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

SEPTEMBER 2023 Vol 14, Issue 9

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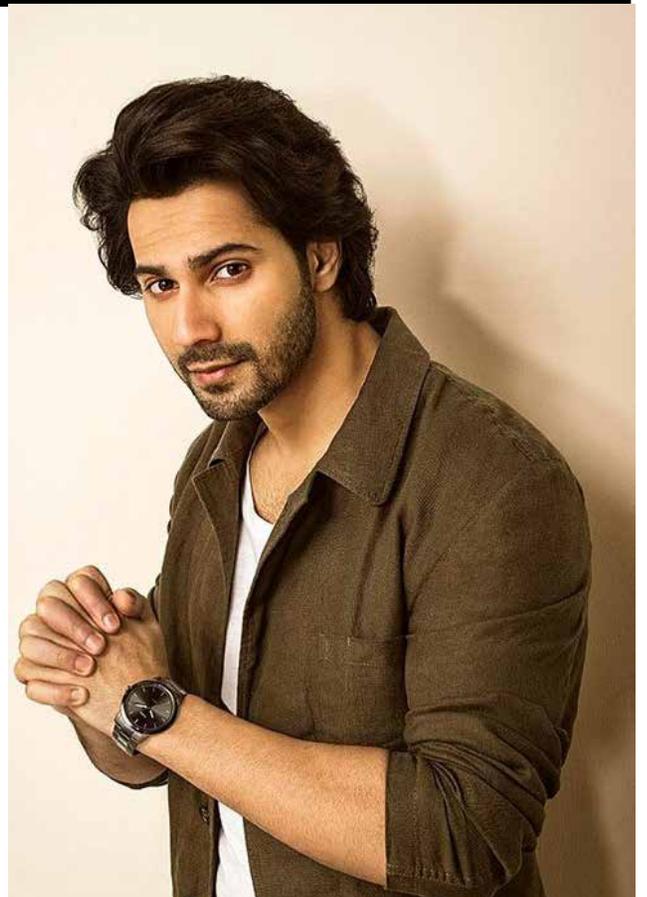
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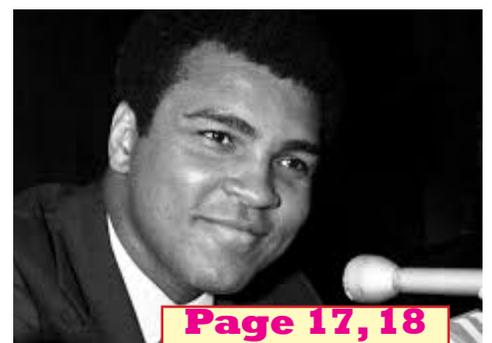


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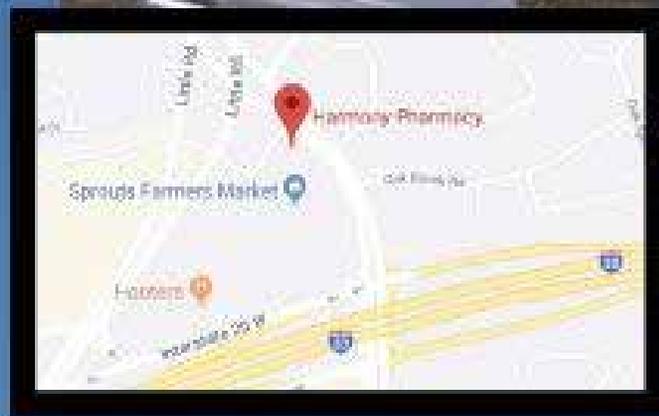


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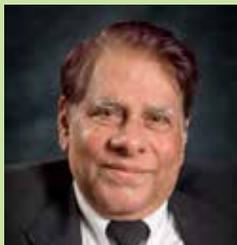
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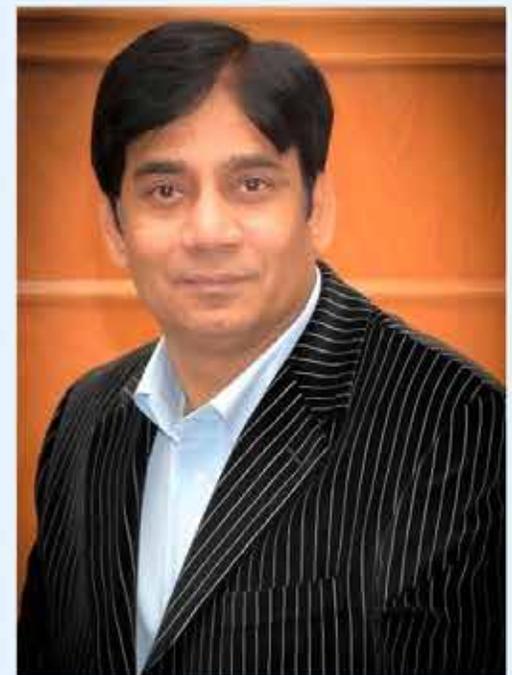
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Zaid Shakir



Abdul Nasir Jangda



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Jamal Badawi



Abdalla Idris Ali



Muzammil Siddiqi



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Introductory Remarks by:



DR. JOSEPH A. HILL,
M.D. PH.D.

Chairman, Cardiology Department, UT Southwestern Medical Center, Dallas, TX
Chief Editor, Circulation Magazine.



DR. BASHEER AHMED, M.D.

Former Professor of Psychiatry, UT Southwestern Medical Center, President of the Institute for Medieval and Post Medieval Studies

Date: Saturday, September 16, 2023

Time: 7:00 P.M.

Venue: Wyndham Hotel, 4440 Airport FWY, Irving, Texas 75063

Tickets (Dinner included): \$100 each; Tables: \$1,000 each

Tickets can be purchased from Registration Link: <https://tinyurl.com/impmsannualfunction23>

Adults: \$100

Students: under 18 years: \$10, ages 18+, \$25

FOR ADDITIONAL INFORMATION PLEASE TEXT:

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Kashmir Tragedy of August 5, 2019: A Tale of Unilateral Actions and Political Intrigues

By Mujeeb Kazi, Dallas TX, USA



On August 5, 2019, the picturesque valley of Kashmir was struck by a seismic event that changed its course of history. India's unexpected and unilateral decision to revoke the semi-autonomous status of Jammu and Kashmir sent shockwaves throughout the region. The repercussions of this controversial move have been far-reaching and continue to reverberate to this day.

Firstly, India's abrupt abrogation of Article 370 of the Constitution, which granted special status to Jammu and Kashmir, was met with widespread outrage. The move was seen as a blatant disregard for the region's autonomy and the will of its people. It sparked protests and civil unrest in the region, leading to the imposition of strict security crackdowns on its peoples.

Secondly, amidst the turmoil, Pakistan was accused of supporting insurgency in Kashmir by establishing a powerful deep state. Reports suggested that elements within the Pakistani establishment were clandestinely working with India, betraying the aspirations of the Kashmiri people. The then-army chief, General Bajwa, faced allegations of backing covert operations in the valley, further complicating an already fragile situation.

Thirdly, the political elites on both sides of Kashmir were also embroiled in the chaos. Power politics seemed to take precedence over the interests of the Kashmiri people, as some politicians collaborated with Indian authorities to impose an authoritarian grip on the region. This hostile act of Indian authoritarianism put a dark cloud over the prospects of genuine dialogue and reconciliation.

Lastly, the aftermath of August 5, 2019, saw heightened tensions between India and Pakistan over the contested territory of Kashmir. Indian of-

ficials expressed a determined stance to take over Azad Kashmir, the part of Kashmir under Pakistan's control, adding fuel to the already simmering conflict. Meanwhile, Pakistan grappled to safeguard its own four units and prevent further escalation.

In the wake of the tragedy, Kashmiris have endured immense suffering and uncertainty. The communication blockade and restrictions on movement imposed by Indian authorities have hindered the flow of information and created an atmosphere of fear and distrust.

As the world watches with concern, the Kashmir tragedy of August 5, 2019, serves as a stark reminder of the complexity and sensitivity surrounding the Kashmir dispute. It demands a sincere and concerted effort from all parties involved to seek a peaceful resolution that respects the rights and aspirations of the Kashmiri people. Only through genuine dialogue and understanding can the wounds of this tragic event begin to heal, and a path towards lasting peace be paved for the beautiful valley of Kashmir.



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The 60th Annual ISNA Convention

Islamic Society of North America (ISNA): The 60th Annual ISNA Convention: 60 years of service: Navigating the way forward*

(CHICAGO, IL, 08/24/23) On Friday, September 1st, ISNA will hold a press conference to highlight the special guests, events and celebrations that are planned for its 60th anniversary convention. This is a major event which is expected to bring over 20,000 attendees to Chicago from all over North America, in addition to over 500 businesses from all over the world in a unique marketplace.

For decades, ISNA has fostered the development of the Muslim community and greater society. It has been a national leader in advancing interfaith dialogue and civic engagement and has played a pivotal role in shaping the national conversation around Islam by promoting a bet-

ter understanding of Muslims in America.

WHAT: The 60th Annual ISNA Convention

WHEN: Friday, September 1st, 2023, 10 a.m., Room number 10

WHERE: Donald E Stephens Convention Center, 5555 N River Road, Rosemont, IL, 60018

Special Coverage: The press conference will begin at 10 a.m. and proceed with comments from ISNA's President and Executive Director. Media personnel are welcome to film, take photos, and ask questions during the event.

"Every year, the ISNA convention aims to provide a positive and enriching environment for Muslims and people of all faiths and backgrounds to come learn, network, and have fun with their friends and families," said ISNA President, Safaa Zarzour.

Upon request, ISNA can arrange for its leaders to be interviewed on the premises.

About ISNA: The Islamic Society of North America was founded in 1963. Its mission is to foster the development of the Muslim community, interfaith relations, civic engagement, and a better understanding of Islam.

Press Release

Media Contacts:

Basharat Saleem, Executive Director, ISNA,

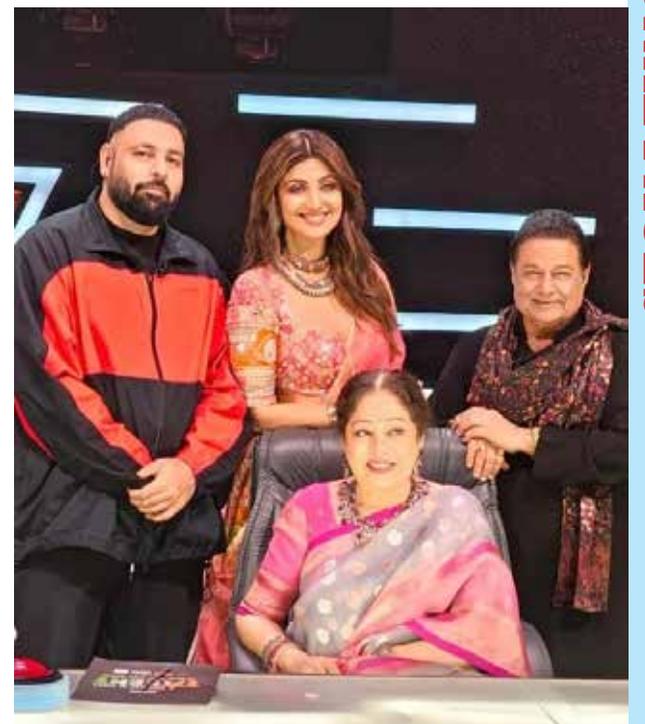
317-839-1808, Basharat.Saleem@isna.net

Safaa Zarzour, President, ISNA, Safaa@zarzour-law.com

INDIA GOT TALENT

I had the pleasure of spending some quality time with the beautiful and outstanding singer Harshdeep Kaur and the incredibly talented Indian Idol winner Salman Ali before our amazing concert last night! It was an incredible experience - the energy of the crowd was electric, and I couldn't have asked for a better evening.

Anup Jalota



It was an absolute pleasure to be around the beauty queen Shilpa Shetty, the very talented Badshah and the amazing Kiron Kher on the sets of India's Got Talent. Such a great experience to be in the presence of such inspiring people! I'm so thankful for the opportunity to witness talents and share the same stage with them - what a memorable day!



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1.. mayor of Chicago Brandon Johnson at India day parade with Iftexhar Shareef FIA Chicago Trustee.
2. Ambassador Somnath Bharati consul general of india , Chicago with Iftexhar Shareef.
Left: Iftexhar Shareef trustee FIA chicao flanked with other trustees Dr Bharath Barai , Dr Rashmi Patel president FIA chicao



1. Floats of different states of india at parade
2. Iftexhar shareef speaking at introducing Actress Kaniska Soni during parade.
3. Iftexhar Shareef with Najma Heptulla on August 15 th at Consul General's office
4. Iftexhar Shareef with 13 th descend of Shivaji Maharaj along with Babu Patel, Smitha Shah, Hina Trivedi , Sunny Ghabawala and other trustees
5. Daley plaza downtown Chicago flag hoisting and cultural program on August 15 th
6. Iftexhar Shareef & Fazal Khan at Daley plaza on August 15 th event.
7. Mafat Patel chairman of Patel brothers flanked with Iftexhar Shareef, Kanti S Patel and Jyoti Patel at Independence Day banquet hall



Left Pics:
Sir Vivian Richards most successful cricket captain of West Indies in chicao reception with Iftexhar shareef

Qawali & Ghazal event held in Chicago



Qawali & Ghazal program was organized by Aleem and Sayeda Farooqi on Aug 25th in Chicago. Azeem A. Quadeer mesmerized the audience with the help of outstanding Tabla player Puran Lal Vyas and Chicago area famous Sound Engineer Syed Shahid Lateef. Saleem Khan and Aleem Farooqi also entertained with thier songs. Attendees included Taher Faheem, Syed Zahid Mohammed, Khaja Ataulah Shareef, Arshad Mateen , Maqsood bhai. Ateeq bhai, promoter Mohammed Hafeez, AARA Manager Malik Pervez, Dr. Huma Mulk, Ameer Faruqi, Hyder Ali, Tausif Adnan. Mr & Mrs Aleem thanked the audience.



The 60th Annual ISNA Convention
September 1-4, 2023
Chicago
Celebrating 60 years!

SUNDAY, SEPTEMBER 3, 2023 12:30 PM - 1:30PM
Session Room 12 - Session 14B - Global Issues II

India At Crossroads

India is at a crossroads with many issues, prominent being risk for minorities in terms of their fundamental rights to freedoms enshrined in the constitution of India. In these crucial times, with the rise of the BJP, how can NRI's around the world play a role is most critical and the main focus of the talk in depth.



Dr. Mohammed Jameel
President
Americans Democratic Forum

P.C.S. PUNJABI MELA-2023 ON SUNDAY SEPTEMBER 17th. at PALATINE

Palatine, IL: Punjabi Cultural Society of Chicago (P.C.S.) <http://www.pcschicago.org/> is organizing its "Punjabi Mela" event on Sunday, September 17, 2023 from 10 am to 6 pm at Forest Preserve Deer Grove East, Shelter #1, 2 & 3, are booked at 1599 Pepper Tree Dr., Palatine, IL 60067. The entrance is from Dundee Road. A famous Punjabi folk singer GEETA ZAILDAR will entertain the audience with his very popular Punjabi songs along with an all-day family sport.

Free Entrance, free food, tea, water and Free parking will be available at the forest preserve. Three adjoining picnic groves have been reserved. All are welcome with families to watch, participate and enjoy the fun games like Tug of War, Musical Chairs race, Volleyball, Kite flying, 3-legged race, spoon race, bouncy house for kids and many other activities for children. The winners will get awards. It is a family event. Please come, eat, play, enjoy, meet people and cheer our community youth while playing sports. Several legislators and Dignitaries have been invited to attend.

"P.C.S. aims to encourage our next generation to get higher education, play sports, live a healthy life style, build a better community, become better citizens, help the needy, while enjoying life," said Bhupinder Singh Dhaliwal, President P.C.S.

For more information please contact:

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What Happens If You Don't Put Your Phone Into Airplane Mode?

Kaitlin Menza

It's the final moments gearing up for takeoff, when you notice your seatmate is replying to text messages on their cell phone—which they clearly haven't put into airplane mode yet. Cue the spike of fear. Are they really just breaking the rules? And most importantly: Is this inconsiderate person going to mess with the plane signals and kill us all?

It can be scary to witness a passenger disregard the airplane-mode announcement on a flight, because air travel is all about guidelines and safety. But these days, when just about every person has a smartphone in their pocket and many are expected to answer work emails at all hours, it's tempting to push the limits on airplane mode. What actually happens if someone forgets to (or worse, actively chooses not to) flip that little switch? The fact is, most travelers don't really know. So, we asked airline staffers about the basis of the safety step, and whether they can actually tell when a passenger is flouting the rules.

This article has been updated with new information since its original publish date.

Why is airplane mode required?

You may recall a time when airlines required passengers to switch their phones off entirely, and it wasn't some long-ago era, but 2012. In 2013—after conferring with pilots, passengers, aviation manufacturers, and mobile tech representatives—the Federal Aviation Administration officially decreed that passengers could keep their phones on during flights, as long as they were set to airplane mode.

- ADVERTISEMENT -

"The industry has had several reports over the years linking mobile phone use with system malfunctions, and whilst systems have improved, the industry regulators take a cautious view because of the safety implications," a spokesperson from the Flight Tech team of an international airline said in a statement. "Mobile phone signals can interfere with aircraft navigational and landing guidance systems."

The relationship between phone signals and navigational systems is not an exact science, which is why everyone we spoke to was careful in their language. "It's rare, but it does still happen that there is interference with certain types of cell phones or a combination of many cell phones still turned on," says Bobby Laurie, host of TV show *The Jet Set*, former flight attendant, and Condé Nast Traveler contributor. "The best way that a pilot explained it to me was, if you've ever left your cell phone next to a speaker—just before it rang, you would hear that clicking noise from the speaker," Laurie explains. "That's kind of what they hear in their headsets and in-flight deck speaker system when they're communicating." And when you're flying a plane, the last thing you want are any extra noises while communicating—and concentrating.

