Community

Doha College students honoured for completing bronze and silver stages of the Duke of Edinburgh’s International Award.

P7

Community

When commitment aligns with purpose, magic unfolds, says inspirational speaker Priya Kumar.

P16

The genesis

People hoarding money or doing things that are criminal and being able to conceal their money triggered the making of The Laundromat. P4-5

Lifestyle

Coastal living linked with better mental health: Study

Page 11

Showbiz

Banderas, Almodovar come together in Pain and Glory.

Page 14
**PRAYER TIME**

- Fajr: 4.09am
- Shoroq (sunrise): 5.27am
- Zuhr (noon): 11.25am
- Asr (afternoon): 2.49pm
- Maghreb (sunset): 5.23pm
- Isha (night): 6.53pm

**USEFUL NUMBERS**

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**Quote Unquote**

“A champion is someone who gets up when he can’t.”

-Jack Dempsey

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**The Rookies**

**DIRECTION:** Alan Yuen  
**CAST:** Tahu Wang, Sandrine Pinna, Timmy Xu  
**SYNOPSIS:** Extreme sport lover Zhou Feng got involved in an international illegal trade by accident. So he had to follow an international special agent Bruce to Budapest. Together with a crappy police officer Miao Yan, a non-professional scientist Ding Shan and an unemployed doctor LV, they became an amateur unit. In company with the senior agent Bruce, these four rookies started a fight with the terrorists that was both thrilling and hilarious.  
**THEATRES:** Landmark, The Mall

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**Prey**

**DIRECTION:** Franck Khalfoun  
**CAST:** Joey Adalian, Jolene Anderson, Vela Cluff  
**SYNOPSIS:** Toby must survive an island retreat while a sinister force hunts him, leaving bodies in its wake. A troubled youth finds himself fighting for survival on a remote jungle island in Franck Khalfoun’s horror thriller.  
**THEATRE:** The Mall

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**Community Editor**

Kamran Rehmat  
**e-mail:** community@gulf-times.com  
**Telephone:** 44466405  
**Fax:** 44350474
**Ezdan Zoo at Ezdan Mall**
*WHERE:* Ezdan Mall  
*WHEN:* Ongoing till October 4  
*TIME:* 6pm – 9pm

Let's Get Wild! Hop on over to Ezdan Mall Little Animal Zoo and experience adventurous Safari tours.

**Qatar International Art Festival 2019**
*WHERE:* Katara – the 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.

**Yoga Class**
*WHERE:* Lululemon, Mall of Qatar  
*WHEN:* Every Saturday  
*TIME:* 8:30am – 9:30am

Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

**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.

**Artsitic 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.

**Ballet Lessons**
*WHERE:* Music and Arts Atelier  
*WHEN:* Ongoing  
*TIME:* 4pm – 8pm

For more info e-mail at registration@atelierqatar.com or call on 33003839.

**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.

**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

**Arabic Calligraphy Workshop**
*WHEN:* Saturday – Wednesday  
*TIME:* 6pm

Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

**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 66523871/ 31326349.

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

*The Laundromat* bobs and weaves unpredictably between being a financial crimes thriller, an international tax laws explainer, an anthology of oddball stories drawn from the Panama Papers scandal and an irate satire of the mechanics by which the richest of the rich get away with whatever they want.
recent Toronto International Film Festival, adding that the LLCs are for individual movie productions and he has already shot another project, also starring Streep, since finishing The Laundromat.

And does Streep also have tax-free corporations in Delaware?

“I have a foundation to give money away registered there,” Streep said, seated next to Soderbergh. “And I have another one that I use to try to hide where I live. Lots of celebrities do this to buy a house under a different name. So that the scary guys who stalk you, don’t. But it doesn’t work anymore because there are people in the registrar of realty offices in Los Angeles and New York who immediately know who that is. And so it’s completely useless.”

In The Laundromat, which opened on Friday in theatres before launching October 18 on Netflix, Oldman and Banderas appear as Jürgen Mossack and Ramón Fonseca, the real-life lawyers who saw their Panama-based firm suffer a data breach of millions of documents that revealed how many of the world’s richest people move and hide their wealth. Streep plays a fictional composite known as Ellen Martin, who struggles to receive an insurance settlement after the death of her husband in a tour boat accident while on vacation in Lake George.

The film is based on the book Secrecy World: Inside the Panama Papers, Illicit Money Networks and the Global Elite by two-time Pulitzer prize winning journalist Jake Bernstein. It was adapted for the screen by Soderbergh’s frequent collaborator Scott Z Burns. (Burns also wrote and directed the upcoming political drama The Report, which opens November 15.)

Using the law firm run by Mossack and Fonseca as the spine of the story, the film spirals off into many other seemingly disconnected tales, from Soderbergh’s struggles to understand the complicated financial world she has found herself thrown into, to a wealthy African businessman (Nonso Anozie) living in Beverly Hills caught cheating with his daughter’s college roommate, to a European businessman (Matthias Schoenaerts) who finds himself entangled with a Chinese businessman (Wu Jing). The cast also includes Sharon Stone, David Schwimmer, Ana de Armas and Jemima Kirke.

