Community
Indian schools, groups celebrate 70th Republic Day of India.

Community
Matt Green’s mission to walk every street of New York City on foot.

Running solo around Qatar
French fitness coach Pierre Daniel on sports, active lifestyle and motivation behind solo run around Qatar. P4-5

Quiz
The musical wunderkind. Page 10

Showbiz
Producing films is tough: Anil Kapoor. Page 15
Sunday, January 27, 2019

GULF TIMES

COMMUNITY

ROUND & ABOUT

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Quote Unquote

“We shape our buildings; thereafter they shape us.”
— Winston Churchill

PRAYER TIME

Fajr 5.00am
Shoroq (sunrise) 6.19am
Zuhr (noon) 11.47am
Azr (afternoon) 2.53pm
Maghreb (sunset) 5.16pm
Isha (night) 6.46pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 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 40253364, 40253365
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Vijay Superum Pournamiyum
DIRECTION: Jis Joyc
CAST: Asif Ali, Aishwarya Lekshmi, Siddique
SYNOPSIS: Miscommunication brings Vijay and Pournami together, but honesty transpired in the few minutes they spoke to each other. As life throws more opportunities to meet up, they also find some common factors that link them.
TRENTHEATS: The Mall, Landmark, Royal Plaza

Cheat India
DIRECTION: Soumik Sen
CAST: Emraan Hashmi, Shreya Dhanwanthary, Ammar Talwara
SYNOPSIS: A con man decides to take advantage of an academic world where there are very few opportunities and too many aspirants, and only the smartest can survive. From rigging examinations to forging certificates, his schemes will both exploit and expose the failings of an Indian education system fraught with problems.
TRENTHEATS: Landmark, The Mall

The Mall Cinema (1):
Mr. Majnu (Telugu) 2:15pm; Dragon Ball Super: Broly (2D) 5pm; The Kid Who Would Be King (2D) 7pm; Nadi Elregal Elserri (Arabic) 9:15pm; 21st Noottaandu (Malayalam) 11:30pm.

The Mall Cinema (2):
Wheely: Fast And Hilarious (2D) 2pm; Vijay Superum Pournamiyum (Malayalam) 3:30pm; Manikarnika (Hindi) 6pm; Vijay Superum Pournamiyum (Malayalam) 8:45pm; Manikarnika (Hindi) 11:15pm.

The Mall Cinema (3):
Charlie Chaplin 2 (Tamil) 2:15pm; 21st Noottaandu (Malayalam) 4:30pm; Cheat India (Hindi) 7:15pm; Serenity (2D) 9:30pm;

Landmark Cinema (1):
Vijay Superum Pournamiyum (Malayalam) 11:30pm.

Landmark Cinema (2):
Vijay Superum Pournamiyum (Malayalam) 11:30pm.

Landmark Cinema (3):
Manikarnika (Hindi) 2:30pm; Charlie Chaplin 2 (Tamil) 5:30pm; Manikarnika (Hindi) 8pm; 21st Noottaandu (Malayalam) 11:30pm.

Royal Plaza Cinema Palace (1):
21st Noottaandu (Malayalam) 2:15pm; Dragon Ball Super: Broly (2D) 5pm; Close (2D) 7pm; Manikarnika (Hindi) 8:45pm; Vijay Superum Pournamiyum (Malayalam) 11:30pm.

Royal Plaza Cinema Palace (2):
Charlie Chaplin 2 (Tamil) 2:15pm; The Kid Who Would Be King (2D) 4:45pm; Mary Queen Of Scots (2D) 7pm; Glass (2D) 9:15pm; Charlie Chaplin 2 (Tamil) 11:30pm.
EVENTS

MIA Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
TIME: 12pm – 8pm
MIA Bazaar will be having a vibrant mix of 350 stalls. MIA Park Bazaar is a modern version of the old souq tradition. The stalls are going to offer a wide range of gastronomies from all over the world. You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wears, designer ornaments.

PECS Level 1 Certified Workshop
WHERE: Doha College
WHEN: Ongoing till February 13
TIME: 12pm – 5 pm
PECS (Picture Exchange Communication Systems) training workshop is available in Doha on March 18th and 19th 2019. This amazing opportunity to provide parents and professionals the chance to get certified in PECS Level 1 is brought to you by Mind Institute in collaboration with The Pyramid Educational Consultants and Doha College. To register, visit www.mindinstitutes.com. Registration closes on February 13. For more information 44181968.

Mehaseel Festival
WHERE: Katara Cultural Village
WHEN: Ongoing till March 31
Mehaseel Souq will be open every Thursday, Friday and Saturday until 31st of March. It is a perfect market to get amazing local fresh produce.

Artistic Gymnastics Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing till February 28
TIME: 8:15am – 4:15pm
The Olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Archives Exhibition
WHERE: Qatar National Library
WHEN: Ongoing till January 31
TIME: 8am – 8pm
The exhibition explores the history of Qatar through several family collections. It presents selected items from previously unseen private archives of photos, artefacts and documents to show the role that individuals within a community can play in building its identity and preserving its heritage and history.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more information, contact registration@atelierqatar.com

Doha Triathlon 2019
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.

