The embrace

Fashion industry now more inclusive, says supermodel and 71-time Vogue cover girl Natalia Vodianova. P4-5
### PRAYER TIME

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### Quote Unquote

“A good laugh is sunshine in the house.”

— William Makepeace Thackeray

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**Knives Out**

**DIRECTION:** Rian Johnson  
**CAST:** Toni Collette, Ana de Armas, Chris Evans  
**SYNOPSIS:** When a crime novelist dies just after his 85th birthday, an inquisitive detective arrives at his estate to investigate. He soon sifts through a web of red herrings and self-serving lies to uncover the truth behind the writer’s untimely demise.

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

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**Arjun Suravaram**

**DIRECTION:** TN Santhosh  
**CAST:** Nikhil Siddharth, Lavanya Tripathi, Venella Kishore  
**SYNOPSIS:** An investigative journalist is arrested for cheating banks with fake certificates. He discovers a crime syndicate behind the scam and decides to investigate it himself.

**THEATRES:** Royal Plaza, Landmark

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**HELEN**

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

Al Wakalat Car Market 2019
WHERE: Parking opposite to Khalifa International Stadium
WHEN: December 19 – 28
TIME: 4pm – 11:59 pm
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. 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.

Sacred Sunset of Arabia
WHERE: Pickup point: Hardees Old Airport
WHEN: December 6
TIME: 2pm
Watch the sun sets over the majestic dunes. A truly remarkable view that will take your breath away. Get to know what's inside the desert with experienced off-road drivers and relax at the beachfront desert camp. The package, includes 4x4 cars (6 Pax Capacity per Car), Certified Off-road driver, Stop at the camel area, Dune Bashing & Desert Safari, Stop at Inland Sea (Border of Qatar & Saudi Arabia), Desert Camp layover, Beach swimming, BBQ Buffet dinner, Beverages, Toilet & shower facility and insurance. The package does not include camel ride fee, and pick up from other location. For further details, 3339 3323 or visit www.365adventures.me

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.

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

For those who wish to register for more details, visit www.mamangamqatar.in

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.

Short Executive Programme
WHERE: HEC Paris Doha
WHEN: December 10 – 11
HEC Paris In Qatar offers, ‘General Management – The Navigator Programme’ Executive Short Programme with HEC Paris Affiliate Professor Wolfgang Amann. This two-day programme will give aspiring and current and future managers a solid, hands-on introduction to the challenges and key tasks of general management. By the end of this session, participants will have gained a profound understanding of the roles and tasks, the opportunities and challenges, and the necessity to bridge as well as combine insights from leadership, governance, and strategy.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
“Women have shown how much they are capable of”

— Natalia Vodianova, trailblazing supermodel

Money has a huge influence over our lives, but it can make the lives of those less fortunate so much better and provide them with opportunities that wouldn’t always be possible by conventional means

— Natalia Vodianova

By Siddhi Jain

Natalia Vodianova, a trailblazing supermodel, and a 71-time Vogue cover girl, has been one of the most successful fashion figures of all time. With a striking eight-season, seven-figure contract with Calvin Klein, she has been the face of campaigns for Louis Vuitton and L’Oreal.

What is lesser-known of the model is that she is also a role model and is a well-known philanthropist. As an impact investor, she runs a foundation for children with special needs and Elbi, a charity platform active globally and in India as well.

Excerpts from an IANS interview:

Do you remember your initial modelling days? Was it scary as a young woman in Paris, the fashion capital of the world?

Vodianova: Yes, at times it was. It was also very intense, there was so much to take in. I was a young woman from a town that nobody had really heard of, to suddenly be whisked off to Paris was something I never would have expected. But on the flip side, it was absolutely breathtaking and it was exhilarating and exciting. I remember sitting there and having to pinch myself because it just didn’t seem real. There were so many learning curves, but I did my best to take everything on board and as they say, the rest is history.

What social cause do you think requires much more work today?

Vodianova: There is much that we still need to work towards. The recent Amazon fires, the
devastation in The Bahamas through to the ongoing crisis in Sudan are all issues in desperate need of action. Dealing with poverty-stricken communities, attitudes towards education, environment and much more. But, I personally feel passionate about raising awareness and acceptance of women’s health. I still feel there is a lack of awareness surrounding periods, for example, and the implications both socially and physically. I am a board member of the largest female health app in the world Flo, who has a community of 10mn strong women.

You have previously said you love dancing. Is it a true passion for you?

