Community
Best Buddies Qatar organises a seminar in co-operation with Qatar University.

P16 Community
Regus organises an interactive session with an expert from HMC as part of breast cancer awareness.

Blood tales
Donor and author Rose George on the magic liquid that keeps us alive. P4-5
**USEFUL NUMBERS**

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<th>Service</th>
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**PRAYER TIME**

- **Fajr**: 4.23am
- **Shorooq (sunrise)**: 5.41am
- **Zuhr (noon)**: 11.17am
- **Ajr (afternoon)**: 2.30pm
- **Maghreb (sunset)**: 4.56pm
- **Isha (night)**: 6.26pm

**USEFUL NUMBERS**

- **Emergency**: 999
- **Worldwide Emergency Number**: 112
- **Kahramaa – Electricity and Water**: 991
- **Local Directory**: 180
- **International Calls Enquires**: 150
- **Hamad International Airport**: 40166666
- **Labor Department**: 44508111, 44406537
- **Mowasalat Taxi**: 44458888
- **Qatar Airways**: 44460000
- **Hamad Medical Corporation**: 44392222, 44393333
- **Qatar General Electricity and Water Corporation**: 44845555, 44845464
- **Primary Health Care Corporation**: 44593333, 44593363
- **Qatar Assistive Technology Centre**: 44594050
- **Qatar News Agency**: 44450205
- **Q-Post – General Postal Corporation**: 44464444

**Humanitarian Services Office** (Single window facility for the repatriation of bodies)
- **Ministry of Interior**: 40233371, 40253372, 40253369
- **Ministry of Health**: 40253370, 40253364
- **Hamad Medical Corporation**: 40253364, 40253365
- **Qatar Airways**: 40253374

**Quote Unquote**

“Adopting the right attitude can convert a negative stress into a positive one.” — Hans Selye

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**The Mall Cinema (1):**
- **Mandharam (Malayalam)**: 2:30pm
- **The Princess And The Dragon (2D)**: 5pm
- **Badhaai Ho (Hindi)**: 6:30pm
- **Badhaai Ho (Hindi)**: 9pm
- **Baazaar (Hindi)**: 11:30pm

**The Mall Cinema (2):**
- **The Princess And The Dragon (2D)**: 3pm
- **Goosebumps 2: Haunted Halloween (2D)**: 5:15pm
- **First Love (Tagalog)**: 7:15pm
- **Halloween (2D)**: 9:30pm
- **Hell Fest (2D)**: 11:30pm

**The Mall Cinema (3):**
- **Jarugandi (Tamil)**: 3pm
- **Baazaar (Hindi)**: 6pm
- **Hunter Killer (2D)**: 8:30pm

**Landmark Cinema (1):**
- **Kayamkulam Kochunni (Malayalam)**: 10:45pm

**Landmark Cinema (2):**
- **Sandakozhi 2 (Tamil)**: 2:30pm
- **Jarugandi (Tamil)**: 5:15pm
- **Chalakkudikkaran Changathi (Malayalam)**: 8pm
- **Badhaai Ho (Hindi)**: 11pm

**Landmark Cinema (3):**
- **Ana And Bruno (2D)**: 3pm
- **The Princess And The Dragon (2D)**: 4:45pm
- **The Princess And The Dragon (2D)**: 6:15pm
- **Hunter Killer (2D)**: 8pm
- **Halloween (2D)**: 10:15pm

**Royal Plaza Cinema Palace (1):**
- **The Princess And The Dragon (2D)**: 5pm
- **Badhaai Ho (Hindi)**: 5:30pm
- **Hammer Killer (2D)**: 7pm
- **First Love (Tagalog)**: 9:15pm
- **Halloween (2D)**: 11:30pm

**Royal Plaza Cinema Palace (2):**
- **Naan And Bruno (2D)**: 2:30pm
- **Badhaai Ho (Hindi)**: 4:30pm
- **The King Of Thieves (2D)**: 7pm
- **Badhaai Ho (Hindi)**: 9pm
- **Baazaar (Hindi)**: 11:15pm

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**Jarugandi**

**DIRECTION:** Pitchumanani

**CAST:** Jai, Reba Monica John, Amit Kumar Tiwari

**SYNOPSIS:** This is an action film laced with sentiments and humour. Jai plays a middle-class guy who aspires to make it big. How he gets out of a web of situation is what the film is about.

**Theatre:** Landmark, The Mall

**Hell Fest**

**DIRECTION:** Gregory Plotki

**CAST:** Reign Edwards, Bex Taylor-Klaus, Tony Todd

**SYNOPSIS:** On Halloween night, three young women along with their friends head to Hell Fest—a ghastly travelling carnival that features a labyrinth of rides, games and mazes. They soon face a bloody night of terror when a masked serial killer turns the horror theme park into his own personal playground.

**Theatre:** The Mall

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**Community Editor**

Kamran Rehmat

E-mail: community@gulf-times.com

Telephone: 44466405

Fax: 44350474
EVENTS

Squash Tournament
WHERE: Khalifa International Tennis and Squash Complex
WHEN: Ongoing till November 2
The Qatar Classic 2018 Squash Tournament will see top players from around the world gather in Doha to compete for a championship prize of $177,000, the largest award in the tournament’s history. Players battling it out in this year’s event include rising Qatari champion Abdulla al-Tamimi, rated 28th in the Professional Squash Association (PSA) World Ranking; Germany’s leading squash player, Simon Rösner, rated fifth in the PSA world ranking; South America’s first top ten player, Miguel Angel Rodriguez, rated sixth in the PSA world ranking, as well as many more top-ranked global players.

