Champion wrestler

Pakistan’s Muhammad Inam Butt on his journey from wrestling at home to the international stage. P4-5

Showbiz
Quibi partners with T-mobile.
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Plus-size male models fill increasing gap in fashion industry niche.
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**PRAYER TIME**

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<tr>
<th>Prayer</th>
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<tr>
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<td>Azr (afternoon)</td>
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**USEFUL NUMBERS**

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<tr>
<td>Humanitarian Services Office</td>
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**Quote Unquote**

“A strong positive mental attitude will create more miracles than any wonder drug.”

— Patricia Neal

**Laal Kaptan**

**DIRECTION:** Navdeep Singh  
**CAST:** Saif Ali Khan, Sonakshi Sinha, Henry Douthwaite  
**SYNOPSIS:** The arid land of Rajasthan is the majestic landscape on which the Naga Sadhu, referred to as Gossain, travels in his quest to find his nemesis Rehmat Khan (a dark and brooding Manav Vij) aided along the way by his own tracker.  
**THEATRES:** Landmark, The Mall, Royal Plaza

**Ardab Mutiyaran**

**DIRECTION:** Manav Shah  
**CAST:** Sonam Bajwa, Ninja, Ajay Sarkaria  
**SYNOPSIS:** Babbu, a young, spirited and bold girl finds her calling as a recovery agent in a finance company run by another headstrong girl, Shruti. Babbu’s partner Vicky is always at the receiving end of Shruti’s wrath. Owing to their constant clashes, Shruti sends Babbu for a false recovery to bring her down.  
**THEATRES:** The Mall, Royal Plaza

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“Community Editor  
Kamran Rehmat  
e-mail: community@gulf-times.com  
Telephone: 44466405  
Fax: 44350474”
Community Round & About

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change

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**Photo Exhibition: ‘Experience Tanzania’**

**WHERE:** Multaqa (Student Center) Art Gallery at Education City  
**WHEN:** Ongoing until December 1  
**TIME:** 4pm

‘Experience Tanzania’ is a yearly project supported by Student Affairs Division of Weill Cornell Medicine-Qatar that allows students and faculty to explore and immerse themselves in Tanzanian urban and rural cultures. During their trip, WCM-Q’s aspiring physicians offer basic healthcare services to the locals as a way of giving back to the community and learn about the lifestyles, traditions, socioeconomic hierarchies and health systems of the local Tanzanian communities.

A collection of photographs of the wildlife, landscapes and people of Tanzania taken by WCM-Q professor Dr. Dietrich Büsselberg will be exhibited.

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**Qatar International Art Festival 2019**

**WHERE:** Katara Cultural Village  
**WHEN:** 30 October - 5 November  
**TIME:** 10am - 12pm

The festival offers other benefits to participants, including the promotion of their work, interaction with print, electronic, digital, and social media, interaction with selected art collectors, art investors, and potential buyers. QIAF, one of the largest art festivals in Qatar, is organised every year.

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**Career Guidance**

**WHERE:** Right Track Consultants, Al Sadd  
**WHEN:** Sunday – Thursday  
**TIME:** 6pm – 8pm

Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

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**Artistic Gymnastic Classes**

**WHERE:** Qatar Academy Msheireb  
**WHEN:** Ongoing  
**TIME:** 3:15pm – 4:15pm

The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

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**Hobby Classes**

**WHERE:** Mamangam Performing Art Centre  
**WHEN:** Saturday – Friday

Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.

For those who wish to register for more details, visit www.mamangamqatar.in

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**ICC Inter – School Dance Competition 2019**

**WHEN:** November 3 — November 5

ICC Inter School Dance Competition 2019 is initiated to promote various forms of Indian Classical Dance and to encourage the young performers engaged in various disciplines of performing arts. Recognising the stellar role played by the schools, Indian Cultural Centre has considered it prudent to organise this event as an Inter School Competition, for showcasing the talents of the students of Indian community in various aspects of Indian Classical Dance.

Competition will be held for categories, including Dance – Solo Performance, Bharatanatyam / Mohiniyattam / Kuchipudi / Odissi / Kathak / Folk Dance, Dance – Group Performance, and Bharatanatyam / Folk Dance. Last date for the registration will be on October 27.

---

**Qatar – India Year of Culture Yoga Class**

**WHERE:** Oxygen Park Qatar Foundation  
**WHEN:** Today  
**TIME:** 5pm to 6pm (Ladies Only Session)  
**TIME:** 6:30pm to 7:30pm (Mixed Session)

ISC is conducting a master class of authentic Yoga in collaboration with QF.

