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T20 ICC MEN'S T20 WORLD CUP INDIA & SRI LANKA 2026 FINAL SUNDAY MARCH 8



US entered unnecessary 'war of choice'

One of the senior U.S. lawmakers recently briefed by Trump administration officials on Iran says that the United States is entering a "war of choice." "Everything I have heard from the administration before and after these strikes on Iran confirms this is a war of choice with no strategic endgame," said Rep. Jim Himes, the top Democrat on the House Intelligence Committee.



Omani mediator in recent talks urges US to not 'get sucked in further' Oman's top diplomat has urged the U.S. "not to get sucked in further" to a conflict with Iran. Foreign Minister Badr Albusaidi posted his comments on X hours after Israel and the U.S. launched joint strikes on Iran.

"I urge the United States not to get sucked in further. This is not your war," he wrote.

Albusaidi was the key mediator in talks over Iran's nuclear program seeking to avoid a U.S. attack. He said in an interview with CBS News that negotiations over a deal had made "substantial progress" in the last round talks in Geneva.

He also expressed his concerns to U.S. Secretary of State Marco Rubio directly that military action in the region "almost never ends well for the United States."

"It does not appear that Donald Trump has learned the lessons of history," Himes said.

China calls for return to negotiations China's government said it is "highly concerned" about the U.S. and Israeli strikes on Iran and called for an immediate halt to the military actions and a return to negotiations.

"Iran's sovereignty, security and territorial integrity should be respected," a Chinese Foreign Ministry statement said.

95% of People Still Don't Know These Full Forms:

- 1. GIF: Graphics Interchange Format
2. Wi-Fi: Wireless Fidelity
3. GPS: Global Positioning System
4. PIN: Personal Identification Number
5. PDF: Portable Document Format
6. ISP: Internet Service Provider
7. RAM: Random Access Memory
8. ROM: Read Only Memory
9. URL: Uniform Resource Locator
10. HTTP: HyperText Transfer Protocol
11. FAQ: Frequently Asked Questions
12. CEO: Chief Executive Officer
13. FYI: For Your Information
14. ETA: Estimated Time of Arrival

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## Gunman shoots prominent Imam in Utah

An Imam at Utah's largest mosque is speaking out after being the victim of a shooting Monday evening. At about 7:30 p.m., Imam Shuaib Din left his home in Sandy, Utah to attend evening prayers at the Utah Islamic Center in West Jordan. As he was stopped at the intersection of 700 West and 9000 South, a man fired eight times at Shuaib's car before driving away. Alhamdulillah, Imam Shuaib was unharmed.



"I left the house... to go for the evening prayers to the mosque, and when I pulled my car out of the garage and drove past his car... he stepped out of his car, and he was pointing a gun at me," Imam Shuaib told ABC4. The Imam says the man attempted to fire the gun. However, it initially malfunctioned. After clearing the jam, the man allegedly approached him again a few blocks away and fired. "I thought it was three or four shots, but the police officers say there was eight bullet casings," Imam Shuaib shared. All eight went through the car, hitting the windshield, side window, back seat, and front seat. "I think that this could possibly be a hate crime because I cannot think of anyone in my community or anyone that I know, whether in my community or outside my community, who would want to hurt me, unless it's some Islamophobic, radical person," the Imam said.

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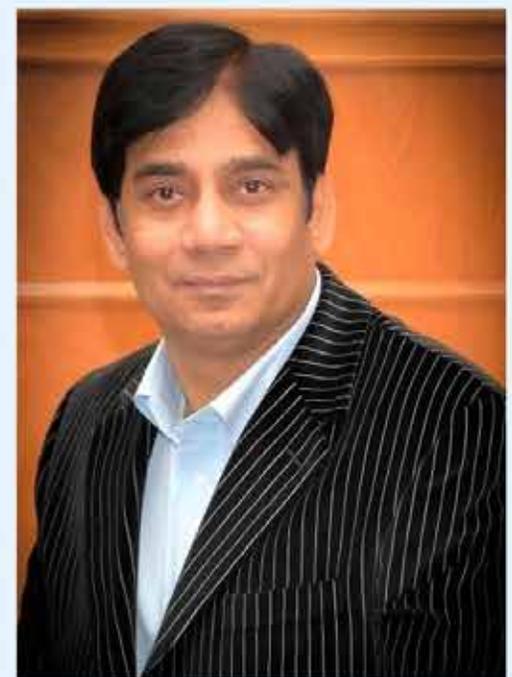
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## What are jasmine crockett's views on ICE and deportation

Jasmine Crockett is sharply critical of ICE's conduct and of aggressive deportation practices, repeatedly calling for accountability when enforcement leads to deaths or mass removals and demanding transparency from DHS and ICE leadership. She pairs oversight and constituent-facing legal guidance with confrontational rhetoric—warning of nationwide protests, calling for impeachment of DHS leadership, and likening certain enforcement plans to historical abuses—positions that have drawn both praise from immigrant-rights advocates and pushback from conservative outlets

1. She demands accountability when ICE actions cause harm

Crockett has publicly framed fatal uses of force by ICE as requiring criminal investigation and prosecution, warning that failure to identify and hold officers accountable will spur nationwide protests and calling the Minneapolis shooting a “state-sanctioned execution” in congressional remarks [1] [7]. After the death of Renee Good, Crockett tearfully condemned what she described as political cover for the agent involved and explicitly urged prosecution rather than institutional protection for ICE personnel.

2. She contests mass or unlawful deportations and seeks immediate halts

When reports surfaced of roughly 200 people deported to El Salvador without due process, Crockett demanded the Dallas ICE office and DHS halt the removals and allow affected individuals access to legal remedies, directly naming ICE leadership and DHS Secretary Kristi Noem in her call for intervention [2]. Her public statements characterize some recent enforcement moves as bypassing established legal protections and warranting congressional and public scrutiny [2].

3. She pushes transparency and better legal ac-

cess inside detention facilities

Crockett has used oversight visits and written letters to press DHS for transparency about conditions in detention centers and to insist ICE ensure “meaningful, timely, and confidential access to legal representation,” linking inadequate access to legal counsel with risks of unjust outcomes and even avoidable injuries or death [3]. Her official House issue page and press releases emphasize updating immigration systems and monitoring detention conditions as ongoing priorities.

4. She provides constituent-focused “know your rights” guidance rooted in legal practice

Drawing on her background as a former criminal defense attorney, Crockett has hosted “Know Your Rights” sessions advising constituents on practical steps to protect themselves from aggressive enforcement, including preserving immigration paperwork and exercising the constitutional right to remain silent during encounters with authorities [9]. Those town halls frame her approach as both political oversight and direct community service to people at risk of deportation.

5. Her rhetoric is forceful and sometimes polarizing, drawing criticism and praise

Crockett's language—comparing certain enforcement strategies to “modern-day slave patrols” in some commentary and publicly calling for Kristi Noem's impeachment—underscores a confrontational strategy that rallies advocates but invites conservative backlash and fact-checking scrutiny about rhetorical framing [6] [5]. Media outlets and opinion writers have alternately amplified her emotional appeals and criticized them as policy-light or inflammatory, reflecting clear partisan and editorial agendas in



coverage.

6. Political purpose and alternative interpretations

Crockett's positions combine constituent protection, institutional oversight, and electoral messaging—she foregrounds due process failures and the human consequences of deportation while also using high-profile events to press for broader policy shifts and removals of DHS leadership [2] [5]. Critics argue her analogies and fiery rhetoric substitute moralizing for detailed policy proposals, while supporters say forceful public pressure is necessary to prompt investigations and reforms in ICE operations

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IFTKHAR SHAREEF PAGE



Meet and greet Bushra Amiwala candidate for district 9 th Illinois for US congress hosted by Iftkhar Shareef.



Republic day celebration held at native town of Iftkhar Shareef at Begums India garden, Shamshabad , Hyderabad, large presence of police dept and other officials



Los Angeles trip of Iftkhar shareef and friend

IFTKHAR SHAREEF PAGE

IFTKHAR SHAREEF PAGE

Mayor of Chicago hosted an iftar dinner in Chicago



Mayor Brandon Johnson hosted the 2026 City of Chicago Iftar Reception on Thursday, February 26, 2026.

The event was organized by the Mayor's Office of Community Engagement in collaboration with the Muslim coalition and various community leaders.

Key Details of the 2026 Event

Theme and Spirit: The reception was described as an evening of faith and inspiration, intended to celebrate the start of Ramadan (which begins at sundown on February 17, 2026).

Speakers:

Pastor Billy Evans, Chief of Faith Engagement, welcomed attendees on behalf of the Mayor's office.

Mayor Brandon Johnson delivered remarks emphasizing unity and the contributions of the Muslim community to Chicago.

Delara Sahed was recognized for her vision and partnership in bringing the event to fruition.

Other 2026 Ramadan Events Featuring the Mayor

In addition to the official city-hosted reception, Mayor Johnson participated in several other

community-led Ramadan events earlier in the year:

2nd Annual Iftar Bazaar: On January 31, 2026, the Mayor attended this "pre-Ramadan" immersive experience at the Donald E. Stephens Convention Center in Rosemont. He participated in a ribbon-cutting ceremony and was honored for his support of Muslim-owned small businesses.

Choose Chicago Gathering: On February 10, 2026, the Mayor spoke at a gathering at the Hyatt Regency Chicago that highlighted upcoming cultural events, including those for Ramadan

Campaign Shoes of Councilman Ashfaq Syed Added to America 250 Exhibit at

Naper Settlement

NAPERVILLE, Ill. — Naperville



City Councilman Ashfaq Syed today announced that the shoes he wore during his two-year grassroots campaign have been donated for permanent preservation and display as part of the America 250 exhibit presented by the Naperville Heritage Society.

The exhibit commemorates the 250th anniversary of the United States and highlights local stories that reflect the broader American experience.

Syed wore the shoes while walking thousands of steps across Naperville — door-knocking in neighborhoods, attending parades, participating in community meetings, cultural gatherings, and holding countless front-porch conversations with residents. Born in Hyderabad, India, Syed had been a Naperville resident for eight years when he was elected in 2025. He is the first Indian American and the first Muslim elected to the Naperville City Council.

"These shoes represent far more than a campaign," said Syed. "They represent listening, trust, and relationships built one conversation

at a time. Every step reminds me of a resident who shared concerns, hopes, and ideas for our city."

For Syed, the moment carries special meaning as an immigrant.

"To see a small piece of my journey preserved in the history of the community that welcomed me is humbling beyond words," he said. "This does not belong to me — it belongs to the people of Naperville who opened their doors and placed their trust in me."

The America 250 exhibit connects everyday civic participation to the nation's story, emphasizing that history is shaped not only by monuments and textbooks but also by neighbors working together to build a better future.

Syed expressed gratitude to the museum and community for recognizing the significance of grassroots civic engagement.

"Thank you for preserving these shoes and sharing this story with the community," Syed said. "And thank you, Naperville, for walking this path with me."

# South Asian Voices Rise: Community Leaders Rally Behind Bushra Amiwala in Historic Bid to Join a New Generation of Leaders in Congress

From Devon Ave to Capitol Hill: Bushra Amiwala's Rise as One of America's Youngest Congressional Hopefuls  
Chicago, IL: In the heart of Skokie, Illinois, where the aroma of spiced chai mingles with the buzz of passionate conversation, a vibrant gathering unfolded on February 8, 2026, at 7 Spices Restaurant. What could have been just another Sunday afternoon turned into a powerful display of community solidarity, as respected South Asian American leaders and residents came together to champion Bushra Amiwala's campaign for U.S. Congress in Illinois's 9th District. Hosted by social activist and Lincolnwood resident Iftekhhar Shareef, the community meet-and-greet drew an enthusiastic crowd eager to hear directly from the candidate and her supporters. The event captured the spirit of a district in transition: one shaped by decades of progressive leadership under retiring U.S. Rep. Jan Schakowsky, now facing a crowded Democratic primary on March 17, 2026, with multiple contenders vying to carry the torch forward.

Bushra Amiwala, a 28-year-old daughter of South Asian immigrants, stands out not just for her youth but for her deep roots and proven record. Born in Chicago and raised in the very communities she seeks to represent from Rogers Park to Skokie, Evanston, Lincolnwood, Morton Grove, Niles, and beyond she embodies the "homegrown fighter" her campaign proudly proclaims. As the first Gen Z elected official in the United States, Amiwala made history in 2019 when, at just 21, she won a seat on the Skokie School District 73.5 Board of Education. She has served with distinction for seven years, tackling budgets, ordinances, and community needs with a focus on equity and accessibility.

Before stepping into the congressional race full-time, Amiwala worked as a Solutions Consultant at Google for five years while pursuing her MBA at Northwestern University's Kellogg School of Management. Yet her story begins much earlier. At 19, she ran for Cook County Commissioner in the 13th District, finishing a strong second against a long-time incumbent and earning nearly 14,000 votes a remarkable feat for a young, hijab-wearing, Muslim woman entering the arena at a time when many doubted South Asians could compete in electoral politics. That early momentum has only grown. Supporters like Iftekhhar Shareef, an active voice in Chicago's South Asian community, emphasized Amiwala's authenticity during the event. "She is from the community...grown up here, she knows every neighbor, every street," Shareef said, contrasting her lifelong residency with candidates from outside the district or those with established power but little local progress. He urged voters not to be swayed by polls or media narratives, recalling how underdog candidates have surprised expectations before. Ahsan Khaja, a Lincolnwood resident and former candidate for Trustee, echoed this sentiment,

calling Amiwala "our community's daughter." He highlighted her journey through diverse schools in the district from struggling ones to top performers and her tireless outreach. "She's very intelligent and very down to earth. She reaches out to everybody in the community. Everybody loves her," Khaja noted, encouraging early voting to build unstoppable momentum.

Ahmed Khan, a lifelong 9th District resident and longtime community activist, brought his historical perspective. Having run for office himself years ago when South Asian candidacies were dismissed as improbable, Khan celebrated the evolution: today, diverse candidates across faiths and backgrounds are stepping up. He praised Amiwala's unique blend of experience of non-profit work, corporate expertise, elected service, and a platform addressing real crises such as affordability, immigration reform, and public education funding.

Amiwala herself addressed the crowd with poise and purpose. Leaving her role at Google to campaign full-time, she framed her run as a fight for working-class families like her own, where the government provided a "hand up, not handout." Her priorities resonate deeply: Medicare for All to ensure universal healthcare access; clear pathways to citizenship amid visa challenges faced by South Asian professionals and students; and increased federal funding for public schools to break the link between zip codes and educational quality.

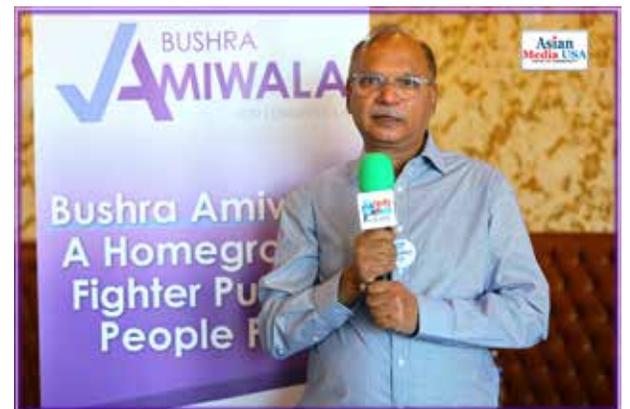
In a district grappling with rising groceries, rents, and benefit cuts, Amiwala's message cuts through: "All of that is at stake." She stands as the only lifelong resident in a field that includes mayors, state legislators, and newcomers, some backed by significant out-of-state funding or special interests. Her campaign website, BushraforCongress.com, details these policies and invites volunteers, donors, and prayers from supporters.

The event's energy was infectious laughter during photo ops, thumbs-up gestures, calls for "V for victory," and a shared sense of possibility. Attendees posed with signs, savored the restaurant's flavors, and left motivated to act before early voting locations expanded and Election Day arrived.

In a primary flooded with over a dozen Democratic candidates, Amiwala's appeal lies in her authenticity: a trailblazing young woman who has already delivered results locally, understands the immigrant experience firsthand, and refuses to let distant interests drown out community voices. As South Asian Americans and broader Asian communities rally, this meet-and-greet signaled more than support it marked a movement for representation that reflects the district's



evolving diversity. With polls opening soon and early voting underway, the call is clear: come out,



vote early if possible, and help send a homegrown leader to Washington who fights for everyone.

Bushra Amiwala's campaign is a beacon of hope for Asian American communities nationwide. As the daughter of immigrants who rose to become the first Gen Z elected official, she proves that youth, grit, and deep community ties can shatter barriers in politics. In this pivotal moment for Illinois' 9th District, her story reminds us that true representation comes from those who live with the issues every day, not from those who merely campaign on them. Asian Media USA proudly amplifies voices like hers, because when our communities rise together, America grows stronger. Let's support this trailblazer and build a future we all deserve. Suresh Bodiwala Asian Media USA

# AOC, Mamdani urge illegal immigrant parents to sign kids up for free pre-K

New York City Democratic Mayor Zohran Mamdani and Squad leader Rep. Alexandria Ocasio-Cortez, D-N.Y., teamed up to release an infomercial encouraging all New York parents, regardless of immigration status, to sign their children up for free preschool.

In an X post, Mamdani framed it as part of the “fight for universal childcare.”

In the video, which was delivered entirely in Spanish, Ocasio-Cortez emphasized that “any New York City parent, regardless of your occupation, income or immigration status, is eligible to sign their child up.”

She added that “we’ve made the application process easy, no matter who you are.”

The congresswoman, who is considered one of the leading figures of the Democratic Party and a prospective 2028 presidential contender, said that “free childcare is one of the most important ways we can make our city more affordable for everyone.”

She touted a registration line available in over 200 languages, saying, “No family should be shut out from our programs just because of the language they speak.”

Mamdani asserted that “for too long, New York City families have been crushed by the cost of childcare, paying as much as \$26,000 per child every single year.”

“That is not sustainable, it is not fair, and it is not inevitable,” he said. “We have the power to do something different,” Mamdani continued, adding, “When you apply before the deadline ... your child will be guaranteed a 3K or Pre-K placement.”

In the video caption, Mamdani quipped, “My Spanish is... not very good. But the fight for universal childcare? That’s very good.”

Ocasio-Cortez and Mamdani’s offices did not immediately respond to a request for comment.

Mamdani has recently taken criticism, including from CNN host Fareed Zakaria, for failing to deliver on grand promises to residents. “New York is really a prime example of a problem Democrats seem unwilling to confront. Blue cities are out of control. Promising more,



spending more, delivering less and pushing off the fiscal problems to some future day,” Zakaria said.

“Zohran Mamdani ran on a promise to make New York affordable,” the host went on. “Last week, he unveiled a budget that is, in a word, unaffordable. New York has been fiscally profligate for so long that the headline number, \$127 billion, produces little shock. But for perspective, these are similar to the annual expenditures of a mid-sized nation with all the expenses a country requires, like Greece or Thailand, devoted to governing one city.”

Yahoo/News  
Peter Pinedo

## College Student Dies of Carbon Monoxide Poisoning While Charging Phone in His Car During Blizzard

Just over 34 inches of snow fell in 24 hours, making it the city’s largest snowfall on record, the city of Newport said in a statement  
NEED TO KNOW

A Rhode Island college student was found unconscious inside a vehicle while charging his cell phone during a historic blizzard in the Northeast

Joseph Boutros, 21, was pronounced dead at the hospital as a result of carbon monoxide poisoning

The city of Newport said on Monday, Feb. 23, that just over 34 inches of snow fell in 24 hours, making it the city’s largest snowfall on record

A Rhode Island college student died of carbon monoxide poisoning while charging his phone in a car in the middle of a historic blizzard, according to the Newport Police Department.

At about 7:20 p.m. local time on Monday, Feb. 23, the Newport Police and Fire Departments responded to a parking lot to check on “a person inside a vehicle,” per a press release from the department.

Upon their arrival, they found Joseph Boutros unconscious inside a vehicle, charging his cell phone. The vehicle was covered in snow and not running.

Boutros, a student at Salve Regina University, was transported by the Newport Fire Rescue to the Newport Hospital Emergency Room, where he was pronounced dead as a result of carbon monoxide poisoning, the NPD said. He was 21. The city of Newport said in a statement on Monday that just over 34 inches of snow fell in 24 hours, making it the city’s largest snowfall on record.

The same day, photos of the snowfall were posted to the city’s official Facebook page, as officials asked residents to stay at home to allow a “multiday recovery and cleanup event.”

According to the Mayo Clinic, carbon monoxide poisoning “occurs when carbon monoxide builds up in the blood. When too much carbon monoxide is in the air, carbon monoxide replaces oxygen in the red blood cells. This can lead to serious tissue damage or even death.”

“This tragic incident was accidental and a reminder to be vigilant to keep exhaust pipes clear of snow and debris when vehicles are idling,” said the Newport Police Department.

A spokesperson from Salve Regina University confirmed to PEOPLE that Boutros “passed away at Newport Hospital after succumbing to accidental carbon monoxide poisoning while sitting in his car.”



“Out of respect and privacy we are not providing any further details at this time,” said the statement.

Salve Regina University President Kelli J. Armstrong said in a statement obtained by PEOPLE after Boutros’ death, “Our community mourns this tragic loss.”

“Our hearts ache with Joseph’s family, teammates, faculty, coaches, friends, and all who loved him,” she continued. “May perpetual light shine upon him and may he rest in peace.”

According to the school’s athletics website, Boutros was studying criminal justice and criminology and was an offensive lineman on the school’s football team.

Yahoo/News  
Ingrid Vasquez

## “Utterly Disgusting:” Elon Musk Slams The New York Times for Framing Pedophilia as a Disorder, Not a Crime

Elon Musk has never been one to hold back on social media, and his latest outburst has the internet buzzing. The Tesla CEO took to X, the platform he owns, to blast The New York Times over a decade-old opinion piece that recently popped back into the spotlight.

The article in question suggested viewing pedophilia through a mental health lens rather than purely as criminal behavior. Musk’s sharp words have reignited debates about media responsibility and child safety, drawing in politicians, influencers, and everyday users. Let’s break down what happened, why it matters, and the wave of reactions it sparked.

The Resurfaced Op-Ed That Ignited the Fire Back in October 2014, The New York Times published an op-ed by Margo Kaplan, a law professor at Rutgers University. Titled “Pedophilia: A Disorder, Not a Crime,” the piece argued that attractions to children should be treated as a psychiatric issue.

Kaplan pointed out that the DSM-5, the manual used by mental health professionals, classifies pedophilia as a paraphilic disorder when it causes distress or leads to harmful actions. She stressed that while any abuse of children remains illegal, recognizing the attraction as a disorder could help people get therapy before they act on impulses.

This wasn’t a news story from the paper’s reporters; it was an opinion column meant to spark discussion. Kaplan used examples from other mental health conditions, like substance abuse disorders, where treatment focuses on prevention rather than punishment for thoughts alone. At the time, it drew some criticism, but it faded from headlines.

Fast forward to early 2025, and the piece resurfaced amid broader talks about child exploitation cases, including references to high-profile figures like Jeffrey Epstein. U.S. Senator Mike Lee from Utah shared a screenshot of the headline on X, calling the idea “delusional” and insisting, “No, it’s a crime.” His post quickly gained traction, setting the stage for Musk’s involvement.

