



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

AUGUST 2019 Vol 10, Issue 8



HAPPY INDEPENDENCE DAY TO THE READERS OF BOTH COUNTRIES
AsiaTimes US



INSIDE

- Mob Lynching Protests P-8, 17
- Visa availability Dates P-11
- MATRIMONIALS P-36**
- Imran Khan visit to US P-24
- YOUR HOROSCOPE P-35**
- Himayath Ali Shair P-28, 43
- Hindi Movie Release Dates P-37



Centre cheated to get triple talaq bill passed

The Congress alleged that the Central Government "cheated" to push the Triple Talaq Bill through Rajya Sabha.



At a press conference, Senior Congress leader Ghulam Nabi Azad said, "I called this cheating. You cannot run parliament like this. We have also raised the issue in parliament. This is undemocratic." Azad then explained that the government first asked the Opposition to give a list of bills to be sent to the Select Committee. In the list, Triple Talaq bill was on top priority. The government did not tell the Opposition whether the bill was sent to the Select Committee or not."

"I accuse that the government had clandestinely sent the bill to be put up before Rajya Sabha for discussion. While the opposition MPs were informed about it on Tuesday morning. No opposition party got the chance to issue three-line whip," he said.

Azad further alleged that the BJP leaders and its allies were present in the Rajya Sabha and this shows that they were informed by their party that the bill is coming up for discussion in the Upper House. "I want to clarify here that the decision to table the bill is taken by the Parliamentary Affairs Ministry and not by Speaker or Chairman of the house. We are not accusing the Rajya Sabha Chairman," said the senior Congress leader.

"We Had put forward 23 bills and among them, six bills were in A category and two bills in the B category. The Triple talaq bill was on top priority amongst the six bills listed by the opposition and Unlawful Activities Prevention Amendment Bill was also on priority," he said.

Criticising the government, Azad said, "This is the first time in decades for both Upper and Lower house that a bill was not sent to Standing Committee, Select Committee and Joint Committee. The reason behind is that this government does not believe in democracy, Parliament and judiciary."

"The government wants to run every institution according to its whims like a department of a ministry," he added. The Bill was passed with 99 members in its favour while 84 members voted against it in the final division. In the division on referring the Bill to the Select Committee, the government got 100 votes while 84 voted against.

DELICIOUS RECIPES
P-39



ATTN: INVESTORS

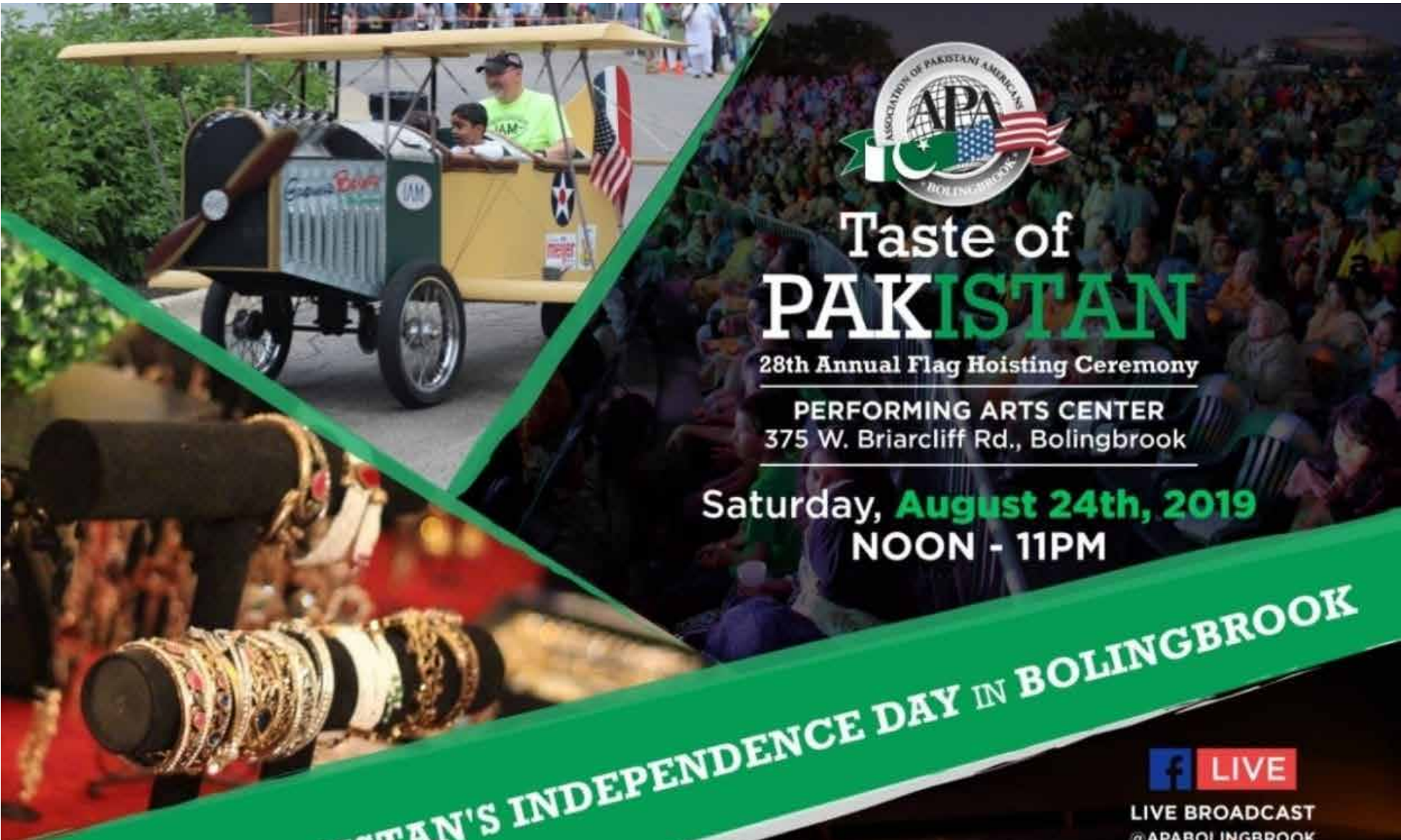
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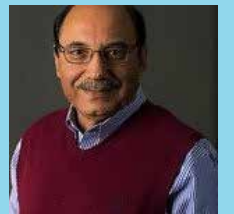
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Kashif Siraj
Director of Marketing
Dallas Region



Asia Times US is proud to announce
Mr. Kashif Siraj
as
Director of Marketing
Dallas Region

About Kashif Siraj

Although Real Estate is the thing that drives his blood but when it comes to marketing and networking Kashif comes closer to none. When he was growing up he saw his dad buying and selling properties and actively involved in all the real estate transactions. This thing motivated him and he consider him as his mentor. Kashif understands all the aspects of Real Estate transitions really well and how to promote and Market the Property or a Business. He has a great ability of helping his clients and look specifically as per their needs. He has his own approach of helping out clients and that is very simple 1 client at a time. He always try to give all his dedication and time when it comes to helping out his clients whether Residential or Commercial. He combine a great ability in understanding his client's individual expectations and needs, local market know-how, competency, commitment, focus and strong communication skills to ensure his clients outstanding results. He has helped not only the home buyers or sellers but also has been involved in the buying and selling process of the local businesses in Dallas Metroplex . He is one of the prominent business brokers of Dallas who specializes in Restaurant transactions. Only because of his abilities to actively participate in community and helping out people in need and his dedication towards the community and his participation in various marketing and promoting local events and businesses from fund raises to celebrity concerts I am proud to bring him onboard at Asia Times. We at Asia Times wish him all the best.

Azeem A. Quadeer
Publisher, Asia Times US

DALLAS



Dr. Basheer Ahmed, MD



**Shawkat
Mohammed**



Dr. Shamsa Qureshi



Mirza Pervaiz Baig
Charminar Connection

MIDDLE EAST



Mumtaz Ali Akram
Director Hitech International Co.



Dr Syed N Masood
Managing Director & CEO
Success International School



Kareemullah Biyabani
Assistant CEO
Takamul National
Agriculture Company

Egypt, Jordan leaders hold talks over Israeli-Palestinian peace

Cairo (AFP) - Egypt's President Abdel Fattah al-Sisi and Jordan's King Abdullah II met on Monday to discuss efforts to end the Israeli-Palestinian conflict, reaffirming their support for a two-state solution, Sisi's office said.

The meeting comes ahead of an expected visit to the region by US President Donald Trump's son-in-law and senior White House advisor Jared Kushner, who is pushing a controversial peace plan rejected by the Palestinians and criticised by Jordan.

Kushner's initiative, partially unveiled at a Bahrain conference in June, dangled the prospect of pumping \$50 billion-worth of investment into the stagnant Palestinian economy.

But it failed to address key Palestinian demands such as the establishment of their own independent state.

The political side of the plan has yet to be released.

In a statement, Sisi's office said the Egyptian and Jordanian leaders had agreed on "the importance of intensifying efforts" to resume peace talks.

They stressed the talks should



abide by the two-state solution long accepted internationally as the basis for a solution: a "Palestinian state based on the June 1967 boundaries with East Jerusalem as its capital."

Trump's administration has broken with that consensus, unilaterally recognising the deeply contested city of Jerusalem as capital of Israel and slashing funding for the UN agency for Palestinians.

The Bahrain forum was boycotted by Palestinian Authority, while Jordan and Egypt sent low-level representatives.

The Palestinian leadership has boycotted Trump and accused him of using promises of cash to try to impose political solutions whilst ignoring Israel's occupation of Palestinian territories.

After meeting Sisi, the Jordanian monarch headed to Tunisia to offer condolences following the death of president Beji Caid Essebsi.



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DALLAS-HOUSTON PAGES



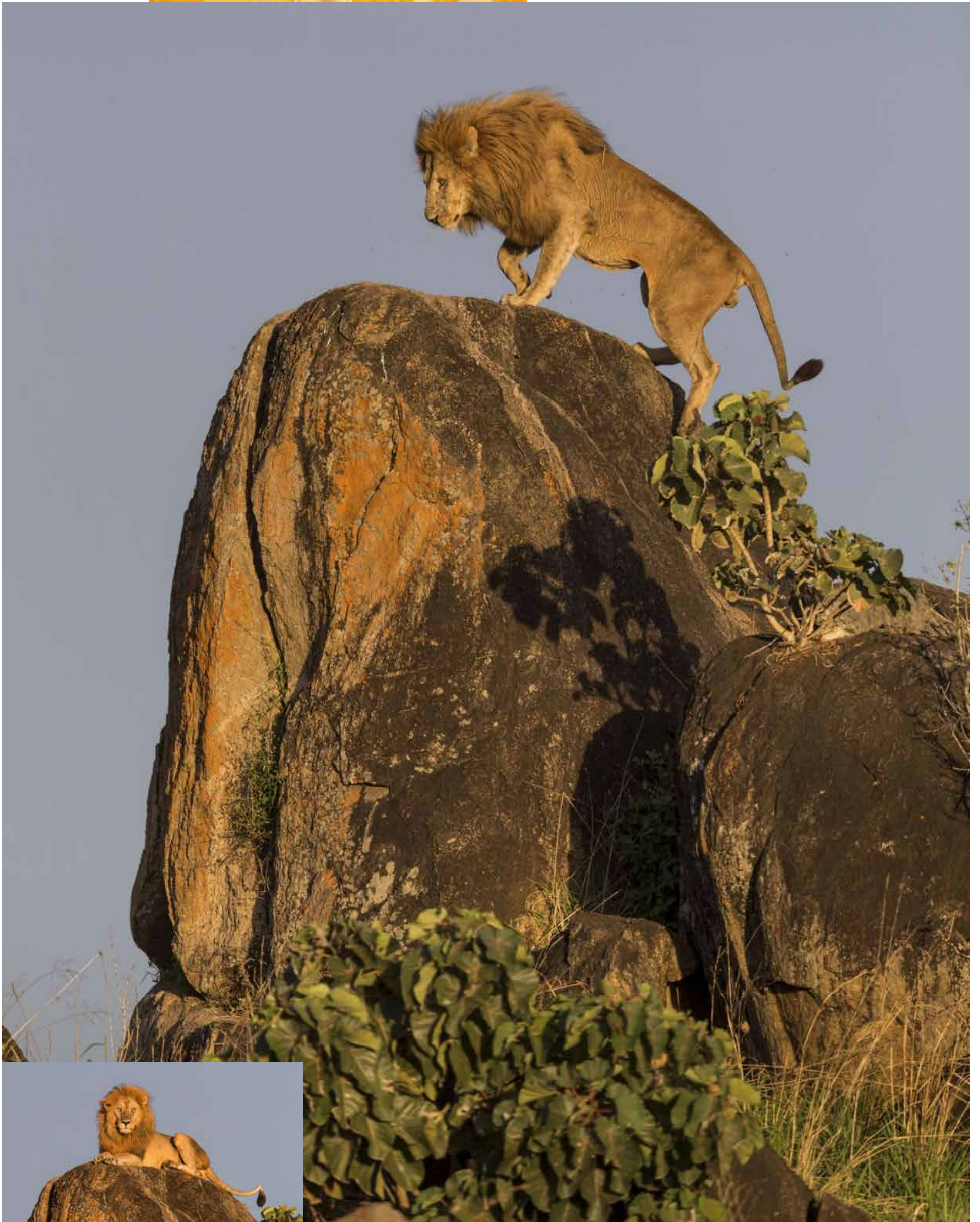
**HAPPY INDEPENDENCE
DAY TO ALL**

**RAO KAMRAN ALI
AND FAMILY**



...a selfie with the PM

AMAZING NATURE



A lion atop a rocky point in the Kidepo Valley National Park in Uganda.
(Photo: Will Burrard-Lucas/Caters News)



International Mushaira presided by Abbas Tabish on July 20, 2019 in Houston, TX, well arranged by Fayyaz Khan Rampuri. Lata Haya, Shakeel Jazib, Rehman Faris, Aman Khan Dil, Dr. Noor Amrohvi, Dr. Khalid Razvi and Hammad Khan of National and International fame also attended.

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Indians in North Texas protest religious violence in India

Members of the North Texas Indian Muslim community protested Sunday against recent attacks against Muslims and other religious minorities in India.

The gathering of about 200 people at Dealey Plaza in downtown Dallas chanted, "We are Tabrez! Justice for Tabrez!" in reaction to the June 17 fatal beating of Tabrez Ansari, which was captured on a video that has been widely circulated.

A group of men forced the 24-year-old Muslim, who was accused of burglary, to chant praises to Hindu gods before he was killed, The New York Times said. He reportedly was beaten for 12 hours before he died at a hospital.

Syed Ali, vice president of the Indian American Council, said members of the Hindu nationalist group Hindutva have lynched dozens of Muslims in the last five years.

"This is a very dangerous trend," he said. "As members of the Indian diaspora who are living in this very prosperous country we should come together to demand action from Congress."

Hindus account for nearly 80% of India's population while Muslims account for 14%, according to the CIA World Factbook. Christians and Sikhs each make up about 2% of the population.

Sharib Haroon, a board member of the Dallas-Irving chapter of the Indian American Council, said religious minorities have long faced backlash in India but now government officials are encouraging hate crimes.

"This is not new, but the machinery and the impunity were not there before," he said.

India's Prime Minister Narendra Modi

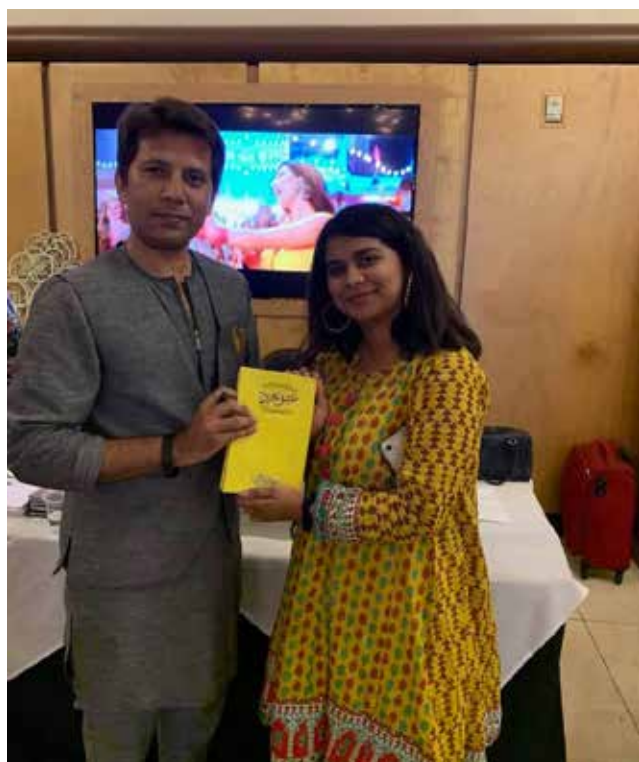
has rejected a State Department report in June that religious intolerance from Hindu nationalist groups has grown under the right-wing government of India, according to Aljazeera.

The gathering in Dallas was part of a nationwide protest that also included Houston, New York City and Chicago.

The organizers called for the U.S Commission on International Religious Freedom to raise India to the highest level of concern and use trade as leverage to prevent human rights violations in the country.

"This is the foundation of our democracy," said Hadi Jawad, the executive president of the Dallas Peace and Justice Center. "You call, and you say to the member of Congress, to the senator, that you want India to be in the spotlight ... that you demand Indian leaders are held accountable."

Dallas News



Mr. Rehman Faris signed his poetry book in Dallas Texas for Suman Samuel on 7/19/2019. He is one of the top poets and an additional Commissioner Inland revenue (IRS) for Government of Pakistan

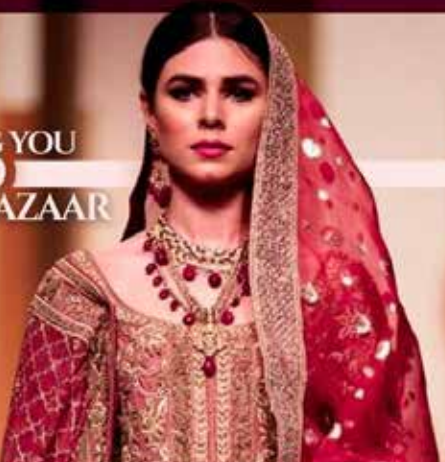


Urdu Ghar had a soft opening for their new office in Dallas. This place would have a library and room for classes. Congratulations to all Urdu lovers in DFW area.

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Ghazal - Dedicated to the death of a friend very near to me.

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(Abu Al-Abbas Kareemullah Biyabani)



Zehn-o-dil be-qaraar hai key nahin ?
Yaad-e-maazi sharaar hai key nahin ?

Ranj-o-gham sey ab hai kya haasil !
Maut berhaq-o-baar hai key nahin ?

Sar-e-rahguzar sey na rakkho ummeed
!Dasht her soo ghubaar hai key nahin ?

Jinke hamraah thi kabhi hayaat meri,
Unkey hum ghumgusaar hai key nahin ?
Yun sulagta hai yeh dil ka khaalipan ?
Shab-e-gham sogwaar hai key nahin ?

Aanson behra rawaan hain bila nagha !
Khud pey ab ikhtiyaar hai key nahin ?

Koyee aata hai, aur koyee jaata hai,
Zindagi rahguzaar hai key nahin ?

Shab-o-rooz maddhami muzabzab hai,
Abar hai ya! kohar hai key nahin ?

Had to ye hai key had nahin koyee !
Ishq be-shak dil azaar hai key nahin ?

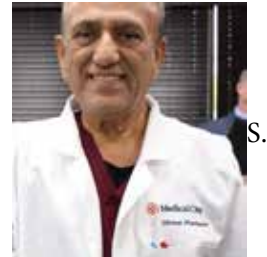
Sabr main hai bada sukoon aye
KALEEM,
Key her dua'a ajar-e-kaar hai key nahin

OBITUARY

Alsalaamu 'alaikum wa rahmatu Allaahi wa barakaatuhuu
"Surely we belong to Allah and to Him shall we return"

Brother Farooq Azam (Pharmacist) passed away. Namaz-e janazah was held at Center Masjid located at: 1700 Center Street, Arlington, TX 76010

May Allah forgive give him and grant Jannah and give patience to the family and friends. Ameen!!!




We are the Land of the Free
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To our brave American Heroes
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..
May have Religious harmony in India
Happy Independence Day 2019

Mohammed Hameed
President - Hyderabad Society of North Texas

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The Prophet (Peace be Upon Him) said:
"Whosoever builds a masjid for Allah with the intention to please Him, Allah will build him a house in paradise."
~ Bukhari & Muslim

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U.S. VISA AVAILABILITY IN AUGUST, 2019

For Pakistan, Bangladesh & India
Compiled by **Hasan Chishti**



FAMILY SPONSORED PREFERENCES	Pakistan/Bangladesh	India
1 st Unmarried sons & daughters Of U.S. Citizens	July 01, 2012	July 01, 2012
2-A Spouses and unmarried childrens of permanent residents	Current	Current
2-B Unmarried sons & daughters (21 yrs. of age or older) of permanent residents	Jan. 01, 2014	Jan., 01, 2014
3 rd Married sons & daughters of US citizens	June 22, 2007	June 22, 2007
4 th Brothers & sisters of adult U.S. citizens	Oct., 01, 2006	Sept., 15, 2004
EMPLOYMENT BASED CATEGORY		
1 st Priority workers	July 01, 2016	Jan., 01, 2015
2 nd Members of the professions holding advanced degree or persons of exceptional ability	Jan 01, 2017	May 02, 2009
3 rd Skilled workers Other workers	July 01, 2016 July 01, 2016	Jan 01, 2006 Jan 01, 2006
4 th Certain special immigrants Certain religious workers	Current Current	Current Current
5 th Non-regional centers Regional centers	Current Current	Oct 15, 2014 Oct 15, 2014

APPNA annual meeting 2019

Rao Kamran Ali

APPNA annual meeting 2019 was fun, chance to meet old friends and make new! Asif Mohiuddin is one dedicated person, so is his team particularly our beloved NisarAnd Riffat Qureshi!!!

OPEN (Overseas Pakistani Entrepreneurs of North America) retreat along with APPNA was a double dip!

Great to meet Mehmood Khan, Moazzam, Ali Jahangir Siddiqui, Zulfi Bukhari and most importantly Muhammed Khurram, my nishtar fellow as commercial Councilor after 19 years. Spending time with Tahir Javed is a privilege who is our inspiration from Congressional politics to Pakistani caucus influence along with PAKPAC! Fahim Rahim shows up at OPEN and we need him more in APPNA as well.

Thanks to Ambassador Asad Majeed, for his time to APPNA particularly to Nishtar Alumni!

PAKPAC had a productive breakfast meeting with Deputy Assistant Secretary Ervin Massinga to work with state department.

Non-stop three days of learning from political mentors, diplomats, entrepreneurs and policy makers!!!

Let's engage more positive and passionate people in such activities!!!!





Nawab Mir Hamid Ali Khan
PRESIDENT

IAA Indian American Association
Illinois, USA
info@indianamericanassociationusa.com





Dr. Mukhtar, Mr. Fifa Mohammed Yaqoob Sultan, Mohammed Younus Saleem Dr. Syed N Masood & H.E. Ambassador Francois Gouyette to the Kingdom of Saudi Arabia Engr Mohammed Azizuddin

Kareemullah H. Biyabani with His Royal Highness Prince Talal bin Mohammed Al-Abdullah Al-Faisal bin AbdulAziz Aal-Saudi (Great grandson of His Majesty Late King Faisal bin AbdulAziz Aal-Saud - Rahimullah) and colleagues during agriculture symposium, Riyadh, Kingdom of Saudi Arabia.



Grand Ceremony Of "Hyderabad Star Awards 2019" and 15 Years Celebration of "Deccanwood Films" Venue at Taj Banjara, Banjara Hills, Hyderabad.-

Bhojani Food Court present "Hyderabad Star Awards 2019"

Special Guest are Shri. Shabbir Bhojani President Of Hyderabad Halai Memon Jamat, & BBN News Chairman, Shri. Mumtaz Ali Akram Director Hi-tech International Company Al Jubail, Ksa, Shri. Mak Tariq CEO/FOUNDER, The City Hi Life Magazineshri. Sikander Mashooqi and Smt.Preeti Nigam Tollywood Movie Actress, Smt.Sudha Jain Asia Model, Shir, Aziz Rizwan Hyderabad Actor, Shri.Fathe Affan, Owner Of Astoria Restaurant, Shri.Shaikh Saleem Nri, Shri.Mohsin Hussain Al Qureshi, Businessman, Shri.Rasheed Khan A Nri, and Many More Actress, Actors, Dignitaries Attend the Event Grand Ceremony Of "Hyderabad Star Awards 2019" and 15 Years Celebration of "Deccanwood Films" at Taj Banjara, Banjara Hills, Hyderabad.-IQNEWS



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Concept script direction by Sohail Memon.- IQNEWS



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IFTEKHAR SHAREEF PAGE



Janab Mahmood Ali Sahab Honourable Home Minister of Telangana State , Ali Masqati , Ali Esa Bin Obaid Misri , Farooq Hussain MLC , and others at a gathering in Hyderabad

The historic City of Vatican of Pope Francis residences. So impressive is Vatican and the Vatican Museum where you can see the history preserved from before Christ. People used to consider kings as gods and called temples of god .



Marriage of niece of Honorable Home Minister Mahmood Ali Bhai at Shamshabad, a grand affair. Seen in pics are Janab Mumtaz Khan Sahab MLA Charminar, Home Minister of Telangana Mahmood Ali Bhai, DG Police Mahender Reddy at Dinner, Ahmed Alam Khan , Javed , Azam son of Mahmood Bhai, Khameruudin Bhai chairman TS minority Commission, Jaber Patel, Ateeq Siddiqui , Rafiq Sahab(Mamu) of Mahmood bhai from Canada, Basha Khan Sahab criminal court judge, and others.



Marriage of Naseeb Khan Sandozoi S/o Moazam Khan Sandozoi MLA Bahadurpura, Hyderabad with Daughter of Arif Mehdi Khan Bozai at Classic convention, Shamshabad. Seen in pics with me is cricketer Mohammed Asaduddin S/O Mohammad Azharuddin former India's Cricket Captain and former Member of Parliament along with brother in laws of Groom and Adnan Baig .

Grand marriage ceremony of daughter of Mahmood Kholani (Kholani Group of Hotels) at Kings Palace , attended by who's who of Hyderabad.



