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Harris or Trump, it's rocky trade ties either way for India



Internal challenges hinder the US and India from fostering closer strategic ties. While there is clear logic to closer India-US strategic cooperation on a number of fronts, domestic priorities and capacity issues will continue to complicate ties. The United States and India are currently in the midst of a minor trade spat, centered on medical devices, agriculture and e-commerce, among others. Washington has revoked India's benefits under the 1970s era Generalized System of Preferences (GSP) arrangement, and New Delhi has struck back with higher tariffs on 28 US goods including various fruits and nuts. Compared to the China-US trade war, this is a minor skirmish, but, like continued challenges over arms sales and defence cooperation, highlights the difficulties of the two democracies to overcome national differences on their path toward greater strategic coordination. In India, economic considerations, social policies, and a desire to ensure "strategic autonomy" continue to drive policy decisions, and each in some ways runs counter to US requests. India's nominal GDP is a mere one-fifth that of China's, and although the country has one of the fastest growing economies, the rate of growth has begun to slow. The

country is wrestling with slowing growth in exports, consumption and investment, and permanent loss of its GSP benefits may add to the economic headwinds. In addition, agriculture, particular dairy, strikes at key sectarian and cultural aspects of Indian society, running counter to Prime Minister Narendra Modi's political reliance on Hindu nationalism. On the security front, India is cautious of shifting its key arms supply away from Russia, and even if it were to do so, the heavy reliance on Russian platforms and systems would take years if not decades to mitigate. For the United States, the current focus on trade balances drives initial phases of policy (though lowered from years past, India enjoyed a trade surplus of some \$24.3 billion in 2018). But key US lobbies, including pharmaceutical and medical device companies and agriculture, have also weighed in on what they see as unfair advantages and market restrictions. US defence cooperation with India has been held up by Indian demands for technology transfers, but also by threats from the US Congress's Countering America's Adversaries Through Sanctions Act (CAATSA), with demands that India wean itself off of Russian supplies.

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Harris is the Best Choice for Muslim Voters

Salman Bhojani, with contributions from Ali Arwani

As Muslim Americans, we stand at a crossroads in this election, with many eyes on us as a potentially decisive demographic. Our choice carries implications not only for our community but for the course of global events. While I unequivocally condemn the horrific violence of Hamas' October 7th attack and the taking of hostages, Israel's response—indiscriminately taking civilian lives, erasing whole communities, and abandoning previous interest in a ceasefire—has wiped out generations of Palestinian families who wanted only to live in peace. For Muslims, this isn't a distant issue; it's deeply personal. Family, friends, and roots bind us to these regions, and the echoes of these policies are heard in our communities across the United States every day.

In response to these troubling policies, many Muslim Americans are understandably frustrated by the unconditional U.S. support for Israel in this conflict, leading some to consider third-party candidates—or, puzzlingly, even Trump. Yet in this climate, we must choose a practical option for representation and accountability. I urge my fellow Muslims to see the Harris-Walz ticket as that path forward, one that ensures our voices are heard and, crucially, helps prevent the devastation of another Trump administration.

I understand that many of you are considering Jill Stein, and I'm not here to shame anyone for their vote—or their choice not to vote at all. If Trump wins, that responsibility lies with the Democratic Party's inability to mobilize us, and I'll push back against any blame placed on Muslim voters. Yet, I believe voting for Stein is a misstep. The reality is, our winner-takes-all system simply isn't built for third parties to succeed on a national scale. Take the 1992 election as an example: voters dissatisfied with both parties turned to Ross Perot, who, despite winning 19% of the popular vote—a feat Stein is unlikely to match—still earned zero Electoral College votes.

There is material risk in voting for a third party. Supporting Stein, however well-intentioned, could inadvertently raise Trump's chances. The stakes are simply too high for that gamble. I welcome a conversation about the restrictions of a two-party system, but that kind of change won't come from a protest vote—it requires engaging in sustained advocacy at the local level, supporting reforms like ranked-choice voting, nonpartisan primaries, independent redistricting, and, critically, building momentum in between election cycles.

Trump's foreign policy record is alarming. By

moving the U.S. Embassy to Jerusalem, recognizing the Golan Heights as Israeli territory, and legalizing West Bank settlements, he shattered international consensus, escalating tensions. He even used "Palestinian" as an insult for Biden, revealing his disregard for Palestinian identity and struggles. His withdrawal from the Iran nuclear deal—a diplomatic achievement that had brought a measure of balance to the region—only fueled further instability. A second Trump term would threaten the delicate balance in the region, likely worsening these issues, and putting Palestinians, Americans, and the broader region in an increasingly precarious position.

Domestically, Trump's past actions give a troubling glimpse of what another term could bring. Within days of taking office, he enacted the Muslim Ban—one of the most overtly discriminatory policies in recent memory. Entire nationalities, predominantly Muslim, were banned from entering the U.S., dangerously conflating innocent Muslims with terrorists and undoing years of work by activists across America who have built understanding and fought stereotypes. Though it was ultimately overturned by the courts, we can no longer expect that backstop to protect us after Trump's four years of judicial appointments.

Many of you, like myself, know what it was like to grow up in a post-9/11 world, where American Muslims were unfairly viewed with suspicion and painted as outsiders. We worked hard to dismantle those stereotypes and foster understanding, but Trump's agenda threatens to undo that progress. So let me ask you: do you want to relive that? Do we want our children and community to live in a world where being Muslim makes them targets? Trump's policies undermine the democratic principles that protect our right to fair representation. We cannot let him drag us back into an era of fear and discrimination.

As the first Muslim elected to the Texas Legislature, I can personally attest to the difference it makes when we hold these positions. When I first entered politics, I faced Islamophobia head-on; my identity as a Muslim was used against me, and stereotypes were weaponized to discredit my work. But since then, I've been able to combat those stereotypes by working across the aisle to pass meaningful legislation here in Texas—like the bill I passed ensuring no exams are scheduled on Eid (among other holy days) so students can pray and celebrate



with their families. It's in these roles that real change happens, where stereotypes are dismantled, and critical conversations are held.

So why support Kamala Harris? While the Biden-Harris administration's foreign policy in the Middle East has been deeply flawed, they have taken meaningful steps to include Muslims in government—a necessary move to ensure our voices are heard. Unlike Trump, who appointed known Islamophobes like Steve Bannon, Michael Flynn, and Sebastian Gorka, Harris has supported the appointment of actual Muslim leaders. The administration appointed Lina Khan as Chair of the FTC, nominated Dilawar Syed as Deputy Administrator of the SBA, and named Rashad Hussain as Ambassador-at-Large for International Religious Freedom, among others. These actions matter because they bring Muslim perspectives into decision-making, preventing echo chambers that often leave our interests unaddressed. Securing our representation at home is essential for advocating on behalf of Muslims worldwide, confronting injustices, and advocating for peace in our global community.

Voting for Harris isn't about settling; it's about choosing a practical path that can advance our interests while preventing a far greater threat. I urge Muslims to recognize the power of having a seat at the table and the importance of preventing Trump from returning to the White House. Let's vote for Kamala Harris and move forward with a plan to make meaningful, achievable change.

Salman Bhojani has represented District 92 (Tarrant County) in the Texas House of Representatives since 2023. He was the first South Asian and Muslim elected to the Texas Legislature.

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North Texas Islamic Council (NTIC) which represents over 75 Islamic centers, schools and organizations of DFW metropolitan area hosted its annual general body meeting this past weekend in Irving TX under the leadership of its chair Br Mujeeb Kazi. The event was attended by several elected officials such as State Representatives Salman Bhojani, Terry Meza, Irving Mayor Rick Stopfer, Irving city councilman member Br Abdul Khabeer, Irving ISD board member Sr Nuzhat Hye, Minaret foundation ED Shariq Abdul Ghani and several Imams and board members. Special thanks to Baitul-Maal and Cancer research center & hospital for sponsoring this dinner

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The presidential election and the Muslim dilemma

M. Basheer Ahmed M.D.

Sadly, The American Muslim 2024 Election Task Force, called on American Muslim voters to turn out in the 2024 election and vote for candidates, including a presidential candidate who endorses a permanent ceasefire in Gaza and an arms embargo on the Israeli government, such as a third-party nominees Dr. Jill Stein, or Dr. Cornel West

Such a position is not in the best interest of American Muslims in this country or Muslims throughout the globe. The only rational choice for American Muslims is to support the candidacy of Vice President Kamala Harris as the next president of the United States, and the leader of the free world.

I completely understand the anger that some Muslim groups have because of the genocide that is taking place in Palestine. I, too, am angry about what I am witnessing daily in the Middle East. Yet, we must be practical in making decisions and do what is in the long-term interests of the people that we love and live for, and for our next generation.

I believe that any Muslim who votes for a third-party candidate or for a former president who despises our presence in our chosen country is simply misguided, and is acting not in the best interest of the Muslim community.

Vice President Kamala Harris is running to represent the entire country, not just Muslims. This election is a choice between democracy and authoritarianism. Vice President Harris defends America's democratic ideas while her opponent, Donald Trump, severely ignores and endangers them.

We must remember that the Biden/Harris administration appointed Muslim-American to significant position in their administration. Lina Khan, and Yale educated attorney, heads the Federal Trade Commission where she defines and guides American commercial policy.

The honorable Rashad Hussain is an ambassador and special advisor to President Biden and Vice President Harris on religious freedom and domestic policy. There were no such people in the administration of Donald Trump during his four years in the White House. He does not believe that Muslims are capable to helping guide American domestic and foreign policy.

There are more than twenty-five Muslim-Americans serving in the Biden/Harris White House. They are close to power! I believe that the complexion of a possible Trump White House will not be something that we will enjoy. Our faces, our concerns and our political and social objectives will be ignored! We will become abandoned outsiders!

Our demands must be well considered and comprehensive. A cessation of arms to Israel and an immediate ceasefire in the Middle East must be a part of a list of comprehensive issues that we propose to the administration. We cannot afford to be seen as a "single issue" people, only concerned with arms supplied to Israel and a ceasefire. We must not appear to be a foreign agent solely supporting Palestine, although our concerns are humanitarian in nature.

What about other issues that this this country is facing? All of us are U.S. citizens, and we must be concerned about many issues such as affordable healthcare, reproductive health, gender equality, inflation unemployment, education, taxes, climate change, religious freedom, immigration reform and fight ethnic hate. Foreign policy must be a principal concern. The war in Ukraine and a sustainable peace in the Middle East are also issues of high importance. We must not be one issue voters! During the 1950s and 1960s, Jews, who suffered a massacre in Germany and faced antisemitism in the U.S., decided to combat disfavor by taking the following steps:

1. They concentrated on making their children highly educated in the fields of science, business, politics, engineering and medicine.
2. They assimilated with Americans and did not remain isolated, supporting African-Americans to obtain equality.
3. Despite their Multiple sects and ideologies, they united on national issues
4. They began to participate in political activities very early in the 1950s, establishing AIPAC in 1954 to counter adverse international reactions to Israel's atrocities in Palestine.

They are united and work hard to achieve their status. We can certainly learn from them. Let's focus on how to be "influential and powerful.

Muslims started immigrating to the

U.S. in the late 1960s. We faced less discrimination than Jews. Muslims were busy making a living, were not united, and were not involved in politics.

Even in the 1980s and 1990s, Imams discouraged Muslim involvement in politics. It was only after 9/11 that we woke up and started paying attention to politics. My observation is that only 30% of Muslims are paying attention to current affairs and politics, and 70% are still busy making a living for themselves, enjoying big parties with Biryani, Kebobs, and Falafel.

We contribute political funding of about \$25 million annually while Jews spend \$1 billion each year to influence policy. We have only three Congressmen and not a single U.S. Senator. How can they influence a President? 9 Senators and 26 Congressmen are Jewish.

Now, let us focus on who to support for President

We must decide whether to vote for Trump or Harris in this election. If you give a vote to the 3rd party, it is wasted. If Trump wins, we have no choice but to accept the demise of Palestine. MY CONCERNS ABOUT DONALD TRUMP

Donald Trump wants to exclude all Palestinians from Gaza and from the West Bank. He was the one who strongly encouraged the Israeli embassy move from Tel Aviv to Jerusalem, which is a blatant disregard for U.N. and international laws. Trump wants to ban Muslim immigration to the U.S. He is only seeking the White Christian vote!

He has made it very clear that he is not trying to win the votes of a majority of Americans. He and his loyalists are trying to intimidate his opponents and prevent them from voting at all.

Many of those arrested for attacking the U.S. Capitol on January 6, 2021, told the courts they believed they were defending American democracy from those (immigrants) who were destroying the country. Trump calls these felons "patriots" who have been "treated unfairly" and "have shown incredible courage and sacrifice."

Trump met Israeli Prime Minister Benjamin Netanyahu and said, "I was very good to Israel, better than any president has ever been."

He went before Black journalists in Chicago to proclaim, "I have been the

best President for the Black people since Abraham Lincoln. He is saying to everybody, "Listen up, Christians, Jews, and Black people. I am the solution."



Trump glorifies his endeavors on behalf of Christians. "I'm a Christian. I love you. You have to get out and vote. You don't have to vote again in four years, and we will soon be a great nation again."

Trump says, "If I don't get elected, it will be a blood bath." Not a single loyal Republican official has objected to that statement. Trump will do whatever he can to gain power, and once in power, he will do all that he can to keep that power. The U.S. Supreme Court has granted him immunity.

I am not surprised that JD Vance quoted from a Book "That Progressive Democrats are subhuman and leftists that don't deserve the status of human beings and that they are waging a shadow war against all that is good and decent, which will end in apocalyptic slaughter." Trump, Vance said, should "fire every single mid-level bureaucrat, every civil servant, and replace them with our people."

Another Trump loyalist, Mike Lindell, has said, "We must secure the existence of our people, and a future for white children."

Vice presidential candidate J.D. Vance has insisted that a Trump administration will deport legal as well as undocumented immigrants. The Dayton [Ohio] Daily News editorial board called Vance "an embarrassment not only to himself but to the state of Ohio."

Trump believed that he was the legitimate President, and that those who refuse to accept this fundamental fact are the true deniers. Trump is more erratic, impulsive, and self-interested than any presidential candidate, Republican or Democratic. A second Trump administration would escalate the threat of authoritarian governance, most notably by sanctioning politically motivated prosecutions.

If Trump wins, he will assume control of the White House in 2025 with far more power and fewer restraints than when he took office in January of 2017. Trump says he wants to go after his

political enemies and lock up refugees in concentration camps. Implicit in all this, is that he will appoint cabinet members and high-level officials who support what he wants to do. He will not have those around him that will act to restrain him as was the case during his time as the commander-in-chief.

Donald Trump and his supporters and enablers have crafted a fascist piece of legislation that will destroy the right to vote in our country. The Republican proposal suppresses the voting rights of women, Blacks, Latinos, Indigenous Americans, veterans, and active-duty service-members. The suppression of the right to vote is entirely inconsistent with democracy.

We need to select a president who supports democracy and is dedicated to uniting us and restoring our faith in America.

The only prudent option is to vote for Vice President Harris and Governor Walz who are running to represent all Americans!

I believe that once she is elected a united Muslim community can apply the necessary pressure that will result in a fair and just solution to the crisis in Palestine.