Elon Musk’s Fiery Take on the Matter Musk didn’t hesitate to jump in. Replying to Lee’s post, he labeled The New York Times “utterly disgusting” for running the op-ed. In another related comment, he went further, calling the outlet “evil propaganda.”

This fits Musk’s pattern of clashing with mainstream media; he has accused them of bias and sensationalism on multiple occasions. For instance, he has previously criticized The Times for their coverage of Tesla and his personal life, once even tweeting that he might create a site to rate journalists’ credibility.

What made this slam stand out was the timing. Musk has positioned himself as a vocal advocate for child protection online. He has pushed for stricter content moderation on X to combat child exploitation material, and he often shares posts highlighting threats to kids. Users on the platform amplified his words, with his response racking up millions of views in hours.

One X user echoed Musk by saying the framing was “dangerous” and eroded trust in legacy media. Musk’s history adds layers here; he once faced a defamation lawsuit after calling a British cave explorer “pedo guy” during the 2018 Thai cave rescue drama. A jury cleared him in 2019, ruling the term was an insult, not a factual claim.

Breaking Down the Op-Ed’s Core Argument Kaplan’s piece wasn’t defending child abuse; it made clear that actions like molestation are crimes deserving punishment. Instead, she highlighted how stigma prevents people with these attractions from seeking help.

She cited studies showing that many pedophiles never offend, but fear of legal repercussions keeps them silent. For example, she referenced Germany’s Dunkelfeld project, which offers confidential therapy to non-offenders and



has reportedly reduced risks.

Critics, however, argue this approach blurs lines. They say labeling it a disorder risks normalizing something society views as morally wrong. Senator Lee’s post captured this sentiment, rejecting any nuance and focusing on protection.

The op-ed also discussed legal barriers, like mandatory reporting laws that might deter therapy seekers. Kaplan suggested reforms to balance help with safety, such as better access to treatment without automatic criminalization for attractions alone. Despite these points, the headline’s stark phrasing has fueled misinterpretations, leading some to claim The Times was soft on pedophilia.

The Wave of Public Reactions and Backlash The online response split sharply, with many echoing Musk’s disgust. One X user wrote, “Elon calling out NYT’s disgusting 2014 piece loud & clear — pedophilia is a CRIME, not a disorder to normalize. No debate. No excuses. Protect kids first, always.”

Not all agreed, though; some defended the op-ed’s intent to promote treatment and reduce harm. A commenter noted, “If The New York Times thought they were publishing nuance, they ended up serving nonsense. Elon calling them ‘utterly disgusting’ is blunt but when the subject is pedophilia, there’s no room for clever spin.”

Others brought up unrelated scandals, like Epstein files, to question media priorities. The debate spilled into broader talks on U.K. policies releasing offenders for space, with Musk previously saying, “I don’t think anyone should go to the UK when they’re releasing convicted pedophiles in order to imprison people for social media posts.”

This episode highlights ongoing tensions between free speech, mental health advocacy, and zero-tolerance for child harm. Musk’s platform amplified the debate, showing how old content can fuel new fires in today’s fast-paced online world. As discussions continue, one thing is clear: topics like this touch deep nerves, prompting calls for accountability from all sides.

Yahoo/News  
Precious Uka



# Afghan Taliban initiated unprovoked firing along Pak-Afghan border: PM's spokesperson

Mosharraf Zaidi, the prime minister's spokesperson for foreign media, said that the Afghan Taliban regime initiated unprovoked firing along the Pakistan-Afghanistan border in Torkham and Tirah.

In a post on the social media platform X, he said, "Pakistan's security forces responded immediately and effectively, silencing the Taliban aggression."

He said that any further provocation would be responded to "immediately and severely". He said Pakistan would "continue to protect its citizens and guard its territorial integrity". The development comes after Pakistan targeted terrorist camps and hideouts overnight in the Nangarhar and Paktika provinces of Afghanistan over the weekend, with an official saying that "more than 80" terrorists had been killed in the air strikes.

The strikes were the most extensive military engagement between the two neighbours since border clashes broke out in October last year.

According to an information ministry statement, issued in the early hours of Sunday, the strikes were carried out in response to a number of terrorist attacks inside Pakistan — such as the suicide bombing at an imambargah in Islamabad and a number of attacks in Bannu and Bajaur.

"Pakistan has conclusive evidence that these acts of terrorism were perpetrated by Khwarij at the behest of their Afghanistan-based leadership and handlers," it said.

The information ministry said that in a retributive response, Pakistan carried out "intelligence-based selective targeting of seven terrorist camps and hideouts belonging to Pakistani Taliban [Fitna al Khwarij] and its affiliates, and [Islamic State-Khorasan] at the border region of Pakistan-Afghan border with precision and accuracy".

Fitna al Khwarij is the term the state uses to refer to the banned Tehreek-i-Taliban Pakistan (TTP).

"Despite repeated efforts by Pakistan to urge the Afghan Taliban Regime to take verifiable measures to deny use of Afghan territory by terrorist groups and foreign proxies to carry out terrorist activities in Pakistan, the Afghan Taliban Regime failed to undertake any substantive action against them," the statement noted.

## Souring relations

There has been a resurgence in terrorism in Pakistan since the Afghan Taliban returned to power in Kabul in 2021. Islamabad has repeatedly urged the Taliban administration to dismantle terrorist sanctuaries on Afghan soil, particularly those linked to the Tehreek-i-Taliban Pakistan. Officials say those appeals have gone unheeded.

Tensions between Pakistan and Afghanistan heightened once again after the Feb 16 vehicle-borne suicide attack on a joint security forces post in Bajaur district near the Afghan border. Terrorists belonging to the TTP attempted to breach the Malangi check post and rammed an explosives-laden vehicle into its perimeter wall after an exchange of fire.

Eleven Pakistani soldiers were martyred. A young girl also died, and seven others, including women and children, were injured when a nearby residential building was damaged in the blast.

Investigators said the suicide bomber, identified as Amad, alias Qari Abdullah or Abu Zar, was a member of the Afghan Taliban's special forces from Balkh province. The TTP claimed responsibility for the assault.

Then, on Feb 21, a lieutenant colonel and a sepoy were martyred in a suicide attack during an intelligence-based operation in Khyber Pakhtunkhwa's Bannu district.

In its statement, the military reiterated that terrorists were "using Afghan soil" for carrying out attacks inside Pakistan, "violating the sanctity of

the holy month of Ramazan".

"Pakistan will not exercise any restraint and operations would continue against the perpetrators of this heinous and cowardly act for justified retribution against khwarij, irrespective of their location," the ISPR asserted.

On Feb 19, Defence Minister Khawaja Asif had warned that Pakistan would not hesitate to conduct strikes inside Afghanistan if attacks continued from across the border, saying military options remained viable.

In November last year, Zabiullah Mujahid, the spokesman for the Taliban government in Afghanistan, had claimed that Pakistan had "bombed" Khost province, and carried out air strikes in Kunar and Paktika provinces.

At the time, Pakistan had neither confirmed nor denied the strikes, which were reported the same day a deadly suicide attack on the Federal Constabulary headquarters saw three personnel embrace martyrdom and 12 sustain injuries.

The strikes were reported almost a month after deadly border clashes at the Pak-Afghan border had resulted in the martyrdom of 23 Pakistani soldiers and the killing of over 200 Taliban and affiliated terrorists, according to the ISPR.

The skirmishes began "on the night of Oct 11/12, 2025, [after] Afghan Taliban and India-sponsored Fitna-al-Khwarij launched an unprovoked attack on Pakistan, along the Pak-Afghan border".

DAWN



# Modi addresses Knesset, says India stands 'firmly' with Israel after Oct 7 attack

Prime Minister Narendra Modi told lawmakers in Jerusalem that India stands "firmly" with Israel following Hamas's attack on October 7, 2023.

Modi also met with Israeli Prime Minister Benjamin Netanyahu during a two-day visit aimed at deepening trade and defence ties that has drawn criticism at home.

"I ... carry with me the deepest condolences of the people of India for every life lost and for every family whose world was shattered in the barbaric terrorist attack by Hamas on October 7," Modi said in the Knesset, the Israeli parliament.

"We feel your pain, we share your grief. India stands with Israel firmly with full conviction in this moment and beyond."

In his speech, Modi did not explicitly mention the tens of thousands of Palestinians killed in Gaza during the more than two-year-long Israeli onslaught.

But he said that India "supports all efforts that contribute to durable peace and regional stability".

Modi also told Israeli lawmakers that his country's economic growth and Israel's leadership in technological innovation formed a "natural foundation for our forward-looking partnership".

"I see a lot of synergies in areas such as quantum technologies, semiconductors and artificial intelligence," he added.

It is Modi's second visit to Israel as prime minister since he took office in 2014.

'A real friendship'

Earlier on Wednesday, a red carpet was rolled out at Israel's Ben Gurion airport and Modi was greeted with a hug by Netanyahu as he disembarked the plane.

"The two leaders share a special and a personal relationship," Shosh Bedrosian, spokeswoman for Netanyahu's office, said in a video posted on X.

"The bond between Israel and India is a powerful alliance as we are partners in innovation, security and a shared strategic vision," she added. Netanyahu's office said the two right-wing leaders held a private meeting after the welcoming ceremony, with the Israeli premier hailing "a real friendship".

In a post on X, Modi described the meeting as "excellent".

"We discussed a wide range of topics aimed at deepening and strengthening the bilateral relations between our two countries," he said.

The pair "held an in-depth conversation about major developments in the region", he added. Modi is also scheduled to meet Israeli President Isaac Herzog during the visit.

New Delhi has steadily expanded cooperation with Israel across the defence, agriculture, technology and cybersecurity sectors, while balancing diplomatic interests in the Middle East. Talks opened in New Delhi on Monday for an India-Israel Free Trade Agreement (FTA), India's government said in a statement, noting that merchandise trade reached \$3.62 billion in 2024-2025.

Full diplomatic relations between the two countries were established in 1992. Ties deepened after Hindu-nationalist leader Modi took office in 2014.

Criticism at home

Modi first visited Israel as prime minister in

Senior Congress party figure Priyanka Gandhi — sister of opposition leader Rahul Gandhi — posted on social media on Wednesday that she hoped

Modi would mention the killing of "thousands of innocent men, women and children in Gaza" during his address to the Israeli parliament.

Congress parliamentarian Jairam Ramesh said Modi will be displaying "moral cowardice" when the entire world is critical of his "dear friend" Netanyahu.

He said Modi was "brazenly embracing" his Israeli counterpart, who has "reduced Gaza to rubble and dust and who is orchestrating the expansion of illegal settlements in the occupied West Bank".

"On May 20, 1960, Jawaharlal Nehru was in Gaza and met with the Indian contingent of the UN Emergency Force there," Ramesh recalled.

Days ago, Netanyahu listed India, Greece, Cyprus and unnamed Arab, African, and Asian countries as part of a "hexagon of alliances"



2017, before Netanyahu made a reciprocal visit to India the following year.

In 2023, grand plans were unveiled in New Delhi for an India-Middle East-Europe Economic Corridor — to link railways, ports, electricity, data networks and pipelines, including through Saudi Arabia and Israel.

Those plans were stalled by Hamas's October 7 attack on Israel, which responded with a devastating onslaught on the Gaza Strip, killing over 71,000 Palestinians.

Months after his 2017 visit to Israel, Modi travelled to Ramallah, seat of the Palestinian Authority.

His current visit has sparked criticism at home.

against "radical axes" of Muslim nations.

India, the world's most populous nation with 1.4 billion people, is majority Hindu, but an estimated 220 million Indians are Muslim.

One of India's largest conglomerates, Adani Group, operates the Israeli port of Haifa, while Israeli military drone technology played a pivotal role during India's May 2025 clash with Pakistan.

DAWN

# Ilhan Omar guest arrested for standing at Trump's State of the Union address

A guest of Congresswoman Ilhan Omar, a Democrat from Minnesota, was arrested by Capitol police during the State of the Union address.

Omar had invited Aliya Rahman, a US citizen and Minneapolis resident who in January was removed from her car and dragged by immigration agents in the city as part of the Trump administration's increased efforts to arrest and deport alleged undocumented immigrants. The officers had been shouting at her to move.

"I'm disabled, trying to go to the doctor up there. That's why I didn't move," Rahman told officers as they pulled her from the car at the time. The officers caused her shoulder injuries, she later said.

During Donald Trump's speech, Rahman "started demonstrating", which violated rules for the event, according to the Capitol police.

"The guest was told to sit down, but refused to obey our lawful orders," the police said in a statement. "It is illegal to disrupt the Congress and demonstrate in the congressional buildings."

Rahman was arrested for unlawful conduct and disruption of Congress, the police stated.

Rahman told the Democracy Now broadcast on Wednesday that she had been standing silently before she was arrested.

"No buttons, no facial expressions, no gestures, no signs, not one sound," Rahman said. "There are only two things you can do at the State of the Union, and they are, sit down and stand up. All kinds of people were standing up all night. Me too. I stood up at the moment that I heard this man say some of the most racist things I have heard come out of any leader's mouth about the people of my city."

When asked about Rahman's claim that she was standing silently, a Capitol police spokesperson told the Guardian in an email: "It's not allowed.

She was told to sit. She refused. It's simple."

In a statement Omar called for an investigation into the arrest. "My guest, Aliya Rahman, stood up silently in the gallery during the president's speech for a short period of time, part of which other guests were also standing. For that, she was forcibly removed, despite warning officers about her injured shoulders and ultimately charged with 'unlawful conduct,'" she said. She added: "Reports indicate she was aggressively handled until someone intervened to secure medical attention. She was taken to George Washington University hospital for treatment and later booked at the United States Capitol police headquarters.

"The heavy-handed response to a peaceful guest sends a chilling message about the state of our democracy. I am calling for a full explanation of why this arrest occurred."

During his speech Trump attacked public officials in sanctuary cities for blocking the "removal of criminal aliens", Omar also shouted at Trump: "You have killed Americans."

Two US citizens, Alex Pretti and Renee Good, were shot and killed in January by federal law enforcement officers in Minneapolis.

"You should be ashamed of yourselves," Trump said to lawmakers who did not stand to show support for his immigration enforcement efforts. Republicans loudly cheered.

The Capitol police stated that Omar and other lawmakers who protested during the speech were not arrested because they were protected by the speech or debate clause of the constitution.



"All State of the Union tickets clearly explain that demonstrating is prohibited," the police stated.

Omar said on CNN on Wednesday that Rahman was "back and safe" following the arrest and hospital visit.

Before the address, Omar said in an interview on MS Now that she invited Rahman, who suffered shoulder injuries during the incident, to show "what the ICE occupation has meant for our constituents and the real harm that this administration has caused. Even though they promised to create safety in our communities, they have created chaos, violence and terror."

Rahman, a software engineer, was asked during the interview what she would tell Trump and lawmakers who support his policies.

"I would say to them, they were elected to come up with policies and ways to govern this country that make people's lives better, right? They were not elected to point at folks they would like to construct as enemies so they don't have to do their jobs." Yahoo/News Eric Berger



A very successful Board Meeting of ISAMRA, held with the presence of our most respected and prominent singers, united for the betterment of the music fraternity. Proud to be part of this meaningful discussion and collective vision for our artists. -Anup Jalota

# Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 26V075  
 Manufacturer :Harley-Davidson Motor Company  
 Subject : Upper Triple Clamp May Fracture  
 Make Model Model Years  
 HARLEY-DAVIDSON RH1250S  
 2021-2026

NHTSA Recall ID Number : 26V078  
 Manufacturer :Triumph Motorcycles America, Ltd.  
 Subject : Alternator Wiring May Short and Overheat  
 Make Model Model Years  
 TRIUMPH BONNEVILLE T100 2022-2024  
 TRIUMPH BONNEVILLE T120 2022-2024  
 TRIUMPH BONNEVILLE T120 BLACK 2022-2024  
 TRIUMPH BONNEVILLE T120 DGR 2024  
 TRIUMPH SCRAMBLER 900 2023-2024  
 TRIUMPH SPEED TWIN 900 2023-2024  
 TRIUMPH STREET SCRAMBLER 2022  
 TRIUMPH STREET SCRAMBLER SANDSTOR 2022  
 TRIUMPH STREET TWIN 2022  
 TRIUMPH STREET TWIN GOLDLINE 2022

NHTSA Recall ID Number : 26V080  
 Manufacturer :Nissan North America, Inc.  
 Subject : Engine Failure  
 Make Model Model Years  
 NISSAN ROGUE 2023-2025

NHTSA Recall ID Number : 26V081  
 Manufacturer :Nissan North America, Inc.  
 Subject : Gears in the Electronic Throttle Body May Break  
 Make Model Model Years  
 NISSAN ROGUE 2024-2025

NHTSA Recall ID Number : 26V082  
 Manufacturer :General Motors, LLC  
 Subject : Rearview Camera May Fail  
 Make Model Model Years  
 CADILLAC LYRIQ 2024

NHTSA Recall ID Number : 26V083  
 Manufacturer :General Motors, LLC  
 Subject : Rear Wheel Lock Up from Transmission Control Valve Failure  
 Make Model Model Years  
 CHEVROLET SILVERADO 1500 2020-2022  
 CHEVROLET SILVERADO 2500 2020  
 CHEVROLET SILVERADO 3500 2020  
 GMC SIERRA 1500 2020-2022  
 GMC SIERRA 2500 2020  
 GMC SIERRA 3500 2020

NHTSA Recall ID Number : 26V084  
 Manufacturer :International Motors, LLC  
 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, repurchas-

Subject : Brakes May Fail to Activate with Adaptive Cruise Control  
 Make Model Model Years  
 INTERNATIONAL MV 2026-2027

NHTSA Recall ID Number : 26V085  
 Manufacturer :General Motors, LLC  
 Subject : Rear Wheel Lock Up from Transmission Control Valve Failure  
 Make Model Model Years  
 CADILLAC ESCALADE 2022  
 CADILLAC ESCALADE ESV 2022  
 CHEVROLET SUBURBAN 2022  
 CHEVROLET TAHOE 2022  
 GMC YUKON 2022  
 GMC YUKON XL 2022

NHTSA Recall ID Number : 26V086  
 Manufacturer :Daimler Trucks North America, LLC  
 Subject : Heater Hose May Leak Hot Heating Coolant Inside Passenger Compartment  
 Make Model Model Years  
 THOMAS BUILT BUSES SAF-T-LINER EFX 2023-2026  
 THOMAS BUILT BUSES SAF-T-LINER HDX 2023-2026

NHTSA Recall ID Number : 26V087  
 Manufacturer :Daimler Trucks North America, LLC  
 Subject : Heater Hose May Leak Hot Heating Coolant Inside Passenger Compartment  
 Make Model Model Years  
 THOMAS BUILT BUSES SAF-T-LINER EFX 2023-2025  
 THOMAS BUILT BUSES SAF-T-LINER HDX 2023-2026

NHTSA Recall ID Number : 26V088  
 Manufacturer :Shyft Group

Subject : Gearbox May Bind and Cause Loss of Steering  
 Make Model Model Years  
 BLUE ARC BA4L-800 2024-2025

NHTSA Recall ID Number : 26V089  
 Manufacturer :Winnebago Industries, Inc.  
 Subject : Rear Roof Cap May Detach  
 Make Model Model Years  
 WINNEBAGO NAVION 2020-2023  
 WINNEBAGO VIEW 2020-2023

NHTSA Recall ID Number : 26V093  
 Manufacturer :Prevost Car (US) Inc.  
 Subject : Improperly Installed Passenger Seat Anchors  
 Make Model Model Years  
 PREVOST X3-45 COMMUTER 2025-2026

NHTSA Recall ID Number : 26V094  
 Manufacturer :Toyota Motor Engineering & Manufacturing  
 Subject : Loss of Drive Power from Trans-

mission Damage  
 Make Model Model Years  
 LEXUSLX 2025-2026

NHTSA Recall ID Number : 26T007  
 Synopsis : PT. Elangperdana Tyre Industry (EP Tyre) is recalling certain Vizzoni Dreamliner A/T tires, size LT265/75R16. The sidewall may separate. As such, these tires fail to comply with the requirements of Federal Motor Vehicle Safety Standard number 139, "New Pneumatic Radial Tires for Light Vehicles." Sidewall separation can cause tire failure, increasing the risk of a crash. The remedy is currently under development. Owner notification letters are expected to be mailed March 1, 2026. Owners may contact EP Tyre's customer service at 713-673-8300.

NHTSA Recall ID Number : 26T008  
 Synopsis : General Rubber (Thailand) Co., Ltd (General Rubber) is recalling certain Xcellent Roadbreaker A/T tires, size LT305/65R17. The tire may crack and the inner liner may separate, which can result in tire failure. As such, these tires fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 139, "New Pneumatic Radial Tires for Light Vehicles." Tire failure can cause a sudden loss of tire pressure, increasing the risk of a crash. General Rubber will provide a refund of the purchase price of the tires. A notification schedule has not yet been provided. Owners may contact Gremax Industrial Inc. at 469-222-0888. General Rubber's number for this recall is 045.

NHTSA Recall ID Number : 26V066  
 Manufacturer :FONTAINE MODIFICATION CO.  
 Subject : Insufficient Oil in Steering Gear Box May Cause Gears to Bind  
 Make Model Model Years  
 FREIGHTLINER BUSINESS CLASS M2 2024-2025

NHTSA Recall ID Number : 26V067  
 Manufacturer :Jaguar Land Rover North America, LLC  
 Subject : Park Outside - High Voltage Battery May Overheat  
 Make Model Model Years  
 JAGUAR I-PACE 2020-2021

NHTSA Recall ID Number : 26V068  
 Manufacturer :Hyundai Motor America  
 Subject : High Voltage Battery May Catch Fire  
 Make Model Model Years  
 HYUNDAI IONIQ 5 2025-2026  
 HYUNDAI IONIQ 9 2026

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.

# 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.

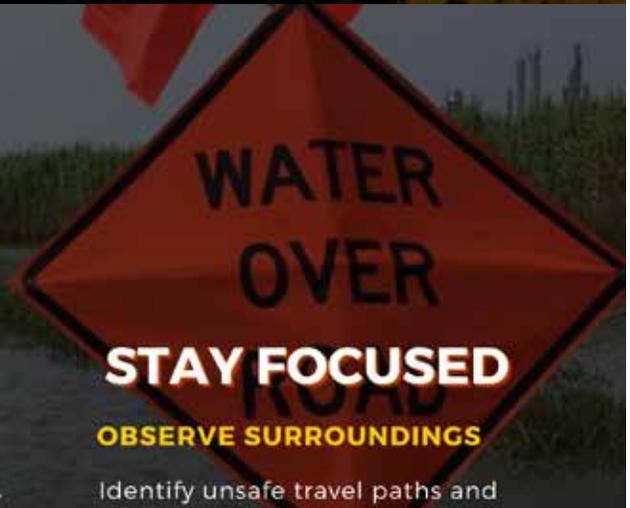
### BE PROACTIVE

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 Cutlets

You will need:

For the filling,

Potato – 2, medium-sized

Oil – 2 tbsp

Minced or ground chicken – ½ lb, around 250gm

Cumin seeds – ½ tsp

Onion – 1, finely chopped

Ginger and garlic paste – 2 tsp

Green chili – 1, finely chopped (optional, omit if serving to kids)

Turmeric powder – ½ tsp

Red chili powder – ½ - 1 tsp (as per taste)

Coriander powder – ½ tsp

Garam masala powder – ½ tsp

Black pepper powder – ¼ tsp (or to taste)

Salt – to taste

Amchur powder – ½ tsp (or juice of half a lime)

Cilantro leaves – 1 tbsp, finely chopped

For the cutlets,

Chicken and potato filling – above quantity, cooled slightly

Cornstarch - 2-3 tbsp (optional)

Egg – 1, large

Breadcrumbs – 1 cup

Oil – for frying

How to:

Chicken-potato filling: Boil and peel the potatoes. Keep aside.