Valima ceremonies of younger brother of Toufiq bhai of Maharaja Garments at Le Pallas, Secun-drabad

AN INTERVIEW WITH MR. WALIUDDIN -- CULTURAL AMBASSADOR, AWARD WINNER HOST (EMCEE), AUTHOR, JOURNALIST CELEBRATING GOLDEN JUBILEE IN PROFESSION

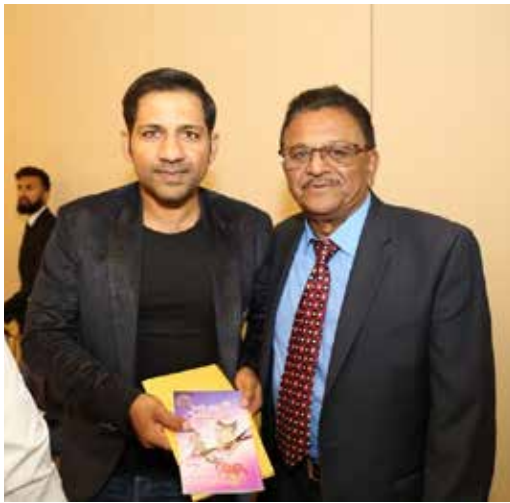
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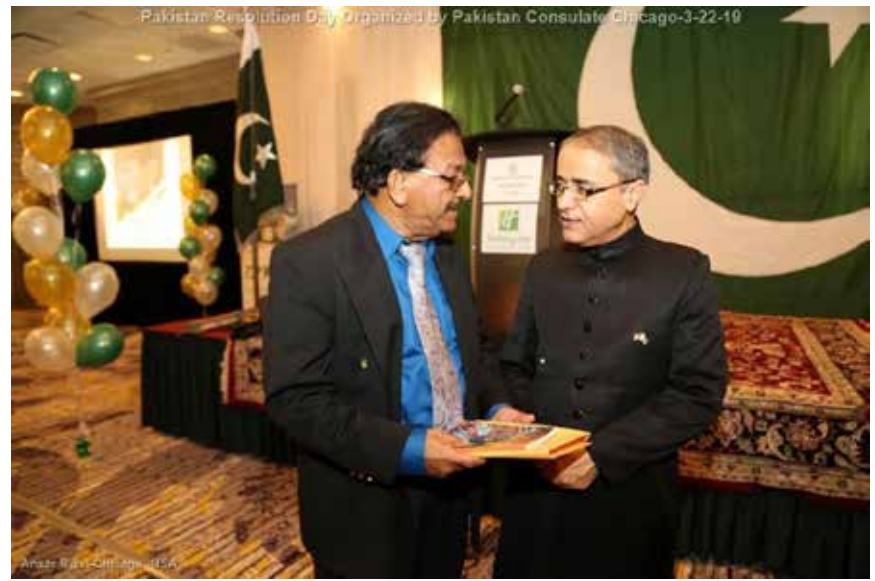
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ASIA TIME: SO YOU HAVE COMPLETED 50 YEARS IN PHARMACY PROFESSION AND WHAT ELSE..
 WALI: FIRST I WOULD LIKE TO ASIA TIMES FOR MY INTERVIEW AND ALWAYS PUBLISH MY ACTIVITIES PHOTOS AND POETRY I AM HUMBLE TO SAY THAT I HAVE COMPLETED 50 YEARS IN PHARMACY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



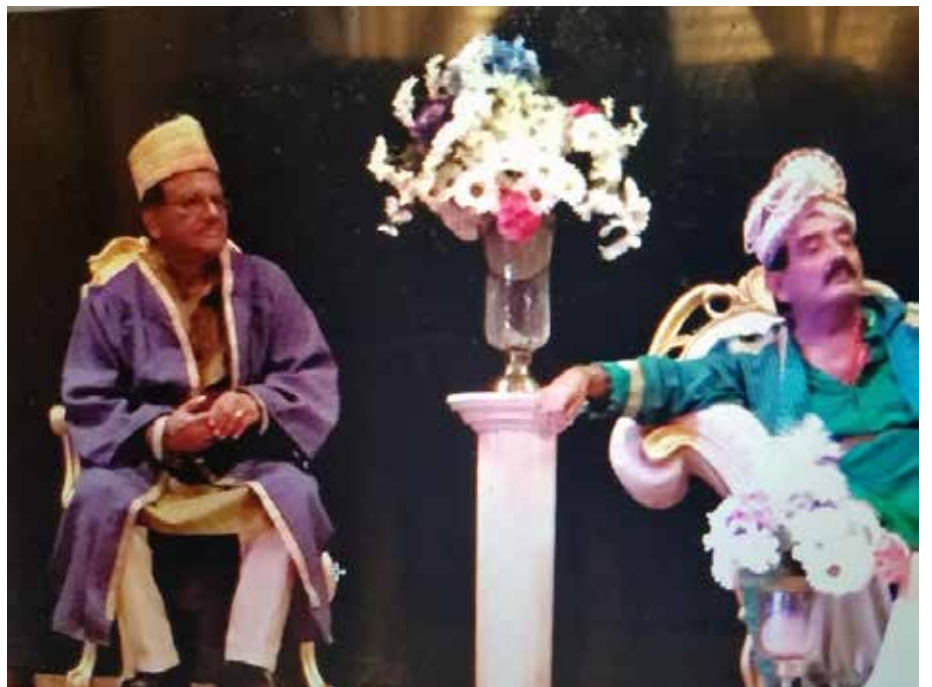
ASIA TIME: HOW ABOUT YOUR SOCIAL ACTIVITIES AND WRITING ?
 WALI: I AM SO HAPPY TO TELL YOU THAT I HAVE HOSTED MORE THAN 50 BIG SHOWS IN US CITIES,AND OTHER COUNTRIES.BESIDES THAT I HAVE EMCEE IN DIFFERENT OCCASION FROM BIRTH DAYS,GRADUATION, WEDDINGS SO MANY OTHER OCCASIONS AND PARTICIPATED IN MUSHAIRA AND IN ONE YEAR I DID HOST INDIAN MEDICAL ANNUAL MUSICAL PROGRAM AND MUSHAIRA IN APPNA (PAKISTAN MEDICAL ASSOCIATION ,THAT IS RECORD ITSELF. MY 4TH BOOK IS READY TO BE PUBLISHED AND I AM ALREADY WORKING ON 5TH BOOK WHICH IS NOVEL . AS YOU KNOW I HAVE ALSO WRITTEN WEEKLY COLUMN IN NEWS PAPERS FOR SOMETIME,INTERVIEW CONGRESS MAN .



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

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

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



ASIA TIMES: YOU HAVE BEEN GIVEN TITLE OF MULTI CULTURAL AMBASSADOR WITH MULTI TALENTS,WOULD YOU EXPLAIN THAT.
 WALI: THANKS FOR ASKING,MY WIFE ROSHAN AND MY KIDS ALWAYS

ASIA TIMES ; WHAT BOUT YOUR BOOKS ,WHERE ARE THEY AVAILABLE ?
 Cont'd on P-15

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

MY BOOKS UNVEILING CEREMONIES WERE DONE BY DIFFERENT CONSULATE GENERAL OF PAKISTAN IN CHICAGO.

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

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

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



شیخ جی
 حسینوں کے وار چل گئے ہوتے
 شیخ جی بھی بدل گئے ہوتے
 میں نے دیکھا تو گھبرا گئے وہ
 ورنہ بوتل دیکھ کر چل گئے ہوتے
 ☆☆☆
مطلب کی بات
 ایک اندھے کا ہوا جو انتقال
 نگر میں آتے ہی آیا یہ خیال
 منکر نکیر سے کیا پہلا یہ سوال
 جنت کی حوروں کا دو مجھ کو پتہ
 جیتے جی نہ دیکھا کبھی حسن و جمال
 یہ سن کر کہتا پڑا واہ رے من موی
 "اندھے کو اندھیرے میں بڑی دور کی سوچی"



**HAPPY INDEPENDENCE DAY
 TO ALL OUR INDIAN & PAKISTANI FRIENDS**

WALI & ROSHAN

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 ☆☆☆
بڑھاپا
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 کھیل کود میں بھی تھی اپنی لمبی چھلانگ
 امریکہ میں وقت سے پہلے بڑھاپا آ گیا
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Note: The proceeds from the sale of these books will go to the Welfare organizations.



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India got Independence some seventy two years ago and if we look back there is a whole history of constant struggle and step by step achievements.

And today, India has come a long way to present the fruits of the dreams to the people of India.

We have achieved our Immediate goals but we need to go further to achieve those that will put us in the front row at the international level.

Let's celebrate Independence still looking forward to a day when all of us are united in a true sense.



**Happy Independence Day
India**

Taufiq Ansari Ahmed

Raees "Rae" Yawer Announces Candidacy for Illinois State Senator

Syed Khalil Ullah

Democrat Rae Yawer officially kicked off her campaign to make a run for State Senate in Illinois' 22nd District on Thursday, July 18, 2019 at Amor Banquet Streamwood, Illinois.

About 200 local Democrats were there to lend her support. Many community leaders, business owners, elected officials and the media attended this event. Besides the experience she gained from her elected position, Raees who is currently the Commissioner of the Streamwood Park District Board, has a lengthy resume of service and volunteerism across many entities and organizations.

During an interview with Local Press she said, "I have volunteered and served the community for over 20 years and I believe in an inclusive environment. I'm a bold Progressive candidate and I want to keep the State of Illinois a safe, healthy and fair place. I'm running to represent our Community and the People of Illinois, to make Illinois a better place for everyone. I'm constantly working to promote equality and a voice for all residents, specially marginalized communities and those who find government bureaucracy intimidating."

"We're going to have a professional campaign and having already a talented professional staff,"

Raees is a strong advocate for health care, equality for all individuals and forgiving student loan debt. She will fight to erase mental health stigma and advocate for more inclusive policy for people with disabilities. She said, "I will make sure these individuals are not treated as lesser human beings."

Rae Yawer feels "Our current elected leadership has grown complacent and is out of touch with constituent needs. It is unacceptable to raise taxes on those whose incomes are already stretched, or vote according to what the party establishment dictates, rather than what families in our district need. As a State Senator, I will answer to constituents, not special interest groups or large corporations."

Rae holds a degree in Biology and Chemistry and has studied accounting and business law at Northeastern Illinois University. Advocacy and progress have become inherent in her nature, as a result, leading her to empowering heights where she has been recognized for some astounding contributions to her community. As a Commissioner, she manages the Finances of the Park District and Strategic Planning. She had strategized a plan to save the district \$40,000 by voting and researching on appropriate bids for playground remodeling. She also recommended the initiation of obtaining various grants to increase revenue.

SPD Commissioner & Director- Chamber of Commerce, Rich Janiec, Trustee Zubair Khan, Commissioner & VP Wintrust Bank, Syed Hussaini, President Sonia Shah Foundation, Iram Shah, President-American Assoc. of Univ Women, Shaheen Sayeed, Director BUI Academy, Jawad Husain and Co-Founder Suzy's Place, Arshia Husain gave glowing testimonials and announced wholehearted support for Rae Yawer

When elected she will be the First South Asian woman Senator in Illinois.



Huge protest held on Devon Avenue Chicago against MOB lynching in India

Report and Pictures Syed Khalil Ullah.

Members of civil Society, Socials Workers, Civil Rights Activist, Political Party leaders, Community members, Local lawyers, College and university students, and religious and liberals' leaders, Labor Union Representative, Local Journalists, Traders and Women social organization and others gather on Sunday in one of the big demonstrations in Devon Avenue, Chicago to protest about Mob Killing against Minorities in India.

Despite the sweltering heat gathering overhead, more than 200 people turned out for protest. Protest held on Sunday, July 28th, 2019 Start from 02.00 p.m. to 04.00 p.m. Starts at 2415 W. Devon Avenue. Chicago, IL 60659 and ends at 6400 N. California Avenue. Chicago, IL 60659.

Protesters were chanted "We are Tabrez! Justice for Tabrez! Justice for all! No more lynching in the name of religion, Don't Make India Lynchistan."

The protesters and demonstrators carried Large and small banners, placards with messages like "Stop Mob Lynching and save the nation" and "Make India Safe Again."

Hate crimes against minorities have spiked and growing in India since Modi and his Bhartiya Janata Party (BJP) came to power.

24-year-old Tabrez Ansari, who died after being beaten by a mob in Jharkhand few weeks ago, He was mercilessly beaten as he was Muslim. Tabrez Ansari was tied to a pole, beaten for hours and forced to chant "Jai Sri Ram" and "Jai Hanuman" ("Glory to Ram" and "Glory to Hanuman"), both praises to Hindu deities. He was declared dead at a hospital after four days in police custody.

In response of Community Leaders in Chicago expressing concern over the rising incidents of mob lynching in India.

Many Protesters said they were joining a demonstration for the first time in his life because they viewed and claimed there is no justice in India for minorities. "We need Justice for Tabrez Ansari and other Victims also who had been killed recently"

Protesters in Chicago to condemn the lynching and demand justice for the victims of the right-wing attacks, which primarily target Muslims, Christian, Dalit, Adivasi and other minorities in India. They also said we are not against Indian government. We want government to do his job and provide justice equality to all human. India is not belonged to one religious' group. India is for everyone.

The rally was organized by Syed Iliyaz Hussain and its team and several groups including Madina Islamic Academy and Refuse Fascism Chicago.

Many leaders Include, Dr. Qutub Uddin, Sunsara Taylor, Carl Dix, Minhaj Akhter, Syed Iliyaz Hussain, Syed Shah Najmuddin Al-Jeelani, Syed Shah Immaduddin Quadri Al Jeelani, Muhammad Mukarram, Anas Ahmed, Rajye from Sadhana.org and many others were leading the protesters and address on the rally. Several Hindu community members also attended the protests to show their support for the Muslim community.

The Protesters in Chicago called for the Human right Commission on International Religious Freedom to raise India to the highest level of concern and use trade as leverage to prevent human rights violations in the Several State in India.





At a parade in Streamwood, IL State Senator Castro, State Representative Crespo, Committeeman Carmelli and Trustee Khaja Moinuddin

The Meeting of Indian American Association :
A Meeting of The Indian American Association (IAA) was held at the Clubhouse in Hoffman Estates, Illinois, on July 19, 2019, to review and discuss the progress and achievements of IAA at the Republic Day Celebration at Meadows Club. The related topics were discussed and it was determined that there is room for further planning to achieve the long term

goals. Plans were also discussed regarding the Independence Day Celebration. The Meeting concluded with a dinner and the vote of thanks.
Photo: Left to Right. Fareed Sabiri, Taufiq Ansari Ahmed, Raju Shah, Kiran Mitta with wife Archana Mitta, and the Mother-in-Law, Ishaan Ahmed, and Shahid Razvi.



Hindi Divas 2019 preparations in full swing. From left director Rohit Joshi, president Gurbachan Kaur Neelam, joint secretary Vijay Chopra, secretary Anica Dubey, director Savita Bhatia and director Sanjna Shonga Das. Five directors couldn't join because of weekday afternoon meeting



Attorney at Law Mazher Shah Khan .Shakeel Qaudri.News Reporter & Mujeeb Osman discuss about Immigration matters present challenges of legalization



As we celebrate our nation's independence day, let's remember our past leaders who lost their lives in the battle for the freedom we are enjoying today.
HAVE A WONDERFUL INDEPENDENCE DAY.
Fareeduddin Sabiri
Treasurer IAA, Chicago



'Islands of Hope' host Thriving fundraiser Dinner in Chicagoland for Schools in Pakistan

The theme of the event was "Empowering Nation with Education" in Pakistan.
Report and Pictures Syed Khalil Ullah.

Islands of Hope (IOH) held a Successful and Thriving fundraiser Dinner where the audience was enthralled by Prominent sports celebrity Pakistan national cricket team Captain Sarfaraz Ahmed. The event was a great success with about 350 individuals attended the event. The wonderful fundraiser was hosted in the ballroom of Shalimar Banquet on July 21st, 2019 from 7.00 p.m. to 11.30 p.m.

'Islands of Hope' Foundation is the nonprofit organization has worked in Pakistan School to ensure as many Children receives a quality education as part of their program curriculum.

The theme of the event was "Empowering Nation with Education" in Pakistan.

It was an evening of mixed shades, the Audience includes all the ages, young, youth, elders, the sports people's business men, supporters, families, friends, and well-wishers and many people came from all social related platforms which fluctuated between somber and light, between happiness and smiles. The Program was started 7 p.m. The event was emceed by Ms. Sakina Kisat. The evening began with Tilawat E Quran. The program included dinner, speeches and past and upcoming project presentations.

The Chief Guest of the event was Pakistan national cricket team Captain Sarfaraz Ahmed and the Guest of Honor was Mr. Javed Ahmed Umrani (Consul-General of Pakistan in Chicago)



Naveed Ahmed provides a complete report of past and current project throughout the power point presentations. He also highlighted that organization Islands of hope Schools provide free education along with books and uniforms to deserving people and help them to make their living good. IOH provide equal job opportunities and prefer those people who have a passion for teaching. Mr. Ahmed also mentions organization are currently opening a school in Karachi.

Captain Sarfaraz Ahmed spoke about the great potential of this organization making change in the society through education. This organization are doing brilliant work that has already been done in many places in Pakistan.

After Fundraising Completed dinner was served which was catered through a local restaurant called Usmania restaurant Devon Avenue Chicago. As the evening pro-



ceeded, Local singers enchanted the audience with her soulful voice.

Several NEWS network and local press also participated and covering the event.

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INDIA - INDEPENDENCE DAY - AUG 15

The Independence Day in India is celebrated every year on the 15th of August in honor of the birthday of the nation. On 15th August 1947, India achieved her independence from British rule and became a sovereign nation.

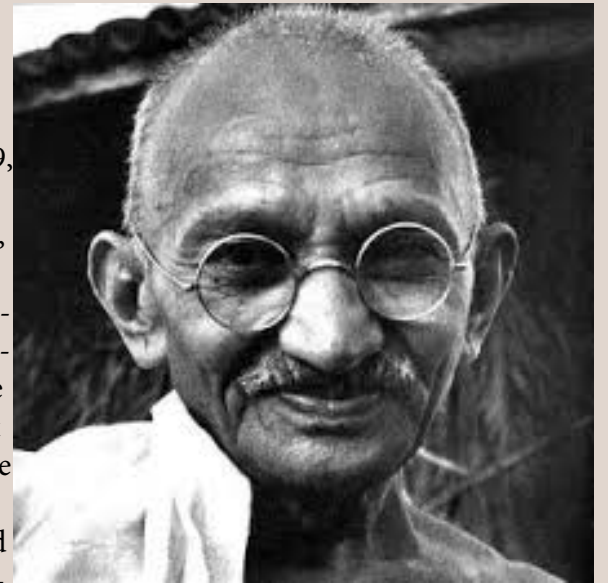
On the eve of 15th August 1947, India tricolor (saffron, green and white) flag was first hoisted by Jawahar Lal Nehru, the first Prime Minister of India, at the Red Fort of Delhi.

The Independence Day is celebrated with great enthusiasm in all over the India. On this day tributes are paid to the freedom fighters who sacrificed their lives to gain the freedom for India. The main event takes place in New Delhi, where the Prime Minister hoists the National Flag at the Red Fort accompanied with the gun shots, parade, amazing live performances and music. On this day many political leaders appear at the public events and talk about the nation's heritage, laws, history, people, about recent events and future projects.

The Independence Day is considered as a Public Day with outings, picnics and lots of outdoor events like parades, air shows, fireworks and musical concerts. Nowadays kite flying has become a tradition on this day and people fly numerous kites of all colors, sizes and shapes symbolizing the freedom. Indians proudly fly their tricolor Flag, sing patriotic songs like "Vande Mataram", "Jan Gan Man" etc. and enjoy the day with their friends and families.

British rule in India began in 1757 when, following the British victory at the Battle of Plassey, the English East India Company began exercising control over the country. The East India Company ruled India for 100 years, until it was replaced by the British crown in the wake of the Indian Mutiny in 1857-58. The Indian independence movement began during World War I and was led by Mohandas K. Gandhi, who advocated for a peaceful and nonviolent end to British rule.

Mahatma Gandhi, by name of Mohandas Karamchand Gandhi, (born October 2, 1869, Porbandar, India—died January 30, 1948, Delhi), Indian lawyer, politician, social activist, and writer who became the leader of the nationalist movement against the British rule of India. As such, he came to be considered the father of his country. Gandhi is internationally esteemed for his doctrine of nonviolent protest (satyagraha) to achieve political and social progress.



In the eyes of millions of his fellow Indians, Gandhi was the Mahatma ("Great Soul"). The unthinking adoration of the huge crowds that gathered to see him all along the route of his tours made them a severe ordeal; he could hardly work during the day or rest at night. "The woes of the Mahatmas," he wrote, "are known only to the Mahatmas." His fame spread worldwide during his lifetime and only increased after his death. The name Mahatma Gandhi is now one of the most universally recognized on earth.

Youth


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73rd Independence Day
Celebrations

on Thursday, 15 August, 2019, from 10:00 am - 11:30 am

at
**India House, 2700 Macomb St NW,
Washington, DC 20008**

PAKISTAN INDEPENDENCE

Pakistan's Independence Day, which is annually held on August 14, celebrates the country's independence from the British rule on that date in 1947. This day is an occasion to promote patriotism and national unity.

Many people dress in or use the colors green and white, which are Pakistan's official colors, during Pakistan's Independence Day. What Do People Do?

People all over Pakistan celebrate Independence Day with patriotic zest. Many people who attend the Independence Day parades dress up in green and white, which are the Pakistani flag's colors. People visit national monuments and places of national significance to celebrate Independence Day. This is also a time to meet relatives, exchange gifts and visit recreational spots.

Pakistan's national flag is hoisted on public, private buildings, residences and monuments at dawn.

Official buildings, including Parliament House, are decorated and colorfully lit. The prime minister and president address and congratulate the nation and talk about the day's significance. Streets and houses are decorated with candles, oil lamps and pennants. Firework shows are put together on the eve of Independence Day.

Pakistan's Independence Day also pays homage to people who devoted their lives for Pakistan's freedom movement and made sacrifices to

attain Pakistan's independence. A change of guard takes place at national monuments, including the mausoleums of Muhammad Iqbal, who was a poet, philosopher, and politician, and Muhammad Ali Jinnah, who is considered by many as Pakistan's founder and Quaid-i-Azam (supreme leader).

Events held during the day include special theatre shows, national song competitions, concerts, and Independence Day pageants. Radio and television stations broadcast national songs and specially prepared Independence Day programs.

Public Life

Independence Day is an official holiday in Pakistan on August 14.

All governmental, non-governmental offices, organizations, educational institutions, post offices, and major markets are closed.

Public transport remains unavailable on all major routes. Traffic congestion is common due to Independence Day parades.

Background

The Indo-Pak subcontinent remained a British colony from 1849–1947. The subcontinent's inhabitants did not approve of the British rule in united India. An uprising that occurred in 1857 eventually formed the shape of a freedom movement, which exemplifies the efforts of the people of British India in gaining their independence. Muslims ruled the subcontinent before the British incursion and

suffered due to the 1857 uprising against the British East India

Company. Leaders such as Sir Syed Ahmed Khan and Syed Ameer Ali worked diligently for the Muslim people's political advancement.

The Indian National Congress was

formed in 1885, which later on became British India's largest political party. Major Muslim political leaders, including Muhammad Ali Jinnah, were members of the Indian National Congress and worked towards Hindu-Muslim unity and India's independence.

The All India Muslim League was founded on December 30, 1906.

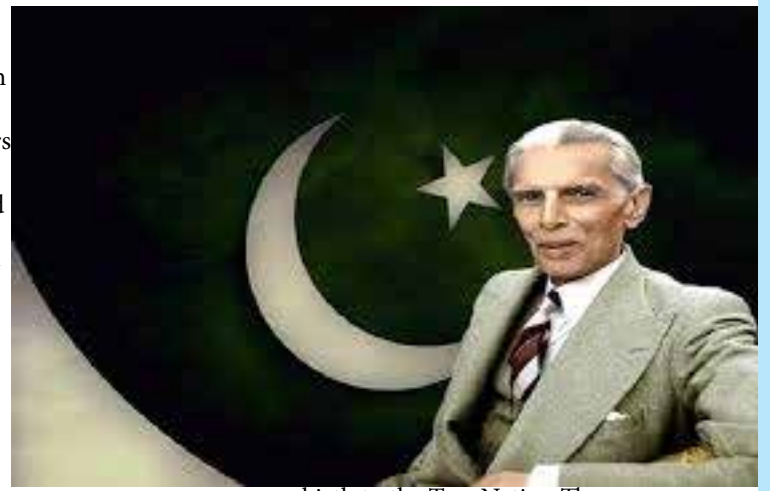
There was growing demand for an independent Muslim state in India.

In 1930 Muhammad Iqbal presented the idea of a separate Muslim state that would geographically consist of the Muslim majority areas

in the subcontinent. The word Pakistan is a conjunction of two words Pak meaning Pure and Stan

meaning Land, a name coined by Choudhary Rahmat Ali.

Strong Hindu nationalism gave



birth to the Two Nation Theory, an ideology that is accredited as being the basis for Pakistan's creation. In 1940 the Pakistan Resolution was passed in Lahore demanding greater Muslim autonomy in British

India.

After World War II, it was expected that the British colonies would soon disintegrate. The Pakistan Movement, spearheaded by Muhammad Ali Jinnah, resulted in creating a Muslim state. Pakistan gained independence from the British rule on August 14, 1947.

At its birth, Pakistan had two parts

commonly referred to as East and West Pakistan. In 1971 East

Pakistan parted from West Pakistan and became Bangladesh

Gambia ex-president accused of ordering murder of two US businessmen

Members of a Gambian death squad have told a truth commission they had blind loyalty to ex-president Yahya Jammeh. Members of a Gambian death squad have told a truth commission they had blind loyalty to ex-president Yahya Jammeh (AFP Photo/MARCO LONGARI) Banjul (Gambia) (AFP) - Former members of a Gambian death squad known as the Jungler accused ex-president Yahya Jammeh of ordering the murder of two US citizens in 2013, having already confessed to the killing of a well known journalist.

Since Monday, Gambians have been gripped by live coverage of three ex-Junglers -- Malick Jatta, Omar Jallow and Amadou Badjie -- before the West African country's Truth and Reconciliation Commission.

On the last day of hearings before the commission adjourns until August 5, Badjie, a member of Jammeh's elite hit squad, said the head of state had ordered in June 2013 that two US-Gambian businessmen, Alhaji Ceesay and Ebrima Jobe, who he suspected were planning a coup, should be "chopped into pieces".

The two men were arrested and taken to the president's residence in the village of Kanilai, Badjie said.

- 'Blind loyalty' -

There they were driven deep into the grounds where they were suffocated, beheaded and buried, Badjie added.

