Community

Asna Nafees, Principal of DPS-MIS, receives award at 31st CBSE Gulf Principals’ Conference.

Community

Qatari businessman seeks to build bilateral trade ties with Pakistan.

Idea oversold?

Up to a third of knee replacements pack pain and regret, says study. P4-5

Cover Story

It’s a struggle to find the bright side to this hackneyed film.

Review

Brooklyn Nine-Nine stays on comedy beat.

Showbiz

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**USEFUL NUMBERS**

**Emergency** 999  
**Worldwide Emergency Number** 112  
**Kahramaa – Electricity and Water** 991  
**Local Directory** 180  
**International Calls Enquiries** 150  
**Hamad International Airport** 40106666  
**Labor Department** 44406537, 44508111  
**Mowasalat Taxi** 44588888  
**Qatar Airways** 44496000  
**Hamad Medical Corporation** 44392222, 44393333  
**Qatar General Electricity and Water Corporation** 44845555, 44845464  
**Primary Health Care Corporation** 44593333, 44593363  
**Qatar Assistive Technology Centre** 44594050  
**Qatar News Agency** 44450205, 44450333  
**Q-Post – General Postal Corporation** 44464444

**Humanitarian Services Office**  
(Single window facility for the repatriation of bodies)  
**Ministry of Interior** 40253371, 40253372, 40253369  
**Ministry of Health** 40253370, 40253364  
**Hamad Medical Corporation** 40253368, 40253365  
**Qatar Airways** 40253374

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**PRAYER TIME**

- **Fajr**: 5.00am  
- **Shorooq (sunrise)**: 6.21am  
- **Zuhr (noon)**: 11.41am  
- **A‘sr (afternoon)**: 2.41pm  
- **Maghreb (sunset)**: 5.03pm  
- **Isha (night)**: 6.33pm

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**Quote Unquote**

“We should not give up and we should not allow the problem to defeat us.”  
— A B J Abdul Kalam

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**The Accident Prime Minister**  
**DIRECTION**: Vijay Ratnakar Gutte  
**CAST**: Aishana Kumra, Anupam Kher, Suzanne Bernert  
**SYNOPSIS**: Based on the memoir by Indian policy analyst Sanjaya Baru, *The Accidental Prime Minister* explores Manmohan Singh’s tenure as the Prime Minister of India, and the kind of control he had over his cabinet and the country.  
**THEATRES**: The Mall, Landmark, Royal Plaza

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**Petta**  
**DIRECTION**: Karthik Subbaraj  
**CAST**: Rajinikanth, Vijay Sethupathi, Simran  
**SYNOPSIS**: Though he works as a hostel warden, there is more to Kaali than meets the eye. Things take an interesting turn when Kaali’s path crosses with a group of dreaded gangsters.  
**THEATRE**: The Mall

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**Landmark Cinema (1)**:  
Viswasam (Tamil) 2pm; Uri: The Surgical Strike (Hindi) 4:45pm; How To Train Your Dragon: The Hidden World (2D) 5pm; The Accidental Prime Minister (Hindi) 9:30pm; The Mule (2D) 11:30pm.

**Landmark Cinema (2)**:  
Petta (Tamil) 2pm; Petta (Tamil) 5pm; Petta (Tamil) 8pm; Petta (Tamil) 11pm.

**Landmark Cinema (3)**:  
Viswasam (Tamil) 2:15pm; Zoe (2D) 5pm; Viswasam (Tamil) 6:45pm; The Mule (2D) 9:30pm; Uri: The Surgical Strike (Hindi) 11:30pm.

**Landmark Cinema (4)**:  
Ntr: Kathanaayakudu (Telugu) 2:1pm; Uri: The Surgical Strike (Hindi) 4:45pm; How To Train Your Dragon: The Hidden World (2D) 5pm; The Accidental Prime Minister (Hindi) 9:30pm; The Mule (2D) 11:15pm.

**Royal Plaza Cinema Palace (1)**:  
Viswasam (Tamil) 2pm; Uri: The Surgical Strike (Hindi) 4:45pm; How To Train Your Dragon: The Hidden World (2D) 5pm; The Accidental Prime Minister (Hindi) 9:30pm; The Mule (2D) 11:15pm.

**Royal Plaza Cinema Palace (2)**:  
Viswasam (Tamil) 2:30pm; The Accidental Prime Minister (Hindi) 5:15pm; The Mule (2D) 7:15pm; Holmes And Watson (2D) 9:30pm; The Mule (2D) 11:15pm.
emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qalal and various type of pearls. The students will discover all details of the Fath Al-Khair journey.

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.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

The Colour Run
WHERE: QNCC
WHEN: January 26
TIME: 8:30am
Celebrate the hero in you in a realm where nothing is impossible and you are unstoppable. Soar to new heights in the all-new Super Zone and suit up in gear fit for only the most super of heroes as you collect your medal at the Finish Line! 2010 will also include the Foam Zone. Gates will open at 7am on January 26, with our first Color Runners setting off at 8.30am.

Doha Triathlon 2010
WHERE: Museum of Islamic Art
WHEN: February 8
Doha Triathlon has opened registration for its third edition. Those wishing to participate in the event can visit www.doha-triathlon.com to register in either the Olympic or Sprint which offers registration for both individuals and team relays. Another choice is the Super Sprint which is only for individuals and open for both adults and kids aged between 13-15 years old. Also, a kids’ duathlon was introduced this year for two age groups 7-9 and 10-12 years old to allow all family members to enjoy the event.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com.

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.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hillal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33897609.

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Flano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 33326749.

Compiled by Nausheen Shaikh. E-mail: glisting@gmail.com, Events and timings subject to change.
Pressure and the pain

Research suggests that up to one-third of those who have knees replaced continue to experience chronic pain, while 1 in 5 are dissatisfied with the results, writes Liz Szabo.