“The hat was what did it for me,” Streep said. “Because it’s a kind and warm woman who is, nevertheless, dumbstruck by discovering that it may be possible that no one will officially be held to account for the death of her husband as her insurance claim leads to one shell company after another. Streep drew from her own experience.

“I’ve been to Lake George, that’s where I live,” said Streep. “I sort of had a feel for that place and the layer of society out of which this person would’ve come. I’m born in New Jersey, in a middle-class family. And I made her up out of a lot of people that I know.”

“The hat was what did it for me,” said Soderbergh. “As soon as I saw the hat, I was like, I know who that person is.”

Ah, yes, the bucket hat. When images from the film were first released earlier this year, there was a small frenzy of excitement online about Streep’s choice of headwear, for it’s an unlikely mix of senior tourist practicality and normcore chic. For her part, Streep would prefer not to focus on the bucket hat, just as she would prefer that not too much attention be paid to the outsized false teeth she wore while appearing on the recent season of HBO’s television sensation Big Little Lies.

“I think things have a big effect for one day, and next week, it just becomes the thing that now is established or you talk about it as if it were a thing,” Streep said. “No one has ever said, ‘Her teeth were so great in Sophie’s Choice.’ But I wore buck teeth all through Sophie’s Choice, but nobody mentioned it. So it isn’t a thing, Sophie’s Choice gets to live as a whole woman.

“It’s too bad that the teeth are what march ahead of the Big Little Lies character,” Streep added. “The accent used to march ahead of everything that I ever did. You can’t just play people who live in the tristate area all your life. If you have an imagination and you feel almost political that it’s important to crawl into the skin of people who are very different, seemingly different, to locate what it is that you do have in common — that’s something that’s like my quest.”

The Laundromat is full of surprises right up until its ending, continuing to strip away at its own artificial and reveal revealing layer upon layer. Soderbergh recalled a conversation he had with writer-director Steve Gaghan while working on the movie Syriana, in which they discussed “how hard it is to be good and clear. That being obscure is easy; being clear but not being obvious is hard. There’s a real value in trying to be good and clear.

“And for all the tricks that we were employing on this movie, it was also very important to me that we play fair with the audience,” Soderbergh said. "I don’t feel like we do anything that’s unfair or use bad math to get our ideas across. I really wanted it to be able to withstand scrutiny and multiple viewings. That you go, wow, all that stuff really does tie together. I don’t like being tricked when I see something or I feel like they’re not coming clean.”

“It’s so hard to get things through to people now,” Streep said. “We’re so induced into sort of this soporific state by reality television, stuff just happening in front of us. It seems real; it’s real enough; it’s OK. Those people are stupid! We just sit apart from what we’re seeing and to reach out and really get your attention and pay attention — and once you have the attention, make you care about it. It’s an increasingly a really tough order for a fiction movie. And so all the places where this breaks those rules, it’s just a little jolt and enables you to pay attention.”

— Los Angeles Times / TNS
**IIQS-Qatar conducts 7th CPD event**

Indian Institute of Quantity Surveyors – Qatar chapter (IIQS-Qatar), associated with Indian Business and Professionals Council (IBPC) under the aegis of the Embassy of India in Qatar, recently conducted its 7th Continuing Professional Development (CPD) event at Concorde Hotel. The event was attended by about 50 members and guests. Hari Krishna, Principal Consultant Masin Qatar, delivered a lecture for two hours on the topic 'Engineering & Construction Claims and Delay Analysis' which was followed by an interactive question and answer session. The lecture comprehensively covered the types of claims, types of delay analysis methodologies available in construction industry. Sunil Kamalaksha, IIQS sports and recreation committee member, welcomed the attendees and conducted the event. Hari was felicitated by Anshul Gupta, IIQS-Qatar president, and Sudheer Edamana, IIQS-Qatar vice president, for delivering the lecture. Anshul Gupta delivered the vote of thanks. IIQS-Qatar is planning to conduct the APC workshops for the aspirants to achieve chartered membership from RICS-UK.

**ISC showcases Indian culture, promotes athletics contest**

Indian Sports Centre (ISC) recently showcased Indian culture and heritage through traditional music and dance performances at City Centre Mall in support of IAAF World Athletics championship Doha 2019. The championship is being held at Khalifa International Stadium till October 6. As part of the Mall activation programme by the various expatriate communities to promote the third largest sports event of the world which is being held for the first time in the Middle East, different communities performed attracting a large crowd. The programme started at the 1st floor of City Centre with the traditional band of Kerala by Melam Doha and was followed by a folk dance performed by school boys and the traditional harvest festival dance by a group of women. The entire performing group did a musical march past by playing drums and other musical instruments to 3rd floor then going to IAAF World Athletics Championship legacy pavilion exhibiting legendary athletes from different countries. Nilangshu Dey, ISC president, announced the support of the Indian community for the sports event being hosted by Qatar and appealed to all the Indians to go and watch the competitions.