"These two people were suffocated to death and their heads chop off. We buried these corpses in one grave," he said.

"Our team was a hit squad for Yahya Jammeh. We had blind loyalty for Yahya Jammeh," he added.

Earlier, the witnesses said they took part in strangling to death Haruna Jammeh, Jammeh's cousin, as well as the torture of outspoken cleric Imam Baba Leigh and the 2012 execution of nine prison inmates.

Jatta told the commission that the Junglers' leader Tumbul Tamba gave each of them 50,000 GMD (\$1,250) as a token of appreciation from Jammeh after the killing of newspaper editor Dayda Hydera, who wrote articles about the corruption that marked Jammeh's iron-fisted rule for 22 years.

Jallow also told the hearing Jammeh ordered the massacre of some 30 migrants he said were "mercenaries" sent to topple him in 2005.

The former officer in the Presidential

Guard said about 45 Europe-bound migrants comprising nationals from Ghana, Nigeria, Senegal and Togo, were arrested on a beach while trying to get to Europe.

"Yahya Jammeh ordered the execution of the foreign nationals," believing they were mercenaries sent to topple him, Jallow said.

They were taken to a firing range and then the soldiers were told by their commanding officer, Lieutenant Solo Bojang, that the captives were to be killed.

"Solo said these people were mercenaries and he told us that the order from the former head of State (Yahya Jammeh) was to fire at them," he said, adding that the bodies were thrown into a well.

Human Rights Watch said the other migrants were also killed.

Vendor Mariama Mangaendor told AFP he was "shocked when I watched television and see Staff Sergeant Omar Jallow confessing to taking part in the execution of 48 people on the orders of ex-President Yahya Jammeh. I regretted voting for Jammeh in past presidential elections."

Musa Manjang, a taxi driver, added: "Jammeh has been exposed at last. Who will



now deny that he was the one responsible for the mysterious disappearances of people including the abduction and killing of over 50 West African nationals?"

The US embassy in Banjul welcomed the revelations.

"This week, testimony... provided details surrounding the direct involvement of former president Jammeh in the disappearance of American citizens Alhaji Ceesay and Ebrima Jobe in 2013," it said in a statement.

"The United States welcomes the additional information that has come to light as this provides an opportunity to renew our investigation into the circumstances surrounding their deaths." Jammeh seized power in a bloodless coup in 1994 in the former British colony. His refusal to leave power after losing a presidential election in 2016 sparked a regional crisis in West Africa, which ended when Jammeh agreed to live in exile in Equatorial Guinea.

Gandhi's Journey from Caste to Non-Caste System



Dr. Navaneet Pandurangan

Gandhi changed from strong supporter of caste and varna system to the realization of "when all became casteless..., monopoly of occupations would go".

Toward the end of his life (1869-1948) Gandhi said that he had, many times, found himself in the wrong and therefore should be destroyed along with his body when it was cremated, because there was a risk that people would conform mistakenly to something he had written.

A quick summary for readers with little time: Gandhi's views in regard to basic aspects of the caste system changed in the last years of his life. In the 1920s he had held that every Hindu "must follow the hereditary profession" and that "prohibition of intermarriage" between people of different varnas was "necessary for a rapid evolution of the soul." But later he gradually became "a social revolutionist," advocating intermarriage between Brahmins and Untouchables in order to dismantle the caste system "root and branch," and acknowledging that "When all become casteless, monopoly of occupations would go." The changes were due in part to the influence of two opponents of the caste system whose integrity he held in high regard: Ambedkar and Gora. His view of marriage between people of different religious affiliations underwent a similar change.

Chronology of Gandhi's views:

1a. Gandhi's views in the 1920s in regard to caste

1920 Varnas should be maintained with "inherited vocation". Castes should be reduced, it is a convenience but hindrance. Caste is but an extension of the principle of the family. Law of heredity is an eternal, believed in reincarnation. If you misbehave in current incarnation then next reincarnation you will born as lower division and vice versa. Favored heredity over milieu.

1921: "I believe that if Hindu society has been able to stand, it is because it is founded on the caste system.... A community which can create the caste system must be said to possess unique power of organization. To change this it will create chaos. I am opposed to all those who are out to destroy the caste system.

1924 Should get rid of Untouchability,

1925: I have indeed said that varna is based on birth.... He who performs the duty of [for instance] a Brahmin will easily become one in the next incarnation. But a translation from one varna to another in the present incarnation must result in a great deal of fraud. Untouchable should be included as Shudra.

1925: Learning other varna knowledge is not a harm but occupation must be hereditary. Gandhi describe Rajaji as "keeper

of conscience" was also had this view.

1b. Developments in this regard in the 1930s

1931, Ambedkar meeting did not end cordially but influenced Gandhi. I do not believe in caste in the modern sense. Assumption of superiority by any person over any other is a sin against God and man. Thus caste, in so far as it connotes distinctions in status, is an evil. But Varna should exist.

1932: I think "Varna system broken down".

1933: If carpenter gives up carpentry and takes up the work of cleaning lavatories. The Gita would describe him as fallen from dharma [duty].... We want to bring about harmony between dharma and karma...

1932 Boys [between 9 and 16 years of age] should be taught their parents' vocation in such a way that they will by their own choice obtain their livelihood by practicing the hereditary craft. This does not apply to the girls. (Note: Rajaji proposed to implement this in Tamilnadu). Ambedkar argued such arguments.

1935: Caste Has To Go.

1936 Annual Convention was cancelled due to Ambedkar refused to change hindu reform text. They could receive no education [because they were not Brahmins; so]... they could not think out or know the way to their salvation.... Not knowing the way of escape and not having the means of escape, they became reconciled to eternal servitude, which they accepted as their inescapable fate.

1936 The law of varna teaches us that we have each one of us to earn our bread by following the ancestral calling. Though Ambedkar disputes it will not affect my position.

1936 Ambedkar: Masses too illiterate to understand shastras. The [Hindu] saints... did not preach that all men were equal. They preached that all men were equal in the eyes of God. Does the Mahatma practice what he preaches? Bania (business man) by birth but took political (ministerial Brahmin) work and never touched trading and abandoned his varna (hereditary). His son married Brahmin daughter. Gandhi is afraid that if he opposes them he will lose his place in politics. Had immediate effect on Gandhi.

1c. Developments in the 1940s in his views in regard to caste

1940 I do not want to read by previous 1920 book. Only one varna today. Where



are the four varnas of the Gita today?... There prevails only one varna today, that is, of "Shudras,"

1946: You should become like Ambedkar. You should work for the removal of Untouchability and caste. Untouchability must go at any cost.

1946 Trying to create casteless India. He yearned for the day when there would be only one caste and Brahmins would marry Harijans. I am a social revolutionist, he asserted. Violence is bred by inequality, non-violence by equality.

1947 Gandhi's realization that "when all became casteless..., monopoly of occupations would go.

2a. His views in the early-to-mid-1920s in regard to intercaste marriages

1919: Interdining [and] intermarrying, I hold, are not essential for the promotion of the spirit of democracy....

1925 As a rule there will, therefore, be the religious bar; people will marry in their own religion.... The caste restriction is an extension of the same principle. It is a social convenience....

2b. Developments in this regard between the mid-1920s and 1940

1928 Reluctantly attended his son wedding but found acceptable as they are from same subcaste.

1931 People of different varnas may intermarry and interdine.

1942 But ten years later he would say "I said that removal of Untouchability did not include the removal of restrictions on interdining and intermarriage".

1936 For all practical purposes, in Hindu society caste and varna are... the same thing, for the function of both of them is... the same, i.e. to restrict intercaste marriages and interdining.... If caste and varna are convertible terms and if varna is an integral part of the shastras which define Hinduism, I do not know how a person who rejects caste i.e. varna can call himself a Hindu.

1936 Ambedkar: The real remedy is intermarriage.

...The Hindus observe caste not because they are inhuman... [but] because they are deeply religious [and] their religion... has inculcated this notion of caste.

1933 Poona Act. Gandhi prevented it, nearly unto death at that, was the inclusion in the draft Indian Constitution, proposed by the British, that reserved the right of untouchables to elect their own leaders. Gandhi thought it would disintegrate Hindu society.

2c. Further developments in the 1940s in his views in regard to intercaste marriages

1940 Approved high caste marrying untouchable/harijan girl. Congratulated his courage to break the caste superstition. I hope his example will be copied by other young men.

1946 It is certainly desirable that caste Hindu girls should select Harijan husbands.

3. His views in regard to inter-religious marriages

1931 [As for] marriage outside one's religion... so long as each [partner] is free to observe his or her religion, I can see no moral objection to such unions.

1932 Interreligious marriage is risky experiment.

1942: As time advances, such [inter-religious] unions are bound to multiply with benefit to society.

1945: "Where parents are wise, there should be no difficulty even between persons of different religions. Do we not look upon all religions as equal?"

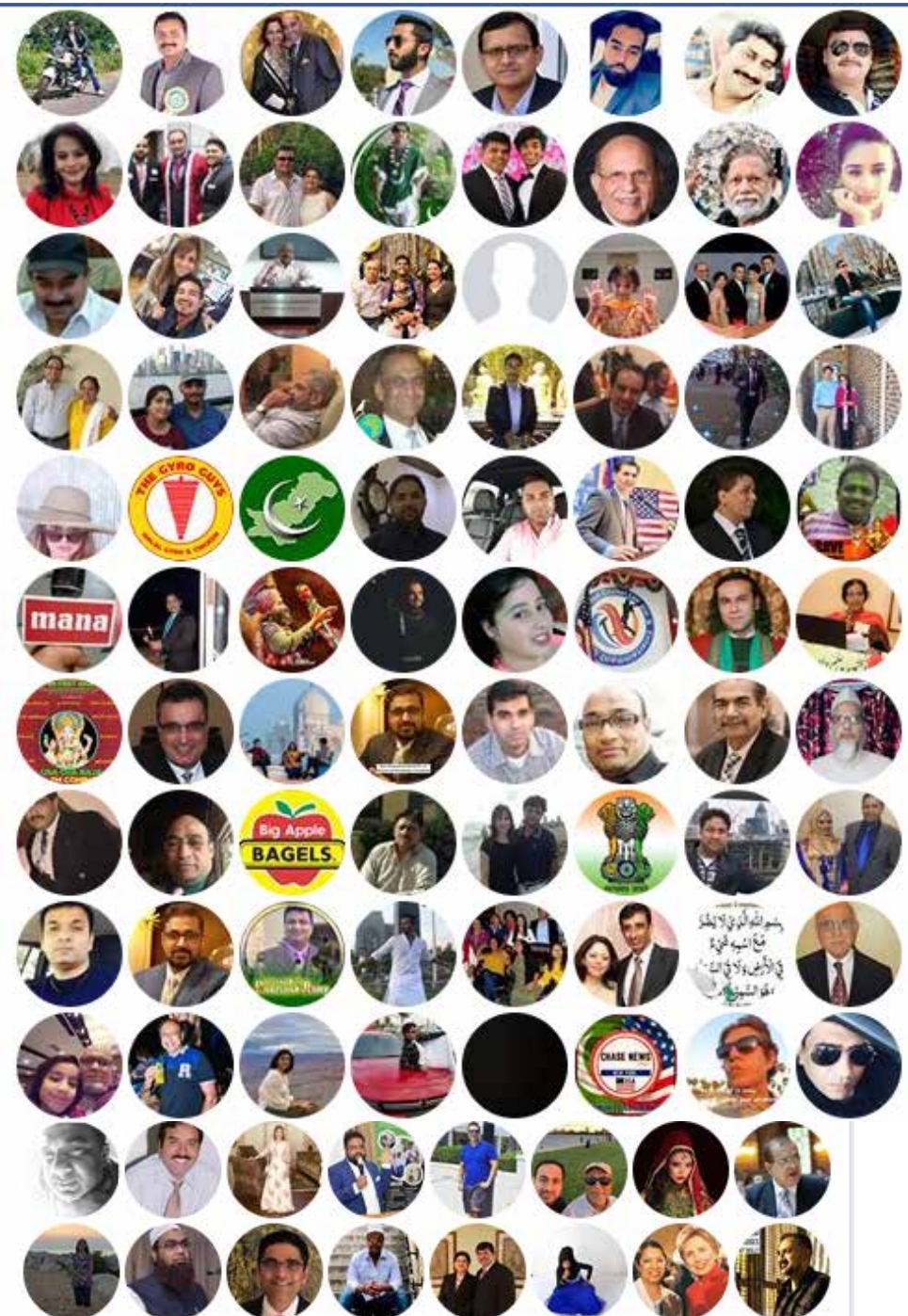
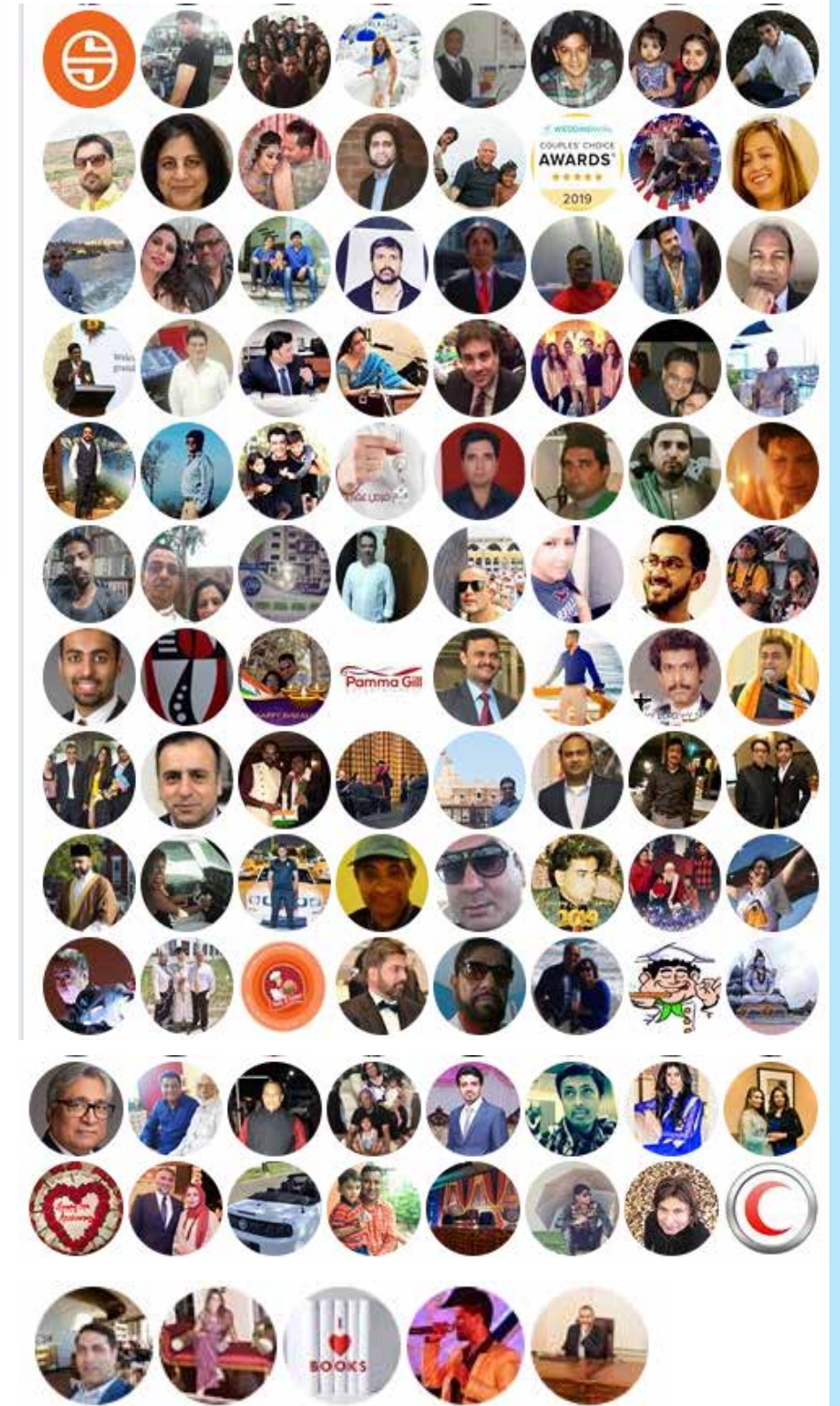
4. Concluding remarks

He traveled from scriptural to spiritual. Gandhi's status as a mahatma – "great soul" – did not prevent him from changing his mind about some things. Gandhi might have more evolved further if we have not lost him in the 1948 assassination. Ambedkar and Gora were correct on inter-marriages and influenced Gandhi on caste. Though Gandhi was too slow to change his mind, Gandhi's search for truth had thus led him to champion.

Now the question is for you. Change is the only constant. If you think Gandhi got out of scripture, Will you?

https://www.academia.edu/326347/Changes_in_Mahatma_Gandhi_s_views_on_caste_and_intermarriage

AUGUST BIRTHDAYS-CONGRATS



INTERNATIONAL PAGES

Pakistan PM Khan returns home exulting after Washington visit

ISLAMABAD (Reuters) - Pakistani Prime Minister Imran Khan returned home from Washington on Thursday after a visit seen by supporters as a major diplomatic success, saying he felt like he had when he came back after winning the cricket World Cup.

U.S. President Donald Trump's warm reception of Khan and a delegation including the army chief and the head of the powerful ISI intelligence service was a welcome relief to a government under increasing economic pressure at home.

Offering reassurance that Pakistan would help seal a peace agreement with the Taliban to allow U.S. troops to withdraw from Afghanistan, Khan went some way toward rebuilding Pakistan's image in Washington after years of U.S. suspicions.

While there was no announcement that the United States would restore hundreds of millions of dollars in security assistance cut off last year, the visit sent a signal that relations had improved significantly.

"For now, I think the Pakistani side would be happy with what they got," said Umer Karim, a visiting fellow at the Royal United Services Institute in London.

He said the presence of the army chief, General Qamar Javed Bajwa, and ISI head General Faiz Hameed alongside Khan in Washington were a strong signal that U.S. mistrust of Pakistan's security establishment had eased.

"Those optics are optics of rehabilitation, re-engagement on a strategic level," he said.

By contrast, the U.S. president managed to annoy India, Pakistan's longtime foe, with an unexpected offer to mediate in the decades-long dispute over the Himalayan region of Kashmir.

Trump also caused outrage in Kabul with an apparently



throwaway remark that Afghanistan could be "wiped off the face of the earth".

The United States has for years been doubtful about Pakistan's wholehearted commitment to the U.S.-led war on terrorism, largely because of suspicion that Pakistan sees some militants, including the Afghan Taliban, as useful tools in its rivalry with India.

Trump has also been suspicious of Pakistan, saying last year that "they don't do a damn thing for us" despite receiving more than a billion dollars in aid a year.

However, the need to reach a settlement with the Taliban to end more than 18 years of U.S. military involvement in Afghanistan and Pakistan's assurances that it would use its influence with the militant group helped change the mood.

Pakistani officials had laid the groundwork for the visit months earlier, with a visit to Islamabad in January by Senator Lindsey Graham, a staunch Trump ally who has argued strongly against any precipitous U.S. pullout from Afghanistan.

He gave enthusiastic backing to Khan's government and publicly urged Trump to meet Khan.

A visit to Pakistan in February by Saudi Crown Prince Mohammed bin Salman was also vital in securing the support of another leader on close terms with the Trump administration, one senior Pakistani official said.

"I feel like I am not coming here from a foreign trip but that I am returning after winning the World Cup," Khan said as hundreds of supporters cheered him on at the Islamabad airport.

Khan led Pakistan to victory in the cricket World Cup in 1992.

(Reporting by James Mackenzie; Editing by Robert Birsell)



Serbian press crown Djokovic 'King of Tennis'

Belgrade (AFP) - The Serbian press proclaimed Novak Djokovic "king of tennis" with the "heart of a hero" after he claimed his fifth Wimbledon title beating eight-time champion Roger Federer.

The 32-year-old Serbian saved two match points as he took his Grand Slam tally to 16, four off Federer's overall record in the longest final in the tournament's history at Wimbledon.

"Novak, King of Tennis," read the Blic daily paper frontpage headline.

"The fifth Crown for the King," echoed the Vecernje Novosti paper.

"He certainly did not play his best tennis but he knew how to handle the key moments due to his main weapon, his mental

strength," Blic commented.

Djokovic, contrary to his habits, "did not show any emotion during the whole match" which lasted 4 hours and 57 minutes, it said.

The Danas daily paper said the match offered the public "all that can be seen in a perfect tennis match... suspense, drama and a happy ending ... for Djokovic".

Newspapers stressed that the world number one who is now level on five Wimbledon titles with Bjorn Borg is the first man in 70 years to win the title after recovering from two match points down.

"One has to be honest and note that Federer played impeccably. Most of the time he was the better player on the court.

Two missed match points are unbelievable. But, here, he missed them," the paper said.

For the Informer tabloid Djokovic won "against Federer and the public" cheering for the Swiss. The Politika daily paper said that "all was against Djokovic" during Sunday's match.

An opponent with the "record number of Wimbledon trophies, two match points, the entire public backing his rival, the statistics practically all favourable to the Swiss and (Djokovic) lacking his best shots most of the time," it said.

"It is with the heart of a hero that Djokovic



won this final, one of the most dramatic in the tournament's history, Politika concluded.

Despite being outplayed by the 37-year-old Swiss for large parts of the knife-edge encounter, Djokovic triumphed 7-6 (7/5), 1-6, 7-6 (7/4), 4-6, 13-12 (7/3).

My Response To The Woman Who Told Me To 'Go Back'

—Kanwar Singh,



In December 2014, I stood inside Boston's historic Faneuil Hall, took the following oath, and became a U.S. citizen.

I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty ... that I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic ... so help me God.

This oath was a reminder of my solemn obligations to this country and its people. I was extremely happy knowing that I could finally participate in our democracy, and have my voice heard. Over the next few years, I started a business, voluntarily enlisted in our nation's military, completed two graduate degrees and bought a home.

Millions of immigrants and Americans of color like me have a positive impact on our communities, commonwealth and nation. We hold down jobs, own homes and raise our families. We start businesses, hire other Americans, pay taxes and make charitable contributions. Some of us also wear our nation's uniform to give back to the nation that we love. Immigrants don't have it easy. We must assimilate to new conditions, work toward financial security and contribute to our communities. Contrary to political rhetoric, we are not handed anything. Many immigrants and people of color arrived here after fleeing violence, religious or political persecution, in search of better opportuni-

ties. We work extremely hard in order to succeed.

I was in Boston's Downtown Crossing at around 8:25 a.m., when a woman yelled at me, "Go back to your country!" Sadly, I didn't have the time to stop and ask why she said what she did. Moreover, I didn't want to create a scene in front of so many people — most of whom were also likely on their way to work.

But I was infuriated by her comments. While people have the First Amendment right to speak their minds, comments like these constitute verbal abuse. It took me several minutes to process what she had said. I didn't bring the incident up at my work meeting that morning even though I was livid about it. I had to pretend everything was normal so my team's productivity didn't suffer.

I spent a good part of my day thinking about what she meant. Did she want me to go back to Malden? Because that's where I live, and that's my home. I was compelled to share this incident with one of my colleagues, even though talking about politics, in a professional setting, is frowned upon. As a person of color, he could relate and he went on to share his own experiences of being discriminated against since 9/11.

I'm sorry to admit that I didn't find the woman's remark altogether surprising. Indeed, she was only echoing one of our



elected leaders who recently told four congresswomen of color to "go back" to "the totally broken and crime-infested places from which they came." (He didn't seem to know or care that every one of them is an American citizen. And of the four elected members of the House of Representatives, only one was born outside the U.S.) While I was encouraged by the swift and widespread denunciation of the racist comments, I am disgusted that bigotry has become a routine part of our political discourse.

In June 1858, future-President Abraham Lincoln remarked, "a house divided against itself cannot stand. I believe this government cannot endure, permanently half slave and half free. I do not expect the

Union to be dissolved — I do not expect the house to fall — but I do expect it will cease to be divided. It will become all one thing or all the other."

America is at an inflection point right now — just like the summer of 1858. There are some who continue to be advocates of a multicultural America. But there is also a vocal minority, emboldened by some of our elected leaders, that advocates for limited racial and ethnic diversity. They are even willing to use fear, intimidation and scare tactics to attempt to change the composition of the American populace

Turks welcome 'Ottoman grandson' Boris Johnson as British leader

By Ali Kucukgocmen

ISTANBUL, July 24 (Reuters) - Turkey celebrated incoming British prime minister Boris Johnson's Turkish heritage on Wednesday, with politicians and media proclaiming that the "Ottoman grandson" could strengthen ties between two countries on Europe's fringes.

The former London mayor is the great-grandson of the Ottoman Empire's last interior minister, Ali Kemal, and his ancestry has been a source of pride for many Turks.

Despite his sometimes disparaging remarks about Turkey, including a crude limerick about President Tayyip Erdogan and demands in 2016 that Britain veto Turkey's accession to the European Union, Johnson is affectionately referred to as "Boris the Turk" by some Turkish media. "Ottoman grandson becomes prime minister," read a front-page headline of the opposition newspaper Sozcu. "For England, a prime minister with roots in Cankiri," it said, referring to Kemal's home province in central Turkey.

Like Johnson, his great-grandfather was a journalist who went into government, a move that proved ill-fated. In the final days of the Ottoman Empire, Kemal was captured and lynched by nationalists fight-

ing to establish the Turkish state. Erdogan congratulated Johnson on Twitter, adding that ties between Turkey and the United Kingdom were set to improve. Foreign Minister Mevlut Cavusoglu also congratulated him, sharing a video of Turkish reporters asking Johnson about his roots in Cankiri during a 2016 visit to Ankara.

Demiroren News Agency quoted a resident of Cankiri's Kalfat village as saying it was an honour that someone from their village had become prime minister, adding that Johnson owed his distinctive mop of blond hair to his Turkish forefathers.

"They call his ancestors from this house 'Blond Boys'. Boris Johnson's blondness comes from this lineage," Mustafa Bal said. LUCKY CHARM

Johnson's own relations with Turkey have sometimes been rocky. Three years ago he won first prize in a British magazine competition which asked readers to compose limericks about Erdogan "as filthy and insulting as possible". He later said the Turkish leader had not brought up the verse when they met. Johnson, a leading campaigner for Brexit in Britain's 2016 EU referendum, wrote to then-Prime Minister David Cameron before the vote calling for the government



to veto Turkish EU accession and stop a planned extension of visa-free travel to Turkey.