Vodianova: I have always loved to dance; it is such a powerful form of expression. You can learn so much about a person from the way that they dance and how they feel. When I was younger, I used to go out partying with my friends and we would often be the first in line and still be dancing when the lights came up. Dancing has always given me an escape if work was stressful or I was feeling up against it. I knew that I could go and let my hair down, blow off some steam and get myself back on track for whatever I was doing next.

Do you follow Indian fashion?

Vodianova: I love Indian fashion. There is so much passion and care that goes into the process, from the initial designs all the way down to the craftsmanship — you don’t get that everywhere. Fashion should represent the culture, the hard work and the emotion behind it. That is what makes Indian designs so breathtakingly unique, you see the vibrant colours and the elegance of each piece and you can’t help but smile. To me, Indian fashion represents joy.

You also invest the money as an impact investment. How can the world’s rich better channel funds into solving global issues?

Vodianova: It goes without saying that money has a huge influence over our lives, but it can make the lives of those less fortunate so much better and provide them with opportunities that wouldn’t always be possible by conventional means. High net worth people make up a very large portion of donations, so making sure that these funds are being allocated properly is essential. I think that the main way that we can improve how the world’s rich give funds, is by educating. Emphasising the importance that each issue presents leads to a greater understanding, and if we are all on the same page, we are able to work together much more effectively when it comes to donating to specific causes.

You feel at home in Russia. Tell us about what excites you the most about the country?

Vodianova: Russia is home in so many ways. Through everything I have experienced living there, from the hardships to the life changing opportunities, it is where everything started for me and I will always be connected to my roots. They are what made me the woman that I am and what inspires me to use my position to do good for others. Russia excites me because there is so much to be proud of here, there is always something going on, it never sleeps. Its culture, its history is so vibrant. My charity The Naked Heart Foundation, which works with children with special educational needs is also based and works predominantly in Russia so it is something I care very deeply about.

You have previously opened up about motherhood. How can we make parenting more exciting and equal, especially for women?

Vodianova: I think that in recent years, women have shown just how much we are capable of. It is a demanding role, but it is also incredibly rewarding. I think men, in particular, are recognising the value that it has on our lives and are supporting their partners more as a result. We have careers, and our own lives to manage, but by splitting the responsibility, we can empower each other and lift ourselves up for the benefit of everybody.

Do you think the fashion industry can use some kindness itself? How can we make the fashion world better?

Vodianova: The fashion world has been incredibly generous to me and the causes I support. However, like any industry, there are things that can change. We need to make sure that people do not burn out and build mindfulness into the industry more.

We have also seen the fashion industry become a lot more accepting of people of all shapes and sizes in the last couple of years which is a fantastic step, especially for young women growing up. We come in all shapes and sizes and that’s what makes us beautiful.

IANS

“The fashion world has been incredibly generous to me and the causes I support. However, like any industry, there are things that can change. We need to make sure that people do not burn out and build mindfulness into the industry more.”
Spenser goes to Hollywood in Ace Atkins new novel

In Angel Eyes, the eighth Spenser novel by Ace Atkins and the 47th in the series, Spenser sallies forth to Los Angeles, writes Colette Bancroft

Is Spenser still Spenser if you take him out of Boston? Few characters are as closely connected to their home turf as the wisecracking, steel-tough private investigator created by Robert B. Parker. Fans of the books have followed Spenser through a city rendered in such loving detail that they feel they know it, too, even if they’ve never set foot in Beacon Hill or Back Bay.

But it does a man good to get out of town once in a while. In Angel Eyes, the eighth Spenser novel by Ace Atkins and the 47th in the series, Spenser sallies forth to Los Angeles.

Atkins, a former reporter for the then-St. Petersburg Times and the Tampa Tribune, deftly took over the series after Parker’s death in 2010. Atkins is also the author of the Quinn Colson series, about a Mississippi sheriff; the 10th of those, The Revelators, will be published in July.

Spenser has visited Los Angeles before, notably in A Savage Place, the eighth novel in the series, when Parker sent him to the aid of Candy Sloan, a TV reporter investigating organised crime in Hollywood.

In Angel Eyes, Spenser will discover that hasn’t changed much, although he’s on a different mission. Amanda Leggett, a friend of Spenser’s very significant other, Susan Silverman, has hired him to find her daughter, Gabrielle.

Gabby Leggett’s story is familiar: Beautiful girl with show biz ambitions heads to L.A. with stars in her eyes and meets all the wrong people. Gabby is 24, old enough to make her own bad decisions. But now she has disappeared — even her Instagram account has no new posts! — and her mother is frantic.