In a large pan or deep skillet, heat 1 tbsp oil.

Tip in the chicken, season with salt and some cracked black pepper. Cook till chicken is done, stirring frequently. Minced chicken has a tendency to clump together when cooked. If this happens, I simply put them in my food processor and pulse it a few times. Remove to a bowl and set aside.

Heat the rest of the oil in the pan. Add cumin seeds and allow them to crackle.

Add onions and saute till lightly golden. Now add the ginger-garlic paste and chopped green chili and saute well till the raw smell is gone.

Add the turmeric powder, red chili powder, coriander powder and garam masala powder and

saute for a few seconds.

To this, add the cooked chicken and potatoes and mix well, mashing the potatoes while doing so.

Add salt, black pepper powder and amchur powder (or lime juice) and cook for a few minutes to combine everything together well, stirring frequently. Taste and adjust seasoning by adding more salt, black pepper or lime juice. Finish by sprinkling some chopped cilantro leaves. Remove from heat and cool well before forming the cutlets/croquettes.

Forming and frying the cutlets/croquettes: Set up your dipping and dredging station. Take cornstarch, the lightly beaten egg and breadcrumbs in different shallow bowls. Keep on hand a lightly greased large plate or tray to hold the formed patties.

Form small balls of the filling with your hands and flatten it slightly to a smooth disk shape. Alternately, you can make oval or cylindrical shapes as well.

Dust lightly with cornstarch, tapping off excess. Then dip lightly into the beaten egg, shake off excess and roll in the breadcrumbs to cover the patty on all sides. Place on the plate/tray. Repeat till all the filling is used up. At this point, you can either freeze the patties for future use or fry them right away. Allow the coating to firm up slightly before frying them. You can refrigerate them for a while to speed up things.

Heat oil in a frying pan. When the oil is hot, drop in 2-3 patties, reduce heat to medium-high and fry till golden brown on all sides. Remove on to a paper towel lined plate to drain excess oil. Increase the heat again before frying the next batch. Repeat till all cutlets/croquettes are done.

Serve them hot along with some ketchup (or sriracha) and a hot cup of tea or coffee for a delicious snack. Cutlets can also be served along with a main meal. It goes well with almost all kinds of rice dishes and can also be eaten as a slider sandwiched between lightly toasted buns.



Notes:

1. You can use finely shredded chicken meat (like from a breast) if you do not have minced chicken.
2. If you find yourself without breadcrumbs, try coating them in semolina (sooji or rava), making sure to shake off excess or you will end up with smoky black bits when you fry them.
3. You can shallow fry the cutlets in a pan or even bake them for a healthier version (at 400 deg.F for 10-15 minutes or till coating is browned).
4. The oil must neither be too hot or too cold. If it is too hot, the cutlets will burn and if it is not hot enough, it has a tendency to absorb oil and turn soggy. Start with a hot pan of oil, then reduce the heat to medium and fry cutlets till evenly browned on both sides. Bring oil temperature up before dropping in the next batch of patties.
5. Formed patties can be frozen for a couple of weeks. Flash-freeze the patties on a tray or baking sheet. Then place them in Ziploc bags or airtight freezer containers and store in the freezer till needed. To make cutlets, remove as many patties as required, thaw them slightly and fry/bake as usual.

## Authentic Middle Eastern Chicken Shawarma

Ingredients

**Cumin:** This spice adds a warm, earthy flavor and is essential in creating the authentic taste of Shawarma.  
**Paprika:** Paprika contributes a sweet and mildly spicy flavor, enhancing the overall taste profile of the dish.

**Allspice:** With its blend of cinnamon, nutmeg, and clove flavors, allspice adds complexity and depth to the spice mix.

**Turmeric:** Known for its bright color and slightly bitter, gingery taste, turmeric adds both visual appeal and a distinct flavor.

See the recipe card for full information on ingredients and quantities.

Step #1: Pour the ¼ cup of olive oil into a large plastic zipper bag. Add in the marinade spices, then seal the bag and shake to combine.

Step #2: Cut the chicken breasts into sixths, then place the pieces into the large plastic zipper bag. Seal

the bag and use your hands to work the marinade into the chicken. Place the bag of chicken into the fridge to marinate for 8 hours or overnight.

Step #3: Preheat your oven to 400 degrees Fahrenheit (about 204 degrees Celsius), then prepare a baking sheet by lining it with foil and spraying it with nonstick cooking spray. Arrange the chicken pieces evenly on the baking sheet in a single layer.

Step #4: Bake for 8 minutes, flip the chicken pieces over, then bake for another 8 minutes.

Step #5: Remove the chicken from the oven and let sit until cool enough to touch. Slice the chicken into thin pieces using a sharp knife.

Step #6: Heat 2 tbsp. of olive oil in a large skillet over medium-high heat.

Step #7: While it is heating, mix the remaining spices together in a small bowl and set it near the stove.

Step #8: Once the oil is hot, add one-third of the cooked chicken into the pan along with one-third of the spices next to the stove. Cook, stirring, until the

spices are spread amongst the meat and the chicken is heated through (just a minute or two).

Step #9: Repeat this process with the remaining oil, chicken, and spices so that it is cooked in three batches, or if you have a really big pan, you could do it all at once. Serve warm with Tabbouleh salad and pita bread.



# 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](http://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.



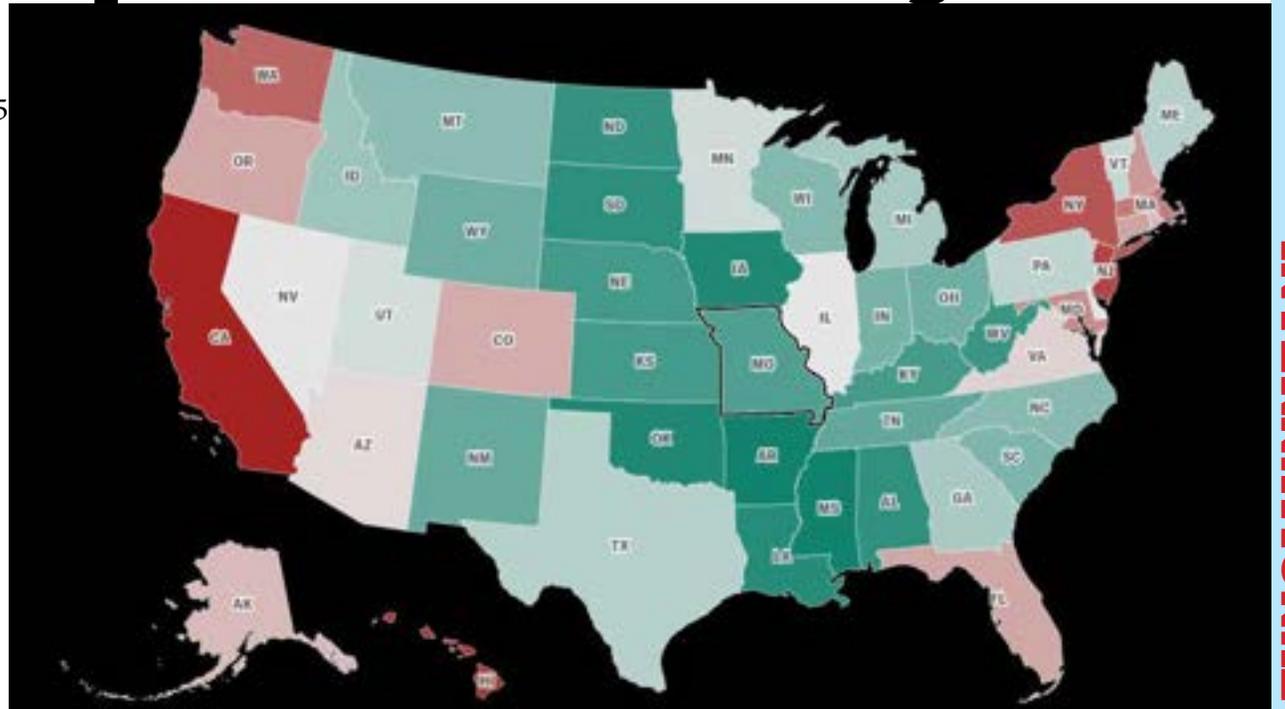
**AIRBAGRECALL.COM**

# This map compares the cost of living in every state

According to a survey conducted by Yahoo Finance and Marist Poll, 47% percent of Americans cite the cost of living as their biggest obstacle to saving money. But some parts of the country are hit harder by rising prices than others, and where you live plays a key role in the cost of everyday essentials, from eggs at the grocery store to your monthly rent.

## Cost of living by state

The following map shows how the cost of living compares by state according to an index developed by the Bureau of Economic Analysis (BEA) using 2024 data (the most recent available).



The index is set relative to a baseline of 100, which represents the national average. If a state's index is above 100, it means living there is more expensive than the baseline; if the index is below 100, it means the cost of living is lower than the baseline.

## 5 states with the highest cost of living

California: 110.7

California has the highest cost of living in the country — 10.7% higher than the national average. And the primary driver is housing costs, especially in metropolitan areas like San Francisco and Los Angeles. In California, the regional price parity (RPP) for housing rents is 110.7, meaning housing costs are 10.7% above the national average.

Hawaii: 110

Hawaii's cost of living is a close second to California at 10% higher than the national average. That's largely due to the state's more remote location, which requires that many goods be imported, driving up the prices. Plus, limited land availability and high demand for housing contribute to higher living costs.

District of Columbia (DC): 109.9

The nation's capital has the third-highest cost of living — 9.9% higher than the national average. This is also largely due to exceptionally high housing costs, as well as utility prices.

New Jersey: 108.8

New Jersey's cost of living exceeds the national average by 8.8%. Proximity to major urban areas like New York City contributes to higher housing costs, and the cost of goods in the state are some of the highest in the country.

New York: 107.9

New York rounds out our list of the top five states with the highest cost of living at 7.9% higher than the national average. And you might notice a theme: high housing costs driven by high demand and limited available housing, paired with higher taxes and insurance costs, make it one of the most expensive states to live in.

states with the lowest cost of living

Arkansas: 86.9

Arkansas holds the title of the state with the lowest cost of living — 13.1% lower than the national average. This is thanks, in large part, to low housing costs. In fact, Arkansas has some of the least expensive housing in the country, only behind Mississippi and West Virginia. Even so, personal expenditures in the state rose a modest 2% year over year.

Mississippi: 87

Mississippi's cost of living is 13% lower than the national average. Personal expenditures increased just over 1% year over year, and housing and utilities costs remain some of the lowest in the country.

Iowa: 87.8

Iowa's cost of living is 12.2% lower than the national average, making it one of the most affordable states to live in. Like other states on the list, housing costs are relatively low in this state because there is a lower demand for it. Additionally, lower everyday costs help maintain this state's ranking as one of the most affordable states to live.

Oklahoma: 87.8

The cost of living in Oklahoma is also 12.2% below the national average. In addition to lower housing costs, Oklahoma benefits from relatively low prices on goods and services, contributing to its overall lower cost of living.

Louisiana: 88.2

Louisiana has one of the lowest costs of living at 11.8% below the national average. The state benefits from low housing costs, as well as some of the cheapest goods in the country.

## How to reduce your cost of living

Your state's cost of living can significantly impact your ability to afford daily essentials, save money, and reach your financial goals. If you live in a state with a higher cost of living, consider these strategies for reducing your

expenses:

**Sign a longer lease to save money on rent:** When a landlord has to spend time searching for a new tenant, they miss out on rental income. And with each new tenant, there's a risk that they won't stick to their payments. Standard leases tend to be about 12 months long, but signing a longer lease could entice them to lower your monthly rent in exchange for the guaranteed rental income for a longer period of time.

**Refinance your mortgage:** If you're a homeowner, refinancing your mortgage could help you lower your housing costs. Refinancing involves replacing your existing home loan with a new mortgage for the same property but with new and better terms. If you can secure a lower interest rate, you'll lower your monthly payment and long-term interest savings.

**Rely more on public transportation:** If your city has good public transportation, using it instead of driving can save on gas, insurance, and maintenance. You don't have to give up your vehicle altogether, although you may want to consider it if a large chunk of your budget goes toward car payments and expenses.

**Negotiate with service providers:** You don't always have a say in which company provides your electricity or cable service. But you may be able to reduce how much you pay with some strategic negotiation. Contact your internet, cable, phone, and utility companies and ask about promotional rates, loyalty discounts, or lower-cost plans. If another provider offers a better deal, ask if your current provider will match or beat it. Also, some companies offer discounts for long-term customers, so it doesn't hurt to ask.

**Consider relocating:** If you live in a high-cost-of-living state, the easiest way to reduce your costs is by moving to a cheaper state. In particular, states with no income tax (like Texas or Nevada) can help you keep more of your earnings.   
Yahoo/Finance  
Ivana Pino

## Essential Spring Gardening Tasks

Spring is the most active time to be in the garden. Using all the pent-up energy we've accrued over winter, let's head outdoors to clean out and prepare our garden beds during spring garden cleanup, repair hardscaping, do a little pruning and moving, and start the growing season off right. Here are ten spring gardening tasks you can do to launch the spring season successfully with an effective spring cleaning process.

### 1. Time for a spring inspection.

On one of the first warm days of spring, put on your inspector's hat and head out to the garden with a notepad for spring garden prep and early spring gardening tips. It's time to see what happened in the garden while you were indoors all winter as part of seasonal spring garden care.

Take note of:

Cold, ice or snow damage on plants

Beds that will need to be cleaned out

Hardscaping elements—walls, fences, benches, sheds, trellises—that have shifted, bowed or rotted

Evidence of new animal burrows from skunks, chipmunks, moles and voles, groundhogs or rabbits. Also, note any deer or rodent damage on woody plants, especially during spring garden cleanup.

### 2. Address hardscaping issues first.

In early spring before the ground is ready to be worked, focus your energy on hardscaping for spring garden prep. This is the time to repair damaged retaining walls, level out your stepping stones, clean out your gutters, and fix fences, benches, decks, sheds, trellises, window boxes and raised beds as part of seasonal spring cleaning. These spring gardening tasks are easier to accomplish while your plants are still resting safely dormant.

Early spring is also a good time to plan for and build new raised gardens, widen existing ones, and tidy up your beds' edging during garden bed cleanup. When temperatures allow, add a fresh coat of paint, stain or sealant to any hardscaping elements made of wood.

### 3. Do a thorough spring cleanup.

Ideally just before your spring bulbs start to pop up, clean the plant debris out of your garden beds as part of garden bed cleanup. This includes fallen branches, matted down leaves, last year's perennial foliage, ornamental grasses and perennial hibiscus, and any annuals you didn't remove last fall. Part of spring cleaning is maintaining good hygiene in your garden beds will help to keep pests and diseases at bay.

Now is also a good time to clean out debris from your pond or water feature during spring garden cleanup. While you're at it, scrub and sterilize your bird bath and containers before setting them back out into the garden. A 1 part bleach/5 parts water solution should take care of any lingering diseases or insect eggs in your containers.

### 4. Test your garden soil.

Experts recommend testing your garden soil every 3-5 years to see what nutrients or organic materials it needs and which it has too much of. An excellent spring garden prep you might

learn, for example, that your soil is very high in phosphorus, so you would avoid adding fertilizers that contain a lot of it. Or you might find out your soil is naturally alkaline, and need to add aluminum sulfate around your evergreens and acid-loving shrubs like hydrangeas. Detailed instructions on how to collect and submit your soil sample is available on your state's Extension Service website, offering helpful spring gardening tips.

### 5. Feed your soil.

Once you know what your garden soil needs based on your test results, talk with someone at your local garden center about which specific products to use, always following package instructions for best spring gardening tasks results.

A good general practice is to topdress the soil with an inch or two of compost, humus and/or manure in early spring just before or as your bulbs are starting to emerge during garden bed cleanup. That's also a good time to sprinkle an organic slow release plant food like Espoma's Plant-tone or Rose-tone around your perennials and shrubs. Earthworms and other garden creatures will do the job of working these organic materials down into the soil for you.

### 6. Get out a sharp pair of pruners.

Spring is a good time to prune some kinds of woody shrubs and trees. We've created a detailed spring cleaning guide for you to follow here: Pruning Demystified. Here are a few highlights: so easy cherry pie rose Start by pruning out anything that has been broken or damaged by winter ice, snow and cold as part of spring garden care. Remove dead wood, too.

Follow the general rule that flowering shrubs which bloom on new wood (this year's growth) can be trimmed in spring, an important part of spring gardening tips. This includes summer flowering shrubs like butterfly bush, smooth hydrangea (*H. arborescens*), panicle hydrangea (*H. paniculata*), potentilla, rose of Sharon, and roses. Their flower buds will be set on the new flush of growth that appears after you prune it. Spring is also a good time to shear back evergreens like boxwood and arborvitae once their initial flush of new growth has finished emerging.

**DO NOT** prune early flowering shrubs and those that bloom on old wood (last year's stems) like azalea, forsythia, lilac, quince, ninebark and weigela in spring. If you do, you'll risk cutting off this year's flower buds. You might not be able to see them, but they are there, so resist the urge to prune.

7. Divide perennials and transplant shrubs. In early spring when they are just beginning to pop up, divide and transplant any perennials that have outgrown their space or grown large enough to split as part of spring garden care, if desired. In most cases, it's best to divide and move perennials in the opposite season of when they bloom. That means moving summer and fall bloom-



ing perennials in spring, and spring blooming perennials in fall. This avoids disrupting their bloom cycle.

Evergreen shrubs can be moved in early spring before their new growth appears or in early fall to give them enough time to re-establish their roots before winter — a strategy often included in spring gardening tips. Deciduous shrubs can be moved almost anytime they are not in bloom and the weather is mild, but generally spring and fall are the preferred seasons for transplanting. If you move them while they are dormant, there will be less stress on the plants and they will be more likely to spring back into action quickly.

### 8. Put out any necessary supports like trellises and stakes.

If you've brought a trellis into the garage or shed for winter, early spring is a good time to bring it back out into the garden as part of your spring gardening tasks. Make sure it's sturdy and apply a fresh coat of paint if needed before using it again. If you grow peonies, delphiniums, or any other perennials that require support, set them out now or get them ready to go during the spring cleaning process. Trying to wrangle tender peony stems into a peony ring is tough work once their leaves have unfurled.

### 9. Plant your spring containers and borders.

Though most annual flowers need the soil to warm up a bit before planting, some cool weather loving plants like pansies, nemesia, and osteospermum daisies won't mind if you plant them in the garden early. Fill your spring containers with sweet alyssum, lobelia and Supertunia petunias, too. You'll find six solutions for cool weather plantings in this article as part of successful spring garden care. For most other annuals, it's a good idea to wait until your area's last frost date to plant. Your local Extension Service website lists that date on their website.

### 10. Be ready to take cover if freezing temperatures are in the forecast.

If you garden in an area where late spring frosts and freezes are a possibility, be prepared to cover up plants that have tender emerging buds or foliage, during spring garden cleanup, if freezing temps are in the forecast. If the buds haven't begun to open yet, there's no need to cover them.

Old sheets and towels that have been relegated to the rag pile are a good option, and professional row cover is available for purchase, too. **DO NOT** cover tender plants with plastic sheeting or tarps. The effect of the plastic touching the newly emerging buds and foliage will magnify the cold's effect, rather than mitigate it.

# Astronomers say they have solved one of Saturn's greatest mysteries

Saturn's largest moon, Titan, is one of the solar system's oddities. Now, researchers have unlocked key insights about this mysterious moon, including how it came to be. The answer may also shed light on the origin of Saturn's beautiful rings.

Shrouded in a thick haze, Titan is about half the size of Earth and even larger than Mercury — so massive that its gravitational pull makes Saturn wobble and tilt. Titan is also moving away from Saturn at a rate of 11 centimeters (4.3 inches) a year, far faster than astronomers previously thought. Eventually, the moon could be ejected from its orbit entirely.

But Titan's drifting orbit is just one of many puzzles that astronomers are trying to solve about Saturn and some of its 274 moons. Many of the questions have arisen from data collected by Cassini, a spacecraft that explored the Saturnian system from 2004 to 2017.

New research has combined previous theories of Titan's formation, data from Cassini and computer simulations to suggest a novel origin story for Saturn's largest moon. The study was published this month on the open-access repository ArXiv and accepted for publication in *The Planetary Science Journal*.

"In this paper, I tried to put all these things together, and I propose that there was an extra moon about half a billion years ago that collided with Titan, that actually became part of Titan," said lead author Matija Ćuk, a research scientist at the SETI Institute in Mountain View, California. SETI is a nonprofit organization that explores topics such as planetary science, the origin of life and extraterrestrial intelligence.

The collision could also have produced Hyperion, the largest of Saturn's nonspherical moons, which is far smaller than Titan at about 5% of its diameter. According to this theory, Hyperion could either be a fragment that resulted from the collision between Titan and the lost moon, or it may have formed later from debris that accumulated around Titan's orbit. The merger between Titan and the lost moon could also have led to the formation of Saturn's rings, Ćuk added. "From this event, Titan could have perturbed some of the inner moons into more collisions, which created the rings sometime later, maybe 100 million years ago," he said.

An extra moon 'explains everything'

The researchers found telltale signs of an ancient collision in Saturn's tilt, which is made obvious by its rings; the gas giant rotates at an angle of 26.7 degrees compared with the plane at which it orbits the sun. Before Cassini's mission, astronomers believed that gravitational disturbances inflicted by neighbor Neptune's orbit caused Saturn's tilt over time.

"The orbit of Neptune has a bit of a wobble in space," Ćuk said. "The orbits of planets are huge and have huge energy. But the spins of planets are much, much smaller, so if you connect these two motions — the orbit of Neptune and the spin of Saturn — it is the spin of Saturn that will change."

However, Cassini's data showed that the two planets are not exactly in sync, pointing to a missing element. In 2022, astronomers suggested that a lost moon, which they named Chrysalis, was a probable explanation for Saturn's current tilt. It once orbited the planet, for billions of years, contributing to Saturn's resonance with Neptune, but around 160 million years ago the moon came too close to Saturn

and was pulled apart in an event that created the planet's rings and shifted its tilt.

Ćuk and his colleagues refined that idea. They hypothesize that the event was not just a moon grazing Saturn and then disintegrating but a collision between predecessors of both Titan and Hyperion. "I call it proto-Hyperion, but it was 1,000 times larger — it was like a smaller version of Titan," Ćuk said. This lost moon collided with Titan and lost much of its mass, an event that would explain Titan's drifting orbit and Saturn's spin. "Right now, Saturn is wobbling a little bit too fast," Ćuk said. "But if you go back a few hundreds of millions of years when we saw this happen, the wobble was just short of what we needed to have the resonance with Neptune. And if you add an extra moon, you make it exact. And that explains everything."

