Chesapeake Bay Foundation says goodbye to Fox Island as seas rise. P4-5

**Pop Spot**

‘Music is my drug, I’m totally addicted to it,’ says Summer.

Page 14

**Showbiz**

Bollywood embraces the imperfect look.

Page 15
**Isa Pa With Feelings**

**DIRECTOR:** Prime Cruz  
**CAST:** Maine Mendoza, Carlo Aquino, Cris Villanueva  
**SYNOPSIS:** Mara (Maine Mendoza), an aspiring architect, lives next door to Gali (Carlo Aquino), who is deaf. Fate brings them closer together when Gali becomes Mara’s sign language teacher. Gali asks Mara to be his dance partner for a recital, and things escalate from there as they develop feelings for each other. However, it’s undeniable that they’re very different.  
**THEATRE:** Royal Plaza

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**Housefull 4**

**DIRECTOR:** Farhad Samji  
**CAST:** Akshay Kumar, Pooja Hegde, Krystle Sanon  
**SYNOPSIS:** In 1419 Sitzangarh, three couples part ways due to an evil conspiracy. Six hundred years later in 2019 in London, the couple’s souls meet again, but this time each one of them is marrying the wrong person. How they come to realise about their true love is what forms the crux of the story.  
**THEATRES:** Royal Plaza, Landmark, The Mall

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**Quote Unquote**

“Success is a science; if you have the conditions, you get the result.” — Oscar Wilde

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**USEFUL NUMBERS**

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<td>Isha (night)</td>
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**COMMUNITY**

**Community Editor**  
Kamran Rehmat  
**e-mail:** community@gulf-times.com  
**Telephone:** 44466405  
**Fax:** 44350474
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 Büsselberg will be exhibited.

Gulf Times
Community Round & About
Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults. Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.
For those who wish to register for more details, visit www.mamangamqatar.in

Qatar International Art Festival 2019
WHERE: Katara Cultural Village
WHEN: Today
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

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.

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.

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.

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.

Shape your Leadership
WHERE: HEC Paris, Doha Campus
WHEN: November 10-11
TIME: 9am onwards
HEC Paris In Qatar offers ‘Shape your Leadership’ Executive Short Programme with HEC Paris Associate Professor ‘Valérie Gauthier’. This two-day programme is designed to help participants grow self-awareness and self-confidence and to learn to build trust as a team leader. It will also enable participants to have a positive influence over their surroundings and to develop strong leadership.

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.
Larry Laird remembers the first time he set foot on Great Fox Island. It was a summer Sunday in the early 1990s. The Smith Island native was curious to get a closer look at the lodge on stilts that rises dramatically above its marsh, surrounded by open water.

The 51-year-old has gotten to know the place intimately over the past seven years, staffing educational programmes the Chesapeake Bay Foundation has operated from the century-old former hunting lodge since the late 1970s. He’s taken kids crabbing, mucked through marsh with them and fished right out of his bedroom window.

But soon, he’ll make what could be his last visit. The bay foundation welcomed its last group of students to the island in October, started packing up the lodge, and put Fox Island up for sale.

“At least, what’s left of Fox Island. “I can’t believe how much is gone,” he said.

The collection of islands known as Great Fox Island, a mile from Maryland’s Dorchester County but in Virginia waters, has been shrinking gradually for decades, if not centuries. The land is sinking, still reacting to the collapse of glaciers thousands of years ago, and waters are rising, as the greenhouse effect from emissions warms oceans and melts polar ice.

Those gradual changes can be hard to see in many places, but they appear in sharp relief on Fox Island, which has lost 70% of its area over the past half a century. The archipelago gets its name from a vivid resemblance it once bore to a fox in full stride, its tail wagging north and nose pointed south.

Once tucked in a protective cove, the foundation’s lodge is now totally exposed to the elements on two sides. That means on a windy day or at unusually low tides, it’s too difficult and dangerous to keep bringing groups of students there, bay foundation leaders decided.

“It’s hard to even keep a boat here with a south wind,” said Paul Willey, director of education operations and administration.

For a generation, the lodge served as the closest link to what is known as subsidence, the sinking of the land, at a rate of about 1 millimetre a year.

“Islands like it have been losing ground to what is known as subsidence, the sinking of the land, at a rate of about 1 millimetre a year.”

— Donald Boesch, professor emeritus at the University of Maryland Center for Environmental Science.
Chesapeake most students could ever experience. The foundation aimed to strengthen that connection so that when students went back home they had a better understanding of how their actions upstream affect the bay and places like Fox Island, said Jeff Vardon, who has led outings at the lodge the past two years.

Students will no longer learn those lessons on Fox Island, though they will at three other education centres the foundation runs on the bay. But, Vardon suggested, perhaps that’s the most powerful lesson of all. Sea level rise has claimed a place that he and so many others have loved.