So Spenser goes west and enlists the aid of his formidable former protege, Zebulon Siskill, who’s now a private eye in L.A. Their search for Gabby leads both to an Armenian gang and to a mysterious group called HELIOS, led by a strange fellow named Joseph Haldorn. HELIOS is part pyramid scheme, part self-help scam, reminiscent of secretive groups ranging from Scientology to NXIVM. Is Gabby its innocent victim, or is she a willing part of something more sinister?

If the names Gabrielle Leggett and Joseph Haldorn and a plot this intense is setting off bells in your brain, you’ve probably read Dashiell Hammett’s 1928 hard-boiled classic The Dain Curse. Those details are Atkins’ nod to one of the masters who shaped his writing, and Parker’s. Before Parker became a bestselling mystery writer, he was a professor of literature at Northeastern University. His 1971 dissertation, Dashiell Hammett’s 1928 hard-boiled classic The Dain Curse

Investigative: In Angel Eyes, Spenser, the main character of the novel, is hired by Amanda Leggett, a friend of Spenser’s very significant other, Susan Silverman, to find her daughter, Gabrielle.

Robert B. Parker’s Angel Eyes

In Angel Eyes, Spenser, the main character of the novel, is hired by Amanda Leggett, a friend of Spenser’s very significant other, Susan Silverman, to find her daughter, Gabrielle.

Angel Eyes is set in San Francisco, but the LA setting of Angel Eyes lets Atkins salute Chandler and a number of other writers whose books are set there. If you’re a fan of Robert Crais’ novels, you’ll recognise the guy with red arrow tats that Spenser notices while jogging at Runyon Canyon Park.

The Hollywood milieu even allows for a sly meta reference to the upcoming Netflix movie based on Wonderland, another of Atkins’ Spenser books. A movie producer friend asks if Spenser is trying to sell a script about his life: “You’re too much of an old-fashioned good guy,” he said. “White knight and all that crap. I’d make the hero fresh out of prison.”

With assists from longtime allies on both sides of the law and from the indispensable Susan, Gabby will be found and lost and found again in a satisfyingly twisted plot that pits a cast of predators against each other, with Spenser in the middle trying to figure out which one is the most dangerous.

– Tampa Bay Times/TNS
ICBF organises 40th free Mega Medical Camp for workers

Indian Community Benevolent Forum (ICBF), under the aegis of Embassy of India, recently organised its 40th Mega Medical Camp for workers at Medical Commission Abu Hamour. The camp was organised in association with Qatar Ministry of Public Health and Hamad Hospital. P Kumaran, Ambassador of India, inaugurated the medical camp in the presence of Mushiri, Head of Medical commission; Dr K C Chacko, P N Baburajan, President of ICBF, among others. ICBF felicitated Dr K C Chacko for his long term services to the community. The Ambassador P Kumaran presented the award to Dr Chacko and Mushiri.

The Counselling Centre of ICBF, that will be operated from the ICBF office at IICC, was also inaugurated at the event. A committee headed by Sameer Hassan Mousa is leading the efforts to coordinate counselling initiatives, which will provide services to all needy Indian citizens in Qatar including students.

The medical camp was conducted with the support of Indian Doctors Club, who provided more than 40 doctors for the camp led by Dr Joel and Dr Saitu George. Federation of Indian Nurses in Qatar (FINQ), provided support of nursing staff with more than 30 volunteers. Wellcare Pharmacy was the medical partner of the camp and provided free medicines to all needy attendees. Farooq from Wellcare group led the trained team of pharmacists with free medicine supply. The medical camp provided free medical consultation, including orthopaedics, ENT, Cardiology, general medicines etc. and free checking and diagnosis for hypertension, diabetics, cholesterol along with free medicines for around 1,500 Industrial and domestic workers.

During the camp, ICBF provided opportunities to student volunteers. The students of Birla Public School, Shantiniketan Indian School and MES Indian School volunteered at the camp. The camp was led by Senthil Athiban, Head of Medical Camp of ICBF; and Managing Committee members, Nivedita Kelkar and Subramanyan Hebbaglu along with other Managing Committee members including Mahesh Gowda, Vice President of ICBF; Avinash Gaikwand, General Secretary, and others.

QVPF hosts annual cultural meet

Qatar Vannan Pravasi Forum (QVPF), a socio-cultural organisation of expats hailing from South Indian State of Kerala, recently hosted its annual cultural meet ‘Snehapravasam’ at Asian Town Cricket Stadium Recreation Hall. The event was inaugurated by O C Vijayan, President of Vannam Gramapanchayat. P M A Gafoor, renowned motivational speakers, addressed the gathering. Speaking on the occasion, Gafoor highlighted the importance of spreading love and peaceful co-existence among people of all cultural and religious backgrounds. He also urged expats to spend more ‘me time’, especially those who leave behind their families at their native places.