Turkey's EU accession talks are now stalled, while Johnson has barely three months to meet an Oct. 31 deadline to negotiate Britain's exit from the bloc. Pro-government newspaper Aksam said Johnson, who succeeds Theresa May as prime minister after winning the leadership of the ruling Conservative Party, may have been helped by a bit of Turkish folklore. Receiving a Turkish award in 2012 for

his work as London mayor, Johnson was told of a belief in the Black Sea province of Rize, where then-premier Erdogan's family hail from, that no one could become prime minister unless they could play the kemence, a traditional stringed instrument. Johnson had a go, video footage shows, and despite his limited skills the instrument appears to have worked its charm. "The kemence brought good luck," Aksam newspaper said. (Editing by Dominic Evans and Catherine Evans)

Sheila Dikshit: Last empress of Delhi who loved the city like a teenager

Contesting the Lok Sabha election this year at 81, Sheila Dikshit said she was fighting to save Delhi, a city she was passionate about like teenage love. She was fighting for revival of the Congress in Delhi. Today, Sheila Dikshit is no more.

Born as Sheila Kapoor in Punjab in a family of an Army officer, she made her debut in politics from Uttar Pradesh but identified herself primarily with Delhi. Contesting the Lok Sabha election this year at 81, Sheila Dikshit said she was fighting to save Delhi, a city she was passionate about like teenage love.

In her teens, Sheila Dikshit went to the Convent of Jesus and Mary School in New Delhi. Once she recounted that she and her friends would ride bicycles on the Akbar Road in the heart of the city and count the passing cars, which were only a few in numbers back then.

By the time she finished her third tenure as the Delhi chief minister, the national capital needed more than 150 flyovers to accommodate vehicles plying on its roads. Most of these flyovers came up during her tenure.

Delhi University brought a distinct change in Sheila Dikshit's life and made her a sort of activist. Her activism saw her become the chairperson of the Young Women's Association in the early 1970s. She was the force behind setting up two hostels for working women in Delhi. This was quite an achievement in those days.

Her fight for women's cause impressed former Prime Minister Indira Gandhi, who spotted her talent during one of the meetings with Uma Shankar Dikshit, a minister in her cabinet and the father-in-law of Sheila Dikshit. Indira Gandhi sent Sheila Dikshit on a UN delegation in early 1984. She went on to represent India at the United Nations Commission on Status of Women for five years till 1989.

But Sheila Dikshit's activism did not only bring glory to her. It also landed her in trouble. In 1990, Sheila Dikshit led, what she called, a people's movement to raise voice against atrocities on women, particularly Dalits in Uttar Pradesh.

The agitation was so powerful that the Mulayam Singh Yadav government put Sheila Dikshit and dozens of her supporters in jail. She was released after three weeks.

But the Delhi University did not only initiate her into politics. It was here she met her future husband, Vinod Dikshit, the son of Uma Shankar Dikshit. In one of her interviews, Sheila Dikshit had shared that she found her history lectures at Miranda House boring. To avoid boredom, Sheila Dikshit would play noughts and crosses - a game that kids of later generations played in schools - with Vinod.

The friendship kicked off and soon they would be taking a bus ride to Connaught Place to watch movies and eat burgers. They tied the nuptial knot in 1962. Marriage introduced her to serious politics. Vinod was a bureaucrat not greatly interested in politics. The mantle passed from Uma Shankar Dikshit to Sheila Dikshit.

She contested her first election in 1984 from Kannauj. Sheila Dikshit became a minister of state in the Rajiv Gandhi government. Rajiv Gandhi was so impressed with Sheila Dikshit that he made her an MoS in the Prime Minister's Office - in addition to the parliamentary affairs ministry - in the second half of his tenure.

Sheila Dikshit became the chief minister of Delhi in 1998. The Congress's victory in Delhi was credited to the union that year. Earlier, the BJP had swept all seven parliamentary seats in the Lok Sabha election. Sheila Dikshit had lost to BJP's Lal Bihari Tiwari, a three-time parliamentarian. But the Delhi University did not only initiate her into politics. It was here she met her future husband, Vinod Dikshit, the son of Uma Shankar Dikshit. In one of her



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The Kejriwal government is in the last year of its term and no case was filed against Sheila Dikshit for corruption. The electricity rates were among the lowest in Delhi during her tenure. Delhi continues to remain as unsafe as ever.

The political astuteness of Sheila Dikshit could be gauged by comparing Arvind Kejriwal's relation with the central government with her dealing with the power that be. Sheila Dikshit's first six years as Delhi chief minister dealt with a BJP-led government at the Centre. She did not resort to any dharna politics that Kejriwal did yet she succeeded in getting the Delhi metro project carried through, flyovers made, illegal encroachments removed to a great extent and effect a facelift of Delhi.

Last year she wrote an autobiography, *Citizen Delhi: My Times, My Life*.

Sheila Dikshit would be remembered as the last empress of Delhi. The first one was Razia Sultan, whom she envied saying, in one interview, the medieval empress "did not have to contest the election" to prove her worth.

Thousands bid farewell to former Delhi CM Sheila Dixit

The former CM of Delhi died on Saturday after suffering cardiac arrest Sunday, July 21, 2019. Amid chaotic scenes, three-time Delhi Chief Minister Sheila Dikshit was cremated here on Sunday as VIPs and thousands of commoners watched, a day after the veteran Congress leader suffered cardiac arrest and died.

Security personnel forced most journalists from the print and electronic media to stay away as Dikshit's mortal remains were consigned to a crematorium powered by compressed natural gas at Nigambodh Ghat near the Yamuna river.

Family members broke down as the mass of men and women, mostly Congress supporters, raised full throated slogans of "Sheila Dikshit Amar Rahe" amid light rains. Union Home Minister Amit Shah, Delhi Chief Minister Arvind Kejriwal, former Congress President Sonia Gandhi, her daughter and party leader Priyanka

Gandhi as well as a string of other Congress veterans witnessed the last rites. So thick was the crowds that security personnel had to push back people trying to surge ahead.

The cremation came after a large number of people, including BJP stalwart L.K. Advani and former External Affairs Minister Sushma Swaraj, paid homage to Dikshit, 81, at her residence at Nizamuddin before the body was taken to the Congress headquarters in the heart of Delhi. Former Jammu and Kashmir Chief Minister Omar Abdullah too visited Dikshit's residence.

From there, Dikshit's final journey to Nigambodh Ghat began in a van. Her sister Rama sat with the body.

Former Prime Minister Manmohan Singh paid his tribute to Dikshit, who was also briefly the Kerala Governor, at her residence. Madhya Pradesh Chief Min-

ister Kamal Nath and senior leaders Ahmed Patel and Raj Babbar were among others who joined the emotionally charged crowds. Many other Congress leaders and activities followed the van carrying Dikshit's body in cars and two-wheelers.

Congress activists explained why they had gathered at the spot. "For over 15 years, we saw Delhi flourishing every day. The amount of greenery and infrastructure that Delhi has today is because of Dikshitji," said Jagdish Sharma, a party worker. Added Mubeen Firoz, another Delhiite: "Every day in the morning she used to have a public meeting at her home. I remember her listening to every citizen and working hard to make their lives easy."

Dikshit was the Congress President in Delhi when she suffered cardiac arrest



and died on Saturday, months ahead of Assembly elections in the national capital which is now governed by the Aam Aadmi Party (AAP).

The Delhi government has announced a two-day mourning and a state funeral for Dikshit.

Dikshit was first elected the Chief Minister of Delhi in 1998 and re-elected for two more five-year terms before the AAP washed out the Congress in the 2015 Assembly elections. Dikshit lost her own seat to Kejriwal.

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.

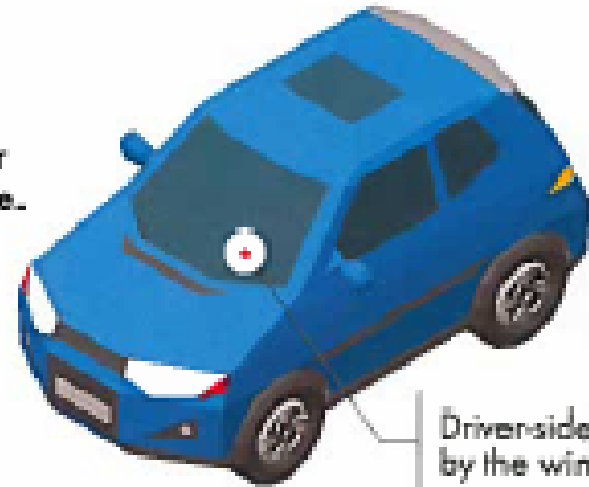
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Write down your Vehicle Identification Number (VIN) or take a photograph of your license plate.

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

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



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Famous Urdu poet Himayat Ali Shair passes away in Toronto

TORONTO: Famous Urdu poet and song writer Himayat Ali Shair passed away in Toronto after a prolonged illness.

Ninety-three-year-old Shair was born on 14th July 1926 in India's Aurangabad and was later moved to Karachi after partition.

Himayat Ali Shair was based in Canada since an extensive period.

Numerous of his songs written for films

went on to become instant hits and are remembered widely even today.

Pakistani government conferred him the Pride of Performance Award on his services in the promotion of arts and he was also given the Nigar Award on his contribution in films.

According to details, he suffered a cardiac arrest earlier today which proved fatal. He would be buried in Toronto.



Real Life 'Singham': Kerala Police Chief Travels to Saudi to Nab Absconding Child Rapist

In 2017, a 13-year-old girl was raped for three months by a friend of her father's in Kollam, Kerala. The accused, 38-year-old Sunil Kumar Bhadrans, was a native who had moved to Saudi Arabia and had only come to India on vacation.

Once the victim reported the incident to family and police, the accused fled to Saudi. Soon after, the accused committed suicide, as did her uncle who had first introduced the accused to the family.

However, a determined young IPS officer had ensured that justice will be delivered. Despite an Interpol notice being issued for Bhadrans in 2017, nothing much had

moved. However, newly appointed Kollam Police Commissioner Merin Joseph who assumed the position in June this year, moved with alacrity and speed.

As per a report in News Minute, Merin and her team landed in Riyadh and with the help of Interpol, managed to nab the accused. Ever since Merin took the Commissioner's position, she has been focusing on clearing pending cases, especially those involving women and children.

As per the commissioner, Kolkata Police's International Investigation Agency was constantly following-up with the Saudi authorities. As per the report in TNM,

Saudi authorities already had him in custody.

Merin need not have gone herself but she accompanied her team for the extradition of Bhadrans, who became the first man in Saudi to be arrested for a crime committed in India.

Merin, one of the youngest IPS officers in Kerala and a vocal proponent of women's rights, earned respect and praise on social media for her determined execution of the investigation. Some even referred to her as



the 'real Singham'. she has been focusing on clearing pending cases, especially those involving women and children.

Meet India's BrahMos II: The World's Fastest Supersonic Cruise Missile?

With the BrahMos II venture put on indefinite hold, the Indian military is forging ahead with new, long-range and deep-dive versions of their BrahMos supersonic cruise missile.

Earlier this week, BrahMos CEO Sudhir Kumar Mishra announced that vertical deep-dive and 500 kilometer-range BrahMos variants are ready to enter India's missile arsenal: "India has successfully test-fired a vertical deep dive version of BrahMos, the world's fastest supersonic cruise missile, that can now change the dynamics of conventional warfare...the upgraded version of the missile with enhanced range of up to 500 km is also ready." Both of these new variants will feature the Mach 2.8 speed of the original BrahMos missile, roughly three times the speed of sound.

As the name implies, vertical deep-capability allows the missile to be fired at a "near-vertical" trajectory of 90 degree, climbing fourteen 14 kilometers before making a steep dive toward its target. Mishra asserts that this will make

BrahMos more effective on mountainous terrain and against bunkers as well as large surface vessels, suggesting that these improvements are aimed at bolstering Indian missile strike capability vis-à-vis China amid ongoing tensions over the Tibet region. This is admittedly an unorthodox way to use supersonic cruise missiles, but one that may prove cost-effective for India's budding, homegrown defense industry; modifying the already-existing BrahMos platform can save R&D costs over the risky and logistically difficult venture of investing in a new line of bunker buster-bomb technology.

Mishra claims that, with the introduction of the air-launched 500-kilometer BrahMos variant, the Indian air force (IAF) is the first in the world to arm fighter jets with this type of long-range missile. The successful test was reportedly conducted on a Sukhoi Su-30MKI. Given the massive cost and technical challenges of reinforcing the Su-30MKI's undercarriage and expanding its hardpoints to accommodate the weight of the prior air-launched, 400-kilometer "BrahMos A", it remains

unknown what-- if any-- further modifications were required to install this latest variant. A smaller and lighter version of BrahMos, "BrahMos-NG," is reportedly compatible with the MiG-29K and even France's Dassault Rafale, but this larger variant seems to be exclusively designed for India's fleet of over forty Su-30 fighters that are specially modified to accommodate large cruise missiles.

Last year, India's Defense Research and Development Organization (DRDO) announced that it was developing an 800-kilometer BrahMos missile. It is unclear if this latest 500-kilometer variant is a developmental stepping stone to that ambitious goal, or a finished product in of itself. These exponential gains over the 300-kilometer range of the very first BrahMos missile, developed jointly by Russia and India, were made possible by India's June 2016 entry into the Missile Technology Control Regime (MTCR), which



prevents members from sharing missiles with a range in excess of 300 kilometers with nonmembers.

India has enjoyed rapid progress in developing BrahMos technology over the past several years, but the same cannot be said for the Russian-Indian project to produce its hypersonic successor. BrahMos II has languished in an ongoing cycle of over-eager estimates followed by delays since its initial announcement in 2008, leading recent defense commentary to surmise that New Delhi may opt to purchase Russia's upcoming Zircon hypersonic missiles if the BrahMos II program fails to yield substantive results in the near future.

Chicago Mayor Permanently Bans ICE From Accessing Police Databases Ahead Of Raids

Chicago Mayor Lori Lightfoot said that her city has permanently banned U.S. Immigration and Customs Enforcement from accessing the Chicago Police Department's databases ahead of looming ICE raids to detain undocumented immigrants.

Chicago police "will not team up with ICE to detain any resident," the mayor said after meeting with business leaders and immigration rights advocates at Lurie Children's Hospital. "They're not going to be facilitating or otherwise providing any assistance in any raids whether it's traffic stops [or] additional support. ... We have also cut off ICE from any access from any CPD databases and that will remain permanent. While Lightfoot has continued to voice opposition to ICE-police cooperation, city council members and immigration rights activists remain frustrated because the mayor refuses to put such a ban in writing.

Aldermen and undocumented immigrant activists in Chicago, which has long been considered a "sanctuary city," have asked Lightfoot to issue an executive order that denies access to Chicago databases to any agency under the Department of Homeland Security. Organizers said the order they're proposing would set things in stone, but Lightfoot has declined to sign the order.

"I think there needs to be a clarification around what [Lightfoot's] plans are," Rey Wences, an organizer with Organized Communities Against Deportations who

helped draft the executive order, told HuffPost. "Press conferences and statements are good to get the word out. ... But ultimately, we know that this also comes down to policy."

City leaders and immigration activists held a rally in Chicago on Saturday, informing people of their rights ahead of expected ICE raids. On June 22, President Donald Trump announced that he would delay his plans for mass deportation roundups in at least 10 major cities, including Miami, Los Angeles and Chicago. He tweeted that he hoped the two-week delay would allow Democrats to "work out a solution to the Asylum and Loophole problems at the Southern Border."

But The New York Times reported early Thursday that ICE officials plan to launch nationwide raids as soon as Sunday to arrest thousands of immigrants the federal government has ordered deported. Trump later confirmed it on Friday.

"The two-weeks clock is up, which is what the president had given," Lightfoot said Wednesday. "We've heard some notion that it may start again."

Before Trump's first planned raid in June, Lightfoot said the Chicago Police Department would not cooperate with ICE, though Wednesday was the first time she said the city would permanently ban ICE from accessing police databases. Other agencies under DHS still have access to

the databases. "Chicago is and will always be a welcoming city that will never tolerate ICE tearing our families apart," she said. "I don't want our immigrant residents to be fearful of being in Chicago. I don't want people not going to work, pursuing their daily activities or their children being fearful that their parents or guardians are gonna be taken from them."

Lightfoot ran her mayoral campaign on a promise to strengthen Chicago's Welcoming City ordinance by removing loopholes. Under the city's sanctuary ordinance, Chicago police are allowed to cooperate with ICE if the targeted people are in the city's gang database, have pending felony prosecutions or prior felony convictions, or have an outstanding criminal warrant. Immigration rights activists, Hispanic city council members, and the American Civil Liberties Union have all called for those exemptions to be removed. Lightfoot's ban on police-ICE cooperation also includes use of the city's gang databases, which are notoriously inaccurate.

On Friday, the mayor announced a package of executive actions meant to provide additional protections to the city's immigrant and refugee communities. Those actions, detailed in a press release, include formally halting ICE's access to CPD databases, providing direct guidance and protocols to all city-owned facilities, and



investing an additional \$250,000 into Chicago's Legal Protection Fund. The release does not include the proposed executive order.

To prepare for the raids, civil rights groups nationwide are encouraging immigrants to read up on their legal rights, which Lightfoot also encouraged. The ACLU says undocumented immigrants are not legally required to grant ICE agents access to their homes without a specific judicial warrant. If arrested, everyone is entitled to remain silent and to access a government-appointed attorney. However, if detained specifically by ICE or Border Patrol, a person has the right to hire a lawyer, but the government is not legally required to provide one.

If you are undocumented, read up on your rights here.

This story has been updated with a statement from Rey Wences and with information about Mayor Lori Lightfoot's executive actions.

Pelosi Advises Illegal Immigrants on How to Avoid ICE

Speaker Nancy Pelosi on Thursday offered advice to illegal immigrants seeking to avoid arrest and deportation by Immigration and Customs Enforcement (ICE) officers.

"An ICE deportation warrant is not the same as a search warrant. If that is the only document ICE brings to a home raid, agents do not have the legal right to enter a home. If ICE agents don't have a warrant signed by a judge, a person may refuse to open the door and let them in," said Pelosi, reading from prepared remarks at her weekly press conference.

Pelosi's comments come as ICE plans to begin raids in ten major cities Sunday targeting 2,000 illegal immigrants who have ignored deportation orders.

During a closed-door meeting on Thursday, Pelosi urged members of her caucus to help disseminate the party's "know your rights" campaign to illegal immigrants in their districts who may be targeted during the raids, Politico reported. She also told her colleagues that she plans to appeal to religious leaders to speak out against the planned raids.

After the meeting, Pelosi told reporters that she believed opposition from religious leaders played a significant role in Trump's decision to call off a sweeping ICE raid in early June.

"They were very concerned that this goes too far because these raids were not what they signed up for with President Trump. And I think their calls to the president made a difference," Pelosi said. "Hopefully the president will think again about it or these groups will weigh in once again."

"Families belong together," she added. "Every person in America has rights."

Trump agreed in June to delay the planned raid to give Congress time to reach a compromise on an immigration bill that would include a tightening of asylum laws. House minority leader Kevin McCarthy said Thursday that the impending raids could have been avoided if his colleagues across the aisle were more willing to negotiate.

"Tell me one thing that this majority has done in the amount of time that the speaker called the president and asked



him to delay it? Has there been a hearing? Has there been a bill produced? Have we asked to stay over a weekend and solve this problem?" McCarthy said. "I think if the president actually saw the House actually taking action, he probably would delay even further to make sure the problem gets solved."

"[Pelosi] asked the president to delay it and he said he would," McCarthy added. "It is the speaker who is causing this problem."

More from National Review
Pelosi: 'There's Not Going to Be Any Wall Money' in Spending Bill

Trump, Dem. Congressional Leaders Clash over Border Wall in Oval Office

Pelosi 'Not Giving Up' Hope of Partnering with Trump on Immigration

Branded as 'infiltrators', Muslims in India's Assam fear for future

Born in India 71 years ago, Mohammed Rehat Ali is still traumatised a month after his release from a detention camp, struggling to shake off a fear for the future shared by millions -- many of them Muslims -- under Prime Minister Narendra Modi.

The push to render stateless people described as "infiltrators" by Modi's right-hand man has been limited to the north-eastern state of Assam, but his Hindu nationalist party wants to replicate it nationwide, alarming Muslims, who critics say are the real focus.

"I have never expected that I would have to prove my citizenship. I am an Indian citizen, we are born here in Assam and living here for generations," Ali, an illiterate farmer, told AFP.

But when he was unable to produce the required documents, a "Foreigners' Tribunal" declared him a Bangladeshi and sent him to a detention camp.

After three years, his sons secured his release by appealing to a higher court, but only after selling their land and cattle to raise legal fees.

- Four million -

He is one of the lucky ones.

Over four million others in the state of 33 million -- where immigration has been a hot topic since British colonial rule -- were left off a draft "National Register of Citizens" (NRC) last July.

They could not prove that they or their parents or grandparents were in Assam before 1971, when millions fled Bangladesh's war of independence into India.

Those excluded have been able to appeal, but up to two million people could be left off a final list due at the end of this month, reports say.

Understanding the process and producing the necessary documents in a state where many are illiterate and lack even basic papers is a nightmare for many.

One case that for critics encapsulated the absurdity was Sona Ullah, a retired Indian army captain and a veteran of the 1999 Kargil conflict with Pakistan.

He was sent to a detention camp in May due to a mismatch in his papers. Police even seized his old uniform and he was only granted interim bail after an outcry.

- 'Wickets' -

Those who fail to make the cut have to go to one of around 100 "Foreigners Tribunals" currently in place. Another 200 are being set up.

These are a lottery however, campaigners say, and the staff often unqualified.

According to online magazine Scroll, Assam's coalition government, which is led by Modi's party, has removed tribunal members if their "performance" falls short.

"The atmosphere has become such that there is a competition to be, what members joke among themselves, the highest wicket-taker -- the one who can declare the maximum number of people foreigners," one former tribunal member told Scroll, using a cricketing analogy.



- 'Termites' -

Most of those left off the draft NRC are Muslims, and critics of Modi's Hindu nationalist Bharatiya Janata Party (BJP) say this reflects its aim to serve only its co-religionists.

In January the lower house of parliament passed legislation that will grant citizenship to people who moved to India from Bangladesh, Pakistan and Afghanistan at least six years ago -- but not if they are Muslim.

Home Minister Amit Shah has called for the ejection of "termites" and said before the BJP's election victory in May that it would "run a countrywide campaign to send back the infiltrators".

What will happen to those who don't make the cut in Assam remains unclear, with some hardliners calling for mass deportations, although Bangladesh has already said it will not take any in.

There are currently 938 people in six detention camps. Another with a capacity of 3,000 is set to be built, and the Assam government wants another nine, each for 1,000 people.

But even if people are not moved en masse to camps or ejected, becoming effectively stateless could make normal life -- including access to healthcare or education -- tough, raising anxiety levels.

According to the opposition, 44 people have killed themselves since the NRC process began. There are no official figures.

It is a fear that Ali knows well, even as he acknowledges his good fortune in securing a release from the camps.

"I have lost three long years of my life away from my family," he said.

Pakistan's move to open up its airspace will bring some respite for India's airlines

A major issue that troubled the overseas operations of India's airlines for months has been ironed out.

July 16 the Pakistan Civil Aviation Authority announced it would reopen its airspace to all civilian traffic, ending restrictions imposed ever since a military standoff with India in February.

"With immediate effect, Pakistan airspace is open for all type of civilian traffic on published ATS (air traffic service) routes," read the notice to airmen published by the authority on its website. The closure had led to massive losses for Indian airlines, especially the debt-laden Air India. It is estimated that the state-owned carrier lost Rs491 crore (\$71.5 million) till July 2 due to the closure. Air India had to re-route,

merge or suspend many of its international flights that connect India with European and US cities.

Private carriers were also impacted.

India's largest airline by domestic market share, IndiGo, was unable to operate its direct flights from Delhi to Istanbul, announced in March, due to the shutdown. The flight had to take a longer route, flying above the Arabian Sea and making a stop at Doha in Qatar for refuelling.

SpiceJet, IndiGo and GoAir lost Rs30.73 crore, Rs25.1 crore and Rs 2.1 crore, respectively, according to the data presented by civil aviation union minister Hardeep Singh Puri in the Lok Sabha, India's lower house of the Parliament, on July 3. The

bases were used by India on Feb. 26 to carry out "non-military, pre-emptive strikes," against a terrorist camp across the Line of Control that divides India and Pakistan, along the state of Jammu & Kashmir.

The Indian Air Force (IAF) strikes were aimed at a base of the Masood Azhar-led Jaish-e-Mohammed, which allegedly perpetrated a terror attack in Jammu and Kashmir's Pulwama on February 14, killing 37 personnel of India's Central Reserve Police Force.

The IAF, on its part, had lifted all temporary restrictions imposed on Indian air-



space on May 31. However, the unilateral move did not benefit most commercial airlines and they were waiting for Pakistan to reciprocate.

Walmart told U.S. gov't India e-commerce rules regressive, warned of trade impact

Walmart strongly protested India e-commerce rules with U.S. gov't

* The lobbying failed but document shows how concerned Walmart was

* Walmart warned policy could strain India-US trade ties: document

* Walmart calls it past issue, says company looking ahead (Adds further comment from Walmart)

By Aditya Kalra

NEW DELHI, July 11 (Reuters) - Walmart told the U.S. government privately in January that India's new investment rules for e-commerce were regressive and had the potential to hurt trade ties, a company document seen by Reuters showed.

The lobbying effort yielded no result at the time - India implemented the new rules from Feb. 1 - but the document underlines the level of concern at Walmart about the rules. Differences over e-commerce regulations have become one of the biggest issues in frayed trade ties between New Delhi and Washington.

"It came as a total surprise ... this is a major change and a regressive policy shift," Walmart's Senior Director for Global Government Affairs Sarah Thorn told the Office of the United States Trade Representative (USTR) in an e-mail on Jan. 7.

Just months earlier, Walmart had invested \$16 billion in Indian e-commerce giant Flipkart, its biggest ever acquisition globally.

In a statement to Reuters on Thursday, Walmart said it regularly offers input to the U.S. and Indian governments on policy issues and this was a "past issue and Walmart and Flipkart are looking ahead".

The USTR did not respond to a request for comment.

In the January letter to the USTR, Walmart said it wanted a six-month delay in the implementation of the rules, but that did not happen. Washington did raise concerns about the policy with New Delhi, but India gave a non-committal response, an Indian trade minister told Reuters at the time.

Walmart's problems in India highlight the regulatory complications it faces as it restructures its international business to boost growth and online sales. Mexico's competition regulator recently blocked

its acquisition of delivery app Corner-shop, while in Britain it was stopped from merging its British arm Asda with rival Sainsbury's.