**MES bags second position in International Engineering Congress**

MES Indian School secured second position in 'International Engineering Congress' recently organised by Institution of Engineers (India) Qatar chapter in collaboration with Qatar Foundation Research and Innovation to commemorate the centenary year of activity and to celebrate the 52nd Engineers Day. The event was held at Qatar University Research Complex Auditorium. The two-day event was inaugurated by P Kumaran, Ambassador of India to Qatar, and it witnessed the presence of many eminent engineers working in different sectors. Nine Indian schools participated in the interschool competition for 'Young Budding Engineer' award. The schools contested in the science-related competition which was based on the theme ‘Smart Engineering – State of the Art Technologies in Oil and Gas and Infrastructure Development’. A team of 25 students from MES Indian School participated and secured the runner-up position. Rishan Jacob Kuriokose and Punit Pande of Grade XI received the trophy for their innovative project titled 'Incoming Vehicle Alert System.' MES also received a special mentioning for showcasing a wide range of still models which highlighted Indian Space Research Organisation and its development besides presenting several working models in the category of smart engineering. The overall programme was co-ordinated by Chief Co-ordinator Manmadhan Mambally. Hameeda Kadar, MES principal, appreciated the efforts of the students and the teachers.
Over 100 Doha College students have been honoured in a celebratory ceremony, having successfully completed their bronze and silver stages of the Duke of Edinburgh’s International Award. The International Award is a self-developmental programme available to all young people worldwide, equipping them with life skills to make a difference to themselves, their communities and their world. To receive their certificate, students completed over 7,200 hours of purposeful activity; including over 2,100 hours of community service, over 2,700 hours of physical recreation, and over 2,400 hours perfecting a skill.

For the physical recreation requirement, students participated in sports or other physical activities that focused on the improvement of health and fitness. For the service activity, students dedicated their time to benefit the community surrounding them in various ways including volunteering at a centre for people with disabilities, working with environmental clubs, participating in peer tutoring or helping in the library.

The skill requirement encourages the development of personal interests as well as practical and social skills. This ranged from learning a language or a musical instrument, cooking, scuba diving, drama and theatre, art and calligraphy, to pursuits such as political studies and Model United Nations.

Dr Steffen Sommer, Principal at Doha College, expresses his delight at the achievements of students: “We are exceedingly proud of our DofE cohort, and the pride and sincerity with which they are approaching the various activities. As the Countess of Wessex noted during her visit in 2015, ‘the DofE programme at Doha College is not only phenomenal in size, it is just as impressive in what it achieves and adds to the lives of Doha College students. The spirit of the DofE Award, which is to engage young people in purposeful activities designed to broaden their skill set beyond the classroom, build confidence and leadership, and serve the community, is being promoted and upheld by the entire Doha College community, so much so that it helps strengthen our bond from within.”

LIS organises 5th annual art and science exhibition

Loyola International School, Al Nasr Campus recently organised its 9th Annual Art and Science Exhibition – ‘Reflections 2019’. The students of KG to Grade XI showcased more than 800 innovative projects bringing together the concepts of art, science and language in a beautiful combination mixed with a lot of imagination, creativity and ideas thinking out of the box.

The event was inaugurated by Dr Sreekumar Padmanabhan, a well renowned artist, as chief guest at the grand event as well as Priya Bedi, Vice President, Indian Women Association (IWA), as the guest of honour. Additionally, the event was also attended by the Managing Director R. Anup Chakravarthy, board of directors of the school and other parents.

Addressing the gathering at the exhibition Dr Sreekumar appreciated the talent and hardwork of students, praised them for their laborious work and explained that arts and science can go hand in hand with each other if you want to bring the creative best out of an individual. The exhibition was truly one of a kind as the walls were filled with amazing pieces of artwork and a number of working models on display that the students had put in tremendous effort in creating throughout the year with the great support from their teachers. Some of the outstanding creations were about global warming, rainwater harvesting, launching of rockets, the circulatory system, mathematical machines. Along with the science exhibition the audience even got to witness a wonderful masterpiece titled ‘Tribute to famous painter Raja Ravi Varma’ wherein the students dressed up glamorously and were pictured similar to the very famous musical painting. A unique ‘Puppet Show’ was also performed by the children of Grades-IV to XI on the theme of the famous jungle book character Mowgli. Speaking at the event, R. Anup Chakravarthy expressed sincere gratitude to the tremendous effort and commitment put in by the teachers and staff, and also appreciated the students for bringing their creative best with so many different ideas.

The exhibition was decorated in the nature theme and was presented department wise. The event saw the attendance of large number of parents and was a huge success.
ICBF conducts free medical camp for fishermen, workers at Wukair

Indian Community Benevolent Forum (ICBF), a charitable organisation under the patronage of the Embassy of India to Qatar, in association with the Ministry of Public Health, Qatar recently organised 39th ‘Free Medical Camp for Fishermen/Workers’ at Allevia Medical Center. The medical camp was inaugurated by P. Kumaran, Ambassador of India to Qatar. The camp was facilitated by Allevia Medical Center, which provided their own doctors, specialists, consultants and paramedics staff. Free medicines were provided by Welcare Pharmacy, which is providing support to the needy people through ICBF for a long time.

The camp was supported by Telangan Gulf Samithi – Qatar for coordinating the efforts of mobilisation and volunteers. As many as 15 students from different Indian schools in Qatar participated as volunteers to support the camp, which helped in creating social awareness among the students’ community in Qatar.

