Community

The Department of Social Sciences at Ideal Indian School organises an event to mark UN Day.

Community

Gipsy Kings enthrals audience at Al Mayassa Theatre at Qatar National Convention Centre.

Perception

By age 6, kids tend to see white men as more 'brilliant' than white women. P4-5

Bollywood

I don’t take pressure: Priyanka.

Hollywood

Danson, ‘Jane Fonda’s new trainee,’ arrested.

Page 14

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**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44499860
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44455555, 44454664
- Primary Health Care Corporation: 44939333, 44949363
- Qatar Assistive Technology Centre: 44504050
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253368, 40253365
- Qatar Airways: 40253374

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**PRAYER TIME**

- Fajr: 4.21am
- Shoroq (sunrise): 5.40am
- Zuhr (noon): 11.10am
- Ar (afternoon): 2.33pm
- Maghreb (sunset): 4.57pm
- Isha (night): 6.27pm

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**Quote Unquote**

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” — Albert Einstein

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**Round & About**

**Sound Ki Aaakhir**

**Direction:** Tushar Hiramandani

**Cast:** Pawan Chopra, Raunakk Blnder, Prakash Jha

**Synopsis:** Both over the age of 60, Chandro Tomar and Prakash Tomar inspire other women in India when they demonstrate their expert sharpshooting skills.

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

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**Vibrithti**

**Direction:** Emcy Joseph

**Cast:** Soulin Shahir, Vincy Aloshious, Suraaj Venjaramoodu

**Synopsis:** Vibrithti tells the story of Sameer, an immigrant, and Eldho, a school peon. Both of their lives take an intriguing turn because of the misuse of social media.

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

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the 2019 Year of Culture Qatar-India and presents a look at magnificent gems and jewellery from India. Set in Stone: Gems and Jewels from Royal Indian Courts showcases more than 100 pieces from across Qatar Museums’ (QM) collections, including many masterpieces that have never been displayed before.

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 Büsselferg will be exhibited.

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.

ISC Yoga Championship 2019
WHERE: MES Indian School, Abu Hamour
WHEN: November 1
TIME: 1pm onwards
ISC Inter-School Team and Individual championship is open to all schools in Qatar in U-12 & U-14 Boys and Girls categories. Yoga Championship is also open for Men and Women category separately. Entry is free. For further details, 55956008, 77353255, 55005964

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 instrumental. 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

Qatar International Art Festival 2019
WHERE: Katara Cultural Village
WHEN: 30 October - 5 November
TIME: 10am - 10pm
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. For further details, info@mapsqatar.com, qiaf.maps@gmail.com

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

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.

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.

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Stereotyping superiority

The notion helps lay the groundwork for a pervasive stereotype that privileges white boys over other children, writes Amina Khan.

Albert Einstein. Benjamin Franklin. Thomas Edison. Steve Jobs. Picture a brilliant person in your mind’s eye and you’re likely to conjure a white male. That idea gets into kids’ heads as early as the age of 6, a new study finds.

Researchers who polled more than 200 New York kindergartners and first-graders found that they had already begun to believe that white men are more “brilliant” than white women. That notion helps lay the groundwork for a pervasive stereotype that privileges white boys over other children, and may have implications for their future careers and the course of their lives, scientists said.

“This white-male-genius stereotype that we have culturally in our society really affects kids and their beliefs about who is brilliant and who can become brilliant,” said Mary Murphy, a social psychologist at Indiana University who was not involved in the new study.

In the United States, women earn more than half of the college and graduate school degrees. They also outperform boys at school, including in science, technology, engineering and math (STEM) subjects. But that hasn’t stopped people like former Harvard University President Lawrence Summers from saying things like the reason there are fewer women in top-level science jobs is a “different availability of aptitude at the high end.”

Experts say the idea that “brilliance” is necessary for certain disciplines and jobs is widely shared, and there’s
a growing body of evidence that people associate such brilliance with white men.

Andrei Cimpian, a psychologist at New York University, has been exploring these biases and their implications for years. For instance, he and colleagues found that in fields that prize “brilliance” and “genius,” there were far fewer women and African Americans with PhDs.

That discrepancy can be found in elementary school classrooms. One study reported that even when black students had test scores comparable to those of white students, they were far less likely to be assigned to gifted me unless their teacher was black.

Stereotypes about intelligence and gender take root at a young age. Cimpian and his colleagues have shown that while 5-year-old boys and girls each think their own gender is more likely to be brilliant, by age 6, girls have started to absorb the idea that men are more likely to be brilliant than women.

That paper, published in 2017 in Science, involved a largely white student body. For their new study, published this month in the Journal of Social Issues, Cimpian’s team wanted to find out whether this gender stereotype was shared by students of other races.

The scientists set up a guessing game for 203 5- and 6-year-olds from two public schools in New York City. About 57% of the students were white, 30% were Latino, 6% were Asian, 5% were black, and 22% described themselves as multiracial.

The children were shown pictures of pairs of adults — either a white man and white woman, or a black man and black woman — in naturalistic scenarios, like a home or an office. The scientists asked the students to guess which of the adults was “really, really smart” — a kid-friendly way of describing brilliance. (The scientists also included rounds where they asked which adult was “really, really nice” in order to conceal what the test was really about.)

The researchers found that at age 5, boys and girls each favoured their own gender in the brilliance department. But by age 6, both boys and girls associated brilliance with white men more than they did with white women. This held true for children regardless of racial background.