That loss calls attention to climate change like maybe nothing else can, he said.

“My home is gone,” Vardon said. “It makes people stop and think, ‘Maybe there’s something to this.’”

Hundred of years ago, Fox Island probably wasn’t so isolated, as part of a peninsula stretching from around Crisfield towards the mouth of the bay. Now, the only other remnants are a clump of islands known as Clump Island to the north, and to the south Watts Island, known for being a hiding spot for pirates.

In 1929, someone saw fit to build a hunting lodge there, and 50 years after that, the bay foundation bought it. What happened in the decades that followed, many visitors describe with the same word: magic.

From March through October, Vardon, Laird and many staff members before them brought groups as young as fifth graders and as old as college students. The lodge sleeps about 20, including their teachers.

No two trips were the same. Depending on what students were learning in their environmental science classes or after-school clubs, foundation staff would take them to test water quality or check on patches of underwater grasses. They might visit Smith Island and meet the famous cake baker Mary Ada Marshall, or go to Tangier Island to meet Mayor James “Ooker” Eskridge. It just depended on what students were learning about, or what the winds and the waves might allow.

The students left their mark, too. Graffiti covering the walls inside the lodge declare, “I’m on Island Time,” or quote Captain John Smith: “Heaven and Earth never agreed better to frame a place for man’s habitation.”

There are signs of fun, but also of focus on learning. In the cabin’s living room, dubbed the “Limbo Lounge” on one sign, a small disco ball hangs from the ceiling, near a map of the bay tacked up horizontally. Next to games of Jenga and Scrabble, shelves are filled with field guides to Chesapeake creatures. A buoy sticks up through the floor, rattling and knocking with the waves, a measure of the tidal stage.

“If we have them for three days, we’re really going to try to live and breathe that resource ethic,” said Norah Carlos, the foundation’s education outreach manager.

The lessons stuck with many visitors. One teacher told foundation staff that her former students have continued to share memories of trips to Fox Island, decades later. Trips have prompted students like Anthony Okonkwo, a senior at Pooleville High School in Montgomery County, to get more involved in environmentalism.

“Pulling multiple eels, pufferfish, rays, and rockfish out of the water reminded me of how healthy the Bay can be and the future I’m fighting for,” Okonkwo wrote in a post to the bay foundation’s website.

The future could be short for Fox Island, which now totals less than three dozen acres, much of it only inches above sea level. Islands like it have been losing ground to what is known as subsidence, the sinking of the land, at a rate of about 1 millimetre a year, said Donald Boesch, professor emeritus at the University of Maryland Center for Environmental Science. Sea level has been rising at close to 2 millimetres a year.

The result has been about a foot of sea level rise in the Chesapeake since the beginning of the 20th century. It’s expected to rise perhaps twice as fast, or faster, over this century, he said.

“What took a few hundred years in the past is now going to be played out in less than 100 years,” Boesch said.

While it came as no surprise that trips to Fox Island would one day end, the changes have, at times, still been alarming to see for those who have been visiting the lodge the longest.

Tom Horton, a former Baltimore Sun environmental writer who worked as an educator for the bay foundation in the 1980s and 1990s, recalled seeing underwater land where he once pitched a tent.

“It’s a little bit of a jolt,” he said. “You kind of see it happen over decades, but it’s still a shock when you come back and remember what your first impressions were.”

It’s most concerning not because of love for Fox Island and the lodge there, but for what it means for the bay ecosystem, said Karen Mullin, the foundation’s director of professional learning. Smaller islands in the Fox Island chain were once home to thriving colonies of black skimmers and royal terns, seabirds for whom the Chesapeake is a key stopping ground on the Atlantic Flyway.

“What we’re really talking about is the loss of habitat and the loss of land,” she said. “Every season you’re coming back and seeing large swaths of marsh disappearing. We see the bay rebounding. We see the land disappearing.”

Even laughing gulls, a bird Mullin equated to a squirrel for its ubiquity, have seen declines. The birds’ distinctive calls were common background noise to life in the lodge, she said. But in its last few years as an outpost for nature lovers, Fox Island has been silent.

— The Baltimore Sun/TNS
Vitamin D is essential for strong bones, because it helps the body use calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets, a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

Known as the sunshine vitamin, vitamin D is produced by the body in response to skin being exposed to sunlight. It is also occurs naturally in a few foods — including some fish, fish liver oils, and egg yolks — and in fortified dairy and grain products.

