Community DPS-Modern Indian School organises ‘School Safety Day’ with an aim to promote a happy and safe school culture.

Graze launches an open theatre movie screening for families every last Saturday night of the month.

Mental Health
Research shows that psychological problems can often manifest as physical symptoms. P4-5

Bollywood
Manisha: A bad phase isn’t an unsuccessful period. Page 14

Hollywood
Watts ‘very excited’ about GoT prequel. Page 15
PRAYER TIME

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SERENITY

**DIRECTOR**: Steven Knight  
**CAST**: Matthew McConaughey, Anne Hathaway, Diane Lane  
**SYNOPSIS**: The mysterious past of a fishing boat captain comes back to haunt him, when his ex-wife tracks him down with a desperate plea for help, ensuring his life in a new reality that may not be all that it seems.  
**THEATRES**: The Mall, Landmark

Manikarnika  
**DIRECTOR**: Radha Krishna Jagarlamudi  
**CAST**: Kangana Ranaut, Danny Denzongpa, Ankita Lokhande  
**SYNOPSIS**: Story of Rani Lakshmibai, one of the leading figures of the Indian Rebellion of 1857 and her resistance to the British Raj.  
**THEATRES**: The Mall, Landmark, Royal Plaza
**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 artifacts, accessories, canvases, fashion wears, designer ornaments.

**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.

**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

**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.

**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:** 3:15pm – 4:15pm  
The Olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 116.

**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.

**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/ 33326749.

**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.

**Doha Triathlon**
**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.

**PECs Level 1 Certified Workshop**
**WHERE:** Doha College  
**WHEN:** Ongoing till February 13  
**TIME:** 8am – 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.

**Music and Arts Atelier**
**WHERE:** Atelier  
**WHEN:** Ongoing  
Music and Arts activities for students looking to explore their talents in various art forms. We offer classes in contemporary, 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/ 33326749.

**Theatre & Taekwondo**
**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/ 33326749.

**Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change**
Poor mental health can lead to physical ailments

Especially for East Asian cultures, there’s a tendency to tone down talk about feelings - negative or positive

By Aneri Pattani

When she was 14 years old, Diana Chao began having migraines. She often felt dizzy as she walked. Sunlight seemed to pierce her skull. “It felt like shards digging into my eyes,” said Chao, now 20 and a sophomore at Princeton University. After a week of constant pain, her parents took her to an optometrist. That’s when they learned she was “swelling from the inside out,” Chao said.

She had uveitis, an inflammatory eye disease that can send the pressure inside an eye soaring and render people temporarily blind. For the next four years, Chao visited ophthalmologists, rheumatologists and many other specialists in Los Angeles to find a cause. Episodes of temporary blindness resurfaced every few months. “But every single test came back fine,” Chao said.

Until one ophthalmologist said she’d seen the condition in several patients with mental illness. That’s when it clicked for Chao, who had been diagnosed with bipolar disorder. Her body might be reacting to her mind.

Research shows that mental illness can often manifest as physical symptoms. Depression can show up as headaches, anxiety as gastrointestinal issues, or post-traumatic stress disorder as back pain.

The phenomenon is especially common among Asian-Americans, studies show. More research is needed to understand why, but psychologists suggest that it may relate to the stigma around mental illness in many Asian cultures that prevents people from discussing it openly, and traditional Eastern views of an interconnected mind and body.

But many clinicians are unaware of these somatic, or physical, symptoms of mental illness among Asian-Americans, leaving a population of more than 21 million underdiagnosed and undertreated.

