



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

BEST COUNTRIES FOR A COMFORTABLE RETIREMENT
PAGE 22



Mullah Iqbal Baig
C.A. (India) E.A (USA)

Citizen Tax Service PLLC
480-478-5802

Fastest growing and declining jobs by 2030 **Page 23**

Hindi Movie Releases in Feb
Page 34

DEPORTATIONS

India open to return of undocumented Indians in the United States



Indian foreign minister Subrahmanyam Jaishankar has said New Delhi is open to the return of undocumented Indians in the United States. His comments came following a meeting with U.S. foreign secretary Marco Rubio in Washington, during which illegal immigration was one of the issues discussed.

Saying that New Delhi was firmly opposed to illegal migration, he told reporters that “We have always taken the view that if there are any of our citizens who are not here legally, if we are sure that they are our citizens, we have always been, you know, open to their legitimate return to India.” He said it is a position India takes with every country.

Jaishankar was addressing a news conference in Washington on Wednesday, a day after his meeting with Rubio.

After taking office, U.S. President Donald Trump issued executive orders that aim to clamp down on illegal immigration and deport those who are in the U.S. illegally.

Indians made up the third-largest group of unauthorized immigrants in the U.S. in 2022 behind Mexico and El Salvador, according to Pew Research Center. It estimated their number at 725,000.

Acronyms you should know!

- ASAP - As Soon As Possible
- ETA - Estimated Time of arrival
- DIY - Do It Yourself
- BRB - Be Right Back
- LOL - Laugh Out Loud
- FYI - For Your Information
- AKA - Also Known As
- TBA - To Be Announced
- TBD - To Be Determined
- FAQ - Frequently Asked Questions
- VIP - Very Important Person
- ID - Identification
- DOB - Date of Birth
- ATM - Automated Teller Machine
- PIN - Personal Identification Number
- SOS - Save Our Souls
- PTO - Paid Time Off
- RIP - Rest In Peace
- HR - Human Resources
- CEO - Chief Executive Officer
- CFO - Chief Financial Officer
- CTO - Chief Technology Officer
- PR - Public Relations
- ROFL - Rolling On the Floor Laughing
- SMH - Shaking My Head
- POV - Point Of View
- UFO - Unidentified Flying Object

THE LAW OFFICES OF KHALID Y. HAMIDEH

مكتب المحامي خالد حميده

214-515-0000

Personal Injury, Wrongful Death, Civil Litigation,
Family, Wills/Estate, and Mediation Services

EXPERIENCE . TRUST . RESULTS



Razan
Hamideh

Khalid
Hamideh

Yusef
Hamideh

40 years Trial Law Experience

- FREE LEGAL CONSULTATION ON ALL INJURY CASES
- NO FEE PAID ON INJURY CASES
- ATTORNEY FEE COLLECTED FROM INSURANCE COMPANY

- إستشارة قانونية مجانية لكل قضايا الإصابات
- لا رسوم تدفع لقضايا الإصابات
- أجور المحامي تدفع من قبل شركة التأمين

210 S. Greenville Avenue, Ste. 200-300
Richardson, Texas 75081

Phone: 214-515-0000

Fax: 214-463-2550

Email: info@hamidehlawfirm.com

www.hamidehlawfirm.com



The Law Offices of
Khalid Y. Hamideh



@hamidehlawfirm

www.AsiaTimes US

ISSN 2159-9645



CEO & Editor/Publisher
Azeem A. Quadeer, P.E.
Licensed Professional Engineer in the State of Texas
1-219-588-1538

Finance and Marketing Chief
Madam Sheela
MadamSheela1@gmail.com

Asia Times US is published monthly
Copyright 2025
All rights reserved as to the entire content

Asia Times US does not necessarily endorse views expressed by the authors in their articles

BOARD OF ADVISORS



Iftekhar Shareef
CEO, National Bank Corp
Chicago, IL



Dr. Basheer Ahmed, M.D.
Renowned psychiatrist
Dallas, TX



Khalid Y. Hamideh
Civil rights attorney
General counsel and spokesman for Islamic organizations
Dallas, TX



Shawkat Mohammed
NEW YORK LIFE
Member Million Dollar Round Table
Dallas, TX



Dr. Abdul Rahiman, MD; MPH
Physician, Internal Medicine
Dallas, TX



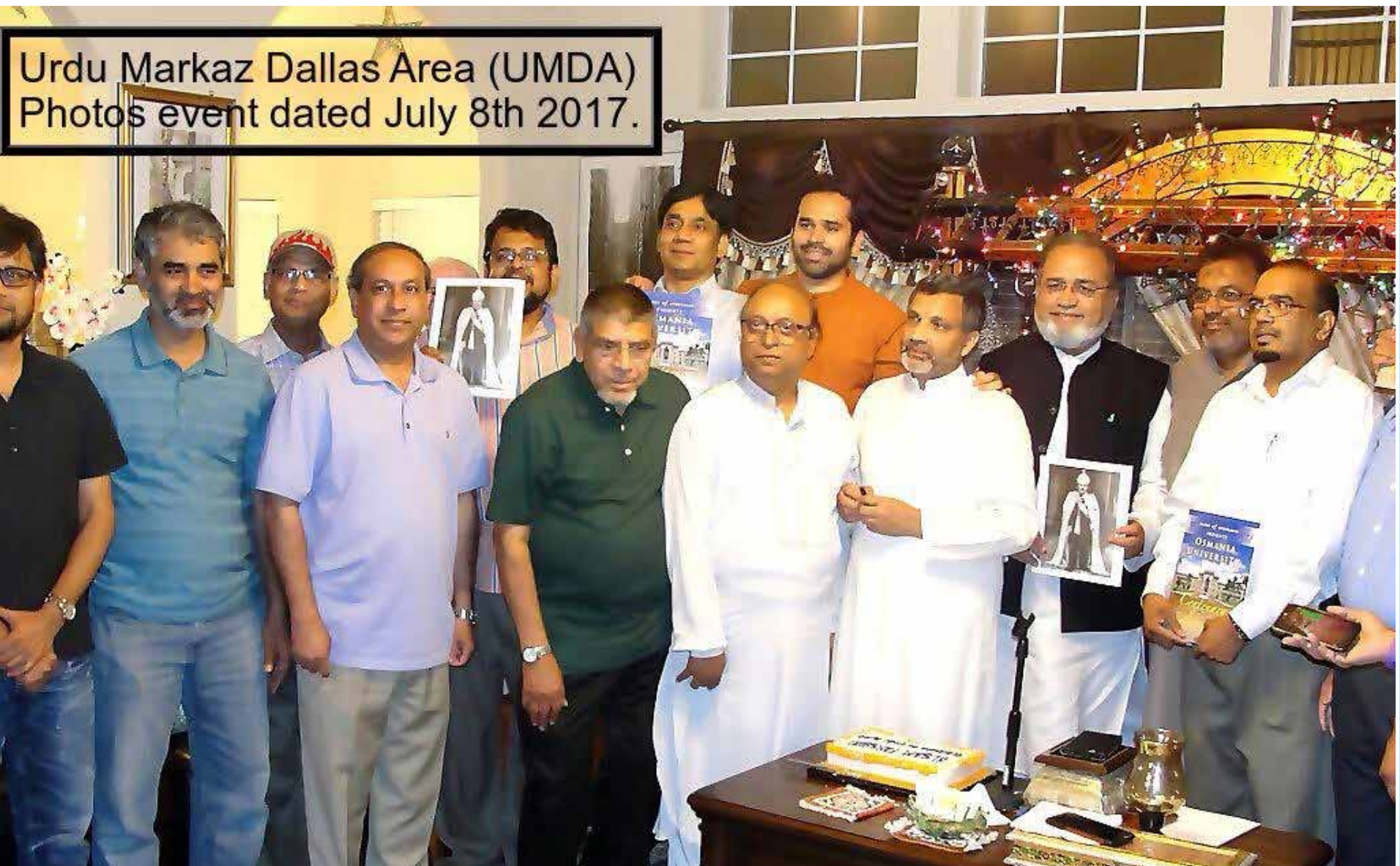
Waliuddin
Senior Pharmacist
Chicago, IL



Elyas Mohammed
Charlotte, NC



Sher M. Rajput
Trustee East West University
Chicago, IL



A picture with late Mr. Aslam Farshori with members of Urdu Markaz Dallas Area



**We are the
company of
the community.**

**Contact me to learn more about
securing your family's financial future.**

Shawkat Mohammed (Agent)

**Ph: (817) 320-9439
mohammeds@ft.newyorklife.com**

**New York Life Insurance Company
6565 N. MacArthur Blvd, Suite 100
Irving, TX 75039**



Be good at life.

Insure. Prepare. Retire.

1911747 EXP: 8/26/2023



PLANO MULTICULTURAL OUTREACH ROUNDTABLE
INVITES YOU TO A



CITIZENSHIP INFORMATION WORKSHOP

SAT. FEBRUARY 8

SOCKWELL CENTER

6301 CHAPEL HILL PLANO, TEXAS 75093

2PM SHARP

NO CHILDCARE FACILITIES

PlanoMCOR.org Contact: info@PlanoMCOR.org

Printing Sponsors: Plano Rotary Club and Plano Metro Rotary Club



Jumah Khutbah Times in DFW Masjids

as of Nov.20, 2024

Allen: 1:00, 2:15
 Anna: 1:30, 2:30
 Arlington, DarElsalam: 1:30
 Arlington, Central: 1:30
 Arlington, DarEIEman: 1:30, 2:30
 Aubrey: 1:45, 2:25
 Carrollton-Madinah: 1:45
 Carrollton-Al Rahman: 1:30
 Carrollton-Qalam: 1:30
 Celina-Prosper: 1:00
 Colony: 1:45
 Colleyville: 1:40
 Coppell: 1:30, 2:30
 Dallas-Al Islam: 1:45
 Denton: 1:45
 Desoto-HOP: 1:30
 Duncanville: 1:30
 Euless-ICOE: 1:00, 2:00
 Fort Worth,Bayt AlKarim: 1:30
 Frisco-ICF: 12:45, 1:35, 2:25
 Garland-Makkah: 1:45, 2:15
 Garland-Yaseen(Arabi): 1:30,2:30
 Grand Prairie: 1:30
 Irving-Annoor Ctr: 1:00
 Irving-ICI: 1:15, 2:15
 Irving-VRIC: 12:30, 1:30, 2:30

Lewisville-FlowerM: 1:30
 Mansfield (MIC): 1:30, 2:30
 Melissa-Imaan: 1:00, 2:00
 Mckinney: 12:45, 1:45, 2:35
 Mckinney-Frisco(White): 1:00,2:00
 Mesquite-Ar Rahman: 12:45, 1:45
 Mesquite-MIC: 1:30, 2:30
 Plano-EPIC: 12:30, 2:00
 Plano-IACC: 1:00, 2:15
 Plano-ICNA Ctr: 1:30
 Plano-Salahadeen: 1:00, 2:00
 Princeton: 1:30, 2:20
 Quad Cities: 1:30, 2:15
 Richardson-Al Ansar: 1:30, 2:30
 Richardson-IANT: 1:15, 2:15
 Richardson-MAS: 1:30
 Rowlett: 1:35
 Sachse-AIA: 1:30, 2:30
 Sachse-DMCC: 1:15
 Sachse-SMS: 1:15, 2:15
 Wylie-Faizan-e Madinah: 2:00
 Watuga: 1:15, 2:15

Send Edits to:
 'Muslim Events Donations Info'
<https://t.me/+9wcJ8LREdywyOTA5>



South Korean Boy Accepted Islam At The Hands of Mufti Tariq Masood

DALLAS-HOUSTON PAGES

DALLAS-HOUSTON PAGES

Citizen Tax Service PLLC Enrolled Agent

- 2266 S Dobson Road Suite 200
- Mesa, AZ 85202
- Phone : 480-478-5802
- Fax : 480-674-0878
- Email: service@citizentaxes.com
- Website: Citizentaxservicepllc.com

Mobile-friendly interface
 Take photos of your documents and upload



Mullah Iqbal Baig
 C.A. (India) E.A (USA)

Contact us for

- Individual & Business Taxes,
- Payroll & bookkeeping

Stop saying VERY ❌

- | | |
|------------------|----------------|
| ❌ very afraid | ✅ apprehensive |
| ❌ very lazy | ✅ idle |
| ❌ very active | ✅ energetic |
| ❌ very annoying | ✅ exasperating |
| ❌ very boring | ✅ tedious |
| ❌ very brave | ✅ valiant |
| ❌ very careful | ✅ cautious |
| ❌ very careless | ✅ reckless |
| ❌ very clean | ✅ immaculate |
| ❌ very happy | ✅ elated |
| ❌ very clever | ✅ brilliant |
| ❌ very common | ✅ ubiquitous |
| ❌ very crowded | ✅ packed |
| ❌ very curious | ✅ inquisitive |
| ❌ very dark | ✅ murky |
| ❌ very dirty | ✅ grimy |
| ❌ very dirty | ✅ soiled |
| ❌ very dull | ✅ blunt |
| ❌ very easy | ✅ facile |
| ❌ very energetic | ✅ lively |



Dubai

Bucket List

Must See

- Burj Khalifa
- Dubai Mall
- Palm Jumeirah
- Dubai Marina
- Al Fahidi Historical Neighborhood
- Dubai Miracle Garden
- Dubai Frame
- Dubai Creek
- Global Village

Must Eat

- Shawarma
- Luqaimat
- Machboos
- Harees
- Stuffed Camel
- Arabic Mezze

Must Buy

- Gold Jewelry
- Perfumes
- Dates and Chocolates.
- Carpets
- Embroidered scarves.
- Calligraphy art.
- All Luxury Goods

Must Experience

- Desert safari with BBQ dinner
- Aerial View of Dubai from Burj Khalifa's Observation Deck
- Futuristic Exhibits at Museum of Future
- Dubai Expo

Must Do

- Racing in Ferrari World
- Indoor Skiing in Mall of Emirates
- Skydiving
- Watersports at Kite Beach
- Attend an Opera
- Kayaking in Hatta Lake
- Scuba Diving in Deep Dive Dubai
- Attend a Live Show at La Perle
- Have Dinner at 3Fils

Best Time To Visit

- December to March

Average Cost Per Person

- ₹75,000 per person

Tips

- While Dubai is modern, respect local customs by dressing conservatively in traditional areas.
- Secure tickets for Burj Khalifa, desert safaris, and theme parks online to avoid long waits or sold-out slots.
- Purchase a Nol Card for seamless travel on public transport.

OWN A PROPERTY IN DUBAI

15TH - 16TH FEB, 2025

10:00 AM TO 8:00 PM

HYATT REGENCY FRISCO DALLAS

BOOK YOUR PROPERTY AND

WIN USD 2,000 TRAVEL VOUCHER



Virat Kohli with Shaheen Afridi at Kashmir tour during snowfall

MEADOW WOODS

EVENTS VENUE



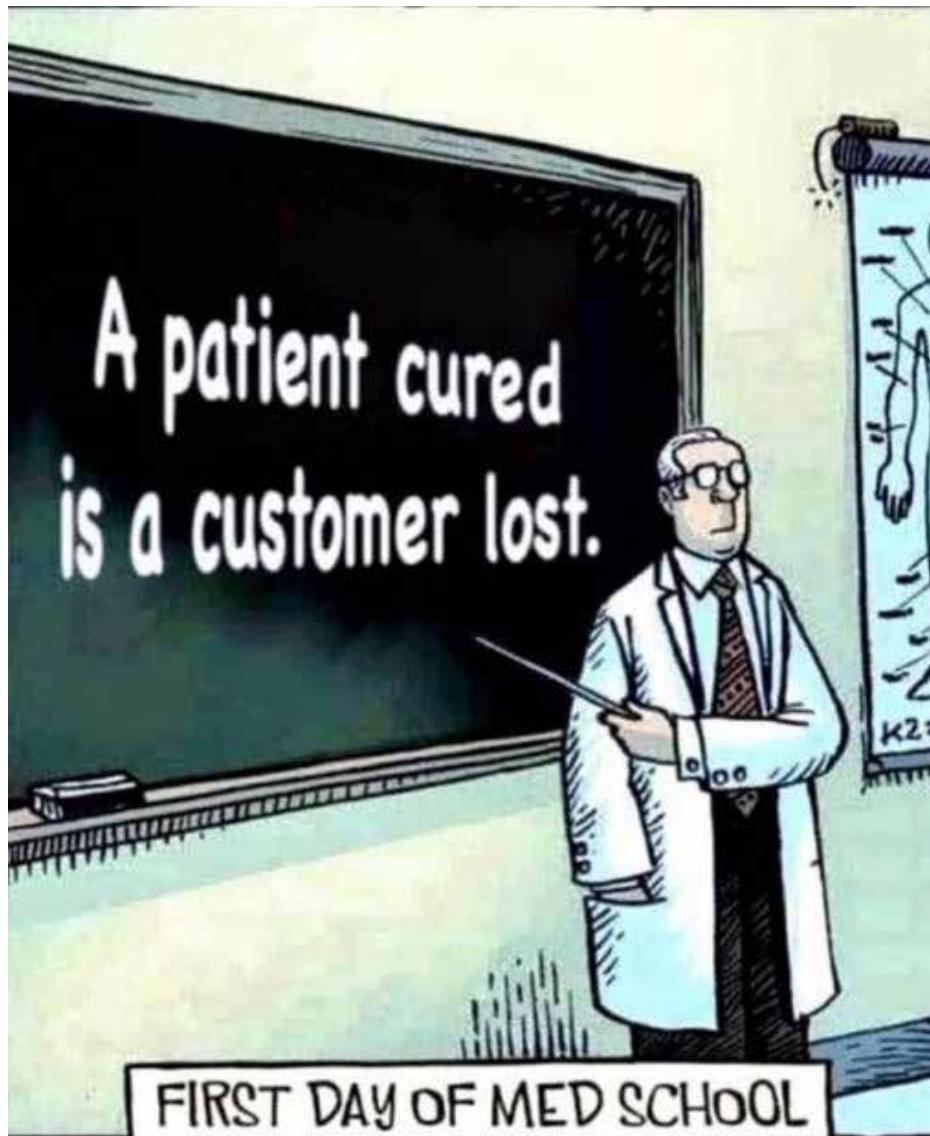
Affordable pricing to fit any budget, we allow outside catering.