Choir Concert
WHERE: Swiss International School
WHEN: November 3
TIME: 7pm
Don Diri Don, Polish Youth Choir, along with Qatar Youth and Junior Choir, will be performing in Doha. The choir will also spend a week in Doha touring the best Qatar has to offer, and sharing their talent with the larger community through school workshops. For further details, e-mail at info@qyj-choir.com

Breast Cancer Awareness
WHERE: InterContinental Doha
WHEN: Ongoing
InterContinental Doha – The City is organising several activities (especially at its various dining venues) that focus on highlighting the importance of early detection. Try the pink afternoon tea, the extravagant pink Bar Squared Brunch at The Square and pink-themed nights at Strata Restaurant and Lounge.

Katara Beach - School Students
WHERE: Katara
WHEN: Ongoing
TIME: 9am – 12pm
By participating in the programme of ‘Our culture is a school; Katara Beach emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qafal and various type of pearls. The students will discover all details of the Fatih El-Kheir journey.

Qatar International Art festival-2018
WHERE: Doha Fire Station
WHEN: Ongoing till November 4
TIME: 10am – 6pm
MAPS International WLL, in co- operation with Doha Fire Station, Qatar Museums and in collaboration with Unesco Club of Piraeus and Islands, organises international mega art festival. The art festival is planned for more than 200 artists from around the World. QIAF 2018 is the very first art event in the region that connects the artist worldwide with live painting, group painting exhibition, qatar cultural tour, panel art show, master classes, award ceremony evening and many more for 6 days under 1 roof. For query, e-mail at kiafmapsqatar@gmail.com

The Qatar Classic 2018 Squash
WHERE: Doha Fire Station
WHEN: Ongoing till November 2
TIME: 9am – 12pm
By participating in the programme of “Our culture is a school; Katara Beach emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qafal and various type of pearls. The students will discover all details of the Fatih El-Kheir journey.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33009389.

Gymnastics World Championships
WHERE: Aspire Dome
WHEN: Ongoing till November 3
Over 700 male and female gymnasts from over 80 countries, including three Team Qatar gymnasts, will compete across 10 days of competition in Doha’s iconic Aspire Dome. Experience the drama, emotions and excitement of gymnastics’ pinnacle event as global superstars go head to head in a bid to be crowned the best in the world.

Aspire Torch Staircase Run 2018
WHERE: The Torch Doha Hotel
WHEN: November 10
TIME: 1pm – 6pm
Aspire Zone Foundation (AZF) announces opening registration for the seventh annual ‘Aspire Torch Staircase Run’ scheduled to take place on November 10. The 2018 edition of the Aspire Torch Staircase Run (ATSR 2018), will offer sports enthusiasts the ultimate challenge of endurance, as runners will have to make their way to the top of the 500m tower to the 51st floor, climbing more than 1,100 steps.

Qatar Finance and Installment Exhibition
WHERE: DECC
WHEN: November 3 – November 15
TIME: 7am – 10pm
The QFI Exhibition is a 3-day event that brings together the best of Qatar’s finance community, and local and international visitors who are keen to access Qatar’s robust market. We are pleased to present this opportunity to local and international investors, banking, finance and government institutions, along with leading firms in the real estate, investment and fin-tech sectors.

StartUp Weekend Competition
WHERE: Tawar Mall
WHEN: November 15 – November 17
TIME: 6pm – 10pm
In just 54 hours, you will experience the highs, lows, fun, and pressure that make up life at a startup. As you learn how to create a real company, you’ll meet the very best mentors, investors, cofounders, and sponsors who are ready to help you get started.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art 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. For details, call 33897609.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to take under the floodlights of Losail International Circuit every Wednesdays.

Dance and instrument classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
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. For details, contact 66528671/ 33326749.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
“I love my blood. How could I not?”

It travels 60,000 miles around our body providing energy and healing powers — so why is blood such a taboo, asks Rose George

Despite millions of dollars and decades of research, nobody has yet figured out how to make artificial blood as good as the real thing

I go running around a lake and brambles scratch me. The wounds should heal quickly on my legs, but they don’t, because I scratch the scratches, and I scratch and scratch. I have always been this brutal with healing injuries, but usually my skin healed them fine. Now that I am menopausal, and my collagen is affected by my fluctuating hormones, the injuries stay as scars and reminders. I can plot every fell run, every fall, from the white lines. I know this, yet still I scratch. And I ask myself, why do I like to see the blood? A man I talk to at a party begins to look green after he asks what I’m working on. I don’t like to see blood on screen, but I don’t understand haemophobes and fainters. I love my blood. How could I not? This is what it does for me: it carries oxygen to my organs and tissues; it gives me the strength to run up hills and carry shopping; it removes carbon dioxide and waste products so I won’t die; it carries the white blood cells that rush to repel invaders and infection, and usually defeats them; it travels around my body along a circulation of veins, arteries and capillaries that, stretched out, would measure 60,000 miles, twice round the earth and more. All those scars and scratches: each time, my blood rushes to the injury, performs what is called, beautifully, a clotting cascade, yet doesn’t clot anywhere else.

Blood has always been thought magical. Homer wrote of a dead woman who came alive by drinking the blood of a sheep. Outside poetry, the sight of blood meant death and injury. The only people who bled and survived were women, so they must be witches: many men have believed that women exude powers when they menstruate. We can scare the leaves off trees or strip ears from corn. We could reduce the power of dough rising by 22% (an actual study), and make roses wilt. This is not an ancient belief. Throughout the world, the bleeding woman is still thought to pollute temples and kitchens or to curdle milk. I’ve met smart young women who are convinced they can rot nail polish by menstruating. Don’t dismiss these taboos as barbaric; they are everywhere. It took until last year for the feminine hygiene industry to dare to show a liquid the colour of blood in a sanitary pad advert, rather than the usual blue windscreen fluid.

