In the maze

Debate over health risks of e-cigarettes is now spilling into the public square. P4-5
Veere Di Wedding
DIRECTION: Shashanka Ghosh
CAST: Kareena Kapoor Khan, Sonam Kapoor, Swara Bhaskar, Shilka Talsania
SYNOPSIS: Set in Delhi, the film follows the lives of four childhood friends Kalindi (Kareena Kapoor), Avni (Sonam kapoor), Meera (Shilka Talsania) & Sakshi (Swara Bhaskar). Ten years later when these four best friends reunite, they don’t realise how much life has changed from what they expected. Four girls on their way to find true love discover that friendship this strong has its consequences. Feel the backdrop of Delhi, where the girls are born and brought up and how their trials and tribulations in modern day world shape their decision regarding family acceptance, marriage and societal perceptions.

**THEATRE**: The Mall

Jurassic World: Fallen Kingdom
DIRECTION: J. A. Bayona
CAST: Chris Pratt, Bryce Dallas Howard, Rafe Spall, Justice Smith, Daniella Pineda
SYNOPSIS: The film takes us down the four years after the Jurassic World theme park was closed down, Owen (Chris Pratt) and Claire (Bryce Dallas Howard) returns to Isla Nublar to save the dinosaurs when they learn that a once dormant volcano from Mount Sibo on the island is active and is threatening the existence of the dinosaurs. Along the way, Owen sets out to find Blue, his lead raptor, and discovers a conspiracy that could disrupt the natural order of the entire planet. It follows the roaring scales, teeth and the island’s dormant volcano roaring to life before Owen and Claire rescue the city itself from the dinosaurs breaking out from the auction of rescued creatures at Lockwood Manor.

**THEATRES**: The Mall, Royal Plaza, Landmark

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**Quote Unquote**

Truth is a deep kindness that teaches us to be content in our everyday life and share with the people the same happiness.

— Khalil Gibran

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**Community Editor**

Kamran Rehmat

e-mail: community@gulf-times.com

Telephone: 44466405

Fax: 44350474
Summer Camps
WHERE: TCA
WHEN: June 24
TIME: 9am - 12am
The TCA will be holding Summer Camps in its branch for all students, starting from June 24. Every two weeks, a new batch will begin for every child to join and learn new forms of art. The summer camps will include Abacus, Drawing and Painting, Calligraphy, keyboard and dance. The camp will run for 10 days a week from, 8.30am to 1pm. You will be able to see the activities and schedules that will be upheld for every week and register your kid. For further details, call 974 44373259.

Summer Camp for Kids
WHEN: June 24 to Aug 31
TIME: 7:30am - 2:30pm
WHERE: Music and Arts Atelier, Villa 57 Bin Omran
Doha’s Kids Summer Camp where artists are made! The A to Z of kid’s summer camp – from artworks, dance and music lessons and PLAY in between. For ages 5 years and up. For registration, contact: registration@atelierqatar.com and/or mobile 33003839.

Soccer Festival
WHERE: The St. Regis Doha
WHEN - Tomorrow - July 15
TIME: 2pm - 12am
The St. Regis Doha has announced plans to celebrate the month-long soccer festival and screen all matches to the delight of football lovers, from tomorrow to Sunday July 15, 2018. Sarab Lounge and Vine Restaurant will transform their delight of football lovers, from tomorrow in its branch for all students, starting from Qatar Radio at 9pm in the Luxury Court. A to Z of kid’s summer camp – from artworks, dance and music lessons and PLAY in between. For ages 5 years and up. For registration, contact: registration@atelierqatar.com and/or mobile 33003839.

Ramadan Activities
WHERE: Mall of Qatar
WHEN: Till Tomorrow
TIME: 7pm - 12am
Kids are invited to learn Arabic calligraphy, create prayer pads, lanterns and much more in a colourful Arts and Crafts area along with a henna station dedicated to creating beautiful designs. In addition, giant traditional Dama and X O games will delight the kids while everyone can enjoy hospitality in the modern yet traditional majlis and participate in a daily broadcast from Qatar Radio at 9pm in the Luxury Court.

Ramadan Camp
WHERE: Education city - Recreation Centre
WHEN: Till Tomorrow
TIME: 1pm - 4pm
This is an academic enrichment programme designed to help children between the ages of 4 – 10 years, improve their scholastic and interpersonal skills. A maximum of 50 participants will be accepted. Since this camp is for four weeks, please refer the advertisement to get the camp schedule.

Meerat Ramadan
WHERE: Katara
WHEN: Ongoing till June 20
TIME: 8am - 11.55pm
The Cultural Village Foundation – Katara is inviting the public to Meerat Ramadan at Katara’s Southern Area.

Explore your talent with us!
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday to Monday
TIME: 7pm - 11pm
The Mystic Arts Centre is a holistic performing arts institution and a one-stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. Personalised lessons, efficient mentoring and exposure to stage helps our learner to walk out as a confident performer at the end of their course. For further details, call 44723660/33897609.

Outdoor and five-a-side football pitches
WHERE: Aspire Zone
WHEN: Daily
TIME: 7pm - 11pm
Aspire Zone’s five-a-side football outdoor pitches opposite Al Waab Street are available every day from 7pm until 11pm from Sundays to Thursdays, and on Fridays and Saturdays from 7am-11pm.

