According to new health guidelines, even a minute or two of physical exercise is better than nothing.

MES Indian School bags overall championship title in CBSE Qatar Cluster Athletic Championship with 429 points.

Poignant notes

JK Rowling’s powerful Brexit parting words:
I really don’t want to lose my homeland. P2-3

Cuisine
How to incorporate Daikon radish in your meal. Page 6

Showbiz
Norton doesn’t want to star in his next film. Page 15
Dear Europe,

Last month, as a now-missed Brexit deadline was bearing down, JK Rowling and nine other British literary luminaries, academics and artists published a batch of elegiac love letters to a continental Europe that helped shape their personal and creative comings-of-age. **By Laura King**

“Failure will never overtake me if my determination to succeed is strong enough.”
— Og Mandino
A sense of impending loss comes through clearly in all the letters, including the rueful benediction delivered in acclaimed author of fantasy tales and myth-infused graphic novels, Neil Gaiman’s, epistolary farewell. “You’ll be fine without me, my love,” he wrote. “How I’ll be, without you, I’m not so sure.”
Do as much as you can - not as little as you can get away with

Even tiny healthy actions are valuable, writes Oliver Burkeman

According to new health guidelines, even a minute or two of physical exercise is better than nothing: just walking upstairs and down again, before resuming your otherwise entirely sofa-based afternoon of crisps and television, makes for a healthier life than if you hadn’t bothered. It even counts towards the 150 minutes of physical activity each week were found to be genetically vulnerable, “researcher Karmel Choi said. The study looked at data from about 8,000 participants who recorded their lifestyle habits, including time spent exercising, in a survey. They also calculated risk scores for the participants based on genes and compared health records tracked over a two-year period. A separate research team concluded last year that strength training was the form of physical fitness most likely to help combat depression. But the newly released study says physical activity in many forms — including fast-paced activities like dance and weight lifting or lower level exercises like yoga and stretching — can aid in staving off depressive symptoms. Researchers are continuing to analyse the dataset to provide further solutions to help reduce the risk of depression, according to the study. Approximately 1 in 7 college students is diagnosed with depression, according to researchers. “We believe there may be many factors could be part of an overall strategy for improving resilience and preventing depression,” Choi said. “The magnitude of depression around the world underscores the need for effective strategies that can impact as many people as possible.” Nationally, 1 in 6 adults will have depression at some time in their life, according to the Atlanta-based Centers for Disease Control and Prevention. — The Atlanta Journal-Constitution/TNS
Music may reduce cardiac stress while driving: Study

Stress while driving is a risk factor for the development of cardiovascular disease and sudden cardiac complications such as heart attack, but now researchers have found that listening to music while driving can reduce cardiac stress.

“We found that cardiac stress in the participants in our experiment was reduced by listening to music while they were driving,” said study lead author Vitor Engracia Valenti, Professor at Sao Paulo State University in Brazil.

For the study, published in the journal Complementary Therapies in Medicine, researchers analysed the effects of music on cardiac stress in five women between the ages of 18 and 23.

“We opted to work with women who were not habitual drivers because people who drive frequently and have had a license for a long time are better adapted to stressful situations in traffic,” Valenti explained.

The volunteers were assessed on two days, in different situations and in a random order.

On one day, they drove for 20 minutes at rush hour (5:30-6:30pm) along a three km route in a busy district of Marilia, a medium-sized city in the northwest of Sao Paulo, without listening to music.

On the other day, the volunteers drove the same route at the same time of day but listened to instrumental music on a CD player coupled to the car radio.

The use of earbuds or headphones while driving is a traffic offence.

“To increase the degree of traffic stress, we asked them to drive a car they did not own. Driving their own car might help,” Valenti said.

The level of cardiac stress was estimated by measuring heart rate variability using a heart rate monitor attached to the participant’s chest.

Defined as fluctuations in the intervals between consecutive heartbeats, heart rate variability is influenced by the autonomic nervous system.

The more active the sympathetic nervous system, the faster the heartbeats, while the parasympathetic nervous system tends to slow it down.

Elevated sympathetic nervous system activity reduces heart rate variability, whereas more intense parasympathetic nervous system activity increases it,” Valenti said.

Analysis showed a reduction in heart rate variability in the volunteers who drove without music, indicating a lower level of parasympathetic nervous system activity but sympathetic nervous system activation.

Conversely, heart rate variability increased in the drivers who listened to music, indicating a higher level of parasympathetic nervous system activity and a reduction in sympathetic nervous system activity.