Palestinian problems will not disappear by November. As a voter and as a humanitarian I am looking to achieve what is best for our country and all of its people. The Vice President has agreed to consider a ban on the supply of arms to Israel. The Democratic Party will listen to us if we support their candidate. And there is a very good possibility of significant policy changes in the Middle East during a

Harris presidency.

If Trump wins, however, we can be certain that there will be no choice for Palestinian people. He will not listen to our cries for justice nor for our pleas for humanity. The choice we must make and the actions we must take care of oblivious!

If the Vice President Harris wins without Muslim votes we may lose the opportunity to see fairness, justice and peace in the Middle East.

Support Trump and a victory by him will only bring abundant sadness and pain to the people we have a duty to serve.

Look at the evidence, Vice President Harris has stood up against the powerful AIPAC lobby on three occasions. She refused to attend a joint session of Congress when Netanyahu spoke recently. She has repeatedly said that she would not be silent while thousands of innocent people were being killed by Israeli aggression in Gaza. She has called for a ceasefire! And when AIPAC insisted that she choose Pennsylvania Governor Josh Shapiro as her running mate, she selected someone else. She met with Palestinian leadership in Michigan, listened closely to them and was extremely generous with her time.

Kamala emphasized the need to close the wealth gap by increasing access to homeownership, decreasing childcare costs, decreasing healthcare costs, decreasing taxes on the middle class, increasing taxes on billionaires, increasing the living wage for working people, immigration reform and

improving police funding.

Governor Walz has repeatedly and rightly declared, "You don't have to agree with each other on everything to get along and work together." This philosophy has kept Democrats at the forefront of expanding civil rights, immigration rights, LGBTQ rights, and women's rights, ensuring the rights of all Americans.

Georgia State Representative Ruwa Romman, a Palestinian American, is unequivocally dedicated to electing Vice President Harris and defeating Donald Trump.

We have multiple Muslims in elected positions who are part of the Democratic party. How many Muslims are in Congress from the Republican Party or Green Party

Although we were unable to "influence" Biden to stop the genocide in Gaza, it does not mean that we cannot influence Vice President Harris.

We need to increase our vote share in the November election by a considerable margin compared to all the numbers in prior years.

Most Muslims who candidly say that in good conscience they cannot support Vice President Harris have clearly stated that they do not want Trump in the White House.

In conclusion, this election is a choice between inclusive leadership and extreme demagogues with hatred in their hearts. It is a choice between democracy and authoritarianism.

Vice President Harris defends America's democratic ideals, while former

President Donald Trump endangers them. The Muslim community has the money and the votes, but we are not united and well-organized.

Please think seriously and rationally! We must give over-whelming support to Vice President Harris and Governor Walz. The current prime minister of Israel was elected because Israeli Muslims stayed home or voted for another candidate. Our community must not repeat that grievous error in our country.

We MUST support Vice President Harris. A vote for her will ensure that we have a place at the table in the White House. Muslim votes for Kamala will ensure Muslim's voice and a place in the White House.

If she were to win without significant Muslim support, can we reasonably expect her to be there for us and our concerns?

Although Muslims are only 1.5% of the United States population, our united support is vital to any presidential candidate. We must vote our interests and not our emotions. A wise decision is in our collective best interests and in the interests of those we care about throughout the world!

* Dr. M. Basheer Ahmed is a former professor of Psychiatry South western medical school Dallas Texas, chairman emeritus of Muslim Community center for Human Services North Texas and president American Muslims for Human Rights. He can be reached at mbahmed05@yahoo.com 817-907 6080



Alhamdulillah a houseful 'DFW Leadership Summit' Organized by CAIR Action Tx to unite the community for a bigger cause. We had leaders from all backgrounds(Sunni,Shia and Ismaili) community including sisters and youth. We are grateful for Masjid leaderships(EPIC, MIA, ICF, ICQC, IACC, MAS, Colony masjid, Madina Masjid and more) along with many organizations (Good Citizens, MAS, ACKPA, IMPACT, PYM, MSA, DFWM chamber of commerce etc) and people representing Democratic, Republican and Green Party joining and having dialogue to find a common vision for our future. CAIR Action Tx is grateful and humbled to host you

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Deepak Kumar

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

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

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

All-Saints School Hydearabad Alumni held a reunion in Chicago



ASAANA's Working Committee Board Members.

Sitting L to R: Er. Wajahat Khan, Treasurer/Secretary; Er. Osman Ali, Gen Coordinator; Dr. Shah Khan, Treasurer/ Joint Secretary & MC; Ar. Zahyr Siddiqi, Gen Secretary, Chief Editor & Jury; Vaseem Ifthekhar, Director Cultural Affairs & Advisor; Holly Kim, Lake County Treasurer, State of Illinois, Asian/ American Caucus Chair; Ken DeLuc, Political Director, Rep. Judge John Anderson; Ma Khokar, Mayor Glendale Heights; Dr. Abdul Hai, Cricketer, Advisor, Head Jury; Er. Ameer MA Khan, Founder President; Ar Dinesh Mahendra, Vice President; Abdul Azeem Khan, Attorney, Joint Treasurer.

Standing: L to R: Er. Zafar Siddiqui, Editor; Er. Irshad Ansari, Joint Coordinator.

The All-Saints' Alumni Association of North America (ASAANA), a non-profit organization, celebrated its 20th anniversary and 5th reunion on October 19, 2024, at Shalimar Banquet in Addison, Illinois.

The event brought together alumni from across North America to honor the legacy of their alma mater, All Saints' High School, Hyderabad, India, a highly respected Christian institution with a history going back 170 years. A lively social hour gave alumni the opportunity to reconnect with classmates and reminisce about their time at the school.

The rest of the program was emceed Dr. Shah Khan, the Master of Ceremonies. The Chief Guest was Illinois District Court Judge John C. Anderson (but represented by Ken DeLuc, the Illinois Political Director) and the Guest of Honor was Lake County Treasurer Holly Kim & Congresswoman Marie Newman (Illinois, District-3).

ASAANA President Ameer Khan welcomed the attendees in his speech, reflecting on the storied history of All Saints' High School, founded in 1855 by Reverend Daniel Murphy at the request of the King of Hyderabad, Nawab Asaf Nasirud Dowla. Initially modeled after Murphy's alma mater in Ireland, the school's motto, "Virtus Sola Nobilitat" (Virtue Alone Ennobles), emphasizes its commitment to both academic excellence and character develop-

ment. The school was entrusted to the Montfort Brothers of St. Gabriel, in 1932, continued its mission of nurturing future leaders and professionals.

Mr. Khan also highlighted ASAANA's purpose as a non-profit organization dedicated to fostering unity among alumni and preserving the rich legacy of All Saints' High School. As part of the evening's festivities, attendees received the specially prepared 2024 ASAANA Souvenir Magazine, chronicling the alumni association's milestones and achievements over the years.

An awards ceremony honored distinguished alumni who have made significant contributions in their respective fields. Awards were presented in three categories: Honor Awards, Extraordinary High Achievement Awards, and the Awards of Appreciation for the Working Committee Board Members.

Honor Awardees: Mohan Ambaty, Basit Baig, Mani Cherian Kizhakekera, Mohammed Vikaruddin Qureshi, Pashupatinath Pala, Syed Noor Ul Hassan Mohani, Dr. Mohammed Abdul Khader Siddiqi, Mohd. Liaquatullah Khan, Surender Singh Makhija, Chenna Lakshmi Pathi, Dr. Mohammed Abdul Basit, Er. Mohammed Ayub Mujahid, Extraordinary High Achievement Awardees: Dr. Angampally Rajeev, Dr. Sultan Sikander Ali Khan, Dr. Mohammed Abdul Majid, John

Tarachand, Mohammed Mushtaq, Raj Kosgi, Mir Zulfeqar Ali, MLA, ATM Yahya, Mohammed Abdul Mukhtader Zamarud Hussain, Entrepreneur Mir Gazanfar Ali (Zaki), Dr. Sanjay Kirtane,

Awards of Appreciation were presented to the ASAANA Board and Working Committee members for their dedication to organizing the 2024 Reunion. ASAANA 2024 - Board & Working Committee Members include: Founder & President: Ameer M Khan Vice Presidents: Dinesh Mahendra, Mushtaq Ahmed General Secretary & Editor-in-Chief: Ar. Zahyr Siddiqi Joint Secretary & Treasurer: Wajahat Khan Dr. Shah Khan, MC, Joint Secretary & Treasurer General Coordinator: M Osman Ali Abdul Azeem Khan, Attorney, Joint Treasurer Editor: Zafar Siddiqui Siraj Ali, Sub Editor Manoj Khatod, and Joint Coordinator IT Manager: Sanjay Srivastava.

A cultural program and a traditional Hyderabad dinner were other highlights of the evening. The musical performance saw distinguished alumni Vaseem Iftekhar and Irshad Ansari deliver a highly engaging program.

The vote of thanks was delivered by ASAANA Vice President Dr. Dinesh Mahendra, expressing appreciation to all who made the event possible.

IFTEKHAR SHAREEF PAGE



Kohinoor book written by Shahbaz Khalid s/o Fazil Parvez featuring people from Quli Kutb Shah till today who helped in building Hyderabad



My neighbour daughter marriage at Grand Ford in Shamshabad



Marriage reception of Parvez Choudhary 's son at May Fair banquet in Shamshabad



Left: dinner with Ahmed Owasi sahab uncle (cha cha) of Barrister Asaduddin Owasi Member of Parliament Hyderabad constituency . Thanks Sajid Baig for hosting it , met Ahmed bhai after five years . Also joined is Majid Khan of Chicago , Hamed Hussain Farru , Fareed Owaisi and nephew of former MLA Bahadur Pura

CHICAGO PAGES

CHICAGO PAGES

CHICAGO PAGES

Various events in Chicago

Imran Aziz Mian event

Faiq Quadeer's Dalima



Amein Haider with brother Mehboob Zafar and Nazar Naqvi after an AARA event

CAIR Chicago successfully holds its 20th Annual Banquet.



CHICAGO PAGES

CHICAGO PAGES

CHICAGO PAGES

Ashfaq Syed Submits Petitions for City Council Ballot Access

Naperville, IL — On October 21st, Ashfaq Syed, candidate for Naperville City Council, was among the first in line to submit his petitions, aiming to secure the top spot on the ballot for the April 1st municipal elections. Demonstrating strong community support, Ashfaq gathered over 1,100 signatures, surpassing the required number with enthusiastic backing from Naperville residents. Ashfaq wants to extend his sincere gratitude to all Naperville's residents who were willing to sign his petitions.

In addition to his successful gathering of petitions, Ashfaq also raised the most funds of any candidate last quarter, showcasing the growing momentum and support behind his campaign. "I am incredibly humbled and grateful for the overwhelming support I've received from our community," said Ashfaq. "Being among the first to submit my petitions reflects my dedication to serving Naperville and ensuring every resident

has a voice in our city's future."

Ashfaq Syed's campaign continues to build on his commitment to responsible development, public safety, and community engagement. With a focus on representing the diverse voices of Naperville, he aims to bring a positive and sustainable vision to the city.

For more information on Ashfaq's campaign, visit www.ashfaqornaperville.com or follow him on social media at www.facebook.com/ashfaqornaperville. Media Contact: Michael Crouner gcrouner@gmail.com ### contact@ashfaqornaperville.com www.ashfaqornaperville.com

Caption of the picture: Ashfaq Syed, Naperville City Council candidate turned in the petition at Naperville City Council



Musical event in Toronto



Ather Mohammed and Baba Siddique



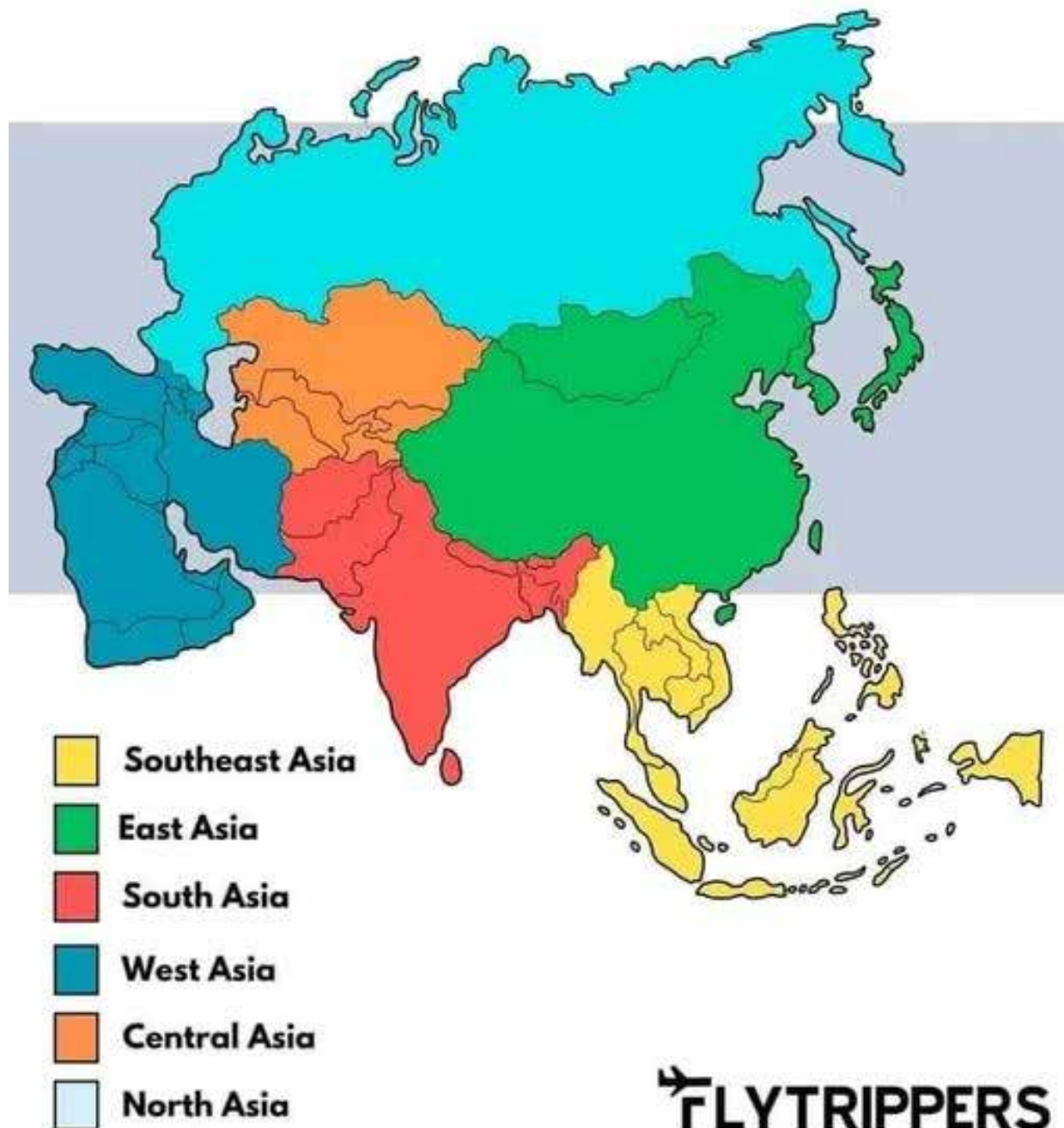
Puranlal Vyas with son Mahavira and Ambu

Mississauga Toronto Canada

presented a successful colorful musical program which touched the hearts of Indians, Pakistani Bangladeshi. Famous singers Janab Asad Bhai Mr. Ayub Bhai Sarbani Banerjee and various famous artists have made the hearts of the time to sing in their freely style. On this occasion, the organizer of Hyderabad Program, Mr. Babar Ghouri Sahab was the guest of the program. Khususi Senior TRS Khayed Mr. Syed Sikander Mashooqi Mr. Mohatram Aslam Khan Sahab Politician Canada and Mr. Aleem Farooqi Sahab USA. Mr. MD Amir Sahab Maroof Realtor Canada and Degaar for presenting his intelligence and all the time thanks to Mr. Baba Shareef Maroof Anchor Vo Gulukar, Hyderabad has put four moon to the programme with excellent Sound System.