For instance, when they were 5 years old, 57% of white girls said the white women were smarter than the white men — but only 38% held that opinion when they were 6. The change was even more pronounced for girls of colour: 62% of them favoured white women over white men when they were 5, though only 30% did so when they were 6.

This bias could hurt white girls. In the long run, said Cimpian, the study’s senior author. After all, if a girl absorbs the idea that math and science are for really smart people, and if she doesn’t see herself as really smart, she might spend her time and energy on other subjects.

“How can boys be seen as better in science and math when girls get the better grades?” Cimpian offered a possible explanation: Girls who succeed are seen as hard-working rather than as really smart — and there’s evidence that teachers endorse some of these subtle biases, he added.

The results involving white adults were in line with his previous work, but there was a twist when it came to judging pictures of men and women who were black. In these cases, white children overall were slightly more likely to see the woman as more brilliant than the man. Boys and girls of colour, on the other hand, still favoured their own gender at age 6.

“This suggests that these stereotypes about gender that even young children acquire are actually pretty nuanced and complicated from the very beginning,” Cimpian said.

The study authors did not ask kids to explain what drove these stereotypes, but researchers said they had some hypotheses. Yasmín Irizarry, a sociologist at the University of Texas at Austin who was not involved in the study, alluded to a complex mix of factors, not least of which is that masculinity in black men is often seen as dangerous rather than an ideal. “If you see somebody as being more dangerous, more criminal, as being more problematic, would you think of them as simultaneously being more smart?” Irizarry said.

Murphy pointed out that to the extent that there is any diversity in media programming, characters who are children of colour are often girls (think Dora the Explorer and Doc McStuffins) rather than boys. The study authors did not compare perceptions of white men and women directly to black men and women, Cimpian said. “It is very much a live possibility that even though children chose black women more often than black men, they still don’t think of black women as being anywhere nearly on par with white men,” he said.

Black women face particular challenges because they are not perceived as prototypical women (that position goes to white women) or as prototypical black people (which goes to black men). As a result, they may have to deal with a type of “cognitive invisibility” that leads others to ignore their contributions in school and the workplace.

“This sort of invisibility can have pernicious consequences, in terms of whether they’re ever the ones being talked to in the room, whether they’re considered for promotion, things of that nature,” Cimpian said.

So where exactly do these stereotypes come from? A mix of input from parents, teachers, peers and the media — as well as the pre-existing gender imbalances in brilliance-oriented fields — is likely to blame, experts said.

“It’s incumbent on parents and educators to supplement these cultural representations of brilliance with stories, photos (and pictures of brilliance represented in a much more diverse array),” Murphy said. That includes “who can be brilliant and the ways in which people can be brilliant.”

Cimpian emphasised the importance of teaching children that these role models didn’t succeed merely due to their apparent brilliance, but by overcoming obstacles and doing the hard work needed to achieve their goals. This kind of message should make role models more relatable, and thus more motivating, he said.

Irizarry cautioned that role models could only help so much, given the pervasiveness of these stereotypes. She pointed to a study that tracked the eye movements and behaviour of pre-kindergarten teachers, finding that when teachers were primed to expect trouble, they focused far more attention on black boys than on other students in their classrooms.

Young children probably pick up on these subtle, sometimes subconscious, signals, Irizarry said. They see who is praised and who is singled out for discipline, and start to draw their own conclusions.

“I doubt anybody came to them and said, ‘Guess what? White boys are the smartest,’” she said. Yet that’s what the 6-year-olds in Cimpian’s study appeared to believe. — Los Angeles Times/TNS

“In the Frame: Picture a brilliant person in your mind’s eye and you’re likely to conjure a white male, like Albert Einstein here. Kids adopt that stereotype by the age of 6, new research suggests.

“A small initial bias can snowball into something significantly greater down the line. Girls who succeed are seen as hard-working rather than as really smart — and there’s evidence that teachers endorse some of these subtle biases.” — Andrei Cimpian, psychologist at NYU
IIS marks UN Day

The Department of Social Sciences at Ideal Indian School (IIS) recently organised an event to mark the 74th Anniversary of the United Nations under the theme of ‘Climate change as the defining issue of our time’. The event highlighted the need for conserving the natural resources and protecting the environment.

The event kicked off with the UN Anthem, which was followed by a mock UNSC session held by the students, where the five permanent and the ten non-permanent members discussed the climate change. The programme included a presentation on the success and failures of United Nations and a video report on climate change by Antaonio Guterres, UN Secretary General. Abdulla Khan, student of IIS, recited the verses of the Holy Qur’an. Neil Jose welcomed the gathering and Hanan proposed a vote of thanks.

A special assembly was organised for the students of Junior Section. The students participated in colouring activities and essay writing. The topics for essay writing included ‘My dream of a war free peaceful world’ and ‘Environment and sustainable development’. The students also spoke about a few agencies run by UN, including WHO, Unicef, Unesco, FAO and IMF.

ICC organises ‘Bharatnatyam Recital’

Indian Cultural Centre, in association with Mudra Arts Academy, recently conducted ‘Bharatnatyam Recital’ evening at Ashoka Hall. The event was attended by over 200 people. Ritu Kumaran, wife of the Ambassador of India, was the chief guest on the occasion.

