Hello winter!

Useful tips for exercising outdoors this season. P4-5

Bollywood

Society’s loss if student becomes ganster: Jimmy.

Hollywood

Lana makes spoken-word album as ‘reparation’ to Native Americans.

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Page 15
PRAYER TIME

Fajr 4.53am
Shorooq (sunrise) 6.17am
Zuhr (noon) 11.34am
Asr (afternoon) 2.31pm
Maghreb (sunset) 4.51pm
Isha (night) 6.21pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44490000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44594050
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Star Wars: The Rise Of Skywalker
DIRECTION: J.J. Abrams
CAST: Adam Driver, Daisy Ridley, Billie Lourd
SYNOPSIS: The surviving Resistance faces the First Order once more as Rey, Finn and Poe Dameron's journey continues. With the power and knowledge of generations behind them, the final battle commences.
THEATRES: Landmark, Royal Plaza, The Mall

Hero
DIRECTION: P. S. Mithran
CAST: Sivakarthikeyan, Abhay Deol, Arjun Sarja
SYNOPSIS: A superhero origin story that is also a spiritual sequel to Shankar's Gentleman. Story of the movie is about the education system of India and how a superhero changes the system.
THEATRES: Landmark, The Mall, Royal Plaza

“Life imitates art far more than art imitates life.”
- Oscar Wilde
The Colour Run 2020
WHERE: QNCC
WHEN: January 25
TIME: 7am – 10pm
Your Health First is a five-kilometre, untimed event. At each kilometre mark, Colour Runners are doused from head to toe in a different coloured powder. Participants wear white at the starting line and finish the race plastered in colour. Once the 5km is over, the fun continues at the Finish Festival, a larger-than-life party equipped with music, dancing, photo ops, activity booths, vendors, and more massive colour throws., which create millions of vivid colour combinations.

Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the Qatar-India 2019 Year of Culture 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.

Al Wakalat Car Market 2019
WHERE: Parking opposite to Khalifa International Stadium
WHEN: Ongoing till December 28
TIME: 4pm – 11:59pm
Al Wakalat Car Market aims to congregate car enthusiasts, prospective buyers, and automotive retailers with the best deals of the year in a single location. Al Wakalat Car Market will enable visitors to have access to cars at their best offers of the year, which ensure to clear out stocks of approved cars.

Winter Dragon Boat Festival 2020
WHERE: Museum of Islamic Art
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Row, paddle, hurry up! Qatar’s largest water sports, Winter Dragon Boat Festival is back to show us their fast rowing skills. Dragon boating is a canoe-sport and was originally a traditional festival game dating back 2,000 years throughout Southern China. It has now become a popular sport with competitions held around the world.

Public Speaking Classes for Adults
WHERE: Sharq Capital, C-Ring Road
TIME: 8:30am – 1:30pm
Hobby Classes
WHERE: Inspire Training Academy, Najma St.
WHEN: December 25 – 29
TIME: 8:30am – 1:30pm
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.

Winter School for Grade IX-XII
WHERE: Inspire Training Academy, Najma St.
WHEN: December 25 – 29
TIME: 8:30am – 1:30pm
Developing the leader within every teen today — for a better world tomorrow. Each student deserves to discover their potential and acquire the skills, confidence and motivation to make things happen and bring about change. The five-day leadership and innovation programme is an exciting series of interactive workshops, energetic activities and fun-filled challenges specifically designed to inspire and enable each and every student to uncover their unique abilities, develop greater confidence and master strategies for success in the classroom and beyond. Programme leader, Dr Ramesh Ramchandran is Vice Dean and Professor of Strategy and Planning at the O.P. Jindal Global School, India. The event is organised by Right Track Consultants. For registration details, contact 55448835.

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Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

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Warm up for the cold

Exercise is safe for almost everyone, even in cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud’s disease, check with your doctor first to review any special precautions.

Frigid temperatures can discourage even the most motivated exercisers. Without motivation, it’s easy to pack away your workout gear for the winter. But you don’t have to let the cold weather spell the end of your fitness routine. Try these tips for exercising during cold weather to stay fit, motivated and warm.

Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you’ll be outside, are key factors in planning a safe cold-weather workout.

Wind and cold together make up the wind chill, a common element in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even with warm clothing.

The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Any exposed skin is vulnerable to frostbite.

The risk of frostbite is less than 5% when the air temperature is above 5°F (minus 15°C), but the risk rises as the wind chill falls. At wind chill levels below minus 18°F (-28°C), frostbite can occur on exposed skin in 30 minutes or less.

If the temperature dips below zero F (-18°C) or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Consider putting off your workout if it’s raining or snowing unless you have waterproof gear.

Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Know the signs of frostbite and hypothermia. Frostbite is an injury to the body that is...

Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you’ll be outside, are key factors in planning a safe cold-weather workout.
caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet. Early warning signs include numbness, loss of feeling or a stinging sensation. Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — but don’t rub it because that can damage your skin. Seek emergency care if numbness doesn’t go away.

Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are at greater risk.

Hypothermia signs and symptoms include:
- Intense shivering
- Slurred speech
- Loss of coordination
- Fatigue

Seek emergency help right away for possible hypothermia.

