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The best 10
A low-down on the year’s engaging works. P2-3

Cuisine
Khao Suey, a delicious, heartwarming soup. Page 6

Showbiz
Would feel odd romancing a 22-yr-old if I was 50: Sonakshi. Page 15
Running theme

If there was commonality among the best books of the year, it could be found in the ebb and flow of institutional erosion followed by fresh voices, writes Christopher Borrelli

THE MUELLER REPORT

The Final Report of the Special Counsel into Donald Trump, Russia, and Collusion

WITH AN INTRODUCTION BY ALAN DERSHOWITZ

The most important book of 2019 was available to Americans for free (in fact, they had already paid for it). Its cover was indistinguishable from the starkest of corporate reports, large chunks throughout were redacted, and the prose that was readable carried all the warmth of an Apple licencing agreement. It was a 400-something page epic that somehow played smaller and less satisfying than the year’s other 400-something page bombshell: The Testaments, Margaret Atwood’s hit sequel to The Handmaid’s Tale.

Still, of everything published this year, it’s hard to think of more compelling lines than these, early in The Mueller Report: “The president slumped back in his chair and said ‘Oh my God. This is terrible. This is the end of my Presidency. I’m f—. ’” It kind of sucks you in, right? The author himself takes on a role in its meta-

plot, and the stakes are so inflated — the fate of a nation — that any writing workshop would squirm at the ambition.

The Mueller Report, as literature, was not one of the best books of 2019, yet, of everything I’ve read since January, it holds one of the two passages I remember with any clarity. The other is from Tressie McMillan Cottom’s Thick: And Other Essays: “Thick where I should have been thin, more when I should have been less, a high school teacher nicknamed me ‘Ms. Personality,’ and it did not feel like a superlative.”

That first passage is about decline, the second about asserting your place. If there was commonality among the best books of the year, it could be found between those poles, in the ebb and flow of institutional erosion followed by fresh voices. Memory, and how it can mislead and sustain us, became the subject of the year. Though note: Ironically, there were so many memorable reads that, beyond the 10 best, I included 15 runners-up, all of which, on a different day, at a different hour, had the planets been in retrograde, might have sneaked into a top 10:

Fiction

Ducks, Newburyport by Lucy Ellmann (Biblioasis, 1,020 pages, $22.95). I won’t lie: To get through this I enacted a plan, to read an hour a day for a month. I finished in two weeks. Nothing about this Booker nominee is as expected: Ellmann, an Evanston native, takes on the state of who we are now, and what we think, regardless of content. It feels shockingly to the minute. For a thousand pages, which unfold as one sentence, we’re privy to the thoughts of an Ohio housewife thinking of Trump, childhood, the cinnamon rolls she has to make for a bake sale, the plot of Air Force One — anything rattling around up there. It is work, and who knows if it’ll endure (there’s a swing-for-the-literary-fences Joycean quality hard to ignore), but it’s also an addicting and funny joy.

Lost Children Archive by Valeria Luiselli (Knopf, 383 pages, $27.95). The Mexican-born Luiselli, a journalist/novelist/volunteer interpreter for unaccompanied children in immigration court,
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COMMUNITY

American Spy by Lauren Wilkinson (Random House, 294 pages, $27). There are so many great novels by African Americans about living without being seen, or “passing” in plain sight as someone else, it’s strange how rare it is to encounter a spy thriller that isn’t about a white guy. Here is the Cold War story of a black female intelligence officer destined to ensure the revolutionary leader of Burkina Faso. Wilkinson’s first novel works as a brick airport thriller, but it’s closer to the personal conflict of Graham Greene than the political machination of John le Carre. Or as the spy’s father says on the day of her FBI graduation: “I’ve been a spy in this country for as long as I can remember.”

Nonfiction

Go Ahead in the Rain: Notes to a Tribe Called Quest by Hanif Abdurraqib (University of Texas Press, 216 pages, $16.95). Music books tend to be chunky histories or slight memoirs and never the kind of books about music we really need — the ones that remind us what it feels like to fall in love with a song or band, to fall so totally you’re joined for life, riding an artist’s highs and lows like they’re wayward family. Abdurraqib, a great poet and even better music critic (based in Columbus, Ohio), fills this book with jazz and memories of the great rap magazine The Source, childhood crushes and, of course, a warm history of a legendary group. It’s that rare vivisection, the kind that cuts cleanly and deeply, but leaves the subject more alive than when we found him. The Yellow House, by Sarah M. Broom (Grove, 376 pages, $26). “There was too much detail for my eyes to make sense of,” she writes in this gorgeous, ambitious and rigorously considered memoir (that recently won the National Book Award for nonfiction) about what it means to internalise a home. And not just any — not the tourist landscape of New Orleans, but the working-class blocks of New Orleans East, devastated during Hurricane Katrina, now haunted by generations of splintered families and civic neglect. Broom doesn’t give just her story but a sibling’s, her mother’s, her city’s. As Broom told the Atlantic: “When we boil Katrina down to a weather event, we really miss the point.”

How to Hide an Empire: A History of the Greater United States by Daniel Immerwahr (Farrar, Straus & Giroux, 328 pages, $30). As cleverly conceived and surprising as it is, its conception may seem obvious: a history of American expansionism, those territories and possessions that are part of the United States but exist outside of the traditional map and many Americans’ idea of what their country looks like. Meaning, military bases, Puerto Rico, Manila — lands that consistently refute the nationalistic fairy tale of an anti-colonial United States. But Immerwahr, an associate professor of history at Northwestern University, only begins there; the real is not a condemnation but rather a rare beast: a surprising take on foreign policy.

Good Talk by Mira Jacob (One World, 368 pages, $30). A graphic novel in which every character may look black or white, yet nothing is remotely so easy. The format is a pleasant collage of found (and Xeroxed) photos of Jacob and family, and that title is more meaningful than it sounds: Jacob identifies as South Asian and has a mixed-race son, and the conversation that ensues — about being brown in America, from the discomfort of her in-laws’ politics to arranged marriages — is disarmingly blunt, full of tender acts of grace and as effortlessly engaging as a lunch among friends you trust.