Danette Lake thought surgery would relieve the pain in her knees. The arthritis pain began as a dull ache in her early 40s, brought on largely by the pressure of unwanted weight. Lake managed to lose 200 pounds through dieting and exercise, but the pain in her knees persisted.

A sexual assault two years ago left Lake with physical and psychological trauma. She damaged her knees while fighting off her attacker, who had broken into her home. Although she managed to escape, her knees never recovered.

At times, the sharp pain drove her to the emergency room. Lake's job, which involved loading luggage onto airplanes, often left her in misery. When a doctor said that knee replacement would reduce her arthritis pain by 75 percent, Lake was overjoyed.

"I thought the knee replacement was going to be a cure," said Lake, now 52 and living in rural Iowa. "I got all excited, thinking, 'Finally, the pain is going to end and I will have some quality of life.'"

But one year after surgery on her right knee, Lake said she's still suffering.

"I'm in constant pain, 24/7," said Lake, who is too disabled to work. "There are times when I can't even sleep."

Most knee replacements are considered successful, and the procedure is known for being safe and cost-effective. Rates of the surgery doubled from 1999 to 2008, with 3.5 million procedures a year expected by 2030.

But Lake's ordeal illustrates the surgery's risks and limitations. Doctors are increasingly concerned that the procedure is overused and that its benefits have been oversold.

Research suggests that up to one-third of those who have knees replaced continue to experience chronic pain, while 1 in 5 are
dissatisfied with the results. A 2017 study published in the BMJ found that knee replacement had “minimal effects on quality of life,” especially for patients with less severe arthritis.

One-third of patients who undergo knee replacement may not even be appropriate candidates for the procedure, because their arthritis symptoms aren’t severe enough to merit aggressive intervention, according to a 2014 study in Arthritis & Rheumatology.

“We do too many knee replacements,” said Dr. James Rickert, president of the Society for Patient Centered Orthopedics, which advocates for affordable healthcare, in an interview. “People will argue about the exact amount. But hardly anyone would argue that we don’t do too many!”

Although Americans are ageing and getting heavier, those factors alone don’t explain the explosive growth in knee replacement. The increase may be fuelled by a higher rate of injuries among younger patients and doctors’ greater willingness to operate on younger people, such as those in their 50s and early 60s, said Rickert, an orthopaedic surgeon in Bedford, Indiana. That shift has occurred because new implants can last longer — perhaps 20 years — before wearing out.

Yet even the newest models don’t last forever. Over time, implants can loosen and detach from the bone, causing pain. Plastic components of the artificial knee slowly wear out, creating debris that can cause inflammation. The wear and tear can cause the knee to break. Patients who remain obese after surgery can put extra pressure on implants, further shortening their lifespan.

The younger patients are, the more likely they are to “outlive” their knee implants and require a second surgery. Such “revision” procedures are more difficult to perform for many reasons, including the presence of scar tissue from the original surgery. Bone cement used in the first surgery can be difficult to extract, and bones can fracture as the older artificial knee is removed, Rickert said.

Revisions are also more likely to cause complications. Among patients younger than 60, about 35 percent of men need a revision surgery, along with 20 percent of women, according to a November article in the Lancet.

Yet hospitals and surgery centres market knee replacements heavily, with ads that show patients running, bicycling, even playing basketball after the procedure, said Dr. Nicholas DiNubile, a Havertown, Pennsylvania, orthopaedic surgeon specializing in sports medicine. While many people with artificial knees can return to moderate activities — such as doubles tennis — it’s unrealistic to imagine them playing full-court basketball again, he said.

“Hospitals are all competing with each other,” DiNubile said. Marketing can mislead younger patients into thinking, “I’ll get a new joint and go back to doing everything I did before,” he said. To Rickert, “medical advertising is a big part of the problem. Its purpose is to sell patients on the procedures.”

Rickert said that some patients offered surgery they don’t need and that money can be a factor. Knee replacements, which cost $33,000 on average, are “really crucial to the financial health of hospitals and doctors’ practices,” he said. “The doctor earns a lot more if they do the surgery.”

Yet surgery isn’t the only way to treat arthritis.

Patients with early disease often benefit from over-the-counter pain relievers, dietary advice, physical therapy and education about their condition, said Daniel Riddle, a physical therapy researcher and professor at Virginia Commonwealth University in Richmond.

Studies show these approaches can even help people with more severe arthritis.

In a study published in Osteoarthritis and Cartilage in April, researchers compared surgical and non-surgical treatments in 100 older patients eligible for knee replacement.

Over two years, all of the patients improved, whether they were offered surgery or a combination of non-surgical therapies. Patients randomly assigned to undergo immediate knee replacement did better, improving twice as much as those given combination therapy, as measured on standard medical tests of pain and functioning.

But surgery also carried risks. Surgical patients developed four times as many complications, including infections, blood clots or knee stiffness severe enough to require another medical procedure under anaesthesia. In general, 1 in every 100 to 200 patients who undergo a knee replacement die within 90 days of surgery.

Significantly, most of those treated with non-surgical therapies were satisfied with their progress. Although all were eligible to have knee replacement later, two-thirds chose not to do it.

Tia Floyd Williams suffered from painful arthritis for 15 years before having a knee replaced in September 2017. Although the procedure seemed to go smoothly, her pain returned after about four months, spreading to her hips and lower back.

She was told she needed a second, more extensive surgery to put a rod in her lower leg, said Williams, 52, of Nashville.

“At this point, I thought I would be getting a second knee done, not redoing the first one,” Williams said.

Other patients, such as Ellen Stutts, are happy with their results. Stutts, in Durham, N.C., had one knee replaced in 2016 and the other replaced in 2018. “It’s definitely better than before the surgery,” Stutts said.