Dress in layers

Dressing too warmly is a big mistake when exercising in cold weather. Exercise generates a considerable amount of heat — enough to make you feel like it’s much warmer than it really is. The evaporation of sweat, however, can make you feel chilled. The solution? Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat and then put back on as needed. Next, add a layer of fleece or wool for insulation. T op this with a waterproof, breathable outer layer. You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you’re lean, you may need more insulation than someone who is heavier. Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Protect your head, hands, feet and ears

When it’s cold, blood flow is concentrated in your body’s core, leaving your head, hands and feet vulnerable to frostbite. Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty. Consider buying exercise shoes a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don’t forget a hat to protect your head or headband to protect your ears. If it’s very cold, consider wearing a scarf or ski mask to cover your face.

Don’t forget safety gear and sunscreen

It’s as easy to get sunburned during cold weather as it is in summer — even more so if you are exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UV A and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark sunglasses or goggles.

Drink plenty of fluids

Don’t forget about hydration, as it’s just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you’re not really thirsty. You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind and increased urine production, but it may be harder to notice during cold weather.

Putting it all together for cold-weather safety

These tips can help you safely — and enjoyably — exercise when temperatures drop. Closely monitor how your body feels during cold-weather exercise to help prevent injuries such as frostbite. Consider shortening your outdoor workout or skipping it altogether during weather extremes, and know when to head home and warm up. Also, be sure to let someone know your exercise route and your expected return time, in case something does go wrong.

— Mayo Foundation for Medical Education and Research

10 reasons why winter is a good time to work out

Soak in some sun

It can be hard to find some sun in winter, but regularly getting outdoors around midday to soak up your vitamins and exercise can help give you body a boost of Vitamin D. Remember to use sun protection when the UV index increases. 3 or above and all year round in the snow.

Boost energy

Who needs Red Bull when you’re not exercising? Research shows that regular exercise can help you feel more energized. Goodbye winter blues, hello ready for Spring.

Sleep like a baby

When it’s freezing outside and the house is overheated, it can be difficult to get to sleep. But guess what? Exercise can help with sleep too. Tired muscles can help your body feel sleepy more quickly in order to reap the benefit.

Join a team

There’s a ton of winter sports that are especially fun. From socio-sports like curling, to solo sports like snowboarding or snowmobiling. If it’s icy or snowy.

Change your body shape

Arms, eat your heart out. Consistent, challenging exercise can increase muscle mass while decreasing fat so you become stronger and leaner.

Stress less

Put down that bottle of red wine. There’s a healthier way to unwind in winter and live your best life, and it’s called exercise. For some, a good workout can be more relaxing than a hundred zen gardens, so go to it.

Love yourself

When it’s cold and miserable outside it can be pretty hard to feel good about yourself indoors. Luckily, hitting winter exercise goals can be great for your self-confidence and self-esteem.

Meet mates

Winter fun runs, sports, boot camps and the snowfields can be great places to meet people and fulfill your cold-weather workout needs.

Goodbye calories

Exercise helps raise your metabolism to get your body burning calories and the more lean body mass you have, the more you can burn throughout the day. Getting more bang for your buck? Yes, please.

Hello happy

As Elle Woods once said, Exercise gives you Endorphins. Endorphins make you happy. A great winter workout might leave you feeling happier than you did at the start of a long weekend (which is seriously happy).

Don’t forget about hydration, as it’s just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you’re not really thirsty. You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind and increased urine production, but it may be harder to notice during cold weather.
ISA organises 104th technical seminar

International Society of Automation (ISA) Qatar Section, one of the largest worldwide professional body of Automation engineering professionals, in association with M/s ZEGAZ Instruments and Petro Emphor, recently organised its 104th technical seminar on Simultaneous measurement of moisture and hydrocarbon dew point in natural gas using infrared spectroscopy. Maryam Zavar, Vice President of ZEGAZ, presented about using chilled mirror evanescent infrared spectroscopy technology for directly measuring dew point of natural gas on the occasion. ISA is playing a vital role for technical upgradation and introduction of latest technology being used in various oil and gas industries amongst the control engineers of Qatar via regularly arranging technical seminars, conferences, symposiums, exhibitions. Nilangshu Dey, President of ISA Qatar, presided over the event. The seminar was attended by Automation engineers of Qatar Petroleum, Qatar Gas, QAFAC, QChem, QAPCO, Oryx GTL, OVC, QASCO, Worley Parsons, Technip, DOPET and other reputed engineering and contracting companies of Qatar.

Toastmasters Division B organises a workshop for gaveliers

Toastmasters Division B (District 116) recently organised a workshop for gavelers on ‘Communicate and Collaborate’ at Birla Public School auditorium. Over 50 children aged between 11 and 18 attended the workshop.

In the first session, Nisha Shivram, an experienced toastmaster and the Region 11 first runner up in World Championship of Public Speaking – 2019, spoke about the nuances of public speaking and speech delivery in her session ‘Own the Stage, Win the Hearts’. The second session led by Sunil Kumar Menon, champion speaker and trainer in Qatar Airways, focused on the importance of teamwork and how leaders can get the best out of their team members. Besides learning about the various facets of collaboration, the participants took part in some engaging team games and activities. Janvi Ranish was the Chief Sergeant at Arms, while Varoub Mini V and Krithika Kannan hosted the event. Alarmel Mangai, Division B Gavel Clubs Co-ordinator, managed the event. Ravishankar J, Division B Director, also spoke on the occasion. The workshop was attended by Lesley Mathew, District 116 Gavel Clubs Co-ordinator, and Riana Pinto, Assistant Division (B) Director for Programme Quality, along with the counsellors of different gavel clubs.