The 6 different regions of Asia



The 6 Diverse Regions of Asia

Asia, the largest continent on Earth, is divided into six distinct regions, each with its own unique cultures, landscapes, and histories:

East Asia: Home to China, Japan, Korea, and Mongolia, this region boasts ancient civilisations, technological powerhouses, and the towering Himalayas.

Southeast Asia: Known for its tropical climate and rich biodiversity, it includes countries like Indonesia, Thailand, Vietnam, and the Philippines.

South Asia is a continent that includes the Indian subcontinent, Pakistan, Bangladesh, Nepal, Bhutan, and Sri Lanka, as well as the formidable Himalayas to the north.

Central Asia: This region, which is landlocked and historically significant due to the Silk Road, includes Kazakhstan, Uzbekistan, Turkmenistan, Kyrgyzstan, the Uyghur region, and Tajikistan.

Western Asia (or the Middle East): This region is of ancient civilisations and strategic importance. It includes Turkey, Saudi Arabia, Iran, Iraq, and other nations in the Arabian Peninsula and the Levant.

Northern Asia: is primarily composed of the vast expanse of Siberia in Russia, characterised by its cold climate and sparse population.

Each of these regions contributes to Asia's rich diversity, making it a continent like no other!



Nihad Awad's Post

To Allah we belong and to Him we return. My dear brother and companion in the journey of protecting the civil rights and empowering American Muslims, Imam Mahdi Bray returned to Allah. His Janaza will be Friday, October 11, 2024 at 1:00 PM at Dar al-Hijrah Islamic Center, 3159 Row Street, Falls Church, VA 22044 Imam Mahdy's leadership had a major impact the growth and development of Islamic work in the United States for decades. He will be dearly missed. We pray to Allah SWT to bless his soul, forgive his sins, and grant him the highest ranking in Janna. Ameen.



Huma Qureshi & Sonakshi's Husband Zaheer With Baba Siddique.

Animal and their meat

	Deer	→		Venison
	Cow	→		Beef
	Calf	→		Veal
	Goat	→		Goat meat (Chevon)
	Sheep	→		Mutton
	Lamb	→		Lamb
	Pig	→		Pork

World Boxing Champion Nikhat Zareen Joins Telangana Police as DSP.



INTERNATIONAL PAGES

TOP 5 INDIAN CRICKETERS

1970



SUNIL GAVASKAR



BISHAN S BEDI



G. VISHWANATH



CHANDRASEKHAR



E. PRASANNA

1980



KAPIL DEV



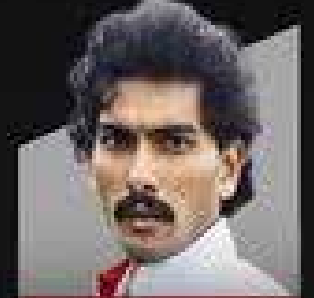
SUNIL GAVASKAR



M. AMARNATH



VENGARKAR



RAVI SHASTRI

1990



TENDULKAR



AZHARUDDIN



ANIL KUMBLE



JAVAGAL SRINATH



AJAY JADEJA

2000



TENDULKAR



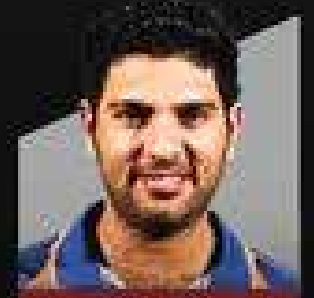
RAHUL DRAVID



SOURAV GANGULY



SEHWAG



YUVAJ SINGH

2010



VIRAT KOHLI



MS DHONI



ROHIT SHARMA



ASHWIN



JADEJA



FAMOUS MUSLIM CRICKETERS IN INDIAN TEAM



Zaheer Khan



Mohammed Kaif



M Azharuddin



Irfan Pathan



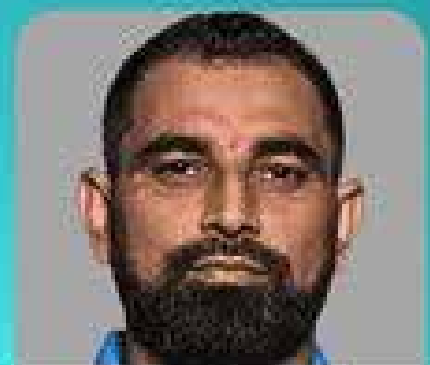
Wasim Jaffer



Munaf Patel



Yusuf pathan



Mohammed Shami



Mohammed Siraj



Mansoor Ali



Sayed Kiramni



Saba Karim



Sarfaraz Khan



Khaleel Ahmed



Avesh Khan



Umran Malik

SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



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

BE PREPARED

CHECK LOCAL FORECAST

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

CONDUCT PLAY OF THE DAY

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

PERFORM THOROUGH PM

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

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

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

USE SAFE DRIVING TOOLS

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

SEEK COVER

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

STAY FOCUSED

MAINTAIN AWARENESS

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

BE PROACTIVE

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

COMMUNICATE

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

HIGH WATER ON THE ROAD & AVOIDING HAZARDS



BE PREPARED

VERIFY CONDITIONS

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

ENSURE ESSENTIAL SUPPLIES

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

PLAN FOR MORE

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

SLOW DOWN

TURN AROUND

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

BE CAUTIOUS

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

HAVE A WAY TO ESCAPE

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

STAY FOCUSED

OBSERVE SURROUNDINGS

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

CALL A TIME-OUT

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

REMAIN ALERT

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

Princess Diana's Former Bodyguard Shares What Really Happened When the Royal Confronted Camilla About Prince Charles Affair

Much has been written about the beginnings of King Charles and Queen Camilla's relationship, especially their affair while he was married to Princess Diana. Their romance became one of the biggest royal scandals of the 20th century, and now a former royal bodyguard is discussing what happened on one fateful night in 1987 when Diana confronted her husband's mistress.

Ken Wharfe, who worked as a protection officer for the princess, told ITV (via the Mirror) that Diana had been invited to a party hosted by Camilla Parker Bowles's sister, Annabel Elliot—but no one expected she'd actually show up.

"Diana didn't have any particular friendships at that party but when we arrived there, it was almost like freeze-framing a scene in a movie because there was this surprise that Diana had even arrived," Wharfe recalled.

Diana herself went on to describe the bash in Andrew Morton's biography *Diana: Her True Story*. "I was a total fish out of water. But I decided to try my hardest. I was going to make an impact," she told the biographer. But apparently, things got awkward about an hour later.

"I went out and there was Diana,

who said 'You've got to come with me, I can't find my husband or Camilla,'" Wharfe told ITV, adding that the princess "was in some distress" and he "couldn't say no."

He continued that they "found the Prince and Camilla sat on a sofa in the basement of this property just talking." Rather than slink away, Diana found the "confidence" to confront Parker Bowles, as the former royal bodyguard recalled.

"I didn't know quite what Diana was going to do at that point but, with a great deal of confidence, Diana just went up to both of them and said to Camilla 'please don't treat me like an idiot, I know what's going on,'" Wharfe told ITV.

"It must be hell for both of you," Diana said, per Morton's biography, telling Camilla, "I wasn't born yesterday."

During the confrontation, the protection officer admitted that Parker Bowles's reply to the prin-



cess mystified him. "Camilla sort of said something, to which still to this day I have never really understood what she meant by," Wharfe revealed, explaining that the future queen told Diana, "Well you know, you have two wonderful boys."

While he wasn't sure what Camilla meant by her remark, Wharfe shared that the encounter "was an incredible moment for me and certainly for them as well."

Diana—who divorced Charles in 1996—would

later go on to admit in her BBC Panorama interview that "there were three of us in this marriage, so it was a bit crowded." But when it came to that fateful party, Wharfe said it "was a defining moment in their life because I think at that point...this was an indicator the end was nigh. Y?entertainment Kristin Contino



Indian palaces you can actually stay in

Taj Falaknuma Palace, Hyderabad

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



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



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



Taj Lake Palace, Udaipur

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



Taj Umaid Bhawan Palace, Jodhpur

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



Ananda in the Himalayas, Tehri Garhwal

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



Samode Palace, Jaipur

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



Laxmi Niwas Palace, Bikaner

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



Taj Rambagh Palace, Jaipur

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



Neemrana Fort Palace, Alwar

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

RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle



RECIPES

Aloo Matar Tikki

Aloo tikki -- or potato patties -- were a staple at my house growing up and my mother's favorite snack. Stuffed with peas on festive occasions, these patties are best eaten hot, straight from the skillet to the plate. We loved eating these crispy and deliciously savory treats with a piquant cilantro chutney. On the streets in Delhi they are deep fried in oil and served on a plate made of dried leaves. Dredged in breadcrumbs, the patties in this recipe are as crispy as the ones from the streets, and way healthier. Since I can never get enough of the pea filling in the patties, I decided to add peas to the cilantro chutney, which is completely inauthentic but is even better than the real thing!

Ingredients

Deselect All

Chaat Masala (see Cook's Note):

1 teaspoon roasted ground cumin

1 1/4 teaspoons amchoor powder (dried raw mango powder)

1/2 teaspoon kala namak (black salt)

1/8 to 1/4 teaspoon red chili powder

1/8 to 1/4 teaspoon freshly ground black pepper

1/4 teaspoon salt

Potato Patties:

3 to 4 small Russet potatoes (about 1 1/2 pounds)

1 1/2 cups frozen peas

A 1-inch piece fresh ginger, grated (about 1 teaspoon)

1/4 to 1/2 teaspoon sugar (optional)

2 to 3 green chiles, finely chopped, such as serrano

1 bunch cilantro, leaves and tender stems,

washed and coarsely chopped (about 1 1/2 cups)

1 lime, juiced plus more to taste

Kosher salt to taste

1 cup plain breadcrumbs (see Cook's Note)

2 teaspoons chaat masala

Oil, such as olive or safflower for forming and frying

Directions

For the chaat masala: Combine the cumin, amchoor, kala namak, chile powder, black pepper and salt in a storage container with a tight-fitting lid. Store at room temperature for up to 6 months.

Cover the potatoes with cold water in a large pot. Bring to a boil and cook until tender, about 30 minutes. Add the peas to the same water and cook until bright green and tender, 3 to 4 minutes. Drain, remove the potatoes to a plate to cool and transfer the peas to the bowl of a food processor.

For the filling: Add the ginger, sugar, 1 green chili, 1/2 cup cilantro, juice from half the lime, 1/2 teaspoon chaat masala and 1/2 teaspoon salt to the peas in the food processor and process in spurts until a rather coarse paste. Adjust with salt to taste. Remove half the paste for the filling (about 1/2 cup). Then make the chutney for serving: Add 2 tablespoons water, the remaining chilies, cilantro and lime juice to the food processor and pulse until it has the consistency of a fine pesto. Adjust seasoning with lime juice and salt to taste. Set aside.

When the potatoes are cool enough to handle, remove the peels and transfer to a large bowl. Mash the potatoes. (I find it easier to coarsely grate the potatoes on a box grater and then mash.) There shouldn't be any large pieces but it shouldn't be super smooth either. Add 1/4 cup breadcrumbs, 1 1/2 teaspoons chaat masala and 1 teaspoon salt. Mix well and adjust seasoning to taste with salt.

Divide the potato mixture into approximately 12 equal-sized pieces (about 1/4 cup each). Rub a little bit of oil on cleaned and dried hands (it helps forming the patties) and roll into balls and then make an indentation in the center with your thumb. Spoon about 1/2 tablespoon of the reserved pea mixture into the indent and gently close the edges together to seal. Roll into a ball again and flatten into a patty about 1/2-inch-



thick. (If a little pea mixture gets mixed with the potato part of the patty do not worry.) Repeat with rest of the balls and filling. If you have filling left, you can add it to the chutney.

Add the remaining breadcrumbs on a plate or shallow bowl. Press both sides of each patty into the breadcrumbs to coat.

Heat 2 to 3 tablespoons of oil in a large nonstick skillet over medium-high heat. When hot, add the patties in single layer batch, evenly spaced out. Fry until you get a nice golden crust, 3 to 4 minutes per side. Remove to paper towel-lined plate and sprinkle with salt. Wipe out the skillet with a couple paper towels. Repeat with more oil and the remaining patties. Serve hot with chutney.

Cook's Note

Premade chaat masala is readily available in Indian stores and online, though I prefer making my own. It's a great zesty seasoning salt that is used in all chaats. It's also great for making raita, in Indian salads and as a seasoning in other foods, such as avocado toast and guacamole. Breadcrumbs are not traditionally used in aloo tikki, but when added to the potatoes it is much easier to form the patties. Dredging in the crumbs also gives them a nice crunch with pan frying.

Masala Lassi (Chhaas or Mattha)

Ingredients

Deselect All

3/4 cup Greek yogurt

1/4 cup fresh cilantro, chopped

1/4 cup fresh mint leaves

1 teaspoon roasted cumin powder (see Cook's Note), plus more for garnish

1/2 teaspoon amchur (mango powder)

1/2 teaspoon packed grated ginger

1/2 teaspoon black salt

1/2 teaspoon kosher salt

1/4- to 1/2-inch piece of serrano pepper, seeded, optional

Directions

Combine the yogurt, cilantro, mint, cumin powder, amchur, ginger, black salt, kosher salt, serrano (if using), 1 1/2 cups water and 1/2 cup

ice in a blender or in a bowl (if using an immersion blender). Blend until frothy. You can serve the lassi immediately, or refrigerate it for several hours and stir before serving.

To serve, pour the lassi into glasses and garnish with a sprinkle of roasted cumin powder. Serve it with a spoon or a swizzle stick to stir the drink as the spices sometimes sink to the bottom of the glass as it sits.

Cook's Note

You can find roasted cumin powder in specialty stores or online, but it's easy to make your own and much more fragrant than store-bought. To do it, toast whole cumin seeds in a dry pan over medium-high heat, shaking the pan frequently, until they start to color, 1 to 2 minutes. Transfer them to a plate to cool. Grind the seeds in a spice



grinder or with a mortar and pestle. You can make a larger quantity and store it in a tightly sealed jar.