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet, even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:

- Increased risk of death from cardiovascular disease
- Cognitive impairment in older adults
- Asthma in children
- Cancer

Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

It's the vitamin that helps maintain bones, teeth and muscles, but levels can drop significantly once summer ends. Here's how to ensure you are getting enough:

**Supplements**

From April to September, most Britons produce all the vitamin D they need in their own bodies, as sunlight strikes their skin when they are outdoors. Levels drop significantly once summer ends. “It’s not having high levels of vitamin D that matters – it’s avoiding being deficient,” says Julia Newton-Bishop, professor of dermatology at the University of Leeds. The scientific advisory committee on nutrition recommends that everyone living in the UK should consider taking a moderate daily dose of vitamin D, which helps to keep your bones, teeth and muscles healthy. For people of relative good health, that is 10 micrograms. "For people with darker skin pigmentation, it’s generally harder to make the same amount of vitamin D from sunlight, so taking a daily supplement year-round should be considered," says Martin Hewison, professor of molecular endocrinology at the University of Birmingham. "You can either take a dedicated vitamin D supplement, or a multivitamin capsule, which will usually have a low level close to what the government advises. Eating certain foods can also partially address vitamin D deficiency – but it’s not enough on its own."

**Mushrooms**

“The skin of mushrooms has the ability to make vitamin D when sunlight hits it, just like human and animal skin,” says Hewison. “Leaving mushrooms outside where they are exposed to sunlight (if they are inside, window glass will block UVB rays that are used to make vitamin D) means they become vitamin D-enriched. Some mushrooms can now also be bought enriched.”

**Oily fish**

Few foods are naturally rich in vitamin D and the levels provided can be hit and miss. “Fatty fish such as mackerel, herring and salmon is the best option in moderate portions each week,” says Newton-Bishop. “Salmon in the wild get vitamin D from the plankton they eat, so wild Atlantic salmon, for example, will be rich in it, whereas farmed salmon may not have very much at all. Of course the other problem with fish is that it doesn’t appeal to vegetarians and vegans. In that case, the only natural source is mushrooms.”

**Fortified foods**

Fewer foods are enriched with vitamin D in the UK than in, say, the US, says Newton-Bishop. “So you have to rely more on naturally rich foods. However, some breakfast cereals are fortified with vitamin D, and it is also added to some yoghurts.” Researchers from the University of Birmingham found that a national policy of fortifying certain foods such as wheat flour could sufficiently address vitamin D deficiency.

**Cod liver oil**

"Along with the other benefits of omega and fatty acids, one tablespoon of cod liver oil provides far more than the government’s recommended daily intake, so that’s another alternative to taking a dedicated supplement," says Hewison.
Doha College raises funds for cancer research on Pink Day

The Charities Committee of Doha College recently marked Pink Day with various activities and raised an amount of QR25,133 via non-uniform day donations and bake sales for cancer research. Neil Thomas, Vice Principal of Doha College, was diagnosed with cancer earlier this year. Speaking about his battle with the disease, he highlighted the power of positivity, body image, self-esteem and mental health. He said, “The Charities Committee has been unbelievable in raising so much money. The students organised an incredible day and it was great to see everyone in pink. While my diagnosis was not an easy topic to talk about, I wanted to share my journey with students and highlight to them that having a positive outlook can help you get through the toughest of times. I also wanted to highlight that it is also OK not to be OK and encourage everyone to be kind to one another. The money raised will be split evenly between the National Centre for Cancer Care and Research in Qatar, where I received my treatment, and the Oddballs Foundation in the UK, who help raise awareness for testicular cancer. A huge thank you must also go to everyone who helped support such brilliant causes.”

Speaking on the occasion, Dr. Steff Sommer, Principal of Doha College, said, “Empathy and compassion being the most important qualities that contribute to successful learning and relationship building, we have yet again used Pink Day to celebrate these features. At the same time, we made sure that those who have been affected by cancer within our community – be it teachers, parents or friends of the members of our community – are supported and the charities that we support are the ones that focus on cancer research.”

Doha College joined forces again with Specialised Medical Solutions Qatar, who provided a mammography screening mobile unit to the Al Waab campus for free testing, offered to female staff and parents aged 45-69.

ICC organises ICC Inter School Dance Competition 2019

Indian Cultural Centre (ICC), under the aegis of embassy of India, recently inaugurated the ICC Inter School Dance Competition 2019 between different Indian Schools in Qatar at ICC, Ashoka Hall. A P Manikantan, President of ICC, along with the judges of the competition, including Dr. Gayathri Subramanian, Archana and Chethana, notable Indian performers and artistes, and Liliya inaugurated the event by lighting the lamp. Speaking on the occasion, A P Manikantan highlighted the importance of the competition for the young generation. The event was compered by Anjan Kumar Ganguly, Joint Secretary at ICC.

Vinod Nair, Vice President at ICC, introduced the judging panel. The event is headed by Dr Nayana Wagh, Head of Cultural Activities and Education at ICC, and supported by ICC management committee members. ICC Inter School Dance Competition 2019 has been initiated to promote various forms of Indian classical dances and to encourage the young performers engaged in various disciplines of performing arts. The competition is being held in categories, including Bharatanatyam, Mohinyyatam, Kuchipudi, Odissi, Kathak and Folk Dance. The prize distribution ceremony will be held on November 7 at ICC Ashoka Hall.