The event kicked off with a tug-of-war competition. Sadique Cheninadan, President of QVPF, presided over the event. Shammas Kalathil, General Secretary of QVPF, welcomed the gathering. M K Abdul Salam, Chairman on Pravasi Forum Thanal, declared a fund of worth Rs2,00,000 for educational aid. V P Faisal, Treasurer at QVPF, proposed a vote of thanks.

PISQ organises student trip to ‘Angry Birds’ World’

Pakistan International School Qatar (PISQ) recently organised a trip for the students of Grade V-VII to visit the world’s first ever ‘Angry Birds’ World’, a theme park in Qatar. The park featured various food and beverages outlets, retail shops, edutainment activities and hosts a number of attraction to engage and entertain visitors. The park includes attractions like Blast Bomb – a drop and twist tower that features free-fall motion from a height of 11 metres, Red Alert, where visitors are hurled into an exhilarating 360-degree spin, Big Tree, Trampoline Universe and other fun games.
Innovation and novel way of doing business is a kind of reality that has constantly been challenging the old and outdated means of business. Business people and entrepreneurs continue to usher in new but doable ideas to start or flourish an already established business.

Talabat is one such exciting and workable idea that has swiftly become a brand across the Middle East. Wanting to eat and surrendering to fast-food urge when the idea of stopping at a grocery store and dragging out the pots and pans seems just unbearable, Talabat is that easy button that must be hit when it comes to cuisine. Talabat is a pioneer of the online food, grocery and all daily needs. Housing a wide variety of cuisines from international and local restaurants, Talabat is the go-to destination for food.

Talabat is the one huge food court for many restaurants, so one doesn’t need to go through the hassle of finding restaurants numbers, waiting on hold or getting a busy signal while dialling a restaurant number or getting the wrong order due to miscommunication over the phone. Besides by using Talabat, one can view menus with pictures of all favourite restaurants in the easy to use website and apps.

As part of the ongoing series of successful start-up interviews, Community recently talked to Francisco De’ Sousa, Managing Director Talabat and expatriate from Portugal.

Were you always interested in entrepreneurship?
I grew up in an entrepreneurial environment during my childhood. At the age of six, I started supporting the waiters at my parents’ restaurants by attending to the customers during the crowded summer. At 10, I was counting money and closing the cashiers. That was the beginning of my journey that has grown in several businesses and projects in nine different countries.

How did you start with Talabat? What was your vision when you started out? and how do you see it today?
I started in 2017 and the vision was to lead the Qatari market’s growth and

Making food accessible, convenient and a click away

Francisco De’ Sousa, Managing Director Talabat, has a word of advice for young entrepreneurs trying to make it big. By Mudassir Raja

“Start small. Try to sell your product or service to a potential customer, then learn from that. If you have a great customer, sell more services/products. If you have a great service/product, scale it and sell it to more customers”

— Francisco De’ Sousa
be the market leader in online food ordering. Today our vision is to continue being customer-loved and the indisputable leader in Qatar by providing the most desired goods with the best-in-class take away experience. Talabat makes ordering food, groceries, and other goods fast and easy through its app and website. Customer convenience is our top priority. Talabat’s operations run 24/7 to ensure an experience that is both convenient and hassle-free.

Have you had any mentors or role models who have influenced you as an entrepreneur?

Yes, my parents. They are, what we call in Qatar, ‘hard fighters’. They taught me that in business, what is more important than to perform, is to progress. That is why I aim for us to work with the mid-term in mind rather than the short term.

Something you wish you would’ve known earlier when Talabat started?

My entire team! I would have recruited all of them much earlier than the day they were recruited. When I joined, we were only seven people, and it took me a long time to form this dream team. Now, we are almost 50 employees. Our current success banks on them and that is why I wish I could have recruited them before.

How do you target an opportunity in the market?

Yes, definitely, it is just a matter of time. To spot an opportunity, you need to be attentive to the market. You need to kick off with small-scale testing to define what can be best offered, then you need to try it out with your own hands.

What drive Talabat towards success?

What drives us is our customers’ satisfaction and the tremendous business growth that we have achieved with our restaurants, groceries, and shop partners.

Any lessons learnt the hard way?