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**ICC Inter – School Dance Competition 2019**

**WHEN:** November 3 — November 5

**WHERE:** Katara Cultural Village  
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Inam celebrates his gold medal in Beach Wrestling at Katara Beach during Day Four of the 1st ANOC World Beach Games Qatar 2019.

“Whenever some of us (cousins) gathered in a house, our elders would always ask us to wrestle with each other. We were not allowed to play any another sports but wrestling. I actually inherited wrestling.”

By Mudassir Raja

He comes from a family of traditional wrestlers and has made his mark in international competitions for his country. Wrestling is a lifestyle for him because his daily routine completely revolves around the sport.

Muhammad Inam Butt hails from Gujranwala, a city in the Punjab province of Pakistan. The city is rightly called the city of wrestlers as it has produced numerous wrestlers who won laurels for their country at different international platforms. Thirty-year-old Inam recently won the gold medal during the ANOC World Beach Games held at Katara Beach in the category of 90 kilogram. He defeated Georgia’s Dato Marsaglishvili 5-2. He also currently reigns as Rustam-i-Pakistan, the biggest title of traditional wrestling in the country that is very special for him.

“My grandfather Ghulam Muhammad was a wrestler. My father Muhammad Safdar Butt was also a professional wrestler. Likewise, the elder brother of my father was also a wrestler. They, however, could not make much name for themselves outside Pakistan as the competition within the country was very tough in the traditional wrestling”, said Inam while talking to Community the day after he won the gold medal.
Wrestling came naturally to the gold medallist. It was mandatory sport played in his family. “Whenever some of us (cousins) gathered in a house, our elders would always ask us to wrestle with each other. We were not allowed to play any other sports but wrestling. I actually inherited wrestling.”

The talented athlete started his professional career when he was in 8th grade in the school. “It was in 2002 when my father took me to the wrestling arena for the first time. I started getting proper training. I would get up for morning [fajr] prayer and do my exercise before I left for school. In the evening, I had to undergo training at a proper wrestling arena.”

Initially Inam did not have much deep interest in wrestling as he was doing it as part of his family tradition. It was in 2003 that he took part in Pakistan championship under-16 category and won the event. “It was my first professional victory. I received a lot of praise and recognition. The medal really boosted me up. I became the under-16 champion for two times. I remained the three times national champion in under-20 category. This got me into senior category of professional wrestling.”

Inam’s first international event was the Commonwealth Games 2010 in India. “I made history for Pakistan. After 40 years a Pakistani wrestler won gold for his country. In 2016, I won gold during South Asian Games in India. In 2014, I won bronze medal during Asian Beach Games. In 2016, I won silver medal during Commonwealth Championship.” As his international career moved forward, Inam started dreaming of becoming a world champion. “During the 2017 World Wrestling Championship in Turkey, I won a gold medal. It was the first gold medal for Pakistan in the history of the championship. In 2018 Commonwealth Games in Australia, I won the only gold medal for my country. I am the only Pakistani athlete who has won gold two times during the games. In 2018 again I defended my title during World Wrestling Championship. There were four other champions in different categories who failed to defend their titles. It was a proud moment for me.”

Inam got very excited when he spoke about his successes at national competitions. “In Pakistan, there is a tradition that you have to go through the national wrestling competitions no matter how successful you are at the international level. In 2018, I won the title of Sher-i-Pakistan [Lion of Pakistan] title. Rustam-i-Pakistan is the biggest title in the traditional wrestling. The competitions have no weight category. I competed in eight matches. In the final round I defeated a known wrestler Hamid Khan in March 2019. His weight was 125kg and my weight was about 95kg.”

Inam has also won many awards in Pakistan. He was honoured with sportsman of the year award in 2010. Same year, he was also given the Pride of Performance award by the President of Pakistan.

The champion wrestler had to face a knee injury just three months before the Beach Games in Qatar. “I had to undergo a surgery and had only six weeks to recover and train for the games. I am really thankful to Professor Dr Amir Aziz, a known orthopaedic, at Ghurki Teaching Hospital in Lahore.”

Inam says wrestling is everything for him. “For me wrestling is a life style. My diet, my sleep, and my daily routine are all associated with wrestling. I have to keep in mind wrestling when I eat and sleep. My life cycle revolves around wrestling.”

The talented athlete does not see much difference in beach wrestling and his traditional soil wrestling. “Beach wrestling is easier for us because we practise on the soil for the traditional wrestling. Both are very similar. I have my base in soil wrestling and it helps me in beach competitions. I also do training on sand regularly.”

Inam is also a professional wrestling trainer. He runs an academy in Gujranwala. “In 2017 when I became world champion for the first time, then Punjab’s minister of sports provided me a piece of land to run my academy. I have been training about 70 to 80 boys. Some of my students have started going for international competitions alongside me. I do not charge fee and provide free of cost training to the interested athletes.”