Better to be safe than sorry, says the industry. "Practically, there is no effect on the aircraft, but without the [safety] certification, the use of 3G/4G band cannot be allowed," says Matti Keskinarkaus, the deputy fleet chief pilot at Finnair.

Do some countries allow passengers to use their

phone without airplane mode?

Yes. Both the UK and the EU have recently allowed airlines in its member countries to begin providing 5G to passengers in the air, making airplane mode a thing of the past. Officials in the UK and EU were given a deadline of June 30, 2023, to make 5G frequency bands available for airlines.

The situation is much different than how 5G is rolling out in the US, which has actually caused flight cancellations and delays. In the UK and EU, there's no concern that the 5G signal will interfere with the equipment in the cockpit. "There is much less prospect of interference," Dai Whittingham, chief executive of the UK Flight Safety Committee, told the BBC in December 2022, when the plan to nix airplane mode was first announced. "We have a different set of frequencies for 5G, and there are lower power settings than those that have been allowed in the US."

With the availability of 5G in midair, passengers in the EU and UK can have full access to their mobile devices and no longer need to set their phone to airplane mode. This means they can access functions that were once verboten, like making phone calls in-flight and accessing apps that stream music and videos. "The traveling public wants 5G," Whittingham said to the BBC. "The regulators will open up that possibility, but there will be steps that will be taken to ensure that whatever they do is safe."

Will 5G end the airplane mode requirement in the US?

Probably not. In fact, it may be more important than ever to put your phone in airplane mode. For months, US officials and air travel experts have been wringing their hands over how new mobile 5G frequencies will affect airplane equipment across the country. The issue is that the 5G signal can interfere with a specific device called an altimeter, which uses radio waves to give pilots readings on how far a plane is above the ground. It can be a crucial device, especially when landing in bad weather or low visibility.

A solution was found, however, and airlines were advised to update their radio altimeters to address potential interference issues with 5G C-Bands. As of the end of June 2023, about 80 percent of the planes were updated with the new equipment, according to Reuters. But, Transportation Secretary Pete Buttigieg warned US travelers that they could face flight delays throughout the summer if airlines didn't update their planes with the latest technology.

"We continue to see a significant number of aircraft still awaiting retrofit, including many operated by foreign air carriers," Buttigieg wrote in a letter to Airlines for America, a lobbying group that represents the nation's largest carriers. "This means on bad-weather, low-visibility days in particular, there could be increased delays and cancellations."

While upgrading relevant equipment in the cockpit will help avert the most dire safety issues with 5G, it also means that travelers in the US should expect to keep switching their devices to airplane mode for the foreseeable future.

Can airline staff tell when you haven't put your phone into airplane mode?

Well, sort of. "The flight attendants or the pilots are not going to get an indicator that says 13A has their cell phone on," Laurie says. "But if there's enough people that they still have it on, and they're encountering that interference, then, yes."

You may have even experienced a flight where the



airline staff are honest that they're getting feedback and passengers are warned again to follow the rule. "I've been on a few flights where we've asked numerous times, saying that the pilots were saying that they were getting interference," Laurie says. "But like I said, it is pretty rare."

What happens if you're caught breaking the rule?

The official response from airlines can be pretty threatening. "Technically, you would then be disobeying crew member instructions and that is a federal offense," Laurie says. Depending on the plane, as some have "no cell phone" signs "no smoking" lights, "you're disobeying crew member instructions, and you're disobeying lighted signs and posted placards. You could actually be charged with two offenses."

Of course, those outcomes are mostly referring to passengers who are willfully refusing to switch their phones into airplane mode. What's more common are those folks who forgot, or who pushed the limit and just want to send one last email before liftoff.

And the safety concern among passengers has actually made vigilantes of us all, Laurie says, based on his experience as a flight attendant. "Everyone hides their phone as you walk by, but then three rows away, you hear that incoming text message or that phone call," he says. "Then it's funny to watch the other passengers rat each other out. Everyone's pointing, or they're waving you down and [with] their fingers up to their ear and their mouth as if they're on the phone, like, 'That one.'"

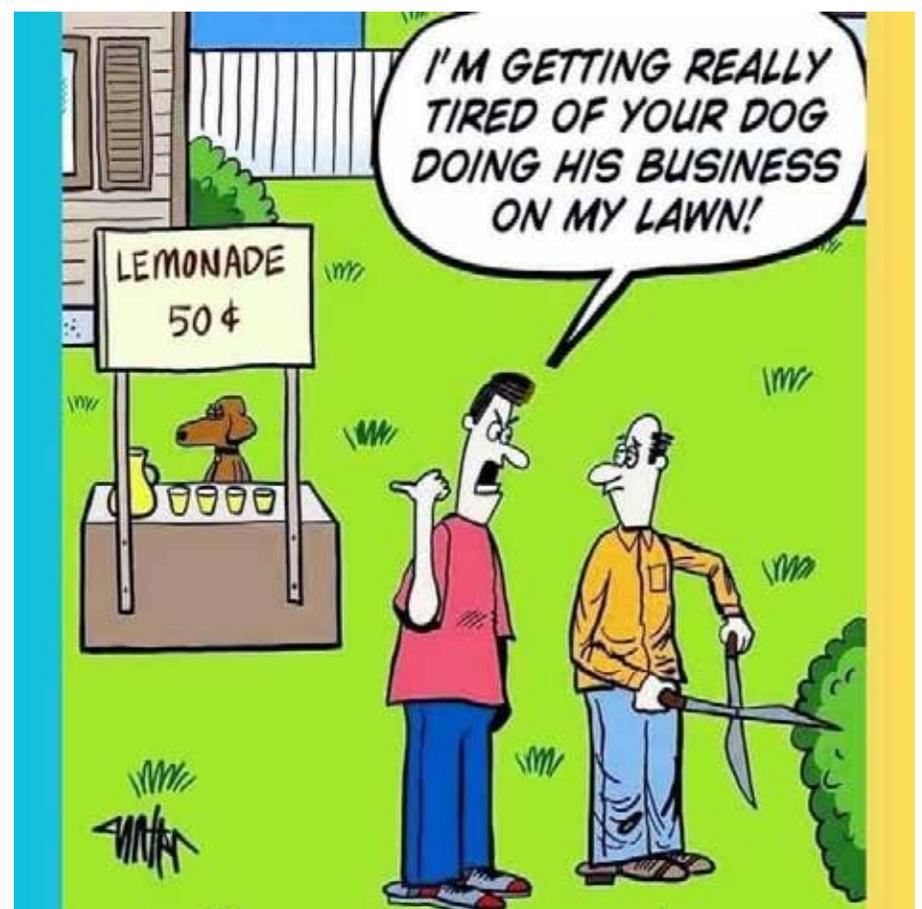
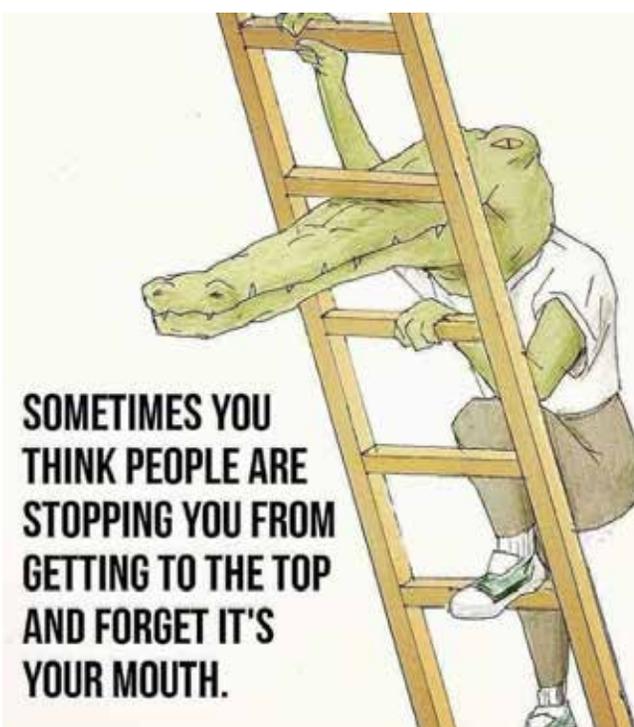
Originally Appeared on Condé Nast Traveler

The "Oldest Gold Of Mankind" was found in the Varna Necropolis, on The Bulgarian Black Sea Coast.



FATHER OF ROBOTICS: ISMAIL AL-JAZARI (1136-1206)

Ismail Al-Jazari was a polymath: a scholar, inventor, mechanical engineer, artisan, artist, and mathematician from the Artuqid Dynasty of Jazira in Mesopotamia. 'The Book of Knowledge of Ingenious Mechanical Devices' is a medieval Arabic book written by Ismail al-Jazari in the 12th century. It describes over fifty mechanical devices and automata, including clocks, water-raising machines, musical automatons, and humanoid robots. Al-Jazari provides detailed instructions for constructing each device and includes anecdotes and historical references. The book had a significant influence on the development of European clockmaking and automata, offering insights into daily life and technological innovations in the Islamic world during the medieval period. It's his book that influenced key concepts of modern-day robotics.



29.12.14

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Muhammad Ali, the greatest athletes of all times

-Dr. Abdul Ruff



Muhammad Ali, the silver-tongued boxer and civil rights champion who famously proclaimed himself “The Greatest” and then spent a lifetime living up to the billing, is no more after a 32-year battle with Parkinson’s disease. Muhammad Ali, revered as one of the greatest boxers of all time, has died at the age of 74.

Muhammad had suffered for three decades from Parkinson’s, a progressive neurological condition that slowly robbed him of both his legendary verbal grace and his physical dexterity. A funeral service was held in his hometown of Louisville, Kentucky.

The man who could float like a butterfly and sting like a bee, dazzle the world of heavyweight boxing at the height of the sport’s golden era, and stand against war and injustice in America, is in our memories. His daughter Rasheda said that the legend was “no longer suffering,” describing him as “daddy, my best friend and hero” as well as “the greatest man that ever lived.”

While some debate remains over whether he was the greatest heavyweight to ever enter the ring, boxing historians unanimously agree he was the greatest entertainer the sport ever produced.

Born Cassius Marcellus Clay on Jan. 17, 1942 in Louisville, Kentucky, to middle-class parents, Ali started boxing when he was 12, winning Golden Gloves titles before heading to the 1960 Olympics in Rome, where he won a gold medal as a light heavyweight. He changed his name to Muhammad Ali in 1964 after converting to Islam.

He was diagnosed with Parkinson’s disease in 1984, at the age of 43

Religion and freedom

Inspired by Malcolm X, one of the group’s leaders, he converted in 1963. But he kept his new faith a secret until the crown was safely in hand. That came the following year, when heavyweight champion Sonny Liston agreed to fight Ali. The challenger geared up for the bout with a litany of insults and rhymes, including the line, “float like a butterfly, sting like a bee.” He beat the fearsome Liston in a sixth-round technical knockout before a stunned Miami Beach crowd. In the ring, Ali proclaimed, “I am the greatest! I am the greatest! I’m the king of the world.” “My conscience won’t let me go shoot my brother, or some dark skinned people, some poor, hungry people in the mud, for big powerful America, and shoot them for what?” Ali said in an interview. His stand culminated with an April appearance at an Army recruiting station, where he refused to step forward when his name was called. The reaction was swift and harsh. He was stripped of his boxing title, convicted of draft evasion and sentenced to five years in prison.

Ali fought for freedom, justice, equality and religious beliefs. Ali’s fiery commentary was praised by antiwar activists and black nationalists and vilified by conservatives, including many other athletes and sportswriters. His appeal took four years to reach the US Supreme Court, which in June 1971 reversed the conviction in a unanimous decision that found the Department of Justice had improperly told the draft board that Ali’s stance wasn’t motivated by religious belief.

Released on appeal but unable to fight or leave the country, Ali turned to the lecture circuit, speaking on college campuses, where he engaged in heated debates, pointing out the hypocrisy of denying rights to blacks even as they were ordered to fight the country’s battles abroad. “My enemy is the white people, not Vietcongs or Chinese or Japanese,” Ali told one white student who challenged his draft avoidance.

Toward the end of his legal saga, Georgia agreed to issue Ali a boxing license, which allowed him to fight Jerry Quarry, whom he beat. Six months later, at a sold-out Madison Square Garden, he lost to Joe Frazier in a

15-round duel touted as “the fight of the century.” It was Ali’s first defeat as a pro. That fight led to one of boxing’s and sport’s greatest rivalries. Ali and Frazier fought again in 1974, after Frazier had lost his crown. This time, Ali won in a unanimous decision, making him the lead challenger for the heavyweight title. Finally, Ali delivered a historic performance in the ring, knocking out Foreman in the eighth round. The maneuver has been copied by many other champions since.

The third fight in the Ali-Frazier trilogy followed in 1975, the “Thrilla in Manila” that is now regarded as one of the best boxing matches of all time. Ali won in a technical knockout in the 15th round. Ali successfully defended his title until 1978, when he was beaten by a young Leon Spinks, and then quickly took it back. He retired in 1979, when he was 37. The following year, Ali was diagnosed with Parkinson’s disease.

Health and travel

Even as his health gradually declined, Ali — who switched to more mainstream branches of Islam — threw himself into humanitarian causes, traveling to Lebanon in 1985 and Iraq in 1990 to seek the release of American hostages. In 1996, he lit the Olympic flame in Atlanta, lifting the torch with shaking arms. With each public appearance he seemed more feeble, a stark contrast to his outsized aura. He continued to be one of the most recognizable people in the world.

He traveled incessantly for many years, crisscrossing the globe in appearances in which he made money but also pushed philanthropic causes. He met with presidents, royalty, heads of state, the Pope. He told “People” magazine that his largest regret was not playing a more intimate role in the raising of his children. But he said he did not regret boxing. “If I wasn’t a boxer, I wouldn’t be famous,” he said. “If I wasn’t famous, I wouldn’t be able to do what I’m doing now.”

In 2005, President George W. Bush honored Ali with the Presidential Medal of Freedom, and his hometown of Louisville opened the Muhammad Ali Center, chronicling his life but also as a forum for promoting tolerance and respect.

Divorced three times and the father of nine children — one of whom, Laila, became a boxer — Ali married his last wife, Yolanda “Lonnie” Williams, in 1986; they lived for a long time in Berrien Springs, Michigan, then moved to Arizona.

In recent years, Ali’s health began to suffer dramatically. There was a death scare in 2013, and last year he was rushed to the hospital after being found unresponsive. He recovered and returned to his new home in Arizona. In his final years, Ali was barely able to speak. Asked to share his personal philosophy with NPR in 2009, Ali let his wife read his essay: “I never thought of the possibility of failing, only of the fame and glory I was going to get when I won,” Ali wrote. “I could see it. I could almost feel it. When I proclaimed that I was the greatest of all time, I believed in myself, and I still do.”

An all-time boxing great and one of sport’s most charismatic entertainers, Muhammad Ali leaves behind a legacy of thrilling fights, trash talk poetry and taking a stand against inequality and war.

Tributes have poured in for Muhammad Ali, the heavyweight champion boxer who riveted the world with his sporting feats, quick-witted commentary and civil rights activism. Fellow athletes were quick to offer their condolences. “God came for his champion. So long great one,” boxer Mike Tyson said on Twitter. “RIP to The Greatest Muhammad Ali, you have given something to boxing that will never be forgotten,” tweeted Floyd Mayweather. British boxer Amir Khan, meanwhile, offered “prayers and thoughts”. Manny Pacquiao, the Filipino former world champion professional boxer, said the boxing world would benefit from Ali’s legacy. “We lost a giant today,” said Pacquiao. “Boxing ben-

efited from Muhammad Ali’s talents but not nearly as much as mankind benefitted from his humanity.” “A part of me slipped away,” George Foreman said on Twitter, calling the legendary fellow boxer by his “the Greatest” nickname.

Our hearts are deeply saddened yet both appreciative and relieved that the greatest is now resting in the greatest place.

Achievements and controversies

The first boxer to win the world heavyweight title three times, Ali’s exemplary skills in the boxing ring, colorful trash-talking and historic fights against some of the toughest fighters of all time ensured his place as an immortal icon of the sport. “Float like a butterfly, sting like a bee,” was one of many phrases Ali used to describe what he could do in the ring, while “I am the greatest” was a common catchcry. His vanquished foes included George Foreman, Joe Frazier and Sonny Liston. His road to immortality began at amateur level, after he was snapped up by a policeman come gym manager to take up boxing to arrest his aggressive behavior. The rising star soon turned professional and won 19 successive bouts — 15 by knockout — before taking on Liston in February, 1964 for the world heavyweight title.

Aged 22, he took on heavyweight champion Sonny Liston in Miami. He won and proclaimed to the world: “I am the greatest!” Ali was the first man to win heavyweight titles three times.

A supremely gifted athlete who excelled in one of the greatest eras of heavyweight boxing, Ali will also be remembered for his quick wit, charismatic turn of phrase and his brave stand against conscription, the Vietnam War and racial inequality. But Ali also proved to be a divisive, polarising figure in America, refusing to be conscripted into the US military in 1967 due to his religious beliefs and opposition to the Vietnam War. His stance against conscription cast him as a left-wing symbol of the anti-establishment movement in America.

Ali successfully defended his title six times, including a rematch with Liston. Then, in 1967, at the height of the Vietnam War, Ali was drafted to serve in the US Army. He’d said previously that the war did not comport with his faith, and that he had “no quarrel” with America’s enemy, the Vietcong.

As his profile rose, Ali acted out against American racism. After he was refused services at a soda fountain counter, he said, he threw his Olympic gold medal into a river. The new champion soon renounced Cassius Clay as his “slave name” and said he would be known from then on as Muhammad Ali — bestowed by Nation of Islam founder Elijah Muhammad. He was 22 years old. The move split sports fans and the broader American public: an American sports champion rejecting his birth name and adopting one that sounded ‘subversive’ to fanatics. Ali attended his first Nation of Islam meeting in 1959 and converted to Sunni Islam in 1975. In 1967, he famously refused to fight in Vietnam, citing religious reasons.