Almuftah Rent A Car provided logistical support to the camp.

Consultation of physicians and specialist doctors and tests including, BMI, blood sugar, cholesterol etc were provided free of cost. For those who needed follow-ups are also given appointments to visit the specialist doctors when needed.

ICBF has been organising free medical camps aimed at providing free medical assistance to workers/labourers from various labour camps and unorganised sector of workers and companies in Qatar for past many years also specially for fishermen.

P. Kumaran applauded the continued efforts of ICBF for providing such facility to community members and all other benevolent activities they are doing.

The inauguration event was also attended by S.R.H. Fahmi, Coordinating officer of ICBF and First secretary (L&W) at Embassy of India; Ms Sona Soman, Third secretary (L&W) at Embassy of India; Abdul Latheef, ICBF Advisory council member; Mouter Al-Ali, Chairman of Allevia & Welcare group of companies; Ashraf, General Manager of Welcare group of companies; P N Baburaj, ICBF president; and the managing committee members.

The camp was led by ICBF managing committee members namely; Nivedita Dutta, Rajani Moorthy along with Mahesh Gowda, Vice President; Arinash Gayikwad, General Secretary; Subramanya Hebbagulu, Santosh Kumar Pillai, Juttas Paul and Ziad Usman.

Company rewards four Nepali employees

Nasser Al Ali Enterprises, an ISO construction company, recently gave away cash prizes to four of its Nepali employees, namely Khadka Bahadur Magar, Bhawore Yadav, Birbhu Thapa Magar and Ram Hidayat Yadav. Each employee received QR15,000. They were rewarded for completing 10 years of service with the company. Nasser Al Ali’s owner of the company handed the prizes to the employees, who have been working in the construction wing of the company and excelled during their long time in the company.

Bharosee Yadav hails from Seraha district of Nepal landed in Qatar in 2008. Yadav first came to Qatar as a tile mason. Later, he assumed charge of a carpenter, steel fixer and mason. Yadav said: “With my salaries, I am able to afford a better life for my family members.” Yadav thinks it was luck for him to get a chance to work in the Enterprises. Due to his hard work, he was able to earn enough to build a house in an urban area of Nepal for his family. He can develop maps of buildings which senior engineers would readily approve. He also got three time gold coin each 5 gram for his best performance at the working site.

Birbhu Thapa Magar hails from Udayapur of Nepal and he landed in Qatar in 2008. Magar came to Qatar as a mason. Now, he works as a carpenter, steel fixer, painter and in scaffolding. Father of two sons and two daughters, Magar worked in Saudi Arabia before he came to Qatar. One of his sons became successful to run a restaurant in the capital city of Nepal. His daughters are studying in higher classes in Kathmandu. He wants to spend his prize money on the education of his daughters.

Rami Hidayat Yadav also landed in Doha in 2008 to work as a welder. His employer provided him a scaffolding training and now he is perfect as a welder, steel fixer and scaffolding. Born in a poor family of Nepal, Yadav is the father of two sons. His both sons are studying in a boarding school. He was awarded with gold coins weighing 5 gram one time for his best performance.

He paid the loan and build a house in the capital city of Nepal.

Khadka Bahadur Magar, father of one son and one daughter, hails from Nabaparashis district of Nepal. Khadka said: “With my salary, I am able to afford a better life for my family members. With this reward, I will support my children for their higher education. My boss is like my guardian, he never makes me feel that I am in a foreign country.”

ICBF has been organising free medical camps aimed at providing free medical assistance to workers/labourers from various labour

OPAQ bids farewell to two senior members

Onattukara Pravasi Association Qatar (OPAQ) recently bid farewell to Somaran and Kumar. They are leaving their jobs from Peninsular Engineering and QEWC after serving about 20 years in Qatar.

The farewell programme was held in Mumbai Hall, Indian cultural center and around 50 members were in attendance. Amanadhar, President of OPAQ, spoke about the valuable contributions made by both senior members towards the Onattukara Community of Qatar by serving in their capacity as life members for 12 years. Abdul Sathar, General Secretary, also wished them good luck for their future life.

OPAQ presented them with a farewell plaque and memento of appreciation given by the president. Members and executive committee members namely; Sajeev Sathyan, Mohanan, Shamer, Arjun, Sivam, Sunil Kumar, Jayashree, Viswan Balan, Venu Pillai, Venu, Ramesh Balan, Praveen Shenoy, Santosh Kottaram, and others also spoke about Kumar and Somaran.

The outgoing members thanked all the members of OPAQ for the love and affection they have shown.
Virginia Commonwealth University School of the Arts in Qatar (VCUarts Qatar) in Education City held a special event to honour the students whose hard work and excellent academic skills earned them a place on the Dean’s List. The families of the students were also in attendance for the special occasion as the students were awarded certificates honouring their outstanding academic achievements.

Dean’s List is a recognition of superior academic performance and only students with a Grade Point Average of 3.5 qualify. Of the 107 outstanding Dean’s list students, 33 are from the Art Foundation programme, eight are from the Painting and Printmaking programme, 13 are from the Interior Design programme, 19 are from the Graphic Design programme, seven are from the Fashion Design programme, and 27 are from the Art History programme.