Everything you need to host your event

Call us today to book your special occasion.

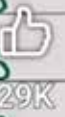
CONTACT : (972) 878-4771
ADDRESS: 2274 EAST BROWN ST.
WYLIE, TX 75098

INDOOR & OUTDOOR FACILITY



No. of Zeros

- Thousand → 3 zeros
- Million → 6 zeros
- Billion → 9 zeros
- Trillion → 12 zeros
- Quadrillion → 15 zeros
- Quintillion → 18 zeros
- Sextillion → 21 zeros
- Septillion → 24 zeros
- Octillion → 27 zeros
- Nonillion → 30 zeros
- Decillion → 33 zeros



ASIAN VYBES Asian Halal Kitchen



7674 McCart Ave Fort Worth,
TX 76133
(682) 224-2366

www.Asia Times.US

Offers



Medical Beds, wheel Chairs and other equipment loaned FREE to underprivileged people in Hyderabad, India

You use it until you are free of illness

Contact:

Mr. Ateeq 995 120 7710 (Hyd)

Mr. Azeem: WA# 00 1219 588 1538

Allahka Fazal
 Muhammad Imran Tahir
 Mohamed G Lata
 Ash Deiri-Terek Kadowr
 DjRoy Roy
 Ayman Jaber / Said Motawea
 Stephen S Adkins
 Shy Khan
 Kamran Khan
 Rachana S
 Jiaa Jabbar
 Vikash Rungta
 Parvathi Gangireddy/Shanker
 Mareddy
 Shaihla Umar / Alim Akhtar /
 Rameez Kaukab
 Zameer Mohammed
 Manuel Tilca
 Mohd Tabrase / Sanjay Rao /
 Mir Amjed Ali

Bobby Panuganti/ Seema Ti-
 wari/Anil Savarapu
 Manoj Kumar Govindan
 Maruf Alam Show
 Ganesh Kar/Tijendra Kumar
 Hitesh Gandhi
 Narayan Mahajan
 Mubashir Faruqi / Samad Rafe
 / Zameer Mohammed
 Deepak Kaithakkapuzha
 Javaria Jabeen
 Anjali Desai/Bhavini Sreeniv-
 asan/Megha Vyas
 Ali Siraj/Kamran Siddiqui
 Moe Khdir
 Shaw Memmon
 Sadia Khan/Kami Jee
 Nazia Khan/ Sajjad Fecto
 Prince Patel
 danyal Khan / Umar Khalid/
 Zeshan Ahmed
 Sohni Rahim/Awais Iqbal/Ma-
 jid Khan
 DB Dulhania Shy Khan
 Deeja Isaac / Prabhot Gill /
 Sunny Chopra
 Nirav Ghunchala- Navpreet
 Kaur kang
 Nimish Pathak/Vinod Kali
 Shazia Saleem
 Shradha Balakrishna/Zeshan
 Hussein/Kavita, Sreedhar
 Shy Khan
 Qusai Rasheed

Rizwan Elahi- Soaib Ummar-
 Israr Ahmad
 RIZWAN Elahi
 Kashmir Virk/Jasbir S Sethi
 Mohamoud Egal
 Mohsin Choudhry / Sana Ch
 Shakir Bhai
 Pervaiz Bhatti / Uzma Sabir /
 Fatimah Hoque
 Idrees Hadi
 Rosy Dodd
 Farhath Hussain
 Jacob Thomas
 Sangeeta Malik
 Imrana Begg/Raza Bagg/ Aye-
 sha Hussain
 Inamullah Khan Sherwani
 Sami Khan
 Inam Bokhari / Aatirah Ha-
 meed
 Altaf Bukhari / Faisal Saiyed
 Anwer Nawaab/Mohammed
 Imran Ali/Taher Bin Jaffar
 Mamta Sahta-vick Sahota
 Rafia Omair/Rizzi Butt/Omair
 Hashmi
 Imran Ali
 Sajid Siddiqui / Zeba Salman
 Raj Mehta/ Nigam Mehta
 Manjeet Singh
 Indian Community San Diago
 Bibhasha Ojha-Rohan Raj
 Seema Garg
 Kalpesh Soni
 Nishu Vasireddy/ Venu Red-
 dyManyam/Kishore Ramaraju

Nisse Packianathan Jaya Ku-
 mar/Victor Samuel Nathan
 Jagdeep Nayyar
 Sanjeev Saini
 Sunny Singh
 Rani Goldy Singh
 Noman Sadiq-Vikrant Kumar

Anup Puthenvedu
 Preeti Malik Arora / Yogshri
 Jetan Arora
 Prasad Royal / Ramadevi Arza
 Shahid Amin
 Krishna Puttaparthi-Anu
 benakatti
 Mohin uddin Mohammad
 Shiby Roy/Ginsmon Zacharia/
 Anil, Mathew
 Sailaja Mantripragada-swapna

www.AsiaTimes.US

**We would like to Thank these
 Admins of FaceBook Groups who
 let us to post Asia Times in their
 Groups**

**If we missed you please contact us
 mdmukhtarali2001@gmail.com**



EditorAsiaTimes@gmail.com

Kiran- Priya Mota
 Swapna Kiran / Priya Mota
 Nusrath Mehdi Khan / Fouzia
 Zahoor
 Ishfaq Khan / Boxer Bhai
 Boxer Bhai
 Mohammed Alsabah / Mo-
 hammad Farhan
 Ashfaq Hussain Syed/Aiman
 Beg/ Aadil Farid
 Clay Chip Smith

Deepak Kumar

Vlad Kulpinski
 Rana Rao-Pradeep Bharudkar
 Wasi Rabbani / Suleman Mo-
 hammed
 Syed Shoaib Ahmed
 Bibi Khan/ Mohammad Im-
 ran Tahir
 Faheem Hayat
 Mammatha Vamshi
 Munir Pervaiz/Nasreen
 rraiz/ Iftekhar Ahmed
 Sunny Khehra
 Muhammad Akram Ismail/
 Sonia Omer
 Muhammad Ismail / Sonia

Omer
 Pomil Singh/Manan singh
 Katohara
 Balvanth Reddy
 Mohd Tabrase
 Eileen Riddle / Lupe Domin-
 guez
 Mohd Jabbar
 Venu Gopal Reddy / Gopi
 Krishna
 Asif Alikhan
 Areedo Ayad
 Khawaja Ashraf
 Shweta Dhawan
 Jude Miranda -Mohammed
 Arif
 Ali Khan
 Syed Adeeb
 Shakeel Khaleel Baig

Zahid Imran / Nadeem
 Ahmed Bajwa / Muhammad
 Iqbal
 Murali Talluri
 Gaurav Singla
 Noreen Gilani / Marriam
 Tahir

Remembering a Humanitarian Icon: Why President Jimmy Carter Will Be Mourned

Texas community leader, Dr Basheer Ahmed recalls his personal meetings with the former president and his legacy

Basheer Ahmed M.D.

The loss of President Jimmy Carter, a distinguished humanitarian, courageous leader, and a man of integrity, will be mourned by many for so many reasons.

He is one of the few U.S. presidents who will leave a powerful legacy for their post-presidential contributions to health, peace and democracy worldwide. In this century, Jimmy Carter stands out as one of the most intelligent, hard-working, and decent individuals to ever hold the office of the president of the United States.

I was struck by his warmth when I had the honor of meeting President Carter at the White House on December 5, 1979, while representing the Islamic Medical Association of North America.

He was the first U.S. president to engage with the leaders of Muslim grassroots organizations to address the Iranian hostage crisis.

I also had the privilege of meeting him periodically at the Carter Center in Atlanta, Georgia—and was always impressed by his innate decency. That year, Iranian militants overthrew the U.S.-backed Shah, taking 52 American diplomats and citizens hostage at the U.S. Embassy in Tehran.

Despite efforts to negotiate their release, the hostages were held for 444 days, severely impacting President Carter’s popularity and chances for re-election. However, he refused to retaliate militarily, understanding the risk it posed to the hostages. He insisted that diplomacy would prevail, demonstrating his steadfast commitment to peace.

Carter grew up in the segregated South during the Jim Crow era witnessing the hardships of Black sharecroppers who lived in near-enslavement conditions. Though he initially supported racial segregation, his views evolved after serving in the U.S. Navy and entering politics. As Georgia’s governor, in 1971, he boldly declared, “The time for racial discrimination is over,” a statement that discomfited many, especially his fellow Southerners.

4

His opposition to his Baptist church’s refusal to allow Black people to worship there also alienated many white parishioners. Yet, once he became America’s 39th President he was an outspoken advocate for racial equality, appointing more women and people of color to the federal bench than all prior presidents combined.

Carter’s political philosophy was rooted in honesty, integrity, and a commitment to righteousness. After the scandals of the Nixon era, the Vietnam War, and the economic turmoil of the 1970s, his presidency offered Americans a chance to heal and rebuild their moral foundation.

While his presidency faced significant challenges, Carter achieved lasting successes, particularly in U.S. foreign and energy policy. He made human rights a cornerstone of his foreign policy, advocating for democracy and freedom across the globe. His administration showed that it was possible to govern with morality, honesty and grace.

In 1978, Carter played a crucial role in negotiating the Camp David Accords between Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat, resulting in the first peace treaty between Israel and an Arab nation. The topic of peace in the Middle East is one he touched on in one of our meetings and like many Muslims I was impressed by his courage in challenging Israel when necessary. He urged the suspension of settlement expansion in the West Bank and advocated for Palestinian self-rule.

Carter was also a visionary in energy and environmental policy. He established the Department of Energy and focused on research into renewable energy, particularly solar power. He was one of the first U.S. presidents to warn about the dangers of climate change.

His administration deregulated the airline industry, allowing middle-class Americans to fly more affordably and in greater numbers. He also signed the SALT II arms control agreement and worked to normalize relations with China, opening new opportunities for trade and cooperation.



Carter’s environmental legacy includes using executive powers to protect vast areas of the Alaskan wilderness, significantly expanding the national parks system. Despite facing tough re-election odds in 1980, Carter’s legacy remains defined by his moral leadership, as well as his commitment to racial justice and environmental preservation.

After leaving the White House, President Carter became the only former president to devote his life to addressing global issues. Through decades of philanthropic work, he fought disease, negotiated peace, monitored elections and helped build homes for the underprivileged.

I also recall his passionate advocacy when he spoke about eradicating Guinea worm infection which affected millions in Africa and Asia. Under his leadership, the Carter Center has helped reduce cases from millions to just 13 globally in 2023.

President Carter’s post-presidency years were defined by his tireless efforts to combat suffering, promote peace and improve the lives of others. In 2002, he was awarded the Nobel Peace Prize for his unwavering dedication to resolving international conflicts and advancing human rights.

I fondly remember meeting Mr. Carter in the white house and several times at the Carter Center in Atlanta, Georgia. The last time I met him was 10 years ago. I distinctly remember his words to me that we have an ethical obligation to prevent human suffering wherever we can.

In 2015, Carter disclosed that he had been diagnosed with cancer. He faced the diagnosis with remarkable composure, accepting whatever outcome came with peace.

In February 2023, he decided to decline further life-extending medical treatment, opting for hospice care instead—becoming the first president known to do so. His decision brought widespread awareness of the importance of hospice care in providing comfort and dignity in the final stages of life.

President Carter’s life is a testament to the power of service, compassion, and moral leadership. His contributions will continue to shape the world for generations to come.

The Dallas Post Tribune





Grand Welcome to our dear friend and brother Makkan Singh Raj Thakur. Congress MLA from Ramagundam Telangana! Big thanks to Mukarram bhai and Dr. VGP for organizing this even. Mr Shakeelullah Khan is seen with Congressman Raja Krishnamoorthy.



Dear Friends & Family,
I want to express my deepest gratitude to everyone who attended and supported our campaign fundraiser last night. It was truly inspiring to see over 200 community members, leaders, and elected officials come together under one roof. Your presence, encouragement, and commitment to our shared vision mean the world to me.
Your generosity and belief in our mission of fostering fiscal responsibility, ensuring transparency, and championing community-driven leadership motivate me to move forward with unwavering dedication. Together, we are shaping a future that reflects the diverse voices, val-

ues, and aspirations of all Naperville residents. A special thank you to the host committee for your outstanding efforts in organizing such a memorable and successful event. The turnout exceeded all expectations, and this accomplishment would not have been possible without your hard work, teamwork, and dedication. Having over 200 attendees from such a beautifully diverse group of individuals symbolizes the unity and strength of our community. This gathering wasn't just about supporting a campaign—it was a testament to what we can achieve when we come together with a shared purpose. Thank you for placing your trust in me and for fueling this campaign with your sup-

port, prayers, and encouragement. This trust strengthens my resolve to serve Naperville with integrity and a commitment to inclusive leadership. May we continue to bless, guide, and unite us in our efforts to build a stronger, more inclusive, and prosperous community. Thank you for everything.
With heartfelt appreciation,
Ashfaq Syed
Candidate for Naperville City Council

IFTEKHAR SHAREEF PAGE

Republic Day celebrations at Shamshabad, Hyderabad by Iftekhar Shareef first overseas citizen of India, along with India's former cricket captain Mohammad Azharuddin



CHICAGO PAGES

CHICAGO PAGES

CHICAGO PAGES



Mian Mohammad Kishwar is no longer with us. He had a genuine concern for the Muslim community and was a gentle and modest individual. May Allah (swt) grant him Jannah and raise him in the ranks. Ameen



Asra Hussain messaged husband Hamaad Raza, 25, to say 'We are landing in 20 minutes' as American Eagle Flight 5342 from Wichita, Kansas approached Reagan National Airport, Washington, DC; just before 8pm ET Wednesday night. Tragically it was the last text Asra, 26, would ever send.

Her shaken husband of two years Hamaad Raza, 25, said he had texted his wife a few replies, but that they'd never been received. 'She texted me that they were landing in 20 minutes. The rest of my texts didn't get delivered and that's when I realized that something might be up,' a distraught Hamaad said at the airport. 'I'm just praying that somebody's pulling her out of the river right now, as we speak. That's all I can pray for, I'm just praying to God,' he told WUSA9.

Asra Hussain from Carmel, Indiana graduated from IU Bloomington in 2020 with a B.S. in Healthcare Management and Policy. She went on to earn a master's degree in healthcare management. She's survived by her husband Hamaad Raza, who also attended IU, from 2017-2021, and earned a B.S. in Finance at the Kelley School of Business.

"She was returning from a work trip where she was helping to improve a hospital that really needed help," Raza told WFIU/WTIU News. "And, you know, she was doing what she loved. She was even working on the flight."

He added, "She gave a lot, but she had so much more to give."

Zulfiqar Malik Post

ان اللہ وانا الیہ راجعون



Mohd Wajid ka Akron, Iowa (USA) me sadak Hadese me huwa Inteqaal, [Resident at Chicago, Illinois] Hyderabad me MS Maqta Khairtabad ke rehne wale ye Naujawaan jo NRI Congress Committee Minority Dept ka Member bhi the.

Allah
Marhoom
ki Magfirat
Farmaye,
Ameen

Inna Lillahi wa inna ilaihi Rajioun.

I am profoundly grieved to share the news of the passing of Abdul Subhan Mohammed, a distinguished friend and successful entrepreneur, who succumbed to a brief illness in Riyadh. May Allah SWT reward him with the highest abode in Jannah and impart patience to his bereaved family.

For more information contact this number +966557935282





Dubai

Abu Dhabi Launches Interest-Free Loan Program to Support Young Marriages

Abu Dhabi has introduced an interest-free loan program to support couples starting their marital journey. The Easy Marriage Loan offers up to AED 150,000 without any interest or fees to help young couples establish financially stable marriages. Since its launch in September 2024, 515 applications have been received, with 58% meeting eligibility criteria. Applicants must be UAE citizens, with the husband having a valid family book issued in Abu Dhabi. Additionally, the husband's monthly salary must be below AED 60,000, and the couple must meet age and marital status requirements. This initiative is part of the broader UAE family growth program.

USAID SUSPENDS ALL ASSISTANCE IN BANGLADESH INCLUDING FOOD SECURITY & HEALTH PROGRAMS

BLACK DAY

FEBRUARY 8TH

Hosted by :
Nazia Khan
Coordinator PTI Dallas
Dr Nasrullah Khan
Malik Akhtar
Yasir Chaudhry

VENUE : 2pm to 4pm
Al Markaz, 1205 W
Trinity Mills Rd Carrollton

For more info call : 972 786 4196

Donald Trump offers eight-month buyouts to all federal employees

WASHINGTON The Trump administration is offering buyouts to all federal employees who don't wish to return to work at the office, a White House official confirmed to USA TODAY.

The offer, outlined in a memo the U.S. Office of Personnel Management sent to employees Tuesday, would give federal workers eight months of pay and benefits through September if they resign by Feb. 6.

"If you choose not to continue in your current role in the federal workforce, we thank you for your service to your country and you will be provided with a dignified, fair departure from the federal deferred resignation program," the memo reads.

The move, first reported by Axios, comes after President Donald Trump signed an order last week requiring all federal workers to return to in-person work. Work-from-home policies enacted during the COVID-19 pandemic remain in place for many federal workers.

Billionaire businessman Elon Musk, who heads Trump's Department of Government Efficiency, has talked about a drastic reduction of the federal workforce to scale back the size of government.

President Donald Trump speaks to reporters while in flight on Air Force One en route Joint Base Andrews in Maryland on January 27, 2025. President Donald Trump speaks to reporters while in flight on Air Force One en route Joint Base Andrews in Maryland on January 27, 2025. It was not immediately clear how much the voluntary buyout program could cost the government or how many employees might participate.

The federal government employees approximately 2 million people.

Under federal guidelines, severance pay is offered only to employees who have worked at least 12 months of continuous service and were not let go for unacceptable performance or conduct.

Employees who accept the buyout should "promptly have their duties re-assigned or eliminated and be placed on paid administrative leave until the end of the deferred resignation period," Charles Ezell, acting director of the U.S. Office of Personnel Management, wrote in a memo to heads of departments and agencies.

The American Federation of Government Employees, the largest federal employee union representing about 800,000 workers, slammed the buyout, noting the federal workforce is about the same size as it was in 1970 even though more Americans rely on government services.