Arabic Calligraphy Workshop
WHERE: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 3pm
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.

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
Mamangam Performing 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 contemporary, Bollywood, hip-hop and Indian classical dance forms, along with classes for music, art and crafts, karate and yoga. Additional services include dance education and choreography. 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 Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871 / 31326749.

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Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
"I decided to discover Qatar on foot"

— Pierre Daniel, Fitness Coach

The idea was not for me to be the best at anything. The idea was to create a legacy after the run around Qatar. The idea was to motivate others to go out and challenge themselves and explore Qatar.
Qatar. “I have asked this question many times to myself. I have always been doing sports. I was a professional ice hockey player 15 years ago in France. I was very active as a kid. We grew up in countryside so we spent a lot of time in nature. I was like many other kids on the bicycle all the time. As a teenager, in summer, I would always go for rock climbing and mountaineering in the Alps. I think all that fostered a sort of character.

“While working with Aspire six years ago, we were developing a programme called ‘Step into Health’. The idea was to stimulate and engage people for a healthier and more active lifestyle through walking. People were invited to walk for 10,000 steps every day. I developed some challenges for the programme. Some of the challenges were related to different landmarks in the country. One such challenge was that how many steps one can walk around the country. Just like that I decided to walk around the country in 2012.”

When asked how he prepared himself for the adventure, Daniel said: “I was not really trained. At the same time, I was missing my biking and hiking days. I really decided to discover Qatar on foot. The pace is different when you are walking. The animals get closer. We get better sense of nature surrounding us. Being alone also helps in that. In 2012, I decided to walk from Corniche to Dukhan. I covered about 90 kilometres in a bit more than 16 hours. Not long after that, I walked from Gharafa to Al Khor. Then, I walked from Al Zubarah Fort to Doha across the desert. For this, I only used a compass and a map. The pieces of the puzzle were coming together. Then I started cycling and did triathlons and Iron Man. After some time, I registered for a 250 kilometre long marathon in Morocco in 2017. I started improving my running techniques. After Morocco, I did another full Iron Man in Austria.”

After all these activities, Daniel decided to run around Qatar and his friends told him that no one else could do it. “I decided to do it all alone. I did it in February 2018. I carried all my equipment. I carried a lot of water but sometime it was not enough. When I started, I was an unusually hot day in February. On the second day, I faced strong head wind. The weather made the challenge tougher for me but at the same time it made the story interesting.

“I wanted to also demonstrate the human potential and the natural beauty of Qatar. That was the true purpose of the challenge. I made sure that the people follow my adventure." Regarding his expedition on cycle, he said: “A good friend of mine, a Qatari, pushed me for this. He was organizing charity cycling rides. We both decided to have a cycling trip across Qatar. We did it in November last year. We did the tour for raising awareness about road safety. On our way, we went to some schools to raise road safety awareness. We covered around 500 kilometre on our cycles. We met around 1,000 kids in four days. As far I know, we are the only ones, who have crossed the country on cycles. We also exhibited our true friendship, Qatar and France. It was also our way of being in the community!”

Explaining his sense of achievement, Daniel said: “I think it really made me want to be useful in the community. I am really attached with Qatar. I feel very close to Qatar’s national vision of 2030. There are lots of values that are also my personal values like sports, healthy lifestyle, art, education and healthcare. I am also a coach training endurance athletes.”

When asked how Qatar has helped him in achieving all this, he said: “This country is actually full of positive energy. This is the one reason I went for the adventure. There is a sense of sharing and sense of helping. The culture is very welcoming. We are very privileged to live here. There are lots of sport activities. They always love sports. It was a perfect match. My envy for doing sports and the availability of the resources were a perfect match.”

Speaking about his plans in future, he said: “There are many projects that I want to do. I am also planning to write a book about my experience of running around Qatar. I will tell a full story with all details. It is going to have pictures, my running selfies, and how I made sure to achieve such a thing without affecting my family. The adventures need real courage and one has to go out of comfort zone.”

About the world record, he said: “The idea was not for me to be the best at anything. The idea was to create a legacy after the run around Qatar. The idea was to motivate others to go out and challenge themselves and explore Qatar. This is the world record that has to be broken in Qatar. The record was made during my run around the country. I covered 215 kilometres in two days and 21 hours.”

Regarding his stay in Qatar, Daniel said: “It is an extremely safe place. We are privileged to raise our kids here. People in other countries are envious of safe Qatar.”
Ideal Indian School (IIS) recently celebrated 70th Republic Day of India. Syed Shoukath Ali, Principal of IIS, hoisted the national flag which was followed by the national anthem by the school choir. The celebrations were attended by heads of the sections, staff scouts and guides, school band, parents and students. Addressing the gathering, Syed Shoukath Ali called upon the students to contribute their bit to strengthen the country and to build a corruption free India. He encouraged the young generation to be united and to wipe out the evil practices existing today. He also spoke about the importance of education for the development of the country. School marching band also performed on the occasion. The event featured various speeches by the students, including Shifa Moideen, a student of Grade-XI, in English; and Hesham Ahsan, a student of Grade-XI, Hindi. Boy Scouts and Girl Guides were also felicitated with certificates and medals for their valuable services on the occasion. The certificates of merit for academic excellence award given in the CBSE Gulf Principals’ Conference were also distributed on the occasion. The recipients, included Samar Abdul Gafoor and Sahar Abdul Gafoor, for securing 100 percentage marks in Psychology. Fawas Suhail Hakkim, outstanding performance in physics in AISCE; and Anagha Dileep, 99 marks in Malayalam in CBSE Grade-X AISSE. Ashwin Arunkumar welcomed the gathering and Samiya Siraj proposed vote of thanks. The programme was co-ordinated by Khatija TC, Assistant Headmistress at Boys’ Section. Zemina Sulfikkar compered the event.