When I joined in 2017, the most difficult obstacle was to grow sustainably while maintaining quality of service. A couple of years later, today I can share it with pride that being one of the few international companies that fully believed in the Qatari market from the beginning, Talabat in Qatar, has revolutionised the entire e-commerce sector.

How do you unwind and handle the pressure of being the Managing Director?

As a Managing Director, there is no pressure. Mourinho, a Portuguese professional football manager, said ‘pressure is living in a place hungry where there is no food.’ That’s pressure. In my work there is no pressure”.

Where do you see Talabat down the road in the next few years?

In 2019, we have had a big impact on community. Talabat donated over 14,000 meals in partnership with Vodafone and Qatar Charity; we participated with Qatar Cancer Society in a strong campaign for breast cancer awareness; we collaborated with Bedaya to promote local businesses. In 2020, Talabat will continue being an agent of positive change in Qatari society.

Any advice for the young entrepreneurs?

Start small. Try to sell your product or service to a potential customer, then learn from that. If you have a great customer, sell more services/products. If you have a great service/product, scale it and sell it to more customers. Anything else, such as price, market niche, communication, your business model, etc. should be totally adaptable. The most unsuccessful entrepreneurs I met were the ones with fixed minds trying to impose their ideas on the market, when it should be the other way around. Lastly, learn more about regional success stories, like Talabat, that started with an original idea with potential, potential that was able to blossom with the right mindset and hard work.
Try This

**Hero’s milk carton**

An ancient scientist named Hero invented a strange device that moved itself with steam; you can easily make a modern version of Hero’s Machine.

**You’ll need**
- Two large milk or juice cartons
- Nail
- String
- Cooking pot

**What happened?**

The four streams of water will spin the carton slowly

Each stream gives a gentle push against a corner of the carton

The carton spins because none of the water streams are pushing against each other

1. **Use nail to make holes in bottom corners of carton like this**
   - Put one hole through center of top

2. **Fill pot with water, and take all your materials outdoors**
   - Hang carton from a tree branch, rail or other object so it swings free

3. **Pour water into carton, step back and watch what it does**

If you put holes in the center of each side, do you think the carton would spin?

Source: “Science Playwiths” by Peter Macinnis
Graphic: Helen Lee McComas and Paul Trap, TNS
Basil amazing for the culinary artist and incredible for the pollinator nation

By Norman Winter

Asil has stolen my heart as of late but it is probably not for what you think. It’s not because the foliage such as that of Purple Ruffles as Mississippi Medallion Award Winner is as pretty as a coloex. Nor is it for the culinary delicacy provided by Slam Queen an All-America Selections Award Winner. It is for pollinators.

The fact I am promoting it for pollinators tells all herb lovers and culinary artists I am going polar opposite on recommendations and letting it go to flower as quickly as possible. As you may be aware you are supposed-to keep flower buds possible. As you may be aware you are letting it go to flower as quickly as pollinators tells all herb lovers and pollinators as well.

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By Norman Winter

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Wordsearch

HIATUS     HISTORY     HILTON
HIGHWAY    HICcup      HIVE
HIPPO      HILARITY    HIGHBALL
HIWATHA    HITCH       HINDLEG
HIJACK     HIDALGO     HIGHBROW
HIKELING   HILLBILLY   HINDU
HIBERNIA   HITMAN      HIDEWAY

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 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of numbers and you must fill the grid so that every column, every row and every 3x3 box contains all the numbers included in that selection. No number can be repeated in any column, row or 3x3 box.
Super Cryptic Clues

Across
1 Given tool inside that's specially selected (4-6)
7 Joint that may be violated (8)
8 Go round and call (4)
9 Single fish (4)
10 Speak about odd love for a sausage (7)
12 Cried so loud, being upset, or changed hue (11)
14 Make a big fuss - and continue to do so (5,2)
16 Utter contempt in this style (4)
19 Staunch supporter? (4)
20 Dead ends making you depressed? (8)
21 Favourite heavyweight of a town in the north of England (10)

Down
1 Scottish exclamation or owl noises (5)
2 Sewing implements not quite unnecessary (7)
3 Fruit and vegetable, right? (4)
4 Apple brandy and soda served up after Calvin dropped in (8)
5 Weird eastern lake (5)
6 Reveal new fun - not new (6)
11 Huge deficit in fuel production (8)
12 A shortage of twisted thread (6)
13 Object when put into torn clothing (7)
15 A dance that comes from Burma? (5)
17 Unrelenting back (5)
18 Garden taken from the dentist (4)

Solution

Answers

Wordsearch

Codeword
Parents should sensitise kids for equality in society: Tara

By Arundhuti Banerjee

Actress-entrepreneur Tara Sharma who is gearing up for the new season of The Tara Sharma Show on parenting says that it is crucial for parents to be aware of the different conditions of children, so that they can sensitise their little ones to build an equal and inclusive society for the future generation.