These issues, however, have failed to unnerve Walmart investors. Walmart shares have risen 21 percent, compared with a 19 percent increase for the S&P 500 since the start of the year.

NEW INDIA RULES

E-commerce is likely to again be on the agenda on Friday when a USTR delegation meets Indian trade officials in New Delhi.

In its January representation, Walmart told the USTR that India's new policy wasn't good for global businesses, highlighting that its foreign direct investment would help Flipkart grow and result in "significant" tax revenues for New Delhi.

"Changing rules to hinder international business following major investments ... will have important implications for India FDI goals and add unnecessary pressure to trade discussions," Walmart said in its note.

The new rules barred companies from selling products via firms in which they have an equity interest and also from making deals with sellers to sell exclusively on their platforms.

Amazon.com Inc removed thousands of products from its India website briefly in February as it initially struggled to comply with the new policy. Flipkart was forced to rework some of its vendor relationships, sources told Reuters at the time.

The policy, implemented by Prime Minister Narendra Modi months before his re-election in May, was seen aimed at winning the support of small Indian traders, who had long complained they were losing business due to the steep discounts offered by foreign e-commerce giants.

"The action appears in every respect ... intended to placate Indian companies and local traders," Walmart told the USTR.

SMALL TRADERS VS BIG RETAILERS

Reuters obtained the two-page representation Walmart sent to the USTR through a Freedom of Information Act request first filed in January. The USTR in February provided a heavily-redacted version of the document, citing confidentiality reasons. In consultation with



Walmart, it withdrew most of those redactions this week following an appeal from Reuters.

Although Reuters asked for both Amazon and Walmart's communications, the USTR responded saying it found only one e-mail with Walmart's representation between Dec. 22 and Jan. 28, the period for which the records were searched.

Since the policy has been announced, Indian oil-to-telecoms conglomerate Reliance Industries has repeatedly talked about its plans to diversify into e-commerce.

Walmart's document released to Reuters did not name Reliance, but the Bentonville, Arkansas-based company argued the policy discriminated against foreign firms, and not just in favour of small domestic players.

"The purported rationale of such regulations is to protect small retail players who are seen to be threatened," Walmart said, but added: "This argument does not account for why there should be differentiated treatment between large foreign e-commerce companies, and large domestic companies."

In the past six months, several Walmart executives have also weighed in publicly on India's new e-commerce policy, including Chief Executive Doug McMillon, who said in February the company was disappointed by the Indian government's decision.

"We hope for a collaborative regulatory process going forward, which results in a level playing field," he said.

DEFENDING E-COMMERCE

India's Commerce Minister Piyush Goy-

al has said the government was committed to protecting small traders, but open to ironing out policy-related issues. Goyal said on Twitter on Wednesday he had met Walmart International's CEO, Judith McKenna, and discussed ways of boosting sales of Indian-made products.

In a closed-door meeting last month, however, Goyal warned both Flipkart and Amazon to comply with the new rules in letter and spirit, and questioned them on their discounting policies, Reuters has reported.

The Walmart spokeswoman on Thursday said that, in line with the company's commitment to India, it looked forward to contributing to the country's retail ecosystem. "Walmart has had good consultations with the Government of India," she said.

Amazon was not aware of Walmart's January representation to the USTR, according to a person with direct knowledge. The company in a statement said it continued to engage with New Delhi to enhance infrastructure and create jobs.

Walmart told the USTR in January that its unit Flipkart, as well as Amazon, had opened many new distribution centres over the past three years in India, creating thousands of jobs and greatly benefiting to consumers.

It warned of "serious consequences" if the new policy was implemented hastily. "The lack of policy stability makes it very difficult for companies to continue planned investments, both in the e-commerce sector and beyond," Walmart wrote. (Reporting by Aditya Kalra in New Delhi; Additional reporting by Nandita Bose in Washington; Editing by Martin Howell, Alex Richardson and Raju Gopalakrishnan)

Five countries in the eastern Mediterranean are shaking up Europe's energy map

Konstantinos Lagos, Senior Lecturer in Business and Economics, Sheffield Hallam University and Khaled Kes-seba, Lecturer and Researcher in International Business, Sheffield Hallam University Discoveries of natural gas reserves in the Mediterranean Sea around Egypt, Cyprus, Israel and Greece are shaking up Europe's energy politics. Traditionally, Russia has been Europe's main supplier of gas, giving it significant influence over Europe. But this influence is under threat from various gas discoveries in the eastern Mediterranean and a tussle is taking place to control the region's resources. Here are the key players:

1. Egypt

Egypt was an importer of natural gas as recently as 2016. But a massive discovery of gas in 2015, in the Zohr field off Egypt's coast by Italian energy firm Eni, could make Egypt the region's most important gas exporter and hub. Zohr is the Mediterranean's largest gas field and has since been developed, with production starting in January 2018.

At the same time, the Egyptian government is planning on launching 11 new gas projects and positioning itself as a regional hub for international gas trading and distribution. Meanwhile, the Egyptian army has upgraded its arsenal and training programme. Its all part of the government's plan to regain its strategic regional role that was lost due to the Arab Spring and the political crises that followed.

2. Cyprus and Greece

Cyprus has been a bright spot for exploration, with a string of giant gas discoveries in recent years. These include ExxonMobil's Glaukos in 2019 and Eni's Calypso fields in 2018. There's also the more developed Aphrodite plot, which was discovered in 2011 and is projected to have a net revenue of US\$9.5 billion over 18 years from selling gas through Egypt's Idku terminal.

But Cyprus is a divided state. The Greek side, the Republic of Cyprus, is the only side that is internationally recognised and, as a result, has sovereignty over the island's territorial waters and exclusive economic zone, which is the neighbouring sea area that a country has rights to.

The northern, Turkish side, however, lays claim to gas in these waters and is getting support from the Turkish government in its efforts.

Read more: Cyprus: dangerous row over gas exploration dates back to British colonial meddling

3. Turkey

There have been no big gas discoveries made in Turkey's

part of the eastern Mediterranean but it has sent ships into the coastal waters of Cyprus to drill for gas. Turkey says it will continue drilling for gas in these waters if the internationally recognised Greek Cypriot government does not accept a cooperation proposal put forward by Turkish Cypriots.

In response, Cyprus and Greece issued an arrest warrant for any Turkish drill ships obstructing their gas operations, and the two countries have called on the EU to punish Turkey for its actions.

Turkey's brinkmanship must be understood in the context of attempts by Egypt, Greece, Cyprus and Israel to create a regional energy architecture that will exclude Turkey from the eastern Mediterranean natural gas market. Agreements between Egypt and Cyprus would lead to the sale of gas from the eastern Mediterranean to Europe, bypassing Turkey and Russia's pipelines.

4. Israel

Israel is adding further weight to Egypt's potential as Europe's new gas hub. The discovery and development of gas fields off the coast of Israel in the last 20 years has resulted in an abundance of gas, which the country is trying to use to its geopolitical advantage.

Israel has also built a strong relationship with Greece and Cyprus. The three countries conduct joint military exercises and coordinate on security operations in the eastern Mediterranean.

They are also now collaborating to build a US\$7 billion gas pipeline from Israeli and Cypriot gas fields through the Greek island of Crete and into Italy, in order to feed other European countries. This plan will become even more profitable if more natural gas reserves are discovered through the ongoing gas exploration activities around Crete.

Gas has also opened the door to talks with Lebanon, a country Israel has historically been at loggerheads with. Officials from both sides have agreed to discuss their sea border in talks mediated by the US. Newly discovered Mediterranean gas fields can only be safely developed when there is no threat of war between the two sides.

So, clearly, Israel's offshore gas reserves are highly valuable to its economic and strategic concerns in the region. It has gone to great lengths to ensure its existing gas fields



are secure as a result, and has also made agreements with Egypt and Jordan to sell surplus gas.

Russian fears

These developments are clearly worrying Russia. Russia, mainly through its oil and gas giant Gazprom, provides 37% of Europe's gas supplies and Europe's energy dependence has paid off for Russia.

The very real risk of losing this influence could result in military conflict. Turkey recently completed the purchase of a Russian anti-aircraft system. This will create a significant power imbalance in the region and give Ankara an advantage in controlling the airspace, especially in disputed areas.

Greece fears that Turkey may deploy the system along its southern coast, near places where Turkish naval forces already escort vessels to explore gas deposits in the eastern Mediterranean. As a result, the Greek armed forces are on high alert. Greece, along with the Egypt-Cyprus-Israel bloc seem to have US and EU backing, with Turkey being warned not to complete its purchase of the S-400 system.

Whatever happens, it looks like Europe's energy map could look very different in a few years.

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Abhimanyu Dassani, Shirley Setia team up for Sabbir Khan's 'Nikamma'

The film, which is Shirley's Bollywood debut, will be helmed by Heropanti director Sabbir Khan.

Mard Ko Dard Nahin Hota actor Abhimanyu Dassani is set to star in action entertainer Nikamma with social media sensation Shirley Setia, the makers announced on Monday.

The film, which is Shirley's Bollywood debut, will be helmed by Heropanti director Sabbir Khan. The filmmaker said he is excited to be a part of the project, which he is co-producing with Sony Pictures International Productions. "I am always going to try and introduce new talent to

the industry and I am excited to present Abhimanyu and Shirley. They are a breath of fresh air and remind me of the zest that Tiger and Kriti had in their debuts," Sabbir said in a statement.

Abhimanyu, who received rave reviews for his performance in Mard Ko..., said the genre brings "a whole set of challenges that are very exciting" for him. Shirley said she couldn't have asked for a better launch into Bollywood than Nikamma. Vivek Krishnani, Managing Director, Sony Pictures International Productions, added, the film is a part of Sony's larger vision for the Indian film industry.



Nikamma is scheduled to be released in summer of 2020

HEALTH

Building simple habits for healthy weight loss

Set small, specific, and realistic goals. Perhaps you'd like to be the same size you were in high school or when you got married, but that would mean dropping more than 50 pounds. Don't go there — not yet, at least. Set a more realistic goal of losing 5% to 10% of your weight, and give yourself plenty of time and some flexibility to reach that goal, keeping in mind that most people take at least six months to achieve that degree of healthy weight loss. Also try to avoid generalized goals, such as "I should eat less at dinner and exercise more." Instead, set specific and short-term (that is, daily or weekly) goals, such as these:

I will choose a few dinner recipes and shop for the ingredients on Sunday.

I will bring a healthy lunch from home instead of going out at least three times next week.

I will call a friend to take a walk after work on Monday and Wednesday.

I will decrease exposure to problematic food ("stimulus control") to avoid temptation, such as keeping cookies away from sight in the kitchen.

Eat breakfast slowly — and mindfully — every morning

Many people skip breakfast because they're too rushed or they aren't hungry. Try getting up 15 minutes earlier (which means going to bed earlier so you don't sacrifice sleep time) to make time for breakfast. Practice eating slowly by putting down your utensil or sipping water, coffee, or tea between bites. Ideally, you should spend at least 20 minutes on each meal,

but that may be more realistic during your midday or evening meal; choose one to get started. Set a timer to check yourself.

From these habits or others in the Special Health Report, choose the one that seems the most feasible for you, and try to stick with it for a week or so. It's important to make these healthy habits routine. Once you find yourself doing one fairly consistently, add another. Over time you will realize that many of these habits can be interconnected.

Mediterranean-style: the healthy fats and healthy carbs diet

Just as there are "good carbs" and "bad carbs," there are good fats and bad fats. Mediterranean-style diets emphasize healthy fats and healthy carbs.

Saturated fat, trans fat, and cholesterol are the bad guys. Good fats are monounsaturated (found in olive oil, for example) and polyunsaturated (found in such foods as fish, canola oil, and walnuts). The Mediterranean diet advocated by Mollie Katzen and Harvard professor Walter Willett in *Eat, Drink, & Weigh Less* has a moderate amount of fat, but much of it comes from healthful monounsaturated fats and unsaturated omega-3 fats. It is high in carbohydrates, but most of the carbs come from unrefined, fiber-rich foods. It is also high in fruits and vegetables, nuts, seeds, and fish, with only modest amounts of meat and cheese.

People living in Mediterranean countries

have a lower-than-expected rate of heart disease. But the traditional lifestyle in the region also includes lots of physical activity, regular meal patterns, wine, and good social support. It's hard to know what relative role these different factors play — but there is growing evidence that in and of itself, the Mediterranean diet can reduce cardiovascular risk and the development of diabetes.

Don't put it off — take it off! Then keep it off!

Don't risk another dieting dead-end. Set yourself on the road to success with a weight-loss program you can stick with — and enjoy!

Have diets failed you in the past? Put an end to dieting disappointment for good with a report from the health and nutrition professionals at Harvard Medical School.

Why do most diets not deliver as advertised? In a word: boredom. We start well, but after too many meals that are too restrictive, we lose interest. We're justifiably bored. And we quit.

So, how do you find a weight-loss program you can stay with to the end — and beyond? How do you lose weight and keep



it off?

Lose Weight and Keep It Off reveals the two keys to successful weight loss. The first is finding a diet and exercise program that suits you, your lifestyle, your likes, and your goals. The second is "skill power," a powerful set of specific habits that can make all the difference between setbacks and lasting success.

In this revealing report, you will learn how various popular diets — from Paleo to gluten free, plant-based to detox and cleanses — stack up for long-term results. You'll read how Jenny Craig and Weight Watchers compare. You will discover the wisest choice for "good carbs" and the one diet the American Heart Association warns against, and, as a bonus, you'll get a week of daily menus with delicious entrees even non-dieters will love.

5 surprising benefits of walking

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk

of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder. The latest research shows that sitting may be more harmful to your health than smoking. Luckily, getting up off the couch and going for a walk can put you well on your way to preventing everything from heart disease and diabetes to high blood



pressure, depression, memory problems, and more.

Although you've likely been walking since you were about one year old, there are specific techniques that can help you avoid injuries, make walking more enjoyable, and increase the health benefits of walking.

Walking for Health reveals:

- Why short walks may be better for lowering blood pressure
- How to ease the pain of "shin splints"

Why the best time to stretch is after your walk

- The type of shoes that are more likely to make your knees ache
- The simple way to avoid blisters
- How "interval walking" can help you reap more health benefits in less time
- The amount of walking needed to increase the part of your brain that's critical for memory

HISTORY PAGE

Zahir-ud-din Muhammad "Babur"

(1483-1530)

BY EJAZ BAIG, P.E.

Babur, the founder of the Mughal Empire in India, was born in Ferghana (in modern-day Uzbekistan) on February 24, 1483. On his father's side he was descended from the great warrior king Timur (1336-1405) and on his mother's side from Chengiz Khan (1162-1227), the great Mongol Conqueror. His father, Umar Shaikh Mirza ruled the small kingdom of Ferghana with a total area of about 50,000 square miles. Upon his father's death in 1494, Babur at age eleven succeeded to the throne. He was surrounded on all sides by formidable enemies. The Uzbek chief, Shaibani Khan was one of them and Babur had to fight him for his very existence. From a young age Babur showed exceptional leadership qualities and had ambitions to conquer Samarkand and seat himself on the throne of Timur. He twice succeeded in conquering Samarkand; however, his conquests were short-lived and he was defeated and driven out by Shaibani Khan. He eventually conquered Kabul and set his eyes towards trying his luck in the East.

He made a number of preliminary raids into Hindustan and captured Jhelum in 1519. The government of Sultan Ibrahim Lodi, the Afghan ruler at Delhi was deservedly unpopular, and the leading Afghan barons were driven into revolt by his devious policies of persecution. Ibrahim's governor at Lahore, Daulat Khan, sent a letter to Babur at Kabul inviting him to invade Hindustan. Babur started from Kabul in 1524 and in a matter of a few months conquered Punjab. He then set his eyes on Delhi. This was no easy task as his resources were inadequate; he had to fight not only against frontier tribes but the might of an organized empire in a hostile land. Babur's approach was welcomed by the discontented elements in the country, most notably by the formidable Rajput chief, Rana Sangram Singh (commonly known in history as Rana Sanga) of Mewar. As Ibrahim Lodi's Afghan army outnumbered his army by tens of thousands, he decided that the only way to defeat the Afghans was by an effective combination of his highly trained cavalry and his new artillery. Babur's forces reached Panipat, a small village near Delhi on April 12, 1526. Sultan Ibrahim also reached Panipat at the head of a large army, which in



Babur's estimation numbered one hundred thousand men. Ibrahim's soldiers were mostly mercenaries and the Sultan himself was an inexperienced man. The two armies faced each other for eight days, but neither side took the offensive. The Sultan's army finally attacked and after a hard-fought battle, Ibrahim's army was utterly defeated with appalling losses. Ibrahim died fighting and his body was discovered amidst a heap of corpses that lay near him. Babur's victory was due to his skilled generalship and an effective combination of his cavalry and artillery. The battle of Panipat placed the empire of Delhi in Babur's hand and laid the foundation of the Mughal Empire which lasted until 1857. His officers dreaded the hot weather

and wanted to return home; however, Babur convinced them to stay by the promise of booty and jagirs. Babur still had to contend with hostile Afghan warlords and Rana Sanga. In the meantime, his eldest and favorite son, Humayun had managed to take Agra to secure the Lodi capital and treasury and to subdue the surrounding lands. Rana Sanga had hoped that Babur would depart Hindustan with his war booty and that he would have an opportunity to take over from the Muslims. Rana Sanga was joined by most of the Rajput chieftains and his forces comprised of an estimated eighty thousand horses and five hundred elephants. The Rana advanced towards Biyana, a village near Agra. Babur's men were hesitant to engage



in battle with such a formidable foe; however, Babur took steps to rally his soldiers. He renounced wine and took a solemn vow never to touch alcohol again. Babur reinforced this act of abstinence with a direct appeal to his officers and men. This appeal had the desired effect and his officers as well as the soldiers swore by the Holy Book to stand by him. It was on Saturday, the 16th of March, 1527, that the two armies came face to face with each other near Khanua. The battle lasted all day and Babur employed the same tactics as at Panipat. Towards the end of day, the fate of the Rajputs was sealed and they suffered a terrible defeat. The field was strewn with Rajput corpses and so were the roads to Biyana and Alwar. Khanua left the Mughals supreme in the heartland of northern India. After the battle, Babur busied himself with subduing other Rajput strongholds. He sent Humayun to Kabul to subdue the Uzbeks. Having failed in his mission, Humayun returned from Kabul in 1530 and shortly thereafter fell seriously ill. Babur was much distressed by his son's condition and prayed to God to offer his life in order to save that of his son. It is said he walked three times around Humayun's bed and prayed to God to transfer the disease to him. From that moment, Humayun started to recover his health and Babur, who was in already in ill health declined more and more. Three days later he passed away on December 26, 1530.

His autobiography is Babur-nama, a personal memoir-cum-diary of such disarming frankness that it was once reckoned amongst the most enthralling and romantic works in the literature of all time. He was a born adventurer to whom success was an ultimate certainty and failure but a temporary inconvenience. Babur is one of the most interesting figures in history. As a prince, warrior and scholar he is fit to rank with the greatest rulers of medieval times.

YOUR HOROSCOPE AUGUST 2019

Aries (Mar. 21 – Apr. 19)

You're known as the pioneer of the Zodiac, dear Ram. Like Star Trek, going where you've never been before is your thing. Lead, follow or get out of my way is your mantra. Once you've met the challenge, it's on to the next thing. Details and efficiency are usually not your forte.

Yet on August 10 when Mars, your guardian angel planet, cycles into Virgo, the most productive sign in the zodiac, you'll need to slow down, so you can catch up with yourself. You get this chance once every two years to dot all your I's and cross all your T's to make sure that your desires manifest.

And while paying attention to detail is not your thing, you'll find new excitement and challenge in taking time to make sure what you've created is useful and of service to others. Definitely, a departure from your usual fare, dear Aries, but one that can make your dreams come true.

Taurus (Apr. 20 – May 20)

You finally have clarity about what you really love, value and appreciate and what brings you pleasure. On August 2, Venus, your guardian angel planet, returns to 26 degrees of Gemini, where she was when she retrograded on May 17. It's been a long haul, dear Taurus, and has taken every bit of your patience, persistence and determination to hang in there with yourself. Venus finally completes her four month journey in Gemini, the sign of communication, and new talents in speaking and writing may have emerged lately.

On August 7, as Venus flows into Cancer, the most sensitive and nurturing sign in the zodiac, you'll want to spend time with family and close friends. This is the time to connect with siblings to smooth over any rough spots in your relationships.

Gemini (May 21 – June 20)

Ouch! Your relationships have turned you every which way but loose in the last five months. As an air sign, you usually prefer to keep things on the light side, dear Gemini, and digging deep into your partner's psyche and feeling the intensity of them wanting more from you is not really comfortable for you.

Yet in the last few months, you've been initiated into the depths of relationships as Pluto has been retrograde in your 7th house, the house of partnership. If things have felt out of control and the word 'powerless' comes to mind, know that it's about trusting and surrendering to a power greater than yourself.

If you do, then by the end of the month when Pluto moves forward again, you will have discovered a deeper, more rewarding and meaningful connection in your significant relationships.

Cancer (Jun. 21 – Jul. 22)

You've been learning a lot about where your true security and safety come from, dear Moon child, and that it's high time to be your own very best mommy and daddy. You are the most emotional sign in the zodiac and with Saturn transiting in Cancer (which only happens every thirty years) you feel a greater self-discipline and can be more responsible for what you're feeling, yes, ALL your feelings.

And with Venus entering your sign on the 7th, you can learn to love and appreciate your nurturing and sensitive side without feeling that sense of overwhelm that often goes along with a strong emotional nature. Your relationships get a real shot in the arm as new and exciting people come into your life around August 13th 2019, when Venus and Uranus dance cheek to cheek. Be open to new ways of being, as you open to new avenues of creative self-expression.

Leo (Jul. 23 – Aug. 22)

This is your month to shine! You are the star, the producer and the director of the Zodiac. No one knows more about

their magical inner child than you, dear Lion. When it comes to love, generosity of spirit and an open heart, you're a natural.

You instinctively know that when you're having fun, your heart is wide open. You're easy to spot in any crowd with that big cheshire grin from ear to ear. It's time to celebrate you and celebrate life, especially around August 15, at the Leo New Moon. When you decide what you want to create at your own New Moon, ask yourself two important questions: Is this fun and can I express more of me? And if you can answer a resounding yes to both questions, then GO FOR IT... whatever it is.

Virgo (Aug. 23 – Sept. 22)

You know you can sometimes feel inadequate and that you're not doing it right when despite your every effort things don't seem to turn out perfectly. Well, dear Virgo, you Good Samaritan of the zodiac, this is not one of those times.

It's time for you to cash in and reap what you have sown over the last twelve years as Jupiter, the planet of growth and expansion, has been in your sign since last August. Believe that everything you touch can turn to gold, especially after the 10th, when Mars, the warrior planet, begins its sojourn in Virgo until September 26

Mars, in the sign of your Sun, is the time to become one with your desires. It's o.k. to be selfish now, dear Virgo, as you use this passionate Martian energy to courageously pursue new and exciting ways to be of service.

Libra (Sept. 23 – Oct. 22)

August 2 is a special day for you, as Venus, your ruling planet, returns to where she was when she retrograded on May 17. It should be crystal clear now what is important in your relationships... what brings you pleasure and what doesn't.

How you share love in your one-on-one connections with others will become apparent. Are you adding an energy that is happy and uplifting to those around you? And are they adding a positive energy to your life? At the very least, your deeper understanding of the value of your relationships brings you great joy now. On August 7, Venus leaves Gemini, the airy sign of communication, and flows into Cancer, the most sensitive sign in the zodiac.

Your relationships, whether with lovers, family or close friends encourage deeper connection that comes from greater sensitivity and vulnerability.


Scorpio (Oct. 23 – Nov. 21)

Even though Pluto, the planet of power and transformation and your guardian angel planet, doesn't move forward again until August 30, you'll be feeling the magic of rebirth all through this month. It's time to come out of the cave you've been in since March 24 when Pluto began its retrograde journey.

This has been a time of healing and regeneration for you, dear Scorpio. As the month goes on, it should become clearer where you are with true power versus control in your relationships. You've had five months to take inventory of your special talents and abilities, consequently, you'll feel more in charge of your professional destiny as the New Moon in Leo on the 15th falls in your house of career. This is a great time to ask for the raise and apply for that promotion. You know when you are clear and focused on what you want, it's hard for anyone to say no.

Sagittarius (Nov. 22 – Dec. 21)

It's been a bit challenging for you this year, dear Archer, with Jupiter, your ruling planet in Virgo, the sign of efficiency, productivity and minutia, because you prefer the BIG picture. As the eternal student of the zodiac, you have probably honed certain skills and learned new techniques in your job.



The adventure for you is in the details now. And with Pluto in your sign moving forward on the 30th, you're really feeling your oats now and are unstoppable as you become more comfortable with expressing your power. Relationships may have given you quite a run for your money as Venus has been in your 7th house since April, and spent six of those weeks going backwards.

But not to worry, your natural optimism and philosophical nature help you see the meaning and purpose in every encounter.

It's your 2019 year ahead horoscope written for you with love by our astrologer.

Capricorn (Dec. 22 – Jan. 19)

Venus enters your relationship arena, on the 7th, when she flows into emotional Cancer. Normally invulnerable and reserved by nature, dear mountain goat, your relationships require you to show your feelings and your sensitivity now. It may be a stretch at first but you'll get the hang of it.

Just don't take it on as another obligation, should or have to. And although usually reserved, disciplined and somewhat business-like in nature, you may even like it. Even though it's uncharacteristic and may feel uncomfortable at first, allow your softer side to emerge as you nurture others and allow yourself to be nurtured.

And with the Leo New Moon on the 15th lighting up your house of intimacy, decide on which levels you want to merge more deeply with others... psychologically, intellectually, philosophically, sexually and financially.

Aquarius (Jan. 20 – Feb. 18)

The focus is on relationships for you this month, oh rebel of the zodiac, as the Sun in fiery Leo cycles through your 7th house. There are probably lots of folks pulling at you and wanting your attention.

The important question is what do YOU want to create in your relationships now, as the New Moon in Leo on the 15th is an opportunity to plant the seeds for that which you desire. And as good as that sounds, you may not know exactly what you want now as Uranus, your guardian angel planet, has been in retrograde since June 10.

That means that your lifelong search for authenticity and individuality requires you to pull back from your world as you reflect and contemplate who YOU really are and then, and only then, can you begin to figure out what you want from others.

Pisces (Feb. 19 – Mar. 20)

With expansive, benevolent Jupiter, one of your two guardian angel planets (Neptune is the other one) transiting your 7th house for the last year, the spotlight has been on your connections with others.