In other words, the gravity and mass of the lost moon kept Saturn and Neptune in sync, and only its disappearance explains why they are now slightly misaligned. If the collision also created Hyperion in its current form — a smaller, tumbling, misshapen rock — it would explain why its orbit is locked with Titan's. But it remains unclear, Ćuk said, whether Hyperion is a fragment of Titan's precursor or of the lost moon that merged with it.

According to the study, Saturn's rings could have formed hundreds of millions of years after the event. Titan's expanding orbit interacted with some of Saturn's inner moons, disturbing them to the point of making them smash into each other. Some of the resulting debris survived as the rings.

A paper published in February, which postulates that Titan's surface is as young as 300 million years old based on the lack of impact craters, lends credibility to the collision scenario, according to Ćuk.

But the best way to test the theory is using NASA's Dragonfly — a nuclear-powered, car-size rotorcraft that will fly over Titan's surface and land in different spots to collect and analyze samples with its onboard instruments. It is currently scheduled to launch in 2028 for arrival on Titan by late 2034.

'It's complicated'

The evolution of the moons in the Saturn system and the origin of the rings are interesting puzzles that have intrigued scientists, said Linda Spilker, a senior research and planetary scientist at NASA's Jet Propulsion Laboratory who was not involved with the study.

"The rings may be as young as just a few hundred million years, or were formed at the same time as Saturn," Spilker added in an email. "This study provides compelling evidence for Hyperion and Saturn's rings forming well after Saturn formed."

Like an intricate musical clock, Saturn and its satellites spin and orbit with a variety of beats and resonances, according to William B. Hubbard, professor emeritus of planetary sciences at the University of Arizona who was also not part of the research. Saturn wobbles like a spinning top at a frequency that is suspiciously close to a basic frequency of the solar system, but it is not quite in tune, suggesting that some sort of relatively recent disruption may have occurred, Hubbard explained in an email.

"A 2022 study proposed that there was an extinct satellite, dubbed Chrysalis, responsible for forming the rings, but the probability of such an event was disappointingly low," he wrote. "The new study by Ćuk et al shows that a variant of this process,

involving the still existing satellite Hyperion, is more probable."

The scenario proposed by Ćuk and his colleagues provides a complicated but highly plausible sequence of events that explains the Saturnian system as scientists see it today, according to Carl Murray, an emeritus professor of mathematics and astronomy at Queen Mary University of London. Murray was not involved in the work but was a member of the Cassini team.

Astronomers long suspected that the Saturn system had evolved since its formation, but detailing the extent of change had always been a problem, he noted in an email.

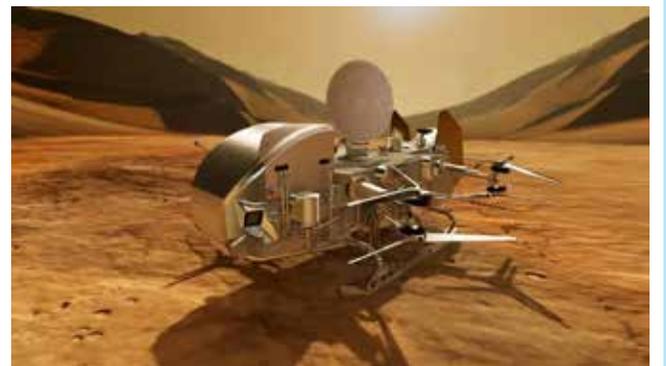
"It's a bit like 'CSI: Saturn' — we have clear forensic evidence that something unusual had happened," he said, "but until Cassini we were effectively only dealing with a snapshot of the crime scene and left trying to deduce possible culprits."

One of the many legacies of Cassini's 13 years of detailed measurements, combined with historical data, has been the discovery that Titan's orbit is expanding much faster than had been expected, Murray continued.

"The Saturn system is a dynamicist's paradise with numerous numerical relationships — called resonances — between the orbital periods of pairs of its moons. 'It's complicated' is a fair description of all these dynamical relationships over the past 400 million years, but the authors identify Titan's role as key to our understanding of the Saturn system."

Yahoo/News

Jacopo Prisco, CNN



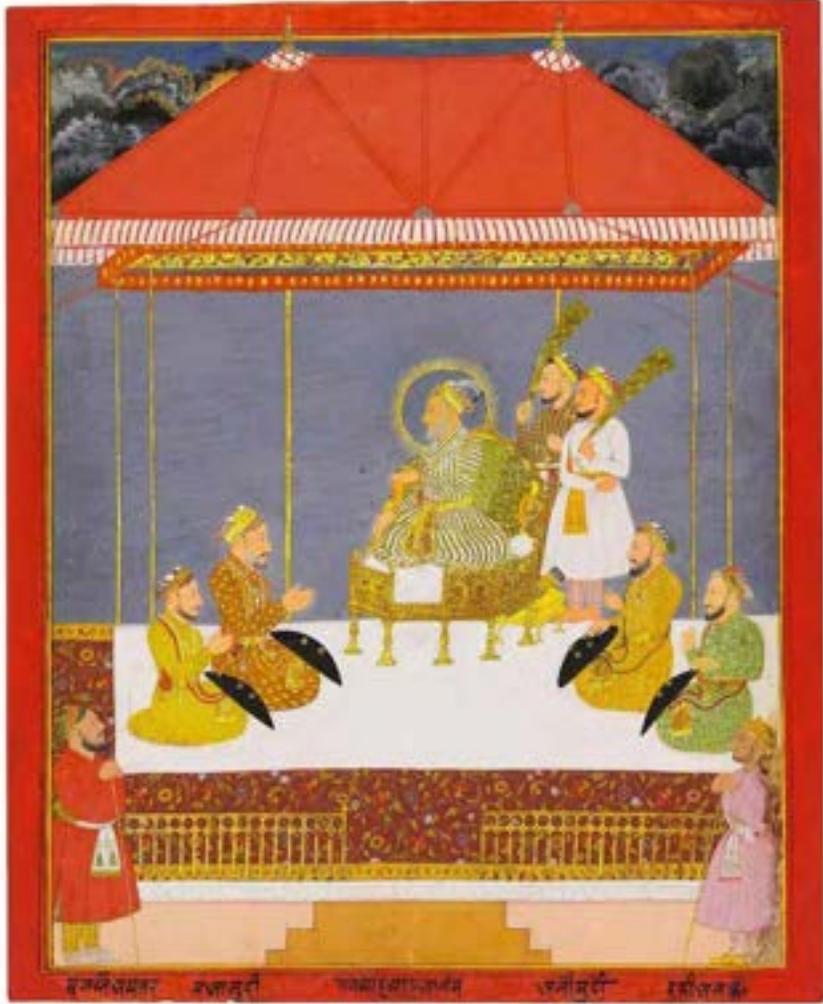
# WORDS SEARCH

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ALERT  
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CLEAN  
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COOL  
CRISP  
CURRENT  
DARING  
GLOWING  
HARDY  
HEALTHY  
INVIGORATION  
LIVELY  
MODERN

NATURAL  
ORIGINAL  
PURE  
RECENT  
SASSY  
SPARKLING  
SWEET  
VITAL  
VIVID



27 February 1712, Bahadur Shah I—born Prince Muazzam—passed away in Lahore at the age of 68. After his death, his body was brought to Delhi and laid to rest at Zafar Mahal in Mehrauli, behind the dargah of Qutbuddin Bakhtiar Kaki.

Following the death of Aurangzeb in 1707, a fierce war of succession erupted



among his three sons. Though none possessed their father's political or military command, Prince Muazzam ultimately emerged victorious and ascended the Mughal throne. Aurangzeb had left behind a vast empire at its territorial peak. Yet governing such an expansive realm required extraordinary administrative skill and political balance. Muazzam, though known as a kind and well-meaning ruler, lacked the strategic sharpness and military authority that had defined his father's reign. He struggled to maintain alliances with Afghans and Rajputs, and gradually, provincial powers began asserting independence. Many historians reflect that while Aurangzeb focused intensely on expanding imperial frontiers, insufficient preparation of his successors may have hastened the empire's decline. With his passing, the gradual weakening of the Mughal Empire became increasingly evident.

The Inside History

## As Ukraine war enters year 5, Zelenskyy, Kremlin agree: Russia falling short

Kyiv, Ukraine — President Volodymyr Zelenskyy marked the start of the fifth year of the Ukraine war by saying Russian counterpart Vladimir Putin has failed to achieve his war goals. And the Kremlin agreed.

In a video address that showed Ukrainians carrying out acts of resistance against Russian soldiers in the opening days of the conflict, Zelenskyy added that Ukraine was ready to do “everything” it could to secure a strong, lasting peace.

Hundreds of thousands have died on both sides since Russia invaded its neighbor on Feb. 24, 2022, unleashing the deadliest war on European soil since World War II. Talks between the two sides, relaunched last year by the United States, have so far failed to halt the fighting that has devastated the country and left it facing a mammoth reconstruction task.

“We have defended our independence, we have not lost our statehood; Putin has not achieved his goals. He has not broken Ukrainians; he has not won this war. We have preserved Ukraine, and we will do everything to secure peace and justice. Glory to Ukraine!” Zelenskyy said in his address, which he posted on social media.

“We want peace. Strong, dignified, and lasting peace,” Zelenskyy said, adding that any agreement “must not simply be signed, it must be accepted by Ukrainians.”

Kremlin spokesperson Dmitry Peskov said Tuesday Russia hasn't yet achieved all its war aims in Ukraine and will fight on until it does.

“The goals haven't been fully achieved yet, which is why the military operation continues,” Peskov told reporters. Zelenskyy told AFP last week that Ukraine wasn't losing the war, and he urged European countries to deploy troops to the front line in the case of any ceasefire to protect against Russia attacking again.

The leaders of Ukraine allies, including Finnish President Alexander Stubb and Swedish Prime Minister Ulf Kristersson, were in the country on Tuesday to mark the anniversary.

European Commission chief Ursula von der Leyen was also there, saying she wanted to reaffirm that Europe stood “unwaveringly with Ukraine, financially, militarily, and through this harsh winter.”

“And to send a clear message to the Ukrainian people and to the aggressor alike: we will not relent until peace is restored. Peace on Ukraine's terms,” she said in a video

posted to social media.

She is expected to attend a “commemoration ceremony” and visit a Ukrainian energy facility damaged by Russian strikes before meeting Zelenskyy and taking part in a videoconference with Kyiv's allies, including Britain, France and Germany.

Ukrainian soldier perseveres

CBS News correspondent Holly Williams, who's covered the war since it began, caught up last week with a Ukrainian soldier she first met on the front lines three days before Russia invaded.

At the time, Williams says, she assumed Valeriy Kashkarov and his comrades had been killed when Russia moved in.

But when CBS News tracked him down, he laughed when Williams said she was surprised he's still alive.

“Me too,” Kashkarov remarked.

He said he was shot by a Russian sniper. Though he survived, many of his fellow soldiers didn't make it.

“I get upset,” Kashkarov told Williams.

“It's a lot of pain,” Williams observed..

“Yeah,” Kashkarov responded, “Especially ... young brothers in arms (fellow soldiers) dead, and a lot of them. On a daily basis.

“It's like - ah - what the hell,” he reflected.

Territorial gains in dispute

The United States has been pushing for an end to conflict, which has destroyed much of eastern and southern Ukraine, but Moscow and Kyiv remain at odds over territory.

Russia, which occupies around 20 percent of Ukraine, is pushing for full control of Ukraine's eastern Donetsk region as part of any deal and has threatened to take it by force if Kyiv doesn't cave at the negotiating table.

Ukraine has rejected the demand and said it wouldn't sign a deal without security guarantees from allies, including the U.S., to deter Russia from invading again.

Moscow has in recent months escalated its attacks on Ukrainian energy infrastructure, cutting heating and power to millions of Ukrainians during this harsh winter. Kyiv's allies have slapped heavy sanctions on Moscow, forcing it to redirect its key oil exports toward new markets, particularly in Asia.

Despite heavy losses, Russian troops have in recent months advanced slowly on the front line, particularly



in the eastern Donbas region, which Moscow wants to annex.

Russia has rejected Ukrainian proposals for the deployment of European troops in Ukraine after any ceasefire deal. Putin has repeatedly warned that he will pursue his objectives by force if diplomacy fails.

Reconstruction will be huge

The grinding four-year war has devastated Ukraine, which even before the fighting was one of the poorest countries in Europe.

The cost of post-war reconstruction is estimated at around \$588 billion over the next decade, according to a joint World Bank, EU and UN report with Kyiv published. Russia cast its decision to send troops into Ukraine as a defensive move to halt Ukraine's ambition of joining NATO.

On Monday, during a medal ceremony to mark “Defenders of the Fatherland Day,” Putin said his soldiers were defending Russia's “borders” to ensure “strategic parity” between powers and fight for the country's “future.”

Iranian foreign minister says they “have every right” to “nuclear energy, including enrichment”

Breaking down New York City Mayor Zohran Mamdani's response to historic blizzard

Investigating Trump's claims that White South African farmers are victims of genocide

YahooNews

CBCNews

## A Secret Soviet Plan to Nuke America From the South Pole Was Working. Until UFO Hunters Looked Up.

During the late 1960s, a top-secret Soviet program to sneak nuclear weapons around U.S. early warning radars was mistaken for a rash of UFO sightings by Moscow's citizens. The weapon, known as FOBS, created a mysterious pattern in the night sky that many mistook for signs of alien visitation.

In the spring of 1967, people living in the western Soviet Union noticed something odd in the sky at dusk: a mysterious crescent-shaped sliver of light, about the size of the moon from most directions but larger from others. The crescent appeared six times in 1967, always at the same time of day, before it finally disappeared.

According to veteran space expert James Oberg at Air & Space Magazine, the Soviet press speculated they were UFOs, and UFO enthusiast groups sprang up across the country to record the sightings.

Suddenly, after the sixth incident, Soviet press coverage of the incidents abruptly stopped. Someone in Moscow with the right clearance realized that the crescents in the sky at sundown were actual evidence of a top-secret weapons test—one that violated existing treaties on the deployment of nuclear weapons into space. The "UFO" sightings were actually test launches of the R-36 Orb, a secret nuclear space missile. Developed from the SS-9 Scarp intercontinental ballistic missile, the R-36 Orb was designed to rocket into low-Earth orbit and de-orbit over the United States. Launched in a southern direction, the weapon could pass over the South Pole and then come at the United States from the direction of Mexico, bypassing the network of

early warning radars facing north.

The trip would be longer, but would catch the Americans by surprise, allowing the Soviets the chance to detonate a 2-3 megaton thermonuclear weapon wherever they might choose.

The R-36 was a so-called "first strike" weapon. The only logical reason to have such a weapon was to use it first in a nuclear war, as a surprise weapon meant to destroy American leadership and nuclear command and control systems. The problem? The R-36 was not accurate.

On average, half of R-36s launched in a war would land within three miles of their target. That's not a deal breaker with a 5-megaton warhead, but it does rule out destroying enemy missile silos. Still, the R-36 would retain use when it came to wiping out the White House, Pentagon, U.S. nuclear bombers sitting on the tarmac, and other vital U.S. installations in a surprise attack. The Soviet military conducted six tests of the R-36, each at the exact time of day when the missiles were illuminated but the recording cameras were in shadow. The illuminated crescent was caused by the weapon's braking maneuver, in which the de-orbit engine fired up and spewed exhaust as the weapon turned 180 degrees. This created a clearly visible letter "C" in the early evening sky. This slowed the R-36 down so that it entered low earth orbit, and would be fired back up again later to begin the de-orbiting process.

Although the Soviets initially explained away the tests as launches of "scientific research satellites," American intelligence eventually figured



out what they were up to and called the USSR out on it. Within eight months of the first test, according to Oberg, the U.S. claimed the R-36 was a first-strike weapon that used an orbit/de-orbit scheme.

This would run afoul of the Outer Space Treaty, which was nearing completion and which would ban the placement of nuclear weapons in orbit. It would also run counter to U.N. Resolution 1884, passed in 1963, which called on the U.S. and U.S.S.R. not to place nuclear weapons in space.

The Soviet Union never came clean about the R-36. Eighteen of the weapons were based in silos near Tyuratam, and later banned by the SALT II arms control treaty. The weapons had long since been obsolete, foiled by the deployment of new, southward-facing American early warning radars and Soviet ballistic missile submarines that could launch an attack from that direction much more quickly. The UFOs, it turned out, were not so unidentified after all.

Yahoo/News  
Kyle Mizokami

## Health Benefits

Hot water with lemon, turmeric, and honey is a popular, nutrient-dense, and antioxidant-rich morning tonic used to boost immunity, reduce inflammation, and support digestion. The combination leverages turmeric's active compound, curcumin, with the vitamin C in lemon and the soothing, antibacterial properties of honey. Here is a breakdown of the benefits, a standard recipe, and important tips.

### Health Benefits

**Reduces Inflammation & Joint Pain:** Curcumin in turmeric acts as a powerful anti-inflammatory, potentially easing joint pain and reducing chronic inflammation.

**Boosts Immunity:** Lemon provides vitamin C, while turmeric adds antibacterial and antiviral properties, helping to fend off colds.

**Supports Digestion & Detox:** This drink can stimulate bile production to aid digestion, reduce bloating, and gently detoxify the liver.

**Skin & Brain Health:** The antioxidants help fight free radicals for healthier skin, while early research suggests turmeric may support cogni-

tive health.

### Standard Recipe

- 1 cup warm water (not boiling)
- 1/4 to 1/2 tsp turmeric powder (or 1-inch fresh turmeric root, grated)
- 1/2 lemon, juiced
- 1 tsp raw honey (or to taste)
- Optional: A pinch of black pepper (crucial to increase curcumin absorption by up to 2000%)
- Optional: 1/2 tsp ginger (grated) for extra, warming digestive support

### Instructions:

Heat water, but do not boil (boiling can destroy nutrients).

Stir in the turmeric and black pepper.

Add the lemon juice and honey.

Stir well and drink immediately while warm.

### Tips for Best Results

**Drink on an empty stomach:** For maximum benefits, consume this first thing in the morning.

**Stir constantly:** Turmeric tends to settle at the



bottom of the cup, so stir between sips.

**Protect your teeth:** Lemon juice is acidic, so consider using a straw to protect tooth enamel.

**Add fat for absorption:** Because curcumin is fat-soluble, adding a tiny splash of olive oil or coconut oil can also help your body absorb it better.

# Traveling for spring break 2026? current travel advisories

Finalizing your upcoming spring break trips? Ensure your potential destinations are recommended for tourists.

The U.S. Department of State issues travel advisories for those planning or traveling internationally, with four warning levels.

As of February 2026, 23 countries are at level 3, and 22 are at level 4. Here's what that means.

When is Spring Break 2026?

It depends on where you live. For some, spring break begins early in March, while others must wait until mid-April.

There are 4 levels of travel warnings. Here's what they mean

**Level 1: Exercise normal precautions:** This is the lowest advisory level for safety and security risk. There is some risk in any international travel.

**Level 2: Exercise increased caution:** Be aware of heightened risks to safety and security.

**Level 3: Reconsider travel:** Avoid travel due to serious risks to safety and security.

**Level 4: Do not travel.** This is the highest advisory level due to a higher likelihood of life-threatening risks.

To see all the countries under travel advisories, [click here](#).

Which countries have a Level 3 travel warning? Bangladesh

Burundi

Chad

Colombia

Democratic Republic of the Congo

Ethiopia

Guatemala

Guinea-Bissau

Guyana

Honduras

Israel

Jerusalem

Mauritania

Nepal

New Caledonia

Nicaragua

Nigeria

Pakistan

Papua New Guinea

Tanzania

Trinidad & Tobago

Uganda

West Bank

Which countries have a Level 4 travel warning?

Afghanistan

Belarus

Burkina Faso

Burma (Myanmar)

Central African Republic

Gaza

Haiti

Iran

Iraq

Lebanon

Libya

Mali

Niger

North Korea

Russia

Somalia

South Sudan

Sudan

Syria

Ukraine

Venezuela

Yemen

Traveling abroad? Here are some safety tips



before you go

The U.S. State Department recommends that citizens enroll in the Smart Traveler Enrollment Program and develop contingency plans in case of emergencies.

As for general safety tips, author Christopher Elliot shared his tips with USA TODAY back in 2023 for travelers before they head out on their vacation:

Research your destination carefully. Plan your itinerary to avoid any dangerous places and activities.

Ensure all your routine and travel vaccinations are up to date, especially if you're traveling abroad.

Purchase adequate travel insurance and a medical evacuation membership, such as Medjet or Global Rescue.

Have a plan B in case something goes wrong. Carry a list of emergency contacts and discuss the game plan with your travel companions in the event something goes wrong.

Some groups advise against traveling to the US for FIFA 2026

Several groups, including the ACLU of Florida, the Florida Immigrant Coalition, and the American Friends Service Committee, issued a travel alert for the U.S., particularly Florida, ahead of the FIFA World Cup.

Their message was for visitors to "strongly" reconsider travel to Florida due to what they called multiple cases of tourists and U.S. citizens being detained for immigration enforcement purposes. Soccer fans from around the world are expected to travel to the U.S. for the World Cup, which will feature seven matches in Miami.

Yahoo/News  
Samantha Neely

# Health & Wellness

## Easy Tips to Kickstart Your Spring Wellness Routine

Prioritize mental health, eat healthy, embrace exercise  
Spring is the perfect time to turn the focus back to you and take steps to improve your health. The natural world is in renewal mode. You can be too.

Whether you're currently in tip-top shape or have chronic conditions in need of management, there are numerous ways to steer yourself toward better health, says Stephen Shapero, MD, a family medicine physician at Scripps Coastal Medical Center Carlsbad.

Spring clean your health and wellness routine with these tips from Dr. Shapero.

1. Schedule "Me" time for better mental health  
To improve physical health, take time to nurture mental health. Make it a priority to replenish yourself and relax. Find ways to manage stress and connect with friends and loved ones.
2. Clean up your diet  
Add more seasonal fruits and vegetables — aim to get at least five servings daily — to your diet. Also, add in healthy fats (limit refined oils or fried foods), whole grains, lean meats and low-fat dairy products.
3. Stay hydrated

Hydration is always important — our bodies are roughly 60% water — but becomes even more so as the weather heats up and as we ramp up our exercise levels.

4. Move your body, preferably outdoors  
The standard minimum recommended time of moderate-intensity physical activity is 150 minutes per week. You don't need to become a marathon runner; walking or gardening will suffice, as long as your muscles are activated and you do it consistently. Exercising in the sunshine adds a mood-enhancing benefit.

5. Protect your skin and eyes from UV rays  
Californians need to be even more vigilant with sunscreen. Wear sunglasses, wide-brimmed hats and garments with long sleeves and pants while outside to help prevent skin cancer. Though studies have shown daily sunscreen use has little effect on vitamin D production, seniors may benefit from vitamin D supplements. Even with adequate sunshine, older skin does not produce enough.

6. Stop smoking and vaping  
E-cigarettes are not a safe alternative to smoking. Both contain cancer-causing chemicals. Your physician can help you develop a cessation plan.



7. Get adequate sleep  
You're too busy to "waste" time on sleep? Think again. Adults generally require at least seven hours nightly. Inadequate sleep can hinder your immune system and sense of well-being. It's not a luxury; it's a necessity.

8. Address springtime allergies  
Outdoor and indoor allergens can both be disruptive. Changing home air filters can help, as well as avoiding outdoor activities on high pollen days and taking over-the-counter allergy medication.