Chao, a mental health activist and an avid researcher, looked into the connection between uveitis and psychological distress. While there have been cases linking the two since the 1980s, it
You say mental illness, “people
Chao said that in her culture, when
and body are often seen as one.
healer in China, where the mind
her parents.
Chao experienced depression from
in elementary school. Although
“there’s a tendency to tone down
for East Asian cultures, “ she said,
emotion is discouraged. “Especially
some cultures, where expression of
sweaty palms. 
We think of racing heartbeat and
in ethnic minorities. “For anxiety,
problems, “ she said. “It’s just an
I don’t actually have mental health
her family’s beliefs. “They thought
a physical sense. “
Kith said. “It’s going to come out in
a physical sense.”
A 2013 study from Massachusetts
General Hospital and Harvard
Medical School documented neck
trauma of PTSD among Cambodians
in America. Researchers suggest that
it relates to the mental trauma of
people during the genocide being
forced to carry heavy loads of dirt
on a pole balanced on their necks.
“You wouldn’t typically find that
in an anxiety inventory, but it may
be one of the symptoms a person
might report,” Yasui said.
For years, Chao kept quiet about
her mental health struggles. Even
when she had thoughts of suicide,
she rarely mentioned them at home.
Instead, she wrote letters to an
imaginary stranger who she
thought would understand her
pain. That practice eventually led
Chao to start a nonprofit called
Letters to Strangers, which works
to destigmatise mental illness and
expand access to treatment.
Today, she is open about her
mental illness, speaking at mental
health conferences and TEDxTs.
She has fewer episodes of uveitis
– a trend she attributes to getting
better mental healthcare and
feeling “accepted as someone with
mental illness.”
Among what she considers her
most important work is speaking
in Chinese cultural centres about
recognising signs of mental illness
and seeking care. “Them seeing
a Chinese person talking to them
about it in Chinese helps the
information get across a lot easier,”
Chao said.
But the responsibility to address
this issue shouldn’t lie solely with
patients, experts say.
Primary-care doctors, often the
first point of contact for patients,
need to consider psychological
causes for symptoms, two
Boston-area psychiatrists wrote in
Psychiatric Times.
But it’s a delicate balance.
Doctors shouldn’t assume that
every Asian-American’s physical
ailment has a mental cause, said
Jesse Suh, a Korean American
psychologist based in Philadelphia.
“Without a doubt, mental health
clinicians also need to ask about physical
symptoms and cultural factors
while making a diagnosis, he said.
Lovella Calica has suffered
gastrointestinal issues since she
was a teenager. In her 20s, she
experienced daily stomach pain,
nausea, indigestion, and heartburn.
Now 37, the Filipino-American has
trace it to trauma as a child.
“I was in therapy during all
that time, but I didn’t talk about
stomach issues with my therapist,”
Calica said. Nor did the therapist
ask.
Instead, Calica saw countless
doctors in Philadelphia, where she
lived for 14 years before moving to
Michigan last year. In that time,
she was diagnosed with acid reflux.
But some symptoms persisted. She
addresses them through therapy
and medication.
“I still have gas bubbles in my
throat,” she said. “They sound like
frogs.” – The Philadelphia Inquirer/ TNS


DPS-MIS organises ‘School Safety Day’

DPS-Modern Indian School (DPS-MIS) recently organised ‘School Safety Day’ with an aim to brief the students on some of the major safety concerns and reinforce the safety rules to promote a happy and safe school culture. A mock fire and evacuation drill was conducted to equip the students and staff with safety measures to be adopted in any case of an emergency. A special assembly was conducted to mark the importance of the day. Addressing the gathering, Asna Nafees, Principal of DPS-MIS, gave valuable safety guidelines to the students and advised them to remain alert, maintain discipline and abide by the rules and regulations to support a happy and healthy school atmosphere.

DMIS celebrates 14th Annual Sports Meet

Doha Modern Indian School (DMIS) recently celebrated its 14th Annual Sports Meet. Jayashankar Pillai, Director of Taleb Schools was the chief guest and Shine Mathew, Head Badminton Coach at Dynamic Sports Academy, the guest of honour at the event. The event kicked off with the recitation of the Holy Quran, which was followed by a march past and oath taking ceremony, led by Christa Thomas, Head Girl of DMIS. Neha Nebu, School Sports Captain, welcomed the gathering. Addressing the gathering, Shine Mathew called upon the students to give due importance to sports and games in life. Rahul Nair, Assistant Head Boy, proposed a vote of thanks. Shine Mathew presented The Sports Trophy of the Year to Sapphire House.

RSC organises 10th edition of Sahityotsav Literary Fest

Risala Study Circle (RSC) recently organised the 10th edition of Sahityotsav Literary Fest. The closing ceremony was inaugurated by Hemanth Diwedi, Educational and Cultural Secretary at the Embassy of India. The overall championship title of the fest was bagged by Madina Khalifa team, which was followed by Azizia and Doha teams with second and third positions, respectively. The event was attended by notable personalities, including Sri. Manikandan, Jaffar Khan, Jaffar Thayyil, Dr Sameer Mooppen, Abdul Salam Pappinsheri, Paravanna Abdulrazag Musliyar and Abdul Latheef Saqafi Kottuma. Moideen Iringallur welcomed the gathering and Habeeb Ahsan proposed a vote of thanks.

FELICITATION: Pravasi Bharatiya Samman, a prominent business personage from Qatar, was recently felicitated by P N Baburajan, President of Indian Community Benevolent Forum, in the presence of A P Manikandan, President of Indian Cultural Centre and other delegates.
Vietnamese community in Qatar celebrates Tet Festival

The Vietnamese community in Qatar recently celebrated Tet Festival, the new Lunar year 2019 on the premises of the Embassy of Vietnam. Nguyen Dinh, Ambassador of Vietnam, was also present on the occasion. Addressing the gathering, the ambassador highlighted the importance of the occasion and urged people to work diligently towards enhancing bilateral relations with Qatar. "For every Vietnamese, Tet and spring are the time when people turn to their families, friends and homeland," he added. "The year 2018 marked the 25th anniversary of the establishment of diplomatic relations between Vietnam and Qatar, an important milestone in the relationship between the two countries. During the past years, the political relations between the two countries have been remarkably developed by leaders. Prominent in bilateral relations in 2018 was Qatar Airways launching direct flights connecting Doha and Da Nang."