If you know of a workshop or seminar on relationships, sign up for it, because the more you can learn about what really attracts you and why, the happier you'll be. If committed romantic partnership is something you desire, and as an idealistic, romantic Pisces I would be surprised if you didn't, the Universe has heard your call and it's time for you to cash in because you deserve it. You are now reaping the seeds that you have sown in relationships over the last twelve years.

Believe that you can have the true give and take in a spiritual relationship that you have always desired.

FacebookTwitterPinterestLinkedIn

Female
Hijabi
Hyderabadi Gulf Born Canadian Citizen
Name: BT
Age: 23
Height: 5'2"
Residence : Ontario, Canada
Education: Bachelors of Science - Biology
Profession: Research Student
Legal Status: Canadian citizen
Marital status : Single-never married
Ethnicity: Hyderabadi, Indian Canadian family.
Religious Sect: Sunni - Hanafi, hijabi, wears jilbab, tries to balance between deen & dunya, tries to follow the 5 pillars of Islam.
OSAP paid: yes
Family: parents 4 sisters (2 married) & 1 brother. Family lived in KSA for several years before moving to Canada.
Language: English, Urdu, Hindi
Hobbies: Cooking, baking, reading, henna art, visual arts.

LOOKING FOR:

Age : 25-29yrs
Height: 5'6" and taller
Residence: Canada/US/India/Gulf
Education: Professional undergraduate or Masters(engineer, doctor, pharmacist, CA)
Profession: student/working who is interested in settling down in Canada
Legal Status:US/Canadian Student/Resident/Citizen
Marital Status: Single- never married
Religious Sect: Sunni - Hanafi, moderately religious practicing muslim - prays 5 times/d, eats halal and avoids riba (interest).
OSAP paid: yes
Ethnicity: Indian, Pakistani
Contact: Sister 5192813803

Please contact. Parents no.
+14189307331

Full Name:- AM - Gulf born
Marital status :- Never married
Age:- 28 years
Height:- 5.9
Complexion:- Fair
Education: Bachelors in Electrical & Computer Engineering and also PEngg, (Holding Canadian Engineering license)
Canadian citizen.
Work/Job:- Senior Electrical Engineer

FAMILY DETAILS:-

Father:- S Mohd B.Sc. (OU)
BDM worked in Ontario energy savings (Canada)
Legal Administrator in Bechtel Refinery (KSA)
Mother:- B.Sc., (MA)... OU
Homemaker
Sisters:- 1) MBA (married)

2) BTech, MS (Bio-Medical Engineer) (married)
3) 3 students
Brother-in-law: 1) MPharmacy
2) PG (IT), BTech
Residence:- Canada.
Native Place:- Hyderabad T.S.
Mother Tongue:- Urdu
Do you go to dargah:- No
Maslak / Sect:- Sunni, Hanafi

Requirements in the Bride:-
Graduate/masters, under 25 yrs, above 4', good mannered and practical dutiful muslima-momina who practices hijab & jilbab. Prefer stay-at-home girl.

For further details please contact:-
cell & w/a +14189307331 (Canada)
email: gglcalling@gmail.com

Female
Hijabi
Hyderabadi Gulf Born Canadian Citizen
Name: JT
Age: 26
Height: 5'2"
Residence : Ontario, Canada
Education: BS Honors Specialization in Nutrition & Dietetics
Profession: Registered Dietitian
Legal Status: Canadian citizen
Marital status : Single-never married
Ethnicity: Hyderabadi, Indian Canadian family.
Religious Sect: Sunni - Hanafi, hijabi, wears jilbab, tries to balance between deen & dunya, tries to follow the 5 pillars of Islam.
OSAP paid: yes
Family: parents 4 sisters (2 married) & 1 brother. Family lived in KSA for several years before moving to Canada.
Language: English, Urdu, Hindi
Hobbies: Cooking, baking, reading, henna art, visual arts.

LOOKING FOR:

Age : 26-31yrs
Height: 5'6" and taller
Residence: Canada/US/India/Gulf
Education: Professional undergraduate or Masters(engineer, doctor, pharmacist, CA) student/working who is interested in settling down in Canada
Legal Status:US/Canadian Student/Resident/Citizen
Marital Status: Single- never married
Religious Sect: Sunni - Hanafi, moderately religious practicing muslim - prays 5 times/d, eats halal and avoids riba (interest).
OSAP paid: yes
Ethnicity: Indian, Pakistani
Contact: Parents 4189307331

Gender : Female (Non Hijabi)
Age : 27
Height : 5'4"

Languages : English, Urdu
Education : MBA (Fashion management), PG Certificates from George Brown and Humber College
Job : Quality Analyst at Roots Canada
Legal Status : Work Permit (working towards PR)
Background : India (UP)
Parents : Father (Orthopaedic Doctor), Mother (Homemaker)
Family : 2 siblings, Elder brother (ENT Surgeon), Younger Sister (Gold medalist student)

Looking for Male:

Age : 27 to 32
Height : 5'10" or more
Residence : Canada
Legal Status : Canadian / PR
Sect : Sunni (Good balance of deen and duniya)
Education : Degree holder (Masters / Bachelors)
Profession : Any

Contact :
Aisha - Sister in Law (647-783-4797)
aghaus13@gmail.com

Female
Name;MF
Age;22yrs
Height;5,2"
Residence;India,Hyderabad
Education;BDS(final year) studying
Marital status;Never Married
Ethnicity;Hyderabadi indian
Religious Section;Sunni Muslim Hanafi
Family
Father;Business in India
Mother-Homemaker
Siblings-2 older sisters married
One in Canada and other in USA
Language;English,Urdu,Hindi
Hijabi;Yes

LOOKING FOR

Age;below 30yrs
Height;5.8" or 5.10"
Residence;USA or CANADA
Education;MBBS pursuingMD / BEMS
Legal status;H1b/Green card/Citizen
Marital Status;Never Married
ReligiousSect;Sunni Hanafi
Contact;
Mother
#9290798362 on WhatsApp ;8897375675

Male

Beard: No
Name: SU
Age: 29
Height: 5'11
Residence : USA
Education: Masters
Profession: just Finished Masters program,now looking for a good job in

professional field while working on a part time job.
Legal Status: OPT
Marital status : Single -Never Married
Ethnicity: Indian (Hyderabadi)
Religious Sect: Sunni(No Fatiha and Darga)
Family: Mother and three brothers and Three sisters (all siblings are married and settled)
Language: Urdu and English
Hobbies: gym, soccer, traveling, volunteering at the Masjid and cooking.

LOOKING FOR:
Hijabi and Religious Bride.
Age : 20- 27
Height: 5"2- 5"7
Residence: USA
Education: Any
Profession: Any
Legal Status:- USA Residence.
Marital Status: Single - Never married
Religious Sect: Sunni(No Fatiha and Darga Please)
Ethnicity: Indian (Hyderabadi)

Contact : Sister
What's app only : 810- 813-4282

Female

Name: NS
Age: 29
Height: 5'4"
Residence : Plano Texas
Education: doctorate in immigration Law
Profession: Immigration Law
Legal Status: Citizen
Marital status : never married
Ethnicity: Hyderabadi Indian
Religious Sect: Sunni
Family: parents and 2 Siblings
Language: English and Urdu
Hobbies: Cooking, Gardening, Reading and Working out
Hijabi: Yes

LOOKING FOR:
Age : 30 to 35
Height: 5'6" and above
Residence: USA
Education: Masters and above
Profession: Lawyer, Doctor, PhD or Master's
Legal Status: immigrants or Citizen prefer
Marital Status: never married
Religious Sect: Sunni
Ethnicity: Indian or Pakistani

Contact: 5048139513
samclan05@gmail.com

From:
MUBARAK RISHTE

HINDI MOVIE RELEASE DATES

Opening	Title	Director	Cast	Genre
AUG	<i>Khandaani Shafakhana</i>	Shilpi Dasgupta	Varun Sharma · Sonakshi Sinha · Annu Kapoor · Badshah	Comedy
	<i>Jabariya Jodi</i>	Prashant Singh	Sidharth Malhotra · Parineeti Chopra	Romantic Comedy
	<i>Chicken Curry Law</i>	Shekhar Surrinn	Ashutosh Rana · Nivedita Bhattacharya · Makrand Deshpande · Zakir Hussain · Aman Verma · Natalia Janoszek	Drama
	<i>Batla House</i>	Nikhil Advani	John Abraham · Mrunal Thakur	Action
	<i>Mission Mangal</i>	Jagan Shakti	Akshay Kumar · Vidya Balan · Sharman Joshi · Sonakshi Sinha · Taapsee Pannu · Kirti Kulhari · Nithya Menen	Action
	<i>Saaho</i>	Sujeeth	Prabhas · Neil Nitin Mukesh · Shraddha Kapoor · Jackie Shroff	Action
	<i>Chhichhore</i>	Nitesh Tiwari	Sushant Singh Rajput · Shraddha Kapoor · Varun Sharma · Prateik Babbar · Tahir Raj Bhasin · Naveen Polishetty · Tushar Pandey · Saharsh Shukla	Comedy-Drama
	<i>Made in China</i>	Mikhil Musale	Rajkummar Rao · Mouni Roy · Boman Irani	Comedy/Drama

Khandaani Shafakhana

'Khandaani Shafakhana' director Shilpi Dasgupta feels Indians shy away from openly talking about sex. She says discussing sexual issues openly often helps solve them, and that's the reason she made 'Khandaani Shafakhana', which depicts the journey of a young girl who inherits her late uncle's sex clinic in Punjab. "Indians don't talk about sex. That's the long and short of it. We don't talk to our kids about it and we certainly don't discuss it with the elderly. Sometimes we don't even discuss it with our partners," said Dasgupta. "The truth is discussing sexual issues

openly often can help solve them. This is the point this film wants to make," she added. Actress Sonakshi Sinha will be seen playing Baby Bedi in the film, which also stars Badshah, Varun Sharma, Annu Kapoor, Kulbhushan Kharbanda, Nadira Babbar and Priyansh Jora. "I am glad that the makers chose a female protagonist to tell this story. I would like to tell the viewers, 'baat toh karo,'" Sonakshi said 'Khandaani Shafakhana' is produced by Bhushan Kumar, Mahaveer Jain, Mrighdeep Singh Lamba and Divya Khosla Kumar and is slated for release on

August 2.



CHICKEN CURRY LAW

Ashutosh Rana Upcoming Movie Chicken Curry Law is now Ready to Release on the Big Screen. This film is Directed by Shekhar Surrinn.

The film stars are Ashutosh Rana, Nivedita Bhattacharya, Makrand Deshpande, Zakir Hussain, Aman Verma, and Natalia Janoszek.

CHICKEN CURRY LAW MOVIE REVIEW

This film is the Based on the Coat Case where they fight for a New Law, and the Law name is Chicken Curry Law. Here Ashutosh Rana

Playing role as an Advocate. The story Concept is unique but we don't understand about peoples reaction.

Because according to us its an Experimental Film and every time when the Bollywood Film Industry makes some Experiment then they are failed. So we are waiting for the Release of this Filme. CHICKEN CURRY LAW MOVIE RELEASE DATE This film is Scheduled to Release on August 09, 2019 in India.



Band karo yeh naach gana!

Salman Khan prods his mom to dance and she does, but her unexpected reaction at the end of the video draws more than a chuckle. Salman Khan may be many things to his fans — super star and humanitarian — and many other things to his critiques — bad boy with a penchant for controversies. But one cannot ignore the doted sonny boy he is to his parents,

especially to his mommy, Salma Khan.

Salman recently posted a dance video with his mom. The adorable video on Instagram shows him coaxing her to dance to Sia's Cheap Thrills. Though Salma relents and begins waltzing gracefully to the beats for a while and twirling at his cue, a minute into the video she decides she's had

enough. Even as the actor is seen in the video catching on with the increasing tempo of the song's beats, Salma steps out of her son's arms and walks up determinedly to the person recording the video, asking him/her to shut it down. "Band karo yeh naach gana" she says. It was hilarious!



Sidharth Malhotra and Jacqueline Fernandez together again?

The two actors were recently seen together at the airport, adding fuel to the rumour that the former co-stars are dating. One may recall that Jacqueline Fernandez and Sidharth Malhotra's electric chemistry in their film A Gentleman had made headlines two years ago. And now, when the two actors were recently spotted together at the airport, it raised some eyebrows.

It is not that people have not seen Sidharth

and Jacqueline together before. However, the actors were recently spotted together, and soon after that reports started sparking that the two are dating. Well both the actors have also appeared in Koffee With Karan together and despite their chemistry often being in news, the co-stars never made it clear if they were ever dating. In fact, there were also rumours that Sidharth's closeness with Jacqueline was the reason behind his breakup with Alia

Bhatt, who is now dating Ranbir Kapoor. On the work front, both Sidharth and Jacqueline are extremely busy with their commitments. While Sidharth will be seen in Jabariya Jodi and Marjaavaan, Jacqueline will be seen making her foray into the digital space with Mrs Serial Killer.



Shraddha Kapoor gets injured

The actress, who has been prepping up for her upcoming dance film, has been injured a couple of times during shooting. Shraddha Kapoor has been juggling her busy schedule lately and is leaving no stone unturned for her upcoming films. The actress, who has been prepping up for her upcoming dance film, has been injured a couple of times during shooting.

Now, the actress has hurt her ankle on the

sets of Street Dancer 3D. In fact, Shraddha had earlier also injured her neck and shoulder while filming the dance-related film. She shared a video of her physiotherapist on her Instagram stories where she wrote, "Ankle twist care by our lovely onset physio @fatemar234. First, my neck and shoulders then my ankle. And you're here to the rescue. Thank you, thank you, thank you," she wrote with the picture. SD3." The actress has been sharing pictures

and videos on Instagram of her dance practice and is often seen goofing around with her crew.



Irfan Khan fresher than ever:

Dinesh Vijan

Dinesh was keen that his protagonist Irfan gets well soon and begins shooting. Post-production for director-producer Dinesh Vijan's Angrezi Medium is underway, and it is going quickly.

Dinesh was keen that his protagonist Irfan gets well soon and begins shooting. The filmmaker shares, "We

did not plan any particular pattern of shooting, especially for Irfan. I must confess that Irfan was as fit as a fiddle on the shoot. We had planned a normal shooting schedule, which was not planned according to his health. Though, we found him at his best in spite of Rajasthan's scorching heat." The director further added that audi-

ences will get to see a fresher, healthier, and better version of Irfan in the film



30 down, 70 to go for Parineeti Chopra

Parineeti has not just been trying to lose weight for the film, but also trying to gain muscles for the role to ensure endurance. Parineeti Chopra has wrapped 30 sessions of badminton practice for the role of Saina Nehwal. But the actress has got over 70 per cent left to practice, and those sessions are going to be a lot more tedious than what she has already done thus far.

The Amole Gupte directorial was initially slated to have Shraddha Kapoor in the role, who even practiced for a few sessions and broke a few limbs in the process. Saina was keen to have a shuttler's offspring Deepika Padukone in the role, but Parineeti has bagged the film instead. Parineeti has not just been trying to lose

weight for the film, but also trying to gain muscles for the role to ensure endurance. She has only managed a few sessions thus far. "It is not an easy film to do. She did take a few tips from cousin Priyanka Chopra, who played boxer Mary Kom on screen, but that was not enough to play a badminton player, who needs to balance endurance, agility and speed all at one go," says a source close to the development of the film.

Parineeti is awaiting the release of her films Jabariya Jodi and Sandeep Aur Pinky Faraar, apart from the Hindi remake of The Girl On The Train remake and Bhuj: The Pride of India.



Jungli Chicken (Wild Chicken Curry)

Ingredients

Serves 4

1 Pound Chicken Breast
 ½ Onion (Medium)
 1 Tomato
 1 Serrano Pepper
 ⅓ Cup Cilantro Leaves
 7 Tablespoons Plain Yogurt
 2 Teaspoons Ginger-Garlic Paste
 3 Cardamoms
 3 Cloves
 1 Cinnamon Stick
 ⅛ Teaspoon Turmeric Powder
 1 Teaspoon Chili Powder
 ¾ Teaspoon Cumin Powder
 ⅓ Teaspoon Garam Masala
 Salt as needed
 ½ Bell Pepper (optional)
 1 Potatoes (med- large)
 4 Tablespoons Oil

Instructions

Step 1

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

Cut onion, tomato, cilantro, Serrano pepper and bell pepper fine. You can add whatever other vegetable you like to this dish.

Step 2

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

Wash chicken breast and pat dry. Cut chicken into 1 - 1 1/2 inch pieces. Depends on your preference. Set aside in a big mixing bowl.

Step 3

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

Add all the ingredients on the list (except the potatoes) in the bowl. Mix it well. Poke chicken with a fork to let marinade to absorb better.

Step 4

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

Cover bowl with cling wrap or foil and refrigerate for about 30 mins or till you're ready to cook it.

Step 5

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

Cut potatoes into 1 inch cubes. Heat 2 tbs oil in pan then add cut potatoes with a little salt. Fry till it's almost cooked then set aside.

Step 6

When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.



When you're ready to cook. Heat remaining oil then add the marinade to the pan. The chicken will release water that will help it cook. Keep stirring.

Step 7

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

When chicken is half way cooked (about 7 mins), add the pre-fried potatoes to the curry. Keep stirring till done.

Step 8

Set in serving bowl once the curry has reached your desired consistency. I prefer this recipe drier. (OPTIONAL: Garnish with fresh cilantro). Done!

Potato Red Cabbage Tikki

Ingredients

Serves 4

4 Cups Peeled, cubed, boiled potato
 1 Cup Shredded red cabbage
 1 Cup Shredded kale
 1 Onion, finely diced
 ½ Teaspoon Grated fresh ginger
 2 Cloves Garlic, chopped
 1 Egg, beaten
 ½ Teaspoon Ground cumin
 ½ Teaspoon Ground coriander
 ½ Teaspoon Medium curry powder
 1 Pinch Salt, to taste

Instructions

Step 1

Mix all of the ingredients in a bowl.

Step 2

Until it resembles a dough.

Step 3

Divide the mixture into equal portions and shape into patties with your hands.

Step 4

After they have been shaped, place them in the refrigerator for at least 30 minutes.

Step 5

Add some oil to a skillet. Shallow fry until golden on both sides. Drain on a paper towel and serve warm with your favorite dipping sauce.



Dr Syed Abdul Mannan, famous Physician of his time

M. BASHEER AHMED, M.D.

Dr. Syed Abdul Mannan(1916-2009)

Dr. Mannan is the first cousin of my mother. In fact, after my grandmother passed away uncle Mannan's mother raised my mother and uncle Mannan treated her like his younger sister. Because of the closeness, he had a great impression on me and became a major source of my inspiration.

Dr. Mannan was born in Hyderabad in May 1916. His grandfather Dr. Wali Mohammed, was a surgeon and was the classmate of thr royal physician Arastu Yar Jung. He had a great influence on him to become a physician.



He provided medical services to thousands of patients but his contribution to the society was far beyond the medical services. One has to write an entire book to describe some of the contributions he made as a physician, a scholar, a humanitarian and a philanthropist. It is even harder to enumerate the organizations he chaired. He combined the Islamic Cultural Patterns and Modern, Advanced, Technical and Aesthetic aspects of Medicine.

He completed high school from Daru-Shifa high school and City College (my mother insisted that I needed to attend the same school and college). After finishing medical school in 1937 he proceeded to England for higher degrees but had to return due to the war. He subsequently went to England and finished his post-graduate studies in 1952. He was a military surgeon and later became the personal physician to the Nizam of Hyderabad and his family. He followed his teacher Dr. Bankat Chandra to set an example. He was dean of the faculty of medicine at Osmania University and he was also the member of medical council of India . He also served as an acting vice chancellor of Osmania University for a short period.

The last time I was with Dr. Sahib was in February 2008. During my stay in Hyderabad, I met Dr. Sahib every day and had wonderful time talking about old times and his life experiences. He had a terrific sense of humor and was mentally very alert. His memory was sharp and remembered a lot about Hyderabad and about many prominent Hyderabadis. During his last years of life, he used to see poor patients free at his residence.

About three weeks ago, before he passed away in July 2009, he sent me a book "Dey mujhko Zabaan aur", in which he has written in the preface as the president of "Anjuman Taraqee-e-Urdu". He instructed me to read the book and follow, in fact I have finished the book within a week and it was a fascinating book. I will keep this and it will remain the last memento of uncle Mannan.



Dr. Mannan at a dinner at "Munsif's" pent house.



Dr. Mannan at a reception given in Honor of Dr. Ahmed in Hyderabad.



Dr. Mannan with Basheer, Shakila, Araj, Sameer and his grandson Manju at Asra Hospital



Dr. Mannan, my father and Faiz at Nampally Railway Station prior to my departure to England for Higher Education in 1961.

Hajj house opening ceremony at siddi-pet along with MLA Harish Rao sahab and Home minister Mahmood Ali sahab. Janab Farooq Hussain MLC inaugurated.



M. Srinivas
Central City secretary
and state committee
member CPM,
Hyderabad TS



جدھر ہری ادھر چری

قیمت گرے اور غریب کے حصہ میں بھی کچھ گوشت آجائے۔ وہ تیل جو ادھر ڈاکٹر توفیق انصاری احمد (امریکہ) ادھر پھر رہے ہیں ان کے پاس اصول نام کی کوئی چیز نہیں۔ اصول اگر ہوتا تو اپنی اور پرانی چیز کی تمیز ہوتی۔ دونوں میں کچھ فرق نظر آتا۔ یہ سیل، بے اصول اندھے تیل ہیں۔ جہاں بھی ہری نظر آجائے وہاں منہ ماردیتے ہیں اور بلا سوچے سمجھے چسپری پر عمل کرتے ہیں۔ ایسے بیلوں کو اگر ہری گھانس دکھادی جائے تو وہ بلا مبالغہ آپ کے پیچھے کسی بھوکے کتے کی طرح کھینچے چلے آئیں گے اور اگر ہری گھانس دکھا کر سوکھی گھانس ڈال دی جائے تو وہ آپ کے پیٹ میں اپنی سنگیں بھی چھوسکتے ہیں۔

اے بھولے بھالے لوگو! اے نادانوں! دنیا بہت بڑی ہے۔ یہاں آزمائش ہی آزمائش ہے۔ اس آزمائش میں اگر کوئی کامیاب ہو گیا تو اس نے بازی جیت لی۔ ایسے خود غرض بیلوں پر کبھی بھروسہ نہ کرو جو تمہارے وفادار نہیں۔ وہ تیل اچھی ہیں جو روکھی سوکھی کھا کر دن رات محنت کرتے ہیں۔ تمہارا کام کرتے ہیں اور اللہ کا شکر ادا کرتے ہیں۔ تمہارا ساتھ دیتے ہیں۔ یہ وہ سیدھے سادھے تیل ہیں جن کی ہری پر نظر نہیں اور جو چری کے قائل نہیں۔

یہ جو ہری چری پر عمل کرنے والے تیل ہیں وہ جب ہری کو چرنے پر آجاتے ہیں تو بس چرتے ہی رہتے ہیں اور اُس وقت تک چرتے رہتے ہیں جب تک ہری خستہ نہ ہو جائے اور تب تک جب تک کہ کوئی ہرے کھیت والا ان کو ڈنڈا مار کر بھگانے دے۔ ایسے مطلبی بیلوں سے آج کل بہت ہشیار رہنے کی ضرورت ہے ورنہ وہ ہری کو جڑ پیڑ سے کھسا جائیں گے اور پھر اُس ہرے بھرے کھیت میں صرف زمین ہی رہ جائے گی۔



آپ کا باورچی خانہ ہرے مسالے کا گوشت

(۱) گوشت: آدھا کیلو (مرغ یا بکرے یا بھینٹ) (۲) ہری مرچ: آٹھ سے دس عدد (نہی ہوئی) (۳) کالی مرچ: دوٹی اسپون کئی ہوئی (پاؤڈر) (۴) گرم مسالہ پاؤڈر: ایک ٹی اسپون (۵) کباب چینی: آدھا ٹی اسپون (۶) لیمو: ایک عدد (۷) نمک: حسب ذوق (۸) بہن: دو ٹی اسپون (باریک کٹا ہوا) (۹) ہرادیہ: ایک گڈی (باریک کٹی ہوئی) (۱۰) تیل: آدھا کپ (۱۱) دہی: ایک کپ ☆ گوشت میں دہی، نمک، کالی مرچ، گرم مسالہ ڈال کر گوشت کو گلنے کے لئے دھیمی آگ پر پکنے دیں۔ گوشت جیسے ہی گل جائے ایک پین میں تیل گرم کر کے گوشت کو اچھی طرح بھونیں۔ ہری مرچ، بہن شامل کر کے دھیمی آگ پر بھونیں۔ سارا مسالہ گوشت کو چپک جائے گا تب ہرادیہ کباب چینی پاؤڈر اور لیمو کا عرق شامل کر کے سرو کر دیجئے۔ نمائش کی چٹنی ہرے مسالہ کا گوشت چاول کے ساتھ بہت لذیذ لگے گا۔ ☆☆☆☆☆☆☆

ایک صاحب نے اپنی بیوی کے انتقال کے بعد اس کی قبر پر یہ لکھوایا "میری روشنی بجھ گئی۔"

کچھ عرصہ بعد ان صاحب نے دوسری شادی کر لی۔ دوست نے کہا "اب تو اپنی پٹی بیوی کی قبر سے یہ الفاظ مافکرو دادو۔"

ان صاحب نے جواب دیا "نہیں اس کی ضرورت نہیں، بس نیچے یہ لکھوادوں گا کہ میں نے دوسری شادی کر لی۔"



لڑکیاں کتنی محنتی ہوتی ہیں، اس بات کا اندازہ اس سے لگایا جاسکتا ہے کہ

۱۰۰ میں سے ۱۲ لڑکیاں قدرتی طور پر حسین و جمیل ہوتی ہیں جب کہ ۸۸ لڑکیاں اپنی محنت سے۔



اگر میں وزیر اعظم ہوتا



راؤ کامران علی (امریکہ)

ثابت کرنا پڑے ورنہ اس کے شناختی کارڈ پر بھوننا/جھوٹی درج کر دیا جائے اور کسی بھی عدالت یا جانبدار کے مسئلے میں اسکی گواہی قبول نہ ہو۔ ایک سال کے بعد یہ شناختی کارڈ ختم کر دیا جائے اور اگر مجرم دوبارہ یہی جرم کرے تو پھر یہ کلنک تاحیات شناختی کارڈ پر رہے۔

سرکاری افسر اور سیاستدان پر ایک سال میں بیس ہزار روپے سے زیادہ کا تحفہ لینے پر پابندی ہو۔ اس طرح ملک ریاض سیاستدانوں میں بلٹ پروف لینڈ کروزر، جنس بانٹ سکے گا۔ اس قانون کا سرکاری افسر اور سیاستدان کے بہن بھائیوں پر بھی اطلاق ہو۔ بیوی اور بچے اس سے مبرا ہوں بشرطیکہ وہ ٹیکس دیتے ہوں۔

لین دین اور تجارت میں کیش کا استعمال کم سے کم ہو۔ کیش کی صورت میں ادائیگی ایک ہزار روزانہ سے زیادہ نہ ہو وہ بھی ریجسٹری والوں کے لئے۔ ہر وہ دوکاندار جس کی دوکان ہے، وہ سودا ڈیپٹ کارڈ پر دے۔ ساری ادائیگی ڈیپٹ کارڈ کی صورت میں ہوتا کہ ٹیکس کی صحیح مانیٹرنگ ہو سکے۔

قانونی رو سے کوئی بہن اپنے بھائی کے لئے جائیداد سے دستبردار نہ ہو سکے۔ اگر بہن کو نہیں چاہیے جائیداد تو یہ قومی خزانے میں جمع ہو۔ چھپ کر جائیداد یا دولت بھائی کو دینے پر، لینے والے بھائی کوئی لاکھ ایک سال کی قید ہو۔ ماں باپ اپنی زندگی میں زیادہ سے زیادہ پچاس فیصد جائیداد اولاد کے نام ٹرانسفر کر سکیں اور باقی مرنے کے بعد وصیت مسیبن ملے۔ اس سے ماں باپ پر ظلم اور جہد باقی بلیک مینانگ سے چھڑکارا ملے گا۔ اگر ایک ڈاکٹر، انجینئر یا آئی ٹی اسپیشلسٹ،

ملک سے باہر جائے تو اس پر مادروطن کا قرضہ سٹیبل ہونے والے ملک میں تعلیمی خرچے کے برابر سمجھا جائے۔ مثلاً اگر ایک ڈاکٹر پاکستان سے ایم بی بی ایس کر کے امریکہ آتا ہے تو امریکہ میں ڈاکٹر بننے کا خرچہ کم از کم تین لاکھ ڈالر ہے۔ اگلے پندرہ سال میں اس ڈاکٹر نے پاکستان کو تین لاکھ ڈالر واپس کرنے ہیں۔ اگر وہ نہیں کرتا تو حکومت اس کے کاغذات اور ڈگری کی اٹھیسٹیشن پر پابندی لگا دے۔ اگر میڈیکل کالج میں مناسب کنٹریکٹ پر اسٹوڈنٹ کے دستخط کروائے جائیں تو بیرون ملک وکیل کے ذریعے بھی یہ رقم نکلائی جاسکتی ہے۔

اگر ایسا قانون پاس ہوا تو راقم سب سے پہلے یہ ادائیگی کرے گا۔ ڈاکسٹرز، انجینئرز، آئی ٹی اسپیشلسٹس اور سائنسدانوں کو یہ بانڈ بھرن پڑے کہ پوری زندگی میں وہ جو بھی ایجاد کریں گے، پٹینٹ (patent) لکھیں گے، اس میں سے انکے حصے کا انچاس فیصد گورنمنٹ آف پاکستان کو جائے گا۔ اگر وہ سائنس نہیں کرتے تو سرکاری کالجوں اور یونیورسٹی میں داخلہ نہ دیا جائے۔ خواہشوں کی فہرست بہت طویل ہے لیکن ابھی اتنا ہی کافی ہے!