9. Schedule annual checkups  
Yearly physicals include screenings for cancer and heart disease, recommended immunizations and discussions with your doctor about family medical history. Don't put off this important check-in.

## SKINCARE IN SPRING

Spring skincare requires transitioning from heavy winter products to lighter, hydrating, and protective formulas to match increased humidity and UV exposure. Key steps include using a lighter, non-comedogenic moisturizer, increasing SPF usage, and exfoliating to remove winter buildup. Key ingredients to look for include hyaluronic acid, antioxidants, and ceramides  
Essential Spring Skincare Steps & Tips  
Switch to Lightweight Moisture: Replace thick creams with lotions, gels, or serums containing hyaluronic acid and ceramides to hydrate without clogging pores.

Boost Sun Protection: Increase to a broad-spectrum SPF 30+ daily and reapply every 2 hours as sun exposure increases, note slmdskincare.com and Coastal Dermatology + Aesthetics.

Exfoliate Regularly: Use a gentle exfoliant (e.g., AHAs or BHAs) to remove dead skin cells that accumulated during winter, says Illinois Dermatology Institute and Dermatology Group of The Carolinas.  
Incorporate Antioxidants: Use a Vitamin C serum in the morning to protect against environmental damage, pollution, and increased UV rays, advise SLMD Skincare.

Switch Up Cleansers: Move to a, gentle, balancing cleanser that removes impurities without destroying the natural barrier, note ISDIN.

Don't Forget Sunscreen Formulation: Use a non-greasy or mineral sunscreen to avoid breakouts, suggest Ipsy.

Add Hydrating Mists: Keep a soothing, hydrating mist to refresh and calm the skin throughout the day, note Illinois Dermatology Institute and Ipsy.

Clean Out Your Products: Check expiration dates on skincare and makeup, discarding old items from winter, say Coast Dermatology Medical Associates and Coastal Dermatology + Aesthetics

Targeting Spring Concerns

Allergies: Spring allergies can cause puffiness and redness, requiring soothing ingredients like chamomile or niacinamide, notes Keys Soulcare.  
Increased Oil/Breakouts: Warmer weather leads to more oil production; look for niacinamide to control sebum and prevent breakouts, suggests Coastal Dermatology + Aesthetics.

Treatments: Consider professional treatments like facials or chemical peels to further refresh the skin after winter, say Coast Dermatology Medical Associates

What happens to our skin in springtime?  
Our skin is incredibly adaptable: as the seasons change, it naturally adjusts to maintain balance. However, these adaptations don't always happen fast



enough — potentially leading to dryness, breakouts, and irritation.

As temperatures rise and humidity increases, skin naturally:

- Releases more water → Can lead to dehydration if not replenished
- Produces more sebum → Oily skin types may notice increased shine or breakouts
- Uses more antioxidants  
→ Helps fight free radical damage from stronger UV rays
- Increases melanin production → A natural response to higher sun exposure

## Why the Dollar is struggling right now

The greenback has been the world's financial anchor for decades — and, despite the recent wobble, it still is.

The U.S. dollar dominates global trade, global finance, and global savings for a few boring but powerful reasons: Most international transactions are priced in dollars (even when the U.S. isn't involved), foreign governments stockpile U.S. Treasuries as reserves, and global investors treat dollar-based assets as the safest, deepest pool of capital on earth. Add in an independent central bank, open capital markets, and decades-old payment infrastructure, and you get a currency that's extremely hard to replace.

That hasn't changed. What has changed is sentiment. Over the past year, the dollar has slid roughly 10% from its peak, hitting its weakest level in nearly four years against a basket of major currencies. That's not a collapse — historically, the dollar is still well above its long-term average — but the direction has investors talking.

So what's actually driving the weakness?

First: politics and credibility. Markets don't love uncertainty, and right now they're getting plenty of it. President Trump has openly criticized the Federal Reserve, pushed for looser policy, introduced tariff uncertainty, and signaled a preference for a weaker dollar to boost exports. Whether or not those policies materialize, the perception of political pressure on U.S. institu-

tions matters. Investors price credibility as much as data.

Second: the “hedge America” trade. Foreign investors haven't been dumping U.S. stocks or bonds — the S&P 500 is still up double digits over the past year. Instead, many are doing something subtler: keeping their U.S. assets while hedging their dollar exposure. That means buying currency protection after the fact, which mechanically puts downward pressure on the dollar even if capital stays invested in America.

Third: gold is flashing yellow lights. Gold prices have gone parabolic, topping \$5,000+ per ounce, as investors search for protection against fiscal expansion, geopolitics, and institutional erosion. Central banks — especially in emerging markets — have been steady buyers, and now private investors are piling in too. Gold rising alongside strong U.S. stocks tells you this isn't about recession fear — it's about hedging the system.

Fourth: rate expectations matter. If the Fed eventually cuts rates, especially under political pressure, currency hedging becomes cheaper. Cheaper hedges mean more hedging. More hedging means more downward pressure on the dollar. That feedback loop doesn't require panic to work; it just requires incentives.



What this isn't: This is not a sudden loss of dollar dominance. There is no realistic alternative waiting in the wings. China's currency still faces capital controls and trust issues, Europe lacks unified fiscal backing, and no other market offers the scale, liquidity, and legal structure of U.S. Treasuries.

And just to clarify: When people say “the dollar is falling,” they're not talking about what a dollar buys at Target — that's inflation. They're talking about how the dollar trades against other currencies in global FX markets. A weaker dollar is mostly reflected in exchange rates. And the mechanics behind the movement are equally relevant — it's banks, asset managers, corporations, and central banks constantly hedging trillions in cross-border exposure. When expectations shift around U.S. interest rates, political stability, or institutional credibility, global money repositions.

## Gen Z is side hustling like never before

Quiet quitting had a moment, but amongst younger workers, side hustling has become the ultimate hedging mechanism. More than half of Gen Z now has a side gig, far outpacing older generations. This isn't reflective of an attitude problem as much as it's a response to a job market that feels tighter, slower, and less predictable than advertised. Entry-level roles are harder to land, career ladders feel shakier, and raises either don't exist or aren't keeping up with the cost of...well, everything.

So, Gen Z is diversifying instead of complaining; they're working around the flaws in the dream they were sold. For many, side hustles are about straightforward math. Extra income provides a buffer against layoffs, student loans, and inflation. Gig work, retail shifts, freelancing, and creator-style income streams help smooth cash flow when a single paycheck doesn't feel like enough.

But there's also a mindset shift underway here: The traditional idea that fulfillment, stability, and identity should all come from one job is losing its grip. Increasingly, the day job pays the bills — and the side hustle funds autonomy, cre-

ativity, or optionality. Technology is, of course, accelerating this trend. AI tools, marketplaces, and platforms have lowered the barrier to monetizing skills, whether that's design, writing, coding, reselling, tutoring, or content creation. What once required a business plan now often requires a Wi-Fi connection and a few spare hours.

At the same time, anxiety is doing some of the motivating. Young workers are watching layoffs ripple through white-collar industries, hear-

ing nonstop talk of automation, and realizing that “stable” careers aren't as stable as they were promised. Side hustles double as insurance policies — not just income streams.

That doesn't mean Gen Z has abandoned ambition. Many still want promotions, leadership roles, and long-term careers. What's changed is the definition of success. Independence, flexibility, and control are being valued alongside — and sometimes above — traditional titles.



# Owaisi connection with Aligarh Muslim University

Sultan Salahuddin Owaisi (1931–2008)—the man often referred to as “Salar-e-Millat” (Commander of the Community).

A towering figure in Deccan politics, Owaisi Sahab was a proud “Aligarhian” who studied at AMU during the late 1940s and early 1950s. It was at Aligarh that he sharpened his political consciousness and witnessed the transition of India into a republic. He carried the “Aligarh Spirit” back to Hyderabad, where he spent six decades reviving and leading the All India Majlis-e-Ittehadul Muslimeen (AIMIM).

Quick Statistics & Political Milestones:

\* Academic Roots: An alumnus of AMU, he credited the university for providing the intellectual framework needed to advocate for minority rights in post-independence India.

\* Parliamentary Record: A massive six-term Member of Parliament (MP), representing the Hyderabad constituency in the Lok Sabha consecutively from 1984 to 2004.

\* State Legacy: Before moving to the national stage, he served as an MLA in the Andhra Pradesh Legislative Assembly for over 20 years (1962–1984).

\* Institutional Builder: Founded the Deccan College of Medical Sciences and several other professional institutions, mirroring the educational mission of Sir Syed Ahmed Khan.

\* Political Dynasty: The father of current AIMIM President Asaduddin Owaisi and MLA Akbaruddin Owaisi, ensuring the continuation of his political legacy.

The Voice of the Deccan



Sultan Salahuddin Owaisi was known for his mastery of the “Aligarh style” of Urdu oratory—sophisticated yet powerful. He transformed a localized political entity into a national voice, always maintaining that education and political representation were the two pillars of community progress.

“He bridged the gap between the old-world charm of Hyderabad and the democratic realities of modern India, always with the Aligarh identity close to his heart.”

#SultanSalahuddinOwaisi  
#SalareMillat #AMU



#AligarhMuslimUniversity #HyderabadPolitics  
#AIMIM #Aligarhian #LokSabha #IndianHistory  
#DeccanLegends



Fahad Uddin Saberi  
Iran Kay Sader Shaheed  
Hojanay Per Photo Ko  
Sulot Kerteh Huway  
Youths Leaders AIMIM  
Hyderabad Telangana.  
Photo: Fared Sabiri

## Former MLA Ahmed Pasha Qadri Passes Away

Hyderabad: Former MLA of Hyderabad, Ahmed Pasha Qadri, passed away today, causing deep sorrow in political and social circles. His demise has been widely mourned by leaders, journalists, and members of the public who remembered him as a dedicated public servant and influential leader.



Expressing grief over his passing, senior journalist Mir Mohsin Ali said that Ahmed Pasha Qadri’s death is a great loss to Hyderabad. He recalled Qadri’s significant contributions to public service and his efforts for the welfare of the people. “His services to society and his commitment to the people will always be remembered,” he said.

Mir Mohsin Ali also extended heartfelt condolences to the bereaved family and prayed that Almighty Allah grant the departed soul eternal peace and give strength to his family to bear this irreparable loss.



Alhumdulillah Our 3rd Branch of Misri Gym at Mallepally Inauguration  
By Janab Barrister Asad Uddin Owaisi Sahab, Member of Parliament,  
India

List of Hindi film MARCH 2026

Opening	Title	Director	Cast	Studio (production house)
5	<i>Subedaar</i>	Suresh Triveni	Anil Kapoor · Radhika Madan · Saurabh Shukla · Aditya Rawal · Mona Singh · Faisal Malik	Abundantia Entertainment, Opening Image Films Production, Anil Kapoor Film & Communication Network, Amazon Prime Video
6	<i>Charak: Fair of Faith</i>	Shieladitya Moulik	Anjali Patil · Subrat Dutta · Sahidur Rahaman · Shashi Bhushan · Nalneesh Neel · Koushik Kar · Sreya Bhattacharya · Sushmita Sur · Debdas Ghosh · Shankhadeep · Shounak Shyamal	Pen Studios, Sipping Tea Cinemas, Sudipto Sen Productions
	<i>Na Jaane Kaun Aa Gaya</i>	Vikas Arora	Jatin Sarna · Madhurima Roy · Pranay Pachauri	Dhawan Films, Vikas Arora Films
13	<i>Kissa Court Kachahari Ka</i>	Rajnish Jaiswal	Rajesh Sharma · Brijendra Kala · Neelu Kohli · Lokesh Tilakdhari · Susheel Chandarbhan · Krishna Singh Bisht · Anju Jadhav · Sanjeev Jaiswal · Avanya Kumari	Lovely Films P Ltd
19	<i>Dhurandhar: The Revenge</i>	Aditya Dhar	Ranveer Singh · Sanjay Dutt · Akshaye Khanna · Arjun Rampal · R. Madhavan · Sara Arjun	Jio Studios, B62 Studios

**Subedaar**

Subedaar (2026), starring Anil Kapoor, is a high-octane action-drama directed by Suresh Triveni and releasing on Prime Video on March 5, 2026. The film follows Subedaar Arjun Maurya (Kapoor), a retired soldier struggling to transition to civilian life, who fights against corruption and local threats to protect his family.

Key Takeaways & Early Buzz:

Performance: Early buzz highlights Anil Kapoor's intense, "never-seen-before" action role

as a 69-year-old soldier, which he described as challenging but fulfilling.

Action & Story: It is described as a "gritty" and "adrenaline-fueled" film that mixes high-stakes combat with a deeply moving story about a father-daughter relationship.

Cast: The movie also features Radhikka Madan as his daughter, Shyama, and Mona Singh as a key antagonist.

Director: Directed by Suresh Triveni, known for Tumhari Sulu and Jalsa, indicating a mix of



emotional depth and intense drama.

**Na Jaane Kaun Aa Gaya**

Based on the search results, "Na Jaane Kaun Aa Gaya" is an upcoming Hindi romantic drama film scheduled for release in cinemas on March 6, 2026. As the movie is scheduled for future release, no professional critic reviews are available yet.

Here is a preview of the film based on available information:

Key Details:

Release Date: March 6, 2026

Genre: Drama, Romance

Director: Vikas Arora

Cast: Jatin Sarna, Madhurima Roy, and Pranay Pachauri

Synopsis & Themes:

The story revolves around a love triangle involv-

ing characters named Kaushal, Tina, and Veer. It explores themes of love, longing, guilt, and the complexities of modern relationships. The plot follows Kaushal Agarwal, whose structured life falls apart after his wife, Tina, suddenly disappears, forcing him to confront uncomfortable truths about their marriage. The film is described as a story about "what remains unsaid" and the fragile space between devotion and freedom.

Expectations:

It is marketed as a dramatic, emotionally driven film.

The official teaser has been released, providing a glimpse into the tense, emotional atmosphere of the film.



Note: The search results also briefly mention a different, old movie "Jaane Kahan Se Aayi Hai" (2016) in a snippet, which is not the same as this 2026 release.

# DHURANDHAR



DHURANDHAR is the story of a mysterious man who creates havoc in Pakistan. Ajay Sanyal (R Madhavan), Chief of IB, is disturbed by the 1999 Air India hijack episode and the shocking attack on the Parliament of India on December 13, 2001. In 2002, External Affairs Minister Devarat Kapoor (Akash Khurana) accepts Ajay's proposal of Operation Dhurandhar. Accordingly, 2 years later, an Indian secret agent (Ranveer Singh) enters Pakistan and assumes the identity of Hamza Ali Mazari. He gets employed at a juice shop in the politically volatile area of Lyari, Karachi. From the juice owner Aalam (Gaurav Gera), Hamza learns that two rival gangs operate in Lyari, one is run by Babu Dakait and the other is run by Rehman Balochi aka Rehman Dacait (Akshaye Khanna). As his name suggests, Rehman is from Balochistan and Hamza also claims that he's from the same region. Hamza rescues Rehman's elder son from an attack by Babu Dakait. This helps him earn the trust of Rehman and he joins his gang. Rehman is close to local politician Jameel Jamali (Rakesh Bedi), who is insecure with the former's hold in Lyari. This motivates Jameel to bring suspended police officer Chaudhary Aslam (Sanjay Dutt) back into the force with a single motive of keeping Rehman in check. On the other hand, Rehman becomes friendly with Major Iqbal (Arjun Rampal), ISI, and happily helps the latter in his war against India. Since Hamza is a core member of Rehman's gang, he also gets first-hand information on the ISI's strategies against India. While Hamza is working for the sake of his country, he falls in love with Jameel's daughter, Yalina (Sara Arjun). What happens next forms the rest of the film.

DHURANDHAR is a well-made, ambitious big-screen experience with top-notch craft, memorable moments and some truly outstanding performances

Star Cast: Ranveer Singh in the lead along with Sanjay Dutt, Akshaye Khanna, R Madhavan, Arjun Rampal, Sara Arjun

Dhurandhar Movie Review Synopsis:

DHURANDHAR is the story of a mysterious man who creates havoc in Pakistan. Ajay Sanyal (R Madhavan), Chief of IB, is disturbed by the 1999 Air India hijack episode and the shocking attack on the Parliament of India on December 13, 2001. In 2002, External Affairs Minister Devarat Kapoor (Akash Khurana) accepts Ajay's proposal of Operation Dhurandhar. Accordingly, 2 years later, an Indian secret agent (Ranveer Singh) enters Pakistan and assumes the identity of Hamza Ali Mazari. He gets employed at a juice shop in the politically volatile area of Lyari, Karachi. From the juice owner Aalam (Gaurav Gera), Hamza learns that two rival gangs operate in Lyari, one is run by Babu Dakait and the other is run by Rehman Balochi aka Rehman Dacait (Akshaye Khanna). As his name suggests, Rehman is from Balochistan and Hamza also claims that he's from the same region. Hamza rescues Rehman's elder son from an attack by Babu Dakait. This helps him earn the trust of Rehman and he

joins his gang. Rehman is close to local politician Jameel Jamali (Rakesh Bedi), who is insecure with the former's hold in Lyari. This motivates Jameel to bring suspended police officer Chaudhary Aslam (Sanjay Dutt) back into the force with a single motive of keeping Rehman in check. On the other hand, Rehman becomes friendly with Major Iqbal (Arjun Rampal), ISI, and happily helps the latter in his war against India. Since Hamza is a core member of Rehman's gang, he also gets first-hand information on the ISI's strategies against India. While Hamza is working for the sake of his country, he falls in love with Jameel's daughter, Yalina (Sara Arjun). What happens next forms the rest of the film.

Dhurandhar Movie Story Review:

Aditya Dhar's story, inspired by true events, is fascinating. Aditya Dhar's screenplay (additional screenplay by Shivkumar V Panicker and Ojas Gautam) is captivating and unlike the other spy or Pakistan-based films. However, the writing gets stretched. Aditya Dhar's dialogues are dramatic. But a film like this ought to have more massy one-liners.

Aditya Dhar's direction is exemplary. Just like URI: THE SURGICAL STRIKE [2019], DHURANDHAR is divided into chapters. The text that appears on screen, whether its names of characters and episodes or even certain crucial dialogues, make for a unique watch. At a crucial juncture, the screen turns red and real-life conversations between terrorists and their handlers are played. Again, this is a one-of-a-kind thing that helps the film stand out. Of course, there's no denying that the film has enough gripping and cinematic moments as well. The manner in which a man from India manages to infiltrate deep into Pakistan's political system is quite entertaining and even intriguing. Moreover, his rise seems organic and is not unconvincing at all. The attack on Rehman's son in the marriage is memorable and so is the scene where the whole gang of Babu is finished. The intermission arrives at a nail-biting juncture. Post-interval, the way Hamza goes to insane lengths to save his boss makes for a great watch. The finale fight is also worth a watch.

On the flipside, the film majorly suffers on account of its very long length. DHURANDHAR has a run time of 214 minutes and moreover, the interval point comes after 2 hours. One can argue that even ANIMAL [2023] or PUSHPA 2 [2024] were lengthy. But those were conventional mass entertainers. DHURANDHAR, meanwhile, is a mass cinema of a different kind. In some places, the narrative seems a bit dry and stretched. Hence, there are moments where the audience, especially the masses, would lose interest. Also, it's a two-part saga and a section of the audience might have reservations over the fact that despite such a lengthy run time, the story is far from over. The other issue with the film is the romantic track. The manner in which the girl of a politician runs away while the politician looks the

other way is hard to digest.

Dhurandhar Movie Review Performances:

Ranveer Singh delivers one of the most accomplished performances of his career. He gets into the skin of the character and the way he has performed is seen to be believed. Especially the scene where he's vulnerable is quite praiseworthy. Akshaye Khanna communicates a lot just through his eyes and expressions. The actor's sheer presence adds a lot to the film and his performance elevates the impact in many scenes. Sanjay Dutt is credited with a special appearance and does well. Arjun Rampal, too, has limited screen time and oozes terror and how. R Madhavan is terrific and leaves a huge mark. Sara Arjun is let down by the writing but makes a smashing debut. Her screen presence is electrifying. Rakesh Bedi lends able support. Shashwat Sachdev's music Gaurav Gera, Naveen Kaushik (Donga) and Danish Pandor (Uzair) are memorable. Akash Khurana, Saumya Tandon (Rehman's wife), Manav Gohil (Sushant Bansal), Bimal Oberoi (Bimal Oberoi) and the actors playing the Khanani brothers do very well.

Dhurandhar movie music and other technical aspects:

Music is decent. The title track has already become a rage. 'Ishq Jalakar - Karvaan' is the best of the lot in terms of placement. 'Gehra Hua' is decent. 'Run Down The City - Monica' is well picturized. 'Sharaat' and 'Ez Ez' are passable. Shashwat Sachdev's background score adds to the madness.

Vikash Nowlalkha's cinematography is spectacular. Saini S Johray's production design is realistic while Smriti Chauhan's costumes are authentic. Aejaz Gulab, Sea Young Oh, Yannick Ben and Ramazan Bulut's action is very disturbing. Envision VFX, Film CGI, and Resonance Digital's VFX is satisfactory. Shivkumar V Panicker's editing should have been much better. The film should have had a run time of under 3 hours for a better impact.

Dhurandhar Movie Review Conclusion:

On the whole, DHURANDHAR is a well-made, ambitious big-screen experience with top-notch craft, memorable moments and some truly outstanding performances, led by a career-best turn from Ranveer Singh and a superbly controlled, scene-lifting act by Akshaye Khanna. However, the excessive run time, dry stretches and the decision to tell this as a two-part saga will restrict its appeal for a section of the audience, especially those expecting a more racy, massy thriller. Ultimately, while the film has all the ingredients to win over viewers who have the patience for its length, its box office performance will heavily depend on word of mouth and how much the audience is willing to embrace such a long, tonally intense espionage drama.

