas Tribute Festival that her father believes this is a serious moment in history.

“My dad believes -- and he said publicly -- that there's never been an individual in our country who is as grave a threat to our democracy as Donald Trump is, and that's, that's the moment that we're facing,” she said.

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Welcoming Khaja Nayeemuddin in Dallas. Picture taken at a gathering in Ahtesham's Mansion in Irving,

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Grand Prairie ISD superintendent placed on administrative leave

GRAND PRAIRIE, Texas - Grand Prairie ISD has placed its newly appointed superintendent on paid administrative leave following a special board meeting. The district said Superintendent Jorge Arredondo's leave is effective immediately.

Deputy Superintendent of Business Operations Tracy Ray will be the acting superintendent.

In a statement, the district says the decision was made "in order to protect the district and Dr. Arredondo."

A third-party law firm is conducting an investigation. However, the district did not specify the nature of the investigation.

During Wednesday night's meeting, five trustees voted in favor of placing Arredondo on leave and two voted against the move, including board member David Espinosa.

"I believe we need more substance in this investigation. I believe this seems like a witch hunt and driven by political motives. And, of course, we would like to get more substance in this investigation," he said.

Arredondo officially started as superintendent in July.

Yahoo/Finance
Paige Ellenberger



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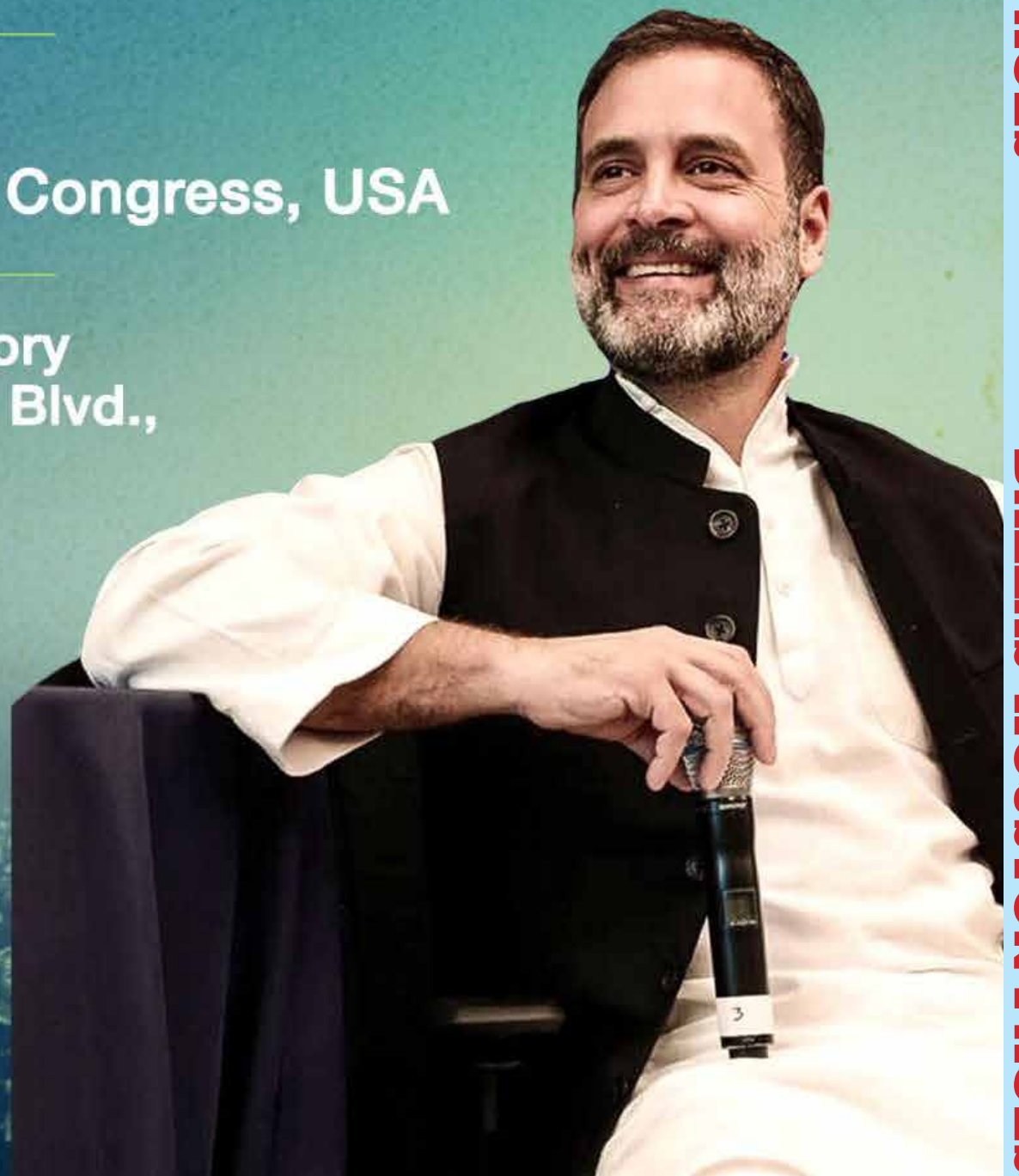
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Event organized by Telangana Association Alkhorbar



It's a fantastic event organized by Telangana Association Alkhorbar As Grand Entry Of Our Hyderabad Legendary Singer Mr Safi Malik. Other singers also Present and rock the floor including Mr Mohsin Khan, Mr Omar Baig, Mr Sayeed, Mr Aijaz Bhai Mr Waseem Muqadam from Jeddah.

Mr Mohammed Abdul Moiz President HYD Association. Mr Osman, Mr Abdul Haq , And Mr Shoeb was also present.

Special Thanks to Telangana Association Core Committee and President Syed Minhajuddin Appreciated his team Members Mr.Raziuddin Vice President Operation. Mr Mazher Director Ta , Mr Nazeer General Secretary, Mr Junaid Core Committee Member and Mr Aijaz also Present. Special thanks To Our Chief Guest Mr Abdul Jabbar President TNRI and Mr Imtiaz Ahmed Director AlYami,Rasheed Khan Shalimar Restaurant CEO also present at event.



ABC releases Trump, Harris debate rules

Former President Trump and Vice President Harris have agreed to the rules set by ABC News for their first debate next week, the network announced Wednesday.

ABC News will be hosting the debate between Trump and Harris on Sept. 10, and it will mark the first debate since President Biden dropped out of the race in July. Each candidate agreeing to the rules comes after both campaigns clashed over whether the microphones should be muted when the other candidate is speaking.

The vice president's team pushed to change the rule to keep microphones unmuted, but ABC said Wednesday that microphones will only be live during a candidate's turn to speak and will be muted when it's their opponent's turn to speak. This is the same set of microphone rules that President Biden and Trump adhered to during the CNN debate in June.

Next week's debate will be moderated by ABC's David Muir and Linsey Davis and will take place in the the National Constitution Center in Philadelphia, without an audience. The debate will be 90 minutes long and include two commercial breaks.

Trump won a virtual coin flip Tuesday to deter-

mine the order of the closing statements and the podium placement. He opted to select the order of the closing statements and chose to deliver the last closing statement of the debate, while Harris selected the right podium position on the screen, according to ABC's announcement. Former President Trump and Vice President Harris have agreed to the rules set by ABC News for their first debate next week, the network announced.

ABC News will host the next presidential debate between Trump and Harris on Sept. 10, marking the first debate since President Biden dropped out of the race in July. Each candidate agreeing to the rules comes after both campaigns clashed over whether the microphones should be muted when the other candidate is speaking.

The vice president's team pushed to change the rule to keep microphones unmuted, but ABC said that microphones will only be live during their turn to speak and will be muted when it's their opponent's turn to speak. There will be no opening statements for the debate, and the closing statements will be two minutes long for each candidate.

Each candidate will have two minutes to answer the questions, two minutes for rebuttals and one



additional minute "for follow-ups, clarifications, or responses." Candidates are not allowed to ask questions of each other, according to the rules.

They will each have a pen, a pad of paper and a bottle of water but will not be allowed any prewritten notes or props, according to the announcement. Campaign staff will also not be allowed to interact with their candidates during commercial breaks.

Many polls show a close race between Harris and Trump, heightening the stakes of the debate. The Hill/Decision Desk HQ's national polling average shows Harris leading the former president by 4 percentage points, based on an aggregate of 155 polls.

Lauren Sforza
Yahoo/News

IFTEKHAR SHAREEF PAGE



Fundraiser for Ashfaq Syed for Naperville city council, seen is Mir Ali Khan and Mr & Mrs Dr Ausaf Sayeed former ambassador to Saudi Arabia



August 15 th celebration in Schaumburg, Illinois at India hub of Harish Kolasani , seen with me is Mir Zia Khan , Dr Srinivas Reddy , Hina Trivedi and Santosh kumar

Iftekhar shareef meeting Sonu Sood a Bollywood actor and social worker especially during CO-VID times



August 15 th celebration at Chicago cultural center, hosted by Consul general of Chicago Somnath Gosh . Seen with Iftekhar shareef is Ambassador Somnath Gosh Consul general of India at Chicago, Dr Ausaf Sayeed former ambassador of India to Saudi Arabia, Mir Zia Khan and Ashfaq Hussain



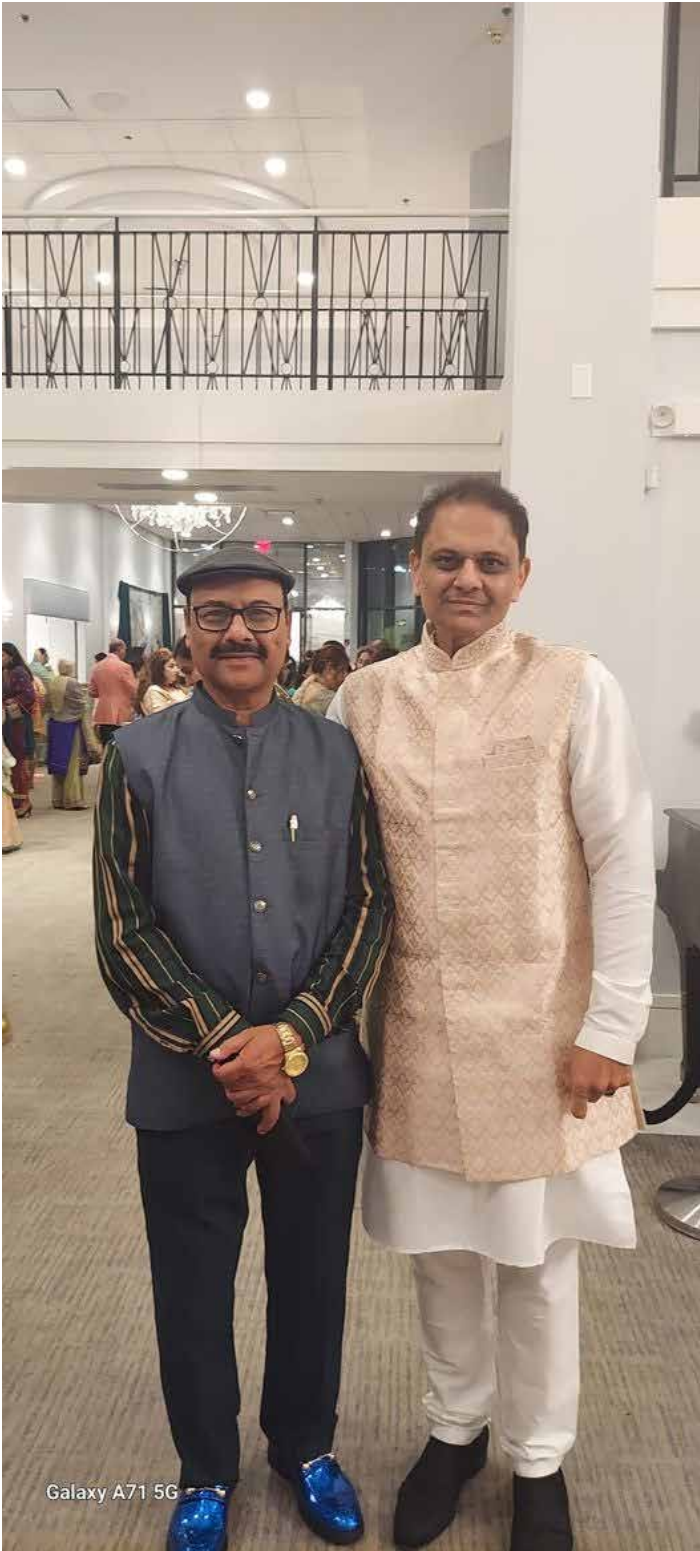
Iftekhar shareef in a ghazal program at Falak banquets organised by Khurram Syed . Seen in picture is Iftekhar shareef with Am-bassador Somnath Gosh , singer Dipanwita Chakraborty Masood Ali and others



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Shakeel Khaleel Baig
At Fhem bhai daughter's wedding



Waliuddin and Roshan Waliuddin at a wedding in Canada



Passionate celebration of Pakistan Independence Day in Wheaton

Syed Khalil Ullah, Community Contributor

August is the month that Americans celebrate Pakistan's Independence Day. Pakistan's Independence Day Fair was enthusiastically planned by the PAK-US Freedom Reliance in the Wheaton, DuPage County Fairground.

Approximately 5,000 people attended the historic event, including members of the American, South Asian, and Pakistani communities as well as local government representatives, diplomats, and journalists from both nations.

Prior to the Pakistani consul general, Mr. Tariq Kareem, and the local officials joining the cake-cutting ritual, the Holy Quran was recited. The mayors of numerous surrounding cities, as well as senators, representatives, and members of Congress. The presence of numerous DuPage County Board members and Chicago North suburban municipal officials was acknowledged as were greetings from the county treasurer and attorney general of DuPage. Judge Linda Davenport, DuPage County Board member Saadia Gul Covert, a Pakistani American, Sheriff James Mendrick, Judge John Anderson, Milton Township Supervisor John Monino, and other notable individuals took part in the historic occasion. The organizers presented awards to the majority of dignitaries and community leaders.

According to Consul General Tariq Karim, "Our Country Pakistan is making every effort to realize the Quaid's vision of a modern, democratic, and prosperous Pakistan." In the words of Mr. Iqbal Khan, president of PAK-US Freedom Reliance, "I have been active in DuPage County for more than 33 years to further promote US-Pakistan relationship and to take it to new heights."

Traditional music was played for the general public during the entire event. Families were encouraged to join in the celebration of Pakistan's Independence Day through the music program. Local businesses exhibited their products and lined the streets with booths selling everything from colorful clothing and scarves to meals from nearby restaurants.

Several Pakistani-Americans and their families from the DuPage County, Chicago area, and other areas participated in this Azadi Mela. Renowned Pakistani vocalists Nadeem Abbas Rufi, Karachi's Amjed Rana, Aamir Shah, and a few local singers stole the show at the concert with their best performances.

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The organizers of this event also set up booths selling traditional Pakistani cuisine, and the attendees' attention was attracted to booths selling clothing, jewelry,

and public Food services.

Women, kids, elderly men, and women were all observed waving the Pakistani flag, swaying to songs about the homeland, and demonstrating their love for Pakistan while taking part in the Azadi Mela.

He said that they all remember their homeland Pakistan here in America and pray for its development because the heart is Pakistani.

On this occasion, the spirit of Azadi Mela and President of Pakistan American Friendship Association Iqbal Khan said that they have been decorating Azadi Mela to celebrate Pakistan's independence for the past several years.

He further said that the hall is full of participants, a house full show which is the guarantee of success of this festival. People not only enjoyed the performances of the singers but also shopped from the stalls and enjoyed Pakistani food.