However, the sample size used in the study was too small but significant.

“Listening to music attenuated the moderate stress overload the volunteers experienced as they drove,” Valenti said.

“Listening to music could be such a preventive measure in favour of cardiovascular health in situations of intense stress such as driving during rush hour,” he said. – IANS

E-cigarettes more harmful than tobacco

Researchers have found that electronic nicotine delivery systems, such as e-cigarettes might be just as harmful to the heart, than traditional cigarettes.

“Our results suggest that e-cigarette use is associated with coronary vascular dysfunction at rest, even in the absence of physiologic stress, these findings indicate the opposite of what e-cigarette and vaping marketing is saying about their safety profile,” said study researcher Susan Cheng, Director of Public Health Research at the Smith Heart Institute.

A recent study by the US Food and Drug Administration found that 27.5 percent of high school students used e-cigarettes in 2019, as compared to 20.8 percent in 2018.

The study also estimates that in 2018, around 3.62 million middle and high school students were e-cigarette users.

For the current findings, the team of researchers compared healthy, young adult smokers aged 18 to 38 who were regular users of e-cigarettes or tobacco cigarettes.

The researchers then measured participants’ blood flow to the heart muscle – focusing on a measure of coronary vascular function – before and after sessions of either e-cigarette use or cigarette smoking, while participants were at rest and also after they performed a handgrip exercise which simulates physiologic stress.

It was also found that in smokers who had inhaled the traditional cigarettes, blood flow increased modestly and then decreased with subsequent stress.

However, in smokers who used e-cigarettes, blood flow decreased after both inhalation at rest and handgrip stress.

“We have known for decades that smoking increases your risk for heart attack and dying from heart disease, now, with this study, we have compelling evidence suggesting that newer methods of electronic nicotine delivery may be equally, or potentially more, harmful to your heart as traditional cigarettes,” said researcher Christine Albert.

Given that e-cigarettes represent a relatively new product in the market, Albert cautions users that there may be a number of unforeseen health effects.

To better understand the potentially dangerous consequences of e-cigarettes, investigators plan on studying the mechanisms underlying changes in heart and blood vessel flow seen in their work to-date, as well as the effects of e-cigarette use across a more diverse population of study participants including those with existing cardiovascular risk.

“What we are learning from our own research, along with the work of others, is that use of any electronic nicotine delivery system should be considered with a high degree of caution until more data can be gathered,” said study senior author Florian Rader.

The findings were presented at the annual American Heart Association Scientific Sessions 2019. – IANS
How to incorporate Daikon radish in your meal

Thinking about daikon radish reminds me of crispy flat bread with a dollop of butter prepared by my mother during New Delhi winters. Daikon radish is most often grown for its root, through the green leafy tops are also as edible and versatile as the root. The root is white cylindrical with a skin similar to that of a carrot or turnip. Daikon has a mild and hot flavor, slightly spicy taste and crispy texture. The tuber can be up to twenty inches long with a diameter of 4 inches. The flavor of daikon root is like a less fiery radish, mild and tangy with a crisp and juicy texture.

Daiden is also known as Japanese horseradish and it belongs to the mustard family. It originates from South East Asia and continental parts of East Asia. Cultivation of Daiden started in China in 500 BC and it grows in a cool climate and requires deep, moist, fertile soil for its growth. The word “Daiden” originates from Japan and means “Long Root”.

Daiden Radish is very healthy and tastes good too. An enzyme found in this radish, called diastase will improve your stomach efficiency. You can digest other foods more quickly and can recover from an indigestion. Radish also contains indigestion. Radish also contains high amounts of Vitamin C, indigestion. Radish also contains high amounts of Vitamin C, potassium and phosphorous. Raw daikon radish juice can help you get over a headache, along with fevers and hot flashes.

It is also a low carb alternate in both raw and cooked. It is a crunchy vegetable and can add crunch to a green salad or a bit of spice to a slaw. Japan produces and consumes 90% of the world daikon production. Two slices of pickled and sunried daikon radish is served at the end traditional Japanese cuisine Kaiseki. Julienneed Daiden radish is commonly pickled with other vegetables such as carrots. Slice Daiden radish into rounds and bake at low temperature to make Daiden chips. You can store these in air tight containers for later use. This vegetable can be substituted for Turnips in any recipe and can be cubed and added to pot roasts to other meats. Daiden radish can be kept up to four months in cool environment. In China, tea is made from the Daiden root to aid digestion.