Say Nothing: A True Story of Murder and Memory in Northern Ireland by Patrick Radden Keefe (Doubleday, 441 pages, $28.95). This 10 best is alphabetical, but I’ve no problem clarifying: Here is my top best, my No. 1. Keefe, a New Yorker staffer known for his dives into minor characters who illustrate worlds, tackles no less than the troubles, the strife and struggles between governments and tribes that defined Ireland in the 20th century. Starting with famously tangled, contentious material, he structures it ingeniously as true crime, starting with the murder of a mother of 10, then spiralling outward into a devastating account of a nation struck by the youthful resolution, utter waste and political forgetfulness, of its participants.

And 15 almost top-10s, well worth your time

The Peanuts Papers: Writers and Cartoonists on Charlie Brown, Snoopy & the Gang, and the Meaning of Life, edited by Andrew Blauner; Exhalation: Stories by Ted Chiang; Trust Exercise by Susan Choi; Thick: And Other Essays by Tressie McMillan Cottom; Me; by Elon John; The Very Best of Caitlin R. Kiernan by Caitlin R. Kiernan; The Institute by Stephen King; The Topeka School by Ben Lerner; Underland: A Deep Time Journey by Robert Macfarlane; Savage Appetite: Four True Stories of Women, Crime and Obsession by Rachel Monroe; I Like to Watch: Arguing My Way Through the TV Revolution by Emily Nussbaum; Disappearing Earth by Julia Phillips; Audience of One: Donald Trump, Televison and the Fracturing of America by James Poniewozik; Trick Mirror: Reflections on Self-Delusion by Jia Tolentino; One Day: The Extraordinary Story of an Ordinary 24 Hours in America by Gene Weingarten. — Chicago Tribune/TNS
One step at a time: how to improve mental health through fitness

From regular walks to workouts or team sports, there are all kinds of activities that can help anxiety and depression. Here’s how to get started, writes Sirin Kale

When you are struggling with your mental health, getting active may be one of the last things you feel like doing. But if you can muster the energy, evidence shows that exercise has a powerfully beneficial effect. One 2019 study, published in JAMA Psychiatry, found that physical activity is an effective prevention strategy for depression. Another 2015 paper found that exercise can be as helpful in treating mild to moderate depression as antidepressants and psychotherapy.

“We have known for a long time that exercise promotes physiological and neurochemical responses that make you feel good,” says Prof Nanette Mutrie of the University of Edinburgh’s Institute for Sport, Physical Education and Health Sciences. When we exercise, the brain releases endorphins, as well as dopamine and serotonin. “Very often, these same chemicals form part of antidepressant drugs,” she says.

There is also a psychological component to exercise that makes us feel good, says Mutrie. “When you’re exercising, you are improving your self-esteem, mastering a new task and meeting new people. All of this forms part of the mix. There’s this synergy of positive things that is happening.”

If you are struggling with your mental health and are anxious about exercise, the best advice is to start small. “Your goals should be really achievable,” advises Sarah Overall, a London-based personal trainer who is qualified to take referrals from the NHS. “Take it slowly and be proud of every step you take.” She also says you will have setbacks along the way and shouldn’t feel discouraged. “Fitness isn’t linear,” she says. “You can go for a run one day and feel OK, and the next time feel rubbish.” She suggests exercising with a trusted friend, so that you have someone to check in with if you are feeling anxious.

Mutrie suggests a simple walking programme. “Aim to increase the amount you are walking over the course of a month. Start with walking for 10 minutes a day and gradually up it.” Most smartphones now have pedometers, so you can track your steps: 7,000 steps a day is a good target to set yourself, with the aim of eventually increasing it to the government recommendation of 10,000 steps daily.

Jermaine Johnson, another personal trainer who often trains clients with depression and anxiety, suggests avoiding cardio. “That can raise the heart rate and fuel your anxiety,” he says. Instead, he suggests that you try strength training. “I’ve trained people with depression who’ve said weightlifting made a big difference. Because you can measure your progress with weight training – heavier weights or more repetitions – you will be able to see how much you are improving, which could lift your mood.

You don’t have to exercise all the time. “If you want to optimise your exercise regime for your mental health, according to our research, exercising for 45 minutes at a time, three to five times a week, has the most beneficial mental health effects,” says Dr Adam Chekroud of Yale School of Medicine. He is the co-author of one of the biggest studies into exercise and mental health, which looked at 1.2 million adults in the US. He says that cycling and team sports will give you the biggest boost, but even walking or doing household chores are better than nothing.

It’s a good idea to pick times when gyms are less busy, so you won’t feel like you are being watched. “Speak to the gym manager and ask them about their quiet times and quiet areas,” Overall says. If you’re able to slip away from work, gyms are generally quiet in the mid-afternoon. Plus, you won’t have to drag yourself out of bed at the crack of dawn. “If it’s dark or rainy, it can be hard to get up early, especially if you’re struggling with depression,” she says.

Just being in nature has also been shown to have beneficial mental health effects. “You need sunlight for vitamin D, and vitamin D lifts your mood,” says Overall. Look for a Green Gym near you: these free, conservation-based workouts are a great way to meet people in your local area, if you’re feeling lonely; sign up and you could be planting trees or sowing seeds alongside other participants. Beyond that, the mental health charity Mind has a directory of fitness classes and other outdoor activities on its website (mind.org.uk), many of which could lift your mood.

**Taking it slow:** Running can be a great way of improving your self-esteem — but take it slowly at first.

**TAKING IT SLOW:** Running can be a great way of improving your self-esteem — but take it slowly at first.

**Motivation factor:** Finding a personal trainer – either as part of a group or on an individual basis – can be a good motivator.

**Motivation factor:** Finding a personal trainer – either as part of a group or on an individual basis – can be a good motivator.
Is 41 too old to exercise? It's a perfect time to start

The news that – according to a recent survey of 2,000 people in the US – people feel they are too old to exercise is a worrying sign for the nation’s health. The study found that nearly one in five adults felt too old to exercise at 41 would raise a few eyebrows in Fauja Singh’s house. He took up running at 84, and ran his first marathon aged 89. He went on to run a further seven marathons, including one at age 100. So if you have just turned 41 and think you’re too old, think again.