Rohit Bal, One Of India's Top Fashion Designers, Dies Of Cardiac Arrest At 63

Rohit Bal, One Of India's Top Fashion Designers, Dies Of Cardiac Arrest At 63
Born in Srinagar, Bal began his career in 1986. Rohit Bal, One Of India's Top Fashion Designers, Dies Of Cardiac Arrest At 63
Raymond Group Chairman Gautam Singhania said he was heartbroken to say goodbye to an "incredible friend".

New Delhi: Rohit Bal, one of India's most renowned fashion designers, has died at the age of 63.

A friend of the designer told NDTV that Bal was in the ICU a week before his last show in October. He was discharged and then admitted to the Aashlok Hospital in Delhi on Wednesday, where he died of a cardiac arrest on Friday.

In a post on Instagram, the Fashion Design Council of India recalled the contributions of the fashion icon, who was also known as Gud-da.

"We mourn the passing of Legendary designer Rohit Bal. He was a founding member of the Fashion Design Council of India (FDCI). Known for his unique blend of traditional patterns with modern sensibilities, Bal's work

redefined Indian fashion, and inspired generations. His legacy of artistry, and innovation along with forward thinking will live on in the fashion world. Rest in peace GUDDA," the council wrote.

FDCI president Sunil Sethi said the designer will be cremated on Saturday.

"It's true that he has passed away. He had a cardiac arrest... heart failure. Rohit was a legend, we are completely shaken right now. We are trying to work out details for the cremation tomorrow," Mr Sethi told news agency PTI.

Born in Srinagar, Bal began his career in 1986 and rose to become one of the biggest names in the Indian fashion industry. He won 'Designer of the Year' at the Indian Fashion Awards in



2006, and the Kingfisher Fashion Achievement Awards in 2001. He was also named the Lakme Grand Finale Designer in 2012.

After battling illness, the designer made a return to the runway at the Lakme Fashion Week X FDCI grand finale last month where he showcased his collection 'Kaaynaat: A Bloom in the Universe'. Lakme's brand ambassador, actor Ananya Panday, walked the ramp as the showstopper in a Rohit Bal signature ensemble. India News Reported by Abira Dhar Rao

Newborn Was Thrown Off Bridge By Parents, Survived 50 Wounds, Animal Bite

In August, a seven-day-old child was discovered stuck on a tree in Uttar Pradesh's Hamirpur after he was thrown off a bridge by his parents. He had suffered at least 50 wounds, including a severe animal bite on his back, and was taken to a hospital in Kanpur where doctors were not sure whether he would survive.

The child - named Krishna because he was found on Janmashtami, August 26 - may have started life being unwanted, but when he left the hospital completely cured two months later, not one eye was dry because every staff member had become attached to him, said a doctor.

The principal of the Lala Lajpat Rai Hospital in Kanpur (also known as Hallett Hospital) said the boy was referred to the institution by the district hospital in Hamirpur.

"The baby was thrown off a bridge in Rath near Hamirpur and, fortunately, he got stuck on a large tree. He suffered several wounds because of the fall. It appears he was also bitten by some crows and an animal, because he had a severe wound on his back. He was referred to us with 50 wounds in a critical condition by the Hamirpur district hospital," said Dr Sanjay Kala.

Staff at the hospital said they named the child Krishna, because he was found on Janmashtami, and when he would cry in pain, the nurses would sing lullabies to him from a distance

because the wounds all over his body prevented them from picking him up to pacify him. "His pain and crying would bring tears to our eyes, and some of us sing to him or gently blow on his wounds to make him feel better," said a nurse.

Dr Kala said the boy's treatment took nearly two months and he was handed over to the police and members of the child welfare committee on October 24.

"When he was leaving the hospital, all the staff members had tears in their eyes because they felt very attached to him, almost as if he was their own child," said Dr Kala.

"When we were so attached to him in two months, I wonder how his parents could throw him off a bridge. Even if they did not want him, they could leave him at a hospital or in front of a temple or mosque. That way, he would have



at least not got hurt or bitten by animals," he added.

Lakshmi, a nurse from the neo-natal ICU of the hospital, said, "When he got better 10-15 days after he was admitted, we felt like taking him in our arms, but the wounds did not allow it. When we finally could do that, he had to leave the hospital. We are happy he has fully recovered and we hope he has a good life."

India News Edited by Rohit Paul

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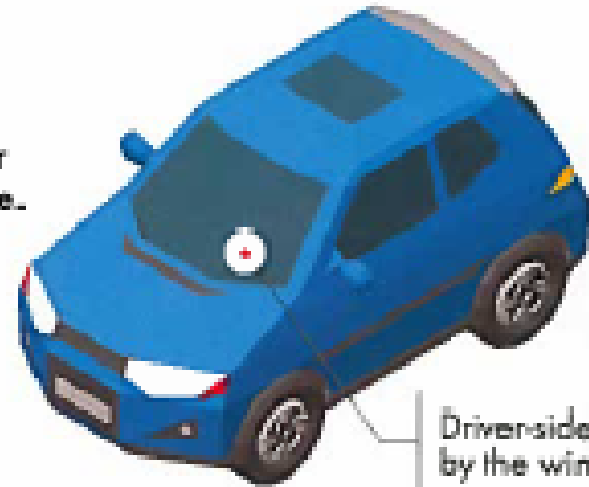
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Health & Wellness

Enjoy a Safe and Healthy Fall Season

Autumn is the start of flu season, and doctors recommended everyone 6 months and older gets vaccinated against the flu. Learn more about flu prevention and the flu vaccine.

Have No Fear! Halloween is Here

Little Girl Enjoying Halloween Halloween is a fun-filled time for children, but there are many dangers associated with the holiday unrelated to ghouls, goblins and witches. Parents need to take the necessary Halloween safety precautions to make sure their children remain safe while still having fun.

Drive Safely as it gets Darker

Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. As we set our clocks backward by one hour in most areas of the country, here are some tips for driving at night.

Green Cross Tip: When you change your clocks, it's also a great time to check the batteries in your smoke alarms and carbon monoxide detectors.



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Safety Considerations For Osteoporosis: Diet, Exercise, And Plan Of Care

Osteoporosis is a bone disease. It occurs when bone density and mass decrease, leading to weakened bones and a higher chance of fractures.

Even minor injuries or falls can cause fractures for those with osteoporosis, and many people don't know they have the disease until they break a bone. For these reasons, it's important to learn your risk factors, attend a timely osteoporosis screening, and take necessary safety precautions if you have the diagnosis.

In this article we'll overview how to stay active and healthy with osteoporosis, existing treatment options, and other steps you can take to lower your risk of fractures.

How common is osteoporosis?

More than 12 percent Trusted Source of U.S. adults over 50 have osteoporosis. The primary risk factors are age, genetics, and sex (women are at higher risk than men).

Around 43 percent of adults over 50 have low bone mass (osteopenia), which can lead to osteoporosis over time.

Adjust certain activities

It's important to stay active, even with osteoporosis, but sometimes adjustments to your activity habits are necessary.

To ensure your overall health with osteoporosis, it might be a good idea to limit or cease more high-risk activities. This could include taking a temporary or long-term break from contact sports such as football, rugby, or wrestling. Activities that involve aggressive twisting of your spine, such as golf, may also not be ideal.

Making adjustments to your regular exercise regime doesn't mean giving up being active. It just means directing your energy to safer activities with higher well-being returns. Talk with a doctor to identify lower-risk physical activities that will strengthen your bones and muscles.

Weight bearing and resistance exercises are the best for the bones, according to the National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases National Resource Center.

Exercises recommended for people with osteoporosis include: walking hiking climbing stairs lifting weights

Swimming is also a great source of cardio that strengthens muscles without putting much impact on your bones, meaning it comes with a low risk of fractures.

It's important to listen to your body. If you're having pain while working out, or pain that worsens with a specific activity, take a break from it and talk with your doctor.

Your doctor may also suggest working with a personal trainer or physical therapist who specializes in osteoporosis. Everyone's body is different. Depending on your individual health factors (including age, previous injuries, chronic conditions), a specialist can help design an exercise plan that meets your needs.

Eat a balanced diet Bone health and nutrition are connected, so it's vital to eat a balanced diet to keep your bones healthy.

Calcium, protein, and vitamin D are all key to supporting bone density and strength. There's a variety of ways to incorporate all of these into your diet by consuming:

fatty fish liver cheese

animal protein

low-fat dairy products

vegetables such as kale and broccoli

Getting enough sunlight is also important for your vitamin D levels. Not getting enough vitamin D from sunlight or your diet can cause a deficiency, which harms your bones (and isn't good for your mood). Take care to avoid excess rays by protecting your skin and eyes when out in the sun for long periods of time.

Vitamin C is also great for bone health. Many fruits and vegetables are good sources of this vitamin, including oranges, strawberries, and red and green bell peppers. Learn more about vitamin C supplements.

If you want to make adjustments to your diet but don't know where to begin, consider asking a doctor for a referral to a nutritionist. A nutritionist will listen to your personal goals, assess your current diet, and help you put together a realistic plan that works for your health. Some nutritionists specialize in working with clients who have osteoporosis. Remember: before adding any new vitamins or supplements to your diet, it's a good idea to consult your doctor or nutritionist. Always take supplements as directed to avoid toxicity or adverse effects.

Declutter your home

When you have osteoporosis, seemingly minor injuries and falls can have an outsized effect on your health. While others may walk away with a bruise, you may receive a fracture, resulting in weeks (or



months) of rest and healing. It's therefore essential to take precautions to limit chances of tripping or losing your balance.

Clutter is a big cause for concern, making it easy to stumble over stray objects. Try to streamline. Organize or store loose items in your living environment, and throw out or donate anything you don't need. Avoid leaving anything out on the floor to be tripped over, even if it's just dirty clothes or grocery bags.

Other precautions

Other things you can do to improve safety at home include:

wear supportive shoes or sneakers with low heels (and don't walk around in socks on smooth floors) make sure carpets and rugs have slip-proof mats underneath, or are secured to floor. Or consider removing rugs altogether.

make sure your home is well lit, especially stairs have handrails on all staircases, and use railing when going up or down

install grab bars in the bathroom near the toilet and in the shower

put a rubber bath mat in the shower or tub to avoid falls

have a flashlight near your bed (or use your smartphone)


Some people with osteoporosis may require the use of mobility aids, such as a cane, walker, or wheelchair.

List of Bollywood films of November 2024

8	<i>Ella</i>	Roshan Fernandes	Isha Talwar · Makarand Deshpande · Saranya Sharma
	<i>Khwaabon Ka Jhamela</i>	Danish Aslam	Prateik Babbar · Sayani Gupta · Kubbra Sait
15	<i>The Sabarmati Report</i>	Dheeraj Sarna	Vikrant Massey · Raashii Khanna · Riddhi Dogra
	<i>Match Fixing</i>	Kedaar Gaekwad	Vineet Kumar Singh · Anuja Sathe · Manoj Joshi
22	<i>Naam</i>	Anees Bazmee	Ajay Devgn · Sameera Reddy · Bhumi Chawla · Rahul Dev
	<i>Suswagatam Khushamadeed</i>	Dhiraj Kumar	Pulkit Samrat · Isabelle Kaif · Sahil Vaid · Manu Rishi Chadha
	<i>I Want to Talk</i>	Shoojit Sircar	Abhishek Bachchan · Ahilya Bamroo · Johny Lever
29	<i>Metro... In Dino</i>	Anurag Basu	Aditya Roy Kapur · Sara Ali Khan · Anupam Kher · Neena Gupta · Pankaj Tripathi · Konkona Sen Sharma · Ali Fazal · Fatima Sana Shaikh
	<i>Badtameez Gill</i>	Navjot Gulati	Vaani Kapoor · Aparshakti Khurana · Paresh Rawal · Sheeba Chaddha · Monica

Binaca Geetmala Annual List (1964)



Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 1	Mere Man Ki Ganga Aur Tere Man Ki Jamuna Ka <small>You Tube</small> ✓ 🏆 ★ 4.11 - 263 votes	Vijayanthimala, Mukesh	Shankar Jaikishan	Vyjayantimala, Raj Kapoor
		Sangam (1964)	Shailendra	Ched Chad Songs, Roothna Manaana
 2	Yeh Mera Prem Patra Padhkar, Ke Tum Naaraz Na Hona <small>You Tube</small> ✓ 🏆 ★ 4.20 - 3777 votes	Mohammed Rafi	Shankar Jaikishan	Rajendra Kumar, Vyjayantimala
		Sangam (1964)	Hasrat Jaipuri	Romantic Songs, Raag Based Songs, Raga - (Alaiya) Bilawal
 3	Mere Mehboob Tujhe, Meri Mohabbat Ki Kasam <small>You Tube</small> ✓ 🏆 ★ 4.36 - 1618 votes	Mohammed Rafi	Naushad	Sadhana, Rajendra Kumar
		Mere Mehboob (1963)	Shakeel Badayuni	Ghazals, Roothna Manaana, Filmfare Awards Nominee, Romantic Songs, Raag Based Songs, Raga - Jhinjhoti
 4	Tumhe Aur Kya Du Mai Dil Ke Sivaye, Tumko Hamari Umar Lag Jaye <small>You Tube</small> ✓ 🏆 ★ 4.13 - 363 votes	Lata Mangeshkar	Shankar Jaikishan	Rajendra Kumar, Dharmendra, Saira Banu
		Ayee Milan Ki Bela (1964)	Hasrat Jaipuri	Happy Songs, Party Songs, Raag Based Songs, Raga - Bhairavi
 5	Tum Kamsin Ho Nadan Ho Nazuk Ho Bholi Ho <small>You Tube</small> ✓ 🏆 ★ 4.30 - 177 votes	Mohammed Rafi	Shankar Jaikishan	Saira Banu, Rajendra Kumar
		Ayee Milan Ki Bela (1964)	Hasrat Jaipuri	Romantic Songs
 6	Mere Mehboob Qayamat Hogi, Aaj Rushwa Teri Galiyo Me <small>You Tube</small> ✓ 🏆 ★ 4.30 - 3861 votes	Kishore Kumar	Laxmikant Pyarelal	Kishore Kumar, Kumkum
		Mr. X in Bombay (1964)	Anand Bakshi	Sad Songs, Shikwa Shikayat Songs
 7	Ye Chand Sa Roshan Chehra <small>You Tube</small> ✓ 🏆 ★ 4.48 - 432 votes	Mohammed Rafi	O P Nayyar	Sharmila Tagore, Shammi Kapoor
		Kashmir Ki Kali (1964)	S H Bihari	Romantic Songs, Tareef Songs
 9	Nainaa Barase Rimajhim Rimajhim <small>You Tube</small> ✓ 🏆 ★ 4.47 - 249 votes	Lata Mangeshkar	Madan Mohan	Sadhana, Manoj Kumar
		Woh Kaun Thi (1964)	Raja Mehdi Ali Khan	Rain Songs, Sad Songs
 10	Main Kya Karun Ram Mujhe Buddha Mil Gaya <small>You Tube</small> ✓ 🏆 ★ 4.05 - 323 votes	Lata Mangeshkar	Shankar Jaikishan	Vyjayantimala, Raj Kapoor
		Sangam (1964)	Hasrat Jaipuri	Dance Songs, Ched Chad Songs
 11	Duniyaa Kahati Happy Birthday To You <small>You Tube</small> ✓ 🏆 ★ 4.15 - 190 votes	Asha Bhosle, Manna Dey, Mohammed Rafi	Ravi	Saira Banu, Pran, Om Prakash, Manorama, Joy Mukherjee, Johnny Walker
		Door ki Awaaz (1964)	Shakeel Badayuni	Birthday Songs, Songs for Kids, Party Songs

Binaca Geetmala Annual List (1964)

Prakash Raj On Death Of His 5-Year-Old Son: "Some Wounds Are Deeper Than Flesh"

New Delhi:

Actor Prakash Raj recently spoke about the pain of losing his five-year-old son. At ABP Southern Rising Summit 2024, he shared that while some losses never stop hurting, it's essential to focus on the positive aspects of life. Reflecting on his personal journey, the actor opened up about the impact of loss, including the deaths of his son Sidharth and friend Gauri Lankesh. He stated, "Pain is a very personal thing, whether it's my friend Gauri (Gauri Lankesh) or my son Sidharth. But, then I just can't become selfish. I have daughters, I have a family, I have a profession, I have people. As a human being, I have a life and I am accountable for that too."