Winter evenings are a perfect time to enjoy your favorite soup meal bowls. The below recipe is a nice and easy recipe for you to make and get its health benefits. It does not have the complex and intense flavors you get from simmering the stock all day like the traditional bowl of Pho, but it is perfect if you’re short on time and need to get that pho noodle slurping fix without too many calories.

**Chicken Pho with Daiden Radish**

**Ingredients**
- Chicken Breast 600 gm
- Daiden Radish 2 nos.
- Olive oil 1 tbsp.
- Red onion, thin sliced 1/2 no.
- Chicken Broth 2 ltr
- Scallions, thin sliced 2 nos.
- Bean sprouts 1/3 cup
- Fish sauce 1 tsp
- Salt to taste
- Black pepper crushed to taste
- Lime juice 1/2 tsp.
- Cilantro leaves 2 tbsp.

**Method:**
Slice ends of the daikon radish, working one at a time, secure radishes in a spiral slicer and turn the crank to create daikon noodles

If you don’t have the spiral slicer, thin slice the radish and then again thin slice it to get long juliennes

In a heavy bottom pan, heat oil over medium heat and add sliced onion, chicken and sauté for 2 minutes

Add chicken broth and bring to boil

Reduce to simmer until chicken is cooked through for about 8–10 minutes

Stir in scallions, sprouts, fish sauce, salt and black pepper, cayenne and daikon noodles

Adjust the seasoning and portion among soup bowls

Drizzle with lime juice, garnish with cilantro and serve hot

**Note:** You can replace chicken and chicken stock with tofu and vegetable stock and remove the fish sauce for the vegan version of the dish. You can also replace chicken with your choice of protein and add the following items to your dish to make it unique and as per your choice- boiled eggs, carrots, mint leaves, avocado, bok choy, Napa cabbage, noodles or rice noodles.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
Aspire Academy holds second parents’ meeting

Aspire Academy recently held second parents’ meeting for the first term of the 2019-2020 academic year. The meeting helped the teachers and coaches communicate their expectations of the student-athletes.

Speaking on the occasion, Issa al-Moslemani, Vice Principal at Aspire Academy, said, “After a fruitful first meeting in September, we are pleased to host the parents again, after the students have received their mid-term progress reports, which review their academic, athletic, and behavioural performance. This meeting gives parents the chance to discuss with our teachers and coaches students’ results. In addition, parents also have the chance to meet with the heads of the programmes at the Academy such as leadership, student, social and accommodation affairs, amongst others, to get additional comprehensive evaluations that contribute positively to the students’ development. These meetings stem from our belief in the importance of the parents’ role in supporting the guidance and education the students receive at the Academy, which enriches their growth.”

Edorta Murua, Technical Director of Football at Aspire Academy, also stressed on the importance of these parent-teacher meetings, which serve as a platform to clarify and answer any questions raised by both sides. He said, “Meeting the parents like this allows us to express and communicate key message to parents who are very important players in the life of our student-athletes we work with at Aspire. We also get to listen to them as they bring to our attention some matters we need to know to get the best out of our student-athletes.”

Derar al-Adwan, father of Manaf Derar al-Adwan, a student of Grade-X, said, “These meetings are important for everyone involved in the worthy work conducted by Aspire Academy, from the student-athletes to Aspire sport and academic staff, and to parents coming together like this is keeps us all informed. An informed person is in a better position to make right decisions. The setting of the meeting lets teachers and parents have a comfortable conversation about the students. I was able to sense today from the teachers and coaches the comprehensive level of care that the Academy provides for its students and such meetings play a vital role in strengthening the communication channels between us and the Academy, which reflects positively on the students.”

Former Qatar national athlete and 400m hurdler, Mubarak Sultana A F al-Nobi, father of Sultan Rahman al-Nobi, said, “Parents meetings are important part of us parents monitoring and help maintain the excellent work Aspire does with our children. I already see how my son is a better athlete than I was at his age, thanks to the coaching he is getting at Aspire Academy.”