BEACH CLEAN-UP: Starlink recently organised a beach clean-up drive along with coastline of Al Freiha Beach in the North of Qatar as part of Qatar National Day celebrations. Over 100 employees of Starlink took part in the drive. They collected plastic bottles, plastic bags and styrofoam boards amongst other things found on the shore and drifting into the sea. Freiha beach is located near to the Archaeological site of Al Zubarah Fort, a historic military fortress and a Unesco recognised heritage site.
Nepali organisations mark ethnic festivals

Nepali organisations, including Kirat Yakthum Chumlung (KYC), Kirat Rai Yayokkha (KRY) and Sunuwar Service Society (SSS) recently jointly organised an event to mark ethnic festivals, including Chasok Tangnam, Sakela Udhauli and Rapawa Shyadar Pidar. Udhauli is the annual festival celebrated by Kirat community of eastern Nepal, marking the migration of animals and birds to low altitude towards warmer regions as the winter season arrives. The event was chaired by Rajendra Samyankhyam Limbu, Chairman of KYC. Shiva Bhujel, Chairman of Federation of Indigenous and Ethnic Communities (FIEC), was the chief guest on the occasion. The event kicked off with the national anthem of Nepal, which was followed by candle lighting ceremony. The speakers at the event, included Buddha Pandey, Dhiren Gurung, Dambar Limbu, Dhraj Chamling Rai, Kishore Sunuwar and Kamal Mani Guragain. The event featured performances by various local Nepali artists dressed in ethnic wear. Kala Rai, notable Nepali singer, also performed at the event. The artists of Kirat Yakthung Chumlung performed folk dance. Artists associated with Sunuwar Service Society (SSS) performed a Nepali cinematic dance and a folk Jhakri dance. KRY Qatar artists also performed at the event.

– Text and photos by Usha Wagle Gautam

Aster marks World Antibiotic Awareness Week with different events

Aster Medical Centres and Aster Hospital Doha, a division of Aster DM Healthcare, one of the leading integrated healthcare services provider in Asia, recently observed World Antibiotic Awareness Week (WAAW) with a series of activities and urged healthcare professionals and community to become Antibiotic Guardian. The campaign was held at all Aster Medical Centres and Aster Hospital across Qatar. The inauguration of the one week campaign was held at Aster Hospital by Dr Sameer Moopan, CEO of Aster Qatar, along with Kapil Chib, COO of Aster Hospital, Dr Mahesh Patel, Head of Quality Assurance Aster Qatar; Dr Raghuv K H, Medical Director at Aster Hospital; Dr Anoop Sinha, Head of Infection Control; Dr Nora Vaitkienė, Consultant of OB/G; and Dr Sarat Shetty, Urologist of Aster Hospital.

WAAW is an international campaign initiated by World Health Organisation (WHO) which aims to increase global awareness of antibiotic resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance. During the one week campaign, Aster reached out to the patient, public and health professionals via direct contact and through a social media campaign using infographics, posters and success stories to raise awareness of the need to act on antibiotic resistance and what kinds of steps we can take. As a part of awareness week more than 1,000 community members and around 500 healthcare professionals were participated to create awareness about antibiotic resistance.

Dr Sameer Moopan, Chief Executive Officer at Aster DMH Qatar, reiterated on theme of WAAW campaign, ‘the future of antibiotics depends on us all’, that reflects the overarching message that antibiotics are a precious resource and should be preserved. They should be used to treat bacterial infections, only when prescribed by a qualified health professional. Antibiotics should never be shared and should be taken as directed and not saved for the future. Antibiotic resistance, however, limits and can even eradicate the power of antibiotics, putting individuals and communities at greater health risk.

Talking on the initiative, Dr Anup Sinha said, “Antibiotic resistance arises when bacteria survive despite encountering antibiotic medicines designed to kill them. As a result, many infections have become increasingly difficult to cure. Ever since the discovery of antibiotics they have served to the benefit of mankind. However, the persistent overuse and misuse of Antibiotics in human and animal health have led to emergence and spread of antibiotic resistance which occurs when microbes such as bacteria become resistant to the drugs used to treat.”

Dr Nora Vaitkienė stated that consuming antibiotics when one doesn’t need those, speeds up the process of antibiotic resistance. Dr Nara said, “We work together to ensure antibiotics are used only as a precious resource only when necessary.”

Dr Mahesh Patel, Head of Quality Assurance Aster Qatar, said the more antibiotics are used, the more chances bacteria to become resistant to them. Major causes of antibiotic resistance include using antibiotics when they are not needed and not taking antibiotics at the doses and times that a doctor prescribes - this allows time for the bacteria in your system to become resistant.
With such a rich cultural and historical heritage, the Austrian capital is a wonder to wander but don’t overlook its diverse neighbourhoods, cuisine and culture, writes Kevin Rushby.
heritage and culture like a local

as Café Schwarzenberg, which even has friendly service. Café Diglas and Café Prascherhuber almost manage the same feat, despite being right in the centre of the old town. Kaffee Alt Wien, founded in 1936, is a relative newcomer, but offers a more informal, youthful atmosphere. Further afield, in the 4th district, a splendid example of a local coffee house is Café Anzengruber, run by a delightful mother-and-son team (I recommend the goulash). Café Hummel in the 8th is equally reliable and authentic.