Doctors and economists are increasingly concerned about inappropriate joint surgery of all types, not just knees.

Inappropriate treatment doesn’t harm only patients; it harms the healthcare system by raising costs for everyone, said Dr John Mafi, an assistant professor of medicine at the David Geffen School of Medicine at UCLA.

The 723,000 knee replacements performed in 2014 cost patients, insurers and taxpayers more than $40 billion. Those costs are projected to surge as the nation ages and grapple with the effects of the obesity epidemic, and an ageing population.

To avoid inappropriate joint replacements, some health systems are developing “decision aids,” easy-to-understand written materials and videos about the risks, benefits and limits of surgery to help patients make more informed choices.

In 2009, Group Health introduced decision aids for patients considering joint replacement for hips and knees.

Blue Shield of California implemented a similar “shared decision-making” initiative.

Executives at the health plan have been especially concerned about the big increase in younger patients undergoing knee replacement surgery, said Henry Garlich, director of health care value solutions and enhanced clinical programmes.

The percentage of knee replacements performed on people 45 to 64 increased from 30 percent in 2000 to 40 percent in 2015, according to the Agency for Healthcare Research and Quality.

Because the devices can wear out as little as a few years, a younger person could outlive their knees and require a replacement, Garlich said. But “revision” surgeries are much more complicated procedures, with a higher risk of complications and failure.

“Patients think after they have a knee replacement, they will be competing in the Olympics,” Garlich said.

Danette Lake once planned to undergo knee replacement surgery on her other knee. Today, she’s not sure what to do. She is afraid of being disappointed by a second surgery.

Sometimes, she said, “I think, ‘I might as well just stay in pain.’” — Kaiser Health News
NAAAS Group organises football tournament

NAAAS Group, in association with Supreme Committee for Delivery and Legacy, recently organised a football tournament at The Asian City. Blue collar workers participated in the tournament. Some 10 teams representing different companies in Qatar took part in the tournament that spanned over a period of two months. The final match was played between Al Teyseer and Petroserv Team. The event was attended by notable personalities including media representatives of various organisations.

NIS celebrates 12th Annual Sports Day

Noble International School (NIS) recently celebrated 12th Annual Sports Day at Aspire Dome. Eirini Kafali, an athlete from Greece with specialisation in shot-put, was the chief guest at the event. Shibu Abdul Rasheed, Principal of NIS, welcomed the gathering. The event was attended by notable personalities, including Moideen R S, Abdul Majeed and Ahmed Ansari, Directors of NIS. Jayamon Joy and Robin K Jose, both Vice Principal at NIS, felicitated the athletes of NIS.

The event was led by Saril N R, Head of Department of Physical Education at NIS, along with Antony Germans, Jayes Manuel, Anju A and Shahabas. The event was co-ordinated by Mohammed Hassan and Dhanya Linto under the leadership of Shihabudheen, Nizar K and Indira Menon. The event was concluded with a prize distribution ceremony. Hathem and Kamal, aspiring coaches of Al Shamal Sports Club, were also present on the occasion. Cosmin Nicholae awarded the House Cup to the winners of the 12th Annual Sports Meet.
CIHT organises technical presentation

Chartered Institution of Highways and Transportation (CIHT) Qatar recently organised a technical presentation on Transit Oriented Development (TOD) by Brian Wait, Architect and In-Charge of AREP worldwide architecture and urban planning activities. Brian presented a statistic of significant reduction of traffic generation and parking demand with increasing transit ridership and economic growth in a TOD project located in Nancy, France.

In his presentation, he said that Qatar’s energy consumption and traffic congestion are huge and therefore its carbon footprint is significant. For sustainable environment, Qatar’s transportation planning needs to be improved with proper TOD considerations with various technical approaches. Proper TOD can effectively reduce the trip generation and parking demand whilst encouraging the local economy which would be beneficial for Qatar.

The presentation was followed by an interactive session. The presentation was sponsored by AECOM, BG&E, DCE, Egis, Fugro, Muhel, PAF, Seero, TMS and WSP.

IABJ marks New Year’s celebrations

Indian Association of Bihar and Jharkhand (IABJ) recently organised an event to mark New Year’s celebrations at Doha Park 65. Sheikh Tanwir Ahmad, President of IABJ, welcomed the gathering and urged all the Indian expatriates from Bihar and Jharkhand to join the association. He said that the association will help everyone from Bihar and Jharkhand residing in Qatar in the time of need. The event kicked off with the recitation of the Holy Qur’an by Master Jamal Nasir. Afzal Nasir, event co-ordinator, gave an insight to the objectives and aim of IABJ, which was followed by a felicitation ceremony of Safiruzzama Ajazi, outgoing Vice Chairman of IABJ, who is leaving Qatar for good. Sheikh Tanwir Ahmad presented a Shawl and a memento to Safiruzzama.

A certificate of appreciation was presented to Irfan Hasan Ansari, Welfare Secretary of IABJ, and Imtiyaz Ahmed, Joint GS of IABJ. Mohammad Khalid Hussain, General Secretary of IABJ, proposed a vote of thanks.

KCQ organises cricket league

Kashmiri Community Qatar (KCQ) recently organised Kashmir Qatar Cricket League (KQCL) at Al Khor Cricket Stadium. The league included ten matches played amongst four teams, including Zabwani Rangers, Chinar Strikers, Muzaffarabad United and Zaffron Cricket Club. The league was led by Sameer Wani, Head of KCQ, Kalim Ullah, Director of KQCL, Samir Ullah, Technical Adviser, and Waif Iqbal, Media and PR Manager of KCQ.
Seniors find healing in weekly painting classes

The seniors include the ones who are recovering from strokes, battling hand tremors and arthritis and suffer from failing vision, among other age-related issues, writes Pam Kragen.