MCGCC celebrates 70th Republic Day of India

Malarvadi Childrens Group Central Committee (MCGCC) recently celebrated 70th Republic Day of India at FCC auditorium. The event featured various cultural performances. Habeeb Rahman Reehsney, Executive Director of FCC, along with Rahmath, W Malarvadi In-Charge, Abduljaleel MM, Malarvadi Central Committee Executive Member, spoke in the occasion. The event was co-ordinated by Ilaihi Sabeela, Sajna Najeem, Fareeda Lukhman, Fouziya Jowhar and Shabeeba.

MES marks 70th Republic Day of India

MES Indian School recently marked 70th Republic Day of India. Some 3,000 students of MES formed the map of India on the school grass field stretching at about 1200 sq.ft. A display of parade ‘India through Kaleidoscope’ was also a part of the event. The event also featured various traditional dances, depicting the unity and diversity of India, which was followed by patriotic songs by the school choir. B M Sidhique, President of MES Governing Board, was the chief guest at the event and unfurled the national flag. Addressing the gathering, he said, “I sincerely wish that the feeling of oneness should reflect in our words and deeds as we strive for a promising future.” Aneesh P Aboobacker, General Secretary, and Khaleel A P, Director of Cultural and Co-Curricular Activities at MES Governing Board, were the guests of honour. Speaking on the occasion, Khaleel A P called for pledging together in order to fulfil the constitutional duties as laid down by the constitution. Hameeda Kadar, Principal of MES, urged the youngsters to take a more assertive role in upholding the pride of the nation. The school band along with scouts, guides and students of Junior, Boys’ and Girls’ Sections of MES waved the national flag. A patriotic song, penned by S Rajendran, Teacher of Hindi Language at MES, was also a part of the event. The event was attended by the members of MES Governing Body, IES Chittappally Vice Principals, Heads of Sections, school officials and parents of the students. Riya Elsa George, Head Girl of MES, welcomed the gathering and Mahalakshmi Rajeev proposed a vote of thanks. The event was co-ordinated by Sikkender Pasha, Teacher at the Department of Social Studies.
DMIS celebrates 70th Republic Day of India

Doha Modern Indian School (DMIS) recently celebrated the 70th Republic Day of India. Christa Thomas, Head Girl of DMIS, welcomed the gathering. Panchali Dasgupta Sahu, Principal of DMIS, hoisted the national flag, which was followed by patriotic songs by the school choir and cultural dances. The event was attended by notable personalities, including Sabu Thomas, Academic Auditor of Taleb Schools; Jacob Mathew, Principal of Activities Taleb Group of Schools; and Padmini Venkatesh, Principal of CIS. Addressing the gathering, the principal exhorted the gathering to comply with the rules and norms set by our forefathers and compliance with them is the best way to manifest our patriotism. Aryan Nair, Head Boy of DMIS, proposed a vote of thanks.

Bhavan’s Public School marks 70th Republic Day of India

Bhavan’s Public School recently marked the 70th Republic Day of India. M P Philip, Principal of Bhavan’s, paid a tribute to armed forces of India and urged everyone to be resolute to uphold goodness and fairness in our dealings and highlighted Mahatma Gandhi’s role in making India independent. K M Anil, General Secretary of Bhavan’s, also addressed the gathering. The event was attended by Anjana Menon, Director of Administration, members of management, Dharmarajkumar, Vice Principal, and Shailaja, Headmistress.

CFQ to organise Expats SportEv 2019

Cultural Forum Qatar is all set to organise Expats SportEv 2019 to mark Qatar’s National Sport Day at Qatar Sports Club on February 12 and 15. Baghdad Boumedjdi, Algerian football player, recently unveiled the official logo of Expats SportEv 2019 at Al Sadd Sports Club in the presence of Majeed Ali, and C Sadique Ali, both General Secretary of Cultural Forum; Muneesh A C, Secretary of Cultural Forum; and Hans Jacob, committee member. Some 800 male and female athletes from 16 teams vying for top spots in 16 sports and games competition under four categories would be taking part in the event. The participating teams include Youth Forum, SKIA, Al Khor Youth Club, Calicut Sports Club, KIA Qatar, ICA Alumni, Mushaghal Malayalee, O’Team Tirur, QKCA Qatar, Manjra Pada, Calicut Thekkieapppuram, Kepwa, Perumbavoor Sourdha Vedi, Q Team Malappuram, Yas Qatar and Eqwa Qatar. The competitions include races of 100 metres, 200 metres, 800 metres, 1500 metres, and 4x100m relay. Other competitions include long jump, high jump, javelin, shot put, arm wrestling, volleyball, shuttle badminton (doubles), penalty shoot-out, tug of war, and march past.
Keralite based in Qatar wins ‘Design for life’ competition

Le Mirage Real Estate, one of Qatar’s leading real estate development and property management company, in association with prestigious Virginia Commonwealth University School of the Arts (VCUarts), recently organised ‘Design for life’ competition. The students of VCUarts were invited to give ideas, concepts and envision interiors for a 2 bedroom apartment. The challenge was to design an apartment taking into consideration three key elements, including designing for people with universal needs, including elements of the local culture and imbibing principles of sustainable design. The students of 3rd year Interior Designing presented their designs to a professional jury, including Esra al-Kazem, Design Director AEA Designs; Rana El Khoury, Head of Design Department at Le Mirage Real Estate; Hamoda Y Youssif, Head of Communication at Qatar Green Building Council.