Recoiling from the sport’s tightly knit community of agents, mafias and promoters, Ali found guidance instead from the Nation of Islam, an American Muslim sect that advocated racial separation and rejected the pacifism of most civil rights activism. Inspired by Malcolm X, one of the group’s leaders, he converted in 1963. But he kept his new faith a secret until the crown was safely in hand. That came the following year, when heavyweight champion Sonny Liston agreed to fight Ali. The challenger geared up for the bout with a litany of insults and rhymes, including the line, “float like a butterfly, sting like a bee.” He beat the fearsome Liston in a sixth-round technical knockout before a stunned Miami Beach crowd. In the ring, Ali proclaimed, “I am the greatest! I am the greatest! I’m the king of the world.”

Muhammad Ali - The Greatest indeed

Muhammad Ali was a hero to many, for many reasons. He was adored by some because of his wonderful talents as a boxer. At his peak, from 1964 through 1967, there may never have been anyone remotely as good.

He was fast, strong and precise, the very definition of a boxer. He died Friday at 74 in a Phoenix hospital due to a respiratory ailment, but his impact on the world will never be forgotten.

He was a hero to others because of his stand on the Vietnam War. He was a conscientious objector and gave up virtually everything – his career, his title, most of his income – to stand up for what he believed in.

Many called him a draft dodger. Others thought he was crazy. But his beliefs were so deeply held that none of it mattered. Not long after Ali was convicted of draft evasion in 1967, public support for the war began to erode. Originally a pariah, Ali suddenly became the face, the voice, the very heart of the anti-war movement that would shape a generation.

To others, he was a hero for his quick wit and clever ways. He is in many ways the man that introduced trash talk to sports. He and a cornerman/friend, came up with a poem that many young people today know word for word, more than half a century since they first uttered them before his 1964 heavyweight title bout with Sonny Liston.

“I’m going to float like a butterfly, sting like a bee. His hands can’t hit what his eyes can’t see.”

He was a kind and charitable man who for most of his life gave away his fortune. His close friend of more than 50 years, Gene Kilroy, told of the time Ali went to visit a child in a leper colony in Kuala Lumpur in 1975.

“This lady came up to me in the lobby because she had seen me with Ali, and she told me her son was very sick and that he loved Ali,” Kilroy said. “I said, ‘Well, come on up to the room and let’s tell him.’ She was a poor woman who didn’t have much. She tells Ali, ‘My son is very sick and he loves you so much. Do you think you can visit him?’ Ali said, ‘Well, I do road work tomorrow at 4:30 in the morning. Can you be in the lobby at 7?’

“The next morning, she takes us to him and it’s a leper colony. The people were giving them the food and sliding it under and getting away. Ali said, ‘Where is he?’ and he walks right up to him. He hugged him and sat with him and talked with him and he didn’t care anything about the leprosy. He just wanted to make this sick kid happy.”

Many people loved Ali for many reasons. I fell in love with boxing in the mid-1960s as a young boy just as Ali was blooming into “The Greatest.” He was a larger-than-life figure who infiltrated so many aspects of society.

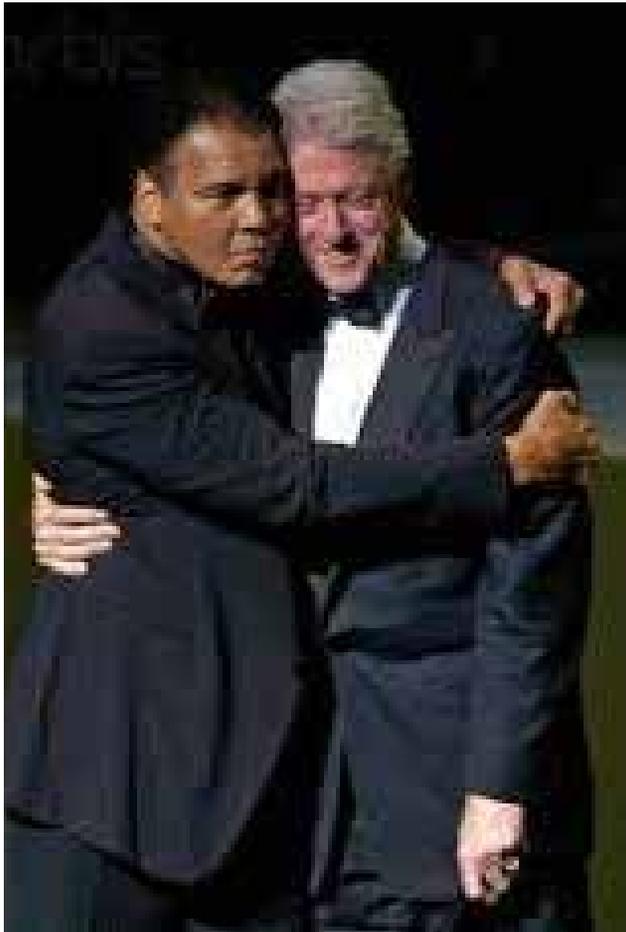
But I loved Ali for many of those reasons, all of them and more. He made you laugh. He awed you. He inspired you. He motivated you.

I didn’t start covering boxing until after he’d retired. The first time I met him, Kilroy introduced us. By that point, he had been diagnosed with Parkinson’s disease. In those days, he would only occasionally speak.

On this day, he spoke more in a low murmur. He was seated when Kilroy introduced us. I leaned in to hear him, so he reached for my head and pulled it toward his mouth.

“I hear you’re the greatest, because you’ve been nice to my friend here,” he said, beaming.

But I think the reason Ali was a hero to me is because of his answer to a little boy’s question. He was appearing on a television show in England in the 1970s, and the boy asked, “I’d like to know what you’re going to do when you



retire from boxing.”

After joking that he was snoring, Ali gave a mesmerizing answer that epitomizes the love that all those who idolized him believe about him.

“The important thing about life is what’s going to happen when you die,” Ali said. “Are you going to go to Heaven or hell? That’s eternity. How long is eternity? Let’s imagine. Take the Sahara Desert. There is a lot of sand over in the Sahara Desert, right? Imagine one grain of sand represents a thousand years. When you’re in hell burning, when you die and go to hell, it’s forever, for ever and ever, no end. How long is that?”

“I’ll tell you how long eternity is. Take the Sahara Desert. I told you to wait a thousand years. And every thousand years, I want you to pick up a grain of sand until the desert is empty. Wait a thousand years and pick up a grain. Wait another thousand years before you get the next grain. Keep that up until there is no sand in the desert. Do you know how long that is?”

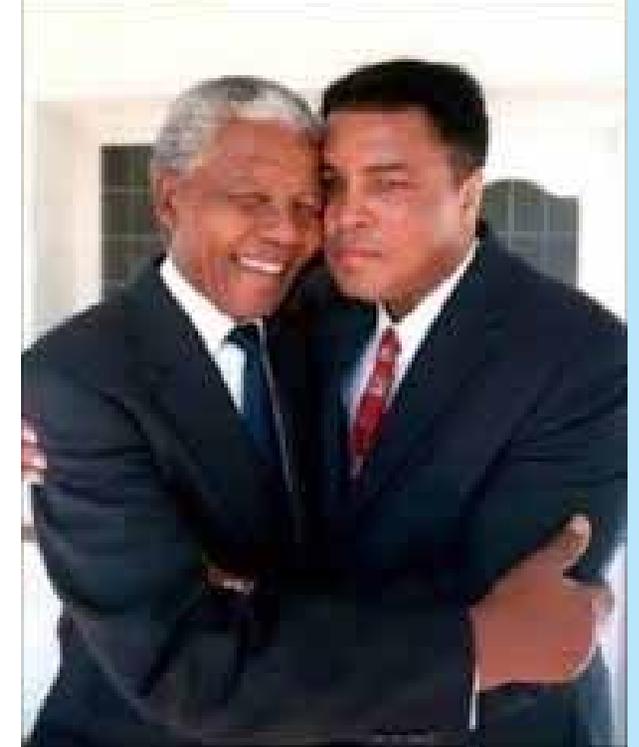
“America’s not but 200 years old. We got 800 more years to get to a thousand. It scares me to think that I’m going to die one day and go to hell. I’m on an airplane that might blow up. I’m always traveling. I might go to hell and God is going to judge my soul. The police, I might kill people. I might rob people. The authorities might not catch me. The FBI, Scotland Yard might not catch me, but when I die, God is watching me and keeping count, and I can’t get away. And I’m going to burn forever and ever. I want to go to Heaven.

“So what am I going to do when I’m through fighting? I only have 16 years to be productive and get ready to meet God and go to the best place.”

Whether one is religious or not is beside the point.

Ali stood for something. He was a man of principle, of courage, a man of character. The late Sen. Ted Kennedy’s words eulogizing his assassinated brother, Sen. Robert F. Kennedy, come to mind upon Ali’s passing.

“[He] need not be idealized, or enlarged in death beyond what he was in life; to be remembered simply as a good and decent man who saw wrong and tried to right it, saw suffering and tried to heal it, saw war and tried to stop it.



“Those of us who loved him and who take him to his rest today pray that what he was to us and what he wished for others will someday come to pass for all the world.”

Those words speak of the life that the son of a painter from Louisville, Ky., lived.

Truly, Muhammad Ali was the greatest.

The Story of Ibrahim Rashid with long haul Covid

When Ibrahim Rashid suddenly lost his ability to walk he was only 24 years of age and it came as a shock. Never before in his life had he experienced an episode like this. It started soon after he tested positive for Covid 19. Ibrahim was experiencing rare symptoms of the infection that is categorized as Long Covid. He converted his difficult experiences into a memoir

APF did an interview with him. Below is an excerpt. (The full interview will be published on our website)

What was the main impetus and really your first thoughts when putting together your memoir?

This started as my therapy journal, where my therapist asked me to write about my journey in dealing with the long-term effects of COVID. The book was my way to process and cope through this whole thing personally and in hopes to recognize and reflect on lessons I learned and struggled with, among other day-to-day trials.

For those that haven't had the chance to read

your memoir yet, can you give us a short highlight and background on the content of this memoir and some of the themes you hope the readers take from this book?

As a very high-level summary, this memoir is simply my journey over months and years with long term COVID and illness from previously never having any major health conditions over my 20+ years of life. The first section of the memoir is on resilience and provides insights into how I managed my symptoms and includes a deep reflection on my relationships and identity overall. The second sections go into relapse and really just the day-to-day of the skills I acquired and tools used with symptom management and just failing. The last section of the memoir concludes with the recovery section – really looking back at the previous months and relapsing and getting as sick as I did but coming back to a place of balance.

The themes of the book or at least what I would hope for the readers to take from my memoir, include: resilience, hope, and simply trying to get through a day while dealing with immense



and unpredictable challenges.

Lion escapes into heavy traffic in Pakistani city of Karachi

KARACHI, Aug 29 (Reuters) - An adult lion escaped from a private vehicle amidst heavy traffic in the southern Pakistani city of Karachi on Tuesday, causing panic for two hours before it was recaptured, police said.

The lion was being transported by its owner when it escaped on the main road of the bustling port city during peak traffic hours, the police statement said.

"Our teams rushed here immediately. Praise be to Allah, it is with us safely and no one is in danger now," Wildlife Inspector Mukhtyar Soomro told Reuters at the site of the lion's capture. The escaped lion had made its way into the basement of a nearby building after roaming on the road for some time.

The area saw a massive traffic jam with media vehicles arriving at the scene to cover the incident and crowds gathering to try to catch a glimpse of the escaped lion, a Reuters witness said.

The Wildlife Department said the lion had been taken to its compound, as keeping lions in residential areas was banned. "The owner of the lion has been detained and a case will be registered against him," Senior Superintendent of Police Shiraz Nazir said in a statement.

Keeping wild cats as pets is not uncommon in Pakistan, where wealthy businessmen have been known to operate private zoos and sometimes parade the animals for the public.

In 2017, police in Pakistan arrested a man who took his pet lion for a night-time drive through the streets of Karachi. Visuals of the lion went viral on social media, with users expressing alarm, but many others seeing the lighter side of the incident.

"Lion is taking stroll comfortably in Karachi as if he knows there is the law of the jungle here," one user on messaging platform X posted, referring to the city's high street crime rate.

Reporting by Gibran Peshimam; Editing by Alex Richardson

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BABAR AZAM
2023

Chris Christie warns if Trump wins the GOP nomination 'we're going to lose this election'

Former New Jersey Gov. Chris Christie said Tuesday that Donald Trump's coming trial in the special counsel's election interference case and other mounting legal woes will kill the Republican Party's chances of winning the 2024 race for the White House if the former president becomes the GOP nominee.

U.S. District Judge Tanya Chutkan of Washington, D.C., who is overseeing the federal election interference case, set a trial date of March 4 — the eve of Super Tuesday, when the largest number of states have primaries.

Christie, who is running against Trump in a crowded GOP field for the presidential nomination, warned in an interview Tuesday on MSNBC's "Morning Joe" that the timing of the trial and others in three separate criminal cases against Trump would work against the Republican Party, noting Trump could be in court in the special counsel's election case for six weeks or more starting March 4 instead of being out on the campaign trail, which "Republicans should be doing every day."

"We simply cannot expect that someone who is facing this number of criminal trials, and, quite frankly, the conduct that underlies those charges, can be a viable fall election candidate against Joe Biden," Christie said. "And if we lose to Joe Biden, Republicans need to understand that we're going to be looking at a packed Supreme Court, we're going to be looking at the end of the filibuster, and a number of other issues that folks like me and the rest of the folks in our party can't have."

Christie concluded that the March 4 trial date "just makes it even clearer that he cannot be our nominee. If he is, we're going to lose the election."

Chutkan heard arguments Monday from Trump's lawyers and federal prosecutors about when the case should be set for trial. Special counsel Jack Smith proposed that the trial start in January, with jury selection beginning in December, while Trump's team said the trial should be pushed back until April 2026, well after the presidential election. Chutkan said that while the special counsel's proposed date was too soon, Trump's proposal of 2026 was not reasonable.

Christie, a former Trump ally who emerged as a frequent critic after he broke with his false claims of election fraud, was asked about his reaction to the timing of Trump's trial.

Noting his work as a prosecutor for seven years, Christie said Trump's election interference case is "relatively straightforward."



"It's just one defendant. It's essentially four charges," he said. "And the idea that they have another six months to prepare for trial would be a normal situation in the District of New Jersey, and I think in probably almost any federal district of any size in the country. And usually, you know, this is the way these cases work."

Christie said he is "not surprised by the date" and went on to criticize the proposal from Trump's team to delay the trial until 2026.

"I thought the 2026 request was ridiculous," he said. "And when your lawyers go in and make requests like that in front of a judge that they patently know is just ridiculous, it doesn't curry you any favor with the judge in terms of the seriousness of the arguments you make."

He added: "So I think it was a bad, strategic move. I'm convinced it was driven by the client, not by the lawyers, as most of the bad decisions on the Trump legal team are driven by. And now they've got a March 4th date."

The Trump campaign did not immediately respond to a request for comment.

When they proposed to begin the trial in April 2026, Trump's lawyers cited the large amount of discovery material in the case, as well as Trump's legal issues in other jurisdictions.

After Chutkan set the March trial date, Trump posted on Truth Social that he would appeal the

decision, saying it comes "smack in the middle of Crooked Joe Biden's Political Opponent's campaign against him. Election Interference!" But orders setting trial dates are not appealable, according to NBC News legal analyst Chuck Rosenberg. The trial's start date could still move because of other litigation in the case, however.

A federal grand jury in Washington this month indicted Trump on four charges in the special counsel's probe: conspiracy to defraud the U.S., conspiracy to obstruct an official proceeding, obstruction, and conspiracy against the right to vote and to have one's vote counted. Trump pleaded not guilty at his arraignment hearing this month.

This article was originally published on NBC-News.com



8 Touristy Places Still Worth Visiting

Some people actively avoid touristy places when they travel. We get it. Still, there are some touristy spots worth visiting, regardless of how many people will be there when you arrive. Here are eight of them.

The Eiffel Tower, Paris, France

France's most iconic landmark attracts some 7 million people annually. Since its inauguration in 1889, it's said that roughly 300 million people have come to see the famous tower. While it's certainly a "touristy" place to go in Paris, it's a total must-see.

Get creative with how you view the tower. There



are plenty of alternative viewing platforms that don't require a ticket purchase. The Place du Trocadero or some of the nearby bridges offer incredible views. There are also Seine River cruises for an added dash of romanticism.

Angkor Wat, Siem Reap, Cambodia

Cambodia's biggest tourist attraction and the UNESCO World Heritage Site that put Siem Reap on the map hosted around 2.5 million visitors in 2017. Ticket prices to the 12th-century Hindu-turned-Buddhist temple complex also



experienced a 72% price spike. A day pass is now \$37 for foreigners (up from \$20 in 2016). Some folks at the Cambodian National Tourism Alliance feared the price increase would deter visitors, but people are still showing up in droves. Despite the price and the sea of people, we'd still highly recommend checking out Angkor Wat. Dominating roughly 400 acres, it is one



of the largest religious monuments in the world and a stunning sight to behold.

Halong Bay, Quang Ninh Province, Vietnam
Hauntingly beautiful albeit overrun with tourists, Halong Bay is the jewel of northern Viet-

nam. Take a cruise along the emerald seascape,



kayak through an endless maze of limestone karsts and swim in temperate waters. You'll instantly understand why nearly 3 million tourists flocked to this breathtaking UNESCO Site in 2016

Colosseum, Rome, Italy

The Colosseum is one of the first places that come to mind when you think of Italy, making it an early stop for many visitors to Rome. Honestly, how could you go to Rome and not see the



Colosseum? It just isn't right. The largest amphitheater built during the Roman Empire is visited by 6 million people every year. So yes, there will be crowds. But no, you won't regret going once you step inside and look up at the structure around you

Ephesus, Selcuk, Turkey

The expansive grounds of Ephesus welcome a parade of tour buses every day, and it's easy to see why. The UNESCO World Heritage Site is one of the best-preserved ancient cities in the



world. It boasts stunning samples from the Roman imperial period like the Grand Theater and the mesmerizing Library of Celsus. At least half a day is needed to fully explore the sprawling area, but it's worth it for such a vivid step back in time.