The athlete continued his studies along with his sport activities. He is an MBA and carries a university degree in Sport Sciences. “I have realised that we in Pakistan are far behind in learning new techniques and fitness levels when it comes to wrestling. I started studying sport science to learn more about the sport of wrestling. I have learnt the advanced practices of diet, exercise and wrestling techniques. The knowledge has improved my skills and performance.”

Inam is very upbeat about the future of wrestling in Pakistan. “If we get more support, Pakistan can earn maximum gold medals in international wrestling competitions. It is the one sport that has brought maximum medals to the country. In last five years, Pakistan has got over 70 medals in wrestling.”

The athlete is all praise for Qatar and the expatriate Pakistani community for extending him their support during the competitions. “I never felt I am competing outside Pakistan. There was a huge support from the community. The Pakistani spectators really cheered me up and it improved my performance.”

“I started studying sport science to learn more about wrestling. I have learnt the advanced practices of diet, exercise and wrestling techniques. The knowledge has improved my skills and performance”
**IBS marks World Teachers’ Day**

International British School (IBS) recently marked World Teachers’ Day with Student Council Swearing Ceremony. The event featured various dance and musical performances. Dr Harry, Principal of IBS, welcomed the gathering. Speaking on the occasion, Dr Shamila Ahmed, Founder and Managing Director of IBS, urged the students to equip themselves with adequate skills and knowledge to face the challenges and to excel in their career. Shaji Ali, CEO to IBS, spoke about the importance of taking responsibilities on the occasion. Khalid Saleh was the chief guest at the event. “Leadership is not just a designation; it is a responsibility,” he said. He encouraged the students for their performances and distributed badges and sashes to the Student Council members.

The new Student Council of IBS, includes: Raghad Mohammed, Prefect Girls Section; Wejdan Mohammed, President Girls Section; Sheika al-Monsoori, Secretary Girls Section; Omair Rasheed, Prefect Boys Section; Ahmed Feras Abdo, President Boys Section; and Ibrahim Emad, Secretary Boys Section. Khalid al Odumoso was sworn in as Liaison Teacher.

The event was attended by notable personalities and dignitaries, including Shaji Ali, CEO of IBS; Dr Shamila Ahmed, Managing Director; Dr Harry, Principal; Azari Ezzeddine, Vice Principal; Shafeeq Mohammed, Corporate Manager; Mehboob Sait, Group Manager; Ambily, Academic Director; Cescil, KS-3 co-ordinator; Asia, co-ordinator; Nuciba, co-ordinator; Sajinee, co-ordinator; Shani, KS-2 co-ordinator; Angelina, KS-1 co-ordinator; and Hisham, co-ordinator.

**IIA Doha Chapter conducts seminar**

The Institute of the Internal Auditors (IIA), Doha Chapter, recently conducted a seminar on ‘New concepts of Head Office Overhead treatment in major infrastructure projects.’ Andrew Woodward, Corporate Technical Director at Quantum Global Solutions, conducted the session. The seminar focused on the cost treatment of overheads in civil engineering, infrastructure, and construction sectors, which can be quite complex when the delivery of those projects on time is crucial. Andrew highlighted some practical as well as emotional issues that can accompany contentious disputes in the treatment of costs and liability in case of critical delay, concurrent delay, and disruption. He elaborated such cases of delay and disruption and mentioned that the advice of contract management is of utmost importance to contractors on large-scale infrastructure projects. Around 70 members and guests attended the seminar. Girish Jain, IIA Seminar Committee Chair, opened the meeting and welcomed the attendees. Rajesh Singh, Finance Director of Quantum Solutions, introduced the speaker, and Hassan al-Mulla, IIA Qatar President, briefed the audience about the future events of the chapter.

**QTS organises cultural event**

Qatar Tamizhar Sangam (QTS), Indian socio-cultural organisation, recently organised an event ‘Tamizhar Kalai Vizha’ at Ashoka Hall Indian Cultural Centre. The event featured various classical and cinematic dances, songs and skits, including Karagattam and Silambattam, cultural dances. The event was attended by over 250 people.
ICBF holds General Council Meeting

Indian Community Benevolent Forum (ICBF) recently held its General Council Meeting. The management and members of ICBF are set to go forward with the establishment of the Counselling Centre for students, parents and workers of the community. It has also decided to start a Group Insurance Scheme for the community members with a coverage of QR100,000.