Farzana for children!
WHERE: Aspire Park
WHEN: Thursday and Friday
TIME: 9am
Qatar Foundation (QF) has partnered with Torba Farmers Market, a Qatar-based initiative that aims to deliver organic and locally-grown food and homemade products, to host a weekly market in Education City. Open to the public, the market will be held at QF’s Ceremonial Court, accessible from gate 2, every Thursday from 9am-4pm and every Friday from 9am-11am and 2pm-9pm. The market ‘Torba’ is derived from Arabic, and means “the pure soil that feeds, nourishes, and nurtures.” A wide range of fresh, locally-grown items will be on offer, including organic fruits and vegetables, homemade preserves, syrups, and butters, as well as handicrafts and gardening supplies.

Remote-controlled car racing track
WHERE: Aspire Park
WHEN: Thu, Fri, Sat
TIME: 4pm - 10pm
Aspire Zone Foundation has created a custom-made track specially designed for remote-control car racing, for car lovers across Doha. Interested motorsport enthusiasts can try their hand at the track opposite the Aspire Academy, from 4pm to 10pm on Thursdays, Fridays, and Saturdays.

Dance and instrument classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
TIME: 7pm - 12am
Come and learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. Classes will run on a regular basis on weekends and weekdays. For details contact 66523871/ 31326749.

Off - Road biking tour
WHERE: Zekreet
WHEN: Fridays
Blue Pearl Experience Qatar is offering the country’s first off-road biking tour. Ride in the desert on a fat bike to explore the local flora and fauna spot desert wildlife, hike up jebels, chill in the magic of the Richard Serra statues and this unique landscape. Participants will get to cross the desert riding fat bikes from Zekreet to the Richard Serra statues, on a route of approximately 13km. The route is easy to ride and suitable for people with average fitness. You must be able to ride. Kids aged 9 and older are also welcome. The fee is QR 220 (QR100 for ages 9-14) and includes bike and safety equipment. The activity lasts about 2.5 hours.

Arab and German Tales Exhibition
WHERE: Qatar National Library
WHEN: Ongoing till August 18
The exhibition is organised within the framework of Qatar – Germany Year of Culture and provides an insight into the history of Arabic and German fairy and folk tales, and how the two traditions influenced each other. It aims to show the transcultural value of narrative traditions as a shared intangible cultural heritage and highlight mutual influences, shared ideas and cultural transfer between the Arab world and Germany through storytelling and tales.
The entrapment

Social media helps drive the vaping trend. Teresa Kenison, a volunteer on the Breathe Easy team, has seen frequent use of the devices in classrooms, bathrooms and parking lots. “It’s really everywhere,” she tells John Daley. “Students are getting hooked”
Among youth — who use e-cigarettes at higher rates than adults do — there is substantial evidence that e-cigarette use increases the risk of transitioning to smoking conventional cigarettes. — National Academies of Sciences, Engineering and Medicine report

Helping people quit their use of tobacco products. When it comes to that habit, the advice from Ray Story, the founder and CEO of the Tobacco Vapor Electronic Cigarette Association, is “don’t start at all.”

“...but if you’re going to smoke conventional tobacco, which has raised

innocent but highly addictive. This is not to say minors should not be

Health experts have warned about the risks of e-cigarettes, which has raised
times the rate of traditional cigarettes, which has raised

The Juul has definitely been a game changer,” said Jen Bolcoa, a health

Other companies that make e-liquids also say their products are not for minors. The companies do offer a wide range of sweet flavours, however, like cotton candy, caramel, cherry, cookies and milk, and cream brûlée.

It terrifies me. — Kaiser Health News/TNS

As for the Juul Challenge, which is the video that started it all, Story said he’s now hooked on both cigarettes and e-cigarettes. He has tried to quit, but said he now can’t go three days without using a Juul. On a typical day, he’ll take upward of 300 puffs.

So my biggest concern, he said, is, you know, right now I’m puffing, puffing, happy, worry-free, and then in 20 years I’ll have to explain to my kids why I’ve developed popcorn lung — or some new form of lung cancer,” Lavandier said. “Because I didn’t know what the risks were of e-cigarettes. It terrifies me.” — Kaiser Health News/TNS

The report found that e-cigarettes are not for minors. The companies do offer a wide range of sweet flavours, however, like cotton candy, caramel, cherry, cookies and milk, and cream brûlée. It’s really appealing to kids, whether or not they are intentionally marketing to kids.

While e-cigarettes are not for minors, the VP of business development for NEwhere Inc., a California-based maker of e-cigarettes and vaping products, said, “I feel like some of the responsibility has to fall on some of the parents of any kid that’s deciding to walk into an adult store.”

The head of Colorado’s health department, Dr Larry Walk, said he finds it hard to believe industry officials.

Some of the responsibility has to fall on parents as well, said Dr Deborah Liptzin, a pediatric pulmonologist at Children’s Hospital Colorado, sees the evidence differently. E-cigarettes, she said, have become “the new way to get kids addicted to nicotine.” There’s been scant e-cigarette research, she noted, including on Juul and the ingredients in the e-liquids used in the devices.

They specifically use nicotine salts,” Liptzin said. “We have no research that I could find on nicotine salts that are inhaled, because it’s so new.”

Data from the 2015 Healthy Kids Colorado Survey found that nearly half of Colorado high schoolers reported that they’ve vaped. One in 4 said they had used an e-cigarette in the previous month. That’s three times the rate of traditional cigarettes, which has raised concerns among public health officials.

“One of the benefits of e-cigarettes, according to the industry, is that the devices can help people quit their use of tobacco products. When it comes to that habit, the advice from Ray Story, the founder and CEO of the Tobacco Vapor Electronic Cigarette Association, is “don’t start at all.”

But if you’re going to smoke conventional tobacco, which has raised concerns among public health officials.