¹ Sagrada Familia, Barcelona, Spain

Nobody's architectural style was more unique than Antoni Gaudi's. The famous Spanish architect has many claims to fame, but perhaps the most well-known and most-visited is the Sagrada Familia in Barcelona.

The famous cathedral is best compared to a humongous drip castle fit for Dracula, spruced up with some abstract stained glass paneling. And after 127 years, it still isn't complete. While it's pretty much impossible to get a shot of the building without some construction equipment bombing your photo, it still prevails as a top attraction in Barcelona.

Grand Palace, Bangkok, Thailand

On any given day, you'll find hordes of sweaty people braving the insane, mid-day Southeast Asian heat to wander the grounds of the Royal Palace. From the outside, you may shake your head — why would you torture yourself? But once inside, you'll find it's well worth the fight.

The elaborate carvings and teak woodwork are beyond impressive and the vibrant colors are nothing short of inspiring. The palace grounds also hold some special little extras like Wat Phra Kaew, which houses the revered Emerald Buddha.

The Great Pyramids of Giza, Egypt
The pyramids are surrounded on three sides by the bustling city of Giza. There's also a Pizza Hut just a few hundred meters away. But don't let that stop you from going. As one of the Seven Wonders of the Ancient World, these pyramids continue to mystify scientists in terms of how they were constructed. The Great Pyramid reaches almost 500 feet high and is composed of stones weighing up to 60 to



10 Countries Where the U.S. Won't Send Your Social Security Payments

If you're entitled to Social Security benefits, you don't have to live in the United States to get them. Payments are sent nearly everywhere around the world, though there are some exceptions.

U.S. citizens can continue to receive payments outside the country as long as you're eligible for a payment and are in a country where payments are sent, according to the Social Security administration. If you're not a U.S. citizen, you must meet certain conditions for payment. Living "outside the United States" means you are not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands or American Samoa for at least 30 days in a row. The SSA considers you to be "outside the United States" until you return and stay in the U.S. for at least 30 days in a row.

If you are not a U.S. citizen, you also might have to prove you were lawfully present in the United States for that 30-day period.

As of June 2023, there are the 10 countries where the United States won't send your Social Security payments:

- Azerbaijan
- Belarus
- Cuba
- Kazakhstan
- Kyrgyzstan
- Moldova
- North Korea
- Tajikistan
- Turkmenistan

Uzbekistan

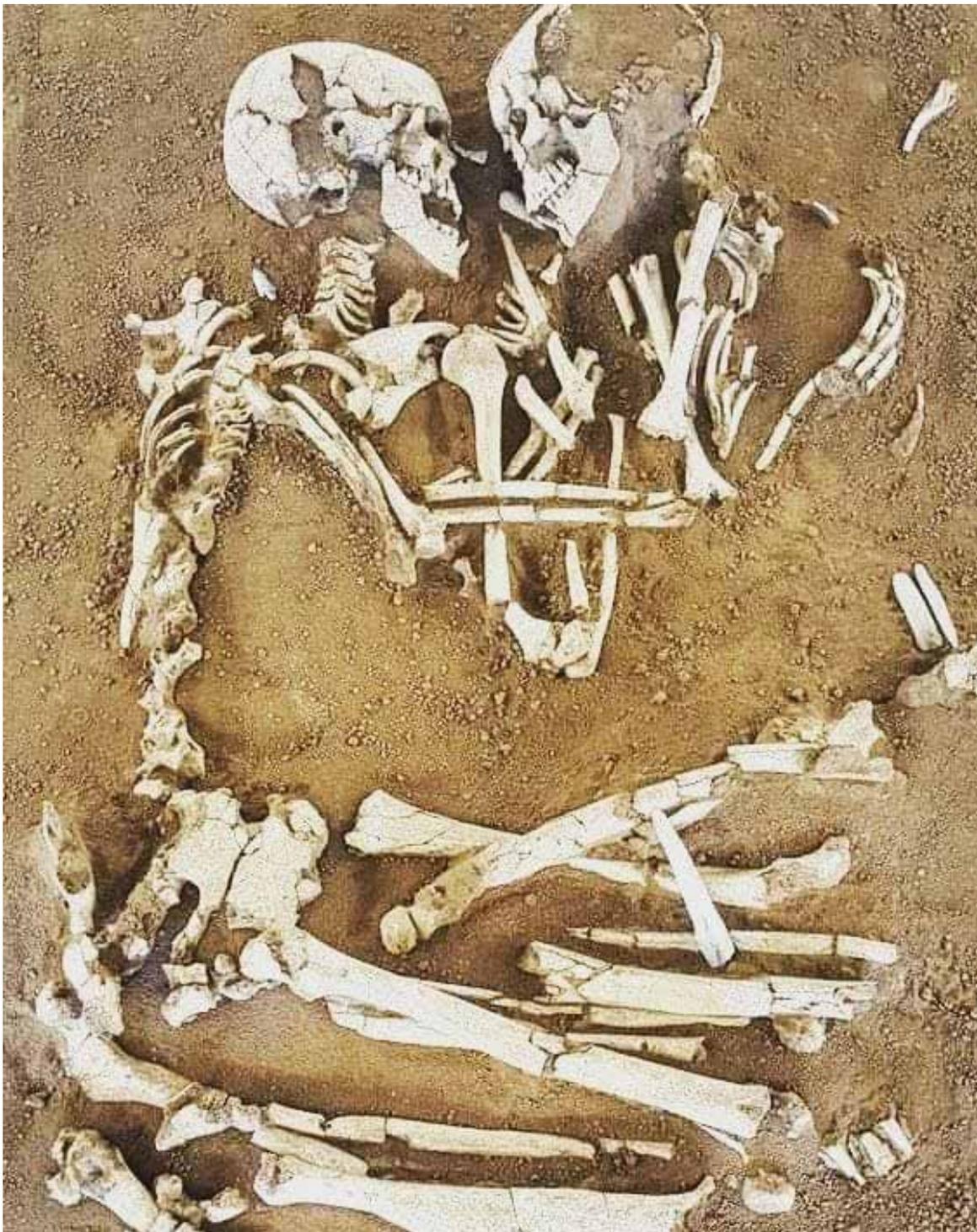
Read: Latest Social Security Proposal Would See Millions 'Receive More, and No One Would Receive Less'

If you're a U.S. citizen residing in either Cuba or North Korea, you can get all the payments the SSA withholds once you move to a country where payments are allowed. If you're not a U.S. citizen, you can't receive payments for the months you lived in Cuba or North Korea — even if you go to another country and satisfy all other requirements.

As for the other eight countries on the banned list: The SSA said it will make exceptions for certain eligible persons. To qualify for an exception, you must meet and agree to restricted payment conditions. For more information about these con-

ditions and the qualifications for an exception, contact the Social Security Administration or your Federal Benefits Unit. If you're not a U.S. citizen or don't meet one of the conditions for continued payments, the SSA will stop your payments after you've been outside the United States for six full calendar months. Once this happens, the agency can't start your payments again until you come back and stay in the U.S. for a full calendar month — meaning you must be in the U.S. on the first minute of the first day of any month and stay through the last minute of the last day of that month. The SSA might also ask you to prove you've been lawfully present in the United States for the full calendar month.

For more information, visit this SSA site or call 800-772-1213.



The Lovers of Valdaro)

- They are two human skeletons dating back to approximately 6000 years.
- They were discovered at a Neolithic tomb in San Giorgio near Mantua, Italy.
- The two humans appear to have died facing and hugging each other.
- The couple were no older than 20 years old at the time of death and they were about 1.57 m (5 ft 2 in) in height.
- The left skeleton (the male) was found with a flint arrowhead near the neck.
- The right skeleton (the female) had a long flint blade along the thigh, plus two flint knives under the pelvis.
- After examination there was no evidence of violent death, so the most likely explanation is the flint tools were buried along with them as grave goods.
- In 2014, they were permanently displayed inside a glass case in the National Archaeological Museum of Mantua.



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.

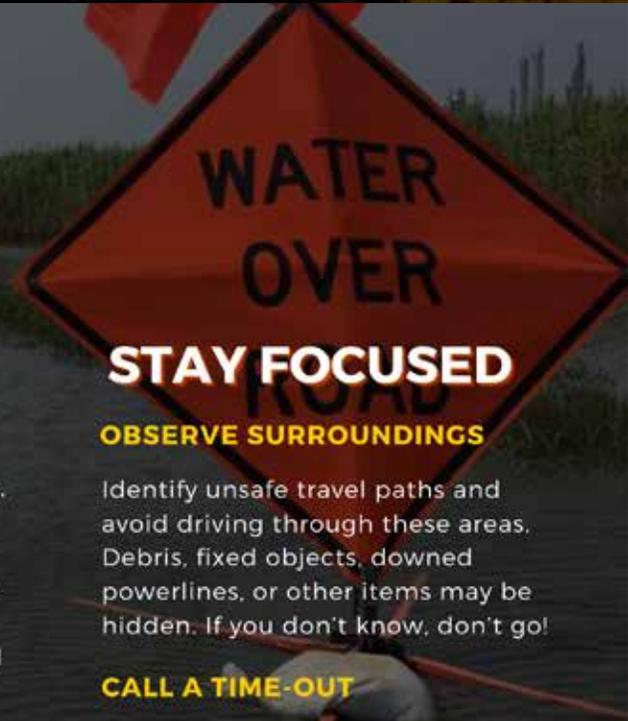
BE PROACTIVE

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.

IS YOUR AIRBAG DEFECTIVE?

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

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

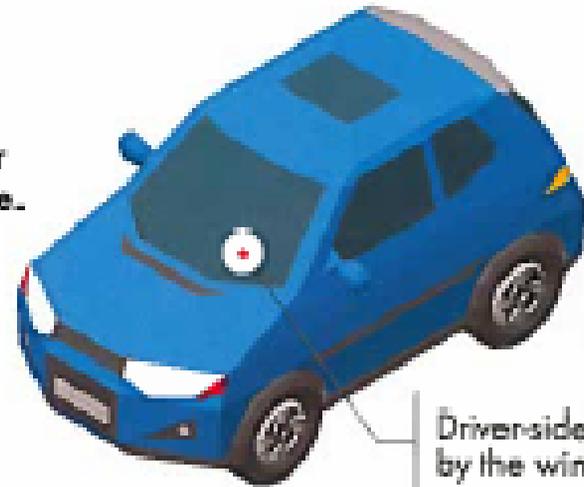
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

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

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



Driverside dashboard by the windshield

Search it

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

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

Upload a photo

or

Enter a license plate or VIN manually

Fix it

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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

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



AIRBAGRECALL.COM

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 23V578	Manufacturer :Trail King Industries, Inc.	Subject : Trailer Shims May Detach	Make Model Model Years TRAIL KING AB 1992-2023	TRAIL KING AB EXT 1992-2023	TRAIL KING TKFA 1992-2023	TRAIL KING TKPA 1992-2023	NHTSA Recall ID Number : 23V584	Manufacturer :BMW of North America, LLC	Subject : Seat Belt Audio Chime Malfunction/FMVSS 208	Make Model Model Years BMW 228I 2020-2022	BMW 330I 2019-2022	BMW 430I 2021-2022	BMW M340I 2019-2022	BMW M440I 2021-2022	NHTSA Recall ID Number : 23V585	Manufacturer :Entrans International, LLC	Subject : Missing Rear Impact Plate/FMVSS 223 & 224	Make Model Model Years POLAR TANK TRAILER SCX9 2023	NHTSA Recall ID Number : 23V587	Manufacturer :Navistar, Inc.	Subject : Driveshaft May Break	Make Model Model Years INTERNATIONAL HV 2023	INTERNATIONAL MV 2023	NHTSA Recall ID Number : 23V588	Manufacturer :Honda (American Honda Motor Co.)	Subject : Loss of Drive Power	Make Model Model Years HONDA ACCORD HYBRID 2023	HONDA CR-V HYBRID 2023	NHTSA Recall ID Number : 23V589	Manufacturer :Hyundai Motor America	Subject : Software Error May Cause Unintended Acceleration	Make Model Model Years HYUNDAI ELANTRA HEV 2021-2023	NHTSA Recall ID Number : 23V590	Manufacturer :Aluminum Trailer Company (ATC)	Subject : Loose Wire Connections in Transfer Switch	Make Model Model Years ATC PL700 2022-2023	NHTSA Recall ID Number : 23V593	Manufacturer :Volkswagen Group of America, Inc.	Subject : Engine Failure	Make Model Model Years VOLKSWAGEN ATLAS2024	VOLKSWAGEN ATLAS CROSS SPORT 2024	NHTSA Recall ID Number : 23V561	Manufacturer :Explorer Van Company	Subject : Generator Set Fuel Hose May Cause Gas Leak	Make Model Model Years	EXPLORER VAN COMPANY FORD TRANSIT 2020	EXPLORER VAN COMPANY GMC SAVANNA 2020-2022	NHTSA Recall ID Number : 23V564	Manufacturer :Isuzu Motors Limited	Subject : Loss of Engine Power from Electrical Corrosion	Make Model Model Years ISUZU CHEVROLET LCF 3500HG 2023-2024	ISUZU CHEVROLET LCF 4500HG 2023-2024	ISUZU CHEVROLET LCF 5500HG 2024	ISUZU CHEVROLET LCF 5500XG 2024	ISUZU N-SERIES 2023-2024	NHTSA Recall ID Number : 23V565	Manufacturer :Chrysler (FCA US, LLC)	Subject : Obstructed Center High Mount Brake Light/FMVSS 108	Make Model Model Years JEEP WRANGLER 2023	NHTSA Recall ID Number : 23V566	Manufacturer :Toyota Motor Engineering & Manufacturing	Subject : Fuel Leak from Damaged Fuel Tube	Make Model Model Years TOYOTA TUNDRA 2022-2023	TOYOTA TUNDRA HYBRID 2022-2023	NHTSA Recall ID Number : 23V567	Manufacturer :General Motors, LLC	Subject : Front Passenger Air Bag May Deploy Improperly	Make Model Model Years CHEVROLET BOLT EV 2022-2023	NHTSA Recall ID Number : 23V569	Manufacturer :Alliance RV, LLC	Subject : Improperly Wired Breakaway Switch	Make Model Model Years ALLIANCE RV PARADIGM 2023-2024	NHTSA Recall ID Number : 23V570	Manufacturer :Maserati North America, Inc.	Subject : Frame Mounting Stud Missing Sealant/FMVSS 216	Make Model Model Years MASERATI MC20 CIELO 2023	NHTSA Recall ID Number : 23V571	Manufacturer :Autocar, LLC	Subject : Powertrain Driveline May Detach	Make Model Model Years AUTOCAR LEGEND 2023	AUTOCAR XPEDITOR 2023	NHTSA Recall ID Number : 23V572	Manufacturer :Piaggio Group Americas, Inc.	Subject : Rear Shock Absorber May Break	Make Model Model Years MOTO GUZZI V100 MANDELLO 2023	MOTO GUZZI V100 MANDELLO AVIAZIONE 2023	NHTSA Recall ID Number : 23V573	Manufacturer :Ford Motor Company	Subject : Incorrect Rearview Camera Image May Display	Make Model Model Years FORD F-250 SD 2023	FORD F-350 SD 2023	FORD F-450 SD 2023	NHTSA Recall ID Number : 23V574	Manufacturer :Mercedes-Benz USA, LLC	Subject : Software Error in Exit Warning System	Make Model Model Years MERCEDES-BENZ AMG E53 2023	MERCEDES-BENZ AMG E63 S 2023	MERCEDES-BENZ AMG GT43 2023	MERCEDES-BENZ AMG GT53 2023	MERCEDES-BENZ CLS450 2023	MERCEDES-BENZ E350 2023	MERCEDES-BENZ E450 2023	NHTSA Recall ID Number : 23V575	Manufacturer :Forest River, Inc.	Subject : 30-Amp Shore Power Inlet Failure May Cause Fire	Make Model Model Years COACHMEN BEYOND 2024	COACHMEN GALLERIA 2024	COACHMEN NOVA 2024	NHTSA Recall ID Number : 23V576	Manufacturer :Chrysler (FCA US, LLC)	Subject : Instrument Panel Lighting Not Adjustable/FMVSS 101	Make Model Model Years
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What is a recall?

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

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

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

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

WORDS SEARCH

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

APPLES

AUTUM

FRIENDS

LABOR DAY

SCHOOL

SEPTEMBER

MIGRATE

WORKERS

ACORNS

RAKE

HARVEST

EDUCATION

GOURD

FAIRS

TEACHER

FALL

HOMEWORK

LEARNING

LEAVES

BOOKS

Indian palaces you can actually stay in

Taj Falaknuma Palace, Hyderabad

Spread over 32 acres, this opulent hotel was built in 1894 and was home to the famous Nizams of Hyderabad. Falaknuma night mean 'mirror of the sky', but the palace was built in the shape of a scorpion, with the wings acting as the scorpion's two stings. The palace's luxurious interiors reflect its decadent past and give guests the opportunity to live like kings and queens if only for a few nights.



Work on the palace started in 1464 and it was abandoned almost 500 years later in 1947. In 1991 it was opened to the public in its current avatar and is now a massive property spread over 14 levels, with stunning views of the surrounding landscape and town down below. The hotel boasts 17 rooms/suites restored to their former glory, plus hanging gardens, an amphitheatre, and a roof-top restaurant where you can immerse yourself in history and step back to medieval times.