FESTIVAL Tulukoota, a socio-cultural organisation, recently marked Tulujatre festival at Old Indian Ideal School. The event featured various traditional performances, games, food and activities. Tiger dance was also part of the event. The management of the festival executed the ‘No plastic use’ at the event successfully. The event was sponsored by Advance Technical Services (ATS).
International Art Festival at Katara

MAPS International, in collaboration with Katara – the Cultural Village, has brought one of the largest art festivals in Qatar, the second edition of Qatar International Art Festival, where artists from over 60 countries are showcasing their talent and creativity, writes Mudassir Raja.

The second edition of Qatar International Art Festival (QIAF) continues to pull crowds at Katara where a variety of art-related activities are underway involving over 200 artists from different countries of the world. Since its dazzling and colourful opening ceremony on Friday evening, the art festival has been a major attraction at Katara where Doha-based and guest artists have been fascinating the art lovers and visitors with their live painting shows and exhibition of their creative pieces.

MAPS International, in collaboration with Katara – the Cultural Village, has brought one of the largest art festivals in Qatar where artists from over 60 countries are showcasing their talent and creativity. On its opening day, the event was attended by over 1,000 people.

Dr Khalid bin Ibrahim al-Sulaiti, General Manager at Katara, was the chief guest on the opening ceremony that was also attended by the ambassadors of Turkey, Iran, Mexico, Argentina, Australia, Ethiopia, and Ecuador. The festival kicked off with the exhibition of paintings, art works, sculptures and handicrafts. The guests and visitors appreciated and enjoyed the artistic creativities that have come together from different parts of the world. There are more than 400 artistic pieces at display that includes the works of as many as 90 artists coming from different countries to Qatar. Among the 110 Qatar-based artists 25 are Qatari nationals.

On the second day of the festival, the live painting show kicked off at 10am. From 2pm onwards, master classes conducted by eminent artists for other participants and the visitors explaining different techniques and genres of the paining were organised. Six different artists from six different parts of the world spoke about six different topics on the occasion.

The most significant event of the day was screening of the film about the works and achievements of late M F Hussain, a world-known artist. The film has been produced by his son Mustafa Hussain, who was present on the occasion and also led a master class, which was followed by a panel discussion on different art-related topics.

On third day, in the morning, the festival participants took part in the live painting sessions. However, the evening was made beautiful with an art fashion show ‘MAPS Artistic Fashion Show’. The fashion show, first time in Qatar, saw 50 models highlighting different art designs on their wardrobes. The show also included art designs depicted on different wearable items. It actually opened up a new avenue for the artists to show their skills. The show was divided into three different parts, including fashion wearable items, interior and home décor and artistic designs pasted on different utensils and other usable items.

Talking to Community, Mustafa Hussain said: "I used to be an artist with glass medium. However, now I have chosen another form of art that is film making. I am a cinematographer by profession. I have made about 40 films. "In the festival, I have screened a film that I have produced showing my father while he was painting. The name of the film is Six Days of Making that was originally produced in 1992. He painted on six different canvasses for six days. On the seventh day, he simply cleaned his art works calling it elimination saying only the elimination completes his creative work. The film was very well received." Mustafa appreciated the organiser Rashmi Agarwal, founder and president of MAPS, for bringing together 200 artists from 60 countries. "I have been part of different art festivals. I appreciate the organisers for such a big event. Further, Katara is a very beautiful place to host such kind of festivals. I am also amazed to see the multiplicity of artists at one place. Qatar is known for its love for art and artists. I am impressed by the modern architecture of the Doha city."

Mohamed Ali Sobhani, Ambassador of Iran, who was present at the festival to see the work of Iranian artists, said, "The most important thing is that Katara is promoting a variety of cultures through art activities. Katara is not only promoting seasoned artists but also encouraging the young, new and inexperienced ones. "I am very happy to see many Iranian artists taking part in the festival. For me, their art work is just a continuation of the traditions followed by the old masters. Iran has a very rich culture. Each art work on display here tells a story and has a philosophy."

Susana Anaya, an artist born and brought up in Mexico and settled in Switzerland, said: “I am really very happy to be in Qatar and to be a part of the festival. I have brought here two types of art works – dynamic and static. My art works convey a sense of connection. My paintings highlight both male and female energy. I show them not being divided but coming together.”

Sukha, an engineer by qualification and an artist by passion, said: “I have a university degree in industrial engineering but I also got art education. I feel very happy to see the volume of variety here. Every head has a completely different world!”