DPS-MIS marks 70th Republic Day of India

DPS-Modern Indian School (DPS-MIS) recently marked 70th Republic Day of India. Rocky Fernandes, Director of DPS-MIS, was the chief guest at the event. He hoisted the national flag, which was followed by the National Anthem of India. Speaking on the occasion, Rocky Fernandes encouraged everyone to take an active role in nation-building. He urged the students to uphold and cherish the traditional values and culture of their country. Asna Nafees, Principal of DPS-MIS, said that just as how India demonstrates inclusion and tolerance towards people of all religions, castes and creed, DPS-MIS also ensures that it includes students of all nationalities, cultural values, ethnicities and abilities in its fold. The event also featured various presentations by the students of DPS-MIS.

HIQ Group celebrates 70th Republic Day of India

HIQ Group of Hyderabad recently celebrated the 70th Republic Day of India at Grand Fanfare. The event featured various patriotic songs, activities and games. The event kicked off with a cake cutting ceremony by Syed Rafi, Chairman of HIQ Group. Expatriates from various countries, including Philippines, Pakistan, Bangladesh, Sri Lanka, Nepal and Uganda also attended the event. Addressing the gathering, Rafi congratulated HIQ members for organising such a grand event.
BPS organises an event to mark 70th Republic Day of India

Birla Public School (BPS) recently organised an event to mark the 70th Republic Day of India. Lukose K Chacko, Chairman of BPS, in the presence of all the management members, school authorities, academic and non-academic staff, parents, and students, hoisted the national flag. The event was attended by notable personalities, including Lukose K Chacko, Chairman of BPS; Gope Shahani, Vice-Chairman; C V Rappai, Maria Thomas, Directors; Nilanghsu Dey, Life Member; Nevil Lukose, Board Member; AP Sharma, Principal; and Shirly Rappai, Senior Vice Principal. Rushali Nair, a student of Grade-VIII, compered the event.

The event featured a colourful parade, which was followed by the National Anthem of India. Addressing the gathering, Lukose K Chacko said, “Expatriates have more reasons to celebrate as the freedom given to us by the benevolent country of Qatar and its patriotic citizens, only encourage us to be a true citizen of the world. Speaking on the occasion, AP Sharma pledged the whole-hearted support of the school in developing pride and devotion in each student of BPS.”

SIS celebrates India’s 70th Republic Day

Shantiniketan Indian School (SIS) recently celebrated 70th Republic Day of India. Rasheed Ahmed, In-charge of IT and Research at School Management Committee, unfurled the National Flag and addressed the gathering. Other managing committee members, including C H Najeeb, Sharfraz Ismail, and Shahanas Noorudeen also attended the event.

The event featured various cultural and dance performances. A musical tribute featuring a thematic dance and presentation on Ahimsa was also part of the event. The teachers of SIS also presented a medley of patriotic songs. Dr Subhash Nair, Principal of BPS, and K C Abdul Latheef, President of SIS, also represented SIS at the Republic Day celebrations organised by the Embassy of India on the embassy premises.

Dr Subhash Nair, Principal of BPS; and K C Abdul Latheef, President of SIS, also represented SIS at the Republic Day celebrations organised by the Embassy of India on the embassy premises.
The Color Run Qatar was no ordinary run. It was like a whole world drenched in vivid colours. People of all ages, colours, beliefs, and nationalities were drenched in red, blue, green and yellow colours. It was a whole lot of colourful opportunity to dip one’s toe into the world of running.

The fifth edition of The Color Run, presented by Sahtak Awalan: Your Health First, at Qatar National Convention Centre (QNCC) saw as over as 10,000 people participating. It won’t be erroneous to say that this run provided a happy, spectrum-fuelled environment to get race on.

Also known as Happiest 5K on the Planet, the run channels a festival vibe, as participants walk and run towards the finish line all doused in different colours. The Colour Run Qatar was no ordinary run. It was like a whole world drenched in vivid colours. People of all ages, colours, beliefs, and nationalities were drenched in red, blue, green and yellow colours. It was a whole lot of colourful opportunity to dip one’s toe into the world of running.

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our-pops take over Doha

Qatar National Convention Centre (QNCC) saw as over as 10,000 people participating run for quite some time now. This is my third time, but this year's event was more well organised. It was great to see such a massive turnout of the runners. The foam zone was a good addition to the event. It was fun and amusement. We also received medal in the end that made me feel accomplished. I will attend the next edition as well with more of my friends.”