When 85-year-old Gerry Fairbanks sits down in front of a blank canvas, a black marker might just as well be a magic wand. "Painting is magic to me," she said during an oil-painting class at Cypress Court retirement community in Escondido, Calif. "To start off with a blank page and all of a sudden you have something? That's magical!"

Fairbanks started painting about 20 years ago when she began losing her hearing. It was one of the few recreational activities she could enjoy without the necessity of sound. She's now a regular at the weekly oils classes led by art instructor Janice Eakin. Recently, Fairbanks was painting a violin with a pair of songbirds perched on its neck. Among her fellow students, she's known for her beautiful birds.

Fairbanks now has a cochlear implant, which has improved her hearing, particularly in quiet spaces like the painting class. She's one of many Cypress Court painters who, in spite of physical limitations, have found unbridled freedom through a paintbrush.

Eakin's students include residents who are recovering from strokes, battling hand tremors and arthritis and suffer from failing vision, among other age-related issues. Some are novice painters, some are accomplished. All share the same desire to create in whatever ways they can. Cate in point: Former student Louise Nielson, 100, who learned to paint with her left hand after a stroke disabled her right. She passed away last year.

Judy Lucous, Wellness Director at Cypress Court, said she's inspired every week when she visits the painting class. "I love how everyone interacts with each other and how they inspire the other residents here," Lucous said. "It shows how it's never too late to try something new!"

John Call, 96, has macular degeneration. He has lost all vision in his left eye and has only limited vision in his right. But with Eakin's help he has found a creative way to paint over the past three years. Eakin mixes Call's colours and when he puts brush to canvas he follows the motion of her finger to direct his brush strokes. After the paint dries, Eakin goes back in with a black marker to add outlines to his somewhat shapeless forms.

Call's favourite painting is a river cape near the Valley of the Kings in Upper Egypt. A felucca boat with a lateen sail rests on a sandy shore near a mudbrick home and palm tree grove. It's a scene he remembers well from his 20 years working in the US Foreign Service, including three years in Cairo. He visited this very village in the mid-1950s.

Ruth Gelgand, 86, learned how to paint many years ago from a close friend who studied art in Mexico City. But she didn't really put her training to work until she moved into Cypress Court from Valley Center four years ago.

On this day, Gelgand was starting on a still life of fruits, including a plum, pear, eggplant and mango. After drawing the outline of the fruits on her canvas with a pencil, she mixed her colours with a bit of help from Eakin and began painting. Because her right hand shakes a bit, she stabilises her brush with her left hand. She also appreciates the forgiving nature of oils, which can be painted over easily once they're dry.

"I like the challenge in trying to do something more difficult each time," Gelgand said. "When I'm painting, the time goes by very fast. It's relaxing."

Eakin first discovered painting in high school and has studied art under professional painters in San Diego. She has worked for Kisco Senior Living, which owns Cypress Court, for 25 years and started teaching art there in 2008.

She teaches two 90-minute classes every Thursday and draws 5 to 8 residents to each class.

When she first started the classes, Eakin said her instructions were more formal, with step-by-step instructions and every participant painting the same picture. Now, she encourages residents to paint whatever they like. Some residents bring in their own family or vacation photos for inspiration, other ideas are drawn from greeting cards, calendar art and museum paintings.

Fairbanks said she likes Eakin's style of instruction. Eakin can provide expert advice when it's requested, but she isn't overbearing. "She helps me find colours and mix colours," Fairbanks said. "Sometimes I get stuck and she helps me get unstuck!"

Cathie Martin, 76, is Eakin's newest student. A 1-year resident of Cypress Court, she joined the class two weeks ago and recently was putting the final touches on her first painting, a vase of large daisy-like cut flowers. Martin has a tremor in her hands, so she can't do detail work with a paintbrush. Eakin helped her choose a subject that lends itself well to broad, impressionistic brush strokes.

"I love the colour, lots of colour and I love mixing the colours. It's fun," she said.

Eakin's oldest student is Zola Brink, 102, who likes painting landscapes in addition to playing bridge two to three days a week and volunteering in the community's store. Brink's favourite subjects to paint are landscapes, particularly bucolic and farm scenes that remind her of her childhood in Kansas.

One of Eakin's most enthusiastic students is Rita Courtney, 90, who moved to Cypress Court from Ramona 15 years ago. She's been painting with Eakin for the past four years. Recently, she was working on a wintry painting of a cardinal perched on a snow-covered branch studded with red berries. She said she appreciates how Eakin allows her the freedom to make her own choices but also provides a safety net of advice when she needs it.

"I love coming here every week," Courtney said. "It’s my moment of serenity!" – The San Diego Union-Tribune/TNS
Indian calligrapher fast finding feet in Qatar

By Mudassir Raja

The journey goes on. The more you learn the less you know. The aim is to grow and establish a name as an artist. And, it has not been easy to start and keep the pace of the journey.

These words may briefly explain the struggle and the journey taken by Abdul Kareem Kakkove, a 40-year-old calligrapher from Kerala, India. Completely self-taught due to growing up amidst financial hardships, he is almost there to create a mark in Qatar for his intricate curlicues and standout designs.

The artist, who is esteemed for adding an abstract and contemporary touch to the traditional practice, is all hopeful to showcase his work in Qatar. His parents did not have resources to support his formal education and he had to give up his education to support his family in a very young age. He however could not give up his love for calligraphy and he decided not to give in to the financial woes.

“I’ve studied till Grade X and could not complete my college owing to the financial problems in the family. So, I’ve never learned calligraphy via regular and proper education. I always looked for art houses to learn calligraphy besides having a job to support my family but ofcourse because of financial constraints I couldn’t do that for long as I was not able to pay the fee for formal training,” Abdul Kareem said in an interview with Community.