"Purging the federal government of dedicated career civil servants will have vast, unintended consequences that will cause chaos for the Americans who depend on a functioning federal government," AFGE National President Everett Kelley said in a statement.

"This offer should not be viewed as voluntary," Kelley added. "Between the flurry of anti-worker executive orders and policies, it is clear that the Trump administration's goal is to turn the federal government into a toxic environment where workers cannot stay even if they want to."

Since his inauguration last week, Trump has also taken aim at federal employees his administration perceives as hostile to its policy aims. That includes firing Justice Department attorneys who worked for Special Counsel Jack Smith's Trump investigations and placing dozens of top career employees of the U.S. Agency for International Development on leave.

"There are two million employees in the federal government. Overwhelmingly, the career federal service in this country is far left, left wing," Ste-

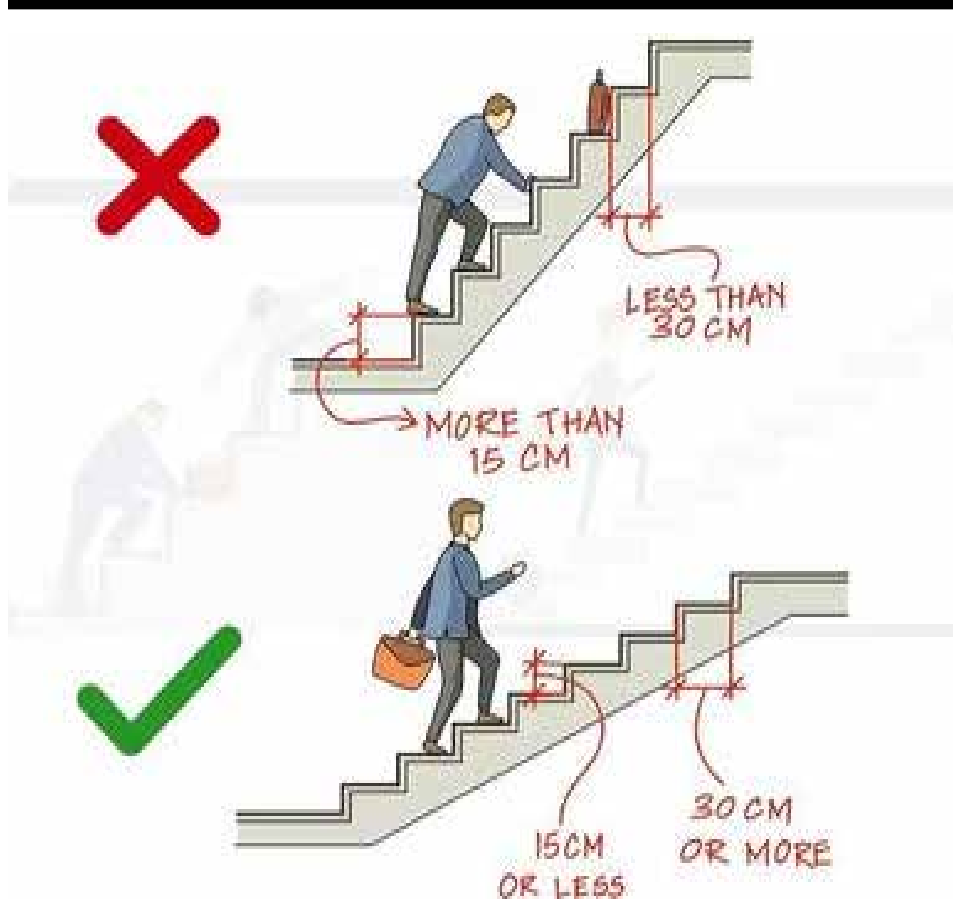


phen Miller, White House deputy chief of staff for policy, told CNN on Tuesday. "The American people voted for dramatic change implemented by Donald Trump."

(This article has been updated to add new information.)

Reach Joey Garrison on X @joeygarrison.

This article originally appeared on USA TODAY: Trump offers buyouts to all federal employees



The year 1816 is known as the "Year Without a Summer." It affected the entire world and claimed at least 10 million lives.



A COUPLE IN SAUDI ARABIA HAS BEEN TAKING CARE OF THEIR MAID, WHO HAS BEEN PARALYZED, FOR 19 YEARS.

May God bless them abundantly, in today's world people don't even care for own families while....

A Saudi couple, with a particular focus on the man named Salah Al-Syoufi, has gained widespread attention for their remarkable and unwavering dedication to caring for their Ethiopian maid, who has been paralyzed for 19 years. This act of extraordinary kindness and compassion began when the maid suffered a severe paralysis while employed by the couple. Instead of abandoning her, the couple made the conscious decision to take responsibility for her well-being and offer the necessary support and assistance to ensure she continued to live with dignity.

Their decision to care for her, despite the challenges involved, has deeply moved many people and garnered significant media coverage. The story has been widely reported by various news outlets, including Al-Madina newspaper, highlighting the family's unwavering commitment to compassion. This long-term dedication not only demonstrates their empathy but also serves as a reminder of the importance of responsibility in relationships, showing how love and care can profoundly impact someone's life. The couple's actions are a shining example of how human connection and kindness can transcend hardship and make a meaningful difference.

The Unprecedented Gap Between Elon Musk And The World's Next Richest



BILLIONAIRES

Photo: Chesnot via Getty Images

Forbes

The soaring valuations of Tesla, SpaceX and xAI boosted Elon Musk's fortune to an estimated \$421.2 billion as of December 31, 2024, up from \$251 billion at the start of 2024. He's the first person to ever be worth more than \$300 billion (a milestone he briefly achieved in 2021), let alone \$400 billion.

As a result, Musk ended the year a record \$188 billion richer than the world's next wealthiest person, Amazon's Jeff Bezos, who was worth an estimated \$233.5 billion when the ball dropped in New York City's Times Square earlier this week. A representative for Musk has not replied to a request for comment from Forbes.

The record for the largest year-end lead between No. 1 and No. 2 richest more than doubled in 2024. Back in 2021—the previous record—Musk was worth \$72 billion more than then-No. 2 Bernard Arnault.



Looks like Vicky Kaushal was born to play Chhatrapati Sambhaji Maharaj. His powerful presence and unmatched dedication truly bring the legendary warrior to life 🔥

Biden-Harris Administration Releases First-Ever U.S. National Strategy to Counter Islamophobia and Anti-Arab Hate

Today, the White House is releasing the first-ever U.S. National Strategy to Counter Islamophobia and Anti-Arab Hate. The Strategy was developed through a whole-of-government collaboration with a broad range of civil society partners to describe and address the bias, discrimination, and threats Muslim and Arab Americans have long faced. Over the past year, this initiative has become even more important as threats against American Muslim and Arab communities have spiked. In October 2023, six-year old Wadee Alfayoumi, an American Muslim boy of Palestinian descent, was viciously killed in his home in Illinois and over the last year there have been other grievous attacks on Muslim and Arab Americans.

The Strategy contains more than 100 Executive Branch Actions and more than 100 Calls to Action to every sector of society to prevent and address such violent attacks and to ensure that Muslim and Arab Americans enjoy the liberties and opportunities that are the bedrock of our country. With this initiative, we are creating a path for progress, in partnership with all levels of government, civil society, and the private sector, both now and over the long term.

In December 2022, when President Biden established an interagency group to increase and better coordinate efforts to counter Antisemitism, Islamophobia, and related forms of bias and discrimination, work began on this Strategy. In 2023, the Biden-Harris Administration released the first-ever National Strategy to Combat Antisemitism and announced the development of the first-ever National Strategy to Counter Islamophobia and Anti-Arab Hate. This latest strategy has four priorities:

Increase awareness of hatred against Muslims and Arabs and broaden recognition of these communities' heritages. Muslims and Arab Americans have helped build our country since its founding, but they have also routinely experienced hate, discrimination, and bias due to baseless stereotypes, fearmongering, and prejudice. While individuals have sometimes been targeted because they are thought to be Muslim, it is also crucial to recognize that Arabs are routinely targeted simply for being who they are. Through new data collection and innovative educational efforts, the Administration is increasing awareness of these forms of hate as well of the proud heritages of Muslim and Arab Americans.

Improve safety and security for Muslims and Arabs. Everyone deserves to live their lives without fear of violence, harassment, or discrimination. The Strategy addresses the targeting of Muslim and Arab communities, including through unprecedented investments in strength-



ening the security of nonprofits and increased efforts to ensure easier access to those funds; correction of discriminatory travel restrictions; and new tools to address transnational repression, doxing, swatting, and hoax threats. It also seeks to reduce trust deficits between government and community members such as by sharing successful practices of engaging Muslim and Arab Americans in the reporting of hate crimes. The Strategy recognizes our utmost duty to protect the nation from terrorist threats and attacks while safeguarding everyone's civil rights and civil liberties.

Tackle discrimination against Muslims and Arabs and appropriately accommodate their religious practices. Muslim and Arab Americans have long faced discrimination in settings such as education, employment, public accommodations, land use, housing, health care, and access to financial services. More agencies are making it clear that discrimination against Muslim and Arab Americans in federally funded activities is illegal, and the Administration has instituted new practices to accommodate religion and produced a wide range of resources and trainings on nondiscrimination and religious freedom.

Continue to build cross-community solidarity and collective action to counter hate. Threats to one com-

munity must be treated as threats to all. Increasing cross-community collaboration continues to be a key part of Administration efforts to protect the safety of all Americans, including through new partnerships that build solidarity among communities of diverse faiths and beliefs.

We urge our state, local, and international counterparts, as well as the nongovernmental sector, to pursue similar initiatives that seek to build greater unity by recognizing our common humanity, affirming our shared values and history, and embracing equal justice, liberty, and security for all.



This is Margaret Ann Neve at age 110 in 1902. She was born in 1792 and died in 1903, making her the first proven person in recorded history to have lived in 3 different centuries.

— REAL E —

PROTEIN



Almonds



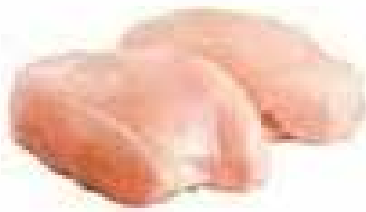
Black beans



Cashews



Cheese



Chicken



Chickpeas



Cottage cheese



Edamame



Eggs



Greek yogurt



Haddock



Lentils



Milk



Peanut butter



Peanuts



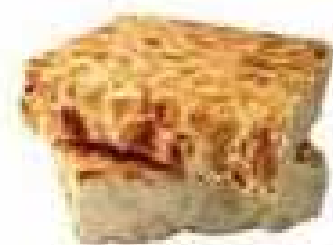
Quinoa



Salmon



Tofu



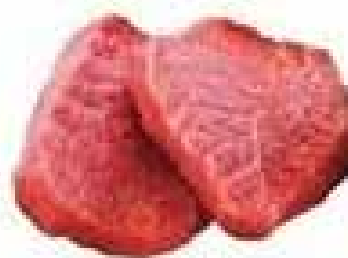
Tempeh



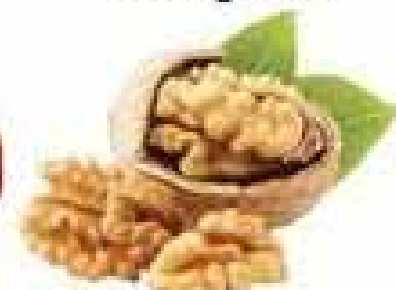
Turkey



Tuna



Beef



Walnuts

End the Byzantine Empire

In 1453, Ottoman troops led by Sultan Mehmed II conquered Constantinople, ending the Byzantine Empire. This event marked a turning point in history and is often considered the end of the Middle Ages and the beginning of the Renaissance.

With the conquest of Constantinople, trade routes changed significantly as the Ottomans took control of important trade routes. This led to European powers looking for alternative sea routes, which ultimately ushered in the era of great discoveries.

In addition, many Greek scholars fled with their manuscripts and knowledge to the West, especially to Italy. They brought with them the knowledge of antiquity, which greatly influenced the revival of classical studies and the intellectual foundation of the Renaissance.

The conquest of Constantinople thus had far-reaching consequences for the political, economic and cultural development of Europe and the Middle East. It symbolizes the beginning of a new epoch, characterized by exploration, cultural exchange and scientific progress.



Between 400,000 and 48,000 BC, a group of humans known as the Denisovans lived in Asia. This ancient group later interbred with other humans migrating from Africa, particularly those along the coast of South Asia. In 2010, fossil evidence from a Siberian cave, discovered in 2008, revealed that Denisovan DNA was closely related to the DNA of present-day people from New Guinea, who carry about 4.8% Denisovan DNA. Further research indicated that approximately 3-5% of the DNA in native populations from Papua New Guinea, Australia, the Philippines, and surrounding islands came from Denisovans. These ancient humans are believed to have left Africa as early as 800,000 BC. In 2014, scientists also discovered that some modern-day Tibetans and Sherpas share genetic traces with the Denisovans, which may help explain their remarkable ability to thrive in high-

altitude environments.

COUNTRIES WITH THE LARGEST GOLD RESERVES

		*As of 2024	*in Tonnes	
1.	United States	8133	20. Spain	282
2.	Germany	3352	21. Austria	280
3.	Italy	2452	22. Thailand	235
4.	France	2437	23. Singapore	228
5.	Russia	2336	24. Belgium	227
6.	China	2264	25. Algeria	174
7.	Switzerland	1040	26. Venezuela	161
8.	India	854	27. Iraq	152
9.	Japan	846	28. Libya	147
10.	Netherlands	612	29. Brazil	130
11.	Türkiye	595	30. Philippines	128
12.	Taiwan	423	31. Egypt	127
13.	Poland	420	32. Sweden	126
14.	Portugal	383	33. South Africa	125
15.	Uzbekistan	374	34. Mexico	120
16.	Saudi Arabia	323	35. Greece	115
17.	United Kingdom	310	36. Hungary	110
18.	Kazakhstan	296	37. Qatar	110
19.	Lebanon	287	38. South Korea	104

SOURCE: TRADING ECONOMICS

DATAROYALS

INTERNATIONAL PAGES

INTERNATIONAL PAGES



Monks invented their own sign language in 1075, not because they couldn't talk, but to chat during quiet hours. They created hundreds of hand signals for everything from requesting bread to discussing Bible readings. Some monasteries still use these signals today.

Important Recall Info That MAY Affect Your Vehicle

Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left unrepaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.

Why am I getting this email?

You are receiving this message because you requested to be notified by the National Highway Traffic Safety Administration (NHTSA) if there is a safety recall that may affect your vehicle.

The following may apply to one or more of your vehicles if your vehicle is listed below. Click on the NHTSA Recall ID Number below to read more about the safety issue and the reason for the recall.

To find out if your specific passenger vehicle is included in the recall, use our VIN Look-up Tool.

NHTSA Recall ID Number : 24V969
 Manufacturer : Nissan North America, Inc.
 Subject : Unexpected Vehicle Movement/FMVSS 114
 Make Model Model Years
 NISSAN KICKS 2025
 NHTSA Recall ID Number : 25V001
 Manufacturer : Aston Martin The Americas
 Subject : Obstructed Rearview Camera Image/FMVSS 111
 Make Model Model Years
 ASTON MARTIN DB12 2024-2025
 ASTON MARTIN DBX707 2025
 ASTON MARTIN VANTAGE 2025
 NHTSA Recall ID Number : 25V002
 Manufacturer : Tesla, Inc.
 Subject : Rearview Camera Image May Fail/FMVSS 111
 Make Model Model Years
 TESLA MODEL 3 2024-2025
 TESLA MODEL S 2024-2025
 TESLA MODEL X 2023-2025
 TESLA MODEL Y 2023-2025

NHTSA Recall ID Number : 25V003
 Manufacturer : Blue Bird Body Company
 Subject : Reversed High/Low Beam Headlight Wiring/FMVSS 108
 Make Model Model Years
 BLUE BIRD ALL AMERICAN 2024-2025
 NHTSA Recall ID Number : 25V004
 Manufacturer : Blue Bird Body Company
 Subject : Reversed High/Low Beam Headlight Wiring/FMVSS 108
 Make Model Model Years
 BLUE BIRD ALL AMERICAN 2025

What is a recall?

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

What is a recall?

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

What should I do if my vehicle is included in this recall?

If your vehicle is included in this recall, it is very important that you get

ing it, offering a refund (for equipment) or, in rare cases, repurchasing the car.

What should I do if my vehicle is included in this recall?

If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.