For most of history, blood went on a one-way journey: it was spilled, or it was removed. Bloodletting was used to regulate the body’s humours, but also to fix everything, including severe haemorrhage. It was not until the 17th century that any serious attempts were made at putting blood back into an ailing body. Any blood: dog, sheep, cow. Calves and lambs were popular, as they were thought to transmit their sweet natures along
with their proteins and usefulness.

Samuel Pepys wrote of a madman, “cracked a little in his head”, who was given 12 ounces of sheep’s blood. This was transformed into a satirical play whose hero, given ovine blood, began chewing the cud, “bad Wool growing on him in great quantities, and a Northamptonshire Sheep’s Tail did soon emerge”. It was like putting a half-dead flower in water on a hot day But the survival rate was patchy. Transfusion, by now with human blood, only thrived after Karl Landsteiner understood in 1901 that there were blood groups, and that mixing them could be fatal. In the First World War, military surgeons reported dramatic results in the hopeless and near lifeless. It was, wrote one, “like putting a half-dead flower in water on a hot day” Best of all, this new astonishing medicine was walking around in the shape of human beings. Even better: the people who gave blood could clearly spare it. Chop off an arm and you can’t replace it. Give away a pint and your plasma will regenerate within 24 hours and your haemoglobin within weeks.

So I do. Because I can, mostly. I have no particular reason to give blood. Neither I nor anyone in my family has ever needed a blood transfusion. But we might have. Every three seconds, worldwide, someone receives blood, usually from a stranger. But whole blood is rarely used any more: instead, my donation will be fractionated into components. That bag of red stuff hanging by the bed on TV soaps is red blood cells. The yellow stuff is plasma. There may also be platelets, or cryoprecipitate, or other parts of blood that have been separated so they can be more useful, more specialised.

Almost three-quarters of blood now is used to treat chronic disease; 6% is used to treat blood loss in childbirth and the rest is used in surgery, emergency and elective. The NHS Blood and Transplant service (NHSBT) needs 6,000 donors a day (Scotland and Northern Ireland have their own blood services). Stocks run low during football matches, the Olympics, Christmas and royal weddings. Also, the majority of donors are over 45, like me, and they need young donors to replace us. Every year, they need 200,000 new donors to replace the retired, deferred or deceased. So I make my appointment, and I turn up with the nervousness of a pupil summoned to the head’s office. I dread the deferral. For most of my adult years, I’ve been to too many strange places to be a desirable donor. “Have you travelled outside the UK in the last six months?” Yes. Iraq, Afghanistan, Kosovo, Liberia. No. Thank you.

Nowhere does a mint biscuit taste as fine as in the hot drinks area of a blood-donating centre. But why do I feel good? I will never meet the people my donation goes to. Although I am giving away something that could not be more intimate or personal, the process is profoundly anonymous. This wasn’t always the case: during the Second World War, Russian blood donations included the donor’s name and address. As the donors were usually women, and the recipients usually soldiers, this had an obvious outcome of bloody romances. Anonymity is thought to be the foundation of a safe blood supply, along with the blood suppliers being unpaid volunteers: paying people for blood is thought to encourage people to lie about their health. I don’t need to know who has got my blood, but I’d like to know it has gone somewhere. For a year or so, NHSBT has tested donors to tell them their blood has been issued to a particular hospital: this has been wildly popular. My latest armful went to Leeds General Infirmary, about half a mile from the blood donor centre where I gave it away (actually it travelled to Manchester to be processed and separated before coming back again), I hope it will help someone who has anaemia or thalassaemia or sickle cell; who has cancer or heart surgery; who is bleeding after childbirth or an accident.

Despite millions of dollars and decades of research, nobody has yet figured out how to make artificial blood as good as the real thing. If we want blood, it has to come out of someone’s arm. It may as well be mine. — The Guardian
Community

BBQ hosts seminar in co-operation with QU

Best Buddies Qatar (BBQ) recently organised a seminar ‘Technology and its positive Role in Supporting Persons with Disabilities’ conducted by the students of Media Faculty of The College of Arts and Sciences at Qatar University (QU). The seminar is part of the ‘The Window’ campaign which is a graduation project of three students including Fatima al-Hajri, Noura al-Mannai and Maryam Ali. The project is supervised by Dr Rana Hassan, Ali al-Mohammadi, Media and Communications Senior Coordinator of BBQ, welcomed the gathering and addressed the audience about the objectives and programmes of the organisation in co-operation with QU.

During the seminar Dr Batul Khalifa, a professor of Mental Health Faculty, spoke about the technology and its positive role in supporting people with disabilities, furthermore about assistive technology for their families. Dr Rana Hassan said, “Media Faculty always implements graduation projects in serving the community and contributing to its development through the attempts of the students to regenerate their community.” She also stressed that the integration of people with disabilities into society is one of the goals and vision of Qatar 2030. Therefore, it is necessary to use the advanced media instruments and technologies by all members of society.

She added, “This project is unique due to the engagement of the most prominent state institutions, including Mada Centre for Assistive Technology and BBQ, which greatly contributed to the success of the project through organisation and hosting workshops which will benefit significantly to the knowledge of persons with disabilities about modern technologies.”