**Binaca Geetmala Annual List for Year 1979**



Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Bhang Kaa Rang, Khai Ke Paan Banaaras Valaa     3.94 - 216 votes	Kishore Kumar	Kalyanji Anandji	Zeenat Aman, Amitabh Bachchan
		Don (1978)	Anjaan	Filmfare Awards Winner, Folk Songs
 2	O Sathi Re, Tere Binaa Bhi Kya Jeena     4.41 - 854 votes	Kishore Kumar	Kalyanji Anandji	Rakhee, Amitabh Bachchan, Vinod Khanna
		Muqaddar Ka Sikandar (1978)	Anjaan	Sad Songs, Romantic Songs, All Time Great, Raag Based Songs, Raga - Shivrangani
 3	Noori Noori, Aa Jaa Re O Mere Dilabar Aa Jaa (Part 1)     4.27 - 345 votes	Lata Mangeshkar, Nitin Mukesh	Khayyam	Farooq Sheikh, Poonam Dhillon
		Noorie (1979)	Jan Nisar Akhtar	Intezaar, Romantic Songs
 4	Na Jaane Kaise, Pal Me Badal Jaate Hain     3.15 - 400 votes	Kishore Kumar, Mohammed Rafi, Suman Kalyanpur	Laxmikant Pyarelal	Jeetendra, Rishi Kapoor, Reena Roy
		Badaltey Rishtey (1978)	Anjaan	Sad Songs
 5	Ham Bevafaa Hargiz Na The, Par Ham Vafaa Kar Naa Sake     4.34 - 206 votes	Kishore Kumar	R D Burman	Dharmendra
		Shalimar (1978)	Anand Bakshi	Filmfare Awards Nominee, Sad Songs
 6	Main Tulsii Tere Aangan Ki     4.09 - 188 votes	Lata Mangeshkar	Laxmikant Pyarelal	Asha Parekh, Vijay Anand, Nutan
		Main Tulsii Tere Aangan Ki (1978)	Anand Bakshi	Sad Songs, Philosophical Songs, Filmfare Awards Nominee
 7	Jijaaaji Jijaaaji Hone Vaale Jijaaaji     3.57 - 23 votes	Suresh Wadkar, Dilraj Kaur, Anuradha Paudwal	Usha Khanna	Padmini Kolhapure, Vinod Mehra
		Saajan Bina Suhagan (1978)	Indeevar	Ched Chad Songs
 8	Mere Pass Aao Mere Dosto     4.20 - 84 votes	Amitabh Bachchan, Master Ravi	Rajesh Roshan	Rekha, Amitabh Bachchan
		Mr. Natwarlal (1979)	Anand Bakshi	Songs for Kids, Happy Songs, Filmfare Awards Nominee
 9	Salam-E-Ishq Meri Jaan Zara Kabul Kar Lo     4.40 - 460 votes	Lata Mangeshkar, Kishore Kumar	Kalyanji Anandji	Amitabh Bachchan, Rekha
		Muqaddar Ka Sikandar (1978)	Anjaan	Dance Songs, Mujra Songs
 10	Tere Haathon Mein Pehna Ke     4.29 - 133 votes	Mohammed Rafi, Asha Bhosle	Laxmikant Pyarelal	Neetu Singh, Reena Roy, Jeetendra
		Jaani Dushman (1979)	Varma Malik	Romantic Songs, Dance Songs

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

گل بو کی حکایت

ڈاکٹر توفیق انصاری احمد  
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

69 لالچ بڑی ہوتی ہے

**اُردو حکایت:** اک غریب آدمی کا گزارہ سوکھی روٹی اور معمولی چٹنی پر تھا اور قناعت سے بسر ہو رہی تھی۔ ایک دن اک بے ہودہ آدمی نے اُس کو ترغیب دی کہ امیر کے لنگر پر جاؤ اور عمدہ کھانے لے آؤ شرم کرنے سے کچھ نہ ہوگا۔ شرمیلا انسان محروم رہتا ہے۔ بے چارہ اُس کی چڑی باتوں میں آ گیا اور امیر کے لنگر پر جا پہنچا۔ وہاں بے شمار لوگوں کا ہجوم تھا۔ چھینا چھانی میں غریب کے کپڑے تارتا رہ گئے اور ہاتھ بھی ٹوٹ گیا۔ اب اُس کو ہوش آیا اور رو رو کر اپنے نفس کو ملامت کرتا اور کہتا گیا۔

فارسی اشعار:

بلاجوئے باشد، گرفتار از  
من و خانہ من بعد، و نان و پیاز  
جوینے کہ از سعی باز و خورم  
بہ از میدہ بر خوانِ اہل کرم

حاصل کلام:

لالچی آدمی مصیبت کا متلاشی ہوتا ہے۔ آج کے بعد میں ہوں گا، میرا غریب خانہ، روٹی ہوگی اور پیاز۔ جو کی وہ روٹی جو میں بازو کی محنت سے کھاؤں۔ اہل کرم کے دسترخوان کے میدہ سے بہتر ہے۔

منظوم ترجمہ:

لالچی انسان کرتا ہے مصیبت کو تلاش  
مجھ کو میرا گھر ہے کافی، ہے بہت کچھ پیاز و نان  
جو کی روٹی، میں جو محنت سے کما کر کھاؤں گا  
ہے وہ بہتر، مہرباں کو ہو مبارک نان و خوان

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

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

ولی الدین  
شاعر و ادیب

## فرق صرف اتنا ہے



مدد آپ کرتے ہیں۔

ہاتھوں کی لکیر کسی کا مقدر نہیں ہوتی بغیر محنت کے کوئی شے میر نہیں ہوتی ہر کام صحیح وقت پر کرنا چاہیے اب ذرا الیکشن کی بھی بات ہو جائے۔ امریکا کے صدر نے کورونا میں مبتلا ہونے کا ڈھونگ رچایا ہے یا پھر حقیقت ہے تو اتنی جلدی وہ اسپتال سے صحیح ہو کر واپس وائٹ ہاؤس میں آ گیا، ادھر ہمارے ساتھ کے کتنے ڈاکٹر اور ہیلتھ کیئررز کے پروفیشنل اس موذی مرض سے زندگی دھو بیٹھے ہیں یا پھر اس کا اسپیشل علاج کچھ خاص داؤوں اور انجکشن سے کیا گیا ہے جو عام آدمی کے لیے فراہم نہیں ہے امریکا صدر، نواز شریف، یا پھر عرب کے بادشاہوں شیخوں کی صف میں آ گیا ہے یا پھر یہ فیک نیوز ہے کہ اس کورونا ہوا تھا۔



اپنے بچوں کو اردو پڑھائیے

اردو ایک زندہ زبان ہے

اس کی تشہیر کیجئے

یہ پلاننگ بھی نہیں کرتے، خدا نخواستہ ان کو کچھ ہو گیا تو ان کے بیوی بچوں کا کیا ہوگا ہے آج کے حالات میں تو ان باتوں پر زیادہ دھیان رہتا ہے۔ ”اگر زندہ رہے تو عمر کے اس حصے میں جو پلاننگ نہیں کی یا صحت جواب دے جائے تو پھر کیا ہوگا۔“ اس سلسلے میں کیا لوگ یہ بھی سمجھتے ہیں کہ ان کی اولاد بڑھاپے میں ساتھ دے گی ان کا خیال رکھے گی تو اس ناچیز کی گستاخانہ رائے یہ ہے کہ ”جاگو ہوا سویرا“ والی بات ہے۔ آپ اس خواب خرگوش سے باہر آئیں۔ جیسا کہ لوگ کہتے ہیں کہ پانچوں انگلیاں برابر نہیں ہوتیں۔ اس طرح امریکا اور کینیڈا میں کچھ لوگ ہر بات کی پلاننگ کرتے ہیں جس طرح ہر بات کے کئی پہلو نکل آتے ہیں اس لیے کچھ لوگ ہر بات پر کہہ دیتے ہیں ”اللہ مددگار آگے کی وہ جانے“ تو اس ناچیز کا کہنا ہے کہ اللہ بھی تو ان کی مدد کرتا ہے جو اپنی

کی دوڑ مسجد تک ادھر گورے لوگ چاہے امریکا ہو یا کینیڈا وغیرہ سوشل سیکورٹی اور پنشن کے چیک کیسینو میں ہار جاتے ہیں کچھ لوگ کو خوف خدا تو نہیں بلکہ خود چرچ ہوتا ہے اور وہ اپنے اپنے چرچ اور گرجا گھر کا رخ کرتے ہیں جہاں یہ بھی لکھا ہوتا ہے کہ جنت کی کنجی ان کے پاس ہے کئی بڑے بوڑھے اس چکر میں پھنس جاتے ہیں اور ہزاروں ڈالر لے جاتے ہیں وہ سمجھتے ہیں کہ وہ ایسے چندے دے کر سیدھا جنت میں جائیں گے ان کو کوئی نیک کام کرنے کی ضرورت نہیں ہے ادھر گر جا گھر کے پادری خوب عیاشی کرتے ہیں اور بڑے بڑے ٹی وی اسٹیشن لے کر ریڈیو پر نشریات کرتے رہتے ہیں اپنے دیس میں بھی کچھ سادہ لوح انسان پیروں فقیروں کے چکر میں پڑ کر زندگی بھر کی کمائی لٹا دیتے ہیں۔ اپنے اور اپنے گھر بار بیوی بچوں کے مستقبل کی صحیح طرح سے

کبھی کبھی دیکھنے میں مغرب کا بڑھاپا ”مشرق کی جوانی سے بھر پور اور تندرست ہوتا ہے“ یہ جملہ کسی نے ایک زمانہ پہلے کہا تھا اگر دیکھا جائے تو حقیقت میں یہاں کے اکثر بوڑھے زندگی کے اس عمر کے حصے میں آ کر اور زیادہ مصروف اور صحت مند ہونے کے چکر میں لگے رہتے ہیں۔

اپنے لوگ صحت کی اتنی زیادہ فکر نہیں کرتے ”بس جان بناؤ حلوہ پوری کھاؤ“ میں لگے رہتے ہیں، آج کل تو کورونا اور لاک ڈاؤن کی وجہ سے اتنے لوگ زیادہ باہر نہیں نکلتے تو پھر گھر میں بھی ہلکی پھلکی ضرورت کے مطابق ورزش کرتے ہیں خون کی روانی اور موٹاپا کم کرنے کی ضرورت ہے امریکا میں لوگ جم میں جا کر خوب جم کر ورزش کرتے ہیں عورتیں اور مرد دونوں صحت مند اور دلکش بننے میں لگے رہتے ہیں، مشرق کے لوگ اس عمر میں اللہ اللہ کرتے ہیں یا پھر کہہ لیں کہ ملا

## ڈرا اور خوف سے اللہ کی پناہ

أَعُوذُ بِاللَّهِ جِئًا أَخَافُ وَأَحْذَرُ (شمال کبریٰ)

ترجمہ: میں اللہ تعالیٰ کی پناہ لیتا ہوں اس سے جس سے میں ڈر رہا ہوں اور خوف زدہ ہو رہا ہوں۔

فضیلت: اس دُعا کو روزانہ صبح و شام پڑھئے، خصوصاً ڈرا اور خوف کے وقت۔

## عذابِ جہنم اور عذابِ قبر سے اللہ کی پناہ

رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ. (صحیح مسلم)

ترجمہ: اے میرے پروردگار میں تیری پناہ چاہتا ہوں دوزخ کے عذاب سے اور قبر کے عذاب سے۔

فضیلت: اس دُعا کو پڑھنے سے ان شاء اللہ عذابِ قبر اور عذابِ جہنم نہیں ہوگا۔

## ہر بُرائی سے اللہ کی پناہ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ. (حسن حصین)

ترجمہ: اے اللہ تعالیٰ میں تیری پناہ لیتا ہوں ہر اس بُرائی سے جو میں جانتا ہوں اور جو میں نہیں جانتا۔

فضیلت: اس دُعا کو روزانہ پڑھتے رہنے سے بُرائی سے پاک ہو جاتے ہیں۔

## نفس کی بُرائی سے اللہ کی پناہ

اللَّهُمَّ أَعِزَّنِي مِنْ شَرِّ نَفْسِي (ترمذی، حاکم)

ترجمہ: اے اللہ مجھ کو میرے نفس کی بدی سے اپنی پناہ میں لے لے۔

فضیلت: اس دُعا کو روزانہ کسی بھی وقت پڑھتے رہئے، نفس کی بُرائی سے محفوظ رہیں گے۔ ان شاء اللہ

## شُرک سے اللہ کی پناہ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَنْ أَشْرِكَ بِكَ شَيْئًا وَأَنَا أَعْلَمُ وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ بِهِ

ترجمہ: اے اللہ میں تیری پناہ لیتا ہوں اس بات سے کہ تیرے ساتھ کسی کو شریک ٹھہراؤں اور میں یہ جانتا بھی ہوں

اور تجھ سے استغفار کرتا ہوں اس کی جس کو میں نہ جانتا ہوں۔ (احمد و بخاری فی الادب)

فضیلت: اس دُعا کو روزانہ پڑھتے رہئے اور اللہ کی ذات میں کسی کو شریک مت ٹھہرائیے۔

## قبر کے عذاب اور قبر کے فتنوں سے اللہ کی پناہ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ وَمِنْ فِتْنَةِ الْقَبْرِ (اخرجہ احمد قال لیس جزا)

ترجمہ: اے اللہ میں قبر کے عذاب اور قبر کی آزمائش سے تیری پناہ چاہتا ہوں۔

فضیلت: اس دُعا کو روزانہ پڑھتے رہنے سے عذابِ قبر ان شاء اللہ نہیں ہوگا۔

## ایران کے قریب امریکی جنگی جہازوں اور لڑاکا طیاروں کی بڑھتی موجودگی کی تصدیق کیا ظاہر کرتی ہے؟

کیے کیونکہ وہ ضرورت پڑنے پر با آسانی امریکہ کی سرزمین پر موجود اڈوں یا پورٹو ریکو کے بیس سے لڑاکا طیارے وینیزویلا کم وقت میں بھیج سکتا تھا۔ امریکہ نے کیریبین میں

سے اہم تجارتی راستوں میں شمار ہوتی ہے اور دنیا میں تیل کی ترسیل کا ایک کلیدی مقام ہے۔ دنیا میں پیدا ہونے والے تیل اور گیس کا پانچواں حصہ اسی راستے سے گزرتا

نے مشرق وسطیٰ میں اپنی فوجی موجودگی میں اضافہ کیا ہے۔ بی بی سی ویریفائی کے مطابق خطے میں امریکی ڈسٹرائرز، جنگی جہازوں اور لڑاکا طیاروں کی تعداد میں نمایاں اضافہ دیکھا گیا ہے۔ یورپی سیٹلائٹ 'سینٹینل-2' کی عوامی طور پر دستیاب تصاویر میں امریکی طیارہ بردار بحری جہاز ابراہم لنکن کو بحیرہ عرب میں دیکھا گیا ہے، اور یہ فی الحال عمان کے ساحل سے تقریباً 150 میل (240 کلومیٹر) کے فاصلے پر موجود ہے۔ یہ جہاز جنوری میں خطے میں داخل ہونے کے بعد سیٹلائٹ تصاویر میں نظر نہیں آیا تھا کیونکہ یہ کھلے سمندر میں حرکت کر رہا تھا جہاں سیٹلائٹ کوریج محدود ہوتی ہے۔ یاد رہے کہ سمندروں کے برعکس زمین پر موجود فوجی اثاثے زیادہ واضح ہوتے ہیں اور اکثر سیٹلائٹ تصاویر میں محفوظ کیے جاتے ہیں۔ امریکی سینٹرل کمانڈ

دوسری جانب امریکی اور ایرانی حکام منگل (آج) کو سوئٹزر لینڈ میں مذاکرات کے دوسرے دور میں بات چیت کا آغاز کریں گے۔ ایران کا کہنا ہے کہ سوئٹزر لینڈ میں ہونے والے اس اجلاس میں ایران کے جوہری پروگرام اور ملک پر عائد امریکی اقتصادی پابندیوں کے ممکنہ خاتمے پر بات ہوگی، جبکہ واشنگٹن نے عندیہ دیا ہے کہ وہ ان مذاکرات میں دیگر معاملات بھی زیر بحث لانا چاہتا ہے۔ ابراہم لنکن، تین گائیڈڈ میزائل ڈسٹرائرز، 90 طیاروں بشمول ایف-35 فائٹرز جیسٹس اور 680،5 اہلکاروں پر مشتمل ہے۔ اگرچہ یہ جہاز جنوری کے آخر میں خلیجی خطے میں تعینات کیا گیا تھا، تاہم اب تک سامنے آنے والی سیٹلائٹ تصاویر میں یہ نظر نہیں آ رہا تھا۔ تازہ ترین معلومات کے مطابق اب یہ جہاز عمان کے ساحل کے قریب اور ایران سے



ایمفی بی بی سی اسالٹ جہاز بھی تعینات کیے تھے، جو ہیلی کاپٹر آپریشنز کے لیے لانچ پلیٹ فارم کے طور پر استعمال ہوتے ہیں، جیسا کہ سابق صدر مادورو کی گرفتاری کے دوران دیکھا گیا۔ لیکن وینیزویلا کی فوج کو عمومی طور پر کمزور سمجھا جاتا ہے اور وہ امریکہ کے خلاف مؤثر دفاع یا جوابی کارروائی کی صلاحیت نہیں رکھتی۔ گذشتہ سال جب امریکہ نے ایران کے خلاف آپریشن ڈنائٹ ہمیر کیا، جس کا ہدف ایران کی جوہری تنصیبات تھیں، تو وہ ایک ایسے ملک کو نشانہ بنا رہا تھا جس کی فوج وینیزویلا کے مقابلے میں کہیں زیادہ طاقتور ہے۔ یاد رہے کہ ایران کی فوج مشرق وسطیٰ میں امریکی اڈوں کو نشانہ بنانے کی صلاحیت رکھتی ہے۔ ڈنائٹ ہمیر کے دوران امریکہ نے خطے میں دو ایئر کرافٹ کیریئر سٹرائیک گروپس، بحیرہ روم اور بحیرہ احمر میں پانچ ڈسٹرائرز اور خلیج میں تین جنگی جہاز تعینات کیے تھے۔

تسلیم کی رپورٹ میں ایرانی کمانڈران چیف کو ہیلی کاپٹر کے ذریعے پرواز کرتے ہوئے اور مشقوں کا مشاہدہ کرتے ہوئے دکھایا گیا ہے۔ فوجی انٹیلیجنس کے ماہر جسن کرمپ نے بی بی سی ویریفائی کو بتایا کہ مشرق وسطیٰ میں موجودہ امریکی فوجی تیاریوں میں زیادہ گہرائی دکھائی دیتی ہے، اور یہ جنوری 2026 میں وینیزویلا کے سابق صدر نکولس مادورو کی گرفتاری سے قبل کی جانے والی تیاریوں یا گذشتہ سال جون میں ایران کی جوہری تنصیبات پر فضائی حملوں سے قبل کی جانے والے تیاریوں سے مختلف ہے۔ ان تمام امریکی فوجی کارروائیوں میں ایک کیریئر سٹرائیک گروپ اور کئی ڈسٹرائرز شامل تھے، تاہم امریکہ نے وینیزویلا اور ایران میں اپنے فوجی اثاثے انتہائی مختلف حالات میں تعینات کیے۔ امریکہ نے وینیزویلا پر حملوں سے قبل جیرالڈ آرفورڈ کو بحیرہ کیریبین میں تعینات کیا تھا، جہاں اس وقت آٹھ دیگر جنگی جہاز بھی موجود تھے۔ تاہم امریکہ نے اس موقع پر کم تعداد میں طیارے استعمال



نے چھ فروری کو بحیرہ عرب میں طیارہ بردار جہاز ابراہم لنکن کی تصاویر جاری کیں، جس کے ساتھ ڈسٹرائرز، لڑاکا طیارے، نگرانی کرنے والے جہاز اور کوسٹ گارڈ کے بحری جہاز بھی موجود تھے۔ یہ اقدام بظاہر امریکی فوجی طاقت کے مظاہرے کے طور پر سامنے آیا، جس کا ایران نے اپنے رد عمل میں جواب دیا ہے۔ آبنائے ہرمز دنیا کے سب

تقریباً 700 کلومیٹر کے فاصلے پر موجود ہے۔ رپورٹس کے مطابق اس کے ساتھ ساتھ امریکہ نے دنیا کے سب سے بڑے جنگی جہاز 'یو ایس ایس جیرالڈ آرفورڈ' کو بھی مشرق وسطیٰ کی جانب روانہ کیا ہے، جو آئندہ تین ہفتوں میں اس خطے میں پہنچ سکتا ہے۔ ابراہم لنکن کی موجودگی اس بات کو مزید واضح کرتی ہے کہ گذشتہ چند ہفتوں میں امریکہ



## طب نبوی صلی اللہ علیہ وسلم سے چند بیماریوں کا علاج

طب نبوی کیا ہے؟

رسول اللہ صلی اللہ علیہ وسلم نے جن طریقوں سے خود اپنی بیماریوں کا علاج فرمایا یا دوسرے کسی شخص کے لیے کوئی نسخہ تجویز فرمایا اور اس سے اس کو نفع تام ہوا، ان تمام آزمودہ طبی نسخوں اور حکیمانہ طریقوں کو طب نبوی کہا جاتا ہے۔ رسول اللہ صلی اللہ علیہ وسلم نے فرمایا ہے ہر بیماری کا علاج موجود ہے جب دوا کا استعمال بیماری کے مطابق کیا جاتا ہے تو حکم الہی کے طفیل شفا ہو جاتی ہے، نبی کریم صلی اللہ علیہ وسلم نے فرمایا ہے کہ اللہ نے دنیا میں جب کوئی بیماری پیدا فرمائی تو اس کی شفا اور دوا بھی ساتھ ہی نازل فرمائی۔

آپ صلی اللہ علیہ وسلم کا طریقہ علاج امراض میں تین انداز پر مشتمل ہوتا ہے:

علاج بالا دوا یعنی طب دواؤں کے ذریعے مرض کا دور کرنا۔

علاج بالا داعیہ دعا جھاڑ پھونک کے ذریعے مرض کو دور کرنا۔

علاج بالا امرین دونوں چیزوں سے مرکب طریقے سے مرض کو دور کرنا۔

طب نبوی کی اہمیت و افادیت:

انبیاء کرام کے پیروکاروں کا طریقہ علاج دوسرے تمام طریقوں سے زیادہ صحیح مفید اور زود اثر ہوتا ہے اور خاتم الانبیاء سید المرسلین اور امام المرسلین حضرت محمد مصطفیٰ صلی اللہ علیہ وسلم کے پیروکاروں کا طریقہ علاج ان انبیاء میں سب سے کامل سب سے بہتر اور نفع بخش ہے۔ انبیاء علیہم السلام ہی امت میں عقل و فطرت اور علم کے اعتبار سے صحیح تر اور بڑے ہوئے ہیں

اور انہی لوگوں کو قرب الہی بھی پورے طور پر حاصل ہے اس لیے کہ انبیاء کرام علیہ السلام اللہ کے برگزیدہ بندے ہیں جیسا کہ ان کا رسول بھی تمام انبیاء کرام میں سب سے برگزیدہ ہے اور انبیاء کرام کو جو علم و حکمت کا دوا فرحصہ عطا کیا گیا ہے اس کا مقابلہ کسی دوسرے سے ہرگز نہیں کیا جا سکتا۔

طب نبوی بہت سے بے شمار بیماریوں اور پریشانیوں کے لیے دنیائے انسانیت کی رہنما ہے، بڑی اہم اور خاص ہدایت ہے جس سے اکثر لوگ غفلت برتتے ہوئے ہیں کیونکہ کچھ لوگ تو صرف دوا کرتے ہیں اور کچھ لوگ صرف دعا کرتے ہیں جبکہ یہ دونوں طریقے حق و ثواب سے ہٹے ہوئے ہیں اور کتاب و سنت کی تعلیم سے دور ہے لہذا دوا اور دعا دونوں کا استعمال ایک ساتھ ضروری ہے نبی اکرم صلی اللہ علیہ وسلم نے دونوں علاج ایک ساتھ کرنے کا حکم فرمایا ہے لہذا ان میں سے کسی ایک کو اپنے لیے کافی نہ سمجھے۔

چند بیماریوں کے علاج طب نبوی کی روشنی میں

جوڑوں کے درد کا علاج: صلی اللہ علیہ وسلم نے فرمایا انجیر کھاؤ کیونکہ یہ بوا سیر کو ختم کرتا ہے اور جوڑوں کے درد کے لئے مفید ہے۔