Anitha Hareesh, a multi-faceted performer, artiste and teacher from Kalakshetra, Chennai performed at the event. Anitha Hareesh began her rigorous education at the age of 4 under Late Kalamandalam Ranganayaki and then at Kalakshetra under the able guidance of Guru Professor A Janardhanan and Jyotsna Menon. Anitha has been training students of various age groups in the Gulf region for the last 10 years in Bharatnatyam, Kuchipudi, Mohiniyattam and folk dances. She was the lead performer at Ethno Techno Project performance over 30 stage shows in Sweden. This programme was a continuation of the initiative by Indian Cultural Centre along with all ICC associate organisations, Indian schools and Indian cultural institutions in Qatar, to have cultural shows every week at Ashoka Hall.

Manikandan AP, President of ICC, welcomed the gathering. The event was co-ordinated and conducted by Nayana Wagh, Head of Cultural Activity and Education at Indian Cultural Centre.

ILFF elects new office bearers

Indian Lawyer’s Fraternity Forum (ILFF), an organisation of Indian Lawyers in Qatar, was recently inaugurated by Jaff er Khan, member of Indian Cultural Centre. The new office bearers of ILFF were elected on the occasion. Issudin presided over the ceremony.

The new office bearers of ILFF, include Jafar Khan M, Chairman; Nishad MS, President; Razzaq M Payyoli, Vice President; Honey T Ilanikal, General Secretary; Sunil Kumar PM, Joint Secretary; Anees Kareem, Treasurer; and E Suddin KK, Chief Co-ordinator along with 22 executive members.

Honey welcomed the gathering and Habeeb Rahman proposed a vote of thanks.
Indian Cultural Centre showcases Indian Cultural Dances at MIA

The Indian Cultural Centre, in collaboration with the Museum of Islamic Arts authorities and in celebration of their new exhibition Set in Stone: Gems and Jewels from Royal Indian Courts and as part of the Qatar-India Year of Culture educational programmes, recently presented series of cultural dance performances at the Museum of Islamic Arts. The performance was supported by Seashore Group.

Salem Abdulla al-Aswad, Deputy Director Learning and Outreach at Museum of Islamic Art, attended the event along with Sarah Tose, Head of Academic Programmes at MIA.

The event was co-ordinated by Nirmala Shanmugapandian, Cultural Co-ordinator at ICC, and supported by the other managing committee members, including Bhumeshwar Padala, Head of Counselor Services and External Events; Parambathkandi Mohsin, Head of AO and Membership, Anjan Ganguly, Joint Secretary, and Nayana Wagh, Head of Cultural Activities and Education.

Mankarati AP, President of ICC; along with Vinod Nair, Vice President of ICC, and Seenu Pillai, General Secretary, also spoke on the occasion. They thanked the management of MIA for providing an opportunity to the young artists.

The schools, associate organisations of ICC, institutions and individuals who were part of the performance, included Olive International School, Bhavans Public School, Telangana Praja Samiti, Telangana Jagruti, Bangiya Parishat Qatar, Nupoora Group, Indian Cultural Centre Dance students led by Bhavna Naik and Safiya Sathar, and music by Mohsinmed Rashid. The second installment of the event will be held at MIA on November 22 from 2pm till 6pm.

CIHT Qatar Group organises technical seminar on road safety

Chartered Institution of Highways and Transportation (CIHT) Qatar Group recently organised a technical seminar for Highways and Transportation professionals on ‘Is Road Safety in Qatar Getting Better or Worse?’ at City Centre Rotana Hotel.

Dr. Rafael Consunji, Director of the Hamad Injury Prevention Programme and consultant of Trauma and Critical Care Surgery at the Hamad Trauma Centre, was the guest speaker. He outlined the facilities available at Hamad General Hospital Trauma Centre. He said that the rescue teams of Hamad Hospital could reach any spot of the city within around 12-18 minutes. Helicopters are also ready to rescue from remote areas. The newly opened Trauma Tower has world-class facilities and is staffed by a dedicated team of trauma doctors and nurses available 24/7.

In Qatar, road traffic injuries are a major cause of death and around 51% of all injury admissions to the Hamad Trauma Centre, about 1,000 per year. The very diverse, young and highly mobile population, unrestrained passengers and distracted driving have been cited as the main risk factors for these major crashes and injuries. Children between 0 to 19 years old are most vulnerable, with 46% of their road traffic deaths occurring in the pre-hospital setting (HMC & QSA, 2010-2015), mainly due to not wearing seat belts or not being in car seats. Information from national statistics and the Qatar Trauma Registry indicated that young male drivers have the highest road traffic injury rate from motor vehicle crashes, and expatriate labourers, from right-hand driving countries, are most vulnerable as pedestrians.

Dr Consunji closed the presentation by sharing their findings that a 43% reduction in road death rates was recorded between the year 2011 and 2016 in Qatar, despite the 56% increase in the population. Statistically it is shown that road safety is better in Qatar. The event was sponsored by AECOM, BG&E, DCE, EGIS, FUGRO, MUHEL, PAF, PTV Group, SALFO, SEERO and WSP.

SIS bags Ideal Literati championship title

Shantiniketan Indian School recently bagged the championship title in Ideal Literati, a debate competition organised by Ideal Indian School. Kaniz Fatima Sinethyah, a student of Grade XII at SIS, bagged Speaker with Substance title and Qurratul Haseburnhman, also a student of Grade XII, the Speaker of the Day Trophy. Both the students also bagged trophies for best team. Students from seven different Indian schools in Qatar debated on the topic ‘Has Technology Made a Positive Impact on our lives.’
Talabat Qatar launches campaigns as part of Breast Cancer Awareness month

Talabat Qatar, a pioneer of the online food ordering in the Middle East, recently launched two campaigns, including ‘Think Pink’, a charity campaign to help raise awareness of the early detection and treatment of breast cancer in Qatar, and ‘Walk to Support’ as part of its breast cancer awareness month activities.