Matteo is from Italy and has been living in Qatar for two years. He took part in the colour run for the first time. He was with his family, wife and two young kids, all doused in different colours. He said, “We enjoyed a lot with our little ones. It was all wonderful. I think the organisers should’ve placed more water booths though especially for the children. I would love to attend more such sort of activities and events. Maybe, they should the next edition in Aspire Zone or at Corniche – as that’s even a bigger space.”

Nesreen al-Refai, Chief Communications Officer for Weill Cornell Medicine – Qatar, that runs the Your Health First campaign said, “The wonderful thing about the Color Run is that it brings together huge numbers of people of all ages and from all parts of the community to exercise and have great fun at the same time. The event is so much fun that it really inspires people to get active and make regular exercise part as of their everyday routine, which is one of the core messages of Sahtak Awalan – Your Health First.”

Christian Moufarrej, Senior Director of The Color Run by Sahtak Awalan, said, “We started with 5,000 participants in the first edition and today we crossed 10,000. In 2020, we will try to find a bigger venue to accommodate the rising number of participants.”

Since its inception in 2012, The Color Run has become a global phenomenon, continuing to innovate the 5k paint race genre each year. The event has been experienced by over 6 million people worldwide in over 35 countries and has donated a staggering $6 million to charity to date. In Qatar, the Color Run donated a portion of every entry to Reach Out To Asia – a programme of Education Above All.
The musical wunderkind

The music is not in the notes, but in the silence between.” These are the words of the musical genius and most certainly one of the world’s most prolific and influential composer, Wolfgang Amadeus Mozart. Born this day (January 27) in 1756 in Salzburg, the musical wunderkind could write music before he could write words.

Little Wolfgang and his older sister Maria Anna were taught to play clavier from a very young age. Both children showed immense musical talent. By the time he was 4 years old, Mozart could learn a song on the clavier in just 30 minutes. Leopold Mozart, his father and himself a great music genius, promoted their talents and at age 6, Wolfgang started playing in public and performed before European royalty. While playing a series of concerts in Paris, Mozart published his first piece of music: a violin sonata in five parts. He was 8. At age 11, he wrote his first true opera, Apollo et Hyacinthus.

Mozart had an incredible ability to remember music. While visiting the Vatican at the age of 14, Mozart heard Gregorio Allegri’s Miserere played outside the Vatican and had been kept a secret. He was able to write out the entire score from memory. Previously, the music had not been reproduced outside the Vatican and had been kept a secret.

Although Mozart lived a relatively short life, in his 35 years of existence he truly reshaped the world. Mozart composed over 600 works that are cataloged in the world. He composed over 600 works that are cataloged in the world. The Marriage of Figaro was the first opera Mozart composed. The Marriage of Figaro (1786) and Don Giovanni (1787) are two of the maestro’s most important works and are still opera mainstays today. From chamber music like Serenade No. 13 in G Major (K525) to beloved operas such as The Magic Flute, Don Giovanni, and Cosi fan Tutte, Mozart’s compositions redefined many forms of music: symphonies and concertos, harmonie—music for wind instruments, chamber music for string quartets, sonatas for the piano, masses, and choral and church music. All were parts of his oeuvre.

Mozart’s final symphony (No. 41, K.551) is called the Jupiter Symphony. Mozart’s Requiem Mass in D minor was composed in 1791 and was left unfinished at the time of his death. Mozart composed his Requiem with the belief it was for himself. The work was commissioned by an anonymous nobleman, who had intended to pass off the work as his own. Mozart’s music has been credited with helping those with epilepsy, boosting the milk production of cows, and boosting the IQ of unborn babies. A Swiss sewage treatment centre has claimed that Mozart can help microbes break down sewage waste.

Mozart has been revolutionary. Romantic composer Johannes Brahms noted the exceptional ‘purity’ of his music. In the words of playwright Arthur Miller, “Mozart is happiness before it has gotten defined.” Einstein was also fascinated by Mozart and sensed an affinity between their creative processes, as well as their histories. Einstein once said that Mozart’s “was so pure that it seemed to have been ever-present in the universe, waiting to be discovered by the master.” One anagram of “Wolfgang Amadeus Mozart” is ‘A famous German wallis god.’ And, rightly so.

No one is actually sure of the exact cause of his untimely death, although many people have speculated on the source. His death, on November 20, 1791, sparked a surge in his reputation.

Welcome to ‘Nuttys Infolainment. YAYS! And your time starts NOW!

‘Wolf’ had a sister nicknamed ‘Nanner’. His wife was nicknamed ‘Stanzle’. A southern African nation’s name begins with the same first four letters as his name. Identify him and this country.

Mozart and Mozambique

First coined by Alfred A. Tomatis in 1993, what is the ‘Mozart Effect’?

It is a belief that listening to Mozart’s music can improve a person’s IQ.

While in Vienna as a child, Mozart performed for Empress Maria Theresa. At a summer residence outside Vienna, Mozart met one of her daughters, who was two months his senior. It is said that she helped Mozart when he slipped on a polished floor. In return, he proposed marriage to this famous future queen of France. Name her.