The Juul has definitely been a game changer,” said Jen Bolcoa, a health education co-ordinator with Jefferson County Public Schools. The tiny pod of e-liquid in a Juul has the equivalent nicotine of approximately 20 cigarettes — an entire pack — according to the company’s website.

Most educators, parents and students “don’t realise how much nicotine is in there, or that there’s nicotine is in there, or that there’s even any nicotine,” she said. “That’s what the research tells us.”

Bolcoa works with students as part of the Breathe Easy team, a club at high schools backed by Jefferson County’s Tobacco-Free Youth program, to educate students, parents and administrators about the larger risks of tobacco use and Juuls. An educational video the team posted on Facebook tells viewers that “Juuls and other e-products are disguised to look like pens, flash drives.”

But their video competes with others posted by teens on social media sites. On YouTube, there’s a video called the Juul Challenge. Two guys sit in the smoke-filled front seat of a car, competing, pulling on Juuls.

“Cheers, guys. Let’s see how many hits I can do. You got five,” one of the video performers says. “How many hits can you do? Write in the comments.”

That video had more than 230,000 views, and 360 comments in seven weeks. Teresa Kenison, a volunteer on the Breathe Easy team, said social media helps drive the vaping trend. She has seen frequent use of the devices in classrooms, bathrooms and parking lots. All sorts of students are using e-cigarettes and Juuls, from those in AP classes to athletes.

“It’s really everywhere,” she said. “Students are getting hooked.”

She has noticed older kids making runs to the convenience store for younger ones.

Lavandier can attest to the power of e-cigarettes as a gateway to tobacco use. The college student said he’s now hooked on both cigarettes and e-cigarettes. He has tried to quit, but said he now can’t go three days without using a Juul. On a typical day, he’ll take upward of 300 puffs.

“So my biggest concern,” he said, “is, you know, right now I’m puffing, puffing, happy, worry-free, and then in 20 years I’ll have to explain to my kids why I’ve developed popcorn lung — or some new form of lung cancer,” Lavandier said. “Because I didn’t know what the risks were of e-cigarettes. It terrifies me.” — Kaiser Health News/TNS
DPS-MIS students shine in Asianet quiz

Asianet, a leading TV channel, recently organised a quiz contest called ‘Asianet Think and Learn Challenge’ for all CBSE (Central Board Secondary Education India) schools in GCC. The contest challenged the conceptual and logical thinking ability for all participants. DPS-Modern Indian School (DPS-MIS) participated with two teams: Ismail and Aditya Menon were in Team 1 and Swapnil Garg and Dhanyashree in Team 2.

In the national round, out of six teams Ismail and Aditya Menon bagged the first position in Qatar and won a cash prize of $1,000. Swapnil Garg and Dhanyashree bagged the third position, winning Byju’s study pack and tablets, by beating four other schools of Qatar. In the final GCC round, the team of Ismail and Aditya Menon competed with other national round winner GCC schools and bagged the third position. The quiz tested the students’ visual reasoning, scientific aptitude, mental strength and logical reasoning. The quiz was telecast on Star Plus and Asianet Middle East recently.

Pearl School celebrates World Environment Day

The students of Pearl School, Thumama campus, recently conducted a special assembly to mark World Environment Day. The theme of the day was ‘End Plastic Pollution’. The students took a pledge to reduce the use of plastic. The students were enlightened about how plastic causes pollution and how to protect the environment. The school also conducted other activities like best out of waste, and mother Earth drawing and craft. At West Bay campus, the school welcomed ABB LLC, a technology pioneer company, for celebrating World Environment Day. ABB conducted a short presentation on energy conservation and environment sustainability. They also conducted a poster competition based on the day’s theme. Saplings were planted in the school premises.

DPS-MIS wins quiz competition

DPS-Modern Indian School (DPS-MIS) recently hosted the fourth edition of Encuesta-2018, an inter-school quiz competition, for Grades VI to VIII students of all Indian schools.

After a nail-biting preliminary round, five teams qualified for the final round. The teams, each comprising of three students, from Birla Public School, MES Indian School, Al Khor International School, Doha Modern Indian School and DPS-MIS contested in the final round. The DPS-MIS students won the competition. Anna Naifee, Principal of DPS-MIS, congratulated the participants and winners. She also highlighted the importance of mental agility and team spirit.
MNO Qatar orientates Nepali community on people of Mongolian origin

Qatar chapter of Mangol National Organisation (MNO) recently organised a special programme to orientate the Nepali community on Mongoloid stock. MNO is an organisation that focuses on identity movement of ethnic and indigenous community of Mongolian origin. The speakers were namely, Yudhha Jung Gurung, a journalist; Til Bikram Thebe, Pasang Norbu Lama, Devi Limbu, Hom Rai and Raja Yorjan, MNO advisors; Arjun Syangbo Tamang, MNO spokesperson; Dhanraj Tamang, cultural MNO co-ordinator; and Aina Limbu, MNO women wing head. The speakers highlighted political, economic, religious, educational and socio-cultural matrices of Nepal underpinning the lives of Mongoloid people in the country. MNO is one of the oldest organisations working for ethnic and indigenous communities in Nepal. It was founded by late Dr Gopal Gurung. Chaired by Biru Lama, Secretary, and conducted by Rajeev Gurung, co-Secretary, the programme was attended by a large number of audiences.