Ausaf Zaidi said that for this success, I am deeply grateful to the entire team and volunteers of my team, and I am also thankful to all the sponsors of this Azadi Mela, without whose help such a big Mela could not have been organized.

Dressed in a green dress and waving the green crescent flag at the Azadi Mela, Consul General of Pakistan Tariq Karim said that freedom is a great blessing and asked the people of Palestine about its importance. Even living in America, we value the freedom of our dear country, and we are all celebrating this day together with great enthusiasm. People are enjoying the show, and the hall is packed with people.

while congratulating all the Pakistanis living around the world, including America, said that he thanks all the participants for organizing this successful show and pays tribute to the entire team of PAK-US Freedom Reliance

Iram Khan and Nazar Naqvi were the Emcees of the program.

At the same time, Amjed Rana said that I feel proud for myself that I came here to represent the homeland away from the homeland. I am happy to see that the spirit of patriotism still resides in their hearts even in Karachi

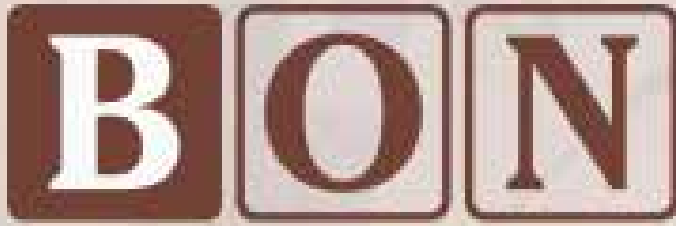
Famous singer Nadeem Abbas Rufi said that we want to say that we are definitely far away from Pakistan, but even here we are celebrating Pakistan's Independence Day with great enthusiasm.

Attendees at the Azadi Mela expressed gratitude to the entire Iqbal Khan and Ausaf Zaidi team and expressed the hope that they would continue to host events of this caliber in the future. The event was



attended by people of DuPage County as well as intimate friends, acquaintances,





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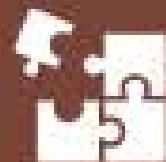
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IRFAN PATHAN

Irfan Pathan, a former Indian cricketer, has had a notable career both on and off the field. His journey from a promising young talent to a respected sports figure includes significant changes in his lifestyle and residences. Here's a look at his journey from modest beginnings to his current status:

Early Life and Career

Early Life: Irfan Pathan was born on October 27, 1984, in Baroda (now Vadodara), Gujarat, India. He came from a humble background; his father, Yusuf Pathan, was a small-time businessman and a cricketer, and his mother, Shahida Pathan, was a homemaker. Irfan and his brother Yusuf, also a cricketer, grew up in a modest household with a passion for cricket.

Early Career: Pathan began his cricketing career in domestic cricket and made his international debut for India in 2003. He quickly gained recognition for his all-round capabilities, especially his swing bowling and middle-order batting. His performances in international cricket and the IPL contributed significantly to his rise in wealth.

Rise to Wealth and Luxurious Residences

Career Success: Irfan Pathan's successful career, including notable performances in international cricket and his stint in the Indian Premier League (IPL), helped him achieve financial stability. He was known for his contributions to the Indian cricket team and his involvement with various teams in the IPL.

Current Residences:

House in Mumbai: Irfan Pathan owns a luxurious apartment in Mumbai, reflecting his successful cricket career. The residence is designed with modern amenities and features a stylish and contemporary interior.

House in Vadodara: Pathan also has a beautiful house in Vadodara, his hometown. This residence is a testament to his roots and includes

modern comforts and a spacious layout.

Comparison: Then vs. Now

Early Residence: During his early cricketing days, Irfan Pathan lived in relatively modest accommodations in Vadodara. His family's lifestyle reflected their middle-class background, and the focus was on supporting his budding cricket career.

Current Residences: Today, Irfan Pathan's residences are luxurious and a reflection of his successful career. His homes in Mumbai and Vadodara showcase modern design and high-end amenities, highlighting his achievements and elevated lifestyle.

Key Features of Modern Homes:

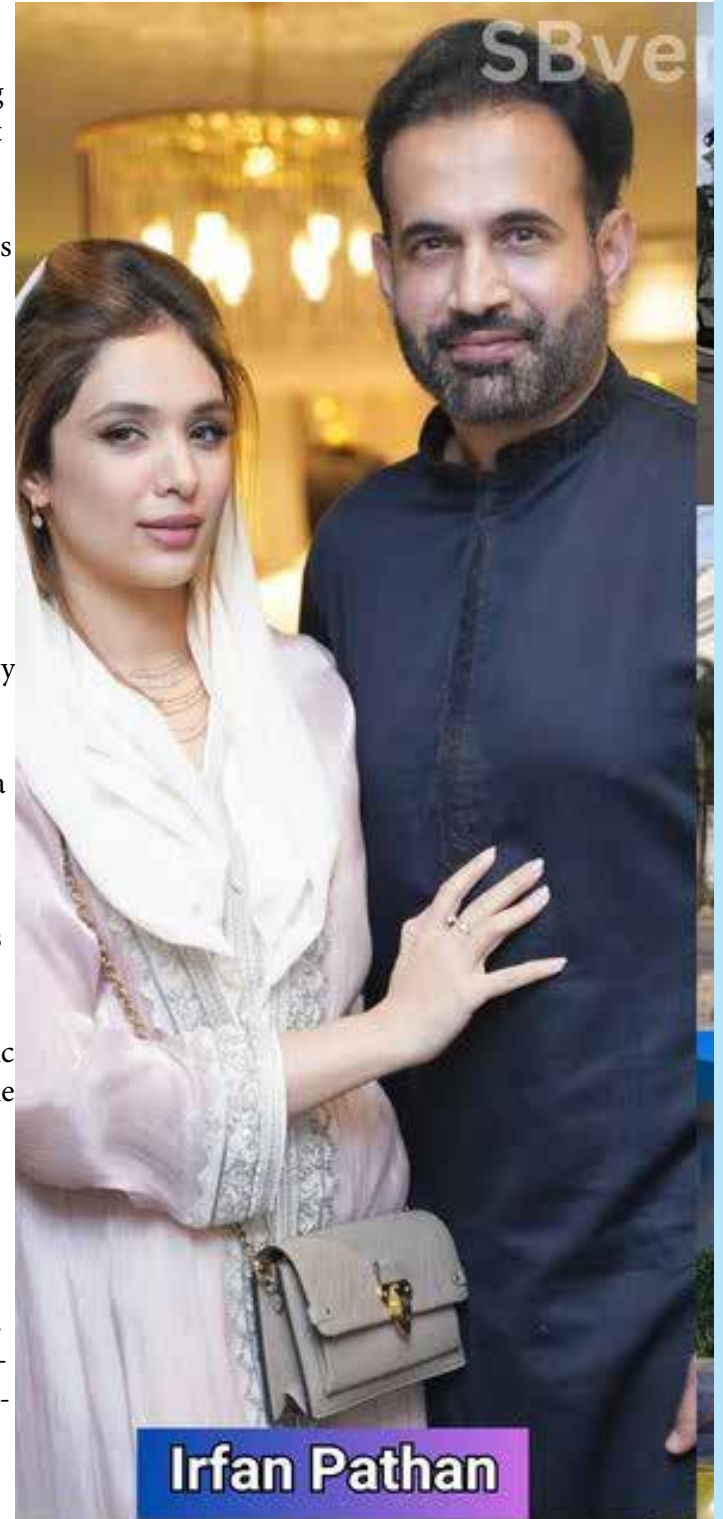
Mumbai Apartment: Known for its sleek, modern design and high-end facilities, including spacious rooms and contemporary décor.

Vadodara House: A comfortable and stylish residence with modern amenities, offering a blend of luxury and personal touch.

Additional Aspects

Business Ventures and Media: Beyond cricket, Irfan Pathan has engaged in various business ventures and has become a prominent media personality. His involvement in television commentary, coaching, and public appearances has further enhanced his profile and financial status.

Community and Philanthropy: Pathan is also known for his involvement in community service and philanthropy. His efforts to give back to society reflect his commitment to making a positive impact beyond cricket. Irfan Pathan's journey from a modest beginning to owning luxurious residences is a testament to his hard work, talent, and success in cricket. His current lifestyle reflects his achievements and the comfort that comes with a successful career in sports.



"The only moral thing Palestinian civilians can do apparently is to die. The only legal thing the rest of us can do is to watch them die. And be silent. If not, we risk our scholarships, grants, lecture fees & livelihoods."

- Arundhati Roy

Arundhati Roy is an Indian author best known for her novel *The God of Small Things* (1997), which won the Booker Prize for Fiction in 1997 and became the best-selling book by a non-expatriate Indian author. She is also a political activist involved in human rights and environmental causes. She was awarded the 2024 PEN Pinter Prize.



Indian Olympic wrestlers Phogat and Punia enter politics, join opposition Congress

NEW DELHI (Reuters) - Indian Olympic wrestlers Vinesh Phogat and Bajrang Punia joined the opposition Congress party on Friday, entering politics a year after protesting against the chief of the sport's governing body in India over alleged sexual harassment.

The move came weeks after Phogat's emotional return home last month from the Paris Olympics, where she failed to make weight for the women's 50kg freestyle final by 100 grams despite starving herself for a week.

It pushed the 30-year-old Asian Games gold medallist to announce her retirement from the sport and led to an outpouring of support, with hundreds of teary-eyed fans and wrestlers taking her on a road-show to her village in northern India after she arrived in Delhi.

Their entry into politics also comes weeks before provincial elections in their home state of Haryana, where Prime Minister Narendra Modi's Bharatiya Janata Party (BJP) is seeking a

third straight term in power.

"They have not only brought glory to the country in the sports field but have also fought a strong battle against injustice on the street," Congress General Secretary K. C. Venugopal told reporters after inducting the wrestlers into the party in New Delhi.

"Our fight will continue and we will win, in court and in life," Phogat told reporters. "I am proud to be with a party that stands with women and against any injustice."

"The hard work that we did during the protests and in support of farmers, soldiers and the youth, we will continue that hard work for our country," said Punia, 30, who won bronze in men's 65-kg wrestling at the 2020 Tokyo Olympics.

Phogat, Punia and fellow wrestler Sakshi Malik, also an Olympic bronze medallist, were the face of a months-long protest demanding criminal



action against the then chief of the Wrestling Federation of India (WFI) Brij Bhushan Sharan Singh last year.

Singh, who was also a federal lawmaker from the BJP, was charged with sexual harassment and criminal intimidation based on a case filed by six female wrestlers in June last year.

He has denied any wrongdoing. Yahoo/News By Shivam Patel

Canada launches sudden immigration crackdown amid public pressure: report

The Canadian government has started to reject more visitors and temporary residents as Prime Minister Justin Trudeau's liberal government faces pressure from voters to stem the flow of immigrants into the country.

Canada has turned away more than 3,700 people per month on average in 2024 and sometimes has refused more visitor visa applications per month than it has accepted, according to a report by Reuters.

The "spike" in rejections, as Reuters classified it, comes as Trudeau's party trails in the polls ahead of an expected election next year, with many voters blaming the country's typical liberal immigration laws for contributing to shortages and high prices for housing. The report comes after Trudeau has also faced increased pressure and strained relations with the U.S. over its liberal immigration policies, with U.S. lawmakers imploring Canada to stem the flow of migrant workers coming across its border.

"U.S. lawmakers are calling to harden the northern border with Canada because of the fears of illegal migration from Canada," Glenn Cowan, founder and chief executive of the security company One9, said in a Financial Times report last week. "Stemming the flow of these visas will bolster U.S. relations." Trudeau has in the past boasted about Canada's willingness to take in immigrants and has not shied away from criticizing U.S. border

policy, including 2018 remarks in which he slammed the U.S. for separating migrant families at the border, arguing "what's going on in the United States is wrong."

"I can't imagine what the families living through this are enduring. Obviously, this is not the way we do things in Canada," Trudeau said during a press conference.

SOUTHERN BORDER CRISIS HELPED SPUR MASSIVE SPIKE IN CROSSINGS FROM CANADA AS WELL: EXPERT

However, amid new pressure from home and abroad, Trudeau announced last week that he was "looking at the various [migration] streams to make sure, as we move forward, Canada remains a place that is positive in its support for immigration but also responsible in the way we integrate and make pathways for success."

According to the Reuters report, a crackdown behind the scenes was already underway, with Canada turning away 5,853 foreign travelers in July, a number that includes workers and tourists, the most rejections since at least



January 2019.

Border officers have also turned away an average of 3,727 foreign travelers per month so far in 2024, a 20% increase over the 633 average seen in 2023, while the country's immigration department has seen an increase in the ratio of visas refused to accepted in recent months.

Meanwhile, Canadian Immigration Minister Marc Miller announced in August that the number of approved study and work permits, which have been at the center of controversy in Canada, has also dropped from the highs of 2022 and 2023.

"Canadians want a system that is not out of control," Miller said, according to the report.

Trudeau's office did not immediately respond to a Fox News Digital request for comment. Yahoo/News Michael Lee

India Is Emerging as a Key Player in the Global AI Race

As Asia's richest man, Mukesh Ambani, addressed his shareholders during a much-anticipated yearly address last Thursday, he also unveiled "JioBrain," a suite of artificial intelligence (AI) tools and applications that he says will transform a spate of businesses in energy, textiles, telecommunications and more that form his multinational conglomerate, Reliance Industries. "By perfecting JioBrain within Reliance, we will create a powerful AI service platform that we can offer to other enterprises as well," Ambani said during his speech.

The Reliance Chairman's latest offering comes as India emerges as a crucial player in the global AI ecosystem, boasting a high-powered IT industry worth \$250 billion, which serves many of the world's banks, manufacturers and firms. As the world's most populous country, India also has a robust workforce population with nearly 5 million programmers at a time when AI talent is in short supply globally, with analysts predicting that India's AI services could be worth \$17 billion by 2027, according to a recent report by Nasscom and BCG.

Puneet Chandok, the President of Microsoft India & South Asia, points to research that finds India has one of the highest AI adoption rates among knowledge workers, with 92% using generative AI at work—significantly higher than the global average of 75%. "These insights highlight the significant impact of AI on the Indian workforce and the proactive steps being taken by both employees and leaders to integrate AI into their daily routines," Chandok says, adding that the company is also powering initiatives that aim to equip 2 million people with AI skills by 2025.

The spotlight on India comes at a time when many countries around the globe are keen to foster their own competing AI systems rather than turning to the U.S. or China. In the last few years, the Indian government has nurtured an ecosystem where global players like Google and Meta, Indian businesses like Reliance Jio and Tata Consulting Services, and homegrown startups can take advantage of its cost-efficient technological landscape.

India's "bottom-up" approach to AI also aspires to have what Rajeev Chandrasekhar, the former Indian Minister for Electronics and Information Technology, calls "sovereign AI," by integrating large-scale models across sectors like healthcare, agriculture, and governance to drive economic growth. In March, the government ramped up investment worth \$1.25 billion towards an ambitious "IndiaAI Mission," which will aid the development of computing infrastructure, startups and the use of AI applications in the public sector.

"Interestingly, the government itself is the main driver behind India's AI transformation," says

Jibu Elias, a leading AI researcher and ethicist who helped create IndiaAI. Elias says the push has accelerated since 2020. "We want India to be like a global garage for AI tools, especially for the Global South."

"The idea is that if you can build tools that address some of the decade-long socio-economic challenges in India, they can be adopted across the globe," he continues.

It's a method that Arvind Gupta, who heads the Digital India Foundation in New Delhi, calls a "bottom-up" approach: "Unlike the Googles and Microsofts of the world, India took it to the next level by building trust in technology with digital public infrastructure," he says. Digital public infrastructure, also known as DPI, is a public-private partnership that was introduced by the government nearly a decade ago by combining technology, governance and civil society. It extends to a biometric identification system, a fast payments system, and consent-based data sharing that now gives India's 1.4 billion citizens access to public services.