Amir Berbi, the Dean at VCUarts Qatar, welcomed the students and their families, saying: “This is my first Dean’s List celebration as your new dean, and I am so pleased to be here to recognise and congratulate such an impressive group of young scholars. You are the best and the brightest among our talented and dedicated students. It is no small honour to be on the Dean’s list – as Dean’s List students you set the standard for all other students.

I also want to say congratulations to the parents and families of our Dean’s List students. Your encouragement and support, from their early years to today, have no doubt played an important role in their academic success. You can take a well-deserved pat on the back for a job well done!”

In her speech to the students, Dr Valerie Jeremijenko, Assistant Dean of Student Affairs said, “For our current sophomores who achieved this result as freshmen, we are so impressed by the start you have made to your academic career, and we have high hopes for all of you. For our new juniors who excelled in their sophomore year. Your continued hard work and dedication is paying off. You will soon be entering the two most challenging years of your undergraduate studies, and we wish you all the best. We have every confidence in you.”

She added, “For our cherished seniors, you are now the standard bearers for the school. As our Senior Dean’s list students, you are the role models for all of our upcoming students. It is a serious responsibility, but you have shown us time and again that you are up for the challenge.”

TRAQ (Thiruvananthapuram District Residents Association Qatar) celebrated Onam recently at Al Andalus Club House. The celebrations started with setting up ‘Pookalam’ followed by the entry of Maveli. The main attractions of the programme were Thiruvathira onappattu, Puli Kali, Kadhaprasangam, group & solo songs and games by the members of TRAQ. The celebrations ended with traditional ‘onasadya’ and uriyadi. The celebrations witnessed a huge gathering of members from the community.

Soji Nair, General Secretary of TRAQ, addressed the gatherings and greetings and wishes of the festival. Gireesh Pillai conveyed Onam message to their members. Seena Mano, President of TRAQ, thanked everyone for making this programme a memorable one and lauded the commendable performance and participation of all members.
How animals’ eating evolved

What an animal eats is a fundamental aspect of its biology, but surprisingly, the evolution of diet had not been studied across the animal kingdom until now.

Animals’ ancient diet

Animals’ closest living relatives are tiny single-celled creatures called choanoflagellates.

They float in sea and freshwater, pulling bacteria and detritus into their basket-like food-absorbing end with a whiplike “flagellum.”

Animals’ original, common ancestor was probably similar, a protist that ate bacteria and other protists.

Becoming specialists

There are few omnivores; animals have tended to evolve with mouths and digestion specialized for eating either plants or animals.

Animals turned to eating plants

Plants became more diverse, and nutritious, with the emergence of flowers and fruits about 130 million years ago, during the early Age of Dinosaurs.

Today’s insects are the most diverse animals (about 1.5 million known species), with many of those species dating back to the early days of flowering plants.

Source: Cristian Román-Palacios, Joshua Scholl and John Wiens of University of Arizona; Evolution Letters journal

Graphic: Helen Lee McComas, Tribune News Service
Coastal living linked with better mental health: Study

Living close to the sea could support better mental health in England’s poorest urban communities, a new study suggests.

The study, published in the journal *Health & Place* revealed that living in large towns and cities near to England’s coastline is linked with better mental health for those in the lowest earning households.

“Our research suggests, for the first time, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders,” said study lead author Jo Garrett from University of Exeter in the UK.

“When it comes to mental health, this ‘protective’ zone could play a useful role in helping to level the playing field between those on high and low income,” she said.

Researchers used survey data from nearly 26,000 respondents in their analysis, which marks one of the most detailed investigations ever into the well-being effects of being beside the sea.

The research used data from the Health Survey for England and compared people’s health to their proximity to the coast; from those living less than one km away, to those more than 50km away.

Its findings add to the growing evidence that access to blue spaces – particularly coastal environments – might improve health and well-being.

Approximately one in six adults in England suffer from mental health disorders such as anxiety and depression, and these are far more likely in people from poorer backgrounds.

The findings suggest that access to the coast could help to reduce these health inequalities in towns and cities close to the sea. – IANS

**LIFESTYLE/HOROSCOPE**

**ARIES**
March 21 – April 19

It would be fair to say that you love being recognised, Aries. Today will enable you to show off your leadership skills. You will organise the day. You will accept your responsibilities and your smarts will help you welcome the day’s challenges. But stay humble and keep your actions simple, especially after intense emotions.

**CANCER**
June 21 – July 22

The stars will compel you to clarify your position within the collective, Cancer. You have a lot of power when you’re part of a group, but you’re sometimes clumsy about communication. You can’t always succeed. The planets’ positions will have a beneficial impact, and you will tend to put your life under the microscope.

**LIBRA**
September 23 – October 22

You’re attracted to eccentric individuals with very strong personalities. But realise that behind this attraction lies a very strong need for freedom, Libra. In your life, freedom is more fantasy than reality. The time has come for you to do some soul searching. Try not to hide from the realities of your life.