P N Baburajan, President of ICBF, presided over the meeting. Dr Sona Soman, Second Secretary at the Embassy of India, also attended the meeting. Mahesh Gowda, Vice President at ICBF, welcomed the gathering and Avinash Gaikwad, General Secretary, presented the brief activity report of last 9 months on the occasion. Nivedita Ketkar, Treasurer at ICBF, presented a brief of accounts in the meeting. Santosh Pillai, Joint Secretary of ICBF, along with Subrahmanya Hebbaglu, Joint Secretary, also presented on the occasion. Ziad Usman, Head of Sponsorship at ICBF, spoke about the upcoming events organised by the forum.

Details of proposed counselling services was presented by Sameer Hassan Moosa, Sub Committee member. Juttas Paul, Head of Media and Development, presented the details including the background, purpose and policy details of proposed Group Life Insurance Scheme.

The 2020 Alfa Romeo Giulietta enhances the timeless appeal

The 2020 Alfa Romeo Giulietta sees the legendary nameplate reinforcing its position as an elegant and sporty compact car, continues to win over customers with its unique Italian style and technical excellence that ensures maximum driving satisfaction, stated a press release.

The latest generation Giulietta embodies the unrivalled spirit that for over a century has been an integral feature of Alfa Romeo cars and remains true to the features of agility, responsive steering, evolved suspensions and balanced weight distribution which made it such a success.

According to the press release, with new sporty exterior details, an optimised onboard experience, new interior finishes and the choice of two enhanced turbocharged engines – the Super with the newly re-introduced 175hp 1.4-litre and the Veloce with a powerful 240hp 1.75-litre – Giulietta has recently improved itself further enhancing the timeless appeal of a true Italian masterpiece.

New external and interior styling features make the 2020 Alfa Romeo Giulietta Super more elegant than ever before, including new front and rear dams with satin silver trim that perfectly complement the 16" alloy wheels, satin silver headlamp bezels and door handles plus the body colour door mirrors.

On the interior, there are new standard black and grey cloth front seats with Cannelioni Grey stitching and an Alfa Romeo logo on the headrests, with a new colour – Chocolate – added to the optional full leather seats that are also available in black and red.

A new embossed Miron dashboard bezel is added to the Giulietta Sport’s standard features that also include automatic dual zone climate control, cruise control, rear parking sensors, foglamps and front armrest.

Drivers looking for sporty styling and exciting performance will find the upgraded 2020 Giulietta Veloce, which is powered by the same high performance engine that is fitted to the Alfa Romeo 4C, irresistible.

A new Veloce Gallo package with yellow trims, brake calipers and contrast stitching is added to the currently available Veloce Rosso red package. Also new for the 2020 Veloce model are a new dark Miron grille and sporty rear dam plus dark Miron fog light bezels, door handles, door mirrors and carbon look headlamp bezels, all of which further strengthen the Veloce’s aggressive look, as do 18” dark Miron alloy wheels (with two new styles added to the available options), side skirts, enlarged brake calipers and dark Miron exhaust tip.

And the performance look continues on the interior with standard fabric and Alcantara sports front seats with contrast stitching in red or yellow, which is carried through to the race-inspired flat bottomed sports steering wheel, gear shifter and handbrake. A choice of full leather sports seats in black or red are also available.

Other standard features on the Veloce include the latest 6.5-inch / 165.1mm Uconnect infotainment system with navigation, front / rear parking sensors, sunroof electric folding door mirrors and rain / dusk sensors.

Since the Alfa Romeo brand was founded in Milan, Italy in 1910, five key elements have made it one of the world’s most desirable automotive brands, including advanced technology, lightness and efficiency, performance and dynamism, distinctive Italian design and a unique spirit.

FELICITATION: Nazakat Ali Khan, Chief Organiser at the Punjab Music Group (PMG), along with Naila Tumla, member of PMG, recently presented a PMG book to Abdul Razzaq, notable Pakistani cricketer and sportsman, at a ceremony at Punjab Restaurant.
A journey of diversified experiences

With 40 artworks on the display, ‘Diplomat’s Journey’ by Dr Michalis A Zacharioglou, Ambassador of Cyprus, features elements of various cultures, architecture and picturesque landscapes - the artworks are mostly constructed in bright hues with different techniques employed, writes Mudassir Raja.

Katara recently organised an exhibition ‘Diplomat’s Journey’ by Dr Michalis A Zacharioglou, Ambassador of Cyprus, at Building 18 Gallery 2 Katara. The exhibition will continue till October 28. The 40 artworks on display depict the artistic journey of the career diplomat of 34 years. Featuring elements of various cultures, architecture and picturesque landscapes – the artworks are constructed mostly in bright hues with different techniques employed. The ambassador has well translated his experiences and observations to canvas in detail.