NHTSA Recall ID Number : 24V937
 Manufacturer : General Motors, LLC
 Subject : Insufficient Pedestrian Warning Sound/FMVSS 141
 Make Model Model Years
 CHEVROLET SILVERADO EV 2025
 NHTSA Recall ID Number : 24V940
 Manufacturer : Polestar Automotive USA, Inc.
 Subject : Unexpected Loss of Drive Power
 Make Model Model Years
 POLESTAR POLESTAR 3 2025
 NHTSA Recall ID Number : 24V947
 Manufacturer : Jaguar Land Rover North America, LLC
 Subject : Rearview Camera Image May Not Display
 Make Model Model Years
 LAND ROVER RANGE ROVER 2022-2023
 NHTSA Recall ID Number : 24V950
 Manufacturer : Honda (American Honda Motor Co.)
 Subject : Fuel Tank and Filler Neck Improperly Welded
 Make Model Model Years
 ACURA TLX 2021-2023
 NHTSA Recall ID Number : 24V951
 Manufacturer : Ford Motor Company
 Subject : Rearview Camera Image May Not Display
 Make Model Model Years
 FORD FIESTA 2019
 FORD FLEX 2019
 LINCOLN MKT 2019
 NHTSA Recall ID Number : 24V952
 Manufacturer : Altec Industries, Inc.
 Subject : Front Axle Load May Fail
 Make Model Model Years
 ALTEC AT200A 2017-2024
 NHTSA Recall ID Number : 24V953
 Manufacturer : Ford Motor Company

Subject : Power Windows May Pinch/FMVSS 118
 Make Model Model Years
 LINCOLN NAUTILUS 2024-2025
 NHTSA Recall ID Number : 24V954
 Manufacturer : Ford Motor Company
 Subject : High Voltage Battery May Short Circuit
 Make Model Model Years
 FORD ESCAPE 2020-2024
 LINCOLN CORSAIR 2021-2024
 NHTSA Recall ID Number : 24V957
 Manufacturer : Ford Motor Company
 Subject : High Pressure Fuel Pump May Fail
 Make Model Model Years
 FORD F-250 SD 2020-2022
 FORD F-350 SD 2020-2022
 FORD F-450 SD 2020-2022
 FORD F-550 SD 2020-2022
 FORD F-600 SD 2020-2022
 FORD F-650 2021-2022
 FORD F-750 2021-2022
 NHTSA Recall ID Number : 24V959
 Manufacturer : Gillig, LLC
 Subject : HV Air Compressor Is Not On Protective HVIL Loop
 Make Model Model Years
 GILLIG LOW FLOOR 2023-2024
 NHTSA Recall ID Number : 24V960
 Manufacturer : Mercedes-Benz USA, LLC
 Subject : Mounting Brackets May Damage Air Bag FMVSS/214/226
 Make Model Model Years
 MERCEDES-BENZ EQS 450+ 2023
 NHTSA Recall ID Number : 24V963
 Manufacturer : Orange EV
 Subject : Beavertail Frame Obstructs Reverse Lights/FMVSS108
 Make Model Model Years
 ORANGE EV E-TRIEVER 2023-2024
 ORANGE EV T-SERIES ELECTRIC TRUCK 2022-2023
 NHTSA Recall ID Number : 24V964
 Manufacturer : Orange EV
 Subject : Frame Extenders Obstruct Rear Lights/FMVSS 108
 Make Model Model Years
 ORANGE EV E-TRIEVER 2023-2024
 ORANGE EV HUSK-E 2023-2024
 ORANGE EV T-SERIES ELECTRIC TRUCK 2021-2023
 NHTSA Recall ID Number : 24V965
 Manufacturer : Orange EV
 Subject : Missing Front Marker Light Reflectors/FMVSS 108
 Make Model Model Years
 ORANGE EV E-TRIEVER 2023-2025
 ORANGE EV HUSK-E 2023-2024
 ORANGE EV T-SERIES ELECTRIC TRUCK 2017-2024

it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

BEST COUNTRIES FOR A COMFORTABLE RETIREMENT

- | | |
|--|--|
| 1.  Switzerland | 20.  Panama |
| 2.  New Zealand | 21.  France |
| 3.  Portugal | 22.  Philippines |
| 4.  Australia | 23.  Costa Rica |
| 5.  Spain | 24.  United Kingdom |
| 6.  Canada | 25.  Cyprus |
| 7.  Denmark | 26.  Iceland |
| 8.  Netherlands | 27.  Malaysia |
| 9.  Sweden | 28.  Dominican Republic |
| 10.  Luxembourg | 29.  Singapore |
| 11.  Finland | 30.  United States |
| 12.  Italy | 31.  Germany |
| 13.  Austria | 32.  Brazil |
| 14.  Greece | 33.  Türkiye |
| 15.  Ireland | 34.  Japan |
| 16.  Norway | 35.  Indonesia |
| 17.  Thailand | 36.  Vietnam |
| 18.  Belgium | 37.  Croatia |
| 19.  Mexico | 38.  Poland |

Future of Jobs Report 2025



Fastest growing and declining jobs by 2030

↑ Top fastest growing jobs	↓ Top fastest declining jobs
1 Big data specialists	1 Postal service clerks
2 FinTech engineers	2 Bank tellers and related clerks
3 AI and machine learning specialists	3 Data entry clerks
4 Software and applications developers	4 Cashiers and ticket clerks
5 Security management specialists	5 Administrative assistants and executive secretaries
6 Data warehousing specialists	6 Printing and related trades workers
7 Autonomous and electric vehicle specialists	7 Accounting, bookkeeping and payroll clerks
8 UI and UX designers	8 Material-recording and stock-keeping clerks
9 Light truck or delivery services drivers	9 Transportation attendants and conductors
10 Internet of things specialists	10 Door-to-door sales workers, news and street vendors, and related workers
11 Data analysts and scientists	11 Graphic designers
12 Environmental engineers	12 Claims adjusters, examiners and investigators
13 Information security analysts	13 Legal officials
14 DevOps engineers	14 Legal secretaries
15 Renewable energy engineers	15 Telemarketers

Note: The jobs that survey respondents report the highest and lowest net growth (%) by 2030.

Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.

Dubai is building the world's largest airport, Al Maktoum International Airport, also known as Dubai World Central (DWC), with an estimated investment of \$35 billion. Spanning approximately 27 square miles, the airport will be five times larger than the current Dubai International Airport (DXB). Once fully operational, it is designed to handle up to 260 million passengers and 13 million tons of cargo annually, solidifying Dubai's position as a global aviation hub. The airport will feature five parallel runways and four terminals with 400 gates, ensuring seamless operations and efficient passenger management. The first phase, expected to be completed within the next decade, will increase capacity to 150 million passengers annually, with full completion slated for 2030, at which point all operations from DXB will transition to DWC. This project is a key component of Dubai's D33 economic agenda, aiming to boost tourism, enhance its global logistics network, and support urban development, including plans for a new city to house one million people. Designed by Leslie Jones Architecture, the airport will incorporate state-of-the-art technology to deliver an unmatched travel experience.

ism, enhance its global logistics network, and support urban development, including plans for a new city to house one million people. Designed by Leslie Jones Architecture, the airport will incorporate state-of-the-art technology to deliver an unmatched travel experience.



Dubai is constructing the world's biggest airport, a \$35 billion project with 400 gates in its terminal.

17 Interesting Facts You May Not Know About Germany

1. Germany is the most populous country in the European Union, with over 83 million residents.
2. Berlin, the capital, is nine times larger than Paris and has more bridges than Venice.
3. Germany is home to the world's largest beer festival, Oktoberfest, held annually in Munich.
4. The country is renowned for its contributions to classical music, being the birthplace of composers like Beethoven, Bach, and Brahms.
5. Germany is known for its extensive autobahn network, with stretches having no speed limit.
6. The Berlin Wall, which once divided East and West Germany, stood for 28 years and was demolished in 1989.
7. Germany has over 1,500 varieties of sausages, with bratwurst and currywurst being particularly popular.
8. The Neuschwanstein Castle in Bavaria served as an inspiration for Disney's Sleeping Beauty Castle.
9. German is the most widely spoken native language in Europe and is



known for its long compound words like "Rindfleischetikettierungsüberwachungsaufgabenübertragungsgesetz."

10. Germany has a rich history of innovation, being the birthplace of the printing press, invented by Johannes Gutenberg in the 15th century.
11. The country is one of the world's leading car manufacturers, with brands like BMW, Mercedes-Benz, Audi, and Volkswagen.
12. Germany is home to more than 20,000 castles, reflecting its medieval history.
13. The Black Forest in southwestern Germany inspired the Brothers Grimm fairy tales.
14. Germans are known for their recycling efforts, with one of the highest recycling rates in the world.
15. The country is a federal republic, consisting of 16 states, known as Bundesländer.
16. Germany has a strong tradition of Christmas markets, with Nuremberg and Dresden hosting some of the oldest and most famous ones.
17. It is a member of the Schengen Area, allowing for borderless travel between many European countries.



1: STAY CALM. Both fear and aggression will enhance the dog's ferocity.

2: DO not run from the dog or make eye contact; move away slowly while turned peripherally from the animal.

3: IF it looks like the dog will attack, put something between you and the animal—a stick, a jacket, anything to protect yourself.

4: WHEN the dog charges, use a stick or rocks as weapons. Aim for the eyes and throat especially.



5: IF biting is unavoidable, offering a forearm leaves three limbs free to attack the dog and protects your face and stomach.



6: AFTER the attack, consult a doctor about diseases carried by dogs, including rabies. Notify the police and animal control.

A Tribute to Dr. Khadija Mushtaq

A Tribute to Dr. Khadija Mushtaq (Late): A Visionary Leader and a Beacon of Excellence in Education

It is with profound sorrow that we announce the passing of Ma'am Khadija Mushtaq, the esteemed Chief Executive Officer of Roots IVY International Schools and Colleges. An era in Pakistan's educational history comes to an end with her departure on January 14, 2025, leaving behind a monumental and irreplaceable legacy.

A Trailblazer in Education

Khadija Mushtaq, who was born on August 23, 1974, had a life-changing and inspirational educational path. She graduated with a Master of Economics from Quaid-i-Azam University with a focus on monetary policy and development studies, giving her the skills and insight to completely transform Pakistan's educational system.

Ma'am Khadija started out as a teacher and soon made a name for herself as an ardent supporter of education. She became the CEO of Roots IVY International as a result of her commitment and creative thinking. Under her direction, Roots IVY grew in influence and scope and established itself as a premier private school that complies with global standards. She had a key role in the establishment and administration of IVY's University of London International Programme, which gave Pakistani students access to top-notch instruction.

Honors and Recognitions

Ma'am Khadija was greatly praised for her good work, and along with that, a few awards were also given to her. In 2010, she was awarded the Tamgha-e-Imtiaz (Medal of Distinction) by the President of Pakistan, becoming the youngest educationist to receive the prestigious award.

In 2009, she was also awarded the prestigious Yale Educator Award for her commitment to



educational excellence and not to mention, she was awarded the Best Counsellor Award in 2010 from Massachusetts Institute of Technology (MIT)

In 2017, BPP University in the UK conferred upon her an honorary doctorate degree in business, recognising her as a pioneer innovator of global education and international university linkages.

Empowering Women and Youth

In addition to her administrative responsibilities, Ma'am Khadija was a strong supporter of youth development and women's empowerment. She worked relentlessly to advance education and opportunity for young girls through her involvement with a number of non-governmental groups, such as the "Liberating the Girl Child Foundation."

Her efforts were recognised when she received the 'Best Woman Entrepreneur Award' in 2012,

presented by Punjab Chief Minister Mian Muhammad Shahbaz Sharif.

A Personal Touch

Ma'am Khadija is remembered as an inspirational leader and mentor to those who had the opportunity to know her. Her investment in each of her students and her devotion to excellence nudged innumerable young minds toward a healthy, prosperous, and wise future. More than just an administrator, she was a beacon of hope and a role model for women across Pakistan.

A Lasting Legacy

Under Ma'am Khadija's inspiring direction, Roots IVY International Schools and Colleges became known for their high-calibre instruction and all-around growth. Her focus on multidisciplinary education and extracurricular activities developed brilliant brains and advanced the next generation of leaders. The achievements of her students and the significant influence she had on Pakistan's educational system bear witness to her legacy.

In Memoriam

We honour Dr. Khadija Mushtaq's life and the lasting impact she had on Pakistani education even as we grieve her passing. Her innovative spirit, fervor and unwavering dedication to uplifting the women and youth of Pakistan will serve as a beacon of inspiration to future generations. She is a true legend and her contributions to education are priceless, and she will always represent a light for anyone wishing to change the education game.

Her energetic aura and positivity are truly irreplaceable. Our thoughts and prayers are with her family, friends, colleagues, and the countless students whose lives she touched. May her soul rest in eternal peace.



two types of plumbing traps:

the S-trap and the P-trap. These traps are essential components of drain systems, designed to prevent sewer gases from entering buildings.

S-Trap (Left Side):

Shape: Resembles the letter “S” laid on its side.

Function: It holds water to create a seal, blocking sewer gases.

Problem: Prone to siphonage. When a large volume of water drains quickly, it can create a suction that pulls the water out of the trap, breaking the seal and allowing sewer gases to enter.

P-Trap (Right Side):

Shape: Resembles the letter “P” laid on its side. It includes a horizontal section (the trap arm) that connects to the vent system.

Function: Like the S-trap, it holds water to create a seal.

Advantage: The addition of the trap arm and vent prevents siphonage. The vent allows air to enter the drainpipe, equalizing the pressure and preventing the suction that empties the trap.

Key Difference and Why it Matters:

The crucial difference is the venting. The P-trap is designed to work in conjunction with a vent system, while the S-trap is not. The vent prevents negative pressure (siphonage) that can empty the trap seal in an S-trap.

Why P-Traps are Preferred (and Code-Required in Most Places):

S-traps are largely obsolete and are not allowed by modern plumbing codes in most areas. The reason is their susceptibility to siphonage. When the water seal is lost, sewer gases containing methane and other potentially harmful substances can enter the building, creating unpleasant odors and health hazards. In summary, the image effectively illustrates the key difference between S-traps and P-traps. The P-trap, with its venting system, is the standard because it reliably prevents sewer gases from entering buildings by maintaining a consistent water seal. The S-trap is prone to siphonage and is therefore considered an outdated and undesirable design.

Archimedes

“Don’t step on the symbols!”...last words of Archimedes.

Archimedes, a renowned mathematician and scientist, met a tragic end at the hands of a Roman soldier during the siege of Syracuse (214-212 BC).

Despite explicit orders to spare his life, the soldier, driven by a desire to plunder the defeated city, ended the life of one of the greatest minds of ancient times.

Archimedes’ final moments were spent drawing mathematical figures in the sand, and his last words were reportedly “Don’t step on the symbols!”

Archimedes’ legacy is a testament to his groundbreaking contributions to science and mathematics.

He is famous for his “Eureka!” moment, where he discovered the principle of buoyancy while taking a bath.

His work in geometry, calculus, and hydrostatics laid the foundations for theories developed centuries later.

The Archimedes Screw, a device used to raise water, is still employed in modern irrigation systems.

His innovative spirit and love of knowledge have inspired generations of scientists and mathematicians.

The death of Archimedes marked a significant shift in the Mediterranean world.

The practical and technical Romans, who lacked the Greeks’ love of abstract science, replaced the Hellenes as leaders.

As Alfred North Whitehead noted, “no Roman lost his life by being absorbed in the contemplation of a mathematical diagram.”

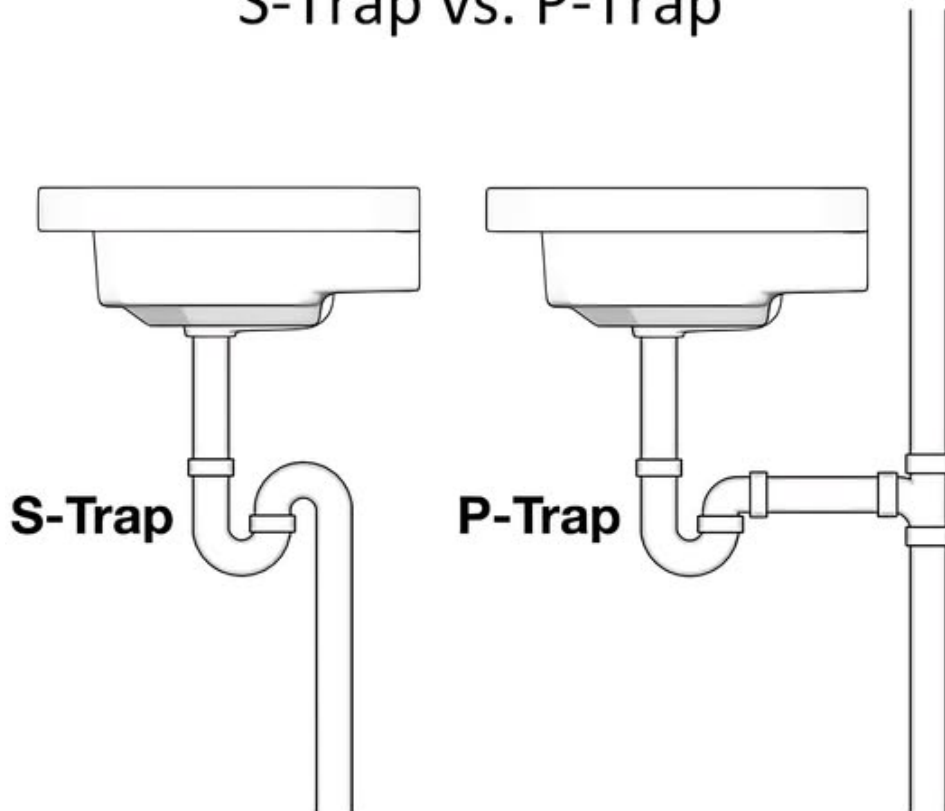
This change in leadership signaled a new era, where practicality and pragmatism took precedence over intellectual curiosity and exploration.

Despite his untimely death, Archimedes’ genius has endured, inspiring countless individuals to pursue careers in science, mathematics, and engineering.

His legacy serves as a reminder of the importance of curiosity, creativity, and a love of knowledge.

As we continue to build upon the foundations laid by Archimedes, we honor his memory and celebrate the profound impact he has had on human understanding and progress.

S-Trap vs. P-Trap



SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER ON THE ROAD & AVOIDING HAZARDS



BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

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

CALL A TIME-OUT

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

REMAIN ALERT

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

RECIPES

Chicken Karahi Recipe

Ingredients

- 1/4 cup oil (corn, vegetable, canola, sunflower, grapeseed etc)
- 2 lb boneless, skinless chicken thighs cut into bite-sized pieces
- 1 head of garlic, cloves peeled and roughly chopped
- 2 Tbs minced ginger
- 2-4 serrano chilies cut in half
- 1 Tbs ground coriander
- 1 1/2 tsp ground cumin
- 1-2 tsp ground chili powder
- 1 tsp garam masala
- 1 tsp fresh ground black pepper or crushed peppercorns
- 1 tsp table salt
- 42 oz diced tomatoes
- 1 cup heavy cream (may substitute full fat yogurt)
- salt to taste
- Garnish
- scallions

- fresh chili slices (hot or mild, your choice)
- fresh ginger sliced into thin matchsticks
- cilantro
- lemon wedges on the side

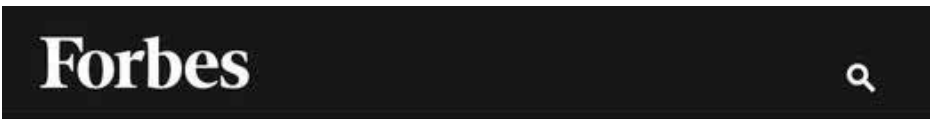
Instructions











In a large dutch oven add oil and heat over medium-high heat. Add chicken and stir occasionally. Cook for 5 minutes. Add garlic, ginger, chilies. Stir constantly and cook for one minutes. Add the spices and 1 tsp salt, continue stirring, cook for 30 seconds.



and cook for 20 minutes, stirring occasionally. Uncover, stir and simmer for another 5 minutes. Add cream, stir and bring back up to a simmer. Check for seasoning, add salt as desired. Serve in wide bowls or on a plate with Naan or other flatbread. Garnish as desired.