‘Think Pink’ was launched in partnership with 60 restaurants on Talabat. Everytime a customer ordered food from these restaurants using the Talabat website or app, a donation of QR1 was made on their behalf to Qatar Cancer Society for breast cancer awareness and its treatment in Qatar.

Talabat Qatar invited people from all walks of life in Qatar to take part in the walk to support cancer patients and families together with the Qatar Cancer Society. The walk took place from 4pm till 7pm from Costa Coffee to Al Mourjan Restaurant on Corniche Street. Housing a wide variety of cuisines, Talabat is the go-to destination for food lovers. Talabat Qatar makes ordering food fast and easy. With 24/7 operations Talabat offers its customers a convenient and hassle-free experience. The customers can easily browse through the list of restaurants and their menus available on the web or on the app, and order with just a few clicks or taps. The customers can pay securely online using debit/credit card or with cash on delivery option.

W Doha hosts ‘The State of You’ art exhibition

W Doha Hotel and Residences has recently hosted an art exhibition titled ‘The State of You’ by a multidisciplinary Qatari designer, Aisha Nasser al-Sowaidi, at ART29, stated a press release. The exhibition will take visitors and art lovers on a sensory voyage as they get to discover and experience seven worlds made of unique art installations. Each unit of the installations releases scented smoke to create an augmented moment of complete isolation that takes a person to another state, a state of his own. The exhibition will remain open till November 26 from 10am till 10pm daily. ‘The State of You’ explores Aisha’s unique vision as she explores the concepts of tradition and globalisation in the ever-changing and always evolving Qatar. Inspired by childhood memories, her work incorporates old experiences and behaviours with contemporary design and manipulates the altered memory into functional objects. Her designs incorporate emotional significance and deal with memory, nostalgia, and traces of time.

Commenting on her exhibition, Aisha Nasser al-Sowaidi said, “I am excited to showcase my work here at Art 29, this is a great opportunity to tell my story and share my memories with the local community. Visitors will have the opportunity to interact and be at one with the installations which use contrasting elements to represent the past and the present with a sensory twist.”

Wassim Daage, General Manager of W Doha, said, “Through providing a platform of self-expression, Art 29 is not only showcasing the country’s growing based of talented artists, but it is also helping them expand their reach, tell their stories and inspire the next generation of inspiring talents. We’re looking forward to showcasing Aisha’s work and we invite everyone in the community as well as visitors to the hotel to experience this timeless journey that the exhibition offers.”

Oryx Rotana and QCS mark Breast Cancer Awareness month

As part of October Breast Cancer Awareness month, a worldwide annual campaign involving thousands of organisations, to highlight the importance of being educated about breast cancer as well as proper research, Oryx Rotana has recently launched series of initiatives to raise consciousness about the importance of early detection to the community, stated a press release.

Under Oryx Rotana’s Corporate Social Responsibility umbrella, the hotel joined hands with Qatar Cancer Society (QCS) for ‘Walk to Support’ event under ‘Blossom’ campaign. Furthermore, the hotel has organised different activities for its employees and hotel guests such as Breast Cancer lecture, free Pink Zumba class arranged by Bodylines Fitness & Wellness Club, Saturday Lazy Pink Brunch at ‘The Cellar’, Oryx Rotana’s award-winning restaurant while the ‘Sky Lounge’ has introduced several menu items in pink throughout the month.
A budget friendly destination

Pokhara is the starting and ending point of several trails and expeditions in Nepal. There are long and short treks surrounded by picturesque mountains, writes Usha Wagle Gautam.

Pokhara – just 126 miles west of Kathmandu, Nepal’s capital, is the second most bustling tourist town of the country. One can enjoy boating, or relax at restaurants at the shores of Phewa Lake, or go for cycling and opt for a paragliding experience.

Pokhara is the starting and ending point of several trails and expeditions in Nepal. There are long and short treks surrounded by picturesque mountains. In the tranquil, yet bustling ambiance of Pokhara, one can enjoy boating, or relax at restaurants at the shores of Phewa Lake, or go for cycling and opt for a paragliding experience.

Tourist Town: Pokhara – just 126 miles west of Kathmandu, Nepal’s capital, is the second most bustling tourist town of the country. One can enjoy boating, or relax at restaurants at the shores of Phewa Lake, or go for cycling and opt for a paragliding experience.

Bird’s Eye View: Sarangkot offers paragliding — one can view the city and the lake from a bird’s eye perspective as well.

Exquisite: The Devi’s waterfall, named after a Swiss national who fell into the deep gorge, is an exquisite place to be. The Devi’s waterfall, named after a Swiss national who fell into the deep gorge, is an exquisite place to be.

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Bird’s Eye View: Sarangkot offers paragliding — one can view the city and the lake from a bird’s eye perspective as well.
The spookiest night of the year

HISTORY: According to ancient Roman records, tribes located in today’s Germany and France traditionally wore costumes of animal heads and skins to connect to what they believed spirits of the dead. In some early versions of trick-or-treating, men paraded door-to-door, and boys often followed, begging for coins. Most of these early trick-or-treaters were poor and actually needed the money, but wealthy children also joined in the fun. In a few American towns, Halloween was originally referred to as ‘Cabbage Night.’ This came from a Scottish fortune-telling game, where girls used cabbage stumps to ‘predict’ information about their future husbands.