Rangan Chatterjee, a GP and author of Feel Better in 5, says exercising in our 40s is vital. “Exercise will help no matter what age you are,” he says. “But once we’re over 40 we start to lose muscle mass each decade – and muscle mass is one of the main predictors of longevity. So exercise, especially strength training, becomes arguably more important the older you get.”

The main reason people gave for not exercising after turning 41 was a lack of time. I know the feeling. I’m 45, I have a job and three children, but I regularly – including 10 ultra-marathons in the past three years. The best time for me to fit in my runs is early in the morning. But it’s not always that easy. The alarm goes off at 6am in the winter’s dark. What you need to put front and centre in your mind is that moment is the post-exercise buzz. Remember that? Slogging down to a big breakfast, glowing with energy after your workout, as the rest of the world is still emerging from sleep.

“Exercise has been proven in countless studies to improve mood, alertness, memory and happiness,” says the Guardian. “And yes, yes, exercise can be fun.”

“Exercise is a form of self-care. ‘Even if you can’t get to the gym, try to find a running buddy or join a group. From running to yoga to a local football team, it’s so much easier to get out there if you know someone is waiting for you.’ — The Guardian

Humans are creatures of habit, so making exercise part of your routine – however you can fit it in – also makes it easier, as then you will do it without thinking. You won’t regret it. Exercise has been proven in countless studies to improve mood, alertness, memory and happiness, as well as physical wellbeing. Your age – whether 21, 41 or 91 – has little to do with it.

It’s a perfect time to start exercising, especially strength training, as it becomes more important the older you get. Humans are creatures of habit, so making exercise part of your routine – however you can fit it in – also makes it easier, as then you will do it without thinking. You won’t regret it. Exercise has been proven in countless studies to improve mood, alertness, memory and happiness, as well as physical wellbeing. Your age – whether 21, 41 or 91 – has little to do with it.

The Guardian

Is 41 too old to exercise? It’s a perfect time to start

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The Guardian
Khao Suey, a delicious, heartwarming soup

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cold winter evening meals are perfect for piping hot soups. There are very few things that keep you warmer as compared to a comforting bowl of noodle soup and today we are talking about Khao Suey. Some people spell it as Khaw Suey or Khao Soi but it is the same delicious heartwarming soup bowl.

Burmese Khao Suey is a noodle soup with spices, coconut and loads of personality and tonnes of flavour profiles in one bowl. It is one of my favourite soups to make and serve, I have served this on many occasions and have always been appraised by my guests. I like this soup so much that I can’t really pin point what I like the most about this dish, whether it is the delicate creamy coconut milk sauce, the tanginess of the lime and lemon juice, fresh smell of cilantro leaves, the strong garlic flavour, crunchy freshly diced onions or the variety of mix garnishes that are added on top, not to mention the heat when you bite into a freshly sliced chili pepper.

In a nutshell Khao Suey is a ramen and curry rolled into one amazing delicious package. This amazing dish is a cross between a meal and a soup, it fills you up yet does not over fill or bloat you like a heavy meal. With a perfect assortment of garnishes, this creation is also loads of fun.

When I make my Khao Suey, I really do not follow any hard and fast rules for the accompaniments or garnishes, although I keep the popular garnishes like garlic, scallions and shallots and lime as static items while I add some other available accompaniments. I prefer adding lots of exotic vegetables like broccoli, zucchini, baby corns, exotic mushrooms, edamame, bean sprouts, snow peas and other such available vegetables. Adding various spices and herbs to these vegetables makes it an interesting affair to have.

This dish originated in Burma, and came to East India with Indians who migrated from Burma during the World War II. You can also get a vegetarian version of this dish made with tofu and vegetables. You can also substitute chicken with fish, beef, shrimps or eggs to make it as per your preference.

Let me tell you, this is a go-to meal for all the mothers having difficulty feeding their kids nutritious meals. Kids look at it as a noodle dish while this dish brings in the goodness of all the vegetables and herbs added in it. This dish requires some preparation but is easy to prepare and is totally worth making it few times a week for friends and family. This dish is ideal to prepare for a dinner party or a get together.

Chef’s Special

Cooking oil 1 tbsp.
Tofu ½ cup
Edamame beans, shelled ½ cup
Roasted peanuts ¼ cup
Chili flakes 1 tsp
Onion, diced 2 tbsp
Garlic, crushed 2 tbsp
Gram flour 2 tbsp
Coriander leaves, chopped 3 tbsp
Lemon grass 2 sprigs
Galangal, crushed 1 tsp
Ginger, crushed 1 tsp
Turmeric powder ½ tsp
Beans sprouts ½ cup
Lemon juice 2 tsp
Salt to taste
Black pepper, crushed to taste
Sugar, granulated to taste

Accompaniments as required to garnish
Fried garlic, chips
Fried onion, sliced
Chopped shallots
Soy sauce
Chili oil
Lime wedge

Method:
Wash clean and prep all the vegetables into bite sizes and keep aside.
Boil the noodles till al dente and drain the noodles and keep aside.
Heat oil in a large heavy bottom sauce pan and add crushed garlic and diced onion and sauté for 2 minutes.
Add crushed garlic and galangal and chopped lemon grass and sauté for 2 minutes.
Add gram flour and continue to sauté for another 3-4 minutes over slow flame and add water if the mixture starts to burn.
Add diced chicken breast and pour in 2 cups of water and coconut milk and stir to avoid the lumps. Add all the vegetables, edamame beans, diced tofu and adjust the seasoning and simmer over slow flame for 5-6 minutes.
Portion the boiled noodles in serving bowls and pour the prepared soup over it, drizzle some fried garlic chips, crispy fried onion, chili oil, lime wedge and serve hot.

Garnish with some chopped cilantro leaves, chopped scallions, fried garlic chips, crispy fried onion, chili oil, lime wedge and serve hot.

Note: This dish requires a lot of preparation and a variety of ingredients, do not worry if you are missing an ingredient or two, just cook with the available ingredients and enjoy.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com

NUTRITIOUS: Chicken Khao Suey requires a lot of preparation and a variety of ingredients.