Add tomatoes including the tomato juice in the pan and stir. Reduce heat to medium-low, cover



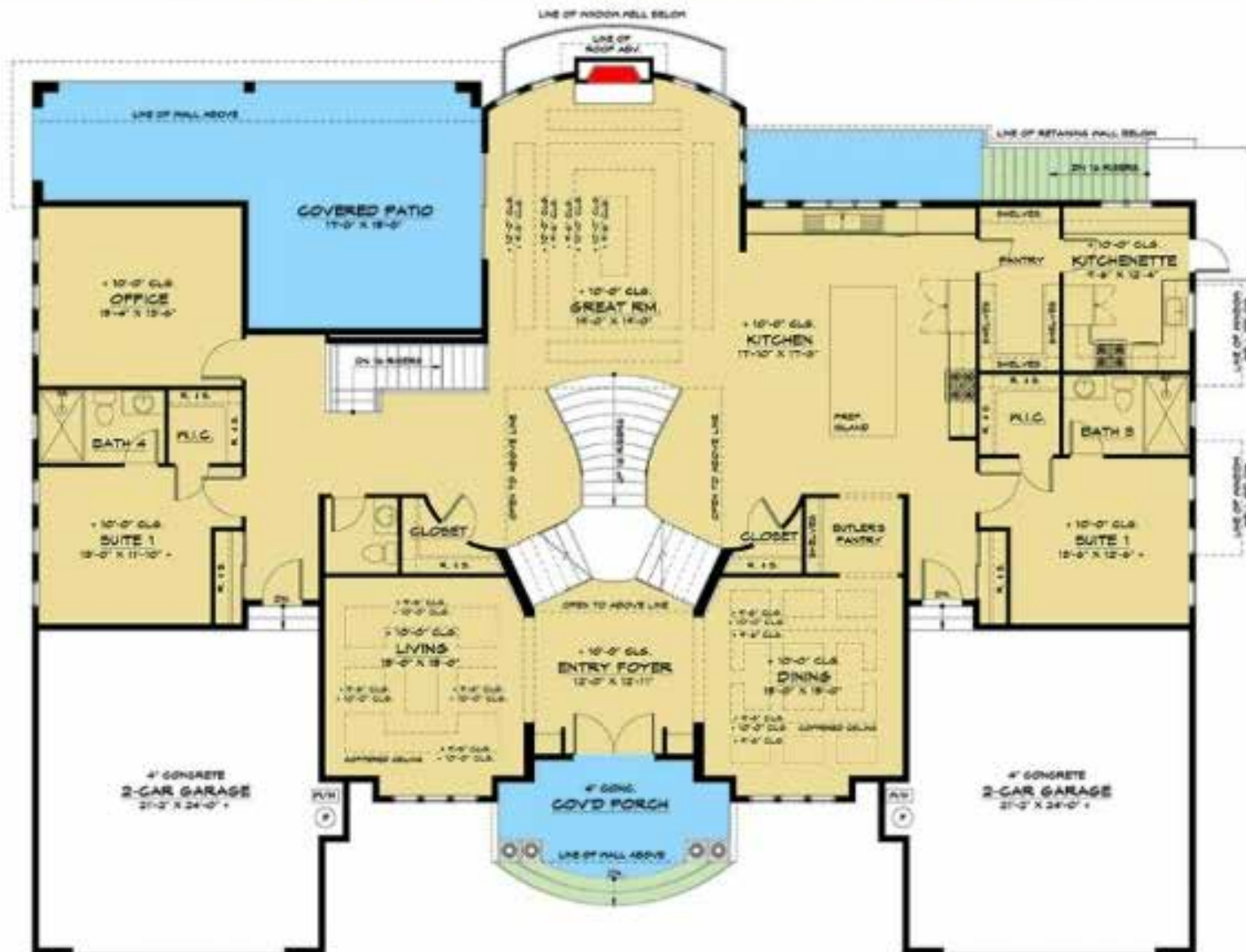
	1	Elon Musk Tesla, SpaceX	\$425.2 B ↑ \$343 M 0.08%
	2	Jeff Bezos Amazon	\$241.0 B ↑ \$3.1 B 1.31%
	3	Mark Zuckerberg Facebook	\$217.7 B ↑ \$8.7 B 4.18%
	4	Larry Ellison Oracle	\$209.0 B ↓ \$653 M -0.31%
	5	Bernard Arnault & family LVMH	\$167.1 B ↑ \$5.9 B 3.68%
	6	Larry Page Google	\$161.9 B ↑ \$3.8 B 2.43%
	7	Sergey Brin Google	\$154.5 B ↑ \$3.6 B 2.39%
	8	Warren Buffett Berkshire Hathaway	\$140.8 B ↓ \$1 B -0.71%
	9	Jensen Huang Semiconductors	\$130.3 B ↑ \$4.3 B 3.39%
	10	Steve Ballmer Microsoft	\$125.7 B ↑ \$1 B 0.80%



Luxuriously Spacious Home Plan



See the Full Floor Plans & Interior in Comments





In Switzerland, there's a movie theater where you can watch films while lounging in double beds instead of traditional chairs. This unique setup offers a cozy and relaxing movie experience, allowing couples or friends to enjoy films in comfort.



Modern humans emerged around 200,000 years ago, but record-keeping only began about 6,000 years ago. This means that an estimated 97% of human history has been lost, leaving vast portions of our past undocumented and unknown.

IS YOUR AIRBAG DEFECTIVE?

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

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

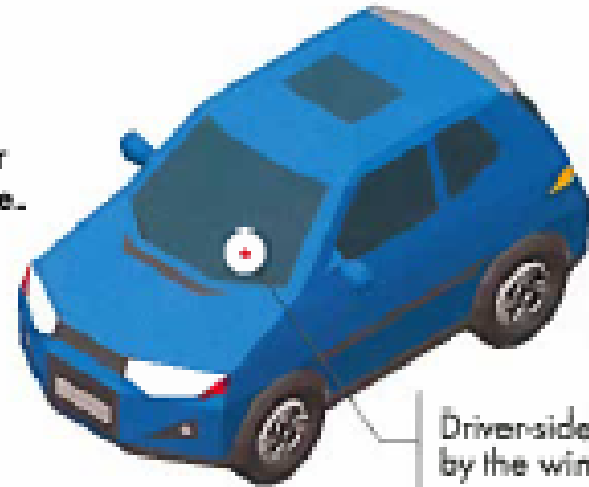
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

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

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



Driverside dashboard by the windshield

Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



AIRBAGRECALL.COM

WORDS SEARCH

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

BREAD

CEREAL

CRACKERJACK

FLOWER

FUSE

GIFT

GLOVE

HANDKERCHIEF

HATBOX

JUKEBOX

LINGERIE

MAILBOX

MATCHBOX

PENCIL

PIZZA

POPCORN

RING

SHIRT

SHOE

SILVERWARE

STORAGE

SWEATER

TISSUE

TOOLBOX

TOY

Health & Wellness

Winter Emergency Kit: What to Have on Hand for an Extended Power Outage

Here's what you need to know to build your winter emergency kit.

Essential Supplies

Food and Water

Let's start with the basics: food and water. During a power outage, your electric stove is out of commission, so it's important to have foods on hand that don't require cooking.

Here are a few essentials to stock up on:

Canned goods like fruits, vegetables, soups, and meats

Protein or granola bars for a quick and filling snack

Peanut butter and crackers — a simple, shelf-stable option

Dried fruits and nuts for a nutritious boost

Be sure to have a manual can opener on hand — you'll thank yourself when it's time to open that can of soup! Foil pouches of tuna or cans with pull tabs can also be helpful to stock up on.

When it comes to water, plan for at least one gallon per person per day for three days. This ensures everyone stays hydrated and you have enough for basic needs like drinking and preparing simple meals.

Warmth

Staying warm is crucial when the heat goes out. Without a working heating system, temperatures inside your home can drop quickly, putting you at risk of hypothermia, especially during prolonged outages. Being prepared with the right items can make all the difference in keeping you and your family safe and comfortable. Here's what to include in your kit:

Extra blankets and sleeping bags: Stock up on heavy-duty blankets and insulated sleeping bags designed for cold weather. Layering these can help trap body heat, especially if you're sleeping in a group. Emergency mylar blankets are another great addition — they're compact, affordable, and incredibly effective at reflecting heat.

Warm clothing layers: Dress in layers to retain body heat, starting with thermal underwear as your base layer. Add sweaters, hoodies, or fleece pullovers, and top it off with a winter coat if needed. Layering helps trap heat between each layer, providing insulation and flexibility as temperatures fluctuate.

Hats, gloves, and thick socks: Remember, most body heat is lost through your head and extremities, so don't skimp on these essentials. Choose insulated or wool hats, gloves, and socks for maximum warmth. If you have fingerless gloves, they can also help keep your hands warm while allowing for better dexterity during tasks.

Hand and foot warmers: These small but powerful heat packs can make a huge difference when temperatures drop. They're easy to activate and can be tucked into gloves, socks, or pockets for extra warmth. Look for reusable or long-lasting options to stretch your supply dur-

ing an extended outage.

Layered sleeping arrangements: If you're sharing a room with family, consider huddling together in one room to conserve heat. Close off unused rooms, and use towels or blankets to seal gaps under doors to keep the warmth contained.

Being proactive about warmth isn't just about comfort — it's about your health and safety. Cold temperatures can increase the risk of illness, so it's essential to plan ahead and have these items ready before a winter storm hits.

Lighting & Power

When the power goes out and night falls, having reliable light sources is essential for safety and comfort. A well-lit home helps prevent accidents, keeps spirits up, and makes it easier to navigate through your space. Here's what you should include in your winter power outage kit: Flashlights with extra batteries: Flashlights are one of the safest and most practical options during a power outage. Opt for LED flashlights, which last longer and are brighter than traditional models. Make sure you have extra batteries on hand and store them in a waterproof container to keep them functional.

Battery-powered lanterns: These are ideal for lighting up larger areas like living rooms or kitchens. Lanterns often provide softer, ambient light, making them perfect for family gatherings or meal preparation. Some models even come with rechargeable batteries or USB ports to charge small devices.

Candles and matches (use with caution!): Candles can create a cozy atmosphere and provide a backup light source, but they must be used carefully to avoid fire hazards. Place them on stable, heat-resistant surfaces and away from flammable materials like curtains or blankets. If you have children or pets, consider flameless LED candles as a safer alternative.

Headlamps: A hands-free option that's great for tasks like cooking, reading, or walking around your home in the dark. They're lightweight, adjustable, and an excellent addition to your kit.

Glow sticks: These are a fun and safe option, especially for kids. They provide light without the risk of heat or fire and can last for several hours. When preparing your kit, remember to check all light sources periodically to ensure they're in working condition. Replace batteries as needed and consider investing in rechargeable options to reduce waste.

Additionally, you'll want to think about power sources for your devices that can keep you connected and alerted.

Charging your essential devices and having backup options ready ensures you can communicate, receive updates, and access critical information. Here's what you should include in your winter power outage kit to keep devices charged:

Portable phone chargers/ power banks: A fully charged power bank can be a lifesaver when your phone battery runs low. Look for high-capacity

models that can charge your phone multiple times or power small devices like tablets. Solar-powered or hand-crank power banks are excellent options for extended outages, as they don't rely on electricity to recharge. Remember to charge your power banks ahead of time and store them in your emergency kit.

Hand-crank radio for emergency updates: A hand-crank radio is an essential tool for staying informed during a power outage, especially when cell towers are down or internet access is unavailable. Many models double as a flashlight or even a phone charger, making them versatile additions to your kit. Tune in to local emergency broadcasts or NOAA weather updates to stay aware of changing conditions and advisories. Car chargers: Your vehicle can also serve as a backup charging station. Keep a car charger for your phone or other devices in your vehicle, but be cautious about running the engine for extended periods—always ensure the car is in a well-ventilated area to prevent carbon monoxide buildup.

First Aid and Medications

Be prepared for minor injuries and health needs:

First aid kit: Stock up on essentials like adhesive bandages, antiseptic wipes, pain relievers, gauze pads, and medical tape. Don't forget items like tweezers, scissors, and disposable gloves for added versatility.

Prescription medications: Ensure you have at least a one-week supply of any necessary prescription medications. If refrigeration is required, keep an insulated cooler and ice packs handy.

Over-the-counter remedies: Prepare for winter ailments with cold and flu basics like decongestants, cough syrups, throat lozenges, and electrolyte solutions to stay hydrated.

Medical essentials: If someone in your household uses devices like inhalers, EpiPens, or blood sugar monitors, make sure to have spares or backups, along with any required batteries or chargers.



List of Bollywood films of FEBRUARY 2025

Opening	Title	Director	Cast	
F E B	9	<i>Teri Baaton Mein Aisa Uljha Jiya</i>	Amit Joshi · Aradhana Sah	Shahid Kapoor · Kriti Sanon · Dharmendra · Dimple Kapadia
		<i>Bhakshak</i>	Pulkit	Bhumi Pednekar · Sanjay Mishra · Sai Tamhankar · Aditya Srivastava
		<i>Lantrani</i>	Gurvinder Singh · Kaushik Ganguly · Bhaskar Hazarika	Jitendra Kumar · Jisshu Sengupta · Johnny Lever · Nimisha Sajayan · Sanjay Mahanand · Boloram Das
		<i>Mirg</i>	Tarun Sharma	Satish Kaushik · Anup Soni · Shwetaabh Singh · Raj Babbar
	16	<i>Dashmi</i>	Shantanu Anant Tambe	Vardhan Puri · Gaurav Sareen · Sanjay Pandey · Rajesh Jais
		<i>Kuch Khattaa Ho Jaay</i>	G. Ashok	Guru Randhawa · Saiee Manjrekar · Anupam Kher · Ila Arun
	23	<i>Crakk</i>	Aditya Datt	Vidyut Jammwal · Nora Fatehi · Arjun Rampal · Amy Jackson
		<i>Article 370</i>	Aditya Suhas Jambhale	Yami Gautam · Priyamani · Skand Thakur · Ashwini Kaul · Vaibhav Tatwawadi · Arun Govil · Kiran Karmarkar
		<i>All India Rank</i>	Varun Grover	Bodhisattva Sharma · Samta Sudiksha · Sheeba Chaddha · Geeta Agrawal · Neeraj Ayush Pandey · Saadat Khan
		<i>Chote Nawab</i>	Kumud Chaudhary	Akshay Oberoi · Plabita Borthakur · Svar Kamble · Shataf Figar · Ekavali Khanna · Rajshri Deshpande · Falaq Naaz · Sadiya Siddiqui · Lalit Tiwari · Sohaila Kapur · Ayush Tandon · Neeraj Sood

AR Rahman



It was my mother Kareema who realised and nurtured my passion for music.

AR Rahman was single-handedly raised by his mother, Kareema Begum, after his father, music composer R O Sekar, passed away when Rahman was only nine years old. For five years after his father’s death, his mother rented out his father’s musical equipment to make a living.

But when she was asked to sell the equipment to make money, she refused, stating that her son would take care of the musical equipment in the future.

“It was my mother who realised my flair in music and nurtured it. She was way above me in the way her mind worked and how she took decisions. It was her conviction that made me pursue a career in music”, he recalled in an interview.

Interestingly, in another interview, Rahman had talked about how his popular song ‘Maa Tujhe Salaam’ was actually written for his mother. “I had this in my mind on how to crack it because I was very objective about it, thinking whether it will work or not. So, I was like, let’s do it as a personal song — like singing a song for one’s mother. That’s how it was created,” Rahman had shared.



Juhi Chawla and Jay Mehta

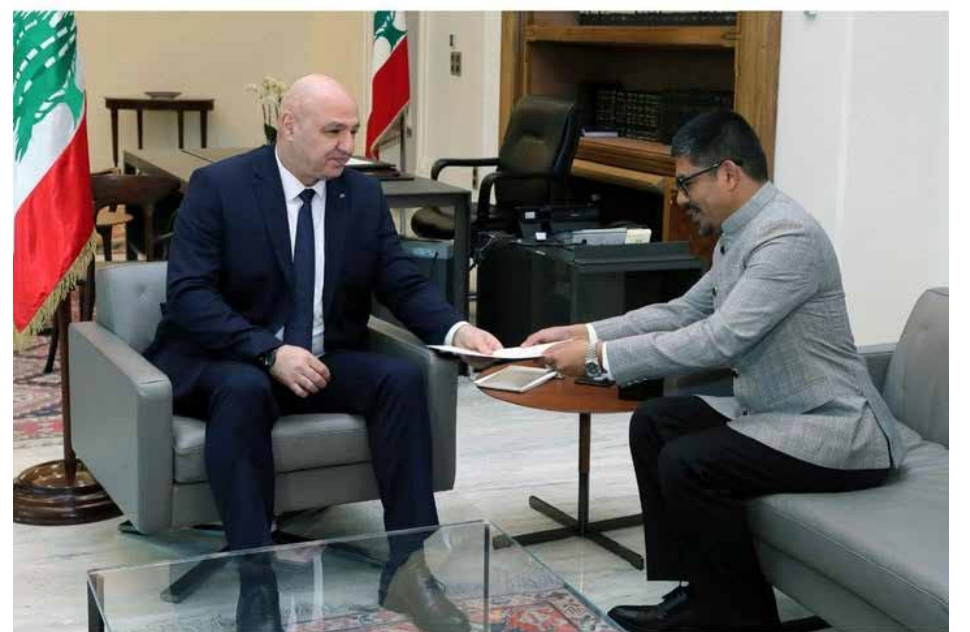


JUHI CHAWLA		VS	JAY MEHTA	
57 YEAR	AGE		63 YEAR	
₹4,600 CRORE	PROPERTY [APPROX]		₹2,400 CRORE	
ACTRESS, MODEL FILM PRODUCER	PROFESSION		BUSINESSMAN	
5 FT 4 IN	HEIGHT		5 FT 6 IN	
JAY MEHTA	SPOUSE		JUHI CHAWLA	
JHANVI & ARJUN	CHILDREN		JHANVI & ARJUN	
AMBALA, HARYANA	BIRTH PLACE		MUMBAI	

Juhi Chawla and Jay Mehta, both prominent figures in their respective fields, represent a fascinating blend of glamour and business expertise. Juhi, an iconic actress and former Miss India, gained fame in the late 1980s and 1990s with her infectious charm and perfect comic timing. Known for her roles in beloved films like Qayamat Se Qayamat Tak and Hum Hain Rahi Pyar Ke, she captivated audiences across generations. Beyond acting, Juhi ventured into film production with her company Dreamz Unlimited and co-owns the IPL team Kolkata Knight Riders alongside her husband. Her passion for cinema is matched by her commitment to philanthropy, showing that her career extends beyond the silver screen.