What’s the Good Word?

1. Arctophily: (a) magnetic (b) attraction to seas (c) love of archery (d) study of boats
2. Partick: (a) gadget (b) training for runners (c) squad (d) away
3. Kertteil: (a) naras bingle mangle (c) supersede (d) fuss
4. Fiebbergastato: (a) ruued (b) shocked (c) jaded (d) demoted
5. Mawkish: (a) purplish (b) extinguish (c) over sentimental (d) dry
6. Cogent: (a) intense emotion (b) clear (c) quell (d) obscure
7. Gargantu: (a) magnetic (b) prophetic (c) enormous (d) miniscule
8. Sheddle: (a) fee (b) remarked (c) poetic (d) galling
9. Diaphonous: (a) glamour (b) thick (c) deep (d) delicate
10. Sepiernaksh: (a) nocturnal (b) propulsive (c) eternal (d) incipient

Answers: (a) 2, (b) 3, (c) 4, (d) 5, (c) 6, (b) 7, (c) 8, (a) 9, (d) 10 (c)

ARCHIVAL: Rasputing, the Russian cleric, was poisoned, shot and finally drowned on December 30, 1916. Rasputin.

What is the claim to fame of Mauna Kea?

When measured from its oceanic base, Mauna Kea is the tallest mountain in the world measuring over 10,000m (33,000ft).

The image below is from which occasion?

8 pm local time. What was the occasion?

On 27th January 2006, all the church bells in Salzburg were rung simultaneously at 8 pm local time. What was the occasion?

To honour Mozart on his 250th birthday.

Which city is widely believed to be the oldest continuously inhabited city in the world, with evidence of habitation dating back at least 11,000 years. Today, its metropolitan area is home to about 2.5 million people, and in 2005 it was named the Arab Capital of Culture. Damascus.

Name the blood phenotype which was first discovered in Mumbai (then Bombay) in 1952 by Dr Y M Bhende. The h/b blood group, also known as Oh or the Bombay blood group. It is mostly found in India, Pakistan and Iran. People who carry this rare blood type, about 1 in 10,000 in India, can accept blood only from another Bombay Blood type individual, and not from anyone who is O, A, B or AB type.

Which Russian cleric was poisoned, shot and finally drowned on December 30, 1916? Rasputin.

1. Arctophily:
2. Partick:
3. Kertteil:
4. Fiebbergastato:
5. Mawkish:
6. Cogent:
7. Gargantu:
8. Sheddle:
9. Diaphonous:
10. Sepiernaksh:
TAKE A CLOSER LOOK

WHEN BUYING SUNGLASSES THIS SEASON

PROTECT YOUR EYES

OVER TIME, HARMFUL EFFECTS OF UV EXPOSURE CAN CONTRIBUTE TO:

- Pterygium (abnormal growth)
- Cataracts
- Macular Degeneration
- Photokeratitis (sunburn of the eyes)
- Skin Cancer Around the Eyes

When purchasing sunglasses, 41 percent of consumers don’t check UV protection level and only 30 percent said UV protection is most important factor*.

SUNGLASSES CHECKLIST:

- Lenses that block out 99 to 100 percent of both UV-A and UV-B rays
- Lenses with a uniform tint are ideal. If purchased, gradient lenses should lighten gradually with the top being darkest.
- A frame that fits close to the eyes and contours to the shape of the face

CHILDREN NEED PROTECTION TOO!

Children take in 3x more UV exposure than adults – up to 80% of their lifetime exposure occurs by age 20.
**Wordsearch**


**Codeword**

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

**Know the Score**

| ADAGIO | DA CAPO | MESTO |
| AGITATO | DOLCE | MOLTO |
| ALLEGRO | FACILE | MOTO |
| AMOREDO | FORTE | NOBILE |
| ASSAI | LARGO | PIANO |
| CANTABLE | LEGATO | SEGNO |
| CON Brio | LENTO | SOAVE |
| CRESCENDO | MAESTOSO | TENUTO |

**Sudoku**

```
 2 4 3 1 6 7 2 1 4
 3 1 4 2 8 5 3 4 8
 5 6 3 2 1 9 4 7 2
```

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contain all digits from 1 to 9 with no repetition.

**Adams**

**Pooch Cafe**

**Garfield**

**Bound And Gagged**

---

Squares with the same number in have the same letter in. Work out which number represents which letter.

**Codeword**

Every letter of the alphabet is used at least once.