Ingredients
Chicken breast 200 gm
Egg noodles 200 gm
Zucchini 1 no.
Baby corn 1/3 cup
Broccoli 1 head
Carrots, sliced 1/3 cup
Coconut milk 2 cup

Method:
Heat oil in a large heavy bottom sauce pan and add crushed garlic and galangal and sauté for 2 minutes.
Add crushed garlic and sauté for another 3-4 minutes over slow flame and add water if the mixture starts to burn.

Portion the boiled noodles in serving bowls and pour the prepared soup over it, drizzle some fried garlic chips, crispy fried onion, chili oil, lime wedge and serve hot.

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Baby corn 1/3 cup
Broccoli 1 head
Carrots, sliced 1/3 cup
Coconut milk 2 cup
Georgetown students bag Research Excellence Programme grant

Six students of Georgetown University in Qatar (GU-Q) recently bagged the Undergraduate Research Experience Programme (UREP) grant from Qatar National Research Fund in support of a school research project. The project will explore the role that Baladna Farm has played in defining Qatari sovereignty and self-sufficiency in the wake of the blockade. Drawing on interdisciplinary approaches in political science, economics, food science and anthropology, this project is the first of its kind to document broader national visions through a dairy farm. Explaining the benefits to students and the impact on the body of knowledge on Qatar, Dr Ragia Abusharaf, Primary Faculty Mentor, said, “This is a part of a series of research projects aimed at studying Qatari society in depth. It gives students, especially Qataris, a strong motive to do their best, while using critical thinking skills when researching such vital issues as food security and their connection with sovereignty. The students’ findings will also lay the groundwork for future research on the issue.” Nasser al-Kaabi, Research team member, said, “The project would involve human observation, both at the micro and macro level. It would also involve studying the cattle that produce the products and their welfare.” He added, “I hope to interview many stakeholders like farmers, expatriates, the workers at Baladna, and possibly top tier government officials.” For Nasser, Qatar’s national security isn’t only an educational pursuit; it’s a personal one. “As a Qatari, I am committed to giving my full support to my country, especially in the circumstances we find ourselves in.” The research team for the “Baladna: Qatari Articulations of Sovereignty and Self-Sufficiency in the Wake of the Siege” UREP project includes Abdulqudus Sanni, GU-Q; Khalid Marafi, GU-Q; Mohammad Ibrahim Tariq, GU-Q; John Robling, GU-Q; and Ali al-Sheebani, GU-Q. The mentors, include Uday Chandra, Professor of Government at GU-Q, and Tahira El Obeid, Head of the College of Health and Sciences at Qatar University. “Many people don’t know the background of the issue and how it evolved into a symbol of challenge,” said Ali al-Sheebani.

Doha College launches choir competition at QNC

Students of four choirs across Qatar, including Doha College, Doha English Speaking School, Kings’ College Doha and Dukhan English School recently took part in the launch ceremony of Qatar School Choir of the Year (QSCoY) at Qatar National Convention Centre. The competition has extended its age bracket for students aged 5-14. The competition will include new format, venue and categories. QSCoY has had world-renowned choral expert Greg Beardsell as its head adjudicator for each edition since inauguration. Every year, Greg led electrifying workshops for children and teachers and succeeded in firing up the love of singing in hundreds of children. Dana Alfardan, Competition Ambassador, is a Qatari composer of international prominence, an alumna of Doha College and a champion of music education. She composed the competition anthem Wings of the Falcon, a rousing song that was the set piece of the inaugural QSCoY edition and has since been recorded with the Qatar Junior Choir and with members of the Qatar Philharmonic Orchestra.

TNG to mark 10 year anniversary

The Next Generation (TNG) School is all set to mark its 10th year anniversary tomorrow under the patronage of HE Dr Hamda Hassan al-Shaibi, Secretary General at Qatar National Commission for Education, Culture and Science. Established in 2009, TNG currently hosts a student body of nearly 1800 students and a team of 100+ members in seven campuses; that are located in some of the most central locations across the country. An educational institute, TNG is committed to providing a safe learning environment for its students that guarantees their academic, personal and social growth, empowering them to meet global challenges with an emphasis on Islamic values. HE Dr Mohamed Abdul Wahid Ali Al-Hammadi, Minister of Education and Higher Education, will be the chief guest and Dr Ibrahim bin Salem bin Khalifa al-Nuaimi, Undersecretary at the Ministry of Education and Higher Education, the guest of honour. As part of its community outreach efforts, TNG will be presenting Education Awards to appreciate organisations who are contributing positively to the education sector by playing an active role in raising awareness about important issues. This will be the 6th round of Education Awards hosted by TNG. To appreciate the commitment and sincerity of its longest standing team members, TNG will be presenting its staff with Loyalty Awards for five and ten years of service. Excellence Awards for the categories, including Empowering the Team, Contributing to the School’s Mission and Vision, Incorporating Innovative Teaching and Learning strategies, Contributing to Academic Excellence, Commitment and Sincerity, will also be presented to the teachers who have contributed positively in these ten years. Earlier in October this year, the school had announced ‘Teachers as Innovators’ award for teachers who have successfully introduced innovative pedagogical approaches to their classrooms and achieved favourable results. The innovators will be presenting their practices and sharing their learnings at the anniversary event.

Indian author, researcher to conduct workshops in Doha

Professor Sunney Tharappan, author, researcher, writer and Founder Director of College for Leadership and HRD, Mangaluru, India, is all set to conduct two training programmes ‘FEEL Teacher’ and ‘FEEL Executive’ for the teachers and executives in Qatar, respectively. The areas to be covered through ‘FEEL Teacher’ include, Teacher – Communication, Teacher – Freedom and Punishment and Teacher – Classroom Leadership. Thematic areas to be covered by ‘FEEL Executive’ include identification and enhancement of leadership competencies of participants as part of human resource development interventions for the executives of different organisations. Special features of the training programmes, include participatory conceptualisation, experiential learning, Socratic questioning, skill drills, apprenticeship, enkindling intellectual revolutions and intellectual influence processes. “While building people towards success, we care very much for developing not only values, but also associated skills – technical, Conceptual and Human Relations. At CLHRD we have a fundamental belief that the development of individuals leads to the refinement of society,” said Tharappan.
**NATURAL FIGHTERS**

**JUICY BENEFITS OF 14 FRUITS & VEGGIES**

- **Grapefruits**
  Studies suggest that grapefruits (red & pink only) have important antioxidant benefits due to presence of lycopene.