Teng Chich or the ‘Lantern Festival’ is a Halloween festival in China. People hang dragons and animals-shaped lanterns outside their homes. Halloween celebrations in Hong Kong are known as Yue Lan, or ‘Festival of the Hungry Ghosts’ during which fires are lit and food and gifts are offered to placate potentially angry ghosts. Halloween has also been called All Hallow’s Eve, Witches Night, Lammasno, Snap-Apple Night, All Hallowtide, The Feast of the Dead, The Day of the Dead and Summer’s End.

The word ‘witch’ comes from the old English word ‘wicce’ meaning ‘wise woman.’ In fact, wiccan were highly respected people at one time. According to popular belief, witches held one of their eight meetings, or sabbats, on Halloween night. Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically believed to be a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.

Black cats, spiders, owls and bats are all Halloween symbols because of their spooky history and ties to Wiccans. In medieval times, owls were believed to be witches, and if you heard the call of an owl, it meant that someone was about to die. Legend has it that if you see a spider on Halloween night, it means a loved one is watching over you. Philadelphia-based trick-or-treaters traded in a sweet tooth for sweet action in 1950. In lieu of candy, residents collected change for children overseas and sent it to UNICEF. Subsequently, the Trick-or-Treat for UNICEF programme was founded. From its vampy costumes and sweet treats to spooky outdoor decor, Halloween is a big business and the second-largest commercial holiday in the US, with Christmas being the only one to surpass it in sales.

Let’s start with some related phobias. ‘Phasmophobia’ is the fear of ghosts, ‘wiccaphobia’ is the fear of witchcraft and ‘nyctophobia’ is the fear of darkness. What is ‘Samhainophobia’? Fear of Halloween.

Name the most famous and mysterious magician who died on Halloween night in 1926.

Harry Houdini

Black cats are considered a symbol of the spooky side of Halloween. They were once believed to be witch’s familiars who protected their powers. Why do various animal shelters refuse to let people adopt these cats in the lead-up to the holiday? For fear they’ll be sacrificed or something horrible happening to them.

What psychological horror drama movie contained the quote: “All work and no play makes Jack a dull boy?”

‘The Shining’, produced and directed by Stanley Kubrick and co-written with novelist Diane Johnson.

Though a common trope in horror movies and Halloween decorations with witches flying across it, a full moon on Halloween is extremely rare. The most recent Halloween full moon was in 2001. When is this event expected next?

October 31, 2020

At 2,240 meters above sea level, the Autodromo Hermanos Rodriguez is by far the highest track on the current F1 calendar. Which Grand Prix is it the venue for?

Mexican Grand Prix. To put it in perspective, Brazil’s Interlagos – the second-highest race location – is around 800m above sea level.

Diwali, which is also referred to as Deepavali or the ‘festival of lights,’ is an important festival mainly celebrated by the Hindus, Sikhs and Jains worldwide. Which English city hosts the biggest Diwali celebrations outside of India?

Leicester.

CCTV or closed-circuit television is a system that sends television signals to a limited number of screens, and is often used in shops and public places to prevent crime. Which country’s state television company is also abbreviated as CCTV?

China. CCTV stands for China Central Television.

Baby humans suck their thumbs for comfort. What do baby elephants suck?

They suck their trunks. And they do it for the same reason – comfort.

Identify the person below and tell us why they are famous.

(Answer next week. Answer to last week’s photo-quiz: Snoop Dogg.)

Tribe NI.yays

1. Ignacio Anaya fried up some tortilla chips, topped them with some shredded Cheddar and sliced jalapenos, and served them as canapes. He whipped up the first batch for a group of hungry US military wives at a restaurant called the Victory Club in Piedras Negras, Mexico. He named them after his nickname. Which dish was invented by him in this process?

Nachos, after his nickname ‘Nachos.’

(Adrein Carnmen, Wemona Center High School, Bay City)

2. ‘Zapomni’ means ‘to remember’ in Russian. What does it mean in Polish?

To forget.

(Mohammed Shahir, United Bank Limited, Doha)

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe NI.yays’? Every week two of your best questions will be featured here. Please do write to us at ni.yays@zoho.com

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Vitamin D deficiency may lead to muscle weakness

Vitamin D deficiency may lead to poor skeletal muscle function in adults aged 60 years and over, suggests new research.

Maintaining skeletal muscle function throughout life is a crucial component of successful ageing, in promoting independence, mobility, quality of life and reducing falls and frailty.

While resistance exercise is known to preserve muscle function, there is growing evidence that adequate vitamin D status may also be protective.

“Our results show that vitamin D deficiency increased the likelihood of poor muscle function in older adults and confirm the protective effect of physical activity,” said one of the study authors Maria O’Sullivan, Associate Professor in Nutrition at Trinity College Dublin in Ireland.

“Maintaining muscle function is incredibly important, and often overlooked, in promoting healthy ageing. Addressing this through multimodal approaches that incorporate physical activity, reversing vitamin D deficiency and other modifiable diet and lifestyle components require further investigation,” O’Sullivan said.

The findings are based on the analysis of data from over 4,000 adults aged 60 years and over, from the English Longitudinal Study of Aging (ELSA).