Kareem, who is fast gaining popularity in Doha for his calligraphic work, mostly had it through self-learning and through some benevolent art teachers in India. He said, “Some local art organisations noticed my artwork and they appreciated my talent. They offered their support and one of my uncles supported me in learning the art of calligraphy. Even then it was expensive for me. I worked for different art places in Kerala. I used to learn and earn at the same time. However, I was not satisfied with what I was learning. Finally, I got in touch with a real master of calligraphy. I worked for six years with the master and really honed up my skills. I also got training from two other extraordinary artists who had worked in different Gulf countries.”

Kareem’s financial hardships started to ease and his talent got a new canvas when he got a job in the Middle East. “I entered the world of digital calligraphy,” he adds, “Earlier I used to do anatomic calligraphy. I used to make pieces to highlight different social and political issues in India for social media.”

The calligrapher has been in Qatar for eight years, working in the advertising business. “I’ve done some exhibitions in Kerala, but I have never formally showcased my work here in Doha. I would love to and I plan on holding one at Katara. I’ve been teaching calligraphy to different community groups and kids. I have also conducted four workshops on digital calligraphy and graphic designs. Recently, I was a part of group of artists who carried out a project of sand art that highlighted the journey of Qatar from past to present on the eve of Qatar National Day. I wrote ‘Qatar will remain independent’ in Arabic on the sand. I continue to react to different issues taking place in the world through my work on the social media.”

“I have also started to look deep into and practice traditional and classic calligraphy. I am working with one of a calligraphy maestro here in Qatar. I get a lot of chances to meet renowned calligraphers and artists as they visit Doha. It is my dream to exhibit my work here. I also desire to visit Turkey, Iran and China to learn about calligraphy more in detail. I have been learning calligraphy for many years and I still do not think that I’m a sort of a maestro. There’s still a lot to learn and lots of avenues to discover,” he said.

The artist said, “I want to suggest all the beginners to learn calligraphy in a proper way, I mean by formal education. As I did not get formal training, I suffered a lot. I actually honed my skills when I came here. The beginners should start learning classic calligraphy first and then they can move on to other genres.”
Horse Facts

Horses, zebras and donkeys belong to the same genus, and hence can breed with one another.

A horse's heart weighs 10 pounds on an average.

A fully grown horse will eat between 16-26 lb of food and drink 10-12 gal of water.

There are more than 30 breeds of horses in the world.

A horse has 4 gaits:
- Walk: 4 - 5 miles per hour
- Trot: 8 - 12 miles per hour
- Lope: 12 - 16 miles per hour
- Gallop: 26 - 32 miles per hour

Poe, a horse who lives in Ontario, Canada, is reported to be the tallest horse, measuring 20.2h at the withers! He stands almost 10 feet tall when he's holding his head high.

A year is added to a horse's birthday on January 1st (Northern Hemisphere) and on August 1st (Southern Hemisphere) irrespective of their actual birth date. Their actual birth date is considered only when they are going to be used for endurance riding.

Some people have a fear of horses. It is called Equinophobia.

Little Pumpkin is the smallest pony in history - it stood high at 14 inches and weighed 20 lbs.

Falabella of Argentina, is the smallest breed of horses. They do not grow more than 30 inches in height.

Old Billy was the oldest recorded horse who lived to the ripe old age of 14 years.

Foal: Male or female horse less than 1 year old.

Yearling: Male or female horse between 1 and 2 years old.

Colt: Male horse between 2 and 4 years old.

Filly: Female horse between 2 and 4 years old.

Stallion: A non-castrated male horse older than 4 years.

Mare: A female horse older than 4 years.

Gelding: A castrated male horse older than 4 years.
Getting hitched? Steps on how to avoid last-minute disasters

Wedding preparation is a hectic task but with proper planning, time management and help, you can ease the burden a matter to you the most as a couple. You might have to put in some effort to straighten things out and return to normal. It’s a pain, but you’d best do it without delay.

Some may decide to spend lavishly on the outfits, while others may feel that they want to have a lovely destination wedding. Also, it is always better to design the budget by making your families agree on combining the functions of both the bride and the groom. It’s always more fun and budget friendly.

Keep a check on your guest list
One of the trickiest tasks during wedding preparations is creating a guest list. The guest list governs most of the other elements of your wedding — from the catering bill to the ceremony seating arrangement. To make your planning easier, you may take help of guest list managing applications, where you can categorise the guests under ‘maybe’ or ‘surely’ and ‘finalise later’.

Book your dream destination/venue on time
Avoid any last minute hassles or dissatisfaction regarding your wedding venue by being the early bird. Advance bookings should be done way prior to your wedding day especially if your date is during the peak ‘wedding season’. It is ideal if the couple plans and decides on the wedding venue mutually, taking into account the convenience of both the families.

Your wedding outfit should not go off trend
Choosing a perfect outfit for your wedding can be daunting. Check on the latest trends, surf online but do not forget to raid the offline markets too. Offline stores give you the chance to try out the attire before you make the big purchase. The time of the wedding function should also be an important factor impacting your attire choice, especially the colour of the outfit.

Choose your vendors sensibly
"You don’t want an absconding vendor two days before the wedding. Vendor disagreements are common, especially if your date is during the peak ‘wedding season’. It is ideal if you have an all-inclusive package with a wedding planner and let them spearhead all the functions. Making a detailed contract document and incorporating all deadlines, quality, quantity, and expectations is also a must-do. Avoid any vendor disagreement at the time of wedding and save yourself from last-minute blunders. You don’t want an absconding vendor two days before the wedding.