Prakash Raj added, "I would rather share my joys than my pain because it eases the personal pain



and I don't want to brood on it. Some wounds are deeper than flesh, and you need to live with that." He encouraged others to find meaning in their existence and seek comforting memories, adding, "I am human. It disturbs me, it hurts me, it feels very helpless. But then, let's find reasons to live. Death is always there." Prakash Raj married Lalitha Kumari in 1997 and they have two daughters, Meghna and Pooja. After their divorce in 2004, he married choreographer Pony Verma in 2010, with whom he has a son, Vedanth, born in 2015

Written by:
NDTV Movies News Desk

Syed Rehman Khan, often referred to as Rehman, was a notable actor in Hindi cinema, known for his sophisticated and charismatic screen presence. Born on June 23, 1921, in Lahore, British India, into the royal Mohammadzai clan of the Barakzai tribe, he traced his lineage to Afghan royalty, including king Amanullah Khan and Ahmad Shah Abdali, founder of the Durrani Empire. His family had relocated from Kabul to Punjab in 1905. Rehman pursued higher education at Robertson College, Jabalpur, and stayed at the BeoharNiwas Palace during his studies. After graduating in 1942, he joined the Royal Indian Air

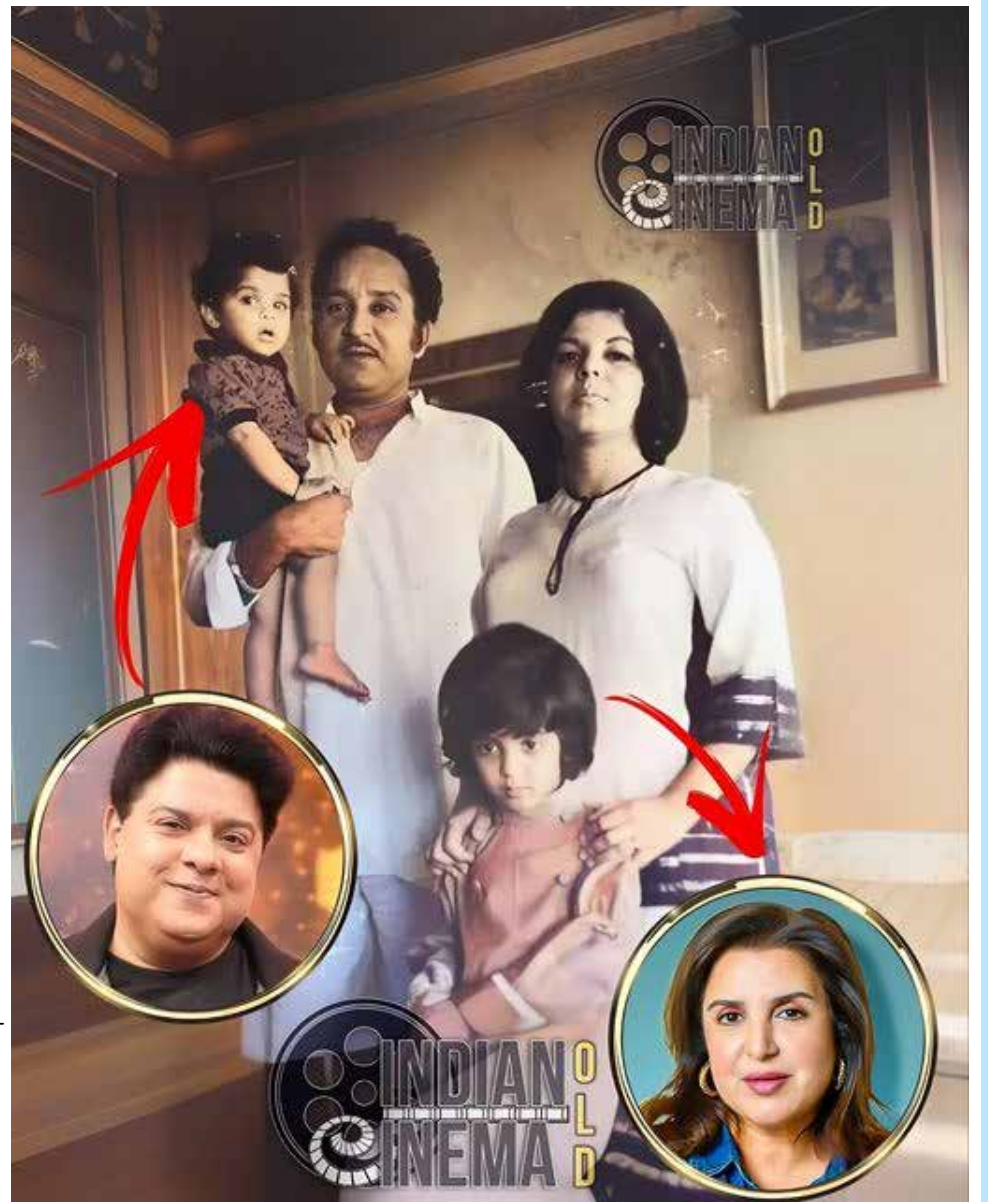


Force but soon left to follow his passion for acting, moving to Bombay (now Mumbai) and initially working as an assistant director to Vishram Bedekar. His Pashtun background helped him land his first screen roles, where his elegance and refinement quickly established him as a leading



FARAH & SAJID

Farah and Sajid Khan come from a family deeply connected to Bollywood but faced a challenging journey before achieving success. Their father, Kamran Khan, was a stuntman who transitioned into filmmaking. Despite his efforts, his film *Ilzham* (1970) flopped at the box office, leading to significant financial hardship for the family. This failure forced Kamran to sell valuable possessions, including Menaka's jewelry and two flats, and ultimately, they moved to a modest apartment in Juhu's Nehru Society. Sadly, Kamran's struggle with alcoholism further strained the family.



In a courageous decision, Menaka Irani separated from Kamran to provide a better environment for Farah and Sajid, though she had no steady income herself. She relied heavily on the support of her sister, Honey Irani, who stood by her in this challenging time. Honey played an instrumental role in helping Menaka raise her children, creating a strong support system that enabled Farah and Sajid to overcome their difficult circumstances.

Farah and Sajid later built successful careers in Bollywood through their own hard work and determination. Farah became one of the most accomplished choreographers and directors, while Sajid made his mark as a television presenter, director, and comedian. Both often credit their mother, Menaka, for her sacrifices and resilience, which allowed them to pursue their dreams despite the odds.

man. Some of his early hits include *Pyar Ki Jeet* and *Badi Behen*, where he shared screen space with Suraiya, who was one of his rumored love interests. Rehman later transitioned into powerful supporting roles, delivering remarkable performances in films like *Pyaasa*, *Chaudhvin Ka Chand*, *Sahib Bibi Aur Ghulam*,

and *Waqt*. Despite receiving four Filmfare nominations for Best Supporting Actor, he never won the award. Rehman's legacy in Indian cinema is celebrated through his diverse roles and impactful performances across genres, which continue to be admired by audiences and critics alike.

WHO WAS BABA SIDDIQUE

Death

Baba Siddique was shot on 12 October 2024 by three assailants in Mumbai. He was then rushed to Lilavati Hospital where he was declared dead. He was 66 years old. Sources said three bullets were fired at Siddique around 9:30 pm near the office of his son, Zeeshan, who is the MLA of Bandra East.

Perpetrators

Two people were taken into custody,[13] identified as Gurmail Baljit Singh from Haryana and Dharmaraj Rajesh Kashyap from Uttar Pradesh. The police later named two more suspects, Shivkumar Gautam from Uttar Pradesh,[14] and Mohammad Jaseen Akhtar.[15][16] The police arrested Praveen Lonkar, who they say provided logistics support, and claimed that his absconding brother Shubham Lonkar was the mastermind behind the shooting.[17][18] On 15 October 2024, police made a fourth arrest, that of Harishkumar Balakram Nisad from Ut-

tar Pradesh.[19][20] The Mumbai Police confirmed that the gang led by Lawrence Bishnoi, who is lodged in Sabarmati Central Jail, was involved in the assassination. [21][22]

Baba Ziauddin Siddique (13 September 1958 – 12 October 2024) was an Indian politician who was a Member of Legislative Assembly (MLA) in the state of Maharashtra for the Vandre West Assembly constituency.[3] He was the MLA for three consecutive terms in 1999, 2004 and 2009, and had also served as Minister of State for Food & Civil Supplies (FDA) and Labour under Chief Minister Vilasrao Deshmukh between 2004 and 2008.

Siddique had also served as Municipal Corporator earlier for two consecutive terms between 1992 and 1997. Before his death, he served as the Chairperson & Senior Vice President of the Mumbai Regional Congress Committee & Parliamentary Board of the Maharashtra Pradesh Congress Committee. On 8 February 2024, he resigned from the primary membership of the Indian National Congress.[4] He later joined the Nationalist Congress Party led by Ajit Pawar on 12 February 2024.[5]

Siddique was shot dead on the night of 12 October 2024 in front of his son Zeeshan's office.[6][7]

Political career

Ziauddin Siddique, also known as Baba Siddique, joined the Indian National Congress (INC), as a teenager, in 1977. He participated in various students' movements of the time as a member of the Mumbai chapter of the National Students Union of India



— the students wing of the INC. He went on to become the General Secretary of the Bandra Taluka of the Bandra Youth Congress in 1980 and was elected its president within the next two years. In 1988, he became president of the Mumbai Youth Congress. Four years later he was elected a Municipal Councilor in the Mumbai Municipal Corporation and was re-elected to the position five years later. He became an MLA in 1999 from the Bandra West Assembly Constituency. He was re-elected in 2004 and 2009, serving three consecutive terms. Siddique was also appointed Chairman of the MHADA Mumbai Board by the Government of Maharashtra to serve from 2000 to 2004. He was also appointed Minister of State for Food & Civil Supplies, Labour, FDA and Consumer Protection for the Government of Maharashtra and served from 2004 to 2008. In 2011, he funded the creation of an Eco-Garden in Bandra-Khar. [8][9]

Positions held

Member of the National Students Union of India (Mumbai) (1977)
 General Secretary of the Bandra Taluka of the Bandra Youth Congress (1980)
 President of the Bandra Taluka of the Bandra Youth Congress (1982)
 Municipal Councilor in the Mumbai Municipal Corporation (1993–1998), (1998–2003)
 Member of legislative Assembly (MLA) – (1999–2004), (2004–2009) and (2009–2014)
 Minister of State for Food & Civil Supplies, Labour and FDA, (2004–2008)
 Chairman, MHADA Mumbai Board (2000–2004)
 Chairperson & Senior Vice President of the Mumbai Regional Congress Committee (2014)
 Parliamentary Board of the Maharashtra Pradesh Congress Committee (2019)
 Member of the Nationalist Congress Party. Assumed office on 12 February 2024

Personal life

Baba Siddique was born in Patna, Bihar.[1] His family is originally from Shekh Toli village in Gopalganj district of Bihar.[10] Baba Siddique was married to Shehzeen Siddique. They had two children; a daughter, Arshia Siddique, and a son, Zeeshan Siddique.[11][12]

References





Congratulations to Mohammad Siraj from Hyderabad on being appointed as a DSP! This prestigious position has been awarded to him in celebration of India's T-20 World Cup victory. Siraj's hard work and dedication have truly paid off, and his success is an inspiration to many. Best wishes to him in this new role and for all his future endeavors!

Zafar Javeed wins second term as Nizam Club President



Hyderabad: In a closely contested battle, vice-president of the Telangana Pradesh Congress Committee (TPCC), Zafar Javeed, won the presidential elections at Nizam Club for the second-time to take up the top post. He beat his contender, hotelier and nutritionist Karuna D, by a slim margin of 100 votes by securing the support of 1,103 members of the club.



Sikander Abdul Aziz Bawazeer (Hakeem Saab)
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تاریخی شہر کے 170 سالہ قدیم اسکول کے طلبائے قدیم کی ری یونین تقریب، ASAANA کی 20 ویں سالگرہ کا انعقاد

خاں، سریندر سنگھ ماکھیجا، چنا کشمی پتی، ڈاکٹر محمد عبدالباسط انجینئر محمد ایوب مجاہد (تمام کوآئرس ایوارڈ)، ڈاکٹر انجم پتی راجیو، ڈاکٹر سلطان سکندر علی خاں، ڈاکٹر محمد عبدالمجید، میر ذوالفقار علی، اے ٹی ایم بیٹی، محمد عبدالمقتدر زمر حسین،

غضنفر علی، ڈاکٹر سنجے کرتا نے (تمام کو کارہائے نمایاں ایوارڈس) شامل ہیں جب کہ بانی و صدر ASAANA انجینئر امیر محمد علی خان، دیش مہیندرا، مشتاق احمد، ظہیر صدیقی، وجاہت

خاں، ڈاکٹر شان خان، جناب عثمان علی عبدالعظیم خاں انارنی، ظفر صدیقی سرانج علی، منوج گھا توڈ، سنجے سر یواستو، (تمام کو ایوارڈ سٹائٹس) پیش کئے گئے۔ الینوائے ڈسٹرکٹ کورٹ جج جان سی اینڈرسن مہمان خصوصی تھے لیکن ان کے غیاب میں ان کی نمائندگی KEN DELAC (الینوائے کے پونیکل ڈائریکٹر) نے کی جب کہ لیک کاؤنٹرٹریز Holly Kin اور کاگریس ویمن Marie Newman نے مہمان اعزازی کے طور پر شرکت کرتے ہوئے آل سینٹس ہائی اسکول کی خدمات اور اس کی وراثت کی زبردست سٹائٹس کی۔ اس موقع پر ASAANA کی جانب سے پر تکلف عشاء کا اہتمام کیا گیا۔ اس تقریب کو یادگار اور پراثر بنانے میں وسیم افتخار اور ارشاد انصاری نے اہم کردار ادا کیا۔ ڈاکٹر محمد عبدالحی کو بھی خصوصی ایوارڈ عطا کیا گیا۔

1855 میں آصف جاہ چہارم نصیر الدولہ بہادر کی درخواست پر ریورینڈ ڈائمنل مرفی نے اسے قائم کیا اور 1932 میں اس تاریخی اسکول کو سینٹ گیبریل کے ماؤنٹ فورٹ برادرز کے حوالے کر دیا گیا۔ واضح رہے کہ آل سینٹس ہائی اسکول