**Know the Score**

| ADAGIO | DA CAPO | MESTO |
| AGITATO | DOLCE | MOLTO |
| ALLEGRO | FACILE | MOTO |
| AMOREDO | FORTE | NOBILE |
| ASSAI | LARGO | PIANO |
| CANTABLE | LEGATO | SEGNO |
| CON Brio | LENTO | SOAVE |
| CRESCENDO | MAESTOSO | TENUTO |

**Sudoku**

```
 2 4 3 1 6 7 2 1 4
 3 1 4 2 8 5 3 4 8
 5 6 3 2 1 9 4 7 2
```

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contain all digits from 1 to 9 with no repetition.
**Super Cryptic Clues**

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**ACROSS**
1. “Done!” as the bargainer said with a rapaciousness (6)
4. Following the funny Act 1 with an act that’s silent (8)
10. While the silly clot is outside, I canvass (7)
11. A sweet and very affectionate little creature (7)
12. Stray animal that’s eaten nothing (4)
13. He found the riders galloping round the bay (10)
16. The boy-friend set off the day after, worried (6)
17. I am put in a stable, treated like an animal (7)
20. It’s obvious the one going in isn’t the doctor (7)
21. Notice, after returning (6)
24. An air of ‘Just you wait!’ (3,4,3)
25. Turn Reg off egg (4)
27. Ribbon and a ball the setter is playing about with (7)
30. Gaiety Girl it is featured in (8)
31. Within the day, has been dismantled and cleaned (6)

**DOWN**
1. Has a stab at performing the trick, which is puzzling (8)
2. Time of delivery? (7,4)
3. He holds up a number for every one (4)
5. Pretended to be touched (8)
6. Local applause is something new (10)
7. She was brought up by a nurse (3)
8. Aunt’s torn up the note to mother (6)
9. Take off for the journey to the sun (5)
14. Have a look at the thread, tangled and coarse (4,7)
15. Apply now to have a little rest break (10)
18. Return the attention (8)
19. Stopped for a stop light. The others went through it (8)
22. Following the other three out, we’re told (6)
23. It’s the mistress and the master, mother (5)
26. Since one is going to a distant part of the world (4)
28. Only the final E is missing from ‘note’ (3)

**Codeword**

```
Codeword: EREB B W Z M
```

**Wordsearch**

```
Wordsearch:
CNOVALIRFFORTV
AVCAOADACTYEDOC
NAOLFOSAYRVXE
TAWMLSLILAMVLAV
UMBRCALGRREEBSW
BLSOPELEEBOSI
IHWRSMGTYRSLE
LHGGFOGRALOHPD
OTLMSOTBEAGIN
ADAGIOVSHDOD
SEJNHRAECCGIN
CRESCENODEGSOL
TLIDWEPFUMAC
CRHNYNVOSOTSEAN
```

**Yesterday’s Solutions**

**ACROSS:**
1. Factors
2. 5 Fattens
3. Orbit
4. 10 Lullabies
5. 11 Thongs
6. 12 Contraite
7. 14 Odeon
8. 15 Indigence
9. 18 Royal blue
10. 20 Blimp
11. 22 Teashops
12. 24 Bridge
13. 26 Ernestine
14. 27 Irons
15. 28 Mediant
16. 29 Presses.

**DOWN:**
1. Front door
2. Caboose
3. Octagonal
4. Sale
5. Fallow
deer
6. Trail
7. Elision
8. Susie
9. Silly point
10. Gabardine
11. Yearned
12. Indoros
13. Therm
14. Hosea
15. Keep.
16. Exposure
17. Animal
18. Newsletter
19. Zoom
20. Celnuar
21. Sigma
22. Insignia
23. Dock
24. Virgin
25. Attest
26. Coe
27. Eibe
28. Regenerate
29. Lva
30. Saset
31. Strive
32. Readable
33. Nsdwke
Skinny genes key to slim figure

It’s not only healthy food and exercise, but skinny genes that hold the key ‘to staying slim’, say researchers who found that slim people have a genetic advantage when it comes to maintaining their weight.

The study, led by University of Cambridge researchers, looked at why some people manage to stay thin while others easily gain weight. They found that thin people had a much lower genetic risk score -- they had fewer genetic variants that we know increase a person’s chances of being overweight.

“This research shows for the first time that healthy thin people are generally thin because they have a lower burden of genes that increase a person’s chances of being overweight and not because they are morally superior, as some people like to suggest,” said Professor Sadaf Farooqi from the varsity.

“It’s easy to rush to judgement and criticise people for their weight, but the science shows that things are far more complex. We have far less control over our weight than we might wish to think,” he added.

In the study, published in the journal PLOS Genetics, the researchers compared the DNA of some 14,000 people - 1,622 thin volunteers, 1,085 severely obese people and 10,433 normal weight controls.

Three out of four people had a family history of being thin and healthy and the team found some genetic changes that were significantly more common in thin people, which they say may allow them to pinpoint new genes and biological mechanisms that help people stay thin.

To see what impact these genes had on an individual’s weight, the researchers added up the contribution of the different genetic variants to calculate a genetic risk score.

“As anticipated, we found that obese people had a higher genetic risk score than normal weight people, which contributes to their risk of being overweight. The genetic dice are loaded against them,” explained Ines Barroso’s from the Wellcome Sanger Institute.

“If we can find the genes that prevent them from putting on weight, we may be able to target those genes to find new weight loss strategies and help people who do not have this advantage,” Farooqi added. – IANS

ARIES
March 21 – April 19

Some unexpected calls from friends or colleagues could bring you wonderful news today, Aries. A serendipitous lucky break could end the logjam that has held up the attainment of all your dreams. Love, money, success in career and personal development - all seem to be falling into place. You might spend the day in a daze, trying to take it all in. Relax and focus. You’re on your way.