Text and photo by Usha Wagle Gautam

KMCC committee holds reception for new office-bearers

Thiruvampadi Constituency Committee of Kerala Muslim Cultural Centre (KMCC), a well-known charity organisation in Qatar, recently held a reception ceremony for its newly elected office-bearers of district and state committees. Iftar party was also organised as part of the reception. E.A. Nazar, President Thiruvampadi KMCC, chaired the function. Azees Nirrikuni, General Secretary state committee, Basheer Khan Koduvalli, President district committee, Illias Master, General Secretary district committee, and Suhail Wafi spoke to the gathering. T T Abdurahman, a senior leader of KMCC, handed over a memento to E K Muhammed Ali, Vice President of KMCC Kozhikode district committee. T P Abbas, KMCC General Secretary, welcomed the gathering and O P Salih, Treasurer, delivered vote of thanks.

IMALCO organises annual Iftar for staff

Ibrahim Mohammad Al-Khulafi Trading Company (IMALCO), recently hosted its annual corporate Iftar at Hotel Radisson Blu, Doha. The event was glittered by the attendance of the entire staff of IMALCO. The gathering was addressed by Aboo Backer, CEO of IMALCO, who spoke about Iftar and the holy month of Ramadan. The Iftar event is organised annually for the betterment and the welfare of the staff during the holy month of Ramadan.
Hyundai Motor opens FIFA World Football Museum in Moscow

Hyundai Motor, the official automotive partner of the 2018 FIFA World Cup Russia, yesterday held a grand opening ceremony of the special exhibition for the 2018 FIFA World Cup Russia, 'FIFA World Football Museum presented by Hyundai' at Hyundai Motorstudio Moscow. This exhibition celebrates the FIFA World Cup through the passion and devotion of the fans and tells the event’s history through the players who have left an indelible mark on it in the past.

In Qatar, Hyundai vehicles are available at Skyline Automotive W.L.L., a Jaidah Group company and official distribution partner of the Hyundai Motor Company in the country.

The 2018 FIFA World Cup Winner’s Trophy, alongside the Jules Rimet Cup, the original FIFA World Cup Trophy between 1930 and 1970, were unveiled during the opening ceremony.

"It is very meaningful to open the exhibition of the FIFA World Football Museum here in Moscow, the capital of the host country Russia and home of the Hyundai Motorstudio Moscow, Hyundai’s brand centre," Wonhee Lee, President and CEO of Hyundai Motor, said. “We worked together to give football loving fans from Russia and the rest of the world a very special firsthand experience during this FIFA World Cup tournament.”

Fatma Samoura, Secretary General of FIFA, said, “We are fortunate to be witnessing history in the making with the 2018 FIFA World Cup. I consider it FIFA's duty to constantly shed light on what brought us here: all of those who wrote the history of football and of the FIFA World Cup. And it is important to remember that football fans are a fundamental part of this history. I am delighted to see all of these elements celebrated by the FIFA World Football Museum and our dear partner Hyundai in this fantastic exhibition here in Moscow.”

The exhibition will feature select world football heritage objects from the FIFA World Football Museum.

- Jules Rimet Cup
- 2018 FIFA World Cup Winner’s Trophy (will be on display on June 9, 16, 23 and 27)
- 64 Adidas Telstar Official Match Balls used to kick-off each game of the 2018 FIFA World Cup
- Objects belonging to players like Pelé, Diego Maradona, Lev Yashin, Lionel Messi, and Cristiano Ronaldo

In addition, guests can enjoy videos submitted by fans from around the world during the ‘Hyundai World Football Heritage’ competition, which took place recently through Hyundai’s 2018 FIFA World Cup digital platform (http://worldcup.hyundai.com). Each movie showcases the unique fan cheering culture of the 32 participating countries. Visitors can also view an array of rainbow themed jerseys from the 32 participating countries, and learn about Hyundai’s FIFA Sponsorship Story.

The FIFA World Football Museum Presented by Hyundai at the Hyundai Motorstudio Moscow is open to the public till July 20. Hyundai began its association with FIFA in 1999 and will continue to be a top-tier partner of FIFA as the Official Automotive Partner until 2022.
Lighthouse Integrated Institute-Qatar marks official opening

Lighthouse Integrated Institute-Qatar (L2I-Q) marked its grand opening recently in Inception Centre in Abu Hamour, Doha. The opening was followed by the first day of classes for L2I-Q students enrolled in different courses. L2I-Q is a non-profit organisation that aims to reach its goals by executing its mission and vision through perseverance and team work. This was built by fellow OFW’s (Overseas Filipino Workers) by providing high quality and affordable training and education.

L2I-Q is a social enterprise established to level up the career and professional lives of the Filipinos. By defining new mechanism in developing the capabilities and performance by enhancing the intelligence of fellow Kabayan by giving pathway of light through training, development and education in the international community.

Its mission is also to support some reliable and chosen Filipino organisations to accomplished their own missions and unselfish advocacies. The institute advocates support for the Philippine government through the Philippine embassy in Doha. The first outreach programme given by L2I-Q was done on May 31, 2018, where L2I-Q free seminar, food packs and one airline-ticket from Qatar to Philippines was given. L2I-Q is committed to be doing the outreach programmes in quarterly basis.

A photography exhibition ‘Children of Qatar supporting the nation’ with a unique concept recently started at The Torch Doha. Bosco Menezes, a prolific photojournalist, is showcasing a compilation of portraits, mainly of children expressing their support to His Highness the Amir Sheikh Tamim bin Hamad al-Thani and Qatar, during the blockade.

Marking one year from the start of the blockade, Qatar has witnessed an unprecedented support from its citizens, locals and expatriates alike. In recognition of the fact, coming from people of all background and ages, the photos are of children parading in the famous Ramadan car parade at Doha Corniche. The unique element of the exhibition is that the photographer is pledged to give each of the photograph prints to the families of the children he captured at Corniche once they attend the exhibition and identify themselves. Parents are welcome to collect their children photos free of cost and the prints will be given upon communication with the photographer.