Check on the weather
Weather is one of the things you can’t control. An ideal weather is obviously subjective, but most of us look forward to having a dry and sunny day for a perfect function. Decide early between an indoor or an outdoor set-up and prepare accordingly. In case you choose an outdoor setting, make sure your property vendor provides canopies. Backup plans are a must as added protection serves well. So consider getting an event insurance if possible. You can’t predict weather and disasters but you can surely prepare for them.

Make travel arrangements on time
We all have significant number of friends and families living out of town. And it is obvious for the ‘out-of-towners’ to go through a lot of effort and expense to come for your wedding. Right management of transportation is very crucial especially in a destination wedding where all the guests need transportation throughout the trip.

LIFESTYLE/HOROSCOPE

ARIES
March 21 — April 19
A temporary upset with a partner might distract you so you can’t function as effectively as you normally do. Don’t let your anger get the best of you. The situation is probably due to a lack of communication, and could be cleared up with explanations, understanding, and an agreement as to how similar situations should be handled. By the end of the day, all should be well again.

CANCER
June 21 — July 22
Arrangements for a get-together you’re planning to host could go awry, with everything turned upside down and nothing happening the way you planned. This isn’t going to halt your plans, Cancer, but it’s going to require more effort to get things back on track and make it happen. This is going to be exhausting for you, but don’t waste time moaning about it. Get busy and take care of business.

LIBRA
September 21 — October 22
Unexpected visitors might throw you into a dither. You could panic over how to dress, what to say, and what to serve. Don’t make yourself crazy, Libra. Follow your heart and go with the flow.

SCORPIO
October 23 — November 21
Some rather disconcerting information may come to light today. This could throw you into a daze, as it isn’t anything that you expected. This isn’t necessarily bad news, Scorpio. In fact, it might be great news, but it may be something you never expected in a million years. Work through the shock and try to view it from all sides.

CAPRICORN
December 22 — January 19
Upsets regarding your career or the activities that take up most of your time are likely to negatively affect your self-confidence. Don’t fall into this trap, Capricorn. The forces are beyond your control and the situation doesn’t reflect any shortcomings on your part. You might have to put in some effort to straighten things out and return to normal. It’s a pain, but you’d best do it without delay.

TAURUS
April 20 — May 20
Unexpected responsibilities could interfere with plans to take a trip of some sort. Someone might need your help, and you may well have to put your own activities on hold for a while. This could be frustrating, Taurus. It only delays whatever you’re doing but doesn’t stop it. Take care of whatever you need to do and then continue with your plans. You will feel better if you do.

LEO
July 23 — August 22
Your usually abundant energy may experience a sudden setback today. Leo, your work pressure could create stress that leaves you feeling exhausted and out of sorts. This will pass. You should be strong and healthy and so able to overcome it quickly. It’s going to drive you crazy to not feel as active as you usually are. Relax and spend a day resting. It won’t hurt you in the long run.

GEMINI
May 21 — June 20
An unexpected development might interfere with your plans to attend a social event, group activities, or get together with your partner. This isn’t going to sit well with those you’ve been planning to meet, Gemini. It’s going to be frustrating for you, too, but it has to be done. It’s best if you just postpone your plans and take care of business. Your friends will forgive you.

VIRGO
August 23 — September 22
A trip through exclusive boutiques or antique shops might have you throwing financial caution to the wind and buying luxury items you hadn’t planned for. This is all right - up to a point. Take care not to buy more than you can use. Don’t go to the opposite extreme and be too miserly either. You’ve worked hard and deserve a treat or two.

SAGITTARIUS
November 22 — December 21
Even though everything is going well for you, Sagittarius, a sudden upset of some kind, probably involving money, could throw you into a momentary panic. You may wonder if your good fortune is going to end as quickly as it began. This probably isn’t the case. The situation is temporary. With a little effort, you should be able to straighten everything out and put yourself back on track.

AQUARIUS
January 20 — February 18
New scientific or archaeological discoveries could temporarily shake your confidence in your path, Aquarius. You may suddenly doubt something you’ve always accepted. This could propel you to study, primarily to reaffirm your confidence. You’re likely to find that your discoveries don’t invalidate your ideas, but actually confirm them. Write down your ideas so you can put things in proper perspective.

PISCES
February 19 — March 20
You might not be able to accomplish what you’d hoped today, Pisces. Some minor but irritating conflicts could occur within a group. You might find this exasperating, as petty squabbles interfere with reaching the group’s objectives. You could be called on to use your intuition and sensitivity to spread oil on troubled waters. Be direct, fair, and clear, and try not to let your irritation show.
Wordsearch

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

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Latin Phrases

- A PRIORI
- AD HOC
- AD LIB
- AD REM
- ALTER EGO
- ANNO DOMINI
- BONA FIDE
- CIRCA
- CUI BONO
- DE FACTO
- ET CETERA
- IN CAMERA
- IN FABULA
- IN SITU
- IN TOTO
- MEA CULPA
- PER DIEM
- PRO TEM
- SUB ROSE
- VICE VERSA
- VOX POPULI

Codeword

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Garfield

Our love is like a cheese doodle.
Super Cryptic Clues

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ACROSS
1. Bound to set free (6)
5. Back brake, too (4,2)
8. There's time after work for entertainment (5)
9. Sign given, for instance, when backing a car (6)
10. The modern quarter in Crete having been rebuilt (6)
11. Comes to: 'Are running in the point-to-point' (5)
14. Notice in the area and attend to (3,5)
16. Reckon it's a copy (6)
18. Really good for swimming in? (2,3,5,5)
20. Used to give to one undercooked (6)
22. Be the deserter in the romance set loose (8)
25. Having had one's fling, was suspended (5)
27. The island that I twice set out for (6)
28. The foundation and powder will have been (6)
29. Kingsley returned the key enclosed with the letter (5)
30. A flier taking off (6)
31. What, if you catch, you let loose immediately after! (6)