December 3 (yesterday) marks International Day of Persons with Disability, and keeping sensible parenting in mind, Tara said: “We are constantly talking about building a society where equality is established and inclusion is important. But it is easier said than done. At times, we avoid people who are different than us, only because we do not know how to handle them. For instance, we tend to either avoid or overcompensate to differently-abled people, but that is not the right way to look at it. As parents, we have to sensitise our children to others who are different – (in terms of) caste, race, culture, and gender, or even the differently-abled.”

Citing an example, she explained: “A couple who came to my show as guests has a little girl with down syndrome. The parents are trying to change the perspective towards children and how to treat a child with such a condition with equality. Unless we are aware of things as parents, we won’t be able to teach our children to be sensitive, and inclusion will not come in our society.”

Starting in 2011, as a blog diary, Tara continued the show to address various issues that revolve around parenting. Her two children have grown up, and she is broadening the area of discussion from just the health and wellbeing of children to psychology of the grown-up mind.

“I think it is important for parents to understand how to keep the balance between academics and the interests of their children that they can later pursue as a career. In our previous season, we invited Virat Kohli who is, of course, a youth icon and inspires thousands of young kids.”

“This year we have a conversation with Indian football team captain Sunil Chhetri. At times, kids enjoy sports so much that they don’t focus on study. Parents should know how to help them strike a balance. Talking to these achievers will give parents a clear picture on how these sports stars prepared when they were kids,” said Tara, whose show features Bollywood superstar Aamir Khan and actress Kalki Koechlin among others this season.

Celebrities such as Aamir Khan, Kajol, John Abraham and Konkona Sen Sharma have appeared in the show in the past.

The show is mainly in English and, given its intent to create mass awareness, isn’t language a bar? “Partially that is true, but I am reaching out to a global audience because parenting is a universal topic. I am just trying to be honest with my conversation. It is true that I am urban and I speak in English. But I am evolving and so as my show, so maybe in the next season I will try to be more inclusive and relatable with language as well. It is a valid point that did not cross my mind earlier. To reach out to the grassroots level and bring about a positive change in that part of the society, a Hindi version of the show would be a good idea.”

The fifth season of The Tara Sharma Show starts from December 22 on Star World.

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Dangal biggest blockbuster of the decade: Yahoo India

The 2016 Aamir Khan-starrer Dangal which crossed the Rs2,000 crore mark at the global box-office is the biggest blockbuster of the decade, according to a Yahoo India report.

Directed by Nitesh Tiwari, the film narrates the inspiring story of a wrestler. Dangal is followed by Salman Khan-starrer Bajrangi Bhaijaan and Aamir Khan’s PK, according to Yahoo India “Decade in Review” report.

Other films in the list of top 10 blockbusters of the decade include Sultan, Tiger Zinda Hai, Dhoom 3, Sultan, War, Chennai Express and Dabangg.

In 2016, Salman Khan flexed his muscles at the top yet again, as most searched male celebrity of the year, with actors Amitabh Bachchan and Akshay Kumar making up the top three.

Actress Sunny Leone was once again most searched female celebrity of 2019 – a position she has held through most of the decade, pushing actresses Priyanka Chopra Jonas and Deepika Padukone lower down the Yahoo India “Year in Review 2019” list.

While actor Hrithik Roshan emerged as the male style icon of the year, newbie Sara Ali Khan, who impressed netizens with her unique male style icon, is followed by Salman Khan-starrer Dangal, The 2016 movie has crossed the Rs 2,000-crore mark at the global box-office.

style statements, has been named female style icon of 2019.

The results are based on an analysis of user’s interest patterns based on what they searched for, read, recommended and shared, Yahoo India said. – IANS

SUPER-HIT: Aamir Khan in a scene from Dangal

The 2016 movie has crossed the Rs 2000-crore mark at the global box-office.

Racing is a calculative sport: Smita

Actress Smita Gondkar is passionate about sports as well as acting. She says racing is an extremely calculative sport and you cannot mess around.

Smita, who is a part of the Ahura Racing team, participated in the JK Tyre #FestivalOfSpeed 2019.

“I was more than happy to be a part of it. I had to manage my shooting schedule though. I would have anyways done that for the love of racing,” she said.