Artim Mirolevich, a professional artist, was born in Belarus and lives in New York, US. He said, “We are four artists who have come here in a team. We all have brought different genre of art here. My work consists of various paintings showing different kinds of human hearts. We all are very happy to be in Qatar."

Shabir-ul Hassan Siddique, a Pakistani artist born in Qadar, has displayed a big Arabic jug. “I have named the jug as Royal Pitcher. The jugo-sizd jug is made by different used items. The idea is to not to throw the waste and keep the environment clean.”
Al Shara continues to attract art lovers

**PANEL DISCUSSION:** A panel of artists talking about the evolution of art on the occasion.

**FILMMAKER:** Mustafa Hussain, artist, filmmaker and cinematographer, speaking on the occasion.

**RUNWAY:** The fashion show at the art festival saw 50 models highlighting different art designs on their wardrobes.

**LIVE SESSION:** Artists busy in live painting session.

**ON THE DISPLAY:** Guests, artists, and art lovers enjoying the art works on display.

**PANEL DISCUSSION:** A panel of artists talking about the evolution of art on the occasion.
Qatar’s splendid structures

“Architecture is the masterly, correct and magnificent play of masses brought together in light.” That is how world famous architect Le Corbusier defined architecture, demonstrating the inescapable bond between buildings and the light that sculpts and flows through them.

When electrical lights go up at night in Qatar, the beautiful landscape of the country comes to life in a new way. The night-time lighting not only accentuates the beauty of the state-of-the-art structures of Qatar, but also helps us relish the design of the buildings as well as the setting. These views are only complimented by the soft desert night breeze that can only be experienced here.

— Text by Azmat Haroon (@azmatharoon), photos by Sai Sanjay (@saisanjay25)
Researchers have found that drinking coffee is associated with improving sports performance in both men and women.

For the study, published in the journal *Nutrients*, the researchers from Coventry University in the UK picked 38 participants (19 men, 19 women) and found that drinking caffeinated coffee improves speed of cycling.

According to the researchers, participants restricted coffee consumption for 12 hours before drinking either — coffee providing (3mg.kg minus one) of caffeine, a placebo in water or nothing as a control.

In a 5km cycling time trial, following coffee ingestion, the performance of both men and women improved by approximately nine seconds and six seconds as compared with placebo and control, respectively.

No difference in performance was observed between the placebo and control.

The study’s findings suggest that both men and women respond similarly to coffee and that its ingestion may be a practical source of caffeine prior to exercise for improving performance.

The finding also contributes to the growing body of research that highlights the ergogenic benefit of coffee ingestion.

To date, much of the research on this topic has focused only on anhydrous caffeine and men, said the researchers. – IANS

**LIFESTYLE/HOROSCOPE**

**Drinking coffee improves sports performance: Study**

**ARIES**

March 21 — April 19

You may have some strong hesitation during the day. You may have to cover up the truth or say it out loud. If so, say what’s on your mind. You’ll be supported by the planets, which will help you formulate your ideas in a way that won’t shock people. In fact, you might even sway some of them to your point of view!

**TAURUS**

April 20 — May 20

There are moments when your clear thinking reveals your tremendous maturity. You’re not a dreamer, so it’s difficult to lead you into ambiguous situations. If you currently have sentimental affairs going on, this would be an excellent day to take stock, but try not to be too cold-hearted.

**GEMINI**

May 21 — June 20

In the past few days, you may have felt somewhat frustrated in your initiatives. Either outside obstacles (such as events that caused delays) or inner restraints (such as your apathy) presented a clear challenge. Before you can make any real progress, certain matters must be resolved. The day ahead may give you an opportunity to finally settle these issues.

**CANCER**

June 21 — July 22

It will be a stimulating day for you. You’ll feel great and have no trouble channelling all your energy into your activities. Don’t be surprised if you encounter some resistance. Creative as your ideas are, they may not suit everyone. In fact, you may confront some rebelliousness. Be persuasive and you’ll get your way.

**LEO**

July 23 — August 22

Be careful not to lose your temper today. You’re champing at the bit these days, though your daring nature has been restrained by financial and professional constraints. It’s useless to entertain grandiose illusions at the moment. Moreover, you can expect some confrontations if you try. If you’re advised to be more conservative, heed the suggestion.

**VIRGO**

August 23 — September 22

Today, time will freeze and even seem to go backward. Use this pause to reflect on your motivations. The astral clues seem to suggest that you’re currently settling questions that concern the fate of another person. Perhaps you should be spending an equal amount of time considering your fate as well.

**LIBRA**

September 23 – October 22

The climate is tense today. You’ll be aware of a feeling of restlessness and a longing for change, but you’ll also be reluctant to make any real moves in that direction. Your judgment tells you that complaints that don’t lead to action are meaningless. So why not be the catalyst that provokes some action?