- **Cantaloupes**
  Contain a diverse profile of nutrients like beta-carotene, which could lower the risks for developing asthma.

- **Apples**
  Contain phytonutrients like apple polyphenol, which could help with regulating blood sugar levels.

- **Lemon/Limes**
  Are an excellent source of vitamin C, which is vital to the function of a strong and healthy immune system.

- **Papayas**
  Are a good source of dietary fiber, which has been shown to reduce high cholesterol levels.

- **Pears**
  Are also a good source of fiber, which could help reduce the risks of forming type 2 diabetes and heart diseases.

- **Cranberries**
  Have proanthocyanidin (PAC), which is known to help treat and prevent Urinary Tract infections.

- **Cauliflowers**
  Contain glucoraphanin, which could be converted into sulforaphane to provide immune system benefits.

- **Carrots**
  Contain an abundance of vitamin A, which is known for improving your vision and preventing eye diseases.

- **Bok Choy**
  Are a good source of omega-3s, which have been shown to help prevent heart diseases and strokes.

- **Beets**
  Contain a specific type of fiber, which could provide health benefits such as reducing the risk of colon cancer.

- **Kales**
  Contain an unusual mix of carotenoids and flavonoids, which have been shown to reduce the risk of cancer.

- **Swiss Chards**
  Contain syringic acid, which could help people with diabetes by regulating blood sugar levels.

- **Asparagus**
  Contains a rich amount of glutathione, a compound that could help break down harmful carcinogens.
GROW THE RAINBOW!

Eating colorful can help your body be healthy and strong. Whole foods such as fresh fruits and veggies provide vitamins, minerals and fiber that our bodies need.

Rainbow colored fruits & veggies can do wonders for your body!

Red fruits and veggies help to keep your heart strong!

Orange fruits and veggies help you to have good vision!

Yellow fruits and veggies help you to be able to fight germs!

Green fruits and veggies help make your bones and teeth strong!

Blue & purple fruits and veggies help your memory!

But how can you grow the rainbow?

Container gardens make it easy to grow in any setting!

But where do you start?

Select location + select container + select your plants + prepare soil + plant your garden

Eat a rainbow! A diet that includes colorful fruits and veggies delivers vitamins, minerals, antioxidants, and fiber!
SOHOM members extol beautiful jewellery exhibition at MIA

By Mudassir Raja

The exquisitely beautiful jewellery designs and precious gems and pearls continue to fascinate and attract visitors at the ongoing Set in Stones: Gems and Jewels From Royal Indian Courts exhibition at the Museum of Islamic Art (MIA).

The members of Spouses of Heads of Mission (SOHOM) recently visited the exhibition – that will continue till January 18, 2020 – and appreciated the classical and traditional jewellery designs and the royal fashion tastes.

In connection with the 2019 Year of Culture Qatar–India, MIA is presenting the exhibition on magnificent gems and jewellery from India. The ‘Set in Stone: Gems and Jewels from Royal Indian Courts’ exhibition showcases more than 100 spectacular pieces from across Qatar Museums’ collection, including many masterpieces that have never been displayed before. Drawing from MIA’s permanent collection, the National Museum of Qatar, and Qatar Museum’s Orientalist Collection, the exhibition brings together a splendid array of jewellery, jewelled objects, works on paper, and photography, including highlights such as MIA’s famous gold and gem-set falcon and the brilliant diamond necklace from Varanasi, India.

The exhibition’s journey begins with ancient mines and ends with contemporary Qatari jewellery. Starting with ‘Precious Stones’, the visitor discovers the cultural and economic significance of stones in India before then experiencing the rich role gems play within the ‘Court and Ceremony’ of the Mughal Empire. The third section, ‘Beyond the Court’ shows the personal, private and devotional function of jewellery, highlighting the amazing diversity of craftsmanship across India. Lastly, ‘Qatar Connection: Pearls for Gold’ illustrates the longstanding cultural and commercial ties between Qatar and India, as seen through jewellery.

‘Set in Stone’ is curated by Dr. Tara Desjardins, with the support of Nicoletta Fazio, Reem Aboughazala, Tamadar Tariq al-Shamlan.

While sharing her experience with Community after going through the exhibition, Lillian Muzel, wife of German Ambassador to Qatar Hans-Udo Muzel, said: “Today the SOHOM members visited the extraordinary exhibition in the amazing MIA as part of the Qatar–India Year of Culture. Our expert guide Rohda Mohammed [head of museum guide] explained every aspect of the exhibition to us in an interesting way. The guide amongst others also elucidated upon the cultural and economic importance of jewellery in India and the long trade exchange of pearls and gold between Qatar and India.

“One of the many highlights was the stunning necklace from Varanasi, created with diamonds, gold, emeralds and crowned by baroque pearls. Further, the gorgeous jewelled falcon and other impressive objects which showed us the craftsmanship and wealth of the Mughal Court. It was a wonderful exhibition about India’s rich heritage with a visible link to Qatar through the beautiful pearls. It is yet another amazing showcase curated by the fantastic team of MIA and Qatar Museums.”

Shemain Thakur, wife of Belgian ambassador, said: “A rare collection of original royal jewels set in uncut diamonds, rubies and emeralds delicately set. The Qatari wedding jewellery inspired by Indian jewels was also spectacular.

Judit Sari, wife of the ambassador of Hungary, said: “This exhibition presents a huge variety of magnificent objects and ornaments used by the elite in India. I was amazed by the fascinating collection of the noble treasures. Many thanks to the MIA staff for the excellent guide, providing a thoroughly explanation of the glorious items and we are all looking forward to the future exhibitions in MIA.”

Lika Giorgadze, wife of the Georgian ambassador, said: “The SOHOM members were kindly invited for a special guided tour through the dazzling collection where more than 100 magnificent pieces of gemstones are displayed.

“The exhibition is extraordinary. It is divided into few sections highlighting the cultural, economic and historical importance of gemstones in India, its religious and social importance under the Mughals and their lavish displays of wealth as well as its’ connection and impact on Qatari jewellery.”