Bosco Menezes, hailing from Goa, India, grew up as a permanent resident of Qatar. With over 20 years of experience in the marketing and media field, Bosco is a communications professional with a keen eye for photography. He recently launched his own brand of photojournalism/social media activation photography called ‘Big B fotografi’ (#bigbfotografi). He is one of the first photojournalists to document and interview Ahmed al-Maadheed, Qatari artist who created the world-famous mural ‘Tamim Al Majd’. Bosco loves taking candid pictures with a passion for nature, wildlife and architecture, having also covered major sporting events over the past 10 years, varying from the 2006 Doha Asian Games, the 2010 IAAF Doha Indoor Athletics to the AFC Cup and most recently documenting the various murals across Qatar during the early days of the blockade.

He has had major photography exhibitions during the last years and he recently held an InstaMeet at The Torch Doha, which famous Qatar and expatriate socialites such as Mohammed Saadon al-Kuwari attended. Bosco has three more exhibitions planned for the year on topics ranging from Qatar’s natural beauty and sporting excellence to its architectural progress. The exhibition is open for the public for one month till July 2 everyday from 5pm to 12am.

For inquiries and additional details, you are kindly requested to contact The Torch Doha at +974 4446 5600 or info@thetorchdoha.com or the photographer through his social media accounts.
Did you know that the liver is the LARGEST ORGAN in the human body? It performs over 500 functions, including processing everything we eat and drink.

Keep this vital organ healthy with these nutrition and fitness tips:

**DO...**

1. **Eat a balanced diet,** choosing foods from all food groups.
2. **Eat foods that have fiber.**
3. **Eat antioxidant-rich foods.**
4. **Drink lots of water.**
5. **Consult your doctor if you need to lose weight. Focus on a healthy diet, regular exercise.**
6. **Keep your body mass index in the normal range (18 to 25).**

**DON’T...**

1. **Eat foods with lots of sugar, fat and salt.**
2. **Eat fried food.**
3. **Gain excessive weight. Maintain a healthy diet and exercise regularly.**

Following these tips will help keep your liver – and you – healthy.
Must-have jewellery pieces for ethnic wear lovers

Your closet may have dozens of jeans and plenty of ethnic wear, but it is important to pair the right set of jewellery according to the attire. Wear choker necklaces with deep necklines, arsi rings as statement pieces of jewellery, suggest experts. Garima Singh, Co-founder and CEO at blingvine.com, and jeweller designer Pooja Juneja, have listed the different kinds of ethnic jewellery that you should invest in and how to wear them:

- Choker necklaces have always been a significant necklace style for ethnic Indian jewellery. You can team them up with strapless necklines, deep neck blouses with lehngas.

- Pearl necklaces look spectacular when harmonised with traditional Indian wear. Lustrous sea pearls when stringed with uncut diamonds, zardosi work, gold and emeralds, look classy. They can be paired with saris either to look dressed up or dressed down.

- Beautiful headpieces known as maang tikka are one of the most attractive characteristics of the Indian traditional look. They can be paired with saris, lehngas for a stunning look. Wear a simple one if your attire is grand but a heavy, flashy one if your attire is simple.

The different maang tikkas available include small pendant, paasa, matha putti or borks.

- If you are not a watch person, then bangles, kadas and bracelets are your things to flaunt around wrist. You can go classy and elegant by choosing gold or glass bangles, royal by adorning kadas or cuffs or pick up a chunky fashion bracelet bejewelled with semi-precious stones.

- Don’t forget to buy a haath poohl, which could be a modern, simple piece or an elaborate one. If you are wearing bangles then skip the ornament as this is more of a statement piece.

- Jhumkas take you back to the roots as they are a part of the temple jewellery. Another most essential part of any Indian wear is earrings. There are a lot of varieties of earrings and jhumkas, which can also be teamed with western wear. A simple T-shirt and jeans can look different when paired with a small jhumka. — IANS

Aries
March 21 — April 19

Today you might feel as if you’re walking around in a daze, Aries, but it’s a good daze. Your imagination and artistic abilities are sharp. Your intuition is especially attuned, and the thoughts and feelings of others are more apparent to you than they realise. You might feel unusually restless at some point and consider going for a workout, or at least a walk. Do it. Get those endorphins flowing.

Taurus
April 20 — May 20

A group with which you’re affiliated with suddenly seem to grow closer, and a family feeling could develop among its members. One of the members could suddenly appear to you in a new light. Taurus. Whether you pursue it or not depends on your situation, but you’ll still feel closer to your friends now.

Gemini
May 21 — June 20

Family members might want to get out in the world today, perhaps to attend a festival or rally. This is an excellent day to do this sort of thing, Gemini. You should be feeling especially energetic and enthusiastic, and you’re likely to attract some interesting new people your way. Expect your mind to be stimulated by lectures or speeches given by public figures. Hop in the car, get out, and have some fun.

Cancer
June 21 — July 22

Family members who live far away might be planning a visit, and you could discuss it at some length today. Cancer. A lot of phone calls or e-mails could be exchanged. You might be considering a move to another state or country, but you aren’t likely to make definite plans now. Whatever your plans, however, they’re likely to prove exciting and cause you to anticipate the future. Enjoy your day.

Leo
July 23 — August 22

Insights shared by a family member could lead to possible ways to increase your income. Expect to handle a lot of paperwork regarding money, Leo, but this is a positive development and definitely should leave you feeling good about your situation. This is a great day to do in-depth research. Your intuition is high and you’re apt to see right through superficial appearances to the heart of any matter that interests you.