When to go
Winters are usually very cold, but the Christmas markets, ice-skating (head to Rathausplatz) and snow make the city look idyllically festive. In the hot summers, enjoy riverside beaches on the Danube, open-air public baths and ice-cream parlours. To avoid extremes, both of temperature and tourism, try May or September.

Getting there
I travel by rail every time; if you set off early from London, you can reach Vienna the same day. From St Pancras, take the 6.47 or 7.16 Eurostar to Brussels; change to the 10.25 high-speed ICE train to Frankfurt; then take the 14.21 ICE to Vienna, arriving at 20.45 (tickets from £110 each way if booked in advance, more advice at seat61.com). Austrian rail operator ÖBB is introducing new sleeper services direct from Brussels to Vienna in January, initially on Mondays and Thursdays (return journey Sunday and Wednesday) leaving the Belgian capital at 18.30. ÖBB aims to run this service on other nights, too, by the end of 2020.

Where to stay
The Beethoven (doubles from €150 room only) is well situated on Naschmarkt, opposite the old entrance (the Papagenotor) of the Theater an der Wien, a few minutes walk from the Vienna State Opera. Each floor has its own carefully researched locally based theme and each room dedicated to a prominent artist or cultural icon with Vienna links. More affordable is the Senator (doubles from €60 room-only) on Hernals Hauptstrasse in the 17th district, a 20-minute or so tram ride from the centre. Central to located hostels include Prime Rooms 2.0, with dorm beds from €18.

– The Guardian

SETTING STANDARDS: Natascha Mar and Denys Cherevychko of the Vienna State Ballet. Vienna pretty much sets the standard for the rest of the world when it comes to classical music, and 2020 marks the 250th anniversary of Beethoven’s birth.

WINTERS DELIGHT: The area in front of Rathausplatz is transformed into a huge ice rink from January until March.

ARCHITECTURAL HISTORY: The Looshaus in Michaelerplatz, offended upper-class Viennese people with its ‘obscene nakedness’ (lack of window-roofing) upon completion in 1912.
Tech use in the US over the past 25 years

From smartphones to social media, tech use has become the norm. As of 2019, nine in 10 U.S. adults say they go online, 81% say they own a smartphone and 72% say they use social media.

The percent of adults who say they own or use each technology

- 96: Cellphone
- 90: Internet
- 81: Smartphone
- 74: Desktop/laptop
- 72: Social media
- 52: Tablet

Source: Pew Research Center
Graphic: Staff, TNS
Men think they are better liars than women: Study

Men are twice as likely as women to consider themselves to be good at lying and getting away with it, researchers have found.

The study, published in the journal PLOS ONE, revealed that expert liars also prefer to lie face-to-face, rather than via text messages, and social media was the least likely place where they’d tell a lie.

“We found a significant link between expertise at lying and gender. Men were more than twice as likely to consider themselves as expert liars who got away with it,” said study researcher Brianna Verigin from the University of Portsmouth in the UK.

Previous research has shown that most people tell one-two lies per day, but that’s not accurate, most people don’t lie everyday but a small number of prolific liars are responsible for the majority of lies reported. “What stood out in our study was that nearly half (40 per cent) of all lies are told by a very small number of deceivers. And these people will lie with impunity to those closest to them,” Verigin said.

For the findings, the research team surveyed 194 people – half men and half women, with an average age of 39, about their lying habits – how often they told untruths, about what and to whom. They were asked a series of questions including how good they were at deceiving others, how many lies they would tell in the past 24 hours, the type of lies they’d told, who to, and whether they’d done so face-to-face or via other means.

“The more able people are to detecting lies, the more lies they will tell,” Verigin said. “And these people will lie with impunity to those closest to them.”

The study found one of the key strategies of liars is to tell plausible lies that stay close to the truth, and to not give away much information. And the better the thinker they are at lying, the more lies they will tell.

The most commonly used strategy among all those who admitted to lying, whether experts or poor liars, was to leave out certain information. But expert liars added to that an ability to weave a believable story embellished with truth, making the lies harder to spot.

“Time after time, studies have shown we are not as good at detecting lies as we think we are. At best, most of us have a 50:50 chance of getting it right when someone is pulling the wool over our eyes,” Verigin said.

“We wanted to focus on those who are good at lying and try to understand how they do it and to whom,” She said.

The study found one of the key strategies of liars is to tell plausible lies that stay close to the truth, and to not give away much information. And the better the thinker they are at lying, the more lies they will tell.

The most commonly used strategy among all those who admitted to lying, whether experts or poor liars, was to leave out certain information. But expert liars added to that an ability to weave a believable story embellished with truth, making the lies harder to spot.

In contrast, those who thought they were not good at lying resorted, when they did lie, to being vague.

Overall, of the 194 people, the most common types of deception, in descending order, were ‘white lies’, exaggerations, hiding information, burying lies in a torrent of truth and making up things.

Most people chose to lie face-to-face, then via text message, a phone call, e-mail, and last, via social media.

Most expert liars lie most often to family, friends or colleagues. Employers and authority figures were least likely to be lied to.