زکام کا علاج: رسول اللہ صلی اللہ علیہ وسلم نے فرمایا تم لوگ زنجوش کو سونگھا کرو کیونکہ یہ زکام کے لیے مفید ہے علامہ ابن قیم رحمۃ اللہ علیہ فرماتے ہیں کہ اس کی خوشبو زکام کی بندش کو کھول دیتی ہے اس سے جمع ہوا

نزلہ پتلا ہو کر بہ جاتا ہے اور پھر پھیپھڑوں پر جمع ہوا بلغم نکل جاتا ہے نیز اس میں دوسرے بھی بہت سے فوائد ہیں۔

جسم کے درد کا علاج: حضرت عثمان بن ابی العاص رضی اللہ عنہ نے رسول اللہ صلی اللہ علیہ وسلم کی خدمت میں حاضر ہو کر اپنے جسم کے درد کے بارے میں بتایا تو رسول اللہ صلی اللہ علیہ وسلم نے فرمایا جہاں درد ہے وہاں ہاتھ رکھ کر تین بار بسم اللہ اور سات مرتبہ یہ دعا پڑھو:

أَعُوذُ بِاللَّهِ وَقَدَّرْتَهُ مِنْ شَرِّ مَا  
أَجِدُ وَأُحَاذِرُ

ترجمہ: میں اللہ اور اس کے قدرت کی پناہ چاہتا ہوں ہر اس تکلیف سے جو مجھے پہنچی ہے اور جس سے میں ڈرتا ہوں،

چنانچہ اس صحابی نے جب یہ کلمات کہے تو ان کا درد ختم ہو گیا پھر وہ صحابی اپنے گھر والوں اور دوسرے ضرورت مندوں کو ہمیشہ ان کلمات کی تلقین کرتے رہتے تھے۔

کمزوری اور رنج و غم کا علاج: حضرت عائشہ رضی اللہ عنہا فرماتی ہیں کہ رسول اللہ صلی اللہ علیہ وسلم کے گھر والوں میں سے جب کسی کو

بخارا آتا تھا تو آپ صلی اللہ علیہ وسلم ہریرہ استعمال کرنے کا حکم دیتے اور فرماتے ہیں کہ یہ رنجیدہ آدمی کے دل کو قوت دیتا ہے اور بیمار کے دل سے رنج و غم کو اس طرح دور کرتا ہے جس طرح تم پانی سے اپنے

چہرے کے میل کچیل کو دور کرتے ہو جو کہ آنے کو بھون کر اس میں گھی میوے اور شکر ڈال کر پکا یا جاتا ہے اس کو ہریرہ کہتے ہیں۔

سر اور پیر کے درد کا علاج: رسول اللہ صلی اللہ علیہ وسلم سے جب کوئی سر میں درد کی شکایت کرتا تو آپ صلی اللہ علیہ وسلم فرماتے ہیں کہ تم چھپنے لگاؤ اور جب کوئی پاؤں کے درد کی شکایت کرتا تو فرماتے کہ تم مہندی لگاؤ

ہر قسم کے درد کا علاج: حضرت ابن عباس رضی اللہ عنہ فرماتے ہیں کہ رسول اللہ صلی اللہ علیہ وسلم صحابہ کرام کو بخارا اور ہر قسم کے درد سے نجات حاصل کرنے کے لیے یہ دعا سکھاتے تھے۔ بِسْمِ اللّٰهِ الْكَبِيْرِ  
أَعُوذُ بِاللّٰهِ الْعَظِيْمِ مِنْ شَرِّ كُلِّ  
عِزْقٍ نَعَارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

آگ سے جلے ہوئے کا علاج: حضرت محمد بن حاتم رضی اللہ عنہ کہتے ہیں گرم ہانڈی پلٹ جانے کی وجہ سے میرا ہاتھ جل گیا میری والدہ مجھے رسول اللہ صلی اللہ علیہ وسلم کی خدمت میں لے گئی تو آپ صلی اللہ علیہ وسلم مجھ پر یہ پڑھ کر دم کر رہے تھے:

أَذْهَبِ الْبَاسَ رَبِّ النَّاسِ،  
اشْفِ وَأَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا  
بِشِفَاؤِكَ، شِفَاءٌ لَا يُغَادِرُ سَقَمًا

فاسد خون کا علاج: رسول اللہ نے فرمایا: بہترین دوا حجامت (پچھنہ) لگانا ہے کیونکہ وہ فاسد خون کو نکال دیتی ہے نگاہ کو روشن خور اور کمر کو ہلکا کرتی ہے۔

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

## فضائلِ رمضان

حافظ وقاری حکیم و ڈاکٹر محمد فصیح اللہ قادری

ہر تعریف بزرگی اور بڑائی صرف اللہ ذوالجلال والا کرام ہی کے لئے ہے جو عظیم الشان شہنشاہ اور جزاء اور سزا کا مالک ہے اور اللہ ذوالجلال والا کرام تمام انسانوں اور جنات کا پیدا کرنے والا ہے اور اللہ ذوالجلال والا کرام ہمیشہ اپنے بندے و بندوں پر فضل و کرم اور رحم و بخشش فرماتا ہی رہتا ہے اور اللہ ذوالجلال والا کرام نہایت مہربان اور بے حد احسان کرنے والا ہے۔

میں گواہی دیتا ہوں کہ اللہ ذوالجلال والا کرام کے سوا کوئی عبادت کے لائق نہیں اللہ ذوالجلال والا کرام ایک ہے کوئی بھی اس کا ساتھی و شریک نہیں اور میں یہ بھی گواہی دیتا ہوں کہ حضرت سیدنا و مولانا محمد مصطفیٰ ﷺ، اللہ ذوالجلال والا کرام کے بندے اور اس کے آخری رسول ہیں جو ہدایت اور قرآن مجید کے ساتھ مبعوث کئے گئے ہیں۔

تا قیام قیامت حضور رسول مکرم ﷺ پر اور حضور رسول مکرم ﷺ کے صحابہ و اہل بیت اور آل و اولاد پر اللہ ذوالجلال والا کرام کے درود و سلام نازل ہوں۔

اما بعد: اے مسلمانوں یقیناً ایک بڑی فضیلت و برکت والا مہینہ یعنی رمضان تم پر سایہ لگن ہونے والا ہے اس لئے اللہ ذوالجلال والا کرام سے ڈرتے رہو اور اس کے رسول مکرم ﷺ کی اطاعت و فرمانبرداری بھی کرتے رہو تاکہ دنیا کی زندگی میں بھی کامیاب ہو جاؤ اور آخرت کی ہمیشہ ہمیشہ باقی رہنے والی زندگی میں بھی کامیاب و کامران ہو جاؤ۔

قرآن مجید میں اللہ ذوالجلال والا کرام ارشاد فرماتا ہے:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ  
الرَّجِيمِ... بِسْمِ اللَّهِ الرَّحْمَنِ  
الرَّحِيمِ

شَهْرُ رَمَضَانَ الَّذِي  
أُنزِلَ فِيهِ الْقُرْآنُ هُدًى  
لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ  
الْهُدَى وَالْفُرْقَانِ، فَمَنْ  
شَهِدَ مِنْكُمُ الشَّهْرَ  
فَلْيَصُمْهُ... صَدَقَ  
اللَّهُ الْعَظِيمُ

ترجمہ: رمضان کا مہینہ وہ عظمت و برکت

والا مہینہ ہے جس میں قرآن مجید نازل کیا گیا قرآن مجید لوگوں کے لئے ہدایت اور رہنما ہے فیصلے کی روشن باتیں قرآن مجید میں موجود ہیں جو حق و باطل یعنی (صحیح و غلط) کا فرق بتانے والی باتیں موجود ہیں۔

اگر تمہاری زندگی میں رمضان کا مہینہ آجائے تو تم ضرور بالضرور رمضان کے مہینہ میں روزے رکھو یعنی رمضان کے مہینہ بھر روزے رکھنا۔

حضرات محترم جس طرح ہم پر روزہ رہنا فرض ہے بالکل اسی طرح روزہ کے ضروری ضروری مسائل یعنی روزہ کے فرائض روزہ کس طرح ٹوٹتا ہے وغیرہ وغیرہ کا علم جاننا بھی ہم پر فرض ہے۔ روزے کی تعریف یہ ہے کہ: طلوع صبح صادق (سورج کا نکلنا) سے غروب آفتاب (سورج کا ڈوبنا) تک عبادت کی نیت سے کھانے اور پینے اور جماع یعنی مرد و عورت کے جسمانی تعلق سے دور رہنے کا نام روزہ ہے۔

اب سوال یہ پیدا ہوتا ہے کہ ہم طلوع صبح صادق (سورج کا نکلنا) اور غروب آفتاب (سورج کا ڈوبنا) کیسا معلوم کریں ہم دیکھ تو نہیں سکتے ہماری آسانی کے لئے سحری کا وقت اور افطار کا وقت اخبارات میں لکھا ہوتا ہے اس وقت کے حساب سے یعنی سحری کا وقت جو کھا ہوا ہے اس سے پہلے سحری ختم کر لیں یعنی کھانا پینا بند کر دیں، اور جو افطار کا وقت لکھا ہوا ہے وہ ہوتے ہی فوراً افطار کر لیں یعنی روزہ کھول لیں اور یاد رکھیں کہ سیرن اگر وقت پر بجایا جا رہا ہے تو وہ صحیح ہے اور اگر سیرن بج بھی رہا ہے تو ایک مرتبہ نائم ضرور دیکھ لیں۔

حضرات محترم! ہم لوگ روزہ رکھنے میں ایک بہت بڑی غلطی کرتے ہیں یعنی سحری کا وقت ختم ہونے کے بعد بھی کھاتے پیتے ہیں یعنی بعض لوگ تو اذان ہونے کے بعد بھی کھاتے اور پیتے ہیں جس کی وجہ سے ان کا روزہ ہی نہیں ہوتا آپ حضرات خود غور فرمائیے کہ فجر کی اذان کب دی جاتی ہے یعنی فجر کی اذان اس وقت دی جاتی ہے جب فجر کا وقت شروع ہوتا ہے اور فجر کا وقت اس وقت شروع ہوتا ہے جب سحری کا وقت ختم ہوتا ہے تو اب جب فجر کا وقت شروع ہو گیا سحری کا وقت ختم ہونے کے بعد کچھ کھاپی لیں تو روزہ نہیں ہوگا کیونکہ روزہ میں تین فرض ہے۔ یعنی

طلوع صبح صادق سے یعنی سحری کا وقت ختم ہونے کے بعد سے غروب آفتاب یعنی افطار کے وقت تک کچھ بھی کھانا نہیں کچھ بھی پینا نہیں اور جماع یعنی مرد و عورت کے جسمانی تعلقات قائم نہیں کرنا اس لئے جو اخبارات میں سحری کا وقت لکھا ہوا ہے اس سے پہلے ہی کھانے پینے وغیرہ سے فارغ ہو جائیں اس کے بعد کچھ نہ کھائیں اور کچھ بھی نہ پیئیں۔ اسی طرح افطار کا وقت ہوتے ہی فوراً روزہ کھول لیں اور یاد رکھیں کہ رمضان کے مہینہ کی تمام راتوں میں 20 رکعت تراویح کی نماز پڑھنا سنت موکدہ ہے اس لئے مرد حضرات مسجد میں ہر روز تراویح کی نماز جماعت سے پڑھیں اگر اتفاق سے جماعت سے نماز چھوٹ جائے تو عشاء کی نماز کے بعد فجر سے پہلے 20 رکعت تراویح 2، 2 رکعت سے پڑھ لیں اور میری مائیں بہنیں بھی ہر روز 20 رکعت تراویح کی نماز ضرور پڑھیں کیونکہ تراویح کی نماز ایک ایسی نماز ہے جو صرف رمضان کی راتوں میں ہی پڑھی جاتی ہے اگر تراویح کی نماز چھوٹ جائے تو ہم پھر سال بھر میں کبھی بھی نہیں پڑھ سکتے تراویح کی نماز کا پابندی سے اہتمام کریں کیونکہ روزے کی قضا تو ہو سکتی ہے لیکن تراویح کی قضا نہیں ہوتی۔

حضرات محترم! رمضان کے مہینہ میں نفل کاموں کا ثواب بھی فرض کاموں کے برابر ملتا ہے اور فرض کاموں کا ثواب 70 فرض کے ثواب کے برابر ملتا ہے۔ اس لئے رمضان کے مہینہ میں زیادہ سے زیادہ نیک کام کرے اور ذکر و ذکر کرے، عبادت کرے، قرآن مجید پڑھے، درود شریف اور استغفار پڑھے صدقہ و خیرات اور زکوٰۃ وغیرہ دے۔ اور یاد رکھے کہ بعض علماء نے کہا ہے کہ جس طرح سے رمضان کے مہینہ میں ایک نیکی کرنے کا ثواب زیادہ ملتا ہے اسی طرح رمضان کے مہینہ میں اگر کوئی گناہ کرے تو گناہ کا عذاب بھی زیادہ ملتا ہے بلکہ بعض علماء نے یہاں تک لکھا ہے کہ اگر رمضان کے مہینہ میں چاہے وہ دن ہو یا رات اگر ایک گناہ کریں تو ایک سال کا گناہ کرنے کا عذاب ہوتا ہے اور اللہ ذوالجلال والا کرام بہت زیادہ ناراض ہوتا ہے۔

حضرات محترم! رمضان کا مہینہ نہایت

ہی مقدس اور احترام والا مہینہ ہے یعنی جس طرح دوسرے دنوں میں جمعہ کا دن نہایت ہی مقدس ہے اسی طرح رمضان کا مہینہ بھی نہایت ہی مقدس ترین مہینہ ہے اس لئے رمضان کے مہینہ کا احترام کرتے ہوئے ہرگز بھی گناہ نہ کریں اور خاص طور پر گناہ کبیرہ یعنی بڑے بڑے گناہ تو بالکل بھی نہ کریں کیونکہ روزہ بھی نماز کی طرح عبادت ہے جس طرح ہم نماز کی حالت میں کوئی گناہ نہیں کر سکتے بالکل اسی طرح سے روزہ کی حالت میں بھی گناہ نہیں کرنا چاہئے اس کے علاوہ بعض جگہ مقدس ہوتی ہے جیسے کعبۃ اللہ اور دوسری مساجد اور مقدس مقامات پر اگر وہاں پر ایک گناہ بھی کریں تو بہت زیادہ گناہ کرنے کا عذاب دیا جاتا ہے بالکل اسی طرح رمضان کے مہینہ میں اگر ایک گناہ کیا جائے تو اس کا بہت ہی زیادہ گناہ کرنے کا عذاب ملتا ہے اس لئے میرے بزرگو، بھائیو اور بہنو ہم لوگ ایک مقدس مہینہ میں داخل ہونے والے ہیں اس لئے اس مقدس مہینہ کے احترام میں اپنے آپ کو گناہوں سے بچانا نہایت ضروری ہے ورنہ یاد رکھیں کہ اللہ ذوالجلال والا کرام کا عذاب نہایت سخت اور اللہ ذوالجلال والا کرام کی پکڑ بہت زیادہ خطرناک ہے۔

رسول مکرم حضرت سیدنا و مولانا محمد مصطفیٰ ﷺ ایک مرتبہ خطبہ دینے سے پہلے منبر کی پہلی سیڑھی پر قدم رکھا تو فرمایا آمین، پھر جب دوسری سیڑھی پر قدم رکھا تو فرمایا آمین، اور پھر جب تیسری سیڑھی پر قدم رکھا تب بھی فرمایا آمین

رسول مکرم ﷺ جب منبر سے تشریف لائے تو صحابہ کرام نے پوچھا یا رسول اللہ ﷺ آج تک کبھی بھی آپ نے منبر پر چڑھتے وقت آمین آمین نہیں فرمایا، کیا بات ہے جو آپ منبر کی ہر سیڑھی پر آمین کہہ رہے تھے تو ہمارے رسول مکرم ﷺ نے ارشاد فرمایا: میرے پاس جبرائیل آئے اور کہا کہ وہ انسان ہلاک و برباد ہو جائے جس کی زندگی میں رمضان کا مہینہ آئے لیکن پھر بھی وہ رمضان کے مہینہ میں روزہ نہ رکھے اور عبادت نہ کرے تو بہت استغفار نہ کرے اور اپنی بخشش نہ کروالے تو وہ انسان ہلاک و برباد ہو جائے جس پر میں نے آمین کہا۔

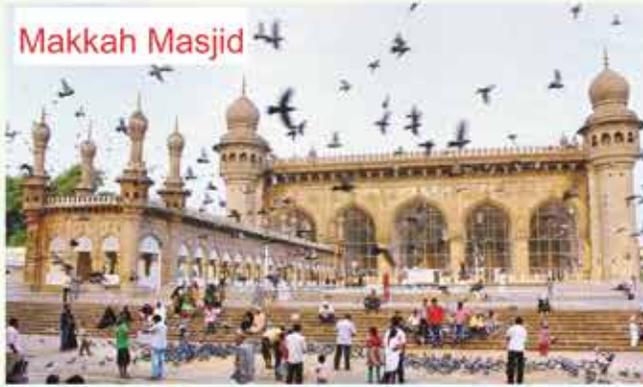
## حیدرآباد کے کچھ اہم تاریخی مقامات

چونکہ ان کی وفات دولت آباد میں قید کی حالت میں ہوئی تھی اور وہ وہیں مدفون ہیں۔

سالار جنگ میوزیم: سالار جنگ میوزیم ایک آرٹ میوزیم ہے جو حیدرآباد میں دریائے موسیٰ کے جنوبی کنارے پر دارالشفاء میں واقع ہے۔ یہ ہندوستان کے قابل ذکر قومی عجائب گھروں میں سے ایک ہے۔ اصل میں سالار جنگ خاندان کا ایک نجی آرٹ مجموعہ، سالار جنگ سوم کی موت کے بعد قوم کو دیا گیا تھا۔ اس کا افتتاح ۱۶ دسمبر ۱۹۵۱ء کو پنڈت جواہر لال نہرو کے ہاتھوں ہوا تھا۔ اس میں جاپان، چین، برما، نیپال، ہندوستان، ایران، مصر، یورپ اور شمالی امریکہ کے مجسمے، پینٹنگز، نقش و نگار، ٹیکسٹائل، مخطوطات، دھاتی نوادرات، قالین، گھڑیاں اور فرنیچر کا مجموعہ ہے۔ یہ دنیا کے سب سے بڑے عجائب گھروں میں سے ایک ہے۔

پرانی حویلی: اسے مسرت محل بھی کہا جاتا ہے۔ حیدرآباد میں واقع یہ حویلی نظام کی سرکاری رہائش گاہ تھی۔ اسے حویلی قدیم کے نام سے بھی جانا جاتا تھا۔ اس حویلی کو سکندر جاہ، آصف جاہ سوم کیلئے ان کے والد علی خان بہادر، آصف جاہ دوم نے تعمیر کی تھی۔

پایگاہ مقبرے: پایگاہ مقبرے یا مقبرا شمس العمارہ، پایگاہ خاندان کے مقبرے ہیں، جو نظاموں کے سخت وفادار تھے، ان کے نیچے اور ان کے ساتھ ریاستی افراد، مخیر حضرات اور جرنیلوں کی حیثیت سے خدمات انجام دیتے تھے۔ پایگاہ کے مقبرے حیدرآباد ریاست کے بڑے عجائبات میں سے ہیں جو اپنی تعمیراتی عمدگی کیلئے جانا جاتا ہے۔ پایگاہ کا مرکز چار مینار حیدرآباد سے ۴ کلومیٹر جنوب مشرق میں ایک پرسکون محلے میں واقع ہے، پسال بانڈہ نواح میں، سنتوش نگر کے نزدیک اویسی اسپتال سے ایک چھوٹی سی گلی میں یہ موجود ہے۔ یہ مقبرے چوہنے اور مارٹر سے بنائی گئی ہیں جن میں سنگ مرمر کی خوبصورت نقش و نگار ہیں۔ یہ مقبرے ۲۰۰ سال پرانے ہیں جو پایگاہ ریسوس کی کئی نسلوں کی آخری آرام گاہوں کی نمائندگی کرتے ہیں۔



Makkah Masjid



Charminar



Qutb Shahi tombs



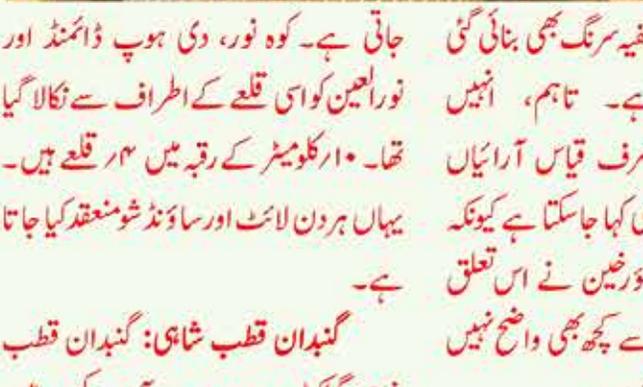
Golconda Fort



Purani Haveli



Salar Jung Museum



Paigah Tombs

جاتی ہے۔ کوہ نور، دی ہوپ ڈائمنڈ اور نورالعین کو اسی قلعے کے اطراف سے نکالا گیا تھا۔ ۱۰ کلومیٹر کے رقبہ میں ۴ قلعے ہیں۔ یہاں ہردن لائٹ اور ساؤنڈ شو منعقد کیا جاتا ہے۔

گنبدان قطب شاہی: گنبدان قطب شاہی گولکنڈہ، موجودہ حیدرآباد، دکن، میں واقع قطب شاہی سلطنت کے حکمرانوں کے مقابر ہیں۔ ان مقابر کو قطب شاہی سلطنت کے طرز تعمیر کا شاہکار خیال کیا جاتا ہے۔ حیدرآباد، دکن، میں یہ مقابر قدیمی طرز تعمیر اور اسلامی معماری کے امتزاج کا نمونہ ہیں۔ یہ مقابر ۱۵۲۳ء سے ۱۶۸۷ء تک تعمیر کئے جاتے رہے۔ قطب شاہی سلطنت کے چھ حکمران اور حیات بخشی بیگم (یعنی کل ۷ افراد) یہیں مدفون ہیں۔ حیات بخشی بیگم پانچویں سلطان محمد قلی قطب شاہ کی صاحبزادی، چھٹے سلطان محمد قطب شاہ کی اہلیہ اور ساتویں سلطان عبد اللہ قطب شاہ کی والدہ ہیں۔ آٹھویں اور آخری قطب شاہی سلطان ابو الحسن قطب تانا شاہ کی قبر یہاں نہیں ہے،

خفیہ سرنگ بھی بنائی گئی ہے۔ تاہم، انہیں صرف قیاس آرائیاں ہی کہا جاسکتا ہے کیونکہ مورخین نے اس تعلق سے کچھ بھی واضح نہیں کیا ہے۔

مکہ مسجد: اس مسجد کا شمار حیدرآباد کی پرانی مسجدوں میں ہوتا ہے۔ یہ مسجد چار مینار سے چند میٹر کے فاصلے پر ہے۔ قطب شاہی خاندان کے پانچویں حکمران محمد قلی قطب شاہ نے اس مسجد کی اینٹیں مکہ کی مٹی سے بنوائی تھیں۔ ان اینٹوں کا استعمال مسجد کا مرکزی محراب بنانے کیلئے کیا گیا تھا اس لئے اسے مکہ مسجد کہا جاتا ہے۔ محمد قلی قطب شاہ نے مسجد کی مناسبت سے اس کے اطراف شہر بسایا تھا۔ بالفاظ دیگر مسجد کو شہر کے مرکز میں تعمیر کیا گیا تھا۔