Gupta says DPI is instrumental in giving India an advantage in the global AI race. With 900 million Indians connected to the internet, he points to India being "the data capital of the world," which has "leapfrogged into the whole culture of artificial intelligence." That's because much of this data exists in public data sets that companies can use to write their own AI algorithm. "You won't see that anywhere else in the world," Gupta says.

The race to build LLMs as chipmakers eye Indian market

With so much data publicly available, a swath of Indian startups are now racing to build their own large language models or LLMs, which harness generative AI by learning from vast quantities of data. And in a country where people speak more than a dozen languages, "India's diverse and multilingual environment makes it an ideal test bed for developing and refining global AI solutions," says Chandok from Microsoft.

In January, Krutrim, an AI startup founded by entrepreneur Bhavish Aggarwal whose name translates to "artificial" in Sanskrit, became India's first unicorn when it secured \$50 million in funding from prominent Silicon Valley investors like Lightspeed Venture Partners and billionaire Vinod Khosla. Similarly, Bengaluru-based startup Sarvam recently launched a voice-enabled AI bot that supports more than 10 Indian languages using open-source software after raising \$41 million. The government is also supplementing this innovation by building "targeted LLMs" that can do real-time language translation for citizens accessing public services, Gupta adds.

Still, India's AI push can't accelerate without computing power and shared resources. To



address this gap, last month, the Indian government finalized the procurement of a thousand graphics processing units, or GPUs, to offer computing capacity to AI makers. Last September, the CEO of chipmaker Nvidia, Jensen Huang, visited India to sit down with Modi and tech executives, setting the company's sights on the country as a potential location for chip production as the U.S. increasingly clamps down on the export of high-end chips from China. "You have the data, you have the talent," Huang told Modi at the time. "This is going to be one of the largest AI markets in the world." This March, the first consignment of Nvidia chips arrived in Indian data centers after the company forged a partnership with Indian cloud services company Yotta, powering its Shakti Cloud as India's fastest AI supercomputing infrastructure.

Against this backdrop, billionaire-owned Indian companies are eager not to be left behind. In July, India's largest software company, Tata Consultancy Services (TCS), heavily invested in a generative AI project pipeline exceeding \$1.5 billion. Gautam Adani, Asia's second-richest person, announced a joint venture with UAE in December to explore AI and diversify into digital services.

And as for Ambani, who has urged his employees to accelerate AI transformation across all businesses this year, the goal is clear: "We need to be at the forefront of using data, with AI as an enabler for achieving a quantum jump in productivity and efficiency," the billionaire told Reliance employees.

Since then, Jio, Reliance's telecommunications business, has worked with the Indian Institute of Technology to launch "Bharat GPT," a ChatGPT-style service for Indian users. A video played during a Reliance event demonstrated how the speech-to-text tool would work if successful: a motorcycle mechanic speaks to the AI bot in his native Tamil, a banker uses the tool in Hindi, and a developer in Hyderabad writes computer code in Telegu.

"It's like the Indian joint family," said Ganesh Ramakrishnan, the chair of IIT Bombay's computer science and engineering department. "We are interdependent, and we do better together." Yahoo/News Astha Rajvanshi

Allama Mashriqi Book Award Announced

“I established this award to encourage authors to shed light on the life and legacy of my grandfather, Allama Mashriqi. His life serves as a profound source of inspiration, and through well-researched and insightful works, individuals can not only gain a deeper understanding of his remarkable contributions but also be motivated to emulate his values. Such literature has the potential to inspire societal progress and foster individuals who, like Mashriqi, are committed to the betterment of humanity.” – Nasim Yousaf

The 61st death anniversary of Allama Inayatullah Khan Al-Mashriqi was solemnly observed on

August 27, 2024, at the Khaksar Tehrik headquarters in Icchra, Lahore, where Mashriqi’s final resting place is located.

In commemoration of this significant anniversary, his grandson, Scholar Nasim Yousaf, announces the creation of the Allama Mashriqi Book Award. This prestigious accolade, endowed

with a prize of Pakistani Rupees 100,000, aims to continue and honor the legacy of Allama Mashriqi, a revered scholar, freedom fighter, founder of the Khaksar Movement, Islam League,

and “Al-Islah” journal, as well as the author of the Nobel Prize-nominated book “Tazkirah.”

The award invites explorations of Mashriqi’s anti-colonial struggle and his leading role in ending

British rule in the Indian subcontinent. It seeks to honor works that illuminate key themes

central to Mashriqi’s life and philosophy, including discipline, equality, simplicity, self-reliance, self-purification, self-sacrifice, empowerment of the masses, social justice, community service, and action. The award will recognize books that examine Mashriqi’s principled living, efforts to uplift marginalized communities, ideals of interfaith harmony, and vision of ethical leadership in politics.

Of particular interest are works addressing Mashriqi’s pioneering stance on women’s

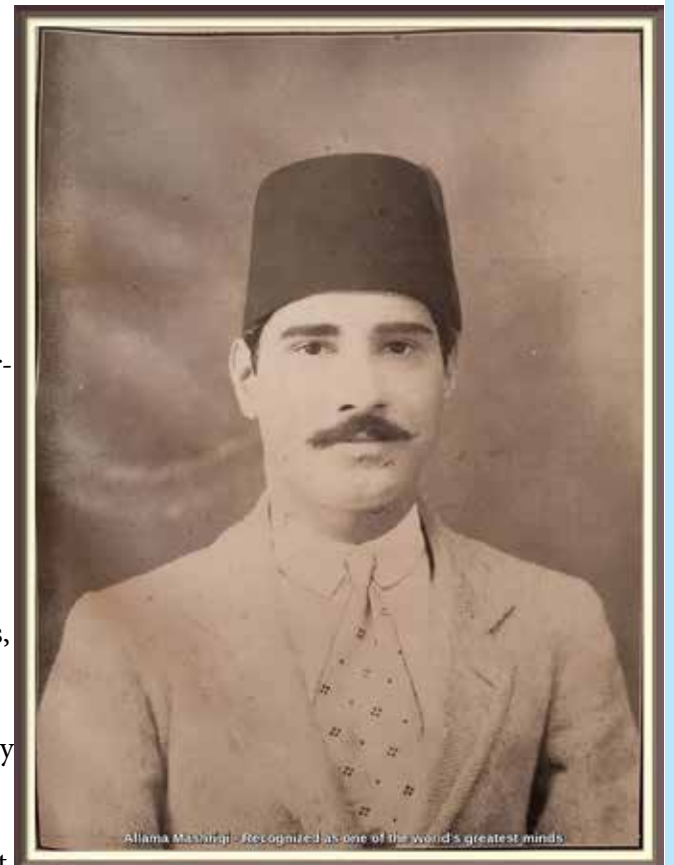
empowerment and gender equality in the 1930s, when he faced fierce opposition from orthodox religious scholars.

The award aims to recognize books that not only contribute to the scholarly understanding of Mashriqi’s legacy but also provide fresh perspectives on applying his ideology to current challenges such as corruption and self-serving politics.

Established by Mr. Yousaf, the award seeks to preserve his grandfather’s legacy while inspiring

new generations to engage with societal issues. It encourages scholarly work aligned with Mashriqi’s vision and underscores the importance of intellectual and moral leadership in addressing contemporary challenges.

The Allama Mashriqi Book Award will be presented to the most deserving book on August 27,



2025, recognizing exceptional scholarship that aligns with Mashriqi’s vision and values, provided the submissions meet the award’s criteria. Details regarding criteria and the application process will be provided in the coming months. For further information, interested parties are encouraged to visit the official Facebook page: <https://www.facebook.com/AllamaMashriqiBookAward>. From the US Office, Scholar Nasim Yousaf,

Raga Bhagwati – a new raga by maestro Pt. Abhay Sopori

Renowned Music Maestro Pt. Abhay Rustum Sopori has introduced a new Hindustani Classical raga, named Raga Bhagwati in tribute to Mother Goddess Durga. This significant addition to the classical music repertoire was presented during his performance at the prestigious Ma Kushmanda Sangeet Samaroh, held at Durgakund, Varanasi.

Pt. Abhay Sopori, a distinguished representative of the Shaiv-Sufi tradition and the 300-year-old Santoor legacy of the Sopori-Sufiana Gharana of Kashmir, unveiled Raga Bhagwati with a deep sense of devotion and reverence. During the concert, he explained that Raga Bhagwati embodies the essence of devotion and prayer to Goddess Durga, representing the supreme power in Hindu tradition.

The presentation of this new raga included an Aalap & Jod, followed by Vilambit Gat in Teentaal, Gat in Madhyalaya Ektaal, and Drut Gat in Teentaal. Abhay’s performance was a mesmerizing display of mellifluous playing, rapid

tempo, and the intricate nuances of the Sopori Baaj, a unique style of playing Classical Santoor developed by the legendary Saint-Musician, the late Pt. Bhajan Sopori ji. This performance showcased both the Gayaki and Tantrakari styles, featuring techniques such as Meends, Gamaks, Glides, Taans, Bol patterns, and various Chhands. Adding to the spiritual ambiance, Abhay also performed a new Bandish penned by him “He Ma Tu Hai Bhawani, Durga Tu Durgatinashani, Jagat Janani Sati Sadhvi, Maha Lakshmi Saraswati Kali, Kripa Karo he Bhagwati, ‘Das’ Kare Pukar.” The soulful rendition of this Bandish further highlighted the raga’s thematic focus on divine femininity and power. He was accompanied by Pt. Lalit Kumar on Tabla and Ankit Parikh on Pakhawaj, whose rhythms added depth and texture to the performance.

This introduction of Raga Bhagwati marks a significant contribution to the Hindustani Classical music tradition and continues Pt. Abhay Sopori’s legacy of innovation and devotion in the world of music.



Sopori Academy

Russia built a secret trade channel with India, leaked documents show

House Democrats are asking former President Donald Trump to prove he never received money from the Egyptian government after The Washington Post reported a \$10 million withdrawal from the country's state-run bank right before Trump took office in 2017.

In a letter released Tuesday, Reps. Robert Garcia, D-Calif., and Jamie Raskin, D-Md., requested that Trump immediately provide evidence "that you never, directly or indirectly, politically or personally, received any fund from the Egyptian president or government," The Post reported.

The lawmakers, who serve on the House Oversight Committee, requested that Trump provide any information about a \$10 million sum put into his campaign in late 2016. As they are a minority in the House, Democrats do not have the authority to issue subpoenas.

"Surely you would agree that the American people deserve to know whether a former president, and a current candidate for president, took

an illegal campaign contribution from a brutal foreign dictator," the letter reads.

The letter states that it was written in response to a previous article from The Post that revealed a secret Department of Justice investigation into whether Trump accepted an illegal donation from Egypt that contributed to his 2016 presidential campaign. According to The Post, federal investigators received classified information that Egyptian President Abdel Fatah El-Sisi wanted to contribute to Trump's presidential campaign; the two had met earlier in the 2016 campaign at the United Nations, with Trump praising the dictator as a "fantastic guy." The investigators later learned the National Bank of Egypt withdrew \$9,998,000 on Jan. 15, 2017, just days before Trump became president.



Around the same time, Trump gave his own campaign \$10 million.

The Trump campaign is rejecting any suggestion the former president would accept support from a foreign government, a spokesperson telling The Post its reporting was "textbook fake news."

"None of the allegations or insinuations being reported on have any basis in fact," Trump spokesman Steven Cheung said.

Yahoo/ News

Marin Scotten

Congressional Democrats demand Trump provide evidence he didn't take a \$10 million bribe from Egypt

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Yahoo/ News

Marin Scotten

Texas Gov. Greg Abbott attacks Harris for busing migrants, then brags about his own busing program

MESA, Ariz. — Texas Gov. Greg Abbott on Tuesday, while campaigning for former President Donald Trump, criticized Vice President Kamala Harris and the Biden administration for busing migrants to other parts of the country. Minutes later, he bragged about doing the same thing.

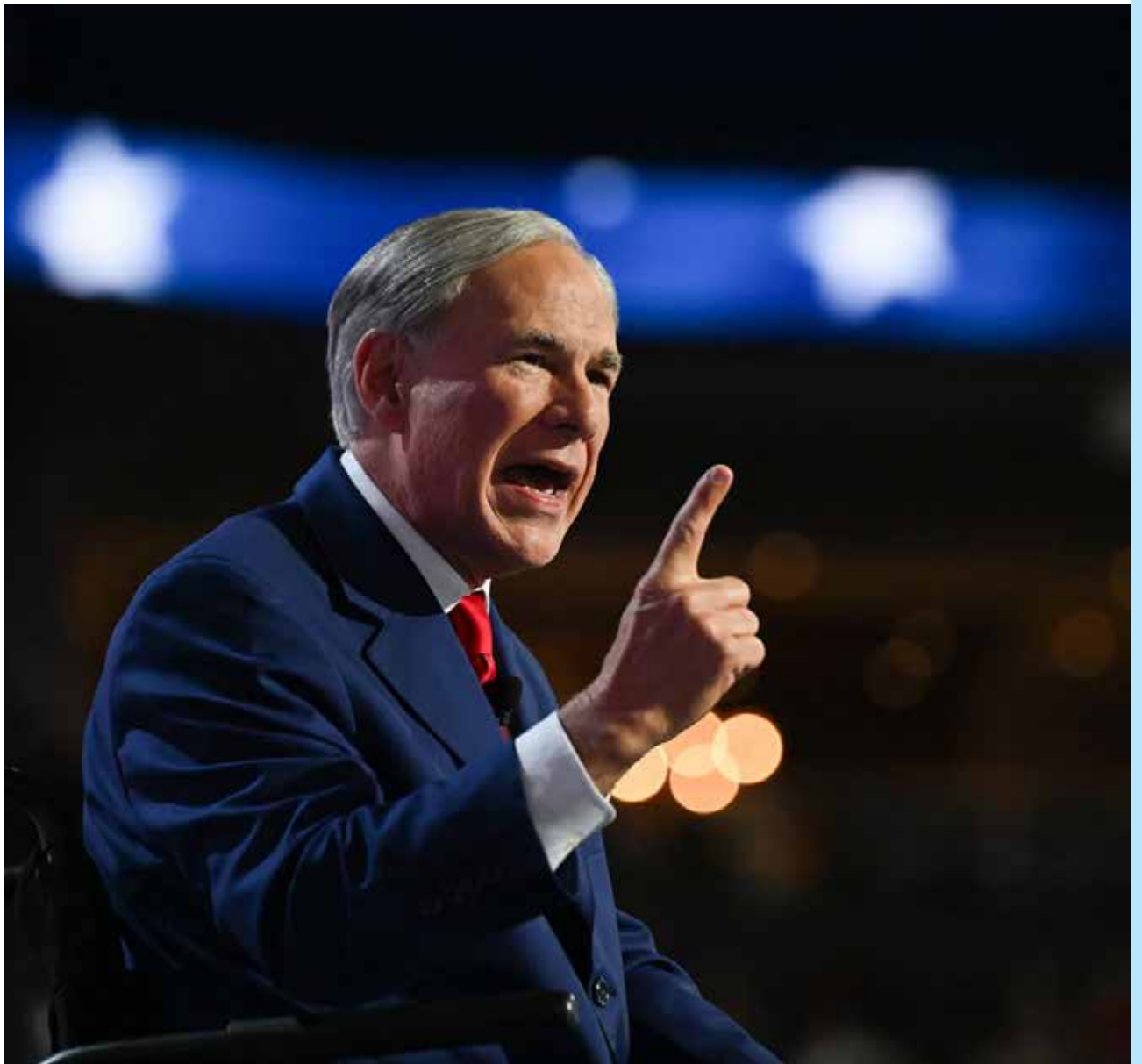
“When you saw 5,000 people a day crossing into a town like Eagle Pass, Texas, you could see that that was on your TV. You knew what was going on in America,” Abbott told a crowd of about 50 people gathered at a wedding venue in a Phoenix suburb. “What Harris wanted to do was to silence the critics, and they could silence the critics by making this problem go invisible.”