Fatima al-Hajri, one of the students of the project, said; “The Window project aims to integrate persons with disabilities into the digital world and technology. We believe that parents can encourage their children to join the government centres, competent to support and develop their skills regardless their age.”

Laalei Abu Alfain, Executive Director of BBQ, expressed gratitude to Qatar University, Media Faculty students and speakers for their contribution and support to enhance life of persons with and without intellectual and developmental disabilities through social integration and one-to-one long lasting meaningful friendships. She said, “This seminar is a valuable awareness campaign on facilitating persons with disabilities life with assistive technologies for our members and their parents.”

‘The Window’ aims to develop the skills of people with disabilities by entering the world of digital access to social integration, to inform the community about Mada Centre role and services, and to increase social awareness.

AACE Qatar organises technical session

American Association of Cost Engineers-Qatar (AACE Qatar) recently organised a technical session, conducted by Tom Kapapa, Country Manager of HKA on ‘Successful Claim in Qatar’. The presentation focused on the key factors affecting the success of a claim rather than the technical details of its preparation. “Each claim is a business and a product that you are trying to sell to the corresponding party,” said Kapapa. The presentation focused on various topics including knowing your client, simplicity of your submission, follow-up after submission and communication with the client.

PICPA Doha scholars excel in licensure exam

According to the results from Philippine Professional Regulation Commission (PPRC), some 3,396 out of 14,358 scholars recently passed the CPA Special Professional Licensure Examination conducted by the Board of Accountancy. Three scholars from the Philippine Institute of Certified Public Accountants – Doha chapter passed the examination, including Michelle C Barretto, from Polytechnic University of Philippines (Manila), Mary Irish P Gaspar, Centro Escolar University – Malolos, and Michelle Z Petalver, University of Immaculate Conception – Davao City.
Texas A&M at Qatar’s SPE recognised as ‘Outstanding Student Chapter’

Texas A&M at Qatar’s Society of Petroleum Engineers (SPE) has recently been recognised as the ‘Outstanding Student Chapter’ for the fourth year in a row.

The award recognises SPE student chapters with exceptional programmes in industry engagement, operations and planning, community involvement, professional development and innovation. Texas A&M at Qatar received the award at SPE’s Annual Technical Conference and Exhibition (ATCE) in Dallas.

Abdullah Shaat, President of SPE, said, “We have won this award for four consecutive years because of the great effort we have put in. Each year we take all our events a step further and we try to be innovative in the ways we engage the Aggie community in our activities. We always have technical and non-technical events that help us achieve our mission.” Shaat added, “Texas A&M at Qatar provides us with great opportunities, including attending the ATCE each year, to expand our knowledge in the technical aspects of the oil and gas industry, as well as the social aspects. The conference was a great opportunity to network with well-known figures in the oil and gas industry. We will continue working hard and we will always aim to win this award and to be recognised internationally out of the more than 400 student chapters around the world.”

The SPE’s success did not happen overnight, Shaat said, recognising last year’s president, graduate Mohamed al-Balushi, Class of 2018. Al-Balushi was responsible for some of the events that helped Texas A&M at Qatar win the outstanding student chapter award this year.

Al-Balushi, former president of SPE, said, “I feel as though the reason why we continue to win the award is down to the people that make our chapter what it is today. The society has typically managed to excel in almost every operational aspect.”

Dr Mahmood Amani, Associate Professor in the Petroleum Engineering Programme and SPE Adviser, said, “The SPE’s success encourages other students to join and to keep the tradition of excellence going. They work hard to put together these events, but when they graduate, they will realise they learned a lot about the oil and gas industry and they’ve made these incredible industry connections that will serve them for the rest of their professional lives.”

DPS-MIS felicitates students of Grade X and XII

DPS-Modern Indian School (DPS-MIS) recently organised an award ceremony to honour the meritorious students of Grade X and Grade XII (2017-18). Najla al-Baker, Senior Manager Strategy Planning, at Ooredoo, was the chief guest at the event. The event was attended by Yasir Nainar, Vice-President of DPS-MIS, along with other executive committee members. Asna Nafees, Principal of DPS-MIS, congratulated the star performers and expressed her pride in receiving the award of ‘Excellence in Academics’ in the Gulf region on behalf of the students for six consecutive years.

Najla al-Baker also congratulated the students for their achievement and wishes them success for future endeavours. Speaking on the occasion, Yasir Nainar, extolled the young achievers for their ‘enthusiasm to learn’ and teachers for their ‘passion to teach’ which has led to this remarkable feat. Some 143 students of Grade X and XII (2017-2018) were awarded with trophies, blue blazers, blue ties, gold and silver medals and merit certificates as a hallmark of true academic genius and 100% attendance.
Young talented musicians perform at Marsa Malaz Kempinski hotel lobby

Marsa Malaz Kempinski, the Pearl - Doha has recently welcomed young musical talents that performed last Saturday in the serene atmosphere of the hotel grand lobby for the concert opening of the 3rd season of the Moving Young Artists, an aspiring non-profit foundation that reaches out to sponsors, partners and volunteers in Qatar to create opportunities for young individuals and collective to change and exchange through music. According to the press release, as part of Kempinski Concertini, the hotel has partnered with Sonja Park and Joris Laenen, founders of the MYA (Moving Young Artists), to continue the support to the local talents in the pursuit of their musical dreams. Thirty-four young and aspiring artists had the opportunity to perform live on different musical instruments which includes piano, violin and hand pan in front of an admiring audience among them, seven countries ambassadors, hotel and corporate guests and media partners.