She added, “It is a collection of precious stones. Breathtaking diamonds, sapphires, rubies, emeralds and pearls are all blended in to one mesmerising masterpiece. Interestingly, most of them have associations with health, religion, fortune, source of protection from bad luck, etc. “Overall, it is wonderful, luxurious and unique exhibition with historical and cultural highlights throughout; absolutely must see collection in beautiful environment.”
LEISURE

Colour by choice

Maze
Help the gardener find his way to the garden.

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

Picture crossword
Use the pictures below as clues

1. WHITE  2. BROWN  3. YELLOW  4. GREEN
5. LIGHT BLUE  6. DARK BLUE  7. PURPLE
**Pooch Café**

By Paul Gilligan

**What do dogs think about at the end of a year?**

For example, I read about a walrus carcass washing ashore in Alaska. I always wondered if I could have borrowed or stolen money to buy passage there in time to eat any of it. But I never tried, and now I have to live with the regret.

We reflect on all the food we didn’t get to eat that we might have got if we’d pushed ourselves harder.

We also wonder what that song “Auld Lang Syne” is about.

**Billy picks the ideal time to show his report card.**

Are you smarter than a 5th grader?
**Sudoku**

Great gums (grayg gums)

**Meaning:**
- Noun: Someone or something impressive.
- Adverb: With energy and enthusiasm; successfully.
- Interjection: Expressing surprise or disbelief.

**Etymology:**
In the beginning, great gun referred to a large firearm that required mounting. Eventually it came to be applied metaphorically. The adverbial use started in horse races. Earliest documented use: 1430.

**Usage:**
“[Douglas Carter] Beane’s career has been going great guns anyway.”

---

**Fulgor or fulgour**

**Meaning:**
- Noun: Splendor; brightness.

**Etymology:**
From Latin fulgor (brightness), from fulgere (to shine). Ultimately from the Indo-European root bhel- (to shine or burn), which also gave us blaze, blond, bleach, blanket, flame, refulgent, fulminate, and effulgent. Earliest documented use: 1600.

**Usage:**
“Red Sea under a serene sky, under a sky scorching and unclouded, enveloped in a fulgor of sunshine.”

---

**Inquiline**

**Meaning:**
- Noun: An animal living in the nest, burrow, or home of another.

**Etymology:**
From Latin inquilinus (tenant, lodger), from in- (into) + colere (to dwell). Earliest documented use: 1640.

**Usage:**
“That he has never allowed himself to be absorbed fully into the English tradition is something many critics have misunderstood. Naipaul is best understood as an inquiline, as a man whom the English have tried to absorb, but a man who has clung to displacement like a floating buoy.”

---

**Jouissance**

**Meaning:**
- Noun: Pleasure; ecstasy.

**Usage:**
“Artists were allowed, indeed encouraged, to lead more libidinous lives on behalf of others who had, of necessity, to leave their jouissance at the door while they worked.”

---

**Worricow**

**Meaning:**
- Noun: A hobgoblin, scarecrow, or a person of frightening appearance.

**Etymology:**
From Scottish, from worry (to harass) + cow (hobgoblin). Earliest documented use: 1711.

**Usage:**
“Our world seems to be disinfected of all such ‘superstitious’ numina as ‘witches, warlocks, and worricows.’”

---

**Super Cryptic Clues**

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Youngsters have caught the wrong bus (4)</td>
<td>1. Shrink from engagement (8)</td>
</tr>
<tr>
<td>3. Draw near a very quiet fish (8)</td>
<td>2. Ordering a cab is essential (5)</td>
</tr>
<tr>
<td>9. Inspirational opening (7)</td>
<td>4. Mean attempt to follow friend (6)</td>
</tr>
<tr>
<td>10. Was the father of a knight called Edward (5)</td>
<td>5. Lies used by snooker players? (5)</td>
</tr>
<tr>
<td>11. One side of the paper a clergyman does not finish (5)</td>
<td>6. Shorten a card game (7)</td>
</tr>
<tr>
<td>12. Not all presidents live (6)</td>
<td>7. Conceal skin (4)</td>
</tr>
<tr>
<td>14. To stick together he must be in the centre (6)</td>
<td>8. Redhead in love provides protection for warrior (6)</td>
</tr>
<tr>
<td>16. Cook fish within, without compulsion (6)</td>
<td>13. A lake, pure and simple (4)</td>
</tr>
<tr>
<td>19. A launderer, perhaps, used to be female (6)</td>
<td>15. He gets a fish for curing (7)</td>
</tr>
<tr>
<td>21. Clown with a drink (5)</td>
<td>17. Log an unsurpassed achievement (6)</td>
</tr>
<tr>
<td>24. A slight cold contributing to much illness (5)</td>
<td>18. A sweet little thing (6)</td>
</tr>
<tr>
<td>25. Hotchpotch put together for a rag (7)</td>
<td>20. Composer taking brief holidays by the end of August (5)</td>
</tr>
<tr>
<td>26. The genie’s odd or even number (8)</td>
<td>22. Stop providing cold comfort (5)</td>
</tr>
<tr>
<td>27. A lake, pure and simple (4)</td>
<td>23. Some teachers get hurt (4)</td>
</tr>
</tbody>
</table>

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**Solution**

**Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.**
Ice baths not helpful for repairing, building muscle

Successful athletes such as Andy Murray and Jessica Ennis-Hill are known for using ice baths after exercise, however new research suggests that ice baths aren’t helpful for repairing and building muscle over time, because they decrease the generation of protein in muscles.

According to health experts here, rather than going for ice bath people can opt to get mild massage, consume protein before bed, and drink plenty of water.

Ice baths, also known as cold-water immersion, are still touted as a popular strategy for both acute recovery, on a timescale of hours and days, as well as adaptation to training over weeks and months.

“The purpose of ice bath is to reduce the inflammation and not for repairing or building the muscles. The purpose of the ice baths is to decrease the swelling after acute pain.”

“But there’s no impact of ice baths on the generation of new proteins in the muscles,” Gulati said. Gulati added that alternatives ice baths can be physiotherapy and strengthening exercise. ~ IANS

**ARIES**
March 21 — April 19

If you’ve been planning to set off on a trip soon, Aries, make a list of what you need to do beforehand and check off each task as you complete it. Otherwise you might panic at the last minute because you’ve forgotten something important. Stay calm even if it seems impossible. You’re less likely to forget anything if you stay focused.