“They’re doing that daily, flying people across the border or through this [asylum application program], getting them to come to a port of entry, at which time they will put them on a bus and then transport them to some other place,” he said.

An internal document obtained by NBC News in 2022 revealed a plan from the Department of Homeland Security to transport migrants awaiting immigration proceedings from U.S. cities along the southern border farther into the interior of the country. Typically, migrants who are granted asylum in the United States are transported to different parts of the country by paying for it themselves or through the charity of nongovernmental organizations after being released by Customs and Border Protection.

NBC News has contacted Abbott’s team for clarification on the programs he was referencing. In response to Abbott’s claims, the Harris-Walz campaign shared a statement from a border town mayor from Bisbee, Arizona, criticizing Trump for opposing a bipartisan border bill that Senate Republicans shot down in February.

“The border bill would have made our country safer, made the border more secure,” said Mayor Ken Budge in a statement. “Now that it’s election time, JD Vance and Trump are here to campaign on the border — even though they’re responsible for blocking the most important bill we’ve seen to improve border security,”



Budge added.

The attack from Abbott comes as the Trump campaign has sought to tie Harris to chaos surrounding migrants and the U.S. border. Since Harris ascended to the top of the Democratic ticket, Trump has repeatedly called Harris the “border czar” in attacks, seizing on the assignment Biden gave her in 2021 to work with Central American countries to tackle the “root causes” of migration.

Minutes after attacking Harris for busing migrants to other parts of the country, Abbott bragged about doing the same.

Recalling the steps he took when Texas began busing migrants in 2022 under Operation Lone Star, Abbott boasted that the program “began busing them to Washington, D.C., and then dropping them off at the address of the residence of the vice president of the United States of America, Kamala Harris.” Applause and cheers reverberated throughout the campaign event.

“If you were a sanctuary city, you were on the list to be bused to because you volun-

teered,” said Abbott of his formulation of the busing program. “You said, ‘We welcome you here until you get there,’” he said. “It shows the hypocrisy of the Democrats.”

During the Republican National Convention in July, Abbott vowed that “buses will continue to roll until we finally secure our border.” Buses sending migrants to blue cities have not been sent out on a consistent basis for months; in all of July no buses left Texas, according to data obtained by NBC News.

In June, a Department of Homeland Security official told NBC News that Border Patrol agents stopped roughly 84,000 migrants crossing the U.S. southern border, the lowest monthly number since Biden took office in 2021. The Biden administration attributed the low numbers to new asylum restrictions implemented earlier that month.

Yahoo/News

Alex Tabet and Didi Martinez and Laura Strickler

published on NBCNews.com

Zuma's daughter marrying polygamous king 'for love'

The 21-year-old daughter of South Africa's former President Jacob Zuma is marrying the Eswatini king for love, a spokesman for Africa's last remaining absolute monarchy has told the BBC.

Nomcebo Zuma's engagement to King Mswati III was made official earlier this week at the end of the eight-day reed dance ceremony - a traditional rite of passage for young women and girls held every year.

The 56-year-old monarch is currently in a polygamous arrangement with 11 wives - and has been married 15 times in total.

Eswatini spokesman Alpheous Nxumalo dismissed outright the suggestion that the marriage would be a political alliance.

"Love has no eyes to see or count age. Love happens between two people. It can happen between a person who is 100 years old and a person who is above the average of what is permitted constitutionally," he told the BBC's Newsday programme.

Mr Zuma, who was president of South Africa from 2009 until 2018, and King Mswati are already relatives through marriage.

Critics accuse King Mswati, who rules by decree and has been on the throne for 38 years, of living in luxury with his polygamous household - while most of his people languish in poverty.

Eswatini, previously known as Swaziland, has a population of 1.1 million and one of the world's highest rates of HIV/Aids infection.

The heavy-handed treatment of the king's opponents in Eswatini, which is almost entirely surrounded by South Africa, has also come in for criticism. here are strong traditional ties between Eswatini and South Africa's Zulu monarchy - the current Zulu king, Misuzulu ka Zwelithini, is Mswati III's nephew.

Mr Zuma, who resigned in disgrace over



corruption allegations during his presidency and still faces a court case over a 1999 arms deal (he denies any wrongdoing), is currently enjoying a political renaissance.

His newly formed party uMkhonto we-Sizwe (MK) came third in South Africa's general election this year.

The 82-year-old is also greatly respected by his supporters for upholding his cultural and traditional Zulu beliefs - and has several wives and is thought to have 20 children.

Nomcebo, whose mother is his long-standing fiancée Nonkululeko Mhlongo, was dressed in the bright colours of the Eswatini kingdom on the last day of the reed dance ceremony at the Ludzidzini Royal Palace.

Known as the Umhlanga ceremony, it is intended to discourage those taking part

from becoming sexually active at a young age.

The king is allowed to choose a bride from the participants - and on this occasion Ms Zuma was presented as the "liphovela", which means royal fiancée in Swati.

He has faced scrutiny in the past over the age of his brides. In 2005, he chose 17-year-old Phindile Nkambule for a wife - a few days after he had rescinded a ban on sexual relations for girls younger than 18.

Just two months after it had originally been imposed in 2001 - to help fight HIV/Aids - he had fined himself a cow for breaking the ban as he had married a 17-year-old as his ninth wife.

Yahoo/News

Danai Nesta Kupemba - BBC News

SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

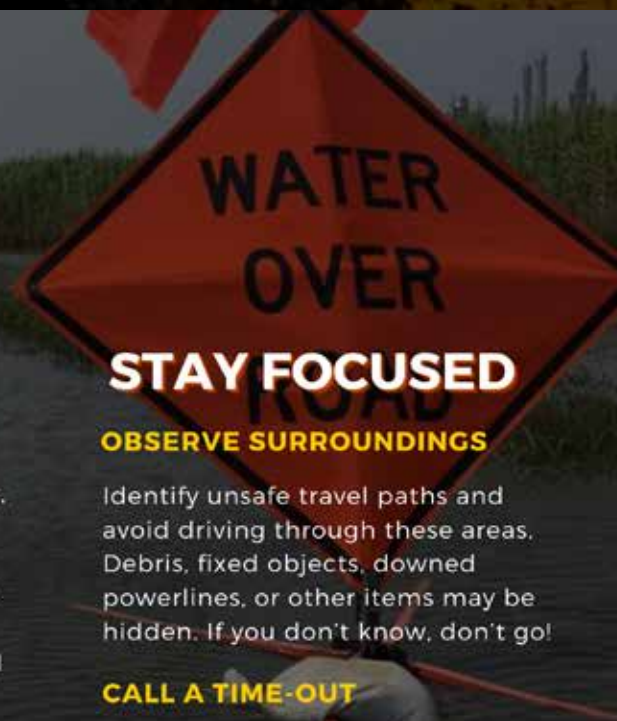
BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER ON THE ROAD & AVOIDING HAZARDS



BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

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

CALL A TIME-OUT

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

REMAIN ALERT

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

Election 2024 Latest: Trump and Harris focus on tax policy ahead of next week's debate

Donald Trump and Kamala Harris will debate for the first time next Tuesday as the presidential candidates fight to sway voters on the biggest stage in U.S. politics. The meeting comes just 75 days after President Joe Biden's disastrous debate performance triggered a political earthquake that ultimately forced him from the race.

Ahead of that, Trump and Harris are discussing tax policy plans with voters. Harris touted a small-business tax plan during a campaign visit to New Hampshire on Wednesday, while Trump will address the Economic Club of New York on Thursday.

With just 61 days until the November election, early voting will be underway in at least four states by the end of September and a dozen more to follow by mid-October. Here's the Latest:

Trump says he'll ask Congress for law banning spending tax dollars on people in the country illegally

Former President Donald Trump says that if he's elected in November, he will ask Congress to pass legislation that would ban the spending of taxpayer money on people who have entered the country illegally.

Trump also told executives and industry leaders at the Economic Club of New York on Thursday that he would bar such migrants from obtaining mortgages in California.

Throughout his campaign, Trump has railed against the economic impact of the influx of migrants in recent years and what he says is their strain on some government services.

Trump promises to cut 10 government regulations for every 1 new regulation

Former President Donald Trump is promising to cut 10 government regulations for every new regulation implemented if he is elected in November.

Trump also told executives and industry leaders at the Economic Club of New York on Thursday that he would create a "Government Efficiency Commission" to conduct a financial audit of the entire federal government. Trump said the idea was the suggestion of billionaire Elon Musk and that Musk might lead the commission.

The Republican presidential nominee claimed that in 2022, "fraud and improper payments alone cost taxpayers an estimated hundreds of billions of dollars."

He said the commission would develop an action plan "to totally eliminate fraud and improper payments within six months."

Trump also promised to cut the current 21% corporate tax rate to 15%, an idea he has floated previously. On Thursday, he clarified that would be solely for companies that produce in the U.S.

Harris to meet with the Teamsters, 1 of the last unions to endorse a presidential candidate

Vice President Kamala Harris and the International Brotherhood of Teamsters have agreed to meet on Sept. 16 as the Democratic presidential nominee courts the powerful union's endorsement.

The union said in a statement Thursday that the meeting with union members and officers will take place at the Teamsters headquarters in Washington.

Harris has already been endorsed by most major labor unions, including the United Auto Workers and the American Federation of Teachers. She is now seeking support of the 1.3 million-member Teamsters, one of the last unions to make a choice.

The statement said the meeting will give Harris a chance to discuss how she and the Teamsters "can work together to empower and protect workers, promote high labor standards and strengthen the American economy while expanding the middle class."

Republican presidential nominee Donald Trump met with the Teamsters members and leaders in January.

No matter who the Teamsters endorse, it won't guarantee sup-

port of all the union's members. In an interview with CBS on Sunday, President Sean O'Brien noted that the union is different from most because its membership is split evenly between Republicans and Democrats.

Trump touts past economic accomplishments as president

Former President Donald Trump is touting his past accomplishments on the economy before a group of executives and industry leaders.

In a speech to the Economic Club of New York on Thursday, Trump said he "took care of our economy like I would take care of my own company."

The Republican presidential nominee also blasted Vice President Kamala Harris' economic plans, saying the Democratic presidential nominee "wants four more years to enforce the radical left agenda that poses a fundamental threat to the prosperity of every American family and America itself."

Trump said he was promising "low taxes, low regulation, low interest rates, low, low, low crime, and surging incomes for all."

Trump, Harris lay out starkly different economic plans

Days before their first debate, Vice President Kamala Harris and former President Donald Trump are laying out starkly different visions for the U.S. economy.

Trump has floated the idea of chopping the 21% corporate tax rate to 15%, a proposal liked by companies, in addition to no taxes on tips and Social Security income. The corporate rate had been 35% when he became president in 2017, and he later signed a bill lowering it.

Harris has called for raising the corporate tax rate to 28%. In New Hampshire on Wednesday, she also called for expanding tax deductions tied to the expenses of starting a business and set a goal of 25 million applications to form new companies over the next four years.

Economists have warned about Trump's plans to impose tariffs that he says would return manufacturing jobs to the U.S. Some have said such taxes on imports could worsen inflation, though he is vowing to cut down costs. Inflation peaked in 2022 at 9.1% but has since eased to 2.9% as of last month.

Trump was scheduled to appear before the Economic Club of New York on Thursday to make his case. Voting and entertainment groups announce HBCU voter registration contest

A coalition of education, entertainment and political groups is launching an HBCU voter registration drive aimed at getting students from historically Black colleges to the polls.

Initiated Thursday, The Vote Loud: HBCU Voter Registration Challenge allows current students, alumni, professors and extended family members of historically Black colleges and universities to register to vote, logging a point for their school. Special prizes will be announced soon and may include special performances, organizers said.

The competition is open until Oct. 5. It was launched by BET, HBCU Buzz, Live Nation Urban, and former first lady Michelle Obama's nonpartisan voting initiative When We All Vote.

Luke Lawal Jr. is founder and CEO of HBCU Buzz. He says the effort is not just about voting, but about "shaping policies that impact our education, our communities and our future."

Trump election subversion case goes back to court

A judge is hearing arguments in Washington, D.C., Thursday about the potential next steps in the federal election subversion prosecution of Donald Trump in the first hearing since the Supreme Court narrowed the case by ruling that former presidents are entitled to broad immunity from criminal charges.

Prosecutors and defense lawyers submitted dueling proposals late Friday before the status conference. U.S. District Judge Tanya Chutkan is presiding over the case that charges Trump with plotting to overturn the results of the 2020 election in the run-up to the Jan. 6, 2021 riot at the U.S. Capitol.

As the hearing opened, the judge noted that it had been almost a year since she saw the lawyers in her courtroom. The case has been frozen since last December as Trump pursued his appeal.

GOP lawsuits set the stage for state challenges if Trump loses the election

Before voters even begin casting ballots, Democrats and Republicans are engaged in a sprawling legal fight over how the 2024 election will be run — a series of court disputes that could even run past Election Day if the outcome is close.

Both parties have bulked up their legal teams for the fight. Republicans have filed more than 100 lawsuits challenging various aspects of vote-casting after being chastised repeatedly by judges in 2020 for bringing complaints about how the election was run only after votes were tallied.

After Donald Trump has made "election integrity" a key part of his party's platform following his false claims of widespread voter fraud in 2020, the Republican National Committee says it has more than 165,000 volunteers ready to watch the polls in November.

Democrats are countering with what they are calling "voter protection," rushing to court to fight back against the GOP cases and building their own team with over 100 staffers, several hundred lawyers and what they say are thousands of volunteers for November.

Key questions ahead of first Trump-Harris presidential debate

Donald Trump and Kamala Harris will debate for the first — and perhaps, last — time on Tuesday night as the presidential candidates fight to sway voters on the biggest stage in U.S. politics.

The meeting comes just 75 days after President Joe Biden's disastrous debate performance triggered a political earthquake that ultimately forced him from the race. Few expect such a transformative result this time, but Trump is on a mission to end Harris' "honeymoon" as polls suggest the Democratic vice president is now even — or slightly ahead — of the Republican former president in some swing states.

Harris, a former courtroom prosecutor, will enter the night with relatively high expectations against a Republican opponent with 34 felony convictions and a penchant for false statements. The question is whether Harris, who did not particularly stand out during primary debates in her 2020 presidential campaign, can prosecute Trump's glaring liabilities in a face-to-face meeting on live television with the world watching.

The 90-minute meeting begins at 9 p.m. ET Tuesday inside Philadelphia's National Constitution Center. It will be moderated by ABC News anchors David Muir and Linsey Davis. Per rules negotiated by both campaigns, there will be no live audience.

► Here's what we're watching for on a historic night.

Harris accepts rules for Sept. 10 debate with Trump on ABC, including microphone muting

Vice President Kamala Harris has accepted the rules for next week's debate with former President Donald Trump, although the Democratic nominee says the decision not to keep both candidates' microphones live throughout the matchup will be to her disadvantage.

The development, which came Wednesday via a letter from Harris' campaign to host network ABC News, seemed to mark a conclusion to the debate over microphone muting, which had for a time threatened to derail the Sept. 10 presidential debate at the National Constitution Center in Philadelphia.