Wissam Suleiman, General Manager of Marsa Malaz Kempinski, said, “We are delighted to offer our beautiful stage, where our guests from near and far can appreciate the memorable moments created by the young musicians, it is for us an opportunity to reinforce our commitment to the local community by creating a platform for the next generation of local musicians to showcase their talent”. Sonja Park and Joris Laenen, founders of MYA, said, “More than seven years ago, music brought us to Qatar. Being professional musicians, we figured that wherever we go, we can make music happen. Music is indeed the guiding force in our lives and we believe it can be for others too, for anyone. In order to make that happen, we founded MYA, supported by a number of like-minded believers who wanted us to get into action. We engage others to share our vision and involve them to join our cause: bringing music to the people who don’t have access to music, guiding and supporting young local talent and developing campaigns where art and culture are tools of expressing one’s self or connecting with others.” Kempinski Concertini was launched in 2017 to mark the 120th anniversary of Kempinski Hotels. This oldest luxury hotel group in Europe see its commitment to the arts as an essential component of its role in the community. In addition to Hotel Adlon Kempinski, Kempinski Concertini events are held at several hotels around the world, mostly recently at Kempinski Hotel Corvinus Budapest, Kempinski Hotel Cathedral Square in Vilnius, with more to come in future.

The thirty-four talented artists include, ten from ‘Kaerton’, Russian Speaking Choir with Olga Protopopova as the Director; Hala al-Emadi, pianist; eight from Mia Park Torchinsky; Jasmine Mercier, Vocal from Canada; Patrick Flanagan, pianist; Prama Yudhistra, pianist from Indonesia; Per-Niklas Barth, on handpan; Tricia Ng, violinist from Singapore; and ten members of Qatar Youth Choir with Alena Pyne as the Director.

City Centre Rotana Doha hands collected books donation to ‘Rwaq’ Qatar

City Centre Rotana Doha recently concluded its initiative to collect old and new books that falls within the scope of its corporate social responsibility and concurrent with the Global Campaign for Literacy. Sena Catak, Director of Marketing and Communications at City Centre Rotana, handed over the collected books to Ruqaya al-Sada, one of the founders of Rwaq Qatar.

On this occasion, Ruqaya al-Sada said, “We thank City Centre Rotana Doha for its co-operation with Rwaq Qatar and its noble contribution for its recent book collection campaign to mark the global literacy initiative.”

Sena Catak said, “At City Centre Rotana Doha we strive to support all initiatives in town which addresses humanitarian, cultural, environmental and other aspects that are consistent with our corporate social responsibility. The launch of our books collection campaign was in line with the global literacy. The campaign received huge support from the hotel’s guests and staff and we handed all collected books to Rwaq Qatar.”
Couple fights to save Peru’s rainforest

Peru’s Amazon rainforest is being hacked down to sell wood and to make room for industrial agriculture. A traditional healer and his partner are waging a lonely fight to save parts of the ecologically invaluable forest from destruction. By Verena Maria Schurr

Standing small underneath huge trees in Peru’s Amazon rainforest, Francisco Guerra Tananta is radiant with joy. He has found a ceiba, a majestic tree with a spreading canopy that is believed to have medicinal properties.

The exhausting walk through the hot and humid forest has been worth it for the 56-year-old.

"[A medicinal tree] is something special. It gives strength to the surroundings and to living beings," explains the traditional healer, who as a child accompanied his parents to the forest to collect medicinal plants and to learn about its secrets.

This time, however, Guerra Tananta is not just looking for plants he uses in healing. He is planning to buy the plot the ceiba grows on from a local peasant in order to protect it for the region and to preserve it,“ says Guerra Tananta.

In recent years, a lot of trees have been felled here, east of the town of Tamshiyacu in Peru’s northern Loreto department.

Forest has been cleared to sell wood and to grow cacao. Peru exports 62,000 tons of the crop annually, up from only 4,000 tons in 2007. It’s against such exploitation that Guerra Tananta and his German partner, Angelika Kotzur, 55, are fighting through the Civil Association of the Bridge of Friendship (ACELPA) that they created eight years ago.

"We want to buy as much land as possible to preserve it for the region and protect it," Guerra Tananta says.

ACELPA was initially launched to help poor children receive an education. But then the couple saw the threat of deforestation come right to their doorstep.

"They came in the middle of the night and started felling trees with mechanical saws," Kotzur recalls.

The forest was being cleared for a cacao plantation just a few kilometres away from the cottages that the couple had built as a centre for traditional medical treatments given to European clients.

After hundreds of hectares of forest had disappeared, Kotzur says, “we had to do something!”

“We could not save the forest alone. People here will only mobilise if they value the forest and understand that it is their means of subsistence,” she adds.

ACELPA was turned into an environmental organisation and started off by buying 30 hectares of land in 2014. It now owns more than 300 hectares and employs about 12 people.

“Buying certain surfaces of rainforest is a proven means of conservation of nature,” says Reinhard Behrend from Retten den Regenwald.

The German association supports the work of ACELPA, as does the German social-ecological GLS bank.

"It is crucial to permanently protect the forest after it has been purchased, and it is therefore very important to integrate local residents into the project," Behrend said.

It has not yet been clarified whether the operation to clear up to 3,000 hectares east of Tamshiyacu for cacao cultivation was legal.

Peruvian law says primary forest may not be cleared for industrial agriculture, which environmentalists believe is just what the United Cacao Company did. The company, however, argues that a large part of the area had already been in agricultural use.

Environmentalists say the company paid 1,500 dollars for every 50 hectares of land – a lot of money for the local people. United Cacao, based in the Cayman Islands, did not reply to an e-mail from DPA.