شکاگو۔ 29۔ اکتوبر: (سیاست نیوز): حیدرآباد وکن کے باوقار تعلیمی اداروں کا جب حوالہ دیا جاتا ہے یا ذکر کیا جاتا ہے تو وہ ذکر آل سینٹس ہائی اسکول کے بغیر نامکمل رہتا ہے۔ حیدرآباد کے اس باوقار تعلیمی ادارے نے ملک و قوم کو



ایسے گوبر نایاب عطا کئے ہیں جو نہ صرف ہندوستان بلکہ دنیا کے مختلف ملکوں بالخصوص امریکہ میں اپنی صلاحیتوں کا لوہا منوانے میں کامیاب رہے ہیں اور ان کی کامیابیوں و کارناموں کا سلسلہ

کے طلبائے قدیم میں خالد عبدالقیوم، ایم وی سریدھر، محمد انظہر الدین، نوکیل ڈیوڈ، وینکٹ پتی راجو اور سندپ گوڑ جیسے مشہور و معروف کرکٹرز، مرحوم شیپنگ ایڈیٹر سیاست جناب ظہیر الدین علی خاں اور ڈاکٹر مظہر الدین علی خاں مرحوم اور آنجہانی سیتارام پچوری جیسی شخصیتیں شامل ہیں۔ ASAANA کی اس غیر معمولی تقریب میں جس کی کارروائی ڈاکٹر شان خان نے چلائی اور آخر میں ڈاکٹر دیش مہیندرا نائب صدر نے شکریہ ادا کیا۔ آل سینٹس کے ان کئی ایک طلباء قدیم کو 3 زمروں کے ایوارڈس پیش کئے گئے۔ جنہوں نے مختلف شعبہ حیات میں کارہائے نمایاں انجام دیئے ہیں۔ ان شخصیتوں میں موہن امبانی، باسٹ بیگ، منی چیریان، گرہا کے کیرا، محمد وقار الدین قریشی، پشوپتی ناتھ پالا، سید نور الحسن موہانی، ڈاکٹر محمد عبدالقادر صدیقی محمد لیاقت اللہ

ہنوز جاری ہے۔ امریکہ میں اہم عہدوں پر خدمات انجام دینے والوں میں آل سینٹس ہائی اسکول کے طلبائے قدیم کی ایک کثیر تعداد شامل ہیں جس کا ثبوت وہاں قائم آل سینٹس المنائی اسوسی ایشن آف نارٹھ امریکہ (ASAANA) ہے۔ ان خیالات کا اظہار (ASAANA) کے بانی و صدر انجینئر امیر محمد علی خاں نے آل سینٹس المنائی اسوسی ایشن آف نارٹھ امریکہ کی 20 ویں سالگرہ اور طلبائے قدیم کی ری یونین تقریب سے خطاب میں کیا۔ الینوائے کے ایڈلسن میں واقع شاہیما ریگریٹ میں منعقد کی گئی اس پر وقار محفل میں امریکہ اور مختلف ممالک سے آل سینٹس ہائی اسکول کے طلبائے قدیم نے شرکت کی۔ انجینئر امیر محمد علی خاں نے اپنے مادر علمی آل سینٹس ہائی اسکول اور اس کے فارغ التحصیل طلباء کے بارے میں تفصیل سے روشنی ڈالی۔ انہوں نے بتایا کہ

From: Siasat daily

Roman Urdu (Sentences in dataset)	Urdu Equivalent	English Translation
Meine Saddar Rawalpindi jana hai.	میں نے صدر راولپنڈی جانا ہے۔	I want to go to Saddar Rawalpindi.
Qareeb tareen petrol pump kahan hai ?	قریب ترین پٹرول پمپ کہاں ہے ؟	Where is the nearest petrol pump ?
Street 5 kahan hai sector F mein ?	سٹریٹ 5 کہاں ہے سیکٹر ایف میں ؟	Where is street 5 in sector F ?
Mein Lahore ki taraf jana chahta hoon.	میں لاہور کی طرف جانا چاہتا ہوں۔	I want to go towards Lahore.

بچوں کے ساتھ انگلش بولیں ان 44 فقرات سے

Let me Look	مجھے دیکھنے دو
Hold my hand	میرا ہاتھ پکڑو
Put on your shoes	اپنے جوتے پہن لو
Don't be stubborn	ضد مت کرو

10 English phrases

same here میرا بھی جی حال ہے	you should have آپ کو کرنا چاہیے تھا	long time no see. کئی عرصے سے دیکھا نہیں
what is it now اب کیا ہوگا	you shouldn't have آپ کو نہیں کرنا چاہیے تھا	how have you been کیسے ہیں آپ
and how about you اور آپ	I don't feel like میرا دل نہیں چاہ رہا	it is what it is جسے ہے سو ہے

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

گل بو کی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رحمہ اللہ علیہ

54 کرم کر مگر احسان نہ جتا

اردو حکایت: حضرت موسیٰ علیہ السلام نے قارون کو نصیحت فرمائی کہ تو لوگوں پر اسی طرح احسان کر جیسا کہ اللہ تعالیٰ نے تجھ پر کیا ہے۔ یعنی سخاوت اور بخشش کیا کر۔ اُس نے نہ سنا تو انجام دیکھا۔

فارسی اشعار:

آن کس کہ بہ دینار و درم خیر نیند وخت
سر عاقبت اندر سر دینار و درم کرد
خواہی متمتع شوی از دنیا و عقبی
با خلق کرم کن چو خدا با تو کرم کرد

حاصل کلام:

جس شخص نے روپے پیسے سے بھلائی جمع نہ کی، اُس نے روپے پیسے کی فکر میں اپنی زندگی اور عاقبت برباد کر لی، اگر تو چاہتا ہے کہ دنیا کی نعمت سے فائدہ اٹھائے تو لوگوں پر کرم کر جیسا کہ خدا نے تجھ پر کرم کیا ہے۔

منظوم ترجمہ:

اپنے پیسے سے بھلائی کی نہ کچھ جس نے جمع
فکر میں پیسے کی اُس نے عاقبت برباد کی
تو اگر چاہے ملے گر، نعمت دنیا سے کچھ
رحم کر، اللہ سنتا ہے، تڑپ فریاد کی

فارسی شعر:

منت منہ کہ خدمت سلطان کنی ہمی
منت شناس ازو کہ بخدمت بداشتت

حاصل کلام:

تو اس پر احسان نہ جتا کہ تو بادشاہ کی خدمت کرتا ہے۔ تو اُس کا احسان مان کہ اُس نے تجھے خدمت میں لگا رکھا ہے۔

منظوم ترجمہ:

احسان مت جتا کہ تو محسن ہے شاہ کا
احسان سمجھ کہ شاہ نے نوکر رکھا تجھے
جتا احسان مت، بس تو، سخاوت کر سخاوت کر
کہ نفع اجر کی صورت میں تیرے پاس آئے گا

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

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

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

کلے اور آج کی باتیں

ولی الدین
شاعر و ادیب

ہے ہمارا بھی کچھ خیال کرو کھاؤ اور کھانے دو۔ پاکستان کی عدالیہ اور جج حضرات کا تو اللہ ہی حافظ ہے ایسا لگتا ہے کہ پیسہ پھینک تماشہ دیکھ والی بات ہے فیصلے کریں اور سزائیں دلوائیں یہ تو نواز شریف۔ زرداری وغیرہ کو جیل میں بھرا کرو کراؤ پھر باہر لے آگئے ادھر دنیا میں دوسرے ملکوں میں یہاں بھی کرپشن میں ہوا ہے لوگ ملوث پائے گئے تو ان کو سزا میں ہوئی ہے اور پیسے بھی واپس آگئے یہاں لوٹا ہوا مال تو چھوڑیں یہ تو چوروں کو ہیرو بنا دیتے ہیں جو باہر نکل کر حکومت اور فوج کو گالیاں دیتے ہیں کیا ملک میں کوئی ایسا قانون نہیں یا پھر عدالت ان مجرموں کو پکڑتی کیوں نہیں؟ اب تو ہر ایک TV پر آکر بولتا ہے جیسے جنگل کا قانون ہے ان کو پتہ ہے کہ اب مارشل لاء نہیں لگے گا فوج آئے گی نہیں اور نہ ہی ان کو پکڑے گی ہماری قوم کے لیڈر ہیں یا ڈرگ مافیا جو ہر چیز کو خرید لیتی ہے آخر کب حالات بہتر ہوں گے۔ تو پھر بات ہوگی۔ انشاء اللہ

اپنے بچوں کو اردو پڑھائیے
اردو ایک زندہ زبان ہے

گی اس لیے آج اس لیے تقریباً 16 انڈین کو اس نے اہم عہدوں پر فائز کروایا ہے کیا اس کے دل میں پاکستان کے لیے ایسے خیالات نہیں ہوں گے اب دیکھیں صدر بائیڈن آگے کیا کرتے ہیں کورونا کی وبا بے روزگاری، ویکسن وغیرہ کے مسائل سامنے ہیں ایسا لگا کہ نواز شریف کی طرح ٹرمپ نے



بھی یہاں صدارت کرتے ہوئے ملک کو کھوکھلا کر دیا ہے ملک بٹ گیا ہے دیکھتے ہیں آگے آگے کیا ہوتا ہے اپنے ملک میں تو مہاجر، سندھی، پٹھان، پنجابی وغیرہ کے علاوہ مذہب کی بنیاد پر ہزاروں فرقے اور تعصب نے ملک کو تباہ کیا ہے اور کر رہے ہیں صرف اپنا اپنا سوچتے ہیں اور کرتے ہیں کراچی کے ساتھ سوتیلا سلوک اس بات کی دلیل ہے پاکستان میں جمہوریت کا مطلب

حضرات کہہ دیتے تھے کہ میٹنگ میں ہوں۔ مصروف ہوں دیر سے آؤں گا اور گیم یا گرل فرینڈ یقین کر لیتی تھی لیکن اب جب بھی فون ملاتے ہیں تجھے سامنے ہی پاتے ہیں کیونکہ شکل نظر آتی ہے ادھر بات کرو ادھر ان کا دیدار بھی کر لو بات کہاں سے کہاں نکل گئی۔ اب یہی بات سوشل میڈیا نیکنا لوجی نے ہر بات کو منٹوں میں دنیا میں پھیلانا شروع کر دیا ہے

کچھ امریکا کے ہنگامے اور اس کی تیاری میں یہی سوشل میڈیا فون اور فیس بک اور وغیرہ استعمال ہوئے ساری دنیا کو جمہوریت کے سبق پڑھانے والے خود اس کا شکار ہو گئے جیسی کرنی ویسی بھرنی کی مثال بن گئے ہمارے چند دوستوں سے بات ہوئی تو یہ بھی کہا کہ یار تم نے صحیح کہا تھا کہ امریکہ کی نائب صدر کملا ہیری پوری کالی بھی نہیں انڈین ہے اور انڈین کے ہی زیادہ کام کرے

کبھی آپ نے بھی سوچا ہے کہ اپنے دور کے مشہور شاعر حضرات کیسی سائنس دان سے کم نہیں تھے ان شعرا کے کئی اشعار میں سائنس دان کی طرح کی تحقیقات پوشیدہ تھیں مثلاً ”بازار سے لے آئیں گے دل و جان اور یعنی اشارہ ہو رہا تھا کہ اگر دل جگر وغیرہ اسپتال کے بازار سے مل گئے تو آپ ٹرانس پلانٹ کر سکتے ہیں شاعر تصور باندھتے ہیں اور سائنس دان اپنی قابلیت سے اس کو حقیقت بنا دیتے ہیں ہو سکتا ہے کہ کسی دن دماغ کی تبدیلی بھی ممکن ہو جائے اگر ایسا ہو تو مردوں سے زیادہ خواتین کی خواہش ہوگی کہ ان کے شوہر کا دماغ کہیں عقل مند سے تبدیل ہو۔ کیونکہ وہ غصہ میں آکر یہ کہہ جاتی ہیں تمہارے دماغ میں تو جیسے بھوسہ بھرا ہوا ہے۔ میری کوئی بات تمہارے سمجھ میں نہیں آتی ادھر شوہر اپنے غصہ کو پی کر دل ہی دل یہ کہتا رہے گا۔ بیوی ایک معمہ ہے رکھنے کا نہ بچھانے کا شوہر بیچارہ تو نام ہے کسی دیوانے کا بات چل نکلی ہے تو یہ بھی یاد آیا ایک دفعہ پروگرام پہ کہ دیا یہ فیس ٹائم کسی خاتون کی ایجاد ہے کیونکہ جب یہ نہیں تھا تو شوہر

مغفرت کی دُعا

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٣١﴾ (پارہ ۱۳، سورہ ابراہیم)
 فضیلت: یہ دُعا پڑھنے سے اللہ تعالیٰ آدم ﷺ سے لیکر قیامت تک کے مسلمانوں کی گنتی کے برابر ثواب دیتے ہیں اور مرحوم والدین اور دیگر تمام مرحومین کی مغفرت کرتے ہیں۔



رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ ط (نوح، پ ۲۹، آیت ۲۸)
 فضیلت: یہ دُعا پڑھنے والوں کو نجات ملتی ہے اور مغفرت ہوتی ہے، والدین اور مومنین اور تمام مرحومین کے لئے دُعا کریں ان شاء اللہ مغفرت ہوگی۔



وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١٨﴾
 (پارہ ۱۸، آیت ۱۱۸، سورۃ المؤمنون)
 فضیلت: یہ دُعا پڑھنے سے اللہ تعالیٰ تمام مومنین اور والدین مرحومین کی مغفرت فرمادیتے ہیں۔

موت کو یاد کرنے کی دُعا

اللَّهُمَّ بَارِكْ لِي فِي الْمَوْتِ وَفِي مَا بَعْدَ الْمَوْتِ
 فضیلت: یہ دُعا پڑھتے رہنے والوں کو شہادت کا درجہ حاصل ہوتا ہے، روزانہ صبح شام (۲۷) بار پڑھیں۔

افضل الذکر۔ لَا إِلَهَ إِلَّا اللَّهُ

(کتاب العلم بخاری، پ ۲۶، آیت ۱۹، سورہ حم)
 فضیلت: یہ کلمہ پڑھتے رہنے والوں کو قیامت کے دن حضور اکرم ﷺ کی شفاعت نصیب ہوتی ہے۔ مرتے وقت ان شاء اللہ کلمہ نصیب ہوگا۔

کلمہ طیبہ کی فضیلت

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ
 فضیلت: یہ کلمہ پڑھتے رہنے سے ایمان پر موت واقع ہوتی ہے، روح نکلتے وقت آسانی ہوتی ہے، عذاب قبر سے نجات ملتی ہے۔

استغفار پڑھنے کی فضیلت

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ (ترمذی، ۵۶۹/۵، ابوداؤد)
 فضیلت: یہ دُعا پڑھتے رہنے سے اللہ تعالیٰ سارے گناہ معاف فرماتے ہیں، خواہ سمندر کے جھاگ کے برابر ہی کیوں نہ گناہ ہوں، ان شاء اللہ سب معاف ہو جائیں گے۔