دنیا میں تبدیلی اتنا آسان کام نہیں کہ عطا اللہ عیسیٰ نبیلوی کے گانوں پر دھرنے میں ناچ کر لائی جاسکے۔ یہ وہ چکی جس میں پہلے خود کو پینا پڑتا ہے۔ قانون کا اطلاق کرنا پڑتا ہے اور پھر اس کے مطابق زندگی گزارنی ہوتی ہے۔ یہی ترقی کا راستہ ہے باقی سب خواب ہیں۔



دنیا میں ہر انسان زندگی میں ایک بات تو بادشاہ یا صدر یا وزیر اعظم بننے کا سوچتا ہے اور عموماً اسکی وجہ طاقت اور لامحدود اختیارات کا مالک بن کر کچھ تبدیلیاں لانا ہوتا ہے۔ کچھ کے نزدیک یہ تبدیلیاں ذاتی آسائش، عیش و عشرت اور طاقت کے لئے ہوتی ہیں اور کچھ ملک یا عوام میں تبدیلی کے خواہ ہوتے ہیں۔ اکثر راقم کے دل میں بھی یہ تمنا پیدا ہوتی ہے کہ اگر وہ وزیر اعظم ہوتا تو کسی تبدیلی چاہتا؟

سب سے اہم ہے تعلیمی نظام کی بہتری۔ ہر شہر کے بیورو کریٹ، اور سیاستدان کا بچہ سرکاری اسکول میں پڑھنے کا پابند ہو۔ ٹیوشن پر سختی سے پابندی ہو۔ جو بچے کمزور ہوں وہ اسکول کے بعد ایک سزاکلاس اسکول میں ہی لے سکیں۔ اگر کسی بیورو کریٹ کے بیوی بچے ملک سے باہر ہوں تو اسے آپریشنل ذمہ داری نہ دی جائے کیونکہ اسے مسائل کا ادراک ہی نہیں ہوگا بلکہ کوئی ڈیک جاب دی جائے۔ کسی سیاستدان کے نابالغ بچے ملک سے باہر ہوں تو وہ اٹکیشن لڑنے کے لئے نااہل ہو۔ بالغ کے اوپر مرضی نہیں چلائی جاسکتی۔

پرائیویٹ میڈیکل کالج یا کسی بھی کالج کی فیس کاسٹری فیصد حکومت پاکستان کو جائے۔ اس سے ہوشربا منافع میں کی ہوگی اور زیادہ رجحان سرکاری اسکولوں اور کالجوں کی طرف ہوگا۔ یاد رہے اب یہ سرکاری اسکول وہی ہوں گے جہاں سیاستدان اور ڈپٹی کمشنر کے بچے پڑھ رہے ہیں تو انہیں تو بہتر ہونا ہی ہوگا۔

اسکے بعد آتا ہے عدل اور انصاف کا نظام۔ کوئی بھی جج بغیر امتحان کے نہ لگے، کسی بھی وکیل کو ڈائریکٹ ہائی کورٹ جج لگا دینے کی ممانعت ہو بلکہ میرٹ سے اوپر آئے۔ ججوں کے بچوں پر بھی سرکاری اسکولوں میں پڑھنے کا وہی قانون لاگو ہو جو اوپر بتایا گیا ہے۔ سوائے قتل اور ریپ کے، ہر کیس تیس دن کے اندر حل ہو۔ اگر کوئی جان بوجھ کر جھوٹا کیس کرے تو اسے دس ہزار روپے فی گھنٹہ کے حساب سے جرمانہ یا ایسی حساب سے جیل ہو۔

بڑے بڑے سرکاری گھروں کی بجائے ایک ہی بلڈنگ میں تحصیلدار سے لیکر ڈپٹی کمشنر اور سول جج سے لیکر ڈی ایس پی رہے! جج ارشد ملک جیسی پارٹیاں پھر نہیں ہو سکیں گی۔ کسی بھی پلاٹ یا مکان کی خرید و فروخت علاقہ مجسٹریٹ اور سول جج کے دستخط سے ہو۔ اسکے بعد قبضہ ہو جائے تو بہتر گھنٹوں کے اندر حقدار کو مکان یا پلاٹ دلوانا مجسٹریٹ اور سول جج کی ذمہ داری ہو ورنہ انہیں مجرمان کا سا تھی سمجھا جائے۔ پراپرٹی پرائس آرڈر ایک ہفتے سے زیادہ نہ ہوا اور اگر ناجائز اسے ہو تو پراپرٹی کی قیمت کا تیس فیصد، اسے لینے والے کو بطور جرمانہ دینا پڑے یا کم از کم دو سال کی سزا۔ بیرون ملک پاکستانیوں کا ایک ایک پیسہ حکومت پاکستان سے انشورڈ ہو۔ کوئی فراڈ ہو تو انویسٹمنٹ کو پیسے حکومت واپس کرے اور پھر فراڈیے سے سود سمیت خود واپس لے!

کسی شریف مرد یا عورت پر آزادی اظہار کے نام پر بہتان لگانے والے کو وہ بہتان/الزام ایک مہینے کے اندر

شہاب محمد الطائف نوید صبح



جب رات کی تاریکی بام پر تھی
اور دل میں حوصلہ کچھ پست ہو رہا تھا
رات کی گود سے اٹھی جلی کی پھینک
یہ ایک سارا فتنہ روشن ہو گیا
ایسا لگا کہ شاید میرا منظر کھو گیا
کہ ایسی تاریکی کے بعد اجالا
غیر فطری تو نہیں مگر چونکا نے والا ضرور تھا
یہ عام بات ہے کہ شب تاریک جب
اپنے شباب پر ہوتی ہے
تب ہی اجالے کے امکان روشن ہوتے ہیں
اس آفاقی روشنی اور تاریکی کے سفر سے
ہمیں ایک سبق آموز پہلو ملتا ہے
کہ اُمید ہی زندگی کا اول و آخر ستون ہے
اور نوید صبح یہی ہے
کہ اندھیرا کتنا بھی چھا جائے
وہ اجالے کو مات نہیں دے سکتا
ورنہ رات اور صبح کا نظام
گردش ایام کے باعث نہیں چلتا
ہمارے عزم کو آزمانے والو
ہم ہواؤں کے رخ کو بدل دیتے ہیں
ہمیں پروں سے ہے کیا غرض
کہ ہمارا حوصلہ ضامن ہے ہماری پرواز کا
☆☆☆

اطیبہ اعجاز غزل



کھٹکھٹ تھی رنج و غم کی انتہا تھی میں نہ تھا
زندگی کی گردش صبر آزمائی میں نہ تھا
ٹھو کا عالم تھا حصار 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 کا زرارہ کر بلا تھی میں نہ تھا
جا چکا تھا سب کو میں اپنا تصور بخش کر
پھول تھے گلزار تھے بادِ صبا تھی میں نہ تھا
عمر بھر اطیبہ غموں کی آگ میں جلتا رہا
ایسا لگتا ہے کسی کی بد دعا تھی میں نہ تھا
☆☆☆

سویہن راہی غزل



غموں کی دھوپ میں سایہ کا اعتبار نہیں
خلوص کا ہے وہ پیکر وفا شعار نہیں
جلاؤ خون کہ دل پر کوئی سخن اترے
یہ شعر و فن کا تو آسان کاروبار نہیں
ہزاروں دکھ بھی سبے اور سینکڑوں غم بھی
میں ان کھلونوں سے اب تک تو آشکار نہیں
ہیں اُن گنت میرے رشتے وصال و ہجر کے ساتھ
کوئی بھی رشتہ ترے غم سا پائدار نہیں
سراے زندگی میں جب بھی سانس رُک جائے
پھر اُس کے بعد کسی کا کوئی بھی یار نہیں
یہ منزلوں کی طلب پانوں میں ہے پائل سی
کہ جس کا شور نہیں اور کوئی پکار نہیں
ہر اک قدم ترا اُس کی طرف اٹھے راہی
کہ اُس کے در سے الگ کوئی رہ گزار نہیں
☆☆☆

حسن چشتی غزل



تیرے غم کو حاصل کون و مکان سمجھا تھا میں
بے خودی میں ہر خوشی کو جاوداں سمجھا تھا میں
برق کی چشمک کو سخی رائیگاں سمجھا تھا میں
چار نکلوں پر بساط آسیاں سمجھا تھا میں
اف یہ محرومی کہ منزل نے دیئے لاکھوں فریب
گرد راہ کارواں کو کارواں سمجھا تھا میں
زندگانی اور بھی پامال غم ہوتی گئی
وائے نادانی کہ ان کو مہرباں سمجھا تھا میں
کاش وہ آتے سکون قلب مضطر کے لئے
جن کو اپنی زندگی کا رازداں سمجھا تھا میں
انتہائے دوستی بھی دشمنی نکلی حسن
ابتدا میں اس حقیقت کو کہاں سمجھا تھا میں
☆☆☆

حمایت علی شاعر کا نام اردو زبان سے واقفیت رکھنے والوں کے لیے اجنبی نہیں۔ ان کی ادبی خدمات کا سلسلہ گزشتہ پانچ دہائیوں پر پھیلا ہے۔ ریڈیو پر صداکاری ہو یا پھر ٹی وی پروگراموں کی تنظیم، مشاعرے ہوں یا پھر تحقیقی کام، حمایت علی شاعر نے بہت سی اصناف میں کام کر کے اپنا سکہ جما یا ہے۔ اورنگ آباد، بھارت کے ایک فوجی خاندان سے تعلق رکھنے والے حمایت طراب، جنہیں اردو زبان و ادب سے محبت کرنے والی دنیا حمایت علی شاعر کے نام سے جانتی ہے، اپنے والد کی خواہش کے برعکس فوج کی بجائے ادب کے شعبے سے وابستہ ہوئے۔ وہ کہتے ہیں کہ جب میں حمایت طراب تھا اس زمانے میں افسانے لکھنا کرتا تھا۔ تو ظاہر ہے کہ ایک تو افسانے اور پھر عمر کے تقاضے۔ ایک دن ہمارے ابا ناراض ہو گئے کہ ایسے افسانے تم میرے نام سے لکھتے ہو۔ کیونکہ میرے نام میں ان کا نام شامل تھا۔ تو پھر میں نے شاعری شروع کر دی اور اپنا تخلص ”شاعر“ کر لیا اور ان کا نام چھوڑ دیا۔ یہ ان کی عام ڈگری ہے کہ چلنے کی روش بھی تھی، کہ تقسیم ہند کے موقع پر باقی خاندان کے بھارت میں رہ جانے کے باوجود انہوں نے اپنے لئے پاکستان کی طرف ہجرت کرنا پسند کیا۔ وہ 1950ء کے اوائل میں کراچی آ کر ریڈیو پاکستان کا حصہ بنے اور آج بھی ریڈیو کو اپنی عملی زندگی کی پہلی درگاہ کا درجہ دیتے ہیں۔ حمایت علی شاعر کا کہنا ہے کہ حیدرآباد کوں ظاہر ہے کہ ریاست کا شہر تھا اور میں ریڈیو پر بھی رہا ہوں اور نہ صرف یہ کہ ریڈیو ڈراموں میں کام کرتا تھا۔ اناؤسر بھی تھا، خبریں بھی پڑھتا تھا اور کنٹری بھی کرتا تھا۔ تو میں بہت سے زاویوں سے میں ریڈیو پر کام کرتا تھا۔ پھر اخبارات میں لکھنا بھی تھا۔ پھر جب میں پاکستان آیا تو یہاں بھی مجھے ریڈیو میں نوکری مل گئی۔ ریڈیو میں مختلف ذمہ داریاں انجام دینے کے ساتھ 60ء کے عشرے میں انہوں نے پاکستان کی فلمی دنیا میں بطور گیت نگار قدم رکھا اور بہت سے نگر اور ڈراموں کے نام کیے۔ صحافی، ادبی اور تحقیقی حوالے سے بے شمار کتابوں کے اس خالق کو 2002ء میں حکومت پاکستان کی جانب سے پرائیڈ آف پرفارمنس ایوارڈ بھی دیا گیا۔ حمایت علی شاعر نے نہ صرف عربی و اردو ادب کی سات سو سالہ تاریخ پر مفصل تحقیق کی، بلکہ انہوں نے اردو ادب میں غزل کے آغاز سے لے کر عصر حاضر تک غزل کے بدلتے اسلوب اور روایات کے ساتھ ساتھ شعراء کرام کے انداز پر بھی تفصیلی روشنی ڈالی۔ تاہم وہ علامہ اقبال کو اردو شاعری کی سب سے قد آور شخصیت مانتے ہیں۔ آج حمایت علی شاعر نصف صدی پر پھیلی ہوئی اپنی قلم مزدوری سے مطمئن اور اس ادبی سرمائے پر نازاں ہیں جو انہوں نے مختلف ادوار و اصناف میں اردو ادب کے لیے تخلیق کیا۔ وہ کہتے ہیں کہ آئینہ درآئینہ میری منظوم سوانح حیات ہے۔ اردو میں سوانح حیات نہیں لکھی گئی۔ چھوٹی موٹی کہانیاں لو سنواری نائپ چیزیں تو منظوم لکھی گئیں۔ لیکن پوری زندگی قلم بند کرنا مشکل ہے۔ جس میں زندگی کی مشکلات اور باقی تمام مسائل بھی ہیں تو یہ پہلی بار میں نے لکھا اور میری ہمیشہ ایک آرزو رہی کہ کوئی ایسا کام کروں کہ جو میرے نام سے منسوب رہے۔ شکست آرزو، حرف حرف روشنی، عقیدت کا سفر، آئینہ درآئینہ، تجھ کو معلوم نہیں، کھلتے کنول سے لوگ، مجبوتوں کے سفر، مٹی کا قرض، تنگی کا سفر اور ہاروں کی آواز ان کی مشہور تصانیف ہیں۔ انہوں نے 2007ء میں اپنی تمام شاعری کو یکجا کر کے گلیات شاعر کے نام سے شائع کیا تھا۔ حمایت علی شاعر کو ان کی ادبی خدمات کے عوض 2002ء میں تمغہ حسن کارکردگی سے بھی نوازا گیا تھا۔



پروفیسر عبدالقوی ضیا، رشید عیسا، حمایت علی شاعر۔ 1991ء کی تصویر



سرمدی سائیل شاعر، رشید عیسا، جمال الدین، عالمی، ڈاکٹر حفیظ انارکول کرانی۔ 2006ء



حمایت علی شاعر

آئینہ درآئینہ (نظم)

اس بارو ملا تو جب اس کا رنگ تھا
الفاظ میں ترنگ نہ لہجہ بنگ تھا
اک سوچ تھی کہ بکھری ہوئی خال و خط میں تھی
اک درد تھا کہ جس کا شہید انگ انگ تھا
اک آگ تھی کہ راکھ میں پوشیدہ تھی کہیں
اک جسم تھا کہ روح سے مصروف جنگ تھا
میں نے کہا کہ یا تمہیں کیا ہوا ہے یہ
اس نے کہا کہ عمر رواں کی عطا ہے یہ
میں نے کہا کہ عمر رواں تو سبھی کی ہے
اس نے کہا کہ فکر و نظر کی سزا ہے یہ
میں نے کہا کہ سوچتا رہتا تو میں بھی ہوں
اس نے کہا کہ آئینہ رکھا ہوا ہے
دیکھا تو میرا اپنا ہی لکس جلی تھا وہ
وہ شخص میں تھا اور حمایت علی تھا وہ
☆☆☆

حمایت علی شاعر

غزل

اپنا انداز جنوں سب سے جدا رکھتا ہوں میں
چاک دل چاک گریباں سے سوا رکھتا ہوں میں
غزنوی ہوں اور گرفتار خم زلف ایاز کس لیے کیجے کسی گم گشتہ جنت کی تلاش
بت شکن ہوں اور دل میں بت کدہ رکھتا ہوں میں
ہے خود اپنی آگ سے ہر پیکر گل تابناک
لے ہوا کی زد پہ مٹی کا دیا رکھتا ہوں میں
میں کہ اپنی قبر میں بھی زندہ ہوں گھر کی طرح
ہر کفن کو اپنے گرد احرام سا رکھتا ہوں میں
دشت غربت میں ہوں آوارہ مثال گرد باد
کوئی منزل ہے نہ کوئی نقش پا رکھتا ہوں میں
میرا سایہ بھی نہیں میرا اجالے کے بغیر
اور اجالے کا تصور خواب سا رکھتا ہوں میں
ہر قدم پر نت نئے سانچے میں ڈھل جاتے ہیں لوگ
دیکھتے ہی دیکھتے کتنے بدل جاتے ہیں لوگ
کس لیے کیجے کسی گم گشتہ جنت کی تلاش
جب کہ مٹی کے کھلونوں سے بہل جاتے ہیں لوگ
کتنے سادہ دل ہیں اب بھی سن کے آواز جس
پیش و پس سے بے خبر گھر سے نکل جاتے ہیں لوگ
اپنے سائے سائے سر نہوڑائے آہستہ خرام
جانے کس منزل کی جانب آج کل جاتے ہیں لوگ
شع کے مانند اہل انجمن سے بے نیاز
اکثر اپنی آگ میں چپ چاپ جل جاتے ہیں لوگ
شاعران کی دوستی کا اب بھی دم بھرتے ہیں آپ
ٹھوکریں کھا کر تو سنتے ہیں سنہیل جاتے ہیں لوگ
☆☆☆

وحید اختر: جدیدیت کا نمائندہ شاعر

ڈاکٹر ناہیدہ سلطانی
صدر شعبہ اردو
اسٹراکٹوری، مغلیہ پورہ، حیدرآباد



وحید اختر کا آبائی وطن ضلع
رائے بریلی کا قصبہ نصیر آباد

ہے جو کہ شیعہ مسلک میں اجتہاد کا وطن کہلاتا ہے۔ ان کے خاندان کا سلسلہ نسب امام علی نقوی (خاندان رسول کے دسویں امام) سے ملتا ہے۔ ان کے دادا اکبر حسین بچپن ہی میں ناپیتا ہو گئے تھے ان کو چار لڑکیاں اور ایک لڑکا تھا۔ لڑکا چوں کہ بہت منتوں اور مردوں کے بعد حضرت ابوالفضل العباس کے حرم میں ایک خواب کے دیکھنے کے بعد پیدا ہوا تھا اسی لیے اس لڑکے کا نام نذر عباس رکھا گیا جو کہ وحید اختر کے والد ہے۔ نذر عباس کی ابتدائی تعلیم نصیر آباد کے مڈل اسکول میں ہوئی پھر اعلیٰ تعلیم کے لیے الہ آباد چلے گئے۔ بیسویں صدی میں تلاش معاش کے سلسلے میں دکن کا رخ کیا اور اورنگ آباد کو اپنا مسکن بنایا۔ کچھ دنوں تک پولیس کی نوکری کی پھر درس و تدریس کے پیشے سے وابستہ ہوئے۔ درس و تدریس سے جب گذار مشکل ہوا تو کلرک کی نوکری کرنے لگے۔ ان کی پہلی شادی نصیر آباد کی ایک سیدی سادی شریف خاندان کی سید لڑکی سے ہوئی لیکن تین شباب ہی میں ان کا انتقال ہو گیا۔ اس کے بعد نذر عباس نے دوسری شادی نصیر آباد کے علمی اور ادبی گھرانے سے تعلق رکھنے والی لڑکی علیہ بیگم سے کی۔ ان ہی کے بطن سے سن ۱۹۳۵ء میں محلہ مومن پورہ میں وحید اختر کی ولادت ہوئی۔ ابتدائی تعلیم گھر پر ہوئی۔ پھر اورنگ آباد کے ایک اسکول میں داخلہ ہوا۔ ۱۹۵۰ء میں میٹرک کا امتحان پاس کیا۔ گھر کے ناسازگار حالات کی وجہ سے تعلیم حاصل کرنے میں کئی دشواریاں پیش آئیں اور انھیں سخت محنت و مشقت کرنی پڑی۔ اس ضمن میں وحید اختر خود لکھتے ہیں:

”میں اس نئی نسل کا ایک نمائندہ ہوں، میں نے ایک ایسے نچلے متوسط گھرانے میں جنم لیا جو ہونا ک ترین مفلسی اور تباہی کی طرف جا رہا تھا، غربت اور یاس کی اسی فضا میں میں نے آنکھ کھول کر دنیا کو دیکھا، میں نے شعبہ مذہبی گھرانے میں تربیت پائی اور شروع سے اسلام کی تاریخ اور کچھ کی اعلیٰ اقدار کا عرفان حاصل کیا۔ مجھے تعلیم کے لیے سخت جدوجہد کرنی پڑی کیوں کہ ایک وظیفہ یاب کلرک جس کی آمدنی کا تیس جاپیس کی قلیل پینشن کے علاوہ اور کوئی ذریعہ نہ ہو اپنی اولاد کو اعلیٰ تعلیم دلانے کے وسائل نہیں رکھتا۔ اسی تعلیم کی جدوجہد میں میں نے ماں اور باپ کی بے وقت موت کے صدمات برداشت کیے جن کے معقول علاج کا ہمارے سوشلسٹ سماج نے کوئی انتظام نہیں کیا تھا۔“

(۱۔ وحید اختر، میں اور میرا عہد، ماہنامہ صبا، ۱۹۶۶ء، ص ۶۳)

معاشی نامساعد حالات کی وجہ سے وحید اختر کو دوران تعلیم کئی مصیبتوں کا سامنا کرنا پڑا۔ ۱۹۵۲ء میں انٹر میڈیٹ کامیاب کر کے اعلیٰ تعلیم کے لیے حیدرآباد چلے آئے۔ اسی سال ان کی والدہ اس دار فانی سے کوچ کر گئیں۔ چوں کہ حیدرآباد ان کے لیے انجان شہر تھا اسی لیے اپنے والد کے دوست ظہور حیدر کے یہاں قیام کیا۔ قرض پر دو پیسہ حاصل کر کے جامعہ عثمانیہ میں بی۔ اے میں داخلہ لیا۔ وحید اختر کے والد چاہتے تھے کہ وہ سائنس میں اعلیٰ تعلیم حاصل کرے لیکن ان کا فطری میلان ادب اور فلسفہ میں تھا اسی لیے انھوں نے بی۔ اے میں داخلہ لیا۔ اس ضمن میں دوست و احباب نے بھی مشورہ دیا لیکن انھوں نے ادب کو ہی ترجیح دی۔ مغنی تبسم لکھتے ہیں:

”دوران گفتگو میں معلوم ہوا کہ وحید اختر میٹرک میں اول رہے تھے اور اسی سال انٹر میڈیٹ کا امتحان سائنس کے مضامین لے کر امتیاز کے ساتھ کامیاب کیا ہے اب آرٹس کا کالج میں داخلہ لے رہے ہیں کیوں کہ انھیں ادب اور شاعری سے دلچسپی ہے۔ ہم نے اس بات کی مخالفت کرتے ہوئے وحید اختر کو سمجھا یا کہ اگر اپنا مستقبل بنا نا چاہتے ہیں تو یہ خیال چھوڑ دیں۔۔۔ وحید اختر کو یہ مشورہ پسند نہیں آیا اور انھوں نے

بی۔ اے (فلسفہ) میں شرکت کرنی“

(۲۔ مغنی تبسم، وحید اختر، ماہنامہ صبا، حیدرآباد، ۱۹۶۰ء، ص ۵۶)