“Prolific liars rely on a great deal on being good with words, weaving their lies into truths, so it becomes hard for others to distinguish the difference, and they’re also better at hiding lies within apparently simple, clear stories which are harder for others to doubt,” Verigin said. – IANS

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

Your audience will be attentive to you today. Take the lead and others will follow. Be yourself and project your voice into the auditorium of eager listeners. Information will flow freely, and you shouldn’t discount any ideas from the peanut gallery. Be open to questions and comments from others. Their participation is vital to your performance.

CANCER
June 21 – July 22

Try not to read too much into other people’s words today. You may have spent hours tearing apart every off-the-cuff remark. You may build up a wild scenario in your head regarding what that person is saying. Instead of trying to sneak up on the answer through the prevailing winds and your relationships will be much better off. Concern yourself with the facts.

TAURUS
April 20 – May 20

You could feel confident today, and you should have a strong idea of exactly what it is you want. Information is power. Others are working to wield power over you. Don’t let them get away with it, especially today. Encourage synergistic behaviour among all parties. You can accomplish a great deal by working together instead of against one another.

GEMINI
May 21 – June 20

Your mind will expand today. You’ll feel like there is a ton of information crammed into your head that needs processing. Regarding big projects, try to finish them as quickly as you can. The best policy is to pace yourself. If you wait until the last minute to finish, the quality of your work will suffer. Make a plan and maybe even a timeline. Set small deadlines as you go along.

LIBRA
September 23 – October 22

Get involved with the energy of today so you don’t get lost out of the loop. Your contribution to the group is important. You should foster positive relationships among all parties. Think big. You can do no wrong by expanding your mind out into the minds of others. Make a commitment to quench your thirst for knowledge and freedom through information.

LEO
July 23 – August 22

Long-term trends are coming to an important climax now. This dramatic period is highlighted by the added amount of information being thrown your way. Try to make small adjustments to your direction that incorporate this new information. Be aware of the prevailing winds and your relationships will be much better off.

SCORPIO
October 23 – November 21

You can add more tools to your toolbox today. Express your concerns and you’ll find helpful remedies present themselves. Keep the lines of communication open and let the information flow. There’s a great expansiveness that comes when you think for yourself – and think big. Don’t get bogged down with the emotional side of things. Concern yourself with the facts.

SAGITTARIUS
November 22 – December 21

Join others before you make your big travel plans. The smallest idea can be quickly transformed into a huge plan of attack, thanks to the prevailing winds of the day. There’s a light, communicative feeling in the air encouraging co-operation. If you find that people aren’t chiming into the group effort, you may want to excuse them from the group.

CAPRICORN
December 22 – January 19

Don’t get stuck doing just one thing today. The more varied your activity, the easier it will be for you to integrate the different pieces of the puzzle. This is a day to think big. The more you know, the greater an asset you’ll be when it comes time to solve the biggest problems. Learn how to multitask effectively.

AQUARIUS
January 20 – February 18

You might be in a whirlwind today, and there will be information buzzing around asking you to do this and go there. You’re the one most perfectly suited to deal with the tone of the day. Stay lively and upbeat. Don’t get stuck on any one thing. Keep the energy moving. The answer will be right there waiting for you.

PISCES
February 19 – March 20

You might be jumping around today. This is one of those situations in which you don’t want to stay in one place for too long. Each place is an individual step that leads to where you want to go. Keep your eyes focused ahead and keep on going. Stagnating will leave you lost in the middle of nowhere.
Wordsearch


PARALLELOGRAM
CIRCLE DIAMOND PENTAGON
OBLONG OVAL TRIANGLE
RHOMB SQUARE HEXAGON
DECAGON ELLIPSE POLYGON
OCTAGON TRAPEZIUM LUNE
RING HEPTAGON QUADRANT

Codeword

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

Sudoku

Sudoku is a puzzle based on a 9×9 grid. The grid is also divided into nine 3×3 boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3×3 box contains each number once.

Adam

I had my doubts about a family-only holiday party in your little home office. But this is fun. You should do an office party every...

Why does Katn have a lampshade on her head?

I thought I’d seen it this way in cartoons. Whatever it is, it’s working for you.

Pooch Cafe

The reason we choose evergreens for Christmas trees is that their ability to stay green all winter long reminds us of eternal life.

GAAHH!!! I can’t feel my legs!!!

GET OFF! GET OFF! GET OFF!

Visit Santa

It’s just a joke, lady.

Bound And Gagged

Saw saw saw

The things I’ll put up with for a candy cane
### Community Puzzles

#### Super Cryptic Clues

<table>
<thead>
<tr>
<th>Across</th>
<th>1 One or two dairy products (10)</th>
<th>7 Trouble in Naples is not hurting (8)</th>
<th>8 Man in formal evening wear (4)</th>
<th>9 Pickpockets? Detective inspector has second thoughts (4)</th>
<th>10 VIP’s sea trip producing no reaction (7)</th>
<th>12 Money for guardian appointed by court? (5,6)</th>
<th>14 Take this if put out (7)</th>
<th>16 Egyptian goddess with one little sister (4)</th>
<th>19 Scottish leader with horse problem (4)</th>
<th>20 Sermon translated by an old Scandinavian (6)</th>
<th>21 Fly from coloured container (10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Down</td>
<td>1 Meals provided for governors? (5)</td>
<td>2 It brings a guy down to earth (4-3)</td>
<td>3 Need to cultivate first garden (4)</td>
<td>4 Tin makes alloy wrong (8)</td>
<td>5 Sugar plums, perhaps? (5)</td>
<td>6 Bird beginning to peck sweetheart (6)</td>
<td>11 Refinement, for example, in eastern weapon (8)</td>
<td>12 Regret having broken mantle (6)</td>
<td>13 Sweet, with hair swept up? (7)</td>
<td>15 Majestic beer brought up (5)</td>
<td>17 Range of notes in Tosca, Les Miserables, etc. (5)</td>
</tr>
</tbody>
</table>