**CAPRICORN**
December 22 – January 19

Today the stars advise you to get back into the swing of things, Capricorn. You will forget your past frame of mind and be able to prepare for a new adventure. Your vitality will be as strong as it has ever been. You will probably meet someone who has a beneficial influence in the days to come.

**TAURUS**
April 20 – May 20

You have a dynamic personality, Taurus. With today’s celestial energy, you should try to avoid expending your energy on pointless conversations. Try to be a little more pragmatic. Consider any possible compromises very carefully. If you stand strong, you will reach your objectives much more quickly.

**GEMINI**
May 21 – June 20

Today you could learn a lot from other people who are similar to you, Gemini. They have the ability to get involved easily and go straight to the heart of any problem. The world is in constant flux. You have to question yourself if you want to attain your objectives. Try to be open-minded, adapt to the situation, and act before it’s too late.

**LEO**
July 23 – August 22

You’ve always wanted to change the world, and you’d like to share your dreams with your friends, Leo. But today you don’t have enough enthusiasm to fulfil these dreams. You will question your personal strategies. You shouldn’t try to convince others all the time. Your friends appreciate you just the way you are.

**VIRGO**
August 23 – September 22

You have the tendency to plan everything, Virgo. You need to feel in charge of things. Today you should try to listen to others around you. Let yourself go for a while, even though you aren’t used to it. Furthermore, you need to develop your personality. You can do this by opening up to others.

**SCORPIO**
October 23 – November 21

Today will destabilise you, Scorpio. You’re trying to rebuild your life on new foundations. Perhaps you should try to change your point of view. Also, you need to preserve your perception, because it will allow you to adapt to all situations. You need to be fully alert and prepared at all times. Try not to become discouraged.

**SAGITTARIUS**
November 22 – December 21

You have a tendency to get very involved in your projects, Sagittarius. Today the stars will compel you to clarify your situation. It’s already clear that you aren’t afraid to work long hours to ensure that your projects end in success. But your entourage will probably have difficulties keeping up with you. You’re too full of energy.

**AQUARIUS**
January 20 – February 18

Are you currently involved in a creative enterprise with a partner? If so, expect a burst of energy to be directed to completing that project. You might make more progress today than you have in several weeks, though you may be surprised at the direction the enterprise takes. In the evening, schedule a date with a friend. You’ll have a lot to report!

**PISCES**
February 19 – March 20

This period is full of difficulties and you will tend to question yourself, especially today. You will start thinking about your personality. Your ego risks bruising, and you will have the greatest difficulty turning your intention into real action. Your sensitivity prevents you from materialising your ideas.
Wordsearch

SEINIDVHPLWCFUY
TIDEBYVEVMHLRF
SNVTSGBZAPALHN
OEPINGAOBLPMO
HGIROOMRYUEVDIV
GTPNBEKLNPNV
DRNSILRTOPILRA
AQUELIMIGEPEAI
RLBTMNAXAKATLA
DLPGEFIRDLCCEED
FAUNREDRBAPCRME
NIPOEUDFYIPOIP
NTDMRGLUDRERLHE
HVEEHNSABYMDDCU
AWWFLPRECHAU

Puzzles courtesy: Puzzlechoice.com

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.

BANSHEE	DRAGON	FAIRY
GHOST	GOLEM	KRaken
MERMAID	SPIRIT	ZOMBIE
BUNYIP	DRYAD	PAWN
GNOME	GREMLIN	LEPRECHAUN
NAIAD	SYLPH	GENIE
CHIMERA	DYBBUK	LORELEI
GOBLIN	KELPIE
PIXIE	TROLL

Sudoku

Sudoku is a puzzle based on a 9x9 grid. This grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, every row, and every 3x3 box contains each digit from 1 to 9 exactly once.

Bound And Gagged

[Image of a cartoon showing a person with a bandage on their head and talking]

Adam

[Image of a cartoon showing a series of panels with a character saying different things]

Foom Cafe

[Image of a cartoon showing a menu with various items]

Garfield

[Image of a cartoon showing Garfield saying something]

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**Super Cryptic Clues**

**Across**
1. Go out with fruit (4)
3. Teacher ordering a cute rod (8)
9. Hairy coat with lines and wrinkles (7)
10. A nobleman’s fists? (5)
11. Becoming confused as one ages (5)
12. A country sounded musical (6)
14. Peers squeal when upset (6)
16. Good girl with time for bird (6)
19. Recent change of heart (6)
21. Vince in the lead? (5)
24. Cast worth changing (5)
25. Wireless pioneer from Minorca (7)
26. Stick with New disciple (8)
27. List held by Uncle Anthony (4)

**Down**
1. Flat indeed (8)
2. Trunk found in north-west or south-east (5)
4. Doctor’s first with old herb – the prescribed amount (6)
5. Group showing concern about diamonds (5)
6. Provides accommodation for kids (5,2)
7. Rebel is held by soldiers (4)
8. A little bit of egotism or selfishness (6)
13. Articles about rising in Greek (8)
15. Find a hunter going astray (7)
17. A group of notes, we hear, producing harmony (6)
18. Information about right degree for European (6)
20. Tall building – for a carthorse? (5)
23. Stake raised in volcano (4)

**Colouring**

**Answers**

**Today’s Solutions**

**Wordsearch**

**Codeword**
**SHOWBIZ**

**GULF TIMES** Wednesday, October 2, 2019

**COMMUNITY**

**Aishwarya’s Paris Fashion Week look gets mixed reactions**

Actress Aishwarya Rai Bachchan recently walked the runway at the ongoing Paris Fashion Week, but her look has received mixed reactions on social media.