The prevalence of muscle weakness was twice as high among older adults with vitamin D deficiency compared with vitamin D adequacy, showed the findings published in the international journal Clinical Interventions in Aging.

Similarly, impaired “muscle performance” was three times higher in older adults with vitamin D deficiency compared with vitamin D adequacy.

Based on more complex statistical analysis, the study showed that vitamin D deficiency significantly increased the likelihood of impaired muscle strength and performance.

The study confirmed the associated benefits of physical activity. Older adults partaking in regular moderate physical activity had significantly lower likelihood of poor muscle strength and physical performance. - IANS
Wordsearch

BRINY STRAIT PUDDLE
FLOW CHANNEL TIDE
RIVER POND ESTUARY
CASCADE STREAM RAPIDS
LAKE CREEK WAVE
SOUND POOL FALLS
CATARACT SURF RIPPLE
OCEAN CURRENT

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 goal is to fill the grid so that every row, every column, and every 3x3 subgrid contains all the digits from 1 to 9.

Bound And Gagged

Space on aircraft keeps getting more and more cramped.
Super Cryptic Clues

**Across**
1 Heather devoured by goat in Essex (10)
7 Tell what happens after close vote (7)
8 Beginner found in empty room (4)
10 Flog a walking-stick (4)
11 Bury a girl in the break (8)
13 Father brought back nothing material (6)
15 Sort the French arouse (6)
17 I'm turning in winding street to find insects (8)
18 Composer taking taxi back to hospital (4)
21 Reduced fare when tide turns (4)
22 Opera in new setting out of doors (4,3)
23 What's needed for dinner I get cooked? (10)

**Down**
1 Meat it's a relief to save (5)
2 Making a noise playing ludo (4)
3 Get in a mess having a meal (6)
4 I printed new form, being daring (8)
5 A bad driver gained recognition (7)
6 Eccentrics damage ceramics (9)
9 Wheels turning before being seen in another place (9)
12 Church containing one clergyman (8)
14 Wine given to one performing part (7)
16 What's done by accident on the other side? (6)
19 Work for an actor on his own? (5)
20 Kelly's make-up unit (4)

Solution

**Wordsearch**

Codeword

**Colouring**

Answers

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I don’t take pressure: Priyanka

By Natalia Ningthoujam

Priyanka Chopra Jonas is one confident actress and producer. She can take up responsibilities without feeling the pressure. She says she stopped taking pressure when she reached the point where she could call the shots and make choices about the work that she wanted to do.

The former Miss World made her Bollywood debut with The Hero: Love Story of a Spy. Her powerful performances in movies like Don, Fashion, Don 2, Khoon Maaf and Barfi! Today, she is a producer who has backed such films as Ventilator and Paani.

In her latest Bollywood film, The Sky Is Pink, she played one of the central characters and also served as a producer. Was there any kind of pressure on her since she was playing dual roles?

“arly on I took pressure many years ago. Now I don’t take pressure. I think I stopped taking pressure when I reached a point where I could make choices about the work that I wanted to do... when I didn’t have to depend on people coming to me with the work. That sort of shifted too long ago, just four or five years ago maybe,” Priyanka said.

Unfortunately with female actors, there is a lot of depending on a lot of people to approve before you are cast in a film. It is the truth. Hard to hear, but it’s the truth. That shifted for me just recently. I guess that gave me a sense of confidence to become a producer, to be able to helm films that I wanted to make,” she added.

But she likes to do films that make her feel nervous while going to set.

“I like movies that challenge me. I like fiction as well as reality-based. I like the immersive experiences. I like something that will make me nervous coming to set. I like films where I look at my scene and I am like ‘oh my God! How am I going to do this?’ When your fingers tingle, your toes curl... I like experiences like those,” she said.

She still gets the jitters?

“Every performer does because our outside environment influences us as a person. The only thing that experience has taught me is that between action and cut, no matter what is happening in my life, it won’t affect me. Before that I would get influenced. If I had a fight or was in a bad mood, it would affect my work. Now it doesn’t,” said Priyanka, also a known name in American showbiz, thanks to her show Quantico.

Her list of upcoming projects is an exhausting one, starting with The White Tiger and a superhero movie titled We Can Be Heroes.

“I can’t tell you what I am playing in it (the superhero movie) but it will be really fun,” she promised.

“I am also developing about six or seven other projects for the next year. Some of them will have me and some won’t. They are regional, international and Hindi,” she shared. – IANS

Kajal wants to get married soon

Actress Kajal Aggarwal says she plans to get married soon.

The actress opened up about her plans to settle down during a conversation with Lakshmi Manchu on VOOT’s Feet Up with the Stars Telugu show.

When Lakshmi asked her about her wedding plans, Kajal said: “Yes, I am planning for a wedding soon.”

Asked about the qualities that she would want in her husband, she said: “Quite a lot of things, but most importantly he should be possessive, caring and spiritual.”

The actress also opened up about her beliefs, saying “I’m very spiritual.”

When the host asked her “Kill, Hook Up or Marry”, she said: “Ram Charan – Kill, N. T. Rama Rao Jr. – Hook up and Prabhas – Marry.” – IANS

BLESSED

Raveena Tandon says she is fortunate to have a loving family and an extended work family.

Raveena Tandon turned a year older on Saturday, and it was a working birthday for the Mohra actress.

Raveena, who is currently judging the dance based reality TV show Nach Baliye 9, reserved the day for work and quality time with her family.