ICC to present classical dance performance

Indian Cultural Centre (ICC), in association with RAGA, is all set to present Mudrankitham, Classical Dance Recital at ICC Ashoka hall today from 7pm to 9pm. RAGA is a passionate journey of four fine young Bharatnatyam exponents who blossomed under the tutelage of Vidushi Mrudula Rai, Director-Shree Natyanikethan, Coimbatore. The dance quartet Raksha, Akkshitha, Gayathri and Akshaya have been performing at prestigious dance festivals and Sabhas for well over a decade displaying their brilliance and re-invoking appreciation for our traditional art forms. Along with RAGA, budding Kathak students from Doha, including Ashwika Bolar, Mahalakshmi Rajeev, Maitri Dhruva, Mishi Ahluwalia, Ashmitha Mahesh, Janvi Seepth and Tanvi Gopali will be performing at the event.
Recommendations for

RUNNING INJURIES

Based on Physio Edge podcast 059 with Tom Goom (@tomgoom), Greg Lehman (@greglehman) & Dr Christian Barton (@DrChrisBarton - La Trobe Sport & Exercise Medicine Research Centre, Bundoora Australia)

Load tolerance

1. Runners become injured because they exceed their tissue capacity to tolerate load.

2. A runner needs to be strong enough to manage the load experienced when running. Ground reaction force when running is 2.5-3x body weight and peak muscle load of soleus is 6-7 x body weight.


Load management

4. Running should be stopped when it will have a negative long term impact on recovery. The length of time out of running should be kept as short as possible.

5. If bone stress or more complicated presentations e.g. female triad are suspected, longer time away from running may be required.

Use the 24 hour pattern to monitor the runners reaction to load. If the pain does not settle within 24 hours, reduce running volume.

Biomechanics

6. Changing foot strike pattern may be appropriate in anterior compartment syndrome, chronic degenerative knees and Achilles tendinopathy. Avoid extremes of both rearfoot and forefoot strike.

7. Running retraining should start simple and expand over a period of time. Make small gradual adjustments, avoiding sudden large changes.

8. Changes to running technique do not need to be permanent. A temporary change in style may let symptoms settle and allow continued running.

9. Running shoes are less important than load management & biomechanics.

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clinicaledge.co  @davidkpope
# Recovery Time

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>Minor</th>
<th>Moderate</th>
<th>Severe</th>
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</thead>
<tbody>
<tr>
<td><strong>Shoulder Injuries</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acromioclavicular (AC) joint sprain</td>
<td>1 week</td>
<td>4 weeks</td>
<td>6 - 8 weeks</td>
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<tr>
<td>Fractured collar bone</td>
<td></td>
<td></td>
<td>6 - 8 weeks</td>
</tr>
<tr>
<td>Rotator cuff (muscle problems)</td>
<td>2 weeks</td>
<td>4 - 6 weeks</td>
<td>8 - 12 weeks</td>
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<tr>
<td><strong>Elbow, Wrist and Hand Injuries</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tennis elbow</td>
<td>1 week</td>
<td>2 weeks</td>
<td>6 weeks +</td>
</tr>
<tr>
<td>Metacarpal fractures (hand fractures)</td>
<td>2 - 3 weeks</td>
<td></td>
<td>8 - 10 weeks</td>
</tr>
<tr>
<td><strong>Lower Back Injuries</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Facet syndrome</td>
<td>2 - 3 weeks</td>
<td>3 - 4 weeks</td>
<td>4 weeks +</td>
</tr>
<tr>
<td>Sciatica</td>
<td>3 - 4 weeks</td>
<td>4 - 6 weeks</td>
<td>2 months</td>
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<tr>
<td>Slipped disc</td>
<td>3 - 4 weeks</td>
<td>4 - 6 weeks</td>
<td>2 months</td>
</tr>
<tr>
<td><strong>Hip and Groin Injuries</strong></td>
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<tr>
<td>Abdominal strain (stomach muscle strain)</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
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<tr>
<td>Groin strain (Adductor strain)</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
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<tr>
<td>Hip flexor strain</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
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<tr>
<td><strong>Knee and Leg Injuries</strong></td>
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<tr>
<td>Anterior Cruciate Ligament (ACL)</td>
<td>2 - 4 weeks</td>
<td>4 - 6 weeks</td>
<td>4 - 6 months</td>
</tr>
<tr>
<td>Cartilage tear (meniscal tear)</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>2 months +</td>
</tr>
<tr>
<td>Hamstring strain</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
</tr>
<tr>
<td>Thigh strain (Quadriceps strain)</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
</tr>
<tr>
<td><strong>Ankle and Foot Injuries</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Achilles tendinitis</td>
<td>6 weeks</td>
<td>3 months</td>
<td>6 months +</td>
</tr>
<tr>
<td>Ankle sprain</td>
<td>2 - 3 weeks</td>
<td>4 - 6 weeks</td>
<td>6 - 8 weeks</td>
</tr>
<tr>
<td>Calf muscle strain</td>
<td>1 - 2 weeks</td>
<td>3 - 4 weeks</td>
<td>6 - 8 weeks</td>
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Rise of the topknot: why big buns are everywhere

From off-duty models to Instagram yogis, and Rihanna on the red carpet, the messy ‘do is a celebrity and influencer staple. Of course you can blame the Internet, writes Hannah Marriott

How did a hairstyle that once signified “off to the garage for some milk” become a fashion phenomenon? Because that’s where we are at with the high bun – or topknot – a hairstyle that is popping up everywhere.