Saff al-Dosari, Human Resource Manager at Katara, inaugurated the exhibition. Dr Michalis has studied philosophy, political science and political media from US. From a very young age, he was drawn to arts - theatre, cinema, music and painting. For him, painting started off just as a hobby that later on developed into a passionate love for art.

As an artist, he experiments with light and colours in his own way. He seems to be a semi-practitioner of the movement’s philosophy of expressing one’s perceptions before nature, especially as applied to landscape painting. However, in his work, one finds elements of modern life and pivotal shapes and figures in transition from realism to impressionism.

Talking Community, Dr Michalis said, “The artwork on display is my work as an artist of about 11 years. It takes quite some time to finish an oil painting. So, in a year you cannot have more than 10 paintings. Further, I am not a full-time artist. I work as a diplomat. Art is just a hobby.

I called the exhibition ‘Diplomat’s Journey’ as I have been in the world of diplomacy for over 34 years. I have been to many different parts of the world. You will find different cultures and countries depicted in my paintings.”

Speaking about how the idea of having the exhibition started, the Cyprus ambassador said, “When I came to Qatar, many friends visited my office and they saw my artistic work. I had a private collection. Many of my friends kept pushing me to put my artistic work on display. I met Dr Khalid bin Ibrahim al-Sulati, General Manager of Katara, and discussed my idea. We decided to have the exhibition at an appropriate time. I was thinking to bring in only 15 to 20 pieces of my work, but Dr Khalid told me to bring all of my collection and promised me a big gallery.”

Explaining the art techniques he has employed in his pieces, Dr Michalis said, “There is a lot of impressionist works. You will also see some of the pieces depicting surrealism and realism. Then there is a naïvety in the style of some works, nothing is appropriate. What I do is to play with colours and light.

“In the beginning, I used to play with acrylic colours. Now, I use oil. Oil on canvass gives vivid colours. I enjoy using oil colour techniques.”

The ambassador has regularly been painting for the last 11 years. “I came across arts by chance. I realised that it fulfils me and makes me very happy, especially when I am doing it. The actual amount of time you invest, is really emotionally fulfilling. That is why I always say that arts take away all the negative energy and fills you with positive one. That is what art does to me. It really makes me feel really nice.”

The ambassador has been in Qatar for two and a half years. His works also include Qatar’s landscapes and architectures. “You can see Corniche in two different variations.” Hans-Udo Muzel, Ambassador of Germany, said, “We are here to support our colleague. He is a great artist. We are really happy to have an artist as an ambassador here. We are lucky as Europeans. There are also some paintings depicting Germany. There are some paintings that reflect the mood of Qatar, all the seasons and Soor Waqif.”

Dr Bart De Groof, Ambassador of Belgium, said, “We are hear as European ambassadors to support our artist colleague. We have been looking at his paintings and admiring them for quite some time now. He has used very powerful and vivid colours and colour patches. At the same time, he has quite some variety in his style. Some of his works are landscapes, seascapes, and many paintings are about Qatar. He also draws a reference to European painting styles.”

Barnabas Fodor, Ambassador of Hungary, said, “I am very happy to see the exhibition by our colleague. To be honest, I can see there are vibrant colours. He has a very special way of looking at the world. I also like the tranquility on these paintings. There is great calm and happiness coming from the paintings as I can see that.”

Jose Benzaquen, Ambassador of Peru, said, “The amazing artwork is a surprise for me. I am a friend of Dr Michalis. I am happy to see his artistic works. My wife and I are enjoying the artistic creations. It is important because the exhibition is part of his life and his stay in Qatar.”
Experience via the medium of art

Sharing his artwork with colleagues and art lovers.
Reconnect with nature

Located on the Al Shamal road towards Al Khor City, the Al Khor Park provides a safe and serene environment for families to enjoy as well as relax over the weekends. One of the main attractions for children to visit the park is the zoo which has many different and beautiful animals that fascinate young and old alike. There are also many activities that you can carry out here with your near and dear ones, thanks to the wonderful facilities available at the park, while also enjoying meals at the nearby restaurant and coffee shop. It is a huge park with well-maintained gardens and beautiful views, making it the ideal place to reconnect with nature.

— Photos by Mohamed Samad Imran
Cheap coffee price threatens existence of producers

Coffee is beloved around the world, yet producers have been suffering in recent years as the prices for raw beans have sunk to their lowest level in over a decade. In a small Guatemalan community that relies on the coffee trade, the pinch is especially acute for farmers, writes Nick Kaiser and Marc Niedzolka.
Wordsearch

PENALTY  PENITENT  PENURY
PENICILLIN  PENTAGON  PENDULUM
PENTACLE  PENCIL  PENNY
PENANCE  PENKNIFE  PENGUIN
PENINSULA  PENUMERA  PENSION
PENTAD  PENDANT  PENITENT
PENCHANT  PENNANT

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

Sudoku is a puzzle based on a 9x9 grid. The grids are divided into nine 3x3 boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every row, column, and box contains all of the numbers 1-9 exactly once.