**SCORPIO**

October 23 – November 21

You can interpret the day ahead as an open-ended question about you. You may have noticed certain physical or psychological aspects that you’re uncomfortable with. The day ahead may force you to take action to correct that attitude. You’ll accomplish a great deal if you share your concerns with a friend or relative.

**SAGITTARIUS**

November 22 — December 21

Sometimes people may reproach you for being less than tactful in relationships. The planetary positions are going to help you be more sensitive. You’ll feel like you suddenly have a much greater capacity for listening. Whether or not it’s true, others have the impression that you’re no longer so self-centred.

**CAPRICORN**

December 22 – January 19

You have an unusual gift for making a situation seem less dramatic. With today’s astral energy, you’ll witness crises of all kinds. You’ll be the one who reassures people and is able to sum up the situation objectively without panic or exaggerating. This, coupled with your legendary calm, makes for a great combination!

**AQUARIUS**

January 20 – February 18

Dare to express your ideas without fearing ridicule. This is what the planetary configuration has to say to you today. This is exactly what you like, because fear of ridicule is generally your downfall. The challenge for you is to say what you think clearly without borrowing the ideas of others. Dare to do it!

**PIGS**

February 19 — March 20

If you’ve felt the desire to write something, now is the time to do it. You certainly don’t lack imagination. Your problem may be that you have difficulty taking your prose seriously. Don’t think so seriously about being “a writer.” Just write and let people read what you write. A writer’s group would be a great way for you to come out of hiding.
Wordsearch

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

ANNEX  FLUX  SYNTAX
DUPLEX  ORYX  CORTEX
MATRIX  CALYX  JUKEBOX
APEX  HELIX  TELEX
EQUINOX  REFLEX  CRUX
MINX  CASHBOX  LATEX
BEESWAX  HOAX  XEROX
FLAX  SPHINX  DETOX
ONTX  CLIMAX  LYNX
BORAX  ICEBOX

Codeword

Sudoku

Bound And Gagged

Puzzles courtesy: Puzzlechoice.com
PUZZLES

Super Cryptic Clues

Across
1 Fortune-teller going round S. American city for insects (10)
7 Al has left one country for another (7)
8 String of islands off China? (5)
10 Hearing vowels in comfort (4)
11 Having a banquet? Order neat figs! (8)
13 Catty in a doggy way? (6)
15 Heartless Tennyson's new poem (6)
17 Presiding officer taking flier behind church (8)
18 Laundry used to be hot (4)
21 One article is about a desert (5)
22 Resolute detectives in action (7)
23 Dear sir - big upset for officers (10)

Down
1 They disguise king in multitude (5)
2 Tender turning of love (4)
3 American taking a long time in customs? (6)
4 Where schoolchildren bought food for friar's dance? (4-4)
5 Tail one wags in high spirits (7)
6 Documents get returned in books (10)
9 Death's nigh, perhaps - it may be deadly (10)
12 Delightful prince? (8)
14 Rough terrain for coach (7)
16 Frank or poor Dan locked up by police (6)
19 Edna goes back to southern mountains (5)
20 Expert holding right amount of land (4)

Solution

Coding

Answers

Wordsearch

Codeword
‘Music is my drug, I’m totally addicted to it,’ says Summer Walker

By Geoffrey Rowlands

Summer Walker does not enjoy doing interviews. The 23-year-old Atlanta native would rather have her music do the talking. She also claims to suffer from social anxiety and much prefers to spend time alone.

Yet this introverted young woman who has a US and UK smash hit with her debut album, Over It, used to earn her living as a dancer in a club. What is more, she actually admits to missing her dance.

“I have a dance area in my home. I love working out there and used to be pretty good. But I’m away so often now that I don’t get much chance to practice so I’m not as skillful as when I worked on it every day.”

Even her label boss, Justice Haiden at LVRN Records, is bewildered by the enigma that is Summer Walker. Before signing her, he followed Summer on her Instagram account. She was still working in the club so a video of her dance would be succeeded by one of her playing guitar and performing the songs which secured her record deal.

“Justice says I’m two different people who aren’t supposed to exist in one. I can understand what he means. I love being alone but I also love being with my boyfriend. I love people hearing my songs but I don’t like being front of an audience as the centre of attention. I find it very nerve-wracking. It would be great if I could just slide my music under the door for people and have them enjoy it.”

Summer’s emotional personality is clearly evident in her music. Thoughts and feelings which might otherwise be conveyed to close friends in private conversations are instead laid bare in her songs.

“If something is bothering me, I tend to hold it in because I don’t talk to a lot of people. When I have these things on my mind, I usually get my guitar out, start playing and I’ll often end up with a new song.

That’s how I tend to express myself and why so many of my songs are very emotional.”

Her musical ability seems to have been the saving grace for someone who actually describes herself as socially inadequate.