Farzana A Velivaytil, a Keralite based in Qatar won the first prize in the competition. She has won a trip to Salone del Mobile Milan, a leading international interior design exhibition in Italy. Farzana A Velivaytil is married to Shamim Backer and is the second daughter-in-law of Aboubacker Madappat, Managing Director of Qatar’s well-known and established organisation, Safan Group of Companies.

STK Doha set for a shake-up with Cesar De Leon Torres

According to a press release, Chef Cesar De Leon Torres has been named as the Executive Chef at STK Doha, the new steakhouse all set to open its doors at the Ritz Carlton.

Born in Uruguay, De Leon Torres cumulates over 18 years of culinary experience. He began his culinary journey as an assistant baker and pastry chef for a small independent bistro in Uruguay, which gave him a taste of the industry. Before graduating from university with a degree in physics and chemistry, he enrolled in a culinary school and moved on to join an award winning steakhouse restaurant in Buenos Aires. He then worked in both Marbella and Madrid, Spain at La Pesquera Restaurant Group where he was able to master a variety of Spanish and Mediterranean dishes, using only the freshest ingredients that came directly from a fishing boat or produce that came straight from the farm. Two years later, recruited by his previous Head Chef he made a career move towards American cuisine and returned to Novecento in Miami, USA for the opening of a new restaurant in Coral Gables. While there, he taught culinary students on the hot line during lunch service, and held classes in basic culinary technique in the evenings. He spent a year and a half teaching and running the restaurant with great success before joining the Ladies and Gentlemen at The Ritz Carlton in Florida as Chef de Cuisine for two restaurants where he built the entire culinary team, developed brand activations, designed the menu assuring quality control, minimising waste and reviewing staffing levels to ensure that guest satisfaction, operational needs and making sure financial objectives were met. He moved to The Middle East for the first time in 2016. In September 2018, Chef Cesar De Leon Torres moved to Qatar to oversee the culinary team at STK Doha, the legendary modern steakhouse from The One Group. Located at The Ritz Carlton on the twenty third floor. Foodies can expect the finest prime cuts with a twist of 28 day custom aged USDA beef with prime selections, chosen for its superior tenderness, juiciness, flavour and fine texture. Each of the mouth-watering cuts available is derived from younger beef to produce the highest degree of marbling, with options including New York Strip, Tomahawk and the classic Filet. For those looking for a lighter option, the menu will offer a range of fresh market salads and the restaurant will also have a selection of vegetarian and vegan choices. Rounding off the menu, is an array of scrumptious desserts based on popular classics and local delicacies as well as the extensive drinks menu curated by award winning mixologists.

With locations in London, Milan, Dubai, New York City, Miami and Los Angeles among others, STK Doha will soon become the new hotspot in Qatar that breaks with tradition, offering a take on the classic American steakhouse.

Hyundai Kona wins international award

The Hyundai Kona and Kona Electric CUV models were together named the winner of the 2019 North American Utility Vehicle of the Year by the North American Car, Utility and Truck of the Year automotive media jury. Skyline Automotive W.L.L, is the official distribution partner of the Hyundai Motor Company in the State of Qatar.

This is the first time that a Hyundai Crossover Utility Vehicle model has won the Utility Vehicle of the Year category. The winner of the CUV category is announced every year at the North American International Auto Show in Detroit.

The 2019 North American Utility Vehicle of the Year jury is made up of an independent panel of top journalists and analysts based in the United States and Canada. Since 1994, the organisation has recognised top cars, trucks, and utility vehicles. The year’s jury of 54 media outlets includes journalists from newspapers, magazines, radio and TV broadcast channels, digital columnists and freelance media.

Apart from the 2019 North American Utility Vehicle of the Year award, the Hyundai Kona has also achieved international recognition during the past year by winning an IF Design Award in the Automobilies/Vehicles category. The award recognised the elegant and expressive appearance of Hyundai Motor’s first subcompact SUV.

The IF Design Award is an arbiter of quality and one of the most important design awards. Since 1953 the IF, which stands for international forum, has singled out worldwide products in all branches of industry for awards in recognition of their outstanding design. Hyundai Motor also won the IF Design Award in 2018 for the i30, in 2016 for the Tucson and in 2017 for the new-generation i30 - all after undergoing a rigorous testing cycle adopted by IF to keep the quality of the award as high as possible. Earlier in 2018 the Hyundai Kona also received a Red Dot Design Award, one of the most renowned international design and innovation prizes. The Kona, which was recognised for outstanding design and innovation, was awarded together with Hyundai’s Nexo Fuel Cell vehicle in the Cars and Motorcycles category.