On the other hand, Jay Mehta embodies the entrepreneurial spirit of modern India. As the chairman of the Mehta Group, he transformed a struggling family business into a thriving conglomerate with interests in cement, engineering, and more. Educated at prestigious institutions like Columbia University and IMD in Switzerland, Jay's strategic vision has been crucial in guiding the Mehta Group towards profitability and innovation. His co-ownership of the Kolkata Knight Riders connects him to the entertainment world through his marriage to Juhi and highlights his ability to blend business with passion. Together, they make a dynamic duo, bridging the worlds of film and business, each contributing uniquely to their shared legacy.

Archana Puran Singh and Parmeet Sethi are one of the most loved couples in the entertainment world. Married on June 30, 1992, they have two sons, Aryamann and Ayushmaan. Parmeet made a memorable debut in Dilwale Dulhania Le Jayenge (1995) as Kuljeet and went on to act in films like Diljale and the award-winning Punjabi film Des Hoyaa Pardes. He also directed the successful film Badmaash Company (2010) and worked on popular TV shows like Sumit Sambhal Lega and Har Mard Ka Dard. Archana started her career with Jalwa (1987) and became a household name with her roles in films like Kuch Kuch Hota Hai and Mohabbatein. She is best known for her comedy and judging shows like Comedy Circus and The Kapil Sharma Show. Together, Archana and Parmeet have carved a special place in the hearts of audiences with their talent and strong bond.



An absolute honour to call on HE Gen Joseph Aoun, President of Republic of Lebanon; handing over the congratulatory letter from Hon'ble Rashtrapati ji Smt Droupadi Murmu and conveying the hope of further strengthening of bilateral ties between India and Lebanon.
Noor Rahman Shaik

Binaca Geetmala Annual List (1966)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Baharo Phool Barsaao, Mera Mahboob Aaya Hai <small>YouTube</small> ✓ 🏆 ★ 4.21 - 3539 votes	Mohammed Rafi	Shankar Jaikishan	Vyjayantimala, Rajendra Kumar
		Suraj (1966)	Hasrat Jaipuri	Romantic Songs, Filmfare Awards Nominee, Filmfare Awards Winner
 2	Gaataa Rahe Meraa Dil, Tu Hi Meri Manzil <small>YouTube</small> ✓ 🏆 ★ 4.44 - 737 votes	Lata Mangeshkar, Kishore Kumar	Sachin Dev Burman	Dev Anand, Waheeda Rehman
		Guide (1965)	Shailendra	Romantic Songs
 3	Huzurevaalaa Jo Ho Ijaazat To Ham Ye Saare Jahaan Se Kah Den <small>YouTube</small> ✓ 🏆 ★ 4.36 - 210 votes	Asha Bhosle, Minoo Purushottam	O P Nayyar	Madhumati, Biswajeet, Mumtaz, Helen
		Yeh Raat Phir Na Ayegi (1966)	Aziz Kashmiri	Tareef Songs, Dance Songs
 4	Jhumka Gira Re, Bareli Ke Bazaar Me <small>YouTube</small> ✓ 🏆 ★ 4.41 - 439 votes	Asha Bhosle	Madan Mohan	Sadhana
		Mera Saaya (1966)	Raja Mehdi Ali Khan	Folk Songs, Dance Songs
 5	Dil Jo Na Kah Saka, Vahi Raaz-E-Dil (Female) <small>YouTube</small> ✓ 🏆 ★ 4.36 - 225 votes	Lata Mangeshkar	Roshan	Pradeep Kumar, Meena Kumari
		Bheegee Raat (1965)	Majrooh Sultanpuri	Romantic Songs, Sensual Songs
 6	Jaapaan Love In Tokyo Le Gai Dil Gudiyaa Jaapaan Ki <small>YouTube</small> ✓ 🏆 ★ 4.21 - 127 votes	Mohammed Rafi	Shankar Jaikishan	Asha Parekh, Joy Mukherjee
		Love In Tokyo (1966)	Hasrat Jaipuri	
 7	Sajjan Re Jhoot Mat Bolo Khuda Ke Paas Jana <small>YouTube</small> ✓ 🏆 ★ 4.43 - 894 votes	Mukesh	Shankar Jaikishan	Waheeda Rehman, Raj Kapoor
		Teesri Kasam (1966)	Shailendra	All Time Great, Philosophical Songs, Filmfare Awards Nominee
 8	Usko Nahin Dekha Hamne Kabhi <small>YouTube</small> ✓ 🏆 ★ 4.35 - 932 votes	Manna Dey, Mahendra Kapoor	Roshan	Bina Roy, Kashi Nath, Dileep Raj
		Daadi Maa (1966)	Majrooh Sultanpuri	Tareef Songs
 9	Aji Ruth Kar Ab Kaha Jaaiyega <small>YouTube</small> ✓ 🏆 ★ 4.34 - 238 votes	Lata Mangeshkar	Shankar Jaikishan	Sadhana, Rajendra Kumar
		Arzoo (1965)	Hasrat Jaipuri	Romantic Songs, Roothna Manaana
 10	Badatamiz Kaho Yaa Kaho Jaanavar Meraa Dil Tere Dil Pe <small>YouTube</small> ✓ 🏆 ★ 4.31 - 54 votes	Mohammed Rafi	Shankar Jaikishan	Laxmi Chhaya, Shammi Kapoor, Sadhana
		Budtameez (1966)	Hasrat Jaipuri	Ched Chad Songs

Binaca Geetmala Annual List (1966)

INTERNATIONAL PAGES

SYED ABID ALI'S GRAND DEBUT AGAINST THE AUSSIES

Syed Abid Ali was one of Hyderabad's leading cricketers of the 1960s. He studied in St. George's Grammar School and then in All Saints HS. His cricketing talent enabled him to be selected for the Hyderabad schools team in 1956.

He was a versatile player who could fit himself into any role. He could open the batting as well as the bowling. As a fielder he was one of the best in India.

When he was 26, the Indian selectors decided that he could be the answer to India's bowling woes and decided to send him to the tour of Australia and New Zealand in 1967. As soon as the tour began, Abid Ali was thrown into battle. He realised that he would have to prove himself against a strong Australian batting line up. If he failed, he could be forgotten for a long time thereafter.

The Indian bowlers were up against one of the world's best opening pairs, namely Aussie captain Bob Simpson and his deputy Bill Lawry.

As expected, India's new ball bowlers had no effect on the seasoned Australian openers and the ball was handed over to the first change bowler who was Abid Ali. Initially Abid struggled to find the right line and length but once he did, he knew exactly what he had to do.

With a superbly pitched outswinger he got Bull Lawry to edge the ball into the gloves of wicket-keeper Farokh Engineer. The first Aussie had gone. Many more were to follow.

Abid's next victim was the skipper himself. Simpson spooned a cleverly disguised slower delivery back into the hands of Abid who gleefully accepted the catch in his follow through.

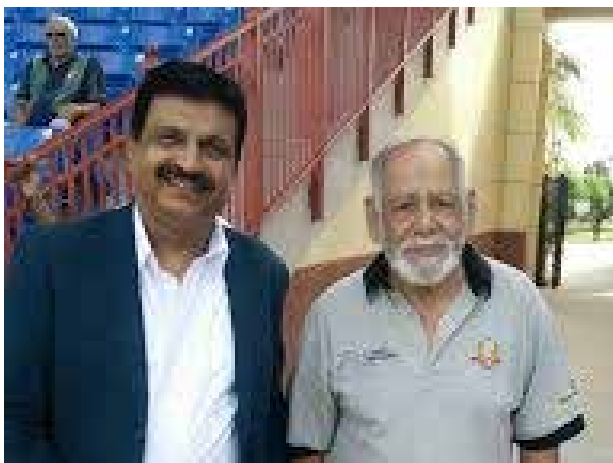
Thereafter Paul Sheahan (who was also making his debut in this match) and Bob Cowper came together to add 118 runs. This time it was the wily off spinner EAS Prasanna who came to India's rescue. He trapped Sheahan leg before and then dismissed Ian Redpath and Ian Chappell cheaply.

Those breakthroughs inspired Abid Ali to find his rhythm once again and he dismissed three more Aussies including Bob Cowper. Abid finished with a haul of six wickets for 55 runs off 17 overs. It was the best bowling performance seen from any Indian debutant at that time.

Abid Ali went on to play an important role for India on many occasions. He helped India to record its first ever series win in the West Indies in 1971 and later he was also there to guide India to a similar victory over England.

There were few cricketers who could match Abid Ali's ability to work hard. Later in life when he became a coach he instilled the same discipline and values in his wards.

~ Sports Columnist Abhijit Sen Gupta





On behalf of the BTAA team, Kantha Teachers' 84th birthday was celebrated. She is retired teacher from St. Mark's Boys Town, Jahanuma



Azeem A. Quadeer, CEO Asia Times greeting Alijanab Siddiq Sahab, of Masjid Alauddin in Moghalpura, Hyderabad



Good morning to all,
 We, as part of the core team of Boys Town, have been participating in the Alumni Hyderabad Province Meet that is conducted every year since 2023 at different schools.
 1st year (2023) - St Johns Gannavaram (Vijayawada), 2nd year (2024) - St Pauls High School (Hyderabad), 3rd Year (2025) - N St Matthews Patamatta (Vijayawada).
 The alumni meet is similar to the montfort games that we used to participate during our school days... Our Provincial Head Rev, Brother Shine Alex has initiated the alumni province meet where in all the 19 schools participate every year and showcase how many alumni students have gathered/registered, what all social/community services have been organized, how we have contributed to the betterment of the society and less privileged.
 I take pride and honor in sharing the fact that though we took time to register BOYS TOWN ALUMNI ASSOCIATION, 1st year of officially registering and showcasing all the services, we as BTAA have come unitedly forward as a family in contributing/participating and making a difference in the community by conducting Blood Camp, Sapling plantation, 3km Drug awareness walk, Silver Jubilee reunion and the winter essentials drive by distributing blankets, sarees, shawls and food packets to the

needy directly in the Govt Maternity Hospital. All the alumni's and Brothers of different schools have individually & immensely appreciated the efforts and services BTAA has rendered for the betterment of society, it is simply because we as a team have planned, participated & executed it with the right sense and like mindedness. Sharing a few glimpses that were captured at the Alumni Province Meet held at NSM Vijayawada. We whole heartedly thank our Director Bro Yesu Prabharan, Principal & Chairman BTAA Bro ShowReddy, BTAA core team and BTAA committee for all the love & support because of which we have been selected to host the 4th Hyderabad Alumni Province meet at Boys Town High School which will be held in Jan'26 which needs a lot of planning, support, participation and finances.
 We are looking forward to a fresh start of community service, sapling plantation and fun activities as we entered 2025...
 Thanking one and all
 Regards,
 Christopher James
 Working President
 BTAA

Tank Bund 1969 Photo



superstar vlogs

Mohammed Wajid in Indiana, USA



ARNA GRAMMAR SCHOOL SHINES IN HEF COMPETITION

Arna Grammar School students bagged First Prize in Serat and Quarnic Excellence Award conducted by Hyderabad Educational Foundation (HEF). Around Forty contested Schools, Twenty schools were nominated for the final round. The Annual Day Programme was held on 07 January 2025 at Urdu Maskan Auditorium, Khilwat, Hyderabad but due to inconvenience and shortfall of time, the remaining programme was later conducted and the results of the competition was declared on 25 January 2025.

Hyderabad Educational Foundation (Regd) established in the year 2017 is a NGO working towards the betterment of the society. Mr. Mohammed Baquer Trustee and Managing Director of the foundation states the every year we are providing a teacher to recognized schools in Hyderabad so that a trained teacher can boost the performance of the children. This learning process enhances their confidence level which also encourages them to get good results in their academics.

Students of Arna Grammar School shine's at the award ceremony with their dedicated hardwork and efforts. Arna Grammar School situated at Hafiz Baba Nagar, Chandrayangutta, Hyderabad is a budget private school which benefited under privileged families running through three decades established in the year 1992. "The school aims to see all the sincere students rising to their goals despite of financial issues and hurdles faced earlier where due to lack of resources talented students did not got a chance to move ahead in the academics –Dr Ashham Arqum (Correspondent Arna Grammar School)".

Mir Mohsin Ali

In Photo – Left to Right Mohd Altaf (Coordinator) Moulana Mohammed Parvez, MD & Trustee HEF Mr. Mohammed Baquer along with Arna Grammar School students Hajera, Umaima Bin Hassan , Zainab Taj, Mona Bin Ahmed, Abdul Rahman, Mustafa, Maria Farooq.



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

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمۃ اللہ علیہ

57 سود خوار دوزخ میں جاتا ہے

اردو حکایت:

اک سود کھانے والا شخص سیڑھی سے گرا اور فوراً مر گیا۔ اُس کے لڑکے نے اپنے باپ کو خواب میں دیکھا اور پوچھا کہ آپ حساب کتاب اور حشر سے کیسے چھوٹے اور اب کس حال میں ہیں؟

اُس نے جواب دیا

فارسی شعر:

بگفت اے پسر! قصہ بر من مخوان

بدوزخ در افتادم از نروبان

حاصل کلام:

کہا اے! بیٹے یہ قصہ نہ پوچھ۔ میں سیڑھی سے

سیدھا دوزخ میں آگرا۔

منظوم ترجمہ:

نہ دہرا! حشر کا قصہ نہ دہرا

گرا سیڑھی سے اور دوزخ میں پہنچا



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

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

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



یہ کیسے رسم و رواج

ولی الدین
شاعر و ادیب

تو ان کی سمجھ میں نہیں آتا کہ کیا ہو رہا ہے؟ ہم کو کئی مرتبہ ایسی دو قسم کی شادی کی تقریبات میں شرکت کرنے کا موقع ملا تھا۔ ایک ایسی شادی کی تقریب جو کہ فائو اسٹار ہوٹل میں بڑی دھوم دھام اور ہر طرح سے بے حد ماڈرن۔ جہاں ناچ گانے کی بہتات تھی۔ ہر بات کی انتہا تھی۔ دوسری ایسی شادی کی تقریب جو کہ ہر رسم و رواج سے قدامت پسند تھی۔ بھتی کہ بے حد پر وہ اور مذہبی ماحول۔ جہاں مغرب اور عشاء کی نماز کے بعد تناول و طعام ہوا تھا جبکہ بچے اور بوڑھے (خاص طور پر شوگر کے مریض) بے حد بھوکے اور پریشان ہو چکے تھے۔ ہماری نئی نسل جب ایسی شادیوں میں شرکت کرتی ہے تو وہ یہ دو مختلف قسم کے ہم دردان ہے۔ انتشار میں مبتلا ہو جاتے ہیں۔ وہ یہ سمجھنے سے قاصر ہیں کہ کونسی روسات اور روم دردان ہمارے مذہب کے مطابق ہے یا کس بات کی اجازت ہے۔ وہ تو مجیب الجھن کا شکار ہو رہے ہیں۔ قارئین۔ ہم اس بات کے بالکل خلاف نہیں کہ مہندی، مایوں، شادی کے موقع پر ڈھول تانے۔ بچے یہاں گائیں۔ نئی نسل جھنگڑا ڈالیں۔ خوشی کے موقع پر ہی ہونا لازمی روایات ہیں۔



اپنے بچوں کو اردو پڑھائیے

اردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے

میں دکھائے جانے والے ڈراموں کی تقریبات کو ایسا رنگ دیا جاتا ہے کہ وہ انڈین فلموں اور ہندو کلچر کی غمازی کرتے نظر آتے ہیں۔ اس میں بھی شادی کے موقع پر دکھائے جانے والے رسم و رواج ہمارے پاکستان یا ہماری مذہبی روایات کی ترجمانی نہیں کرتے۔ قارئین۔ اب آپ کو ہم تصویر کا دوسرا رخ بھی بتائے بغیر نہیں رہ سکتے۔ آپ بھی کبھی ایسی شادی کی تقریبات میں گئے ہوں گے جو کہ بالکل اس کے برعکس ہوتی ہیں۔ جیسی ہم نے پہلے بیان کی ہیں۔ بقول شخصے وہاں پر بے حد کر قسم کا سنجہ ماحول بھی ہوتا ہے۔ ہال کے بیچ میں پردے کھڑے کر کے دیوار بنادی جاتی ہے۔ ایک طرف خواتین اور بچے تو دوسری طرف مرد حضرات۔ یقیناً جانے ہم اس ماحول کے خلاف نہیں۔ لیکن ہم یہ بھی کہے بغیر نہیں رہ سکتے کہ اکثر چھوٹے بچے اپنے والدین کے ساتھ بیٹھنا اور کھانا پسند کرتے ہیں۔ دونوں ماں باپ کی موجودگی میں بچوں پر قابو بھی رہتا ہے۔ لیکن ایسے ماحول میں بچے پردے کی دیوار سے بھی ایک طرف تو کبھی دوسری طرف بے حد پریشان گھومتے نظر آتے ہیں۔ ادھر مولوی صاحب نکاح پڑھا دیے ہیں تو سارا عربی میں جس کے باد انگریزی یا اردو میں ترجمہ نہیں ہوتا۔ دوسری طرف شورا تانے کی آواز سنائی نہیں دیتی۔ اگر اس تقریب میں گورے لوگ بھی مدعو ہوں