“I don’t really hang out with people. It takes a lot of energy out of me to maintain multiple relationships. Creating my music is completely different. I love music with all my heart. It’s like I have to breathe to stay alive. There is no choice about that and it’s the same with my music. It’s something I just have to do. Music is my drug and I’m totally addicted to it.”

Summer has been working on her music since she was 15. Inspired by vocalists such as Amy Winehouse and Erykah Badu, she began uploading video clips to Vine before switching to YouTube and Instagram.

But it was little more than 16 months ago when she first became known to the record buying public. Her song, Girls Need Love, not only attracted positive attention from critics and music fans but also caught the ear of Canadian superstar Drake.

“He heard my song being played over the sound system in a bowling alley. He sent me a message saying he was a big fan. I asked him if he’d like to get on a remix.”

Drake was too kind pleased to add his vocals to a second version of Girls Need Love and Summer suddenly found herself with an international hit single.

Her 12-song commercial mixtape, Last Day of Summer, became a hit on the Billboard 200. It paved the way for more singles success, most notably with Playing Games, and now her massively popular debut album.

“I’m really happy that so many people seem to like my album. The songs on Over It are all very special to me so it’s great that a lot of other people share my love for them.”

Over It was met with universal critical acclaim. Streaming accounted for a large part of the album’s Billboard 200 placing. The 120,000 streaming units during the first week of release translated into an enormous 154.7 million on-demand audio streams for the individual album tracks.

This marked the largest streaming week for an R&B album by a female artiste surpassing the record set by Beyonce in 2016 with her Lemonade album. It was also the second-biggest streaming week for an R&B album by any artiste. The Weeknd holds top spot here with 175.2 million on-demand audio streams for the songs on his 2016 album, Starboy.

Summer is currently promoting Over It via her first major concert tour. Entitled The First and Last Tour, she has no intention of ever again performing successive shows on such a grand scale.

“People wonder if the tour title is just a gimmick. But I really do want it to be my first and last big tour. I might do small stuff in the future maybe five or six dates, but nothing more than that. I want people to enjoy what I do but I’d prefer them to be content with just hearing my songs on record rather than seeing me perform in concert.”

Charli XCX / Nasty Cherry

Netflix subscribers will soon have the opportunity to follow the creation and development of Nasty Cherry, the all-girl group put together by English singer / songwriter Charli XCX.

The six-part series, I’m With The Band: Nasty Cherry, follows the group as they attempt to establish themselves in the music business.

The entire concept of creating both the band and the show was dreamed up by Charli and her best friend, Emme Lichtenberg.

“The project was started when I was between things in my own career,” explained 27-year-old Charli. “I feel very nervous about how people will react to the TV show. We had no background in the TV business so it’s my first foray into this kind of thing and the truth is that none of us really knew what we were doing.

“I’m really proud of what we’ve done though. There have been other people who helped along the way but the core team was just us. I love the band and the series will show what it’s really like to be in music today. I don’t think anyone else has documented the realities of that in 2019.”

Season one of I’m With The Band: Nasty Cherry debuts on November 15. The promotional trailer can be viewed at YouTube.com/watch?v=wdGLR3nvgmc.

Punk’d. But no one appeared to let them in on the joke and they finally grabbed it was all for real when the plane took off without them.

Jessica and Lisa are now pursuing legal action against Qantas after releasing photos, a phone recording and alleged witness statements to support their account of events.

In rather happier news, Jess has just announced their engagement to musician Kai Carlton. Lisa is married to American actor Logan Huffman. The couple will shortly celebrate their first wedding anniversary.

In brief

Kurt Cobain

A stained and cigarette-burned cardigan worn by Nirvana frontman Kurt Cobain has been sold by Julien’s Auctions for 137,000 USD. Said to be the most expensive sweater ever sold at auction, it was described as ‘the holy grail of any article of clothing that he ever wore.’

The garment was worn by Kurt, who committed suicide in April 1994, during Nirvana’s 1993 MTV Unplugged performance. It has never been cleaned since that time. The previous owner had bought the cardigan for 137,000 USD. The latest sale gave a handsome return of more than double the price.

The cardigan was among 700 lots offered for sale during Julien’s Icons & Idols: Rock ‘N’ Roll auction held at the Hard Rock Cafe in New York. The Beatles, Elvis Presley and Janis Joplin are just a few of the major artists whose belongings went under the hammer.

But it was another item of Kurt’s property, his custom-made Fender Mustang guitar, which created more headlines. Having previously spent several years on display at the Rock And Roll Hall of Fame in Cleveland, Ohio, the guitar was sold for 340,000 USD.

The VeronicaCs

Australian duo The Veronicas were flown off a Qantas Airlines flight from Sydney to Brisbane but thought they were being subjected to a prank.