Strategically nestled in the countryside of the Aravali range, this palace fortress overlooks one of the three main passes that provide access to the valley. Completed in 1760, the palace was constructed using local marble and features decorations of semi-precious stones in all the suites. The exteriors feature ornate traditional designs that provide an interesting juxtaposition to the modern and minimalist design seen in the interiors. This hotel offers stunning views of the surrounding hills, making it a great option for those looking to live closer to nature, but without sacrificing on modern amenities



Taj Lake Palace, Udaipur

This exquisite white marble palace floats in the middle of Udaipur's Lake Pichola and is a synonymous with opulence and exclusivity. Built in the 1700s, the hotel was once the winter palace of the royal Mewar dynasty and became famous around the world when the Bond movie Octopussy was filmed there. With 18 grand suites and 65 lavish rooms, the hotel offers breathtaking views of the surrounding lake and the sparkling city of Udaipur.



Taj Umaid Bhawan Palace, Jodhpur

Perched at the highest point in Jodhpur, this magnificent hotel was once the residence of the royal family of Jodhpur, making it the sixth largest private residence in the world. The palace was completed in 1943, and was constructed using the same beautiful palm court marble that was used in the Taj Mahal. Surrounded by 26 acres of sprawling lush gardens, the hotel, which is only a wing of the palace, has 64 luxury rooms where guests can experience the royal life.



Ananda in the Himalayas, Tehri Garhwal

Perched 3,000 feet up above on a hill, this former-palace-turned-into-luxury-resort is famous for its spectacular views, which include the the River Ganges and the ancient city of Rishikesh. The Viceregal palace was built for the Maharajah of Tehri Garhwal and has been restored to its former majesty, including the maharaja's billiards room, which is home to India's oldest billiards table (over a 100 years old)



Samode Palace, Jaipur

This splendid palace was built in the early 19th century, but it is surrounded by an outer structure, ie a fort, built in the 16th century. Designed in the Indo-Saracenic style, the hotel is known for beautifully melding both Rajput and Mughal design elements. Admire the breathtaking Sheesh Mahal, the mural-lined rooms, hand-painted walls, crystal chandeliers, regal silver armchairs, and then lounge around the rooftop infinity pool to catch a sunset that shows off the Aravalis in all their glory.



Laxmi Niwas Palace, Bikaner

Commissioned in 1904 and built entirely of red sandstone, Laxmi Niwas Palace was the stately residence of Bikaner's maharaja Ganga Singh and has hosted the whose who of royalty and dignitaries, including King George V and Queen Mary. The hotel retains the palace's regal charm and grandeur, with antique artworks, period-style rococo furniture, hand-painted friezes, four-poster brass beds, and ceilings with gold inlaid carvings that make the past come alive.



Taj Rambagh Palace, Jaipur

Another stunning palace in Jaipur, Rambagh Palace was built in 1835 as a hunting lodge and royal residence for the then maharaja of Jaipur. To say this upscale palace hotel that stands on a 47-acre plot is opulent is an understatement. Think spacious rooms with extremely high ceilings, bathrooms full of marble, grand furnishings, antiques and artwork around every corner, majestic gardens where peacocks strut, a croquet lawn, and a restaurant that gives you the feeling you're dining with the queen



Neemrana Fort Palace, Alwar

This exquisite resort, built on the Aravalli hills, is one of the oldest near Jaipur.

RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle

RECIPES

PINEAPPLE DREAM DESSERT

2 1/2 cups graham crumbs (2 sleeves)
 1/2 cup unsalted butter (for crust)
 2 cups of powdered sugar, sifted
 1/2 cup unsalted butter, softened (for filling)
 4 oz cream cheese, softened
 8 oz container Cool Whip
 20 oz can crushed pineapple, drained well
 Preheat the oven to 300 F. Melt 1/2 cup

butter in the microwave and let it cool. Combine the crumbs and butter, then press 2 cups of the crumb mixture firmly into a 9x9 square pan and bake for 8-10 minutes. Place on wire rack to cool. Beat the cream cheese and 1/2 cup butter together until creamy. Turn the mixer down to low and add the powdered sugar one cup at a time until incorporated. Turn up and beat well for a minute or so.

Add a heaping tablespoon of the drained crushed pineapple and stir in with a rub-

ber spatula. Spread the cream cheese and pineapple mixture over the crust. Fold the remaining pineapple into the Cool Whip and spread on top of the cream cheese mixture. Sprinkle the remaining graham cracker crumb mixture on top. Refrigerate for at least 4 hours, preferably overnight.



Egg Plant Curry

Ingredients

Serves 4
 1 Large Egg Plant
 1 Potatoes
 1/2 Onion
 1/2 Tomato
 1 Serrano Pepper
 Cilantro as needed
 3/4 Teaspoon Ginger Garlic Paste
 3/4 Teaspoon Mustard Seed
 1/8 Teaspoon Turmeric Powder
 3/4 Teaspoon Chili Powder
 3/4 Teaspoon Cumin Powder
 1/3 Teaspoon Sugar
 Salt to taste
 3 Tablespoons Oil

Instructions

Step 1
 Wash then cut eggplant into 1/2 inch cubes and set aside

Wash then cut eggplant into 1/2 inch cubes and set aside
 Step 2

Wash, peel and cut potatoes into 1/2 inch pieces then set aside

Wash, peel and cut potatoes into 1/2 inch pieces then set aside

Step 3
 Cut onion and tomato fine, and slit one Serrano pepper

Cut onion and tomato fine, and slit one Serrano pepper

Step 4
 Heat 1 tbsp of oil in pan then add potatoes with a little salt & fry till they are semi cooked. I prefer cooking them now so it takes less time after

Heat 1 tbsp of oil in pan then add potatoes with a little salt & fry till they are semi cooked. I prefer cooking them now so it takes less time after

Step 5
 Set aside potatoes. Heat 1 tbsp of oil and add eggplant cubes with little salt. Fry till the cubes are semi cooked then set aside

Set aside potatoes. Heat 1 tbsp of oil and add eggplant cubes with little salt. Fry till the cubes are semi cooked then set aside

Step 6
 Heat 1 tbsp of oil then add Serrano pepper and mustard seeds. Let it fry for about seconds. Stir the pepper to lightly fry 1 sides

Heat 1 tbsp of oil then add Serrano pepper and mustard seeds. Let it fry for about seconds. Stir the pepper to lightly fry 1 sides

Step 7
 Add onions and ginger-garlic paste to fried Serrano pepper and mustard seeds. Mix and fry this till onions are light brown

Add onions and ginger-garlic paste to the fried Serrano pepper and mustard seeds. Mix and fry this till onions are light brown

Step 8
 Once onions brown, add tomato, salt, sugar, chili powder, turmeric powder,



Step 11
 Once potatoes and eggplant are cooked, add cilantro (optional) and mix well. Done!

SWEET AND SPICY INDIAN CHICKEN

This sweet and spicy Indian chicken is marinated in yogurt and spices and finished with a sweet and sticky maple syrup glaze. It's outrageously delicious and will easily become your go-to chicken dinner.

Ingredients

1.5 pounds boneless skinless chicken thighs
 2 tablespoons plain yogurt
 1 tablespoon garam masala
 1 tablespoon red curry paste
 1 tablespoon roasted red chili paste (*you can omit if you don't have and just use an additional tablespoon of the red curry paste instead)
 1 teaspoon curry powder

1/2 teaspoon coriander
 1/2 teaspoon smoked paprika
 1/2 teaspoon kosher salt
 1/2 teaspoon black pepper
 1 tablespoon lemon juice
 1 tablespoon coconut oil

For the glaze

1/4 cup maple syrup
 juice of 1/2 a lemon

Instructions

Combine the yogurt, all the spices including the curry and chili paste and the lemon juice in a small bowl and mix together with a spoon.

Place the chicken in a large baking dish and coat in the yogurt mixture. You can let

the chicken marinate like this for up to 8 hours if you'd like or you can cook it right away.

Heat a large skillet over medium-high. Add the coconut oil. Once melted and hot, add the chicken to the skillet.

Cook 5-7 minutes on one side until golden brown then flip and cook another 3 minutes on the other side until the chicken is cooked through.

Whisk the maple syrup and lemon juice for the glaze together in a small bowl and add to the skillet with the chicken.

Cook down 1-2 minutes until bubbly and starting to reduce. Flip the chicken a few times in the glaze to coat. Turn off the heat

and serve.

Garnish with fresh cilantro and serve with a yogurt, cilantro, lemon juice mixture if desired.



Indian Milk Barfi Dessert (Microwave Made)

2 cups powdered milk granules (from whole milk, not skim milk)
 10.14 ounces/300 mL heavy cream
 14.11 ounces/400 g can sweetened condensed milk
 1/2 cup skinless pistachios (finely chopped)

Steps to Make It

Gather the ingredients.

In a rectangular microwave-safe baking pan, whisk together milk powder, heavy cream, and sweetened condensed milk

until smooth. Reserve the pistachios for garnish.

Place the pan in the microwave and set the timer for 6 minutes on the high setting. Start and run the microwave. Watch the dish carefully and if the mixture looks like it might boil over, stop immediately and wait for 8 to 10 seconds. Start again and run until the 6-minute time is up.

Take the pan out of the microwave and stir well to break all lumps (these lumps are

the milk solids that are beginning to form due to the cooking).

Put the pan back in the microwave and set again on high for 6 minutes. Watch closely the first minute and then allow to continue cooking.

When the time is up, sprinkle the chopped pistachios over the surface of the barfi while still in the microwave and let sit for 10 minutes.

After 10 minutes, remove barfi from



the microwave and cut into 2- to 2 1/2-inch squares. Serve immediately or after cooling to room temperature.

Health & Wellness

I'm in pain, so why is my doctor suggesting a psychologist?

Pain makes us human. It is a bell, fine-tuned by evolution, that often rings in moments necessary for our survival. Because of pain, we can receive warnings that trigger the reflexes to escape potential danger.

But what happens when that bell continues to ring? How do we respond to a signal when it interferes with the other elements that make us human?

Pain that lasts longer than six months is considered chronic, and it may not go away. With chronic pain, the bell's ongoing signal gets your nervous system wound up and increases its reactivity to incoming messages. This can be quite distressing and anxiety-provoking. Additionally, the feelings of frustration or sadness when pain doesn't go away can make pain worse.

What's the link between emotion and my perception of pain?

Pain, depression, and anxiety travel through similar pathways along your nervous system and share many of the same biological mechanisms. One of the areas in the brain that receives pain signals — specifically, the limbic region — shares many of the same messengers as the mood signals. We know from research studies using neuroimaging that the parts of the brain controlling emotion and sensory features of pain are altered in people with chronic pain.

The connection between pain and emotion can also be seen with certain classes of medications. For example, some medications used to treat pain can cause side effects like euphoria, and medications originally developed for psychiatric conditions can be effective treatments for certain types of pain.

The medical community has come to appreciate a direct correlation between improvement in one's emotional well-

being and their experience of pain (and vice versa). Chronic pain increases the risk of depression and anxiety, and depression and anxiety strongly predict the development of chronic pain. This association is seen in conditions like fibromyalgia and irritable bowel syndrome, where behavioral and psychological treatment strategies have shown benefit in reducing symptoms.

What can a psychologist help me address?

Pain catastrophizing: This is when you magnify the negative effects of pain and focus on feelings of helplessness while ruminating about the presence of pain in your life. Negative thoughts and beliefs about pain often lead to worsened emotional and social functioning and a decreased response to medical interventions for pain.

Fear of pain: Concern or worry about an injury drives avoidant or protective behaviors. The anticipation of an increased sensation of pain may limit you from engaging in physical activity or attending social outings. Pain-avoidant behaviors can lead to physical deconditioning and further decreased quality of life.

Pain acceptance: This is a challenging, but highly effective technique focused on developing an accepting attitude towards the pain. It involves doing your best to non-judgmentally acknowledge the presence of pain and minimize unhelpful thoughts and behaviors that won't make pain better.

Trauma: The link between prior trauma and chronic pain is becoming better understood. Psychological therapies can address ongoing physical and emotional stress responses linked to traumatic experiences.

What type of therapies help with chronic pain?

There are multiple psychotherapeutic treatment options commonly used to help people manage chronic pain. Practicing meditation and becoming as active as possible have been shown to be effective methods that can be done on your own.

Mental health professionals who specialize in working with people in pain can guide you with additional evidence-based treatments:

Cognitive behavioral therapy (CBT): talk therapy that helps to change your thoughts and behaviors related to pain and improve coping strategies. You can learn CBT techniques with a psychologist or as part of a therapeutic group, which may also provide a support network.

Mindfulness-based stress reduction (MBSR): a form of meditation where you learn to nonjudgmentally become aware of your thoughts and feelings and accept pain and other uncomfortable sensations as neither positive nor negative.

Hypnosis for pain (hypno-analgesia): a set of techniques intended to modify your thoughts, feelings and behaviors via subconscious suggestions aimed at altering your experience of pain. Hypno-analgesia differs from CBT, which is a conscious recognition of your emotions related to pain and a more self-directed, action-oriented approach.

Biofeedback: a technique where your body functions such as heart rate, muscle tension, and skin temperature are monitored to make you aware of your involuntary responses to stress. During biofeedback sessions you learn a variety of ways to control your physical reactions to stress and anxiety.

Where can you find help to manage the emotional aspects of pain?

It is always recommended that you have a primary care physician coordinating your care, and your doctor may be able to provide you with a referral to a pain specialist or psychologist. It is worth finding out what mental health services your health insurance covers as you navigate this process. Will my pain ever go away?



This question is surely at the top of every person's mind if they are in pain. The difficulty in answering this stems from the variety and types of chronic pain syndromes, as well as individual variability. What has been shown to make a difference in people managing chronic pain is trying a variety of approaches, such as cognitive and behavioral techniques, staying active, practicing meditation, and working with your doctor to find effective medical and procedural interventions. The more of these interventions you try, the more likely you will find something that makes a positive impact.

The challenges of coping with a chronic pain condition cannot be understated. The negative emotions that come from it can be self-perpetuating, as one's feelings of pain can lead to depression, and that very depression can lead to worsening pain. In coping with this cycle, the goal is to take whatever steps are possible to continue to lead a fulfilling life, including getting emotional and social support.

Our understanding of pain continues to evolve, and with it may come improved personalized treatments and better understanding of chronic pain's influence on the body and mind.

Do you need diagnostic tests for heartburn?

You enjoyed the meal, but now you're paying for it. You've got heartburn—an uncomfortable burning sensation spreading through the middle of your chest. Sometimes the pain is so intense that you may think you are having a heart attack. Heartburn is one symptom of a digestive disorder known as gastroesophageal reflux disease (GERD), often called "acid reflux." In people with GERD, acid rises from the stomach into the esophagus, much like water bubbling up into a sink from a plugged drain.

Since diagnostic evaluations can be costly, doctors don't usually put people who have classic heartburn symptoms through these tests and proceed straight to treatment. However, worrisome symptoms, such as internal bleeding, swallowing problems, or severe symptoms that fail to respond to standard treatments, may warrant further investigation. Your doctor may recom-

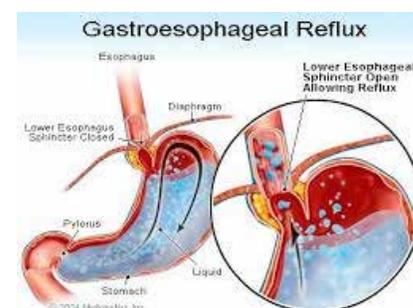
mend one or more of the following tests:

Upper GI endoscopy. This is the most commonly ordered initial test when people have worrisome symptoms. For this test, a person receives intravenous medicine to induce relaxation. It's called conscious sedation. The doctor sprays a local anesthetic in the back of the throat to prevent gagging. Next the doctor inserts a flexible tube called an endoscope down the throat. The tube has a light and camera attached, which let the doctor inspect the lining of the esophagus, stomach and first part of the small intestine to look for areas of irritation, ulcers, or strictures. Special tools can be inserted through the endoscope to take a biopsy (tissue sample), if necessary.

Barium study. After drinking a liquid barium mixture, a person has an x-ray of the chest and upper abdomen. Barium

helps define the esophagus on the x-ray image and can help the physician identify problems such as a hiatal hernia, esophageal ulcers, or a stricture (narrowing) of the esophagus. This test is called an upper GI series when the stomach and first part of the small intestine are also examined.

pH monitoring. This test is used less frequently than those described above. It monitors a person's reflux episodes over 24 hours via a thin, acid sensing probe inserted through the nose and positioned at the bottom of the esophagus just above the lower esophageal sphincter (LES). This is an excellent method for documenting acid reflux in people who have unexplained chest pain, coughing, wheezing, or hoarseness. It's also used to assess the effectiveness of acid-suppressing drugs when symptoms persist. A wireless form of the pH monitor is contained in a capsule and looks like a pill. It is placed in the



esophagus and can be used to monitor pH levels for 48 hours, during periods while the person is both on and off acid-suppressing therapy. The wireless pH system is particularly useful in people who do not respond to PPIs.

Impedance testing. This test can be done at the same time as pH monitoring. It measures how well food and gas pass through the esophagus and is a good way to evaluate both acid- and non-acid reflux.

HYDERABAD PAGES

Amjed Ullah Khan (Spokesman) MBT today facilitated Mohd Fasi-Ur-Rahman (13 years) resident Old Bowenpally, Hyderabad who achieved Gold Medal in Boxing Competition held in Haryana organised by Bharath Boxing Federation (BBF). Mr Khan also congratulated his father Mohammed Mujeeb Ur Rahman and his Coach.



Hyderabad – Renowned Urdu Journalist Khaja Arifuddin Ghori alias Naseem Arifi has passed away after a long illness. Due to health issues, he was away from active journalism for a few years. He was admitted to the hospital Friday night and took his last breath Saturday afternoon. His death is a great loss to Urdu Journalism. His services and contributions for Urdu journalism are unforgettable.

Naseem Arifi was one of the top Urdu journalists. In his illustrious career he was associated with prominent Urdu publications of Hyderabad. He spent the longest tenure in Siasat daily. When Khan Lateef Mohammed Khan re-launched Munsif in 1997, Arifi teamed up with him and was instrumental in bringing new revolution in Urdu media. It was his idea to publish special supplements every day.