Virgo
August 23 — September 22

If you need to execute legal papers of any kind, Virgo, you couldn’t find a better day to do it. Relationships should be especially warm, supportive, and rewarding. New and interesting people could cross your path. You might feel an instant bond with at least one of them.

Libra
September 23 — October 22

Home and family are apt to be your primary focus today, Libra. Work around the house might take up a lot of your time. You might want to spruce up the place and make it more beautiful. Gardening could be especially rewarding now. If you’ve wanted to try some recipes from a new cookbook, this is the day to do it. Your creative impulses regarding food are at an all-time high.

Scorpio
October 23 — November 21

Today a strong sense of destiny could lead you to someone new — either a potential close friend or prospective partner. You’re apt to feel especially protective toward this person, Scorpio, and even though he or she is new to you, you could feel as if you’ve known this person forever. Artistic activities benefit from increased intuition and physical and mental energy. Expect to shine! Enjoy your day.

Sagittarius
November 22 — December 21

Volatile emotions may come to the surface among the members of your household today. This could prove irritating for you, Sagittarius, but try to avoid becoming involved in others’ quarrels. At times like this, a lot could be said that shouldn’t be said, and apologies won’t necessarily wipe it out. This is a great day to get some work done around the house, as your physical energy is high.

Capricorn
December 22 — January 19

Someone distraught or angry, perhaps a relative, might phone you today expecting a sympathetic ear and soothing words. You’ll be more than able to provide them. This is a great day for writing, whether a letter to a friend or the first chapter of a novel. Your ability with words is operating at a high level. If you’re planning to teach or speak to a group, know that words will flow freely.

Aquarius
January 20 — February 18

A lost possession could be recovered today. A gift, either money or a long-desired item of some kind, could bring tears to your eyes. Aquarius. Your sense of self-worth should be high at his time, and could cause you to feel nurturing towards everyone around you who doesn’t have your self-confidence. New opportunities for increasing your income could come your way. Make the most of them.
**Wordsearch**

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

**Hue**

AQUA  GREEN  PURPLE
BEIGE  JADE  RED
BLACK  LILAC  SIENNA
BLUE  MAGENTA  TEAL
CRIMSON  MARI GOLD  TURQUOISE
ECRU  MAUVE  WHITE
EMERALD  ORANGE  YELLOW
FUCHSIA  PINK  PUCk
GRAY

**Codeword**

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

**Sudoku**

<table>
<thead>
<tr>
<th>2</th>
<th>3</th>
<th>6</th>
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<tr>
<td>4</td>
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<td>6</td>
<td>9</td>
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</tbody>
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Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains each of the digits 1 to 9.

**Sudoku Book courtesy: Puzzlebook.com**

**Codeword courtesy: Puzzlechoice.com**
Super Cryptic Clues

ACROSS
1. Making the ditch in the park an unseen hazard? (5,4)
8. Give one the idea there’s a sniper prowling round one (7)
9. “Officer,” heavers, has one R! (7)
10. For a stretch, incarcerating the man is very tough (7)
13. It reminds you there’s money to come from France (8)
14. Meal one took the men out for, from the plant (4)
16. Excuses an attempt to make a facetious remark (10)
20. Tiring when about to win is a bore (4)
22. It’s raining round the southern area of the country (4)
24. “A drink”, you bark, “and something to eat” (6,4)
28. Work until 1.50 (4)
29. “A drink”, you bark, “and something to eat” (6,4)
31. Beat a doctor in the final (7)
34. Work from the opening through to the tea-break (7)
35. Passes round our banner (7)
36. Therapy for the drunken mate who fell into the river (9)

DOWN
1. Gets to know a girl by giving her a lift? (5,2)
2. In utter distress, or agony (7)
3. So the bird cage has only the framework left (5)
4. Put on trial as a rule, we’re told (7)
5. Children in rags (4)
6. Contend it’s the spring rain (4)
7. A tendency to be relying on others for support (7)
11. Licked when one competed against (6)
12. Row and moor by the river (4)
15. Does revise the literary works (4)
17. Misrepresentation that’s taken in an immigrant (3)
18. Singer with whom there’s a great deal wrong (4)
19. Proceeds at a leisurely pace to produce meals, breakfast included (6)
21. She’s a different woman when the man comes in (3)
22. What kept the wizard shut up until peace-time? (7)
23. At most half back me, giving support (4)
25. I soon go off by myself, it’s so disgusting (7)
26. Managed to get up speed, they tell one (7)
27. Stop before five to ten, unusually (7)
30. Fold a number to tie tape round (5)
32. Are braggarts, darn it! (4)
33. Try to set out on time (4)

Answers

Wordsearch

Codeword

Yesterday’s Solutions

Across: 3 Locomotive; 8 Manage; 9 Stop; 10 Fair amount; 11 Rio; 13 Wait; 14 Snippet; 15 Gone; 17 Strip; 20 Error; 22 Step; 24 Aliment; 25 Pack; 27 Bit; 28 Intimation; 29 Eric; 30 Tender; 31 Sustenance.

Downs: 1 Cataract; 2 Parrot; 3 Lemmimg; 4 Cut up; 5 Mist; 6 Improper; 7 Exporter; 12 Fine; 14 Sere; 16 Oast; 17 Shambles; 18 Roister; 19 Peer; 21 Once-over; 23 Primate; 25 Patent; 26 Stain; 28 Icon.
Dhadak offers the most charming romance pair since Rishi, Dimple

By Subhash K. Jha

First things first. Going by the trailer, Karan Johar’s production and Shashank Khaitans directorial Dhadak is nothing like the original film Sairat.