Sisters Jessica and Lisa Origliasso got into a spat with cabin crew about the baggage they were trying to store in an overhead locker. As far as they were concerned, the girls believed they were doing nothing wrong and could not understand why the cabin crew created a situation which they claim was ‘incredibly intimidating and confusing.’

This is why they thought they were being set up by Ashton Kutcher’s hidden-camera show, Punk’d. But no one appeared to let them in on the joke and they finally grabbed it was all for real when the plane took off without them.

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Bollywood embraces the imperfect look

By Durga Chakravarty

Roop tera mastana seems to be old school now. Bollywood, which once exponentially spotlighted well-chiselled bodies in men and perfectly fair belles in cinema, has taken to celebrating imperfections and age on the mainstream screen.

Moving away from classic fairy-tale-ish stories, Bollywood, over the past half a decade or so, seems to have undergone a transition of sorts, as cinephiles lap up authenticity, ageism and flawed off-track characters more than make-belief.

One cannot go wrong in crediting actor Ayushmann Khurrana to a large extent for this. He feels that Bollywood is now a place where colour, appearance and age do not matter anymore.

“We have been used to manicured perfect heroes over the years. And for a common man it is difficult to achieve that. Maybe fighting with 10 goons is not easy and not practical at the same time or maybe having those six-pack abs for somebody who is doing a nine-to-five job and is a lower-middle class person struggling to make a living. You don’t expect that person to have a six-pack. It is important instil confidence in the masses otherwise they will get complexes. ‘Hey, somebody who is doing a nine-to-five and is a low-middle class person should not aspire to be perfect’ or ‘can my hair fly like that’ or ‘can my kajal be like that’ and ‘can my skin be like that’? It has a very aspirational value,” Yami said.

Yami feels that the reason that imperfect characters are paving their way into the audience’s hearts is because of issues are now being openly discussed in our mainstream films.

“The reason that these films are working in the heartland is because you have put the common man on screen, (and) are literally talking about issues that they perhaps talk about behind closed doors. It is interesting and I am glad. I have not heard someone being cast or being rejected on the basis of colour or appearance,” she added.

But is age still a detrimental factor for an actor’s career in Bollywood?

Veteran actor Boman Irani, who took the bold step of starring as a 60-year old man in Saand Ki Aankh, says age does not matter anymore.

“I am never unhappy that I took my time. I am almost 60 and I am a student learning to be a screenwriter. Who made the rule that you can’t learn something new at the age of 60? There are no rules and timelines for dreams and wishes,” Boman said.

Actor Bobby Deol, 50, who is in his “new innings” right now, too, does not feel age is a barrier.

“It (age) is not detrimental to an actor’s career. I think there is a right time in everyone’s life to do the right thing. I am never unhappy that I took my time. I am almost 60 (and) I am now a student learning to be a screenwriter. Who made the rule that you can’t learn something new at the age of 60? There are no rules and timelines for dreams and wishes,” Boman said.

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NRMA marks Chhath festival

Non-Resident Madhesi Association (NRMA) recently marked Chhath festival at Sea Line Beach. The event was attended by notable personalities, including Surendra Yadav, Birendra Kumar Sah, Badri Yadav, Chandra Bir Yadav, Saroj Prasad Sah, Shiva Kumar Pal, Ram Nandan Gupta, Sanjay Shah, Ram Jaram Sharma and Jitendra Kumar Mahato. Speaking on the occasion, Basant Kushwaha, Chairman of NRMA, said that the celebration of festivals brings Madhesi community together.

- Text and photo by Usha Wagle Gautam

Students of DPS-MIS to organise the 5th edition of TEDxYouth@DPSMIS

The students of Grade XII at DPS Modern Indian School (DPS-MIS) are all set to organise the fifth edition of TEDxYouth@DPSMIS on November 7 under the theme of ‘Resolve to Reform’. The event aims at encouraging, fostering, and enabling the attitude of constant change among students. TEDxYouth@DPSMIS seeks to become an event dedicated to resonate inspiring voices and share innovative ideas and is back featuring some of the most influential speakers from the community ranging from an Oscar Nominee to an Ambassador. The event will be live-streamed across different social media platforms.

QYH conducts a cultural amalgamation programme

Qatar Youth Hostel (QYH), affiliated with the Ministry of Cultural Affairs, recently conducted a cultural amalgamation programme. Five students of Birla Public School and six from Al Bayan Preparatory School were part of the programme. The students, along with their teacher co-ordinators, visited Mushairib Museum. The aim of the programme was to share the cultural differences of India and Qatar. Presentations as an insight to the history and culture of Qatar and India were also presented on the occasion. The programme was planned and executed by Abdullah, Head of Activity Department at Qatar Youth Hostel and Hashim T K, Head of Arabic Department at Birla Public School.