In Tamshiyacu, a town on the bank of the Amazon river, most of the 6,000 residents live in simple wooden houses with roofs made of palm leaves or corrugated iron.

Many of them believe cacao cultivation could bring the town economic opportunities, while others only expect trouble.

ACELPA, meanwhile, proposes to replace such industrial projects with ecological agriculture.

Its plot near Tamshiyacu has cassava, bananas, pineapple and other crops. The mixture of different fruit and vegetables favours a better growth environment than monoculture of crops such as cacao, according to the association.

“We hope to convince the peasants to cultivate their land in a more ecological and fruitful manner," says Kotzur, who is still wearing rubber boots after visiting the plot.

Using a machete to open his way through the lianas and the undergrowth, her partner has meanwhile found his way back from the forest, and takes a look around.

Insects buzz between the trees. A hummingbird flies by. This is what Guerra Tananta wants to preserve for the future generations. – DPA
Move remote around close to front of TV, pushing its power button on and off, ...

**Invisible control**

A remote control changes channels on a television set with an invisible beam of light, and here is how it works.

**You’ll need**
- TV set with remote control
- Several mirrors
- Plastic wrap
- Old pantyhose
- Clear glass jar

**What happened?**

The invisible beam is a kind of light called “infrared,” and it acts just like the light from a small flashlight.

Try This

... until you find what part of TV senses the light beam

2 Stand mirror near TV and bounce the light beam from the mirror to the TV

See how many mirrors you can bounce the light off of before it reaches the TV

3 See if the light can pass through a piece of plastic wrap or pantyhose

Can you put the remote in the jar and change channels on the TV?

Source: Peter Macinnis' Science Playwiths
Graphic: Helen Lee McComas, Paul Trap
Cycling, walking in nature may improve your mental health

People who commute – walking or cycling – through natural environments are more likely to develop better mental health than those who commute less, according to a new study.

Natural environments included all public and private outdoor spaces that contain ‘green’ and/or ‘blue’ natural elements such as street trees, forests, city parks and natural parks/reserves and all types of water bodies.

“Mental health and physical inactivity are two of the main public health problems associated with the life in urban environments. Urban design could be a powerful tool to confront these challenges and create healthier cities. One way of doing so would be investing in natural commuting routes for cycling and walking,” said Mark Nieuwenhuijsen from the University of Barcelona. For the study, published in the journal, Environment International, the research team examined nearly 3,600 participants who answered a questionnaire about their commuting habits and their mental health. The findings showed that respondents commuting through natural environments on a daily basis had on average a 2.74 point higher mental health score compared to those who commuted through natural environments less frequently.

“This association was even stronger among people who reported active commuting, the team said.

“From previous experimental studies we knew that physical activity in natural environments can reduce stress, improve mood and mental restoration when compared to the equivalent activity in urban environments,” said first author Wilma Zijlema from the varsity.

“Although this study is the first of its kind to our knowledge and, therefore, more research will be needed, our data show that commuting through these natural spaces alone may also have a positive effect on mental health.” – IANS
**Wordsearch**

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**

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every column, every row, and every 3x3 box contains the digits 1-9. No digit is repeated in any row, column, or 3x3 box.
Super Cryptic Clues

ACROSS
1. Lawyers were furious when attacked (8)
5. Way America holds a model position (6)
10. Possibly cut-throat rivalry (4,3)
11. Smarter boy having a row (7)
12. Decide to have another go at the puzzle (7)
13. When one’s at liberty to do what one likes (4,4)
15. The rubbish some people eat (5)
18. Tell there’s an alternative to red revolution (5)
20. Monitors French administrators (8)
23. For every one girl is a gem (7)
25. News of the main movements? (7)
26. Speech impediment (8,7)
27. Appoint a stand-in in banker’s place (6)

DOWN
1. Very warm reception for a ruler in Crosby (6)
2. Went back and made another record (2-7)
3. A split over church document (7)
4. In Spain the French’s main man (5)
6. Matching clothes’ success in test run (4-3)
7. Out West, farm and weave (5)
8. Split again in sudden confusion (8)
9. An agent. I always back out, getting made to stay (8)
14. Being a bit impertinent perhaps, I got a complaint (8)
16. Meaning nursing to take place at home primarily (9)
17. Gathered from the business representative I was in charge (8)
19. Soldiers are uncertain about field-work (7)
21. Bore at last turning rude (7)
22. Way Lara turned out to be like a star (6)
24. Hurriedly make an approach (3-2)
25. Retrograde nonsense about a sailor’s instrument (5)

Yesterday’s Solutions

Across: 1 Register; 5 Cracks; 9 Turned on; 10 Lissom; 12 Regain; 13 Pugilist; 15 Changing-room; 18 Eat one’s words; 23 Lime tree; 24 Almost; 26 Tribal; 27 Converse; 28 Higher; 29 Chargers.

Down: 1 Return; 2 Garage; 3 Swedish; 4 Ebon; 6 Railing; 7 Cast-iron; 8 Sometime; 11 Rubicon; 14 Aniseed; 16 Declutch; 17 Stamping; 19 Nut case; 20 Deliver; 21 Course; 22 Steels; 25 Tosh.

Wordsearch

Codeword
Remake gone all wrong?

W ith his good looks and command over the small screen, Ahad Raza Mir, Pakistani actor, quickly garnered a whole lot of love and appreciation from fans, especially females, and critics alike. He proved his acting prowess in Hum TV’s Yaqeen Ka Safar (2017) that earned him New Sensation Male and Best Actor trophy at recent HUM Awards 2018. Ahad Raza Mir fans have been waiting for his Coke Studio debut ever since Season 11 kicked off. We heard that he would be making a debut with singing sensation Momina Mustehsan, which would hopefully propel his singing career the same way Afreen Afreen catapulted hers.