Yahoo/News The Associated Press



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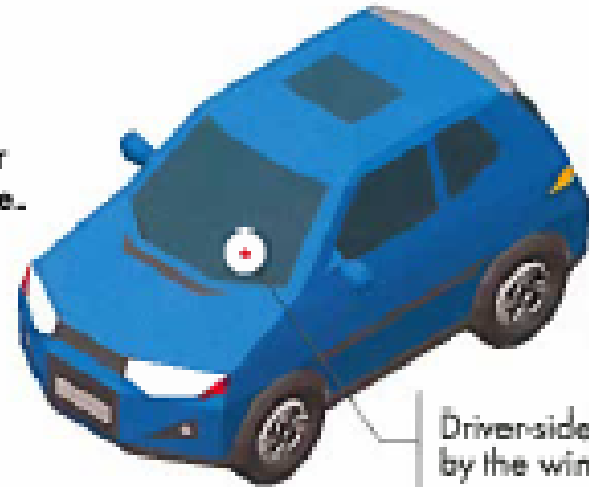
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Health & Wellness

Medications that increase your risk of falling

Many drugs can increase the risk of falls. The more drugs you take, the greater the chance that one or a combination of them will make a fall more likely to happen. Some medications are well known for side effects that increase a person's risk of falling.

Doctors prescribe anti-hypertensive medications to keep blood pressure under control and decrease the risk of stroke and heart failure. However, these drugs can cause blood pressure to get too low when you stand up from a lying or sitting position (orthostatic hypotension). This happens commonly in older folks. The result is lightheadedness and feeling faint, which can easily lead to a fall.

Medications that suppress the central nervous system are among those most likely to contribute to falling, as they reduce alertness and cause slower reactions and movements. These include:

Anti-anxiety drugs, such as diazepam (Valium) and lorazepam (Ativan) Diphenhydramine (Benadryl), an older antihistamine. Because it causes drowsiness, it is the most popular ingredient in over-the-counter sleep aids like Nyquil, Sominex, and Unisom. It is often combined with pain medications, such as acetaminophen (Tylenol PM), ibuprofen (Motrin PM, Advil PM), and naproxen (Aleve PM).

Prescription medications to treat overactive bladder, such as oxybutynin (Ditropan) and tolterodine (Detrol).

Tricyclic antidepressants. Most often doctors prescribe these types of antidepressants, such as amitriptyline (Elavil), to

help relieve chronic pain, especially nerve pain.

Prescription sleep drugs, including zolpidem (Ambien), zaleplon (Sonata), and eszopiclone (Lunesta).

Narcotics (opioids), such as codeine, hydrocodone (Vicodin), oxycodone (Percodan, Percocet), hydromorphone (Dilaudid), and fentanyl (Duragesic).

What do some medications, inner ear problems, foot pain, weight changes and vitamin D deficiency have in common? They can all affect your balance.

And when you're an older adult, being just the slightest bit off balance—even for a moment—can lead to a debilitating fall. In fact, an estimated 1 in 3 people over 65 will fall each year. Every 19 minutes, an older adult dies from a fall-related injury. Women are more likely to fall than men, but men are more likely to die from a fall than a woman.

The good news? Many falls are preventable!

Keeping your balance and preventing a fall just got easier, thanks to a new report Preventing Falls, from the experts at Harvard Medical School. This information-packed guide explains how your body works to keep you balanced, and the health problems, medications, and home-hazards that can set you up for a fall. And it provides specific ways to help you improve your balance and maintain your mobility.

Discover the reasons most people fall.



Knowing what causes most falls, is one of the best ways to prevent them. This guide explains why some blood pressure medicines may make you more likely to fall, how cognitive impairment and dementia can lead to balance problems, and how even small changes in the way you walk can increase the risk of falling. You'll learn how improving your health can go a long way to preventing a fall.

For example, if your vision is failing or you have poor depth perception you are at a higher risk of falling. A simple eye exam can detect these problems. Likewise, allergies and head colds can cause dizziness. So if you have a head cold take extra care to use handrails. Having stiff joints can make it harder to catch yourself if you stumble. And if your neck is stiff you may end up turning your whole upper body to look behind you, which can easily throw

you off balance.

Fortunately, for virtually every problem that can cause a fall, Harvard experts have uncovered a solution and included it in Preventing Falls.

You'll discover exercise programs that help reduce the risk of falling, why it is important to gain and maintain muscle power as you age, moves that increase your flexibility and improve balance, balance-training exercises that are specifically designed to reduce falls—particularly in the elderly. And you'll even learn about ways you can fall without getting hurt and so much more.

Don't risk a debilitating fall. Get Preventing Falls and start reading right now so you can improve your balance and mobility and maintain your independence.

Reverse — and Even Prevent — Type 2 Diabetes with Lifestyle Strategies

his Special Health Report from the diabetes experts shows you the most effective tools to help you prevent diabetes complications and ensure the best possible health for years to come. You'll discover how to...

Improve your cell's insulin sensitivity with powerful weight loss tips: You'll learn about safe carbohydrates that help control blood sugar. Restaurant survival skills. Simple tricks to cut calories and portion sizes. And much more.

Reduce after-meal blood sugar spikes with a low-calorie, high fiber diet. Discover the type of fiber that appears to improve both blood sugar and insulin sensitivity plus helpful answers to the most common question among diabetics: "What can I eat?"

Help your cells sop up sugar from your bloodstream with exercise. Find out how you burn off glucose while watching TV or other easy activities. How to combine strength training and aerobic exercise for greater impact. The best time for exercise for blood sugar control. And more.

Weigh the pros and cons of new diabetes

drugs. With so many medications available, how can you be sure you're getting the best one(s) for your needs? Discover details of the different medications so you can make a more informed choice with your doctor.

Understand when and why you need insulin. Today, there are better drugs for diabetes than insulin, but sometimes it's your best option. You'll discover the different types of insulin...the variety of delivery options...developing an insulin plan...and more.

Respond quickly to diabetic emergencies, including hypoglycemia (low blood sugar) and ketoacidosis, where blood glucose soars and acids build up in the blood. See how to spot the symptoms... treat them quickly... and help prevent these conditions in the first place.

Be aware of possible long-term diabetes complications. If diabetes isn't well controlled, it can cause serious complications over time, including blindness, kidney failure, nerve damage, cardiovascular disease, and more. Discover the causes, symptoms,



treatment of these and other complications.

Stay motivated in your diabetes management by understanding the "why" and "how" of diabetes. You'll learn what is actually happening in the body when someone has diabetes and why it's happening so you can best address the underlying issue.

And more! Find out what you must know about pregnancy and diabetes. Sleep-better tips that help control blood sugar. Doable options to help quit smoking which can provide better glucose control right away. And still more!



Living Well with Diabetes is your go-to source for authoritative news you can use to help enjoy good health and delay or prevent complications from this disease.

BOLLYWOOD ACTORS NOW AND THEN



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RECIPES

Portobello 'Steak' au Poivre

Steak au poivre, a classic French dish of peppercorn-crusted steak with cream sauce, seems like it was meant to be made with mushrooms. Not only do mushrooms sear well, but they're also a friend to the dish's main flavorings of heavy cream, heady spices and warming liquor. For the best results, crisp the mushrooms first in a hot pan, baste them with garlic butter until tender, then let them simmer in the cream sauce so they soak up that richness. Eat with roasted, mashed or fried potatoes, a salad of watercress or another spicy green, and red wine, of course.

INGREDIENTS

4 large portobello mushrooms, stems and gills removed with a spoon
 ¼ cup olive oil
 2 teaspoons coarsely ground black pepper

4 tablespoons unsalted butter, plus more as needed

3 garlic cloves, coarsely chopped
 Kosher salt
 1 shallot, finely chopped
 ¼ cup Cognac or another brandy
 ¾ cup heavy cream

PREPARATION

Brush the mushrooms all over with olive oil. Sprinkle the pepper evenly over the gill sides (about 1/2 teaspoon per mushroom). Heat a large cast-iron skillet over medium-high, then add the mushrooms gill side up and sear until the underside is browned and the gill side looks wet, 3 to 6 minutes. Flip and cook until golden and the pepper is fragrant, 2 to 4 minutes.

Reduce heat to medium-low. Flip the

mushrooms so they're gill side up, then add the butter and garlic, and season with salt. While stirring the garlic to keep it from scorching, tilt the skillet to spoon up the melting butter and baste the mushrooms until tender, 2 to 5 minutes. Transfer the mushrooms to a plate, leaving the butter in the skillet. Add the shallot and stir until softened, 2 to 4 minutes, adding a little more butter if the pan is dry. Stand back, and carefully add the Cognac. (It might flame.) Stir until the Cognac has nearly evaporated. Add the heavy cream and mustard, season with salt, and stir to combine. Return the mushrooms to the



pan gill side down, and cook until the cream is thickened and the color of a latte, 2 to 4 minutes. Eat the mushrooms with a drizzle of the sauce.

By Ali Slagle

CHOCOLATE CHIP COOKIE

INGREDIENTS

1 cup salted butter* softened
 1 cup white (granulated) sugar
 1 cup light brown sugar packed
 2 tsp pure vanilla extract
 2 large eggs
 3 cups all-purpose flour
 1 tsp baking soda
 ½ tsp baking powder
 1 tsp sea salt***
 2 cups chocolate chips (or chunks, or chopped chocolate)

INSTRUCTIONS

Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.

In a separate bowl mix flour, baking soda, salt, baking powder. Set aside. Cream together butter and sugars until combined.

Beat in eggs and vanilla until fluffy. Mix in the dry ingredients until combined.

Add 12 oz package of chocolate

chips and mix well.

Roll 2-3 TBS (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets. (alternately, use a small cookie scoop to make your cookies).

Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.

Let them sit on the baking pan for 2 minutes before removing to cooling rack.

NOTES

Recipe information calculated based on this recipe making 36 cookies - 2 TBS of dough a piece)

Do not over bake

When you remove the cookies from the oven they will still look doughy. THIS is the secret that makes these cookies so absolutely amazing! Please, I beg you, do NOT over bake!

Ingredient Substitutions

Butter. I use salted butter, but unsalted butter would also be great. I just recom-

mend tasting the dough to ensure that it's salted to your liking.

White Sugar. You can use granulated white sugar or organic cane sugar.

Brown sugar. I use light brown sugar in this recipe for the best results.

Flour. I recommend using an unbleached, all-purpose flour to make these chocolate chip

cookies. Many readers have used gluten-free all-purpose flour with excellent results.

Sea Salt. I exclusively bake and cook with pure, fine sea salt. Sea salt is different than table salt (that is iodized), so if you use salt other than sea salt I recommend testing the recipe first with ½ tsp and then adjusting to your taste.

Chocolate Chips. As you can see from the photos, sometimes I use chocolate chunks, chopped chocolate, or chocolate chips. It doesn't matter what you use, as long as you use 2 cups.

How to freeze chocolate chip cookie dough

Portion dough, roll into balls and freeze in a single layer in an airtight container for up to 2 months.



Note on the amount of flour in grams - the traditional conversion from cups to grams is 120 g all-purpose flour in 1 cup, which would mean this recipe needs 360 g flour. When I weigh the flour I use to make the perfect cookies it comes out to be 430 to 450 g depending on the size of my eggs. I suggest starting with 360 and increasing as necessary. The dough should not be wet or sticky but it also should not be dry or crumbly.

Store

Store these chocolate chip cookies in an airtight container at room temperature for up to 5 days, or in the freezer for up to 2 months.

Corn Casserole

Ingredients

14.75 oz. creamed corn
 15.25 oz. whole kernel sweet corn, drained
 8.5 oz. Jiffy corn muffin mix
 8 oz. sour cream
 1 stick butter, melted
 1 cup cheddar cheese, shredded

Instructions

Oven

Preheat oven to 350 degrees.

In a large bowl, combine all ingredients except for the cheddar cheese. Be sure to drain the whole kernel corn.

Pour into a greased 9 x 13 casserole dish or 10-inch cast iron skillet.

Bake uncovered for 45 minutes.

Top with shredded cheddar. Bake

for an additional 10-15 minutes, until the top begins to brown.

Let stand for 5 minutes prior to serving.

Crock Pot

In a large bowl, combine all ingredients except for the cheddar cheese. Be sure to drain the whole kernel corn first. Add it to a lightly greased Crock Pot.

Cook on high for 2-3 hours or on low for 4.

Add the shredded cheddar during the last 20 minutes of cooking.

Ensure the center is firm and set prior to serving.

Notes

Note: The Jiffy mix is not prepared

and then added, just the contents of the box itself is added to the mixing bowl.

Make-Ahead Method:

Method 1: Assemble and Refrigerate

Combine all ingredients except for the cheese and place in casserole dish. Cover with saran wrap and refrigerate until ready to bake.

Let it sit at room temperature for 30 minutes prior to baking, then bake as outlined

Method 2: Bake and Reheat

Bake covered at 350° for 50 minutes, let it cool, and refrigerate.

Add the shredded cheese, cover it, and bake it at 300° for 10 minutes



to warm it up. Bake again, uncovered at 350° for 10-15 minutes, until the cheese is melted.

Binaca Geetmala Annual List (1962)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Aehsaan Tera Hogaa Mujh Par     4.53 - 508 votes	Mohammed Rafi	Shankar Jaikishan	Saira Banu, Shammi Kapoor
		Junglee (1961)	Hasrat Jaipuri	Romantic Songs
 2	Do Hanso Kaa Joda Bichhad Gayo Re     4.18 - 248 votes	Lata Mangeshkar	Naushad	Vyjayantimala
		Gunga Jumna (1961)	Shakeel Badayuni	Dard Bhare Geet
 3	Ab Kya Misal Doon Main Tumhare Shbaab Ki     4.52 - 477 votes	Mohammed Rafi	Roshan	Pradeep Kumar, Meena Kumari
		Aarti (1962)	Majrooh Sultanpuri	Tareef Songs, Romantic Songs
 4	Aap Ki Nazro Ne Samjha, Pyar Ke Kabil Mujhe     4.57 - 15280 votes	Lata Mangeshkar	Madan Mohan	Dharmendra, Mala Sinha
		Anpadh (1962)	Raja Mehdi Ali Khan	Filmfare Awards Nominee, Romantic Songs
 5	Yahoo Chahe Koyee Mujhe Junglee Kahe     4.37 - 273 votes	Mohammed Rafi	Shankar Jaikishan	Shammi Kapoor, Saira Banu
		Junglee (1961)	Shailendra	Masti Bhare Geet
 6	Kahin Deep Jale Kahin Dil     4.31 - 339 votes	Lata Mangeshkar	Hemant Kumar	Biswajeet, Waheeda Rehman
		Bees Saal Baad (1962)	Shakeel Badayuni	Haunting Songs, Filmfare Awards Winner, Filmfare Awards Nominee, Suspense Songs
 7	Teri Zulfo Se, Judai To Nahi Mangi Thi     4.48 - 269 votes	Mohammed Rafi	Shankar Jaikishan	Dev Anand, Asha Parekh, Pran
		Jab Pyar Kisi Se Hota Hai (1961)	Hasrat Jaipuri	Roothna Manaana, Sad Songs
 8	Jiya O, Jiya O Jiya Kuchh Bol Do     4.55 - 454 votes	Mohammed Rafi	Shankar Jaikishan	Dev Anand, Asha Parekh
		Jab Pyar Kisi Se Hota Hai (1961)	Hasrat Jaipuri	Masti Bhare Geet, All Time Great, Romantic Songs
 9	Dhundho Dhundho Re Saajanaa Dhundho Re Saajanaa     4.47 - 103 votes	Lata Mangeshkar, Mohammed Rafi	Naushad	Dilip Kumar, Vyjayantimala
		Gunga Jumna (1961)	Shakeel Badayuni	
 10	Ibtadaey Ishk Me Ham Saree Rat Jage     4.56 - 130 votes	Mukesh	Shankar Jaikishan	Manoj Kumar, Mala Sinha
		Hariyali Aur Rasta (1962)	Hasrat Jaipuri	Romantic