دوران تعلیم، جامعہ عثمانیہ کے ادبی ماحول نے ان کے شعری ذوق کو جلا بخشی یوں تو وحید اختر بچپن ہی سے شعر گوئی میں دلچسپی رکھتے تھے اور ابتدائی تعلیم و تربیت مذہبی ماحول میں ہوئی اسی لیے وہ اکثر مذہبی مجلسیں پڑھا کرتے تھے اور ذرا کرک حیثیت سے خاصہ مشہور بھی تھے۔ وحید اختر کا پہلا شعری مجموعہ ”پتھروں کا مفتی“ ۱۹۶۶ء میں منظر عام پر آیا۔ جس میں نظمیں اور غزلیں شامل ہیں دوسرا شعری مجموعہ ۱۹۶۳ء ”شب کا رزمیہ، اور تیسرا مجموعہ ”کلام“ زنجیر کا نغمہ کے عنوان سے ۱۹۸۱ء میں شائع ہوا۔

وحید اختر کا شمار جدیدیت کے نمائندہ شعرا میں ہوتا ہے ان کے یہاں وقت اور سماج کے بدلتے ہوئے حالات کا اظہار، عصر حاضر میں بے چہرگی، بڑھتی ہوئی آبادی، سیاست کی بے راہ روی وغیرہ جیسے موضوعات ملتے ہیں ساتھ ہی ساتھ وہ روایت کی پاسداری بھی کرتے ہیں۔ وہ اپنے محبوب کی جفاؤں کا ذکر بھی کرتے ہیں اور وصل کی لذت کو کائنات کی سب سے حسین شے بھی مانتے ہیں وہ بیک وقت جدید اور کلاسیکی موضوعات کو نیا اظہار و اسلوب دینے کی قدرت رکھتے ہیں۔

جدید عہد میں انسان بڑی بڑی عمارتوں، نئے کلچر و تہذیب میں خود کی پہچان کھو رہا ہے۔ یہاں انسانوں کا جوہم تو ہے لیکن بھری دنیا میں کوئی تخلص و ہمدرد نہیں ملتا۔ ہر کوئی اپنی زندگی میں مصروف ہے ہر انسان صرف اپنی ضرورتوں کا خیال رکھتا ہے۔ ہمدردی، ایثار اور قربانی جیسے جذبات محض کتابوں میں ملتے ہیں وحید اختر کے یہاں کھوئے ہوئے اقدار کی تلاش، انسانی رشتوں کے ٹوٹنے کا کرب، بے چہرگی وغیرہ جیسے موضوعات منفرد لب و لہجہ میں ملتے ہیں۔ نظم ”سبیل بے چہرگی“ اس کی بہترین مثال ہے۔ نظم کے چند بند ملاحظہ ہوں۔

میرے اطراف گنجان جنگل ہے انسانوں کا
بوجھ اتنا زمیں سے سنبھلتا نہیں
روشنی اور تازہ ہوا جنس نایاب ہے
پیٹ کشلول در یوزہ گر، سرد، ویراں نہی
پھٹ نہ جائے زمیں بوجھ سے
اتنے چہرے کہ ہر چہرہ گم ہو گیا
اتنی آبادیاں ہیں کہ انسان جنگل میں گم
میرے چاروں طرف جسم کا دشت ہے نوحہ خواں
یہ اڈتے ہوئے بادل سیلاب کی طرح بے چہرہ آبادیاں
مجھ کو ڈر ہے بہا لے نہ جائیں کہیں زندگی کے نشاں
۳۔ (وحید اختر، زنجیر کا نغمہ، ص ۲۸)

وحید اختر نے عصری تقاضوں اور ملتے ہوئے کلچر کو مینڈہ فارم میں بیان کیا ہے کہ کس طرح آج ہم مردہ، بے کفن لاش یعنی کلچر لیے محوم رہے ہیں نہ ہی ہم اپنے کلچر کو فروغ دے رہے ہیں نہ ہی اس سے انحراف کر رہے ہیں بلکہ نئی تہذیب میں اپنی روایت، اپنا کلچر ختم کر رہے ہیں۔ ہمارے بزرگ، علم و ہنر کے پاسدار بھی یہ تماشا دیکھ رہے ہیں نظم ”کفن فروش، میں وحید اختر نے علامتی انداز میں اس تلخ حقیقت کو اس طرح بیان کیا ہے۔

ضعیف اعقل کہ نہ سال بونے
کمر خستہ، خمیدہ، ہم، جس مردہ، ضما ز سوختہ بالشتے
اک لاش پر بیٹھے ہوئے ہیں
بصارت سے تہی آنکھیں اندھیرے میں چمکتی ہیں
بصیرت سے تہی اذہان اجالوں میں بھٹکتے ہیں
خود اپنی قبر پر بیٹھے ہوئے بوڑھے مجاور
گھروں کو اپنے لاوارث کا ترکہ بھیجتے ہیں
جو ترک لاش کا تھا ہتھ پکا ہے
اب اس کے دفن کی جو یز ہوئی ہے

حکومت سے سنبھرا اور رو پہلا اک کفن مانگا گیا ہے
مجاور اور گرگس پھر اکٹھا ہیں
چلو ہم بھی تماشا چل کے دیکھیں
کہ اندھے بانٹتے ہیں اپنے کندوں میں کفن کیونکر

بہت ہی دور کے ہم اک تراشائی ہیں
پھر بھی مخرمان راز سے پوچھیں
یہ غش بے کفن کلچر کی ہے، مذہب کی ہے یا بے زبان کی؟ ۳۔
(وحید اختر، کفن فروش، زنجیر کا نغمہ، ص ۲۳)

پوری نظم مینڈہ فارم کے تحت ہے شاعر نے شعوری اور لاشعوری طور پر کلچر تہذیب اور زبان کے خاتمہ پر زور دیا ہے۔ جدید شاعری کا بڑا حصہ تہذیب، بے بسی اور کرب پر مبنی ہے شاعر جہاں ناکامی، محرومی کا شکار ہوتا ہے اور اسے جب کوئی راہ نجات نظر نہیں آتی تو وہ بے ساختہ دعا کا سہارا لیتا ہے یعنی قوت کا ختم ہو جانا، مشکلوں اور مسائل کا حل نہ ملنا، احساس کی نگرار ہونا ایسے حالات میں شاعر دعا کا سہارا لیتا ہے جو دعائیہ فارم کہلاتا ہے۔ وحید اختر کے یہاں دعائیہ فارم کی بھی بہترین نظمیں ملتی ہیں دعائیہ فارم کے تحت لکھی گئی نظموں میں ”دعا“ (شب کا رزمیہ)، دعائیں آدمی کی دعا، آگہی کی دعا، تنگدلی کی دعا، سفر کی دعا وغیرہ قابل ذکر ہیں

وحید اختر زندگی کی بے ثباتی، دنیا کی بے رخی، زمانے کی سنگدلی سے بخوبی واقف نظر آتے ہیں یوں تو نیا سال جب آتا ہے تو اپنے ساتھ کئی تبدیلیاں اور نئے حالات لاتا ہے لیکن عصر حاضر میں انسان جینا بھول چکا ہے وہ محض زندگی گزار رہا ہے روز وہی ہنگامے، وہی حادثے روزمرہ کی ضرورتیں، معمولات زندگی، بڑھتی ہوئی آبادی، رشتوں میں بے حسی نے انسانی زندگی سے لطف اور قرار چھین لیا ہے۔ وحید اختر نے عصر حاضر کی تمام تبدیلیوں کو موضوع بنا لیا ہے۔ ان کی شاعری اپنے عہد کی ترجمانی کرتی ہے وحید اختر لکھتے ہیں:

”اس عبوری دور میں حال کو ماضی کا بھولا سرا خواب بننے ڈرا بھی
دیر نہیں گتی ایک زمانہ تھا، جب زندگی اتنی ست رفتار تھی کہ سماجی
سطح پر کوئی قابل لحاظ تبدیلی قرن باقرن میں آتی اور محسوس ہوتی
تھی۔ ویسے ان تبدیلیوں نے بھی ذہنی سطح پر نئی نسل کو بری طرح
متاثر کیا ہے اور ان کے ایقانات کو مجروح بھی کیا۔ (۵۔ وحید
اختر، مضمون، میں اور میرا عہد، ماہنامہ صبا، ۱۹۶۶ء، ص ۶۵-۶۶)

سماجی تبدیلیوں کا راست اور بالراست اثر اس دور کی تخلیقات اور ادب پر ہوتا ہے جدیدیت میں سماج کی تبدیلیوں اور وقت کے تقاضوں کو ملحوظ رکھا گیا۔ عصر حاضر کا انسان اصول پسند واقع ہوا ہے وہ مقررہ وقت پر چائے پیتا ہے اور اخبار دیکھتا ہے۔ وہ محض خود پرستی میں مبتلا ہے۔ کوئی تبدیلی نہ خود میں محسوس کرتا ہے اور نہ ہی سماج میں کوئی تبدیلی واقع ہوتی ہے۔ عصر حاضر میں سال نو کی آمد پر بھی کوئی خاطر خواہ تبدیلی واقع نہیں ہوئی وہی پرانے مسائل، وہی فسادات، وہی قتل و غارت گیری، انسان کے وہی برے اعمال کا خلاصہ غرض انسان کی وہی بے بسی جو برسوں سے چلی آ رہی ہے ان میں کوئی تبدیلی نظر نہیں آتی محض تاریخ کے سوا کچھ بھی بدلاؤ نہیں ہوتا۔ وحید اختر کی نظم ”سال نو“ اسی حقیقت کو پیش کرتی ہے۔ مثلاً نظم ملاحظہ ہو۔

سحرم کھلی آنکھیں تو چائے پی
روز نامہ اٹھا، سیاست کے اوراق الٹے
گرانی، سیاسی ایجنسی ٹیشنوں، زلزلوں، آسمانی بلاؤں
ہوا باز چوری کے قصے پڑھے
کھیل کا صفحہ اول سے آخر تک دیکھ ڈالا

ابھی تیسرا سٹ اٹھو اور پڑا تھا
کہیں بھی کوئی جان فزا، روح پرور کہانی نہ تھی
اک خبر تھی نہ ایسی، جسے کہہ سکیں وہ پرانی نہ تھی
روز نامہ کو تہہ کر کے رکھا

تو پہلے ہی صفحے پہ تاریخ بدلی ہوئی سنہ نیا تھا
یہی آج کی سب سے اچھی خبر تھی
چلو ایک اور سال کا پاپ تو کٹ گیا
عمر سے آزمائش کا اک اور برس گھٹ گیا
گذشتہ برس کے کیلنڈر کے اوراق پر مزہ درگ خرائی کے مانند
اخبار کو تک رہے تھے

گھڑی حسب معمول لمحہ بلکہ کھسکتی ہوئی چل رہی تھی
ڈائری میں نے سال گذشتہ کی کھولی ہر اک صفحہ یادوں کے
چھوڑے نقوش قدم گن رہا تھا
ہر اک روز امان نامہ اٹھائے کھڑا تھا
نیا سال لمحوں کی پیشانیوں پر لکھا تھا ۶۔
(وحید اختر، سال نو، ص ۵۰-۵۱)

وحید اختر کے یہاں عصری موضوعات کے علاوہ مذہبی موضوعات بھی نئے لب و لہجہ کے ساتھ ملتے ہیں۔ مثلاً ان کی نظمیں ”خلیفہ فی الارض“ اور ”عرف نغمہ“ مذہبی موضوعات کے تحت لکھی گئی خوبصورت نظمیں ہیں۔

وحید اختر جہاں اپنی نظموں میں جدید شاعری کے علمبردار نظر آتے ہیں وہیں غزلوں میں روایت کی پاسداری بھی کرتے ہیں غزلوں میں رومانیت کا عنصر زیادہ ملتا ہے۔ ان کی غزلوں میں عصری موضوعات کے ساتھ ساتھ روایتی اور کلاسیکی موضوعات ملتے ہیں۔ نرم اور شیریں الفاظ کا استعمال ان کی غزلوں کے حسن میں اضافہ کرتا ہے تشبیہ اور استعاروں کا عمدہ استعمال بھی ان کی غزلوں میں ملتا ہے۔ ان کی غزلوں سے چند اشعار پیش ہیں۔

تو غزل بن کے اتر بات مکمل ہو جائے
منظر دل کی مناجات مکمل ہو جائے
عمر بھر ملنے رہے، پھر بھی نہ ملنے پائے
اس طرح مل کہ ملاقات مکمل ہو جائے
گلے بہت تھے، مگر وہ ملا تو کچھ نہ کہا
وہ پوچھتا بھی رہا مدعا تو کچھ نہ کہا
میں سنگسار ہوا جب، تھا وہ بھی سنگ بہ کف
جو اس سے پوچھا کہ میری خطا؟ تو کچھ نہ کہا

خدا سے کہنا تھا احوال اس کی دنیا کا
وہ خود ہی حشر میں حیران تھا، تو کچھ نہ کہا

اسے تھی ضد کہ وحید اپنا درد خود ہی کہے
غزل کے پردے میں سب کہہ دیا تو کچھ نہ کہا۔
وحید اختر نے کلاسیکی اور جدید شاعری کے موضوعات کو اپنی غزلوں اور نظموں کے ذریعہ بڑی عمدگی کے ساتھ پیش کیا ہے وہ حیدرآباد میں جدید شاعری کے آغاز اور اس کے فروغ میں نمایاں اہمیت رکھتے ہیں۔ انھوں نے اپنے عہد کے تمام مسائل کو اپنی شاعری میں جدید طرز اظہار اور نئے لب و لہجہ میں پیش کیا۔ انھوں نے نظم اور غزل دونوں اصناف کو عروج کمال عطا کیا۔ یہی وجہ ہے کہ نہ صرف حیدرآباد بلکہ پورے ہندوستان میں وحید اختر جدید شاعری کے معماروں میں شمار کئے جاتے ہیں۔

کچھ برف تو پگھلی ہے! رضوان حسینی



عمران کا جلسہ تھا ، امریکا تماشائی لوگوں کو کشش اس کی ، ڈی سی میں بھی لے آئی ہر بات پرانی ہی ، پھر اس نے کہی لیکن "دیوانے بھی شیدائی ، فرزانے بھی شیدائی" زرداری، شریفوں کی ، ہر بار حکومت میں لیڈر نے خطا کی تھی ، پبلک نے سزا پائی اے سی ہو کہ ٹی وی ہو ، قیدی کو نہیں دے گا اس خدمت قومی کی ، رہبر نے قسم کھائی کشمیر کے بارے میں ، ڈونلڈ جو بلا ہے عمران حواری از امریکی مسیحا ہے عمران کے دورے سے ، کچھ برف تو پگھلی ہے سرکار کے چروچوں سے ، گلتا ہے بہار آئی

شائستہ مدجبین
غزل



تقریباً اس کی کیا لکھوں جو مدجبین ہے سارے جہاں میں دیکھتی وہی ایک حسین ہے ایسے تو فرض عین کی پابند میں نہیں لیکن خدا کی ذات پہ کامل یقین ہے مت لیجئے گا مشورہ اب ان سے آپ بھی وہ رخ سے دیکھنے میں جو گلتے ذہین ہے میرے سوا کسی کو کبھی دیکھتا نہیں وہ شخص اس زمانے کا گلتا امین ہے توڑا میرا یقین ہے جس نے بھی بارہ لیکن اسی کی بات پہ بھی مجھ کو یقین ہے ☆☆☆

Ghazals Compiled by Janab HASAN CHISHTI Sb Chicago



رحمن جاتی
غزل



اتنے مجبور نہیں تھے ہے بھی تجھ سے جب دور نہیں تھے ہم بھی تیری قربت نئے کیا ہے مغرور ورنہ مغرور نہیں تھے ہم بھی عشق نے کردیا ہم کو رسوا ویسے مشہور نہیں تھے ہم بھی قافلے والو صدا دے لیتے راہ سے دور نہیں تھے ہم بھی یاد ہیں ہم کو تری سب باتیں نشے میں چور نہیں تھے ہم بھی حق کہلوا یا ستم نے تیرے ورنہ منصور نہیں تھے ہم بھی ہم تو فرہاد صفت تھے جاتی صرف مزدور نہیں تھے ہم بھی ☆☆☆

سعید شہیدی
غزل



کیوں مصیبت میں ہوں مسرور تجھے کیا معلوم کیا محبت کے ہیں دستور تجھے کیا معلوم فطرت حسن ہے یہ ، یہ ہے تقاضائے شباب تو ہے کس واسطے مغرور تجھے کیا معلوم باغباں کب کی بہار آئی بھی رخصت بھی ہوئی تیں قفس میں ہوں بدستور تجھے کیا معلوم گردش چشم کی لذت کوئی مجھ سے پوچھے وار اوچھا ہے کہ بھرپور تجھے کیا معلوم نہ برا مان نشین کے بنانے والے برق، عادت سے ہے مجبور، تجھے کیا معلوم ساتھ دے گا ٹو کہاں تک مری بربادی کا میری منزل ہے بہت دور تجھے کیا معلوم کیوں گناہوں سے ہے اس درجہ پریشان سعید یہی رحمت کو ہے منظور تجھے کیا معلوم ☆☆☆

سلیمان الطہر جاوید
غزل



کیا جو وار تو بھرپور دشمنوں کی طرح وہ ایک شخص جو رہتا تھا دوستوں کی طرح ہر ایک آنکھ میں آنسو، ہر ایک شے چپ ہے سرسبز بھی چلی آئی ہیں غموں کی طرح ہمارے دل کو پتہ کس طرح گزارا ہے مزاج اس کا بدلتا تھا موسموں کی طرح کبھی جو ٹوٹ بھی جائیں تو کوئی غم نہ کرے ہمارا حال ہے مٹی کے برتنوں کی طرح ہمارا دم ہے غنیمت کہ کچھ اجالا ہے اندھیری رات میں ہم لوگ جگنوؤں کی طرح یہ کم نہیں کہ زمانے کو روشنی دی ہے تمام عمر میاں! ہم جلے دیوں کی طرح ☆☆☆

مومن خاں شوق
غزل



دردِ اُلفت کی ذرا مجھ کو دوا دے ساقی اپنے بیمار کو جینے کی دُعا دے ساقی میں نے بے ساختہ اپنوں سے محبت کی ہے یہ اگر جرم ہی ٹھہرا تو سزا دے ساقی کب تک زیست اندھیروں میں بھٹکتی ہی رہے ایک جھلک چاند سے چہرے کی دکھائے دے ساقی اچھے ماحول میں جینے کا ہنر یاد نہیں مجھ کو جینے کے کچھ انداز سکھا دے ساقی کچھ نظر آئے نہ محفل میں مجھے تیرے سوا اپنی محفل کو کچھ اس طرح سجادے ساقی کم سے کم شوق سے، اک بار تو ملنے دے مجھے اپنی محفل سے نہ یوں مجھ کو اٹھا دے ساقی ☆☆☆

نسیم کلثوم
غزل



میرے غم خانے میں کب آہ فغاں ملتے ہیں یہ تو وہ گھر ہے جہاں سوز نہاں ملتے ہیں رہ الفت میں ترا در ہی مری منزل تھا آج بھی دیکھو تو قدموں کے نشان ملتے ہیں ٹھوکریں کھا کے بھی اس در کی جبین سائی کی ایسے دیوانے بتاؤ کہاں ملتے ہیں پیار میں ڈوب کے ہستی کو منانا ہنس کر یہ وہ جذبے ہیں کہ دُنیا میں گراں ملتے ہیں کس لئے تم سے وہ نظروں کو چرا لیتے ہیں اتفاقاً ہی تمہیں جب بھی جہاں ملتے ہیں ☆☆☆

واجد ندیم
غزل



اُن کو ناز ہے حسن پہ اپنے اُن کا ہے اترنا سچ ایک زمانہ کہتا ہے یہ اُن کا بنا ٹھنڈا سچ ٹھنڈا ٹھنڈا ہلکا سا اک نور فضا میں پھیل گیا کہتے ہیں کہ آئے ہیں وہ بام پہ اُن کا آنا سچ الفت کے دعووں سے ہمارا دل تو بہل جاتا ہے مگر یہ تو وقت ہی بتلائے گا جھوٹ ہے کتنا کتنا سچ عشق اگر سچا ہو تو جاں کی نہیں کوئی پرواہ آگ میں جل کر پروانے کا شمع پہ ہے مرجانا سچ بارش کی بوندوں جیسی آنکھیں ٹپ ٹپ کرتی ہیں یہ تو سب اک کھیل تماشہ ہنسنا سچ نہ رونا سچ ان کے ہمارے پیار کا قصہ بستی میں مشہور ہوا ہم بھی اس امید میں ہے کہ ہو جائے افسانہ سچ چاہیں تو منظور کریں یا چاہیں تو ٹھکرا دیں آپ ہم بھی اپنے جان و دل کا لائے ہیں نذرانہ سچ یہ بھی عجیب دستور زمانہ ہم نے کبھی کیا جھوٹ کہا عرض ہماری جھوٹ ہے لوگو! اُن کا ہے فرمانا سچ کتنے ہی معصوم ہیں ایسے جن کا نہیں ہے نام و نشان ان کا جینا ہے نہ حقیقت اور نہیں ہے مرنا سچ کیسی کیسی امیدیں ہیں بے ہیں کیسے خواب ندیم کاش ہمارے خوابوں کا ہو جائے تانا بانا سچ ☆☆☆

اقبال شمس راجو پوری
غزل



گھر میں تہذیب کا معیار نہ گرنے دینا دیکھ تو عظمت کردار نہ گرنے دینا شوق نظروں سے مجھے دیکھ رہا ہے لیکن اپنی نظروں سے مجھے یار نہ گرنے دینا تیرے شانوں پہ اگر سر نہیں رہتا نہ رہے ہم بھی شامل ہیں ترے غم کے خریداروں میں ہاں مگر قیمت بازار نہ گرنے دینا پل میں ہو جاتے ہیں دشمن کے ارادے زندہ جنگ میں ہاتھ سے تلوار نہ گرنے دینا حوصلے لاکھ ہواؤں کے تجھے روکیں مگر عزم کی ہاتھ سے تلوار نہ گرنے دینا لاکھ دُنیا مجھے نظروں سے گرا دے اقبال تم مگر عشق کا معیار نہ گرنے دینا ☆☆☆

فلام مصطفیٰ انجم
غزل



دل تری چیز ہے تو بھول گیا ہو جیسے میرے گھر میں تیرا سامان پڑا ہو جیسے خوشبوئیں آپ کے ہمراہ سفر کرتی ہیں آپ کے پاؤں بندھی باؤ صبا ہو جیسے در و دیوار کی حالت سے مجھے لگتا ہے وہ مرے گھر کا پتہ بھول گیا ہو جیسے ڈبڈبائی ہوئی آنکھوں سے اسے دیکھا ہے دور دریا میں کوئی ڈوب رہا ہو جیسے اس طرح پھوٹ رہی ہیں میرے آگے کرنیں کوئی سورج میرے سائے میں چھپا ہو جیسے اس کے مٹی کے دیپے میں وہ کشش ہے انجم پس دیوار کوئی شہر بسا ہو جیسے ☆☆☆

عرفان مرتضیٰ



بہاروں کے سبھی رنگ ایک تھالی میں سجا کر اور اس تھالی سے اک دو رنگ اٹھا کریں فلک کی سمت پھینکیں تو دھتک کی شکل میں دُھندلی سی اک تصویر بنتی ہے اور اس تصویر پر سورج چمکتا ہے تو لگتا ہے۔۔۔ فلک سے تم اتاری جا رہی ہو ☆☆☆

On the lighter side....

Two guys sitting in a football stadium waiting for the game to start.
 One turns to the other and says, "I hope the rain keeps up!"
 "Oh, why?"
 So it doesn't come down!"

Father buys a lie detector that makes a loud beep whenever somebody tells a lie. The son comes home in the afternoon.
 Father asks him, "So, you were at school today, right?"
 Son: "Yeah."
 Detector: "Beep."
 Son: "OK, OK, I was at the movies."
 Detector: "Beep."
 Son: "Alright, I went for a beer with my friends."
 Father: "What?! At your age, I wouldn't touch alcohol!"
 Detector: "Beep."
 Mother laughs: "Ha! He really is your son!"
 Detector: "Beep."

A couple with three children waited in line at San Francisco's Pier 41 to purchase tickets for a boat trip to Alcatraz. Others watched with varying degrees of sympathy and irritation as the young children fidgeted, whined, and punched one another. The frazzled parents reprimanded them to no avail.

Finally they reached the ticket window. "Five tickets, please," the father said. "Two round trip, three one way."

I was making Play-doh animals with my four-year-old niece, Chris, and her three-year-old brother, Neil. While Chris was clearly molding a crude but recognizable dog, figuring what Neil was making was a bit more challenging.

"It's a cat," he told me, "but a truck ran over it."



Sometime later, Chris had made another simple animal shape, but Neil had a rather flat slab of dough on the table in front of him.

"What happened to this one?" I asked.

Neil shrugged and said simply, "Same truck."

My youngest son asked me how old I was.

I answered, "39 and holding."

He thought for a moment and then asked, "But how old would you be if you let go?"

"Dad," I said to my father on Father's Day, "it's Father's Day today! As a gift, I want to take you and mom out for a great day!"

"Thank you, my son," said my father, taking a deep draw from his cigarette. "If you really want to get me a gift, just take your mom out for the whole day."

"Daddy, I inherited my intelligence from you, didn't I?"

"That's right my clever girl!"

"That makes sense, because mommy still has hers."

Father: What you want to be in your life?

Son: A Doctor.

Father: What skills do you have of a doctor?

Son: Doctor's handwriting.

When my father-in-law decided to move after his retirement, he invited us to his home to take a few pieces of furniture he wanted us to have. One item was beautiful but very heavy -- an antique dining-room set. Our teenage son helped us wrestle the set into our truck. It took the whole day, but finally the table, chairs, and china cabinet were sitting in our dining room.

"Just think," I said as I admired the furniture while my son sat resting. "This set is 100 years old. And someday, it will belong to you."

"Oh, no!" he replied with a stricken look on his face. "You mean I'm going to have to move this thing AGAIN?"

I have instructed my children and wife where to go in case of a tornado...

The TRASH CAN, as in my home nothing ever hits it.

I have five siblings, three sisters and two brothers. One night I was chatting with my mom about how she had changed as a mother from the first child to the last. She told me she had mellowed a lot over the years.

"When your oldest sister coughed or sneezed, I called the ambulance. When your youngest brother swallowed a dime, I just told him it was coming out of his allowance."



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