“Luckily, I pick up technical things pretty quickly. I won’t say this is an easy sport, but yes my passion for motor sports did prove to be an advantage. Seat Time is a major factor in these sports,” added the GadhVI Gondhal actress.

Talking about the track experience, she shared that racing is an expensive sport and it doesn’t really give back anything except thrill and adventure. “It is an extremely calculative sport and you cannot mess around. Plus, the rules are very strict and safety measures are advanced,” she said. – IANS

PASSIONATE: Smita Gondkar is passionate about sports as well as acting

CANDID: Tara Sharma: “We avoid people who are different than us, only because we do not know how to handle them.”
I lose it at times, I’m human: Pitt

Hollywood star Brad Pitt has confessed that he is not always easygoing, and says he loses his cool from time to time. Pitt made the confession to his former Legends of the Fall co-star Anthony Hopkins for Interview magazine, reports usmagazine.com.

When Hopkins calls him “as easygoing as ever”, Pitt responded: “Pretty much, it’s my gliding speed.”

“But I lose it at times. I get sucked into something, and I can lose it. I take my hands off the wheel… I’m human,” he added.

Although Pitt didn’t give any examples, there have been several reports claiming that he had an altercation with son Maddox, 18, in September 2016, after which actress Angelina Jolie filed for divorce from the Ad Astra actor.

During their marriage, Pitt and Jolie, who also share Pax, 16, Zahara, 14, Shiloh, 13, Vivienne, 11, and Knox, 10, would have heated, screaming fights, a source had told Us Weekly previously.

In his conversation with Hopkins, 81, Pitt also opened up about turning mistakes into lessons.

“I’m realising, as a real act of forgiveness for myself for all the choices that I’ve made that I’m not proud of, that I value those mistakes, because they led to some wisdom, which led to something else. You can’t have one without the other. I see it as something I’m just now getting my arms around at this time in my life. But I certainly don’t feel like I can take credit for any of it,” he said.

He also discussed atonement during the interview.

“We’ve always placed great importance on the mistake. But the next move, what you do after the mistake, is what really defines a person. We’re all going to make mistakes. But what is that next step? We don’t, as a culture, seem to stick around to see what that person’s next step is. And that’s the part I find so much more invigorating and interesting,” the actor said. – IANS

CONFESION: Brad Pitt confesses that he is not always easygoing.

CLARIFICATION: Robert De Niro, centre, arrives for the opening ceremony of the 22nd Sarajevo Film Festival held in Sarajevo, Bosnia and Herzegovina.

De Niro defends Paquin’s small role in The Irishman

Actor Robert De Niro has come forward to defend the mostly silent role of Anna Paquin in the Netflix movie, The Irishman, saying it might be a small role but is very powerful.

In Martin Scorsese’s over-three-hour long The Irishman, Paquin says only seven words.

“She was very powerful and that’s what it was,” usatoday.com quoted De Niro as saying.

“Maybe in other scenes there could’ve been some interaction between Frank and her possibly, but that’s how it was done. She’s terrific and it resonates,” he added.

The film shows how mob assassin Frank Sheeran (assayed by De Niro) on his death bed confessed that he killed union leader Jimmy Hoffa (Al Pacino). In the film, Oscar-winning Paquin, 37, features as De Niro’s daughter named Peggy Sheeran.

Many viewers believe Peggy’s silence speaks volumes, calling the character the “conscience (and) moral standing of the movie”. But some people have called out The Irishman for apparently wasting its most prominent female character and actress, saying Paquin is “underused” and “deserves better”.

“Scorsese rarely services women in his film but (expletive) they might as well not even be in this film. Anna Paquin did a lot of staring and quivering her lip and we’ve all seen enough of that in True Blood sis,” writer/podcast host Ira Madison III said.

Paquin, 37, addressed the criticism earlier this month, after one Twitter user suggested that she was forced to accept a seemingly thankless role.

“Nobody was doing any ‘ordering’ I auditioned for the privilege of joining the credible cast of The Irishman and I’m incredibly proud to get to be a part of this film,” Paquin tweeted. – IANS

CONFESSION: Robert De Niro, centre, attends the opening ceremony of the 22nd Sarajevo Film Festival held in Sarajevo, Bosnia and Herzegovina.

ADVOCATES: Michelle Obama left, and Julia Roberts will travel to Vietnam to take part in the Obama Foundation’s Girls Opportunity Alliance.

Roberts, Michelle to work at empowering girls in Asia

Hollywood star Julia Roberts and former first lady Michelle Obama are teaming up for a trip to Asia to focus on education and empowerment of girls.