چمک دک کارعب ڈالا جا رہا ہے۔ بڑے لوگوں کی بڑی باتیں ہیں۔ جہیز کی لعنت نے یہاں بھی سایے کی طرح پیچھا نہیں چھوڑا۔ کچھ رشتے جڑتے ہی اس مقصد کے لئے کہ والدین کے جذبات اور دولت سے فائدہ اٹھایا جائے۔ یعنی شادی کے ساتھ ساتھ گھر، گاڑی اور گرین کارڈ بھی مل جائے۔ شاید اتنے بڑے پیمانے پر تقریبات اور ہنگامے کی وجوہات یہ بھی ہو سکتی ہیں کہ اب امریکہ اور کینیڈا میں ہم لوگوں کی تعداد پچھلے ہیں (20) سالوں کے دوران بہت بڑھتی ہے۔ ہمارے بچے اب جوانی میں قدم رکھ رہے ہیں۔ نئی نسل کے نئے تقاضے ہیں جو دین سے بڑھ کر یہاں میسر ہیں۔ مثلاً یہاں بھی وطن کی طرح کافی بیوٹی پارلر اور فیشن سے آراستہ دکانیں کھل گئی ہیں۔ آہستہ آہستہ امریکہ اور کینیڈا میں لوگ وہی دیہی اسٹائل میں ڈھل رہے ہیں جو وٹن کا خاص جز ہے۔ دوسری طرف ج بڑے ریستورانٹ (Restaurants) اور بینکونٹ ہال (Banquet Hall) بن گئے ہیں۔ یعنی وہی پرانے رنگ ڈھنگ واپس آرہے ہیں۔ اس لئے اب شادیوں کے ہنگامے بھی اپنے وطن میں ہونے والی ان تقریبات سے کم نہیں دوسری طرف امریکہ اور کینیڈا میں ریڈیو پروگرام تو تھے ہی لیکن اب پاکستانی ٹی وی چینل بھی آپکے ہیں۔ جن

آج کل امریکہ اور کینیڈا میں شادیاں بڑی دھوم دھام سے ہوتی ہیں۔ بعض دفعہ تو ایسا لگتا ہے کہ اس معاملے میں ہم وطن والوں کو بھی پیچھے چھوڑ گئے ہیں۔ ہفتے بھر ہنگامے اور رسومات کا سلسلہ چلتا رہے ہے۔ والدین کو اپنے دل کے ارمان پورے کرنے ہیں تو بچوں کو اپنی خواہشات۔ فرض اس چکر میں نہیں یہ احساس ہی تعلیمات کی رو اور دین کی روشنی میں کہاں تک نامناسب ہیں۔ مثلاً مہندی، مایوں وغیرہ کی رسموں میں ہندو سکھر کی طرح دیئے جلانے یا پھر شادی میں مغربی تہذیب کا ناچ گانا۔ یہ بھلا کیونکر مسلمان گھرانوں کی شادیوں کے روم دردان بن سکتے ہیں؟ اگر ہم اس معاملے میں ذرا بھی تنقید کرتے ہیں تو لوگ کہتے ہیں کہ بھئی شادی کی خوشی میں سب چلتا ہے سب جائز ہے۔ یعنی یہ بھی محبت اور جنگ کے خانے میں جا کر فٹ ہو گئی ہے جہاں سب جائز ہے۔ قارئین۔ بات کچھ بھی ہو لیکن یہ بھی ایک کڑوی حقیقت ہے کہ اکثر اس دکھا دے میں لوگ اپنی حیثیت سے بڑھ کر لاکھوں خرچ کر دیتے ہیں۔ کبھی کبھی تو یوں بھی لگتا ہے کہ ایک دوسرے پر سبقت لے جانے کے چکر میں مقابلوں کی سی کیفیت طاری ہوتی جا رہی ہے۔ بڑے سے بڑے پیمانے پر شادیاں ہوں رہی ہیں۔ ایک سے بڑھ کر ایک کا سلسلہ ہے مہمان اور رشتہ داروں پر



Roshan ready to attend birthdayParty

سادگی میں خوبصورتی



Photo of award given.



ڈاکٹر میر یوسف علی صاحب ریٹائرڈ ایڈیٹریل ڈائریکٹر (یونانی) اور پہلے گورنمنٹ انسٹیٹیوٹ کالج، چارمینار، خیدرآباد کو کارکنان صدر کل ہند تقریر ملت نامزد ہونے پر دل کی مین گہرائیوں سے دلی مبارکباد منجانب: ڈاکٹر محمد سلیم

عمران خان کے خلاف جج ناصر جنجوعہ کی جانب سے سنائے جانے والے 14 سال قید کی سزا پر احتجاجی تقریب کا انعقاد

تقریب میں شرکت کر کے عمران خان سے والہانہ عقیدت و محبت کا اظہار کیا۔ آخر میں رفیع صدیقی نے عمران خان پر لکھی ہوئی تازہ نظم بھی پڑھی جسے سن کر شہداء نے دل کھول کر داد دی۔

رپورٹ: کور کمیٹی ممبر
شعیب خان

کیشرکاء نے مہذب طریقہ اختیار کرتے ہوئے ”اواداد“ ایک جماعت کی شکل میں با آواز بلند احتجاج بھی ریکارڈ کروایا۔ حافظ عمر نے عمران خان کی مستیابی رہائی و فوری انصاف کی فراہمی کے لیے دعا کروائی شدید سردی ہونے کے باوجود شارٹ نوٹس پر شہر کے باسیوں کی بڑی تعداد نے اس احتجاجی

خان قاضی لطیف قاضی مجیب شعیب خان ڈاکڑ انس اطہر و دیگر شہداء نے شدید غم و غصہ اور افسوس کا اظہار کیا سے جھوٹے بگس کیس اور اس فیصلے کے خلاف جج ناصر جنجوعہ کو شدید تنقید کا نشانہ بنایا اور امید کی کہ جلد اعلیٰ عدالت اس بگس کیس کے فیصلے پر نظر ثانی فرماتے ہوئے اس سزا کو کالعدم قرار دے

ڈپٹی فورٹ ورثہ کے شہر ارونگ میں 19 جنوری بروز اتوار سہ پہر دن 4 بجے پی ٹی آئی ڈپٹی کی تنظیمی ٹیم کی جانب سے عمران خان کے خلاف جج ناصر جنجوعہ کی جانب سے سنائے جانے والے 14 سال قید کی سزا پر احتجاجی تقریب کا انعقاد کیا گیا تقریب سے سیکسز کی کوارڈینیٹر نازیہ خان پابنیر ڈاکٹر نصر اللہ



سردی کے موسم میں ٹھنڈ اور فلو سے بچنے کی 10 آسان احتیاطی تدابیر

کھانوں کا استعمال وٹامن ڈی کی سطح کو بڑھانے کا ایک مفید طریقہ ہے۔ تاہم کیونکہ وٹامن ڈی کی مطلوبہ مقدار محض چند غذاؤں سے پوری کرنا مشکل ہے تاہم برطانیہ کے رہنما خطوط تجویز کرتے ہیں کہ ہر شخص (بشمول حاملہ اور دودھ پلانے والی خواتین) خزاں اور سردیوں کے مہینوں میں روزانہ 10 مائیکرو گرام وٹامن ڈی کا ضمیمہ (سپلیمنٹ) لینے پر غور کریں۔

صحت مند چربی کو غذا کا حصہ بنائیں:

اومیگا 3 فیٹ ہماری صحت کے بہت سے پہلوؤں کے لیے ضروری سمجھی جاتی ہے اس میں مدافعتی خلیوں کی پیداوار بھی شامل ہے۔ یہی وجہ ہے کہ صحت کے رہنما خطوط کے مطابق ہفتے میں دو بار مچھلی کو کھانا انتہائی مفید ہے اور اس میں کم از کم ایک حصہ تیل والی مچھلی قسم کا ہونا چاہیے جن میں میکریل، سالمن، سارڈینز اور ٹراؤٹ شامل ہیں۔ اور اگر آپ سبزی خور ہیں تو آپ کو پودوں سے حاصل ہونے والا اومیگا تھری فیٹی ایسڈ کے ذرائع اپنی غذا میں شامل کرنا ہوں گے جیسے چیچا سیڈز، فلیکس سیڈز اور اخروٹ۔ جبکہ اومیگا تھری فیٹی ایسڈ کے حصول کے لیے طبی ماہر کے مشورے سے سپلیمنٹ بھی لیا جاسکتا ہے۔

بار بار ہاتھ دھونا:

جب سردی اور فلو کا موسم آتا ہے تو دراصل ہمیں حفظان صحت پر توجہ دینے کی شدید ضرورت ہوتی ہے۔ اگر آپ واقعی اس ٹھنڈ میں بیمار ہونے سے بچنا چاہتے ہیں تو کسی بھی مشترکہ کی بورڈز اور فونز کو استعمال کرنے سے پہلے اسے اینٹی سپٹک واپ سے صاف کریں۔ اپنے ہاتھوں کو بار بار دھوئیں اور انھیں اپنے چہرے سے دور رکھیں۔ خاص طور پر اپنے منہ اور ناک کو بار بار چھونے سے بچیں۔



طاقتور تیل ہوتا ہے جو اینٹی مائیکروبیئل خصوصیات کے باعث بیکٹیریل اور وائرل انفیکشن سے بچانے میں مدد کر سکتے ہیں۔ پیاز اور لہسن پری بائیوٹک (صحت مند بیکٹیریا) کو



فروغ دینے کے سبب آنتوں کی صحت بھی بہتر رہتی ہے۔ ٹھنڈ سے بچاؤ میں لہسن کی افادیت کی حمایت کرنے والے ٹرانزٹا حال ناقص معیار کے رہے اس لیے اس کے طبی ثبوت بہت کم ہیں تاہم چونکہ لہسن اور پیاز دونوں کے صحت کے لیے متاثر کن فوائد ہیں اس لیے ان کو روزمرہ کی خوراک میں شامل رکھنا ضروری ہے۔ اگر آپ لہسن کھانے کے بعد سانس کی بو یا ذائقے کو ناپسند کرتے ہیں تو خمیر شدہ سیاہ لہسن کو آزما کر دیکھیں۔ اس کا جہاں ذائقہ منفرد ہوتا ہے بلکہ لہسن کے مقابلے میں دو گنا زیادہ بہتر ہوتا ہے۔

سورج کی روشنی یا کھانے کے ذریعے وٹامن ڈی کا حصول:

مجموعی صحت کے لیے غذا کا اہم جزو ہے۔ تحقیق سے علم ہوا ہے کہ اس اہم وٹامن کی کمی والے افراد میں انفیکشن کا خطرہ زیادہ ہوتا ہے۔ سردیوں کے مہینوں میں، سورج کی روشنی کی کم سطح کا مطلب ہے کہ ہمیں اپنی خوراک سے وٹامن ڈی حاصل کرنے کی ضرورت ہے۔ وٹامن ڈی کے حصول کے لیے تیل والی مچھلی جیسے سالمن اور میکریل، انڈے اور مشروم کو شامل کیا جاسکتا ہے۔ سردیوں کے دوران باقاعدگی سے ان

ہمیں وٹامن اے کی ضرورت اس لیے ہوتی ہے تاکہ ہماری ناک اور پھیپھڑوں میں بلغم کے استر (تہ) کو اتنا مضبوط رکھا جاسکے جو انفیکشن سے بچا جاسکے۔ دیگر غذاؤں میں

نارنجی، آم، خوبانی اور خربوزوں سمیت دیگر نارنجی اور سرخ پھل شامل ہیں اور سبزیاں بھی اکثر وٹامن سی کے اچھے ذرائع میں شمار کی جاتی ہیں۔ جن سے ہمارے مدافعتی نظام کو سہارا ملتا ہے۔ اگرچہ وٹامن سی کے استعمال کو طویل عرصے سے عام نزلہ زکام کے خلاف نے صرف ایک مفید احتیاط سمجھا جاتا بلکہ یہ بھی کہا جاتا ہے کہ جب آپ پہلے ہی فلو سے متاثر ہو چکے ہوں تو بھی اس سے نجات میں مدد مل سکتی ہے۔ تحقیق سے پتہ چلتا ہے کہ وٹامن سی کی زیادہ مقدار ان لوگوں کے لیے سب سے مفید ہے جو مختصر عرصے میں شدید جسمانی بیماریوں کا سامنا کرتے ہیں مثلاً کھلاڑی جو سخت تناؤ کا سامنا کرتے ہیں یا بہت ٹھنڈے ماحول میں رہنے والے۔ گہرے سبز رنگ کے پتوں والی سبزیاں جیسے ساگ اور پالک، کالی مرچ، بروکولی، مٹر جبکہ پھلوں میں کیوی، مالٹا، نارنجی اور اس قبیل کے ترش پھلوں سے وٹامن سی بڑی مقدار میں حاصل کیا جاسکتا ہے۔

اپنے کھانوں کو لہسن اور پیاز کے ساتھ پکائیں۔

سبزیوں کی اس حیرت انگیز قبیل میں ایسا

دنیا کے بہت سے ممالک میں جہاں ان دنوں سردی کا موسم عروج پر ہے وہیں بدلتے موسم میں کئی افراد فلو اور زکام کے باعث و بیعت کی ناسازی سے بھی پریشان رہتے ہیں۔ تاہم اس موسم میں صحت مند رہنے اور ٹھنڈ اور فلو سے بچنا چاہتے ہیں تو کچھ آسان اقدامات سے آپ ان سے محفوظ رہ کر موسم کی خوبصورتی سے باسانی لطف اندوز ہو سکتے ہیں۔ اگر آپ سردی میں ٹھنڈ لگنے سے بچنا چاہتے ہیں تو یہ کچھ ایسا مشکل کام نہیں۔ بس اس کے لیے آپ کو کچھ آسان سی تدابیر اختیار کر کے اپنا مدافعتی نظام کو بہتر کرنا ہوگا۔ موسم سرما میں نزلہ زکام سے بچنے کے لیے کھانے کے لیے بہترین غذا سے لے کر ورزش کے دورانیہ کو جاننا ہو گا۔ ہماری قوت مدافعت کو بڑھانے میں صرف وہی اضافی وٹامن حاصل کرنا ہی کافی نہیں ہوتے جو ہمیں بہت سارے بیش قیمت پھلوں اور سبزیوں سے ہی مل سکتی ہے بلکہ سردیوں کے مہینوں میں خود کو فٹ اور صحت مند محسوس کرنے کا بہترین موقع ہم چند دوسری غذائیں اور ایسے اقدامات کر کے بھی حاصل کر سکتے ہیں۔ بہت سارے چمکدار رنگ کے پھل اور سبزیاں کھائیں۔ روزمرہ غذا میں لہسن اور پیاز شامل کریں۔ اپنی وٹامن ڈی کی ضروریات کو پورا کریں۔ زیادہ جٹی اور جو کھائیں۔ صحت مند چکنائی شامل کریں۔ اپنی آنتوں کو صحت مند رکھیں۔ اپنے ہاتھ پابندی سے دھوئیں۔ متحرک رہیں۔ گرم اور ٹھنڈا شاور لیں۔ بھرپور اور آرام دہ نیند حاصل کریں۔

چمکدار رنگ کے پھل اور سبزیاں:

بیٹھے آلو، بٹرنٹ سکواش اور چتندر جیسی سبزیاں بیٹا کیروٹین سے بھرپور ہوتی ہیں۔ یہ سبزیاں ہمارے جسم میں جا کر وٹامن اے میں تبدیل ہوتا ہے۔

کپل شرما اور راجپال یادو کو جان سے مارنے کی دھمکیاں موصول

اداکار اور کامیڈین کپل شرما، کامیڈین اداکار راجپال یادو کو مبینہ طور پر جان سے ان کی ٹیم کو قتل کرنے کی دھمکی دی گئی تھی کیونکہ



مارنے کی دھمکیاں موصول ہوئی ہیں۔ بھارتی میڈیا رپورٹس کے مطابق معاملہ سامنے آنے پر ممبئی میں ایف آئی آر درج کر لی گئی ہے، اور پولیس نے تحقیقات کا آغاز کر دیا ہے۔ موت کی دھمکی والی ای میل میں کہا گیا ہے، ”ہم آپ کی حالیہ سرگرمیوں کی نگرانی کر رہے ہیں اور یہ ضروری ہے کہ ہم آپ کی توجہ ایک حساس معاملے کی طرف دلائیں، ای میل بھیجنے والے نے 'BISHNU' کے نام سے سائن آف کیا ہے۔ 14 دسمبر 2024 کو راجپال یادو کو ایک شخص کی طرف سے ایک ای میل موصول بارہول بھولیا 3 میں نظر آئے تھے۔

اکشے کمار کی 'اسکانی فورس' کی ریلیز پر پابندی عائد

بالی ووڈ میں کھلاڑی کے نام سے مشہور اداکار اکشے کمار کی نئی فلم 'اسکانی فورس' کو مشرق وسطیٰ کے کئی ملکوں میں ریلیز کرنے پر پابندی عائد کر دی گئی۔ میڈیا کے فلمز کی حال ہی میں ریلیز ہونے والی فلم 'اسکانی فورس' بھارت کے پہلے فضائی حملے کے بارے میں ہے جو بھارتی یوم جمہوریہ کے موقع پر سینما گھروں کی زینت بنی۔ متعدد ایشیائی ملک بشمول یو اے ای، سعودی عرب سمیت قطر اور عمان میں فلم کی نمائش پر پابندی عائد کر دی گئی ہے۔ فلم پر پابندی کی وجہ معلوم نہیں ہو سکی تاہم انڈسٹری ذرائع کا کہنا ہے کہ اس کی وجہ فلم کا موضوع ہے جو کہ بھارت اور پاکستان کے درمیان کشیدگی کے گرد گھومتا ہے۔ ماضی میں بھی بالی ووڈ کی فلموں کو مواد کی وجہ سے مشرق وسطیٰ میں پابندی کا سامنا کرنا پڑا ہے۔

عاصم اظہر کا اپنی منگیت میروب علی کیلئے پیار بھرا تحفہ، تصاویر وائرل

پاکستانی گلوکار عاصم اظہر نے اپنی منگیت و اداکارہ میروب علی کو پیار بھرا تحفہ دیا ہے جس کی تصاویر سوشل میڈیا پر وائرل ہو گئی۔ پاکستانی گلوکار عاصم اظہر نے فوٹو