Hyundai’s Kona has also received a GOOD DESIGN® Award from the Chicago Athenaeum: Museum of Architecture and Design and the European Centre for Architecture Art Design and Urban Studies. Founded in Chicago in 1950 the prestigious GOOD DESIGN® Awards honour the yearly achievements of the best industrial and graphic designers and world manufacturers for their pursuit of extraordinary design excellence.
BizFact

Starting a business

The number of calendar days needed to legally establish a business

Longest

Venezuela: 230
Cambodia: 99
Haiti: 97
Suriname: 84.5

Shortest

New Zealand: 0.5
Canada: 1.5
Hong Kong: 1.5
Georgia: 2

United States: 5.6

Source: World Bank
Graphic: Tribune News Service
Night shift can damage your DNA: Study

Do you frequently work in night shifts? Lack of proper sleep and night-time wakefulness can cause damage to the structure of the human DNA and lead to many diseases, including cancer and diabetes, as well as cardiovascular, neurological and pulmonary diseases, warns a study.

The study, published in the Anesthesia academic journal, shows that DNA repair gene expression is lower at baseline among night workers and further decreases after acute sleep deprivation, which supports the postulation that night workers demonstrate impaired DNA repair.

The findings showed that people who are required to work overnight demonstrate 30 per cent higher DNA breaks as compared with those not required to work overnight, and this DNA damage is further increased by over 25 per cent after a night of acute sleep deprivation.

“DNA damage is a change in the basic structure of DNA that is not repaired when the DNA is replicated,” said S W Choi, Research Associate at The University of Hong Kong.

“Double-strand breaks are particularly hazardous as repair failure causes genomic instability and cell death, whereas disrepair can lead to inappropriate end-joining events that commonly underlie oncogenic transformation,” Choi added.

For the study, the team examined a small group of healthy full-time doctors, average age between 28 and 33, who donated a sample of blood after three days of adequate sleep.

Doctors who worked the night shift then had additional blood sampled the morning after, following acute sleep deprivation.

“The study demonstrates that disrupted sleep is associated with DNA damage,” Choi said.

Furthermore, larger prospective studies looking at relationships between DNA damage and chronic disease development are warranted, and methods to relieve or repair DNA damage linked to sleep deprivation should be investigated, Choi suggested. – IANS
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\text{EMAPEHEDWTUKURN}
\]
\[
\text{OUARSRRSSAEKCOT}
\]
\[
\text{HDPLSIFRLLSCIG}
\]
\[
\text{EPUULBAESMALYIS}
\]
\[
\text{ABTLNNEGIFUELDTYP}
\]
\[
\text{LESIHCNTLYAEMEPY}
\]
\[
\text{OTWSUDHPVVHKXLM}
\]
\[
\text{BLOIIPREEYCTAAI}
\]
\[
\text{ORFBLURLCEOIGENOD}
\]
\[
\text{DGEFINKSSANDER}
\]

Tool

\[
\begin{array}{cccc}
\text{AUGER} & \text{DRILL} & \text{PICK} & \text{SAW} \\
\text{AWL} & \text{FILE} & \text{PLANE} & \text{SHEARS} \\
\text{AXE} & \text{GOUGE} & \text{PLIERS} & \text{SHOVEL} \\
\text{BIT} & \text{HAMMER} & \text{PUNCH} & \text{SICKLE} \\
\text{BURIN} & \text{HOG} & \text{SADDLE} & \text{SOCKET} \\
\text{CHISEL} & \text{KNIFE} & \text{RASP} & \text{SPADE} \\
\text{CLAMP} & \text{LATHES} & \text{REAMER} & \text{TROWEL} \\
\text{CLEAVER} & \text{LEVEL} & \text{RIVETER} & \text{SANDER} \\
\text{CLIPPERS} & \text{MALLETS} & \text{SPARKLE} & \text{SANDER} \\
\end{array}
\]

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.

\[
\begin{array}{cccccccccccccccc}
\text{A} & \text{B} & \text{C} & \text{D} & \text{E} & \text{F} & \text{G} & \text{H} & \text{I} & \text{J} & \text{K} & \text{L} & \text{M} & \text{N} & \text{O} & \text{P} \\
\text{Q} & \text{R} & \text{S} & \text{T} & \text{U} & \text{V} & \text{W} & \text{X} & \text{Y} & \text{Z} \\
\end{array}
\]

\[
\begin{array}{cccccccccccccccc}
\text{A} & \text{B} & \text{C} & \text{D} & \text{E} & \text{F} & \text{G} & \text{H} & \text{I} & \text{J} & \text{K} & \text{L} & \text{M} & \text{N} & \text{O} & \text{P} \\
\text{Q} & \text{R} & \text{S} & \text{T} & \text{U} & \text{V} & \text{W} & \text{X} & \text{Y} & \text{Z} \\
\end{array}
\]

\[
\begin{array}{cccccccccccccccc}
\text{A} & \text{B} & \text{C} & \text{D} & \text{E} & \text{F} & \text{G} & \text{H} & \text{I} & \text{J} & \text{K} & \text{L} & \text{M} & \text{N} & \text{O} & \text{P} \\
\text{Q} & \text{R} & \text{S} & \text{T} & \text{U} & \text{V} & \text{W} & \text{X} & \text{Y} & \text{Z} \\
\end{array}
\]

\[
\begin{array}{cccccccccccccccc}
\text{A} & \text{B} & \text{C} & \text{D} & \text{E} & \text{F} & \text{G} & \text{H} & \text{I} & \text{J} & \text{K} & \text{L} & \text{M} & \text{N} & \text{O} & \text{P} \\
\text{Q} & \text{R} & \text{S} & \text{T} & \text{U} & \text{V} & \text{W} & \text{X} & \text{Y} & \text{Z} \\
\end{array}
\]