“Usually on birthdays, people examine their lives. I think it’s best to do that while at work. My family is the centre of everything I do. Spending time with loved ones and my kids helps me appreciate the little joys of life. I am fortunate to have a loving family and also an extended work family. Both keep me grounded,” she said.

She also celebrated her birthday on Friday evening on the sets of Nach Baliye 9. She was surprised when her whole family, including her parents, in-laws and daughter, turned up to celebrate the occasion.

Raveena, 45, recently featured in the recreated version of her hit song Sheher Ki Laadhri. – IANS

Kashyap is proud of Saand Ki Aankh

Anurag Kashyap, who is the creative producer of the film Saand Ki Aankh, says he is proud of the film’s cast and crew including director Tushar Hiranandani, for putting up an inspirational story on women’s empowerment on big screen.

Saand Ki Aankh was the closing film at the Jio MAMI 21st Mumbai Film Festival 2019 and, watching the standing ovation the audiences gave to the film, Kashyap said: “Tushar reached out to me and said I want to make this film only with you, and I was completely moved by the script. I am very proud of the film.” The audience watched the film with the leading ladies Taapsee Pannu and Bhumi Pednekar and the director in the theatre.

Tushar said: “It was a feeling I cannot explain in enough words. I am proud of the film and thankful for the response we are getting from the industry and the film fraternity.”

The film is based on the lives of India’s oldest sharpshooters, Prakashi Tomar and Chandro Tomar.

Saand Ki Aankh is one of three Diwali releases this year, along with Housefull 4 and Made In China. – IANS

COMMUNITY

Monday, October 28, 2019

GAME

Kajal Aggarwal says: “I like movies that challenge me.”

CANDID

Kajal Aggarwal says: “Her husband should be possessive, caring and spiritual.”

COMMUNITY
Danson, ‘Jane Fonda’s new trainee,’ arrested

By Nardine Saad

So THIS is the bad place. The Good Place star Ted Danson is the latest celebrity to be arrested at the US Capitol for demonstrating on behalf of climate change.

The beloved Cheers alum was escorted away in restraints Friday morning after participating in the weekly, youth-led protest known as Fire Drill Fridays, which last week ensnared Oscar winner Jane Fonda and Law & Order vet Sam Waterston in efforts to support Congress’ Green New Deal.

In fact, Fonda, wearing her signature bright red coat, was arrested for the third week in a row for the display and was escorted away triumphantly because getting arrested has been her intention all along.

The protests have ended with arrests because protesters have been blocking the streets near the US Capitol building. This time, police arrested 32 individuals “for unlawfully demonstrating” in the intersection of East Capitol and First streets, a spokeswoman for the department said. All of them were charged for “crowding, obstructing or incommoding.”

“Mass actions like this are a critical part of continuing the momentum of the climate strikes, demonstrating support for a Green New Deal, and ensuring the world’s attention at this critical time!” the environmental group Greenpeace tweeted, sharing a video of Danson’s removal and the other detained protesters cheering him on.

Reps for Danson and Fonda did not immediately respond to The Times’ requests for comment Friday.

Prior to his arrest, Danson introduced himself as “Jane Fonda’s new trainee” when he joined Fonda onstage at a rally to talk about his 30 years of ocean activism.

Danson, 71, said that when he turned 70 he thought he could rest on his laurels and slow down. But he was wrong.

“And then I met Jane Fonda, who had her foot on the gas pedal and was not only 80, but was going 80 miles per hour at all times,” he said. “She’s astounding, she became my mentor, and here I am about to get arrested. ... It focuses your brain a little bit.”

Then he launched into this speech:

“All of this is inconvenient. All Gore got it right. This is inconvenient. It’s inconvenient for politicians to stop taking money from the oil industry because it’s huge money they get. It’s easy, all you have to do is deny science and say there’s no such thing as climate change. Easy.

It’s inconvenient for the oil industry to not drill wherever and whenever they want ‘cause it’s huge money. It’s inconvenient for industries to stop burning fossil fuels. It’s inconvenient for all of us to realise that we have to share the planet’s natural resources with everyone including people we don’t like. It’s inconvenient to realise we’re all in this together. That either we will all make it or none of us will make it.”

He continued: “Our house is on fire and it’s time that we stop standing around complaining that it’s not convenient to change our ways. It’s time to start behaving like we care about our children and our grandchildren. Hey, we can do this. It may be a little inconvenient but it’s not as inconvenient as fires and floods and mass migration and droughts and starvation. That’s inconvenient. So come on down. Get arrested. Get your head on straight.”

Fonda, 81, a longtime political activist, recently told The Times that the protests will take place every Friday at 11am and will highlight a different issue. She’ll be joined by groups including Greenpeace, Friends of the Earth and Oil Change International, all of which are active against climate change.

The two-time Oscar winner had hoped to take a year’s hiatus from her Netflix series Grace & Frankie to live in Washington, but she was contractually unable to. Once the show ends, she intends to return to the Capitol steps, she said. – Los Angeles Times/TNS

Surviving cancer made me grateful: Douglas

Actor Michael Douglas says surviving cancer has made him grateful for all the good things in his life and also made him realise what’s really important to him.

The Ant-Man and the Wasp star was diagnosed with stage IV tongue cancer in 2010 but after undergoing intensive treatment he was able to beat the potentially fatal disease and since being given the all-clear from the illness he appreciates how blessed he has been in his career and with his family, which includes his wife Catherine Zeta-Jones and their two children Dylan, 19, and Carys, 16, reports female first.co.uk

When asked what he learned from cancer in an interview with Italian publication IO Donna, he said: “Gratitude. Now, I’m happy to still be here and be able to celebrate the passing of time.”