CANCER
June 21 – July 22

You know you’re intuitive, Cancer, but changes could take place in your brain that elevate your abilities beyond mere intuition. Visions, prophetic dreams, and powerful insights into others’ thoughts and feelings could reveal you to be a gifted psychic. If you’ve been training your abilities, this should come as no surprise, but the level of your gifts will. You will never be the same.

LIBRA
September 23 – October 22

Wonderful news comes from far away, Libra, possibly involving writing, teaching, or publishing. Creativity combines with heightened intellectual ability to bring success and good fortune to your door today. You might spend the day in a daze, waiting for it to sink in, and the evening celebrating with friends. This trend is likely to continue for the next few months. Make the most of it.

TAURUS
April 20 – May 20

Job-related or personal projects are apt to come to a head now. Success is in the air, along with a marked increase in income and acknowledgment from those who matter. This, of course, is going to boost your confidence, not to mention your mood. You might already be fired up with plans for new trails to blaze. Try to stay focused. You won’t want to miss anything.

LEO
July 23 – August 22

Don’t turn down invitations today, Leo. A group meeting or social event could be thrown together with casual acquaintances, and your relationship with these people could abruptly change. At the very least, some will become friends. You might also acquire some valuable business contacts or partners. You might fall in love. By evening, you could be in a daze from the unexpected events.

GEMINI
May 21 – June 20

Some exciting career developments could have you flying high today, Gemini. Perhaps you’ve just reached a long-term goal or managed to get a break that tells you that your goals are now within reach. Whichever it is, you’re likely to be on the receiving end of some congratulations, perhaps from unexpected people. More income could also be in the offing. Whatever it is, you’ve earned it!

SCORPIO
October 23 – November 21

An enterprise you’d long since given up on, perhaps one involving the creative arts, may suddenly come up again, this time as a real opportunity, Scorpio. Once you know it’s real, you still might have trouble believing that it’s finally happening. Friends and your current love interest may accept it more readily than you do. Enjoy your success and make the most of it!

SAGITTARIUS
November 22 – December 21

Chores that need to be done around the house could be at the top of your priority list today, Sagittarius. A female visitor, perhaps your mother, could come by and making your place look great will preoccupy you. Don’t do any more work than you absolutely have to. You won’t want to be too tired when she arrives.

CAPRICORN
December 22 – January 19

Whatever you’ve been trying to accomplish over the past several months could break loose just the way you want it to today, Capricorn. It could come as a surprise and resemble a logjam that finally gives way. Nonetheless, this is your good fortune, and you and those who have been in the trenches with you deserve a few accolades. After it’s all set in stone, go out and celebrate. You’ve earned it.

AQUARIUS
January 20 – February 18

Today might be one of the most fortunate days of your life, Aquarius. Everything you’ve been striving for - romance, money, creative fulfillment - could fall into place at various times today. Expect exciting calls bringing good news. A lover could offer congratulations. The only downside is that all the stimulation could leave you exhausted. Never mind. You will sleep well!
**Producing films is tough: Anil Kapoor**

By Durga Chakravarty

Having bankrolled successful films such as Khosabure, Veere Di Wedding, Fanney Khan and the popular series 24, actor-filmmaker Anil Kapoor finds producing movies a daunting task.

Anil ventured into film production in 2002 with the comedy Badhna Ho Badhna, in which he also starred. It was followed by My Wife’s Murder in 2005 and Gandhi, My Father, which was awarded the National Film Award–Special Jury Award/Special Mention. In 2010, he produced Aisha starring his daughter Sonam K. Ahuja and his last outing as a producer was in 2018 with Fanney Khan.

What does he find more daunting – acting or producing?

“Producing is definitely tough,” Anil, who has also starred in the Hollywood film Mission: Impossible - Ghost Protocol, said.

What about starring in his own productions?

“Casting is very important... Even in my own company, I do get rejected. As a producer, I am conscious about my casting. So, first comes the content. It’s not the other way round that you think about a star or an actor or build content. We make content go for the story and build everything around it,” said the 62-year-old star.

The Slumdog Millionaire star says his daughter Rhea Kapoor and his production company Anil Kapoor Films & Communication Network Seven Stories Ltd. are producing some “exciting work”, when it comes to content.

Anil’s latest production venture is Netflix’s Selection Day, a series about two brothers – Radha and Manju – who are raised by their strict, obsessive father to be star cricket players in India. The cast includes Radhika Pathak Shah, Mahesh Manjrekar, Rajesh Tailang and debutantes Vash Dholye and Mohammad Samad as brothers Radha and Manju Kumar.

With the growing popularity of social media platforms, can digital platforms take over cinemas?

“It is the future and everybody knows it that this is going to be the future, where content will be consumed the maximum... You are your own boss... How much you want to consume, what time you want to consume and there is so much content in various languages, which you can see.

Kapoor was a part of Netflix’s Mowgli: Legend of the Jungle directed by Andy Serkis. He dubbed the Hindi version of the film, where other Bollywood celebrities like Jackie Shroff, Madhuri Dixit Nene, Kareena Kapoor Khan and Abhishek Bachchan too lent their voices for pivotal characters.