Binaca Geetmala Annual List (1962)



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 رحمہ اللہ علیہ

52 دولت کا مصروف

اردو حکایت: ایک دفعہ دمشق میں ایسا سخت قحط پڑا کہ لوگ دانے دانے کو ترس گئے وہاں میرا ایک دوست تھا جس کو اللہ نے ہر قسم کی نعمتوں سے نوازا تھا اُس کے گھر میں دولت کی ریل پیل تھی۔ قحط کے زمانے میں اُس سے میری ملاقات ہوئی تو میں یہ دیکھ کر حیران رہ گیا وہ ہڈیوں کا ڈھانچہ بنا ہوا تھا۔ میں نے پوچھا کہ دوست تم پر کیا مصیبت پڑی ہے کہ سوکھ کر کاٹنا ہو گئے ہو۔

اُس نے غصہ سے جواب دیا: تمہیں دکھائی نہیں دیتا کہ خلق خدا کس مصیبت میں گرفتار ہے؟ آخر جان بوجھ کر انجان بننے سے کیا فائدہ؟ میں نے کہا بھائی قحط کا حال تو مجھے معلوم ہے لیکن میں یہ نہیں سمجھ سکا کہ اُس کا اثر تجھ جیسے آسودہ حال آدمی پر کیسے پڑ سکتا ہے۔ قحط سے تو بیچارے نادار ہی مرتے ہیں جن کو اللہ نے سب کچھ دیا ہے اُن پر کیا اثر ہو سکتا ہے۔ میرے دوست نے رنجیدہ ہو کر میری طرف ایسے دیکھا جیسا کہ ایک عالم، اک جاہل مطلق کو دیکھتا ہے، پھر اُس نے کہا کہ اے دوست! انسان کنارے پر ہوا اور لوگ دریا میں ڈوب رہے ہوں تو اُس کو کیسے چین آسکتا ہے۔ میرا چہرہ بے سروسامانی کی وجہ زرد نہیں بلکہ بے کسوں کی مصیبت اور غم نے میرا دل توڑ دیا ہے۔ جب میں دیکھتا ہوں کہ لوگ روٹی کے ایک ایک لقمے کو ترس رہے ہیں تو میرے حلق میں لقمہ زہر بن جاتا ہے۔ یہ کہاں کی انسانیت ہے کہ لوگ روکھی سوکھی کو ترسیں اور میں مرغن کھانے کھاؤں۔ خدا نے مجھے دولت اس لئے نہیں دی کہ اپنا جسم پالتا رہوں اور محتاجوں کی طرف سے آنکھیں پھیر لوں۔ ایسے دولت مند پر خدا کی لعنت ہے جو اپنی دولت اللہ کے بندوں کی حاجتیں پوری کرنے پر صرف نہیں کرتا۔

منظوم ترجمہ:

ڈوبتا ہو دوست، دریا میں تو، اُس کو دیکھ کر
جو کنارے پر ہے، اُس کو چین کیسے آئے گا
ٹوٹا ہو دل اگر، مشکل سے، غم کی مار سے
جو بھی لقمہ ہو حلق میں، زہر وہ بن جائے گا
بھیجتا ہے، ایسے دولت مند پر، لعنت خدا
جو بخالت کر کے، حاجت مند سے گھبرائے گا



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رحمہ اللہ علیہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور بلند و بالا کر کے اور کمال پر پہنچا دیا۔ گلستاں گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو 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۔

تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پاپیادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیاء، آفریقہ اور دُنیا کے دیگر ممالک کی سیرو سیاحت میں بسر کیا۔ کہا جاتا ہے کہ مشرقی سیاحوں میں ابن بطوطہ کے سوا شیخ سعدی سے بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت کے دوران بڑی صعوبتیں اٹھائیں اور بڑے تجربے حاصل کئے۔ ایک اندازے کے مطابق شیخ سعدی کی تصانیف تیس سے متجاوز اور ایک سے بڑھ کر ایک ہیں لیکن ان کی دو

غذا کے ہماری ذہنی اور جسمانی صحت پر اثرات

اور کیٹچن جیسے قدرتی اینٹی آکسیڈنٹس سے بھرپور سبز چائے آپ کی جلد کو دھوپ سے ہونے والے نقصان سے محفوظ رکھتی ہے اور اس پر ہونے والے سرخ دانوں سے بچاتی ہے۔ دہی، بائیوٹن (وٹامن بی کی ایک قسم) سے بھرپور ہوتا ہے، جو جلد کو بہتر بنانے کے ساتھ ساتھ ناخون کو بھی خوبصورت بنانے میں مدد دیتا ہے۔ سنگتروں میں اینٹی آکسیڈنٹ اور وٹامن سی جلد کو ڈھلکنے سے روکتے ہیں، ساتھ ہی جلد کے خلیات کو نقصان پہنچنے سے بھی بچاتے ہیں۔

انارخون صاف کرنے کے لیے بہترین پھل ہے، جسے کھانے سے جسم کا رنگ گلابی ہو جاتا ہے۔ انار میں پوٹاشیم، ایسڈ، الیکٹریک ایسڈ اور اینٹی آکسیڈنٹ جیسے عناصر انتہائی زیادہ پائے جاتے ہیں۔ اس کے علاوہ اومیگا 3 فیٹی ایسڈ بھی بڑی مقدار میں موجود ہوتا ہے، جو جلد کے خلیوں کو دوبارہ پیدا کرنے میں مدد دیتا ہے۔ ٹماٹر میں موجود وٹامن سی کی کثیر مقدار چہرے کو دکھس بنانے کے ساتھ ساتھ رنگت میں بھی نکھار پیدا کرتی ہے۔ (شکر یہ "جنگ")

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خصوصیات میڈیسن جیسی ہوتی ہیں۔ مثلاً ہری سبز یاں آپ کو پھیپھڑوں کی بیماریوں سے لڑنے میں مدد کرتی ہیں۔ فولک ایسڈ والی غذائیں جیسے پالک، ایو کا ڈو، پھلیاں اور مونگ پھلی وغیرہ اسٹروک، خون کی کمی (اینیمیا) اور خواتین کو حمل کی پیچیدگیوں سے دور رکھنے میں مدد دیتی ہیں۔

اسی طرح اناس میں ایک انزائم بروملین پایا جاتا ہے، جو پروٹین کو ہضم کرنے، سوزش دور کرنے اور قوت مدافعت بڑھانے میں مدد کرتا ہے۔ سامن مچھلی اومیگا تھری فیٹی ایسڈ کے حصول کا بہترین ذریعہ ہے، جس سے سوزش کے خلاف مزاحمت، دائمی بیماریاں کم کرنے اور دماغی حالت بہتر بنانے میں مدد ملتی ہے۔

مشرومز میں کئی ایسے کپاؤنڈ ہوتے ہیں جو آپ کی قوت مدافعت کو بہتر اور پورے جسم میں سوزش کم کرنے میں مدد کرتے ہیں۔ شاخ گوبھی (بروکولی)، بلویری، گرم مسالے، ادراک اور لہسن سوزش کش خصوصیات کے حامل ہوتے ہیں۔ مثلاً ہلدی میں موجود کیریون بہترین سوزش کش خصوصیات رکھتا ہے، اسی وجہ سے ہلدی صدیوں سے دواؤں میں استعمال ہو رہی ہے۔ پولی فینولز

حصہ امانو ایسڈ، گلوکوز، پروٹین اور دیگر اجزاء سے بنتا ہے۔ اگر ہم ایسی غذائیں (گریاں، بیج اور مچھلی وغیرہ) کھائیں، جن میں فیٹی ایسڈ پایا جاتا ہو تو یہ دماغ میں نئے خلیوں کی تشکیل اور ان کی بحالی میں مدد دیتی ہیں۔ غذائیں آپ کی نیند پر بھی اثر انداز ہوتی ہیں، اگر آپ رات کو ذہنی طور پر خود کو وارلٹ اور دوپہر کھانے کے بعد غنودگی کا شکار محسوس کرتے ہیں تو اس کا مطلب ہے کہ آپ کا دماغ آپ کی خوراک سے خوش نہیں ہے۔ ایک تحقیق کے مطابق مچھلی اور دیگر سمندری غذاؤں کا زیادہ اور فاسٹ فوڈ کا کم استعمال ڈپریشن کے تناسب میں کمی لاتا ہے۔ سمندری غذاؤں میں موجود اومیگا تھری فیٹی ایسڈ سے دماغی صحت پر عمدہ اثرات مرتب ہوتے ہیں۔

اسی طرح بی ایم سی میڈیسن میں شائع ہونے والی تحقیق کہتی ہے کہ وہ افراد جو سبزیوں، پھلوں، کم چکنائی والی ڈیری مصنوعات، بغیر نمک کے میوہ جات، سرخ گوشت، مرغی، مچھلی، زیتون کے تیل اور انڈے کا استعمال زیادہ جبکہ میٹھی، تلی ہوئی ایشیا، فاسٹ فوڈز، میٹھے مشروبات، پراسیسڈ فوڈز وغیرہ سے اجتناب یا ان کا کم سے کم استعمال

انسان جن طور طریقوں کے مطابق زندگی گزارتا ہے، اس کا ہماری ذہنی اور جسمانی صحت کے ساتھ گہرا تعلق ہوتا ہے۔ طبی ماہرین کے مطابق، زیادہ وزن کا حامل جسم تمام بیماریوں کو نبوت دیتا ہے۔ کھانے پینے کے شوقین افراد اس بات کا خیال نہیں رکھتے کہ صحت کے لیے کس قسم کی غذا کی ضرورت ہے، جس کے نتیجے میں وہ تلف نامیاتی بیماریوں کے علاوہ ڈپریشن کا بھی نکار ہو جاتے ہیں۔ اگر آپ کے دسترس میں 20 افراد ہیں تو یہ ممکن ہے کہ ان میں سے دو افراد ڈپریشن کا شکار ہوں اور ان دو میں سے ایک آپ بھی ہو سکتے ہیں۔ ڈپریشن کا شکار افراد ایسٹی پریشن ادویات سے حبان چھڑانے کی کوششوں میں لگے رہتے ہیں تاکہ وہ اداسی، ہوک نہ لگنے، نیند نہ آنے، عدم توجہ اور عدم دلچسپی جیسے عوامل سے دور رہیں اور ایک اچھی زندگی گزار سکیں۔ آسٹریلیا کی یونیورسٹی آف میلبرن میں کی جانے والی ایک تحقیق کے مطابق ڈپریشن کے نوازل پر قابو پانے کے لیے ماحول اور عادات میں تبدیلی لانا ضروری ہے اور ان عادات میں سب سے اہم کھانے پینے کا معمول ہے۔ تحقیق کے مطابق یہ جاننا ضروری ہے کہ آپ کو کن چیزوں سے اجتناب اور کن چیزوں کو اپنی غذا میں شامل کرنا ہے، تاکہ آپ کے ڈپریشن میں کمی آئے اور اس سے محفوظ رہا جاسکے۔ میلبرن یونیورسٹی کی تحقیق کے مطابق، غذا دماغی صحت پر اثر انداز ہوتی ہے اور اس پر اپنے اثرات چھوڑتی ہے۔ جب آپ کے جسم میں عمدہ قسم کی توانائی (غذا کی صورت میں) پہنچتی ہے تو آپ کا جسم اور دماغ دونوں بہتر طریقے سے اپنے کام انجام دیتے ہیں۔ امریکن جرنل آف کلینیکل نیوریشن کی رپورٹ کہتی ہے کہ دالیں، مچھلی، پھل اور سبزیوں کا زیادہ استعمال ڈپریشن کے خطرے کو کم کرنے میں معاون ثابت ہوتا ہے۔

دماغی صحت پر اثرات:

ہماری غذا کے اثرات براہ راست ہمارے جسم و دماغ پر مرتب ہوتے ہیں۔ دماغ کا زیادہ حصہ لیپڈز یعنی چربی پر مشتمل ہوتا ہے جبکہ بقیہ

عالیجناب عظیم قدیر صاحب ایڈیٹر ایشیا ٹائمز امریکہ

نے حیدرآباد کے دورہ کے موقع پر حسن شریف سے ان کے آفس (اطیب اردو کمپیوٹر گرافکس) پر ان سے ملاقات کی۔ اور یہاں کے کمپیوٹر کے کاموں کے تعلق سے معلومات حاصل کیں۔ ان کے پاس سے ہونے والی کتابوں اور معیار کے سلسلہ میں اپنے خیالات کا ذکر کرتے ہوئے ان کے کام کی ستائش کی اور کہا کہ ایشیا ٹائمز کے اردو صفحات کی کمپیوٹنگ حسن شریف ہی کرتے ہیں اس کے علاوہ شعراء، ادباء کی کتابیں جو



حیدرآباد میں پرنٹ ہو کر امریکہ میں پہنچی وہ اپنے معیار، خوبصورتی اور نفیس کتابت (کمپیوٹر کمپیوٹنگ) کے سبب بہت پسند کی جاتی ہیں۔ آخر میں حسن شریف نے عظیم قدیر صاحب کا شکریہ ادا کیا کہ وہ ان کے آفس تشریف لائے۔

کرتے ہیں، ان میں ڈپریشن میں مبتلا ہونے کا خدشہ 33 فیصد تک کم ہو سکتا ہے۔

جسمانی صحت پر اثرات

آپ خود بھی ایسے تجربات سے گزرے ہوں گے کہ آپ نے کوئی چیز کھائی تو آپ کا موڈ اچھا ہو گیا۔ دراصل کچھ غذائیں اپنے اندر موجود منرلز، وٹامنز اور دیگر غذائی خصوصیات کی وجہ سے آپ کے جسمانی افعال پر اثر انداز ہوتی ہیں اور کچھ غذاؤں کی

کنگنارناوت کی فلم 'ایمرجنسی' کی ریلیز پر پابندی کا مطالبہ

درخواست گزار گرویندر سنگھ اور جگموہن سنگھ کی جانب سے دائر درخواست میں وکیل ایمان سنگھ کھارا اور دپندر سنگھ ورک نے عدالت سے غلط طریقے سے پیش کیا گیا ہے، جس سے فرقہ وارانہ ہم آہنگی اور امن کی فضا خراب ہو سکتی ہے۔ اس لیے پنجاب میں فلم کی نمائش پر پابندی لگائی جائے۔ درخواست میں گرویندر سنگھ اور جگموہن سنگھ کی جانب سے دائر درخواست میں وکیل ایمان سنگھ کھارا اور دپندر سنگھ ورک نے عدالت سے غلط طریقے سے پیش کیا گیا ہے۔ اداکارہ اور رکن پارلیمنٹ کنگنارناوت کی فلم 'ایمرجنسی' پر پابندی لگانے کے مطالبہ پر پنجاب اور ہریانہ ہائی کورٹ میں مفاد عامہ کی درخواست دائر کی گئی ہے۔ یہ تنازعہ فلم 6 ستمبر کو ریلیز ہونے والی ہے۔ درخواست گزار گرویندر سنگھ اور جگموہن سنگھ کی جانب سے دائر درخواست میں وکیل ایمان سنگھ کھارا اور دپندر سنگھ ورک نے عدالت سے استدعا کی ہے کہ فلم میں سکھ برادری کو نشانہ بنا کر



جائے۔ درخواست میں مطالبہ کیا گیا ہے کہ فلم سے تنازعہ مناظر ہٹانے/تبدیل کرنے کے بعد ہی فلم کو ریلیز کرنے کی اجازت دی جائے۔ قابل ذکر ہے کہ فلم کا ٹریلر ریلیز ہونے کے بعد سے شرومنی گرو دوارہ پر بندھک کمیٹی، شرومنی اکالی دل سمیت مختلف تنظیمیں یہ کہتے ہوئے فلم کی مخالفت کر رہی ہیں کہ اس میں سکھوں کو غلط انداز میں پیش کر کے کمیونٹی کو بدنام کرنے کی کوشش کی گئی ہے۔