Discussing how he was worried he would have to stop making movies when he was first diagnosed, Douglas, who also has another son, 40-year-old Cameron, his child with first wife Diandra Luker, added: “At the time I was heartbroken at the idea of giving up everything, but today I have put my priorities back in order.”

Douglas has also gotten more environmental conscious as he has gotten older and admits he does worry about the future of Earth.

He said: “None of us knows what this precarious world holds for us, and I refer to our planet in general and Hollywood in particular, even though it is now a family business that has been handed down to me and that I passed on to my children.” – IANS

Huffman released after serving 11 days of sentence

Actress Felicity Huffman was released Friday from federal prison after serving most of a 14-day sentence for paying to rig her daughter’s university entrance exam as part of the wide-ranging college admissions scandal.

Huffman, 56, was released from the Federal Correctional Institution in Dublin, Calif, a low-security facility in Alameda County, said Sally Swarts, a spokeswoman for the prison.

Huffman reported to the prison on October 15. Her sentence was to run only 13 days because of time she spent in federal custody after her arrest in March, meaning that she was slated to be released on Sunday. It’s typical for inmates who are scheduled to be released on a weekend or a holiday to instead be released on the preceding weekday, Swarts said.

The Desperate Housewives and American Crime actress pleaded guilty earlier this year to paying $15,000 to scam mastermind William “Rick” Singer, a college admissions consultant who preyed on wealthy clients’ anxieties about getting their kids into top schools and their willingness to pay huge sums to access his illicit operation.

She was one of 33 parents charged in March in a sweeping admissions scandal.

Environmentalist: Michael Douglas has gotten more environmental conscious as he has gotten older.

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Latin music takes over Doha

Gipsy Kings, a Grammy winning band of flamenco, salsa and pop musicians recently performed at Al Mayassa Theatre of Qatar National Convention Centre, writes Mudassir Raja

Gipsy Kings, a Grammy winning band of flamenco, salsa and pop musicians from the south of France recently performed at Al Mayassa Theatre of Qatar National Convention Centre – a night of pulsating music and scintillating lights. A blend of Latin and Cuban styles, jazz and Arabic music, the key style of Gipsy Kings, was the order of the day.

Gipsy Kings embraced the world’s imagination with their album Gipsy Kings – a record that became a genuine sensation, certified gold and platinum around the globe, exciting millions of listeners with a unique and captivating fusion of styles in 1987. The Gipsy Kings has over the years continued to delight the public with their Andalusian songs, winning band of flamenco, salsa and pop musicians recently performed at Al Mayassa Theatre of Qatar National Convention Centre, writes Mudassir Raja.

The atmosphere at QNCC was heart-throbbing as the audience, mostly expatriates from European and South American nations, thronged the theatre and relished Spanish flamenco and gypsy rhapsody meeting salsa funk. Together, they made everyone thrilled with great hits, including Bamboleo, Volare or Djobi Djoba among others.

Speaking to Community about their genre of music, Gipsy Kings responded, “Our music has no borders, it is universal and people responded wonderfully. It was our big pleasure to perform in Doha and we appreciate the warm welcome from the audience.”

Do they cater their performance according to the audience and the country they’re performing in? They said, “Gipsy Kings music is a very unique blend of Latin and Cuban styles, jazz and Arabic music which is the main pillar.

“We feel that performances in Arab countries are really special. We also performed three new songs in Doha and we hope that the beautiful audience of Qatar enjoyed these songs.” One of the most important narratives in contemporary pop has been the emergence of Latin music recently. “The Spanish music is striking the world more and more these days. We are honoured and proud to bring our musical roots to everyone and to contribute to the musical scene,” the band says.

Talking about their experience of performing in Doha, the latin band said, “Doha concert was really amazing. The people are very nice and hospitable here. They knew all our music, and it was great pleasure to sing for them and with them.”

Peter Kieserman, an Irish expatriate living and working in Qatar, was excited to listen to the band. “I am going to hear them live after about 25 years. When I learnt about their concert here, I decided to come with my friends. Though there are many events taking place in Qatar, there are a few that suit my taste.”

Funda Akkus, a Turkish expatriate, was also very keen to listen and enjoy the unique music of the band. She said: “I decided to come here because Gipsy Kings has been a very famous music band since childhood and youth. And, I like them too. I’ve never have had a chance to listen the band live.

When I heard that they are coming to Qatar, I could not stop myself from coming here.”

The band became popular with their self-titled album, Gipsy Kings, which included the songs Djobi Djoba, Bamboleo, and the romantic ballad In Amor. Gipsy Kings was popular throughout Europe and in Africa, as well as in the Middle East. Gipsy Kings was released in the United States in 1989 and spent 40 weeks on the charts, one of few Spanish language albums to do so. The band covered I’ve Got No Strings for the 1991 Disney video and compilation album Simply Mad About the Mouse. Their cover version of Hotel California was an example of fast flamenco guitar leads and rhythmic strumming: it was featured in the 1998 Coen Brothers’ movie The Big Lebowski. The 2010 film Toy Story 3 featured their rendition of You’ve Got a Friend in Me, a Spanish-language version titled Huy un Amigo en Mi and performed in a recognisably flamenco style.