Momina Mustehsan, in just a span of two years, has successfully placed herself on the map of Pakistan music industry. Her short but accelerating career has been a roller coaster that only went up, until now.

Momina Mustehsan alongside Ahad Raza Mir recently performed a cover of the super popular evergreen Ahmed Rushdi’s track, Ko Ko Korina, picturised on Waheed Murad, known as Pakistan’s chocolate hero, in Coke Studio Season 11. Hours of release and the track was deluged with public scrutiny. The cover version has elicited the red, hot rage of Pakistan’s audience.

“I’m okay with people not liking it. I did my part and so did Ahad. It’s just a song. Dislike it, but there’s no need to be unnecessarily rude and crude”

In the long history of Coke Studio, it is for the very first time that any track has received more dislikes than likes on YouTube channel: 56k likes and whooping 166k dislikes with 3.1 million views in total.

Amidst all heated tweets, Instagram posts and memes taking over the social media, Momina Mustehsan said, “I’m okay with people not liking it. I did my part and so did Ahad. It’s just a song. Dislike it, but there’s no need to be unnecessarily rude and crude. Dislike this, sure, but don’t discourage or jump on bashing wagons. People need to know where to draw the line.”

Concerning social media trolling many Pakistani celebrities also came out in support of the duo. Sajal Aly, Pakistani actor, recently posted on Instagram, that said, “Instead of picking each other up we don’t lose an opportunity to put others down. Why not bring a #nayeesoch (new thinking) to #nayapakistan (new Pakistan). Spread love not hate”

Similarly Mawra Hocane, Pakistani actor, said, “We’ve all become so insensitive while we express ourselves, mock people, define careers and characters—all in the garb of giving opinions and stating facts. I urge all publications, fans and followers to be kind. It’s not okay to scar other with your words. Let there be kindness.”

Ahad Raza Mir also politely responded to the backlash. He tweeted, “I loved the way everyone got together to talk about the song. I’ve seen all the memes and I have to say they’re hilarious. Just shows the fantastic sense of humour of this nation. Trust me I take it all very positively!” He added, “I am honoured that I got to cover Ko Ko Korina. Some people enjoyed it and some not so much, which is fair. Look at how we love to appreciate and criticise. It shows our nation is alive, even after hearing the song.”

Adding to the long list of people who hated the song, Adil Muzad, Waheed Murad’s son, publicly apologised for letting Coke Studio cover the song. “I profusely apologise to all Waheed Murad fans for allowing Coke Studio to cover the song. “I profusely apologise to all Waheed Murad fans for allowing Coke Studio to remaster and I should say ‘ruin’ the classic ko ko korina. I trusted the Coke Studio brand but I guess it is now completely run by idiots!” he said.

The latest Coke Studio offering by Momina Mustehsan and Ahad Raza Mir although did fail to leave a mark on the listeners, disappointing many. But one cannot simply judge the credence of any performer by one performance merely.

My take? Another, comparatively easy track to make a singing debut with, would’ve been better. Ko Ko Korina, a widely celebrated song, holds the stature of being Pakistan’s first pop song and to perform such a track is an uncanny responsibility. Also, people always prefer original tracks when it comes to the old classics. When an original is so well done, why to remake in the first place?
Homecoming was a challenge: Roberts

Actress Julia Roberts says working on the thriller Homecoming was a challenge, and feels the show can be renamed No Easy Days.

Hollywood’s Pretty Woman Roberts is entering the world of the small screen with Amazon Prime Original series Homecoming, adapted from a podcast with the same name.

“I was really taken with the podcast,” said Roberts in a statement.

“The characters were terrific. (Actress) Catherine Keener is a friend of mine – she played Heidi in the podcast – and she was fantastic. I was listening to it with (a TV series) in mind. The audio, the sound production, the fish-tank bubbles... it was all so visual. Michal and Eli know this material inside and out,” she added.

Directed by Sam Esmail, the show follows the life of case worker-turned-waitress Heidi Bergman (Roberts) as she struggles to remember her time working at a facility that treats soldiers returning from war.

The actress was happy to work with Esmail.

“He’s an incredible intellect and has such a very specific vision,” she said.

“I come from films where there’s just one captain throughout. And I know from friends and family who work in television that there’s a changing-of-the-guard in every episode, which I’m unaccustomed to. “Homecoming was just so surgical in its complexity, said the actress.

“The different time periods, all the different characters — they required a need for one voice behind it the whole time.

“I said from the beginning that I really wanted one person to direct all the episodes. And if that person wasn’t Sam, then I probably wouldn’t do it.”

Roberts echoes her collaborators’ enthusiasm about the show’s set design.

The Eat Pray Love star said: “They built it so that we could do these incredible camera manoeuvres. I think there are days when we’ve done 11 pages of dialogue in one camera move up and down hallways, down stairs, through huge conference rooms and cafeterias – it’s pretty amazing.

“It’s been pretty challenging. The show could be renamed, No Easy Days, because there were none! But my collaboration with Sam has been so joyful. We’re just two peas in a pod. He’s very specific and clear in his direction.

It’s been relatively effortless.”

Homecoming will stream on Amazon Prime Video from November 2. – IANS

For Colored Girls playwright Ntozake Shange dead

Playwright Ntozake Shange, who wrote the 1975 Tony-nominated play For Colored Girls, is dead. She was 70.