گولکنڈہ کا قلعہ: یہ حیدرآباد شہر سے ۱۱ کلومیٹر دور ہے۔ اس قلعہ کو ۱۲ ویں صدی میں تعمیر کیا گیا تھا۔ یہاں ہیروں کی کان کنی کی

ہندوستان کے شہروں میں حیدرآباد کو خاص اہمیت حاصل ہے۔ تلنگانہ کے شہر حیدرآباد میں کئی تاریخی قلعے، محلات اور سیاحتی مقامات ہیں جو ہندوستان سمیت دنیا بھر میں مشہور ہیں۔ یہاں تاریخ سے دلچسپی رکھنے والے سیاحوں کیلئے خاصا سامان ہے۔ پڑھنے حیدرآباد کے ۸ تاریخی اور سیاحتی مقامات۔

چار مینار: چار مینار کو ۱۵۹۱ء میں شاہی خاندان کے پانچویں حکمران نے تعمیر کروایا تھا۔ اس کا تعمیراتی کام ایک سال میں مکمل ہو گیا تھا۔ اسے اس وقت تعمیر کیا گیا جب شاہی خاندان نے گولکنڈہ سے اپنا دار الخلافہ حیدرآباد منتقل کر دیا۔ مقامی لوگوں کا خیال ہے کہ چار مینار سے گولکنڈہ قلعہ تک جانے کیلئے

## حیدرآباد میں رمضان: مکہ مسجد سے لاڈ بازار تک عقیدت اور تہذیب کے دلکش مناظر



حیدرآباد میں رمضان کے آغاز کے ساتھ ہی چارمینار، مکہ مسجد اور لاڈ بازار کی رونقیں عروج پر پہنچ جاتی ہیں۔ حلیم، افطار دسترخوان اور گنگا جمنی روایت اس شہر کو ایک روحانی اور تہذیبی جشن میں بدل دیتے ہیں۔ حیدرآباد محض ایک شہر نہیں بلکہ جیتی جاگتی تہذیب کا استعارہ ہے اور جیسے

اس کے قریب واقع مکہ مسجد میں ہزاروں افراد نماز پنجگانہ اور تراویح کے لیے جمع ہوتے ہیں۔ افطار کے وقت مسجد کا وسیع صحن ایک مشترکہ دسترخوان کا منظر پیش کرتا ہے جہاں ہر طبقے سے تعلق رکھنے والے لوگ ایک ساتھ روزہ کھولتے ہیں۔ یہ منظر شہر کی سماجی ہم آہنگی کی عکاسی کرتا ہے۔

سحر و افطار کا مفت انتظام کیا جاتا ہے، جو خدمتِ خلق کی عمدہ مثال ہے۔ جوں جوں عید قریب آتی ہے، لاڈ بازار کی رونقیں بڑھ جاتی ہیں۔ چوڑیوں، عطر اور ملبوسات کی دکانیں سحر تک کھلی رہتی ہیں۔ خواتین کی خریداری اور تاجروں کی مصروفیت شہر کو ایک تہوار کی شکل دے دیتی ہے۔

تک پھیل جاتی ہے اور مختلف مذاہب سے تعلق رکھنے والے شہری اس ذائقے سے لطف اندوز ہوتے ہیں، جو باہمی رواداری کی خوبصورت مثال ہے۔ رمضان کے دوران دینی کتب کی خریداری میں بھی اضافہ ہو جاتا ہے، خصوصاً چارمینار کے اطراف موجود کتابوں کی دکانوں پر رش بڑھ جاتا



یوں حیدرآباد میں رمضان محض عبادت کا مہینہ نہیں بلکہ تہذیبی ہم آہنگی اور اجتماعی خوشی کا مظہر بن جاتا ہے۔

ہے۔ مختلف محلوں میں نعتیہ اور منقبتی نشستیں منعقد کی جاتی ہیں جو راتوں کو روحانی کیفیت عطا کرتی ہیں۔

اُردو زبان میں چھپی کتابیں رسالے اور اخبارات مہربانی فرما کر خرید کر پڑھیے۔ شکریہ

عثمانیہ جنرل اسپتال اور نیلوفر اسپتال کے باہر مخیر حضرات کی جانب سے مریضوں کے تیمارداروں کے لیے

شہر کے دیگر علاقے جیسے مغل پورہ، ملے پٹی اور مہدی پنٹم بھی رمضان میں غیر معمولی گہما گہمی کا مرکز بن جاتے ہیں۔ بازاروں میں کھجور، پھل، سموسے اور دیگر روایتی اشیاء کی خریداری عروج پر ہوتی ہے۔ شام ڈھلتے ہی سڑکوں پر روشنیوں کی قطاریں اور خریداروں کا ہجوم ایک الگ ہی سماں باندھ دیتا ہے۔

حیدرآباد میں رمضان کا تذکرہ حلیم کے بغیر مکمل نہیں ہوتا۔ پستہ ہاؤس، شاہ غوث اور مدینہ ہوٹل جیسے مقامات پر عصر کے بعد ہی طویل قطاریں نظر آتی ہیں۔ دیگوں میں پکتی حلیم کی خوشبودور

ہی ماہ رمضان کا چاند نظر آتا ہے، اس کی فضا یکسر بدل جاتی ہے۔ مساجد سے گونجتی تراویح کی صدائیں، گھروں اور محلوں میں تلاوتِ قرآن کی آوازیں اور بازاروں میں سحر و افطار کی تیاریوں کا شور ایک ایسا روح پرور ماحول پیدا کرتا ہے جو دیکھنے والوں کو اپنی جانب کھینچ لیتا ہے۔ جدید ترقی اور آئی ٹی مراکز کی چمک دمک کے باوجود رمضان کی اصل روح آج بھی پرانے شہر کی گلیوں اور تاریخی عمارتوں میں محسوس کی جاسکتی ہے۔

چارمینار رمضان کے دنوں میں رات بھر روشن اور متحرک رہتا ہے۔

ہمایوں سعید کو رومانوی کے بجائے منفی کرداروں کی طرف جانا چاہئے، ماہرہ خان

پاکستان کی نامور اور معروف اداکارہ ماہرہ خان اپنی اداکاری اور چلبے انداز کے لیے پاکستان میں فلموں کے لیے درکار جدید



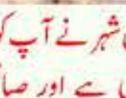
شہرت رکھتی ہیں، ان کی جوڑی ہمایوں سعید کے ساتھ بے حد مقبول ہے۔ ان خیالات کا اظہار ماہرہ خان نے آنے والی فلم آگ لگے بستی کی پروموشن کے دوران میڈیا سے گفتگو میں کیا۔ اداکارہ نے کہا کہ میرا خیال ہے ہمایوں کو اب منفی کردار کرنے چاہئیں، میں انہیں کسی ولن یا نوڑی نتھ جیسے ایکشن کردار میں دیکھنا چاہوں گی جہاں وہ اپنا بالکل مختلف پہلو دکھا سکیں، وہ ایکشن پر مبنی کرداروں سے لطف اندوز ہوتے ہیں۔ وہیں موجود اداکار فہد مصطفیٰ



کراچی سے متعلق سوال، صبا قمر کا تین کو سخت جواب

پاکستان کی معروف اداکارہ صبا قمر نے حال ہی میں سوشل میڈیا پلیٹ فارم انسٹاگرام پر ایک سٹوری پوسٹ کی ہے جس میں انہوں نے اداکارہ جویریہ عباسی کی جانب سے کی گئی تنقید کا جواب دیا ہے۔ صبا قمر نے کہا کہ استغفر اللہ، ان کے الفاظ کو غلط انداز میں سمجھا گیا۔ انہوں نے مزید

کہا کہ ہر فرد کو اپنی رائے کے اظہار کا حق حاصل ہے اور آزادی اظہار رائے کے تحفظ کے بغیر معاشرتی گفتگو ممکن نہیں۔ اداکارہ نے کہا کہ آزادی اظہار رائے ایک بنیادی حق ہے اور ہر شخص کو یہ حق ہونا چاہیے کہ وہ اپنے خیالات کھل کر بیان کر سکے۔ افسوس کی بات ہے کہ ہم جو کہنا یا کرنا چاہتے ہیں اس پر محدودیت ہے۔ یہ دیکھ کر دکھ ہوتا ہے کہ لوگ خوف یا پابندی کی وجہ سے اپنی رائے ظاہر کرنے سے گریز کرتے ہیں ان کا کہنا تھا کہ میں امید کرتی ہوں کہ ہم ایسے معاشرے کی طرف



بڑھیں جہاں ہر آواز کو احترام کے ساتھ اور بغیر کسی خوف کے سنا جاسکے۔ سوشل میڈیا صارفین نے اس بحث پر مختلف ردعمل ظاہر کیا۔ کئی صارفین نے کہا کہ چھوٹی سی بات کو بڑھا چڑھا کر نہ پیش کیا جائے اور صبا کو بھی جواب دینا بند کرنا چاہیے جبکہ کچھ نے صبا کے موقف سے اتفاق کا اظہار کیا۔ یاد رہے کہ اداکارہ جویریہ عباسی نے حال ہی میں احمد بٹ کے پوڈ کاسٹ میں شرکت کی جہاں انہوں نے کہا کہ جس شہر نے آپ کو شہرت دی اس کا احترام ضروری ہے اور صبا قمر کے انداز پر اعتراض کیا تھا تاہم ایک پروگرام میں جب میزبان نے صبا قمر سے پوچھا کہ کیا کبھی انہوں نے مستقل بنیادوں پر کراچی منتقل ہونے کا نہیں سوچا؟ جس پر صبا قمر نے استغفر اللہ کہتے ہوئے کہا تھا کہ انہیں سندھ کا دارالحکومت پسند نہیں۔



سلمان خان کی فلم بیٹل آف گلوان کی ریلیز میں تاخیر کا خدشہ

سلمان خان کی آنے والی فلم بیٹل آف گلوان ملتوی کر دی گئی ہے۔ سوپر اسٹار کو اس فلم سے بہت زیادہ امیدیں ہیں، کیونکہ ان کی پچھلی چند فلمیں اچھی



کارکردگی نہیں دکھا سکیں۔ یہ افواہ ہے کہ یہ فلم سلمان خان کی ناکام باکس آفس کی قسمت کو بحال کر سکتی ہے۔ فلم بنانے والے مبینہ طور پر اس فلم سے سنجیدہ ہیں اور کوئی کسر نہیں چھوڑنا چاہتے۔ فلم کی ریلیز کی تاریخ فی الحال اپریل 2026 مقرر کی گئی ہے، لیکن حالیہ رپورٹس بتاتی ہیں کہ اسے ملتوی کیا جاسکتا ہے۔ درحقیقت، کچھ وجوہات سامنے آئی ہیں جو بتاتی ہیں کہ گلوان ملتوی ہو سکتی ہے۔ بنانے والے اس کی ریلیز کی تاریخ کو زیادہ اہم رکھنا چاہتے ہیں۔ علاوہ ازیں شوٹنگ کے شیڈول کو پیچھے دیا گیا ہے۔ فلم کو ملتوی کرنے کئی وجوہات سامنے آرہی ہیں۔ رپورٹس بتاتی ہیں کہ فلم کی شوٹنگ کا نیا شیڈول ترتیب دیا گیا ہے، جو ایک ہفتہ چلے گا۔ اس کے بعد چند اور مناظر کی شوٹنگ ہونا باقی ہے۔ فلم کی تکمیل کے بعد دوبارہ شاٹ ورژن میں ترمیم کرنے کی ضرورت ہوگی۔ لہذا، یہ خیال کیا جاتا ہے کہ 17 اپریل 2026 کو فلم کی ریلیز کی تاریخ کا امکان نہیں

بالی ووڈ کامیڈین راجپال یادو تہاڑ ہیل منتقل

بالی ووڈ کے معروف کامیڈین اداکار راجپال یادو ایک بار پھر قانونی مشکلات میں گھر گئے، ان کو طویل عرصے سے جاری مالی تنازعہ کیس

میں سرینڈر کرنے کے بعد قانونی کارروائی کے تحت تہاڑ جیل منتقل کر دیا گیا۔ یہ کیس 2010ء کا ہے جب راجپال یادو نے دہلی کی کمپنی

مرلی پروڈیکشنس پر انیوٹ لمیٹڈ سے اپنی ہدایت کاری میں بننے والی فلم اتھ پتہ لاپتہ کے لیے مبینہ طور پر 5 کروڑ روپے قرض حاصل کیا تھا، فلم باکس آفس پر ناکام رہی جس کے باعث قرض کی ادائیگی میں مشکلات پیش آئیں اور معاملہ عدالت تک جا پہنچا۔ اپریل 2018ء میں مجسٹریٹ کی عدالت نے اداکار اور ان کی اہلیہ راجپال کو نیگوشی اسپل انسٹرومنٹس ایکٹ کی دفعہ 138 کے تحت سزا سنائی تھی، جو مالی لین

دین میں چیک باؤنس ہونے سے متعلق ہے، اس کے بعد ایپیل اور دیگر قانونی کارروائیوں کے باعث یہ معاملہ ایک دہے سے زائد عرصے تک زیر سماعت رہا۔ حالیہ پیش رفت میں اداکار نے کیس کے سلسلے میں خود کو حکام کے حوالے کر دیا، جس کے بعد انہیں بقایا رقم کی عدم ادائیگی کے باعث جیل بھیج دیا گیا۔ سود اور جرمانوں سمیت واجب الادا رقم تقریباً 9 کروڑ روپے تک پہنچ چکی ہے۔ راجپال یادو کوئی فلموں میں اپنی یادگار مزاحیہ اداکاری کیلئے مشہور ہیں، تا حال اداکار کی جانب سے حالیہ عدالتی فیصلے پر کوئی تفصیلی بیان سامنے نہیں آیا۔ قانونی ماہرین کے مطابق نیگوشی اسپل انسٹرومنٹس ایکٹ کے تحت عدالتی احکامات پر عمل درآمد نہ ہونے کی صورت میں قید کی سزا دی جا سکتی ہے۔



ولی الدین

## عید ملن

چوڑی کھنک اٹھی دل زور سے دھڑکا  
جب ہاتھ اٹھا کے آداب کیا اس نے  
ایک پنکاری سی بھڑکی ایک شعلہ سا لپکا  
ہستی کو میری مست شراب کیا اس نے  
قربت نہ ملی یارو گلے نہ لگایا  
عید کو میری یوں خراب کیا اس نے  
پھر اچانک تنہائی میں گلے مل کر  
زندگی کو میری شاداب کیا اس نے



سو یوں کی عید ہو یا بکروں کی عید ہو  
اپنی تو ہوتی ہے عید جب اُن کی دید ہو



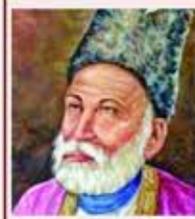
اقبال اشہر

## غزل

ٹھہری ٹھہری سی طبیعت میں روانی آئی  
آج پھر یاد محبت کی کہانی آئی  
آج پھر نیند کو آنکھوں سے بچھڑتے دیکھا  
آج پھر یاد کوئی چوٹ پرانی آئی  
مدتوں بعد چلا ان پہ ہمارا جادو  
مدتوں بعد ہمیں بات بنانی آئی  
مدتوں بعد پشیمان ہوا دریا ہم سے  
مدتوں بعد ہمیں پیاس چھپانی آئی  
مدتوں بعد کھلی وسعت صحرا ہم پر  
مدتوں بعد ہمیں خاک اڑانی آئی  
مدتوں بعد میسر ہوا ماں کا آنچل  
مدتوں بعد ہمیں نیند سہانی آئی  
اتنی آسانی سے ملتی نہیں فن کی دولت  
ڈھل گئی عمر تو غزلوں پہ جوانی آئی

ڈاکٹر شیخ محمد اقبال  
منتخب اشعار

یہ ایک سجدہ جسے ٹو گراں سمجھتا ہے  
ہزار سجدے سے دیتا ہے آدمی کو نجات  
(بانگِ درا)  
اٹھ کہ اب بزمِ جہاں کا اور ہی انداز ہے  
مشرق و مغرب میں تیرے دور کا آغاز ہے  
(بانگِ درا)  
سبق پھر پڑھ صداقت کا، عدالت کا، شجاعت کا  
لیا جائے گا تجھ سے کام دنیا کی امامت کا  
(بانگِ درا)  
فرد قائم ربط ملت سے ہے تنہا کچھ نہیں  
موج ہے دریا میں اور بیرون دریا کچھ نہیں  
(بانگِ درا)  
پھول کی پتی سے کت سکتا ہے ہیرے کا جگر  
مرد ناداں پر کلام نرم و نازک بے اثر  
(بالِ جبریل)  
عقابی روح جب بیدار ہوتی ہے جوانوں میں  
نظر آتی ہے ان کو اپنی منزل آسمانوں میں  
(بالِ جبریل)



مرزا غالب

## غزل

رخ نگار سے ہے سوز جاودانی شمع  
ہوئی ہے آتش گل آبِ زندگانی شمع  
زبان اہل زباں میں ہے مرگ خاموشی  
یہ بات بزم میں روشن ہوئی زبانی شمع  
کرے ہے صرف بہ ایمائے شعلہ قصہ تمام  
بہ طرز اہل فنا ہے فسانہ خوانی شمع  
غم اس کو حسرت پر دانہ کا ہے اے شعلے  
ترے لرزے سے ظاہر ہے ناتوانی شمع  
ترے خیال سے روح اہتراز کرتی ہے  
بہ جلوہ ریزی باد و بہ پر فشانی شمع  
نشاط داغِ غم عشق کی بہار نہ پوچھ  
شگفتگی ہے شہید گل خزانہ شمع  
جلے ہے دیکھ کے بالین یار پر مجھ کو  
نہ کیوں ہو دل پہ مرے داغِ بدگمانی شمع



کمار پاشی

## غزل

یہ کیسی آگ برستی ہے آسمانوں سے  
پرندے لوٹ کے آنے لگے اڑانوں سے  
کوئی تو ڈھونڈ کے مجھ کو کہیں سے لے آئے  
کہ خود کو دیکھا نہیں ہے بہت زمانوں سے  
پلک جھپکتے میں میرے اڑان بھرتے ہی  
ہزاروں تیر نکل آئیں گے کمانوں سے  
ہوئی ہیں دیر و حرم میں یہ سازشیں کیسی  
دھواں سا اٹھنے لگا شہر کے مکانوں سے  
شکار کرنا تھا جن کو شکار کر کے گئے  
شکار یو اتر آؤ تم اب چانوں سے  
روایتوں کو کہاں تک اٹھائے گھومو گے  
یہ بوجھ اتار دو پاشی تم اپنے شانوں سے



پروین شاکر

## غزل

وہ تو خوش بو ہے ہواؤں میں بکھر جائے گا  
مسئلہ پھول کا ہے پھول کدھر جائے گا  
ہم تو سمجھے تھے کہ اک زخم ہے بھر جائے گا  
کیا خبر تھی کہ رگ جاں میں اتر جائے گا  
وہ ہواؤں کی طرح خانہ بجاں پھرتا ہے  
ایک جھونکا ہے جو آئے گا گزر جائے گا  
وہ جب آئے گا تو پھر اس کی رفاقت کے لیے  
موسم گل مرے آنگن میں ٹھہر جائے گا  
آخرش وہ بھی کہیں ریت پہ بیٹھی ہوگی  
تیرا یہ پیار بھی دریا ہے اتر جائے گا  
مجھ کو تہذیب کے برزخ کا بنایا وارث  
جرم یہ بھی مرے اجداد کے سر جائے گا



علی بادر پون

## غزل

ابھن نہیں سکون ملے اور خوشی ملے  
بندہ ہوں تیرا مجھ کو تری بندگی ملے  
مطلب سے کام کام سے مطلب ہے آج کل  
اے کاش کہ خلوص سے کوئی کبھی ملے  
احساسِ کمتری ہو نہ احساسِ برتری  
دونوں ہیں عیب دار مجھے سادگی ملے  
دیکھو خلوص و پیار سے ایسے ملا کرو  
ملنے کی آرزو ہی کرے جو کوئی ملے  
مرضی سے اپنی کچھ نہیں ملتا یہاں کبھی  
مرضی جو رب کی ہوگی سبھی کو وہی ملے  
نظریں ملیں تو ملتے رہے دل نے پھر کہا  
درپن یونہی ملو نہ کبھی بے رخی ملے



ڈاکٹر محسن جگانووی

## غزل

کوئی تشبیر نہ اظہار چلے جانا ہے  
چھوڑ کر شہر طرح دار چلے جانا ہے  
راہ میں مرحلہ دشت و جبل آئیں گے  
صبح سے پہلے افق پار چلے جانا ہے  
تھے کہانی میں جو کردار سبھی ختم ہوئے  
اور اب مرکزی کردار چلے جانا ہے  
اس سے بیان وفا ہے کہ ندا آتے ہی  
کوئی حجت ہے نہ انکار چلے جانا ہے  
آخری صفحے کی تحریر رقم کردی ہے  
دستخط کر کے مرے یار چلے جانا ہے  
اس جگہ جنسِ مرؤت کا خریدار نہیں  
اب ہمیں مصر کے بازار چلے جانا ہے  
آ رہی ہے جو فلک بوس عمارت محسن  
آخرش سایہ دیوار چلے جانا ہے



MARCH 2026

Son: "Dad, can you please explain to me what a solar eclipse is?" Dad: "No sun."

Why did the man fall down the well? He couldn't see that well.

I once submitted ten puns to a joke competition. I really thought with that many, one was sure to win. Sadly, no pun in ten did.

Where do you take someone who's been in a peek-a-boo accident? The ICU.

Did you hear about the explosion at the cheese factory? There was nothing left but debris.

How does NASA organize a party? They planet.

Did you hear the joke about paper? Never mind, it's tear-able.

What's orange and sounds like a parrot? A carrot.

What did the blanket say when it fell off the bed? Oh, sheet.

What was even more useful than the first telephone? The second telephone.

I'm afraid for the calendar. Its days are numbered.



Went to the doctor with a suspicious-looking mole. He said they all look that way and I should have left him in the garden.

Have you heard of the new sport called quiet tennis? It's like normal tennis but without the racket.

Why did the god of thunder need to stretch his legs? He was a little Thor.

What's the least spoken language? Sign language.

What building in your town has the most stories? The public library.

Claustrophobia is the fear of closed spaces. For example: I'm going to the beer store and I'm scared it will be closed.

If April showers bring May flowers, what do May flowers bring? Pilgrims.

What has five toes but isn't your foot? My foot.

What looks like half a tree? The other half.

Two guys walked into a bar... the third one ducked.

Why do dads take an extra pair of socks when they play golf? In case they get a hole in one.

What do you call a Frenchman who has been attacked by a cat? Claude.

My 6-year-old daughter has lined up all of her dolls towards the outdoor grill. Looks like she's preparing some kind of barbie queue.

How can you tell the difference between a crocodile and an alligator? Easy, one will see you later, the other will see you in a while.

Someone told me that it's impossible to make a pun about vegetables. I said that's not necessarily true. Where do fruits go on vacation? Pear-is!

What did Baby Corn say to Mama Corn? Where's Pop Corn?

What do you call a fake noodle? An impasta.

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