**TAURUS**
April 20 — May 20

You may have been worried about money lately, Taurus. Today a family member could make an expenditure that you view as unnecessary and irresponsible. Before you become angry know that all may not be as it seems! If you look at the situation objectively, you may see that you aren’t in dire financial straits and the expenditure didn’t take that much out of the family coffers.

**GEMINI**
May 21 — June 20

Today you might find it necessary to turn down an invitation to a social event, Gemini, and the host might for some reason seem offended. Your friend is probably overworked and stressed and apt to overreact to just about any situation. Relax a little. Explain things to your friend and then propose that you get together at another time. That’s all you can do now.

**CANCER**
June 21 — July 22

Have you been doing a lot of walking lately? If so, Cancer, your feet may be sore. This could affect your energy level considerably, not to mention your ability to get any work done. Concentrate on routine tasks that require little thought and can be done sitting down. Stay out of any squabbles! Relax in a hot bath tonight.

**LEO**
July 23 — August 22

An event could find a current or potential love partner paying a lot of attention to others, Leo. You might feel neglected and unloved, as though your friend is doing this to hurt you. This probably isn’t the case. Your partner is just trying to be sociable and doesn’t realise that it upsets you. Do some mingling. Your friend might have the same reaction as you and come running!

**VIRGO**
August 23 — September 22

Do you sometimes go about things backward, Virgo? Are you caught up in the rat race of trying to have more money and security with the idea that eventually you’ll earn the freedom to do what makes you happy? The happiness factor actually works in reverse. You must first be who you are and then take the necessary actions in order to have what you really want.

**LIBRA**
September 23 — October 22

An angry call from someone who lives far away might catch you off guard today, Libra. In your mind, the person has no reason to be angry and is blowing things out of proportion. They probably won’t listen to reason. Say as calmly as you can that you’ll get in touch tomorrow and then hang up. Give this person time to calm down before even trying to straighten things out.

**SCORPIO**
October 23 — November 21

Today you might spend a lot of time looking for a lost object, Scorpio. This item may only have sentimental value. Still, it’s important to you that you find it. This isn’t a good day to search. You’re in a rather frenzied state and could look right at it without seeing it. Wait until tomorrow to look. What you seek is probably nearby and just hidden in some way.

**SAGITTARIUS**
November 22 — December 21

A minor quarrel or separation could take place with a love partner, Sagittarius, probably over something that seems trivial. It’s likely to get your dander up to the point where you may never want to see this person again. Go for a workout or brisk walk to clear your head, get the endorphins going, and view the situation more objectively. Then phone your friend and work it out.

**CAPRICORN**
December 22 — January 19

Too much stress from overwork could have your nerves on edge today, Capricorn. When someone makes an offhand remark, you might see insult where none is intended. Don’t get so jumpy that you imagine traitors behind every door. Work alone if you can, and take a walk to clear your head. This will put you in a better frame of mind and a more relaxed space.

**AQUARIUS**
January 20 — February 18

Squabbles may break out among members of your group, Aquarius. You might wonder what the big deal is since what they’re arguing over seems rather silly. Apparently it’s important to them! If you feel up to it, get your friends out of their emotional chaos and view the subject more objectively. It might not calm them down, but at least you’ll have done something!

**PISCES**
February 19 — March 20

Someone may skip out on responsibilities today, Pisces, causing extra tasks to fall to everyone else, including you. This might stir up some anger and resentment and it’s definitely going to cause more stress. Delegate tasks if you can. Put yours in order of urgency and then take them one at a time slowly and carefully. If the less important ones have to wait until tomorrow, so be it!
Would feel odd romancing a 22-yr-old if I was 50: Sonakshi

Actress Sonakshi Sinha, who is gearing up for Dubbagg 3, says she would feel odd romancing a 22-year-old if she was 50, unlike her co-star Salman Khan, who will be seen romancing 21-year-old Saiee Manjrekar in the upcoming film.

Sonakshi was talking to quint.com, where she talked about how older male stars consistently feature opposite much younger female actors.

Asked about how the age gap between male and female stars is just becoming bigger and bigger, Sonakshi said: “Oh wow! If you put it that way, but would you want to see Madhuri Dixit romancing Ishaan Khatter?”

The actress said Madhuri romancing Ishaan would be “a bit odd”.

Why is it not odd when Salman Khan is romancing a 21-year-old? Why is it odd when Madhuri Dixit is romancing an Ishaan Khatter?

“I don’t know, actually. I have not thought of it that way,” Sonakshi said.

Sonakshi said one should ask Salman as to why he keeps romancing younger girls.

“You should ask him only know? What is he eating or what is he doing to keep looking so young and keep romancing the younger girls with every film,” she said.

Has she ever thought about this? “No, actually I haven’t because, for me, it’s a job, right? And hats off to him for having sustained a career for so long in the industry, and you know, still working with as much gusto as he did, initially. And I think it’s great to have achieved something like that. So if you have a problem with it, you should go and ask him,” she said.

No Time To Die trailer out; Craig rocks one final time

The official trailer of the upcoming James Bond adventure No Time To Die launched on Wednesday, and by the look of it Daniel Craig is all set to give hardcore fans a vintage action feast in his final outing as Agent 007.

“Bond... James Bond” – The first trailer for #NoTimeToDie is here! In cinemas April 2020 #Bond25 #BondJamesBond,” tweeted @007 on the official James Bond handle.

The two-minute, thirty-six second shots on the offical James Bond handle.

The two-minute, thirty-six second trailer, released on the film’s social media outlets including YouTube, has it all. There’s Craig striking a dapper intense form as Bond, zipping around in a high-concept Aston Martin devised especially for him by Q (Ben Wishaw), Naomie Harris returns as Moneypenny and Ralph Fiennes as M.