#### Solution

- **Across**
  - 1 BUTTERMILK
  - 7 PAINLESS MALE
  - 8 DIPS PASSIVE
  - 9 LEGAL TENDER
  - 10 MILE
  - 11 UMBRAGE
  - 12 NORA
  - 13 SNAG NORSEMAN
  - 14 TACIRL
  - 15 BLUEBOTTLE

- **Down**
  - 1 MUF
  - 2 NOS
  - 3 EAT
  - 4 SNAG
  - 5 ARE
  - 6 TA
  - 7 BUL
  - 8 ARE
  - 9 ARE
  - 10 ARE
  - 11 ARE
  - 12 ARE
  - 13 ARE
  - 14 ARE
  - 15 ARE

### Colouring

#### Wordsearch

- **Across**
  - 1 METEOR
  - 2 BARBECUE
  - 3 RAIN
  - 4 EAT
  - 5 SQUAWK
  - 6 BESTOWS
  - 7 RECEIVE
  - 8 COCK
  - 9 WOOD
  - 10 COCK

- **Down**
  - 1 QUARTZ
  - 2 WOODCOCK
  - 3 ART
  - 4 BANK
  - 5 MONOTONE
  - 6 BA
  - 7 DARE
  - 8 PATH
  - 9 DARE
  - 10 PATH
Society’s loss if bright student becomes gangster: Jimmy

By Arundhuti Banerjee

Actor Jimmy Shergill, who is playing a pivotal role of a gangster in the web series, Rangbaaz Phirse, says when a bright student, who is potentially a responsible citizen, becomes the victim of the system, and ends up a revengeful gangster, it is society’s loss.

In the show, he portrays Anandpal Singh, a powerful gangster from Rajasthan. “Anandpal was a school topper, a gold medallist, a sharp young mind who wanted to be a police officer and cleared the exam to get a government job! He was potentially an honest, responsible youngster. When such a mind, due to corruption and bright youngster, becomes gangster: Jimmy Shergill

“AS the tagline of our show says, no one is a born criminal. Many become victims of the system. Having said that, I would mention that crime cannot be justified, should never be supported under any circumstance,” added the actor who is excited and confident about his digital debut.

He also mentioned that the makers of the show and the actors involved in the first season were his friends, and he watched all the episodes of Rangbaaz, just to appreciate the work of his friends. “(Writer) Siddharth (Mishra), (director) Ravi Kishan, and Tigmanshu Dhulia are my friends. So I watched the episodes of Rangbaaz, just to appreciate the work of his friends. Of course, I had no idea that one day I would be a part of the show. When they came to me with a narration, I was very confident that this is going to be one hell of a show,” said the actor.

The new season of Rangbaaz Phirse started streaming on the OTT platforms ZEE5 and Alt Balaji on December 20. It features Sharad Kelkar, Sushant Singh, Gul Panag, and Harsh Chhaya among others.

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Excited about Bunty Aur Babli 2: Siddhant

Actors Siddhant Chaturvedi and Rashmika Mandanna have avoided expressing views on CAA, she said.

Siddhant Chaturvedi will be seen in Yash Raj Films’ Bunty Aur Babli 2 and Karan Johar’s untitled film, and he says he is excited to shoot for both films. He added that he has different look and body shapes in the two films.

For Karan Johar’s Dharma Productions directed by Shukun Batra, Siddhant teams up with Deepik Padukone and Ananya Panday. Johar made its announcement on Twitter on Thursday and labelled it as a “relationship drama”. The YRF production Bunty Aur Babli 2 casts him opposite debutant Mumbai girl Sharvari. The film is directed by Varun Sharma.

Siddhant, who shot to fame as MC Sher in Gully Boy, said: “I am done with the character of MC Sher and now you should call me as Bunty. After getting into the Bunty Aur Babli universe, I have Shukun’s (Batra) film. I am playing completely different character in both films. In Bunty Aur Babli 2, I play a con artiste, so I get an opportunity to play a lot of characters. I am bidding goodbye to MC Sher and that’s why today I have dressed up as rapper at this event,” said Siddhant, while interacting with the media at Nickelodeon Kids Choice Awards 2019.

Asked if he feels pressure of being the male lead in two big films, he said: “I don’t think my responsibility has increased because the character of MC Sher, which I played in Gully Boy wasn’t close to my personality. What I am about to do now is what has been my dream since the time I wanted to be an actor. I wanted to romance and perform on songs in Switzerland in a Dharma film, so now I will live that dream!

So, there isn’t any pressure. But I can say there is a lot of excitement to explore so many things!”

Talking about future releases, Siddhant said: “I have started working on both films with different looks and body shapes in both films. So, it is going to get difficult for me. I am going to shoot four films in 2020. One of them will release next year and two will release in 2021.”