Dhadak is not an adaptation. It is a different beast altogether. Far more flamboyant and feal, filled with noise, colour and drama, leaving behind the comparatively compact world of Sairat where the stress was on the friction between the two castes which clashed over the lovers’ anandlous crossover from into each other’s forbidden territory.

This is a more generic world of colour, drama and music undercut by an overwhelming innocence and a ruinous oblivion to the ground reality that makes the lovers look as pristine as Rishi Kapoor and Dimple Kapadia in Bobby.

Indeed, Ishaan Khatter and Janhvi Kapoor bring into play the same non-sexual dynamics of intense love that William Shakespeare and then Raj Kapoor mastered in their versions of Romeo and Juliet. While Janhvi plays the more knowing half of the couple, Ishaan makes innocence and surrender to the passion of first-love look convincing, sincere and heartfelt even in today’s age of unrelieved cynicism.

In Janhvi, we see heartstopping flashes of her legendary mother Sridevi, especially in the way she projects the arrogant proprietary pride of ownership every time she looks at her utterly smitten other.

I don’t know how much of Nagraj Manjule’s Sairat is preserved in Dhadak. No much, I suspect. I am sure Manjule would find it hard to recognise his own film in this hybrid avatar of colours and emotions that leap at us with enticing fervour.

But there is one proud mother up there smiling every time her daughter smiles on-screen.

A star is reborn.

Meanwhile, filmmaker Karan Johar avoided the use of the word “nepotism” — which had sparked a roaring debate in Bollywood two years ago — at the trailer launch of Dhadak. He says the talents — irrespective of their family name — work hard to be where they are.

Karan has launched a slew of celebrity children in Bollywood — from Alia Bhatt to Varun Dhawan and now Janhvi to Ananya Pandey.

At the trailer launch of Dhadak, Karan was asked what are the things he has to keep in mind when he makes films with such talents, who come with a film background.

He said: “That they grow beyond their name and make their own identity. I think that is our responsibility and their responsibility.”

“These days people focus more on names rather than the talent, but they tend to forget that one puts in a lot of hard work, heart, dedication, discipline and mental preparation to face the camera, the audience and the media... It is not easy, really. It is difficult.”

Without mentioning the term “nepotism”, which had become widely used when actress Kangana Ranaut accused Karan of being a “flagbearer of nepotism” two years ago, he said: “We always use a tag... Like a word of the season. I know that word (nepotism) was doing the rounds for last two years and I am again perhaps, encouraging the same concept... But I will not utter the word. But I want to say, they are not here because of that word, but because of their hard work.”

Asked what made him choose Janhvi and Ishaan for the film Dhadak, a remake of the hit Marathi film Sairat, Karan said: “The story is about an innocent love story. To bring such innocence on-screen, I needed first-time talent.”

He said Ishaan first struck him while judging a TV show with Ishaan’s step brother Shahid Kapoor.

“I was judging a show with Shahid where Ishaan happened to meet him on the set. So I just saw Ishaan and got a glimpse of a certain body language, expression and personality. So, I instinctively decided on him.

“I think Manish Malhotra is the fashion father of Janhvi. He knows her for a long time. He used to keep talking about her so much that I felt like I know her even before meeting her. Then I went to meet her family where I saw her. Then later when I met her personally, I saw her potential to be on-screen and saw that spark and excitement,” said Karan.

Directed by Shashank Khaitan, Dhadak is releasing on July 20. — IANS
Riseborough brings complexity to an emotional void in Nancy

By Justin Chang

Nancy (Andrea Riseborough) is an aspiring writer and a practiced liar. Weaving fiction, on or off the page, allows her a temporary escape from the dreariness of life in her wintry Northeastern town, where she looks after her scowling, ailing mother (Ann Dowd) and works as a temp in a dental office. Her stories have been read only by editors at publications like the Paris Review, who have sent back a steady stream of rejection letters. Her lies, at least, ensure her a few moments with a captive audience.

The audience for Christina Choe's Nancy, a character study that itself possesses the narrative economy and lingering resonance of a short story, will not be so easily fooled. Nancy's compulsive dishonesty is evident early on, when she tells her coworkers about her recent visit to North Korea, backing up her claim with a few digitally altered photos. The deeper mystery here concerns her motivation. It's not clear what she hopes to get, exactly, out of leading an online acquaintance (John Leguizamo) to believe she's pregnant, beyond a brief moment of power or agency.

Looking pale and wide-eyed beneath a stringy mass of black-dyed hair, Riseborough, a gifted British chameleon, tamps down the natural radiance she has evinced in movies such as Battle of the Sexes. The key to this tricky, sometimes boldly alienating performance is that Nancy doesn't seem to know why she does what she does. She never seems to have an elaborate deception or endgame in mind; her inventions flow, curiously, from a poverty of imagination rather than an excess of it. She's feeling her way through, one falsehood at a time, in the slim hope that one of them might open a window onto a richer, fuller or at least more interesting life.

Early on in Nancy, you might find yourself thinking something similar about the movie. It's easy enough to stay involved with Nancy — she swears our sympathy but not our fascination — but the emptiness of her existence is dramatized through a kind of indie-miserablist shorthand. Her devotion to her pet cat aside, nary the slightest hint of joy or beauty is allowed to brighten the cramped, squallid home where Nancy lives or the dead-end strip mall where she works. Choe, working with cinematographer Zoë White, frames the early scenes using a square aspect ratio, putting emotional constriction into visual terms.