Aishwarya wore a pink asymmetrical floral dress by Giambattista Valli, teaming it with fringed footwear, a messy top bun and glittery makeup. Expressing his views on Instagram, Indian designer Wendell Rodricks slammed the actress’ stylist.

He wrote: “@l loreal you have one of the prettiest girls in the world and this is how you do her make-up and dress her? Sack the stylist for this sack dress with a note that Halloween is next month.”

Many users called it as a “disaster”. One user commented: “The dress, the make-up, the hair... It’s all so atrocious... It looks like a 6-year old was given a free reign on her face...”

However, there were some who defended Ash, saying she had managed to pull it off despite the disaster style statement.

“She still managed to pull it off,” add the Instagram user.

Another one commented: “the most beautiful woman, the queen of red carpet, the most beautiful woman... Queen.” — IANS

**Salman drops Dabangg 3 teaser, fans go wild for Chulbul Pandey**

Salman Khan has dropped a teaser of his upcoming flick Dabangg 3 and fans have gone wild.

The superstar, who has already changed his Twitter handle name to Chulbul Pandey, tweeted the teaser yesterday afternoon.

“Hello! My name is Chulbul Pandey. Nice to meet you! #Dabangg3WithChulbulPandey,” wrote Salman with the teaser, referencing the maverick cop who remains his most popular screen avatar ever.

In the teaser, Salman is dressed up as Inspector Chulbul Pandey and he mouths these lines with trademark swagger: “Kamaal karte ho Pandey Chulbul Pandey and he mouths these lines with simulator: “The dress, the make-up, the hair... It’s all so atrocious... It looks like a 6-year old was given a free reign on her face...”

However, there were some who defended Ash, saying she had managed to pull it off despite the disaster style statement.

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**By Stuart Miller**

Pedro Almodovar’s scripts are tightly written but once he’s behind the camera, the legendary Spanish director gives himself liberty to do change things up. Two crucial scenes in his new film Pain and Glory were added during filming, moments that underscore the bittersweet relationship between Salvador, an ageing filmmaker, and his dying mother.

“Something unexpected happens on the set or I think of something I haven’t before,” says Almodovar, who speaks through his translator Carla Marcantonio but often launches into English himself.

“Pain and Glory, which played at the New York Film Festival this weekend and opens in theatres on Friday, finds Salvador Mallo, a successful director, with his body breaking down and his spirit wounded over the loss of his mother. He reconciles and fights with a former leading man and experiments with heroin, but mostly he sits, lost and injured, wading through memories, seeking meaning, redemption and inspiration.

Many articles have focused on the film’s autobiographical elements — Mallo’s back pain, the dynamic with his mother, even the clothes and furniture — but Almodovar says those coincidences are trivial. “I’m not concerned with whether audiences think it is me. I just want them to be moved, to find some kind of connection that’s meaningful to them.”

The film is quintessential Almodovar in its aesthetic beauty and vibrant colour palette, but it’s filled with achning, physical and metaphorical, and while there’s often humour and a lightness, the tone is more subdued than his earlier films, which were renowned for their exuberant telenovela melodrama.

“It is more contained, sober and austere,” Almodovar says. “I’m really pursuing at this point in my career.”

Almodovar called upon his film family, including Penelope Cruz (All About My Mother, Volver) who plays Salvador’s mother during his childhood and Julieta Serrano, who plays her later on. To capture Salvador, he cast Antonio Banderas (Women on the Verge of a Nervous Breakdown, Tie Me Up! Tie Me Down!) for the eighth time. Banderas is a huge star and an old friend, yet Almodovar “hesitated a little” before casting him.

“I needed the ‘Anti-Antonio Banderas,’” he says, meaning someone whose charisma and vitality has been sapped away by his suffering. Salvador struggles getting out of taxis but also has lost the desire to make movies. “I needed to have a conversation with Antonio but he anticipated it and told me this was something completely new for him and he would give himself over to me almost completely naked.”

Banderas thanks his 2017 heart attack for readying him for the role. “When you see death talking to you so close, your head goes in a different direction,” says Banderas, who is now in such good health he bounds into a room; he’s even preparing to star in A Chorus Line in his new theatre in Spain. “It taught me much about vulnerability, rethinking yourself in relationship to your past, reconciliation. Pedro said to use all that.”

Banderas sought subtle touches — silent looks and economy of emotion — because he says Almodovar told him, “I want you to be conscious of the problem with your back but I don’t want to feel it too much. I want to see the effects of the drugs but not too much, I want you to play me but I don’t want to see it too much.”

The bond between these two men was essential during those last minute additions. Reconciling his memories of his relationship with his mother is essential for Salvador to regain his footing. The new scenes were painful conversations between Salvador and his mother shortly before she died. In one she tells Salvador he was not a good son.