The ‘do is fast becoming a red-carpet staple, seen on stars from Jennifer Lopez to Katy Perry to Rihanna. At the People’s Choice Awards on Sunday, Zendaya wore an unstructured version, while her 16-year-old Euphoria co-star Storm Reid wore a towering bun topped with a star-shaped pin. Last month, when the British women’s team competed at the World Artistic Gymnastics championships in Stuttgart, all six wore the hairstyle.

Like its embarrassing cousin, the man bun, it has developed vague wellnessy connotations. It’s the style of choice for Hollywood types doing yoga or posting sweaty but flattering post-gym pictures. For such an easy style, there are countless online tutorials on how to achieve it, such as the one on motherandbaby.co.uk, which promises a “no-wash topknot for busy mornings”.

On the catwalk, the style projects an effortless vibe. Last year, 77 of the 81 Chanel models at one show wore a bun. The hairstylist Sam McKnight said was “inspired by the models themselves – when they grab their hair after a show and shove it up in a messy topknot tied with elastic.” In September, at London fashion week, Victoria Beckham took her bow in hard-working designer mode, wearing a messy topknot; the tonsorial equivalent of rolling her sleeves up. Ursula Stephen – Zendaya’s hairdresser and the mastermind of many red-carpet topknots – described it as “one of those Coachella kind of things. Kind of like no-makeup makeup.”

Some of the topknot’s biggest proponents are those who live their lives in public. For Instagram, it is perfect for casually hanging out in the bath while telling your followers how great your new shampoo is with the hashtag: #ad @sponcontent. The Kardashians are big fans, obviously.

And, really, it is internet hair. Unlike the ballerina bun, or the chignon at the nape of the neck, it is fully visible from the front. Marri Seneffsone, a one-woman social-media trend machine who is best known as Beyoncé’s Instagram stylist, wears a high, high topknot. Her hair is instantly recognizable, the smartphone era equivalent of Anna Wintour’s bob.

When you delve into the history of the topknot, it is difficult to interpret its western rise as anything but a borrowing – subconsciously or otherwise – from eastern cultures. This is most clearly demonstrated by the version seen on celebrities, such as Miley Cyrus, or off-duty models doing chakrasanas on Instagram. In kundalini yoga, wearing a knot on top of the head, for energetic effect, is part of the practice. Photographs of celebrity fans, including Russell Brand, wearing topknots while meditating, may well have seeped into the western zeitgeist. Like the man bun, which tends to be worn a little lower down the crown, this version of the topknot seems to bring with it a hazy sense of enlightenment and urban creativity. It’s popular in Hollywood.

For Susie Lau, a fashion writer and street-style star who has been wearing her topknot for about a decade, adopting the style did not feel hugely groundbreaking because in Japan and Hong Kong, where she has family and frequently travels, “it feels less of a style statement and more like an everyday hairstyle.” Lau points out that the hairstyle looks similar to that worn by men in China during the Ming dynasty.

Yet in the UK, it was not really fashionable until fairly recently, according to Rachael Gibson who runs an Instagram account dedicated to the history of hair. Historically, western up-dos, such as the apollo knot of the 1800s, were intricate and extravagant, a straight-up sign of “conspicuous consumption”, indicating their wearer as “lady of leisure”. For young fans the inspiration might be Zoella, the You Tube star who has very long, very thick hair, and whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “How to: Messy Bun” tutorial has been viewed more than 12mn times. Or it could be the Love Island star Molly-Mae Hague, whose “Top Knot Tutorial” was viewed 12mn times.

A tutorial posted by Hague in the summer underlined the class issues inherent in the topknot. Without expensive extensions to twist into the salon blow-dry – people wanting to move away from looking ‘done’ – topknots are particularly popular among teenage girls and women in their early 20s. The hairdresser Charlotte Mensah agrees that the buns are getting bigger. “It’s such a thing. My daughter, who is 18, loves wearing her hair like that. All her friends at uni do.”

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LEISURE

Colour by choice

Maze
Help the chef find his way to the missing lobster.

Connect the dots
Join the dots in order to find out more!