Talking about working with Shroff and Madhuri Dixit Nene in the film, he said: “Our names being in the same film makes me very nostalgic. All three are part of an endeavor after many many years. I think it’s after Ram Lakhman.”

Kapoor is gearing up for the release of Ek Ladki Ko Dekha Toh Aisa Laga, where he will share screen space with his daughter Sonam K. Ahuja, actor Rajkummar Rao and Juhi Chawla.

**CANDID:** Anil Kapoor thinks producing a film is tougher that acting in one.

**ACTOR:** John Cena

John Cena to star in Jason Bateman’s action-comedy

Actor-wrestler John Cena has been roped in as a top pro wrestler into the movies sets come to life, reports variety.com.

Cena began to expand his career and is up for a SAG Award for actor in a drama series.

He has also directed episodes of the show. Bateman made his feature directorial debut with the 2015 comedy Bad Words, followed by 2015’s The Family Fang.

**LUCKY:** Coleen Rooney escaped without a scrape

TV presenter-designer Coleen Rooney, who is married to footballer Wayne Rooney, escaped “without a scrape” after being involved in a car crash.

The accident happened close to Coleen’s home which she shares with Wayne and their four sons, reports thesun.co.uk.

According to the report, Coleen is safe and has escaped injury.

“Obviously she was shaken up at the time but Coleen was just thankful no one was hurt,” the publication quoted a source saying.

The 33-year-old actress, who is considered the most stylish celebrity, also wore Kunal’s menswear two-three times for promotions, shoots, and shows.

Sonam “hopes” that people understand the film. And I hope people understand and love the film and embrace it,” added Sonam.

On the work front, Sonam is all set for the release of her forthcoming film Ek Ladki Ko Dekha Toh Aisa Laga, Anil “hopes” that people understand the film.

“I am really excited. I am eagerly waiting for my film to be received well by the audience. And I hope people understand and love the film and embrace it,” added Sonam.

Also featuring actors Anil Kapoor, Juhi Chawla, RajKummar Rao, Ek Ladki Ko Dekha Toh Aisa Laga is scheduled to release on February 1."
Many people believe the best way to really experience a new city is by walking. On foot, you can get intimate with the streets, shops and locals; the sounds, smells and tastes. But Matt Green has taken that philosophy one step further than most. In the sprawling metropolis of New York, he’s resolved to walk every street, every path, every park and every public square in the city. The estimated distance is 12,800 kilometres – roughly the distance from Berlin to Tokyo.

Green has been on the road for seven years now, and every day he walks a few more kilometres and city blocks. He sleeps on friends’ sofas, sometimes looking after their pets in return.

What began as a way to escape the boredom of his desk job as a civil engineer has since turned into a mission to walk every street in the city, as a recent documentary reveals. By Johannes Schmitt-Tegge

**One man’s mission to walk the whole of New York City**

Seven years ago, Matt Green decided to start getting to know New York City better by walking. What began as a way to alleviate boredom has since turned into a mission to walk every street in the city, as a recent documentary reveals. By Johannes Schmitt-Tegge

Many people believe the best way to really experience a new city is by walking. On foot, you can get intimate with the streets, shops and locals; the sounds, smells and tastes. But Matt Green has taken that philosophy one step further than most. In the sprawling metropolis of New York, he’s resolved to walk every street, every path, every park and every public square in the city. The estimated distance is 12,800 kilometres – roughly the distance from Berlin to Tokyo.

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What began as a way to escape the boredom of his desk job as a civil engineer has since turned into a mission to walk around the world; and Canadian Jean Beliveau spent 31 years walking more than 75,000 kilometres to promote “peace and non-violence for the profit of the children of the world.” He went through 54 pairs of shoes and crossed 60 countries.

Many others have undertaken very long walks to highlight issues such as cancer or Parkinson’s disease.

But Green is not interested in walking for a higher purpose, nor towards a concrete goal. “I don’t really know what the point is,” he says in the recent documentary The World Before Your Feet.

By contrast, it’s more about exploring the city’s individual parts, says Helmreich in the film: discovering forgotten paths or unfinished construction projects, or stumbling across the tallest tree in the city.

Green has discovered coconut shells in stretches of water (probably part of a Hindu ritual) and picked up bristles from street cleaning vehicles. Helmreich says that Green describes the “heart, soul and pulse” of the city.

The result could be the most detailed online city guide New York has ever had. Posts are of interest to those who know New York well, too – such as the one about the memorial to Eric Garner, who died at the hands of police violence, or the gravestones of artist Jean-Michel Basquiat and magician Harry Houdini.

And where else can you find a catalogue of the estimated 300 monuments to the victims of the 9/11 terrorist attacks?

Green’s trip through this great city encourages you to travel more slowly; to take a quiet moment among the planes, trains, buses and cars.

For many city dwellers, the landscape they travel through becomes invisible, Green explains to a school class in the documentary. On his journey, the world is revealing itself anew through the simplest of human activities: walking. – DPA