Salvador, who, like Almodovar grew up gay in a provincial village, tells his mother he knows he was not the son she wanted him to be. Banderas believes it’s a conversation the director wishes he could have had with his mother. Just before filming, the actor says, Almodovar typically reads each character’s lines and reminds them of some detail he is seeking. This time, he read Serrano’s line and reminded her of something she had done during rehearsal. “Then he took my part,” Banderas recalls, “and he couldn’t say the words.” — New York Daily News
CREATE YOUR DREAM DESIGN

A JOINT COLLABORATION OF

GULF TIMES
COMMUNITY

&

ISTITUTO DI MODA BURGO QATAR
www.imbqatar.com

Guidelines of the Contest:
Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade X pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.
6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

Judging criteria:
The final judgement will be based on the following criteria. Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

“Fashion should be embraced not forced, it should encourage movement and adaptability which is why I chose to do menswear”
Omer Farooq

Pakistani Menswear Designer/ Republic by Omer Farooq

Omer Farooq is a man who doesn’t mince his words or his sense of design. Republic and Bespoke are a testament to that. Armed with a degree in management and not to sound cliche’, passion for fashion. He spent two years researching elemental designs for the urban man and innovating on them to create signature cuts and styles. With one outlet in Lahore, Republic is already a critical and commercial success. This allowed Bespoke to enter the scene. Bespoke by Omer Farooq caters to the client with a discerning eye to create their own suit, where each pattern is drafted from scratch. This allows a high degree of customisation and total control over the fabric used, the features and fit, and the way the garment should be made.

About the Mood Board:
From historic era to the present day fashion trends, the visuals in the theme board highlight Qatar’s architecture to its glitz-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.

For further details, and submissions, please scan the QR code above with your mobile phone camera or visit https://gultimescommunity.com/designyourdreamcareer/
By Mudassir Raja

Re-invent yourself. Level your expectations. Know how good you are at problem solving. Challenge the status quo. Be resourceful. Break the limiting beliefs.

These were the key phrases used by Priya Kumar, who is an internationally acclaimed motivational speaker from India. She also used different techniques to motivate the audience urging them to re-invent themselves.

The workshop ‘Re-Invent Yourself’ was organised by Inspire Management Training Centre recently at Al Najada by Tivoli hotel. The motivational workshop was attended by prominent figures from different communities, corporate leaders, businessmen.

The prominent among those present there was M Gazal Shaikh, a well-known and renowned blogger in Qatar.

Priya’s unique style of facilitation coupled with wit, humour and experiential activities like rod-bending seemingly created a big impact on the audience, inspiring and motivating them to go out and deliver their best. This hands-on workshop gave the audience a chance to see a balance between the concepts discussed and they were given time to work on themselves through different activities.

Priya is the bestselling author of 11 inspirational books. In her 24 years journey with motivational speaking, she has worked with over 2000 multi-national corporates across 47 countries and has touched over 3 million people through her workshops and books, and is the only woman speaker in India to have done so. She is the only Indian author who has won 32 international awards for her books.

“First of all we need to know what our strength is. Anything can be your strength. Recognise the strength and then learn how to use it for your goals or missions,” Priya said while explaining why people cannot break the box they live in most of the time.

She urged the participants to break the box of their lives they live in. “We need to think and do something new all the time. We break the box and create a new box for ourselves and then we break this new box and the cycle goes on. We need to watch out for the new possibilities.”

She let the participants take part in different games such as asking them how many different uses a paper clip can have. The speaker also asked them to pass a needle through an inflated balloon without bursting the balloon.

Like all her sessions, the climax of the workshop was the rod-bending activity. An activity with the message – that to succeed you must defy all odds and deliver no matter what. The two metre long and 10 millimetre wide iron and steel rebar on the neck between two participants was bent as they embraced each other, signifying that all forces must align to deliver guaranteed results and reach the heights of glory.

“To make your dreams come true, you have to stick your neck out and defy all odds and deliver no matter what. It is kind of like having 10mm iron and steel rebar on your neck and you have to bend it embracing one another,” Priya said.

“Now what does it take to have a guaranteed position of the success. A lot of forces must align for you to deliver outstanding results, for you to reach the height of glory and, of all those forces the commitment to deliver in the face of adversity – the commitment to deliver against all odds, the commitment to deliver no matter how high the personal inconvenience, the commitment to deliver even when it hurts. And now that commitment is that ultimate force that breaks through all obstacles clearing your position and victory. Step, commit and deliver because when commitment joins hand with your talent and your vision; when commitment aligns with your purpose, magic unfolds – the magic that is you,” she said.

The event companies namely; Marbu Contracting, GSGG, 360 Realtors, Flavors Café & Restaurant, Safa Drinking Water, Al Muftan Rent a Car, Megamart, Larsen & Toubro, Homes R Us, Aster, Aspire Jobs and Al Majed Group were the sponsors of the event. The workshop was very well received and the audience left feeling more motivated, energetic and inspired.

To make your dreams come true, you have to stick your neck out and defy all odds and deliver no matter what. It is kind of like having 10mm iron and steel rebar on your neck and you have to bend it embracing one another”

— Priya Kumar, Inspirational Speaker