DOWN
1. With spectacles, sees (6)
2. Sharp practice that, as a passenger, gets one down (4)
3. Getting tired of and leaving (5,3)
4. Room you're going to use (9,6)
5. The usual 'My child,' which denotes the ecclesiastic (6)
6. The foreign air deceived one (4)
7. Mess about while he shoots (6)
12. Doesn't allow to enter the scantily dressed people (7)
13. Messes it up while Scamp looks on (7)
15. A puckish 'Not a bad finale!' (5)
17. What happened to the key-hole? (5)
19. Transport, to boot, the gang is out to get (8)
20. Isn't dancing to the record, though showing a good sense of rhythm (2,4)
21. Stop the man at first (6)
23. She even cut out the advertisement inserted (6)
24. Help the fish (4)
26. Barely fitting (4)

Yesterday's Solutions


DOWN: 1 Lower 2 Tinniness 3 Left speechless 4 Rereads 5 Compete 7 Alder 8 Pertinent 9 Match for anyone 14 Redressed 16 Inamorata 18 Orchard 19 Damosel 22 Stake 24 These.

Codeword
It’s a struggle to find bright side to a hackneyed film

By Katie Walsh

Kevin Hart’s transition from brattily charming comic persona to serious dramatic cinematic presence isn’t going quite as planned. His extracurricular controversies notwithstanding, the comedian’s first turn in a more serious role in The Upside – a remake of the award-winning French hit The Intouchables, across from Bryan Cranston, and Nicole Kidman – should have been a slam dunk. And yet, The Upside is missing some crucial elements, and it’s a struggle to find the bright side to this rather hackneyed film.

What’s missing is Hart’s manic energy, which he can’t quite translate into an effective poignant toned-down performance. Part of what makes his comedic performances work is his characters’ cheerful arrogance is constantly rebutted by those around him within a heightened reality, offering a silly push and pull. With this muted performance in a naturalistic world as the down-on-his-luck Dell, that arrogance just makes him seem like a jerk.

On the hunt for signatures to prove to his parole officer he’s looking for a job, Dell stumbles into a job interview in the palatial penthouse of Phillip LaCasse (Cranston), an über-wealthy investor who is quadriplegic and requires the assistance of a “life auxiliary.” It’s begrudging respect at first wisecrack for the two curmudgeons, and in a strange turn of events, Phillip offers Dell the job. Somehow, it works, because while neither man wants to be in the situation, they both need to be. Dell is essentially homeless, behind on child support, and desperately does not want to return to dealing drugs. You will probably guess what happens next: The two men learn to love each other and embrace life through their unlikely intimate relationship. And that’s much of the problem with The Upside – so little of it is surprising or fresh. Instead it’s predictable, plodding and laden with well-trodden tropes. Here’s an uplifting montage, and an array of embarrassing female supporting character stereotypes (frigid exec, dead wife, nameless worker). At the centre, a spirited person of colour teaches uptight white people to loosen up already.

The jokes are stale, trafficking in tired, gender-based material that hovers around the edges of misogyny. We can’t judge The Upside based on the recent controversies surrounding Hart and his old offensive jokes, but we can judge it on the script, adapted by Jon Hartmere, which is clunky and dated. Neil Burger’s serviceable direction doesn’t quiteiven things up.

The best scenes of the film simply show the relationship between Dell and Phillip, who share a cynical sensibility, despite their differences. Phillip appreciates that Dell doesn’t pity him, that Dell demands treat him as a real person, flaws, desires and all. You see flickers of what the heart of the film is in one of its most warm and authentic scenes, where Dell takes his charge out to get stoned and order munchies. Their chemistry is easy, unlike the forced bits and riffs that bedevil the rest of the film.

The Upside has a heart. It’s just that the film leaves it lukewarm, focusing more on extracting laughs than jerking tears. It suffers from a bit of an identity crisis, while weak writing and shaky character transitions don’t help matters. While this could have been an interesting turn in Hart’s career, it may be back to the drawing board to discover his new iteration. – TNS

Going deep inside one family’s dynamics

By Kenneth Turan

Communion is a heartbreaking example of a classic documentary genre – the immersive, observational film that takes a bold leap and embeds itself with a small group of people.

Once there, this type of film goes deeper than deep into both the daily minutia and the broader emotional underpinnings of the lives it observes.

The risk is that the people chosen will not do or say anything worth the time invested in them, but with Communion that has not proved to be the case.

Directed by debuting Polish filmmaker Anna Zamecka, Communion has won a slew of awards, including best documentary in the European Film Awards, and it was recently named to the short list for this year’s best documentary Oscar.

All this for a film that spends most of its time in a tiny apartment in a town outside Warsaw where three people try to make the best of their lives.

Met first is 13-year-old Nikodem, a lively autistic boy struggling to put his pants on and get his belt to work right.

“Weong, wrong, wrong,” he exclaims as the belt seems to display a mind of its own, a trio of words that seem to describe aspects of his family life as well.

Met next is older sister Ola, age 14, whom we see methodically going through Nikodem’s school bag and throwing all the books he doesn’t need for this particular day on the floor.

Ola is short on patience because, as we soon observe, young as she is, she runs the family as the only person in it with any kind of initiative and/or drive.

The siblings’ mother, for reasons that gradually become clear, has vacated the premises, and their father, though still living in the apartment, has given himself over to drink to the point where even the simplest tasks are beyond him.

Filmmaker Zamecka met this family by happenstance and ended up spending a year on the project. Though she shot for 55 days, the time she put in enabled her and cinematographer Malgorzata Szylok to disappear enough for the family to play out its dynamics as if no one else was there.