Shange died on Saturday in Bowie, Maryland, according to her family.

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Singer Javed Ali enjoys performing live and feels very excited whenever he performs in different genres.

EXCITED: Javed Ali enjoys performing live and feels very excited whenever he performs in different genres.

Javed Ali loves sufi trend in Bollywood

Singer Javed Ali, who has sung tracks like Jashn-e-bahaaran, Arzium, Kun jaya kun and Tu hi haqueqat, is happy with the growth of sufi songs in Bollywood.

“Bollywood music’s boundaries are increasing day by day. In the past there was ghazal—numa geet, then came gawalls which were conceptualised as per the situation,” Ali said in a statement.

“Nowadays, situational sufi songs are being specially created which is very good. I hope that the trend continues in the long run,” added the singer, who paid tribute to the ghazal maestros with a musical evening at the Rotary Club Fundraiser at the National Centre for the Performing Arts recently.

He says he loves performing live.

“Perform live in different genres of music like Bollywood, sufi, retro, ghazal... I enjoy performing live and I feel very excited whenever I perform in different genres. It feels great to be a part of the fundraiser for Rotary Club of Mumbai and it’s an honour to come back after two years and perform for this set of audience.” – IANS

Anurag Basu’s next not a sequel of Life... In A Metro

Amid the speculation surrounding his upcoming film, director Anurag Basu on Monday said it is not a sequel to his critically acclaimed movie Life... In A Metro, released in 2007.

“I have nowhere mentioned that the movie that I am shooting now is a sequel of Life... In A Metro. The only similarity is that there are four different stories in this movie as well,” Basu said while interacting with the media here after shooting now is a sequel of 2007.

Life... In A Metro, his critically acclaimed movie, released in 2007.

His forthcoming film is not at all like his critically acclaimed movie, released in 2007.

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White Two Dimensional Planes.

Among her novels are Sassafrass, Cypress, and Indigo and Some Sing, Some Cry, written with her sister, Ila Bayeza.

Shange worked with a number of Afro-American theatre companies and taught at universities including Brown, Rice, Villanova and DePaul.

Ava DuVernay also paid tribute, tweeting: “Rest now, Queen.” – IANS

CLARIFICATION: Anurag Basu says his forthcoming film is not at all like Life... In A Metro.

USC. Her Zulu name Ntozake means “She who comes with her own things” and Shange means “She who walks like a lion.”

She won an Obie for the drama as well as for her adaptation of Mother Courage and Her Children.

Her other plays include A Photograph: A Study of Cruelty, Boogie Woogie Landscapes and Black and
October is marked as the breast cancer awareness month worldwide. In Qatar, different organisations, groups and government offices have been organising events to raise awareness about the deadly disease, early diagnosis and treatment.

In this regard, Regus, a company that organises corporate offices, recently arranged an interactive session with an expert from Hamad Medical Corporation (HMC), for its customers and different community representatives.

Simona Arfene, Community Manager at Regus, said, “There are plenty of ways to get involved and support people that are affected or had been affected by breast cancer. Intentionally I am saying people and not women because Dr Mohammad Hajaj, Senior Consultant Radiologist at HMC, explained to us through a presentation that how men can also be affected by it too.”

She added, “By organising this event, we aim to create awareness among women around us, at least with some advices, knowledge on when, where and why we need to go for a check-up and that there are many ways of cure.”

“In Qatar, every resident possesses a health care card and can go for a free check-up at HMC. We invited clients from all our 10 business centres in Qatar and the feedback was very positive after Dr Hajaj answered numerous relevant questions. The event was held for fundraising in collaboration with Qatar Cancer Society,” she noted.

Talking to Community, Dr Hajaj said, “I am a Senior Consultant Breast Radiologist. I mainly work for the women hospital. I have been in Doha since last December. Before that I used to work as a Senior Radiologist in UK for about eleven years. My presentation was very simple. I wanted the audience to understand the basic facts about breast cancer and about early diagnosis. Cancer is a disease that is curable if diagnosed at an early stage.”

He added, “In Qatar, we have a national breast screening programme. Women of 45 onwards are eligible for the screening. But if someone wants to get screening done earlier, there is no issue. I also encourage women to go for screening at the age of 40. From 40 onwards women need to have mammography once in a year to detect any potential breast disease at an early stage in order to treat and cure it completely.”

About the need for self-detection, Dr Hajaj said, “It is a part of the detection process. Women know their body. Self-inspection of the breasts is very important. They can detect any chance that might signal some change or irregular thing. They can ask for advice.”

Regarding the role of lifestyle contributing towards the cancer, he said, “All the data and knowledge on all kinds of cancer reflects the importance of a healthy lifestyle. It has been noticed that the breast cancer mostly affects the women not following a healthy lifestyle, the women with obesity and the women who smoke.”

He further said, “The participants asked very interesting questions about imaging modalities, age, influences and causes of breast cancer, male breast cancer, and genetics. Such kind of programmes raise awareness.”

“I made the participants aware about how having a health card in Qatar gives them a good opportunity to go for a regular screening. My only piece of advice for women is to go for early diagnosis,” he noted.

Ada Alpaslan, who works for a medical company, said, “Most of the women are afraid of mammogram. The participants today learnt that if they have regular examinations, they can avoid the cancer and control their life. It was a very important message received from Dr Hajaj. Mammogram is a bit painful procedure but we should not avoid it. Today, we understood the importance of the age in having breast cancer diagnosis. We learnt that follow-ups are important. We got more information about different treatments available for the cancer.”