Sudoku

\[
\begin{array}{cccccccc}
3 & 7 & 6 & 2 & 6 & 7 & 5 & 4 \\
8 & 9 & 5 & 1 & 8 & 6 & 3 & 9 \\
2 & 4 & 8 & 4 & 2 & 5 & 1 & 7 \\
6 & 5 & 7 & 4 & 8 & 3 & 9 & 2 \\
8 & 1 & 3 & 7 & 5 & 6 & 4 & 1 \\
1 & 2 & 6 & 4 & 1 & 5 & 7 & 3 \\
7 & 1 & 6 & 9 & 2 & 5 & 8 & 4 \\
3 & 5 & 8 & 7 & 6 & 9 & 1 & 2 \\
5 & 3 & 7 & 8 & 2 & 1 & 6 & 4 \\
\end{array}
\]

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, row and 3x3 box contains every number exactly once. Every number in every column, row and 3x3 box is repeated.

Bound And Gagged

\[
\begin{array}{cccccccc}
\text{YUK!} & \text{YUK!} & \text{YUK!} & \text{STOP FOOLING AROUND!} \\
\end{array}
\]

Adam

\[
\begin{array}{cccccccc}
\text{LET'S REGROUP.} & \text{THE SPIDER SCARE} & \text{CAG FELL THROUGH} & \text{WE NEED TO THINK SMART.} & \text{DAD IS SMARTER THAN} & \text{OR ACTS.} & \text{WHOOPIE CUSHION BLAST?} & \text{TIMELY AND HIGH MINDED LETS GO.} \\
\end{array}
\]

Pooch Cafe

Marlboro

\[
\begin{array}{cccccccc}
\text{ORLANDO SENT A} & \text{UPTO MEET HIM AT} & \text{RESTAURANT.} & \text{ORLANDO SENT A} & \text{UPTO MEET HIM AT} & \text{RESTAURANT.} & \text{ORLANDO SENT A} & \text{UPTO MEET HIM AT} & \text{RESTAURANT.} \\
\end{array}
\]

Garfield

\[
\begin{array}{cccccccc}
\text{I LIKE TO THINK} & \text{BEFORE I ACT} & \text{I LIKE TO THINK} & \text{BEFORE I ACT} & \text{I LIKE TO THINK} & \text{BEFORE I ACT} & \text{I LIKE TO THINK} & \text{BEFORE I ACT} & \text{I LIKE TO THINK} & \text{BEFORE I ACT} \\
\end{array}
\]

\[
\begin{array}{cccccccc}
\text{AND THINK AND} & \text{THINK AND THINK...} & \text{AND THINK AND} & \text{THINK AND THINK...} & \text{AND THINK AND} & \text{THINK AND THINK...} & \text{AND THINK AND} & \text{THINK AND THINK...} \\
\end{array}
\]
Super Cryptic Clues

ACROSS
1. Began with how the baby got rid of its bootees (6,3)
6. The wine had the comedian’s head spinning (5)
9. Due to the fighting right before (5)
10. Issue with a name change, getting into trouble (9)
11. Having embarked on it, developed the trade in beer (7,3)
12. Couldn’t resist the temptation to knock (4)
14. In the cookery book, it’s made plainer (7)
15. Came out about many a degree being phoney (7)
17. They have a hunch they’re to spy out the land (7)
19. They pose with the dogs (7)
20. A man, consequently, too (4)
22. Quite close to solving the clue ‘Reasonably affectionate?’ (6,4)
25. Course taken by the management (9)
26. Resorting to gun-play is ridiculous in it (5)
27. Fast attack in which the president is captured (5)
28. Tons of food? (5,4)

DOWN
1. Is conscious and recognises one (5)
2. It’s delicate and as country wear would be wrong (9)
3. Might see it differently on various occasions (5,5)
4. Finished before expected or late (7)
5. The article on the exploit, turn to again (7)
6. Plan to give the chaps a key to get in (4)
7. Force to have a campaign (5)
8. Puts two and two together and that finishes it! (9)
13. You’ll be relieved when it’s over (6,4)
14. Creature coiled inside the powder box? (4-5)
16. And I pour in a funny green syrup (9)
18. A ship’s wrecked going round the point: foreign (7)
19. Gary’s wandering about in the plant? (7)
21. Get rid of and there’s a row (5)
23. Carry, by order, up for the magnate (5)
24. ‘A cold month,’ I returned (4)

Codeword

GULF TIMES | 13

COMMUNITY

Super Cryptic Clues Answers


DOWN: 1 Abstruse 2 Release date 3 Each 5 Affected 6 Innovation 7 Una 8 Nature 9 Strip 14 Read through 15 Administer 18 Interest 19 Arrested 22 Fourth 23 Madam 26 Asia 28 Sol.
Manisha: A bad phase isn’t an unsuccessful period

A bad phase is not an unsuccessful period but it can teach you new lessons, actress Manisha Koirala said yesterday.