Adam

So well just keep these prats and reappry them on Halloween.

You know I’m really more about the candy right?

Any dope in a paper sack can just hand them. I’m gonna make you a legend.

Long as I’m a legend with the kids, I’m down.

Pooch Cafe

Man, look at this centrede. It would be so weird to have that many legs.

Imagine trying to chew them all!

Garfield

And the heroic dog has saved the day!

Bound And Gagged

Divorce attorney

Irreconcilable differences.
Super Cryptic Clues

Across
1 Understanding how to be avaricious? (8)
6 Some fizzy drink for father (3)
9 Trainee soldier, a rotter, meets an alien (5)
10 Give insincere praise that’s less sparkling (7)
11 One who makes you pay for a horse (7)
13 Saint Raymond the Wanderer (5)
14 Odd petals, delicately coloured (6)
15 I can’t answer, I’m here and there (6)
19 Bring tea round in porcelain (5)
21 Take a rest, having drunk old wine? (3,4)
22 A chap one takes on - or a very large number (7)
23 An Arabian chieftain turned me back, always poetically (5)
24 At present there’s a gap between V and X (3)
25 Hustlers, crooked and without pity (8)

Down
2 It’s scraped out for military policemen (7)
3 Determined group (3)
4 Teach where the pupils are? (6)
5 Clearly it covers what’s on show (5,4)
6 Queen Elizabeth follows favourite saint (5)
7 Celebration for political group (5)
8 Covering for one cold walkabout? (6)
12 Terrible danger that is right for a soldier (9)
16 Scattered rainfall indicators? (7)
17 Young people - some keep them in or suffer (6)
18 Part of the solar system revealed by Pat and Len (6)
19 Young animal and an islander (5)
20 Legally, it’s relative (2,3)
23 Fish found in the east by the Spanish (3)

Solution

Wordsearch

Codeword

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COMMUNITY | 

PUZZLES

Colouring

Answers
Limiting mealtimes increases motivation for exercise: Study

Limiting access to food might increase levels of hormone – ghrelin, which might also increase your motivation to exercise, said a new research.

The study, published in the Journal of Endocrinology suggested that a surge in levels of the appetite-promoting hormone – ghrelin, after a period of fasting prompted mice to initiate voluntary exercise.

These novel findings indicate that better diet control, for example limiting food intake to mealtimes or fasting intermittently, could help overweight people maintain a more effective exercise routine, lose weight and avoid debilitating complications such as diabetes and heart disease.

“Our findings suggest that hunger, which promotes ghrelin production, may also be involved in increasing motivation for voluntary exercise when feeding is limited,” said author Yuji Tajiri from the Kurume University in Japan.

“Therefore, maintaining a healthy eating routine, with regular mealtimes or fasting, could also encourage motivation for exercise in overweight people,” Tajiri said.

Ghrelin, often referred to as the ‘hunger hormone’, stimulates appetite through actions on the brain reward circuitry that increases motivation to eat.

It has also been reported to be essential for endurance exercise by increasing metabolism to meet the energy demands of prolonged exercise.

Although previous studies have suggested a relationship between ghrelin and exercise, it was not known whether the hormone levels have a direct effect on motivation to exercise.

In this study, the research team investigated the relationship between exercise and the hormone levels in mice.

Food intake and wheel-running activity were compared in mice given free access to food with those fed only twice a day for a limited time.

Although both groups ate a similar amount of food, the restricted mice ran significantly more.

Mice genetically altered to have no ghrelin and on the restricted feeding diet, ran less than the mice which were given free access, however, this could be reversed by administering the hormone.

Furthermore, mice were given free access to food and given ghrelin also ran significantly more. These findings suggest that ghrelin might play an important role in the motivation for both feeding and exercise, in response to restricted eating plans. – IANS
Big B: Ailments and medical conditions a confidential individual right

Amitabh Bachchan, who was discharged from hospital on Friday night, took to his blog to express displeasure about the media’s rampantly speculative reporting over his ailment the past few days. He said that medical conditions were the confidential right of an individual, and hence should not be commercialised.

Big B’s blog entry was in reaction to what he said was unsubstantiated reporting by a large section of the media about his health condition, ever since he was admitted to Mumbai’s Nanavati hospital.