On Gully Boy crashing out of the Oscar race, he said: “It went to the Oscars and that is the biggest thing for me. Inside Edge was nominated in Emmy Awards but it didn’t win. Gully Boy also wasn’t able to make it to the top five at Oscar. But I will keep trying hard.” – IANS

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Anti-CAA stir more important than Dabangg 3 earnings, says Sonakshi

Actress Sonakshi Sinha claims at this point of time, discussions about the new citizenship law CAA and the ensuing nationwide protests are more important than any talk of opening-day collections of Dabangg 3, this week’s new Bollywood release featuring Bollywood superstar Salman Khan with her.

“We all know what is going on in the entire country,” she said, referring to the CAA protests, adding: “I think people know that what is more important, but I am honestly happy with audience response to our film. At this moment, entire country has come together on this matter (CAA protests) and it is more important than a film.”

Dabangg 3 collected Rs24.5 crore at the box-office on its first day of release and added Rs24.75 crore on Saturday. Apart from the anti-CAA stir, there are reports that the film got leaked on online platforms, which has also affected its business.

“I don’t know since how long we are urging the audience not to watch pirated films because it affects our industry in a negative way” said Sonakshi, while interacting with the media at a Christmas celebration event with underprivileged kids of Angel Xpress Foundation.

On the nationwide protests against CAA, Sonakshi said: “I am with the people of this country. I feel the way people are protesting on streets, you can’t snatch that right from them. I am very proud of the people who have come out and voiced their opinion. I am with them.”

On why several A-list Bollywood actors have avoided expressing views on CAA, she said: “I think whoever wants to voice (an opinion) will voice, and whoever doesn’t want, will not. After all, that is also their right.”

But are the bigwigs of Bollywood scared to openly air their views? “I think they don’t feel scared, but when they (celebrities) hit the streets, then the entire focus shifts on them. We know media cameras start following them, and because of that other people might feel ignored. If people can understand that they are also a part of the crowd, then they would definitely come out,” she said.

Dabangg 3 is directed by Prabhu Deva and produced by Salman and Arbaaz Khan. – IANS
Lana makes spoken-word album as ‘reparation’ to Native Americans

By Christi Carras

ew year, new Lana Del Rey.

The singer-songwriter announced last Friday that she’ll release a spoken-word album next month for “around $1,” and half of the profits will be donated to Native American organisations. The lyricist, who is known for weaving spoken-word into her music, explained her choices as she shared the news on social media.

“My new book, Violet Bent Backwards Over the Grass, is taking a lot longer to hand-bind than I thought, and I just wanted to let you know that I’m going to put up a spoken-word album, if you can call it that,” she said in an Instagram video. “I knew I wanted the album to be around $1 because I just loved the idea that thoughts are meant to be shared and that they were priceless in some ways.

The album, similar to her forthcoming book, will feature Del Rey’s ‘freetyle poetry.’ It will be her first all-spoken-word collection, coming months after she dropped her critically acclaimed first studio effort, Norman F---ing Rockwell.

“There was a second part that I had been thinking of before releasing it, which is that I wanted half of what the spoken-word album was going for to benefit Native American organisations around the country, whether it was for preserving their rights or trying to help keep their land intact,” she said.

The Summertime Sadness hitmaker elaborated that a previous effort to trace her family lineage had deepened her connection to America and partly inspired one of her prior projects. Del Rey’s music, such as 2012’s American, has been known to feature patriotic themes.

“I just really wanted to pay homage to the country that I love so much by doing my own reparation, I guess I would say — my own reparative act,” she said in the video. “I have no reasoning for it, other than it just feels right to me. And so, as long as my album, my spoken-word album, is distributed, half of it will be going to Native American organisations across America, so I’m very excited about that, and I’m in the middle of speaking to people from the organisations that will change every year.”

Described as “not particularly polished” and “a bit more gritty,” the album will serve as a sort of late holiday gift to her fans, who have already viewed the announcement video more than a million times. Earlier this week, NPR music critic Ann Powers gave a shoutout to Del Rey’s fans, who defended their queen when she attacked Powers on Twitter a few months ago over a critical essay the journalist wrote analysing Norman F---ing Rockwell.

Powers, who has stayed largely mum on the subject since the initial spat subjected her to the onslaught from Del Rey’s army, revisited the issue last Thursday in a follow-up essay describing her familiarity with hate mail and reiterating the importance of music criticism. Though she admitted, retrospectively, that her original piece wasn’t perfect, Powers encouraged readers to check out the essay and “judge for themselves” before judging her.

“As I’ve never fully addressed the kerfuffle and people are still eager to discuss it (LDR’s comments re-tweeted by some stranger), I’ll just say a couple of things,” Powers wrote in Slate. “One: I’m totally OK. It was pretty wild to see my feed under viral strain, but not that difficult to just take the app off my phone and walk away for a while.”

She continued on to insist that critiquing Del Rey’s work was a labour of love and that she meant no ill-will toward the Grammy-nominated artiste, who wrote in September that she didn’t “even relate to one observation” Powers made about her music.

“A critic is a person who encounters music, examines her responses, considers the context, and articulates whatever comes up during this process, whether it’s desire, joy, anger, even repulsion,” Powers said. “It’s not a thumbs-up—or-down game.”

The two might soon have the chance to swap opinions again, should Powers choose to examine Del Rey’s forthcoming spoken-word album, due January 4.