As the title indicates, the central event this lean 72-minute film focuses on is a projected first Communion for Nikodem, whose success with this rite of passage is by no means assured.

In charge of preparing him is Ola, who relentlessly goes over the correct responses with him and shows him how to physically receive the Communion wafer.

Not only does Nikodem have trouble remembering what he is supposed to say, his natural anarchic streak adds difficulties of its own.

For one thing, Nikodem has a habit of pretending to be various animals, including lions and bears. For another, he gets it into his head that gluttony is a cardinal virtue, insisting on getting two for the price of one: “You forgive others, and God forgives you.”

As filmmaker Zamecka says in a director’s statement, her film is not just about the ritual communion but also “an existential tale about the impossible communion,” namely “a loving family united.”

Communion involves other individuals in the family’s life, including a visiting welfare officer and a teacher at the siblings’ Catholic school who talks about “getting two for the price of one: ‘You forgave others, and God forgives you.’”

The film’s willingness to let small moments play out pulls us into this story with relentless grace, and we can’t help root for Ola and her adolescent scheme, can’t help hoping that her attempts at managing her parents have even a prayer of success. – Los Angeles Times/TNS
Dan Goor promises to write on comedy beat

**BROOKLYN NINE-NINE**

**RENEWED:** After Fox had opted not to produce a fifth season of *Brooklyn Nine-Nine*, the cop comedy has been given new life by NBC.

Terry Crews had gotten up in the middle of the night to go to the bathroom. He had gone to bed early because he was depressed after having heard nothing about the fate of his Fox comedy series, *Brooklyn Nine-Nine*.

“I got up and I go back to the bed and my phone is glowing. It’s like this eerie glow, and you’re like, ‘Oh, man. Not more bad news?’ And I pick up the phone and I’m like ‘I don’t know how to really describe. It felt like you’re alive again. Like, it’s almost like you were on life support and you wake up and you’re actually totally fine. In fact, you’re better than you were. And it was truly amazing.”

The eerie glow was to tell the actor and former NFL linebacker that after Fox had opted not to produce a fifth season of *Brooklyn Nine-Nine*, the cop comedy had been given new life by NBC. Crews would get to continue to play Sgt. Terry Jeffords, who works in the same precinct as Det. Jake Peralta (Andy Samberg) and the other oddball law enforcement personnel under the command of Capt. Holt (Andre Braugher).

Changing networks is nothing new in the television world. Other shows that went from one network to another include *Get Smart, Family Matters, Scrubs, Buffy*, the *Vampire Slayer, Community, Wonder Woman, SuperGirl* and *Nashville*. Tim Allen’s *Last Man Standing* went from ABC to Fox after a year hiatus. 

Executive producer Dan Goor promises when the series returns Thursday, the only difference fans will notice is the show is on a different network. After NBC opted to keep airing the series, Goor was told by network executives to keep making the same show.

“Indeed. It was because of the news of their partnership was announced last year. “Zendaya has become a global icon, using fashion to make bold statements while always staying true to herself,” he said. “Our capsule collection will fuse her eclectic style with the *American* spirit of our brand.”

Zendaya spoke about the positive impact fashion can have when discussing their collaboration.

“Fashion is more than just wearing cool clothes. It’s a way to celebrate self-expression and individuality, which is extremely empowering,” said the *Spider-Man: Homecoming* star. — IANS

The Paris show will combine the brand’s “*American* heritage, *Zendaya*’s confidence and optimism, and the city’s iconic elements,” according to *Women’s Wear Daily*. All of the products featured in the show will be available for consumers in more than 70 countries around the world to purchase immediately after the catwalk. 

**RENEWED:** *Brooklyn Nine-Nine* will debut on March 2, reports independent.co.uk.

The actor has launched her first clothing line in 2013, was announced as a global ambassador for Tommy Hilfiger in October 2018. Since then, she and the designer have been working together on the Tommy x Zendaya capsule collection.

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Qatari entrepreneur stresses bilateral trade

Prominent Qatari businessman and entrepreneur Abdul Rahman Mohammed M. al-Muftah has emphasised trade potential between Qatar and Pakistan, noting the current volume of trade between the two nations remained much below its true potential and could be greatly increased.

The entrepreneur said bilateral trade between Qatar and Pakistan could be enhanced manifolds if the business communities in the two countries had more frequent and established contacts.

Speaking at a press conference organised by Brighto Paints in its Lahore headquarters recently, al-Muftah said although Pakistani exports to Qatar have more than doubled in the last one year alone and trade between the two countries has increased many times in the last few years, a number of areas with great potential for investment remained unexplored.

Al-Muftah—whose Unique Trading Company has obtained the sole distributorship rights for the Qatar market of Pakistan’s Brighto Paints, encouraged private sector companies in the two countries to increase business-to-business contacts to boost bilateral co-operation, promote trade and enhance investment opportunities.

Al-Muftah was on a week-long trip to Pakistan on the invitation of Brighto Paints chairman, Khawaja Ijaz Ahmed Sika, and toured the city of Lahore and the adjoining industrial cities in Pakistani province Punjab, in addition to visiting key tourist attractions in northern areas of Pakistan.

Addressing the media Unique Trading Company General Manager Imran Rafique said Qatar and Pakistan enjoy distinguished economic and trade relations, which are growing fast owing to the close relationship of the leadership and peoples of the two countries.

He said that governments in both countries are keen to assist the private sector companies in realising their potential for mutual cooperation and promotion of bilateral trade and investment opportunities between the two countries.

Brighto Paints, Pakistan’s largest paints conglomerate, is also one of Asia’s largest paints and related products manufacturing companies. The company has recently entered the Qatar market where its products have had a positive reception.