Eventually, however, the frame widens and Peter Raeburn's score surges intriguingly to life, signaling a dramatic shift from the studiously dour to the quietly affecting. Not long after her mother dies of a stroke, Nancy sees a long-married couple, Ellen (J. Smith-Cameron, Margaret) and Leo (Steve Buscemi), talking on TV about the tragedy of losing their daughter, Brooke, who was 5 when she mysteriously vanished 30 years earlier. A photo rendering of what Brooke might look like today stirs something in Nancy. The resemblance between them is striking enough that ... well, you can see where this is going. Within hours of calling Ellen and claiming she might be their long-lost Brooke, Nancy is in the couple's home, dining with them and even spending the night.

Ellen embraces Nancy warmly and completely; it takes her no time to believe that her daughter has returned to her. Leo is patient but more skeptical, and he warns Nancy that he hopes this doesn't turn out to be a “false alarm.” As for Nancy herself, she's the most wishy-washy of fabulists, looking blank and uncertain as she steps into Leo and Ellen's beautiful home, full of books and food and love. Her answers to their gently probing questions feel vague and half-formed, keeping the illusion going while leaving plenty of room for doubt.

There are a lot of ways to read Nancy's hesitation, and Riseborough quietly, maddeningly suggests each one of them in turn, each time forcing us to reconsider the urge to shake her out of her stupor. You wonder if the sudden exposure to so much warmth and acceptance has sent her into shock or if any feeling has even managed to penetrate her benumbed state. You wonder too if Nancy simply isn't bright enough to have fully thought through the details of her deception or if she is starting to believe it herself.

And despite knowing better, you may want to believe it too, if only to spare Leo and Ellen further pain. Choe elicits wonderfully expressive, lived-in performances from Cameron and Buscemi, whose characters' surpassing decency and dignity immediately awaken our protective instincts — and turn us at times against Nancy for manipulating their fragile sympathies and not even doing an especially good job of it.

There is something almost dialectical about the contrast between the parents on one hand and Nancy on the other, between Cameron and Buscemi's open, guileless performances and Riseborough's flat, affectless line readings. There's an obvious class divide too that the characters awkwardly attempt to bridge. (In an especially bittersweet irony, Ellen, a professor of comparative literature, kindly encourages Nancy's writing aspirations, even asking to read some of her stories.)

It's hard not to take one side against the other, even if the movie scrupulously abstains from doing so. Rather than defaulting to either condemnation or absolution, Nancy instead holds out the fleeting possibility of love to someone who has never known it before — and asks why we should begrudge her the impulse to seize it. — Los Angeles Times/TNS
DC marks World Environment Day with focus on recycling

Doha College (DC), a leader in campaigning for increased environmental awareness, recently celebrated World Environment Day with a plethora of activities focused on this year’s theme ‘Plastic Planet’. Waves of green outfits flooded the classrooms, with many students being outstandingly creative with their costumes. Year 5 students created some amazing images using green screen technology, while others researched related themes.

The school invited special guests, who spoke to students about many topics, including healthy living, the conservation of bees, upcycling tyres and building bird feeders, and ocean conservation. The students were also involved in activities such as creating junk models using recycled materials, building solar panel kits, and participating in class debates on topical issues such as the use of water in agriculture.

The eager students brought in one piece of plastic from home that would have otherwise been discarded to create a spectacular art project. Even though each child brought only a small amount of their regular plastic waste, the sight of it all combined in the school provided an impactful image in everyone’s minds.

Doha College ran an entire month of ‘Ocean Awareness’ activities in February, and the environment is always a priority in school trips and in the way the school engages with the larger community. DC was indeed the first school in Qatar to be awarded an Eco-Schools Green Flag from the Foundation for Environmental Education in 2016, in recognition of their continuous work on environmental matters. To find out more about Doha College’s Green Eco-School status, visit www.dohacollege.com

GU-Q professor hosts research conference in US

Professor Alexis Antoniades from Georgetown University in Qatar (GU-Q) recently organised a conference in Washington, DC which allowed leading international scholars to share their research and expertise. The event was hosted in partnership with Massive Data Institute at Georgetown University.

“The International Comparison Program/Purchasing Power Parities (ICP/PPP) conference is an annual gathering of a selected group of top scholars across the globe that work on measurement issues,” explained Antoniades, Director of International Economics and Associate Professor at GU-Q. “The papers presented at the conference provide the latest in methodology, data, and theories used to provide better measures of prices, growth, and productivity across time and space.”

The conference coincided with the 50 year anniversary of the inception of the ICP, which provides data to governments and agencies to help with the design and monitoring of policies. The ICP is the largest global data initiative led by World Bank, under the auspices of the United Nations, with the participation of about 200 countries and 20 multilateral agencies.

Participants shared their research across a range of topics, from effective statistical measurement to harnessing the potential of big data. Many of the innovations presented at the conference help enhance the way prices are measured across the world by the World Bank, and a number of the participants in the conference serve on the ICP’s Technical Advisory Group or on technical committees.

“The work presented at the conference is trying to answer some very important questions,” said Antoniades. “Such as, how can big data help us improve measurement issues? How do we account for differences in quality when comparing the cost of services (e.g. healthcare, transportation) across the world? How do we incorporate benefits from the digital economy in measures of productivity and growth? These are all key questions that academics, policymakers, statistical agencies across the world are very much interested in.”

The conference coincided with an event hosted by the World Bank to celebrate the 50th anniversary of the ICP, featuring a range of notable speakers including Kristalina Georgieva, World Bank Group CEO; Angus Deaton, Nobel Laureate and Emeritus Professor of Economics and International Affairs at Princeton University; and Robert M. Groves, Georgetown University Provost.