On the sidelines of the Jaipur Literature Festival, she said: “Life is not a bed of roses. There will be highs and lows in everybody’s life. However, one should know that this is a difficult time and tomorrow shall be good phase.”

According to Manisha, cancer has changed her as a person and she has become kinder, more gentle and has started enjoying every perspective of nature.

She said a tie-up between pharmaceutical companies and the government can provide cheap medical treatment for patients in India.

“I absolutely agree that cancer treatment is expensive in India, but this working can help ease the burden of patients,” she added.

However, she also emphasised that people must have a healthy lifestyle so that they may not need to go to the doctor.

Manisha said: “We need awareness on cancer in our part of the world, that is developing countries, as the developed countries are quite aware on the same. They visit doctors on time and hence, cancer is caught at the initial stage and they get cured on time. My body was giving me signs and symptoms, but I was unaware of the cause. Had I been aware of it, I would have gone earlier and got cured earlier.”

She also urged women to come forward for the cause of women empowerment by not playing the victim card, but by becoming winners and peaceful warriors.

Manisha also spoke about her book Healed: How Cancer Gave Me A New Life.

She said: “When I was sick, I was searching for positive stories. I could not get many stories, except the success story of Lisa Ray and Yuvraj Singh, who came out fighting successfully with cancer.

“So I decided that when I get okay, I will share my stories with people. I also believe that sharing helps lower the burden from your head and heart. Hence, I wrote the book and I am here at JLF 2019 as I had decided to be here once I become an author.

Manisha said there will be more books that she will write.

“I shall continue acting as I am in love with films and acting,” added the actress, who was seen in Last Stories and Sanju.

My character is comic relief, not caricature: Ali Asgar on Amavas

Popular television actor Ali Asgar, who is quite excited about his upcoming horror film Amavas, says his character is a comic relief and not a caricature that earlier used to happen in horror films.

“This is the first time I’m playing such an interesting character in a film, where the part is totally in sync with the narrative and not treated as a comic character just for the sake of it. My character is comic relief, not a caricature that creates an element of force comedy,” Ali, who is playing a character named “Goli” in the film, said.

Directed by Bhushan Patel, the film features Sachin Joshi, Nargis Fakhri and Mona Singh, among others.

Asked about the horror genre being under explored in the country, Ali said: “I would say that earlier the story of horror films were not well written and it was very stereotypical. It was either showing a weird looking creature as a ghost, and no subtle mystery around any character... I mean the audience had no reason to enjoy watching them.”

“Now that we all are exposed to world cinema, acceptance has increased; makers have also understood that if a story is good, despite its genre, it will work for the audience.”

“Our film is one of such film, that has a strong storyline and despite its genre, people will enjoy it,” said the actor who is known for his comedy character in TV shows like Comedy Night With Kapil, The Drama Company and Kanpur wale Khuranas among others.

Amavas is releasing on February 1. – IANS
Bradley Cooper surprises fans at Gaga’s show

Actor-director Bradley Cooper made a surprise appearance at Lady Gaga’s show here.

The crowd at Las Vegas’ Park Theater was treated to Cooper’s surprise appearance during Gaga’s final performance of the song ‘Shallow,’ according to hollywoodreporter.com.

The song, which was nominated for an Academy Award earlier this week, is the closing number of the Enigma show, the residency that kicked off in December last year.

Attendees had no idea a duet was in store when the actor appeared on stage. The two embraced and he followed Gaga to the piano.

“I even got you in ears,” Gaga told Cooper of the monitors used during live stage performances.

“I can’t hear anything,” he cracked.

Following the performance, as each of Gaga’s dancers took a bow and introduced themselves, Cooper shyly joined in and said: “Bradley, thank you.” He then pitched his baseball cap into the crowd.

‘Shallow’ is slated to be performed at the Oscars in February, reported variety.com.

CAUTION: Naomi Watts is guarded about the plot of the Game of Thrones prequel.

Watts, who was at the Sundance Film Festival for her film ‘Luce,’ stayed mum on all things ‘Game of Thrones,’ reported variety.com.

“Do you really think I’m going to tell you that? Are you trying to catch me off guard?” Watts asked with a laugh.

Nevertheless, expressing joy about being a part of it, she said: “It’s a fantastic world, isn’t it? I think there’s so many brilliant elements to that series that make it very exciting, very appealing. I don’t want to dig myself into a big hole here... All I want to say is it’s very exciting...I’ll say that again and again and again — and nothing else.”

Asked if she knows how the flagship ‘Game of Thrones’ will end, she laughed again, and said: “Stop please! I can’t. I just can’t.”

Then, her Luce co-star, Octavia Spencer, chimed in from off-camera, joking that she wanted to get some spoilers: “I’m going to talk to her about this off screen!”

In ‘Game of Thrones’ fashion, HBO has kept the exact details of the prequel and Watts’ character under wraps, though the network has described her character as “a charismatic socialite hiding a dark secret.”