اینڈ شیمزنگ ایپ انسٹاگرام پر اپنی منگیت و اداکارہ میروب علی کے ہمراہ تصاویر شیئر کی ہے جس میں دونوں کو خوشگوار موڈ میں دیکھا جاسکتا ہے۔ تصاویر میں میروب اپنے منگیت کے ساتھ ٹونگ سوٹ میں ملبوث ہیں، جوڑے نے بلیک کلر کا سوٹ پہنا ہوا ہے، تصاویر میں گلوکار کو میروب کے ساتھ اپنی محبت کا اظہار کرتے ہوئے دیکھا جاسکتا ہے۔ تصاویر میں گلوکار کو میروب کے ساتھ اپنی محبت کا اظہار کرتے ہوئے دیکھا جاسکتا ہے۔ تصاویر میں گلوکار کو میروب کے ساتھ اپنی محبت کا اظہار کرتے ہوئے دیکھا جاسکتا ہے۔ تصاویر میں گلوکار کو میروب کے ساتھ اپنی محبت کا اظہار کرتے ہوئے دیکھا جاسکتا ہے۔

اداکارہ ہانیہ عامر کا امریکی ایونٹ آگنا نرز پر بدسلوکی کا الزام

پاکستان کی سپر سٹار اداکارہ ہانیہ عامر نے امریکہ میں ایونٹ آگنا نرز پر بدسلوکی کا الزام عائد کیا ہے۔ ہندوستان ٹائمز کے مطابق ہانیہ عامر نے حالیہ دنوں میں امریکہ کے شہر ڈیٹرویت میں 'میٹ اینڈ گریٹ' تقریب میں شرکت کی تاہم یہ ایونٹ اس وقت ختم ہو گیا جب اداکارہ ایونٹ اچانک سے چھوڑ کر چلی گئیں۔ ہانیہ عامر نے فوٹو اینڈ ویڈیو شیئرنگ پلیٹ فارم انسٹاگرام پر اپنی سٹوری میں امریکہ میں ہونے والے ایونٹ کے حوالے سے تفصیلات فراہم کیں۔



ایونٹ اچانک سے چھوڑ کر چلی گئیں۔ ہانیہ عامر نے فوٹو اینڈ ویڈیو شیئرنگ پلیٹ فارم انسٹاگرام پر اپنی سٹوری میں امریکہ میں ہونے والے ایونٹ کے حوالے سے تفصیلات فراہم کیں۔



دل کو سکون حاصل کرنے کی دُعا

رَبِّةَ اَنِّ مَسَّيَ الصُّرُّ وَاَنْتَ اَرْحَمُ الرَّحِيْمِيْنَ ﴿١٧﴾ (پ ۱۷، سورۃ الانبياء)
فضیلت: اس دُعا کو روزانہ فجر کی فرض نماز کے بعد اسی جگہ بیٹھ کر ۱۱ دفعہ پڑھیں۔

دل کی گھبراہٹ دور ہونے کی دُعا

اَلَّذِيْنَ اٰمَنُوْا وَتَطْمَئِنُّ قُلُوْبُهُمْ بِذِكْرِ اللّٰهِ ؕ اَلَا بِذِكْرِ اللّٰهِ تَطْمَئِنُّ الْقُلُوْبُ ﴿١٣﴾ (پ ۱۳، سورۃ رعد)
فضیلت: یہ دُعا پڑھتے رہنے سے ان شاء اللہ دل کی گھبراہٹ اور اختلاج قلب سے نجات ملے گی۔

شوگر سے نجات کی دُعا

وَقُلْ رَبِّ اَدْخِلْنِيْ مُدْخَلَ صِدْقٍ وَّاَخْرِجْنِيْ مَخْرَجِ صِدْقٍ وَّاَجْعَلْ لِّيْ مِنْ لَّدُنْكَ سُلْطٰنًا نَّصِيْرًا ﴿١٥﴾ (پ ۱۵، سورۃ بنی اسرائیل)
فضیلت: اس دُعا کو روزانہ پڑھ کر پانی پر دم کر کے شوگر کے مریض کو پلانا چاہئے، یہ عمل روزانہ کرتے رہنے سے شوگر نارمل ہو جاتی ہے۔

بلڈ پریشر سے نجات کی دُعا

وَالْكٰظِمِيْنَ الْغَيْظَ وَالْعٰفِيْنَ عَنِ النَّٰسِ ؕ وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَ ﴿٢٣﴾ (پ ۲۳، سورۃ آل عمران)
فضیلت: یہ دُعا روزانہ پڑھنے سے بلڈ پریشر نارمل رہتا ہے، اگر پانی پر دم کر کے مریض کو پلایا جائے تو بلڈ پریشر میں ان شاء اللہ کمی واقع ہوگی۔

غم سے نجات کی دُعا

وَاُقُوْضْ اَمْرِيْ اِلَى اللّٰهِ ؕ اِنَّ اللّٰهَ بِصِيْرَتِيْ بِالْعِبَادِ ﴿٢٣﴾ (پ ۲۳، سورۃ المؤمن)
فضیلت: یہ دُعا روزانہ عشاء کے بعد پڑھتے رہنے سے غم سے نجات ملتی ہے، فکر و پریشانی دور ہوتی ہے۔

آگ اور غصہ دور ہونے کی دُعا

قُلْنَا يٰنَارُ كُوْنِيْ بَرْدًا وَّسَلٰمًا عَلٰى اِبْرٰهِيْمَ ﴿١٧﴾ (پ ۱۷، سورۃ الانبياء)
فضیلت: یہ دُعا روزانہ پڑھتے رہنے سے غصہ، ضد کم ہوتی ہے، اگر تیز بخار ہو تو اس دُعا کو گیارہ مرتبہ پڑھ کر پانی پر دم کر کے پلائیں تو بخار کم ہو جاتا ہے۔

درد اور تکلیف دور ہونے کی دُعا

وَ اِنْ يَّمْسَسْكَ اللّٰهُ بِضُرٍّ فَلَا كَاشِفَ لَهٗ اِلَّا هُوَ ؕ وَاِنْ يَّمْسَسْكَ بِمُخِيْرٍ فَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ ﴿١٥﴾ (پ ۱۵، سورۃ انعام)
فضیلت: اگر کسی کو کہیں درد یا تکلیف ہو تو یہ دُعا پڑھ کر دم کرو تکلیف دور ہوتی ہے۔

بِسْمِ اللّٰهِ وَبِاللّٰهِ اَعُوْذُ بِاللّٰهِ وَقُدْرَتِهٖ مِنْ شَرِّ مَا فِيْهَا (مسلم شریف: ۱۷۲۸/۳)
فضیلت: اگر کسی کو کہیں درد یا تکلیف ہو تو یہ دُعا پڑھ کر دم کرو تکلیف دور ہو جائیگی۔ ان شاء اللہ

علم کی زیادتی کی دُعا

رَبِّ زِدْنِيْ عِلْمًا ﴿١٦﴾ (پ ۱۶، سورۃ طہ)
فضیلت: یہ دُعا روزانہ پڑھتے رہنے سے ان شاء اللہ علم میں زیادتی ہوگی۔

جنت الفردوس کی دُعا

وَاَجْعَلْنِيْ مِنْ وَّرَثَةِ جَنَّةِ النَّعِيْمِ ﴿١٩﴾ (پ ۱۹، سورۃ الشعراء)
فضیلت: یہ دُعا روزانہ پڑھتے رہنے سے اس کے مرنے کے بعد سے ان شاء اللہ جنت الفردوس میں مقام عطا ہوگا۔

قیامت کے دن کی دُعا

وَالَّذِيْ اَظْمَحُ اَنْ يَّغْفِرَ لِيْ خَطِيْئَتِيْ يَوْمَ الدِّيْنِ ﴿١٩﴾ (پ ۱۹، سورۃ الشعراء)
فضیلت: یہ دُعا روزانہ پڑھتے رہنے سے اللہ تعالیٰ قیامت کے دن اس کے گناہ اور خطاؤں کو معاف کر دیتے ہیں۔

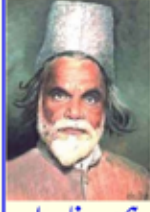
میر نیازی
غزل



بے چین بہت پھرنا گھبرائے ہوئے رہنا
اک آگ سی جذبوں کی دہکائے ہوئے رہنا
چھلکائے ہوئے چلنا خوشبو لب لعلیں کی
اک باغ سا ساتھ اپنے مہکائے ہوئے رہنا
اس حسن کا شیوہ ہے جب عشق نظر آئے
پردے میں چلے جانا شرمائے ہوئے رہنا
اک شام سی کر رکھنا کاجل کے کرشمے سے
اک چاند سا آنکھوں میں چمکائے ہوئے رہنا
عادت ہی بنا لی ہے تم نے تو میر اپنی
جس شہر میں بھی رہنا اکتائے ہوئے رہنا

❖❖❖

جگر مراد آبادی
غزل



دنیا کے ستم یاد نہ اپنی ہی وفا یاد
اب مجھ کو نہیں کچھ بھی محبت کے سوا یاد
میں شکوہ بلب تھا مجھے یہ بھی نہ رہا یاد
شاید کہ مرے بھولنے والے نے کیا یاد
چھیڑا تھا جسے پہلے پہل تیری نظر نے
اب تک ہے وہ اک نعمت بے ساز و صدا یاد
جب کوئی حسین ہوتا ہے سرگرم نوازش
اس وقت وہ کچھ اور بھی آتے ہیں سوا یاد
کیا جانے کیا ہو گیا ارباب جنوں کو
مرنے کی ادا یاد نہ جینے کی ادا یاد
مدت ہوئی اک حادثہ عشق کو لیکن
اب تک ہے ترے دل کے دھڑکنے کی صدا یاد
ہاں ہاں تجھے کیا کام مری شدت غم سے
ہاں ہاں نہیں مجھ کو ترے دامن کی ہوا یاد
میں ترک رہ و رسم جنوں کر ہی چکا تھا
کیوں آگئی ایسے میں تری لغزش پا یاد
کیا لطف کہ میں اپنا پتہ آپ بتاؤں
کیجے کوئی بھولی ہوئی خاص اپنی ادا یاد

❖❖❖

محمد یاسین ہاہیل
غزل



نا کوئی ہے منزل نہ کوئی ڈگر ہے
میں تنہا چلا ہوں یہ تنہا سفر ہے
نا دیکھا کہیں بھی کوئی خضر جیسا
مرے اپنے قدموں پہ مری نظر ہے
خدا کے حوالے ہے اب مری کشتی
نا موجدوں کا ڈر ہے نہ طوفاں کا ڈر ہے
یہ جو بھی ہے سب ہے خدا کی عنایت
اسی کا ہے سب کچھ اسی کو خبر ہے
اٹھا ہاتھ ہاہیل اپنے دُعا کو یار
چلے چل ادھر تو اشارہ جدھر ہے

❖❖❖

ولی الدین
مہمان



وہ آئے تھے گھر حلیہ پریشان کئے ہوئے
بکھرا تھا حسن چاک گریباں کئے ہوئے
سوچتا ہوں گھر والوں کو Vacation پہ بھیج دوں
اچانک جو کمرے میں آگئی وہ
سر پہ نہ تھی وگ گھبرا گئی وہ
جان کے بدلے ابا جان کہہ دیا
ایک پل میں اتنی عمر بڑھا گئی وہ
جو دل پہ گزرتی ہے کہہ دیا ہم نے
جذبات کو شعروں میں پرو دیا ہم نے
دین و دُنیا کو ساتھ لے کر چلو وئی
ایک کو پایا ایک کو کھودیا ہم نے

❖❖❖

توفیق انصاری احمد
غزل



غم کو گلے لگا کے، غم یار سے جلے
جلنے کے وقت لوگ بڑے پیار سے جلے
آغاز گفتگو میں مناسب تھی احتیاط
لغزش ہوئی تو تلخی 'گفتار سے جلے
جن کو پرانی آگ میں جلنا قبول تھا
ہنس کر جلے، خوشی سے جلے، پیار سے جلے
لہرا رہی تھیں سر پہ، قیامت کی بجلیاں
جلنے کے، بعد پھر، لب و رخسار سے جلے
پردے میں چھپ گیا تھا، تمنا کا اک ہجوم
اچھا ہوا کہ حسرت دیدار سے جلے
جلنے کا اہتمام کیا، دل جلوں کے ساتھ
دامن جلا جلا کے ہر اک تار سے جلے
توفیق دل جلا تو جلے خود ہی بال و پر
اپنے ہی گھر میں ہم در و دیوار سے جلے

❖❖❖

ڈاکٹر منیر الزماں منیر
غزل



ہم نے دیکھا تھا کبھی، مائی بے آب کا قص
دل کو بھاتا نہیں تب سے کسی بیتاب کا قص
خوف کھاتے ہیں جو سیلاب سے طوفانوں سے
اُن کو کس طرح بھائے گا یہ گرداب کا قص
روتا بچہ جو کسی حال سنبھلتا ہی نہیں
اُس کو بہلاتا ہے یہ طاؤسِ محراب کا قص
تم کو گر دیکھنا ہو، چھیڑ کے دیکھو تو سہی
کتنا پُر کیف نظر آتا ہے سیماب کا قص
انقلاباتِ جہاں سے رہی معمور حیات
آنکھیں مشتاق رہیں دیکھنے سُرخاب کا قص
ایک وحشت سی برستی رہی صحرا میں منیر
تشنگی اور سزاؤں میں ہے بے آب کا قص
کوئی پڑمردہ بھی دیکھے تو مہک جائے منیر
بے جابانہ ترے گیسوئے خوش خواب کا قص

❖❖❖

غوشیہ سلطانہ نوری
غزل



رنگ اب لوگ یوں بدلتے ہیں
جیسے چیونٹی کے پَر نکلتے ہیں
بے ثباتی کا اپنی یہ ہے تبوت
چھاؤں کی طرح ہم بھی ڈھلتے ہیں
ساتھ دیتا ہے کون منزل تک
دو قدم لوگ ساتھ چلتے ہیں
دوستی کا نہ پوچھئے مفہوم
آستینوں میں سانپ پلتے ہیں
آشنا سوزِ عشق سے جو نہیں
جانے کس آگ میں وہ جلتے ہیں
جانے کیوں دل میں اپنے لوگوں کے
شاخانووں کے شاخ پھلتے ہیں
روشنی کا سراغ ملتا ہے
جب لہو کے چراغ جلتے ہیں

❖❖❖

انجمنی کمار گوئل
غزل



ترا ہر لفظ نشتر بن گیا ہے
یہ دل زخموں کا دفتر بن گیا ہے
مری جاں کا تھا دشمن کل تلک جو
وہی اب میرا دلبر بن گیا ہے
تُو جھولی میں مری ایمان بھر دے
مرا دل جو قلندر بن گیا ہے
جھکایا سر کو جس نے در پہ تیرے
وہ انساں اور قد آور بن گیا ہے
رکھا سائے سے کل کے دور اُس کو
مرا جو آج بہتر بن گیا ہے
گئی تُو چھوڑ کر جب سے مرا دل
تری یادوں کا کھنڈر بن گیا ہے
جلانا خود کو اوروں ہی کی خاطر
چراغوں کا مقدر بن گیا ہے
دھواں ہی ہے دھواں ہر سمت گوئل
یہی آنکھوں کا منظر بن گیا ہے
لگی ہے ضرب اتنی دل پہ گوئل
کہ نازک دل بھی پتھر بن گیا ہے

❖❖❖

On the lighter side....

Seven-year-old John had finished his summer vacation and gone back to school. Two days later his teacher phone his mother to tell her that John was misbehaving.

“Wait a minute,” said the mother. “I had John here for two months and I never called you once when he misbehaved.”

I got fired from my job as a taxi driver...

It turns out my customers didn't like it when I tried to go the extra mile.

Two friends were chatting. “I've just bought a pig!” said the first.

“But where will you keep it?” asked the second. “Your yard's much too small for a pig!”

“I'm going to keep it under my bed,” replied the first.

“But what about the smell?”

“He'll soon get used to that.”

I went to a restaurant. It was full. There was no place to sit and the wait was over thirty minutes.

I took out my cell phone, placed it to my ear, and said loudly, “Hey, get over here! She's here with someone else!” Six couples got up and quickly left.

What do you call a charitable person in Portland?

An Oregon donor!

An elderly woman decided to prepare her will and told her preacher she had two final requests.

First, she wanted to be cremated. Second, she wanted her ashes scattered over Walmart.

“Walmart?” the preacher exclaimed. “Why Walmart?”

“Then I'll be sure my daughters will visit me twice a week.”



I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

During the final exam, the professor noticed that Billy Walters kept looking at his hand before writing down an answer on his test. This went on throughout the entire exam, leaving the professor no other choice than to interrogate the student's test-taking habit.

“Mr. Walters,” the professor began. “Is there something interesting written on your palm?”

“Not at all,” Billy replied. “It's all pretty boring.”

Tax collector: “It is your duty as a citizen to pay taxes, and we expect you to pay them with a smile.”

Taxpayer (grinning widely): “Wonderful! I thought you expected me to pay them with cash!”

“The letter ‘W’ is the most dangerous alphabet in the world. Because all worries start with ‘W’... Who, Why, What, When, Which, Whom, Where, War, Wine, Whisky, and Wealth.”

“You're forgetting one.”

“Really? Which one?”

“Wife!”

As I drove into a parking lot, I noticed that a pickup truck with a dog sitting behind the wheel was rolling toward a female pedestrian. She seemed oblivious, so I hit my horn to get her attention.

She looked up just in time to jump out of the way of the truck's path, and the vehicle bumped harmlessly into the curb and stopped. I rushed to the woman's side to see if she was all right.

“I'm fine,” she assured me, “but I hate to think what could have happened to me if that dog hadn't honked.”

Why did the triangle refuse to be friends with the circle? It found the circle pointless.

Why didn't the frog sit on the toadstool? Because there wasn't mushroom.

“If you had one dollar and you asked your father for another, how many dollars would you have?”

“One dollar.”

“You don't know your arithmetic.”

“You don't know my father!”

The teacher asked her student to write on the chalkboard the number 55. The student asked, “How do I do that?” Teacher replied, “Write down the number 5, and beside it add another 5.”

The student wrote one 5 and stopped. The teacher inquired, “What's wrong?”

“I don't know which side to write the other 5?”

Doctor: “I've found a great new drug that can help you with your sleeping problem.”

Patient: “Great, how often do I have to take it?”

Doctor: “Every two hours.”



**Used Cars
Best
prices**

**Contact
Arshad Mateen
630-806-1581**