سفرجل (بہی) کے کئی اُبھرتے صحت کے فوائد

کپاشیم، زنک، فولیٹ آنکھوں کو شدید بیماریوں سے ہونے والے خطرے کو کم کر سکتے ہیں۔

یہ کینسر کے خطرے کو کم کر سکتا ہے

اگرچہ ایک صحت مند غذا انیت سے بھرپور غذا طویل زندگی گزارنے اور صحت مندر ہونے کی کلید ہے لیکن کچھ پھل اور سبزیاں ایسی ہیں جو دوسروں کے مقابلے میں بہتر طور پر کام کر سکتے ہیں سفرجل میں بہت سی اینٹی آکسیڈینٹ خصوصیات موجود ہیں جو آپ کو فری ریڈیکلز کے خلاف لڑنے کی قوت فراہم کرتی ہیں اور خلیات کو نقصان سے بچانے کے ساتھ ساتھ کینسر کے خطرے کو بھی کم کرنے میں مدد دیتی ہیں۔

تناؤ سے دور رکھنے میں مددگار

تیز رفتار طرز زندگی اور روزمرہ کے کاموں سے پیدا ہونے والے تناؤ سے متاثر لوگوں کے لئے بہی کا جوس بہت مفید ثابت ہوتا ہے یہ اس کی اینٹی آکسیڈینٹ خصوصیات کی وجہ سے ممکن ہو پاتا ہے۔ اگر آپ دن بھر کی تناؤ کے بعد اپنے دماغ کو سکون دینے کے خواہاں ہیں تو سفرجل کا پھل ایک بہترین انتخاب ہو سکتا ہے۔ یہی وجہ ہے کہ یہ یوگیوں کی پسندیدہ غذا ہے۔ یہی کی چائے اور جوس بڑے پیمانے پر یوگا سیشن کے بعد استعمال کئے جاتے ہیں

کولیسٹرول کو کنٹرول کر سکتے ہیں

بہی کا پھل قدرتی طور پر فائبر سے بھرپور ہوتا ہے اور مکمل طور پر کولیسٹرول سے پاک ہوتا ہے تو یہ بلا شک و شبہ ہائی کولیسٹرول والے مریضوں کی غذا میں شامل کیا جاسکتا ہے۔ اگر آپ اسے کچا نہیں کھانا چاہتے تو اس پھل کو داڑچینی اور سنار سونف کے ساتھ ابال کر اس کا قہوہ بنا کر بھی استعمال کر سکتے ہیں یہ آپ کے دل کی صحت کے لئے بھی فائدہ مند ہو سکتا ہے۔ اگرچہ سفرجل مارکیٹ میں سب سے مشہور پھلوں میں سے ایک نہیں ہے لیکن اب یہ اپنی بیش بہا خصوصیات کی بدولت تیزی سے مقبول ہو رہا ہے۔ اس پھل کو مختلف طریقوں سے استعمال کیا جاسکتا ہے۔ کچا کھانے کے ساتھ ساتھ اس کا جوس، یا قہوہ بھی استعمال کیا جاسکتا ہے۔



سکتا ہے۔ اس کے ساتھ حاملہ خواتین پر کی جانے والی تحقیق سے بھی یہی ثابت ہوا کہ اس کے شربت کا روزانہ استعمال تیزابیت سے ہونے والی جلن سے راحت دلانے میں کامیاب رہا۔



صحت کے لئے سفرجل کے فوائد

الرجی کی علامات کو دور کر سکتا ہے سفرجل کے پھل اور اس کے رس نے عام الرجک رد عمل، دمہ کے حملوں اور ڈرمیٹائٹس کی علامات کو دور کرنے میں مدد کی ہے یہ پھل اور اس کے بیجوں کے اندر موجود ضروری مرکبات کی وجہ سے ممکن ہے جو مدافعتی خلیوں کی سرگرمی کو روکتے ہیں جو الرجک کا باعث بنتے ہیں۔ یہ پھل عام الرجک رد عمل جیسے بہتی ناک، خارش والی آنکھیں، دمہ اور ڈرمیٹائٹس کے علاج میں مدد کر سکتا ہے۔

جگر کے لئے مفید ہو سکتے ہیں

جیسا کہ ہم نے دیکھا ہے کہ بہی ہمارے جگر اور معدے کے لئے ناقابل یقین حفاظتی خصوصیات پیش کرتا ہے یہ پھل روایتی چینی ادویات میں جگر کی بیماریوں کو روکنے اور ہماری آنتوں کی صحت کو سہارا دینے کے لئے استعمال کیا گیا ہے۔ اس میں موجود اینٹی بیکٹیریل خصوصیات انفیکشن کے خلاف بہتر طور پر حفاظت کر سکتے ہیں۔

آنکھوں کی صحت کے لئے مفید

صدیوں سے آنکھوں کی صحت کے علاج کے لئے سفرجل روایتی مشرقی اور مغربی ادویات میں استعمال ہوتا رہا ہے۔ آج اس کی ان خصوصیات کی تصدیق مطالعات سے بھی ثابت ہو چکی ہے یہ نہ صرف بینائی کو بہتر بنانے میں مدد کر سکتا ہے بلکہ اس میں موجود وٹامن

آپ کی مدد کر سکتا ہے اور آپ کو وٹامنز اور کاربوہائیڈریٹس کی افادیت بھی مہیا کر سکتا ہے۔

صحت کے لئے سفرجل کے فوائد

متلی یا قے کی شکایت کو دور کر سکتا

سفرجل (بہی) ایک قدیم پھل ہے جو ایشیاء اور بحیرہ روم کے مختلف حصوں میں پایا جاتا ہے اس کا تعلق قدیم یونان اور روم سے ہے جہاں اسے محبت اور زرخیزی کی علامت سمجھا جاتا تھا۔

سفرجل (بہی) ہے کیا؟

سفرجل، جس کا تعلق زمانہ قدیم سے ہے آجکل آسانی سے دستیاب ہے اور سیب اور ناشپاتی کا قریبی رشتہ دار ہے کئی دہائیوں سے لوگ اسے ادویات میں استعمال کرتے آ رہے ہیں لیکن ان کے فوائد پر سائنسی تحقیقات ابھی ابتدائی مراحل میں ہے۔

صحت کے لئے سفرجل کے فوائد

سفرجل قدرتی افادیت سے مالا مال پھل ہے اور اسے بہت آسانی کے ساتھ اپنی غذا میں شامل کیا جاسکتا ہے۔

غذائی اجزاء سے بھرپور

سفرجل میں فائبر اور کئی ضروری وٹامنز اور معدنیات ہوتے ہیں جو انہیں تقریباً کسی بھی غذائیت سے بھرپور غذا میں شامل کرتے ہیں ایک سنگل بہی میں موجود ہوتے ہیں کیلوریز (52)، چربی (0)، پروٹین (3-0) گرام، کاربوہائیڈریٹ (14) گرام، فائبر (7-1) گرام، وٹامن سی روزانہ کا 15 فیصد، تھامین (وٹامن بی 1) 1-5 فیصد، وٹامن بی 6، تانبا 13 فیصد، آرن 3-6 فیصد، پوٹاشیم 4 فیصد، میگنیشیم 2 فیصد روزانہ کی ضرورت کا۔ یہ کم کیلوریز کے ساتھ وٹامن اور منرلز سے بھرپور پھل ہے۔

قوی اینٹی آکسیڈینٹس پر مشتمل

سفرجل کے ساتھ منسلک فوائد میں اسے اینٹی آکسیڈینٹس سے بھرپور پھل مانا جاتا ہے۔ اینٹی آکسیڈینٹس مینا بولک تناؤ کو کم کرتے ہیں، سوزش کو کم کرتے ہیں اور آپ کے خلیات کو آزاد ریڈیکلز کے نقصان سے بچاتے ہیں ان میں موجود توکسین، فلیونائیڈ، کمپفیرول آپ کو سوزش اور امراض قلب جیسی بیماریوں سے بچنے میں مدد دیتا ہے۔

وزن کم کرنے میں مدد کر سکتا ہے

سفرجل بھرپور غذائی اجزاء پر مشتمل ہونے کے ساتھ ساتھ کیلوریز میں کم پھل ہے اور فائبر بھرپور ہے لہذا یہ وزن گھٹانے میں

ہے۔ ابتدائی حمل کے دوران بیشتر خواتین کو متلی یا قے جیسے تکلیف دہ مسائل سے دوچار ہونا پڑتا ہے اس سلسلے میں حالیہ حاملہ خواتین پر کی گئی تحقیق کے مطابق سفرجل ان مشکل حالات سے نکلنے میں مدد کر سکتا ہے۔ حالیہ تحقیق میں پایا گیا کہ ایک چمچ بہی کا شربت حاملہ خواتین میں متلی یا قے کی شکایت کو وٹامن بی 6 کے مقابلے میں زیادہ بہتر طور پر دور کر سکتا ہے۔

ہاضمے کے مسائل کو دور کر سکتا ہے

سفرجل صدیوں سے روایتی ادویات میں ہاضمے کے مسائل کو حل کرنے کے لئے استعمال کیا جاتا رہا ہے حالیہ مطالعات نے اس کی افادیت کی تصدیق کی ہے۔ حالیہ تحقیق سے پتہ چلا ہے کہ اس کا عرق آنتوں کی سوزش کی بدولت ہونے والی بیماریوں سے گٹ ٹشو کی حفاظت کرتا ہے چونکہ یہ تحقیق السریٹوکولائٹس والے چوہوں سے ثابت ہوئی ہے، انسانی تحقیق کرنے کی ضرورت ہے۔

تیزابیت دور کر سکتا ہے

متعدد مطالعات سے پتہ چلتا ہے کہ بہی کا شربت گیسٹرو ایسوفیجیل ریفلوکس بیماری کی علامات کو منظم کرنے میں مدد کر سکتا ہے جسے عام طور پر ایسڈ ریفلوکس کہا جاتا ہے۔ ایسڈ ریفلوکس والے 80 بچوں میں 7 ہفتوں کے مطالعے سے پتہ چلتا ہے اس کے شربت کے ساتھ غذا کا استعمال اس قدر ہی مفید تھا جیسا کہ اس حالت میں لی جانے والی دواؤں سے ہو

فلسطین اور اسرائیل کا تنازع کیا ہے اور کیا اس کا کوئی حل ممکن ہے؟

کار ہیں جو ایسی بستیوں میں رہتے ہیں جو ایک دوسرے سے عموماً فاصلے پر موجود ہوتی ہیں۔ زیادہ تر اسرائیلی بستیاں 70، 80 اور 90 کی دہائی میں تعمیر ہوئی تھیں مگر گذشتہ 20 برسوں میں ان کی آبادیوں میں دوگنا اضافہ ہوا۔ اسرائیلی ان بستیوں کو پانی اور بجلی جیسی سہولیات فراہم کرتا ہے اور ان کی حفاظت اسرائیل کی فوج کرتی ہے۔

حماس کیا ہے؟

حماس غزہ کی پٹی پر برسرِ اقتدار فلسطینی عسکریت پسند گروہ ہے جو 2007 میں اقتدار سنبھالنے سے اب تک اسرائیل کے ساتھ متعدد جنگیں لڑ چکا ہے۔ ان جنگوں کے علاوہ حماس نے اسرائیل پر ہزاروں راکٹ دانے بھی اور کئی حملے کیے ہیں۔ اسرائیل نے بھی حماس کو کئی بار فضائی حملوں سے نشانہ بنایا ہے۔ 2007 سے اسرائیل نے مصر کی مدد سے غزہ کی پٹی کا محاصرہ کر رکھا ہے۔ اسرائیل، امریکہ، برطانیہ اور یورپی یونین سمیت کئی عالمی طاقتیں حماس یا اس کے عسکری ونگ کو دہشت گرد قرار دے چکی ہیں۔ حماس کو ایران کی حمایت حاصل ہے جس سے یہ گروہ پیسہ، ہتھیار اور ٹریننگ حاصل کرتا ہے۔

حماس اور اسرائیل کیوں لڑ رہے ہیں؟

حماس اور اسرائیل کے درمیان مستقل تناؤ موجود رہتا ہے۔ تاہم سنچر کو حماس کی جانب سے ہونے والے حملے بالکل اچانک ہوئے جس میں حماس نے پہلے درجنوں راکٹ دانے جس کے بعد اس کے جنگجو سرحد پار کرنے کے بعد اسرائیلی آبادیوں پر حملہ آور ہوئے۔ یہ زمینی حملے زیادہ تر جنوبی اسرائیل میں ہوئے جن کی سوشل میڈیا پر نظر آنے والی ویڈیوز میں دیکھا گیا کہ متعدد افراد موٹر سائیکلوں پر، پیدل یا گاڑیوں پر سرحد پر موجود رکاوٹیں عبور کرنے کے بعد اسرائیل میں داخل ہوئے۔ اسرائیلی میڈیا کے مطابق حماس کے جنگجوؤں کے اسرائیل میں داخل ہونے کے بعد ملک کے جنوبی علاقوں میں ان کی اسرائیلی فوجوں سے مسلح جھڑپیں ہوئیں۔



اسرائیل آج بھی غرب اردن پر قابض ہے تاہم اس نے 2005 میں غزہ کی پٹی سے فوجیں نکال لیں تھیں۔ اقوام متحدہ آج بھی اس علاقے کو مقبوضہ مانتا ہے۔ اسرائیل پورے بیت المقدس کو اپنا



دارالخلافہ مانتا ہے جبکہ فلسطینی مشرقی بیت المقدس کو مستقبل کی فلسطینی ریاست کا دارالحکومت مانتے ہیں۔ اس وقت دو فلسطینی علاقے ہیں جن میں سے ایک غرب اردن اور ایک غزہ کی پٹی ہے۔ ان دونوں علاقوں کے درمیان 45 کلومیٹر کا فاصلہ ہے۔ غرب اردن کا رقبہ 5970 سکوائر کلومیٹر جبکہ غزہ کی پٹی صرف 365 سکوائر کلومیٹر محیط ہے۔

غرب اردن یروشلم اور اردن کے درمیان موجود ہے جبکہ غزہ کی پٹی 41 کلومیٹر طویل اور 10 کلومیٹر چوڑی ہے۔ غزہ کی پٹی کی سرحد کا سات کلومیٹر حصہ مصر سے ملتا ہے اور ایک جانب بحیرہ روم واقع ہے۔

غزہ میں فلسطینی عسکریت پسند گروہ حماس برسرِ اقتدار ہے جس نے اسرائیل سے کئی مرتبہ جنگ کی ہے۔ اسرائیل اور مصر سختی سے غزہ کی سرحدوں کی نگرانی کرتے ہیں تاکہ حماس تک ہتھیار نہ پہنچیں۔ دوسری جانب غرب اردن میں بین الاقوامی طور پر مانی جانے والی فلسطینی حکومت ہے جس میں فتح تنظیم کا اہم کردار ہے۔ تاہم غرب اردن اور غرب اردن کہلانے والے اس چھوٹے سے علاقے میں 86 فیصد فلسطینی ہیں جبکہ 14 فیصد لوگ اسرائیلی آباد

شروع کر دیا۔ سنہ 1947 میں اقوام متحدہ نے ووٹنگ کے ذریعے فیصلہ کیا کہ فلسطین کو دو ککڑوں میں تقسیم کیا جائے جن میں ایک یہودی ریاست ہو اور ایک عرب ریاست جبکہ یروشلم (بیت المقدس)