Picture crossword
KITCHEN
Use the pictures below as clues
THIS IS HIS PASSIVE-AGGRESSIVE RESPONSE TO ME TELLING HIM HE’S CONSIDERED A “LAP DOG.”

IT’S OKAY. MY TEENAGE SON JUST DECIDED TO CLEAN OUT HIS CAR.
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.
Researchers have found that taller people have an increased risk of developing atrial fibrillation (AFib), an irregular and often rapid heartbeat that can lead to stroke, heart failure and other complications.

The research, which reveals a strong link between the genetic variants associated with height and one’s risk for AFib, is the among the first to demonstrate that height may be a causal – not correlated – risk factor for AFib.

Researchers found that the risk for AFib climbed as one’s height increased, with every one-inch increase in height translating to about a three percent increase in risk of AFib – independent of other clinical factors – as compared to those at average height (5 feet and 7 inches).

“Our findings suggest it may be beneficial to incorporate height into risk-prediction tools for AFib,” said the study’s lead author Michael Levin from University of Pennsylvania.

“While current guidelines advise against widespread screening for AFib, our findings show that a certain group of patients – specifically, very tall patients – may benefit from screening,” Levin added.

AFib, which affects more than 33 million people worldwide, is a common, abnormal heart rhythm.

There are a number of clinical risk factors for developing AFib, including high blood pressure, heart disease, diabetes, and obesity. Observational studies, examining population-level data, have found that taller individuals appear to have a higher risk of developing AFib.

To further examine the association between height and AFib, the research team leveraged data from the Genetic Investigation of Anthropometric Trials (GIANT) consortium, which studied more than 700,000 individuals to identify genetic variants associated with height. They also examined data from the Atrial fibrillation Genetics (AFGen) consortium, which studied more than 500,000 individuals to identify genetic variants associated with AFib.

The authors employed a statistical method which uses genetics to precisely estimate the relationship between two traits. Their analysis revealed that genetic variants associated with height were also strongly associated with AFib, suggesting that increased height may be a cause of atrial fibrillation.

“This relationship remained strong even after adjusting for traditional AFib risk factors, like heart disease, high blood pressure, and diabetes, among others. From there, researchers used a similar statistical method to conduct an individual-level analysis of nearly 7,000 individuals enrolled in the Penn Medicine Biobank. They found that height, and genetic variants associated with height, are strongly associated with an increased risk of AFib, independent from traditional clinical and echocardiographic risk factors. “These analyses show how we can use human genetics to help us better understand causal risk factors for common disease,” said the study’s senior author Scott Damrauer. – IANS

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**LIFESTYLE/HOROSCOPE**

**Taller people have increased risk for irregular heartbeat**

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**ARIES**  
March 21 – April 19

Tap into your internal resources. Listen to your deepest, strongest feelings and take things slowly. Plan your actions and consider the emotions of others before you take the first step. Take advantage of the pauses in your day. Enjoy the rest and use the time to plan ahead instead of acting rashly and running full throttle to the next task.

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**TAURUS**  
April 20 – May 20

Things should come together nicely as long as you’ve done the necessary prep work to make it successful. The burners are hot and it’s time to add the ingredients. If you’ve done the preliminaries, the next step will be easy. If you’ve neglected to take care of these details, you’ll scramble to do many different things at once.

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**GEMINI**  
May 21 – June 20

Your witty, social attitude may not be appreciated, given the emotional and sober mood of the day. You adjust your outfit to reflect current weather patterns. If you dress in silk, you won’t be too happy when it rains and you have no umbrella. Consider such things when you walk into a room full of people today. What is the mood? How can you fit in with it and lift it?

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**CANCER**  
June 21 – July 22

Your emotions might be raw today, and you may act rashly because of the way you feel. Realise that some people may not appreciate this behaviour. Let your emotions be an asset that helps fuel your passion, but don’t let them rule you entirely. Temper your actions with self-restraint and you’ll get through the day.

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**LEO**  
July 23 – August 22

You may feel out of your league today. The good news is that thanks to your flexible, adaptable nature, any league can always become yours after you take the steps to work the crowd. Have patience and understanding as you learn a new set of rules and a new group of people with their own habits and behaviours.

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**LIBRA**  
September 23 – October 22

Sit back and receive instead of trying to make things happen by imposing your will. You’re always taking action and directing your energy outward. Think about ways you can direct your energy inward and watch how this draws people to you. If nothing else, you’ll learn something about yourself by being more attentive to your thoughts and emotions.