The Pretty Woman actress, 52, and the former fist lady, 55, will travel to Vietnam on December 9 and take part in the Obama Foundation’s Girls Opportunity Alliance, where they will meet with education organisations for adolescent girls, reports dailymail.co.uk

They will then travel to Malaysia to take part in the Leaders: Asian-Pacific programme. The programme in Malaysia takes place in Kuala Lumpur from December 10-14.

According to the foundation’s website, the programme will host 200 leaders from 33 countries and territories in the Asia-Pacific region and will feature skill-building workshops and leadership training.

“In Malaysia, Mrs. Obama and Ms. Roberts will share reflections about their trip to Vietnam, as well as lessons from their own leadership journeys and their path-breaking careers,” the website said.

The event is closed to the public, but certain sessions will be shown via livestream on obama.org. The conversation between Obama and Roberts will be among the events that will broadcast on December 11. – IANS

RELAXING: Britney Spears spends most of her time at home.

Britney focusing on self well-being

Singer Britney Spears, who recently turned 38, is now prioritising herself and her well-being.

The singer is embracing “a positive headspace” amidst the ongoing row over her conservatorship, a source told Us Weekly.

“She has spent the last year prioritising herself and her well-being, something she did not have a chance to do as much during her Las Vegas residency. She has had less time with her sons but got really close with her mom, Lynne, and sister, Jamie Lynn, again recently. Britney spends most of her time at home with her boyfriend, Sam (Asghari), or alone. Her relationship with Sam is rock-solid. He brings her so much joy and is a source of stability in her often chaotic life,” said the source.

The singer has been through a challenging time with her father, Jamie Spears, who has been her conservator since 2008. The 67-year-old was appointed to the role after his daughter’s highly publicised breakdown and divorce from Kevin Federline, with whom the Toxic singer shares two sons, Sean Preston, 14, and Jayden, 13.

In September, a court declared that Jamie would continue as the Irishman, saying it might be a small role but is very powerful.

In Martin Scorsese’s over-three-hour long The Irishman, Paquin says only seven words.

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QTTA organises Third Inter-Community Table Tennis Tournament

Qatar Table Tennis Association (QTTA), in association with Indian Sports Centre (ISC), recently organised Third Inter-Community Table Tennis Tournament at Qatar Table Tennis Training Centre. Team India bagged the Doha Bank Challengers Trophy, which was followed by the Philippines Team as runners up. Over 200 players, representing communities from Egypt, Indonesia, India, Lebanon, Philippines, Pakistan, Russia, Ghana, Syria, Malaysia, Tunisia, Iraq, Nicaragua, Taiwan, Kyrgyzstan and Qatar, took part in various male and female categories. Championship was divided into 12 categories.

Iraq bagged the championship title in the Men’s Team Championship + 40 years category, which was followed by Egypt as runners up. Philippines bagged women’s +40 category championship title which was followed by India as runners up. Pakistan bagged the Men’s Team Championship for 19 to 40 years group. Under-19 Boys and Girls Team Championship finals were played between two Indian teams. Individual competitions were also held in different categories. Kaushik, from India, got first position in Under-19 Boys Singles. The Under-19 Girls title was claimed by Hrithika Teres who defeated Chandana Sanamari in the all-India final. The 19 to 40 years Men’s crown was bagged by Aadi Arora, from India, who defeated Ammar Hassan from Egypt in the final round. Saifudden from Iraq won the Above 40 Men’s Singles title, defeating Yahyia al-Shamy from Egypt. The Above 40 Women’s title was bagged by Titiyana from Jordan, who beat Svetlayn of Russia.

ISL Qatar hosts sixth annual Winter Carnival

The International School of London (ISL) Qatar recently hosted its sixth annual Winter Carnival. The event was attended by over 1,000 people. The event featured various musical performances, magic show, performance by ISL choir, henna, face painting, cookie decorating, and arts and crafts activities for children and adults. The vendor market was also part of the carnival. It included more than 50 vendors selling arts, crafts and accessories.

Various restaurants, Dairy Queen, Bombocrep, Nature’s Treasures, Mama Rozie, Mezza, Bait Jeddah, Deema Community Centre and Saima Foods. The activities at Winter Carnival, included Museum of Illusions, Adventure Rooms, Geek Express, Maison De Sushi and Ceramique Café.

“The Winter Carnival is a wonderful event that brings the community together to enjoy a great afternoon for a good cause. It is one of our values to focus on charitable activities and we try to encourage the development of these values in our students. We look forward to welcoming the community to our future events,” said David Monk, Head of ISL.