— Los Angeles Times/TNS

Murphy reveals film role he regrets rejecting

Hollywood actor and comedian Eddie Murphy still remembers the one role he wishes he didn’t turn down.

The comedian opened up about the role during The Tonight Show Starring Jimmy Fallon on Saturday, reports people.com.

“The only movie I ever turned down that became a big hit was Who Framed Roger Rabbit?” Murphy said. “I was going to be the Bob Hoskins dude and I was like, ‘What? Animation and people? That sounds like stupid to me?’ “Now every time I see it, I feel like an idiot,” added The Nutty Professor star.

Murphy shared that he was offered a role in another hit movie, “Dan Aykroyd and Harold Ramis wanted you to be one of the original Ghostbusters but you turned it down,” Fallon said.

“Yes, but because I did Beverly Hills Cop,” Murphy said.

“So you made a good movie,” Fallon said with a smile.

“It wasn’t like I turned it down,” Murphy explained. “It wasn’t available because I was doing this other movie.” – IANS

When Lithgow refused to play Donald Trump onscreen

Veteran actor John Lithgow has been offered a role to portray the US President Donald Trump, but he passed on the opportunity, and says he’s unlikely to accept another one if it comes his way.

“They (producers) actually asked me to play Donald Trump in a project,” Lithgow said in a forthcoming episode of Sunday Today with Willie Geist, reports aceshowbiz.com.

He added: “I turned it down mainly because I was doing something else, I don’t think I would do it (play Donald Trump), it’s almost too close.”

Lithgow went deep into character as late Fox News CEO Roger Ailes, another controversial figure who resigned from his position at the media outlet after being accused of sexual harassment by anchors Gretchen Carlson and Megyn Kelly, in his new movie Bombshell.

Although Lithgow finds himself playing a number of prominent political personalities in his work, having also just depicted late wartime British Prime Minister Winston Churchill in the Netflix series The Crown and Bill Clinton in the Broadway play Hillary and Clinton, he says he doesn’t go out looking for political roles.

He said: “It’s what was offered to me. You get offered one and they come after you for another.” Bombshell, which also stars Charlize Theron, Nicole Kidman, and Margot Robbie and centres around Ailes’ harassment fallout, was released on December 20. – IANS

COMEDIAN: Eddie Murphy says the only movie he ever turned down that became a big hit was Who Framed Roger Rabbit.

REPARATIVE: Del Rey performs during an Apple launch event at the Brooklyn Academy of Music.
Creativity with unlimited freedom comes in bright tones

Young Hala El Attar’s first solo exhibition at ART29 takes art lovers on an imaginative journey

By Mudassir Raja

The exhibition ‘Different Dimension – An Energetic Place’ brings a unique kind of art to Doha taking visitors and art enthusiasts through an inspiring journey that highlights the art and imagination of a young abstract female artist.

Recently inaugurated at W Doha Hotel & Residences' famous ART29 gallery, the exhibition contains as many as 13 pieces of abstract art and it will run till January 20, 2020 from 10am to 10pm every day.

Hala El Attar, a German artist based in Liverpool, has invited the art lovers to experience the flow of energy in every piece of art. Inspired by nature and the universe, she explores new dimensions of creativity with every drip of paint and transforms the white canvas into a world of liberating colours to provoke emotions and motivating thoughts.

Originally from Aachen in Germany, Hala got infatuated with art from a very young age as she spent her out-of-school hours inside art classrooms, striving to find the techniques that would enable her expression.

Hala has also studied art therapy and spends her free time expanding her knowledge and creating pieces which invoke and inspire. Her idea that creativity should involve unlimited freedom is clearly present in every piece as she portrays the earth and universe through her eyes.

My paintings portray the earth and transforms the white canvas into a world of liberating colours to provoke emotions and motivating thoughts.

Talking to Community, Hala said: “I am on a continuous learning journey teaching myself various techniques of self-expression. I really believe in energy and I try to capture it in my paintings. My paintings portray the earth and universe through my eyes, and it will be interesting to see how the audience reacts to them. I really want visitors to share how they feel when they are exposed to the bright and energetic colour explosions displayed at the art exhibition.”

The artist, who has also studied art therapy as a subject, further said: “I studied psychological meanings behind the art and how to heal people with art. For me, it is little of both when it comes to art for art sake or art for life sake. You definitely paint for people but you also paint to leave something behind. However, it is important how the viewers look at a piece of art.”

When it comes to her technique, Hala said: “I mainly paint in abstract style. I use lots of media to deal with my subjects. I mix acrylic colours with water, oil and then I put ink in it. With these combinations you get these structures [hinting towards one of her paintings] after it dries. I go in with a brush and work all these structures out to create new unique style.”

The young artist was noticeable and passionate and fall onto a canvas which provokes inspirational thought and endless commentary. Talking to Community, Hala said: “I am on a continuous learning journey teaching myself various techniques of self-expression. I really believe in energy and I try to capture it in my paintings. My paintings portray the earth and universe through my eyes.”

The artworks on display here show that the artist is very abstract. There are more than one skills being shown. I just want to be able to immerse myself in it for some time.”

“I am on a continuous learning journey teaching myself various techniques of self-expression. I really believe in energy and I try to capture it in my paintings. My paintings portray the earth and universe through my eyes”

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– Hala El Attar