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**SCORPIO**  
October 23 – November 21

There’s a unique combination of energies in the air urging you to combine your psychic powers with your ability to organise. Your business sense is keen, and you understand people and their general tendencies. You instinctively know motives behind actions, so use this to your advantage to make things work effectively for you.

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**SAGITTARIUS**  
November 22 – December 21

Everyone around you may be taking the initiative to start something new, and you get the feeling that you want to join the cause. Be careful about getting something going just because everyone else is. You have a tendency to act hastily in an effort to prove that you’re on top of the situation. Life isn’t a popularity contest or race to the finish line. Take your time.

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**CAPRICORN**  
December 22 – January 19

Your masculine and feminine sides may be saying completely different things today, but this situation isn’t necessarily bad. You can learn a lot from both sides of your being. Take the most useful aspects of each and put them toward achieving your goals. A delicate balance of give and take needs to happen.

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**AQUARIUS**  
January 20 – February 18

Turn one part of the project over to someone you feel is more qualified to handle it. There’s no sense trying to do everything yourself when you know someone out there is better suited to the task. Today calls for a steady and patient hand. If you don’t think you have the skills, admit it. You’ll gain more respect by delegating than by trying to muddle through.

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**PISCES**  
February 19 – March 20

You may feel emotionally good but the more you express yourself the more critical others become of your sensitivity. Unfortunately, you may clam up under such circumstances. Hang onto the fact that you have something valuable to teach, but other people aren’t ready to learn. Try not to take it personally.
LEGEND: Lata Mangeshkar has recorded songs in over 36 Indian languages.

Lata Mangeshkar is stable now

Legendary singer Lata Mangeshkar, who was rushed to the Breach Candy Hospital on Monday, is stable now.

An official spokesperson shared her progress statement with IANS yesterday. It read: “Lata didi is stable. The progress is steady and good. We look forward to take her home as she gets well. Thank you for your prayers and support.”

The iconic singer was taken to the hospital due to viral chest congestion.

Bollywood celebrities such as Shahana Azmi and Hema Malini had also taken to their social media to pray for her speedy recovery.

The singer, who has recorded songs in over 36 Indian languages, turned 90 on September 28. She became a recipient of India’s highest civilian honour Bharat Ratna in 2001.

She is known for evergreen songs such as Pyar kiya to dard nu kyaa and Ajeeb dastan hai yeh.

ACCLAIMED: Edward Harrison Norton is an American actor and filmmaker. He has received multiple awards and nominations including a Golden Globe Award and three Academy Award nominations.

Norton doesn’t want to star in his next film

Actor-director Edward Norton doesn’t want to feature in his next directorial, and says it’s more antagonistic to the state of mind you want to be in as an actor.

Norton wears many hats in upcoming Motherless Brooklyn as he has written screenplay for the film, directed it, features in it and has produced the movie.

“I would very much like to direct a movie and not be in it next time. It’s a lot. I’ve done it before. It can be done. But, it’s not like I stepped into some transcendental level of multi-tasking. Orson Welles, Robert Redford, Sean Penn, Clint Eastwood and Warren Beatty have all done this,” Norton said.

“I think actors, when they reach a certain level of maturity of self within the craft, and if they’re lucky enough to have a close relationship with audiences, they develop — more than anybody else — a clear sense of where the sweet spot is for them. In making a movie from soup to nuts, a really special project, it will have the type of quality role exactly where we most like to see that artist. Clint Eastwood in Unforgiven; it’s not only a great film, it’s the distillation of everything that Clint does in a way that almost nobody does better. Warren Beatty in ‘Reds’ — he understood that in a way that no one else can understand it, and he just owned it. Kevin Costner in ‘Dances with Wolves’: You can point to many examples where people just know that a certain project is hand-wired into their DNA,” he added.

Those are exciting situations, and that’s what pushes people into the heavy lifting of doing it all. That’s definitely how I felt about Motherless Brooklyn,” Norton noted.

Norton’s crime drama Motherless Brooklyn is based on the 1999 novel by Jonathan Lethem. It follows Lionel Essrog (Norton), a young man who works for a small-time mobster in Brooklyn while struggling with an intense case of Tourette Syndrome.

The film revolves around Essrog’s decision to solve the murder of his mentor and only friend, Frank Minna (Bruce Willis).

Warner Bros. Pictures will release the film in India today. It also stars Alec Baldwin and Willem Dafoe.

Talking about the project, Norton said: “I’d created that fusion of things in a character that I really related to, in a story that is about my town. When talking to studio head Toby Emmerich about the project, he was incredibly encouraging — he said, ‘I really don’t think there’s any point to anyone else directing this. You know what you want out of this, and you should just do it.’ That was very empowering to me.”