The prequel hails from Jane Goldman who co-created the project with ‘Game of Thrones’ master author George R.R. Martin. The duo wrote the story together and will both serve as executive producers. Goldman will serve as show-runner, and other executive producers are Daniel Zelman, James Farrell, Jim Danger Gray, Vince Gerardis and Chris symes as co-executive producer, reported variety.com.

Kevin Feige says a female superhero was long overdue.

Captain Marvel will now be the most powerful character in the Marvel Cinematic Universe, says Marvel Studios boss Kevin Feige.

“We thought it was the right time to finally introduce Captain Marvel to the world. She is one of the most popular characters and one of the most powerful characters in the comics and will now be the most powerful character in the Marvel Cinematic Universe,” Feige said in a statement.

Marvel Studios’ Captain Marvel introduces the MCU’s first stand-alone, female-franchise title character — Carol Danvers aka Captain Marvel.

Set in the 1990s, Captain Marvel follows Danvers’ journey as she becomes one of the universe’s most powerful heroes. Based on the comic book series, first published in 1967, Captain Marvel stars Oscar winning Brie Larson as Captain Marvel, Samuel L. Jackson, Ben Mendelsohn with Annette Bening and Jude Law.

Feige says a female superhero was long overdue.

“We have always had powerful female characters and heroes in our films. But having a female superhero franchise title character for the first time feels overdue, and it’s something that we have been excited about for a long time and we can’t wait to deliver it to the world,” he added.

Captain Marvel will release in India on March 8 in English, Hindi, Tamil and Telugu. – IANS
Screening of films under the stars in Pearl

By Mudassir Raja

It might get windy at times but the weather in general is very calm, pleasant and cool right now. Don’t you think heading into a pitch-dark movie theatre has somehow lost its appeal to the breezy charm of a screening under the stars? It has for us. So now, you can grab a picnic blanket, oh wait – that’s also available, invite some friends along, and check out what Graze has to offer at one of your favourite places in Doha. We were there last night and believe it when we say it – it was all fabolous.

Nowadays since the weather is good and the trend of heading out is changing and increasing, people these days are seen spending their evenings with families in the open air to enjoy the breezy weather. It won’t be erroneous to say that although Doha has a lot of attractive and peaceful places to be but there is no match for the sense of serenity and peace of mind sitting outside in front of your favourite restaurants, having a Latte, warm soup or healthy food whilst enjoying the picturesque Pearl.

Graze is one such place where you can not only enjoy the tranquillity of the Pearl in the evening but you can also watch a movie in the open with your family every last Saturday of the month. It is an extraordinary opportunity for families to enjoy a movie in the open while having the freshly prepared food by Graze.

The restaurant, owned by Qatari Rashid al-Mansoori recently organised its first movie night. The organisers presented Chef, a 2014 hit movie telling the success story of a struggling chef. The families were seen sitting on cushions in the open and enjoying the movie with the food of their choice.

Fajer Hayat, Business Development Director at Prep-Line, is currently working with Graze. She is from Kuwait. A young and dynamic person working to make the concept of grab and go a success in Qatar. On the occasion of the first movie night, Hayat spoke to Community about the idea of having an open air theatre outside the restaurant and its connection with eating habits.

“I work with an advisory investment company that has offices in all the Gulf countries. We also have our projects in Europe and we mainly deal in Food and Beverages. We do branding, interior and kitchen designs. We started working with Graze to develop the restaurant from the scratch,” said Hayat.

She added, “As part of our project with Graze we intend bringing Qatar community together. We are trying to sell a lifestyle to Doha. So basically Graze is a grab and go concept that has freshly made meals, snacks, fries, and specialises in coffee. Everyone seems to be on the run now a days especially our generation. So, we are introducing grab and go concept. As part of this campaign we’re all set to introduce different events. One of them is outdoor movie nights. We thought this is the perfect season for it. We have decided that every last Saturday of the month we’ll organise an outdoor movie night.”

Talking about why an outdoor movie night, she said, “We knew that it was going to be something new to Doha. Even this life style – Graze – is new to Doha. You can see people in Doha have started going out more and more. We reached out to the community through social media about the movie night and as we wanted to have an intimate casual event, everyone came in their sports shoes and with their blankets for the movie.”

Talking about the response, Hayat said, “Actually, the response has so far been great. We reached out to lots of people. It is our first event and we expect more people for future movie nights. Chef is family movie that is related to food and cooking. We also want to collaborate with local directors and filmmakers. So, we can show some short movies as well before the main movie.”

About the scope of business in the food industry, the expert said, “I feel there is a huge potential in the industry right now. People are receptive to and absorbing all the new concepts and they want more original and creative concepts. If your concept is original and the food is good, then people will definitely come.”

Eid al-Otaili was present enjoying the movie night. He said, “I started coming to Graze after just two weeks of its opening, I have become their regular visitor. Here, I get healthy and tasty food. I also enjoy the variety of food available here. I think the idea of having an outdoor movie is going to work gradually for the restaurant.”