AIMIM MLA Akbaruddin Owaisi, MLC Syed Ameenul Hasan Jaffry, Editor Etemad daily Burhanuddin Owaisi, prominent journalists, politicians, and people from different walks of life visited his home and paid rich tributes.

Mir mohsin ali

Hyderabad police arrest Pakistani man who entered India illegally to live with wife, son; search on for in-laws

A 24-year-old man from Pakistan's Khyber Pakhtunkhwa province was arrested by Hyderabad police Thursday for illegally entering the country and staying in the city for the last 10 months. The police seized a Pakistani passport and other documents from his possession.

Officers said Faiz Mohammed, who married Hyderabad native Neha Fathima while working in Sharjah, crossed over via the Nepal border with assistance from his in-laws and has been living in the city with his wife and three-year-old son.

Since arresting Faiz, the police have been on the lookout for his in-laws Zubair Shaik and Afzal Begum who are absconding. Additional charges have been pressed against them.

Deputy Commissioner of Police (South Zone) P Sai Chaitanya said Faiz travelled from Pakistan to Nepal on a visiting visa and then illegally entered India through the Nepal border in November 2022.

"Zubair Shaik and Afzal Begum received him at the Nepal border by managing the border officials and brought him home to NM Guda in Kishan Bagh and he has been staying here illegally," the DCP told reporters.

"The in-laws took Faiz to the Aadhaar office in Madhapur and tried to enrol him on their son Mohammed Ghouse's name by submitting a birth certificate," the DCP added. The accused has been charged with attempting to obtain Indian nationality by illegally enrolling for an Aadhaar and impersonating Fatima's brother Ghouse.

Faiz was detained by sleuths of the Commissioner's Task Force on a tip-off and handed over to the Bahadurpura police. Officers are inquiring into Faiz's antecedents and activities he was involved in the city over the last year.

According to the police, Faiz had been working at a garment company's stitching unit in Sharjah since 2018. There, a year later, he met Neha who worked as a maid. He helped her secure a job as a tailor with another company. They got married soon and have a three-year-old son.

In November last year, Neha returned to Hyderabad due to health concerns and did not go back to Sharjah. Desperate to live with his wife and child, the police said, Faiz travelled to India.

Indian Express



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
Cell: 9347814688



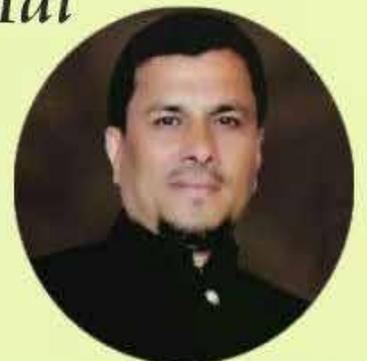
Tibb-E-Mustafa ki Roashni Mei

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List of Bollywood films of September 2023

Opening	Title	Director	Cast
S E P	<i>Friday Night Plan</i>	Vatsal Neelakantan	Juhi Chawla • Babil Khan • Amrith Jayan • Medha Rana • Aadhya Anand • Ninad Kamat
	<i>Mystery of The Tatto</i>	Kalaiarasi Sathappan • Ganesh Mahadevan	Rohit Raaj • Daisy Shah • Ameesha Patel • Arjun Rampal
	<i>Love All</i>	Sudhanshu Sharma	Kay Kay Menon • Swastika Mukherjee • Shriswara • Robin Das • Sumit Arora
	<i>Jawan</i>	Atlee	Shah Rukh Khan • Nayanthara • Vijay Sethupathi • Priyamani • Sanya Malhotra • Deepika Padukone
	<i>Haddi</i>	Akshat Ajay Sharma	Nawazuddin Siddiqui • Anurag Kashyap • Ila Arun
	<i>Sri</i>	Tushar Hiranandani	Rajkummar Rao • Jyothika • Alaya F • Sharad Kelkar
	<i>Jaane Jaan</i>	Sujoy Ghosh	Kareena Kapoor • Jaideep Ahlawat • Vijay Varma
	<i>The Great Indian Family</i>	Vijay Krishna Acharya	Vicky Kaushal • Manushi Chhillar
	<i>Sukhee</i>	Sonal Joshi	Shilpa Shetty • Amit Sadh • Kusha Kapila • Dilnaz Irani
	<i>The Vaccine War</i>	Vivek Agnihotri	Anupam Kher • Nana Patekar • Raima Sen • Pallavi Joshi
<i>Pyaar Hai Toh Hai</i>	Pradeep R.K. Chaudhary	Karan Hariharan • Paanie Kashyap	

Jitendra

Ajay devgan

Manoj Kumar ki alag alag wo kaun sa picture hain. Jisme Puri film me chasma pehne Nazar aate hain

A Tribute to Manna Dey

by Dilip Apte

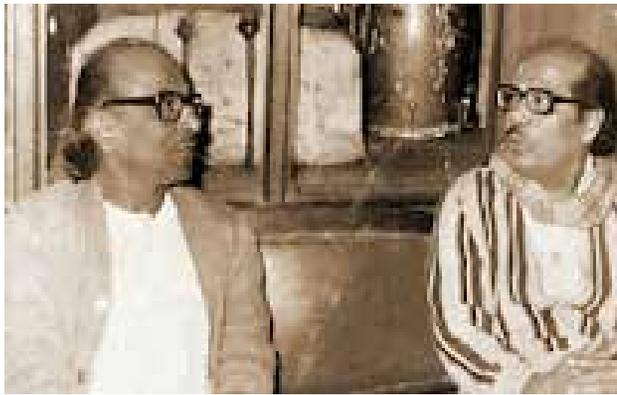
The day dawned normally today, but seemed gloomier.

After the morning ablutions, booted my computer and understood the reason for my melancholy immediately. My friend Rohan Joshi from Bangalore had sent some bad news -- "Manna Dey no more".

I immediately rushed to the T V with the forlorn hope that the news may be false. But this rarely happens. The News channel confirmed the news.

The mind went into a turmoil. All the images of this gentleman of gentlemen flashed through the mind.

Manna Dey aka Prabodhchandra Dey, who made his début as a playback singer in 'Tammanna' in 1942, was a worthy nephew of a great singer Kishen Chandra Dey (more popularly known as K C Dey).



A graduate and sports-lover, Mannada as he was fondly called recorded his first song under the aegis of his Uncle K C Dey - a duet with Suraiya - Jago ayee usha pochey boley jago. It was an instant hit and there was no turning back.

He sang with Meena Kapoor, Suraiya, Umadevi (Tun Tun), Rajkumari and many others, including many solo songs. He sang for Anil Biswas, Jaffer Khurshid, Pandit Indra and others. Then in 1950, he sang for 'Mashaal', under the tutelage of Sachin Dev Burman, the famous "Upar gagan vishal". This made him a household name all over India.

There was no looking back after that. Manna Dey was sought after by all composers - Anil Biswas, Khemchand Prakash, S K Pal, Shankar-ro Vyas, S D Burman, and others.

In 1952 he sang for a Marathi and Bengali movie by the same name - 'Amar Bhupali' which again became an instant hit.

Manna Dey with Salil Choudhary

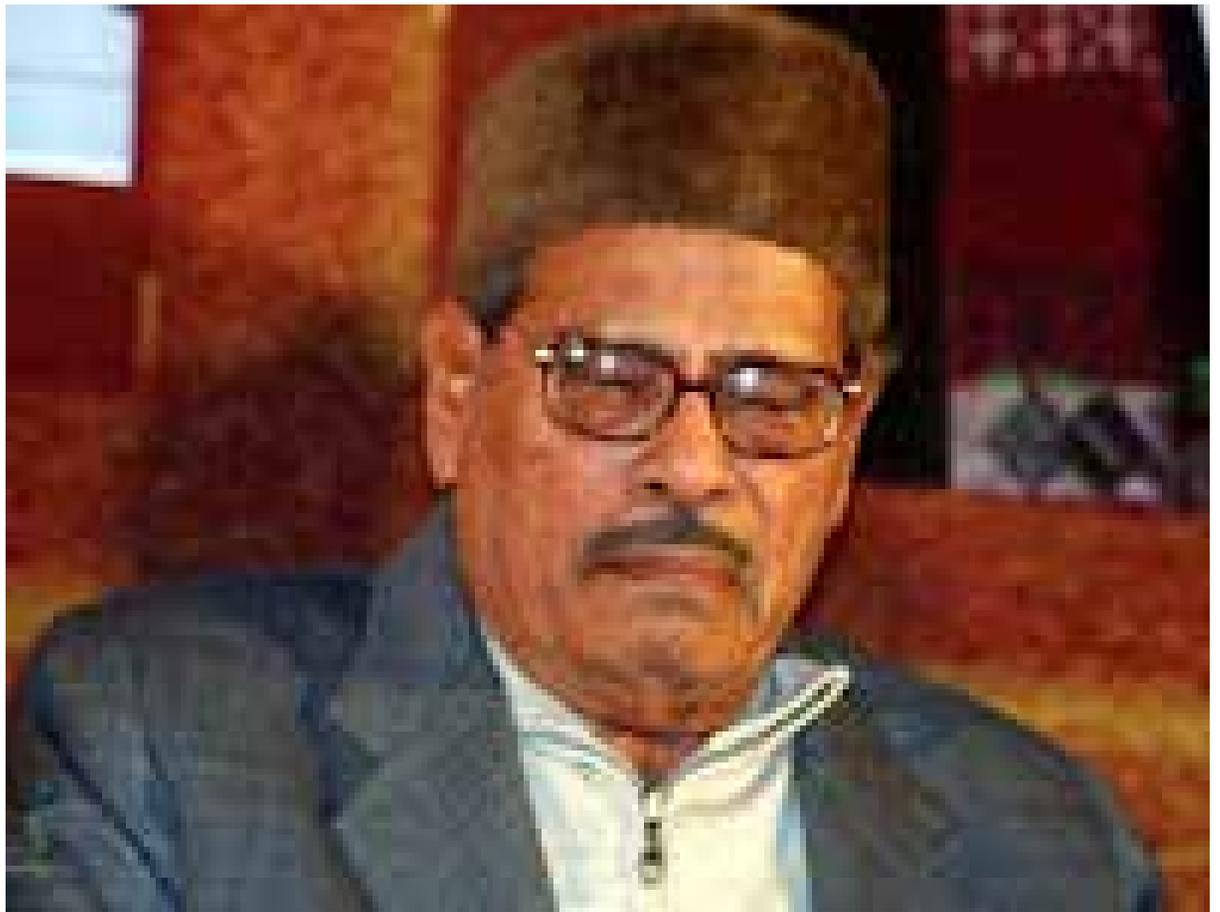
In 1953, Salil Choudhary made him even more popular - with the songs from 'Do bigha za-meem'. Both the songs with Lata Mangeshkar 1- 'Hariyala sawan dhol bajata aaya' and 2- 'Dharti

kahe pukar ke..... mausam beeta jay' turned out to be chartbusters. Dharti kahe pukar ke was also a part of the first annual Binaca Geetmala program of 1953.

However his association with Raj Kapoor and Shankar-Jaikishen which began during 'Awara' [remember-'Tere bina aag ye chandani'] took him to another level with 'Boot Polish' in 1954. Thereafter Shankar-Jaikishen / Raj Kapoor / Manna Dey worked together in many films, Shree 420, Chori Chori to name a few.

Manna Dey

His most productive years in Hindi were from 1954 to 1959, wherein he recorded more than 200 songs. Music Directors sought him out - Naushad, K.Dutta, Vasant Pawar & Ram Kadam, Vasant Desai, Ravi, S.K.Pal, Avinash



Vyas, S. N. Tripathi, C Ramchandra, Husanlal Bhagatram, , O. P. Nayyar, G.Ramanathan, S D Burman,Shankar Jaikishen, Ghulam Mohammed, Bipin Dutta, Rabin Banerjee, Roshan, Sapan Jagmohan from 1954 to 1968.

He also sang for New Music Directors of the 60's Kalyanji-Anandji, Laxmikant-Pyarelal and R D Burman [who made him sing westernised tune songs - Aao Twist kare and Pyar karta ja].

Can we ever forget Manna Dey songs like "Lapak Jhapak Tu Aa Re" from Boot Polish(1954), Tu Pyar Ka Sagar Hai" from Seema(1955), "Yeh Kahani Hai Diye Aur Toofan Ki" from Toofan Aur Diya (1956) composed by Vasant Desai, "Humdum Se Gaye" from Manzil (1960), "Aye Mere Pyare Watan" from Kabuliwala (1961), "Laga Chunari Mein Daag" from Dil Hi Toh Hai (1963), classical songs like "Sur Na Saje" from Basant Bahar (1956), "Kaun Aya



Mere Mann" from Dekh Kabira Roya (1957), "Pucho Na Kaise Maine Rain" from Meri Surat Teri Aankhen (1963), "Jhanak Jhanak Tore Baje Payalia" from Mere Huzoor (1965); folk based songs like "Kisi Chilman Se" from Baat Ek Raat Ki (1962), "Ae Meri Zohra Jabeen" from Waqt (1965), "Chalat Musafir Moh Liya" from Teesri Kasam (1967), "Aao Aao Sawariya", and duets

with Lata like "Masti Bhara Yeh Sama" from Parvarish(1958), "Nain Mile Chain Kahan" from Basant Bahar (1956), "Kehdoji Kehdo Chupona Pyar" from Kismat Ka Khel (1956), "Tum Gagan Ke Chandrama" from Sati Savitri (1964), "Dil Ki Girah" from Raat Aur Din (1966), "Chunari Sambhal Gori" from Baharon Ke Sapne in 1967, were chartbusters in their respective year of release. Manna Dey must be given credit for popularising classical based solo and duet songs to the masses like the duet with Lata - "Pritam Daras Dikhao" from Chacha Zindabad . His rendition of "Kasame Vaade Pyar" from Upkar (1967) pictured on Pran and composed by Kalyanji Anandji won accolades for Dey. It was also significant in Pran's career as he began to do positive roles after Upkaar.

Binaca Geetmala Annual List (1963)

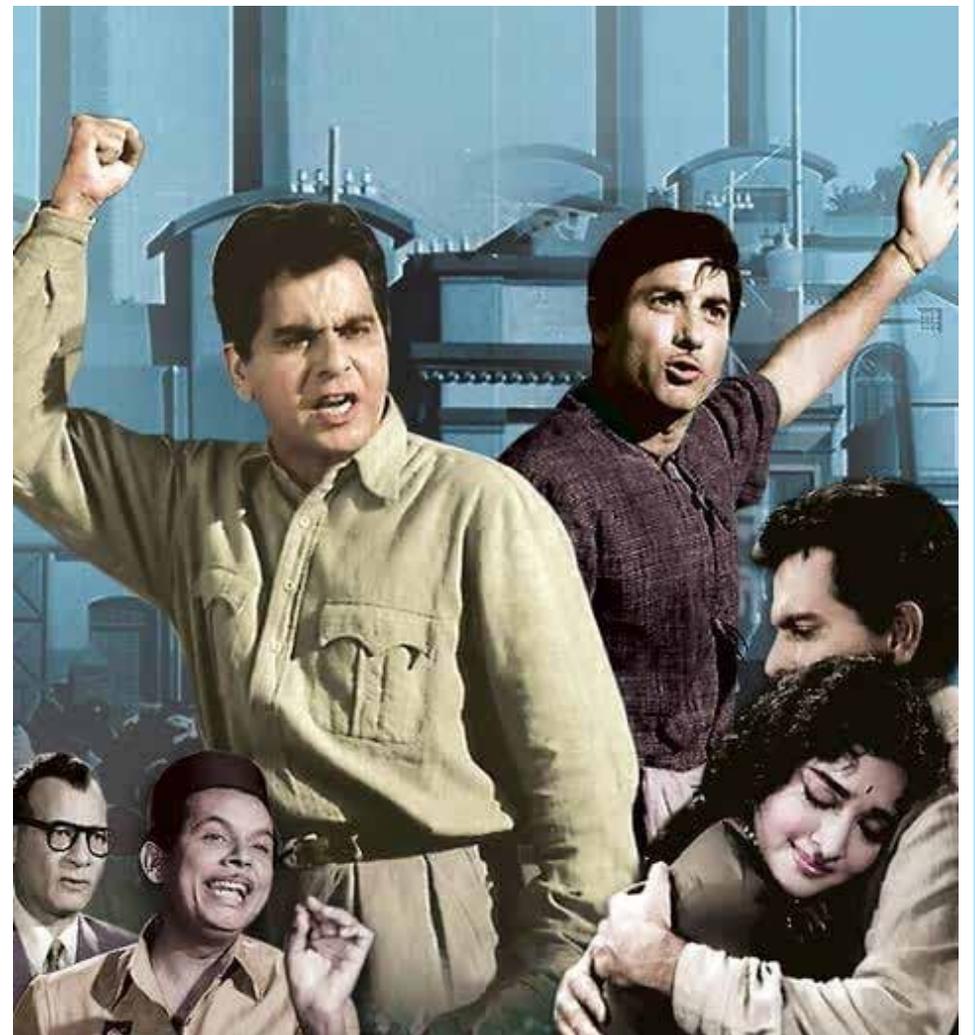
Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Jo Wada Kiya Wo Nibhana Padega You Tube ✓ 🏆 ★ 4.49 - 948 votes	Mohammed Rafi, Lata Mangeshkar	Roshan	Pradeep Kumar, Bina Roy
		Taj Mahal (1963)	Sahir Ludhianvi	Romantic Songs, Filmfare Awards Winner
 2	Dil Ek Mandir Hai, Pyar Ki Jisme Hoti Hai Puja You Tube ✓ 🏆 ★ 3.97 - 619 votes	Suman Kalyanpur, Mohammed Rafi	Shankar Jaikishan	Meena Kumari, Rajendra Kumar
		Dil Ek Mandir (1963)	Hasrat Jaipuri	Title Song
 3	In Hawao Me, In Fizao Me Tujhko Mera Pyar Pukare You Tube ✓ 🏆 ★ 4.30 - 1859 votes	Asha Bhosle, Mahendra Kapoor	Ravi	Mala Sinha, Sunil Dutt
		Gumrah (1963)	Sahir Ludhianvi	Romantic Songs
 4	Chalo Ek Bar Phir Se, Ajnabi Ban Jaye Ham Dono You Tube ✓ 🏆 ★ 4.45 - 1317 votes	Mahendra Kapoor	Ravi	Sunil Dutt, Mala Sinha, Ashok Kumar
		Gumrah (1963)	Sahir Ludhianvi	Sad Songs, Filmfare Awards Winner, Filmfare Awards Nominee
 5	Aawaj Deke Hame Tum Bulao You Tube ✓ 🏆 ★ 4.47 - 845 votes	Lata Mangeshkar, Mohammed Rafi	Shankar Jaikishan	Shammi Kapoor
		Professor (1962)	Hasrat Jaipuri	Sad Songs
 6	Hansta Hua Nurani Chehra, Kali Zulfe Rang Sunhera You Tube ✓ 🏆 ★ 4.47 - 368 votes	Kamal Barot, Lata Mangeshkar	Laxmikant Pyarelal	Jeevankala, Nalini Chonkar, Geetanjali, Mahipal
		Parasmani (1963)	Farooq Qaisar	Tareef Songs, Dance Songs
 7	Mujhko Apne Gale Lagalo, Ai Mere Hamrahi You Tube ✓ 🏆 ★ 4.47 - 236 votes	Mubarak Begum, Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, Jamuna
		Hamrahi (1963)	Hasrat Jaipuri	Tareef Songs, Romantic Songs
 8	Zindagi Kitni Khubsurat Hai You Tube ✓ 🏆 ★ 4.20 - 97 votes	Hemant Kumar	Hemant Kumar	Biswajeet, Asha Parekh
		Bin Badal Barsaat (1963)	Shakeel Badayuni	Romantic Songs
 9	Aaj Chhedo Mohabbat Ki Shehnaiya You Tube ✓ 🏆 ★ 4.29 - 52 votes	Lata Mangeshkar	Naushad	Kumkum
		Son Of India (1962)	Shakeel Badayuni	Sad Songs
 10	O Janewale Ho Sake Toh Laut Ke Aana You Tube ✓ 🏆 ★ 4.38 - 412 votes	Mukesh	Sachin Dev Burman	Nutan
		Bandini (1963)	Shailendra	All Time Great, Philosophical Songs, Sad Songs