“Do NOT break the CODE of professional documentation… ailments and medical conditions are a confidential individual right… its exploitation… and its attempted commerce are a social illegality… respect and give required understanding to this… all is not in the world of sale,”

“This world this universe of today the most recorded and vision documented era shall ever be remembered by the cataloging of all that transpires within and without… the act is lauded and given applause… but…

“…in the presence of such a vast record among the billions… about which shall be filed for posterity as the truth… as that of fact… it shall never be known, for there shall be a billion versions on the debate…

“…the false and the fake once exposed to this vast universe remains the ultimate truth… try as you may as much as you may, that is what lingering postulates itself as the finest record… a pity really, for eventually, the compromise on this factor is ever debatable… and often not in favour of that postulate…”

In his blog post, the megastar also expressed his gratitude for their love and prayers. He wrote: “Prayers concern and the love of them that stand by you, are elements of immense comfort… because… they present folded appeal, and the reciprocation be of equal strength… they are real… they are constant… they are the energy often questioned.”

“My love… and my gratitude for all… for all that consider care, that consider concern and consider prayer for me.”

On the work front, the actor is expected to resume shooting for the popular quiz show Kaun Banega Crorepati (KBC) on Tuesday.

In Bollywood, he has Shojujt Sircar’s Guabajo Silabo, Nagraj Manjule’s Rund, Rumi Jaffery’s Chehre and Ayan Mukerji’s Brahmastra coming up. - IANS

Quibi partners with T-Mobile as it prepares for April launch

By Wendy Lee

Telecommunications giant T-Mobile has agreed to partner with Quibi, a Hollywood start-up that plans to distribute bite-size entertainment designed for millennials.

Under the arrangement, Quibi’s upcoming streaming service will be part of a T-Mobile offering, giving it a broad distribution platform as it prepares to launch in April. T-Mobile, the third-largest mobile phone network with 83.1 million customers, plans to merge with Sprint, the largest wireless merger in the industry’s history.

“Quibi will deliver premium video content for millennials on a technology platform that is built exclusively for mobile, so a telecommunications partner like T-Mobile, with their broad coverage today and impressive 5G road map, is the perfect fit,” Quibi Chief Executive Meg Whitman said in a statement.

The pact marks a significant step in Quibi’s plans to deliver premium content viewed in 10 minutes or less to mobile phone users.

Bellevue, Wash.-based T-Mobile has been looking for entertainment partners as its rivals expand their footprints in Hollywood. Texas-based AT&T last year acquired Time Warner Inc. for $85 billion, and its entertainment division will launch a new streaming service, HBO Max, next year. Verizon has also dived into streaming, launching its Go90 video platform in 2015 only to shut it down three years later.

“Quibi is leading the way on how video content is made and experienced in a mobile-first world,” said Mike Sievert, president and chief operating officer of T-Mobile. “That’s why our partnership makes perfect sense — two mobile-centric disruptors coming together to give customers something new and remarkable.”

Details of the partnership, such as whether T-Mobile customers will receive discounts or whether the Quibi app will be pre-installed on their phones, have yet to be determined. Financial terms were not disclosed.

Launched by veteran film mogul Jeffrey Katzenberg and Whitman, Quibi has made waves after raising $1 billion in financing from Disney, WarnerMedia and other major studios and investors. In the last year, it has gone on a hiring spree and made a flurry of announcements for its upcoming projects with prominent filmmakers and news organisations.

Company executives have said they expected to raise an additional $500 million this fall. Quibi recently announced it will air a new six-minute 60 Minutes -produced programme, two English-language news shows from Telemundo, and two celebrity news shows from TMZ. This week, Quibi said the Weather Channel and Entertainment Weekly will also be providing programming.

But Quibi, which will charge about $5 a month with ads and $8 without ads, will face an increasingly crowded video streaming market when it launches next April. The space is already dominated by large subscription platforms such as Netflix and Amazon Prime Video, as well as free, mostly ad-supported sites such as YouTube and Facebook.

Quibi’s target audience is people ages 25 to 35, and its larger demographic could include people ages 18 to 44.

Its videos fall into three categories: long-form narratives distributed to consumers in short chapters; alternative content, which includes reality, documentaries and food shows; and so-called Daily Essentials, which include daily news such as morning and evening shows from NBC News that target millennials.

The company plans to amass more than 7,000 pieces of content in its first year. Among the upcoming projects is a modern take on the 2003 romantic comedy How to Lose a Guy in 10 Days, which is in development with Paramount TV. Quibi has also lined up major filmmakers including directors Antoine Fuqua, Guillermo del Toro, Sam Raimi and Steven Spielberg.