There is a brief glimpse of Christoph Waltz as Ernst Stavro Blofeld, too, who was captured at the end of the last Bond film, Spectre. Around 20 seconds from the end of the trailer, Rami Malek makes a sinister appearance as the villain of the piece, Safin. “History isn’t kind to men who play God” Bond tells Safin. This is the fifth time that Craig essays the role of James Bond. He

for so long in the industry, and you know, still working with as much gusto as he did, initially. And I think it’s great to have achieved something like that. So if you have a problem with it, you should go and ask him,” she said.

Feast: Daniel Craig is all set to give diehard fans a vintage action feast in his final outing.

No time To Die is the 25th Bond flick, and is directed by new-age maverick and Emmy-winner Cary Joji Fukunaga, who made mark calling the shots on True Detective.

Craig makes way for a female Bond, to be played by Lashana Lynch, in the next film of the series.

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BROKE: Katie Price was forced to sell her 230,000-pound (Rs1.15 crore) diamond engagement rings given by ex-husband Peter Andre.

Bankrupt Katie Price sells 230K diamond rings

Katie Price, declared bankrupt by a London court a few days ago, is said to have been forced to sell her 230,000-pound diamond engagement rings given by ex-husband Peter Andre.

Katie, earlier known by pseudonym Jordan, is a media personality, model, and author.

She was declared bankrupt after she blew her entire 45-million-pound fortune over the years.

She didn’t turn up in person or sent a lawyer to fight her case in court.

In September, a bankruptcy charge was laid on her West Sussex mansion.

At a hearing in October 2018, she was given time to negotiate a deal with taxmen over her finances and her proposal for an IVA was accepted on November 10, 2018.

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WITTY: Alia Bhatt: “It’s a very different kind of film and good things take time”

Alia on Brahmastra delay: Good things take time

Actress Alia Bhatt has come up with a witty quip responding to the delay in release of her ambitious upcoming film, Brahmastra. She said good things take time.

“It’s a very different kind of film and good things take time,” said Alia, talking about the delay of the sci-fi adventure drama Brahmastra, co-starring Amitabh Bachchan and Ranbir Kapoor.

Recently, Big B joined Ranbir and Alia for an outdoor shoot in Manali for the Ayan Mukerji film.

Big B took to Twitter on Monday to share a candid picture of himself with Ranbir. He shared the picture with a caption: “Minus degrees... err like -3... protective gear.. and the work etiquette.” Brahmastra is the first part of a sci-fi trilogy. The film is scheduled for release in summer 2020 in 3D, IMAX and standard formats.

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CANDID: Sonakshi Sinha says hats off to Salman Khan for having sustained a career for so long in the industry.

When asked that people are not accepting women doing the same thing, Sonakshi said: “Honestly, if I was, I was at an age of 50, I would feel odd romancing a guy who’s 22-years-old.”
New verve in bilaterals

Ambassador Nathapol Khantahiran highlights surge in trade, tourism, and domestic milestones in culturally rich celebrations of Thai National Day

By Kamran Rehmat

Plenty of positive vibes dominated the celebration of the National Day of Thailand Wednesday evening in what has been a landmark year for the kingdom.

The glittering and culturally rich ceremony was attended by HE Dr Hanan Mohamed al-Kuwari, Minister of Public Health; HE Yousef bin Mohamed al-Othman Fakhro, Minister of Administrative Development, Labour and Social Affairs; Ibrahim Yousif Fakhroo, Ministry of Foreign Affairs Chief of Protocol; Ali Ibrahim Ahmed, Ambassador of the State of Eritrea and Dean of Diplomatic Corps in Doha; ambassadors, dignitaries and Thai residents in Qatar.

Nathapol Khantahiran, Thai ambassador to Qatar, recounted a few highs for the benefit of the audience, the highlight of which was the surge in Thai exports to Qatar by 24 per cent in 2018 over the previous year — leading to the volume of bilateral trade reaching $3.9 billion. There was also greater inflow of Qatari tourists to Thailand, an increase of 27.5 per cent over the previous year.

Qatar, he said, remains one of the biggest suppliers of LNG to Thailand.

The ambassador was sanguine about the bilaterals, saying the ongoing crisis would not deter his country’s strong determination to further strengthen ties with Qatar. The coming year marks the 40th anniversary of a mutually beneficial relationship going back to August 7, 1980 when diplomatic ties were formally initiated. The two countries have also been engaged in multilateral forums.

He noted two significant recent visits to underscore the vitality of the bilaterals: Princess Bajrakitiyabha Narendiradebyavati’s visit to Qatar in December 2018; and in August this year, the visit of HE Sheikh Mohamed bin Abdulrahman al-Thani, Deputy Prime Minister and Foreign Minister, to Thailand.

On the domestic front, the ambassador highlighted the significance of the day, which coincides with the birth anniversary of King Bhumibol Adulyadej The Great, the father of King Maha Vajiralongkorn Phra Vajiraklaochaoyuhua. It is also marked as Thailand’s Father’s Day.

This year the day was also declared as the ‘World Soil Day’ by the UN General Assembly to promote and raise awareness of soil as an entity towards agriculture development, nutrition and food security — all very central to the Thai kingdom and reflected in its global standing in the arena.

Ambassador Khantahiran pointed out that the country marked two major milestones this year: the coronation on May 4 of King Maha Vajiralongkam Phra Vajiraklaochaoyuhua or King Rama X, continuing a tradition of over 700 years of kingdom; and the election of a new government. The third related to Thailand assuming the chairmanship of Asean as the host of the 35th Asean summit.

The evening had a plateful of cultural musings with an engaging enactment of the Dance of Benediction, a traditional score from Thailand’s central region as a gesture of welcome to — and bestow blessings — on the guests.

It was followed by Serng Kratip, a folk dance from the northeastern part of the country, relating to glutinous rice, the main crop produced and consumed in the region.

It was rounded up by Isaan Long Drum Dance, which also comes from the northeast region. Long drum group is popularly seen in processions at various festivals. All three had a mark of finesse about them and, apart from the performance, particularly eye-catching were the exquisite Thai attire and adornments on display.

Before inviting the guests to a traditional Thai feast, the ambassador took the opportunity to thank High Highness the Amir Sheikh Tamim bin Hamad al-Thani and His Highness the Father Amir Sheikh Hamad bin Khalifa al-Thani, the Qatari government and people for hosting his compatriots and taking good care of them.