ناظرین کے دلوں میں گدگدی پیدا کرنے والے ہنسی کے شہنشاہ جانی وا کر

بالی ووڈ میں اپنی زبردست مزاحیہ اداکاری سے ناظرین کے دلوں میں گدگدی پیدا کرنے والے، ہنسی کے شہنشاہ جانی وا کر جن کا حقیقی نام بدر الدین جمال عرف جانی تھا، بچپن سے ہی



ادا کار بننے کا شوق تھا۔ بالی ووڈ میں اپنی زبردست مزاحیہ اداکاری سے ناظرین کے دلوں میں گدگدی پیدا کرنے والے، ہنسی کے شہنشاہ جانی وا کر جن کا حقیقی نام بدر الدین جمال عرف جانی تھا، بچپن سے ہی ادا کار بننے کا شوق تھا۔ بطور ادا کار اپنے خوابوں کو پورا کرنے کے لئے انہیں بس کنڈکٹر کی نوکری بھی کرنی پڑی۔ جانی وا کر کی پیدائش مدھیہ پردیش کے اندور شہر میں ایک متوسط مسلم خاندان میں 11 نومبر 1920 کو ہوئی تھی۔ 1942 میں ان کا خاندان ممبئی آ گیا۔ یہاں ان کے والد کے ایک دوست پولس انسپکٹر تھے جن کی سفارش پر انہیں بس کنڈکٹر کی نوکری مل گئی۔ یہ نوکری پا کر وہ کافی خوش ہو گئے کیوں کہ انہیں مفت میں ہی پوری ممبئی گھومنے کا موقع مل گیا تھا۔ اس کے ساتھ ہی انہیں ممبئی کے فلم اسٹوڈیو میں بھی جانے کا موقع مل جایا کرتا تھا۔ وہ اپنے خاص انداز میں آواز لگاتے "ماہم والے پنجر اترنے کو ریڈی ہو جاؤ لیڈیز لوگ پہلے"۔ اسی دوران ان کی ملاقات فلمی دنیا کے مشہور ویلین این اے انصاری اور کے آصف کے سکریٹری رفیق سے ہوئی۔ تقریباً 7-8 مہینے کی جدوجہد کے بعد جانی وا کر کو فلم "آخری پیانے" میں ایک چھوٹا سا رول ملا۔ اس فلم میں انہیں 80 روپے اجرت ملی جبکہ بطور بس کنڈکٹر انہیں پورے مہینے کے لئے صرف 26 روپے ہی ملا کرتے تھے۔ ایک دن جانی وا کر کی ملاقات اپنے دور کے ممتاز ادا کار بلراج ساہنی سے ہوئی جو ان کی بس میں سفر کر رہے تھے۔

صائمہ سے کیسے ملا، شادی پر پہلی بیوی کا کسار عمل بھتا، سید نور نے اداکارہ سے محبت کی دلچسپ کہانی سنائی

فلم ڈائریکٹر سید نور نے صائمہ اور اپنی لو پہلو پر گفتگو کرنے کے ساتھ اپنی ازدواجی اسٹوری سنا کر سب کی توجہ حاصل کر لی۔ گزشتہ زندگی کو بھی کھل کر بیان کر دیا۔ دوران انٹرویو کئی دنوں سے سید نور خبروں کی زینت بنے نظر آ رہے ہیں، جس کی وجہ اداکارہ ریشم سے متعلق ان کے ساتھ دوسری شادی اور بطور سوتیلی ماں



انکا بیان تھا۔ ایک جانب جہاں سید نور نے ریشم کو بد قسمت اداکارہ قرار دیا تو وہیں ریشم نے بھی صائمہ کی محبت میں گرفتار سید نور ان پر اپنی بربادی پر الزام لگا ڈالا۔ تنازعات کے درمیان سید نور کا ایک انٹرویو بھی وائرل ہو رہا ہے جس میں انہیں صائمہ اور اپنی لو اسٹوری بیان کی۔ حال ہی میں ڈائریکٹر سید نور نجی ٹیلی ویژن کے مارنگ شو کے مہمان بنے جہاں انہوں نے کئی

آئمہ بیگ کو دل کا عارضہ نہیں، مسئلہ کچھ اور تھا

آئمہ بیگ گزشتہ ماہ سعودی عرب کے شہر جدہ میں جا کر میوزیکل پرفارمنس دی تھی جس کے بعد انہوں نے عمرے کی ادائیگی بھی کی تھی۔ آئمہ نے اپنے پہلے ہی بتا دیا تھا کہ یہ ایک طویل اور تھکا دینے والا سفر ہوگا۔ بعد ازاں انہوں نے اعلان کیا کہ ایک مصروف شیزول کی وجہ سے وہ اسپتال میں داخل ہوئیں اور انہیں 'منی ہارٹ ایکٹ' ہوا۔ انہوں نے 14 اگست کو اپنے انسٹاگرام پر اسپتال کے بستر پر لیٹے ہوئے اپنی تصویر شیئر کی تھی جن میں ان کے جسم پر ای سی جی پوائنٹس لگے ہوئے تھے۔ اس صورتحال نے ان کے مداحوں کو بے



چین کر دیا اور وہ جاننا چاہتے تھے کہ دل کا دورہ پڑنے کے بعد وہ کیسی ہیں۔ آئمہ نے اب اپنی صحت کے بارے میں ایک بیان جاری کیا ہے جس میں انہوں نے اپنے تمام مداحوں کا شکریہ ادا کیا کہ وہ اتنے فکر مند رہے لیکن انہوں نے واضح کیا کہ انہیں دل کا دورہ نہیں پڑا تھا۔ انہوں نے بتایا کہ وہ پانی کی کمی کا شکار تھیں اور اپنی دیکھ بھال ٹھیک طرح سے نہیں کر پارہی تھی۔ انہوں نے مزید بتایا کہ ان کی نیند پوری ہو رہی تھی اور نہ ہی وہ کھانا کھا رہی تھیں لہذا ان وجوہات کے باعث انہیں اسپتال میں داخل ہونا پڑا۔



بھوک نہ لگنے کی آیت

هُوَ يُطْعِمُنِي وَيَسْقِينِي ﴿٤٩﴾ (پارہ ۱۹، سورہ الشعراء، آیت ۷۹)

فضیلت: اگر کسی کو بھوک نہیں لگ رہی ہو تو یہ آیت 11 مرتبہ پڑھ کر کھانے پر دم کریں اور پھر کھانا کھلائیں، ان شاء اللہ بھوک لگنا شروع ہو جائیگی۔

شدید پیاس سے بچاؤ کے لئے

وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً بِقَدَرٍ فَأَسْكَنَتْهُ فِي الْأَرْضِ ۗ وَإِنَّا عَلَىٰ ذَهَابٍ بِهِ لَقَادِرُونَ ﴿١٨﴾ (پارہ ۱۸، سورہ المؤمنون، آیت ۱۸)

فضیلت: اگر کسی شخص کو بار بار پیاس محسوس ہوتی ہے یا شدید پیاس کا احساس ہوتا رہتا ہے تو یہ آیت 7 مرتبہ پڑھے اور پانی پر دم کر کے پئے یا پلائیں۔ ان شاء اللہ پیاس میں کمی ہو جائے گی۔

پتے کے امراض پتے کی پتھری کے لئے

الرَّحْمَنُ عَلَى الْعَرْشِ اسْتَوَى ﴿٥﴾ (پارہ ۱۶، سورہ طہ، آیت ۵)

فضیلت: اگر کسی شخص کو پتے کی پتھری یا پتے کے امراض ہوں تو اس آیت کو روزانہ 11 مرتبہ پڑھ کر مریض کو پلائیں ان شاء اللہ پتھری اور امراض سے شفاء ہو جائیگی۔

یرقان میں افاقہ کے لئے

سَبَّحَ لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿١﴾ (پارہ ۲۸، سورہ الحشر، آیت ۱)

فضیلت: اگر کسی کو یرقان ہو گیا ہے تو اس آیت کو پانی پر دم کر کے مریض کو پلائیں یا پئیں۔ ان شاء اللہ یرقان سے افاقہ ہو جائے گا۔

پیشاب کی کسی بھی بیماری کے لئے

وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ ۗ أَفَلَا يُؤْمِنُونَ ﴿٣٠﴾ (پارہ ۱۷، سورہ الانبیاء، آیت ۳۰)

فضیلت: اگر کسی کو پیشاب کی بیماری لاحق ہوئی ہو تو یہ آیت روزانہ ایک سو مرتبہ پانی پر پڑھ کر دم کر کے مریض کو پلائے، ان شاء اللہ افاقہ ہو جائے گا۔

بواسیر کے مرض میں افاقہ کے لئے

لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمَهْرَجًا ﴿١٣﴾ (پارہ ۳۰، سورہ الدھر، آیت ۱۳)

فضیلت: اگر کسی مریض کو بواسیر کا درد ہوتا ہے تو اس کو چاہئے یہ آیت پڑھ کر ہاتھ پر دم کر کے بواسیر کی جگہ پھیر لیں۔ ان شاء اللہ درد میں کمی واقع ہو جائیگی۔

گھٹنوں کا درد دور ہونے کے لئے

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۗ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ﴿١٨٦﴾ (پارہ ۲، سورہ البقرہ، آیت ۱۸۶)

فضیلت: اگر کسی کے گھٹنوں میں درد ہو تو یہ آیت روزانہ پانی پر دم کر کے مریض کو پلائے اور درد کی جگہ دم کر کے پھونک مارے، ان شاء اللہ درد میں کمی ہو جائے گی۔

ماں کے دودھ میں اضافہ کے لئے

وَأَوْحَيْنَا إِلَىٰ أُمِّ مُوسَىٰ أَنْ أَرْضِعِيهِ ۗ فَإِذَا خِفْتِ عَلَيْهِ فَأَلْقِيهِ فِي الْيَمِّ وَلَا تَخَافِي وَلَا تَحْزَنِي ۗ إِنَّا رَأَوْنَا إِلَيْكَ وَجَاعِلُونَ مِنَ الْمُرْسَلِينَ ﴿٤٠﴾ (پارہ ۲۰، سورہ القصص، آیت ۷)

فضیلت: اگر کسی عورت کو دودھ میں کمی واقع ہوتی ہے تو یہ آیت روزانہ 21 دن تک پانی پر پڑھ کر عورت کو پلائیں تو عورت کے دودھ میں انشاء اللہ اضافہ ہو جائے گا۔

ناقابل علاج مرض سے افاقہ

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ ﴿١٠٦﴾ (پارہ ۱۸، سورہ الانبیاء، آیت ۸۳)

فضیلت: اگر کوئی ناقابل علاج مرض میں مبتلا ہو تو اُسے کثرت سے یہ آیت پڑھنی چاہئے، ان شاء اللہ مرض میں افاقہ ہوگا۔



ولی الدین

ایک کہانی۔ ایک حقیقت

عارف بھی سرہانے آگئے تھے۔ انور کو یقین نہیں آ رہا تھا کہ وہ زندہ ہے لیکن یہ کیا؟ عارف اور شازیہ وہی وطن کے اسکول کے یونیفارم میں چھوٹے چھوٹے کیوں لگ رہے تھے۔ اس نے پھر گھبرا کر اپنی آنکھیں بند کر لیں۔ اس کو شمیمینہ کی آواز سنائی دی ”پروردگار تیرا بڑا کریم ہے کہ یہ ہوش میں آگئے۔“ انور نے پھر آنکھیں کھول کر غور سے سب کی طرف دیکھا۔ وہ اسپتال کے بستر پر تھا۔ شمیمینہ نے اس کو بتایا کہ جب وہ اپنی نوکری کی طرف سے دی گئی الوداعی پارٹی کے بعد گاڑی میں گھیرا رہا تھا تو کسی ٹرک نے اس کو زور سے لکر ماری تھی۔ پھر وہ زخمی ہو کر بے ہوش ہو گیا تھا۔ ڈاکٹر کہتے تھے کہ وہ کوما (Coma) میں ہے۔ پتہ نہیں ہوش آئے یا نہ آئے۔ شمیمینہ کی منت اور بچوں کی دعائیں کام آگئیں اس کو یقین نہیں آ رہا تھا کہ اب تک جو تھا وہ خواب تھا کہ حقیقت جس نے اس کی روح کو بھی جگا دیا ہے۔ وہ تو سچ سچ ہوش میں آ گیا تھا۔ ”ڈیڈی ہم کب امریکہ جا رہے ہیں۔“ شازیہ اور عارف کو اپنے سینے لگاتے ہوئے کیا ”بیٹے اپنا وطن امریکہ سے لاکھ گنا اچھا ہے۔ ہم یہاں ہی رہیں گے۔“

اپنے بچوں کو اردو پڑھائیے

اردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے

میں آ کر اس پر ہاتھ اٹھایا تو پولیس گھر پر تھی۔ اس وقت اس کو احساس ہوا کہ یہاں امریکہ آ کر اس نے کتنی بڑی غلطی کی تھی، پھر ایک دفعہ اس نے سوچا کہ بیٹی شازیہ کو واپس وطن پڑھنے کے لیے بھیج دے تو اس نے فوراً کیا ”ڈیڈی آپ کہتے تھے کہ ہماری خاطر یہاں آئے ہیں تو ہمیں واپس وطن کیوں بھیج رہے ہیں؟“ انور کو خیال آنے لگا کہ زندگی بنانے کے چکر میں وہ ایسے موڑ پر آچکا تھا کہ ”مڑ کے بھی دیکھو تو پتھر کے ہو جاؤ گئے“ والا معاملہ تھا۔ انور کو ایسا لگا کہ وطن سے بارہ لوگ سیٹ (Set) ہونے کے چکر میں زیادہ تو اب سیٹ (U p Set) ہی رہتے ہیں۔ انور اپنی سوچ کی اس دُنیا میں اتنا لگن تھا کہ اس کو احساس بھی نہیں ہوا کہ کب اور کہاں سے دونو جوان گیس اسٹیشن میں گھس آئے ہیں۔ ایک نے پستول نکال کر اس کے سامنے کر دی کہ سارا کیش اس کے حوالے کر دو۔ دوسرے نے آگے بڑھ کر کیش رجسٹر کو کھولنے کی کوشش کی تو انور نے مزاحمت کی۔ ایک گولی کی آواز کے ساتھ اس کو موت کا احساس ہوا۔ میں ابھی مرنا نہیں چاہتا۔ اس کے سامنے شمیمینہ اور بچوں کے چہرے آنے لگے۔ کاش میں نے شمیمینہ کی بات مانتی ہوتی۔ کاش میں یہاں نہ آتا۔ پھر انور جیسے نیند کی گہرائیوں میں ڈوبتا چلا گیا ”ڈیڈی پلیز آنکھیں کھولیں“ انور کی آنکھوں میں آوازیں آ رہی تھیں۔ اس نے آہستہ آہستہ آنکھیں کھولنے کی کوشش کی تو شازیہ نے خوشی سے کہا ”ممی دیکھو ڈیڈی کو ہوش آ رہا ہے۔“ انور نے دیکھا کہ شمیمینہ اور اس کا بیٹا