Quibi is using features on mobile phones to stand out from other streaming services and enhance the stories on its platform. For example, some shows may allow users to change their perspective by shifting how they hold their mobile phones. At least one programme, Spielberg’s After Dark, is timed to appear on the service only after sundown.

The company aims to make money through subscriptions and advertising. It said that in its first year it will have an ad inventory worth $150 million and that such brands as Google, Walmart and Procter & Gamble have signed on.

Some analysts have been skeptical whether Quibi will be able to succeed where past efforts to delver into mobile-first premium content have had lackluster results. Last year, Verizon shut down its Go90 platform, which targeted millennials with programming that included short, episodic content.

Analysts said a lack of a large enough audience led to Go90’s demise. - Los Angeles Times/TNS

Showbiz

Quibi partners with T-Mobile as it prepares for April launch

START-UP: Meg Whitman, left, and Jeffrey Katzenberg are photographed at their startup Quibi, a digital studio that is creating bite-sized shows for millennials.
Plus-size male models fill increasing gap in fashion industry niche

One man found work for an agency while looking online to find clothes that could fit him

By Frances Perraudin

At 6ft tall with a 40in chest and 44in waist, Raul Samuel had always struggled to find stylish clothes that fitted him. In May 2017, he was looking online to try to find someone who looked like him and “wore clothes well”, so he could find out where they shopped.

“I couldn’t find anyone, so I Googled ‘plus-size’ males and came across an article about an agency looking for models,” he said. Samuel went for a meeting at Bridge – which describes itself as a “curve” agency – and within two weeks he was featured in an advertising campaign for the brand BoohooMAN. “It just took off,” he said. “My face was all over the [London] Underground.”

Samuels, 27, is just one of an increasing number of men who don’t have chiseled abs and a six-pack to find themselves in demand by fashion brands wanting a share of the growing plus-size men’s market.

Modelling agencies are reporting a rise in interest in bigger male models, as more brands, from Asos and Boohoo to River Island have started to cater to men in larger sizes.

“The women’s curve market has become really well established in recent years,” said a spokesperson for the major international agency IMG. “We feel the men’s market will follow suit.” The agency is looking for more men to join its “Brawn” division, which currently has seven models.

Charlotte Griffiths set up the Bridge modelling agency in 2014 with the aim of representing models who promoted “diversity and healthy, positive role models”.

“We were talking a lot about how important it was to have women of a range of shapes and sizes and of different ethnicities, and I remember some people saying it was hypocrisy just to focus on diversity for women,” she said.

Bridge started representing plus-size men in 2016 and it now takes up as much of the business as the women’s market. In May the agency opened its first office in New York which focuses exclusively on male models. “[The men’s market] has been around about three years and the women’s market has been around for 30 years. It’s really interesting to see that the demand is now 50/50 for us as an agency,” she said.

“The definition of “plus-size” is often determined by brands, says Griffiths, but they generally look for a chest measurement of 45 inches and above. “Our priority was to find models who were big and tall and broad who would be large, XL and above, but who were still representing a healthy body and lifestyle,” she said. “The idea is to have a variety of healthy shapes and sizes and show that these male models could look good without being ripped with a six-pack.”

The demoralising effect of having one, often unattainable, body-type held up as the ideal is not just felt by women, said Griffiths. “The more we looked into it the more we found that men were suffering from the same feelings of insecurities and misrepresentation and they weren’t looking that certain way with a six-pack.”

Writing for the Chubstr, a fashion website for big and tall men, Zach Miko – the first model to sign with IMG’s Brawn division – said in May: “I model because I know that doing this makes a difference. Even if it’s just for the kid who goes by themselves to the middle school dance. I model for the boy who cried into his pillow after his first boy/girl pool party.”

Samuels says it certainly had an effect on him. “You start feeling bad about yourself and you start feeling like maybe the answer is to lose weight. To starve yourself or go on a low-carb diet or something like that, but that’s not the solution. I did lose some weight but it still didn’t make me happy and – because of my natural body shape – the clothes still didn’t fit how I wanted them to.”

Nemar Parchment, a 6ft 2in man with a 40in waist and a 50in chest, was working as a buyer for Asos when he was first approached about modelling. The brand was launching its Big and Tall range and was struggling to find models, he said.

“When they stopped me and approached me I kind of thought it was a prank. I never in a million years thought it was a possibility, because I’d never seen anyone out there look like me.”

Parchment joined IMG last year. “Oh my gosh, I love it,” he said of modelling. “Firstly, the travelling – this year alone I’ve been to LA, San Francisco, Palm Springs. I also love the feeling that I’m breaking down barriers.” – IANS