ایک بین الاقوامی شہر ہوگا۔ تاہم 14 مئی 1948 کو اسرائیل کا قیام ہوا تو اگلے ہی دن اردن، مصر، شام اور عراق نے حملہ کر دیا۔ یہ پہلی عرب اسرائیلی جنگ تھی جس کے نتیجے میں اقوام متحدہ کے منصوبے کے مطابق جہاں عرب ریاست بننا تھی، وہ علاقہ مختلف ممالک کے قبضے میں آ گیا اور یوں فلسطینیوں کے لیے ایک سانحے نے جنم لیا۔ ساڑھے سات لاکھ فلسطینی ہمسایہ ممالک خود فرار ہوئے یا انھیں اسرائیلی فوجیوں نے بے دخل کر دیا۔

1967 کی عرب اسرائیل جنگ نے اس تنازعے کو مزید پیچیدہ بنا دیا جب اسرائیل نے عرب اتحاد کو شکست دے کر مصر سے غزہ کی پٹی، شام سے گولان اور اردن سے مشرقی یروشلم سمیت ویسٹ بینک یعنی غرب اردن چھین لیا۔ مصر کو سینائی سے بھی ہاتھ دھونا پڑا۔

1973 میں مصر اور شام نے اسرائیل پر اپنے علاقے چھڑانے کے لیے حملہ کیا جسے 'یوم کپور' جنگ کہا جاتا ہے۔ چھ سال بعد اسرائیل اور مصر نے امن کا معاہدہ کر لیا اور سینائی مصر کو واپس لوٹا دیا گیا۔ اردن نے بھی کچھ عرصہ بعد اسرائیل کو تسلیم کرتے ہوئے مصر کی تقلید کی۔

فلسطین کے دو علاقے کون سے ہیں؟

سنچر کے دن غزہ کی پٹی سے فلسطینی عسکریت پسند تنظیم حماس کی جانب سے اسرائیل پر حملوں میں کم از کم 300 افراد کی ہلاکت کے بعد اسرائیلی فضائیہ نے جو ابی کارروائی کے دوران بمباری کی جس سے 250 سے زیادہ فلسطینی ہلاک ہو گئے ہیں۔

واضح رہے کہ سنچر کے دن حماس کی جانب سے اسرائیلی فوج کے مطابق 3000 راکٹ اسرائیل کی سرزمین پر دانے گئے جس کے بعد حماس سے تعلق رکھنے والے عسکریت پسند گاڑیوں، موٹر سائیکلوں کے علاوہ پیرا گلائڈرز اور کشتیوں کا استعمال کرتے ہوئے غزہ کی پٹی کے علاقے سے اسرائیلی حدود میں داخل ہوئے۔

اسرائیل اور فلسطینیوں کے درمیان گذشتہ مئی کے بعد سے یہ سب سے زیادہ پرتشدد کشیدہ صورتحال قرار دی جاسکتی ہے۔

مشرق وسطیٰ کے اس طویل اور خونیں تنازعے کو دہائیاں گزر چکی ہیں جس کا مستقبل قریب میں بھی کوئی مستقل حل ہوتا دکھائی نہیں دے رہا۔ اس تنازعے کا تناظر سمجھنے کے لیے بی بی سی کی جانب سے چند اہم سوالات کے جواب دیے جا رہے ہیں۔

یہ تنازع شروع کیسے ہوا؟

یورپ میں یہودیوں کے ساتھ روار کھے جانے والے سلوک کی وجہ سے صیہونی تحریک زور پکڑنے لگی جس کا مقصد یہودیوں کے لیے الگ ریاست کا قیام تھا۔ اس وقت فلسطین کا علاقہ سلطنت عثمانیہ کے کنٹرول میں تھا۔ تاہم پہلی جنگ عظیم کے بعد یہ خطہ برطانیہ کے زیر تسلط آیا جہاں یہودی بڑی تعداد میں منتقل ہونے لگے اور یوں مقامی عرب آبادی کے ساتھ تناؤ کا آغاز ہوا۔

برطانیہ اور فرانس نے مشرق وسطیٰ کو تقسیم کیا اور مختلف ریاستیں قیام میں آئیں تاہم فلسطین برطانیہ کے زیر تسلط ہی رہا جہاں عرب قوم پرستوں اور صیہونی تنظیموں کے درمیان کشیدگی بڑھنے لگی۔ صیہونی تنظیموں نے عسکری گروہ قائم کر لیے جنہوں نے دوسری جنگ عظیم کے بعد الگ ریاست کے لیے دباؤ بڑھانا



حبیب جالب
غزل

شعر سے شاعری سے ڈرتے ہیں
کم نظر روشنی سے ڈرتے ہیں
لوگ ڈرتے ہیں دشمنی سے تری
ہم تری دوستی سے ڈرتے ہیں
دہر میں آہ بے کساں کے سوا
اور ہم کب کسی سے ڈرتے ہیں
ہم کو غیروں سے ڈر نہیں لگتا
اپنے احباب ہی سے ڈرتے ہیں
داور حشر بخش دے شاید
ہاں مگر مولوی سے ڈرتے ہیں
روٹھتا ہے تو روٹھ جائے جہاں
ان کی ہم بے رخی سے ڈرتے ہیں
ہر قدم پر ہے محتسب جالب
اب تو ہم چاندنی سے ڈرتے ہیں

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ابن انشآ
غزل

کل چودھویں کی رات تھی شب بھر رہا چرچا ترا
کچھ نے کہا یہ چاند ہے کچھ نے کہا چہرا ترا
ہم بھی وہیں موجود تھے ہم سے بھی سب پوچھا کیے
ہم ہنس دیئے ہم چپ رہے منظور تھا پردہ ترا
اس شہر میں کس سے ملیں ہم سے تو چھوٹیں مٹھلیں
ہر شخص تیرا نام لے ہر شخص دیوانا ترا
کوچے کو تیرے چھوڑ کر جوگی ہی بن جائیں مگر
جنگل ترے پر بت ترے بستی تری صحرا ترا
ہم اور رسم بندگی آشتگی افتادگی
احسان ہے کیا کیا ترا اے حسن بے پروا ترا
دوا شک جانے کس لیے پلکوں پہ آ کر تک گئے
الطاف کی بارش تری اکرام کا دریا ترا
اے بے دریغ و بے اماں ہم نے کبھی کی ہے فغاں
ہم کو تری وحشت سہی ہم کو سہی سودا ترا
ہم پڑ یہ سختی کی نظر ہم ہیں فقیر رہ گزر
رستہ بھی روکا ترا دامن کبھی تھا ترا
ہاں ہاں تری صورت حسین لیکن تو ایسا بھی نہیں
اک شخص کے اشعار سے شہرہ ہوا کیا کیا ترا
بے درد سنی ہو تو چل کہتا ہے کیا اچھی غزل
عاشق ترا رسوا ترا شاعر ترا انشآ ترا

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ساحل دھیانوی
غزل

ہر قدم مرحلہ دار و صلیب آج بھی ہے
جو کبھی تھا وہی انساں کا نصیب آج بھی ہے
جگمگاتے ہیں افق پارے ستارے، لیکن
راستہ منزل ہستی کا مہیب آج بھی ہے
اہل دانش نے جسے امر مسلم جانا
اہل دل کے لئے وہ بات عجب آج بھی ہے
یہ تیری یاد ہے یا میری اذیت کوشی
ایک نشتر سارگ جاں کے قریب آج بھی ہے
کون جانے یہ تیرا شاعر آشفٹہ مزاج
کتنے مغرور خداوں کا رقیب آج بھی ہے

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ولی الدین
سوال

خلوص و محبت کا صلہ ہے کیا مجھ کو پتہ نہیں
جنون عشق کی انتہا ہے کیا مجھ کو پتہ نہیں
یہ دل مجھ کو چھوڑ کر چلا بھی گیا
اب رہتا ہے تیرے پاس ہے کیا مجھ کو پتہ نہیں
ایمان کی حرارت میں بھی کمی ہے
امت کو تیری ہوا ہے کیا مجھ کو پتہ نہیں
کیوں اپنوں کا خون بہاتے ہو
تیرا کوئی اور خدا ہے کیا مجھ کو پتہ نہیں
جو دل میں ہے وہی دُعا بھی ہے
ولی اس کے سوا چاہتا ہے کیا مجھ کو پتہ نہیں

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نظیر اکبر آبادی
غزل

نہیں ہوا میں یہ بو نافہ ختن کی سی
لپٹ ہے یہ تو کسی زلف پر شکن کی سی
میں ہنس کے اس لیے منہ چومتا ہوں غنچے کا
کہ کچھ نشانی ہے اس میں ترے دہن کی سی
خدا کے واسطے گل کو نہ میرے ہاتھ سے لو
مجھے بو آتی ہے اس میں کسی بدن کی سی
ہزار تن کے چلیں ہانکے خوب رو لیکن
کسی میں آن نہیں تیرے ہانکپن کی سی
مجھے تو اس پہ نہایت ہی رشک آتا ہے
کہ جس کے ہاتھ نے پوشاک تیرے تن کی سی
کہا جو تم نے کہ منکا ڈھلا تو آؤں گا
ہے بات کچھ نہ کچھ اس میں بھی کمر و فن کی سی
مگر نہ سچ ہے تو اے جان اتنی مدت میں
یہی بس ایک کہی تم نے میرے من کی سی
وہ دیکھ شیخ کو لاحول پڑھ کے کہتا ہے
”یہ آئے دیکھیے داڑھی لگائے سن کی سی“
کہاں تو اور کہاں اس پری کا وصل نظیر
میاں تو چھوڑ یہ باتیں دوانے پن کی سی

❖❖❖



اطہر نفیس
غزل

رواق پیش و کم کس کے ہونے سے ہے
موسم خشک و نم کس کے ہونے سے ہے
کس کا چہرا بناتی ہیں یہ ساعتیں و
قت کا زیر و بم کس کے ہونے سے ہے
کون گزرا کہ بنتے گئے راستے
راہ کا پیچ و خم کس کے ہونے سے ہے
کس کی خاطر درپچوں سے آئی ہوا
یہ فضا یوں ہم کس کے ہونے سے ہے
شاخ در شاخ پتوں کی یہ زندگی
آج بھی محترم کس کے ہونے سے ہے
موت برحق ہے کس کے نہ ہونے سے آج
زندگی دم بہ دم کس کے ہونے سے ہے
کس کی زلفوں کا اعجاز ہے بوئے گل
یہ ہواؤں میں نم کس کے ہونے سے ہے
صبح شادابی جاں کا کیوں ہے ملال
عشرت شام غم کس کے ہونے سے ہے
وحشت دل کو کس نے سنبھالا دیا
یہ جنوں کم سے کم کس کے ہونے سے ہے
کس سے منسوب ہے ہر جفا ہر وفا
یہ ستم یہ کرم کس کے ہونے سے ہے

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جمال احسانی
غزل

وہ لوگ میرے بہت پیار کرنے والے تھے
گزر گئے ہیں جو موسم گزرنے والے تھے
نئی رتوں میں دکھوں کے بھی سلسلے ہیں نئے
وہ زخم تازہ ہوئے ہیں جو بھرنے والے تھے
یہ کس مقام پہ سوچی تجھے بچھڑنے کی
کہ اب تو جا کے کہیں دن سنورنے والے تھے
ہزار مجھ سے وہ پیمان وصل کرتا رہا
پر اس کے طور طریقے مکر نے والے تھے
تمہیں تو فخر تھا شیرازہ بندی جاں پر
ہمارا کیا ہے کہ ہم تو بکھرنے والے تھے
تمام رات نہایا تھا شہر بارش میں
وہ رنگ اتر ہی گئے جو اترنے والے تھے
اس ایک چھوٹے سے قصبے پہ ریل ٹھہری نہیں
وہاں بھی چند مسافر اترنے والے تھے

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محمد علوی
غزل

ایسا ہوا نہیں ہے پر ایسا نہ ہو کہیں
اس نے مجھے نہ دیکھ کے دیکھا نہ ہو کہیں
قدموں کی چاپ دیر سے آتی ہے کان میں
کوئی مرے خیال میں پھرتا نہ ہو کہیں
سکی ہوئی ہواؤں میں خوشبو کی آج ہے
پتوں میں کوئی پھول دکھتا نہ ہو کہیں
یہ کون جھانکتا ہے کواڑوں کی اوٹ سے
بتی بجھا کے دیکھ سویرا نہ ہو کہیں
علوی خدا کے واسطے گھر میں پڑے رہو
باہر نہ جاؤ پھر کوئی جھگڑا نہ ہو کہیں

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On the lighter side....

The phlebotomist entered the hospital room to draw blood. Noticing an apple on the patient's nightstand, she remarked, "An apple a day keeps the doctor away."

"That's true," the patient replied. "I haven't seen a doctor in three days."

An artist asked the gallery owner if there had been any interest in her paintings that were on display. "Well, I have good news and bad news," the owner responded. "The good news is that a gentleman noticed your work and wondered if it would appreciate in value after your death. I told him it would and he bought all 10 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."

Hearing his wife as she sings, the husband says, "You know dear, when you sing like that I just wish you were on the radio."

The wife smiles and replies, "Wow honey, you think I am that good?"

"No, but at least that way I can change the station or turn it off."

A woman had bought lots of shoes over time and she decided it was time to kick the habit. She really took it seriously, even changing her driving route to avoid her favorite shoe store. One evening, however, she arrived home carrying a shoe box. Her husband grinned at her, but it didn't faze her at all.



"These are very special shoes," she explained. "I accidentally drove by the shoe store and there in the window were the most perfect shoes I've ever seen! I felt this was no accident, so I thought I'd let fate decide. If I would get a parking spot directly in front of the shop, the shoes were meant for me. And sure enough, the eighth time around the block, there it was!"

A ham and cheese sandwich walks into bar and asks for a drink.

Bartender says, "Sorry, we don't serve food here."

Father: What do you see in that boyfriend of yours?

Teen daughter: Well... he's reliable.

Father: He's always late picking you up!

Teen daughter: I know and I can always count on it. Remember when you had to sit in the front room with my dates until I was ready?

Father: Now that you mention it, I'm beginning to like this guy!

Patient: Doctor, doctor, I keep thinking I'm a dog.

Doctor: Lie down on the couch and I'll examine you.

Patient: I can't, I'm not allowed on the furniture.

A woman with a minor injury was at the hospital because her doctor said she wanted to take a closer look at it to make sure everything was all right. The woman's husband sits patiently in the waiting room. After a few minutes, the doctor comes out and asks her assistant for a wrench, which understandably concerns the husband.

Then, after a couple more moments, the doctor re-enters the room, this time asking for a screwdriver. The husband grows worried and begins to pace in circles. Then, a little later, the doctor bursts through the doors screaming for a hammer and at that, the husband, in a state of frenzied fear, runs up and asks, "Doctor, what the heck is wrong with my wife?"

"I don't know," replies the flustered doctor, "I can't get my bag open!"

A woman had been talking on the phone for about half an hour, and then she hung up.

"Wow," said her husband, "that was short. You usually talk for two hours. What happened?"

"Wrong number," replied the wife.



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