کچھ سننے کے موڈ میں نہیں تھا۔ میں ہوا میں اڑا جا رہا تھا۔ اپنے آفس کے دوستوں سے بھی کہتا رہا ”یہاں اپنے ملک میں کیا رکھا ہے کوئی مستقبل نہیں۔ امریکہ میں کچھ بن کے دکھاؤں گا۔“ پھر وہ اپنی فیملی کے ساتھ امریکا آ گیا۔ ایک ہفتے کے دوران ہی اس کو معلوم ہو گیا کہ اس کے بڑے بھی اور بھابھی چاہتے ہیں کہ وہ اپنے الگ رہنے کا کوئی آسرا کر لے۔ مہمان داری ختم اور تیزی سے رقم خرچ ہونے لگی جو بھی وہ اپنے ساتھ لایا تھا۔ وقت تیزی سے گزر رہا تھا۔ انور کو اپنی لائن کی نوکری ملنا مشکل تھا۔ وہ بھی اوروں کی طرح عمر کا تقاضا اور تعصب کا شکار ہوا تو مجبوراً پھر گیس اسٹیشن میں نوکری کرنا پڑی۔ شمیمینہ نے زندگی بھر کوئی نوکری نہیں کی تھی۔ جب حالات تنگ ہوئے اور بچوں کی خواہشات عمر کے ساتھ ساتھ پڑھیں تو وہ بھی شوہر کا ہاتھ بنانے نوکری کے میدان میں اتر آئی۔ پھر وہی ہوا جو اکثر فیملی کے ساتھ ہوتا ہے۔ بچوں کی نگہداشت میں کوتاہی ہونے لگی۔ انور بارہ گھنٹے نوکری کر کے تھک کر سو جاتا۔ شمیمینہ بھی دن میں گھر کا کام کاج اور نوکری کے بعد بچوں پر زیادہ دھیان کیسے دیتی۔ ویسے بھی بچے عمر کی اس خطرناک حد میں تھے جہاں ان پر نظر رکھنے کے ساتھ احتیاط برتنا بھی ضروری ہے۔ یہ بھی یہاں کی مغربی تہذیب اور قانون کو جانتے ہیں۔ بچوں کی توجہ پڑھائی کے بدلے گھومنے پھرنے پر زیادہ رہی۔ شمیمینہ نے انور کو پھر کچھ کہنے کی کوشش کی۔ لیکن وہ تو اپنی غلطی ماننے کے لیے تیار ہی نہ تھا۔ تو کیسے اس کی بات سنتا۔ اپنے بیٹے عارف کے دیر سے گھر آنے پر جب اس نے غصہ

انور نے کام کرتے کرتے باہر دیکھا۔ برف تیزی سے گر رہی تھی۔ صبح سے یہ سلسلہ شروع ہوا تھا اور اب شام ہونے لگی تھی ”لگتا تھا آج بھی ڈبل ڈیوٹی نہ کرنا پڑے“ وہ بڑبڑایا۔ اب تو وہ خود سے بھی باتیں کرنے لگا تھا۔ گیس اسٹیشن میں کام کرتے ہوئے انور کو چار سال ہونے کو آئے تھے۔ امریکا آنے کے بعد یہ اس کی پہلی اور آخری نوکری تھی۔ وہ اکثر کام کرتے کرتے خیالوں کی دُنیا میں بھٹک کر واپس وطن پہنچ جاتا۔ وہ دن بھی اس کو یاد تھا جب پورے بارہ سال کے انتظار کے بعد اس کو امریکا کی امیگریشن مل رہی تھی۔ انٹرویو کے لیے اسلام آباد جانا تھا۔ اپنی بیوی شمیمینہ اور دونوں بچوں کو ملک میں چھوڑ کر باہر جانے کی کوئی خواہش نہیں تھی۔ چھوٹا بیٹا عارف اور بیٹی شازیہ انگلش اسکول میں پڑھتے تھے۔ انور آفس جاتے ہوئے اپنی گاڑی میں ان کو اسکول چھوڑتا اور شمیمینہ اپنی دوسری گاڑی میں ان کو گھر واپس لے آئی۔ دو بچے۔ دو گاڑیاں۔ اچھا خاصا بنگلہ اور محلہ جس میں آرام سے رہتے تھے۔ انور کمپنی میں ترقی کرتے کرتے ریجنل ڈائریکٹر ہو گیا تھا۔ شمیمینہ کے زیادہ تر رشتہ دار کراچی اور اسلام آباد میں تھے۔ اس کے محلے کی سہیلیاں اور رشتہ دار کہتے تھے کہ تم تو خالص دیسی ہو۔ تمہارے شوہر کے سارے بہن بھائی امریکہ میں ہیں۔ تم لوگ بھی وہاں شفٹ ہو جاؤ وغیرہ وغیرہ لیکن شمیمینہ اور بچوں کو وطن میں ہی رہنا پسند تھا۔ شمیمینہ نے یہ بات انور سے کئی بار کہنے کی کوشش کی لیکن وہ ٹال دیتا ”ارے امریکہ جانے کا نمبر تو آنے دو پھر سوچیں گے۔“

آج اسلام آباد سے واپسی پر بھی وہ



بلیر راضی

غزل

کوئی منزل بھی نہیں ہے کوئی رستہ بھی نہیں
اور سب محو سفر ہیں کوئی رکنا بھی نہیں
ہر طرف بے رنگ سی گہری اداسی کا جماء
ایک رنگیں خواب جو نظروں سے ہٹتا بھی نہیں
کس طرح تھامے ہوئے ہیں خود کو اس ہستی کے لوگ
کوئی متوازن نہیں ہے اور پھسلتا بھی نہیں
اک مسلسل سی یہ سخی رائیگاں یہ کاوشیں
ایک پتھر سا یہ منظر جو گھمکتا بھی نہیں
بے سبب سی ٹیس دل میں مستقل ہوتی ہوئی
جذبہ بیباک جو دل میں اترتا بھی نہیں
ہر طرف یہ دھوپ ہر دم تیز تر ہوتی ہوئی
موم کا اک شہر لیکن جو گھمکتا بھی نہیں



افسر کئی

غزل

درد بن جاؤں تری آنکھ سے بہہ کر نکلوں
تیرے دامن کو بھگوتا رہوں شب بھر نکلوں
جتنا جی چاہے ستا میں ترا دیوانہ ہوں
اپنا دیوانہ تجھے میں بھی بنا کر نکلوں
تجھ سے ملنے کو ترستا ہوں میں پاگل کی طرح
میں تجھے ڈھونڈنے اس شہر میں گھر گھر نکلوں
بس یہ ارماں لئے آیا تھا تری دنیا میں
درد سینے میں جو اٹھے تو چھپا کر نکلوں
اس کے وعدوں کو فراموش میں کرتا کیسے
دیکھنے کے لیے میں چاند کو چھت پر نکلوں
جب بھی ملتا ہے وہ قاتل ہی سمجھتا ہے مجھے
دل میں محفوظ رہوں گھر سے نہ باہر نکلوں
جس کی چاہت نے پریشان کیا ہے مجھ کو
اس کی گلیوں سے کسی روز تو افسر نکلوں



طالب رزاقی

غزل

نقش پا کو جان کر منزل بہک جاتا ہوں میں
دو قدم چلنے نہیں پاتا کہ تھک جاتا ہوں میں
بس یہی ہے طرف میرا بس یہی ہے حوصلہ
بیخودی میں مثل پیاناہ چھٹک جاتا ہوں میں
زیر بار منت رہہر ہو کیا میرا خرام
اپنی منزل پر پہنچ کر ہی بھٹک جاتا ہوں میں
اُن کی آنکھوں کا اشارا ہے، کہ مستی، کیا کہوں
ہوش میں آکر نہ جانے کیں وہبک جاتا ہوں میں
رُعبِ حُسن یار کی تاثیر کا عالم یہ ہے
کہتے کہتے مدعائے دل جھک جاتا ہوں میں
دیکھ کر طالبِ محبت میں پتنگوں کی طلب
صورتِ شمعِ سحر اک دم بھڑک جاتا ہوں میں



سلیمان خطیب

نقاد

(نام نہاد نقادوں سے معذرت کے ساتھ)
لے کو بیٹھیں سب کتاباں بنڈیاں بھر کو چو طرف
بھی کو دیکھو پیٹ چرو نہیں نکلتا اک حرف
چار مضموناں اڑا کو چار حرفاں جوڑ کو
ایک نوا گھر بنا رہیں سو گھراں کو توڑ کو
اب فرق کرچہ نہیں اپنے میں اور سقراط میں
ایک میٹرک کیا نکالیں آٹھ نو اقساط میں
اب زمین پو دیکھتے نہیں آسماں پو ہے نظر
کیا سنگ جاتا کہتیں اب تم ادھر کا ہی ادھر
کی کھپاریں ہے سو نازک ایک ماشے کا داغ
مجدداں کے بھوت فکراں نہیں تو میں گھر کو چراغ
کیا نکالیں نام دیکھو واہ رے ماں باپ کا
جیسے بچہ لا کو چھوڑیں ادھیاں میں سانپ کا
اس کو کایا، اُس کو کایا کانے کی بات ہے
بات ہے وچ تیری جتی تیری ذات ہے
یہ ادب ہے یا ادب سے بات کر آداب کی
کی بغل میں لے کو پھرتا ہے چھری قصاب کی
پھر خدا کی شان دیکھو ہو گئے اس پر مدیر
رحم فرما، برمدیراں اسے شریان شریہ
آتا جاتا کچھ بھی نہیں ہے، نام کے فاضل ہیں یہ
لکھنے والے مر گئے بس ایک ہی قابل ہیں یہ
رات کے بارہ بجیں ہور شوق میں لکھنے چلیں
اونٹ کو ہوریں حریرہ، جلتے منہ کو ہور جنیں
(کیڑے کا بن)



باسط اعظم

غزل

زمین کا آخری منظر دکھائی دینے لگا
میں دیکھتا ہوا پتھر دکھائی دینے لگا
وہ سامنے تھا تو کم کم دکھائی دیتا تھا
چلا گیا تو برابر دکھائی دینے لگا
نشان ہجر بھی ہے وصل کی نشانیوں میں
کہاں کا زخم کہاں پر دکھائی دینے لگا
وہ اس طرح سے مجھے دیکھتا ہوا گزرا
میں اپنے آپ کو بہتر دکھائی دینے لگا
تجھے خبر ہی نہیں رات معجزہ جو ہوا
اندھیرے کو، تجھے چھو کر، دکھائی دینے لگا
کچھ اتنے غور سے دیکھا چراغ جلتا ہوا
کہ میں چراغ کے اندر دکھائی دینے لگا
پہنچ گیا تری آنکھوں کے اس کنارے تک
جہاں سے مجھ کو سمندر دکھائی دینے لگا



شاہین عباس

غزل

تھا وہ یاروں میں اپنا یار بہت
اک اسی سے تھا ہم کو پیار بہت
اس کے دم سے تھا اعتبار سخن
تھا سخن کا وہ اعتبار بہت
اک طرف تھا ہجوم نوحہ گراں
ایک جانب تھے غم گسار بہت
خمیمہ دشمنان کی رونق ہیں
آج کل اس کے جاں نثار بہت
عاشقانِ سلیم احمد کو
جاننا ہے یہ خاکسار بہت
دوستی کیا ہے نصف دھوکا ہے
اس کا کرنا نہ اعتبار بہت
داستانیں تو ہیں طویل مگر
ہم نے برتا ہے اختصار بہت
ہم کو اقلیم شاعری کا عظیم
یاد آتا ہے شہریار بہت



سید وسیم نقوی

غزل

عجیب رسموں رواجوں کا بوجھ ہے ہم پر
بڑے بزرگوں کی قبروں کا بوجھ ہے ہم پر
تمہیں بتاؤ کہ ہم حق کو حق کہیں کیسے
امیر شہر کے دانوں کا بوجھ ہے ہم پر
کہ ہم نے اپنے سمندر پہ ضبط پا تو لیا
تمہیں پتہ نہیں لہروں کا بوجھ ہے ہم پر
ہم آسمان سخاوت ہیں بات مان تو لیں
یہ کیا کریں کہ ستاروں کا بوجھ ہے ہم پر
ہمیں ہماری محبت نہ مل سکے گی کبھی
نہ جانے کتنے رواجوں کا بوجھ ہے ہم پر
تھکن اتار کے ہم سو تو جائیں گے لیکن
ستم تو یہ ہے کہ خوابوں کا بوجھ ہے ہم پر
سکھنے لگتے ہیں اکثر ہمارے خواب وسیم
اجالا ہو کے اندھیروں کا بوجھ ہے ہم پر



عالم نظامی

غزل

بے وفا اب نہ محبت کی دہائی دوں گا
زندگی بھر میں تجھے زخم جدائی دوں گا
جو مجھے جیسا سمجھتا ہے سمجھنے دیجے
اپنے بارے میں کہاں تک میں صفائی دوں گا
میرے حصے میں بھی آیا ہے بلندی کا سفر
آسماں والوں تمہیں میں بھی دکھائی دوں گا
بخش دے گا وہ مری ساری خطائیں فوراً
اس کی رحمت کی اسے اتنی دہائی دوں گا
اپنے ماں باپ کو کاندھا بھی نہیں دے پایا
جو یہ کہتا تھا انہیں ساری کمائی دوں گا
میں سفیران محبت کی صدا ہوں عالم
مر بھی جاؤں تو زمانے کو سنائی دوں گا



On the lighter side....

"Don't be afraid of the dog," said the lady to Little Johnny, who was delivering her groceries.

"You know the old proverb, 'A barking dog never bites?'"

"Yes," replied Little Johnny. "You know the proverb. I know the proverb. But does your dog know the proverb?"

Why did the superhero flush the toilet?

Because it was their doo-dy!

As the storm raged, the captain realized his ship was sinking fast. He called out, "Anyone here know how to pray?"

One man stepped forward. "Aye, Captain, I know how to pray."

"Good," said the captain, "you pray while the rest of us put on our life jackets - we're one short."

A man had just got his car stuck in a during a drive in the country and he needed help getting it out. So he walked until he found a farm and asked the farmer for help. The farmer agrees to help the guy out. So he takes a horse out of the stable and leads him to the car. The farmer then ties a harness around the horse and the other end to the car.

The farmer yells, "Pull, Sandy!"

The horse just stands there.

The farmer yells, "Come on now, pull Twister!"

The horse once again just stands there.

Finally the farmer yells, "Ok dangit, PULL RANGER! You're just standing there!"

Finally the horse springs forward and with all the strength he has he pulls the car out of the ditch and onto the road-



side.

The man thanks the farmer many times, but before leaving the farmer why he yelled out names of horses that weren't there.

The farmer just smiles and replies, "Oh, you see Ranger there is completely blind and a lazy horse. He wasn't going to pull if he thought he was the only one trying."

The test I gave my math class covered everything we'd studied all year -- fractions, percentages and portions of whole units.

But maybe I could have explained things better. To the question "What portion of a foot is six inches?"

One student answered, "The toes?"

What branch of the military accepts newborns?

The infantry.

I adopted a 9 month old female Chihuahua; after a two week struggle for dominance she won leaving me somewhat perplexed.

After going over the training events step by step an

epiphany graced me with a large dose of reality.

"If one wishes to train a dog he must first be smarter than the dog."

When I look at chocolate, I hear two voices in my head.

The first one says, "You need to eat the chocolate."

The second one says, "You heard. Eat the chocolate."

I asked my wife when her birthday was.

She said March 1st.

So I walked around the room and asked again.

Her: Could you loan me ten dollars please?

Him: What did you say?

Her (a bit louder): Could you loan me twenty dollars please?

Him: I thought you asked for ten!

You know that you're a really boring person when someone steals your identity and then tries to give it back.

Why was a new born puppy mad at his mother?

He felt that she gave him a licking for no reason.

Little Johnny: "Having a farm is really hard work."

Billy: "It's an ant farm Johnny, all you have to do is supervise."

Where do you find lost silverware?

Answer: At the fork in the road.



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