Binaca Geetmala Annual List (1963)

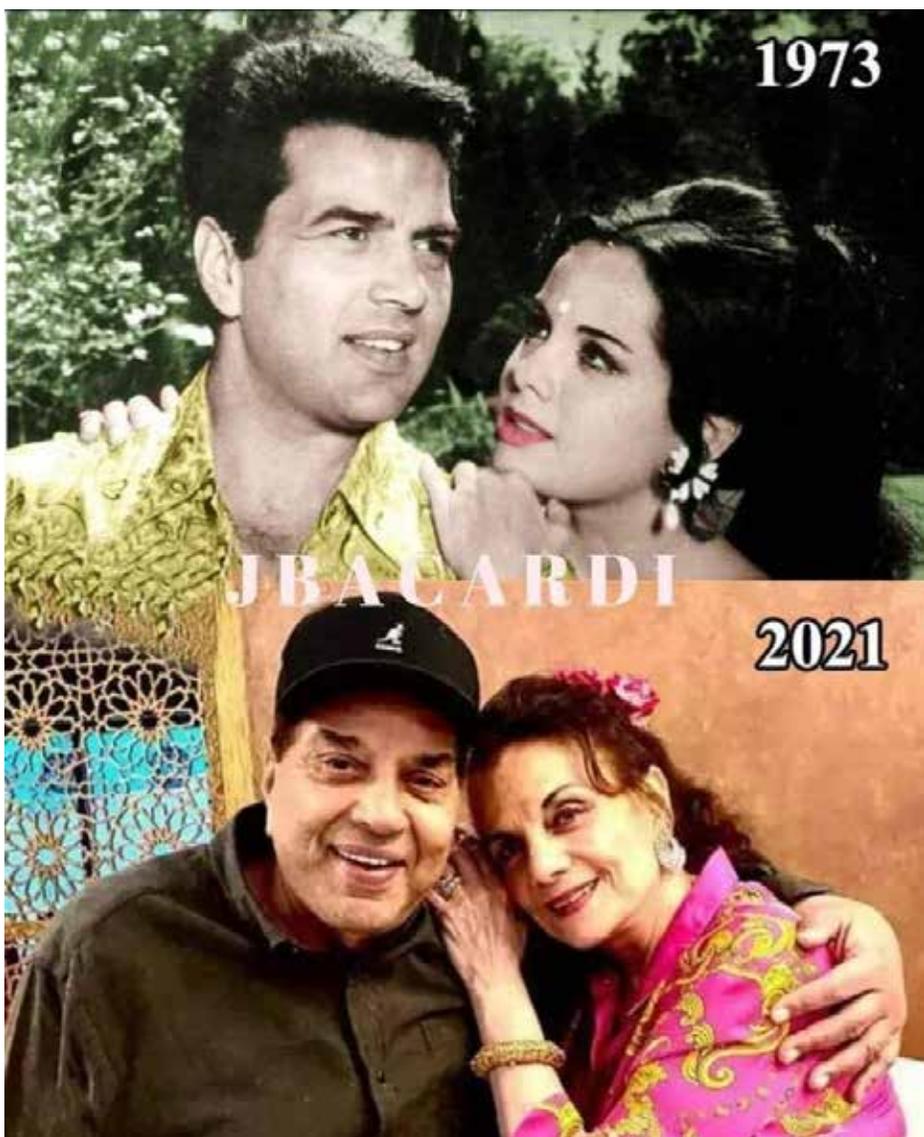
A rare photo of Dilip Kumar and Shehnaz. She was almost cast as Anarkali in Mughal-e-Azam (1960). Director K. Asif happened to see a play and was so taken aback with her performance that he wanted to cast her as Anarkali in Mughal-e-Azam. Over 200 photos of her were taken on the movie set, including ones with the iconic feather grazing her face. But ultimately, she had to decline the role owing to family pressure, as in those days women from respectable families did not act in 'movies'. It was then that Madhubala played the character of Anarkali in the film. Shehnaz's daughter Sophia Naz has published a biography of her mother, titled "Shehnaz: A Tragic True Story of Royalty, Glamour and Heartbreak".



The King of Binaca Geetmala ..Ameen Sayani ji



Ali Fazal says asking for scripts cost him movies in Bollywood: 'Tumhari himmat kaise hui?'



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

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

41 حاتم طائی کی سیٹی

اردو حکایت: اک جنگ میں قبیلہ طے کے چند قیدی رسول اکرمؐ کی خدمت میں پیش کئے گئے چونکہ ان لوگوں نے اسلام قبول کرنے سے انکار کر دیا تھا اور فساد برپا کر دیا تھا۔ حضور اکرمؐ نے ان کے قتل کا حکم دیدیا۔ ان قیدیوں میں حاتم طائی کی بیٹی بھی شامل تھی۔ اُس نے حضورؐ کی خدمت میں عرض کیا۔ میں حاتم طائی کی بیٹی ہوں میرے باپ اہل کرم میں سے تھا اس لئے آپ بھی مجھ پر کرم فرمائیں۔ حضورؐ نے حکم دیا اس کو آزاد کر دو۔ لیکن جب دوسرے قیدی قتل کئے جانے لگے تو اُس نے بڑی عاجزی سے کہا کہ میں رہائی نہیں چاہتی مجھے بھی ان کے ساتھ قتل کر دیجئے۔ میں اسے شرافت سے بعید سمجھتی ہوں کہ میں رہا ہو جاؤں اور میرے ساتھیوں کی گردن ماردی جائے۔ حضورؐ نے اُس کی گفتگو سنی تو سب قیدیوں کی جان بخشی فرمادی اور انہیں اپنے گھر واپس جانے کی اجازت دیدی۔

منظوم ترجمہ:

کرم کی شان تھا، اہل کرم سے تھا حاتم
حضورؐ اُس کے حوالے سے کچھ کرم کیجئے
آپؐ ہی کے در سے فقرا کو ملا کرتی ہے بھیک
درحقیقت منبعِ جود و سخاوت، آپؐ ہیں



داناے 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 آسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پاپیادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ 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 اور کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

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

اداکارہ کسی کے لئے آسان ہدف ہوتے ہیں، کبری خان

پاکستان شوبز کی خوب اداکارہ کبری خان کام کرنے والے لوگ آسان ہدف ہیں۔ انہوں نے کہا کہ پہلے بھی میرے خلاف سوشل میڈیا پر کئی باتیں پھیلانی گئیں لیکن میں نے نظر انداز کیا، تاہم حالیہ الزامات پر میں چپ



انٹرنیٹ کے پروگرام دی ناک ناک شو میں شریک ہوئیں جہاں انہوں نے اپنی زندگی میں پیش آنے والے مشکل واقعات پر کھل کر بات کی۔ کبری خان نے سوشل میڈیا پر اداکاروں کی کردار کشی اور ٹروٹنگ کرنے کے ٹرینڈ پر افسوس کا اظہار کرتے ہوئے کہا کہ میڈیا میں

ڈرامہ سیریل صنف آہن میں اداکاری کے جوہر دکھانے والی سری لنکن اداکارہ یحالی تاشیہ کون ہیں؟

پاکستان کے معروف ڈرامے "صنف آہن" فاروق نے ان سے رابطہ رکھا۔ اداکارہ کے مطابق اس وقت ہر طرف چرچے ہیں اور اس میں سر لنکن اداکارہ "یحالی تاشیہ" بھی اداکاری کے جوہر دکھا رہی ہیں، انہوں نے پاکستان کے سفر اور

یہاں کام کرنے سے متعلق اپنے تجربے سے آگاہ کرتے ہوئے پہلا انٹرویو دیدیا ہے۔ تفصیلات کے مطابق سری لنکن اداکارہ یحالی تاشیہ نے سمجھنگ ہاٹ کودیے گئے انٹرویو میں پاکستانی ڈرامے میں اداکاری سمیت اپنے کیریئر سے متعلق گفتگو کی۔ یحالی تاشیہ نے بتایا کہ صنف آہن میں اداکاری کے لیے ان سے سری لنکن فوج کے کرنل روبانا کرمانگھ نے رابطہ کیا تھا جس کے بعد پاکستان سے کرنل عمیر



کریا۔ یحالی تاشیہ کے مطابق وہ سری لنکا سے براہ راست کراچی آئی تھیں لیکن ڈرامے کی شوٹنگ کے لیے فوری طور پر اسلام آباد کے راستے ایٹ آباد روانہ ہو گئی تھیں۔ انہوں نے بتایا کہ جب وہ پاکستان آئیں تو یہاں کے لوگوں کو مہمان نواز پایا اور محسوس کیا کہ پردیسیوں کا خیال رکھنا۔

مادھوری ڈکشت بالی وڈ فلم

ایوارڈز کو اپنے مقدر بنایا۔ "آوارہ باپ، سواتی، انڈسٹری کے نامور اداکارہ ہیں۔ جو کہ 15 مئی 1967ء میں پیدا ہوئیں۔ 1980ء کی دہائی میں انہوں نے فلمی کیریئر کا آغاز کیا اور 2000ء کی دہائی تک بالی وڈ فلم انڈسٹری میں راج کرتے ہوئے دیوانے، سنگیت وغیرہ مادھوری کی فلمیں ہیں۔ بے شمار فلموں میں مرکزی کردار ادا کیے اور کئی



رانی موکرجی بالی وڈ فلم

کیریئر ادا کیا اسے عوام میں خاص مقبولیت حاصل ہوئی۔ "کچھ کچھ ہوتا ہے، ساتھی، ہم تم، ویرز، ارا، بلیک، راجہ کی آئے گی، بارات، مہندی، من، بادل، حد کردی آپ نے، ہر دل جو پیار کرے گا، کہیں پیار نہ ہو جائے، پیار دیوانہ ہوتا ہے، مجھ سے دوستی کرو گے اور چلو عشق لڑائیں" کے علاوہ درجنوں کامیاب فلموں کا سہارا بنی کے سر جاتا ہے۔



ریکھا بالی وڈ فلم انڈسٹری کی مشہور

طوائف کا کردار ادا کیا۔ اور اس کردار کو ناقابل فراموش بنا دیا۔ ریکھا نے اس فلم میں اداکاری کے لیے باقاعدہ اردو زبان سیکھی تھی۔ اس لیے اشعار و مکالموں میں زبردست مہارت رہی، اس فلم کی کامیابی کے بعد ریکھا کی کامیابی کو بھی پر لگ گئے۔



رویاناٹنڈن بالی وڈ فلم انڈسٹری کی

پہلا نشہ، ایک ہی راستہ، زمانے سے کیا ڈرنا، آتش، مہرا، میں کھلاڑی تو اناڑی، زمانہ دیوانہ، ضدی، سلاخیں وغیرہ رویانا کی فلمیں ہیں۔



حیدرآبادی (دکن) پکوان

رکھ دیں۔ چکن گل جائے، تو گرم مسالا، ہر ادھنیا اور پودینا ڈال کر مزید بھون لیں۔ آخر میں لیموں کا رس اور بادام ڈال دیں۔

اچار گوشت:

اجزاء: بکرے کا بون لیس گوشت (چھوٹی بوٹیاں کر لیں) آدھا کلو، ہلدی آدھا چائے کا چمچ، نمک حسب ذائقہ، سُرخ مرچ پاؤڈر ایک چائے کا چمچ، پیاز (کاٹ لیں) ایک عدد، ادراک، لہسن کا پیسٹ ایک چائے کا چمچ، سفید زیرہ دو چائے کے چمچ، میتھی کے بیج ایک چائے کا چمچ، سونف ایک چائے کا چمچ، کلونجی ایک چائے کا چمچ، ہری مرچ بڑی دس سے بارہ عدد، لیموں کا رس ایک تہائی پیالی، دہی آدھی پیالی اور تیل۔

ترکیب: سب سے پہلے سفید زیرہ (ایک چمچ)، میتھی کے بیج، سونف اور کلونجی توڑے پر ہلکے سے بھون کر موٹے موٹے کوٹ لیں اور بڑی سبز مرچوں کو لمبائی میں کاٹ کر یہ مسالا ان میں بھر دیں۔ اب پتیلی میں تیل گرم کر کے اس میں بقیہ زیرہ ڈال کر گوشت بھون لیں اور دیگر مسالے شامل کر کے اس قدر پانی ڈالیں کہ گوشت گل جائے۔ جب گوشت گل جائے، تو مسالا بھری مرچیں ڈال کر چولہے کی آنچ ہلکی کر دیں۔ بیس پچیس منٹ بعد لیموں کا رس چھڑک کر کے چولہا بند کر دیں۔

بادام کی گری حسب منشاء، سورج مکھی کے بیج ایک کھانے کا چمچ، ہر ادھنیا ایک گڈی، پودینا (باریک کاٹ لیں) ایک تہائی کپ، لیموں کا رس دو کھانے کے چمچ، نمک حسب ذائقہ اور تیل۔



ترکیب: چکن دھو کر چھلنی میں رکھ دیں، تاکہ پانی خشک ہو جائے۔ مونگ پھلی اور سورج مکھی کے بیج کوٹ کر دہی میں شامل کر کے الگ رکھ دیں۔ اب ایک پین میں تیل گرم کر کے بادام فرائی کریں اور ایک پلیٹ میں نشوونپہر رکھ کر اس میں نکال لیں۔

اسی تیل میں پیاز منسرائی کر کے ادراک، لہسن کا پیسٹ ڈال کر بھون لیں۔ پھر ہلدی، نمک اور ہری مرچیں ڈال کر بھونیں۔ اس کے بعد دہی والا آمیزہ ڈال کر اتنا بھونیں کہ مسالا تیل چھوڑ دے۔ پھر چکن ڈال کر تھوڑا سا بھونیں اور ایک کپ پانی ڈال کر گلنے کے لیے

لہسن کا پیسٹ ڈال کر کوئی ایک منٹ تک فرائی کر کے ثابت لال مرچ اور کڑی پتے کا بگھار دے کر دیگر مسالے ڈال کے اچھی طرح بھون لیں۔ جب مسالا بھن جائے اور تیل نظر آنے لگے، تو بینگن اور



املی کا گودا شامل کر کے مدھم آنچ پر پکنے دیں، بینگن نرم ہو جائیں، تو سبز مرچ، ہر ادھنیا، پودینا باریک کاٹ کر چھڑک دیں۔ چٹ پٹے، خوش ذائقہ بگھارے بینگن تیار ہیں۔

حیدرآبادی قورما:

اجزاء: چکن دو کلو، پیاز (باریک کاٹ لیں) چار عدد، ہری مرچیں (کاٹ لیں) آٹھ عدد، لہسن، ادراک کا پیسٹ دو کھانے کے چمچ، دہی (چھینٹ لیں) دو کپ، گرم مسالا پاؤڈر ایک کھانے کا چمچ، ہلدی آدھا چائے کا چمچ، مونگ پھلی کے دانے ایک چوتھائی کپ، کھوپرا (پسا ہوا)،

جب بات ہو، حیدرآبادی کھانوں کی، تو ان کی لذت و ذائقے کا سوچ کر ہی منہ میں پانی بھر آتا ہے کہ حیدرآبادی پکوانوں کے چنارے دُنیا بھر میں مشہور ہیں۔ تو لیجیے، اس اتوار اپنے پیارے گھر کا پیارا دسترخوان چند مشہور حیدرآبادی کھانوں سے آراستہ کریں۔

بگھارے بینگن:

اجزاء: بینگن آدھا کلو، کھوپرا (پسا ہوا) دو کھانے کے چمچ، تیل دو کھانے کے چمچ، ثابت دھنیا دو کھانے کے چمچ، مونگ پھلی دس عدد، ثابت سفید زیرہ ایک کھانے کا چمچ، خشک ایک کھانے کا چمچ، ہلدی ایک چوتھائی چمچ، سُرخ مرچ دو کھانے کے چمچ، نمک حسب ذائقہ، پیاز دو عدد، ادراک، لہسن کا پیسٹ دو چائے کے چمچ، ثابت لال مرچ دو تین عدد، املی (بھگو کر گودا نکال لیں) حسب منشاء، کڑی پتا چند پتے، ہری مرچیں تین عدد، ہر ادھنیا آدھی گڈی، پودینا آدھی گڈی اور تیل حسب ضرورت۔

ترکیب: ہر بینگن کے چار چپار کلڑے اس طرح کریں کہ وہ آخری سرے سے آپس میں جڑے رہیں۔ پھر انہیں نمک کے پانی میں بھگو دیں۔ کھوپرا، تیل، ثابت دھنیا، مونگ پھلی، سفید زیرہ اور خشک خشک توڑے پر علیحدہ علیحدہ بھون کر پیس لیں۔

اب ایک پتیلی میں تیل گرم کریں اور پیاز ڈال کر سنہری کر لیں۔ پھر ادراک،

حضرت سیدنا عمر رضی اللہ عنہ

جب سیدنا عمرؓ پر حملہ کیا گیا تو ان کے لیے دودھ لایا گیا، جیسے ہی آپ نے دودھ پیا تو وہ آپ کی پسلیوں کے زخم سے بہہ نکلا۔ طبیب نے ان سے کہا: اے امیر المؤمنین وصیت فرمادیں، آپ زیادہ دیر زندہ نہیں رہ سکیں گے۔ تو انہوں نے اپنے بیٹے عبداللہ کو بلایا اور کہا کہ حذیفہ بن الیمان کو میرے پاس بلاؤ۔ حذیفہ بن الیمان حاضر ہو گئے۔ یہ وہ صحابی ہیں جنہیں نبی کریم ﷺ نے منافقین کے ناموں کی فہرست عطا کی تھی اور ان ناموں کے بارے میں اللہ پاک اس کے رسول ﷺ اور حذیفہ بن الیمان کے علاوہ کوئی نہیں جانتا تھا۔ حضرت عمرؓ نے پوچھا جبکہ خون ان کی پسلیوں سے بہ رہا تھا، کہ اے حذیفہ بن الیمان میں آپ کو اللہ کی قسم دے کر کہتا ہوں! کیا اللہ کے رسول ﷺ نے میرا نام منافقین کے ناموں میں لیا ہے یا نہیں؟ یہ سن کر حذیفہ بن الیمان کی آنکھوں سے آنسو جاری ہو گئے اور فرمایا! یہ میرے پاس رسول اللہ ﷺ کا راز ہے جو کسی کو نہیں بتا سکتا۔ آپ نے پھر پوچھا! خدا کے لیے مجھے اتنا

بتادیں، اللہ کے رسول ﷺ نے میرا نام شامل کیا ہے یا نہیں؟ حذیفہ بن الیمان کی بچکی بندھ گئی اور کہتے ہیں اے عمرؓ! میں صرف آپ کو بتا رہا ہوں اگر آپ کی جگہ کوئی اور ہوتا تو میں کبھی بھی اپنی زبان نہ کھولتا اور وہ بھی صرف اتنا بتاتا ہوں کہ رسول اللہ ﷺ نے اس میں آپ کا نام شامل نہیں کیا۔ حضرت عمرؓ نے اپنے بیٹے عبداللہ سے کہا کہ دنیا میں میرے لیے ایک چیز باقی رہ گئی ہے۔ حضرت عبداللہ نے پوچھا وہ کیا ہے ابا جان؟ حضرت عمرؓ نے فرمایا! بیٹا میں جو ار رسول ﷺ میں دفن ہونا چاہتا ہوں۔ لہذا ام المؤمنین حضرت عائشہؓ کے پاس جاؤ، ان سے یہ مت کہنا کہ امیر المؤمنین عمرؓ بلکہ کہنا کہ کیا آپ عمر کو اپنے ساتھیوں کے قدموں میں دفن ہونے کی اجازت دیتی ہیں؟ کیونکہ آپ اس گھر کی مالکن ہیں۔ تو ام المؤمنین نے جواب دیا کہ یہ جگہ تو میں نے اپنے لیے تیار کر رکھی تھی لیکن آج میں اسے عمر کے لیے ترک کرتی ہوں۔ عبداللہ ابن عمرؓ شاداں و فرحان واپس آئے اور عرض کی، اجازت مل گئی ہے۔ عبداللہ ابن عمرؓ نے دیکھا کہ حضرت عمرؓ کا رخسار مٹی پر پڑا ہے تو انہوں نے آپ کا چہرہ اٹھا کر اپنی گود میں لے لیا۔ حضرت عمرؓ نے اپنے بیٹے کی طرف دیکھا اور فرمایا کہ کیوں تم میرا چہرہ مٹی سے بچانا چاہتے ہو۔ عبداللہ ابن عمرؓ نے کہا ابا جان لیکن حضرت عمرؓ نے بات کاٹنے ہوئے فرمایا کہ اپنے باپ کا چہرہ مٹی سے لگنے دو۔ بربادی ہے عمر کے لیے اگر کل اللہ پاک نے اسے نہ بخشا۔ حضرت عمرؓ اپنے بیٹے کو یہ وصیت فرما کر موت کی آغوش میں چلے گئے،،، اے میرے بیٹے میری میت مسجد نبوی میں لے جانا اور میرا جنازہ پڑھنا اور حذیفہ بن الیمان پر نظر رکھنا اگر وہ میرے جنازے میں شرکت کرے، تو میری میت روضہ رسول ﷺ کی طرف لے جانا۔ اور میرا جنازہ روضۃ الرسول ﷺ کے دروازے پر رکھ کر دوبارہ اجازت طلب کرنا اور کہنا،،، اے ام المؤمنین آپ کا بیٹا عمر یہ مت کہنا کہ امیر المؤمنین، ہو سکتا ہے میری زندگی میں مجھ سے حیا کی وجہ سے اجازت دی گئی ہو، اگر اجازت مرحمت فرمادیں تو دفن کرنا

ورنہ مجھے مسلمانوں کے قبرستان میں دفن کر دینا۔ عبداللہ ابن عمرؓ کی نظریں حذیفہ بن الیمان پر تھیں، دیکھتے ہیں کہ میں حذیفہ بن الیمان کو ابا جان کی نماز جنازہ پر دیکھ کر بہت خوش ہوا اور ہم جنازہ لے کر روضہ رسول ﷺ کی طرف چلے گئے۔ دروازے پر کھڑے ہو کر میں نے کہا۔ "اے ہماری ماں آپ کا بیٹا عمر دروازے پر ہے، کیا آپ تدفین کی اجازت دیتی ہیں؟ ام المؤمنین نے جواب دیا! مرحبا یا عمر۔ عمر کو اپنے ساتھیوں کی ساتھ دفن ہونے پر مبارک ہو۔ ام المؤمنین نے اپنی چادر سمیٹی اور روضہ رسول ﷺ سے باہر نکل آئیں۔ اللہ پاک راضی ہو حضرت عمرؓ سے زمین کا چپہ چپہ جن کے عدل کی گواہی دیتا ہے، جن کی موت سے اسلام یتیم ہو گیا، جن کو اللہ کے رسول ﷺ نے زندگی میں جنت کی خوشخبری دی ہو پھر بھی اللہ کے سامنے حساب دہی اتنا خوف ہمارا کیا بنے گا؟





سید انور جاوید ہاشمی
غزل

یوں بظاہر مری کوتاہی نہیں ہے کوئی
سلسلہ دائمی ہوتا ہی نہیں ہے کوئی
پاؤں دھرنے کی طلب میں جو اضافہ کیجئے
سر پٹکتے رہیں کہ جا ہی نہیں ہے کوئی
عکس پانی میں رہے یا کہ سر آئینہ
گویا مہتاب تو اونچا ہی نہیں ہے کوئی
درد کو جاننے درماں، نہ توقع رکھیے
مت سمجھیے کہ مداوا ہی نہیں ہے کوئی
آنکھ اٹھے تو نگاہوں میں ہوں رقصاں منظر
چلنے لگ جائیں تو رستا ہی نہیں ہے کوئی
اُس کا ثانی نہ اگر ہاشمی دیکھا جائے
ہم سمجھ لیں گے ہم سا ہی نہیں ہے کوئی

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ثروت حسین
غزل

جنگل میں کبھی جو گھر بناؤں
اُس مور کو ہم شجر بناؤں
بہتے جاتے ہیں آئینے سب
میں بھی تو کوئی بھنور بناؤں
دُوری ہے بس ایک فیصلے کی
پتوار چٹوں کہ پُر بناؤں
بہتی ہوئی آگ سے پرندہ
بانہوں میں سمیٹ کر بناؤں
گھر سوپ دوں گردِ رہ گزر کو
دلہیز کو ہم سفر بناؤں
ہو فرصت خواب جو میسر
اک اور ہی بحر و بر بناؤں

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قدر عریضی
غزل

اس پہ دھبہ نہ لگا نام کو رسوائی کا
آج تک پاک ہے دامن مری بینائی کا
یاد ہے کس کو سبب اس کی شناسائی کا
وہ بھی اک ہوگا کرشمہ اسی بینائی کا
گرئی ذوق نظارہ سے نہیں اشک رواں
اصل میں ہے یہ پسینہ مری بینائی کا
ٹھوکروں سے مری نظروں کو الہی تو بیجا
اب قدم بڑھنے لگا ہے مری بینائی کا
ہوں گے طے بعد تقرب کے مراحل سارے
دیکھ لینا ہی بڑا کام ہے بینائی کا
اس میں ہر وقت بھری رہتی ہے نظروں کی شراب
آنکھ پیانا ہے سے خانہ بینائی کا
آگنی چشم کرم حضرت زیرک کی جو یاد
قدر نے قید کیا قافیہ بینائی کا

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والی الدین
عینک

سامعین سے زیادہ ہوں شاعر وہاں جانا چھوڑ دینا ہوں
جس محفل سے نہ ملے داد وہاں شعر سنانا چھوڑ دینا ہوں
سنا ہے حسینوں کو عینک والا چہرہ پسند نہیں آتا
جہاں وہ ہوتی ہیں وہاں عینک لگانا چھوڑ دینا ہوں

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شاعر

شکا گو میں جس حال میں ہوں میرے صنم رہنے دے
کوئی کام نہ بول میرے ہاتھوں میں قلم رہنے دے
میں تو شاعر ہوں، میرا دل ہے بڑا ہی نازک
میں تو پٹانے سے بھی مر جاؤں گا، ہم رہنے دے

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معتبر

دل کرتا ہے کھانے کو بریانی کباب اور پائے
پھر سے کہیں وہ سبزی دال کا نہ ذکر کر دے
ایک دن بیگم بھی مان لے مجھ کو شاعر
”میرے خدا مجھے اتنا تو معتبر کر دے“

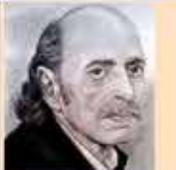
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اطیب اعجاز
غزل

کشکش تھی رنج و غم کی انتہا تھی میں نہ تھا
زندگی کی گردش صبر آزمائی میں نہ تھا
ٹھو کا عالم تھا حصارِ روح میں ہلچل نہ تھی
جسم کے گنبد میں سانسوں کی صدا تھی میں نہ تھا
میں نے دیکھا ہے گھلی آنکھوں سے ہستی کا زوال
وا مری چشم حقیقت آشنا تھی میں نہ تھا
میرے اندر حق و باطل بر سر پیکار تھے
دل کی دنیا کارزار کر بلا تھی میں نہ تھا
جا چکا تھا سب کو میں اپنا تصور بخش کر
پھول تھے گلزار تھے باو صبا تھی میں نہ تھا
عمر بھر اطیب غموں کی آگ میں جلتا رہا
ایسا لگتا ہے کسی کی بد دعا تھی میں نہ تھا

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لیاقت علی ماصم
غزل

اثبات یقین نفی گماں کچھ نہیں کرتے
بس جیتے ہیں ہم لوگ میاں کچھ نہیں کرتے
ڈرتے ہیں دھڑکتا ہوا دل بند نہ ہو جائے
جب دیکھتے ہیں آہ و فغاں کچھ نہیں کرتے
سب چھوڑ دیا گردشِ افلاک پہ ہم نے
اب ترکِ زماں نقل مکان کچھ نہیں کرتے
سب عشق و ہوس رشتک و حسد ہم سے خفا ہیں!
رہنے دو خفا کہہ دو کہ ہاں کچھ نہیں کرتے
یہ دوستیاں دشمنیاں تم کو مبارک
ہم دوستیاں دشمنیاں کچھ نہیں کرتے

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پریم وار برٹی
غزل

آرتی ہم کیا اُتاریں تیرے خد و خال کی
بجھ گئی ہر جوت، پوجا کے سنہری تھال کی
جب کسی لمحے نے بھی رو کر پکارا آپ کو
توڑ ڈالی عمر نے زنجیر، ماہ و سال کی
تم تو کیا دستک نہیں دیتیں ہوا میں تک یہاں
دل ہے یا سنسان کٹیا ہے کسی کنگال کی
پھر اُگانے دو یہاں ہم کو لبو کے کچھ گلاب
آپ نے تو شاہراہ دل بہت پامال کی!
سرخ شعلوں کے سمندر سے نکالا ہے جسے
چاندنی ہے یا کوئی مچھلی ہوس کے جال کی
تو مقدس آنکھ ہے یعنی حسین سورج کی آنکھ
اور میں گہری گچھا وہ بھی کسی پاتال کی
پوچھتی ہیں پریم چندی گڑھ کی اکثر لڑکیاں
آپ کے ہر شعر میں خوشبو ہے کیوں بھوپال کی

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فضیل فوز
غزل

اُردو کی ترقی کا جوشہ نہیں رکھتے
وہ اپنی ہی تہذیب کو زندہ نہیں رکھتے
ہم کل بھی وفادار تھے اب بھی ہے وفادار
ہم ملک کے غداروں سے رشتہ نہیں رکھتے
کرتے ہیں سدا یار کی یادوں سے اجالا
ہم گھر میں کبھی اپنے اندھیرا نہیں رکھتے
جینا بھی کوئی جینا ہے ایسوں کا جہاں میں
عزت سے جو جینے کا سلیقہ نہیں رکھتے
مردہ ہیں حقیقت میں کہیں لاکھ وہ زندہ
جو اپنا ہی حق پانے کا جذبہ نہیں رکھتے
وہ لوگ کسی اور کو کیا روشنی دیں گے
خود اپنے ہی گھر میں جو اجالا نہیں رکھتے
پلوں پہ بٹھالیتے ہیں اے فوز انھیں ہم
سینے میں جو اپنے کوئی کینہ نہیں رکھتے

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On the lighter side....

One Spring afternoon, I came home to find two little girls on the steps of my building. Both were crying hard, shedding big tears. Thinking they might be hurt, I dropped my briefcase and quickly went over to them. "Are you all right?" I asked.

Still sobbing, one held up her doll. "My baby's arm came off," she said.

I took the doll and its disjointed arm. After a little effort and luck, the doll was again whole. "Thank you," came a whisper from the girl as I handed her the doll back. Next, looking into the tearful eyes of her friend, I asked, "And what's the matter with you, young lady?"

She wiped her cheeks and said, "Oh I'm okay, I was just helping her cry."

As I was going to visit a friend, I saw my neighbor's little child at the street corner holding two dollars and crying. I asked him, "Junior, what is the matter?"

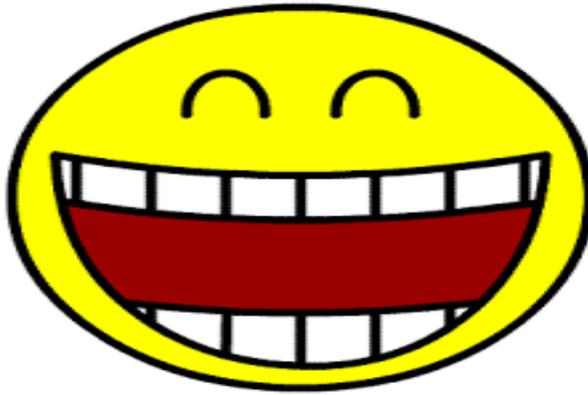
He replied, "My mummy gave me one dollar to buy sugar and one dollar to buy soy milk, and now I can't remember which dollar is for sugar and which dollar is for the milk."

I was on the subway, sitting on a newspaper when a guy comes over and asks, "Are you reading that?"

I didn't know what to say. So I said, "Yes."

I then stood up, turned the page, and sat down again.

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.



One co-worker said the programming we had ordered was delayed because the vendor was suffering from a "severe non-linear waterfowl issue."

Curious, the team leader raised his eyebrows and asked, "What exactly is that?"

The programmer replied, "They don't have all their ducks in a row."

A man parks his bicycle nearby the Parliament house and walks on.

A police constable stops him and asks, "Why did you park your bicycle here? Don't you know it is a VIP road and all parliamentarians and senators pass from here?"

Man replied, "Don't you worry about it, I locked my bicycle!"

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

wife?"

"Oh, not any more, he doesn't," the widow replied.

"What stopped him?"

"I started talking about my next husband."

This was a recent conversation that I had with my girlfriend's father, who knows I do web design.

Father: I have a business idea. How hard is it to make a Facebook?

Me: Oh, that's simple, not hard at all.

Girlfriend: No, he doesn't mean to make a Facebook profile. He means to redo ALL of Facebook.

Me: Oh. In that case, that's very hard.

Father: Oh, okay. (Pause) What are we talking then, maybe just 3 to 5 hours?

A cop pulls a guy over for speeding. The guy tries to defend himself by saying, "I was just going with the flow of traffic."

The Cop replies, "Ever go fishing?"

"Yeah."

"Ever catch ALL the fish?"



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