He thinks the challenge is “best taken on by preparation. You have to over prepare. You can’t really practice improvisational filmmaking when you’re wearing multiple hats”.

Norton said: “Directing a movie is almost, by definition, antagonistic to the state of mind you want to be in as an actor. You want to be out of your head when you’re acting, and you have to have your head on top of everything when you’re directing. That means you’ve got to really own that character long before you ever step in to do it. That also means that if you’re going to have any hope of focusing as an actor, your preparation as a director…you have to have a game plan that moves like a machine, where your collaborators don’t need answers from you on the day as much as possible.

“We’ve thought it through, we’ve asked the questions — now we show up to execute. That way, you can carve a little bit of space for yourself to be the actor.”

Big B, SRK inspired Sidharth for Marjaavaan role

Actor Sidharth Malhotra says he drew inspiration from Amitabh Bachchan and Shah Rukh Khan’s performances in order to essay his larger-than-life role in the upcoming Marjaavaan.

“You don’t do larger-than-life things in real life. I am fighting with 10 people at the same time and I am breaking things (in the film). I have been a fan of (Amitabh) Bachchan saab or Shah Rukh (Khan) sir, who have played such roles successfully in their careers. I have taken inspiration from them, so that we can do something interesting in our zone. I think the things that you do in a film should look convincing and believable to the audience when they watch a film,” said Sidharth, while interacting with the media to promote Marjaavaan along with co-star Riteish Deshmukh and the film’s directorMilap Zaveri.

Marjaavaan tells the story of Raghu (Sidharth Malhotra) and Zoya (Tara Sutaria) whose world is turned upside down by a vertically-challenged gang leader (Riteish Deshmukh) with harmful intentions. Sidharth plays a larger-than-life character in the film.

Talking about the audience response to trailer and songs of Marjaavaan, the actor said: “I am excited with the kind of response the trailer and the songs is getting from the audience. Our film’s core is a love story, so when people appreciate the love songs of the film that means they are keen to accept the love story. I hope large number of people watch our film when it releases on November 15.”

Sidharth’s last few films such as Baar Baar Dekho, A
COMMUNITY

MES bags CBSE Qatar Cluster Athletic Championship title

MES Indian School, with its whopping 429 championship points including 60 gold, 98 silver and 9 bronze medals in U-14, 17 and 19 categories recently bagged the overall championship title in CBSE Qatar Cluster Athletic Championship.

In the boys' under-17 and 19 categories as well as the girls' under-14, 17 and 19 categories, MES won the overall championship, which was followed by Ideal Indian School with 273 points. In the girls' U-14 category, MES shared the title with Ideal Indian School. In the boys' U-14, Birla Public School bagged the winning title. Thirteen CBSE affiliated schools in Doha participated in the CBSE Qatar Cluster Athletic Championship. Hameeda Kadar, Principal of MES, congratulated the winners of the CBSE Qatar Cluster Athletic Championship 2019 and gave away the trophies to all the winners of the Championship. She also lauded the tireless efforts of the teachers of the Physical Education Department. With this win, the athletic squad of MES Indian School is qualified to participate in the Interschool CBSE National Athletic Championship Meet to be held between 26th and 30th November 2019 at Chhattisgarh in India.

Stenden Qatar holds blood donation drive

Stenden University of Applied Sciences – Qatar (Stenden Qatar), in association with Blood Donation Centre of Hamad Medical Corporation (HMC), recently organised a blood donation drive. Students along with academic and non-academic staff of the university took part in the drive. “We are very happy to be a part of this noble and very important initiative, the purpose of which is to save lives. As usual our students and staff were very excited and enthusiastic about participating in this initiative, and we can proudly say that our university community has always been actively engaged in various CRS activities across Qatar. Apart from being a high-quality higher education institution we contribute to the development of the local society in many different ways,” said Dr Ivan Ninov, Executive Dean of Stenden University of Applied Sciences – Qatar.

SIS athletes bag 56 medals in CBSE Qatar Cluster Athletic Championship

The athletes of Shanti Nilkanetan Indian School (SIS) recently bagged 9 gold, 18 silver and 29 bronze medals in the CBSE Qatar Cluster Athletic Championship 2019, organised by MES Indian School. The competition was divided in three categories, including U-14, U-17 and U-19 for boys and girls. Alayyah Mubarak, a student of Grade XII at SIS, achieved the U-19 individual Champion trophy with two gold medals.